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رابطه الاخصائيين النفسيين المصرية

(رأىم)

ص . ب . ٧٥ حلمية الزيتون - القاهرة

دراسات نفسية

« قواعد النشر »

(أ) المضمون :

- ١ - يجب ألا يكون المقال قد سبق نشره من قبل على أية صورة فى دورية أخرى أو أحد مجلدات أعمال المؤتمرات أو فى كتاب .
- ٢ - أن يكون المقال فى علم النفس فى أى من فروعها .
- ٣ - فى حالة المقالات التى تتضمن تقريراً بحثياً يجب أن يستوفى المقال عرض الأساس النظرى للمشكلة والإجراءات والتحليلات ومناقشتها .
- ٤ - فى حالة المقالات النظرية يتعين صياغة المشكلة التى يتناولها المقال باختصار وبشكل مباشر قبل مناقشتها ، ويتعين الانتهاء باستدلالات توضح ما يرمى إليه الكاتب .
- ٥ - عند الإشارة إلى أدوات بحثية يكتفى بأسمائها مع الإحالة للمراجع المناسبة التى يمكن للقارئ أن يتعرف منها على هذه الأدوات وتفصيلها ، ما لم يكن هناك تعديل فى طريقة استخدام الأداة أو طريقة تصحيحها أو غير ذلك مما يدخل فى صلب البحث المنشور .
- ٦ - يمكن الإشارة فى حالة الاختيارات المؤلفة التى لم يسبق النشر عنها فى مصدر سابق إلى تفصيلها مع أمثلة لينودها فيما لا يزيد عن صفحتين من المقال ، ولا توضع ملاحق تتضمن اختبارات مهما كان نوعها . ويشار فى الهوامش لاستعداد الباحث لإمداد القارئ المتخصص بنسخة منها .

(ب) الباحث الأول :

- عند وجود أكثر من باحث مسجل إسمه على المقال ، فإن الباحث الرئيسى المسئول عن النشر وصاحب الجهد الأكبر هو الباحث الأول وهو الذى يتحمل كافة المسئوليات القانونية عن نشر مقاله وعن الحقوق الأدبية والمادية لشركائه .
- يتعين تقديم نسخة موقعة من جميع الباحثين المشاركين بموافقتهم على النشر وعلى ترتيب الأسماء على المقال .

المجلة غير مسئولة عن ظهور أية حقوق أخرى مادية أو معنوية تتعلق بأى مقال

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## **Therapeutic and Statistical Analysis of Popular Responses To Omar Psychological Picture Album (OPPA)**

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Omar Psychological Picture Album (OPPA) is the basic material used in a new projective technique, developed by the researcher, entitled; "Omar personality projective apperception technique: OPPAT". This new projective technique is not a personality test in the traditional sense because it does not measure any personality traits, but it is a projective medium used to describe the psychological state of individuals, in addition to describing some of their personality aspects from a therapeutic point of view. OPPAT has been tested empirically in Kuwait, Egypt, and U.S.A. It was found valid (OPPAT General Manual, 1990). Thus, the OPPAT may be considered the pioneer projective tool, developed and used in Action Approaches to psychotherapeutic treatment because of its artistic nature. The therapist may use the OPPAT creatively for diagnosis

and treatment with all kinds of populations especially with mentally disordered and emotional disturbed individuals in the field of mental health services.

OPPAT is different from other classical projective tests such as Rorschach ink blots in its design, objectives, and scoring procedures.

The basic Rorschach material consists of ten blots that are nearly symmetrical ink blot designs, produced accidentally, as reported by Rorschach himself (Klopher & Davidson, 1962). Each of those ten ink blots printed and centered on a piece of white cardboard, implying stimulus that is symbolic, unstructured and ambiguous. The Rorschach is a composite test without any subscales. On the contrary, the OPPAT material consists of 16 colored collage pictures chosen by the researcher scientific

cally and experimentally from 78 pictures created and exhibited in two exhibits in the state of Kuwait in 1985 and 1987, by a famous artist in the Middle East Region; in which he manifested his inner psychological state (Omar, 1988, 1990). Each of those 16 colored collage pictures printed and grouped in one album, entitled, "Omar psychological picture Album: OPPAT", implying stimulus that combines both structured and unstructured material into it. The OPPAT has three forms. Form A is related to describing the psychological states of individuals, as well as describing personal and social aspects of their personalities; Form B is related to ascertaining their basic needs and wants; and Form C is related to studying their human values. Each form has its special introductory manual, in which the administration and scoring system are described; in addition to its General Manual.

The main objectives of the Rorschach expressed clearly by Frank (1939). Who stated that an analysis by a trained clinician of an individual's responses to the Rorschach ink blots should reveal such things as: the nature of that individual's inner promptings, his motivations and drive impulses, his ca-

capacity to control his impulses, the way he attacks problems, and other aspects of his personality. Klopfer and Davidson (1962) stated that they may expect to get information from an interpretation of a Rorschach record related to some aspects of personality. The personality aspects are considered under three major headings. with subcategories under each heading: (1) Cognitive, or intellectual Aspects, (2) Affective or Emotional aspects, and (3) Aspects of Ego Functioning. On the other hand, the main objectives of the OPPAT were expressed clearly by Wubbulding (1989). He stated that OPPAT may help individuals, by using such therapies, to identify various factors inside them which serve as ways to express their needs, values and psychological states well as personal and social aspects of their personalities. In addition, Harrison (1989) stated that the OPPAT may guide for clinical work, particularly in the areas of assessment, treatment and training.

