

# The Effect of the Integrative Interaction Style on Life Satisfaction among Widows

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## Abstract

The current study aims to know the integrative interaction style and its effect on life satisfaction among widowed women, determine the effectiveness of the integrative interaction style in developing life satisfaction among widows. The research community was widowed women teachers in the General Directorate of Education in Basra. 40 widows sample was selected randomly distributed by 20 experimental group and 20 control group. 100 widows sample for statistical analysis, and 12 sessions the number of counseling sessions. The researcher relied on the Mahmoud (2020) life satisfaction scale consisting of (28) paragraphs, and five alternatives, they were applies to me a lot, always applies to me, sometimes applies to me, rarely applies to me, never applies to me. It was presented to 16 experts and all of its paragraphs were acceptable. The stability of the scale was achieved by the test-retest method with a correlation coefficient of 0.991. The results showed that there is no statistically significant difference between the effectiveness of the integrated interaction guidance program in creating satisfaction with the lives of widowed women during the follow-up period. The integrated interaction method has an effective impact on developing life satisfaction among the study sample. This result is evident from the differences in the results of the pre- and post-test of the experimental group.

**Keywords:** Integrative interaction, life satisfaction.

## 1. Introduction

Life satisfaction is an important factor in an individual's psychological adjustment and acceptance of life events and situations, so a low level of satisfaction indicates psychological maladjustment and stress during life's pressures. It is the way people express their feelings and emotions and how they feel about their future directions and choices. It is a measure of well-being assessed in terms of mood, satisfaction with relationships, achieved goals, self-concepts, and perceived self-ability to deal with daily life. Life satisfaction involves a favorable and favorable approach to a person's life rather than an evaluation of current feelings. Life satisfaction is measured according to economic status, education level, experiences, and many other topics.

### Research Problem:

The effect of the integrative interaction style on life satisfaction among widows: Widows in Iraq are among the most vulnerable groups and Iraqi society has become less inclined to accept the work and independence of these women. In recent years, change has occurred, but it is very slow and job opportunities are few. Before the widow adapts as a breadwinner for the family and adapts to her new role, poverty has exhausted them and they have drowned in its clutches. She becomes the breadwinner for the family, and her children have drowned in the clutches of poverty. On this basis, and since families supported by women are in dire need of support from society at all levels (economic, social, moral and psychological), and most importantly, government support from the Iraqi government, the category of widowed women expects the government in the first place to provide an amount of money as a monthly salary to cover what she spends on her needs and the daily needs of her children because widowhood usually results in a change in the social and economic roles of women in the family and society, in addition to changing the structure of the family. The impact of widowhood varies according to the environment, cultures and religions. Women's bodies and physical health can also affect their identity and movement. Widowhood also has an impact on women's ability to obtain the most basic and necessary necessities of life for their survival, as well as its impact on obtaining their rights to inheritance, land and property belonging to their husbands and its broader impact on the view of society as a whole (Al-Ani and Al-Qaisi, 2022).

She may suffer from a difficult life that requires continuing the journey of life from livelihood and spending on family members. The Iraqi widowed woman participates in work to save her family from the negatives of life, and she needs help from the state and society.

The problem of the current research is embodied in the following questions:

- Is there an integrated interaction among widowed women?
- Is there satisfaction with life for widowed women?

The importance of the research: Researchers in the fields of psychology and mental health have been interested in the concept of life satisfaction and its relationship to positive thinking, which includes within it the individual's feeling of happiness and enjoyment of the life he lives, and thus his enjoyment of a high degree of mental health and well-being. The World Health Organization describes life satisfaction as "an individual's beliefs about his position in life, his goals, expectations, standards and interests in light of the cultural context and value system in the society in which he lives." It is a broad concept that is affected in a complex way by the individual's physical health, his psychological state, his independence, his social relationships and his relationship with all components of the environment in which he lives (Al-Bashar and Al-Hamidi, 2019).

Life satisfaction among individuals is a fundamental factor in their compatibility and acceptance. Life satisfaction among individuals is a fundamental factor in different life events and situations. Low levels of satisfaction generate psychological balance and success in facing life pressures. Some studies in the Arab and foreign environment confirm that problems of poor compatibility

and a sense of dissatisfaction with life are common psychological problems among a large percentage of individuals. Feeling dissatisfaction with life is a major problem for them, such as social isolation and distancing from members of society. As long as life satisfaction is the individual's acceptance of himself towards the lifestyle he lives, the vital dimension surrounding him, and he is compatible with himself and those around him, feels his value, and is able to adapt to the problems he faces that affect his happiness and is convinced of the nature of his life and what is in it (Radwan, 2021).

