



Factors Effecting Psychological And Social Needs Of Orphans' Mothers

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Abstract

The aim of the current study is to explore the variables related to psychological and social needs and to identify the important factors affecting the needs of orphans' mothers: age, family category, belonging period, duration of marriage before the husband's death, financial status, widowhood period, educational level, family economic standard, number of male and female children, and mental health indicators. The study sample comprised 137 orphans' mothers. Al-Muammar et al. (2020) prepared a psychological and social needs questionnaire and a list of indicators of mental health. The results showed that the mothers most in need in the psychological and social dimensions are the youngest and those whose marriage period was short before the husband's death. The severity of these needs increases when mothers have a higher educational level. In addition, there is no significant correlation between the psychological and social needs of the orphans' mothers, their economic status, and the duration of widowhood. Moreover, the results indicated that two factors contributed to predicting the psychological and social needs of the orphans' mothers: the number of daughters in the family and the ideas that mothers did not want to share with others. Psychological needs increase among mothers with a high educational level, while social needs increase among younger mothers.

Keywords: Orphans' mother (widow), psychological and social needs, multiple linear regression

Psychological and Social Needs of Orphans' Mothers

Orphans' mothers are a unique population with critical psychological and social needs. They are also considered one of the social groups that have been exposed to exceptional circumstances as a result of the loss of a husband. This loss is a crisis and a psychological and social threat (Rashid, 2004). The loss of the husband may lead to negative psychological effects, including psychological stress (Carnelley et al., 2006; DeMichele, 2009;

Wilcox et al., 2003), feelings of anger, maladjustment, mood changes, sleep disturbance, energy loss, and a sense of fatigue (Wlasenko, 2009). In addition, it affects social aspects, leading to alienation, an inability to enjoy pleasant situations, an inability to concentrate, and severe forgetfulness (Ross & Kessler, 2005). Thus, the widow feels that she has many burdens preventing her from satisfying her psychological and social needs.

Maslow identified five basic individual needs: physiological needs, security,

social needs, self-esteem, and self-actualization. For a person to live, work, and thrive, all of these needs must be satisfied, at least to some extent. The satisfaction of lower-order needs will lead to the activation of the next level of needs (Das et al., 2018; Desmet & Fokkinga, 2020; Rouse, 2004).

Widows face insecurity as a result of losing a husband, so the fulfillment of psychological and social needs may be affected. The loss of the husband severely affects the family, causing emotional imbalance and a weak sense of psychological security. It also generates fear of the future, especially in Islamic societies where the husband is responsible for fulfilling the needs of the family. This may cause psychological and social maladjustment for the widow. She may feel isolated and ignored in many social situations, leading to feelings of imperfection and incapability, a weak self-concept, and low self-confidence (Al-Muammar et al., 2020).

The widow will become responsible for satisfying her needs and the needs of her children concerning education, psychological aspects, and social needs, which is a tremendous burden (El-Samalooti, 2004; Ismail, 2010). Moreover, the needs of the orphans' mothers and the orphans themselves differ depending on the financial category of the family. Some widows may resort to registering their children in a charitable association to help satisfy their needs. Therefore, the surrounding factors or circumstances that affect a widow's psychological and social needs may vary, such as the level of tolerance to psychological pressures and social and cultural level (Hashem, 2001; Brill, 1998). These factors include age, number of children, economic and social status, education level, and mental health status (Al-Muammar et al., 2020). The results of several studies indicated that a woman who has lost her husband faces psychological and social problems and difficulty adapting to the different social conditions that arise after the death of her husband. Whatever the financial status of the family, she finds herself

responsible for the cohesion and solidarity of the family; she feels frustrated due to the increasing responsibilities in the absence of the father and the lack of cooperation from those around her (El-Samalooti, 2004; Al-Mallah, 2005).

Identifying the factors that explain the most vulnerable groups of widows helps identify problems before they occur and the types of interventions provided by charity institutions that can help these groups. Hence, the aim of the current study is to explore the variables related to the psychological and social needs of orphans' mothers. It identifies the critical factors that affect the needs of orphans' mothers (widows). It also aims to define how the variables, including family, education, demography, support level, and mental health indicators, predict the psychological and social needs of orphans' mothers.

