

THE EFFECT OF FEMINIST COUNSELING IN REDUCING EGO DEPLETION AMONG UNIVERSITY STUDENTS

Tahreer Zaki Hassan

Assistant teacher:

Tahrer.hassan@uobasrah.idu.iq

Prof. Dr. Abdul Mohsen Abdul Hussein Khudair

Basra University, College of Education

dr.aom1965@yahoo.com

Summary of the research

This research aims to identify the effect of women's counseling in reducing ego depletion among university students. In order to achieve this goal, the following zero hypotheses were formulated: (There are no statistically significant differences between the average ranks of ego depletion degrees among the experimental group members who are exposed to women's counseling and the average ranks of ego depletion degrees among the control group members in the post-measurement). In order to achieve the research procedures, the researchers chose a sample of (20) university students who were chosen by the intentional method, who have a high degree of ego depletion, and they were distributed equally into two groups (experimental and control). The women's counseling program consisting of (18) counseling sessions, two sessions per week, was applied to the experimental group only. To test the validity of the null hypothesis, the researchers used the Mann-Whitney test. The result came by rejecting the null hypothesis and accepting the alternative hypothesis, i.e. there are statistically significant differences between the mean scores of the experimental group (women's counseling) and the ranks of the control group members in the post-test on the ego depletion scale, and in favor of the experimental group members after applying the program, and the researchers recommended several recommendations concerned authorities and made a number of proposals.

Keywords: women's counseling / ego depletion /

First: Definition of research

1- The importance of research and the need for it:

Counseling and psychological services are no longer a scientific luxury, but have become a necessity for all people, so they have developed rapidly in developed countries to keep pace with many of the problems and difficulties faced by people and meet their needs and the needs of the society to which they belong. Psychological counseling is one of the applied fields of modern psychology, which aims to achieve happiness for people, and its development helps them to reach the best options, as it is a process of learning and personal growth. The acquisition of subjective information can translate into a better understanding of the human role and the growth of more effective behavior (Abdul Razzaq, 2009, p. 12).

The extension programs represent the planned and directed guide for both the mentor and the mentee. Any successful business must be well planned and studied in terms of purpose and means. The importance of counseling programs is evident in facilitating the effective behavior of a person through the processes of growth throughout his life. It also contributes to helping people to make changes in their personal and social environment, which leads to reducing the problems they feel, whether these methods and extension programs are developmental, preventive, or curative they are according to scientific and technical methods that develop their tendencies, trends, and compatibility with their environment (Berdie, 1995, p. 175).

The methods and counseling programs form the basis for psychological counseling for those who need it. These methods seek to modify behavior or develop skills and abilities, all aimed at modifying the human personality and making it more prepared and able to solve problems, face difficult situations and develop positive abilities,

(Al-Shammari & Al-Tamimi, 2012, p. 59).

Due to the specialized importance, the extension programs use many methods and techniques according to the type of problem, the nature of the sample, and the community, including, women's guidance in addressing the problems faced by individuals ...

Women's counseling is one of the modern counseling methods that aim not only to achieve personal change for the mentee or reduce psychological pain, but also to study the social, historical, and cultural roots of psychological suffering in order to work to change the current situation, and there is a clear assumption that the conditions of clients in society affect their psychological performance or psychological state,

(Atkinson & Hackett, 1988, p.233).

One of the important issues is the socio-political view based on gender, which imposed on women to be mothers or wives, while imposing on men a status according to their job status and titles, and the concept of sex (males, females) has become unclear, especially when society expects women to accept the performance of certain roles such as caring for children, the elderly, the disabled and others, which puts them in a lower position than men. As a result of women's dissatisfaction in light of these trends and practices that contain the concepts of sex and gender between men and women, which draw their roles and trends and determine the method of adaptation only, women's counseling appeared, which was concerned with the personal problems of males and females, which have a social and political basis, especially problems that make them feel psychological pain, including: marginalization, arbitrariness, injustice, subjugation, and then profiling. Women's counselors are concerned with monitoring and monitoring the effects of political and societal factors on a person's life, which represent the cornerstone of the approach to women's counseling, (Hanmet & statham, 1989, p. 166).

