

Stress among female professors with asthma who teach in secondary school a field study of 4 cases.

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Abstract:

Through this research, we want to see the level of stress among high school teachers who are sick with asthma with who teach in the two secondary schools of Mohamed Sedik ben Yahya and Krim Belkacem High School in the Wilayat of Bouira. stress so that the idea becomes clear to us and the study is more realistic based on the field so as to show the extent of the impact of asthma on anxiety to become high.

To achieve the objectives of the study, we relied on the clinical approach. We also relied on the data collection tools represented in the clinical interview as a main tool, as well as the Hamilton stress Scale, so that the latter considers the temporary bad feeling as part of disappointment and a sense of suffering that leads to stress and sometimes high stress. The study found that there is stress High among the studied cases, which are four female teachers in the two secondary schools mentioned above. Therefore, the study recommends the need to develop strategies by holding workshops to reduce the severity of stress, by relying on psychological counseling with a psychologist.

Keywords: Stress- Asthma - Stress professors.

ملخص:

نريد من هذا البحث الاطلاع على مستوى القلق لدى أستاذات الثانوية المريضات بالربو مع دراسة ميدانية في ثانويتين محمد الصديق بن يحي وثانوية كريم بلقاسم بولاية البويرة بحيث نحاول من خلال هذه الورقة البحثية الاطلاع على درجة القلق لعينة مكونة من 4 حالات وكذلك تأثير مرض الربو في شدة القلق كي تتضح لنا الفكرة وتكون الدراسة أكثر واقعية انطلاقا من الميدان بحيث تتبين مدى تأثير مرض الربو في القلق ليصبح شديدا.

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ولتحقيق أهداف الدراسة تم الاعتماد على المنهج العيادي كما اعتمدنا على أدوات جمع البيانات المتمثلة في المقابلة العيادية أداة رئيسية وكذا مقياس هاملتون للقلق بحيث يعتبر هذا الأخير الشعور السيئ المؤقت كجزء من خيبة الأمل والإحساس بالمعاناة الذي يؤدي إلى القلق وأحيانا القلق الشديد وقد توصلت الدراسة إلى وجود قلق مرتفع لدى الحالات المدروسة وهي أربع أستاذات في الثانويتين المذكورتين أعلاه لذا فالدراسة توصي بضرورة وضع استراتيجيات عن طريق عقد ورشات للتخفيف من شدة القلق وذلك بالاعتماد على الإرشاد النفسي مع مختص نفسي.

الكلمات المفتاحية: القلق- مرض الربو- الأستاذات القلقات.

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the introduction:

Stress is one of the most prevalent psychological conditions and psychological disorders in all societies, including Algeria, especially among people with chronic diseases, especially those with asthma, and as we deal with the phenomenon of stress among female teachers in secondary school with asthma, we decided that our study should be a field study to determine the reality of stress and its relationship to asthma. Chronic illness such as asthma has an impact on the physical and psychological health of the patient as one of the painful and stressful life events. This condition may contribute to the patient's stress, which may become high. The teacher affected by the disease changes her psychological state and mood as a result of the disease, the process of treatment and other factors related to the type of personality, family and work conditions, in addition to the daily suffering between moving to work outside the home, as well as taking care of family affairs and taking care of children and husband, and the requirements of forming and raising a family, all of this may put pressure on the teacher's psyche. In

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addition to paying attention to medicines and the quality of food and everything related to treatment... The sick professor can also cause her physical changes, such as weight gain, some changes in the face such as yellowing. These things constitute additional pressure for her, so in most cases this pressure affects her negatively and may be a cause in her high anxious state.

Stress is also a state and psychological disorder that occurs in response to a painful psychological state, such as losing something important, or having a disease such as asthma and others. If these negative emotions and feelings about the disease continue, stress may become high among professors who are sick with asthma.¹

Behavioral manifestations of stress suffer from isolation, pessimism, lack of self-confidence in addition to lack of social movement, tendency to negative thoughts and hate life, the most dangerous of which is stress tending to suicide.

So we want through this study to be exposed to this disorder by knowing the effect of asthma on the woman with stress to become high as well as to take note of the most important causes that lead to stress until it becomes severe and in the end we try to provide some suggestions for treatment and to alleviate its severity among professors with asthma who suffer from high stress

Problematic:

The last era, with the beginning of the second half of the last century, witnessed a steady increase in the prevalence of stress cases all over the world and among large segments of different societies, including Algeria, and the psychological

¹ Benoit dardenne, Alex haslam , Craig Mcgarty, La recherche en psychologie et en statistique, ed : sage publication, 1998, Belgique.

