

Family Cohesion and Adjustment as Predictors of the Meaning of Life and Happiness among a Sample of Married Couples in Jordan

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Received: 25 Jun. 2024, Revised: 24 July. 2024, Accepted: 11 Aug. 2024.

Published online: 1 Sep. 2024.

Abstract: The study aimed to determine how family cohesion and adaptation related to life's meaning and happiness in a sample of married couples in the Ajloun Governorate, Jordan. There were 820 husbands and wives in the study sample. The findings indicated that the degree of happiness was average, the degree of family cohesion and adaptation was average, and the degree of life's purpose was high. The results also showed that there were statistically significant differences at the level of significance ($\alpha \leq 0.05$) for the level of family cohesion according to gender and in favor of males, while the results showed that there were statistically significant differences at the level of ($\alpha \leq 0.05$) for the level of meaning of life according to gender and in favor of males, However, gender-specific differences in happiness levels were statistically significant at the level of ($\alpha < 0.05$) and favored men. The results also showed that there is a statistically significant relationship between the sample members' levels of family cohesion and happiness and meaning of life at the significance level ($\alpha \leq 0.05$). The family cohesion dimensions contribute by (45%) to the happiness level and by (2%) to the meaning of life.

Keywords: Family cohesion and adaptation, meaning of life, happiness, married people in Ajloun Governorate, Jordan.

1. Introduction

The family is the fundamental unit from which society is formed, and one of the most crucial things that promotes greater integration and unity within the family is the cohesion of the family, when each family member effected his or her role within the group according to the position they have, and the positive relationships that bind the family's members together mean stability, security, and fulfillment, security and satisfaction, which leads to the formation of a cohesive and strong family, the family is the first social environment in which the individual is formed and plays the most important roles affecting the growth of its members, and the types of interaction and behavior Individuals within families play a vital role in determining an individual's behavior and modifying patterns [1].

When the family don't help its members adjust to the ecology in which they live, it loses an effective element in the socialization process and thus leads to tension and anxiety between its members, and therefore decreases the development of the independence of individuals from the family and adaptation to variety social and environmental requests that help to learn to face daily challenges and build social relationships [2], and the family is one of the most important factors affecting the mental health of individuals, and it is one of the most important social contexts that provide well-being and happiness for them, as it works On the identification and organization of family relationships [3], mental health is one of the most effective factors to enhance and develop the performance of individuals, and an individual who has good mental health and good relationships with others is seen as someone capable of dealing with the pressures of life [4].

And that the family factors of warmth, affection, cohesion, commitment and emotional support are what shape the family's ability to face adversity and risks, and are largely related to the level of happiness and the meaning of life for the individual [5], and between the factors that affect the function of the family is the meaning that the family gives to its existence, such as the relationship between married couple, solving marital problems, performing the required roles, the way to control behavior, and the means of expressing love. [6] Parents who treat their children with affection provide a level of happiness

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that helps them socialize inside and outside the family [1] the concept of family performance and cohesion has a direct effect on requirements, objectives, life satisfaction and family happiness [7].

Olson [9] defined family cohesion and adaptation as an emotional bond, determining the degree of closeness and separation between family members, helping family members to face crises, pressures and stress, and processing the requirements of the daily life of its members, Olson has developed a model for family functioning, known as the family pattern model, based on three dimensions: cohesion, flexibility, and communication. Olson pointed out that cohesion is the emotional bond between family members and is determined by cooperation, boundaries, decision-making, common interests, and intimate relationships between family members, and there are four levels of cohesion, ranging from very high cohesion (very high correlation) to very low cohesion (low correlation), moderate correlation, and high moderate cohesion [8].

Olson [9]. pointed that family cohesion and adjust includes family flexibility, which is defined by the extent to which individuals are able to modify family rules and foundations in leadership, family role relationships, and the interdependence of relationships with the functional performance of the family, the family that enjoys balanced levels of flexibility finds many replacements to solve problems and reach balance in its needs [10]. As for family communication, it notes to the methods, skills and techniques exchanged between family members in understanding, harmonizing and supporting each other, ineffective communication methods in the family (criticism, blame, reprimand, and screams) or the use of non-functional methods of communication (unclear communication, distorted communication, indirect, inappropriate) methods that lead to many family problems, difficulty solving problems, none of respect for intimate relationships, poor concentration and emotional exchange, increased divorce and separation, and increased behavioral problems between family members [11]., 2002; [12]. Effective family communication styles (direct, open, and authentic communication) improve the level of self-efficacy of its members, interpersonal relationships, maintain strong family ties, and reduce family tendencies [13].

As for the level of satisfaction with family life, which is the level of satisfaction in family life and the support received by members within the family, ways to solve family problems, the quality of time spent by family members together, and the degree of independence within the family [14]. According to empirical findings, teenagers who are happy with their family life are happier, more optimistic, and more socially adept. Conversely, teenagers who are unhappy with their family life experience emotional and social challenges, have bad connections with their partners, and are less happy overall. [15] and individuals who are satisfied with their family life are more positive, socially effective, and highly self-esteem [16]. Happiness and satisfaction with family life are achieved through three main areas: the emotional capacity of the family, the quality of flexibility to lead and organize, and the ability to negotiate and adapt. A family with a high level of family satisfaction has a high level of family communication and positive communication skills within the family [17]. Researchers define family cohesion as an emotional state that describes the extent to which family members are linked within a curved relationship ranging from very closely related to low link within the family and unity, according to the set of emotional and behavioral links prevailing between individuals and is determined by the orientation of individuals towards each other and the degree of their satisfaction with their family life. One of the important variables for people related to the reality of family and social life is to find meaning and objective in life, as it is considered one of the psychological needs of individuals, and basic human interests.

Finding meaning in life varies from place to place, because there is no common meaning of life for all people of different places and origins, meaning arises from the private lives of individuals pursuing important targets [18]. Steger & Frazier [19]. defined the meaning of life as the understanding of our existence in life and the vision of our importance in it, and the person's view of himself in achieving a meaningful goal. Steger, Frazier, Oishi & Kaler [20]. defined it as the sense of one's presence in life and the sense of one's personality, religious teachings, satisfaction of one's basic needs, interpersonal relationships, personal achievement, personal growth, social and political activities, altruism, tradition and culture, and entertainment are between the most important sources of meaningful life, ranges from basic biological needs to psychic requirements [21]. Westerhof, Bohlmeijer & Valenkamp [22] identified the sources that work to reach meaning: first: inside the person, second: relationships, third: physical safety, fourth: recreational activities, and fifth: material requirements. Meaningful life makes people more organized, fulfilling basic needs, and more energetic and motivated to overcome problems and complete important work [19].

