

Social Adaptation and Future Anxiety in Light of the COVID-19 Pandemic among Members of the Arab Community (Comparative study)

BY

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Abstract

The study aimed to define the level of social adaptation and future anxiety in light of COVID-19 pandemic among members of the Arab community. The study sample consisted of (2662) individuals distributed over various Arab countries. The sample was chosen by the snowball method. To achieve the aim of the study, the researchers built two scales (social adaptation scale and future anxiety scale). The validity of the two scales was verified by using the exploratory factor analysis, where the social adjustment scale produced three factors and the future anxiety scale produced two factors by using the descriptive approach.

The results indicated that members of Arab society enjoy high social adaptation and future. The results also showed statistically significant differences for the variables on the social adjustment scale (gender, nationality, country of residence, nature of work, and marital status), so the differences were in favor of (females, Saudi Arabia country, the government employee, and married people), respectively. Furthermore, there were statistically significant differences for the variables (gender, nationality, country of residence, educational qualification, nature of work, age category, and marital status) on the scale of future anxiety (females, Egypt, and the secondary school stage and the age category under 20 years), respectively.

Keywords

Social Adjustment, Future Anxiety, COVID-19 Pandemic, Arab Community.

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Introduction

Society is currently experiencing a major social great crisis which is the most dangerous in our modern age. This has forced us a lot of rapid and profound changes in Social, political, economic, or educational relations, As a result of the current situation in which we live with a virus Corona, this makes these communities look for different adaptations, which resist to their circumstances and adapt them to their surroundings, in order to survive, to resist their negative impact through various alternatives. These calls for the unification of the intellectual and practical energies of the members of society,

to escape this crisis with the least losses, by achieve the goals of society and improve its gains and overcoming its crises, social and economic crises primarily.

The pandemic has brought about many changes in the behaviors of members of society, and has imposed several actions such as social distancing and domestic isolation. It has provided different feelings ranging between fear of disease and to feel tired caused by the unbroken international media pressure that does not stop listing the numbers of dead every day and every hour, and focuses on listening and certifying disturbing news and rumors and the spread of

images and frightening scenes about the disease, which has psychological and physical impacts, they may be more severe than the disease itself, this interaction between fear of disease and concern about the future that control some people may become so urgent that is the person believes that he will be infected with every frightening disease heard of, or see other people who are infected with it. For example (Al-Mutawa, Al-Junaid & Al-Junaid, 2020) reported that's there a positive relationship between psychological disorder and social psychological adjustment at domestic isolation, It emphasized the necessity of providing psychological and social support to the infected people of Corona virus and their physical contact.

Undoubtedly, social maladjustment makes the individual unbalanced in his emotion, thinking, opinions and beliefs with the current situation. Thus, an individual may behave in socially unacceptable ways, this means the ability of an individual to achieve compatibility between his requirements and roles Social conflict with personal and psychological motives for reaching satisfaction and getting away On internal conflict. The role of individual social adaptation lies in coordinating the different personal forces to act as a unit for adaptation, and the level of good mental health depends on the extent to which one can adapt in different fields (Alhabet, 2003). The most adaptable individuals are those who respond to their circumstances and they real live it with nostalgia, not a form of surrendering but it is acceptance of the status quo, the more positive and objective thinking of future, the most of the ability to deal with its challenges and crises (Al-Khalidi, 2009).

The prevalence of virus Corona all over the world Create a state of hopelessness and anxiety about the future for many Members of the global community, especially medical scientists could not find it a decisive cure or vaccine for its prevention, The symptoms accompanying it affect the human emotional and psychological aspect, such as the extreme fear of injury and death, especially as it affected millions of people, hundreds of thousands people have been killed up to date. In other words, fear of the unknown and concern about the future made individuals Unable to plan and communicate in a difficult epidemiological situation forecast, the more uncertain things are, the more fear the things that are we fear of it. Thus, it has become even more concerned, so thinking too much can increase our sense of psychological disorder, despair and

impotence, and affect our lives in general (Othman, 2001).

What increased such worries and anxieties are the inability to find a vaccine for COVID-19 up to now concern of what is linked to social media sites that continue to be published Rumors, and the inability of the concerned authorities to deal with them, thus; increasing the level of anxiety and psychological disorder, which may develop into a phase requiring intense of care.

The psychological statues that individuals are experiencing anxiety and tension during COVID-19 pandemic, It is accompanied by many events, changes and internal illusions and external influences made by daily interactions and real-world views of situations, behaviors, circumstances and characteristics of others. The spread of rumors and incorrect information and the news which shows exaggeration and duplication, psychological statues is prevailed by despair, frustration and loss of confidence, worrying about the future, the level of hope for life, and the state of grumbling, tightness, and others is low Psychological guides that are now controlling people's lives during COVID-19 pandemic. Educators and psychosocial specialists had to do their responsibilities in examining this serious reality, and its psychological effects on individuals, to reduce emergency conditions, and develop psychological and intellectual strategies that can correct the concepts resulting from this pandemic. The redevelopment of daily life concepts, values and vocabulary that motivate members of society to adapt and positively, contribute to reducing anxiety, tension and illusions, building awareness, and improving mental and psychological health, for the ability to adjust to COVID-19 pandemic with the tools for change which individuals have.