Gerd. hennen Hofer et claus, D Heil stuttgart, chassez vos angoisses, 1975.
Benjamine jacobi, cent mots pour l'entretien clinique ed : érés 2002.

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preparedness of a person may be behind this mental illness based on wrong intellectual backgrounds, especially considering what societies are experiencing. Humanity from problems, disorders, conflicts and chronic diseases such as asthma, knowing that stress is also a response provoked by a painful event such as failure in a relationship, disappointment or loss of something important such as work.

As we are looking at the issue of stress among female teachers in secondary school, patients with asthma, which is considered a chronic disease that requires the necessary know-how and psychological and cognitive preparation for the patients in order to improve positive coexistence with it and work to reduce the organic and psychological damage it causes to them, such as stress that is the subject of our research, so it appears that asthma It has become a health problem at the present time because it is a chronic disease and sufferers feel that it is a source of fear and a warning of danger that may lead to death, because it is enough to forget to take this medicine once. Sudden damage to the health of its owner may occur, such as epilepsy, loss of bodily balance, fainting, and sometimes sudden death in heart attacks. The nature of the personality has an objective relationship with the extent to which the disease is accepted and the ability to coexist with it positively. Depression and fear, as for the weak or withdrawn personality, it quickly entails and breaks in front of the psychological damages of the disease, such as a feeling of fatigue, failure and fear.

However, if asthmatic patients remain anxious for a long time, their stress is intensified. Many studies, such as the Alain Cop study that he conducted in France in 2006 on a sample of 40 anxious people with asthma, male and female, showed that women focus on their symptoms more than men, and then they feel anxious and become severe, As for men, according to this study, they are more inclined to resist negative and anxious

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feelings by destroying themselves by falling into the arms of alcohol, smoking or drugs because they think that this is a cure for their worries and anxiety.

In a study by (Lazarous in 1999 in France) of a sample of anxious individuals, he saw that the early experiences and internal psychological processes related to maximizing the disease, which the patient considers a threat to himself, make him very anxious, lower his self-esteem and lose interest in a wide range of activities, as he loses appetite and less interest in sex.

The studies and theories that explain the stress that have a special relationship with the disease, did not reveal to us all the truth related to chronic diseases and their relationship to stress, and how the disease is a source for the development of this psychological disorder to become severe and affect the organic and psychological mood of stress. The degree of their stress increases or decreases according to the personal mood of each patient and her family environment, especially if it is negative, and how the negative feeling about the disease is

exacerbated by those who use Ventolin inhaler and the effect on their morale until they become anxious.²

That is why we conducted a field study consisting of 04 female high school teachers who are sick with asthma, and considering that women are a vital component in the process of any society towards development, and are considered the natural indicator of the mental health of any society, their health is proof of their existence and respect for their value increases the success of the family and then society. Many responsibilities and

² Benoit dardenne, Alex haslam , Craig Mcgarty, La recherche en psychologie et en statistique, ed : sage publication, 1998, Belgique.

Gerd. hennen Hofer et claus, D Heil stuttgart, chassez vos angoisses, 1975.
Benjaminne jacobi, cent mots pour l'entretien clinique ed : érés 2002.

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problems may lead her to the top of physical and psychological disorders, such as stress, insomnia, and others. Such cases reduce her activity and interest in those around her, and as a result of these cases she may change from strength and success to weakness and failure and from a happy life full of love, kindness and tenderness to a life fraught with tension, fear and depression as a result of her suffering from a chronic disease such as asthma, a disease whose effects extend over time and affect several aspects. From a woman's life, especially in her psychological, social and emotional aspect, so that signs of stress, especially anxiety, appear on her. That is why this study came to examine in this context an attempt to answer the following two questions:

1. -Do teachers with asthma suffer from stress?
2. - Do professors who are sick with asthma suffer from high stress?

In order to understand these two questions, control them and answer them, we have identified a list of 04 cases of female professors who are sick with asthma in order to study their stress and its relationship to the disease so that it rises or falls according to the cases.

Thus, the following two hypotheses were put forward:

Hypothesis 1: Female professors with asthma suffer from stress.

Hypothesis 2: Female professors with asthma suffer from high stress.

the importance of studying:

This study is of fundamental importance, which is the definition of the stress disorder that women suffer from in general, professors who are sick with asthma in particular.

Paying attention to anxious teachers and formulating the most important methods of psychological care and treatment for them.

Study Objectives: The current study aims at the following:

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Spreading awareness about stress disorder, introducing it and the most important means of psychological support for anxious teachers.

