Abstract
This research aimed to test the effectiveness of a psychological counseling program in reducing the level of adjustment disorder among elderly women who are living in social welfare infirmary in Taif city. Quazi-experimental method was used on a sample of (30) old women who were randomly selected and divided into two groups, experimental (15) and control (15). The results show that there were differences in means of the experimental group between the pre- and post-measurements of the adjustment disorder's scale after the application of the counseling program. However, there were no differences in means of the control group between the pre- and post-measurements of the adjustment disorder's scale after the application of the counseling program. In addition, there were differences between the mean scores of the experimental and control groups on the post adjustment disorder's scale after the application of the counseling program in favor of the experimental group.
Key Words: Counseling Program - Adjustment Disorder - Elderly - Social Welfare Infirmary