The loss of a husband is one of the problems that represent a serious threat, especially for Iraqi women; because it leaves behind a great impact of emptiness and social, material, psychological and health disorder, whether on her family or the family of the deceased, so that each of them finds himself under social circumstances governed by prevailing societal customs and traditions represented in the negative view of society towards women, and persecution, discrimination and exploitation by the society surrounding her. Elias (Elias) in his research on the effect of watching a problem-solving video activity on the behavior of socially disturbed women, and I note that during a program that lasted for five weeks, women who participated in video discussions showed a decrease in social isolation and an increase in integration with others, as well as an increase in self-control, an improvement in the ability to delay gratification and a decrease in emotional attachment, and a decrease in personal problems in general. These results indicate that symbolic modeling, as observed through problem-solving videotapes, was effective in improving social skills in women ((Bradly, el at, 2019. The individual himself may be the source of life satisfaction regardless of the importance he gives to one source over another, as he is the one who gives things their weight and value from his own perspective and not from other sources, and the social environment is an important indicator of life satisfaction, including the support of family, friends and relatives, and a person's ability to understand and evaluate situations and evaluate his feelings and the feelings of others is linked to a positive mood, all of which build feelings of acceptance, comfort and life satisfaction. (Escoda & Alegre, 2016).

Life satisfaction is one of the components of psychological well-being (being Subjective-well), which includes individuals' satisfaction with the circumstances and environment in which they live at the present time, in addition to the readiness to change and modify their lives and satisfaction with their future expectations and the nature of their relationships with others in their lives (Onder, 2017).

Here lies the importance of the research, as the researcher decided to reveal the most important social problems facing widowed women, as they represent the nucleus of society and the basis of its growth and development through preparing and raising generations. The importance of the research is embodied in the following:

1. Providing material and moral support and assistance to them and enabling them to confront their problems or difficulties they face in their lives.
2. Shedding light on an important segment of society that needs various and diverse programs that provide them with self-reliance and develop life satisfaction.

3. Directing the attention of officials at the Ministry of Labor and Social Security towards caring for widows.
4. The current study has importance in what we propose as recommendations for workers in the field of psychological and family counseling and social researchers in the courts.
5. The current research is a scientific reference for postgraduate students in the field of psychological counseling and educational guidance.

**Research objectives:** The current research aims to: The effect of the integrated interaction method on life satisfaction among widowed women. Determine the effectiveness of the integrated interaction method in developing life satisfaction among widows.

**Research hypotheses:** Implementing the integrated interaction program develops life satisfaction over time among widows. There is a difference between the effectiveness of the integrated interaction guidance program on life satisfaction among women and widows.

**Research limits:** The current research is limited to widowed women teachers in Basra Governorate / Republic of Iraq for the year 2023-2024.

**Defining terms:** In order to reach a more accurate knowledge of the content of this research, the researcher found it necessary to define the following terms:

**First. Method:** It was defined by:

-Vernon (1973): Vernon (1973) as: A cognitive activity in which individual differences appear in the way mental abilities work (Vernon, 1973).

-Sadiq and Hamoud (2023): An organized plan in light of scientific foundations to provide direct and indirect guidance services individually or socially to everyone included in the institution in order to help them achieve healthy growth and psychological, social and professional compatibility (Sadiq and Hamoud, 2023).

- Theoretical definition of method: The method adopted by the researcher in light of scientific foundations that help him reach a study of what the research includes.

**Second: Integrative interaction:** It was defined by:

- Berne (1961): A formula for individual and group psychotherapy that focuses on interaction and games and on analyzing social relationships by transferring ego states between roles (father-child-adult). (Patterson, 1990).

- Al-Ezza and Abdul Hadi, (1999): It is the natural state that should prevail in interactions between people, which is a continuous, harmonious, soft, gentle and calm interaction (Al-Ezza and Abdul Hadi, 1999, p. 64).

- Abu Asaad and Arabiyat (2013): A response from the ego state to which the message was directed and is returned to the same ego state that sent the message, such as a message from the adult ego to the adult ego of the other individual. (Abu Asaad and Arabiyat, 2013).

The researcher's theoretical definition (Integrative interaction): The researcher relied on Berne's definition (1961).

- Practical definition: In this study, the integrative interaction is used in life satisfaction during (12) sessions according to the study plan, the session duration is (90) minutes and based on Berne's theory.

Third: Life satisfaction. It was defined by:

- Tumer (2017): as one of the models of practice in the social service profession, which is used by social workers that aims to improve the level and quality of life for clients through social compatibility between individuals and their environments (Turner, 2017).

- Mahmoud (2020): A general assessment of the quality of life of a widowed woman according to the criteria of happiness, the ability to establish social relationships, her feeling of reassurance, and the woman's sense of stability and social appreciation from the surrounding environment (Mahmoud, 2020).