- Knowing the degree of stress that women suffer from in general, and professors who suffer from asthma in particular,
- Examination of the stress experienced by professors who are patients with asthma
- Attracting the attention of specialists and psychological counselors to help and improve the quality of life of professors who are sick with asthma by detecting the anxious symptoms that appear in them.

Terminology of study:

Asthma definition:

Asthma is defined by the World Health Organization as “an infection characterized by episodes of respiratory distress caused by various factors such as dust, pollution and allergy to certain substances or animal hair”, and accompanied by clinical signs such as total or partial obstruction that is reversible between attacks (WHO O.M.S bruxelles 1974).

For the clinician, asthma is a syndrome consisting of different evening-nocturnal wheezing attacks, which are generally spontaneous, and it is better to talk about the disease because the causes of asthma are multiple and often overlapping in the same person. And that the concept of seizures is essential here and the wheezing character of respiratory distress caused by stress or chronic disability, and for the physiologist, asthma is a state of hyperactivity of the airways, especially the popular tree, for special and non-special stimuli such as allergens and cold. And the rise in the resistances of the respiratory passages appears early in patients with asthma compared to the normal ones (Charpin 1984).

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Charpin defines asthma as a syndrome consisting from a clinical point of view of spontaneous episodes of wheezing dyspnea with predominantly evening-night onset.

From a functional point of view, it is a variable obstructive syndrome, characterized by a peculiar hyperactivity of the population to various stimuli (Sharpan 1986).

Both Bousquet and Michel define it clinically as an episode of spontaneously or under treatment reversible wheezing and epidynamic dyspnea, to which he adds a pathophysiological measure of bronchial hyperresponsiveness (Bausquet and Michel 1991).

In summary, we see that most physicians agree that asthma is episodic wheezy respiratory distress and is functionally characterized by bronchial hyperactivity towards various stimuli.

The concept of stress

A- Definition of stress:

Hamed Zahwan 1997 defines it: “stress is a state of comprehensive and continuous tension as a result of the anticipation of a serious real or symbolic threat, as it may occur to its owner with vague fear and psychological and organic symptoms, and according to Carol CAROL 1967: It is an internal pain due to feeling tension and some internal psychological suffering, and it can represent stress. At another level, a kind of warning in order to maintain inner balance, stress represents an actual force that may be destructive or constructive, depending on the individual's sense of anticipation of evil.

Stress is a violent experience that sometimes expresses a kind of fear and apprehension that the individual perceives as something that emanates from within him and does not always refer to a situation of a realistic external threat.

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B - high stress:

High stress is the continuation of an unbalanced psychological state for a longer period than the normal state of stress, which is a reaction to the threat that is disproportionate to the real danger and includes repression and some conflicts. And the longer these conflicts continued, the more stress became severe, and the owner could not clearly understand the reasons that led to his stress and tension.

And Viola Al-Bilawi (1982) believes that there are four basic conditions that contribute to high stress, which are:

(a) In the event that it is impossible to escape from the threatening situation.

b - In the case where there is strong anticipation of punishment, especially from the parents.

C - In the case where there is no opportunity to react and review the danger with determination and strength.

D- In the event of complete failure and final inability to address the threat and pain, especially in patients who believe that the disease controls their lives and destiny, and they believe that they are in a situation of great danger, their mental and material perceptions cannot explain this concern.

Research Methodology:

In the current study, we relied on the clinical approach, which means clinical psychological observation of behavior and objective detection of the behavior, attitudes and conditions of a particular human being towards a problem, as is the way that leads to revealing the truth in science by means of a set of general rules that guide the mind and determine its operations until it reaches the Information result.

We relied on the method of a case study, which is one of the tools of the clinical approach, and it is a tool that reveals the facts of the life of the individual subject of the study since his

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birth until his current problem. The individual and his previous experiences, depending on different means and tools of research.

Sample volume:

The research sample consists of four cases from the category of professors who have asthma (two married and two divorced cases), and the two cases are distributed in two secondary schools in the city of Bouira. Psychological or social pressure as well as the stress of the disease that led them to feel high stress and suffering from it, in addition to negative self-esteem, etc., and also resulted in a kind of Introversion and isolation from society, as well as a sense of failure and repeated fatigue. These cases were selected intentionally.

How to do the search:

Since we relied in this research on the clinical approach, we relied on the individual design, where we conducted interviews with professors who were patients with asthma, where the interviews with cases were in an individual form in addition to using a special scale for some psychological and social problems that were adopted in the theoretical aspect of this The research where the Hamilton stress scale was applied, and we allocated three days to each case, and the time spent in each interview was 45 minutes, and this is in order to ensure the credibility of the largest amount of information obtained. And their ability to express freely what is going on inside them, we do not say that everything was appropriate in these two secondary schools, but the conditions for conducting interviews were favorable and generally acceptable.³

³ Maurice despinoy, psychopathologie de l'enfant et de l'adolescent, ed: cursus, Paris, 2002.

