



Family Management of the Head of the Family and its Relationship to the Quality of Family Life

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Abstract:

The results concluded:

- The existence of a positive correlation between the dimensions of the questionnaire of the ability of the head of the family to manage the family, represented in **(energy - effort - tendencies - abilities - money - time)** and the quality of family life and its dimensions **(health and includes (physical - mental - psychological) and social - economic)**
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the place of residence of the head of the family (rural - urban)
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the work of the head of the family for the head of the family
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the educational level of the head of the family
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the income level of the head of the family
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life

Since ancient times, man has searched for quality of life or happiness, and religions since Noah (peace be upon him) until the Prophet Muhammad (peace and blessings of Allaah be upon him) called for quality of life. Quality and mastery in all matters of life are also one of the basics of our true religion, as the command to do so is not appropriate in the Book of God Almighty and in the Sunnah of his Prophet Muhammad. The Almighty said: "He who created death and life to give you the best deed, and He is the Mighty and Forgiving." In the same context comes the confirmation of the purified Sunnah. The Prophet, may God's prayers and peace be upon him, said, "God has written charity on everything." This can only come with wise management of all its human and material resources and their proper utilization. Especially as we live in the era of scientific and technical progress, which is characterized by change and development, and it is not possible to face this change and the problems that may result from it, and it is not possible to achieve success and various ambitions without preparing and planning human resources and choosing the best ways to use them to ensure the achievement of its goals. The management of family resources is the only effective means that helps the family to use its human and material resources in the best possible use to achieve its goals and satisfy its multiple, diverse and evolving needs, as it is the means that create a normal climate for family relations and interactions.

This research aims to reveal the relationship between the ability of the head of the family to manage the family, including (energy - effort - tendencies - abilities - money - time) and the quality of family life in terms of (physical - health - social - economic) within the framework of the family.

This study was conducted on a sample of (347) female heads of household from rural and urban governorates of Kafr El-Sheikh, Minya and Menoufia, and the sample was taken in an objective manner

Study tools included:

- General data of the head of the family - a questionnaire to measure the ability of the head of the family to manage the family. Resource management questionnaire (money management - effort management - time management - tendencies and trends management - skills management) and a questionnaire on quality of life from the socio-economic health side and the number of children of the head of the family

Keywords – dimensions, ability, created, ambitions, resources

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Introduction and research problem:

Quality and perfection in all matters of life are the basis of the basics of our true religion, as God Almighty says.

(Whoever does a good deed, male or female, and he is a believer, let us give him a good life and let us reward them with the best of what they have been doing). The Prophet (peace and blessings of Allaah be upon him) says (God loves if one of you does a job to master it) (Ahmed Jumaa 2005) and the quality of life is the enjoyment of material conditions in the external environment and a sense of good condition and satisfaction of needs and satisfaction with life (Fawqia Abdel Fattah and Mohamed Hussein 2006) and the study of Salwa Ayyad (1992), Hind Al Qasimi (1992), Hana Shawky (2000) that the head of the family is responsible for managing resources and making many family decisions

Today, in light of the scarcity of resources, we are in dire need of wives with a high level of efficiency in the optimal use of family resources, whether human or material, and direct them to satisfy the needs of their families and build society Wafaa Shalaby (1999) and the proper management of home affairs helps the head of the family to make optimal use of her resources, and to achieve her desired goals (Manar Khader 1998) Achieving the goals and ambitions of the individual is due to the wise management of all his human and material resources and their good utilization. Especially as we live in the era of scientific and technical progress, which is characterized by change and development, and it is not possible to confront this change and the resulting problems, and success and various ambitions cannot be achieved without preparing and planning human resources and choosing the best ways to use them to ensure the achievement of its goals (Ahmed Hajji 1994). The management of family resources is the driving forces by which the family's responsibilities are accomplished in all aspects of the family's economic and social life, and for this purpose the head of the family uses her knowledge, experience, skill and abilities to solve the daily family and domestic problems she faces and to overcome the difficulties she faces. (Fatima Al-Nabawiyyah Helmy and Rabie Nofal, 2000). It is known that the nature of family life at the present time and the economic conditions in which we live make every family think a lot about adapting its life, and this can only be done with sound management that helps to make good use of these resources (Mona Moussa, 2005).

Quality has become a goal of study and research as the product or the ultimate goal towards a better future for life and society with its extensive material and human energies and has the largest and direct contribution to the interest of the secret and improve the quality of life they have. This is considered one of the most important indicators indicating the progress of this society, which is reflected in the satisfaction of the individual and his sense of happiness and desire for life (Zakaria El-Gohary 2005) The science of home management is one of the sciences that are applied in the areas of family life in order to help the family to Make the most of available resources as well as train individuals to face life and its daily problems. (Wafa Shalabi 1991) The proper application of management and the ability to make decisions helps in dealing with the problems and difficult situations that the head of the family can face (Zainab Haqqi 1998) Najla El-Gazzar (2004) pointed out that there is a positive correlation between efficiency in the management of available resources and economic and social development The study of Abeer Dweik

(1994) showed that there is a statistically significant variation in the management of family resources according to the educational level of female heads of households in favor of higher educational levels as the study of Amr Mostafa (2001) indicates that there is a positive moral correlation Between awareness of time resource management and the dimensions of the family climate.

