

Journal of legal and social studies

Issn: 2507-7333

Eissn: 2676-1742

The Importance of Studying the Quality of Family Life

Saad Fitas^{*1} / Prof. Hamza Maamri²

¹Faculty of Humanities and Social Sciences

**Specialization: Industrial-Organizational Psychology and Human
Resources Management**

University of Ghardaia (Algeria)

مخبر السياحة، الإقليم والمؤسسات

Feitas.saad@univ-ghdaia.dz

² **University of Ghardaia (Algeria)** maamri.hamza@univ-ghdaia.dz

Date of send: 03/06/2026	date of acceptance: 01/07/2026	Date of Publication: 01/09/2026
--------------------------	--------------------------------	---------------------------------

***Corresponding author**

Abstract :

This study aims to highlight the importance of research into the quality of family life for individuals in general, and for public sector employees in particular. This subject is considered an essential imperative that must be taken into account and prioritized by officials, managers, and heads of departments. It is regarded as one of the fundamental rights an employee should enjoy, as it represents their psychological and social well-being. Furthermore, it serves as the incentive that drives them to effectively perform their assigned tasks and manage their family and professional responsibilities in a manner that serves both personal and public interests.

In this study, we will attempt to address the concept of family life quality and the most prominent theoretical trends explaining it, in addition to the indicators and dimensions that define it. The study will also review significant previous and modern research on the subject, based on theoretical literature and employing a descriptive methodology.

Keywords : Family, Quality of Family Life.

Problematic of study :

Several governmental bodies and organizations have restructured their employee relations departments, renaming them "Employee Happiness and Human Resources" departments. This shift reflects a recognition of the prevailing economic and social realities that must be considered due to their profound impact on an employee's professional and health balance. Achieving such balance ensures psychological and social stability, which directly influences job performance and, consequently, organizational goals. By fostering psychological equilibrium, satisfaction, and job security, an organization can expect loyalty from its workforce, thereby achieving one of its ultimate objectives: sustainability and market survival. This is based on the premise that human capital is one of the most vital components of an organization, alongside financial capital, structural cohesion, and stakeholder trust, all of which are essential for delivering products and services to customers.

These goals can only be realized by providing sustainable well-being within the workplace through both material and moral indicators. This involves removing social and organizational obstacles and establishing organizational justice within a flexible, healthy environment. In comparison to job performance, employees possess diverse needs and desires that leaders and managers must address. Performance evaluation and monitoring in modern organizations have shown that success is often linked to researchers' recommendations, such as attending to employees' ambitions and dreams. This includes creating space for social interaction, building internal relationships, and involving workers in decision-making and responsibility. Such practices enhance mutual respect and appreciation between supervisors and subordinates, who seek opportunities for career advancement and institutional recognition of their achievements. This recognition serves as a key indicator of workplace well-being, which is inherently linked to the employee's personal and family life.

the quality of an employee's family life is a vital aspect of an organization's development. It has become a central topic of discussion and interest in modern organizations, sparking numerous research papers and studies. Family life is now considered the most critical link in the production cycle; an employee's personal life—including family circumstances, economic conditions (living standards, salary, health), and the work environment—is a complex field. Managing this requires providing resources through strategies and plans that leaders must prioritize. Such consideration ensures the quality of life for human capital is maintained in balance with the requirements and provisions of the workplace.

Through this study, we will attempt to explore the quality of family life by addressing the following questions :

- What are the most significant concepts of the quality of family life?
- What are the theoretical perspectives that explain the quality of family life?
- What are the dimensions of the quality of family life?
- What are the indicators of the quality of family life?
- What are the most prominent previous studies that have addressed the topic of the quality of family life?

Significance of the Study:

- The study addresses one of the most vital modern and contemporary topics in the current reality of organizations and governments, responding to their aspirations within a rapidly changing business world.
- The findings of this study can serve as a beneficial model to be utilized by various administrations and organizations.
- The study aims to derive recommendations, proposals, and guidelines that, if applied, could enhance levels of employee satisfaction and achievement motivation, thereby increasing performance and fulfilling the organization's strategic goals.
- The study provides a clear framework for understanding the levels of the quality of family life and identifying methods for its improvement.