There were significant variance in selecting variables related to COVID-19, some examined it from a health perspective (e.g. Wilder-Smith, Chiew & Lee, 2020; Zhavoronkov at al., 2020; Tuite, Bogoch, Sherbo, Watts, Fisman & Khan, 2020; Goyal, Chauhan, Chhikara, Gupta & Singh, 2020; Wang et al., 2020). As they focused on the nature of the virus, how it developed and the ways it spread, and made a number of recommendations, including: Non-contact with contaminated surfaces, washing hands before touching mouth, nose or eyes, maintaining social distances, avoiding crowded places, and wearing masks.

Others have focused on examining other viruses similar to COVID-19 symptoms such as

SARS (e.g. Nadim, Ghosh & Chattopadhyay, 2020; Cascella, Rajnik, Cuomo, Dulebohn & Di Napoli, 2020; World Health Organization, 2020). The studies concluded a set of common symptoms such as fever, dry cough, shortness of breath, and possibly severe pain, pneumonia, and difficulty in breathing.

While others focused on the need to restrict social gatherings such as social isolation, as a crucial and effective way of breaking infection, and the establishment of health care and quarantine (e.g. Huremovic, 2019; Ren, Gao & Chen, 2020; Sarwar, Panatik & Sarwar, 2020).

Some studies also examined the economic effect of COVID-19, and its effect on people if the economy continues to close (e.g. Wilder-Smith, Chiew & Lee, 2020; International Monetary Fund, 2020). Those studies recommended that a balance should be struck between the life, livelihood of societies, reducing closing restrictions and resumption of some economic and social activities. It emphasized the role of the individual in preventing the spread of COVID-19, and the role of media, these ways varied between the dissemination of health awareness among individuals, and promotion rumors (Depoux, Martin, Karafillakis, Preet, Wilder-Smith & Larson, 2020).

Several studies on social effects and risks examined social and psychological fields of COVID-19 pandemic, Al-Ghanim and Abdul-Qadir study (2020), aimed to identify the effects of Kuwaiti society's risks trends COVID-19 pandemic, and study the relationship between chronic fatigue and hypochondriac in the light of changing demographic. The study sample consisted of (1080). The findings showed that the social risks of COVID-19 came in the first place, Kuwaiti society was affected. The findings also reveal that high symptoms hypochondriac of those with negative attitudes have a strong relation with those in Kuwaiti society. Positive trends for members of the same community, it considered that the psychological dangers resulting from COVID-19, are strongly filled with the causal relation to symptoms of fatigue and hypochondriac.

Al-Saad (2020) conducted a study consisted a sample of (940) participants, aimed to explain the perceptions, behaviors and expectations among Syrians during COVID-19 pandemic. The results show that the fears for humanity's future and uncertainty of future, concern about the changes in post-COVID-19 economic system, high level phobia of illness.

There are psychological problems for humans caused by COVID-19 pandemic which came at high rates according to the responses of participants in a sample study. He emphasized the necessity of social adaptation to reduce the dangers of social distances. And that's what Kaya and Avcı (2016) emphasized in his study which its results indicates that worrying about future has negative effects on individual's productivity, which may lead them to feel unsafe, depressed, and maladapted.

In light of some demographic variables, Al-Whebeah, Al-Shahbany and Al-Shyeabeh (2020) examined the relationship between the levels of anxiety of COVID-19 pandemic among Omani and Bahraini families on a sample of study consisted of (2107) participants, (1305) Omani, (731) Bahraini. The findings showed that the level of anxiety among citizens for both countries was high due to low level of job security; there were no statistically significant differences for anxiety due to the country and the level of job security. The study explained that there is no job security according to experts. Most people were working in segments that were closed because of lockdown, which contributed to the lack of their source of livelihood during pandemic, females reported higher level of anxiety compared to males, according to age, individuals in the age group (more than 40 years) reported lower levels of anxiety compared to other age group due to their awareness level; educational level in favor of higher educational level; and there were statistically significant differences between employed and unemployed in favor of unemployed about what is going on around them. The study recommended focusing on counseling.

Ipsos (2020) examined the points of view of individuals in the Middle East and North Africa during COVID-19 pandemic to know the future trends, behaviors and expectations. The sample of the study consisted of (3500) participants from Saudi Arabia, The United Arab Emirates, Jordan, Lebanon and Morocco was conducted through online surveys. The findings show that the high anxiety regarding the future of work because of COVID-19, especially in the United Arab Emirates and Saudi Arabia, and the rate was more than 50%. Between (0.57- 0.74) participants agreed face-mask and social distancing as a new social and behavioral adjustment even when the pandemic ends. All countries expected that the spread of COVID-19 would have a negative effect on economic and social future. Lebanon was the highest country worried about job security.