John louis dubier, le stress, ed: isbn, 2005, paris.

السمائري نيمية صالح . أعراض الأمراض النفسية والعصبية ، دار المناهج للنشر والتوزيع ، الطبعة

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We were also keen during the interviews not to pressure the professors who were sick with asthma and to choose the most appropriate time for them in order to benefit more. The main time for our interviews was from (ten o'clock in the morning until eleven o'clock in the morning), as the interview was going well at this time and the interview network questions were presented Or the scale instructions in a simple way where the professors can answer them, with explanations and intervention during their answer.

Study tools:

There are many means of collecting information in clinical psychology, and choosing one of them depends on its suitability for the clinical situation and according to the nature of the information required to be obtained, and the more these methods are used together, the results obtained are closer to the truth. Add to note.

Clinical interview:

In the modern era, the clinical interview has become a prominent tool of scientific research and has emerged as an important method in several fields, especially in the fields of psychological diagnosis and treatment, as it is considered a necessary tool that cannot be replaced by another tool, through obtaining information and access to some facts that some other tools are unable to What distinguishes the clinical interview is that it has an applied aspect and aims to be diagnostic, therapeutic or research.

It is a situation of verbal exchange in which the speaker, researcher or specialist obtains information from the respondent or client, basic information that is recorded.

English also defines it as a directed conversation conducted by an individual with another individual, the aim of which is to

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elicit certain types of information for use in research or for diagnosis and treatment.

Jung defines the interview as an organized method through which accurate information can be obtained, and believes that this method is successful in social research. "Macoby" defines it as a verbal interaction between the researcher and the subject in a confrontational situation, the researcher tries to provoke the subject and obtain from him personal information about his attitudes and opinions and his experiences.⁴

Clinical note:

It is a major tool in the study of human behavior in general, especially in natural situations (behavior as it is), as it deals with one or several aspects of behavior in everyday situations; All observations are meticulously recorded and then analyzed and linked with the data extracted from other tools used to collect information so as to help in establishing a proper diagnosis and thus suggesting an effective treatment plan.

stress Scale:

In the current study, we used the Hamilton Scale to measure the height of stress among the study sample.

- **Hamilton stress scale:** This scale was developed by the psychiatrist Max Hamilton in 1959 for use with patients previously diagnosed as suffering from stress, and this scale has a high degree of validity and reliability, as this scale has been adopted in many recent studies.

Interview Summary:

First case:

Through our interviews with Ms. Farida, who is 42 years old, she is a divorced teacher. She has a daughter and a son. Her

⁴غزال عبد الفتاح ، دراسات في علم النفس الإكلينيكي الكتاب الثاني في المشكلات السلوكية ، 2001 .

عبد المعطي حسن مصطفى ، علم النفس الإكلينيكي ، 1998 .

فتحي مصطفى ، علم النفس المعرفي ، دراسات وبحوث ، 2001 .

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economic condition is average. After she got divorced, she takes care of her children alone, and she distributes her time first, her association with work. She comes to him from a distance of 15 km, and she says when I get home in the evening, I feel tired and anxious. Throughout the working day, my mind is preoccupied with the students, as well as with my children and their condition at home and school, in addition to my continuous thinking about illness and treatment. This situation has put a constant pressure on me, especially since I tend to isolate and rarely report my condition to my colleagues, so I surrender to stress and live a kind of continuous internal sadness.

After applying the Hamilton scale, we confirmed that Ms. Farida suffers from high stress, as she obtained a score of 12, which reflects the presence of high stress in the case. This is clearly evident during the interviews we conducted with the case, through which it became clear that her physical structure was weak, her physical health declined, and her emotional and psychological life was fragile. We find Farida separated from the family atmosphere and suffering from problems of isolation and psychological spiral in which she resides due to the high stress she suffers from.

The second case:

After we conducted several interviews with Ms. Amal, who is 40 years old, married with 4 children, and she is the breadwinner for her family, as her husband is unemployed. She says that her salary is distributed to the family as well as hospitalization dates and the purchase of medicines. She also has problems in her marital home, as she lives with a family Her husband, her psychological and social condition is so unstable that she says when I come home in the evening, I do not only think about my children, but also about the affairs of the whole family, as I am the main breadwinner for her.

