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مجلة جامعة ابن رشد في هولندا

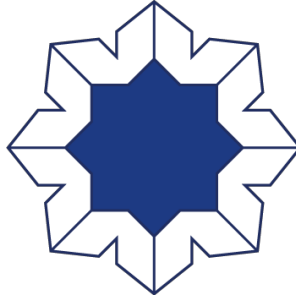
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Psychological Resilience and its Relationship to Coping with Stress Strategies among Palestinian University Students.

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Abstract

The current study aimed at finding out the nature of the relationship between the psychological resilience and the coping with stress strategies among Palestinian University Students. It also aimed to identify the level of each variable and the demographic variables affecting them. The study adopted the descriptive correlational approach. The sample consisted of (200) individuals selected by the available method. The measures of psychological resilience (Jefferies, McGarrigle, & Ungar, 2019) and coping with stress strategies (Al-Hilali, 2009) were used. T tests, ANOVA and Pearson correlation coefficient were used to analyze the data and reach the results.

The most important results were the high psychological resilience, and the high use of positive strategies to cope with stress compared to the negative ones. The results had also revealed a significant positive correlation between psychological resilience and positive strategies to cope with stress, and a significant negative one with maladaptive coping strategies. As for the demographic variables, there were differences in the level of psychological resilience attributed to gender, in favor of females, while no other differences can be attributed to (generation, economic level, place of

residence) in any of the two variables. The results were interpreted based on theoretical framework and community specificity. Practical applications and future research were discussed.

Keywords: psychological resilience, stress coping strategies, university students..

المخلص

هدفت الدراسة الحالية إلى معرفة طبيعة العلاقة بين الصلابة النفسية وأساليب مواجهة الضغوط لدى طلبة جامعة النجاح الوطنية، ومعرفة مستوى كل من المتغيرين لديهم، والمتغيرات الديموغرافية المؤثرة فيهما. حيث اعتمدت الدراسة المنهج الوصفي الارتباطي. وتكونت العينة من (100) فرد، تم اختيارهم بالطريقة المتاحة أو المتيسرة، وتم استخدام مقياسي الصلابة النفسية (Jefferies, McGarrigle, & Ungar, 2018)، وأساليب مواجهة الضغوط (الهلائي، 2009). وإجراء اختبارات T و ANOVA ومعامل ارتباط بيرسون لتحليل البيانات والوصول للنتائج.

ومن أهم النتائج التي بينتها الدراسة، ارتفاع مستوى الصلابة النفسية واستخدام الأساليب الإيجابية في مواجهة الضغوط بشكل مرتفع مقارنة بالأساليب السلبية في مواجهة الضغوط التي كان معدل استخدامها منخفضاً، وكشفت النتائج عن وجود علاقة ارتباط موجبة دالة إحصائياً بين الصلابة النفسية والأساليب الإيجابية في مواجهة الضغوط، وأخرى سالبة مع الأساليب غير التكيفية في مواجهة الضغوط، أما بخصوص المتغيرات الديموغرافية، فقد وجدت فروق في مستوى الصلابة النفسية تعزى للجنس ولصالح الإناث، بينما لم تظهر فروق أخرى يمكن عزوها ل(الجيل، المستوى الاقتصادي، مكان السكن) في أي من المتغيرين. وقد تم تفسير النتائج استناداً للإطار النظري والخصوصية المجتمعية، وتمت مناقشة التطبيقات العملية والأبحاث المستقبلية المقترحة.

الكلمات المفتاحية: الصلابة النفسية، أساليب/ استراتيجيات مواجهة الضغوط، الشباب الجامعي

Introduction:

Psychological stress is one of the psychological components that concern the scientific research community in the current era, as it is called the era of anxiety and stress, resulting from the speed and exhausting requirements of individuals, and the interference of technology in life blatantly. Young people are particularly important in youth societies such as ours. Where many burdens are placed upon them, they find themselves forced to move suddenly from dependence and protection to the need for independence, achievement and reconstruction, with high expectations of changing the society and work for its progress, under poor economic, political and professional conditions, which leaves the youth with a high level of psychological stress (Abu Lehya, 2018).

