



The Effectiveness of Positive Psychological Counseling in Developing Psychological Empowerment among a Sample of Abused Women

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Abstract:

The current study aimed to verify the effectiveness of a counseling program based on some positive psychology techniques in developing psychological empowerment among a sample of abused women, and to track its continued effectiveness after the follow-up period. To achieve this goal, the quasi-experimental approach was used by designing the experimental and control groups within the framework of pre-, post-, and follow-up measurements, and by applying the psychological empowerment scale for abused women and the positive psychological counseling program, both prepared by the researcher, to a sample of (22) abused women in Cairo Governorate in Egypt. The results indicated that the counseling program used in this study succeeded in achieving its aims.

Key Words: Positive Counseling, Psychological Empowerment, Abused Women.

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Introduction:

Islam commanded to honor women as wives in the words of the Almighty: "One of its signs is that He created for you husbands from yourselves to live with her and He made affection and affection among you" (Surat Al-Rum, Verse: 21).

Despite this, we find that violence against women appears in various sectors of society, regardless of class, religion, culture, country, or the extent of its backwardness or progress, and the motives of violence often vary and its occurrence does not prevent the progress of the country or its low growth or the fact that society is civilized or backward (Iskandar, 2016, 22).

The seriousness of the problem of violence against women is evidenced by thereport issued by the United Nations in 2001, which indicated that one in three women in the world has been beaten, coerced into sex or otherwise abused, and these violations of women's rights are often carried out by a person you know.

In this context; (Waldrop & Resick, 2004, 291-294) until Some empirical evidence that dealt with the traumatic history of women who experienced sexual and physical violence and abuse during childhood, she confirmed In the future, they are more likely to become victims of and even endure marital violence. As a result of the accumulation of previous pressures of abuse since childhood, these women have become accustomed to using strategies to tolerate violence or reduce sensitivity to perception of violence, especially marital violence.

Iskandar (2016, 24) argued that the tacit consent that society gives to a violent man "a man who insults his wife is exercising an enhanced cultural trait in society: aggressiveness, male domination, female inferiority, and he employs physical force to reinforce this domination." This approach does not exclude the psychological dimension in its presentation, as do some feminist activists who focus on a purely social approach to the phenomenon, knowing that a number of observations do not correspond to their

approaches, for example, researchers believe that the rates of violence and abuse of women are lower in societies characterized by patriarchal culture. There is also no direct correlation between the actual power that men have in a relationship with the degrading treatment of women, as well as the prevalence of violence between homosexual couples, which reduces the importance of having a male and a female within the partnership relationship in which violence is practiced, and despite the importance of the social role, understanding the phenomenon is the effective way to combat it, which requires an additional psychological approach.

On the other hand, we find that psychology in its various branches and applications has continued for long periods to study various variables that have a negative impact on the individual's personality, and the resulting feelings of boredom, sadness and anxiety in an attempt to address those feelings and get rid of them or mitigate them, ignoring the positive forces and components in the personality, and the individual's positive potential that enables him to withstand and face pressure; In the nineties, by positive psychologist Martin Seligman with the aim of achieving a clear systematic understanding of the positive forces and components that humans enjoy, which are owned by individuals and communities, which works on their growth and the use of these human forces to develop effective means to empower individuals in society.

The term empowerment has been widely used in various disciplines such as psychology, sociology, education, political theory, management, social work, and women's studies, so multiple areas of empowerment have emerged, such as political empowerment, economic empowerment, institutional empowerment, legal empowerment, health empowerment, and psychological empowerment (Al-Shaalan, 2019, 112).

Since psychological empowerment is one of the forms of positive intervention, and a prominent concept in the theories of psychology and psychological counseling, as it has taken its place among the terms of importance at the individual societal levels, as it is concerned with increasing the individual's sense of joy, happiness and satisfaction with various aspects of life, enhancing and maximizing capabilities and raising the spirit of affection directed towards improving the quality of life (Randolph & Kemery., 2011).

Therefore, positive psychology has directed its attention to aspects of mental health that enable the individual and the group to deal with the pressures of life in a more positive way, and positive psychological counseling is one of the most important applications of positive psychology in the field of counseling and psychotherapy that helps the individual to deal with his problems and bear their difficulty, as it contributes to improving the general psychological performance of the human being, which enables him to feel the quality of life in which he exploits his abilities to the maximum extent possible. (Ghanem, 2017, 48 – 49; and Masoudi, 2023, 591), and the current study has adopted the term "positive psychological counseling" for several justifications, the most important of which are: In the field of educational sciences, we provide counseling for less severe problems than in psychotherapy, while positive psychological interventions can be carried out by non-specialists and are not limited to psychological counselors only, and positive psychological counseling includes positive interventions, in addition to its prevalence in intervention studies in the field of positive psychology, and based on that The current study chose positive psychological counseling for its clear role in prevention and counseling at the same time, in addition to its development of positive psychological variables for the individual in the future, of which psychological empowerment is one of the most important, which is what the current study aspires to.

Study problem:

Violence against women is one of the growing social problems; it is also a human phenomenon that worries the family and society, affects its psychological compatibility, and makes married life difficult.

In this context, Shaheen et al. (2023, 99) pointed out that the phenomenon of violence against women has begun to receive global attention in recent years, as a phenomenon that transcends cultural, educational, social, and cognitive differences, and violence against women is a serious social problem that has become

a threat to societies in recent years, as it is an uncivilized phenomenon that has spread among families, and has worsened in recent years as a result of the transformations witnessed by societies in all fields of life, especially in Arab society, and this affects the structure of society, and the possibility of its development and growth. Psychological, social, health, economic and political devastating effects on society.

