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Statistical Analysis of Rural Women's Coping Strategies During Economic Crises in Selected Villages

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Abstract: This research discusses the level of suffering experienced by the women surveyed during economic crises, and the significance of the relationship between certain characteristics of the studied women and their degree of employing coping mechanisms. A regression model was used to examine the relationship between these characteristics and the degree to which the women employed coping mechanisms during economic crises. The study included 352 housewives. Using frequencies, percentages, arithmetic mean and standard deviation, Cronbach's alpha coefficient, simple correlation (Pearson's test), t-tests, F-tests, multiple correlation coefficients, and standardized partial regression in data analysis, the statistical analyses revealed the following percentages: 66.2%, 81.3%, 81.5%, and 78.1%. The respondents showed a low to medium level of engagement with coping mechanisms represented by: (spending, income, self-reliance, external factors). Significant differences were found based on the employment status of the woman and her husband, as those who did not work, along with their husbands and members of the simple family, showed higher scores. In addition, monthly family income, exposure to information sources, informal social participation, and the degree to which the woman suffered from economic crises contributed positively to the variation in coping mechanisms. Our approach is based on presenting a true picture of the current situation. It also provides an accurate scientific resource for decision-makers in rural communities to address problems within rural households and to identify appropriate intervention methods, proposals, and programs aimed at helping them meet the needs of their members and reach a stage of adaptation to prevailing economic conditions and crises, thus ensuring their greatest achievement. Achieving the greatest possible number of its goals and emerging with the least possible losses on the psychological, social, and economic levels, and establishing sustainable livelihoods.

Keywords: Rural women – Economic crises – Mechanisms – Living adaptation.

1 Introduction

Recent times have witnessed an increase in the severity of economic crises, reaching increasingly pronounced levels that affect most countries worldwide. It is natural that societies are impacted by these difficult economic conditions and the critical phase the world is going through, which poses a clear threat to the current stable situation. Therefore, he must look for ways and means to confront it in a way that reduces its negative effects and consequences [11].

Thanaa Hassan [28] mentions that economic crises are represented by: unemployment, insufficient income to provide for the requirements of life, high prices of goods and services, the housing crisis and high rent, in addition to the inability to save, the private sector laying off its workers and employees and not offering new job opportunities [4].

Regarding the phenomenon of the high cost of living, or inflation as economists describe it, which Egyptian society is currently suffering from, like other societies, as a reflection of the global economic situation, the Central Bank of Egypt announced that the monthly inflation rate in the core consumer price index in Egypt recorded6.1% in May 2025 compared to -0.8% in May 2024 and 1.2% in April 2025. On an annual basis, the annual inflation rate for urban consumer prices in Egypt rose to 16.5% in May 2025 compared to the same month in 2024 [7]. All segments of society were affected. The Egyptian is directly affected by these economic crises, as the family budget, which has become unable to meet basic needs with increasing waves of inflation and unprecedented rises in the prices of goods and services under these circumstances, represents additional burdens that weigh down the individual, who is required to adapt to the new situation after every crisis that occurs. This impact extends beyond the stability and cohesion of the family and its ability to achieve its goals; it also affects the family's awareness and culture in confronting these challenges. Many studies view adaptation as the means by which small groups, such as the family, adjust to their social, economic, natural, and environmental circumstances [20] . Women are the center of

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the family and the source of its existence. They are its primary shield due to the multiple roles they play, whether inside or outside the home, in order to adapt and manage their family's life properly, and to support, develop, and meet its various needs [21] .

The mechanisms and methods of adaptation and coping in managing economic affairs vary from family to family, depending on the surrounding circumstances. Each family attempts to adopt certain approaches that enable it to succeed. Emmanuel Salama pointed out that methods for coping with economic shocks are diverse and varied, including: utilizing social networks for support, and borrowing. Making some changes to the family structure, such as postponing childbearing and increasing the proportion of domestic workers.

On the other hand, several authors, including [9] ,[8] ,[3] , [30] , [18], [27], [26], [17], [14], [12], [6], and [29], have explained that the success of the poor in Adapting to and coping with deteriorating economic conditions involves the following practices: living together in extended households, working in simple and precarious jobs and professions, off-farm, sending some family members such as children and spouses to work for others, increasing daily working hours, rationing consumption, changing purchasing patterns, and reducing Spending, with a focus on buying the cheapest song, then borrowing or mortgaging property, buying on installment plans, avoiding attending social events, increasing reliance on support and seeking aid and social protection from relatives or formal and informal community institutions, engaging in trade, optimal investment of resources. Maximize income sources and take advantage of available opportunities, and consume more savings.

2 Objective and Hypotheses

This research aims to study the level of suffering experienced by the female respondents from economic crises, their level of engagement with coping mechanisms to confront these crises, and to identify the relationships between the characteristics of the studied respondents, their degree of suffering from economic crises, and their level of engagement with coping mechanisms (spending, income, and reliance on others). Self, external factors), determining the regression model between the characteristics of the studied subjects and suffering from economic crises and the degrees to which the subjects perform coping mechanisms.

Hypotheses:

1- There is a correlation between the studied quantitative independent variables and the experience of economic crises, and between the respondents' use of the studied coping mechanisms.

2- There are statistically significant differences between the mean scores of the respondents' use of the studied coping mechanisms according to the variables: family type, the respondent's employment status, the husband's employment status, the respondent's occupation, and the husband's occupation.

3- The studied quantitative independent variables and the experience of economic crises are factors that predict the extent to which the respondents employ coping mechanisms. Each of the studied quantitative independent variables makes a unique and significant contribution to explaining the variation in the extent to which the respondents employ coping mechanisms.

3 Materials and Methods

First: Scientific Terminology and Procedural Concepts:

A- Research Terminology:

Crisis:

A crisis is defined as a critical period or unstable situation requiring immediate intervention. It also represents a circumstance or event that poses a clear threat to the stable status quo [2]. A crisis can be either violent or gradual, and it may be local, affecting only a specific country or state, or it may be general, affecting several countries or the entire world [24], in which causes and effects are intertwined and events unfold rapidly, increasing the degree of the unknown and making the decision-maker confused and uncertain about his situation, and finding it difficult to deal with it. Therefore, he must look for means and methods to confront it in a way that reduces the effects of the crisis and its negative consequences ([11].

Adaptation:

Adaptation is defined as conformity or adjustment, and some have defined it as a set of activities that are organized in a way

that achieves the desired results [25].

It is also defined as an individual's competence in managing the tasks required for daily life [5].

It is also defined as the readiness and ability to change and deal with circumstances, respond to life's developments and the new social and economic variables it encompasses, and the ability to adapt and coexist with these changes [19].

B- Procedural Concepts:

Economic Crises: A circumstance or event (severe financial distress) that represents a clear threat to the stable status quo of the rural family, such as job loss, seasonal unemployment, rising prices of consumer goods, in addition to rising expenses for education, health, rents (whether for agricultural land or housing), production inputs, services and facilities, transportation and transport.

Coping mechanisms: These are the possible methods and means, or the approaches, procedures, and activities based on organized, conscious thinking, that rural women identify to cope with and live through economic crises and various forms of deprivation. This is done by identifying suitable alternatives according to the relationship between their expectations, capabilities, resources, and how they prioritize their choices. They either try Inventing these methods, or looking for those methods that have already been invented elsewhere, such as: changing lifestyle and its quality, moving towards rationing, dispensing and prioritizing, reducing spending, maximizing sources of income and taking advantage of available opportunities, seeking aid and support from others or formal and informal community institutions.

Second: Area, comprehensiveness, and research sample: The participants were 352 rural housewives identified using the Krejcie & Morgan (1970) formula from a total of 8001 rural households from three administrative centers: Mansoura, Aga, and Sinbillawin, which were randomly selected from the Dakahlia Governorate. Then, one village was randomly selected from each of the three centers, and the villages were: Al-Khayariya, Nour Al-Homs, and Al-Zahaira, respectively. As shown in Figure 1.

