

The impact of a sports mentoring program on reducing the psychological loneliness of children in the housing institutions in Minya

prof / Ibrahim Rabie Shehata *

Researcher / Issraa Mustafa Ahmed**

Introduction and research problem

Childhood is one of the most important stages in the life of any human being due to the great importance of this stage, as it leaves its traces in the future life of the individual. They are exposed to many problems, which differ from one child to another, each child has his own individuality, and his personal characteristics that distinguish him, and if the category of childhood in general suffers from many problems, the category of children placed in residential institutions in particular have their own problems that distinguish them from others due to To deprive them of their parents, and to live far from their families. The family is the first primary source from which the child sips the nectar of integrity or crookedness. It plays an active role in the family growth of the child's personality. The psychological growth of any person results from the family system to which he belongs. The child, because our genetic makeup, our appearance, our thoughts, our feelings and our actions are all affected by the family in which we were born. The emotional represented by his neglect, lack of interest in him, and cruelty in his treatment lead him to some psychological problems such as psychological loneliness and aggression.

Abbas (1999: p. 153) indicates that a child who grows away from his family usually lags behind in his physical, mental and emotional development, and that no institution, regardless of the level of care in it, can compensate the child for what the family provides, just as the child who grows up in a family It is disjointed and often deviates from the rules of normal behavior. Therefore, any disturbance in the general formation of his personality and any delay in any aspect of development may lead to treating him as being late and less than his colleagues. It leads to him not

accepting himself and others, which may affect his psychological and social compatibility in general.

Abaza (1999: p. 78) considers that it is dangerous for a child to be exposed to family circumstances that make it difficult for him to stay in the family, whether these circumstances are social, such as the absence of one or both parents, or to conditions of psychological disintegration such as permanent quarrels and ongoing disputes, which leads the family to place the child in an institution where he becomes exposed For several pressures, including the deprivation of living in the midst of the family, which achieves the necessary gratifications of love, a sense of security and belonging, as well as his presence within the institutions in which he receives only collective care, as he cannot stand passively in a struggle and struggle, a continuous interaction that resists, affects and is affected, and during this his personality is formed.

Whereas Cazares, Thomas, and Rousseau (2004) indicates that most of the research indicated that most children who grew up in orphanages are exposed to a number of problems in mental health and adaptation compared to others in normal families, such as loneliness, anxiety, depression, low self-esteem and maladaptation.

Where (Marni, 2005) indicates that the feeling of psychological loneliness and the weakness of the social adaptability of the orphan results from the failure to satisfy his psychological and social needs, especially the lack of meeting the sensory needs represented by physical or sensory communication, love, intimacy and friendliness, and all of this generates disorders such as sadness, loneliness, depression and weak ability Loving, giving, communicating and adapting to the social environment. Shukair (2003: pg. 160) defines psychological loneliness as: the desire to stay away from others and enjoy sitting isolated from them, with the difficulty of being able to court them and the difficulty of holding on to them, in addition to feeling inferiority and lack of self-confidence, and that he is unloved and unable to enter into strong social relationships with others. That there is the greatest time alone with a feeling of shame and tension in the presence of others, and does not interact with them in a positive and acceptable manner, a person who does not trust himself and often feels lonely even in the presence of others.

As Shebey (2005: p. 25) points out, Roy clarified that psychological loneliness is a need for a sense of belonging. Each individual has three psychological needs: 1- The need for love and emotional participation. 2- The need for another party to understand the different feelings and feelings. 3- The need for the presence of someone who feels needed. In the event that the individual does not satisfy the three needs, the individual feels

empty, while this feeling of loneliness arises as a result of the lack of social skills to communicate with others, and therefore, attention is required to this emotional communication since childhood to develop the capabilities of individuals to deal with isolation without feeling lonely. Here comes the role of sports guidance programs in community service by working to achieve human happiness and development by trying to alleviate the psychological problems to which he is exposed, such as psychological loneliness, aggression, psychological pressure and others, as it is the first task of the sports guidance program to make the person live within an acceptable social framework and work To reform and develop society through some sports activities and psychological counseling sessions. The researchers believe that these children have great crippled energies and that they represent a great danger to society, but they spend most of their time in complete idleness without doing any work, and this makes them feel deprived, inferior, and inclined towards aggression and a sense of lack of self-confidence and low self-concept, and hence incompatibility Psychological and social, therefore, it is necessary to take advantage of these energies and direct them through sports activities, through which it is possible to achieve integration in terms of health, mental, psychological and physical in these children. Children in order to unite towards finding constructive solutions to this problem, so the researchers see the need to take advantage of these energies and direct them through sports activities that can achieve integration in terms of health, mental, psychological and physical for these children.

