



RESEARCH ARTICLE

Future Anxiety and its relationship with the psychosomatic disorders among the unemployed doctorate degree holders

Prepared by

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ARTICLE INFO	ABSTRACT
Received: Jul 11, 2024	<p>This study aims to recognize the nature of the relationship that links between Future Anxiety and the Psychosomatic disorders that exists among the unemployed doctorate degree holders by revealing whether there are a statistically significant differences in the relationship between Future Anxiety and the Appearance of the psychosomatic disorders among the individuals of the study sample according to the gender variable (males , females). In this case, both researchers relied on tools in order to achieve the objectives of this study where they used two scales .The first researcher is Ali Al-Mishikhi(2009) who has used the Future Anxiety Scale while the second scale was the psychosomatic disorders prepared by Amina Abbassia (2010).Those scales were applied on a sample of doctorate degree holders graduated from Tlemcen University in different specializations that include Social and Human Sciences and in other hand Technical and Scientific fields. The desired results of this study were as follow :</p> <ul style="list-style-type: none"> - There is a statistically significant correlation between the level of Future Anxiety and psychosomatic disorders among the unemployed doctorate degree holders. - There are a statistically significant differences in the average degrees of Future Anxiety according to the gender variable (males , females).
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INTRODUCTION

Algeria has adopted several mechanisms and strategies through its employment policy in order to eliminate the phenomenon of unemployment in different forms including for holders of university degrees (Bachelor's , Master's and Doctorate's) especially in the light of an increasing number of the graduates from the Algerian university in different specializations and branches , including those holding a doctorate. This category represents a large percentage of the unemployed ones and this is due to the absence of vacant job positions that meet their needs and their number every year , including the dream of teaching at university because it represents the desire of the majority in line with their ambitions and educational qualifications.

The doctorate diploma is considered one of the highest diplomas in the academic track , that's why Algeria has harnessed all its material and human capabilities in the training process to obtain this diploma to benefit and invest in human resources. Also, it represents the main engine of development in the country , and at the same time , it is beneficial for the individual and the society. One of the

main goals of Higher Education and Scientific Research was to prepare a generation free from fear , strong in its structure , personality and morals and armed with the scientific , the artistic and the technical achievements of this era (Al-Sabawi , 2015 , p280).

After a long period of a hard work and many efforts made to obtain this diploma , because it is considered the station that qualifies them to make a scientific research and opens future horizons for them where they can achieve their objectives , their ambitions and wishes at an age which requires a lot of thinking and planning for the future and engaging in the world of the elite by enrolling in Higher Education , so they encounter the specter of the unemployment as an obsession that threatens their mental and physical health and suppresses their legitimate ambitions. In this context , Mansour (1995) believes that "The most thing that causes anxiety among the adolescents and the young people is the future. They feel that nothing is clear about their future and their professional lives is ambiguous. That's why they feel frustrated and anxious about themselves , their future and his their existence(Hiba , 2010 , p 326). The American Psychological Association of Future Anxiety

indicates that it explains this by fear and stress or by distress caused by a danger due to unknown and unclear source accompanied with anxiety and fear as a result of variables that contribute to develop feeling of danger. (Chelhoub , 2016 , p 37). Dalal Al-Alami (2005) emphasized on the same idea that any disability or life pressures that the student faces them during his university life affects negatively his psychological and physical health directly or indirectly , thus , it will affect his success and he will not able to make progress in his academic and his social life (Al- Mishikhi , 2009 , p 19). The psychological disorders are considered among the disorders that the student may be exposed to them because of the excessive anxiety and the constant fear from the future. Zaidi(1998) defined the psychosomatic disorders as a physical diseases due to the psychological causes that appear as a reaction to any affected organ , like post-mortem responses and the Genital Skeletal Infectious Responses. So, the psychosomatic diseases occur as a result of constant emotional pressure from the life's problems and burdens.

