



Research Paper

Political socialization and its impact on psychological resilience and PTSD among individuals engaged with Israeli occupation forces on Mount Sabih

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ARTICLE INFO

Keywords:

Israeli occupation
Political socialization
Psychological resilience
PTSD, Mount sabih

ABSTRACT

Introduction: This research investigates the complex dynamics of political socialization, psychological resilience, and posttraumatic stress disorder (PTSD) among Palestinians who confronted Israeli military occupation forces on Sabih Mountain in Beita in Palestine.

Methods: This study utilized a descriptive correlational methodology with a sample size of 141 participants. Relevant data were collected using survey questionnaires and analyzed using appropriate statistical techniques.

Results: This study revealed a positive correlation between political socialization and psychological resilience in the Palestinian population. Higher exposure to political socialization leads to increased resilience but is inversely correlated with the likelihood of severe PTSD. Those with greater resilience are less susceptible, while those lacking resilience are more susceptible. A greater degree of political socialization reduces the likelihood of experiencing PTSD-related consequences.

Discussion: This study emphasizes the significance of political socialization in fostering psychological resilience and attenuating PTSD in Palestinians who are facing Israeli occupation forces. Age, detention by Zionist forces, and family size significantly impact resilience levels. Age is the most influential variable, with retention positively influencing resilience. Family size, income, and disability also affect resilience levels. These findings help in understanding the complex dynamics of political socialization, psychological resilience, and PTSD among Palestinians, enabling targeted interventions and support mechanisms to enhance resilience and mitigate the impact of psychological disorders.

Conclusion: This research highlights the connection between political socialization, psychological resilience, and PTSD in the Palestinian population, who faced PTSD during the Israeli occupation. It is crucial for stakeholders to support initiatives focused on political socialization, as it nurtures psychological resilience and mitigates PTSD susceptibility. By collaborating with governmental bodies and nongovernmental institutions, transformative and collaborative efforts can be initiated, providing unwavering support and safeguarding the psychological well-being of the Palestinian people amidst the arduous adversities they face.

Introduction

In conflict-ridden regions around the world, interactions between individuals and occupying forces can have profound psychological consequences. The Israeli-Palestinian conflict, with its complex dynamics and prolonged occupation, has been a subject of extensive research on the psychological effects experienced by those directly engaged with the Israeli occupation forces. Understanding the factors that shape individuals' responses and resilience in such circumstances is crucial for comprehending the broader impact of political socialization.

Political socialization is the process by which people grow and learn about politics, forming unique connections to the political environments in which they live; through this process, people learn about the workings of the political system, internalize the political values and ideologies of their society and recognize its symbols and rituals (Muxel, 2022). It involves the acquisition of attitudes, beliefs, and behaviors through various processes within a specific sociopolitical environment. In the Israeli-Palestinian conflict, socialization occurs through familial, educational, and societal channels, shaping individuals' perceptions of and responses to occupations. Socialization is a fundamental tool for

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<https://doi.org/10.1016/j.ejtd.2024.100413>

Received 18 October 2023; Received in revised form 26 April 2024; Accepted 6 May 2024

Available online 8 May 2024

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human development and has a transformative impact on individuals. Socialization processes involve cultivating cognitive faculties, nurturing unique capabilities, and instilling desirable traits such as patience, perseverance, accountability, work ethic, patriotism, and territorial boundaries. Political socialization shapes individuals into virtuous citizens who significantly influence society through education and institutional frameworks (Wannas, 2015, p. 5). Group-oriented perspectives emphasize the profound influence collective entities have on attitudes and behaviors, with influential groups such as family units, comradeship associations, educational institutions, and political parties shaping individual outlooks (Abu Rukba, 2012).

The concept of resilience refers to a person who is able to adapt positively despite significant stress or adversity (Luthar et al., 2000). Psychological resilience is an individual's ability to cope with adversity, maintain psychological well-being, and adapt to challenging circumstances. It involves bouncing back from challenging experiences, maintaining a sense of well-being, and continuing functioning effectively despite adversity. Factors influencing resilience include personal characteristics, social support systems, coping strategies, and cognitive processes.

Numerous studies have explored the concept of psychological resilience and its impact on well-being and mental health outcomes. Masten and Narayan (2012) emphasize the importance of individual and contextual factors in promoting resilience. Protective factors such as social support, positive relationships, and adaptive coping strategies contribute to psychological resilience. Cognitive processes, such as cognitive appraisal and positive thinking, also play a crucial role in enhancing resilience. According to Fredrickson (2001), positive emotions and thinking broaden cognitive and behavioral repertoires, facilitate problem solving, and build psychological resources. Greater psychological resilience has been associated with cognitive reappraisal, reframing and interpreting stressful events in a more positive light (Tugade & Fredrickson, 2004).

Research shows that psychological resilience is not solely determined by innate qualities but can be developed through various interventions and practices. Individuals can cultivate resilience through adaptive coping strategies such as seeking social support, problem solving, and finding meaning in adversity (Bonanno, 2004). Resilience-focused interventions, such as cognitive-behavioral therapy and training programs, have shown promising results in enhancing psychological resilience among individuals facing traumatic experiences (Meichenbaum, 2011; Southwick et al., 2014). Understanding psychological resilience is crucial for comprehending how individuals cope with traumatic experiences and stressors associated with their occupation. Investigating the factors contributing to resilience in this population can provide valuable insights into the protective mechanisms that promote mental well-being and mitigate PTSD symptoms.

Resistance against Israeli occupation forces on Mount Sabih is crucial because it serves as a vital link between the northern and central regions of the West Bank. The mountain is an agricultural area owned by Palestinians from Qablan, Yatma, and Beita, and its occupation hinders any geographical connection between these areas. The resistance against Israeli forces on Mount Sabih dates back to 1984 when the Israeli government constructed the "Samaria Crossing" road. In May 2021, settlers established a settlement outpost called "Avitar" after a settler's death in 2013. However, the settlement was thwarted due to the people of Beita's swift resistance and sacrifices.

