

## **The Reality of Mental Health for Students Who are About to Graduate as Psychologists -Clinical Study for Master's Students 2 Model-**

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### **Abstract:**

The present study aimed to try to reveal the reality of mental health for students who are about to graduate as psychologists, Master 2 students. And we applied the youth mental health scale to Abdul Muttalib Amin Al-Quraiti, after studying its psychometric properties The results showed that the mental health of students who are about to graduate from psychology is above average. The study also revealed that there are statistically significant differences between the dimensions of the mental health test.

**Keywords:** mental health, psychologist, psychology student

### **1. Introduction:**

The enjoyment of mental health of the individual is very necessary, reflecting what makes him play his role in life as it should be, but there are circumstances that can be affected and push the injured to seek psychological help, and this is the tasks of the psychologist.

The psychology student is the future psychologist, and during our teaching of psychology students for about ten years, we often found that they suffered from severe psychological disorders, which makes us worry about the profession of psychologist that will be practiced by students who are already in need of behavior modification, and sometimes they In the context of medical follow-up by psychiatrists, which is what prompted us to ask:

Do all college graduates with psychology majors have the mental health to enter the workforce as specialists?

Do they have the competence to handle cases with various psychological disorders?

Several questions arise, and through our research paper, we will try to find the answer to the following problem:

What is the reality of mental health for students who are about to graduate as psychologists?

Are there statistically significant differences between the dimensions of the mental health test?

## **2. Study Hypotheses:**

Students who are about to graduate as psychologists benefit from mental health

There are statistically significant differences between the dimensions of the mental health test

- Purpose of the study:

## **3. The objectives of this study were:**

- To know the level of mental health of students who are about to graduate as psychologists

- To know the existence of statistically significant differences between the dimensions of Abdul Muttalib Amin Al-Quraiti's mental health test, which is applied to students who are about to graduate as psychologists.

## **4. Importance of studying:**

The importance of this study lies in the importance of its subject, which is the level of mental health of students who are about to graduate as psychologists, because it will, through its results, know the level of mental health of graduates, and one of the seven dimensions of the approved form is High to strengthen it, and the dimension Low is to determine a treatment strategy to change it.

## **5. Procedural Concepts:**

- Psychological Health:

This means the availability of a set of behaviors that reflect the psychological health of the individual, and we will present the study of Tindal, where the purpose of this study, as stated in (Gharib Abdel Fattah Gharib, 1999: 85) is to achieve whether the agreement among several researchers can take a basis for objectively defining mental health at points that do not undergo a tangible change as a result of a change in researcher or a difference in social environment.

In his study, Tindall relied on a number of model studies and began to investigate the results of his research of aspects of mental health, comparing the points on which they agree and the points on which they differ. As a result, he reached seven aspects or aspects that were considered by the operators of mental health that were included. The study is representative of mental health, and these manifestations were presented (Greeb Abdel-Fattah Gharib: 1999: 86) as follows:

1. Maintaining an independent personality: This means a balance of psychological forces, a unified view of life, and coping with forms of pressure and distress.

2. Compatibility with social demands: The emphasis is on consistency between the individual and the accepted norms of the cultural heritage of the society in which he or she lives.
3. Adaptation to the conditions of reality: what is meant by this is a fruitful contact with reality and its understanding in its conditions
4. Maintaining constancy: that is, non-repetitive hesitation and appropriate constancy with respect to the directions taken by the individual in the various affairs of his life, which enables those who deal with the individual to predict his behavior.
5. Growth with age: This means the general growth of the individual, in terms of what he or she acquires from his or her life during the years in which his or her life is measured.
6. Maintaining an appropriate amount of emotional sensitivity: This means according to what was said in (Gharib Abdel Fattah Gharib, 1999: 87) the level of balance in the emotional life of a person as it appears in his responses to situations in life.
7. Appropriate participation in social life: This means the individual's social position and the work he has to do for the progress of his society.

Thus, through all that has been presented in the framework of the definition of mental health, whether based on the positive or negative method, we conclude that the concept is relative which requires compatibility between the subjectivity of the person and his society without exaggeration or neglect, and that mental health has meaning only within a sociocultural system according to (Ahmed Eid Muti' Al-Shakhanbeh, 2010 : 47) In addition to the association of the concept of mental health with the difficulty of agreeing among researchers on objective criteria, the definition of mental health according to (Saeed Bahir, 2005: 18) is not easy due to the multiplicity of causes and factors related to this concept, especially with regard to social and cultural factors.

