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Relationship between life stress and the social withdrawal of the elderly

Anwaar Ramadan Mohammed Elsayed (Ph.D.)

Associate Professor, Department of Social Work - Al-Leith University College, Umm Al-Qura University, Makkah Al-Mukarramah | Associate professor of fields of social work, Faculty of social work- Helwan University- Cairo- Egypt

Abstract---The study aimed to determine the relationship between life stresses and social withdrawal for the elderly and to try to reach indicators for the social worker as a general practitioner in social service for professional intervention to relieve life stress and reduce social withdrawal for the elderly. The study was applied to 91 elderly 66 males and 25 females in elderly care institutions in Helwan and EL- Maadi in Cairo. To that the greater the pressures, the greater the social withdrawal of the elderly and the access to indicators of the social specialist for professional intervention to reduce the life pressures of the elderly and reduce their social withdrawal. The findings of the research revealed that there is significant relation between social pressures, psychological stress, health stress and social withdrawal for the elderly.

Keywords---social withdrawal, life stress, elderly.

Introduction

The stage of aging is considered a complementary stage to the human life cycle. It is the last stage. The person changes organically and psychologically as a result of increasing his age. In his youth, a mature person faces the problems of his life with strength and will, while in the stage of old age he is weak and lives on the past more than he lives in the present. The elderly have needs like other groups, represented in psychological and emotional needs, such as a sense of security in the family environment, the need for stability, and social needs such as participating in recreational programs and leisure-time activities and forming social relationships with those around them, and this was confirmed by a study (Mahmoud, 1993). Care services provided by the state are not commensurate with the needs of the elderly, and the lack of interest on the part of officials to provide programs and services on a regular basis within the institutions, and this was confirmed by a study (Khairy, 2000).

The elderly are more vulnerable groups to diseases and problems than other groups of society, which may weaken the ability of some elderly people to perform their social roles as a result of their withdrawal from social life in addition to the feeling of lack of interest and isolation, which shows the weakness of social participation and this was confirmed by a study (Shuman, 2004). The elderly are also exposed to many psychological, social and economic pressures as a result of traumatic life events such as the death of a loved one, separation, leaving children at home, the death of a dear friend, or retirement from work (Khalifa, 1998). The elderly suffer from many social and psychological problems and pressures associated with the age stage they are going through as problems in social relations with their wife, children and colleagues, and this was confirmed by a study (Mustafa 2014).

The elderly's problems have been exacerbated by the events and changes that the society is exposed to, which affected this segment of society, as changes in the methods of children's treatment of fathers and wives of husbands and vice versa, which negatively affected the entity of the elderly, as social relations weakened to a stage where the children's aggression against parents and their disobedience reached the level of dealing with its lowest level, and this was confirmed by the study of Othman, 2002, p. 113). It can be seen avoiding people and things you might typically like is known as social withdrawal. Some individuals might experience a level of social isolation where they may even desire to shun their immediate friends and family and spend most of their time alone. It's possible that someone prefer solitude because it finds company to be draining or upsetting. It's possible for a vicious cycle to set in where someone spend more alone but feel less understood by others. The more time you desire to be alone, the less you think others comprehend you (Cipolletta, & Gris, 2021).

Withdrawal represents a stressful experience associated with not satisfying the need for close association with others and the lack of social integration, which is a response to shortcomings and inability to communicate with others and establish relations with them. His image was due to the lack of contact with them and the shortcomings in the social relations that he can establish with them (Esawy, 1994, p. 107). I agree with that Al-Harbi study (2013). Thus, the elderly need the help of many humanitarian professions in various areas of life, and among these professions is the profession of social service. Since its inception as a profession, social service has been seeking to help vulnerable groups and try to provide services to them so that they can live a decent life in society. Among these vulnerable groups is the elderly and the development Social service The services it provides to the elderly have evolved based on the change in the perception of the elderly from weak people to being energies and possibilities that can be invested for the benefit of society (Habib, Hanna, 2011, p. 502). The social work profession plays major roles in working with the elderly and organizing their care programs, whether at the level of planning or direct implementation, through multiple institutional and home care systems and providing basic information. Social workers work with elderly people who face difficulties in society

Research Problem

The problem of the study is determined in what is the relationship between life stresses and social withdrawal for the elderly?

