

The Effectiveness of Client-Centered Therapy in Reducing Feelings of Psychological Loneliness Among Divorced Women in Baghdad Governorate

Marwa Burhan Farman¹, Mansour Sodani^{2*}, Abdulkazem Neissi³

Abstract

The research aimed to determine the effectiveness of client-centered therapy in reducing the feeling of psychological loneliness among divorced women in Baghdad, as divorce is considered one of the social problems that all societies suffer from as a result of its negative effects that go beyond the husband, wife, and children to include the entire society. Official statistics indicate that there are global and local variables at the present time that lead to an increase in divorce rates worldwide, which constitutes the nucleus of therapeutic programs targeting this group. Therefore, the purpose of this study is to know the extent to which the effectiveness of treatment around the client benefits in reducing the feeling of psychological loneliness in the patient. Divorced women. Therefore, the methodology for collecting data for the current research is a quasi-experimental design with an initial test, a post-test, and a follow-up test, with two experimental and control groups. The basic research sample consisted of (40) divorced women according to the scores they obtained from the Psychological Loneliness Scale. The scale was distributed to three participants. Several times in the pre-test, post-test, and follow-up test (less than 60 days), the statistical package (SPSS) was used in the analysis, as the results of the study found that there were statistically significant differences in the levels of psychological loneliness between the scores of the experimental group and the control group for the scale in the post-test, and in favor of the experimental group. The results of the study revealed that there were no statistically significant differences in the levels of psychological loneliness between the scores of the experimental group on the follow-up test measures, and the study reached the following conclusions: divorced women suffering from the negative effects of divorce, including an increase in their level of psychological loneliness, and the effectiveness of the counseling program in reducing psychological loneliness among them. Divorced women.

Keywords: *client-centered therapy, psychological unity, absolutes.*

Introduction

Marriage is a stage in the life of every man and woman, and everyone gets married to remain together for a long time, but sometimes problems arise that inevitably lead to separation, and the most hated permissible thing in the eyes of God Almighty is divorce. Therefore, God legislated divorce as a solution to family problems that are difficult to

¹ Ph.D Student in Counseling, Department of Counseling, Faculty of Educational Sciences and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran, marvehborhann@gmail.com

² Professor, Department of Counseling, Faculty of Educational Sciences and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran, sodani_m@scu.ac.ir

³ Professor, Department of Psychology, Faculty of Educational Sciences and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran, Kazem.neissi@scu.ac.ir

solve and life with which has become impossible. However, divorce remains a difficult experience and a difficult situation for both men and women, and it results in many psychological and social problems that negatively affect divorced people.

Problem Statement

Divorced women in our Iraqi society are considered, like other women, still suffering from frustration, brokenness, and weak self-confidence as a result of the inferiority view of divorced women from members of society with contempt, pity, or accusation of poor compatibility and failure to maintain family life, even if a trend of lack of fear has appeared recently among young women. From divorce, haste in requesting it, and lack of patience with problems in marital life, but the ultimate result is psychological suffering because the woman with divorce feels unappreciated and unaccepted for herself - unless the divorced woman is self-aware. The psychological suffering that the divorced woman experiences increases her feeling of loneliness. Psychological problems, failure, stress, lack of desire for life, and other feelings (Ahmed, 2017).

The feeling of psychological loneliness is a state in which an individual feels something he is missing, and the basic manifestation of loneliness is loneliness. The person who feels lonely reaches out to people but cannot communicate with them and therefore cannot exclude the element of loneliness (Al-Shenawy, 1988). Jones described the feelings of lonely people as Their language, including helplessness, lack of importance, separation, unhappiness, and rejection. The lonely also mentioned that no one accepts, loves, or understands them and that they are bored. Psychiatry and mental health workers pointed out the harms of the individual's feeling of psychological loneliness and the pathological consequences resulting from this feeling. They pointed out A number of researchers have indicated that psychological loneliness is linked to a lack of social relationships with others (Al-Mazrou, 2003).

These observations sparked the idea of this study, in addition to what some studies on divorced women recommended aftercare for divorced women with the aim of psychological and social rehabilitation and in a way that helps raise their social competence, and solves the problem in the following question for the researcher:

How effective is client-centered therapy in reducing feelings of psychological loneliness among divorced women?

