

The Level Of Family Life Srtess Among Vocational Workers At The University Of Kasdi Merbah Ouargla

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Abstract:

This study aims to find out the level of stress in the family life of the employers at the University of Kasdi Merbah Ouargla, as well as studying the differences between the sample members in the level of pressures of family life according to the difference gender, family status of the worker and the nature of housing. In line with the nature of the subject studied, and in order to achieve the objectives of the study, we used the descriptive approach, where the study sample consisted of (198) professional workers who were stratified random sampling selected, where they were subjected to a questionnaire about Amani Abdul Maksoud and Tahani Othman's family life pressures.

What is meant after modifying it and studying its psychometric properties, and after processing the data using the copy 25 of the spss statistical program. The results of the analysis led to the following:

- The level of family life stress among vocational workers at the University of Kasdi Merbah Ouargla is low.

- There are no statistically significant differences in the level of stress in family life among vocational workers at the university of Kasdi Merbah Ouargla, according to gender and the nature of housing.

While there are statistically significant differences in the level of family life stress among vocational workers at the university of Kasdi Merbah Ouargla, according to family status.

Keywords: family life stress, vocational workers.

ملخص:

تهدف هذه الدراسة إلى معرفة مستوى ضغوط الحياة الأسرية للعمال المهنيين بجامعة قاصدي مرباح ورقلة، وكذا دراسة الفروق بين أفراد العينة في مستوى ضغوط الحياة الأسرية باختلاف الجنس والحالة العائلية للعامل وطبيعة السكن، وتماشيا مع طبيعة الموضوع المدروس ومن أجل تحقيق أهداف الدراسة استخدمنا المنهج الوصفي حيث تكونت عينة الدراسة من (198) عاملا مهنيا اختيروا بطريقة العينة العشوائية الطبقية حيث طبق عليهم إستبيان ضغوط الحياة الأسرية لأمانى عبد المقصود وتهماني عثمان بعد تعديله ودراسة خصائصه السيكومترية، وبعد معالجة البيانات باستخدام النسخة 25 للبرنامج الإحصائي spss أفضت نتائج التحليل إلى:

- أن مستوى ضغوط الحياة الأسرية لدى العمال المهنيين بجامعة قاصدي مرباح ورقلة منخفض.

- عدم وجود فروق ذات دلالة إحصائية في مستوى ضغوط الحياة الأسرية لدى العمال المهنيين بجامعة قاصدي مرباح ورقلة باختلاف الجنس وباختلاف طبيعة السكن.

بينما توجد فروق ذات دلالة إحصائية في مستوى ضغوط الحياة الأسرية لدى العمال المهنيين بجامعة قاصدي مرباح ورقلة باختلاف الحالة العائلية.

كلمات دالة: ضغوط الحياة الأسرية، العمال المهنيين.

1. Introduction:

The interest in the subject of stress has taken a great interest in the field of psychology, as the individual is surrounded by various life variables that affect his behavior and interaction with the surrounding environment, focusing on its sources, effects and negative results on the physical, psychological and professional health aspect of the individual especially that stress has become a feature of the modern era, which is “a reaction to the rapid changes that have occurred in all aspects of life” (Abdul-Maqsoud and Othman, 2007, p. 8)

It is "a negative situation that may face the organism or any influence resulting from the internal or external environment that may conflict with the basic requirements or cause a disruption or threat to the stable equilibrium.

The stresses appear in the daily activities of the family members, and the pressures cannot be isolated from the family system, but with the help of its members, it can be resolved or adapted to it” (Al-Juhani, 2021, p. 321). However, family pressures did not receive proper attention in sociological research, as they remained in a marginal rank and position until the eighties of the twentieth century. Hence, we try to approach this issue from a sociological point of view by determining the level of pressures in the family life of the employers, the worker, since joining his job, seeks to reconcile between the professional side and the family side within the framework of the family-work environment.

2.Problem of study:

There is no doubt that the crises, hardships and problems that prevail in family life are a major source of family pressures that most families suffer from at the present time.

