

Quality of Family Life

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1- The Concept of Quality of Life:

The concept of quality of life is considered one of the commonly used concepts; however, despite this, formulating an accurate definition of it is relatively difficult. This is due to the following reasons:

- The novelty of the concept in terms of scientific investigation.
- The diversity of fields and disciplines that may use this concept, and consequently, its lack of restriction to a specific area of life or a particular scientific specialization. (Amal Bouaicha, 2014, p. 70).

Nevertheless, scholars and researchers have made efforts to establish precise and comprehensive concepts of quality of life, particularly in the field of psychology. The most important ones are presented below, starting with the linguistic definition:

1-1- Linguistic Definition:

The origin of the word goes back to the verb (to be good). Quality means becoming good, as opposed to being poor or defective. To improve something means to make it better and render it good. (Nancy, Kamal Saleh Eid, 2018, p. 62).

1-2- Terminological Definitions:

- Abdel-Moati's Definition:

It refers to individuals' evaluations of the various aspects of their daily lives, along with their awareness of their position in life within the cultural and value system in which they live. All of this is linked to the goals and expectations they have set for themselves, as well as the standards and interests they believe in. The individual's evaluation of life aspects leads to a feeling of satisfaction with life and with its different dimensions, including professional activities, physical, psychological, and social health, as well as material conditions. (Jouan, Ismail Bakr, 2013, p. 39).

- Definition of the World Health Organization:

The World Health Organization defines quality of life as individuals' subjective evaluations of their life conditions; that is, the way in which individuals perceive their current situation within the context of the prevailing culture and value system, and the extent to which this corresponds or does not correspond with their goals, aspirations, values, and interests related to their physical health, psychological state, level of independence, personal beliefs, social

relationships, and relationships with the external environment in general. (Nadia Belabbas, 2016, pp. 53–54).

Quality of life is also defined as the degree to which an individual experiences positivity, optimism, and satisfaction with life as a whole. (Nancy, Kamal Saleh Eid, 2018, p. 63).

- Theoretical Approaches Explaining Quality of Life:

2-1- Psychological Approach:

The concept of quality of life in psychology is related to a set of concepts associated with this field, including values, self-perception, needs, attitudes, aspirations, expectations, satisfaction, adjustment, and mental health.

Values play a major role in shaping the indicators of quality of life due to the following reasons:

- The importance of values in explaining individuals' aspirations and expectations.
- The role of values in determining the relative level of importance of different areas of life.
- The role of values in individuals' assessment of the value of life from its various aspects.

Regarding the importance of values and their role in quality of life, as for the position of the concept of self-perception in quality of life, it lies in the fact that life in general is a reflection of what individuals perceive of its various aspects. These objective aspects, generally represented by education, housing, work, and material income, are translated through individuals' perceptions and evaluations of them, representing a level of quality of life. This level is determined by the significance that each of the previously mentioned life aspects represents for the individual and the extent of its importance to them. Therefore, psychological factors intervene in social and economic evaluations.

However, it should be noted that the satisfaction of needs at their various levels, according to Maslow's classification of human needs, is considered a fundamental pathway to achieving quality of life. There is also a set of subjective indicators related to quality of life in society, represented as follows:

- Social relationships.
- Education.
- Happiness and satisfaction.
- Family belonging.
- Social adjustment.
- Spending leisure time and managing it effectively.
- Participation in cooperative activities.
- Emotional regulation.
- General health.
- Mental health. (Jouan, Ismail Bakr, 2013, pp. 51–52).

The discussion of subjective indicators within the psychological approach and the focus on the idea of how individuals perceive the various objective indicators they experience on a daily basis leads us to discuss another approach, which is an extension of the psychological approach.

This approach provided an explanation of quality of life according to its principles and foundations, and it is represented in:

2-2- Cognitive Approach:

The cognitive approach acknowledges that quality of life depends on individuals' perception of the various objective factors surrounding them. The feeling of quality of life is related to two basic ideas: the first is that the nature of individuals' perception determines the degree of their feeling of quality of life; the second is that subjective factors have a greater influence than

fields								indicators
Human and Legal Rights	Social Inclusion	Self-determination	Physical Well-being	Personal Development	Material Well-being	Relationships	Emotional well-being	
* Individual Rights * Group Rights * Law and Due Process	* Integration * Social connectedness * Social roles	* Independence * Goals * Choices	* Learning * Personal competence * Performance	* Learning * Personal competence * Performance	* Material status * Work * Housing	* Interactions * Relationships * Support	* Satisfaction * Self-concept * Reduced stress	

objective factors on the feeling of quality of life. In other words, the differences among people in their feeling of quality of life are due to the differences between them in the nature of their perceptions of the various objective factors surrounding them. (Bouchra, Anade Mbarek, no date, p. 723).

