

Future Anxiety and Its Relationship to Identity Crisis among Syrian Refugee Women in Zarqa Governorate

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Abstract

The study aimed to identify the level of future anxiety among Syrian refugees in Zarqa Governorate. It also aimed to identify the identity crisis among Syrian refugees in Zarqa Governorate and the existence of a correlation between future anxiety and identity crisis among Syrian refugees in Zarqa Governorate. The study community consisted of all Syrian refugees in Zarqa Governorate. The study sample was (163) refugees. The study reached several results, the most important of which are: The overall average of the total score for the future anxiety scale was average with an arithmetic mean of (3.23). It also showed that the overall average of the total score for the identity crisis scale was average with an arithmetic mean of (3.30). It showed the existence of a statistically significant positive relationship between the total score for the identity crisis and future anxiety, as the value of the Pearson correlation coefficient reached (0.714). The study recommended launching psychological support and awareness programs, as it is necessary to develop awareness and psychological programs aimed at helping individuals confront anxiety related to the future.

Keywords: Future Anxiety, Identity Crisis, Syrian Refugee Women

INTRODUCTION

Anxiety is a natural state in life, a variable in human behavior, and helps in building character. Anxiety arises from various challenging situations that individuals face, and it is a prominent phenomenon in the current era due to the challenges and risks that the world is witnessing.

Therefore, future anxiety is one of the types of existential anxiety, and one of the most important and most psychological disorders that cause a feeling of fear, helplessness and despair, which leads to the individual losing confidence in himself and others, through negative expectations of events and problems, accompanied by a feeling of tension and psychological pressure, which leads to a feeling of inability to achieve goals and objectives, and to a lack of feeling of security and a sense of danger, which negatively affects his social life and life activities. (Al-Rashidi, 2021).

Increased anxiety about the future makes the individual feel uncertain about his identity, as he may become increasingly anxious about his future, and feel a sense of confusion about who we are and what we represent. This crisis may arise from a variety of factors, such as changes in life, transitions between cultures, or even social pressures. (Muhammad and Abdul Sattar, 2023).

Identity crisis is one of the contemporary problems that individuals suffer from. A person spends his life searching for his identity, which may lead to feelings of anxiety and depression, which negatively affects personal relationships and overall performance in life. Identity crisis is also considered a natural part of human growth and development, as identity achieves a challenge and a basic requirement of growth, considering that each stage of its stages includes major tasks and demands that lead to success and more psychological and social maturity. (Andrea & Brunte, 2023).

The identity crisis is considered one of the most prominent challenges facing Syrian refugees in light of the ongoing conflict in their country, as refugees live in difficult conditions under armed conflicts and asylum conditions; they are the most vulnerable and marginalized segment of society, which leads to anxiety about the future, as they are often exposed to various forms of violence related to war and asylum, which increases these difficult conditions against women and girls who bear the responsibilities of the future as wives and mothers. (Arab Women's Association, 2016). Through the above, the importance of future anxiety and its relationship

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to the identity crisis among Syrian refugees in in Zarqa Governorate emerges, so this study came to identify the relationship between the variables of the current study.

Study Problem

The refugee crisis is one of the biggest humanitarian challenges in the modern era, as the number of refugees has increased due to conflicts and wars witnessed by many countries, and Syria is considered one of the countries most affected by this phenomenon, as the war that has been going on for more than a decade has led to the displacement of millions of Syrians to neighboring countries, as the changing circumstances that refugees are going through may generate a kind of anxiety about the future and apprehension of fear of what the coming days hold, which calls for reconsidering their plans and life goals in a way that is consistent with the nature of change in society and in harmony with the pace of the accelerating era. (Montaser, Ghadafi and Jaloul, 2017).

Jordan hosts 760,000 refugees and asylum seekers registered with the United Nations High Commissioner for Refugees (UNHCR). Of these, approximately 670,000 are refugees from Syria, making Jordan the second largest Syrian refugee-hosting country in the world per capita, with Zarqa Governorate hosting 97,310 refugees (UNHCR, 2022).

The study of Al-Asaad and Al-Shawashreh (2020) indicated that the level of future anxiety and psychological differentiation were high among Syrian refugee women. The study of Aqwaneen (2022) also indicated that the level of both psychological resilience and future anxiety was average, and the study of Abu Qatti and Abu Attia (2022) showed that the arithmetic mean of the identity crisis was average.

Study Questions

- What is the level of future anxiety among Syrian refugee women in Zarqa Governorate?
- What is the level of identity crisis among Syrian refugee women in Zarqa Governorate?
- Is there a correlation between future anxiety and identity crisis among Syrian refugee women in Zarqa Governorate?