Relationships with others, spiritual relationships, and contribution to society predict the achievement of meaning and purpose; good relationships and personal growth have been positively associated with meaning in life; and external targets such as wealth and fame relate to the desire for meaning rather than the realization of meaning. [23] suggest that happiness is the control of meaning, and meaningful life is the control of happiness and the satisfaction of needs; happiness is related to the current situation, while meaning from life carries the integration of the past, present and future together, and the roots of happiness are an important factor in meeting the requirements and desires of the person, and freedom from disturbing events. The meaning of life is more complex than happiness because it requires an explanation of conditions over time, according to values and ideas. Individuals are happier when they get gladness than benefit from others. people who lead

meaningful lives get a lot of gladness from giving to others [24]. And that happiness is one of the leading subjects in positive psychology. Happy people succeed in multiple regions of life such as marriage, friendship, academic performance, and others, and this is because of the positive effect that generates success. Frisch [25] defined happiness as the extent to which important targets, requirements, and desires. Goals, standards, and priorities should be reviewed as a strategy to promote happiness, and goals should be developed that allow for a greater feeling of meaning in life. Diener, Oishi & Lucas [26] described happiness as a self-construction of the person and has different meanings and forms, a positive emotional state that is based on self-assessment of a person's life in the context of his feelings. Happiness is defined as the degree to which a person judges his life as a whole in a positive way, used not only to significance positive appreciation, but also the degree to which a person judges himself [27].

Achor [28] said that happiness is when people experience positive emotions related to purpose and meaning, it is a general assessment of one's own point of view, and the degree to which a person positively judges the quality of his life. defined happiness as the degree to which a person judges positive and negative emotional experiences and the level of life satisfaction. Happiness is an overall concept for all, and it can be explained culturally, cognitively, and socially according to the beliefs and values that people hold originating from socialization and life experiences [29]. Happiness is measured in two ways: getting a great deal of pleasure felt at different moments; and second, life satisfaction in which it transcends momentary emotions and there is an integrative assessment of a person's life; both of these methods are a strong indicator of self-well-being [30]. People with a high level of satisfaction tend to see the world in a positive way that promotes happiness, as a result of engaging in activities of value and meaning and pursuing self-goal and collective goals [31]. They tend to judge friendships, entertainment, self-esteem, and purpose of life in a positive way, are more satisfied with their reality, and have the ability to express dissatisfaction in situations where they feel threatened by themselves [32]. Heisel & Flett [33] emphasized that social belonging, follow targets, sharing in recreational activities, and observing religious teachings are strategies used by people to increase happiness [32]. Happiness consists of two sides: the emotional component that balances pleasant and unpleasant feelings; and the cognitive component expressed as life satisfaction and evaluation of the meaning of life [34].

In order to determine the impact of family competency beliefs on the caliber of family functions and satisfaction with family life, Bandura, Caprara, Barbaranelli, Regalia, and Scabini [35] conducted a study using 142 families as the study sample. The results of the study demonstrated that family beliefs have a significant impact on the quality of family performance and satisfaction with their family life. The study also found that the effect of family competence on the quality of family functions varies depending on job performance and the level and satisfaction of the family. High levels of family satisfaction are correlated with high levels of family efficiency. The efficiency of husbands and children has been linked to family satisfaction, and the efficiency of the family has contributed to the satisfaction of parents and adolescents with their family life, whether directly or through its effect on the quality of the family function.

The study sample for Calderón, Naranjo, and Felpeto [36] included 166 women who were asked to reflect on their quality of life and their level of personal satisfaction. The findings demonstrated that women who felt well about themselves attained an arithmetic score of 18.07 percent. With an arithmetic average of (25.30%). In the study of Rahim, Ishak, Shafia and Shafiai, [37] which designed to identify the factors that affect family life satisfaction between parents in Malaysia, the study sample consisted of (2808) parents. The results showed that performance in the family, family flexibility, and spending time with the family had a significant and direct effect on satisfaction with family life except for parental participation. In the Chang,

Natsuaki & Chen study [38] which noted ethnically differences in family cohesion within American families between Asian and Latino families, the sample consisted of 2554 Latino and 2095 Asian. The results showed that Latin Americans have higher family disputes and conflicts than Asians, and a lower level of family cohesion. In the study of Zabriskie and Ward [39], which was designed to measure the extent of satisfaction with family life between a sample of parents, the study sample consisted of (15) families. The results showed that the levels of satisfaction with family life vary from one family to another, and that satisfaction with a positive family life was related to a healthy psychological side. The study of Nua [40] objective to identify the relationship between well-being, adaptation and family cohesion between a sample of Canadian families, and the study sample consisted of (943) families. The results showed that well-being is the strongest indicator of family performance and retention, that adjust, and family cohesion is the driving force in explaining the variation in family satisfaction, and that there is a positive relationship between participation in family entertainment and family holding.

Ahmed's study [41], objective to find out the relationship between quality of life and both the feeling of happiness and optimism between the two sample of divorced and married women, and the study sample included (78) women. The results showed that there were statistically significant differences between divorced and married women in the quality of life, feeling happy and optimistic in favor of married women, and a significant relationship between quality of life and feeling happy and optimistic among the two study samples of married and divorced women. Katlo [42], conducted a study objective at specify the nature of the relationship between happiness, life satisfaction and love between a sample of married

university students in Palestine, and the study sample consisted of (239) husbands and wives. The results of the study indicated that there were differences between the two study groups of high happiness and low happiness life satisfaction and love Returns to the highest happiness, and there were no differences in happiness and satisfaction with life attributed to gender. And the existence of a correlation between happiness and satisfaction with life. Al Horani [43], study dealt with identifying the concept of the meaning of life between Palestinian wives in light of the variables of some variables. The study sample was (118) wives. The results of the study found that the meaning of life for Palestinian wives was average, and there were no differences because to the variables of the study, age, number of children, and educational level of the wife.

