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Effectiveness of Counseling Program to Cope with Psychosocial Effects of Crises (COVID-19 Model)

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Abstract: The current research aims to reveal the effectiveness of a counseling program to relieve the negative psychological and social effects created by the Covid-19 pandemic among a sample of female students at Al-Jouf University, by designing a counseling program based on psychological counseling techniques to mitigate these psychosocial repercussions. To achieve this goal, the researchers prepared a questionnaire on the psychological and social repercussions of the emerging coronavirus. The current research relied on the quasi-experimental approach with a one-group experimental design with pre- post- and, follow-up measurements to reveal the effectiveness of an indicative program which was applied to the experimental sample of (80) female students between the ages of (21.25±3.10). The program consisted of (16) sessions; It includes some methods and techniques, including psychodrama, lecture, dialogue and group discussion. In addition, cognitive techniques such as problem-solving and homework, and behavioral techniques, including modeling, reporting, and relaxation. The data were processed using statistical methods (means and standard deviations - T-test - Wilcoxon test). The results demonstrated the effectiveness of the counseling program in mitigating the psychosocial repercussions of the pandemic.

Keywords: Counseling program - psychosocial repercussions - corona pandemic- Crises.

1 Introduction

The emergence of the Coronavirus has led to many psychological and social problems represented in isolation, introversion, social anxiety, an increase in stress, psychological and social maladaptation, and a feeling of psychological loneliness (Hubed, 2020; Banerjee & Rai, 2020). It has also caused remarkable changes in our social world (Viswanath & Monga, 2020). Studies have indicated that 1 - 4 adults suffer from mental health problems due to the pandemic (Cudjoe & Kotwal, 2020; Torales, et al., 2020), prompting mental health professionals to pay attention to psychological support (Duan & Zhu, 2020). The researchers confirmed that the Corona crisis is the worst case of responding to psychological stress, especially among university students (Al-Feki and Omar, 2020), and (Dong & Bouey, 2020) believes that this crisis has significant harmful effects if the students are left without psychological guidance (Al-Mashhadani, 2020). The study (Al-Arifi, 2021) indicated the need to direct counseling programs for females so that their level of disorder decreases as a clear result of the spread of the Coronavirus, as the results of its study proved that females in the age category (17-32) are the most vulnerable to mental disorders.

The World Health Organization (2019) also stressed the need to provide psychological support to those exposed to mental disorders caused by the pandemic (Chen, et al., 2020), also confirmed that university students in the era of the coronavirus have experienced the same hardships as others from all segments of the local and international community; They found themselves - and without prior preparation - face to face with what is known as e-learning, suspension of studies, mental confusion about their academic scores and graduation from university, and constant concern about whether or not they can return to college seats and take exams in their traditional way. Not only that, but they found themselves forced to carry out strict measures of isolation, fighting an enemy unknown to them. Many of university students became captive to feelings of fear related to the possibility that he was the reason for transmitting the infection to his family members (Al-Fiqi and Omar,

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2020), and university students, like other groups of society, are facing a mysterious and unknown future. Here, the need for guidance programs appears to mitigate the psychological and social repercussions of the Corona pandemic and raise the level of mental health among those affected by this crisis.

In any biological disaster, themes of fear, uncertainty, and stigma are common and can act as barriers to appropriate medical and mental health interventions. Based on the experience gained from previous severe new pneumonia outbreaks globally and the psychosocial impact of viral epidemics, the development and implementation of mental health assessment, support, treatment, and services are critical and urgent goals of the health response to the novel coronavirus outbreak. In such a challenging context, many researchers have recognized the need to pay attention to the mental health of the population in general, and students in particular (de Carvalho *et al.*, 2020; Duan and Zhu, 2020; Zandifar and Badrfam, 2020), and that more research is needed to understanding the negative psychological consequences of the epidemic; And then formulating a psychological intervention to alleviate it (Xiang *et al.*, 2020), developing a set of planned events and activities based on the foundations and techniques of psychological counseling to deal with the epidemic, especially dealing with concerns related to epidemics, and building counseling programs to help and support students psychologically to improve their mental health.

The problem of the current study is determined by the **following two questions**: What are the psychological and social effects of the outbreak of the Covid-19 pandemic on Jouf University students, and how effective is a counseling program in mitigating these negative psychological and social effects of the Corona epidemic on female students? What is the extent of the continuity of improvement after two months of implementing the indicative program?

