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## Strategies To Cope With The Psychological Pressures Of Palestinian Women In The Context Of The Covid-19

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### Abstract

The study aimed to identify strategies to address the psychological stresses of Palestinian women in the context of the Corona pandemic. In order to achieve this, the researcher used the descriptive field curriculum, where a sample of (346) students from Bethlehem University, selected in the random class method, was selected by a questionnaire consisting of (48) paragraphs, and in order to analyze the data used repetitions and Percentages, arithmetic averages and standard deviations, Tow-Way ANOVA analysis, Alpha-Cronbach equation, and the results indicated strategies to address psychological stress in Palestinian women under the Corona pandemic, which was moderate, and it was found that there were Statistically significant differences in strategies to cope with the psychological pressures of Palestinian women in the context of the Corona pandemic due to gender variables and the number of children, The results also indicated that there were no statistically significant differences in strategies to cope with psychological stress among Palestinian women under the Corona pandemic, due to the variable level of education, monthly income rate, housing and practical situation, and based on the results of the study recommended a set of recommendations.

**Keywords:** Coping strategies, psychological pressures, Palestinian women, Corona pandemic.

### introduction

The pressures on women are common phenomena and are worthwhile because they have a significant impact on different aspects of life in society. Pressures have become suffering among members of society, which has led researchers to study stressful situations, which have had negative repercussions on women, and are due to scientific and technological developments. Many studies have indicated that it is an age of pressure, which requires certain strategies to address them and deal with them, in order to reduce their severity. Women suffer the most from the psychological pressures involved in the complex, the continuous work that constitutes troubles, burden, family demands and constant desires, which has made them feel a state of stress and psychological pressure. Women are exposed to multiple types of psychological pressures, so they need different skills and ways to cope with them .

Women's diverse roles can put them under a range of pressures, which leads them to use coping strategies that enable them to achieve their goals and play their required role regardless of the strategies adopted. Strategies to cope with psychological stress are stabilizing factors that help the individual to maintain psychological and social compatibility in the face of stressful events in life. Following these strategies will help to interact daily with psychological stress and minimize their negative effects as much as possible. Taking care to study or respond to stressful events is one of the objectives of achieving the mental health of individuals and society, Lazarus & Folkman explained that positive and negative awareness of life events is an important determinant of mental health, in order to reach the development of the individual's skills in confronting him, dealing with and controlling the pressure approval. (Ziad, Turkush, 227:2019).

This study comes to shed light on married Palestinian women to learn about strategies to address psychological stress in the context of the Corona pandemic, which since the discovery, and the spread of the virus Covid-19 rapid changes in daily life began to escalate, and appear, which has caused a lot of psychological pressure in women's diaries in general, and Palestinian women in particular as a result of their multiple roles, expectations expected of them, which make them resort to different coping strategies, which we aim to know, and to know the impact of some variables in determining the impact of some variables in determining The quality of strategies used to address psychological stress.

Psychological stress is defined as a state of physical, psychological stress that accompanies the individual for a period of time, threatens his or her ability to conform to life events, and its different requirements, and the situation results from an imbalance between the requirements of the individual's attitude and his ability to respond to those requirements (Radhi, et al., 160:2018). Psychological stress is a common psychological phenomenon in our daily lives, and one of the main concepts of understanding and interpreting behavior, the human being feels pleasure, pleasure when he reaches the satisfaction of his needs, and feels distressed, and psychological pressure if prevented from satisfying those needs, when we talk about psychological pressures we talk about a problem that has accompanied man since he was on earth (khames, 285:2013). Psychological pressures are one of the main feelings in the formation of the human soul, it means psychological stress that limits the happiness of the individual, the comfort of his mind, and leads to many mental, behavioral, and even physical disorders, and the researcher believes that the pressures vary from location to location depending on the degree of exposure to them, and the extent to which they are related to the way of life of the individual.

Psychological stress can play a major role in the emergence of some of the most influential mental, physical and physical disorders in these factors, as well as their impact on urbanization processes and rapid technological progress (Suleiman, 140:2019). MacLaine identifies two basic variables

that lead to work exceeding the limits of probability, and thus to work-related psychological pressures, namely, the quantitative burden of increasing the volume of work to be done, and the qualitative burden that work requires difficult tasks to achieve. The work, its repetition, its intensity, and its difficulty are all causes of psychological stress, we are all exposed to the achievement of many tasks with few possibilities at a specific time, causing a sense of pressure (Khames, 286:2013 ).

