



Feeling of Defeat and Entrapment and Their Relationship to Pessimism among the Unemployed

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Abstract

Being individuals in the Iraqi society, as today we find living conditions, affluent living requirements and the continuous development affect the lives of individuals in general, and the unemployed among them in particular, and make them suffer from greater pressures than the pressures of the employees, leading them change their view of themselves, causing their feeling of inferiority based on classification with others, their sense of failure and worthlessness and loss of control over their feelings and behaviors . Their views may appear in the form of social withdrawal, depression, or violence directed towards sources of power. The present research aims at identifying:

- 1- feeling of Defeat and Entrapment among the unemployed,
- 2- measuring Pessimism among unemployed graduates,
- 3- knowing the correlation between feeling of Defeat, Entrapment, and Pessimism, and
- 4- the extent to which feeling of Defeat and Entrapment contribute to Pessimism.

The present research used the descriptive-correlational approach. The number of the sample individuals was (400) unemployed males and females, for different ages and academic achievement from elementary to doctoral, and for periods of unemployment at four levels, from less than three years to more than ten years. They were selected from Baghdad governorate by random stratified method. Two scales were prepared to measure (feeling of Defeat, Entrapment, and Pessimism) for the unemployed. The findings of the research demonstrated the following: The unemployed in Baghdad governorate were characterized by a high level of feeling of Defeat and Entrapment and a high level of Pessimism. There was a positive correlation with statistical significance between the feeling of

Defeat, Entrapment and Pessimism among the unemployed. The research concluded with several recommendations, all of which shed light on the needs of the unemployed and to provide them with job opportunities.

Keywords

defeat, entrapment, and pessimism.

Research Problem

The complexity of human life in our contemporary society has exacerbated the difficulties of life, the burdens have increased, and it has become difficult for a person to achieve most of his needs and aspirations. In these difficult life circumstances and the rapid changes that have occurred in society, etc., the individual's suffering and psychological and intellectual conflicts have increased, and psychological pressures have also increased. And states of frustration, anxiety, deprivation, depression, feelings of loneliness and psychological breakdown, and this makes him lose his mental and psychological balance, exposes him to many disorders, weakens his ability to work, give and achieve, and pushes him towards surrender and rest on reality in all its details (Abu Halawa, 2013, p. 27).

Unemployment also has a relationship with the level of crime, as the study of Zidan and Abdul-Hussein (2022) dealt with unemployment and its relationship to crime. The study showed a set of results, namely that there is a correlation between unemployment and high crime rates, and the greater unemployment, the greater the chances of committing crimes and lack of security (Zaidan and Abdul-Hussein, 2022, p. 18).

The literature in psychology has also shown that the feeling of defeat is an indicator of poor psychological health and is involved in the formation of depression. Gilbert & Allan (1998) proposed two central structures that were assumed to be factors in the development of depression, which are: defeat and trap, as experiences of defeat were described as the perception of a failed struggle, and loss, power, energy, and feeling Loss of social status and personal goals (Gilbert & Allan 1998, p.587).

Feelings of being trapped occur when individuals try to escape from a specific threat, a situation, or a stressful and unpleasant situation, but this escape is stopped for an internal reason and is called an "internal trap," for example; Inadequate emotional stability and coping, serious health problems, feelings of guilt, or external circumstances are called "external traps. For example; When there is a lack of help from others or there are problems at work, school, or in one's personal relationships (Gilbert & Allan 1998, p. 588).

Defeat and entrapment were originally identified as two constructs based on the study of depression, when individuals feel stuck in an aversive situation from which they cannot escape. The risk for psychiatric disorders from increased defeat and entrapment can be explained because perceptions of defeat may be

persistent rather than being tied to an event. One in an individual's life (Mondrian, 2008, p.185 Sturman &).

Al-Muhtaseb (2008) points out that thinking has a mutual relationship with feeling. Many feelings are generated in a person as a result of a certain pattern. If this pattern is changed, the feelings change. An optimistic person thinks in a way that differs from a pessimistic person who creates a feeling of pessimism in himself. A person with negative thinking He is characterized by pessimism in his vision To things around him, he over-evaluates circumstances and events, and is dominated by negative thoughts such as fear of death, illness, failure, and lack of self-confidence (Al-Muhtasib, 2008, p. 35).

Pessimism affects the formation of an individual's behavior, social relationships, and mental and physical health. It is an emotional state in the individual dominated by depression, doubt, and the search for negatives, and fear of the future and the disastrous surprises it holds (Abdul-Khaleq, 1996, p. 1).

The research problem is summarized in the following question:

-Is there a contribution to the feeling of defeat and pessimism among the unemployed?

The Importance of Research

Defeat is a condition that occurs when a person stops giving, and his determination to interact normally with the groups around him stops, as his view of the world becomes dark, carrying many tragedies and deprivation, and he imagines that it is impossible to achieve his desires and goals while placing himself between aspects of fear and anticipation for the future. It is a state of tolerance with denial The self, with its feelings and perceptions, makes you lose your resolve and self-confidence, and you stop there without any attempt to avoid them, in addition to the tendency to insult and degrade yourself and not stop flogging yourself (Abu Halawa and Marzouk, 2013, p. 130).

In the language of daily life, there is an association between the term defeatism and pessimism, and its focus is the individual's expectation of defeat, and thus saving effort and accepting the situation as it is. It is very similar to the concept of learned helplessness, which means a state of general behavioral dullness with the belief in the futility of any effort or attempt to learn or overcoming problems which results in self-aversion and repressed disapproval of oneself, which in itself generates a gradual withdrawal from learning activities and general social relations, and its behavioral indicators become clear in a general decrease in motivation and a feeling of powerlessness, in addition to a feeling of lack of hope (Al-Tamimi, 2020, pp. 18-20).

Recent developments have made it possible to study the social rank affecting an individual's view of himself, which generally refers to the individual's social position as either dominant or subordinate in the group (Gilbert, 2000, p. 21).

Owen, Dempsey, Jones & Gooding (2018) found that only internal rather than external entrapment mediated the relationship between defeat and suicidal ideation (Owen et al., 2018, p. 2).