Nadeak, Naibaho and Silalahi (2020) study aimed to give clear data about COVID-19 among students at Christian University of Indonesia about how learn communities manage anger during COVID-19 pandemic. The findings showed that two things should be done to manage anger, Obtain and understand scientific information about COVID-19 from reliable sources and accountable to the community of responsible authorities and responsible persons (government, health institution), following the safety instructions from COVID-19 pandemic. The results showed that the way of students manage anger was by finding and understanding the accurate information and following the safety instructions of COVID-19 pandemic.

Yu and his colleagues (2020) investigated the general psychological status of China's individuals during COVID-19 pandemic, and examined the factors that affect the psychological and social situation. The sample of the study consisted of (1588) citizen. The sample was chosen by the snowball method. Individuals have been invited via SMS to participate in the survey. The results showed that there is a high level of social maladjustment among the sample individual and that they have adopted a negative behaviors of adjustment. The results showed about (22.8%) individuals suffer from high levels of psychosocial disorder caused by the pandemic. In the light of the study, some recommendation suggested the necessity of the need for social support and strategies to increase positive adaptation, as well as more therapeutic and psychological interventions.

By reviewing the previous studies, it can be noted that most studies have been emphasized that there was fear and worry about the future in economic, political, social and functional communities during COVID-19, (e.g. Al-Whebeah, Al-Shahbany and Al-Shyeabeh, 2020; Al-Saad, 2020; Nadeak, Naibaho & Silalahi, 2020; Ipsos, 2020). This enhances the idea of the research to examine this variable with the variables related to and affected by the pandemic, while others focused on social adjustment to the circumstances imposed by the pandemic, such as new behavioral habits such as social distancing, and the pattern of communication and interaction between societies (e.g. Al-Mutawa, Al-Junaid & Al-Junaid, 2020; Sarwar, Panatik & Sarwar, 2020). Others focused on the psychological problems and adjustment, caused by mass media promotion. Members of communities are afraid of COVID-19 and anxiety from uncertain and what will happen

in the future (e.g. Al-Ghanim & Abdul-Qadir, 2020).

Problem of the Study

Society is currently experiencing a major social crisis; it is perhaps the most dangerous of our contemporary times, especially with the rapid deployment that included all countries exception during Corona virus, Individuals and families are confused, this helped in the misleading rumors that it has contributed to its transmission by via media. In addition to conflicting news about reaching a cure, through ongoing scientific research in the developed world, that started from the first time for the appearance of Corona virus. The procedures and methods of this virus have also been diversified, psychological and social effects which caused by this pandemic. Expectations and forecasts that could be made also extended in the future, and its extent and impact in the political, economic and social reality of World. In addition to sensitivity to individual's causes by hearing talk about the disease, its rapid spread, and the ease of transmission, it has increased anxiety among communities.

As a result of the current situation in which we live with the spread of the Coronus virus, these societies are looking for different forms of adaptation, It resists its circumstances and matches its surroundings, in order to keep life alive and resist the difficulties of life through different alternatives, which calls for the unification of the intellectual and practical energies of the members of society in order to get out of this crisis with the least losses, though achieving the goals of society and overcoming its crises, the most important of which are social and economic crises, The problem of the study is determined by answering the following questions:

- 1- What is the level of social adjustment and future anxiety among Arab society?
- 2- Are there statistically significant differences in the means scores of social adjustment and future anxiety in the light of (Gender, nationality, scientific qualification, work, materiel status, and place of residence)?

Objective of the Study

The study aimed to find out the level of both social adaptation and future anxiety in light of the COVID-19 pandemic among members of the Arab community as per the variables of the study.

Importance of the Study

The current study stems on the importance of the topic discussed in this study, is social

adjustment which is important for achieving balance and harmony and to be adapted to individuals and their environment, to satisfy their psychological and social needs and the needs of society. In order to avoid the conflict that emerging and emergency changes may create the future anxiety is a worthwhile one in the exceptional circumstances we are experiencing during COVID-19 pandemic.

According to the previous literature which mentioned above, the study of social and psychological reality which is represented in future anxiety and adjustment is necessary in Arab society, and its effects on life systems within human societies. And reshaping the everyday concepts, values, and vocabulary that motivate individuals Society to adapt and be positive. Contributing to reducing anxiety, tension, and illusions, increasing awareness, and promoting mental and psychological health, people have true change agent. In addition to the quality of psychology counseling that we are born as psychologists. It's focused on the anxiety about the future and the difficulty of social and psychological adjustment during quarantine imposed by most countries in the world.

