

Psychological strength among university students from the families of the martyrs in Wasit Governorate

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Abstract

The research aims to find out The level of acceptance of mental toughness among university students who are families of political martyrs in Wasit governorate according to the gender variable. Well to be entitled s from HD q Search The researchers built a measure of psychological rigidity and researchers used the interview as a tool to ensure the validity and reliability paragraphs of res J of Q and has the interview outclass CAR researchers Foundation with political martyrs in Wasit province and meet the sample was asking permission of them to take photographs to be attached within supplements research. In order to treat data statistically to achieve the goal of the research, the researchers used the following statistical methods: 1- Pearson correlation coefficient. 2- The T-Test test- Retest, It was extracted descriptive statistical indicators to measure and achieve researchers to the following: The individuals of the current research sample possess a level of psychological toughness higher than the hypothetical average for the scale.

Keywords: Psychological toughness, university students, martyrs, Wasit Governorate .

Introduction

Threats, risks, and their negative effects on different segments of society have taken many names, such as distress, stress, stress, traumatic neurosis or loss neurosis. The response of individuals to these painful threats and dangers varies due to the existence of individual differences between them. Some of them collapse, some of them fall prey to psychological and physical illness, and some of them face these circumstances with strength, determination and soul satisfied with the judgment of God and his destiny, and this is due to a number of psychological and social factors or

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subjective factors and external social factors, One of these factors was psychological rigidity, flexibility, or the so-called psychological resistance, which Kobaza knew(Kobassa) It is: a general feeling of the individual in his effectiveness and his ability to use all his psychological resources And the environment available to be able to understand, interpret and effectively confront stressful life events (**Mekhemer, 1996**) Recent studies tend to focus on research related to mental health and stress at the same time on the factors that help individuals to adapt and adapt to the different situations that they are exposed to in their daily lives, and among those factors that have received the attention of researchers: the concept of psychological hardness or what is sometimes called resistance or flexibility when Receiving trauma (**Hamada and Abdel-Latif, 2002**). Among these studies is the study (**Abu Samhadana, 2006**) that dealt with the psychological hardness of Palestinian women, and the study (**Thabit et al., 2007**) that studied the traumatic experience and its relationship to psychological toughness.

Methodology

Problem of the Research: The research problem is determined in answering the following questions:

1. What is the level of psychological toughness among the families of political martyrs in Wasit Governorate?
2. Are there statistically significant differences in the search variable due to gender?

Significance of the Research: The importance of the research lies in being:

1. It contributes to drawing up a social ,psychological policy for the families of the martyrs, which helps in the healthy growth of that segment, away from turmoil.
2. It draws the attention of researchers and workers in the civil and governmental psychological field to contribute to setting up and developing preventive and curative programs in their interest.
3. Those in charge of this segment, including subordinates, officials and the environment around them, benefit by identifying the problems they face and the mechanism for dealing with them, or by taking their hand to reach them to individuals together.

Aims of the Research: The research aims to identify the level of acceptance of psychological toughness among university students who are families of political martyrs in Wasit governorate according to the gender variable.

Lim it's of the Research:

Spatial boundaries :Wasit governorate with all its districts and suburbs.

Temporal borders: to extend its 6/1/20 20 to 30/1/20 20

Human: Border sample was brother its current randomly reached (8 0) students ,from the research community's (1400) and representing people with political martyrs.

Objective boundaries :A stratified random sample of families of political martyrs in Wasit Governorate

Research methodology: The researchers used the descriptive method because it is one of the most common and used types of scientific research. It describes what is and is concerned with identifying the relationships and circumstances that exist between the facts. It is not limited to collecting and organizing data, but rather includes some degree of interpretation of that data. Therefore, it is often combined with comparison and uses methods of classification and interpretation. And that the research process is not complete without organizing the data, analyzing it and extracting conclusions that are meaningful to the problem at hand (**Jaber and Ahmad, 1983**). Researchers in descriptive studies carefully:

- Examine the problem situation.
- Identify their problem.
- Choose the right subjects and materials appropriate source.
- Selection of data collection methods or preparation.
- Rules for the classification of data that are ambiguous.
- Legalization of data collection methods.
- Make objective observations selected in a well-organized and distinctive manner.
- Described their findings, analysis and interpretation in specific and clear terms, and their categorization of data and summarized carefully, and then analyze it in an attempt to extract meaningful generalizations lead to the advancement of knowledge (**van Dalen, 1984**).

