

Factors leading to lack of demand for psychotherapy as realized by a sample of psychologists

عوامل الاجام عن العلاج النفسي كما تدركها عينة من الاخصائيين النفسانيين

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Abstract: The study aimed to reveal the factors causing the community members' reluctance to seek psychological treatment of its various types, and this is from the point of view of a sample of twenty clinical psychologists from Sidi Bel Abbes and Oran. The results showed through the interview using interview guide questions that there are factors leading to Reluctance to psychological treatment according to the study sample, It is divided into three categories, which is the category of subjective factors specific to the patient in itself. It includes the fear of social ostracism of the patient, and his unawareness of the benefits of psychotherapy as well as the length of treatment. As for the second category, which is the category of social factors specific to society, which was represented in the absence of a culture of psychotherapy, And psychological culture among individuals, and the lack of confidence in the therapist is also one of the important factors, and the third category, which is the category of factors for the therapist, includes both the inefficiency of the psychological specialist, his poor rehabilitation, and also the weakness of his formation and training in the use of psychological tests and tests.

Keywords: psychotherapy; psychotherapist; Reluctance to treat; factors.

ملخص: هدفت الدراسة الى الكشف عن العوامل المسببة في احجام افراد المجتمع عن العلاج النفسي بأنواعه المختلفة، وهذا من وجهة نظر عينة مكونة من عشرين مختص نفسي عيادي من مدينة سيدي بلعباس، ومدينة وهران. وظهرت النتائج من خلال المقابلة باستخدام أسئلة دليل المقابلة ان هناك عوامل مؤدية الى العزوف عن العلاج النفسي حسب عينة الدراسة.

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وهي مقسمة الى ثلاث فئات وهي فئة العوامل الذاتية الخاصة بالمرضى في حد ذاته. وتضم الخوف من النبذ الاجتماعي للمريض، وعدم ادراكه لإيجابيات العلاج النفسي، وكذلك طول مدة العلاج، اما الفئة الثانية وهي فئة العوامل الاجتماعية الخاصة بالمجتمع والتي تمثلت في غياب ثقافة العلاج النفسي، والثقافة النفسية بين الافراد. كما ان عدم الثقة بالمعالج هي أيضا من العوامل الهامة، وتضم الفئة الثالثة وهي فئة العوامل الخاصة بالمعالج كل من عدم كفاءة المختص النفسي، وضعف تأهيله، وأيضاً ضعف تكوينه وتدريبه على استخدام الاختبارات والروايز النفسية.

الكلمات المفتاحية: العلاج النفسي؛ الإحصائي النفسي؛ الإحجام عن العلاج؛ العوامل

Introduction: Mental illness is as old as man, and therefore, since the dawn of history, man has made many attempts to treat what afflicts him psychologically, according to primitive treatments. We find that the Assyrians and Babylonians recorded their medical notes and therapeutic practices in papyrus, pottery and stones.

They used some numbers, numbers based on the concept of hidden powers in treatments, which are still used in traditional folk medicine (WHO, 1999). Psychotherapy is the oldest type of treatment, as it is as old as humanity, but it has gone through evolutionary stages that led it to what it is now. It is used in a number of fields of treatment, as it is the basis of mental health and is used in the field of psychiatry, as well as in the field of social work, and in the field of education through guidance and counseling, as is done by religious and moral men.

There are many schools of psychotherapy, as all of them aim to alleviate the suffering of the psychiatric patient in ways that are consistent with their theories,, and one of the basic principles of treatment is to use for each case the method that suits it to ensure its recovery (Zahran, 2005).

A psychopath or (neurotic) is a person who is unable to adapt, either for the better or for the worse and suffers from disorder during his life, and the same applies to the mental patient or what is colloquially called (the crazy), as there is no presence in the psychiatric dictionary for this word, but it is sometimes used in criminal law, and it was mentioned in the Holy Qur'an five times in describing the prophets who came with ideas and systems that contradict the prevailing traditions in their societies.

