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# FACTORS ASSOCIATED WITH FAMILY STABILITY: A SYSTEMATIC REVIEW

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## ABSTRACT

*The present study aimed to identify the key factors associated with family stability through a systematic review of scientific articles published between 2018 and 2025. The study sample consisted of 17 peer-reviewed articles indexed in the Clarivate and Scopus databases. The PRISMA methodology was employed to search for and extract data from an initial pool of 292 studies, which were subsequently classified, screened, and filtered to determine the included and excluded records. The current study adopted the WEOQOL model, which comprises six dimensions that collectively provide a comprehensive assessment of family stability. The results indicated the presence of several critical risk indicators emerging from the reviewed studies that threaten family stability. Regarding the first dimension (mental health) in the WEOQOL model, the most salient risk indicators identified were low psychological well-being, emotional difficulties, stress, anxiety, and reduced psychological resilience. For the second dimension (physical health), the major risk indicators included increased prevalence of chronic illnesses, poor nutrition and physical health. Concerning the third dimension (functional capacity), the key risk factors shared among the reviewed studies were financial instability, low income, and weak work-family balance. In the fourth dimension (relationships and social support), the primary risk indicators affecting family stability were low family cohesion, poor family communication, and frequent family conflicts.*

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**KEYWORDS:** Family Stability, Systematic Review, PRISMA Methodology, WEOQOL Model, Risk Indicators.

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## 1. INTRODUCTION

The family is considered the cornerstone of society, the first unit of its formation, and the basis of stability in this life. It is linked to and influenced by social systems and rules. It is based on a set of factors whose availability contributes to the success or failure of the family in terms of continuity and stability, which in turn is reflected in society.

In a brief overview of global efforts to achieve family stability and protect families from breakdown and its negative effects on society, the State of Kuwait has made efforts to support family stability, including raising the age of marriage for males and females to 18 years. In March 2025, the State of Kuwait issued Decree Law No. 10 of 2025, which amended Article (26) of Personal Status Law No. 51 of 1984, stipulating that: The documentation or certification of any marriage contract for persons under the age of 18 at the time of documentation is prohibited. The law is based on Kuwait's constitutional and international obligations to protect children and families, including the Convention on the Rights of the Child and the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW). This legislation is expected to contribute to strengthening family stability, reducing early marriage, and ensuring the rights of young people to education and healthy development before taking on marital responsibilities (Ministry of Justice, 2025).

In August 2020, the Kuwaiti Parliament also passed a law to protect families from violence. To implement and enforce this law, a national committee was formed, chaired by the Minister of Social Affairs and Labour and comprising representatives from several ministries and agencies, such as the Ministries of Justice, Interior, Health, Education, Endowments, Media, and civil society organisations. Its mission is to develop national plans and policies to combat domestic violence and monitor their implementation. It also required the competent authorities to set up a 24-hour hotline to receive reports and provide immediate protection. In 2023, the executive regulations detailing the mechanisms for implementing the law were issued, regulating procedures for receiving victims, conditions for operating shelters, and the mechanism for issuing protection orders by the public prosecutor or the court. The law also provided for the establishment of a 24-hour hotline to receive reports and provide immediate protection (Al-Rashid, 2023).

The Family Protection Law criminalises physical, psychological, sexual and financial abuse among

family members. It includes protection orders, the establishment of safe havens and services, and the provision of family counselling to support family stability. The State of Kuwait also provides a comprehensive social welfare system with financial support for divorcees and widows, comprehensive and diverse support for people with special needs, as well as free educational, health and social services and the provision of adequate housing as a right for citizens. (Arab Times, 8 June 2025).

The United Kingdom's efforts to maintain family stability have included the British government's ongoing and annual monitoring of family stability indicators such as the proportion of children not living with their parents, levels of marital satisfaction, and low-income families, as well as providing comprehensive support to families facing challenges such as unemployment, domestic violence, poor school attendance, and mental health issues. The British government has allocated £500 million to establish 1,000 family centres to provide support to families facing challenges such as unemployment, domestic violence, poor school attendance, and mental health issues. The British government has allocated £500 million to establish 1,000 family centres by 2028 to provide health, early education, and family counselling services with the aim of early intervention and building the foundations for long-term family stability. (The Guardian, 6 July 2025).

In 1991, the World Health Organisation, with the participation of research teams from more than 15 different countries, developed a scientific model known as the Quality-of-Life Model (WEOQOL), which is an acronym for:

World Health Organisation Quality of Life, and in 1997, this model, which included 100 items, was officially announced. It was later simplified into a shorter and more commonly used version that included 26 items. These items reflect six basic dimensions that ultimately indicate quality of life. These dimensions are mental health, physical health, functional capacity, relationships and social support, environment and housing, and cultural and spiritual values and beliefs. The importance of this scientific model lies in its comprehensiveness, diversity of approaches and areas, flexibility, and applicability in different environments. (World Health Organisation, 1997). This will undoubtedly result in family stability and cohesion if the dimensions of this model are applied as required to achieve family well-being for all family members.

A report by the Institute for Family Studies in the United States on family stability indicated that marriage is considered more stable than cohabitation in most of the countries covered by the study (17 countries). The report also explained that children living with married parents enjoy a more stable, consistent and secure family environment compared to children living with unmarried parents. The report also clarified that cohabitation without marriage is associated with higher rates of family breakdown, resulting in unhappiness among children. (Institute for Family Studies, 2017)

The international report issued by the International Organisation for the Care of Children Deprived of a Natural Family, based in Austria, indicated that millions of children around the world are at risk of losing their parents' care because of accumulated pressures such as poverty, violence within the family and society, and weak social protection systems. It emphasises that a lack of policy coordination and family support leads to children being separated from their environment, making this a global problem with serious consequences for family stability (SOS - Children's Villages International, 2024).