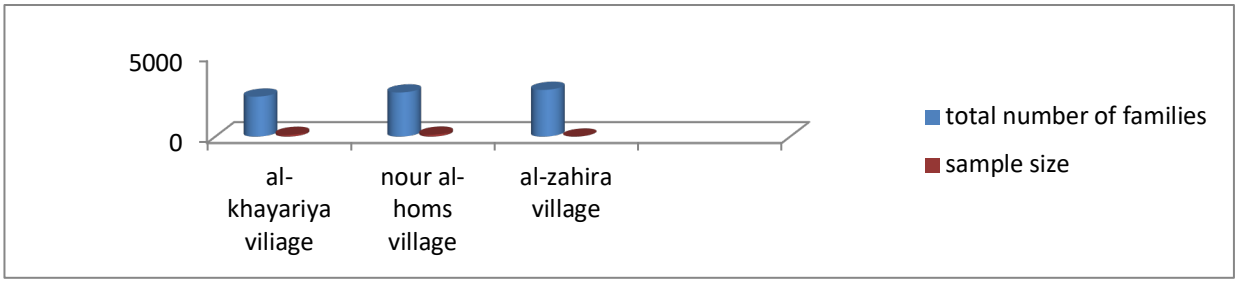


Fig. 1: Number of participants according to the research sample

Third: Tools: Questionnaires on personal characteristics, economic crises, and coping mechanisms. This includes the sections shown in Figure 2.

The questionnaire consists of 3 sections	a description
Section One: Personal Characteristics of the Women Subjects: Age of the woman subject, education of the woman subject, education of the husband, monthly family income, family size, standard of family housing, ownership of agricultural land, ownership of farm animals, exposure to information sources, geographical openness, opinion leadership, informal social participation, employment status of the woman subject, employment status of the husband, occupation of the woman subject, Husband's occupation, family type. Section Two: Suffering from economic crises according to a scale consisting of four levels: high, medium, low, no suffering. The scores given were 4, 3, 2, and 1 respectively. Section Three: Coping Mechanisms, which includes 8 measures: (spending, income, self-reliance, external factors), according to a scale consisting of four levels: doing a great deal, a moderate amount, a little amount, not doing anything, and the scores given were 4, 3, 2, and 1 respectively.	
Each item will be evaluated according to the option chosen by the respondent.	
For each topic, I had to mark the answer sheet with the choice that best reflected the opinion on each statement according to the sections' criteria.	a task
Individually printed questionnaire form; data were collected through personal interviews during June and July 2025.	Assembly method

Fig. 2: Questionnaires on personal characteristics, economic crises, and coping mechanisms

Construct validity of the scale:

1- The mechanism of hypocrisy: By applying the simple correlation coefficients matrix (Pearson) Table (1), statistically significant data were obtained between the items of the spending mechanism scale and its total score.

Table 1: Results of simple correlation coefficients (Pearson) between the respondents' scores on the items of the Spending Mechanism scale and its total score:

Ferry number	Correlation coefficient to spending mechanism	Ferry number	Correlation coefficient to spending mechanism
1	0.585**	9	0.596**
2	0.646**	10	0.530**
3	0.573**	11	0.617**
4	0.449**	12	0.597**
5	0.518**	13	0.517**
6	0.499**	14	0.468**
7	0.386**	15	0.499**
8	0.562**		

Significant at the 0.05 level ** Significant at the 0.01 level

2- Income Mechanism: By applying the simple correlation coefficient matrix (Pearson) Table (2), statistically significant data were obtained between the items of the income mechanism scale and its total score.

Table 2: Results of simple correlation coefficients (Pearson) between the respondents' scores on the items of the **Income** Mechanism scale and its total score**:**

Phrase number	Correlation coefficient to income mechanism
1	0.574**
2	0.599**
3	0.577**
4	0.684**
5	0.680**

*** Significant at the 0.05 level ** Significant at the 0.01 level**

3- Self-reliance mechanism:

By applying the simple correlation coefficients matrix (Pearson) Table (3), statistically significant data were obtained between the items of the self-reliance mechanism scale and its total score.

Table 3: Results of simple correlation coefficients (Pearson) between the scores of the respondents on the items of the self-reliance mechanism scale and its total score:

Ferry number	Correlation coefficient with self-reliance mechanism	Ferry number	Correlation coefficient with self-reliance mechanism
1	0.542**	6	0.585**
2	0.588**	7	0.527**
3	0.577**	8	0.617**
4	0.593**	9	0.614**
5	0.584**	10	0.667**

***Significant at the 0.05 level **Significant at the 0.01 level**

3- External factors mechanism: By applying the simple correlation coefficients matrix (Pearson) Table (4), statistically significant data were obtained between the statements of the external factors mechanism scale and its total score.

Table 4: Results of simple correlation coefficients (Pearson) between the scores of the respondents on the statements of the scale of the mechanism of external factors and its total score:

Ferry number	Correlation coefficient with external factors mechanism	Ferry number	Correlation coefficient with external factors mechanism
1	0638**	6	0.535**
2	0656**	7	0.651**

3	0.607**	8	0.710**
4	0508**	9	0.573**
5	0.473**	10	0.594**

***Significant at the 0.05 level **Significant at the 0.01 level**

It can therefore be said that the scores of the statements for each mechanism individually achieve the limit at which these scores can be accepted, and thus achieve a level of confidence in the performance and reliance on its results.

Fourth: The methodology used, statistical analysis methods, and statistical hypotheses:

1- The methodology used: The descriptive methodology and the analytical methodology were used.

2- Statistical analysis methods: Frequencies, percentages, arithmetic mean and standard deviation, Cronbach's alpha coefficient, simple correlation (Person's), t-tests, F-tests, multiple correlation coefficient, and standard partial regression were used in the data analysis.

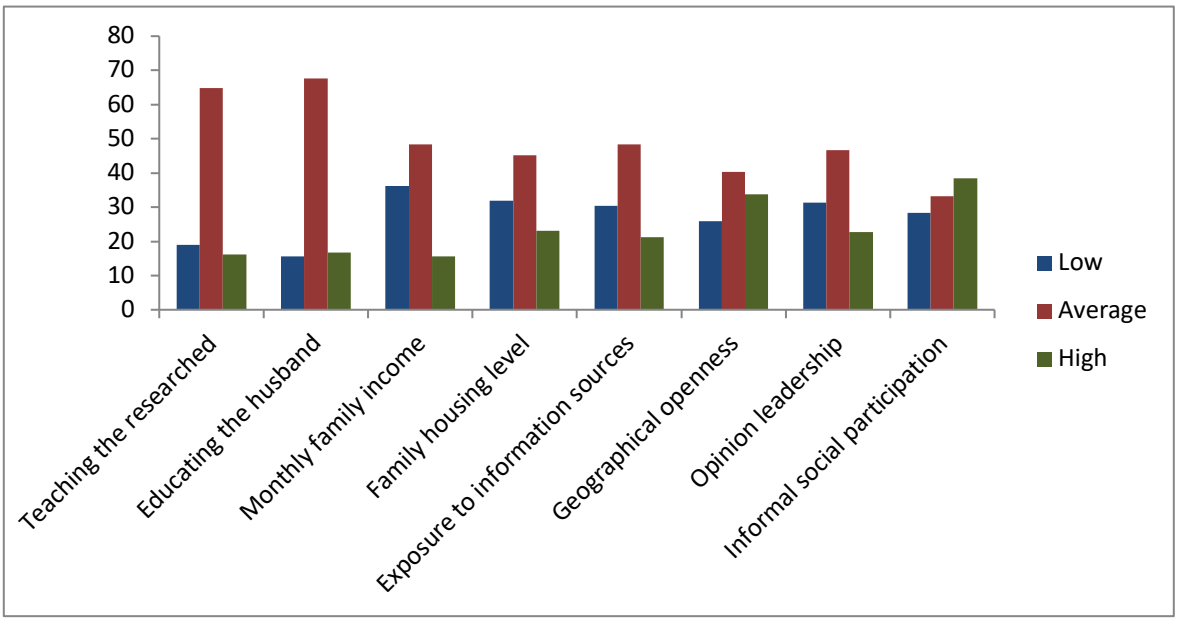
3- Statistical hypotheses: The research hypotheses were formulated in their null form so that they could be tested.

