Social Intelligence as a Mechanism for Achieving Quality of Family Life

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Abstracts

This research aims to study and highlight the role of social intelligence in achieving the quality of family life. Where social intelligence is concerned with the ability to understand the behaviors and feelings and appreciate the motives of others and the good behavior in social attitudes, and dealing with social information and social skills.

This study aims to highlight the role of social intelligence in achieving the family quality of life, through which the individual achieves satisfaction and a sense of happiness and a decent life. The study concluded that the family quality of life can be achieved by the strong bond between family members.

Keywords: Family, Social Interaction, Social Intelligence, Social Information, Quality of Life, Quality of Family Life.

1 Introduction

Quality of life is a structured way of living accompanied by a sense of happiness and satisfaction with the situation in life. The quality of life reflects the good physical and psychological health of the human being, the cleanliness and richness of the environment, and satisfaction with the services provided to him, such as education, health services, communications, transportation, democratic practices, social justice, the spirit of love and optimism among the people, the high morale and loyalty and loyalty to the nation.

Where the quality of life is defined as "the individual's sense of satisfaction and happiness and ability to satisfy his needs through the richness of the environment and the quality of services provided to him in the areas of health, social, educational and psychological with good management of time and benefit from it." The issue of quality in family life demand and necessity at the same time, the main issues of policy development, social needs and enjoyment of life and social communication, through the production and construction of a lifestyle that helps the family to integrate and adapt to social changes in the ocean in various areas.

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2 Research Questions

The family approach in psychological and sociological studies is done through two contradictory aspects. The first aspect focuses on studying the negative aspects and family problems in which the families are floundering. The second aspect focuses on the positive aspect of the family and how it can live a state of happiness, idealism and quality. Social intelligence is one of the important aspects of personality, because it is related to the ability of the individual to deal with others and to form successful social relationships, that is, to the extent that he or she is a member of a group, where the human ability to enjoy social interaction and relationships with others as far as smart. From here arises the main question of this study:

How can social intelligence contribute to the quality of family life in light of the transformations and challenges faced by the family? The study included three axes:

Theme 1: Basic concepts on the quality of family life;

Theme 2: The intellectual framework of social intelligence;

Theme 3: The family and its role in achieving the quality of life in the framework of the exercise of social intelligence.

3 Literature Review

3.1 Basic Concepts about the Family Quality of Life

Quality of life plays a pivotal role in the multiple services provided to the community, and in the strong emotional relationship between the individual and his environment. The quality of life is: "Enjoy the external physical and environmental conditions and the sense of well-being and satisfying the needs and satisfaction of life, as well as the individual's understanding of the aspects of his life and sense of life in addition to positive physical health and compatibility with the values prevailing in society."

3.1.1 Definition of Quality of Life

The person should live in good condition with physical, mental and emotional health to a degree of acceptance and satisfaction. He must be strong in the face of the pressures he faces. He is highly efficient and satisfied with his family, professional and social life. He fulfills his needs and ambitions confidently and selflessly. He lives in a sense of happiness, encourages and motivates him to be optimistic about his present and future, and is committed to the value of religious, moral and social, belonging to his homeland and a lover of good, defending his rights and the rights of others. (Mahmoud, I; 2013, pp. 66-67).

3.1.2 Determinants of Quality of life

There are many factors that determine the determinants of quality of life: (Mohammadi and Buaisha, 2013, p. 10)

(A) the ability to think and take decisions;

(B) Ability to control;

(C) Physical and mental health;

(D) Living conditions and social relations;

(C) Religious beliefs - cultural and civilizational values;

(H) Financial and economic conditions on which each person determines what is the most important thing for him and which brings happiness in the life he lives.

3.2.3 Definition of the Family

It is the first unit of society, within which the individual is brought up socially and acquires a lot of knowledge, skills, tendencies, emotions and tendencies in life, and finds in it his safety and his housing. The family is also defined as a set of permanent and interrelated relationships between persons occupying social spaces acquired through marriage and reproduction. (Al-Khuli, 1984, p. 56)

3.2.3.1 Family System

Is the provisions, principles and rules that deal with the family organization from the composition and through the establishment and stability, and the separation and the consequent effects, intended to establish on solid foundations to ensure sustainability and give them desired fruits.

