

Sustainable Development Goals as an Approach to Achieving Family Quality of Life.

Dhekra Farida Zouahi *	University of May 8, 1945, Demographic Challenges Laboratory -Guelma (Algeria)	E-mail: zouahi.dhekrafarida@univ-guelma.dz
Lilia Bensouilah	University of May 8, 1945, Self-Development and Good Governance Laboratory -Guelma (Algeria)	bensouilah.lilia@univ-guelma.dz

Abstract:

The significance of this study lies in addressing a critical issue, as the realization of the sustainable Development Goals (SDGs), which have become essential objectives pursued by the global community to ensure the well-being of individuals, particularly within the family structure. This research paper focuses on examining how the Sustainable Development Goals contribute to improving the quality of life within families. The findings indicate that the health goal plays a key role in enhancing healthcare services, enabling families to lead healthier lives and minimizing health risks. The education goal fosters better communication within the family and contributes to improving the educational outcomes of children. The gender equality goal empowers women economically, boosting family economic stability and reducing instances of domestic violence.

Keywords: Sustainable Development Goals, Family Quality of Life, Health, Education, Gender Equality.

* Corresponding author: Dhekra Farida Zouahi.

Title of the Article: Sustainable Development Goals as an Approach to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
---	--	--	--------------------------

An introduction:

The concept of sustainable development has achieved significant worldwide recognition. On September 25, 2015, the United Nations unveiled the Sustainable Development Goals during a landmark conference. These goals were adopted as a unified, comprehensive global strategy focused on balancing the economic, social, and environmental dimensions. The 2030 Agenda for Sustainable Development outlines 17 key objectives along with various associated targets. The motto, "Leave no one behind," emphasizes the initiative's inclusive nature, highlighting its commitment to improving quality of life at both the community and family levels.

The family is the cornerstone of every society, providing the primary environment for nurturing individuals and instilling essential values and life skills. Consequently, prioritizing the quality of life within families has become an urgent necessity. This is especially true as societies develop and confront growing economic, social, and environmental challenges, which highlights the critical need to ensure the stability and well-being of families.

The relationship between family quality of life and sustainable development requires comprehensive strategies aimed at enhancing living conditions for families in all aspects of life. This research paper addresses this relationship by posing the following **central question**:

-What impact do the Sustainable Development Goals have on achieving family quality of life?

Sub-Questions :

- How does (goal 3) good health and well-being contribute to achieving family quality of life?
- In what way does (goal4) quality education support the achievement of family quality of life?
- How effective is (Goal 5) focused on gender equality in enhancing family quality of life?

I. Study Terminology

1-Sustainable Development Definition:

The definition of sustainable development varies, as perspectives on its

Title of the Article: Sustainable Development Goals as an Approach .to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
--	--	--	--------------------------

meaning differ among scholars and experts, based on economic, social, and environmental perspectives. The table shows the diversity of approaches to achieving sustainable development.

Table N° 01: Perspectives on the Concept of Sustainable Development

Classification	Concept
Mainstream Economists	Support the status quo unless evidence shows the need for change, focusing on economic and social considerations.
Strong Environmentalists	Advocate for radical changes to replace current systems they deem ineffective, focusing on environmental issues.
Middle Ground	Believe in the need to adjust current systems, supporting balance and compromise, with diverse motivations including technology and society.

Source :(Mawhinney, A. (2002), p. 23)

Despite the multiple views on the concept of sustainable development, it cannot be achieved through a single approach. It requires a balance between economic, social, and environmental dimensions.

On the other hand, the Brundtland Report of 1987 offered one of the earliest definitions of sustainable development, describing it as a type of development that meets the needs of the present generation while ensuring that future generations can also meet their own needs (Singh, J (2024), p133).

Through this, sustainable development is achieving progress that meets our current needs for environmental protection, social justice, and economic growth, without harming the opportunities of future generations.