One of the important features of women's counseling is that women's counselors do not look at women as the root of the problem, but rather they believe that the system of men's control, and the pyramid of values and authority based on: gender, race sometimes, social class, sexual orientation, ability, and age that swept and dominated the relationships between people and internal life, and women's counselors believe that the goals of their work are part of the overall feminist goal, which is to achieve social justice, (Abdel Rahman, 2015, p. 523).

The importance of women's counseling is evident in its unique approach to understanding the roles that men and women grew up and that have been accepted, as it gave the method of socialization of women importance and impact on the development of women's identity and on self-concept, goals, hopes, and emotional state, and women's counseling has focused on evaluating women's experiences in life, and in defending their own topics. He also relied on the hypothesis that social change is the basis for influencing people, (Corey, 2011, pp. 444-445).

As a result of the tremendous scientific and technological developments that have caused many psychological problems in many people because of the uncontrolled temptations they offer, which drain their psychological and physical energy and cause their ego to deplete. This causes them to fail to resist temptations and impulsive behaviors caused by lack of self-control and failure to prevent inappropriate behavior from occurring and to stay away from deviant behaviors, (Baumeister & Al Ghamdi, 2014, p. 152).

In addition to the effects of these temptations, the role of the crises that societies have been exposed to and their impact on the way their members think, awareness, level of performance and production, which has made many of them lose energy and will because of their inability to keep pace with the requirements of the environment and control it, which sometimes causes a state of decline in the ability of the ego or the will necessary to perform voluntary acts such as controlling the environment, self-control and control and proper choice of decisions. This decline comes as a result of the previous and repeated use of ego resources, which leads to the depletion of this source and a state of diminishing energy sources resulting from excessive self-control,

(Baumeister, et.al, 1998, pp. 1252-1253).

Ego depletion usually causes some problems that make a person less able to follow basic social norms and thus affects the low levels of success in making his decisions and his psychological and social compatibility, (El-Shazly, 2001, p. 74).

The study of Tone, et al., (2022), also indicated the effectiveness of individual feminist counseling intervention in treating some disorders suffered by women, including binge eating disorder, (Tone, et. al, 2022, p.1).

It is believed that the depletion of the ego negatively affects the cognitive aspect of people, as their performance is worse in the tests of logic, reasoning, cognitive induction, reading comprehension, memorization and remembering,

(Schmeichel, et. al, 2003, p. 33).

The results of Al-Rubaie's study (2015) showed the effect of women's counseling in reducing cognitive failure among female students and reducing its negative psychological effects on them, (Al-Rubaie, 2015, P.p, and K-L).

When faced with the challenges and circumstances that surround them, many university students are exposed to a state of ego depletion. It can be said that it is a condition that makes them live a kind of psychological emptiness, physical laziness and decline in performance, due to his inability to organize and self-control emotionally and the inability to make decisions properly, (Stucke & Baumeister, 2006, p.7)

As a result of their experience working in the field of psychological and educational counseling, the researchers believe that many university students face types of psychological, physical and cognitive temptations as a result of the rapid transformations experienced by society. The impact may be complex on university students as the Iraqi society is a male society that increases restrictions on females and makes them more vulnerable to problems and psychological pressure. Which may cause failure to perform study tasks. Passive parental control can sometimes be an influential cause. The researcher also believes in the impact of the age stage of female students, which is within the late adolescence stage. Hence, the researchers find it necessary to work on creating scientific methods through the use of guidance programs and modern methods, including women's counseling to reduce the negative effects of some psychological phenomena that are common among university students to raise their scientific and academic level.

It is possible to determine the importance of research and the need for it through the following question: What is the effect of women's counseling in reducing ego depletion among university students?

2- Research objectives and hypothesis This research aims to:

- Know the effect of women's counseling and storytelling guidance in reducing ego depletion among university students to achieve this goal, the following null hypotheses were formulated: There are no statistically significant differences between the average ranks of the degrees of ego depletion among the members of the experimental group and the average ranks of the degrees of ego depletion among the members of the control group in the dimensional measurement.

3- Limitation of Research:

This research is determined by studying the effect of feminist counseling in reducing ego depletion among university students in the second and third grades of the morning preliminary study of scientific and humanitarian disciplines in the faculties of the University of Basra for the academic year (2021-2022).