Finally, there is great importance for the head of the family to manage her resources, through which she can **face life and its daily problems and improve and improve her family life**. Without this proper management of resources by the head of the family, life becomes more difficult and we do not get the level of quality required for her.

Through this research, the following questions can be answered:

- 1- Is there a relationship between family management and the quality of family life?
- 2- What is the impact of the area of residence of the head of the family on family management and the quality of family life?
- 3- What is the impact of the work of the head of the family on family management and the quality of family life?
- 4- What is the impact of the educational level of the head of the family on family management and the quality of family life?
- 5- What is the impact of the income level of the head of the family on the family management and the quality of family life?
- 6- What is the impact of the number of children of the head of the family on family management and the quality of family life?

Research Objectives: This research aims to:

* Disclosure of the relationship between the ability of the head of the family to manage the family represented in

(Energy - effort - tendencies - abilities - money - time) and between the quality of family life and its dimensions (health and includes (physical - mental - psychological) and social - economic)

* Studying the factors affecting (area of residence - work of the head of the family - level of education of the head of the family - level of monthly family income - and the number of children) on the ability of the head of the family to manage the family and the quality of family life

Importance of research

The importance of research is evident in

* The results of this study can contribute to highlighting the relationship between the quality of family life and the method followed by the head of the family in family management

* Forming positive attitudes for the head of the family towards the proper administrative behavior that she must follow in order to ensure the welfare of family life and provide a good family life.

* This research may contribute to highlighting the role played by women in the management of resources and then attention to them for being an effective element in society and for being a mother and head of a family responsible for raising a generation and responsible for managing its resources and the quality of family life for them.

Research hypotheses:-

· The existence of a positive correlation between the dimensions of the questionnaire of the ability of the head of the family to manage the family, represented in **(energy - effort - tendencies - abilities - money - time)** and the quality of family life and its dimensions **(health and includes (physical - mental - psychological) and social - economic)**

- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the place of residence of the head of the family (rural - urban)
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the work of the head of the family for the head of the family
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the educational level of the head of the family
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the income level of the head of the family
- There is a statistically significant discrepancy between the ability of the head of the family to manage the family and the quality of life and the number of children of the head of the family

Research method

First: Study Methodology

The research follows the descriptive analytical approach that depends on the study of facts and is interested in describing them accurately, analyzing and interpreting them, and expressing them qualitatively or quantitatively. (Zoukan Obeidat et al. 2005)

Second: Scientific terms and procedural concepts used in research

Scientific Terminology:

Family Resource Management :

It is the driving forces of mental work and the achievement of family responsibilities, which relate to all aspects of the family's economic, social, psychological, physical, spiritual and technological life in order to use the head of the family what she has of knowledge, skill and capabilities of any of her various resources in solving the daily family problems faced and in overcoming the difficulties she faces (Wafaa Shalaby 1991)

Financial Income Management

It is a good distribution of financial income in a way that meets the basic and subsidiary needs of the family and represents this process in successive stages are budget planning, then implementation and control of the budget progress and finally evaluation of the use of money (Ali Abdul Majeed 1998)

It is the individual's determination of his financial capabilities in a specific period of time and the identification of different aspects of spending, then planning spending, and doing a review during spending, and then evaluation, in order to obtain the greatest degree of satisfaction within the limits of available possibilities.(Sakina Basabreen 2000)

Time management: Kawthar Kujak (2001) points out that the process of time management "means how an individual uses his limited hours to perform various tasks."

It is to take advantage of the available time and personal talents available to us to achieve the important goals that we seek in our lives while maintaining a balance between the requirements of work and life and between the needs of the body, soul and mind (Ibrahim Al-Qaeed 2001)

It is the orientation of the personal capabilities of individuals and their reformulation to accomplish the required work in the light of the rules and regulations in force (Mohamed Abdel Ghani 1995)

Voltage Management :

Ihsan Al-Baqli and Doria Amin (2002) define stress as "any physical activity carried out by the muscles of the body."

as a result of instructions you receive from nerve centers in the brain."It is the amount of effort that an individual can exert in a specific period of time without feeling tired (Nima Raqban, 1997).

Skills Management :

Good use of the skills available to family members, taking into account the diversity of skills among family members, increasing and developing them to satisfy their desires and achieve their goals (Jaida Hammad, 2007)

It is the ability to carry out a work brilliantly and competently, with a degree of speed and proficiency while avoiding damage and dangers (Yassin Al-Maqtari, 1989)

Human Energy Management:

The science of management is concerned with identifying the proper method of using human energy in the performance of family work, including the organization of household chores, identifying the foundations of simplifying these works and using modern machines to facilitate the completion of work without fatigue (Isis Noir and AcKh Ron, 1992).

Quality:Quality

Rubin (2000) defined quality of life as the integration and integration between several trends of the individual in terms of physical and psychological health and social life,

The Institute of Management also defined it as "excellence in providing the services required of it effectively so that they are free of errors and defects, at the lowest cost and rise to the level of expectations and desires of the beneficiaries and achieve their complete satisfaction now and in the future, through continuous improvement and development and commitment to the requirements and standards of performance, and the performance of the correct work properly from the first time and each time (Abdul Aziz Al-Mutawa, 1999)

Procedural definitions: -

_ Family Resource Management

In this study, it means the good management of the distribution and use of the resources available to the family, whether material or human, on the multiple needs of the family to achieve the greatest degree of satisfaction and to ensure the continuity of the family's survival and well-being.