The strategy of confronting psychological pressures is necessary these days with a hungry wave Corona (Covid 19) because women face increasingly stressful situations, and the strategies of confrontation are different from woman to woman, there are those who resort to a positive strategy to face pressures while there are those who resort to a negative strategy for the same stressful situation, mainly because of how they perceive the stressful situation, evaluate it, and then evaluate the confiscation and its possibilities that help it in the face of the pressure, and in the absence of a way to understand the pressure situation, and then evaluate the confiscation and its possibilities that help it in the face of the pressure, and in the absence of a way to understand the pressure situation, and then evaluate the confiscation and possibilities that help it in the face of the pressure, and in the absence of a way to understand the pressure situation, and to evaluate the confiscation and its possibilities that help it in the face of the pressure, and in the absence of a way to understand the pressure situation, Unified in the strategy of confrontation even in the same woman, researchers differed in their classification and determination of their dimensions because they are closely related to the stressful attitude, and how women evaluate it at that moment .

Scientists have disagreed in finding a specific definition of the pressure-facing strategy, and here we will mention some definitions. Confrontation means those cognitive and behavioral forces exerted by the individual to manage the positions that the individual assesses on a pressure (Xi, Wang; et al.2012,p1645). Taylor and Stanton (2007) also defined them as "psychological efforts directed at managing the demands caused by stressful events" (Stanton & Taylor,2007).

Stress-oriented strategies are defined as the methods taken by the individual, and practiced to deal with stressful life situations, where the confrontation strategies used by the individual are numerous towards the consent to which they are exposed, and these strategies vary according to the persons, what a person uses towards a particular attitude that others may not use due to the individual differences that exist between people (Abu Al-Aish, 2016). Jun, D; et al.2019 is the psychological and behavioral effort to manage stressful situations. Wolman is a set of ways to adapt to the environment and its pressure positions in order to achieve one or some goals (Dareeby, 2010). It has also been defined as a set of dynamic, behavioral and cognitive methods or activities used by the individual in the face of a stressful situation to solve a problem

and relieve the emotional tension it entails (Tawati, 2017). The strategy of countering psychological stress is defined as the ways in which the individual is used to cope with situations and stressful events to control them and balance daily life (Radhi, et al, 2018).

Psychological pressures must be addressed, addressed and mitigated, and therefore use a range of coping strategies. Methods of countering psychological pressures according to the model of Lazores and Fo lakan take two basic forms, one centered around the problem, the other about emotion, and the method of confrontation is determined by the focus on the problem and the attempt of the individual to deal with the source of hardship, and contains cognitive and behavioral activities aimed at excluding the threatened stunt of the individual, or circumventing and getting rid of it, the problem-based orientation allows the individual to try to achieve the goals encountered by the hardship (Khamis, 2013).

Confrontation strategies have been divided into two types: the first is the strategy of avoidance, and the second is confrontation-avoidance strategy, where he pointed out to Zoros that individuals who deal with pressures using the strategy of avoidance do not have the ability to deal with the threat in the future, nor do they make sufficient cognitive and emotional efforts, and on the contrary, individuals facing events using the strategy of confrontation make cognitive and emotional efforts to deal with the challenges (Adoin, 2016) al.et;. It may be noted that the ways in which individuals deal with pressures are aimed at increasing attention to the stressful situation such as direct action and the search for information, while other ways to avoid a stressful situation such as some defensive mechanics (Rivera, al.et; 2016)

We draw from the above that the strategy of confrontation is a set of methods that work to balance the individual with his surroundings in the event of a stressful situation, i.e. it works to achieve the psychological and physical comfort of the individual by mitigating or eliminating the stressful event. The nature of the confrontation strategy varies, may be behavioral or cognitive, as well as change and instability. The diversity of women's roles may put them under a range of pressures and this either leads them to use coping strategies that enable them to achieve their goals and play their required role regardless of the methods used. Strategies to cope with psychological stress are factors of stability that help the individual to maintain psychosocial compatibility in the face of stressful events in life, and following these strategies would ... To deal daily with psychological pressures and minimize their negative effects as much as possible, taking care to study those strategies to deal with or cope with stressful events and training them is one of the objectives of achieving the mental health of individuals and society, where Lazarus and Volkman incorporated that positive and negative awareness of life events is an important determinant of mental health in order to reach the development of the individual's skills in confronting and dealing with and controlling stressful situations (Zayar, Karkosh, 2019:P227)

Hence the idea of highlighting married women who may suffer from pressures as a result of their multiple roles, and the expectations expected of them, which make them resort to different coping strategies to face psychological pressures, and the researcher's desire to know the strategies used by Palestinian women to face stressful situations, and their impact on behavior, as they touched and lived these pressures quarantine during the Covid-19 pandemic.