Askar (2013), Iverson (2020), Barakat and Momani (2024) stressed that battered women are exposed to various forms of violence, including: physical, sexual, verbal, psychological, health, economic, and social violence, and these forms are all associated with a wide range of psychological and behavioral disorders that affect women's physical and psychological health, and their performance of their roles as mothers, wives, and working women, and one of the most important disorders that accompany violence against women is women's sense of incompetence and value, and that they are useless, as they She tends to be uncertain in her relationships with others, and sometimes even holds herself responsible for the abuse inflicted on her, which pushes her to live in social and emotional isolation, which negatively affects her mental health.

Despite the amount and type of negative effects suffered by battered women psychologically, socially, physically, and financially, we should not leave the matter in vain, but rather provide psychological intervention through counseling programs directed to battered women to strengthen their strengths and focus on positive feelings, and help them face difficulties and challenges, and this may be an entry point for the development of their psychological empowerment.

If positive psychological support aims at self-realization and helping the individual towards achieving his positive potential to reach the maximum human employment of it, why not help battered women to develop their psychological empowerment and reach an acceptable degree of efficiency, self-efficacy and ability to perform tasks, and this is what the current study seeks to activate a counseling program based on some positive psychology techniques in developing psychological empowerment among a sample of battered women and upgrading their abilities.

Therefore, the problem of the current study is determined in trying to answer the following main question:

"What is the effectiveness of a counseling program based on some positive psychology techniques in developing psychological empowerment among a sample of battered women?".

The following sub-questions arise from the former president's question:

1. Are there differences between the pre- and post-measurements among the experimental group members on the psychological empowerment scale among battered women?.
2. Are there differences between the members of the experimental and control groups in the dimensional measurement on the psychological empowerment scale of battered women?.
3. Are there differences between the dimensional and tracking measurements among the experimental group members on the psychological empowerment scale among battered women?.

Objectives of the study:

The current study aimed to:

1. Investigate the effectiveness of the current study program based on some techniques of positive psychology in developing psychological empowerment among battered women.
2. Helping battered women to strengthen capacities and raise morale towards developing their psychological empowerment.
3. Verify the continued effectiveness of the current study program based on some positive psychology techniques in developing psychological empowerment among battered women after the end of the follow-up period.

Importance of the study:

The importance of the current study is represented in the following points:

1. The importance of the topic addressed by the current study, which is the problem of violence against women in its multiple aspects and its growing problems for women and those around them.
2. Raising awareness of the phenomenon of violence against women and educating members of Egyptian society to take care as much as possible to avoid doing so.
3. The findings of the current study can contribute to helping psychosocial institutions in Egyptian society to provide programs that achieve psychological empowerment among battered women and thus alleviate the disorders and problems resulting from violence against them.

:Study terminology

1. Positive psychological counseling:

It is a modern guidance trend based on the ideas of positive psychology, especially the vision of "Seligman & Maslow", and includes the applied scientific study of positive experiences and positive personality traits, which facilitates the development of these experiences and traits and upgrading them to build an individual with a positive, effective and influential personality, interested in what already exists, in addition to what should be (Al-Sabwa, 2010, 1). It is measured procedurally according to the program currently in use, its techniques, steps, and sessions.

2. Psychological empowerment:

It is the processes carried out by the professional practitioner to help members of society achieve their basic and legitimate demands in order to help them become able to face the pressures and difficult situations they are going through in society by instilling hope in them, reducing resistance, and identifying and strengthening the person's areas of strength and positive social abilities (Farraj, 2023, 97).

The researcher defines it procedurally in the current study as "the ability of battered women to employ their potentials, skills, abilities and psychological preparations and develop them to a degree that makes them able to control and make appropriate decisions in different life situations. It is measured by the score that battered women get in performance on the psychological empowerment scale for battered women used in the study."

3. Abused women:

They are women who have been subjected to any kind of abuse, abuse, or intentional harm from their husband, father, brother, or anyone else in the family (Shaheen et al., 2023, 101).

Theoretical framework and previous studies:

First: Positive psychological counseling:

Positive psychological counseling is one of the latest counseling methods, as it follows positive psychology, which seeks to develop human strengths, which act as a prevention against mental disorders (Ali, 2022, 294). If medical counseling helps to relieve wounds, positive psychological counseling addresses weaknesses and strengthens the individual's strengths, for example, depression is not only through the provision of drugs, but by finding other positive ways of life (Al-Ashwal et al., 2015, 494).

In this context, Magyar-Moe et al. (2015, 528-531) pointed out that positive psychological counseling has been described and named by several names, including: "counseling based on strengths, quality of life counseling, and well-being treatment", and the number of sessions ranges between (12-14) sessions with the use of homework, and the sessions are weekly and the session time ranges between (90 – 120) Approximately a minute, and the session goes through certain and specific procedures, such as devoting

the first and second sessions to identifying the strengths of the mentee, then the other sessions address the concepts of gratitude, optimism, hope, ... etc. of positive personality traits.

Positive psychological counseling is based on several positive theories, perhaps the most important of which is Seligman's theory, which is a theory that combines a focus on the development of strengths and the positive side of the individual, and at the same time treating the negative pathological side, with a focus on what the individual will be in the future in particular, with attention to making the individual an active participant in discovering his positives, with a focus on achieving human virtues according to positive psychology (Ali, 2022, 299). Thus, it is important to address it with research and study in the Egyptian environment, especially with the spread of negative manifestations in the human personality, despite the seriousness of that (negative) side, we need to study the other (positive) side of mental health in conjunction with the spread of the phenomenon of violence against women.

Second: Psychological Empowerment:

Psychological empowerment is seen from a psychological point of view as a concept that motivates the individual, revolves around the motivation of the human being towards efficiency and competence, that is, it constitutes a motivation for workers to achieve high levels of efficiency and competence. (Farrag, 2023, 89).

Yagil (2006, 265) defined psychological empowerment as a motivational process whereby an individual experiences a sense of empowerment, as well as providing an effective protective factor against the negative effects of stress.

Ganle et al. (2015) pointed out that it is a process that enables an individual to make a difference in his life, so that this change enables him to obtain power and power that enhances his ability to choose and freedom, contributing positively to his well-being.