_ The head of the family: - It is meant in this research is every married woman and has at least a child.

- Management of the family's financial income: - It means the ability of the head of the family to properly balance between her available resources and her financial income, while determining the priority of the needs that are intended to be satisfied first in order to achieve her multiple goals and desires

Time management: - It means the ability of the head of the family to balance her available time and between the work and responsibilities that she performs during the day without slowing down and distributing it to the activities according to their importance and overcoming time wasters in order to make the most of it.

- Managing the effort intended in this study: - The ability of the head of the family to perform daily household chores and various activities that are determined and to identify the foundations of simplifying these works so that they are completed easily and without fatigue.

- Skills management is: - The ability of the head of the family to master the work to reach the goal directly in the shortest possible time and with the least effort and with a high degree of efficiency, through the good employment of those skills available to family members to develop, increase and diversify them among family members to satisfy their desires and achieve their goals

- What is meant by the quality of life in this study: - Things that satisfy the need of the head of the family in terms of psychological, spiritual, mental and physical and in various aspects of health, economic or social, which enables the head of the family to meet her needs and satisfy her desires.

Third: Study sample: -

This study was conducted in Minya, Kafr El-Sheikh and Menoufia, a sample of (347) housewife was taken from the countryside and attended these governorates, and the number of urban sample (221) housewife, and the number of rural sample (126) housewife, and the sample was selected in a shell purpose.

Fourth: - Study tools and data collection

The study tools were:

1- A questionnaire to measure the ability of the head of the family to manage some of the family's resources.

It includes the following:

A - The axis of general data of the head of the family.

B - Resource Management Axis: - It includes (money resource management - effort resource management - time resource management - tendencies and trends resource management - skills resource management)

2_ A questionnaire to measure the quality of life.

It includes the following axes:

A - The axis of the health aspect, which includes: - (the physical - mental - psychological aspect) - the axis of the social aspect - the axis of the economic aspect.

The data was collected by interview and lasted seven months from January 2010 to the end of July in the same year.

(A) The axis of general data of the head of the family: - This axis contains the initial general data of the head of the household, which included the following data:

- Residential area (urban countryside): In this research, it means the current placewhere the head of the family lives from being living in rural or urban areas.

The work of the head of the family (works not works). The axis did not include the type of profession because of the existence of social changes in Egyptian society that make it difficult to rely on the type of profession as an objective variable in determining the social aspect of the family (Ibrahim Al-Issawi, 1990).

- The educational level of both the head of the family and the head of the family, has been arranged into three main levels: -

*** Low level of education:** It includes the head of the family and the head of the family who do not read or write. (Mom)

*** Intermediate educational level :** It includes the head of the family who graduated in the different educational stages, starting from reading and writing until obtaining an intermediate qualification.

*** High level of education:** includes the head of the family with a university or postgraduate qualification (Master - PhD)

- The level of monthly family income: It was arranged into three levels:

- Low income level (less than 6000) - Medium income level (from 6000-9000) - High income level: (from 9000 and more)

- **Number of children:** - It means the number of children of the female and male head of the family, and was expressed in numerical value.

B - The axis of family management : - The aim of this axis is to identify the level of management of the head of the family sample study for some resources. This pillar of the questionnaire was prepared after reviewing the theoretical framework and the studies and research related to the subject. This axis has been measured through (70) phrase divided into Five items - (28)phrases e (for money resource management), (11) phrases e (forvoltage resource management), and (12) phrasesE (to manage a resource of tendencies and trends), and (9) phrases (skill resource management), and the response to these statements is determined according to three responses and on a continuous scale (always - sometimes - not), and the phrases varied in their directions, some of them were positive and others negative.Where the total score of this axis (210) is divided into three levels of low awareness: less than (117) (with a percentage less than 56%), an average level of awareness from (117-187) (, a percentage of 56%-89%) and a high level of awareness of (more than 187) percentage more than 89%

Validity and stability of the questionnaire: -

First, the logical honesty of the questionnaire: - It aims to judge the extent to which the questionnaire represents the goal that it measures and to identify the validity of this axis of the questionnaire was presented to a group of specialists in the field of home economics in Egyptian universities, who numbered (6) arbitrators, in order to identify: - The correctness of the formulation of the phrases - the appropriateness of each phrase for the measured field - the extent to which the phrase is related to each field or dimension of this axis of the questionnaire in light of its purpose and procedural definition. This axis of the questionnaire in its initial form included (72) phrases, and the percentage of agreement between the arbitrators on (70) phrases of this axis to more than 96%. While the percentage of agreement on (2) phrases was excluded decreased. The wording of some phrases has also been modified according to the opinions of the arbitrators, and this axis becomes in its final form consisting of (70) phrases, and thus this axis of the questionnaire has been subject to the sincerity of the content in measuring the level of management of the head of the family for some resources.

