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(IJHSS) **The Effectiveness of the Gestalt Program on the
Psychological and Social Well-Being of Syrian Refugee
Women at Al-Zaatari Camp**



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The Effectiveness of the Gestalt Program on the Psychological and Social Well-Being of Syrian Refugee Women at Al-Zaatari Camp

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Abstract

Purpose: The present study aimed to examine the effectiveness of a Gestalt-based counseling program in improving the psychological and social well-being of Syrian refugee women residing in Al-Zaatari camp. The study adopted a quasi-experimental design to assess whether participation in the program would lead to significant improvements across dimensions of well-being compared to a control group.

Methodology: The methodology involved a sample of 36 Syrian refugee women, randomly assigned to an experimental group (n=18), which received a 12-session Gestalt counseling program, and a control group (n=18), which received no intervention. The Ryff Psychological and Social Well-Being Scale, validated and adapted for the study, was administered before and after the intervention. Data was analyzed using MANCOVA to control for pretest differences.

Findings: Findings revealed statistically significant improvements in all dimensions of psychological and social well-being among women in the experimental group, with large effect sizes (η^2 ranging from .667 to .954). The results demonstrate the strong positive impact of the Gestalt program on enhancing self-control, personal growth, environmental mastery, relationships, purpose in life, and self-acceptance.

Unique Contribution to Theory, Practice and Policy: This study contributes uniquely to theory by extending the application of Gestalt therapy to refugee populations in humanitarian settings. Practically, it offers an evidence-based model for psychosocial interventions targeting refugee women. At the policy level, the study recommends wider integration of Gestalt-based programs into refugee support services and the establishment of specialized mental health centers within camps to address psychological and emotional needs.

Keywords: *Gestalt-Based Counseling Program, Social Well-Being, Psychological Well-Being, Gestalt therapy*

Introduction

Refugees face problems in adapting to the host community and finding suitable housing, as the successful integration of a refugee into the host community is a complex matter that is exacerbated by several problems that refugees face while trying to find suitable housing or search for a job (Wood, Charlwood, Zecchin, Hansen, Douglas & Pit, 2019), especially if the host country has challenges related to housing and employment for its citizens, and asylum has become a new burden on it, as is the case in Jordan; where the number of Syrian refugees registered by the United Nations High Commissioner for Refugees until 6/21/2014 reached (602,169), of whom (97,999) reside in camps (UNHCR, 2014).

Since the beginning of the Syrian asylum in the Hashemite Kingdom of Jordan, international and local organizations have paid great attention to mental health and provided all forms of psychological, social, and material support to Syrian refugees, in addition to providing degrees of psychosocial well-being, and adapting to ongoing challenges; the individual who enjoys mental health is the one who can adapt and conform to society if he focuses on the positive aspects of his life, and spreads hope, optimism, happiness, and satisfaction, and enjoys his relationships with himself, with others, and psychological resilience (Okasha, 2010).

The World Health Organization has also made great efforts to make the concept of psychological well-being active, in addition to developing tools that would facilitate measuring it accurately. Many tools aim to measure aspects of psychological well-being, such as life satisfaction, emotional health, psychological strengths, or positive feelings taken from the field of psychology (Andrews, 1991).

Psychological well-being

A term introduced by the World Health Organization in 1948, when it determined that mental health and psychosocial well-being are not an indication that an individual is free of mental disorders or physical illnesses but rather result from complex interactions between many biological, psychological, and social, economic, and cultural factors. Thus, psychological and social well-being represents the highest state of individuals reaching a high degree of satisfaction with life and the conditions in which they live through their ability to face and deal with problems effectively (Correa-Velez, Barnett & Gifford, 2013).

Psychological well-being is "an individual's evaluation of life, whether expressed in life satisfaction or emotional responses to life-related circumstances, and the extent to which opportunities are available to meet one's needs" (Diener & Diener, 1995). This concept includes mental and psychological health, spiritual aspects, the extent of family cohesion, and a sense of belonging to a group or community whose interactions with members lead to happiness (Calma, Dudgeon & Bray, 2017). Psychological well-being, therefore, has three components: life satisfaction, the presence of positive feelings or emotions such as joy, love, and pleasure, and the

absence of negative feelings or emotions such as anxiety, depression, and aggression (Diener, Napa-Scoll, Oishi & Suh, 2000).