Study Objectives

- To reveal the level of future anxiety among Syrian refugees in Zarqa Governorate.
- To reveal the identity crisis among Syrian refugees in Zarqa Governorate.
- To identify the existence of a correlation between future anxiety and identity crisis among Syrian refugees in Zarqa Governorate.

The importance of the Study

- Theoretical importance:
 1. The importance of the study may lie in its modernity, the importance of the variables it researches, and its treatment of an important segment of Syrian refugee women in Jordanian society.

Practical Importance

1. This study may be an important source for researchers interested in the study variables by informing them of the theoretical framework of the study, the methods of analysis used, the study tool, and the results and recommendations of the study.
2. The results of this study may help decision-makers in finding appropriate solutions and methods for dealing with the study sample.

Study Terms

Future Anxiety

It is defined as the cognitive ability of an individual to imagine and travel through time mentally and make plans, aspirations, expectations and predictions (Jannini & Di Lorenzo, 2022).

Procedurally: The score obtained by the refugee women on the future anxiety scale used in this study.

Identity Crisis

It is a transformational situation in the path of growth, the outcome of which is determined by the way in which it was faced, and it is a situation of personality maturity, and it is the difficulties that hinder the individual's desire to be recognized by others. The identity crisis is the result of the contradiction between rapid physical transformation and psychological experiences on the one hand, and the widening gap between self-perception and experiences from the perceptions of others on the other hand (Geoffrey & Leonardell, 2023).

Procedurally: The degree the refugee obtained on the identity crisis scale used in this study.

Study Boundaries

- Human boundaries: Syrian refugee women in Zarqa Governorate.
- Time boundaries: 2024-2025
- Spatial boundaries: The Hashemite Kingdom of Jordan

Limitations

A limitation on what the study results lead to through the psychometric properties of the study tools and the study methodology.

Chapter Two

Theoretical Framework and Previous Studies

The Arab region has suffered from many armed conflicts and wars because of political and security crises. Syria was among the countries where wars led to the displacement of millions of Syrian citizens. This situation contributed to the escalation of public discontent, which led to a massive refugee movement, as Syrians were dispersed throughout most parts of the world, and many of them sought refuge in neighboring countries in search of safety. Jordan was one of these countries (Al-Asaad, 2020).

The refugee issue in the world is considered one of the most complex issues facing the international community. Wars leave serious effects and profound negative consequences, leading to human losses that go beyond the dead, wounded and disabled, to also include refugees, displaced persons and those expelled from their homes, in addition to those deprived of the right to return to their homelands. (Al-Shaib, 2017).

The Syrian refugee issue is considered one of the most prominent displacement issues in the twenty-first century, as it began in mid-March 2011. Since then, Jordan has received individual and collective migrations from Syria, heading to the Kingdom of Jordan due to its geographical proximity. (Athamneh, Al-Momani, and Al-Zadaideh, a significant increase, 2016).

The large number of Syrian refugees who sought safety in Jordan faced a range of challenges due to changes in environment and culture. Although there were significant similarities between the customs and traditions in Jordan and Syria, environmental and cultural differences were evident. In addition, societies in both countries were affected by the economic, psychological, health and social impacts resulting from these conditions (Al-Salahat, 2014).

Syrian refugees live in urban areas and in camps established by the Jordanian government, such as Zaatari camp and others. The refugee status applies to anyone who holds a card from the United Nations High Commissioner

for Refugees, which is responsible for protecting them and ensuring their rights until they can voluntarily return to their country, which they left in search of asylum, because of the war and inhumane treatment they are subjected to in their homeland. (Freihat (2019).

Anxiety is considered one of the phenomena that has received great attention from researchers and educators. This is due to the many pressures and life problems and the multiple changes that societies and the world in general have witnessed, which led to the emergence of many pressures that contributed to creating an atmosphere of tension and anxiety, in addition to the obsession with cautious anticipation of what is coming. The future no longer represents an opportunity to build hopes and achieve goals, but has become a source of fear, threat and constant anxiety about what might happen. (Juma, 2013).

Our current era is known as the era of anxiety, due to the complexities of life and its rapid development in various fields. In addition to the feeling of anxiety resulting from the pressures that individuals are exposed to, which makes them feel alienated from their societies, and the increasing demands of life and the abundance of wars, violence and injustice have contributed to exhausting people and increasing their anxiety, which led to a state of instability and insecurity. (Horat and Noor Al-Hadi, 2020).

