

Mechanisms for Activating Family Guidance in the Emirati Society in Light of the Digital Environment

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Abstract

The study aimed to identify the mechanisms for activating family guidance in the Emirati society in light of the digital environment, by identifying the reality of family guidance, the elements of family guidance quality, the mechanisms for activating family guidance, and the most important proposals for activation in the Emirati society in light of the digital environment. This study is one of the descriptive studies that aim to identify the mechanisms for activating family counseling in the Emirati society in light of the digital environment, as a field study applied to a sample of workers in family counseling centers in the city of Sharjah in the United Arab Emirates. In line with the type of study, the researcher relied on the social survey method with a sample, for a sample of (90) workers in those centers, which were represented in (Emirates Family Counseling Association Center, Family Development Center, Hamsa Family Counseling Center, Family Counseling Center). The results of the study confirmed that the realities of family counseling in the Emirati society in light of the digital environment may be represented in: the interest of the Emirati family in encouraging its members to request family counseling, telephone family counseling helped to request family counseling in sensitive problems within the family, increased interest in qualifying those about to get married in light of the spread of electronic family counseling, and that the components of the quality of family counseling in the Emirati society in light of the digital environment may be represented in: the use of effective artificial intelligence programs to provide family counseling in light of the digital environment, training family counselors on how to use technology in Family counseling, availability of technical skills among family counselors in the digital environment, and that the most important mechanisms for activating family counseling in the Emirati society in the digital environment, may be represented in: strategic planning for the future of family counseling in the digital environment, effective social marketing of family counseling programs in the digital environment, training family counselors on the latest artificial intelligence programs in the field of family counseling, and that the most important proposals for activating family counseling in the Emirati society in the digital environment, may be represented in: providing trained and specialized human capabilities to work in the field of family counseling in the digital environment, estimating the needs of the Emirati family for family counseling programs in the digital environment, spreading the culture of family counseling in the digital environment, benefiting from successful international experiences in the field of family counseling in the digital environment, effective social marketing of successful family counseling programs in the digital environment.

Keywords: *Mechanisms, Family counseling, Digital environment - in the Emirati society.*

Introduction

Family challenges and problems facing family security are constantly renewed, with the development of time and the change of social and cultural circumstances. With the advancement of technology and global communication, things have become more complex and diverse, leading to the emergence of new family problems and challenges that require dealing with them in different ways. The Emirati family, like many families around the world, faces many challenges that ultimately affect family relationships and the mental health of its members. The most prominent of these family problems are social problems, which include a variety of challenges that affect relationships within the family. These problems include disputes between children or between parents and children, as well as relationships between relatives and multiple families. These disputes and tensions may be the result of differences in opinions and expectations between family members, which requires understanding and good communication to resolve them. (Al Hammadi, 2023) The UAE government is working hard to address family problems and provide the necessary support and assistance to families in facing them. It adopts many measures and initiatives to enhance family cohesion and improve the quality of family life. The government's efforts in this regard include: Family Guidance Centers, where the government provides guidance and advisory centers for families, aiming to provide psychological and social support to individuals and families affected by family problems. The government

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also offers many awareness and educational programs, where it works to organize awareness campaigns and educational initiatives aimed at raising awareness of the importance of a healthy family life, enhancing family skills, and legal and legislative projects, where the government updates and develops legal legislation and policies related to the family, to protect the rights of individuals and enhance family stability. (Al Hammadi, 2023)

Family counseling is generally viewed as an educationally oriented process that takes place in a social environment. The counselor, who is qualified with knowledge, skill and experience, seeks to help the family using methods and techniques that are appropriate to their needs and consistent with their abilities so that they can learn more about themselves in a better way and realize them and learn how to put this concept into practice in relation to realistically defined goals that they realize more clearly so that they become happier, more productive and more aware. (Al-Beblawy and Abdel Hamid, 2000: 7)

First: The Problem of the Study

The family will remain the main axis that occupies the forefront of the components in shaping the human being and raising him to be in harmony with his society, and the authentic tool that transmits across generations the origins of truths and virtues, and undertakes the responsibility of adhering to them without laxity or negligence, for through it a society can be built with a distinct approach and a unified direction. (Salem, 2004: 363)

If the family functions are summarized in procreation, socialization, defining roles, economic function, conferring status, emotional function, etc., any deficiency in the functional performance of any of them will result in a malfunction in some of its functions, which will result in disruption in the family and the beginning of the emergence of problems suffered by one or more of its members, which prompts them to seek help and assistance from social specialists working in family care institutions. Each family must have a set of components, the economic component is the provision of adequate income that allows the family to satisfy its basic needs, the health component to perform its functions in procreation and maintaining health, the social component to perform roles, harmony of relationships and ties, family stability, and the psychological component that links the course of family life in light of factors of cohesion and stability. (Melrona K., Kathy M, 2008: 112-114) Family life includes a set of relationships and functions that require performing different roles. In order for the family to succeed in performing its functions and for each member to perform his role in family life, which is known as family performance, there must be some kind of family integration between its members in all aspects of life related to it. The aspects of family integration and its basic components are determined by the structural, psychological, religious, health, economic, social and value components. (Tawfiq, 1998: 30) When the family as a system is exposed to a defect in its structure or functions and faces shortcomings or inability in its functional performance, this is reflected in its inability to perform its responsibilities and roles. (Khalil, 2002: 128) The family faces various problems, some of which may be classified according to the stage in which they begin to appear, some of which are classified according to the factors affecting them, and others are classified according to the family's inability to perform some of its functions, including problems of family disintegration, divorce, immigration, domestic violence, weak family communication, marital disputes, etc. In the modern era, the Arab family has gone through multiple crises and rifts, such as emotional and sexual incompatibility, jealousy, marital infidelity, the struggle for power in the home, the problems of working women, the discord of culture, values, and inclinations between spouses, addiction to alcohol, drugs, gambling, extravagance, stinginess, failure to form mature relationships with others, problems of nurseries, transportation, illness, infertility, abandonment, imprisonment, polygamy, divorce, death, unemployment, poverty, poor child-rearing, juvenile delinquency, etc. (Mansour, 2001: 88)