The psychologist: He is the one who uses the foundations, techniques, methods and procedures (psychological test), according to what has been mentioned (Faisal Abbas, 1996: 28) and works with a medical team (doctor, social worker, arthofon, ...) each one within the limits of his work The aim is to understand the dynamics of the subject's personality, and to make a diagnosis, a prediction, possibilities of evolution, and his response to therapeutic strategies

## **6.past studies:**

Study of Eid (2007) on "the importance of mental health among students of the University of Tlemcen

The study aimed to identify the importance of mental health among students of the University of Tlemcen, and the study was applied to a sample consisting of (640) male and female students, and it was concluded that there are statistically significant differences between males and females. regarding their scores on the dimensions of mental health.

Belkandouz (2017) study on "the reality of mental health among students at Abdelhamid Ibn Badis University in Mostaganem"

The study aimed to identify the reality of mental health among a sample of students of Abdel Hamid Ibn Badis University, and to study the differences between students in mental health in light of the gender variable, following the descriptive approach.<sup>55</sup> Male and female students of the psychology major, and the results showed that there is a high level of mental health for these students and female students enjoy a high level of mental health compared to men.

The black flower study (2018) on "the level of mental health among students at Al-Wadi University."

The study aimed to identify the level of mental health among a sample of students in Al-Wadi University and to detect whether there are differences in the level of mental health among them due to the variables (gender, academic specialization, academic level), and the study followed the descriptive approach, and the sample consisting of (80) male and female students were randomly selected with equal distribution, and the mental health scale was adopted for (Al-Quraiti and person, 1992), and the results showed that the level of mental health of university students was high and there were no statistically significant differences in the level of mental health Students of different gender, academic specialization and academic level, and the study recommended the need to improve the mental health of the university student, due to its reflection on his health.

Ben Sagheer and Boudaoud (2018) study on "the level of mental health of students in the Faculty of Social Sciences and the Department of Psychology at the University of Laghouat"

The study aimed to measure the level of mental health of students in the Faculty of Social Sciences and the Department of Psychology at the University of Laghouat. The study sample consisted of (200) male and female students. The results showed that the students of the Faculty of Social Sciences and the Department of Psychology enjoy an above average level of mental health, and there were no significant differences in the statistical level of mental health of the students according to their gender.

A study (Hana Bourji, Abdallah and the people, Nabil Mansouri, 2020) tagged on mental health and its relationship with the five major personality factors during a field study request at the University of Bouira. The study aimed to identify mental health and its relationship with the five major personality factors of future students. The descriptive approach analyzed a sample of 350 male and female students randomly selected from four faculties of the university. The study found that there was an inverse relationship between mental health and the Big Five personality factors.

## **2. Field Study Procedures**

Methodology of the study: In order to answer the problematic of this study, we relied on the descriptive analytical approach appropriate to the variables of the study.

- Sample and study location: The field study was conducted at the University, Dr. Moulay Taher Saida. The study targeted psychology students, Master 2, clinical specialization, for the academic year 2019-2020, and their number was : 26 students.

Sample properties:

After emptying the forms for the mental health scale applied to second year master students, the sample specifications were as summarized in Table No. (1):

Table #1 - summarizes the sample characteristics in terms of: Gender :

Sample characteristics	Frequency	Percentage
Male	47	78.33%
Female.	13	67%

Source: OtmaniNaima, 2022

\*According to age: The average age of students is : 22 years

- Study tool: The youth mental health scale was selected by Abdul Muttalib Amin Al-Quraiti :

First: defining the scale.

Since this study aims to identify the reality of mental health of students who are about to graduate as psychologists, the Youth Mental Health Scale was used by Abdul Muttalib Amin Al-Quraiti.

Second: Description of the scale

The youth mental health scale by Abdul Muttalib Amin Al-Quraiti, Faculty of Education, Helwan University, and Abdul Aziz Al-Sayyid Al-Khass, Faculty of Education, Ain Al-Shams University, includes 105 sentences divided into seven dimensions, each dimension has 15 items.

Third: Sub-dimensions of the scale

In the following, we will mention the seven dimensions and the procedural definition of each separately:

A- Sense of competence and self-confidence: It was said in (Abdul Muttalib Amin Al-Quraiti, 1992:09) that the sense of competence and self-confidence means the feeling of his own value, and that he has the abilities that make him able to give, face difficulties and challenges and overcome them without relying on others, in addition to his ability to solve problems and make decisions in a timely manner and is unaffected by criticism.

b- The ability to interact socially: This means the individual's ability to form friendships, exchange visits and build strong human relationships based on trust, respect, friendliness and harmony with others, and his ability to play a positive role in events, activities and social relationships. life in general.