When studying pessimism, we find that the upbringing methods followed by the family in raising its children play an important role in the development of their children. The more positive the upbringing process is, making the child feel important, valuable, respected, appreciated, and wanted, the less pessimistic the child will be. A family in which peace and stability prevail reflects an atmosphere of love and optimism, while a family in which an atmosphere of tension, instability, quarrels, disagreements, and disintegration prevails reflects negatively on the child's personality and outlook on life, which may be characterized by pessimism (Al Qubaisi, 2008, p. 61).

From the above; The research concludes - after reviewing - that the distinction between the internal and external traps can predict psychological disorders and suicide in clinical samples to a greater extent than in normal samples, and that it occurs among the disturbed rather than the normal ones, as a number of studies have shown that falling into the trap is the result of defeat, as it is not possible to Escape from the situation Stressful and then the two are related and other studies have shown that falling into the "situation trap" leads to feelings of defeat and this indicates that the two constructs influence each other (Griffiths et al., 2014, p. 52).

Hence the importance of the current research emerges, as many young people are currently exposed to feelings of defeat and trap due to social, economic, and even emotional pressures, and they lead to many calamities that require individuals to deal with them in a manner sufficient to continue life.

Research Objectives

The Current Research Aims:

- 1- Know the feeling of defeat and trap among the unemployed.
- 2- Know the pessimism among the unemployed.
- 3- Know the correlation between feelings of defeat, trap, and pessimism.
- 4- The extent to which the feeling of defeat and trap contributes to pessimism.

Research limitations

The current research is limited to the unemployed persons registered in the database of the Iraqi Ministry of Labor and Social Affairs for the year (2021) only (males and females), whose age ranges from (18 years and older), educational attainment (from primary school graduate and upwards), and duration of unemployment (from less than three years to more) for approximately ten years) in Baghdad Governorate.

Definition of Terms

1- The Theoretical Definition of Defeat

Gilbert & Allan (1998): "Perception of unsuccessful struggle, feeling of

reduced ability or energy, and loss of social status or personal goals" (Gilbert & Allan 1998, p. 587).

The researcher adopted Gilbert & Allan (1998) definition of defeat. The researcher adopted the definition of these two theorists because their theory was adopted.

-As for the procedural definition of defeat: a representative sample of the content of the behavioral scope of the concept of defeat included in a tool, expressed in a comprehensive degree for research purposes.

2- The Theoretical Definition of Entrapment

Gilbert & Allan (1998): "The desire to escape from an intolerable situation with the conviction that all escape routes are closed" (Gilbert & Allan, 1998, p. 588).

The researcher adopted Gilbert & Allan (1998) definition of the trap. The researcher adopted the definition of these two theorists because their theory was adopted.

-As for the procedural definition of the trap: a representative sample of the content of the behavioral scope of the concept of the trap included in a tool, expressed in a comprehensive degree for research purposes.

3- The Theoretical Definition of Pessimism

Seligman (1995): "The individual's perception of things and phenomena around him in a negative way. The pessimistic individual sees failure as a tragedy, from which he cannot escape, and he is usually unable to develop successful solutions to his daily problems, which makes him constantly question and in a state of hesitation and doubt, and he cannot rely on himself, often asks for help from others to perform simplest actions and functions" (Seligman, 1995, p.42).

The researcher adopted Seligman's (1995) definition of pessimism. The researcher adopted this view's definition because his theory was adopted.

-As for the procedural definition of pessimism: a representative sample of the content of the behavioral scope of the concept of pessimism included in a tool, expressed in a comprehensive degree for research purposes.

Theoretical aspects of feeling defeated and trapped

The concepts of defeat and entrapment have been used in evolutionary accounts of clinical phenomena such as depression, suicide, and anxiety. Theorists have argued that defeat and entrapment represent one or two factors. The concept of defeat was developed from social class accounts of depression in humans, while the concept of trap was developed from models of arrested escape. The basis of an animal's defensive behavior is when it tries to escape but cannot and adopts defeating defensive behaviors, and both concepts have since been brought together to form the basis of evolutionary approaches to human depression (Taylor et al., 2009, p. 795).

Gilbert & Allan (1998) have suggested that individuals of low social status who are perceived as having low self-affirmation are, in general, more likely to experience psychological problems than those of high social status. In short, Perceptions of defeat and entrapment do not necessarily result from stressors arising from. Social situations, instead; Existing studies confirm that any feelings or attitudes that indicate to the individual that he has failed to achieve some goal or "specific goal" may precede the set of perceptions of defeat, so although there is much evidence - mainly - for the role of defeat and entrapment in the mental health problems of individuals with specific diagnoses (Price et al., 1994, pp.309-310).

Allen and Gilbert's Social Rank Theory

A Social Rank Theory by Gilbert & Allan (1998)The theory suggests that recognizing the importance of social rank for humans helps understand the high prevalence of poor physical and mental health among individuals of low socioeconomic status, according to Taylor, Wood, Gooding, Johnson, & Terrier (2009). It is believed that the involuntary defeat response (IDS) (Defeat Involuntary strategy is an evolved, innate and adaptive response to defeating situations, so - after a defeat situation - humans suffer from involuntary defeat (IDS), which when disengagement fails can be preceded by mental health problems.

Examples of situations involving defeat that have been cited include: These are common sources that lead Increased exposure to depression, including physical and sexual assault, and bullying in the workplace or school (Bifulco & Moran, 1998, p. 1).

The theory also suggested that people react differently to other individuals who perceive them to be superior or inferior to them, a strategy that is evaluated through social comparison with similar others. In group animals, rank status is gained from the success of socially relevant goals that lead to the acquisition of over resources, for example: winning conflicts with other members of the social hierarchy. Similar goals also appear in humans, such as gaining love and attention from others. Such goals are associated with increased levels of well-being in humans and could be the desire to be a high-status individual. It is the motivation to achieve these objectives (Nesse, 1990, p.261).

It has been assumed that socioeconomic status (SES) reflects the status and size of human social rank. For animals, ranking in their societies depends on the outcome of competitions with others, while for humans ranking position is determined by the interest and social status they enjoy. It is acquired from interactions with others. Gaining social rank is usually associated with positive affect, such as increased self-esteem, and losing rank is associated with negative affect (Gilbert, 1990, p. p). Individuals can also increase their ranks by improving their social and economic status by obtaining resources, such as searching for work in a job with a higher income.