Zhang et al. (2021, 1269) saw it as an enhancement of the inner forces of the individual through his awareness of the four components of psychological empowerment: self-determination, influence, competence, and meaning.

Younis (2022, 282) pointed out that it is a motivational style that reflects positive attitudes towards work represented in having independent abilities that enable the individual to act responsibly and in a purposeful manner and to make decisions.

Al-Kishki (2023, 29) provided a definition that states that it is the positive feeling and motivation emanating from within the individual, which is the individual's awareness of his abilities, that he has self-efficacy, a sense of independence, the ability to act, make sound decisions, and merit in accomplishing the tasks assigned to him, and his confidence that what he implements has an impact.

With regard to the importance of psychological empowerment, Al-Ahmari and Arnaut (2024, 113) indicated that psychological empowerment can motivate individuals to work, enhance and improve the performance of individuals, so we find that the degree of psychological empowerment of the individual in all matters of his life, which is clearly reflected in the level of his quality of life.

Since the issue of women's empowerment is one of the hot issues around the world in the twenty-first century, there have been many studies and research recently that dealt with the psychological empowerment of women in the Arab environment and stressed the need to pay attention to its development, including studies: Al-Qatawneh (2018), Khalila (2019), Al-Shaboul (2020), El-Sherbiny (2021), Aliwa and others (2024), where their results proved an improvement in the level of psychological empowerment of members of the experimental group as a result of training and intervention, as indicated by Psychological empowerment is also one of the most important issues in the lives of individuals and societies, as its development works to strengthen their resilience and resilience to face the pressures they are exposed to, which may cause them other psychological disorders.

Third: Violence against Women

Violence against women is one of the main and most widespread forms of domestic violence, and one of the psychological problems that occupies a prominent place in the field of psychological and social sciences, as it is considered a problem with multiple causes, forms, manifestations and effects in contemporary societies, due to its continuity, exacerbation and various effects on women themselves, their families and society as a whole (Al-Rashidi and Al-Adwan, 2022, 3624).

The United Nations General Assembly has defined "violence against women" as any gender-based assault against women that causes physical, sexual or psychological harm or pain to women, and also includes the threat of such assault, pressure or arbitrary deprivation of liberty, whether occurring in the context of public or private life (WHO, 2002a, b, 40).

Almaz (2021, 540) also defined any act of gender-based violence that results in or is likely to result in physical, psychological, economic or sexual harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life.

Sardinha et al. (2022, 803) stated that abusive behaviors are physically, psychologically and sexually harmful in the context of marriage, cohabitation or any other form of union, as well as abuse, psycho-emotional abuse, economic abuse, and controlling behaviors.

Al-Sayed (2023, 575) pointed out that it is violence and abuse by the husband to his wife, whether physically, psychologically or economically, and her neglect from him, and deliberately abusing and insulting her, which leads to her feeling insecure with him and family instability.

As a global public health problem, violence against women has many short- and long-term effects on the mental and physical health of women and their children (Sardinha et al., 2022, 803).

In this context, Al-Saaida et al. (2022, 193-194) pointed to a set of psychological and social effects of violence against women, including: people's perception of women as a result of the violence against them, which makes them stay away from the people around them, avoid talking to them, and shyness from members of society around her, which leads to her lack of trust in others, suffering from social isolation until she stays away from discussing this problem with those around her and relatives, despair and expecting failure in the future.

Many researches and studies have been conducted focused on battered women in the Arab environment, including: Amer (2015), Saadawli (2018), Al-Ansari (2020), Al-Nuaimi and Al-Helou (2021), Al-Rawajfa and Tamim (2024), where these studies and research indicated that battered women face challenges different from those faced by non-battered women, due to the need of these women for various services, whether psychological or social, to a greater degree than non-battered women, which leads to their suffering from pressure. Their psychological stress is stressful, which negatively affects their quality of life, their sense of social stigma, and the social restrictions resulting from their exposure to violence, which requires them - battered women - to enjoy an appropriate level of psychological empowerment that represents the queen of stability and endurance that trivializes the difficulties and challenges they face in life in all its aspects, in order to protect themselves from falling prey to mental illness.

From the above, it is clear the importance of psychological empowerment in achieving the quality of life of battered women, and despite this, we find a scarcity in studies that have focused on the impact of psychological intervention based on positive psychological counseling in the development of psychological empowerment among battered women as one of the entrances to self-development. This is what the current study aims at.

Study assignments:

Based on the aforementioned theoretical framework and previous studies, the hypotheses of the current study can be formulated as follows:

1. There are statistically significant differences between the average scores of the experimental group members in the pre- and post-measurements on the psychological empowerment scale in favor of the post-measurement.
2. There are statistically significant differences between the average scores of the experimental group members, and the average scores of the control group members in the dimensional measurement on the psychological empowerment scale for the benefit of the experimental group members.
3. There were no statistically significant differences between the average scores of the experimental group members in the dimensional and tracer measurements (after about a month and a half of the telemetry) on the psychological empowerment scale.

Method and procedure:

First: Study Methodology:

The current study followed the semi-methodology, through which the researcher tries to reconstruct reality in an experimental situation using the design of the two groups, with the aim of revealing the impact of an experimental variable (positive psychological counseling) on the dependent variable (psychological empowerment) in conditions in which the researcher controls as much as possible some other variables that can leave their impact on the dependent variable by adjusting these variables in the experimental and control groups.

Second: Study Sample:

The study sample consisted of two groups, the first is an exploratory of (120) women between the ages of (24-50) years in Cairo Governorate in the Arab Republic of Egypt, in order to verify the psychometric properties of the study tool; and the second is a basic sample consisting of (22) battered women from battered women between the ages of (22-22). 49) years old in Cairo Governorate in the Arab Republic of Egypt, they were chosen intentionally who obtained the lowest scores on the psychological empowerment scale, and they were randomly distributed equally into two groups, one experimental and the other a control of each (11) battered women.