Psychological stress is associated with many dangerous indicators, at the level of physical and mental health. Stress hinders individual progress and adversely affects their productivity and psych-social adjustment (Abu Hassouna, 2017). Although individuals are exposed to similar sources of pressure at close levels, their responses to pressures are distinctly different, ranging from positive adaptive approaches that yield good results and help the individual to deal with their pressures, and maladaptive negative strategies that keep the individual stuck and have serious consequences. Scientists have attempted to understand these causes of variance and the variables that affect them. Suggested ones include personality traits, ways of thinking, and variables associated with maturity, environment, and life experiences (Emirate, 1995). Finally, the psychosocial resilience variable has come into the light, as some individuals have a high psychological resilience that enables them to perform good psychological and functional performance under stresses and crises. Individuals with high psychological resilience would logically use an adaptive and way to deal with stress.

The importance of this research comes from studying an important variable that acts as a protective shield for the individual from collapse under psychological pressure, which is psychological resilience.

Especially knowing that it is impossible to control the size of the pressure in many occasions. Therefore, understanding this compound and strengthening it is a magic key to progress. There is an obvious need to develop psychological resilience among young generations. Examining its association with positive or negative stress coping techniques confirms the validity of our understanding of resilience and its importance.

In spite of the numerous studies dealing with psychological resilience in the Arab and Palestinian society, this research carries a clear renewal. It is linked to the theoretical framework adopted in understanding and measuring resilience according to the recent wave led by Anne Masten. While most of the research in the Arab environment is still based on the old wave of Kobasa despite the development of the current view in the Western scientific community of resilience as a process not a personality trait

The study also introduces another modernization related to the American proposal of generations' classification. Generation Z consists of 1997 and later borns, and they are the focus of a large studies, which demonstrate high psychological fragility and maladaptive coping with stress (Gurbuz, Turunc, & Celik, 2013). This is explained by modern technology interference in raising this generation. However, this aspect has not attracted the attention of Arab researchers to study before.

In short, this study primarily seeks to answer the following questions:

- What is the level of psychological resilience among An-Najah National University students?
- What are the most common coping strategies used by An-Najah National University students?
- Is there a correlation between psychological resilience and stress coping strategies among An-Najah National University students?
- Are there real differences in the levels of psychological resilience and stress coping strategies of An-Najah National University students due to variables of (gender, generation, place of residence, economic level)?

This study is located within the spatial boundaries of An-Najah National University in Nablus, Palestine, during the period from June to July 2019, and within the psychometric limits of the instruments used for measurement and information collection.

Psychological Resilience:

According to Masten, psychological resilience is “to do well under adversity” and it does not come from internal sources only. Actually, there are protective factors related to the individual, the situation, and other cultural context. (Masten, 2014; Masten, & Obradovic, 2006). The same supportive context and situation may work with one individual and fail with another, the same individual in the same cultural context, may be able to handle one stressful situation, and collapse in another. (Johnson and Wiechelt, 2004 cited in Earvolino - Ramirez, 2007).

According to a measure that has been globally codified in understanding psychosocial resilience (Ungar & Liebenberg, 2013), it has three main domains as follows:

- Individual: the individual's personal skills, social skills, and peer support.
- Relational (caregivers); which can be physical, by satisfying the physical needs, and psychological represented by support, understanding, acceptance and the individual's sense of security and trust in caregivers.
- Social and cultural context: includes the spiritual aspect (linked to the individual's faith and religious beliefs), the cultural aspect (customs, traditions and values), and the educational aspect.

Earvolino-Ramirez (2007) analyzed the concepts associated with psychological resilience, which enables individuals to cope with stress. The findings were: 1- Rebounding / Reintegration, which means the desire of the individual after passing a certain ordeal, to return to his normal life.

2- High Expectancy, the individual's sense of purpose and achievement in life, regardless of the current obstacles in his life. 3- Positive relationships and social support, strong child bonding with a family member, adult access to social support and a healthy relationship with at least one family member. 4- Flexibility, the essence of adaptability, and tolerance. 5- Sense of Humor, reduces exaggerated emotions and emotional reactions. 6- Self-Esteem / Self-Efficacy, high self-esteem and a belief in personal competencies change the perceptions of the individual about what he can overcome.