According to the only study conducted on family stability in Kuwait, Hadi (1999) pointed out in his findings that there is a fundamental difference between women who work outside the home and housewives, with housewives being more prone to family instability than working women. The variables that influence family instability in general are the educational level of the wife, the educational level of the husband, the presence of another wife, and the couple's ability to have children.

In another study conducted by (2025), the results indicated a negative correlation between family functioning and emotional stability, social support, and academic anxiety. The study also revealed that emotional stability and social support play a mediating role in the relationship between family functioning and academic anxiety.

Almajaly & Alasafa (2021) conducted a study on the impact of married women's work on family and marital relationships and its relationship to certain variables, considering the concepts of the constructivist theory of family counselling. The study concluded that women's employment contributes to solving many economic problems, and that the impact of women's employment on family stability increases with the number of years of marriage (five years or more).

Alzahrani (2012) defined family stability as: a relationship characterised by freedom of interaction,

enhanced cooperation and positive participation, spouses supporting each other in difficult times, and adapting to surrounding influences in a way that helps to live a stable family life. Balhaj (2017) defined family stability as: a system in which roles are defined and change with the stages of growth experienced by family members on the one hand, and with changes in the family life cycle on the other, living in stability and tranquillity away from internal conflicts and problems.

Social change theory has offered some insights into family stability and emphasised that one of the causes of family instability is unequal social change, which is responsible for many problems both within the family system and society. The theory of social disintegration has explained family instability through the occurrence of discord or conflict within the family system, the absence of social controls that define roles, and the existence of disturbances in thinking that result in incompatibility between spouses, meaning a lack of agreement. This results in chaos and many problems, such as instability in the marriage system and family breakdown (Alhawati & Alnaklawy, 1985).

Functional constructivist theory, on the other hand, views the family as a system consisting of a husband, wife, and children, each of whom performs multiple functions that complement each other to achieve balance and stability for the family. This theory assumes the existence of common general goals for family members; these goals differ from one family to another, and if any individual fails to perform their function, it will affect the balance and stability of the family (Alsamany, 2021).

Hence, our understanding of the factors associated with family stability will help us understand and recognise the nature and direction of family dynamics and thus ensure and protect its members by living in a healthy environment free from disintegration and its other negative repercussions.

## 2. METHODOLOGY AND TOOLS

The systematic review method was used to describe the data analysis process through various studies. This method aims to explore the studies that were analysed to gain and develop a deeper understanding of them.

### Study sample:

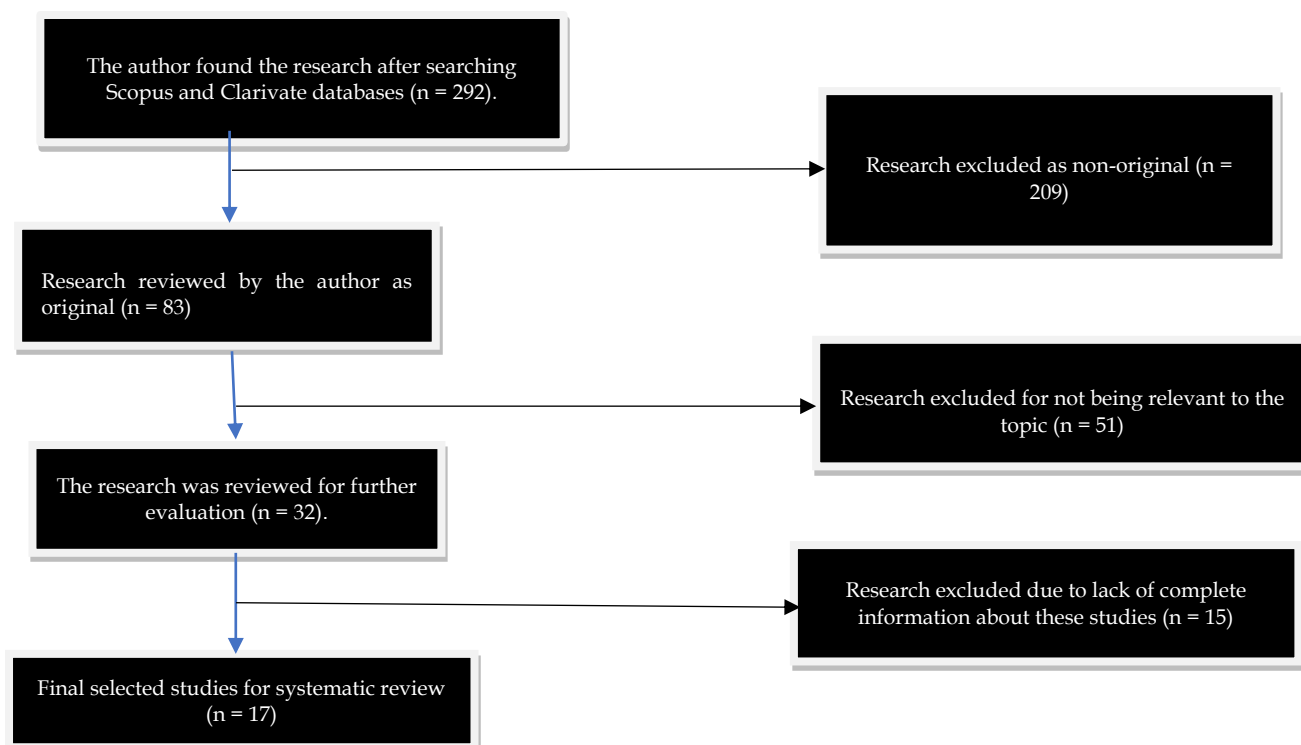
The study sample consisted of 17 original research papers representing the unit of analysis. Two research databases (Scopus and Clarivate) and the PRISMA methodology were used to search for and

obtain information from the collected research papers after they were tabulated, classified, and sorted to identify the excluded research papers from the approved ones. This was done during the period from 2018 to 2025, using the main keywords in the Scopus and Clarivate databases, which were as follows:

Family stability, social stability, family structure, family relationship, family conflict.

To collect the data, an initial reading of the titles and abstracts of the collected research related to the current research topic was conducted, followed by a

detailed and comprehensive analytical reading of this research. To achieve the objective of applying conceptual, methodological and statistical criteria, 292 studies were selected in advance, of which 275 were deleted because they did not meet the conditions and criteria related to the title of the current research, in addition to the discovery of a set of analytical, scientific and methodological gaps in those studies, which affected their scientific quality, so they were excluded. This left us with a sample of 17 selected studies, for which the PRISMA methodology was used, as shown in Figure 1.



*Figure 1: Schematic diagram of the selection procedure from the database of pooled research according to the PRISMA methodology.*

For the current study, the criteria for the inclusion of the 17 selected studies were taken into account according to the following criteria: (1) Research belonging to the Scopus & Clarivate open access databases (2) Research published from 2018 to 2025 (3) Research written in English, French, Spanish, and Portuguese (4) Original research (5) Research related to family stability (6) Research that presents complete information that can be easily analysed.

In contrast, a set of exclusion criteria was adopted to ensure the quality and suitability of the research for analysis. These criteria included: (1) Research whose scientific credibility is questionable due to the absence of sound arbitration criteria, especially research not published in scientific journals. (2) Research that did not clarify the validity and reliability of the tools used to

measure family stability variables. (3) Research that relied on invalid or outdated measurement tools that are not in line with current variables. (4) Research that presented inconsistent results or had a methodological bias that prevented its inclusion in quantitative or qualitative analysis. (5) Research with a limited sample size or that was statistically unrepresentative, reducing the possibility of generalising the results. (6) Research that relied on descriptive designs or unsystematic narrative reports, or that lacked an experimental or quasi-experimental design that would allow hypotheses to be tested with scientific rigour. and (7) research that used rudimentary or inaccurate analytical methods that did not allow for in-depth scientific conclusions or comparison with other research in the field.

Given the importance of organising the information from the 17 selected research papers, a database for these papers was designed and created using Excel. This database included the following elements: author number, author name, year of

publication, country and continent where the research was conducted, research methodology, study sample, research title, and additional bibliographic references for each selected study, in accordance with Table No. (1).

**Table No. (1) :Compiled research approved for systematic review that forms the database.**

Author(s) / Year	Country & Continent	Methodology	Sample	Study Title
1 - Oyewo, N.A., 2025	Nigeria / Africa	Correlational	300 working mothers	Psychological well-being and marital stability among working mothers in Oyo metropolis
2- Restrepo, M. T. et al., 2025	United States / North America	Analytical / Comparative	388 parents	Enhancing family stability: Child removal and CPS re-referral outcomes through the family-based recovery program
3 - Zeitlin, W. et al., 2025	United States / North America	Analytical / Comparative	489 mothers and fathers	Project IMPACT: Achieving family stability for parents with intellectual disabilities
4 - Gao & Liu, 2025	United States / North America	Correlational	456 university students (both genders)	Exploring family functioning and adolescent academic anxiety: Emotional stability and social support as mediators
5 - He, X., 2025	China / Asia	Descriptive / Comparative	Two courts in China (comparison of social laws)	Threat to family stability or social stability? Domestic violence protection order in two Chinese courts
6 - Zhang & Chen et al., 2024	China / Asia	Predictive	100 companies	Can the succession plan for family business achieve social employment stability? An analysis from the perspective of entrepreneurs
7 - Bergman, A. et al., 2024	Sweden / Europe	Mixed (Qualitative and Quantitative)	116 children	Factors associated with stability for children in family foster care: A study of case files in six municipalities in Sweden
8 - Weijer, M. et al., 2022	Netherlands / Europe	Correlational	4,700 couples (husband and wife)	Genetic factors explain a significant part of the associations between adolescent well-being and the social environment
9 - Osman & Nagasi, 2022	Malaysia / Asia	Descriptive / Analytical	Study of various means and legal measures addressing family issues in Malaysia	The Malaysian experience in means of family stability and reform in the light of Islamic law
10 - Hao, L., 2022	China / Asia	Survey / Predictive (Longitudinal)	14,798 families	The power of family: The impact of family culture on marriage stability in China
11 - Garcia, V. et al., 2021	Colombia / South America	Correlational	255 military personnel (both genders)	Estabilidad marital en matrimonios distanciados por la misionalidad de las fuerzas militares de Colombia
12 - Gray, C. et al., 2021	United States / North America	Correlational / Predictive (Longitudinal)	1,359 orphaned children	Family composition and stability for orphans: A longitudinal study of well-being in 5 low- and middle-income countries
13 - Kim, S. et al., 2021	United States / North America	Correlational / Predictive (Longitudinal)	535 young adults (both genders)	Longitudinal stability of work-family enrichment and its association with well-being and personality traits
14 - Yang & Veenstra, 2021	Canada / North America	Correlational / Predictive (Longitudinal)	Group of Canadian families	Family income and health in Canada: A longitudinal study of stability and change
15 - Pribesh, S. et al., 2020	Australia / Australia	Survey / Correlational (Longitudinal)	3,764 children	Family structure stability and transitions, parental involvement, and educational outcomes
16 - Owolabi, F. et al., 2020	Nigeria / Africa	Personal interviews	9 women	Female-dominated informal labour sector and family stability: The interface between reproduction and production
17 - Avdic & Karimi, 2018	Sweden / Europe	Survey / Descriptive	Study of various administrative systems and policies related to parental leave	Modern family? Paternity leave and marital stability

