

# Rising from the Pitfalls of Life in the Liberated Areas from ISIS

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The current research aims at identifying the level of advancement of the pitfalls of life in the demolished homes and their non-demolished peers, in the areas liberated from ISIS. Further, it aims at identifying the significance of the differences between them in the mentioned variable. It was applied to a sample of 150 individuals. The results show the individuals achieved a high level of advancement from the pitfalls. Whereas, there are statistically significant differences in favour of the owners of the destroyed houses.

**Keywords:** *The rising, The pitfalls of life, Destroyed, Not destroyed.*

## Introduction

The God Almighty created the individual and exposed them to the good and the ability to rise from any stumbling block facing their life. We, as humans, now live in societies where tension and obstacles have increased at every stage of our lives. Here, we find that the Iraqi individual in general, and Al-Anbari in particular, have experienced a large share of those difficulties. The explanation differed from the rise of the pitfalls among them, indicating that it is necessary to adapt to new situations and return to normal quickly, and this will be presented in the theoretical framework.

## *The Problem*

The Anbarin individual has lived under difficult circumstances for the various pressures that he or she has faced. The most dangerous is terrorism and the displacement crisis which threatened every home inside and outside the governorate. Such pressures led to the exacerbation of the pressures surrounding them. Psychological pressure is one of the main sources to contribute to heart diseases and other illnesses. Further, it increases the likelihood of accidents which have severe physical injuries, as its sources are considered one of the most important factors that add a negative characteristic to the reactions of individuals in different situations. It is an important reason for their injuries being accompanied with physical and

psychological disorders of various degrees and diversity. The continued exposure of the individual to this, leads to the obstruction of starch. It is a natural mental and physical condition (Selye, 1983). This leads people, in Al Anbar, to experience the loss of their homes that protect them from environmental changes, resorting them to places that are unable to provide the most basic requirements of life. As well as, individuals whose houses are not destroyed, they are found to be a dirty focus for all kinds of containers, and they were stolen and vandalised severely by terrorists. Their inability to rise quickly from such stubborn cruelties will create various problems that affect their psychological and physical health before, during, and after the return from the displacement crisis, since the return was more difficult for them. The researcher felt that the problem continued to originate from the same category and coexisted with the destroyed and their peers.

### ***The Importance***

The importance of the study lies in:

#### **1. The Theoretical Importance**

- a. The subject of the rapid rise from the troubles of life is considered within the modern trend in positive psychology, which is concerned with building the best cases in life.
- b. The present study gives great importance to the category of those returning to their destroyed and non-demolished homes.

#### **2. The Practical Importance**

- a. Providing a tool to measure the advancement of life's troubles.
- b. Providing important information on the psychological side, especially for the counsellors in the centres that contribute to helping the individuals in those areas.

### ***The Aims***

The current study aims at the following:

1. Identifying the level of existence of the advancement of life's troubles.
2. Knowing the significance of the statistical differences according to a variable (those whose houses are destroyed and those whose houses are kept safe).

### ***The Limits***

The current study determines a group of individuals whose houses are destroyed, and others whose houses are kept safe, in the rapid recovery from the troubles of life in the City of Fallujah during the return period from their displacement.

### ***Definitions of Terms***

In the current study, there are some terms that are in need to be defined. Here, we will define them.

Firstly, “The rise from the pitfalls of life” is defined as follows:

Richardson defines it as “the process by which an individual deals with all sorts of pressures, risks, adversity, changes or opportunity that results in the identification and enrichment of protective factors” (Richardson, 2002: 308).

Bonanno, Galea, Bucciarell and Vlahov define it as “the ability of individuals to maintain people calm, emotional balance, and psychological level of performance during the course of stressful life events and difficult circumstances” (Bonanno et al., 2007: 681).

Hassan defines it as “The individual's ability to interact positively with changing-stressing life conditions and face challenges that are reflected in his behavioral responses to life situations and social relationships” (Hassan: 2009: 6).

Mancini and Bonanno define it as “the ability of individuals to manage very difficult experiences without affecting their ability to maintain their role” (Mancini & Bonanno, 2009: 1808).

The American Psychology Association defines it as “Successfully adapting an individual in the face of adversity, trauma, tragedies, threats or even with sources of stress” (Southwick et al., 2014: 2).

**The Theoretical Definition:** The researcher relied on the definition of Richardson (2002) because she adopted the theoretical framework in preparing the scale.

**The Procedural Definition:** It is the total score that the respondents obtain after answering the paragraphs of the scale prepared in this research.