Coping Strategies:

Abu Najla (2009) believes that coping strategies are "strategies refer to those efforts made by the individual in overcoming, controlling, holding, or reducing stressful events and situations, whether these efforts are psychological, behavioral or emotional, positive or negative, effective or not."

Cohen (1988) categorizes stress coping strategies into (rational thinking, denial, humor, return to religion, problem solving, and imagining) while Martin and his colleagues had classified the coping strategies into two main types. 1. Emotional strategies in confrontation: In which the individual uses emotional reactions including tension, doubt, anger and discomfort. 2. Cognitive strategies in confrontation: where the individual resort to reinterpretation of positive analysis, logic, and imaginative activity (Martin, Poon, & Fulks, 1992).

As for most common coping strategies in Arab Societies, Abd Al-Muti (2006) determines five strategies to deal with life stressors as follows: 1- Working through the event: This includes how the individual can benefit from the event in his or her present life. 2- Turning to other trends and activities as distractions. 3- Avoidance and denial. 4- Seeking social support. 5- Self-efficacy development: This includes the individual

devoting effort to work and achievements to expel the ideas associated with the event, by feeling efficient and complacent.

Psychological resilience and coping with stress.

Individuals who have high psychological resilience cope with stress through prior believing of their abilities and skills, which raise their self-esteem and expectations. In addition to changing the perceiving of stressful situations and reducing exaggerated emotions, seeking social support, and flexibility in dealing with crises.

We can reach this, from internal and external sources. Physical and psychological caregiver support is required from the early stages of development. Coaching sessions could help in improving individuals' personal and social skills, to gain sufficient flexibility to deal with crises, and be able to build supportive relationships with peers. Cultural context also has an undeniable importance. The spiritual element improves the individual's perception of their crises, reveals long-term positive aspects and helps them to withstand them. The self-control variable plays an intermediary role between religious and political affiliation and resilience (Janoff-Bulman, 1998 as cited in Abualkibash & Lera Rodríguez, 2015). The sense of belonging to the educational and cultural framework in which the individual is located and to benefit from their values and supportive behaviors enable the individual to find alternatives and solutions to their problems.

Previous studies:

Odeh (2010) and Saleh and Al-Masdar (2013), emphasized the high level of psychological resilience among Palestinian youth, and Abualkibash & Lera Rodríguez (2015), explained this by the nature of social culture that support the concept of psychological resilience in difficult living conditions. While Judeh (2004) showed the high use of positive coping strategies among Palestinian university youth such as self-control and

logical analysis, in contrary with negative strategies such as wishful thinking and escape that were low.

The studies of (Al-Abdali, 2012; Halloum, 2017; Steinhardt & Dolbier, 2008) showed a relationship between psychological resilience and coping strategies.

Jimura & Taku (2018) noted that women have higher psychological resilience than men. It was found that women's coping techniques are more emotional than men, while men use problem-focused strategies. (Brougham, Zail, Mendoza, & Miller, 2009).

According to Saleh and Al-Masdar's study (2013), the sex variable does not explain the differences in the level of psychological resilience. Sex also does not affect coping strategies according to Judeh (2004). Odeh's (2010) and Awad (2015) studies indicated that the variability of the place of residence and the economic level does not affect psychological resilience and strategies of coping with stress.

Methodology:

This study adopted a descriptive correlative design. The study population consisted of all students of An-Najah National University during the academic year 2018/2019, who are of the age group (18 years and above). This study population consists of about 23 thousand students, Females represent 68% of them. (An-Najah National University website).

The study sample:

200 students sample were selected by the available method, 140 of them (70%) were females. The students were of different age generations; relying on the American classification (from 1988-1997 = Y gen), (from 1998-2010 = Z gen), the students came also from various economic levels and places of residence. Table (1) shows the description of the study sample according to its independent variables:

Table (1)
Distribution of the study sample according to the independent variable

Independent variable	Variable levels	Frequency	Percentage
Gender	Male	60	30
	Female	140	70
Generation	Y	92	46
	Z	108	54
Residency	City	72	36
	Village	64	32
	Camp	64	32
Economic level	Low	6	3
	Average	182	91
	High	12	6

Study Tools:

After reviewing the theoretical literature and previous studies related to the subject. The study adopted a questionnaire consisted of three sections as its tool; the first section included introduction of the questionnaire that determine the purpose of the study, and ask about demographic data. The second section included a measure of psychological resilience, and the third section included a measure of stress coping strategies, where sections can be detailed as follows:

Demographic data:

Gender, generation, residency, and economic level.