Third: Study Tools:

1. Psychological Empowerment Scale for Battered Women Prepared by/ Researcher:

This scale aims to measure the level of psychological empowerment of battered women, and the construction of this scale has gone through the following steps:

1. Access to psychological and educational literature from theoretical frameworks, studies, previous research and measures that dealt with psychological empowerment, including: (Salem and Al-Nimr, 2008; Randolph & Kemery, 2011; Al-Ruwaili, 2018; Singh & Kaur, 2019; Al-Shaboul, 2020; Zhang et al., 2021; Younis, 2022; Amer, 2023; Farraj, 2023; and Aliwa et al., 2024).

2. In light of the previous step, the vocabulary of the scale was formulated in its initial form for presentation to the arbitrators, consisting of (20) items, distributed over four (4) dimensions:

- **Meaning:** It is the individual's sense of the meaning and value of the work he performs, that it conforms to his values and beliefs, and that by practicing this work he will have a positive impact on his surroundings and in society as a whole (Buksnyte-Marmiene et al, 2022; and Shamasi et al., 2024, 896).
- **Influence:** It is the individual's awareness of his ability to positively influence others, and in the place where he is, and that he has an effective contribution to results and outputs (Al-Hamam and Al-Borai, 2023, 153).
- **Self-efficacy:** It is the ability of an individual to perform the tasks assigned to him efficiently through his sense of competence and skill (Al-Hamdan and Al-Shara'a, 2021, 196).
- **Self-determination:** It is the ability of an individual to self-decide, act, judge and evaluate self-behaviors and behaviors in a self-manner, and to make decisions independently (Al-Kishki, 2023, 29).

Each dimension includes (5) five Vocabulary. Each word has three responses: (always – Once in a while – rarely), estimated by giving scores (3, 2, 1) corresponding to the responses respectively, and a high score indicates that an individual has a high level of psychological empowerment, while a low score indicates the opposite.

3. The criterion for judging the level of psychological empowerment of battered women was determined as follows: "Low level: in the event that the woman obtains a total score on the scale ranging between (1-1.66); and intermediate level: if she obtains a total score on the scale ranging between (1.67-2.33), and high level: if she obtains a total score on the scale ranging between (2.34-3). This is on the basis that the length of the category (0.66), which is outside the division of the difference between the highest grade (3) and the lowest estimate (1), by 3, which represents the three levels: (low - medium - high) of psychological empowerment.

Psychometric properties of the scale:

▪ Believe the scale:

The validity of the scale was verified by the following methods:

I. Arbitrators' Validation:

The researcher resorted to the use of the honesty of the arbitrators, which is known as logical honesty or virtual honesty, by presenting the scale in its initial form to a group of arbitrators (Appendix 1) specialists in psychology and mental health in some Egyptian universities, in order to identify the appropriateness of each individual for the goal of the scale, as well as drafting and linguistic integrity, and this procedure has resulted in The agreement rate is more than (80%), and therefore all the vocabulary was retained, according to the Cooper equation to calculate the agreement ratio (Al-Wakil and Al-Mufti, 2012, 226); and the wording of some words and vocabulary was corrected and modified as indicated by the arbitrators; this was considered an indicator of the validity of the scale. Table 1 illustrates this.

Table (1) Ratios of Arbitrators Agreement on the Vocabulary of the Psychological Empowerment Scale

Vocabulary of the first dimension	% of the agreement	Second Dimension Vocabulary	% of the agreement	Third Dimension Vocabulary	% of the agreement	Fourth dimension vocabulary	of the agreement
3	100	18	100	7	100	16	90
8	90	20	100	14	100	5	100
13	90	2	100	1	90	6	90
4	100	19	100	15	100	11	90
12	100	9	90	10	100	17	90

II. Believe the test:

The researcher applied the current scale and the psychological empowerment scale of Al-Qattawneh (2018) as an external criterion, on the members of the survey sample, and the correlation coefficient between the scores of the two scales was (0.803) which is a statistically significant coefficient at the level of significance (0.01).

I. Factorial honesty (factorial structure):

The results of this analysis resulted in the extraction of four (4) clear basic factors representing the dimensions of psychological empowerment among battered women, and Table (2), (3), (4), (5), and (6) illustrate the essential saturation of vocabulary with factors.

Table (2) Vocabulary saturation with factors for the intellectual security scale after rotation

vocabulary	boomer The first	boomer Second	Commonne ss values	vocabu lary	boomer Third	boomer Fourth	Commonne ss values
3	0.785		0.754	7	0.801		0.709
8	0.776		0.669	14	0.747		0.697
13	0.736		0.751	1	0.738		0.741
4	0.715		0.692	15	0.725		0.772
12	0.702		0.828	10	0.732		0.630
18		0.750	0.664	16		0.754	0.705
20		0.739	0.625	5		0.765	0.662
2		0.725	0.656	6		0.733	0.752
19		0.711	0.660	11		0.712	0.765
9		0.695	0.759	17		0.705	0.734
Latent root	4.526	3.824	-	-	2.698	2.361	-
Contrast ratio	26.654	21.547	-	-	16.658	13.847	-
Total Contrast	78.706						

It is clear from the previous results of the factor analysis in Table (2) that the vocabulary of the scale is saturated on four factors that were interpreted together together (78.706%) of total variance. The following is the explanation of these factors psychologically after rotating the axesperpendicularly:

Table No. (3) Degrees of saturation of the first factor statements indescending order

Single Number	Single	Degree of saturat ion

3	.My beliefs fit into the demands of my life	0.785
8	.I am proud of what I do in my life	0.776
13	.I am good at performing my family tasks with my ability	0.736
4	.Family represents a great value to me	0.715
12	.The household chores I do are meaningful to me	0.702

It is clear from Table (3) that the saturations of the vocabulary of this factor ranged between (0.702;0.785) and reached its latent root (4.526), explains this factor (26.654%) of the total volume of variation, and from what is included in these vocabulary we can call this factor "meaning".

