

ARTICLE TITLE: PSYCHOLOGICAL QUALITY OF LIFE AMONG PSYCHOLOGISTS IN PUBLIC HOSPITAL INSTITUTIONS: A FIELD STUDY IN THE CITY OF EL OUED

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Abstract:

The aim of this study was to assess the level of psychological quality of life among psychologists in the city of El Oued, through analyzing its six dimensions: self-acceptance, autonomy, positive social relationships, environmental mastery, personal growth and development, and purpose in life.

The study adopted the descriptive method and included a sample of 31 psychologists working in the city's public hospital institutions, using Muhannad Yasser Al-Dhamiri's Psychological Quality of Life Scale (2019), consisting of 47 items.

The results showed that the level of psychological quality of life among the psychologists was moderate across all six dimensions, with limited variation in high and low levels. These results reflect the impact of professional pressures, organizational constraints, and daily psychological stress on the psychologists' mental health.

The study concluded that enhancing psychological quality of life requires providing a supportive work environment, continuous training programs, professional and social support, and encouraging balance between professional and personal life.

Keywords: psychological quality of life, psychologist, mental health, self-acceptance, autonomy, environmental mastery, personal growth.

Introduction:

Psychological quality of life is considered one of the fundamental concepts that has received increasing attention in psychological and human fields, as it represents a comprehensive indicator reflecting how the individual perceives their psychological reality and the extent of their feeling of satisfaction and harmony in various aspects of life. This concept is not limited to the general feeling of comfort or the absence of distress, but goes beyond that to include a set of overlapping dimensions that together form an integrated picture of psychological well-being. These dimensions include the ability to accept oneself, establish healthy social relationships, control the surrounding environment, in addition to developing personal abilities, continuous advancement, and the feeling of meaning and purpose. Through these dimensions, the individual's psychological state can be understood as a dynamic system influenced by personal, professional, and social factors.

Psychological quality of life acquires a more sensitive dimension among psychologists, as they are in direct contact with the most vulnerable groups and with cases that require a high degree of emotional awareness and professional balance. The nature of therapeutic work makes them susceptible to being affected by the problems they treat, whether acute emotional disorders, cases of anxiety and depression, or complex behavioral problems. With the accumulation of these pressures, the psychologist becomes in urgent need of a high level of psychological resilience that enables them to provide adequate support without negatively affecting their internal balance. The professional environment in which they work—regarding administrative organization, availability of resources,

volume of pressure, and spaces of support—also plays a fundamental role in enhancing or limiting their autonomy and ability to control the work context.

Within this framework, this study came to shed light on the psychological quality of life among psychologists working in public hospital institutions in the city of El Oued, through analyzing the six basic dimensions of this variable and identifying the levels of their presence among them. It also aims to monitor the aspects that contribute to enhancing the mental health of this group and identify the points that may weaken their performance or expose them to accumulated professional pressures. Such data can contribute to building a clear vision that helps decision-makers and those responsible for mental health in designing training programs and mechanisms for continuous support and professional supervision that respond to the needs of psychologists and support their personal and professional balance.

In light of the rapid social and economic transformations witnessed by contemporary societies, the demand for mental health services is expanding, which places psychologists before increasing challenges that may affect their psychological quality of life, especially in the Algerian context characterized by multiple professional burdens and the particularities of the hospital environment. Hence, the central problem of the study is crystallized in the following question: What is the level of psychological quality of life among psychologists working in public hospital institutions?

The following questions stem from this problem:

1. What is the level of psychological quality of life in the dimension of self-acceptance among psychologists working in public hospital institutions?
2. What is the level of psychological quality of life in the dimension of autonomy among psychologists working in public hospital institutions?
3. What is the level of psychological quality of life in the dimension of social relationships among psychologists working in public hospital institutions?
4. What is the level of psychological quality of life in the dimension of personal growth and development among psychologists working in public hospital institutions?
5. What is the level of psychological quality of life in the dimension of environmental mastery among psychologists working in public hospital institutions?
6. What is the level of psychological quality of life in the dimension of purpose in life among psychologists working in public hospital institutions?

Importance of the study:

The importance of this study stems from the pivotal role played by the mental health of psychologists in determining the level of therapeutic services provided within hospital institutions. A psychologist who enjoys psychological balance and a high ability to regulate emotions is more prepared to interact positively with patients, make accurate professional decisions, and provide effective therapeutic interventions. Therefore, understanding the psychological quality of life of this group is not merely a research topic, but represents an essential step in diagnosing the conditions and factors that may contribute to supporting or limiting their well-being.

The study also allows the identification of professional, organizational, and social variables that affect the level of psychological well-being among psychologists, which helps in proposing realistic intervention plans that include support programs, mechanisms for professional supervision, and social support initiatives within the work environment. In addition, the results of the study contribute to enriching the scientific literature related to psychological quality of life in therapeutic professions by providing field data that can be relied upon in developing health policies, improving working conditions within hospital institutions, and enhancing the professional performance of this group, which represents a fundamental pillar in the psychological care system.

Objectives of the study:

1. To estimate the level of psychological quality of life among psychologists working in public hospital institutions in the city of El Oued, by revealing the extent of their feeling of psychological satisfaction, emotional stability, and ability to adapt to the requirements of therapeutic work.

2. To analyze the central dimensions of psychological quality of life among the sample members, through studying the levels of self-acceptance, autonomy in decision-making, quality of social relationships, and ability to control the professional environment, in addition to examining the paths of personal growth and the feeling of meaning and purpose in life, as essential components of psychological well-being.

3. To identify the aspects that represent sources of strength or elements of weakness in the mental health of psychologists, and to propose practical intervention programs and professional and social support that help enhance their personal balance, raise their professional competence, and improve their working conditions within hospital institutions.

Operational definitions:

- **Psychological quality of life:** the level of the psychologist's psychological and social well-being and their ability to adapt to the requirements of daily and professional life, measured through Al-Dhamiri's Psychological Quality of Life Scale (2019), consisting of six dimensions.

- **Self-acceptance:** the psychologist's ability to value themselves and be satisfied with their abilities and traits, measured through the items designated for this dimension in the scale.

- **Autonomy:** the psychologist's ability to make professional decisions and manage their tasks independently, according to the items specific to autonomy.