2-Problematic of the study:

Future Anxiety is a strongest state that provides anxiety and nervous fatigue which causes a psychological disorders and a state of psychological insecurity (Hider , 2018). The accumulation of the unpleasant and the unexpressed emotions and feeling is stored in the body because the individual was unable to adapt or to express them. So , emotion ceases to express physically and the patient complains physically , in this case he must consult a doctor who can treat him because the main disorder due to the psychological reasons not physical ones , that's why it appear as a psychosomatic disorders (Qwaidri , 2020 , p553). From this standpoint , and due to the importance of this segment of society which represents the unemployed doctorate degree holders who suffer and expose to pressures that make them stressed and afraid about their future , the problematic of our study was about the relationship between Future Anxiety and the appearance of psychosomatic disorders among the unemployed doctorate degree holders.

On this basis , both researchers made this research to answer the following questions :

- Is there a statistically significant correlation in the level of Future Anxiety and psychosomatic disorders among the unemployed doctorate degree holders?
- are there a statistically significant differences in the average degrees of Future Anxiety among the unemployed doctorate degree holders according to the gender variable (males , females)?

3- Hypothesis of the study:

Both researchers started from two hypotheses:

- There is a statistically significant correlation between the level of Future Anxiety and psychosomatic disorders among the unemployed doctorate degree holders.
- There are a statistically significant differences in the average degrees of Future Anxiety according to the gender variable (males , females).

4- Importance of the study:

This study has a big importance because it treats a subject focusing on one of the categories of our society which is the unemployed people especially whom hold doctorate diploma. This category spent most of time in teaching and learning and where the students harnessed their capabilities making the scientific research across different levels. Also , we shed light on fears , suffering and on the negative expectations about their future in light of the widespread of unemployment and its negative repercussions on their psychological and physical health. This study has also another importance because it deals with two current topics : Future Anxiety and psychosomatic disorders that represent the disorders of this era as a result of life pressures and its demands.

5- Procedural concepts of the study:

- Future Anxiety:

Al-Mishikhi (2009) defines it as: "a feeling of uneasiness , negative thinking about the future , a negative outlook on life , inability to challenge the missed life events , low self – esteem , loss of sense of security and lack of self- confidence". (Al-Mashikhi , 2009 , p 47).

- **Procedural definition:** is a set of degrees obtained through applying the Future Anxiety Scale prepared by the researcher Al-Mashikhi (2009) on a sample of unemployed doctorate degree holders graduate from Tlemcen University.

Psychosomatic disorders :

Ashwi (2003) defines them as " a set of physical diseases caused by psychological factors especially the intense emotions. Psychosomatic disorders differ from neurosis in that there is an organic basis for psychosomatic disorders (Abbassia ,2015 , p 115).

Procedural definition: are the degrees obtained by unemployed doctorate degree holders when they answered the psychosomatic disorders scale prepared by the researcher Abbassia (2010).

Unemployed doctorate degree holders : are the students who have obtained a doctorate diploma and at the same time they are unemployed , they are graduates from Tlemcen University, Algeria in different specializations.

6- Followed methodological procedures :

In this study , both researchers used the descriptive approach because it is the most appropriate to describe and explain a phenomenon , an event or a particular problem , gathering information and facts and describing its specific circumstances in order to find the causes and solve them (Montasir , 2017). This study was conducted on a sample of unemployed doctorate degree holders graduates from Tlemcen University - Algeria.

6-1- Study sample:

This study was conducted on a sample of unemployed doctorate degree holders graduates from Tlemcen University. They were selected by using Purposive Sample which means " The method that the individuals are selected intentionally by the researcher because they have a special characteristics unlike others , and in other hand, those characteristics are considered the most important in this study. This type of sample is also used if the necessary data of the study are available among a specific category of the original study society (Aya Hamouda and Fatmi, 2011).

Table n (1) shows the characteristics of the study sample:

Number of the individuals	Males	Females
Duplicates	30	30
Percentage	50%	50%
Total	60	

7- Study tools:

7.1/Psychosomatic Disorders Scale :

In this study , both researchers relied on Psychosomatic Disorders Scale prepared by the researcher Abbassia Amna (2010) . It is adapted to the Algerian environment. The scale consists of eighty- one items (81) distributed over fifteen dimensions and it measures two aspects : the physical aspect and on the other hand , the emotional and the mood ones using graduated scale. So, each item receives a score ranges between (1) and (0) , therefore , the total score for the scale ranges between [81, 0] for each individual who answers the scale (Abbassia , 2018 , p155).