Scoring procedure of the Rorschach includes five characteristics: (1) location, (2) determinant, (3) content, (4) popularity-originality, and (5) form level (Klopfer & Davidson, 1962). On

the other hand. OPPAT responses are scored in terms of its three forms (A,B, and or C), according to the objectives of its use. Each form has its own scoring method described in its special introductory manual. Findings of the presented research resulted by using the scoring method of form A that is described, later within the procedure of this paper.

The theory underlying the OPPAT is that it combines both structured and unstructured material into the same stimulus objects. Thus it offers an alternative for the study of the needs, values, drives, and motivations of respondents as they attempt to project meaning into the pictures included in the OPPA.

Accordingly, this new pioneer technique used in Creative Art Therapy has new and rich thoughts that could refresh the classical projective tests and renew their depth and seriousness. There is no need to say that the OPPAT has combined the traditional styles of projective tests with a modern view of the projective treatment in dealing with the modern human personality by a new vision because man's life is nowadays mixed by dreams and a wakening; reality and fantasy,

and abstract and symbolism that shape the modern life of people.

The problem to be studied in this research is the therapeutic and statistical analysis of popular responses to the Omar Psychological Picture Album (OPPA). The research questions to be addressed are:

1. Is the popular responses of male subjects similar to that of the female subjects ? If yes, What are the similarities between them ? If not, What are the differences between them ?
2. Are there unpopular responses to the OPPA ? If yes, to what range are they far from the popular responses ? If not, to what range are they near to the popular responses ?
3. Can OPPA be used to differentiate exceptional persons from normal ones ? If yes, how can it be used ? If not, why can't it be used ?

Accordingly, the main objective of this research is to describe the psychological types of male and female responses to the OPPA. To investigate this main objective, the following three objectives should be considered.

1. To investigate whether the re-

sponses will be similar to or different from that of the females.

2. To investigate whether there are unpopular responses of the OPPO, or not.
3. To investigate the possibility of using OPPO to differentiate the exceptional individuals from normal people.

Thus, the null hypotheses discussed in this research, according to its problem, questions, and objectives may be stated as :

1. The popular responses of males are similar to that of females.
2. There are some unpopular responses to the OPPO.
3. The OPPO can be used to differentiate the exceptional individuals from normal persons.

A review of the related literature showed that a few studies concerned with the present research has been reported, but non of them is similar to it. Several studies and researches have been done, using different projective techniques. The use of projective techniques have been a long tradition in the history of Mental Health Setting. The most major techniques have been the Rorschach inkblots (Rorschach, 1921). The pictures

of the Thematic Apperception Test (Murray, 1943), and the Draw-A-Person Test (Machover, 1949). Johnson (1988) stated that the theory underlying each of the projective tests that to the extent that the stimulus is unstructured and ambiguous, the subject must resort to his or her own internal resources to organize a reply. In this way, information about the subject's internal organization and personality structure, as well as the content of his or her thinking, is derived (Johnson, 1988). Early, Blatt (1975) stated that responses to projective tests can often predict actual behaviors, methods of thinking, and personality traits.

The concept of projective identification was investigated by Sandler (1987), describing the three stages in the development of the concept of projective identification (PI), and discussing various aspects of the phenomenon. Kinzel (1986) has investigated the creative projection and experience type by studying the relationship between creative projection, manifested in the unusual responses in Rorschach Plates and personality orientation as the dominant mode of adaptation. Jonte-Pace (1985) has done a research based on Rorschach Technique about relig-

ion and the Rorschachian projective theory. Presenting the projection theory of religion, according to the experiential analysis of Rorschach's human movement responses. The researcher has done a recent empirical research on the psychological messages of college workes, presented at the Ninth Annual Conference of the National Association for Drama Therapy. Los Angeles. California. 1988. using the OPPA as a basic tool for his research investigation (Omar, 1990). The Diagnostic Role-Playing Test has been investigated by Johnson (1988).

## **Method**

### *Population and Sample*

The population studies was adult male and female college students at Kuwait University in the State of Kuwait. The total number of population according to the last census in 1988 is 13325 college students, comprising 4769 males and 8556 females. they were surveyed according to a random sample represented by 450 college students, comprising 180 males and 270 females selected randomly from several colleges of Kuwait University.

### *Instrument*

Omar psychological Picture Album (OPPA) is the basic material used in this research. The OPPA includes 16 colored collage pictures. Created by a famous artist in the Middle East. The researcher has chosen the 16 collage pictures, included in OPPA. from 78 collage pictures exhibited in the State of Kuwait. according to the considerable experiences, opinions, perceptions, and points of view of several judging experts, comprising academic professors and professional clinicians specialized in the field of Mental Health. Collage plate is created artistically by a collection of different pieces of pictures, objects, and materials to be shown in an artistic uniqueness, implied certain meanings that stimulate psychological messages to the audience (Omar, 1990).

