

# **A Proposed Conception from the Perspective of General Practice in Social Work for the Development of Social Skills for Young Widows**

By

**Amjad Mohammad Almufti**

Associate Professor at department of Social Work - Head of the Department of Social Work - Faculty of Arts, Islamic University of Gaza, P.O. Box 108, Gaza, Palestine.

Email: [amofty@iugaza.edu.ps](mailto:amofty@iugaza.edu.ps)

**Asmaa O. al-Zeinati**

Social worker at Al Weam Charitable Society/ Master's in Social Work

Email: [asmaosama1991@gmail.com](mailto:asmaosama1991@gmail.com)

## **Abstract**

The study aims to determine the level of social skills amongst young widowed women and to develop a suggested vision from the perspective of general practice in social work for the development of social skills for young widows. This study is one of the descriptive studies that relied on the social survey method, where the researchers prepared a measure/scale of social skills for young widows. The mentioned method was applied to a sample of (225) young widows who were selected from among the beneficiaries of Al-Weam Charitable Society by simple random method. The study concluded a set of results, the most important of which is that the level of social skills among young widows is mostly "low", where the level of appreciation skill among young widows came at 52.6%, followed by family communication skill and problem-solving skill by 54.6%, then social relations skill by 55.3%, while the self-reliance skill was "medium" with 56%. The researchers prepared a proposed scenario from the perspective of general practice in social work to develop the social skills of young widows based on the results of the study.

**Keywords** (general practice, social skills, young widows).

## **First: Preamble to the study problem**

In many cases, families are deprived of their breadwinner (the head of the family), the wife is deprived of her husband, and the children are deprived of their father. The woman finds herself without a husband and is called a widow. Thus, the widow becomes the primary responsible for managing her family's affairs and meeting the requirements of her children, after the husband was the one who fulfilled many of these requirements (Ismail, 2012, 456).

There is no doubt that the phenomenon of widowhood is constantly increasing and expanding in size and scope. At the global level, global statistics for the year 2021 indicated that there are more than 258 million widows in the world (United Nations, 2021, 3).

At the level of Palestine, the phenomenon of widows has a special reality. Statistics of the Palestinian Central Bureau of Statistics for the year 2021 indicated that the number of widowed women amounted to 6% of the total number of women amounting to (2.57) million (PCBS, 2021, 5).

In the Gaza Strip, the number of widows in 2021 was (192,933), of whom (3,677) aged 18-27. (Ministry of Interior and National Security, 2021, 1).

Young widowed women face many unfamiliar and stressful psychological feelings such as loneliness, loss of intimacy, confusion of psychological and societal identity, transformation from wife to widow, loss of sense of participation in the future outlook, loss of intimacy, feeling of isolation, alienation and insecurity (Michele, 2009, 103).

In many life situations, she also feels shortcomings, lack of social relations, her inability to perform her social roles inside and outside the family, and the emergence of problems related to home management.

The condition of the young widow after the death of her husband makes her feel that there are insufficient resources available to satisfy her needs and the needs of her children.

Therefore, the priority is to direct attention to the widowed woman in order to give her a strong impetus to help her grow and rise as she always feels that something is standing in the way of her growth.

Therefore, acquiring social skills for young widowed women is one of the important and prominent factors in the process of social adjustment, increasing women's self-confidence and giving them life satisfaction. (Abdul-Wahhab, 2008, 7).

Social skills also help young widows increase their abilities to establish successful and healthy relationships and social interactions and to approach others in peace and intimacy; Which leads to more progress in gaining experiences and achieving social growth in a sound manner (Riyad, 2010, 40).

But the lack of social skills and their shortcomings are one of the main causes of social problems because they are related to many aspects of weak positive social interaction and inability to play roles, as well as negativity, non-participation, and inability to change. This leads many widowed women to withdraw and feel lonely and isolated (Al-Hayek, 2009, 28).

One of the recent trends in social work is the trend of general practice, which is one of the most important and recent trends that imposed itself on the practice of social work during the last quarter of the twentieth century (Abdul-Majid et al., 2008, 16).

General practice has its capabilities to deal with the problems arising from widowhood through the multiple approaches to practice, through the ecological approach that focuses on the interaction between the individual and his environment, whether this interaction is positive or negative, and the resulting needs and problems that require confronting them (Al-Nouhi, 2001). , 140).

## **Second: Previous studies**

*A study (Yoon, et al, 2022) entitled: Psychosocial Pathways Before and After the Loss of a Husband: Is Sex Important?* The study aimed to identify the psychological and social pathways (depressive symptoms and social participation) for widowed individuals before and after the death of the husband. The study was applied to a sample of (58) individuals. The study concluded that psychosocial adjustment to the loss of a spouse is a strikingly gendered issue. The results also showed that depressive symptoms begin to increase from the first year after the loss of a spouse and continue to the fourth and subsequent years. The study also found that depressive symptoms did not change significantly among widows during and after the bereavement and the frequency of social interactions and participation in social activities

decreased from the first year of losing a spouse to the fourth and subsequent years.

**A study (Al-Atwi, 2021) entitled:** The Social Challenges Facing a Single Mother in Raising her Children in the city of Tabuk aimed at identifying the social challenges facing a single mother in raising her children, as well as identifying the methods through which she was able to face these challenges. The study was applied to widowed mothers from the Tabuk region in the Kingdom of Saudi Arabia. The results showed that there are common social challenges faced by these single mothers in raising their children, the most important of which are: gender status and societal authority, in addition to their adoption of common methods that enable them to face these challenges.