Table 2 below shows the distribution of the number of studies selected and approved for analysis, according

to the country in which each study was conducted and the location of that country on the continent.

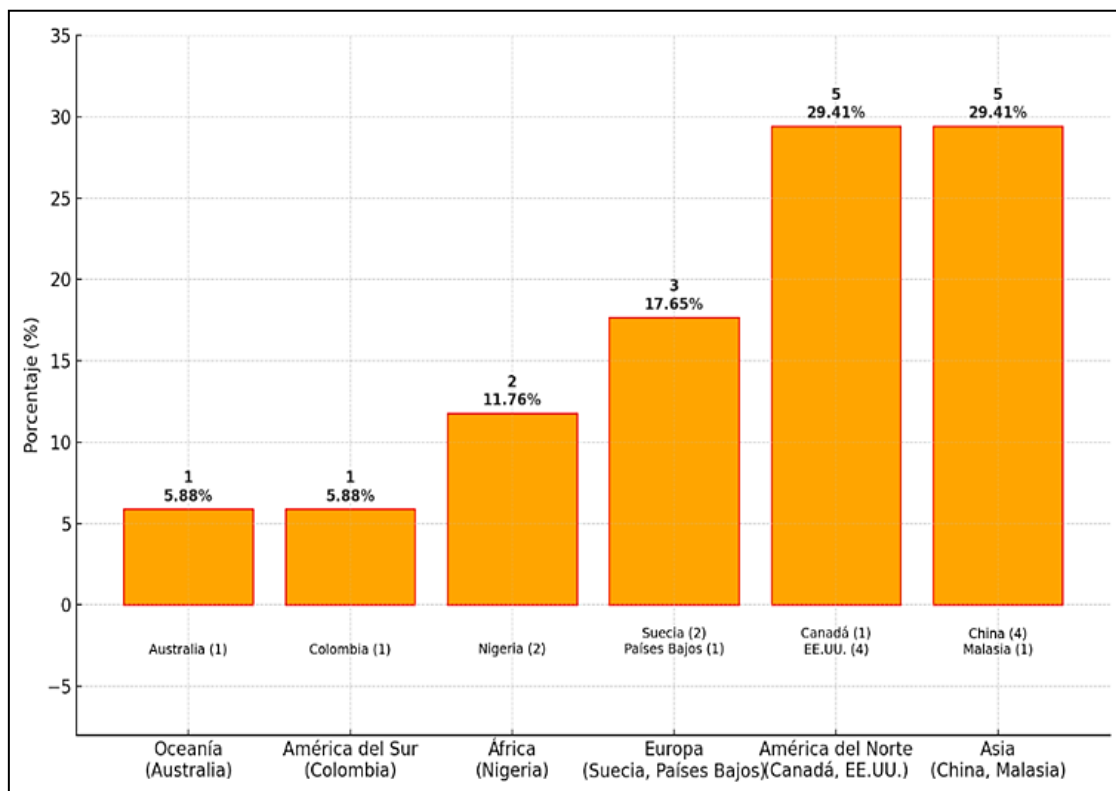
**Table 2: Distribution of selected approved research projects by country and continent, and each continent's contribution to the research.**

Asia (Number of Studies)	North America (Number of Studies)	Europe (Number of Studies)	Africa (Number of Studies)	South America (Number of Studies)	Australia (Number of Studies)
China (4) Malaysia (1) 29.4%	Canada (1) United States (4) 29.4%	Sweden (2) Netherlands (1) 17.6%	Nigeria (2) 11.7%	Colombia (1) 5.8%	Australia (1) 5.8%

◆ Total = 17 studies (100%)

Based on Table 2 above, it was converted into a graph to illustrate the distribution trends of the

collected research and highlight the data, according to Figure 2 below.



**Figure 2 :Graph showing the distribution of compiled and approved research for systematic review by country and continent.**

From the previous graph (2), it can be seen that Asia and North America accounted for the largest share of research on family stability that was applied and adopted in the current study, at 29.4%. This was followed by Europe with 17.6%, then Africa with 11.7%, and finally South America and Australia with the same percentage (5.8%).

From this perspective, these studies will be systematically analysed and reviewed using several indicators and risk factors related to and affecting family stability.

Based on the above, the current study has adopted the Quality-of-Life Model (WEOQOL) mentioned at the beginning of the research to apply it to the

selected approved research concerned with systematic analysis and review, in order to determine the extent of the relationship and correlation between its six dimensions and family stability. given the comprehensiveness of this model and its multiple dimensions, which are consistent with the nature and dimensions of the selected research, which will help us study the indicators and risk factors found in the selected research that affect family stability.

