

The Effectiveness of a Vocational Guidance Program to Improve Vocational Awareness toward Handicrafts and their Impact on the Attitude toward Life among Female Breadwinners in Charitable Associations in Najran

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ABSTRACT

The current study aimed to explore the effectiveness of a vocational guidance program in improving vocational awareness toward handicrafts among female breadwinners. Also, it aimed to understand the impact of the vocational guidance program on the attitude toward life among female breadwinners as well as community service through training on handicrafts. To achieve the objectives of the study, the researchers used the scale of vocational awareness toward handicrafts (prepared by the researchers), and the scale of attitude towards life (Ma'shi, 2018). The questionnaires were applied to a sample of (15) female breadwinners who benefit from the services of the Social Development Association in Najran. The data were statistically processed using the Z-value test and Wilcoxon test. The results indicated that there were statistically significant differences in favor of the posttest after implementing the program both at the level of vocational awareness or attitude towards life. The study recommended directing workers in charitable associations like social development associations to benefit from and support the program used in the study to expand its implementation in all charitable associations. Also, there is a need to pay attention to handicrafts to develop the skills of community members and help them enter the labor market as productive individuals for their families and society and the optimal investment for community development associations. This can be achieved through holding seminars, training courses and awareness programs that aim to positively move toward community development. In turn, this development contributes to supporting female breadwinners to engage in the labor market and adapt to life in general by establishing partnerships with various parties such as education departments, universities and training centers to provide these programs.

Keywords: Attitude towards life, Female breadwinners, Vocational awareness, Vocational guidance.

INTRODUCTION

The government of the Kingdom of Saudi Arabia has given the third sector intense attention for its belief in the importance of its role in society. Vision 2030 is keen to support and develop charitable associations. It provided them with financial and moral support to develop this sector, raise the percentage of its contribution to the Saudi domestic product, develop individuals and families, and transform them into productive individuals and families. Changing the name of the Ministry of Social Affairs to Social Development and merging it with the Ministry of Labor, the transition from sponsorship to development has appeared. This can be achieved through qualifying and training the beneficiaries of charitable institutions to engage in the labor market instead of just sponsoring them. This change in roles can be done through community partnerships with education and training institutions such as universities and private sector institutions Saudi universities must support charitable institutions to achieve their goals through scientific research and development studies as well as training programs and awareness lectures for the beneficiaries of their services.

Vocational guidance is considered one of the most important things that contribute to achieving the goal of

shifting from sponsorship to development for the category of female breadwinners in charitable associations. The guidance can be achieved through a community partnership with universities and training institutions in general. The vocational guidance aims to prepare the individual, teach him to take the right decision and choose the type of education and training appropriate to his abilities in harmony with his scientific and

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vocational tendencies and future employment expectations (Abu Zaiza, 2009).

Al-Hana'yah's (2018) study stresses the importance of the role of vocational guidance in raising the level of vocational awareness among individuals through training to understand the individual's self and identify his abilities and energies. Vocational programs help direct these energies and tendencies towards professions that contribute to self-realization.

The importance of vocational awareness is highlighted through the problems that follow the poor choice of profession by chance or from the person's ignorance of his capabilities and the requirements of the profession. According to Al-Ghaziri (2011), it is due to the social luster and temptations of the profession and its reputation or economic return. Also, the poor choice of the profession maybe because of the forced choice by the family, and the individual himself may lack information related to professions.

As for the dimensions of vocational awareness, Al-Shurafa (2011) indicates that they include vocational self-awareness. The concept of self is one of the concepts that have received great efforts from researchers in psychology and education. It targets the various psychological services provided to the individual to help him achieve himself. The self-concept is what the individual possesses about himself and how he sees himself and others because of his interaction with them and the local environment to conform to it. The dimensions also include awareness of the labor market. The labor market includes some vocational organizations that regulate it and define the requirements for engaging in each profession as well as the needs of this profession in the labor market to achieve the required productivity.

