

Psychological Hardiness Among Mothers of Imprisoned Children in Tulkarm Governorate After October 7 Events and Its Relationship with Their Quality of Life

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Abstract:

This study aimed to examine the level of psychological hardiness among mothers of imprisoned children in Tulkarm Governorate after the events of October 7, and its relationship to their quality of life. The descriptive correlational method was used, employing a questionnaire as the study tool. The sample consisted of 201 participants. Results showed a high level of psychological hardiness among these mothers, reaching 78.71%. Statistically significant differences were found based on educational qualification and employment status, while no significant differences were observed based on age. In light of these findings, several recommendations were proposed, including establishing specialized psychological and social support programs for mothers of imprisoned children and providing counseling sessions with mental health professionals.

Keywords: psychological hardiness, quality of life, imprisoned children

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1. INTRODUCTION

The mother-child bond is one of the most sacred and profound human relationships, a unique connection built on unconditional love. Motherhood signifies one of the greatest emotional ties that binds a mother to her child, transcending biological boundaries to establish her as a partner in the child's life and a primary source of affection, care, and emotional support.

One of the greatest threats to this relationship is imprisonment, which constitutes a brutal and egregious violation of human rights. Imprisonment has deep psychological and social effects that extend not only to the child but also to the entire family, especially the mother. The arrest of a child, particularly at a young age, inflicts a deep wound in the mother's soul and significantly affects her daily life and psychological well-being.

This concept aligns with existential psychology, which emphasizes the human capacity to find meaning and purpose in life. This capacity, in turn, influences how an individual's personality manifests, their interaction style with reality, and their overall mental and physical health (Ben Al-Arabi & Amoumen, 2021; Laghzali & Ayach, 2021).

Interest in psychological hardiness gained prominence following a series of studies by Kobasa (1979-1985). She concluded that it is a positive personality variable composed of three core components:

- **Commitment:** A belief in the importance of one's activities and relationships.
- **Control:** The conviction that one can influence life events.



- **Challenge:** The view that change and stressful events are a normal part of life and an opportunity for growth. (Rajaa, 2016)

The concept of quality of life is multidimensional and subjective, varying from person to person in both theoretical and applied aspects, depending on the criteria used to evaluate life and its needs. It is shaped by diverse factors such as cognitive ability, decision-making, perceived control over circumstances, management of external conditions, physical and mental health, economic stability, religious beliefs, cultural values, and civilizational influences. These factors collectively determine how individuals perceive the elements that contribute to their life satisfaction (Al-Shamrani, 2023).

2. Statement of the Problem

Since October 7, the number of Palestinian detainees from Gaza and the West Bank arrested by Israeli forces has reached unprecedented levels. According to data from the Palestinian Prisoners Club, as of October 7, there have been 10,400 arrests in the West Bank alone, including 725 children, 400 women, and 98 journalists. The club further reported that arrests during the last three months of the previous year accounted for half of the total arrests for that year (WAFA Agency, 2024). These alarming statistics underscore the immense psychological burden borne by mothers and their families, compelling them to confront significant risks and navigate extremely challenging circumstances with resilience. Psychological hardiness serves as a crucial protective factor in mitigating these pressures. Therefore, establishing robust social and psychological support systems is essential to enable women to cope more effectively with these challenges and enhance their overall quality of life.



Accordingly, this study addresses the following primary research question: What is the level of psychological hardiness among mothers of imprisoned children in Tulkarm Governorate after the events of October 7, and how is it related to their quality of life?

3. Significance of the Study

3.1 Theoretical Significance

- To identify and clarify the key concepts of the study, namely psychological hardiness, quality of life, and child prisoners.
- Due to the limited research examining psychological hardiness among mothers of imprisoned children, this study is essential for deepening our understanding of the levels of psychological hardiness demonstrated by these mothers and how it relates to their overall quality of life.
- The findings of this study will be shared with relevant authorities to facilitate the development of programs designed to enhance psychological hardiness among mothers of imprisoned children in Tulkarm Governorate post-October 7, thereby improving their quality of life.
- To present the findings of this study to the relevant authorities with the aim of developing programs that enhance psychological hardiness among mothers of child prisoners in Tulkarm Governorate following the events of October 7, thereby contributing to the improvement of their quality of life.

3.2 Practical Significance

1. The practical significance of this study lies in its focus on an important social group: mothers of child prisoners held in Israeli detention facilities. The study aims to assess their level



of psychological hardiness and to explore the relationship between psychological hardiness and their quality of life.

2. It seeks to determine the degree of psychological hardiness among mothers of child prisoners in Tulkarm Governorate following the events of October 7, and to examine how this relates to their quality of life according to demographic variables (age, educational level, employment status).
3. The findings are intended to inform the development of targeted training and counseling programs aimed at enhancing psychological hardiness among mothers of child prisoners and improving their overall quality of life.

4. Study Objectives

1. To identify and clarify the key concepts related to the study's title, namely psychological hardiness, quality of life, and child prisoners, within the context of the research.
2. To examine the impact of demographic variables (age, educational level, employment status) on the level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the October 7 events, and its relationship with their quality of life.
3. To formulate a set of recommendations based on the study's findings to support the enhancement of psychological hardiness among mothers of child prisoners in Tulkarm Governorate post-October 7, ultimately contributing to the improvement of their quality of life.