Purpose of study:

The current research aims to:

- 1- Identifying the effect of the proposed sports counseling program on reducing the feeling of psychological loneliness for children in residential institutions in Minya city.

Hypotheses:

In light of the research objective, the researchers assume the following:

- 1- There are statistically significant differences between the mean scores of the pre and post measurements of the group under study in the feeling of psychological loneliness for children of residential institutions in Minya city.

Keywords**loneliness**

Judeh (2005: p. 10) defines it as one of the phenomena of human life that a person tells in some way, and causes him pain, distress and grief, as it is an inescapable reality of life, not limited to a specific age group and suffered by children, adolescents, adults, and the elderly.

Accommodation institution

defined by Solomon (2000) is a single building or more equipped building for the establishment of internal deposit by children with family difficult conditions which prevent them from continuing their lives within their families, natural, and there are psychologists, social workers, administrators and specialist teachers for different activities and called Foundation.

Search procedures:**Research Methodology :**

The researchers used the experimental method using the experimental design for one group, by making the two measurements (pre- and post-test), as it is the appropriate approach to achieve the research goal and the researchers are given preference in controlling and codifying the variables.

research community :

The research community includes (65) male and female children from the residential institutions in Minya city, which are subject to the supervision of the Ministry of Social Affairs and their ages ranged between 6 to 21 years, distributed among (4) residential institutions with (22) girls from the Girls' Education Institution in Minya, and a number of (15) girls from the Coptic Girls' Renaissance Foundation, (18) children from the Boys Education Institution in Minya, and (10) children from the Christ Soldiers Foundation in Minya.

The research sample :

The two researchers selected the research sample in a deliberate way from the research community, and it consisted of (37) girls from the age group 9-15 years, where (12) girls were selected from the Coptic Girls Renaissance Foundation, to conduct scientific transactions and to know the appropriateness of the tools used and the clarity of their instructions and conditions for the research sample The basic research sample amounted to (20) girls from the Girls Education Institution in Minya, and (5) children outside the age group that were chosen were excluded, and thus the total research sample became (32) girls distributed among (12) girls for the exploratory sample, (20) girls for the basic sample Search .

Data collection tools:

To collect data for the research, the researchers used the following tools:

- 1- Psychological loneliness scale prepared by Russell, (1996) Arabization of "Magdy El-Desouky (1996)"
- 2- The Mathematical Guidance Program prepared by the two researchers (2021 AD)

First: UCLA loneliness scale Supplement (2): This scale is one of the scales used to identify the degree of psychological loneliness and its feeling among those who apply it from the research sample. Description of the scale: The scale was prepared by "Russell (1996)" Arabization of "Magdy El-Desouky" (1996 AD), and the scale consists of (20) statements, in front of each statement a quadrilateral scale contains (4) four responses (never - rarely - sometimes - always), until it is excluded The examinee has the choice to choose in accordance with his opinion, and the examinee's score is estimated by giving him a score ranging between (1-4) on each item, according to the test's correction key. Responding sometimes and it is estimated (3), responding always and it is estimated (4) This is for the phrases bearing numbers ((2-3-4-7-8-11-12-13-14-17-18 , - As for the phrases bearing numbers (1-5-6-9-10-15-16-19-20), it will be corrected in the direction contrary to the previous estimates. A high degree indicates a severe feeling of psychological loneliness, and a low one indicates a low feeling of psychological loneliness, that is, within normal limits. In the case of a high degree, it is recommended to resort to a specialist or psychiatrist for cognitive behavioral therapy so that the situation does not develop into a state of depression and less. The scale includes (3) dimensions that cross About the psychological unit and its manifestations within the institution, and table (1) shows these dimensions as follows

Table (1) shows the dimensions of the loneliness

	Dimensions	Phrase numbers	Number of phrases
1	The social dimension.	(15 ,10 ,9 ,6 ,5 ,1)	6
2	rejection by others.	(18 ,17 ,14 ,12 ,11 ,8 ,7 ,4 ,2)	9
3	Loss of mutual familiarity with others.	(20 ,19 ,16 ,13 ,3)	5
Total			20

* **Scale validity:** The scale was presented to a group of experts for the validity of the content of the scale for what it was developed for, and phrases were modified and deleted. internal scale.