Descriptive research also provides us with real information about the current state of the various phenomena that affect individuals in their work. This information is of scientific value indicating the importance of existing practices or not, or guiding ways to enhance them towards what they should be. This is the essence of descriptive research as an applied goal. The importance of descriptive research appears if we know that scientific research has not been applied equally to all fields in education (**Al-Najhi and Muhammad, 1973**)

Search procedures: This chapter explains the procedures that were followed in order to achieve the goal of the research, as the researchers used the descriptive approach, and it includes a description of the original community, the method for selecting the research sample, how to design the research tool used in collecting data and information, how to apply it, and how to use the ready-made scale to measure the trend towards the profession .It also includes the statistical methods used in analyzing the results and the method of analysis.

Research community :society means “a group of events or elements with common observable and measurable characteristics” (**Aziz, 1990**) and in order to know the original research community, the two researchers sought assistance

in preparing sample statistics from the Statistics Division of the Wasit Governorate Martyrs Foundation, for the purpose of knowing the true number of the original community in Wasit Governorate, with its districts and suburbs

The community of martyrs of Wasit Governorate .The number of political martyrs in Wasit governorate reached (1400) martyrs throughout the province, and the number of university students from the families of the martyrs reached 160 students .

The research sample :the sample is “a model that forms an aspect of the community concerned with research and is representative of it so that it bears its common characteristics” (Qandalji 1992). The research community is large and divided into (4) districts and (7) aspects. It is difficult to include all members of the research community with the current research procedures. Therefore, it required choosing a representative sample of the population using the stratified random sampling method (Aziz, 1990). The two researchers chose 50% of the research population as a sample for research. The research sample consisted of: (40) students from the families of martyrs and (40) students from the families of martyrs in Wasit governorate .

The research tool :The achievement of the research objectives required the use of two tools:

- A questionnaire for the purpose of collecting information and data about the feelings of the university students from the families of the martyrs and their psychological resilience in overcoming any traumatic event, and it is designed by the researchers (Appendix No. 1).
- The interview was a tool to verify the validity and reliability of the questionnaire's paragraphs. The interview was carried out by the two researchers visiting the Foundation for the Families of Political Martyrs in Wasit Governorate and meeting with the sample members, and they were asked to take photographs to be attached to the research annexes.

Stability of the questionnaire :Any research tool in measuring a phenomenon must be characterized by stability in order to be reliable, because stability is one of the basic concepts in measurement and it must be available in the scale in order for it to be usable (Al-Imam, 1990). What is meant by consistency is the consistency of results when re-applying them. A good scale is its consistency with high stability (Issawi, 1985). The two researchers relied on the test method and re-application of the test.test- Retest To check the stability of the questionnaire.

Statistical methods: To treat data statistically to achieve the objectives of the research, the researchers used the following statistical methods: Pearson correlation coefficient and the T-test test- Retest

Literature review

1. Psychological toughness

This concept goes back to Copaza (**Kobassa, 1979**) where I came up with this concept through a series of studies aimed at knowing the variables that lie behind people retaining their mental and physical health despite being subjected to pressure. Copaza says that toughness is "a general belief that the individual has in his effectiveness and his ability to use all available psychological and environmental resources in order to realize it explains and effectively face stressful life events hard aware is distorted or distorted and interpreted realistically, objective and logical and coexist with it positively, "includes three dimensions which Alaltaza m, control and challenge (**Mukhaimar, 1996**).

2. Procedural definition

It is the score that the respondent obtains on the psychological hardness scale that was constructed by the researchers in the current research.

3. A theoretical framework for psychological injury

The mental toughness is important and vital factor of personal factors in the field of psychology, it is also a factor crucial in improving mental performance, mental and physical health, as well as maintain behaviors, have studied this A not widely used in the work Kubaza, where it became clear that the hardness recycl Seah has Kubaza consists of control, commitment, challenge, and most researchers agreed with the Kubaza reported hardness as an important factor in explaining why some people can resist the pressures and Aamradwn? So what made the psychological hardness area fertile ground for the search of continuing T, theory, practice.

