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*Differences in Family Life Quality According
to Psychological well-being Among a Sample
of Professors at Ziane Achour University ,
Djelfa*

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ABSTRACT

The study aimed to investigate the differences in family quality of life based on psychological well-being among a sample of professors at Ziane Achour University. The descriptive approach was used. The sample consisted of 46 male and female professors. The study found a high level of psychological well-being and family quality of life among the professors, as well as a statistically significant difference in the quality of life based on psychological well-being among the professors in the sample.

Keywords: Psychological well-being, family quality of life.

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1. INTRODUCTION

Psychological well-being is one of the most significant variables in positive psychology, which explores within its confines and depths those effective positive qualities that enhance a person's value, affirm their humanity, and bestow upon them a sense of transcendence and pride in those positive feelings.

Psychological well-being is considered as one of the most crucial factors that influence an individual's psychology and quality of life. It is what leads to a psychologically steady life, free of disturbances. Previous studies have discussed the importance of psychological well-being in various aspects of life and its relationship to many elements.

Achieving psychological well-being does not always mean having a sense of comfort and happiness, or eliminating all the negative feelings, but rather knowing how to manage these feelings by accepting and dealing with them.

This demonstrates the effective role of this variable in many aspects of an individual's life, including the quality of family life. Quality of life determines the extent to which an individual accepts their daily circumstances and how they deal with them properly, as well as their compatibility with their surrounding environment. It is considered as a result of contentment, psychological comfort, and freedom from distractions. The family is the basic unit of society, which makes us zealous to study and understand the dimensions and factors that influence the quality of life within it.

2. Statement of the Problem

The quality of life and all that is related to its fields has become a necessity that all societies in all countries crave to achieve. Among the most important dimensions of life's quality, there is an indispensable dimension in the quality of family life. The latter would begin from the family, which must provide care, love and containment for its children, and must start its cooperation with its members with positivity in order to have a great family life.

In order to achieve that, the individual must start from his psyche first. Psychological well-being is a significant starting point for that. If the individual enjoyed a good amount of psychological prosperity, it would help him reflect that on everyone and his surroundings.

Previous studies have discussed the importance of family quality of life and its relationship to many other life domains.

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One example is the study by (Veronese & al, 2014) titled "Family Quality of Life and Psychological Well-being in a Sample of Palestinian Children." The study aimed to investigate the relationship between the impact of trauma on children living through war and the life conditions of their parents.

The study concluded that even though these Palestinian children manifested a mild degree of trauma, they continued to demonstrate significant resources and functional factors in terms of satisfaction with their families, school, and environment. However, "social suffering" from the family, which impacts the economic, social, political, and cultural aspects of health and psychological well-being, may undermine all these resources that children can draw upon to adapt to trauma. (mahmoud, 2021) study, also aimed to identify the level of psychological well-being and quality of life in a sample of children with diabetes, in addition to revealing the correlation between the level of well-being syndrome and the changes in the life's quality of the same patient.

- What is the level of family quality of life among fine arts teachers?
- Is there a statistically difference between those with high and low psychological well-being in the quality of life of teachers and research members?

3. Hypotheses

- The level of psychological well-being among the professors in the study sample was high.
- A high level of the quality of family life among the professors in the study sample.
- A statistically significant difference between the means of those with high and low psychological well-being in the quality of family life among the professors in the study sample. The differences were in favor of those with high psychological well-being.

4. Study Objectives

- This study Attempts to determine the level of psychological well-being and family quality of life among a sample of professors at Dhyane Achour University, Djelfa.
- The study aims to confirm the existence of a statistically considerable difference in the quality of life among professors in the study sample based on the psychological well-being variable.

5. Rationale

- The study falls within the framework of positive psychology, which aims to boost the human personality to the highest levels of living.
- The significance of the variables studied in our daily lives, namely psychological well-being and family quality of life.
- Shedding the light on the importance of psychological well-being and family quality of life.
- The importance of the study sample, represented by professors at Ziane Achour University , Djelfa.
- The importance of the tools used in the study, namely the Psychological Well-being Scale and the Family Quality of Life Scale.
- The importance of the study results, which may serve as a starting point for other new studies.

6. Definition of terms

6.1 Psychological well-being: It is the absence of anxiety and disturbances that prevent the individual's progress in life and make his life miserable. Also, it is the ability to overcome problems and obstacles that the individual faces in his everyday life in a healthy and positive manner as well as enjoying high psychological health and satisfaction with personal performance, which is the degree that the sample members obtain on the Ryff scale applied in the study, which ranges between (42 and 252).

