



Cambridge
International

Professional Research Thesis

Titled

The role of human development, psychological and family counseling in building a conscious individual in light of contemporary challenges

Researcher

GHADA AHMED ABD EL-HADY HASSAN ELKADY

Supervisor signature

2024



Dedication:

I ask Almighty God to accept this work from me purely for His noble sake, seeking His pleasure. To the gift from God and the great blessing I live with—my mother, may God bless her life, and my father, may God have mercy on him. To you both, I dedicate this humble research, hoping it will be an ongoing charity for me and for you. To my soulmate, to the one who took my hand toward what I desire and restored my confidence in my ability to progress. To you, my dear husband, I present this effort. To my children, I thank you all—Yasmin, Khaled, Habiba, Ahmed—for encouraging me to complete my educational journey. How happy and proud I am that you are my children, and how I wish to always be a source of trust and pride for you. To my relatives and friends who continued to support and encourage me without tire or boredom, and endured my long absences and intermittent appearances, I thank you all from the bottom of my heart and hope to live up to your good expectations.

Introduction.

The world has witnessed major transformations in recent decades that have encompassed various aspects of life, from accelerating technological development and widespread media openness to successive social and economic changes. This has led to the emergence of new patterns of human interaction and reshaped the system of values and behaviors in societies, particularly Arab societies. These changes have placed humans at the heart of new existential challenges that require advanced self-awareness, role awareness, and awareness of the surrounding reality, enabling them to deal with these transformations without losing their psychological or social balance. In this context, human development has emerged as one of the most important scientific and practical orientations aimed at advancing the individual and society together, considering the human as the axis of all development. Human development focuses on expanding human choices, developing their intellectual, psychological, and social capabilities, and empowering them to interact effectively with themselves and others. The concept of the "conscious individual" is one of the most prominent goals that development seeks to achieve, given the importance of awareness in self-management, decision-making, and assuming social responsibility. Alongside development, the importance of psychological and family counseling has increased as complementary paths in helping individuals face contemporary pressures, understand behavioral changes, and restore balance to human relationships, especially within the family, which is the first building block in forming individual awareness and shaping personality. Today, there is an urgent need to support individuals through counseling and educational programs that contribute to improving mental health and enhancing critical thinking, emotional, and

social skills. Nevertheless, societies still suffer from various manifestations of weak individual and collective awareness, such as rising rates of domestic violence, psychological disorders, social disintegration, and uncritical adherence to consumerist and intellectual patterns. These manifestations indicate shortcomings in activating development and counseling tools at the practical level. Hence arises the need for a scientific study that examines the relationship between human development and counseling (in its psychological and family aspects) and building a conscious individual capable of facing contemporary challenges with flexibility and balance. It is worth noting that this relationship—despite its importance—has not received in-depth study in our Arab contexts, where these concepts are often addressed separately, without considering their integration in achieving a shared human goal, which is building human awareness, liberating it from ready-made templates and negative inheritances, and empowering it to make responsible decisions that positively impact itself and its environment. Accordingly, this study aims to explore the integrative role of human development, psychological counseling, and family counseling in shaping human awareness, through analyzing the theoretical and applied contributions of these fields, monitoring their impact on facing contemporary challenges, and providing practical recommendations that can be implemented. This study seeks to contribute to enriching Arab literature in this field through a comprehensive vision that combines the developmental dimension, psychological support, and family building, in order to formulate a cognitive and applied model that can contribute to building a conscious individual capable of being an active participant in their society, not merely a recipient or follower.

The study Problem.

Contemporary society is witnessing increasing psychological and social challenges, such as rising rates of anxiety and depression, increasing manifestations of domestic violence, relationship breakdown, and weak belonging, reflecting a clear imbalance in human awareness of themselves and their society. Despite the multiplicity of initiatives in the fields of human development and psychological and family counseling, their impact remains limited due to the lack of integration between these fields and a focus on formal aspects without addressing the psychological and human depth of the individual. Hence, the research problem emerges in the shortcomings of activating human development and counseling as scientific tools in building a conscious individual capable of facing challenges and achieving psychological and social balance in the face of accelerating changes.

