

# **Effectiveness of an Acceptance and Commitment-Based Program in Alleviating Alienation among Blind Elderly Women**

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**Abstract:**

The current research aimed to test the effectiveness of a program based on the acceptance and commitment model in alleviating the severity of alienation among blind elderly women. It relied on an experimental approach by applying it to two groups: one control group and one experimental group of blind elderly women residing at the Hope House for the Care of Blind Elderly Women in Nasr City, Cairo. Each group consisted of (30) participants. Applied a measure of their feelings of alienation. The results of the research concluded that practicing the therapeutic program had a positive impact on members of the experimental group of blind elderly women and contributed to alleviating the feeling of alienation this positive outcome is due to following the techniques of the therapeutic program with acceptance and commitment. These techniques include training on self-transcendence and the method of controlling feelings of pain and sadness. The sample members felt comfort and tranquility, as well as positive interaction with them and an understanding of the meaning of life through dialogue and discussion sessions.

**Keywords:** effectiveness - acceptance and commitment - blind elderly women - alienation - therapeutic programs.

**First, the research problem and its importance**

The sense of sight plays a special role in human life, enabling realistic interaction with the environment- whether natural or social. Approximately two-thirds of an individual's knowledge about the world is acquired through visual perception. Therefore, poor vision or total blindness is one of the most important causes of disability.

The person who loses his sight loses a major channel of communication with the world around him and becomes forced to rely on the other senses, especially the senses of hearing and touch. However, these alternative senses cannot fully compensate for the loss of vision, resulting in limited experiences both in terms of quantity and quality. Remarkably, over 80% of an individual's information intake occurs through sight. Therefore, any malfunction in the visual system may affect his mental, sensory, and psychological development. The visually impaired person's environment becomes limited to what they can touch, hear, or smell. This limitation is reflected across all aspects of their life (Al-Shakhs, 2017, p.185).

Blindness is one of the disabilities with profound psychological effects, casting a unique hue over an individual's personality. Contrary to mere absence, blindness signifies the loss of visual

perception - the inability to engage with the visual aspects of the world. Consequently, a blind person's life narrows, relying on touch, hearing, smell, or taste for perception. Social isolation compounds this limitation. The blind person cannot actively participate in social activities or current events or stay informed about community matters as a sighted person would. This isolation extends beyond the physical realm, seeping into social, psychological, and intellectual spaces. The feeling of alienation takes root, leading to a self-constructed framework of misconceptions and irrational ideas that they live by and act on. The blind person may doubt their abilities and struggle to assert an effective presence among others. Ultimately, they also feel alienated from themselves (Abdul Gaffar, 2020, p.98).

This phenomenon of alienation has spread among different segments of society, especially among the elderly in general and the blind in particular. This situation causes them to suffer from instability, lack of a sense of security, constant anxiety, frustration, withdrawal, and an inability to make decisions due to their advanced age and disability (Al-Hamada, 2019, p.54).

Among the manifestations of alienation among the elderly who have been blinded is isolation and the feeling of loneliness. This is reflected in the life of the elderly and their family. The psychological condition of the blind elderly is affected with age. The elderly may feel lonely and bored, or that they have become a person who is not wanted or of no use. This develops in them a love of loneliness and isolation. This may be due to the reflection of the treatment that the elderly find from their family and relatives. He decides to withdraw from social life. Some elderly people adopt social withdrawal as a way of life. The elderly feel comfortable sitting alone or with close family members. They decide not to mix with others, such as friends, neighbors, and relatives. Their attendance and participation in social occasions decreases. This may be due to the elderly's feeling that the reality they live in is not related to their personal reality. Life has changed, and things have become unfamiliar. Therefore, they see social withdrawal as a means of escape from reality and protection for themselves from colliding with new information (Choudrie, J., 2017, p. 132).

Blind elderly women suffer from the ignorance of their society in dealing with them. The elderly woman becomes unable to interact properly with those around her, and the feeling of

psychological and social alienation is born in her. Nevertheless, her visual disability forces her to rely on those around her to help her with her daily activities, which may create a conflict between her desire to withdraw and her need to rely on others. This results in feelings of frustration and tension. This conflict may be a reason for some blind elderly women to adopt some negative or irrational thoughts that lack sound logic, resulting in feelings of alienation, helplessness, and emotional indifference (Fathallah, 2017, p.90; Broody, 2009, p.98).