Description of the research sample characteristics: Table (5) provides a description of the personal, social, economic, and communication characteristics of the respondents. The results in the table show that more than two-fifths of the respondents (44.6%) are in the middle age group, and two-thirds of the respondents and their spouses (64.4% and 67.6%, respectively) are between 9 and 15 years old. The study revealed that half of the women surveyed (51.7%) are unemployed, while a third of their husbands (32.5%) are self-employed. Two-fifths of the women surveyed (41.8%) have families of nine or more members, and a larger proportion (52.8%) live in extended families. Nearly half (48.3%) have a monthly family income between 3,700 and 5,300 Egyptian pounds. Two-fifths of the respondents (45.2%, 44.6%, 45.25%) have a moderate level of family housing, agricultural land ownership, and farm animal ownership, respectively. Nearly half of the respondents (48.3%) have moderate exposure to information sources, nearly two-fifths of the respondents (40.3%) have moderate geographical openness, nearly half of the respondents (46%) have moderate opinion leadership, and finally, nearly two-fifths of the respondents (38.4%) have moderate social participation. As shown in Figure 3.

Table 5: Distribution of respondents according to personal, social, economic and communication characteristics:

Std. deviatIon	**Arithmetic average**	**%**	**number**	**Independent variables**	**%**	**number**	**Independent variables**	**Arithmetic average**	Std. **deviatIon**
5.24	24.29 degree	**10-Family housing level**			**1- Age of the respondent**			37.10 years	9.85
		31.8	112	Low (15-21) degrees	34.1	120	Young (under 33) years old		
		45.2	159	Average (22-28) degrees	44.6	157	Average (33–43) years		
		23	81	High (29-35) degrees	21.3	75	Senior (44 years and older)		
		100	352	the total	100	352	the total		
–	–	**11- Family type**			**2- Teaching the researched**			10.92 years	4.04
		47.2	166	Simple	19	67	Low (less than 9) years		
		8.52	186	Extended	64.8	228	Average (9-15) years		
		100	352	the total	16.2	57	High (16) years		
12- Life of agricultural land					100	352	the total		
–	–	12.8	45	No possession	**3-Educating the husband**				
		32.9	116	Small (1-11) carats	15.6	55	Low (less than 9) years	11.13 years	3.93
		44.6	157	Medium (12-22) carats	67.6	238	Average (9-15) years		
		9.7	34	Large (23-33) carats	16.8	59	High (16) years		
		100	352	the total	100	352	the total		
13- Possession of farm animals					**4- The practical situation of the researcher**				
2.52	4.00 Unit	12.5	44	No possession	48.3	170	It works	–	–
		33.5	118	Small (1-3) animal unit	51.7	182	Doesn't work		
		45.5	160	Medium (4-6) Animal Unit	100	352	the total		
		8.5	30	Large (7-9) Animal Unit	**5- The husband's work status**				

Std. deviratIon	Arithmetic average	%	number	Independent variables	%	number	Independent variables	Arithmetic average	Std. deviratIon
		100	352	the total	97.2	342	He works	_	_
14-Exposure to information sources					2.8	10	It doesn't work		
5.30	22.50 degree	30.4	107	Low (9-18) degrees	100	352	the total		
		48.3	170	Average (19-26) degrees	**6- The profession of the respondent**				
		21.3	75	High (27-36) degrees	37.1	63	She works in agriculture	_	_
		100	352	the total	23.5	40	Literal		
15- Geographical openness					10	17	Freelance work		
2.86	10.64 degree	25.9	91	Low (4-8) degrees	29.4	50	Female employee		
		40.3	142	Average (9-11) degrees	100	170	the total		
		33.8	119	High (12-16) degrees	**7-Husband's profession**				
		100	352	the total	21.9	75	He works in agriculture	_	_
		16- Opinion leadership			19.6	67	verbatim		
7.96	20.47 degree	31.3	110	Low (8-16) degrees	32.5	111	Freelance work		
		46	162	Average (17-23) degrees	26	89	employee		
		22.7	80	Low (24-32) degrees	100	342	the total		
		100	352	the total	**8-Family size**				
4.53	15.93 degree	**17-Informal social participation**			24.4	86	Small (less than 7) person	7.68 people	1.30
		28.4	100	Low (6-12) degrees	33.8	119	Average (7-8) people		
		33.2	117	Average (13-17) degrees	41.8	147	Large (9 people or more)		
		38.4	135	High (18-24) degrees	100	352	the total		
		100	352	the total	**9- Monthly family income**				
					36.1	127	Low (less than 3700) pounds	3918.89 pounds	52.35
					48.3	170	Average (3700-5300) pounds		
					15.6	55	High (over 5300) pounds		
					100	352	the total		



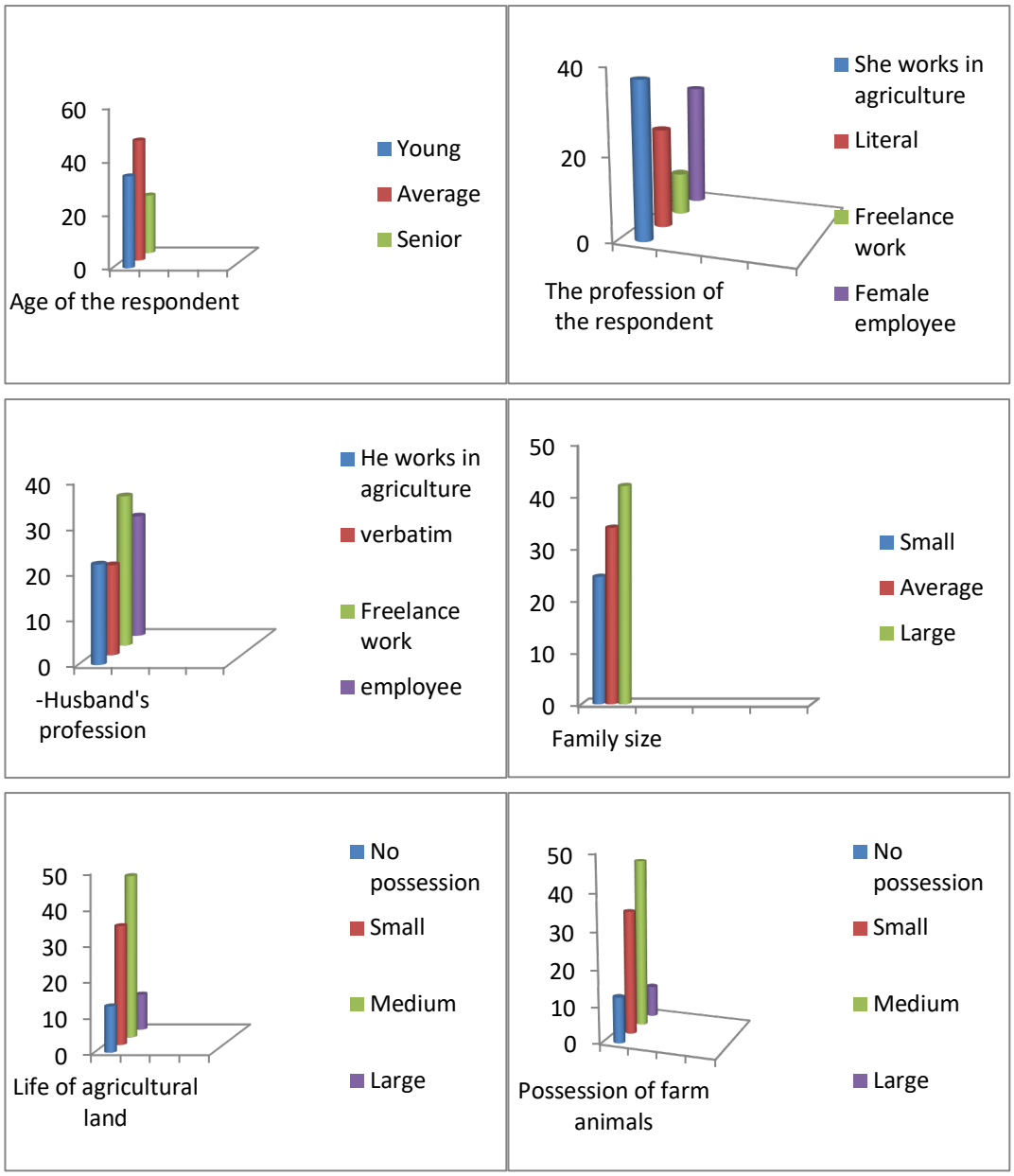


Fig. 3: Distributing the participants according to their studied personal variables

4 Results and Discussion

First: Suffering from Economic Crises:

A- Level of Suffering of the Female Participants from Economic Crises:

Table (6) shows the level of suffering of the respondents from economic crises, and it is clear from it that 15.6% of the respondents are at the low level, 40.9% are at the medium level, and 43.5% are at the high level.