C- Emotional maturity and self-control ability: this means the ability to deal with psychological conflicts and to control emotions and express them in an appropriate and socially acceptable way.

D- The ability to use energies and potentials in saturated work: This means that the individual seeks to achieve what he has energies, and to take advantage of what he has abilities in exciting work that does not conflict with the interests of others and makes him feel satisfied and satiated, what this implies of an appetite to live with vitality and activity, and to rely on self-planning, perseverance, mastery of work and useful free time.

E - Absence of neurotic symptoms: this means that a person is free from the severe behavioral patterns associated with psychological and mental disorders and symptoms, and from the selection of anything that hinders his participation in social life, and limits his interaction with others and living with them normally.

F- The human and ethical dimension: It means, according to (Abdul Muttalib Amin Al-Quraiti, 1992:10), the adoption of a framework of values that guides and directs his behavior, in which he takes into account the feelings of others and respects their interests and rights, and through which he respects the moral values that are due to him in mutual relations such as loyalty, honesty, honesty and support.

g- Self-acceptance and organic deficiencies: this means the individual's acceptance of himself as he really is and his satisfaction with it, including not being alienated or shy, as this implies physical obstacles, and exploiting his abilities and working to develop them to the maximum level they can reach.

Dimensions of the scale	terms
Feel competent and confident	1-8-15-22-29-36-43-50-57-64 -71-78-85-92-99
The ability to socialize	2-9-16-23-30-37-44-51-58-65 -72-79-86-93-100
Emotional maturity and self-control	3-10-17-24-31-38-45-52-59-66-73-80- 87-94-101
The ability to use energy And potential in saturated business	4-11-18-25-32-39-46-53-60-67-74-81- 88-95-102
Absence of neurotic symptoms	96-103.
The human and ethical dimension	6-13-20-27-34-41-48-55-62-69-76-83-90- 97-104
Self-acceptance and organic defects	7-14-21-28-35-42-49-56-63-70-77-84- 91-98-105

Fourth: Psychometric properties of the scale

### A - Honesty

The scale was applied in the Saudi environment on a sample of 400 students (250 males and 150 females) at King Saud University from the scientific and literary departments according to (Abdul Muttalib Amin Al-Quraiti, 1992: 12). The sample ranged from 18 to 27 years old, with a mean of 21.05 years and a standard deviation of 2.45.

In order to verify the validity of the scale according to (Abdul Muttalib Amin Al-Quraiti, 1992:13), the degrees of the members of the rationing sample were subjected to statistical analyses using the factor analysis method, in order to extract the correlation coefficients of the items representing the different dimensions to the total score of these dimensions, and then using the interrelation coefficients between the dimensions of the scale on the one hand, and the total score of the scale on the other hand.

Statistical methods:

Factor analysis, inter-correlation coefficients, one-way ANOVA coefficient to study differences

- Kolmogorov-Smirnov Shapiro test and.

The Kruskal test, not the Kruskal-Wallis test

Mann-Whitney test to study differences between two independent samples

Presentation and discussion of the results of the study :

First assumption :

Which stated, "Students who are about to graduate as psychologists should benefit from mental health."

The level of mental health of the study sample members :

Table No. (3) shows the level of mental health of a study sample through the means and standard deviations

Dimensions of the scale	the total	mean	The standard deviation
Feel competent and confident	102.10	80.6	3.97
The ability to socialize	02.99	6.60	3.59
Emotional maturity and self-control	56.57	83.3	2.51



The ability to use energies And potential in saturated business	127,15	47,8	3.96
Absence of neurotic symptoms	59.40	3,96	3.86
The human and ethical dimension	134.58	8,97	3.06
Self-acceptance and organic defects	60.69	4.04	3.22

It can be seen from table (3) that the average responses of the sample of the exploratory study on the mental health scale are very low, compared to the total score of the scale, which varies between 0 and 105 degrees, where the average scores obtained are distributed on the seven dimensions measured by the scale in its following decreasing form :

If we observe the average ranks of the dimensions, we can see that the sixth dimension related to the human dimension and value comes first with an average of 143.58, followed by the fourth dimension related to the ability to employ energies and abilities in saturated conditions of work with an average of 127.15, and after the first dimension, which came in third related to the feeling of competence and self-confidence with an average of 102.10

The average response of the sample members on the mental health scale is (78.42), which reflects the above average mental health of students who are about to graduate as psychologists, which is consistent with the study of Ben Sghir and Boudaoud (2018)

This result is consistent with the study of Ben Sghir and Boudaoud (2018) on "the level of mental health among students in the Faculty of Social Sciences and the Department of Psychology at the University of Laghouat".