Literature Review

Institutional care for orphans and their mothers in the Kingdom of Saudi Arabia began when the first care home was established in Medina in 1352 AH called Dar Al-Tarbia (Sadhan, 1999). Orphan care in the Kingdom was established as a result of traditional Islamic principles. The aspects of care involve social, psychological, health, educational, and recreational fields to develop national goals within the framework of the Kingdom's Vision 2030 (Council of Economic and Development Affairs, 2020). One of the indications of the Kingdom of Saudi Arabia's interest in caring for orphans and their mothers is that the number of specialized charitable societies that provide them with care reached approximately 157 associations distributed over all of the 13 administrative regions in the Kingdom of Saudi Arabia (Yateem, 2020).

Orphans and their families are classified according to economic and social standards. They are provided with necessary help and support according to their unique needs and challenges. In the context to promote support for orphans and their families, some associations have taken qualitative initiatives to

enhance the psychological and social aspects of orphans and their mothers. They do not rely only on strengthening the family's financial situation because psychological and social adjustments also support self-esteem and self-actualization. This leads to achievement according to Maslow's theory of needs (List of Rights and Duties Beneficiaries, 2022).

The Kingdom of Saudi Arabia's interest in caring for orphans and their mothers stems from the Islamic traditions urging them to do so, as shown in many noble verses in the Holy Qur'an. In addition, the honorable prophetic hadiths indicated the importance of showing benevolence and compassion. Allah says, "and to parents do good, and to relatives, orphans, the needy" (Holy Qur'an, 4:36). The Holy Qur'an also urges us to rescue the weak in society, including the poor, orphans, widows, and the needy, and to help them even if they are non-Muslims. Allah says, "And they give food in spite of love for it to the needy, the orphan, and the captive" (Holy Qur'an, 114:8). Prophet Mohammad, may God's prayers and peace be upon him, said, "I will be like this in Jannah with the person who takes care of an orphan" (Al-Bukhari, 2008, p. 76). Messenger of Allah (may God's prayers and peace be upon him) raised his forefinger and middle finger by way of illustration (Al-Bukhari, 2008).

One of the forms of caring for orphans is paying attention to those who care for them by studying the factors that can predict the psychological and social needs of the orphans' mothers (widows). A widow is defined as a woman whose husband died and who did not marry after him. The term "widow" is also used to refer to needy men and women, but it is used for women more often because the Arabs say that a person is widowed if they run out of food and become poor. A widow may have young children, which increases her suffering because she is both a widow and a mother of orphans (El-Sha'er, n.d.).

In Islamic society, an orphan is one who has lost their father. They are an orphan until they reach puberty; after that, they will not be an orphan. Moreover, the term "orphan" is

used generally for any person who has lost one of their parents (Ibn Faris, 2018; Al-Isfahani, 2009). However, the concept of an orphan differs in other cultures. It is defined as one who has lost one or both parents, and some of them reside in an orphanage (Abhishek, 2017; Babedi & Pillay, 2019; Caserta, 2017; De Witt & Lessing, 2010; Erango & Ayka, 2015; Mbangwa, 2013; Mudasir Naqshbandi et al., 2012; Nichols et al., 2014; Ntuli et al., 2020; Shulga et al., 2016; Thomas et al., 2020; Zhou, 2012). The current study is concerned with the psychological and social needs of orphans' mothers. It is also concerned with one who lost their father and lives with their mother who takes care of them.

Widows suffer from challenges as a result of their husband's death, which causes a delay in fulfilling psychological and social needs. A need is defined as a state of deficiency resulting from an unsatisfied requirement, such as the need for security, belonging, or achievement, which leads to a state of tension and anxiety that does not abate (Al-Otaibi, 2015; Kolab, 2015). Maslow (1943) distinguished five basic individual needs: physiological needs, security, social needs, self-esteem, and self-actualization. According to Deci and Ryan (2000), the satisfaction of human needs is essential for psychological growth and well-being. Ryan and Deci (2000) supported the idea that there are universal human needs related to people and that fulfilling them is likely to enhance their sense of well-being. Therefore, no need can be ignored or delayed without a negative impact on humans (Tay & Diener, 2011).