Moreover, several studies have dealt with the problem of alienation among the elderly and the blind. Awad & Nabil (2016) examined psychological alienation and its relationship to psychosocial adjustment among the elderly. Abdel Ghaffar (2020) explored irrational thoughts and their relationship to withdrawal and alienation among blind children. Dahdouh (2021) investigated the feeling of psychological alienation among a sample of the elderly, while Dhari (2022) focused on measuring psychological alienation among the elderly and its relationship to some variables. Ishaq (2023) delved into the reasons for feeling psychological isolation among the elderly. These studies indicated that the blind elderly individuals face various challenges, including alienation, isolation, and a loss of the meaning of life.

Moreover, some studies, such as Qarni (2019), confirmed the effectiveness of acceptance and commitment therapy in reducing professional future anxiety among students of the Department of Education. Additionally, Abdel Fattah (2020) explored the effectiveness of acceptance and commitment therapy in improving psychological resilience among students with physical and health disabilities. Furthermore, Al-Sharif (2020) investigated the effectiveness of acceptance and commitment therapy in reducing symptoms of depression in the elderly. These studies underscore the importance of therapeutic intervention programs, including the acceptance and commitment model, in alleviating the severity of these problems.

Individual work is one of the methods of social work that aims to help individuals and their families in addressing their problems and enhancing their quality of life. It focuses on fostering a sense of satisfaction and meaning in life, as well as facilitating and coping with challenging situations and events that customers are exposed to in their lives without exaggerating reactions to them. This is done

through its models and therapeutic methods, including the category of blind elderly women.

One therapeutic model utilized in individual work is the acceptance and commitment model. Acceptance and commitment therapy encourages individuals to embrace unpleasant feelings, avoid overreacting to them, and refrain from avoiding situations that trigger these feelings. The therapeutic effect of this approach creates a positive cycle, wherein managing emotions leads to a better understanding of reality.

Since blindness leads to negative and unpleasant feelings in the elderly, including feelings of social alienation; therefore, acceptance and commitment therapy can be instrumental in helping the elderly cope with these feelings and lead more fulfilling lives. In light of the above, the primary focus of the current research is to identify the effectiveness of implementing a program based on the acceptance and commitment model in individual service provision, with the aim of reducing the severity of alienation among blind elderly women.

### **Second: Research Objectives:**

**Main Objective:** To test the effectiveness of implementing a program based on the Acceptance and Commitment Therapy Model in reducing the severity of alienation among blind elderly women.

### **Sub-Objectives:**

- 1- To help blind elderly women in alleviating the severity of the feeling of meaninglessness and helplessness in life through participation in a program based on the Acceptance and Commitment Therapy Model.
- 2- To aid blind elderly women in reducing the severity of the feeling of aimlessness in life through participation in a program based on the Acceptance and Commitment Therapy Model.
- 3- To assist blind elderly women in mitigating the severity of the feeling of normlessness through the participation in a program based on the Acceptance and Commitment Therapy Model.
- 4- To help blind elderly women in reducing the severity of the feeling of social alienation through participation in a program based on the Acceptance and Commitment Therapy Model.

### **"Thirdly: Research Concepts:**

#### **1-The concept of effectiveness:**

Effectiveness means an activity or event. Effectiveness is defined as the measure of whether or not the specific goals of a process, service, or activity have been achieved. A process or activity is efficient if it achieves its agreed-upon goals (Al-Ma'ani Dictionary, 2023). Effectiveness also means the ability to achieve goals and objectives within the specified time frame, without the need for additional time or effort (Al- Maneef, 2020, p.350).

The researchers define effectiveness operationally as the ability of a professional intervention program based on acceptance and commitment therapy to reduce the severity of the feeling of alienation among blind elderly women residing at Alamal House for the Care of Blind Elderly Women in Nasr City.

#### **2-The concept of the acceptance and commitment model:**

Acceptance and commitment therapy (ACT) is a branch of cognitive behavioral therapy (CBT), and it is a professional intervention model that relies on behavior change strategies to increase acceptance, mindfulness, commitment, and psychological flexibility (Nicole, 2019). It is also known as a method of functional therapy based on relational frame theory. It posits that psychological inflexibility and psychological inertia are primary contributors to client's problem. The goal of therapy is to provide non-verbal verbal therapeutic interventions through promoting feelings of acceptance and self-transcendence, focusing on the present and paying attention to values (Steven et al., 2013).