Significance of the study

This study is distinguished by its examination of the extent to which the effectiveness of client-centered therapy is useful in reducing the feeling of psychological loneliness among divorced women in Baghdad. It also sheds light on the psychological problems that divorced women suffer from in society, especially in light of the high level of the phenomenon of divorce. The importance of this study increases in light of Life becomes more complicated and imposes more psychological pressures on individuals, as well as experiences of failure and frustration, the intensity of which increases when the individual is exposed to a painful experience.

Research objective

The current research aims to determine the effectiveness of client-centered therapy in reducing feelings of psychological loneliness among divorced women.

Research hypotheses

Conducting a client-centered therapy intervention to reduce feelings of psychological loneliness among divorced women this is done by verifying the following sub-hypotheses:

a - There is no statistically significant difference between the average scores of divorced women on the psychological loneliness scale in the pre-test, post-test, and deferred test at a significance level of (0.05).

b - There is a statistically significant effectiveness between the average scores of the subjects on the psychological unit in the pre-test and the deferred (follow-up) test, equal to or greater than the “Mc Gogian” effectiveness ratio of (0.60).

Limitation

The research is limited to the category of divorced women in the Bint Al-Huda Charitable Society for the Care of Widows, Divorced Women and Orphans, based in the Al-Saydiyah area, Baghdad Governorate, for the academic year (2022-2023).

Definition of Paper variables

Client Centered Therapy (independent variable):

It is a form of psychotherapy developed by Carl Rogers. According to Rogers, a structured process of client self-discovery and self-actualization occurs in response to the therapist's consistent empathic understanding, acceptance, and respect for the client. The therapist paves the way for personal growth by reflecting on and clarifying the client's thoughts, such that he is able to see himself or herself. With the progress of treatment, the client resolves conflicts, rearranges values and methods in life, learns how to interpret his thoughts and feelings, and thus changes the behavior that he considers a problem (Al-Shaibi, 2005).

Psychological loneliness (dependent variable):

Definition (Russel at 1980): A subjective experience that a person may suffer despite his presence with other individuals when his life is devoid of social relationships saturated with familiarity and affection” (1980, Russel at el).

Divorced women: those who have freed themselves from the conditions of marriage and are liberated from its infallibility (Al-Shaboul, 2010).

The theoretical framework and previous studies

The feeling of loneliness in the psychological is a psychological state that distinguishes the individual from other living beings because it is characterized by a social system that is affected and affected by it, and the presence of any defect in this system reflects on the individual and results in a disturbance in the social system, which generates in him many negative feelings such as alienation, isolation, or the suffering of psychological loneliness. (Dawoud, Al-Obaidi, 2008).

Dimensions of the psychological unit:

There are three dimensions of psychological loneliness explained by Weiss (1973).

The first (emotional): always appears in the individual's need for emotional friendship from close individuals and for social acceptance. Therefore, a feeling of loneliness is generated due to the individual's loss of his sense of acceptance and affection from other people.

The second dimension, despair (loss of hope): The individual's feeling of psychological pressure and high anxiety when expecting things that do not come true, which leads to a feeling of loneliness.

The third dimension (social manifestations): The individual's inability to form relationships and friendships with other people leads to a feeling of loneliness, which in turn produces feelings of depression and makes the individual vulnerable to psychological disorders and behavioral deviance.

Causes of psychological loneliness

The feeling of psychological loneliness does not have a single cause, and to find out the most important factors and reasons that lead to an individual's feeling of psychological loneliness, there are some research and studies that dealt with the causes of psychological loneliness, most of which agreed that one of the most important causes of psychological loneliness is the need for emotional and social relationships (Al-Saaati, 1990).

Types of psychological unit:

Some studies have worked on developing a classification of the types and forms of psychological loneliness, as (Weiss, 1987) showed that there are two types of psychological loneliness:

Psycho-emotional loneliness: It is caused by a lack and lack of relationships with others - Psycho-social loneliness is caused by a deficiency in the circle of social relationships with other people. As for Young, he showed that there are three types of psychological loneliness that are according to continuity.

Transient psychological loneliness: It is a period in which the individual feels lonely even though the person's life is characterized by acceptance and reconciliation. -Transient psychological loneliness: In this type, the individual enjoys good social relationships with others, but feels lonely as a result of some circumstances such as divorce or the death of a dear person. Chronic psychological loneliness: In this type, a person's feeling of loneliness continues for long periods of time, during which the person does not feel any kind of affection regarding his relationship with others (Al-Nayal, 1993).