Objectives of the Study :

The study seeks to achieve the following desired objectives:

- **Defining** key concepts related to the quality of family life.
- **Exploring** the primary theoretical perspectives that explain the quality of family life.
- **Identifying** the various dimensions of the quality of family life.
- **Determining** the indicators used to measure the quality of family life.
- **Reviewing** significant recent studies that have addressed the topic of family life quality.

Study Concepts :

Through the examination of theoretical frameworks and previous research related to the research topics, we will provide both scientific (conceptual) definitions and operational definitions for the quality of family life.

Quality of Family Life :

Definitions of the quality of family life are numerous and varied; some define it based on a specific theoretical framework, while others define it through its social and economic dimensions. However, before defining the concept itself, it is essential to first define the **family**, given its fundamental importance in understanding the quality of life.

Definition of the Family :

Ayadi and Ksheshib define the family as: "The primary reference group in which an individual is raised, exerting the greatest influence on their socialization. It is where the initial seeds of personality traits develop, and where the individual spends most of their time. Their family adjustment is determined by the family's circumstances and the extent to which it fulfills its responsibilities in nurturing growth" (Ayadi and Ksheshib, 2018).

Operational Definition of the Family:

The family is a social environment for socialization, typically consisting of a husband, a wife, and children living together, representing the core nucleus of society

From a psychosocial perspective, as stated in Lashhab's study, the family is defined as: "That primary group in which an individual grows up as a result of marriage, adoption, or blood ties. The primary responsibility of this group is the socialization of children, and its members typically reside in a single dwelling" (Ibid.)

Linguistic Definition of Quality of Family Life:

The term originates from the Arabic verb jawwada (to improve), and al-jayyid (the good) is the antonym of al-radi' (the poor or bad). Additionally, it is said that something has "become good" (jada) in quality (jawdah), meaning it has reached a high standard. To excel (ajada) means to produce what is good in both word and deed (Ibn Manzur, 1997, p. 19). The term "quality" refers to a way of life; for example, we say a product is of high quality when it meets or exceeds our desires and expectations. In reality, it reflects conformity and the ability to perform a task as required. The term originates from the Latin word "Qualitas," translated as "Quality of Life" (Aggoun, 2020, p. 350).

Technical Definition:

World Health Organization (WHO) Definition (1994): Quality of life is a broad concept influenced in a complex way by an individual's physical health, social relationships, and level of self-control, in addition to their relationship with the influential factors in their home environment.

According to the **Oxford Dictionary**, quality is defined as: "A high degree of excellence or value." Thus, quality consists of a set of standards for excellent performance that are indisputable. This indicates that individuals learn through their experiences to distinguish between high quality and low quality by using a set of criteria that differentiate between the two (Meshri, p. 223).

Definition by Kadhim and Abdel-Halim Mansi:

Quality of life is an individual's feeling of satisfaction and happiness, alongside

their ability to satisfy their needs through environmental richness and the high standard of services provided—whether in health, social, educational, or psychological fields—while effectively enriching their time (Kadhim and Abdel-Halim Mansi, 2006, p. 65).

Definition by Park et al.:

Quality of family life is the fulfillment of the family's needs and the members' enjoyment of their life together as a family, while possessing the opportunity for family well-being. This includes: family interaction, daily life, the parents' financial stability, emotional supervision, environment, and social health, along with family cohesion (Fraiha, 2015).

Definition by Abdel-Moati:

It is an expression of the extent to which an individual perceives and evaluates material aspects and their importance in life under their current living conditions. This is manifested through levels of happiness or distress, which significantly influence how an individual functions in their daily life (Hassan Abdel-Moati, 2005, p. 334).

Operational Definition of Quality of Family Life:

It is a set of factors that, when combined and integrated, provide a solid foundation for building a high-quality and distinguished family life. These factors include: a healthy environment, suitable living conditions (such as a stable source of income or a job), family happiness, and sound physical and psychological health conditions, among others.

