

The relationship between the quality of family life and family crisis management for married in Aleppo city

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Abstract

The aim of the research is to reveal the relationship between the quality of family life and family crisis management in a sample of married people of both sexes in the city of Aleppo, and to reveal the percentage of discrepancy in family crisis management that is explained by the quality of family life among the sample members, and also to reveal the effect of the interaction of family income and educational level on the level of family quality of life, and to reveal the differences between the members of the sample according to gender variables (males, females), educational level, family income. The scale of family quality of life prepared by Amal Ibrahim Al-Feki, and the scale of family crisis management prepared by the researcher were used, and by applying the tools to a sample of (431) married and married women in the city of Aleppo. The results of the research concluded that there is a positive, statistically significant correlation between the quality of family life and the management of family crises among the sample members, and that the quality of family life is able to predict the management of family crises. Also, there is a statistically significant interaction effect for the variable of family income and educational level on the level of quality of family life in the sample, and there are no statistically significant differences in the perception of family quality of life between males and females, and there are statistically significant differences between the scores of the sample members on the family quality of life scale due to the educational level variable. Also, there are no statistically significant differences between the scores of the sample members on the scale of family life quality according to the family income variable.

Keywords: quality of family life, family crisis management, married

- **introduction:**

The quality of family life appeared as one of the important topics in the field of positive psychology, which is one of its interests in researching the achievement of human happiness and the quality of life from concepts of a controversial nature. Where its contents and significance differ from one individual to another and from one culture to another. The quality of family life does not differ in its components from the quality of an individual's life, but it differs in its focus. The quality of family life is related to the family as a whole and not to each individual individually.

The main idea of the quality of family life is based on whether the special needs of each member are met, such as spending time together, supporting each other, and the effects of interaction between aspects that represent areas of family life such as family interaction, parental care for their children, emotional happiness, and provision of material resources. Sufficient (Al-Kishki et al., 2021)

The quality of family life means bringing each family member to a state in which the individual sees himself able to satisfy all his different needs, material, psychological, emotional and cultural, so that he can face the pressures and difficulties of life and difficulties of life and family crises

, and enjoy his life regardless of the circumstances surrounding him.

And the family can achieve high levels of happiness and pleasure through the material requirements it provides according to its capabilities, provided that it is provided to the married in an interactive framework and a communicative atmosphere full of good emotions, and even in the event of crises or hardships, it can turn this situation into an opportunity to teach married strategies to confront crises. This is what provides married with feelings of self-confidence and the other (Bin Qweider, 2019).

Family crises mean that there is a stressful accident that affects her in her presence or money, or harms one of its members, or exposes him to deprivation of something or a person dear to him, or prevents him from achieving a basic goal in his life.

Family crisis management is the scientific steps used by the married, which involve effective coping methods for managing the family crisis. These methods aim to control the crisis and control it before it occurs, or limit its aggravation when the crisis occurs, or reduce the negative effects resulting from these crises, and overcome the crisis with minimal damage. potential occurrence, and predicting its fate in order to take appropriate measures for the family structure, in order to contain the crisis and avoid its spread outside the family (Eskif, 2017).

In addition to what has been mentioned, the quality of family life appears in the extent of happiness of family members in their interactions, the extent of their members' attachment to each other, and the support available specifically in cases of stress and crises that may be encountered. Therefore, the current study came to find out the nature of the relationship between the quality of family life and the management of family crises among a sample of married. in the city of Aleppo.

- **Research problem:**

The crises that happen in the family have a great impact on its stability and well-being. Sometimes life imposes some challenges and difficulties, threatening situations, or stressful circumstances on the family, so that the family's well-being is endangered and threatened, so that it is ready to suffer many crises, which the family must deal with. These crises and managing them effectively, Thus, the researcher wonders whether the quality of family life has an impact on managing family crises, especially with the absence of studies studying the quality of family life and managing family crises on the research sample, and linking these two variables with each other, especially in light of the stressful conditions and the spread of crises.

Accordingly, the current study came to reveal the nature of the relationship between the quality of family life and the management of family crises among a sample of married in the city of Aleppo, which raises the following question:

What is the relationship between the quality of family life and the management of family crises among a sample of married in the city of Aleppo?