Since then, the motivation for research has been active in this field, and research has focused on practicing good performance in difficult situations, creating partial attitudes and skills to endure difficulties during disasters and crises, as well as social interaction and relaxation situations, and these partial skills all improve psychological performance, despite exposure to negative stressful events., In addition to the growth of the concept of mental and physical health.

Taylor's restriction (Taylor 1995) Characteristics of people with mental toughness includes the following:

- A sense of commitment to motivate oneself to engage in any developments that they retreat from
- Belief (belief) in control, that is, a person's sense that he himself is the cause of the event that occurred in his life and that he is the one who can affect his environment.
- The challenge is the desire to make change and face new activities that represent opportunities for growth and development

The characteristics of people with mental toughness are divided into two parts, namely:

A- Characteristics of high mental toughness. During its previous studies that it conducted in the years (1979-1982-1983-1985), Copaza concluded that individuals who have mental toughness are distinguished by a number of characteristics, which are as follows:

- Resilience and Resistance
- They have a better
- Has an internal destination to set
- More capable and inclined to lead and control
- More Mpadoh and active and those with Motivity F lost (**Radi, 2008**).

And between each of Dellad (Delad, 1990), And Cosi (**Cozy, 1991**), And Kouglestutr (**Krelestotr,1996**) That people with mental hardness of the high they have symptoms of psychological and physical, and they have a focus on endurance SOCIAL Aa, Loire Tvaa motivation towards work, and has Rh interaction, and constant optimism, and more oriented to life and confront the events of stressful life and have the ability to fade stress (**Abu Nada, 2007**) .

Hamada and Abdul-Latif also classify that individuals who are distinguished by psychological toughness are:

- Wen is committed to the work assigned to him rather than feeling alienated.
- They have the ability to control events rather than feeling a loss of strength
- See the Li changes the year as normal rather limit their sense of threat
- Wen finds ,in their perception and evaluation of stressful life events ,an opportunity to practice decision-making (Hamada and Abdel-Latif, 2002) . We conclude that individuals who are characterized by mental toughness prospective characterized that they are internal and Kadri pressure owners n the steadfastness and resistance and have the ability to deliver at work, and decision - making sound, problem solving, and the face of one female stressful life and adapt to them, and the tendency towards leadership and Alsatr of and Mbodh They are the most capable, energetic and highly motivated ,and they have wisdom, patience, and self-control, and thus those with high mental toughness are committed to healthy values, principles and beliefs and adhere to them and not abandon them, and their lives have meaning and a positive value.

B / Characteristics of low mental stiffness

Characterized by the people with psychological hardness low not feeling in order for themselves, and meaningless, their lives and Aatvaalon with their environment positively and expect the threat of constant and weak to cope with the changing events stressful, and prefer the stability of the events of life of, and do not have the belief of the need Altj Dade and upgrading, as they are passive by their interaction with And they are unable to bear the negative impact of the stressful events (**Muhammad, 2002**).

It is evident from the above that those with low psychological stiffness are characterized by:

- Lack of patience, and intolerance of hardship
- Inability to take responsibility

- Lack of flexibility in decision-making
- Loss of balance and running away from stressful events
- Rapid anger, extreme sadness, depression and anxiety
- They do not have certain values or principles
- Avoidance and seeking social support
- Inability to self-control

4. The importance of psychological toughness

Copaza provided several explanations explaining the reason why psychological hardness reduces the severity of pressures facing the individual, and the relationship can be understood by examining the impact of stress on the individual and indicated that psychological hardness and its components act as a psychological variable that reduces the impact of stressful events on the physical and psychological health of the individual. For events and Aamradwn (**Mukhaimar, 1996**)

Copaza agrees (Konawa(And volkma)VolcmanAnd Lazarus) Lazarus (In the psychological characteristics as hardness, for example, affect by the individual assessment of cognitive event of the compressor itself and what it entails a threat not from him and psychological health and appreciation for itself, and also affect B assessment of the individual methods of confrontation which tactics facing the individual event of the compressor (face problems escape carrying Responsibility - Seeking Support - Self-Control) (**Mekhemer, 1996**).

