

Indicators of Psychological Hardiness Among Parents of a Mentally Retarded Child (Defensive Shield Against the Misfortunes of Life)

مؤشرات الصلابة النفسية لدى أولياء الطفل المتخلف عقليا (الذرع الحامي ضد أرزاء الحياة)

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ABSTRACT:

Psychological hardiness is considered as the protective, protector, inhibitor, detector of assumptions and automatic thoughts of a negative nature. as well as the pressures and problems that the parents of the mentally retarded child are exposed to Furthermore, their liberation from the prison of disability in the face of their son's disability and immunity against its reflection. However, as parents accept their mentally retarded child, believe in him and his abilities, challenge his disability and attempt to advance him by dominating and controlling disability and believing in the self by each of them's commitment to what he does, this would embody the strength of psychological hardiness of the mentally retarded child's parents.

This article highlights the psychological hardiness of the parents of children with mental retardation, as it is one of the significant features of the immune personality, so as to shed more light on how its variables work and its reflection on the mentally retarded child as well as the factors of its building to his parents

Keywords: Hardiness, Mental Disabilities, Parents of Children with Mental Disabilities, Mentally Retarded Child.

الملخص:

تعد الصلابة النفسية الواقي والحامي والمانع والكاشف للإفتراضات والأفكار الآلية ذات الطابع السلبي ومن الضغوطات والمشاكل التي يتعرض لها والدا الطفل المتخلف عقليا، و تحررهما من سجن العجز في وجه إعاقة إبنهما والتحصن ضد إنعكاسها. فتقبل الأولياء لطفلها المتخلف عقليا والإيمان به و بقدراته وتحدي إعاقته ومحاولة النهوض به من خلال السيطرة على الإعاقة والتحكم فيها والإيمان بالنفس بالتزام كل من منهما فيما يفعل، تجسد وقود الصلابة النفسية لدى أولياء الطفل المتخلف عقليا.

ويسهم هذا المقال في تسليط الضوء على الصلابة النفسية لدى فئة أولياء الطفل المتخلف عقليا، بإعتبارها إحدى سمات الشخصية المناعية الهامة قصد إبراز كيفية إشتغال متغيراتها وانعكاسها على الطفل المتخلف عقليا وعوامل بنائها لدى والديه. كلمات مفتاحية: الصلابة النفسية، التخلف العقلي، أولياء الطفل المتخلف عقليا، الطفل المتخلف عقليا.

1- Introduction:

Family plays the role of socializing the child from birth until late adolescence. It also may continue beyond. As the process is conducted through joint interaction between parents and the child, which requires the spouses to sacrifice some social activities due to the arrival of the newborn to the family in an attempt to adapt to the new situation. However, with the baby coming, there is a change in the family to more financial and moral obligations (Al-Quraiti, 2008, p. 167) Likewise, if parents are supposed to be able to achieve those responsibilities for the average child, then it is highly doubtful that the parents of mentally retarded children can fulfill such tasks with them (Al-Quraiti, 2005, pp. 272-273). As the birth of a mentally retarded child represents a traumatic event for parents. In other part, some parents see it as a disaster that disturbs their lives and causes heartbreak and sadness which are difficult to overcome.

In the Algerian society not long ago, mental retardation was a taboo, in which the mentally retarded child is considered as mentally ill, this increases the narcissistic wound of the parents and makes their situation difficult (Moatassim Mimouni, 2005, p. 195). Under this, in particular, the parents of the mentally retarded child live under multiple pressures which are associated with his special needs. In addition to the concern for his future and his future life. Suzanne C. Kobasa says in this regard: "our exposure to pressure is inevitable, as there is no life without pressure." (Ben Saif Al-Radjibi and Sheikh Hammoud, 2018, p. 59) Which increases the pressure on the parents is the dependence of the mentally retarded child on them, and the burdens that his presence imposes on them, whether inside or outside the home, as well as the lack of information about the nature of the problem and how to deal with it. Furthermore, the development of his capabilities and the refinement of his behavior (Al-Quraiti, 2005, pp. 277-278), For that reason, parents begin to search for possible solutions to promote their child's abilities and potentials. Ben habib (1985) showed in his study of how parents, when carrying a child for the first time for the purpose of examination, they come with the hope of removing all causes of disability, a full recovery and returning to the natural state, since families are in a state of turmoil, all they want is the complete transformation of their son. However, early intervention is considered effective, but it will not be achieved without developing relationships with parents, as they are an effective component of planning services and programs. Besides, with the emergence of positive psychology which is considered to crystallize change and fix the worst things in human life, so as to work to enable and establish everything that would inaugurate and create the best human characteristics and qualities in life, The parents' acceptance of their mentally retarded child and the participation in programs. In addition to the coexistence with him and his realism. Therefore, optimistic thinking is the essence of the human qualities that positive psychology searches for and demonstrates for its positivity over time, which is reflected on the child so that he gets the best educational, mental and social health services.