2- Definition of Quality of Life:

The (WHO) defines quality of life as an individual's perception of their position in life, taking into account the cultural and value systems they belong to, as well as their goals, expectations, standards, and concerns. (Aqtam,I et al (2023), p01)

Costanza et al. propose a general premise that quality of life reflects the extent to which human needs are met and the human perception of satisfaction (Costanza, R et al (2007), p277).

Title of the Article: Sustainable Development Goals as an Approach to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
---	--	--	--------------------------

It appears in these definitions that quality of life can be formulated as follows: Quality of life is the extent to which basic human needs are fulfilled and the personal satisfaction resulting from that fulfillment, reflecting an individuals' perception of their position, goals, and expectations within the context of the cultural and social values they live in.

This definition seems to combine the objective framework of meeting basic needs with the subjective perception of satisfaction and well-being, considering the cultural and social influences shaping an individual's vision of their quality of life.

3- Definition of Family Quality of Life:

Many researchers have attempted to define the concept of Family Quality of Life (FQoL). For example, Park and colleagues concluded that FQoL is achieved when the family's needs are met, family members enjoy their life together as a family, and they have the opportunity to do things that matter to them. (Alnahdi,G et al (2022) p01)

The concept of family quality of life covers multiple facets of family conditions, such as family life, functionality, and overall well-being, highlighting the interconnection of these elements to ensure family stability. It is viewed as a multidimensional construct comprising three main dimensions: physical, social, and emotional. (Shahin, M (2021) p 128).

From this perspective, family quality of life is an important topic that focuses on the balance between the physical, social, and emotional dimensions that impact family stability and well-being, supporting sustainable development at the societal level.

II. Dimensions of Sustainable Development and Family Quality of Life:

1- Sustainable Development Goals:

The Sustainable Development Goals (SDGs) constitute a holistic global agenda introduced by the United Nations in 2015, with the aim of achieving integrated and sustainable progress by 2030. It Comprised of 17 key objectives and 169 specific targets; these goals address diverse facets of human life.

Title of the Article: Sustainable Development Goals as an Approach .to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025 Pages : 161 - 174
--	--	--



Figure N° 01: Sustainable Development Goals. Source :(Stephen, M et al (2017), p86)

The above 17 Sustainable Development Goals represent a comprehensive and integrated development roadmap that addresses all economic, social, and environmental aspects. This means that development is not limited to economic growth alone, but also includes improving the quality of life for individuals by providing opportunities for education, health, and equality. Furthermore, these objectives seek to safeguard the environment and conserve natural resources, ensuring the planet's sustainability for future generations.

2- Dimensions of Sustainable Development:

These dimensions were identified during the World Summit on Sustainable Development held in Johannesburg in 2030 and include the following dimensions:

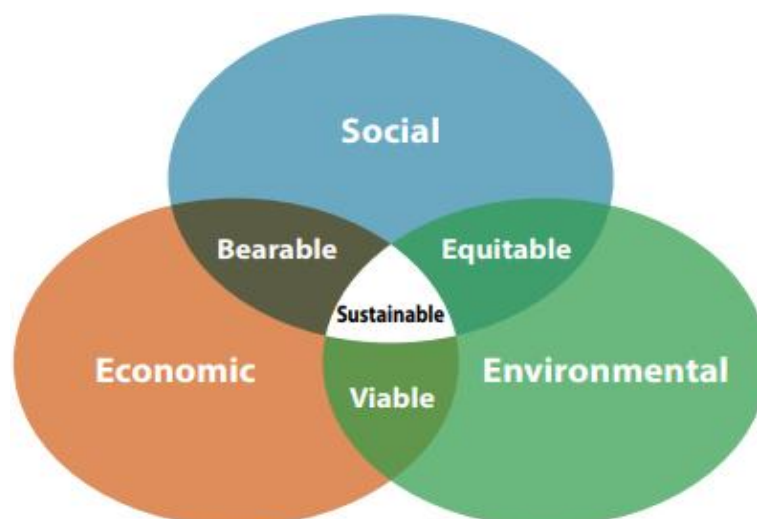


Figure N02: The three dimensions of sustainable development. Source: (Rocchi, M (2020), p 9)