Study Goals

- Determining the relationship between life stress and social withdrawal for the elderly.
- Access to indicators for the social worker as a general practitioner in social work for professional intervention to relieve the life pressures of the elderly and reduce their social withdrawal.

Hypotheses

The main hypothesis of the study is determined in: "There is a statistically significant effect of life stress on the social withdrawal of the elderly." From this main hypothesis the following sub-hypotheses emerge:

- H1: There is a statistically significant effect of social stress on the social withdrawal of the elderly.
- H2: There is a statistically significant effect of psychological stress on the social withdrawal of the elderly.
- H3: There is a statistically significant effect of health stress on the social withdrawal of the elderly
- H4: There is a statistically significant effect of economic stress on the social withdrawal of the elderly.

Study Concepts

Life stress

Stresses are defined as "internal or environmental stimuli that are of such intensity and persistence that the harmonic ability of the individual is overburdened, and which in certain circumstances lead to functional or behavioral dysfunction (Abdel-Moaty, 2006, p. 22). It is an event in which environmental demands internal demands or both tax or exceed the adaptive resources of an individual or systems. stress maybe social, psychological or biological (Walsh, 2009, p24). The life stress in the study is defined by the total scores obtained by the elderly on the life stress scale (social stress - psychological stress - health stress - economic stress).

Social withdrawal

It is defined as "the isolation of the individual from interaction with others, which leads to his isolation (Al-Azza, 2000, p. 249). A pattern of behavior characterized by keeping the individual away from carrying out the tasks of normal life, and this is accompanied by frustration, tension and disappointment) Robert,1987, p98). Social withdrawal in the study is defined by the total scores obtained by the elderly on the social withdrawal scale (weak social relations - weak participation - weak social performance).

Literature review

Stressful life events are seen to be risk factors for social isolation of people who are experiencing at least one traumatic event in their life course, and the large number have indeed been revealed to numerous events. Age is a time of perpetual loss since it is more difficult to avoid hazards like illness, widowhood, and the death of loved ones (Klinenberg, 2016). As a result, older adults are exposed to the predominance of social disengagement and go through stressful life events as high-risk groups. According to a study, negative social-environmental experiences such as ones involving the economy, one's physical well-being, one's mental condition, and one's social connections are what lead to life stress (Hammig, 2019). Life's stressful experiences are transitions that force a need for daily routine readjustment, particularly on a physical and psychological level (Holt et al, 2015). These events include things like death and dying as well as problems with family, money, and health. In addition, sickness, changes in social responsibilities, and change in daily routines are stressful experiences for older individuals. Stressful and unpleasant life situations have been compared and used interchangeably in prior research (Hall et al, 2017).

Chronic or severe early stress has been found to have long-term impacts on a person's capacity to learn and to be sensitive to social isolation in later life (Palacios-Barrios & Hanson, 2019). In fact, current research indicates that one mechanism connecting stress in infancy and adolescence with subsequent bad behavioral consequences is disturbed value learning (Fareri & Tottenham, 2016; Herzberg & Gunnar, 2020). A perfect understanding of the impact of early life difficulties faced on character is prevented by contradictions in the research. For instance, according to several research, young people and children aged 8 to 16 who suffered early stress exhibit poor social communication and social acceptability (Boecker et al., 2014; Hanson et al., 2015; Kasperek et al., 2020).

It can be seen perceived stress has higher susceptibility to danger cues, and enhanced psychological and physiological reactions to lab stress have all been connected to experienced social isolation, which is defined as believing one lacks significant social interactions (Brown et al., 2017; Schuch et al, 2020). The effects of social isolation on children's reactions to possibly stressful situations have not been specifically studied, but among adolescents and young adults (ages 13 to 20), perceived social exclusion is associated with both elevated stress preconceptions and oversensitivity to threat (Vanhalst et al., 2013, 2017). All of this implies that it's important to include perceived social isolation when analyzing how stress in adolescence affects value learning (McHugh & Lawlor, 2013).