However, it must be within the community or its social group. Some

individuals are initially low in rank in order for a hierarchy to exist; In the human group, it is recognized The individual's position in society through (socioeconomic status) and this is a reflection of the individual's ability to access collectively desired resources such as money, level of education, and relationships (Oakes & Russi, 2003, p. 769). This theory suggests a link between low socioeconomic status and low social rank, and thus poor physical and mental health by those individuals with high low socioeconomic status. Perceptions of defeat and entrapment have been linked to four major psychological problems and they are: (depression), (anxiety disorders), (post-traumatic stress disorder), and (suicide) (Bibring, 1953, p13).

Self-beliefs about dependency and inferiority may also increase the likelihood that individuals will evaluate social situations that may require evaluation, such as being presented with new people as a direct threat to their social status (Michail & Birchwood, 2013, p. 133).

Alternatively, it may represent the feeling of being trapped in a permanent and ongoing stressful situation, for example, that you are in a low social and economic situation, or that you live in a low social and economic environment. Deprivation is seen in such cases with the development of the causes of involuntary defeat (IDS) as a short-term response to defeat, when someone sacrifices himself. The individual's social status is low. It always leads to chronic autonomic activation of defeat, so individuals are likely to suffer from poor health and mental outcomes that predict pessimism and even depression (Sloman et al., 2003, p. 107).

Theoretical aspects of pessimism

Opinions differed as to whether pessimism is a condition or a trait, as Scheier (1985) & Carver see as a personality trait characterized by relative stability across different situations and times, and that the tendency toward optimism is a form of optimistic thinking, and may have important implications for how people deal with life events, that they face, and hence the individuals. They are greatly influenced by their beliefs about the possible results of some actions. There are some individuals who expect positive and desirable results, so they work to reach their goals and exert their efforts.

As for individuals who expect negative and undesirable results, the individuals reduce their efforts, which leads to surrender, and this is linked to pessimism (Scheier & Carver, 1985, p.127). There are several factors that contribute to the emergence of pessimism, such as the family, the general atmosphere that prevails in it, the way of raising children and inculcating values and ideas among them, as well as the school, including its optimistic or pessimistic teachers and principals, and the reflection of all of that on the personalities of the students.

In addition, society bears a character of its own that is either characterized by pessimism or optimism, and by means of the media which has

an exaggerated influence in shaping the sentiments of individuals and coloring them with optimism or pessimism depending on the thoughts and emotional outbursts directed at them. Health has an important role in this, as a person's optimism and pessimism affect his healthy life. A pessimistic person tends to anxiety, depression, and tension, and this is what leads to the collapse of his psychological and physical health and vice versa completely with the optimist (Sabaa and Ghanima, 2015, p. 35).

Seligman's learned helplessness theory,

A Learned Helplessness theory for Seligman (1967) in which learned helplessness is a phenomenon observed in both humans and animals when they have been conditioned to expect pain, suffering, or discomfort with no way to escape it. Eventually after sufficient conditioning an animal will stop trying to avoid pain at all - even if there is a chance of truly escaping it. When humans begin or other animals in understanding (or Believing) that they have no control over what happens to them, they begin to think, feel and act as if they are helpless. This phenomenon is called learned helplessness because it is not an innate trait. No person is born believing that he has no control over what happens to him and that it is useless to even try. Control is a conditional learned behavior from experiences that do not the individual has control over his circumstances or simply realizes that he has no control.

The initial experiments that formed the basis of this theory were conducted in the late sixties and early seventies by psychologists Seligman & Maier, as Seligman & Maier were working with dogs at that time and testing their response to electric shocks when they were exposed to Some dogs To electric shocks that they could not predict or control, in this experiment dogs were placed in a box with two rooms divided by a low barrier. One room had an electrified floor and the other did not (Cherry, 2014, verywellmind.com).

When the researchers placed the dogs in the box and turned on the electrified floor, they noticed something strange: some of the dogs did not even attempt to jump over the low barrier to the other side. Moreover, the dogs that did attempt to jump the barrier were generally dogs that had previously been exposed to shocks without any A way to escape from it, and dogs were that The hurdlers were those who had not received such shocks (Seligman & Maier, 1967, p. 3).

To further investigate this phenomenon, Seligman & Maier brought together a new group of dogs again and again. Once these results were confirmed with dogs, Seligman & Maier conducted similar experiments on mice just as they did with dogs. This phenomenon can also be seen in elephants as well when an elephant trainer starts working with. Baby elephant, it will be used a rope to tie one of the elephant's legs to a pole. The elephant will struggle for hours, even days, trying to escape the rope, but eventually, it will calm down and accept its range of movement. As the elephant grows older, it will be stronger than before

and can cut the rope, but it will not even try. It has been taught that any kind of Struggling is useless when he grows up, and such experiments have not been done, although the human response to such situations may be more complex and depend on several different factors, it is still similar to the responses of dogs, rats, and other animals.

One study on learned helplessness in Humans in 1974 is made. In that study, human participants were divided into three groups:-

The first group: One group was exposed to a loud and unpleasant noise but was able to end the noise by pressing a button four times.

-The second group: The second group was exposed to the same noise, but the button was not working.

The Third Group was not exposed to any noise at all.

Subsequently, all human participants were exposed to a loud noise and given a box with a lever that, when manipulated, would stop the sound. Just as in animal experiments, those who did not control the noise in the first part of the experiment generally did not even try to stop the noise. While the rest of the people found out In general, how to stop the noise very quickly, Seligman and his colleagues suggested that subjecting participants to situations over which they have no control results in three deficits: (cognitive - motivational - emotional).

Cognitive deficit refers to the subject's idea that his or her circumstances cannot be controlled. (Cognitive deficit) refers to the subject's idea that his or her circumstances cannot be controlled. Motivational) refers to the subject's lack of response to potential methods To escape from a negative situation Finally, (emotional helplessness) refers to the state of depression that arises when the subject is in a negative situation that he feels is not under his control. Based on his research, Seligman found an important connection, which is the link between learned helplessness and depression (Abramson et al, 1978, pp. 49-74).

