

أثر برنامج تجريبي مرتكز على المهام
والحل في خفض الخلافات الأسرية المترتبة على عدم التوافق الزوجي

**The Impact of a pilot program focus on tasks and
solution to reduce the level Of family disputes
caused by marital incompatibility**

عاطف حسنى العسولي
أستاذ مشارك في العمل الاجتماعي
جامعة القدس المفتوحة
غزة - فلسطين

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جميع حقوق الطبع والنشر محفوظة لجامعة أم القرى

**أثر برنامج تجريبي مركّز على المهام والحل في خفض الخلافات الأسرية المترتبة
على عدم التوافق الزوجي**
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ملخص البحث: هدفت الدراسة التعرف إلى أثر برنامج تجريبي مركّز على المهام والحل في خفض الخلافات الأسرية المترتبة على عدم التوافق الزوجي ولتحقيق الهدف تم تطبيق أداة الدراسة بعد التحقق من صدقها وثباتها على عينة مكونة من (٣٠) امرأة متزوجة تم اختيارهن من مختلف المؤسسات الاجتماعية النفسية في مدينة غزة بفلسطين. باستخدام طريقة العينة العمدية واعتمد الباحث على الطريقة شبه التجريبية وقام بتقسيم العينة عشوائياً إلى مجموعتين مجموعة تجريبية (١٥) ومجموعة ضابطة (١٥) والمجموعة التجريبية هي التي تلقت البرنامج التجريبي والضابطة لم تتلقاه. وتكون البرنامج التجريبي من (١٤) جلسة وللإجابة على تساؤلات وفروض الدراسة تم حساب المتوسطات والانحرافات المعيارية للمجموعة التجريبية والضابطة وتم تطبيق اختبار (ت) للعينتين الواحدة والمستقلة لإيجاد تأثير البرنامج. وأظهرت النتائج وجود فروق ذات دلالة إحصائية لأثر البرنامج في خفض مستوى الخلافات الأسرية بين المجموعة التجريبية والضابطة لصالح المجموعة التجريبية، كما أشارت إلى أثر البرنامج في إمداد هؤلاء المتزوجات بطرق لخفض الخلافات الأسرية بين أزواجهن بالإضافة إلى مساعدتهن في التعامل بكفاءة مع الأزواج. واعتماداً على النتائج قام الباحث بوضع توصيات للمختصين وصانعي القرار والمؤسسات المعنية.



الكلمات المفتاحية:

الخلفاء الأسرية - النماذج المتمحورة حول المهام والحلول - التوافق الزوجي

The Impact of a pilot program focus on tasks and solution to reduce the level Of family disputes caused by marital incompatibility

Abstract:

The study aimed to identify The Impact of an experimental program centered on task and solution to reduce the level of family disputes caused by marital incompatibility. To achieve the objective of this study the researcher applied a study tool after verifying its validity and reliability on a sample that consists of 30 wives, Selected from different psychosocial institutions in Gaza City, Palestine. Using the Purposive sample method. Relying on the semi-experimental method. The researcher divided them randomly into two equal groups, the Experimental group was “fifteen” and the controlled group was “fifteen”, the Experimental group those who received the experimental program, and the control group, those who did not receive it. The experimental program consisted of (14) sessions. To answer the questions and the hypotheses of this study, means, and standard deviations calculated for experimental and control groups, whereas, (T) Test independent samples and paired samples calculated to find the impact of the experimental program. Results showed significant differences related to the effectiveness of the program in reducing the family disputes level, between the experimental and the controlled groups in favor, the experimental groups; also, this result indicated to the program effectiveness to providing these married women with guideways to reduce the family disputes between their husbands. Also, to help them enable and Dell more efficiently with them. Based on the results, the researcher made some recommendations



for specialists, decision-makers, and institutions related.

Keywords:

Family disputes – Task centered and solution Models – marital compatibility.

Introduction:

The issue of family disputes related to any family construction, as these disputes increase or decrease according to the method that treated with; it exacerbated and accumulated when left without confrontation. Some crimes have recently appeared in Palestinian society because of the severity of these disputes. Besides, the most recent happened when a Wife throwing here salve from the balcony of her house, to escape from these disputes. The ways to confront these disputes with rigidity well add more problems. In addition, it has known that the first period of every married life maybe not easy and sometimes some couples suffering from family disputes and instability. In consideration that this marriage stage based on facts, not based on pretenders. It differs from the previous stages. as the shortcomings are hidden by the courts 'courtship period may be revealed by the first years of marriage, and the similarity of the couples in some clients, Similar twins differ and there will be no agreement between them in all matters, so that may be great difficulty in convergence at the beginning of the matter. Moreover, all of these mentioned things make marital relationships including the special relationship between the couples come into a kind of tension, anxiety, and instability. Besides the feelings of threat and insecurity. Furthermore, a large number of couples do not adhere to the rights and duties among themselves, so many cases of family instability may lead to abandonment and divorce. In addition, this position may affect children's care inside these families, because they see all conflicts and live with the problem in all its forms and sometimes they misused in those disputes, and sometimes-other penalties imposed on them. Besides, they share with beatings, reprimands, neglect, or deprivation because of the stress that these husbands exposed to them. Finally, all these mentions practices may lead them to the courts.



The Study Problem and Questions

Researchers tried to tackle the topic of family disputes from various sides; however, in order to learn more about family disputes that societies in general face, the researcher sought the need for a deeper investigation into this topic later presented some recommendations. Thus, this study tried to add more investigations to this topic and tackled to search for the Impact of an experimental program based on task and solution Models to reduce the level of family disputes caused by marital incompatibility. So it becomes important for the study to answer the following main questions:

1-what is the level of family disputes caused by marital incompatibility on the chosen samples.

2-What is the impact of an experimental program to reduce the family disputes among the chosen sample?

Then to shed light on the study's questions, the researcher put the following hypotheses

The study's Hypotheses

1-There are statistically significant differences between the chosen samples at the level $\alpha = 5.0$ in the average of Family dispute.

2-There are statistically significant differences between the members of the experimental group who has received the experimental program and the control group who did not receive any program at the level $\alpha = 5.0$ in the average of Family dispute.

3-There are statistically significant differences between pre and post Test among the members of the experimental group who has received the mentoring program at the level $\alpha = 5.0$ in the average of Family dispute.

