

# Seeing The Dimensions Of Life Quality In The Light Of Human Personality Aspects

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## Introduction

Life quality had the interest of researchers and specialists after a new branch has appeared in psychology and personal analyzing which became nowadays a central subject in different researches, which being done among positive psychology. This new direction came incompatible with the old directions which have been predominant in psychology generally concentrating on studying the negative personal aspects and how to fix it in the meantime.

Searching in life quality has become a headline for some conferences and a subject for studies (<sup>1</sup>) in an attempt to approach the human being to achieve the life quality through looking into his family life, his cultural heritage residues, the new life model, and by launching of many countries to visions and home strategies which seek to achieve the life quality.

In Saudi Arabia in the vision of 2030 a life quality program has been launched as one of the programs that seek to achieve the vision, which aims to improve the life quality of the individual and family via preparing the environment needed to support and create new options that strengthen citizen participation in cultural, entertaining, athletic, touring activities and other appropriate patterns which contribute to enhancing life quality for individual and family, creating job

opportunities, changing economic activities, and strengthening the position of Saudi cities in world's best cities ranking.

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<https://www.vision2030.gov.sa/ar/v2030/vrps/qol/>

## Research problems:

Life quality program popped-out of Saudi Arabian`s vision 2030 aims to many strategic purposes which are: enhancing sports activities practicing in the community, growing up Saudi contribution in art and culture, developing and diversifying entertainment opportunities to fulfill people`s needs, developing the tourism sector, achieving excellence in several sports regionally and globally, improving living conditions for entrants, preserving and publicizing the kingdom`s Islamic, Arabic, and national heritage, and improving the urban scene in Saudi cities, improving the quality of services provided in Saudi cities and enhancing society`s immunity to drugs.

The thinkers of life quality program find out that it aims to improve the environment surrounding the human being as it touches the lives of individuals and society, seeks to help him overcome his worries and life difficulties, and take him towards prosperity by creating a livable environment and helping him to practice a different lifestyle.

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As the goals of life quality program target human beings as the most important element before targeting environment and material but rather work on upgrading everything around human for his life quality

this leads to the importance of studying and determining the aspects of life quality and searching their connection to various aspects of human personality and working to meet the requirements of each aspect of its different aspects, the life quality will not be achieved for the human being if one aspect of human personality is neglected

that's why this research comes to identify the aspects of life quality in the light of human personality aspects.

#### **Study questions:**

1. What's the best classification of life quality dimensions?
2. How to achieve life-quality dimensions?

#### **Importance of the topic and reasons for its selection**

The importance of this topic is shown at the next points:

1. The interest of States and researchers in life quality cases and investigations.
2. The need to understand the meaning of life quality and determine its dimensions.
3. The need to link Islamic, Arab, and local culture to the concept of quality of life.

#### **Objectives of the study:**

1. Reaching life quality dimensions.
2. Reaching some means of achieving life quality.

#### **Previous studies**

After researching and looking at what has been written about life quality in different databases, several studies have been obtained and presented from the oldest to the most recent as follows:

#### **(1) Gouda`s Study (2010):**

Entitled: "Personality traits and its relationship to the life satisfaction of the lower basic level teachers in Gaza province,"

This research sought to uncover the level of life satisfaction of the lower basic level teachers in Gaza province, define the relationship between personality traits and life satisfaction, and define the differences between the average grades of the sample members in personality traits and life satisfaction, which can be attributed according to the type (male-female), the study sample was 293 teachers (144 schoolteachers – 149 schoolmistresses) The researcher used two measures one of them to measure life satisfaction, and the other to measure personality traits. The results of the study found that the level of life satisfaction was acceptable (64.24%), it also found a negative and functional relationship between nervousness and life satisfaction, and a positive and functional relationship between happiness, a good conscience, and life satisfaction. The study also found differences between the average scores of sample members in nervousness, happiness, consonance, and life satisfaction attributable to the variable type.