Psychological Resilience:

Resilience Research Centre built this questionnaire. The chosen version is the youth one (10-24 years old), It is consisted of 17 items divided to three domains as the following. See table (2).

Table (2)

Domains of psychological resilience questionnaire

The main domain	Minor domain	Items
Individual	Personal skills	1 ,7
	Social skills	3 ,14 ,16
	Peers support	9 ,12
Caregivers	Physical support	4 ,6
	Psychological support	5 ,8 ,11 ,15 ,17
Context	Cultural	13
The main domain	Spiritual and educational	2 ,10

Validity and reliability:

The questionnaire was filled by a pilot study consisted of 30 individuals. Construct validity was calculated based on their responses, none of the items was deleted. The Cronbach alpha reliability coefficient was then calculated for each domain in the scale, and for the total scale, where its value ranged between (0.70 - 0.85), which means that the scale has good psychometric properties, and is suitable for measuring the attribute.

Stress coping strategies:

It aims to measure the adaptive and maladaptive coping strategies. The scale consists of 18 situations, each of which is followed by 4 responses, which the individual should rank from the least used (1) to the most used (4).

The original form was prepared by Al-Hilali (2009), who used Abdullah scale (Abdullah, 2002). The questionnaire consisted of 72 paragraphs,

divided equally to measure 18 coping strategies, 8 of which were adaptive and 10 maladaptive, as in Table 3:

Table (3)
Domains of coping strategies questionnaire

Domain	Strategy	Situation numbers	Choices numbers respectively
Adaptive strategies	Logical analysis	4 ,9 ,13 ,18	4 ,1 ,1 ,3
	Focusing on solution	3 ,6 ,13 ,16	4 ,3 ,1 ,1
	Confrontation and self-assertion	6 ,9 ,11 ,14	1 ,1 ,2 ,4
	Self-control	2 ,11 ,15 ,17	1 ,2 ,2 ,1
	Searching for information	1 ,10 ,15 ,18	2 ,1 ,3 ,4
	Taking responsibility	7 ,10 ,17 ,18	1 ,2 ,2 ,1
	Positive re-interruption	5 ,7 ,8 ,15	4 ,4 ,3 ,4
	Return back to God (praying)	1 ,4 ,10 ,15	3 ,4 ,4 ,2
Maladaptive strategies	Self-blame	1 ,2 ,3 ,4	1 ,3 ,4 ,1
	Accepting reality	2 ,6 ,9 ,16	1 ,3 ,2 ,2
	Giving up	2 ,4 ,11 ,16	2 ,3 ,2 ,3
	Isolation	3 ,6 ,10 ,16	3 ,1 ,3 ,2
	Daydream	5 ,7 ,11 ,12	4 ,4 ,2 ,3
	Denial	8 ,9 ,17 ,18	3 ,3 ,4 ,2
	Relaxation and mind separation	8 ,12 ,13 ,17	4 ,2 ,1 ,1

Emotional debriefing	1 ˆ8 ˆ12 ˆ14	4 ˆ2 ˆ3 ˆ3
Humor	5 ˆ7 ˆ12 ˆ14	2 ˆ3 ˆ4 ˆ2
Searching for alternative rewards	3 ˆ5 ˆ13 ˆ14	3 ˆ4 ˆ1 ˆ4

Validity and reliability:

The questionnaire was filled by a pilot study consisted of 30 individuals. Construct validity was calculated on the basis of their responses, positive re-interruption, accepting reality, humor, and searching for alternative rewards strategies were deleted as the correlations with their domains were not significant. As a result, 7 adaptive and 7 maladaptive strategies were left. The Cronbach alpha reliability coefficient was then calculated for each domain in the scale, and for the total scale, where its value ranged between (0.50 - 0.76), which means that the scale has good psychometric properties, and is suitable for measuring the attribute .

Statistical treatments:

Statistical Package for Social Sciences (SPSS) was used to analyze the collected data and answer the study questions. The Statistical treatments included means, standard deviations, T-Tests, One Way ANOVA, Scheffe and Pearson correlation coefficient.

