

## Designing a Professional Social Work Program to Raise Awareness of the Consequences of Women's Crimes

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### Abstract

This research aims to design a proposed awareness-raising professional program in social work to raise awareness of the consequences resulting from women's crimes. The study problem stems from the noticeable deficiency in specialized programs that aim to provide comprehensive awareness of the negative consequences and effects of women's crimes on victims, family, society, and the future of the female offender herself. Accordingly, the research seeks to answer the main question: What is the proposed conceptualization for a professional social work program aimed at raising awareness of the consequences of women's crimes.

The study adopted the "Prevention of Relapse to Self-Destructive Behavior" perspective as a guiding theoretical framework for program design. This perspective focuses on the necessity of increasing women's self-awareness and cognitive realization of the wide-ranging consequences (legal, social, psychological, and familial) resulting from their criminal acts and enabling them to replace negative responses with positive coping skills, such as non-criminal problem-solving skills. The study concluded with a proposed conceptualization for the professional program that defines its objectives, knowledge base, target groups, strategies, and the essential skills and professional roles of the social worker required to achieve awareness and prevention.

**Keywords:** Women's Crimes, Professional Program, Social Work, Awareness.

### INTRODUCTION

The criminal phenomenon represents a recurring and widespread set of behaviors that deviate from social and moral norms and violate the prevailing laws of any society. This phenomenon constitutes a serious threat that destabilizes security and social order, spreads anxiety and fear among community members, fragments the social fabric, and undermines values and interpersonal relationships, thereby generating conflict and tension.

Moreover, crime contributes to partial economic deterioration due to the illicit profits generated by organized criminal activities and poses a direct threat to individuals by violating their fundamental rights and freedoms. This phenomenon arises from interrelated factors, most notably family disintegration, weak religious or moral restraint, widespread ignorance, and low socioeconomic status (Morsi, 2003).

Women's criminality is considered particularly serious due to its fundamental impact on social stability and on women's central role in family life and socialization processes. Its gravity lies in the fact that a considerable portion of it is hidden or concealed criminality, as women's socially constructed roles may enable them to conceal crimes from authorities, such as slow poisoning of a spouse or child abuse, while complaints against them are often limited.

Consequently, some scholars argue that official statistics indicating lower female crime rates compared to men may not fully reflect reality, especially in crimes such as abortion, infanticide, and theft. Additionally, statistics in some countries, such as the United States, indicate that female crime rates have been increasing at a faster pace than those of men, a trend some attribute to increased independence and social liberation of women (Barco, 2007).

### **First: Formulation of the Research Problem**

Despite the noticeable global increase in women's crimes and the seriousness of concealed offenses that may be committed by women, there remains a deficiency in specialized programs aimed at providing comprehensive awareness of the negative consequences of these crimes—whether at the level of victims, family, society, or even the future of the female offender herself.

Thus, the research problem lies in the cognitive and professional gap concerning the provision of specialized and targeted social work interventions designed to raise awareness—particularly among the most vulnerable or affected groups—regarding the comprehensive dimensions and consequences of women's crimes. Furthermore, there is an absence of a practical framework specifically designed to equip social workers with the necessary skills to design and implement such preventive and awareness-based programs.

Accordingly, the research problem may be formulated in the following main question:

**“What is the proposed conceptual framework for a professional social work program aimed at raising awareness of the consequences of women's crimes?”**

### **Second: Significance of the Study**

1. The study highlights the increasing phenomenon of women's crimes, which serves as an indicator of underlying social and economic dysfunction requiring both preventive and remedial intervention.
2. The study indirectly contributes to strengthening social stability and security while reducing the social and economic costs associated with crime control and its consequences.
3. The study enriches the Arab academic literature by focusing on the multifaceted consequences of women's crimes rather than limiting analysis to causation alone, thereby providing a deeper theoretical framework for understanding the phenomenon.
4. The study offers a proposed program that may serve as a foundation for future research aimed at testing its field effectiveness and evaluating its capacity to achieve awareness objectives.

### **Third: Objectives of the Study**

#### **Main Objective**

To design a proposed awareness-oriented professional social work program, grounded in knowledge derived from content analysis of relevant studies and research, with the aim of mitigating the negative consequences of women's crimes.

#### **Sub-objectives**

1. To analyze the reality of women's crimes and their consequences through a review of relevant Arab and international studies.
2. To analyze the current practices of social work in addressing women's crimes and their consequences.
3. To develop a professional social work program aimed at raising awareness of the consequences of women's crimes.

#### **Fourth: Research Questions**

The study seeks to answer the following main question:

**What are the dimensions of the professional social work program aimed at raising awareness of the consequences of women's crimes?**

This main question is addressed through the following sub-questions:

1. What are the objectives of the proposed professional program?
2. What knowledge components should the program include?
3. Who are the primary target groups of the program?
4. What strategies should the program adopt?
5. What essential skills are required within the program framework?
6. What are the professional roles of the social worker in implementing the program?

#### **Fifth: Study Concepts**

##### **(1) Proposed Professional Program**

A professional program refers to a set of organized and planned professional efforts, activities, and procedures within the field of social work, based on defined strategies and tactics aimed at raising awareness about a specific issue (Al-Na'na'i, 2012).

It is also defined as a targeted activity directed toward a specific group, relying on strengthening professional relationships and increasing awareness through diverse activities, interactions, and experiential learning processes. Such programs may include lectures, workshops, group discussions, seminars, and role-playing (Noufel, 2010).

The proposed professional program may be defined as a set of activities and events delivered to members of the community through various modes of expression, such as lectures, seminars, meetings, panel discussions, and workshops. Within this framework, the social worker plays a central role in guiding interaction among participants, relying on diverse professional intervention strategies and techniques, with the aim of raising awareness about a particular phenomenon (Mansour, 2009).

In the context of this study, the proposed professional program is defined as:

A structured set of knowledge, strategies, skills, and professional roles practiced by the social worker with the objective of raising community awareness regarding the consequences of women's crimes.

##### **(2) Women's Crimes**

Women's crimes refer to criminal acts committed by females within society. Although less prevalent and generally less violent than male crime, female criminality has demonstrated noticeable growth in certain categories of nonviolent offenses and is often concentrated within close personal relationships (Greenfeld, 2000).