Psychologists and the World Health Organization believe that the mentally ill person is the one who suffers from disturbances in thinking, behavior, conscience and cognition, such as hallucinations and shadows, which led to the deterioration of his personality, and that finish by affecting his family and his society. As for the mental patient, he is characterized by a change in the number of symptoms that make it different from normal in quantity and not in

quality, the mental patient is like someone who builds palaces in the air, and the mental patient inhabits them (Okasha and Okasha, 2010).

The mental patient causes a burden on himself, his family and his community, but the problem of stigma and ignorance of treatment has had a negative impact on the mental health of individuals. In developing countries, there is a fundamental lack of data, as it is not known precisely the extent of the prevalence of common disorders such as anxiety, depression... and so on, and how many people Who committed suicide or attempted suicide, and what were the reasons that led them to do so?

Thus, Psychotherapy and psychiatry are two of the most culturally dependent specialties. Although mental illnesses may be similar, the manifestations of any disorder vary in the culture in which they appear. In foreign countries, we find it easy to identify and treat mental illness, this is due to the good diagnosis of mental disorders by psychiatrists, and specialists for their good knowledge of the symptoms, risk factors and complications, based on the available data.

In contrast to these societies, we find that most people of the Arab world do not understand the importance of psychological treatment, nor its value. We find that whoever seeks help and psychological counseling is condemned to insanity and dementia, which leads to the possibility of doubling the spread of mental disorders and diseases.

Many misconceptions are based on superstitions, lack of knowledge, and ignorance of psychological treatment, and this leads to a low psychological status of the patient, and even aggravation of his condition, thus delaying his recovery if not impossible.

The lack of demand for psychological treatment as it should be, is a phenomenon that characterizes our mental health services, and it has multiple factors, some of them return it to the fear of the stigma of mental illness, and some return it to the absence of a culture of psychological treatment within the community, and some return it to The length of the treatment period compared to the rapid results of chemotherapy and others, and some of them attributed it to all these factors combined, and thus there was an urgent need to conduct this study at the local level in order to detect and identify those factors that lead to the lack of demand and identify them.

Study problem:

Mental health services have made remarkable progress during the last two decades. Psychology has entered Algerian universities in all its branches. We also note a wide spread of the profession of psychologist (le psychology clinician) so that almost no hospital is devoid of the presence of a psychologist, but more than that, we find several specialists In one hospital divided into different interests, the natural disasters and human conflicts that Algerian society experienced in the black decade, and the natural disasters that occurred afterwards such as earthquakes and floods, and the disturbances that followed these painful events contributed to the definition of the psychiatrist.

However, the lack of demand for psychological treatment, or the early discontinuation of attending treatment sessions, is a phenomenon that characterizes mental health services, and the issue of determining the factors associated with this reluctance is still unclear.

A study conducted by Al-Wahas (1991) on the Saudi environment showed that, according to mental health specialists, the lack of people's interest in psychological treatment may be due to several reasons, including: the low level of public awareness among people in Saudi Arabia about the nature of psychological services, as well as misconceptions About psychological treatments of various kinds, as if they cause addiction that they can recover from these diseases without treatment (Al-Dulaim, 2004).

The extrapolation of the statements of psychiatrists in Algerian clinics shows that there is a lack of demand for therapeutic services in general, and the psychological treatment service in particular, when the current study seeks to search for the factors behind the reluctance of psychiatric patients to review psychologists, and their interruption from continuing psychotherapy sessions in Algeria by asking the following question:

What are the factors that lead to the lack of demand for psychological treatment as perceived by a sample of psychologists in Algeria?

The importance of subject matter:

The importance of the current study lies in the following aspects:

The rapid social and cultural transformations have cast a shadow over the mental health of many people, so the number of sick cases that need qualitative psychological services has increased, to chemotherapy only, but also to psychological treatments, and this will only be achieved by revealing the factors associated with the lack of demand for These specialized psychological treatments thus try to find solutions.