- Second, the validity of internal consistency: - The validity of the internal consistency of this axis was measured from the questionnaire Reliability by the Alpha-Cronbach method, and the alpha coefficient was calculated for each item of this axis separately and for the axis as a whole

Table (1) Alpha coefficient values for the axis of the level of management of the head of the household for some resources.

Alpha coefficient	Number of phrases	axes
0.9761	28	- Money resource management
0.9816	11	Voltage resource management
0.9813	12	Time resource management
0.9729	10	- Resource management of tendencies and trends
0.9208	9	- Resource Skills Management
0.9853	70	Total Resource Management

The value of the alpha coefficient for the axis of the level of management of the head of the family for some resources to 0.9853, which is a high value that confirms the consistency of this axis of the questionnaire.

- Third, the stability of the questionnaire: - One of the common ways to find the stability coefficient of the questionnaire is to apply the questionnaire to the same sample twice, provided that there is an appropriate period between the first time and the second time so that remembering the questions in the first time does not lead to a change in the results the second time, if we get a high stability coefficient can be reassured of the possibility of applying this axis and evaluating its results, and an exploratory study has been applied to a sample of thirty female heads of household, and some three weeks have been Re-apply this axis to the same sample, and thus each housewife got two degrees, and by calculating the alpha coefficient, the stability coefficient was calculated and its value was (0.9760), which is a high value that confirms the stability **of this axis of the questionnaire** .

2- A questionnaire to measure the quality of life.

The aim of this axis was to identify the level of quality of life of the head of the family sample study. This questionnaire was prepared after reviewing the theoretical framework and the studies and research related to the subject. This axis has been measured through (53) phrases divided into three items: - (health aspect) (24) phrase divided into (7) phrases (for the mental side) and (8) phrases (for the psychological aspect), and (9) phrases (for the physical side) } .the social aspect consists of (14) phrases and the economic side consists of (15) phrases.

The response to these phrases is determined according to three responses and on a continuous scale (always - sometimes - no), as the phrases varied in their directions, some were positive and others negative. Where the total score of this axis was (159) divided into three levels: low quality level: less than (88) (with a percentage of less than 55%) and an average quality level from (88-123) (, with a percentage of 55%-77%) And a high quality level of (more than 123) (a percentage of more than 77%).

Validity and stability of the questionnaire: -

First: The logical honesty of the questionnaire: - This questionnaire was presented to a group of specialists in the field of home economics in Egyptian universities, who numbered (6) arbitrators, in order to identify: - The validity of the formulation of phrases _ The appropriateness of each phrase for the measured field - The extent to which the phrase is related to each field or dimension of this questionnaire in light of its purpose and procedural definition This questionnaire included (53) phrases in its initial form, and the percentage of agreement between the arbitrators on (53) phrases of this axis to more than 9-8%. The wording of some phrases has also been amended according to the opinions of the arbitrators. This axis becomes in its final form consisting of (53) phrases, and thus this questionnaire has been subject to the sincerity of the content in measuring the level of quality of life for the head of the family.

Second: the validity of internal consistency: - The validity of the internal consistency of the Reliability questionnaire was measured by the Alpha-Cronbach method, and the alpha coefficient was calculated for each axis of this questionnaire separately and for the questionnaire As a whole.

Table (2) Alpha coefficient values for the quality of life level questionnaire for the head of the household study sample

Alpha coefficient	Number of phrases	axes
0.9857	24	- The health aspect (mental - psychological - physical)
0.9000	14	Social aspect
0.9943	15	- Economic aspect
0.9366	53	Total quality of life

The value of the alpha coefficient for the questionnaire of the level of quality of life for the head of the family as a whole 0.9366, which is a high value that confirms the consistency of this axis of the questionnaire.

Third, the stability of the questionnaire: An exploratory study has been applied to a sample of thirty housewives from and some three weeks have passed this axis of the questionnaire was re-applied to the same sample and thus got each housewife on two degrees, and calculate the alpha coefficient was calculated stability coefficient, and its value was (0.9406), a high value that confirms the stability of this axis of the questionnaire.

Fifth: Data Analysis and Statistical Transactions Followed:

Some statistical methods were used to reveal the relationship between the variables of the study and hypothesis test, including the following frequencies, averages, T test and P test.

Results of the field study

First: Description of the study sample :

The following is a description of the study sample, which included (347) families with different social and economic levels.

Table (3) Percentage Distribution of Study Sample by Area of Residence of the Head of Household

Residential area	Number	Percentage
countryside	126	36,3
To watch	221	63,7
Total	347	100

It is clear from Table (3) that the sample consists of 347 female heads of households from Rabif and urban governorates of Minya, Kafr El-Sheikh and Menoufia, where the percentage of female heads of households in theurban 63.7%, and the percentage of female heads of households in rural36.3% It is noted that the percentage of rural women is almost half the percentage of urban women..

Table (4) Percentage Distribution of Study Sample by Work of the Head of Household

The work of the head of the family	Number	Percentage
Work	146	42.1
Don't work	201	57.9
Total	347	100

It is clear from Table (4) that the percentage of working female heads of households is 42.1%, and the percentage of non-working heads of households is 57.9%, and it is noted that female workers are slightly less than non-working women.