4- Definition of the Terms

A- Feminist counseling

-Parker (2003):

(Psychosocial counseling directed by a specialist - usually female - to help the mentor - who is usually also female - or a group of mentors or mentors who have common psychological or social problems resulting from gender discrimination and related backgrounds, and the female counselor helps the mentors raise their morale to the maximum extent possible, especially with cases of rejection or stereotypes in isolation between the sexes and help achieve collective awareness of the idea of loyalty and participation with all women), (Barker, 2003, p. 403).

-Theoretical definition of women's counseling:

The researcher adopts the definition of Parker, (2003) Barker as the author of the definition of the founders of this type of guidance, and the definition expresses the content of the targeted guidance interference in this research.

- Procedural definition of women's counseling:

A set of theoretically and temporally specific procedural steps, based on scientific foundations in the selection of a number of guiding techniques - empowerment, disclosure of what is in the soul, analysis

of the qualitative role, intervention in the qualitative role and treatment by reading, training on self-affirmation, reshaping or framing, classification and home training to achieve the goal of the guidance program in its effectiveness in reducing the depletion of ego among university students.

B- Ego Depletion (Ego Depletion), defined by:

- Baumeister, et.al, (1998):

(A state of decreased performance and decreased internal energy sources "psychological, cognitive, behavioral" resulting from excessive effort to carry out self-control or when facing a difficulty or distraction that leads to an inability to self-control and a sense of attrition), (Baumeister, et.al, 1998, p. 1253).

C - University students: - Definition of Jubouri (2010):

People who continue to study after the preparatory stage for a period extending between (4-6) years, as is known in Iraqi universities, and who possess the science, knowledge and ability to analyze social situations that distinguish them from the rest of the other members of society, (Al-Jubouri, 2010, p. 3).

Second: Theoretical framework and previous studies:

- Theoretical framework

- The concept of feminist counseling:

The concept of women's counseling focuses on the importance of understanding and knowing the psychological abuse against women and the constraints imposed by the socio-political fabric that women have suffered. The feminist perspective offers a unique and special approach to understanding the roles that men and women have grown up with and that have been accepted and brought into the mentoring process, the socialization of women, which inevitably affects the development of their identity, self-concept, goals and hopes, mental health. Women's counseling always takes into account the method of socialization of males and females when practicing counseling with all mentors, (Corey, 2011, p. 436). Women's counseling theories are one of the most common psychological counseling theories that not only investigate the psychological factors that cause problems in people, but also social influences. For example, the influence of gender and background of cultural diversity on a person's development. Women's counselling is increasingly inclined to issues of women around the world and women belonging to minority groups. Women's extension workers also see their work as beneficial for children and men. Women's counsellors recognize the importance of different ways in which men and women develop through life events and ways of living. Feminist theories of personality examine issues such as feminist cognitive schemes and the importance of relate to others. and the development of social and cultural interpretation to increase the representation of women exposed to mental disorders and help them to make changes in social attitudes that face discrimination or harm they are exposed to, (Scharf, 2022, p. 248).

B- Objectives of Women's Counseling:

The main objective of women's counseling is to bring about a change in the mentors at the individual and societal levels, at the individual level, the mentor helps the mentor to realize her rights, abilities and special powers, and once the mentor realizes her rights and abilities, she will have more alternatives and choices in life and will gain the self-freedom that she lost as a result of restriction or restraint resulting

from the social gender role that has been associated with women as a result of socio-political factors. The ultimate goal of gynecological therapy is to create a society that relies and cooperates with each other, which calls for the involvement of the male word in some aspects or aspects of counseling, especially at the community level (Corey, 2001, P.p, 367-390).

C - Women's counseling techniques:

1. Empowerment

Empowerment is at the heart of women's counseling strategies, which make the mentee empowered in the counseling process before the counseling so that she is a partner and responsible on an equal footing with the mentor by agreeing on the topics that the mentoring process will address.

2. Power analysis

refers to the wide range of means and methods aimed at helping mentees understand unequal channels of access to power, sources of support and support, and how this affects one's personal reality, (Corey, 2001, pp. 454-455).

3. Gender-Role Analysis:

The analysis of the role of gender aims to explore the impact of its probabilities and expectations on the mentees. To facilitate this exploration, the female counselor asks the mentee to clarify any messages or impressions she has received about appropriate behavior and determine their potential role in society. The mentor helps the mentor to clarify the positive and negative consequences associated with holding on to or rejecting these messages and impressions, and ultimately helps the mentor to formulate and prepare a plan to identify the harms of negative expectations (Worell & Remer, 2003, p. 62).