**The study (Fahil, 2020) entitled:** Challenges facing the breadwinner widow in Palestinian society: Nablus governorate as a model aimed at identifying the challenges faced by widows breadwinners in Palestinian society in their various forms. The study sample consisted of (20) widows breadwinners for their families in the Nablus governorate. The study concluded with findings, including: Various challenges faced by widows who are breadwinners through the view of the breadwinner widow on herself and her role. It was also found that they have a sense of weakness, inferiority and brokenness because they live in extended families that impose their hegemony on the widow and her family, the society's negative view of her, reinforcing the stereotypical image of women in society and the relationship of exploitation, harassment and discrimination in treatment with men as well as various difficulties as a result of the widow's breadwinner practice during her dual roles. The social challenges facing the breadwinner widow were represented by depriving her of the inheritance for fear of her sons transferring to another family and the transfer of the inheritance to another man and the bad treatment of the sons to her as a result of the differential treatment between the sons and the differences between the mother and her sons and the interference of the husband's family and the lack of understanding by the husband's family of the nature of the woman's crisis when she loses her husband and inability to run the house. This is due to the multiplicity of roles the widows play inside and outside the home, and the difficulty of facing the pressures of life.

**A study: (Al-Nawajah, 2019) entitled:** Dimensions of feelings of inferiority and its relationship to orientation towards life among a sample of the wives of martyrs in the Gaza Strip, which aimed to identify the level of feelings of inferiority and orientation towards life and the correlation between them and to reveal the differences in the level of feelings of inferiority and orientation towards life according to the two variables ( Employment status, age group). The study sample consisted of (125) widows of martyrs in the Gaza Strip. The results showed that the sample had an average level in the dimensions (social shyness, poor self-confidence, poor decision-making ability) and a weak level of life orientation. The results also revealed a negative correlation between social shyness, poor self-confidence, poor decision-making ability, and life orientation as well as the absence of statistically significant differences in the dimensions of feelings of inferiority and life orientation according to the two variables (practical status, age group).

**A study (Al-Nahal, 2017) study entitled:** The problems facing the wives of martyrs in the governorates of Gaza from their perspective, aimed at identifying the problems facing the wives of the martyrs in the governorates of Gaza from their perspective. The study sample consisted of (113) wives of a martyr. The study reached a set of findings, the most prominent of which are: the economic problems ranked first compared to the social problems, where the economic problems consisted of forcing to give up financial and material allocations to the martyr's family and resorting to borrowing to meet the private household expenses and the difficulty of assuming the financial responsibilities of the house and managing it well. One of

the most prominent social problems was the lack of people to talk to about private problems, the interference of the martyr's family in the private matters of the martyrs' wives, and the questioning of the motives and behavior of others.

*A study (Prabhakar, 2017) entitled:* Problems faced by single mothers aimed to know the (social, economic, emotional) problems facing single mothers in India. The study was applied to a sample of (50) single mothers in the cities of Jammu and Kashmir in India. The results of the study showed that single mothers suffer from the interactions of members of their society and therefore do not integrate socially into their surroundings, avoid integration in social events and tend to isolate because of the society's view of them.

*A study (Al-Sayed, 2016) entitled:* A proposed program from the perspective of general practice in social work to develop the skills of widows mothers to deal with life stresses aimed at reaching a proposal to develop the skills of widows in the face of social, economic and psychological pressures. The study was applied to a sample of (198) widows. The study concluded that the widow suffers from social pressures represented in the disruption of the widow's social relations within the family and the widow's inability to perform her social role inside and outside the family while psychological stress is represented in the intense fear of speaking with others and the constant reluctance to communicate with others. As for the economic pressures, it is their inability to manage and provide financial resources to help fill the shortfall in family income.

*A study (Al-Helou, 2014) entitled: "A proposed conception to overcome the obstacles to the social effectiveness of the wives of martyrs in the Gaza Governorate in the light of the Islamic educational orientation"* aimed at identifying the obstacles to the social effectiveness of the wives of the martyrs in the Gaza Governorate in the light of Islamic educational guidance and building a proposed conception to overcome the obstacles limiting the social effectiveness of the wives of martyrs in Gaza Governorate. The study sample was (262) wives of a martyr in Gaza Governorate and it reached findings, the most important of which are: external obstacles ranked first, while self-obstacles ranked second. The obstacles are represented in their ambitions in life being limited to success in their homes, their inability to establish social relations due to their isolation from the outside community, their low level of education that does not help them to perform their social duties, and the feeling that people do not accept them.

*A study (Ismail, 2012) entitled: "The psychological and social adjustment of widows in the city of Baghdad"* aimed to measure the psychological and social adjustment of widows in the city of Baghdad, and to identify the differences according to the variables (age, academic achievement, number of children). The results concluded that the level of psychological and social adjustment for widowed women is weak and that they need social mixing and interaction with others, in addition to the kindness of their family, relatives and society in general, which may contribute to creating a social adjustment for her, but the problems of life make her less compatible with herself and with others.