The current study also examines its importance international to the scientific limits of the researchers who addressed the study of social adjustment and future anxiety among Arab society and reveal the differences between the study variables on the scale of social adjustment and the scale of future anxiety. Its importance also from its concern for segments society, which have been explained researchers are all age group and gender, taking into account the situation Social, functional, and other variables. The study provides a conceptual framework on study variables and therefore become a scientific and cognitive addition in the field of scientific research and in a part of psychological studies that may support the theoretical and cognitive base. This study could

serve as a core for future studies on psychological disorders and social problems and the instruction programs to reduce the psychological effects of Corona pandemic. It is the beginning of other studies that may open up prospects as a previous study in other academic studies.

Operational Definitions

Social Adjustment: it's the harmony of the individual with his surrounding; this is an aspect of psychological health, It is a dynamic process that continues between the individual and the social environment that lives in it. The goal of an individual is to adapt their behavior to their environment Social, this enables good relationships with others to be consistent himself and the world around him. In this study, total crude some of row score obtain by the respondent on each of the sub-scale of social adaptation total scale, and in the overall level of the scale.

Future Anxiety: it's an emotion characterized by confusing, depression, future anxiety, and inability to deal with events. In this study, total crude some of row score obtain by the respondent on each of the sub-scale of future anxiety total scale, and in the overall level of the scale.

Methodology

Population and Sample of the Study

The population of the study consisted of all individuals in the Arab World who are residing in it during Corona pandemic since March, 2020 till now, while the study sample consisted of (2713) individuals who responded on the scales used in the study, selected using Snow Ball method by distributing the scales through social media by relatives to other people. (51) individual were eliminated as they were living in foreign countries, so the total of responses valid for analyzing were (2662). Table (1) shows the distribution of the subjects based on the demographic variables.

Table (1): Study Sample Distribution in the Arab World According to the Demographic Variables

Variable	Number	Variable	Number		
Marital Status	Married	2030	Gender	Male	1345
	Single	535		Female	1317
	Widower	27	Nationality	Saudi Arabia	681
	Divorced	70		Syria	56
Age	Less than 20	105		Sudan	27
	20 – Less than 40	1242		Jordan	1640
	40 – Less than 60	1207		Palestine	29
	60 and more	108	Egypt	137	
Work	House hold	300	Bahrain	28	
	Student	199	Iraq	39	

	Private Job	133		Other	25
	Unemployed	193		Saudi Arabia	1009
	Retired	217		Jordan	1325
	Governmental Sector	1149		Palestine	11
	Private Sector	471		Egypt	50
Qualification	Less than Secondary School	89	Place of residence	Bahrain	61
	Secondary School	326		Iraq	89
	Diploma	233		Kuwait	16
	Bachelor	1279		Qatar	53
	Postgraduate	735		Other*	48

* Number of individuals who responded from different Arab Countries was small, so they were combined.

Instruments of the Study

Researchers reviewed the literature review and previous studies related to future anxiety and social adaptation (e.g. Al-Nuri, 2002; Azar, 2002; Shroukh, 2004; Al-Khalidi, 2009; Price, 2009; Al-Momani & Naeem, 2013; Al-Zawahra, 2015; Shalhoub, 2016; Dundee, 2017; Nabil, 2018; and Al-Abadi, 2019). After that, the domains of each scales was defined, where Social Adaptation Scale consisted of (18) items in its final format and after modifying and eliminating the items that arbitrators agreed on, distributed on three domains: Commitment, relationships, and appreciation, and Future Anxiety Scale consisted in its final format on (18) items approved by the arbitrators.

To verify the validity of the instruments, the researchers first employed explanatory factor analysis. Before employing it, the sample size and data suitability for factor analysis were checked using Kaiser-Meyer-Olkin Test and Bartlett Test to verify the appropriateness of conducting factor analysis on data. Kaiser-Meyer-Olkin Test value

for Social Adaptation Scale was (0.811), and for Future Anxiety Scale (0.956), which are higher than the significant level (0.05). as for Bartlett Test value it was (9.609.868, df =153) Social Adaptation Scale which is significant, and was (27.693.619, df =153) for Future Anxiety Scale which is significant.

These results indicate that the number of Correlations was adequate to employee factor analysis. For factor analysis, the researchers conducted Explanatory Factor Analysis for the basic components using Varimax via JASP, based on eliminating items with less than (0.40) loading, eliminating the two-items factor (Trivial Factor), and eliminating items loading on two-factors with loading is more than (0.40). Three items were eliminated from Social Adaptation Scale (6, 7, 17), while item (19) was eliminated from Future Anxiety Scale. Figure (1) shows the graphical representation of the values of the Eigen values for the factors composing both Social Adaptation Scale and the Future Anxiety Scale.

