

The relationship of children's psychological stiffness with their traumatic experiences in the light of family support and gender

Ahmed Cheurfi¹, Karima Izidi²

¹University of Oran 02 Mohammed ben Ahmed (Algeria), email ahmed.charfi@yahoo.com

²University of Oran 02 Mohammed ben Ahmed (Algeria), email karimaizidi@gmail.com

*Corresponding author: ahmed.charfi@yahoo.com

Received: 04/02/2024 ; Accepted: 12/09/2024 ; Published: 20/10/2024

Abstract:

This study aims to identify the level of psychological stiffness of children and the traumatic experiences they exposed to within the variables of family support and gender. The researcher used the descriptive analytical approach. The sample consisted of the study (101) children who have exposed to traumatic experiences they have selected intentionally. Males (51) and females (50). In Relizane in the year 2021.

The researcher used three scale are Scale of psychological hardness (prepared by Mikhamar, 2002 Legalization of PD. Bashir Maamaria), and the scale of traumatic experience and family Support (Prepared by the researcher).

The results showed that there is significant correlation between the level of psychological stiffness of children and the traumatic experiences. In addition, there are differences between the sexes exposed to traumatic experiences in family support, in favor of females. Moreover, were no differences between the sexes in the level of psychological stiffness.

Keywords: Psychological Stiffness; Traumatic experiences; Family support; Children.

I- Introduction :

People are expose to many traumatic experiences in their lives, especially children who suffer more than others do. Children live in a state of safety, and victims of trauma, especially children, need the support of their families or caregivers, as well as the support of specialists in the field of psychology and others.

There is a difference between people's response to traumatic and painful experiences according to the degree of their impact on them. Many of them are unable to face pain and are therefore a prey to many psychosomatic disorders and diseases. On the contrary, some of them are determined and willing to face all shocking and painful experiences, and this depends on the internal psychological factors, the factors surrounding them, and their living reality that motivates them to help and overcome painful obstacles.

Family support is one of the external factors that may help an individual deal with traumatic experiences. (Poli, 1980) believes that the individual who is concerned with family and social support from a young age is satisfied with himself and can provide cooperation to others, and thus he is rarely expose to psychological disorders. Moreover, family support can preserve and make the person strong in confronting... The shocks he faces in daily life, which enables him to be able to solve his problems positively (Ali, 2001: 78).

Current research focuses on the psychological health of the individual and all aspects that enable him to adapt to the events he is expose to in his living reality. Thus, several concepts have emerged, the most important of which are family and social support and the concept of psychological stiffness. (Hamada Abdel Latif, 2002: 229).

On this basis, we decided in this study to shed light on the relationship of children's psychological stiffness to their traumatic experiences in light of family support and gender. This is through the following problem:

- The first question: **Is there a relationship between the level of psychological stiffness of children and the traumatic experiences to which they were expose in light of the variables of family support and gender?**
- The second question: Are there differences between the genders exposed to traumatic experiences in family support?

- The third question: Are there differences between the sexes exposed to traumatic experiences in the level of psychological stiffness?

1. Study hypotheses:

The study starts from the following hypotheses:

- The first hypothesis: There is a relation between the level of psychological stiffness of children and the traumatic experiences to which they are exposed in light of the variables of family support and gender.
- The second hypothesis: There are differences between the genders exposed to traumatic experiences in family support.
- Third hypothesis: There are differences between the genders exposed to traumatic experiences in the level of psychological stiffness.

2. Objectives of the study:

- The current study aimed to reveal and know the level of psychological stiffness of children and the traumatic experiences to which they were exposed in light of the variables of family support and gender.
- Verifying whether there are differences between the sexes of children exposed to traumatic experiences in family support and the level of psychological stiffness.

3. the importance of studying:

We highlight the importance of the current research as follows:

- This study is considered to be the best of our knowledge, one of the first studies that address the study of traumatic experiences and family support and their relationship to levels of psychological stiffness combined.
- Pay the attention of all those interested in the psychological field and clinical specialists to contribute to the development of preventive and treatment programs that are in their interest.
- It benefits researchers, specialists, those in psychological practice, families, and the community surrounding children by identifying the problems resulting from psychological trauma and the mechanism for treating them, while helping people achieve a healthy personality.
- It enables researchers to become familiar with all knowledge and experiences about all levels of post-traumatic stress disorder to which the individual has been exposed, which in turn enables researchers to make optimal use of it in activating it when following up on individuals who are exposed to such traumatic experiences.