### **The Study Problem:**

Exposure to constant pressure leads to attention less attention, confusion, general focus and poor ability to take the right bitumen, and poor memory, which increases the making of incorrect, hasty and wrong decisions, due to psychological pressures, as this study deals with strategies to cope with the psychological pressures of Palestinian women under the Corona pandemic, and women in their lives after the rapid spread of coronavirus worldwide faced a lot of pressures, stressful experiences due to quarantine conditions, closures and curfews, and caused a sudden change The woman didn't count on him. This stressful atmosphere creates psychological pressure on them. This has led her to deal with her by following several methods to stay away from her, and feel balanced, but some of them may fail to reach this balance, and may be due to the difference of women themselves, and the diversity of events there are women who deal with stressful events flexibly, and there are those who deal with them strongly, and impulsively, which leads to increased feeling of pressure.

Through previous studies, it has been shown that the interest in studying women's confrontational strategy has not received sufficient attention commensurate with their existence, which is no less important than other groups in society, pressures are considered a negative situation but necessary to increase motivation and overcome them, knowing that pressures if they exceed women's abilities will affect them negatively, depending on their ability to work with stressful situations, each woman has her way of solving problems, and her way of overcoming painful situations, some of them Withdraw, and some of them surrender to confrontation, which is called the strategy of confrontation, or the strategy of confronting the psychological pressures of Palestinian women, and the problem of study is limited to answering the following questions:

- How much strategies are used to cope with the psychological stresses of Palestinian women in the context of the COVID-19?
- Are there statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with psychological stress in Palestinian women under the Covid19 pandemic due to the age variables, the number of children and the interactions between them?

- Are there statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with psychological stress among Palestinian women under the Covid19 pandemic due to the variables of the educational level, the monthly income rate and the interactions between them?
- Are there statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with the psychological stress of Palestinian women under the Covid19 pandemic due to the changing place of residence, the practical situation and the interactions between them?

### **Study objectives:**

This study aims to identify:

1. Strategies to cope with the psychological pressures of Palestinian women under the Covid 19 pandemic.
2. Know the role of some variables such as age, educational level, number of children, monthly income rate, practical condition
3. The place of residence on strategies to cope with the psychological pressures of Palestinian women in the shadow of the Covid 19 pandemic.

### **significance of the study**

the study is divided in importance into two parts: theoretical and practical importance:

**Theoretical significance:** Revealing what strategies to cope with the psychological pressures of Palestinian women in the context of the Covid19 pandemic, and the importance of this study comes from the importance of its subject where it addressed strategies to address the psychological pressures of Palestinian women under the Covid19 pandemic in two important areas: coping strategies, psychological pressures, where this study is the first in Palestine to address this subject.

**Practical significance:** Providing information on strategies to address psychological pressures among Palestinian women in the context of the Covid19 pandemic, which enables the researcher to highlight the areas of strength, weaknesses on strategies to address psychological pressures among Palestinian women on the one hand and contribute to the addition of scientific-knowledge stocks, practical for researchers and workers in the field of social service and psychology in Palestine on the other, and to provide decision makers with adequate information on strategies

to address psychological pressures in Palestinian women under the Covid19 pandemic, and provide them with proposals For development.

### **Study limits:**

The current study was limited to the assented limits:

1. Time limits: The study was conducted in 2020.
2. Spatial boundaries: The study is limited to Ramallah governorate and Al-Bireh - Palestine.
3. Human borders: The study includes married Palestinian women in Ramallah and Al-Bireh governorates- Palestine.

### **Terminology of study**

**Coping Strategies:** A set of changing cognitive, behavioral efforts aimed at reducing, controlling or carrying internal and external requirements that are perceived to threaten and exceed the abilities of the individual (Drapla, et al., 2019:p. 39), and are procedurally defined as the degree to which women receive from the scale strategies to cope with the psychological stress used in the study.

**Psychological stress:** A set of positive, negative, and positive performance, including motivation for achievement, negative ones resulting from the ceiling of high pressures of the individual, and a sharp decrease in his physical, psychological, physical and spiritual potential leading to behavioral, cognitive and physical disorders (Khalifi, 2018:p. 17), procedurally defined as a state of tension caused by women's interaction with internal and external factors and causes that lead to their incompatibility with the requirements of stressful situations.