Objectives of the study

This study aims to explore the level of family disputes caused by marital incompatibility. It specifically aims to examine the following objectives:

-To identify the level of family disputes caused by a marital incompatibility in the chosen samples.

-Presenting a suggested program centered on task and solution models to reduce family disputes among the samples.

Importance of the Study

Beside The Arabic, a relative rarity of research in using the task-centered and solution models, the importance of this study is to shed light on the following:

- The scientific importance that benefits decision-makers in Palestinian universities, seeking assistance in applying the recommendations and suggestions reached by the study to achieve the required development.

- The practical importance that will reach beneficial results for specialists in the field of social work, psychological educational counseling, and process that benefits family consulting institutions offices in seeking the help of applying the recommendations and proposals reached by the study.

Terms and Definition of the study

Family disputes

Family disputes are not born in the era with its complex civilizations, but in the current era too, its spread widely and become impossible to ignore or remain silent, as

many of these disputes may develop negatively if they are not addressed early based on the importance of a healthy and appropriate family climate and for the upbringing of generations. (Al-Khattinah & Abu Asaad, 2014) Moreover, Family disputes expected in every marriage regardless of the method in which it took place, depending on the culture of the couples. Despite the possibility of severe love, it may collapse in light of the disputes. Moreover the absence of the agreed method for solving their problems and maintaining peace. Also understanding the dialogue between the couples lies in storing these problems for a long time, and this method may exacerbate the gap between them until they reach intolerance. Therefore, it is better to have the first-hand discussion to solve their problems and overcome obstacles without leaving the opportunity to accumulate them with acceptance of concessions by all frameworks. (Sarhan, 2006) in addition , the researcher agree with the result of Basawil study (2015) , that says the emotional needs the essence of mutual gratification between couples, and at the same time they may be the basis of marital disputes, which they may not realize clearly until r they escalate and take on other manifestations. Like wounding pride and disrupting ambition, but its roots are mutual emotional frustration, as each of the two parties to the relationship has emotional needs that Anticipated Needs expect, and he hopes the other will actually satisfy him with Actual Needs. Furthermore, that the family disputes appear in the family as a form rather than a mismatch in the performance between husbands. Sometimes appears between children and their parents. Hence, this research is concerned to study the family disputes that occur between husbands.

Marital compatibility

The idea of compatibility, as it used over the years, begins with the qualities of individual partners and suggests that some combinations of qualities are more likely to promote marital harmony. Most writings on compatibility begin with social similarities

such as similarity in religion, social class, ethnicity, and education and link these similarities directly to marital satisfaction, leaving the mediating psychological and interpersonal processes open to speculation. Levinger and Rands have pointed out that social similarities are only modestly associated with how well couples get along on a day-to-day basis. Moreover, they suggest that researchers focus on combinations of attitudes and dispositions that bear directly on how inclined partners are to behave in ways that promote a mutually satisfying bond. The interdependence theory provides a useful way of conceptualizing such combinations. (Crawford , 2004) In addition, the researcher agrees with the results of the Ryder Study (1967) that says marital compatibility appears in the family as a form referring to many major distinctions among kinds of couples to encourage them to a particular set of marriage ideals. Besides notably including the idea that marriage is a task to accomplish as coolly and scientifically as possible.

Task centered Model (Reid & Epstein)

Task centered It is one of the recent Approaches in casework. In which a group of different treatment methods used to deal with each Specific problems that clients perceive, recognize, or those around them. Those involved in the problem during a specified number of interviews, determined in light of the type of problem and its nature, degree of complexity, and the client's personality. (Abo Baker, 2020, p.262) Reid & Epstein developed this Model at the beginning of 1970. It falls under the scope of the therapeutic methods that called the problem-solving method, which began to develop by Helen Harris 1957 (Reid and Epstein, 1972). Besides, this approach focuses on solving problems as seen by the client. , from his point of view, specific in terms of time. Besides, it leaves the field open for the use of any suitable theory, which is a flexible method that obtained by those with a bachelor's degree, and the intended

change is brought about by using certain tasks, which are activities designed to improve the problematic situation, a method that is oriented towards the present. (Al-Suruji, pp. 189-190). Also, Task-centered model, not only working with families but also working with groups “e.g., chronically mentally ill” and with larger organizations “e.g., a foster care agency”. (Anne E., 1985)

Focus on the Solution Model (Shazier and Borg)

This model considered one of the most recent abbreviated therapeutic methods. Its origins date back to the early eighties and the idea is that this method does not take place in the search for symptoms or for the factors that contributed to its emergence as far as it goes directly to solutions. Moreover, that contributes to eliminating the problem or reducing its severity or Adapt to its outputs. Hence, the treatment directed towards the ultimate goal, which the clients seek. Also to reach psychosocial compatibility with the selfless, and with the surrounding environment. Therefore, it based on several basic postulates: including focusing on the future instead of the past. Moreover, focusing on solutions instead of the problems, and focusing on the client’s capabilities instead of weaknesses. “Shazier” and” Borg” paid attention to the positive aspects in the lives of clients and then investing their capacities’ to the maximum extent possible. Therefore, they can overcome the difficulties that prevent their performance of their social functions. (Duan, 2012)

Previous studies

Reid and other study (1997)

This study aimed to verify the importance of the task-centered model of social work practice since its inception about 25 years ago, the model has undergone a continuous

program of research and development. Findings support the effectiveness of the model—especially concerning problems of psychiatric outpatients and school-related problems of children—and the utility of time-limited service contracting. Studies have identified several correlates of a positive outcome, including the degree of client commitment to do the task, the use of systematic procedures to prepare clients to carry out tasks, and the degree of focus on target problems. Future research will focus on the model’s applications to new problems and populations and on increasing the durability and size of its effects, especially with school-related problems.

Anzi’s Study (2004)

The study aimed to verify the effectiveness of a group-counseling program, in which wives trained in family disputes resolution skills systematically. Based on theories of counseling and research in the field through the imposition of six hypotheses related to the effectiveness of a group-counseling program in reducing disputes and reducing the level of depression among their children to raise the level of their academic performance and increase their rates. The sample consisted of 30 wives and mothers, which obtained the highest marks on the scale of family disputes. They randomly distributed into two equal, experimental, and control groups, and it was within the random method that one of their sons or their daughters. Those mothers at the age of 12-16, according to the rational emotive behavior theory. The counseling program applied, which consisted of 13 sessions, it took 3 months and using the “Bick” scale for depression. The results refer to the effectiveness of the Indicative Program in reducing the level of family disputes, depression in children, and increase their degrees in education.