Stress is defined as the process by which environmental facts threaten the so-called stresses of the building and safety of the organism, and through which the organism responds to this threat (Al-Nouhi, 2007, pg. 139).

Lazarus 1966 defined the term pressure as a word derived from Latin and was widely used in the seventeenth century in the sense of hardship, straits, adversity, or affection, while at the end of the

eighteenth century it was used in the sense of strength, pressure and stress (Ismail, 2004).

Family pressures arise as a result of the negative interaction between family members and the surrounding environmental patterns. Those things or events are directly affected by the strength of the internal and external family systems, which leads the individual to psychological distress as a result of exposure to any of these pressures and reduces his personal achievements and progress in life in general. (Abdul Maksoud and Othman , 2007)

As for Neuman defined family pressures as "those that involve all forces (problems) and circumstances and attitudes that can lead to the instability and stability of the family system" (Neuman, 1983, p. 246).

Studies and research have shown that there are several types of family stress, including economic, social and psychological pressures (Abdul-Fadil and others,2007, pp. 9-10).

The intellectual pattern of Selyee's theory sees pressure as a non-autonomous variable which is a response to a compressive factor that places a person in response to the compressive environment and under disturbing environmental influence. He outlined three stages of defense against pressure to achieve general adaptation: panic, resistance, and stress (Abbasa, 2018, p. 46).

However, the individual's exposure to a high degree of family pressures, whether economic, social or psychological, leads to his inability to perform his roles and job performance due to family requirements that exceed his ability to bear or agree with them especially if the work environment with its various elements contributes significantly to the high level of family pressures, especially the economic and social ones, in light of the high cost of living among the ranks or professions whose employees suffer from low wages, we find the rank of professional workers. The latter are the people entrusted with guarding the facility, maintaining the safety and security of its employees and funds, maintaining its property, and protecting it from theft, assault, or any material or moral damages to it.

However, they represent the lowest levels in the ladder of job ranks, wages, and promotions, which negatively affects their family life in the form of a set of pressures, and from this point of view, if we cannot overcome these pressures, at least help professional workers adapt to them and mitigate them by reconsidering the systems Incentives, bonuses, salary scale and promotions, as well as subjecting them to counseling programs to alleviate pressures and raise their efficiency to manage them in case they are exposed to high levels of family pressures, that is, supporting them and taking care of their material, social and human requirements, and improving the work and social environment with all their meanings. Based on the above, stress appears in most of the daily activities of family members, which requires them to manage stress levels in order to help them stay alert, active and at a high level of performance. Hence, the trend towards this topic was to study the level of family life pressures among professional workers at the University of Kasdi Merbah, Ouargla. This was the aim of the current study in answering the following questions:

-What is the level of family life pressures among the employers at the Kasdi Merbah University of Ouargla?

-Are there statistically significant differences in the level of family life stress among the employers at the University of Kasdi Merbah Ouargla, according to gender?

-Are there statistically significant differences in the level of family life stress among the employers at the University of Kasdi Merbah Ouargla, according to different family status?

-Are there statistically significant differences in the level of family life stress among the employers at the University of Kasdi Merbah Ouargla, according to the nature of housing?

3. Study hypotheses:

To answer the study problem and its questions, the following hypotheses were developed:

- We expect that the level of family life pressures among the employers at the University of Ouargla will be high.
- There are statistically significant differences in the level of family life stress among the employers at the University of Kasdi Merbah Ouargla, according to gender.

- There are statistically significant differences in the level of family life stress among the employers at Kasdi Merbah University of Ouargla, according to the difference in family status.
- There are statistically significant differences in the level of family life stress among the employers at the University of Kasdi Merbah, Ouargla, according to the nature of housing.