The researchers operationally defined Acceptance and Commitment therapy (ACT) in the research as the implementation of a specific therapeutic program by a social worker aimed at alleviating the feeling of alienation among blind elderly women. This includes the feeling of meaninglessness, helplessness, aimlessness, normlessness, and social alienation. The therapy focuses on flexible thinking processes in the present moment rather than dwelling on past and future content. This involves adjusting emotions through cultivating a positive self-view and view of others, as well as cognitive reconstruction of erroneous beliefs stemming from blindness. Additionally, it includes training in mindfulness, psychological flexibility, meditation, and acceptance of unwanted experiences underlying unwanted behavior. Furthermore, it emphasizes commitment to behaviors that promote happiness and enjoyment of life.

Based on the above theoretical data, the researchers determined the objectives of the therapeutic program using the acceptance and commitment model to alleviate the severity of the problem of alienation among blind elderly women as follows (Al-Rakhawi, 2016, p. 11):

- 1- Helping blind elderly women realize their current lifestyle and fostering a positive attitude towards living with blindness.
- 2- Helping blind elderly women understand that eliminating blindness and curing it is an impossible goal, and instead, focusing on reducing the negative impacts of blindness.
- 3- Helping blind elderly women recognize the relationship between control and suffering.
- 4- Guiding blind elderly women to observe their thoughts and feelings for themselves.
- 5- Aiding blind elderly women in identifying life goals that are valuable in the current period.
- 6- Assisting blind elderly women in developing and implementing behavioral plans to enhance their lifestyle.
- 7- Providing them with a motivating force capable of mitigating the adverse effects of blindness.

#### **Fourth: The methodological procedures of the research:**

**Type of research:** This research employs an experimental design to assess the effectiveness of a program based on acceptance and commitment therapy in individual service for alleviating the severity of alienation among blind elderly women residing in the Hope House for the Care of Blind Elderly Women in Nasr City.

**Research methodology:** In line with the type of research, the researchers adopted an experimental approach. The study involved dividing the research sample into two groups: an experimental group and a control group. By comparing the results of the alienation scale before and after implementing the program, the researchers aimed to evaluate its effectiveness in alleviating the severity of alienation among blind elderly women.

#### **Research population and sample selection method:**

The research population consists of all blind elderly women residing in the Hope Association for the Care of Blind Elderly Women in Nasr City, Egypt, totaling 62 elderly women. The research employed a comprehensive enumeration system, and after excluding 2 elderly women due to their poor health and their long stays in the hospital, which prevented their attending the sessions and interviews with the researchers, the research sample comprised 60 individuals.



### **Research Fields:**

- 1- Human field (research sample): The study was applied to a sample of 60 blind elderly women in the Hope House for the Care of Blind Elderly Women in Nasr City. They were divided into two groups, one identical in terms of social and economic characteristics divided into two groups, one experimental and the other control, each consisting of 30 individuals.
- 2- Spatial field: The professional intervention program was applied to the research sample at the Hope Association for the Care of Blind Elderly Women in Nasr City, located at the headquarters of the Veterans Association, formerly known as the Alwafaa wa Alamal Association).
- 3- Time field: The professional intervention program was applied from April 15, 2023, to July 18, 2023.

### **Research tools:**

The research relied on a single tool, namely the "Alienation Scale for Blind Elderly Women". The scale consists of (50) items that measure five dimensions: the feeling of meaninglessness, the feeling of helplessness, the feeling of aimlessness, the feeling of normlessness, and the feeling of social alienation.

### **The preparation of the items underwent the following stages:**

- 1- The researchers reviewed the psychological and social heritage of alienation: through some scientific references and academic studies that dealt with it as a subject of study as a human phenomenon that humans suffer from at different stages of their lives in terms of (manifestations of alienation, types of alienation, psychological and social causes of alienation, manifestations of psychological and social alienation).

The researchers reviewed the psychological and social aspects of alienation by reviewing scientific articles and academic studies that have examined alienation as a human phenomenon. The researchers focused on the following aspects of alienation:

Manifestations of alienation: The researchers investigated how alienation manifests itself in individuals' thoughts, feelings, and behaviors.

Types of alienation: The researchers examined the different ways in which alienation can be expressed.

Psychological and social causes of alienation: The researchers explored the psychological and social factors that can contribute to alienation.

Manifestations of psychological and social alienation: The researchers looked at how alienation can affect individuals' psychological and social well-being.