The psychological and social repercussions of the Corona pandemic: Literature Review

The results of the studies revealed many psychological and social effects that emerged as a result of individuals' exposure to the Corona epidemic, such as stress, anxiety, depression, frustration and uncertainty (Rodríguez-Rey *et al.*, 2020). Pandemics not only affect socially but psychologically as well (Xiang *et al.*, 2020). Psychologists have noticed that there are collective behavioral and psychological patterns associated with times of epidemics, which prompted them to put forward the concept of "epidemic psychology". Therefore, Taylor advises exercising and reducing the time we spend reading negative news and following a healthy lifestyle, safe communication with close people (Taylor, 2019). The Corona pandemic not only represents a major health crisis, but its repercussions have generated psychological, social, economic, and political crises that will leave negative effects in all countries of the world. Studies conducted in previous pandemics confirmed that the psychological impact of quarantine may vary in intensity, starting with direct symptoms of distress, fear of transmitting the infection to family members, anger, confusion, frustration, loneliness, denial, anxiety, depression, insomnia, and despair. And it leads to very serious consequences, up to suicide (Chong *et al.*, 2004). The study conducted by (Lee *et al.*, 2020) on a sample of American citizens showed that the anxiety resulting from the Corona pandemic is determined according to the variables of gender, age, and race; Where the height of anxiety in young women. And confirmed the study carried out by (Rahman *et al.*, 2020) through their review of a large number of studies dealing with the neuropsychological and behavioral effects of the pandemic that not many known about the psychological and neurological consequences of COVID-19; Fear and anxiety about illness have also led to social stigma around some people and places and things.

Cao *et al.* (2020), confirmed that through their studies to examine the psychological impact of the Corona pandemic on university students from the College of Medicine in China, (9%) of the respondents suffered from severe anxiety (2.7%) from moderate anxiety and (21.3%) from mild anxiety, and it was found that the presence of relatives or acquaintances infected with COVID-19 was a risk factor for increasing students' anxiety, and delays in the academic activities were positively associated with anxiety symptoms. (Al-Arefi, 2021) indicated that females are more affected by psychological disorders arising from the outbreak of the new Coronavirus (Covid-19). He recommended the importance of strengthening the psychological aspect of all, especially females, as well as the mentioned age group (17-32 years), with the importance of raising the awareness and educational level about Corona disease and its relationship to mental disorders. The study (Klopp, 2021) recommended the necessity of studying the psychological and social effects that e-learning students are exposed to in light of the Corona pandemic, as well as the necessity of training students to benefit from e-learning so that it does not reflect on the psychological aspect of students. The study (Jubeir, 2021) confirmed that social values in light of the Corona pandemic created negative social effects, as domestic violence increased and divorce cases increased, also (Abul-Enein, 2021) confirmed the effectiveness of counseling programs used in promoting mental health and lowering the level of anxiety from Corona among families of Corona patients. Looking at the findings of research on the psychological effects of global disease outbreaks, it was found that people with epidemic anxiety tended to display elevated levels of post-traumatic stress, general stress, health anxiety, and a tendency to commit suicide (Chong *et al.*, 2004). The study carried out by (Lee *et al.*, 2020) on a sample of American citizens that the anxiety arising from the Corona pandemic is determined according to the variables of gender, age, and race; Where the height of anxiety in young women.

In a similar vein; Hartstone & Medvedev (2021) Presented a study on the psychological effects of lockdown conditions during the COVID-19 pandemic in New Zealand and the need for mental health interventions aimed at mitigating potential negative effects. The study used a longitudinal quasi-experimental research design using a sample (n = 81);

Results showed that alertness and life satisfaction at baseline significantly predicted lower levels of depression, anxiety, and stress during the uncertain and emergency need to focus preventive measures on increasing alertness and life satisfaction as important factors in reducing depression, anxiety, and stress during both uncertain and emergency conditions such as during the threat of COVID-19.

From the previous presentation, we found that the emerging coronavirus is a devastating global pandemic. It often generates psychological repercussions that will affect mental health in some way and to some degree. The impact of this epidemic will not appear until after some time after the virus has passed. These effects can include PTSD, depression, and anxiety; problems in social relations; problems with academic and behavioral development; loss of friendship networks; loss of the will to live; the persistence of disturbing memories that would hinder people's ability to recover. All of these repercussions require the development of counseling programs to help individuals deal with the pandemic, and in particular, with concerns associated with epidemics. The adolescent segment is also one of the segments of society most affected by this pandemic and the most in need of support and psychological and social support; is due to the difficult and complex psychological and social challenges they face, which make them vulnerable to feeling fear; What is happening around them and confronting them with psychological and social problems at the same time. Among the social effects of the pandemic on adolescents, they do not live in isolation from society, but they are influenced and affected by it, as society provides science and knowledge that benefit the individual himself and the society in which he lives, to make him a self-confident person who feels his humanity and can face the various conditions of life and face the future with the courage to be an effective element in it, and social support also helps the individual to get rid of negative behavior by giving him the strength to face stressful life events, and it has a severe impact on him if it occurs from individuals close to him, and from here support becomes protective barriers for the individual from the negative effects associated with crises so that it mitigates its effects and allowing the individual to achieve psychological and social adjustment (Al-Madhoun, 2015). At the same time, we find that people with social fears become anxious about the possibility of negative evaluation by others, and this is what was caused by the Corona pandemic, as the results of studies such as (Al-Arefi, 2021) showed that the Corona pandemic has a negative and direct impact on Adolescents and their psychological and social health, including reducing opportunities for social communication with others, fear, severe anxiety, social isolation, loneliness, anxiety ... and others, and also counseling program must be activated is necessary to mitigate the psychological and social effects of the pandemic on various segments of society, and this was confirmed by a study (Hubed, 2020). Negative effects on their psychological and social aspect, causing them psychological pressure and severe illness fears, reducing their self-confidence, and causing their isolation from the rest of the surrounding community, especially their university companions, to increase social fears, and also the findings of the study (Al-Arifi, 2021) that females are more disturbed by anxiety and depression, as well as obsessive-compulsive disorder (OCD) than males due to the spread of the Coronavirus, and the group less than 32 years is the most age group in anxiety and depression, and the researchers noted that there is a scarcity of programs which was concerned with treating the negative psychological and social effects resulting from the Coronavirus or by providing psychological and social support to them, while some studies have focused on revealing the pandemic, its causes, and how the countries of the world deal with it, and accordingly the current research is one of the important research in the field of psychology that dealt with mitigating the negative psychological and social effects on university students through a counseling program.