4. Objectives of the study:

- Detection of the level of family life pressures among the employers at the University of Kasdi Merbah, Ouargla.
- Identifying the differences in the level of family life pressures among the employers at the University of Kasdi Merbah, Ouargla, according to gender, family status and the nature of housing.
- Enriching scientific research by providing the library with such studies.
- To draw the attention of the guardians of the employers to the importance of alleviating the pressures of their family life

5. Procedural determination of the study variable:

5.1. The pressures of family life: Amani Abdel-Maqsoud and Tahani Othman (2007) defined the pressures of family life as “a situation in which parents and their children are exposed to circumstances or demands that impose on them a kind of incompatibility. Abdul Maksoud and Othman, 2007, p. 22).

As for procedurally, we mean by family life pressures those changes, problems, events and stressful situations that professional workers are actually exposed to in their daily lives;

5.1.1. Psychological dimension: It is represented in the psychological pressures (interpersonal), which are the pressures that occur within the family and are related to the psychological and emotional aspects of the individuals within it, and arise from the internal environment of the family, which is the first area for sources of family pressures.

5.1.2. Social dimension: It includes internal pressures, which are pressures related to the interaction between family members, and they are those things or events that the internal family system comes into direct contact with the external environment.

5.1.3. Economic dimension: It is represented in the external pressures, which are those pressures whose origin is external, i.e. their sources are outside the family system from the surrounding environment, and they are all events that occur between the family

system and the surrounding environment and include economic pressures and pressures of residence and relocation.

6. The limits of the study:

The study included a sample of 198 professional workers at the University of Kasdi Merbah and Ouargla during the academic year 2022/2023.

7. Conceptual framework:

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

Theoretically, family pressures are defined in the current study as "the changes that occur within the family and are related to the psychological and emotional aspects of the individuals within it. The surrounding environment, those things or events are directly affected by the strength of the internal and external family systems" (Abdul-Fadil and others, p. 854).

7.2. Determinants of family life stress:

- **Pressures affecting the family system in general**, which are family situations that cause tension and annoyance between family members each other or between family members and the surrounding environment.

- **Pressures affecting the family system in particular** and expressing the problems that affect the health of the family and its psychological and social stability.

- **The strength of family systems**, which is a measure of the strength of the confrontation and the intervention strategies carried out by the family to face the pressures it suffers from and try to make its members happy as a whole or each individual separately (Abdul Maksoud and Othman, 2007, p. 35).

7.3. Sources of family stress: The sources of family stress are many and varied, and in general they are the events that cause stress reactions or feelings of pressure, and both normal or abnormal life events and changes in the family system may contribute to the collision and multiplicity of stresses, and a group of researchers identified Bauman (Bauman) Harris (Harris, McCubbin, Patterson, six areas of sources of family stress represented in: the change in the

number of family members, and in their roles, and in their ways of living. And the change in sexual issues in the family (pregnancy), and bearing the burdens of raising children. Loss of a family member, relative or friend, or loss of income or wealth. and responsibilities related to family matters, or related to health care, drug addiction issues, and issues of conflict with the law (Boroubi and Shaalal , 2019, pp. 238-239).

8. Field study procedures:

8.1. The approach used in the study: The current study relied on the descriptive approach, which means describing what exists in reality and trying to explain this phenomenon, as Melhem defined it as “one of the forms of organized scientific analysis and interpretation to describe a specific phenomenon or problem, and depict it quantitatively by collecting data and information.” Codified about the phenomenon or problem, categorizing, analyzing and subjecting it to careful study” (Melhem, 2002, p. 352).

8.2. Study population: The population of the current study is the employers of the Kasdi Merbah University, Ouargla, and it consists of 419 employers distributed over 03 university poles that include ten faculties, two institutes and the headquarters of the university directorate.

8.3 Survey Study:

8.3.1 The exploratory study sample: It is the first step of the social research series. The work in the research stages that follows the exploratory study depends on the correct and appropriate start that this study has taken (Hossam, 2000, pg. 160). The exploratory sample in the current study consisted of 30 professional workers. From the Faculty of Mathematics and Material Sciences at the University of Kasdi Merbah, Ouargla, where they stratified random sampling and the validity and reliability of the tool were verified.