As a result of the loss of the husband, widows suffer from a lack of satisfaction in psychological needs. Previous studies concluded that widows suffer from significant psychological pressure (Al-Dhafiri, 2001) and that those with medium and low incomes tend to have trouble adjusting when facing the stresses of daily life (Al-Shirawi, 2012). Feelings of tension, anxiety, and depression result from losing a husband (Wahid & Mahmoud, 2008). There are also feelings of

psychological loneliness, insecurity and need for reassurance, and psychological and emotional emptiness (Al-Hussein, 2011), and this is related to anxiety about the future based on the nature of the husband's death, the duration of his illness, the number of children, and educational level (Abu Mutair, 2013).

Regarding social needs, two studies by Gouda (2016) and Al-Halloul and Muhsin (2013) concluded that older mothers are more satisfied and more well-adjusted in society than younger ones. However, a study by Al-Hussein (2011) found that widows suffer from social stigma, economic dependence on others, feelings of helplessness and weakness, a lack of interest on the part of the husband's family, interference of the husband's family in matters that pertain to the wife's life, a feeling that life is meaningless, and fear of abuse that may be inflicted on children. Wahid and Mahmoud (2008) found great burdens on widows and a low standard of living for the family, and a study by Al-Dhafiri (2001) concluded that widows feel pressure as a result of the problems of daily life and managing children and the home.

Therefore, the aim of the current study is to identify the variables related to psychological and social needs, the factors that affect the needs of orphans' mothers (widows), and to what extent the following variables can predict the psychological and social needs of the orphans' mothers: the number of male and female children; economic and social level; the widow's education level; the age of the widow; the family classification category in the charity; the duration of receiving services from the charity; the duration of the marriage; and the widow's mental health status.

The following are the research questions:

Question 1

What are the correlations of orphan mothers' psychological and social needs with other variables: age, number of children, level of education, duration of the marriage, and charity affiliation?

Question 2

What are the differences in means between the psychological and social needs of orphans' mothers according to the level of education and economic status of the family?

Question 3

What are the most important factors that predict the psychological needs of orphans' mothers?

Question 4

What are the most important factors that predict the social needs of orphans' mothers?

Methodology

The purpose of the current study was to explore variables related to psychological and social needs and to determine factors that influence the socio-psychological needs of orphans' mothers. The criterion variable was psychological and social needs as measured by needs assessment scales, whereas the independent variables were age, family category, affiliation duration, marriage duration, marital status, duration of widowhood, educational background, mother's occupation, family economic status, number of male and female children, and symptoms of mental health. The authors used a set of statistical analyses, including Pearson correlation, t-tests, ANOVA, and stepwise linear multiple regression model for continuous and categorical data to assess the predictability of independent variables in determining the psychological and social needs of orphans' mothers.

Participants

A total of 137 orphans' mothers participated in this study who were randomly selected from a database of an orphan's charity organization in the eastern province of Saudi Arabia. The sample size was determined using the Krejcie and Morgan equation (Krejcie & Morgan, 1970). The population of the sample was 830 mothers who were affiliated with the orphans' charity organization in Saudi Arabia. These mothers cared for more than 1,300 children whose fathers had passed away. The participants were Saudi widows who lost their husbands and got services from a professional

charity organization catering to orphans and their mothers. Table (1) shows the demographic information of the sample, including age distribution, affiliations, marital status, education background, and other demographic information. It is worth noting that most widows were singles taking care of their orphan children.

Measurements

Dependent variables. There were two scales of dependent variables: psychological and social needs. These were developed after reviewing extensive literature based on Maslow's theory of needs. For the psychological and social needs, two scales comprising 28 items distributed evenly on both constructs were employed, indicating the overall psychological and social needs of orphans' mothers. The items in both surveys were presented to participants in an electronic form, and answers were provided on a 5-point Likert scale response type from highly agree (5 points) to highly disagree (1 point). Four reviewers in the field of psychology and education judged the content validity of the scales, and corrections were made according to their feedback. Another face validity check with pilot participants was carried out. Reliability estimates of social and psychological needs, as

indicated by Cronbach's alpha, were .95 and .94, respectively.