In this context, Martin M. Seligman (1990) founder of positive psychology - says: "The optimistic interpretation style that leads to set up the efforts and the advancement to the search look for solutions. In addition to the prevalence of feelings of comfort, openness and boldness"

(Hedjazy, 2012, P. 37), as Carver and others (2009) have spoken of optimism which is the expectation of good things in life despite difficult and stressful circumstances. (Hiba, 2017, p. 209).

Accepting the child's disability and recognizing him and his capabilities means there is self-acceptance that represents the parents' access to self-acceptance. In addition to the conviction that they are parents of a child with special needs, reaching this stage means that they have overcome the great crisis, and have become more resilient (Hardy) to address crises (Khalifa, 2015, P. 132). Since God Almighty has endowed us with positive feelings, we should search for them and identify their impact on our lives and learn about the factors that develop and activate them, Moreover, learn about those who have abundant positive feelings and how to develop and make them fruitful and permanent. Thus, Optimism and Hope are among these sentiments, which have received great attention from studies (Maamaria, p. 103), Among them is the study of Creed et al (2002) that optimistic individuals have high levels of self-confidence and low levels of stress. Proctor et al (2010) also stated that human forces, including hope, are a strong predictor of satisfaction with life (Hiba, 2017, pp. 209 -210). From the above, parents and teachers can use this approach to raise strong children with their positive traits, because positive psychology focuses on all that is positive, as it represents the best way to help individuals in times of distress (Maamaria, p. 109). Besides, optimism and hope, Psychological Hardiness is considered among the important positive features of positive psychology that helps parents to maintain their mental health despite their exposure to pressures. In light of the above, Kobasa (1979) conducted a study aimed at identifying the positive psychological variables that would help the individual to maintain his physical and psychological health despite exposure to pressures. Therefore, the results revealed that people who are more resilient, despite being exposed to pressures were less sick and characterized by resilience, achievement, control, leadership and internal control.

Kobasa and Puccetti Buxti(1983) according to the study of Antonovsky (1979) also mentioned that there are a number of variables which act as a protective barrier, or mitigate or modify 'Buffer' from the harmful effect of stress, among these variables are psychological hardiness (Maamaria, 2019, p.50).

The latter is one of the most important sources which have figured prominently of many researchers in positive psychology, as it is one of the immune personality traits that contribute to maintaining psychological and physical health, also it is considered at the forefront of the path to resistance, as it maintains health and performance and increases productivity. Therefore, it is noticeable that most individuals retain their psychological and physical health. Besides, they are not exhausted or ill, despite their exposure to distress and stressful life events.

Furthermore, the study of Holahan and Moss (1987) aimed at identifying the relationship between the sources of resistance and the risk factors, in other words, the factors that increase the individual's susceptibility to physical and psychological diseases, on a sample of parents and mothers and their children. Thus, it concluded that parents who feel confident and represent

models of confidence and resilience showing psychosocial support to their children, as they become more confident, ambitious and solid. (Mekhimer, 2002, pp. 9-10).

Psychological Hardiness is a proposition of positive psychology and its importance for parents of a mentally retarded child which is highlighted as a necessary feature to face the challenges that disability reflects. Thus, we have dealt with this feature in order to search for its roots in the personality of the parents, the conditions of its appearance and its indicators, in addition to its reflection on the mentally retarded child and his parents.

2- Identifying the mentally retarded child:

2-1- Definition of the American Association for Mental Retardation:

The latter developed a definition in 1992 as: "A case that refers to concrete significant weaknesses in the current functional performance of the individual. Whereby mental performance (intelligence) falls below the mean by two standard deviations, accompanied by an apparent defect in two or more of the following consensual behavior fields: Care In particular, communication, home life, social skills, the use of spare time, work skills. However, this disability appears before the age of eighteen (Al-Batie 'and Israa, 2014, p. 38)

2-2- The role of the family to ensure their mentally retarded child:

The effect of parental intervention in programs for mentally retarded children is shown through:

- No program for mentally retarded children is taken into consideration except with an effective influence by parents in educating their children, so the intervention of the child's parents is an important and vital matter.
- Parents' participation in the education program for their mentally retarded children may have a positive effect on their non-retarded children, for example if a parent learns to use a specific method that has a positive supportive effect with his son, he can use this method with the same effect with his non-retarded children. (Abdel Hamid Ibrahim, 1999, pp. 39-40)

3- Positive Psychology:

Positive psychology aims at stimulating and crystallizing change in psychology from fixing the worst things in human life, to working to empower and establishing everything that inaugurates and creates the best human characteristics and qualities in life. Martin Seligman is the actual founder of this positive trend in psychology, especially when he took over the presidency of the American Psychological Association APA in 1998, as he devoted most of his research to caring for positive variables in personality .(Al-Nabigha, 2016, p. 144)

This positive specialization is concerned with improving the general psychological functional performance of the human being beyond the concept of mental health in its traditional sense. Furthermore, psychologists in this branch are interested in researching the determinants of human happiness and focusing on the factors that lead to enabling a person to

live a satisfying and fulfilling life, in which he achieves his ambitions and employs his abilities to the maximum extent possible, in order to reach satisfaction with oneself, others and the world in general. (Abou Halaoua, 2014, p.13).

Positive psychology is not a new discipline, after it spent decades concerned with negative feelings and emotions, also there are bad, sick, disturbed, and dark aspects in human behavior. As most of psychologists' concerns have focused on the good, healthy, balanced, and bright aspects of a person's life for decades. (Maamaria, p. 1)

According to Martin Seligman (2002) : Positive psychology is based on three pillars : the first is the study of positive emotions, the second is the study of positive traits, the most importantly are strengths and virtues, as well as abilities such as intelligence and sport. Whereas, the third is a study of positive institutions such as democracy and strong families, which support and promote positive emotions: such as hope and faith, not only in the ease of life, but also in its hardness (Seligman, 2002, p. 10).

3-1- Psychological Hardiness as a variable of positive psychology:

Psychologists currently believe that it is time for the emergence of a science that endeavors to understand positive emotions and build strength and virtue to reach what Aristotle called "a good life." Thus, they decided to pay their attention to the positive aspects of behavior, such as: happiness, optimism and satisfaction, hope, confidence, joy, self-esteem, social skills, courage, tolerance, harmony, and psychological hardiness. (Bachir Maamaria, p. 2)

Thanks to Kobasa (1979-1982), Garmezy (1983), Michael Rutter (1990), and Holahan & Moos (1985, 1986, 1987, 1990) these pioneers refer that the research should focus on health and not disease in the field of stress, as well as on positive variables, whether they are psychological or social variables which would make the individual maintain his physical and psychological health when facing stress, and even support his ability to successfully confront.

Therefore, according to them, studies should focus on developing positive variables for positive psychology, among them psychological hardiness (Mekhimer, 2002, p. 3). The latter that took a great deal of "Kobasa " studies, which is the first to use the term psychological hardiness. Moreover, he considered it as one of the most important positive psychological variables for positive psychology that makes the individual able to face, resist and overcome stressful conditions (Hulka, 2016, p.14).

According to Kobasa (1979): "Psychological hardiness is a general belief of the individual in his effectiveness and his ability to use all available psychological and environmental resources in order to perceive, interpret and effectively confront stressful life events." She also indicated that the more solid people are more resilient, resistant, accomplished, internal control, leadership, ability, initiative, activity and motivation (Al-Sayid Othman, 2001, pp. 209-210), she also defines it : "As a personal structure that includes three general dimensions related to commitment, control and challenge, which act as a resource of resistance in the face of stress conditions." Lightsey (1994) defines it: "An expectation of self-efficacy in an individual on his

ability to face pressures and problems. Besides, he uses the concept of self-efficacy developed by 'Bandura', who states that people with a high level of self-efficacy tend to do so." Behavior that leads them to good results with the belief that they are able to do so. " (Maamaria, 2019, p. 51)

Whereas, Kobasa & Maddi & Kahn (1982) state: "Psychological hardiness is a constellation of personality traits that act as a source of resistance in the face of stressful life events (pallabimund, 2016, 34-35). Adib Mohammed Khaldi considers it : "Hardiness is the energy represented by the individual's feeling (stability and tranquility), (self-sufficiency), (control), (endurance and commitment), he has also (the ability to internalize control)." (Al-Khaldi, 2009, p. 46-47).