Table 6: level of female respondents according to suffering from economic crises.

Doing level	**number**	**%**
Low (21-42) degrees	55	15.6
Average (43-62) degrees	144	40.9
High (63-74) degrees	153	43.5
the total	352	100

The results indicate that the highest percentage of respondents suffer from a high level of economic crises, which can be explained by the economic conditions experienced by many Egyptian families, including the high prices of most goods and services without a corresponding increase in income, widespread unemployment, job loss, or retirement.

B- Percentage distribution of respondents' scores on statements regarding suffering from economic crises:

Table (7) shows the distribution of respondents according to their suffering from economic crises. The data in the table indicates that the most frequent response, as a percentage, was: insufficient monthly income to meet living requirements (poverty), at 43.5%. The last of these statements reads: The house was subjected to a sudden accident at a rate of 23.9%.

Table 7: Percentages of the distribution of respondents' scores on statements about suffering from economic crises

M	Phrases	Degree of suffering								Arithmetic average
		To a great extent		To a moderate degree		To a small degree		There is no suffering		
		number	%	number	%	number	%	number	%	
1	Insufficient monthly income to meet the necessities of life (poverty)	153	43.5	91	25.9	35	9.9	73	20.7	2.92
2	Rising prices of goods and food	146	41.5	90	25.6	47	13.3	69	19.6	2.89
3	High utility costs (electricity, water, gas, internet)	164	46.6	50	14.2	62	17.6	76	21.6	2.86
4	High transportation and transfer prices	169	48	45	12.8	55	15.6	83	23.6	2.85
5	borrowing	127	36.1	113	32.1	41	11.6	71	20.2	2.84
6	High education costs	144	40.9	84	23.9	43	12.2	81	23	2.83
7	Burden of chronic diseases	165	46.9	45	12.8	55	15.6	87	24.7	2.82
8	Change to a lower-paying job (private sector)	151	42.9	60	17	53	15.1	88	25	2.78
9	The spread of seasonal unemployment	144	40.9	75	21.3	43	12.2	90	25.6	2.77
10	Dismissal, loss of job, or retirement from work (layoff)	146	41.5	56	15.9	61	17.3	89	25.3	2.74
11	Spending on seasons, holidays and occasions	147	41.8	54	15.3	56	15.9	95	27	2.72
12	Housing crisis and rising rents	121	34.4	85	24.1	70	19.9	76	21.6	2.71
13	High marriage expenses	125	35.5	75	21.3	72	20.5	80	22.7	2.70
14	inability to save	124	35.2	65	18.5	93	26.4	70	19.9	2.69
15	Financial losses	124	35.2	74	21	70	19.9	84	23.9	2.68
16	Increase fees for services provided by the state (construction, traffic, etc.)	112	31.8	90	25.6	62	17.6	88	25	2.64
17	Difficulty in making some home renovations and	122	34.7	63	17.9	82	23.3	85	24.1	2.63

	repairs									
18	High costs of production inputs	112	31.8	78	22.2	67	19	95	27	2.59
19	Inability to purchase some devices	108	30.7	68	19.3	97	27.6	79	22.4	2.58
20	High rent for agricultural land	100	28.4	84	23.9	74	21	94	26.7	2.54
21	The house was exposed to a sudden accident.	48	23.9	98	27.8	75	21.3	95	27	2.49

Second: Level of coping mechanisms, represented by: (spending, income, self-reliance, external factors):

1- Spending mechanism:

a- Level of the respondents' use of the spending mechanism:

Table (8) shows the level of the respondents' use of the spending mechanism. It is clear that 18.5% of the respondents are at the low level, 47.7% at the medium level, and 33.8% at the high level. As shown in Figure4.

Table 8: Distribution of respondents according to their level of participation in the spending mechanism

Doing level	**number**	**%**
Low (15-30) degrees	**65**	**18.5**
Average (31-44) degrees	**165**	**47.7**
High (45-60) degrees	**119**	**33.8**
the total	**352**	**100**

B- Percentage distribution of respondents' scores on statements regarding spending management:

Table (9) shows the distribution of respondents according to their spending management practices. The table data indicates that the most frequent responses, as a percentage, included: reducing or ceasing the purchase of certain goods; postponing some needs and desires to later months; and postponing the purchase of less essential goods. With an average arithmetic 50.6%, the last of these statements was: making a list of household needs and adhering to it, with an average arithmetic 21.3%.

Table 9: Percentage distribution of respondents' scores on statements regarding the implementation of the spending mechanism:

M	Phrases	Degree of doing								Arithmetic average
		To a great extent		To a moderate degree		To a small degree		Don't get up		
		number	%	number	%	number	%	number	%	
1	Reducing or stopping the purchase of some goods	**178**	50.6	**65**	18.5	**41**	11.6	**68**	19.3	3
2	Agreeing and negotiating with the seller to reduce the price (known as bargaining)	**164**	46.4	**83**	23.6	**29**	8.2	**76**	21.6	2.95
3	Shopping from cheaper or lower-priced markets	**162**	46	**84**	23.9	**26**	7.4	**80**	22.7	2.93
4	Buying used goods and tools	**163**	46.3	**64**	18.2	**49**	13.9	**76**	12.6	2.89
5	Buying goods during sales	**154**	43.7	**70**	19.9	**44**	12.5	**84**	23.9	2.84
6	Going to government hospitals when sick	**164**	46.6	**49**	13.9	**53**	15.1	**86**	24.4	2.83
7	Buying some goods on credit or in installments	**160**	**45.4**	**62**	**17.6**	**33**	**9.4**	**97**	**27.6**	**2.81**
8	Buy household items in bulk	**141**	**40.1**	**62**	**17.6**	**78**	**22.1**	**71**	**20.2**	**2.78**
9	Use the information and experiences of others to find places that have discounts or	**147**	**41.8**	**72**	**20.4**	**39**	**11.1**	**94**	**26.7**	**2.77**

	reasonable prices.									
10	Buying goods of lower quality	**132**	**37.5**	**58**	**16.5**	**87**	**24.7**	**75**	**21.3**	**2.70**
11	Sending children to less expensive rural schools	**135**	**38.4**	**64**	**18.2**	**60**	**17**	**93**	**26.4**	**2.68**
12	Buy cheap alternative goods	**114**	**32.4**	**78**	**22.1**	**65**	**18.5**	**95**	**27**	**2.60**
13	Postpone the purchase of less necessary and urgent goods	**95**	**27**	**81**	**23**	**84**	**23.9**	**92**	**21.1**	**2.51**
14	Reducing the amount of goods purchased	**90**	**25.6**	**81**	**23**	**86**	**24.4**	**95**	**27**	**2.47**
15	Make a list of household needs and stick to it.	**75**	**21.3**	**86**	**24.4**	**56**	**15.9**	**135**	**38.4**	**2.29**
Overall average = 2.55										

2- Income Mechanism:

a- Level of the Study Participants' Use of the Income Mechanism:

Table (10) presents the level of the study participants' use of the income mechanism. It shows that 19.9% of the participants are at the low level, 46.3% at the medium level, and 33.8% at the high level. This indicates that more than one-fifth of the participants have a medium level of use of the income mechanism. As shown in Figure4.