The psychological well-being of refugees goes explicitly through two stages, leading the individual to be able to develop an acceptable level of satisfaction, which are the early stage upon arrival in the host country, where the level of psychological well-being is equal to that found among members of the host community, then moving to the second stage: where nostalgia begins, and the levels of psychological health among refugees begin to decline significantly, and they begin to think about their previous lives, which negatively affects their level of psychological and social well-being. This also leads to negative physical health results over time, affecting the satisfaction level with life and the feeling of happiness and well-being (Delara, 2016).

Understanding the psychological and social well-being of refugees, in particular, requires attention to the economic and social aspects that directly affect their lives and their self-perceptions about their lives. As a result, most studies that have addressed the concept of mental and psychological health among refugees and their level of psychological and social well-being have focused on these two aspects in particular (Hadgkiss & Renzho, 2014). It was found that the financial situation and poor health were the most important influences on the psychological health of refugees, followed by cultural and social influences (Delara, 2016).

Since the war in Syria and the resulting displacement and asylum, and the adverse effects that accompanied it on them and their psychological health and the level of psychological and social well-being, it is necessary to work on improving the level of psychological health and psychological and social well-being among them by subjecting them to many guidance and treatment programs based on principles and theories on the soul, including programs that rely on the Gestalt theory.

Gestalt therapy

The concept of Gestalt therapy first appeared in Germany through work on Kurt Lewin's theory in the 1930s, where psychologists in the United States worked to develop this theory and present the basic assumptions of Gestalt therapy (Wheeler & Axelsson, 2015). Perls believed that humans are not deterministic in all their actions or act according to internal and external factors. This led him to crystallize two ideas around Gestalt therapy: that humans are responsible for themselves, their lives, and their livelihood and that the fundamental question about human experience and behavior is not: Why? However, the fundamental question is: How? (Ghanem, 2007).

Gestalt therapy focuses on growth, awareness, and the content of this awareness, which means focusing the client's attention on awareness of his relationships with himself, others, and the surrounding world. It is also assumed that the individual's low level of communication with his inner world and neglect of previous problems that were not adequately dealt with and their current state lead to negative results in various aspects of his life. In addition, previous problems

that were not adequately vented through sadness, anger, and guilt affect the level of awareness the individual has about his life (William, 2006).

Contemporary Gestalt therapy practices are based primarily on holism and describing phonological phenomena. This type of therapy and counseling uses dialogical and experimental practices based on the relational approach between the counselor and the client. The client is viewed as achieving therapeutic and counseling gains if the appropriate environment is created to develop his positive aspects (Staemmler, 2016).

Saadati & Lashani (2013) indicate that the precise way to increase the awareness of clients is to give them sufficient opportunity to express their lives to the counselor, who in turn works to provide active listening skills based on full awareness and then reflect on the verbal and non-verbal expressions that the client shows in the counseling session, and encourage clients to listen to themselves, and to be aware of their previous experiences, and the extent of their understanding of the world in which they live at present.

Study problem and its questions

Many studies and reports concerned with refugees have indicated that there is an apparent decline in the level of mental health among Syrian refugees over time in the country of asylum, with the increasing amount of pressures and successive crises having a noticeable impact on their level of well-being and mental health; which affects their level of psychological well-being and their acceptance and satisfaction with life (UNHCR, 2019).

The problem of the current study lies in studying the effect of the Gestalt program in increasing the level of psychological well-being among Syrian refugees in light of the challenges and difficulties they face in their lives as a result of the new and ongoing changes and events in the Syrian situation. Therefore, the problem of the study is represented by answering the following question:

Are there statistically significant differences at the significance level ($\alpha=0.05$) in the scores of refugee women on the psychological well-being scale attributed to the difference in group (experimental, control)?

Importance of the study

The importance of the current study stems from two aspects: the first is theoretical, and the second is applied.