Title of the Article: Sustainable Development Goals as an Approach .to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
--	--	--	--------------------------

According to the above figure, the dimensions are divided into 3, which:

- **Environmental Dimension:** Focuses on addressing environmental challenges like global warming and resource depletion, advocating for sustainable resource management to ensure future generations' needs and minimize pollution.
- **Economic Dimension:** Emphasizes economic growth and sustainable development by improving industrial technologies, utilizing resources efficiently, and incorporating waste recycling to reduce costs and enhance competitiveness.
- **Social Dimension:** Aims to raise awareness about the economic and environmental value of waste, promote job opportunities, reduce unemployment, involve communities in development decisions, and empower women through recycling efforts. (Mustafa, H. Kzar & Hamdiyah S, (2024), pp 304-306).

In line with this, the three dimensions of sustainable development highlight the interconnectedness and integration of various aspects to secure a sustainable future. Addressing environmental issues is fundamental to achieving a balance between the needs of current and future generations, while the economic dimension focuses on promoting sustainable growth through efficient resource use and achieving economic benefits. The social dimension, on the other hand, emphasizes empowering individuals and communities, including creating job opportunities and promoting equality, which contributes to achieving inclusive and sustainable development.

Achieving sustainable development requires a balanced approach between these three dimensions. Each dimension influences the others in an integrated manner.

3- Dimensions of Family Quality of Life:

Family quality of life is a complex concept that encompasses various factors impacting family life and stability. The dimensions of family quality of life can be categorized as follows:

Table N°02: Dimensions of Family Quality of Life.

Dimensions	Aspect	Attribute
01	On the basis of this	Emotional happiness, social happiness, health status, productivity, resilience, coping strategies.
02	Family Aspects	Family interaction, daily life, parenting, financial status.

Source: (Nasri, ch & Brahimia, S (2022), p 331)

Title of the Article: Sustainable Development Goals as an Approach .to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
--	--	--	--------------------------

The Above table the table provides a classification of the dimensions of family quality of life from a comprehensive perspective, focusing on the individual and collective aspects that contribute to achieving a balanced and stable family life.

While individual aspects reflect the well-being of family members, family aspects emphasize the relationships and interactions that bind them together. Striking a balance between these dimensions ensures a stable and prosperous family environment.

III. Good Health Contributes to Achieving Family Quality of Life:

Health occupies Goal 3 of the Sustainable Development Goals, "Good Health and Well-being." This goal includes several important objectives, such as:

Table N°03: Targets of Goal 03.

N°	Targets
01	Ensure that everyone has access to sexual and reproductive health services.
02	Achieve universal health coverage. Ensure access to safe, effective, and affordable medicines and vaccines for all.
03	Reduce the global maternal mortality ratio to less than 70 deaths per 100,000 live births by 2030.
04	End preventable deaths of newborns and children under five years old by 2030.

Source:(United Nations, (2020))

The table highlights goals that reflect a global commitment to improving public health and ensuring health equity by 2030. Providing both therapeutic and preventive objectives directly contributes to enhancing the quality of life, which in turn supports family life quality across various aspects.

1- The Relationship Between Family and Health:

The relationship between family and health is complex and intertwined, influenced by biological, social, and psychological factors. Good health is considered as one of the key elements in achieving quality of life and enhancing the family’s stability in social and economic aspects. A healthy family environment directly impacts its members’ ability to live a balanced and healthy life through a set of biological, natural, and social conditions.

Title of the Article: Sustainable Development Goals as an Approach to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
---	--	--	--------------------------

2- Factors Influencing Family Health and Well-being:

- **Health status of each family member:** This includes factors such as malnutrition, heredity, and infections, which significantly impact disease and mortality rates among family members.
- **The number of family members:** The number of children generally affects the parents' ability to provide suitable conditions for family health, such as ensuring nutritious food, protection against infectious diseases, ensuring proper growth rates, and other factors.
- **Birth spacing:** Spacing between births improves the mother's health by allowing her to regain strength between pregnancies, while also benefiting the father economically. Additionally, it enables children to grow in a suitable environment free from tensions and conflicts among closely aged siblings, contributing to the achievement of family life quality. (Ben Ramadan, S (2017), p 105).