***Scale stability:** The scale designer relied on calculating the general stability of the scale in Alpha Cronbach for the scale, and its value was (0.77), thus making sure of the scale's stability and that it was ready for use. Psychometric analysis of the measure of psychological loneliness in the current research:

Table (2) Correlation coefficients between the degree of social dimension expressions The sum of his scores and the total sum of the Psychological Unity Scale (N=12)

	Ferries	Relationship to the total dimension	Correlation with the total scale
1	To what extent do you feel that you participate with people in many things.	**0.72	*0.63
5	To what extent do you feel that you are a member of a company or group.	**0.75	*0.65
6	How do you feel that you are in harmony with the people around you?	*0.67	*0.62
9	To what extent do you feel that you are a social and extroverted person?	**0.77	*0.69
10	How close do you feel to people?	**0.81	**0.76
15	How much you feel that you will find company when you want.	**0.75	*0.67

**Indication level at 0.05

**Indication level at 0.01

explain Table (2) that:

-The results of the internal consistency indicate the correlation of the phrases of the social dimension and the total sum of it, and this correlation ranged between (0.67, 0.81), which are statistically significant values, which indicates the validity of the phrase with the dimension belonging to it internally.

-The results of the internal consistency indicate the correlation of the phrases of the social dimension and the total sum of the Psychological Unity Scale, and this correlation ranged between (0.62 and 0.76), which are statistically significant values, which indicates the validity of the statement with the total sum of the scale internally.

able (3) Correlation coefficients between the degree of statements after rejection from others And the sum of his scores and the total sum of the Psychological Unity Scale (N=12)

	Ferries	Relationship to the total dimension	Correlation with the total scale
2	How often do you feel that you are missing the company	**0.80	*0.72
4	How lonely do you feel?	**0.70	*0.65
7	How do you feel that you are no longer close to anyone?	**0.75	*0.68
8	To what extent do you feel that others around you do not share your interests and ideas?	*0.64	*0.58
11	To what extent do you feel neglected and ostracized?	*0.67	*0.61
12	To what extent do you feel that your relationship with others is meaningless?	**0.75	*0.67
14	To what extent do you feel isolated from others?	**0.80	**0.73
17	How shy do you feel?	**0.75	*0.66
18	How do you feel that people are around you, but they are not with you?	**0.70	*0.66

**Indication level at 0.05

**Indication level at 0.01

explain Table (3) that:

- The results of the internal consistency indicate the correlation of statements after rejection from others and the total number of it, and this correlation ranged between (0.64, 0.80), which are statistically significant values, which indicates the validity of the statement with the dimension belonging to it internally.

-The results of internal consistency indicate the correlation of statements after rejection from others and the total sum of the Psychological Unity Scale.

able (4) Correlation coefficients between the degree of mutual intimacy with others expressions And the sum of his scores and the total sum of the Psychological Unity Scale (n = 12)

	Ferries	Relationship to the total dimension	Correlation with the total scale
3	How much do you feel that there is no one you can turn to when you want	*0.62	*0.59
13	To what extent do you feel that no one understands you well	**0.80	**0.72
16	How well do you feel that others understand you well	**0.70	*0.60
19	To what extent do you feel that there is someone you can talk to?	**0.80	*0.69
20	To what extent do you feel that there is someone you can turn to when you want	**0.77	*0.67

**Indication level at 0.05

**Indication level at 0.01

explain Table (4) that:

- The results of the internal consistency indicate the correlation of phrases after losing mutual familiarity with others and the total number of it, and this correlation ranged between (0.62 and 0.80), which are statistically significant values, which indicates the validity of the phrase with the dimension belonging to it internally.

-The results of internal consistency indicate the correlation of phrases after losing mutual familiarity with others and the total sum of the psychological unity scale, and this correlation ranged between (0.59, 0.72), which are statistically significant values, which indicates the validity of the statement with the total sum of the scale internally.

able (5) Correlation coefficients between the total scores of each dimension of the unit scale Psychological and his grand total (n = 12)

	Dimensions	correlation coefficient
1	The social dimension	*0.65
2	rejection by others	**0.70
3	Loss of mutual familiarity with others	**0.77

**Indication level at 0.05

**Indication level at 0.01

explain Table (5) that:

The correlation coefficients between the scores of each dimension of the UCLA Psychological Unit Scale and its total ranged between (0.65 and

0.77), which are statistically significant correlation coefficients, which indicates that the scale has an acceptable degree of validity.