In her theory of psychological hardiness, Kobasa assured that it is composed of three dimensions:

- Commitment: means the individual's belief in the truth, importance and value of himself in what he does, as this can be evidenced by the value of life that lies in the individual's loyalty to some principles and values, as well as his belief that his life has a purpose and meaning for which he lives.
- Control: means independence and the ability to make decisions and face crises. It also refers to the individual's belief that he can have control over the events he encounters. Furthermore, he bears personal responsibility for what happens to him.
- Challenge: refers to the individual's belief that what is happening in the change of aspects of his life, it is something exciting and necessary for growth rather than a threat to him, which helps him to initiate and explore the environment and knowledge of the psychological and social resources that help the individual to cope effectively with pressures, and the challenge appears in facing problems to solve, in addition to the ability to persevere and not to be afraid when facing problems (Al-Sayid Othman, 2001, pp. 209-210).

Psychological hardiness represents a cognitive, emotional and behavioral pattern of resistance to stress, as it is one of the most important methods of effective confrontation of stress. It affects an individual's cognitive evaluation of the stressful event and the threat it entails to his psychological security, emotional stability, psychological health and self-esteem. It also affects the individual's evaluation of his confronting ways for that stressful situation. Psychological hardiness according to "Kobasa " and "Madi" leads to a change in cognitive perception of daily events, as people with psychological hardiness see their daily and difficult events in a realistic and optimistic way (Hulka, 2016, p.16).

The launch of positive psychology and its emergence is embodied in prevention, immunity, immunization or psychological hardiness, which is considered a necessary feature in the field of positive human virtues, for the prevention of various forms of stress, problems, and impaired psychological performance, in addition to change making according to the mechanism of improving the quality of life and its superiority to its highest meanings of harmony, emotional stability, and positive adaptation.

4- Phases of building psychological hardiness during the life stages of parents:

The psychological hardiness of the parents of a mentally retarded child is the result of several stages that the parents go through during marriage and much earlier, this is through:

4-1- Mental health during the formation of the marital partnership:

Each of the spouses comes to their new family life, as he carries his legacy from the family of origin, it is a multi-faceted legacy psychologically, socially, economically and culturally. Thus, it is necessary to provide opportunities for the success of married life and its enjoyment of mental health from processes of interactions, exchanges, understandings and agreeing to shared visions of self and peer and their lives together.

4-2- Structural mental health:

The healthy structure and wellness constitute the basis of its mental health

4-3- Functional mental health:

The marital career enjoys health, starting with marital merit (sexual passion) and passing through the parental function.

4-4- Developmental mental health:

is represented in its minimum level in stability, continuity and effectiveness, as well as in the realization of a project of a growing presence in the general path of parents, despite what this path is exposed to in terms of pitfalls, slowdown, or regression. Thus, these pitfalls are of the very nature of life, which lie or retreat and then re-launch with the impetus of the developing energies it contains.

Parents' psychological hardiness is a project that is built during the march of the spouses' life in the beginning, which lands before all the aforementioned stages during the social upbringing of the parents, after marriage and childbearing, mental health is the fruit of the parents' endeavor and effort on desire, foresight and good for thought, However, it is necessary to emphasize on the importance of social support that promotes the emergence of psychological hardiness.

The family's cohesion, cordiality and compassion are essential, so each supportive party for the other is like a healer, thus this facilitates assimilation through the sharing of burdens according to Mustapha Al-Hidjazi: "Isolation makes a person isolated in the face of difficulties and adversities, which violates the parallel equation between them and between capabilities and abilities. As the most important thing here, besides the availability of material resources, may be equal in resources for obtaining emotional support, understanding and participation." The ordeal eases when a person is surrounded by lovers who provide him with moral support (Hedjazy, 2015, pp. 80-194)

5- Positive psychology and its role in dealing with the pressure of parents:

Because of the pressures have persisted with man since his existence in life, where he faced a number of challenges, adversities and burdens that generate suffering and turmoil, as the pressures exerted on various segments of society, including the family, parents, Abidin & Wilfong (1989) defines parental pressure as: "The pressure stemming from the parents' remarks, the level of pressure stemming from the parents' sense and awareness of the child's characteristics. These pressures include the child's behavioral features, the child's sense of the parents' competence in carrying out their role, and the clarification of the type of social relationship and social support for the parents, as well as the elements related to the system. Taking care of the child, and assuming the role that requires continuous adjustment and normalization « (Saleh Al-Marib, 2013, pp. 67-68)