**Theoretical Framework and Previous Studies:** There is a lot of pressure in our lives, however, we always try to deal with it by adopting many methods in order to remove the danger from us. We do this as an attempt to position ourselves in a state of balance, except that some individuals may fail in this and this may be due to the difference between individuals, and the diversity of events themselves. This deals with pressure events carefully, and the other deals strongly and impulsively with the event itself, which leads to an increase in the feeling of pressure, as has been pointed out by Seligman (2006). We require an urgent

call to need for extensive research in the fields of human strengths, and of positive human virtues that rise in human life (Seligman, 2006: 6). The rising of the missteps of life, according the point of view of psychology, has been diminished by the ability of people (individuals or groups) to deal with adversity. This concerns adversity that may take the nature of bending or reverting backwards, and then returning to normal and resuming ordinary job growth or activity. Alternatively, it leads to the use of exposure to adversity in order to develop psychological immunity and an ability to perform a better functional activity than is expected. This occurs in the same way that vital immunity acts against disease by taking a vaccine. This provides the person with the capability to better deal with future adversity (Hijazi, 2012: 225).

### **Factors Associated with the Rising of Life's Pitfalls**

1. The individual can form realistic social relationships and positive communication with others.
2. Regulate strong emotions and impulses.
3. The individual's positive view of the self and confidence arises through his real awareness of it and the events around it.
4. Maintaining spiritual and moral values.
5. Developing realistic plans, making decisions, and implementing the necessary measures to solve problems and face life's stresses (McMillanet-al 1992).

### ***Indicators of an Individual's Ability to Rise from the Pitfalls of Life***

1. The ability to escape the ordeal positively, through successful adaptation to the surrounding circumstances.
2. Efficiency in facing adversity through showing the effective mechanisms of dealing with the situation of distress, and these conditions may reach the limits of the human possibility, and continue her life collectively, despite what is exposed to the ratio of her memory to various cases (Hijazi, 2012: 227).

### ***The Adopted Theory***

#### ***Richardson's Theory***

Richardson (2011) pointed out that the advancement of life's troubles is a force that exists within a person and that drives him to achieve many good deeds. That is, he is in convergence with the spiritual source of strength (Richardson, 2011: 39; Richardson & Waite 2002, p. 65). The first stage was by scientists, to determine the specific characteristics (i.e. protective factors) of individuals, who deal positively with the difficult conditions in their

lives. This research presented a list of traits, assets, or protective factors that help people to grow through adversity and predict with personal and social success. These included spiritual strength, personality traits, support provided, thinking style, and emotional strength (Richardson, 2002: 308). As for the other stage, it was indicated in the context of how to deal with stress and adversity and change, or considered that the rise from the pitfalls of life is an opportunity that results in the growth of its characteristics (Waite & Richardson, 2004: 178). As for the last stage of the research, it identified the motivational forces within individuals that drive them towards self-realisation in their lives (Richardson & Waite, 2002: 65).

Richardson explained that the process is more detailed than attaining the characteristics of the advancement, as if it was a function of emotional or subconscious selection. Further, Richardson offered the advancement as a simple linear model that depicts the traversal of the individual, through their passage of stages of vital psychological and spiritual balance, and interaction with the requirements of life, disruption, and then prepares for re-integration, choosing flexible re-integration, or re-integration and return to balance, or re-integration with loss (Richardson, 2002: 310).

### ***The Components of the Rise from the Pitfalls of Life***

1. Spiritual strength: it is the power of trust in God.
2. Character traits: it includes all the attributes the individual possesses to enable the rise.
3. The support provided: it means the extent of the level of support provided to the individual, in order to overcome obstacles.
4. Thinking mode: it means what the individual holds from hope and a bright view of life.
5. Emotional strength: the ability of the individual to control his emotions in a way that suits the crisis.

**Previous Studies:** One of the difficulties that the researcher interfaced is that she did not find a sample. Therefore, no similar previous studies were put in place. The researcher thanked her colleague, Assistant Professor Dr. Muayad Menfi, because he applied the scale to the sample members for the difficulty of applying it.

**Research Methodology and Procedures:** The descriptive approach is adopted in the research.

### **The Research Community**

The research community consisted of those whose houses were destroyed, and those whose houses were kept safe, in the City of Fallujah, where the numbers of the owners of the destroyed houses reached 9,497. Whereas, those whose houses were kept safe was 18,766.

## **The Research Sample**

The choice of the research sample was based on the stratified random method, reaching 150.