Other researchers believe that even if the individuals who enjoy a high degree of psychological rigidity Ptq der pressures that they pose them pressure already but their personality attributes remain working Koaq of the effect of pressure by facilitating the selection of confrontation which methods and horizontal or through the palm of behavior is consensual Fall members In theory, people with high rigidity tend to use the transformative confrontation method, and they change the events that could generate pressure into growth opportunities and as a result, we find that they correspond to stressful events in an optimistic and effective manner, and on the contrary, individuals with low psychological rigidity depend on the regressive or confrontational style. Which includes regression and in it they avoid situations that could generate pressure (**Rady, 2008**).

5. Psychological hardness and its relationship to some psychological terms

- **Solidity and health**

Konroda sees (Konroda(That resilience can help by silencing or stopping responses of the circulatory system to stress, Smith showed) Smith, 1989In his study, the more tough people are the more People resistant to diseases Awnings shaking under pressure because of the way the influence of cognitive and adaptive Mantj for it's a From Onh House in the level of stimulation of physiological, and also have a set of strings positive self more than those least hardness and hardness (is

known as commitment, control and challenge), which is due to optimism is a feature that will protect against the effects of the body the Multi pressure (Yaghi, 2006)

- **Resilience and adaptation**

Hardness affect psychological on adaptive capacity, people with hardness bitter Tfh I are self-more efficient, and the capabilities of cognitive in terms of the person who has mental toughness aware of the pressures of daily life as less pressure and have responses adaptive more as the individuals most hardened have different effects In their impact on diseases, they exert stress, but with less frequency, and view small stressful events as non-stressful and have a better understanding of their mental and social health (Rady, 2008) .

Macfarin considers (MakvarenThe intensity of the stress or the traumatic experience leads to the occurrence of crowding of intrusive thoughts and that the intensity of distress in intrusive thoughts is a product not only of the severity of the shock but also due to another list of variables such as previous traumatic experiences and it is believed that when the individual is exposed to intrusive thoughts resulting from the traumatic stress The personality characteristics and the availability of social support interact with the variables and mediate in mitigating the impact, and optimism or pessimism (toughness or lack of rigidity) appears to be a mediating factor for safety through behavioral mechanisms (such as general coping methods) through the physiological effect on immune performance. Through a third variable, such as social support, and gave Lagarza 1985 several reliefs to cope with pressure, including:

- Developing new priorities
- Avoid stress
- Enjoy b Vacations
- Doing exercises
- Expanding the social network
- Eat healthy food
- Doing relaxation exercises (Yagi, 2006)

- **Resilience and groups**

See bars (Hanat, 1995) that the traits of psychological toughness can be attributed to a group of people such as families, as it has been attributed to individuals. Thus, toughness facilitates family compatibility and strength.

According to Americanar et al. (Amreknar et al, 1994) Solidarity facilitates family satisfaction and bonding, and good communication with parents and enhancing social participation by them plays a role in improving mental health and resilience of family members.

And indicated by Jabir (Pejber) Studying reconnaissance for c and d correlation between the disease that occurs in the family and the events of life that are exposed, and the cobra father psychological play the role of mediator for to alleviate the impact caused by psychological stress and PAL with adverse events (Yagi 2006)

Explaining psychological rigidity theories

First: The Copaza theory (Kobaza 1979) And the studies emanating from it

This theory was based on a number of theoretical and experimental foundations represented in the opinions of some scholars such as Frankel (Phrankel), And Maslow (Mazlo) (And Rogers) (Rojars) (Which indicated the existence of a goal or meaning for an individual's difficult life that depends mainly on his ability to make good use of his personal and social potentials (Mtteson, 1987).

