The Impact of Psychological Alienation on Self-Efficacy: A Case Study of Palestinian Refugee Youth

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Abstract

The study aimed to identify the impact of psychological alienation on self-efficacy among Palestinian refugee youth in Ramallah and Al-Bireh governorate. The study used the descriptive approach along with a questionnaire for data collection that was applied to a sample of 1000 refugees, of which were 469 male refugees and 531 female refugees, which were randomly selected. Findings showed that psychological alienation and self-efficacy among youth Palestinian refugees in Palestinian camps at Ramallah and Al-Bireh governorate was moderate. Statistically significant differences were found in psychological alienation according to gender, type of work, educational level, and marital status, however, statistically significant differences were found in self-efficacy according to type of work and educational level. The study results indicated an inverse correlation between psychological alienation and self-efficacy.

Keywords: Psychological alienation, self-efficacy, Palestinian refugee, youth, camps.

1. Introduction:

Due to the nature of the current situation and the time in which we live, we are suffering from many problems due to the course of events, successive changes, wars and technological development, all of which affect our ability to keep pace with these accelerating events, especially young people, as they seek to achieve their desires and ambitions in light of these changes and who face many disappointments and obstacles when it comes to what they seek, and thereby they may feel detached from their societies, from others, and from themselves, leading to a feeling of not belonging and of alienation. Individuals no longer feel the suffering and pain of others. Communication between people is deteriorating, and the gap is widening between the individual and society, between systems and religion, and even between the individual and himself. People in our time, especially the youth, always suffer from tension, distress, anxiety and restlessness, all of which define the concept of alienation (Banat, 2005).

This alienation did not come from human nature, but is the product of what has been practiced since ancient times. It is expressed in words such as false and inauthentic existence, enslavement, faith and atheism, religious skepticism, colonial problems, and liberation movements. All of these are synonyms with the word "alienation", which expresses what a person suffers from and what he feels due to the falseness of life, and what he notices in the various superficial relationships and the exploitation of humanity upon which relationships, corruption and social disintegration is based (Makhlof & Banat, 2005).

Some scholars believe that alienation comes about as a result of psychological factors related to the individual, and as a result of social factors related to the society in which he lives causing the individual to become unable to overcome life's problems. Alienation occurs as a result of the interaction between psychological and social factors. One of the most important sources of feeling alienated is improper social upbringing, along with the processes of social change, the development of civilizations, and the inability of the individual to play his/her social roles. There is also a gap between generations and between the individual and society, in addition to the disappearance of many values that once existed in the past such as sympathy, love, compassion and friendliness (Zahran, 2004). Individuals who experience alienation feel that they have no connection with their societal social and cultural roots, and their norms and goals tend to be in conflict with those of the others' (Banat, 2005; Makhlof & Banat, 2005; Narimani & Basharpour, 2009).

2. Background

The phenomenon of psychological alienation has become one of the most dangerous psychological phenomena for the existence of human society as it threatens its entity by dismantling the human ties between members of one society and seeking to destroy the social norms, distorting values and replacing them with values that make each individual do what he/she wants without taking into account the customs and traditions of their society creating bad values that tend to serve their wants. This is called moral disintegration, such that the alienated individual in this era becomes a great danger, not only to himself but also to the society in which he/she lives (Banat, 2005; Al-Shazly, 2008).

Several studies have concluded that there is a clear increase in feelings of alienation among young people, especially in Arab societies. Those studiesinclude: Al-Quraiti and the Person (1991), the

Oweidat study (1992), the Sirra study (2003) and the Hassan study (2003), which revealed the spread of alienation among Saudi, Jordanian, Egyptian and Palestinian youth, respectively.

To sum up, psychological alienation is one of the serious psychological disorders and social problems facing society at the present time, which affects young individuals and which may appear in their thoughts, emotions and behavior, leading to a degree of extremism in behavior as a result of their inability to coexist with reality or escaping it. One of its most important manifestations is the desire to move away whereby the young individual would be isolated from others, with a feeling of inferiority, lack of self-confidence, and an inability to establish social relationships, so the individual becomes a negative personality in society, which thus affects his self-efficacy (Makhlof & Banat, 2005; Zulekha, 2012).

