



# جامعة ستاردوم

مجلة ستاردوم العلمية للدراسات التربوية والنفسية

- مجلة ستاردوم العلمية للدراسات التربوية والنفسية -  
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جميع حقوق الملكية الأدبية والفنية محفوظة  
لمجلة ستاردوم العلمية للدراسات التربوية و النفسية

STARDOM UNIVERSITY

**Mindfulness and its relationship to psychological resilience  
among psychological counsellors on some disorders.**

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**Abstract:**

This research aims to identify the general characteristics of mindfulness and psychological resilience among psychological counselors, to determine the correlation between the two variables, and to identify any differences in the two variables attributable to gender and practical experience. The descriptive correlational approach was used. The sample consisted of (135) counselors, (75) males and (60) females, who were selected using simple random sampling. The Mindfulness and Psychological Resilience scales were administered to them. The data were processed using Pearson's coefficient, a one-sample t-test, an independent samples t-test, and one-way ANOVA. The study concluded that the general characteristic of mindfulness and its dimensions among psychological counselors is characterized by its high level. Similarly, the general characteristic of psychological resilience among psychological counselors is high, with a direct correlation between mental alertness and psychological resilience among psychological counselors, except in evaluating internal experiences. The research also found differences in mindfulness among psychological counselors, attributable to the gender variable (favoring males) and the practical experience variable. Similarly, differences in psychological resilience were found among psychological counselors, attributed to the variables of gender (favoring males) and practical experience.

In conclusion, the researcher presented some recommendations, including: increasing attention to developing the skills of psychological counselors that help them acquire mindfulness and psychological resilience skills, which enable them to achieve the best performance in the counseling process

**Key words:** psychological counselors, Mindfulness, Psychological resilience

## Introduction:

Psychological counseling is a branch of applied psychology, which expresses a professional relationship between the counselor and the person with the problem in the counseling situation. With the aim of making the person with the problem aware of their problem, reassessing their abilities and potential, and encouraging them to make the appropriate decision. A psychological counselor deals with a variety of issues and challenges such as anxiety and depression, communication and interpersonal difficulties, educational and career guidance, learning and academic achievement difficulties, career guidance and choosing appropriate specializations, and more. (Al-Hussni, 2018).

Alern (2016) defines a counselor as a qualified individual who provides support and guidance to people facing behavioral challenges and wishes to change their behavior. Psychological counselors possess the necessary experience and skills to help individuals understand themselves and achieve positive behavioral changes. The counselor is considered a vital partner in behavior modification, by providing the necessary support to individuals and contributing to achieving change and improvement in their undesirable behaviors. Abaza (2018) explained that in order for a psychological counselor to succeed in his role, he must possess a set of qualities and skills, which are: effective communication, quick wit and the ability to think logically, understanding and empathy, respect and confidentiality, flexibility and adaptability, professional competence, listening skills, in addition to taking responsibility and dedication to work. Mindfulness is considered one of the most important qualities and characteristics that a successful counselor should possess. Hayes and Davis (2011) believe that mindfulness promotes inner peace of mind and helps individuals acknowledge and accept all aspects of life. Mindfulness has a number of applications related to performance, communication, opening doors to new aspirations, and letting go of monotonous mental habits. As a result, cognitive therapy has been used to promote the importance of mindfulness in treating many psychological disorders and developing positive behaviors. As a result, cognitive therapy has been used to promote the importance of mindfulness in treating many psychological disorders and developing positive behaviors, in addition to its impact on problem-solving abilities and coping with various pressures. Lanjer and Pepper (1987) indicate that mindfulness is the careful examination of expectations and continuous reflection based on an individual's experiences. Identifying new aspects of context that can enhance an individual's insight and functional performance during their social interactions, identifying new aspects of the context, which would enable insight and functional performance of the individual during his social interactions, and it also means accepting new ideas (Al-Najjar, 2019).- In a study conducted by Al-Zubaidi (2012), it was found that mindfulness has a positive effect on learning, thinking, living life,

perceiving environmental stimuli, and motivation towards accomplishing tasks and work.

Younes (2015) explained the concept of mindfulness as a cognitive process that promotes cognitive curiosity, self-awareness, and mental openness of the individual.

The mindfully alert individual benefits from the available possibilities to improve his abilities to comprehend, analyze, apply, synthesize, evaluate, and create, and he has the ability to link situations and previous experiences.

Al-Najjar (2019) defines mindfulness as “the self-regulation of attention in the present moment, openness and readiness, and awareness of experiences in the present moment.” It consists of the elements of mindful discrimination, openness to the new, orientation towards the present, and awareness of specific viewpoints.

Nouri (2012) defines it as the state in which a person is highly focused on and aware of the reality of the present moment, without remaining preoccupied with deep thoughts about the situation, or emotional reactions to reality or the situation.

Shapiro (2016) also defined it as a method based on both mind and body.

It helps the individual to change their way of thinking and dealing with their experiences, especially painful and stressful ones, by using meditation and deep breathing techniques. Instead of giving in, suffering, and avoiding a difficult situation, one learns to cope with it. Instead of giving up, suffering, and avoiding a difficult situation, one must learn to live with it.

Al-Naji (2019) indicated that mindfulness consists of four main dimensions: seeking novelty, connection, introducing novelty, and flexibility, Shapiro (2016) indicated that the components of mindfulness are: Self-organization, self-management, Emotional, cognitive, and behavioral flexibility, and clarifying values, Hasker (2015) also stated that mindfulness has two main dimensions: Self-regulated attention, Awareness of experience, Self-regulated attention enhances awareness of emotional and cognitive experience, that awareness after judging experience occurs through openness and readiness for experiences in the present moment.

