

The effectiveness of a rational, emotional, behavioral program in modifying the irrational thoughts related to the pressures of life for forced retirees

Ahmed Saad Ahmed El-Nahhas^{a,1,*}

^a Department of Working with Individuals and Families, Faculty of Social Work Helwan University, Egypt

¹ ahmedsaad8773@yahoo.com

* corresponding author

ARTICLE INFO

Article history

Received June 25, 2020

Revised August 10, 2020

Accepted November 13, 2020

Keywords:

retirement

life stress

stresses

irrational thoughts

ABSTRACT

Thinking includes cognitive processes implicit or explicit, or an internal mental perception of events or things, or a mental means by which a person deals with facts, things and events through the cognitive processes that are represented in the use of symbols, concepts and words. Thinking and style are its types, it is the outcome of interaction between several changes, such as an individual's past, past experiences, ability to teach, level of education, level of education and social upbringing, cultural and civilizational factors and the influence of the surrounding environment. Work is one of the important factors that affect the life of a pensioner. Without it, the individual suffers from many social and psychological diseases, such as isolation, depression, anxiety, stress and fear. Work is the basis of respect for the individual and the respect of people for him, and the individual achieves many gratifications through his work, and when he loses it, he is exposed to many frustrated situations related to his inaction. Compulsory retirement is the second of the growth crises experienced by the individual after the crisis of adolescence. Compulsory retirement from work has become one of the most important problems facing them. Here, there are many studies that dealt with adaptation to retirement, which emphasized the importance of preparing for the post-retirement phase so that the individual avoids potential psychological disorders and to achieve a sound psychological and social harmony and a smooth transition to the retirement stage. Irrational thoughts come as a result of false cognitive precipitations in forced retirees, resulting in many socio-psychological problems, such as the problem of family relationships and a tendency to depression. Accordingly, the problem of the study was determined in a question: What is the effectiveness of a professional intervention program within the framework of strategies and methods of rational emotional-emotional-behavioral therapy in modifying the irrational thoughts related to the pressures of life for forced retirees?

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1. Introduction

Thinking includes explicit or implicit cognitive processes or an internal mental perception of events or things, or a mental means by which a person deals with facts, objects and events through cognitive processes that are represented in the use of symbols, concepts and words (Baghurat Nur

al-Din, 2014, 18 p.). Thinking and style are its types, it is the outcome of interaction between several changes, such as an individual's past, past experiences, ability to teach, level of culture, level of education and social upbringing, cultural and civilizational factors and the influence of the surrounding environment (Bghorat Nur al-Din, 2014, 67). Work plays an important role in a person's life, regardless of his type, and the nature of the type of work performed by the individual is one of the most important factors that affect the building and formation of a person's personality. Through work, the individual's personality grows and gives him value and importance, the higher the status of the individual who does this work and the greater the personality Acceptance of others (Ahmad Al-Astal, 2014, 70 p.) Work is of great importance in an individual's life, especially if the individual gets a high position in his job.

The importance of work does not stop at securing a person's material needs, but extends to satisfying many psychological and social needs upon which his mental health is based, including a sense of competence, value, security, reassurance, acceptance and love through the individual's perception of people's appreciation for his work and their approval for his production. Work is what makes a person live a life for her. Meaning, in which he feels respect and self-worth, and finds happiness and social status in it (Azza Abdel-Karim, 1994, 20 p). Some philosophies have been based mainly on the subject of work as the main engine in the formation of the structure of society, then the personal construction of the human being, which is what led "Engels and Marx" to say that work is the maker of man. If work is all this value and importance in the development and maturity of the personality of man, then it is we can expect various types of disturbances, whether it is related to the individual's ability to cope with himself or with others in a state of interruption or the individual's inability to work (Ahmed Al-Astal, 2014, 50 p).

Work is one of the important factors that affect the life of a pensioner. Without it, the individual suffers from many social and psychological diseases, such as isolation, depression, anxiety, stress and fear. Work is the basis of respect for the individual and the respect of people for him, and the individual achieves many gratifications through his work, and when he loses it, he is exposed to many frustrated situations related to his suspension from work (Salwa Othman, 2012, 89 p). Retirement is an important turning point in a person's life, and it is the main social indicator of a person's transformation from the stage of reaching middle age to the stage of old age, just as work was the decisive social indicator in the transition of a person to the stage of adulthood, and both work and retirement as indicators of the transformation in growth Man demonstrates the critical importance of social simulation in determining both adulthood and old age, perhaps in a way that far exceeds biological factors (Fouad Abu Hatab, 2008, 581 p).

Retirement is divided into two types: (1) Mandated or compulsory retirement for reaching the retirement age of 60-65 workers or voluntarily voluntarily. One study indicates that 98%: 99% of retirees retire legally, while other studies indicated that 7% retired voluntarily according to their desire (Basma Muhammad, 2010, 27, p) and (2) Compulsory retirement: It is the one in which the individual does not have a choice, as he finds that the prevailing regulations in the organization in which he works set laws and rules whenever they apply to any individual and must be referred to retirement, and usually the referral to the pension is due to reaching the legal retirement age, which is usually The age ranges between (60-65 years) (Ibrahim Muhammad Al-Obaidi, 160 2003). As for voluntary retirement: this type is called by various names, including voluntary, early, and voluntary retirement. It is defined as: the end of the service of the insured and his access to a retirement pension relatively early, in comparison with the legal age of termination of service, that is, the case of retirement that is voluntarily done before the legal age and the insured is in good health condition, and is able to distinguished bid due to his professional administrative experience , And it was named optionally because the decision to retire is up to the individual's desire if he decides to stop the work he is doing, before reaching the compulsory retirement age, i.e. the legal age (Mansour Bin Jahaz, 2008, 100 p).