- The theoretical definition of the researcher (life satisfaction): A general assessment of the quality of life of a divorced and widowed woman according to the criteria of happiness, the ability to establish social relationships, her feeling of reassurance, and the woman's sense of stability and social appreciation from the surrounding environment.

Practical definition. Life satisfaction: Life satisfaction in the current study is determined procedurally through the scores obtained by the individuals in the basic study sample on the (Life Satisfaction Scale) designed and used in the study.

Fourth: The widowed woman: It was defined by:

- Al-Rashid (2019): The woman who lost her life partner due to death, and the resulting exposure to many psychological disorders, including social isolation and psychological loneliness (Al-Rashid, 2019).

- Elias (2020): The woman whose husband died and she has not married yet, and it is said that someone is widowed if he runs out of provisions and becomes poor, and the woman is widowed if her husband dies (Elias, 2020).

- Al-Dasouki (2021): The woman who takes care of her family alone (as a result of the death of her husband) who contributes greatly to her family's expenses (Al-Dasouki, 2021).

The theoretical definition of the researcher (the widowed woman): It is the one whose husband died due to his illness or martyrdom in war, which results in a change in the social role of the wife, so she bears an additional burden to the responsibility that the husband carried before his death, whether it was the economic responsibility or the responsibility of raising and educating the children and solving the problems that the family and children suffer from.

## 2. Theoretical Framework:

Life Satisfaction: Since the mid-twentieth century, life has witnessed a comprehensive and profound change that depended on a revolution in three basic areas: industry, information and communications. These changes have brought about changes in the lives of individuals and groups in social, cultural and economic health systems, which have left an impact on the family and society. The concept of life satisfaction is one of the psychological concepts that has received increased attention from researchers in the field of psychology, mental health, psychological counseling and educational guidance, as they consider life satisfaction an important indicator of the basic indicators of adaptation and sound mental health, which gives meaning to happiness, life satisfaction, tranquility and psychological stability for the individual. Despite the fact that women enjoy in the current era of luxury and comfort, and what modern technology provides them with in terms of comfort and enjoyment and what it has achieved in terms of science and progress, they are exposed to many problems and heavy pressures that cause them a lot of inconvenience and discomfort, and may even afflict them with many physical and psychological diseases and dissipate their feelings of comfort, security, stability and happiness. In their daily lives, women are exposed to many problems and pressures due to the obstacles and impediments that modern life carries that prevent them from satisfying their needs (Jabal, 2015). Satisfaction with life refers to "the individual's acceptance of himself towards the lifestyle he lives in the vital field surrounding him and is compatible with himself and those around him and feels his value and is able to adapt to the problems he faces that affect his happiness and is satisfied with his life and what is in it" (Tuffaha, 2009).

The feeling of dissatisfaction with life has an impact on the individual's personality, adaptation and relationship within the social sphere in which he lives, and this is an impact that should not be overlooked or ignored if the individual is to live a stable life (Bassiouni, 2011).

The essence of man is represented in the depth and richness of nature and in it are the latent human potential and inherent energy, which embodies human nature and gives man meaning to his existence and a purpose for his life in it. (Mahmoud, 2020) refers to the interpretation of what happens to women after widowhood from anxiety as a result of:

1. Everything she perceives about herself and others and about her world and her relationship with this world in her own way and the experience or expertise is sensory inputs that she interprets and evaluates and the group of these feelings and judgments is what is called perception. If the perception is accurate, the emotion and behavior are appropriate and if the perception is not accurate, the emotions and behavior are inappropriate.
2. Women's behavior is the result of their thoughts, as thoughts determine the content of perception and perception and what it includes of contents arouses a certain type of feelings that form the motives leading to the final behavior.
3. Women's lives are not directed by subconscious forces.
4. The goals that women set for themselves affect their lifestyle, as women develop the lifestyle that they believe will lead them to their goals.

5. Every human being is creative and innovative by nature, and has the strength and courage to struggle and for efficiency and a sense of perfection. Therefore, women try to be innovative to feel satisfied with their lives and achieve a better level of adaptation and compatibility with new variables after divorce or widowhood.

6. The focus is on the thoughts, emotions and expressed motives, and women's behavior does not assume the existence of any subconscious component, but rather thoughts and feelings are what form the fixed truth.

7. Disturbance of thoughts appears as a result of the mind containing false meanings or as a result of a general cognitive deficiency, and modifying thoughts depends on the extent to which they are rooted in the mind.

Theories that explained life satisfaction:

- Adaptation or habituation theory: Depending on his personality, nature and reactions, the impact of new events varies from one individual to another, but as a result of habituation and adaptation, the feeling that a person develops towards events, whether negative or positive, decreases and declines as a result of adaptation (Argyle, 1993; Al-Ash, 2002; Shaqoura, 2012).