The results of Karen's study (2001) also confirmed the necessity of developing the value and ethical side of family counselors practicing the profession of social service in the field of family counseling. Hoffman Hartman, F 1995 believes that we should call family therapists family counselors, as many theorists agree that the therapist does not change the family or the individual, but provides the context or new information or ideas or allows possibilities or openness to what is possible, and there is general agreement that the experience, knowledge and contemplation of the family therapist and not the relationship with the therapist

is the main source of change, as within family sessions, therapists may provide opportunities for many experiences using legislation in what is called the art of forming the family - role playing - performances associated with different tasks. Family problems remain a constant challenge for families in the UAE and around the world. However, understanding and good communication within the family, in addition to the support and assistance provided by the government and social institutions, can contribute to overcoming these problems and promoting a happy and healthy family life. The joint efforts of families, society and government encourage the building of strong and sustainable families and contribute to building a more stable society. A study conducted by the Ministry of Community Development revealed that the family in the Emirati society suffers from fifteen major problems, including financial problems, mismanagement of spending, preoccupation with friends, failure to take responsibility, spouses neglecting each other, differences of opinion, polygamy, lack of dialogue between parents and children, neglect and preoccupation with social media between newly married couples, shared housing with the husband's family, previous divorce of the man, interference of the family in the couple's life and interference of the husband's mother in the wife's life, betrayal, and the problem of abandonment, in addition to problems between siblings as a result of relatives' interference and the failure of one or all of them to take responsibility towards their family. The study conducted by the Ministry to monitor the extent of interest in discussing social problems and the ability to solve them through telephone dialogue showed that the highest percentage of service seekers are working women in the age group between (20) and (40) years. A few days ago, the Ministry launched the "Ta'aluf" initiative in cooperation with the relevant authorities in the country to provide free family counseling services to members of society, citizens and residents, whether by telephone or through personal interviews in 7 centers spread across all emirates of the country. (Abu Nimah, 2018) The digital age has brought unprecedented connectivity and convenience, but it has also introduced new challenges, especially when it comes to family safety. Families today face threats such as cyberbullying, digital addiction, privacy concerns, and exposure to harmful content. Addressing these challenges requires effective family guidance to protect family well-being, and parents have a crucial role to play in protecting their families by promoting open communication about online activities. By fostering dialogue, they can better understand their children's online experiences and concerns. Additionally, providing digital literacy education is essential to equip family members with the skills to navigate the digital landscape safely. Setting clear limits on internet usage, device access, and screen time is another important strategy. To mitigate these challenges, parents must model responsible online behavior to set a positive example for their children. Monitoring and supervising children's online activities, using parental control tools, is important, as it further ensures their safety. Building emotional resilience within the family is also vital to dealing with online challenges, such as cyberbullying, exposure to harmful content, or online harassment, and seeking professional help is crucial. (Nofal, 2024)

Family counseling in the Emirati society in the digital environment can contribute to achieving harmony and balance and trying to understand the family and its members, changing the relationships between family members for the better, empowering the family in the Emirati society and achieving social stability for its members, developing the ability of family members to express themselves and make decisions in various matters, helping the family in the sound social upbringing of family members and society, solving and treating family problems and disorders, satisfying family needs, achieving a better future for the family by developing the personality of its members, and clarifying the importance of digital family counseling in the Emirati society. Based on the above, the problem of the current study is determined in the following question:

What are the mechanisms for activating family counseling in the Emirati society in the digital environment?

Second: The Importance of the Study

Theoretical Scientific Importance

The importance of the current study appears in light of the spread of the digital environment with its multiple media. Psychological and social problems have increased within the family in general, and between spouses in particular. Relationships between spouses have been affected in light of each party being on one

side far from the other, and in light of each party being preoccupied with their secret virtual world, the details of which no one knows.

Family counseling centers are among the most widespread professional institutions in the United Arab Emirates. They have also come to include a large group of professional practitioners working and specializing in the family field. However, it has been noted recently that many non-specialists are working in the field of family counseling.

Practical Applied Importance

The current study may contribute to building and formulating a future vision for activating family counseling in the Emirati society in light of the digital environment, which will benefit those responsible for developing family counseling centers in the UAE.

The current study may be useful in identifying the components of family counseling quality in the Emirati society in light of the digital environment, in order to work on activating family counseling in the Emirati society in light of the digital environment, and ensuring the achievement of its quality components related to (family counselors - the family counseling profession - counselees - family counseling centers).

Third: Study Objectives

The current study aims to identify the mechanisms for activating family counseling in the Emirati society in light of the digital environment, and the following group of sub-objectives branch out from this main objective:

Identify the reality of family counseling in the Emirati society in light of the digital environment.

Identify the components of family counseling quality in the Emirati society in light of the digital environment.

Identify the most important mechanisms for activating family counseling in the Emirati society in light of the digital environment.

Identifying the most important proposals to activate family guidance in the Emirati society in light of the digital environment.

Fourth: Study Questions

The main question of the current study is determined by: What is the future vision for activating family guidance in the Emirati society in light of the digital environment? The following sub-questions branch out from this main question:

What is the reality of family guidance in the Emirati society in light of the digital environment?

What are the components of the quality of family guidance in the Emirati society in light of the digital environment?

What are the challenges facing family guidance in the Emirati society in light of the digital environment?

What are the most important proposals for activating family guidance in the Emirati society in light of the digital environment?