Compulsory retirement is the second of the growth crises experienced by the individual after the crisis of adolescence. Compulsory retirement from work has become one of the most important problems facing them. Here, there are many studies that dealt with adapting to retirement, which

emphasized the importance of preparing for the post-retirement phase so that the individual avoids potential psychological disorders and to achieve a healthy psychological and social harmony and a smooth transition to the retirement stage (Hussein Ali Fayed, 2001, 80 p.). The stage of compulsory retirement carries with it many elements that affect most aspects of the retired's life, psychological, family and social, all of which represent a great burden, occupying and burdening, above all, his thinking, which is the center of human power. The retired person (the retired person who has completed the age of 60 in the Egyptian Labor Law) loses many of his social roles and loses his job, and for our knowledge of the problems associated with losing work and retirement, it is the belief prevalent among some that retirement is the end, just as retirement means in one way or another the end of the importance of the individual and his role in societal activity, all these aspects associated with old age and retirement may lead to the individual entering into a cycle of social, psychological, health and economic problems that may be reflected in his level of satisfaction with life (Salih Muhammad, 2010, 3-4 pp).

Compulsory retirement is one of the stages in which a person lives, although retirement is one of the stages in which individuals live and live, but the response to it varies from one individual to the individual, while some individuals receive it with pleasure and contentment, the occurrence of the disaster and leading to the individual entering into a cycle of social problems. Psychic and healthy did not exist before. The employees approach the retirement age for work when they reach a certain age, and the retired one believes that it is the age at which a person relaxes from the troubles of work for many years, but some of them turn their lives upside down because of the problems they face, whether by those around him or because he does not accept the idea of his survival. Don work for the rest of his life (Reem, 2012, 23 p.).

Retirees feel that they have been dismissed from their jobs for no reason other than reaching the age of pension, and this is called compulsory retirement, which is determined by the age of reaching retirement (or reaching the official pension). At work, although when asked, the majority of them prefer to continue working beyond the pension (Fouad Abu Hatab, 2008, 585-586 p.). Irrational thinking leads to intense emotions that lead to disorder, impede reaching goals, and reduce the feeling of satisfaction. Behavioral, psychological and emotional disturbances are the result of wrong thinking methods and errors in thinking habits and methods (Anderson, 2000, 50 p.).

Irrational thoughts come as a result of false cognitive precipitations in forced retirees, resulting in many socio-psychological problems, such as the problem of family relationships and a tendency to depression. Retirement may be linked to some irrational thoughts in some people, as irrational thoughts, rigidity and rejection are among the features that resist the development required by the spirit of this modern age, irrational thoughts related to the loss of hope in the future, the expectation of failure and disasters, the negative outlook of self and the future, the lack of a sense of personal adequacy and a lack of self-worth become obstacles. To advance the retiree and form a burden on him (Ashraf Muhammad Atiyah and Abdul Latif, 2005, 85 p.).

Irrational thoughts arise among retirees as a result of the retired person's lack of self-worth and feeling near term. Abd al-Fattah's study indicates that irrational thoughts cause incompatibility and affect mental health and the presence of psychological and behavioral disorders such as anxiety, depression, and aggression (Abdel-Fattah Abdel-Qader Abu Shaar, 2007, 12 p.). The study (Dia Osman) proved that irrational thoughts cause some psychological and behavioral disorders. (Dia Othman Khaled, 2012, 34 p.) The rational and emotional therapy is considered one of the modern scientific approaches in serving the individual whose effectiveness has appeared in dealing with the individual's irrational thoughts, false self-talk, wrong emotions, and increasing the client's awareness and perception through correcting thoughts, correcting emotions, reducing feelings of guilt, and giving greater value. For a logical, rational discussion with the client, and not imposing certain ideas on him, while trying to persuade him to accept new ideas and replace the old, irrational ideas with more logical and rational ideas through free and democratic dialogue (Abdel Nasser Awad, 2011, 87: 88 p.). Rational emotional therapy is considered one of the cognitive therapies that deal with thoughts, feelings and behavior, which has demonstrated its effectiveness

with many groups, as it contributes to the development of the client's self by reconnecting the client with reality and the truth and learning skills to face the situations that accompany frustration and failure, and the skills that enable him to Dealing with it, as it aims to prepare the individual internally to accept what he is and the circumstances surrounding what supports the client's positive and logical rational thinking (Ibrahim Abdel Sattar, 2003, 98 p.).

Rational Emotive Therapy is based on a set of cognitive, emotional and behavioral tactics that help to change thinking patterns and false beliefs, and change wrong behaviors (Corey, Gerlad, 2004, p.11).

The use of this treatment has achieved effectiveness with different problems and multiple groups, for example its effectiveness in alleviating the social and psychological problems of diabetics (Afaf Rashid Abdul Rahman, 1998) and in alleviating the severity of social and psychological problems of mothers of children with leukemia (Amani Fawzi , 2004, 89 p). Retirement is considered to be one of many colors of psychological, social, and especially social suffering, as it affects his psychological state, and social suffering is related to the retirement's loss of his status and importance within the family in addition to his lack of income and this affects his psychological state and his feeling of alienation from his family and himself (Samar Subhi, 2008, 20 p). Retirement from work is a complex social problem that affects the lives of many people, and some believe that forced retirement is a kind of deprivation of individual rights, especially if the individual is forced to give up his work and his role in life is important, and to accept a low level of income due to reaching a certain age. It is a clear problem for most retirees, and retirement constitutes a sudden and rapid change in the individual's life, where patterns of behavior, habits and routines that the individual has been used to for decades are interrupted. Therefore, the negative effects of retirement are many, multiple and intertwined (Muhammad Hassan Ghanem, 2004, 48 p.).