Table No. (4) Degrees of saturation of the statements of the second factor in descending order

Single Number	Single	Degree of saturation
18	.I have the ability to influence the decisions of those around me	0.750
20	.My family members trust in my ability to help them achieve their goals	0.739
2	.I can adapt to the developments of my life	0.725
19	.As a mother, I contribute to the well-being of my family	0.711
9	.My influence is great on what happens in my house	0.695

It is clear from Table (4) that the saturation of the vocabulary of this factor ranged between (0.695;0.750) and reached its latent root (3.824), explains this factor (21.547%) of the total variation volume, and from what is included in these vocabulary we can call this factor "effect".

Table No. (5) Degrees of saturation of the third factor statements in descending order

Single Number	Single	Degree of saturation
7	.I have the ability to face the problems I face	0.801
14	.I receive family respect and appreciation from my family	0.747
1	.I can use available resources to accomplish my family tasks	0.738
15	I have self-confidence that helps me get my household chores done .effectively	0.725
10	.I have abilities and experiences that surpass those around me	0.732

It is clear from Table (5) that the saturations of the vocabulary of this factor ranged between (0.732; 0.801) and reached its latent root (2.698), explains this factor (16.658%) of the total variation volume, and from what these words imply, we can call this factor "self-efficacy".

Table No. (6) Degrees of saturation of the fourth factor statements in descending order

Single Number	Single	Degree of saturation
16	.Choose works that match my abilities	0.754
5	.I share my views in the discussion regarding the fate of my family life	0.765
6	.I have the powers to overcome problems with my family tasks	0.733
11	.I can make family decisions at my own risk	0.712
17	I have the opportunity to take any action to ensure the quality of my family .life	0.705

It is clear from Table (6) that the saturations of the vocabulary of this factor ranged between (0.705;0.754) and reached its latent root (2.361), explains this factor (13.847%) of the total variation, and from what is included in this vocabulary we can call this factor "self-determination".

▪ **Scale Stability:**

The researcher calculated the stability of the scale using the alpha-Cronbach method, on the members of the survey sample, and Table (7) shows that.

Table (7) Values of Stability Coefficients for Psychological Empowerment Scale

Dimensions of psychological empowerment	Coefficient of stability Alpha Cronbach
Meaning	0.802
Impact	0.793
Self-efficacy	0.698
Self-determination	0.862
Total Grade	0.812

Illustrated from the table Number (7) mean The values of the stability coefficients are high, which makes us trust the stability of the scale.

▪ **Internal consistency of scale:**

To find out the extent of coherence of the strength of the scale from the inside, its internal consistency was verified by calculating the correlation coefficients between the degree of Albthad and the total degree of the scale, on the members of the survey sample, and the results were as follows in Table (8).

Table No. (8) Correlation coefficients between the dimensions of the psychological empowerment scale and the total score

Dimensions of the Psychological Empowerment Scale	Meaning	Impact	Self-efficacy	Self-determination	Total Grade

Meaning					
Impact	0.638**				
Self-efficacy	**0.697	0.684**			
Self-determination	**0.490	**0.547	0.621**		
Total Grade	**0.806	**0.804	**0.881	0.798**	

** A function at the level of significance (0.01).

It is clear from Table (8) that all correlation coefficients are statistically significant at the level of significance (0.01), which confirms the consistency of the scale and its internal coherence.

2. A counseling program based on some techniques of positive psychology in developing psychological empowerment among battered women: prepared by / researcher

The current mentorship program has pursued two main objectives:

- **Preventive goal:** By working on psychological intervention to help the participants (members of the experimental group) of battered women in applying the principles of positive psychological counseling in their working lives and investing their abilities in the future in an optimal manner.
- **Guiding Objective:** The study program sought to develop the psychological empowerment of the participants (members of the experimental group) of battered women by positive psychological counseling.

Procedural sub-objectives have been identified to help achieve the two main objectives of the mentoring program.

The psychological and educational foundations on which the counseling program is based:

The researcher identified some psychological, educational, physiological and neurological foundations in the light of which the planning and implementation of the positive psychological counseling program are carried out, including: that the program sessions are commensurate with the level of understanding and perceptions of the participants, and that the contents of each session are commensurate with the time period allocated to them, and that they focus on homework by giving the researcher to the participants assignments related to social reality to know their reactions to different situations, and focusing on feedback as one of the methods of continuous evaluation during the program sessions.

Practical procedures for the preparation and implementation of the mentorship program:

In order to prepare the counseling sessions, the researcher relied on the theoretical heritage that was concerned with the techniques of positive psychology and training on them, such as: (Al-Sabwa, 2010; Magyar-Moe et al., 2015 ;Smith, 2020 ;Dolev-Amit et al., 2021Ali, 2022; and Al-Abed, 2024). The counseling program in the current study consists of (12) twelve counseling sessions, which include many activities based on positive psychological counseling through training on positive personal traits, where the training process on the program took (4) weeks by (3) three sessions per week, and the duration of one session ranged between (90 – 120 minutes) according to the nature of the content of each session, with the aim of developing psychological empowerment with its sub-components, and each activity was presented in the light of: the objective of the session, the tools used in each session, the time period for applying the session, in addition to the steps for implementing and evaluating the session, and this was explained in detail through (Appendix 3), which includes the sessions of the guided program used, including the objectives, content and how to conduct each session, as they were distributed as follows :

Session The first: in which Acquaintance Between the researcher and the participants Building mentoring relationships and introducing the mentorship program