- **Research questions:**

The research stems from the following sub-questions:

1. What is the relationship between the quality of family life and the management of family crises among a sample of married in the city of Aleppo?
- 2 .What is the percentage of variation in family crisis management that is explained by the quality of family life?
- 3.Is there a statistically significant effect of the interaction of family income and educational level on the level of family life quality?
4. Are there statistically significant differences between the scores of the sample members on the quality of family life scale according to the educational level variable?
5. Are there statistically significant differences between the scores of the sample members on the scale of family life quality according to the family income variable?
6. Are there statistically significant differences on the quality of family life scale between the scores of the sample members according to the gender variable?

- **Research objectives:**

The research seeks to achieve the following objectives:

- 1 .Knowing the nature of the relationship between the quality of family life and managing family crises among the sample.
- 2 .Knowing the percentage of variation in family crisis management that is explained by the quality of family life among the sample.
3. Detection of a statistically significant effect of the interaction of family income and educational level on the level of family life quality.
4. Detecting statistically significant differences between the scores of the sample members on the family life quality scale, according to the educational level variable.
5. Detecting statistically significant differences between the scores of the sample members on the family life quality scale, according to the family income

variable.

6. Detection of statistically significant differences on the family life quality scale between the scores of the sample members according to the variable (gender).

- **Research importance:**

The importance of research is determined by the following points:

1. The study is the first linking the quality of family life and family crisis management on the research sample in the researcher's city.

2. The research dealt with an important group of society, which is the category of married who may suffer many difficulties while they are exposed to stressful events such as family crises.

3. Researchers can benefit from the results of the research in planning for family life through pre-qualification of the spouses, such as training courses and lectures to raise awareness about the quality of family life and its relationship to managing family crises.

4. Contributing to supporting family and marital counseling programs and making this descriptive study a basis for these programs in order to develop the quality of family life and demonstrate its impact on the effective management of family crises, which contributes to raising the general efficiency of married and enabling family life in order to preserve the family.

- **Search terms:**

quality of family life: It is the effectiveness in fulfilling the needs of the family and the enjoyment of its members in their lives together as a harmonious family and having the opportunity for the quality of family life, which are: family interaction, daily life skills, the available material condition of the parents, emotional balance, the physical environment, social health, and cohesion (interdependence) (Al-Fiqi, 2013, 216). The quality of family life is defined procedurally as the degree obtained by individuals on the scale of family life quality applied in this research.

Family crisis management is defined as the methods followed by the family - especially the spouses or parents - in coping with stressful events and dealing with it, which may be effective or ineffective methods (Morsi, 2008, 133). and is defined procedurally as the degree obtained by the subject according to the family crisis management scale, and the high degree of it represents a high effective management of family crises for the subject.

- **Research limits:**

Temporal limits: The research was carried out in 2022 AD.

Spatial boundaries: Aleppo city.

Human boundaries: The distribution of the sample was (207) males and (224) females in the city of Aleppo.

Objective limits: the quality of family life and the management of family crises among a sample of married, Demographic variables (gender, educational level, family income).

- **Theoretical aspect of the research:**

the quality of family life

They are the positive relationships and skills that family members follow, and the normal methods of dealing with these relationships to achieve goals and

support family members in different situations. (Ibn Arabi, 2017)

The quality of family life is represented as "the extent to which an individual realizes that he enjoys a good family life through his positive role of giving love, giving and sacrifice to his family members, and his fulfillment of his family role to the fullest, and flexibility in his dealings with family members, to increase the bonds of love, friendship and family bonding with the aim of achieving happiness (Al-Anzi, 2018).

The researcher believes that the quality of family life is the individual's feeling of support and belonging to a cohesive, cooperative, close-knit family whose family relations are balanced, warm and satiating, contributing to the growth of its members in all social, psychological, emotional and spiritual aspects in a harmonious, which leads to the individual's feeling of contentment, happiness, and psychological stability.

It is the feeling of family well-being both collectively and individually by family members, as the needs of the individual and the family interact together, to form a harmonious family that is able to face its challenges in life with every strain, even if it is exposed to crises, it is able to return to a state of balance and recovery with the least possible losses and damages to the individual and the family.