**COVID -19:** A series of viruses that can cause disease to animals and humans and cause respiratory diseases in humans ranging from common colds to more severe diseases and the cause of covid19, the discovered Covid-19 disease. (WHO,2020)

### **Previous studies:**

The subject of strategies to address psychological stress in women is an important topic that many researchers call for because of its importance and a significant impact on the behaviors of individuals and society.



In the Park study, others (Park, C. L; et al. 2020) aimed at providing a preliminary diagnosis For the immediate impact of Covid 19 on american psychological stress, and its coping strategy, the researcher used a longitudinal analysis approach, and the study consisted of (1015) of them (547) women, and (468) men and their ages ranging from 18 to 88 years of age, and used electronic questionnaire to measure the immediate impact of Covid19 on stress and confrontational strategy, and the results indicated that the most common stresses were The severity of the infection, the uncertainty of the length of the health detention period and the social support strategy was more strategic for confrontation.

In the Munawar & Choudhry .2020 study, which aimed to identify the psychological effects of Covid19's hunger on health workers, and to identify the strategy of its employees, the researcher used the objective analytical approach, The study sample consisted of (15) health workers working directly with patients, and the results of the study indicated that psychological pressures were high in medical personnel, and the study showed that the strategy of confronting psychological pressures was the strategy of religiosity She's the highest.

As John, et al. (Jun, D; et al.2019) A study aimed at examining strategies to cope with psychological stress in office workers due to psychological pressure, the researcher used the method of hierarchical regression analyses, the sample of the study consisted of (220) workers and workers in the office of Australians and Cuba, the researcher used the questionnaire to measure social support at work, the results of the study showed that the pressure of work causes psychological pressure for workers significantly, and also showed that psychological pressures were affected by the strategy of social withdrawal significantly, positively, and affected by the pressures of work The more psychological pressure the social support strategy, the greater the level of use of the social withdrawal strategy

In the Study of Ulsdet, et al. (Ahlstedt, S; et al. 2019) aimed to explore the psychological stresses experienced by women during the first three months of breast cancer gland treatment and the study sample consisted of (39) women newly diagnosed with breast cancer at the beginning of endocrine treatment, the researcher used daily reports on psychological stresses, causative events and confrontation strategy, and the results of the study showed that the most physical difficulties are sleep difficulties, anxiety and emotional difficulties, and the results also indicate that the strategy of psychological stress Relaxation is more strategic to counter stress to cope with anxiety and sleep difficulties.

Zayar and Karkush (2019) conducted a study aimed at finding out the most commonly used confrontation strategy among married students, as well as whether the targeted strategy was



made up according to the variable level of study, and the study used the analytical descriptive curriculum, and a sample was formed The study of (80) married students at the University of Lunisi Ali Al-Afron, the results of the study indicated that the strategy most used by married students is the strategy of emotional change, and the results of the study also found that there are no statistically significant differences between the students Married women in the use of confrontation strategy due to the variable level of study.

The Hess, R; et al.2018 study aimed to identify the psychological stresses caused by infertility and coping strategies in women in Mali, the researcher used the qualitative approach, and the study sample consisted of (58) infertile women in Malin and the researcher used similar interviews, and the results of the study showed that women's coping strategies for psychological stress were a religiosity strategy in addition to a strategy of social withdrawal.

Al-Gamal, al-Gamal, E; et al.2017) The study aimed to determine the level of stress and coping strategies between Saudi nursing students at the university level during clinical education, the researcher used the method of descriptive ct design, and the study sample consisted of (121) nursing students in Saudi Arabia, and the researcher used the questionnaire, and the results of the study showed that the pressure caused by attention came first, and the results of the study also showed that the strategies of confrontation most commonly used among nursing students is a strategy of solving Problems .

As conducted by Gilbertson-White, S; et al.2017) The study aimed to describe the types of confrontational strategy focused on solving the problem for women with ovarian cancer, and the researcher developed an occasional analytical approach, the study sample consisted of (162) women with ovarian cancer, and the study used questionnaire to describe the types of confrontation strategy, and the results of the study showed that the relaxation strategy was the most used and then the strategy of emotional expression to relieve pain.

Karaca & Unsal (2015) conducted a study aimed at identifying factors affecting the psychological and social problems of sterile Turkish women, identifying their own coping strategies, using the qualitative descriptive approach to screening sterile women, and selecting participants in two stages. The first was a sample of the study of (118) women and the researcher used a measure of methods of countering psychological stress, to gather information, and the second used (24) sterile orders and the researcher used the measure of methods to cope with psychological stress, and their age between 20-41 years, and the results indicated The study indicated that the psychological effects were weak, as the study showed that the social support strategy was in the

first place, the strategy of social withdrawal came second, and the strategy of religiosity came the last.