Al-Hawli and Abu Makhdah study (2007)

The study aimed to identify the role of the courts of the Gaza Strip in limiting divorce; the study shed light on the role of the judge and the role of family counseling offices in resolving disputes between couples, through counseling sessions. It presented three cases of intervention models that contributed to solving some marital disputes, and the most important results were, the judge has great respect from people besides his good effect in solving marital disputes. The study also showed the importance of family counseling offices in reforming the same role. The study put some recommendations like the need to take care of the family counseling departments in the courts, to make exchange experiences between the social workers, and to give the social worker's field Training on consultation.

Al-Asouli's Study (2012)

The study aimed to identify the role of Sharia courts in treating with the family violence issues in the Gaza Strip. By presenting, some examples, from the good practical practices of social workers, in the family counseling sections. Used a descriptive approach .and, to achieve the objective of this study the researcher applied an interview after verifying its validity and reliability on a sample that consists of 12 social workers which they working in the family counseling departments. The results indicated the important role of the social workers, in the family counseling department in alleviating cases of resorting to divorce the percentage reached 18.46%. In addition, to provide advice to the new married couples, Guiding them in a way to achieve their family stability and, with a deference interfering in marital disputes situations, besides trying to overcome the percentage of 15.38% for each of them, then all the roles were positive. They also interfered in the solution of many issues, who they mentioned to the number of 43 cases they reached to the fully resolve for their family disputes

Kelly Study (2013)

The study aimed to identify the importance of using Task-centered practice in the social work field designed to help clients and practitioners collaborate on specific, measurable, and achievable goals. It is layout to be brief (typically 8–12 sessions) and can use with individuals, couples, families, and groups in a wide variety of social work practice contexts. With nearly 40 years of practice and research arguing for its effectiveness. Task-centered practice can rightfully claim to be one of social work's original. "evidence-based practices," though the relative rarity of research on its effectiveness in this decade, suggests that the approach itself may have become increasingly integrated into other brief social work technologies. The study confirmed that the Task-centered practice (TCP) well into its fourth decade as a social work practice model, and has matured as a social work generalist practice tool that can empower clients to solve a wide variety of problems. Originally formulated by Laura Epstein (1914–1996) and William Reid (1928–2003) at the University of Chicago's School of Social Service Administration (SSA), the approach adopted by schools of social work and social work practitioners internationally, and the key textbooks for TCP translated into numerous languages. Many popular recent social work brief treatment approaches, such as narrative therapy and solution-focused brief treatment, have incorporated facets of TCP, and many key ideas of TCP being taught in American, European, and Asian schools of social work generalist practice courses. However, despite the seeming prevalence of the approach in multiple international settings and its potential applicability to a wide variety of problems typically treated by social work practitioners, finally, TCP struggles to gain the recognition and respect it deserves as a social work practice innovation.

Khalil Study (2015)

The study aimed to reveal the friendly methods to solve family disputes, used several approaches, including the inductive approach, the analytical approach, and the descriptive approach. It included five main topics: the first talked about the importance of friendly means in solving family disputes. The second topic came to reveal the application of moral values in solving family disputes. The third topic followed the friendly methods in treating wife disobedience. The fourth topic is devoted to knowledge of intervention between couples. The fifth indicated to devoted knowledge of conciliation between the couples. then the research reached to several results, the most important showed differences benefits, so love comes after enmity and harmony come after collision and dialogue, but only on the condition that these disputes do not amplify and develop, affecting the composition of the family and children. The study recommendations refer to the necessity of finding alternative solutions for the judiciary, namely the activation of friendly methods in solving family disputes, which depend on the application of moral values and, using this friendly methods in reconciliation between couples.

Al-Kaabi study (2015)

The study aimed to develop a model for solving family disputes in Qatar society and practicing it in Qatar institutions, that deal with the family and to identify the type of problems leading to marital disputes in Qatar family, besides the proposals to solve it. The study used the qualitative and quantitative approaches in developing this model. Results refer to the most important problems leading to marital differences, which was the remaining quarrel between the couples for the most insignificant reasons. Finally, this study came out with some important recommendations that would contribute to solving marital disputes and reducing them. The most important was the need to

confront marital disputes through family institutions that contribute to the awareness and training to couples for facing the continuous disputes that arise between them.

(Al-Sanad) Study 2016

The study aimed to define the reality of family disputes in Saudi society. It describing the nature of the concept and forms of family disputes within the framework of the Saudi family, the reasons that lead to their emergence. As well as identifying the effects, that accrue to the family, through the spread of disputes between its members. as these sought The study to reach planning indicators to reduce these disputes, and this study was applied in the five regions of the Kingdom of Saudi Arabia, which are as follows (Central, Northern, Southern, Eastern, and Western) and two social development centers were chosen for each of the previous regions. The study relied on a questionnaire directed with a sample of some beneficiaries from the social development centers in the aforementioned regions. Which numbered with (300) items, as a guide for academic experts. Concerned with family issues and family counseling, in the universities of the Kingdom of Saudi Arabia. Moreover, they were (10), and the results of the study showed: that There is a disparity in the study members, 'agreement on the distance of the nature of the concept of family disputes. As well as the nature of more prevalent family disputes, and the reasons that lead to the emergence of family disputes in the scope of the Saudi family for experts and specialists and the respondents. The study also found that there are no differences between the responses of the sample of experts and specialists in social development centers in the Kingdom of Saudi Arabia and the executive mechanisms to confront the effects of family disputes as elements of a planning conceptual framework.

Cloven and other Study (2008)

This study reports on the further development of the task-centered model for difficulties in school performance. The researchers used Bailey-Dempsey and Reid's (1996) application of Rothman and Thomas's (1994) design and development framework and annual evaluations of the Partners in Prevention (PIP) Program to refine the task-centered case management model. Data from four recent PIP evaluations suggest a significant improvement in academic achievement and behaviors that present as barriers to school performance.