*A study (Jabara, 2011) entitled: "The Role of Community Service in Facing the Social Problems of the Families of Martyrs"* aimed at identifying the social problems facing the wives of Palestinian martyrs and developing a proposed conception of the role of community service in facing them. The study was applied to a deliberate sample of (111) martyr families. The study concluded that the social problems are represented in the increase in the roles of the martyr's wife after the martyrdom of her husband, the inadequacy of the social security pension that she receives, the feeling of loneliness after the husband's martyrdom, the interference of

her husband's family in her social relations with others, the inability of the martyr's wife to express her opinion frankly and her feeling that society does not give adequate care for her and her family, the lack of freedom of movement and personal visits, and the exaggerated interference of the martyr's family in the method of raising her children.

*A study (Abdul-Hussein, 2011) entitled: "The Problems the Iraqi Widowed Woman Suffering from in the Current Circumstances"* aimed at identifying the problems faced by the Iraqi widows. The study was applied to a sample of (70) widowed women and concluded that among the most important problems facing widows are the society's view of inferiority, material destitution, economic dependence on others, feelings of helplessness and weakness, lack of attention from the husband's family, a feeling of psychological and emotional emptiness, and the husband's family's interference in matters that pertain to the wife's life, feeling that life has no taste, fear of abuse that may be inflicted on children, feelings of psychological loneliness, and a feeling of insecurity and reassurance.

*A study (Somhlaba, 2009) entitled: "Stress, coping styles, and marital discord: an exploration of grief patterns among black widow couples in rural South Africa"* aimed at finding out the nature of stress and coping styles in the aftermath of marital loss. The study was applied to a sample of (198) widowed couples. The results indicated the weakness of the indicator of the adaptation strategy, problem solving and social support seeking to adapt and deal. The study also emphasized the need to focus on the effects of the intervention to psychologically educate the bereaved in the social and cultural framework, and to strengthen social ties that enhance aid to them.

### **Third: The problem of the study**

The issue of young widows is one of the problems facing Palestinian society. This issue has a unique peculiarity in this society as a result of the continuation of the occupation and its aggressions, and consequently the fall of the huge number of martyrs who leave behind their wives and families, in addition to other causes of loss; Such as natural death, diseases, and various accidents.

The widow, especially the young, is an important segment in building society. Circumstances and wars have been hard for the widow by losing her husband, and she is in dire need of someone to take her hand to overcome the difficulties and obstacles she faces, and to guide her to the right path that will enable her to play her positive role in society, through the development of her social skills.

Therefore, the current study will focus on developing a proposed scenario from the perspective of general practice in social work for the development of social skills for young widowed women.

### **Fourth: The importance of the study**

1. The problem of widowed women has an important peculiarity in Palestinian society due to the continuation of suffering and the permanent fall of many martyrs as a result of the continuous daily attacks by the occupation, in addition to the factors leading to loss, which requires attention to this category and confronting its problems.
2. Paying attention to widowed women is an urgent necessity because it combines all forms of suffering experienced by widows and the emerging gender crisis as a female with her own needs, thus forcing her to isolate from the environment in which she lives, and thus improving the level of her social skills will reflect positively on her and her

- family.
3. This study (within the knowledge of the two researchers) is one of the first studies in Palestine in general, and in the Gaza Strip in particular, which aims to develop the social skills of young widowed women, through a proposed professional vision from the perspective of general practice in social work.
  4. The Palestinian society's need for such studies in order to enrich the social work profession in theoretical and professional practice, especially towards general practice with an important segment of society, namely young widows.

***Fifth: Study questions***

***Based on the above, the study problem can be formulated in the following questions***

1. What is the level of social skills for young widows?

***The following sub-questions emerge from this question:***

- A- What is the assessment skill level for young widows?
  - B- What is the level of social relations skill for young widows?
  - C- What is the level of family communication skill for young widows?
  - D- What is the self-reliance skill level for young widows?
  - E- What is the problem-solving skill level of young widows?
2. What is the proposed scenario from the perspective of general practice in social work to develop the social skills of young widows?

***Sixth: Procedural terms for the study***

***1. General practice in social work:*** The researchers know define the general practice in this study as:

It is a trend based on knowledge, values and skills of the profession to help young widows face the problems that contribute to their low social skills and deals with various types of clients, not one type, namely: (young widows, care institutions, the local community).

***2. Social skills:*** The researchers procedurally define the social skills of young widows as: the sum total of the scores obtained by young widows in the scale of social skills used in the current study, which are: (the skill of appreciation, the skill of social relations, the skill of family communication, the skill of solving problem, and the skill of self-reliance).

***3. Young widows:*** The researchers define a young widow procedurally as: a Palestinian woman who lost her husband due to natural circumstances and factors: disease, accident or martyrdom from the occupation, and her age ranges between 18 and not more than 30 years, and as a result of her widowhood there is a decline in her social skills, especially the skill of social relations, the skill of appreciation and self-reliance, the skill of problem solving, and the skill of family communication, and a beneficiary of the social and relief services provided by the Al-Weam Charitable Society.

***Seventh: The methodological procedures of the study***

***First: Type of study:*** Based on the study problem, and in line with the objectives it seeks to achieve, the type of study was determined as a descriptive study.

***Second: Study Methodology:*** In this study, the researchers relied on the social survey method in a sampling style for young widows in Al-Weam Charitable Society.