5. Research Questions

This study aims to answer the following questions:



1. Is there a statistically significant relationship between the level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the events of October 7 and their quality of life?
2. Is there a statistically significant relationship between psychological hardiness and quality of life among these mothers when analyzed according to demographic variables (age, educational level, employment status)?

6. Research Hypotheses

1. There are no statistically significant differences ($\alpha \leq 0.05$) in the mean levels of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the October 7 events and its relation to their quality of life based on age.
2. There are no statistically significant differences ($\alpha \leq 0.05$) in the mean levels of psychological hardiness among these mothers and its relation to their quality of life based on educational level.

There are no statistically significant differences ($\alpha \leq 0.05$) in the mean levels of psychological hardiness among these mothers and its relation to their quality of life based on employment status.

7. Study Boundaries

1. Temporal Boundaries: The study was conducted at the end of the second semester of the academic year 2023–2024.
2. Spatial Boundaries: The study was limited to Tulkarm Governorate.
3. Human Boundaries: The study population consisted of mothers of child prisoners in Tulkarm Governorate following the events of October 7.



7. Operational Definitions

- **Psychological Hardiness:** The individual's perception and acceptance of psychological changes or stressors, functioning as a protective factor against the physical and psychological consequences of stress. It contributes to modifying the cyclical relationship beginning with stress and culminating in psychological exhaustion, as defined by Ahmed (2016). Operationally, it is measured by the total score obtained by mothers of child prisoners on the psychological hardiness scale used in this study.
- **Quality of Life:** A comprehensive state of satisfaction, comfort, and psychological and physical well-being, influenced by factors such as physical and mental health, social relationships, financial status, personal development, and a sense of achievement and meaning in life (Al-Shamrani, 2023). Operationally, it is measured by the total score obtained by mothers of child prisoners on the quality of life scale employed in this study.
- **Child Prisoners:** Individuals under the age of 18 who have been detained and imprisoned by Israeli occupation forces.

8. Previous Studies

8.1 Arab Studies

- Jalala's (2024) study, titled "Quality of Life Among Residents of Gaza: The Predictive Role of Mental Distress, Fear of COVID-19, and Social Support", aimed to explore the impact of mental distress, fear of COVID-19, and social support on quality of life among residents of Gaza. Employing a descriptive methodology, the study sampled 979 adults. Results indicated that fear of

COVID-19 had the strongest negative impact on quality of life, followed by depression and then emotional support.

- Ismail's (2023) study, titled "Psychological Hardiness as a Mediating Variable in the Relationship Between the Big Five Personality Traits and Psychological Quality of Life", aimed to identify the relationships among the Big Five personality traits, psychological hardiness, and psychological quality of life among faculty members at Sadat City University. Using a descriptive methodology and a sample of 312 faculty members, the study found positive correlations between four of the Big Five traits and psychological quality of life, with a negative correlation for neuroticism. Psychological hardiness served as a partial mediator in these relationships. Additionally, significant differences were reported according to gender, age, educational level, and monthly income, while no significant differences were found in relation to employment, place of residence, or marital status.
- Al-Hassadi's (2022) study, titled "Psychological Hardiness and Its Relationship to Post-Traumatic Stress Disorder Among War-Affected Individuals in Derna City", aimed to identify the levels of post-traumatic stress disorder (PTSD) and psychological hardiness among war-affected residents of the Al-Maghar neighborhood. The descriptive study sampled 50 individuals and found low levels of psychological hardiness and high levels of PTSD, with a negative correlation between the two. It also found significant differences favoring males in mean scores, but no significant differences based on age, educational level, employment status, or monthly income.
- Amro and Abbasi's (2022) study, titled "Indicators of Psychological Hardiness Among Wives of Prisoners at the Moment of Arrest", sought to measure psychological hardiness indicators among Palestinian wives of prisoners. The study adopted a descriptive-analytical approach and sampled 380 wives

of prisoners. Results indicated a moderate degree of psychological hardiness, with significant differences according to age, educational level, number of dependents, and monthly income.

- Hassan's (2022) study, titled "Psychological Hardiness and Its Relationship with Social Adaptation Among Families of Life-Sentenced Prisoners", aimed to determine the level of psychological hardiness and its relationship to social adaptation among families of prisoners sentenced to life imprisonment. Employing a descriptive correlational method with a sample of 228 families, the study found high levels of psychological hardiness and social adaptation, with no significant differences attributed to kinship relation, age, or length of imprisonment.
- Abu Bakr's (2019) study, titled "Enhancing Psychological Hardiness through the Generalist Social Work Theory among Wives of Prisoners", aimed to shed light on reinforcing psychological hardiness by applying generalist social work theory to wives of prisoners and to highlight its social work applications based on relevant literature and previous studies. The study employed an analytical survey method with a sample of 380 wives of released prisoners. Results indicated a high level of psychological hardiness within the sample. Psychological hardiness functioned as a protective resistance variable that mitigates the effects of stress caused by exposure to pressures and enhances the use of effective coping strategies and personal and social resources appropriate to the surrounding stressful conditions. Significant differences were found regarding variables such as age, educational level, employment, monthly income, and place of residence, while no significant differences were observed for other examined variables. The study recommended increasing psychological, health, and legal awareness for wives of prisoners to support their adaptation within Palestinian society.