Al-Saleh Study 2017

This study aimed to present a proposed concept of the role of integrated behavioral marital therapy to deal with marital disputes. Where marital disputes are one of the main problems affecting family performance and cohesion. In addition, the needy intervention of family counselors to restore the family balance and prevent its access to divorce cases, using professional methods and therapeutic approaches that are commensurate with The nature of marital disputes in Saudi society. It also aimed at identifying the therapeutic methods used with marital disputes, identifying the difficulties that a mentor faces when working with marital disputes, and arriving at a proposed concept for an integrated behavioral marital treatment model to reduce marital disputes. The researcher used the social survey method, and the sample consisted of (40) family counselors working in family counseling centers in Riyadh, and their number reached (40) family counselors. The questionnaire used as a tool to collect data. The result indicated that there are deficiencies in the use of professional methods. Moreover, that the family counselor faces difficulties when working with cases of marital disputes, so that limits the practice of professional methods, and the results showed an appropriate behavioral marital treatment approach integrated with marital disputes cases in it and

archived work models to take advantage of them later.

Smith and others study (2020)

This study aimed to summarize reviews of family-focused care interventions that support families with a family member with a long-term condition across the life course, results showed that fifteen reviews met the selection criteria. Overall, family-focused care and associated terms poorly defined. Typically, interventions were educational or psychological therapy/counseling to empower individuals to manage their condition. There is some evidence that family-focused care interventions can improve clinical/biological health measures and self-care outcomes such as treatment adherence. Multicomponent psychosocial interventions, which include cognitive behavioral therapy, skills training, education, and support and focused on wider family members, appear to improve family relationships and marital functioning. The impact of this study was Supporting people with long-term conditions is a key health and social care priority. Family-focused care interventions have the potential to improve the health and well-being of individuals and families, but there is a need to evaluate their clinical and cost-effectiveness. The findings from this review used by funding bodies when commissioning research for long-term conditions.

Comment on previous studies

Most of the Arabic previous studies provided the researcher with an opportunity to benefit from it. Also, know the aspects of family disputes from different models and countries. Besides the English previous studies, which provided the researcher with an opportunity to benefit from and know the aspects of using the Task Centered, model. Moreover, the relationship between this model and the solution-focused model,

like Reid and other studies (1997), cloven study (2008), Kelly study (2013), smith study (2020) .and provided the researcher too with the ways to design the study tool, the sample type, and the study method. At the same time, the current study differed from the previous studies in providing a new perception to explain the kinds of family disputes in Palestine society from the viewpoint of some wives and presenting a set of models centered on task and solution to help them. Besides presenting an experimental program to overcome and mitigate these family disputes.

The Theoretical background of the study

Marital harmony closely related to the selection process. This refers to identifying the right, fit for marriage, as the selection is the language of the eras, so there a choice for the type of food, the type of clothing, etc... There is a series of choices for various ways of living. Perhaps success in the marital selection process may contribute significantly to the low rate of Family disputes, and the problem lies in when the choice made in an ill-considered manner. To form the marital family and this may affect in one way or another the convergence of their feelings and the convergence of their moods and attitudes which leads to a lack of integration and, may not achieve the desired compatibility. In general, compatibility is a goal that a person wants and takes as a means to achieve because it targets self-satisfaction, peace of mind, and contentment because of feeling a self-ability to adapt to the environment, interact with other, and good interaction with others. Moreover, marital compatibility is one of the most important areas of consensus. Besides, two married people tend to accept mutual feelings and participate in the task, Familiar activities and the fulfillment of marital expectations for each of them that includes the relative liberation from the conflict, and then the relative agreement on vital issues related to their common life as well as participation in joint activities. Furthermore, the happy marital life is not without

some disputes, it turns with understanding and openness into a strong supporter for compatibility (Khalil, 1999, pp. 16-17).

Causes of marital disputes

- The absence of religious faith and the distance from religion
- Lack of awareness of legal rights.
- Economic reasons “A change in the financial situation and the deterioration or improvement of the economic situation.
- Legal reasons “stalking - prison – nationality”
- Health reasons - “disease - infertility - anomaly or impotence - infections disease-
- Psychological reasons, “Selfishness, violence, disrespect, stubbornness, cruelty, mental emptiness, lying, etc., and suspicion and emotional deprivation
- Social reasons “social and cultural differences -age differences -family and surroundings interference -abuse -environmental differences -roles defects -harmful habits - the wife’s exaggerated attention to children. (Rashwan, 2008, pp. 50-52)

Factors and manifestations of incompatibility

The wrong marital choice becomes one of the most important causes of incompatibility with different expectations of roles and different values and backgrounds for each of the couples’ cultural, social, and economic and may also be different ages or sexual incompatibility or jealousy and lack of social and psychological maturity. (Al-Azzeh, 2000, pp. 173-174) The manifestations of marital incompatibility are as follows:-

A-dispute

A word expresses tension. Discord an equal or unequal nature between the couples. Moreover, the dispute, for many reasons, it may be caused by the nature of the shared

life within the extended family, the young couple's age, the husband's inability to spend, or the different social, economic, and cultural levels between the couples. Besides, the dispute appearances that appear in Irony, insults, and beatings may end in expulsion or desertion.

B-Abandonment

This considered a means of punishment by one of the couples towards the other, in addition to that abandonment when its duration increases, it is an indication of the occurrence of divorce, and abandonment is either in bed or away from home. (El-Gohary et al., 2009, pp. 98-117).

The importance of the family

The family is a social institution that represents a group of individuals gathered together, through mutual functions that reinforce each other, these functions work to provide the couples with mutual experiences. It contributes to the continuation of the human race through having children, caring for them, cooperates economically through the distribution, of burden among adults. It also maintains Borders and taboos between generations, to maintain the performance of tasks. It forms relationships on an acceptable basis. Besides, it has an important role in human communication. As it transmits culture to children through parental education, that requires teaching socially acceptable roles and methods to deal with others in various social situations where adult family members realize that they can perform the roles assigned to them while doing the necessary preparation to learn the methods of parental care for their children. (Satire, 2016, pp. 34-35).