AL-darepy, et al. (2010) studied to reveal the methods used by workers to cope with the occupational psychological pressures to which they are exposed, and to see if there are statistically significant differences in the strategy of countering psychological pressures due to variables of scientific qualification, years of experience, age, the researcher used the analytical descriptive approach, the sample of the study consisted of (200) workers and workers, the researcher used the measure of methods of countering psychological pressures, and the results of the study indicated a relationship between scientific qualification, age in the strategy of psychological pressures in addition to psychological pressures. To the existence of a statistically significant relationship in the strategy of countering the psychological pressures of the strategy of religiosity and problem solving, the results also indicated that there are statistically significant differences due to the age change in favor of the group of (50) years and the existence of statistically significant differences in emotional support.

#### **Commenting on previous studies:**

It is clear from previous studies that they dealt with strategies to cope with psychological stress from many different angles, but each study i addressed on the one hand deserves to be researched, studied, and considered, including those who used the measure of methods to cope with psychological stress, and there are those who used the measure of methods to cope with psychological stress, and interviews are similar in depth, and questionnaire, in addition to daily reports on psychological pressures, causative events, and confrontation strategy, showing the absence of a study - within the limits of the researcher's science - The strategies for addressing the psychological pressures of Palestinian women under the Covid19 pandemic, which distinguishes them, have been addressed, and the current study has benefited greatly from previous studies, including but not limited to: they have benefited in how to formulate the theoretical framework, to emphasize its importance, and to identify and formulate the problem of study. In the preparation of the tool as well, the interpretation of the results. Moreover, some studies are considered the starting point for this study, in order to complete the scientific research format and to fill and complete some of its shortcomings.

#### **study Methodology:**

The researcher used the descriptive field approach, which is concerned with describing the phenomenon as it actually is, and works to analyze it, interpret it and link it to other phenomena,

and the researcher used this method to suit the nature of the problem of the study and its objectives.

**Study community and sample:**

The study community of all 63,000 married women in Ramallah and Al-Bireh The researcher selected a sample of 380 Palestinian women, and the following table shows the distribution of the members of the study sample according to its variables:

**Table (1): Distribution of study sample members by study variables**

Variable	Type	Number	Percentage%
Age	years or less 30	27	7.1
	From 30 - less than 40 years old	165	43.4
	years old 50-40	165	43.4
	and older 50	23	6.1
	Total	380	100.0
Educational level	Diploma or less	96	25.3
	Bachelor's	218	57.4
	Postgraduate	66	17.4
	Total	380	100.0
Number of Children	3 children or less	211	55.5
	From 4 children to 6 children	149	39.2
	More than 6 children	20	5.3
	Total	380	100.0
average monthly income	Less than 2000 shekels	100	26.3
	From 2000 shekels to 3000 shekels	82	21.6
	From 3001 shekels to 4000 shekels	66	17.4
	More than 4000 shekels	132	34.7

	Total	380	100.0
Practical case	I work	262	68.9
	I do not work	118	31.1
	Total	380	100.0
Place of residence	city	84	22.1
	village	259	68.2
	refugee camp	37	9.7
	Total	380	100.0

### Study Instrument

A questionnaire was used as a study tool and for its development, literature from books, university letters, and summaries of research specializing in strategies to counter psychological stress was used to build the questionnaire, where the researcher divided into two parts: section 1: containing the personal data of the respondent: age, number of children, educational level and income rate, place of residence, and practical situation. The second section contains a set of paragraphs that measure the level of psychological stress, and the scale may be from (48) paragraphs, and the researcher used the five-year lykert scale where each of the resolution paragraphs met a list bearing (I strongly agree, agree, neutral, oppose, strongly oppose), Each of the previous phrases was given grades to be statistically processed as follows: I strongly agree (5) grades, I agree (4) grades, neutral (3) grades, I oppose (2) degrees, I strongly oppose (1) degrees.

### Validity the Instrument:

The study relied on a set of procedures that would achieve the credibility of the study tool (virtual honesty); Determining the appropriateness of paragraphs with psychological pressure strategies and language integrity for each paragraph, modifying, clarifying and deleting inappropriate paragraphs from their point of view, which are not in line with their broad and significant experience with the objectives and comprehensiveness of the study.