The literature of psychological heritage revealed the existence of a relationship between the perceptions of psychiatric patients and the interactions of therapists, the method of treatment in itself, and the quality of the disorder due to the lack of patients' demand for psychological treatment as well as the lack of continuity with it.

- Then this study gains its importance from the scarcity found in such studies in our local environment

Study hypotheses:

There are a number of factors that lead to a lack of demand for psychotherapy, as concluded by a sample of Psychotherapist

Study Approach:

The descriptive approach was adopted, which helps us describe the phenomenon of the study by building a representative picture of reality. Descriptive research focuses on understanding and studying the case of individuals or institutions, and it also deals with cases of groups and organizational units (Meziane, 2006).

The study sample:

The study sample consisted of twenty clinical psychologists practicing in public clinics, who were deliberately selected from the city of Sidi Bel Abbes and the city of Oran.

Table (01) characteristics of the sample members

Enterprise	Number	City
Public Foundation for Neighborhood Health	02	Oran
Mental Hospital Department of Therapy and Relaxation	05	Sidi Bel Abbes
Intermediate Center for Addiction Treatment Listen and Follow Cell	02	Sidi Bel Abbes
Mental hospital men's recovery ward	04	Sidi Bel Abbes
Mental Hospital Sidi Chahmi	04	Oran
Addiction Medicine Center	03	Oran

Study tool:

A guide to the interview had been prepared containing 11 open questions that were directed to the study sample through the interview, which aims to limit the facts, and to identify the meanings that people give to the situations in which they live (Ingres, 2006). On the part of patients and their families, and after analyzing the content of the answers, the factor agreed upon by more than 50% of the sample was considered as one of the factors associated with the lack of demand for psychological treatment, and thus the number of agreed factors reached 7 main factors.

Search terms:

Psychotherapy: It is a mutual professional personal relationship between a professional therapist and a patient suffering from psychological disorders, with the aim of alleviating his psychological suffering through studied scientific methods and techniques.

Psychotherapist: is a professional who uses theoretical foundations and psychological techniques to examine, diagnose, and treat a psychiatric patient.

Lack of psychiatric treatment: It means the reluctance of psychiatric patients from psychiatric treatment or the lack of regularity in it, and the discontinuation of it after starting to attend some of its sessions.

Theoretical Concepts:

Psychotherapy:

Definition of psychotherapy:

Psychotherapy varies according to the school that the psychotherapist follows, and according to Dr. Ahmed Okasha, the main purpose of psychotherapy is to discuss the thoughts and emotions of the patient and discover the sources of conflict and stress, and try to adapt the patient to society within the limits of his personal capabilities, with the establishment of a therapeutic alliance between the patient and the therapist and its use On his recovery, (Okasha, Okasha, 2010, p. 254)

Rotter defines psychotherapy as the planned activity carried out by the psychologist with the aim of achieving changes in the individual that make his life happier and more constructive, or both together. Psychotherapy is a type of treatment in which psychological methods are used to solve problems and emotional disturbances that the patient suffers from and affect his behavior. Where the therapist, who is a scientifically and technically qualified person, works to remove the existing symptoms, modify them or justify their

existence and help the patient to solve his problems and compatibility with his environment and help him to exploit his capabilities and develop his personality and push it towards healthy psychological growth (Ghanim, Bit).

There are many schools of psychotherapy, and all of them aim to alleviate the patient's psychological suffering according to their theories, and one of the basics of psychotherapy is to use the therapist with each case the method that suits the disease and that there is no absolutely better method than other treatment methods (Zahran 2005).

