



*family stress and psychological to Resilience :
A field study on workers at the University of Ouargla.*

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<i>Abstract ;</i>	<i>Article info</i>
<i>In line with the nature of the subject matter, this study aims to clarify the level of family life stress for vocational workers at Kasdi Merbah University of Ouargla, as well as to understand their level of psychological resilience and examine the nature of the relationship between these variables.</i> <i>To achieve the objectives of this study, we employed a descriptive approach with a study sample selected randomly, comprising 198 vocational workers. The sample was chosen based on specific characteristics that enabled the administration of a modified questionnaire on family life stress by Amani Abdelmaksoud, and the psychological resilience scale by Bashir Maamria after studying their psychometric properties. The results of the data analysis using version 25 of the SPSS statistical software revealed that:</i> <i>- The level of family life stress among vocational workers at Kasdi Merbah University of Ouargla is low.</i> <i>- The degree of psychological resilience Within the vocational workforce at Kasdi Merbah University of Ouargla is high.</i> <i>- There is no statistically significant relationship between The level of stress in family life and the degree of psychological resilience among vocational workers at Kasdi Merbah University of Ouargla.</i>	<i>Received</i> <i>January 31.2024</i> <i>Accepted</i> <i>April 18.2024</i> <u>Keyword:</u> ✓ <i>family stress</i> ✓ <i>psychological stress</i> ✓ <i>psychological resilience</i> ✓ <i>workers</i>

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1. Introduction

The topic of stress has garnered widespread and significant attention in the field of psychology, considering the individual as the focal point of various life changes that have a clear impact on their behavior and interactions within their surrounding environment. The features of stress are evident in the focus on its sources, negative effects, and consequences on the individual's physical, psychological, and professional well-being, especially as stress has become one of the defining characteristics of the modern era, being "a response to the rapid

changes that have occurred in all aspects of life." (Abdel Maqsood et al., 2007, p. 8)

This means that it represents "the negative situation that a living being may face, or any effect that may result from the internal or external environment, which may conflict with basic requirements or cause imbalance or threat to the stable equilibrium. These pressures cannot be isolated from the family system in the daily activities of its members; however, they can be resolved or adapted to with their assistance." (Al-Juhani, 2021, p. 321).

There are several personal factors that can help individuals alleviate the severity of these pressures, including psychological resilience, which varies from one person to another. Hence, we attempt to address this topic from a sociological perspective by identifying the level of family life pressures among professional workers and its relationship to their psychological resilience.

2. The Problem of Study:

There is no doubt that family life is susceptible to crises, hardships, and various problems that are considered as a major source of its pressures, which most families currently suffer from.

This reflects the impact of these pressures on the family primarily, which may lead to an inability to perform its functions effectively.

In light of this, the concept of family pressures has gained significant importance in modern psychology, labeled as the era of family and psychological pressures.

It has become the focus of attention for researchers and scholars in various fields such as psychology, sociology, medicine, and other humanities.

Social roles change as life changes, taking on a form in which they may or may not align with these changes.

We are exposed to many pressures, including work pressures that hinder us from fulfilling our responsibilities in a complete and effective manner, as well as environmental pressures that hinder our harmony with the surrounding environment with its barriers that prevent us from enjoying life.

There are also family pressures that result from family relationships when exposed to many changes within or outside the family, such as the emergence of values, attitudes, habits, traditions, and positions that may not be familiar to the society as they are responses from other communities (Abdul Maqsood et al., 2007, p. 7).

Pressure is defined as: "The process by which environmental phenomena threaten the structure and safety of the organism,

and through which the organism responds to this threat" (Al-Nouhi, 2007, p. 139).

"Lazarus" (1966) defined the term "pressure" as: "A word derived from Latin, widely used in the 17th century to mean hardship, straits, adversity, or affliction, and by the end of the 18th century it was used to mean strength, pressure, and stress" (Bushra Ismail, 2004).

The term first appeared in 1944 and began to spread during World War II and its aftermath.