### Stability the Instrument

The internal consistency method was used to extract the study tool's stability factor through the Kronbach Alpha equation Cronbach\_ after applying this questionnaire to a reconnaissance sample of 40 individuals from the study community and outside the study sample.

**Table (2):** Stability coefficients for areas of strategies to deal with stress by The Kronbach Alpha Equation.

Domain	number Items	stability coefficient
social withdrawal strategy	6	0.75
relaxation strategy	6	0.78
problem solving strategy	6	0.82
social support strategies	7	0.85
Religiosity strategy	7	0.84
Emotional expression strategy.	8	0.83
entertainment strategy.	8	0.8
<b>Tota</b>	<b>48</b>	<b>0.92</b>

Through the data in the previous table, we note the values of the stability factor by internal consistency (Kronbach Alpha) as the value of stability on the instrument as a whole (0.92), while the stability factor values for the study areas ranged from (.0.75-0.84) and are considered acceptable values for the purposes of applying the study

**Study variables:**

**The dependent variable:** the responses of the study sample members on the scale of strategies to cope with the psychological stresses of Palestinian women under the Covid 19.

**independent variables:**

1. **Age:** It has five levels: (1. 30 years old and under), (2. 31 to less than 40 years old), (3. 40 years old to less than 50 years old), (5. 50 years old and over)

2. **Educational level:** It has four levels: 1. Diploma or less 2. Bachelor's degree 3. Postgraduate studies.
3. **Number of children:** It has four levels: (1) (3) children or less, 2. From 4 children to 6 children 3. 7 children or more.
4. **Average monthly income:** It has four levels: 1. (less than 2000 shekels), (from 2000 shekels to 3000 shekels), (from 3001 shekels to 4000 shekels), (4. More than 4000 shekels).
5. **Place of residence:** It has three levels: (city, village, camp)
6. **Operational status:** It has two levels. I work, 2. I **don't work**

### **Statistical treatment:**

After the sample members' answers were coding, computer-based data were entered, and the data were then statistically processed using the Social Sciences Statistical Package Programmed (SPSS), the researcher used the following statistical treatments: repetitions, percentages and computational averages, standard deviations, tow-Way ANOVA analysis, alpha-Cronbach equation.

### **Study results and analysis:**

In order to explain the value of the average arithmetic of paragraphs or the degree of educational level of the study tool (questionnaire), the standard described in the following table was used:

**Table (3): Calculation average indication**

Mean	Indication
2.33-1.00	Low
3.66-2.34	Medium
5-3.678	High

**The results of the study are presented, analysed according to the study's question, and its hypotheses:**

### **Question1: which states: What strategies to address the psychological pressures of Palestinian women under the Covid 19?**

In order to answer this question, calculation averages, standard deviations for each paragraph of the study tool were used, and the results of the following table show this:



**Table (4): Arithmetic averages and standard deviations of strategies to cope with the psychological stress of Palestinian women under the Covid 19 pandemic ranked on an upward average**

Rank	No	Items	Mean	Std.	Degree
.1	32	Ask God for help when facing stressful situations.	4.05	0.97	High
.2	40	I deal calmly with those who oppose me.	3.79	0.94	High
.3	16	Think carefully about the steps to take.	3.75	0.91	High
.4	14	I try to see the positive aspects of stressful situations.	3.72	0.91	High
.5	2	I try to spend more time on my own when faced with stress.	3.64	0.98	Medium
.6	13	I consult with others to effectively face my pressures.	3.56	0.87	Medium
.7	38	I deal with stress with humor and humor.	3.51	1.02	medium
.8	30	Consult the clergy to help me in facing any problem.	3.49	0.99	medium
.9	3	I avoid anyone who causes me psychological pressure.	3.46	0.93	Medium
.10	22	Ask a professional for help in coping with the stressful situation I am facing.	3.46	1.06	medium
.11	26	Resort to prayer to ease my suffering.	3.46	1.10	medium
.12	28	More than asking forgiveness when I face any problem.	3.46	1.24	medium
.13	18	I convince myself of the ability to face pressure.	3.45	1.05	medium
.14	1	I take medicines that help control my mental state.	3.40	1.04	Medium
.15	15	Gather information about the problem to arrive at the appropriate solution.	3.36	0.98	medium
.16	8	Go outside to relieve stress.	3.32	1.08	Medium
.17	33	I keep my nerves calm to avoid clashing with others when I am under pressure.	3.29	0.99	medium
.18	27	I convince myself fate and destiny do not bear the pressure.	3.27	1.18	medium
.19	7	I breathe deeply when I feel stressed.	3.25	1.03	Medium
.20	39	I make sure to meet others with a smile, even in the most difficult circumstances.	3.16	1.09	medium
.21	45	Traveling relieves my stress.	3.14	1.35	medium
.22	34	I can control my anger when exposed to psychological pressure.	3.12	1.02	medium
.23	35	I freely express my feelings when faced with pressure.	3.12	1.05	medium