The goals of psychotherapy:

The main and supreme goal behind the therapeutic process, no matter how many ways it is, is to achieve mental health, the individual's compatibility with himself and his environment, and the individual's exploitation of his abilities in a good and proper manner. In general, psychotherapy seeks to achieve the following goals:

- Treating the symptoms of the disease.
- Increasing the individual's awareness and insight into himself.
- Solve and resolve the conflicts that cause his disability.
- Increasing the individual's self-acceptance.
- Correcting abnormal behavior and learning mature normal behavior.
- General strengthening of a person's defenses.
- Modify the cognitive construction and the wrong ways of thinking.
- Increased acceptance and assumption of personal responsibility.
- Unlocking the potential for growth and development in a person.
- Providing the most efficient methods for dealing with problems and crises.
- Work to complete the recovery and prevent any relapse (Ghanem, B.T., p. 23)

Psychotherapy directions:

The general goal of psychotherapy is to help troubled individuals change their thoughts, feelings and behavior through several methods and treatment methods, and this varies according to different theories and trends, which we will mention the most important of them:

The dynamic trend: Psychoanalysis arose from hypnosis by "CHARCOT", who was interested in the subject of hysteria and its treatment. "SIGMEND FREUD" was one of his students, and he was a specialist in neuromedicine. He tried hypnosis and then left it and

said, "I smell magic reeks of it." He paid attention to the dynamic side of the personality, and "BRUER" helped him in laying the foundations of psychoanalysis, as it is an verbal treatment, meaning that the psychiatric patient says everything that crosses his mind without caring of what he says.

Thanks to the school of psychoanalysis in understanding the components of the individual, where the analytical theory is based on pent-up instinctive motives, Freud believes that individuals do not repress except what is contrary to society, religion, custom, culture, early sexual assaults, and bad choices in Najd. Patients show resistance, or in other words they do not want to talk about the painful topic, and if the patient is able to give up the resistance, the treatment becomes more effective.

Definition of psychoanalysis: The psychoanalytic theory assumes that the problems of the individual create tension that arises from the existing conflicts between unconscious internal impulses and pressures, compulsions and prohibitions imposed on him from the outside. Freud worked with Breuer on hysteria, where he discovered that some people suffer from a loss of sensation in some of their organs without the presence of Any organic defect, and soon disappears when the patient remembers the painful events, and these events are deposited in the subconscious and they cause pathological symptoms at the level of the body (Random, 2010) Freud confirms that psychoanalysis has three different meanings:

It is a method that mainly uses free association and depends on the analysis of shift and resistance

It is a set of theories and psychological functions of the human being that emphasize the role of the unconscious and dynamic forces in psychological functions

It is a method of searching for jobs and the work of the soul, whether it is normal or not (Abbas, 2002)

Behavioral trend: Behavioral therapy appeared and crystallized by a number of psychologists, including "Joseph Foley" and "Lazarus", although the first roots of this trend go back to the scientific works, and the experiments that scientists conducted on the hands of animals in the field of interpreting learning and among the pioneers of this Experiments "Watson" "Skinner" "Pandora" "Torondike" and "Pavlov".

Behavioral therapy is based on learning theories and their results, as well as on personality and social theories in psychology, and this is by relying on Pavlov's methods in the events

and removal of experimental neuroses in animals, so he deduced from them the method of gradual desensitization as "Skinner" coined the term behavioral therapy Behavioral therapy is described as a comprehensive systemic approach to treatment.

Definition of behavioral therapy: "Nobor SILLAMY" defines it as the objective psychology that appeared at the hands of "WATSON" who defined psychology as the study of behavior instead of unconsciousness and introspection, and defined the study by organic observation in the case of a stimulus response, whether verbal or kinesthetic and Which are often adapted to the situation, and to this day behavioral therapy is one of the most important treatments that depend on the "WATSON" theory, the objective theory and the importance of the medium (sillamy, 2003)