Al Najjar (2019)

(2010) Several mindfulness characteristics that should be present in individuals, including Patience, trust, openness, awareness, insight, empathy and action. The theory of reflective self-awareness has interpreted mindfulness as the mentality that guides systems towards a mental, emotional, and physical experience. This is essential in developing self-knowledge, and the main difference between mindful attention and reflective attention relates to the quality and nature of the attention. Consciousness represents two fundamental capacities: empowerment and control. This theory emphasizes the primary role of conscious control over experience, stating that the conscious being determines the stimuli it observes according to its interests and goals, so that both consciousness and attention play their part in selecting the goal and

pursuing its achievement. Consciousness represents two fundamental capacities: empowerment and control. This theory emphasizes the primary role of conscious control over experience, stating that the conscious being determines the stimuli it observes according to its interests and goals, so that both consciousness and attention play their part in selecting the goal and pursuing its achievement

(Lund. 2017).

Self-design theory, on the other hand, posits that mindfulness facilitates memory through self-regulation and the satisfaction of individuals' basic psychological needs. People who are mentally awake to sensory experience have better memories than people engaged in distracting work (Salami, 2010).

There has been increasing interest in the psychological benefits of mindfulness recently among researchers, with Al-Zubaidi's study (2012) indicating a positive correlation between mindfulness and psychological stability, psychological well-being.

There has been increasing interest in the psychological benefits of mindfulness recently among researchers, with Al-Zubaidi's study (2012) indicating a positive correlation between mindfulness and psychological stability, psychological well-being, self-esteem, and life satisfaction.

As Ryan and Brown (2018) explained, mindfulness is one of the variables widely relied upon to instill mental skills through meditation practice, and it is very useful as it has been used as a treatment for many behavioral and psychological disorders. Such as stress, panic, depression, suicidal behavior, etc.) A reflective individual can guide their life in an effective and positive way and help others to become self-reliant and utilize their abilities and potential.

A reflective individual is able to guide their life effectively and positively and helps others become self-reliant and utilize their abilities and potential. (Hasker, M. (2010)

Psychological resilience aligns with positive psychology, which means the ability of an individual to regain their balance after experiencing, and may even utilize these hardships to achieve growth and integration.

Resilience is an internal conviction through which the human self is realized through correct practice consistent with this conviction (Al-Zubaidi, 2012).

Al-Majadi (2013) explained that psychological resilience is gaining importance for people exposed to risks. For instance, those who live in poverty, or in disaster and war areas, or who suffer from chronic illnesses, or who lack the ability to cope effectively and live positively with their circumstances.

For example, psychological resilience is a two-dimensional construct that involves exposure to troubles, difficulties, or even crises and traumas, and positive adaptation to them. The concept of psychological resilience refers to the idea of an individual's tendency to remain steadfast and control their emotions when exposed to stress or difficult situations, thus increasing their ability to cope effectively and positively with those stresses and traumatic situations.

Consequently, it leads to a faster recovery and quicker overcoming of the traumatic situation, a return to normal functioning, and viewing the traumatic or stressful situation as an opportunity to strengthen oneself and build resilience against future stressors and traumatic situations. Lund (2010) also defined psychological resilience as the individual's ability to face the troubles, difficulties, and problems they encounter in their daily life with positivity and courage, and to bear the responsibility for their duties. This is achieved by having people who provide him with psychological support. This means that psychological resilience motivates a person to cling to life and enjoy it, despite the suffering, troubles, and difficulties he may face. Furthermore, to integrate into all kinds of life activities and experiences in a positive and effective way, and to realize the significance and meaning of life with a sense of self-efficacy and realistic optimism (Salami, 2010).

Al-A'sar (2010) explains that there are many factors closely related to psychological resilience, including: Emotional and social care and support, the ability to manage emotions and impulses, building relationships of trust and love, receiving encouragement from the family, and self-confidence.

A positive self-image and communication skills are also important, and Al-Majadi (2013) added factors that are linked to an individual's personal characteristics.

Obaid (2018) pointed to the qualities that must be present in individuals with high psychological resilience, which are patience, emotional balance, avoiding haste, calmness, deliberation, willpower, commitment, and the ability to face difficulties.

Similarly, Al-Majadi (2013) and Najati (2015) depicted the fruits of psychological resilience in achieving mental health, a positive outlook on life, continuity in giving, and effective communication skills.

Similarly, Al-Majadi (2013) and Najati (2015) depicted the fruits of psychological resilience in achieving mental health, a positive outlook on life, continuity in giving, and effective communication skills. Accepting life's events, striving towards a goal and persevering until that goal is achieved despite obstacles, and the ability to include others in one's life.

The study by Al-Naji (2019) indicated the importance of psychological counselors possessing a degree of mental alertness and psychological resilience and demonstrated the importance of these two variables in developing the personality of psychological counselors.

The study by Al-Naji (2019) indicated the importance of psychological counselors possessing a degree of mental alertness and psychological resilience and demonstrated the importance of these two variables in developing the personality of counselors.

This study aims to shed light on the topic of mindfulness and psychological resilience among counselors.

**Study problem:**

Hussein (2016) argues that mindfulness is one of the determinants of adjustment in all its forms, and that a lack of mindfulness in individuals is a contributing factor. Studies indicate that mindfully alert individuals exhibit greater attention, a stronger desire to perform tasks, and improved memory.

They are more creative and less likely to harm their health than others (Salami, 2010). Furthermore, Nouri's study (2012) indicated a negative correlation between mindfulness and depression, alcohol and drug problems, and stress.

Low levels of mindfulness among psychological counselors may play a significant role in their inability to fulfill their duties and responsibilities towards clients.

Al-Najjar study (2019) showed that weak mindfulness leads to the failure of counseling methods and techniques during the implementation of counseling programs. Similarly, low levels of psychological resilience among counselors contribute to their inability to cope with the difficulties and challenges they encounter during counseling sessions.

Psychological resilience helps them to manage dialogue, discussion, and provide sound guidance. As Susan Kobaza et al. (1982) indicate, exposure to stress is inevitable.