Research hypotheses

1. Based on the theoretical framework and previous studies, the research hypotheses are formulated as follows:
2. There is no statistically significant difference between the mean scores of the pre-application and the post-application of the control group on the scale of psychological and social repercussions of the Corona crises.
3. There is a statistically significant difference between the mean scores of the pre- and post-application of the experimental group in the measure of psychological and social repercussions of the Corona crises in favor of the post- measurement.
4. There is a statistically significant difference between the mean scores of the control group and the experimental group in the post -application in the measure of psychological and social repercussions of the Corona crises in favor of the experimental group.
5. There is no statistically significant difference between the mean scores of the post-application and the follow-up application of the experimental group on the scale of psychological and social repercussions of the Corona crises.

2 Study Methods

A. Study Design and setting: a quasi-experimental design with two groups (experimental - control) is used. A pre-

and post-measurement is used in the comparison between the experimental and the control samples. To reveal the differences in coping with the psychological effect of the pandemic.

B. Participants

- *Participants in the exploratory study*: the current exploratory research sample consisted of (30) female students from the Early Childhood Department at the same chronological age as the primary sample (18-25) years; To apply the research scale to them, and to apply some sessions of the counseling program prepared in the current research for two weeks.

- *Participants in the program*: The basic research sample consisted of a sample of (80) female students at the College of Science and Arts in Al-Qurayyat - Al-Jouf University. The average age of the participants was 21.25 years old (SD = 3.10). They were deliberately selected who met the conditions of the current research (they obtained high scores on the scale of the psychological and social repercussions of the Corona pandemic), where they were divided into (40) female students as a control sample and (40) experimental groups. The experimental sample only, with adjusting the rest of the variables between the two groups, and a dimensional measurement was made to see the extent of the program's impact in reducing the negative psychological and social effects of the pandemic on the research sample, and the follow-up measurement was made on the experimental group two months after the end of the program.

C. study Tools: Two steps are taken to develop and select research tool

- **Pilot study questionnaire**: a training intervention questionnaire based on literature review is design. It includes the perceived psychological and social effects of the pandemic. The questionnaire included a set of items that reflect the following psychological effects:

Psychological loneliness: defines procedurally as represented by the student's psychological feeling of deprivation of love and lack of acceptance from others, which motivates her to practice social behavior, which consists in moving away from people and mixing with them, and it includes many symptoms such as a feeling of boredom and general stress, loss of hope, feelings of despair, frustration and anxiety Elevation and stress.

Anxiety and depression disorder: defines it procedurally as the student's subjective experience that is characterized by feelings of doubt and intense fear of the future and the unknown during a certain period of her life. It is usually accompanied by physical and psychological symptoms. Depressive disorder is a mood disorder that causes a persistent feeling of sadness, loss of pleasure, interest in usual things, and a lack of focus. It may be accompanied by guilt and low self-esteem. This disorder affects her feelings, thinking, and behavior; this causes many physical, psychological, and social problems that in turn affect the performance of their daily activities.

Social fears define procedurally as one of the disorders that the student has suffered as a result of going through the Corona pandemic, and is represented by her excessive sensitivity and excessive fear of social situations; This makes her avoid meeting others and greatly reduces her social relations with other.

Obsessive-compulsive disorder (OCD): is defined by the researchers as a set of thoughts that dominate the student's mind, tempt her, and accompany her without being able to expel or get rid of them despite her knowledge of the strangeness of these thoughts and their unrealism, and includes an extreme fear of illness, that causes her stress and depression.

Eating disorders: defines them procedurally as a group of disordered behaviors that the student performs towards eating, which negatively affects her psychological and physical health.

Sleep disorders: defines procedurally as disorders that cause changes in the way an individual sleeps, and this affects the general health and mood of the individual and also affects his daily activities.

Social isolation: defines procedurally as the behaviors carried out by the student, and which are characterized by severe weakness in establishing social relationships or establishing friendships with others.

Family violence: defines it procedurally as a form of verbal, physical, social, or psychological abuse that is perpetrated by a family member such as the husband or father...and others towards another person such as the wife or daughter, which causes harm to the abused person.