Independent variables. Several factors were used as independent variables, including age, family category, affiliation duration, marriage duration, marital status, duration of widowhood, educational background, mothers' occupation, economic status, number of male and female children, and symptoms of mental health issues. A Patient Health Questionnaire (PHQ-9), is a diagnostic tool introduced in 2001 to screen adult patients in a primary care setting for the presence and severity of depression. It rates depression based on the self-administered Patient Health Questionnaire (Kroenke et al, 2001). The scale items reflected symptoms and signs that appeared in the last 3 months related to mental health. The PHQ-9 scale is commonly used by physicians as the first step in assessing symptoms of depression to refer to a professional psychologist. Therefore, it was used as one of the independent variables. The answers to the items were "yes" or "no." The total score ranged from 0 to 9. Those who scored from 7 to 9 were considered high-risk mothers, from 4 to 6 were considered intermediate-risk mothers, and from 1 to 3 were considered low-risk mothers. The mental health scale's reliability estimate indicated by Cronbach's alpha was .87.

Table 1 Frequency of demographic information about the sample (n = 137)

Variable	Response	Frequency	Percentage
Age	< 30 yrs.	14	10.2
	30 – 40	40	29.2
	40 – 50	58	42.3
	> 50	25	18.2
Family category	A	28	20.4
	B	33	24.1
	C	28	20.4
	D	31	22.6
	E	17	12.4
Affiliation duration	< 3 yrs.	6	4.4
	> 3 yrs.	131	95.6
Marital status	Widow	127	92.7
	Married	10	7.3

Duration of widowhood	< 5 yrs.	9	6.6
	5 – 10 yrs.	59	43.1
	> 10	69	50.4
Education	Elementary	81	59.1
	Secondary	41	40.9
	Undergraduate	14	29.9
	Graduate	1	10.2
Mother's occupation	Working	7	.7
	Household	130	94.9
Economic status	Poor	62	45.3
	Average	75	54.7

Table 2 Mean and standard deviation of psychological and social needs according to demographic factors (n = 137)

Variable	Response	Psychological Needs		Social Needs	
		Mean	SD	Mean	SD
Age	< 30 yrs.	3.14	0.95	3.36	0.63
	30 – 40	3.25	1.08	3.28	.99
	40 – 50	2.74	1.10	2.62	1.11
	> 50	2.52	1.50	2.48	1.50
Affiliation category	A	3.11	1.37	3.00	1.31
	B	2.85	1.09	2.91	1.21
	C	2.89	1.20	3.00	1.02
	D	2.87	1.26	2.77	1.23
	E	2.65	0.93	2.47	0.94
Education	Elementary	2.60	1.15	2.59	1.17
	Secondary or higher	3.30	1.11	3.25	1.05

Table 3 Mean and standard deviation of some demographic information about the sample (n = 137)

Variable	Response	Mean	SD
Age of Mother		47.57	8.99
Number of children	Male	2.72	2.09
	Female	2.82	2.03
Marriage duration		18.36 yrs.	11.72 yrs.

Procedure

Data collection. The current study used data collected from online questionnaires during the COVID-19 pandemic in April of 2020. The data were collected through an invitation to orphans' mothers via online sessions. Some mothers filled out an online version, whereas those who were illiterate were interviewed by counselors. Completion of the survey was voluntary and confidential. The participants

gave their consent for us to use the data for research purposes after removing their names and personal information.

Data analysis. We intended to explore relationships and investigate the differential contribution of independent variables (see Table 4) to the psychological and social needs of orphans' mothers. The rationale was to provide the charity organization with a formula to identify those who are at risk and provide

provisional services to psychologically and socially troubled widows.

Two analyses were computed. In the first analysis, Pearson correlation, t-test, and ANOVA procedures were used. In the second analysis, stepwise linear multiple models were employed to assess the contributions of factors to psychological and social needs. The power was specified at $(1-\beta) = .80$ to control for type II error, and alpha was held at .05 to control for type I error.

Results

Question 1

What are the correlations of psychological and social needs with other demographic variables: age, number of children, level of education, duration of the marriage, and charity affiliation?

$H_0: \rho = 0$, $H_1: \rho \neq 0$

To illustrate the relationships between psychological and social needs with demographic variables of orphans' mothers, a nondirectional hypothesis was formulated

stating that psychological and social needs were not correlated with any of these variables. To test this hypothesis, a Pearson correlation coefficient was calculated. Table 4 illustrates these coefficients.