The 17 approved and compiled studies were conducted in different environments and continents, and therefore, the indicators and risk factors that affected family stability undoubtedly differ from one environment to another. First, a brief analysis of the

six dimensions of the WEOQOL model, its importance and its impact on family stability will be presented, as follows:

**1. Mental health dimension:**

Mental health is one of the main factors affecting family stability. Many recent reports have confirmed that high levels of stress among parents lead to the breakdown of social relationships within the family and have negative repercussions on its stability. It also increases the likelihood of psychological disorders among children, which will negatively affect family cohesion as a whole. The U.S. Surgeon General's report also emphasised that supporting the mental health of parents and caregivers is an urgent public health priority, as it builds the emotional foundation, harmony, and stability of families across generations (Office of the Surgeon General, 2024; Mendes et al., 2025).

**2. Physical health dimension:**

The results of a recent study indicated that parents who are in good physical health support and promote family stability through their role in supporting children and actively participating in daily life and activities, which reduces conflicts within the family and contributes to building a stable and healthy environment. This is achieved either through their resilience and effective interaction or by bringing family members closer together (Yasmine et al., 2025).

**3. Functional capacity dimension:**

Functional capacity is an important factor in supporting family stability. Increased pressure at work will negatively affect parents' well-being, weakening their ability to perform their daily social and educational roles effectively and positively. Controlling work-related stress and its negative repercussions is fundamental to supporting a stable and cohesive home environment. Parents' functional capacity plays a vital role in maintaining a solid and stable family structure by supporting family cohesion, effective communication and reducing conflict (Rusu, 2025).

**4. Social relationships and support:**

A recent study published in 2025 indicated that family and social support is strongly linked to overall

well-being and self-image, which in turn promotes balance and stability within the family. Support derived from intimate relationships, such as support from relatives and friends, not only alleviates psychological stress but also contributes to creating a safety net that strengthens family cohesion and supports parents' daily performance, thereby contributing significantly to maintaining family cohesion and stability over the long term (Chen, 2025).

**5. Environment and housing:**

A scientific study published in 2024, which relied on a systematic review methodology, confirmed that housing instability, such as frequent relocation, living in temporary accommodation, or living in unsuitable or overcrowded conditions, is associated with a decline in family well-being and family cohesion. The study confirmed that such environments and conditions create psychological stress, family problems, and daily conflicts, which negatively affect the quality of relationships within the family, especially between children and parents, thereby disrupting family stability (Hock et al, 2024).

**6. Cultural and spiritual beliefs:**

One study indicated that religious, cultural, and spiritual beliefs enhance marital and family stability by promoting adaptability, improving communication between spouses, and increasing family satisfaction. The results showed that couples who agree on their shared religious and cultural beliefs experience less stress and enjoy greater harmony and psychological resilience, which strengthens family cohesion and mutual support in the face of challenges (Raesi et al., 2025).

Based on what has been mentioned and explained about the six dimensions related to the (WEOQOL) model and its relationship to family stability, the factors associated with family stability will now be analysed according to the compiled research (17), after they have been sorted and classified according to the nature of the factors affecting family stability. To facilitate understanding of this part of the analysis, the compiled research will be reviewed and distributed among these factors and dimensions according to the nature of each study in terms of its importance, objectives, scientific methodology, study sample, and results, as shown in Table 3 below.

*Table 3: Distribution of compiled research according to the dimensions of the WEOQOL model.*

Psychological Health Dimension	Physical Health Dimension	Functional Ability Dimension	Social Relationships and Support Dimension	Environmental And Housing Dimension	Cultural And Spiritual Beliefs Dimension
3 Studies	4 Studies	4 Studies	4 Studies	1 Study	1 Study

◆ Total = 17 studies

From Table 3 above, we can see that there are three dimensions in the WEOQOL model, with four studies distributed equally across each dimension. These dimensions are physical health, functional capacity, and social relationships and support. The dimensions with the fewest studies

are environment and housing, and cultural and spiritual beliefs, with one study in each dimension.

The following table (4) shows the research related to the dimension of mental health and linked to family stability.

**Table 4: Risk indicators for mental health according to the WEOQOL model and related to family stability.**

N	Main Author	Country / Continent	Risk Indicators Related to Family Stability	Percentage
1	Oyewo, N. A2025	Nigeria / Africa	Personal growth disruption, self-acceptance, anxiety, depression, marital crises, reduced adaptability, decreased psychological well-being, angry conversations, psychological crises, emotional difficulties, stress, pressure	6%
2	Gray, C., 2021	United States / North America	Emotional difficulties, exposure to abuse, resilience and psychological well-being, emotional stability, psychological burden on children, psychological crises, anxiety, stress, pressure	6%
3	Kim, S. et al., 2021	United States / North America	Decreased psychological well-being, mental balance, anxiety, emotional health, life satisfaction, psychological resilience, psychological stress, emotional difficulties, pressure	6%

Table 4 above shows that three studies (17.6%) of the total 17 studies were approved for analysis and systematic review. and the percentage allocated to each study within the total analysis (17 studies) is approximately 6% ( $100 \div 17 \approx 5.88\%$ ), which is considered a methodological tool for distributing relative weight.

In the three studies mentioned in the previous table, I found that there are several indicators and risk factors in the mental health dimension that negatively affect the disintegration of family members and the stability of the family. Among the most important of these risk indicators that are most prevalent and common in these three studies are: low psychological well-being, emotional difficulties, stress, anxiety, psychological flexibility, and psychological compatibility.