### ***Third: Fields / Limits of Study***

#### ***1. Spatial domain***

The study was applied in Al-Weaam Charitable Society in North Gaza Governorate. Al Weaam Charitable Society is one of the largest and most active and effective institutions in the care of widowed women; its programs are still diverse and numerous despite the closure and restrictions on institutions. Availability of the study sample of young widows and the society's readiness to cooperate with the researchers and the approval of the officials to conduct the study in it.

#### ***2. The human domain***

The population of the study was determined, which is the number of widowed women in Al-Weaam Charitable Society, where it was found that the total number of this category is approximately (4113) widows. The conditions of the sample have been applied to them, which is that the widow must be between the age of (18-30) years, and that the widow is young, registered with Al-Weaam Charitable Society, benefiting from its services under the sponsorship system, not emergency, and that the widow is young, newly widowed, and does not exceed the term of (5 years) of widowhood.

The sampling frame in Al-Weaam Charitable Society who met the conditions of the sample reached (1461) young widow. The study sample was selected by drawing a sample in a simple random way, and it amounted to (225) widows.

***3. Time/Temporal range:*** The data were collected from the study vocabulary during the period 30/3/2022 until 29/4/2022.

### ***Fourth: Study Tools***

Social skills scale for young widows (developed by the two researchers).

The researchers identified the main dimensions of the scale in its initial form, and its variables, provided that the formulation of the statements is related to the main dimensions of the scale, and is easy, clear and related to the dimension to be measured. The total number of phrases for the four dimensions has reached (50) phrases/statements.

#### ***(a) Scale validity***

##### ***(1) The veracity of the arbitrators***

After the researchers prepared the scale in its initial (initial) form, it was presented to the arbitrators from the faculty members of the departments and colleges of social work in Palestine, Jordan, Egypt and Saudi Arabia amounting to (13) arbitrators. They were asked to arbitrate the scale and express an opinion on the appropriateness of each phrase/statement in terms of linguistic formulation, clarity, and linkage to the dimension to be measured, and to add what they wrote of phrases/statements that serve any dimension of the scale, as well as deleting the inappropriate ones. The two researchers relied on an agreement percentage of no less than (85%), as the percentage of arbitrators' agreement on the form's statements is a criterion for its validity. In light of this arbitration, some phrases/statements were deleted and added, and some formulations were modified so that the scale was trusted in its results and validity, and thus the scale became in its final form (35 phrases/statement).

##### ***(B) Scale stability:***

After applying the scale, Cronbach's alpha coefficient was calculated to measure stability, where it was found that the value of Cronbach's alpha for the scale for all scale axes was 0.77.3, and this indicates that the scale has a high stability coefficient.

***Fifth: Statistical treatments***

After the data collection and review process, the data was automatically unloaded using the SPSS program for statistical analysis, and the following statistical methods were used:

1. Frequencies, percentages, and relative weight on the scale and interview guide.
2. Arithmetic mean.
3. Standard deviation.
4. Pearson correlation coefficient to measure validity and reliability.
5. Cronbach's alpha coefficient to measure the stability of the resolution.
6. One Way Anova test to calculate differences.

***How to judge the level/score of the social skills scale dimensions using weighted average***

Configuring the beginning and end of the triangular scale categories: the data was encoded and entered into the computer, and to determine the length of the triangular scale cells (lower and upper limits), the range was calculated.

(3-1 = 2), then divided by the number of scale cells to get the correct cell length ( $2/3 = 0.67$ ), and then this value was added to the lowest value in the scale (or the beginning of the scale, which is the one), in order to determine the upper bound for this cell, and thus the length of the cells became as follows:

If the mean value of the statement or dimension is between 1:1.67 (weak)

If the mean value of the statement or dimension ranges between more than 1.67: 2.34 (average)

If the mean value of the statement or dimension ranges between more than 2.34:3 (high)

***Eighth: Presentation and discussion of the study results***

***The tables are linked to the social skills level of young widows***

***1. Appreciation skill level among young widows***

**Table (5).** *Appreciation skill level for young widows*

*Appreciation skill*

Article #	Appreciation skill		Yes	To some extent	No	Total weights	weighted average	Standard deviation	Relative weight	Order
1	I feel that I have a respected value in society.	Percent	26	60	139	337	1.49	0.695	49.6	7
		%	11.5	26.7	61.8					
2	I have the ability to influence others.	Percent	39	68	118	371	1.64	0.759	54.6	2
		%	17.3	30.3	52.4					
3	I trust myself a lot.	Percent	35	52	138	347	1.54	0.749	51.3	6
		%	15.6	23.1	61.3					
4	I expect good results for my deeds.	Percent	38	55	132	356	1.58	0.763	52.6	4
		%	16.9	24.4	58.7					
5	I accept myself as I am.	Percent	53	52	120	383	1.70	0.826	56.6	1
		%	23.6	23.1	53.3					
6	My life is going the way I want it to.	Percent	33	67	125	358	1.59	0.733	53	3
		%	14.6	29.8	55.6					
7	I feel respect for my ideas from others.	Percent	40	46	139	351	1.56	0.777	52	5
		%	17.8	20.4	61.8					
<b>Overall score</b>						357	1.58	.....	52.6	<b>low</b>

It is clear from the data of the previous table: that the level of appreciation skill among young widows, as determined by the study sample is “low”; whereas the relative weight