3.2.3.2 Family Building Components

The main components of family building are due to the following considerations:
a. The family is the first cell formed by the social construction, which is the most common social phenomenon and widespread, we hardly find a society devoid of the family system, which is the basis of stability in social life, we can imagine the state of humanity if it is not organized in the foundations;
B. The family is based on conditions and terms recognized by the community. It is not an individual action, not a random one, but it is the work of society and is based mainly on the terms of society.
C. The family is the general framework that regulates the actions of its members. It shapes their lives and behavior and transmits their heritage from generation to generation. It is also an essential source of customs, customs, traditions and behavior, and is credited with performing the most important social function.
D. The family is influenced by and influenced by social systems, whether for the economic or social system.

3.2.3.3 The Family Balance

The family constantly seeks to maintain its balance internally and externally in order to preserve its survival. It is therefore resisting everything that tries to shake or destabilize this balance. The family as a social pattern is supposed to undergo something of change according to its growth and surrounding conditions, the family tries hard to control the process of feedback in order to control the input received by the family. In many cases, the boundaries of the family stand as a strong deterrent against certain beliefs, especially those that they consider to be liberal ideas. The behavior of rejection by the family is expressed in this The Stop, so that the process of selection of what should come to the family and must not enter and accordingly reverse the process consists of Nutrition and affect these positions over the balance and cohesion of the family and bring them in line for the surrounding community for the psychological and social compatibility of its members.

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3.3 Quality of Family Life

Psychologists and sociology have focused on the family as a psychological and social concept. It is also meant as the need for strong family cohesion. The quality of family life is the degree to which family members need to meet, and the extent to which they enjoy their time Together, and the extent to which they are able to do important things with each other.

3.3.1 Definition of Quality of Family Life

Known as the good performance of parents in the family or is family happiness. (Amani and Samira, 2010, p. 498). It also represents the quality of a stable family life, which ensures the happiness of its members to realize that their lives are meaningful and that their different needs are available. This is achieved through the compatibility of the spouses and their ability to communicate and face the difficulties of life together, And their ability to succeed in taking care of their children physically, psychologically and socially, thus providing appropriate environmental conditions for the development of children's abilities and skills to prepare a rising generation of society. (Manar and Ahlam, 2011, p. 90). The definition of quality of life has been linked to the satisfaction and happiness of the members of the family who have positive emotional relationships through which their personalities develop and to represent the primary group that helps them achieve their goals which are related to their self-fulfillment and their sense of psychological and social compatibility. The quality of family life is based on four basic dimensions: family interaction, parental treatment, the economic well-being of the family, family happiness.

3.4 The Intellectual Framework of Social Intelligence

What a person needs within his or her group, whether he is a working group, friends or family, is that he is required to enjoy individual benefits that help him to deal and improve his relationship with others. This is called social or interpersonal intelligence. The beginning of interest in this field was by Thorndike (1920) When he pointed to an intelligence that differed from general intelligence.

3.4.1 Definition of Social Intelligence

Social intelligence means the ability to understand the behaviors and feelings, motivations of others, and good behavior in social attitudes. In the Encyclopedia of Psychology 1977, social intelligence is defined as: the kind of intelligence shown by the individual in his dealings with others and in his practice of social relations. Even higher social intelligence is synonymous with the concept of tact in adapting the social environment and effectively addressing social relations New. (Ghazi al-Desouki, 2008, p. 71)
 Social intelligence is defined as: "the ability to recognize and distinguish moods of others and to recognize their intentions, motivations and feelings, including sensitivity to facial and voice changes, gestures and the ability to distinguish between different indicators." (Hussein et al., 2006, p. 228)
Social intelligence is also the ability of individuals to understand and interact with others according to the circumstances and social attitudes, and the ability to influence the other in order to provide a harmonious environment for social interaction in harmony and

tranquility, which are important conditions for living in a community. (Zubaida, 2010, p. 233)

As a comprehensive definition of social intelligence as: the ability of the individual to deal with and interact with others, and to deal with social information and social skills to enable the individual to, and understanding of others and their behavior, and good behavior with them. And that it is important for the individual to be more capable and interactive with others, and contributes significantly to the building of a society.