In this context, the United States of America in North America is considered the most prominent in the spread of risk indicators for mental health dimensions that could significantly and negatively affect family stability. Two studies were found in the United States, accounting for 66.6% of the total three studies. while in Africa, there was only one study conducted in Nigeria, accounting for 33.3% of the total three studies.

With regard to research related to the second dimension of the WEOQOL model, which is physical health, it was possible to conduct a systematic review of this research to identify the most important risk indicators that negatively affect family stability. Table 5 below presents the findings of this research and the most significant risk indicators for family stability.

**Table 5: Risk indicators for physical health according to the WEOQOL model and related to family stability.**

N	Main Author	Country / Continent	Risk Indicators Related to Family Stability	Percentage
1	Zeitlin, W. et al., 2025	United States / North America	Low level of parental home healthcare, child healthcare, first aid, public health and nutrition, poor household hygiene skills, malnutrition, and physical exhaustion of mothers	6%
2	Restrepo, M. et al., 2025	United States / North America	Substance abuse, neglect of proper nutrition, neglect of hygiene, developmental problems, disability, physical exhaustion of parents, and premature mortality	6%
3	Weijer, M. et al., 2022	Netherlands / Europe	High prevalence of psychosomatic illnesses such as low psychological well-being, poor mental health, increased stress, anxiety, depression, low psychological resilience, poor emotion regulation, unhealthy activities, inadequate sleep and rest, nutrition and healthy habits, and physical activity	6%
4	Yang & Veenstra, 2021	Canada / North America	High level of chronic health problems, health instability, income-related health trajectory, increased stress, heart disease, malnutrition, health disability, diabetes, blood pressure and respiratory issues	6%

Table 5 above shows that four studies (23.5%) of the total 17 studies collected for analysis and systematic review were related to physical health, which is the second dimension and its negative

relationship with family stability.

In this context, an article from the United States of America in North America is considered to be the clearest in terms of the prevalence of risk indicators

related to physical health and family stability, accounting for 50% of the total of four studies included in Table 5. In Europe, there was one study, representing 25% of the total, and in Canada, 25% of the total four studies on risk indicators in the physical health dimension.

With regard to the article related to the third dimension of the WEOQOL model, which is functional capacity that negatively affects family stability, a systematic review of this article was conducted according to Table 6.

**Table 6: Risk indicators for functional capacity according to the WEOQOL model and related to family stability.**

N	Main Author	Country / Continent	Risk Indicators Related to Job Stability	Percentage
1	Zhang & Chen et al., 2024	China / Asia	Job instability, unstable wages and income, weak balance between social and occupational responsibility, low levels of promoting belonging and loyalty at work, low levels of creating a stable work environment, facing economic risks, reduced fairness in work management, weak long-term planning, poor maintenance of leadership stability, and lack of support for employees' professional development.	6%
2	Garcia, V. et al., 2021	Colombia / South America	Low level of managing work stress, poor adaptation to economic crises, unclear work roles and division of responsibilities, weak emotional regulation at work, lack of safe relationships and connections at work, poor financial resource management, and limited benefit from social support networks.	6%
3	Owolabi, F. et al., 2020	Nigeria / Africa	Financial instability, hard work with low wages, role conflict between home and work for women, weak job skills, lack of vocational training, physical exhaustion, lack of promotion opportunities, economic fragility, and gender inequality in the workplace.	6%
4	Avdic & Karimi, 2018	Sweden / Europe	Low household income, increased financial burdens, inefficiency of strict economic policies, low work income, role conflict at home due to work policies, and lack of job security.	6%

Table 6 above shows the most important risk indicators in terms of functional capacity related to family stability. These indicators were distributed across four countries on four different continents: (Asia, South America, Africa, Europe). Each country received a 25% share of the total article contribution in the four studies on functional capacity according

to the WEOQOL model.

Table 7 highlights the most important risk indicators for the fourth dimension of the WEOQOL model, which relates to social relationships and support and was found to be significantly and negatively associated with family stability in the four studies conducted in China, Malaysia, and Australia.

**Table 7: Risk indicators for relationships and social support according to the WEOQOL model and related to family stability.**

N	Main Author	Country / Continent	Risk Indicators Related to Family Stability	Percentage
1	Gao & Liu, 2025	China / Asia	Weak communication among family members, lack of emotional support, frequent family conflicts, family disintegration, absence of dialogue within the family, lack of social support, social isolation, and societal pressures.	6%
2	He, X., 2025	China / Asia	Encouragement of domestic violence, neglect of the wife's safety and health, extension of family conflicts to other relatives, interference of extended families, absence of effective institutional support networks, imposition of forced reconciliation culture between spouses under the pretext of preserving the family, weak legal protection during family conflicts, lack of social support, especially in rural areas.	6%
3	Osman & Nagasi, 2022	Malaysia / Asia	High divorce rates, misunderstandings and marital conflicts, exhaustion and imbalance in responsibilities, frequent recourse to divorce as a quick solution, shortcomings in pre-marital courses, weak post-marital follow-up, dominance of mediation and social reconciliation networks, and exclusion of certain groups from attending marriage preparation programs.	6%
4	Pribesh, S. et al., 2020	Australia / Australia Continent	Low parental involvement in family interactions, family instability due to frequent divorce, marriage, and emotional separation, reduced social support from community institutions, weak family-school relationships, inequality in access to financial support from community institutions, and lack of financial resources.	6%

Table 7 shows the most important risk indicators in the fourth dimension of the WEOQOL model, which is social support and relationships. Four studies were obtained that highlighted the most important aspects of this dimension. Two studies were conducted in China, contributing 50% of the

total number of four studies, one study was conducted in Malaysia (25%), and another study was conducted in Australia (25%).