- The study by Al-Hamouz (2014) aimed to assess the level of psychological hardiness among released prisoners in Hebron Governorate, the extent of their exposure to torture, and to identify the main physical and psychological torture methods used against Palestinian prisoners in Hebron. Additionally, it examined whether a relationship existed between psychological hardiness and torture methods. The study sample consisted of 97 released prisoners selected via simple random sampling. The researcher applied the psychological hardiness scale referenced in Al-Asoud's (2021) study and the torture methods scale used in Abu Qaoud's (2008) study. Results showed that the level of psychological hardiness among the released prisoners was high, as was the degree of torture endured. A negative correlation was found between psychological hardiness and exposure to torture. The researcher recommended developing national support programs to advocate for Palestinian prisoners and called on relevant authorities to provide specialized medical care for torture victims.
- Ibrahim and Maqdadi's (2014) study sought to explore psychological hardiness and its relationship with life satisfaction and depression among elderly men and women residing in nursing homes in Jordan. The sample consisted of 140 elderly participants. The researchers utilized scales measuring psychological hardiness, life satisfaction, and depression. The findings revealed low levels of psychological hardiness and life satisfaction among the elderly, coupled with high levels of depression. A positive correlation was observed between psychological hardiness and life satisfaction.

8.2 Foreign Studies



- Çıvgın's (2022) study, titled "The Mediating Role of Perceived Social Support in the Relationship Between Psychological Resilience and Depression Level in Prisoners", aimed to test the mediating role of perceived social support in the relationship between psychological resilience and depression levels among prisoners. The study utilized a descriptive approach with a sample of 494 prisoners. Findings revealed that perceived social support served as a mediating factor in the relationship between psychological resilience and depressive symptoms.
- Lee's (2022) study, titled "Influence of Hardiness, Mother-Child Interactions, and Social Support on Parenting Stress Among North Korean Refugee Mothers", aimed to examine the factors affecting parenting stress among North Korean refugee mothers. The study adopted a descriptive methodology and sampled 123 mothers. Results showed that psychological hardiness and the number of supporters were the most influential factors in reducing parenting stress.
- Huang's (2020) study, titled "Psychological Resilience, Self-Acceptance, Perceived Social Support and Their Associations with Mental Health of Incarcerated Offenders in China", aimed to analyze mental health among incarcerated offenders and its associated factors. The descriptive study sampled inmates in detention centers. Findings demonstrated that self-acceptance and psychological resilience had mediating effects in the relationship between perceived social support and mental health.

8.3 Commentary on Previous Studies

A review of the previous studies reveals that numerous researchers have examined psychological hardiness and its relationship with various variables such as quality of life, social adaptation, and post-

traumatic stress disorder. The objectives of these studies varied, ranging from measuring levels of psychological hardiness to exploring its correlations with these variables across different populations.

While the current study aligns with previous research in addressing the concept of psychological hardiness, it is distinct in its specific focus on mothers of child prisoners in Tulkarm Governorate after the events of October 7, investigating the relationship between their psychological hardiness and quality of life. The researcher has benefited from previous studies in strengthening the theoretical framework and designing the study instrument.

This study contributes significant value to the existing literature due to its focus on a unique time period and targeted population, making it an important reference for researchers and practitioners working in the field of mental health for mothers of prisoners under current socio-political circumstances.

9. Study Methodology

9.1 Research Design: The researcher employed a quantitative descriptive correlational design in its analytical form, as it is suitable for the nature of this study.

9.2 Study Population: The study population consisted of all mothers of child prisoners in Tulkarm Governorate following the events of October 7, with a total of 314 mothers, according to data from the Palestinian Prisoners Club (2024).

9.3 Study Sample: A convenience sampling method was used to select the study sample, comprising 201 mothers of child prisoners from Tulkarm Governorate. The sample size was calculated using the formula $N = 4pQ / 25$, where N represents the sample size, P

represents the probability value (ranging between 30 and 60), and $Q = 100 - P$.

Table 1. Distribution of the Study Sample According to Demographic Variables (n = 201)

Independent Variables	Variable Levels	Frequency	Percentage (%)
Age	Less than 30 years	82	40.8
	30 – 45 years	71	35.3
	More than 45 years	48	23.9
	Total	201	100.0
Educational Level	Diploma or below	86	42.8
	Bachelor's degree	78	38.8
	Postgraduate studies	37	18.4
	Total	201	100.0
Employment Status	Housewife	101	50.2
	Self-employed	41	20.4
	Private sector	27	13.4
	Government sector	32	15.9
	Total	201	100.0

9.4 Study Instrument

After reviewing several previous studies and the tools employed within them, the researcher developed a specialized questionnaire to assess the level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate following the events of October 7, and its relationship with their quality of life.

