



Psychological Resilience and its Relation to Spiritual Intelligence Among Mothers of Individuals with Autism in Bethlehem Governorate

BY

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Abstract:

This study investigates the psychological resilience and its relation to spiritual intelligence among mothers of individuals with autism in Bethlehem Governorate. The aim is to explore how these dimensions correlate with various demographic variables including the mother's age, education level, and the severity of the child's autism. Methods: Utilizing a descriptive correlational design, the study surveyed 63 mothers using the Psychological Resilience Scale and a Spiritual Intelligence Scale. Results: Results indicated medium levels of spiritual intelligence and high levels of psychological resilience among the participants. No significant differences were found in psychological resilience or spiritual intelligence based on the mother's age, educational level, or the autism spectrum severity of their children. Additionally, a significant positive correlation was observed between the levels of psychological resilience and spiritual intelligence. Conclusions: The findings underscore the importance of psychological resilience and spiritual intelligence in managing the challenges faced by mothers of autistic children. The lack of significant differences across demographic variables suggests that these attributes are universally vital across this population group. The strong correlation between psychological resilience and spiritual intelligence highlights the potential benefits of interventions that foster these qualities to support maternal well-being.

Keywords: Psychological Resilience, Spiritual Intelligence, Autism, Bethlehem Governorate.

مُستخلص:

تستكشف هذه الدراسة الصمود النفسي وعلاقته بالذكاء الروحي بين أمهات الأشخاص المصابين بالتوحد في محافظة بيت لحم. الهدف هو استكشاف كيفية ارتباط هذه الأبعاد بمتغيرات ديموغرافية مختلفة تشمل عمر الأم، مستوى التعليم، وشدة التوحد عند الطفل. المنهجية: استخدام المنهج الوصفي الارتباطي، أجرت الدراسة مسحاً لـ ٦٣ أمّاً باستخدام مقياس الصمود النفسي ومقياس الذكاء الروحي. النتائج: أشارت النتائج إلى مستويات متوسطة من الذكاء الروحي ومستويات عالية من الصمود النفسي بين المشاركات. لم تُعثر على اختلافات معبرة في الصمود النفسي أو الذكاء الروحي استناداً إلى عمر الأم، مستوى التعليم، أو شدة طيف التوحد عند أطفالهن. بالإضافة إلى ذلك، تم ملاحظة ارتباط إيجابي معتبر بين مستويات الصمود النفسي والذكاء الروحي. الاستنتاجات: تُبرز النتائج أهمية الصمود النفسي والذكاء الروحي في إدارة التحديات التي تواجهها أمهات الأطفال المصابين بالتوحد. إن عدم وجود اختلافات معبرة عبر المتغيرات الديموغرافية يشير إلى أن هذه الصفات حيوية عالمياً بين هذه المجموعة من الأفراد. الارتباط القوي بين الصمود النفسي والذكاء الروحي يُبرز الفوائد المحتملة للتدخلات التي تعزز هذه الصفات لدعم الرفاهية الأمومية.

الكلمات المفتاحية: الصمود النفسي، الذكاء الروحي، التوحد، محافظة بيت لحم.

Introduction:

Humans face difficult circumstances such as illness, loss of loved ones, or the birth of a child with a disability like autism, which brings significant challenges for the family, especially mothers who bear a great responsibility in caregiving. These events change the course of the entire family's life, burdening it with psychological stress and new demands in upbringing and care.

The birth of a child with autism imposes psychological, physical, and financial pressures on the mother, accompanied by challenges that renew as the child grows. This reality affects not only the health of the child but also the effectiveness of early intervention (Al-Jahdari, 2013; Osborne et al., 2008).



Psychological stress causes psychological disorders and loss of mental balance, where researchers have traditionally focused on risk factors that increase the susceptibility to mental illness (Mekheimer, 2002). Over time, attention has shifted towards understanding how some individuals maintain their mental and physical health despite adversities, leading to a focus on resilience factors that help overcome problems and maintain mental well-being in the face of stress (Salama, 1991).