It was found that parents of children with mental disabilities often face types of problems and pressures that exceed the responsibilities of raising children that parents of normal children face, these pressures vary according to the cohesion and integrity of the parent's personality structure, which is considered the protective wall of the family, that is the first social institution for a child with special needs, as it provides him with family care represented in the family entity, harmonious family relationships and healthy social roles between parents which have very important implications for the psychological life of children and parents themselves (Al-Nawaisa, 2013, pp. 349-350), Shohen (1965) indicates that a psychologically healthy person is one who can fully adapt and define these aspects : the ability to self-control and a sense of personal responsibility, as Jahoda (1958) identifies a number of aspects that can define the meaning of health. A healthy psyche includes self-acceptance, self-respect, ego resilience, the ability to endure frustration, self-reliance, and the ability to tolerate anxiety (Nabih, 2001, pp. 25-26)

Because of each parent possesses different capabilities in turn to successfully deal with pressures, guard against and prevent them (Al-Hijazi, 2015, p.170), each of them differs in their competencies in the face of stressful events or compatibility with them, as psychological components have been assumed to explain human harmony , immunization, and resistance, including: ego strength, emotional balance, following methods of confrontation, self-efficacy, self-organization, and especially psychological hardiness. However, The latter is the essence of the normal personality, it means the general feeling that the environment calls for satisfaction, as this makes the individual look at different situations with a kind of curiosity, enthusiasm and commitment, so the concept of psychological hardiness, which is one of the variables of positive psychology, which indicates an individual's acceptance of changes or the pressures to which it is exposed, as it acts as a protective factor against the bad physical consequences of the pressures, which makes the individual steadfast and persevering to achieve himself seeking to find meaning in his life, so the individual views these pressures as a kind of challenge, and not a threat to him, Thus, he focuses on actions that will benefit him and contribute to helping individuals continue to reconfigure (Maamaria, 2019, pp. 50-51).

The family must give precedence to positive emotions in the process of raising its children and dealing with life issues. It is also necessary for the family in the first place to research its internal situation in order to search for all the encouraging opportunities available (Al-Hidjazi, 2015, p. 100), according to Bandura (1997): "Humans shape their lives in a positive way rather than responding negatively to environmental forces" (Chan J. Lopez, Tramoto Pedrotti, Jennifer & Sinder, SG, 2015, p. 241)

Furthermore, Seligman (2002) argues that it is the authentic positive feeling we derive from exercising manifestations of powers and virtues (p. 19). Mustapha Al-Hidjazi also asserts: "Positive thinking teaches us that no great and distinctive achievement has ever been accomplished except by providing a high amount of desire for challenges that mobilize energies and employ potentials to their maximum by enhancing confidence in ability and insistence on adhering to the goal and high motivation to manage the means and innovate it.

Positive psychology searches for openness to the world and embracing it with enthusiasm and vitality, by exploiting the essence of the positive features of the personality, including the feeling of strength, hardiness, hope, confidence, optimism, and will which help the individual to endure difficult situations and pressures pushes him to confront them, resist them, protect themselves against them, and insist on adhering to everything that is positive in life.

6- Psychological hardiness of parents of a mentally retarded child:

6-1- The psychological hardiness of parents and its reflection on the mentally retarded child:

The mentally retarded child needs to feel accepted as an individual valued by others and by himself, as parents play a fundamental role in this process. Furthermore, it is useful for parents to realize the dimensions of their child with special needs problem through some information provided by the psychologist. However, some parents may feel that they have committed a sin, but foresight, good reflection and logical thinking have a role in overcoming the crisis. The psychologist also has a role in enlightening parents about the truth of their feelings and explaining that it is normal for a person to feel guilt and frustration in such situations. However, there are some families who are aware of and accept their son as he is. (Mitoualli, 2015, pp. 214-224). One of the main principles on which the concept of positive feelings in parents is based, developing these feelings in children will enrich and strengthen the various aspects of the child's behavior, whether it is represented in his social relationships or his physical and mental development, so that these feelings become a living ammunition for the child which helps him to adapt and conform to life later (Seligman, 2002, p. 261)

The importance of acceptance by the parents of a mentally retarded child and coexistence with him, despite the difficulties imposed by disability, it is taken as a test of the psychological hardiness of the parents, which provides them with strength and ability to resist. Thus, this is

what will be talked about, as they constitute the components of immunity and impunity against adversity.