(52.6%) and the arithmetic average amounted to (1.58), which means it falls within the category of (1: 1.67). By analyzing the results of the previous table, we find that: The level of appreciation skill for young widows is low, as the low level of this skill represents the young widow's lack of feelings of respect for others' ideas and low self-confidence, and her lack of respect for her value within the community. The researchers attribute that to: the patriarchal nature of the Palestinian society in terms of social status, relationships and decision-making, the view of the widow as having a broken wing and helpless, and looking at her with a look of pity, as well as the belief of the husband's families that she is not capable of bearing the burdens of life after the death of her husband, and preventing her from moving freely. In addition, the widow's young age and the harsh experience of loss weaken the widow's self-confidence and her ability to face problems after widowhood and loss. These results are in agreement with the results of the study of (Al-Atwi 2021, Fahl 2020, Al-Nawajah 2019), where their studies confirmed that widows suffer from an inferior view of society after the death of their husbands and face major challenges in their gender status and societal authority. Their findings also confirmed that widows have a sense of psychological alienation, brokenness, low self-confidence, low self-esteem, and poor decision-making ability.

## 2. Social relations skill level of young widows

**Table (6).** *The level of social relations skill among young widows*

Article #	social relations skill		To some extent			Total weights	weighted average	Standard deviation	Relative weight	Order
			Yes	No						
1	My relationships are not limited to people I know.	Percent %	42 18.7	62 27.5	121 53.8	371	1.64	0.777	54.6	5
2	I build my relationships with others easily.	Percent %	40 17.8	82 36.4	103 45.8	387	1.72	0.748	57.3	1
3	I take the initiative to participate with my neighbors in various occasions.	Percent %	47 20.8	62 27.6	116 51.6	381	1.69	0.795	56.3	3
4	I can maintain my social relationships for a long time.	Percent %	54 24.0	53 23.6	118 52.4	386	1.71	0.828	57	2
5	I exchange visits with my relatives.	Percent %	40 17.8	57 25.3	128 56.9	362	1.60	0.772	53.3	7
6	I care about the participation of others in my various occasions.	Percent %	38 16.9	72 32.0	115 51.1	373	1.65	0.751	55	4
7	I participate with my colleagues in the activities within the institution.	Percent %	34 15.1	70 31.1	121 53.8	363	1.61	0.736	53.6	6
<b>Overall score</b>						374	1.66	.....	55.3	<b>low</b>

It is clear from the data of the previous table that: The skill level of social relations among young widows, as determined by the study sample is "low"; whereas the relative weight was (55.3% and the arithmetic mean was (1.66), meaning it falls in the category of (1: 1.67). By analyzing the results of the previous table, we find that: The skill level of social relations among young widows is "low", as the low level of this skill is represented in the lack of interest in the participation with others in various occasions, the restriction in their relations to people the widow knows, and the weak exchange of visits with relatives and participation in the activities of sponsoring institutions. The researchers attribute this to: societal pressure, which is closely watching over the wife's behavior and manners; Being widowed and young; This makes her tend to isolate herself, and fears for herself from people's words and greed of others,

and rules them over her and her children, thus weakening the social pleasantries between the widow, the extended family and relatives, and she is more careful in her dealings with her neighbors, friends and close ones, and she has an excessive sensitivity to the words that she hears directed towards her; This leads to poor social relations. These results are in agreement with the results of the study of (2022, Yoon et al-Nahal 2017, Prabhakar 2017, El-Sayed 2016, El-Helou 2014, Ismail 2012), where their studies confirmed that the level of social adaptation among widows is weak, and that they feel fear when talking to others about special problems, and skepticism about the motives and behaviors of others, widows suffer from the interaction of members of their community and do not integrate socially in their surroundings, avoid participating in social events and tend to isolate, in addition to the disruption of their social relations, and that they are unable to establish social relations with the outside community, and the constant reluctance to contact others .

### 3. The level of family communication skill among young widows

**Table (7).** The level of family communication skill among young widows

Article #	family communication skill	Yes	To some extent		Total weights	weighted average	Standard deviation	Relative weight	Order
			Yes	No					
1	I enjoy positive relationships and interactions with my family.	Percent 58 %	43 25.8	124 19.1	384	1.70	0.852	56.6	2
2	-I participate with my family members in making our life decisions.	Percent 27 %	56 12.0	142 24.9	335	1.48	0.701	49.3	7
3	Good dialogue prevails among my family members to resolve our differences.	Percent 53 %	47 23.6	125 20.8	378	1.68	0.831	56	3
4	We bring about continuous renewal in the system of our daily life for the family	Percent 37 %	58 16.4	130 25.8	357	1.58	0.757	52.6	6
5	I enjoy good relations with my husband's family.	Percent 41 %	60 18.2	124 26.7	367	1.63	0.774	54.3	5
6	Each individual expresses his feelings towards others.	Percent 55 %	39 24.4	131 17.4	374	1.66	0.846	55.3	4
7	I am interested in communicating with my family to solve their problems.	Percent 67 %	46 29.8	112 20.4	405	1.80	0.871	60	1
<b>Overall score</b>					371	1.64	.....	54.6	<b>low</b>