“Virginia Satire” theory

“Virginia Satire” 1983 developed an important theory in family-human contact. Stresses the importance of family bonding. She emphasized the importance of enhancing communication skills, to help family members to become more aware. While rebuilding negative family communication methods included another type of communication. The hidden messages, containing Negative matrimonial roles: such as the reformer, the mother, the analyst, and the stimulus to the network. Moreover, this desired contact is in kind, physical contact by touch with discussing things in harmony. Also, helps in training many new behaviors that may contribute to the production of a new understanding of them. This increases from their experience, awareness, and confidence.” Satire” has given an applied example of the theory, between the couple. In the form of a game in which they ask them to sit facing each other without speaking and then close the eyes and start touching without speaking, then each of them gives his back to the other and then start talking, at the end sit quietly, and discuss quietly. (Abu Asaad, 2012). Besides, the social workers can rely on this model if necessary and may use it in an advanced stage of support for families that have shown high rates on the scale of family disputes Trends that help them get rid of emotional trends that impede their thinking or enable To reduce the bad thoughts (Al-Preethan, 2008, p. 17).

Family counseling

Family counseling one of the important mechanisms in limiting family disputes. Which means providing specialized assistance by the family social workers for the couple. To be compatible with marital terms. From studies the causes of problems and different cultures, customs, traditions, personal characteristics, and other reasons that lead to bad compatibility and trains them on the means of communication to be in For the benefit of the family, for the benefit of their children, and the achievement

of the desired goals. (Al-Azzeh, 2000, pp. 170-p. 176). Besides, family counseling considered a deliberate assisting process to support individuals and families individually or collectively to solve problems and achieve stability, compatibility, and adaptation, and, it is a scientific method goes according to specific and determined goals and plans to rid the individual and family of the troubles and problems they live with forming mental.

Task centered Model

Task centered, TC Model based on several factors. First, it is in concert with many of the principles of generalist practice, including its problem-solving focus, openness to multiple theoretical orientations and, procedures are transferable among a variety of systems, problems, populations, and settings. Second, TC has been tested and found effective with individuals and families. it is one of very few approaches to social work practice that can make this claim. (Tolson & Reid & Graven, 2003, p.5) This modern model compatible with the requirements of the times, and it is a method of short assistance in which the focus is on the tasks. In addition, the implementation depends on the participation of social workers. The client in setting goals and setting them in the form of tasks. then implementing them and this serves a greater number of individuals and takes less time and costs less and more effectively and includes The steps of this model are to discover and identify the problem, then contract and plan tasks and implement them depending on building logical stimuli, then review and terminate them. The model uses various auxiliary methods such as clarification, understanding, construction, encouragement, guidance, interpretation, modeling, and role-play.

A1- Focus methods of intervention using this model

- Improving the performance of the couple:
- Considering the family the unit of work
- The problem of one of the couples is not isolation
- Reliance on family counseling and support sessions
- considering that abnormal behavior patterns are the result of bad interaction within the family
- Improving the interaction and relations between the couples
- The current problems in the area of the focus on.

A2- Model steps

The steps include these steps

- 1-Clarifying and Exploration the problem “problem specification”
 - 2 Contracting
 - 3- Planning tasks and execution (structuring and encouragement the client to constructing, directing, understanding, interpreting, explaining, Modeling and role-play)
 - 4- Task review
- Finishing, ending phase. (Mansour, Mohamed & Hamam, 2008, PP.85-88)

Focus on the Solution Model

This model can used with the clients by giving them some sessions focusing on the times, when the problem does not occur or when they do not expose to stress in search of the aim solutions. Hence, the focus is not on the problem or its symptoms, but on

the solution. For example, a woman who requests psychological and social counseling because her husband mistreats her support is according to this Approach by asking here about the times that her husband treats her well and then focuses on what is achieved according to the data of this woman's personality and the surrounding environment. Based on this, social workers have the responsibility to direct the clients towards what achieved. Knowing that every problem has exceptions, and times when it does not appear and can dealt with as solutions, then the snowball is the Kaizen method where one simple change occurs that leads to the biggest change. Moreover, and this well improved when it added small changes every day, the greatest tasks will achieved in the end. Perhaps starting with simple change requires accompanied by simple fear, but it achieves small success better than disappointment and letdown. In addition, this method creates new nervous connections in the brain to serve as a solution that neglects this usual brain to think about major goals that are difficult to achieve and then Failure occurs and this may help the mind to make concessions and not to resist the simple changes that will come true. (Al-Asouli, 2019, p. 33).

The role of the social workers using Task centered and solution models

The social workers help clients by increasing the effectiveness of their social functions and increasing their abilities to understand their feelings and modify their behaviors and teaching them how to deal with problem situations. This role requires the specialist's knowledge of social work theories, psychological counseling, and self-management methods of life. This role also requires knowledge of the skills and capabilities of psychosocial assessment and understanding the effects of the environment on the client's psychological state while assisting clients with chronic psychological problems to participate in the various intervention programs with guidance and opinions on the pathways and choices of psychosocial therapy. (Suleiman and Abdul Majeed &

Bahr, 2005, p. 147) also, the social workers may reformulate the client's words, ideas to explain it, with an interest in cognitive and behavioral aspects. Then the social workers reflect the emotional and emotional feelings of the clients, express what they feel, and encourages them to express more about the ways that they can deal with it (Abdullah, 2013, pp. 118-120). Finally, social workers must know the following: -

-The family be the unit of work without neglecting the interest in the individual within it. Moreover, the individual cannot excused from his responsibility.

-Every person in the family has his point of view while respecting the other views

-Necessary to understand the nature of family disputes, their history, and their ramifications.

-Necessary to understand Help meant to achieve balance in satisfying needs, not to stop the onset of symptoms.

-The family affected by what happens to the individual and affects the patterns around them as well. (Metwally, Saad & Helmy, 2009)

Study Methodology

Based on the nature of this study, the researcher used the semi-experimental approach. Moreover, the purposive sample to fulfill the requirements of the study. The researcher found that this is the most effective for this type of study. The purposive sample consists of 70 wives, distributed over five institutions, who benefited from the different services of psychosocial institutions in Gaza City. Then He chose 30 women who scored the highest grade on the family disputes scale. Besides, divided them randomly into two equal groups, the Experimental group "fifteen" and the controlled group "fifteen". The Experimental group, those who received the experimental program, and the control group, those who did not receive it. The institutions that were included in the study are-

- The Palestinian Red Crescent Society (PRCS)
- Balsam, for Social Rehabilitation
- AISHA Association for Women and Child Protection
- The Working Women Association
- The Women's Activity Center in Elshatie

Also, the researcher used the purposive sampling method due to the difficulty of using random sampling, as the population of the study cannot be restricted and due to the lack of official statistics on the number of family disputes wives in Palestine, especially in the Gaza Strip. The nature of the researcher's work with these institutions-conducting fields training that targets university students at this intuitions-helped in designing a fieldwork guidebook that suits the purpose of the study.