Anxiety is defined as an emotion characterized by feelings of tension and worrying thoughts, as well as physical changes such as increased blood pressure and increased heart rate. People with anxiety disorders often experience recurring thoughts or worries, and their behaviors include avoiding certain situations because of anxiety. They may also experience physical symptoms such as sweating, dizziness, trembling, or a racing heartbeat. (American Psychiatric Association, 2021)

Future anxiety is also known as a feeling of fear and uncertainty that an individual anticipates regarding future events and variables that are characterized by ambiguity and danger. This anxiety reflects a negative view of future events in an individual's life, which affects his personality and makes him resort to traditional and simple defense mechanisms instead of taking effective steps to achieve his goals and positive aspirations. (Kaya & Avci, 2016).

Future anxiety can also be defined as a state of panic, fear, and discomfort regarding potential negative changes that may occur in the future. In its most extreme cases, it may turn into a strong threat and fear of a real disaster occurring (Baali, 2015).

Future anxiety is also considered a painful emotional state that an individual may suffer from, as it appears as a disorder related to multiple areas such as the economy, psychology, society, health, family, and study (Al-Jabouri, 2014).

Freud classified anxiety into three types: first, reality anxiety; second, neurotic anxiety; and third, moral anxiety. These three types are similar in that they are uncomfortable emotional states, but they differ in the sources of danger associated with them. In the case of reality anxiety, the source of danger is external, such as the fear of a predator attacking a child. In neurotic anxiety, the source of danger arises from the fear that the id will release an unacceptable instinctual desire, which will lead to the ego's inability to control it. As for moral anxiety, the source of danger lies in the individual's actions or thoughts that conflict with his conscience, which makes him fear the punishment of his conscience for his actions and thoughts that are not in line with the standards of the superego. (Ghada, 2014).

Future anxiety has many aspects and dimensions, including:

1. Cognitive manifestations: This is a state of mental anxiety that controls the individual's mind, making him feel fluctuating and pessimistic about life, as this person suffers from an obsession with fear of losing control over his physical or mental functions. (Al-Sayed, 2019)
2. Behavioral manifestations: Different forms appear in him through his behavior and actions, such as avoiding embarrassing and frightening situations that cause anxiety. (Qaddour, 2018)
3. Physical and physiological manifestations: These are biological and physiological reactions that appear on the individual in response to certain situations that threaten his safety, and include symptoms such as shortness of

breath, dry throat, cold extremities, fainting, high blood pressure, muscle tension, and indigestion. (Ibrahim, 2019).

Freud sees anxiety as a feeling of internal fear and that a person's feeling of fear is nothing but a warning or alert to the self, and that the repressed unconscious experience has become within the circle of consciousness or feeling, thus threatening the psychological integrity of the person and is an expression of preparing for danger by preparing the self to resist the emergency state of threat and danger. As for Attorn, he spoke about the birth shock and said that the Oedipus complex is not the problem for the individual, but the birth shock is what moves in the subconscious. (Othman, 2001).

As for the individual Adar, he showed that anxiety arises because of a feeling of inferiority and laziness when compared to others who are greater than them, which he tries to compensate for through friendship and gaining the love of others. Adar focused on cultural influences on behavior, suggesting that peoples are social in two ways, while Carl Jung believed that anxiety is a reaction that an individual makes when his mind is invaded by unreasonable forces and fantasies emanating from the collective unconscious. Anxiety is a fear of the control of the unreasonable contents of the collective unconscious that remain from the primitive life of man. Jung said that people inherit the collective unconscious, which collects the memories of their ancestors, as well as their relationships and experiences, and these memories produce the mental image (Boutros, 2004).

Skinner emphasized that most of the individual's behavior is shaped by reinforcement, and that the behavior of the living organism is only the result of stable formative processes through reinforcing the response that suits the surrounding environment. The reinforced response increases the possibility of its occurrence again. He believes that anxiety is an acquired behavior, and he interpreted it as occurring due to the repression of the superego, not the repression of the id, contrary to what Freud interpreted. They said that anxiety does not result from actions that the individual did not dare to prove and repress, but rather from actions that he committed and was not satisfied with. (Morsi, 1987).

Identity crisis is a stage that people go through, where they face difficulty in clearly understanding themselves, both in the present and in the future. This feeling of uncertainty leads to a sense of dispersion and loss of identity. This crisis is one of the important psychological phenomena that individuals should avoid negative experiences that may affect them, which may enhance their feelings of helplessness and weakness in their ability to express themselves. They often find themselves forced to express their feelings in whispers, because of the strict control and restrictions surrounding them. In this context, this may push them to imitate deviant and extremist behaviors, which leads to the loss of both the goal and the means. (Morsi, 2019).