- 2- The researchers reviewed some of the scales that have addressed alienation as a human phenomenon, including Psychological and Social Alienation Scales by some researchers, such as Naisa, (2019), Naji Al-Saadiya (2018), Shaqeer (2002), Zohran (2004), and Yahya (2011).
- 3- The researchers formulated the five dimensions of the scale and its statements, which amounted to (62) statements.
- 4- To assess the validity of the scale, the researchers conducted the following:
- 5- First: Content validity: The researchers presented the scale items to five judges from faculty members of individual service, mental health, and psychology. Phrases that have received agreement from at least 80% of the judges were retained, while others were deleted.

**Second: Internal consistency validity:**

The researchers applied the Alienation Scale for blind elderly women to a sample of (30) elderly women. Subsequently, they scored the responses for each dimension separately and calculated the total score of the scale. The researchers then calculated the correlation coefficient between each of the five dimensions and the total score of the scale. The following table shows the results of the correlation coefficients.

**Table 1:** Results of the correlation coefficients between the scores of each dimension of the scale and the total score

M"	Dimension	Correlation coefficient value	Significance of the coefficient
1	Meaninglessness	.369	.045
2	Helplessness	.625	.000
3	Absence of purpose	.697	.000
4	Anomie	.709	.000
5	Social alienation	.470	.009

It is clear from the table that all correlation coefficients are significant at the levels of (0.01 or 0.05). This a strong internal consistency within the scale structure, affirming its reliability for use in the current study.

To further evaluate the scale's reliability, the researchers employed the split-half method (odd/even). The reliability coefficient for the total score was 0.87, indicating a high reliability coefficient that can be relied upon to use the scale in the current study.

The researchers also verified the reliability of each dimension in the same way. The reliability coefficient for each dimension was assessed based on the degree of convergence with the total stability score of the scale, indicating the stability of the scores for each dimension as well.

Hypotheses and results of the research:

The current study addresses one main hypothesis, and five sub-hypotheses as follows:

**Main hypothesis:** There are statistically significant differences between the mean scores of the experimental and control groups in the pre- and post- measurements on the alienation scale for blind elderly women. This is attributed to practicing the acceptance and commitment therapy program in individual service, with the post-measurement favoring the experimental group.

This hypothesis is derived from a set of sub-hypotheses, which are:

There are statistically significant differences between the mean scores of the experimental and control groups in the post-measurement on the dimension of meaninglessness of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in individual service, favoring the experimental group.

There are statistically significant differences between the mean scores of the experimental and control groups in the post-measurement on the dimension of feeling of helplessness of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in individual service, favoring the experimental group.

There are statistically significant differences between the mean scores of the experimental and control groups in the post-measurement on the dimension of feeling of purposelessness of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in individual service, favoring the experimental group.

1. There are statistically significant differences between the mean scores of the experimental and control groups in the post-measurement on the dimension of feeling of normlessness of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in individual service, favoring the experimental group.

2. There are statistically significant differences between the mean scores of the experimental and control groups in the post-test on the social alienation dimension of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in individual service for the benefit of the experimental group.
3. To ensure that there are no significant differences between the two groups in the various study variables before the implementation of the therapeutic program, the researchers applied the alienation scale for blind elderly women to the members of the total sample, numbering (60) blind elderly women, Then they divided them into two equal random groups: one experimental, on which the therapeutic program is applied, and the other control, which did not receive any experimental treatment. Each group consisted of 30 women. Subsequently, they collected data according to the five dimensions that the "alienation scale for blind elderly women" measures. The following table shows the results:

**Table (2)** means, standard deviations, and t-test results for the experimental and control groups before applying the treatment program to the experimental group (total score and sub-dimensions)

dimension	group	mean	standard deviation	t-value	degrees of freedom	statistical significance
total score of the scale	control	123.50	6.11	1.313	58	0.198 Gh.d
	: experimental	125.73	7.03			
: feeling of meaninglessness	Control	23.83	1.70	0.75	58	0.451 Gh.d
	: experimental	24.20	2.01			
feeling of powerlessness	control	24.72	1.81	1.355	58	0.181 Gh.d
	: experimental	25.43	1.90			
feeling of aimlessness	control	23.63	2.63	0.861	58	0.393 Gh.d
	: experimental	24.27	3.05			
feeling of normlessness	control	25.50	1.94	0.060	58	0.952 Gh.d
	: experimental	25.53	2.32			
feeling of social alienation	control	25.77	1.92	1.102	58	0.275 Gh.d
	: experimental	25.53	1.82			

**The table shows the following:**

1. For the total score: The means of the two groups are close, with the mean of the control group mean at 123.50 and the experimental group mean at 125.73. The dispersion between the two groups is also close, with the standard deviation of the control group at 6.11 and that of the experimental group at 7.03. The

calculated t-value (0.194) is less than the table value of t (3.396) at degrees of freedom (58), indicating no significant differences between the two groups in the feeling of alienation measured by the scale used in the study.