The retired person is exposed to social and psychological problems, the most important of which is the lack of income and the increase in leisure time, which is a major cause of the psychological problem. Some people associate retirement from work with psychological retirement, and they say that the elderly is useless and has no value (Hamid Abdel Salam, 2000, 48 p.). The study (Mahmoud Fathy) focused on describing the role of social service in alleviating the problems of social relations for retirees, through the application of a professional intervention program, in order to help retirees to overcome the problems of disintegrating family relations, the problems associated with the transition to retirement and the inability to adapt to society, And the problem of lack of social status, the negative view of the elderly and the problems of leisure time (Mahmoud Fathy, 2002, 45 p.).

The psychological cognitive aspect that the retired employs is the one that determines his psychological and personal state and his family and social interactions. The retired person faces a special pressure, which is the anxiety after retirement from the inability to provide a comfortable and satisfactory life for him and his wife. Work and achievement in it do not represent any happiness for him as much as ease of living and peace of mind represent more happiness for the retired elderly than men (Abdul Hamid Muhammad, 2013, 33 p.). There are family, social and psychological factors that lead to an increase in the chance of developing depression in the years that follow retirement from work (after the age of 60 years), and this period of life is characterized by the occurrence of many material losses and a decline in physical and social functions as a result of work conditions, as these The retirement stage for those who perform official business.

Also, this stage is characterized by the occurrence of many diseases and physical problems as a result of aging and stress on the body's organs, and the functions of its various organs, and the social aspect is affected as a result of life conditions for the elderly who are more likely to lose relatives, relatives and close friends to death, illness, or travel with weakness that It affects a person at an advanced age, which affects his effort and ability to live independently without assistance (Lotfi Abdel Aziz, 2012, 19 p.). When a person retires, he moves directly from emptiness to emptiness when he moves from work and his obligations and from getting up early to sitting at home, and some may like this situation, but many may not like it. The home, in addition to the

psychological condition of the retiree, may feel worthless, inability to produce, depreciating himself in addition to diminishing income (Abdel-Hamid, 2011, 2504 p.).

Retirees suffer from many health, social, psychological and economic problems, and in general the elderly suffer from a state of feeling after being satisfied with the life they live, especially after retirement from work, shrinking social relations, children being preoccupied with them, or losing a life partner, as well as their social positions and previous roles, in addition to problems Free time and a feeling of alienation and isolation from societal life, which reflects on them a sense of dissatisfaction with life and its pessimistic view of it (Mustafa Maghawri Abd al-Rahman Habib, 2014, 89 p.). Another study indicated that the most important problems that the elderly suffer from are the problems of free time, how to use it, the problems of weak social relations, the diminished roles of the elderly in addition to isolation and a feeling of low social status, and stressed the importance of using the method of community service in working to confront these problems (Azza Abdul Jalil , 2004, 45 p).

Retirement for both elderly men and women leads to social and psychological problems that may affect the quality of life, as the results of Afaf's study indicate that there are significant differences in the problems resulting from retirement between the elderly and older women that negatively affect the quality of life in favor of elderly males (Afaf Rashid Abdul Rahman Rashid, 2005, 78 p.). In a study, Boss and colleagues indicated that retirees reported higher psychological symptoms compared to workers (Boose et al, 1987, p383). The study (Muhammad Hassan) indicated that the psychological problems facing the retired are grief and grief resulting from loneliness, loss of love and interaction with others, feelings of guilt resulting from conflicts, absorption in past events, feelings of loneliness, feelings of emptiness and depression, which is partly due to the lack of human relationships. Through it he satisfies his human needs and anxiety, especially the anxiety of death, feeling the severity of illness and disability, and entering into the problems of the retirement stage, such as: dementia, old-age psychosis, and a person may reach the stage of dementia (Muhammad Hassan Ghanem, 2008, 76 p.).

The results of another study revealed the possible relationship between optimism and pessimism among retirees and workers after retirement and some socio-demographic variables defined in "family size, social class, degree of religiosity, educational level, number of friends and age", that the more religious workers after retirement age were more optimistic. And less pessimistic, She also emphasized that the higher the degree of religiosity, the greater the number of friends, and the larger the family size, the greater the level of optimism among the retired elderly (Najwa Yahya, 2004, 78 p.). The vast majority of the elderly fall into the category of women, and the 2010 statistics indicate an increase in the percentage of elderly women to 20% compared to 15% for the elderly men (Central Agency for Public Mobilization and Statistics, 2010). The percentage in 2012 in Cairo governorate reached the number of elderly women about 264,379 thousand people That is, by 8.0%, and the number of elderly men is about 30,543 thousand people, or 8.9% of the total population (Central Agency for Public Mobilization and Statistics, 2012, 9am).

In the 2014 census, the number of elderly males was 25,144,49, or 4.1% of the total population, and the number of elderly women was 19,191,62, or 3.9%, which indicates the convergence of the numbers of male and female elderly, meaning an increase in the proportion of elderly people in general and an increase The percentage of the number of elderly males in particular (Central Jazz for Mobilization and Statistics, 2014). The study (Muhammad Bassiouni) also emphasized the importance of group discussion in helping the elderly feel their worth and standing among their colleagues, gaining self-confidence and a sense of responsibility, and helping them out of isolation and introversion, as it is an opportunity for them to exchange views and ideas about issues that concern them, and the elderly by nature tends to To dialogue, talk and discussion about his experiences in life, and this reflects the elderly's desire to get out of his isolation (Muhammad Bassiouni, 2009, 43 p).

The importance of the role of social service for retired elderly also comes as compulsory through professional intervention for retirees to help them adapt to the new social and psychological life, and this helps them to accept reality, which increases their adherence to life.