The concept of psychological hardiness refers to the individual's acceptance of the changes or pressures that he is exposed to, as the birth of a mentally retarded child and the attempt to accept his condition, coexist with him as he is and to provide him support is not an easy matter, so parents must have a large degree of awareness, acceptance and resistance and toughness in such cases, where mental toughness acts as a protective factor against the bad physical consequences of stress. Therefore, the individual views those pressures as a kind of challenge not a threat, therefore, he focuses on actions that benefit him.

Furthermore, the family in its close ties and mutual acceptance of its members to each other, and their recognition of the status and importance of each other, as is the case of parents' acceptance of their mentally retarded child, with various systems of support, synergy, protection, care and encouragement, it is a port of safety and a refugee that provides courage for parents, and even the child himself, to be open to life and go through its experience, face all difficulties and challenges, and resist its ordeal and adversities despite his disability, as Seligman (2002) says: This means that we all have within us elements of strength that we may not know until we face a challenge. True (Seligman, 2002, p. 24)

Positive psychology respects hope, so if you find roads completely blocked-in front of you and around you, and what you have of little joy and little satisfaction, also you do not find meaning in what is around you, there must be a path that leads you to contentment, as this path is power and virtue, moreover, it leads you to find meaning and purpose in life. (Seligman, 2002, p.10)

Therefore, the challenges posed by disability should be addressed by individuals, especially parents, and entail decisions related to the development system for the various abilities of the child. However, since parents are an effective element in developing the abilities of the child and repeating the pedagogical programs of the center at home, this is not achieved except by discovering the strengths of the parents. And Al-Quraiti (1992) says: that positive attitudes towards the disabled can create an environment for planning, developing and improving the necessary programs that will have significant benefits for the mentally retarded child. (Al-Qamsh, 2011, p. 76).

Besides, Seligman (2002) says: When we seek to move from a good condition expressing it as to a better state expressing it as, the will factor has a greater importance and role than just a change in the external environment factors, as it must be emphasized that building the powers and virtues of which psychological hardiness is one of them. Since using them in our daily life is at its heart a matter of choice, moreover, the desire to achieve a good life starts from the point of discovering your strength and employing it in everyday life (Seligman, 2002, p.176)

Children who are mentally retarded need encouragement and acceptance from their parents, so the child's feeling of appreciation, words of encouragement and cooperation with him gives him enthusiasm and self-confidence, which is a necessary characteristic for the possibility of progressing later, as the child's abilities grow to encourage parents, who are

considered responsible the first of what prevails in family life in terms of affection and respect. However, steeling with solidity, broad-mindedness, acceptance of the child, and the will to change him to the best condition are all acquired in the parents' first family home. The father and mother are psychologically tough and set their sights on their mentally retarded child to look at life from a wide horizon, as such parents are considered in the light of health psychology and positive psychology together because it is characterized by the ability to control the factors of defeat without resorting to this weakness, as that can challenge the various conflicts and problems of their son, thus, they suffer little defeat and failure, using their insight in the ability to self-control and commitment.

Because those with psychological hardiness turn attitudes into less stressful ones, the family network, on top of which is hardened parents, have positive attitudes towards their mentally retarded son, who is an indication in strengthening his self-reliance and gaining a set of life practices and experiences, so that they have standards that help him reconcile personal and social to some extent.

7- Indicators of psychological hardiness among parents of a mentally retarded child and mechanisms for dealing with their child's condition:

On the personal level, American studies indicate that characteristics such as optimism, resilience, adaptability, independence, and problem-solving skills are effective in building psychological resilience. A strong sense of trust in others is also beneficial, along with self-control and the ability to suppress personal emotions and needs. In addition to a sense of humor and some creativities are also important factors. We are also more likely to have the capacity to regress if we have good levels of what psychologists call self-efficacy and belief in your ability to succeed in certain situations. (Mcewen, 2011, p.3)

In fact, difficult times are best suited to show many manifestations of strength and hardiness. Insight into the child's problem, accept his backwardness and strive to educate and rehabilitate him, as parents attempt during this stage to enroll their child in education and rehabilitation institutes and follow his academic achievement and progress in training, as doing this is the same as their follow-up to their normal children, however, they face the problem of his backwardness with realism and maturity, also they do not feel embarrassed about their son's presence in private institutes, thus accepting his disability and pursuing various methods in his training and education.

Acceptance is the main step and an important indicator of psychological hardiness for parents of a mentally retarded child, acceptance develops in three areas:

- Acceptance of a child's disability: is the main and critical step includes that the child has a value in himself. He is a child who has feelings, special needs and demands just like all other children.
- Accepting the child and recognizing that he has the energy to enjoy life and also contribute to it with others, thus the child has realistic goals that can be achieved.