The concept of women's crime represents a social and criminal phenomenon encompassing unlawful acts committed by females. Female criminality is characterized by lower frequency and lesser severity compared to male criminality; women account for a smaller proportion of felonies and a greater proportion of misdemeanors and minor violations. These crimes are often marked by concealment and reliance on manipulation or indirect methods. They frequently include moral offenses, crimes associated with family or reproductive circumstances (such as abortion and infanticide), and minor property offenses such as theft. This criminal behavior is attributed to the interaction of multiple factors, most notably social conditions (e.g., family disintegration), economic hardship (e.g., poverty), and psychological factors (e.g., feelings of deprivation and frustration) (House of Commons Justice Committee, 2015).

Women's criminality tends to follow patterns distinct from those of men. The majority of female offenses are nonviolent or classified as "victimless crimes," such as drug use and prostitution, while violent crimes committed by women are relatively rare and often exaggerated in media portrayals. Pathways into crime for women are frequently gendered and rooted in experiences of childhood abuse, trauma, economic marginalization, and substance addiction. Property crimes and prostitution are sometimes committed as survival strategies or to finance addiction. Policies such as the "war on drugs" have contributed to a significant rise in female incarceration rates, even in cases where women played secondary roles, suggesting that the criminal justice system often overlooks the unique, abuse-rooted contexts that shape women's criminal behavior (Mallicoat, 2015).

Women's crimes are characterized by a number of features (Ministry of Justice, 2018):

### **1) Volume (Rate)**

- The rate of female offending is significantly lower than that of males overall.
- Women constitute a smaller proportion of individuals at all stages of the criminal justice system compared to men.

### **2) Seriousness (Severity)**

- Women's crimes are generally less severe, with lower representation in felonies and higher representation in misdemeanors and minor offenses.
- On average, women commit less serious offenses than men.
- A considerable proportion of immediate custodial sentences imposed on women relate to relatively minor offenses, such as shoplifting.

### **3) Type (Distinctive Patterns)**

- Public morality and decency offenses (e.g., adultery, prostitution, and indecent acts).
- Reproductive-related crimes (e.g., abortion and neonaticide).
- Minor economic offenses (e.g., evasion of television licensing fees and shop theft).

### **4) Factors and Motivations**

- Women's offending is often associated with complex needs; incarcerated women are more than twice as likely as men to report needing assistance for mental health problems.
- Motivations frequently stem from social, economic, and psychological factors such as family disintegration, marital conflict, spousal neglect, low socioeconomic status, and poverty.

### **Operational Definition in the Context of This Study**

Women's crimes are defined in this study as:

A set of criminal acts committed by females, characterized by lower severity (misdemeanors and violations), a concealed nature and reliance on manipulation, and concentration within close personal relationships, or committed as survival strategies or as means of financing addiction.

### **Sixth: The Theoretical Foundations of the Study**

#### **(1) The Relapse Prevention Perspective for Negative (Self-Destructive) Behavior (Hassanein, 2025)**

This perspective is grounded in solution-focused social work practice and encompasses the following core components:

- It focuses on moments when clients are most vulnerable to harm and on the skills necessary to prevent recurrence of negative behavior.
- It assumes that clients are often unaware of the negative behaviors through which they respond to their surrounding environment and of how they manage these responses.
- Within this framework, the social worker concentrates on a sequence of steps that include: helping clients recognize negative behaviors they may be experiencing; providing information about high-risk negative behaviors; implementing small, incremental steps toward change through structured session activities; and assigning homework tasks designed to protect clients from relapse into negative behavior.
- This perspective can be utilized in the context of the present study to design a professional awareness program addressing the consequences of women's crimes as follows:

### **1) Identifying Negative Behavior and Risk Areas**

This perspective emphasizes moments in which clients are most vulnerable to harm. In the context of the present research, "negative (self-destructive) behavior" translates into engaging in criminal conduct or behaviors that lead to recidivism (relapse).

Accordingly, the perspective directs the design of the professional program toward identifying and analyzing triggers and high-risk environmental conditions (such as familial, financial, or social pressures) that may push women at risk toward negative decision-making. It further emphasizes the development of skills necessary to prevent the recurrence of such destructive behavior.

### **2) Addressing Awareness and Cognitive Perception of Consequences**

The perspective assumes that clients are often unaware of the negative behaviors through which they respond to their environment. This assumption directly and effectively supports the core objective of the present study: raising awareness of the consequences of women's crimes.

Within this framework, awareness is not merely the provision of information; rather, it constitutes a process aimed at enhancing women's self-awareness and cognitive insight regarding:

The wide-ranging consequences (legal, social, psychological, and familial) resulting from their actions.

Understanding the unconscious or maladaptive response mechanisms that lead to criminal behavior, thereby empowering them to replace negative responses with positive coping skills.

### **3) Guiding the Social Worker's Steps (Program Structure)**

The steps identified by this perspective define the operational framework of the proposed professional social work program:

- **Acknowledgment:** The program begins by engaging incarcerated women in reflective dialogue and assisting them in consciously and responsibly acknowledging their negative behaviors (the crimes committed) and the consequences arising from them, as a first step toward change.
- **Education and Information:** The program then provides focused information about high-risk negative behaviors, represented in comprehensive awareness of the consequences of crime, with the aim of strengthening internal deterrence.

– **Change Through Sessions:** Session activities are designed to incorporate small, practical steps toward change. Women are taught positive coping strategies, non-criminal problem-solving skills, and the development of healthy alternatives for responding to stress.

– **Relapse Prevention Tasks:** Clients are assigned structured homework (or applied tasks) designed to protect them from returning to negative behavior. These may include developing personal crisis-management plans, building supportive social networks, and practicing refusal skills in high-risk situations, thereby ensuring the sustainability of change beyond the program's completion.

## **Seventh: Previous Studies**

### **(A) Arab Studies**

#### **1. Al-Zoghbi (2015):**

This study aimed to identify the social motives leading Jordanian women to commit crimes. The findings were derived from a field study conducted at the Women's Reform and Rehabilitation Center – Al-Juwaideh, using a comprehensive survey method of the available population. Both quantitative and qualitative statistical analyses were employed. Socialization patterns were adopted as a key analytical framework. The study tools included a structured questionnaire and in-depth interviews with a number of female inmates.

Following statistical analysis, the most significant findings revealed the existence of diverse motives underlying women's criminal behavior, foremost among them various forms of deprivation—whether economic, social, or otherwise. Certain types of deprivation were found to generate feelings of helplessness and low self-worth among women. Additionally, women's perceptions of injustice—resulting from neglect, marginalization, and exposure to violence—were shown to negatively affect multiple dimensions of their personality. These experiences fostered feelings of being wronged and disrespected, which in some cases motivated retaliatory or deviant criminal behavior.