Research has shown that solitude and social isolation are more common among elderly persons. A third of those over 60 will eventually feel some degree of loneliness, and about 50% of people over 60 are at danger of social isolation (Grenade, & Boldy, 2008). Despite the fact that social isolation have been linked to poorer health and consequently lower quality of life, research suggests that these ideas may have separate effects on health and should thus be seen as unique traits. The causes of social isolation are also related in certain ways (Scharf et al, 2005).

Risk factors for social isolation among elderly adults include: family dissolution, functional decline and less income, the death of loved ones, and poor health quality. It is assumed that societal change such as lowered inter-generational living; larger geographic movement and less unified societies have also resulted in higher stages of loneliness inside the aging population (Nicholson, 2012). The average life expectancy of those 60 and older has grown internationally as a consequence of improvements in sanitation, public health, and medical technology. This population is expected to expand by 56% by 2030, from 901 million to 1.4 billion. However, a good life expectancy is still below average, and this situation is exacerbated by loneliness's rising prevalence. The aim of this research is to find out early stressful life experiences could have an effect on social withdrawal later in life in older adults (Fakoya et al, 2020).

Theories guiding the study

Disengagement Theory

This theory attempts to explain the process of social withdrawal carried out by the elderly, as it considers that the process of withdrawal is a biological and psychological inevitable process on the basis that the process of aging is characterized by the occurrence of a process of mutual withdrawal by the elderly, and by society, the elderly self-manage by stopping his activities and obligations as a result of what Internal psychological changes happen to him, and in return, we find that society forces him to retire through regulations and laws (Sayed, Mabrouk 2006, 53). Among the manifestations of changes associated with aging according to the concept of this theory. A decrease in the actual performance rates for the elderly in various aspects of life and the continuation of the decrease in performance with age, meaning that the rate of performance is inversely proportional to old age, the occurrence of quantitative and qualitative changes in the style and pattern of interaction between the elderly and other individuals, especially those around him, the change in the personality of the individual as the elderly moves from Caring for others leads to immersion and self-interest, and the self becomes the focus of first concern for him (Abu Al-Maati Maher et al., 2005, p. 359. When the theory was criticized, Cumming modified its view in 1963 and indicated that life satisfaction may be associated with positively engaging in activities for some elderly people and with withdrawal for others (Al-Shazly, 2001, p. 111). The main ideas of this theory are as follows:

- That the process of social and psychological withdrawal for the elderly is a general process, that this process is inevitable, that it is an internal process, that this process is not only concomitant of successful accommodation at every stage, but a necessary condition for its occurrence, that it includes a mutual and gradual withdrawal (Sayed, Mabrouk, 2006, p. 54).

Ecological systems theory

The ecological theory sought to understand the nature of social phenomena and focuses on studying a set of general and basic facts and concepts such as the processes of human growth and its problems, and the nature of the dynamic relationship between the biological, mental, emotional and social aspects. Others, individuals face many transitional changes during their developmental stages

such as learning to walk - retirement, Among the concepts on which the theory of ecological alignment is based, is the concept (congruence between the individual and the environment), which is the true harmony between the needs of the individual or groups, their qualities, rights, goals, abilities, and the quality and characteristics of their social and cultural environments within the framework of a certain cultural and historical content, (adaptation), which is adaptation to changes caused by the environment, (Life stresses,) arise from difficult life issues that individuals perceive as greater than their resources, as represented in pain or a feeling of poverty, (connection) which refers to positive relationships or a sense of belonging, (self-actualization), and it assumes that the organism has a motive To influence the environment in order to preserve his life, (self-esteem), which represents the range in which the individual feels self-fulfillment, respect and value, and it affects human thinking and behavior (Habib, 2014 pp. 73-74).