Ziada, [44], was out a study with the goal of determining, in light of certain criteria, the degree of happiness with family life and self-satisfaction among a sample of Syrian refugees in Ajloun Governorate, Jordan. The research sample comprised 427 refugees. The study's average level of self-satisfaction and family life satisfaction among its participants was demonstrated by the results, which also revealed statistically significant disparities in these dimensions based on gender and the proportion of female participants. The results indicated that there were variations in the degree of self-satisfaction owing to the age variable and the age (less than 15 years), as well as variations in the degree of contentment with family life due to the age variable and the age (16-30 years, and 31-45 years). The study conducted by Bakracheva [45], objective to describe the meaning of happiness, life satisfaction and prosperity for the participants, and the sample included (351 volunteers aged 20-55 years), divided into two groups, measures of happiness and life satisfaction were applied.

The results reveal that associations that generate happiness, life satisfaction and prosperity have a common meaning. Happiness is often associated with intrinsic predictors, for example. Love, balance and harmony, while life satisfaction includes external factors (self-realization, success) and intrinsic factors (close people, positive emotions). Prosperity is explained primarily by similar concepts (happiness, life satisfaction). The goal of the study by Al-masri and Maberah [46] was to measure the differences in these variables by gender, mother's and father's educational levels, and to determine the relationship between adjustment, family cohesion, and happiness among tenth grade students in the Irbid Governorate. For the benefit of (381) pupils. The study's findings demonstrated a statistically significant positive correlation between happiness, family cohesion, and adjust. The outcome also demonstrated that there were statistically significant variations in the father's educational level owing to the father's gender and the variable of males with less education than a secondary school degree. The findings demonstrated that the gender variable in family adjustment caused statistically significant disparities, with men being the primary cause of these variances. The results showed that there is a statistically significant effect of happiness on family cohesion and adjust, which means that increasing the degree of happiness cause to an increase in family cohesion and adaptation by (0.806). The study conducted by Liu, Wu, Cheng, Ying, Gong, Lu, Zhang [47], To find out the relationship between the meaning of life and family cohesion in the palliative care community in China. The sample included (205) patients with cancer.

Data collected using the Meaning in Life Scale (MiLS), Family Cohesion and Adaptation Scale, Second Edition, Chinese Version, the results showed that family cohesion is positively correlated with scores on the Meaning of Life Scale. Family cohesion is greatly affected by gender and religiosity. A study conducted by Izzo Baiocco, Pistella [48], objective to review studies on the relationship between happiness (i.e., self-well-being, life satisfaction, and positive influence) and family performance, in families with children aged (6-18 years). Related articles were systematically searched in three scientific databases (i.e. PsycInfo, Pubmed, and Web of Science) in June 2022. Databases of original articles published from 1968 were searched using the keywords "happiness" and "family functioning". The results of the review were that there was guide of a positive correlation between happiness and family functioning, across different cultures and age groups: family dimensions (such as cohesion and communication) were found to strongly predict the happiness of children and adolescents. The study conducted by Al Horani [43], objective to identify the level of forgiveness and the level of marital happiness and the relationship between them among married teachers in Irbid. In addition, identify differences in forgiveness and marital happiness in light of certain demographic variables.

The study sample consisted of (121) randomly married teachers from the study community. The results showed that there were statistical correlations between tolerance and marital happiness among married teachers. The results showed that there were no statistically significant differences between married couples, the average scores of teachers in the degree of forgiveness and marital happiness by gender, age, the gap between couples, and the years of marriage. Through what has been reviewed from previous studies, it was noted that there are many studies that deal with adjust, family cohesion and happiness. In other studies, happiness, self-well-being, values and self-motivation have been examined. This study examines adjustment and family cohesion as predictors of the meaning of life and happiness among a sample of married couples. Researchers have learned that this type of study is very limited, so this study comes to identify adjust and family cohesion as predictors of the meaning of life and happiness between a sample of married couples, while studying the extent to which there are differences and relationships due to a set of demographic variables.

Alkenani, Reem.; A. Wahsheh, Nayef; M. Alqsaireen, Elham; and H. AL-zgool, Rabie. [49] The purpose of this study was

to talk about how university students adapt socially and family-wise. Social adaptation behaviors among university students have a significant impact on social development in addition to their connection to their healthy growth. This is because the influence of the ideological and political education model is associated with the behavior of university students in terms of social adaptation. He develops a theoretical model in the field of social adjustment of college students and improves the design of the essay algorithm. The article's sample size of 966 participants is one of its limitations. This technique included a statistical examination of the students' social adaptation status, in addition to understanding the basics of their social adaptation.

2. Study problem and questions

The family structure nowadays faces many problems resulting from the recent changes in social and demographic life as a strong factor for family stability and balance, as various sides of life have clearly affected family planning, and its role in achieving happiness for its members, and has posed a threat to the satisfaction of members in the family, and the extent of their happiness. The desire of individuals to obtain happiness and meaning for life is one of the important and most widespread goals, and the loss of the positive meaning of life undoubtedly affects the psychological and social development of the person, and the extent of his satisfaction with the life he lives, so psychological problems appear that lead to an imbalance in the level of emotional balance of the person, and the disorder of his relationship with those around him.

Happiness and the search for meaning for life have an active role in achieving personal and family harmony between people, as they are an important catalyst for their mental health, and their absence will certainly cause to personality disorder, and destabilize their level of satisfaction with the family, which affected the family system and structure and thus affected the cohesion and adjust of family members. The emergence of globalization, which has become a threat to the moral order of the Muslim family, has also played a role in promotion the selfish tendency of the person and deepening his personal freedom and relations with others. so, the current study tries to shed view on this phenomenon, as our Arab society urgently needs more of these studies to know the relationship between weak family cohesion and the meaning of life and happiness, and from here the current study tries to answer the following questions:

- 1) What is the level of family cohesion between married couples in the study sample?
- 2) What is the level of meaning of life and happiness in the study sample?
- 3) Are there gender differences in the level of family cohesion, meaning of life, and happiness?
- 4) Is there a significant correlation between family cohesion, the meaning of life and the level of happiness?
- 5) What is the percentage of explained variation explained by the meaning of life and the level of happiness with family cohesion and adaptation among the study sample members?

3. Objective of the study

The current study objective to:

Detect of the level of family cohesion, meaning of life and level of happiness between a sample of married couples in Ajloun, Jordan.

Detection of differences in the level of family cohesion, meaning of life, and happiness between a sample of married couples in Ajloun-Jordan Governorate according to gender variable.

Identify the relationship between family cohesion, the meaning of life and the level of happiness between a sample of married couples in Ajloun, Jordan.