In May 2021, settlers constructed 40 residential units housing 50 families. Agreement was reached between the Israeli Minister of Defense, Benny Gantz, and settlement leaders regarding the "Givat Avitar" outpost, which required settlers to evacuate the area and establish a Torah religious school. However, the people of Beita reject this agreement, arguing that the mountain's lands are privately owned and documented with their owners' names. The resistance against Israeli occupation forces has been successful through demonstrations, resistance methods, and the determination of the youth in the villages to

confront the settlement. The village of Beita has become a model for other villages in Nablus, and attempts to gain control over the surrounding mountains have been thwarted. Preserving, developing, and generalizing this experience of popular resistance is crucial for promoting leadership and inspiration.

This research explores the relationships among political socialization, psychological resilience, and posttraumatic stress disorder (PTSD) among Palestinians living under Israeli occupation forces on Mount Sabih. It aims to understand how political socialization enhances resilience and mitigates traumatic effects. Mount Sabih is a strategic location for confrontations between local residents and occupying forces, and this study aims to shed light on the interplay between political socialization, psychological well-being, and the long-term effects of occupation. This research contributes to the existing knowledge on the psychological impact of conflict and occupation, informs efforts to promote resilience and well-being among affected populations, and identifies potential interventions and support for individuals navigating the challenging realities of living in occupations.

Through a comprehensive analysis of the relationships among political socialization, psychological resilience, and PTSD, this study seeks to deepen our understanding of the intricate psychological processes at play in conflict-affected regions. Researchers have attempted to answer the following questions: 1) Does a discernible correlation exist between political socialization, psychological resilience, and manifestations of posttraumatic stress disorder among Palestinians actively engaged in popular endeavors aimed at countering the Zionist occupation schemes on Mount Sabih? 2) What are the levels of political upbringing, psychological resilience, and posttraumatic stress disorder among Palestinians actively involved in popular activities against Zionist occupation schemes in Mount Sabih? 3) To what extent do variables such as age, marital status, monthly income, educational attainment, family size, arrests perpetrated by the Israeli army, exposure to injuries caused by the Israeli army, location and nature of the injuries sustained, and the resulting disabilities impact the interconnectedness of political socialization, symptoms of posttraumatic stress disorder, and psychological resilience among Palestinians participating in popular activities to thwart the Zionist occupation schemes in Mount Sabih?

Theoretical setting

Social cognitive theory, developed by Albert Bandura (1998), provides a comprehensive and sophisticated theoretical framework for comprehending the intricate relationships among political socialization, psychological resilience, and posttraumatic stress disorder (PTSD) among individuals engaged with Israeli occupation forces on Mount Sabih. This theory underscores the reciprocal and dynamic interactions that occur between individuals, their environment, and their cognitive processes.

Social cognitive theory suggests that individuals acquire knowledge, attitudes, and behaviors through observational learning (Islam et al., 2023). In Mount Sabih and political socialization, individuals learn and develop their political attitudes, values, and beliefs through the observation and imitation of influential figures (Van Ditmars, 2022). Albert Bandura's theory highlights the importance of observational learning in shaping thoughts, feelings, and behaviors (Bandura, 1998). This process can influence political attitudes, values, and beliefs by providing information on effective engagement with occupation forces, fostering identification with resistance movements, and reinforcing the perceived legitimacy and significance of actions (Weiss, 2020).

Self-efficacy, as a central concept within social cognitive theory, is highly relevant when examining the context of Mount Sabih and individuals engaging with Israeli occupation forces. It refers to an individual's belief in his or her ability to successfully execute specific actions to achieve desired outcomes. In the context of engaging with occupational forces, individuals with heightened levels of self-efficacy are more likely to cultivate psychological resilience and are less prone

to developing PTSD symptoms.

Individuals with high self-efficacy are confident in their ability to cope effectively with adversity and trauma, enabling them to counter occupational forces. This belief empowers them to engage in activities that counter occupation forces, as they have confidence in their skills, knowledge, and resources. On Mount Sabih, individuals with greater self-efficacy perceive their actions as meaningful and effective in resisting occupation, believing that their efforts can lead to positive outcomes. This sense of empowerment and belief in their own efficacy can protect against the development of PTSD symptoms, as they are more resilient in the face of trauma and adversity.

Self-efficacy is crucial for promoting psychological resilience and reducing PTSD symptoms. Benight and Bandura's (2004) study revealed that individuals with greater self-efficacy had greater resilience in terms of their psychological well-being and trauma-coping abilities. Furthermore, a study by Bartone et al. (1989) explored the relationship between self-efficacy and combat-related stress reactions among military personnel. The results indicated that individuals with higher self-efficacy reported lower levels of stress reactions and were more resilient in the face of combat-related challenges. These studies support the notion that self-efficacy plays a crucial role in promoting psychological resilience and mitigating the development of PTSD symptoms. In the context of Mount Sabih, individuals with higher self-efficacy are more likely to maintain their psychological well-being and effectively navigate the challenges posed by engaging with the Israeli occupation forces.

Outcome expectations involve anticipating the consequences of actions. Socialized individuals who perceive resistance against the Israeli occupation as meaningful and effective are more likely to engage in countering occupation forces. This sense of purpose and belief in potential positive outcomes contributes to psychological resilience and may help mitigate PTSD symptoms.

Research studies support the influence of outcome expectations on psychological resilience and the mitigation of PTSD symptoms. For instance, a study by Foa et al. (2007) explored the role of perceived self-efficacy and outcome expectations in the treatment of PTSD. The findings revealed that individuals who had positive outcome expectations and believed that treatment would be effective showed better treatment outcomes and reduced symptom severity. Another study by Zoellner et al. (1999) examined the role of outcome expectations in predicting the development of PTSD symptoms among survivors of sexual assault. The results indicated that individuals with more positive outcome expectations had lower levels of PTSD symptoms over time.