And the second sessionIn it, the posts were identified The concept of positive psychology and its importance to them, and to recognize the

human forces in personality, **And the third session** And in it you know the posts on The concept of positive psychological counseling and some synonymous concepts with it, **And the fourth session** In it, the posts were identified Copy that Psychological empowerment, and clarification of its dimensions, **And the fifth session** In it, the participants were introduced to the concept of violence against women, and its danger to their mental and physical health, **And the sixth session:** in which the posts were known The concept of hope And instill it in them to strengthen motivation Towards achievement and success **And the seventh session** In it, the participants were trained on optimism. and clarification The importance of life to alleviate the severity Their violence, **And the eighth meeting** And in it you know the participants On the concept of Mental alertness and its impact on the mental health of individuals, **And the ninth session** In which the participants were trained on Manage their emotions through Attitudes of emotions Family And how to act positively **and the tenth session** In it, the participants were introduced to The concept of communication Family and communication status access skills Family and improve it through activities **and the eleventh meeting:** Review, conclusion and evaluation of the program During which all the concepts included in the program were reviewed, and the extent to which the participants benefited from the program was identified, in addition to the dimensional application of the psychological empowerment scale, **And the twelfth session:** Follow-up session, and in it was Checking the continuation efficiency The program after the end of the application of the program through the answer Posts on Psychological empowerment scale.

Validation of the mentorship program:

The program was presented to a group of arbitrators (Appendix 1) Psychologists and mental health In some universities Egyptian., in order to ensure the suitability of the program and its content for application to the participants of the experimental group, and whether this content achieves the goal set for it or not?, and to express an opinion on its content in general and the content of each session, the techniques used, the appropriateness of the content for the age of the participants, the appropriateness of the duration of the program to implement its content, the appropriateness of the time period for each session and its content, and the methods of evaluating the sessions and the entire program. In light of the opinions of the arbitrators, the program was amended, and its final form was prepared. (Appendix 3).

Study results and interpretation:

1. Results of the first hypothesis:

The first hypothesis states that "**There are statistically significant differences between the average scores of the experimental group members in the pre- and post-measurements on the psychological empowerment scale in favor of the post-measurement**".

To verify the validity of this hypothesis, the Wilcoxon Test was used to calculate the significance of the differences between two related groups, as shown in Table (9):

Table No. (9) Significance of the differences between the average grades of the experimental group members in the pre-measurement and the average ranks of their scores in the post-measurement in psychological empowerment.

Study variable		Differences	nun	mediu m Level	sum Leve l	Value "T" Mino r	Valu e "Z"	Level of statistical significanc e	Impac t size
Psychological empowermen	Meaning	Negative ranks	zer o	zero	zero	zero	- 2.969	function	0.895
		Positive ranks	11	6	66				

		Neutral	zero						
		Total	11						
	Impact	Negative ranks	zero	zero	zero	zero	- 2.979	function	0.898
		Positive ranks	11	6	66				
		Neutral	zero						
		Total	11						
	Self-efficacy	Negative ranks	zero	zero	zero	zero	- 2.988	function	0.901
		Positive ranks	11	6	66				
		Neutral	zero						
		Total	11						
	Self-determination	Negative ranks	zero	zero	zero	zero	- 2.953	function	0.890
		Positive ranks	11	6	66				
		Neutral	zero						
		Total	11						
	Total Grade	Negative ranks	zero	zero	zero	zero	- 2.941	function	0.886
		Positive ranks	11	6	66				
		Neutral	zero						
		Total	11						

* Tabular value of "T" (n = 11) at the level of (0.01) = 7, and at the level of (0.05) = 14 for the indication of one side.

It is clear from the above inTable (9) that the calculated values of (Z) amounted to (2.969, 2.979, 2.988, 2.953, 2.941) for the dimensions of (meaning, influence, self-efficacy, and self-determination) and the total score of the scale respectively, which indicates that there are statistically significant differences at the level of significance (0.01) between the average ranks of the scores of the experimental group members before and after the application of the program used in the study on all dimensions The positive impact of the program on the members of the experimental group of battered women, represented in their high scores on the psychological empowerment scale after the application of the program and the telemetry, which in turn led to improving the level of psychological empowerment they have, and this is a

clear indicator to emphasize the effectiveness of the positive psychological counseling program used in developing psychological empowerment among battered women.

According to Al-Dardeer (2006, 76), sufficiency in the statistical significance of the difference between two groups is not sufficient evidence of the importance of this difference, but it is preferable to calculate the size of the effect. Effect Size of the independent variable on the dependent variable. So the researcher calculated the size of the effect In case Wilcoxon Test Wilcoxon Test As referred to by a letter (2009 .686), where the value of the volume of influence Program Guiding in Developing the dimensions of psychological empowerment (0.895 :0.898 :0.901 :0.890 .0.886) and its total grade in order as shown in the previous table (9), These are values that indicate the size of influence big .Which confirms the effectiveness of the Positive psychological counseling Including the activities and trainings in Psychological Empowerment Development in members of the experimental group. This confirms the validity of the first hypothesis of the current study..

This result is consistent with the results of some studies and research that dealt with programs for the development of psychological empowerment and showed the effectiveness of these programs, including the studies of: Asran (2018), El-Sherbiny (2021), Mohammed (2023), Aliwa et al. (2024).

This result can be explained within the framework of the efficiency of program The positive psychological counseling used in the study to provide the psychological and social support needed by battered women, including its content that helps these women to realize the real and essential meaning of their lives, as well as a sense of their influence in their society, and a sense of their ability to work and produce, which supports their family role and increases their psychological hardness, as well as focusing on their ability to make fateful decisions within family life, which contributed to training the participants to take responsibility towards themselves, the family and those around them.

This result can also be attributed to the focus of the positive psychological counseling program to provide the participants from the experimental group, as well as the development of positive aspects and development energies from what was presented in the counseling sessions, and what was done in homework, which made them disciplined in attending the counseling program sessions and participating effectively in them.

In addition, the effectiveness of the counseling program in developing psychological empowerment among the members of the experimental group can be explained in light of the need of battered women for psychological counseling and helping them to satisfy their needs and achieve proper growth, as well as helping them to feel the importance of their role and tasks in their families and self-realization.