Focusing on resilience factors such as psychological resilience and spiritual intelligence is gaining importance due to increasing life pressures. Recent studies show an interest in the positive aspects of personality and how to maintain mental and physical health under stress (Qashqish and Delh, 2021)

According to Emmons (2000), spiritual intelligence contributes to enhancing psychological adjustment, helps face stress, and leads to adaptive performance and mental balance. Spiritual intelligence stems from deep communication between the human and their spirit, transcending the stages of traditional psychological development, and contributes to deepening self-awareness and the sense of connection with all beings. Srivastava (2016) affirms that developing spiritual intelligence, which enlightens the mind and inspires the soul, can be achieved through practice and enhances the ability to distinguish between reality and fantasy.

Resilience manifests itself as a process of restoring normal function after facing stress, with a focus on enhanced capability to reduce reactions to future stressful stimuli. The roots of resilience have been explored through studies conducted on at-risk children in the 20th century, which indicated the presence of children who exhibit healthy patterns despite risks (Luther, et al., 2014). Thanks to the growing interest in positive

psychology, psychological resilience is increasingly studied as a supportive concept for crisis management and adversity (Hadi, 2021).

Richardson (2002) pointed out that the psychobiological spiritual balance and its impact on life adaptation involves reintegration to achieve higher levels of balance (Fayed, 2013). On the other hand, Rutter's theory considers resilience an interactive concept related to overcoming difficult experiences with positive psychological outcomes, indicating that resilience might be linked to genetic effects (Rutter, 2006, 2007). As for Mrazek and Mrazek's theory: it addressed crucial life skills in reducing risks surrounding the individual such as rapid response to danger, and hope and optimism (Allam, 2013).

Regarding spiritual intelligence, Gardner (1983) expanded the concept of intelligence to include cognitive and intellectual abilities, adding spiritual and existential intelligence to encompass interest in religious beliefs and cosmic issues (Habib and Abdel Nasser, 2019). Spiritual intelligence is defined as helping in understanding the world and encouraging doing good, emphasizing its importance in achieving balance between the material and spiritual sides (Al-Freisy, Al-Kiyumi, 2022).

Previous studies highlight various aspects of psychological resilience and its impact in diverse contexts, especially among mothers of children with autism. For example, Taher (2023) explored the level of psychological resilience among mothers of autistic children in the city of Zliten. The results showed that these mothers have a high level of psychological resilience and family stability, with a moderate positive correlation between family stability and psychological resilience, indicating a positive role of psychological resilience in enhancing family stability. Ghanouni & Eves (2023) focused their study on the relationship between the psychological

resilience of children with autism and their social participation, noting a correlation between these two variables. Zhao & Qian Fu (2022) researched the development process of psychological resilience and how it is formed through interaction between different social systems. They found that parents build positive relationships with themselves and their external environment through active interaction and changing their social environment. Qashqish and Delh (2021) revealed that the level of psychological resilience among mothers is low, and they found no statistically significant differences attributed to variables such as age, number of children, educational level, or years of marriage. Mustafa, et al. (2021) found statistically significant differences between the mean scores of psychological resilience of the experimental group in the pre- and post-tests in favor of the post-measurement, indicating the effectiveness of interventions aimed at enhancing resilience. Ebrahim & Alothman (2021) demonstrated in their study a positive relationship between social support, psychological resilience, and post-traumatic growth, emphasizing that psychological resilience plays a central role in enhancing personal strength. Al-Suhaimi (2021) disclosed that the level of psychological stress among parents of children with autism is moderate, and their counseling needs are high, with a positive relationship between psychological stress and counseling needs. Al-Arif (2020) concluded that mothers have lost hope in their children's recovery but possess a good level of optimism that aids in maintaining psychological resilience, noting no differences based on the mother's age or duration of illness. Ilias et al. (2018) identified six main factors associated with parental stress and how they either serve as sources of stress or as resilience strategies that can mitigate stress. Al-Murtaj, et al. (2017) found

a positive correlational relationship between spiritual intelligence and coping strategies for life's stressful events. Heydari, et al. (2015) concluded that caring for children with autism enhances the spirituality of the mothers, helping them achieve personal growth through stress.