Results and Discussion

Results and discussion related to the first question:

The question was: “What is the level of psychological resilience among An-Najah National University students?” To answer this question, the means and standard deviations of the domains of the tool were calculated and given an appropriate estimate. Then, One Sample T-Test was conducted to compare the means of each domain with the standard value (3), as shown in Table (4).

Table (4): Means, Standard Deviations, and One Sample T-Test for psychological resilience

Domain	Mean	Standard deviation	Estimation	T value	Sig
Individual	3.83	0.63	High	13.23**	0.00
Caregivers	3.79	0.75	High	10.53**	0.00
Context	3.48	0.72	High	6.75**	0.00
Total	3.73	0.59	High	12.40**	0.00

** : significant at $\alpha = 0.01$

It was found that the estimation of all fields was high, and after comparison with the standard value, it was found that the means of psychological resilience in its total and sub-domains are significantly higher than the standard value.

This is consistent with (Abualkibash & Lera Rodríguez, 2015; Odeh, 2010; Saleh & Al-Masdar, 2013) studies indicated the high psychological resilience of Palestinian youth.

This can be understood through the collective and religiously committed cultural framework that characterizes Palestine as an Arab Muslim state, which provides significant social support and spiritual values, as well as high sources of pressure compared to other societies. It is possible that individuals are subjected to many pressures growing up, which may work as a vaccine, and a key ingredient for the development of psychological resilience. In addition to the self-reported questionnaire used in the study, psychological resilience is socially desirable. This is

likely to drive individuals with or without intent to indicate that they have high levels of the trait, although this is not actually identical to reality.

Results and discussion related to the second question:

The question was: "What is the level of using different coping strategies among An-Najah National University students?" To answer this question, the means and standard deviations of the tool domains were calculated and given an appropriate estimate, and then a One Sample T-Test test was conducted to compare the means of each domain with the standard value (2.5), as shown in Table (5).

Table (5): Means, Standard Deviations, and One Sample T-Test for coping strategies

Strategy	Mean	Standard deviation	Estimation	T value	Sig
Adaptive strategies	2.74	.300	Average	7.96**	0.00
Logical analysis	2.78	.490	Average	5.62**	0.00
Focusing on solution	2.72	.620	Average	3.59**	0.00
Confrontation & self-assertion	2.82	.570	Average	5.48**	0.00
Self-control	2.64	.650	Average	2.13*	0.04
Searching for information	2.53	.600	Average	0.50	0.62
Taking responsibility	2.57	.590	Average	1.10	0.28
Return back to God	3.15	.810	High	8.00**	0.00
Maladaptive strategies	2.26	.310	Average	7.89- **	0.00
Self-blame	2.16	.700	Average	4.91**	0.00
Giving up	2.12	.550	Average	6.91**	0.00
Isolation	2.43	.620	Average	1.22	0.23
Daydream	2.47	.640	Average	0.51	0.61

Denial	2.06	.600	Average	7.25**	0.00
Relaxation and mind separation	2.27	.530	Average	4.31**	0.00
Emotional debriefing	2.29	.690	Average	3.00**	0.00

*: significant at $\alpha = 0.05$ **: significant at $\alpha = 0.01$

It was found that the estimation of use of all strategies were average. After comparison with the standard value, it was found that the means of the use of adaptive strategies were significantly higher than the standard value, except for taking responsibility and searching for information strategies, while maladaptive strategies were significantly lower than the standard value, except for the isolation and daydreaming strategies.

This is consistent with what it stated in (Judeh, 2004). We can understand this first in the light of the prevailing culture, since praying to God was the most widely used one, and is derived from the spiritual values. When people experience distress, they return back to their faith regardless the level of religious commitment a person has. Although this strategy does not change the reality, it reduces the level of stress.

Moreover, university student has most probably undergone many experiences, which reinforced adaptive coping strategies because they were effective (reduced stress and contributed to the solution of the problem), and extinguished the use of maladaptive strategies for their inefficiency. Social accepting seeking can be added again, some individuals may respond in idealistic way when it is possible to easily single out positive and negative traits.

Results and discussion related to the third question:

"Is there a correlation between psychological resilience and stress coping strategies among An-Najah National University students?" In order to

answer this question, Pearson correlation coefficient was calculated, as shown in Table (6).