Theories explaining the concept of psychological loneliness: Psychological loneliness has been explained according to psychological and social theories, and we will present some theories that dealt with the phenomenon.

1- The psychoanalytic point of view: The proponents of this theory, led by Freud, believe that psychological loneliness has pathological characteristics that they attribute to the early influences that the individual experienced. This theory also explains the feeling of psychological loneliness as a process of conflict between the components within the individual: the id, the ego, and the superego, which leads to his poor compatibility with himself and his social environment. The feeling of psychological loneliness can be viewed as a result of infantile neurotic anxiety and has a psychological defense method that works. To preserve the personality from the threat emerging from the social environment and is expressed in terms of isolation and withdrawal (Abed, 2009).

2- Behavioral theory: John Watson (1878-1958) believed that psychological loneliness is a behavioral pattern for which there is no positive social reinforcement. In other words, the human personality is a product of the learning process, and that it is a set of behavioral habits that the individual has acquired, and that behavior is learned in the environment. Therefore, psychological loneliness and emotional avoidance are a learned behavior from the environment surrounding the individual (Rokach, 1988). As for Skinner, he explained that the feeling of psychological loneliness is a behavior that appears to the individual as a result of his awareness of negative responses from the social environment (Abdel Hamid, 2001).

3- Field Theory: Kurt Levin (1890-1949) stated that the feeling of psychological loneliness is a state of emotional imbalance and stability that leads to the individual's inability to access many areas and contents of his vital field. The closed areas often dominate the other areas and this affects his behavior so that It is incompatible and inconsistent with the social reality in which it exists (Jassem, 2009).

4- Trait Theory: Gordon Allport (1897-1967) established that psychological loneliness is represented by the individual's inability to achieve self-realization, the lack of ability in the field of forming social relationships, his total focus on his external

motives and goals, a negative view of himself, lack of self-acceptance, and loss of emotional balance. This theory sees The individual is vulnerable to feeling psychologically lonely because of the way he responds to situations related to personal relationships. It has been found that psychologically lonely people express a negative view of human nature, and a less positive view of others with whom they interact, unlike people who do not feel psychologically lonely (Al-Aqili, 2004).

5- Phenomenological theory (Carl Rogers): Carl Rogers, the owner of client-centered therapy and a psychotherapist, combined the most systematic principles and based on them the theory of the self through his use of clinical evidence. He used this theory in psychotherapy and counseling, and found that the feeling of psychological loneliness is generated by denial or distortion of others. Perception in the field of experience is a function of the level of psychological compatibility and the extent to which the self is compatible or inconsistent with the social experiences that are organized in the individual and distorted in order to conform with previous perceptions (Al-Shaibi, 2005).

Client-centered therapy

Rogers worked on developing individual-centered therapy, which is a meaning related to the existential perspective, because it shares many ideas about the nature of individuals. Rogers' first interests in the beginning were mainly focused on individual counseling and psychotherapy. He worked on developing a special theory about personality and applied it to individuals. It is called client-centered therapy (Al-Amiri, 2000).

Definition of client-centered therapy

It is a type of psychotherapy developed by Carl Rogers. The therapist's role is not to direct, explain, or advise except to encourage the clarification of points. This method is built on the basis that the client is the one who is able to address his personal problems, and the therapist must provide an atmosphere in which love and reassurance prevail and is not characterized by judgment. Therefore, the client is the one who works to solve his problems, and it is sometimes called non-directive therapy (Jabro Alaeddin Kafafi, 1989).

Goals of client-centered therapy

This type of therapy aims to help the counselors become fully functioning people and not just to help them solve their problems. Before guides begin working to achieve this goal, it is necessary that they be able to reveal their true selves and the frightening elements in their personal experience. Rogers described the self-actualizing person as possessing four qualities: openness to experiences, confidence in his organic being, and the presence of an internal center of evaluation. Preparing to transform into a process of exercising reason and thought (Leroy & Charles, 1985).

Client-centered therapy techniques

1- Acceptance: The counselor must be accepting of the counselor as a person, as he comes to the position of therapeutic counseling with his conflicts, contradictions, advantages and disadvantages, and acceptance on the part of the counselor exceeds neutral acceptance (El-Shenawy, 1994).

2- Careful confrontation: The guide confronts the unhelpful and destructive thoughts, feelings, and emotions of the guide, and the confrontation does not take the form of an attack on the guide or include issuing value judgments against him (Al-Azza and Abdel-Hadi, 1999).