The researcher agrees with the comments about the problems of validation, including the reliability and validity of the projective instruments stated by Klopfer and Davidson (1962) that projective instruments attempt to describe personality traits rather than to measure them. In addition, Caruso

(1987) Stated that the professionals in Mental Health Settings have urgent need to use a new tool that should be very flexible and unbounded by administration rules and scoring method. Dunne, (1987) stated that Drama Therapy is grounded in the creative process using primarily projective techniques that help individuals to be free from feeling of threat. Johnson (1982) stated that Drama therapy involves the intentional use of creative drama toward the psychotherapeutic goals of symptom relief, emotional and physical integration and personal growth. Accordingly, the researcher has developed the OPPO to be the pioneer projective medium in Art Therapy, and Drama Therapy, as well as other therapeutic approaches (OPPAT General Manual, 1990). Thus, the product of received responses to the OPPO is not standardized in the same sense that the product of the traditional psychological measures and tests are (Omar, 1990).

### Procedure

A sample of 450 college students, including 180 males and 270 females was selected randomly from several colleges at the University of Kuwait. The research was administered along the fall se-

mester of the academic year during the period from September to December, 1988. Group administration of OPPO, by means of showing slides of its pictures to groups of 45 subjects each was used for the purposes of this research.

The instrument was administered within 90 minutes in one class session with each group of 45 college students, males and females approximately. The participants saw the 16 collage pictures and answered two common questions concerning their perceptions of each picture within 80 minutes after they got the instructions from the researcher who gave them in 10 minutes. The first common question was, "What does the picture mean to you?". The second common question was, "Where on the picture did you see its meaning?" The participants were not allowed to spend more than five minutes, seeing each picture and answering the given questions. They answered them according to their first reaction without discussing the probabilities of responses to each picture, with each other.

It is desirable to make the scoring method as reliable as possible, so that different examiners will arrive at essentially similar



classifications of the same set of responses. One way to achieve this reliability is to make the rules of classification as explicit as possible so that all examiners classify on exactly the same basis (Klopper & Davidson, 1962).

Each OPPAT response related to first question presented in this research is scored in terms of four categories, described in Appendix A of Form A that concerns with the clinical assessment of the individual's psychological state.

The basic assumption underlying scoring method of Form A of the OPPAT, related to first question, is that psychological stability of an individual refers to the strong similarities between his or her responses and general popular responses of any normal group members to any projective materials because it means that the individual views the world in the same way as most other normal individuals do in the same society, according to its value system. Thus, the general popular responses of normal individuals to the material of OPPAT, resulted from surveying 1300 college students at Kuwait University over three years,

were considered the basic measure in scoring procedure of its form A (Omar, 1990).

Accordingly, general popular responses of the surveyed sample were classified into four categories according to the degree of popularity of their implied meanings as shown in Appendix A in the introductory manual of Form A. Strong similarities between individuals responses were categorized first. On the contrary, the least similarities between individuals, responses were categorized fourth, as exceptional responses. Second category represents a lot of similarities, and third category represents a few of similarities between individuals responses (Omar, 1989).

In addition, each OPPAT response related to second question presented in this research is scored in terms of four weight categories of responses that are : (a) in the whole picture, (B) in the center of the picture, (C) in all sides of the picture, and (D) in some sides of the picture, weighted 4,3,2, and 1, respectively as described in the introductory manual of Form A.

The subjects should respond to one weight category only in regard to the 16 pictures (OPPAT Answer Booklet, 1988). Weight 4

indicates a common-sense application of intelligence and high creativity : Weight 3 indicates a general level of productivity and creativity : Weight 2 indicates a sort of disturbances : and weight 1 indicates severe emotional disturbances as described in details in its manual of Form A.

A comprehensive analysis of all responses was done and reported. Simple statistics were used clarify the research findings. The results are tabulated in special tables, interpretation of the research findings, conclusion, rec-

ommendation and summary are reported. References are stated at the end of this present research paper.

## **Results and discussion**

To investigate the first research question : "Is the popular responses of male subjects similar to. or different from that of female subjects ?". Certain analysis of examined participants responses to each picture included in OPPA, in regard to their perceptions and comments, shown in table 1, may be discussed, according to the first hypothese of this research.

**Table (1)**  
**The popular Responses of Males & Females To OPPA**  
**Critical values of (z) : Level of Significance**  
**for one-tailed Test**

Picture Number	Responses Category	Male		Female		Critical Values	
		F	%	F	%	z	Signif.
1	Money as a value	89	49.4	148	54.8	1.29	No
	Money as a facilitating medium	52	28.8	77	28.5	0.12	No
	Money as a goal	37	20.5	42	15.5	0.43	No
	Exceptional responses	2	1.1	3	1.1	0.00	No
	Total Responses	180		270			
2	Destruction and death	80	44.4	110	40.7	1.12	No
	Misbehaviors and mal-adjustment	55	30.5	98	36.3	1.83	No
	Protection and prevention	42	23.3	57	21.1	0.80	No
	Exceptional responses	3	1.7	5	1.9	1.00	No
	Total Responses	180		270			