Self-efficacy is one of the most important components of social cognitive theory, which considers that the individual's style, environment and social factors overlap to a large extent. Human behavior in the light of this theory is mutually determined through the interaction of three factors, namely: behavioral factors, personal factors, and environmental factors. These factors join in the term of mutual determinism. Pandora defines self-efficacy as "the individual's expectations or judgments about his performance of behavior in different situations, and these expectations and judgments are reflected in the individual's choice of activities and the effort expended in accomplishing behavior and facing problems" (Abu El-Ala, 2011: 12).

Bandura (1977) believes that there is a direct relationship between the level of self-efficacy and the ability to control stress and psychological problems facing individuals. Self-efficacy is one of the main factors in the emergence of the individual's sense of self-esteem and self-confidence. Self-efficacy plays a great role in the ability to withstand various pressures to succeed in completing tasks, as well as affecting the amount of effort and perseverance exerted by the individual in order to achieve his/her goals. Individuals whose beliefs are high for self-efficacy have greater strength to overcome the problems they face, unlike those who have weak beliefs for self-efficacy. The latter tend to suffer from low efforts exerted in tasks and may withdraw from them. Thus, self-efficacy can be considered as one of the most important mechanisms of personal power (Salim, 2002).

Self-efficacy plays an important role in the amount of effort the individual exerts when adopting a new behavior, his/her ability and perseverance to face obstacles, and the extent of his/her ability to

overcome difficulties related to performing a specific task or situation, or learning a new behavior. Furthermore, self-efficacy affects the emotional state of the individual such as fear, anxiety and tension that may accompany performing a certain task, and as an inevitable result of all this, self-efficacy generally affects the amount of knowledge, achievement and learning of the individual (Al-Banna, 2007).

Self-efficacy is one of the strong keys. Through the individual's personal beliefs about his/her self-efficacy, he/she can achieve the goals sought to be achieved, and if the individual believes that he/she cannot achieve the desired goals, that individual would soon abandon any attempt that would achieve what he/she seeks. The individual who enjoys a high degree of self-efficacy has more determination, endurance, and perseverance to accomplish his/her tasks. The individual would be more balanced, less tense, enjoys high self-confidence, and achieves his/her goals without attacking others or violating the legal and moral rules (Al-Ma'ita, 2000).

3. Related Previous Studies

Al-Mohtasib (2021) aimed to identify the relationship between the cognitive pattern (rigidity and flexibility) and psychological alienation among psychology counseling students who use Facebook at Al-Aqsa University, and to identify the common cognitive style (rigidity and flexibility) among them. The author aimed to reveal the level of psychological alienation among psychology counseling students who are Facebook users. The results concluded that the flexible method is the dominant method among psychology counseling students who use Facebook, and that the mean of the total degree of psychological alienation was 55.2.

The results of Heba and Ali (2021) indicated that there is an inverse relationship between family leadership styles in its three dimensions, and psychological alienation in its four axes among university students, and that there are differences between male and female university students in psychological alienation in favor of the male students.

The results of Al-Qahtani (2021) showed that the level of psychological alienation among the study sample was moderate, and that the level of academic adaptation was high. The results also indicated that there is an inverse relationship between psychological alienation and academic adaptation. The study outcome showed that the dimensions of meaninglessness and the deficit in the psychological alienation scale explain 42.9% of the total variance in the degree of academic adaptation.

Abdel-Ghani (2020) concluded that children with learning difficulties suffer from psychological alienation to a large extent. The results of Qabqoub and Saeedi (2016) showed that there were no significant differences in psychological alienation according to gender as well as the academic level. Belbakai (2016) showed that there are differences between the low and high ends of psychological alienation in the practice of patriotism among university students.

Tomé *et al.* (2016) found a positive correlation between the use of the visual management style and participation in improvement systems. The study results indicated that males have a lower level of psychological alienation compared to females, and that a low economic level of the family leads to a higher level of psychological alienation among students. The authors showed that students who have a lower level of life satisfaction tend to have a higher level of alienation.

Al-Zoubi and Saeeda (2021) indicated that there is a statistically significant effect of using the flipped learning strategy on the self-efficacy of learning with regards to: self-planning, guidance and self-control, and self-evaluation. The study found statistically significant differences in the self-efficacy of learning when it comes to guidance and self-control, and the absence of statistically significant differences in the self-efficacy of learning with regards to self-planning among the members of the experimental group, which were due to the academic level.