Table n 2 clarifies the distribution of the scale items on the dimensions of the psychosomatic disorders scale:

Scale dimensions	Paragraphs numbers	Total
Vision	3,2,1	3
Respiratory system	12,11,10,9,8,7,6,5,4	9
Heart and blood vessels	18,17,16,15,14,13	6
Digestive system	24,23,22,21,20,19	6
Skeletal system	29,28,27,26,25	5
Skin	33,32,31,30	4
Nervous system	40,39,38,37,36,35,34	7
Different diseases	46,45,44,43,42,41	6
Recurrence of the disease	50,49,48,47	4
Hormonal system	57,56,55,54,53,52,51	7
Depression	61,60,59,58	4
Anxiety	68,67,66,65,64,63,62	7
Allergies	72,71,70,69	4
Anger	77,76,75,74,73	5
Stress	81,80,79,78	4
Total	81	81

7.1.1/ Describe the psychosomatic characteristics of the scale:

This scale was prepared by Amina Abbassia when she studied the professional and psychological pressures and its relationship with psychosomatic disorders among Middle School teachers by calculated the validity of the scale for the measurement tool using the Internal Consistency Method on a sample of 25 teachers , by calculating the correlation coefficient between each item and the total score of the dimension it belongs to. The correlation coefficient ranged between [0,3 to 0,7] at the significance level 0,01 and 0.05. Also , The correlation coefficients for each dimension and the total score of the scale range between [0,3 to 0,7] at the significance level 0,01 and 0.05. This indicates that the scale has a strong degree of validity , as well as , it used the Discriminant Validity method where the calculated (T) value ranged between [46,25 and 12,30] at the significance level 0.00.

Therefore , we conclude that the scale is able to distinguish and it has an acceptable degree of validity (Abbassia , 2018, p161).

Scale stability:

In this scale , Amina Abbassia relied on the Split- Half method to verify if the scale tool is fixed , where the value of the correlation coefficient was 0.84 and the value of Alphak Kronback coefficient was 0,8 which indicates that the scale has an acceptable degree of stability (Abassia , 2018, p 162).

2.7/ Future Anxiety Scale:

In order to achieve the objectives of this study , Ghaleb Bin Mohamed Ali Al-Mushaykhi(2009) has used the Future Anxiety Scale where he reviewed a group of scales used in the scientific researches , but this scale was chosen due to the similar category of sample study. The scale in its final form contains (43) statements and under this scale, there are five different dimensions : The first one is the dimension of negative thinking about the future which includes eight statements , which bear the following numbers (36,31,26,21,16,11,6,1). The second dimension represents the dimension of negative outlook on life , which includes nine statements (41,37,32,27,22,17,12,7,2). As well as the dimension of anxiety about stressful life events , which includes nine statements (42,38,33,28,23,18,13,8,3) in addition to the dimension of psychological manifestations of future anxiety which contains eight statements (39,34,29,24,19,14,9,4) and the last dimension is the dimension of physical manifestations of Future Anxiety consists of nine statements which bear the numbers (40,43,35,30,25,20,15,10,5). The person examined obtains one mark if he can't respond , two marks if he sometimes responds , and three marks if his answer applies (Al-Mushikhi , 2009 , p106).

Table n 3 represents the dimensions of the Future Anxiety Scale prepared by Al-Mushkhi (2009)

Number	Dimensions	Statements numbers	Number of statements
1	Negative thinking about the future	36, 31,26,21,16,11,6,1	8
2	Negative outlook to life	41,37,32,27,22,17,12,7,2	9
3	Anxiety from stressful life events	42,38,33,28,23,18,13,8,3	9
4	Psychological manifestations of Future Anxiety	39,34,29,24,19,14,9,4	8
5	Physical manifestations of Future Anxiety	43,40,35,30,25,20,15,10,5	9