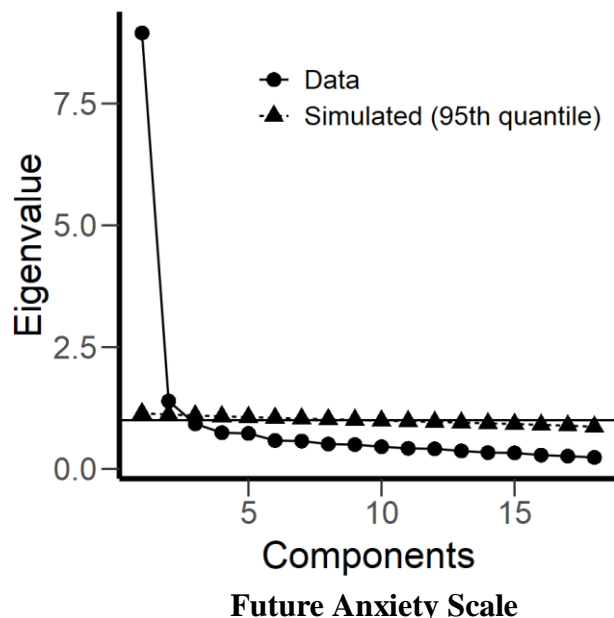
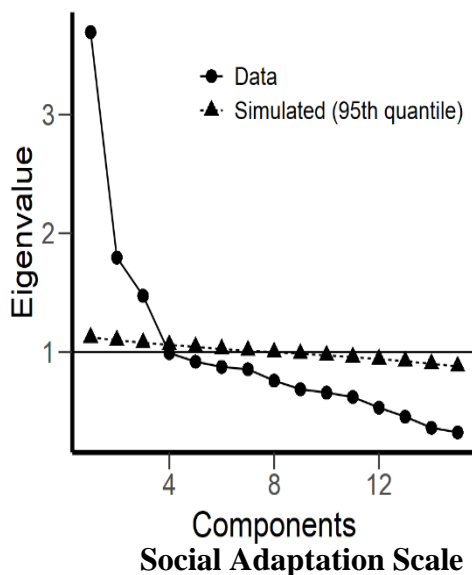


Figure (1): Graphical Representation of the Values of the Underlying Roots of the Factors Constituent the Social Adjustment Scale and the Future Anxiety Scale

Figure (1) shows that factorial analysis yielded (3) factors for Social Adaptation Scale, and (2) factors for Future Anxiety Scale. Table (2)

shows the items loadings on the factors for each scale.

Table (2): Loading Values for the Items of Social Adaptation Scale and Future Anxiety Scale among the Study Sample

Social Adaptation Scale			Future Anxiety Scale		
Factor	Item	Loading	Factor	Item	Loading
First	1	0.813	First	1	0.501
	3	0.853		6	0.536
	5	0.616		7	0.602
	16	0.823		8	0.616
Second	2	0.521		12	0.734
	4	0.423		13	0.742
	8	0.517		15	0.753
	9	0.447		16	0.812
	12	0.567	17	0.632	
	13	0.753	18	0.822	
	14	0.711	Second	2	0.548
15	0.487	3		0.716	
Third	10	0.513		4	0.827
	11	0.725		5	0.789
	18	0.598		9	0.649
				10	0.655
			11	0.618	
			14	0.559	

Table (2) shows that Social Adaptation scale items showed loadings greater than (0.40) at the domain it belong to, for that the scale became consisting (15) items distributed on (3) domains. Also, future Anxiety Scale items showed loadings greater than (0.40) at the domain it belong to, for that the scale became consisting of (18) items

distributed on (2) domains. To check the scales reliability Cronbach's Alpha was calculated for the scales domains in addition to Omega Reliability Coefficient for the scale as whole, due to its suitability for multi-dimensional scales, as shown in table (3).

Table (3): Loading Values for the Items of Social Adaptation Scale and Future Anxiety Scale among the Study Sample

Social Adaptation Scale			Future Anxiety Scale		
Domain	Cronbach's Alpha	Omega	Domain	Cronbach's Alpha	Omega
Commitment	.717	0.719	Humanitarian	0.870	0.884
Relationships	0.796	0.809	Personal	0.841	0.845
Appreciation	0.697	0.704	Total		0.940
Total		0.723			

Table (3) shows that Omega Reliability Coefficient is (0.723) for Social Adaptation Scale and (0.94) for Future Anxiety Scale. Also, all the Reliability Coefficients of the domains by the different calculation methods was approximately (0.70) or more.

Results of the Study

First Question: What is the level of Social Adaptation and Future Anxiety among Arab?

To answer the first question, means and standard deviations for the scores of the study sample responses were calculated on each item of Social Adaptation Scale and Future Anxiety Scale;

the total domain, and the total scale were calculated, as seen in table (4).