4. Previous studies:

The importance of presenting previous studies lies in forming a theoretical background on the research topic, as it defines the features of the researcher's current study in order to benefit from the efforts of others.

In light of this, we will refer to some studies that dealt with some of the elements and variables related to the topic in the current research.

- Studies related to psychological resilience and family support:

Kobasa's (1979) study addressed this. It aimed to find out the psychological variables that would help the individual maintain his physical and psychological health despite his exposure to stress, as people who are characterized by psychological stiffness are less likely to develop illness when exposed to stressful life events. The research population consisted of (760) male workers who were suffering from high stress and were between (40-49) years of age and had university education levels, representing different social and educational levels. The study concluded that these individuals, especially those who had stiffness, psychologically, they are less sick, even though they have suffered from stress. They are also more determined, more capable, more motivated, psychologically flexible, and self-controlling.

As for the study by Holahan and Moos (1985). To identify the psychological and social variables that help the individual maintain his physical and psychological health despite his exposure to stress. The results of the research concluded that a family in which empathy, love, a spirit of brotherhood, cohesion, expression of feelings, care, motivation, and encouragement to deal with pressures in the event of trauma prevail makes its members strong, possess high psychological fortitude, and are able to confront pressures and do not care about any kind of anxiety and fear. The results also concluded that: There are differences between the sexes in favor of men rather than women with regard to confidence and psychological stiffness.

Mekheimer (1997) prepared a study for identifying the effect of psychological stiffness and social support as a variable of resistance to the effects of stressful events, especially depression. The study population consisted of (75) male (96) female students from the Faculties of Arts, Science and Education at Zagazig University. The study concluded that there is a difference between the average scores of males and females in psychological stiffness, social support, and stress, in favor of male students in psychological

stiffness and perception of stress, and in favor of female students in social support. As for depression, there is no noticeable difference between the sexes.

Al-Hawajri (2003) also prepared a study for examining the effect of a counseling program to mitigate the effects of psychological trauma among primary school students in the Gaza Governorate. The research was conducted on a sample of (48) males and females who were divided into two groups equal in number between males and females, one experimental, consisting of (12) male and (12) female students. The other is a control group with the same number and gender equality, and a control group consisting of (12) male and (12) female students.

The research concluded with the most important results:

- There is a correlation between the level of shock and the level of neurosis.
- There are differences in the level of psychological trauma between the sexes in favor of females.
- There are differences in the level of psychological trauma between the group of children with a high economic-social level and the group of children with a low economic-social level in favor of the group of children with a low economic-social level.
- There is an apparent decrease in the level of shock, post-traumatic symptoms, and the level of neurosis in favor of the experimental group compared to the control group.

A study by Khair Bek (2008) addressed the identification of post-traumatic stress disorder that Iraqis suffer from after the war, and the differences between genders in post-traumatic stress disorder. The research was conducted on (100) Iraqis who were exposed to the war in Iraq for an age group between (20-50) years from families who took refuge in Syria. The researcher conducted an undirected interview tool with them, and used the trauma scale, which was prepared by Harvard University. The most important results of the study are the following:

- The level of trauma was high, including depression, sleep problems, and recurring nightmares.
- The average score for severe symptoms is greater than the average score for mild symptoms, and the average score for disorder symptoms in the age group (20-30) is greater than the average disorder score for the age group (37-50).

The vulnerability of young groups to shock was high, and the average degree of disorder among males was higher than that among females. While the symptoms were equal for both sexes.

- Research on traumatic experiences:

Hijazi's study (2004) aimed to identify the relationship between traumatic experience, post-traumatic stress disorder, and some personality traits among the children of martyrs of the Al-Aqsa Intifada. It also aimed to identify the effect of some variables such as gender, age, and the condition of the parents of the sample's children on the symptoms of the disorder, and some personality traits (neuroticism, anxiety, depression, and extroversion). The sample size was (176) children. In addition, the results were as follows:

- There are no differences between children residing in Gaza Governorate and the rest of the Gaza Strip governorates regarding traumatic experiences.
- There are differences between the sexes in the degree of traumatic experiences in favor of males.
- There is a moderate positive relationship between the degree of traumatic experiences and age, and a weak relation found between the degree of traumatic experiences and the degree of post-traumatic stress disorder.