Disclosure of the Effect of Satisfaction with Family Cohesion on the Meaning of Life and the Level of Happiness between a Sample of Married Couples in Ajloun -Jordan.

4. The importance of the study

Theoretical importance: The importance of the study lies in addressing the issue of family cohesion and adjust and its importance in building society, especially since societies in the current era suffer from family disintegration and change in caused of life for many families, which caused to the absence of emotional warmth in families. The theoretical importance of the study also lies in its treatment of a topic that has not received the attention of many researchers at the local and Arab levels, and this is what researchers have noted through his review of literature and previous studies on this topic, especially with regard to family happiness and family cohesion. It will also provide the necessary information to specialists in the fields of family and psychological counseling. The study will draw the attention of officials in family affairs to the

importance of family cohesion and adjust in family life, and its role in achieving the meaning of life and happiness for this category of people.

Applied importance: The results of this study help specialists build treatment plans and focus on the positive side in the lives of couples and their families. The study will provide educational counselors and family counseling and therapy workers to imagine the negative consequences associated with reduced adjust and family cohesion and the effect of life meaning and happiness level in coping with others and success in life. The study also provides family and psychological workers with new measurement tools to help them measure adjust, family cohesion, meaning of life, and happiness.

5. Method and procedure

Conceptual and procedural definitions

Family cohesion: Olson: 48 [50]: defines it as "increasing positive relationships between family members and creating emotional bonds among them to form affection and love within the family," and procedurally determines the score that the student obtains on the scale used in this study.

Meaning of life: It is an individual's sense of life worth, and their positive expectations towards it Hamidi, Yetkin and Yatkin, [51]: and is procedurally defined as the score obtained by the respondent on the meaning of life scale used in the current study.

Happiness: It is a relatively stable psychological state of the general sense of satisfaction and self-realization, gladness, enjoyment and pleasure, and a reflection of the rates of recurrence of pleasant emotions and the intensity of these emotions and marital happiness is a judgment issued by couples indicates their sense of well-being or satisfaction in the marital relationship. (Fincham, Stanley, and Beach, [52], It is defined procedurally as the respondent's score on the happiness scale used in the current study.

Method and procedures

The current study followed the predictive correlational approach, as it examined family cohesion, the meaning of life, and the level of happiness, and it also tested the ability of family cohesion to predict these variables.

Study population

The current study population consisted of all married couples in Ajloun Governorate - Jordan, with a total number of (38,646) families.

The study sample

The study sample consists of (820) couples, with (410) husbands and (410) wives. Table (1) shows the frequencies and percentages for both males and females according to the study variables.

Table 1: Distribution of the study sample members according to the study variables

Variable		Frequency	%
Gender	Male	410	%50
	Female	410	%50
	Total	820	%100

Study tools:

First: The fifth family cohesion scale (Family Adaptability and Cohesion Evaluation Scale - IV (FACES- IV), The researcher used the family cohesion scale prepared by Olson [17] and translated it into Arabic. Olson [17], according to the corrected correlation coefficients, assigned each item to the dimension to which it belongs. The values of the correlation coefficients of the items for the cohesion field ranged between (0.69-0.84), the field of separation between (0.50-0.61), the field of entanglement between (0.64-0.79), the field of flexibility between (0.43-0.79), the field of chaos between (0.58-0.80), and the field of inertia between (0.41-0.77). The researcher has adopted as a criterion for accepting the item, its correlation coefficient with the scale as a whole should not be less than (0.30). Based on this criterion, and in light of these values, all items of the scale were accepted, and this is an indication of the construct validity of the scale. Table (2) shows this.

Table 2: Dimensions of the family cohesion scale

No	Domain	No	Items
1	Family cohesion	7	37 31 19 25 13 7 1
2	Family flexibility	7	38 32 26 20 14 8 2

3	Family separation	7	39 ,33 ,27 ,21 ,15 ,9 ,3
4	Family entanglement	7	40 ,34 ,28 ,22 ,16 ,10 ,4
5	Family immobility	7	41 ,35 ,29 ,23 ,17 ,11 ,5
6	Family chaos	7	42 ,36 ,30 ,24 ,18 ,12 ,6
Total		42	-

Validity of the scale in the Arabic form

To verify the content validity of the scale in the Arabic form, the validity rate was (83%), which is a high percentage. Accordingly, the final image of the scale was prepared.

The stability of the scale in its original form

Olson [17] calculated estimates of the internal consistency coefficients for the scale as a whole, which amounted to (0.86), and the reliability value for the field of family separation (0.76), family interlocking (0.76), family stagnation (0.79), family chaos (0.73), and flexibility. Familyism (0.83), and family cohesion.(0.82)

Validity of scale in the Arabic image

To verify the stability of the study tool, the researcher used the test-retest method. The tool was applied to a survey sample consisting of (60) male and female adolescent students in secondary schools in the northern border region from outside the study sample, with a time interval of two weeks between the two application times. The reliability coefficient was calculated using Pearson's correlation coefficient. It reached (0.87, 0.92, 0.90, 0.91, 0.89, 0.94) respectively for the scale items and (0.85) for the total score of the tool. The researcher also calculated the reliability of Cronbach Alpha for the scale on the same survey sample, as the value of Cronbach Alpha reached (0.82, 0.83, 0.76, 0.76, 0.72) respectively for the dimensions of the scale, and the value of Cronbach Alpha reached (0.86) for the total score, and Table (3) shows this.

Table 3: Pearson correlation coefficient and Cronbach alpha for the scale domains and the scale score

No	Domain	R	Cronbach alpa
1	Family cohesion	0.94	0.82
2	Family flexibility	0.89	0.83
3	Family separation	0.87	0.76
4	Family entanglement	0.92	0.76
5	Family immobility	0.90	0.79
6	Family chaos	0.91	0.72
Tata		0.85	0.86

Scale correction

A five-point Likert scale was used, consisting of five degrees of agreement arranged in descending order as follows (strongly agree (5) degrees, agree (4) degrees, neutral (3), disagree (2) degrees, strongly disagree (1) One score; to estimate the level of family cohesion among adolescent students in secondary schools, the following statistical grading was used to distribute arithmetic means according to the standard that measured each item: (highest - lowest level of grading)/number of categories = (5-1)/3 =1.33 Category length: First: (1-2.33) low level of family cohesion; second: (2.34 - 3.67) average level of family cohesion; third: (3.68 and above) high level of family cohesion.

