



**Psychological stress among university professors and its relationship to
some variables (Jazan University)**

الضغوط النفسية وسط الأساتذة الجامعيين وعلاقتها ببعض المتغيرات بجامعة جازان

Dr. Osman Hamadain Osman Abd Alla.¹

Abstract:

This study aimed to measure psychological stress among Sudanese university professors (Jazan University) and its relationship to some variables. The researcher used the descriptive method and stressful life events (predisposition of stress) and checking level of stress scales prepared by Holmes and Rahe (1967) and a primary data form. The research sample consisted of (45) Sudanese university professors selected by random stratified method from literary colleges(150)according to variables of the study(faculty, degree of profession, age , marital state, presence of children, years of immigration, health , and practicing sports). The data manipulated by (SPSS) (one sample T- test ، T-test, Scheffe test, Anova) and the main results were:

¹ Jazan university .Faculty of education. Department of psychology. E.
osman196027@gmail.com



1-The general trait of predisposition of psychological stress is moderate and statistically significant (sig 0.02).

2-The general trait of psychological stress level is below average and statistically significant (sig 0.00).

3- 1-There are no statistically significant differences in level of predisposition of psychological stress attributed to the (faculty, degree of profession, age, years of immigration and health).

3-2- There are statistically significant differences in level of predisposition of psychological stress attributed to (marital state , presence of children and practicing sports).

4-1- There are no statistically significant differences in level of psychological stress attributed to the (faculty, degree of profession, age , years of immigration, health and practicing sports).

4-2- There are statistically significant differences in level of psychological stress attributed to the (marital state and presence of children).The results were interpreted, discussed and there were suggestions and recommendations such as:

1-Activating guiding and counseling role in dealing with stress.



2- Implementing programs in fields of adapting to new environments.

3-Activating entertainments, cultural and social activities that help to change routine and stereotyping life.

Key words: trait, psychological stress, variables, Sudanese university professors.

المستخلص:

هدفت الورقة إلى قياس الضغوط النفسية لدى الاساتذة الجامعيين السودانيين بجامعة جازان وعلاقتها ببعض المتغيرات. استخدم الباحث المنهج الوصفي ومقياس أحداث الضغوط الحياتية (قابلية التعرض للضغوط) ومقياس مستوى الضغوط من اعداد هولمز و زاهي (1967) واستمارة للبيانات الأساسية، وتم اختيار عينة عشوائية طبقية وعددها (45) أستاذاً جامعياً سودانياً (30%) من جملة الاساتذة بالكليات الادبية (150) حسب متغيرات الدراسة (الكلية ، الدرجة العلمية ، العمر ، الحالة الاجتماعية ، وجود الأطفال ، سنوات الاغتراب ، الحالة الصحية ، وممارسة الرياضة). ولمعالجة البيانات أُستخدم برنامج الحزمة الإحصائية للعلوم الاجتماعية ، باستخدام اختبار(ت) لعينة واحدة ، اختبار(ت) لمتوسطين، اختبار شيفي ، واختبار انوفا وكانت اهم النتائج:

1. السمة العامة لقابلية التعرض للضغوط متوسطة وذات دلالة إحصائية (0,02).
2. السمة العامة للضغوط أقل من المتوسط وذات دلالة إحصائية (0,00).
3. لا توجد فروق ذات دلالة إحصائية في مستوى قابلية التعرض للضغوط تعزي لمتغيرات(الكلية ، الدرجة العلمية ، العمر ، سنوات الاغتراب والحالة الصحية).



3-2- توجد فروق ذات دلالة إحصائية في مستوى قابلية التعرض للضغوط تعزي لمتغيرات(الحالة الاجتماعية ، وجود الأطفال وممارسة الرياضة).

4-1- لا توجد فروق ذات دلالة إحصائية في مستوى الضغوط تعزي لمتغيرات (الكلية ، الدرجة العلمية ، العمر ، سنوات الاغتراب ، الحالة الصحية وممارسة الرياضة).

4-2- توجد فروق ذات دلالة إحصائية في مستوى الضغوط تعزي الي متغيرات (الحالة الاجتماعية ، وجود الأطفال). وتمت مناقشة وتفسير النتائج ، وقدمت توصيات ومقترحات لمزيد من الدراسات مثل:

1- تفعيل برامج إرشادية وتوجيهية في مجال التعامل مع الضغوط.