#### **(2) Al-Qahtani`s Study (2010):**

Entitled: "Happiness and life quality: Exploring their concept and ways to achieve them. "

It aimed to shed light on some aspects of happiness in the Holy Quran and Sunnah, to extract practical ways and means of achieving happiness. The study

found that happiness is not in the availability of matter, but the knowledge of God and the right approach. Faith and good work, virtuous morality that drives charity for creation, too much mention of God, making favor and solve people`s problems, praying, wellness and health, seeking pleasure and distance from the causes of concern, persuasion and lack of extravagance, apparent and inner beauty, balancing the perception of human beings between good and evil, patience for misfortunes and sedition in general.

### **(3) Musaoudi`s Study (2015):**

Entitled: "Researches of life quality in the Arab world: an analytical study. "

The study aims to analyze 18 Arab studies on the subject of life quality. The study found that while there is an interest in life quality, there is a lack of programs to raise life quality. He pointed out that deficiency was not the material aspect, but the psychological aspect, the so-called quality of psychological life, and that this could be overcome through the development of therapeutic counseling programs, such as the study of the level of religion because the quality of life means making it a sweet life, not only for the rich, but for anyone to live it, provided that they followed a set of instructions such as: Walking half an hour a day, telling trouble, learning new skills or hobbies, integrating into friendships and not being isolated, learning to relax, and not mind dreaming.

### **(4) Muhammed`s Study (2016):**

Entitled: " spiritual walking as an indicator to achieve a sense of life quality in elders."

The study aims to identify elements that define the concept of life quality for older persons and other objectives, the study tool was applied to a

sample of 63 elders from Sharqia Governorate.)

The study found that the elements of the concept of life quality are determined by: Satisfaction with life, personal happiness, the ability to work in daily life, physical health and self-awareness of life, and the motives for spiritual walking are: To satisfy the need for communication with others, for personal shopping, and that the most important places for walking are: walking tracks, green yards.

### **(5) Muhammed`s Study (2017):**

Entitled: "Quality of mental Life,"

This research sought to analyze the subject of life quality, in which it presented the meaning of quality of mental life as well as brief definitions. Then a look at the genesis and evolution of research into the quality of mental life, and the concepts that are relevant to the quality of mental life, its determinants, and dimensions, were highlighted. It concluded by demonstrating the relationship between the quality of life and religion, particularly since Islam was a component of Algerian personality, and recommended that Algerian researchers should be drawn up in detail theoretically and in the field.

### **(6) Al-Qahtani`s Study (2017):**

Entitled: "life Quality and its relationship to the personal characteristics of university students,"

This research sought to reveal the life quality of university students, identify the personal characteristics associated with the life quality of university students, establish a predictive equation between life quality as a dependent variable and personality traits as an independent variable and recognize the differences between low and high quality of life in personality traits, the results of the study

indicated that the quality of life for undergraduates is below the high level, and the study also indicated that there is a negative inverse relationship between the total degree of quality of life measure and the neurotransmitter of the big five factors of personality. And that there is a direct (positive) relationship between the dimensions of the life quality scale and the degree of the dimensions of the five major factors of personality (happiness, kindness, vigilance), there is no or almost no relationship between the dimensions of the life quality measure and the degree of the serenity of the scale of the five major factors of personality. It also noted that personality traits explain 65% of the total variation in the quality of life, and showed statistically significant differences between the average scores of the low quality of life sample and the average scores of the high quality of life sample in personality traits.

#### **(7) Editorial Board Study (2018):**

**Entitled: "Quality of Life Program: a pillar of the Kingdom's power and making its economy more prosperous"**

This research sought to clarify the quality of life program as a pillar of the Kingdom's power and make its economy more prosperous; The Quality of Life 2020 program launched by the Economic and Development Council with a total expenditure of SAR 130 billion, one of the programs to realize Saudi Arabia's vision of strengthening its strengths, making its economy more prosperous and Saudi society more vibrant. The article included several axes, the first one entitled Global Model, the second one with huge numbers, the third one with economic and investment opportunities, the fourth one with the elimination of all non-financial barriers, the fifth one with multiple aspirations, the sixth one with the objectives of the program, the seventh one with sports activities, the

eighth one with arts and culture. In conclusion, the article referred to the golden card. The Life Quality 2020 program included the initiative to activate the Extended Residence (Golden Card) program. This program is implemented by the Quality of Life 2020 document to attract existing talent worldwide. The Kingdom seeks to strengthen its international rating in attracting talent globally, promoting the involvement of arrivals in the Kingdom's culture, and raising citizens' awareness of the acceptance of other cultures.