8.3.2. Psychometric characteristics of the study tool (Family Stress Scale):

Psychometric characteristics of the study tool (Family Stress Scale): The exploratory sample in the current study consisted of 30 professional workers from the University of Kasdi Merbah and Ouargla, where they were randomly drawn and the validity and reliability of the two tools were verified. For the family life stress questionnaire, the results of validity indicated the following: The validity of the peripheral comparison calculated “t” value equals

(9.658) when the degree of freedom (16) at the significance level (0.000), which indicates the discriminatory ability of the tool, and thus the tool measures what it was set for. This confirms the validity of the scale.

The stability of the Cronbach's alpha coefficient was estimated at 0.83, and the value of the stability of the mid-term segmentation, after correcting it with the Spearman-Brown equation, was estimated at 0.63, which are high values. Therefore, the tool has a high degree of honesty and stability and may be used in the basic study with confidence.

8.4. Study Tool:

Due to the lack of standards that achieve the objectives of the current study - according to the researchers' knowledge, it was relied on:

The scale that the two Egyptian researchers, Amani Abdel-Maksoud and Tahani Othman (2007) translated and adapted to the Egyptian environment, after they found that there are no tools to measure this variable in the Arab environment. In its Arabic form, it is divided into three parts to assess family pressures in general and in particular, and to assess the strength of the family system in facing pressures.

After that, researcher Bouroubi Rajah Farida adapted it to the Algerian environment in the year (2012). The scale used in the current study consists of (38) phrases to measure family stress, and it includes three main dimensions: a psychological dimension, a social dimension, and an economic dimension.

8.5. The basic study: The main study sample is represented by a number of members of the study community, after measuring the validity and reliability of the questionnaire, and the tool was applied to a sample estimated at 220 professional workers, at a rate of 55.60% of the research community, represented by the total professional workers at the Kasdi Merbah University of Ouargla, 419 employers, and we relied on identifying the basic sample was based on simple random sampling, and 198 forms were returned with a percentage of 90%.

Table No. 01 represents the distribution of the study sample according to the university poles of the Kasdi Merbah University of Ouargla.

Table No. (01) shows the distribution of sample members according to university poles

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

8.5.1. Sample Characteristics and Specifications: The original community of the sample, represented by the professional workers of the Kasdi Merbah University of Ouargla, was monitored. Three variables were chosen, assuming they are related to the variable of the current study, namely, gender, family status, the nature of housing for the worker, and the distribution of sample members according to these variables will be clarified, with the percentages of each category determined.

Table No. (02) shows the distribution of the sample members according to the variables (gender, family status, nature of housing)

Percentage	Number of People	Gender
56.07%	111	Male
43.93%	87	Female
100%	198	Total
Percentage	Number of People	Family Status
%69.19	137	Married
%27.27	54	Single
%3.54	07	Divorced
%100	198	Total
Percentage	Number of People	The nature of the

		residence
%62.63	124	Property
%36.87	73	Rent
%0.5	01	Functional accommodation
%100	198	Total

8.5.2. Statistical Methods:

- One-sample 'T'-test to test for differences between means.
- T-test to indicate differences between groups.
- One-way analysis of variance test.

9. Presentation and interpretation of the results of the study:

9.1. Presentation and interpretation of the results of the first hypothesis:

The first hypothesis states that we expect that the level of family life pressures among the employers at the University of Kasdi Merbah, Ouargla will be high.

To test this hypothesis, a single-sample t-test was used to calculate the differences between the mean of the sample members and the theoretical average estimated at $(38 * 3 = 114)$.

The results are as shown in the following tableN (03):

Statistical significance	Values (T)	Theoretical average	standard deviation	SMA	degree of freedom	The number of the sample
0.000	-13.538	114	27.06	88.02	197	198

Through the previous table, it was found that the average of the sample members on the scale was (88.02), which is an average less than the theoretical average estimated at (114) by using a one-sample t-test to test the differences between the averages, which amounted to (-13.538), with a significance level of (0.000), which is less than (0.05),

Thus, it is a statistically significant value, and this indicates that the level of family life pressures among the employers at the University of Kasdi Merbah Ouargla is low.