Study Problem:

Autism represents a significant challenge in psychology and special education due to the difficulty in understanding and identifying its causes. Autism varies in the severity of its symptoms, causing shock to parents who hope for their children's good health. Autistic children face difficulties in communication and accepting their surroundings, which places psychological pressures on the parents. The study's problem focuses on examining the relationship between psychological resilience and spiritual intelligence among mothers of individuals with autism in Bethlehem Governorate, and their relationship with various variables (mother's age, mother's educational level, and the degree of the autism spectrum).

Study Hypotheses:

The current study aims to validate the following hypotheses:

1. There is no statistically significant relationship at the significance level ($\alpha \geq 0.05$) between psychological resilience and spiritual intelligence among mothers of individuals with autism in Bethlehem Governorate.
2. There are no statistically significant differences at the level ($\alpha \geq 0.05$) in the level of psychological resilience among mothers of individuals with autism in Bethlehem Governorate, attributed to the following variables: mother's age, mother's educational level, and degree of the autism spectrum.
3. There are no statistically significant differences at the level ($\alpha \geq 0.05$) in the level of spiritual intelligence among mothers of individuals with autism in Bethlehem Governorate, attributed to

the following variables: mother's age, mother's educational level, and degree of the autism spectrum.

Study Importance:

The theoretical significance of this study lies in its focus on the psychological resilience and spiritual intelligence of mothers of children with autism, a vital topic given the global increase in autism cases. The Centers for Disease Control and Prevention in the United States indicate that about 1% of the population, which is more than 75 million people, are affected by autism. According to the World Health Organization in 2023, one in every one hundred children is diagnosed with autism. This study gains particular importance in Palestine, where it contributes to understanding the challenges and pressures faced by mothers there, highlighting the urgent need to support this group in facing the challenges of autism. The study aims to explore this relationship and understand the effects of autism on mothers in the Palestinian context.

Study Terms:

Psychological Resilience: Defined by the American Psychological Association (APA) as the process of successfully adapting to difficulties and challenging life experiences through mental, emotional, and behavioral flexibility, and adapting to external and internal life demands, also means rising or recovering from difficult stresses (APA, 2014).

Spiritual Intelligence: The adaptive use of spiritual information, which helps us achieve our goals and solve our life and everyday problems (Emmons, 2000, p. 59).

Study Limits:

Temporal Limits: Year 2023/2024.

Spatial Limits: Bethlehem Governorate.

Human Limits: The current study was limited to a specific sample of mothers of individuals with autism, aged eighteen years and above from Bethlehem Governorate.

Conceptual Limits: Limited to the concepts and terms of the study.

Study Methodology and Procedures:

Study Method:

o achieve the objectives of the study, the researcher employed the descriptive correlational method, which enables the collection of information that answers the research questions. Through this method, the researcher aims to describe the phenomenon under study, analyze its data, clarify the relationship between its components and the opinions posed about it, the processes it involves, and the effects it produces. This method represents one of the forms of systematic scientific analysis and interpretation used to describe a phenomenon or a problem, classify it, analyze it, and subject it to precise studies through examination and analysis.

Study Population and Sample:

The study population consists of all mothers of individuals with autism in the Bethlehem Governorate, who were accessed through day care and vocational centers and the Community Based Rehabilitation (CBR) program in the governorate. The centers include: Al-Amal Rehabilitation Center/Al-Ubeidiya, Ma'an Lil-Hayat Center/Dar Salah/Bethlehem, Al-Waha Center/Beth Sahour, Local Association for Rehabilitation/Deheisheh, Child Care Center/Al-Khader, Jannat Rehabilitation Center, and Husan Rehabilitation Center. The study sample included all mothers of individuals with autism, totaling (63) mothers, selected using a convenience sample. Table (1) illustrates the distribution of the study sample members according to the study variables:

Table (1): Distribution of Study Sample Members According to Study Variables

Variables	Level	N	Percentage
Mother's age	٢٥-١٨	4	6.3
	٣٥-٢٦	22	34.9
	٤٥-٣٦	22	34.9
	٤٦ and above	15	23.8
Mother's education level	Elementary	6	9.5
	Secondary	23	36.5
	University	34	54.0
Autism spectrum severity	Mild	25	39.7
	Moderate	24	38.1
	Severe	14	22.2

Study Tools:

In this study, the researcher used the Psychological Resilience Scale developed by Connor, Davidson (2003), which was translated and standardized by Thabet. The scale consists of 18 items, utilizing a five-point Likert scale for responses, where the scores are given as follows: all the time (five points), most of the time (four points), sometimes (three points), rarely (two points), never (one point). As for the measure of spiritual intelligence, the researcher relied on Al-Freisya, Al-Kiyumi (2022). This scale consists of 23 items, distributed across four dimensions: Awareness, Being, Perception, and Reflection. A four-point scale was used for responses, where the scores are given as follows: often (four points), sometimes (three points), seldom (two points), rarely (one point).

Validity and Reliability of Study Tools:

The questionnaire in its preliminary form was designed based on the standardized scales used, and its validity was verified by presenting it to a group of specialized judges who provided feedback that led to the modification of the

questionnaire, resulting in its final form. In addition, Pearson's correlation coefficient was used to examine the internal validity of the items relative to the total score of the tool, and the results showed statistical significance that reinforces the internal consistency among the items. In terms of reliability, the researcher estimated the Cronbach's alpha reliability coefficient for the total score of the study questions, which was (0.94) for the Psychological Resilience Scale and (0.93) for the Spiritual Intelligence Scale among mothers of individuals with autism spectrum in Bethlehem Governorate. These results confirm that the tools used in the study are highly reliable, sufficient to meet the purposes of the research. The following table displays the reliability coefficients for each domain and the total score.

Table (2): Reliability Coefficients Results for the Domains.

Domains.	Number of paragraphs	Coefficient of stability
Total Score for Psychological Resilience	١٨	0.93
Awareness	٣	0.74
Existence	٦	0.76
Perception	٧	0.92
Contemplation	٧	0.83
Total Score for Spiritual Intelligence	٢٣	0.94

Study Procedures:

The researcher applied the tool to the study sample members, distributing (100) paper questionnaires using the available sample. After the collection of the questionnaires from the sample members who completed them correctly, it was found that the number of questionnaires valid for statistical analysis was (63).

Statistical Treatment:

After gathering the data through the questionnaires and verifying their suitability for analysis, they were encoded with specific numbers in preparation for entering them into the

computer to perform the necessary statistical analyses. The statistical analysis of the study data included calculating the arithmetic means and standard deviations for each item of the questionnaire, in addition to applying the t-test, one-way ANOVA, Pearson correlation coefficient, as well as using Cronbach's Alpha formula to assess the reliability of the tool. All these processes were performed using the statistical software (SPSS).

Study Results:

First Question: What is the level of spiritual intelligence and psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate?

Table (3): Arithmetic means and standard deviations of the responses of the study sample members to the level of spiritual intelligence and psychological resilience.

N	The Field	M	SD	Score	Percentage
٤	Contemplation	3.41	0.52	Medium	68.3
١	Awareness	3.38	0.63	Medium	67.6
٣	Perception	3.33	0.61	Medium	66.7
٢	Existence	3.17	0.53	Medium	63.4
Total Score for Spiritual Intelligence		3.32	0.49	Medium	66.4
Total Score for Psychological Resilience		3.80	0.68	high	76.2

The table, which displays the arithmetic means and standard deviations of the responses of the study sample regarding the level of spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate, shows that the average total score is (3.32) with a standard deviation (0.49). This indicates that the level of spiritual intelligence among the mothers is at a medium level, with a percentage of (66.4%). The reflective dimension received the

highest average score of (3.41), followed by the awareness dimension with an average of (3.38), then the perception dimension with an average of (3.33), and finally the existence dimension with an average of (3.17).

Additionally, the arithmetic mean of the total score for psychological resilience is (3.80) with a standard deviation (0.684), indicating that the level of psychological resilience among the mothers is considered high.