In terms of theoretical importance, the current study sheds light on the concept of psychological well-being and attempts to uncover ways to raise the level of well-being among refugee women in the camp, which affects their daily roles and outlook on the future. In addition, it uncovers effective strategies to raise the level of psychological well-being through a therapeutic program and the possibility that workers in humanitarian organizations concerned with providing services to refugees can benefit from the theoretical framework of this study. It provides scientific

evidence of the effectiveness of Gestalt therapy in raising the level of well-being among a sample of Syrian refugee women. It enriches the Arab library in the field of guidance by presenting an integrated guidance program based on Gestalt theory.

Technical and procedural definitions

Psychological well-being: is a person's feeling of happiness and satisfaction with life in its behavioral, religious, health, and social aspects, with the individual being effective in self-management (Yassin et al., 2014). It is operationally defined in this study as the degree obtained by the examinee on the psychological well-being scale.

Gestalt Program: A planned and organized program based on scientific foundations that aim to provide guidance services from a group of techniques and strategies based on the theoretical structure of Gestalt theory. Participants were trained on these techniques and skills for nine weeks, at a rate of eighteen therapeutic guidance sessions, aiming to achieve healthy growth.

The practical importance lies in providing a therapeutic program to improve psychological well-being, which may be used in designing and building similar guidance programs. It is also possible to benefit from the measurement tools used in diagnosing and treating some factors that raise psychological well-being. This study will open research horizons for students and those interested in guidance and refugee services. In addition, the study provides a guidance service to women participating in the program, which is positively reflected in their level of psychological well-being.

Study limitations

Subject limits: The effect of the researcher's Gestalt program on the psychological and social well-being level among a sample of refugee women in Zaatari camp.

Human limits: The study was applied to refugee women in the Zaatari camp.

Temporal limits: The study was applied in the academic year (2020-2019)

Spatial limits: Mercy Corps sites in Zaatari camp.

Previous Studies

Many experimental studies have been conducted on the effectiveness of Gestalt therapy in psychotherapy among different samples, Such as juvenile delinquents (Mahamid, 2003), women with motor disabilities who have been abused (Adam & Cilene, 2010), divorced women (Saadati & Lashani, 2013), anxiety patients (Al-Rawad & Hamdi, 2014; Herrera, Mstibovskr, Roubal & Beownell, 2018), caregivers of older adults with Alzheimer's disease (Ribeiro, Alves, Junior & Chaves, 2014), anxiety and depression patients (Barreira & Martins, 2017; Gonzalez-Ramirez, Carrillo-Montoya, Garcia-Vega, Hart, Zavala-Norzagaray & Ley-Quinonez, 2017), drug addiction patients and bipolar disorder patients (Dominitz, 2018).

Regarding the studies conducted on the psychological well-being of refugees, studies were conducted to identify the factors associated with the psychological well-being of refugees; such as the study (Whittaker, Hardy, Lewis & Buchan, 2005), which found that the most important influences on the psychological and social well-being of refugee women were the high level of adaptability, dealing with social circumstances effectively, possessing practical beliefs, the ability to form an identity, and resorting to religion. Boateng (2010) found that the first period of asylum was one of the most important factors influencing the psychological well-being of refugee women and that providing support from social institutions operating in the host community affects the ability to adapt, which is positively reflected in the psychological well-being of refugee women, and that forming friendships in refugee camps helps in overcoming the problems resulting from asylum. Smit and Rugunanan (2015) found that the factors affecting the psychological well-being of refugee women include the ability to deal with the new family situation resulting from asylum, how to adapt to appropriate parenting for children, and the impact of asylum on the family's financial situation.

Studies by (Vasey, 2011; Var, Poyrazli, and Grahame, 2013 Subedi, 2016) found that the level of psychological well-being among refugee women was average, while the study by (DeJong, Sbeity, Schlech, Harfouche, Yamout, Fouad, Manogar & Robinson, 2017) found that the level was low.