- **Positive social relationships:** the quality of interaction and communication with colleagues and patients, and the level of mutual social support, measured by the items related to this dimension.

- **Environmental mastery:** the psychologist's ability to manage their professional environment and adapt to pressures and changes, measured through the items specific to this dimension.

- **Personal growth and development:** the level of the psychologist's commitment to developing their skills and knowledge and achieving personal and professional progress, measured according to the items designated for this dimension.

- **Purpose in life:** the psychologist's perception of the meaning of their life and their ability to direct their efforts toward achieving their personal and professional goals, measured through the items related to this dimension in the scale.

Study methodology:

Based on the nature of the subject of this study, the descriptive method was adopted due to its suitability in analyzing psychological and social phenomena in their natural context without affecting their course. This method allows the observation of the professional and behavioral characteristics of psychologists as they are practiced in field reality, which helps in interpreting the relationships between variables and understanding the factors affecting their psychological quality of life. The descriptive method also allows the use of organized research tools—such as questionnaires and interviews—to collect accurate and reliable data reflecting the reality of professional practice within public hospital institutions, which ensures reaching results that genuinely express the real conditions in which psychologists work.

Study population and sample:

The study population consisted of all psychologists working in public hospitals in El Oued Province, numbering 45 psychologists. The researchers adopted the comprehensive survey method due to its suitability to the nature of the small-sized population, and to ensure comprehensive representation and accurate contact with the professional reality inside the hospital institutions of the city of El Oued. After the data collection process, 31 questionnaires valid for analysis were retrieved, representing the study sample with a participation rate of about 69% of the total study population.

This percentage is considered an important indicator reflecting a high degree of cooperation and interest in participating in the research among psychologists, and it also gives the results a greater level of reliability, since they are issued by the majority of the original population members. This sample size allows drawing more realistic conclusions about the nature of psychological quality of life among psychologists and enhances the study's ability to provide an accurate picture of their professional and psychological conditions in public hospital institutions.

Temporal and spatial limits:

- **Temporal limits:** this study was conducted during the months of March and April of the current year.

- **Spatial limits:** the study was limited to public hospitals located in central El Oued city.

Study Instrument: The Psychological Quality of Life Scale developed by Al-Dhamiri (2019) was used as the main instrument for data collection. This scale consists of 47 items distributed across 6 main dimensions, according to Ryff’s model, namely:

self-acceptance - social relationships - autonomy - environmental mastery - personal growth and development - purpose in life.

The scale is based on a five-point Likert scale to estimate responses, where the following numerical values were assigned to each item:

* Strongly agree = 5 points * Agree = 4 points * Neutral = 3 points * Disagree = 2 points

* Strongly disagree = 1 point

Instrument validity: The study relied on the internal consistency method as one of the most common approaches in estimating the validity of psychological scales, as this method allows examining the extent of interrelatedness of the items constituting each dimension of the scale with the total score of that dimension, in addition to examining the relationship of each dimension with the overall total score of the scale as a whole.

Table No. (01): Item correlation coefficients with their dimension – (Self-Acceptance)

No.	Correlation Coefficient	Significance Level	No.	Correlation Coefficient	Significance Level
1	0.55	0.01	5	0.38	0.05
2	0.67	0.01	6	0.49	0.01
3	0.51	0.01	7	0.55	0.01
4	0.42	0.05	8	0.50	0.01

These results confirm that the items of the self-acceptance dimension function in a consistent and homogeneous manner, which enhances the validity of the instrument and demonstrates its suitability for measuring an important aspect of psychological quality of life among psychologists.

Table No. (02): Item correlation coefficients with their dimension – (Positive Social Relationships)

No.	Correlation Coefficient	Significance Level	No.	Correlation Coefficient	Significance Level
9	0.38	0.05	13	0.64	0.01
10	0.56	0.01	14	0.62	0.01
11	0.44	0.05	15	0.6	0.01
12	0.44	0.05	16	0.41	0.05

These results reflect that the items of the positive social relationships dimension are consistent with the theoretical concept they measure, which enhances the validity of the instrument and confirms its reliability in assessing this vital dimension of psychological quality of life among psychologists. This also indicates the scale’s ability to accurately capture individual differences in the nature of professional and personal social relationships, thereby contributing to providing a comprehensive and reliable picture of this aspect of psychologists’ well-being.

Table No. (03): Item correlation coefficients with their dimension – (Autonomy)**

No.	Correlation Coefficient	Significance Level	No.	Correlation Coefficient	Significance Level
17	0.69	0.01	20	0.52	0.01
18	0.52	0.01	21	0.73	0.01
19	0.56	0.01	22	0.50	0.01

This consistency enhances the validity and reliability of the scale in measuring the concerned dimension with high accuracy, which gives researchers greater confidence in interpreting the derived results and using them to assess the level of autonomy among psychologists within hospital institutions. This approach also ensures the study’s ability to provide an accurate and reliable picture of the aspects of professional and individual autonomy that represent an essential part of the psychological quality of life of this professional group.

Table No. (04): Item correlation coefficients with their dimension – (Environmental Mastery)

No.	Correlation Coefficient	Significance Level	No.	Correlation Coefficient	Significance Level
23	0.65	0.01	28	0.47	0.01
24	0.66	0.01	29	0.53	0.01
25	0.60	0.01	30	0.63	0.01
26	0.49	0.01	31	0.71	0.01
27	0.39	0.05			

This good internal consistency of the items with the environmental mastery dimension confirms the scale’s ability to measure this dimension with high accuracy and reliability. It also enhances the credibility of the results derived from the study and allows the researchers to draw accurate information about psychologists’ ability to control their professional environment and adapt to the surrounding conditions, which is an essential element in understanding their level of psychological well-being and their effective professional practice.

Table No. (05): Item correlation coefficients with their dimension – (Purpose in Life)

No.	Correlation Coefficient	Significance Level	No.	Correlation Coefficient	Significance Level
32	0.49	0.01	36	0.46	0.01
33	0.60	0.01	37	0.45	0.01
34	0.43	0.01	38	0.41	0.01
35	0.57	0.01	\	\	\

This consistency enhances the validity and reliability of the instrument in assessing the purpose in life dimension among psychologists. It also enables the researchers to draw accurate conclusions about their perception of meaning and purpose in their professional and personal lives. Therefore, these results can be relied upon in analyzing the overall level of psychologists’ psychological well-being and in providing practical recommendations that contribute to supporting this vital dimension of their psychological quality of life.