Table (5) Percentage Distribution of Study Sample by Education of the Head of Household

Teaching the head of the family	Number	Percentage
Low level of education	36	11.0

Intermediate level of education	44	12.7
High level of education	265	76.4
Total	347	100

It is clear from Table (5) that the highest percentage in the level of education of the head of the family was for the high educational level, which amounted to 76.4%, followed by the mediated educational level, which reached 12.7%, and the lowest percentage was for the educational level that we did not decrease. where it reached 11%.

Table (6) Percentage Distribution of Study Sample by Monthly Household Income

Monthly household income	Number	Percentage
Low income level	85	24.5
Average income level	63	18.2
High income level	199	57.3
Total	347	100

It is clear from Table (6) that the highest percentage in the level of household income was for the level of high income, which reached 57.3%, followed by the level of low income, which reached 24.5%, and the lowest percentage was for the level of middle income, which amounted to 18.2%.

Table (7) Percentage Distribution of Study Sample by Number of Children of Female Heads of Households Study Sample

Number of children	Number	Percentage
one son	1	0,3
Two sons	4	1,2
Three sons	111	32,0
Four sons	159	45.8
five sons	66	19,6
Six sons	3	0,9
Seven sons	1	0,3
Total	347	100

It is clear from Table (7) that the percentage of female heads of households who have one son is 0.3%, which is equal to the percentage of female heads of households who have seven children, while female heads of households who have four children received the largest share, as their percentage reached 45.8%, followed directly by female heads of households with three sons (32%), and female heads of households with five children (19.6%).

Second: Results in the light of the research hypotheses: -

The first hypothesis: - The existence of a statistically significant correlation in the level of the ability of the head of the family to manage the family and the quality of family life

First: The relationship between the ability of the head of the family to manage the family and the quality of family life

Table (8) shows the Pearson correlation coefficient between the ability of the head of the family to manage the family and the quality of family life

Variables	Mental aspect	Psychological	Physical aspect	Total Health Aspect	Social aspect	Economic aspect	Total Quality of Life
Income	**0.495	**0.728	**0.444	**0.584	**0.420	**0.325	**0.462
Effort	**0.890	**0.813	**0.965	**0.962	**0.988	**0.992	**0.994
Time	**0.870	**0.793	**0.931	**0.935	**0.964	**0.995	**0.977
Trends	**0.895	**0.839	**0.965	**0.973	*80.982	**0.981	**0.993
Skills	**0.615	**0.529	**0.557	**0.607	*80.492	**0.355	**0.501
Total Resource Management	**0.865	**0.901	**0.882	**0.947	**0.880	**0.832	**0.905

- It is clear from Table (8) that there is a positive correlation of statistical significance between each of the management of the head of the family for some resources axes (income - effort - time - trends - and skills) and the quality of life of the head of the family life axes (the health aspect (mental - psychological - physical) - and the social aspect - and the economic aspect) at a moral level of 0.01 meaning that the higher the level of management of the head of the family for her resources, the greater the level of quality of life for her in all its aspects

The second hypothesis: - There is a statistically significant disparity between rural and urban heads of households in both the ability to manage the family and the quality of family life.

First: With regard to the level of the ability of the head of the family to manage the family in both rural and urban areas:

Table (9) Significance of the differences between the average scores of the level of the ability of the head of household to manage the family in both rural and urban n = 347

Resource management level	Reef n = 126		Attended n = 221		Value of t	Significance level
	Average	Standard deviation	Average	Standard deviation		
Income	707460	703517	6705475	1805782	1.815	0.001
Effort	2240481	901163	2809186	706523	-7.105	0.001

Time	250667	1003406	3109231	706300	-6.435	0.001
Directions	2107540	701012	2604751	609345	-6.046	Non D
Skills	200467	303313	2009231	509543	-0.652	0.001
Total	1610119	1908553	17507873	4409411	-3.474	0.001

It is clear from Table (9) that there is a statistically significant discrepancy between the average scores of the female heads of households in the study sample in both rural and urban areas and the level of ability to manage the family for the head of the family as a whole, where the value of (T) expressing these differences (3.474.) It is a statistically significant value at the level of significance 0.001 in favor of urban where the average score in urban higher than rural, meaning that urban heads of households were more in the level of ability to manage families than rural women for family management as a whole and for all axes except for the axis of management trends where there is no statistically significant variation in the average scores of female heads of households in each From rural and urban areas in The ability of the head of the household to manage a resource (trends) where the value of (T) expressing these differences was (6.046), which is a statistically insignificant value.