Migdady et al. (2023) set out to determine whether or not a psychosocial support program may help Jordanian refugees feel more empowered as a family. The research included 32 refugees from the Irbid governorate. Of these, 16 were randomly assigned to the experimental group, which received psychosocial support, and 16 were assigned to the control group, which received no intervention. In order to accomplish its goals, the study utilized the Family Empowerment Scale to gather data from both the pre-and posttests and a follow-up test with participants from the experimental group and the psychosocial support program. The study's findings demonstrated that the experimental group exhibited significantly higher mean scores on the family empowerment scale in the posttest than the control group. Additionally, there were no significant differences between the means of the post and follow-up measures in the scale, which indicates that the program's impact was reliable.

Al-Refai et al. (2022) set out to determine whether or not a psychosocial support-based training program could increase the degree of psychological empowerment among Jordanian refugees. There were 38 participants in the study, all of whom were refugees from the Irbid governorate. Of these, 19 were assigned to the experimental group, which was responsible for providing the training program, and 19 were assigned to the control group, which did not get any training. In order to gather data for the study's pre- and posttests, administer follow-up tests to only the experimental group, and design a psychosocial support training program, the psychological empowerment scale was modified and utilized. This allowed the study to achieve its objectives. The experimental and control groups differed significantly, with the experimental group coming

out on top. The data demonstrated that the experimental group's average performance on the psychological empowerment scale did not differ significantly between the posttest and follow-up tests, indicating that the program's effects were stable.

Alsheikh's (2020) research aimed to determine whether an intervention program was successful in enhancing the quality of life and decreasing the prevalence of Post-Traumatic Stress Disorder (PTSD) among a group of women who had fled their homes in Syria as a result of the country's civil wars and were now living as refugees in Jordan. For this study, researchers in Jordan sought out 40 Syrian refugee women who were experiencing psychological distress, high levels of post-traumatic stress disorder (PTSD) symptoms (as measured by PCL), and a deficit in psychological wellness (as measured by PWD). Refugee women from Syria are particularly susceptible to post-traumatic stress disorder (PTSD) because of the inherent bias and prejudice in Jordanian society. Twenty people were randomly assigned to the experimental and control groups in this quasi-experimental study. Those in the experimental group participated in a counseling program, while those in the control group got no mental health assistance at all, including medication. The experimental group of this study consisted of Syrian refugee women, and the results showed that the intervention program improved their well-being and reduced PTSD. Age had no bearing on either the therapeutic program or the PTSD manifestation. Findings from this study support expanding the program to Jordanian refugees to boost local women's health.

Raffagnino (2019) performed a comprehensive literature search covering the last twelve years to synthesize the key results from empirical investigations published in English and Italian peer-reviewed journals. This review encompassed a total of eleven studies. Particularly for clinical problems and other social concerns, GT intervention improved behavior in the context of group therapy. The results provide the basis for speculation on where GT research might go.

Methodology

Study approach

The study followed the quasi-experimental method

Study sample

The study sample consisted of (36) Syrian refugee women residing in Zaatari camp. They were randomly divided into two groups: an experimental group of (18) women who underwent the Gestalt program and a control group of (18) women who did not undergo any program.

Study tools

First, The Psychosocial Well-Being Scale, prepared by (Ryff, Almeida, Ayanian, Carr, Cleary, Coe & Williams, 2010), consists of (42) paragraphs distributed over six dimensions. The content validity of the scale was verified by presenting the scale to (15) arbitrators, and their comments were taken into account in terms of modifying or deleting paragraphs; so the scale became composed in its final form of (37) paragraphs distributed over six dimensions, which are:

- Self-governance: represented by paragraphs.(6-1)
- Control of the surrounding environment: represented by paragraphs.(11-7)
- Personal growth: represented by paragraphs.(18-12)
- Positive relationships: represented by paragraphs.(25-19)
- Self-acceptance: represented by paragraphs (26-37).

The scale's construct validity was also extracted by calculating the correlation coefficients of the scale items with the dimension to which they belong and the total score, and the following Table shows this.