Rank	No	Items	Mean	Std.	Degree
.24	36	Respect the feelings of others in the most difficult situations.	3.11	1.05	medium
.25	9	Relax for a few minutes when facing stress.	3.10	1.07	Medium
.26	12	I contemplate the landscape to make me feel comfortable.	3.06	1.18	Medium
.27	44	Shopping relieves me of my problems.	3.03	1.21	medium
.28	19	Use the experiences of others in the face of psychological stress.	3.00	1.14	medium
.29	48	Preoccupied with preparing food when facing psychological pressure.	2.94	1.19	medium
.30	47	I make phone calls to my friends when feeling stressed.	2.93	1.24	medium
.31	20	Ask advice from a close person when I am under pressure.	2.87	1.14	medium
.32	46	Communication through social networks reduces my suffering.	2.86	1.19	medium
.33	25	I spend more time with close friends to relieve my stress.	2.85	1.07	medium
.34	17	Use scientific thinking to solve problems that make me feel stressed.	2.83	1.11	medium
.35	41	I watch TV to reduce my stress.	2.78	1.15	medium
.36	24	Ask the opinion of someone who has been under such pressure.	2.76	1.10	medium
.37	23	I talk to the person I trust.	2.74	1.13	medium
.38	42	I go for a walk when I suffer crises.	2.70	1.07	medium
.39	5	I avoid thinking about my difficult problems.	2.54	1.21	Medium
.40	4	I avoid talking about my feelings of psychological pressure in front of others.	2.49	1.14	Medium
.41	11	I close my eyes tightly when I feel stressed.	2.47	1.17	Medium
.42	37	I avoid directing my anger at others.	2.47	1.14	medium
.43	31	Be patient in stressful situations.	2.43	1.20	medium
.44	21	I speak to my family members for help.	2.34	1.15	medium
.45	43	I go out to visit my relatives when I feel stressed.	2.27	1.12	Low
.46	10	I exercise when I feel stressed.	2.26	1.17	Low
.47	29	More than reading religious books in stressful situations.	1.96	1.10	Low

Rank	No	Items	Mean	Std.	Degree
.48	6	I resort to sleep to escape the pressures I suffer.	1.44	0.98	Low
<b>Total</b>			<b>3.03</b>	<b>0.49</b>	<b>medium</b>

We note from the data in the previous table that the degree of use of strategies to cope with psychological stress in Palestinian women under the Covid19 pandemic was medium with a calculation average of (3.03), and with regard to the order of paragraphs of psychological pressure strategies, the paragraph that states (ask God for help when I face stressful situations) came in first place, the arithmetic average (4.05), as was the paragraph that states (seek help from God when I face stressful situations) in the first place, the arithmetic average (4.05), as well as the paragraph that states (seek help from God when I face stressful situations) in the first place, the arithmetic average (4.05) Last place with an average calculation of 1.44, and in terms of the ranking of areas of psychological stress strategies, they were as in the table below.

**Table (5): Arithmetic averages and standard deviations in areas of strategies to address psychological stress among Palestinian women under the Covid-19**

Domain	Mean	Std.	Degree
problem solving strategy	3.44	0.71	medium
Emotional expression strategy.	3.20	0.71	medium
Religiosity strategy	3.16	0.81	medium
relaxation strategy	2.91	0.77	medium
social support strategies	2.86	0.82	medium
social withdrawal strategy	2.83	0.60	medium
entertainment strategy.	2.83	0.77	medium
<b>Total</b>	<b>3.03</b>	<b>0.50</b>	<b>medium</b>

Through the previous table, we note the ranking of areas of strategies to cope with psychological stress among Palestinian women under the Covid 19, where the problem-solving strategy came first, with an average calculation of 3.44, while the social withdrawal strategy and the entertainment strategy came last with an average calculation of 2.83, and overall, the degree to which Palestinian women used each medium psychological pressure strategy .