The study by Thabet and others (2007) also aimed to investigate the types and severity of traumatic experiences for male children, whose homes were demolished, and to identify the extent of post-traumatic stress and its relationship to trauma, as well as to identify the psychological stiffness of children and its relationship to trauma, post-traumatic stress, and fears. The research was applied to (45) children and adolescents from families in the Rafah and Beit Hanoun areas.

The search results concluded:

- It found that 15.6% suffer from a mild degree of post-traumatic stress, 62.2% suffer from a moderate degree, while 20% suffer from a severe degree, and the average psychological stiffness is 99.5%.

There is a direct relationship between children's exposure to traumatic events and the degree of psychological disorders resulting from post-traumatic stress disorder.

- There is an inverse relationship between degrees of psychological stiffness and degrees of post-traumatic stress.

5. Terminology of study:

Psychological Stiffness:

"A set of personal characteristics that serve as a source or buffer for difficult life events. They represent the individual's belief in his ability to use all available psychological and environmental resources in order to perceive, interpret, and effectively confront the events of traumatic experiences, and to coexist with them in a positive manner. It includes three dimensions: commitment, control, and challenge." (Kobasa, 1979:67)

We know it practically:

Psychological Stiffness:

It is a person's readiness and use of all the psychological and social resources around him to confront traumatic events with all his might. For the purpose of understanding and interpreting it as it really is, with all its meanings and data, in complete transparency, and for him to follow and interact with it in an appropriate manner.

It includes three dimensions: commitment, control and challenge.

Psychological Stiffness is measured by the total scores obtained by children exposed to traumatic experiences on the psychological stiffness scale used in this study.

Traumatic experience:

Traumatic experience in its Personality and Statistical Manual IV (DSM-IV.1994) as exposure to a traumatic event of extreme severity, including direct personal experience of the event.

The event involves actual death, threat of death, or serious injury, threat to physical safety, witnessing an event involving death or injury, threat to the physical safety of another person, learning about unexpected death, use of violence, serious harm, or threat of death. On the other hand, injury, which may have happened to a family member or some close friends. (American Psychiatric Association, 1994:24)

As for procedurally:

Traumatic experience: This is a sudden and unexpected external event beyond a person's control. The experience is either individual or collective, and may have been repeated one or more times. It may also be due to disasters or natural accidents beyond the person's control or because of his work. It includes three dimensions: the psychological dimension, the events dimension, and the observation dimension.

Traumatic experiences are measured by the total scores obtained by children exposed to traumatic experiences in the questionnaire prepared for traumatic experiences used in this study.

Family support:

Cohen to say "It is a person's need for the help and support of his family to reduce the stressful life events that befall him, and which can help the person participate in confronting these events" (Ali, 1997:210).

We know that family support is a supportive and effective source for a person suffering from psychological trauma and experiences, as it affects the person's perception of traumatic experiences and the ways to confront them. Thus, it reduces the impact of traumatic events and protects him from their impact. Family support, as the person affected by traumatic events and experiences sees it, is a kind of care and protection for him when he experiences distress and fear.

Family support is measured by the total scores obtained by children exposed to traumatic experiences in the family support questionnaire used in this study.

II- Methods and Materials:

1. Study curriculum:

For achieving the objectives of the study, the student researcher used the descriptive analytical method, in order to help him clarify the data and understand the problem and its suitability to the research topic and the objectives of the study. Quantitative data, such as the grades that we obtain from the study tools, give us specific numerical data that can be analyzed statistically and give us results for evaluation, and it is a means for the purpose of analysis and interpretation in a systematic scientific manner. In order to reach specific purposes for a social situation, it is a way to describe the studied phenomenon and depict it quantitatively and qualitatively by collecting standardized information about the problem, classifying it, analyzing it, and subjecting it to careful study.

2. Limitations and population of the study:

The study population consists of all children who were exposed to traumatic experiences, amounting to (101) individuals. The researcher selected the study sample in an intentional manner.

Where (51) represent the gender of males, while (50) represent females. This will be in the state of Relizane in the year 2021.

3. Study tools:

3.1 Psychological Stiffness Scale: Codification by Prof. Dr. Bashir Maamaria:

It is a tool prepared by Imad Muhammad Ahmad Mekheimer in 2002. It gives a quantitative estimate of an individual's psychological stiffness. The tool consists of 48 statements that focus on aspects of the individual's psychological stiffness. The answer to the scale falls into three levels.