The reality of life is fraught with obstacles, difficulties, forms of failure, setbacks, and harsh circumstances, and that pressures is a dynamic interaction between man and the environment. Individuals cope with these pressures using internal resources such as intellectual capacity, resilience, and the skills and abilities necessary to manage life's demands (Al-Yami, 2021). Al-Zahrani (2009) indicated that psychological counselors must possess several skills and characteristics that contribute to their practical success.

Foremost among these are mental alertness and psychological resilience. Al-Zabhawi (2011) also clarified the link between psychological resilience and susceptibility to traumatic events and crises. Individuals exposed to traumatic and acute events may exhibit anxiety, tension, and problems with toxic and intrusive thoughts.

The research problem can be addressed through the following main question: What is the nature of the correlation between mindfulness and psychological resilience among psychological counselors? The following sub-questions stem from this main question.

What is the general characteristic of both mindfulness and psychological resilience among counselors?

1. Is there a correlation between mindfulness and psychological resilience among psychological counselors?
2. Are there differences in both mindfulness and psychological resilience among psychological counselors that can be attributed to the variables of gender and practical experience.

### Significance of the Study:

1. Eliminating the emphasis on both mindfulness and psychological resilience as essential characteristics and skills that psychological counselors should possess at a minimum level, Nouri (2021) demonstrated that mindfulness and psychological resilience are among the most important elements for a psychological counselor's success in dealing with clients and helping them solve their problems.
2. The category of psychological counselors is considered one of the important categories that need to be addressed and studied due to the responsibilities and duties they have towards those seeking psychological counseling, and their role in resolving and removing the difficulties and obstacles they face.
3. The need for psychological counseling has emerged, especially with scientific, technological, and cognitive progress and the accompanying changes in many areas of family and social life.
4. The importance lies in benefiting from this research as an addition to scientific research in the field of psychological counseling.
5. Al-Maghawri (2011) explained that mindfulness therapy is currently considered one of the most important innovations in psychotherapy.
6. The research may be useful in providing suggestions and recommendations that benefit mental health and psychological counseling professionals in how to deal with difficult situations with psychological counselors by utilizing the process of psychological resilience.

### Objectives of the Study:

Identifying the general characteristics of both mindfulness and psychological resilience among psychological counselors.

1. Understanding the correlational relationship between mindfulness and psychological resilience among psychological counselors.
2. Identifying differences in both mindfulness and psychological resilience among psychological counselors that are attributed to the variables of gender and practical experience.

✓ **Study Scope:** The study was limited to the topic of mindfulness and psychological resilience among counselors shedding light of some variables.

**Place Scope:** The study was conducted in several cities, including Greater Khartoum, Atbara, Kassala, Port Sudan, and Shendi.

✓ **Time Scope:** 2026.

## Terms of the Study:

Johnville (2018) defines it as a mind-body approach that helps people change the way they think about and deal with their experiences, especially painful and stressful ones, by trying to cope with and confront them.

It is the total score obtained by the respondent through their response to the items on the mindfulness scale used in this study.

Psychological resilience: Al-A'sar (2010) defines psychological resilience as the ability to recover from the negative effects of adversity, disasters, or stressful events, and the ability to overcome or transcend them positively and continue life effectively and competently. It also means getting up or recovering from difficult stresses.

Operational definition of psychological resilience: It is the overall score obtained by the respondent through their response on the psychological resilience scale used in this study, and the implications reflected in its results.

Psychological guide: Abu Zaiza (2019) defines it as a professional in the field of psychological and educational sciences who works to provide counselling, psychological support, and guidance to individuals facing psychological, social, or educational difficulties. The psychological counsellor works to help individuals understand and develop themselves and their abilities and enhances their mental and emotional health.

Previous studies:

Numerous studies have been conducted examining mindfulness and psychological resilience considering certain demographic variables.

Al-Maghawri study (2011), entitled "Mindfulness of Counsellors," aimed to identify differences in mindfulness among psychological counsellors.

1. The sample consisted of (98) male and female counsellors, and the study concluded that there was a high level of mindfulness among the sample members, and a difference in mindfulness was found in favor of males.

2. The study by Al-Hashlamoun (2019), entitled Mindfulness and its Relationship to Performance Quality among Educational Counsellors in Public Schools in Hebron Governorate, aimed to identify the relationship between the two variables and the differences according to the variables (Gender, educational qualifications, years of experience, directorate), The sample consisted of (159) counsellors.

3. The study concluded that there is a direct correlation between the two variables, and that the levels of mental alertness in the sample are high, with no differences in mental alertness attributable to demographic variables.

4. Al-Khawaldeh and Abu Ras (2021) study: The effectiveness of a mindfulness-based counseling program in improving the psychological flow of educational counselors in Jordan, the study aimed to determine the effectiveness of a mindfulness-based guidance program in improving the emotional flow of educational counselors. The sample consisted of (20) individuals, and a quasi-experimental approach was used. The study concluded that the program was effective in improving the psychological flow of the sample group.

5. Johnville's study (2018), entitled: The correlational relationship between mindfulness and self-affirmation among counsellors, the aim was to determine the

relationship between the two variables and to identify differences according to gender and age variables. The sample consisted of (78) individuals.

6. The study found a correlation between mindfulness and self-assertion, and that the sample exhibited high levels of mindfulness. It also showed no differences attributable to gender or age.

A 2010 study by Neuser, titled "Psychometric Properties of the Five-Factor Mindfulness Scale in California," aimed to examine the psychometric properties of the Five-Factor Mindfulness Scale, as well as to reveal its correlational relationships with emotional intelligence, life satisfaction, and depression. The study sample consisted of (349) individuals from the University of the Pacific in California. The results showed no differences in the five factors of mindfulness attributable to gender or race, while these factors were positively correlated with chronological age, they also resulted in a statistically significant positive correlation between the five factors of mental alertness, both emotional intelligence and life satisfaction are negatively affected by depression.