\* Statistically significant at a level of  $\leq 0.05$

\*  $df = N_1 + N_2 - 2 = 448$

**Table (1) to be continued**

Picture Number	Responses Category	Male		Female		Critical Values	
		F	%	F	%	z	Signif.
3	Psychological conflicts	99	55.0	142	52.6	0.73	No
	Anxieties and fears	57	31.6	109	40.3	2.73	yes
	Deception and betrayal	23	12.7	17	6.3	3.33	yes
	Exceptional responses	1	0.6	2	0.7	0.35	No
	Total Responses	180		270			
4	Illegal sexual relationship	102	56.6	121	44.8	3.58	yes
	Human need to sex (Sexual Preoccupation)	58	32.2	89	32.9	0.24	No
	Fantasies	18	10.0	57	21.1	4.65	yes
	Exceptional responses	2	1.1	3	1.1	0.00	No
	Total Responses	180		270			
5	Dominance of technology on humanity	99	55.0	161	59.6	1.41	No
	The ugly side of a Woman's Personality	61	33.8	89	32.9	1.30	No
	A consideration look at the future	18	10.0	15	5.5	2.49	yes
	Exceptional responses	2	1.1	5	1.8	0.92	No
	Total Responses	180		270			

Table (1) to be continued

Picture Number	Responses Category	Male		Female		Critical Values	
		F	%	F	%	z	Signif.
6	Human crisis	78	43.3	135	50.0	2.01	yes
	Sense of hope	69	38.3	88	32.6	1.81	yes
	Ethereal life	31	17.2	43	15.9	0.52	No
	Exceptional Responses	2	1.1	4	1.4	0.49	No
	Total Responses	180		270			
7	Romantic relationship	130	72.2	171	63.3	15.5	yes
	Sincere friendship	31	17.2	83	30.7	4.81	yes
	Cold interaction	17	9.4	15	5.5	2.29	yes
	Exceptional responses	2	1.1	1	0.3	1.39	No
	Total Responses	180		270			
8	Motherhood and affection	98	54.4	182	67.4	4.02	yes
	Hopelessness and depression	55	30.5	69	25.5	1.67	yes
	Need for mercy	25	13.8	17	6.3	3.81	yes
	Exceptional responses	2	1.1	2	0.7	0.58	No
	Total Responses	180					

**Table (1) to be continued**

Picture Number	Responses Category	Male		Female		Critical Values	
		F	%	F	%	z	Signif.
9	Struggling and Striving	111	61.6	129	47.7	4.66	yes
	Helplessness and despair	51	28.3	110	40.7	3.95	yes
	Escape from life	17	9.4	29	10.7	0.65	No
	Exceptional Responses	1	0.5	2	0.7	0.32	No
	Total Responses	180		270			
10	Animal instinct	103	57.2	99	36.6	6.30	yes
	Aggression	50	27.7	87	32.2	1.46	No
	Imitation	24	13.3	79	29.2	5.94	yes
	Exceptional responses	3	1.7	5	1.8	1.00	No
	Total Responses	180		270			
11	Sleflishness	93	51.6	101	37.4	4.34	yes
	Deviation	71	39.4	89	32.9	2.03	yes
	Motherhood	15	8.3	78	28.8	8.22	yes
	Exceptional responses	1	0.5	2	0.7	0.32	No
	Total Responses	180		270			

Table (1) to be continued

Picture Number	Responses Category	Male		Female		Critical Values	
		F	%	F	%	z	Signif.
12	Conflicts	82	45.5	98	36.2	2.84	yes
	Insights	75	41.6	86	31.8	3.07	yes
	Revenge	21	11.6	81	30.0	6.94	yes
	Exceptional Responses	2	1.1	5	1.8	0.92	No
	Total Responses	180		270			
13	Cold feeling	98	54.4	96	35.5	5.80	yes
	Lack of identity	51	28.3	89	32.9	1.51	No
	Sense of beauty	28	15.5	84	31.1	5.61	yes
	Exceptional responses	3	1.6	1	0.3	1.95	yes
	Total Responses	180		270			
14	Motherhood and care	81	45.0	153	60.3	3.54	yes
	Living in the past	63	35.0	101	37.4	0.75	No
	Reality and fantasy	35	19.4	13	4.8	6.97	yes
	Exceptional responses	1	0.5	3	1.1	0.91	No
	Total Responses	180		270			

**Table (1) to be continued**

Picture Number	Responses Category	Male		Female		Critical Values	
		F	%	F	%	z	Signif.
15	Carelessness and narcissism	83	46.1	139	51.4	1.61	No
	Escape from problems and responsibilities	61	33.8	99	36.6	0.87	No
	Relaxation	34	18.8	27	10.0	3.83	yes
	Exceptional responses	2	1.1	5	1.8	0.92	No
	Total Responses	180		270			
16	Free choices	101	56.1	92	34.0	6.82	yes
	Lack of identity	55	30.5	90	33.3	0.89	No
	Purity and clarity	23	12.7	86	31.8	7.06	yes
	Exceptional responses	1	0.5	2	0.7	0.32	No
	Total Responses	180		270			

\* Statistically significant at a level of  $\leq 0.05$

\*  $df = N_1 + N_2 - 2 = 448$



Table (1) shows the popular responses of both male and female subjects related to the sixteen pictures, used in OPPA. There were no significant differences between the percentages of both male and female responses, related to all categories of picture 1; first, third and fourth categories of picture 2; first and fourth categories of picture 3; second and fourth categories of picture 4; first, second, and fourth categories of picture 5; third, and fourth categories of picture 6; fourth category of picture 7 and picture 8; third and fourth categories of picture 9; second and fourth categories of picture 10; fourth category of picture 11 and 12; second category of picture 13; second and fourth category of picture 14; First, second and fourth categories of picture 15; and second and fourth categories of picture 16, respectively.