Table 10: Distribution of respondents according to their level of participation in the income mechanism

Doing level	**number**	**%**
Low (5-10) degrees	127	36.1
Average (11-14) degrees	159	45.2
High (15-20) degrees	66	18.7
the total	352	100

B- Percentage distribution of respondents' scores on income mechanism statements:

Table (11) shows the distribution of respondents according to their use of the income mechanism. The table data indicates that the most frequent responses, as a percentage, were: increasing the number of daily working hours or spending longer hours at work (24.7%), while the last of these statements were:

Table 11: Percentage distribution of respondents' scores on statements regarding the implementation of the income mechanism:

M	**Phrases**	**Degree of doing**								**Arithmetic average**
		To a great extent		**To a moderate degree**		**To a small degree**		**Don't get up**		
		number	**%**	number	**%**	number	**%**	number	**%**	
1	Increase the number of daily working hours (overtime work)	**87**	24.7	**84**	23.9	**81**	23	**100**	28.4	2.43
2	The husband takes on additional work in addition to his primary job	**97**	27.6	**47**	13.3	**93**	26.4	**115**	32.7	2.36
3	Enrolling children in summer vacation work	**75**	21.3	**86**	24.4	**56**	15.9	**135**	38.4	2.29
4	Work in anything, even if it is not in your specialty	**57**	16.2	**98**	27.8	**72**	20.5	**125**	35.5	2.25
5	Pushing the wife into the labor market to help the husband meet the family's basic needs	**56**	15.9	**110**	31.2	**46**	13.1	**140**	39.8	2.23
Overall average = 2.31										

3- Self-Reliance Mechanism:

a- Level of Self-Reliance Practiced by the Study Participants:

Table (12) presents the level of self-reliance practiced by the study participants. It shows that 35.5% of the participants were at a low level, 46.0% at a medium level, and 18.5% at a high level. This indicates that approximately half of the participants had a medium level of self-reliance practice. As shown in Figure4.

Table 12: Distribution of respondents according to their level of self-reliance

Doing level	number	%
Low (10-20) degrees	125	35.5
Average (21-29) degrees	162	46
High (30-40) degrees	65	18.5
the total	352	100

B- Percentage distribution of respondents' scores on statements regarding self-reliance mechanisms:

Table (13) shows the distribution of respondents according to their implementation of self-reliance mechanisms. The table data indicates that the most frequent responses, as a percentage, were: Self-production of agricultural and food products within the family (home production) at 32.1%, while the least frequent statements were: The last of these statements included: renting or selling family property or savings at a rate of 16.2%.

Table 13: Percentage distribution of the respondents' scores on statements regarding the implementation of the self-reliance mechanism:

M	Phrases	Degree of doing								Arithmetic average
		To a great extent		To a moderate degree		To a small degree		Don't get up		
		number	%	number	%	number	%	number	%	
1	Self-production of agricultural and food within the family (home production)	113	32.1	80	22.7	66	18.8	93	26.4	2.61
2	Raising poultry and domestic birds for family consumption or sale	112	31.8	78	22.2	67	19	95	27	2.59
3	Set a monthly budget for different expenditures.	90	25.6	81	23	86	24.4	95	27	2.47
4	Reusing waste and what was dispensed with (recycling)	100	28.4	47	13.4	88	25	117	33.2	2.37
5	Participating in revolving financial associations with others to cover family expenses	95	27	51	14.5	86	24.4	120	34.1	2.34
6	Growing some food crops for family consumption or sale	74	21	86	24.4	53	15.1	139	39.5	2.27
7	Thinking about investing to secure family needs	58	16.5	99	28.1	73	20.7	122	34.7	2.26
8	The tendency to practice trade	57	16.2	98	27.8	70	19.9	127	36.1	2.24
9	Storage or preservation of some foods	60	17	100	28.4	51	14.5	141	40.1	2.22
10	Renting or selling family property or savings (assets)	70	19.9	58	16.5	90	25.6	134	38.1	2.18
Overall average =2.36										

4- External Factors Mechanism:

a- Level of the Study Participants' Use of the External Factors Mechanism:

Table (14) presents the level of the study participants' use of the external factors mechanism. It shows that 31.2% of the participants are at a low level, 46.9% at a medium level, and 21.9% at a high level. This indicates that approximately half of the participants have a medium level of use of the external factors mechanism. As shown in Figure4.

Table 14: Distribution of respondents according to their level of performance in the external factors mechanism

Doing level	number	%
Low (10-20) degrees	110	31.2
Average (21-29) degrees	135	46.9
High (30-40) degrees	77	21.9
the total	352	100

B- Percentage distribution of respondents' scores on statements regarding the implementation of the external factors mechanism:

Table (15) shows the distribution of respondents according to their implementation of the external factors mechanism. The table data indicates that the most frequent response, as a percentage, was: obtaining government support for basic food commodities, at 32.4%, while the last of these statements was: The last of these statements reads: Obtaining financial loans or advances to meet the family's needs at a rate of 15.6%.

Table 15: Percentage distribution of the respondents' scores on statements regarding the implementation of the external factors mechanism:

M	Phrases	Degree of doing								Arithmetic average
		To a great extent		To a moderate degree		To a small degree		Don't get up		
		number	%	number	%	number	%	number	%	
1	Obtaining government support for basic food commodities	**114**	32.4	**71**	20.2	**60**	17	**107**	30.4	2.55
2	Get government support for a loaf of bread	**91**	25.9	**88**	25	**81**	23	**92**	**26.1**	2.50
3	Obtaining support for agricultural production requirements (fertilizers, seeds, pesticides)	**92**	26.1	**83**	**23.6**	**84**	**23.9**	**93**	**26.4**	2.49
4	Obtaining a pension/assistance (social solidarity) or Takaful and Karama	**105**	29.8	**57**	16.2	**75**	**21.3**	**115**	32.7	2.43
5	Benefit from health and treatment support	**108**	**30.7**	**39**	11.1	**90**	25.5	**115**	32.7	2.40
6	Sharing and buying some necessities with others	**99**	**28.1**	**45**	12.8	**94**	26.7	**114**	32.4	2.37
7	Benefit from transportation and transfer support	**100**	**28.4**	**44**	**12.5**	**78**	**22.2**	**130**	**36.9**	**2.33**
8	Resorting to or dealing with religious and charitable associations to obtain some needs	**74**	**21**	**86**	**24.4**	**53**	**15.1**	**139**	**39.5**	**2.27**
9	Receiving financial or in-kind assistance from others (relatives and friends)	**71**	**20.2**	**65**	**18.5**	**79**	**22.4**	**137**	**38.9**	**2.20**
10	Obtaining financial loans or	**55**	**15.6**	**73**	**20.7**	**102**	**29**	**122**	**34.7**	**2.17**

	advances to meet family needs									
Overall average =2.37										

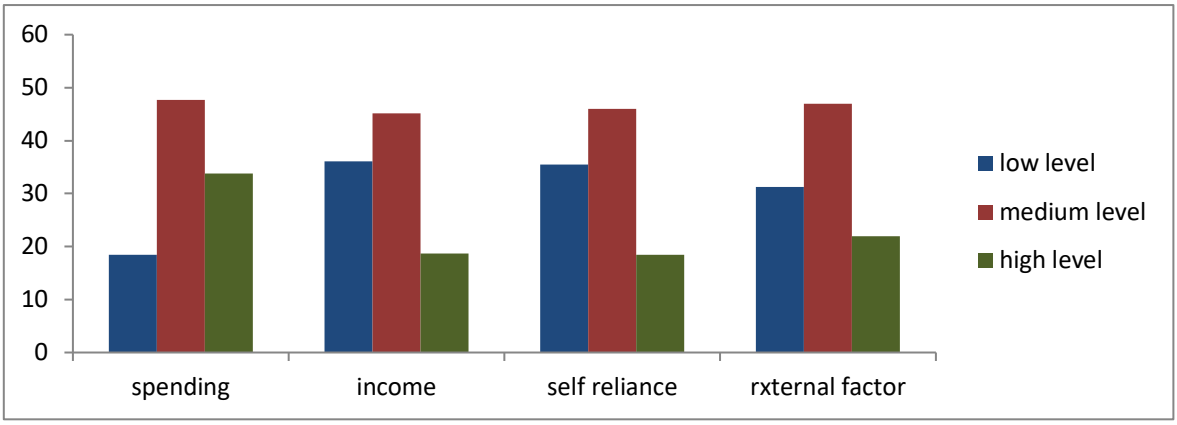


Fig. 4: shows the level of the respondents' implementation of the studied coping mechanisms (spending, income, self-reliance, external factors).