So, the results of the internal consistency of the expressions of the Psychological Unity Scale appear, and they are all related to the dimensions belonging to it, as well as to the total sum of the scale.

Stability:

To calculate the stability of the psychological unit scale, the two researchers used the half-segmentation method using the Alpha-Cronbach coefficient," **Mustafa Bahy, Mona Al-Azhari**" (2006: 135,134) indicated that the half-segmentation is a method of calculating stability when the ease and difficulty of the test are balanced from The beginning of the test to its end and one of its general alpha-Cronbach equations for stability. It serves to clarify the general logic of the test's stability. It is used whether the test parts consist of two halves or parts are multiplied by the number of all test items, by applying it to an exploratory sample of (12) girls from the research community and Change the basic sample for (50) phrases, and table (6) shows this:

Table (6) Stability coefficient using split-half by coefficient Alpha-Cronbach Psychological Unity Scale (n = 12)

	variable	Alpha-Cronbach coefficient
1	The social dimension	*0.67
2	rejection by others	**0.75
3	Loss of mutual familiarity with others	*0.60
	total summation	*0.68

**Indication level at 0.05

**Indication level at 0.01

explain Table (6) that:

Cronbach's Alpha coefficients for the UCLA loneliness scale ranged between (0.60 and 0.75), which are statistically significant, indicating that the scale has a degree of stability. Cronbach's Alpha for the total sum of the UCLA loneliness scale was (0.68), which are statistically significant coefficients which indicate that the scale has a degree of stability.

So it is clear from the validity and reliability coefficients that the UCLA loneliness scale is valid for use and has a degree of honesty and stability as shown in the above table, and the number of its phrases is (50) phrases, and therefore the scale did not change from what the scale designer put in its image shown in the description of the scale.

Third: The Sports Mentoring Program (Appendix 3):

The two researchers prepared a sports counseling program, after reviewing the specialized scientific references, studies and research, including the study of **Shehata (2009)**, **Al Mazrou' (2003)**, **Zaghloul (1990)**, as well as a survey of the opinions of many experts in the field of sports and psychology, whose number is (4) experts. Annex (1), in order to determine the contents of the program and its duration. The most important steps that the researchers followed to prepare the program can be summarized:

The first stage of preparation and planning: At this stage, the preparation and planning of this program takes place in terms of the objective, foundations, content, time period. The human and material capabilities and these are the most important procedures in that stage:

-The aim of the program: This program aims primarily to clarify the important role of sports and its various activities on the behavior of children in residential institutions to prepare a suitable individual for himself and his community through the contents of the psychological counseling program, which is taught through counseling sessions mixed with different types of sports activities, which aim to:

Reducing the feeling of psychological loneliness for children in residential institutions in Minya, through: - Development and improvement of social communication processes.

-Attention to creating an atmosphere of mutual acceptance and acceptance of others.

-Work to establish an atmosphere of intimacy and love based on social support and reinforcement

The scientific foundations of the program

1) Taking into account the individual differences between children.

- 2) Compatibility of the program content with its objectives.
- 3) Taking into account the characteristics of the sample under investigation.
- 4) The program should be characterized by safety, continuity, continuity and integration.
- 5) Taking into account the available human and material capabilities.

Program content:

The Sports Guidance Program contains a set of instructions and guidance services that aim to reduce the feeling of psychological loneliness for children in residential institutions. This aspect is emphasized through sports activities prepared for that purpose, all of which continue and integrate to achieve the general goal of the program.

Program duration:

The sports counseling program contains (36) counseling sessions of (3) sessions per week for a period of (3) months, and the time of the session is (90) minutes, and the session consists of four main parts (preparation, counseling service, sports activity, calming down, evaluation), All of them continue and integrate to achieve the general objective of the program. The experts refer to Annex (1) in determining the time period for each part of the unit and so on for the program as follows: Preparation and specifying it (10 s), sports activity and specifying it (40 s), calming and determining it (10 s), Guidance service is determined for it (20 s), evaluation is determined for it (10 s).

Human and material capabilities:

These capabilities are: A-Human capabilities:

represented in those responsible for implementing the program, preparing them well for this purpose, and training them on the program's instructions, conditions, and goal.

Material capabilities:

They are represented in the facilities and buildings for the application of the program and the preparation of the appropriate place for that purpose,

and the availability of tools and devices used to implement the contents of the program.