- **psychological and social effects questionnaire**: This questionnaire was develop and elaborated from the pilot study questionnaire to be used as the main tool of the study which was conducted on a big sample (n=80) of university student. The questionnaire consists of (75) items distributed over seven dimensions: social fears (11) items, psychological loneliness (8) items, eating disorders (9) items, sleep disorders (5) items, obsessive-compulsive disorder (9) items, anxiety and depression (9) items, social isolation (16) items, and family violence consists of (8) items. All items are rated on a Triangular Likert scale from 1 ("Agree") to 3 ("Disagree"). The higher the scores obtained on each scale, the greater the manifestations of the trait evaluated. A higher score of the student on the scale indicates a higher level of these disorders.

D. The reliability and validity of the questionnaire

The reliability and validity coefficient calculated on a survey sample of (30) students. The internal consistency (Cronbach’s α) of the subscales in the present study ranged from 0.73 to 0.929. While the reliability coefficient was divided by split half method (0.825), and Guttman’s coefficient (0.921). The previous values indicate that the scale has a very high degree of stability according to the Nunnally scale, which was adopted (70%) as a minimum for stability in scientific research. The researchers also obtained the validity of internal consistency between the phrases and the dimensions of the scale, including (66) function phrases at the level (0.01), 9 significant phrases at the level (0.05), while at the level of internal consistency between the main dimensions and the total scale, all of them came at the level of (0.01), which indicates a high internal consistency between the main dimensions and the total scale, from which the scale has a high degree of validity, as shown in Table (1).

Table 1: The Internal Consistency Between Phrases and Dimensions.

No	Correlation	No	Correlation	No	Correlation	No	Correlation
Social Phobia		Sleep Disorders		38	0,543**	57	0,731**
1	0,498**	20	0,591**	39	0,549**	58	0,692**
2	0,670**	21	0,601**	40	0,763**	59	0,852**
3	0,786**	22	0,551**	41	0,674**	60	0,852**
4	0,636**	23	0,559**	42	0,537**	61	0,502**
5	0,710**	24	0,592**	Anxiety Depression Disorder		62	0,780**
6	0,703**	25	0,515**	43	0,860**	63	0,679**
7	0,610**	26	0,617**	44	0,925**	64	0,713**
8	0,612**	27	0,361*	45	0,728**	65	0,773**
Feeling Lonely		28	0,388*	46	0,900**	66	0,811**
9	0,569**	Eating Disorders		47	0,853**	67	0,791**
10	0,425*	29	0,644**	48	0,868**	Domestic Violence	
11	0,410*	30	0,809**	49	0,886**	68	0,583**
12	0,457*	31	0,400*	50	0,894**	69	0,703**
13	0,707**	32	0,797**	51	0,369*	70	0,724**
14	0,370*	33	0,525**	Social Isolation		71	0,712**
15	0,598**	Obsessive Compulsive Disorder		52	0,725**	72	0,570**
16	0,716**	34	0,551**	53	0,815**	73	0,621**
17	0,620**	35	0,693**	54	0,537**	74	0,641**
18	0,744**	36	0,578**	55	0,807**	75	0,561**
19	0,462*	37	0,743**	56	0,699**		

Table 2: The Validity of The Internal Consistency Between the Dimensions and The Total Scale Discriminate validity.

Dim	Correlation	Dim	Correlation
Social Phobia	0,637**	Obsessive Compulsive Disorder	0,568**
Feeling Lonely	0,682**	Anxiety Depression Disorder	0,707**
Sleep Disorders	0,599**	Social Isolation	0,771**
Eating Disorders	0,470**	Domestic Violence	0,499**

Table 3: The Difference Between High and Low Balance Levels.

Level	N	Mean Rank	Sum of Ranks	Mann-Whitney	Z	Sign
Low Balance Level	8	4.50	36.00	0.000	- 3.361	0.001
High Balance Level	8	12..50	100.00			

Table 4: matching of groups before applying for the program.

<i>Independent Samples Test (Control- Experimental) Pre-Application</i>						
Group	N	M(SD)	DF	t	Sig	P
Control	40	176.73(5.194)	78	0.757	0.451	>0.05
Experimental	40	177.65(5.722)				

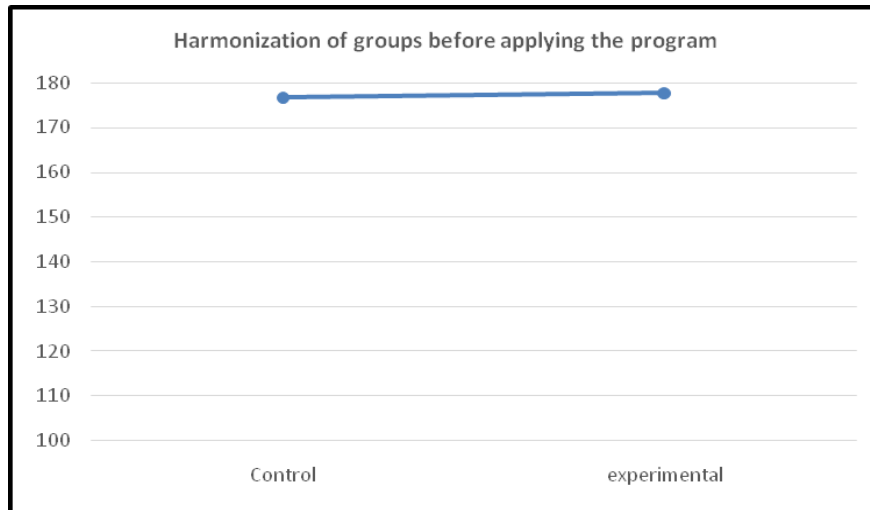


Fig. 1. Independent Samples Test (Control- Experimental) Pre-Application.