The final version of the instrument consisted of two parts:

- 1. **Part One:** Collected demographic information, including age, educational level, and employment status.
- 2. **Part Two:** Comprised two scales:
 - The first scale measured the level of psychological hardiness among mothers of child prisoners and consisted of 13 items.
 - The second scale measured their quality of life and consisted of 17 items. Table 2 presents the structure of the studyi.

Table 2. Distribution of the Study Instrument Items by Main Scales

Scales	Item Numbers	Number of Items
Scale 1: Psychological Hardiness Scale	1–13	13
Scale 2: Quality of Life Scale	14–30	17
Total		30

The questionnaire was designed based on a five-point Likert scale. All items were phrased positively, and the scoring weights were assigned as follows: Very high: 5 points; High: 4 points; Neutral: 3 points; Low: 2 points; Very low: 1 point. Accordingly, the maximum possible score on the scale was 150, while the minimum possible score was 30

10.4 Instrument Validity

The researcher utilized two types of validity to examine the instrument’s validity:



1. **Face Validity:** The instrument was distributed to a number of respondents who completed it easily, indicating that the items and questions were clear and understandable, thus demonstrating adequate face validity.
2. **Content Validity (Expert Validity):** The instrument was reviewed by several specialized experts who provided their feedback. The researcher then implemented the necessary modifications based on their suggestions to enhance the instrument's content validity.

11.4 Instrument Reliability

The reliability of the study instrument was determined using Cronbach’s Alpha coefficient, as presented in Table 3.

Table 3. Cronbach’s Alpha Coefficient for Instrument Reliability

Scales	Cronbach’s Alpha Coefficient
Scale 1: Psychological Hardiness Scale	0.909
Scale 2: Quality of Life Scale	0.916

The results of the reliability test showed Cronbach’s Alpha coefficients of 0.909 for the Psychological Hardiness Scale and 0.916 for the Quality of Life Scale, respectively. These results indicate that the scales possess a high degree of internal consistency reliability. According to statistical standards, an Alpha coefficient of 0.60 or higher is considered acceptable for practical application. Therefore, the instrument demonstrated sufficient reliability and validity, providing the researcher with confidence in its suitability for data analysis and interpretation within the study.

12.4 Study Procedures



The study was conducted according to the following steps:

- **Secondary Data Collection:** Secondary data were collected from various sources such as books, articles, reports, and theses to establish the theoretical framework of the study.
- **Primary Data Collection:** After designing, reviewing, and confirming the validity and reliability of the questionnaire, the researcher distributed it to the study sample to obtain sufficient data to answer the research questions and achieve the study objectives.
- **Data Entry:** The collected data were entered into a computer using the Statistical Package for the Social Sciences (SPSS), and then organized and classified for analysis.
- **Data Processing:** Data were analyzed to extract information about the study's independent and dependent variables. Statistical analyses were performed to answer the research questions and test the hypotheses, thereby achieving the study's objectives.
- **Results Discussion:** The researcher discussed the results obtained from the data analysis to interpret and clarify the findings.

13.4 Study Design

- **Independent Variables:** Age, educational level, employment status.
- **Dependent Variables:** Responses to the questionnaire items measuring the level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the events of October 7, and its relationship with their quality of life.

14.4 Statistical Treatments



The data were analyzed using the SPSS software, employing the following statistical procedures:

- Means and percentages to answer the research questions.
- Independent Samples t-test (Independent T-Test).
- One-way Analysis of Variance (One-Way ANOVA) to test hypotheses related to age, educational level, and employment status.
- Cronbach's Alpha to assess instrument reliability.
- Least Significant Difference (LSD) test for post hoc comparisons.

5. Study results and discussion

Results Related to the First Research Question

Research Question 1: What is the level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the events of October 7, and what is its relationship with their quality of life?

To interpret the results, the following percentage ranges were adopted for both psychological hardiness and quality of life levels:

- **Very low:** Less than 50%
- **Low:** 50% – 59.9%
- **Moderate:** 60% – 69.9%
- **High:** 70% – 79.9%
- **Very high:** 80% and above

To answer this question, means, standard deviations, percentages, and levels were calculated. Tables 4 and 5 present these results,

while Table 6 shows the ranking of the domains according to the level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the events of October 7

Table 4: Means, Standard Deviations, Percentages, and Levels of Psychological Hardiness Items Among Mothers of Child Prisoners After October 7 Events in Tulkarm

No.	Item Statement	Mean	SD	Percentage	Level
1	I make my decisions independently without external influence.	4.32	0.84	86.34%	Very High
2	I believe in the importance of adhering to principles and values in life.	4.18	0.91	83.60%	Very High
3	I see life as an opportunity for continuous learning and development.	4.18	0.86	83.60%	Very High
4	When setting my plans, I trust my ability to achieve them.	4.09	0.85	81.74%	Very High
5	Problems I face in life make me stronger and more determined.	4.00	0.88	80.00%	Very High
6	I believe in the principles I follow and maintain them without hesitation.	3.96	0.91	79.25%	High
7	I believe that an individual's future depends on the effort they exert in life.	3.94	0.97	78.76%	High
8	I stand by others and support them in facing life's difficulties.	3.93	0.95	78.63%	High
9	I sometimes feel fear, but I face challenges with courage.	3.93	0.94	77.43%	High

10	I have a clear goal in life that always motivates me to move forward.	3.84	1.09	76.77%	High
11	I strive to discover everything new.	3.82	1.04	75.49%	High
12	I persevere in solving problems no matter how complex they are.	3.81	1.03	75.12%	High
13	I enrich my time with activities that add value to my daily life.	3.58	1.05	73.68%	High

Overall Score 3.97 1.17 79.26% High

Maximum score per item (5) and total for the scale (65).