Second: With regard to the level of quality of life in both rural and urban areas :-

Table (10) Significance of the differences between the average scores of female heads of households and the level of quality of life in both rural and urban (n = 347)

Quality of life level	Rural n = 126		Urban n = 221		Value of t	Significance level
	Average	Standard deviation	Average	Standard deviation		
Mental aspect	13002460	205571	1709729	401614	-11.562	0.001
Psychologically	19001270	309151	1806244	407357	1.010	0.001
Physical aspect	1801746	500614	2402036	503918	-10.240	Non D
Total Health Aspect	5005476	1103727	6008009	1306610	-7.132	Non D
Social aspect	2800556	807739	3604072	805688	-8.656	Non D
Economic aspect	3102698	1206323	4001810	807070	-7.748	0.001
Total Quality	10908730	32055503	13703891	3005152	-7.883	Non D

It is clear from Table (10) that there is no statistically significant discrepancy between the average scores of the female heads of households in both rural and urban areas in the level of quality of life for the head of the family as a whole

There is also a statistically significant variation between the average scores of the female heads of households in the study sample in both rural and urban areas in the axis of the level of quality of life for the head of the household, which is (the economic aspect), where the value of (T) expressing these differences was (-7.748) which are statistically significant values, and this 1 means The area of residence of the head of the household contributes to a difference in the level of quality of life of the head of the household in the economic level (, in favor of the countryside, as all the average scores in the countryside are higher than in urban areas.

There is also no discrepancy in the average scores of female heads of household in both rural and urban areas in the level of quality of life of the head of household in the axis of (health and social aspect).) .

The third hypothesis: - There is a statistically significant variation between working and non-working heads of households in both the ability to manage the family and the quality of family life

First: With regard to the level of the ability of the head of the family to manage the family according to the work of the head of the family: -

Table (11) Significance of the differences between the average scores of the level of the ability of the head of householdsto manage the family according to the work of the head of the family

n = 347

Resource management level	Non-Factors n = 146		Workers n = 201		Value of t	Significance level
	Average	Standard deviation	Average	Standard deviation		
Income	60.7123	17.3456	74.5174	10.9010	-9.084	0.001
Effort	24.9795	8.3099	27.6965	8.9550	-2.875	Non-function
Time	28.7945	8.3352	30.2736	9.7611	-1.480	Non-function
Directions	23.0890	7.4611	25.9751	7.0338	-3.678	0.001
Skills	16.0616	4.4353	24.2189	1.8952	-23.317	0.001
Total	153.6370	44.7420	182.6816	27.3194	-7.483	0.001

It is clear from Table (11) that there is a discrepancy between the average scores of working and non-working heads of households in the study sample at the level of family management as a whole.

There is also a statistically significant discrepancy between the average scores of the female heads of households in the study sample working and non-working in the axes of the level of resource management for the head of the household, namely (income source - trends resource - skills resource), where the value of (T) expressing these differences was (-9.084), (3.678) and (-23.317) respectively, which are statistically significant values, and this 1 means that the work of the head of the family contributes to a difference in the level of resource management for the head of the family, in favor of the workers, as all the average scores Nadia Abu Sakina (2009) pointed out that the quality of family lifestyle for women in administrative jobs varies according to the different variables of the social and economic aspect of the family.

Second: With regard to the level of quality of life for both working and non-working heads of households :-

Table (12) Significance of the differences between the average quality of life level scores according to the work of the head of household (n = 347)

Quality of family life	Non-Factors n = 146		Workers n = 201		Value of t	Significance level
	Average	Standard deviation	Average	Standard deviation		
Mental aspect	13.8425	2.6514	18.8425	4.4339	-10.117	0.001
Psychologically	18.7192	5.7903	18.8706	3.1675	-0.312	Non-function

Physical aspect	19.4658	5.2734	23.8657	5.8504	7.206	0.001
Total Health Aspect	52.0274	13.4733	60.7463	12.8277	-6.119	0.001
Social aspect	30.5685	7.9861	35.4129	10.0351	-4.827	0.001
Economic aspect	35.8288	9.5962	37.7562	12.1101	-1.594	Non-function
Total Quality	118.4247	31.0350	133.9154	34.5039	-4.305	0.001

It is clear from Table (12) that there is a discrepancy between the average scores of working and non-working heads of households in the study sample in the level of quality of life as a whole.

There is also a statistically significant discrepancy between the average scores of the female heads of households in the study sample, working and non-working in the axes of the level of quality of life for the head of the family, which are (the mental aspect - the serious aspect - the health aspect - the social aspect), where the value of (T) expressing these differences was (-10.117), (7.206), (-6.119) and (4.827) respectively.

These are statistically significant values, and this 1 means that the work of the head of the family contributes to a difference in the level of quality of life of the head of the household, in favor of female workers, as all average scores in female workers are higher than non-workers.

There is also no variation in the average scores of working and non-working heads of households in the level of quality of life of the head of the family in the axis (psychological and economic aspect)

Fourth hypothesis: - The existence of a statistically significant variation between the heads of households of the study sample in both the ability of the head of the family to manage the family and the quality of life according to the educational level of the head of the family .