Cognitive direction: Cognitive therapy appeared in the year 1970. It is a treatment that does not focus on behavior, but on the thinking of the individual from whom the behavior originated. One of its pioneers is "ALBERT ELLIS", whose work revolves around rational emotional therapy, as well as the work of "AERON BECK" who used cognitive therapy. In the treatment of depression, as well as the works of "MEICHENBAUM" and "BANDURA" who all worked to integrate the cognitive trend with the behavioral trend, which aims to treat the way of thinking and change feelings in a manner based on dialogue and modify the irrational thoughts that control the mind of the individual and "ALBERT ELLIS" sees Cognitive therapy is a school of wisdom and prevention that aims to accept the individual for himself, and cognitive therapies include all methods that remove psychological pain by correcting wrong concepts and self-signals, as it is an application of common ways of thinking developed in ordinary life, so the treatments The cognitive aims to cooperate with the processes of distorting reality, and dealing with irrational thinking (Fayed, 2005).

Definition of Cognitive Therapy: It is the treatment in which it depends on correcting wrong thoughts, and in the way that he is accustomed to solving his problems, as the therapist depends on the mental processes of the patient, such as imagination, remembering, and paying attention to motives, emotions, and behavior (Al-Hajjar, 1998) Beck called the wrong thoughts The name of mechanistic ideas and they are based on major beliefs called schemes that the individual has about himself, his work, and his future, and they determine the way in which the individual interprets a particular situation, and certain mechanical ideas appear that contribute to the cognitive evaluation that is characterized by

maladaptation of the situation or event, and leads to an emotional response (Hoffmann, 2012)

Previous studies:

* Study "Boufleja Ghayat" 2000 entitled "Studying the Reality of Psychological Assistance in Algeria"

Where the researcher attributed the reasons for the decline of psychotherapy in Algeria to several factors, including the lack of student training in psychology in all its branches, and their contentment with the theoretical side at the expense of the practical and field side, and the absence of a clear understanding of the personality and nature of the Algerian individual being, and the lack of codified tests on Algerian society in particular. Arab society in general.

The reason may be the delay in psychological assistance, and the reason may be due to the absence of a mental health culture, as the individual believes that psychological problems are private secrets that should only be revealed to those closest to him, and that one of the factors leading to absence and delay Psychotherapy is the conflict between psychiatrists and traditional therapists.

* Study "Fahd bin Abdullah bin Ali Al-Dulaim" 2004" on the factors leading to the lack of demand for psychotherapy as perceived by a sample of psychiatric patients"

The study sample consisted of 143 psychiatric patients in seven public hospitals in six Saudi cities. A form consisting of 23 phrases was applied to them. The results of the statistical analysis showed that the most important factors behind the reluctance of psychological treatment, and the discontinuation of follow-up psychological sessions are represented in the positive results that The patient obtains it after taking chemotherapy in return for the delay in the positive results of psychological treatment, as well as the multiplicity of visits and the large number of psychological sessions, which leads to the patient's boredom and urgency to recover.

* Study "Jamal Zahar and Zahar Tarazolt Amrouni" 2016 on "Studying the obstacles to the formation of a psychologist in public health institutions"

Where this study, which was carried out by the two researchers on 225 psychologists, sees that the basic academic training received by the psychologist before joining the profession is not in line with the real professional requirements for psychological practice. The nature of the applied clinical psychologist profession requires a set of applied skills during the academic formation and before field practice., so that the specialist can transfer these skills

in the treatment of psychiatric patients, so I said the formation of the psychologist and his lack of possessing the skills and therapeutic techniques in the researcher's view is the main reason for the reluctance of patients from psychotherapy and not resorting to psychological counseling.

* Study "Hamek Mohamed" 2017, "An anthropological and analytical reading of the phenomenon of demand for ruqyah therapy in Algeria in the light of social change"

The researcher believes that ruqyah treatments are considered one of the most important and widespread treatments in our Arab world in recent times

Modernity and the resulting social change at various levels and structures imposed enormous complexities at the level of consumer needs and social cultural assumptions, as the contemporary individual is required to achieve autonomy and at the same time maintain interactive contact with others without modernity providing him with assistance in achieving this.