Methodology

Study type

This study is a descriptive study that depends on collecting, analyzing, interpreting and extracting facts, so the current study aims to determine the relationship between life stresses (as an independent variable) and the social withdrawal of the elderly (as a dependent variable).

Method used

The study relied on the use of the comprehensive social survey method for the elderly in elderly care institutions in Cairo Governorate, and they numbered (91) individuals. Their distribution is as follows:

Table 1
Distribution of the elderly shows the population of the study

No	Elderly care institutions	number of elderly
1	Bahman Psychiatric Hospital in Helwan	7
2	Mrs. Nafisa Charitable Society in Helwan	4
3	Al Habayeb House for the Elderly in Maadi	35
4	Home of Umm Kulthum for the care of the elderly in Helwan	35
5	Happy Land Home for the Elderly in Helwan	10
the total		91

Fields of study

The study was applied in elderly care institutions in Cairo governorate to the elderly in Helwan and Maadi institutions, their number is (91). The study was carried out during the period from 10/7/2022 AD to 18/8/2022 AD.

Study tools

Life Stress Scale for the Elderly

- The researcher designed the life stress scale for the elderly, by referring to the theoretical framework guiding the study, and by referring to the previous studies related to the study and the life stress scale for the elderly Abdel-Nasef Shoman, 2004). And Bahnasy (2013) Life Stress Scale for the Elderly
- The researcher determined the dimensions included in the scale, which were represented in four main dimensions: after social stress and the number of its statements (9) statements, after psychological pressure and the number of its statements (9) statements, after health stress and the number of its statements (9) statements, and after economic pressures and the number of His phrases (7) phrases.
- The researcher conducted the apparent validity of the Life Stress Scale for the Elderly after it was presented to (5) arbitrators from faculty members at the Faculty of Social Work, Helwan University, and accordingly, some expressions were modified, added and deleted according to the degree of agreement of no less than (80%), and accordingly The tool has been finalized.
- The researcher also conducted a statistical stability measure for the life stress measure for the elderly using the Spearman-Brown split-half stability equation for a sample of (10) items of elderly people (outside the framework of the study community), and the reliability coefficient reached (0.87), which is an appropriate level for statistical stability, and it can be relied upon. on the scale results in its final form.

Social withdrawal scale for the elderly

- The researcher designed a measure of social withdrawal for the elderly based on the theoretical framework of the study, in addition to making use of some of the scales associated with the study as a measure (Jawaher Al-Harbi 2013).
- The researcher determined the dimensions included in the scale, which were represented in three main dimensions: after the weakness of social relations and the number of its phrases (11), and after the weakness of social participation and the number of its phrases (14) phrases, and after the weakness of social performance and the number of its phrases (13) phrases.
- The researcher conducted the apparent validity of the social withdrawal scale for the elderly after it was presented to (5) arbitrators from the faculty members at the Faculty of Social Work, Helwan University, and accordingly, some expressions were modified, added and deleted according to the degree of agreement of no less than (80%), and accordingly The tool has been finalized.
- The researcher also conducted a statistical stability measure for the social withdrawal of the elderly using the Spearman-Brown split-half of stability equation for a sample of (10) items of elderly people (outside the framework of the study community), and the reliability coefficient reached (0.98), which

is an appropriate level for statistical stability, and it can be relied upon on the scale results in its final form

Results of the Field Study

The description of the elderly explains the study population

	Quantitative Variables	SMA	Standard deviation
1	Age	71	4
No	Gender	f	%
1	Male	66	72.5
2	Female	25	27.5
Total		91	100
No	Marital status	f	%
1	Married	5	5.5
2	Absolute	4	4.4
3	Widower	82	90.1
Total		91	100
No	Residence before joining the house	F	%
1	The countryside	40	44
2	city or town	51	56
Total		91	100
No	Educational Status	F	%
1	Basic education	16	17.6
2	Middle Certification	24	26.4
3	High qualified	51	56
Total		91	100
No	job before retirement	F	%
1	government sector	64	70.3
2	private sector	6	6.6
3	free business	10	11
4	does not work	11	12.1
Total		91	100

The previous table shows that: The average age of the elderly is (71) years, with a standard deviation of approximately (4) years.