## **The measure of the advancement of the troubles of life**

**Planning for Scales:** The concept was defined, and during its time, the areas that its paragraphs were given were identified after the researcher was briefed on the literature. The following areas were identified:

1. Spiritual strength: it is the power of trust in God.
2. Character traits: it includes everything that the individual possesses that enables him to rise.
3. The support provided: it means the extent of the level of support provided to the individual in order to overcome obstacles.
4. Thinking mode: it means what the individual holds from hope and a bright view of life.
5. Emotional strength: it is the ability of the individual to control his emotions in a way that suits the crisis.
6. Truthfulness of the tool: after the researcher prepared the scale of the number of paragraphs (specifically, 32 paragraphs), and prepared his instructions and the method of correcting it, the researcher presented it to 12 arbitrators who are specialists in the fields of educational and psychological sciences. This resulted in the deletion of one paragraph to become 32 paragraphs, and then applying it to the sample clarity of instructions.

## **Statistical Analysis of the Measure of the Advancement of Life's Troubles**

In order to maintain the good paragraphs in the scale and to ensure their ability to distinguish between individuals in the measured trait (Abu Hatab & Sadiq, 2008), the researcher applied the scale to a sample of 150 individuals. Nunnally indicates that the ratio of the number of sample members to a number of items should not be less than 5:10, in relation to reducing the chances of chance in the analysis.

The researcher extracted what follows the distinguishing power of the vertebrae: the researcher used the T-test for two independent samples in order to identify the significance of the differences in the degrees of each item between the two extremes in the total degree (1.98), at the significance level (0.05), as shown in Table 1.

**Table 1:** The discriminatory strength of the vertebrae of the measure rises from the pitfalls of life in the two extremist groups

No. of Item	The High Group		The Lower Group		The Calculated Value	Significance level 0.05
	Average calculation	standard deviation	Average calculation	standard deviation		
1	4.994	1.051	3.122	1.099	2.721	Marked
2	4.188	1.319	3.444	1.888	4.240	Marked
3	4.845	1.231	3.140	1.155	4.211	Marked
4	3.556	0.571	3.733	1.130	4.810	Marked
5	4.574	1.742	3.859	1.135	3.885	Marked
6	4.944	1.231	4.185	1.401	3.927	Marked
7	4.666	1.027	1.851	0.877	3.450	Marked
8	3.544	1.168	3.855	1.232	3.321	Marked
9	3.199	0.979	3.796	0.918	2.635	Marked
10	4.555	0.577	3.055	0.833	4.43	Marked
11	3.344	0.810	4.355	1.135	4.521	Marked
12	4.925	0.764	4.111	1.327	4.425	Marked
13	3.240	1.026	3.500	0.926	3.936	Marked
14	3.666	1.127	4.944	0.711	4.245	Marked
15	3.740	1.531	3.851	1.279	3.678	Marked
16	4.240	0.671	3.185	1.229	5.537	Marked
17	4.203	0.683	3.833	1.004	3.240	Marked
18	4.722	0.596	4.018	2.946	5.640	Marked
19	4.833	0.504	4.129	1.150	3.119	Marked
20	4.685	0.577	3.722	0.711	6.725	Marked
21	5.944	0.331	2.213	2.699	4.980	Marked
22	4.532	6.169	3.711	0.702	4.004	Marked
23	4.203	0.683	3.833	1.004	2.240	Marked
24	4.722	0.596	4.018	0.941	4.640	Marked
25	5.832	0.504	4.199	1.150	4.118	Marked
26	4.685	0.577	3.722	0.711	7.724	Marked
27	5.944	0.331	4.222	0.691	7.270	Marked
28	4.532	0.431	3.711	0.702	8.169	Marked
29	5.925	0.364	4.222	1.113	5.531	Marked
30	5.776	0.571	3.703	1.057	6.566	Marked
31	5.925	0.364	5.133	1.327	5.125	Marked

**Items Related to the Overall Degree (Internal Consistency)**

All correlation coefficients were shown to be statistically significant when compared to the critical value of the correlation coefficient of 0.139, at the significance level of 0.05.

**Table 2:** Correlation coefficient between the score of each vertebra and the overall scale of the scale

No.	Item correlation coefficient of total score	No.	Item correlation coefficient of total score	No.	Item correlation coefficient of total score	No.	Item correlation coefficient of total score
1	0.233	10	19	19	0.499	28	0.466
2	0.433	11	20	20	0.422	29	0.466
3	0.566	12	21	21	0.377	30	0.377
4	0.488	13	22	22	0.321	31	0.288

### The Degree of the Items is Related to the Component

The scale consists of five fields, each of which differs from the other. It was necessary to extract the correlation between the degree of each of the items of the scale, and the total degree of the field, in which the item is located. In order to achieve that, the total score for each form of the statistical analysis sample forms that reached their number was calculated, which was 150 forms, according to the scale fields. After that, the Pearson correlation coefficient was calculated between each item and the total sum of the one component in which the item is located, and it was found that all the connections are statistically significant, at the level of significance (0.05). This is demonstrated in Table 3.