6.2 Family quality of life: It is the compatibility of family members with each other and with their duties and commitments inside and outside the family. Also, it is supporting each other in achieving their goals without neglecting their need to meet and have a good time together. In addition to the feeling of satisfaction and acceptance of the life they live. It is calculated quantitatively through the score obtained by the sample members on the family quality of life scale, which ranges between (36 and 108).

7. Theoretical framework of the study

7.1 The Concept of Psychological Well-being

Kharnoub (2016) indicated that psychological well-being is a term that refers to the existential challenges an individual faces in life and the extent to which they overcome them. Its true meaning is the full development of an individual's potential and positive performance (fattom, 2016, p. 217)

7.2 Characteristics of high and low psychological well-being:

Ryff and Singer (2008) provided a detailed description of the characteristics of individuals and added the idea of high and low psychological well-being. The characteristics of those with psychological well-being were divided into two sections: In the field of independence, they see that individuals have high degrees of psychological well-being and are able to make their own decisions by their own freedom. They also resist social pressures that stand in the way of their ability to make decisions; moreover, they possess the skill of logical thinking, interact in many ways, and control their emotions and behavior in various situations. While individuals with low well-being are affected by social pressures in making decisions, and are subject to the judgments of others.

In the field of environmental empowerment, individuals have a high level of competence in managing the environment and taming it to their advantage, as well as working effectively to seize appropriate opportunities and exploit them to the fullest extent in order to advance their lives and selves. This is what distinguishes those with high environmental empowerment. As for individuals with low environmental empowerment, they find it extremely difficult to manage their daily affairs and feel unable to improve the environment around them, also they do not have sufficient awareness of opportunities that suit their abilities, inclinations and interests.

In the field of personal growth, continuous work on developing one's personality, openness to new experiences and knowledge, flexibility of thinking in dealing with life situations, a sense of optimism, and continuous improvement of oneself and behavior are among the most important characteristics of individuals with high personal growth. As for the characteristics of individuals with low personal growth, they are The inability to acquire new experiences over time, lack of enjoyment of life, and rigidity in dealing with crises and borderline situations. Reeve and Singer continued the characteristics of individuals in the field of their positive relationships with others. They found that warmth, trust in others, caring for them, and forming

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true friendships with them based on mutual respect, trust, cooperation, and giving are among the most important characteristics of these individuals with high psychological well-being in this area. As for individuals with low psychological well-being in the field of positive relationships with others, you will find them facing great difficulties in forming good relationships with others, and if they exist, they are characterized by mistrust, skepticism, frustration, and low respect.

The joyful feeling of a meaningful life, setting elevated goals, and striving diligently to achieve them are among the most important characteristics of those with high levels of psychological well-being. Others, on the other hand, lack a true meaning in life and lack the skill and ability to define their outlook and what they want from life. If they do, they lack clear plans to achieve their goals.

Those with high levels of psychological well-being in the field of self-acceptance exhibit positive attitudes toward themselves, including apparent acceptance of themselves, also including their positive and negative aspects, and positive feelings about their past lives. This is contrasted by feelings of dissatisfaction with themselves, disappointment in their past lives, constant irritation with others, and a sense of being different from them. This is what characterizes those with low levels of psychological well-being in this area. (nasreen, 2018, p. 29)

7.3 The concept of family quality of life

Parker et al. defined it as the degree to which family members' needs to meet or gather, enjoy life together, and have opportunities to accomplish goals that are important to them are satisfied. (parker, 2003, p. 47)

Smith defined it as the need for strong bonding among family members. (smith & et al, 2005)

7.4 Dimensions of Family Quality of Life:

Park (2003) classified the dimensions of family quality of life into two main dimensions:

7.4.1The first dimension: Individual aspects represented by emotional happiness, the physical environment, social happiness, productive health, and resistance or coping styles.

7.4.2The second dimension: Includes family aspects represented by family interaction, daily life, parental treatment, and financial well-being.

8.Field of Study

8.1 Methodology: This study relied on the descriptive approach, as it is considered the most appropriate for this study. It allows for a precise description of psychological well-being and family quality of life, expressing these variables quantitatively and qualitatively. It then allows for the extraction and evaluation of results and testing of study hypotheses. It is: "A method for describing the subject to be studied using a valid scientific methodology or for visualizing the results obtained in a form." (dawidar, 2000, p. 183)

8.2 Study Sample:

We relied on a random sample for this study. Our research sample was limited to professors from the Faculty of Humanities and Social Sciences at Ziane Achour University in Djelfa, across its various departments.