Fifth: Study Terms

The Concept of Mechanisms

The mechanism is the systematic process through which the procedures and steps that must be taken are set to achieve specific goals in an effective manner, through which we seek to bring about change, reform or development in social protection policies for the neediest groups. (Al-Ani et al., 2004: 8)

Mechanisms are defined procedurally in the current study as:

The systematic process through which the necessary procedures and steps are put in place to activate family guidance in the Emirati society in light of the digital environment and enable the achievement of the objectives of family guidance centers in the Emirati society, and among these mechanisms are: (effective social marketing of family guidance programs, social innovation in the advancement of family guidance programs, strategic planning for the future of family guidance).

The Concept of Family Guidance

Guidance is generally viewed as a process with educational guidance that takes place in a social environment, where the qualified guide with knowledge, skill and experience seeks to help others using methods and techniques that are appropriate to their needs and consistent with their abilities so that they learn more about themselves in a better way and realize them and learn how to put this concept into practice in relation to realistically defined goals that they realize more clearly so that they become happier, more productive and more aware. (Al-Beblawy and Abdel Hamid, 2002: 7)

The American Psychological Association defines it as a service that aims to help individuals acquire and develop personal and social skills, improve their adaptation to changing life demands, enhance their skills for successful interaction with the environment, and acquire many problem-solving and decision-making abilities. (Al-Beblawy, 2002: 7) The Sociology Dictionary defines counseling as the process of guiding an individual during a certain period of life when there is a need to provide assurances and make decisions about the person or about the course of his life. It is usually accompanied by natural responses to life situations that may create a kind of effort for some individuals who prefer to seek help and support at such times, and the counselor is that option. (David, Jary, 2000: 116)

The British Association for Counselling (B.A.C) has defined the different concepts of synonyms for the process of guidance, direction, consultation, advice, etc., emphasizing that a person becomes the subject and target of this process when someone regularly and continuously plays the role of a counsellor and advisor and provides him with a service to modify circumstances and intervene to correct situations that he may see as the cause of social and psychological problems that that person encounters. (Brealey J, 1995: 29) Guidance was also defined as a relationship of acceptance and trust from which members learn to discuss frankly what concerns them and interests them, to set clear goals for change, to acquire basic skills to influence change, and to develop the courage and confidence to acquire new desirable behaviours. Merle Ohlren, et., al. 1998:1)

The nature of guidance is generally defined in the following points: (Hawashin and Hawashin, 2002: 15)

A vital and purposeful relationship exchanged between two parties, the guide and the counselee, in which the procedures are subject to the type of learner's needs, with a focus on the extent of the student's understanding of himself.

A set of activities based on an educational basis in which the guide tries to help the counselee benefit from the performance and experiences he provides to him in order to solve his problems.

A professional relationship between a guide and a counselee face to face, which may sometimes include more than two people, and in all cases, assistance is provided to the counselees to understand themselves,

and how to reach the goals themselves, through several choices of useful information in solving their problems.

A process in which psychological comfort occurs for the counselee in a framework of security, provided by the guide, in which the counselee regains his ultimate and derived experiences in a new self. Family counseling is one of the important services provided by qualified counseling specialists, and contributes to caring for the family, spouses and children, and cannot be dispensed with at the present time due to current developments, the acceleration of life, and the nature of family responsibilities and family tasks. Many families have become more in need of someone to help them provide counseling, and as a result, some unqualified people have emerged who provide counseling personally and without scientific ability. (Al-Hadi, 2005: 89)

The Concept of the Digital Environment

The digital environment is defined as an environment in which the beneficiary can connect to it from anywhere and from any computer, and the information and references in it are not organized, but the researcher needs to use certain strategies and methods to retrieve the references and sources he is looking for, and from here we note that it is the Internet environment, as the researcher only needs a network and a computer to connect to it, so we can call the Internet the digital environment. (Al-Zamel, 2015: 15)

The digital environment is operationally defined in the current study as:

The environment in which family guidance centers in the United Arab Emirates use all modern social media such as Twitter, Facebook, Instagram and Snapchat for a long period of time in one day, which affects the development of the Emirati family and improves its quality of life.

Sixth: Previous Studies

The results of the Al Ali study in 2016 stressed the need to focus on treatment methods to reduce the impact of modern technologies on family relations in the Emirati society, through dialogue between family members, time management, training courses, media outlets, civil society institutions, and concluding international agreements. The results of the Al Janini study in 2017 showed that the challenges facing the family at the present time are very great, so the family must play its positive role in instilling moral values and social customs, and protecting its children from ideas alien to the society of the United Arab Emirates that are based on extremism in religious thought. The Emirati family must also be keen to provide its children with the best education by following up on their academic achievement, to build a generation capable of keeping pace with the development witnessed by the Emirates in various fields and have a prominent imprint and role in serving the community. Every Emirati family must also be proud of the cultural and intellectual heritage and pass it on to its children. The results of the 2017 study of Mr. Al-Sayed on the planning indicators of family prevention and rehabilitation programs in family counseling centers confirmed the need for good professional preparation for family counselors and developing their skills to work in the digital environment, developing telephone counseling skills and supporting modern family counseling techniques and methods. The results of the 2018 study of Al-Harbi also confirmed that the largest percentage of those seeking telephone counseling services are housewives, followed by those working in civil jobs, then a student profession, and then the unemployed category. Social problems represented the largest percentage of those seeking telephone counseling, reaching (56.84%), followed by psychological problems at a rate of (38.93%), while educational and legal problems came in lower percentages and by a large difference from social and psychological problems. It was also clear from the precise classifications of the problems of those seeking telephone counselling services that the percentage of those seeking counselling who suffer from anxiety disorders is the largest percentage, reaching (19.59%), followed by marital disputes at (14.98%), and family disputes at (11.12%), and then the rest of the precise classifications of the problems of those seeking telephone counselling services came in lower percentages. The study of Othman 2018 dealt with the ethical responsibility of social workers in the field of family counseling from the perspective of the method of serving the individual, as it clarified the ethical charter of social workers, the texts of which are: the personal behavior of the social worker, the ethical responsibility

