



The effectiveness of a counseling program based on multigenerational therapy to improve the family climate and psychological hardiness among Syrian students

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Abstract

The aim of the study was to investigate the effectiveness of a counseling program based on multi-generational therapy to improve the family climate and psychological resilience of Syrian students. Two scales were developed, one measuring family climate and the other measuring psychological resilience, and their psychometric properties were verified for validity and reliability. An counseling program based on multi-generational therapy was designed and implemented. A descriptive sample of 188 refugee students was chosen, and a quasi-experimental study was conducted with a sample of 26 students randomly divided into two groups, an experimental group of 13 students and a control group of 13 students. The results indicated a moderate level of family climate and psychological resilience among the primary descriptive sample. The results also showed that the experimental group demonstrated significant improvement compared to the control group in both family climate and psychological resilience, and that the effects of the counseling program were sustained for one month after the program ended. The study recommends the use of the counseling program to assist refugee students in developing family climate and psychological resilience.

Keywords: family climate, psychological resilience, multi-generational therapy, counseling

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