3- Listening: The guide listens to the seekers, asks him to speak frankly about the problem for which he came, and focuses his attention on all his verbal or non-verbal messages, notices the lack of harmony between them, and does not interrupt his speech

and responds to him by shaking his head or by other means to indicate his understanding (Al-Azza and Abdul-Hadi , 1999).

4- Catharsis: Allowing the counselor to express his problem freely, until he is freed from the internal emotional tension, which prevents him from making optimal use of his potential and abilities (Abu Aita, 1997).

5- Reflecting feelings: The guide accepts the emotions of the guided people and is like a mirror in which these emotions are reflected until the guide sees them clearly (Al-Masry, 2007,).

6- The art of non-directionality: Non-directionality according to Rogers means not providing advice, directions, or direct guidance by the mentor to the mentee, but rather means accepting the person's true inclination (Hamdan, 1995).

Past studies

- A study Sight (2015) entitled (The nature of the relationship between the two measures of life satisfaction and psychological loneliness among a sample of widows). The results of the study showed that there was a significant negative relationship between life satisfaction and the feeling of psychological loneliness. The results of the study also showed that there were no fundamental differences in the feeling of loneliness. Psychological, in addition to the presence of a positive, non-significant relationship between the area of feeling neglected and social appreciation.
- Khowaiter's study (2016) entitled (The nature of the relationship between psychological security and psychological loneliness among a sample of widows and divorcees). The results of the study showed the presence of an inverse correlation between psychological security and the feeling of psychological loneliness.
- Al-Talha's study (2016) entitled (The effectiveness of a program based on reality counseling to develop psychological toughness among divorced women in the city of Riyadh). The results of the study showed that there are statistically significant differences between the scores of the experimental group and the control group in developing the psychological toughness of the experimental group.
- Al-Rasheed's study (2019) entitled (The effectiveness of a counseling program in alleviating feelings of psychological loneliness among a sample of widows). Through the results of the study, it was revealed that there were statistically significant differences between the scores of the experimental group and the control group in the post-measurement in favor of the experimental group.
- A conservative study (2020) entitled (The effect of cognitive behavioral therapy and counselor-centered therapy on depression and quality of life among divorced women who lost custody of their children). The results of the study showed the effectiveness of the two programs in reducing depression and improving their quality of life.

Research methodology and procedures

First: Research Methodology:

The researcher relied on the experimental method, because it is one of the best and most important methods of scientific research for humans, and because it is consistent with the goal of the research.

Second: Experimental design:

The experimental design is a scientific plan that helps in obtaining answers that are appropriate to the research questions, and also helps in testing research hypotheses, and therefore it is important in experimental research (Alian, Ghoneim, 2000).

Figure (1) Experimental research design

Experimental group	T1	X1	T2	T3
Control group	T1	-----	T2	T3

Third: Research Population

The current research population includes (39,486) divorced women in Baghdad Governorate in Al-Rusafa and Al-Karkh District for the years (2021-2022-2023) until the month of March, as the researcher obtained this data from the official page of the Supreme Judicial Council website.

Fourth: Sample-of Research

Choosing a sample is not an easy matter, because it depends on many important things such as measurement, results, and tools. However, it is not difficult for a properly trained researcher (Al-Jabri, 2011) and the samples used in the current research:

a- Sample for statistical analysis: The researcher chose a sample consisting of (400) divorced women from the research community in Baghdad Governorate in the Rusafa and Al-Karkh Districts, with (200) from the Rusafa District and (200) from the Karkh District who attend the Association (Bint Al-Huda Charity for the Care of Widows and Divorced Women). and orphans) as shown in Table (2).

Table (2) Illustrates a sample of statistical analysis

Divorce cases by the cutter	Year of divorce	the number
Rusafa	2021	75
Al-Karkh		75
Rusafa	2022	75
Al-Karkh		75
Rusafa	2023	50
Al-Karkh		50
the total		400

Diagnostic sample: In order to diagnose women to participate in the counseling program to reduce feelings of psychological loneliness, the researcher applied the tool to (100) divorced women who attend the association. The researcher chose (40) women who met the criteria for admission to the counseling program. The researcher chose (20), a woman whose scores were in the third quarter on the psychological loneliness scale, ranging from (80-100), as well as for the control sample on the scale. Table (3) shows the women's frequencies on the psychological loneliness scale.