3. The Positive Effects of Good Health on Family Dynamics and Quality of Life:

It is worth of noting that good health has a significant positive impact on family quality of life. When family members are in good health, they are better able to engage and participate in daily activities effectively, which strengthens family bonds and contributes to creating a more stable and happy home environment. It also helps reduce financial pressures that may arise from healthcare costs, allowing the family to allocate resources towards other needs such as education, entertainment, and achieving personal life goals.

Psychologically speaking, good health leads to lower levels of anxiety and stress among family members, helping to build a healthier and more emotionally stable environment. This can contribute to improved relationships and better communication between different generations within the family.

Ultimately, good health enhances the overall well-being of the family, leading to an improvement in their daily quality of life and supporting the achievement of their personal and professional goals.

Title of the Article: Sustainable Development Goals as an Approach .to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
---	--	--	--------------------------

IV. The Importance of Quality Education in Enhancing Family Quality of Life

Quality education, which is the fourth goal of the Sustainable Development Goals, plays a crucial role in improving parental roles and fostering children's development across multiple dimensions. This goal includes several key objectives, such as:

Table N°04: Targets of Goal 04.

N°	Targets
01	Ensuring that all children have access to free, equitable, and quality primary and secondary education, leading to effective educational outcomes by 2030.
02	Providing high-quality educational opportunities in early childhood and pre-primary education for all children, preparing them for primary education by 2030.
03	Ensuring equal opportunities for all individuals, whether male or female, to access quality and affordable vocational and higher education, including university education, by 2030.

Source:(United Nations, nd)

These goals contribute to achieving an inclusive educational system characterized by quality and equality, which enhances individuals' opportunities to build a dignified and productive life. They also help in developing the skills needed to face future economic and social challenges, which in turn reflects on the quality of family life and its development.

The results of the study by Al-Moliki, M an& Al-Moaheed,W(2020) indicate that education enhances family quality of life in several key ways. Firstly, education improves family interaction by enabling family members to express various emotions such as anxiety, depression, and happiness, contributing to the creation of a healthy and open family environment. Education also enhances the financial capacity of family members by opening up better economic opportunities that allow them to meet the basic needs of the family and achieve a higher standard of living.

Additionally, education increases health and nutritional awareness among family members, contributing to improving their overall health and preventing diseases.

In summary, education plays a pivotal role in improving and enhancing family quality of life by strengthening emotional, economic, and health connections among family members.

In accordance with this, Education contributes to improving parental roles by enabling parents to understand their children's psychological, educational, and emotional needs, which enhances their care and attention to the various stages of

Title of the Article: Sustainable Development Goals as an Approach .to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
--	--	--	--------------------------

development. It also improves parenting skills through strategies like dialogue and encouragement, fostering a stable family environment. Furthermore, educated parents can make informed decisions about their children's education and health, contributing to family stability and enhancing quality of life.

V. The effectiveness of Goal 5 gender equality in enhancing family quality of life:

The fifth goal focuses on achieving gender equality. It contributes to improving family quality of life, and its main objectives include:

Table N°05: Targets of Goal 05.

N°	Targets
01	Ensuring the full and effective participation of women at all levels of decision-making in political, economic, and public life on an equal footing with men.
02	Implementing effective policies and legislations to support gender equality and empower women across all sectors.
03	Enabling women to have equal access to economic resources, including their right to own and manage land, financial services, inheritance, and natural resources according to national laws.