- Self-acceptance: Parents' access to self-acceptance represents a difficult and long process for them as a result of pain, frustrations and painful experiences, but they can reach the point of conviction that they are parents of a child with very special needs and they are individuals who deserve respect from others and from themselves, just as their integrity and importance as members of the human race has not decreased. On the contrary, they may increase, by their exit from this great crisis, they have become more resilient to the crises. (Khalifa and Others, 2015, pp. 131-132)

The psychological hardiness in (commitment, control and challenge) of these parents is also determined by their sense of commitment towards their child's disability, as they have inability to engage and face disability. In this regard, Battista & Almond (1973) confirm that: The individual has a meaning in life, one must commit to something and believe that this is needed. "(Al-Sayid Obeid, 2008, p. 353), and that the ability to control disability through the feeling that they are a person responsible for what they face and accept themselves as parents of a mentally retarded child, also that they have the abilities and self-efficacy to advance their child and help him to accept himself, and provide a safe and emotional atmosphere for him, provide reassurance and psychological freedom, and then adapt to oneself and others, and that the readiness for the challenge is a willingness to accept change and materialize. Therefore, this is through active participation in the support programs for the mentally retarded child, in which the parents have a fundamental role within the multidisciplinary team and face new activities that allow the growth and change of the child, this within the framework of the level of desire for the challenge that is embodied in the person's ability to adapt to the extraordinary external requirements and dealing with it at the cognitive and behavioral levels with the required effectiveness. The high self-efficacy makes the individual perceive his potentials and resources as high in turn, and vice versa, which leads to the perception of the number of burdens as being less severe, thus controlling and controlling the situation. (Al-Hidjazi, 2012, 229)

Seligman says that more optimistic people are more likely to interpret their problems as transient, controllable, and related to only one situation. (Seligman, 2002, p. 21), optimistic parents are also determined when they model optimism for their children by elaborating explanations for negative incidents of disability which has other positive interpretations. It is through a commitment to self-fulfillment that enables children to continue to feel good about themselves, that helps children feel good about themselves (Chan J. Lopez and others, 2015, p. 252) Hamid Zahran (1994) says: "A person with a mental health is capable of self-realization and utilization of his abilities and potentials to the maximum extent possible to achieve his goals." (Abd al-Wahid Ibrahim, 2014, pp. 100-102)

Challenge, then, is the spirit of determination based on the will to achieve, optimism and the belief in the ability to achieve the goals of the parents, as that they can do through their abilities, skills, conviction, mobilization and coordination of energies and resources, in addition to the extent of their perseverance in exerting efforts in facing the obstacles that impede their son. It is the belief in what can be achieved, which represents their convictions in what they are

most worth accomplishing. However, challenge is the result of self-confidence, and when parents arrive to overcome their son's disability and accept him, it constitutes the fuel that drives activity for confrontation.

Concerning control, it is related to the parents' satisfaction with themselves and their son, and their acceptance of him. These parents have the ability to control because of their flexibility, and their ability to control their emotions, as Arnest Hilgard (1975) emphasizes the individual's awareness of the reality of his abilities, self-control and voluntary control of behavior (Nabih, 2001, p. 27).

8- Designing an intervention to build psychological hardiness: "Stop the Bad Before It Happens ":

We are talking about prevention that reflects actions people take to reduce or eliminate the possibility of psychological difficulties or problems. As problems will arise later, so appropriate preventive and fortification steps must be taken, in order to design hardiness, one must steel before it, also he builds it only Snyder et al. (2000) "We suggest that Prevention is, in essence, a process of hope and a positive view of the individual's ability to act in a way that enables him to achieve a better tomorrow. " (Chan.Lopez et al., 2015, p. 462). As the Greek philosopher Epictus believed that the key to overcoming hardships and adversities is developing an approach that distinguishes between those things that are under our control and those that are not. (Citrin et al, 2016, p1).