It seems that the highest similarities between male and female responses are related to the first picture "Mr. Dollar" because both male and female participants perceived money as a value, a facilitating medium, and a goal. Even the exceptional responses were expressed by highest similarity. Pictures 2,5, and 15 were perceived by almost similar responses be-

tween males and females, in regard to three categories out of four, related to each of them. Pictures 3,4,6,9,10,14, and 16 occupied the third rank of similarities because there were similar responses between males and females, in regard to two categories out of four, related to each picture. Accordingly, the male examined subjects perceived some of the pictures included in OPPA the same as the female examined subjects perceived them. Thus, there is a few number of similarities between the perceptions of males and females, as expressed by the examined subjects, in regard to the different categories of the related picture.

On the other hand, statistically significant differences were shown at level  $\leq .05$  for one tailed test, according to degree of freedom = 448 between the percentages of both male and female responses, related to second category of picture 2; second and third categories of picture 3; first and third categories of picture 4; third category of picture 5; first and second categories of picture 6; first, second, and third categories of picture 7 and picture 8; first and second categories of picture 9; first and third categories of picture 10; first, sec-

**Table (1) to be continued**

Picture Number	Responses Category	Male		Female		Critical Values	
		F	%	F	%	z	Signif.
15	Carelessness and narcissism	83	46.1	139	51.4	1.61	No
	Escape from problems and responsibilities	61	33.8	99	36.6	0.87	No
	Relaxation	34	18.8	27	10.0	3.83	yes
	Exceptional responses	2	1.1	5	1.8	0.92	No
	Total Responses	180		270			
16	Free choices	101	56.1	92	34.0	6.82	yes
	Lack of identity	55	30.5	90	33.3	0.89	No
	Purity and clarity	23	12.7	86	31.8	7.06	yes
	Exceptional responses	1	0.5	2	0.7	0.32	No
	Total Responses	180		270			

\* Statistically significant at a level of  $\leq 0.05$

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tween males and females, in regard to three categories out of four, related to each of them. Pictures 3,4,6,9,10,14, and 16 occupied the third rank of similarities because there were similar responses between males and females, in regard to two categories out of four, related to each picture. Accordingly, the male examined subjects perceived some of the pictures included in OPPA the same as the female examined subjects perceived them. Thus, there is a few number of similarities between the perceptions of males and females, as expressed by the examined subjects, in regard to the different categories of the related picture.

On the other hand, statistically significant differences were shown at level  $\leq .05$  for one tailed test, according to degree of freedom = 448 between the percentages of both male and female responses, related to second category of picture 2; second and third categories of picture 3; first and third categories of picture 4; third category of picture 5; first and second categories of picture 6; first, second, and third categories of picture 7 and picture 8; first and second categories of picture 9; first and third categories of picture 10; first, sec-

ond, and third categories of picture 11 and 12; first, third, and fourth categories of picture 13; first and third categories of picture 14; third category of picture 15; first and third categories of picture 16, respectively.

It seems that the highest differences between male and female responses are related to the picture 7,8,11,12, and 13 because significant differences between the both sets of responses were expressed statistically in regard to three categories out of four related to each picture. Pictures 3, 4, 6, 9, 10, 14 and 16 were perceived differently by males and females, in regard to two categories out of four related to each picture. Accordingly, the male examined subjects perceived several pictures included in OPPA differently from the female examined subjects, as shown statistically significant. Thus, there is a great number of significant differences between the perceptions of males and females as expressed by the responses of the examined subjects statistically, in regard to the four categories of the related pictures.

To investigate the second research question: "Are there unpopular responses to OPPA ? certain

analysis of the examined participants responses to the pictures included in the OPPA, in regard to there exceptional responses, occupied in the fourth category of each picture shown in table 1, may be discussed and interpreted, according to the second hypothes of this research, as expressed by a sample of unpopular responses of males and females to the OPPA, shown in table 2.

Table 1 shows the different numbers and percentages between male and female exceptional responses, located in the fourth category, in regard to the 16 pictures used in the OPPA. They seem to be a few numbers and percentages. The percentages of male unpopular responses are 0.6% related to pictures 3,9,11,14 and 16 respectively; 1.1% related to pictures 1,4,5,6,7,8,12 and 15 respectively; and 1.7% related to pictures 2,10 and 13 respectively. The percentages of female unpopular responses are 0.3% related to pictures 7 and 13, respectively, 0.7% related to pictures 3,8,9,11 and 16 respectively; 1.1%, related to pictures 1,4 and 14 respectively; 1.4% related to picture 6 only; 1.9%, related to pictures 2,5,10,12 and 15 respectively.