Theoretical Perspectives Used to Describe and Explain Quality of Life:

There are several major perspectives for explaining quality of life, including the Social Perspective, the Medical Perspective, and the Psychological Perspective.

The Social Perspective:

This perspective refers to numerous aspects from a standpoint focused on the family and society. It encompasses individual relationships, cultural requirements, population, income, and labor, as well as job stress and other social variables. Researchers in this field argue that greater attention should be paid to the quality of social relationships rather than merely the quantity of those relationships.

The most significant areas within the Social Perspective include :

- **Housing:** When sociologists study the quality of life, they focus on external indicators such as birth and death rates, disease statistics, and **quality of housing**. They also consider the educational levels and training of individuals, as well as society's capacity and acceptance rates across various educational stages, alongside income levels.
- **Work:** The concept of quality of life is closely linked to an individual's labor or the specific job they hold. There are significant determinants that can be considered operational influences on this concept, such as **working conditions**, financial returns, and the opportunities the job provides for professional mobility and status. These factors directly affect the individual's relationship with their profession. Furthermore, the quality of supervision and peer relationships are

active factors in achieving this concept, as they significantly impact an employee's satisfaction or dissatisfaction with their work (Al-Ghandour, 1999).

The Medical Perspective:

This field aims to improve the quality of life for individuals suffering from various physical, psychological, or mental illnesses through counseling and therapeutic programs. Quality of life has become a common theme in health-related lectures and health development initiatives. There is an increasing interest among physicians, social specialists, and social science researchers in enhancing and raising the quality of life for patients by providing psychological support.

In this context, research from the Quality of Life Research Unit at the **University of Toronto**, Canada, suggests that the ultimate goal of studying and applying quality of life is for societies to lead meaningful and enjoyable lives. The **World Health Organization (WHO)** summarized these considerations by stating that "adding years to life" is an extraordinary achievement that remains hollow unless there is an "addition of life to these years." Studying quality of life by determining the impact of illness on individuals with chronic diseases is viewed as a challenge regarding integration and adaptation. This has led to an increase in medical and psychosocial research focused on coping with conditions and associated symptoms such as lethargy, inactivity, and a lack of sense of security.

The Psychological Perspective:

This perspective primarily relies on the process of **perception** as a fundamental determinant of quality of life; it is an expression of an individual's subjective perception, as life to them is defined by how they perceive it. All variables mentioned in the social perspective depend on the individual's evaluation of the objective material indicators in their life. Thus, psychological factors are essential determinants of an individual's attitudes. This approach relies on several core concepts, including values, self-perception, needs, attitudes, ambition, expectation, and self-esteem, leading to the concepts of satisfaction, adjustment, and mental health.

Consequently, the foundation of quality of life is evident in the strong emotional relationship between the individual and their environment, a relationship mediated by their feelings, emotions, and perceptions. Perception, along with other psychological indicators, forms the basis for how an individual diagnoses their own life. From a psychological standpoint, quality of life is viewed as a comprehensive, holistic construct composed of various variables aimed at satisfying the basic needs of individuals.

The quality of life requires a cumulative integration of factors that allow an individual to understand their self, abilities, and potential. It involves aligning their inclinations and capabilities with their choices, enabling them to achieve mental health and psychological adjustment as a means of facing psychological pressures. According to this psychological approach, perception is the degree to which an individual senses continuous improvement in the psychological aspects

of their personality. This is compared against the creation of an appropriate mood and emotional climate for work, achievement, and learning related to habits, skills, and attitudes, in addition to learning problem-solving, methods of adjustment and adaptation, and adopting a perspective of continuous improvement (Shaher, 2010, p. 117).

Dimensions of the Quality of Family Life:

Studies and research on the quality of family life are numerous. In this section, we will address some of the findings reached by researchers and scholars as follows:

The quality of family life is considered a multi-dimensional concept. Park et al. classified it into two main dimensions:

- **The First Dimension: Individual Aspects:** These consist of emotional happiness, social happiness, health status, productivity, and resilience/coping mechanisms.
- **The Second Dimension: Family Aspects:** These include family interaction, daily life, parenting, and financial status (Nasser Brahmiya, 2022, p. 331).