Table (3) Interquartile results for the psychological loneliness scale

Feeling of Psychological loneliness					
Lower spring	Duplicates	Middle spring	Duplicates	upper spring	Duplicates
24	3	43	2	81	4
26	5	47	1	83	5
28	4	48	4	84	6
29	2	52	2	85	5
32	3	58	3	87	6
35	2	59	1	89	3
36	2	64	2	91	7

37	3	68	3	94	5
39	2	73	2	95	6
40	2	76	2	97	3
	28		22		50

Description of the research sample

Researcher identified a set of criteria in selecting the experiment sample to be accepted into the counseling program in order to control the research variables and isolate extraneous variables that may affect the program. These criteria are considered appropriate for the research sample (divorced women), and the sample variables include (social status, housing style, Independent or with the wife's family, work, working or not working, educational qualification, secondary school, diploma, bachelor's degree, or postgraduate studies, number of children, no mother less than three or more, age).

Data collection tools

To achieve the objectives of the research, the researcher adopted the Russell et al. (Russel at el. 1980) scale for feelings of psychological loneliness in its final form, which consists of (20) items and five alternatives. This scale was built according to the perspective that Fromm put in explaining psychological loneliness, which is the same perspective that Adopted by the researcher.

Preparing the scale instructions: The researcher seeks to make the scale instructions clear so that divorced women can answer openly and honestly. The researcher warned the women not to mention their names and that the answer should not be seen by anyone except the researcher, so that the women can be reassured of the confidentiality of the answer.

Method of correcting the scale: The items of the scale consist of (20) items. Five alternatives are placed in front of each item of the scale, which are (applies to always, applies to sometimes, applies to rarely, does not apply to never) and according to the correction key (1,2). ,3,4,5) if the paragraphs are towards the concept, or (5,4,3,2,1) if the paragraphs are opposite the concept.

Logical analysis of paragraphs

Face validity (validity of items) for the Psychological Loneliness Scale:

In order to identify the validity of the scale's items and measure its apparent validity, the researcher presented the psychological loneliness scale in its initial form, consisting of (20) items, to (20) expert arbitrators to express their opinions and observations about the scale in judging the suitability of the scale for the purpose for which it was developed. In light of what the arbitrators decided, some paragraphs were modified. The researcher relied on the calculated Chi-square value and compared it with the tabulated value of (3.84) at a significance level of (0.05), which is equivalent to 80% or higher of the arbitrators' opinions as a percentage of agreement on the paragraphs. In light of the arbitrators' opinions, the scale applied to the statistical analysis sample consists of (20) items, and Table (4) shows the arbitrators' opinions on the validity of the items.

Table (4) The percentage and square value of the arbitrators' opinions regarding the validity of the items of the psychological loneliness scale

the scale	Paragraph number	Agreeers		Not Agree		Ka value		level indication
		the number	Centenary	the number	Centenary	Calculated	Tabular	
Feeling of psychological loneliness	1,2,3,4,6,7,8,9,11,13,19,20	20	100%	zero	0%	20	3.84	function
	5,10,18	19	%95	1	%5	19	18.05	function
	15,16,17	18	%90	2	%10	18		function

The discriminating power of paragraphs: Items Discrimination Power.

The researcher analyzed the responses to find the discriminating power, then analyzed the total score for each questionnaire, then arranged the scores from the highest score to the lowest total score for each questionnaire. She identified the two extreme groups in the total score (27%) from each group, and this was confirmed by (Anastasia, Urbana, 1976). The percentage (27%) of the high and low questionnaires represent two groups with the largest size and maximum possible differentiation (Anastasia, Urbana, 1976). The size of each of the two extreme groups in the total score became (108) questionnaires. Then I used the t-test for two independent samples to find the difference between the two groups. In the grades, each item of the scale is considered distinguished if the calculated T-value is greater than the tabular value (1.96) at the significance level (0.05).

The correlation of the item with the total score of the psychological loneliness scale

The correlation of the item with the total score of the scale is represented by an internal criterion or an external criterion, and this indicates the credibility of the item. If there is no external criterion, an internal criterion is used, as what is meant by the internal criterion is the respondent's total score on the scale (Melhem, 2005).