One of the most influential contributing factors identified was the absence of dialogue and effective communication within the family, along with a lack of respect for women's privacy. Excessive control, severe pressure, and various forms of violence contributed to feelings of discrimination within the family context among the majority of inmates. The study concluded that most crimes committed by women occurred within their family residences. The primary victims were often fathers and husbands. The methods used to commit these crimes were generally simple, most commonly involving sharp instruments or strangulation. Homicide emerged as the most prevalent offense among the sample.

Based on these findings, the study proposed several recommendations aimed at reducing female criminality, including:

Raising awareness of the importance of adopting balanced and healthy family socialization patterns that equitably address the needs and rights of all family members.

- Combating gender-based violence.
- Promoting women's economic empowerment.
- Ensuring respect for women's privacy and personal autonomy.
- Expanding research on female criminality and its underlying causes.
- The study also included reflective interview questions posed to inmates, such as:
  - Do you feel remorse for committing the criminal act?

– You have undoubtedly become aware of your family’s reaction to your offense—can you describe their موقف toward you?

**2. Nasrallah (2016):**

The study focuses on women’s crimes, which have increased in recent years as a result of political, economic, and social changes. The main aim of the study is to reveal and identify the types and causes of women’s crimes.

The study falls under the descriptive method and relied on content analysis consisting of an introduction and a theoretical framework. The researcher attempted to clarify the importance of the study, its problem, objectives, and methodology.

The practical framework represents the second part and includes the research sample, which consisted of (34) criminal women from the Women’s Prison in Sulaymaniyah, selected through a comprehensive survey method.

The study concluded that most of the female offenders were married, and that their marriages were forced marriages. Murder ranked first among the other crimes. Drug use and drug trafficking came second as the most common crimes. Moral crimes ranked third.

Most of the prisoners were subjected to abuse and violence in front of their husbands, and some considered this the main reason for committing their crimes. Most of the murder crimes were cases of wives killing their husbands along with their mistresses. Weapons were the most commonly used and the harshest means in committing murder.

Finally, the researcher presented some valuable suggestions that could contribute to reducing women’s crimes.

**3. Hassan (2016):**

The study aimed to identify the causes of a husband’s infidelity toward his wife and a wife’s infidelity toward her husband via the Internet, to determine the emerging dimensions and consequences resulting from marital infidelity عبر the Internet, and to propose a suggested role for the group work social worker in reducing the effects of marital infidelity conducted through the Internet.

**4. Othman (2017):**

The study addressed the topic “Factors that drive women to commit crime.” It aimed to identify the social, economic, and cultural factors that lead women to fall into crime.

The researcher used the descriptive method to describe the phenomenon under study and to identify its social and economic effects. She used all data collection tools: interview, observation, and questionnaire. The study was applied to a random sample of female inmates in Omdurman Prison. Interviews were also conducted with staff members in the Social Work Office to clarify certain aspects.

The study was based on the main question: What factors stand behind women’s commission of crime?

The study reached several important findings, including that low family income was a direct cause of crime. It also found that a high percentage of inmates entered prison because of alcohol-related offenses. In addition, many inmates were from the youth age group, most of them were married, and there was also an influence of female friends on committing crime. Among the most important recommendations reached by the researcher were working on rehabilitating female inmates socially inside the prison, investing their physical, psychological, and mental capacities in preparing and training them, encouraging them to

continue education or literacy programs to correct their behavior and morals, and training them to cooperate and accept prison regulations.

The study also recommended taking all social and preventive measures to follow up the condition of released inmates, monitoring them socially after their release, guiding them, and working on their adaptation and stability in society in cooperation with the concerned authorities.

#### **5. Al-Kharousiya (2019):**

The present study aimed to explore women's crimes in Omani society. This was done by identifying the main social characteristics of women who commit crimes, the key factors that led them to commit these crimes, and the types of crimes they commit, in order to determine mechanisms that could reduce the forms and manifestations of crimes committed by Omani women.

The study relied on a descriptive-analytical approach as the basis for data analysis. A questionnaire was used to collect data from a research population of 20 Omani female inmates held in the Central Prison of Samail.

The study found several key results: most of the participants were young adults, with 15% aged between 20 and 29. About 85% of them had a secondary education level or lower. The majority were married or had been married (divorced or widowed). Most participants were unemployed or had low incomes.

The study concluded that criminal behavior does not occur in isolation from these combined or individual factors. Social, economic, and cultural factors surrounding women—such as low educational level, parents' social status, poor social upbringing, family breakdown, the collapse of family structure, bad influences from peers, and low family income—are all major contributors to women committing crimes.

Women's criminal behavior produces several negative consequences, both at the family and personal levels, including feelings of psychological loneliness, lack of familial love and acceptance, loss of trust in others, loss of social communication, and a sense of having no purpose or meaning in life. Ultimately, this leads to feelings of being unwanted or useless, especially after losing family support and facing society's judgment.

At the end of the study, a set of mechanisms was proposed to reduce the forms and manifestations of women's crimes in Omani society, most notably: the necessity for parental cooperation in raising children using the correct methods, fostering a spirit of democracy between parents and children without discrimination, and providing opportunities for women who have been in prison to reintegrate into society without stigma, so they do not return to the path of deviance and crime.

#### **6. Hammad (2019):**

The study aimed to monitor and analyze women's social crimes in relation to the publication of crime materials in Egyptian newspapers. The study found variation in the way Egyptian press (governmental, specialized, party-affiliated, private, and electronic) handled women's social crimes.

There was an increase in crimes related to murder, theft, kidnapping, and prostitution committed by women, in addition to women resorting to a partner while carrying out certain crimes involving cruelty, violence, and severity that they could not commit alone.

The study recommended establishing clear and strict foundations and controls for publishing crimes in general and women's crimes in particular, and placing them within legal and professional obligations by avoiding anything that may offend public morals. It stressed

the necessity of not publishing the names, photos, or addresses of accused persons before a final judicial ruling is issued, so as not to fall into defamation.

The researcher also recommended forming a body to follow up after publication across different newspapers, including university professors, professional experts, intellectuals, and practicing journalists, with the task of confronting unethical practices in Egyptian newspapers.

The study also found an increase in crimes committed by women in the Greater Cairo region, that is, urban areas. Newspapers showed interest in publishing crime news indicating that the accused had been arrested or was being tried and still under trial.