- The largest percentage of the elderly are males with a percentage of (72.5%), while females with a percentage of (27.5%).
- The largest percentage of the elderly are widows with a percentage of (90.1%), followed by married people with a percentage of (5.5%), and finally divorced with a percentage of (4.4%).
- The largest proportion of the elderly were urban residents before joining the home with a percentage of (56%), followed by residing in the countryside with a percentage of (44%).

- The largest proportion of the elderly have a high qualification (56%), followed by an intermediate qualification (26.4%), and finally a basic education (17.6%). The largest percentage of the elderly were working before retirement in the government sector with a percentage of (70.3%), followed by not working (12.1%), then self-employment (11%), and finally the private sector (6.6%).

Table 3
It shows the level of life stress dimensions for the elderly

No	Dimensions	SMA	standard deviation	the level	ranking
1	Social stress dimension	2.55	0.42	high	1
2	Psychological stress dimension	2.5	0.45	high	4
3	health stress dimension	2.53	0.49	high	3
4	Economic stress dimension	2.54	0.49	high	2
Life stresses for the elderly as a whole dimension		2.53	0.4	high	high level

The previous table shows that: The level of the dimensions of the life stressors for the elderly is high, where the arithmetic average reached (2.53), and the indicators are according to the arrangement of the arithmetic average: the first rank after social pressures with an arithmetic mean (2.55), followed by the second rank after the economic pressures with an arithmetic average (2.54), then The third rank after health stress, with an arithmetic mean (2.53), and finally the fourth rank after psychological stress, with an arithmetic mean (2.5), and this was in agreement with the study (Abd al-Moaty) 1993, which confirmed that life stresses affect the level of social and psychological support for the elderly, and that there is a relationship between economic and psychological suffering. Like feeling lonely, anxious and depressed

Dimensions of social withdrawal for the elderly

Table 4
Demonstrates the level of social withdrawal dimensions for the elderly

No	Dimensions	SMA	standard deviation	the level	ranking
1	Weak social relationships dimension	2.58	0.5	high	1
2	Weak social sharing dimension	2.55	0.48	high	2
3	Poor social performance dimension	2.53	0.53	high	3
Social withdrawal of the elderly as a whole dimension		2.56	0.46	high	high level

The previous table shows that: The level of the dimensions of social withdrawal for the elderly is high, where the arithmetic mean reached (2.56), and its indicators are according to the arrangement of the arithmetic mean: the first rank after the weakness of social relations with an arithmetic mean (2.58), followed by the second rank after the weakness of social participation with an arithmetic mean (2.55) And finally, the third rank after poor social performance with a mean of (2.53). This is in agreement with the study (Al-Harbi, 2013), which confirmed that social withdrawal is represented in the shortcomings in the social relations of the elderly, the shortcomings in participation and the shortcomings of their social performance.

Testing the main hypothesis of the study and its sub-hypotheses: “There is a statistically significant effect of life stress on the social withdrawal of the elderly”

Table 5

Explain the relationship between life stress and social withdrawal for the elderly

No	dimensions dimensions	Poor social relationships dimension	Weak social sharing dimension	poor social performance 1 dimension	Total life social withdrawal for the elderly dimensions
2	Social stress dimension	0.536**	0.631**	0.589**	0.641**
3	Psychological stress dimension	0.681**	0.772**	0.724**	0.795**
4	health stress dimension	0.522**	0.631**	0.552**	0.622**
5	Economic stress dimension	0.497**	0.692**	0.555**	0.635**
Total life stress for the elderly dimensions		0.642**	0.785**	0.695**	0.774**

** significant at (0.01)

* significant at (0.05)

The previous table shows that: There is a direct statistically significant relationship at the level of significance (0.01) between social pressures and social withdrawal for the elderly, and this may be due to the presence of a direct correlation between these dimensions and that they were expressive of what the study aims to achieve.