Social cognitive theory emphasizes reciprocal determinism between individuals, their environment, and cognitive processes. In the context of engaging with Israeli occupation forces, political socialization is influenced by firsthand experiences, sociopolitical context, and cognitive interpretations. This process shapes the individual's environment and influences others' experiences, creating a dynamic feedback loop that continuously shapes political attitudes, resilience, and responses to trauma (Dowsett & Bates, 2019).

Review of literature

Numerous studies have delved into the intricate interplay between political factors and psychological well-being across diverse populations. A study by Al-Himani (2022) revealed that adolescents in Jerusalem exhibited elevated levels of both political socialization and psychological resilience while experiencing minimal psychological pollution. Additionally, a significant positive correlation emerged between political socialization and psychological resilience. Harazneh et al. (2021) focused their research on Palestinian children who had experienced trauma, and their findings indicated that substantial political socialization played a crucial role in facilitating their swifter recovery and enhanced psychological adaptation.

Assaf (2020) explored the influence of Palestinian universities on

political education and its connection to students' attitudes toward the right to return. The study revealed a moderately positive evaluation of both factors, further revealing a significant positive relationship between universities' role in political education and students' attitudes toward the right to return. Vashdi et al. (2019) embarked on a longitudinal study in the Gaza Strip, discovering that individuals who had experienced political violence and possessed fewer resources displayed reduced susceptibility to posttraumatic stress disorder (PTSD), while those who perceived political efficacy demonstrated increased resilience against the disorder.

Abu Rukba (2012) examined the aspects of political socialization and national belonging among Palestinian university students in Gaza. The investigation revealed favorable levels of both factors, with a significant positive correlation between them. Hobfoll et al. (2011) explored psychological resilience, PTSD symptoms, and depression among Palestinians exposed to political violence. Their study identified distinct trajectories of PTSD and depression, further revealing that psychological resilience was associated with reduced exposure to violence and the availability of support.

Doty (2010) conducted a study involving youth residing in conflict regions and illustrated a positive relationship between increased engagement in political events and resistance activities and higher levels of psychological resilience. Barber (2008) drew inferences from studies conducted among youth in Bosnia and Palestine, suggesting that political engagement could serve as a protective factor against the adverse effects of political violence while fostering psychological resilience.

In his study, Jabali (2022) examines the recent upswing of popular civil resistance in Beita aimed at countering territorial confiscation. The findings shed light on the systematic land confiscation carried out by Israeli settlers and the military. The researcher argued that Beita's commitment to nonviolent resistance not only bolsters its legitimacy but also fosters grassroots participation. The town has consistently employed popular forms of civil resistance, including weekly protests and night-confusion tactics, as a means to protect itself and expel settlers. Despite enduring significant sacrifices, the Israeli military has transformed the contested site into a military base, underscoring the potential effectiveness of popular civil resistance in challenging occupiers.

This research aims to address the gap in knowledge on the correlation between political socialization and psychological resilience in the West Bank. Previous studies have generally indicated a positive association between political participation and resistance activities. However, emerging evidence suggests that political engagement may increase the risk of depression, highlighting the need for further investigation (Shangguan et al., 2021). Factors such as exposure to political violence, combat trauma, low competence, limited political engagement, and weak political values and ideology contribute to increased susceptibility to posttraumatic stress disorder (Li et al., 2022). Social support, reduced exposure to political violence, and fewer material and psychological losses have been associated with a decreased likelihood of posttraumatic stress disorder and enhanced psychological resilience (Ares & van Dittmars, 2023). The intensified Zionist campaign in the West Bank highlights the need to investigate the relationship between these variables in this context.

The town of Beita

Beita, situated in the Nablus Governorate of Palestine, is a town located 14 kms southeast of Nablus city. Historically, it was a large village in the El-Beitawy District. The name "Beita" is derived from the word "bayt," which signifies a house that offers shelter, peace, and tranquility. In the past, travelers from northern Palestine stopped in Beita, considering it a refuge where pilgrims could find rest, peace, and protection, as stated by the Beita Municipal Council. The town has been renowned for its scenic beauty and thriving olive crops (Cantarow, 1989).

With its strategic central location, Beita serves as a hub for approximately 30 communities south of Nablus city (Daoud, 2009). The population of Beita has experienced growth, increasing from 9079 in 2007 to 11,682 in 2017 and further to 12,267 in 2020. Covering an area of approximately 8270 square kilometers, Beita has a population density of 1483 people per square kilometer. The town boasts several historical and archaeological sites, including Roman ruins atop Al-Urma Mountain, which encompasses a series of deep caves used as tombs; these sites have attracted interest from Israeli settlers and archaeologists who have attempted to appropriate the mountain for the construction of a settlement. Additionally, Beita is home to the Abu Zakari Shrine, dating back to the time of the Crusades, and other archaeological sites, such as Khirbit Olim, Khirbet Rojaan, and Al-Bal'a, a cave adorned with pottery shards and wall statues (Jabali, 2022).

Study methodology

The present study employed a descriptive correlational predictive methodology to explore the levels of political socialization, psychological resilience, and posttraumatic stress disorder (PTSD). A descriptive methodology was adopted to examine these variables, while a correlational methodology aimed to investigate their relationships. Furthermore, this study utilized predictive methodology to assess the interpretive capacity of categorical variables for political socialization, psychological resilience, and PTSD.

Study population and sample

The study encompassed the entire population of Palestinian youth actively engaged in popular activities against the Zionist occupation and settlers' schemes in the Mount Sabih area. However, identifying specific individuals within this population proved challenging due to their diverse origins, affiliations with various Palestinian organizations, and political orientations across different regions in Palestine. The Palestinian youth in Mount Sabih are united in their resistance against Israeli occupation and settlers' plans. They come from diverse backgrounds, including students, skilled laborers, and unemployed youth. The movement is intergenerational, with participants under 20 to 50 years old showing intergenerational solidarity. The economic diversity of youth is evident, with participants earning varying amounts from less than 2000 shekels per month to 6000 or more. They have varying levels of education, from primary school to postgraduate degrees, showcasing intellectual and academic support for the cause. The movement is diverse in family size, demonstrating that the quest for freedom transcends familial obligations. The socioeconomic diversity within the resistance movement is evident, with some earning less than 2000 shekels per month, while others may earn 6000 or more. The diverse range of participants demonstrates the breadth of intellectual and academic support for resistance against occupation.