8.3 Data Collection Tools

8.3.1 Psychological Well-being Scale:

The short version of the Ryff Psychological Well-being Scale was used. The scale includes (42) items that assess psychological well-being. Thus, the total score of the scale ranges between (42-252) points.

8.3.1.1 Validity and reliability of the scale :

*** Discriminant validity: by means of peripheral comparison:**

Table 1. the differences between the upper sample and the lower sample in psychological well-being.

Significance	T value	10 Lower sample		10 Upper sample		sample variable
		standard deviation	mean	standard deviation	mean	
Significant at the significance level ($\alpha=0.05$)	6.851	4.20	167.28	3.10	210.23	Psychological Well-being

It is clear from Table No. (01) that the value of "t" for the significance of the differences between the two means is statistically significant at the level

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($\alpha=0.05$) for the significance of the two ends, which indicates that the scale has the ability to distinguish between the two extreme groups, which indicates the validity of the scale.

*** Reliability: Using the split-half method:** This method divides the scale into two halves, one representing odd items and the other representing even items. The correlation coefficient between the two halves is then calculated, along with the Spearman-Brown or guttman length correction equation, depending on whether the variances are equal or not.

Table No. 2 Shows the stability coefficient of the psychological well-being scale using the split-half method.

Guthman	Spearman	Correlation of pearson	Number of items
0.784	0.798	0.67	42

It is clear from Table No. (02) that the reliability coefficient using the split-half method is equal to (0.67), and after correcting the length using the Guthman coefficient, (0.78) was obtained, which is an acceptable value, and indicates that the scale has very acceptable reliability.

8.3.2 Family Quality of Life Scale:

The scale was developed by researchers Amani Abdel Maqsoud and Samira Shanid. The scale consists of (36) items distributed across four dimensions, respectively: the family interaction dimension, consisting of (9) items; the parenting dimension, consisting of (9) items; the emotional happiness dimension, consisting of (9) items; and the financial ability and health safety dimension, consisting of (9) items.

The statements are answered in the form of answers (yes, somewhat, no), with the secondary school student choosing one answer that specifically expresses their point of view, which is estimated as follows: Yes = 3, / Somewhat = 2, / No = 1. There are four negative items: items 2, 34, 35, and 36, which are estimated in reverse.

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8.3.2.1 Validity and reliability of the scale :

*** Discriminant validity: by means of peripheral comparison:**

Table 3. the differences between the upper sample and the lower sample in Family Quality of Life.

Significance	T value	Lower sample 10		Upper sample 10		sample variable
		standard deviation	mean	standard deviation	mean	
Significant at the significance level ($\alpha=0.05$)	7.34	5.87	72.84	5.12	100.52	Family Quality of Life

It is clear from Table No. (03) that the value of “t” for the significance of the differences between the two means is statistically significant at the level ($\alpha=0.05$) for the significance of the two ends, which indicates that the scale has the ability to distinguish between the two extreme groups, which indicates the validity of the scale.

*** Reliability: Using the split-half method:** This method divides the scale into two halves, one representing odd items and the other representing even items. The correlation coefficient between the two halves is then calculated, along with the Spearman-Brown or guttman length correction equation, depending on whether the variances are equal or not.

Table No. 4 Shows the stability coefficient of the Family Quality of Life scale using the split-half method.

Guthman	Spearman	Correlation of pearson	Number of items
0.887	0.902	0.804	36

It is clear from Table No. (04) that the reliability coefficient using the split-half method is equal to (0.80), and after correcting the length using the Guthman coefficient, (0.88) was obtained, which is an acceptable value, and indicates that the scale has very acceptable reliability.

9. Discussion of the study results:

9.1 Presentation and discussion of the first hypothesis:

- The level of psychological well-being among the professors in the study sample was high.

9.1.1 Results of the first hypothesis:

Table No.5: Value of the t-test for a single sample

Significance Level	sig	T value	Arithmetic Mean	Hypothetical Mean	Sample	Statistical Data Variables
<i>0.05</i>	<i>0.000</i>	<i>8.82</i>	<i>180.20</i>	<i>147</i>	<i>46</i>	Psychological Well-being

It is noted from Table No. (05) that the value of **T test** for one sample ($t = 8.82$) is statistically significant, because the calculated significance value sig equals (0.000) which is smaller than our significance level (0.05). This means that there is a statistically significant difference between the hypothetical mean and the mean of the professors members of the study sample in the level of psychological well-being. By observing the averages, it becomes clear that the level of psychological well-being among the professors who are members of the sample is high.