The term "pressure" describes the extent of an individual's response to those events or environmental changes embedded in their daily lives.

These changes can be painful and may lead to some physiological effects, the impact of which may vary from person to person depending on their personality and life characteristics that distinguish them from others (Abdul Maqsood et al., 2007).

In 2009, Tomason and Havice defined family life pressures as "the real or perceived mismatch between the demands on the family and the family's ability to meet those demands" (Abdul Maqsood Mahmoud, 2021, p. 854).

It can also be defined as "a form of marital instability or disagreement between spouses or one of them and the children, which negatively affects the family relationship network" (Farhat, 2021, p.106).

On the other hand, "Hind Mohamed" (2007) defines it as "the burdens placed on the individual without the ability to overcome them, affecting their ability to achieve family harmony. These burdens may be social or economic family situations or stressful economic situations

as a major cause of pressure" (Abdul Fadil et al., p.9).

"Neuman" defined family pressures as "the forces (problems),

circumstances, and situations that have the potential to destabilize and disrupt the family system" (Neuman, 1983, p.246). Research and studies have indicated the existence of various types of family pressures, including economic, social, and psychological pressures (Abdul Fadil et al., p.9-10).

Family pressures can also manifest in events such as childbirth, death, or divorce, or can present as hardships, such as increased medical expenses for a chronically ill child (Tomason and Havice, 2009).

These family life pressures originate from Hans Selye's theory of response to stressful situations, crystallized in the early 1950s due to a failure of the initial direction (stressful stimuli) in interpreting pressures. Hans Selye is considered a pioneer of this concept in the modern era, which focused on studying the various secretions of the hormonal systems (Moghzi, 2018, p.650). The conceptual framework of Selye's theory sees stress as an independent variable, as a response to a stressful factor that places the individual under the influence of the stressful environment, adapting to its disruptive effects.

Selye sees the biological, psychological, and organic response symptoms to stress as aiming to preserve the entity and life. He has identified three stages to achieve general adaptation through defense against stress: alarm, resistance, and exhaustion.

Among the factors that assist in adaptation and overcoming the intensity of pressures is the possession of a set of traits that help

individuals confront sources of pressure. Individuals who exhibit psychological resilience have the capacity to anticipate and ultimately overcome crises.

On the other hand, those who lack psychological resilience experience high levels of psychological pressure, making them susceptible to depression and stress-related illnesses.

It should be noted that the significance of psychological resilience is not limited to what has been mentioned, but it is considered a source of individual self-immunity that helps in effectively dealing with various life pressures.

Kobaza and Gentry (1984) defined the concept of psychological resilience as "a set of characteristics or personality traits that collectively constitute the essence of psychological resilience and contribute to minimizing its unhealthy effects."

Brooks defines psychological resilience as "self-respect with the ability to effectively deal with various psychological pressures by adapting to challenges, difficulties, and psychological shocks, frustration, and daily problems, as well as developing specific and realistic goals, aiming to solve problems and interact smoothly with others, treating them with respect."

Studies have varied in addressing family life pressures despite their scarcity according to researchers' information, by examining their relationship with some variables.

For example, Zuhair Baghl's (2008) study on "Quality of Work Life as an Organizational Strategy to Reduce Stress" enables us to understand the nature of the topic and the manner in which it presents the results achieved by many organizations through the adoption of the quality of work

life approach as an organizational strategy for stress reduction.

However, exposure to a high level of family pressures, whether economic, social, or psychological, leads to the individual's inability to perform their roles and job duties, due to family demands that exceed their capacity to bear or adapt to them.

This is especially true if the surrounding environment, with all its elements, significantly contributes to increasing the level of family pressures, particularly economic and social ones, in the face of high living costs. Among the ranks or professions whose employees suffer from low wages, we find the rank of skilled workers.

Skilled workers are those individuals who bear the responsibility of the establishment by being tasked with its security, maintaining the safety and security of its employees and finances, as well as the maintenance and protection of its properties from theft, assault, or any material or moral damage.