* The second stage of application In this stage, the researchers and those in charge of applying the contents of the sports counseling program according to the time period set for each of the components of the program as shown in Annex (3).

The third stage of evaluation:

This stage is linked to the application stage more than others, in which the researchers set scores and quantitative estimates for the research variables through observations or interviews to measure behavior. At this stage, accuracy and commitment to objectivity are taken into account in assessing the behavior of the sample members. It requires the researcher to make an observation or interview form. To measure the behavior and link it to some modern technological means such as the camera so that the observation process is completed when you want to return the behavior again or to know how often the sample repeats this behavior until it is evaluated. The fourth stage of evaluation: This stage is based on the previous stage (evaluation), as it depends primarily on the quantitative estimates recorded by the researchers for the research sample on each component of the program, dealing with these degrees, and discovering and diagnosing the program's strengths and weaknesses.

Search application steps:

A- Survey study:

The researchers conducted an exploratory study to ensure the appropriateness of the research tools used to apply to the sample under study, where the research tools were applied to a sample of (12) children from the children of residential institutions in Minya city from the research community and not from the basic sample, and the results of that study showed an understanding of The sample of the research tools used as well as the application instructions **b- Application of the study:**

After confirming the appropriateness of the data collection tools through the exploratory experiment, the researchers applied these tools to the basic research sample of (20) children from the children of residential institutions in Minya, during the period from 31/10/2020 to 20/1/2021AD as it is shown in Appendix (3).

View search results:

The researchers will present the search results as follows: - The significance of the statistical differences between the average degrees of the pre and post measurements for children of residential institutions in Minya city on the physical unit in the direction of the post measurement.

Hypothesis Test:

"There are statistically significant differences between the mean scores of the pre- and post-measurement degrees in the sense of psychological loneliness of the children of residential institutions in Minya city in the direction of the post-measurement".

Table (7): The significance of the statistical differences between the average scores of the pre and post measurements for children Housing institutions in Minya city on the feeling of psychological loneliness (n = 20)

	Variables	Average Tribal Measurement	Average dimensionality	the difference	standard deviation of the difference	value of "t"	change rate
1	The social dimension	21.90	18.20	3.70	3.01	**5.49	16.89
2	rejection by others	32.10	27.10	5.00	3.79	**5.88	15.57
3	Loss of mutual familiarity with others	17.75	14.85	2.90	2.82	**4.58	16.33
	total summation	71.75	60.15	11.60	8.19	**6.32	16.16

**Indication level at 0.05

**Indication level at 0.01

explain Table (7) that: -

There are statistically significant differences between the average degrees of the tribal and remote measurements of the children of residential institutions in Minya city in the (social dimension) of the dimensions of the psychological unity scale, where the value of (T) reached (5.49**), and these differences are in the direction of the average degrees of the dimensional measurement, which means Because these differences are real and not due to chance.

- There are statistically significant differences between the average degrees of the tribal and remote measurements of the children of residential institutions in Minya city in the dimension (rejection from others) of the dimensions of the psychological unity scale, where the value of (T) reached (5.88**), and these differences are in the direction of the average post-measurement degrees This means that these differences are real and not due to chance.

- There are statistically significant differences between the average degrees of the tribal and remote measurements of children of residential institutions in Minya city in the dimension (loss of mutual intimacy with others) of the dimensions of the psychological unity scale, where the value of (T) (4.58**), and these differences are in the direction of average degrees The dimensional measurement, which means that these differences are real and not due to chance. - There are statistically significant differences between the average degrees of the tribal and remote measurements of the children of residential institutions in Minya city on the total sum of the psychological unity scale, where the value of (T) reached (6.32**), and these differences are in the direction of the average degrees of the post-measurement, and this means that these differences Real and not accidental.

-That there is a rate of change in the psychological unit between the average degrees of the tribal and remote measurements for the children of residential institutions in Minya city in the (social dimension) of the dimensions of the psychological unit scale, and this change amounted to (16.89), and this change is in the direction of the average degrees of the dimensional measurement.

- There is a rate of change in the psychological unit between the average degrees of the tribal and remote measurements of the children of residential institutions in Minya city in (rejection from others) from the dimensions of the psychological unit scale, and this change amounted to (15.57), and this change is in the direction of the average degrees of the dimensional measurement

- There is a rate of change in psychological unity between the average degrees of the tribal and remote measurements of the children of residential

institutions in Minya city in (loss of mutual familiarity with others) from the dimensions of the psychological unit scale, and this change amounted to (16.33), and this change is in the direction of the average degrees of the dimensional measurement.