Several factors correlated significantly with psychological and social needs as illustrated in Table 4. Variables significantly correlated with psychological and social needs in order of strength of association are as follows: marriage duration, mental health, age, level of education, and duration of widowhood. These correlations correlate positively or negatively with psychological or social needs. The strongest correlation between psychological needs was found with marriage duration and level of education ($r = \pm.29$, $p < .01$, $r^2 = .08$), whereas in social needs, the strongest association variable was marriage duration ($r = -.33$, $p < .01$, $r^2 = .11$). Other variables, including family economic status and duration of widowhood, correlated at either low or not significant levels with social and psychological needs.

Table 4 Correlations between psychological and social needs with demographic variables

Variables	1	2	3	4	5	6	7	8	9
1. Psychological needs	1								
2. Social needs	.90 ^a	1							
3. Mental health score	.24 ^a	.30 ^a	1						
4. Age of mother	-.24 ^a	-.30 ^a	-.31 ^a	1					
5. Marriage duration	-.29 ^a	-.33 ^a	-.29 ^a	.63 ^a	1				
6. Level of mother education	.23 ^a	.25 ^a	.19	-.24 ^a	-.43 ^a	1			
7. Duration of widowhood	-.16	-.18 ^b	-.10	.31 ^a	.02	-.09	1		
8. Family economic status	.11	.14	-.14	.05	-.04	.24 ^a	.08	1	
9. Education	.29 ^a	.29 ^a	.24 ^a	-.24 ^a	-.43 ^a	.90 ^a	-.06	-.25 ^a	1

a: $P < .05$, b: $P < .01$

Question 2

What are the differences between means of psychological and social needs according to the level of education and charity category?

- 1) $H_0: \mu_1 = \mu_2; H_1: \mu_1 \neq \mu_2$
- 2) $H_0: \mu_a = \mu_b = \mu_c = \mu_d = \mu_e; H_1: \mu_a \neq \mu_b \neq \mu_c \neq \mu_d \neq \mu_e$

To illustrate the differences in means of psychological and social needs according to the level of education, a null hypothesis was tested. Because there are few cases in the upper two education levels, the three upper educational levels were combined into one category. Thus, education was categorized into two levels: elementary or below and upper elementary. A t-test was performed to test the first null hypothesis that indicates no significant difference in means of psychological and social need between literate and illiterate mothers. To illustrate the difference in psychological and social needs according to the family category, ANOVA was used to test the second null hypothesis that there is no difference between the means of the five categories based on charity classifications. A significant difference was found between mothers according to their level of education regarding both psychological and social needs. The t-tests revealed that mothers with higher educational attainments tend to have more psychological needs ($t [135] = -3.48, p < .001$) and social needs ($t [135] = -3.48, p < .001$). For the second hypothesis, ANOVA revealed no significant differences between means of family categories in psychological and social needs according to charity classifications ($F [4, 132] = .091, p = .99$).

Question 3

What are the most important factors that determine the psychological needs of orphans' mothers?

$H_0: \beta = 0, H_1: \beta \neq 0$

To illustrate the differential contribution of items to the psychological needs of orphans' mothers, we developed the abovementioned hypothesis. The above nondirectional hypothesis stated that psychological needs are not predicted by the selected factors. To test this hypothesis, a hierarchical stepwise multiple regression model was used. The stepwise regression was used to check the important predictors of the psychological and social needs of orphans' mothers so they can be given priority care. The stepwise linear multiple regression showed three significant factors explaining around 17% of the total variance in the dependent variable, $R^2_{Adjusted} = .169$, and R^2 was significant ($F [3, 133] = 8.993, p < .0001$). This indicates that three factors were significant contributors to the psychological needs of orphans' mothers (see Table 5). These factors were the number of female daughters, widows having ideas that they don't want to share with others, and level of mother education. For the first factor, the more female members in the family, the less the psychological needs the mother has ($\beta = -.208, t = -2.447, p < .05$). Items indicating mothers with ideas they avoided sharing with others (for example, suicidal thoughts, self-harming) ($\beta = .200, t = 2.468, p < .05$) and mothers with higher educational attainments ($\beta = .180, t = 2.115, p < .05$) were significant predictors of psychological needs. The remaining factors were not significant contributors to the psychological needs of orphans' mothers.