The second hypothesis:

Who stated that "there are statistically significant differences between the dimensions of the mental health test."

To test the validity of this hypothesis, we rely on the one-way ANOVA coefficient to study the differences, but before that, we must ensure the integrity of the conditions of use of this statistical coefficient by looking for the moderation of the distribution of data, and in following table (4) we note the values of the test of Kolmogorov-Smirnov Shapiro and Shapiro Kolmogorov-Smirnov Shapiro and



## Tests of Normality

	Dimension	Kolmogorov-Smirnova			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	Df	Sig.
Degres	Feel competent and confident	,192	26	,014	,895	26	,012
	Interaction sociale	,232	26	,001	,873	26	,004
	Maturité émotionnelle	,144	26	,178	,945	26	,177
	Capacité à utiliser les énergies	,229	26	,001	,828	26	,001
	Absence de symptômes névrosisme	,148	26	,146	,959	26	,366
	La dimension humaine	,214	26	,003	,860	26	,002
	Feel competent and confident	,096	26	,200*	,957	26	,330

Through this table, we can see that the values in bold in the Shapiro test or the Kolmogorov-Smirnov test are below the significance level of 0.05, and therefore, the data do not follow a normal distribution, and this is what leads us to dispense with the ANOVA test and resort to the adoption of the Kruskal-Wallis test, not as a non-parametric test as an alternative to the ANOVA test, and after its application, we obtained the results classified in the following controversy

Significance level at 0.05	X2
0.00	61.01

Noting the table, we see that the value of the chi-square coefficient is 61.01, which is a function of 0.05, which is the result that indicates the presence of statistically significant differences between the dimensions of the mental health test.

Nonparametric based on the Mann-Whitney test in which dimensions are compared (in pairs)

The difference between the first dimension (sense of competence and self-confidence) and the third dimension (emotional maturity and self-control ability)

To test this hypothesis, we adopted the Mann Whitney test to study the differences between two independent samples, and we obtained the following results:

Table (5) shows the difference between the first and third dimensions

	the sample	average ranking	z	Sig
Feel competent and confident	26	33.56	3.38	0.01
Emotional maturity and self-control	26	19.44		

The mean ranks of the first dimension are (33.56), which is

higher than the mean ranks of the third dimension, which is (19.44), and the z-value is (3.38), which is a function of the (0.05) level, indicating that there are significant differences between the two dimensions in favor of the first dimension.

Differences between the first dimension (sense of competence and self-confidence) and the fourth dimension (the ability to employ energies and abilities in fulfilling work) :

To investigate this hypothesis, we used the Mann and Whitney test to examine the differences between two independent groups, and obtained the results presented in the following table.

	the sample	<b>average ranking</b>	<b>z</b>	<b>Sig</b>
Feel competent and confident	26	22.15	2.10	0.03
The ability to use energy And potential in saturated business	26	30.85		

Through the above table, it can be seen that the average rank of the first dimension amounted to (22.15), while the average rank of the fourth dimension reached (30.85), and the value of z reached (2.10), which is a function at the level of 0.05, indicating that there are differences between the two dimensions in favor of the dimension with the highest average, which is related to the ability to employ energies and capacities in saturated companies.

	the sample	average ranking	z	Sig
Feel competent and confident	26	33.29	3.25	0.001
Absence of neurotic symptoms	26	19.71		

Through the above table, it can be seen that the value of average rank of the first dimension reached its maximum (33.29) and the value of average rank of the fifth dimension reached (19.71), while the value of z reached (3.25), which is a function of the (0.05) level, which indicates that there are differences in favor of the first dimension of Feeling Competent and Confident.

	the sample	average ranking	z	Sig
Feel competent and confident	26	20.87	2.73	0.006
The human and ethical dimension	26	32.13		

Through the above table, we notice that the average ranks of the first dimension amounted to (20.87), while the average ranks of the sixth dimension reached (32.13) and the value of z reached (2.73), which is a function at the level of 0.05, which indicates that there are differences between the two dimensions in favor of the dimension with the highest average, which is the human dimension and the value