3.4.2 The Dimensions of Social Intelligence

According to Silvera (2001), social intelligence is perceived as an ability to understand people's feelings, predict their behavior and deal with them in different social situations.

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A) To access social information
Information is the ability to understand others' feelings and predict their behavior. Social information refers to the group of knowledge and experiences that an individual perceives about the group with which he or she interacts, including the customs, traditions and laws governing the group to which the individual interacts, as well as their religion and gender. It helps the individual to interact with and adapt to the groups. But to take advantage of this information and evoke at the social situation and act according to the situation and in the light of this social information.

B. Social skills
Silvera (2001) mentioned about the importance of social skills which reflects the ability to engage in new social situations and adapt them. The social skills supposed to be available to the individual have social intelligence and are:
- Emotional expression: the ability of an individual to accurately express his feelings and emotional state;
- Emotional sensitivity: the ability to receive and interpret nonverbal forms of communication with others;
- Emotional Adjustment: means the ability of the individual to control and organize emotional expressions nonverbal and hide his emotions and feelings under a certain mask to suit the social situation in which he faces and faces;
- Social expression: refers to the skill of the individual and his ability to verbal expression and participation of others in social situations and talk fluently and efficiently in this situation.
- Social sensitivity: refers to the individual's ability, sensitivity, understanding and awareness of the norms and rules governing acceptable social behavior;
- Social Adjustment: focuses on the skill of role-play and social self-presence.

C) Social awareness

The ability to read and interpret social attitudes and behavior of others according to the goals of individuals and their psychological and emotional state. Social awareness includes the good behavior of the individual in social situations and respond to the influences that face him based on his knowledge of the feelings of others and their ideas and experiences.

3.4.2 The Manifestations of Social Intelligence

We recognize the social intelligence through the manifestations it shows through the behavior of the individual who enjoys social intelligence either through his assessment of himself or through his treatment with others. Therefore, social intelligence has general manifestations of the individual's compatibility and social success and his commitment to the behavior of society and also the special aspects of dealing with Through their understanding and interpretation of their behavior, and the manifestations of social intelligence public and private as follows:

A. *General manifestations of social intelligence*

Social harmony: includes happiness with others, and adherence to the ethics of society, and the observance of social standards and compliance with the rules of social control, and accept social change and social interaction sound, and achieve marital happiness, leading to the achievement of social health.

Social efficiency: includes the social struggle and make every effort to promote satisfaction in social relations, and achieve a balance between the individual and his social environment to satisfy personal and social needs.

Social success: includes success in the treatment of others and reflected in the success of social communication professionally and administratively.

Conformity: involves behavioral compliance with social norms in social situations and events

B. *Special aspects of social intelligence*

Good behavior in social attitudes: includes tact in the light of social norms in public social attitudes and different attitudes such as attitudes of social interaction and transactions and attitudes of marital cohabitation.

Recognize the psychological state of others: This includes the ability of the individual to recognize the situation of others, as in the case of joy or anger or despair.

Ability to remember names and faces: This includes the attention of the individual to others, which helps in the ability to remember their faces and names.

Good governance of human behavior: This is linked to the ability to predict from some simple manifestations or evidence, and this is reflected in the understanding of human expressions and the ability of the person to know the psychological state of others, by recognizing the connotations of some facial expressions, gestures, body conditions, or That is an expressionist indicator.

A sense of humor and fun: It appears in the ability to participate with others in their joy and appeal and the emergence of signs of love and mutual familiarity with others. (Hamed, 1984, pp. 225-227)

3.5 Role of Family in achieving the Quality of Life through Social Intelligence Framework and Practices.

The family is the main source in the process of socialization because of its great role in the care of children. If this formation is sound, it will be reflected in the education of children,

where social intelligence is the ability to improve the social situation among the people (both family work and society) Skills and skills. The family requires trust, dialogue, communication and cooperation. It is full of attention and indifference. We find that its members are the happiest people, and this is in the presence of family dialogue and cooperation. These features are available within the application of social intelligence in the family to achieve quality life.