Table (6): Correlations between psychological resilience and stress coping strategies

	1	2	3	4	5	6
Adaptive coping strategies (1)	-					
Maladaptive coping strategies (2)	0.86- **	-				
Psychological resilience (3)	0.21*	0.29- **	-			
Individual (4)	0.15	0.23-*	0.85**	-		
Caregivers (5)	0.21*	0.28- **	0.89**	**0.58	-	
Context (6)	0.11	0.18-	0.63**	**0.44	0.39**	-

*: P < 0.05 **: P < 0.01

The results revealed a positive and statistically significant relationship between psychological resilience and adaptive coping strategies, and a negative, statistically significant relationship between psychological resilience and maladaptive coping strategies.

However, in more detail, maladaptive stress coping strategies are significantly negatively correlated with both the individual and caregivers' domain of resilience, while the adaptive stress coping strategies are positively related to the caregiver's domain only and not the individual domain.

This partially agree with (Al-Abdali, 2012; Halloum, 2017). This relationship can be explained in two ways: adaptive coping strategies gives the individual confidence in his ability to overcome the stresses and thus raise his psychological resilience, and vice versa in the case of maladaptive

strategies. As well as a high level of psychological resilience related to rational and positive thinking methods, leads to the use of adaptive strategies to cope with stress. Caregiver psychological support, which is a component of psychological resilience, leads to higher psychological adjustment, fewer defensive mechanisms, and thus positive coping strategies.

Results and discussion related to the fourth question:

"Are there statistically significant differences in psychological resilience and coping strategies due to gender, generation, place of residence, economic level?"

In order to answer this question, various statistical tests were used to match the independent variable (demographic) and the number of categories, starting with the use of the independent samples t test, to examine the possibility of statistically significant differences due to the gender, and generation variables. There were no statistically significant differences in the levels of psychological resilience and coping strategies between Y and Z generations, while there were statistically significant differences in the levels of resilience between males and females. See Table 7 and Table 8.

**Table (7)
Comparison of means due to gender**

Domain	Gen der	Frequent	Me an	S.d.	T valu e
Individual	Male	60	3.76	0.81	0.57
	Fem ale	140	3.85	0.58	
Caregivers	Male	60	3.42	0.89	2.52*
	Fem ale	140	3.88	0.69	
Context	Male	60	3.13	0.87	2.51*

		Fem	140	3.5	0.65	
		ale		7		
Psychological		Male	60	3.4	0.80	2.31
resilience				6		*
		Fem	140	3.8	0.51	
		ale		0		
Adaptive	coping	Male	60	2.7	0.34	0.22
strategies				3		
		Fem	140	2.7	0.30	
		ale		5		
Maladaptive	coping	Male	60	2.2	0.33	0.25
strategies				4		
		Fem	140	2.2	0.31	
		ale		6		

*: significant at $\alpha = 0.05$

It is clear from the table above that females have a statistically higher level of psychological resilience than males. This difference is explained by their higher support from caregivers as well as from the social context, while the personal individual of psychological resilience does not differ between males and females.

This differs with the result of (Saleh & Al-Masdar, 2013) that denied the existence of gender differences in the level of psychological resilience. While it agrees with (Judeh, 2004) about the lack of differences in coping with stress strategies, and also agrees with (Iimura, & Taku, 2018) that showed higher psychological resilience among females comparing to males. This contradiction is due to the theoretical framework adopted in the interpretation of resilience, as studies based on Kobasa's interpretation of psychological resilience deny differences, because they measure only personality traits. As in the current study, there are differences in resilience due to the support of caregivers and context.

This can be explained by the nature of the female protectionist culture, which is interested in fulfilling her needs to the maximum, which

strongly encourages females to move towards education and resilience and promote any behavior in this direction.