Parents 'efforts of the mentally retarded child are embodied in the crystallization of a balanced and psychologically compatible child, thus, this will not be unless it is the product of the parents and a family with positive characteristics ,among them is the "tendency to investigate" that was brought by Carl Rogers, according to him it is born with individuals who have an exceptional drive that helps them develop and ameliorate their capabilities in order to survive and move towards life with the utmost energies, as the self-absorbs the values of others during social upbringing, moreover, it grows as a result of interaction with the environment (Abd al-Wahid Ibrahim, 2014, pp. 100-102)

From this standpoint, psychological hardiness from the perspective of primary prevention paves the way for each of us, as it is its source and formation during the first childhood and the stages of the formation of the parent's personality, where the psychological legacy from the family of the parent that each of the spouses carries with him to their new life constitutes some of the factors of the emergence of psychological hardiness. In this regard, Kobasa (1979) says: "Psychological hardiness is a quality that emerges from experiencing various enriching and enhancing childhood experiences" (Maamaria, 2019, p. 50)

Because of the cornerstone of psychological hardiness is challenge, commitment and control, as these three criteria provide the incentive to implement solid strategies in order to solve and deal with problems, but rather to prevent and protect against them, it is important to

consider how these three criteria interact in the youth stage, how to build and learn each of them with parents during childhood is as follows:

8-1- Commitment:

early, supportive interactions contribute to building “commitment”. As a strong sense of commitment may result in spite of all the suffering experienced by the individual in adulthood due to the enormous amount of supportive interactions between children and their parents, however, when parents provide encouragement, acceptance and meet the needs of their children and respect their abilities and dreams in a way that shows compatibility, interest and encouragement, thus ,these children feel supported .On this basis their perception of themselves and the world as worthy of attention, therefore developing commitment is primarily due to the support of parents and enables them to deal with their own lives as partners in their relationships which would produce children who are normal, both in their abilities and interests.

8-2- Control:

early upbringing also allows adopting a position of control, as individuals are divided in the ability to control and dominate current events and act efficiently while others fail, as they think themselves to be victims of those circumstances. However, the difference in the position of control returns to early life. When we build in the child to identify needs and abilities and strive towards them and encourage him to achieve aspirations, also when the child succeeds, he feels sovereignty, it must be emphasized that the child loves discovery, giving him new skills of moderate difficulty to succeed in them and bringing a sense of achievement. Therefore, we build a sense of control, so the child's interaction with the environment often involves with tasks that he cannot master, because they are of moderate difficulty, thus they learn to prepare to work on this meaning.

8-3- Challenge:

challenge is built by cultivating the spirit of encouragement and appreciating the child's experiences that stimulate positive interaction, so the use of words of encouragement: (Wow, this is amazing) at times when the child makes mistakes is considered a catalyst for change and appreciation of his experience, to clarify more, we strike such a child The one who painted a painting for his father, even though the nose and mouth are inside the face, but he drew the eyes outside the face, so you should be encouraged and not reprimanded (as we said: Usually the eyes are inside the head but you wanted to put them outside, maybe this means something). If you take this path, you encourage your child to realize that although it is only a work of art, you cultivate in him the spirit of challenge and improve it instead of considering it annoying and painful, this is what Pandora assumed in people's beliefs in their ability to have desired effects. Because of previous successes in similar situations, parents should teach their children to feel a challenge instead of considering it as a threat. Life is by its nature stressful and every stage

from birth to old age is not devoid of changes as the pressures may worsen depending on each age stage, so it was important for parents to emerge for their children, these changes are of developmental value and are not built unless the spirit of tolerance and acceptance of change is instilled in them. (Maddi, 2013, pp. 44-46) Challenge is built from childhood with repeated experiences of success in passing life tests, and everything that parents object to during their upbringing process that promotes their confidence in their abilities, increases their self-esteem and develops motivation to take on more challenges, just (Citrin et al 2016): Learning to adapt and even succeed with complex challenges effectively means that we build more confidence in our ability to face the world (Citrin et al, 2016,p.8).

Ultimately, pre-nurturing conditions of childhood constitute the first harbor for mental toughness, according to Mustapha Al-Hidjazi : “Providing children with protection, care, love, recognition, appreciation and basic reassurance is one of the most important foundations for their resilience growth when they grow up” (Al-Hidjazi, 2015, p. 187). In addition, high self-esteem and relief from sources of annoyance and tension, such as not hearing family comments ... and enjoyment of satisfaction, fun, optimism, hope and achievement are the roots of mental toughness

9- Conclusion:

to sum up, it seems that we were born with a level of psychological hardiness, but how it is built or appears at a later stage depends on our life circumstances and our responses. Besides, the psychological hardiness of the parents of the mentally retarded child, which is a project built in the parent family has a fundamental role, whether in highlighting the mental health of these parents in controlling, challenging and adhering to disability, or in the child's psychological and intellectual progress and even his abilities through active participation in the application Pedagogical programs. However, Parents with psychological hardiness represent models of confidence and resilience, as they show emotional support for their children so that the mentally retarded child becomes more confident, ambitious and solid.

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