To ensure the content's validity, the scale was presented in its initial form to many arbitrators specialized in the fields of education, psychology, and early childhood. To identify their opinions on the scale in terms of accuracy, linguistic formulation, and integrity of its content the affiliation of the phrases included in each dimension to it, and the sufficiency of the phrases contained in each dimension to achieve the goal for which it was set. The researchers modified the phrases that the arbitrators indicated the need to modify.

E. Ethical approval: The Human Research Committee at Al-Jouf University (Kingdom of Saudi Arabia) granted ethical approval for this study before data collection. Information on the purposes of the study, how the data would be used, and confidentiality, was provided, before the commencement Questionnaire.

F. intervention technique: The intervention program consists of (16) sessions; Two sessions per week, the session lasted from an hour to an hour and a half and included some methods and techniques, including psychodrama, lecture, dialogue and group discussion, and cognitive techniques such as problem-solving method and homework, in addition to behavioral techniques, including modeling, reporting, and relaxation. The application for the program took (8) weeks during the semester the first for the year 2021-2022 AD. The sessions of the program included getting to know the program, its objectives and instructions, helping participants express their feelings, training in emotional venting to alleviate feelings of fear, anxiety, and depression, and providing psychological and social support by helping them get rid of negative thoughts and replacing them with positive ones, and training participants on methods of psychological and muscular relaxation. It explains to them the danger of giving in to negative feelings and thoughts, trains them to be distracted when they are dominated by feelings of fear and anxiety from Corona, trains them to provide social support to those around them, and integrates them into the community and volunteer activities, use activities and exercises on a regular daily basis, and discuss them about the most important feelings that have been suffering Including while imposing quarantine restrictions and presenting methods for eliminating feelings of isolation and searching for other means of social rapprochement in light of maintaining physical distance, and convincing them of the need to feel optimistic to raise the level of their mental health, and the need to engage in group activities while maintaining safe distances and taking precautionary measures.

G. Data Analyses

-The statistical data for the research was processed using inference statistics through the SPSS-18 program, including the following: Means and standard deviations of scores on the Psychological and Social Repercussions Scale.

-T-test to calculate the differences between the means.

- Wilcoxon test (as parametric methods for Z and Mann Whitney)

3 Results

1- Results of the first hypothesis: The first hypothesis states that "There is no statistically significant difference between the mean scores of the pre-application and the post-application of the control group in the scale of psychological and social repercussions of the Corona crises". To verify the validity of this hypothesis, the researchers applied the scale to the research sample, and after monitoring and analyzing the results, the researchers concluded the results shown in (Table 5).

Table 5: Comparison between the pre-and post-application of the control group for the scale and dimensions.

Dimensions	App	N	M(SD)	DF	T	Sig	P
Total Scale	Pre	40	176.73(5.194)	39	1.744	0.089	>0.05
	Post	40	175.23(5.807)				
Social Phobia	Pre	40	26.70(1.418)	39	1.695	0.098	>0.05
	Post	40	26.25(1.391)				
Feeling Lonely	Pre	40	19.98(1.874)	39	0.088	0.931	>0.05
	Post	40	19.95(1.797)				
Sleep Disorders	Pre	40	20.93(2.005)	39	1.347	0.186	>0.05
	Post	40	20.53(1.485)				
Eating Disorders	Pre	40	11.55(1.694)	39	0.660	0.513	>0.05
	Post	40	11.38(1.462)				
Obsessive Compulsive Disorder	Pre	40	20.30(1.667)	39	0.483	0.632	>0.05
	Post	40	20.18(1.500)				
Anxiety Depression Disorder	Pre	40	20.88(2.015)	39	0.190	0.850	>0.05
	Post	40	20.93(1.655)				
Social Isolation	Pre	40	36.70(3.098)	39	0.553	0.583	>0.05
	Post	40	36.40(3.815)				
Domestic Violence	Pre	40	19.70(1.814)	39	0.241	0.811	>0.05
	Post	40	19.63(1.628)				