It is clear from the data of the previous table that: The level of family communication skill among young widows, as determined by the study sample, is “low” whereas the relative weight was (54.6%, and the arithmetic average was (1.64), meaning it falls in the category of (1: 1.67). By analyzing the results of the previous table, we find that: The level of family communication skill among young widows is "low". The low level of this skill represents the poor good relations of the young widow with the family of her deceased husband, and her failure to participate with her family members in making life decisions, in addition to the failure to bring about renewal in their daily life system. The researchers attribute the bad relationship of the widow with the husband’s family to their interference in the wife’s affairs and depriving her of the ability to communicate with those around her, or depriving her of her children and threatening her with this, especially if she refuses to marry the husband’s brother where in many cases some widows are forced to marry the husband’s brother or one of his relatives, even if he is younger than her, in order to preserve the inheritance (if any) and the children, and from the fear that she will marry outside the family of the deceased’s family, and the death of the husband results in the emergence of problems related to the management of the house, follow-up and supervision of the children, due to the transfer of authority to the mother. So,

tensions and conflicts may arise in the family through social relations and interaction between the widow and her children, and their daily lives. These results are in agreement with the results of the study of (Fahel, 2020 Jbara, 2011, Abdul Hussein 2011), where their studies confirmed that widows face different challenges; Because they live in extended families that impose their dominance on the widow and her family, and their lack of understanding of the nature of the woman's crisis when she loses her husband, where the husband's family interferes in her social relations with others, and their interference is exaggerated in the method of raising her children, and the lack of attention from the husband's family to her, in addition to considering widowhood a major cause of imbalance in the family situation of all women.

#### 4. Self-reliance skill level among young widows

**Table (8).** *The level of self-reliance skill among young widows*

Article #	self-reliance skill		To some extent			Total weights	weighted average	Standard deviation	Relative weight	Order
			Yes	No	No					
1	Complete the required work properly.	Percent %	52 23.1	61 27.1	112 49.8	390	1.73	0.812	57.6	4
2	I make my decisions without hesitation.	Percent %	31 13.8	74 32.9	120 53.3	361	1.60	0.718	53.3	7
3	I successfully face multiple pressures.	Percent %	44 19.6	77 34.2	104 46.2	390	1.73	0.767	57.6	3
4	I control the problems that I face in my life.	Percent %	36 16.0	67 29.8	122 54.2	364	1.61	0.747	53.6	6
5	I meet my many needs on my own	Percent %	47 20.9	65 28.9	113 50.2	384	1.70	0.792	56.6	5
6	I feel strong and self-confident.	Percent %	65 28.9	37 16.4	123 54.7	392	1.74	0.878	58	2
7	I have the ability to achieve my goals.	Percent %	60 26.6	51 22.7	114 50.7	396	1.76	0.847	58.6	1
<b>Overall score</b>						<b>382</b>	<b>1.69</b>	<b>.....</b>	<b>56.3</b>	<b>medium</b>

It is clear from the data of the previous table that: the level of self-reliance skill among young widows, as determined by the study sample, is "medium", where the relative weight was (56.3%) and the arithmetic average was (1.69); that is, it falls into the category of (2.34:1.67). By analyzing the results of the previous table, we find that: The level of self-reliance skill among young widows is "medium". The low level of this skill is represented in the widow's poor ability to meet her multiple needs on her own, controlling the problems she faces, and her weak ability to make decisions without hesitation. The researchers attribute this to: the young age of the widow, where she is in a new situation and is not prepared for it, or prepared for it in advance. The husband's departure from the first moment of his departure creates a state of confusion in managing her life's affairs, anxiety about a future without a breadwinner and meeting her needs, and a feeling of confusion in front of children, especially that she is responsible for protecting them and she is unable to protect herself, as well as the belief of those around her that she is not qualified to bear the burdens of life. All of this contributes to the weakness of her abilities and self-reliance in overcoming this stage or adapting to it. These results are in agreement with the results of the study of (Al-Nawahajh 2019), which emphasized the weak ability of widows to make decisions and orientation towards life, and their low self-confidence.

**5. Problem-solving skill level among young widows**
**Table (9).** *The level of problem-solving skill among young widows*

Article #	problem-solving skill	Yes	To some extent	No	Total weights	weighted average	Standard deviation	Relative weight	Order
1	I try to define the problem clearly	Percent 34	56	135	349	1.55	0.743	51.6	7
2	I prioritize when dealing with the problem.	% 15.1	24.9	60.0	367	1.63	0.762	54.3	4
3	I divide the problem into parts to deal with it.	Percent 39	64	122	360	1.60	0.784	53.3	6
4	I put quick solutions to the problem.	% 17.4	28.4	54.2	381	1.69	0.731	56.3	2
5	I try to develop several solutions to deal with the problem.	Percent 42	51	132	398	1.76	0.812	58.6	1
6	I compare the various solutions to the problem.	% 18.7	22.6	58.7	367	1.63	0.774	54.3	5
7	I choose the appropriate solution to the problem in light of my capabilities and abilities.	Percent 36	84	105	380	1.68	0.813	56	3
	<b>Overall score</b>	% 16.0	37.3	46.7	371	1.64	.....	54.6	<b>low</b>

It is clear from the data of the previous table that: The skill level of problem solving among young widows, as determined by the study sample, is “low”, as the relative weight reached (54%., and the arithmetic mean was 1.64), meaning it falls into the category of (1: 1.67). By analyzing the results of the previous table, we find that: The level of problem-solving skill for young widows is "low". The low level of this skill was represented in the widow's failure to prioritize in dealing with problems and dividing them into parts, as well as her weak ability to clearly define the problem. The researchers attribute this to the fact that: The amount of psychological, social, health, and economic problems and pressures that the widow is exposed to are large and diverse, and exceed the widow's capabilities and abilities to solve problems competently, especially since she is a female, a widow and a young age. These results are consistent with the results of the study (Somhlabam, 2009), which indicated the weakness of the indicator of adaptation strategy and problem solving for widows, and the weakness of social support seeking to strengthen adaptation strategies.