Two modern theories explaining quality of life fall under this approach, as follows:

- Lawton's Theory (1996):

According to Lawton, individuals' perception of quality of life is influenced by two factors: the spatial condition and the temporal condition. The spatial condition is represented by the extent to which the nature of the environment in which individuals live and external factors affect their

quality of life. The temporal factor is represented by the influence that aging has on quality of life, as aging makes individuals more capable of controlling the conditions of their environment. Therefore, aging has a positive role in quality of life. (Amal Bouaicha, 2014, p. 91).

- Schalock's Theory (2002):

According to Schalock, quality of life is a concept composed of eight domains, and each of these domains is identified through three indicators. He has always emphasized the importance of subjective factors in the feeling of quality of life, at the forefront of which is the nature of individuals' perception of their quality of life. The following table summarizes the eight different domains and their corresponding indicators:

Table No. (): Showing the Domains of Quality of Life and Their Indicators

(Bouchra, Anade Mbarek, no date, pp. 724–725)

2-3- Social Approach:

The concept of quality of life according to the social approach revolves around the family and society in general, as well as the individual's relationships, cultural and material requirements, and other social needs.

The operational definition of quality of life according to the social approach is represented in "the comprehensive overall structure consisting of a set of diverse variables aimed at satisfying the basic needs of individuals living within the scope of this life, where this satisfaction can be measured objectively through values, and through subjective indicators that measure the degree of satisfaction achieved." (Nancy, Saleh Eid, 2018, p. 65).

2-4- Philosophical Approach:

The philosophical approach links the concepts of quality of life and happiness. This happiness cannot be achieved unless humans distance themselves from all life's disturbances and problems and allow room for imagination and creativity.

2-5- Medical Approach:

The medical approach focused, in its treatment of the concept of quality of life, on studying the various aspects of life that may affect the patient's health. Researchers have linked the concept of quality to the extent of availability of psychological support and social and economic care for the patient. (Nadia Belabbas, 2016, p. 60).

2-6- Humanistic Approach:

The idea of quality of life according to the humanistic approach is associated with two main elements:

- 1- The existence of a suitable living organism.
- 2- The existence of a good environment in which this organism lives.

Life revolves around the process of mutual influence and interaction between the living organism and its environment. The latter is manifested through several types; there is the natural environment, and there is the social environment, whose role lies in regulating individuals' behavior according to the prevailing social standards. The more individuals comply with these standards, the more they achieve a good social life. There is also the cultural environment, whose quality is assessed through the individual's ability to create a material or moral civilized environment.

Among the prevailing theories that fall under this approach, we find:

- Ryff's Theory (1999):

Ryff's theory revolves around the concept of psychological well-being, as individuals' feeling of quality of life is reflected in the extent of their feeling of happiness. According to this theory, happiness is defined through six dimensions, each of which contains six characteristics. The following are the six dimensions and their characteristics:

- The First Dimension: Autonomy:

Its characteristics are represented in the person's ability to:

- 1- Determine their own destiny.
- 2- Be independent.
- 3- Face various social pressures.
- 4- Act in appropriate ways.
- 5- Be organized in their behavior.
- 6- Evaluate themselves according to their personal abilities.

- The Second Dimension: Environmental Mastery:

It includes the following characteristics:

- 1- The individual's self-efficacy.
- 2- The individual's ability to control and manage their activities and environment.
- 3- The individual's ability to benefit from opportunities that may be available to them.
- 4- The individual's ability to make choices that are compatible with their psychological and social needs.
- 5- The individual's ability to test their personal values.
- 6- The individual's ability to act in accordance with the standards of their society.

- The Third Dimension: Personal Growth:

It includes the following characteristics:

- 1- Feeling of continuous growth and development.
- 2- The individual's awareness of the development and expansion of the self.
- 3- Openness to new experiences.
- 4- A realistic sense of life.
- 5- Feeling of self-improvement and behavioral development day after day.
- 6- Changing behavior in a way that increases the individual's awareness of their self-efficacy.

- The Fourth Dimension: Positive Relations with Others:

It includes the following characteristics:

- 1- The individual's satisfaction with their social relationships.
- 2- The individual's trust in those around them.
- 3- The individual's conviction regarding the well-being of others.
- 4- The individual's ability to empathize and show affection toward others.
- 5- The individual's interest in social exchange.
- 6- The individual's demonstration of communicative behavior with others.