Table No. (06): Item correlation coefficients with their dimension – (Personal Growth and Development)

No.	Correlation Coefficient	Significance Level	No.	Correlation Coefficient	Significance Level
39	0.51	0.01	44	0.47	0.01
40	0.55	0.01	45	0.54	0.01
41	0.51	0.01	46	0.33	0.05
42	0.49	0.01	47	0.50	0.01
43	0.60	0.01	\	\	\

This consistency confirms the scale’s ability to provide an accurate and reliable assessment of this dimension of psychological quality of life among psychologists, which enhances the credibility of the derived results and makes it possible to rely on them in drawing precise scientific conclusions about the level of professional and personal growth of this professional group, thereby contributing to the design of appropriate support and development programs.

Table No. (07): Correlation of the dimension score with the total score of the Psychological Quality of Life Scale

Dimension	Correlation Coefficient	Significance Level
Self-Acceptance	0.67	0.01
Positive Social Relations	0.77	0.01
Autonomy	0.70	0.01
Environmental Mastery		
Purpose in Life	0.79	0.01
Purpose in Life	0.82	0.01
Personal Growth and Development	0.83	0.01

These results indicate the existence of strong consistency between the dimensions and the scale as a whole, which reflects a high level of instrument validity in measuring psychological quality of life among psychologists. In other words, these data confirm that the scale possesses an acceptable degree of validity, so that it can be confidently relied upon in providing accurate and reliable results, which allows its use as a valid and effective instrument for studying the different dimensions of psychological quality of life in the professional context of hospital institutions.

Instrument reliability: The reliability of the scale was measured through the use of Cronbach’s alpha coefficient, which was calculated for each dimension separately in addition to the scale as a whole. This procedure aims to evaluate the degree of internal consistency of the instrument, ensuring that all items function in a consistent and homogeneous manner in measuring the targeted variables. The calculation of Cronbach’s alpha contributes to enhancing the reliability of the results, as it reflects the extent to which researchers can rely on the instrument in providing accurate and stable estimates of psychological quality of life among psychologists within hospital institutions.

Table No. (08): Reliability coefficients of the scale using Cronbach’s alpha method

Dimensions	Number of Items	Cronbach’s Alpha
Self-Acceptance	8	0.80
Positive Social Relations	8	0.78
Autonomy	6	0.82
Environmental Mastery		
Purpose in Life	9	0.79
Purpose in Life	7	0.87
Personal Growth and Development	9	0.84
Scale	47	0.83

Accordingly, the results derived from the scale can be relied upon with confidence, as this level of reliability indicates that the scale possesses sufficient properties that allow it to be accepted and used in the study, ensuring that the collected data reflect the professional and psychological reality of psychologists in a reliable manner that is suitable for scientific analysis.

Presentation, Analysis, and Interpretation of the Result of the First Question

What is the level of psychological quality of life in its self-acceptance dimension among psychologists in the city of El Oued?

Table No. (09): Distribution of the sample members according to the level of the self-acceptance dimension.

Variable	Levels					
	Low		Moderate		High	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Self-Acceptance	3	9.68%	22	70.97%	6	19.35%

It is clear from the table that the majority of psychologists (70.97%) have a moderate level in the self-acceptance dimension, while the percentage of psychologists with a low level represents only 9.68%, whereas psychologists with a high level account for 19.35%.

To assess the significance of the differences between these levels, the Chi-square test (χ^2) was used, which makes it possible to determine whether the observed distributions differ significantly from the expected distribution, and thus infer statistically significant differences between the different levels of psychologists.

The results indicate that the majority of psychologists have a moderate degree of self-acceptance, which reflects a reasonable level of self-satisfaction and awareness of their personal abilities. The table also shows the presence of a limited percentage of psychologists with a low level, which calls for consideration of psychological support and development programs to enhance this dimension among them. As for psychologists with a high level, their percentage indicates the presence of individuals who possess an advanced ability for self-appreciation and dealing with professional

pressures, which may positively reflect on the quality of their professional performance and on their ability to manage difficult situations within the hospital work environment.

Table No. (10): Significance of differences between the levels of the self-acceptance dimension

	Level	Observed Frequency	Expected Frequency	χ^2	Significance Level
Indicators Self-Acceptance	Low	3	10.3	20.19	0.01
	Moderate	22	10.3	20.19	0.01
	High	6	10.3	20.19	0.01

It is clear from the table that the value of the Chi-square test (χ^2) reached 20.19, which is statistically significant at the 0.01 level, indicating the presence of significant differences between the levels of the self-acceptance dimension among psychologists. The larger percentage (70.97%) classified within the moderate level reflects that psychological quality of life in the self-acceptance dimension is generally classified as moderate.

This situation reflects that the majority of psychologists possess a balanced self-perception and a moderate level of satisfaction with their personal abilities, while the smaller percentages at the low and high levels represent groups that may need special support or reinforcement to improve this dimension. This variation highlights the importance of adopting strategies and programs aimed at enhancing self-acceptance among psychologists, in a way that contributes to improving their overall psychological quality of life, strengthening their ability to cope with professional pressures, and improving their competence in the hospital work environment.

The results related to the self-acceptance dimension among psychologists can be interpreted by considering a set of psychological and social factors that affect this dimension of psychological quality of life. The results that showed the presence of a proportion of psychologists at the moderate or low levels indicate that some psychologists may suffer from excessive self-criticism, which limits their ability to recognize their actual abilities and increases their feeling of dissatisfaction with themselves. When the psychologist continuously focuses on their mistakes and weaknesses rather than their achievements and strengths, this leads to a decline in self-esteem and an increase in frustration levels, which may in turn affect the quality of their professional performance.