#### **(8) Bouamama`s Study (2019):**

**Entitled: "Quality of life: Concept and dimensions: analytical study "**

This research sought to examine the concept of life quality, its dimensions, and its interpretation, and to uncover various definitions of the concept of life quality, with a focus on clarifying the dimensions of this concept. Difficulties in defining quality of life. the concept of life quality, Third: Dimensions of life quality. The importance of both objective and subjective in interpreting the concept of life quality through definitions as well as its dimensions has been reached, emphasizing the importance of subjective determinants in defining and interpreting the concept of life quality.

#### **(9) Boujemaa`s Study (2020):**

**Entitled: "Quality of community life"**

This research sought to demonstrate the importance of the promotion of the individuals in society through the development of life quality methods that have recently increased attention (quality of community and family life), because of their importance in the social and cultural compatibility of individuals. And that's by the feeling of satisfaction and happiness, the ability to

satisfy one's needs subjectively and objectively in life, the quality of life is to go down to the status of the individual, which leads to a feeling of the meaning of life which considers the center of human existence, it is the quality of existential life through which the individual feels his or her existence and worth. throughout the depth of human information that an individual can obtain, linked to the spiritual and religious norms, values and aspects that he or she believes in, and through which he or she can feel himself or herself within society.

#### **(10) Jamal Al-Din`s Study (2020):**

**Entitled: " life Quality and sustainable development: educational concepts and contents "**

The study aimed to identify the concept of life quality, its educational dimensions, and its relationship with other concepts. It noted that interest in quality of life has shifted from measurement to policy implementation. The concept of life quality has three dimensions: a personal, a societal, apolitical, and an educational dimension that interferes with and affects all those dimensions.

#### **(11) Meamarya`s Study (2020):**

**Entitled: "life Quality: definition, determinants, manifestations, dimensions "**

The study aimed to identify the concept of quality of life, its determinants and manifestations, and its dimensions from theoretical sources and psychological measurements. The study found that the quality of life has two dimensions: The objective and the subjective dimension, and the manifestations of quality of life in its objective dimension are four: The first is physical factors, the second is the satisfaction of needs, the third is life forces and abilities, and the fourth is health and

physical construction. The subjective dimension of quality of life is: Well being, life satisfaction, life meaning, and feeling satisfaction. The study concluded that the concept of quality of life has many definitions, many variables associated with it, and many dimensions, which calls for further scientific research to clarify it accurately.

#### **(12) Hammouni`s Study (2021):**

**Entitled: "Life Quality and its Islamic standards "**

This research sought to show that the term quality is not born of modern times, but is an ancient advance, and has its uses in many of life fields, whether religious or mundane and the similar vocabulary in Islamic law are mastering, charity, intonation, and tightness. Islam has carefully addressed the reform of the work and the mastery of the work provided by the legitimate texts of the Holy Quran and Sunnah. The association of quality of life with Islamic values protects its concept from deviating from utilitarian tendencies that are devoid of values and principles. To assess quality in life requires standards, standards of quality in Islam are temporal and eternal, temporal standards are accuracy, clarity, mastery, desire, and continuity, and eternal standards in Islam are a human sense of responsibility and godly control; Because the action is tied to the reward.

#### **(13) Study of Humans (2021):**

**Entitled: "Personal lifestyles of both love and life-oriented needs of the students of the University of Kuwait,"**

This research sought to uncover the most prevalent lifestyles among the students of the University of Kuwait, the degree to which they contributed to predicting the need for love and life

orientation, and the comparison between males and females on these variables. The sample consisted of 332 students from the University of Kuwait and applied to them the measure of personal lifestyles, the measure of need for love, and the measure of life orientation. The results indicated the order of life of the sample as follows: Socially beneficial, then dependent lifestyle, then bossy lifestyle, and avoided lifestyle. The following methods (socially useful, avoided, and bossy) have contributed to predicting the degrees of need for love, found that it is socially beneficial, bossy, and dependent in statistically predicting the degrees of orientation, and the results indicated that there are no statistically significant differences between mean lifestyles and the need for love and life orientation between males and females.