#### **7. Saadawi, Zawi & Saadi (2020):**

The phenomenon of women's crime remains a social issue that continues to attract the attention of sociologists, legal scholars, and psychologists, due to the disruption it causes in human relationships and the social values of Algerian society. The social changes affecting various human societies have particularly impacted Algerian society, leading to cultural shifts that disrupted social norms within Algerian families. This disruption of family roles resulted in women entering the workforce and interacting with men, becoming competitors in positions they imitate, which led them to commit many criminal behaviors that the public generally assumes are committed by men. Unhealthy social problems, unemployment, decreased family living standards, psychological factors, ongoing frustration and repression, and emotional deprivation are all indicators of the growth of criminal behavior among women in Algerian society.

#### **8. Karim & Barghoul (2020):**

This field study aimed to understand the situation of incarcerated women who committed murder, the extent of social stigma they face, and to determine its psychological and social effects, as well as their future problems resulting from this stigma. To achieve these goals, a case study was conducted on four female inmates convicted of murder and sentenced to long-term imprisonment.

The results showed that the social stigma affected the women significantly: their families and relatives abandoned them, they lost their family support, some faced divorce from their husbands, and were denied custody of their children due to the shame they supposedly caused the family. The study also highlighted that the incarcerated women experienced feelings of shame, inferiority, self-deprecation, lack of trust, and insecurity. They faced pessimistic views of their future, and sometimes thoughts of revenge against everyone, leading to potential relapse into crime and aggression toward themselves and society.

#### **9. Al-Juwair (2021):**

The study aimed to explore theft crimes committed by women in Saudi society, using a social survey method. The sample consisted of 69 female inmates convicted of theft and detained in Saudi prisons. Data were collected through a questionnaire.

The study found that most of the inmates were from Riyadh (49.28%), followed by Jeddah (36.23%), then Mecca (10.14%), and finally Dammam (4.35%). Most of the women were committing theft for the first time (79.71%), while 20.29% had prior theft offenses.

#### **10. Riyad (2022):**

The current study aimed to examine the diverse crimes of women in Egyptian society, focusing on prostitution as one of these crimes due to its impact on individual and community health and the deterioration of morals and social values. The researcher selected a sample of female prostitutes imprisoned for prostitution in Mansoura Prison, numbering

10 women. She conducted a series of interviews with them inside the prison. The study found that factors contributing to this crime included family breakdown, lack of parental care and harshness, the husband's wickedness, and neglect of the wife's behavior. All these factors contributed to the spread of prostitution-related crimes.

**11. Mohamed (2022):**

This study aimed to identify the extent of women's crimes and the types of crimes committed by women in Sohag Governorate in 2019. It also sought to identify the characteristics of the sample and the relationship between personal traits and their tendency toward deviance and crime. The study examined social factors contributing to crime, including family, residence, and peer groups, as well as economic factors leading to women's criminal behavior. This descriptive study used a comprehensive social survey method and examined 36 criminal cases. Data were collected via questionnaires, interviews, and participant observation. Results showed that women aged 20–40 were the most criminally active. Family breakdown was evident, including divorce, chronic illness, parents' busy work schedules, and weak family cohesion.

**12. Ahlam (2023):**

Criminologists have focused in their research on factors influencing criminal behavior in societies, considering the criminal's personality and the effect of sex (male or female). This phenomenon results from multiple factors leading to criminal behavior. The study highlighted the importance of understanding women's criminal motives, which remain a timeless issue. Results confirmed that women's criminal behavior differs from men's due to internal (personal) factors related to personality and external (objective) factors related to their social environment. Women's crimes differ from men's in type and frequency. Since women are essential societal members who both influence and are influenced by society, all forms of women's crime should be addressed, with strict penalties to protect society and maintain security.

**13. Al-Saif & Al-Qahtani (2023):**

The study focused on an unusual type of murder: women killing their relatives (mother, son, sister, or husband). It aimed to examine the relationship between family upbringing and women committing relative-murder crimes. Ten cases of convicted women were studied, analyzing social circumstances during childhood, adolescence, youth, and marriage. Using life history content analysis and a comparative approach with women who murdered non-relatives, the study concluded that the path to relative-murder is cumulative: beginning with severe material deprivation, moral deviance during childhood and adolescence, exposure to severe family violence from female family members, marital harshness due to ongoing deprivation, verbal abuse in marriage, and continued deviant behavior with the spouse. After these experiences, women resorted to murder as a solution to painful conflicts, choosing to kill close relatives in revenge.

**14. Abdullah (2024):**

This study examined social factors leading to crime, focusing on inmates convicted of moral crimes in the Federal Prison and Women's Prison in Khartoum. The study aimed to identify factors leading to crime and the role of criminal statistics in reflecting the reality of crimes in Sudan. The study used a theoretical framework including study variables, with questionnaires and interviews distributed to 109 inmates convicted of moral crimes. Results showed social, economic, and psychological factors contributed to the phenomenon. The study concluded that criminal statistics do not accurately reflect crime rates, especially sexual

crimes, due to cultural and security reasons, implying the “hidden” crime rate is higher than reported. Recommendations included supporting families economically, strengthening the reformatory and rehabilitative role of correctional institutions, and other measures based on study findings.

**15. Al-Fadly, Al-Nasser & Hassan (2024):**

This study analyzed social patterns of crime among women compared to men in Kuwait from 1999 to 2018. Using a qualitative approach with secondary data, it examined women’s involvement in crime under modernization, globalization, and feminist theories. Results showed Kuwaiti men committed more crimes (felonies and misdemeanors) than Kuwaiti women or non-Kuwaitis. Kuwaiti women committed more misdemeanors than felonies. The most common misdemeanors among Kuwaiti women were crimes against the person, honor/reputation, and then property. Non-Kuwaiti women mostly committed property crimes, followed by crimes against the person and honor/reputation. Crimes against public interest were least common among all women. From 1999–2018, there were 51 imprisoned Kuwaiti women versus 229 non-Kuwaiti women. The study emphasized the need for further research on women’s crimes and provided recommendations for social policy planning to address this issue.

**16. Hadiya & Kholoud (2025):**

This study aims to explore university students’ social perceptions toward women’s digital crimes, especially in light of rapid technological changes that have created a new virtual environment full of challenges and opportunities. The research relied on a sample of master’s students from Tebessa University, and data were collected using structured questionnaires about the concepts, patterns, and motives of digital crimes committed by women. Results showed that most students understand the concept of women’s digital crimes and believe that women who commit digital crimes are often more victims than perpetrators. They also observed a societal tendency to mitigate women’s responsibility when committing these crimes. The results further indicated differences between traditional digital crimes and those committed by women, with variations in perceptions between genders. This study reveals important cognitive and behavioral dimensions that contribute to understanding the phenomenon of women’s digital crimes and calls for enhancing digital awareness and revising traditional social perceptions.