**Table (2)**  
**A Sample of Unpopular Responses**  
**of Males & Females to OPPA**

P.C. P.N.	A Sample of Male Unpopular Responses	A Sample of Female Unpopular Responses
1 - a - b	A Commercial for Perfume & Cloths (w4) The capital of man is in his Mind (w3)	Integration between romance and Money (w1) A book is located on a table (w1)
2 - a - b	Adam's Apple (w3) A woman has bad characters (w2)	Man's picture after his death (w4) Heat and pressure force (w3)
3 - a - b	A miserable Indian man (w2) -----	A desire for revenge (w2) Traditions of the society (w1)
4 - a - b	Crimes are committed because of women (w3) Human life is controlled by a computer (w4)	A man kills his wife (w2) Man looks like animals in his sexuality (w1)
5 - a - b	Woman is the center of Universe (w3) Woman's bad look at man (w2)	A weak woman (w2) The value of using the human eyes (w4)
6 - a - b	Woman looks like a rose (w4) Human's existence on the earth (w3)	Love and romance (w3) Love and jealousy (w3)
7 - a - b	Homosexuality (w1) Strong beliefs in God (w4)	Looking for love, peace and safety (w2) Illegal sexuality and illegal child (w1)

**Table (2) to be continued**

8 - a	Every one has children behavior (w3)	A woman has a miserable childhood (w1)
- b	Woman is more authoritarian than man (w1)	Children ignored their mother (w1)
9 - a	The problem of unexisted (w2)	There is no justice in this world (w2)
- b	place for living on the earth (w2) -----	The Day of judgement (w3)
10 - a	Women talk too much (w2)	The society distorted women's reputation (w1)
- b	False love located on woman's tongue (w2)	Women's loyalty (w3)
11 - a	Men are so weak in front of women (w2)	Babies produced by test tubes (w2)
- b	-----	Smoking is dangerous on mother's fetus (w4)
12 - a	Women gives false promises (w2)	Women, as glass, easy to be broken (w3)
- b	Addiction (w1)	Looking for good future (w3)
13 - a	Women are more stronger than men (w2)	Fears and escape (w1)
- b	A Commercial for Shampoo (w4)	No differences between man and Woman (w3)
14 - a	Women are too difficult to be understood (w2)	Values are now upside down (w3)
- b	-----	Women are separated from society (w1)

Table (2) to be continued

15 - a	The dominance of rich people (w3)	Wives help husbands to be great (w4)
- b	The helplessness of poor people (w1)	The paradox in the society (w2)
16 - a	All women are the same (w2)	A Woman has serious diseases (w1)
- b	-----	A Woman does not care of people talk (w2)

\* P.N. : Picture Number

P.C. : Picture Category

w : Weight

Table 2 shows a sample of unpopular responses of male and female examined subjects to the OPPA. It seems, generally that the male unpopular responses imply negative attitudes toward women, expressed by responses 2b, 4a, 5a, & b; 10a & b; 11a, 12a, 13a, 14a and 16a, as shown in table 2, respectively. The female unpopular responses imply negative attitudes toward the society, expressed by responses 3b, 9a, 10a, 14a & b, 15b and 16b. In addition, the unpopular responses of both sexes seem to be preoccupied by very special problems bothering each of them individually as expressed by very definite responses such as "Woman is the center of universe", "Woman's bad look at man", "False love located on woman's tongue", "Woman is more stronger than man", "Woman is too difficult to be understood", "The dominance of rich people", "The helplessness of poor people" and "The problem of unexisted place for living on the earth", shown by male unpopular responses in table 2. On the other hand, the female unpopular responses expressed by "A desire for revenge", "Traditions of the society", "A man kills his wife", "Man looks like animals in his sexuality", "A weak woman",

"Love and jealousy", "Illegal sexuality and illegal child", "Children ignored their mother", "Fears and escape", and "A woman has serious diseases", shown in table 2.

Accordingly, there are unpopular responses to the OPPA. They seem to be far from the popular responses, in regard to both sexes. Each of these unpopular responses is expressed by either males or females, according to their special problems that bother them individually.

To investigate the third research question: "Can OPPA be used to differentiate exceptional persons from normal ones. Certain analysis of the examined participants responses to the pictures included in the OPPA, in regard to their exceptional responses, shown in table 2, may be discussed and interpreted, according to the third hypothese of this research.

Omar (1987) defined the exceptional term, according to Howard & Orlansky (1980) as an inclusive term that refers to any person whose performance deviates from the norm, either below or above to such an extend that special education programing is indicated. Thus, the term exceptional persons would include both the



intellectually gifted and severely maladjusted. Accordingly, the exceptional responses to the OPPA may be referred to creativity, or emotional disturbance.

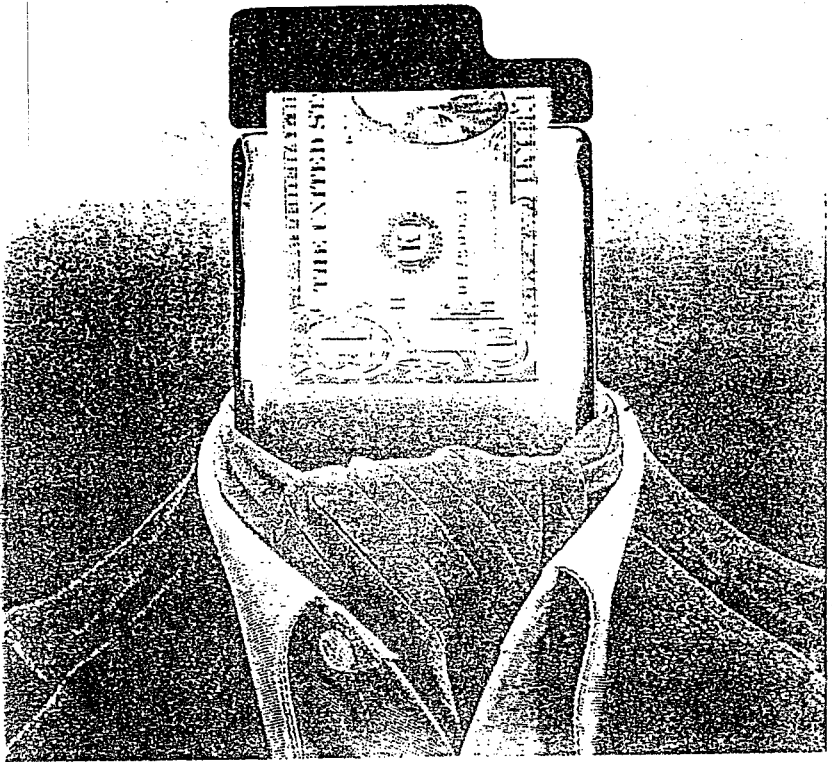
Dunne (1987) stated that creativity has long been recognized as essential in health human functioning. Defining creativity involves many of its component parts such as: spontaneity, interest, originality, imagination, lack of inhibition, production and motivation (Dunne, 1987).