The researcher used the Pearson correlation coefficient between the score of each item and the total score of the scale. The researcher also used the T-equation for the correlation coefficients, and it turned out that the calculated T-value for all of the correlation coefficients is greater than the tabulated T-value of (1.96) at the significance level (0.05). And degree of freedom (398). Table (5) shows this:

Table (5) Correlation coefficient and T-value calculated for each item of the psychological loneliness scale

T	Correlation coefficient value	The T-value of the correlation coefficient	T	Correlation coefficient value	The T-value of the correlation coefficient
1	.405	8.836899467	11	.436	9.665209083
2	.372	7.995168083	12	.455	10.19349666
3	.496	11.39572991	13	.318	6.691427295
4	.353	7.52688365	14	.539	12.76616721
5	.375	8.070147008	15	.424	9.339876986

6	.500	11.5181017	16	.446	9.941166918
7	.492	11.27432036	17	.451	10.0808743
8	.516	12.01763353	18	.526	12.33845673
9	.500	11.5181017	19	.247	5.08519691
10	.425	9.366753938	20	.242	4.975783794

Psychometric properties of the psychological loneliness scale:

First: Scale Validity

The researcher calculated validity in two ways in order to ensure the validity of the scale:

a- Face Validity: The researcher verified the apparent validity by presenting the psychological loneliness scale to a group of experts and specialists to judge its validity for measurement and to take their opinions on the validity of the scale's instructions and the validity of each item and its alternatives to measure this variable.

b- Construct Validity: This type of validity was achieved in the current scale by calculating the indicators of the excellence of the items and extracting the correlation between the total score and the item score for the scale, as these procedures are an indicator of the validity of the construct.

Second: Reliability of the scale

The stability of the scale means that the tool is stable if it gives the same results or that it is close when it is applied more than once and in similar circumstances. It is rare to find an honest measure and the measure is not stable. A true measure is a stable measure, but the opposite is not true (Hamdi, 2020). I extracted The researcher stabilized the scale in two ways:

Test-retest method (external consistency)

The researcher applied the test to a sample of (100) divorced women, and after 14 days had passed, the test was re-administered, and the Pearson correlation coefficient was calculated between the divorced women's scores on the two applications. The reliability coefficient in this method was (0.79), which is a coefficient good.

Cronbach's method (internal consistency)

The researcher used the Cronbach equation to extract the reliability coefficient on a sample of (400) divorced women. The reliability coefficient reached (0.866), which is a good reliability coefficient. Table (6) shows the reliability coefficients for the feeling of psychological loneliness scale with the two methods.

Table (6) The stability coefficient of psychological loneliness using the retest and Cronbach methods

the scale	Stability coefficient method	
	Re the test	Alfakronbach
Feeling of psychological loneliness	0.79	0.866

Statistical indicators for the psychological loneliness scale

The researcher used the Statistical Portfolio for Educational and Psychological Sciences (Spss) to obtain a number of statistical characteristics for the loneliness scale.

Third: Equivalence of individuals (experimental and control)

Members of the experimental and control groups were rewarded according to the following variables:

1- Pre-test for the experimental and control group on the psychological loneliness scale: To ensure the equality of the first experimental, second experimental, and control groups on the psychological loneliness scale, the researcher used the one-way ANOVA test to determine the significance of the difference between the groups. It was found that the calculated F-value (0.153) is lower than the tabular value of (3.15) with a degree of freedom (57). This indicates that the difference is not statistically significant, which leads to the equality of the two groups.

2- Academic achievement: To ensure the equality of the experimental and control groups in the academic achievement variable, the researcher arranged the educational achievement level of divorced women (primary, secondary, university). To determine the significance of the difference, the researcher used the (Ca2) test, and the results confirmed that the calculated value (0.473) is lower than the tabulated value (5.99). With a degree of freedom (2) and a level of significance (0.05), this confirms that the difference is not statistically significant and indicates that the two groups are equivalent.

3- Chronological age: To ensure that the experimental and control groups were equal in age in months, the researcher used the one-way ANOVA test to determine the significance of the difference between the groups. It was found that the calculated F-value (0.716) was lower than the tabulated value of (3.15) with a degree of freedom (57). This indicates that the difference is not Statistically significant, which leads to the equality of the two groups.

4- Economic situation: To ensure the equality of the experimental and control groups in the economic status variable, the researcher arranged the level of the economic status of divorced women (poor - average - good). To determine the significance of the difference, the researcher used the (Ca2) test, and the results confirmed that the calculated value (1.18) is lower than the tabulated value (5.99) by a degree. Freedom (2) and significance level (0.05). This confirms that the difference is not statistically significant, and it shows that the groups are equivalent.