Setting unrealistic or excessively high expectations may also contribute to a lower level of self-acceptance, as psychologists who set goals that are difficult to achieve may feel frustrated when they are unable to attain them, which reduces their self-confidence and hinders their ability to acknowledge their achievements. From this perspective, it becomes necessary to adopt a balanced approach to self-evaluation that focuses on personal growth and continuous improvement, while taking into account individual achievements and gradual progress, instead of becoming immersed in excessive self-criticism or focusing only on mistakes.

These data indicate that enhancing self-acceptance requires supportive strategies directed toward a realistic appreciation of individual abilities, which contributes to improving the psychological quality of life of psychologists and enhances their ability to face professional work pressures effectively.

Moreover, exposure to criticism or the belittling of psychologists by others—whether from family members or work colleagues—may have a clear negative impact on their sense of self-confidence and increase levels of frustration, which weakens their motivation and limits their ability to progress professionally and personally. Therefore, it becomes necessary for psychologists to learn to deal with criticism constructively, so that it is viewed as an opportunity for improvement and development, rather than allowing its negative effects to dominate self-evaluation and the level of psychological satisfaction.

Likewise, a lack of emotional support from family or friends may also contribute to lowering the level of self-acceptance, as comparing oneself with successful colleagues or those who excel in

professional achievements may lead to a feeling of inefficiency or inadequacy, which weakens the individual’s perception of their achievements and reduces their self-esteem.

Accordingly, the results reflect that the moderate level of self-acceptance among the majority of psychologists is not merely an individual matter, but rather the product of the interaction of a set of psychological and social factors, including self-criticism, pressure of expectations, the nature of external comments, and the level of available social support. From a practical perspective, enhancing positive self-awareness, dealing with criticism in a balanced way, setting realistic goals, and obtaining appropriate social support can contribute to raising the level of self-acceptance among psychologists, which in turn enhances their psychological quality of life and strengthens their ability to face the challenges of the work environment with greater efficiency and flexibility.

In contrast, we find that 19.35% of psychologists (equivalent to 6 individuals) have a high level of self-acceptance, and this can be explained by several interrelated factors. First, these psychologists may have acquired deep self-awareness as a result of continuous training in professional and psychological skills, which gives them the ability to evaluate themselves objectively and acknowledge their strengths and weaknesses in a balanced way. This self-awareness directly contributes to raising the level of self-acceptance and enhancing personal satisfaction with both professional and individual performance.

Second, these psychologists often possess an advanced ability to help others and solve their problems, which strengthens their sense of self-efficacy and self-confidence. Providing support and making a positive contribution to the lives of others acts as a reinforcing factor for the psychologist’s sense of worth and effectiveness, and leads to a direct positive effect on the level of self-acceptance. Therefore, it can be said that the interaction between self-awareness, professional competence, and the ability to provide support forms a strong foundation that contributes to achieving high levels of self-acceptance among this group of psychologists.

Self-esteem is considered a driving force toward achieving further success and accomplishments, as it is closely linked to the positive evaluations that the individual gives themselves and the positive evaluations they receive from others. Academic and professional success also contributes to strengthening psychologists’ self-image and increasing their appreciation of their abilities, which leads to the formation of a positive reinforcing cycle that supports higher levels of self-acceptance, especially among psychologists who achieve tangible and remarkable accomplishments in their field of work.

Accordingly, it can be said that psychologists who enjoy a high level of self-acceptance combine several integrative elements, including advanced self-awareness, professional competence, positive social support, and personal and professional successes. Together, these factors form a strong foundation that enhances their sense of self-satisfaction and contributes to maintaining a high level of psychological quality of life in the self-acceptance dimension, which is positively reflected in their professional performance and their ability to face daily pressures and challenges in the hospital work environment.

Presentation, Analysis, and Interpretation of the Result of the Second Question

- What is the level of psychological quality of life in its autonomy dimension among psychologists in the city of El Oued?

Table No. (11): Distribution of the sample members according to the level of the autonomy dimension.

Variable	Levels					
	Low		Medium		High	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Autonomy	3	9.68%	22	70.97%	6	19.35%

It is clear from the table that the majority of psychologists (70.97%) belong to the moderate level in the autonomy dimension, while the percentage of psychologists at the low level represents 9.68%, and those at the high level account for 19.35% of the sample.

To determine whether these differences between the levels of the autonomy dimension are statistically significant, the Chi-square test (χ^2) was used, as it allows examining the extent to which the observed distributions differ from the expected distributions, and assessing whether the differences between the levels represent a real variation among individuals or merely random fluctuation. This test helps provide an accurate reading of the level of autonomy among psychologists and understand its distribution across low, moderate, and high levels, thereby providing a basis for analyzing the results and deriving practical recommendations to enhance professional autonomy.

Table No. (12): Significance of differences between the levels of the autonomy dimension

Indicators Autonomy	Level	Observed Frequency	Expected Frequency	χ^2	Significance Level
	Low	3	10.3	20.19	0.01
	Moderate	22	10.3	20.19	0.01
	High	6	10.3	20.19	0.01

The results indicate that the value of the Chi-square test (χ^2) reached 20.19, which is statistically significant at the 0.01 level, indicating the presence of significant differences between the levels of the autonomy dimension among psychologists.

Based on these results, it can be concluded that the level of psychological quality of life in the autonomy dimension among psychologists in the city of El Oued is classified as moderate. This reflects that the majority of psychologists have a balanced ability to make decisions independently and manage their professional tasks with relative effectiveness, with a limited proportion of psychologists at the low or high levels, which reflects individual differences in professional experience, self-efficacy, and the level of social and professional support available to them.

From a psychological and social perspective, this result can be explained by several factors:

- The moderate level may be the result of differences in professional experience and continuous training among psychologists, as ongoing training enhances autonomy and self-reliance.
- Self-confidence and self-efficacy play an important role in supporting autonomy, as psychologists who feel competent in solving problems and making professional decisions tend to have a higher level of autonomy.
- Environmental and social factors, such as support from colleagues and supervisors, work pressures, and the nature of daily tasks, may affect the level of autonomy, either by increasing the ability to rely on oneself or reducing it in cases of psychological stress.

Based on the above, the analysis indicates that improving professional experience, developing self-efficacy, and strengthening social support can raise the level of the autonomy dimension among psychologists, which directly contributes to enhancing their overall psychological quality of life.

