

## Coping Styles of Psychological Stress among the Martyrs' Widows in Hebron Governorate

**Wafa Direya**

### **Abstract**

The study aimed to investigate the coping styles of psychological stress among the martyrs' widows in Hebron Governorate. The study approached the literature as a multi-dimensional phenomenon, which addressed both theoretical and applied research. The significance of this recent study is the first, which dealt with this theme, to the authors' knowledge, which in turn encourages other researchers to work on further research on this important topic.

To achieve this end, the study adopted the quantitative research approach using the sampling survey method. The questionnaire is appropriate for the exploratory nature of the research, which consists of 36-items. The random purposive method was utilized which comprised of a sample size of (81) martyrs' widows in Hebron Governorate. Data were analyzed using the statistical package for social sciences (SPSS).

The results revealed that the martyrs' widows experienced a moderate level of psychological stress. The mean scores and standard deviation were (M 2.17 SD 0.31; M 3.66 SD 0.61) respectively. The findings of the study revealed significant statistical differences in the psychological stress among the sampled population due to number of children, duration of husband martyrdom, and place of residency, however, no statistical significant differences were found in the rest of the study variables that are, age, and profession.

The above findings confirm the value of husband martyrdom in increasing psychological stress among their widows, and recommend for developing the skills of the martyrs' widows by involving them in small businesses that provide them with an adequate income. The need to take care of the martyrs' widows place of residency by offering them a separate one that achieve privacy for them and their children; and finally, further research is essential in the area of psychological stress among the martyrs' widows using the qualitative research design.

**Keywords:** psychological stress, coping styles, martyrs' widows, Palestine.



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