Differences between the first dimension (sense of competence and self-confidence) and the seventh dimension (self-acceptance and organic deficiencies)

To investigate this hypothesis, we used the Mann and Whitney test to study the differences between two independent groups, and we obtained the results classified in the following table:

	the sample	average ranking	z	Sig
Feel competent and confident	26	33.02	3.12	0.002
Self-acceptance and organic defects	26	19.98		

Through the above table, it can be seen that the mean ranks of the first dimension amounted to (33.02), while the mean ranks of the seventh dimension reached (19.98), and the value of z reached (3.12), which is a function of the 0.05 level, indicating that there are differences between the two dimensions in favor of the dimension with the highest mean, which is the private Feeling competent and self-confident

Differences between the second dimension (social interaction ability) and the third dimension (emotional maturity and self-control ability)

To test this hypothesis, we used the Mann-Whitney coefficient to study the differences between two independent groups, and we obtained the following results:

	the sample	average ranking	z	Sig
The ability to socialize	26	32.15	2.70	0.007
Emotional maturity and self-control	26	20.85		

Through the above table, we notice that the mean rank of the second dimension amounted to (32.15), while the mean rank of the third dimension reached (20.85), and the value of z reached (2.70), which is a function at the 0.05 level, indicating that there are differences between the two dimensions in favor of the dimension with the highest mean, which is the ability to socialize

Differences between the second dimension (the ability to socialize) and the fifth dimension (the absence of neurotic symptoms)

To investigate this hypothesis, we used the Mann and Whitney test to study the differences between two independent groups, and we obtained the results presented in the following table:

	the sample	average ranking	z	Sig
The ability to socialize	26		2.61	0.009
Absence of neurotic symptoms	26			

Through the above table, we can see that the average value of the ranks of the second dimension amounts to (31.96) and the value of the average ranks of the fifth dimension reaches (30.85) and the value of z reaches (2.61), that is, a function of the level of 0.05, which indicates that there are differences between the two dimensions in favor of the dimension with the highest average, which is the private The ability to socialize

Differences between the second dimension (the ability to socialize) and the sixth dimension (the human and value dimension)

To investigate this hypothesis, we used the Mann-White coefficient to study the differences between two independent groups, and we obtained the following results:

	the sample	average ranking	z	Sig
The ability to socialize	26	21.56	2.35	0.01
The human and ethical dimension	26	31.35		

Through the above table, we notice that the average rank of the second dimension amounted to (21.56), while the average rank of the sixth dimension reached (31.35),

and the value of  $z$  reached (2.35), which is a function at the level of 0.05, indicating that there are differences between the two dimensions in favor of the dimension with the highest average, which is the human and value dimension

Differences between the second dimension (social interaction ability) and the seventh dimension (self-acceptance and organic deficiencies) :

To test this hypothesis, we used the Mann and Whitney coefficient to study the differences between two independent groups, and we obtained the results presented in the following table:

	the sample	average ranking	$z$	Sig
The ability to socialize	26	31.85	2.56	0.01
Self-acceptance and organic defects	26	21.15		

Through the above table, we notice that the average rank of the second dimension amounted to (31.85), while the average rank of the seventh dimension reached (21.15), and the value of  $z$  reached (2.56), which is a function at the level of 0.01, indicating that there are differences between the two dimensions in favor of the dimension with the highest average, which is the ability of social interaction

Differences between the third dimension (emotional maturity and self-control ability) and the fourth dimension (ability to employ energies and abilities in a saturated job)

To investigate this hypothesis, we used the Mann and Whitney test to investigate the differences between two independent groups, and obtained the results presented in the following table.

	the sample	average ranking	$z$	Sig
Emotional maturity and self-control	26	16.79	4.66	0.00
The ability to use energy	26	36.21		
And potential in saturated business				

Through the above table, we can see that the average value of the ranks of the third dimension reaches (16.79), while the average value of the ranks of the fourth dimension reaches (36.21), and the value of  $z$  reaches (4.66), which is a function of the level of 0.01, which indicates that there are differences between the two dimensions in favor of the dimension with the highest average This is the ability to employ energies and abilities in saturated business

Differences between the third dimension (emotional maturity and self-control capacity) and the sixth dimension (the human and value dimension)