Qasim (2015) defines it as the phenomenon of the disorganized internal construction of the self, which represents a complex dynamic system that includes the individual's motivations, abilities, beliefs, and personal history. The more this construction develops positively, the more the individual becomes aware of how distinct and similar he is from others, in addition to understanding his strengths and weaknesses in his journey in this world. Conversely, when this construction is less developed, individuals appear more disturbed about their differences from others and become more dependent on external sources to evaluate themselves.

It is defined as the level of anxiety and turmoil that an adolescent faces while trying to understand the meaning of his existence in life, through discovering principles, beliefs, goals, roles, and social relationships that carry value or meaning on both the personal and social levels. (Mahmoud, 2015).

The effects of identity crisis: Identity crisis is a temporary state in which the individual feels lost, dependent, and hopeless, as he goes through several options before settling on specific goals and paths. During this period, he reconsiders his decisions repeatedly, and some decisions may sometimes be useless. The individual also seeks to achieve harmony between his internal circumstances and the external environment by adapting to situations to make the right decisions. He may abandon family care or rely on the values of others in his actions, or he may be hesitant and disturbed. He may also sometimes integrate into certain situations in a certain way. There are multiple factors such as culture, the surrounding environment, politics, family, and the economy that contribute to identity disorder, in addition to physiological and intellectual changes, expectations of excellence

or failure, and attempts to determine a future career and deal with the opposite sex, which strongly affects the formation of the individual's identity. (Troudi, 2020).

There are theories that explain the identity crisis, as Erikson called the psychological conflict facing the adolescent "identity versus identity disorder", as he believed that the positive results from the previous stages contribute to resolving this crisis positively during adolescence, as the views of the surrounding world become more important to the adolescent, who faces what is known as the crisis, which is a crisis related to stopping performing activities and roles appropriate for this stage. (Abu Shanar, 2021).

Marcia points out that the concept of identity should be classified into four states: achievement, suspension, dispersion, and closure, where achievement is understood as a period of crisis followed by developments in the commitments and beliefs that the individual chooses for himself, where he adopts a certain ideology after re-evaluating it, while closure refers to the state in which the adolescent is committed to goals, habits, and values that were formed during his childhood, which were often imposed on him by others, and sometimes his commitment to a belief or profession is a result of his parents' desires (Al-Katnani, 2019).

Social theory explains that the social identity of individuals is formed through their belonging to diverse groups, where the individual's membership in a particular group acquires special importance, and social comparisons between groups play a role in strengthening the individual's positive social identity, as individuals seek to enhance and maintain their self-esteem, which prompts them to obtain a positive concept (Tahl, 2024).

PREVIOUS STUDIES

Abu Atti, Maysam and Abu Aita (2022) study aimed to identify the relationship between the identity crisis and psychosocial alienation among Syrian refugees in Jordan. The study sample consisted of (321) Syrian refugee adults in the Care International Organization in the Zarqa region during the year (2022). The results of the study indicated that the identity crisis came at an average level, as well as psychosocial alienation. It also concluded that there were no statistically significant differences at the significance level (0.05) in the identity crisis and psychosocial alienation among a sample of Syrian refugee adults in Zarqa Governorate attributed to gender variables.

Al-Atiq, Al-Farhaty, and Issa (2017) conducted a study that aimed to identify the relationship between future anxiety and the positive meaning of life among girls in different environments in Egyptian society. The study sample amounted to (465) girls aged between (17-23) years. The researcher used the descriptive analytical approach, and the results indicated an increase in the percentage of those suffering from an identity crisis and the percentage of those suffering from a half-identity. There are also no statistically significant differences between girls in the level of identity suspension and identity achievement attributed to different environments. There are statistically significant differences between girls suffering from an identity crisis attributed to different environmental environments in favor of the coastal environment.

Persian and Bahraini Study (2019) The study aimed to identify professional self-efficacy and its relationship to both identity crisis and career anxiety. The study sample consisted of 550 male and female students who were selected using the stratified cluster method, using the descriptive correlational approach. The results showed an increase in the level of professional self-efficacy among the sample members, an average level of identity crisis, and an average level of career anxiety. The results also showed no statistically significant differences in professional self-efficacy and career anxiety among both males and females attributable to the gender variable, while the results showed statistically significant differences in the level of identity crisis attributable to the gender variable in addition to the absence of statistically significant differences in professional self-efficacy, identity crisis, and career anxiety attributable to the variable of academic specialization (pure, applied). The results also indicate no statistically significant differences in professional self-efficacy attributable to the level of academic achievement.