A study (2013, Hulsheger, et al) entitled, the benefits of mindfulness at work and the role of mindfulness in emotional regulation, Emotional burnout and job satisfaction: This study aimed to determine the role of mindfulness in emotional regulation, emotional burnout, and job satisfaction. The study sample consisted of (219) workers in the Netherlands.

She explained that mindfulness is negatively associated with job burnout and positively associated with job satisfaction. The study by Al-Naji (2019), entitled "Psychological Resilience and its Relationship to Psychological Stress among Psychological Counselors," aimed to identify the correlation between the two variables, with differences attributed to the variables of gender, experience, and practice. The sample consisted of (115) male and female counselors.

The study found high levels of psychological resilience and psychological stress among the sample members, and differences in psychological resilience were attributed to the two variables of gender in favor of males and long experience.

The sample consisted of (110) individuals, and the study found high levels of psychological resilience and a moderate level of emotional reactivity among the sample, and a positive correlation between the two variables. It also showed differences in psychological resilience in favor of females and those with less than (5) years of experience.

The sample consisted of (229) individuals aged between (26 - 36 years), and it was found that there are statistically significant differences between the average scores of males and females on the psychological resilience scale.

The study results also confirmed that males have higher psychological resilience than females.

7. Sharab's study (2018) aimed to identify the relationship between psychological resilience and work stress among special education teachers in the Gaza governorates, while also identifying differences in the psychological resilience and work stress measures.

1. Gender, disability pathway, and employment sector, the researcher used the descriptive correlational approach, the study sample consisted of (97) teachers, who were chosen intentionally
2. **The study results showed the following:** The study sample possessed an average level of psychological resilience, and there was also an inverse correlation between the two variables among the sample members.

3. The study sample possessed an average level of psychological resilience, and there was also an inverse correlation between the two variables among the sample members.

4. Cherryman's study (2019) entitled "Psychological Resilience and its Relationship to Psychological Climate among Psychological Counselors" The aim was to determine the relationship between the two variables and to identify differences according to the experience variables. The sample consisted of (121) individuals. The study found high levels of both variables among the sample, a positive correlation between the two variables, and differences in the two variables according to experience and gender.

#### **Study commentary on previous studies:**

1. Most of these previous studies were directly or indirectly related to the subject of the study.
2. Some of these studies dealt with the mindfulness variable along with other variables, such as the study by Jonvey (2018) and the study by Al-Hashlamoun (2019), another study addressed the psychological resilience variable, such as the survivor's study (2019), Khlewi (2022), Cherryman (2019).
3. Some studies have addressed mindfulness in relation to certain demographic variables, such as Al-Maghawri (2011), another study addressed it as a treatment program, such as the study by Al-Khawaldeh and Abu Ras (2021).
4. Most of these studies found an increase in the levels of mental alertness and psychological resilience of the sample members, including the study by Al-Hashlamoun (2019). Cherryman (2019), Mumford and Rose (2022), Al-Maghawri (2011)
5. Some of these studies found differences in favor of males and others in favor of females, such as the study by Khlewi (2022), Al-Naji (2019), Jonvey (2018), Mumford and Rose (2022), and Cherryman (2019), some of them also found no differences, including the study by Al-Hashlamoun (2019) and Johnfi (2018). Some studies have found a correlational relationship between the study variables, such as the study by Al-Naji (2019), Khaliwi (2022), Jonvi (2018), Sharab (2018), Cherryman (2019).
6. Most of these studies relied on the descriptive method, which is the method that the researcher relied on in this study.

#### **Research hypotheses:**

1. The general characteristic of mindfulness among psychological counselors is high.
2. The general characteristic of psychological resilience among psychological counselors is high.
3. There is a correlational relationship between mindfulness and psychological resilience among psychological counselors.

4. There are differences in mental alertness among psychological counselors that are attributed to the variables of gender and practical experience.
5. There are differences in psychological resilience among psychological counselors that are attributed to the variables of gender and practical experience.

### Field study procedures:

**First: the curriculum:** The study used the descriptive method, this is the approach that aligns with the objectives of this study and fulfills its questions, which Gharabieh et al. (2010) define as the approach that includes studying current facts related to the nature of a phenomenon, situation, group of people, set of events, or set of circumstances, to identify the variables and factors that cause the phenomenon.

**Second: Study population:** The study community consisted of psychological counselors working in psychological counseling centers in a number of Sudanese cities, namely the cities of Greater Khartoum, Atbara, Kassala, Port Sudan, and Shendi.

### Third: Study sample

**A) Survey sample:** The exploration sample consisted of (50) counselors, through whom the procedures for verifying the validity and reliability of the two scales were obtained.

**B) Actual sample:** The research sample was selected from psychological counselors, and the sample size was (135) examinees, including (75) males and (60) females. They were selected using simple random samples. The research sample can be described using the following tables.

**Table No. (1) shows the distribution of characteristics of the study sample**

variable	Category	Repetition	Percentage%
Gender	Male	60	44.4%
	Female	75	55.6%
Total		135	100%
Experience	Less than 5 years	49	36.3%
	6-10 years	58	43.00%
	More than 10 years	28	20.7%
Total		135	100%

The table above shows the characteristics of the sample, with the percentage of males reaching 44.4%, which is less than the percentage of females, which reached 55.6%. As for the work experience variable, we find that the (6-10 years) category had the highest percentage at 43.00%, followed by the (less than 5 years) category at 36.3%. Meanwhile, the category (over 10 years old) had the lowest percentage at 20.7%.

**Fourth: Study tools:** The study relied on the following tools to collect his data

#### **Mindfulness measurement:**

After reviewing several studies and the theoretical framework, the researcher used Baer et al. (2006) to measure the five factors of mindfulness, which was translated into Arabic by Al-Bahiri et al. (2014). It consists of (39) paragraphs distributed into five sub-dimensions as follows: observation, description, acting consciously in the moment, and judging internal experiences. The lack of interaction with internal experiences led the researcher to modify some statements to suit the environment and the study sample. After the researcher completed drafting the statements in their initial form, he presented them to several referees and specialists in order to determine their face validity.