Taylor, on the other hand, believes that the dimensions of family life quality are represented by emotional happiness, family interaction, and the relationship with parents and the extended family (Ayesh, 2021, p. 241).

Meanwhile, **Daniel et al.** suggest that the quality of family life involves two fundamental dimensions: the family climate and the degree of bonding between family members. Interest in the family can be observed through two primary aspects: parenting quality and parental behavioral control. Parenting quality can be identified through responsibility, the ability to satisfy needs and requirements, and the parental instinct. Parental behavioral control refers to the parent's attempt to manage and direct the child's behavior (Touati, 2022, p. 498).

Indicators for Measuring the Quality of Family Life:

Flofield (1990) identified the following indicators for measuring the quality of life:

- **Social Indicators:**
 - **Positive:** Healthy, beneficial, and productive social relationships, as well as the degree to which individuals are integrated into society and participate in various social and recreational activities.
 - **Negative:** Feelings of alienation within society and a constant sense of oppression.
- **Psychological Indicators:** These include an individual's feelings of depression and anxiety or their adjustment to illness (negative), contrasted with feelings of satisfaction, happiness, and optimism (positive).
- **Physical Indicators:**
 - **Positive:** Enjoying good health, physical strength, the ability to meet biological needs effectively, and receiving appropriate healthcare during illness.
 - **Negative:** Illness, malnutrition, poor healthcare, and a sense of neglect by healthcare providers (Khashmoon, 2017, p. 162).
- **Professional Indicators:** These consist of the individual's degree of job satisfaction and passion for their profession, the ability to execute job tasks,

adjustment to work duties, human relations with colleagues and supervisors, and the overall work environment (Sirkiz, 2020, p. 312).

Previous Studies on the Quality of Family Life:

Study by (Ben Khaled Abdel-Karim, 2017):

This study aimed to identify the levels of Quality of Work Life (QWL) factors and organizational culture factors among healthcare workers, as well as the significant impact between them. It also sought to investigate differences based on personal and professional variables among the study sample regarding QWL and organizational culture. The sample consisted of 313 employees in the healthcare sector in Adrar Province. The study employed a **descriptive methodology**, using a questionnaire as the primary tool for data collection.

The study reached the following findings:

- Factors of quality of life and organizational culture were available at a **moderate level**.
- There was a **statistically significant impact** of certain QWL dimensions (job characteristics, wages and rewards, workgroups, and participation in decision-making) on organizational culture.
- The dimensions of (work environment and supervisory style) showed no statistically significant predictive value.
- Regarding differences attributed to personal and professional characteristics concerning QWL dimensions, they were **partially realized**; gender, age, and job characteristics were not statistically significant, whereas **years of experience (seniority) and workplace** were statistically significant.
- Similarly, differences regarding organizational culture dimensions were **partially realized**; age, gender, and job characteristics were not significant, while **seniority and workplace** showed statistical significance.

Study by (Fraiha Sandouq, 2015):

This study aimed to identify the nature of the relationship between the levels of quality of family life and academic excellence among a sample of students in several secondary schools in Laghouat. It also sought to determine the level of quality of family life among high-achieving and underachieving students, and to examine the differences between them based on variables such as gender and academic track. The study employed a **descriptive methodology**, with a sample consisting of 111 high-achieving students and 120 underachieving students.

The study reached the following findings:

- The level of quality of family life was **high** among high-achieving students in the selected secondary schools in Laghouat.
- The level of quality of family life was also **high** among underachieving students in the same schools.
- There was **no statistically significant relationship** between the scores for quality of family life and the scores for academic excellence among the sample of high-achieving students.