Table 5 Items that predict psychological needs of orphans' mothers (n = 137)

Items	β	t	P
Constant	2.05	5.23	.000
Number of female family members	-.208	-2.447	.016
Having ideas that I avoid sharing with those around me.	.200	2.468	.015

Mother's educational level	.180	2.115	.036
Age of mother	-.110	- 1.299	.196
The group receiving the service	-.007	-.089	.929
The duration of the marriage in years	-.075	-.732	.465
Widowhood period	-.099	- 1.242	.217
Number of male family members	-.078	-.952	.343
A change in sleep pattern	.023	.282	.778
Change in eating pattern (appetite)	.119	1.355	.178
Mood swings	.076	.812	.418
Isolation or lack of usual daily activities	-.052	-.601	.549
Concentration problems	-.072	-.777	.439
Rapid change of mood	.070	.740	.461
Loss of feeling or apathy	-.116	- 1.246	.215
Feeling detached from reality	.029	.315	.754
Exhibiting strange behaviors	-.067	-.740	.461

Question 4

What are the most important factors that determine the social needs of orphans' mothers?

H₀: $\beta = 0$, H₁: $\beta \neq 0$

To illustrate the differential contribution of items to the social needs of orphans' mothers, we tested the aforementioned hypothesis. The above nondirectional hypothesis stated that social needs were not predicted by the selected factors. To test this hypothesis, a hierarchical multiple regression model was used. The stepwise linear multiple regression showed three significant factors explaining around 21% of the total variance in the dependent variable, $R^2_{\text{Adjusted}} = .206$, and R^2 was significant ($F[3, 133] = 9.083$, $p < .0001$). This indicates that three factors were significant contributors to the social needs of orphans' mothers (see

Table 6). These factors were the number of female daughters ($\beta = -.235$, $t = -2.842$, $p < .005$), having ideas that I don't want to share with others ($\beta = .241$, $t = 3.044$, $p < .005$), and the age of the mother ($\beta = -.174$, $t = -2.110$, $p < .05$). For the first factor, the more female members in the family, the fewer the psychological needs orphans' mothers have, as indicated by a negative β value. The second factor was a positive predictor of social needs, indicating that mothers with ideas they avoided sharing with others were a significant predictor of social needs. Last, the age of the mother was a negative predictor of social needs. It indicates that the younger mothers were, the more they were susceptible to social needs than older mothers. The remaining factors were not significant contributors to the psychological needs of orphans' mothers.

Table 6 Items that predict social needs of orphans' mothers (n = 137)

Items	B	t	P
Constant	3.40	6.73	.000
Number of female family members	-.235	- 2.842	.005
Having ideas that I avoid sharing with those around me.	.241	3.044	.003

Age in years	-.174	- 2.110	.037
The group receiving the service	-.020	-.254	.800
The duration of the marriage in years	-.058	-.503	.616
Widowhood period	-.073	-.901	.369
Number of male family members	-.036	-.405	.686
A change in sleep pattern	.026	.316	.752
A change in eating pattern (appetite)	.101	1.154	.251
Mood swings	.076	.818	.415
Isolation or lack of usual daily activities	-.005	-.055	.956
Concentration problems	-.031	-.337	.737
Rapid change of mood	.083	.914	.362
Loss of feeling or apathy	-.151	- 1.643	.103
Feeling detached from reality	-.029	-.319	.750
Exhibiting strange behaviors	-.045	-.506	.614
Mother's educational level	.146	1.765	.080

It is worth noting that both psychological and social needs were predicted by three factors. There were two factors in common between the two constructs, whereas one factor was unique in both. The two common factors that predicted psychological and social needs, regardless of their magnitude, were the number of daughters in the family and whether mothers had ideas they were not willing to share with others, whereas the third factor was specific to each type of need. For psychological needs, the third factor was the level of education of the orphans' mothers. For social needs, the third factor was the age of the orphans' mothers.

Discussion

The aim of the current study was to identify the variables related to psychological and social needs and the factors that affect the needs of orphans' mothers (widows) and to what extent the following variables can predict the psychological and social needs of the orphans' mothers: the number of male and female children, economic and social level, the widow's education level, the widow's age, the family classification category in the charity, the duration of receiving services from the charity,

the duration of marriage, and the widow's mental health issues.