The Lazores model (Lazarus) The most important models on which this theory was based, as it was discussed through its association with a number of factors and defined them in three main factors:

- The internal environment of the individual
- style cognitive cognitive
- sense of threat and frustration

Male Lazors (Lazarus) The occurrence of the stress experience is determined in the first place by the way the individual perceives the situation and considers it as coexistent plans that include secondary perception, the individual's presentation of his own ability and the determination of its efficiency in dealing with difficult situations, so the individual's negative evaluation of his capabilities asserts their weakness and their inadequacy to deal with difficult situations. By threat, which means, according to Lazores, the expectation of the individual's occurrence, whether physical or psychological, and feeling threatened in turn leads to feelings of frustration, including a feeling of danger or damage that the individual actually decides to cause (Rady, 2008). These are tied to three factors to each other, for example, depends on the sense of threat style of cognitive MOQ P also leads the positive perception of diminished sense of threat and negative perception leads to a greater sense of threat Oaa DVD to evaluate certain personal qualities, self - overall. And Cobaza (Kobaza, 1979) The main assumption is that its theory will not be after it conducted a study on businessmen, lawyers, and middle and upper-class workers in psychological, physical, and traumatic events, and came out with some results, including:

- Disclosure of a new positive source in the field of prevention of mental and physical disorders, which is psychological hardness in its dimensions (commitment, control, challenge).
- The more resilient individuals had lower rates of mental disorders despite being exposed to severe stress

Was this assumption that exposure to the events of the shocking life hard labor is necessary for a and the imperative of the rise of the individual and maturity of the emotional, social and psychological sources and social of each individual may be strengthened when exposure to these traumatic events and the father of rice these sources (psychological hardness). Through her study found that exists between the health link Labbe and disease prevention led to identified special qualities of individuals Mrtfie Asalab of B have a strong sense with the most active, and Mpadoh and Aguetd Lara, driving, and controlled internally, and resilience and resistance to the player DONC life, and the most realistic and achievement and control capability On interpretation.

6. Fink theory (Venk)Analyst of Copaza Theory(Kobaza, 1979)

We have recently demonstrated by the prevention of injury disorders A recent models which reconsidered the theory Kubaza (Kobaza, 1979(And he tried to develop a new amendment to it, and this model was provided by Fink)Venk, 1992This amendment was presented through his study that he conducted with the aim of investigating the relationship between psychological hardness, cognitive perception and effective coexistence on the one hand, and mental health on the other hand on a sample of (167) Israeli soldiers. The researcher relied on realistic arduous situations by defining the role of toughness. measurement of variable hardness and perception of cognitive attitudes hard and live with them before the duration of the training given to the participants that b legate (6 months) and after the end of this tide of training recommendations for the results of an important e (j tidier framework components of commitment and control for mental health and good for individuals was associated with the fundamental commitment Bals mental fairway by reducing the feeling of threat and use of the strategy of coexistence especially effective tuning strategy he was associated with emotion after m positive control mental health the situation as less discomfort and use problem - solving strategy pal coexistence, and the Fink Venk Conducted a second study in 1995, has the same objectives of the study first on a sample of soldiers, the Israelis also, but identified D of training for fiber (5 months) during which the implementation of the participants orders required even if it conflicted with m Aolhm and their preparations personal in continuous measurement of psychological hardness and how Cognitive awareness of the real (realistic) hard events and ways of coexistence before the training period and after its completion, the same results were reached for the first study (Rady, 2008).

Studies dealing with psychological toughness

- study of (Kobaza, 1979)

It aimed to know the psychological variables that would help the individual to maintain his mental and physical health despite his exposure to pressures and difficulties.

Formed the sample of (670) employees of the holders of university degrees of age (40 49) years and suffer from a high degree of pressure and use Ostb Jan Holmes and Rahi events pressing, the questionnaire and Ill of 1968 diseases and use a

number of metrics to measure the psychological hardness including measuring control and scale deficit scale f dust, meaning scale versus nothingness, a measure of achievement, and to measure commitment to use the T measure of alienation from work and institutions, social and personal relationships, about family, and self-use T to measure the challenge, personal experiences, activity versus laziness, Cognitive building scale, survival scale, responsibility versus adventure scale.

The results showed that the more rigid people, despite being exposed to pressures, were less sick and characterized by resilience, achievement, control and internal control, and more capable, energetic and ambitious, while the less rigid people were more sick and helpless and less in external control, and concluded that the more tough people were more flexible, proactive, intrusive and realistic.