Later, research was conducted on humans, and the results were similar to the results of animals. (Helplessness) is created when the cause of these negative feelings is isolated to the environment, meaning that the external environment is considered responsible for this emotional state that the person has reached. As for (despair), it is created when the individual attributes the reason for his feelings is to himself, that is, he considers feels himself responsible for what happened to him and feels that no one can offer him a helping hand.

Feelings of despair are closely linked to pessimism and depression and represent some overlapping dimensions. Pessimism leads to feelings of despair, which in turn leads to feelings of depression, because despair contains a state of lack of desire. In carrying out any work or activity, asIt arises when a person attributes the cause of his negative and pessimistic feelings to himself and feels that no one can provide him with help. Hence, poor adaptation, loss of relationship with external issues, and self-absorption arise, and his perception of the world becomes distorted (Al-Muhtasib, 2008, p. 15).

Seligman criticized what the analytical theory and behavioral theory came up with in their explanation of learned helplessness. He denied the former's projective approach that it uses in interpreting events, and denied the latter's reliance on the principle of reward and punishment in explaining the formation of behavior and its strength and weakness. However, the state of awareness, planning, and expectation is the deciding factor in the matter. That this is why the proponents of the learned helplessness theory believe that most cases of depression are not a disease as psychoanalysts believe, but rather are the result of cases of severe bad mood, and that the causes of most depressed people are not repressed childhood conflicts, but rather their current problems - not the past -, and the helplessness theory is consistent with the cognitive trend, as they see Depression is caused by conclusions about the events that the individual experiences, and from here this trend believes in the possibility of getting rid of pessimism, and Seligman formulated his theory of learned helplessness when a person expects a certain outcome to occur regardless of the special intentional actions he takes to change this outcome, as this leads to results. The following-:

- First: The individual's motivation to control, control, and control these situations decreases.
- Secondly: It affects a person's ability to learn because he is able - through his actions - to control the consequences, regardless of their type, whether pleasant or otherwise.
- Third: Anticipation causes anxiety as long as the individual feels unable to control situations, which then leads to depression (Al-Muhtasib, 2008, pp. 16-17).

Search Procedures:

Research Community

The current research population was identified with the unemployed in Baghdad Governorate who are registered in the database of the Iraqi Ministry of Labor and Social Affairs as unemployed, for both genders (males and females), for ages (from 18 and above), and at their various levels of educational attainment (from primary and upwards) and in all years. Unemployment, for the year (2021), as their number reached (15,681) unemployed men and women, (11,232) males and (4,449) females. Table (1) includes the number of unemployed people in Baghdad Governorate for the year (2021), distributed according to the gender variable.

Table (1): Numbers of unemployed people in Baghdad Governorate for the year 2021 according to the gender variable

Sex		The total
Males	Females	
11232	4449	15681

• **The research sample** :The sample was selected from Baghdad Governorate by a random, proportional stratified method according to the gender variable (males - females). The percentage of males reached (49%) of the total sample (199), and the percentage of females reached (51%) of the total sample (201). Female and male is seen with a total equal to (400) of unemployed men and women. Table (2) shows the distribution of individuals. The sample is proportional according to the gender variable.

Table (2): Proportionally distributing the sample members according to the gender variable

The society					
Males	rate	Females	rate	the total	rate
4920	49%	5011	51%	9931	100%
The sample					
Males	rate	Females	rate	the total	rate
199	49%	201	51%	400	100%

Search Tools

The first tool: a measure of feelings of defeat and trap

1- Determine the variable of defeat

The theoretical definition (Allan & Gilbert (1998)) of feelings of defeat and trap was adopted because their theory was adopted.

2- Determine the sub-scales of the feeling of defeat and trap scale

Defeat and trap are separate, meaning that each of them has a sub-scale (defeat) and a (trap) scale, and the trap scale contains two domains: (internal trap) and (external trap), so the researcher identified the sub-scales themselves and the domains as well in preparing them for the current research scale.

3- Formulating items to measure feelings of defeat and trap

Several foreign scales were reviewed. The researcher quoted a number of items from the Defeat and Trap Scale (1998) by Allan & Gilbert in the current study.

4- Identify the items that are (with the phenomenon - against the phenomenon) in the scale of feelings of defeat and trap

The sense of defeat and trap scale consists, in its initial form, of (46) items. Some of these items were taken from the Allan & Gilbert (1998) scale and numbered (25). The remaining items were deduced by the researcher from the adopted theory and numbered (21), and as for the items (against the phenomenon).

- With (the phenomenon) of the scale is:

- The defeat subscale consists of (24) items,

- Paragraphs against the phenomenon (3) paragraphs: (11,12,13).

- The paragraphs with the phenomenon (21) paragraphs, which are: (all the paragraphs of the scale except the three above).

- The trap subscale consists of (22) items,

-Items against the phenomenon: (There are no items against the phenomenon in the trap scale).

-The paragraphs with the phenomenon (22), which are: (all the paragraphs of the standard).

5- Presenting the scale of defeat and trap to refereeing professors (validity of paragraphs). In light of the opinions of the arbitrators, items (5.7) were deleted from the defeat scale and items (39.40) were deleted from the trap scale, because the Chi-square value calculated for defeat and trap, respectively, amounted to (2.27) and (0.81), which is Not significant at the level of significance (0.05), degree of freedom (1), and tabular value (3.84). Some paragraphs were reformulated and modified in both subscales, according to the opinions of the arbitrators, in order to be more appropriate and clear for the sample of unemployed people, the alternatives and their weights were also maintained for both subscales.

6- Preparing instructions for measuring the feeling of defeat and trap In formulating the scale's instructions, the researcher was keen to make them clear and simple, and also not to mention what the scale measures, as the respondent was asked to point to one of the four alternatives for the scale's items and to answer them with complete honesty and objectivity, while giving him an explanation of how to choose one of the four alternatives, as No answers noted There is no need to mention the name, and the answer will not be seen by anyone except the researcher.