Table 1. Correlation coefficients between the paragraphs and the dimension to which they belong and the paragraphs and the total score of the scale

Self-control		Control the surrounding environment		Personal growth		Positive relationships		The purpose of life		Self-Acceptance	
With the dimension	With the overall degree	With the dimension	With the overall degree	With the dimension	With the overall degree	With the dimension	With the overall degree	With the dimension	With the overall degree	With the dimension	With the overall degree
.66**	.51**	.64**	.42*	.61**	.64**	.79**	.75**	.89**	.74**	.46*	.64**
.75**	.69**	.62**	.54**	.46*	.40*	.64**	.74**	.70**	.61**	.61**	.58**
.70**	.72**	.94**	.72**	.80**	.43**	.73**	.79**	.58**	.52**	.90**	.69**
.82**	.79**	.62**	.48*	.40*	.62**	.84**	.84**	.75**	.58**	.84**	.52**
.69**	.67**	.94**	.72**	.93**	.54**	.55**	.59**	.79**	.69**	.90**	.53**
.82**	.79**			.92**	.67**	.74**	.77**			.72**	.60**
				.93**	.54**	.63**	.64**			.78**	.71**

*Statistically significant at the statistical significance level ($\alpha = 0.05$)

**Statistically significant at the statistical significance level ($\alpha = 0.01$)

It is noted from Table (1) that the values of the correlation coefficients between the paragraphs and the scale as a whole ranged between (0.40 - 0.84), and between the paragraphs and the dimension to which they belong (0.40- 0.94), and all of them are good. The stability of the scale was calculated through retesting, and the stability of internal consistency through Cronbach's α coefficient, and the results were as follows.

Table 2. Stability coefficients of the psychological and social well-being scale and its dimensions

Dimension	Internal consistency reliability coefficient	Repetition reliability coefficient
Self-control	0.834	0.843
Environmental control	0.824	0.898
Personal growth	0.842	0.923
Positive relationships	0.825	0.913
The purpose of life	0.819	0.805
Self-Acceptance	0.853	0.905
The overall scale	0.915	0.953

The psychological well-being scale is corrected by giving the alternatives (never, rarely, sometimes, often, always) the following grades in order (1, 2, 3, 4, 5), in the case of positive items, and reversing the weights in the case of negative items. Thus, the highest grade obtained by refugee women on the scale is (185) and the lowest is (37). The following statistical criterion is used to judge the level of psychosocial well-being: If the arithmetic mean is between (1- and less than 2.34), the level is low. If the arithmetic mean is between (2.34- and less than 3.68), the level is average, while the arithmetic mean is between (3.68-5), meaning the level of psychosocial well-being is high.

Second: The training program

The program was prepared based on the Gestalt theory, where some assumptions of this theory were utilized in preparing the program's training sessions. In its final form after arbitration, the Gestalt program consisted of (12) training sessions, each lasting (90) minutes. The content validity of the Gestalt program and its sessions was verified by presenting it to (11) arbitrators to evaluate its suitability for the sample.

Study procedures

The Psychological and Social Well-Being Scale was applied to refugee women residing in the Zaatari camp in the control and experimental groups (pretest) to verify the equivalence of the two groups. To verify the equivalence of the groups, the arithmetic means and standard deviations of the study sample's performance on the pretest Psychological and Social Well-Being Scale among refugee women were extracted according to the group variable (experimental, control). Table (3) shows this:

Table 3. Arithmetic means and standard deviations of the psychological and social well-being scale

Dimension	Group	Pretest	
		Mean	STD
Self-control	Experimental	2.176	.094
	Control	1.963	.094
Environmental control	Experimental	2.256	.113
	Control	2.167	.113
Personal growth	Experimental	2.111	.108
	Control	1.921	.108
Positive relationships	Experimental	2.022	.113
	Control	1.778	.113
The purpose of life	Experimental	2.071	.081
	Control	1.921	.081
Self-Acceptance	Experimental	1.929	.083
	Control	1.833	.083
Scale as a whole	Experimental	2.087	.080
	Control	1.925	.080

Table (3) shows apparent differences between the arithmetic means of the study individuals' performance on the pretest psychological and social well-being scale, according to the group variable (experimental, control). In order to isolate (delete) the pretest differences in the performance of the study sample of refugee women residing in the Zaatari camp on the psychological and social well-being scale and to know the statistical significance of these apparent differences according to the study variable (experimental, control), multiple covariance analysis (MANCOVA) was used, as shown in Table (4).