The researcher greatly benefited from the reviewers' perspectives in modifying and rewording some statements. He also established the validity and reliability of the scale and obtained the following results.

#### **Internal consistency:**

A) Internal consistency of the Distance items with the total score was determined using Cronbach's alpha coefficient.

**Table No. (2) the alpha coefficient for the items of the mindfulness Measurement**

Distance	Correlation	Distance	Correlation	Distance	Correlation	Distance	Correlation	Distance	Correlation
<b>No</b>	<b>Description</b>	<b>Act consciously in the moment</b>		<b>Judging internal experiences</b>				<b>Lack of interaction with internal experiences</b>	
1	00.78	1	00.84	1	0.77	1	00.68	1	00.81
2	00.79	2	00.90	2	00.66	2	0.72	2	0.82
3	00.85	3	00.86	3	00.76	3	0.73	3	00.71
4	00.79	4	00.90	4	00.82	4	00.78	4	0.71
5	00.84	5	00.84	5	00.92	5	00.73	5	00.96
6	00.89	6	00.71	6	00.71	6	00.84	6	0.770
7	00.75	7	00.76	7	00.74	7	00.75	7	00.79
8	00.81	8	00.87	8	00.87	8	00.85		

From the previous table, we find that the reliability coefficients for the dimensions of the mindfulness scale had a good correlation coefficient.

✓ Internal consistency coefficient of dimensions:

✓ The internal consistency of the scale dimensions was found by calculating Cronbach's alpha coefficient with the total scale score.

**Table (3) Cronbach's Alpha reliability coefficients for the dimensions of mindfulness Measurement**

Subscales (Dimensions)	Number of phrases	Correlation
Comment	8	00.82
Description	8	00.85
Behaviour consciously in the moment	8	00.79
Judging internal experiences	8	00.81
No interaction with internal experiences	7	00.79
The total score of the scale	39	00.87

**Measurement stability:** The reliability of the scale was calculated by finding Cronbach's alpha coefficients and Spearman-Brown coefficients, as shown in the following table.

**Table No. (4) the reliability coefficients of the mindfulness scale**

Measure	Number of Phrases	Scale stability	
		Cronbach's	Spearman-Brown coefficient
After observation	8	0.826	0.781
After description	8	.892	0.821
After acting	8	0.925	0.901
consciously in the moment	8	0.912	0.862
After judging internal experiences	7	0.853	0.788
The total score of the scale	39	0.925	0.891

**Psychological resilience scale:**

The researcher relied on the Basha and Shenouda scale (2016), which consists of (36) items, to measure psychological resilience, as the researcher felt it was appropriate for the study sample. The researcher deleted some statements that he deemed invalid, so the scale now consists of (31) statements.

The scale was then presented to several experts and specialists to determine its face validity. The study was significantly enhanced by the reviewers' feedback, which contributed to refining and rephrasing several statements. In addition, the study confirmed the validity and reliability of the scale, leading to the following results.

**Table (5) the correlation coefficient of the scale items and the total score of the scale in the psychological resilience scale.**

	Item number	Correlation	No	Corelation	No	رقم البند	
	1	00.74	11	00.90	21	00.72	
	2	00.73	12	00.78	22	00.74	
	3	00.72	13	*00.09	23	00,83	00.72
	4	00.83	14	00.78	24	00.76	
	5	00.82	15	00.78	25	00,82	
	6	00.86	16	00.7126	26	00.79	0
	7	*00.16	17	00.75	27	00.92	
	8	00.89	18	00.82	28	00.90	
	9	00.92	18	00.762	29	00.82	
	10	00.82	20	00.82	30	00.86	
					31	00.85	

It is noted from the table above that Statements (13) and (7) indicated weak results correlated with the total number of statements on the scale, and the statements referred to have been deleted so as not to affect the validity of the scale .

Scale reliability: The scale's reliability was calculated by finding Cronbach's alpha coefficients and self-validity, as shown in the following table:

**Table No. (6) the reliability coefficients of the psychological resilience measurement**

Measurement	Phrases No.	Measurement Stability	
		Cronbach's alpha	Spearman-Brown prophecy formula
Mental resilience	31	0.872	0.792

**Fifth: Statistical methods:** The data were processed using the following statistical methods:

1. Pearson correlation coefficient
2. One-sample t-test
3. Independent samples t-test
4. One-way ANOVA

**First hypothesis:** The general level of mindfulness among psychological counselors is high, as shown in the table.

**Table No. (5) the test for one community to determine the significance of the general trait of mindfulness among counselors.**

Dimensions	Sample size	Hypothetical mean	Average	Measure of dispersion	(T) Value	p-value	Degrees of freedom	Conclusion
Comment	135	42	48.2	6.4	5.83	0.001	134	Characterized high
Description	135	31	43.9	6.8	5.13	0.001	134	Characterized high
Acting with awareness	135	35	50.43	11.87		4.54	134	Characterized high
Judging inner experience	135						134	Characterized high
Non-reactivity to inner experience	135						134	Characterized high
Mindfulness	135	65	74.4	12.8	7.16	0.001	134	Characterized high

The study in the previous table that the hypothetical mean for the scale dimensions is less than the arithmetic mean, while the hypothetical mean for mindfulness was (65), the standard deviation was (74.4), and the t-value was (7.16), which indicates that the mindfulness of the counselors is high for all dimensions and the overall score.

This result is consistent with the findings of Al-Maghawri (2011), Al-Hashlamoun (2019), and Johnfi (2018), all of which concluded that mindfulness among individuals

trained in spiritual guidance is characterized by high levels, confirming the similarity between the present study's results and those reported in previous study.

Furthermore, counselors could interact effectively with experiences and deal appropriately with and control internal experiences, which helps to develop their mindfulness.