The most important risk indicators in the dimension of relationships and social support, which most of the four studies highlighted and shed light

on, are: weak family cohesion, poor family communication, encouragement of family violence, frequent family conflicts, weak social support from community institutions, family fragility, inequality in access to community support, weak parental involvement in family and community interactions,

and high divorce rates.

Table 8 highlights the fifth dimension of the WEOQOL model, which relates to the environment and housing and its relationship to family stability. Only one study, conducted in Sweden, was found on this topic.

**Table 8: Risk indicators in the environment and housing dimension according to the WEOQOL model and related to family stability.**

N	Main Author	Country / Continent	Risk Indicators Related to Family Stability	Percentage
1	Bergman, A. et al., 2024	Sweden / Europe	Overcrowded housing environment, weak compatibility between the child and the living environment, family breakdown due to residing in unfamiliar homes, frequent relocation between foster homes, increased divorce, illness, and death due to frequent moves, poor social interaction and adaptation caused by unsuitable living environments, and frequent family conflicts.	6%

Table 8 above shows the most important negative risk indicators related to the environment and housing, which have a significant impact on and are closely linked to family stability and breakdown. Therefore, these indicators must be taken into account in any global society to address the risk of family breakdown and the subsequent collapse of the social system.

Table 9 below discusses the risk indicators in the

sixth and final dimension of the WEOQOL model, which is cultural and spiritual beliefs, reviewing them systematically to clarify their negative relationship with family stability. It should be noted that only one study was found on the dimension of cultural and spiritual beliefs, which was conducted in China and has a significant impact on family stability. The author was unable to find other studies, as many were excluded for not meeting the required criteria.

**Table 9: Risk indicators for cultural and spiritual beliefs according to the WEOQOL model and related to family stability.**

N	Main Author	Country / Continent	Risk Indicators in the Dimension of Cultural and Spiritual Beliefs Related to Family Stability	Percentage
1	Hao, L., 2022	China / Asia	Culture of husband's dominance over the wife, father's authoritarian control over the family, complete obedience of the young to the elders, unbalanced relationships within the family, strict cultural norms imposed on women, considering divorce as part of old traditional culture, deprivation of women's rights, interference of extended families in the affairs of nuclear families as a traditional practice, stigma associated with divorce, ancestor worship, glorification of family sacrifice by prioritizing family interests over individual ones, and imposing inhumane values on women such as abstaining from remarriage after a husband's death.	6%

Table 9 above shows that cultural and spiritual beliefs have a significant impact on family stability in China, especially in rural areas, villages and working-class neighbourhoods, where cultural and spiritual aspects have formed the general framework of the social system in Chinese families, greatly affecting the stability of Chinese families and their susceptibility to disintegration and collapse.

Based on the analysis of 17 collected and approved article studies, we found that there are many factors associated with and negatively affecting family stability, including factors related to mental health, physical health, functional capacity, social support, environment and housing, and finally cultural and spiritual beliefs. It should be noted that studies conducted in recent years, from 2018 to 2025, have shown us that no society is immune to these factors and indicators that threaten family stability.

Therefore, the article analysed in this study revealed that the American and Asian continents have the highest percentage of research contributions (29.4%), followed by the African continent (11.7%), and finally South America and Australia with the same percentage (5.8%). In this sense, family stability and related factors are considered a social problem that affects a high percentage of families of all sizes, in any society and at all economic and cultural levels. (Solan et al., 2019)

Concerning mental health, which is the first dimension of the WEOQOL model and is linked to family stability, a review of the research compiled on this dimension revealed several risk indicators and factors associated with family stability (See Table 4) such as: personal development disorders, self-acceptance, anxiety, depression, marital crises, reduced coping skills, psychological well-being,

angry conversations, psychological crises among family members, emotional difficulties, tension, and stress.

An unstable family environment (separation, divorce, imbalance in marital relationships) creates psychological stress that leads to increased psychological problems for all individuals, thereby threatening family stability on both the emotional and psychological levels. Children whose parents suffer from psychological disorders are more prone to social, emotional or behavioural problems. Such inconsistent and disharmonious families, which often exist in families where one parent suffers from psychological problems, contribute to increasing the risk of these problems for children.

Parental mental health problems are a major source of stress for children and have been linked to deteriorating mental health and increased behavioural problems in children during childhood (Kims, 2020).

On the other hand, as is evident from Table 5, the risk indicators associated with the second dimension of the study model, namely physical health, play a pivotal and fundamental role in the nature and level of family stability. Four studies were selected for systematic review in this study. The most important risk indicators related to this dimension and linked to family stability are high rates of chronic health conditions, malnutrition, premature mortality, physical exhaustion of parents, physical and health activities, and domestic injuries.

Some research has confirmed that the physical health of parents has a significant impact on family functioning and child well-being; poor parental health increases stress, weakens family stability, and increases the risk of family conflict and breakdown. (Jesus et al, 2020)

As for the third dimension of the study model (WEOQOL), which is functional capacity and its relationship to family stability, four studies were found that focused on various aspects of this dimension and its negative effects on family stability. The most important risk indicators (see Table 6) for this dimension, which most of the four studies participated in studying and focusing on, are: financial instability, low income, dual roles, especially for women, weak economic policies at work, financial fragility, strict economic laws at work, increased work pressure, and physical exhaustion.