The reasons for choosing these institutions were the following:

1-These institutions are known and have a long history of addressing many social cases and providing their services to many people in the Gaza Strip. Moreover, they provide practical training for students of various specializations in social work under the supervision of a professional team of social workers.

2-The work of these institutions includes the vast majority of the fields in social work.

The limits of the study

The study adhered to the following determinants:-

It is known that each study has its own specificities, which reflect the degree of accuracy and commitment to the study methodology in general, and these limits can be explained through the following axes:-

Time limit: The study conducted from October 2019 until the end of February 2020

2- Human limit: The researcher applied the study to a purposive sample of wives who benefits from the services of the various psychosocial institutions in Gaza City

3-Spatial limit: Gaza Governorate, Palestine

Tools of the Study

The study used a questionnaire as the main tool for data collection to the study, after verifying its validity and reliability by peer-reviewers, who provide some feedbacks which, taken into consideration in the final measurement process. On the other hand, the validity of the tool affirmed through the factor analysis for the survey question, as explained in table 2. In addition, the researcher developed this questionnaire based on previous literature reviews and previous studies and it consists of 36 questions, divided into six core areas, and every area divided into six paragraphs, as shown in Table 4. The answers from the questionnaire based on the Likert scale five-response categories, as shown in Table 1.

Procedures of the Study

This chapter provides a detailed account of the main results of the study in order to answer the study's questions and validate its Hypotheses using the appropriate statistical tool as follow:

1-First result of the study question

To answer the first question: what is the level of family disputes caused by a marital incompatibility on the chosen samples? The researcher designed a short scale (family disputes) which consisted of (30) items, and the procedures were as follow:-

A-Statistical methods

The researcher used the SPSS program to extract simple iterative tables and data percentages. They later subjected to interpretation. Qualitative analysis conducted to fulfill the goal of the study. The approved criteria determined the length of cells in five points, Likert scale, through calculating the range between degrees ($5-1=4$), then dividing it by the largest value ($4/4=0.8$). The result then added to the lowest value, which is the correct one (1), in order to determine the upper limit of this cell. The study determined the degree of approval according to the approved test, as shown in Table 1. and, the researcher design a scale key shown as follow:-

1-mild” the degree from 30-60 “The level of disputes is simple and the related of this degree is required to evoke and change a limited number of negative to positive situations”

2- moderate “the degree from 61-90 “The related of this degree faces a safe level of disputes, but she has some aspects that need improvement”.

3- severe “the degree from 91-120 “The related of this degree has a high level of disagreement and she needs to devise an intervention strategy to help reduce disagreements.

4- very severe “the degree from 121-150 “the related of this degree is facing a very high level of disputes and in order to remedy the situation, it is necessary to reconsider her lifestyle while reviewing the methods of adjustment and compatibility to reduce the consequences of the accumulation and persistence of differences”

Table 1 The Approved Criteria of the Study

Degree approval	Relative weight	Cell length	Level
Strong Disagree	From 36% or less	From 1.00 - 1.80	low
Disagree	More than 36% of 52%	From 1.81 - 2.60	
Neutral	More than 52% of 68%	From 2.61 - 3.40	Moderate
Agree	More than 68% of 84%	From 3.41 - 4.20	High
Strong Agree	More than 84% of 100%	From 4.21 - 5.00	

B-Reliability and Validity of the Study

The validity of the study results verified by peer-reviewers, who provided feedback that, taken into consideration in the final measurement process. The reliability of the study and its different core areas measured through Cronbach's alpha measure of internal coefficient, as shown in Table 2.

Table 2 Results of Cronbach's Alpha Measure of Internal Coefficient of the Study

Self-validity	Cronbach's Alpha	N of Items
.915	.873	30

Table 2 indicates the accepted percentage of reliability (.873) and the percentage of self-validity (.915). It means that the questionnaire has a suitable level of reliability and validity.

C-The Study Sample Properties

The researcher used the SPSS program to extract simple iterative tables, percentages, and the study sample properties shown in Table 3, as follow:

Table 3 Demographic Characteristics of the Study Sample

variables	category	Frequency	Percentage %
Age	20-	1	6.67
	21-30	10	66.67
	31-40	4	26.67
	Total	15	100
Education	Illiterate	2	13.33
	primary	2	13.33
	secondary	7	46.67
	University Stage	4	26.67
	Total	15	100
Occupation	House wife	9	60
	employee	3	20
	Teacher	2	13.33
	Others	1	6.67
	Total	15	100
Duration of marriage	From 1-2 years	6	40
	3-6 years	4	26.67
	Year 7-12	7	46.67
	- 13	4	26.67
	Total	15	100

D-The extracted iterative table related to each core area of the family disputes scale tool of the study and the results shown in Table 4.

Table 4: Means and the Percentages of the Study Tool

paragraphs	Mean
1-There is a big difference between us in age	4.4000
2-We never meet in interests	4.4667
3-There is no agreement between us in desires	4.4000
4-We never feel compatible and adapted together	4.4667
5-There is no scientific affinity between us because of the different qualifications	4.4000
6-There is a difference between us in the educational level	4.4667
7-We don't have one way of thinking	4.4000
8-Our relationship with parents is not compatible	4.4667
9-Our economic level is not equal	4.4000
10-Our social relationship with people around us is almost nonexistent	4.4667
11-He constantly criticizes me because of my behavior	4.4000
12-He is Not interested in providing home requirements "clothing - food"	4.4667
13-Stingy in exchange and does not provide me with a monthly fee	4.4000
14-He cannot control his emotions and anger	4.4667
15-He always stands for me on both big and small things	4.4000
16-I find it difficult to ask him to visit my family and relatives	4.4667
17-he does not help me to complete my scientific career	4.4000
18-he does not help me to develop my personality	4.4667
19-he does not encourage me to work	4.4000
20-He refuses to talk to me and does not give me space for expression	4.4667
21-He constantly fights with me in front of others	4.4000
22-He constantly reprimanded me	4.4667
23-Sometimes he Hit me hard	4.4000
24-It always let me feel imperfect	4.4667
25-He uses sharp words and violent phrases with me	4.4000
26-He deliberately embarrasses me in many situations	4.4667
27-He Always nervous and irritable	4.4000
28-He constantly insult me	4.4667
29-He Always think wrong	4.4667
30-He always misunderstand me and does not respect my abilities	4.4667

E- Extracting the means of the study tool

The researcher extracted the means of the study tools, as mentioned in Table 5.

