

## **Coping Styles of Psychological Stress Among the Wives of Palestinian Detainees with High Sentences in Ramallah Governorate**

**Israa Assi**

### **Abstract**

The study aimed to investigate the coping styles of psychological stress among the wives of Palestinian detainees with high sentences in Ramallah 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 (132) wives of Palestinian detainees with high sentences in Ramallah Governorate. Data were analyzed using the statistical package for social sciences (SPSS).

The results revealed that the wives of Palestinian detainees with high sentences indicated a moderate level of coping styles of the psychological stress. The mean scores and standard deviation were (M 3.23, SD 0.38). The findings of the study revealed significant statistical differences in the coping styles of psychological stress among the sampled population due to age, number of children, place of residency, and duration of husband detention, however, no statistical significant differences were found in the rest of the study variables that are, work status, and the husband remaining duration in prison .

The above findings confirm the value of husband detention in increasing psychological stress among their wives, and recommend for intensification of intervention programs that increase their coping styles to alleviate their daily psychological stress, and finally, further research is essential in the area of the coping styles of psychological stress among the wives of Palestinian detainees with high sentences, using the qualitative research design.

**Keywords:** Coping styles, psychological stress, wives of Palestinian detainees, Palestine.

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