Table No. (12): Significance of differences between the levels of the autonomy dimension

Levels						
Variable	Low		Medium		High	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Autonomy	3	9.68%	22	70.97%	6	19.35%

The table shows that the majority of psychologists (70.97%) fall within the moderate category in the autonomy dimension, while the low level represents 9.68%, and the high level only 19.35%. The results of the Chi-square test ($\chi^2 = 20.19$, significant at the 0.01 level) showed statistically significant differences between the levels of autonomy, which reflects real variation in psychologists' abilities to make decisions and assume professional responsibility.

The moderate level among the majority of psychologists reflects a balanced ability to manage tasks and make decisions independently, with individual variation appearing in low and high levels as a result of differences in experience, self-efficacy, and the professional support available to each individual.

Interpretation of the results from a psychological and social perspective

1. Professional experience and training: Psychologists who received continuous training have better skills in decision-making and problem-solving, which enhances their ability to work independently. The group with the low level often lacks sufficient practical experience, which makes it rely on guidance or direction from colleagues and supervisors.

2. Self-confidence and self-efficacy: The psychologist's feeling of competence and ability to face daily work challenges contributes to enhancing autonomy. Excessive dependence on others or self-doubt, on the other hand, reduces the ability to make decisions independently and limits professional mastery.

3. Social and professional support: The presence of a supportive work environment, including cooperation with colleagues and supervisors, contributes to enhancing autonomy, whereas lack of support or continuous criticism may hinder the psychologist's independent performance of their responsibilities.

4. Professional stage and organizational environment: Psychologists at the beginning of their professional lives often face organizational constraints such as continuous guidance from management or the distribution of tasks within large work teams, which reduces opportunities to practice autonomy. These factors may limit the development of decision-making ability and the achievement of self-mastery.

The 19.35% of psychologists who enjoy a high level of autonomy represent the most experienced and competent group, which has often acquired advanced abilities through continuous training and long practical experience. A supportive organizational environment, which provides flexibility at work and encourages self-directed decision-making, also enhances the ability of these psychologists to work independently and confidently.

The analysis indicates that the level of autonomy among psychologists in the city of El Oued is generally classified as moderate, with individual differences related to experience, training, social support, and self-confidence. To improve this dimension and enhance psychological quality of life, it is recommended to focus on:

- Enhancing continuous professional training and advanced development programs.
- Providing a supportive and flexible work environment that encourages independent decision-making.
- Developing self-confidence and self-efficacy through effective supervision and positive guidance.

These measures contribute to raising the level of autonomy among psychologists, thereby enhancing their ability to perform their tasks efficiently and positively affecting the quality of the psychological services provided. Al-Dhamiri (2019) also indicates that autonomy represents a foundation for the ability to exercise self-control, direct behavior, feel free will, and assume responsibility, all of which are necessary elements for supporting professional performance and the psychologist's psychological well-being.

Presentation, Analysis, and Interpretation of the Result of the Third Question

- What is the level of psychological quality of life in its positive social relationships dimension among psychologists in the city of El Oued?

Table No. (13): Distribution of the sample members according to the level of the positive social relationships dimension.

Levels						
Variable	Low		Medium		High	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Social Relations	4	12.90%	25	80.65%	2	4.45%

It is clear from the table that the majority of psychologists (80.65%) have a moderate level of positive social relationships quality, while the low level represents 12.90%, and the high level represents a limited percentage of 4.45%.

To determine the significance of the differences between these levels, the Chi-square test (χ^2) was used, which is the appropriate test to determine whether the observed distributions differ significantly from the expected distribution. The results indicate the presence of statistically significant differences between the levels of positive social relationships, reflecting that most psychologists belong to a moderate level in this dimension.

From a psychological and social perspective, this result can be interpreted by several factors:

- **Work pressure and professional responsibilities:** Work intensity and multiple tasks may limit the psychologist's ability to develop strong and stable social relationships, which leads to the level remaining within the moderate range.
- **Social communication skills:** Psychologists at the moderate level may have the ability to establish effective relationships with colleagues and patients, but they do not reach the highest level of positive social interaction due to experiential or environmental factors.
- **Social and professional support:** The availability of a supportive work environment that encourages cooperation and social interaction enhances the quality of relationships, while lack of support or continuous criticism may limit the psychologist's ability to develop advanced positive relationships.

Accordingly, the analysis indicates that positive social relationships among psychologists in the city of El Oued are characterized by moderation, which reflects the possibility of enhancing this dimension through developing training programs to improve communication skills, encouraging a supportive work environment, and strengthening social interaction among colleagues, which will positively reflect on their psychological quality of life in general.

Table No. (14): Significance of differences between the levels of the positive social relationships dimension.

Indicators Social Relations	Level	Observed Frequency	Expected Frequency	χ^2	Significance Level
Indicators Social Relations	Low	4	10.3	31.41	0.01
Indicators Social Relations	Moderate	25	10.3	31.41	0.01
Indicators Social Relations	High	2	10.3	31.41	0.01

It is evident from the table that the Chi-square value (χ^2) reached 31.41, which is significant at the 0.01 level, indicating the presence of statistically significant differences between the levels of the positive social relationships dimension among psychologists.

Since the highest percentage (80.65%) was at the moderate level, it can be concluded that the level of psychological quality of life in the positive social relationships dimension among psychologists in the city of El Oued is classified as moderate. This indicates that the majority of psychologists are able to establish effective social relationships with colleagues and patients, but they have not yet reached the highest levels of positive social interaction.

From a psychological and social perspective, this result can be explained by several factors:

- **Work pressures and multiple responsibilities:** the large number of tasks and psychological pressure may limit the psychologist's ability to develop strong and stable social relationships.
- **Social communication skills:** most psychologists possess the ability to deal effectively with others, but some individuals may need to develop additional skills for full positive interaction.
- **Social support and the organizational environment:** a supportive work environment and encouragement of cooperation and interaction with colleagues enhance social relationships, while lack of support or continuous criticism can limit the quality of social interaction.

Based on the above, the analysis indicates that positive social relationships among psychologists are characterized by moderation, which reflects the possibility of enhancing this dimension through training programs to develop communication skills, encouraging cooperation among colleagues, and providing a supportive work environment that encourages social interaction, which will positively reflect on their overall psychological quality of life.