Table 5: Means of the Study Tools

	Mean	Minimum	Maximum	The Weight relative	N of Items
Item Means	4.436	4.400	4.467	88.72	30

This table indicates the relative weight of the summary items statistics means for all the core areas' paragraphs. The total relative weight of the paragraphs is high. In reference to the approved criteria of the study, Table 1, we find that the percentage is 88.72 %. This may indicate the number of difficulties that these wives face in their family life. , also, this may indicate the number of difficulties that those wives' facing with regard to the paragraphs witch mentioned in Table number 3.

2- Second result of the study question

To answer the second question of the study: What is the impact of an experimental program to reduce the family disputes among the chosen sample, the researcher proposes three hypotheses. To validate these hypotheses, the study used the Independent Samples T-Test, Paired Samples T-Test, and the one-way analysis of variance to determine the differences between the deferent means and, the procedures were as follow:-

A-The Normality test to the control group and the experimental group

The researcher conducted a two-group parity test and verification before the conducting of the training program by calculating the results of the T-Test for two independent samples, the experimental group, and the control group. He conducted the Kolmogorov test for homogenization to identify the nature of the distribution of data as showed in Table 6

Table 6: Test of Normality

	Control Group	Kolmogorov-Smirnov		
		Statistic	df	Sig.
Control Group Means	Experimental Group	.207	15	.082
	Control Group	.113	15	.200*

This Table Indicated to the significance level witch reached, .200, and the percentage showed greater than the significance level of (.05), so, the data follow the normal distribution. Then the researcher conducted a T-Test for two independent samples, and the value of the significance level was 1.801, which is higher than the value of the significance level (05), and that indicated to the two the equivalence and the homogeneous of the two groups, as shown in Table (7).

Table 7: The Independent Samples T-Test

The Independent Samples T-Test

		Control Group Means	
		Equal variances assumed	Equal variances not assumed
Levene's Test for Equality of Variances	F	1.498	
	Sig.	.231	
t-test for Equality of Means	t	1.801	1.801
	df	28	26.548
	Sig. (2-tailed)	.083	.083
	Mean Difference	.14000	.14000
	Std. Error Difference	.07776	.07776
95% Confidence Interval of the Difference	Lower	-.01927-	-.01967-
	Upper	.29927	.29967

B-The researcher applied for the training program on the chosen sample. Which based on Task centered and solution Models, in addition developing a framework consisted of 14 sessions. These sessions include 10 sessions with the experimental wives group, besides, 2 sessions with their husbands as individual groups. Then another 2 joint sessions between the husbands and their wives, as shown in Table 8.

Table 8: The training program sessions

Each session took two hours a day, divided into three sessions a week

<p>Session No. (1)</p> <p>with wives</p> <ul style="list-style-type: none">- acquaintance and breaking down barriers <p>Includes the introduction, identifying wives' needs for marital happiness</p> <ul style="list-style-type: none">-Defining Needs and Expectations / Brainstorming:-Pre-test.-Emptying my feelings “ examining feelings”-Discussing concerns and daily problems and exchanging experiences-Carrying out some movement activities to enable wives to express their feelings and internal problems. <p>-ending</p>
<p>Session No. (2)</p> <p>with wives</p> <ul style="list-style-type: none">-controversial factors

-Stages of development of the problem / basic rights of couples /agreement on rights.

Session No. (3)

with wives

-problems resulting from marital disputes

-Behavioral problems that appear in different stages of development

Session No. (4)

with wives

- models (task-centered - focus on solution)

-Explain, clarify, and interpret models and the mechanism of relying on it.

Session No. (5)

with wives

-start applying models and the role of the social workers in follow-up

Models steps:-

1-Clarifying and Exploration the problem “problem specification”

2 -Contracting

3- Planning tasks and execution (structuring and encouragement the client to constructing, directing, understanding, interpreting, explaining, Modeling and role-play)

4- Task review

Session No. (6)

with wives

-difficulties applying and removing blockages

-A comprehensive recipe for dealing with marital differences.

Session No. (7)

With wives

- general discussion of ways to overcome differences by using applied models

-View a list of available centers to deal with the problem.

-Sources of services available in the local community. Moreover, how to communicate with them.

-Mechanism of cooperation with day service centers that provide services provides family counseling.

-Host expert specialists and showcase some activities

Session No. (8)

with wives

-Initial success stories, peer support, and support

Session No. (9)

with wives

A discharge session and psychological support

(Role Playing - Hot Chair - The Empty Chair)

(Role-playing with wives is necessary to create a friendly relationship, between specialists. in addition to making them more close to each other. Also to be able to express their feelings indirectly. That by selecting some successful models in the group, or with choosing some wrong behaviors she performed a psychological

act. Also, sharing, exchanging roles. Using a hot chair with a jam and empty with the wife. Representing the jam for the steps that supposed to followed to achieve success in the relationship in front of the group and with the participation).

Session No. (10)

With wives “ritual closures”

- Supporting and empowering wives and evaluating sessions
- An indicative theatrical show and paraphrasing a scenario with marital disputes
- The theatrical performance follows an open discussion for an hour and a half to two hours managed by the theater team, participants, and facilitators to encourage wives to express themselves and the nature of relationships.
- Evaluate the sessions with the participation of the participants and submit a post-test.
- A discussion of the steps that follow the training, which include how educators continue to provide assistance and support to each other and to discuss follow-up and continuation mechanisms.
- Developing a guide that includes prevention, treatment, family inquiries and answers, and trying to recount and monitor success stories that identified through the working sessions.
- Discuss with them the official’s ways to establish a socio-cultural club for a happy life, which will include different activities, can be practice.
- Finishing, ending phase.

Session (11)

with husbands

-Explain the causes of family disputes and the factors leading to it.

Session (12)

with husbands

Explain the ways to overcome of family disputes and removing blockages

--Explain the models (task-centered - focus on a solution)

-Explain, clarify, and interpret models and the mechanism of relying on it.