- There is a direct statistically significant relationship at a significant level (0.01) between psychological stress and social withdrawal for the elderly, and this may be due to the presence of a direct correlation between these dimensions and that it was expressive of what the study aims to achieve.

- There is a direct statistically significant relationship at a significant level (0.01) between health stress and social withdrawal for the elderly, and this may be due to the existence of a direct correlation between these dimensions and that it was expressive of what the study aims to achieve.
- There is a direct statistically significant relationship at a significant level (0.01) between the economic pressures and the social withdrawal of the elderly, and this may be due to the existence of a direct correlation between these dimensions and that they were expressive of what the study aims to achieve.
- There is a direct statistically significant relationship at a significant level (0.01) between life stresses as a whole and social withdrawal for the elderly, and the most life stresses related to social withdrawal for the elderly are in order: psychological stress, followed by social stress, then economic stress, and finally health stress, and this may be due There is a direct correlation between these dimensions and that it expresses what the study aims to achieve

Table 6
Simple regression analysis shows the effect of life stress on the social withdrawal of the elderly

No	independent variables	regression coefficient B	Test (T) T-Test	F-Test	R	R-2
1	Social stress dimension	0.696	7.880**	62.090* *	0.641**	0.411
	Psychological stress dimension	0.807	12.356* *	152.666**	0.795**	0.632
3	health stress dimension	0.587	7.490**	56.099* *	0.622**	0.387
4	Economic stress dimension Social stress dimension	0.594	7.758**	60.179* *	0.635**	0.403
	Total life stress dimensions	0.885	11.544* *	133.263**	0.774**	0.600

** significant at (0.01)

* significant at (0.05)

The previous table shows that the value of the correlation coefficient between the independent variable "social stress" and the dependent variable "social withdrawal of the elderly" indicates a direct correlation between the two variables. The result of the (F) test indicates the significance of the regression model, and the value of the coefficient of determination is (0.411), meaning that social pressures contribute to an increase in the rate of social withdrawal for the elderly by (41.1%). Which makes us accept the first sub-hypothesis of the study, which is that "there is a statistically significant effect of social pressures on the social withdrawal of the elderly".

The value of the correlation coefficient between the independent variable "psychological stress" and the dependent variable "social withdrawal of the

elderly" indicates a direct correlation between the two variables. The result of the (F) test indicates the significance of the regression model, and the value of the coefficient of determination is (0.632), meaning that psychological stress contributes to an increase in the rate of social withdrawal for the elderly by (63.2%). Which makes us accept the second sub-hypothesis of the study, which is that "there is a statistically significant effect of psychological stress on the social withdrawal of the elderly".

The value of the correlation coefficient between the independent variable "health stress" and the dependent variable "social withdrawal of the elderly" indicates that there is a direct correlation between the two variables. The result of the (F) test indicates the significance of the regression model, and the value of the coefficient of determination is (0.387), meaning that health stresses contribute to an increase in the rate of social withdrawal for the elderly by (38.7%). Which makes us accept the third sub-hypothesis of the study, which is that "there is a statistically significant effect of health stress on the social withdrawal of the elderly".

The value of the correlation coefficient between the independent variable "economic pressures" and the dependent variable "social withdrawal of the elderly" indicates a direct correlation between the two variables. The result of the (F) test indicates the significance of the regression model, and the value of the coefficient of determination is (0.403), meaning that economic pressures contribute to an increase in the rate of social withdrawal for the elderly by (40.3%). Which makes us accept the fourth sub-hypothesis of the study, which is that "there is a statistically significant effect of economic pressures on the social withdrawal of the elderly".

The value of the correlation coefficient between the independent variable "life stresses as a whole" and the dependent variable "social withdrawal of the elderly" indicates a direct correlation between the two variables. The result of the (F) test indicates the significance of the regression model, and the value of the coefficient of determination is (0.600), meaning that life stresses as a whole contribute to an increase in the rate of social withdrawal for the elderly by (60%). Which makes us accept the main hypothesis of the study, which is that "there is a statistically significant effect of life stress on the social withdrawal of the elderly."