As the results of the study (Hanan Abdel-Rahman) revealed that one of the goals of professional intervention for the method of serving the individual that leads to improving the quality of life for retired elderly is to improve the psychological state of retired elderly people, develop the ability of the retired elderly to self-reliance and improve the level of social relations between the retired elderly and his peers, his family and his community (Hanan Abdel-Rahman, 2009, 39 p.) The study (Asma Hassan) also found that providing social safety for the retired elderly is achieved through a sense of his role and position in society, then his good social relations and the need to provide him with sufficient income to secure his life and a good investment of his spare time by investing his capabilities and consulting him in various fields (Asma Hassan, 2011, 45 p). The results of the study (Afaf Rashid) showed that, after widowhood, the older women have reduced their social relations and weakened their participation in social life, in addition to their neglect of practicing the activities of daily life. The study concluded on the effectiveness of cognitive behavioral therapy in serving the individual in modifying the lifestyle of widowed elderly women and increasing their satisfaction with their behavior (Afaf Rashid, 2004, 13 p).

Accordingly, the problem of the study was determined in a question: What is the effectiveness of a professional intervention program within the framework of strategies and methods of rational-emotional-behavioral therapy in modifying the irrational thoughts related to the pressures of life for forced retirees?

2. The importance of the study

- a) This study coincides with the increasing global and local interest in the retired category.
- b) This study derives its importance from the importance of the category it deals with.
- c) The increasing number of retired cases in Egypt.
- d) The scarcity of studies that dealt with the problems of retirees in social service in general and individual service in particular.
- e) This study may contribute to enriching the theoretical and cognitive side of the method of serving the individual in identifying irrational suicidal thoughts related to life pressures and how to modify them.

3. Study Objectives

Test the effectiveness of a professional intervention program based on the techniques of rational-emotional therapy in amending the irrational thoughts related to the pressures of life for forced retirees. A set of sub-goals emanates from this goal:

1. Test the effectiveness of the rational emotional-behavioral therapy program in modifying the irrational thoughts related to the family life pressures of forced retirees.
2. To test the effectiveness of the rational emotional behavioral therapy program in modifying the irrational thoughts related to the economic life pressures of forcibly retired persons.
3. To test the effectiveness of the rational emotional-behavioral therapy program in modifying the irrational thoughts related to the pressures of the educational life of forced retirees.
4. To test the effectiveness of the rational emotional behavioral therapy program in modifying the irrational thoughts related to the pressures of the professional life of forced retirees.
5. Test the effectiveness of the rational emotional-behavioral therapy program in modifying the irrational thoughts related to the emotional life pressures of forced retirees.

4. Concepts of the study

4.1. The concept of retirement

Retirement is defined in the English language dictionary as: referral to pension, retirement as the place of his isolation and seclusion, retirement, he retires, resigns, dismisses or withdraws and retires (Abdel Mohsen Ramadan, 2006, 479 p.).

Achley believes that the term retirement refers to a person's separation from his professional position. It does not mean leaving a role, but also meaning a new role that affects the other roles played by the individual (Dictionary of Administrative Term, 2007, 752 p).

Retirement is also defined as "the stage of leaving work by someone legally, and usually when reaching a certain age or after performing specific years at work" (Dictionary of Administrative Term, 2007, 752 p). Retirement is also defined in the dictionary of terms and social sciences as the employee's reaching a certain age during which he is supposed to be unable to work (Ahmed Zaki Badawi, 1992, 357 p.).

As for retirement as a juvenile, the glossary of social service terms linked it to the degree of social security availability for the retired person, and believes that retirement is a state of withdrawal from regular work or discontinuation from the exercise of work activities compulsory or optional, where he is encouraged to retire in an organized framework that provides the retiree with bonuses. Financial and material aid (Hamdi Mansour, 2010, 259 p).

4.2. Procedural definition of retired according to the current study

- a) Retirement is a process that results in the individual's withdrawal from the society in which he lives.
- b) The retired person here is the person who lost his job by choice or against his will after having served a period of time that is not less than 20 years.
- c) His social roles were disrupted, and his psychological problems worsened, including (fear, anxiety and depression).
- d) Which affected his social relationship, including (his relationship with his family, his relationship with friends, his relationship with neighbors) in general.
- e) Its relationship with itself in particular.

4.3. Life Stress

The term stress is derived from the ancient French word distress, which refers to the meaning of suffocation, a feeling of malaise and injustice. The word stress has been used to express suffering, distress and persecution, which is a condition in which the individual suffers from a sense of injustice.

The origin of the term stress is derived from the old French word distress, and it turned into stress in English, which referred to the meaning of diminution. As for destine, it was to refer to something that is not likable or unwanted. It can be said that the term may be used to express suffering, distress and persecution, a condition in which the individual suffers a sense of injustice. Use the term stress to mean stress (Hamdi Ali Al-Faramawy and others, 1994: 13-12).

And according to the dictionary of psychology and psychiatry, the term stress has many meanings, including (pressure - distress - distress - stress) and it expresses a state of physical and psychological stress, which imposes on the individual the demands and burdens that he must comply with. (Omar and Ahmed Al-Sayed, 2007, 39)

4.4. Definition: (Stress)

It is the process by which environmental facts and forces - called pressures - threaten the organism's construction and integrity, and by which the organism also responds to this threat. (Abdel-Aziz Al-Nuha, 139, 2001).

The Social Service Dictionary defines stress as any effect that interferes with the normal functioning of the organism and results in internal tensions related to environmental dimensions, and any effect that conflicts with the normal functioning of the organism and results in internal emotion or tension (Ahmad Al-Sukkari 2000, 517).

4.4.1. Stresses

It expresses the same event, that is, falling under pressure by the effectiveness of compressors, that is, the individual fell under pressure. (Hassan Abdel Muti, 2006, 19).

4.4.2. Compression: (Strain)

It expresses the condition that the individual suffers and groans from, which expresses itself in the feeling of fatigue, exhaustion and self-burning, and the individual expresses it with qualities such as: fearful, anxious, taut, tense, and apprehensive. (Harun Al-Rashidy: 1999, 15).