Vocational guidance for handicrafts is one of the important aspects, especially at present. The American Society believes that artistic works are used to enhance psychological aspects. It described art guidance as guidance based on the idea that the process of creativity uses artistic works to treat and improve life. It is a form of non-verbal communication of thoughts and feelings, especially in light of the feeling of loneliness and living without certain support in addition to material pressures and life responsibilities (Malchiodi, 2003).

Odeh (2015) defines the artwork as the artist's production that is related to his life, the elements of his personality, his nature, inclinations and trends and the expression of himself and the reality of his environment. He believes that the artwork is the fruit of a special methodological process that shows the organization of the elements that make up a movement to give it beauty and meaning. They are related to the artist's life, the elements of his personality, his nature, inclinations, trends, temperament, artistic history, present problems, his interaction with members of his group, his imbibing of his environment and thus his view of life. And every work of art has factors that affect the process of its production, which are materials and

tools. In materials, there is an endless source for any work of art. Also, the subject affects the artwork and sometimes makes it rich and powerful. Therefore, the subject must be chosen so that it is appropriate with the appropriate shapes, colors and materials to show its shape (Saud, 2017).

Ryan (2011) believes that artistic works have a role in stabilizing the mental health of individuals. Attitude towards life is a psychological characteristic that is related to the mental health of the individual. Shabib et al. (2018) point out that a positive orientation toward life includes an individual's expectation of good and pleasant things and events to a greater degree than bad and sad events. It is a trait that is highly correlated with good mental health.

Orientation toward life is one of the modern topics in the field of psychology, especially positive psychology. It is a personality trait that affects an individual at present as well as his view in the future. This notion is confirmed by Siegelman, founder of positive psychology. He mentioned that the individual's dealing with life situations is affected by the individual's view of life and himself. The attitude toward life is defined as a feeling of optimism, a positive view of the future, an appetite for life, and a belief in the ability to achieve desires, aspirations and desired goals in light of a firm belief that tomorrow brings goodness, happiness and good news always (Ma'shi, 2018). Arnaut (2016) and Saleh (2020) indicate that the attitude toward life has some dimensions such as optimism and a positive outlook as well as satisfaction with life, interest in the future and establishing good social relations. Female breadwinners are an important group among the beneficiaries of charitable associations' services. The breadwinner is defined as the woman who is in the process of bearing family burdens and achieving a kind of balance between maternity responsibilities and fulfilling family needs in its various economic, social and cultural manifestations. These duties of the breadwinner are due to the absence of the head of the family for several reasons such as death, travel, divorce, illness, imprisonment and unemployment. Female breadwinners represent one of the societal groups most likely to suffer from various problems due to the duplication of pressures on their shoulders to make decisions, personal or family (Nasr, 2017).

In light of this, the studies of Al-Ajami and Al-Alami (2021), Rajab (2020) and Harbi (2017) confirmed the effectiveness and role of training programs in developing the handicrafts skills of the breadwinner woman.

Below some previous studies related to the subject of the study are reviewed. They can be divided into several domains. The first of which is the studies that addressed vocational guidance programs. Al-Rashed's (2019) study aimed to investigate the effectiveness of a professional counseling program based on the evolutionary theoretical dimension to improve the degree of professional awareness and develop the skill of professional decision-making among