- There were **no statistically significant differences** in the scores of quality of family life between high-achieving and underachieving students.
- There were **no statistically significant differences** in the quality of family life scores among high-achieving students attributable to the **gender** variable.
- There were **no statistically significant differences** in the academic excellence scores among high-achieving students attributable to the **gender** variable.
- There were **no statistically significant differences** in the quality of family life scores among high-achieving students attributable to the **academic track** (specialization) variable.
- There were **no statistically significant differences** in the academic excellence scores among high-achieving students attributable to the **academic track** variable

Study by (Mira Chaouchi and Rabah Sissani, 2023):

This study sought to identify the concept of quality of family life and clarify its most important related elements. It aimed to achieve the following objectives:

- Identify the concept of quality of family life.
- Identify the most significant dimensions of quality of family life.
- Determine the key indicators used to measure the quality of family life.
- Identify the primary obstacles to quality of family life.
- Explore ways to achieve quality of family life.
- Understand the most prominent theoretical perspectives explaining quality of family life.

The study reached the following findings:

- Quality of family life is defined as the degree to which an individual's needs and desires are satisfied, along with effective parental role performance and healthy family relationships, leading to family happiness and life satisfaction.
- The dimensions of family life quality include: family interaction, parenting, social interaction, emotional interaction, mental health, and parental behavioral control, among others.
- The indicators for measuring quality of family life consist of: social, psychological, professional, and physical/biological indicators.
- The means of achieving quality of family life involve the fulfillment of needs and life satisfaction, in addition to self-actualization, the individual's perception of life's strengths and implications, and their sense of the meaning of life.
- While the explanation of family life quality varies across different theoretical perspectives and scholars, they ultimately converge on a single meaning: the achievement of family happiness and life satisfaction.

Study by (Touati Khadrone, 2022):

This study aimed to identify the level of children's perception regarding the quality of family life. It also sought to examine the extent of statistically significant differences between males and females in their perception of both the quality of family life and family security. The study was conducted on a sample

of 186 adolescent children in the city of Laghouat, Algeria. Furthermore, it investigated the extent to which the level of perception of family life quality varied according to the socio-economic status of the family. The study sample was selected randomly, and two research instruments were utilized: the Quality of Family Life Scale (by Amani Abdel-Maqoud Abdel-Wahab and Samira Mohamed Shend) and the Family Security Scale (by Fahd bin Ali Al-Tayyar).

The study reached the following findings:

- There is a **correlational relationship** between the quality of family life and family security for both males and females alike.
- **Females** show a higher perception of the quality of family life; this is attributed to the caregiving methods they receive, which focus on providing emotional containment and support.
- The **socio-economic status** of the family significantly impacts both the quality of family life and family security for both males and females.

Study by (Sinnani Loubna and Bouatit Jalal al-Din, 2021):

This study aimed to determine the importance of the worker's quality of life in achieving workplace well-being, and to clarify the role of quality of work life (QWL) in fostering psychological and social well-being.

The study reached the following findings:

- **Involving employees in decision-making** to foster a sense of belonging and shared responsibility, which enhances their skills in addressing organizational obstacles and problems.
- **Improving physical working conditions** to align with the physical, psychological, mental, and social requirements of the worker.
- **Identifying and addressing workers' ambitions** and diverse needs to ensure satisfaction and motivate them toward achieving the organization's goals.
- **Listening to workers' concerns** and finding solutions for their social problems and career-hindering difficulties, which boosts their sense of importance and contributes to their organizational identity.
- **Providing psychological and social well-being requirements** by designing clean, open spaces and creating physical environments that allow for direct interaction between all organizational levels. This enhances feelings of security and satisfies various desires, while adopting transparency in dealings to serve both employees and customers.
- **Resolving conflicts across organizational levels** by implementing studied strategies tailored to the organizational climate and its dimensions (communication, leadership, workgroups, etc.). This improves relationships, fosters a positive environment that serves the organization's goals, and maintains its reputation and competitiveness.

Study by (Ahmed Beloul & others., 2020):

The study aimed to identify the most common dimensions of quality of life among a sample of 100 students at the University of Djelfa. It also sought to determine their level of mental health and investigate the potential relationship between quality of life dimensions and mental health among the participants. To test the hypotheses, the researchers utilized two instruments: the Quality of Life Scale

(Mansi and Kadhim, 2006) and a Mental Health Scale, employing a **descriptive methodology**.