As shown in Table 4, the overall level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the events of October 7 was high, with the total mean percentage score across all scale items reaching 79.26%.

The study's findings indicate a high level of psychological hardiness among mothers of imprisoned children. This result can be interpreted through the unique social and emotional roles these women assume. They are expected to remain strong and resilient under challenging circumstances, offering emotional and moral support to their children and families. Such responsibilities enhance their sense of duty and drive the development of robust psychological coping mechanisms. Moreover, their unwavering belief in the justice of the prisoners' cause—rooted in a deep conviction regarding the significance of the Palestinian struggle—provides them with inner strength and patience to endure adversity. The widespread availability of social support networks further reinforces their psychological resilience by offering continuous emotional assistance.

This finding aligns with the results of Çıvgın (2022), who demonstrated that perceived social support mediates the relationship between psychological resilience and depression among prisoners, highlighting the protective role of supportive environments. It also concurs with Abu Bakr (2019), who found that psychological hardiness among wives of prisoners acts as a resistance variable that mitigates stress and enhances adaptive coping strategies. Similarly, Hassan (2022) reported high levels of psychological hardiness and social adaptation among families of life-sentenced prisoners, while Al-Hamouz (2014) documented elevated psychological hardiness among released prisoners despite their exposure to torture—emphasizing the role of national conviction and community support.

Conversely, the current findings contradict those of Al-Hassadi (2022), who observed low psychological hardiness among war-affected individuals in Derna, and Ibrahim and Maqdadi (2014), who reported low levels of psychological hardiness and life satisfaction among elderly residents in nursing homes, alongside high levels of depression. These discrepancies may be attributed to contextual differences, particularly the presence or absence of meaningful social roles and community engagement. While mothers of prisoners are actively involved in emotionally significant roles and supported by strong social networks, the populations in the contrasting studies may experience isolation, diminished agency, or lack of communal reinforcement.

Regarding the level of quality of life among mothers of child prisoners after the events of October 7, descriptive statistics including means, standard deviations, percentages, and levels were used, as shown in Table 5. Table 6 presents the ranking of domains according to the level of quality of life among the same population.

Table 5: Means, standard deviations, percentages, and levels for quality of life items among mothers of child prisoners after October 7 events in Tulkarm Governorate



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No.	Item Description	Mean	SD	%	Level
14	Frequent illnesses represent a significant burden on my family after the October 7 events.	4.2795	0.8889	85.59	Very High
15	I suffer from vision problems following the October 7 war.	4.2755	0.8566	85.33	Very High
16	My ability to perform daily activities has been affected due to general weakness post-war.	4.1863	0.8078	83.73	Very High
17	I need to spend some time resting in bed after the October 7 war.	4.1180	1.0209	82.36	Very High
18	I experience some bodily pain as a result of the October 7 war.	4.0745	1.0034	81.49	Very High
19	I find it difficult to interact with others after the October 7 events.	4.0683	1.0193	81.37	Very High
20	It is difficult for me to emotionally react after the October 7 events.	4.0373	0.9545	80.75	Very High
21	I feel discomfort due to side effects of medication I take after the October 7 events.	3.9565	0.9509	79.13	High
22	I feel sadness without a clear reason as a result of the October 7 events.	3.8509	1.0381	77.02	High
23	I feel depressed after the October 7 events.	3.8124	1.0366	76.48	High
24	I receive emotional support from my family following the ongoing events in Palestine.	3.7764	1.0367	75.53	High



25	I feel my family is satisfied with my behavior during the ongoing events in Palestine.	3.7544	1.0256	75.11	High
26	I am proud of my calmness despite the conditions resulting from the October 7 events.	3.7214	1.0237	74.39	High
27	I feel safe despite the conditions caused by the October 7 events.	3.6770	1.0524	73.54	High
28	I find it difficult to obtain psychological counseling during the October 7 war.	3.6708	1.0999	73.42	High
29	I have loyal friends despite the circumstances resulting from the October 7 events.	3.6555	1.0370	72.59	High
30	I feel very close to my friends during the October 7 events.	3.5528	1.1451	71.06	High

Overall Score 3.9098 0.99985 78.17 High

Maximum score per item (5) and total for the domain (85)

Table (5) reveals that the overall quality of life score among mothers of child prisoners after the October 7 events was **high**, with a mean percentage of **78.17%**.

The study reveals that mothers of imprisoned children demonstrate a notable capacity for psychological adaptation, enabling them to maintain a relatively stable quality of life despite adverse circumstances. This resilience is attributed to their ability to focus on positive aspects of their lives—such as nurturing relationships with other children and celebrating personal achievements—which fosters a sense of purpose and emotional balance. Additionally, their sense of belonging to a broader community of mothers who share similar

hardships reinforces their psychological strength and provides a collective support system that mitigates feelings of isolation.