However, they represent the lowest levels on the job rank, wage, and promotion scale, which negatively impacts their family lives in the form of a range of pressures. Therefore, if we cannot help them completely overcome these pressures, we should at least try to assist them in adapting to and reducing their intensity by re-evaluating the systems that play a role in the processes of reducing and increasing pressure levels.

These systems include incentive and bonus systems, salary scales, and promotions. Additionally, providing them with counseling programs to alleviate and manage the pressures will enhance their

ability to handle them in various aspects of their family and work lives when they are exposed to these high levels of family pressures.

This means supporting them, attending to their material, social, and humanitarian needs, and improving the working and social environment to alleviate the burden they bear.

Based on the above, pressure manifests in most of the daily activities of family members, requiring them to manage pressure levels in a way that helps them stay alert, active, and maintain a high level of performance.

There are several other factors that can help alleviate the intensity of pressure or prevent it, such as psychological resilience, for example.

Therefore, our approach towards this topic aims to study the specific level of family life pressures and its relationship with the degree of psychological resilience among the workers at the University of kasdi Merbah, Ouargla. in order to answer the following questions through the current study:

1. What is the level of family life pressures among the vocational workers at the University of kasdi Merbah, Ouargla?
2. To what extent do the vocational workers at the University of kasdi Merbah, Ouargla possess psychological resilience?
3. Is there a statistically significant relationship between the level of family life pressures and the degree of psychological resilience among the vocational workers at the University of kasdi Merbah, Ouargla?

2. Study Hypotheses:

To address the study problem and its questions, the following hypotheses were formulated:

- The vocational workers at the University of kasdi Merbah, Ouargla, have a high level of family life pressures.
- The vocational workers at the University of kasdi Merbah, Ouargla, have a high degree of psychological resilience.
- There is a statistically significant relationship between the level of family life pressures and the degree of psychological resilience among the vocational workers at the University of kasdi Merbah, Ouargla.

3. Study Significance:

The significance of the study lies in the following:

- The research variables are important as they are related to the conditions of vocational workers and their family and vocational lives.
- The study focuses on a sample of vocational workers who represent the lowest category in terms of salaries and promotions.
- Shedding light on some types of family pressures that vocational workers may experience, thus drawing the attention of the authorities to this sample.
- This study serves as an analytical model for the conditions experienced by the vocational worker and the responsibilities they bear towards their family and work.
- Additionally, the significance of this study lies in the results that will be subsequently derived as a result of the research, inquiry, and analysis.

Pressures that affect individuals within every social organization in which we operate require study and analysis.

This has led researchers to examine the pressures of family life, as it is one of the topics that greatly concern an essential element of the organization the human factor.

From a practical standpoint, the practical importance of this study lies in the potential to improve the living conditions of vocational workers.

This can be achieved by increasing wages to alleviate the burden of family pressures, especially economic ones.

4 Study Objectives:

- To identify the level of family life pressures among vocational workers at the University of Kasdi Merbahof, Ouargla.
- To determine the degree of psychological resilience among vocational workers at the University of Kasdi Merbahof, Ouargla.
- To enrich scientific research by providing the library with such studies.
- To attempt to draw the attention of the authorities to the importance of mitigating the severity of family life pressures for vocational workers.

5 Procedural Specification of the Study Variable:

Family Life Pressures: Defined by Amani Abdel Maqsood and others (2007) as "the state to which parents and their children are subjected according to circumstances or demands that impose a kind of non-conformity, and the more intense these circumstances or demands become, or they persist for long periods, the more this situation becomes dangerous." (Abdel Maqsood et al., 2007, p. 22).

From a procedural perspective, family life pressures refer to "those changes, problems, events, and stressful situations

that vocational workers experience in their daily lives in a tangible manner.