Table 01 Smart and non-smart attributes.

Smart Features	Non-Smart Features
Diplomatic	Like Debates
Exciting	Boring
Collaborative	Authoritative
Resilience	Blame Oriented
cares about others feelings	Does not care about the feelings of others
Like Briefs to the point	Like Details
Clam & peaceful most of the time	moody and tempered
polite	Shameless
Humble	Ego Driven
Patient and Tolerant	Non Patient
Proactive	Hesitant

Source: Prepared by researchers

3.5.1 Family Dialogue

Family dialogue is a means of effective family communication. It is very important that there be a positive dialogue among the family members. Through family dialogue, positive feelings develop, communication between the members of the family is achieved, and it helps to promote the spirit of love and affection among them. The family dialogue contributes to bringing together views and learning In the family, the importance of respect for the other is important. Family dialogue is the basis for intimate family relationships and helps the children to form a healthy and harmonious creation that creates the spirit of social interaction. This results in enhancing confidence in the family members, making them more capable of achieving their ambitions and hopes. The family dialogue achieves a sense of intimacy among family members.

The most important obstacles to family dialogue that result in the building of negative relations and dialogue absent and silent among all individuals:

  not to talk with children and not follow up their affairs;

  Parents preoccupied with life more than children, ignoring some of the consequences of not following them;

  Parents do not care about the importance of dialogue with the son and became interested in the Internet and satellite channels and other concerns of life;

  increasing the father's departure for the exercise of his duties and duties and shuttle trips to provide a living and fill the material needs of the family;

The exit of the mother (mother), her participation in the work and the role of her job outside the home all this led to increased opportunities for the presence of children outside the family center;

The audio and video media, television, Internet and satellite programs, which in turn have attracted children, occupy their time and become their best means of learning about the events and worlds that were unknown to them;

the spread of the phenomenon of bringing servants and educators to replace the mother and the role of educator and teacher and raise the negative language of children;

Lack of confidence in the possibility of conducting dialogue and ignorance of the methods of effective dialogue that led to a low culture of dialogue;

The dictatorship of some parents that make them refuse dialogue with their children, believing that they are more experienced than children, they are not entitled to discuss their matters.

Successful dialogue to create a positive communication environment among all members of the family through:

to reach understanding and dialogue to the level of children, with continuous efforts to raise the efficiency of their thinking and the absorption of life gradually;

Respect the feelings and ideas of children, whatever modest, development and improvement of direction;

Appreciate the desires and hobbies of children and to ensure their participation in their activities, conversations and ideas;

Strong interest in building bridges of mutual trust between parents and children that depend on instilling a positive impression in them leads to the definition of the size of love and emotions that their parents have to them, the children must feel that we love them and seek to help them and sacrifice for them;

Good listening to children and good listening to their problems because it allows parents to know the obstacles that prevent them from achieving their goals and then we can help them in an easy and clear;

Addressing the problems of children in a proper manner requires that parents should not forget that every person is subject to error and clarity during dialogue so that children do not refrain from transferring their problems to the parents and then they are subjected to greater problems or loss. Accept and recognize the fault of a citizen and thus avoid falling into it again;

We must not blame children for their mistakes in the same position frankness so as not to lose their sincerity and frankness in the future, but we have to wait for another time and indirectly,

Formation of children - through previous methods - to solve the problems expected to be exposed to them in the future in the definition of the foundations of protection and prevention;

Do not underestimate the abilities of children or their own or compared to those who are better than them in a certain aspect, because this method instills in them hatred and distance and generate alienation and close the doors that the parents seek to open with them;

Notifying the children of their importance and giving them self-confidence by assigning some work and responsibilities to them commensurate with their age and potential, while

consulting them on some home improvements or making a choice between several requests for the house. In their diet and develop inactivity and frustration in the future;

During family meetings and discussions, children 's suggestions and opinions should be respected and accepted as long as they do not violate ethics and do not contradict the teachings of Islam;

The father must be a friend of his children reassuring him and resort to him and insist him and all this comes only through honest dialogue between the father and his sons and by instilling confidence, openness and transparency.