Shertzer & Stone (1980) stated that maladjustment and behavior disorder frequently are used interchangeable with the term emotional disturbance. Bureau of Educationally Handicapped and Title VI of the Elementary and Secondary Education Act describe the emotionally disturbed person as he or she is characterized by (1) an inability to learn that cannot be explained by intellectual, sensory, or health factors; (2) an inability to establish or maintain satisfactory interpersonal relationships with peers and teach-

ers; (3) inappropriate types of behavior of feelings under normal circumstances; (4) a generally develop physical symptoms, pains, or fears associated with personal or social problems.

Exceptional responses presented in this research express a sort of creativity, or a sort of emotional disturbances, according to the four weight categories of responses, weighted 4,3,2, and 1, respectively, to second question for each picture, included in the OPPA (OPPAT Introductory Manual of form A, 1989).

For the purpose of this research, some illustrations should be presented. Some pictures numbered 1,7 & 8 included in the OPPA are illustrated in this research for clarifying a sample of exceptional responses of male and female participants, as shown in table 2. These exceptional responses are discussed according to their related pictures 1,7 & 8 illustrated under number 1,2 and 3 respectively.



Exceptional responses of males, in regard to picture 1, shown in table 2, and according to illustration 1 are, "A commercial for perfume and clothes", and "The capital of man is in his mind" It seems that these two exceptional responses express a creative thinking because they do not express any related problem, but they express certain values. Both of these exceptional responses may express the economic values (Allport, Vernon & Lindzey, 1960).

The economic value repre-

sents the real view of the world, general benefits and personal profits (Omar, 1988). Thus, the two male exceptional responses related to picture 1 express a sort shown in table 2, and according to illustration 1 are expressed by "Integration between romance and money" and "A book is located on a table". It seems that the first exceptional response expresses a creative thinking because it does not express any related problem, but it expresses a congruence of self (Meador & Rogers, 1979).

Congruence of self means that an individual should be aware of his / her inner feelings and translate them into every day behaviors (Omar, 1989). Wubbolding (1988) stated that the human behavior is purposeful and originates from within rather than from external stimuli. Glasser (1980) stated that the most fundamental needs which drive human beings are fourfold: belonging; power; fun; and freedom. Accordingly, the first female exceptional response related to the first picture. Expresses better need fulfillment. Thus the first female exceptional response related to picture 1 expresses a sort of creativity.

The second female exceptional response related to the first picture expresses a very special problem bothering a female student at Ku-

wait University. The female student perceived the picture as a book was located on a table. It seems that female student projects her inner insight on outside object represented by picture. Projection is a mental process of imagination that another feels as oneself feels or, more generally, is as one is (Landy, 1986). The female student's thought was preoccupied by studying, learning, examinations and other aspects concerning with her belonging to the university. According to her case study done by the researcher, the female student was threatened to be dismissed from the university because of her low grade point average. Thus, the second female exceptional responses related to picture 1 expresses a sort of emotional disturbance.



Illustration 2 represents picture 7 included in OPPA. Male Exceptional responses related to picture 7, shown in table 2 are expressed by, "Homosexuality" and "A strong belief in god". It seems that these two male exceptional responses express the personality projective apperception traits. The two exceptional responses are severely contradictorily. The first response refers to sexual deviated behavior expressed a sort of emotional disturbance. The second response refers to religious behavior that is above the norm nowadays, expressed, a sort of creativity.

Female exceptional responses related to picture 7, shown in table 2 are expressed by, "Looking for

love, peace and safety" and "Illegal sexuality and illegal child". It seems that these two female exceptional responses express severe problems projected on the presented picture by the female respondent subjects. The first female exceptional response expresses problems related to lack of fulfilling the fundamental needs (Glasser, 1985). the second female exceptional response expresses problems related to sociocultural biases about female sexuality on their feelings, perpetuating a climate where women devalue their female identity (Ambrogne-0 Toole, 1988). Thus, these two female exceptional responses related to picture 7 express a sort of emotional disturbance.



Illustration 3 represents picture 8 included in the OPPA. Male exceptional responses related to picture 8, shown in table 2 are expressed by, "Every one has childish behaviors" and "Woman is more authoritarian than man". It seems that the first male exceptional response expresses a creative thinking because it does not express any related problem, but it expresses a way of interaction. Dusay & Dusay (1979) presented discussion on the personality theory of Transactional Analysis (TA), originated by Eric Berne in the 1950s. They stated that the most basic term used in TA is the Ego states, which consist of parent, Adult, and Child. They added that the child ego state within each of people is sometimes creative and, intuitive, and emotional; at other times, rebellious or conforming. Accordingly, each normal personality structure should consist of child, Adult and parent (Berne, 1961). Thus, the first male exceptional response related to picture 8 expresses a sort of creativity.