It is clear from the above that the standard of living of the respondents is low, despite the low levels of monthly family income, as (48.4%) of the respondents have a monthly income for their families ranging between (3700-5300) pounds, which may be due to the low level of education, as (64.8%) of the respondents have an average level of education (9-15) school years.

It also became clear that the respondents did not favor one mechanism for coping with economic crises over another (the relatively high degree of similarity in the use of coping mechanisms by rural women, given that 51.7% of the respondents were unemployed). In this regard, the study by [20] confirms that diversifying the means and strategies for confronting economic crises increases the chances of successfully overcoming them. Therefore, the head of the household must try to find all possible and available sources of support and assistance, in order to ensure survival, adaptation, and coping with this reality and the prevailing economic conditions.

Third: Simple Pearson correlations between the studied independent variables and the degree to which the respondents employed coping mechanisms.

A- Spending Mechanism: A positive correlation was found at the 0.01 financial level between the variables of: the respondent's age, exposure to information sources, informal social participation, and degree of suffering from economic crises, and the degree to which the respondents employed the spending mechanism. The simple correlation coefficient values were (0.251, 0.370, 0.273, 0.600) respectively, while a negative correlation was found at the probability level 0.1 between each of the following: monthly household income, standard of household housing, and the degree to which the respondents implemented the spending mechanism, where the simple correlation coefficient values for each of them were (-0.141, -0.349) respectively, while a negative correlation was found at the probability level There was a correlation of 0.5 between agricultural land ownership, farm animal ownership, and the degree to which the respondents engaged in the spending mechanism, with correlation coefficients of (-0.120, -0.124). However, no statistically significant correlation was found between the respondent's education, the husband's education, family size, geographical openness, and opinion leadership, with simple correlation coefficients of (0.43, 0.30, -12, 0.41, 0.12).

Therefore, we can partially reject the first statistical hypothesis and partially accept the research hypothesis.

B- Income mechanism: It is evident from Table (16) that there is a positive correlation at the probability level 0.1 between the variables: the age of the respondent, exposure to information sources, informal social participation, degree of suffering from economic crises, and the degree to which the respondents perform the income mechanism, as the values of the simple correlation coefficient reached (0.176, 0.286, 0.208, 0.512). In order, a negative correlation was found at the probability level 0.1 between each of: monthly family income, family housing level, agricultural land ownership, farm animal ownership, and the degree to which the respondents implemented the income mechanism, as the values of the simple correlation coefficient for each of them reached (-0.170, -0.272, -0.145, -0.147) respectively. However, no correlation was found between the respondent's education, her husband's education, family size, geographical openness, or opinion leadership, as the simple correlation coefficient values were (0.65, 0.62, -0.71, 0.001, 0.43), which are not statistically significant at any probability level.

Therefore, we can partially reject the first statistical hypothesis and partially accept the research hypothesis.

C- Self-reliance mechanism: Table (16) shows a positive correlation at the probability level 0.1 between the variables: the age of the respondent, exposure to information sources, informal social participation, degree of suffering from economic crises, and the degree to which the respondents practiced the self-reliance mechanism, where the values of the simple correlation coefficient reached (0.180, 0.300, 0.197, 0.469). In order, a negative correlation was found at the probability level 0.1 between each of: monthly family income, family housing level, ownership of farm animals, and the degree to which the respondents practiced the mechanism of self-reliance, as the values of the simple correlation coefficient for each of them reached (-0.153, -0.262, -0.138) respectively. A negative correlation was found at the 0.05 probability level between land ownership and the degree to which the respondents practiced self-reliance, with a correlation coefficient of -0.136. However, no correlation was found between the respondent's education, her husband's education, family size, geographical openness, or opinion leadership, with simple correlation coefficients of 0.057, 0.087, -0.47, 0.18, and 0.41.

Therefore, we can partially reject the first statistical hypothesis and partially accept the research hypothesis.

D- External factors mechanism: It is clear from Table (16) that there is a positive correlation at the probability level 0.1 between the variables: the age of the respondent, exposure to information sources, informal social participation, degree of suffering from economic crises, and the degree to which the respondents carried out the external factors mechanism, where the values of the simple correlation coefficient reached (0.159, 0.281, 0.238, 0.531). In order, a negative correlation was found at the probability level 0.1 between each of: monthly household income, household housing level, and ownership of farm animals, and the degree to which the respondents implemented the mechanism of external factors, where the values of the simple correlation coefficient for each of them reached (-0.179, -0.254, -0.136) respectively. While a negative correlation was found at the probability level 0.05 between agricultural land ownership and the degree to which the respondents utilized the mechanism of external factors, with a correlation coefficient of (-0.124), no correlation was found between the respondent's education, the husband's education, family size, geographical openness, or opinion leadership, with simple correlation coefficient values of (0.45, 0.47, -0.65, 0.26, 0.12). These values are not significant at any probability level.

Therefore, we can partially reject the first statistical hypothesis and partially accept the research hypothesis.

These findings align with those of [17] study, which confirmed that the age of the female breadwinner is a significant factor in her adoption of coping strategies. Older individuals tend to believe they can improve their standard of living by employing certain methods that enable them to successfully cope with rising prices. [12] study further supports this conclusion. There is a significant relationship between: the size of agricultural holdings and income level, the extent to which respondents utilize mechanisms for rationalizing spending and consumption, and social support and protection (external factors, financing and lending (self-reliance)); while the relationship is significant between: housing conditions, size of agricultural holdings, and the extent to which respondents utilize mechanisms for social support and protection. (External factors, financing and lending (self-reliance); while the relationship was significant between: housing condition, agricultural holding area, and the level of the respondents' use of social support and protection mechanisms (external factors), financing and lending (self-reliance).

Table 16: Values of the simple correlation coefficient (Pearson) between the studied quantitative independent variables and the degree to which the respondents employed coping mechanisms

Independent variables	**Coping mechanisms**			
	Spending	**Income**	**Self-reliance**	**External factors**
	Simple correlation coefficient values	**Simple correlation coefficient values**	**Simple correlation coefficient values**	**Simple correlation coefficient values**
Age of the subject	0.251**	0.176**	0.180**	0.159**
Education of the researched	0.043	0.065	0.057	0.045
Husband's education	0.030	0.062	0.087	0.047
Family size	- 0.023	- 0.051	- 0.066	- 0.051
monthly household income	- 0.141**	- 0.170**	- 0.153**	- 0.179**
Family dwelling level	- 0.349**	- 0.272**	- 0.262**	- 0.254**
agricultural land possession	- 0.124*	- 0.145**	- 0.136*	- 0.124*
Possession of farm animals	- 0.141**	- 0.147**	- 0.138**	- 0.136**

Exposure to information sources	0.370**	0.286**	0.300**	0.281**
Geographical openness	0.041	0.001	0.018	0.026
Opinion leadership	0.012	0.043	0.041	0.012
Informal social participation	0.273**	0.208**	0.197**	0.238**
The degree of suffering of the respondents from economic crises	0.600**	0.512**	0.469**	0.531**

Significant at a probability level of 0.01 * Significant at a probability level of 0.05

Fourth: Differences between the mean scores of the respondents' use of the studied coping mechanisms according to the variables of: family type, the respondent's employment status, the husband's employment status, the respondent's occupation, and the husband's occupation.

A. A t-test to test the significance of differences in the mean scores of the respondents' use of coping mechanisms when classified based on each of the following: (family type, the respondent's employment status, and the husband's employment status):

1- Spending Mechanism: By analyzing Table (17), we can observe the values of "t" (4.32), (5.83), (5.83) for each of the type of family, the employment status of the respondent, and the employment status of the husband, respectively, which indicates the presence of a significant difference in the average scores of the respondents' implementation of the spending mechanism, as the respondents who do not work, along with their husbands and members of the simple family, showed higher scores. Therefore, we can partially reject the second statistical hypothesis and accept the research hypothesis.

2- Income Mechanism: Analyzing Table (17), we can observe the t-values of (2.72), (3.34), and (2.55) for each of the following: family type, the respondent's employment status, and the husband's employment status, respectively. This indicates a significant difference in the average scores of respondents' use of the income mechanism. Respondents who are unemployed, along with their husbands and members of simple households, showed higher scores. Therefore, we can partially reject the second statistical hypothesis and accept the research hypothesis.