7- Statistical analysis of the items of the feeling of defeat and trap scale Two methods were used to analyze the paragraphs statistically:

A - Extreme Groups Method

After the scale was applied to a sample of (400) unemployed men and women, all questionnaires were corrected and the total score was extracted for each subscale separately. The questionnaires were then arranged from highest score to lowest score for each subscale separately. A percentage of (27%) of the upper group of questionnaires was sorted, amounting to (108) questionnaires, which are the questionnaires whose members obtained the highest overall scores in answering each subscale separately.

The score limits ranged from (57-88) for the defeat scale, and (57-80) for the trap scale. The percentage (27%) of the minimum group of questionnaires whose members obtained the lowest overall scores for each subscale separately was sorted in response to the feeling of defeat scale and the trap scale. The score limits ranged from (22-42) degrees for the defeat scale, and (20-41) for the defeat scale.

The trap, thus, the number of high and low questionnaires reached (216) for each subscale separately, and then the arithmetic mean and standard deviation for each item of the scale were calculated from the high and low groups for each subscale separately. Then, the t-test was used for two independent samples to test

the significance of the differences between the means of the scores of the high and low groups on each of the items of the two subscales. This is because the calculated T-value represents the discriminatory power of the item between the high and low groups, and the calculated T-value is considered an indicator of the discrimination of each a paragraph by comparing it with a tabular value and Table (3) shows this.

Table (3): It demonstrates the discriminatory power of the items of the trap and defeat scales using the two-tailed group method

Defeat scale						
Paragraph	High group		Minimum group		Calculated T-value	Statistically significance of the differences at the significance level (0.05)
	SMA	standard deviation	SMA	standard deviation		
7	30,5370	0,68938	10,7870	0,83219	160,829	Sig.
8	30,7778	0,53535	10,9815	0,85360	180,527	Sig.
9	30,7685	00,48542	2,1111	0,97954	12,587	Sig.
12	3,6204	0,60709	0,6259	0,88290	16,435	Sig.
13	3,6111	0,65329	1,6852	0,69239	21,025	Sig.
16	3,5926	0,62707	1,5833	0,68529	22,479	Sig.
17	3,4630	0,72892	1,4352	0,58443	22,556	Sig.
18	3,5185	0,66250	1,3981	0,57907	25,043	Sig.
22	2,4444	0,94060	1,4167	0,51383	9,965	Sig.
24	2,4815	0,95194	1,5741	0,72607	7,877	Sig.
25	2,8426	0,73830	1,7778	0,60114	11,623	Sig.
26	3,1574	0,76320	1,5556	0,66041	16,494	Sig.
27	3,2315	0,82718	1,4907	0,58797	17,825	Sig.
28	3,3426	0,73830	1,7407	0,72821	16,053	Sig.
30	2,7778	1,11350	1,3611	0,53753	11,907	Sig.
31	3,2870	0,79779	1,5648	0,63058	17,600	Sig.
32	3,6296	0,58951	1,6574	0,78731	20,839	Sig.
33	3,6296	0,52226	2,1204	0,88304	15,288	Sig.
34	2,8796	0,87240	1,3889	0,56093	14,937	Sig.
35	3,4630	0,63284	2,0463	0,90051	13,376	Sig.
39	2,7500	1,00582	1,5741	0,67261	10,100	Sig.
40	3,2593	0,64664	1,5926	0,68409	18,400	Sig.
Trap scale						
Paragraph	Senior group		Minimum group		Calculated T-value	significance of the differences at the significance level(0,05)
	SMA	standard deviation	SMA	standard deviation		
1	3,8056	0,51986	2,5741	0,84504	12,899	Sig.
2	3,8981	0,30386	2,4352	0,82341	17,322	Sig.
3	3,6019	0,68276	1,8704	0,69836	18,424	Sig.
4	3,7500	0,47606	2,5000	0,82598	13,626	Sig.
5	3,8426	0,47679	2,5463	0,90051	13,221	Sig.
6	3,7222	0,56093	2,0093	0,85920	17,349	Sig.
10	3,6944	0,57125	2,0463	0,72839	18,503	Sig.
11	3,7130	0,51248	1,8519	0,62375	23,959	Sig.

14	3,8241	0,42862	2,3333	0,84278	16,385	Sig.
15	3,6019	0,65481	1,9074	0,71743	18,129	Sig.
19	3,7037	0,53406	1,9259	0,81692	18,929	Sig.
20	3,6667	0,56370	2,2130	0,86523	14,630	Sig.
21	2,9444	1,09231	1,6111	0,65329	10,887	Sig.
23	2,8519	0,97458	2,0370	0,77249	6,809	Sig.
29	3,6944	0,55465	1,9167	0,65745	21,479	Sig.
36	3,4352	0,76456	1,4167	0,53171	22,525	Sig.
37	3,1019	0,94661	1,5370	0,53697	14,943	Sig.
38	2,7593	0,96548	1,4630	0,55410	12,102	Sig.
41	3,0000	0,88603	1,5185	0,60344	14,362	Sig.
42	3,3519	0,78912	2,0278	0,82551	12,049	Sig.

By observing Table (6), we find that all the items are statistically significant at a degree of freedom (214), a significance level (0.05), and a tabular value (1.96). It turns out that all the calculated T-values are greater than the other tabular values, meaning that all items of the two scales The two sub-sections were distinguished in light of this procedure, which numbered (22) items for defeat and (20) items To trap.

B - Internal Consistency Method

1-The method of the relationship of the score of each item to the total score of the two subscales of defeat and entrapment is used. After all the questionnaires were corrected and the total score in each subscale was calculated separately for each questionnaire, the Pearson correlation coefficient was calculated between the score of each item of the scale and its total score in each subscale separately, and Table (4) shows this.