On the other hand, the second male exceptional response related to picture 8 expresses a very spe-

cial attitude toward woman perceived by one of the examined participant.

It seems that he is suffering from personal problem concerning with his feeling of inferiority complex. Adler (1969) created the term of Inferiority Complex to convey that repressed (Unconscious) fear or resentment of being inferior, produced distorted behaviors.

Certain adults believe they are inferior because they cannot adjust to other adults, whereas still other adults, rejected as children, believe they are inferior because they were unloved (Shertzer & Stone, 1980).

People are pushed by the need to overcome their inferiority and pulled by the striving for superiority (Corey, 1986). Accordingly, feelings of inferiority are initiated with individual's perception and self evaluation of situational events in which they have felt inadequate.

Thus, this male exceptional response related to the picture 8 expresses a sort of emotional disturbance.

Female exceptional responses related to the picture 8, Shown in table 2 are expressed by " Woman has a miserable childhood" and

"Children ignored their mother". It seems that these two female exceptional responses related to picture 8 express two different problems. The first problem is concerned with the past experiences of the examined participant. It may be said that a significant contribution of psychoanalytic approach is the delimitation of the stages of psychosocial and psychosexual development from birth through adulthood (Corey, 1986). The mothering figure should provide a state of safety around the dependent infant. The mother and her child are to some degree a unified pair. They are involved in what is so called the role relationships model. The mother represents the caregiver and her child represents the care receiver. The early transactions with caregivers so important because they influence the individual's behavior. Accordingly, the supplies of consistent love and security to a particular child will help him or her to develop positive feelings and good behavior, on the other hand, inconsistency deprivation, and or traumatic lapses in care may dispose the child to develop negative feelings and bad behavior. (Horowitz,

1988). Thus, this female exceptional response related to picture 8 expresses a sort of emotional disturbance.

The second problem is concerned with negligence, ignorance, and rejection. It may be said that feelings of loneliness, isolation, and alienation characterize the second female exceptional response. Generally, depression is viewed as a reaction to the loss of communication with a loved one. Rimm & Somervill (1977) stated that all writers in the area of depression have linked helplessness and hopelessness to human depression. So, depression may be related to lack of rewards and support from loved ones. Freud (1917 / 1957) contributed to the belief that environmental factors are important in the development of depression and related disorders. DSM-III states that when external stress is a plausible precipitating factor, term depressive reaction is recommended. Thus, this female exceptional response related to picture 8 expresses a sort of emotional disturbance. Thus, the OPPA can be used to differentiate exceptional persons from the normal ones.

## **Conclusion, Recommendations and Summary**

### **Conclusion**

Omar Psychological Picture Album (OPPA) is a useful medium and a basic material used in the new projective tool entitled, "Omar Personality Projective Apperception Technique: OPPAT" that is considered a pioneer method in clinical assesment, therapeutic treatment, professional training and academic research used in Art Therapy, as well as other current therapies. This new instrument is highly tested investigated and experimented scientifically and empirically, in Kuwait, Egypt, and U.S.A. It offers the potential for producing rich clinical material that should be the subject of research to ascertain its utility among different population and diagnostic groups in counseling and psychotherapy. Thus, it offers excellent promise as a research instrument in the field of Art Therapy, and other therapeutic approaches.

### **Recommendation**

Based on the results of this research, it appears that the use of projective tests has had a long tradition in the history of Mental

Health Settings. The need to develop a new projective technique is so recommended, especially to be used in Art Therapy and other therapeutic approaches. It could be said that Art Therapy as a discipline is still very much in its formative stages of development. Accordingly, the area of research in Art Therapy using projective techniques is so virgin and needed to be investigated. Further studies may be done. Case studies describing the psychological states of several artists using their artistic work may be studied. Other case studies describing the psychological states of the individuals of different population who perceive the pictures included in the OPPA unpopularity should be researched. The use of Omar Personality Projective Apperception Technique (OPPAT) should be investigated cross - culturally. Finally, further investigations should be made into the possibility of using this new instrument with the exceptional individuals as well as using it in relation to other scales such as Youth Probkem Checklist (Omar, 1986) for the purposes of enriching the field of Art Psychotherapy, as well as other current therapies.



### **Summary**

Four hundred and fifty college students, comprising one hundred and eighty males and two hundred and seventy females were selected randomly from several colleges of Kuwait University to participate in this research. The Omar psychological picture Album (OPPA) is employed as an instrument for this research. The instrument was administered to the subjects in order to investigate whether the male popular responses will be similar to, or different from that of females, to investigate whether there are some unpopular responses or not; and to investigate the possibility of using the OPPA to

differentiate the exceptional persons from the normal ones.

The findings of this research show that there is a few number of similarities between the perceptions of males and females. On the other hand, there is a great number of significant differences between the two perceptions statistically. From a therapeutic point of view, there are unpopular responses to the OPPA. These exceptional responses seem to be far from the popular responses in regard to both sexes. Each of these exceptional responses is expressed by either males or females, according to their creativity, or emotional disturbances.

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