2- تطبيق برامج في مجالات التوافق مع البيئات الجديدة.

3- تفعيل وسائل الترفيه والأنشطة الثقافية والاجتماعية التي تساعد على تغيير نمط الحياة الروتينية.

الكلمات المفتاحية:

السمة العامة ، الضغوط النفسية، المتغيرات الديمغرافية ، الاساتذة الجامعيين السودانيين.



Introduction:

Nowadays humans are living in a world, simply can be described as a world of conflicts, demands, rabid changes in technology, cultures, morals and mass immigrations abroad seeking better life and economic situation specially from third world to developing and rich countries and as a result of this they have a new live abroad so they face many problems such as anxiety, tension, threats due to working environment, life styles as well as been away from home and family ^(1.2). Hussein (2000) explained that (psychological stress is closely related to disorders of blood, diabetes, arteriosclerosis, dyspnea, nervous colon and headache, it also leads to poor concentration, memory, diminished ability to solve problems, misconceptions of attitudes and people, and social disturbances such as social withdrawal and doubt and impotence of social harmony)⁽³⁾.

This study concerned with psychological stress to Sudanese university professors Jazan university, there are many problems face them , personal and academic stress include lectures, research, correcting examinations and assignments, financial matters, interpersonal relationships, the surrounding environment, lack of time for study, poor vision and being away from family. So the researcher can say there are many causes of psychological stress face them and how to adjust



to? And as the sample of the study are university professors who are high educated persons so the researcher thinks they have adequate tools of adaptation because they characterized with rational thinking that help them to think logically in searching sources of concern and its causes , solving problem using cognitive strategy. Practicing entertainment and social support strategy. Higgins & Endler (1995) have identified three methods and processes to deal with stress:

1. Emotional oriented: It refers to the emotional reactions of the individual and is reflected in his / her way of dealing with the problem, including feelings of distress, tension, anxiety, annoyance, anger, sorrow, and despair.
2. Avoidance oriented approach: It is the individual's attempts to avoid a direct confrontation with the pressing positions, and to simply withdraw from the situation. This method is also called method of obsessive dealing with positions of pressure.
3. Task oriented: The active behavioral attempts by the individual to deal directly with the problem, in a realistic and rational way, including, knowing the real causes of the problem, and taking advantage of experience in previous



situations, and proposing alternatives to deal with the problem and choose the best, and an immediate plan to address it⁽⁴⁾.

State of the Problem:

Through observation and contact with Sudanese professors in many events, the researcher came to the idea of studying the psychological stress and its relation with some variables among Sudanese university professors .Jazan University in light of the circumstances of immigration, by answering the following questions:

1. What is the general trait of predisposition of psychological stress?
2. What is the general trait of the psychological stress?
3. Is there a relationship between predisposition of psychological stress and (faculty, degree of profession, age, years of immigration, health, marital state, presence of children and practicing sports)?
4. Is there a relationship between psychological stress and (faculty, degree of profession, age, years of immigration, health, marital state, presence of children and practicing sports)?



Importance of study:

1. Stem from the importance of the topic (psychological stress among Sudanese university professors (Jazan University) and its relationship to some variables) and the sample studied.
2. May find results that help Sudanese university professors to adapt.

Objectives of the study:

1. To identify level of psychological stress and its relationship to the variables of study.
2. To know whether there are differences due to the variables of the study.
3. To find out the relationship between psychological stress and psychological well-being.

Hypotheses of the study:

- 1- What is the general trait of predisposition of psychological stress of Sudanese university professors Jazan University?)
- 2- There are statistically significant differences in level of predisposition of psychological stress attributed to :(2-1- The faculty. 2-2- The degree of profession. 2-3-Age. 2-4- Social state (married or single). 2-5- Presence of



the family (children and wife). 2-6- Years of immigration. 2-7- Having chronic disease. 2-8- Practicing sports).

3- What is the general trait of psychological stress of Sudanese university professors University of Jazan?

4- There are statistically significant differences in level of psychological stress attributed to: (4-1- The faculty. 4-2- The degree of profession.4-3-Age.4-4- Social state (married or single). 4-5- Presence of the family(children and wife). 4-6- Years of immigration. 4-7- Having chronic disease. 4-8- Practicing sports.)

Limitations of the study:

The study of psychological stress and its relationship with some variables among Sudanese university professors. Jazan University (2017-2018).