It is divide into three dimensions: First: Commitment: It contains 16 items. Second: Control, which contains 16 items. The third dimension, the challenge dimension, contains 16 items.

The subject can answer it in a declarative manner, and the responses are corrects within four alternatives: No. a little. Average. A lot.

Thus, the total score of the tool ranges from zero to 144, where a higher score indicates an increased perception of the respondent's psychological stiffness .

Psychological stiffness has three dimensions:

A. Commitment:

A type of psychological contract that an individual commits to himself, his goals, his values, and others around him.

This dimension consists of 16 statements, and a high score on this dimension indicates that the individual is more committed to himself, his goals, values, and others.

As for the commitment phrases, they are numbers as follows: (46-43-40-37-31-28-25-24-22-19-16-13-10-7-4-1)

B. control:

It is what a person can control when he receives and is expose to events and bears responsibility for what happens to him. This dimension consists of 16 statements, and a high score on this dimension indicates that the individual has control and belief in his personal responsibility.

The control statements are numbers as follows: (47-44-41-38-35-32-29-26-23-20-17-14-11-8-5-2)

C. the challenge:

It is the individual's belief that any change that occurs in aspects is exciting and necessary for growth rather than a threat to it, which helps him take the initiative, explore the environment, and learn about the psychological and social sources that help the individual cope with pressures effectively.

This dimension consists of 16 statements, and a high score on this dimension indicates the individual's belief that any change that occurs in his life is exciting and necessary for growth rather than a threat to him, which helps him to initiate, explore, and challenge.

The challenge phrases are numbers as follows: (48-45-42-39-36-33-30-27-24-21-18-15-12-9-6-3)

Correction:

No = 00

Little=01

Average=02

A lot=03

Validity and reliability of the scale:

- Correlations between questionnaire dimensions and the total score.

Correlation coefficients were calculate between the total score and scores on the three dimensions of psychological stiffness.

Table (01) Correlation coefficients between the total score of the list and the scores on the three dimensions of psychological stiffness. The upper triangle represents the male sample, n=36, while the lower triangle represents the female sample, n=45.

	Commitment	Control	the challenge	Total marks
Commitment		**0.769	**0.829	**0.937
control	**0.737		**0.736	**0.898
the challenge	**0.798	**0.594		**0.933
Total marks	**0.938	**0.863	**0.889	

**Statistically significant at the 0.01 level.

Stability:

Reliability was calculate in two ways. As shown in the following table.

Table (02) Reliability coefficients by reapplication method and method of calculating Cornbrash's alpha coefficient.

Type of stability coefficient	Gender of samples	Sample size	Reliability coefficients
How to re-apply (after 18 days)	Males	46	**0.714
	Females	49	**0.721
	males and females	95	**0.612
Cronbach's alpha	Males	46	0.823
	Females	49	0.831
	males and females	95	0.826

It is clear from the validity and reliability coefficients obtained that the psychological stiffness inventory is characterize by high psychometric conditions on samples from the Algerian environment, which made it suitable for use in the field of psychological research or the field of clinical diagnosis.

3.2 Family Support Questionnaire:

- Description of the scale: Family support scale prepared by (the student researcher). This scale consists of 10 statements and contains seven alternatives, ranging from one to seven.

-Correction method: It consists of 10 statements indicating the individual's needs and satisfaction with the forms of support that the person receives during the treatment methods. The subject is required to answer the items of the scale as appropriate and express the extent of his satisfaction with these matters, as the highest degree of support obtained by the client is 70. The minimum score is 10 and the hypothetical average is 50.

- Psychometric properties

Honesty: The scale was presents to two faculty arbitrators to check the clarity of the statements and the soundness of their wording, and its items received unanimous agreement from the arbitrators.

Internal consistency validity: The internal consistency method was use to verify the correlation of each item with the total score by calculating the Pearson correlation coefficient.

Table (03) shows the correlation coefficients between the scale items and the total score

N	Coefficient of correlation	N	Coefficient of correlation
1	*0.45	6	**0.61
2	**0.78	7	**0.52
3	**0.62	8	*0.48
4	**0.74	9	**0.61
5	**0.62	10	**0.61

(**) The tabular value at the function level is 0.01 and the degree of freedom (28) is equal to 496.

(*) The tabular value at the function level is 0.05 and the degree of freedom (28) is equal to 388.