The central factor facilitating the inclusion of participants was their collective engagement in countering occupation activities within the Mount Sabih area, which is situated in the Nablus region of the West Bank. All participants were involved in countering occupation activities within the Mount Sabih area, which is located in the Nablus region of the West Bank. In 2018, Zionist settlers initiated the establishment of a settlement outpost on the mountain consisting of four mobile homes referred to as "caravans." This sparked increased clashes between Palestinian landowners and the occupying Zionists, resulting in the expulsion of settlers from the mountain following casualties and injuries sustained by Palestinians defending their national rights. During the nine months of confrontations, there were 11 martyrs and more than a thousand individuals injured by Israeli army gunfires. The study sample consisted of 141 male Palestinian youth ranging in age from 15 to over 50 years, with an average age of 28.7 years. The sample selection employed an available or convenient sampling method. The study used convenience sampling due to logistical and security challenges in the

Mount Sabih area, where access to participants was limited. Convenience sampling allowed for data collection within the timeframe of the study, allowing for the capture of firsthand experiences during ongoing resistance activities. The Mount Sabih area has been a hub of political tensions, making the window of opportunity for data collection unpredictable. Table 1 provides a comprehensive overview of the study sample in terms of its categorical variables.

Our data collection occurred from May 2022 to May 2023 and focused on individuals actively involved in countering occupation activities within Mount Sabih, which is located in the Nablus region of the West Bank. The urgency of our study was fueled by significant events in the area, particularly the establishment of a Zionist settlement outpost on the mountain in 2018. In light of these events, we employed a combination of outreach methods, including engagement with local community leaders and grassroots organizations, to identify and recruit participants who could provide firsthand perspectives on resistance efforts at Mount Sabih. While convenience sampling was utilized for accessibility, we made efforts to diversify our sample and ensure representativeness by reaching out to individuals from different demographics and political affiliations.

Table 1

Distribution of the study sample according to categorical variables.

Categorical variables	Variable levels	Frequency	Percentage
Age	Less than 20	40	28.4
	From 20 to 29	50	35.5
	From 30 to 39	23	16.3
	From 40 to 49	16	11.3
	50 or more	12	8.5
Marital status	Single	74	52.5
	Married	61	43.3
	Others	6	4.3
Monthly income in shekels	Less than 2000	70	49.6
	2000 – 3999	53	37.6
	4000 – 5999	11	7.8
	6000 or more	7	5.0
Educational level	Primary school	23	16.3
	Preparatory school	32	22.7
	Secondary school	48	34.0
	Diploma or Bachelor's degree	33	23.4
	Postgraduate degree	5	3.5
Family size	Less than 4 members	39	27.7
	From 4 to 7 members	65	46.1
	More than 7 members	37	26.2
Political affiliation	Fatah movement	68	48.2
	Hamas movement	28	19.9
	Islamic Jihad movement	4	2.8
	The Palestinian left	6	4.3
	Independent	35	24.8
Being arrested by the Israeli army?	No	87	61.7
	Yes	54	38.3
Being injured by the Israeli army or settlers?	No	20	14.2
	Yes	121	85.8
Location of injury	Never got injured	20	14.2
	In the face, head or neck	28	19.9
	In the chest or back	25	17.7
Nature of the injury	In the limbs	68	48.2
	Never got injured	20	14.2
	Mild/light	19	13.5
	Medium	53	37.6
	Severe	49	34.8
Existence of injury-related disabilities	No	88	62.4
	Yes	53	37.6
Total		141	100

Study tools

First: political socialization scale

The researchers developed a context-specific Political Socialization Scale for the Palestinian situation, considering its subjugation under the Zionist occupation, which engenders political dynamics distinct from those of an independent and sovereign state. They drew upon various established scales in the field. The scale comprised 44 items utilizing a Likert quadruple response format (strongly agree = 4, agree = 3, disagree = 2, strongly disagree = 1). It was designed without any reverse-coded items. This approach enables us to include measurement items that have undergone rigorous testing and validation in previous research, ensuring the reliability and validity of our scale. Tailoring a scale specifically to the Palestinian context is crucial because it allows us to accurately capture the distinct political dynamics and challenges experienced by Palestinians living under occupation. By incorporating components from multiple established scales, we can comprehensively capture the diverse aspects of political socialization among Palestinians, considering the unique sociopolitical factors that shape their political attitudes and behaviors.

The Political Socialization Scale has 26 items that have achieved convergence, with loadings on four factors. The data met the sampling adequacy criteria and sphericity criteria, indicating that they were suitable for rigorous scientific analysis. The factor loadings ranged from 0.32 to 0.74, indicating an appropriate explanation for the variance. Table 2 provides a detailed presentation of the factor loadings for each item in the Political Socialization Scale.

To condense the data into a more manageable set of summary variables and explore the underlying theoretical foundations of respondents' attitudes toward political socialization, psychological resilience, and PTSD, exploratory factor analysis was utilized. The four factors collectively accounted for 48.81% of the variance. All factors exhibited eigenvalues greater than one, indicating their significance. The first factor, political efficacy, explained 26.44% of the variance and was associated with 11 items, with an eigenvalue of 6.87. The second factor, political openness, accounted for 9.27% of the variance and loaded on 6 items, with an eigenvalue of 2.41. The third factor, good citizenship, explained 7.65% of the variance and loaded on 6 items, with an eigenvalue of 1.99. Finally, the fourth factor, popular participation, explained 6.44% of the variance and was related to 3 items, with an eigenvalue of 1.67. Table 3 below presents the eigenvalues and the percentage of variance explained by each factor on the Political Socialization Scale.