sixth-grade students in the first Rusafa education schools, Baghdad governorate. The results showed that the impact of the program lasted beyond the post-test, one month after its application. This means that the program was effective and left an impact on students' aspirations. Stefen's (2019) study aimed to assess the effect of using a career-counseling program in the classroom on the career decision-making process of undergraduate students at the University of Iowa. The results concluded that the program worked to reduce career-related problems and improve decision-making ability. Al-Hana'iyyah (2018) aimed to investigate the effect of the effectiveness of a vocational guidance program for developing job awareness among ninth-grade students. The study found that there were statistically significant differences between the members of the two groups (experimental and control) for the vocational awareness scale in favor of the experimental group. Shdeifat's (2018) study attempted to reveal the effect of the vocational guidance program on improving the level of vocational maturity and professional tendencies among tenth-grade students in Jordan. The results indicated that there were statistically significant differences between the experimental and control groups in both vocational maturity and professional tendencies in favor of the experimental group. In their study, Al-Enezi and Al-Shara'a (2017) pointed out identify the effectiveness of a vocational guidance program based on the theoretical evolutionary trend to raise the degree of vocational awareness among students of the College of Technology in the Kingdom of Saudi Arabia. The study found that there were differences between the members of the two groups (experimental and control) in the posttest of the level of vocational awareness in favor of the experimental group. Al-Nawaisah (2014) aimed to identify the effectiveness of a computerized vocational guidance program in achieving the vocational maturity of tenth-grade students in the schools of the Southern Mazar Directorate in Jordan. The study found that there were statistically significant differences between the two groups in favor of the computerized program.

One of the important dimensions is also the studies that focused on the attitude toward life. The study of Al-Ukaili and Al-Nawab (2019) aimed to identify the attitude toward life among distinguished high school students and their spiritual intelligence and mental alertness. The researchers used the descriptive correlative approach. The results indicated that mental alertness has contributed to the variable of orientation toward life. In contrast, spiritual intelligence results showed that it did not contribute to and confirm the importance of orientation towards life, especially among university students. The study recommended the importance of conducting other studies that include the variable of orientation towards life. The study of Shabib et al. (2018) also addressed providing additional scientific evidence to help identify what is supposed to be theoretical or empirical to prove the relationship between

emotional intelligence skills and attitude toward life. The study relied on the descriptive, correlative, predictive approach. The results of the study concluded that emotional intelligence and attitude might work on an individual's sense of mental health, happiness and life satisfaction. The study confirmed that individuals who have positive emotions are more satisfied with life and able to deal with others. Abdel-Fattah's (2018) study aimed to reveal the relationship between body image and orientation toward life and to know the differences between married and unmarried women between both variables. The study followed the descriptive approach due to its suitability with the nature of the study. The results showed a positive attitude towards life and positive body image, and there were no differences attributed to marital status. The study recommended the need to conduct more studies to find out the factors that contribute to increasing the positive attitude and the appetite for life. Ma'sha (2018) examined the relationship between marital happiness and both the orientation toward life and the ability to perceive facial emotions as well as the possibility of predicting marital happiness through the orientation toward life. The study followed the descriptive approach for its appropriateness to the nature of the study. The study found the possibility of predicting marital happiness with the knowledge of the orientation towards life and the awareness of the facial emotions of married university employees. The study emphasized the importance of listening in married life as it is one of the positive aspects towards the orientation of life.

The third dimension no less important than the previous two dimensions addressed studies concerned with the breadwinner woman. The study of Al-Ajami and Al-Alami (2021) aimed to integrate the breadwinner into the labor market and provide her with the appropriate skills. The study followed the descriptive approach as well as the experimental and analytical approaches. The study concluded that training has a positive role in discovering the latent talents and energies of the woman. These new job opportunities can be created through small projects. Rajab's (2020) study aimed to integrate the breadwinner into the labor market by training her on some handcraft skills that help her work on micro-enterprises to achieve compatibility between her requirements and the labor market. The study relied on descriptive and experimental approaches. The study achieved its hypotheses in the existence of statistically significant differences between the pre-and post-tests for the experimental group as well as the skill performance card. The study recommended paying attention to the effectiveness of training in community institutions in empowering the breadwinner economically and socially.

Harbi's (2017) study also aimed to measure the effectiveness of a proposed training program for female breadwinners in acquiring basic and special skills in the field of leather handicrafts. The program relied on the experimental method of

a single group with a pre-and post-test. The study emphasized the effectiveness of the program in raising the efficiency of the trainees' performance and providing them with a set of information and skills and the possibility of benefiting from them. The study also recommended opening channels of communication between the Ministry of Solidarity and scientific institutions that provide this type of training program. It also suggested establishing a charitable market for trainees to display their products on an ongoing basis.