- **study of e well et al. Ron (Holl et al, 1987)**

It aimed to determine the nature of the concept of hardness and its role in a mediating variable that mitigates the impact of stressful life events and to study the concept of psychological hardness. The sample consisted of (1004) university students and the sample was divided into (6) groups. Each group used a number of psychological measures. Two measures of mental toughness were used, one of them longitudinal and the other brief, and the scale of social, social anxiety, shyness, self- awareness, and awareness of others.

Showed the study that the hardness is not one concept but three separate components and dimensions of commitment and control enjoy the characteristics of the psychology of the imams Akhvvan of the impact of pressure, and noted the study for the existence of connections between hardness scale and standards other. People with high hardness got low scores on the shyness scale social anxiety and awareness In particular and others.

- **study of so- called w, and Ca response (Smith, Alpeerd, 1989)**

It aimed to make sure that the more tough people were more resistant to diseases caused by stress, due to their adaptive thinking that leads to a decrease in their level of physiological excitement.

Formed the eye of the 48 students Osta m for researchers measure the psychological hardness of the revised version, and a feature list of concerns for measuring neuroticism, and the blood pressure measured before the start of the study.

She noted the results that only persons most r Labbe use positive sentences for the expression of the tastiest data under most circumstances a threat as they are less manifestation of stirring Alvesaolo Wagih when waiting for the operation of the task, so contrary to what has shown people least hardness understanding with negative sentences to express themselves, healthier August high blood pressure before starting the study.

- **study of steps Wen (Stepson, 1995)**

Aimed to examine the relationship between the Asalab of psychological coping strategies, T. formed a sample of 147 individuals of both sexes working in banks, law and applied to them scale Regulations manual Rat personal list of methods of confrontation .It showed that females are more resilient than males and are more dependent on social support, and that lawyers use more of a method of dealing with the problem compared to bank workers.

- **study of Zone, and Rodwyla v (Zon, Rodewalt, 1989)**

It aimed to identify the role of mental toughness as a mediating variable in alleviating the impact of pressures on employees, as consideration was given to evaluating the events of the sample. The sample consisted of (249) employees, whose ages ranged from (25-26) years, possessing different educational and social levels, and the researcher used the version. Short cuts from Psychological Hardiness Scale, list of current life experiences, your list of depression, and severity scale. The results showed that the less rigid females are exposed to a higher rate of unwanted stressful life experiences, and also indicated that all negative events require them to have a greater degree of adaptation.

- **Study of K Lozi (Cozzi, 1991)**

It aimed for to know the nature of the relationship between the pressures of life and the quality of mental toughness and endurance of social and environmental factors of the social t lead to different Achievers curriculum for g seen Achievers of the same level of ability . B legate sample (227) male and female students from the university students distributors to (127 students) and (125) Ta core of the aged (18 30) years and measured their psychological hardness in the light of the three dimensions (commitment, control, challenge) and used biblical scale of achievement of my readers, and a measure of self - esteem.

It showed that personality variation and socio-environmental variables are a good indicator of role modification, and that psychological toughness acts as a support for control, social endurance and the emergence of stress symptoms.

- **study of Wei (b Wiebe, 1991)**

It aimed to know the effect of psychological rigidity and cognitive assessment in reducing the impact of stress and responding to it. It was composed of (820) university students of both sexes with an age level of (21,4). The five psychological stiffness scale was used, the scale of frustration tolerance, a measure of positive and negative feelings. A measure of perceived ability to control the task presented and some psychophysical measures. It showed that the more tough people were more tolerant of frustration and that the practical task was evaluated as less threatening. The study also showed that the cognitive assessments had no effect on the female sample.

Commenting on studies related to mental toughness

A - In terms of the objectives

Researchers differed in their desired goals from their studies on psychological hardness, but some tried to identify the role of psychological toughness in alleviating the impact of stressful events (**Hall, 1987**) and (**Smith, 1989**) (**Zone, 1989**) and (**Webb, 1991**) . While some tried to identify the relationship of mental hardness to some behavioral, psychological and social variables such as mental health (**Cobaza, 1979**), life stress (**Causey, 1991**), alcohol use (Maddy, 1996).