Results showed that the mothers with the most psychological and social needs are the youngest and those whose marriage period was short before the husband's death. The severity of these needs increases when mothers have a higher educational level. Those results are consistent with two studies by Gouda (2016) and Al-Halloul and Muhsin (2013), which indicated that older mothers are more satisfied and more adjusted in society than younger mothers and that young mothers may suffer more socially and psychologically due to the loss of their husbands at an early age. This poses a challenge and places psychological and social pressure on them to face life's challenges, especially with the presence of young children. It also agrees with the study by Abu Mutair (2013), which showed that future anxiety results from the nature of the husband's death, the duration of his illness, the number of children, and the mothers' educational level. The psychological and social needs increase with the increase in indicators of mental disorders for orphans' mothers (widows). This result is consistent with previous studies. A

study conducted by Wahid and Mahmoud (2008) concluded that the loss of a husband affects the widow's feelings of stress, anxiety, and depression about the future and life pressures. Also, another study concluded that there is a positive correlation between the psychological challenges of the widow and the method of positive adaptation to the stresses of daily life (Al-Shirawi, 2012). This explains the significant influence of widowhood on a young mother. Because of her lack of life experience, her burdens may increase, and she bears the burdens of life and children alone at a young age. Thus, they have more psychological and social needs than others.

The current study's results also showed no significant correlation between widows' psychological and social needs, their economic level, and the duration of widowhood. These results differ from what Al-Shirawi (2012) concluded: middle- and low-income women tend to have more trouble adjusting when facing the pressures of daily life. Wahid and Mahmoud (2008) indicated that the widow's feelings of stress, anxiety, and depression result from losing her husband.

The results of the current study also showed the presence of three factors that contributed to predicting the psychological and social needs of the orphans' mothers. It is indicated that the fewer female children in the family, the greater the psychological needs. Widows with ideas they don't want to share with others have higher psychological needs. The psychological needs of mothers with a high educational level increase, whereas the social needs of younger mothers decrease. A possible interpretation of this result is related to the support mothers need from daughters emotionally and socially and mothers' anxiety and fear about their kids' future because they are educated and aware of life challenges and responsibilities. Furthermore, as widows move through their own experiences of grief, loss, or trauma after the death of a husband, they may also face stress, insecurity, social isolation, and the challenges of raising kids. Young widows experience those challenges and

responsibilities earlier than older ones. This result is consistent with that concluded by a study that found widows feel anxious about the future as a result of the nature of their husband's death, the amount of time of his death, the number of children, and their educational level (Abu Mutair, 2013).

Hence, it can be stated that the psychological and social needs of widows increase with the younger mothers, those whose marriage period was short before the husband's death, those at a higher educational level, those with high indicators of mental disorders, and those who have fewer daughters in the family. In light of this result, attention must be paid to early detection programs for the orphans' mothers (widows) at risk by providing them with appropriate care by charitable societies that offer quality services to these groups to satisfy their psychological and social needs.

The interest of charities in supporting widows' psychological and social needs, starting with a sense of security and then helping them satisfy their social needs, may contribute to assisting the widow in caring for her children. It is shown that satisfying human needs is essential for psychological growth and well-being (Deci & Ryan, 2000). Furthermore, fulfilling them will likely enhance their sense of well-being (Ryan & Deci, 2000). Therefore, no need can be ignored or delayed without negatively affecting the person (Tay & Diener, 2011). Helping mothers in need will reflect positively, without doubt, on them and their ability to support and care for their children.

Conclusion

In summary, the results of the current study showed that the youngest mothers are the most psychologically and socially in need, as were those with a short marriage period before the deaths of their husbands. These needs increase when mothers have a higher educational level. The results also showed that two factors contribute to predicting the psychological and social needs of the mothers of orphans: the number of female children in the family and having ideas that the orphans' mothers did not

want to share with others. The psychological needs of mothers with a high educational level increase, whereas the social needs of younger mothers decrease.

The results also suggest that decision-makers in official institutions and charities should develop care programs to support the psychological needs of orphans' mothers with more male children and fewer females and mothers with a higher educational level. In addition, they should develop care programs to support the social needs of mothers of younger orphans.

A limitation of the current study is that self-reported questionnaires were used. Social desirability bias may be an influence. Furthermore, it is recommended to search for additional variables relevant to predicting the psychosocial needs of orphans' mothers that could explain the most significant proportion of this variance.

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