**(B) Foreign Studies:**

**1. Matheson & Others (2015):**

Female prisoners have a long history of psychological trauma and complex treatment needs that contribute to their criminality. However, trauma assessment and treatment are not common in prisons. This study focused on analyzing qualitative data collected from personal interviews with 31 female prisoners in Canadian prisons, which showed an unmet need for trauma-specific services for female inmates. These services go beyond trauma-informed practice, addressing the psychological and behavioral effects of trauma (such as mental illness and addiction) to facilitate recovery. Results indicate that women in prison want and need trauma-specific treatment. Integrating trauma-specific services involves a cultural shift within the prison environment, which can be achieved by placing trauma within the "Risk-Needs-Responsivity" model as an additional risk factor for criminal behavior. Despite opposition from the public health perspective, which views trauma as a health problem, incorporating trauma as part of prison care ensures that the needs of women affected by

trauma are met during incarceration. This provided a unique opportunity to understand what women want to help them cope with their trauma experiences.

## **2. Honawar (2019):**

This study highlights that delinquent women have unique needs and issues compared to men, particularly because of their roles as primary caregivers in the family, and their disproportionate exposure to abuse, economic marginalization, substance addiction, and mental health issues. The study emphasizes the growing need for specialized interventions designed to prevent recidivism among women. The study employed qualitative exploratory research including in-depth interviews with 20 female recidivists in Mumbai. Results showed that most recidivist women belonged to lower-middle-class families, had low education levels, and bore the responsibility of being primary earners. The study revealed a gradual path toward crime, often starting after unsuccessful attempts to obtain sustainable legal or illegal employment, alongside pressure to fulfill household responsibilities while continuing as family providers. Importantly, the criminal justice system, including unethical practices by police and lawyers, significantly pushed women into a cycle of crime, turning them into recidivists. The study emphasizes that holistic professional social work interventions are essential, not only during incarceration but continuously from entry into prison until successful reintegration into society. These interventions should address physical, mental, and reproductive health needs, provide legal support and awareness, organize skills-based training and employment, support children of incarcerated women, and intervene to protect them from police misconduct post-release.

## **3. Smith (2019):**

A women's prison in the U.S. Midwest witnessed an increase in female inmates. Female prisoners reported higher rates of substance abuse, prior exposure to violence, and mental illness compared to male counterparts. Clinical social workers are often the primary service providers in criminal justice settings. This practical research explored challenges faced by social workers in one Midwestern state when providing clinical treatment services to female offenders. Postmodern feminist theory and pathway theory were used to understand factors related to women's crimes. The research question focused on practice, examining responses from licensed clinical social workers regarding identifying problems and challenges in providing clinical treatment for female offenders. Data were collected from interviews with seven local clinical social workers experienced in working with female offenders and analyzed using thematic analysis. The study revealed five main themes: unique background of offenders, contributing factors to incarceration, barriers to effective clinical treatment, the nature of prison, and post-prison needs. The study suggests that specialized and/or targeted training for clinical social workers could benefit patients in achieving therapeutic goals and improve their successful reintegration post-release.

## **4. Vanessa & Others (2019):**

This qualitative study aimed to explore: (1) the post-release challenges faced by female offenders in Singapore, and (2) how these challenges differ between returning offenders and those who avoid punishment. Female offenders in Singapore faced challenges across nine broad areas: (1) employment, (2) finances, (3) social networks, (4) mental health, (5) motherhood, (6) housing, (7) caregiver role, (8) leisure time, and (9) individual factors. Returning offenders tended to report more complex challenges, particularly in social networks and motherhood roles. These results highlight that reintegration is gendered, context-dependent, and shaped by women's experiences.

**5. Leotti (2019):**

This study used critical discourse analysis (CDA) in social work research to: 1) explore current concepts of female offenders in social work; 2) understand the knowledge produced through these concepts; and 3) explore how this knowledge supports/prioritizes practice with female offenders. The data comprised 49 articles published in high-impact social work journals from 2000 to 2018. The overall finding is that high-impact social work journals emphasize psychological discourse, and risk assessment and management have replaced holistic approaches to meet client needs and address mass incarceration. The study concludes that this ultimately politicizes the perception of social work. Social work, by framing women offenders primarily as risks, responds by providing specialized services aimed at regulating and modifying individual behavior. The study argues that social work, through its reliance on risk management practices and micro-level service provision, disseminates organizational practices that reinforce neoliberal governance.

**6. Vertti (2021):**

The aim of this practical research project was to understand how community-based social workers (CBSWs) address the needs of female offenders and their children while supporting their reintegration into the community of central Los Angeles, California. Female offenders post-release with children face a variety of problems related to housing, employment, and childhood trauma. Trauma exacerbates the risk of reoffending and recidivism. Community social workers play a pivotal role in helping female offenders overcome barriers to successful reintegration and reunification with their children. The design used action research with a focus group of five participants. Data were transcribed, segmented, and then sorted into themes. The study addressed the research question: what problems and challenges do community social workers face when providing reunification services to female offenders' post-release? Participants identified four main challenges: difficulties in meeting basic needs, history of psychological trauma, need for specialized training, and difficulty handling complex cases. This study enriches social work practice by highlighting the complex nature of female offenders and their need for specialized training. Key recommendations include ensuring female offenders' access to support services tailored to their needs, promoting positive social change by improving services for formerly incarcerated women, supporting successful reintegration, and helping their children thrive.

**7. Jafri & Others (2022):**

This study analyzes the intersectional perspective regarding criminal legal justice in Pakistani society, a country in South Asia with a population exceeding 220 million. By utilizing the perspectives of female prisoners and a criminal lawyer through qualitative interviews, the study explored how these women interact with the criminal justice system and society. These women were imprisoned for crimes related to drugs, murder, assault, and sex work. The study found that social status identity (e.g., education and income), as well as the religious and national identity of female prisoners, suffers from negative stereotypes, inadequate legal support, and discrimination within Pakistan's male-dominated criminal justice system. The religious identity of female prisoners intersects more heavily with the legal system, which may increase their exposure to discrimination in criminal law, particularly for drug-related offenses. Regarding gender, young female prisoners and mothers with children who were imprisoned for murder were more likely to face paternalistic bias and barriers to reintegration into family and society. The study suggested skills-based education, establishing free legal

services and reintegration programs, and oversight of police officers filing criminal cases against female offenders to prevent religious and gender-based bias during case registration.