Second: psychological resilience scale

The researchers utilized the Conner-Davidson Resilience Scale, which was translated and adapted for the Palestinian context by Thabit (2017). The scale consists of 10 items distributed across two domains: severity, including items 4, 6, 7, 8, 9, and 10, and motivation, including items 1, 2, 3, and 5. The scale does not include reverse-coded items; all items are aligned with the intended trait being measured. Responses to the scale items are provided based on a four-point Likert scale (strongly agree = 4, agree = 3, disagree = 2, strongly disagree = 1). It is worth mentioning that calculating the total score on this scale has psychological significance, as both domain scores are considered in addition to the overall score.

Third: posttraumatic stress disorder (PTSD) scale

The researchers employed the Davidson Scale, which aims to assess the impact of traumatic experiences on individuals. The scale was translated and adapted for Arabic by Thabit (2006). The scale is based on diagnostic criteria outlined in the DSM-IV. It consists of 17 items distributed across three domains: re-experiencing the traumatic event (items 1, 2, 3, 4, 17), avoiding the traumatic event (items 5, 6, 7, 8, 9, 10,

Table 2

Factor loadings in exploratory factor analysis of the political socialization scale (N = 141).

No.	Item	Loadings
1.	I possess an extensive knowledge and comprehensive understanding of the historical events and struggles of my country.	.458
2.	I am committed to fulfilling my obligations as a responsible citizen.	.482
3.	I have acquired a substantial repertoire of patriotic and revolutionary anthems and songs through memorization.	.363
4.	My love for my country is deeply rooted in my faith and is an integral aspect of my belief system.	.440
5.	I consistently strive to exhibit exemplary citizenship through my actions and behaviors.	.584
6.	I have a thorough comprehension of my rights and responsibilities toward my nation.	.487
7.	I actively engage in political and national seminars and events.	.431
8.	I maintain a personal library that encompasses literature pertaining to the Palestinian cause.	.421
9.	Political and national dialogs and debates frequently occur within my household and among my family members.	.319
10.	I consistently adhere to the principles of the law in both my words and deeds.	.357
11.	I actively encourage others to develop a love for our country and to make sacrifices on its behalf.	.445
12.	I consider myself a role model of patriotism, inspiring others through my actions.	.417
13.	I firmly believe that I have a role to play in the realization of the dream of establishing an independent Palestinian state.	.477
14.	I endorse the concept of political partnership between all Palestinian factions.	.509
15.	I reject the concentration of power within the hands of a single Palestinian entity.	.511
16.	I strongly advocate for the values of democracy and justice within Palestinian society.	.718
17.	I vehemently oppose any form of tribal, factional, partisan, or regional discrimination and fanaticism.	.587
18.	I actively encourage others to participate in political events and initiatives.	.574
19.	I am deeply engaged in following the political developments within my country.	.568
20.	I actively engage in discussions surrounding political matters concerning others.	.542
21.	I actively involve myself in volunteer work, such as street cleaning, wall painting, and tree planting.	.455
22.	I firmly believe that elections represent the most effective means of transferring power.	.415
23.	I embrace the diversity of opinions and perspectives among my fellow countrymen.	.469
24.	I openly criticize abuses and corruption cases, regardless of the individuals involved.	.468
25.	I steadfastly support the families of martyrs, prisoners, and the wounded.	.707
26.	I actively participate in protests against the practices of the Zionist occupation.	.744

11), and hyper-arousal (items 12, 13, 14, 15, 16). The scale does not include reverse-coded items; all items are aligned with the intended trait being measured. Responses to the scale items are provided based on a four-point Likert scale (strongly agree = 4, agree = 3, disagree = 2, strongly disagree = 1). It is worth mentioning that there is psychological significance in calculating the total score on this scale, as scores from the three domains are considered in addition to the overall score.

The scale's construct validity was verified on a pilot sample of 40 Palestinian youth who participated in protests on Mount Sabih. Inter-item correlations were calculated for the total scale, domains, and inter-domain correlations as shown in Table 4. The instrument was stabilized, including all 17 items, due to their essential correlation with the total score of the Post-Traumatic Stress Disorder (PTSD) scale and their intrinsic correlation with their respective domains.

Table 3

Construct validity of the Post-Traumatic Stress Disorder (PTSD) Scale ($N = 40$).

Psychological Resilience Domains	Item No.	Inter-Domain Correlation Coefficient	Total Scale Correlation Coefficient
Motivation	1	0.398**	0.476**
	2	0.367**	0.552**
	3	0.785**	0.758**
	4	0.567**	0.481**
	5	0.398**	0.476**
Intensity	Correlation of the field with the total score		0.323*
	6	0.756**	0.528**
	7	0.674**	0.562**
	8	0.659**	0.513**
	9	0.723**	0.573**
	10	0.737**	0.536**
	Correlation of the field with the total score		0.648**

Table 4

Validity of the Post-Traumatic Stress Disorder (PTSD) Scale ($N = 40$).

PTSD Domains	Item No.	Inter-Domain Correlation Coefficient	Total Scale Correlation Coefficient
Retrieving the traumatic experience	1	0.658**	0.464**
	2	0.606**	0.479**
	3	0.784**	0.710**
	4	0.634**	0.550**
	17	0.805**	0.678**
Avoiding the traumatic experience	Correlation of the field with the total score		
	5	0.853**	0.652**
	6	0.666**	0.570**
	7	0.684**	0.552**
	8	0.783**	0.674**
	9	0.674**	0.527**
Arousal	10	0.709**	0.615**
	11	0.752**	0.675**
	Correlation of the field with the total score		
	12	0.768**	0.641**
	13	0.759**	0.621**
	14	0.784**	0.632**
	15	0.805**	0.745**
	Correlation of the field with the total score		0.717**

Results and discussion

First, the study aimed to examine the relationship between political socialization, psychological resilience, and posttraumatic stress disorder (PTSD) among Palestinians actively involved in popular activities to counter the Zionist occupation schemes in Mount Sabih.