3- Self-reliance mechanism: By analyzing Table (17), we can observe the values of "t" (2.67), (3.86), (2.35) for each of the family type, the employment status of the respondent, and the employment status of the husband, respectively, which indicates the presence of a significant difference in the average scores of the respondents' implementation of the self-reliance mechanism. The respondents who do not work, along with their husbands and members of the simple family, showed higher scores. Therefore, we can partially reject the second statistical hypothesis and accept the research hypothesis.

3- External factors mechanism: By analyzing Table (17), it is possible to observe the values of "t" (2.89), (3.36), (2.35) for each of the type of family, the employment status of the respondent, and the employment status of the husband, respectively, which indicates the existence of a significant difference in the average scores of the respondents' performance of the external factors mechanism. The respondents who do not work, along with their husbands and members of the simple family, showed higher scores.

Table 17: Results of the t-test to test the significance of differences in the mean scores of agreement of the respondents regarding the use of coping mechanisms when classified based on family type, the respondent's employment status, and the husband's employment status:

Coping mechanisms	Independent variables	(Groups)	Arithmetic average	standard deviation	T value
Expenditures	Family Type	Extended family	38.91	9.33	4.32**
		Simple family	43.45	150.38	
	Respondent's Employment Status	Non-working	44.08	10.61	5.83**
		Working	38.08	8.59	
	Husband's Employment Status	Non-working	47.00	6.29	2.97*
		Working	40.87	10.13	
Income	Family Type	Extended family	11.20	2.59	2.74**
		Simple family	11.96	2.59	
	Respondent's Employment Status	Non-working	12.02	2.79	3.34**
		Working	11.11	2.35	
	Husband's Employment Status	Non-working	13.10	1.91	2.55*

		Working	11.51	2.62	
Self-reliance	Family Type	Extended family	22.89	4.83	2.67**
		Simple family	24.28	4.88	
	Respondent's Employment Status	Non-working	24.55	5.14	3.86**
		Working	22.57	4.45	
	Husband's Employment Status	Non-working	26.60	4.14	2.35*
		Working	23.46	4.90	
External factors	Family Type	Extended family	23	4.96	2.86**
		Simple family	24.51	4.84	
	Respondent's Employment Status	Non-working	24.50	5.20	3.36**
		Working	22.85	4.54	
	Husband's Employment Status	Non-working	26.40	3.63	2.35*
		Working	23.63	4.97	

This can be explained by the fact that many Egyptian families are experiencing economic crises due to the high prices of most goods and services without a corresponding increase in income. However, rural families, with the support and assistance they receive from relatives, alleviate some of the suffering from these crises, as about one-fifth of the respondents (8.41%) live in extended families. Consequently, the head of the household, often the husband's father or mother, assumes all the family's responsibilities, including those of married children and grandchildren. These findings align with those of Hoda El-Leithy's study (2022), which demonstrated a significant relationship between: family type, the wife's employment, and the extent to which the respondents utilize social support and protection mechanisms (external factors), and financing and lending (self-reliance).

B- The F-test was used to assess the significance of differences in the mean scores of respondents' coping mechanisms when categorized based on both the respondent's occupation and the husband's occupation.

1- Spending Mechanism: Analyzing Table (18), we can observe F-values of (4.03) and (2.56) for the respondent's occupation and the husband's occupation, respectively, indicating a significant difference in the mean scores of respondents' spending mechanisms.

Therefore, we can partially reject the second statistical hypothesis and accept the research hypothesis.

2- Income Mechanism: Analyzing Table (18), we can observe the F-values of (4.08) and (3.75) for the respondents' occupation and their husband's occupation, respectively. This indicates a significant difference in the average scores of the respondents' use of the income mechanism. Therefore, we can partially reject the second statistical hypothesis and accept the research hypothesis.

3- Self-Reliance Mechanism: Analyzing Table (18), we can observe F-values of (4.41) and (4.28) for the respondents' occupation and their husband's occupation, respectively. This indicates a significant difference in the average scores of the respondents' self-reliance mechanisms. Therefore, we can partially reject the second statistical hypothesis and accept the research hypothesis.

4- External Factors Mechanism: Analyzing Table (18), we can observe the F-values of (4.39) and (4.28) for the respondents' occupation and their husband's occupation, respectively. This indicates a significant difference in the average scores of the respondents' engagement with the external factors mechanism. Therefore, we can partially reject the second statistical hypothesis and accept the research hypothesis.

Table 18: Results of the "F" test to test the significance of differences between the mean scores of the respondents' use of coping mechanisms when classified based on each of (the respondent's profession, the husband's profession):

Coping mechanisms	**Independent variables**	**Groups**	**Arithmetic average**	**standard deviation**	**F value**
Spending	The profession of the subject	Unemployed	38.75	12.41	4.03**
		Works in agriculture	43.73	9.22	
		Craftswoman	40.10	9.80	
		Freelance	37.79	10.18	
		Employee	43.94	9.98	
	Husband's profession	Unemployed	49.90	6.69	2.56*
		Works in agriculture	42.13	9.93	
		Craftsman	40.48	9.43	

Coping mechanisms	Independent variables	Groups	Arithmetic average	standard deviation	F value
		Freelance	40.16	11.27	
		Employee	40.35	9.70	
Income	The profession of the subject	Unemployed	12.29	2.62	4.08**
		Works in agriculture	11.91	2.79	
		Craftswoman	11.53	2.41	
		Freelance	10.23	2.76	
		Employee	11.25	2.75	
	Husband's profession	Unemployed	14.30	1.06	3.75**
		Works in agriculture	11.69	2.36	
		Craftsman	11.68	2.53	
		Freelance	11.07	2.77	
		Employee	11.29	2.87	
Self-reliance	The profession of the subject	Unemployed	24.46	5.04	4.41**
		Works in agriculture	24.63	5.27	
		Craftswoman	23.45	4.58	
		Freelance	20.97	4.76	
		Employee	22.81	4.67	
	Husband's profession	Unemployed	29.10	1.52	4.14**
		Works in agriculture	23.80	4.75	
		Craftsman	23.63	4.79	
		Freelance	22.67	5.39	
		Employee	23.16	4.56	
External factors	The profession of the subject	Unemployed	25.07	4.91	4.39**
		Works in agriculture	24.48	5.25	
		Craftswoman	23.67	4.65	
		Freelance	21.15	5.06	
		Employee	22.63	4.90	
	Husband's profession	Unemployed	29.20	1.32	4.28**
		Works in agriculture	24	4.76	
		Craftsman	23.99	4.78	
		Freelance	22.85	5.28	
		Employee	23.01	4.96	

**** At a significance level of 0.01 * At a significance level of 0.05**

The findings are consistent with those of [22], which indicated that the choice of coping mechanisms depends on the stability of income sources; households with stable incomes are less likely to adopt coping mechanisms such as relying on unsecured loans or selling off assets. [12] study adds further support to this. There is a significant relationship between the occupation of the head of the household and the respondents' use of social support and protection mechanisms (external factors), financing and lending (self-reliance).

Fifth: The regression model between the characteristics of the studied respondents and the suffering from economic crises and the degrees to which the respondents carried out the coping mechanisms:

1- Spending mechanism: The results of Table (19) show that the value of the multiple correlation coefficient is (R=0.710) and the R-squared coefficient is (R Square=0.504).

Table 19: Values of R and R Square

model	R	R Square	Adujsted R Square	Std. Error of the Estimate
	0.710	0.504	0.496	7.160

Table (20) shows that the independent variables: exposure to information sources, geographical openness, and the degree of suffering of the respondents from economic crises are statistically significant (P>0.01), and the independent variables: monthly family income, agricultural land ownership, and informal social participation are statistically significant (P>0.05). Therefore, it acts as a predictor of the degree to which the respondents engage in the spending mechanism, and thus the linear regression equation according to the table will be as follows:

Y = 11.10 + 0.509 Exposure to information sources + 0.438 Geographical openness + 0.384 Degree of suffering of the respondent from economic crises + 0.108 Monthly household income + 0.101 Ownership of agricultural land + 0.245 Informal social participation.