2. For the first dimension, the feeling of meaninglessness: The means of the two groups are close, with the control group mean at 23.83 and that of the experimental group at 24.20. The dispersion between the two groups is also close, with the standard deviation of the control group at 1.70 and that of the experimental group at 2.01. The calculated t-value (0.75) is less than the table value of t (3.396) at degrees of freedom (58), indicating no significant differences between the two groups in the feeling of meaninglessness measured by the scale used in the study.
3. For the second dimension, the feeling of helplessness: The means of the two groups are close, with the control group mean at 24.72 and that of the experimental group at 25.43. The dispersion between the two groups is also close, with the standard deviation of the control group being 1.81 and that of the experimental group at 1.99. The calculated t-value (1.355) is less than the table value of t (3.396) at degrees of freedom (58), indicating no significant differences between the two groups in the feeling of helplessness measured by the scale used in the study. The researchers conclude that any changes in the scores of the experimental group in this dimension (the feeling of helplessness) can be attributed to the application of the therapeutic program "Acceptance and Commitment in Individual Service" that the researchers will apply to the members of the experimental group.
4. For the third dimension, the feeling of goals: The means of the two groups are close, with the control group mean at 23.63 and that of the experimental group at 24.27. The dispersion between the two groups is also close, with the standard deviation of the control group at 2.63 and the that of the experimental group at 3.05. The calculated t-value (0.861) is less than the table value of t (3.396) at degrees of freedom (58), indicating no significant differences between the two groups in the feeling of goals on the scale used in the study.
5. Regarding the fourth dimension, sense of normlessness: The means are close, with the control group mean at (25.50), while that of the experimental group is (25.53). The degree of dispersion between the two groups is also close, with the standard deviation

of the control group at (1.94), while that of the experimental group at (2.32). The calculated t-value (0.060) is less than the table value of (t), (3.396) at degrees of freedom (58), indicating no significant differences between the two groups in the sense of normlessness measured by the scale used in the study.

6. Regarding the fifth dimension, sense of social alienation. The means are close, with the control group mean at (25.77) and that of the experimental group at (25.53). The degree of dispersion between the two groups is also close, with the standard deviation of the control group at (1.92), while that of the experimental group at (1.82). The calculated t-value (1.102) is less than the table value of t (3.396) at degrees of freedom (58). It is therefore not significant, which means that there are no differences between the two groups in the sense of social alienation on the scale used in the study.
7. Therefore, the researchers confirm that any change that will occur in the scores of the experimental group in those dimensions can be attributed to the professional intervention program.

### **Fifth: Research results and discussion:**

#### **Results of the main hypothesis:**

The main hypothesis states that:

There are statistically significant differences between the mean scores of the experimental and control groups in the pre- and post-measurements on the scale of alienation for blind elderly women due to the practice of the acceptance and commitment therapy program in social case work for the benefit of the post-measurement of the experimental group.

To ensure the validity of the main hypothesis, the treatment program was applied to the experimental group only, not the control group. After completing the program, the scale was applied to the two groups using the independent-samples t-test. The following table shows the results:

**Table (3):** means, standard deviations, and results of the (t) test for the total score of the "Alienation Scale for Blind Elderly" for the experimental and control groups, after the therapeutic program was applied to the experimental group.

Group	Mean	Standard deviation	t-value	Degrees of freedom	Statistical significance
Control	121.93	6.45	7.789	58	0.0001 Significant
experimental	105.67	9.45			

It is clear from the table that the value of (t) was found to be (7.789), which is significant at the level of (0.0001). This indicates differences between the experimental and control groups, suggesting a change in the mean of one of the groups. It is noteworthy that the average score was higher for the control group. Comparison with table (2), which compares pre-application data, the following is noted:

There is a difference between the value of (t) and the standard deviation of the total score of the scale between the pre- and post-applications, favoring the post-application.

The researchers conclude from this result that the therapeutic program had a significantly influenced the experimental group. This is attributed to the following:

Following the techniques of the acceptance and commitment therapy program, where the members of the sample felt comfortable and relaxed, and the extent of interaction with them through the dialogue and discussion sessions that the researchers were keen to implement during each session.