The importance of studying:

The importance of this study stems from a set of scientific and societal considerations that reinforce the urgent need for a deeper understanding and broader activation of the role of human development, psychological counseling, and family counseling in building a conscious individual. This importance is manifested in the following:

- 1. Scientific and Theoretical Importance This study contributes to enriching the theoretical aspect regarding the relationship between human development and counseling on one hand, and building human awareness on the other, by presenting a cognitive framework that links the three fields in an integrated manner. It also fills an existing research gap in Arab literature, where these concepts are often addressed separately, without considering the aspects of interaction and integration between them in shaping individual awareness and directing behavior.*
- 2. Societal and Practical Importance The study addresses a problem that directly touches the reality of individuals, families, and society, amid the increasing psychological and social pressures we witness, and the lack of sufficient awareness in dealing with daily life changes. Thus, the study's results can contribute to supporting educational, counseling, and social institutions, providing them with a scientific vision that helps enhance the effectiveness of their interventions in developing humans from within.*
- 3. Applied Importance This study opens the field for applying its results in developing developmental and counseling programs, whether in schools, universities, family counseling centers, or human development programs, through practical strategies based on clear*

scientific foundations. It thereby contributes to correcting the course of many initiatives that may be practiced away from scientific methodology or without a precise understanding of human psychological, social, and existential needs.

4. *Timeliness of the Study This study comes at a time when the world—especially Arab societies—is witnessing profound transformations in family and societal structures and values, making it necessary to reconsider the means by which human awareness is built and through which their perception of themselves and their reality is shaped. The acceleration of technology and media openness has created a gap between traditional methods of education and counseling and actual challenges, which calls for reformulating the role of these tools to be more adaptable to the era.*

Objectives of the study:

This study aims to achieve the following objectives: Analyze the theoretical concepts of human development, psychological counseling, and family counseling, and identify the scientific foundations on which these fields are based in the context of building human awareness. Explore the relationship between human development and building a conscious individual, by tracing the cognitive, emotional, and educational impact of this development on individual awareness of themselves and their society. Determine the role of psychological and family counseling in supporting psychological and social balance, and analyze its effectiveness in developing behavioral and emotional awareness among individuals at various age stages. Monitor the most prominent contemporary challenges that hinder the formation of awareness in humans, whether at the family, educational, or societal level, with a study of possible intervention mechanisms to confront them. Present an integrated framework for activating human development and counseling as two essential means in shaping a conscious individual, through a set of theoretical and applied recommendations that can be implemented in the Arab societal reality.

Study hypotheses and questions.

Study Hypotheses

There is an organic connection and functional integration between human development approaches and the fields of psychological and family counseling in building human awareness.

Psychological and family counseling contribute to developing human capabilities for positive adaptation to contemporary social, cultural, and psychological challenges.

Human development represents an effective entry point for enhancing self and emotional skills that are components of individual awareness.

The absence of integration between development and counseling programs leads to a gap in building integrated awareness for the Arab individual.

Building a comprehensive integrative framework that combines human development, psychological counseling, and family counseling helps in designing theoretical approaches applicable in educational and social contexts.

Study Questions

How do the concepts and approaches of human development, psychological counseling, and family counseling contribute to building a conscious individual?

This includes several questions:

What is the conceptual and theoretical framework for human development, psychological counseling, and family counseling?

What are the models and theoretical foundations on which the approaches of human development, psychological counseling, and family counseling are based?

What are the most prominent contemporary challenges facing the Arab individual and affecting their awareness and behavior?

How can the integration between human development, psychological counseling, and family counseling contribute to developing human awareness?

What are the most prominent theoretical results that confirm the effectiveness of this integration in building a conscious individual?

What is the proposed integrative framework through which the role of development and counseling in shaping contemporary human awareness can be enhanced?

Study Approach.

Given the nature of the study's topic and objectives, the researcher adopted the descriptive analytical method as the most appropriate for addressing the research problem. This method relies on collecting and analyzing information descriptively and critically through reviewing literature and specialized scientific references in the fields of human development, psychological counseling, and family counseling, with the aim of reaching an integrated scientific vision regarding the role of these fields in building a conscious individual.