. First: With regard to the ability of the head of the family to manage the family according to the educational level of the wife:

Table (13) Analysis of one-way variance of the level of the head of the family's ability to manage the family according to the difference in the educational level of the wife n = 347

Resource management level	Contrast source	Sum of squares	Degrees of freedom	Average squares	P value	Significance level
Income	Between groups	55282.122	2	27641.061	336.853	0001
		28227.480	344	82.057		
	Inside groups Kidney	83509.602	346			
Effort	Between groups	9129.344	2	4564.672	89.491	0001
		17546.419	344	51.007		
	Inside groups Kidney	26675.764	346			
Time	Between groups	8368.285	2	4184.142	68.715	0001
		20946.522	344	60.891		

	Inside groups Kidney	29314.807	346			
Directions	Between groups	7822.048	2	3911.024	124.010	0001
	Inside groups	10849.099	344	31.538		
	Kidney	18671.147	346			
Skills	Between groups	7023.393	2	3511.697	555.458	0001
	Inside groups	2174.826	344	63.22		
	Kidney	9198.219	346			
Total	Between groups	351076.42	2	175538.212	377.871	0001
	Inside groups	159803.80	344	464.546		
	Kidney	510880.22	346			

It is clear from Table (13) that there is a statistically significant variation between the average scores of the heads of households of the study sample in the level of management of resources as a whole according to the educational level of the head of the family sample of the study, where the value of P (377.871), which is a value greater than its tabular counterpart, it is statistically significant at the level of significance 0.001 and this means that the level of education of the wife contributes to achieving variation in the level of management of resources as a whole For all axes and by applying **the tukey** test, it was found that the average scores of the study sample in the level of management of resources (33.8947) for the low educational level of the wife, (64.6591) for the average educational level, and (74.3736) for the high educational level. This means that female heads of households who 129> Their educational level is high They had a higher level of management than their counterparts who belong to the level of medium and low education, and the gradation of averages from low to high means that the higher the educational level of the wife, the greater the level of resource management. This result is consistent with the study of Aber Dweik 1994, Fster 1982Nadia Abu Sakina and Zainab Abdel Samad 1998, Rabie Nofal 1998, Hala Nouredine 2004 where she explained that there is a statistically significant interaction between the educational level of female heads of households and the management of family resources in favor of higher educational levels.

Second: With regard to the level of quality of life according to the educational level of the head of the family

Table (14) Analysis of one-way variance for the level of quality of life according to the difference in the educational level of the head of household n = 347

Quality of family life	Contrast source	Sum of squares	Degrees of freedom	Average squares	P value	Significance level
Mental level	Between groups	2221.728	2	1110.864	91.019	0001
	Inside groups	4198.445	344	12.205		
	Kidney	6420.173	346			

Psychological level	Between groups	3453.241	2	1726.621	173.833	0001
	Inside groups	3416.822	344	9.933		
	Kidney	6870.063	346			
Physical level	Between groups	5626.346	2	2813.173	140.483	0001
	Inside groups	6888.582	344	20.025		
	Kidney	12514.928	346			
Health Level	Between groups	31352.106	2	15676.053	157.177	0001
	Inside groups	34308.793	344	99.735		
	Kidney	65660.899	346			
Social Level	Between groups	10668.218	2	5334.141	88.623	0001
	Inside groups	20705.016	344	60.189		
	Kidney	3137.297	346			
Economic Level	Between groups	10975.374	2	5487.687	58.951	0001
	Inside groups	32022.586	344	93.089		
	Kidney	42997.960	346			
Total Quality	Between groups	147809.60	2	73904.801	101.592	0001
	Inside groups	250247.52	344	727.464		
	Kidney	398057.12	346			

It is clear from Table (14) that there is a statistically significant discrepancy between the average scores of the heads of households of the study sample in the level of quality of life as a whole according to the educational level of the head of the family of the study sample, where the value of P (101.592) which is a value greater than its tabular counterpart, it is statistically significant at the level of significance 0.001 and this means that the level of education of the head of the family contributes to achieving variation in the level of quality of life as a whole and the axes and the application of the Tukey test found that the average scores of the study sample in the level of quality of family life (73.8421) for the low educational level of the head of household, and (111.6792) for the intermediate educational level, and (137.6792) for the high educational level. This means that female heads of households with a high level of education had a higher level of quality than their counterparts who belong to a low and medium level of education. The gradation of averages from low to high means that the higher the educational level of the head of the household, the higher the level of quality of life for the head of the household.

From the above, it is clear that there is a statistically significant variation in the level of quality of life according to the different educational level of female heads of households in favor of high educational levels, meaning that the higher the educational level of the head of the family, the higher the quality of life

Fifth hypothesis : There is a statistically significant discrepancy between the study sample in both the ability of the head of the family to manage the family and the quality of life according to the monthly family income

First: With regard to the ability of the head of the family to manage the family according to the level of monthly family income

Table (15) One-way analysis of the ability of the head of the household to manage the family according to the difference in the level of monthly family income n = 347

Resource management level	Contrast source	Sum of squares	Degrees of freedom	Average squares	P value	Significance level
Income	Between groups	15128.324	2	7564.162	38.052	0001
	Inside groups	68381.279	344	198.783		
	Kidney	83509.602	346			
Effort	Between groups	25300.850	2	12650.425	3165.105	0001
	Inside groups	1374.914	344	3.997		
	Kidney	26675.764	346			
Time	Between groups	28411.772	2	14205.886	5411.555	0001
	Inside groups	903.035	344	2.625		
	Kidney	29314.807	346			
Directions	Between groups	17909.862	2	8954.931	4046.444	0001
	Inside groups	761.285	344	20213		
	Kidney	18671.147	346			
Skills	Between groups	2778.733	2	1389.367	74.452	0001
	Inside groups	6419.486	344	18.661		
	Kidney	9198.219	346			
Total Resources	Between groups	394903.56	2	197451.779	585.664	0001
	Inside groups	115976.67	344	337.141		
	Kidney	510880.22	346			