B- in terms of the sample

The samples of previous studies differed according to the different desired goals . A large number of researchers conducted their studies on university students, such as (**Hall, 1987**), (**Webb, 1991**) and (**Cozy, 1991**), with an average of (419,6) university students., the study (**Kubaza, 1979**) was conducted on an employee yen by (504.5) of both sexes, and applied some studies data on students in schools such as the study (**Smith, 1989**) with an average (131.25%) male and female students and was a study (**Zone, Rodwillet, 1989**) applied to women only, and the average number was 347,5.

C - In terms of tools

The researchers here are unanimously agreed on the use of the psychological hardness scale, but the brother of their difference was in preparing this scale. In some studies, the scale was prepared by the researchers themselves, as in the study (**Webb, 1991**) and (**Cozy, 1991**) and (**Zohn, 1989**) and (**Hall, 1987**) and (**Cobaza, 1979**), while the (**Zohn, 1989**) scale of psychological toughness was the shortened version.

D in terms of results

The results of mental toughness studies reached a large number of results, including that mental toughness reduces the impact of life stress and reduces its impact, as in the study (**Webb, 1991**) and (**Hol, 1987**), and some studies have found that individuals who have mental toughness enjoy steadfastness and achievement, control, internal control, flexibility, proactive, realism, less shy and anxious, is why you serve positive sentences for self, social stress, bears frustration, motivation towards work) how much of the study (**Kubaza 1, 979 Web, 1991 and Cosi, 1991 Smith, 1989 and Hall, 1987**).

Third :The relationship of the current research to previous studies

Through the presentation of previous studies found a to researchers that the current research has agreed with previous studies in some aspects and disagreed with them in others.

A- In terms of the objectives

The individual of this research by science researchers and Atalaath m of the objectives of p n previous studies where it was his goal, to identify the psychological hardness of the university students with political martyrs in the province of Wa St, P agreed with a study (**constant, 2001**) only, as well as to clarify the differences between males and females in the rigidity of self - yeh, which agreed with its study (**Kubaza, 1979 and Alwan Wesal h, 2007 Smith 2000, and strength,**

2000 Obohen, 1997 Dyegrov, 2000), And agreed with previous studies by the statement of the differences between males and females in the degree of psychological hardness LED matter multiple variables b d head (Hall, 1987) and (Webb, 1991) and (Cosi, 1991) .

The current research is unique in the aim of identifying differences in the research variable according to the variables: place of residence, the educational level of those affected by the martyrs' families) from previous studies, as well as the aim of revealing the psychological effects of terrorism and aggression on the families of political martyrs.

B - In terms of the sample

J has enabled us to say that the current research differed with all the studies earlier in terms of the fact that the sample includes middle school students as it is unique in the specificity Y wish she considered in terms of the families of the martyrs population j Asien, q may sample contained students of both sexes.

C - In terms of tools

Current research differed from previous studies in terms of Almqa Leis which used t in which according to the variables of the study ,where the use of the researchers, questionnaire psychological hardness, which is prepared by the researchers did the shoulders of the researchers based on the questionnaire only but was with them corresponding to each member of the sample by (Wasit Martyrs Directorate) and visiting some of them in their place of residence.

Results

1. Results related to the first goal

In order to achieve the first objective, which states (identifying the level of acceptance of psychological toughness among university students who are families of political martyrs in Wasit governorate according to the gender variable), the rigidity scale that was adopted in this research was applied to the main research sample of (40) male and (40) female students., the arithmetic average of the scores reached in the scale (89.69) degree, and a standard deviation (546.9) degree and Altaia sensor B (033 84), D under the rate of 05 0, % degree of freedom 79 when compared to the achieved average with the theoretical average (premise For the scale of (78) degrees, it appears that the achieved average is greater than the average. Theoretical, and to find out whether these differences are real and not the result of chance, Asta m for Altaia testtest- Retest The results were as follows:

Table No. (1)

The T value of the difference between the arithmetic mean and the hypothetical average of the scale of (psychological toughness)

The number	SMA	standard	Hypothesized	T-value	Indication level	Degree of
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of the sample		deviation	mean	Calculated	Tabular		freedom
80	89,69	546,9	78	033,84	1,960	A function at the 0.05 level of significance	79

Conclusions

Through the foregoing and in light of the results and procedures of the current and previously presented study, I reached the following conclusions:

- The level of psychological toughness of university students with political martyrs in Wasit Governorate is higher than the hypothetical average, meaning that the degree of the current research sample members possesses a level of psychological toughness higher than the hypothetical average of the scale and this can be attributed to the nature of the stage that the sample members lived in and good physical health At this stage.