To test this hypothesis, we used the Mann-Whitney coefficient to study the differences between two independent groups, and we obtained the following results:

	the sample	average ranking	z	Sig
Emotional maturity and self-control	26	15.75	5.16	0.00
The human and ethical dimension	26	37.25		

Through the above table, we can see that the average rank of the third dimension reaches a value of (15.75), while the sixth dimension reaches an average rank value of (37.25), and the value of z reaches (5.16), which is a function of the level of 0.01 that indicates that there are differences between the two dimensions in favor of the dimension with the highest average, which is the human and value dimension

Differences between the fourth dimension (the ability to use energies and abilities in directed work) and the fifth dimension (the release of neurotic symptoms :

To investigate this hypothesis, we used the Mann and Whitney test to investigate the differences between two independent groups, and we obtained the results classified in the following table:

	the sample	average ranking	z	Sig
The ability to use energy	26	36.13	4.62	0.00
And potential in saturated business				
Absence of neurotic symptoms	26	16.87		

Through the above table, we can see that the average rank of the fourth dimension reached (36.13), while the average rank of the fifth dimension reached (16.87), and the value of z reached (4.62), which is a function at the level of 0.01, indicating that there are differences between the two dimensions in favor of the dimension with the highest average, which is The ability to employ energies and abilities in saturated businesses

Differences between the fourth dimension (the ability to use energies and abilities in directed work) and the seventh dimension (self-acceptance and organic deficiencies)

To investigate this hypothesis, we used the Mann and Whitney test to investigate the differences between two independent groups, and we obtained the results classified in the following table:

	the sample	average ranking	z	Sig
The ability to use energy	26	35.62	4.37	0.00

And potential in saturated business				
Self-acceptance and organic defects	26	17.38		

Through the above table, we can see that the average rank of the fourth dimension amounted to (35.62), while the average rank of the seventh dimension reached (17.38), and the value of z reached (4.37), which is a function at the level of 0.01, indicating that there are differences between the two dimensions in favor of the dimension with the highest average, which is The ability to employ energies and abilities in saturated undertakings

Differences between the fifth dimension (liberation from neurotic symptoms) and the sixth dimension (the human and value dimension)

To investigate this hypothesis, we used the Mann and Whitney test to study the differences between two independent groups, and we obtained the results classified in the following table:

	the sample	average ranking	z	Sig
Absence of neurotic symptoms	26	15.88	5.09	0.00
The human and ethical dimension	26	37.12		

Through the above table, we can see that the average rank of the fifth dimension amounted to (15.88), while the average rank of the sixth dimension reached (37.12), and the value of z reached (5.09), which is a function at the level of 0.01, indicating that there are differences between the two dimensions in favor of the dimension with the highest average, which is the human and value dimension

Differences between the sixth dimension (the human and value dimension) and the seventh dimension (self-acceptance and organic deficiencies):

To test this hypothesis, we used the Mann-Whitney coefficient to study the differences between two independent groups, and we obtained the results classified in the following table:

	the sampl	average ranking	z	sig
The human and ethical dimension	26	36.69	4.89	0.00
Self-acceptance and organic defects	26	16.31		

Through the above table, we can see that the average rank of the sixth dimension amounted to (36.69), while the average rank of the seventh dimension reached (16.31), and the value of z reached (4.89), which is a function at the level of 0.01, which indicates that there are differences between the two dimensions in favor of the dimension with the highest average, which is human and moral.



Presenting the results related to the significance of the differences, it can be seen that the results of the statistical treatment did not result in significant differences between: the first and second dimensions - the second and fourth dimensions - the second and fifth dimensions - between the third and fifth dimensions - between the third and seventh dimensions and between the fifth and seventh dimensions

### **Conclusion:**

The current study targeted students who are about to graduate as psychiatrists and their mental health enjoyment. The results of the study showed that they had an above average level of mental health, while it was found that there were statistically significant differences between the dimensions of the mental health test, but given the age group to which the study sample belongs, We can confirm that it is appropriate to the level of their chronological age, and this has been confirmed by many studies, as stated in the text.

### **Recommendations:**

It is recommended to conduct interviews and submit forms about (inclinations, abilities, desires ...) by specialists with students before enrolling them in the specialization.

The need for a group of specialists and counselors in the College of Social Sciences in general and in the Department of Psychology in particular, which allows students to consult in case of need or to provide psychological support to students who suffer from a low level of mental health before entering the work world.

The need to improve the mental health level of the university students due to their high reflection of their personality traits.

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