This is the total degree obtained by the vocational worker on the scale of family pressures according to Amani Abdel Maqsood's modified and used scale in the study, through their responses to the scale consisting of the following dimensions:

- **Psychological dimension:** It involves psychological pressures (intrapersonal) which refer to the pressures that occur within the family and are related to the emotional and psychological aspects of individuals within it.

These pressures originate from the internal environment of the family, which is considered the primary source of family pressures.

- **Social dimension:** This includes internally originated pressures which are related to the interactions among family members.

These are the things or events that affect the internal family system directly by the external environment.

- **Economic dimension:** It is manifested in externally originated pressures, i.e. those pressures whose sources are outside the family system such as the surrounding environment.

These can be identified in all the events that occur between the family system and its surrounding environment, including economic, residency, and migration pressures.

- **Psychological resilience:** According to Mc Cubbin, it is defined as "that pattern of psychological contract which an individual can commit to towards oneself, and towards their goals, values, and others around them, with the belief that they can control the events they encounter by taking responsibility for them, and that any changes in their lives are necessary and more of a growth opportunity than a threat or impediment." (McCubbin, 1996).

Procedurally, psychological resilience refers to "the strength and endurance that reflect a cognitive, emotional, and behavioral pattern of resistance, and is a personality trait. This trait consists of three basic dimensions:

- **Commitment dimension:** The sense of the individual's involvement in their activities and close relationships, and the belief that they are significant."

- **Control dimension:** It is the ease of leadership and reflects an individual's belief that they are not helpless or lacking support, but rather have an influence on many events, people, and others, and the ability to control personal circumstances.

- **Challenge dimension:** It is the desire to accept new and unexpected experiences and enjoy them, and for the individual to see opportunities for change rather than threats.

6 Study boundaries:

The study included a sample of 198 vocational workers at the University of Kasdi Merbah, Ouargla, during the academic.

7 Conceptual framework:

7.1 Family life stress definition:

Based on Hans Selye's theory of stress, family life stress is "the tension resulting from stimuli or forces that occur within or outside the environmental boundaries of the family system and lead to the instability of this system" (Berkey & Hanson, 1991,p.38).

Theoretically, family stress in the current study can be defined as "the type of changes that occur within the family and relate to the emotional and psychological aspects of the individuals within it.

These stresses originate from the internal environment of the family and the negative interaction among its members.

There are also external changes occurring outside the family from the surrounding environment, resulting from the negative interaction between family members and the surrounding environmental patterns.

These things or events are influenced directly by the strength of the internal and external family systems." (Abdul Fadil et al., p. 854)

- Determinants of family life pressures:

- * Pressures affecting the family system in general: These are represented by family situations that cause annoyance and tension among family members or between family members and the surrounding environment.

- * Pressures affecting the family system specifically: These are expressed by problems that affect the health and psychological and social stability of the family.

- * Strength of family systems: This refers to the measurement of the confrontation strength and intervention strategies adopted by the family to face the pressures it is suffering from in an attempt to make its members happy as a whole or each individual separately. (Abdel Maqoud et al., 2007, p. 35).

- **Family Stressors:** These are diverse and varied, generally encompassing events that elicit stress responses or feelings of pressure.

Both natural and non-natural life events and abrupt changes in the family system can

contribute to the clash and multiplicity of stressors.

A group of researchers (Bauman, Harris, Macubbin, Patterson) identified six domains

of family stressors, encompassing changes in family size, roles, and lifestyles; changes in family sexual issues (e.g., pregnancy); bearing the burden of raising children; the loss of a family member, relative, or friend, or the loss of income or wealth;

responsibilities related to family matters or healthcare; drug addiction issues; and legal conflicts. (Boroubi Raja and others, 2019, pp. 238-239).

7.2 Psychological Resilience:

- Definition of Psychological Resilience:

We will provide a definition of the concept of psychological resilience in its linguistic and then technical dimension in order to derive a general understanding of the concept.

Linguistically, resilience means hardness or solidity, i.e. being firm or strong. It also refers to toughness, such as the resilience of clay, indicating its hardness and resistance.