The current study has benefited from previous studies in selecting the study variables as well as the study sample. It also benefited in building a scale of vocational awareness towards handcraft work as well as choosing a scale of attitude toward life. The study also benefited from previous studies in designing the guidance program sessions, especially by choosing the appropriate types of handicrafts for the study sample as well as the experimental design with one group.

Hence, this study came out of the social duty of the researchers in front of their society in providing vocational guidance to serve handicrafts of an important group in society (female breadwinners). This group is considered one of the most important groups that benefit from the services of charitable associations through training on handicrafts that have a positive impact on an important aspect of personality, the psychological aspect of the breadwinner woman, especially in Najran region. The breadwinner woman in Najran lacks qualitative vocational programs compared to the main regions in the Kingdom of Saudi Arabia.

Statement of Problem

The charitable sector is one of the most important sectors of interest to the Saudi government. This is evident in the vision of the Kingdom of Saudi Arabia through community development associations. One of the most important tasks that these associations were established to achieve, especially women's associations, is to support female breadwinners to adapt to different life circumstances. Due to the increasing rates of divorce in the Kingdom of Saudi Arabia as well as the presence of a large number of widows and female breadwinners, these associations, through community partnership contracts with universities, need to train and qualify the beneficiaries of their services, including female breadwinners, for the labor market.

Handicrafts such as embroidery, printing, crochet and recycling are among the businesses that are in great demand and do not require financially expensive tools, devices and factories. Handicrafts of all kinds are among the methods used by the psychological counselor in counseling sessions. Female breadwinners are considered among the category that needs psychological support to improve their attitude toward life, especially in light of the difficulties they face.

Al-Ameen (2020) recommended raising the culture of Saudi society toward these professions and their importance through training and raising the level of community awareness toward them. As a result, the research problem emerged in the importance of implementing a vocational guidance program based on developing vocational awareness and providing assistance to this category of society so that their vocational choice is successful in line with their abilities, tendencies, orientations and available fields of work. Accordingly, this changes their outlook positively toward future life.

The problem of the study can be formulated in the main question: What is the effectiveness of a vocational guidance program to improve vocational awareness toward handicrafts and their impact on the attitude toward the life of female breadwinners in charitable associations in the city of Najran.

1. What are the statistically significant differences at the level (0.05) between the means scores of female breadwinners who were subjected to the program in the posttest and the means scores of the same group in the pretest of the vocational awareness level scale toward handicrafts?
2. What are the statistically significant differences at the level (0.05) between the means scores of female breadwinners who were subjected to the program in the posttest and the means scores of the same group in the pretest of the attitude toward life?

OBJECTIVES OF THE STUDY

The importance of the current study highlights vital variables such as vocational guidance and work as well as the attitude toward life. Professionals in vocational guidance, especially those working in charitable associations, can benefit from the application of the vocational guidance program as well as the professional awareness scale used in the study. The current study also focuses on mental health by focusing on the attitude toward the life of female breadwinners. This category needs to pay more attention to the programs that support them by directing the attention of decision-makers and those responsible for charitable associations (community service development associations) to provide professional guidance programs. These programs aim to identify the tendencies and abilities to learn handicrafts and how to employ them to achieve support, alleviate suffering and enable them to engage in the profitable labor market. This can be through displaying handicrafts in an exhibition for the benefit of associations and female breadwinners.

Key terms of the study

- The training program in vocational guidance: a set of strategies, activities and planned procedures aimed at helping the individual in developing an integrated and appropriate image of himself and accepting it, touching his

role in the world of work, and transforming it into a reality so that it brings him happiness and benefit (Super,1988). The researchers define it procedurally as a set of sessions and activities that contribute to improving vocational awareness and attitude toward life as well as training in the skills of handicrafts (embroidery - crochet - printing - recycling) implemented using different techniques and means to achieve the program's goals.