#### **Comment on previous studies:**

The results of a study (Gouda, 2015) showed a negative link and function between nervousness and life satisfaction, a positive relationship, and a function between happiness, conscience, and life satisfaction, from which it will be concluded that life satisfaction is a psychosomatic variable, and this finding is confirmed and supported by the findings of a study. (Muhammed, 2017), where It found that there is a relationship between the quality of life and religion, which reflects that the quality of life is not so much related to what is outside the human being as it is to a human aspect, while studying (Qahtani, 2017) came up with a predictive equation between the quality of life as a dependent variable and personality traits as an independent variable, indicating a correlation between the quality of life and personality aspects, which enhances the

importance of this study as a building block, especially since previous studies have emphasized the close relationship between quality of life and one aspect of human personality, which the current study will add.

#### **Theoretical Framework**

##### **Concept of Quality of Life Language and Terminology**

**In language:** The term "quality of life" is a combination of two words: quality: it means something good <sup>(2)</sup>.

When Some say: someone did good in his work it means he has a high quality in his work <sup>(3)</sup>, and the word (Life): the opposite of death, Life means existence <sup>(4)</sup>.

**In terms:** The term "quality of life" is used to denote the public safety of individuals and communities, and this concept extends to all negative and positive features of life, from mental and economic health. standards for quality of life are incalculable, covering not only wealth and employment, but also the established environment, physical and mental health, education, recreation and leisure, and social affiliations <sup>(5)</sup>. In this sense, "quality of life" can be defined as: The degree to which one's personality is constantly improving in psychological, cognitive, creative, cultural, mathematical, personal, and physical aspects and coordinated while creating the right mood and emotion for work and achievement, continuous learning of habits <sup>(6)</sup>, skills, and trends, as well as learning to solve problems and methods of compatibility and adaptation, and embracing the perspective of continuous improvement of performance as the way of life <sup>(7)</sup>:

meeting one's needs and desires in a balanced manner, and generating ideas continuously, attention to creativity, innovation, and collaborative learning by which they can develop their psychological and social skills.

-Enjoyment of material conditions in the external environment, feeling well, satisfaction with needs, satisfaction with life, understanding of the forces and contents of one's life, feeling the meaning of life, positive physical health, and happiness to live a harmonious life compatible with the essence of man and the values prevailing in his society

-Upgraded level of material and social services provided to members of the community, and the tendency towards a luxury lifestyle can only be achieved by a society of abundance, which has been able to solve all the living problems of the majority of its population.

-Satisfaction, happiness, and the ability to satisfy one's needs through the richness of the environment, the promotion of health, social, educational, and psychological services, and the good management and use of time.

-A feeling whereby an individual sees himself or herself as capable of satisfying his or her various needs (innate and acquired) and enjoying the circumstances surrounding him or her.

-The ability to adopt a lifestyle that satisfies one's desires and needs.

-A personal sense of self-competence and the seriousness of dealing with challenges.

-happiness, self-satisfaction, and a good life.

WHO has developed a definition that clarifies the general contents of the concept. (Quality of life), in which the quality of life is seen as "a perception of an individual's status in life in the context of the culture and value systems in which he or she lives and about his or her objectives" Reflecting on this term <sup>(8)</sup>, he finds that it focuses on an individual's perception of his or her position in life in the context of culture, the textures of the values in which he or she lives, and the extent to which this corresponds to Goals, expectations, values, physical health concerns, and psychological state, level of independence, social relations, personal beliefs and relationship with the environment in general, and therefore the quality of life in this sense refers to the individual's assessments of the conditions of his or her life <sup>(9)</sup>.

In analyzing all previous definitions, it is clear that the quality of life consists of three main determinants: (Becoming), (Belonging), (Being), or as he named it (Craig A. Jackson) Triple B (The 3B's) <sup>(10)</sup>, and sometimes the concept (Quality of life) is used to express the high level of social material services provided to members of society, and other times to express individuals awareness of the ability of these services to satisfy their different needs, some researchers point out that there are four main trends in the definition Quality of Life: psychological, medical, social, philosophical <sup>(11)</sup>.