Table (6): Ranking of domains according to psychological hardiness and quality of life scores among mothers of child prisoners in Tulkarm after October 7 events

No.	Domain	Mean	SD	%	Level
1	Psychological Hardiness	3.9679	1.16611	79.26	High
2	Quality of Life	3.9098	0.99985	78.17	High
	Overall Score	3.9388	1.08298	78.71	High

As shown in Table (6), the overall psychological hardiness among mothers of child prisoners after the October 7 events and its relationship to their quality of life was high, with a total mean percentage of **78.71%**. The ranking indicates that psychological hardiness was the highest-rated domain, followed closely by quality of life.

Results and Discussion of Hypothesis Testing

Results Related to the First Hypothesis:

There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the mean scores of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the events of October 7, nor in its relationship to their quality of life, based on the variable of age.

Table (7): Mean Scores of Psychological Hardiness and Quality of Life by Age Group



Measure	Under 30 Years	30–45 Years	Over 45 Years
Psychological Hardiness	3.8062	3.9199	3.8816
Quality of Life	2.8859	2.9944	2.9075

Although differences appear between means, to determine whether these differences are statistically significant, a One-Way ANOVA test was conducted, as shown in Table (8):

Table (8): One-Way ANOVA Results for Psychological Hardiness and Quality of Life by Age

Variable	Source of Variance	Sum of Squares	df	Mean Square	F-value	Significance (p)
Psychological Hardiness	Between Groups	0.5110	2	0.2560	0.554	0.570
	Within Groups	91.425	198	0.4620		
	Total	91.936	200			
Quality of Life	Between Groups	0.4780	2	0.2390	2.319	0.100
	Within Groups	20.418	198	0.103		
	Total	20.896	200			

The findings presented in Table (8) indicate that there are no statistically significant differences in psychological hardiness or its relationship to quality of life based on age among mothers of prisoners. This suggests that, regardless of age, these women share

similar lived experiences and psychological responses to the incarceration of their children—particularly prior to the events of October 7. The researcher attributes this uniformity to the presence of inner strength across age groups, shaped by cultural expectations, the societal role of women, and the availability of strong support networks including family, friends, and the local community. Additionally, some mothers may unconsciously employ psychological defense mechanisms to cope with the trauma, which could obscure age-related variations in psychological impact.

This result aligns with the findings of Al-Hassadi (2022), who reported no significant differences in psychological hardiness based on age among war-affected individuals, and Hassan (2022), who found no age-related differences in psychological hardiness or social adaptation among families of life-sentenced prisoners. These studies reinforce the notion that shared social roles and collective experiences can override individual demographic variables such as age.

However, the current findings diverge from those of Ismail (2023), who identified significant age-related differences in psychological quality of life among faculty members, and from Amro & Abbasi (2022) and Abu Bakr (2019), both of whom reported age as a significant factor influencing psychological hardiness among wives of prisoners. These discrepancies may be attributed to differences in sample characteristics, contextual stressors, and the timing of data collection. Unlike the current study, which focuses on mothers with a deeply rooted social and emotional investment in the prisoners' cause, the referenced studies may have involved populations with more varied roles, less cohesive support systems, or differing exposure to collective trauma.

If you'd like to proceed with the next result or domain, feel free to share it—I'll continue integrating it with the relevant studies in the same rigorous and elegant style.

Results Related to the Second Hypothesis:

There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the mean scores of psychological hardiness among mothers of child prisoners in Tulkarm after the events of October 7 and its relation to their quality of life according to the variable of educational qualification.

Table (9): Mean Scores of Psychological Hardiness and Quality of Life by Educational Qualification

Measure	Diploma or Less	Bachelor's Degree	Postgraduate Studies
Psychological Hardiness	3.9663	3.9892	3.3642
Quality of Life	2.8433	3.0103	2.9589

One-Way ANOVA was performed to examine the statistical significance of these differences (Table 10):

Table (10): One-Way ANOVA Results for Psychological Hardiness and Quality of Life by Educational Qualification

Variable	Source of Variance	Sum of Squares	df	Mean Square	F-value	Significance (p)
Psychological Hardiness	Between Groups	11.368	2	5.684	13.968	0.000*
	Within Groups	80.569	198	0.407		
	Total	91.936	200			
Quality of Life	Between	1.180	2	0.590	5.927	0.000*

Life	n Groups					
	Within Groups	19.716	19 8	0.100		
	Total	20.896	20 0			

From Table (10), the null hypothesis is **rejected** for both psychological hardiness and quality of life with respect to educational qualification. Post hoc LSD tests were conducted to identify between which groups the differences occurred (Table 11).