**Question 2: Are there statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with psychological pressures in**

**Palestinian women under the Covid19 pandemic due to age variables, the number of children and bilateral interactions between them?**

In order to answer this question concerning the age change, the number of children and the interactions between them, use the analysis of the bilateral variability of strategies to address the psychological pressures of Palestinian women under the Covid19 pandemic, and the results of the following table show this:

**Table (6): The results of the analysis of the bilateral variability to indicate the differences between the averages of strategies to cope with the psychological stress of Palestinian .women under the Covid19 pandemic due to the age change, and the number of children**

Variable	sum of squares	Df	mean squares	F	sig
Age	0.20	3.00	0.07	0.28	0.84
Number of Children	0.33	2.00	0.17	0.68	0.51
Age * number of children	0.87	6.00	0.15	0.60	0.73
The error	89.86	368.00	0.24		
Total	3587.52	380.00			

\*statistically at the indication level ( $\alpha \leq 0.05$ )

We note from the data in the previous table that there are statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with psychological stress in Palestinian women under the Covid19 pandemic due to age variables, the number of children and bilateral interactions between them; The values of the level of statistical indication ranged respectively (0.084, 0.51, 0.73) and these values were greater than the value of the level of indication (0.05), and this result indicates that the age variables and the number of children do not affect Strategies to cope with the psychological pressures of Palestinian women under the Covid 19.

**Question 3: There are no statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with psychological stress among Palestinian women under the Covid19 pandemic due to the change in the educational level?**

In order to answer this question concerning the variable level of education, the monthly income rate and the interactions between them, use the analysis of the second variation of strategies to

address the psychological pressures of Palestinian women under the Covid19 pandemic, and the results of the following table show this:

**Table (7): Results of the analysis of mono disparity to indicate differences strategies to cope with the psychological pressures of Palestinian women under the Covid19 pandemic due to the variable level of education and the rate of monthly income and interactions between them**

Variable	sum of squares	Df	mean squares	F	sig
Educational level	1.18	2.00	0.59	2.43	0.09
average monthly income	0.13	3.00	0.04	0.18	0.91
Education level * Average monthly income	1.84	6.00	0.31	1.26	0.28
The error	89.45	368.00	0.24		
Total	3587.52	380.00			

\* statistically at the indication level ( $\alpha \leq 0.05$ )

We note from the data in the previous table that there are no statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with psychological stress in Palestinian women under the Covid19 pandemic due to the variable level of education, monthly income rate and bilateral interactions Between them, the values of the level of indication ranged respectively (0.09, 0.91, 0.28) and this value was higher than the level of indication (0.05), a result indicating acceptance of the hypothesis on the variable level of education and income rate Monthly, interactions between them, this means that the level of education, the monthly income rate and the interactions between them do not affect strategies to cope with the psychological pressures of Palestinian women under the COVID 19

**Question 4: Are there statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with the psychological stress of Palestinian women under the Covid 19 pandemic due to the changing place of residence, the practical situation and the interactions between them?**

In order to examine the validity of the hypothesis concerning the changing place of residence, the practical situation and the interactions between them, the analysis of the bilateral variation of

strategies to address the psychological pressures of Palestinian women under the Covid19 pandemic was used, and the results of the following table show this:

**Table (8): The results of the analysis of the unilateral variation to indicate differences strategies to cope with the psychological pressures of Palestinian women in the context of the Covid 19 pandemic due to the variables of the place of residence, the practical situation and the interactions between them**

Variable	sum of squares	Df	mean squares	F	sig
Place of residence	0.93	2.00	0.46	1.90	0.15
Practical case	0.11	1.00	0.11	0.46	0.50
Place of residence * Employment status	0.59	2.00	0.30	1.21	0.30
The error	91.51	374.00			
Total	3587.52	380.00			

\* statistically at the indication level ( $\alpha \leq 0.05$  )

We note from the data in the previous table that there are no statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) between the averages of strategies to cope with psychological stress in Palestinian women under the Covid19 pandemic due to the changing place of residence, the practical situation and the interactions between them, The values of the level of statistical significance ranged respectively (0.15, 0.50, 0.30), a result indicating acceptance of the hypothesis concerning the changing place of residence, the practical situation and interactions between them, meaning that the place of residence and the practical situation Their interactions do not affect strategies to cope with the psychological stress of Palestinian women under Covid19.

**Recommendations:**

By coming up with many findings, the researcher reached a set of recommendations that were as follows:

- The need to get out of the house and visit relatives when feeling stressed.
- The need to exercise when feeling psychological pressures.
- Need to seek help from a specialist to overcome pressures
- I need to spend more time with close friends to ease my pressure.



- The need to resort to prayer to alleviate personal suffering.
- More studies should be conducted on the same subject and applied to another study community.

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