Results of the First Hypothesis:

There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the mean levels of psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate, with the variable considered here being the mother's age.

Table (4): Results of the one-way ANOVA test for the responses of the sample members concerning the mean levels of psychological resilience related to the mother's age variable.

Mother's age	N	M	SD	F value	p value
٢٥-١٨	4	3.65	1.06	1.231	0.306
٣٥-٢٦	22	3.83	0.75		
٤٥-٣٦	22	3.63	0.66		
٤٦ and above	15	4.05	0.44		

It is observed that the F-value for the total score (1.231) and the significance level (0.306), which is greater than the specified significance level ($\alpha \geq 0.05$). This means that there are no statistically significant differences in the mean levels of psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the mother's age variable.

Results of the Second Hypothesis: There are no statistically significant differences at the significance level ($\alpha \geq$

0.05) in the mean levels of psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the mother's educational level variable.

Table (5): Results of the one-way ANOVA test for the responses of the sample members concerning the mean levels of psychological resilience attributed to the mother's educational level variable.

Mother's education level	N	M	SD	F value	p value
Elementary	6	3.81	0.47	1.425	0.249
Secondary	23	3.62	0.75		
University	34	3.93	0.65		

It is observed that the F-value for the total score (1.425) and the significance level (0.249), which is greater than the specified significance level ($\alpha \geq 0.05$). This means that there are no statistically significant differences in the mean levels of psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the mother's educational level variable.

Results of the Third Hypothesis: There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the mean levels of psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the autism spectrum degree variable.

Table (6): Results of the one-way ANOVA test for the responses of the sample members concerning the mean levels of psychological resilience attributed to the autism spectrum degree variable.

Autism spectrum severity	N	M	SD	F value	p value
Mild	25	3.80	0.70	0.184	0.832
Moderate	24	3.86	0.73		
Severe	14	3.72	0.58		

It is observed that the F-value for the total score (0.184) and the significance level (0.832), which is greater than the specified significance level ($\alpha \geq 0.05$). This means that there are no statistically significant differences in the mean levels of psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the autism spectrum degree variable.

Results of the Fourth Hypothesis: There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the mean levels of spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the mother's age variable.

Table (7): Results of the one-way ANOVA test for the responses of the sample members concerning the mean levels of spiritual intelligence attributed to the mother's age variable.

The Field	Mother's age	N	M	SD	F value	p value
Awareness	18- 25	4	3.33	0.60	0.169	0.917
	26- 35	22	3.31	0.76		
	36- 45	22	3.39	0.59		
	46 and above	15	3.46	0.50		
Existence	18- 25	4	3.20	0.56	0.934	0.430
	26- 35	22	3.03	0.61		
	36- 45	22	3.18	0.49		
	46 and above	15	3.33	0.44		
Contemplation	18- 25	4	3.21	0.63	0.392	0.759
	26- 35	22	3.48	0.62		
	36- 45	22	3.42	0.45		
	46 and above	15	3.34	0.47		
Total Score	18- 25	4	3.29	0.55	0.210	0.889
	26- 35	22	3.27	0.60		
	36- 45	22	3.31	0.47		
	46 and above	15	3.40	0.37		

It is observed that the F-value for the total score (0.210) and the significance level (0.889), which is greater than the specified significance level ($\alpha \geq 0.05$). This means that there are no statistically significant differences in the mean levels of spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate, with respect to the mother's age variable and across different domains.

Results of the Fifth Hypothesis: There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the mean levels of spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the mother's educational level variable.

Table (8): Results of the one-way ANOVA test for the responses of the sample members concerning the mean levels of spiritual intelligence attributed to the mother's educational level variable.