Table (4): Means and Standard Deviations for the Scores of the Study Sample Responses on Social Adaptation Scale and Future Anxiety Scale

Social Adaptation Scale					Future Anxiety Scale				
No.	Item	Mean	Std. Deviation	Level	No.	Item	Mean	Std. Deviation	Level
1	1	4.54	0.65	Very High	1	1	4.03	1.03	High
2	3	4.47	0.74	Very High	2	6	3.98	1.13	High
3	5	3.76	1.07	High	3	7	3.95	1.02	High
4	16	4.35	0.71	Very High	4	8	4.24	.94	Very High
First Domain		4.28	0.61	Very High	5	12	4.08	1.03	High
5	2	4.12	0.84	High	13	13	3.82	1.02	High
6	4	4.14	0.85	High	15	15	3.92	1.04	High
7	8	3.96	0.86	High	16	16	3.93	1.04	High
8	9	3.29	1.14	Moderate	17	17	3.71	1.14	High
9	12	3.90	0.93	High	18	18	4.03	.99	High
10	13	3.92	0.83	High	First Domain		3.97	.78	High
11	14	3.92	0.87	High	11	2	2.95	1.3	Moderate
12	15	4.05	0.92	High	12	3	3.32	1.21	Moderate
Second Domain		3.91	0.53	High	13	4	3.24	1.32	Moderate
13	10	3.24	1.22	Moderate	14	5	3.24	1.25	Moderate
14	11	3.55	1.26	Moderate	15	9	3.64	1.15	High
15	18	4.19	0.95	High	16	10	3.23	1.20	Moderate
Third Domain		3.66	0.77	High	17	11	3.30	1.29	Moderate
Total		3.96	0.39	High	Second Domain		3.27	.94	Moderate
					Total		3.68	.79	High

Table (4) shows that the means scores of the study sample responses on Social Adaptation Scale was (M = 3.96, Std = 0.39), which indicates that Arabs in the Arab world enjoy high levels of social adaptation, and by showing the means scores of the scale domains, it can be seen that commitment domain ranked first (M = 4.28, Std = 0.61), while appreciation domain ranked last (M = 3.66, Std = 0.77).

Also, it can be seen that the mean scores of the study sample responses on Future Anxiety Scale was (M = 3.68, Std = 0.79), which indicates that Arabs in the Arab World suffers from social anxiety during Corona pandemic, and by showing the means scores of the scale domains, it can be seen that humanitarian domain ranked first (M = 3.97, Std = 0.78), while personal domain ranked last (M = 3.27, Std = 0.94), which refer to the fact that society members thinks that there are changes in values, traditions, and human relationships.

This can be indicated to the attention of the Arabic governments to deploy instructions concerning dealing with Corona pandemic through official media, in aim to perform the daily education and awareness, and close follow up, since the beginning of the paramedic and to think

out of the box, targeting the cultural awareness of the society, and by employing art, literature and knowledge to occupy the free time of adults and children caused by partial and comprehensive lockdown. As the concerned ministries and since the beginning of the pandemic issued a simple and clear brochures and online manuals to guide the society and educate it about the precautionary measures to be followed such as physical distancing, using gloves and masks, and paying attention to the general hygiene, which intended to enable social adaptation and human solidarity. One of these measures is "Guide of social adaptation and human solidarity during Corona pandemic" issued by The Jordanian Ministry of Culture, which included a set of useful practices and advices which can be done to adapt in times of social distancing and home quarantine, in addition to "My talent contest from my home" to reveal children and adults talents through locking down and social distancing which imposed by Corona virus spreading.

Psychologically, social adaptation is a flexible, meaningful and interactive process between the individual and the social environment he lives in, where he can change and adjust the

demands, needs and social influences surrounding him, so he become able to adapt his needs, as the individual and during his interactions with the environment he is forced to do one of a two roles: Changing his attitude, or to change his social environment, and this is considered an image of the normal behavior of the individual to be able to adapt, as a result of having physical, social, emotional and mental capabilities and tendencies that help him to adapt. The goal of social adaptation is to find a balance between the individual needs and the surrounding circumstances (Alhabet, 2003), and this is what happened during the pandemic which imposed new and unfamiliar behaviors before, which enabled the Arab citizen to adapt with these circumstances and to live with it.

Also, the increase of future anxiety levels among Arab society can be attributed to the fact that Corona virus caused some changes in life style, in addition to the over exaggerating accompanied the pandemic which stopped some of life’s facilities, as the infections around the world is increasing, and the deaths exceeded hundreds of thousands. This caused different emotions such as fear of sickness; feeling of exhaustion due to continuous global media pressure recounting the number of deaths; focusing on disturbing news, rumors and believe them; in addition to the spread of images and scary scenes related to the pandemic; exaggerating and misleading information and news; and the presence of a psychological state dominated by a feeling of frustration, losing confidence and future anxiety.

Furthermore, the inability to develop a vaccine for Covid-19 until now, and turning individuals into a fragile victims for social media platforms that fueled this great obsession and anxiety of not controlling the virus, may lead into negative effects on the mental and psychological wellbeing caused by rumors, and this may need intensive care.

This result is consistent with the results reported by Nadeak, Naibaho and Silalahi (2020), Al-Whebeah, Al-Shahbany and Al-Shyeabeh (2020), and Ipsos (2020) studies, which showed that the level of future anxiety is high in the various personal, humanitarian and economic aspects among societies due to Corona pandemic. Also, this result is consistent with Al-Mutawa, Al-Junaid and Al-Junaid (2020) study and Yu and his colleague (2020) study, concerning the societies’ adaptation with the circumstances imposed by the pandemic including the appearance of new behaviors such as physical distancing, using gloves, defining the social relationships, communication style, and interactions between individuals and society.