Second: The measure of the meaning of life.

The researcher used the scale used in the study by Steger, Frazier, Oishi, and Kaler [20], which is a scale consisting of (10) questions designed to measure the dimensions of meaning in life. (5) items measuring the presence of meaning (the extent to which respondents feel their lives have meaning), which are: (1, 4, 5, 6, 9), and (5) items measuring the search for meaning (how many respondents strive to find meaning and understanding in their lives) which are (2, 3, 7, 8, 10). All paragraphs are positive on all dimensions.

Validity of the scale

Steger and his colleagues [20]. verified the validity of the scale by presenting it to a group of arbitrators to judge the convergent and discriminant validity of the items, where there was agreement (80%). They also extracted the corrected correlation coefficient for the items, where the coefficients for the presence of meaning dimension ranged from (0.65-0.72), and (0.63-0.77) for the search for meaning dimension, and the researchers believe that these values are appropriate for applying the scale .As for the current study, the researcher conducted a verification of the validity of the Meaning of Life scale by presenting it to a committee of (7) arbitrators specialized in family counseling, psychology, and psychotherapy,

and asked them to evaluate the degree of suitability of the scale's items to what it was designed for, and their belonging to the field to which they belong. And the degree of clarity of the linguistic wording of the paragraphs, and suggested appropriate amendments. They considered the paragraphs appropriate and suggested amending the wording of some paragraphs. The agreement rate reached (85%), and based on that, the final version of the standards was prepared. The researcher also extracted the construct validity of the scale by applying it to a survey sample consisting of (36) husbands and wives from outside the study sample, and then the values of the corrected correlation coefficients for the items with the scale as a whole were calculated, as shown in Table.(4)

Table 4: Values of the Meaning of Life Scale's (adjusted) correlation coefficients for each item

The presence of meaning		Search for meaning	
Item no.	R pearson	Item no.	R pearson
1	0.54	2	0.73
4	0.39	3	0.73
5	0.52	7	0.70
6	0.79	8	0.73
9	0.33	1	0.57

The data displayed in Table (4) indicates that the correlation coefficient values of the items pertaining to the meaning dimension ranged from (0.33-0.54) for the presence of meaning to (0.57-0.73) for the search for meaning. They are all values that are statistically significant. The paragraph's correlation coefficient with the dimension and the list as a whole had to be greater than 0.30, according to the researcher's criteria for acceptance.

Scale stability

Steger and colleagues (Steger et al., [20] calculated estimates of the internal consistency coefficients for the scale as a whole, with the Cronbach alpha value for internal consistency as follows: The first time period was the reliability coefficients for the presence of meaning dimension (0.81); For the search for meaning dimension (0.84), and in the second period, the reliability coefficients for the presence of meaning dimension were (0.86); And for the search for meaning dimension (0.92). As for test-retest reliability, the reliability coefficients for the presence of meaning dimension were (0.70); For the search for meaning dimension (0.73), and in the second period the reliability coefficients for the presence of meaning dimension were (0.86); And for the search for meaning dimension (0.87). The overall reliability of the scale was as follows: (0.88, 0.93), respectively .In relation to the current study, the reliability of the scale was confirmed in two ways: first, it was applied to a survey sample consisting of thirty-six husbands and wives, and the Cronbach Alpha internal consistency coefficient for the dimensions was computed, yielding a reliability value of (0.86).and the second was the reliability of stability by applying it to the same survey sample, and the It was re-applied two weeks after the first application, as the stability value reached (0.82). Table (5) demonstrates the researcher's belief that these values are suitable for using the scale in the current investigation.

Table 5: Repetition reliability and internal consistency coefficient for the Meaning of Life Scale based on Cronbach's alpha equation

Scale	Cronbach alpa	Re-test
Meaning presence	0.69	0.65
Search for meaning	0.86	0.81
All	0.86	0.82

Scale correction

The scale consists of (10) items, according to a seven-point Likert scale (1 = does not apply to me at all, to 7 = applies to me to a very great extent). In this study, the researcher converted the seven-point scale to a five-point scale as follows: (5= It applies to me to a very great degree; 4= It applies to me to a great degree; 3= It applies to me to a moderate degree; 2= It applies to me to a low degree; 1= It applies to me to a low degree very). Three levels of arithmetic averages were adopted as follows: from (1-2.33) a low level for the meaning of life; From (2.34-3.67) an average level of the meaning of life; It is (3.68-5) a high level of the meaning of life, and the range of the category was calculated through the following equation: (upper limit - lower limit) / number of levels. Therefore, the range of the category = $(5-1) / 3 = 1.333$. All items on the scale are positive.

Third: The measure of happiness

The investigator consulted scholarly works and other investigations of self-satisfaction, including the research conducted by Lyubomirsky and Lepper. [23]; Moghnie and Kazarian's study (Moghnie & Kazarian, 2011); And the study of Chou and Lim (2010). This is in order to prepare a happiness scale.

Validity of the scale

In order to confirm that the scale's items are appropriate for the category to which the study will be applied, the researcher presented the scale in its Arabized form to a group of seven arbitrators who are experts in family counseling, psychology, and psychotherapy. The arbitrators agreed on the items by an overwhelming majority (85%), so this percentage can be trusted to carry out the study. By using the scale on a survey sample of 36 husbands and wives who were not part of the study sample, the researcher was also able to extract the construct validity of the scale. The results of this process are displayed in Table (6), where the values of the corrected correlation coefficients for the individual items on the scale were computed.

Table 6: Values of the (corrected) correlation coefficients for the happiness scale items

Item no.	R pearson	Item no.	R pearson
1	0.72	5	0.69
2	0.70	6	0.69
3	0.67	7	0.77
4	0.47		

It is noted from the data presented in Table (6) that the values of the correlation coefficients of the scale items ranged between (0.47-0.77), and all of them are statistically significant values. The researcher adopted a criterion for accepting the paragraph that its correlation coefficient with the dimension and the list as a whole should not be less than.(0.30)

Scale stability

The researcher verified the stability of the scale in two ways: the first by applying it to a survey sample of (36) husbands and wives, and the Cronbach Alpha internal consistency coefficient for the dimensions was calculated, where the reliability value was (0.87), and the second was to maintain stability by applying it to the same survey sample, and it was re-applied after two weeks. From the first application, the reliability value reached (0.84). The researcher believes that these values are appropriate to use the list for the purposes of the current study, and Table (7) shows this.