Family crises management

A system used to deal with crises, in order to avoid their occurrence and plan for situations that are difficult to avoid, with the aim of controlling the results and limiting the negative effects of these crises. All parts and details of the plans are dealt with frequently and continuously. A good plan for managing a family crisis is constantly changing towards what is best for the family thanks to the accumulated experiences of the family in a way that suits them to prepare for subsequent crises. This aims to adjust the expected results or reduce the negative effects of these crises that confront the family.

The aim of crisis management in the family is primarily to confront crises and deal with them before they occur through indicators prior to their occurrence, control and anticipation of their forms and dimensions, which helps in good planning to confront the crisis, develop potential plans, prepare measures and take precautions by mobilizing various resources to address them at the time of their occurrence in an appropriate manner. for the family. Happiness in the family does not mean the absence of problems or crises in the family, but rather means the ability to face these crises and work to solve them and manage it effectively.

- **Field study:**

Research Methodology:

In this research, the researcher followed the analytical descriptive approach, which helps in describing the research variables without interfering in controlling them. It also helps in knowing the relationship between the research variables. A specific phenomenon or topic, or a known period or periods of time, in order to obtain accurate scientific results, and then interpret them in an objective manner, in accordance with the actual data of the phenomenon.

Research population:

All married men and women in the city of Aleppo

Research sample:

It was applied to a sample drawn from the Family Counseling Center in the city of Aleppo, consisting of (431) married men and women drawn from the original community. Table No. (1) shows the distribution of the sample members according to the research variables.

Table (1) The sample is distributed according to the studied research variables:

sample number	variants	
207	male	gender
224	feminine	
92	basic education	Educational level
133	high school education	
206	academic education	
196	or less 200,000	Family income
129	200,000-400,000	
106	more than 400,000	
431	the total	

Research Tools:

The relevant theoretical literature and research related to the research variables were reviewed, where a number of them were collected, and some measures of the quality of family life were examined. An appropriate measure that serves the current research - suitable for the studied sample - to measure the family crisis management variable, and research it to ensure its psychometric characteristics. Using appropriate statistical methods to research the research questions. The quality of family life scale was applied by the researcher, and it is a scale prepared by Amal Al-Feki 2012. It consists of (30) statements, which are answered by choosing an alternative from one of the three alternatives (always-sometimes-never). The score is given (3) for choosing the first alternative, (2) for the second alternative, and (1) for the third alternative. The high score of the scale reflects the existence of a quality of life. High family, low grade means the opposite. The family crisis management scale was also applied, which is a scale prepared by the researcher that serves the current study. It was prepared after reviewing the aforementioned previous studies and the theoretical framework of the research. The scale consists of (61) items, some of which are positive and some negative, distributed over five dimensions of family crisis management, which are answered. By choosing an alternative from one of the five alternatives, no (1), a little (2), moderate (3), a lot (4), and very much (5) in the case of positive paragraphs. As for the negative statements, they are corrected by the opposite.

Testing the validity and reliability of the research tools (psychometric characteristics):

The researcher applied the first measure to a survey sample of (40) married men and women, and the internal consistency coefficient was used to calculate the validity of the measure, as the corrected correlation coefficients ranged as shown in the table.

Table (2): Correlation coefficients between scale items and dimension scores.

link transactions	number of items	The dimension
(0,71- 0,26)	15	Quality of subjective family life
(0,74- 0,21)	15	Thematic quality of family life

As for checking the stability of the scale, Cronbach's alpha correlation coefficient method was used, as it reached (0.876) degrees, which is a high value. The family crisis management scale was also applied to a survey sample (40) married and married, and to calculate the validity of the scale, the internal consistency coefficient was used, where the (corrected correlation coefficient) ranged, as shown in the following table:

Table (3): Correlation coefficient between the items of the scale.

Its correlation coefficient	number of items	The dimension
0.733-0.331	10	Diagnosis
0.826-0.305	12	analysis
0.770-0.291	11	alternatives
0.714-0.235	13	Management and implementation
0.842-0.395	14	Evaluation

To verify the stability of the scale, the correlation coefficient method (Cronbach's Alpha) was used, as the stability coefficient was (0.82), which is a good value.