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After applying the Hamilton stress scale, it was found that the client suffers from high stress, as she obtained a score of 11, which reflects the presence of high stress in the case. This was clearly evident during our interviews with the case.⁵

Third case:

Through our interviews with Professor Saadia, who is 38 years old and was married and the mother of two daughters we knew that the client lived a difficult and turbulent childhood due to the loss of her parents at an early age. She says that her behavior is characterized by a kind of violence and remains isolated in her work and sad and her outlook on life is pessimistic and she is very anxious and stressed about the future of her daughters. In addition to this, Ms. Saadia suffers from insomnia and constant thinking about death, due to She suffers from asthma and has a very low self-esteem, as she says that she is tired of the medicines that she takes daily.

After applying the Hamilton stress Scale, it was found that the client suffers from high stress, as she obtained a score of 13, which reflects the presence of high stress in the case. This is clearly evident during our interviews with the case, from the physical deterioration, the decline in physical health, and the fragility of emotional and psychological life. We find that Professor Saadia is far from the family atmosphere and deprived of the warmth of the family, and this worsened her condition and thus completed her suffering and she preferred death to a miserable life.

⁵غزال عبد الفتاح ، دراسات في علم النفس الإكلينيكي الكتاب الثاني في المشكلات السلوكية ، 2001 .
عبد المعطي حسن مصطفى ، علم النفس الإكلينيكي ، 1998 .
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Fourth case:

Through our interviews with the case, it became clear that Professor Hakima, who is 36 years old, is divorced and suffers from a social situation. After she got divorced from her husband, she took her daughters with her and she lives with her family, in addition to her illness with asthma and her social condition, which is represented in the difficult psychological and social conditions as a result of her residence with her family. She suffers from constant stress, and due to the effects of the disease on her, her stress developed to a high level, so she became a quick anxious and often absent professor in the institution, which affected her pedagogical returns as well as her daily behavior.

After applying the Hamilton scale, we confirmed that the client suffers from high stress, as she got a score of 12, which reflects the presence of high stress in the case.

discussion of hypothesis

From our results, it was found that the first hypothesis that female professors with asthma suffer from stress due to asthma, and this appeared through the interviews conducted with them as well as from During the application of the stress scale. Thus, the first hypothesis was achieved, as the four cases showed a kind of lethargy, tension and stress, and this was evident during our clinical interviews, where all the cases stated that they felt lethargic.

This explains their tense mood because it is linked to their feelings of stress and a tendency to introversion, such as the case of Professor Farida.

We explain the emergence of this anxious mood by constantly thinking about illness and its consequences, especially fear for children in the event of complications from illness or death. The examinees also expressed a decrease in their concentration during work and teaching, as well as a decrease in

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their competencies, skills, abilities, mood, and lack of vitality in behavior and work.

As for the second hypothesis that professors who are sick with asthma suffer from high stress, the other one has been verified. The high degrees obtained by the four cases in the Hamilton stress Scale confirm this. We explain the high symptoms of stress in cases of boredom and the emotional void that the teachers suffer from, in addition to the constant tension and stress that the teachers suffer from until it became high due to the problems of the disease and thinking about its consequences, especially fear for the children if death occurred.

This feeling worsened their psychological state because the height of their stress became high, and thus the second hypothesis was verified, which is those female professors with asthma suffer from high stress.

General discussion of the results:

Through our study of the four cases of female professors who were sick with asthma, we found that all cases suffer from symptoms of stress, as three of the four cases showed high stress, and that the four cases suffer from a lack of adaptation to the environment in which they live or the secondary school in which they work, but the cases showed a lot of Tension, a sense of heaviness, constant tired and a tendency to isolate, which are all signs of stress and high stress that led to a kind of surrender to the difficult psychological and social conditions experienced by the studied cases, such as Professor Farida, Hakima and Saadia.

Through what was reached, it appeared to us that the proposed research hypotheses had been achieved, and they were confirmed by the answers provided by the four cases, whether this was in the questions put to them. In the interview network or through the application of the Hamilton stress Scale, which showed the height of stress in the studied cases.

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Conclusion:

Through our findings, we conclude that professors who are patients with asthma suffer from high stress as a result of their suffering from asthma and their psychological and social conditions, as well as thinking about the disease and its complications, which led to their feeling of fear for themselves and the fate of their children. By conducting psychological counseling meetings for them, whether at the individual or group level, according to the circumstances of each teacher and her response.

In addition, cases of high stress require psychological treatment by the psychiatrist in order to relieve the high stress in order to preserve her psychological health, especially for the professor and help her to overcome the difficult psychological and familial conditions and thus give her the opportunity to return to normal and social life as an active member who contributes positively to building the family and society.

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