The experimental group's counseling program (based on client-centered therapy to reduce psychological loneliness among divorced women):

Program preparation resources: The researcher prepared the program by reviewing the theoretical and counseling framework that includes the concept of psychological unity and based on the basic principles of Rogers' theory and previous studies that focused on counseling and therapeutic programs, in addition to paying attention to the characteristics of the sample, and placing the culture of society in importance.

- The target group in the guidance program: divorced women in Baghdad Governorate.
- The general goal of the counseling program: is to reduce psychological loneliness among divorced women.
- Each session has special objectives that are consistent with the topic of the session.

The steps for preparing the guidance program include the following:

- 1- Identifying needs: The researcher relied on a set of necessary procedures and steps based on the guidance program and the formulation of basic goals and needs to confront the cause of psychological loneliness among divorced women, according to the results of the psychological loneliness scale applied to a sample of divorced women.
- 2- define the priorities: The researcher determined the priorities according to the problems identified in the scale according to the items, and then arranged the items of the scale in order to place them in the program sessions.

3- Selecting and implementing program activities: The researcher applied the counseling program based on client-centered therapy according to Carl Rogers' techniques. The counseling program consisted of (10) sessions, and each session lasted (60 minutes).

4- Sincerity guidance programme: The researcher presented the guidance program before implementation to a group of arbitrators and specialists in psychological counseling to express their opinions on the suitability of the session topics and their suitability to the paragraphs, the suitability of the activities presented that achieve the goals of the session, the suitability of the session title, and the necessary amendments were made in accordance with the opinions of the experts, so the guidance program became ready. For final application.

Implementation of the guidance program: The researcher determined the number of counseling sessions (10 sessions) and (two sessions) each week, determine the location of the counseling sessions at the Bint Al-Huda Charitable Society for the Care of Widows and Divorced Women, located at Al-Darwish Intersection, Al-Saydiyah area.

The researcher prepared a table that included the date of the counseling sessions and the session title.

The current research aims to identify: Determine the effectiveness of client-centered therapy in reducing feelings of psychological loneliness among divorced women, through the following hypotheses:-

- Conducting a client-centered therapy intervention to reduce feelings of psychological loneliness in divorced women.
- There is no statistically significant difference between the average scores of divorced women on the psychological loneliness scale in the pre- and post-test and the average score for the first experimental group at a significance level (0.05).

To test this hypothesis, the researcher used one-way analysis of variance for repeated measures. The calculated F value was (354.89), and when compared to the tabular value (3.15), it was at a significance level of (0.05), and it appeared to be statistically significant, and the table (7) shows this.

Table (7) One-way analysis of variance for pretest, posttest, and repeated measures for divorced women to reduce feelings of psychological loneliness through client-centered therapy

Independent variable	the test	SMA	standard deviation	Sum of squares	d.f	Mean squares	F value		indication
							Calculated	Tabular	
Client-centered therapy	Tribal	85.250	4.48242	18917.23	2	9458.61	354.89	3.15	function
	after me	48.650	5.90517	1012.767	38	26.652			
	A deferral	46.600	5.77107						

Since the F-value is statistically significant, there are differences between the tests, and through comparisons between the means and pairwise comparisons, the comparison value between the mean of the first test and the mean of the second test reached (36.600), statistically significant at the level of significance (0.05), as well as between the mean of the pre-test and the mean of the second test (36.600). The post-test (deferred) was (38.650) statistically significant at the significance level (0.05), and the average of the post-test and the deferred test was (2.050), not statistically significant.

To calculate the percentage of gain of the counseling program using the client-centered treatment method in reducing the feeling of psychological loneliness among divorced women, the researcher tests the null hypothesis.

- There is no statistically significant effectiveness between the average scores of divorced women on the psychological loneliness scale in the pre-test and the deferred test equal to or greater than the “McGogian” gain ratio of (0.60).

The researcher calculated the percentage gain for “McGogian” in measuring the feeling of psychological loneliness in client-centered therapy for the pre- and deferred (follow-up) tests, and a table (8) shows this.