It also connotes resistance to fatigue and the ability to endure. (Antoun et al., 2000, p. 854).

Among the numerous definitions of this concept, we have selected some that we believe provide a precise understanding of the concept.

Kobaza (1982) defined it as: "a cluster or set of personality traits that act as a source of resistance in facing stressful life events" (Kobaza & others, 1982).

We must also consider Antonovki's definition, stating that it is "a source of resistance through which the potential effects of stress can be addressed" (Hajjar & Aldakhani, 2006).

The previous definition is further supported by both "Loulwa Hamadeh" and "Hamadeh Abdul Latif" (2002) through their view that psychological resilience is: "One of the personal self-sources that lead to resisting the negative effects of life pressures and reducing their intensity on mental and physical health. It contributes to facilitating perception, evaluation, and confrontation, leading to the resolution of challenging situations resulting from stressful events" (Al-Shamari, 2014).

- The Importance of Psychological Resilience:

Psychological resilience is considered to be an important and supportive variable for individuals' mental health.

Several studies have highlighted its significance in resisting the pressures that individuals encounter in their lives, as it is manifested in the following:

It has an impact on the perceptual level by modifying the process of event perception to make it appear less severe.

It influences individuals' choice of coping strategies, directing them towards active coping methods.

It leads individuals to make changes in their health practices, from following a healthy diet to engaging in physical exercise, reducing the risk of physical illnesses (Al Abdali, 2012).

- Characteristics of Individuals with High Psychological Resilience:

They have a strong belief in their actions and do not experience a sense of detachment while performing required tasks.

They are characterized by a high degree of control over their professional and personal affairs, with a personal awareness of their ability to manage the ups and downs of life (Askar, 2003).

They demonstrate a high level of willingness to take on tasks based on the belief that change is a reality that must be dealt with.

They are more inclined towards life and complain less about mental illnesses, and are less anxious (Qasim, 2009).

8 Method and Tools:

8.1 Field Study Procedures:

8.2 Research Methodology: The current study relied on the descriptive approach, which means describing what exists in reality and attempting to interpret this phenomenon.

Muhmm defined it as: "An organized form characterized by scientific analysis and interpretation in describing a specific phenomenon or problem, depicting it quantitatively through collecting available data and structured information about the phenomenon or problem, classifying and analyzing it, and subjecting it to detailed study."

8.3 Study Population:

The study population in the current study consists of vocational workers at the University of Kasdi Merbah in Ouargla, consisting of 419 workers distributed across 03 university poles, including ten faculties, two institutes, and the university directorate headquarters.

8.4 Survey Study:

- Psychometric Characteristics of the Study Instruments:

The survey sample for the current study included (30) vocational workers from the University of Kasdi Merbah, Ouargla, selected through random sampling.

The validity and reliability of the instruments were verified. Regarding the Family Life Pressures Questionnaire, the validity results indicate the following: The calculated "t" value for the comparative validity equals (9.658) at (16) degrees of freedom with a significance level of (0.000), demonstrating the discriminative capability of the instrument and thus its ability to measure what it was designed to measure.

The internal consistency validity results indicate that all the extracted correlation coefficients are significant, including those between the scale dimensions and the total score, confirming the validity of the scale. The Cronbach's alpha coefficient was calculated to be (0.83), The split-half reliability coefficient, after Spearman-Brown correction, was estimated to be (0.63), which is a high value. Therefore, the instrument possesses a high level of validity and reliability, and it can be confidently used in the core study.

The validity results for the Psychological Resilience Scale indicate the following:

The comparative validity yielded a calculated "t" value of (13.192) at (16) degrees of freedom with a significance level of (0.000), demonstrating the discriminative capability of the instrument and hence its ability to measure what it was designed to measure.

The internal consistency validity results suggest that all the extracted correlation coefficients between the scale dimensions and the total score are significant, confirming the validity of the scale.

The Cronbach's alpha coefficient was estimated to be (0.89), and the split-half reliability coefficient, after Spearman-Brown correction, was determined to be (0.68),

both of which are high values.