Table (4): Evaluate the correlation coefficients between the score of each item and the total score of the subscale to which it belong

Defeat scale							
Paragraph	Correlation coefficient value	Paragraph	Correlation coefficient value	Paragraph	Correlation coefficient value	Paragraph	Correlation coefficient value
7	*0,718	17	*0,769	27	*0,741	33	*0,663
8	*0,718	18	*0,804	28	*0,660	34	*0,639
9	*0,598	22	*0,506	30	*0,602	35	*0,612
12	*0,707	24	*0,437	31	*0,709	39	*0,510
13	*0,738	25	*0,584	32	*0,727	40	*0,739
16	*0,786	26	*0,716				
Trap scale							
Paragraph	Correlation coefficient value	Paragraph	Correlation coefficient value	Paragraph	Correlation coefficient value	Paragraph	Correlation coefficient value
1	*0,630	6	*0,687	19	*0,721	36	*0,732
2	*0,730	10	*0,726	20	*0,639	37	*0,666
3	*0,691	11	*0,774	21	*0,563	38	*0,586
4	*0,657	14	*0,727	23	*0,372	41	*0,638
5	*0,619	15	*0,707	29	*0,791	42	*0,560

2. The way the score of each item relates to the total score of the field to which it belongs

The correlation coefficient was calculated between the score of each item and the score of the field to which it belongs. This was done in the subscale (trap) only, as it contains domains. As for the subscale (defeat), this was not done because it does not contain domains, as shown in Table (5).

Table (5): Evaluate the correlation coefficients of the relationship of each item to the overall score of the field to which it belong

Defeat							
There are no fields							
The trap							
External trap				Internal trap			
Paragra ph	Correlati on coefficient value	Paragra ph	Correlati on coefficient value	Paragra ph	Correlati on coefficient value	Paragra ph	Correlati on coefficient value
1	*0,633	19	*0,743	2	*0,738	36	*0,750
6	*0,667	20	*0,713	3	*0,721	37	*0,674
10	*0,784	21	*0,595	4	*0,686	38	*0,658
11	*0,796	23	*0,465	5	*0,642	41	*0,690
15	*0,748			14	*0,701	42	*0,601
				29	*0,800		

3. The way the score of each of the two subscale areas relates to the total score of the scale, and the relationship of the scale areas to each other

Correlation coefficients were calculated between the score of each domain and the total score of the trap subscale and correlation coefficients between the domains themselves. This procedure was not done for the defeat subscale because it does not contain domains as shown in Table (6).

Table (6): Values of the correlation coefficients between the score of each of the domains and the total score of the subscale to which the domain belongs, and the values of the correlation coefficients between the domains of the subscale

Defeat scale			
There are no areas so this method is not made to scale			
Trap scale			
The scale and its subdomains	The trap	External	Internal
The trap	1		
External	,0948*	1	
Internal	,0995*	,0830*	1

The extracted correlation coefficients represent the internal consistency coefficient of the scale, and it is clear from the tables of correlation coefficients extracted using the internal consistency method (Table 7), (8), and (9) that all correlation coefficients are statistically significant* at a significance level of (0.05) degree of freedom (398).) and a tabular value of (0.098), and when compared, it

turns out that it is greater than the value Tabular, and in light of this procedure, it was found that all items are consistent, the total number of which is (22) items for the defeat scale and (20) items for the trap scale.

1- Validity indicators for the feeling of defeat trap scale

A - Face Validity This type of validity was verified through the procedures that were carried out to verify the validity of the items of the current scale and its alternatives and their weights, by presenting it to a group of arbitrated professors specialized in psychology, and their comments were taken into account, including deleting and amending some items and keeping the alternatives and their weights for both. The two scalesub

B - Construct Validity

The researcher conducted a factor analysis and the results were that the scale was divided into about six factors.

The validity of the indicator construct was verified in previous procedures by analyzing the scale items statistically and calculating their discrimination and consistency coefficients.

2- Reliability index for the feeling of defeat and trap scale

To extract stability, we used:

-Cronbach's alpha method for internal consistency To extract reliability in this way, the Cronbach's alpha coefficient was used to extract the internal consistency of the current scale. The results came after applying the scale to a sample of (400) unemployed men and women. The Cronbach's alpha coefficient for the defeat subscale reached (0.942), while the trap subscale reached (0.931). They are Stability coefficients High.

3-The tool in its final form of the feeling of defeat and trap scale in its final form consists of (42) items and consists of two subscales (defeat, trap), and the subscale (defeat) in its final form consists of (22) items, three of which were against the phenomenon, which are (22, 24, 25). As for the remaining paragraphs, they were all with the phenomenon, amounting to (19) paragraphs, and it did not contain Scale of defeat on any areas. As for the subscale (the trap), it consisted in its final form of (20) items. The scale did not contain any items against the phenomenon. The trap scale consisted of two domains (internal) and (external). The number of items in the external domain was (9), while the rest of the items represented... The internal scope consists of (11) items, and the four-point scale alternatives and their weights were retained.

The second tool: pessimism scale

- 1- Determine the pessimism variable

The theoretical definition of pessimism by Seligman (1994) was adopted because his learned helplessness theory was adopted in the current research.

2- Determine the areas of the pessimism scale

It is clear from the theory of learned helplessness that was adopted in the current research that it indicated that pessimism does not contain any internal domains, so the scale was defined as a unidimensional scale.

3- Formulating the pessimism scale items

In order to formulate the items for the pessimism scale, a number of scales were prepared to measure pessimism, and it was prepared by quoting some items from the scales for measuring pessimism. Their number reached (33) items, in addition to some items that the researcher concluded from the theory, which numbered (7). Thus, The total number of items in the pessimism scale was in its initial form(40), and all items of the scale were in favor of the phenomenon, meaning that the pessimism scale did not contain items against the phenomenon

4- Identify the items that are in favor of the phenomenon and against the phenomenon in the pessimism scale

The pessimism scale in its initial form consists of (40) items, all of which are related to the phenomenon.

5- Presenting the pessimism scale to refereeing professors (validity of items)

In light of the opinions of the arbitrators, three paragraphs (29, 31, and 40) were deleted because the calculated chi-square value of (2.27) is not significant at a significance level of (0.05), a degree of freedom of (1), and a tabular value of (3). ,84), Some paragraphs in the scale were reworded and modified according to the opinions of the arbitrators in order for them to be more appropriate and clear for the sample The unemployed and maintaining the alternatives and their weights

6- Preparing instructions for the pessimism scale

The instructions were prepared in the same format as the instructions for the feeling of defeat and trap scale.