of the social worker towards clients, the ethical responsibility of the social worker towards his colleagues, the ethical responsibility of the social worker towards his superiors and the institution or organization in which he works, the ethical responsibility of the social worker towards the profession of social service, the ethical responsibility of the social worker towards society, and it dealt with the objectives of family counseling, including facilitating the process of changing the targeted behavior, increasing the skills of confrontation and dealing with stressful situations, and advancing the decision-making process. It also referred to the classification of guidance programs, and showed family guidance in Saudi society. The study of Al-Kubaisi 2019 shed light on the topic of family guidance committees in the UAE and their impact on resolving disputes. The article began by presenting the goal of establishing family guidance committees, which is to address family disputes and reunite the family through friendly means. The article discussed the specialization and tasks of family guidance committees, which included all disputes related to personal status issues, disputes and lawsuits related to family issues, and providing opinions and advice. The article presented the advantages and characteristics of family reconciliation, which are: maintaining confidentiality, saving expenses, flexibility in terms of dispute resolution procedures and the rules applied therein, the participation of the disputing parties in finding solutions, and the strength of the agreement that results from that reconciliation. The article concluded by pointing out that family guidance and reconciliation committees have proven their effectiveness in resolving many family disputes in the Emirates. The results of the 2020 Al-Hadriti study revealed the factors influencing family and social guidance and counseling services in Saudi society. The research addressed the topic in several axes, as the first section mentioned the objectives of family guidance and counseling centers. It contained nine elements. The second axis mentioned the fields of work in family guidance and counseling centers and included several roles, namely (developmental, preventive, therapeutic), and the third axis referred to family guidance and counseling centers in Saudi society. It mentioned the Bin Baz Charitable Project as an example, as it discussed the origin of the project, its objectives, and its achievements. The fourth axis explained the reasons for establishing the Social Services Department. The fifth axis spoke about the objectives of the Social Services Department. The sixth axis presented the units affiliated with the Social Services Department, and included (the telephone guidance unit, the reasons for the existence of the service, and the family reform unit). The research concluded with the areas of consultations, which are (psychological and behavioral counseling and treatment, family, social and marital counseling, adolescent problems and girls' issues, educational environment problems and learning difficulties, reconciliation, children's problems, difficulties in raising them, and modifying their behavior). This is in addition to a group of specialized services in these areas, including the application of personal scales and tests, relaxation sessions, and seminars. The results of Mahmoud's study 2023 showed an increase in the overall level of competence of social workers to practice electronic counseling with family cases from the point of view of experts, and that the personal behavioral competence dimension is the highest-ranked dimension in the form for measuring the competence of social workers to practice electronic counseling with family cases, while the cognitive competence dimension was the lowest-ranked dimension in the measurement form, which confirms the need to raise the level of cognitive competence of social workers to practice electronic counseling with family cases. The results of the Ghafoor 2023 study confirmed that the opinions of those about to get married were positive towards (the time and duration of the course, the lecture hall, the lecturers' abilities in conveying information to the respondents, and educating the respondents about marriage and building a family). The results of the study also showed that those about to get married hope that the lectures of the premarital counseling training course will include information about raising children. They also indicated that it is necessary for the premarital counseling training program to include information about marital disorders, psychological problems, and how to achieve family stability. They also stressed the importance of providing respondents with information about developing marital skills in communication and interaction that help in family stability, in addition to their emphasis on the importance of training in skills for dealing with marital disputes. The results of Al-Hareez 2024 study confirmed that (29) of the study sample members, representing 96.7% of the total study sample members, responded in agreement that electronic social family counseling programs help people who are unable to cope effectively, and they are the largest group of the study sample members, and that (23) of the study sample members, representing 76.7% of the total study sample members, responded in agreement that one of the obstacles that limit the effectiveness of electronic social family counseling programs is that the counselor must have high experience to provide quick services that cannot be postponed, and that (29) of the study sample members, representing 96.6% of the total study

sample members, responded in agreement that one of the proposed mechanisms to improve the effectiveness of electronic social family counseling programs is to develop a guide for electronic counseling and the necessity of cooperation between the parties to refer emergency cases, and they are the largest group of the study sample members. The results of the 2024 research study showed that children do not want to use social media in front of their parents, and the degree was high at (73.64%), and the results of the study also indicated the most important proposals, which are: the necessity of establishing a government agency or institution that helps in qualifying and monitoring all parties responsible for social and family upbringing in light of the digital environment, at a rate of (89.09%), at a high degree, and the study concluded the necessity of developing an integrated strategy in which the efforts of both the family and state institutions combine to confront the challenges (globalization, technological development) that pose a threat to the local community.

Comment on Previous Studies:

Points of agreement between the current study and previous studies: The current study agreed with a number of previous studies in addressing an important and modern topic, which is family counseling in the digital environment.

Points of difference between the current study and previous studies: The current study differed from previous studies in addressing a new research topic that has not been studied before - within the limits of the researcher's knowledge - which is the mechanisms for activating family counseling in the Emirati society in the digital environment.

Points of benefit from previous studies: The points of benefit of the current study from previous studies were determined in formulating the study problem and its scientific and practical importance, formulating its questions and objectives, and formulating procedural concepts. It will also be useful in the future in formulating the data collection tool and analyzing the study results, and helping in formulating procedural recommendations for the study within the framework of the integration of studies.