Stability:

Reliability was calculate in the following ways:

- Half-splitting: The value of the reliability coefficient using the half-splitting method was (0.86), and after modification using the Spearman's correlation coefficient, it became (0.92) statistically significant at the significance level (0.01).

-Cronbach's Alpha method: The reliability coefficient of family support using the Cronbach's Alpha method reached (0.77), and these levels indicate a good degree of reliability that meets the requirements of the study.

3.3 Traumatic Experiences Questionnaire:

- Description of the questionnaire: A questionnaire about traumatic experiences prepared by (the student researcher). This questionnaire consists of 24 statements and contains three alternatives, ranging from zero to two.

- Correction method: It consists of 24 statements referring to the traumatic experiences to which the children were exposed, and the subject is required to answer the questionnaire items according to what suits his condition, and these boxes are (yes, sometimes, never).

Where (Never scores: zero, Sometimes scores: one, Yes scores: two) the degrees of traumatic experiences obtained by the client range between 0 and 48 degrees.

The questionnaire consists of three dimensions:

-The psychological dimension: Its phrases are from 01 to phrase 08.

-The events: Its phrases are from 09 to 18.

-watching: Its phrases are from 19 to 24.

The validity of the questionnaire was study through content validity. The student presented the researcher to some university professors in psychology specializations, and asked them to indicate the validity of the statements in measuring what they were designed to measure. They judged the soundness and clarity of their wording, and based on their observations, the phrases that did not achieve an agreement rate (85%) were delete.

Psychometric properties of the scale:

To identify the psychometric properties of the scale, the researcher calculated the reliability and validity coefficients for the questionnaire, by calculating the validity using the method of internal consistency reliability. The correlation coefficient was calculate between each item of the questionnaire and the total score of the questionnaire, in order to know the extent to which each item relates to the total score of the questionnaire, as shown. In the following table:

Table (04) Correlation coefficients between the items of the Children's Traumatic Experiences Questionnaire and the total score of the questionnaire

Paragraph	Coefficient of correlation	Significance level	Paragraph	Coefficient of correlation	Significance level
1	.602**	0.01	13	** .452	0.01
2	.543**	0.01	14	** .508	0.01
3	.556**	0.01	15	** .577	0.01
4	.578**	0.01	16	.567**	0.01
5	.531**	0.01	17	.530**	0.01
6	.612**	0.01	18	.655**	0.01
7	.656**	0.01	19	.493**	0.01
8	** .460	0.01	20	.467**	0.01
9	.600**	0.01	21	.471**	0.01
10	.625**	0.01	22	.653**	0.01
11	.515**	0.01	23	.500**	0.01
12	.497**	0.01	24	.614**	0.01

** Statistically significant at 0.01 * statistically significant at 0.05

It is clear from the previous table that the items in the questionnaire on traumatic experiences of children have strong and statistically significant correlation coefficients at the significance level of 0.01, where the correlation coefficients ranged between (0.45 - 0.65). This indicates that the questionnaire and its paragraphs have a strong coefficient.

Reliability coefficients for the questionnaire:

To verify the reliability coefficients of the questionnaire, the researcher calculated the reliability in two ways: the Cronbach's alpha method and the split-half method.

After applying the questionnaire, the Cronbach's alpha coefficient calculate to measure reliability. It found that the Cronbach's alpha value for the overall questionnaire was equal to 0.81, which indicates that the questionnaire has a high reliability coefficient.

Then reliability calculate using the split-half method, where the scale items were divide into two halves, and the items for each dimension were divided into two parts. The correlation coefficient was calculate between the sum of the items of the first half and the sum of the items of the second half of the questionnaire, as well as for each dimension separately. The Pearson correlation coefficient for the overall questionnaire was 0.56, and the range for using the modified Spearman-Brown equation became the reliability coefficient (0.72). From the above it

becomes clear that the questionnaire with its paragraphs has a high reliability coefficient, which indicates the validity of the questionnaire.

4. Statistical methods used:

A number of statistical methods were use as required by the study hypotheses, with the help of the Statistical Package for the Social Sciences (SPSS20), and the Excel program was use, so that the study was use:

- Statistical tables
- Iterations
- Arithmetic mean: It is use in various fields to describe phenomena. It done by summing the values of observations and then dividing the sum by the number of observations.
- Standard deviation: It is the square root of the variance, and one of its most important uses is that it measures the dispersion between the study observations, and to identify the extent to which these observations are normally distributed or not. It is the average deviation of values from their arithmetic mean.
- T-test for two independent samples. Independent t-test
- Correlation coefficient eta η .