Bakkar's study (2017) aimed to know the level of future anxiety among Syrian refugees residing in Algeria and to identify the differences in the level of future anxiety according to the variables of gender and social status. The study sample consisted of (60) Syrian refugees residing in the city of Tlemcen in Algeria. The study used the Future Anxiety Scale and concluded that the level of future anxiety among Syrian refugees residing in Algeria

is high. The study did not find statistically significant differences between males and females in the level of future anxiety.

CHAPTER THREE

METHOD AND PROCEDURES

Study Methodology

In order to achieve the study objectives, the descriptive approach was used to measure future anxiety and its relationship to the identity crisis among Syrian refugee women in Zarqa Governorate.

Society and Sample

The study community consisted of all Syrian refugee women in Zarqa Governorate, where the study sample amounted to 163 refugees.

Identity Crisis Scale

Internal Consistency Validity

The internal consistency validity of the scale's statements means: the extent to which all the questionnaire items are consistent with the dimension to which they belong, i.e. the statement measures what it was designed to measure and does not measure anything else.

Accordingly, the Pearson correlation coefficient was calculated between the score of each statement of the scale with the dimension to which it belongs and the total score of the scale.

Table (1)

Correlation coefficients of the identity crisis scale items with the dimension to which they belong and with the total score

Relation to total score	Relation to dimension	item	Relation to total score	Relation to dimension	Item
.747*	.406*	15	.316*	.329*	1
.732*	.791*	16	.395*	.667*	2
.544*	.634*	17	.375*	.693*	3
.756*	.849*	18	.374*	.701*	4
.730*	.757*	19	.387*	.350*	5
.396*	.481*	20	.390*	.332*	6
.353*	.356*	21	.358*	.648*	7
.514*	.541*	22	.412*	.415*	8
.747*	.804*	23	.487*	.705*	9
.732*	.774*	24	.510*	.726*	10
.544*	.720*	25	.496*	.651*	11
.778*	.808*	26	.542*	.619*	12
.730*	.818*	27	.505*	.642*	13
.696*	.802*	28	.411*	.513*	14

Table (1) shows that all the correlation coefficients of the paragraphs with the dimension to which they belong and with the total score of the scale are statistically significant at the level ($0.05 = \alpha$), as the correlations of the paragraphs with the dimension to which they belong ranged between (0.329 and 0.849), and the correlation coefficients of the paragraphs of the scale with the total score ranged between (0.316 and 0.778), and all of

these values are statistically significant, which indicates the consistency of the internal structure of the scale, and thus the identity crisis scale consists of (28) paragraphs in its final form.

To ensure the stability of the identity crisis scale, stability was calculated using the Cronbach's alpha coefficient, and Table (2) shows these results.

Table (2)

Reliability coefficient using Cronbach's alpha coefficient for the items of the identity crisis scale

Cronbach's alpha reliability	Number of paragraphs	Dimension
0.85	8	Identity Verification
0.82	6	Identity Dispersion
0.80	7	Identity Closed
0.83	7	Identity Ambiguity
0.88	28	Total Scale Score

Table (2) shows that the Cronbach's alpha coefficient for the total score of the scale was 0.88, the reliability coefficient for the identity realization dimension was 0.85, the reliability coefficient for the identity dispersion dimension was 0.82, the reliability coefficient for the closed identity was 0.80, and the reliability coefficient for the identity ambiguity dimension was 0.83. This value indicates that the identity crisis scale has an acceptable degree of reliability that can be relied upon in field application according to the Nanny scale, which adopted (.70) as the minimum limit for reliability. (Nunnally & Bernstein 1994 264-265).

Future Anxiety Scale

Internal Consistency Validity

The internal consistency validity of the scale's statements means: the extent to which all the questionnaire items are consistent with the dimension to which they belong, i.e. the statement measures what it was designed to measure and does not measure anything else.

The Pearson correlation coefficient was calculated between the score of each statement and the total score of the scale.

Table (3)

Correlation coefficients of the items of the Future Anxiety Scale with the total score

Correlation to overall score	Item	Correlation to overall score	Item
.375*	14	.385*	1
.460*	15	.444*	2
.415*	16	.798*	3
.496*	17	.742*	4
.443*	18	.803*	5
.420*	19	.515*	6
.369*	20	.577*	7
.509*	21	.600*	8
.742*	22	.682*	9
.803*	23	.788*	10
.515*	24	.761*	11
.577*	25	.759*	12
		.450*	13

It is clear from Table (3) that all the correlation coefficients of the paragraphs with the total score of the scale are statistically significant at the level ($0.05 = \alpha$), as the correlations of the paragraphs with the total score ranged between (0.369 and 0.803), and all of these values are statistically significant, which indicates the consistency of the internal structure of the scale, and thus the future anxiety scale consists of (25) paragraphs in its final form..