To address the main research question (Does a discernible correlation exist between political socialization, psychological resilience, and manifestations of posttraumatic stress disorder among Palestinians actively engaged in popular endeavors aimed at countering the Zionist occupation schemes in Mount Sabih?), the researchers employed Pearson product-moment correlation coefficients to analyze the associations between the variables of political socialization, psychological resilience, PTSD, and their respective domains. The resulting correlations are presented in Table 5.

The study revealed a significant correlation ($r = 0.436$, $\alpha > 0.01$) between psychological resilience and political socialization among Palestinians participating in popular activities to counter Zionist occupation schemes in Mount Sabih. This positive relationship suggests that as political socialization increases, so does psychological resilience. Higher levels of psychological resilience are associated with increased

Table 5

Pearson correlation test results for political socialization, psychological resilience, and posttraumatic stress disorder.

Variables	Posttraumatic stress disorder	Resilience
Political Socialization	−0.410**	0.436**
Posttraumatic stress disorder		−0.343**

** Statistical significance level of ($\alpha = 0.001$).

political efficacy, political openness, and good citizenship. This finding aligns with previous research (e.g., Azheeman, 2022; Barber, 2008; Doty, 2010; Harazneh et al., 2021) showing a positive correlation between political socialization and psychological resilience. Political socialization empowers individuals cognitively, emotionally, and behaviorally, ensuring their resilience against challenges such as terrorist practices. It instills a sense of entitlement, making them resilient in difficult times. Psychological resilience encourages active participation in political and popular activities (Munther et al., 2024), enabling Palestinians to bear associated risks, as stated by Jabali (2022).

The study revealed a significant inverse correlation between psychological resilience and posttraumatic stress disorder (PTSD) among Palestinians participating in popular activities against Zionist occupation schemes in Nablus Governorate. As psychological resilience increases, the likelihood of experiencing PTSD decreases. This is consistent with Dawas and Thabet's (2017) study. Psychological resilience helps individuals withstand hardships and pressures, adapt to traumatic situations, and maintain balance. Individuals with higher resilience levels are better prepared for hardships, while those with PTSD experience weakness, fatigue, and self-confidence.

Psychological resilience is crucial in the Palestinian context, as it reduces the likelihood of experiencing PTSD symptoms during ongoing conflict and occupation. Individuals with high resilience may engage in community support networks, draw on cultural and religious beliefs, and channel their experiences into advocacy or creative expression (Ares & van Ditmars, 2023). Those with lower resilience may struggle to find support, leading to increased distress and susceptibility to PTSD symptoms (Li et al., 2022). Coping mechanisms may include storytelling, art therapy, or community rituals. Resilience-building initiatives, such as community-led psychosocial support programs, trauma-informed education, and grassroots advocacy efforts, can foster solidarity, identity, and hope amid adversity (Shangguan et al., 2021). These initiatives empower Palestinians to navigate the complexities of occupation and conflict with greater resilience, thereby reducing the prevalence of PTSD symptoms.

Resilience is a key factor in overcoming hardships and challenges, such as conflict and oppression (Bonanno, 2004; Campbell-Sills, Stein, 2007). It allows individuals to adapt, maintain emotional stability, and persevere in adversity. PTSD, on the other hand, is a psychological condition that can lead to feelings of vulnerability, helplessness, and diminished self-confidence (Foa et al., 2007). It can manifest as intrusive thoughts, nightmares, hypervigilance, and avoidance behaviors, affecting daily functioning and quality of life (Ramírez-Maestre & Esteve, 2014). PTSD can also hinder individuals from engaging in activities, maintaining healthy relationships, and pursuing goals, further exacerbating their vulnerability to ongoing stressors and traumas (Foa et al., 2007).

Researchers discovered an inverse correlation between political socialization and PTSD among Palestinians participating in popular activities against the Zionist occupation in Nablus Governorate. As political socialization increases, the likelihood of PTSD decreases, and vice versa. This finding aligns with previous studies (Harazneh et al., 2021; Lating et al., 2017; Vashdi et al., 2019) that found an inverse relationship between political socialization and PTSD. Political socialization helps Palestinians understand oppressive occupations' psychology and predict repressive practices (Jabali, 2022). It empowers them to comprehend events, engage in them, and redirect their trajectories

through political participation, confrontation, and resistance. This cognitive framework reduces PTSD caused by Zionist occupation practices.

Second, the results related to the second question

To answer the second question (What are the levels of political upbringing, psychological resilience, and posttraumatic stress disorder among Palestinians actively involved in popular activities against Zionist occupation schemes in Mount Sabih?), mean scores and standard deviations were calculated for the variables of political socialization, psychological resilience, and posttraumatic stress disorder and its domains. One-sample *t* tests were used to compare the sample means with the hypothetical or theoretical population means (Table 6). When the Likert scale was used, the hypothetical population mean was considered to be 2.5, as it represents the midpoint between high and low estimates (Sullivan & Artino, 2013).

The study revealed significant differences in political socialization, posttraumatic stress, and psychological resilience variables among Palestinians who actively opposed Zionist occupation plans on Mount Sabih. The sample exhibited a high level of political socialization, consistent with previous research (e.g., Abu Rukbah, 2012; Azhaiman, 2022). This elevated socialization (heightened level of political socialization) is attributed to the enduring occupation of Palestine and the persistence of oppressive and terrorist practices, which negatively impact the lives of Palestinians. Engaging in political events, understanding the national cause, and participating in political activities are crucial for Palestinians to confront this aggression, emphasizing the importance of political awareness.

The study revealed a significant difference in psychological resilience among the sample participants, with a greater difference compared to the population mean. This finding is consistent with previous research by Azhaiman (2022) and Dawas and Thabet (2017), who reported increased resilience among Palestinian teenagers in Jerusalem and Palestinians in Gaza. The high resilience is attributed to two factors: the majority of participants, aged 20–39, who are actively resistant to occupational forces, who have at least a secondary school education, and who are affiliated with Palestinian factions. These factors indicate a rich national culture, contributing to a strong sense of belonging and attachment to the national cause. Additionally, the descendants of Palestinians have faced aggression and occupation for more than a century since the British forces occupied Palestine.