It is the opposite of what we expected, and the researchers attribute this result to the fact that the professional workers found themselves, for many and varied reasons, submissive to such jobs that are usually commensurate with their educational levels and therefore possess sufficient immunity and pre-preparation for the conditions of this profession in terms of its difficulty, responsibility and low wages. Therefore, it shows a decrease in the level of pressures of their family life.

Not to mention that they do not rely on this profession only. They work in trades, professions and other jobs after the official working hours because they take turns in this profession and they always have an outlet.

This result agreed with the study of Awlad El-Eid Ghazala and Others, 2017, which found that the level of family life stress is low among first-year students at the University of Ghardaia, both married and unmarried.

In this regard, Abdel-Maqoud and Othman, 2007 emphasized that the family's feeling of pressure and suffering and its ability to confront a problem is affected by the individual characteristics of its members and the nature of the prevailing relationships between them. It is also affected by the organizational and structural characteristics of the family, such as the degree of intelligence of individuals, their thinking style and their personal traits, which are considered as individual characteristics that affect the amount of pressure experienced by the family.

The study of Issawa Wahiba, 2014, confirmed that the social environment in which the pressure falls would reduce or increase its intensity, as this medium would be supportive, because the social support provided by the family would help him to bear the pressure of the disaster that occurred to him, the opposite is the case if this bond is forbidden

This study indicated that it is possible to bear part of frustration and disappointment if the situation at home is safe and supportive. There are also other factors that led to a decrease in the level of family life pressures, including social networks and group companions,

In addition to the issue of women going out to work and family members sharing roles and responsibilities, it reduces family pressures

and puts them at low levels. In this regard, Amani Abdel Maqsood pointed out that life changes and our social and family roles change with it. Also, the impact of pressure on the individual depends on the extent of his awareness of it and its danger.

The study of Muhammad Qashi, 2017, also confirmed the existence of a relationship between the method of social support and the stress of life events in the university environment. The reason for the low level of family pressures among the sample members can also be attributed to the family and emotional satiation within the family and the method of communication, and this was confirmed by the study of Abdul-Jaid Dawam. and Abdel-Mohsen, which aimed to study the relationship between communication skills and the ability of heads of families to cope with family pressures and mitigate their severity. family size).

In this regard, Al-Khanini, 2020, confirmed that the greater the rapprochement and communication between spouses, the more obstacles, barriers and problems they face in their lives will be removed, and that the successful communication process is usually able to solve the problems and pressures the spouses face in life.

In addition, taking responsibility on the part of all family members leads to alleviating family suffering and pressure, and this was confirmed by Al-Husseini and others study in 2015, which found a positive correlation between the variable of responsibility and the variables of managing family pressures and the financial income of the family among working female heads of household. and non-working.

In this regard, the study of Issawa and Hiba, 2014, confirmed that the maturation of the behavior of the spouses is important in maintaining the emotional well-being of the family and reducing stress, as intimate relationships between family members may prevent the development of pressure even if the material resources are insufficient, and the ordeal may lead to the strengthening of family building. In the long run, in the presence of stable, interdependent and adaptive internal relations.

9.2. Presentation and interpretation of the results of the second hypothesis:

The second hypothesis states that: There are statistically significant differences in the level of family life stress among professional workers at the Kasdi Merbah University of Ouargla, according to gender.