Table 7: Internal consistency coefficient according to Cronbach's alpha equation for the happiness scale and repetition stability

Scale	Cronach alpha	Re test
Happiness scale	0.87	0.84

Scale correction

A five-point scale with the following items makes up the scale, which has seven total: (5= applies to me to a very great extent; 4= applies to me to a considerable extent; 3= applies to me to a moderate degree; 2= applies to me to a low degree; 1= applies to me to a very low degree). The following three arithmetic average levels were chosen: (from 1-2.33) a miserable state of affairs; between 2.34 to 3.67, a moderate degree of contentment; It falls within the high happiness group (3.68–5), and the range of the category was determined using the formula (highest – minimum) / number of levels. As a result, the category's range is equal to $(5-1) / 3 = 1.333$.

In order to meet the study's goals, the study instruments were completed and submitted in their final form after validity and reliability indicators were confirmed. In October 2023, couples in the Ajloun Governorate of Jordan received the scale via an electronic questionnaire stored in Google Drive. The sample members were informed that their participation was voluntary, that their data would be treated with total anonymity, and that it would be used for scientific research reasons. It took them twenty-five days to respond to the survey.

Data analysis

Arithmetic means and standard deviations were calculated for the level of family cohesion, the level of meaning of life, and the level of happiness. And using the t-test for differences between the sexes and using the Pearson correlation coefficient to find out the relationship between the level of family cohesion and both the meaning of life and the level of happiness. In addition to using stepwise multiple regression analysis to reveal the ability of the meaning of life and happiness in predicting family cohesion for both genders.

6. Study results and discussion

Results related to the first question and its discussion

The first question: What is the level of family cohesion among married couples in the study sample?

To answer this question, the arithmetic means and standard deviations of the study members' estimates on the dimensions of family cohesion were calculated, arranged in descending order according to the arithmetic means, as in Table.(8)

Table 8: Arithmetic means and standard deviations of the study members' ratings on the areas of family cohesion are arranged in descending order

Rank	number	Domain	Mean	SD	Level
1	1	Family cohesion	3.40	1.08	High
2	4	Family flexibility	3.38	.99	moderate
3	2	Family separation	3.07	1.01	moderate
4	3	Family entanglement	2.80	1.24	moderate
5	5	Family immobility	2.73	1.24	moderate
6	6	Family chaos	2.70	1.19	moderate
		Family cohesion scale	3.01	.73	moderate

Table (8) shows that, with an arithmetic mean of (3.01), family cohesion was at a moderate level. where all dimensions came at a moderate level, as the arithmetic averages ranged between (2.70-3.40). The researchers reached this result to several factors, the most important of which is the good level of communication and family interaction, in addition to bearing family responsibility by the spouses and their distribution of work and duties and participation in them, and that the effectiveness of the spouses within the family and filling each of their roles, and their positive relationship with children increases the level of family sense of well-being and enhances the level of adaptation and family cohesion. The compatibility of the economic and social conditions of the family with the standards and expectations of the couple, and the existence of a level of entertainment enjoyed by families in Jordan in general, contributed in an acceptable way to the adaptation and cohesion of these couples, and this study is consistent with the study Bandura, Caprara, Barbaranelli, Regalia and Scabini [39], the study (Rahim, Ishak, Shafia & Shafiai, [37], and the study Zabriskie & Ward, [39].

First: Results of the second question:

The second question stated: What is the level of meaning of life and happiness among the study sample?

To answer this question, arithmetic means and standard deviations were extracted for the level of meaning of life and happiness among married couples in the north of Ajloun Governorate - Jordan, and Table (9) shows this.

Table 9: Arithmetic means and standard deviations for the level and meaning of life and happiness among married couples in the north of Ajloun Governorate - Jordan, n = 820

Scales	Mean	SD
The presence of meaning	3.28	.953
Search for meaning	3.27	.944
Scale of meaning of life	3.28	.828
Happiness scale	3.34	1.285
A measure of satisfaction with family life	3.40	1.311

It is noted from Table (9) that the sample members had an average level for both the meaning of life and happiness, as the arithmetic average for satisfaction with family life as a whole was (3.04), while the arithmetic average for the meaning of life as a whole was (3.28), and in the dimensions, it is noted that the dimension of searching for Meaning came in first place at a high level, with an arithmetic mean of (3.28), then it was followed by the dimension of the presence of meaning with an arithmetic mean of (3.28) at a moderate level. Regarding happiness, the arithmetic mean was.(3.34)

The researcher attributes this result to several factors, the most important of which is the good level of family communication and interaction, in addition to the spouses assuming family responsibility and their distribution of work and duties and participation in them. The effectiveness of the spouses within the family, each of them filling their roles, and their positive relationship with the children increases the level of the family's sense of well-being and enhances Level of Family cohesion and adjustment. The compatibility of the economic and social conditions of the family with the standards and expectations of the spouses, and the presence of a level of entertainment enjoyed by families in Ajloun Governorate - Jordan contributed in an acceptable manner to the satisfaction of these couples. The sample obtaining an average level of the meaning of life comes through always maintaining the presence of family goals in life and striving for it through awareness of life experiences and their integration. Feelings of love, happiness, warmth, and concern for family members lead to discovering the meaning of life and its purpose. The acceptable level of satisfaction with family life reduces It helps couples realize the meaning of their lives, feel satisfied with them, and feel responsible towards their family. The good family and social ties for family members, and the support and assistance that the family provides to them, adds a new dimension to the meaning of life through the individual's satisfaction with his family life. Providing security and love creates an acceptable level of satisfaction with family

life in order to achieve personal goals. Couples are then able to realize the meaning and purpose of their lives, which results in a feeling of happiness and satisfaction. Hence, it can be pointed out that the priority of attention to satisfaction with family life in the Hashemite Kingdom of Ajloun, Jordan, is through family counseling interventions for community members, in schools and universities, and providing family counseling services in general. The study's findings concurred with those of Ziada (2018), which found that family life satisfaction was average, and Al-Saadi (2016), which found that Palestinian spouses had an average sense of purpose in life.

Second: Results of the second question

The second question stated: Are there differences between the sexes in the level of family cohesion, the meaning of life, and happiness?

To find out whether there are differences between genders on the scale of family cohesion, meaning of life, and happiness, a t-test was used. Table 9 shows the means, standard deviations, and t-test results.