**Table 3:** The degree of vertebrae correlates with the component of the measure of advancement of life's troubles

No. of item	Parameter correlation coefficient in the field of spiritual force	No. of item	Item correlation coefficient in the field of personality traits	No. of item	Item correlation coefficient with the support field provided
3	0.769	9	0.689	17	0.519
14	0.512	10	0.546	18	0.654
1	0.435	11	0.641	19	0.528
4	0.532	12	0.651	20	0.603
5	0.554	13	0.721	21	0.397
6	0.433	2	0.328	8	0.758
7	0.556	31	0.655	22	0.499
		16	0.578		
No. of item	Item correlation coefficient in the field of thinking style	No. of item	Parameter correlation coefficient of the field of emotional force		
26	0.655				
24	0.608	30	0.570		
25	0.549	15	0.593		
23	0.605	29	0.692		
27	0.456				
28	0.608				

**Stability:** The researcher has calculated stability in two ways:

1. **Method of re-testing:** the value of the stability coefficient is equal to 0.88.
2. **The Alpha Cronbach method:** after applying the equation, it became clear that the value of the stability factor was 0.80.

The final version of the scale of advancement from life's troubles:

The psychometric properties of the scale of progress have been verified from the pitfalls of life represented by honesty and consistency. In its final form, the scale consists of 31 paragraphs. The alternatives to responding to the scale paragraphs were 'always', 'often', 'sometimes', 'rarely', and 'never', and the weights determined for them were '5', '4', '3', '2', and '1' degrees.

The statistical means used were as follows:

1. **T-Test for two independent samples:** to find distinction for standardised vertebrae.
2. **One-sample T test:** to identify the search variable.
3. **The Alpha-Cronbach equation:** to find the coefficient of stability.
4. **Pearson correlation coefficient:** for the internal consistency of the research scale paragraphs and in the determination of stability in a re-test method and the results of the research.

## Presentation and Interpretation of Results

### The First Goal

The first goal was to identify the advancement of life's troubles among the individuals in the sample.

The researcher applied the scale to the research sample of 150 individuals, where the mean of the scores for the sample of the research on the scale was 155.423, and a standard deviation of 18.330. T-test for one sample and the results indicated that the calculated T value of 14.555 was greater than the tabular T value of 1.96, at the level of significance of 0.05. This means that the research sample has a high level of advancement from the pitfalls of life. These were identical to the reality of the Anbarian society, in spite of all the harsh conditions, the City has recovered and is full of life, getting out of the terrorist time.

**Table 4:** Arithmetic mean, standard deviation, and T value of the search sample on the measure of advancement from life's troubles

Marked (0.05)	The value of t		Hypothetical mean	standard deviation	SMA	No.	Variable
	Tabled	Calculated					
Marked	1.96	14.555	93	18.330	155.423	150	Rising of the pitfalls of life

### The Second Goal

The second goal was identifying the differences in the advancement of life's pitfalls, according to a variable (demolished homes or not demolished).

The average score for the members of the sample whose homes were destroyed on the scale was 96.90, with a standard deviation of 14.567. Meanwhile, the average score for non-demolished homes reached 90.41, with a standard deviation of 12.150. To verify the

significance of the differences between the two averages, the researcher used a T-test for two independent samples and the results showed that the calculated value of 1.999, is a statistically significant value at the level of significance of 0.05, for the benefit of a sample of destroyed homes. Furthermore, this result is the reality of the state of preservation that has lost. The owners of the demolished houses rebuilt again and with a high mission and speed for some. Among them, while the researcher witnessed whole areas inside the City of Fallujah, they were offered rent, even though it was not subject to demolition, and it only needed a simple repair. Table 4 illustrates this.

**Table 5:** T-test results to indicate the difference in the advancement of life's troubles

The variable	No.	SMA	standard deviation	The value of t		The level of markedness
				calculated	tabled	
Destroyed houses	75	96.90	14.567	1.999	1.96	Marked in level 0.05
Undestroyed houses	75	90.41	12.150			

## Conclusions

The study has concluded the following:

1. The individuals of the sample enjoy a level of progression from the pitfalls of life. This is inferred from the return of the governorate to embrace normal life quickly. The area and roots are very strong.

## Recommendations

The researcher submits the following set of recommendations:

1. Providing the local and central governments with speedy provision of compensation for quick reconstruction.
2. Working to establish guidance centres that provide psychological aid to all liberated areas.
3. Giving a role to the international organisations to contribute and provide all kinds of support.

## Suggestions

1. Conducting future studies concerning the subject of suicidal thoughts.
2. Conducting future university studies with the same variable.



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