There are some concepts associated with quality of life, such as Happiness, human rights, freedom, and because happiness is objective and difficult to measure, other criteria have been given priority, and many studies have shown that happiness <sup>(12)</sup> does not necessarily increase

with the comfort of income, so the standard of living must not be taken as a measure of happiness. It is also necessary to not confuse the quality of life with a healthy quality of life <sup>(13)</sup>.

This is complicated by the lack of a clear and specific definition of quality of life. Although the quality of life is a clear objective for many countries, the appropriate definition of the term and its measurable potential as long as they are evasive, and given the importance of the topic, the search for a specific definition of the broad term has increased, and the need to define its dimensions has increased <sup>(14)</sup>.

### **Characteristics of the human being**

Psychologists classify the components and elements of the human personality into several categories to aid in the process of researching the personality and dedicating resources to a specific aspect of the very complex human personality. The emotional or emotional side, the cerebral or cognitive side, and the motor side, and (Goldberg) thinks that the human personality is composed of five key components (The Big Five Factors): emotional stability, dependability, ability, politeness (Culture), and extraversion or (surgency) <sup>(15)</sup>, According to (Eznik), he discovered four major personality scales from which several sub-scales branch out, namely: The Lying Scale consists of twenty-three things, the Psychoticism Scale consists of twenty-five items, the Neuroticism Scale consists of twenty-three items, and the Extrusion Scale consists of twenty items <sup>(16)</sup>.

According to psychologists, the human personality consists of the following components <sup>(17)</sup>:

- The spiritual or psychological aspect: rational thought is not included, but rather the system of values, morality, and fundamental actions that occur often without conscious knowledge.
- It is entirely cerebral in nature, and its primary function is to gather diverse information and experiences via contact, whether natural with the environment or socially with people.
- The material aspect: Contemporary psychologists have placed a premium on it lately, since evident changes in a person's personality and conduct occur as a result of his capacity to move and satisfy demands independently of help.

Islamic education seeks to achieve human happiness in this world and the next, which is accomplished by developing a person, which is accomplished by taking care of (the nature) that God endowed people with and gradually developing it in accordance with Islamic teachings and adhering to the path of piety while avoiding the path of immorality. In all elements of its development until it reaches the level of (God's successor), which is the work that God has assigned man on earth, the Almighty declared: "I will establish a vicegerent on the world." Al-Baqarah:30, till he executes it correctly, which is accomplished via the development of the human person. From its numerous facets, since any neglect of any component of his personality is analogous to an architect neglecting one of the building's foundations, causing the structure to collapse, and that man is at the level of (God's nature) realising the aim. Isn't it true that I am your Lord against them? "Yes, we

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give testimony to what you will declare on the Day of the Resurrection: We were ignorant of this," they said. Al-A'raf: 172, yet both immorality and piety inspired his spirit. The Most High stated: "And the soul and everything that is not it" (7). You take the various aspects of his development and follow the path of piety, avoiding immorality, and in order for Education to accomplish this, it is necessary to understand the various aspects of the human personality, which Al-Ghamdi <sup>(18)</sup> identified as seven, while the judge <sup>(19)</sup> identified as ten, while this study adds two additional aspects: the aspect of determination or conscience, and the professional aspect, and thus determined by this study. The study is divided into twelve sections:

The physical aspect, the mental aspect, the spiritual aspect, the emotional aspect, the social aspect, the conscience aspect, the moral aspect, the volitional aspect, the sexual aspect, the creative artistic aspect, and the professional aspect.

These factors contribute to the quality of life and help it attain its dimensions, as mentioned in the survey questions.

### **What dimensions are required to attain a high quality of life?**

The aspects of quality of life varied either due to their varying definitions or due to their varying methods of measurement. The many and varied efforts to define quality of life resulted in differences and diversity in defining the following characteristics of quality of life:

- a. Quality of life dimensions depending on their definitions.
- b. Dimensions of life quality based on methods of measurement.