Bin Farrouj and Bufateh (2021) concluded that elementary teachers have an average level of self-efficacy, and that there are no gender differences in self-efficacy. The authors found that there is no difference between teachers in academic qualification and class. Al-Shanifi and Al-Mushawah (2019) reported a statistically significant relationship between the perceived violence and behavioral disorders in the research sample. The study showed significant differences between the members of the research sample with regards to the scale and type of behavioral disorders due to demographic and personal variables. The results further showed a predictive ability for both self-efficacy and the perceived violent behavior linked to the disorders of the research sample.

The results of Al-Azmi's study (2019) showed the existence of a significant correlation between the levels of self-efficacy and the levels of social support among prisoners of financial rights. The results also showed that the level of self-efficacy ranged between average and high among prisoners, while the level of social support was high for all. There were no statistically significant differences in self-efficacy and social support due to age, educational level, and employment status. Shurrab

(2016) indicated that there is an inverse relationship between self-efficacy and anxiety for the future. The study outcome also showed a direct, statistically significant relationship between self-efficacy and the motivation to learn. The results indicated that there were statistically significant differences in self-efficacy, anxiety for the future, and the motivation to learn based on gender. It revealed a statistically significant difference between the averages of the study sample's estimations of learning motivation, attributed to the three groups of future anxiety.

4. Definition of Terms

4.1 Alienation: It is a state of separation that occurs between the individual and him/herself and actions, or between the individual and other people, things or institutions, which may be followed by an outcome that can be positive and effective thereby moving the individual towards human liberation and development of oneself and faculties, or negative and obstructive thereby leading to the destruction of the human self (Banat, 2005; Hammad, 2013).

4.2 Psychological alienation: It encompasses individual's feeling of isolation, loss, loneliness, lack of belonging, loss of confidence, feelings of anxiety and aggression, rejection of social values and norms, alienation from family life, and suffering from psychological pressures (Shokair, 2001; Makhlof & Banat, 2005).

4.3 Self-efficacy: It is defined as a set of judgments issued by the individual which reflect his/her beliefs about the ability to perform certain behaviors, and the flexibility in dealing with problems and difficulties, controlling life pressures, self-confidence, and resilience in the face of failed experiences (Bandura, 1977; Al-Shaarawy, 2000).

4.5 Palestinian refugee: Every person who was forcibly displaced by the Israeli Occupation from his land and home during the Nakba of 1948, and during the Israeli Occupation of the Palestinian Territories in 1967, then prevented from returning (Barakat, 1968; Dayyeh et al., 2018; Banat et al., 2018).

4.6 Youth: Individuals within the age group of 18-29 years, males and females (Palestinian Central Bureau of Statistics, 2017; Banat et al., 2021).

4.7 The camp: It is a piece of land that was placed at the United Nations Relief Agency's disposal by the host government for the purpose of housing Palestinian refugees, and building facilities to take care of their needs (Banat & Dayyeh, 2019; United Nations Relief Agency, 2020).

5. Hypotheses

To answer the study questions, the following hypotheses were formulated:

5.1 Hypothesis #1: There is a statistically significant difference at ($\alpha \leq 0.05$) in psychological alienation among Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh governorate due to gender, type of work, educational level, and marital status.

5.2 Hypothesis #2: There is a statistically significant difference at ($\alpha \leq 0.05$) in self-efficacy among Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh governorate due to gender, type of work, educational level, and marital status.

5.3 Hypothesis #3: There is a statistically significant correlation at ($\alpha \leq 0.05$) between psychological alienation and self-efficacy among Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh governorate.

6. Methods and Design

6.1 Research Methodology

This research relied on the descriptive method, as it is the appropriate method for the nature of this research.

6.2 Research Sample and Population

The study population consisted of Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh, who numbered 7491 refugees in the year 2020/2021, divided into 8 camps, which are: Deir Ammar camp, Al-Amari camp, Al-Jalazun camp, Qalandia camp, Bir Zeit camp, Ain Arik camp, Qaddoura camp, Silwad camp (Palestinian Central Bureau of Statistics, 2021).