To test this hypothesis, a t-test was used for two independent samples, and the results were as follows:

Table (04) results of the t-test for the significance of differences on the family life scale according to gender:

Indication level	Degree of Freedom	Value (T)	Standard Deviation	SMA	Number	Statistical Indicator
0.942	197	-0.073	27.80983	87.9018	111	Male
			26.23885	88.1839	87	Female

It is clear from the table that the arithmetic mean for males is estimated at (87.90) and the arithmetic mean for females is estimated at (88.18), and it is also noted that the calculated “t” value is estimated at (1.449) at the degree of freedom (197) and at a significance level of (0.942), which is a value greater than (0.05), and from it we conclude that there are no statistically significant differences in the level of family life stress among professional workers at the University of Kasdi Merbah Ouargla, according to gender.

This result can be explained by the changes in the traditional roles of women and men, the exit of women to work alongside men, and the duplication of their roles between work and home.

There is no doubt that such a struggle drains their energies and makes them feel pressure and family suffering, just like a man who in earlier times was responsible for the family alone. Therefore, the difference between the sexes in the level of family pressures did not appear. Both sexes are obliged to bear the same responsibility and burden, The man can be the father, the husband, the brother, or the son, and the woman can be the mother, the wife, the sister or the daughter, and they are given the responsibility to provide for the family and meet its necessary needs, meaning everyone is responsible, whether a man or a woman, so the gender differences in the level of family pressures did not appear.

This result differs with the study of Boroubi, 2013, which found that there are statistically significant differences between families residing

in the state of Algiers according to the gender of the head of the family, and that these differences are in favor of families in which the head of the family is a woman.

9.3 Presentation and interpretation of the results of the third hypothesis:

The third hypothesis states that: There are statistically significant differences in the level of family life stress among professional workers at the Kasdi Merbah University of Ouargla, according to the different family status. To test this hypothesis, a one-way analysis of variance was used, after ensuring homogeneity between groups, and the results were as shown in the following table:

Table No. (05) :shows the results of the one-way analysis of variance test to compare the categories of family status in the degree of family life stress

Statistical significance	Test Value (F)	Mean Squares	Degree of Freedom	Sum of Squares	Sample contrast source
.0000	9.056	6115.124	2	12230.247	Between groups

Through the above table, it is clear that the value of the P-test amounted to: (9.056) with a level of significance (0.000), which is less than (0.05), and this indicates that there are statistically significant differences in the level of family life pressures among professional workers at the Kasdi Merbah University of Ouargla, according to the family case

To find out the differences in favor of any familial cases, the Scheffe test was used for post comparisons. The results are in the following table:

Table No. (06): Results of the Scheffe Test for Dimensional Comparisons

The result	Indication level	Average difference	Binary comparisons	The Average	Number	Family Status
in favor of married	0.000	-17.68	Single-Married	75.31	54	Single
There are no differences	0.777	10.02	Married-Divorced	93.00	137	Married
There are no differences	0.716	10.43	Divorced-Single	83.85	7	Divorced

Through the table, it becomes clear to us that there are differences between the two family cases (single - married) in favor of the married, and that there are no differences between the two family cases (married - divorced) and that there are no differences between the two family cases (divorced - single).

It means that there are statistically significant differences between the sample members according to family status, and that these differences are in favor of the married, meaning that they are the most vulnerable to family pressures.

This result was in line with our expectations, and this can be attributed to the fact that the married man has greater responsibilities due to their multiplicity and complexity.

Which makes him more vulnerable to pressures than the unmarried, and there is no doubt that the more the individual is responsible for himself, the less the pressures of family life he has.

This can also be attributed to the disappearance of large families that had an effective role in balancing the family system, resolving problems and disputes, and reducing the severity of family pressures for the sake of cooperation, support and synergy. Modern families that tended to the nuclear pattern in which the family passes through several phases,

Each phase can be a source of family pressures. The first phase appears, the phase of family formation, in which the spouses search for a home according to the available financial capabilities.

Then he developed having children, as at this stage the family faces many problems such as housing and arranging household affairs, then he developed raising children, which increases the family's financial burdens, especially the expenses related to children and their studies across various educational levels.

Finally, the stage of stability or multiplication of problems appears when the child grows up and becomes a productive element, gets married and increases the number of families, which results in many problems and pressures. This was confirmed by the study of Borubi, 2013. Also, marital life is subject to conflict situations and differences between spouses, which leads to disruption of the family system and an increase in pressures.