Table (8)
Comparison of means due to generation

Domain	Generati on	Frequent	Mea n	S.d.	T value
Individual	Y	92	3.87	.660	0.63
	Z	108	3.79	0.60	
Caregivers	Y	92	3.83	.730	0.52
	Z	108	3.75	0.77	
Context	Y	92	3.43	.810	0.72
	Z	108	3.53	0.63	
Psychological resilience	Y	92	3.76	.630	0.39
	Z	108	3.71	0.56	
Adaptive strategies	Y	92	2.73	0.32	0.40
	Z	108	2.75	.290	
Maladaptive strategies	Y	92	2.29	0.29	1.03
	Z	108	2.23	.320	

This finding contradicts numerous research published in the United States describing and explaining the psychological fragility of the

Z generation, such as (Gurbuz, Turunc, & Celik, 2013). However, identifying the Z generation of those born after 1997 came from the idea that this generation had been affected with technology sine the day of birth in the USA. Technology reached us a decade later, so the generation born using technology in Palestine is not born in 1998 and beyond as we studied in the current study, and we need more researches to find out the characteristics of younger generations and the impact of technology on them.

One way ANOVA analysis was then used to examine the presence of statistically significant differences in psychological resilience and stress coping methods that can be attributed to the variable of the place of residence or the economic level. The results indicated that there are no statistically significant differences that can be attributed to either variable. See Table 9 and Table 10.

Table (9)
Comparison of means due to residency

Domain		Sum of squares	Df	Mean of squares	F value
Individual	Between groups	0.58	4	0.29	0.74
	Within groups	38.36	194	0.40	
	Total	38.94	198		
Caregivers	Between groups	0.06	4	0.03	0.05
	Within groups	55.63	194	0.57	
	Total	55.69	198		
Context	Between groups	2.20	4	1.10	2.19
	Within groups	48.55	194	0.50	
	Total	50.75	198		

Psychological resilience		Between groups	0.37	4	0.18	0.52
		Within groups	34.13	194	0.35	
		Total	34.49	198		
Adaptive strategies	coping	Between groups	0.09	4	0.05	.500
		Within groups	9.07	194	0.09	
		Total	9.16	198		
Maladaptive strategies	coping	Between groups	0.02	4	0.01	.080
		Within groups	9.40	194	0.10	
		Total	9.42	198		

Table (10)
Comparison of means due to economic level

Domain		Sum of squares	Df	Mean of squares	F value
Individual	Between groups	0.09	4	0.05	0.11
	Within groups	38.85	194	.400	
	Total	38.94	198		
Caregivers	Between groups	0.51	4	.250	0.45
	Within groups	55.19	194	.570	
	Total	55.69	198		
Context	Between groups	0.72	4	0.36	0.70
	Within groups	50.03	194	.520	
	Total	50.75	198		

Psychological resilience		Between groups	0.31	4	.160	0.45
		Within groups	34.18	194	.350	
		Total	34.49	198		
Adaptive coping strategies		Between groups	0.14	4	.070	0.74
		Within groups	9.02	194	.090	
		Total	9.16	198		
Maladaptive coping strategies		Between groups	0.23	4	.110	1.19
		Within groups	9.19	194	.100	
		Total	9.42	198		

This finding (no differences due to the economic level or place of residence) is consistent with many studies (Awwad, 2015; Issa, 2014; Odeh, 2010). This result can be explained as follows; with regard to the place of residence, individuals are now more similar regardless of where they live; they are experiencing similar experiences and challenges, and adopt the same culture, especially as the sample consists of university students who interacted a lot and became more like each other. For the economic level it is noticeable The equivalent of 90% of respondents said that their economic level is average , and may be a logical distribution of students who were able to attend university. There may be differences between the poor and the rich in psychological resilience and coping with stress strategies, but the sample did not represent them properly. The two points share the issue that psychological resilience is linked to internal and cognitive variables rather than environmental variables such as housing and economic level.

Recommendations and Implications:

Based on the findings and the limitation of the study, the researcher recommends; designing programs for users of maladaptive coping

strategies based on the acquisition of personal and social skills to raise psychological resilience. In addition to spreading the awareness of positive parenting techniques as physical and psychological support from caregivers are particularly connected with adaptive coping strategies, and make sure to clarify that males need that support as much as females. It is required to add items in the resilience questionnaire to measure the lie (the pursuit of social acceptance) to be able to address this issue statistically. We are also in need to conduct broader research involving younger generations than the present study, so that we can define the boundary between the Y and Z generations in our societies. It is preferred to study other variables that influence psychological resilience and stress coping strategies (such as parenting styles, birth order, thought distortions) based on Masten understanding of resilience in the Arab societies.

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