Seventh: Methodological Procedures of the Study

Type of Study and the Method used: This study is one of the descriptive studies that aim to determine the mechanisms for activating family counseling in the Emirati society in light of the digital environment, as a field study applied to a sample of workers in family counseling centers in the city of Sharjah in the United Arab Emirates, and in line with the type of study, the researcher relied on the social survey method with the sample.

Study Community and Sample: The study community was determined in the workers in the family counseling centers in the city of Sharjah in the United Arab Emirates, and the study sample was determined in a sample of (90) workers in those centers, which was represented in (Emirates Family Counseling Association Center, Family Development Center, Hamsa Family Counseling Center, Family Counseling Center).

Data Collection Tools: The study relied on the questionnaire tool for workers in family counseling centers in the city of Sharjah. The questionnaire was designed within the framework of a set of methodological steps by reviewing theoretical writings, research and previous studies, and questionnaires related to the subject of the study. The dimensions of the questionnaire were determined as follows:

Questionnaire description: The questionnaire consists of (32) statements measuring the mechanisms for activating family counseling in the Emirati society in light of the digital environment, in addition to a set of variables expressing the demographic characteristics of the study sample, which were (gender, employer, educational qualification, number of years of experience in the workplace).

Each statement of the questionnaire was given a weight according to the four-point Likert scale (agree - somewhat - disagree). If the respondent's answer is (agree), he gets three degrees, (somewhat) gets two

degrees, disagree gets only one degree, and the general arithmetic mean was calculated according to the following gradation:

Table (1). Shows The Gradation of the Questionnaire According to the Three-Point Likert Scale

Agree	to some extent	Disagree
2.34-3	1.66-2.34	1-1.66

Questionnaire Validity: Validity is one of the important characteristics in judging the validity of the study tool (questionnaire). Validity means the quality and validity of the study tool as a tool to measure what it was designed to measure, and the trait to be measured. The questionnaire's validity includes the following:

Validity of the arbitrators: The researcher presented the questionnaire in its initial form to a number of (5) faculty members in the Department of Sociology at the University of Sharjah, and at King Saud University in Riyadh, in order to reveal the extent of the validity of the questionnaire's paragraphs in terms of: (the extent of the suitability of the phrases to the dimension in which they were designed, the extent of the phrase's suitability to the trait it measures, the soundness and clarity of the linguistic formulation of the paragraphs).

Construct validity: It is expressed by the ability of each phrase in the questionnaire to contribute to the total score, and this is expressed statistically by the phrase's correlation coefficient with the total score of the questionnaire, regardless of the functional meaning of this correlation. The validity of the expressions was calculated by using the appropriate expressions' correlation coefficient criterion. The method of binary validity was used to calculate the validity of the study tool, which aims to identify the extent of internal consistency of the study tool through the internal Pearson coefficient between the score of each phrase and the total score of the remaining phrases in the questionnaire paragraphs to which they belong, to measure the validity of the phrases included in the study tool in the sense of content validity as well as consistency between the total score of the questionnaire, as shown in the following table:

Table (2). Shows Pearson's Correlation Coefficients Ffr the Questionnaire Phrases

No.	C.C	No.	C.C	No.	C.C	No.	C.C
1	**0.57	9	**0.80	17	**0.75	25	**0.79
2	**0.86	10	**0.77	18	**0.79	26	**0.80
3	**0.59	11	**0.80	19	**0.65	27	**0.66
4	**0.90	12	**0.77	20	**0.83	28	**0.67
5	**0.59	13	**0.77	21	**0.61	29	**0.80
6	**0.85	14	**0.90	22	**0.73	30	**0.75
7	**0.81	15	**0.83	23	**0.68	31	**0.59
8	**0.85	16	**0.77	24	**0.73	32	**0.87

The results of the previous table show that all questionnaire phrases are linked to the total score of the questionnaire with statistically significant positive correlations at the level (0.05, 0.01), which means that all questionnaire phrases have a high degree of validity, which indicates high internal consistency coefficients, and indicates high and sufficient validity indicators that can be trusted in applying the study.

Correlation coefficient of each phrase with the total score of the questionnaire:

Table (3). Shows The Construct Validity of the Phrases

(Correlation of Phrase Scores with the Total Score)

No.	C.C	No.	C.C	No.	C.C	No.	C.C
1	**0.68	9	**0.65	17	**0.76	25	**0.75
2	**0.73	10	**0.75	18	**0.66	26	**0.65
3	**0.89	11	**0.80	19	**0.82	27	**0.19
4	**0.72	12	**0.67	20	**0.87	28	**0.76
5	**0.80	13	**0.75	21	**0.57	29	**0.75
6	**0.68	14	**0.87	22	*0.11	30	**0.82
7	**0.70	15	**0.57	23	**0.80	31	**0.86
8	**0.63	16	**0.76	24	**0.90	32	**0.83

It is clear from the results of the previous table that all the statements are significant at the level (0.05, 0.01) where the correlation coefficients for the paragraphs ranged between (0.11-0.90) and this indicates high internal consistency coefficients, and indicates high and sufficient validity indicators that can be trusted in applying the current study.

Questionnaire stability: The stability was calculated using the Cronbach's alpha equation, as is clear from the following table:

Table (4). Shows Cronbach's Alpha Coefficients for Questionnaire Stability

No.	The axis	Number of phrases	alpha value
1	The reality of family guidance	8	0.76
2	Elements of quality family counseling	8	0.69
3	Mechanisms for activating family guidance	8	0.83
4	Suggestions	8	0.85
	The questionnaire as a whole	32	0.78

The results of Table No. (4) show that the values of Cronbach's alpha coefficients for the stability of the questionnaire axes ranged between (0.64-0.88), while the stability coefficient of the questionnaire as a whole reached (0.78), all of which are high values indicating the stability of the questionnaire.