The moderate level in the positive social relationships dimension among psychologists in the city of El Oued can be explained by several factors related to the nature of the work and its requirements. Some psychologists find it difficult to balance their professional obligations with their social life, which leads to a decline in their interest in social relationships. This is attributed to the heavy pressures they are exposed to in their profession, which may negatively affect their ability to maintain positive and stable relationships. Excessive focus on the technical aspects of work, which require skills such as creativity, the ability to express oneself, and the use of tools and techniques to achieve professional goals, may also lead to reduced social engagement, thereby affecting the quality of psychologists' social relationships.

In contrast, we find that only 4.45% of psychologists enjoy a high level of positive social relationships. This can be explained by their ability to establish and maintain good and healthy relationships with others, as these psychologists possess strong social skills that enable them to communicate effectively, show empathy and understanding, and build trust with those around them. This high level of positive social relationships enhances their sense of belonging and social support, which is positively reflected in their mental health and professional performance. It also contributes to improving their overall quality of life, as positive social relationships are an important factor in achieving psychological balance and well-being.

Accordingly, the results indicate that the majority of psychologists possess a moderate level in this dimension, which opens the way for developing programs to enhance social and communication skills, encourage positive interaction among colleagues, and create a supportive work environment, thereby contributing to raising the level of their psychological quality of life in general.

Presentation, Analysis, and Interpretation of the Result of the Fourth Question

What is the level of psychological quality of life in its growth and development dimension among psychologists in the city of El Oued?

Table No. (15): Distribution of the sample members according to the level of the growth and development dimension.

Variable	Levels					
	Low		Moderate		High	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Personal Growth and Development	5	16.13%	23	74.19%	3	9.67%

The results in Table No. (15) indicate that the majority of psychologists (74.19%) fall within the moderate level in the dimension of personal growth and development, while the group with a low level represents 16.13%, and the group with a high level represents only 9.67%. This distribution reflects that the level of personal growth and development among most psychologists is generally classified as moderate, which indicates the existence of a balanced foundation of abilities and skills, with individual differences that require consideration of the factors influencing them.

The results can be interpreted from the perspective of several psychological and professional factors. First, the moderate level indicates that the majority of psychologists possess a reasonable degree of self-awareness and the ability to engage in continuous learning and develop their professional and personal skills, but they may face limited challenges in reaching higher levels of progress and growth. This may be attributed to the daily pressures associated with complex professional tasks, such as dealing with critical psychological cases and managing organizational pressures within hospital institutions, which may limit their ability to focus on continuous personal development.

Second, the group with a low level (16.13%) represents a portion of psychologists who may face a lack of professional or psychological support, limited experience, or insufficient available training resources, which may hinder their professional growth and reduce their opportunities to develop new skills. This level may also be related to individual psychological factors such as excessive self-criticism, low self-confidence, or difficulties in adapting to professional changes, making this group more vulnerable to feelings of frustration and limiting their ability to achieve personal progress.

Third, the percentage of psychologists with a high level (9.67%) reflects the presence of individuals who possess extensive experience, a commitment to continuous learning, and high skills in adapting to professional challenges. These psychologists may also have acquired effective strategies for managing stress and balancing work demands with personal life, which contributes to enhancing their sense of self-efficacy and enables them to achieve tangible accomplishments that positively affect their level of personal growth and development.

In general, these results reflect that personal growth and development among psychologists in the city of El Oued are influenced by the interaction of a set of psychological, professional, and social factors, including the level of practical experience, the availability of training and continuous support programs, the ability to adapt to work pressures, as well as individual factors such as self-esteem and awareness of personal abilities.

Table No. (16): Significance of differences between the levels of the personal growth and development dimension.

Indicators Personal Growth and Development	Level	Observed Frequency	Expected Frequency	χ^2	Significance Level
	Low	5	10.3	23.48	0.01
	Moderate	23	10.3	23.48	0.01
	High	3	10.3	23.48	0.01

It is clear from the table that the Chi-square value (χ^2) reached 23.48, which is significant at the 0.01 level, indicating the presence of statistically significant differences between the levels of the personal growth and development dimension among psychologists.

Since the highest percentage (74.19%) was in favor of the moderate level, it can be concluded that the level of psychological quality of life in the personal growth and development dimension among psychologists in the city of El Oued is classified as moderate.

From an interpretive perspective, this moderate level may be attributed to the continuous professional stress experienced by the psychologist. Daily dealing with the feelings and problems of others places the psychologist under considerable psychological and emotional pressure, which reduces their ability and interest in focusing on personal growth and development. In addition, preoccupation with professional responsibilities and meeting work requirements may leave limited time for self-reflection and for developing personal and professional skills independently.

This analysis indicates the importance of providing a supportive work environment, stress management techniques, and training programs to enhance self-development, as improving professional conditions and providing opportunities for personal and professional growth can raise the level of this dimension among psychologists, which in turn is positively reflected in their overall psychological quality of life.

Personal growth and development for the psychologist constitute an essential element in their professional and personal career, as they contribute directly to enhancing their competence and ability to provide psychological care effectively. This dimension requires a continuous commitment to learning and professional development through participation in training courses, workshops, and scientific conferences aimed at deepening knowledge of the latest research and therapeutic methods. In addition, personal development includes working toward a deeper understanding of the self and managing personal emotions and psychological challenges, which helps the psychologist build a healthy balance between professional and personal life. Interaction with colleagues and the exchange of experiences and advice also represent a central part of the growth process, as they provide a supportive environment for exchanging ideas and developing practical and personal skills.

Moreover, professional supervision and guidance from experts are among the essential factors that enhance the psychologist's abilities and increase their self-confidence, which is positively reflected in their effectiveness in practicing the profession and achieving their professional and personal goals. Consequently, focusing on personal growth and development contributes to improving the psychologist's psychological quality of life and supports their ability to deal with work demands and pressures in a balanced and sustainable manner.

Presentation, Analysis, and Interpretation of the Result of the Fifth Question

What is the level of psychological quality of life in its environmental mastery dimension among psychologists in the city of El Oued?

Table No. (17): Distribution of the sample members according to the level of the environmental mastery dimension.