Theoretical framework:

Included Sudanese university professors at Jazan university .Psychological stress. Previous studies.



Terminology of study:

Sudanese university professors:

Are persons who left their home and went abroad to work? They are high educated persons (Holding high degrees (Master's, PhD and professor degree).

Psychological stress:

Stress in the language: Fayrouz Abadi (2005) Pressing in the annexation means narrowness and intensity, and squeezed is pressing and pressed and crowded, and pressed means crowd ⁽⁵⁾.

Procedural psychological stress:

The total scores obtained by Sudanese university professors in the dimensions of the stressful life events (predisposition of stress) and checking level of stress scale prepared by(Holmes and Rahe) ⁽¹⁾.

Niall and Abdullah (1997) (Psychological stress is the emotional state experienced by the individual, resulting from his sense of threat and associated with personal security, his sense of tension in confronting them .Also methods of dealing with stress reflecting a set of cognitive, psychological, physical or social behaviors and activities undertaken by the individual in order to reduce level of psychological stress, whether those activities intentionally or unintentionally. The



methods of dealing with the pressures in the current study are defined as the degree which the student obtains in the scale methods of dealing with stress ⁽⁶⁾.

Psychological stress is a state of imbalance resulting from individual being subjected to bad psychological feelings of anxiety, tension, distress and exhausting thinking in events and experiences of life experienced in the past or live present or feared in the future, and cause harmful physiological disorders.

Lazarus, R. S., & Folkman (1984) referred to the term stress as a general term that refers to many problems, and that these problems are stimuli that result in stressful reactions. They stressed that field of stress includes physiological, social and psychological aspects and concepts associated with them. They believed that pressure is not exciting or responsive; it is a bilateral relationship between the individual and the environment that affects the individual and is influenced by the environment. Psychological pressure is defined as (The outcome of an individual's assessment of his or her own sources to determine their adequacy and appropriateness to meet their needs and the requirements of the living environment, and occurs when demands of life exceed and estimate the adaptive sources of the individual) ⁽⁷⁾.



Hussein (2000) (There is no doubt that man does not stand idle in facing any pressure that threatens his life. The preservation of the human soul and its balance is an innate instinct enjoyed by man. Therefore, the university student faces these pressures in an attempt to deal with and adapt to and mitigate the effects or resolve, and uses the strategies or methods of knowledge, emotional and behavioral) ⁽⁸⁾.

Previous studies

1-Jong-Ho Kim, Larry A. McKenzie (2014). The study aimed at investigating the in-depth information regarding impacts of physical exercise on psychological well-being in university students with an emphasis on coping with stress in the context of leisure. A qualitative research, based on interview to draw findings in an inductive way, was conducted. Nine university students in a large mid-west university. The interview on the basis of phenomenological research examined what the participants experienced with leisure time physical exercise in conjunction with stress coping and mental health. Themes: positive emotion, unity of mind and body, heightened self-esteem, leisure, problem-focused coping, and self-regulation of health behavior. This research may shed a light in illuminating potential mechanism of how regular physical exercise is conducive to enhanced



health behavior as well as effective stress coping in university students in the context of leisure. In particular, this research appears to be meaningful in suggesting that regular leisure-time physical exercise can lead to an effective problem-focused coping through elicitation of positive emotion.⁽⁹⁾

2- Lazarus, R. S., & Folkman (1984) pp.21-39. Stress appraisal and coping.⁽¹⁰⁾
Stress,

3-Hussein (2000) p-4. Psychological stress and its physiological, psychological, mental and behavioral effects, Work paper, University of Petra, Amman ⁽¹¹⁾.

4-Nader Fahmy Al – Zayyud (2013) : Strategies to deal with stress . Qatar University students and their relationship to some changes. Department of Psychological Sciences – Faculty of Education. Qatar University ⁽¹²⁾.

5-(Niall and Abdullah, 1997). Methods of dealing with stress ⁽¹³⁾.

Method and procedures of the field study:

Methodology:

The researcher used the descriptive method which is suitable for this study. Because it leads to describe what is being and its interpretation (Cohen 1990)
⁽¹⁴⁾.



Study population:

Consisted of (150) Sudanese university professors who work at Jazan university faculties of (Arts, Education, Sharia and Law, Preparatory year (Literary)). The study did not include female professors and scientific colleges.