The positive interaction between the researchers and the members of the sample had a significant impact on their decrease in their scores on the scale. This is consistent with the results of the study by Qarni (2019) and Abdel Fattah (2020), which confirmed the effectiveness of acceptance and commitment therapy in reducing future anxiety in students, as well as improving psychological resilience among sick students with physical disabilities in the basic education stage.

#### Results of the first sub-hypothesis:

The first sub-hypothesis states that there are statistically significant differences between the mean scores of the experimental and control groups in the post-measurement on the meaninglessness dimension of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in individual service in favor of the experimental group. To prove the validity of this hypothesis, the scale was applied, and the value of (t) was calculated to compare the mean scores of the two groups, the experimental and the control. The following table shows the results.

**Table (4):** Means, standard deviations, and results of the (t) test for the meaninglessness dimension for the experimental and control groups after applying the therapeutic program on the experimental group.

group	mean	standard deviation	t-value	degrees of freedom	statistical significance
" control	23.27	2.05	4.115	58	0.001 Significant
experimental	20.93	2.33			

The table shows that the value of (t) is (4.115), significant at the level of (0.001). This suggests differences between the experimental and control groups. Comparing the average scores of the two groups, the control group's average is higher than the experimental group's, indicating a greater likelihood of the control group feeling meaningless. A comparison with table (1), which pertains to the pre-test, reveals a noticeable difference in the value of (t) between the pre-and post-tests.

This means that the "Acceptance and Commitment Therapy" program has successfully reduced the sense of meaninglessness. This success can be attributed to the use of the techniques of therapeutic techniques within the program, including self-transcendence training and monitoring, which helped the elderly to find the true meaning of their existence in life. These findings align with those of the study by Isaac (2023) and the World Health Organization (2023), which found that the loss of hearing and vision for the elderly, social isolation, and the bereavement among the elderly often lead to feelings of meaninglessness in life, low self-esteem, and feelings of alienation. Therapeutic models in individual service, including Acceptance and Commitment Therapy, contribute to the treatment of such problems.

**Results of the second subsidiary hypothesis:**

**The second subsidiary hypothesis states that:**

There are statistically significant differences between the mean scores of the experimental and control groups in the post-test on the dimension of feeling of helplessness of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in individual service for the benefit of the experimental group. To validate this hypothesis, the value of (t) was calculated to compare the mean scores of the two groups. The following table shows the results:

**Table (5):** Means, standard deviations, and results of (t) test for the dimension of feeling of helplessness for the experimental and control groups after the therapeutic program was applied to the experimental group.

group	mean	standard deviation	t-value	degrees of freedom	statistical significance
control	24.76	2.02	6.053	58	0.001 significant
experimental	21.27	2.32			

The table shows that the value of (t) is (6.053), significant at the level of (0.001), indicating differences between the experimental and control groups. By comparing the average scores of the two groups, the average score of the control group is higher than that of the experimental group, indicating a greater likelihood of feeling



helpless. By comparing this table with table (1) and the one related to the pre-application comparison of the two groups, it is noted that the values of (t) differ between the pre- and post-tests. This means that the "Acceptance and Commitment Therapy" program was successful in reducing the feeling of helplessness.

This is due to the use of the techniques of the therapeutic program, which helped the elderly women to feel their strength despite the existence of blindness. Some of the sessions emphasized the latent power of individuals so that they can overcome their feelings of helplessness or inability to keep up with normal life no matter what difficulties they encounter through training them in the styles of controlling pain and feeling sadness, as well as untangling or removing the fuse. This is consistent with the results of Abdel Gafar and Saad (2020), which confirmed that blindness fosters a feeling of helplessness as elderly woman struggle to meet their needs independently, relying on others for daily tasks. This dependency exacerbates feelings of helplessness, underscoring the necessity for interventions to address this issue, which the current program successfully achieved.

**Results of the third subsidiary hypothesis:**

**The third subsidiary hypothesis states the following:**

There are statistically significant differences between the average scores of the experimental and control groups in the post-measurement on the dimension of the feeling of purposelessness of the alienation scale for blind elderly women as a result of practicing the Acceptance and Commitment Therapy program in individual service in favor of the experimental group. In order to confirm the validity of the hypothesis, we calculated value of (t) to compare the average scores of the two groups, and the following table shows the results:

**Table (6):** Mean, standard deviation, and results of the (t) test for the feeling of aimlessness dimension for the experimental and control groups after the application of the therapeutic program on the experimental group.

group	mean	standard deviation	t-value	degrees of freedom	statistical significance
control	23.53	2.84	4.038	58	0.001 significant
Experimental	20.50	2.98			

The table shows that the value of (t) is (4.038), which is significant at the (0.001) level, indicating differences between the experimental and control groups. By comparing the average scores of the two groups, the average score of the control group was higher than that of

the experimental group, indicating that the control group was more likely to feel aimless. Comparing the current table with table (S), which compares the pre-application of the two groups, reveals differences in the values of (t) between the pre- and post-tests.