III- Results and discussion :

1. Presentation and discussion of the first hypothesis:

Which reads: There is a relationship between the level of psychological stiffness of children and the traumatic experiences to which they were expose in light of the variables of family support and gender.

To calculate the relationship, you must ensure the linearity of the relationship between the two variables.

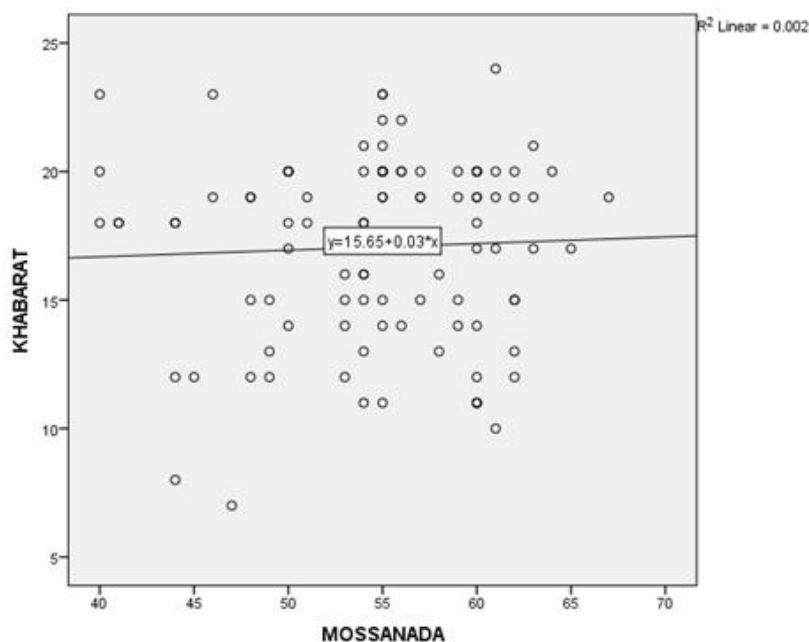


Figure (01): Diffusion panel plot between the variables of the level of psychological stiffness of children and traumatic experiences.

By drawing the scatterplot, it becomes clear that the relationship between the two variables is not linear. Therefore, when calculating the relationship, the eta factor must be apply. The results are records in the following table:

Table (05) shows the level of psychological stiffness of the children and the traumatic experiences to which they were expose in light of the variables of family support and gender.

Directional Measures			Value
Nominal by Interval	Eta	KHABARAT Dependent	.596
		MOSSANADA Dependent	.554

From the table we find that the value of the correlation coefficient Eta η between the two variables reached (0.55). To know its statistical significance, the value of the eta coefficient was convert to a t value, where the t value was (5.5). It is statistically significant at a significance level of 0.01 because the tabulated value at the degree of freedom (n - 2, i.e. at 99) is equal to 2.626. Thus, it can be say that there is a statistically significant relationship between the independent and dependent variables at the significance level of 0.01, and the first hypothesis has been fulfill.

We can explain the results of this hypothesis to the effect that a person who has psychological stiffness is in control of his affairs and self-control, and thus he can face and struggle with the burdens of traumatic experiences and have greater realism, control, and ability to interpret experiences.

The high degree of psychological stiffness in a person who has been expose to traumatic experiences is an indication that his psychological stiffness is in a state of alert as a response in the form of resistance, confrontation and opposition to the pressures of traumatic experiences, which puts him in a state of defense. It challenges the pressures resulting from exposure to traumatic experiences, which proves that the individual may use everything within his power and psychological energy, and those around him support him regarding what is going on. Which affects the traumatic experiences and prevents the individual from reaching a state of despair and collapse.

The more the individual realizes the interest, freedom of expression, love, respect, and discussion on the part of the family in supporting him regarding these obstacles, the more determined and determined he becomes to eliminate these dilemmas as a result of the traumatic experiences to which he was exposed. Which gives him self-confidence, renews his status among his family, and interacts with his roles in daily life, as he was before, and then self-control and self-realization.

Accordingly, an individual who possesses high psychological stiffness acquires a type of personality that is highly tolerant and resistant to psychological pressures, is not afraid, does not tolerate bad conditions, and does not rely on psychosomatic diseases, but rather challenges them in a positive and psychologically sound way.