This result can also be attributed to the value of the positive psychological counseling program with its sessions directed to battered women, as it made them feel that their behavior is influential in their lives, and that they are able to make a difference in their work within the family, and as psychological empowerment expresses the individual's beliefs about his abilities to do a task well, his sense of self-determination, and autonomy in influencing the outcomes. Empowerment is a way to encourage individuals to make decisions and enrich experience in the work they do.

2. Results of the second hypothesis:

The second hypothesis states that **"there are statistically significant differences between the average scores of the experimental group members and the average scores of the control group members in the dimensional measurement on the psychological empowerment scale in favor of the experimental group members."**

To verify the validity of this hypothesis, the nonparametric Mann - Whitney test was used to calculate the significance of the differences between two independent groups, as shown in Table (10):

Table No. (10) The results of the Mann Whitney test for the significance of the differences between the average scores of the members of the experimental and control groups in the dimensional measurement in psychological empowerment.

Study variable		The Collection	nun	Average ranks	Total ranks	Minimum "U" value	Value "Z"	Level of statistical significance	Impact size
Psychological empowerment	Meaning	Experimental	11	17	187	zero	- 4.070	function	0.867
		Adjuster	11	6	66				
	Impact	Experimental	11	17	187	zero	- 4.039	function	0.861
		Adjuster	11	6	66				
	Self-efficacy	Experimental	11	17	187	zero	- 4.102	function	0.874
		Adjuster	11	6	66				
	Self-determination	Experimental	11	17	187	zero	- 4.185	function	0.892
		Adjuster	11	6	66				
	Total Grade	Experimental	11	17	187	zero	- 4.008	function	0.854
		Adjuster	11	6	66				

* **Tabular** value of "U" at (0.01) = 25, and at (0.05) = 34 for the indication of one side.

It is clear from Table (10) that there are significant differences between the grades of the experimental group members, and the ranks of the scores of the control group members in the dimensional measurement in psychological empowerment in favor of the experimental group members, as the calculated value of "U" is statistically significant at two levels (0.01, 0.05), which indicates the effectiveness of the positive psychological counseling program in Developing psychological empowerment in its dimensions and total degree among the members of the experimental group, and this did not happen with the members of the control group who were not exposed to the counseling program.

The effect size was also calculated in the case of the Mann - Whitney Test as indicated by Khattab (2009, 680-682); 867;0.861;0.874;0.892, 0.854) and its total degree in order as shown in Table (10) previous, which are values indicating the size of the large effect, which indicates the improvement of the performance of the members of the experimental group, which confirms the effectiveness of the positive psychological counseling program, including the activities and training included among the participants from the experimental group members. This confirms the validity of the second hypothesis of the present study.

This result is consistent with the results of the studies of: Asran (2018), Al-Shaboul (2020), Al-Tarawneh (2022), and Al-Laithy (2023), which indicated an improvement in psychological empowerment among the experimental group members.

This result can be attributed to the inclusion of the program on a sufficient number of sessions and the allocation of the researcher a sufficient period of time for each session, in addition to the continuous constructive evaluation throughout the training sessions, and the calendar that was made at the end of each session, and the calendar that was made at the end of the group of sessions, the aim of which is to determine the extent to which the participants benefit from the training of the program, and identify strengths to support them, as well as identify weaknesses and focus on them and make the maximum effort to mitigate them.

This result can also be explained within the framework of the skills provided by the current program to the members of the experimental group that helped them learn how to use their skills to influence life events so that they become more controllable, controlled and proficient, as training for the program sessions increased their social skills, and they have the ability to make a difference in their lives, enabling them to employ resources and skills more efficiently to achieve social and personal goals.

The success in the program among the experimental group members compared to the control group is also attributed to the multiplicity of techniques used in the counseling program, the most important of which are: dialogue, discussion, positive reinforcement, positive participation, hope, optimism, feedback, and homework.

In combination with all the aforementioned factors, the result was the effectiveness of the positive psychological counseling program in developing psychological empowerment among the members of the experimental group without the control group of participants.

3. Results of the third hypothesis:

The third hypothesis states that **"there are no statistically significant differences between the average scores of the experimental group members in the dimensional and tracer measurements (after about a month and a half of the telemetry) on the psychological empowerment scale."**

To verify the validity of this hypothesis, the Wilcoxon Test was used to calculate the significance of the differences between two related groups, as shown in Table (11):

Table No. (11) Significance of the differences between the average grades of the experimental group members in the dimensional measurement and the average ranks of their scores in the tracer measurement in psychological empowerment.

Study variable		Differences	nun	medium Level	sum Level	Value "T" Minor	Value "Z"	Level of statistical significance
Psychological empowerment	Meaning	Negative ranks	1	1.50	1.50	1.50	zero	Non-function
		Positive ranks	1	1.50	1.50			
		Neutral	9					
		Total	11					
	Impact	Negative ranks	2	2.50	5	1	- 1.089	Non-function
		Positive ranks	1	1	1			
		Neutral	8					
		Total	11					
	Self-etticacy	Negative ranks	1	1	1	1	- 0.447	Non-function
		Positive ranks	1	2	2			
		Neutral	9					
		Total	11					

Self-determination	Negative ranks	zero	zero	zero	zero	- 1.342	Non-function
	Positive ranks	2	1.50	3			
	Neutral	9					
	Total	11					
Total Grade	Negative ranks	2	3.50	7	7	- 0.750	Non-function
	Positive ranks	4	3.50	14			
	Neutral	5					
	Total	11					

* Tabular value of "T" (n=2, 3) at (0.01) = zero, at (0.05) = zero; (n=6) at (0.01) = zero, and at (0.05) = 1;

It is clear from Table (11) that there are no significant differences between the average grades of the experimental group members in psychological empowerment in its dimensions and its total degree in the dimensional and tracking measurements, as the minimum "T" value "calculated" is not statistically significant at two levels (0.01, 0.05), which confirms the continued effectiveness of the Positive psychological counseling used in the development of psychological empowerment among members of the experimental group and the survival of its impact during the follow-up period.