Table 4. Multiple analysis of variance (MANCOVA) for arithmetic means of psychological and social well-being

Source of variance	Level	Sum of squares	df	Mean of squares	F value	Sig
Group	Self-control pretest	.408	1	.408	2.548	.120
Wilks' Lmbda = 0.886	Environment control pretest	.071	1	.071	.308	.582
Statistical significance = 0.710	Personal growth pretest	.327	1	.327	1.556	.221
	Positive relationships pretest	.538	1	.538	2.337	.136
	The purpose of life	.205	1	.205	1.749	.195
	Self-Acceptance pretest	.082	1	.082	.657	.423
	Total score for the pretest	.237	1	.237	2.044	.162
ERROR	Self-control pretest	5.446	34	.160		
	Environment control pretest	7.844	34	.231		
	Personal growth pretest	7.134	34	.210		
	Positive relationships pretest	7.822	34	.230		
	The purpose of life	3.978	34	.117		
	Self-Acceptance pretest	4.224	34	.124		
	Total score for the pretest	3.937	34	.116		
Adjusted total	Personal growth pretest	5.854	35			
	Positive relationships pretest	7.916	35			
	The purpose of life	7.460	35			
	Self-Acceptance pretest	8.360	35			
	Total score for the pretest	4.183	35			
	Personal growth pretest	4.306	35			
	Positive relationships pretest	4.174	35			

**Statistically significant at the statistical significance level ($\alpha = 0.05$)*

Considering the results of the analysis of variance in Table (4), it is clear that there are no statistically significant differences at the level of statistical significance ($\alpha=0.05$) between the arithmetic means of the pre-study individuals' performance on the overall psychological and social well-being scale and its sub-dimensions attributed to the group variable (experimental, control), as the value of statistical significance was higher than the level of statistical significance ($\alpha \geq 0.05$), which indicates the equivalence of the two groups before applying the study.

Then, the training program was applied to the experimental group, and after its completion, a post-measurement was conducted for the experimental and control groups on the psychological and social well-being scale; the data was analyzed, and the results were obtained.

Results

Are there statistically significant differences at the level ($\alpha=0.05$) in the scores on the psychological well-being scale in favor of the experimental sample after treatment? The arithmetic means, and standard deviations of the psychological well-being scale were extracted to answer the study question. Then, a multiple-parameter analysis of variance was conducted as follows:

Table 5. Arithmetic means and standard deviations of psychosocial well-being

Dimension	Group	Pretest		Posttest	
		Mean	STD	Mean	STD
Self-control	Experimental	2.176	.094	3.898	.059
	Control	1.963	.094	1.676	.059
Environment control	Experimental	2.256	.113	3.600	.092
	Control	2.167	.113	2.100	.092
Personal growth	Experimental	2.111	.108	3.929	.103
	Control	1.921	.108	1.802	.103
Personal relationships	Experimental	2.022	.113	4.127	.115
	Control	1.778	.113	1.925	.115
The purpose of life	Experimental	2.071	.081	3.600	.120
	Control	1.921	.081	2.200	.120
Self-Acceptance	Experimental	1.929	.083	4.000	.112
	Control	1.833	.083	1.746	.112
The overall score of the scale	Experimental	2.087	.080	3.886	.064
	Control	1.925	.080	1.888	.064

Table (5) shows apparent differences between the performance of the study individuals and the pre- and post-arithmetic averages. To determine the statistical significance of the apparent differences according to the experimental and control groups, after neutralizing the pre-differences in the performance of the individuals of the two study groups in each dimension of psychological and social well-being, the accompanying one-way MANCOVA was used, as shown in Table (6).