7- Statistical analysis of the pessimism scale items

Two methods were used to analyze the paragraphs statistically:

A - Extreme Groups Method

The limits of the total scores on the questionnaires in the upper group ranged between (100) and (144), while in the lower group (36 to 75) questionnaires. After the arithmetic mean and standard deviation for each item of the scale were extracted from the upper and lower groups, then the t-test was applied (t-test) for two independent samples, the value is returned The calculated T is an index to distinguish each paragraph by comparing it with a tabular value. Table (7) shows this;

Table (7): The discriminatory power of the pessimism scale items using the two-tailed groups method

Paragraph	Senior group		Minimum group		Calculated T-value	The Statistical significance of the differences at the significance level (0.05)
	SMA	standard deviation	SMA	standard deviation		
1	3,2407	0,84134	2,1204	0,73265	10,436	Sig.
2	3,2500	0,85517	2,2222	0,84647	8,877	Sig.
3	3,4907	0,61894	1,8611	0,64791	18,901	Sig.
4	3,4630	0,77852	2,0185	0,84258	13,085	Sig.
5	3,5648	0,67358	1,9537	0,82467	15,724	Sig.
6	3,6944	0,48256	1,8981	0,77266	20,492	Sig.
7	3,6019	0,57907	1,7685	0,65004	21,885	Sig.
8	3,5741	0,75137	2,6759	1,05749	7,195	Sig.
9	3,5556	0,60114	1,8796	0,70668	18,773	Sig.
10	3,4167	0,72505	2,2963	0,88876	10,151	Sig.
11	3,6019	0,65481	2,4167	0,84417	11,529	Sig.
12	3,5370	0,66172	2,1481	0,85177	13,382	Sig.
13	2,9907	0,91197	1,4444	0,55254	15,070	Sig.
14	3,2963	0,71381	1,6389	0,60308	18,432	Sig.
15	3,3981	0,73548	1,4815	0,64824	20,317	Sig.
16	2,9907	0,95208	1,3426	0,49600	15,955	Sig.
17	3,2593	0,88993	1,8704	83266	11,843	Sig.
18	2,8241	1,03967	1,5000	0,58804	11,520	Sig.
19	3,0278	0,80255	1,4630	0,57072	16,513	Sig.
20	3,1944	0,75453	1,4722	0,53753	19,319	Sig.
21	3,1759	0,84088	1,6574	0,71253	14,318	Sig.
22	3,6204	0,54202	2,0278	0,83675	16,601	Sig.
23	3,0370	0,88525	1,5000	0,57193	15,156	Sig.
24	3,0463	0,90051	1,5741	0,58331	14,260	Sig.
25	3,6481	0,55222	1,8611	0,76682	19,653	Sig.
26	3,7315	0,50431	2,5278	0,86962	12,444	Sig.
27	3,3889	0,77137	1,7315	0,67818	16,770	Sig.
28	3,4630	0,70281	1,8241	0,74669	16,610	Sig.
29	3,3519	0,67415	1,5833	0,59789	20,396	Sig.
30	3,1852	0,92875	3,1111	0,76529	0,640	Non- Sig.
31	3,4907	0,58797	2,6296	0,82703	8,819	Sig.
32	3,6389	0,75453	2,5648	1,00720	8,870	Sig.
33	3,8056	0,46279	2,8148	0,99671	9,369	Sig.
34	3,1296	0,85481	1,5185	0,53793	16,578	Sig.
35	3,4630	0,74163	1,8148	0,75068	16,231	Sig.
36	3,6481	0,61621	2,5370	1,00862	9,769	Sig.
37	3,2222	0,84647	1,4167	0,61333	17,950	Sig.

By observing Table (7), we find that all items are statistically significant with a degree of freedom (214), a level of significance (0.05), and a tabular value (1.96), except for paragraph (30), which was less than the tabular value and was excluded from the scale, and in light of This procedure revealed that (36) paragraphs were distinct from a total of (37) paragraphs.

B - Internal consistency method

To extract internal consistency, the same data were applied that were used to extract the discriminatory power in the two-group method, amounting to (400) questionnaires, except for the data in paragraph (30) because it was not significant in the two-group method, as follows:

-The method of the relationship of the item score to the total score of the pessimism scale

Then calculate the Pearson correlation coefficient between each item of the scale and its total score, and Table (8) shows this.

Table (8): Evaluate the correlation coefficients between the score of each item and the total score of the pessimism scale

Parag raph	Correlation coefficient value *	Paragr aph	Correlation coefficient value	Paragrap h	Correlatio n coefficient value	Paragrap h	Correlatio n coefficient value
1	*0,518	10	*0,529	19	*0,720	28	*0,689
2	*0,443	11	*0,566	20	*0,761	29	*0,774
3	*0,702	12	*0,632	21	*0,628	31	*0,514
4	*0,615	13	*0,641	22	*0,717	32	*0,474
5	*0,688	14	*0,748	23	*0,711	33	*0,482
6	*0,742	15	*0,761	24	*0,693	34	*0,728
7	*0,757	16	*0,710	25	*0,728	35	*0,686
8	*0,430	17	*0,594	26	*0,616	36	*0,519
9	*0,736	18	*0,584	27	*0,706	37	*0,722

The extracted correlation coefficients represent the internal consistency coefficient of the scale, and it is clear from the table of correlation coefficients extracted using the internal consistency method, Table (13), that all correlation coefficients are statistically significant* at a significance level of (0.05), degrees of freedom (398), and a tabular value of (0.098). Its measurement shows that it is greater than the table value In light of this procedure, it was found that all paragraphs, a total of (36) paragraphs, are consistent1

- Validity indicators for the pessimism scale

A- Apparent honesty

The apparent validity was verified through the procedures that were carried out to verify the validity of the scale’s items, and the experts’ observations were taken into account by deleting (3) items, making modifications to some other items, and keeping the alternatives and their weights.

B- Construct validity

The researcher conducted a factor analysis and the results were that the scale was divided into about six factors.

The validity of this indicator was verified in previous procedures by analyzing

the scale's items statistically, which showed that there are (36) statistically significant items, as mentioned on page (92).