4.4.3. The concept of life stress: Life Stress

It is a group of psychological, environmental and genetic accumulations and personal situations as a result of crises, tensions and difficult or harsh conditions that the individual is exposed to and varies in terms of their severity as they change over time depending on the recurrence of difficult situations encountered by the individual, but it may remain for a long time if the provocative circumstances persist and leave traces. Psychic for an individual (Narrator Desouki: 2000,203-204).

The pressures of life in the service of the individual are defined as the situations that the individual goes through in his life and he thinks that they exceed his capabilities and personal and environmental resources for the crisis to deal with, and thus the individual experiences a feeling of anxiety, fear, or the inability to control them (Abdul-Aziz Al-Nuha: 2002, 96)

5. Systematic procedures:

5.1. Type of study

This study belongs to experimental studies aimed at testing an independent variable (rational emotional therapy) on a dependent variable (irrational thoughts related to life stress) in forced retirees.

5.2. Curriculum

The study uses the experimental method based on the experimental and control groups through the pre and post measurements of the two groups.

5.3. Hypotheses of the study

There are statistically significant differences between the use of rational and emotional therapy and the amendment of irrational thoughts related to life pressures in forced retirees, and a set of sub-hypotheses emerge from this hypothesis:

1. There are no significant differences between the average scores of the experimental group and the control group in the level of irrational thoughts before the professional intervention using the irrational thoughts scale in favor of the control and experimental groups.
2. There are no significant differences between the average scores of the experimental group and the control group in the level of irrational thoughts before the professional intervention using the life stress scale in favor of the control and experimental groups.
3. There are significant differences between the mean scores of the control group cases before and after the professional intervention program using the irrational thoughts scale.
4. There are significant differences between the mean scores of the control group cases before and after the professional intervention program on the scale of life stress.
5. There are significant differences between the average scores of the experimental group cases in the level of irrational thoughts before and after the professional intervention using the irrational thoughts scale in favor of the experimental group.
6. There are significant differences between the average scores of the experimental group cases in the level of irrational thoughts before and after the professional intervention using the life stress scale in favor of the experimental group.

7. There are significant differences between the mean scores of the experimental group and the control group after the professional intervention using the irrational thoughts scale in favor of the experimental group.
8. There are significant differences between the mean scores of the experimental group and the control group after the occupational intervention using the scale of life pressures in favor of the experimental group.

6. Study tools

6.1. Self-reports.

1. The Stressful Life Events Scale, prepared by Imad Ali Mustafa Abdel-Razek in 2012, and it includes stress (family, economic, professional, emotional, and educational).
2. The Irrational Ideas Scale 2014 by Bashir Muamariah

6.2. Fields of Study

1. Spatial domain: Cairo University - Helwan University.
2. The human domain: 20 retirees.
3. The chronological field: the period of conducting the study, in its two parts (theoretical and practical).

6.3. The professional intervention program according to the rational emotive therapy model

The researcher will present a program for using REBT to modify the irrational thoughts related to the pressures of life of forced retirees, as follows: The professional intervention program aims to modify the irrational thoughts related to the pressures of life of forced retirees, and this goal is achieved through the following goals:

- Identify irrational thoughts related to life pressures.
- Recognizing the pressures that lead to these irrational thoughts.
- Modifying these ideas through a professional intervention program.

This is done through the following stages:

1. Beginning stage:
 - a) Review the references, studies and research related to rational emotional therapy in the service of the individual and related to the amendment of irrational thoughts.
 - b) Designing the scale of irrational thoughts related to life pressures and conducting honesty and consistency with it.
 - c) Application of the irrational thoughts scale related to life pressures.
 - d) Selecting the study sample to whom the sample conditions meet.
 - e) The verbal contract between the researcher and the clients, which includes specifying the goals and duties, the number and time of the interviews, and the period of the contract.
2. The professional intervention stage:
 - a) Conducting the pre-measurement for the experimental and control groups, by using the irrational thoughts scale related to life pressures.
 - b) Conducting the pre-measurement for the experimental and control groups.

- c) Description of rational emotional treatment through a simple explanation of ABC theory for the study sample.
- d) Explain Alice's irrational thoughts and their effect on individual behavior.
- e) Identifying these irrational thoughts.

Determining treatment strategies, represented in:

- A. The cognitive review is done by encouraging clients to list irrational thoughts related to life pressures and their negative perceptions of self and the future.
- B. Cognitive restructuring by modifying irrational thoughts and adopting a positive conversation that helps the growth of a positive self, self-confidence and not feeling despair.
 - The therapeutic techniques that the researcher will rely on in implementing the program:

First: Cognitive techniques, which include:

 - Logical discussion of irrational thoughts.
 - The philosophical and logical analysis of irrational ideas.
 - Stop thinking.
 - Cognitive dispersion.
 - Encouragement.
 - Refutation.
 - Looking at alternative possibilities.
 - Clarification.
 - Flexibility.
- C. The end stage:
 - Conducting a post measurement using the scale of irrational thoughts resulting from life pressures.
 - Post-measurement procedure.
 - Making comparisons between the tribal and dimensional measurements of the two groups.
 - The use of statistical transactions to determine the effectiveness of the professional intervention program in amending the irrational thoughts resulting from the pressures of life of forced retirees.

And take into account in the final stage, spacing between professional interviews.
- D. Follow-up phase: the researcher pauses for a month to ensure that the results are preserved. Program success indicators:
 - Reaching out to irrational thoughts resulting from life pressures.

Modifying these ideas through a professional intervention program.

 - Identify the pressures that lead to these irrational thoughts
 - The differences between the two dimensions in favor of the experimental group.
- E. The time period required to implement the program: two months.