The summary of this theory is in the hypothesis that individuals behave differently towards events depending on their personality type, and the new responses that they experience in their lives, and their actions and goals in life, but as a result of habituation and adaptation to events and over time, they return to the basic point they were at before the events occurred, and different individuals do not adapt in the same way or absolutely to the events and circumstances surrounding them (Diener & Rahtz, 2000).

- Cognitive theory: The cognitive trend began to appear around 1911 AD when both Alfred Adler and Sigmund Freud took a different path and fundamental differences escalated between them. Adler began to develop a set of concepts called (individual psychology), after he disagreed with Freud in dividing the personality into sections and assuming the conflict between the ego and the superego. Adler viewed the human personality as a unified whole and not in conflict with itself. The conflicts within people are not within themselves but with the world around them and result from antisocial or distorted thinking. Adler's ideas settled in the twenties and thirties of this last century, where they were widely accepted in many parts of Europe. These ideas also had some followers in the United States. Then interest in this trend began to decline after Adler's death in 1937, but this situation changed in an increasing way again, as the fifties of this century witnessed writings that contributed to varying degrees to the essence and foundations of the cognitive trend in the synonym for the approach called rational or logical psychiatry. From the sixties until the present time, many have appeared The writings that contributed to attempts to develop the methods of the trend and set its details, limits and techniques for its treatments, the most famous of which are the writings of William Glasser on the reality of psychotherapy, the writings of Albert Ellis, and also Goldstein. These writings played a prominent role in laying the theoretical foundations for the trend that was interested in penetrating the objective world (Lesser & Cooper, 2011). The interpretation of the cognitive trend of human behavior is more complex than the behavioral trend because it emphasizes mental processes such as attention, memory and

problem solving as important determinants as possible causes of behavior. According to the cognitive trend, in order to understand disturbed human behavior, it is necessary to understand the content of the individual's thinking. The cognitive trend in the service of the individual sees that the problem of the client lies in the wrong meanings that the mind possesses or the disturbed mind that burns meanings and facts. After that, the writings that focused on the cognitive theory or the cognitive theory or the mental theory increased, as these synonyms were mentioned to name this trend. The cognitive theory established a prominent position in social service during the eighties, mainly through the work of Jules Stein in the period between (1981-1984), he sought to include more human ideas in the theory that sees that perceptions and the way they are processed differ logically and that the only truth is what can be perceived and understood (Ahmed, 2007).

Clark and Beck reported that fear is the cognitive process behind all anxiety disorders, and anxiety is acquired through the individual's interaction with the environment, and this acquisition process may occur outside of awareness and with irrational thoughts, and what plays a major role in the occurrence of anxiety are cognitive processes such as expectations, interpretations, and beliefs, as he believes that behavioral techniques are effective because they lead to directional and cognitive changes in those with anxiety (Beck & Clark, 2010). The cognitive theory turned in its interpretation of problems to the human mind and as a primary source of these problems. The roots of the cognitive theory sprouted in the early twentieth century when the idea of the value of the human mind and the importance of its innate integration, which is threatened by the pressures and problems of life, emerged. The beginning was in the works of Adler, who coined the term individual psychology and endowed the *Journal of the Future of Social Sciences*, Issue 335, July 2020. Man is endowed with mental, spiritual and psychological energies capable of challenging and innovating when feeling deficient. Man's compensatory behavior is the truth that distinguishes him from the animal world, as this man enjoys both the powers of reason and feeling (Joan & Marlene, 2008).

Studies that explained life satisfaction:

-Dradka study (2019): Exploring the relationship between perfectionism and social self-efficacy and satisfaction with social life. The sample consisted of (421) male and female students from the Northern Border University. The results showed that there was an average level of perfectionism, and a high level of both social self-efficacy and satisfaction with social life. It also indicated that there were statistically significant differences in the trait of perfectionism in favor of females, and that there were no differences in the level of social self-efficacy and satisfaction with social life attributed to gender. The results also indicated a negative relationship between perfectionism, social self-efficacy, and the general level of satisfaction with social life. The percentage of explained variance reached (24.9%) for the level of perfectionism in social self-efficacy, and (22%) for the level of perfectionism in satisfaction with social life (Dradka, 2019).

- Al-Momani and Sawalha study (2019): The ability of psychosocial adjustment to predict levels of life satisfaction among university students. The sample was (317) male and female students. The results showed that psychological and social compatibility was a statistically significant

predictor of high degree of satisfaction for university students. The study also showed differences in the level of predictive ability of compatibility strategies with life satisfaction attributed to the assessment and in favor of students with a very good academic assessment, while there were no differences attributed to gender and academic level (Al-Momani and Sawalha, 2019).