Table (11): LSD Post Hoc Comparisons of Psychological Hardiness and Quality of Life by Educational Qualification

Variable	Group A	Group B	Mean Differenc e (A-B)	Std. Error	Significanc e (p)
Psychologic al Hardiness	Diploma or Less	Bachelor's Degree	-0.02286	0.0997 4	0.819
	Diploma or Less	Postgraduat e Studies	0.60219*	0.1254 2	0.000
	Bachelor' s Degree	Postgraduat e Studies	0.62505*	0.1273 4	0.000
Quality of Life	Diploma or Less	Bachelor's Degree	- 0.16700*	0.0493 4	0.001
	Diploma or Less	Postgraduat e Studies	-0.11566	0.0620 4	0.064

*Significant at $p < 0.05$

The study reveals statistically significant differences in psychological hardiness based on educational level, with mothers holding diplomas or bachelor's degrees exhibiting higher levels of hardiness compared to those with postgraduate qualifications. In terms of quality of life,

significant differences were observed between diploma holders and bachelor's degree holders, favoring the latter. These findings suggest that mothers with moderate educational attainment possess a balanced combination of academic exposure and life experience that equips them to better manage psychological pressures—particularly in the aftermath of October 7. Their relatively stable social roles, limited exposure to conflicting stressors, and practical engagement with community life may contribute to a more grounded and resilient psychological profile.

In contrast, mothers with postgraduate degrees may encounter additional psychological burdens stemming from heightened awareness, broader exposure to sociopolitical complexities, or elevated expectations, which could influence their perception of quality of life. The researcher also notes that lower educational levels may correlate with fewer variables affecting life satisfaction, thereby simplifying the psychological landscape and enhancing adaptive capacity.

These findings are consistent with Ismail (2023), who reported significant differences in psychological quality of life based on educational level, and with Amro & Abbasi (2022) and Abu Bakr (2019), both of whom found that education plays a pivotal role in shaping psychological hardiness among wives of prisoners. However, the current results contradict Al-Hassadi (2022), who found no significant differences in psychological hardiness based on educational level among war-affected individuals in Derna. This discrepancy may be attributed to variations in sample size, geographic context, and the sociocultural dynamics of the studied populations. While the present study focuses on Palestinian mothers embedded in a supportive and politically engaged community, Al-Hassadi's sample may reflect a more fragmented or traumatized social environment, limiting the protective influence of education.

Results Related to the Third Hypothesis:



There are no statistically significant differences at $\alpha \leq 0.05$ in the mean scores of psychological hardiness among mothers of child prisoners in Tulkarm after the events of October 7 and its relationship to quality of life according to employment status.

Table (12): Mean Scores of Psychological Hardiness and Quality of Life by Employment Status

Measure	Housewife	Private Sector	Public Sector	Government Sector
Psychological Hardiness	3.9682	3.7189	3.7758	3.7977
Quality of Life	2.8550	3.1171	2.9348	2.9188

One-Way ANOVA was conducted to test the statistical significance of these differences (Table 13):

Table (13): One-Way ANOVA Results for Psychological Hardiness and Quality of Life by Employment Status

Variable	Source of Variance	Sum of Squares	df	Mean Square	F-value	Significance (p)
Psychological Hardiness	Between Groups	2.311	3	0.770	1.693	0.170
	Within Groups	89.625	197	0.455		
	Total	91.936	200			
Quality of Life	Between Groups	2.007	3	0.669	6.977	0.000*
	Within Groups	18.889	197	0.096		
	Total	20.896	200			

While the null hypothesis is accepted for psychological hardiness (no significant difference), it is **rejected for quality of life**, indicating statistically significant differences in quality of life based on employment status.

LSD post hoc tests were conducted to identify which groups differed (Table 14):

Table (14): LSD Post Hoc Comparisons of Quality of Life by Employment Status

Group A	Group B	Mean Difference (A-B)	Std. Error	Significance (p)
Housewife	Private Sector	-0.26202*	0.05734	0.000
Housewife	Public Sector	-0.07977	0.06709	0.236
Housewife	Government Sector	-0.06370	0.06282	0.312
Private Sector	Public Sector	0.18226*	0.07675	0.019
Private Sector	Government Sector	0.19832*	0.07304	0.007

*Significant at $p < 0.05$

The study reveals statistically significant differences in quality of life among mothers of prisoners based on employment sector, with those working in the private sector reporting higher levels of well-being compared to housewives and public sector employees. This suggests that private sector employment may offer greater psychological adaptability, as women in these roles often possess a clearer understanding of their job responsibilities and a stronger sense of personal accountability. Such factors may enhance their ability to manage stress and maintain emotional balance, particularly in the face of the ongoing psychological strain associated with their children’s imprisonment.



In contrast, housewives and those employed in more rigid governmental structures may experience heightened psychological distress. The lack of structured external engagement, coupled with persistent worry and emotional burden, can negatively impact their perceived quality of life. Additionally, limited flexibility and institutional constraints in public sector roles may hinder effective coping strategies.