In this context, numerous research findings have emphasised the importance and role of indicators of parental functional capacity and its relationship to family stability. For example, one article's finding

indicated that belonging to a family pattern characterised by low functional capacity of one parent was associated with weak relationships within and outside the family. (Salo, et al., 2022)

Stressful economic conditions such as low income, financial instability, dual parental roles, and conflict between work and family responsibilities can weaken the family's ability to maintain cohesion and stability, which will negatively affect the safety and well-being of children, the balance of family life, and overall family stability due to a lack of organisation and adequate support. (Walther, 2024).

Some studies have pointed to the influential correlation between aspects of this dimension and family stability. through social connections and support, which contribute to making family members more positive, enhancing their mental and physical health, and improving parental competence, because such support is not considered a palliative or moral means, but works directly by reducing psychological stress, which enhances mental health and protects the family from disintegration. (Acoba, 2024; Arif, et al., 2024)

As for the fifth dimension of the model adopted by the current author, which is the dimension of environment and housing and its relationship and impact on family stability, only one study was found that reviewed and discussed the importance of this dimension for maintaining family stability. It explained and examined several indicators and risk factors (see Table 8).

Hock et al. (2024) confirmed in their study that instability in the home environment has a profound effect on children and other offspring, as these experiences are estimated to lead to health, psychological and physical problems, increased fatigue and developmental delays.

This study discussed several indicators and risk factors in this dimension (see Table 9) and its negative relationship with family stability, such as: a culture of male domination and control over women, blind obedience of children to adults, strict cultural norms for women, denial of women's rights, stigma associated with divorce, sanctification of family sacrifice, and paternal domination of the family. Balanced modern cultural and spiritual beliefs, especially in religious communities, contribute effectively to supporting marital relationships and family stability by promoting emotional understanding, alleviating stress, and building more harmonious, cohesive, and flexible family bonds and relationships (Raesi et al., 2025), as spiritual values and beliefs facilitate coping mechanisms, increase spiritual satisfaction, improve health and

psychological outcomes, promote closeness and harmony between spouses, support family resilience, and thus increase the level and degree of family stability. (Sadeghian, et al., 2025).

## CONCLUSIONS

By using a systematic review method in the 17 studies selected for analysis and systematic review, we can observe that North America and Asia have applied five studies each, with these studies indicating, through their different dimensions and risk indicators, their significant relationship with family stability. The United States and China are among the countries that have applied such research the most, with four studies in each country, accounting for 23.5% of the total 17 compiled studies. A total of nine countries participated in the preparation and application of these studies.

Through the adoption of the current study of the scientific model (WEOQOL), which includes six different dimensions that ultimately represent quality of life, including family stability, a systematic review was conducted through the analysis of the collected research to identify and analyse the negative risk factors and indicators that affect and are associated with family stability. These indicators were classified and sorted according to the six dimensions in the study model, and I found and obtained four studies that focused on and shed light on each of the following three dimensions: physical health, functional ability, and social relationships and support. In contrast, I found three studies in the field of mental health.

The World Health Organisation's World Health Organisation Quality of Life and Family Stability (WEOQOL) model is a comprehensive analytical framework and scientific methodology that allows us to understand the close relationship between different aspects of quality of life and family stability. This model highlights the importance of integrating physical, psychological, social, environmental, cultural and spiritual health in building a balanced family that is capable of adapting to life's challenges.

## Limitations and strengths of the study

As for the strengths of this research, to the author's current knowledge, this research is considered the first in the Middle East (according to my survey of various scientific research databases) to study and examine the factors affecting family stability as a study based on systematic review and analysis, including (17) meta-studies, using the World Health Organization Quality of Life (WHOQOL) model as a standard for comparing risk indicators in the meta-studies with the six dimensions in the aforementioned model.

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Good physical health in parents will have a positive impact on their ability to perform their family roles in an appropriate and socially acceptable manner, while stable mental health contributes to a positive emotional climate, which will strengthen the relationship between spouses in a way that will have a positive impact on the proper upbringing of children. Social support and relationships surrounding the family are also considered a fundamental source of psychological and social security, while environmental and living stability in terms of housing, resources and economic conditions provide a solid foundation for social integration and family cohesion. In addition, the more cultural and spiritual beliefs are similar between spouses and more in line with the current era, the more this leads to intellectual convergence, fusion and integration in daily life in an equal and balanced manner between spouses.

Based on this, the current study addresses the stated objective by conducting a systematic review and analysis of the factors associated with family stability. In this sense, we can understand the various factors associated with family stability, while identifying the most significant indicators that threaten this stability, as the degree, direction and nature of these indicators varied from one study to another, from one dimension to another, and from one country to another.

Undoubtedly, the dangerous indicators that threaten family stability are general indicators that exist in all countries of the world, affecting all social classes and having a greater impact on the most vulnerable and least cohesive and harmonious groups and families.

Therefore, the findings of this research are considered a key roadmap for designing carefully studied plans and strategies to address the various social, psychological, health and cultural challenges that threaten the foundations of the family and work to dismantle it. through the cooperation and collaboration of all institutions and civil society sectors in drawing up and preparing a comprehensive guide and methodology that includes activities, programmes and operational plans that will strengthen family stability, free from prejudice and sectarian and social tensions.

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### Conflict of interest

The author declares that there are no scientific aspects of this research that could negatively affect or lead to a conflict of interest with any other party, with a complete absence of any commercial or financial relationships that could be interpreted as a potential conflict of interest with any other institution. The results obtained in this research represent the author's point of view and are not related to any conflict or contradiction with any scientific institution.

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