- Vocational awareness: the individual's self-understanding of the tendencies, abilities, and value of professionalism and knowledge of the reality of work and everything related to it (Al-Hanaiah, 2018). It is procedurally defined as the sum of the scores on the scale of vocational awareness toward handicrafts prepared by the researchers.
- Attitude toward life: Carver and Scheier (1985) define it as a positive outlook and interest in life, the belief in the possibility of achieving goals in the future, in addition to the belief that good will always happen.
- Breadwinners: The woman who supports herself or her family, i.e. the woman who takes care of her affairs and the affairs of her family financially on her own without relying on the man (byotna.kenanaonline.com).

METHODS

Research design

In the current research, the experimental method (one-group with pre and post-test) was used because it is suitable to achieve the objectives of the study and verify the hypotheses as well as the conditions of the study. It was difficult to identify a number of women as a control group, deprive them of training and ignore their desire to obtain it.

Population and Sample of the Study

The study population consisted of female breadwinners in Najran, who benefited from the services of the Social Development Association in Najran. The number of development associations in Najran city is three. These associations serve approximately (136 women) breadwinners according to the associations' statistics during the year 2021. The study sample consisted of (15) trainees whose ages ranged from (27-40) years. They are considered breadwinners for their families due to the loss of a husband or father or even divorce. Also, they are beneficiaries of the services of the Social Development Association in eastern Najran in the Kingdom of Saudi Arabia.

Instruments of the study

First: the scale of vocational awareness toward handicrafts

A new scale was designed to measure the degree of vocational awareness of handicrafts by the researchers. It consisted of (26) items distributed into three dimensions (vocational self-awareness - awareness of the requirements of handicrafts - awareness of the advantages of handicrafts). After the scale was presented to the specialists (4), items that were not agreed upon were excluded and the final version of the scale included (22) items only. The response to the items was in form of (yes-no).

Psychometric characteristics of the vocational awareness scale toward handicrafts

- Validity
- Validity of comparative discrimination

The validity of comparative discrimination was calculated to verify the discriminatory ability of the vocational awareness scale toward handicrafts. Whether the scale distinguishes (a difference) between the high level and the low level was checked. The researchers performed the following steps:

 - Arranging the scores of the survey sample, totaling (40) in descending order.
 - Determining 27% of the total number of scores from the beginning of the descending order and the end. That is, the first (10) individuals of the ranking were identified as high-level individuals, and the last (10) individuals of the ranking as low-level individuals.
 - The significance of the difference between the means ranks of the scores of individuals was calculated at the two levels by using the "Mann-Whitney U" test for independent samples because the sample size is small. Table 1 shows the results.

It is evident from Table 1 that the difference between the high and low levels is statistically significant at the level (0.01) and in the direction of the high level. This means that the scale has strong discriminatory validity.

- Internal consistency

The correlation coefficient between the scores of each of the items and the scale was calculated by applying the scale to an exploratory sample of (15) trainees. Table (2) shows the correlation coefficients between the scores of each of the items and the scale.

Table 2 shows that the values of the correlation coefficients were statistically significant at (0.01) and (0.05). The researchers also extracted the correlation coefficients between each item

Table 1: The value of "z" indicates the differences between the group of the high and low levels of the vocational awareness scale toward handicrafts

Group	No.	Rank	Sum of ranks	Mann-Whitney U	Z value	Sig.	Level
High level	11	17	187	0.000	-4.121	0.000	At 0.01
Low level	11	6	66				

Table 2. Correlation coefficients between the scores of each of the scale items and the scale