- The Fifth Dimension: Self-Acceptance:

Its characteristics include:

- 1- Showing a positive orientation toward the self.
- 2- Accepting the characteristics that constitute the self, whether positive or negative.
- 3- Having a positive feeling toward one's past life.
- 4- Positive thinking about one's future self.
- 5- Feeling the characteristics that distinguish the self.
- 6- Demonstrating positive self-criticism.

- The Sixth Dimension: Purpose in Life:

Its characteristics are as follows:

- 1- The individual possesses beliefs that give meaning to past and present life.
- 2- The individual sets goals that make their life meaningful through their achievement.
- 3- The individual seeks to achieve their goals in life.
- 4- The individual has the ability to direct their life goals.
- 5- The individual possesses the ability to clearly perceive their life goals.
- 6- The individual realizes that their psychological health lies in their sense of the meaning of life.

(Bouchra, Anade Mbarek, no date, pp. 725–727).

2-7- Integrative Approach:

Anderson (2003), who is considered one of the proponents of this approach, pointed out that individuals' perception of their lives enables them to evaluate what is happening around them, in addition to allowing them to form ideas that lead to life satisfaction. According to this approach, there are three characteristics which, when combined, lead to the feeling of quality of life, namely:

- 1- The first characteristic relates to the ideas associated with the personal goals that individuals seek to achieve.
- 2- The second characteristic is represented by the existential meaning that links the idea with the desired goal.
- 3- The third characteristic is represented by personality and inner depth. (Amal Bouaicha, 2014, p. 93).

Considering the three characteristics mentioned above, a number of indicators reflecting quality of life can be identified, as follows:

- The feeling of quality of life is associated with the extent to which individuals experience satisfaction, which can be achieved through:
 - Setting realistic goals that can be attained and achieved.
 - Striving to change the surrounding environment to make it compatible with our goals.
- The satisfaction of needs does not always lead to a feeling of satisfaction; rather, it is relative and differs from one person to another, as cultural and personal factors play a role.
- Individuals' investment in their abilities through creative activities, positive social relationships, meaningful goals, and a family that instills in them a sense of life all contribute to their feeling of quality of life. (Bouchra, Anade Mbarek, no date, p. 728).

3- Dimensions of Quality of Life:

According to Ventegodt et al. (2013), quality of life has two dimensions:

3-1- Subjective Dimension:

This dimension includes a number of sub-dimensions, namely personal well-being, feelings, earning money, life satisfaction, and happiness.

3-2- Objective Dimension:

This dimension also includes several sub-dimensions, such as physical well-being (physical health), cultural standards, and the satisfaction of needs.

Based on these two dimensions, Gutay (1992) emphasized that quality of life is represented by the ability to perform daily activities that reflect physical, psychological, and social life, in addition to individuals' satisfaction with the behaviors they perform to meet and fulfill their needs. Accordingly, a number of sub-dimensions reflecting quality of life can be identified as follows:

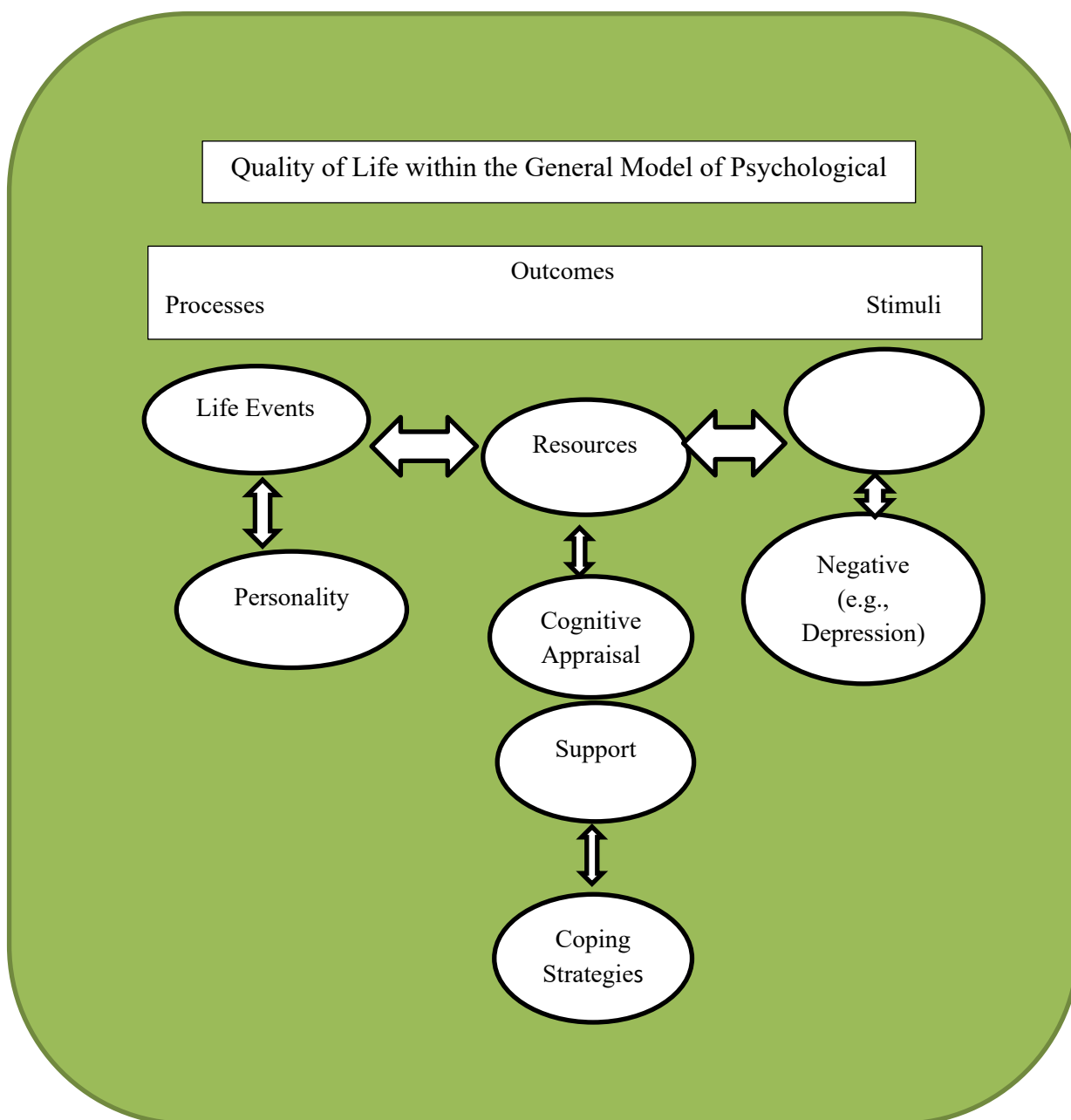
- Physical well-being.
- Feeling of safety and security.
- Sense of self-worth.
- An organized life.
- Sense of belonging to others.
- Social participation.
- Purposeful daily life activities.
- Inner satisfaction and happiness. (Nadia Belabbas, 2016, pp. 59–60).

There is no fixed hierarchical order for these dimensions that applies to everyone. Each individual has their own priorities and experiences, and cultural and social factors also play a role. Therefore, a degree of similarity may be observed in the ranking of these dimensions or values among individuals belonging to the same social and cultural groups. (Amal Bouaicha, 2014, p. 88).

Robert Costanza et al. (2017) proposed a theoretical framework intended to reconcile the subjective and objective dimensions of quality of life. This framework is based on the idea of integrating the opportunities and conditions available for satisfying needs, in addition to providing a detailed description of these needs and the extent to which individuals perceive their satisfaction.

According to this framework, quality of life is measured by the gap between individuals' expectations regarding the different forms of satisfaction they hope to achieve and the level of satisfaction they have actually attained in meeting their various needs. Thus, subjective factors play a role in this regard. However, satisfying different human needs does not always guarantee a feeling of quality of life, as two main factors may intervene: The ability to adapt, cope, and interact positively with both the positive and negative circumstances and events of life:

Based on this framework, Bryan Kemp (2010) considers quality of life to be an indicator of individuals' ability to cope with the various life events and different pressures they encounter. This idea can be illustrated by the following diagram:



Engaging in positively valued activities: that is, activities that motivate individuals in the direction of satisfying their needs and achieving self-actualization. (Amal Bouaicha, 2014, pp. 87–88).

Lawton also argues that the concept of quality of life comprises several dimensions consistent with the description proposed by Carrige Jackson, which was formulated under the title "The 3 Bs," as illustrated in the following table.