Discussion of the Results

The current study sought to try to test the hypotheses to find out whether there is a relationship between life stresses and social withdrawal for the elderly and to try to develop indicators for social workers for professional intervention to relieve life pressures and reduce social withdrawal for them. The less social interaction and social participation of the elderly leads to social withdrawal for them, and this is in agreement with the study (Yahya Hanan 2009), which confirmed that the more there are good relations with the elderly, respect, acceptance, participation and contact with his family This constantly led to an improvement in the quality of life for them, and also the study of Jawaher Al-Harbi, which confirmed that the elderly do not exchange conversations with the supervisors of the house and prefer to sit alone and have shortcomings in social participation and social

performance, and this is confirmed by the theory of withdrawal for the elderly, which indicated that life satisfaction may be linked By integrating and participating in activities positively for some elderly people, as well as the theory of ecological systems, which focused on the importance of positive relationships and a sense of belonging, and that the organism has a motive to influence the environment in order to preserve its life, self-realization, respect and value, and it affects human thinking and behavior

In light of the results of the current study and previous studies, the indicators of the social worker as a general practitioner in social service are determined for professional intervention to relieve life pressures and reduce their social withdrawal, as follows: The concept of professional intervention refers to the organized scientific activities carried out by the social worker when working with clients, as it represents the processes carried out by the social worker, making use of scientific theories, tools and means to deal with clients' problems (Abdul-Majid Hisham, 2015, 44). Indicators of professional intervention were defined within the framework of the concept of professional intervention as follows:

Steps of Professional Intervention

- **Assessment:** where the social worker working in elderly care institutions collects data and information about the nature of the problem, and determines the priority of those problems. Which is determined in the current study in the life stresses and social withdrawal of the elderly, where the results of the current study concluded that the life pressures of the elderly came at a rate of 2.53 and social withdrawal came with an arithmetic mean of (2.56). Thus, he needs professional intervention, and this is done through the application of the first step of the professional intervention plan.
- **Planning:** where the social worker who works in elderly care institutions sets appropriate treatment plans with clients in order to deal with their problems. This plan consists of the following six areas of work: (Social stress, psychological stress, health stress, economic stress, social withdrawal, research and innovation in the field of aging to reach the best possible care methods).
- **Intervention:** where the social worker working in elderly care institutions applies the plan that was developed in the previous stage, taking into account the plan's flexibility and its ability to adjust in line with the nature of clients' problems and taking into account the individual differences of each case. In this step (3), the social worker uses professional intervention methods and strategies.
- **Evaluation:** where the social worker working in elderly care institutions determines the extent to which the goals of the professional intervention have been achieved, or in other words, the effectiveness of the professional intervention plan in achieving the goals of the professional intervention.
- **Termination:** where the social worker working in elderly care institutions terminates the professional intervention in accordance with what was agreed upon in the contract from stage (2), while adhering to the

termination controls, which are to prepare the client for the termination stage and avoid feelings of separation in the professional relationship.

- Follow-up: where the social worker working in elderly care institutions determines the extent of stability of the client's condition after the termination of the professional intervention. And the extent of maintaining the therapeutic gains achieved by the client during the professional intervention steps.

Professional Intervention Tools

- A tool for measuring life stress for the elderly.
- A tool for measuring social withdrawal for the elderly.
- Occupational Intervention Program.
- Professional interviews with elderly cases.

Roles of the social worker

The roles of the social worker vary according to the type of clients they deal with, and according to the nature of their practice levels (general practitioner - social counselor - clinical social worker). The professional role is a set of activities and functions defined by the profession (Abdul-Majid, 2015, 224:225). The most important of these roles are as follows:

- The social worker as a therapist/counselor.
- The social worker as the case coordinator.
- The social worker as a mediator.
- The social worker as a defender

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