4 Synthesis of the Literature

The cooperative role of the family lies in preserving the security of society through its cooperation with the various institutions of society concerned to complete its functions and roles as follows:

4.1 Family Cooperation with the School

The family need to strengthen the collaboration with the as both are institutions that are concerned with the educational aspect in the life of the individual as the school completes what the family started, and the family has to fix what the school instills. The continuous visits to the school give the guardian a clear vision of his son at school, not only with respect to the school, In addition to learning about his behavior and activities within the school. This allows him, through cooperation with the school, to promote positive behaviors and to respond to anything that may cause harm to the child or society. Educational institutions, in cooperation with the family, can protect children from danger. Deviation and the commission of crimes by educating them on virtues and good morals.

4.2 Family Cooperation with the Society

The family has an important and distinctive role in preparing children to participate in many cultural, social and sports activities. This will enhance the children's confidence in themselves and teach them the cooperation and spirit of solidarity that distracts them from extremism, as well as taking care of themselves and their responsibility towards society. Sports activities are often useful in providing the child with the necessary fitness and self-defense. He also teaches them discipline and respect for rules and instructions, which helps to maintain their safety and safety and those around them members of society.

Directing the children to the participation of the community in the national activities and campaigns organized by some institutions of society such as (tree week, traffic, hygiene, health, safety, charitable and voluntary work, etc.) and other benefits of the individual, family and society. of the interdependence of its members.

The family is part of the institutions of society, which cannot be secure without cooperation, so the cooperation of the family with the police and other regulatory and control and preventive measures would do much of the security and safety of society. The family can play the role of the first community policeman by following up on the commitment of its children and applying them to the rules and regulations in the society, and accustom them to obey the laws and respect them and comply with their orders, and to report incidents, crimes and offenses, and to provide assistance and assistance to the security authorities when required,

Security and testimony whenever it is requested, all through representing the example of the act and saying the daily behavior of frequent parents with their children.

The family must educate its children on a very important principle: that the police work for the security and safety of the community. They do not delay in cooperating with them as a national duty for each member of society to perform, in addition to raising awareness about the various security aspects. It is known that the security services alone are ready to be prepared; they are unable to fight crime and there is a need for cooperation and support from other community institutions, including the family.

From the synthesis of the above literature one could conclude that Social Intelligence can influence the family QoL through the following framework as suggested in Figure (1).

Figure 1 Proposed Framework for Family Social Intelligence.

The quality of family life is one of the most important issues in the lives of individuals and communities alike, since it is a basic rule to avoid many problems that can hamper the healthy growth of the individual, which is definitely reflected on society. The latter requires skills and mechanisms used by the individual in dealing with family members to build Successful social relations that allow them to develop and succeed in life. These are skills resulting from the effects of positive dialogue through the development of family knowledge and culture, the strengthening of bonds and love between family members and the solution of emergent problems in their infancy before their expansion. Between the family wanted and patience and tolerance.

5 Conclusion and Recommendations

We can draw from all the above a set of suggestions and recommendations summarized below:

a) We can improve the quality of family life for children, especially those with difficulties such as learning and illness, because this contributes to the treatment of the problems facing them and helps them to psychological compatibility and adaptation to life;

b) We need to enhance the interest for more research that deal with topics related to the quality of family life, because we note that the family is the core of society;

c) The knowledge community need to work on raising the awareness of the family about the importance of social intelligence and the need to encourage its practice, which leads to the creation of a family atmosphere and the sense of its members' happiness;

d) All concerned authorities need to provide programs that lead to the development of the skills of social intelligence in families; and finally

e) There is a clear need for more activities that would help to develop the social intelligence that lead to spread the sense of happiness among family members.

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