Table No. (): Illustrating the Dimensions of Quality of Life and Some Examples of Each Dimension

Examples	Sub-dimensions	Dimensions
(a) The ability to initiate movement and practice physical activities. (b) Eating habits and types of available meals.	Physical Presence	Physical Being
(a) Freedom from fear and pressure. (b) General mental state of the individual (satisfaction / dissatisfaction)	Psychological Presence	
(a) Presence of hope in the future (optimism). (b) Self-ideas about mistakes and errors.	Spiritual Presence	
(a) The home or neighborhood where I live in. (b) The space (room) that the individual inhabits.	Environmental Presence	Belonging
(a) The people who are closest to me within the family. (b) The extended family who contain the individual.	Social Presence	
(a) Availability of professionally specialized social services such as... etc. (b) Financial security.	Community Presence	
(a) Doing things around my home. (b) Working in a job or going to school.	Productive Presence	Productivity
(a) Extracurricular activities (trips, recreation, etc.). (b) Extracurricular activities at home (media and culture).	Recreational Presence	
(a) Improving physical and psychological fitness. (b) The ability to adapt to life changes and challenges.	Developmental Presence (Progressive)	Productivity

(Salah Hamdan Al-Hajj Ahmed, 2017, p. 118)

Some researchers also argue for the inclusion of the family quality of life dimension within the broader concept of quality of life, given its impact on the child's psychological well-being. Indeed, this concept can be addressed independently from the general concept of quality of life. The concept of family quality of life consists of two components: the first relates to the family, while the second relates to quality of life. Accordingly, it is necessary to first address the concept of the family before discussing family quality of life.

3-3- Family Dimension

3-3-1- Concept of the Family:

The family has been defined as "a group of individuals who may be considered family members, whether or not they are related by blood or marriage, and who provide protection and support to one another."

A child's family consists of a nuclear family, composed of the parents and siblings, in addition to an extended family, which includes adults and children from the surrounding family environment.

This definition allows us to distinguish between two types of family:

- Nuclear family: consisting of the parents and siblings.
- Extended family: consisting of grandparents, paternal and maternal uncles and aunts, and cousins.

Regardless of the various and increasingly diverse definitions of the family, it always retains its particular importance as a framework for protecting children's lives on the one hand, and as an emotional foundation based on mutual protection among its members on the other. (Achachra, Asma, 2015, p. 25).

The family is also defined as the primary unit of society and its first institution, within which individuals undergo socialization. It is there that they acquire much of their knowledge, skills, inclinations, emotions, and attitudes toward life, and where they find security and stability. (Fawzia Mohammedi & Amal Bouaicha, 2013, Obstacles to Family Quality of Life, [<https://manifest.univ-ouargla.dz>])

3-3-2- Family Quality of Life:

Research on family quality of life is an extension of research on individual quality of life. The term has existed for more than a century, and the concept has developed significantly in recent years through international research conducted on the families of children with disabilities. The concept of family quality of life is considered a dynamic concept of family well-being. It is defined as "the level of satisfaction with the needs of family members, and the way they spend time together and engage in activities that are important to them." (Achachra, Asma, 2015, p. 25).

3-3-4- Factors Affecting Family Quality of Life:

The following figure illustrates the various factors affecting family quality of life.

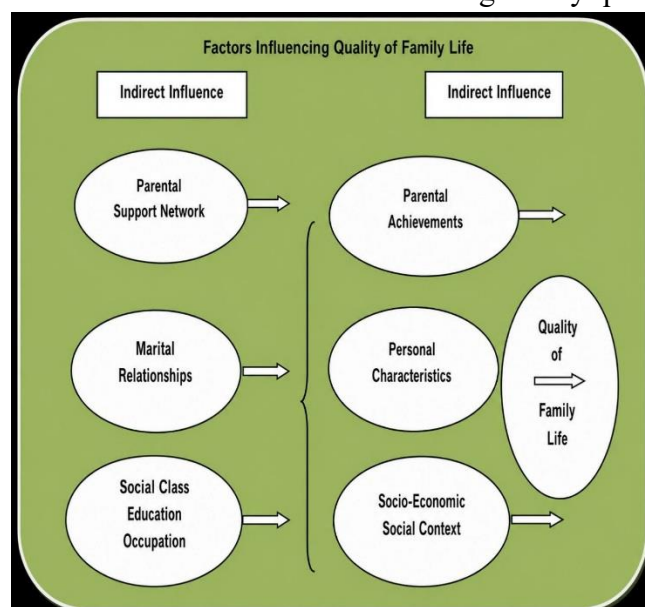


Figure No. (): Illustrating the Factors Affecting Family Quality of Life.