-Mahmoud's study: (2020): The relationship between life satisfaction and social anxiety for women, a comparative study between widows and divorcees. The study aimed to determine the relationship between satisfaction with the standard of living and social anxiety for widows and divorcees, and to test the differences between widows and divorcees on the scales of life satisfaction and social anxiety. A sample of (280 widows) and (280) divorcees was selected. The study concluded in its results that there is a statistically significant inverse relationship between the average scores of life satisfaction and social anxiety among widows and divorcees. The study concluded that there are no significant differences between the average scores of widows and divorcees on the life satisfaction and social anxiety scales (Mahmoud, 2020).

Research Methodology and Procedures: In this study, the researcher used the experimental method that studies the current phenomenon with the introduction of changes in one of the factors, and monitored the results of this variable, with the aim of identifying life satisfaction among widowed women,

Experimental Design: At this stage, widows in the experimental group received (12) group counseling sessions using the integrative interaction method, and the control group did not receive (Table 1). After completing the program, a post-test was conducted for the two groups, and a month after the post-test, the postponed test (follow-up) was conducted for the two groups.

Table (1) The counseling program, the integrative interaction method for life satisfaction, counseling sessions and their topics, life satisfaction.

Orientation Session	Session Topic
First Opening Session	Introduction session, beginning of the program and preparation
Second Session	Self-confidence.
Third Session	Social compatibility
Fourth Session	Self-monitoring
Fifth Session	Sense of responsibility
Sixth Session	Respect for the opinions and ideas of others
Seventh Session	Self-criticism
Eighth Session	Effectiveness of conscience
Ninth Session	Willpower
Tenth Session	Decision-making
Eleventh Session	Emotional stability
Session Twelve	Closing the Program

The research community consists of widows of all primary schools in the General Directorate of Education of Basra Governorate / Center Department / for the academic year (2023-2024), numbering (445) \* distributed over (6) sectors according to the center of the Statistics Division of Basra Education, (Table 2).

Table (2) The research community distributed according to the sector Basra Center.

No.	Sector	Widows No.
1	Al-Ashar	51
2	Basra	72
3	Al-Makel	76
4	Al-Jamhoria	57
5	Al-Hussian	99
6	Al-Qebila	90
Total		445

Research samples: It is a part or segment of the community that includes the characteristics of the original community whose characteristics we want to determine, and this sample must be a correct representation of all members of this community (Al-Zuhairi 2017). (Table 3).

Table (3) Samples used in the current research.

No.	Samples used	People No.
1	Exploratory study sample	10
2	Statistical analysis sample	100
3	Experimental sample	40
4	Stability sample	20
Total		170

- Exploratory sample: The exploratory sample was chosen with the aim of knowing the clarity of the paragraphs and the degree of understanding the instructions of the two scales and determining the time taken to answer, and it will be mentioned in the application of the paragraphs of the two scales on a representative and appropriate sample of the community, and their number was (10) widows from the Al-Hussein neighborhood sector.

- Statistical analysis sample: The sample capacity and size is the preferred framework in the statistical analysis process, meaning that the larger the sample size, the less likely there is a standard error. (Ebell, 1972), and for the purpose of conducting the statistical analysis of the life satisfaction scale, the researcher chose a sample of (100) widows from primary school teachers in the Basra Education Center, and this was done by extracting the percentage of the required number of widows based on the number of widows in each sector on the total number of widows multiplied by the number of the required sample. The purpose of using this sample is to find statistical indicators as well as validity and reliability of the two scales (Table 4).

Table (4) Statistical analysis sample distributed according to the sector.

No.	Sector	Widows No.
1	Al-Ashar	11
2	Basra	16
3	Al-Makel	17
4	Al-Jamhoria	13
5	Al-Hussian	22
6	Al-Qebila	21
Total		100

Guidance program application sample: The test was applied to the social isolation and life satisfaction scales on (60) widows, who were randomly selected according to their sector. After conducting the test and correcting the questionnaires, they were arranged in descending order and identifying the questionnaires that were higher than the hypothetical mean of life satisfaction

of (84). (60) questionnaires were drawn randomly as an experimental group and a control group with (20) widows for each group.

Research Instruments: In this research, the following tools are used to measure the required variables. In order to achieve the objectives of the current research, the (Mahmoud 2020) life satisfaction scale was adopted and the guidance program was built.

- Life satisfaction scale: The researcher relied on the (Mahmoud, 2020) life satisfaction scale. In order to achieve the objectives of the current research, the guidance program was built. Consisting of (28) paragraphs, noting that the alternatives to answer the paragraphs are (applies to me a lot, always applies to me, sometimes applies to me, rarely applies to me, never applies to me). When correcting, it is given (1,2,3,4,5) for the positive paragraphs and (1-5) for the negative paragraphs.