Therefore, the instrument demonstrates a high level of validity and reliability.

- The survey sample: This is the initial step in a series of social research, and the subsequent phases of the research depend on the appropriate and accurate initiation of this survey.

The survey sample in the current study comprised (30) vocational workers from the Faculty of Mathematics and Material Sciences at the University of Kasdi Merbah, Ourgla.

The sample was selected using a random method, and the psychometric properties, including the validity and reliability of the instrument, were verified.

8.5 Scale of the Study's Instrumentation:

Due to the scarcity of measures that meet the objectives of the current study - as per the researchers' knowledge - the following instrument was adopted:

The scale developed by the Egyptian researchers Amani Abdel Maqoud and Tahani Osman in 2007, and translated and adapted for the Egyptian context.

This was chosen after it became evident that there was no previously prepared instrument or one available in a previous

study that measures this variable in the Arabic environment.

This scale was originally developed by Berkey and Hansan (1991) to measure family

stressors, and it was translated into Arabic in three parts to assess family stressors in general and specific, as well as to assess the strength of the family system in coping with stressors. Thereafter, the Algerian researcher Bouroubi Rajah Farida adapted it to the Algerian context in 2012.

The scale used in the current study consists of 38 items for measuring family stressors, encompassing three main dimensions:

psychological, social, and economic. The Psychological Hardiness Scale was developed by "Maddi" (2002) and standardized by "Maameri" for the Algerian context. It is a verbal tool that quantitatively assesses individual psychological hardiness.

The scale used consists of 28 items aimed at measuring the degree of psychological hardiness, covering three main dimensions: commitment, control, and challenge.

8.6 Primary Study:

Table (01). illustrates the distribution of the sample individuals according to the university academic poles.

University Pole	Number of individuals	Percentage
University Pole 01	113	57.07%
University Pole 02	45	22.73%
University Pole 03	40	20.20%
Total	198	100%

- Statistical Methods:

- 1) - One-sample t-test for testing differences in means.
- 2) - Pearson correlation coefficient.

9. Results and Discussion:

9.1 Presentation and interpretation of the first hypothesis results:

The sample of the primary study consists of a number of individuals from the study community.

After measuring the reliability and validity of the questionnaire, the instrument was applied to a sample estimated at 220 vocational workers, representing 55.60% of the research community, which comprises a total of 419 vocational workers at the University of Kasdi Merbah, Ouargla.

The primary sample was determined using simple random sampling, and 198 questionnaires were retrieved, representing a response rate of 90%.

Table (01) represents the distribution of the study sample according to the academic poles of the University of Kasdi Merbah, Ouargla.

The first hypothesis suggests that it is possible to expect a high level of family life stress among the vocational workers at the University of Kasdi Merbah in Ouargla. In order to test this hypothesis, a one-sample t-test was employed to calculate the differences between the sample mean and the estimated theoretical mean ($38 \times 3 = 114$), the results of which

are detailed in the following table

Table (02). illustrates the difference between the average scores of the sample members on the life stress scale and the theoretical average.

Sample members	Degrees of freedom	Mean	Standard deviation	Theoretical mean	The calculated value (t)	Statistical significance
198	197	88.02	27.06	114	-13.538	0.000

Through the previous table, it is evident that the average of the sample members on the scale was (88.02), which is lower than the theoretical average and estimated at (114).

Using the designed t-test for a single sample to test the differences between the means, which amounted to (-13.538) with a significance level of (0.000) less than (0.05), it is a statistically significant value. This indicates that the level of family life stress is low among vocational workers at the University of Kasdi Merbah in Ouargla, contrary to what was expected.

The researchers attribute this result to the fact that professional workers have found numerous and diverse reasons that make them prone to such jobs, which usually align with their educational levels.

Hence, they possess sufficient immunity and readiness for the challenging and responsible conditions of this profession despite the low wages.