Item	Correlation coefficient (Internal validity coefficient)	Level of sig.	Item	Correlation coefficient (Internal validity coefficient)	Level of sig.
1	0.428**	0.01	12	0.421**	0.01
2	0.466**	0.01	13	0.542**	0.01
3	0.406**	0.01	14	0.462**	0.01
4	0.506**	0.01	15	0.576**	0.01
5	0.385*	0.05	16	0.410**	0.01
6	0.411**	0.01	17	0.435**	0.01
7	0.412**	0.01	18	0.324*	0.05
8	0.428**	0.01	19	0.299*	0.05
9	0.388*	0.05	20	0.418**	0.01
10	0.640**	0.01	21	0.541**	0.01
11	0.308*	0.05	22	0.357*	0.05

Table 3: The values of the correlation coefficients between each item and the dimension to which it belongs

Vocational self-awareness		Awareness of the requirements of handicrafts		Awareness of the advantages of handicrafts	
Item	Correlation coefficient	Item	Correlation coefficient	Item	Correlation coefficient
1	0.804**	1	0.794**	1	0.588**
2	0.844**	2	0.716**	2	0.625**
3	0.805**	3	0.330*	3	0.435**
4	0.830**	4	0.575**	4	0.656**
5	0.807**	5	0.532**	5	0.629**
6	0.844**	6	0.514**	6	0.645**
7	0.811**	7	0.645**	7	0.527**
		8	0.746**		

** Sig. at 0.01 * sig at 0.05 .

and the degree of the dimension to which it belongs. The results were as follows:

Table 3 shows that all the values of the correlation coefficients were statistically significant at 0.01 and 0.05, which indicates the validity of the internal consistency of the items of the scale.

Reliability

The researchers calculated the reliability of the vocational awareness scale toward handicrafts using the Kewder-Richardson equation 20. It is a special form of Cronbach's alpha coefficient used in the case of binary responses using the equation: . Table 4 shows the reliability coefficient of the scale and domains.

Table 4 shows that the values of the reliability coefficients for the dimensions of the vocational awareness scale towards handicrafts and the total score of the scale were high. This ensures confidence in using the scale.

Second: The scale of attitude toward life

Ma'sha's Scale (2018) was used for the attitude toward life. It consists of (20) items, each item corresponds to three responses (always: 3, sometimes: 2 and rarely: 1). The scale has

Table 4: Reliability coefficient using Cronbach's Alpha method for the scale of vocational awareness toward handicrafts

Domains	Kewder-Richardson coefficient value
Vocational self-awareness	0.704
Awareness of the requirements of handicrafts	0.753
Awareness of the advantages of handicrafts	0.729
Total	0.898

a high degree of validity and reliability in the Saudi context. The percentage of the experts' validity was 90%, while when calculating the validity of discrimination by comparing the quartiles, the value of T-value was: 4.446, significant at 0.01. Concerning the scale's reliability, the reliability coefficient was equal to 0.882, which is significant at 0.01, while the value of the reliability coefficient using the half-segmentation was 0.542, significant at 0.01.

Third: A vocational guidance program for training on handicrafts

The researchers designed a vocational guidance program aimed at developing vocational awareness toward handicrafts.

Theoretical frameworks, research and previous studies related to the subject of the study were benefited. Various programs and activities that contribute to the development of vocational awareness and improvement of the attitude toward life were accessed. After the design of the program was completed, it was presented to (3) specialists in psychological counseling as well as to (2) specialists in handicrafts. We have been provided with some observations about the number of sessions as well as some procedures within the session and the arrangement of sessions. The program has been modified according to the opinion of the majority of specialists. As a result, the counseling sessions were defined as (16 sessions), and the time for one session was set (as 90 minutes). The program continued over a period of (4) weeks.

Objectives of the program:

The guidance program aims to:

1. Improve the vocational awareness of female breadwinners.
2. Provide the sample members with some skills and handicraft activities that contribute to improving their level of attitudes toward life.
3. Provide an opportunity for the sample members to develop their skills in line with their different life circumstances.
4. Achieve the above objectives through guidance sessions, activities and skills that were practiced, and the post-test that was applied to ensure the effectiveness of the program.