The limits of the study:

● *Temporal Limits:*

The study covers the period from 2020 to 2025 AD, during which the world witnesses accelerating challenges (such as post-COVID-19 pandemic, the impacts of digital transformation, and increasing psychological and social pressures), giving this period special importance in analyzing the effectiveness of development and counseling in forming human awareness.

● *Spatial Limits:*

The study focuses on the Arab environment, with emphasis on Egyptian society as an applied model, due to the availability of data and field capabilities, with the possibility of comparison or reference to other Arab experiences when needed to support the analysis.

Study plan:

Chapter One: Human Development – Concept and Fields

First Section: Theoretical Framework for Human Development

First: Concept of Human Development and Its Dimensions

Second: Pillars of Human Development (Education – Health – Participation – Justice – Empowerment)

Third: Relationship of Human Development to Enhancing Awareness

Second Section: Human Development in the Contemporary Arab Context

First: Indicators of Arab Developmental Reality

Second: Most Prominent Structural Challenges in Arab Development

Third: Development Efforts and Challenges in Transformation

Third Section: Developmental Initiatives Related to Building the Conscious Arab Individual

First: Educational and Cultural Initiatives – Disseminating Knowledge and Building Skills

Second: Arab Human Development Reports – Revealing Gaps and Strategic Guidance

Third. National Initiatives – The Egyptian Model in Building the Individual

Fourth. Curriculum Reform – Education on Thinking and Tolerance

Fifth. Human Rights and Academic Organizations – Empowering the Individual from Within

Chapter Two: Psychological and Family Counseling – Foundations and Dimensions

First Section: Theoretical Foundations of Psychological and Family Counseling

First: Concept of Psychological Counseling

Second: Concept of Family Counseling

Third: Relationship Between Psychological and Family Counseling

Second Section: Theoretical Foundations of Psychological and Family Counseling

First: Psychological Basis

Second: Social Basis

Third: Cultural and Value Basis

Third Section: Models and Methods of Psychological and Family Counseling

First: Theoretical Models of Psychological and Family Counseling

Second: Methods of Psychological and Family Counseling

Third: Cultural Considerations in Selecting Models and Methods

Chapter Three: The Conscious Individual – Dimensions and Mechanisms

Chapter Three: The Role of Human Development, Psychological Counseling, and Family Counseling in Building the Conscious Individual in Light of Contemporary Challenges

First Section: Human Development as an Entry Point for Building the Conscious Individual

First: Concept of Human Development in Light of Modern Literature

Second: Components of Human Development and Their Effects on Developing Awareness

Third: Human Development Programs and Their Role in Empowering the Arab Individual

Fourth: Challenges Facing Human Development in Arab Societies

Second Section: Psychological Counseling and Its Role in Building Self and Societal Awareness

First: Conceptual Framework for Psychological Counseling

Second: Role of Psychological Counseling in Developing Self-Awareness

Third: Psychological Counseling as a Tool for Facing Contemporary Challenges

Fourth: Relationship Between Psychological Counseling and Conscious Social Upbringing

Fifth: Challenges of Applying Psychological Counseling in Arab Societies

Third Section: Family Counseling and Its Impact on Societal Cohesion and Building Family Awareness

First: Conceptual Framework for Family Counseling

Second: Role of Family Counseling in Building Family and Educational Awareness

Third: Family Counseling in Facing Family Disintegration and Contemporary Challenges

Fourth: Impact of Family Counseling on Developing Societal Awareness

Fifth: Challenges Facing Family Counseling in Arab Societies

Chapter Four: Conclusion – Summary, Results, Recommendations

Chapter Four: Conclusion – Results, Recommendations, and Appendices

Conclusion.

In conclusion, it is clear that human development, psychological counseling, and family counseling represent two essential pillars in building the conscious individual capable of facing contemporary challenges with awareness, insight, and responsibility. This thesis has addressed the theoretical and applied foundations of these fields and highlighted how comprehensive development—in its individual and collective aspects—can enhance the cognitive, skill-based, and value-based capabilities of the individual, making them more engaged and positive in their society. The study also clarified the role of psychological and family counseling in achieving internal family balance and supporting individuals in facing psychological and social pressures, which reflects on societal stability and cohesion.