4. Consciousness-Raising Group

Awareness development groups are used as a place where mentees can increase their awareness of the oppression of women and other marginalized groups, as well as explain the personal and social changes they want in their lives.

5. Assertiveness Training:

Affirmation means that an individual is honest and frank about his thoughts and feelings without violating the rights of others. Non-assertive behavior involves postponing one's own interest for the benefit of others and an inability to express one's thoughts, feelings, and beliefs honestly, (Abdulrahman, 2015, p. 544).

6. Reshaping or framing and classification reframing and relabeling:

Remodeling is a method or technique of changing the guided from a state of discontent as a victim to a state of consideration and understanding of social factors in the environment, which actively contribute to the problem, through the method of remodeling. Relabeling is a professional intervention aimed at changing some patterns of behavior that mentees can change some of their own patterns of behavior, or that have been attached to them for a long time when they want to change, (Sufyan, 2018, p. 326).

7. Demystification of Therapy:

During the first session, a set of agreed innovative mentoring goals and strategies are developed that allow the client and mentor to share power and authority within the framework of the mentoring relationship by embodying the problem and focusing on individual capabilities and potentials. Problems

will not be seen as something inherent or associated with the mentor, (Abdulrahman, 2015, P.p. 547-548).

8. Self-disclosure:

The mentor disclose herself appropriately to make the mentor feel equal. Because women's problems are similar, the mentee is motivated to reveal herself and her problems in a profound way. (Corey, 2011, p. 454)

9. Biblio therapy:

This technique is one of the useful tools in women's counseling. The mentor suggests a number of books related to the results of the idea, obsession or illusion that occupies the mind of the mentee, and that caused the problem. It led to a loss of self-confidence. Based on this technique, the guide should choose a book that she has not read within weeks. The aim of this mentoring technique is to increase the experience of the mentor, reduce the difference between her and other women, and between her and the mentor, and will reinforce and complement what the mentee has learned and learns during the counseling sessions, (Worell & Remer, 2003, p. 63).

10. Working with Group Work:

It includes helping women by networking, sharing knowledge and experiences. The mentor can also attach the mentor to another type of group, as part of the process of arranging individual counseling. Teamwork will allow the mentee to discover that she is not the only one in suffering (Sufyan, 2018, pp. 325-326).

11. Social work:

The social action technique is used at the community level, in the event of a case of injustice or oppression of women, or issues of segregation. Such activities achieve self-guided women, giving them a sense of strength. Group counseling takes a place in the practice of social work, as it brings together female counselors in groups with similar characteristics, qualities and problems to provide specific services,

(Bergh & Cooper, 1987, p. 445)

Third: Research Procedures:

1- Research Methodology and Procedures

In order to achieve the objectives of the research and test its hypotheses, the researchers adopted the experimental approach with partial control as an approach that fits with the variables of this research.

2. Experimental Design

For the purpose of testing the validity of hypotheses, the researchers used the design of multiple groups with pre- and post-measurement. In this design, all procedures have been conducted that would control the factors affecting the experiment, which can be controlled as much as possible, except for the independent variable, which is controlled by it to determine and measure its impact on the dependent variable and measure the level of change in it among the experimental sample members.

The researchers followed the following procedures to implement the experimental design:

Building a scale of ego depletion among university students and applying it to a sample of university students numbering (375) students from four colleges who were randomly selected from the university colleges, namely: the College of Education for Human Sciences and the College of Law for Humanities

Scientific Studies and the Faculties of Education for Pure Sciences and Engineering for Pure Scientific Studies.

1- Sorting and diagnosing the forms of students who obtained a score equivalent to the value of the arithmetic mean of the sample members + one standard deviation, i.e. $(67.111 + 23.07)$, equivalent to approximately (135) or more on the scale of ego depletion prepared for research purposes and the selection of (30) sample students to conduct the experiment.

2- Stabilizing the factors and conditions and making them equal in the two groups by conducting equivalence between the experimental group and the control group in the variables related to the dependent variable (ego depletion), namely (students' grades on the ego depletion scale, type of housing for female students (with family, in the internal departments, housing of the student's family, (city, countryside), chronological age (estimated in months), academic specialization (pure sciences, human sciences), economic level).

