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## **Suggestibility and its relationship to gamophobia among Postgraduate students “A psychometric-clinical study”**

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To Obtain the degree of Master's in Education Department of Mental Health

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2025

## Abstract

**First: Introduction** During their educational journey, postgraduate students face a number of challenges and pressures, including anxiety about the future, limited job opportunities, and family and academic pressures. They are also affected by social relationships and the cultural invasion resulting from technological development and the knowledge explosion. This vast amount of information and ideas makes students more susceptible to influence, both positive and negative, which has contributed to the emergence of psychological and social phenomena that affect their behaviors and attitudes, such as suggestibility.

Suggestibility is defined as: "a general readiness or tendency among many individuals to quickly accept and believe the ideas, opinions, attitudes, and beliefs of others without critical thinking or insight, which often results in illogical behaviors" (Mohammad Abdel Rahman, 2021, p. 3).

Although suggestibility may not seem dangerous in and of itself, its psychological, behavioral, and social effects can be negative, especially for postgraduate students. It can contribute to the acceptance of irrational ideas, such as negative beliefs about relationships, which can lead to problems like gamophobia.

Gamophobia is a type of social phobia related to the fear of marriage or commitment and entering into a stable, honest, long-term relationship with another person. People who suffer from gamophobia are unable to accept the fact that love and romantic relationships can sometimes be an important factor in connecting with someone or something, and they view marriage as a nightmare to be avoided. This is often caused by being forced to choose a specific partner, a painful experience related to a relationship with the opposite sex, an experience of betrayal, or witnessing complex domestic problems like parental divorce and domestic violence, which creates negative emotional reactions and ideas that lead to a desire to avoid marriage (Nila, 2022, p. 2; Cyntiawati, et al., 2023, p. 252; Tiara, et al., 2023, p. 138).

**Second: Statement of the Problem** The researcher identified the study's problem through direct communication with postgraduate students during practical training. During discussions about contemporary social issues, the researcher noticed the reasons that drove students to trust the opinions of others and adopt the ideas of some public figures over others. For example, the researcher found that some students had fluctuating ideas about the nature of romantic relationships and were influenced by what they heard without critical analysis. Some adopted the ideas of their peers despite having different traits and circumstances. Furthermore, some students adopted and fervently discussed ideas from various television programs without analyzing them or confirming their validity. Others followed the ideas of others in group discussions without careful consideration or conscious reading and study.

### **Third: Study Questions**

1. What is the relationship between suggestibility and gamophobia among the study sample?
2. What are the differences in suggestibility and gamophobia attributable to certain variables (gender, academic program, family socioeconomic status, and place of residence) among the study sample?
3. To what extent can gamophobia be predicted through suggestibility among the study sample?
4. What are the differences in personality traits between individuals with high and low suggestibility and gamophobia based on their results on the Rotter Incomplete Sentences Blank (RISB) test?

### **Fourth: Study Objectives**

1. To identify the relationship between suggestibility and gamophobia among the study sample.
2. To identify the differences in suggestibility and gamophobia attributable to certain variables (gender, academic program, family socioeconomic status, and place of residence) among the study sample.
3. To identify the extent to which gamophobia can be predicted through suggestibility among the study sample.
4. To identify the differences in personality traits between individuals with high and low suggestibility and gamophobia based on their results on the Rotter Incomplete Sentences Blank (RISB) test.

**Fifth: Study Significance** A. **Theoretical Significance:** The study addresses the variable of gamophobia (morbid fear of marriage) among postgraduate students and its relationship with suggestibility, highlighting some demographic differences. This aims to deepen the understanding of this psychological phenomenon given the scarcity of previous studies in this field.

B. **Applied Significance:** The applied significance of the study lies in its findings, which contribute to providing recommendations and educational applications to help design preventive guidance programs to reduce gamophobia and its psychological effects.

### **Sixth: Study Limitations** A. **Methodological Boundaries:**

1. The descriptive method was used to identify the relationship between suggestibility and gamophobia among postgraduate students.
2. The clinical method was used to study the differences in personality traits between individuals with high and low suggestibility and gamophobia using the Rotter Incomplete Sentences Blank (RISB) test.

### **B. Human Boundaries:**

1. **Study Sample:** The sample consisted of unmarried postgraduate students enrolled in colleges at Fayoum University during the academic year 2024-2025.

#### C. Study Tools:

1. A suggestibility scale and a gamophobia scale (prepared by the researcher).
2. The Rotter Incomplete Sentences Blank (RISB) (prepared by Joseph-Sacks).
3. A personal interview form (prepared by Salah Mokhemar, 1978).
4. A family socioeconomic status form (prepared by Ayman Salem, 2018).

**D. Statistical Methods Used:** Pearson's linear correlation coefficient to determine the relationship between the two variables, t-test to reveal differences between the study variables, simple regression analysis to determine the predictability of the study variables, and one-way ANOVA.

**Seventh: Operational Definitions of Study Terms**  
**A. Suggestibility:** It is defined as: "an individual's readiness to accept the ideas and behaviors of others without discussion or thought, and to submit to them even if their actions are wrong, while being influenced by their emotional state."

**B. Gamophobia:** It is defined as a morbid fear of marriage and commitment resulting from irrational negative perceptions and beliefs. It drives the individual to avoid romantic relationships and can lead to behaviors that hinder the decision to marry.

#### Eighth: Study Hypotheses

1. There is a statistically significant relationship between suggestibility and gamophobia among the study sample.
2. There are no statistically significant differences in suggestibility and gamophobia among the study sample attributable to the variables of (gender, academic program, socioeconomic status, and place of residence).
3. Gamophobia cannot be predicted through suggestibility among the study sample.
4. There are differences in personality traits between individuals with high and low suggestibility and gamophobia based on their results on the Rotter Incomplete Sentences Blank (RISB) test.

**Ninth: Study Results** The study's results revealed a statistically significant positive correlation between suggestibility and gamophobia. The results also showed no statistically significant differences in suggestibility and gamophobia attributable to the variables of (gender, place of residence, academic program, and socioeconomic status).

Furthermore, gamophobia could be predicted through suggestibility, and the personal dynamics of the extreme cases on the suggestibility and gamophobia scales were revealed.

#### Tenth: Study Recommendations

1. Organize awareness campaigns at universities for students about suggestibility and its negative effects.
2. Prepare guidance and preventive programs for postgraduate students suffering from suggestibility and gamophobia.

#### **Eleventh: Suggested Research**

1. Suggestibility and its relationship with sexual abuse among university students.
2. Suggestibility and its relationship with the fear of intimacy among university students.
3. The effectiveness of dialectical behavior therapy in reducing suggestibility among (the elderly, university students, and adolescents).