However, the Arab reality reveals a noticeable gap between theoretical conceptions and practical reality, where many programs and initiatives still suffer from weaknesses in planning, shortcomings in measurement and evaluation mechanisms, in addition to limited qualified human resources, and a social perspective that may link counseling to manifestations of weakness or failure. In this framework, building a conscious individual cannot be achieved through partial approaches or scattered efforts, but requires integrated models based on scientific

knowledge, investing in modern technology, and keeping pace with global standards in counseling and development.

From a critical perspective, reforming reality requires action on more than one level.

Policy Level: By developing clear national strategies that support human development programs and family and psychological counseling, providing sufficient resources, and updating legislative and regulatory frameworks.

Societal Level: By building collective awareness that respects the value of psychological and developmental support and breaks the stigma associated with seeking help.

Academic Level: By increasing investment in scientific research and preparing qualified cadres capable of employing the latest theories and practices in service of the individual and society.

Thus, it can be said that the path toward building a conscious Arab individual and a cohesive society passes through integrating the efforts of individuals and institutions and adopting a comprehensive vision that recognizes that human development and counseling are not intellectual luxuries, but strategic necessities for a more stable and prosperous future.

Results.

Through theoretical analysis, this study reached a set of results that confirm the importance of integration between human development, psychological counseling, and family counseling in building a conscious individual capable of positive interaction with contemporary challenges. These results can be summarized as follows:

Human Development as a Fundamental Pillar for Building Individual and Societal Awareness

The results showed that human development programs, based on developing intellectual capabilities and life skills, contribute to enhancing individuals' ability to make rational decisions, adapt to accelerating changes, and actively participate in societal development.

Psychological and Family Counseling as Preventive and Therapeutic Tools

The study demonstrated that psychological and family counseling contribute to preventing behavioral and emotional disorders in individuals, enhance family cohesion through establishing values of dialogue and tolerance, and reduce social problems such as family disintegration and domestic violence.

Integration Between Human Development, Psychological Counseling, and Family Counseling Achieves Multiplied Results

It became clear that merging human development programs with psychological and family counseling services provides a comprehensive environment for personal and social growth, which positively reflects on family stability and societal prosperity.

Cultural and Societal Challenges Limit the Effectiveness of Interventions

The results revealed obstacles that hinder full benefit from counseling and development programs, such as weak societal awareness, the social stigma associated with seeking help, in addition to limited qualified human resources.

The Urgent Need to Develop National Policies and Programs

The study showed that activating the role of human development, psychological counseling, and family counseling requires supportive national policies, updated educational curricula, and close cooperation between governmental and civil institutions.

Direct Positive Impact on New Generations

The results proved that families receiving counseling support and participating in human development programs raise a generation that is more aware, adaptable, and respectful of social and cultural values, ensuring the sustainability of societal development.

Recommendations:

Based on the results reached by this study, the researcher recommends the following:

Strengthen the Institutional Structure for Counseling by establishing and developing specialized centers in psychological and family counseling in all regions, ensuring their services are available to all societal segments, especially in rural and marginalized areas.

Develop Educational Curricula by incorporating concepts of human development, life skills, and family counseling into school curricula, contributing to building early awareness among the youth.

Qualify Human Cadres by developing specialized training programs for psychological and family counselors, integrating academic knowledge with practical experience, and benefiting from the latest global practices in the field.

Launch Societal Awareness Campaigns: Organize media and cultural campaigns to break the social stigma associated with seeking counseling and promote a culture of dialogue and mutual support within families.

Utilize Modern Technology by developing electronic platforms and smart applications that provide remote counseling services, to expand access to groups that may face difficulties in personal attendance.

Activate Partnerships by enhancing cooperation between governmental institutions, the private sector, and civil society in designing and implementing development and counseling programs, ensuring role integration and effort sustainability.

Encourage Scientific Research by supporting field studies and research focused on evaluating the impact of human development programs and psychological and family counseling, with the aim of continuously improving and developing service quality.

The reviewer:

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