Session 1: At the beginning of the program, the researchers aimed to prepare for the program and the guidance alliance. At the beginning of the session, they welcomed the attendees and then began a short lecture to clarify the objectives and importance of the program. They discussed the guidance alliance about the timing and sessions of the program. A pretest of vocational awareness about handicrafts was presented. They discussed the ideas of the trainees' orientations to identify their attitude toward handicrafts, correct them, and encourage the correct ones.

Session 2: The session aimed to raise the level of self-awareness of the female breadwinners. A quick review was made of what was presented in the previous session. For self-assertion, the researchers asked each trainee to write a table specifying the strengths and weaknesses of her personality and identify the opportunities and challenges she faces. They strengthened their strong points and explained how to benefit from them. They also considered weaknesses and how they could be turned into strengths or challenge them. This is a kind of positive self-monitoring. They also taught them the psychological relaxation strategy.

Session 3+4: The main objective of the two sessions was to reveal the women's attitude toward life. The sub-objective was to develop a positive attitude. The researchers made feedback on the previous sessions by reviewing the homework

and making a self-assessment of the attitude toward life of the female breadwinners. The aspects that contribute to the formation of a positive attitude in life were discussed and deducted. Also, training in dealing with negative messages and pessimism correctly was enhanced.

Session 5+6: The beginning of the practical sessions entitled "Knowing the art of crochet. Where the types of needles and threads and the most important stitches used, as well as the application of basic stitches, were identified. At the end of the session, the trainees were assigned some homework.

Session 7+ 8: The session aimed to implement a product using stitches and ways of increasing and decreasing, and doing evaluation and feedback for the trainees. They were also trained on how to make a home-furnishing product. Reinforcement and thanks were given to them for carrying out their homework. At the end of the session, they were assigned other homework.

Session 9: Entitled "Introducing the Art of Embroidery", in which the art of embroidery, the tools used in the work and learning the basic stitches of the art of embroidery were introduced. The trainees were assigned some practical homework.

Session 10: After training on a set of embroidery stitches in the previous session, an evaluation and feedback were made for the homework. Then, the trainees were assigned to produce a decorative piece using different embroidery stitches after expanding their training on some sub-stitches and how to use them in making a decorative piece.

Session 11: The session bears the title of "the art of printing", through which the art of printing and its different types were introduced to the application of decoupage printing in practice and assigning the trainees homework.

Session 12: The session aims to use the art of typography in artistic work. The session started with feedback and homework assessment for the previous session. Then, decoupage printing was completed and stenciling was applied to some household products, strengthening the trainees during work and thanking them.

Session 13: Under the title, "Recognizing the Art of Recycling", the art of recycling and its importance to the environment and the family were defined to the trainees. They were assigned to make a work of art by recycling as homework.

Session 14: It is a complementary session to the previous session. The various models of recycling household waste were implemented, the homework was evaluated for the previous session, and reinforcement and thanks were given to the trainees.

Session 15: It aimed to teach the trainees how to market products. A lecture was held on the concept of shopping and its importance. The lecture included a discussion with the trainees about different ways of marketing through social networking sites to reach several proposals through which products can be marketed.

Session 16: The session was for evaluation, feedback, and ensuring the effectiveness of the program. Attendees were welcomed, and the sessions of the program as a whole were reviewed. The trainees were self-assured by identifying the strengths that were added to the female breadwinners after the program as well as identifying weaknesses. Then, the posttest was applied. After that, the trainees were thanked and given prizes.

RESULTS

Results of the first research question:

To verify the results of the first question, the value of the (Wilcoxon) test was calculated and its significance for the differences between the pre and posttests of the experimental group on the scale of vocational awareness. Table 5 shows that.

Table 5 shows that the value of the Wilcoxon test for the differences between the two tests (before and after) was significant. This means that there were differences between the results of the pre and post-tests.