The Field	Mother's education level	N	M	SD	F value	p value
Awareness	Elementary	6	3.33	0.63	1.97	0.14
	Secondary	23	3.18	0.64		
	University	34	3.51	.60		
Existence	Elementary	6	3.44	0.56	1.14	0.32
	Secondary	23	3.07	0.51		
	University	34	3.18	0.53		
Contemplation	Elementary	6	3.38	0.34	0.13	0.87
	Secondary	23	3.37	0.40		
	University	34	3.44	0.62		
Total Score	Elementary	6	3.43	0.45	0.82	0.44
	Secondary	23	3.21	0.39		
	University	34	3.37	0.56		

It is observed that the F-value for the total score (0.824) and the significance level (0.44), which is greater than the specified significance level ($\alpha \geq 0.05$). This means that there are

no statistically significant differences in the mean levels of spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the mother's educational level variable, as well as for the domains.

Results of the Sixth Hypothesis: There are no statistically significant differences at the significance level ($\alpha \geq 0.05$) in the mean levels of spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate attributed to the autism spectrum degree variable.

Table (9): Results of the one-way ANOVA test for the responses of the sample members concerning the mean levels of spiritual intelligence attributed to the autism spectrum degree variable

The Field	Autism spectrum severity	N	M	SD	F value	p value
Awareness	Mild	25	3.52	0.53	1.29	0.28
	Moderate	24	3.34	0.67		
	Severe	14	3.19	0.70		
Existence	Mild	25	3.24	0.40	1.46	0.23
	Moderate	24	3.02	0.67		
	Severe	14	3.28	0.42		
Contemplation	Mild	25	3.54	0.44	1.45	0.24
	Moderate	24	3.34	0.63		
	Severe	14	3.28	0.42		
Total Score	Mild	25	3.43	0.36	1.03	0.36
	Moderate	24	3.24	0.60		
	Severe	14	3.25	0.49		

It is observed that the F-value for the total score (1.033) and the significance level (0.362), which is greater than the specified significance level ($\alpha \geq 0.05$). This means that there are no statistically significant differences in the mean levels of spiritual intelligence among mothers of individuals with autism

spectrum in Bethlehem Governorate attributed to the autism spectrum degree variable.

Results of the Seventh Hypothesis:

"There is no statistically significant relationship at the significance level ($\alpha \geq 0.05$) between the mean estimates of the study sample members for the level of psychological resilience and spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate."

Table (10): Pearson correlation coefficient and statistical significance for the relationship between psychological resilience and spiritual intelligence

	The Field	Pearson's coefficient	p value
Psychological resilience	Awareness	0.56**	.000
	Existence	0.52**	.000
	Contemplation	0.48**	.000
	Total Score for Spiritual Intelligence	0.65**	.000

* Statistically significant at ($\alpha \geq 0.05$) ** Statistically significant at ($\alpha \geq 0.01$)

Table (10) reveals that the Pearson correlation coefficient for the total score is (0.652), and the significance level (0.000), indicating statistical significance; that is, there is a positive direct relationship between the level of psychological resilience and spiritual intelligence among mothers of individuals with autism spectrum in Bethlehem Governorate. In other words, as the level of psychological resilience increases, the level of spiritual intelligence among these mothers also increases, and this correlation applies to the various domains of spiritual intelligence as well.

Discussion of Results:

The findings derived from the study indicate that mothers of individuals with autism spectrum in Bethlehem Governorate

possess moderate levels of spiritual intelligence, while their levels of psychological resilience are significantly higher. These results reflect psychological flexibility and a high capacity to cope with the stresses and challenges associated with caring for children with autism spectrum. Specifically, the high averages in the areas of reflection and awareness suggest that these mothers use meditation and self-awareness as fundamental coping mechanisms to alleviate stress and enhance mental health, which helps maintain their psychological stability and improve overall quality of life. Additionally, the moderate levels in perception and existence indicate mothers' awareness of their life realities and their acceptance of the challenges they face, which enhances their abilities for psychological and spiritual adaptation. These findings align with studies by Taher (2023) and Al-Arif (2020), and contrast with the results of Qashqish and Delh (2021).