Study sample:

Abu Allam (2003) defined it as a subset of society with common characteristics ⁽¹⁵⁾. The sample was selected in stratified random sample way among the list of Sudanese university professors who worked in the university to select (45) university professors (30%) according to the variables of the study (Table-1).

Table No (1) shows frequency and percentages of the study sample

	Variables	Dimensions	NO	Percent
1	Faculty	Arts	13	28.9%
		Education	8	17.8%
		Preparatory	24	54.0%
2	The degree of profession	Professor	2	4.4%
		Co-professor	2	4.4%



		Assistant professor	17	37.7%
		Lecturer	24	54.0%
3	Age	30-40 years old	8	17.8%
		41-50	29	64.6%
		51-60	8	17.8%
4	Marital status	Married	40	88.9
		Not married	5	11.1%
5	Presence of the family(children and wife)	Yes	27	60.0%
		No	18	40.0%
6	Years in Saudi Arabia	1-2	2	4.4%
		3-4	28	62.3%
		5 and more	15	33.3%
7	Having chronic disease	Yes	16	35.40%
		No	29	64.60%
8	Practicing sports	Yes	34	75.6%
		No	11	24.4%

**Data collection tools:**

The tool is the means or methods used by the researcher to collect the necessary information to address the problem of study and verify the validity of hypotheses and access to results. The researcher used two forms: A basic information form included the demographic variables of the study and two scales:

1-**Stressful life events** (predisposition of stress) Holmes and Rahe scale (1967). It measures the actual events that took place last year. It can also be used to measure individual's perception or appreciation of severity of events and their impact on the pressures even if they are not exposed to them. The highest degree of (100) death of husband or wife and the lowest (11) degrees celebrations and events and irregularities of the simple events. In 1967 psychiatrists Holmes and Rahe examined the medical records of over (5,000) medical patients as a way to determine whether stressful events might cause illnesses. Patients were asked to tally a list of (43) life events based on a relative score. A positive correlation of (0.118) was found between their life events and their illnesses.



Their results were published as the Social Readjustment Rating Scale (SRRS) known more commonly as the Holmes and Rahe Stress Scale. Subsequent validation has supported the links between stress and illness ⁽¹⁶⁾.

Rahe carried out a study in (1970) testing the validity of the stress scale as a predictor of illness. The scale was given to (2,500) US sailors and they were asked to rate scores of 'life events' over the previous six months. Over the next six months, detailed records were kept of the sailors' health. There was a (+0.118) correlation between stress scale scores and illness, which was sufficient to support the hypothesis of a link between life events and illness. In conjunction with the Cornell medical index assessing, the stress scale correlated with visits to medical dispensaries, and the H&R stress scale's scores also correlated independently with individuals dropping out of stressful underwater demolitions training due to medical problems. The scale was also assessed against different populations within the United States (with African, Mexican and White American groups). The scale was also tested cross-culturally, comparing Japanese and Malaysian groups with American populations ⁽¹⁾.



Table No (2) explains degrees of predisposition of psychological stress

Degrees	Predisposition of psychological stress
100-200	Low
201-240	Moderate
250 and more	High

The validity:

The scale (Stressful life events) was presented to five specialists from department of psychology. They pointed out that the scale measures what was prepared for, and that the dimensions are clear and measured directly.

The Reliability: The researcher used Alpha Cronbach's method to measure the reliability (Table-3).



Table (3) shows reliability of stressful life events scale:

	%	N
Cases valid	44	97.8
Excluded	1	2.2
Total	45	100.0

Cronbach's Alpha	No of Items
0.98	33

The reliability is (0.98).

2- Table No (4) shows the reliability of checking level of stress scale:

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	No of Items
.822	.840	32

The reliability is (0.82).

Table No (5) shows scores (options of the scale):

Options	Never =1	Sometimes =2	Frequently =3	Always= 4
Degrees	32	64	96	128

**Table No (6) Explains level of stress degrees:**

Degrees	level
32-64	Succeeded and effective in administrating psychological stress
65-95	Have psychological stress (secure but you need to improve).
96-128	Have high psychological stress(need to develop new strategies to help reducing pressure).

Study procedures:

The scale was applied by the researcher (field study) 2017-2018.