3 -Distribution of the members of the experiment sample randomly and equally to an experimental group and a control group for each group of (10) students

4 - Conducting the pre-test for the two groups (the experimental group and the control group) to measure the degree of ego depletion among university students (equivalence procedures between groups).

5 - Application of the counseling program on the experimental group, as the researchers used with the experimental group women's counseling techniques, and the group (control) was not exposed to any indicative interference.

6 - Conducting the post-test of the experimental group, after the end of the application of the extension program on the experimental group to estimate its impact.

7 - Conducting a statistical analysis of the results of the dimensional application of the experimental group and the control group for the purpose of identifying the impact of the extension program

A- Planning for the construction of the two guidance programs:

The researchers adopted the following planning for the construction of the extension program:

1. Access to the literature and studies of building extension programs and studies that were interested in studying the variable of ego depletion, and the researchers did not overlook the impact of the age stage of the members of the research sample and its characteristics and the impact on their lives when preparing the program.

2. The researchers chose the model of Borders and Drury (Borders & Drury: 1992), a procedural plan in the construction and implementation of the extension program as a model easy to apply and does not require significant costs and effort in the implementation of the program, (Borders & Drury, 1992, p. 487).

This model is considered one of the comprehensive models of the contents of the guidance process. For the purpose of implementing the extension program, the researchers conducted the following: After applying the ego depletion scale prepared for the purposes of this research, the respondents' scores were collected on the paragraphs of the scale and give a total score for each form and then sort the forms that obtained a score equivalent to the value of the arithmetic mean of the sample members + one standard deviation, $(67.111 + 23.07)$, equivalent to approximately (135) or more of the scores and negotiate with them to agree to participate in the guidance program and cooperate

in order to make it successful while pledging to continue and perform the tasks required of them. It was found that there are (179) students who got grades extended from (135-168) .as these students were counted from those who have ego depletion according to the scale of this research. They were randomly and evenly distributed to an experimental group and a control group by (10) students for each group, and the researcher met with the students of the experimental group, to identify them and introduce them to the nature of the counseling work and ethics as they reported the place and time of the counseling sessions. The researcher specified the number of sessions at (18) counseling sessions, two sessions per week.

Guidance Sessions:

After completing the behavioral procedures by building the guidance program. The researchers carried out the counseling sessions, and these sessions include the following:

Second Session Outline

Date: 1/11/2022

Type of Guidance: Collective

Time required: (45) minutes

Session Title: Feeling Tired and Tired

Subject	feeling of effort and fatigue in the mentors
Related needs	-Sufficient knowledge of the meaning of feeling tired and tired from the psychological point of view. -Knowing the reasons for feeling tired and tired
Session Objective	-Know the meaning and causes of feeling effort and fatigue from the psychological point of view
Behavioral goals	- To recognize the guidance on the meaning of feeling tired and tired. - The mentors should be able to know the reasons for the feeling of effort and fatigue among some students. -The guides should achieve a level of knowledge in the distribution of effort in the performance of tasks to maintain psychological energy from waste they have.
Guiding Techniques	1- Empowerment . 2- Disclosure of what is in the soul from within.
Activities Offered	- The mentor welcomes and thanks the mentors. - A group meeting in which the mentor explains in an interactive way the importance of people being able to identify their problems to develop solutions according to their academic qualifications in order to overcome the fatigue caused by the lack of prior planning of work and the strenuous effort and fatigue it causes. - Allow the mentors to disclose what is going on inside them and discuss it with the mentor.

	- The counselor asks the members of the counseling group to mention the information they have obtained about the effort and fatigue of the students.
Structural Calendar	- The mentor asks the group members about the most important things that took place in the session and clarifies the pros and cons in it.
Home Training	The mentor asks the mentors to select a topic or events similar to events and situations in which there is strenuous effort and fatigue

Managing the second session

Session Title: Feeling Tired and Tired

Date: 1/11/2022

-Session objective: Know the meaning and causes of feeling effort and fatigue from the psychological point of view

-The mentor welcomes the mentors and thanks them for their attendance and commitment to the time specified for the session, and asks them to introduce themselves again, and reminds the mentors of the most important main points mentioned in the previous session.

--The mentor asks some questions to the mentors so that she involves them all in the counseling session.