- c. Dimensions of quality of life in accordance with the Kingdom's vision 2030's quality of life programme.
- d. Dimensions necessary for achieving a high standard of living

It is as follows:

#### **a. Quality of life dimensions based on their definitions:**

Following the American Encyclopedia of Psychology's definition of quality of life, the American Psychological Association defined the following dimensions of quality of life <sup>(20)</sup>:

Physical health, emotional balance, occupational stability, family stability and continuity of relationships within the family structure, social stability and continuity of relationships outside the family, economic stability, physical adjustment, and satisfaction with one's overall appearance.

While the World Health Organization defined quality of life in terms of the following <sup>(21)</sup> :

Fitness on all levels: physical, psychological, social, and spiritual, all of which represent the purpose of life.

#### **b. Dimensions of quality of life as determined by the methodologies used to quantify it:**

Despite the challenges inherent in evaluating the quality of life accurately, some have attempted to quantify it via the use of indicators or dimensions. Fallowfield (Fallowfield, 1990) established the following measures for assessing life quality that Habib (2006 AD) mentioned:

(<sup>22</sup>) Psychological indicators, social indicators, occupational indicators, and physical indicators.

Habib (2006) developed a questionnaire to assess the characteristics of quality of life, which he classified into five categories: psychological, cognitive, cultural, social, and personal.

Suleiman (2010) defined quality of life in five dimensions: (<sup>23</sup>) public health, family and social life, education, mental health, and time management.

Mansi and Ali (2010) proposed a six-dimensional measure of life quality: (<sup>24</sup>) general health, family and social life, quality of education, emotional well-being, mental health, and quality of time.

The World Health Organization's quality of life percentile scale (WHOOL-100) established six characteristics of quality of life: (<sup>25</sup>)

The physical dimension, the psychological dimension, the dimension of independence, the dimension of social relationships, the dimension of the environment, and the dimension of religion.

**c. Dimensions of quality of life in accordance with the Kingdom's vision's quality of life programme 2030:**

The quality of life programme derived from the Kingdom of Saudi Arabia's vision (2030) recognises that the idea of quality of life is a wide term whose meaning is subjective. To supplement its description, six comprehensive worldwide metrics were used as baselines, particularly (<sup>26</sup>): The Economist Intelligence Unit, the Mercer

Quality of Life Index, the Monocle Quality of Life Survey, the World Happiness Report, and the OECD Quality of Life Index are all sources of information. And the American Association of Retired Persons' (ARRP) Liveability Index, two categories closely connected to life quality were identified: liveability and lifestyle.

The first idea, "livability," is concerned with the fundamental urban standards of life, including infrastructure and essential services such as security, health, and education.

In terms of the second idea, "lifestyle" refers to a collection of options and methods to enjoy life, such as sports, culture, and entertainment.

Although the majority of researchers focused on indicators associated with the objective dimension of this term, which includes a set of indicators that can be observed and directly measured, such as social and economic status, income level, the size of one's social network, and work conditions...(<sup>27</sup>), the findings of numerous researches and studies demonstrate that focusing on objective indicators of quality of life contributes only a small portion to overall assessments of quality of life. and a sense of general well-being (overall well-being) (<sup>28</sup>).

Researchers should focus on the subjective components of the quality of life, including self-report on: the quality and level of individual aspirations, the individual's perceptions and perceptions of the world of experience in which he interacts, and the trend towards life in general (<sup>29</sup>), many studies and research in the area of quality of life have established that (quality of life) is a matter of subjective

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experience, and that this term can have no existence or significance unless it is interpreted and assessed by the person. His life experiences <sup>(30)</sup>, and the existence of external standards and values does not imply that they have an independent meaning, but rather that their meaning is determined in the context of what they represent of importance and value for the individual himself, in other words that external indicators of the quality of life have neither value nor importance in and of themselves, but rather gain their importance through the individual's perception and evaluation of it <sup>(31)</sup>.

#### **d. Dimensions required to achieve quality of life:**

Based on the preceding, the study concludes that the quality of life in its various dimensions targets and is related to the human being, and that the most direct way to achieve the quality of life for the human being is to approach the human being, and the most close way to the human being is the direct way to the human being, through the development of the various aspects of the human personality and meeting the r May God's prayers and peace be upon him, according to what the Creator of man decreed, as revealed in the Noble Qur'an, and in the Sunnah of His Messenger.