Therefore, the decrease in the level of family life stress among them is evident, as they not only rely on this profession to achieve their financial satisfaction but also engage in crafts, other professions, and jobs after their official working hours, as they alternate in these occupations and have a constant breathing space in this rotation. This result is consistent with the study of Soualah and Bakadir (2023), which found that the level of family life stress is low among contract workers at the University of Ouargla.

This result also agrees with the study presented by "Oulad Al Eid Ghazala and others" (2017), which concluded that the level of family life stress is low for first-year female students at the University of Ghardaia, whether married or unmarried. Likewise, the study by Soualah and Bakadir (2023) reached the same conclusion for workers at the University of Ouargla, leading to the presence of a low level of family life stress among them.

In this context, "Abdul Maqoud et al." (2007) confirmed that the feeling of pressure and distress experienced by the family, along with its ability to confront a problem, is linked to the individual characteristics of its members and the nature of the prevailing relationships among them.

It is also influenced by organizational and structural characteristics of the family, such as the individuals' intelligence, thinking style, and personality traits, which are considered individual characteristics that affect the level of stress experienced by the family.

Furthermore, the study conducted by "Aissaoua and Heiba" (2014) confirmed that the social environment in which the pressure is experienced can control the process of reducing or increasing the intensity of the pressure.

This means that a supportive social environment, provided by the family, can help the individual cope with the pressure of a crisis, unlike a situation where this support is absent.

The study indicated the potential for experiencing some frustration and disappointment, even in a secure and supportive environment at home.

Additionally, there are other factors that have led to a decrease in the level of family life stress, such as the availability of social support networks and peer groups. Furthermore, the issue of women entering the workforce allows for the sharing of family roles and responsibilities, thus reducing family stress levels.

In this regard, Amani Abdul Maqsood pointed out that life changes and so do our social and familial roles.

The impact of stress on an individual actually depends on their awareness of it and its severity.

As confirmed by a study conducted by Mohammed Qashi (2017), there is a relationship between social support and the pressures of life events in the university setting.

The decrease in the level of family stress among the sampled individuals can be attributed to the fulfillment of emotional and family needs within the family and the communication methods within it.

This was also supported by a study by Abdeljeed Duwam and others, which aimed to study the relationship between communication skills and the ability of family members to cope with and reduce family stress.

The study's results revealed statistically significant differences in communication skills and coping with family stress based on the study's variables (place of residence, duration of marriage, educational level of the husband and wife, wife's employment, family size).

In this context, Al-Khanini (2020) emphasizes that the closer and more extensive the communication between

spouses, the more it is conducive to the elimination of many obstacles, barriers, and problems they face in their lives.

Successful communication processes are usually capable of resolving the problems and life pressures that couples encounter.

Additionally, the sharing of responsibilities by all family members leads to a reduction in the severity of family hardships and pressures, as confirmed by a study conducted by Al-Hussaini (2015).

This study concluded the presence of a positive correlation between the variables of

responsibility sharing and the management of family pressures and the family income among working and non-working mothers.

In this regard, a study by Aissawa and Heba (2014) confirmed the significance of the maturity of spousal behavior in maintaining the emotional well-being of the family and reducing pressures.

Intimate relationships within the family can prevent the development of pressure, even if material resources are insufficient.

Adversity can strengthen the long-term building of the family in the presence of stable, interconnected, and adaptive internal relationships.

9.2 Presentation and Interpretation of the Results of the Second Hypothesis:

The hypothesis suggests that the level of psychological resilience among the workers at Kasdi Merbah University in Ouargla is high.

Using the "t" test designed for a single sample to calculate the differences between the average scores of psychological resilience for the sample individuals and the estimated hypothetical mean of ($28 \times 2 = 56$), this hypothesis can be tested.

The results obtained are presented in the following table.

Table (03). illustrates the difference between the average scores of the sample individuals on the resilience scale and the hypothetical average for the scale.