This result agreed with the study of Boroubi, 2013, which found that there are substantial differences of statistical significance between the families residing in the state of Algeria according to the family status of the head of the family, and that these differences are in favor of the families in which the head of the family is married.

As for the absence of differences between the two family cases (married - divorced), it can be explained that if the divorced person has children, he bears the responsibility of spending, caring and providing housing for his children, and thus he is like the married in terms of responsibilities and duties, so the differences between them did not appear.

As for the two familial cases (divorced - single), the reason for the lack of differences between them can be attributed to the fact that the divorced one who does not have children is considered to be single in terms of bearing responsibility and the divorced one who has children is given the responsibility of alimony only.

9.4. Presentation and interpretation of the results of the fourth hypothesis:

The fourth hypothesis states that: There are statistically significant differences in the level of family life stress among professional workers at the Kasdi Merbah University of Ouargla, according to the nature of housing.

To test this hypothesis, a one-way analysis of variance was used, after ensuring homogeneity between groups, and the results were as shown in the following table:

Table No (07): shows the results of the one-way analysis of variance test for comparison between the categories of the nature of housing in the degree of family life stress

Statistical significance	Test Value (F)	Mean Squares	Degree of Freedom	Sum of Squares	Sample Contrast Source
.2610	1.353	987.560	2	1975.121	Between groups

Through the previous table, it is clear from the above table that the value of the P-test amounted to: (1.353), with a level of significance (0.261), which is greater than (0.05), this indicates that there are no statistically significant differences in the level of family life stress among professional workers at the University of Kasdi Merbah, Ouargla, according to the nature of housing.

This indicates, according to the researchers, that the nature of housing (ownership / rent / functional housing) does not constitute a characteristic that results in a variance in the source of variation between groups on the scale of family life stress among the members of the study sample. This may be due to the housing crisis that compelled individuals to accept their status, whether ownership, rent or functional housing. This situation was dealt with by large and nuclear families alike, so it no longer constitutes an obstacle or pressure.

For them, housing is a necessity, regardless of its type or nature, because it satisfies the need for security, comfort and tranquility of family members who belong to the Algerian society, in which obtaining housing is the greatest gain that the family achieves. "Especially since the Algerian family believes that "housing is the grave of life" that must be obtained" (Boroubi, 2010, p. 103).

It is clear that individuals with low incomes such as professional workers and have a low standard of living, if they do not have housing ownership, they resort directly to renting cheap housing units or commensurate with their financial ability. This is what led to the absence of differences in the level of family stress in the sample

according to the nature of housing, that is, there is good management by individuals of family affairs based on their monthly income. This result differs with the results of the Borubi study, 2010, which found that there are statistically significant differences between the type of housing and the level of family pressures as well as their response.

This can also be attributed to the fact that professional workers and their families possess skills, means and capabilities that enable them to optimally, effectively and efficiently use the available resources and employ them in order to comply with environmental requirements and pressures, as well as in making the right decisions in life and finding alternative plans to overcome pressures by dealing with these pressures positively. And effectiveness through emotional intelligence with its centrality (social responsibility and flexibility) in managing family pressures. This was confirmed by the study of Abdel-Fadil and others, which concluded that there is a direct correlation between the axes of the family stress management scale and the axes of the emotional intelligence scale and some variables of the study.

10. conclusion:

This study aimed to know the level of family life pressures among professional workers at the University of Kasdi Merbah, Ouargla. outside the official time, and there were statistically significant differences in the level of family life stresses according to the family status variable, and there were no statistically significant differences in the level of family life stresses according to the variables of sex and the nature of housing, and that is through the estimates of the responses of the study sample members on the scale prepared for that, and based on this, it can be said that the categorical variables, gender and the nature of housing are additional variables in relation to the variable of family life stresses, while the family situation is a basic variable.

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