**Eleventh: General results of the study**

1. The results of the study showed that the level of appreciation skill for young widows was "low", as the relative weight was (52.6% and the arithmetic average was (1.58), and the shortcomings in the appreciation skill of young widows represented in the lack of respect for others' ideas, poor self-confidence, and feeling Its value in society is not respected.
2. The results of the study showed that the level of social relations skill among young widows was "low", with a relative weight of (55.3%) and an arithmetic mean of (1.66). The shortcomings in the skill of the social relations of young widows are represented in the restriction of relations to the people the widow knows, the lack of participation in her care institutions, and the failure to participate in the exchange of visits with relatives.
3. The results of the study showed that the level of family communication skill among young widows was “low”, with the relative weight reaching (54.6%) and the arithmetic mean being (1.64). The shortcomings in the family communication skill among young

widows are represented in the poor relations of the young widow with the family of her deceased husband, and her failure to participate with her family members in making life decisions, in addition to the failure to bring about renewal in their daily life system.

4. The results of the study showed that the level of self-reliance skill among young widows was "medium", where the relative weight was (56.3%) and the arithmetic mean was (1.69). The shortcomings in the self-reliance skill of young widows are represented in the widow's poor ability to meet her multiple needs on her own, controlling the problems she faces, and her weak ability to make decisions without hesitation.
5. The results of the study showed that the level of problem-solving skill among young widows was "low", as the relative weight was (54.6%) and the arithmetic mean was (1.64). The shortcoming in the problem-solving skill among young widows is represented in the widow's failure to prioritize in dealing with problems and dividing the problem into parts, as well as her weak ability to clearly define the problem.

***Twelfth: The proposed vision from the perspective of general practice in social work to develop the social skills of young widows.***

***1. The scientific foundations and premises on which the proposed professional vision depends.***

- A) Theoretical framework of the social work profession: including knowledge, strategies, techniques, professional roles and skills that represent the reference framework for the selective methods of general social work practice for developing the social skills of young widows.
- B) ***The results of previous studies and research, which are related to: The reality of young widows.***
- (C) ***The finding of the current study:*** And what it showed of the low social skills of young widows, and the presence of many obstacles that increase the shortcoming in social skills.

***2- Dealing patterns in the proposed professional vision***

***The modalities of dealing in the proposed professional vision are***

- (A) Pattern of the initiator of change: the social workers in the Al-Weaam Charitable Society, and the work team (religious men, specialists in social work, psychologists, and workers in the field of women).
- (B) ***Client pattern:*** Represented by the young widow in Al Weaam Charitable Society.
- (C) Action pattern: It is represented in the Al Weaam Charitable Society.
- (D) ***Objective pattern***
  - At the level of minor units: includes the young widow as an individual pattern.
  - At the level of intermediate units: groups of young widows.
  - At the level of major units: including institutions, bodies, and centers that contribute to developing the social skills of young widows.

***3- Professional strategies in the proposed professional vision***

- A) ***Behavior change strategy:*** This strategy is used to change the negative behaviors experienced by the young widow as a result of widowhood; Such as low self-confidence, fear, hesitation and frustration, working to change the pessimistic view of life, and strengthening the positive aspects of life.
- B) Cognitive reconstruction strategy: This strategy is used with young widows to change and replace incorrect and irrational thoughts and beliefs, which represent women as submissive and weak, and lacking a role and status. The strategy aims to give widows a new perception of themselves, encourage them to have confidence in themselves, and

provide them with information and knowledge about the nature of social relationships, proper family interaction methods, and organized thinking to face life pressures, which contribute to the low level of their social skills.

- C) Empowerment strategy through: giving strength to young widows, liberating their latent energies, enhancing and investing their own capabilities, providing the opportunity for successful work to support their self-esteem, and working to respect widows in a way that makes them appreciate their own capabilities, and help them make their own decisions.
- D) The strategy for learning the skills of dealing with the social environment: This strategy includes training the young widow in social skills, training in making decisions, solving problems in a scientific manner, and training on methods of effective communication with others, and dealing with them positively to build intimate family relationships.

#### ***4- Suggested professional vision techniques:***

***Among the techniques needed to achieve the above strategies are the following:***

- A) Discussion: It is a means of change, as it links activities that can be used in the process of increasing interactions and relationships between young widowed women.
- B) Group interaction: by stimulating young widows to participate and benefit from dialogue, and exchange information and ideas on how to develop their social skills.
- C) Learning: To provide the widow with skills, knowledge and information that contribute to improving the level of her social skills.

Joint work: to increase cooperation between young widows, increase the network of social relations, self-acceptance, and a sense of satisfaction, as well as joint work with the work team and specialists in the association.