**8. Harris (2025):**

This study examined how the exclusion by property owners and managers affects post-release reintegration of former offenders. There was a gap regarding how private property owners in Michigan influence the ability of former offenders to secure safe housing upon returning to the community. The purpose of this general qualitative study was to explore how state and federal policies could compel landlords/property managers to provide safe housing for former offenders in Michigan. The study used social exclusion theory as the main framework and explored the dynamics of exclusion and its impact on former offenders during reintegration. It included in-depth interviews with active, former, and retired property owners who had interacted with former offenders as applicants or tenants in Michigan. Landlords reported mixed experiences, with some highlighting positive outcomes, such as respectful tenants and improved self-confidence of former offenders. Participants expressed a desire for greater government involvement in providing employment opportunities and vocational training for former offenders. A social change outcome was that former offenders in Michigan who sought safe housing found community members who welcomed their return and supported their second chances.

**Eighth: Methodological Procedures of the Study**

**1) Type of Study:**

This study belongs to theoretical library studies, as it is the most suitable type for the nature of the topic. The research focuses on designing a professional program through the extraction and analysis of both quantitative and qualitative content from literature and writings, as well as studies and research addressing women’s crimes and their relation to the social work profession.

**2) Study Methodology:**

The study relied on the inductive method for analyzing literature, research, and studies, both Arabic and foreign, related to women’s crimes, as well as social work studies. The researcher collected these sources through the following databases and platforms:

- Dar Almandumah Database
- Elsevier (Al-Safeer Database)
- Emerald Database
- ProQuest Database for foreign Master’s and PhD theses
- SAGE Database
- Springer Database
- WILEY Database

Google Scholar: <https://scholar.google.com>

**Search Terms in the Databases:**

The researcher used the following terms in the above databases:

Women’s crimes	Female crimes	Social work practice and women’s crimes	social work practice and female crimes
Social work and women’s crimes	social work and female crimes		

### **Time Frame for Analysis:**

The researcher focused on selecting Arabic and foreign studies published between 2015 and 2025, with a total of 16 Arabic studies and 9 Foreign ones.

### **Ninth: Analysis and Discussion of the Study Results**

#### **(A) Quantitative Analysis of Previous Studies**

##### **A.1) Analysis of Arabic Studies:**

###### **A.1.1) Temporal and Geographic Distribution:**

– **Temporal distribution:** The studies ranged from 2015 to 2025, with a greater focus on the period 2019–2024 (10 studies, representing 62.5% of the total Arabic studies). This recent temporal focus indicates a growing academic interest in the phenomenon of women's crime in recent years.

– **Geographic distribution:** Algeria (3 studies), Egypt and Sudan (2 studies each), while the remaining studies were distributed across Jordan, Iraq, Oman, Saudi Arabia, Kuwait, and Tunisia. This distribution reflects heightened attention to women's crime in densely populated Arab countries facing complex economic and social challenges.

###### **A.1.2) Methodologies and Research Tools:**

– Descriptive and social survey method: Dominant in 8 studies (50%), relying on questionnaires and interviews.

– Case studies: 3 studies (18.8%) focused on in-depth individual cases.

– Critical analysis: 2 studies focused on content analysis and statistical data.

– Research sample: Prison inmates were the target group in 11 studies (68.8%), while 4 studies (25%) focused on female offenders outside prisons, and one study addressed university students' perceptions.

###### **A.1.3) Types of Crimes Studied:**

– Violent crimes (especially murder): 5 studies (31.3%)

– Moral crimes (prostitution, adultery): 3 studies (18.8%)

– Economic crimes (theft, financial evasion): 2 studies (12.5%)

– Various crimes: 6 studies (37.5%)

##### **A.2) Analysis of Foreign Studies:**

###### **A.2.1) Temporal and Geographic Distribution:**

– **Temporal distribution:** Most studies (4 studies) were conducted in 2019, indicating increased interest in the topic during that period, with studies spanning from 2015 to 2025.

– **Geographic distribution:** United States (3 studies), Asia (4 studies: Canada, Singapore, India, Pakistan), Europe (1 study). This distribution reflects the diversity of cultural and social contexts in which the studies were conducted.

###### **A.2.2) Methodologies and Research Tools:**

– Qualitative methods (in-depth interviews, thematic analysis): 6 studies (75%)

– Critical discourse analysis (CDA): 1 study

– Action research and applied research: 1 study

– Research samples: 5 studies on female offenders/prisoners, 2 studies on social workers, 1 study on property owners.

### **A.2.3) Research Fields:**

- Mental health and trauma: 3 studies (37.5%)
- Community reintegration: 3 studies (37.5%)
- Professional interventions and policies: 4 studies (50%)
- Social stigma and discrimination: 3 studies (37.5%)

### **(B) Qualitative Analysis of Previous Studies**

#### **B.1) Qualitative Analysis of Arabic Studies:**

##### **B.1.1) Factors Leading to Women's Crimes:**

- **Social and familial factors:** Most studies (Al-Zoghbi, 2015; Al-Kharousiya, 2019; Al-Seif & Al-Qahtani, 2023) agreed on the impact of family disintegration, lack of familial dialogue, and abusive practices as major contributing factors. Al-Seif & Al-Qahtani (2023) showed that the act of killing relatives follows a cumulative path beginning with material deprivation, then moral deviation, and finally family violence.
- **Economic factors:** Studies by Othman (2017), Mohammed (2022), and Al-Kharousiya (2019) indicated that poverty and low household income were direct factors pushing women toward crime, particularly theft and drug-related offenses.
- **Psychological factors:** Studies by Karim & Barghl (2020) and Ahlam (2023) focused on psychological frustration, feelings of injustice, and desire for revenge as strong psychological motives leading women toward criminal behavior.

##### **B.1.2) Characteristics of Arab Women's Crimes:**

- **Hidden and covert nature:** Multiple studies (Al-Zoghbi, 2015; Abdullah, 2024) emphasized that women's crimes are often hidden and concealed due to traditional social roles that give women opportunities to mask their actions.
- **Focus on close relationships:** Studies by Al-Seif & Al-Qahtani (2023) and Nasrallah (2016) highlighted that most murders committed by women are directed against relatives, kin, spouses, and lovers.
- **Use of traditional means:** Studies by Al-Zoghbi (2015) and Al-Juwaer (2021) indicated the use of simple and traditional tools in committing crimes, especially in less-educated environments.

**B.1.3) Consequences of Women's Crimes:** Family consequences: Karim & Barghl (2020) and Al-Kharousiya (2019) emphasized the loss of family, loss of child custody, and forced divorce as direct consequences of a woman's involvement in crime.