Statistical analysis:

After collecting data, the researcher coded the variables of the study and then unloaded and tabulated, and subjected to statistical analysis, where all data entered into the memory of the computer using (SPSS) and the explanation provided by Abu Allam(2003) for statistical analysis ⁽¹⁴⁾.

The results, discussion and interpretation:**1-Presentation and discussion of the first hypothesis:**

(What is the general trait of the predisposition of psychological stress of Sudanese university professors Jazan University?). And to verify the validity of this hypothesis the researcher used one sample T-Test, the results of this procedure are shown in

(Table -7):



Table No (7) shows (T) Test for one sample to know the general trait of the predisposition of psychological stress

No	Theoretical Mean	stand Mean	SD	T value	Sig
45	16.00	20.00	0.84	3.21	0.02 (Moderate)

Table No (7) shows that the arithmetic mean (20.00) is greater than the theoretical mean (16.00) and indicates that the general trait of predisposition of psychological stress is moderate (sig 0.02). Probability value is (0.05) and statistically significant .So they are ready to do anything. They need counseling programs to reduce stress (prevention is better than cure). There are nine events related to work, which means the importance of work pressure and the possibility of impact on the life of the individual and his psychological and physical health. Holmes and Rahi studies found that individuals who obtained 300 degrees on the scale during the previous year were more likely than others who have lower degrees of disease and other problems associated with stress two or three times (Higgins 1998)⁽¹⁶⁾ .

2– Presentation and discussion of the second hypothesis:

2.1–The hypothesis states that (There are statistically significant differences in level of predisposition of psychological stress attributable to the faculty).To verify the above hypothesis, the researcher used one way Anova, and this procedure showed the following results (Table –8):

Table No (8) shows level of predisposition of psychological stress attributed to the faculty

	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	38286.996	2	19143.498	1.785	.180
Within Groups	450520.649	42	10726.682		
Total	488807.644	44			

There are no statistically significant differences in level of predisposition of psychological stress attributed to the faculty. The researcher believes that the situations in literary colleges at Jazan University are similar in terms of financial conditions, housing, etc., and their presence in one compound, Abu–Rish and the preparatory year, Jazan had a clear effect in the similar circumstances and reflected in the absence of statistical significance differences.

2.2–The hypothesis states that(There are statistically significant differences in level of predisposition of psychological stress attributable to the degree of profession) .To verify the above hypothesis, the researcher used one way Anova , this procedure showed the following results (Table –9):

Table No (9) shows level of predisposition of psychological stress attributed to the degree of profession

	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	20650.193	3	6883.398	.603	.617
Within Groups	468157.451	41	11418.474		
Total	488807.644	44			

There are no statistically significant differences in level of predisposition of psychological stress attributed to the degree of profession.

2.3–The hypothesis states that (There are statistically significant differences in level of predisposition of psychological stress attributable to age). To verify the above hypothesis the researcher used one way Anova, this procedure showed the following results (Table –10):



Table No (10) shows level of predisposition of psychological stress attributed to age

	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	4577.137	2	2288.569	.199	.821
Within Groups	484230.507	42	11529.298		
Total	488807.644	44			

There are no statistically significant differences in level of predisposition of psychological stress attributed to age. The researcher believes that the least age of the samples is 30 years, a period sufficient to make them mature in different aspects which leads to the absence of differences in variable (age).

2.4–The hypothesis states that (There are statistically significant differences in level of predisposition of psychological stress attributed to social state (married or single). To verify the above hypothesis, the researcher used T–test for independent groups, this procedure showed the following results (Table11):



Table No (11) shows level of predisposition of psychological stress attributed to marital state

Marital state	N	Mean	Std. Deviation	SIG	T
Married	40	164.22	104.172	0.006	0.88
single	5	120.00	119.267		0.79

There are statistically significant differences in level of predisposition of psychological stress attributed to marital state In favor of unmarried but not statistically significant, possibly to the size of the unmarried sample, also, unmarried professor may be less stress because there is no wife and children which in turn reduces the degree of thinking about family but may have problems of another kind because of the thought of forming a family and marriage.

2.5–The hypothesis states that (There are statistically significant differences in level of predisposition of psychological stress attributed to presence of the family (children and wife). To verify the above hypothesis, the researcher used T–test for independent groups, this procedure showed the following results (Table –12):



Table No (12) shows level of predisposition of psychological stress attributed to presence of the family

Accompanied by children and wife	N	Mean	Std. Deviation	SIG	T
Yes	27	145.33	103.660	0.009	1.09
No	18	180.28	107.440		1.09

There are statistically significant differences in level of predisposition of psychological stress attributed to presence of the family, professors who are unaccompanied by their families are more likely to be under stress more than those with their families and T-value was high.