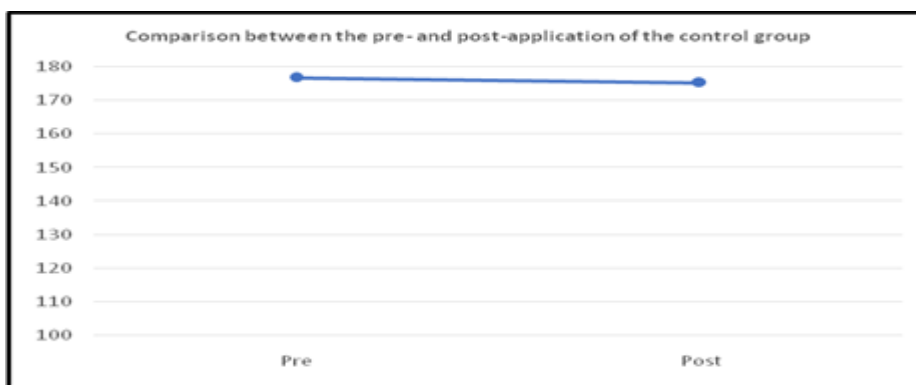


Fig. 2: Paired Samples Test (Pre-Post) Control Group.

2- Results of the second hypothesis of the study: The second hypothesis states that “There is a statistically significant difference between the mean scores of pre- and post-application of the experimental group in the measure of psychological and social repercussions of the Corona crises in favor of the post measurement”. To verify the validity of this hypothesis, the researchers applied the scale to the research sample and after monitoring the results. The researchers concluded the results shown in (Table 6).

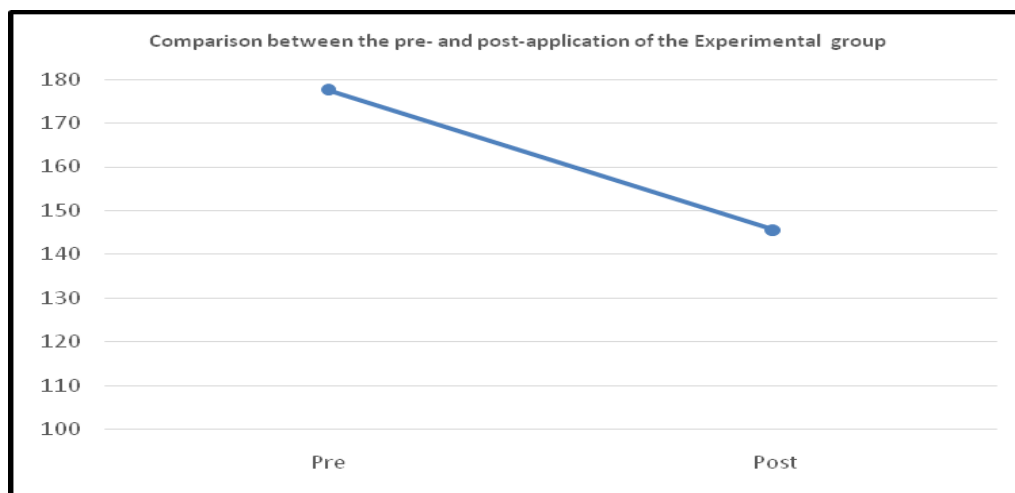


Fig. 3. Paired Samples Test (Pre-Post) Experimental Group.

Table 6: Comparison between the pre-and post-application of the Experimental group for the scale and dimensions.

Dimensions	App	N	M(SD)	DF	T	Sig	P
Total Scale	Pre	40	177.65(5.722)	39	116.243	0.000	<0.01
	Post	40	145.57(5.813)				
Social Phobia	Pre	40	27.13(2.065)	39	92.169	0.000	<0.01
	Post	40	23.10(2.010)				
Feeling Lonely	Pre	40	19.30(1.951)	39	47.391	0.000	<0.01
	Post	40	15.33(1.966)				
Sleep Disorders	Pre	40	21.65(1.594)	39	28.214	0.000	<0.01
	Post	40	17.43(1.448)				
Eating Disorders	Pre	40	11.45(2.012)	39	64.229	0.000	<0.01
	Post	40	7.50(1.895)				
Obsessive Compulsive Disorder	Pre	40	20.85(1.657)	39	47.391	0.000	<0.01
	Post	40	16.88(1.572)				
Anxiety Depression Disorder	Pre	40	20.38(2.145)	39	36.875	0.000	<0.01
	Post	40	16.43(2.086)				
Social Isolation	Pre	40	37.83(2.881)	39	91.024	0.000	<0.01
	Post	40	33.85(2.940)				
Domestic Violence	Pre	40	19.08(1.913)	39	111.714	0.000	<0.01
	Post	40	15.08(1.940)				

All of which are indicative at a significance level of (0.01) and confirm the low total of female students in the total scale thus the effectiveness of the proposed program.

3- Results of the third hypothesis of the study: The third hypothesis states that “There is a statistically significant difference between the mean scores of the control group and the experimental group in the post-application in the measure of psychological and social repercussions of the Corona crises in favor of the experimental group”. To verify the validity of this hypothesis, the researchers applied the scale to the research sample and after monitoring the results. The researchers concluded the results shown in (Table 7).

Table 7: Comparison between the control and experimental group in the post-measurement of the scale and dimensions.