7. Characteristics of the study sample

✓ In terms of age:

Table 1. The age distribution of the study sample for the experimental and control group

Total	Groups				Age	m	
	Control		Experimental				
%	No	%	Number	%	Number		
60	12	70	7	50	5	21-18	1
40	8	30	3	50	5	24-22	2
100	20	20.50	arithmetic mean	21.40	arithmetic mean	20.50	arithmetic mean
		2.068	standard deviation	2.22	standard deviation	2.068	standard deviation

N=20

It is evident from the data of the previous table that the cases from (18-21) years in the control group came first, then from (18-24) years in the experimental group came in the second place, then from (22-24) years in the control group in The third place, and this indicates that the 10 cases in the experimental group were equal, and we find that the arithmetic mean for age in the experimental group is 21.40, with a standard deviation of 2.22, while the arithmetic mean of the control group is 20.50 and with a standard deviation of 2.068.

Table 2. Distribution of the study sample for the experimental and control group in terms of age using Mann Whitney

Groups	N	arithmetic mean	standard deviation	total ranks	mean of ranks	z-value	significance level
Experimental	10	1.80	0.42	110	11	0.503	non-significant
Control	10	1.70	0.48	100	10		

N=20

It is evident from the results of the table that there are no statistically significant differences between each of the experimental group and the control group in terms of age, as the value of $z = (0.918)$ and thus is not significant, indicating the homogeneity between the two groups, and that they started from the same level of convergence.

✓ In terms of type:

Table 3. Clarifies the distribution of the study sample of the experimental group and the control group in terms of type

Groups	N	arithmetic mean	standard deviation	total ranks	mean of ranks	z-value	significance level
Experimental	10	21.40	2.22	117	11.70	0.918	non-significant
Control	10	20.50	2.068	93	9.30		

N=20

It is evident from the table data that the number of females in the experimental group (8 females) is greater than the number of females in the control group, who are (7), while the number of males in the control group, who are (3 males), is more than the control group, who are (2 males), because Most of the retirement cases in the application period are females, and there are rarely males. We find that the arithmetic mean for gender in the experimental group is 1.80 with a standard deviation of 0.42, while the arithmetic mean for the control group is 1.70 and a standard deviation of 0.48.

Table 4. Distribution of the study sample for the experimental and control group in terms of type using Mann Whitney

m	type	Groups				Total	
		Control		Experimental		Number	%
		Number	%	Number	%		
1	male	30	3	20	2	5	25
2	Female	70	7	80	8	25	75
	arithmetic mean	1.80		arithmetic mean		20	100
	standard deviation	0.42		standard deviation			0.48

N=20

It is evident from the results of the table that there are no statistically significant differences between each of the experimental group and the control group in terms of type, as the value of $z = (0.503)$ which is not significant, indicating the homogeneity between the two groups.

8. Second: Presentation of the results of the study

8.1. The first assumption

There were no significant differences between the mean scores of the experimental group and the control group in the level of irrational thoughts before the professional intervention using the life stress scale in favor of the control and experimental groups.

Table 5. Explains the significance of the differences between the pre-measurement of the experimental group and the control group on the scale of irrational suicidal thoughts using the Mann-Whitney test

Groups	N	arithmetic mean	standard deviation	total ranks	mean of ranks	z-value	significance level
Experimental	10	44.40	14.37	66	6.60	2.949	non-significant
Control	10	68.80	13.45	144	14.40		

N=20

It is clear from the previous table that there are no statistically significant differences between the averages of the ranks of the irrational ideas of forced retirees in the pre-measurement of the experimental group and the control group, where the arithmetic mean of the experimental group reached (44.40) with a standard deviation (14.37), while the arithmetic mean of the control group was (68.80) with a standard deviation (13.45), and the value of $z = (2.949)$, which is not significant, and this confirms the validity of the hypothesis that there were no differences in the pre-measurement of the experimental group and the control group on the scale of irrational thoughts because they were not exposed to the professional intervention program.

8.2. The second assumption

There were no significant differences between the mean scores of the experimental group and the control group in the level of irrational thoughts before the professional intervention using the life stress scale in favor of the control and experimental groups.

Table 6. Explains the significance of the differences between the pre-measurement of the experimental group and the control group on the scale of life pressures using the Mann Whitney test

Groups	N	arithmetic mean	standard deviation	total ranks	mean of ranks	z-value	significance level
Experimental	10	121.70	18.45	120	12	1.136	non-significant
Control	10	108.60	24.93	90	9		

N=20

It is evident from the previous table that there are no statistically significant differences between the averages of life stress ranks for forced retirees in the pre-measurement of the experimental group and the control group, where the arithmetic mean of the experimental group was (121.70) with a standard deviation (18.45), while the arithmetic mean of the control group was (108.60) with a standard deviation (24.93), and the value of $z = (1.136)$, which is not significant, and this confirms the validity of the hypothesis that there are no differences in the pre-measurement of the experimental group and the control group on the scale of life pressures because they are not exposed to the professional intervention program.

9.3. The third hypothesis

There were significant differences between the mean scores of the control group cases before and after the professional intervention program using the irrational thoughts scale.

Table 7. Explains the significance of the differences between the mean scores of the control group before and after the professional intervention program on the irrational thoughts scale using the Wilcoxon test.

Measurements	N	arithmetic mean	standard deviation	total ranks		mean of ranks		z value	significance level
				Positive	negative	Positive	negative		
Pre-measurement	10	68.80	13.45	1	54	1	6	2.705	function at the level of
Telemetry	10	55.20	10.45						0.01

N=20

It is evident from the previous table that there are statistically significant differences between the averages of the ranks of the irrational ideas of forced retirees in the pre and post measurement of the control group, where the arithmetic mean in the pre-measurement reached (68.80) with a standard deviation (13.45), while the arithmetic mean in the post measurement reached (55.20) with a deviation My standard (10.45), and the value of $z = (2.705)$, which is a function of a significant level (0.01), confirms the validity of the hypothesis with the existence of differences between the pre-measurement and the post-measurement of the control group on the scale of irrational thoughts.