2.6–The hypothesis states that (There are statistically significant differences in level of predisposition of psychological stress attributed to years of immigration) to verify the above hypothesis the researcher used one way Anova, this procedure showed the following results(Table -13):

Table No (13) shows level of predisposition of psychological stress attributed to years of immigration

	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	16105.304	2	8052.652	.715	.495
Within Groups	472702.340	42	11254.818		



	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	16105.304	2	8052.652	.715	.495
Within Groups	472702.340	42	11254.818		
Total	488807.644	44			

There are statistically significant differences in level of predisposition of psychological stress attributed to years of immigration, it is clear that living with people for a long period of time will be a contributing factor to adapt to this society.

2.7–The hypothesis states that (There are statistically significant differences in level of predisposition of psychological stress attributed to having chronic disease) to verify the above hypothesis the researcher used T–test for independent groups, this procedure showed the following results (Table –14):

Table No (14) shows level of predisposition of psychological stress attributed to having chronic disease

Health problems	N	Mean	Std. Deviation	SIG	T
Yes	16	155.25	91.461	0.26	0.19
No	29	161.55	113.848		0.20



There are statistically significant differences in level of predisposition of psychological stress attributed to health problems.

2.8–The hypothesis states that (There are statistically significant differences in level of predisposition of psychological stress attributed to practicing sports) To verify the above hypothesis the researcher used T–test for independent groups, this procedure showed the following results (Table –15):

Table No (15) shows level of predisposition of psychological stress attributed to practicing sports

practicing sports	N	Mean	Std. Deviation	SIG	T
Yes	34	150.94	111.025	0.001	1.07
No	11	185.18	85.021		1.08

There are statistically significant differences in level of predisposition of psychological stress attributed to practicing sports in favour of those who practicing sports. It is also known the importance of exercise and its usefulness in various psychological, mental, health and social aspects and also a means of entertainment. As Jong–Ho Kim, Larry A. McKenzie (2014) p.1. in their researched (regular leisure–time physical exercise can lead to an effective problem–focused coping through elicitation of positive emotion).

3–Presentation and discussion of the third hypothesis: (What is the general trait of psychological stress of Sudanese university professors University of Jazan?) And to verify the validity of this hypothesis, the researcher used (one sample T–Test) the results of this procedure (Table –16):

Table No (16) shows T–Test for one sample to know the general trait of psychological stress

No	Theoretical Mean	Arithmetical Mean	SD	T	Sig
45	61	80	11.6	10.30	0.00

Table (16) shows that the arithmetic mean (80.00) is greater than the theoretical mean (61.00) indicating that the general trait of the psychological stress level is below average and statistically significant (sig 0.00) . Probability Value is (0.05).

Table No (17) shows the distribution of the sample members on the stress level

	No	%	level
32–64	33	73.3	Succeeded and effective in administrating psychological stress
65–95	11	24.4	Have psychological stress (secure but you need to improve).
96–128	1	2.20	Have high psychological stress(need to develop new strategies to help reducing pressure).

4–Presentation and discussion of the fourth hypothesis:

4.1–The hypothesis states that (There are statistically significant differences in level of psychological stress attributed to the faculty). To verify the above hypothesis, the researcher used one way Anova , this procedure showed the following results (Table –18):

Table No (18) shows level of psychological stress attributed to the faculty

variable	Sum of Squares	F	Mean Square	D f	Sig.
Between groups	166.3	2	83.14	0.612	0.55
Within groups	5706.3	42	135.90		
total	5872.6	44			

There are no statistically significant differences in level of psychological stress attributed to the faculty.

4.2–The hypothesis states that(There are statistically significant differences in level of psychological stress attributed to the degree of profession). To verify the above hypothesis, the researcher used one way Anova , this procedure showed the following results (Table –19):

Table No (19) shows level of psychological stress attributed to the degree of profession

	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	483.362	3	161.121	1.177	.330
Within Groups	5613.882	41	136.924		
Total	6097.244	44			

There are no statistically significant differences in level of psychological stress attributed to the degree of profession

4.3–The hypothesis states that(There are statistically significant differences in level of psychological stress attributed to age.) To verify the above hypothesis, the researcher used one way Anova , this procedure showed the following results(Table –20):

Table No (20) shows level of psychological stress attributed to age

	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	534.502	2	267.251	2.018	.146
Within Groups	5562.743	42	132.446		
Total	6097.244	44			

There are no statistically significant differences in level of psychological stress attributable to age.