Statistical analysis of scale items: Statistical analysis is of great importance in the stability of the accuracy of research results in all disciplines, and there is no scientific study that is devoid of the contents of statistical analysis. The goal of statistical analysis of items is to preserve good items that are characterized by accuracy in measuring what they were designed for (Ebell, 1972), so the item that has the power of discrimination must be kept, because it is able to distinguish between responses with high and low scores, while the item that does not have the power of discrimination is in a sense useless, so it must be deleted from the scale in its final form. Tyler (1989). The statistical properties of the life satisfaction scale were verified as follows: Finding the discriminating power of the paragraphs: From (100) widows, and after applying the scale to the sample and correcting the answers, the answers were arranged in descending order, then the two extreme groups, the upper and lower, were determined at a rate of (27%) in each group (27) widows. After applying the t-test for two independent samples to determine the significance of the differences between the two extreme groups in the scores of each paragraph of the scale, it appeared that all paragraphs were distinctive at a significance level of (0.05), because the calculated t-values are greater than the tabular t-value with a degree of freedom of (52) and the degree of the tabular value equals (2.01), (Table 5).

Table (5) Discriminatory power of the paragraphs of the life satisfaction scale.

No.	Upper group		Lower group		T- value	Sig.
	Mean	SD	Mean	SD		
1	4.1220	1.09989	2.5122	1.26732	6.143	Significant
2	3.9756	1.03653	2.1463	1.03829	7.984	Significant
3	3.9512	1.09433	2.2683	1.04939	7.107	Significant
4	4.0000	1.07238	2.3902	1.18064	6.463	Significant
5	3.9024	1.09098	2.2927	1.00608	6.945	Significant
6	4.1220	1.05345	2.1951	0.98029	8.574	Significant
7	4.1707	1.11585	2.1220	1.05345	8.549	Significant
8	4.1463	1.01393	2.1220	0.97967	9.194	Significant
9	4.1463	0.82344	2.1707	1.07010	9.369	Significant
10	4.0000	1.00000	2.1707	1.02231	8.190	Significant
11	4.3171	0.93378	1.9512	1.02350	10.934	Significant
12	4.0976	1.11366	1.9024	1.01992	9.308	Significant
13	3.9512	1.04765	1.9512	0.92063	9.182	Significant
14	3.9756	1.12889	2.3171	0.98588	7.086	Significant
15	3.9512	1.22375	2.3171	1.10542	6.345	Significant

16	4.1707	0.99756	2.1220	1.09989	8.835	Significant
17	3.8537	1.03829	2.1463	1.06210	7.360	Significant
18	3.9756	1.15082	1.9756	0.96145	8.540	Significant
19	3.5610	1.16294	2.2927	1.07805	5.121	Significant
20	3.9756	1.12889	2.0244	0.96145	8.426	Significant
21	3.7561	1.22026	2.2927	1.14551	5.599	Significant
22	4.1463	1.13051	2.2439	1.17857	7.459	Significant
23	3.9512	1.02350	2.2439	1.06725	7.393	Significant
24	3.9024	1.09098	2.4146	1.07181	6.229	Significant
25	4.0488	1.07124	2.3171	1.10542	7.203	Significant
26	3.8537	0.96335	2.4146	1.11749	6.245	Significant
27	3.9756	1.03653	2.4878	0.97780	6.686	Significant
28	3.9024	1.04415	2.7317	1.16242	4.798	Significant

\* Tabular t-values with a degree of freedom of (52) at a significance level of (0.05) equal (2.01).

The relationship of the paragraph score to the total score of the scale: It means finding the correlation between the score of each paragraph in the scale and its total score (Nunnally, 1978). To find this, the researcher used Pearson's correlation coefficient between each paragraph and the total score of the questionnaire on the scale. Then, the significance of the correlation coefficient for each paragraph was calculated. It appeared that all of them were statistically significant when compared with the tabular value (0.245) at a significance level of (0.01) and with a degree of freedom of (98) (Table 6).

Table (6) Values of the paragraph correlation coefficient to the total score of the life satisfaction scale.

No.	Correlation coefficient	Sig.	No.	Correlation coefficient	Sig.
1	0.703	Significant	15	0.727	Significant
2	0.783	Significant	16	0.790	Significant
3	0.772	Significant	17	0.761	Significant
4	0.749	Significant	18	0.816	Significant
5	0.731	Significant	19	0.693	Significant
6	0.746	Significant	20	0.772	Significant
7	0.726	Significant	21	0.734	Significant
8	0.736	Significant	22	0.791	Significant
9	0.836	Significant	23	0.796	Significant
10	0.796	Significant	24	0.779	Significant
11	0.789	Significant	25	0.810	Significant
12	0.743	Significant	26	0.717	Significant
13	0.807	Significant	27	0.759	Significant
14	0.793	Significant	28	0.626	Significant

\* The tabular values with a degree of freedom of (98) at a significance level of (0.01) equal (0.245).