These findings are consistent with Abu Bakr (2019), who emphasized the role of employment and social engagement in reinforcing psychological hardiness and improving adaptive responses among wives of prisoners. However, the current results diverge from those of Ismail (2023), who reported no significant differences in psychological quality of life based on employment status among faculty members. This contradiction may stem from differences in sample characteristics, occupational demands, and societal context. While Ismail's study focused on academic professionals within a university setting, the present study examines mothers embedded in a politically and emotionally charged environment, where employment type intersects with cultural expectations and psychological resilience

6.Recommendations

1. Develop specialized psychological and social support programs for mothers of child prisoners, including counseling sessions conducted by mental health professionals.
2. Provide financial assistance to families, either through direct monetary support or by creating job opportunities to improve living conditions, thereby enhancing their quality of life.
3. Offer educational workshops for mothers of child prisoners focusing on stress management techniques and promoting psychological and emotional well-being.
4. Raise community awareness about the importance of supporting and standing in solidarity with families of child



prisoners through awareness campaigns and encouraging initiatives.

7. Conclusion

This study reached several conclusions regarding the level of psychological hardiness among mothers of child prisoners in Tulkarm Governorate after the events of October 7 and its relationship to their quality of life, as measured by the study instruments. The overall psychological hardiness score was high, with a mean percentage of 79.26%, while the overall quality of life score was also high at 78.17%. Furthermore, the combined psychological hardiness and its relation to quality of life scored a high percentage of 78.71%.

Regarding demographic variables, significant differences were found according to educational qualification and employment status, while no significant differences were detected concerning age. The study recommended establishing specialized psychological and social support programs for mothers of child prisoners, including consultation sessions with mental health experts. Additionally, enhancing community awareness about the importance of providing support and solidarity to families of prisoners through awareness campaigns and promotional initiatives was emphasized.

8. CONCLUSION

This study yielded several findings regarding the psychological hardiness of mothers of imprisoned children in Tulkarm Governorate following the October 7 events and its relationship to their quality of life. The study instrument's two domains revealed that the overall psychological hardiness score for these mothers was (79.26%), indicating a high level. Similarly, their overall quality of life score



was (78.17%), also rated as high. Results further indicated a high correlation (78.71%) between psychological hardiness and quality of life among these mothers. Significant differences were observed based on educational level and employment status, while no significant differences were found related to age. The study concludes with recommendations, including establishing specialized psychological and social support programs for mothers of imprisoned children, offering counseling sessions with mental health specialists, and enhancing community awareness and solidarity through campaigns and initiatives.

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10 . Appendices

Study Instrument

To the Respected Mothers,



Greetings,

The researcher is conducting a study titled "Psychological Hardiness among Mothers of Detained Prisoners in Tulkarm Governorate Post-October 7th Events and its Relationship to Their Quality of Life." Your participation in completing this questionnaire is greatly appreciated. Please be assured that all information provided will be used solely for the purpose of scientific research.

Researcher: Nazmiya Hijazi

Section One: Personal Information

Please circle the answer that applies to you:

No.	Question	Options
1.	Age:	1) Under 30 years old 2) 30 - 45 years old 3) Over 45 years old
2.	Educational Qualification:	1) Diploma or less 2) Bachelor's Degree 3) Postgraduate Studies
3.	Occupation:	1) Housewife 2) Self-employed 3) Private Sector 4) Government Sector

Section Two: Psychological Hardiness among Mothers of Detained Prisoners in Tulkarm Governorate Post-October 7th Events and its Relationship to Their Quality of Life from Their Perspective.

Please mark (X) in the appropriate box:



Axis One: Psychological Hardiness Scale

No.	Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	I make my own decisions without external interference or influence.					
2	I believe in the importance of loyalty to principles and values in life.					
3	I see life as an opportunity for continuous experiences and development.					
4	When making my plans, I trust in my ability to achieve them.					
5	The problems I encounter in					

	my life make me stronger and more determined.					
6	I believe in the principles I adhere to and maintain them without hesitation.					
7	I believe that an individual's future is determined by the effort they put into their life.					
8	I stand by others and support them in facing life's difficulties.					
9	I feel fear in some situations, but I face challenges bravely.					
10	I have a clear goal in my life that always pushes me forward.					

11	I strive to discover everything new.					
12	I persevere in solving the problems I face, no matter how complex.					
13	I fill my time with activities that add value to my daily life.					

Axis Two: Quality of Life Scale

No.	Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	The frequency of my illnesses represents a great burden on my family after the October 7th war.					
2	I suffer from impaired vision after the October 7th war.					
3	My ability to					



	perform daily activities has been affected by the weakness I suffer from after the war.					
4	I am forced to spend some time resting in bed after the October 7th war.					
5	I feel some pain in my body due to the October 7th war.					
6	I find it difficult to deal with others after the October 7th events.					
7	It is difficult for me to be emotionally stimulated after the October 7th events.					
8	I feel discomfort due to the side effects of the					

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	medication I take after the October 7th events.					
9	I feel sad without a clear reason as a result of the October 7th events.					
10	I feel depressed after the October 7th events.					
11	I receive emotional support from my family after the ongoing events in Palestine.					
12	I feel that my family is satisfied with my behavior during the ongoing events in Palestine.					
13	I am proud of my calmness despite the circumstances					



	resulting from the October 7th events.					
14	I feel safe despite the circumstances resulting from the October 7th events.					
15	I find it difficult to get psychological counseling during the October 7th war.					
16	I have loyal friends constantly despite the circumstances resulting from the October 7th events.					
17	I feel very close to my friend during the October 7th events.					