Statistical Methods Used

To achieve the objectives of the study and analyze the data collected, the researcher used many appropriate statistical methods using the Statistical Package for Social Sciences (SPSS) program. The most important of these methods are:

Frequencies and percentages, to identify the demographic characteristics of the study sample.

Pearson's correlation coefficient to calculate the internal consistency validity of the study tool, as well as studying the mechanisms for activating family guidance in the Emirati society in light of the digital environment, as a field study applied to a sample of workers in family guidance centers in the city of Sharjah in the United Arab Emirates.

Cronbach's alpha coefficient and half-split to calculate the stability coefficient of the different axes of the study tool.

Eighth: Discussion and interpretation of the study results:

Results related to the primary data of the study community:

Table (5). Shows The Distribution of the Study Sample According to Gender

No.	Sex	R	%
1	Males	59	65.6
2	Females	31	34.4
	Total	90	100%

The results of the previous table show that: The distribution of the study sample of workers in family counseling centers in the city of Sharjah in the United Arab Emirates according to gender, came in first place males at a rate of (65.6%) and in second place females at a rate of (34.4%), and this may be explained by the greater interest of males in the field of family counseling in the Emirates than females.

Table (6). Shows The Distribution of the Study Sample According to the Employer

No.	Workplace	R	%
1	Emirates Family Counseling Association Center	24	26.7
2	Family Development Center	32	35.6
3	Hamsa Center for Family Counseling	22	24.4
4	Family Guidance Center	12	13.3
	Total	90	100%

It is clear from the results of the previous table that: The distribution of the study sample of workers in family counseling centers in the city of Sharjah in the United Arab Emirates according to the employer, came in first place workers in the Family Development Center with a percentage of (35.6%), in second place workers in the Emirates Family Counseling Association Center with a percentage of (26.7%), in third place workers in the Hamsa Family Counseling Center with a percentage of (24.4%), and in fourth and last place workers in the Family Counseling Center with a percentage of (13.3%).

Table (7). Shows the Distribution of the Study Sample**According to the Educational Qualification.**

No.	Educational qualification	R	%
1	Higher Diploma	2	2.2%
2	Bachelor's	50	55.6%
3	Master's	34	37.8%
4	PhD	4	4.4%
	Total	90	100%

The results of the previous table show that: The distribution of the study sample of workers in family guidance centers in the city of Sharjah in the United Arab Emirates according to educational qualifications, came in first place with a bachelor's degree (55.6%), in second place with a master's degree (37.8%), and in third place with a doctorate (4.4%). This may be explained by the high level of educational qualifications of workers in family guidance centers in the Emirates, due to their interest in continuing education and developing their knowledge and experience in the field of work.

Table (8). Shows the Distribution of the Study Sample**According To the Number of Years of Experience in The Field of Work**

No.	years of experience	R	%
1	Less than 5 years	4	4.5%
2	5 to less than 10 years	71	80.0%
3	From 10 to less than 15 years	10	11.0%
4	15 years and older	4	4.5%
Total		90	100%

The results of the previous table show that: The distribution of the study sample of workers in family counseling centers in the city of Sharjah in the United Arab Emirates according to the number of years of experience, came in first place (from 5 to less than 10 years) with a percentage of (80.0%), in second place (from 10 to less than 15 years) with a percentage of (11.0%), in third place (from 15 years and over) with a percentage of (4.5%), and in fourth and last place (less than 5 years) with a percentage of (4.5%). This may be explained by the high level of experience among workers in family counseling centers in the city of Sharjah, and their ability to describe the mechanisms for activating family counseling in the Emirati society in light of the digital environment.

Results related to answering the study questions:

Answering the first question:

What is the reality of family counseling in the Emirati society in light of the digital environment?

Table (9). Shows the Reality of Family Counseling in the Emirati Society

In Light of the Digital Environment

No.	Phrase	Agree	to some extent	Disagree	A.M	S.D	Arrangement
1	The interest of the Emirati community in family counselling has increased in recent years.	55	19	16	2.43	0.89	5
2	The need for family counselling has increased in light of the spread and complexity of social problems.	60	11	19	2.46	0.67	4
3	Family counselling in the digital environment has encouraged people to seek family counselling.	49	20	21	2.31	0.56	7
4	The culture of raising awareness of family problems has spread through telephone family counselling.	53	17	20	2.37	0.74	6
5	Telephone family counseling helps in requesting family counseling on sensitive issues within the family.	61	15	14	2.52	0.66	2
6	Interest in preparing those about to get married has increased in light of the spread of electronic family guidance.	57	19	14	2.48	0.79	3

7	The Emirati family is keen to encourage its members to seek family counselling.	64	11	15	2.54	0.57	1
8	The increased use of social media has contributed to the spread of electronic family counseling.	51	13	26	2.28	0.80	8

The results of the previous table show that: The reality of family counseling in the Emirati society in light of the digital environment, came in the following order:

In the first place, statement No. (7) (The Emirati family was interested in encouraging its members to seek family counseling (with an arithmetic mean (2.54) and a standard deviation (0.57)).

In the second place, statement No. (2) (Telephone family counseling helped to seek family counseling in sensitive problems within the family) with an arithmetic mean (2.52) and a standard deviation (0.66).

In the third place, statement No. (6) (Interest in qualifying those about to get married increased in light of the spread of electronic family counseling) with an arithmetic mean (2.48) and a standard deviation (0.79).

In the fourth place, statement No. (2) (The need for family counseling increased in light of the spread and complexity of social problems) with an arithmetic mean (2.46) and a standard deviation (0.67).

In the fifth place, statement No. (1) (The interest of members of the Emirati society in family counseling increased In recent years) with an arithmetic mean (2.43) and a standard deviation (0.89).

In sixth place is statement No. (4) (The culture of developing awareness of family problems has spread through telephone family counseling) with an arithmetic mean (2.37) and a standard deviation (0.74).