Finally, the study revealed a significant difference in posttraumatic stress disorder (PTSD) between the sample and hypothesized population means ($t = -3.64, \alpha > 0.01$), indicating a lower prevalence of PTSD in the sample. These findings align with (Hobfoll et al., 2011), which showed that Palestinians recover and improve their mental health after experiencing traumatic events. The researchers attributed these results to Palestinians' resilience and familiarity with witnessing violence in

their cities, villages, and refugee camps. Despite their brutality, every Palestinian household has been affected by imprisonment, injuries, or martyrdom, making such experiences a common part of their lives without long-lasting impacts.

Results related to the third question

To answer the third question (To what extent do variables such as age, marital status, monthly income, educational attainment, family size, arrests perpetrated by the Israeli army, exposure to injuries caused by the Israeli army, location and nature of the injuries sustained, as well as the resulting disabilities, impact the interconnectedness of political socialization, symptoms of posttraumatic stress disorder, and psychological resilience among Palestinians participating in popular activities to thwart the Zionist occupation schemes in Mount Sabih?), a multiple linear regression analysis (stepwise) was employed. This analysis aimed to explore the impact of various independent variables (such as age, marital status, monthly income, educational level, family size, detention by Zionist occupation forces, exposure to injuries caused by Zionist occupation forces, injury location, nature of the injury, and resulting disability) on the dependent variables (political socialization, posttraumatic stress disorder, and psychological resilience). Table 7 presents the outcomes of this analysis.

The preceding table provides evidence on the influence of various independent variables on political socialization. Age, detention by Zionist occupation forces, and family size were identified as significant factors affecting political socialization. The third regression model yielded an adjusted coefficient of determination of 0.167, indicating that these independent variables collectively account for approximately 17% of the variation observed in political socialization.

The fourth regression model demonstrated high reliability and validity ($F = 10.33, \alpha > 0.01$), with age emerging as the most influential independent variable, explaining 8.5% of the variance in political socialization. The first regression model also exhibited reliability and validity ($F = 13.98, \alpha > 0.01$), attributing 4.1% of the variance in political socialization to detention by Zionist occupation forces. Similarly, the second regression model displayed reliability and validity ($F = 11.04, \alpha > 0.01$), indicating that family size accounted for an additional 4.1% of the variance in political socialization. Finally, the third regression model demonstrated validity and reliability ($F = 10.33, \alpha > 0.01$).

The standardized beta value for the age variable was determined to be $\beta = 0.285$, with a corresponding *t* value of 3.78 ($\alpha > 0.01$), signifying a positive influence of age on political socialization. This finding implies that as individuals grow older, they tend to exhibit a greater level of political socialization. The researchers substantiate this outcome by positing that advancing age corresponds to increased maturity and political consciousness, accompanied by a greater accumulation of political knowledge and cultural resources.

The standardized beta value for the variable of detention by Zionist occupation forces was found to be ($\beta = 0.245, t = 3.23, \alpha > 0.01$). This indicates a positive influence of the detention variable on political socialization, meaning that individuals who have experienced detention tend to have a greater level of political socialization. The researchers justify this result by considering the detention experience as a form of learning. In detention facilities, political seminars and organizational lectures are conducted, transforming detainees into revolutionary schools. Additionally, direct interaction with Zionist prison guards and exposure to various interrogation methods enhance the political awareness of detainees, thereby promoting political socialization. Detention significantly impacts political socialization, as Palestinians face intense pressures, leading to increased awareness of issues and a desire for change. These experiences can foster strong political consciousness and activism against the occupation.

Furthermore, the standardized beta value for the variable of family size was $\beta = 0.236 (t = 3.11, \alpha > 0.01)$. This indicates a positive

Table 6
Results of one-sample tests to compare sample averages to population averages.

Variables			T	Df	p
	M	SD			
Political effectiveness	3.30	0.50	19.09	140	0.001**
Political openness	3.52	0.54	22.63	140	0.001**
Good citizenship	3.63	0.37	35.95	140	0.001**
Popular participation	3.70	0.46	30.84	140	0.001**
Political socialization	3.47	0.37	31.35	140	0.001**
Restore	2.45	0.85	-0.68	140	0.495
Avoidance	2.23	0.75	-4.30	140	0.001**
Arousal	2.15	0.88	-4.76	140	0.001**
Posttraumatic stress	2.27	0.75	-3.64	140	0.001**
Motivation	3.27	0.58	15.74	140	0.001**
Severity	3.42	0.56	19.45	140	0.001**
Psychological resilience	3.36	0.54	18.99	140	0.001**

Table 7

Results of the multiple regression analysis of the effect of the independent study variables on the dependent variables.

Dependent variables	Independent variables	R ²	β	t	Constant	q
Political Socialization	The first regression model: age	0.085	0.302	3.74**	3.26	13.98**
	The second regression model: age and exposure to arrest by the Zionist occupation	0.126	0.288	3.64**	3.21	11.04**
			0.217	2.74**		
			0.285	3.68**		
	The third regression model: age, exposure to arrest under the Zionist occupation, and family size	0.167	0.227	2.93**	2.99	10.33**
Psychological resilience	The first regression model: monthly income	0.029	0.215	2.78**	3.57	5.17*
			−0.189	−2.28*		
			−0.181	−2.19*		
			−0.170	−2.06*		
Posttraumatic stress disorder	The second regression model: monthly income and the nature of the disability resulting from the injury	0.051	−0.181	−2.19*	3.63	4.77*
			−0.170	−2.06*		
Posttraumatic stress disorder	The first regression model: the nature of disability caused by injury	0.028	0.187	2.25*	2.16	5.05*
			0.187	2.25*		

influence of family size on political socialization, implying that individuals from larger families tend to have a greater level of political socialization. The researchers justify this result by highlighting that an increase in family size provides a diverse and varied range of political socialization sources. It is common for a Palestinian household to include members belonging to different factions and political currents, creating opportunities for political discussions and debates within the family. This dynamic contributes to a higher level of political socialization in such households. Family size influences political socialization due to sociocultural dynamics, offering opportunities for political discussions, exchanging ideas, and diverse perspectives in larger Palestinian families.