Younes (2015) indicated that psychological counselors who possess a high degree of internal control and accurate description of phenomena are among the most successful specialists working in the field. Al-Najjar (2019) and Jabr (2018) also identified a number of characteristics of mindfulness that should be present in individuals, including: patience, confidence, openness, awareness, and insight. **Empathy, mindful action, and careful observation.** (more common in mindfulness literature). Al-Zahrani (2003) also pointed out that psychological counselors must possess several skills and characteristics that help them succeed in practice, foremost among which are mental alertness and psychological resilience.

Al-Majadi (2013) indicates that mindfulness expresses the self-regulation of attention in the present moment.

Openness, willingness, and awareness of experiences in the present moment. It consists of elements of vigilant discernment and openness to the new. Present-focused awareness of specific viewpoints. Nouri (2013) also explained the importance of mindfulness in the counselor's awareness of their emotions, cognitive processes, and ability to observe and act consciously. Mindfulness reduces stress levels and develops awareness of mental habits, highlighting its importance in helping individuals improve self-esteem, generate positive emotions, and establish a proactive rather than reactive approach.

Al-Naji (2019) argues that mindfulness promotes inner peace of mind. Mindfulness helps individuals acknowledge and accept all aspects of life. It has a vast number of applications related to performance and communication, and it highlights an individual's ability to transcend narrow perspectives and open doors to new aspirations.

Al-Hashlamoun (2019) indicated that mindfulness expands vision, increases opportunities, and is characterized by flexibility and the ability to deal with everything new in the environment, to be conscious of its potential to reveal information that is imposed by a narrow vision.

**The second hypothesis:** The general characteristic of psychological resilience among psychological counselors is high. The following table presents these results

**Table No. (6) (t) test for one community to determine the significance of the general trait of psychological resilience among counselors.**

Sample size	Hypothetical	Average	Standard Deviation	T Value	Degree of Freedom	P Value	Conclusion
135	78	82.93	18.96	0.854	134	0.001	<b>High</b>

The study reports from the previous table that the hypothetical mean was (78), the arithmetic mean was (82.93), the value of (t) was (0.854), and the probability value was (0.001), that suggests that psychological resilience is high among psychological counselors. This finding is consistent with the study by Al-Naji (2019).

The study by Khalawi (2022) and the study by Cherryman (2019) concluded that the psychological resilience variable among psychological counselors is characterized by high scores, thus confirming the hypothesis.

The study explains this result through the real-life experience of psychological counselors, considering psychological resilience to be one of the most important elements of success in counseling work in psychological counseling institutions. It is the quality through which the counselor can help his clients overcome difficulties and frustrations.

Abaza (203 AD) believes that psychological resilience is an integrated set of personal qualities of a psychological and social nature, and that these qualities are sub-qualities that include commitment and defiance. Individuals perceive self-control as an important quality for coping with and dealing with difficult or psychologically stressful situations. As explained, psychological resilience refers to an individual's general belief in their effectiveness and ability to utilize all available psychological and environmental resources. In order to understand, interpret, and effectively cope with stressful life events (Al-Quraiti, 2003), Here is a grammatically correct and academically refined version while preserving the original meaning:

In this context, Al-Hashlamoun (2019) stated that psychological resilience represents a pattern of psychological commitment through which an individual remains dedicated to themselves, their goals, their values, and the people around them. It also reflects the individual's belief in their ability to control and manage the events and situations they encounter.

As Khallawi (2022) demonstrated, psychological resilience acts as a protective factor against the serious negative consequences of the pressures to which counselors are exposed. Psychological resilience also expresses an integrated set of personal traits of a psychological and social nature, here is a grammatically correct and academically refined version: These are considered sub-traits that include commitment, challenge, and control. The individual perceives them as important characteristics that help in dealing with difficult or psychologically distressing situations and in adapting to or coexisting with them (Al-Baydakdar, 2011).

Here is a grammatically correct and academically refined version:

These are considered sub-traits that include commitment, challenge, and control. The individual perceives them as important characteristics that help in dealing with difficult or psychologically distressing situations and in adapting to or coexisting with them (Al-Baydakdar, 2011).

## There is a correlation between mindfulness and psychological resilience among psychological counselors.

Dimensions	Conclusion	P Value	Correlation coefficient with psychological resilience
<b>Comment</b>	positive correlation	0.46	0.274
<b>Description</b>	positive correlation	0.36	0.421
<b>Acting with awareness</b>	positive correlation	0.76	0.196
<b>Judging inner experience</b>	Negative correlation	0.81	0.134-
<b>Non-reactivity to inner experience</b>	positive correlation	0.75	0.178
<b>Mindfulness</b>	positive correlation	0.66	0.521

The researcher notes from the previous table that the correlation value between psychological resilience and the dimension of judging internal experiences was (-0.134), which is not statistically significant, indicating a negative relationship.

The correlation with each of the following was statistically significant: observation (0.274), acting consciously in the moment (0.196), description (0.421), non-reaction to internal experiences (0.178), and the overall mindfulness score (0.521), indicating a positive correlation with psychological resilience. This finding is consistent with Sherman's (2019) study, which indicated that psychological resilience is positively correlated with psychological climate.

The researcher believes that this result is consistent with previous findings, as mindfulness plays an important role in acquiring psychological resilience, this, in turn, enables the psychological counselor to fully perform their counseling duties and responsibilities. Jonvey (2019) argues that psychological resilience is a subjective and personal resource that helps individuals counteract the negative effects of life's pressures, including their impact on mental and physical health.

Psychological resilience contributes to facilitating this type of perception, evaluation, and confrontation by developing mindfulness. Anani (2000) indicated that an effective counselor's tool means achieving specific work-related outcomes by relying on mindfulness and psychological resilience in their counseling activities and tasks. Al-Khawaldeh (2021) explains that mindfulness is acquired through the counselor's practical experiences and awareness of the importance of those experiences in developing psychological resilience. Al-Biqdar (2011) found that individuals with high psychological resilience are more able to benefit from mindfulness techniques and strategies, which help them reduce the threat of stressful events by viewing them from a broad perspective, analyzing them into their constituent parts, and developing appropriate solutions.