Table 10: Results of the t-test for differences between the average scores of the genders on the measures of satisfaction with family life, meaning of life, and happiness, n=918.

Scale	Gender	Mean	SD	T value	Sig.
Family cohesion scale	Male	410	3.12	4.661	.000
	Female	410	2.90		
Scale of meaning of life	Male	410	3.28	.279	.780
	Female	410	3.27		
Happiness scale	Male	410	2.82	-13.354	.000
	Female	459	3.85		

Table (10) shows that there are differences between the sexes on the family cohesion scale, with a value of (t = 3.25) and statistically significant (P < 0.0001). It is clear from the table that the average score for males is higher than the average score for females. The table shows that there are no differences between the sexes on the meaning of life scale, as the value of (t = 0.279) was statistically significant (P < 0.780). It is clear from the table that the average score for males is higher than the average score for females. It is noted from the table that there are differences between the sexes on the happiness scale and the family cohesion scale, and the differences were in favor of males.

This result can be attributed to the physiological structure of males, which enables them to bear physical burdens and psychological pressures to a greater degree than females, as well as to the prevailing customs, traditions, culture, and social restrictions imposed by society, which surrounds females with excessive protection and does not allow them absolute freedom in society. In addition to the nature of society in Ajloun Governorate - Jordan, which is based on the husband assuming responsibility for the family, managing it, and taking care of its affairs. Male husbands are the ones who assume responsibility and seek to prove themselves, search for work, and start a family. They are able to set clear goals based on their strengths, priorities and interests in life, set a time frame to achieve the final result, and determine the nature of their goal whether it is a professional goal, financial goal, or anything else. He also attributes the absence of differences between the sexes in happiness to the fact that the spouses coexist with each other in the same recreational conditions, and that the atmosphere that prevails in the family is a way of dealing with the formation of positive relationships and the individual's sense of satisfaction, and the spouses' sharing of harmony, integration, and self-consistency, alleviating stress and anxiety, and helping to bear the burdens. Life and its hardships hide the differences in happiness between spouses. This constitutes sources of strength within the family, developing a common vision among members of the same family, developing family plans and programs that achieve satisfaction with family life, raise the level of happiness for all family members, and also form a positive meaning of life. Involve all family members in the process of developing and evaluating these plans and following up. Implemented .The result of this study agreed with the study of Catlow (2015), which indicated that there were no differences in happiness due to gender. The result of this study differs from the study of Ziadeh (2018), which indicated that there were statistically significant differences in satisfaction with family life in favor of females. And the study of Catlow (2015), which indicated that there are no differences in life satisfaction due to gender.

Third: Results of the third question

The third question stated: Is there a significant correlation between family cohesion, the meaning of life, and the level of happiness?

In order to respond to this query, Pearson correlation coefficients were computed between the sample members' meaning of life and happiness ratings and their scores on each family cohesion scale. The results are displayed in **Fig (1)**.

Family Adaptability and Cohesion Evaluation Scale

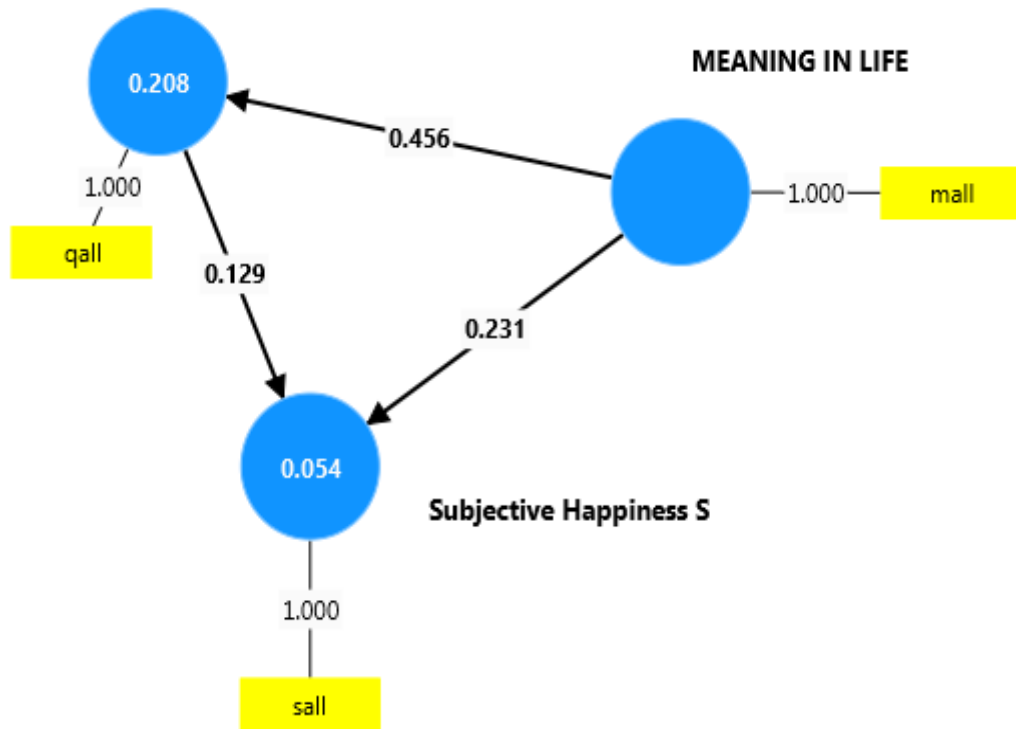


Fig. 1: Pearson correlation coefficients between the sample individuals' scores on the family cohesion scale, and the meaning of life and happiness scales.

Fig (1) shows that there is a statistically significant positive relationship between family cohesion and both the meaning of life and happiness. The researcher attributes this result to the quality of family life prevailing in society in Ajloun Governorate - Jordan, which is based on satisfying psychological needs, positive interactions within the family, the absence of family problems, providing support and assistance in different situations, the suitability of economic aspects, and the performance of family tasks and meals for both spouses. The family atmosphere is based on the integration of the relationship, attention, and solving family problems, which leads to achieving the meaning of life and a feeling of happiness for couples.