4.4–The hypothesis states that (There are statistically significant differences in level of psychological stress attributed to marital state married or single). To verify the above hypothesis, the researcher used T–test for independent groups, this procedure showed the following results (Table –21):

Table No (21) shows level of psychological stress attributed to the marital state

marital state	N	Mean	Std. Deviation	Std. Error Mean
Married	40	60.98	11.687	1.848
Single	5	56.80	13.161	5.886

There are statistically significant differences in level of psychological stress attributed to the marital state In favor of unmarried but not statistically significant, possibly to the size of the unmarried sample(sig bigger than 0.05).

4.5–The hypothesis states that (There are statistically significant differences in level of psychological stress attributed to the presence of the family (children and wife.) To verify the above hypothesis, the researcher used T–test for independent groups, this procedure showed the following results (Table –22):



Table No (22) shows level of psychological stress attributed to the presence of the family

presence of the family	N	Mean	Std. Deviation	Std. Error Mean
Yes	27	62.19	12.561	2.417
No	18	58.00	10.307	2.429

There are statistically significant differences in level of predisposition of psychological stress attributed to presence of the family , professors who are accompanied by their families are more likely to be under stress more than those without their families (sig 0.45) but the differences is not statistically significant.

4.6–The hypothesis states that(There are statistically significant differences in level of psychological stress attributed to years of immigration). To verify the above hypothesis, the researcher used T–test for independent groups, this procedure showed the following results (Table –23):

Table No (23) shows level of psychological stress attributed to years of immigration

	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	437.133	2	218.566	1.622	.210
Within Groups	5660.112	42	134.765		



	Sum of Squares	D f	Mean Square	F	Sig.
Between Groups	437.133	2	218.566	1.622	.210
Within Groups	5660.112	42	134.765		
Total	6097.244	44			

There are no statistically significant differences in level of predisposition of psychological stress attributed to years of immigration.

4.7–The hypothesis states that (There are statistically significant differences in level of psychological stress attributed to having chronic disease). To verify the above hypothesis, the researcher used T–test for independent groups, this procedure showed the following results (Table –24):

Table No (24) shows level of psychological stress attributed to having chronic disease

Having chronic disease	N	Mean	Std. Deviation	Std. Error Mean
Yes	16	59.69	11.312	2.828
No	29	60.97	12.190	2.264

There are no statistically significant differences in level of predisposition of psychological stress attributed to having chronic disease.

4.8–The hypothesis states that (There are statistically significant differences in level of psychological stress attributed to practicing sports. To verify the above hypothesis, the researcher used T–test for independent groups, this procedure showed the following results (Table –25):

Table No (25) shows level of psychological stress attributed to practicing sports

practicing sports	N	Mean	Std. Deviation	Std. Error Mean
Yes	34	60.00	11.319	1.941
No	11	62.09	13.538	4.082

There are no statistically significant differences in level of predisposition of psychological stress attributed to practicing sports.

Conclusion of the study

Summary of the most important results

1–The general trait of the predisposition of psychological stress is moderate and statistically significant (sig 0.02).

2–The general trait of the psychological stress level is below average sig (0.00).



3- 1- There are no statistically significant differences in level of predisposition of psychological stress attributed to (faculty, degree of profession, age, years of immigration and health).

3-2- There are statistically significant differences in level of predisposition of psychological stress attributed to (marital state, presence of children and practicing sports).

4-1- There are no statistically significant differences in level of psychological stress attributed to the (faculty, degree of profession, age, years of immigration, health and practicing sports).

4-2- There are statistically significant differences in level of psychological stress attributed to the (marital state, presence of children).

Recommendations and Suggestions

1- Activating the guiding and counseling role dealing with stress.

2- Developing programs in fields of adapting with new environments.

3- Activating entertainments. Cultural and social activities that help to change the routine and stereotyping life.

1- Repeating the same study but include female professor and scientific colleges.

2- Repeating the same study with International students.



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