This result is consistent with the results of the studies of: Al-Ahmad (2017), Al-Qatawneh (2018), Al-Kuraya and Oraibat (2022), and Farraj (2023), whose results indicated the continued effectiveness of intervention programs in developing psychological empowerment among members of the experimental group and its impact during the follow-up period.

The continued development of psychological empowerment among the participants from the experimental group can be explained in light of the activities and techniques included in the counseling program, as the current program has provided during its sessions a knowledge environment closer to reality, which led to the enrichment of empowerment among the battered women participants, in addition to the sincere desire and demand of battered women to participate in the program sessions voluntarily and their desire to learn psychological empowerment skills.

This result can also be attributed to the continuation of the positive impact of psychological counseling and the absence of a relapse during the follow-up period, which lasted a month and a half, to the positive interaction between the researcher and the participants from the experimental group, by providing the appropriate environment and climate to establish the counseling relationship that prevailed in trust, tranquility, respect and appreciation during the counseling program, which contributed to spreading the spirit of familiarity and positivity in teamwork. This will have contributed significantly to the continued impact during the follow-up period.

This result can also be explained by the continued impact of the counseling program to homework and the participants' interest in their work and their accustomed to such duties, such as homework by assigning the participants from the experimental group members to prepare and write the most important things that can cause them comfort and psychological tranquility in life and discuss them, which accustomed them to positive actions related to the program even after the end of the post-application, but this habit continued until the follow-up application, which may indicate the continued

effectiveness of the counseling program in bringing about a clear transformation. It is tangible in the lifestyle of the participants from the experimental group and their real impact on the program during the follow-up period.

In addition to the above, the result of this hypothesis, which stipulated the continued effectiveness of the counseling program in the development of psychological empowerment, can be explained in the light of theories of flexibility of human behavior and its ability to change and modification, despite the relative stability of behavior, it is characterized by growth and change and modification, and this is the theoretical basis from which psychological counseling programs are launched, to which the current study program belongs within the framework of the positive trend, and based on the foregoing, the development of psychological empowerment among members of the experimental group of women Battered women are expected.

In view of all of the above, the result was the continued effectiveness of the counseling program based on some positive psychology techniques in developing psychological empowerment among a sample of battered women, and this is what she explained Measurement results Tracer Comparison to measurement Dimension of the absence of statistically significant differences between the scores of individuals Experimental Group of battered women in the dimensional and tracking measurements.

Finally, it is clear from the analysis of the results of this study that there is effectiveness of the positive psychological counseling program that has been built, and its application in the current study in developing psychological empowerment in its total degree and sub-dimensions among members of the experimental group of battered women. Figure 1 illustrates this.

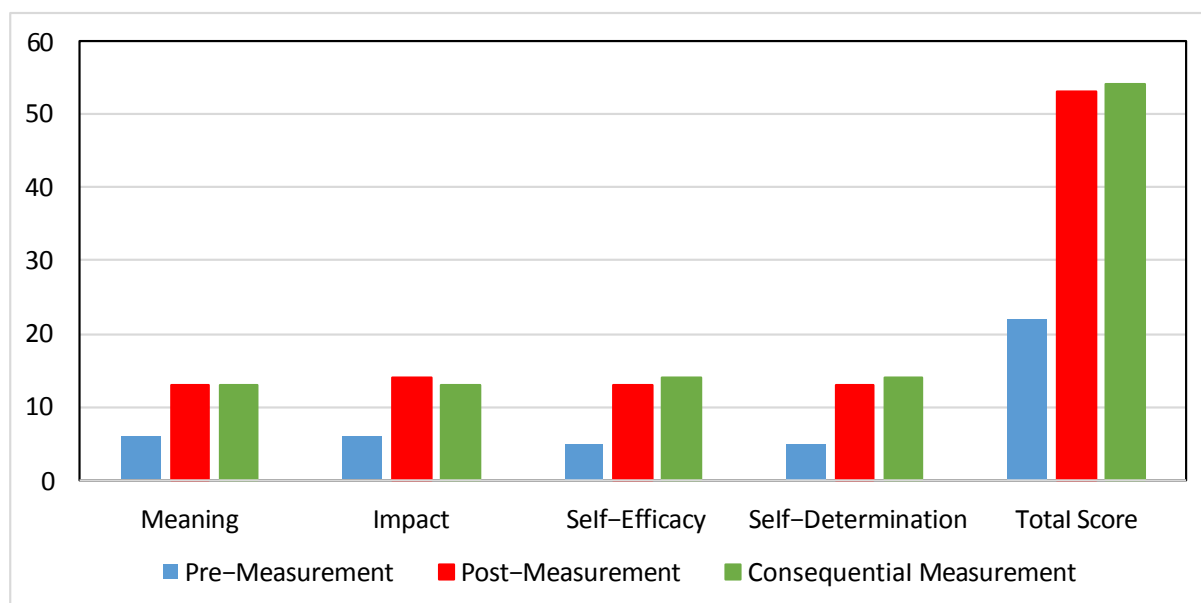


Figure (1) Comparison between the averages of the total psychological empowerment scores and each of its dimensions among the experimental group members on pre- and post-measurements and follow-up

Figure (1) shows a comparison between the degrees of psychological empowerment and each of its dimensions among the members of the experimental group on the measurements: pre, post and tracking, where it is noted that the positive psychological counseling program contributed to raising the degrees of psychological empowerment among the members of the experimental group in each of its dimensions.

In light of the results of this study, a set of recommendations can be made, perhaps the most important of which are: the application of other positive psychological counseling programs on battered women to avoid the negative effects of violence on their mental health, as well as the preparation of counseling programs that focus on the strategies that must be followed in order to reduce the

manifestations of violence among battered women, and finally providing counseling programs and activating courses, and training meetings to enhance the level of psychological empowerment and its importance among abused women effectively.

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The Holy Quran.

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