Dimensions	Group	N	M(SD)	DF	t	Sig	P
Total Scale	Control	40	175.23(5.722)	78	22.823	0.000	<0.01
	Experimental	40	145.57(5.813)				
Social Phobia	Control	40	26.25(1.391)	78	8.149	0.000	<0.01
	Experimental	40	23.10(2.010)				
Feeling Lonely	Control	40	19.95(1.797)	78	10.982	0.000	<0.01
	Experimental	40	15.30(1.966)				
Sleep Disorders	Control	40	20.53(1.485)	78	9.454	0.000	<0.01
	Experimental	40	17.43(1.448)				
Eating Disorders	Control	40	11.38(1.462)	78	10.420	0.000	<0.01
	Experimental	40	7.50(1.985)				
Obsessive Compulsive Disorder	Control	40	20.18(1.500)	78	9.605	0.000	<0.01
	Experimental	40	16.88(1.572)				
Anxiety Depression Disorder	Control	40	20.93(1.655)	78	10.688	0.000	<0.01
	Experimental	40	16.43(2.086)				
Social Isolation	Control	40	36.40(3.815)	78	3.348	0.001	<0.01
	Experimental	40	33.85(2.940)				

Domestic Violence	Control	40	19.63(1.628)	78	11.362	0.000	<0.01
	Experimental	40	15.08(1.940)				

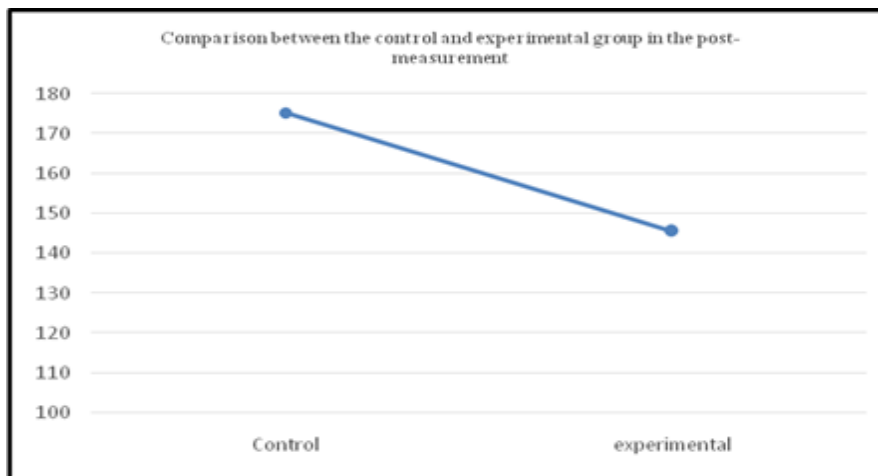


Fig. 4. Independent Samples Test (Control- Experimental) Post Application.

All of which are indicative at a significance level of (0.01) and confirm the low total of female students in the total scale thus the effectiveness of the proposed program.

4- Results of the fourth hypothesis of the study: The fourth hypothesis states that “There is no statistically significant difference between the mean scores of the post-application and the follow-up application of the experimental group in the scale of psychological and social repercussions of the Corona crises”. To verify the validity of this hypothesis, the researchers applied the scale to the research sample and after monitoring the results. The researchers concluded the results shown in (Table 8).

Table 8: Comparison between the post-application of the experimental group for scale and dimensions.

Dimensions	App	N	M(SD)	DF	T	Sig	P
Total Scale	Post	40	145.57(5.813)	39	1.355	0.183	>0.05
	Tracking	40	144.18(7.939)				
Social Phobia	Post	40	23.10(1.010)	39	0.085	0.933	>0.05
	Tracking	40	22.13(1.305)				
Feeling Lonely	Post	40	15.33(1.966)	39	0.081	0.936	>0.05
	Tracking	40	15.30(1.436)				
Sleep Disorders	Post	40	17.43(1.448)	39	1.337	0.199	>0.05
	Tracking	40	17.15(1.626)				
Eating Disorders	Post	40	7.50(1.895)	39	0.706	0.484	>0.05
	Tracking	40	7.33(1.774)				
Obsessive Compulsive Disorder	Post	40	16.88(1.572)	39	0.358	0.722	>0.05
	Tracking	40	16.77(1.291)				
Anxiety Depression Disorder	Post	40	16.43(2.086)	39	1.000	0.323	>0.05
	Tracking	40	16.18(1.500)				

Social Isolation	Post	40	33.85(2.940)	39	0.449	0.656	>0.05
	Tracking	40	33.45(5.638)				
Domestic Violence	Post	40	15.08(1.840)	39	1.000	0.323	>0.05
	Tracking	40	14.88(1.471)				