(Salah Hamdan Al-Hajj Ahmed, 2017, p. 119)

From the figure presented above, it can be inferred that the child's psychological quality of life can be divided into two categories, each representing factors that influence quality of life, as follows:

Direct factors: These include the achievements attained by the parents, personality and temperamental characteristics, as well as the context in which the child lives.

Indirect factors: These include the parental support network, which is centered primarily on the mother, as well as the marital relationship. In addition, other factors influence the child's quality of life, such as the parents' social class, their educational level, and their level of satisfaction with their occupations.

(Salah Hamdan Al-Hajj Ahmed, 2017, p. 120).

4- Indicators of Quality of Life:

Fallwfield (1990) identified a set of indicators through which quality of life can be assessed, as follows:

Perceived Quality of Life: A psychological state in which individuals perceive themselves as capable of satisfying their various needs and enjoying the circumstances surrounding them.

Psychological Indicators: These are reflected in individuals' feelings of anxiety or depression, or conversely, feelings of comfort, adjustment, and satisfaction.

Social Indicators: These are manifested through individuals' social relationships and their various social and recreational activities.

Occupational Indicators: These refer to the extent to which individuals accept and enjoy their profession, as well as their acceptance of and ability to perform all the duties associated with their occupation or job.

Physical Indicators: These are reflected in individuals' level of satisfaction with their health status, their ability to cope with pain, sleep quality, appetite, and sexual functioning.

(Raghdaa Ali Naeeseh, 2012, p. 149).

The various indicators of quality of life can also be summarized in the following figure:



Figure No. (): Illustrating the Indicators of Quality of Life

As can be observed, the figure combines subjective indicators, such as psychological well-being, and objective indicators, such as suffering from a particular illness. (Cécile Rattaz, 2016, *Quels sont les facteurs qui influencent la qualité de vie des familles?*, [<https://elena-cohorte.org>])(<https://elena-cohorte.org>), translated by one of the researchers).

5- Components of Quality of Life:

According to the World Health Organization, the components of quality of life are represented by the following:

- **Physical Health:** This refers to the ability to perform the body's dynamic functions and the level of physical fitness.
- **Psychological Health:** This is reflected in the individual's ability to recognize and express their emotions, in addition to experiencing happiness, psychological well-being, and freedom from psychological disorders.
- **Spiritual Health:** This relates to an individual's religious practices, beliefs, and level of self-satisfaction.
- **Mental Health:** This refers to the individual's ability to think clearly and coherently, as well as to assume responsibility, make decisions, and resolve matters.
- **Social Health:** This is represented by the individual's ability to establish successful relationships with others, maintain communication with them, and show them respect.
- **Community Health:** This also refers to the ability to establish relationships with others; however, it extends beyond interpersonal relationships to include everything surrounding the individual, including material resources, laws, and social systems. (Amal Bouaicha, 2014, pp. 96–97).

6- Obstacles to Quality of Life:

Obstacles to quality of life refer to everything that may have a negative impact on quality of life, whether arising from internal or external factors, as these obstacles may diminish an individual's sense of quality of life. The following are several examples of factors that may hinder quality of life, together with the corresponding abilities and capacities that counter them, as illustrated in the following table.

Table No. (): Illustrating the Obstacles to Quality of Life and the Capacities Used to Overcome Them

Resources/Capabilities	Concepts/Notions	Conditions
-Skills. -Life Experiences. -Positive Attitudes. -Motivational State (Willingness). -Positive Emotions and Spirituality.	-Illness. -Disabilities. -Negative Life Experiences.	Internal Conditions
-Availability of various social and functional support sources. -Availability and number of caregivers. -Availability of good medical care models.	-Lack of social and functional support. -Life or environmental conditions.	External Conditions

(Amal Bouaicha, 2014, p. 98).

The previous table shows that there are a number of internal and external conditions which, if present, may adversely affect individuals' quality of life. With regard to internal conditions, illness, disabilities, and negative life experiences may reduce an individual's quality of life. In contrast, possessing certain personal skills, having positive life experiences, maintaining a positive mood, and having a sense of humor and cheerfulness are among the capacities and abilities that enhance quality of life and help overcome the aforementioned obstacles and adverse factors.

As for external conditions, the lack of social and emotional support, as well as poor living conditions, are among the obstacles or adverse factors that negatively affect quality of life. Conversely, the capacities and resources that help overcome and cope with these external conditions include the availability of various sources of social and emotional support, the presence of multiple support providers, and the availability of good-quality care models.

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