As for the research sample, it was chosen as follows: Firstly, an exploratory sample consisting of 30 Palestinian refugee youth residing in Palestinian camps in the Ramallah and Al-Bireh

governorate was chosen, in order to ensure the validity of the research tools and to calculate the study validity and reliability. Secondly, the research sample was chosen by the simple random method from the original research community such that the sample size was 1000 of Palestinian refugee youth residing in Palestinian camps in the Ramallah and Al-Bireh governorate, and the sample selection was random. Accordingly, the study sample constituted 32.2% of the total members of the original study community, taking into account the representation of the study variables.

6.3 Instrumentation

To achieve the objectives of the research, the researcher relied on two scales to collect data, namely: the psychological alienation scale, and the self-efficacy scale as follows:

6.3.1 The Psychological Alienation Scale

The two researchers developed the Psychological Alienation Scale based on a set of related studies. The psychological alienation scale, in its final form, consisted of (43) items, distributed over six domains. All paragraphs represented the positive trend of the scale except for items: 5, 12, 14, 19, 22, 23, 26, 28, 29, 40 which were corrected in order to formulate them in a negative direction. It was found through the scale that the paragraphs' correlation coefficients ranged between (30.-97.), and all correlation coefficients were of acceptable and statistically significant degrees.

6.3.2 The Self-Efficacy Scale

The measure of self-efficacy in its final form, after measuring honesty, consisted of (30) items, and all items represented the positive trend of self-efficacy. The respondent was asked to rate his answers using a five-point Likert scale, and the weights were given to the items as follows: Strongly agree (5 points), agree (4 points), neutral (3 points), disagree (2 points), strongly disagree (1 point).

6.4 Data Analysis

For the purposes of interpreting the arithmetic averages, and to determine the level of prevalence of the measured trait in the research sample, the mark was transferred according to the level that ranges between (1-5) degrees, and the level was classified into three levels: high, medium, and low, according to the following equation: (Scale upper limit – Scale lower limit) / Number of levels =

(5-1)/3 = 1.33. Accordingly, the levels of response to the scales are as follows: 2.33 and less is considered low, 2.34-3.67 is considered medium, and 3.68-5 is considered high. Descriptive statistics measured psychological alienation and self-efficacy among the sampled population using T.test, One way analysis of variance, Regression, Pearson correlation, Cronbach's Alpha and Factor Analysis through SPSS.

7. Findings

7.1 Psychological Alienation Among Palestinian Refugee Youth

The arithmetic mean of the study sample's ratings on the psychological alienation scale as a whole was (3.40, 68.0%), with a moderate rating. As for the arithmetic means of the answers of the study sample population about the domains of the psychological alienation scale, it ranged between 2.89-3.82, and the "loss of goal" field ranked first with an arithmetic mean of 3.82 (76.4%) with a high rating, while the field of "Not feeling valued" came in the last rank, with an arithmetic mean of 2.89 (57.8%) and a moderate rating.

7.1.1 Loss of goal: it was found that the arithmetic means of the field ranged between 3.78-3.96, and the paragraph "I set myself interim goals that I seek to achieve" came in the first place, with an average of 3.96 (79.2%) with a high rating, while the paragraph "I feel powerless to think about what I want to achieve" came last with an average score of 3.78 (75.6%) and a high rating.

7.1.2 Loss of a sense of belonging: the results showed that the arithmetic means for this field ranged between 1.99-3.97, and the paragraph "I find it easy to abandon the community to which I belong" came in first place, with an average of 3.97 (79.4%) with a high rating, while the statement "I feel happy" came last with a mean of 1.99 (39.8%) with a low rating.

7.1.3 Loss of meaning: it was found that the arithmetic means for this field ranged between 2.09-3.89, and the paragraph "I feel that existence has no meaning" came in the first place with an average of 3.89 (77.8%) with a high rating, while the paragraph "I find meaning in every work I do for the sake of freedom and independence" came in the last place, with a mean of 2.09 (41.8%) with a low rating.

7.1.4 Helplessness: the arithmetic means for this field ranged between 1.96-3.82, and the paragraph "I often miss the opportunity, because I cannot resolve matters" ranked first with an arithmetic mean of 3.82 (76.4%) with a high rating, while the paragraph "I have the ability to see my future" ranked last, with a mean of 1.96 (39.2%) with a low rating.