Second Question: Are there statistically significant differences in the means scores of social adjustment and future anxiety in light of (Gender, nationality, qualification, work, Marital Status, and place of residence)?

To answer this question, the means of the study variables were calculated, in addition to Multiple-One-Way ANOVA without interaction for both scales. Table (5) shows the means scores of the study sample responses on Social Adaptation Scale and Future Anxiety Scale.

Table (5): Means Scores of the Study Variables Levels for Social Adaptation Scale and future Anxiety Scale

Variable	No.	Adaptation Mean	Anxiety Mean	Variable	No.	Adaptation Mean	Anxiety Mean
Marital Status	Married	2030	3.9791	Gender	Male	1345	3.9963
	Single	535	3.8876		Female	1317	3.9226
	Widower	27	4.0543	Nationality	Saudi Arabia	681	4.0694
	Divorced	70	3.9171		Syria	56	3.9190
Age	Less than 20	105	3.9137		Sudan	27	4.0321
	20 – Less than 40	1242	3.9355		Jordan	1640	3.9218
	40 – Less than 60	1207	3.9893	Palestine	29	3.9563	
	60 and more	108	3.9562	Egypt	137	3.9703	
Work	House hold	300	3.8829	Bahrain	28	3.7952	
	Student	199	3.9223	Iraq	39	3.8462	
	Private Job	133	3.8642	Other	25	3.7920	

	Unemployed	193	3.8425	2.8653	Place of residence	Saudi Arabia	1009	4.0582	2.6918
	Retired	217	3.9435	2.3641		Jordan	1325	3.9029	2.5494
	Governmental Sector	1149	4.0085	2.5849		Palestine	11	3.7394	2.2727
	Private Sector	471	3.9887	2.6454		Egypt	50	3.7413	3.1400
Qualification	Less than Secondary School	89	3.9236	2.7191		Bahrain	61	3.8765	3.1148
	Secondary School	326	3.9360	2.8742		Iraq	89	3.9213	2.8764
	Diploma	233	3.9342	2.5665		Kuwait	16	4.0083	2.3750
	Bachelor	1279	3.9521	2.6247		Qatar	53	3.9925	2.5094
	Postgraduate	735	3.9965	2.5687		Other*	48	3.8667	2.6875

Also, Multiple-One-Way ANOVA without interaction for the responses of the study sample on both scales was calculated, as seen in table (6).

Table (6): One-Way ANOVA without Interaction for the Responses of the Study Sample on Social Adaptation Scale based on the Dependent Variables

Source of Variance	Sum of Squares	df	Means Squares	F	Sig.	Effect Size
Gender	.963	1	.963	6.740	.009	.003
Nationality	2.909	8	.364	2.545	.009	.008
Place of residence	4.070	8	.509	3.560	.000	.011
Qualification	.537	4	.134	.939	.440	.001
Work	2.752	6	.459	3.209	.004	.007
Age	.084	3	.028	.196	.899	.000
Marital Status	1.604	3	.535	3.741	.011	.004
Standard Error	375.569	2,628	.143			
Total	404.843	2,661				

One-Way ANOVA without interaction has been calculated to define the differences in the adaptation level based on the variables (Gender, nationality, place of residence, qualification, work, age, and marital status), it was revealed by examining the normal distribution by using Kolmogrov-Smirnov Test that data were normally distributed across groups, and the results of the homogeneity test by Levine test indicated that the hypothesis was met.

It can be noted from table (6) that the effect size is low for all variables based on Cohen classification for the effect size despite the existence of statistically significant differences due to gender, nationality, place of residence, work, and marital status.

When Post-Hoc Comparisons have been calculated to define the significant differences between the mean scores, it has been found that there is a statistically significant difference in light

of gender, in favor of females, and that there is a statistically significant difference in light of nationality between Saudi and Jordanian nationalities in favor of Saudi. As for place of residence, the differences were found between Saudi Arabia and between Jordan and Egypt, in favor of Saudi Arabia, and statistically significant differences were found in light of work between house hold and each of (government sector employee and private sector employee) in their favor; between private sector and unemployed, in favor of unemployed, and between government sector and each of (unemployed, private sector employee) in favor of government sector. Regarding marital status, the differences were between single and married, in favor of married.

Concerning the study sample responses on future anxiety scale, One-Way ANOVA was calculated as seen in table (7).