7.2.1/ Describe the psychometric characteristics of the scale:

In this study , Mohamed Ghaleb Al-Mushaykhi studied the relationship between both self-efficacy and the level of ambition among a sample of Taifa University students (2009) where he calculated the validity of scale tool using three ways : the validity of arbitrators , as well as , the validity of the Internal Consistent , in addition to the discriminate validity. In the light of the arbitrator's opinions and their observations , 04 statements were deleted out of 49 because it didn't achieve a 70% agreement rate from the arbitrators. The correlation coefficient was calculated to assign each paragraph the total score for the dimension to which it belongs , where the correlation coefficient ranged between [0.59 and 0.81] at the level of significance 0.01 and 0.05 which Indicates that the scale is valid , as well as , he used the Discriminant Validity Method , where the calculated T value ranged between [8.35 and 13.70] at the significance level 0.00 , so we conclude that the scale is valid (Al-Mushikhi , 2009). Concerning the Scale Stability Coefficient , he relied on the Alphak Kronback

coefficient , which ranges between(0.78 and 0.9) for all dimensions of the scale and the total score. The scale achieved a good degrees of stability and validity during the construction.

8- Statistical procedures used in the study:

- Relying on the Statistical Package of Psychological and Social Sciences SPSS(V23).
- Pearson correlation coefficient to study correlation between study variables.
- Calculate the calculated (T) value to study the differences in the average of the individuals degrees.

9- Presentation and analyzing the results :

Results of the first hypothesis :

The first hypothesis states that there is a statistically significant correlation between Future Anxiety and psychosomatic disorders among the unemployed doctorate degree holders . Pearson Correlation Coefficient was used to verify the results of the hypothesis as shown in the following table:

Table n2 explains the correlation between the level of future anxiety and psychosomatic disorders

variables	Sample individuals	Correlation coefficient	Significance level	Statistical significance
Future anxiety	60	0.7**	0.00	Statistically significant
Psychosomatic disorders				

According to the table , there is a statistically significant correlation because the correlation coefficient estimated at (0.7) at the significance level of 0.00 , it is smaller than the significance level 0.01. Thus, we conclude that there is a statistically significant correlation that links between the level of Future Anxiety and psychosomatic disorders among the unemployed doctorate degree holders.

- Presentation of the second hypothesis's results:

The second hypothesis states that "there are a statistically significant differences in the level of future anxiety according to the gender variable (males , females)". In order to test if this hypothesis is valid , the researcher relied on (T) test to measure the differences as shown in the following table:

Table n 3 showing the significance of the differences in the level of future anxiety according to the gender variable (males , females).

Future anxiety	Sample members	Arithmetic average	Standard deviation	Degree of freedom	Value (T)	Significance level	Statistical significance
Males	30	93.77	8.1	58	4.5	0.00	Statistically significant
Females	30	84.07	8.5				

According to the third table , there are a statistically significant differences in the level of Future Anxiety according to the gender variable (males , females). We observe that the calculated (T) value , estimated by (4.5) at a significance level of 0.00 , it is smaller than the significance level of 0.01.

Therefore, we accept the hypothesis that states that there are statistically significant differences in the level of Future Anxiety according to the gender variable (males/females).

10- Discuss and explain the first hypothesis's results:

The results of the first hypothesis state that there is a statistically significant correlation between the level of future anxiety and psychosomatic disorders among the unemployed doctorate degree holders. And this was confirmed by the *Easy Arabic Encyclopedia* that they are the physical symptoms accompanied with a functional disorder or an organic damage. These symptoms are the result of the influence of psychological factors such as: anxiety, stress, need and compassion. It also affects the organs subject to the influence of the Receptive Nervous System, as well as, it includes some skin symptoms. The Psychological System is a strong factor that causes these diseases (Kwidri, 2020 p 562). This study agreed with two studies, the first study is the study of Dihia (2007) when he studied the relationship between social support and psychological pressures and some psychological disorders among the unemployed people. The results obtained from this study were that there is a correlation between psychological pressures and psychosomatic disorders. The second study represents Kwidri Ali's study (2020) when he studied the relationship that exists between Future Anxiety and psychosomatic disorders on a study sample at Aghout University. This study also had its own results that there is a statistically significant correlation between Future Anxiety and psychosomatic disorders among the students. Both researchers interpret this result as a normal and expected relationship because of the psychological disorders that the students who have obtained a doctorate diploma live with, such as: pressures, fear and anxiety about their professional life especially in the light of the widespread phenomenon of unemployment and after a long period of trouble and fatigue and coinciding with the stage of youth that requires a lot of thinking, working to draw a map of the future, in addition to the life's pressures that the student lives where they affect his way of thinking and reduce his will and his determination to succeed. So, this can affect his physical and psychological health and it makes room for the appearance of some physical diseases that have a psychological origin. According to the results of some studies and The Psychological Health Organization, more than 50% of diseases are due to factors related to the Psychological pressures. (Sheham, 2015).