Family support also leads to each spouse feeling important and valuable in this life, which leads to an increase in the level of happiness for both spouses, as the ability to satisfy various basic needs is one of the main components of quality of life. The presence of a good level of life aspects increases the spouses' sense of happiness and the ability to achieve personal goals. This interaction shows the positive relationship between family life and both the meaning of life and happiness. Satisfaction with family life is also reflected in the level of happiness arising from the husband's awareness of his life and his purpose in it. Thus, satisfaction with family life is a source of a meaningful life and the husband's feeling of happiness. This appears through the scientific and cultural renaissance and openness of the community in Ajloun Governorate - Jordan, equality, and keeping pace with modern development. This result agreed with a study (Katlow, 2015; Ramesh, et al., 2013; Bandura, et al., [35]; Zabriskie & Ward, [39]). They indicated that there is a relationship between happiness and the level of satisfaction with family life, and (Llobet, et al., 2011) also indicated that there is a relationship between the meaning of life and the level of happiness. Here, the family must work to establish permanent and ongoing conditions and attitudes within the family's life, because they have a long-term impact on achieving happiness, such as the family providing love, internal activities, recreational activities, and a balanced life for its members.

Fourth: Results of the fourth question

The fourth question states: What percentage of the explained variance is explained by the meaning of life and the level of happiness by family cohesion and adjustment among the study sample members?

To answer this question, a stepwise multiple regression analysis was conducted to reveal the extent to which meaning of life and happiness contribute to predicting family cohesion for both genders. **Fig (2)**

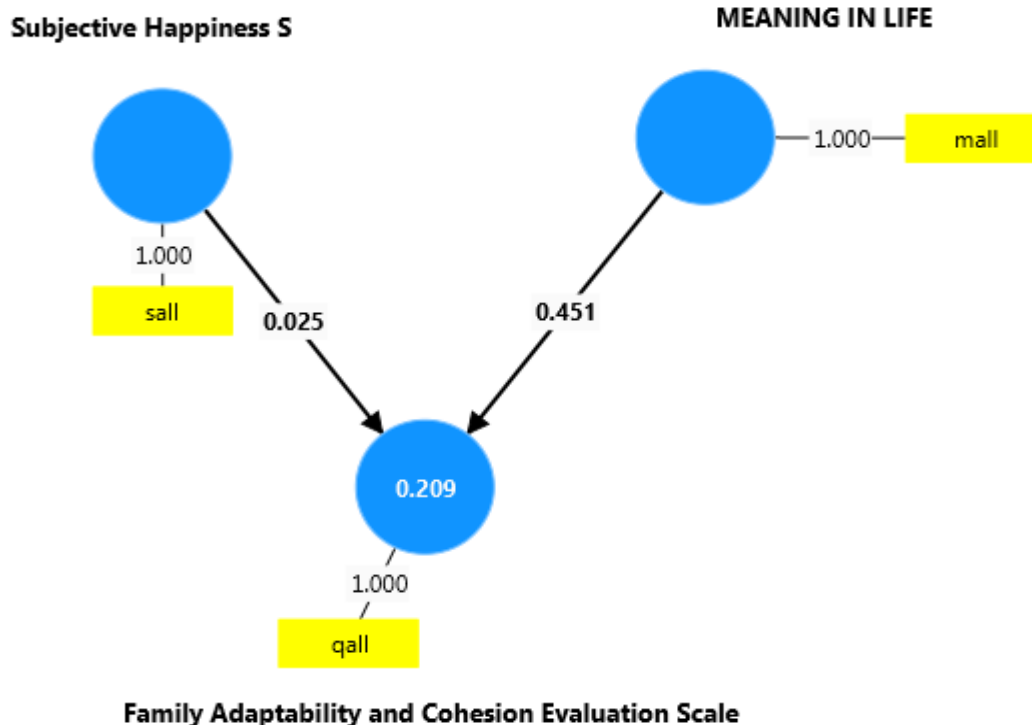


Fig. 2: Regression analysis to reveal the extent to which the meaning of life and happiness contributes to predicting family cohesion

Fig (2) shows that the variables of meaning of life and happiness together explained about 21% of the variance in family cohesion. The meaning of life variable explained (45%) of the variance, and the happiness variable added (2%). Thus, these two variables contributed significantly to predicting satisfaction with family life.

The researcher attributes this result to the fact that the level of happiness and the meaning of life are important to the level of satisfaction with family life, in addition to the system of equality within families in society in Ajloun Governorate - Jordan, where women share with men in matters of family and work life, in addition to women’s independence and equality between the sexes, and that This discrepancy can be explained by the fact that the family often provides intimate and close relationships that constitute satisfaction for its members, especially spouses. As for the high level of discrepancy in predicting satisfaction with family life among females, they often bear greater responsibility for family life, and men are more involved in work life. This reflects the importance of maintaining family life for females in a conservative society, and this supports the idea that women should bear the main responsibility for the family while men should be the main breadwinners. In addition to the involvement of women in the community of Ajloun Governorate - Jordan, by working and raising the level of their ability to face challenges and pressures, and their financial ability to meet their needs and the needs of their children, and communication and openness, which raises their self-confidence and increases their family and psychological balance and their ability to bear family roles, which helps to create a state of Stability of family satisfaction and happiness. The result of this study is consistent with Nua’s study [40] and that well-being is the driving force in explaining the variation in family satisfaction.

7. Recommendations:

In view of these findings, researchers recommend:

1. Work on conducting more analytical studies, which are related to levels of adaptation, family cohesion and working life with happiness in different environments and conducting studies that take other independent variables not included in this study.
2. Attention to the development of satisfaction with family life among members of society in general, because of its active role in achieving psychological happiness and the meaning of life.
3. Growing enthusiasm for holding unique family programs that will help those who are getting married discover their purpose in life and a sense of pleasure.

4. The necessity of including kids in family discussions about family-related issues, giving them goal-oriented guidance, and teaching them sensible, constructive ways to find contentment in family life.
5. Conducting counseling courses for university students that enable them to solve problems, develop the meaning of life and self-transcendence, how to deal with family pressures and problems, and form positive attitudes towards oneself and a sense of happiness.

8. Conclusion

Counselling programs should be developed to improve family cohesion in families and thus to improve family happiness. The extension programs provided should include providing these families with family life skills and activating the meaning of life through appropriate activities and building it.

Acknowledgment:

The researchers extend their thanks and gratitude to the professors in the Department of Psychological and Family Counseling, at Ajloun National University, and the Hashemite University, for helping to arbitrate and codify the study standards, and they also thank Ajloun National University, for providing researchers with references, their assistance and support to conduct the study by addressing the competent authorities to facilitate their research task.

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