-Reliability index for the pessimism scale

The Cronbach's alpha reliability coefficient for the pessimism scale was (0.961), which is a high reliability coefficient

-The tool in its final form

The pessimism scale in its final form consisted of (36) items. All items of the scale were related to the phenomenon. The scale did not contain any areas. The scale alternatives were distributed in a four-way Likert method as follows (strongly agree, agree, reject, strongly reject).

The highest score that a respondent could obtain was (144), the lowest score was (36), and the hypothetical average of the scale was (90).

Fifth: Final application

Applying the standards together on a sample chosen by a random stratified method from the research community proportionately according to the gender variable, the number of which was (400) unemployed men and women, and then data analysis was conducted to extract results according to the nature and objectives of the research that were previously determined.

Results

-The first goal

Identify the defeat and trap of the unemployed After using the T-test, it appeared that the calculated T-value of (3.057) is greater than the tabulated T-value of (1.96) at a significance level of (0.05) with a degree of freedom (399), and this indicates that there is a statistically significant difference between the arithmetic mean And the hypothesized mean, this indicates that the unemployed have a defeat High.

As for the trap subscale, the arithmetic mean of the subscale (the trap) through the use of the t-test for one sample was found to be statistically significant, as it appeared that the calculated t-value of (8.673) is greater than the tabulated t-value of (1.96) at Significance level (0.05) at degree of freedom (399), and this It indicates that there is a statistically significant difference between the arithmetic mean and the hypothetical mean, and this indicates that the unemployed have a high sense of trap, and Table (9) shows this:

Table (9): One-sample t-test to measure defeat and entrapment among the unemployed

variable	No.	Arithmetic mean	Standard deviation	Hypothetical mean	T-value		Degree Of freedom	Level of Sig. (0,05)
					Calculated	Tabulated		
defeat	400	57,2650	14,81717	55	3,057	1,96	399	Sig.
trap	400	55,3275	12,28485	50	8,673	1,96	399	Sig.

-The second goal

Identify pessimism among the unemployed. By using a one-sample t-test, the difference was found to be statistically significant as it appeared that the calculated t-value of (4.336) was higher than the tabulated t-value of (1.96) at a significance level of (0.05) with a degree of freedom (399). This indicates that there is a statistically significant difference between the arithmetic mean and the hypothetical mean of the unemployed have high pessimism, and Table (10) shows this:

Table (10): One-sample t-test to measure pessimism among the unemployed

variable	the number	SMA	standard deviation	Hypothetical mean	T value		Degree of freedom	Significance level ,05(
					Calculated	Tabulation		
Pessimism	400	94,6975	21,66702	90	4,336	1,96	399	Statistically significant

-Third objective: Identify the correlation between (defeat and trap) and pessimism among the unemployed. The correlation coefficient between the sample members' scores on the subscales (defeat and trap) and their scores on pessimism were as follows: (0.834), (0.810). The first coefficient of (0.834) indicates that there is a positive correlation between defeat and pessimism, and the second coefficient of (0.810) indicates) until there is a positive correlation between trap and pessimism, it turns out that the values of the calculated correlation coefficients are greater than the tabulated value of the correlation coefficient. This means that the coefficients are statistically significant, as shown in Table (11).

Table (11): The value of the correlation coefficients between (defeat and trap) and pessimism and their statistical significance

Variables	Correlation coefficient value	Critical value of the correlation coefficient	Significance level (0,05)
Defeat x pessimism	*0,834	0,098	Sig.
Trap x pessimism	*0,810	0,098	Sig.

-Fourth objective: Identify the extent to which (defeat and trap) contribute to predicting pessimism among the unemployed. After calculating the simple correlation coefficients between the research variables, as in Table (11), it turns out that the correlation coefficients are statistically significant* at a degree of freedom (398), a level of significance (0.05) and a tabular value (0.098), and these coefficients indicate the ability of the independent variables (Defeat and trap) to predict the dependent variable (pessimism), if it was a quantity. The multiple correlation coefficient between the independent variables and the dependent variable is (0.847), which is greater than the simple correlation coefficients between these variables.

To determine the extent to which these variables contribute to predicting

pessimism, multiple regression analysis was used using the usual Enter type method on the final extracted data. The value of the coefficient of determination R² (Coefficient of Determination) was extracted through regression analysis of variance and its amount was (0.717), which indicates the quality of the regression analysis model in prediction, and also indicates that the independent variables referred to above together explain an amount of (71.7%) of the total variation in degrees of pessimism, if they were. The calculated F-value of (5040,338) is statistically significant at the significance level (0.05) because it is greater than the tabular F-value of (3.02) at two degrees of freedom (397:2), as Table (12) shows.

Table (12): Multiple regression analysis of variance of the value of the coefficient of determination for the independent variables (trap and defeat) on the scores of the dependent variable pessimism

Source of variance	Sum of Squares	Degree of freedom	Mean Square	F value	Significance level (0,05)
Regression	1344110,842	2	672050,921	5040,338	Sig.
Residual	529020,555	397	1330,256		
Total	1873140,398	399			

To find out the independent variables (defeat and trap) that contribute to the prediction of the dependent variable (pessimism), all of the (regression coefficients B and their standard error, standard regression coefficients Beta and T-values) were extracted for the independent variables in the scores of the dependent variable, as Table (13) shows.

Table (13) Regression coefficients for the independent variables (trap and defeat) on the scores of the dependent variable (pessimism)

Independent variables	Regression coefficient	Standard error	Standard regression coefficient Beta	T value T	Significance level (0,05)
Fixed amount	170,286	20,672		60,470	Statistically significant
Defeat	0,792	0,085	0,542	90,308	Statistically significant
The trap	0,579	0,103	0,328	50,644	Statistically significant

Recommendations

Based on the findings of the current research, the researcher recommends:

To all decision-makers, work as much as possible to provide job opportunities for the unemployed in order to satisfy their psychological desires and keep them away from feelings of defeat and trap, leading to pessimism and then depression.

Proposals

The current research required the researcher to suggest conducting a study:

- 1- Similar to different communities, such as widows, divorcees, and people with disabilities.
- 2- A comparison between the unemployed and the employed in the two research variables.

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