In the same context, many studies have shown that the prevailing belief is that when the individual is ill, he will be separated from work. Today, people who face the specter of unemployment and the idea of not working which affects the individual's health, for them it is a common thing (Aya Hamoudi and Fatmi, 2011, p 65).

11- Discuss and explain the second hypothesis's results:

The results of this study revealed that there are statistically significant differences in the level of future anxiety according to the gender variable (males, females) especially among males. So, according to the results obtained by the researchers, males are more susceptible to Future Anxiety and this is due to the big responsibility they bear and the life pressures that they face. The doctoral student spends his time making scientific research and making progress in the educational path. While he notices that most of his peers are busy by building their lives, getting jobs and getting married while they are young, while he is unemployed and has not had the opportunity to get a job and make progress. This makes him less willing to settle down and build a family because of his circumstances and the ambiguity of his professional future, which makes him reluctant to marry in order to devote himself for the scientific research and on the other hand to improve and enrich his Curriculum Vitae by searching for a job that lives up to his ambition. Thus, his outlook shifts from ambition and optimism to fears, stress and pessimism in exchange for something ambiguous. This was confirmed by a study conducted by Kuwait University on a group of students which concluded that males suffer from many

fears like fear from diseases(cancer and infectious diseases) and fears related to the professional future matters (failure and graduation) as well as the marital future. All these pressures cause a raising in the level of future anxiety compared to females.

While we find that there is an accord between this study and Qadri's study (2018) as well as

Al- Sabaawi's study (2007), in addition to Masoud's study (2006) that indicates that there are differences in the level of Future Anxiety according to the gender variable. At the same time , this study disagreed with Bakkar Sarah's study (2013) and Mohamed Quisht's study (2017) , which indicates that there are no differences in the level of Future Anxiety according to the gender variable.

CONCLUSION:

The unemployed doctorate degree holders always worry about their future and they have a negative expectations what make them immerse in thinking about their future. This case affects their physical and psychological health. So, they expose to some psychological disorders and at the same time physical ones. These disorders make a big obstacles for them to achieve their objectives and their ambitions especially in the light of the widespread phenomenon of unemployment and the lack of available opportunities in the labor market , which we sought through the results obtained in the current study which represents the relationship that links between Future Anxiety and psychosomatic disorders among the unemployed doctorate degree holders. The results have shown the existence of a statistically significant correlation in the level of future anxiety according to the gender variable (males, females). But , it's necessary to take care of physical and psychological health and it is a necessary inevitability to provide them with the moral and the material capabilities because they constitute the elite of society relied upon for sustainable society for any society. That's why we suggest :

- Investing in time and exploiting free time by learning new skills increases their competences and reduces their stress because the human mind does not accept free time.
- Allocate a period of time to practice their favorite hobbies , especially exercising , regardless of their preoccupations , and this due to its importance , whether from psychological or physical perspective.
- Not paying too much attention to events.
- Take care of the psychological and the social aspects of this category of young people through psychological support from different sources.
- Allocate time to do group therapy by raising a topic related to their stressful events.
- Stay away from negative energies (the enemies of success) because they think negatively what can affect their psyche.
- Participate in the research laboratories to develop their research capabilities within an effective scientific space that stimulates group work.

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