#### ***5- Professional roles in the proposed professional vision***

- A) The Empowering Role: This role includes helping the young widow to understand herself and discover her abilities, invest her potential, and how to use it for her benefit, confront her problems and help her bring about desirable changes in her personality, strengthen positive feelings, give hope, and get rid of negative feelings caused by widowhood, loss, frustration and lack of Self-esteem.
- B) The role of the therapist: This role includes working with the young widow who finds it difficult to adapt to life conditions after widowhood, and helping her to modify her incorrect thoughts, negative feelings and unwanted behaviors; That is, seeking to bring about positive changes in the widow's personality, and searching for all possibilities and resources that contribute to improving the level of her social skills, and strengthening social relations and family stability.
- C) The role of the coach: It includes providing the young widow with appropriate information and knowledge, in addition to providing instructions on how to increase her self-confidence, how to benefit from services, and trying to train her in problem-solving skills, communication and interaction.
- D) The role of the assistant: It is used to help the young widow out of the state of isolation and introversion and to help her form a network of social relationships, help her acquire life and personal skills, encourage her to join group activities, and benefit from her own resources and potentials to improve her social skills.

#### ***6- Professional tools in the proposed professional vision***

- A) ***Individual and group interviews:*** These interviews are conducted with all the patterns

- targeted by the proposed concept, whether they are individual or group interviews, and include individual and group interviews of the young widow as an individual or with the young widows as a group within the Al Weaam Society; With the aim of obtaining information, giving information to patterns, or correcting ideas.
- B) **Meetings:** Meetings with young widows are used to identify the nature of the problems experienced by the woman, and to coordinate and plan intervention activities.
  - C) **Group discussions:** Group discussions are held with widows to discuss their circumstances, express their problems, and convey their experiences and the experiences of each person to others through discussion and sharing among the widows with each other.
  - D) **Seminars:** by organizing some seminars for young widows, whether they are religious, social or psychological seminars, such as: how to build social relationships, the foundations of sound education for children, achieving goals, and solving problems.
  - E) **Workshops:** to discuss issues and difficulties related to the development of social skills, and how to overcome them, and are used to ensure that the widow understands the means that were used to improve her social skills.
  - F) **Parties:** to entertain widows and spread the spirit of participation and cooperation among them.
  - G) **Modeling or role modeling:** by presenting some actual and realistic models of young widows and achieving success stories, and presenting their personal and social lives, and how to achieve success in life.

## Sources and references

- Abdul Hussein. B. (2011). Problems experienced by widowed Iraqi women under the current circumstances, Iraq, Educational and Psychological Research Center.
- Abdul Majeed, and others. e. (2008). Introduction to general practice in social work, Cairo, Dar Al Mohandes for printing.
- Abdul Wahab. a. (2008). Social competence for people with special needs, Cairo, al-Anglo Library.
- Al Helou. R. (2014). A proposed conception to overcome the obstacles to social effectiveness of the wives of martyrs in the Gaza Governorate in the light of the Islamic educational orientation, (unpublished master's thesis), the Islamic University. Gaza.
- Al Nahal. R. (2017). The problems facing the wives of martyrs in the governorates of Gaza from their point of view, and others, a paper presented to the International Scientific Conference, Palestinian Women: Building and Roles in the Light of Challenges, the Islamic University of Gaza.
- Al Nawajha. Z. (2019). Dimensions of feelings of inferiority and its relationship to orientation towards life among a sample of the wives of martyrs in the Gaza Strip, Scientific Journal of King Faisal University in Saudi Arabia (25).
- Al Noahi. p. (2001). General practice in social work: The problem-solving process within an ecological framework, Cairo, Helwan University, Helwan University.
- Al Sayid. F. (2016). A proposed program from the perspective of general practice in social work to develop the skills of widowed mothers to deal with life stresses, Journal of Social Work, Egyptian Association of Social Workers, 56 (8).
- Al-Atawi. S. (2021). Social challenges facing a single mother in raising her children in the city of Tabuk, Journal of Psychological Educational Sciences in Saudi Arabia, (14).
- Fahl Sh. (2020). Challenges facing the breadwinner widow in Palestinian society: Nablus Governorate as a model, (unpublished master's thesis) An-Najah University, Palestine.
- Gebara N. (2011). The Role of Community Service in Facing the Social Problems of Martyrs'

- Families, (Unpublished Master's Thesis), Nafez Gebara, Helwan University, Cairo.
- Hayek. a. (2009). Belonging to others, Cairo, Darul Nahda al-Arabia.
- Ismael. W. (2012). Psychological and social compatibility of widows in the city of Baghdad, Journal of Educational and Psychological Sciences, Iraqi Association for Educational and Psychological Sciences, (16).
- Michele. K.(2009). Memories of suffering: exploring the life story narratives of . twice-widowed elderly women,, Journal of Aging Studies, (23).
- Ministry of Interior and National Security. (2021). Statistics on widows in Gaza, Planning and Development Unit.
- Palestinian Central Bureau of Statistics. (2021). Annual Report of Women's Day, Gaza.
- Prebhakar. B. (2017). Problems faced by single mothers.. Journal of Social .Sciences , 21(3).
- Riyadh. S. (2010). Developing social skills and leadership, Cairo, Dar Al-Sahwa.
- Somhlaba..A.(2009). Coping Styles, and Spousal Bereavement: Exploring Patterns . of Grieving Among Black Widowed Spouses in Rural South Africa, United Nations. (2021). Annual Report of the International Day of Widows.
- Yoon. K.(2002). Psychosocial trajectories before and after spousal loss: Does gender matter?, Social Science & Medicine journal. .