Reliability: To ensure the reliability of the future anxiety scale, reliability was calculated using the Cronbach's alpha coefficient, and Table (4) shows these results.

Table (4)
Reliability coefficient of the future anxiety scale using Cronbach's alpha method

Cronbach's alpha	Number of paragraphs	Scale
0.80	25	future anxiety

It is clear from Table (4) that the stability coefficient using the Cronbach's alpha method reached (0.80), and this result indicates that the future anxiety scale has an acceptable degree of stability and its suitability for application to the basic sample according to the Nanny scale, which adopted (0.70) as the minimum limit for stability. (Nunnally & Bernstein 1994 264-265).

Scale Correction Key

The five-point Likert scale used in the study was graded according to the rules and characteristics of the scales as follows:

To a very small degree	To a small degree	To a moderate degree	To a great extent	To a very great extent
1	2	3	4	5

Based on the above, the values of the arithmetic averages reached were dealt with as follows according to the following equation:

The highest value - the lowest value of the answer alternatives divided by the number of levels:

$$1.33 = \frac{4}{3} = \frac{1-5}{3}$$

Thus, the low score is from 1.00 - 2.33

The medium score is from 2.34 - 3.66

And the highest score is from 3.67 - 5.00.

CHAPTER FOUR

RESULTS AND RECOMMENDATIONS

Study Results

This section includes a presentation of the results that were reached with the aim of trying to identify future anxiety and its relationship to the identity crisis among Syrian refugee women in Zarqa Governorate, by answering its questions.

First: Results related to answering the first question:

What is the level of anxiety about the future among Syrian refugee women in Zarqa Governorate?

To answer this question, the arithmetic means and standard deviations of the study sample's responses to the Future Anxiety Scale were calculated, and Table (5) shows this.

Table (5)

Arithmetic means and standard deviations of the study sample's responses to the Future Anxiety Scale, ranked in descending order

Degree	Standard deviation	Arithmetic mean	item	n.o
High	1.05	3.82	I feel sad when I think about my future	1
High	1.00	3.74	I fear the spread of wars and the use of lethal weapons	2
High	1.11	3.72	Sudden changes scare me	3
High	0.99	3.68	I fear the spread of epidemic diseases	4
Medium	1.23	3.65	I am preoccupied with thinking about the possibility of my goals and ambitions in life failing	5
Medium	1.30	3.53	I feel insecure about my future	6
Medium	1.22	3.46	I worry about the possibility of contracting serious diseases in the future	7
Medium	1.32	3.42	I fear the worsening negative effects of modern technologies such as satellite TV, the Internet and mobile phones	8
Medium	1.32	3.42	I feel obsessive that I will die soon	9
Medium	1.20	3.36	I fear the difficulty of obtaining opportunities to live with dignity	10
Medium	1.31	3.33	I take a long time imagining what my future could be like	11
Medium	1.22	3.32	I worry about my health due to the increasing environmental pollution	12
Medium	1.22	3.32	I am preoccupied with the problem of the high cost of living requirements	13
Medium	1.14	3.32	I have a feeling that I will achieve stability in my future life	14
Medium	1.16	3.23	I believe that I will be one of the superiors in the roles that will be assigned to me.	15
High	1.45	3.16	I feel that my future and the future of my family are uncertain	16
High	1.20	3.04	I am very upset by talking about death	17
High	1.16	3.00	I think that the death rate will increase in the future	18
High	1.19	3.00	I feel anxious about achieving my future ambitions	19
Medium	1.13	2.83	I feel very anxious about the future of my family	20
Medium	0.99	2.71	I fear that my family will suffer from disintegration	21
Medium	0.99	2.71	I fear that the wave of security threats and instability will increase	22
Medium	0.97	2.69	I fear that basic needs will not be available upon my return	23
Medium	0.97	2.69	I am worried about the changes that have occurred in our equipment abroad	24
Medium	1.03	2.55	I feel that problems are imminent	25
Medium	0.61	3.23	Anxiety about the future	

Table (5) shows that the overall average of the total score of the future anxiety scale was average with an arithmetic mean of (3.23), while the arithmetic means of the paragraphs ranged between (2.55 and 3.82). The paragraph that states "I feel sad when I think about my future" came in first place with an arithmetic mean of (3.82) with a high score, followed in second place by the paragraph that states "I fear the spread of wars and the use of lethal weapons" with an arithmetic mean of (3.74) with a high score. The paragraph that states "Sudden changes scare me" came in third place with an arithmetic mean of (3.72) with a high score. The paragraph that states "The changes that occurred to our equipment abroad worry me" came in twenty-fourth and penultimate place with an arithmetic mean of (2.69) with an average score. The paragraph that states "I feel that problems are about to happen" came in twenty-fifth and last place with an arithmetic mean of (2.55) with an average score.