The study reached the following findings:

- The most common dimensions of life quality, in order of prevalence, were: **(General Health Quality, Family and Social Life Quality, Education and Teaching Quality, Emotional Quality, Mental Health Quality, and Time Management/Leisure Quality)**.
- There is a **statistically significant relationship** between quality of life and mental health within the study sample.
- The levels of both **quality of life and mental health were low** among the study sample.

Study by (Meriem Chikhi, 2014):

This study aimed to uncover the nature of the relationship between quality of life and the sources of work nature for university professors, and to identify their perceived levels of quality of life. It also sought to detect differences in the sources of work nature and quality of life based on variables such as gender, marital status, years of seniority, and the faculty to which the professor belongs. The study sample consisted of 100 male and female professors at the University of Tlemcen. Two instruments were used: a scale designed by the researcher to measure the nature of work, and a quality of life scale translated from English to Arabic by Dr. Ahmed Hassanin for the World Health Organization (WHO).

The study reached the following findings:

- There is a **correlational relationship** between the sources of the university professor's work nature and the various domains of quality of life.
- There are **no statistically significant differences** in the averages of the sources of work nature attributable to the **gender** variable, except for the "incentives and promotion" dimension, which favored males.
- There are **no statistically significant differences** in the sources of work nature attributable to **seniority, specialization, or category**.
- There are **no statistically significant differences** across the six domains of quality of life for university professors attributable to **gender**, except for the "physical domain" and the "independence domain."
- No differences were found in the domains of quality of life attributable to the **marital status** variable.

Conclusion:

The quality of family life is among the most modern topics receiving widespread attention within organizations that prioritize the surrounding conditions of their human capital. These conditions determine the levels of psychological and professional adjustment, satisfaction, and the desire for dedication and balanced performance. Furthermore, they influence self-acceptance and the alignment of an individual's ambitions and desires with the actual quality of family life available through several key indicators.

These include material resources, such as an adequate income that ensures a prosperous life, spacious housing, and other essential living requirements. They also include appropriate psychological conditions within the family, characterized

by uncharged family relationships, tranquility, affection, and effective communication among members. This is in addition to the external environment, represented by society and the incentives it provides, which reflects positively on the psychology of individuals—particularly the worker. The employee, in turn, carries these positive elements into the workplace and professional environment, thereby enhancing their overall performance and productive output.

Recommendations:

- **Prioritize Human Relations:** Pay close attention to the human relations aspect between individuals in the business environment and work continuously to improve it due to its profound significance.
- **Address Employee Concerns:** Listen to workers' concerns and take their ambitions and desires into account by providing for their needs regarding improved wages, physical and organizational working conditions, grants, incentives, and facilities such as entertainment, sports, courtyards, libraries, and clubs.
- **Enhance Organizational Climate:** Improve the organizational climate by introducing modern technology and advanced production methods that facilitate the easy and comfortable performance of tasks.
- **Solve Social and Transactional Issues:** Work to resolve social problems and overcome difficulties that may arise in interpersonal transactions and the social dynamics surrounding workers, fostering a sense of security, comfort, and confidence in their future.
- **Promote Participatory Decision-Making:** Grant employees the right to participate in decisions concerning their workplace to leverage their insights and ensure their loyalty and sense of belonging.
- **Manage Conflict:** Resolve conflicts that may arise at all organizational levels and take necessary measures to prevent them or reduce their intensity.

Reference List:

Ayadi, N. , & Ksheshib, M.

(2018). Quality of Family Life Among University Students. Studies and Research: The Arab Journal of Humanities and Social Sciences, Vol. 10, No 4, pp. 538–546.

Sandouq, Freha.

(2015). Quality of Family Life and its Relationship to Academic Excellence Among a Sample of Secondary School Adolescents in Laghouat [Master's Thesis]. Faculty of Humanities and Social Sciences, Amar Telidji University – Laghouat.