In seventh place is statement No. (3) (Family counseling in the digital environment encouraged the request for family consultations) with an arithmetic mean (2.31) and a standard deviation (0.56).

In eighth place is statement No. (8) (The increased use of social media has contributed to the spread of electronic family counseling) with an arithmetic mean (2.28) and a standard deviation (0.80).

It is clear from this that the reality of family counseling in the Emirati society in light of the digital environment was represented in: The interest of the Emirati family in encouraging its members to request family counseling, telephone family counseling helped to request family counseling in sensitive problems within the family, increased interest in qualifying those about to get married in light of the spread of electronic family counseling, increased need for family counseling in light of the spread and complexity of social problems, spread of the culture of developing awareness of family problems through telephone family counseling, family counseling in light of the digital environment encouraged requesting family counseling, increased use of social media contributed to the spread of electronic family counseling.

The answer to the second question:

What are the components of the quality of family counseling in the Emirati society in light of the digital environment?

Table (10). Shows the Components of the Quality of Family Counseling

In The Emirati Society in Light of the Digital Environment

No.	Phrase	Agree	to some extent	Disagree	A.M	S.D	Arrangement
1	Developing a culture of family guidance in the digital environment.	62	14	14	2.53	0.76	5
2	Community recognition of the importance of family counselling in the digital environment.	54	19	17	2.41	0.84	6
3	Accumulating successes through family guidance programs in the digital environment.	61	17	12	2.54	0.90	4
4	Using modern technological means in providing family guidance.	57	13	20	2.41	0.69	7
5	Availability of technical skills among family counselors in the digital environment.	66	18	6	2.67	0.74	3
6	Training family counselors on how to use technology in family counseling.	68	14	8	2.67	0.71	2
7	Ensuring the confidentiality of information circulated through family counselling in the digital environment.	54	11	25	2.32	0.68	8
8	Using effective AI programs to provide family guidance in the digital environment.	70	12	8	2.69	0.66	1

The results of the previous table show that: The components of family counseling quality in the Emirati society in light of the digital environment came in the following order:

In the first place, statement No. (8) (Using effective artificial intelligence programs to provide family counseling in light of the digital environment) with an arithmetic mean (2.69) and a standard deviation (0.66).

In the second place, statement No. (6) (Training family counselors on how to use technology in family counseling) with an arithmetic mean (2.67) and a standard deviation (0.71).

In the third place, statement No. (5) (Availability of technical skills among family counselors in light of the digital environment) with an arithmetic mean (2.76) and a standard deviation (0.74).

In the fourth place, statement No. (3) (Accumulation of successes through family counseling programs in light of the digital environment) with an arithmetic mean (2.54) and a standard deviation (0.90).

In the fifth place, statement No. (1) (Developing a culture of family counseling in the digital environment) with an arithmetic mean (2.53) and a standard deviation (0.76).

In the sixth place, statement No. (2) (Societal recognition of the importance of family counseling in the digital environment) with an arithmetic mean (2.41) and a standard deviation (0.84).

In the seventh place, statement No. (4) (Using modern technological means in providing family counseling) with an arithmetic mean (2.41) and a standard deviation (0.69).

In the eighth place, statement No. (7) (Ensuring the confidentiality of information circulated through family counseling in the digital environment) with an arithmetic mean (2.32) and a standard deviation (0.68).

It is clear from this that the components of the quality of family counseling in the Emirati society in light of the digital environment were represented in: the use of effective artificial intelligence programs to provide family counseling in light of the digital environment, training family counselors on how to use technology in family counseling, the availability of technical skills among family counselors in light of the digital environment, the accumulation of successes through family counseling programs in light of the digital environment, the development of a culture of family counseling in light of the digital environment, societal recognition of the importance of family counseling in light of the digital environment, the use of modern technological means in providing family counseling, and ensuring the confidentiality of information circulated through family counseling in light of the digital environment.

The answer to the third question:

What are the most important mechanisms for activating family counseling in the Emirati society in light of the digital environment?

Table (11). Shows the Most Important Mechanisms for Activating Family Counseling in the Emirati Society in Light of the Digital Environment

No.	Phrase	Agree	to some extent	Disagree	A.M	S.D	Arrangement
1	Training family counselors on the latest artificial intelligence programs in the field of family counseling.	71	11	8	2.70	0.65	3
2	Effective social marketing of family counseling programs in the digital environment.	75	6	9	2.73	0.79	2
3	Social innovation in the advancement of family counseling programs in the digital environment.	69	14	7	2.69	0.68	4
4	Continuous evaluation of family counseling programs in the digital environment.	67	12	11	2.62	0.70	6
5	Employing modern trends in providing family guidance programs in the digital environment.	55	19	16	2.43	0.85	8
6	Using specialists only to provide family counseling programs in the digital environment.	61	23	6	2.61	0.76	7
7	Applying institutional excellence standards in family counseling centers in the digital environment.	67	18	5	2.69	0.58	5
8	Strategic planning for the future of family counseling in the digital environment.	73	11	6	2.74	0.92	1

The results of the previous table show that: The most important mechanisms for activating family counseling in the Emirati society in light of the digital environment came in the following order:

In the first place is statement No. (8) (Strategic planning for the future of family counseling in light of the digital environment) with an arithmetic mean (2.74) and a standard deviation (0.92).

In the second place is statement No. (2) (Effective social marketing of family counseling programs in light of the digital environment) with an arithmetic mean (2.73) and a standard deviation (0.79).

In the third place is statement No. (1) (Training family counselors on the latest artificial intelligence programs in the field of family counseling) with an arithmetic mean (2.70) and a standard deviation (0.65).

In the fourth place is statement No. (3) (Social innovation in the advancement of family counseling programs in light of the digital environment) with an arithmetic mean (2.69) and a standard deviation (0.68).