Second: The results related to answering the second question, which is:

What is the level of identity crisis among Syrian female refugees in Zarqa Governorate?

To answer this question, the arithmetic means and standard deviations of the study sample’s responses on the identity crisis scale were calculated, and Table (6) shows this.

Table (6)

Arithmetic means and standard deviations of the study sample’s responses to the identity crisis scale, ranked in descending order

Degree	Standard deviation	Arithmetic mean	item	n.o
Medium	0.66	3.61	Identity Closed	1
Medium	0.81	3.50	Identity Ambiguity	2
Medium	0.68	3.16	Identity Dispersion	3
Medium	0.59	3.02	Identity Realization	4
Medium	0.50	3.30	Identity Crisis Scale	

Table (6) shows that the overall average of the total score of the identity crisis scale was average with an arithmetic mean of (3.30), and after closed identity came in first place with an arithmetic mean of (3.61) with an average degree, followed in second place by identity ambiguity with an arithmetic mean of (3.50) with an average degree, and after identity dispersion came in third place with an arithmetic mean of (3.16) with an average degree, and after identity achievement came in fourth place with an arithmetic mean of (3.02) with an average degree. The following is a presentation of the results of the identity crisis scale according to dimensions.

Identity verification dimension.

Table (7)

Arithmetic means and standard deviations of the study sample responses to the identity verification dimension, arranged in descending order

Degree	Standard deviation	Arithmetic mean	item	n.o
High	1.16	3.84	I have a strong mental capacity	1
Medium	1.27	3.19	I feel that the people around me currently love me	2
Medium	1.18	3.04	I work hard to achieve my ambitions	3
Medium	1.38	3.01	I have the ability to achieve my goals	4
Medium	1.18	2.90	I have the trust of my friends	5
Medium	1.13	2.87	I accept criticism directed at me	6
Medium	1.24	2.87	I am proud of the success I have achieved in my life	7
Medium	1.14	2.65	I believe that I am successful in my life	8
Medium	0.59	3.02	Verify identity	

Table (7) shows that the overall average of the identity verification dimension was average with an arithmetic average of (3.02), while the arithmetic averages of the paragraphs ranged between (2.65 and 3.84). The paragraph that states “I have a strong mental ability” came in first place with an arithmetic average of (3.84) with a high degree, followed in second place by the paragraph that states “I feel that the environment surrounding me currently loves me” with an arithmetic average of (3.19) with an average degree, and the paragraph that states “I believe that I am successful in my life” came in eighth and last place with an arithmetic average of (2.65) with an average degree.

- Identity dispersion dimension

Table (8)

Arithmetic means and standard deviations of the study sample responses to the identity dispersion dimension, arranged in descending order

Degree	Standard deviation	Arithmetic mean	item	n.o
High	1.01	3.78	I don't have the ability to express my opinion	1
Medium	1.20	3.34	I lack the ability to identify my skills	2
Medium	1.05	3.28	I see a bleak future	3
Medium	1.02	3.03	I have difficulty making friends	4
Medium	0.95	2.94	I get annoyed by the presence of others	5
Medium	1.11	2.57	I have difficulty setting my goals	6
Medium	0.68	3.16		Identity dispersion

Table (8) shows that the overall average of the identity dispersion dimension was average with an arithmetic average of (3.16), while the arithmetic averages of the paragraphs ranged between (2.57 and 3.78). The paragraph that states “I do not have the ability to express my opinion” came in first place with an arithmetic average of (3.78) with a high degree, followed in second place by the paragraph that states “I lack the ability to identify the skills that I possess” with an arithmetic average of (3.34) with an average degree, and the paragraph that states “I face difficulty in identifying my goals” came in sixth and last place with an arithmetic average of (2.57) with an average degree.