- Empowerment technique: The mentor explains the feeling of effort and fatigue to the guides as the main symptom of low ego energy, and there are many factors that work on the failure of self-control, including extravagance in negative tasks and unplanned tasks. Many conditions and lifestyle factors can cause fatigue, fatigue may be temporary and can repair the feeling of effort and overcome fatigue, or a chronic condition that continues with the individual, leading to difficulty in self-control and thus affecting the resources of self-regulation in the present and future.

- Then the mentor asks the mentors about the most important reasons for your feeling of effort and fatigue, which leads to poor self-control and low energy depending on your lifestyle.

- The mentor asks the mentors to be partners with the mentor in being able to increase the awareness of the mentors from the feeling of being able to take action against the feeling of fatigue through mutual support for group members and engaging in social work to reach possible solutions to organize ourselves in the face of the feeling of effort and fatigue, and women's possession of resources and their ability to benefit from them and manage them in order to achieve achievements, so they must have three interrelated elements, namely resources and management, and then achieve achievements, and thus they can be Self-empowered in all aspects of their lives and overcoming their problems.

- The technique of disclosing what is in the soul from the inside: -

The mentor begins to disclose the feelings of effort and fatigue inside her after doing many unplanned work that leads to the deterioration of many adaptive behaviors and thus their impact on her energy, and an example of this is when we all lead a daily effort, which makes us feel tired,

but there is an unorganized effort that leads to extreme fatigue, which affects the difficulty of waking up in the morning and going to work and doing the usual activities and thus a severe decrease in energy and stimulation. Internally, the effort must be distributed in the performance of tasks because this leads to the conservation of our energy.

Feeling tired is often associated with our way of thinking. This thinking leads to a constant feeling of effort and fatigue, which leads to the loss of part of the energy and the inability to perform subsequent work, which requires pushing willpower and then showing our best as women.

-The mentor asks the mentors to reveal their feelings of effort that generate fatigue and poor self-regulation and then discuss them with the mentor.

-Structural Evaluation: The mentor asks the mentors to mention the most important main points mentioned in this session, and to clarify the pros and cons in them.

-Home Training: - The mentor asks the mentors to identify a topic or events similar to events and situations in which they have strenuous effort and fatigue.

Fourth: Presentation interpretation and discussion of the results,

Research Objective:

This research aims to:

- Know the impact of women's counseling in reducing the depletion of the ego when university applications.

To achieve this goal, the researchers formulated the following null hypothesis:

Null hypothesis There are no statistically significant differences between the average grades of the members of the first experimental group (women's guidance) and the individual control group on the scale of ego depletion in the post-test. To verify the validity of this hypothesis, the researcher arranged the scores of the members of the first experimental and control groups in the post-test, and used the Mann - Whitney test (Mann-Whitney) to measure the differences between the ranks of the two groups, as the results of the statistical analysis showed that the minimum value of the significance of the differences is equal to (0), which is smaller than the tabular value of the test of (23) at the level of significance (0.05), Table (1) shows that:

Table 1

The value of Man and Tenney in the post-test of the ego depletion scale between the experimental group and the control group

referee	Significance level	U test value		Control group		Experimental Group		S
		Tabular	Calculated	Rank	Grade	Rank	Grade	
Slab	0.05	23	0	20	158	9.5	92	1
				19	151	9.5	92	2
				18	150	8	91	3
				17	149	7	87	4
				16	148	5.5	85	5
				14.5	147	5.5	85	6

				14.5	147	4	83	7
				13	145	2	82	8
				11.5	144	2	82	9
				11.5	144	2	82	10
				155		55		oT

As a result, we reject the null hypothesis and accept the alternative hypothesis, that is, there are statistically significant differences between the average ranks of the scores of the experimental group members (women's guidance) and the ranks of the control group members in the post-test on the ego depletion scale, and in favor of the members of the experimental group after the application of the program, because the low ego depletion of the first experimental group is higher than the control group.

Fifth: Recommendations:

The Women's Empowerment Division in Iraqi universities cooperated with counseling and psychological care centers and units to train their workers on how to use women's counseling techniques and demonstrate its importance in enabling women to self-control and organize their tasks to maintain their psychological energy from depletion.

1- Benefiting from the counseling program and applying it within the special courses that are prepared for students who appear to have the depletion of the ego, because of its impact on reducing it.

Sixth: Proposals:

1- Conducting a study aimed at identifying the effectiveness of women's counseling techniques (empowerment, qualitative role analysis) in reducing psychological stress among women working in cancer treatment units.