The results also show that there are no statistically significant differences in the mean levels of psychological resilience among mothers of individuals with autism spectrum in Bethlehem Governorate when analyzed based on the mother's age variable. This outcome means that psychological resilience, as measured in this study, is not significantly affected by the mother's age, indicating that mothers across various age groups have similar levels of capacity to handle the stresses associated with caring for children with autism spectrum. These findings are consistent with the studies by Qashqish and Delh (2021) and Al-Arif (2020). It was found that the educational level of the mothers does not statistically significantly affect their level of psychological resilience. This suggests that psychological resilience, which reflects the mothers' ability to cope with the stresses and challenges of raising a child with autism spectrum, may be associated with other factors such as social support, access to resources, and the quality of health services and

specialized care. These findings affirm that providing support and assistance to mothers of children with special needs should be comprehensive and multidimensional, aligning with the study by Qashqish and Delh (2021). They show that there are no statistically significant differences in the level of psychological resilience among mothers of children with autism spectrum in Bethlehem Governorate based on the degree of autism spectrum of their children. This result may be explained by the mothers developing strong adaptive mechanisms that enable them to effectively deal with diverse challenges, thereby reducing the potential impact of autism spectrum severity on their mental health. This may reflect the presence of effective community and family support networks that contribute to providing emotional and psychological stability for these mothers, regardless of the severity of the child's condition. The results also show that there are no statistically significant differences in the level of spiritual intelligence among mothers based on the mother's age variable.

This means that age does not significantly affect the spiritual capacities of mothers, such as awareness, reflection, and the sense of existence. The differences between age groups are not statistically significant, enhancing the understanding that spiritual intelligence may be a stable component that develops in an individual and remains relatively constant across different age stages. This suggests that the shared life experiences of these mothers, related to caring for their children with autism, may be a key factor in shaping and sustaining their spiritual intelligence. The results also show that the educational level of the mothers does not significantly affect the mean levels of spiritual intelligence. These findings suggest that spiritual intelligence may develop and stabilize independently of academic influences, indicating that the spiritual and emotional factors associated with

motherhood and raising a child with autism may be more impactful in this domain than educational level. These results highlight the importance of psychological and spiritual support that is equally effective across all educational levels of mothers. The results also indicate no statistically significant differences in the level of spiritual intelligence based on the degree of autism spectrum of their children, suggesting resilience and stability of the mothers in developing and maintaining their spiritual capacities across various challenges. This demonstrates that the mothers, through their continual experiences in dealing with the special needs of their children, have developed adaptive strategies that help them maintain their spiritual balance.

It shows that there are no statistically significant differences in the level of psychological resilience among mothers of children with autism spectrum in Bethlehem Governorate, regardless of the children's degree of autism spectrum. This result could be explained by the mothers developing strong adaptive mechanisms that enable them to effectively deal with diverse challenges, thereby reducing the potential impact of the severity of autism spectrum on their mental health. The presence of effective community and family support networks also contributes to providing emotional and psychological stability for these mothers, regardless of the severity of the child's condition.

The results also show that there are no statistically significant differences in the level of spiritual intelligence among mothers based on the mother's age. This means that age does not significantly affect spiritual capacities such as awareness, reflection, and the sense of existence. The differences between age groups are not statistically significant, reinforcing the understanding that spiritual intelligence may be a stable

component that evolves in an individual and remains relatively constant across different age stages.

The results also indicate that the educational level of the mothers does not significantly affect the mean levels of spiritual intelligence. These findings reflect the possibility that spiritual intelligence develops and stabilizes independently of academic influences, suggesting that the spiritual and emotional factors related to motherhood and raising a child with autism may be more influential in this domain than the educational level. These results emphasize the importance of psychological and spiritual support that impacts mothers equally across all educational levels.

The results indicate a statistically significant and positive direct relationship between the level of psychological resilience and spiritual intelligence among the mothers. This correlation can be explained by the fact that psychological resilience, which reflects an individual's ability to effectively handle stress and challenges, directly enhances spiritual capacities such as awareness, reflection, and the sense of existence. This relationship highlights the importance of including components that develop spiritual intelligence in support programs offered to mothers of children with autism spectrum, to enhance their ability to adapt and cope with stress more effectively. These findings are consistent with the study conducted by Heydari, Shahidi, and Mohammadpour (2015), which found that caring for children with autism has enhanced the spirituality of the mothers, enabling them to help their children and themselves grow through the stresses.

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