Table (8) Percentage of gain for “McGogian” in measuring the feeling of psychological loneliness in client-centered therapy between the pre- and post-tests

level indication	Earning ratio for mcgaughian	The final grade	The arithmetic mean in the deferred test (follow-up)	The arithmetic mean in the pre-test	Client-centered therapy in reducing feelings of psychological loneliness
acceptable (effective) $0.60 \leq$	2.2603	100	46.600	85.250	

It is clear from the table above that the percentage of gain of “McGoogian” in reducing the feeling of psychological loneliness among divorced women who used client-centered therapy amounted to (2.2603), which is higher than the percentage of gain determined by (Goughian), which is (0.60), which indicates the effectiveness of client-centered treatment. The client in reducing the feeling of psychological loneliness among divorced women, and that the effect of counseling sessions is effective for them, that is, the null hypothesis is rejected because there is effectiveness of client-centered treatment in reducing the feeling of psychological loneliness.

Interpretation of results

It turns out that the percentage of gain of “McGoogian” in reducing the feeling of psychological loneliness among divorced women who used client-centered therapy reached (2.2603), which is higher than the percentage of gain determined by (Gogian), which is (0.60), which indicates a high effectiveness of client-centered treatment. In reducing the feeling of psychological loneliness among divorced women, and that the effect of counseling sessions is effective for them, that is, the null hypothesis is rejected this is because there is an effectiveness of client-centered therapy in reducing feelings of psychological loneliness. This result can be explained by the fact that client-centered therapy is effective in reducing feelings of psychological loneliness, as it can lead to improving their social and psychological relationships, and reducing the negative impact resulting from psychological loneliness. This is done by creating appropriate conditions that allow the individual to accept himself in an atmosphere of safety, and a therapist characterized by honesty, empathy, understanding, and respect for the guided person so that he can encourage the guided person to free himself to speak about what is inside him

to reduce internal conflicts, He made the mentor recognize his strengths and weaknesses, as the mentor works to accept the mentor without rejection or judgement, as Rogers confirms that the mentor is responsible for changing his behavior and achieving himself, as the results of the case study agreed with some previous studies, as the results of the study agreed with Al-Rasheed's study (2019), which confirmed the effectiveness of the counseling program in reducing feelings of psychological loneliness, as well as the Muhafza study (2020), where the results confirmed that there is an effect of client-centered treatment in reducing psychological loneliness and developing a love of life, as the researcher sees the interaction of the counselors with the counseling program. In an atmosphere of familiarity and safety, by giving counselors the opportunity to determine their fate, this is what client-centered therapy is based on.

It was found that client-centered therapy had an effect in reducing feelings of psychological loneliness. This result can be explained by saying that client-centered therapy belongs to the humanistic theory, as client-centered therapy works to achieve self-actualization by supporting the counselor indirectly, as it leads The counselor is in the counseling process and the counselor's work is directed in a way that achieves a safe environment and achieves psychological stability. Rogers believes that client-centered therapy aims to help the counselors become fully effective people and not just to help them solve their problems. It is necessary for them to be able to reveal themselves. The real and frightening elements in their personal experience, as Rogers described the self-actualizing person as possessing four qualities: openness to experiences, confidence in his organic being, the presence of an internal evaluation center, and willingness to shift to the process of practicing reason and thought. The results of the current research are consistent with Al-Rashid's study (2019). The effectiveness of a counseling program in reducing the severity of feelings of psychological loneliness among widows.

Conclusions

In light of the results of the current research, the researcher concluded the following:

- 1- There are many reasons that push divorced women to psychological loneliness, including personal, familial, social, economic and cultural reasons.
- 2- Despite the problems and difficulties that divorced women face, they have the ability to change if they feel accepted and respected by others.
- 3- The therapeutic program had a major role in reducing psychological loneliness among divorced women.

Recommendations

- 1- Working to increase the number of charitable societies and institutions, whether private or governmental, and make them care about the affairs of divorced women so that they can design guidance programs (psychological support programs, awareness meetings, workshops, seminars) that take care of divorced women in order to contribute to alleviating their psychological pressures.
- 2- Work to prepare cultural programs in order to increase awareness and entertainment for divorced women and their families, with the aim of reaching certain standards that help alleviate the psychological effects resulting from the traumas that divorced women face.
- 3- Working to strengthen and encourage social relations among divorced women, through social meetings in women's associations in their governorate, and their participation in pioneering social roles. To enhance self-confidence after divorce.

Suggestions

The researcher suggests carrying out the following studies:

1. Working to conduct more studies and research aimed at uncovering the various problems that divorced women suffer from, whether on the psychological, social, economic, or other levels.
2. Work to prepare and build programs aimed at reducing the impact of divorce on women by relying on psychological and social theoretical foundations.

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