Variable	Levels					
	Low		Medium		High	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Environmental Mastery	3	9.67%	23	74.19%	5	16.13%

It is clear from the table that the overwhelming majority of psychologists (74.19%) belong to the moderate level in environmental mastery quality, while the low level represents 9.67% and the high level represents 16.13% of the sample.

To determine the significance of the differences between these levels, the Chi-square test (χ^2) was used, which allows detecting whether the observed distributions differ significantly from the expected distribution. The results indicate the presence of statistically significant differences between the levels of environmental mastery, reflecting that the majority of psychologists have a moderate sense of ability to manage their professional environment, control their resources, and make appropriate decisions.

From an interpretive perspective, the moderate level of environmental mastery may be attributed to several factors:

- 1. Continuous professional pressures:** daily dealing with diverse psychological cases places the psychologist under psychological and emotional pressure, which may limit their sense of mastery and full control over their professional environment.
- 2. Organizational and administrative constraints:** some hospital institutions impose strict rules and routine procedures, which reduce the psychologist’s autonomy and limit their sense of mastery.
- 3. Professional support and available resources:** the level of mastery is affected by the availability of support from colleagues and administration, and by the provision of the resources necessary to accomplish tasks efficiently, as limited support reduces the psychologist’s sense of control over their environment.

Accordingly, the analysis indicates that environmental mastery among the majority of psychologists is moderate, which reflects the need to strengthen the work environment, provide sufficient resources and support, and develop training programs to increase the psychologist’s ability to control their professional environment. Improving this dimension is expected to raise psychological quality of life and enhance psychologists’ professional competence.

Table No. (18): Significance of differences between the levels of the environmental mastery dimension

Indicators	Level	Observed Frequency	Expected Frequency	χ^2	Significance Level
Personal Growth and Development	Low	5	10.3	23.48	0.01
	Moderate	23	10.3	23.48	0.01
	High	3	10.3	23.48	0.01

It is clear from the table that the Chi-square value (χ^2) reached 23.48, which is significant at the 0.01 level, indicating the presence of statistically significant differences between the levels of the environmental mastery dimension among psychologists.

Since the highest percentage (74.19%) was in favor of the moderate level, it can be concluded that the level of psychological quality of life in the environmental mastery dimension among psychologists in the city of El Oued is classified as moderate.

From an interpretive perspective, this moderate level reflects several possible factors:

- 1. Continuous professional pressures:** daily dealing with various psychological problems and cases places the psychologist under considerable psychological and emotional pressure, which may limit their sense of mastery and control over their professional environment.
- 2. Organizational and administrative constraints:** some institutions impose strict procedures or routine regulations that reduce the psychologist’s ability to make decisions freely, which affects their sense of environmental mastery.

3. Available support and resources: the availability of support from colleagues and administration, in addition to sufficient resources to perform tasks, enhances the psychologist’s sense of control and mastery, while the lack of these elements leads to a moderate level of environmental mastery.

Accordingly, the analysis indicates that environmental mastery among the majority of psychologists is moderate, which highlights the need to improve the work environment, strengthen professional support, and provide necessary resources. These measures would raise the level of environmental mastery and consequently improve psychological quality of life and the professional performance efficiency of psychologists.

When the level of environmental mastery among psychologists is moderate, this reflects their ability to manage and control their professional environment to a reasonable degree, with the possibility of facing some difficulties or challenges in specific situations. Psychologists at this level are able to deal with most work pressures and sudden changes, and they also possess appropriate adaptive flexibility that enables them to cope with pressures, but they may sometimes need additional time or support from colleagues to complete tasks efficiently.

At the level of balance between professional and personal life, psychologists can maintain this balance under ordinary circumstances, but they may find it difficult to preserve it during periods of intense pressure or emergency situations. They are also able to build positive social relationships and maintain professional and personal support networks, yet they may face some challenges when dealing with different groups or environments.

From an organizational perspective, psychologists can manage their work and life effectively most of the time, but improving planning and time-management skills may be necessary to avoid disorder or task accumulation.

Based on the study data, the presence of 23 psychologists, representing 74.19%, at this level indicates that the majority of psychologists have an effective ability to manage their professional environment in most cases; however, some challenges require the development of additional skills or the benefit of external support to enhance environmental mastery and improve psychological quality of life comprehensively.

Although the percentage of psychologists who enjoy a high level of environmental mastery reached only 16.13% (that is, 5 psychologists), this indicates the presence of a group that possesses a superior ability to understand and analyze the environment around them. These psychologists have advanced awareness of the cultural and social context, which enables them to adapt flexibly to environmental changes and evaluate available resources effectively.

Their abilities also include cooperating with different community institutions and providing psychological and social guidance and services based on environmental knowledge, which enhances the quality and effectiveness of professional interventions. This advanced level of environmental mastery strengthens psychologists’ ability to design accurate and integrated therapeutic strategies, increases client satisfaction and individuals’ response to treatment, and also contributes to improving the psychologist’s own psychological quality of life by enhancing the sense of competence and the ability to control their professional environment.

Presentation, Analysis, and Interpretation of the Result of the Sixth Question

The sixth question states: What is the level of psychological quality of life in its “purpose in life” dimension among psychologists in the city of El Oued?

Table No. (19): Distribution of the sample members at each level according to the purpose in life dimension

Variable	Levels					
	Low		Moderate		High	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Purpose in Life	4	12.90%	23	74.19%	4	12.90%

It is clear from the table that the majority of psychologists (74.19%, that is, 23 psychologists) have a moderate level of quality in purpose in life. As for the low level of quality, it included 12.90% of the psychologists, and the high level also reached approximately the same percentage.

To verify the significance of the differences between these levels, the Chi-square test (χ^2) was used, as shown in the following table:

Table No. (20): Significance of differences between the levels of purpose in life

Indicators	Level	Observed Frequency	Expected Frequency	χ^2	Significance Level
Personal Growth and Development	Low	4	10.3	23.29	0.01
	Moderate	23	10.3	23.29	0.01
	High	4	10.3	23.29	0.01

The χ^2 value (27.45) indicates the presence of statistically significant differences at the 0.01 level between the levels of the purpose in life dimension among psychologists.