This means that the "Acceptance and Commitment Therapy" program successfully reduced the feeling of aimlessness. The program achieved this by employing the techniques of the therapeutic program that helped the elderly women find purpose in their lives despite their vision loss. Some sessions emphasized the importance of setting individual goals, which evolve with age. In the early years of life, a girl's goal is to get married and succeed in her life, but as time passes, the goal becomes to preserve the successes she has achieved in her past life. We all have successes, and our preservation of those successes helps us to overcome our feelings of helplessness and directs us to follow our normal lives no matter what problems we face. This aligns with the results of studies by both Dahdoo (2021) and Dhari (2022), which identified the lack of clear life goals as a significant contributor to feelings of despair, depression, and purposefulness, particularly among blind elderly women. The therapeutic program has successfully alleviated the feeling of aimlessness in the current study's sample.

**Results of the fourth sub-hypothesis:**

**The fourth sub-hypothesis states that:**

There are statistically significant differences between the mean scores of the experimental and control groups in the post-test on the sense of alienation dimension of the alienation scale for blind elderly women as a result of practicing the acceptance and commitment therapy program in social casework, favoring the experimental group. In order to confirm the validity of the hypothesis, we calculated the value of (t) to compare the mean scores of the two groups. The following table shows the results.

**Table (7):** Means, standard deviations, and results of the t-test for the feeling of abnormality dimension for the experimental and control groups after the application of the therapeutic program on the experimental group.

group	Mean	standard deviation	t-value	degrees of freedom	statistical significance
control	25.00	2.17	5.563	58	0.001 significant
experimental	21.27	2.97			

The table shows that the value of  $t$  is 5.563, which is significant at the 0.001 level. This means that there are significant differences between the experimental and control groups. Comparing the average scores of the two groups, the average score of the control group is higher than the average score of the experimental group, indicating that the control group is more likely to feel alienated. Comparing the current table with table 2, which compares the pre-application of the two groups, it is noted that the values of ( $t$ ) differ between the pre- and post-tests. This means that the "Acceptance and Commitment Therapy" program was successful in reducing the feeling of alienation. This is due to the use of the therapeutic program techniques that helped the elderly women by setting binding standards for attending sessions, managing discussions, and how to express themselves. Some sessions focused on the importance of applying the standards of commitment to attending sessions for all members. This is in line with the results of the studies of Al-Sharif (2020) and Abdel-Gaffar (2020), which confirmed that the practice of the Acceptance and Commitment Model helps to alleviate the problem of alienation among the visually impaired.

**Results of the fifth sub-hypothesis:**

**The fifth sub-hypothesis states the following:**

There are statistically significant differences between the average scores of the experimental and control groups in the post-measurement on the dimension of social alienation of the alienation scale for visually impaired elderly women as a result of practicing the Acceptance and Commitment Therapy program in individual service in favor of the experimental group. In order to confirm the validity of the hypothesis, we calculated the value of  $t$  to compare the average scores of the two groups. The following table shows the results:

**Table (8):** Means, standard deviations, and  $t$ -test results for the social isolation dimension for the experimental and control groups after the therapeutic program was applied to the experimental group.

group	Mean	standard deviation	t-value	degrees of freedom	statistical significance
control	25.47	1.94	6.947	58	0.001 significant
experimental	21.70	2.25			

The table shows that the value of ( $t$ ) is (6.947), which is significant at the level of (0.001), indicating differences between the experimental and control groups. Comparing the mean scores of the two groups, the mean of the control group is higher than the mean of

the experimental group, indicating that the control group is more likely to feel a sense of normlessness. Comparing the current table with table (2) and the one that compares the pre-application of the two groups, it is noted that the values of (t) differ between the pre- and post-tests. This means that the "Acceptance and Commitment Therapy" program was successful in reducing the feeling of social alienation. This is attributed to the use of the techniques from the therapeutic program that facilitated social cohesion during sessions and encouraged self-expression, fostering social relations among the elderly women. Conversations and discussions led by the researchers significantly stimulated side conversations among the group members. Some initially lonely members found companionship and formed friendships during sessions, positively impacting their sense of connection. Some sessions focused on the importance of adhering to session attendance standards for all members, emphasizing the importance of cohesion and positive solidarity among the elderly women in the house. These results align with those of the study by Jiawei Kao (2023), which confirmed that the practice of Acceptance and Commitment Therapy contributed to improving psychological flexibility and reducing the feeling of alienation among patients with chronic diseases or coronary artery disease through the application of several therapeutic methods, including self-transcendence, cognitive restructuring of negative thoughts, and reinforcement of positive values.