From this, the researcher concludes that the psychologist is not facing individual psychiatric diseases as is customary in the classical division, but rather we are facing gangs, and group psychoses. In this case, we will not miss the test with which we compare the group, as is the case for individuals when they suffer from neuroses. or not.

In the face of the negative repercussions of modernity and the complex requirements of life on the psychological structure of the individual, he finds himself motivated to seek magical solutions and traditional remedies to resist social change and maintain his psychological balance. Some people believe that mental and physical illnesses and pains that have no organic basis are unseen things and the patient does not have the ability to avoid them. They are in dire need of a mediator between them and the Divine Will, except that he is the classy or traditional healer. They attributed the disease to the "jinn, And demons, and evil spirits..."The patient feels a kind of consolation, and a kind of self-responsibility is lifted from him, because if a person feels that he is the cause of his diseases, pain and ailments, he will suffer, and this worsens his situation even more.

The results and their discussion:

After we collected the answers of the respondents and encoded their raw answers that we obtained, reduced the obtained answers to meaningful expressions, and monitored the typical answers in which most of the study sample participated, we classified and classified

the answers into three categories, each category comprising a group of factors leading to lack of turnout. On psychotherapy as seen by the research sample, which is as follows:

Table (02) the most frequently used factors among the sample members

Factors	Frequency	Percentages
The category of subjective factors		
Fear of social ostracism	19	%95
The patient's lack of awareness of the advantages of psychotherapy	17	%85
Length of treatment	18	%90
category of social factors		
Absence of a culture of psychotherapy	19	%95
distrust of the therapist	16	%80
Psychotherapist's category of factors		
The incompetence of the psychologist and the low level of his qualification	20	%100
Poor training on the use of psychological tests	12	%60

Subjective Factors Category (Patient Specific):

Fear of social ostracism: 19 individuals answered with this answer, i.e. 95% of the sample of the study. One of the specialists says, "You can live with her wife and she is afraid if she finds out if she sees a cure at Psychology, she says to her son that he divorces her." This plaque. I saw it above the door, selling mental illness. He saw it as difficult for us. The task was not to change it and write a center for psychological rest, or....at least, the embarrassment for patients would be reduced." Another specialist adds that the women's group is the most requesting psychological treatment, especially the abused or persecuted from the husband, or the father, or the brother.. . you find a woman of this category comes to us secretly: "Who comes to miss her soul or her son? She goes to the monastery of a session with me and goes

without what they hear about.” As for the specialists in addiction treatment centers, they see that the category of young people is Most request treatment, but they stop continuing it because of the fear of informing the security about them, and also for fear that the news of their abuse will spread in the community.

(Nabbar, 2018) believes that the socially stigmatized person is treated in such a way that he is deprived of social acceptance. They are reactions that are given intentionally or unintentionally, and they express disapproval, contempt, and sometimes exaggerated pity. The patient feels inferior and bears a negative characteristic that limits his social interaction makes him feel ostracized and isolated, and a large segment of various cultural and social levels still bears the inferior view of the mentally ill, so he receives a lack of attention and ignorance as if he brought himself mental illness.

Patients’ lack of awareness of the advantages of psychotherapy: 17 individuals from the study sample, meaning 85%, believe that society is still ignorant of the wide services provided by the various treatment centers and the importance of psychotherapy. We find, for example, a large part of the diseases intractable to biological treatment, which we can treat with psychotherapy. They are organic diseases, but they are psychological in origin, and many problems in our lives can be solved through psychological treatment, one of the specialists believes that family problems have increased in prevalence and could have been solved by family therapy and marital therapy instead of going to the courts and displacing children and expanding the circle of psychological suffering.

This is consistent with the results reached by Al-Dulaim in the study of the group of factors leading to a lack of demand for psychological treatment, The unawareness of the advantages of psychological treatment by 90% of the sample was a factor of reluctance.