7.1.5 Non-compliance with standards: the arithmetic means here ranged between 1.96-3.83, and the statement "I implement my decisions without paying attention to social standards" came first with an arithmetic mean of 3.83 (76.6%) with a high rating, while the statement "I consider values in any task I do" ranked last, with a mean of 1.96 (39.2%), with a low rating.

7.1.6 Not feeling valued: the arithmetic mean of the answers of the study sample members about the field of not feeling valued ranged between 1.96-3.82, whereby the paragraph "I think that the things I own have no value" came in first place with an average of 3.82 (76.4%) with a high rating, while the item "I feel valued in the camp I belong to" ranked last with a mean of 1.96 (39.2%) and a low rating.

7.2 Self-Efficacy Among Palestinian Refugee Youth

The arithmetic mean on the self-efficacy scale as a whole was (2.71, 54.2%) with an average rating. As for the arithmetic means for the items of the self-efficacy scale, they ranged between 2.68-2.75. The statement "I can put the appropriate solutions to any problem that confronts me" came in the first place, with an arithmetic mean of 2.75 (55.0%), and a moderate rating. While the statement "I can reach logical solutions to the problems I face" came in last with a mean of 2.68 (53.6%) and a moderate grade as well.

7.3 Differences in Psychological Alienation

There were no significant differences in psychological alienation and its fields among Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh governorate with regards to gender. There were, however, some differences in psychological alienation and its fields among Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh governorate attributed to: type of work in favor of those who work for the government, educational level in favor of those having a diploma or less, or a master's degree or higher, and marital status in favor of those who are single.

7.4 Differences in Self-Efficacy

There were no statistically significant differences in self-efficacy among Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh governorate with regards to gender or marital status. There were statistically significant differences at the significance level (α ≤ 0.05) in self-efficacy according to type of work ("private" and "unemployed"), and according to the educational level, namely Master's degree and above.

7.5 Correlation Between Psychological Alienation and Self-Efficacy

Findings showed an inverse statistically significant correlation between psychological alienation and self-efficacy among Palestinian refugee youth residing in Palestinian camps in Ramallah and Al-Bireh governorate (R-value of Pearson correlation coefficient was -0.670, P 0.000). It was evident that there was an inverse relationship between psychological alienation and self-efficacy among Palestinian refugee youth residing in Palestinian camps in the Ramallah and Al-Bireh governorate. In other words, the higher the degree of psychological alienation, the lower the level of self-efficacy.

8. Discussion and Recommendations

Palestinian refugees were subjected to displacement, which led to losing their homes in 1948 and living in camps in rather difficult conditions which include poverty, high population density, and the narrow space in which thousands of residents live in harsh economic and political conditions. Not to mention violations, deprivation, injustice, and instability under the unjust Israeli Occupation and its continuous aggressions to the Palestinian people. Staying away from family and friends, and the changes in Palestinian society which are, in most cases, characterized by a negative nature that warns of severe consequences generating violence as a result of rebellion, anger, and rejection of family and social values in general, and the accompanying difficult occupational and psychological life, all interspersed with fear and anxiety about what is to come. All of which will consequently generate several problems including their feeling of psychological alienation and loss of meaning.

Both genders of young refugees in the camps, in particular, live in the same economic, political, and social conditions especially in light of the widespread poverty, the spread of crime, the lack of job opportunities, the arrogance and the injustice of the Israeli Occupation, which in turn causes a

feeling of powerlessness, helplessness and indifference, and so life becomes worthless in their eyes. This has resulted in feelings of sadness, depression, despair, confusion about what is to come, and their inability to effect change thereby bringing about the suffering of both genders from psychological alienation to moderate degrees.

In addition, refugee youth working in government institutions feel uneasy about the multiplicity of responsibilities entrusted to them, the lack of transparency, clarity and laws regarding promotions that are mostly for non-refugees within government institutions, in addition to the lack of coherence and apparent disintegration between the elements of government institutions. There is also the inability of those institutions to provide capacity building for young people, or to provide incentives and allowances due to low budgets, which consequently increases the feeling of the employee in general, and the young refugee employees in particular, of a loss of a sense of belonging, lack of commitment to standards, powerlessness, lack of sense of value and loss of purpose and meaning within their government institutions.