As a result, the dimensions of quality of life are represented in the previously stated aspects of the human personality, namely: the physical side, the mental side, the faith side, the spiritual side, the emotional side, the social side, the conscience side, the moral side, the volitional side, the sexual side, the creative aesthetic side, and the financial professional side.

#### **The second issue is, what are the methods for attaining the dimensions of quality of life?**

The means to achieve the dimensions of quality of life are the means necessary to develop the aspects of the human personality and achieve its requirements according to God's law, which are the aspects identified in the previous section, and this research will be limited to the related means in the psychological, mental, and financial professional aspects of the aspects of the human personality, as follows:

#### **Psychological considerations**

The psychological quality of life is based on what is known as (positive mental health) rather than focusing on defect or mental illness, which is consistent with positive psychology trends, and psychological quality of life is linked to an attempt to monitor or realise people's appreciation of various aspects of their psychological life, and that It is done by answering a variety of questions, such as: To what degree do individuals believe they have reciprocal good social interactions with others? How much importance and worth do individuals place on their personal lives? To what extent do people believe they have control over their lives? <sup>(32)</sup>, and this perspective on the quality of life is known as (the psychological quality of life), and many studies and research have proven that the quality of psychological life is one of the most important components or dimensions of what is known as the quality of life in general, and it is the pivotal component of the quality of life in general, and the quality of life can be defined as Psychological life is defined as "the individual's sensory perceptions of his place in life in cultural terms, as well as the

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value system in the society in which the individual lives, as well as his relationship with his goals, expectations, constants, and beliefs, and includes aspects of psychological state and level of independence." It is also known as "positive self-esteem, emotional balance, appetite for life, and acceptance of others, in addition to one's liberation or freedom from symptoms of psychological disorder" (33), and Diener defines psychological quality of life as "evaluation of A person's reaction to life, whether embodied in life satisfaction (cognitive assessment) or affection (continuous emotional reaction)" (34).

It was vital to know if the phrase psychological quality of life is an antithesis of the word (psychological maladjustment) or not in the context of the researchers' quest to establish what psychological quality of life is. In other words, do psychological quality of life and mental disease comprise distinct aspects of mental health or psychological occupation? In order to address this essential issue, the researchers were separated into two groups. The first group thinks that psychological quality of life and mental disease are distinct domains of psychological function or mental health, and that knowledge on the origins, consequences, and interconnections of each cannot be drawn from the other. , whereas proponents of the second group emphasise the opposite, seeing that the quality of psychological life and mental illness represent the two extremes on the bipolar continuum, and thus the proponents of this approach emphasise the importance of understanding distress, tension, and psychological disorder as an imperative to understanding the quality of psychological life, and it can be said that people with high levels of

psychological disorders such as depression, Appreciated, useful, and significant to him, in addition to measuring high levels of satisfaction with himself and his life in general, and the quality of psychological life is connected to both the general feeling of contentment, tranquillity, and psychological reassurance (35).

Motivation is one of the three learning conditions, which are: maturity, motivation, practise, and the development of the emotional side, which prepares the growth of individuals' motivation, as well as the growth of their emotions, feelings, and emotions, and makes the individual able to understand himself; which helps him to build healthy psychological attitudes towards himself, towards people, and towards life, and sends him a desire to learn. Also, mental health improves a person's ability to face life with confidence and competence, and education must develop this aspect by meeting man's psychological demands and needs in ways sanctioned by Islam and between them, such as the need for security, love, care, the satisfaction of others, social appreciation, freedom and independence, the need for success, and other needs and demands of the human personality.

### **Mental aspect**

Attention to mental health is a fundamental prerequisite for achieving a high quality of life. Human existence is not straight without the intellect, which distinguishes between good and evil, right and wrong, and good and ugly. It is a scientific instrument. Science and knowledge, which enable more of what God has submitted to man to be discovered, as well as the required mental processes, such as reflection, contemplation, recollection,

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learning, and teaching, which lead all human actions.