- Closed identity dimension

Table (9) Belgian arithmetic and elastic deviations of the color responses of the study on the closed identity dimension in descending order

Degree	Standard deviation	Arithmetic mean	item	n.o
High	0.96	3.91	I depend on others to plan my future	1
High	0.94	3.89	I depend on others to choose my friends	2
High	1.00	3.74	I adopt the point of view of those around me	3
High	0.99	3.68	I follow the traditions and behaviors of those around me	4
Medium	0.91	3.50	I depend on others to choose my life partner	5
Medium	1.10	3.39	I only do the activities that those around me do	6
Medium	1.20	3.15	I miss close friends	7
Medium	0.66	3.61		Closed identity

Table (9) shows that the overall average of the closed identity dimension was average with an arithmetic average of (3.61), while the arithmetic averages of the paragraphs ranged between (3.15 and 3.91). The paragraph that states “I depend on others to plan my future” came in first place with an arithmetic average of (3.91) with a high degree, followed in second place by the paragraph that states “I depend on others to choose my friends” with an arithmetic average of (3.89) with a high degree, and the paragraph that states “I miss close friends” came in seventh place with an arithmetic average of (3.15) with a medium degree.

- Identity ambiguity dimension

Table (10)

Arithmetic means and standard deviations of the study sample's responses to the identity ambiguity dimension, arranged in descending order

Degree	Standard deviation	Arithmetic mean	item	n.o
High	0.95	3.79	I see that social values are imposed on me and I am merely their implementer	1
High	1.00	3.74	I will not think about the characteristics of my future partner	2
High	0.98	3.72	I have fixed beliefs that are difficult to change	3
High	0.99	3.68	I accept the status quo and do not make plans for the future	4
Medium	1.10	3.39	No lifestyle attracts me more than another	5
Medium	1.20	3.15	I do not care about the role of men and women in society	6
Medium	1.12	3.02	I do not worry about a job or work	7
Medium	0.81	3.50		Identity ambiguity

Table (10) shows that the general office of the dimension of identity ambiguity had an average mean of Bulgarian account (3.50), while the arithmetic francs of the paragraphs were represented between (3.02 and 3.79), and the section that translated it to “I see that social values are imposed on me and I am just an investigator” came in first place with an arithmetic mean of (3.79) with a high degree, it rose to the second degree that suggests “I will not think about the characteristics of my future partner” with an average mean of (3.74) with a high degree, and the area that rises to “I do not occupy myself with the job or work” went in the seventh plane with an arithmetic mean of (3.02) with a medium temperature.

- Results related to answering the third question:

Is there a statistically significant correlation at a significance level ($\alpha=0.05$) between future anxiety and identity crisis among Syrian refugee women in Zarqa Governorate?

To answer this question, a Pearson correlation coefficient was found between future anxiety and identity crisis among Syrian refugee women in Zarqa Governorate.

Table (11)

Pearson's correlation coefficient between future anxiety among Syrian refugee women in Zarqa Governorate and their identity crisis

Scale	future anxiety
Total degree of identity crisis	.714**
Identity realization	.557**
Identity dispersion	.683**
Identity closed	.459**
Identity ambiguity	.425**

*Statistically significant at a significance level of ($\alpha=0.05$)

Table (11) shows that there is a statistically significant positive relationship between the total degree of identity crisis and future anxiety, as the value of Pearson's correlation coefficient reached (0.714). The correlation coefficients between the dimensions of the identity crisis scale and future anxiety were statistically significant, as the lowest correlation for future anxiety was with the dimension of identity ambiguity (0.425) and the highest correlation for future anxiety was with the dimension of identity dispersion, which reached (0.683). It should be noted that the paragraphs of the identity verification dimension were reversed, which measures the negative aspect of identity verification. In all cases, the correlation coefficients were positive, meaning that the relationship between future anxiety and identity crisis is a direct relationship, as increasing the level of future anxiety increases the level of identity crisis.

Recommendations

1. Launching psychological support and awareness programs, as it is necessary to develop awareness and psychological programs aimed at helping individuals cope with anxiety related to the future, as these programs can include workshops and psychological consultations aimed at enhancing psychological resilience among individuals and increasing their ability to deal with challenges.
2. Raising community awareness about global issues, given the increasing concern about wars and the proliferation of weapons, as it is considered useful to organize awareness seminars and workshops that address international situations and ways to promote peace, as understanding these issues in a conscious manner can contribute to reducing fears among individuals.
3. Communicating with expatriates and strengthening cultural ties: In light of the anxiety resulting from changes in customs and traditions, platforms can be created that bring expatriates together with the original community to enhance cultural exchange and continuous communication, this will contribute to reducing the feeling of alienation and strengthening cultural connection.

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