In the fifth place, statement No. (7) (Applying institutional excellence standards in family counseling centers in the digital environment) with an arithmetic mean (2.69) and a standard deviation (0.58).

In the sixth place, statement No. (7) (Continuous evaluation of family counseling programs in the digital environment) with an arithmetic mean (2.62) and a standard deviation (0.70).

In the seventh place, statement No. (6) (Using specialists only in providing family counseling programs in the digital environment) with an arithmetic mean (2.61) and a standard deviation (0.76).

In the eighth place, statement No. (5) (Using modern trends in providing family counseling programs in the digital environment) with an arithmetic mean (2.43) and a standard deviation (0.85).

It is clear from this that the most important mechanisms for activating family guidance in the Emirati society in light of the digital environment may be represented in: strategic planning for the future of family guidance in light of the digital environment, effective social marketing of family guidance programs in light of the digital environment, training family counselors on the latest artificial intelligence programs in the field of family guidance, social innovation in the advancement of family guidance programs in light of the digital environment, applying institutional excellence standards in family guidance centers in light of the digital environment, continuous evaluation of family guidance programs in light of the digital environment, using specialists only in providing family guidance programs in light of the digital environment, employing modern trends in providing family guidance programs in light of the digital environment.

The answer to the fourth question:

What are the most important proposals for activating family guidance in the Emirati society in light of the digital environment?

Table (12). Shows the Most Important Proposals for Activating Family Guidance in the Emirati Society in Light of the Digital Environment

No.	Phrase	Agree	to some extent	Disagree	A.M	S.D	Arrangement
1	Spreading the culture of family guidance in the digital environment.	65	22	3	2.69	0.88	3
2	Benefiting from successful international experiences in the field of family counseling in the digital environment.	70	9	11	2.66	0.56	4
3	Support and develop the digital environment for family guidance centers.	67	15	8	2.66	0.78	6

4	Families' participation in planning family counselling programmes in the digital environment.	59	19	12	2.52	0.86	8
5	Providing trained and specialized human capabilities to work in the field of family counseling in the digital environment.	66	22	2	2.71	0.75	1
6	Assessing the needs of the Emirati family for family guidance programmes in light of the digital environment.	72	8	10	2.69	0.66	2
7	Effective social marketing for successful family counseling programs in the digital environment.	68	13	9	2.66	0.84	5
8	Conducting social studies and research to activate family guidance programs in the digital environment.	64	11	15	2.54	0.67	7

The results of the previous table show that: The most important proposals to activate family counseling in the Emirati society in light of the digital environment came in the following order:

In the first place is statement No. (5) (providing trained and specialized human capabilities to work in the field of family counseling in light of the digital environment) with an arithmetic mean (2.71) and a standard deviation (0.75).

In the second place is statement No. (6) (estimating the needs of the Emirati family for family counseling programs in light of the digital environment) with an arithmetic mean (2.69) and a standard deviation (0.66).

In the third place is statement No. (1) (spreading the culture of family counseling in light of the digital environment.) with an arithmetic mean (2.69) and a standard deviation (0.88).

In the fourth place is statement No. (2) (benefiting from successful international experiences in the field of family counseling in light of the digital environment) with an arithmetic mean (2.66) and a standard deviation (0.56).

In the fifth place, statement No. (7) (effective social marketing for successful family guidance programs in the digital environment) with an arithmetic mean (2.66) and a standard deviation (0.84).

In the sixth place, statement No. (3) (supporting and developing the digital environment for family guidance centers) with an arithmetic mean (2.66) and a standard deviation (0.78).

In the seventh place, statement No. (8) (conducting social studies and research to activate family guidance programs in the digital environment) with an arithmetic mean (2.54) and a standard deviation (0.67).

In the eighth place, statement No. (4) (participation of families in planning family guidance programs in the digital environment) with an arithmetic mean (2.52) and a standard deviation (0.86).

It is clear from this that the most important proposals to activate family counseling in the Emirati society in light of the digital environment were represented in: providing trained and specialized human capabilities to work in the field of family counseling in light of the digital environment, assessing the needs of the Emirati family for family counseling programs in light of the digital environment, spreading the culture of family counseling in light of the digital environment, benefiting from successful international experiences

in the field of family counseling in light of the digital environment, effective social marketing for successful family counseling programs in light of the digital environment, supporting and developing the digital environment for family counseling centers, conducting social studies and research to activate family counseling programs in light of the digital environment, and involving families in planning family counseling programs in light of the digital environment.

Conclusions

- The necessity of participating in formulating the vision and mission of family counseling centers, while helping the centers develop their counseling services to suit the needs of families in the Emirati society.
- Contributing to the periodic evaluation of family counseling center services, with the need to work on correcting the errors suffered by family counseling centers, and being careful and honest in using the resources of family counseling centers, while ensuring consistency and compatibility among the workers in the centers.
- Paying attention to transferring the professional expertise of the workers in family counseling centers, and striving to improve professional efficiency in a manner that is consistent with the status of the centers in which they work.
- The need to benefit from international, regional and local expertise in developing the services of the centers, while committing to providing the family counseling centers in which they work with correct information.
- Providing trained and specialized human capabilities to work in the field of family counseling in the digital environment.
- Assessing the needs of the Emirati family for family counseling programs in the digital environment, while spreading the culture of family counseling in the digital environment.
- Benefiting from successful international experiences in the field of family counseling in the digital environment.
- Effective social marketing for successful family counseling programs in the digital environment.
- Support and develop the digital environment of family counseling centers, and provide them with the latest digital and technical equipment that contributes to achieving the effectiveness and confidentiality of family counseling in the Emirati society.
- Conduct social studies and research to activate family counseling programs in the digital environment, with the necessity of families participating in planning family counseling programs in the digital environment.

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