#### **General research results:**

The results indicated that the practice of the therapeutic program had a positive impact on the members of the experimental group of blind elderly women and contributed to reducing the severity of the feeling of alienation. This is due to following the techniques of the therapeutic program with acceptance and commitment. The members of the sample felt comfortable and peaceful, and there was positive interaction with them through dialogue and discussion sessions. The application of the therapeutic program with acceptance and commitment contributed to reducing the feeling of meaninglessness. This was a result of using the techniques of the therapeutic program, including training on self-transcendence and monitoring, which helped the elderly women to find the true meaning of their existence in life and search for sources of happiness and stay away from feelings of despair and frustration.

The results confirmed the contribution the application of the therapeutic program with acceptance and commitment contributed to reducing the feeling of helplessness among the elderly. The techniques of the therapeutic program helped the elderly women to feel their strength despite their blindness by emphasizing the latent strength of individuals. This enabled them to overcome feelings of helplessness or inability to keep up with normal life despite facing difficulties. The program included training on methods to control pain and feeling of sadness, as well as strategies to overcome integration issues resulting from blindness.

The results indicated that the application of the therapeutic program with acceptance and commitment contributed to reducing the feeling of aimlessness among the elderly women. It assisted them in finding purpose in life despite their blindness. Some sessions focused on the importance of setting goals for each individual, which vary across different life stages. While in younger years, the goal may be to get married and succeed, as one ages, the focus shifts to preserving past achievement. The program emphasized the importance of preserving those successes to overcome feelings of helplessness and continue with normal lives despite challenges.

The application of the therapeutic program with acceptance and commitment contributed to reducing the feeling of normlessness. the program's techniques helped the elderly women in establishing standards for attending sessions, managing discussions, and expressing themselves positively.

The results confirmed that the therapeutic program with acceptance and commitment contributed to reducing the feeling of social alienation. It helped the elderly women socialize during the sessions and express themselves, which led to social relationships between them. The conversations and discussions led by the researchers had a great impact on the development of social relations among elderly women inside the house.

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sub-goals	"topics and activities of a professional intervention program	Strategies	Techniques	Researcher roles	Participants	Acceptance and commitment therapy and its therapeutic methods	Duration or period	Time by the hour
Determination of the concept and indicators of alienation among blind elderly women and the importance of forming social relations with colleagues in the house	Explanation of the importance of attending a professional intervention program – application of the pre-measurement to determine the severity of the problem of social alienation and its indicators (the feeling of meaninglessness – the feeling of purposelessness – the feeling of helplessness – the feeling of normlessness – the feeling of social alienation)	Cognitive restructuring	Acceptance- Awareness of personal events- Sense of self	"teacher – expert – leader	"The researchers – the social workers at the house	Professional relation - Discussion and dialogue ship - acceptance and desire Communicate on with the present moment	"the first month"	"from one and a half hours to two hours
: Helping the elderly to realize the validity of their current lifestyle in coping with blindness. Helping the elderly to see the relationship between control and suffering. Helping the elderly to observe their own thoughts and feelings.	Organizing workshops and various sessions with the elderly women at the home. Conducting open scientific discussions between researchers and the elderly women about quality of life and the importance of feeling satisfied with it.	Problem control	- Focus on the self as a context Instill values Acceptance	The interpreter The corrector The behavior modifier	The researchers Social workers at the house	Focus on the self as a context Instill values- Acceptance	Second month	From one and a half hours to two hours
Helping older women identify valuable life goals and implement behavioral plans to modify lifestyles and ways of dealing with others, the final application of the alienation scale	Preparing and implementing various activities, workshops, and organizing various sessions to build relationships between older women and each other and develop various skills to develop a sense of optimism.	Behavior modification strategy, participation and persuasion	Cognitive construction Problem solving Task execution Instilling values	Teacher <sup>1</sup> Mentor Behavior modifier	Researchers Social workers	Attention to the present moment The self as context Discussion and dialogue Commitment	The third month	from one hour to one and a half hours per case