Ibn Manzur. (1997). Lisan al-Arab (1st ed., Vol. 1, Part A). Beirut: Dar al-Kutub al-Ilmiyyah.

Aggoun, C. (2020). Quality of Work Life and its Role in the Sustainability of Human Capital: An Overview. Al-Afaq Journal for Economic Studies, Vol. 5, No. 2.

Meshri, S. (2014). Quality of Life from a Positive Psychology Perspective. *Journal of Social Studies and Research*, No. 8, University of El Oued – Algeria, pp. 215-237

.Kadhim, & Mansi, A. H. (2006). The Quality of Life Scale for University Students. *Proceedings of the Symposium on Positive Psychology and Quality of Life*, Muscat, p. 65.

Abdel-Moati, H. M.

(2005). Psychological Counseling and Quality of Life in Contemporary Society. *Proceedings of the Third Scientific Conference: Psychological and Educational Development of the Arab Human in Light of Quality of Life*.

Al-Ghandour, A. B. M.

(1999). Problem-Solving Style and its Relationship to Quality of Life. *Proceedings of the Sixth International Conference: Psychological Counseling Center (Quality of Life: A National Trend for the Twenty-First Century)*, November 12–15, Ain Shams University, Cairo.

Shaher, K. S. (2010). Measuring the Quality of Life Among a Sample of Students at the University of Tabuk in Saudi Arabia and the Impact of Certain Variables. *Arab Gulf Letter Journal*, No. 117, pp. 155–177.

Touati, Y. (2022). Quality of Family Life and its Relationship to Family Security Among a Sample of Adolescent Children in the City of Laghouat - Algeria. *Journal of Human Sciences and Civilization*, Vol. 1, No. 5, pp. 493–510.

Hashmon, M. (2017). Quality of Family Life and Socialization. *Al-Muqaddimah Journal for Human and Social Studies*, No. 2, pp. 160–171.

Sirkiz, A. T. (2020). Family Stability and its Reflections on the Quality of Social Life: A Field Study of the Attitudes of Students at the College of Education, Al-Ajilat. *Journal of the College of Arts*, Vol. 1, No. 29, pp. 303–398.

Naciri, S., & Brahmiya, S. (2022). Quality of Family Life and its Relationship to Suicidal Ideation Among School-going Adolescents Amidst the COVID-19 Pandemic: A Field Study on a Sample of Secondary School Students in Guelma Province - Algeria. *Studies in the Psychology of Deviance Journal*, Vol. 1, No. 7, pp. 326–350.

Ayesh, S. (2021). Quality of Family Life Among Families of the Mentally Disabled: A Field Study on Families of the Mentally Disabled in Chlef and Tiaret - Algeria. *Rawafid Journal for Scientific Studies and Research in Social and Human Sciences*, Vol. 1, No. 5, pp. 231–258.

Chikhi, M. (2014). The Nature of Work and Its Relationship to Quality [of Life] [Unpublished Master's Thesis in Selection and Orientation]. Faculty of

Humanities and Social Sciences, Abou Bakr Belkaïd University – Tlemcen – Algeria.

Chaouchi, M., & Sissani, R. (2023). Quality of Family Life: Concept and Explanatory Trends. *Suluk Journal*, Vol. 10, No. 1, pp. 67–82.

Beloul, A., & Ella, A. (2020). Dimensions of Quality of Work Life and Their Relationship to Mental Health. *Psychological and Social Realities Journal*, Vol. 1, No. 2, pp. 161–188.

Ben Khaled, A. (2017). Quality of Work Life Factors in Hospital Organizations and Their Impact on Organizational Culture Among Employees: A Field Study in Three Public Hospitals in Adrar Province – Algeria. *Al-Haqiqa Journal*, Vol. 16, No. 3, pp. 496–528.

Sinnani, L., & Bouatit, J. (2012). Quality of Work Life in Achieving Psychological and Social Well-being in the Work Environment. *Sociologia Journal*, Vol. 5, No. 3, pp. 96–125.