Psychometric properties of the life satisfaction scale:

The validity of the scale: Validity is one of the properties that a scale must have, and a valid scale is one that measures the function it intends to measure and does not measure anything else. Melhem (2000), and the researcher verified the validity of the scale through the indicators of apparent validity and construct validity as follows:

1. Outward honesty: Allen and Yen believe that apparent validity is achieved by obtaining an arbitration from a specialist that the scale is appropriate for the concept or characteristic to be measured. Allen & Yen, 1979) The researcher verified the apparent validity of the life satisfaction scale when he presented the questionnaire of the scale paragraphs (Appendix: 3) to (16) arbitrators specialized in psychological counseling, educational psychology, and psychological measurement (Appendix: 4) and took their opinions, the result of which was the acceptance of all paragraphs; Because the difference between the calculated and tabular chi-square values was statistically significant at a significance level of (0.05) with a degree of freedom of (1) (Table 7).

Table (7) Number of arbitrators who agreed and disagreed with the items of the life satisfaction scale, and the value of the chi-square for the significance of the differences between them.

Paragraph	Paragraph No.	Experts No.		chi-square		Sig.
		Agree	Disagree	Cal.	Tab.	
•21 •20 •19 •17 •16 •15 •14 •13 •12 •11 •8 •6 • 5 •3 •2 •1 28 •26 •25 •24 •23 •22	21	16	-	16	3.84	Significant
27 •21 •18 •10 •9 •7 •4	7	14	2	10.286	3.84	Significant

Construct Validity: Construct validity is one of the most important types of validity; because it depends on experimental verification of the extent of conformity and homogeneity in the scale scores that are extracted after correcting and organizing the data (Anastasia, 1988). There are three steps to reveal the construct validity of the scale, which are:

Defining the theoretical framework of the characteristic associated with the scale results.

Deriving hypotheses about the scale results.

Verifying the validity of the hypotheses experimentally (Gronlund, 1979).

The researcher derived from the theoretical framework of the life satisfaction scale a psychological construct that assumes the existence of the following hypotheses:

- The existence of significant differences between the widows' scores on each paragraph of the scale.
- The existence of correlations between the score of each paragraph and the total score of the scale.
- The existence of significant correlations between the score of each paragraph and the total score of the field to which it belongs.
- The existence of saturated paragraphs for each of the three fields of the life satisfaction scale.

The researcher tried to verify the hypotheses as follows:

- Verifying the discriminatory power of the paragraphs through the two-tailed group method using the t-test for two independent samples, and it appeared that all paragraphs were distinct (see Table 13), indicating the existence of differences between the widows sample in the field of life satisfaction.

• The researcher verified the correlation of the score of each paragraph, which amounted to (28) paragraphs, with the total score of the scale, and the correlation of the score of each paragraph with the total score of the field to which it belongs, using Pearson's correlation coefficient, and then calculating the moral significance of the correlation coefficient, and it appeared that all paragraphs were statistically significant.

Scale stability: • Stability refers to the consistency of individuals' scores on a scale if it is applied to the same group and under the same conditions. It is one of the indicators that indicate the accuracy of the scale and the consistency of its items in measuring what should be measured.

• Stability also means that if individuals are tested on a specific scale, their scores will be the same if the same test is applied again under the same conditions. (Al-Jabry and Sabry, 2013)

The researcher verified the stability of his scale in two ways:

Retest-test method: To calculate the stability coefficient in this way, the life satisfaction scale was applied to a sample of (20) widows chosen randomly, as in Table (2), and reapplied to the same widows two weeks after the first application, and according to Pearson's correlation coefficient, it reached (0.991), and this value is a good indicator of the stability of the widows' answers to the current scale over time. The researcher conducted the internal consistency of the life satisfaction scale, using their answers in the first application in calculating the stability by the retest method for the sample size of (20). (Table 8).

Table (8) Arithmetic mean, standard deviation, and correlation coefficient for the test and retest of the life satisfaction scale.

Sample	First test		Second test		Correlation		Sig.
	Mean	SD	Mean	SD	Cal	Tab	
20	96.4000	33.99597	95.7000	32.82345	0.991	0,537	Significant

Cronbach's alpha equation: The researcher verified the stability of the life satisfaction scale using the variance analysis method using Cronbach's alpha equation on the research sample of (100). The Cronbach's alpha coefficient for the life satisfaction scale reached (0.965).

The life satisfaction scale in its final form: The life satisfaction scale in its final form consists of (28) distributed paragraphs, formulated in the style of declarative statements, and in front of each paragraph there are (5) graded alternatives for the answer (applies to me a lot, applies to me always, applies to me sometimes, applies to me rarely, does not apply to me at all) given to it when correcting (1, 2, 3, 4, 5) respectively, and the widow gets the highest score (140) and the lowest score (28), and thus the theoretical mean of the scale is (84), the scale in its final form.