9.1.2 Discussion and interpretation of the results of the first hypothesis:

The results of the first hypothesis indicate that the level of psychological well-being among the sample professors is high. Their arithmetic mean was (180.20), compared to the hypothetical mean of (147). From this, we can say that the level of psychological well-being among the sample professors is high, and therefore, we can say that our research hypothesis has been achieved.

The results of this hypothesis are consistent with Port's theory, in which he described the mature personality as a form of positive performance. Given the academic level and social status that the sample (professors) reached, and through their average answers on the psychological well-being scale, we can say that they are characterized by maturity and maturity, which is what our

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hypothesis has reached.

9.2 Presentation and discussion of the second hypothesis:

- The level of Family Quality of Life among the professors in the study sample was high.

9.2.1 Results of the first hypothesis:

Table No.6: Value of the t-test for a single sample

Significance Level	sig	T value	Arithmetic Mean	Hypothetical Mean	Sample	Statistical Data Variables
0.05	0.000	9.05	88.45	72	46	Family Quality of Life

It is noted from Table No. (06) that the value of T test for one sample ($t = 9.05$) is statistically significant, because the calculated significance value sig equals (0.000) which is smaller than our adopted significance level (0.05). This means that there are statistically significant differences between the hypothetical mean and the mean of the professors who are members of the study sample in the level of family life quality. By observing the averages, it becomes clear that the level of family life quality among the professors who are members of the sample is high.

9.2.2 Discussion and interpretation of the results of the second hypothesis:

The results of the second hypothesis show that the level of quality of family life among the sample professors is high. Their arithmetic mean was (88.45) compared to the hypothetical mean which was (72). From this, we can say that the level of quality of family life among the sample professors is high, and accordingly, we can say that the hypothesis of our research has been achieved.

The results of this hypothesis are consistent with Daniel and Shaik's (2007) divisions of the dimensions of family quality of life, which are:

- The material dimension (material well-being): health and physical fitness, mobility, and personal safety.

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- The social dimension (social well-being): positive personal relationships and social participation.
- The emotional dimension (emotional well-being): personal satisfaction with life, faith, and self-confidence.

9. Presentation and discussion of the third hypothesis:

- A statistically significant difference between the means of those with high and low psychological well-being in the Family Quality of Life among the professors in the study sample. The differences were in favor of those with high psychological well-being.

9.3 Presentation of the results of the third hypothesis:

Table No. 7: Value of the t-test for one sample

Signifi cance Level	sig	T test value	Low psychological well-being			High psychological well-being			variable
			n	sd	mean	n	sd	Mean	
0.05	0.00	7.89	23	4.12	80.5	23	6.29	96.40	Family Quality of Life

It is noted from Table No. (07) that the value of T test for two independent samples ($t = 7.89$) is statistically significant, because the calculated significance value sig equals (0.000) which is smaller than our significance level (0.05). This means that there is a statistically significant difference between the high and low psychological well-being among the professors, members of the study sample, in the level of family life quality. By observing the means, it becomes clear that the difference is in favor of those with high psychological well-being.

9.3.2 Discussion and interpretation of the results of the third hypothesis:

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The results of the third hypothesis reveal that there is a difference in the level of family quality of life among the sample professor depending on their level of psychological well-being. Therefore, we can say that our research hypothesis has been achieved, possibly due to the effective role this variable played in helping individuals to achieve quality of life in general and family in particular, given that it is one of the most important variables of positive psychology, whose pioneers have promised to solve many of the problems of individuals and help achieve psychological health, including psychological and social harmony and adaptation, which in turn is reflected on the individual and the family.

Conclusion

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From the above, we can say that psychological well-being and family quality of life are two significant variables of positive psychology, which, through their development and elevation, can help individuals in general and university professors to improve their performance and carry out the required duties in a complete and correct manner .

Through this study, we have concluded that faculty members at the University of Djelfa, members of the study sample, have a high level of psychological well-being and family quality of life, in addition to knowing the important role played by the variable of psychological well-being in raising and improving the level of family quality of life for individuals and professors.

Accordingly, we propose the following: Relying on positive psychology variables in developing psychological guidance and treatment programs in general, and conducting courses and seminars to highlight the role of this new approach in solving many of the psychological and social problems that individuals suffer from in general. In addition to conducting some studies in this direction that focus on variables such as happiness, feelings of hope, optimism, and psychological gratitude.

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