Table (7): One-Way ANOVA without Interaction for the Responses of the Study Sample on Future Anxiety Scale based on the Dependent Variables

Source of Variance	Sum of Squares	df	Means Squares	F	Sig.	Effect Size
Gender	10.032	1	10.032	6.288	.012	.002
Nationality	24.684	8	3.086	1.934	.051	.006
Place of residence	30.166	8	3.771	2.364	.016	.007
Qualification	21.013	4	5.253	3.293	.011	.005
Work	7.106	6	1.184	.742	.616	.002
Age	18.274	3	6.091	3.818	.010	.004
Marital Status	5.491	3	1.830	1.147	.329	.001
Standard Error	4192.574	2,628	1.595			
Total	4358.903	2,661				

One-Way ANOVA without interaction has been calculated to define the differences in the future anxiety level based on the variables (Gender, nationality, place of residence, qualification, work, age, and marital status), it was revealed by examining the normal distribution by using Kolmogorov-Smirnov Test that data were normally distributed across groups, and the results of the homogeneity test by Levine test indicated that the hypothesis was met.

It also can be noted from table (7) that the effect size is low for all variables based on Cohen classification for the effect size despite the existence of statistically significant differences due to gender, place of residence, qualification, and age.

When Post-Hoc Comparisons have been calculated to define the significant differences between the mean scores, it has been found that there is a statistically significant difference in light of gender, in favor of females, and that there is a statistically significant difference in light of place of residence between Jordan and Egypt in favor of Egypt. As for qualification, the differences were found between each of (bachelor and postgraduate) and secondary school, in favor of secondary school, and statistically significant differences were found in light of age between (less than 20 years) and each of (40 - less than 60, 60 and more) in favor (less than 20 years); between (20 - less than 40) and (40 - less than 60) in favor of (20 - less than 40).

The distribution of the data among social adjustment scale in Arab world was normal and showed there were statistically insignificant differences among the study variables. The researchers indicated this result due to similarity of psychological and social characteristic of Arab citizen and the procedures by Arab governments during corona virus pandemic. There were

statistically significant differences in social adjustment scale between Jordan and Saudi Arabia in favor of Saudi Arabia, which could be a result of flexible procedures during lockdown. There were many e-applications through which an individual can obtain permeation for a supply, a treatment or a walk, In addition, enough government support is provided to all sectors of the country. The results showed statistically significant differences in social adjustment between public and private employees, in favor of public sector employee in social adjustment, which could be logical results due to the procedures that government applied as telework and they didn't deduct part of their salary, which made the employees more secured and stability which reflected positively on their social adjustment.

As for gender that was in favor of females and this may be due to the psychological nature of women, When women faced any problem she would concerned with the solution than with the problem itself, and they use friendship strategy and strengthening of social relations and ties with a view to solving the problem they faced (Al-Naimi, 2011). So you find them more harmonious and adapted than man. As for marital status it was in favor of married couples due to substantial differences, according to psychological constitution, there was an apparent variant between their obligations and responsibilities (Al-Sayed, 2015), Logically, a married couple is more adapted and harmonious than a single.

The results of this study agreed with the results of Ipsos (2020), most population in the Middle East and North Africa has been adapted during Corona virus pandemic in addition to social adjustment, behavior such as wearing masks, and social distancing, which becomes tradition even after the epidemic ends. The results of Yu and his

colleagues (2020) differed, which indicated to disorders, psychological problems caused by corona virus.

With regard to future anxiety among Arab society, researchers may attribute this result to the fact that filled risks during corona pandemic, which created psychological issues. It has provided different feelings ranging between fear of disease and to feel tired caused by the unbroken international media pressure that does not stop listing the numbers of dead every day and every hour, and focuses on listening and certifying disturbing news and rumors and the spread of images and frightening scenes about the disease, which may causes future anxiety.

With regard to the differences that results showed in favor of gender, females. The researchers indicate that this is due to the many responsibilities such as taking care of children, cleaning up the home and worrying about the infection of a family member with the Corona virus. Furthermore, the mental will be of females is more prone to be negatively by unexpected sudden because females are affected more than men. With regard to place of residence which was in favor of Egypt due to inclined of economy, Fear of losing their jobs in Saudi Arabia, Especially as many private sectors demobilized their employees during Corona pandemic.

With regard to educational qualification was in favor of secondary school, which could be logical results since the scientific qualification the more opportunities the job that reduces anxiety. With regard to age group was in favor of participants who are less than 20 years, researchers explained that adult students in this age faced critical physical changes in their personality and emotions controlling there infections Al-Khalidi (2009) through social media. The results of the study consistent with the results of (Al-Whebeah, Al-Shahbany & Al-Shyeabeh, 2020; Al-Saad, 2020; Nadeak, Naibaho & Silalahi, 2020; Ipsos, 2020), which indicated that there was future anxiety in the different economic, political and social aspects among Arab societies due to Corona pandemic.

Recommendations

In light of the results, the researchers recommends to:

1. Observe the role of social adaptation in achieving psychological balance and stability among individuals and enhancing it by responsible institutions and organizations

2. Paying attention by official media in deploying knowledge and medical awareness about the virus without exaggerating, and helping individuals to plan for their future in light of this pandemic.
3. Setting a set of educational and awareness seminars, and instructional courses concerning the psychological and social effects of Corona pandemic which leads to reduce high levels of anxiety among society members.

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