Table 20: Regression Model Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
Constant	11.10	3.395	-	3.269	0.001
-Monthly household income	0.108	0.042	0.105-	2.567	0.011
-Ownership of agricultural land	0.101	0.050	0.080-	2.031	0.043
-Exposure to information sources	0.509	0.095	0.267	5.371	0.000
-Geographical openness	0.438	0.156	0.124	2.799	0.005
-Informal social participation	0.245	0.119	0.110	2.061	0.040
-Degree of the respondent's suffering from economic crises	0.384	0.026	0.572	14.965	0.000

**** At a significance level of 0.01 * At a significance level of 0.05**

2- Income mechanism: The results of Table (21) show that the value of the multiple correlation coefficient is (R=0.706) and the R-squared coefficient is (R Square=0.369).

Table 21: Values of R and R Square

model	R	R Square	Adujsted R Square	Std. Error of the Estimate
	0.706	0.369	0.359	2.092

Table (22) shows that the independent variables: monthly household income, agricultural land ownership, exposure to information sources, geographical openness, and the degree to which the respondents suffered from economic crises are statistically significant (P>0.01), and therefore play the role of predictors of the degree to which the respondents utilize the income mechanism. Therefore, the linear regression equation according to the table will be as follows:

Y = 2.77 + 0.000 Monthly household income + 0.046 Agricultural land ownership + 0.136 Exposure to information sources + 0.089 Geographical openness + 0.084 Degree of the respondent's suffering from economic crises.

Table 22: Regression Model Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
Constant	2.77	0.809	-	3.431	0.001
-Monthly household income	0.000	0.000	0.121-	2.798	0.005
-Ownership of agricultural land	0.046	0.014	0.142-	3.283	0.001
-Exposure to information sources	0.136	0.023	0.276	5.963	0.000
-Geographical openness	0.089	0.042	0.097	2.298	0.005
-Degree of the respondent's suffering from economic crises	0.084	0.008	0.484	11.174	0.000

**** At a significance level of 0.01 * At a significance level of 0.05**

3- The self-reliance mechanism: The results of Table (23) show that the value of the multiple correlation coefficient is (R=0.566) and the R-squared coefficient is (R Square=0.321).

Table 23: Values of R and R Square

model	R	R Square	Adujsted R Square	Std. Error of the Estimate
	0.566	0.321	0.313	4.062

Table (24) shows that the independent variables: monthly household income, exposure to information sources, geographical openness, and the degree of the respondent's suffering from economic crises are statistically significant (P>0.01), and the independent variable: agricultural land ownership is statistically significant (P>0.05). Therefore, it acts as a predictor of the degree to which the respondents engage in self-reliance mechanisms. Thus, the linear regression equation according to the table will be as follows:

Y = 6.81 + 0.001 Monthly household income + 0.085 Agricultural land ownership + 0.238 Exposure to information sources + 0.145 Degree of the respondent's suffering from economic crises.

Table 24: Regression Model Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
-Constant	6.81	1.482	-	4.591	0.000
-Monthly household income	0.001	0.000	0.103-	2.308	0.022
-Ownership of agricultural land	0.085	0.027	0.139-	3.114	0.002
-Exposure to information sources	0.238	0.041	0.258	5.787	0.000
-Degree of the respondent's suffering from economic crises	0.145	0.015	0.445	9.914	0.000

**** At a significance level of 0.01 * At a significance level of 0.05**

4- External factors mechanism: The results of Table (25) show that the value of the multiple correlation coefficient is (R=0.610) and the R-squared coefficient is (R Square=0.373).

Table 25: Values of R and R Square

model	R	R Square	Adujsted R Square	Std. Error of the Estimate
	0.610	0.373	0.365	3.946

Table (26) shows that the independent variables: monthly household income, agricultural land ownership, exposure to information sources, geographical openness, and the degree to which the respondents suffered from economic crises are statistically significant (P>0.01), and therefore play the role of predictors of the degree to which the respondents acted on the mechanism of external factors. Therefore, the linear regression equation according to the table will be as follows:

Y = 5.82 + 0.001 monthly household income + 0.082 agricultural land ownership + 0.220 exposure to information sources + 0.167 degree of the respondent's suffering from economic crises.

Table 26: Regression Model Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
-Constant	5.82	1.440	-	4.041	0.001
-Monthly household income	0.001	0.000	0.121-	2.808	0.005
-Ownership of agricultural land	0.082	0.026	0.133-	3.114	0.002
-Exposure to information sources	0.220	0.040	0.236	5.497	0.000
-Degree of the respondent's suffering from economic crises	0.167	0.014	0.505	11.719	0.000

**** At a significance level of 0.01 * At a significance level of 0.05**

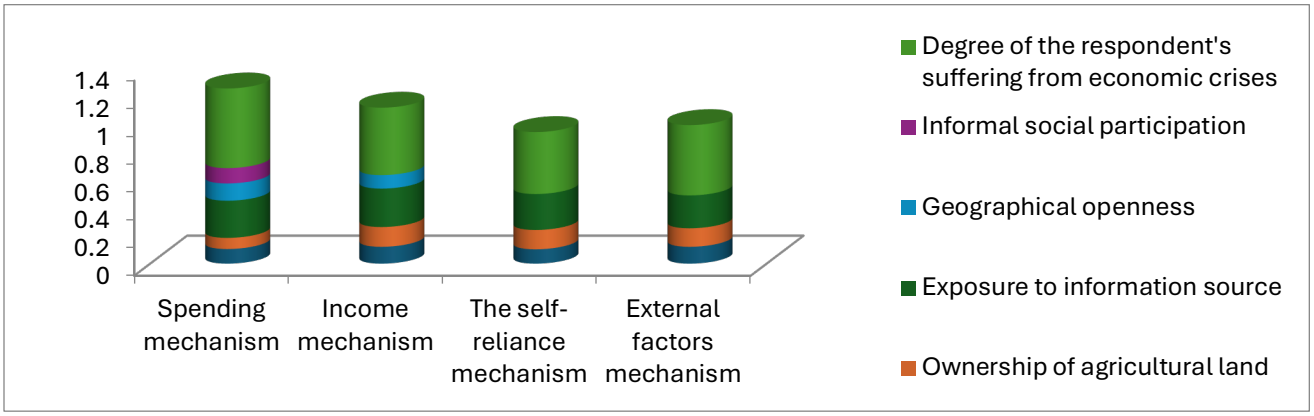


Fig. 5: The relative contribution of the quantitative independent variables studied in explaining the variation in the degree to which the respondents used coping mechanisms

5 Recommendations

1- In light of the results showing that the highest percentage of respondents, 47.7%, had an average level of living adjustment mechanisms (spending), it is recommended to provide more guidance to increase their awareness of spending and rational consumption through radio and television programs, workshops and training sessions.

2- In light of what the results showed regarding the importance of support and protection programs (external factors) in helping families adapt to living conditions, the research recommends the necessity of developing appropriate plans to help families in need of assistance from various social institutions, and providing more governmental support, whether in the form of financial or in-kind assistance, to groups whose monthly income barely meets the requirements and needs of their families. Working to allocate sufficient budgets to charitable organizations to enable them to fulfill their duties towards poor families, expanding financing and lending programs for various income-generating agricultural and food activities, especially for poor families, in order to raise their standard of living and achieve a decent life for them.

3-In light of what the results showed, the highest percentage of the women surveyed, 46.0%, had an average level of living adaptation mechanisms (self-reliance). It can be recommended that rural women be made aware of, understand and be responsible for using the best method in dealing with available resources.

-In light of the results, the highest percentage of respondents, 43.5%, reported a high level of suffering from economic crises. The following recommendations can be made: providing job opportunities that meet their living needs as a result of the high cost of living, and the necessity of working together with the relevant services to develop and define clear and effective mechanisms to raise the standard of living for families. Continuing to reduce fees for services provided to citizens by the state, which will limit their suffering from the consequences of the high cost of living.

4-The need to activate the role of the competent authorities in monitoring markets, and to apply strict penalties to merchants who manipulate the prices of food and consumer goods, to work on unifying prices in the markets in order to eliminate unjustified price hikes, and for the government to provide support for various essential consumer goods, to contribute to alleviating the burden of the high cost of living, especially on the poor in society.

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