The study outcomes on the levels of psychological alienation especially for holders of a diploma or a lower degree comes due to the fact that the youth residing in refugee camps in particular suffer from unemployment in a society where there are no job opportunities that are compatible with diploma holders, especially professional and craft jobs, which results in an increase in the unemployment rates of this particular segment and eventually a deteriorating economic situation which leads to the creation of a general feeling of anxiety, frustration, and the march towards an unknown future.

The economic and educational changes brought by the applications of information technology and its complexity as well as the consequent lack of effective and active participation of diploma holders in the issues of their society; not to mention the inferior and weak social position of this segment, along with the injustice and violations of the Israeli Occupation, all of this contributed to the loss of feeling of belonging, to a lack of commitment to standards, helplessness, lack of resourcefulness, lack of sense of value, loss of purpose and meaning in the society in which they live. As for holders of Master's degrees, they spend many years of study and diligence despite the scarcity of financial resources. They spend long hours in front of the computer for research and exploration; this isolation between scientific papers on the one hand and research on the other, weakened their social communication due to their lack of time, which in turn contributed to the loss of their self-

confidence, to feelings of anxiety and tension, and eventually threatened by unemployment, and the lack of suitable job opportunities for them. Even if such jobs are available, they do not show interest in merit, rather they are dominated by nepotism for the lack of sufficient information and incentives for employers to choose the best and most qualified graduates. In consequence, this leads to a feeling of injustice and disappointment among the youth in the camps who live in a society dominated by discrimination between refugees and the "original" citizen, which essentially generates many psychological problems including the growing feeling of psychological alienation starting with a loss of a sense of belonging to a lack of sense of value, loss of purpose and meaning and fear of the unknown.

The study result in which the rates of alienation were higher for the single youth in Palestinian camps might be because they are governed by two views: one of which calls on them to obey adults and comply with their orders in what is called patriarchal authority, and the second calls for them to reject and protest, which makes them suffer from the emotional contradiction between self-realization and establishing oneself for independence and marriage, and between subjection to helplessness and dependence on others due to the scarcity of their financial capabilities as a result of unemployment or low wages in a society exhausted by poverty, deprivation and the brutality of the Occupation, and consequently, powerlessness and loss of purpose and meaning and ambition. That is in addition to the fact that those youth are in the diaspora or asylum, so they hesitate to move to the bordering towns and suburbs and they are afraid of mixing with neighbors and establishing friendships for fear of rejection simply because they are refugees, and thus generate a feeling of not belonging. Also, because they live in an environment other than their environment, they do not enjoy the same rights and privileges that young men enjoy in their country of origin. In addition, technological progress and the information revolution made the single young man in particular behave and think like Western societies, or at least wish his culture would become like the culture of the West: free of restrictions. The high rates of crime, terrorism and authoritarianism, especially in the presence of the Israeli Occupation also contributed to noncompliance with the known standards.

When discussing the results related to the moderate level of self-efficacy, the researchers, through their interaction with the Palestinian refugee segment, especially the youth, found that the majority have high ambitions and hopes and that they try to focus on excellence and creativity, and on proving their identity more than focusing on failure despite the obstacles and difficulties they have

been exposed to, and are exposed to, in light of the difficult financial and economic living conditions, the brutalization of the unjust Israeli Occupation, the imposed restrictions and the deprivation of the refugees from their most basic right to live in peace, which was reflected in the level of their self-efficacy, which was moderate.

All refugee youth in the study, males and females, were approximately of the same of age group and mental maturity. The sources and causes of self-efficacy in both genders were convergent due to the narrowing of the gap and increasing of equality between males and females in almost all aspects of life, especially with the contemporary social and economic developments which have changed the outlook of the Palestinian society to women who have a social, political and administrative status just like men. A woman would bear the costs and expenses of the family along with the man, which requires her to do her utmost to carry out her duties to the fullest extent in light of the difficult living conditions inside refugee camps, which had a reflection on her self-efficacy being moderate similar to the men in order to provide a better life and prove herself.