Determining the steps followed by the researcher in implementing the guidance program: After the researcher identified the nature of the current research, which required several tools, namely adopting two scales of social isolation and life satisfaction, and building a guidance program according to the integrated interaction method among widows, and also determined the basic sample for applying the guidance program randomly, after the researcher applied the scale to (100) widows from the Basra Education Center, and the researcher identified the questionnaires

that received less than the hypothetical average, and then the researcher took some procedures and steps to implement the guidance program as follows:

(40) questionnaires were randomly withdrawn from the questionnaires identified by the researcher, whose scores were less than the hypothetical average of (84) degrees of life satisfaction, then distributed to two experimental groups and a control group with (20) widows in each group, then finding equivalence for the two groups, the experimental group was met on Friday 10/13/2023 to get to know them and introduce them to the goals of the guidance program and rights and duties by distributing a contract to the widows.

- The time and place of the counseling sessions were determined, as Saturday of each week was set as the date for the sessions to be held at 9:30 am for the experimental group, and the classroom in the open educational college building was designated for use in the counseling sessions.

- Saturday 12/30/2023 was set as the date for the post-test to measure life satisfaction for the two groups.

- Saturday 1/20/2024 was set as the date for the postponed test (follow-up) to measure life satisfaction for the two groups to determine the effectiveness of the counseling program.

The widows were informed that if a holiday occurred on one of the specified days, the session would be postponed to the following day. In addition, three groups were prepared on the social networking program (WhatsApp), an experimental group and a control group, to follow up and inform the widows of developments.

Hypothesis (1): The counseling program, the integrated interaction style, affects the development of life satisfaction among widowed women. As the results show in Table (9), the interaction between time and group for the life satisfaction variable ( $F = 776/34$  and  $p > 0.001$ ) is significant. In other words, there is a significant difference between the life satisfaction of the self-organized counseling program group, the integrated interaction group, and the control group in the pre-test stages. Thus, the second hypothesis of the research was verified. To determine which of the groups of the self-counseling program, the integrated interaction style, and the control group in the post-test and life satisfaction follow-up performed better, the Ben-Froni follow-up test was used to compare the adjusted groups. Averages (Table 9).

Table (9) Results of comparing the follow-up test with the adjusted averages of life satisfaction after the test and follow-up of the experimental and control groups.

Var.	Stage	Control group	Adjusted means	difference between means	Sig.
life satisfaction	Follow up	Integrative Interaction-Control	80/394-123/160	42/766	0/001
		Integrative Interaction-Experimental	80/893-114/893	34/261	0/001

Hypothesis (2): There is a difference between the effectiveness of the integrated interaction guidance program in life satisfaction among women and widows. As the results appear in Table (9), the difference between the average adjusted life satisfaction scores for the integrated interaction guidance group in the post-test phase is 913/4 - this difference at the level of  $0/263 < p$  is not statistically significant, and this result shows that there is no statistically significant

difference between the self-organized guidance group and the integrated interaction group in creating life satisfaction among widows in the post-test phase. Therefore, hypothesis 2-3 of the research was not verified. Also, the difference between the average adjusted life satisfaction score between the self-guidance group and the integrated interaction group in the follow-up phase is 181/7, and this difference is not statistically significant at the level of  $0/074 < p$ . This result shows that there is no statistically significant difference between the effectiveness of the integrated interaction guidance program in creating satisfaction with the lives of widows during the follow-up period. The results showed that the integrated interaction method has an effective impact on developing life satisfaction among the study sample. This result is evident from the differences in the results of the pre- and post-test of the experimental group. This result indicates that widows have understood the techniques of the guidance method in addition to their understanding of the guidance sessions and dealing with the researcher's instructions seriously and integrating what they learned during the guidance program into their daily lives. This was in line with the integrated interaction method, which confirmed its effectiveness in influencing the sample members because it is the optimal method for developing initiative skills and solving problems derived from communication and self-knowledge, as well as integrated cooperative work in a team. This constitutes a conscious method represented by the exchange of experiences.

### 3. Recommendations:

In light of the results of the current research, the researcher recommends the following: Activating the role of guidance units in education and higher education. Holding guidance seminars in educational institutions to educate women and youth about the importance of integrative interaction, life satisfaction, and organizing their life affairs. The steps that lead to life satisfaction and avoiding social isolation. The guidance program can be applied and benefited from in group guidance for other groups that show weak social interaction and life satisfaction.

### 4. Suggestions:

Conduct a similar study on another sample and apply the guidance program. Conduct a descriptive study on social isolation and its relationship to life satisfaction among widowed women.

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