Source:(United Nations, nd)

The table highlights goals aimed at promoting gender equality and empowering women as active participants in all aspects of political, economic, and public life. Achieving these goals contributes to building fair and balanced societies, which, in turn, helps enhance the quality of family life. The following figure shows :

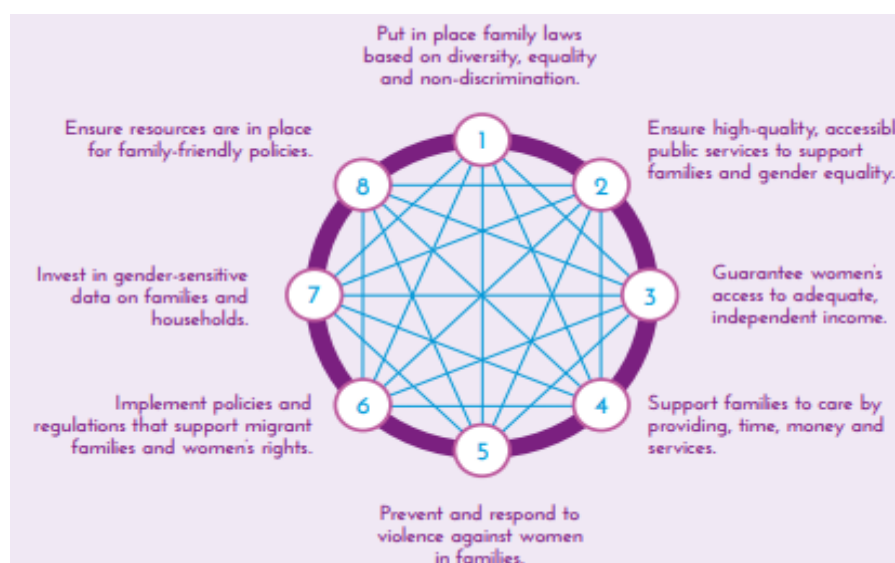


Figure N°02: Gender Equality as a Foundation for Family Support.

Source: (un women, (2019), p10)

Title of the Article: Sustainable Development Goals as an Approach .to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
--	--	--	--------------------------

According to the above figure, achieving family quality of life requires comprehensive policies aimed at enhancing family welfare and supporting its stability:

- This begins with enacting laws that ensure equality and non-discrimination, safeguarding the rights of all family members regardless of gender, race, or religion, thereby contributing to a balanced and fair family environment.
- Economic empowerment of women is a fundamental aspect of these policies, achieved through providing suitable job opportunities and training them in the necessary skills to secure independent and sufficient income. This strengthens their position within the family and society and supports their active participation in improving family conditions.
- Preventing domestic violence, especially against women, is a cornerstone of achieving family quality of life. This requires implementing measures to protect victims, providing them with necessary support, and raising awareness about the importance of combating violence and promoting positive family values.

From what has been previously mentioned, we can conclude that the (SDGs) proposed in the study (Good Health , Quality Education, and Gender Equality) strongly intersect with the concept of family quality of life on both the macro-sociological and micro-sociological levels, the following figure illustrates this:

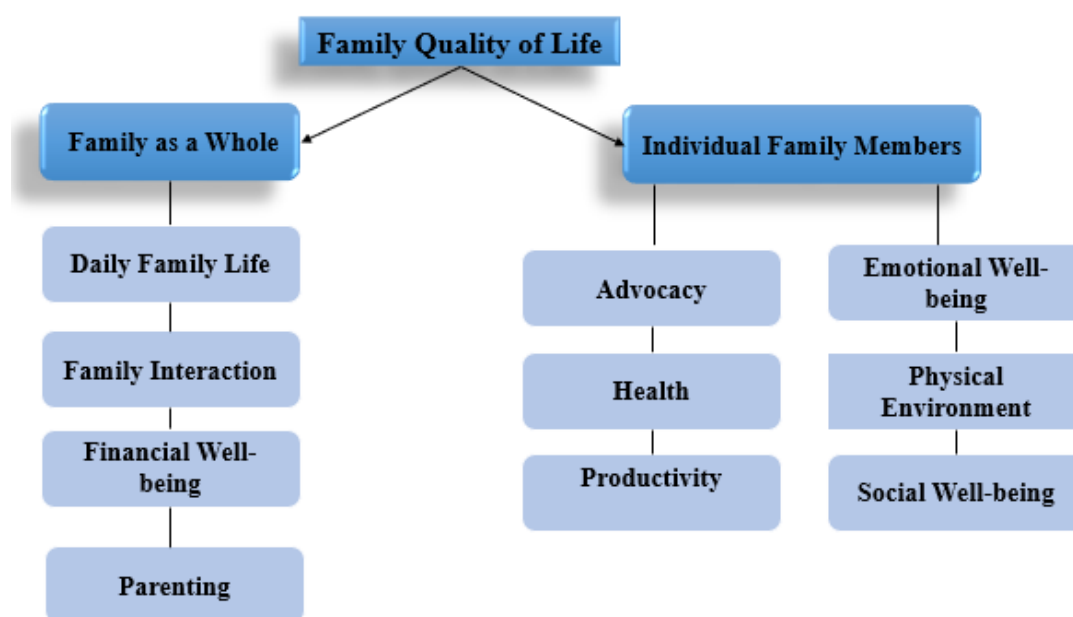


Figure N°03: Elements of Family Quality of Life .Source: (Turnbull,A,(nd), p08)

Title of the Article: Sustainable Development Goals as an Approach to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
---	--	--	--------------------------

The figure shows the elements related to family quality of life at both the macrosociological and microsociological levels, highlighting the relationship between the Sustainable Development Goals and their direct overlap with these elements:

- **Health:** Through enhancing emotional well-being and health at the individual level, as well as improving daily family life and family interaction at the collective level. Good health contributes to the overall improvement of quality of life within the family, fostering emotional and physical balance for all family members.
- **Education:** Its impact is reflected through **parenting**, which directly affects children's development and character formation, contributing to their positive interaction with society. It also enhances individuals' ability to achieve personal and professional goals, thereby strengthening their capacity to meet their material and emotional needs within the family.
- **Gender Equality:** This is manifested in its effect on **advocacy and support** at the individual level within the family, enhancing mutual support among family members and contributing to family cohesion. It also affects **social well-being**, as it helps reduce gender disparities, promoting cooperation and fairness within the family and between individuals.

Results:

This study is meant to offer a thorough analysis of the role played by some of the Sustainable Development Goals in improving family quality of life.

It discussed how the health goal (SDG 3) improves family well-being by enhancing access to healthcare, leading to better health for family members and reducing financial burdens.

The educational goal (SDG 4) supports family quality of life by improving communication within the family, boosting financial stability, increasing awareness of health and nutrition, and enhancing children's education.

Gender equality (SDG 5) empowers women economically and socially, improving their position within the family, preventing domestic violence, and contributing to overall family well-being.

Among the proposed future directions is studying the impact of environmental or economic goals of sustainable development on family quality of life.

Title of the Article: Sustainable Development Goals as an Approach to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025	Pages : 161 - 174
---	--	--	--------------------------

– **Conclusion:**

The study concluded that the Sustainable Development Goals are essential for enhancing family quality of life by addressing health, education, and gender equality issues. The main findings emphasize that good health, quality education, and gender equality work together to strengthen family cohesion, reduce economic burdens, improve emotional and psychological well-being, and foster effective social interaction within families regarding various issues or problems they face. The study indicates that achieving these goals contributes to a stable and prosperous family environment, thus improving family quality of life.

– **Practical suggestions:**

The study concluded that the following recommendations should be taken into consideration:

- Encouraging collaboration between the public and private sectors to provide programs and initiatives that support family well-being.
- Improving access to basic healthcare services for all family members.
- Strengthening family cohesion through awareness programs on the importance of family dialogue and understanding.
- Enhancing employment opportunities and sustainable income for families by supporting small and medium-sized enterprises.
- Establishing a legal framework to protect families from domestic violence and promote gender equality within the family.