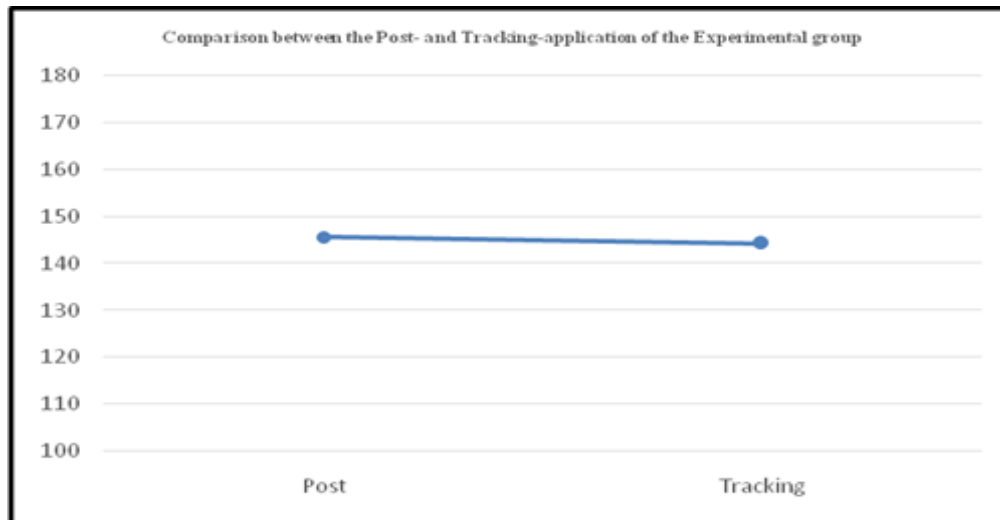


Fig. 5: Paired Samples Test (Post-Tracking) Experimental Group.

4 Discussion

The current research attempted to verify the extent of the effectiveness of a counseling program to reduce the psychological and social effects of the Corona pandemic for university students, and also to verify the differences between the two applications, the tribal and dimensional. The validity of these hypotheses was verified: the results indicated a decrease in the post-application scores of the experimental group members, and this indicates their improvement after applying the sessions. The program compared to their scores in the tribal measurement, and the current result is consistent with the results of studies (Hubed, 2020) whose results confirmed the effectiveness of using the programs in reducing the psychological and social effects of pandemic. The program, in its last sessions, had a noticeable change in alleviating the severity of these disorders in the scores of the experimental group, and this indicates that the students benefited from the skills and activities of the program, which indicates the effectiveness of the counseling program in providing psychological and social support. The results indicated that there are statistically significant differences between the mean scores of the pre and post- application of the repercussions scale. Psychological and social, which indicates the improvement of the members of the experimental group, and this result was in support of the importance of mitigating the negative effects of the pandemic from a psychological and social point of view, and this was confirmed by studies (Shuwaikh, 2020; Qi *et al.*, 2020; El-Sherbiny, 2020), which confirmed the existence of a relationship between the emergence of some symptoms such as anxiety and the spread of the Corona pandemic (Al-Asmari, 2020) that it is imperative We must confront the psychological effects and threats associated with home stone and work to treat them in all possible ways.

These findings of the current research are due to the foundations on which the counseling program is based, where psychological and social support was provided to help the students get rid of feelings of fear and anxiety and their sense of social isolation and psychological loneliness and get rid of negative thoughts and compulsive obsessions and irrationalities and this agrees with studies (Amin, 2020; Wang *et al.*, 2020) which indicated that quarantine and isolation led to the spread of anxiety, depression and fear of the future, as the researchers explains the continued effectiveness of the program to the absence of statistically significant differences between the mean scores of the dimensional and sequential application of the scale, which indicates the continuation of the effectiveness of the program until the follow- up period after the application of the program compared to their scores before the application of it, which indicates the response of the female students in the sample to the sessions of the current program, where the technicians used had a clear impact on the students, which made them more flexible and understanding to benefit from the program through life and realistic situations and models experienced by the student to alleviate this negative effects, increasing their ability to express freely their pent-up feelings, desires and fears, and helping them to get rid of them using many techniques, as well as the quality of the attitudes included

in the program. These attitudes reflected the student's fear, anxiety, isolation from others, and some of the socially unacceptable compulsive behavior of students while interacting with others. We note from the foregoing that counseling services must be provided during crises.

6 Recommendations and Suggested Research:

Recommendations: Based on the results, the following suggestions can be proposed:

1. The necessity of media intervention and educational institutions to enhance the level of mental health of students through media materials that mitigate these negative effects of the pandemic.
2. Spreading positive feelings in the same individuals through various educational and upbringing institutions by holding awareness programs to help male and female students get rid of these disorders.
3. Researchers in the field of psychology and mental health should focus at present time on counseling and treatment studies for various age groups that have been exposed to the pandemic and its negative effects.

7 Limitations and Future Research:

In light of the results of the study, the following recommendations were suggested some topics that need to be studied in the future:

1. The effectiveness of counseling programs to alleviate the psychological and social stresses of the pandemic.
2. The psychology of mental disorders during crises and strategies to reduce their exacerbation.
3. Develop positive variables such as happiness, optimism, and others during crises.

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Ethics approval:

All activities involving human participants were facilitated in alignment with the ethical standards of the Human Research Ethics Committee of the Division of Early Childhood, College of Science and Arts in Al-Qurayyat, Jouf University, Kingdom of Saudi Arabia.

Informed Consent

All participants involved in the study gave informed consent.

Conflict of interest

The authors declare that there is no conflict regarding the publication of this paper.

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