Length of treatment: This is among the factors that lead the patient to abstain from treatment, and the frequency of this answer was 18 meaning, 90% of the sample agreed on it. The patient expects that he will receive solutions to his crises at most in three sessions, but the long treatment plan gets him bored One of the specialists from the study sample says, “Patients want to know what they have and how can they get rid of this suffering.. . but he cannot be patient with you for a long time. He comes every week.. . I find myself obliged to provide him with psychological guidance and not in-depth psychological treatment, but in this way He feels a slight improvement for some time, but the problem has not yet been

treated.. . and therefore he tells you that psychotherapy is not effective." And there are patients who then turn to rapid-effective drug treatment or worsen their condition, as the specialists in addiction treatment centers confirm that many young people who undergo For addiction treatment, they rush to recover and return to normal life...so they stop the treatment, thinking that they have fully recovered, but they quickly return to treatment again or return to addiction because their treatment was not completed, and a relapse occurred to them.

The category of social factors (of society):

- The absence of a culture of psychotherapy: it is represented in the social unawareness of mental illnesses and the metaphysical interpretation of them by returning to the unseen, such as the evil eye, devil's touch, magic and so on... The percentage of those responding to this was estimated at 95%, or 19 individuals, and there are some families who attribute mental illness to weak religious faith, There are those who believe that psychological symptoms are just a health malaise due to emergency conditions in the environment or work and will go away without consulting the specialist, and Sheef 1966 believes that there are rigid and wrong perceptions about mental illness that are learned from the early years of childhood and this is from their peers and parents through The use of the word "crazy" creates this perception for them, and although adults are familiar with the scientific terminology of psychiatry, their traditional perceptions do not go away. How not, and the media and daily life have contributed to this consolidation (Osman, 1998).

Through this perception, the method of treatment is chosen, and this is confirmed by "A. Hameq Nouredine" in his study on the demand for ruqyah treatment in Algeria in the light of social change in that traditional treatments have become a popular trend that competes with all modern therapy practices, especially psychological practice, and these traditional practices It is based on metaphysical attribution of psychological and mental illnesses and methods of treatment (Hameq, 2017)

- Lack of confidence in the psychotherapist: 16 individuals, or 80% of the sample members, confirmed that the patient is afraid that people will tell his secrets by disclosing them to the psychologist. The secrecy of the information is a very important issue for the patient, and this group also sees that there is a category of patients Do not trust the abilities and capabilities of a psychiatrist in treating mental illnesses, and that this profession is a profession of words only and is useless. Some specialists believe that this belief is found even among some

doctors, but even some psychiatrists who underestimate the role of a psychologist and do not share With him in the treatment process for the psychiatric patient, which takes three dimensions: pharmacological, social, and psychological.

In this context, a psychiatrist from the study sample mentions that some internal medicine doctors and others call psychiatric diseases as neurological diseases, and instead of directing them to the psychiatrist, they are taken care of by the neurologist through their use of medicines. The doctor diagnoses her, saying, it's neurological and prescribes sedative medications instead of psychotherapy sessions with the specialist.

Psychotherapist-specific factors:

The incompetence of the psychologist and the low level of his qualification: this factor achieved complete consensus from the study sample meaning 20 individuals with a percentage of 100%. All of them agreed that the academic training they received at the university during their apprenticeship years is not sufficient to make a successful therapist, as it is a purely theoretical training and lacks many Among the applied field training, the specialists from the study sample add that they are obliged to attend specialized courses to develop their professional performance and acquire some of the tools with which they deal with the patient. Analytical treatments take a long time... so I had to pay 20 million to the sarp association instead of Brahim in the capital, in exchange for a two-year internship, because the university does not give you everything."