It has already been stated that (quality of life) is a broad concept that includes all negative and positive aspects of life, such as psychological, mental, and economic health <sup>(36)</sup>, and despite the importance of mental quality of life, approximately half of the world's population suffers from mental illness, which affects their self-esteem and abilities. According to World Health Organization statistics, poor mental health can affect the individual and lead to several problems such as drug abuse and addiction <sup>(37)</sup>, a person who suffers from a disorder in his mental state faces many problems and challenges, the most serious of which is anxiety and problems in his relationships with others, as well as many other psychological disorders <sup>(38)</sup>.

To achieve mental quality of life, international organisations have begun to increase their focus on the prevention of mental disorders, as evidenced by reports issued by the World Health Organization and the European Union, and these reports emphasise the importance of preventing the disorder at an early age, which may significantly reduce the chances of developing the disorder later in life <sup>(39)</sup>. Educators, psychotherapists, life coaches, psychologists, nurses, and physicians can help improve mental health and achieve mental health equity for all people around the world <sup>(40)</sup> by increasing one's enjoyment of life and creating a balance between life activities and its requirements in order to improve one's quality of life <sup>(41)</sup>.

To attain the quality of life for the human person, education must address the

mental side in ways and techniques that promote his development, allowing him to execute his job and function effectively.

### **Professional financial aspect**

Economic pressures affect the quality of life for individuals and societies because there is a link between a low level of quality of life and poverty, and good economic conditions affect the quality of an individual's life because it enables the individual to live in a better way while giving him flexibility in dealing with the inevitable life challenges. Including, and the individual's constant sense of contentment and happiness <sup>(42)</sup>, and it is noteworthy that the term quality of life, sometimes understood by the well-being of life, and it is an understanding of an economic core, and from this point of view, the Organization for Economic Cooperation and Development developed many criteria to determine the requirements for quality of life, and these criteria are essentially They are economic factors such as a job and a salary. Anyone who has a good job and a good income lives a good life, but the availability of these standards varies, and this depends not only on the data of the life environment in which a person lives and the various opportunities and activities around him, but also on the person's aspirations, diligence, and good dealing with what this environment provides <sup>(43)</sup>.

A decent work standard is required to assure the quality of economic life, since a job is not only a source of cash, but also a way of highlighting the worth of the human person and enabling him to offer and accomplish oneself. In this sense, the employment must be useful and valuable to

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others, whether monetarily or socially, or even both. The job criteria are related to the income criterion. The productive jobs bring the appropriate income and contribute to securing other quality of life standards, and they benefit more than just their owners; rather, they revitalise the economic environment of the relevant country, and thus creating such jobs is a necessity for progress, and this requires people of creativity and innovation on one side, and people of investment, and possibly bold capital on the other. Many universities strive to contribute to bringing such two parties together via their technological parks and valleys, so that they may not only graduate skilled individuals, but also successful technical institutions. In what are known as technological incubators, such organisations are frequently financed before they are founded (44).

Islamic education has been concerned with the professional element of man in more than one area, and the importance of work has been explained, and that a person exists to execute a job, and that his execution of this job reflects his existence and the quality of his life.

From the above, it is obvious that there is a significant link between a person's quality of life and his or her professional component. The more this element is cultivated, the better this person's quality of life will be.

### **Conclusion**

At the end of this research, it should be underlined that (quality of life) reflects the amount to which balanced growth has been reached for all parts of the human personality, in order to attain life satisfaction and delight, and to achieve positive existence. On the one hand, the objectivity of his surroundings, such as education, employment, quality of living,

and social ties, and on the other hand, the relevance of these themes for the person at a given moment and condition.

The investigation yielded the following findings:

1. The phrase (quality of life) was developed for the human being, and it is more linked to the human being than to others.

2. The dimensions of quality of life are represented by the qualities of human personality.

3. Life quality is achieved when all aspects of the human personality are developed while meeting the requirements of each aspect as defined by Islam, which are: the physical aspect, the mental aspect, the faith aspect, the spiritual aspect, the psychological aspect, the social aspect, the aspect of conscience or scruples, the moral side, the volitional side, the sexual side, the creative aesthetic side, and the professional side.

4. The ways of developing every component of the human personality, as well as meeting the needs of each aspect of the human personality defined and addressed by Islamic education, and attained maximally.

Praise be to the Lord of the world (Allah), and prayer and peace upon the most honored prophets and messengers and on his family and his companions to the doomsday.

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