Furthermore, psychological resilience helps individuals acquire personal and social competence skills, enabling them to cope with stressful life situations.

That helps him achieve psychological and social adaptation to his environment, transforming himself from a weak and resilient individual into a strong and cohesive one.

The individual can endure calamities and hardships, and their attitudes and views of events, situations, and people become more positive (Neuser, 2010).

Khalil (2019) also explained that psychological resilience helps counselors effectively deal with counseling cases and enhances their mindfulness awareness. Here is a corrected and clearly paraphrased academic version:

Individuals who possess heightened mental alertness tend to develop higher levels of psychological resilience, enabling them to endure hardships and cope effectively with the situations they encounter. As a result, their attitudes and perceptions of events, situations, and others become more positive (Neuser, 2010). This was also noted by Abaza (2003).

One of the most important indicators of mental health is the degree of mental alertness an individual possesses, and the extent to which the individual accepts the facts related to their personal abilities and aptitudes, this depends on what they can and cannot do, as well as on their level of psychological resilience. Al-Khawaldi (2010) stated that one of the benefits of heightened mindfulness is increased focus, as individuals who concentrate their attention gain more control and power in all areas of their lives. Al-Hashlamoun (2019) indicated that mindfulness enables counselors to consciously adapt to situations, which is reflected in their high-quality work performance.

This broadens their perspective and makes them more flexible, open-minded, insightful, and receptive to ideas and experiences. It also enables the mentor to better anticipate reactions and responses to different situations.

**Fourth hypothesis:** There are differences in mindfulness among psychological counselors attributable to the variables of gender and practical experience. The following tables present these results.

**Table No. (8) Independent Samples T-test to determine differences in mindfulness among psychological counselors attributable to the gender variable**

Dimension	comparison group	Samle Size	Average	Measure of dispersion	P Value	Degree of Freedom	P Value	Conclusion
<b>Comment</b>	Male	60	17.98	4.43	6.65	133	0.073	Different
	Female	75	13.01	6.65				
<b>Description</b>	Male	60	46.78	5.87	2.33	133	0.056	Different
	Female	75	41.89	4.87				
<b>Acting Consciously In the moment</b>	Male	60	27.98	7.43	6.25	133	0.059	
	Female	75	21.56	5.65				
<b>Judgment on</b>	My Comparison group	Sample size						
	Male	60						
<b>Dimension</b>	Female	75						Different
<b>Note</b>	Male	60						Different

	Female	75					
Description	Male	60					

**The researcher notes from the previous table that the arithmetic mean and standard deviation of females in the observation dimension are greater than those of males.**

or more formally:

The calculated t-value for the comparison between the two groups reached (6.65), indicating statistically significant differences in favor of females. In contrast, males recorded higher arithmetic means and standard deviations than females in the description dimension, where the calculated t-value for the comparison was (2.33).

The dimension of acting consciously in the present moment showed a calculated t-value of (6.25) in the comparison between the two groups. The overall score for mental alertness was 8.67, indicating a difference favoring males.

This finding is consistent with Al-Maghawri's study (2011). Johnville's study (2018), which found no differences attributable to gender.

Dimension	Difference	Total of Square	Degree of Freedom	Average of Freedom	F Value	P Value	Result
<b>Note</b>	In groups	233.7	3	38.9	0.111	0.451	No Difference
	In groups	4637.6	131	117.6			
	Total	9064.3	134				
<b>Description</b>	Between groups	126.8	3	24.5	0.345	0.767	No Difference
		9458.4	131	165.4			
	Total	9685.3	134				
<b>Acting Consciously In the moment</b>	Between groups	106.7	3	44.2	0.123	0.543	Different
	In groups	8458.9	131	185.1			
	Total	8828.1	134				
<b>Judgment On inner experience</b>	Between groups	252.5	3	82.3	0.423	0.731	No Difference
	In groups	10496.3	131	266.0			
	Total	18849.7	134				
<b>reactivity to inner experience</b>	Between groups	453.5	3	61.5	0.412	0.578	No Difference
	In groups	18896.1	131	436.0			
	Total	18869.4	134				
<b>Mindfulness</b>	Between groups	422.5	3	51.5	0.415	0.821	Different
	In groups	16486.0	131	211.0			
	Total	16268.2	134				

The study attributes this to what many studies and the literature have shown regarding differences between males and females in mental and intellectual abilities across the different phases of an individual's life. This makes males superior to females in some abilities related to mental alertness, such as acting consciously and judging internal experiences. Ralnaji (2019) indicated that males possess certain cognitive abilities that help them perceive situations and events better than females. In his study, Al-Biqdar (2011) demonstrated the superiority of males over females in certain cognitive abilities, which contribute to males possessing higher levels of mental alertness. Similarly, Jabr (2021) pointed to the role of cultural stereotyping in creating differences between the genders in their mental abilities and aptitudes.

**Table No. (9) ANOVA test, one-way analysis of variance to identify differences in mindfulness among psychological counselors attributed to the variable of practical experience.**

It is noted from the table above that the value of (F) for each of the dimensions of description (0.345) and probability value (0.767) and judgment of internal experiences (0.412) and probability value (0.731), lack of interaction with internal experiences (0.412) and the probability value (0.578) indicate that there are no differences in practical experiences, while the F-value indicates the dimensions of observation (0.111) and the probability value (0.451) for acting consciously at the moment (0.123) and the probability value (0.543).