The study of Jamal Al-Zahar and Zahia Tarzoult Amron on the obstacles of training a psychiatrist in mental health institutes agrees with the results that have been reached. They believe that the more his formation is theoretical and practical, the more his professional relationship is effective, and this leads to more confidence of workers in the sector by increasing their efforts. Providing a psychologist with everything he needs means gaining more confidence in society, and accordingly, changing the prevailing view of his profession (Zahar, Amron, 2016)

- Poor training on the use of psychological tests: 12 individuals, or 60%, believe that the specialist should master the use of various means to help diagnose disorders, including psychological tests and tests, projective and objective, and others, as well as evaluation and psychometrics. This aspect, as well as the exorbitant value of the prizes, is the reason for this weakness, which led the specialist everywhere to use tests that are not adapted to the Arab

environment in a way that suits the Algerian personality. Psychology was conducted in Europe and America, and therefore those theories were built on those societies, and this is what made us neglect the study of the Algerian and Arab personality traits, and that in the absence of tests prepared locally, it won international acceptance and recognition, especially that the tests have a civilized interpretation linked to the social and cultural environment that Growing up in it, it is difficult to diagnose the causes of the disorder, and therefore it is difficult to suggest solutions to the studied psychological problems (Gyatt, 2000).

The remaining group of the sample, which is 8 individuals, or 40%, is the lucky group, which provides them with the institution in which they work these high prices and provides them with periodic training to apply them. One of these institutions is the mental hospital in Sidi Bel Abbes.

As for the question that we posed to the study sample about the reasons for the increase in mental illness at the present time, the answer was as follows:

- The abuse of children from violence, neglect, terrorism, refusal... and others is what creates for us a person who reproduces the violence that he experienced, and this is consistent with the study of both Al-Azhar Belkacemi and Ali Lafqir on child abuse, neglect and the resulting effects, in that the psychological behavioral problems resulting from abuse remain present and have an active impact on the mental health of the child and remain an experience that lives with him for life and may appear in old age in many forms such as personality disorders, anxiety, depression, pathological fears, aggression and sabotage... (Belkacem, and Lafakir, 2018)

- The youth group of 15-25 years is the most vulnerable to various addictions, and this is a result either of their search for social value among peers, or of poor upbringing on the part of parents (either excessive pampering, cruelty and deprivation).

Also, the increasing life pressures on the individual, the tyranny of materialism, and the ambition that exceeds the possibilities led to the emergence of various psychological diseases, and this was confirmed by the study of Nadia Sharadi on psychological practice in light of social changes that the problems differ from one person to another, and from one period of time to another, depending on social conditions. And being affected by the social environment, as happened in the black decade of psychological trauma, and we urgently need a psychologist in the next fifty years, the most fragile people lost their balance

immediately, while the less weak people are exposed to psychological crises after a certain time (post-traumatic shock) (Sharadi, 2009)

- As for how to increase society's awareness of mental illnesses, and then how to treat them, the specialists from the study sample suggested:

Introducing the psychological aspect in most of the television classes and presenting continuous and attractive media programs to introduce mental illnesses and the way to treat them, through various media.

Programming sensitization days about psychological disorders and problems.

Organizing open doors at the level of various institutions, framed by psychologists, bringing to light the role of the psychologist in society, and changing the negative view about him.

Continuous training of the specialist on modern treatment methods, and training him on various techniques to increase his efficiency and professional capabilities.

- The inclusion of field internships in hospitals for students of psychology, as is the case in the Faculty of Medecine and is framed by university professors, in which what was dealt with in theory is practiced in the field with real patients.

Conclusion:

: Finally, we conclude that the wrong view about mental illness as a disease that cannot be cured, including many wrong ideas, as well as the weakness of the field of specialist's training and his contentment with the academic aspect. Moreover, the conflict between him and the popular beliefs which are nestled in the minds of people and even some doctors and psychiatrists. These are the main reasons which prevent people in our society from accepting psychological treatments. The task of the psychiatrist is to prove himself and to face all difficulties. In this regard, we suggest that other studies be supported to deal with the issue of psychological treatment and its conceptions within society, in order to establish an effective policy that can be adopted in order to spread psychological culture among individuals, and to develop therapeutic services of all kinds, such as consultations, escorts or in-depth treatments for everyone who needs them within the community.

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