This result is consistent with the result of the aforementioned research regarding the high level of psychological stiffness to reduce the negatives and impact of traumatic experiences. In the study of Kobasa (1979), which showed that the most resilient people were characterize by steadfastness, control, and flexibility, as well as the ability to confront and challenge difficulties.

This hypothesis is also consistent with the study obtained by Thabet (2007) in that there is a direct relationship between traumatic experiences and psychological stiffness

2. Presentation and discussion of the second sub-hypothesis:

Which reads: There are differences between the genders exposed to traumatic experiences in family support.

Table (06) Results of differences between genders exposed to traumatic experiences in family support.

Family support Sex	Sample number	Arithmetic mean	standard deviation	value	df	T table	Sig.
Male	51	51.63	6.125	5.79	99	2.62	0.01
Females	50	57.78	4.381				

It is clear from the results obtained in the table above that the calculated value (5.79) is greater than the (t table) (2,626) at a degree of freedom (99), so it is statistically significant at the significance level (0.01). This confirms that the percentage of results obtained It confirms that the hypothesis is verified and proves that there are statistically significant differences between the sexes exposed to traumatic experiences in family support, in favor of females with a greater average of (57.78).

We explain this result by saying that this may be due to the personality type and type, as well as the physiological ability and emotional side of females, which make the female cry out for help and ask for help, protection, and family support in particular. Family support is consider a resource and refuge that provides the safety and psychological refuge that the female needs from her surroundings. This type of family support strengthens the female’s personality, increases her psychological stiffness , and reduces her pain and difficulties because of what she has been expose to because of traumatic experiences and events.

The results of this hypothesis were consistent with the results of the study of Mekheimer (1997).

I disagreed with the study (Hollman & Moos, 1985), which showed that males are supportive.

3. Presentation and discussion of the third sub-hypothesis:

Which reads: There are differences between the sexes exposed to traumatic experiences in the level of psychological stiffness.

Table (07) Results of differences between genders exposed to traumatic experiences in the level of psychological stiffness.

Sex	psychological stiffness	Sample number	Arithmetic mean	standard deviation	value	df	T table	Sig.
Male		51	112.431	5.135	1.96	99	2,626	Not significant
Females		50	113.96	5.356				

It is clear from the results obtain in the table above that the calculated value (1.96) is less than the tabulated (t table) value (2.62) at the degree of freedom (99), so it is not statistically significant at the significance level (0.01). This confirms that the percentage of results obtained shows that the hypothesis reached the following result:

There are no statistically significant differences between the genders exposed to traumatic experiences in the level of psychological stiffness.

We explain this result by referring to the fact that individuals of both sexes are expose to approximately the same events and with the same intensity. Moreover, to the same degree they are expose to society as a whole. This result is also because the individuals under study are from the same environment and are expose to almost the same experiences, which makes the differences between the sexes almost non-existent.

IV-Conclusion:

Psychological stiffness builds a psychological shield and defense mechanism for the individual that helps him adapt to all stressful and difficult life events. It also contributes to raising a highly tolerant personality that can resist pressures and difficult circumstances.

The individual, by nature, always seeks to overcome various psychological crises, as it is expects that the level of psychological stiffness will increase with the degree of exposure to traumatic experiences. Likewise, the Algerian family supports the family support that children receive, which is famous for its solidarity and social compassion.

The positive effect of family support in enhancing the individual’s psychological health, as support is consider one of the most important sources of the individual’s mental health and a sense of reassurance and psychological comfort. It reduces the intensity and severity of the burdens and difficulties resulting from stressful events and traumatic experiences.

Family support also has a great impact in treating psychological disorders and symptoms. While playing the role of protection or prevention from the negative role-play by negative events and situations to which children are exposed.

The researcher believes that family support for children strengthens their psychological health, and strengthens children’s psychological resilience against diseases and psychological disorders because of the traumatic experiences to which they were exposed.

The current study recommends the following:

- Activating the role of family support for children exposed to traumatic experiences and working to strengthen their psychological resilience.
- Informing, informing, and creating targeted programs included in social and media institutions to enhance psychological resilience and family support among children in order to obtain a cohesive and strong community of mental health.
- Involving children exposed to traumatic experiences in recreational and educational programs and activities aimed at restoring their psychological security.

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