- **Research Results:**

Results of the first question: What is the relationship between the quality of family life and family crisis management among the sample members?

To find out the correlation coefficient between the two variables, the researcher used Pearson's (R) test.

Table (4) Pearson correlation coefficient table.

the decision	indication	R correlation coefficient	sample number	the scale
function	0.000	0.604	431	Quality of family life
				Family crisis management

The table shows that there is a statistically significant relationship between the quality of family life and the management of family crises in the study sample, at the level of significance (0.01), where the correlation value was (0.604), which means that there is a medium positive correlation, that is, the higher the quality of family life in the study sample, the higher Managing their family crises. The researcher explains the result that the quality of family life appears in the extent of happiness of family members in their interactions, the extent of family members' attachment to each other, and the support available specifically in cases of distress and crisis, which may be encountered.

The quality of family life includes the ability of the family to improve relations between family members to achieve integration and happiness in the family. It does not mean the absence of problems or crises in the family, but it means the ability to face these crises and work to solve them. it can turn this situation into

an opportunity to teach the married strategies face a difficult situation. The researcher believes that the greater the material and personal capabilities of the family and the warm feeling that the family gives to its members, i.e., the quality of family life, the greater the crisis management in the family by employing these capabilities such as education, healthy relationships, constructive communication between its members, social support, etc. in dealing positively with the family crisis.

Results of the second question: What is the percentage of variation in family crisis management that is explained by the quality of family life among the sample members? By using linear regression analysis and with the help of the SPSS program:

Table (5) The linear correlation of the degrees of family crisis management with the quality of family life among the respondents

The standard error of the estimate	R ²	R	model
3.74569	0.365	0.604	1

From Table (5) above, it appears that the family crisis management accounted for a correlation square of (0.361) from the quality of family life in the study sample, meaning that 36% of the changes that occurred in the family crisis management are caused by the quality of family life, while 64% is due to other factors that have not been studied. It is a logical result and consistent with the first result that there is a statistically significant relationship between the quality of family life and the management of family crises among the study sample. By studying the regression coefficient, we find that the model is significant.

Table (6) regression model coefficient for predicting family crisis management according to the quality of family life

sig	t	non-standard transactions		Standard coefficient	model
		B	The error normative	beta	
0.000	4.903	13.239	2.633		Constant
0.000	9.411	0.110	0.011	0.604	Quality of family life

In other words, the quality of family life variable can statistically predict the family crisis management variable in the study sample. Therefore, we write the prediction equation from Table (6) above, which is ($Y = 0.110 X + 13.239$), which means that an increase of one degree in the quality of family life is accompanied by an increase in management Family crises by 13.239 according to the equation, and it is clear from this result that the quality of family life affects the management of family crises, as the management of family crises is one of the most important pillars of the management of self- and environmental resources.

The result of the third question: Is there a statistically significant effect of the interaction of family income and educational level on the level of family life quality? To find out the effect of the interaction, the researcher used the two-way analysis of variance and produced the following table:

Table (7) results of the binary variance analysis to indicate the effect of the interaction of family income and educational level on the level of family life quality

the decision	sig	F	df	sum of squares	
	.548	.220	2	355.889	Family income
	.279	1.559	2	3636.232	Educational level
	.000	1.034	1	1.158	interaction
	.020	2.523	6	13652.025 ^a	corrected form (error)
function	.0035	3.036	2	7369.852	overall reaction effect

Table No. (7) above shows that the value of significance amounted to (0.035), which is smaller than (0.05), and therefore it is statistically significant, which means that there is an effect of the interaction of family income and educational level on the level of family life quality, and this result can be explained according to the researcher that the material capabilities and the educational level affect the level of quality of family life. It is well known that whenever the financial aspect in the family improves with the presence of good education for the parents, we find a richness in the family environment of positive tendencies towards the self-development of parents and children from the development of hobbies and participation in daily leisure activities. Educated parents seek to employ the material capabilities in a constructive manner for the subjective and objective resources of family members, which contributes to improving the quality of life in the family.