Results of the second research question:

To verify the results of the second question, the researchers used the Wilcoxon test to indicate the differences between ranks for the related groups. The following table shows the results.

It is evident from Table 6 that the value of the Wilcoxon test for the differences between the pre and post-tests was statistically significant at the level of 0.05. This means that there were differences between the pre and post-tests, and thus indicates the effectiveness of the program.

DISCUSSION

Looking at the means of the positive ranks and the means of the negative ranks, we find that the means of the positive ranks

are greater. This indicates the difference in the direction of the posttest in the measure of vocational awareness towards handicrafts. This indicates that the vocational guidance program that was applied to improve professional awareness toward handicrafts among female breadwinners has proven its effectiveness in achieving the goal for which it was designed. The researcher explains this result as women need training counseling programs to develop their manual labor skills. This result is consistent with previous studies that see the importance of training in vocational works and small projects such as the study of Harbi (2017), Rajab (2020) and Al-Ajami and Al-Alami (2021). This result is also in line with studies that demonstrated the effectiveness of vocational guidance programs in improving vocational awareness such as the study of Al-Enezi and Al-Shara'a (2017) and Shdeifat (2018), as well as the study of Al-Nahiya (2018) and Al-Rashed (2019). This result can also be explained by the presence of a desire and passion among women to learn the skills of handicrafts, which helped in their enrollment and continuity in the program as well as creativity in handicrafts resulting from training in the program. The Social Development Association requested to repeat the program for another group next year and announced the provision of financial support for all program requirements.

The researchers explain the differences between the pre and post-tests in the attitude toward the life of the female breadwinners by their desire to attend the training program and positive interaction with it. In addition, the variable of the attitude toward life was clear after the application of the program and clarification of how to engage in the labor market and increase productivity from artwork and earn through it. This result agrees with those of Abdel-Fattah (2018) Al-Akeili, Al-Nawab (2019), Ma'shi (2018) and Shabib et al. (2018). This can be explained by the fact that training on handicrafts has led to raising their morale and their adherence to life and increasing their positive attitude toward life. The researchers

Table 5: The value of the (Wilcoxon) test and its significance for the differences between the pre and posttests of the experimental group on the scale of vocational awareness

Variable	Rank	No.	Means of ranks	Sum of ranks	Value (z)	Sig.
Vocational awareness	Negative	1	1.50	1.50	3.213	0.001
	Positive	13	7.96	103.50		
	Equal	1				
	Total	15				

Table 6: The value of the Wilcoxon test and its significance for the differences between the pre and post-tests of the experimental group on the scale of attitude toward life

Variable	Rank	No.	Means of ranks	Sum of ranks	Value (z)	Sig.
Attitude toward life	Negative	3	3.33	10.00	-2.672	0.008 Sig. at 0.05
	Positive	11	8.64	95.00		
	Equal	1				
	Total	15				

also explain this result by defining the attitude toward life that optimism and a positive outlook push the individual to train, learn, engage in the labor market and increase the level of productivity instead of blaming oneself and dropping failure on luck and the circumstances that made her a breadwinner.

Recommendations

Following the results of the study, the researchers presented several recommendations including interest in counseling and training to raise the level of vocational awareness. Also, there is a need to pay attention to handicrafts to develop the skills of community members and help them to enter the labor market as productive individuals for their families and society and the optimal investment for community development associations. This can be achieved through holding seminars, training courses and awareness programs that aim to positively move towards community development, which contributes to supporting female breadwinners to engage in the labor market and adapt to life in general. Partnerships with various parties may be established such as education departments, universities and training centers that can provide these programs.

Suggestions

The study suggests studying the effectiveness of guidance programs based on vocational guidance that helps in developing professional awareness toward handicrafts different from what was addressed in the current study and on a sample other than female breadwinners. Also, further research is needed to study the psychological factors supporting to improve vocational awareness toward handicrafts and the attitude toward life among women who are breadwinners in charitable associations.

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