Psychological and social consequences: Studies by Karim & Barghl (2020) and Al-Fadhli & Al-Nasser (2024) showed that social stigma creates feelings of isolation, inferiority, and lack of belonging.

Post-prison challenges: Hadia & Kholoud (2025) and Al-Kharousiya (2019) pointed to major difficulties in social reintegration, challenges in finding employment, and loss of supportive social networks.

#### **B.2) Qualitative Analysis of Foreign Studies:**

##### **B.2.1) Factors Leading to Women's Criminality:**

Previous trauma and abuse: Mathison et al. (2015) and Honaweer (2019) confirmed that a history of psychological trauma and abuse during childhood and adolescence is a central factor in women's pathway to crime.

Intersecting factors: Jeffrey et al. (2022) provided an intersectional analysis of identity, showing how gender intersects with education level and religious identity in exposure to discrimination, pushing women toward crime.

Economic and occupational challenges: Honaweer (2019) and Verti (2021) demonstrated how difficulties in obtaining stable legal employment, combined with family caregiving responsibilities, push women toward illicit economic choices.

### **B.2.2) Nature of Women's Treatment in the Criminal Justice System:**

Male-dominated justice system: Jeffrey et al. (2022) and Honaweer (2019) noted that the criminal justice system is often insensitive to women's needs, with biased practices from police officers and lawyers.

Neglect of health needs: Mathison et al. (2015) revealed inadequate provision of appropriate physical and mental healthcare services for female inmates.

Focus on risk management: Lotti (2019) criticized the shift in professional social work practice toward risk management and assessment rather than adopting a holistic approach to addressing the causes and consequences of crime.

### **B.2.3) Challenges of Social Reintegration:**

Nine areas of challenges: Vanessa et al. (2019) identified reintegration challenges in the following areas: employment, finances, social networks, mental health, motherhood role, housing, caregiver role, leisure time, and individual factors.

Disparities between returning and non-returning offenders: Vanessa et al. (2019) highlighted that returning female offenders face more complex challenges, particularly in social and maternal domains.

Housing challenges: Harris (2025) emphasized that exclusion of former offenders from the housing market is a major barrier to successful reintegration.

### **(C) Research Gap:**

Despite the richness of previous studies in identifying the causes and types of women's crimes, the analysis highlights the gap that the current research seeks to address:

Most studies have been limited to analyzing causes and motives, with a lack of specialized programs aimed at comprehensive awareness of the negative consequences resulting from these crimes at the level of victims, the family, society, and the offender's future.

There is a cognitive and professional shortcoming related to providing specialized and targeted social work interventions that aim to raise awareness of the overall dimensions and impacts of women's crimes. Additionally, there is no practical framework designed to equip social workers with the skills needed to design awareness and prevention programs.

### **(D) Proposed Professional Interventions and Policies:**

Comprehensive professional intervention: Honaweer (2019) and Verti (2021) emphasized the necessity of initiating professional intervention from the moment a woman enters prison and continuing it after release, with a focus on health, legal, economic, and family aspects.

Specialized training for social workers: Smith (2019) and Verti (2021) recommended the importance of specialized training for social workers to address the unique backgrounds of female offenders and their complex needs.

Community collaboration: Harris (2025) highlighted the importance of involving the local community and private sector institutions in supporting the reintegration of former female offenders.

### **A Professional Social Work Program for Raising Awareness of the Consequences of Women's Crimes:**

### **1. Objectives of the Proposed Professional Program:**

- Increasing women's self-awareness and cognitive awareness regarding the broad consequences (legal, social, psychological, and familial) resulting from their criminal actions.
- Assisting beneficiaries in identifying and analyzing high-risk triggers and environmental circumstances (such as family or financial pressures) that lead to criminal behavior.
- Empowering women to replace negative responses with positive coping skills, such as constructive coping strategies and non-criminal problem-solving skills.
- Developing the skills necessary to prevent the recurrence of destructive behavior (crime) and to build personal crisis-management plans.
- Working to build a social support network and preparing women for reintegration and adaptation into society after completing their sentence.

### **2. Target Groups of the Program:**

The program targets groups most vulnerable to or affected by women's crimes, namely:

- Convicted women placed in correctional and rehabilitation centers (prisons).
- Women experiencing crime-related risk factors and motivations (such as family disintegration, material and psychological deprivation, and violence).
- Addressing the effects of social stigma and the fragmentation of the family structure resulting from crime.
- Social workers, by training them in the skills necessary to design and implement awareness and preventive programs in this field.

### **3. Key Knowledge Components of the Program:**

- The concept and nature of women's crimes.
- The motives and factors leading to crime.
- The multiple consequences resulting from crime.
- Foundations of prevention and relapse prevention.

### **4. Main Program Strategies:**

#### **4.1. Cognitive Restructuring Strategy:**

- This strategy focuses on addressing women's internal thoughts and beliefs that served as justification or internal motivation for criminal behavior. The goal is to help beneficiaries identify distorted negative thoughts and replace them with logical and positive ones.

- **Identifying the distorted thought:** The session begins with a "thought-catching" exercise. The beneficiary is asked to recall the last time she felt frustrated or pressured before committing the crime and to record the thought that crossed her mind at that moment.

- **Example:** "No one cares about me, and if I don't steal to get money, I will live in extreme poverty forever." (This is a catastrophic and irrational thought.)

- The social worker guides questions to challenge the validity of the thought.

- Practical example (challenging the thought):

"Is it really true that no one in your life cares about you? If you return to crime, will you guarantee not living in poverty? Or will your problem become bigger? What alternatives are available to obtain money other than stealing?"

#### **4.2. Behavioral Skills Training Strategy:**

This strategy focuses on equipping women with concrete behavioral tools to use as alternatives to criminal responses when facing pressure.

##### **Practical Application and Examples:**

###### **A. Problem-Solving Skill:**

- Instead of allowing a problem to escalate to a criminal solution, the beneficiary is trained in systematic steps.
- **Practical steps:** The beneficiary is trained using a hypothetical case (such as financial distress or severe family conflict):
- **Precisely define the problem:** (e.g., “My son needs school expenses, and I do not have the money.”)
- **Generate options:** (e.g., ask my father for help, look for part-time work, speak with the school administration, borrow money).
- **Evaluate the consequences of each option:** (What are the consequences of each option? What if I resort to forgery?)
- **Choose the best option and implement it:** Encourage selecting solutions that do not carry destructive legal or social consequences.