Sample members	Degrees of freedom	Mean	Standard deviation	Theoretical mean	The calculated value (t)	Statistical significance
198	197	69.73	7.87	56	24.555	0.000

Through the above table, it is evident that the average score of the sample individuals on the resilience scale was (69.73), which is higher than the hypothetical mean estimated at (56).

Using a t-test for a single sample to test the differences between the means yielded a t-value of (24.555) at a significance level of (0.000), which is less than (0.05).

Thus, it is statistically significant, indicating that the psychological resilience level of the professional workers is high.

The researchers interpreted this result as indicating that individuals who are more prone to stress, such as vocational workers, need to have high psychological resilience in order to overcome it.

Psychological resilience is also a preventive factor and a personality trait that helps individuals adapt successfully despite the pressures they may face.

Therefore, the level of family life stress among the study sample is low due to the high

level of psychological resilience.

This can be attributed to the fact that the study sample requires a high level of psychological resilience along with possessing many aspects of internal strength due to the nature of their work, which requires them to bear responsibility,

commitment, and protect individuals and property.

This helps them to alleviate stress and solve problems. The more resilient an individual is, the greater their ability to cope and prevent, as indicated by the first result, which shows that the level of family stress is low, indicating that the sample has high psychological resilience.

This result is consistent with a study conducted by "Amour et al." (2013), which found that the level of psychological resilience is high for students at the Institute of Sports Science and Physical Activity in MSila.

9.3 Presentation and Interpretation of the Results of the Third Hypothesis:

Hypothesis III states that there is a relationship between the level of family life stress and the degree of psychological resilience among vocational workers at the University of Kasdi Merbah, Ouargla.

To test this hypothesis, the Pearson correlation coefficient was used, and the results are presented in the following table:

Table (04). illustrates the Pearson correlation coefficient value between family life stress and psychological resilience level.

Variables	"r" value	Significance level	Degrees of freedom
Family life stress and psychological resilience	0.074	0.302	196

The table indicates that the Pearson correlation coefficient value reached 0.074 with a significance level of 0.302 at 196 degrees of freedom, suggesting a statistically insignificant relationship between family life stress and psychological resilience.

The researchers interpret these results as indicating that the components or dimensions of psychological resilience do not effectively contribute to understanding family life stress in its true meaning, thereby increasing the ability to resist it and reducing its impact on individuals.

Despite the low level of family life stress and the high level of psychological resilience among the sample population, the lack of a statistically significant correlation between the variables can be attributed to certain factors such as sample size and nature, as well as the study's implementation conditions.

We can also interpret this by the presence of other psychological factors that control the level of family life stress for individuals, beyond psychological resilience, including personality traits, locus of control, self-efficacy, as well as other environmental and social factors.

This result is supported by a study conducted by "Al-Shammari" (2014), which indicated a lack of statistically significant relationship between psychological stress and psychological resilience (Nuwar and Zakari, 2016).

This result contradicted a study by "Dakhane and Al-Hajjar" (2006), which showed a statistically significant negative correlation between the levels of stress and psychological resilience among students (Shwaihtar and Khayra, 2017).

It also differed from a study by "Abdelhamid Mohammed et al." (2022), which found a statistically significant negative correlation between psychological stress among academically

successful second grade preparatory school students.

10. Summary:

The aim of this study was to clarify the level of family life stress among the vocational workers at the University of Kasdi Merbah in Ouargla, and to understand their level of psychological resilience.

Additionally, the study aimed to examine the nature of the relationship between these variables. The results revealed a low level of family life stress, indicating a sense of social support among the vocational workers, with internal family support enabling them to experience satisfaction and contentment at work.

This allows them to perceive the need to seek additional sources of income outside of official working hours.

This was evident from the responses of the study sample on the scales used. The study also demonstrated a high level of psychological resilience among the sample, indicating the importance and significance of psychological resilience for the study sample.

As for the lack of a statistically significant correlation between the variable of family life stress and psychological resilience, this can be attributed to other factors that control the level of family life stress beyond the degree of psychological resilience.

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