9.4. Fourth hypothesis

There were significant differences between the mean scores of the control group cases before and after the occupational intervention program on the scale of life stress.

Table 8. Explains the significance of the differences between the mean scores of the control group before and after the occupational intervention program on the scale of life stress using the Wilcoxon test

Measurements	N	arithmetic mean	standard deviation	total ranks		mean of ranks		z value	significance level
				Positive	negative	Positive	negative		
Pre-measurement	10	108.60	24.93	4	51	4	5.67	2.403	function at the level of
Telemetry	10	103	19.46						0.05

N=20

It is clear from the previous table that there are statistically significant differences between the averages of life stress ranks for compulsory retirees in the pre and post measurement of the control group, where the arithmetic mean in the pre-measurement reached (108.60) with a standard deviation (24.93), while the arithmetic mean in the post measurement reached (103) with a deviation Standard (19.46), and the value of $z = (2.403)$, which is a function of a significant level (0.05), and confirms the validity of the hypothesis by the existence of differences between the pre-measurement and the post-measurement of the control group on the scale of life stress.

9.5. Fifth hypothesis

There are significant differences between the mean scores of the experimental group cases in the level of irrational thoughts before and after the professional intervention using the irrational thoughts scale in favor of the experimental group.

Table 9. Explains the significance of the differences between the mean scores of the experimental group before and after the professional intervention program on the scale of irrational thoughts using the Wilcoxon test

Measurements	N	arithmetic mean	standard deviation	total ranks		mean of ranks		z value	significance level
				Positive	negative	Positive	negative		
Pre-measurement	10	44.40	14.37	55	0	5.50	0	2.807	function at the level of
Telemetry	10	77.30	5.19						0.01

N=20

It is evident from the previous table that there are statistically significant differences between the averages of the ranks of the irrational ideas of forced retirees in the pre and post measurement of the experimental group, where the arithmetic mean in the pre-measurement reached (44.40) with a standard deviation (14.37), while the arithmetic mean in the post measurement reached (77.30) with a deviation Standard (5.19), and the value of $z = (2.807)$, which is a function of the level of significance (0.01), which indicates the effectiveness of the professional intervention program and confirms the validity of the hypothesis with the presence of differences between the pre-measurement and the post-measurement in favor of the post-test of the experimental group on the scale of irrational thoughts.

9.6. The sixth hypothesis

There are significant differences between the mean scores of the experimental group cases in the level of irrational thoughts before and after the professional intervention using the scale of life stress in favor of the experimental group.

Table 10. Explains the significance of the differences between the mean scores of the experimental group before and after the occupational intervention program on the scale of life stress using the Wilcoxon test

Measurements	N	arithmetic mean	standard deviation	total ranks		mean of ranks		z value	significance level
				Positive	negative	Positive	negative		
Pre-measurement	10	121.70	18.45	0	55	0	5.50	2.805	function at the level of
Telemetry	10	59.50	15.71						0.01

N=20

It is evident from the previous table that there are statistically significant differences between the means of life stress ranks for compulsory retirees in the pre and post measurement of the experimental group, where the arithmetic mean in the pre-measurement was (121.70) with a standard deviation (18.45), while the arithmetic mean in the post measurement was (59.50) with a deviation My criteria (15.71), and the value of $z = (2.805)$, which is a function of a significant level (0.01), which indicates the effectiveness of the professional intervention program and confirms the validity of the hypothesis by the existence of differences between the pre-measurement and the post-measurement in favor of the experimental group on the scale of life stress.

9.7. The seventh hypothesis

There are significant differences between the mean scores of the experimental group and the control group after the professional intervention using the irrational thoughts scale in favor of the experimental group.

Table 11. Explains the significance of the differences between the post measurement of the experimental group and the control group on the scale of irrational thoughts using the Mann Whitney test

Groups	N	arithmetic mean	standard deviation	total ranks	mean of ranks	z-value	significance level
Experimental	10	77.30	5.19	151	15.10	3.492	function at the level of 0.01
Control	10	55.20	10.45	59	5.90		

N=20

It is evident from the previous table that there are statistically significant differences between the averages of the ranks of the irrational ideas of forced retirees in the post measurement of the experimental group and the control group, where the arithmetic mean of the experimental group reached (77.30) with a standard deviation (5.19), while the arithmetic mean of the control group (55.20) with a standard deviation (10.45), and the value of $z = (3.492)$, which is a function of a significant level (0.01), which indicates the effectiveness of the professional intervention program, and this confirms the validity of the hypothesis that there are differences in the post-measurement of the experimental group and the control group on the scale of irrational thoughts in favor of the experimental group.

9.8. The eighth hypothesis

There are significant differences between the mean scores of the experimental group and the control group after the occupational intervention using the scale of life stress in favor of the experimental group.

Table 12. Explains the significance of the differences between the telemetry of the experimental group and the control group on the scale of life pressures using the Mann-Whitney test

Groups	N	arithmetic mean	standard deviation	total ranks	mean of ranks	z-value	significance level
Experimental	10	59.50	15.71	59.50	5.95	3.450	function at the level of 0.01
Control	10	103	19.47	150.50	15.05		

N=20

It is evident from the previous table that there are statistically significant differences between the averages of life stress ranks for compulsory retirees in the post measurement of the experimental group and the control group, where the arithmetic mean of the experimental group reached (59.50) with a standard deviation (15.71), while the arithmetic mean of the control group (103) with a standard deviation (19.47), and the value of $z = (3.450)$, which is a function of a significant level (0.01), which indicates the effectiveness of the professional intervention program, and this confirms the validity of the hypothesis that there are differences in the telemetry of the experimental group and the control group on the scale of life pressures in favor of the experimental group.