Results of the fourth question: Are there statistically significant differences between the scores of the sample members on the scale of family life quality according to the educational level variable?

The data does not follow a normal distribution, so we use the nonparametric Kruskal Wallis test

Table (5) the differences between the averages of the respondents on the quality of family life scale according to the educational level variable.

the decision	sig	mid-range	df	the sample	Kruskal Wallis Test
function	0,004	48.34	2	92	Basic education
		81.56		133	high school education
		96.21		206	Academic education

The results shown in Table No. (5) above show that there are statistically significant differences between the scores of the sample members on the quality

of family life scale due to the educational level variable. The difference in the educational level caused tangible differences in the quality of family life. The compatibility processes may improve according to the degree of education acquired by the husband or wife, and the researcher believes that the social, emotional and health support provided to children and family interaction develops in its methods and increases with the increase in education.

Results of the fifth question: Are there statistically significant differences between the scores of the sample members on the scale of the quality of family life according to the family income variable? The data does not follow a normal distribution, so we use the nonparametric Kruskal Wallis test

Table (6) The differences between the averages of the sample members on the quality of family life scale, according to a variable of family income.

the decision	sig	mid-range	df	the sample	Kruskal Wallis Test
non function	0,512	41.05	2	196	or less 200,000
		74.36		129	200,000-400,000
		88.32		106	more than 400,000

The results shown in Table No. (6) above show that there are no statistically significant differences between the scores of the sample members on the family life quality scale due to the family income variable. The interpretation of this result is that the dimensions of the quality of family life go beyond the subjective and objective quality to reach the quality of spiritual life, while some mentioned that the dimensions of the quality of family life include the physical environment. on each other, and the extent to which family spheres influence each other, And the lack of a standard for the quality of family life because the family decides the quality for it. The researcher believes that the element of family income plays a role in the quality of family life, but she does not consider it decisive, as is the element of healthy and warm relationships away from disputes and conflicts in the family, as well as emotional support for children. etc,

Results of the sixth question: Are there statistically significant differences on the quality of family life scale between the scores of the sample members according to the variable (gender)? When testing the moderation of the data, it was found that the data did not follow the normal distribution, so we use the non-parametric Mann-Whitney U test.

Table (4) to find out the significance of differences in the quality of family life according to the gender variable using Mann-Whitney U.

the decision	sig	Z	range averages	the sample	variable (gender)
non function	0,608	-0,543	77.09	207	male
			94.67	224	female

From Table No. (4) above, it was found that there are no statistically significant differences in the perception of the quality of family life between males and

females. This result explains that the gender factor is no longer significant at the present time in most personal traits, mental and cognitive abilities, and even their degrees between the two social genders, as well as the shrinking of differences between the two social genders with the progress of civilization in terms of social role, education, perception, and the practice of the type of profession or study that can be removed by each of the two social genders, that with the passage of time and social progress, the conditions of the male became equal to the conditions of the female. In the case of married, we see that both parties bear the burdens of raising children, as well as the burdens of securing income for the family and improving living conditions.

- **Research recommendations and suggestions:**

1. Work on establishing preventive counseling programs aimed at developing the quality of the family, as these programs are considered an educational tool that helps in benefiting from the sources of social support, which raises the quality of family life and thus dealing positively with the family crisis when it occurs in the future.
2. Work to integrate the family, especially the parents, in interactive programs and recreational activities, and in educational seminars, especially in times of crisis, that contribute to raising the self-efficacy of the family, thus restoring the quality of family life.
3. Interest in conducting research related to the development of positive characteristics of the family such as family happiness.
4. Paying attention to building programs to develop the quality of family life for families in crisis, which will positively affect the management of family crises.
5. Conducting a survey of family crises in society.
6. Interest in raising the educational level of married through workshops and educational programs about the family.
7. Empowering the family economically by raising the standard of living of the family through programs that support needy families.
8. Work to establish recreational activities and involve the family in them, especially families in crisis
9. Empower the family socially by setting up family social service centers in each region
10. Conduct a study on the quality of family life among divorced women, widows, and families with disabilities or cases healthy.

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