The overall score for mental alertness is (0.415) and the probability value is (0.821), which means there are differences in practical experience. This study is consistent with Al- Hashlamoun's (2019) study indicated that differences in mindfulness are attributable to the variable of practical experiences. This result aligns with realistic scenarios, as practical experiences and trials help individuals acquire numerous psychological and mental skills and develop their cognitive abilities. These experiences provide rich and vital resources that aid in learning and transforming experiences into practical skills, enabling individuals to perform their tasks and duties optimally. Hussein (2019) indicated that applied psychological counseling fields are among the most important sources of practical experience for psychological counselors, and the more year of work a psychological counselor has more practical experience they gain. Al-Najjar (2019) indicated that the mindfulness of counselors develops and grows through their acquisition of more counseling skills. Zahran (2003) emphasizes that a psychological counselor needs continuous training to achieve professional growth, in order to acquire the skills required to perform counseling work, and to reach the necessary competence in his work by acquiring cognitive and mental skills. Bernard (2013) also indicated that training for counselors is essential for achieving professional growth in their preparation and training, so that it contributes to the application of knowledge. For psychological counselors, it is considered an essential element of mental and intellectual skills, helping them develop their personal and professional growth.

**Fifth hypothesis:** There are differences in psychological resilience among counselors that can be attributed to the variables of gender and work experience.

The following tables show this.

Dimension	Result	P Value	Degree of Freedom	(P) Value	Standard deviation	Average	Sample Size	Between Groups
Psychological resilience	Different	0.085	133	7.15	8.13	19.98	60	Male
					5.25	15.01	75	Female

The researcher observes from the previous table that the arithmetic mean and standard deviation of males are higher than those of females, and the value of (t) for

comparison between them reached (7.15) and the probability value (0.085) this suggests that there are differences favoring males in psychological resilience.

This result is consistent with the findings of a study on survivors (2019). The studies by Cherryman (2019) and Rose & Mumford (2002) found differences favoring males, while the study by Khlewi (2022) differs, showing differences favoring females.

The study attributes this to the biological, social, and economic characteristics of each gender; male participants found to be more resilient and capable of bearing personal and social responsibility than females. Furthermore, studies have indicated differences in psychological resilience mechanisms between the genders, with males possessing higher levels of coping mechanisms and psychological resilience than females, which are considered the primary means of adapting to surrounding circumstances and stressful situations. Al-Shafi'i (2013) has shown that males possess a high degree of psychological resilience that enables them to adapt to life's changes.

Anani's study (2000) also showed the importance of psychological resilience among men, as it helps them develop positive coping mechanisms for stressful situations. Al-Shafi'i (2013) explained that psychological resilience means the ability to regain balance after exposure to difficult situations and the ability to deal positively with changing one's perspective on situations from the previous image. Moreover, psychological resilience in males is very important due to the nature of their familial and social roles, which require a high degree of patience and strength to fulfill these assigned roles, thus demanding a suitable level of psychological resilience from them. with results indicating higher outcomes among males, the characteristics of each from a biological, social, and economic perspective; Male individuals were found to demonstrate higher levels of resilience and a greater capacity to bear personal and social responsibility.

**Table No. (9) One-way ANOVA test to identify differences in psychological resilience among psychological counselors attributable to the variable of practical experience**

Dimension	Source of variance	Result	P Value	F Value	ANOVA	Degree of Freedom	Total of ANOVA
Psychological resilience	Between Groups	No Difference	0.321	0.221	42.9	3	433.7
	In groups				417.6	131	6467.7
	Total					134	9868.5

It is noted from the table above that the F-value for psychological resilience is (0.221) and the probability value is (0.321), which indicates that there are no differences in psychological resilience attributable to the practical experience variable.

This result is consistent with the studies by Cherryman (2019), Al-Naji (2019), and Khaliwi (2022), which indicated the existence of differences attributable to practical experience. The researcher explains this by stating that psychological resilience is a variable whose acquisition depends on the practical experiences that the counselor undergoes. These experiences help him understand the skills and duties required by the counseling process, thus enabling him to utilize these experiences in acquiring the necessary skills and capabilities for the quality of the counseling process.

Mental health indicators have clarified the role of cumulative experiences in the processes of psychological resilience and psychological toughness among individuals (Khalil, 2021).

Cherryman (2019) pointed to the role of experiences in developing psychological resilience among individuals, which helps them perform their duties responsibly. Furthermore, Al-Naji's study (2019) revealed that the development and enhancement of psychological resilience is primarily due to the extent to which the psychological counselor has accumulated experiences and benefited from these experiences.

Jabr (2021) also explained that a psychological counselor who draws practical experience is better able to demonstrate high levels of psychological resilience, making that more capable of dealing with psychological problems effectively. Psychological resilience is considered one of the variables that is greatly influenced by practical experiences, which provide the psychological counselor with the opportunity to develop psychological resilience. The more experiences a psychological counselor gains, the more psychological resilience skills that acquire, as these skills grow and develop with the acquisition of more practical experience. This explains the findings related to this hypothesis.

### **Conclusion and results**

The study shows the following results:

1. The general characteristic of mindfulness among psychological counselors is high.
2. The general characteristic of psychological resilience among psychological counselors is high.
3. A positive correlation exists between mindfulness and psychological resilience among psychological counselors, except for the evaluation of internal experiences.
4. 1. Differences exist between psychological counselors in mindfulness, attributed to the gender variable (favoring males) and the practical experience variable.
5. 1. Differences exist between psychological counselors in psychological resilience, attributed to the gender variable (favoring males) and the practical experience variable.

### **Recommendations:**

1. Greater emphasis should be placed on developing the skills of psychological counselors to enhance their mindfulness and psychological resilience, thereby enabling them to achieve optimal performance in the counseling process.
2. Focus on developing the psychological skills of counselors, especially females, so that they can develop their levels of psychological resilience.
3. Working to provide opportunities for psychological counselors to gain practical experience, enabling them to develop mental alertness and psychological resilience, especially among female psychological counselors.
4. Emphasize the continued improvement of the psychological resilience of counselors by enhancing their mindfulness skills.

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# جامعة ستاردوم

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