It is clear from Table (15) that there is a statistically significant discrepancy between the average scores of the heads of households of the study sample in the level of the level of the ability of heads of households to manage the family according to the level of monthly family income, where the value of P (585.664), which is a value greater than its tabular counterpart, it is statistically significant at the level of significance 0.001 and this means that the level of The monthly household income contributes to achieving variation in the level of ability of heads of households to manage the family as a whole and by applying the tukey test it was found that the average score of the study sample in resource management (112.4588) for the low-income level, and (175.3175) For the middle income level, and (193.6985) for the high income level. This means that female heads of households with a high income level had a higher level than their counterparts belonging to a low and middle income level to manage

their resources. The gradation of averages from low to high means that the higher the level of monthly family income, the greater the level of the ability of the head of the family to manage the family.

Second: With regard to the level of quality of life according to the level of monthly family income: -

Table (16) One-way analysis of variance for the level of quality of life according to the difference in the level of monthly household income n = 347

Quality of life level	Contrast source	Sum of squares	Degrees of freedom	Average squares	P value	Significance level
Mental aspect	Between groups	5493.221	2	2746.611	1019.292	0001
	Inside groups	926.952	344	2.695		
	Kidney	6420.173	346			
Psychologically	Between groups	4571.685	2	2285.843	342.124	0001
	Inside groups	2298.378	344	6.681		
	Kidney	6870.063	346			
Physical aspect	Between groups	11452.588	2	5726.294	1854.251	0001
	Inside groups	1062.340	344	3.088		
	Kidney	.12514.92	346			
Health aspect	Between groups	59558.503	2	29779.251	1678.695	0001
	Inside groups	6102.397	344	17.740		
	Kidney	65660.889	346			
Social aspect	Between groups	29360.394	2	14680.197	2508.808	0001
	Inside groups	2012.903	344	5.851		
	Kidney	3137.297	346			
Economic aspect	Between groups	40479.055	2	20239.527	2764.057	0001
	Inside groups	2518.905	344	7.322		
	Kidney	42997.960	346			
Total Quality	Between groups	378924.29	2	189462.145	3406.448	0001
	Inside groups	19132.829	344	55.619		
	Kidney	398057.	346			

It is clear from Table (16) that there is a statistically significant discrepancy between the average scores of the female heads of households in the study sample in the level of quality of life as a whole according to the level of monthly family income, where the value of P (3406.448), which is a value greater than its tabular counterpart, it is statistically significant at the level of significance 0.001 and this means that the level of monthly family income contributes to achieving variation in the level of quality of life as a whole and the application of the tukey test It was found that the average scores of the study sample in the level of quality of life (71.7059) for the low income level, (126.5238) for the middle income level, and (151.4623) for the high income level, and this means that the heads of households who have a high income level had a higher quality level than their counterparts who belong to the middle and low income

level. The gradation of averages from low to high means that the higher the level of monthly family income, the greater the level of quality of life for the head of the household.

. This finding is consistent with the study of Dio and Hopner.Dew & Huebner, 1994), which showed that there is a statistically significant discrepancy between the average scores of female heads of households of the study sample in the level of quality of life according to the level of family income

The sixth hypothesis : the existence of a statistically significant correlation in the level of the ability of the head of the family to manage the family and the quality of life according to the number of children.

First: With regard to the relationship between the level of the ability of the head of the family to manage the family and the number of children

Table (17) Pearson's correlation coefficient between the ability of the head of the family to manage the family and the number of children

Variables	Number of children
Income	**0.202
Effort	**0.143
Time	*0.132
Trends	**0.163
Skills	**0.181
Total Resource Management	**0.201

- It is clear from Table (17) that there is a positive correlation of statistical significance between each of the management of the head of the family for some resources axes (income - effort - time - trends - and skills) and the number of children of the head of the family at a significant level of 0.01 meaning that themore The number of children of the head of the household sample of the study the higher the level of management of the head of the family of her resources.

Second: With regard to the relationship between the level of quality of life and the number of children

Table (18) Pearson's correlation coefficient between the level of quality of life sample and the number of children

Variables	Number of children
Mental aspect	0.000
Psychologically	**0.281
Physical aspect	0.031
Health aspect	0.104
Social aspect	** 0.144
Economic level	0.101
Total Quality	*0.116

It is clear from Table (18) that there is a statistically significant direct correlation between all the quality of life with its axes (and the health aspect - the social aspect - and the economic aspect) and the number of children of the head of the family at a moral level of 0.05, meaning that the more children of the head of the household, the greater the level of quality .

While there is no correlation between the quality of life in both the mental aspect - the total health aspect - the economic aspect and the number of children

Recommendations:

1-The need for heads of households to realize the importance of resource management and its steady relationship to the quality of life, as the results of this research revealed that the more the head of the family mastered the management of her resources, the greater the quality of family life.

2- Introducing the concept of quality of life in some home economics courses in schools and universities to help girls realize quality standards.

3- Organizing training and guidance courses for female heads of households to enlighten them on ways to manage resources .

4- Preparing and implementing programs to develop awareness of resource management among heads of households through various media and through schools and summer centers or through modern means of communication such as computers and the Internet.

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