###### **B. Assertive Communication and Anger Management Skill:**

- Teaching the beneficiary how to express her needs and anger without aggression or submission.
- Application using role-playing.
- **Example (in a pressure situation):** The social worker plays the role of a person attempting to lure the beneficiary back into previous criminal behavior (such as substance use or trafficking).
- **Practical training:** The beneficiary practices responding assertively and positively without excessive justification:  
“Thank you for your offer, but I have chosen a different path in my life, and I will not participate in this.”  
Followed by immediate withdrawal from the situation.

#### **4.3. Relapse Prevention Strategy:**

This is the central strategy aimed at strengthening the beneficiary after her release from the correctional institution and training her to manage high-risk situations effectively.

##### **Practical Application and Examples:**

###### **A. Building an Early Warning System Map:**

- Teaching the beneficiary that relapse begins long before the actual behavior occurs, starting with subtle feelings, thoughts, and behaviors.
- **Application:** The beneficiary is asked to identify her personal “warning signs”:
- **Warning sign:** Feeling extreme isolation or experiencing unjustified anger outbursts.
- Immediate action: She is trained to act immediately when this sign appears, such as contacting a supportive person from her support network or practicing an immediate relaxation exercise instead of immersing herself in negative emotions.

###### **B. Developing a “What Do I Do?” Action Plan:**

- Creating a well-prepared written emergency plan to be reviewed prior to release.
- Example of a high-risk situation: A divorced woman without employment who feels unbearable financial pressure.

**Practical Plan (5 Steps):**

- Pause: Take a deep breath and distance herself from the source of pressure (e.g., leave the house for a few minutes).
- Assess the risk: Reflect by asking, “If I resort to crime, what will I lose this time?”
- Activate the support network: Call the first number on the support list (the social worker or a relative).
- Resort to a positive alternative: Immediately begin searching for employment or register with a charitable organization.
- Daily review: Read the “costs and consequences list” written during the first phase of the program.

**C. Building a Safe Support Network:**

Emphasizing that relapse often occurs in isolation.

Application: Assisting the beneficiary in identifying 3–5 trustworthy individuals (understanding family members, positive friends, or a supervising social worker) who can provide practical and emotional support after release, while clearly defining the most effective way to contact them during crises.

**5. Key Program Skills:**

**1) Cognitive and Perceptual Skills:**

These skills focus on self-awareness and thought analysis and form the foundation of behavioral change.

**- Conscious Accountability Skill:**

The beneficiary’s ability to take full responsibility for her decision to commit the crime, without blaming circumstances or others.

Breaking the barrier of denial and self-justification, which is the first step toward fundamental change.

Practical example: The ability to clearly acknowledge:

“I was under financial pressure, but I chose the path of theft instead of asking for help, and that was a wrong decision for which I alone bear responsibility.”

**- Thought Identification Skill:**

The ability to recognize “toxic thoughts” that justify negative behavior (crime), such as: “I am a victim, and I have the right to reclaim my rights by any means.”

Enables her to deal with cognitive triggers before they turn into criminal action.

Practical example: When the thought arises, “This small criminal act will not harm anyone,” she can stop it and mentally respond:

“That is not true; this act will destroy my family and lead to my return to prison.”

**- Thinking About Behavioral Consequences Skill:**

The ability to link present actions with their long-term future consequences (social, familial, psychological effects).

Building a strong internal deterrent that outweighs the immediate gratification of crime.

Practical example: When facing anger pressure, she can visualize the consequences of any violent act (such as assault or causing harm) and how it could lead to losing her children.

## **2) Behavioral and Social Skills:**

These skills serve as practical alternatives to criminal behavior when facing stress and high-risk situations.

### **- Problem-Solving Skill:**

The ability to follow systematic and logical steps to deal with crises instead of surrendering to them or resorting to criminal solutions.

Provides the beneficiary with a sense of control over her life rather than helplessness.

Practical example: When facing financial distress, instead of stealing, she adopts steps such as: identifying available options (1) seeking additional work, (2) consulting a social agency; evaluating them; and implementing the safest option.

### **- Anger Regulation and Management Skill:**

The ability to recognize the physical and psychological signs of intense anger (redness, tension, rapid heartbeat) and apply calming techniques before making a destructive decision. Essential for managing family or social conflicts that may escalate into violent crimes.

Practical example: Training on the “time-out technique”: immediately distancing herself from the source of anger, practicing deep breathing exercises or progressive counting, and postponing discussion until calm.

### **- Assertive Communication Skill:**

The ability to clearly express desires, needs, and refusal without aggression (shouting, violence) or submission (silence and fearful acceptance).

Helps her refuse temptations from negative peers or unfair pressure from a partner or family.

Practical example: Practicing saying “no” clearly to an inappropriate request:

“I appreciate your request, but I cannot help with this matter because it conflicts with my new principles.”

## **3) Preventive and Self-Management Skills:**

### **- Support Network Building Skill:**

The ability to identify and effectively communicate with positive and supportive individuals in her life (the social worker, understanding family members, positive friends).

Provides a “safety valve” to which the beneficiary can turn in high-risk situations instead of isolating herself.

Practical example: Preparing a phone list of “positive emergency contacts” and using it when feeling lonely or highly distressed.

### **- Lifestyle Management Skill:**

Organizing daily life aspects such as work, relationships, hobbies, and responsibilities to reduce crime-inducing stress.

Filling free time and reducing exposure to criminal environments and situations.

Practical example: Creating a daily activity schedule that includes work, family time, and engagement in positive social activities instead of leaving time open for negative thinking or isolation.

### **- Relapse Anticipation Skill:**

The ability to anticipate situations in which she may be vulnerable (such as attending a social event where an old negative friend will be present) and planning in advance how to handle or avoid them.

Shifting from reactive behavior to proactive, responsible action.

Practical example: If she knows she will meet a former associate involved in negative behavior, she plans in advance to shorten the meeting and politely withdraw if any attempt is made to reintroduce past behaviors.

#### **6. Roles of the Social Worker in the Program:**

**Information Provider:** Providing focused and comprehensive information about the legal, social, and psychological consequences of crime in order to strengthen the internal deterrent.

**Facilitator:** Facilitating discussion sessions and workshops, and helping beneficiaries develop self-awareness regarding negative behavior and the unconscious mechanisms behind it.

**Trainer:** Designing activities and assigning practical and applied tasks (such as relapse prevention tasks) to train clients in coping and problem-solving skills.

**Coordinator:** Working on the social rehabilitation of the inmate within the prison setting and following up with her after release, in coordination with relevant authorities, to ensure her adaptation and stability within the community.

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