The analysis shows that most psychologists have a moderate sense of purpose in their professional and personal lives, reflecting a moderate level of satisfaction with their goals and their ability to find meaning in their daily tasks. This moderate level can be explained by several factors:

1. Continuous professional pressures that may limit the time and energy devoted to thinking about long-term personal or professional goals.
 2. The distribution of roles and responsibilities within the work environment, where some psychologists may feel unable to make strategic decisions that affect their professional path.
 3. The lack of professional guidance and support in some institutions, which reduces their opportunities to define clear goals and achieve them efficiently.
- Differences in experience and self-awareness among psychologists, as some possess the ability to set clear goals and achieve them, while others need additional support and guidance to strengthen their sense of purpose and meaning.

Nevertheless, the presence of approximately equal percentages of psychologists at the low and high levels indicates differences in experience and individual abilities, as some psychologists possess self-awareness and plan for their professional and personal future, which gives them a sense of purpose and direction, while others need additional support to develop this vital psychological dimension.

It can be said that the moderate level of purpose in life indicates a moderate ability among psychologists to find meaning and direction in their professional and personal lives. This is an important indicator of psychological quality of life, but it also highlights the need for professional support and self-development programs that help psychologists strengthen this vital dimension.

The moderate level of purpose in life among psychologists in the city of El Oued can be explained based on the nature of their work and their personal and professional circumstances. Continuous exposure to complex psychological problems among patients, such as depression, anxiety, and other psychological disorders, places the psychologist under constant psychological pressure, which may lead to negative saturation and emotional exhaustion. Daily dealing with such cases can leave a negative psychological impact, making the psychologist feel that their personal life lacks purpose and meaning, as confirmed by Yalom (1980), who pointed out that “the lack of meaning and purpose in life leads to a decline in mental health.”

In addition, professional stress constitutes a highly influential factor, as psychologists face constant pressure to achieve positive results with their patients, along with working long and continuous hours without sufficient periods of rest and relaxation. This chronic stress may lead to psychological and physical exhaustion, which reinforces the feeling of a lack of purpose in life.

The challenges of achieving a balance between professional and personal life also contribute to this feeling. Increasing professional commitments leave the psychologist with limited time and energy to

care for themselves and their personal relationships, which may increase their feeling of isolation and emptiness. In the absence of appropriate professional support or adequate supervision, the psychologist's feeling of isolation and loss of purpose may increase, which affects their psychological quality of life in the purpose in life dimension.

Moran (2001) also pointed out that the absence of purpose in an individual's life may result in a set of negative effects that are directly reflected in their psychological balance. Among these effects are feelings of boredom and loss of interest, in addition to a sense of emptiness and indifference toward various aspects of life. According to Moran, this situation leads to a decline in the ability to enjoy life and a deterioration in the motivation to continue facing daily challenges, making the individual less able to struggle to preserve their existence and meaning.

Recommendations and suggestions of the study:

Since the study results indicated that the level of psychological quality of life among psychologists in the city of El Oued is average, a set of practical recommendations can be proposed to enhance psychological quality of life and support professional performance:

- 1. Participation in workshops and training courses:** to enhance professional and personal skills, including problem-solving, decision-making, and psychological stress management skills.
- 2. Engaging in support groups and communicating with colleagues:** to exchange experiences and advice, which contributes to reducing the feeling of professional isolation and enhancing the sense of belonging.
- 3. Creating a comfortable and inspiring work environment:** including the provision of quiet workspaces and encouraging a culture of mutual respect and appreciation, which is positively reflected in mental health.
- 4. Allocating time for rest and personal activities:** such as exercising, hobbies, and daily relaxation, to enhance balance between professional and personal life.
- 5. Using time management techniques:** by setting priorities, creating task lists, and organizing daily schedules to reduce stress and increase productivity.
- 6. Attending courses in effective communication and active listening:** to improve professional and social relationships and strengthen the ability to deal with others effectively and constructively.
- 7. Applying psychological resilience strategies:** through reading specialized books and references, and practicing daily exercises that help adapt to pressures and challenges.
- 8. Building a strong support network:** including friends, colleagues, and family, to provide emotional and moral support and enhance the sense of psychological security.

Applying these recommendations contributes to raising the level of psychological quality of life among psychologists and enhances their ability to provide high-quality professional psychological services while maintaining a healthy balance between their professional and personal lives.

Conclusion:

The results of this study show that psychological quality of life among psychologists in the city of El Oued is mostly distributed at the moderate level across the different psychological dimensions. Psychologists show a good ability to deal with the demands of their professional lives, but there are aspects that need additional support to enhance their psychological well-being and enable them to achieve their full potential.

In the self-acceptance dimension, it was observed that most psychologists have a moderate level, which reflects the impact of self-criticism and professional pressure on their self-perception. In contrast, a limited number achieve a high level as a result of self-awareness and practical experience, which enhances their sense of competence and self-confidence.

As for the autonomy dimension, the results indicate that psychologists rely on guidance and support in some cases, which results from limited experience or organizational constraints. Meanwhile, some psychologists possess a high degree of autonomy due to continuous training, a supportive professional environment, and the ability to make decisions independently.

Regarding positive social relationships, most psychologists show a moderate level, as these relationships are affected by professional pressures that limit the time and energy allocated to social communication. However, a small percentage of psychologists possess strong social skills that enable them to build healthy and sustainable relationships that enhance their sense of belonging and psychological support.

With regard to the environmental mastery dimension, it was found that psychologists are moderately able to manage their environment and adapt to professional changes, while sometimes needing support or the development of certain skills. Psychologists who possess a high level show a greater ability for environmental analysis, use of available resources, and effective balance between work demands and personal life.

As for the dimensions of personal growth and development and purpose in life, the moderate level was the most prevalent, reflecting the negative effects of professional stress and continuous psychological pressure. However, continuous training, workshops, and professional supervision constitute important factors in enhancing personal development and increasing clarity of purpose in life among psychologists.

Based on these results, it is concluded that psychologists' psychological quality of life needs supportive interventions aimed at reducing professional pressures, enhancing individual and social skills, and building a motivating work environment. Attention to personal growth and balance between professional and personal life is also an essential element for improving psychologists' well-being and strengthening their ability to provide effective and sustainable psychological services.

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