-start applying models

Session (13)

with couples

A joint session between husbands and their wives for each group separately

(Eliminate obstacles and misunderstandings, and agree to implement models together)

Session (14)

with couples

-A joint session between husbands and their wives for each group separately

(The ritual of the closure and vowed to continue to achieve family stability, marital happiness) and the rejection of disputes)

C- The effectiveness of the Training program

To get to know this, the researcher performed the following procedures: -

1- Calculating the results of the test (T) of two samples for the experiment group and the control group. Before testing, it confirmed that they follow the normal distribution .so the T-Test performed and the results shown in Table 9.

Table 9: The Independent Samples T-Test

The Independent Samples T-Test

		Group Means		
		Equal variances assumed	Equal variances not assumed	
Levine's Test for Equality of Variances	F	2.181		
	Sig.	.151		
	t	16.484	16.484	
	df	28	23.216	
t-test for Equality of Means	Sig. (2-tailed)	.000	.000	
	Mean Difference	1.92667	1.92667	
	Std. Error Difference	.11688	.11688	
	95% Confidence Interval of the Difference	Lower	1.68725	1.68501
		Upper	2.16608	2.16832

The Table Indicated to the significant percentage witch reached .000 is less than the significance level of (.05), and this indicated the statistically significant differences in favor of the experimental group on the post-test, where the mean was 2,5089 as in Table 10.

Table 10: Group Statistics of the study sample

Group Statistics of the study sample

	Group Description	N	Mean	Std. Deviation	Std. Error Mean
Group Means	Experimental Group	15	4.4356	.23653	.06107
	Experimental Group Post – Test	15	2.5089*	.38596	.09965
	Experimental Group Pre-test	15	4.4356	.23653	.06107

2 - T-Test (pre - post Test)

First, the researcher made sure that the two groups followed the normal distribution. Then the T-Test conducted and the results shown in table 11.

Table No. (11): The Paired Samples Test

The Paired Samples Test

		Pair 1	
		Experimental Group Pre-test - Experimental Group Post - Test	
Paired Differences	Mean	1.92667	
	Std. Deviation	.43153	
	Std. Error Mean	.11142	
	95% Confidence Interval of the Difference	Lower	1.68769
		Upper	2.16564
	t	17.292	
	df	14	
	Sig. (2-tailed)	.000	

Table 11. indicated to the value of the 17.292.and the significance level of .000, and this Wight less than .05.,this results indicated to the statistically significant differences between the mean of the post-test and the pre-test in favor of the post-test, where the

higher means as in Table no. (10) For the post-test was 2.5089, and the pre-test, was 4.4356.

3- The one-way analysis of variance ANOVA -test conducted to due compare means between the three groups (experimental-control-the experimental group on the post-test), as results showed in Table 12.

Table 12: ANOVA-Test

Group Means	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	34.619	2	17.310	216.685	.000
Within Groups	3.355	42	.080		
Total	37.974	44			

Table 12.confirmed that the significant percentage was .000, it less than the significance of the level,05, and this leads to the presence of statistically significant differences that illustrated by means plots in Figure- 1

Figure -1

Discussion the results of the Hypotheses

1-The results of the study showed statistically significant differences, at the level $\alpha = 5.0$ in the average Family dispute between the chosen samples. As shown in table 4. The researcher attributes this to the similarities of the bad conditions that these wives facing in Palestine society especially in Gaza city. Because of the occupation situation and the economic siege. Furthermore, the truth of Family disputes expected in every marriage and every country even it poor or rich. , And this result is in line with the study conducted by (Al-Sanad) Study 2016, which aimed to define the reality of family disputes in Saudi society and line too with Kahlil's study (2015), and Al Asoli study (2012).

2- The results of the study showed that there are statistically significant differences at the level $\alpha = 5.0$ in the average Family dispute, between the members of the experimental group, who has received the experimental program. In addition, the control group who did not receive any program as shown in tables 9,10,11,12, the researcher attributes this to the training program as the 14 sessions include the main role in supporting this couple. Moreover, this result is in line with the studies conducted by Anzi's Study (2004), Al-Kaabi study (2015), and Al-Saleh Study (2017).

3- The results of the study showed that there are statistically significant differences at the level $\alpha = 5.0$ in the average of the Family dispute between pre and post scale among the members of the experimental group who has received the mentoring program. The researcher attributes this to the importance of the used models (Task centered – Focus on the solution), and And this result is in line with the studies conducted by Reid (1997), Colven (2008), Kelly (2013), and smith (2020). Which it has aimed to identify the importance of using Task-centered in the social work field designed to help clients.

Conclusion:

Results of the study showed significant differences in vocational choosing between experimental and control groups in favor of the experimental groups; this result indicates the effectiveness of the vocational training program, , The results indicated the highest level of family disputes which was in the sample. Besides, that required, from the researcher, to apply for the suggested pilot program, to reduce the rate of family disputes grade witch observed by the study. Moreover, Results showed significant differences, in family disputes grades. Between the experimental group, and the controlled groups. In favor of the experimental group. In addition, this result indicated, to the effectiveness of the pilot program provided those married women with ways to reduce their family disputes between their husbands. Then, the researcher Confirmed

recommended to the specialists, counselors, and decision-makers to pay attention to this marginalized category, which was in urgent need, for continued intervention by social work institutions in their societies.

Recommendation & Suggestions

In light of the findings of this study, the researcher recommends the following:

-Encourage researchers in the social work field to focus more on the benefits of using Task centered and solution models especially in social casework and, with individual cases. -Encourage decision-makers, and institutions related to direct the attention to the importance of recognizing the family's needs for the social work profession services and

To develop plans to overcome the family's difficulties that they face.

-To invite specialists from Arab and international universities to attend workshops to discuss the planning and implementation mechanisms of intervention agendas with family disputes and ways to overcome and to exchange experience in this regard.

-To create a network between the social workers and the institutions through different training workshops, and keep them updated with the new developments in the field of social work.

-In light of the huge amount of technological development, and globalization, the researcher suggests a strategy to be a way to improve the relationships between families. , this strategy depends on the idea of (Jim, 2018), the family board meeting as meeting with each family member is face-to-face, this way to achieve the greatest possible amount of spending beautiful time with family members and to be in deep contact with other.

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