9. Conclusion

The results of the study indicated that there were no statistically significant differences between the averages of the ranks of irrational ideas of forced retirees in the pre-measurement of the experimental group and the control group, where the arithmetic mean of the experimental group reached (44.40) with a standard deviation (14.37), while the arithmetic mean of the control group was (68.80) with a deviation My standard is (13.45), and the value of $z = (2.949)$ which is not significant, and this confirms the validity of the hypothesis that there are no differences in the pre-measurement of the experimental group and the control group on the scale of irrational thoughts

because they are not exposed to the professional intervention program. These calls for accepting the validity of the first hypothesis of the study which says: There were no significant differences between the mean scores of the experimental group and the control group in the level of irrational thoughts before the professional intervention using the irrational thoughts scale in favor of the control and experimental groups.

The results of the study indicated that there were no statistically significant differences between the averages of life stress ranks for compulsory retirees in the pre-measurement of the experimental group and the control group, where the arithmetic mean of the experimental group reached (121.70) with a standard deviation (18.45), while the arithmetic mean of the control group was (108.60) with a deviation My standard (24.93), and the value of $z = (1.136)$ which is not significant, and this confirms the validity of the hypothesis that there are no differences in the pre-measurement of the experimental group and the control group on the scale of life pressures because they are not exposed to the professional intervention program. This calls for accepting the validity of the second hypothesis of the study saying There were no significant differences between the mean scores of the experimental group and the control group in the level of irrational thoughts before the professional intervention using the life stress scale in favor of the control and experimental groups.

The results of the study indicated that there are statistically significant differences between the averages of the ranks of the irrational ideas of forced retirees in the pre and post measurement of the control group, where the arithmetic mean in the pre-measurement reached (68.80) with a standard deviation (13.45), while the arithmetic mean in the post measurement reached (55.20) With a standard deviation (10.45), and the value of $z = (2.705)$, which is a function of a significant level (0.01), which indicates the effectiveness of the rational emotional therapy with the experimental group and confirms the validity of the hypothesis that there are differences between the pre-measurement and the post-measurement of the control group on the scale of irrational thoughts and this Calls to accept the validity of the third hypothesis of the study, which says: There are significant differences between the mean scores of the control group cases before and after the professional intervention program using the irrational thoughts scale.

The results of the study indicated that there are statistically significant differences between the averages of life stress ranks for compulsory retirees in the pre and post measurement of the control group, where the arithmetic mean in the pre-measurement reached (108.60) with a standard deviation (24.93), while the arithmetic mean in the post measurement reached (103) With a standard deviation (19.46), and the value of $z = (2.403)$, which is a function at the level of significance (0.05), and confirms the validity of the hypothesis by the presence of differences between the pre-measurement and the post-measurement of the control group on the scale of life stress, and this calls for accepting the validity of the fourth hypothesis of the study saying: There are Significant differences between the mean scores of the control group cases before and after the occupational intervention program on the scale of life stress.

The results of the study indicated that there are statistically significant differences between the averages of the ranks of the irrational ideas of forced retirees in the pre and post measurement of the experimental group, where the arithmetic mean in the pre-measurement reached (44.40) with a standard deviation (14.37), while the arithmetic mean in the post measurement reached (77.30) With a standard deviation (5.19), and the value of $z = (2.807)$, which is a function of a significant level (0.01), which indicates the effectiveness of the professional intervention program and confirms the validity of the hypothesis that there are differences between the pre-measurement and the post-measurement in favor of the experimental group on the scale of irrational thoughts, and this calls To accept the validity of the fifth hypothesis of the study that: There are significant differences between the mean scores of the experimental group cases in the level of irrational ideas before and after the professional intervention using the irrational thoughts scale in favor of the experimental group.

The results of the study indicated that there are statistically significant differences between the means of life stress ranks for compulsory retirees in the pre and post measurement of the experimental group, where the arithmetic mean in the pre-measurement reached (121.70) with a

standard deviation (18.45), while the arithmetic mean in the post measurement reached (59.50) With a standard deviation (15.71), and the value of $z = (2.805)$, which is a function of a significant level (0.01), which indicates the effectiveness of the professional intervention program and confirms the validity of the hypothesis that there are differences between the pre-measurement and the post-measurement in favor of the experimental group on the scale of life stress and this calls To accept the validity of the sixth hypothesis of the study that: There are significant differences between the mean scores of the experimental group cases in the level of irrational ideas before and after the professional intervention using the scale of life pressures in favor of the experimental group.

The results of the study indicated that there are statistically significant differences between the averages of the ranks of the irrational ideas of forced retirees in the post measurement of the experimental group and the control group, where the arithmetic mean of the experimental group reached (77.30) with a standard deviation (5.19), while the arithmetic mean of the control group was (55.20) with a standard deviation. (10.45), and the value of $z = (3.492)$, which is a function of the level of significance (0.01), which indicates the effectiveness of the professional intervention program, and this confirms the validity of the hypothesis that there are differences in the post-measurement of the experimental group and the control group on the scale of irrational thoughts in favor of the experimental group and this calls To accept the validity of the seventh hypothesis of the study that: There are significant differences between the average scores of the experimental group and the control group cases after the professional intervention using the irrational thoughts scale in favor of the experimental group.

The results of the study indicated that there is clear from the previous table that there are statistically significant differences between the averages of life stress ranks for forced retirees in the post measurement of the experimental group and the control group, where the arithmetic mean of the experimental group reached (59.50) with a standard deviation (15.71), while the arithmetic mean of the group Control (103) with a standard deviation (19.47), and the value of $z = (3.450)$, which is a function of a significant level (0.01), which indicates the effectiveness of the professional intervention program. Life is for the benefit of the experimental group.

These calls for accepting the validity of the eighth hypothesis of the study, which says: There are significant differences between the mean scores of the experimental group and the control group cases after the professional intervention using the measure of life pressures in favor of the experimental group.

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