

Psychological Flexibility Contributions in Predicting Psychological Alienation Overcoming among the Egyptian Male Students Abroad

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ABSTRACT: The current research aimed at investigating the level of psychological alienation and psychological flexibility among the Egyptian university missionary students abroad in order to identify the contributions of the psychological flexibility in predicting the psychological alienation overcoming. The participants of the study were 32 missionary students completing free scholarships in the UK for fulfilling their Doctorate degrees. The instruments of the study were the psychological alienation and flexibility scales (developed by the researcher). The current research adopted the descriptive method. The results of the study revealed that the level of psychological alienation and the level of the psychological flexibility taking into account its dimensions were high, and the level of the adaptive flexibility was very high. The results of the research revealed that there were statistically negative correlations at 0.01 level between the psychological flexibility taking into account its sub-dimensions (personal efficacy – self-confidence – adaptive flexibility – psychological balancing – spiritual dimension) and the psychological alienation taking into account (inability – loss of belongings – disobeying standards – social isolation – losing goal and meaning –self-centralization) among the Egyptian missionary students. The correlation between the inability with the adaptive flexibility and the psychological balancing was not statistically significant. The negative correlation showed that the increase in the psychological flexibility contribute in decreasing and overcoming the psychological alienation among the study participants. The results of the study also showed that the sub-dimensions of the psychological flexibility sub-dimensions together (self-confidence – adaptive flexibility – spiritual dimension) contribute in interpreting about 89% of the variance in overcoming the psychological alienation among the Egyptian university missionary students.

Keywords: *psychological flexibility, psychological alienation and The Egyptian missionary students abroad.*