The results regarding psychological resilience indicate that the independent variables that influence psychological resilience are monthly income and the nature of disability resulting from the injury. The adjusted coefficient of determination in the second regression model was 0.051, meaning that these two independent variables explained approximately 5.1% of the variance in psychological resilience. The second regression model showed reliability and validity ($F = 4.77$, $\alpha > 0.05$), with monthly income being the most influential independent variable, explaining 2.9% of the variance in psychological resilience. The first regression model also showed validity and reliability ($F = 5.17$, $\alpha > 0.05$), with the nature of disability resulting from the injury explaining 2.2% of the variance in psychological resilience.

The standardized beta value for the monthly income variable was found to be ($\beta = -0.181$, $t = -2.19$, $\alpha > 0.05$), indicating a negative influence of monthly income on psychological resilience. This suggests that as monthly income decreases, individual psychological resilience increases. This result appears logical since financial income plays a positive role in enhancing psychological resilience and increasing it. Economic factors help individuals satisfy their needs, enabling them to better cope with crises and pressures than individuals with lower income levels.

The standardized beta value for the nature of disability resulting from the injury variable was found to be ($\beta = -0.170$, $t = -2.06$, $\alpha > 0.05$), indicating a negative influence of the nature of disability on psychological resilience. This means that the lower the disability resulting from the injury is, the greater the individual's level of psychological resilience, and vice versa. This result seems reasonable since severe or serious injuries that lead to disabilities are likely to have a negative impact on the mental health of the injured individual. Such injuries may hinder their productivity and lead to feelings of depression, sadness, anxiety, and concern about the future, which negatively affect their psychological resilience.

Finally, the results regarding posttraumatic stress disorder (PTSD) suggest that the independent variable that influenced PTSD was only the nature of disability resulting from the injury. The adjusted determination value in the regression model was found to be 0.028, meaning that the nature of disability explains 2.8% of the variance in posttraumatic stress disorder. The regression model is reliable and valid ($F = 5.05$, $\alpha > 0.05$). Furthermore, the standardized beta value for the nature of

disability resulting from the injury variable was found to be ($\beta = 0.187$, $t = 2.25$, $\alpha > 0.05$), indicating a positive influence of the nature of disability on posttraumatic stress disorder. This means that as the severity of the disability resulting from the injury increases, the symptoms of posttraumatic stress disorder also increase. The researchers justify this result by stating that disability has negative psychological effects on the individual, including the domination of negative emotions, feelings of inadequacy and lack of self-confidence, and difficulty relying on oneself. This makes individuals feel weak and reduces their psychological resilience and stamina.

Conclusion

Based on the findings of this research, it can be concluded that various factors play a significant role in political socialization, psychological resilience, and posttraumatic stress disorder among Palestinians participating in popular activities against Zionist occupation plans in Mount Sabih. The variables of income, nature of disability resulting from injury, family size, and exposure to arrest were examined in relation to political socialization and psychological resilience, while only the nature of disability was examined in relation to posttraumatic stress disorder.

These findings have important implications for understanding and addressing the psychological well-being and resilience of Palestinians living in conflict-affected areas. The positive influence of income and family size on political socialization highlights the role of socioeconomic factors in fostering political awareness and engagement. Policymakers and community leaders can prioritize initiatives that provide economic support and opportunities for families, as well as create spaces for political discourse and education within the community. Moreover, the negative impact of low income and severe disability on psychological resilience underscores the need for targeted interventions to support individuals facing economic hardships and disabilities resulting from conflict-related injuries. This could involve providing access to mental health services, rehabilitation programs, and social support networks to promote coping strategies and enhance psychological resilience.

Finally, the association between exposure to arrest and political socialization suggests that the experience of imprisonment can serve as a catalyst for political awareness and engagement. Efforts should be made to ensure that individuals who have been detained have access to educational and empowerment programs during their incarceration to facilitate their political socialization and encourage positive activism upon release.

Limitations and future implications

This study is subject to several limitations. First, the sample size was relatively small, potentially limiting the generalizability of the findings to a larger Palestinian population in different regions or conflict-affected areas. Second, the cross-sectional design used in the study provides only a snapshot of the associations between variables, lacking the ability to

establish causality or account for changes over time. Additionally, relying on self-reported measures for psychological variables introduces the possibility of response bias, as participants may inaccurately report experiences due to social desirability or other factors. The absence of a control group makes it challenging to differentiate the specific effects of participating in popular activities against Zionist occupation plans from other influencing factors on political socialization and psychological outcomes. Finally, the study's focus on Mount Sabih limits the generalizability of the findings to other areas with distinct sociopolitical contexts.

The study's limitations have implications for future research. Longitudinal studies can examine temporal changes in political socialization, psychological resilience, and posttraumatic stress disorder, providing a more comprehensive understanding of these relationships. A diverse sample from various regions within Palestine is essential for generalizability. Researchers should incorporate experimental designs or quasi-experimental approaches to establish causal relationships and enhance internal validity. Integrating self-reporting measures with objective assessments, such as physiological stress indicators, and using qualitative methodologies such as interviews or focus groups can provide deeper insights into participants' experiences. Exploring the effectiveness of interventions targeting political socialization and psychological resilience is necessary, particularly among Palestinians who have experienced trauma and disabilities. Comparative studies comparing Palestinians with other populations exposed to conflict or occupation can reveal cultural and contextual factors shaping political socialization and psychological well-being, contributing to a more nuanced understanding of these phenomena.

Funding

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

CRediT authorship contribution statement

Oqab Jabali: Conceptualization, Investigation, Methodology, Supervision, Writing – review & editing. **Fakher Khalili:** Data curation, Formal analysis, Methodology. **Saqer Jabali:** Investigation, Resources, Validation, Writing – original draft.

Declaration of competing interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

Acknowledgement

The researcher would like to thank all study respondents for completing the survey.

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