Working in the private sector allows employees to have other jobs while still working for the same institution as opposed to government jobs that monopolize the employee in one job with increased working hours. The private sector also gives bonuses, rewards, incentives and high wages regardless of the years of service and age of the employee, and it focuses on the employee's activity and effectiveness, which helps to support and activate the self-efficacy of the young man working in the private sector. The results were also similar for unemployed youth due to the efforts and attempts they are making to obtain the appropriate job opportunity in order to achieve their dream of becoming prestigious and influential so that they would ultimately find appreciation, respect and security within the refugee camps in addition to providing financial stability and so on. No matter how life afflicts them with its difficulties, challenges and pitfalls, they had to persevere in order to prove themselves through the continuous pursuit of work which is the fuel for their self-efficacy thereby achieving a moderate rating in the study.

It is also worthy to note that holders of a Master's degree tend to enjoy higher levels of self-efficacy because the young man at that stage would have reached the point of independence and self-reliance. He obtained a rather high educational degree that contributes to acquiring strength, advancement, perseverance and effectiveness. This requires the young man, especially in refugee camps, to make great efforts in order to coordinate between his personal and family life, and between his tasks and

his upcoming scientific and research commitments to achieve more progress, advancement and societal recognition, which makes his self-efficacy higher than holders of a Bachelor's degree, a diploma or a lower degree.

The Palestinian people in general, and the young refugees in particular, regardless of their social status and the fact that they live in the same conditions and suffering, whether economic, political or cultural, carry between their wings enormous energies of steadfastness, strength, will and determination that qualifies them to work and struggle, which is the strongest fuse for their self-efficacy in order for them to adapt to their difficult societal conditions in the refugee camps, which are their most important haven for coexistence and advancement.

Finally, as indicated by the concept of self-efficacy of the Palestinian refugee through the extent of his insight into his capabilities and their good use, which alone does not determine behavior; there must be a certain amount of ability, whether psychological, mental, or physiological. Self-efficacy also reflects a prediction of the individual in general, and the Palestinian refugee in particular, of his ability to invest the potential of the self. It has a motivational aspect that links it, to some extent, with the final outcome of behavior, and this may be the reason for the perseverance of the youth in camps when it comes to facing a specific task. Also, self-efficacy has a significant impact on the quality of jobs and practices that an individual chooses to perform, on the amount of effort he exerts to accomplish a job or activity, and even on the length of the resistance shown by young refugees in Palestine to whatever obstacles they face, and to the extent of their endurance and steadfastness. In the event that the Palestinian refugee was unable to do so and his effectiveness was low to moderate, he would be exposed to a greater amount of psychological alienation and vice versa, and this explains the inverse relationship between psychological alienation and self-efficacy according to the results of the study. It is noteworthy that the results of this study are similar to the findings in related studies while some aspects differ with others as well. Based on the results of this study, the following recommendations were made:

1. The necessity of establishing psychological, educational and cultural counseling centers that cater to the young refugee segment in particular.
2. Qualifying refugee youth with a network of skills that help them integrate into their communities.

3. Providing suitable job opportunities for young refugees who are active and have moderate levels of vigor.

4. The need for refugees in general, and youth in particular, to be involved in the issues of Palestinian society by creating opportunities for volunteer work inside the camps to reduce their degree of psychological alienation.

5. Encouraging civil society institutions to spread the culture of belonging and commitment to the standards and values of society among Palestinians in general and refugees in particular.

6. Governmental institutions should pay attention to the conditions of refugees working within them by forming administrative committees specialized in their job affairs and giving them the bonuses, incentives and promotions, they deserve, which reduce their feeling of alienation and raise their levels of self-efficacy.

7. The need for government and private institutions to support the capabilities and ideas of young people in general and refugees in particular, regardless of their educational levels, the nature of their work and their social status, and to support them in order to turn it into a reality that will positively reflect on the continuation of their self-efficacy and the reduction of their psychological problems.

8. The researchers suggest conducting more of this kind of research on other samples of Palestinian refugees in all local and international areas.

9. Further research is essential in the area of psychological alienation and self-efficacy using the qualitative research design.

10. A comparative study of psychological alienation and self-efficacy among Palestinian refugee youth in the Diaspora is also recommended.

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