

Zagazig University
Banha Branch
Faculty of Education
Mental Hygiene Department

279

*Effectiveness of Counselling Programme for
Lessening The Feeling of Loneliness for a
Sample of the Deaf*

By
Mohammad Abdul Ghany Abdul Hamid Ahmad

Supervised by:

Professor Dr.
Samia Elkattan

*Mental Hygiene Dep. Faculty
of Education in Banha*

Professor Dr.
Hemdan Faddah

*Mental Hygiene Dep. Faculty
of Education in Banha*

2004 AD - 1425 H

Summary

Introduction:

The phenomenon of handicap has become extremely important to those who are concerned with psychology and social work headed by specialists in education and mental hygiene in particular. While governments and organizations call for new legislations to impose the rights of the handicapped people wishing to set up umbrellas to achieve balance for these special classes that need due care from birth to death, there are, in contrary to that, countries that have become professionals in war and fight leaving behind a long line of handicapped people.

The concept of handicap is connected with many concepts like impairment or disability. Harris states that handicap is a kind of restriction or disability to do certain activities because of being disabled, while Wing mentions that handicap is a great lack of physical functions.

Handicap is not a casual or temporary matter or belongs to a certain class of people only or newly invented in our modern age, but it is a permanent problem that faces the society every day however advanced or backward it is. It is a human phenomenon that appeared long long ago and is still found in different parts of the world and continue as long as man lives on earth.

A human being depends basically on his senses through which different feelings comes to him. These feelings are live experiences that shape his world of thinking, imagination and realization. Therefore, losing any of these senses limits his world of experiencing as this deprives him of substantial sources through which his character is formed and built.

Therefore, losing hearing is the most physical handicap that infect man as it res speak. So, it is difficult for the deaf to acqui speak and learn the different skills that hel

As deaf teenagers are expected to have a bad social, emotional and psychological adjustment, many researchers tried hard to reduce the effect of the hearing handicap by means of well-planned guiding programmes. One of these programmes was made by Schloss and others (1983) when they developed the patterns of social interaction of the deaf through mingling them with parents and ordinary friends in guiding sessions where they acquire many social experiences to break the psychological barrier they have because of their hearing problem.

Therefore, it is necessary to guiding, caring for and involving the deaf teenagers must be included in the basic aims of the special programmes and mustn't be neglected on any account as this involvement has a good effect on the handicapped. One of these programmes is to guide parents side by side with the deaf teenagers to make them aware of the problems the deaf suffer from. They should also be trained to remove tension and anything that makes them isolated and not in harmony with the family. We also get parents to participate positively in looking after their deaf children. We start with developing their skill in observing the behaviour of their children and teaching them new ways of social interaction with the deaf children and involving them in taking decisions concerning their deaf children.

The Study problem:

Psychiatrists and psychotherapists agree that the ordinary person's feeling of loneliness has its own harms especially to the deaf. To them, the feeling of loneliness is regarded as one of the most serious psychological problems.

Study questions:

- 1- Are there any differences between male and female students' marks in the scale of the feeling of loneliness in the application before the programme?
- 2- Are there any differences in the average marks between male and female students in the experimental and control groups in the scale of the feeling of loneliness during application after the programme?

- 3- Are there any differences in the average marks between male and female students in the experimental and control groups in the scale of the feeling of loneliness after the follow up period?
- 4- Is it possible to lessen the feeling of loneliness of the deaf teenagers through a guiding programme?

The aim of the study:

This study aims at investigating the effectiveness of the counselling programme for lessening the feeling of loneliness of a sample of the deaf.

The importance of the study:

The feeling of loneliness is a serious problem for today's man especially the deaf. It is considered the starting point for many psychological and social problems that man suffers from. This feeling is often reinforced by other problems that were formerly present in the person's life before having it.

Therefore, this study is important as it is a practical and experimental attempt to relieve the feeling of loneliness in the deaf by using a counselling programme. In addition to that, this study is an executive attempt added to the previous attempts on the same topic.

The Terms of the Study:

1- The deaf:

The person who was born without the hearing sense or lost it in his childhood before acquiring the language and the ability to speak. As a result, he became unable to communicate with others and can't understand the uttered words. This made him depend completely on other senses in dealing with others.

2-The feeling of loneliness:

Unpleasant experience during which the deaf person lacks love and appeal by the family. He also feels that he is deprived of fruitful social relations with friends and he lacks the necessary social skills that may end in psychological disorders and conflicts due to the hearing disability.