Table 6. One-way multivariate analysis of variance accompanying the arithmetic means of psychosocial well-being

Source of variance	Level	Sum of square	Df	Mean of square	F- value	Statistic al significance	Impact size
Group Wilks' Lmbda =0.020 Statistical significance= *000.0	Self-control posttest	44.444	1	44.444	704.460	.000	.954
	Environment control posttest	20.250	1	20.250	133.949	.000	.798
	Personal growth posttest	40.717	1	40.717	211.467	.000	.861
	Positive relationships posttest	43.654	1	43.654	182.728	.000	.843
	The purpose of life posttest	17.640	1	17.640	68.155	.000	.667
	Self-Acceptance posttest	45.723	1	45.723	201.996	.000	.856
	The overall score of the scale posttest	35.940	1	35.940	483.285	.000	.934
	ERROR						
	Self-control posttest	2.145	34	.063			
	Environment control posttest	5.140	34	.151			
Adjusted total	Personal growth posttest	6.546	34	.193			
	Positive relationships posttest	8.123	34	.239			
	The purpose of life posttest	8.800	34	.259			
	Self-Acceptance posttest	7.696	34	.226			
	The overall score of the scale posttest	2.528	34	.074			
	Self-control posttest	46.590	35				
	Environment control posttest	25.390	35				
	Personal growth posttest	47.263	35				
	Positive relationships posttest	51.777	35				
	The purpose of life posttest	26.440	35				
Adjusted total	Self-Acceptance posttest	53.420	35				
	The overall score of the scale	38.468	35				

*Statistically significant at the level ($\alpha = 0.05$)

The results of the variance analysis shown in Table (6) show that the statistical significance values for all dimensions of psychological and social well-being are less than the statistical significance level ($\alpha = 0.05$). Therefore, statistically significant differences were found at the level ($\alpha = 0.05$) in the scores on the psychological well-being scale in favor of the experimental sample after treatment. To determine in whose favor those statistically significant differences were according to the group, the Bonferroni test was used, as shown in Table (7).

Table 7. Bonferroni Psychosocial Well-Being Scale Results

	Scale dimensions	Group	Mean	Differences in means	Sig
Posttest	Self-control	Experimental	3.898	2.222*	0.000
		Control	1.676		
	Environment control	Experimental	3.600	1.500*	0.000
		Control	2.100		
	Personal growth	Experimental	3.929	2.127*	0.000
		Control	1.802		
	Positive relationships	Experimental	4.127	2.202*	0.000
		Control	1.925		
	The purpose of life	Experimental	3.600	1.400*	0.000
		Control	2.200		
	Self-Acceptance	Experimental	4.000	2.254*	0.000
		Control	1.746		
	The overall score of the scale	Experimental	3.886	1.998*	0.000
		Control	1.888		

**Statistically significant at the statistical significance level ($\alpha = 0.05$)*

It is noted from Table (7) that there is a statistically significant difference in the dimensions of the psychological and social well-being scale and the total score between the performance of the members of the experimental group who were trained according to the Gestalt program and the members of the control group who did not receive training. The differences in the post-measurement were in favor of the experimental group who studied according to the guidance program based on the Gestalt theory, which indicates the effectiveness of the guidance program in improving the levels of psychological and social well-being among Syrian refugee women in Zaatari camp.

The effect size was calculated using Eta Square, which was valued for the dimensions of the psychological and social well-being scale arranged according to the order of dimensions in the Table (0.954, 0.798, 0.861, 0.843, 0.667, 0.856) respectively; This means that (95.4%, 79.8%, 86.1%, 84.3%, 66.7%, 85.6%) of the variance (improvement) in the posttest performance of the experimental group members in each dimension of the psychological and social well-being scale is due to the guidance program applied to the Syrian refugee women in Zaatari camp. As for the

total score of the scale, the value of the effect size using Eta Square was (0.934), which means (93.4%) of the variance (improvement) in the posttest performance of the experimental group members in each dimension of the psychological and social well-being scale is due to the guidance program applied to the Syrian refugee women in Zaatari camp.