- There is a rate of change in the psychological unit between the average degrees of the tribal and remote measurements for the children of residential institutions in Minya city in the total sum of the psychological unit scale, and this change amounted to (16.16), and this change is in the direction of the average degrees of the dimensional measurement.

* These data are represented by the following graph, which shows the rate of change between the pre and post measurement of the research variables in the psychological unit,

-Discussion of the results

-The results of Table (7) indicate that “there are statistically significant differences between the average scores of the pre and post measurements of children of residential institutions in Minya city on the feeling of psychological loneliness in the direction of the dimensional measurement”. with others) where (t.test) values ranged between (**4.58, **5.88), as well as the total sum of the scale where the value of (t.test) reached (6.32**), which are statistically significant values at the two levels (0.05, 0.01) These differences are in the direction of the mean dimensional measurement of her "in the psychological unit variable.

-It was found from the initial measurements carried out by the two researchers that there is a rise in isolation and psychological loneliness in the research sample and this was evident through the averages of the tribal measurement of the variable social dimension and its estimate (21.90), which decreased to (18.20) for the dimensional measurement, and the variable of rejection from others and the estimate of its tribal average (32.10).) and it decreased to (27.10) for the dimensional measurement, and the variable of mutual loss of intimacy with others was estimated by its tribal average of (17.75) and decreased to (14.85) for the dimensional measurement of it. As for the estimate of the tribal average of the total psychological unity scale, it was estimated (71.75) and decreased to (60.15) for the dimensional measurement. All of this indicates changes in the averages of the tribal and dimensional measurements.

-The researchers realized in the variable of rejection from others that to change the ideas of others and not to reject us, we have to be righteous and socially acceptable and to be influential in them so that we are not subjected to rejection by them or reject them by us. This matter was very important for

the researcher to change the course of this rejection through the processes of interaction and mutual influence And the processes of benefiting and social acceptance of the other, not attacking others, and controlling behaviors through the work of instructive sessions that serve this, such as readings about compliance with, respect and appreciation for others, and that a person cannot live in isolation from others, so who among us lives alone, and sports help in that social activity that helps in the processes of acceptance of the other And not their rejection of us or our rejection of them, and the process of forming companionship and friends had a good effect on that.

-The results of the same table (7) indicate that there are rates of change between the averages of the tribal and dimensional measurements in the psychological unit variables, which are illustrated through Figure (1), which shows the program's superiority in modifying some social communication behaviors, acceptance, intimacy and fruitful cooperation, and the best rates of change were for the share of the dimension variable. The social, where it reached (16.89), and the lowest rate of change of rejection from others was (15.57), then came in the second place the variable of mutual loss of intimacy with others with a rate of change (16.33).

-The social dimension variable comes in the first place in terms of the rate of change, which amounted to (16.89) and this is due to the researcher's ability to create an atmosphere of positive participation and cooperation and get rid of isolation and focus more on cooperative teamwork, stories and behavioral controls implemented through the sports content and respect for others, and the ability of The researcher aims to modify behaviors and create an atmosphere of intimacy, respect and acceptance of the other through sports counseling sessions that encourage the appreciation of others and that self-esteem comes from the appreciation of others.

-The least affected of these variables is the rejection variable from others, where the rate of change was (14.37) and this is due to the fact that the program focused entirely on social participation and cooperation. Despite this, many children had an internal feeling of rejection from others. They appear social and cooperative in a large percentage, but they reject another percentage. Internally, what happens externally, i.e. what we observe in their social behaviors, this is the human psyche that is not satisfied with an absolute percentage. Within it there are conflicts that have formed for them from the unfair view of others, which entrenched internal feelings of rejection towards others,

but the researchers succeeded in bringing about change to accept others thanks to the sports counseling program.

Accordingly, the researchers believe that the sports counseling program had a commendable effect on psychological loneliness, ridding the feeling of isolation and despair felt by children in residential institutions, and improving their wrong societal awareness and the pressures they are exposed to and interpreting them on a positive and correct basis. So, the hypothesis that states that: "

There are statistically significant differences between the mean scores of the pre and post measurements in the sense of psychological loneliness of children in residential institutions in Minya city in the direction of the post measurement.

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