References list:

1. Al-Moliki, Mohammed Abduljeel, & Al-Moaeed, Wahda Mohammed Ali (2020). "**Role of Educational Mobility in Improving Quality of Family Life for Yemeni Women,**" *Al-Bayda University Journal*, Volume 2, Issue 2, August 2020, Special Issue, Yemen, Al-Bayda.
2. Alnahdi, G.H.; Alwadei, A.; Woltran, F.; Schwab, S. (2022). "**Measuring Family Quality of Life: Scoping Review of the Available Scales and Future Directions,**" *International Journal of Environmental Research and Public Health*.
3. Aqtam, I., Ayed, A., & Zaben, K. (2023). "**Quality of life: Concept analysis,**" *Saudi Journal of Nursing and Health Care*, Volume 6, Saudi Arabia, Riyadh.
4. Ben Ramadan, Samia (2017). "**Social and Psychological Health and Its Relationship to Quality of Family Life,**" *Al-Muqaddima Journal for Human and Social Studies*, Issue 3, December 2017, Tunisia, Tunis.

Title of the Article: Sustainable Development Goals as an Approach to Achieving Family Quality of Life	Author 1: Dhekra Farida Zouahi Author 2: Lilia Bensouilah	Volume: 13 / Issue : 01(26) / 2025 Pages : 161 - 174
---	--	---

5. Costanza, R., Fisher, B., Ali, S., Beer, C., Bond, L., Boumans, R., & Snapp, R. (2007). **"Quality of life: An approach integrating opportunities, human needs, and subjective well-being,"** *Ecological Economics*, Volume 61, Number 2-3, Netherlands, Amsterdam.
6. Essabri, N. (2017), **"Représentations, agir et justifications du développement durable chez les dirigeants de PME : Le cas des dirigeants de riads maisons d'hôtes à Marrakech"**, Doctoral dissertation, Ph.D. in Management Sciences, Morocco : Conservatoire National des Arts et Métiers, Faculty of Management, Department of Management Sciences.
7. Mawhinney, A. (2002). **Sustainable Development: Understanding the Green Debates.** Blackwell Science Ltd.
8. Morton, Stephen, Pencheon, David, & Squires, Neil (2017). **"Sustainable Development Goals (SDGs), and their implementation,"** *British Medical Bulletin*, Volume 124, 2017, United Kingdom: Oxford.
9. Mustafa, H. Kzar, & Hamdiyah, Shakir Muslim (2024). **"Waste Recycling Strategy and its Role in Enhancing the Dimensions of Sustainable Development in Iraq,"** *Journal of Economics and Administrative Sciences*, Volume 30, Number 144, Baghdad :Iraq.
10. Nasri, Chafia, & Brahimia, Samira (2022). **"Family Quality of Life and Its Relationship to Suicidal Thinking Among School Adolescents During the COVID-19 Pandemic,"** *Journal of Studies in the Psychology of Deviation*, Volume 7, Issue 1, Algeria, Algiers.
11. Rocchi, Simona (2020). **"Public-Private Partnerships for Sustainable Development Goal #3: Two Case Studies in Innovative Healthcare,"** *Conference Paper*, September 2020, p. 09, Italy, Milan.
12. Shahin, M. M. M. (2021). **"Family quality of life and its relationship to negative emotions as an indicator of social work intervention with siblings of individuals with intellectual disabilities,"** *Journal of the Faculty of Social Work for Social Studies and Research*, Volume 23, Egypt, Cairo.
13. Singh, J. (2024). **"Sustainability and the sustainable development goals in cultural clusters: A comparative analysis of concepts, influences, and attainability"** *Switzerland.*
14. Turnbull, A. (nd), **"Enhancing family quality of life across the lifespan"**, Helen A. Keller Institute for Human Disabilities, *George Mason University.*
15. United Nations (2020). **"Goal 5 – Gender Equality,"**
<https://www.un.org/sustainabledevelopment/ar/gender-equality/>, **25/12/2024.**
16. United Nations (n.d.). **"Goal 3 – Good Health and Well-being,"**
<https://www.un.org/sustainabledevelopment/ar/health/>, **25/12/2024.**
17. United Nations (n.d.). **"Goal 4 – Quality Education,"**
<https://www.un.org/sustainabledevelopment/ar/education/>, **26/12/2024.**