Psychological Resilience and its Relationship to Coping Styles with Stress for the Divorced Woman in the Kingdom of Bahrain

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Abstract

The study aimed to explore the level of resilience among a sample of divorced women in the Kingdom of Bahrain and the relationship between resilience and the coping styles with stress for those women. The study also sought to investigate the differences in resilience according to some demographic variables: (age, duration of marriage, educational level, monthly income, and the number of children). The study sample constituted 10% of the total population and consisted of (140) Bahraini divorced women who were selected, using purposive sampling. The researcher developed and implemented two instruments in this study, namely, the Resilience Scale and Coping with Stress Scale. The results of the study showed that the level of resilience was high in the divorced Bahraini women in the study sample and that there was a significant positive correlation between resilience, on the one hand, and Rational Thinking Coping Style and Adherence to Religion and Spiritual Values Coping Style, on the other hand. The results further showed that there were significant differences in the resilience of the divorced women that could be attributed to different age-groups (in favor of those who were under 30 years old), different educational levels (in favor of those that had a university degree), and different monthly incomes, (in favor of those who earned BD 501 and above). Using Step-wise Multiple Regression, the results showed that Rational Thinking Style explained 16.6% of the variance in Resilience and that Adherence to Religion and Spiritual Values explained 6.7% of the same variance. In light of the above results, the study recommended that the skills of resilience should be included in the training programs for women in the family and marital counseling.

Key words: Resilience, Coping with Stress Styles, Divorced Woman