2- Conducting an experimental study aimed at identifying the effectiveness of women's counseling in modifying the tendency towards suicide among secondary school students.

Sources

- Abdel Rahman, Mohamed El-Sayed, (2015): **Counseling Theories and Psychotherapy**, Zahraa Al-Sharq Library, Cairo, Egypt.
- -Abdul Razzaq, Mahmoud Shaker, (2009): The Effect of Two Counseling Methods (Psychological Engineering and Self-Evaluation) on the Development of Moral Intelligence among Primary School Students, PhD Thesis (Unpublished), College of Education, Al-Mustansiriya University.
- Abdul-hadi, M. Duaa. (2017): **Mentoring program to reduce believing rumors among university students**, Proceedings of the international conference, 8th International Visible Conference on Educational Studies & Applied Linguistics.

- Al Rubaie, Maryam Mohammed Karim, (2015): The Effect of Feminist Therapy Method in Reducing Cognitive Failure among Female Students in the Middle Stage, Master Thesis (Unpublished), College of Education, Al-Mustansiriya University.
- -Al Shammari, Salman Gouda Manna and Al-Tamimi, Mahmoud Kazem Mahmoud, (2012): Methods and Counseling Programs (Applied Models in Psychological Counseling Programs), Misr Mortada Foundation for Iraqi Books, Baghdad, Iraq.
- Al-Jubouri, Zahir Mohsen Hani (2010): The concept of citizenship among university students - a field study, Babylon Magazine, Humanities, Volume 18, Issue 11, Faculty of Arts, Department of Sociology.
- Al-Shuwaili, Safaa Huwaidi Hamid, (2022): The Effect of Self-Instruction Method on Reducing Ego Depletion among Distinguished Students, Master's Thesis (Unpublished), College of Education, Al-Mustansiriya University, Baghdad, Iraq.
- Atkinson, D. R. & Hackett, G. (Eds.). (1988): **Counseling non-ethnic American minorities.**
- Barker, R. (2003): **The social work dictionary** (5th ed.). Washington, DC: NASW Press.
- Baumeister, R. & AL Ghamdi, N. (2014): **Relevance of willpower dynamic self-control, and ego-depletion to Flawed students.** decision and social science.
- Baumeister, R. F. Bratslavsky, M. Muraven, M. & Tice, D. M. (1998): **Ego Depletion: Is the active self a limited resource?** Journal of Personality and Social Psychology.
- Berdie, B. P. (1995): **Depression Treatment**, in, S. J, Lindsey and GE. Powel, the handbook of clinical adult psychology and ed. London.
- Bergh, N. & Cooper, L. (1987): **Feminist social work Encyclopedia of social work**, (18th) NASW, Maryland: Silver, Spring Volumes.
- Borders, T. D, & Drory, S. M. (1992): **Comprehensive School Counseling Program.** A review for policy makers and practitioners Journal of counseling and Development .
- Corey, G. (2001). Theory and practice of counseling and psychotherapy. (thed.). Pacific Grove, CA: Brooks-Cole/ Wadsworth.
- -Corey, Gerald, (2011): Theory and Practice in Counseling and Psychotherapy, translated by Sameh Wadih Al-Khuffash, 1st Edition, Dar Al-Fikr for Publishing and Distribution, Amman, Jordan.
- El-Shazly, Abdel Hamad Mohamed, (2001): Mental Health and Personality Psychology, University Library, Alexandria, Egypt.
- Hanmet, J.& Statham, D.(1989): **Women and Social Work: Towards a Woman-Centered Practice.** Chicago, Lyceum Books, U.S.A.
- Stucke , T. & Baumeister, R. (2006): **Ego-depletion and aggressive behavior : Is the inhibition of aggression a limited resource ?**, European Journal of Social Psychology.
- Sufyan, Nabil Saleh, (2018): Modern and Postmodern Counseling and Psychotherapy Theories, Hamad Scientific House for Publishing and Distribution.

- Tone, Jessica, Belinda Chelius & Yvette D. Millerm (2022): **The effectiveness of a feminist-informed, individualized counseling intervention for the treatment of eating disorders**, Journal of Eating Disorders.
- -Worell, J. & Remer, P. (2003): **Feminist perspectives in therapy: Empowering diverse women**, (2nd Ed.). New York: Wiley.