Discussion of the Results

The results indicated a statistically significant difference in the psychological and social well-being scale dimensions and the total score between the performance of the experimental group members who were trained according to the Gestalt program and the control group members who did not receive training. The differences in the post-measurement were in favor of the experimental group who studied according to the guidance program based on the Gestalt theory, which indicates the effectiveness of the guidance program in improving the levels of psychological and social well-being among Syrian refugee women in Zaatari camp.

This result shows that the Gestalt program had a positive effect on the members of the experimental group, as it worked to improve their levels of psychological and social well-being. This result can be considered a success for the Gestalt program and evidence of its effectiveness. This success is added to previous successes indicated by previous studies on the effect of Gestalt programs in general, improving psychological and social health. It is recorded as a success for the current program in particular.

Based on the Gestalt theory, this result is attributed to the nature of the activities used in the guidance program. It is known that Gestalt theory works to reduce the manifestations of many emotional and social disorders and improve the level of psychological and social well-being. This is in addition to what the Gestalt program includes in terms of methods, techniques, exercises, activities, and homework, which are generally related to many situations, events, and problems that the participants face in their daily lives, which had the most significant impact on improving the level of psychological and social well-being among the members of the guidance group.

This result may also be attributed to the fact that the active participation of refugee women members of the experimental group in the guidance program, their following of instructions and guidelines, their performance of the duties included in the program, and their exposure to new experiences and simulation of the events learned in the program in their social and daily lives had a clear impact on improving the level of psychosocial well-being. Thus, it is clear here that the program achieved its main goal, which is the possibility of improving the psychosocial well-being of refugee women through the Gestalt program.

The experiences and expertise gained by the participants in the program contributed to an improvement in the level of psychosocial well-being among refugee women, as psychosocial well-being expresses the sum of the experiences and expertise that an individual goes through, which leads him to learn how to satisfy his needs and deal with other individuals. Through these experiences and expertise, the individual gains flexibility and does not become rigid, which means

accepting new situations in his life and showing appropriate responses to them. Thus, he enjoys more manifestations of psychological health and social well-being.

In light of the results reached, the researcher found that these results are consistent with the results of the studies (Mahmoud (2003, Al-Rawad and Hamdi, 2014), and the studies (Adam & Cilene, 2010; Saadati & Lashani, 2013;), while they differed with the results of the study (Gonzalez-Ramirez, Carrillo-Montoya, Garcia-Vega, Hart, Zavala-Norzagaray & Ley-Quinonez, 2017).

Conclusion

The findings of this study highlight the significant effectiveness of the Gestalt counseling program in enhancing the psychological and social well-being of Syrian refugee women residing in Al-Zaatari camp. The program produced substantial improvements across all dimensions of well-being, including self-control, environmental mastery, personal growth, positive relationships, purpose in life, and self-acceptance. These results confirm that structured therapeutic interventions grounded in Gestalt principles can offer meaningful psychological support to refugee populations facing prolonged stress, trauma, and instability.

The positive impact observed among the experimental group suggests that fostering awareness, emotional expression, and personal responsibility—core components of Gestalt therapy—can strengthen refugees' ability to cope with daily challenges and improve their overall functioning. Given the high effect sizes obtained, the program demonstrates strong potential as a scalable intervention in humanitarian settings.

This study contributes to existing literature by providing empirical evidence on the value of Gestalt-based psychosocial programs within refugee camps. It underscores the importance of integrating mental health and well-being into refugee support systems and highlights the need for establishing specialized centers offering therapeutic programs tailored to women's needs. Future research should explore the long-term effects of similar interventions and extend their application to diverse refugee groups across different contexts.

Recommendations

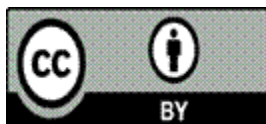
The study recommends establishing specialized centers dedicated to addressing the psychological and emotional challenges faced by refugees, given their significant impact on overall well-being. It also emphasizes the need for additional studies using similar methodologies on different groups of refugee women across various regions in Jordan to validate and compare findings. Furthermore, the study encourages conducting follow-up research to monitor the long-term effectiveness of the Gestalt counseling program in enhancing the psychological and social well-being of Syrian refugee women in Al-Zaatari camp.

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