Recommendations

In light of the research results, the researchers recommend the following recommendations:

- 1- The results of the research can be used to organize many awareness programs and extension sessions for this segment, which has always suffered.
- 2- The adoption of the results reached in this research by the Martyrs Foundation in Iraq to take care of the families of the main martyrs according to the variables of psychological hardness, as it attaches to mental health very important and does not concern itself with the material aspect of compensating this segment in moral compensation .

Conclusion

that Problems Mental Which Exposed to her The individual During Stages of his life Too many, which Could that effect Form negative at His behavior And his performance on the personal and practical level So Must be On University students ' brains, damage to the scientific and humanitarian disciplines that Benefit from all Influences Which effect On the behavior Humane and on Degree Severity I was able Wa of finding Solutions Occasion to her And she was Importance search at knowledge level Mental toughness Which Have it University students And therefore Contribute at Operation Psychological counseling They have From Yes Reaching a degree of psychological and personal health And its development, where that The students Especially at Modern era Exposed n to me Pressure various Vary at Kinds And severity On according to Positions that Exposed n to her And the extent of awareness m to her, So Varies Students at Bear them Psychological And this may impact Form negative On level performance Students . It aims search Referred to

Identify On a level Stiffness Mental I have University students from the families of martyrs at Governorate Wasit According to the gender variable from During use Scale Stiffness Mental Which the researchers built And conducted The two researchers Scientific foundations For scale On the sample, Hardness scale dish which was adopted in this research on the research sample the main adult (40) and students (40 students), has shown Results The university students have a level of psychological toughness higher than the hypothetical average, meaning that the degree of the members of the current research sample possesses a level of psychological toughness higher than the hypothetical average of the scale due to the nature of the stage that the sample members lived through and good physical health at this stage.

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Accessory (1)

Psychological toughness survey

Degree of kinship : Gender: Male Age:

T	Paragraphs	Never	Seldom	Sometimes	Often	Always
1	I can control myself when angry					
2	I cry with the slightest difficult situation					
3	I have the ability to manage and control things					
4	I trust my ability to handle new situations					
5	Insist on doing the things I love, no matter the outcome					
6	I'd rather not be adjusting to my current life					
7	I have feelings I go back to childhood					
8	I feel and get affected by the simplest situation					
9	I compare myself to others, and the grief takes me					
10	Despite the financial compensation that my family received, we still feel emotionally deficient					
11	I feel like my opinion represents my personality					
12	I find that one day that the waiver is always waived					
13	There are important issues that need to be insisted on					
14	My adherence to a certain opinion varies according to the issue, the situation, and its circumstances					
15	I feel uncomfortable when I'm resilient in a situation					
16	I feel weak when I'm resilient					
17	I derive my psychological strength from my stability and toughness					
18	I used to not fall asleep easily					
19	It takes me to think about losing my dear and wanders my mind					
20	I walk in the street and think about the loss of the beloved and what happened to us					
21	I believe in solidity whether or not my opinion is good					
22	I pay attention to the smallest details of my hardness, even my facial expressions					
23	I think others are taking advantage of a person's flexibility					
24	I adhere to the solid side because I see in it a comfort for me					
25	I have a feeling that the flexible person is weak					
26	I believe in the proverb, `` Be firm so that the winds do not break you. "					
27	I do not tend to like the proverb that says, `` Do not be hard and					

	break, and do not be flexible and squeeze. "					
28	I might feel like moderation is necessary but my psychological feeling and my tendency for toughness is taking me					
29	I find that my toughness benefited me in several situations					