Revista Infoacceso
e-ISSN 2311-7605 (Online)
infoacceso.org/index.php/ri

Volume 13 · Issue 3 · 2026
Pages 2661–2671

Psychological quality of life Among Grandparents living with their Grandchildren A clinical Study in the Context of the Extended Family

Dr. Bouhalla Mansouria[1], Hamed Asmaa[2], Hariat Chahinez[3]

[1] Lecturer Class B, Abou Bekr Belkaid University of Tlemcen, Faculty of Humanities and Social Sciences, Department of Psychology, Research Laboratory on Neurodevelopmental and Learning Disorders, Algeria Email: mansouria.bouhalla@univ-tlemcen.dz

[2] Abou Bekr Belkaid University, Tlemcen, Faculty of Humanities and Social Sciences, Department of Psychology, Algeria Email: asmahamed993@gmail.com

[3] Abou Bekr Belkaid University, Tlemcen, Faculty of Humanities and Social Sciences, Department of Psychology, Algeria Email: chahinezhrt2201@gmail.com

Received: 09/03/2026 | **Accepted:** 17/06/2026 | **Published:** 06/09/2026

***Abstract*—**This study aims to examine the psychological quality of life of grandparents living with their grandchildren, explore the relationship between cohabitation and selected dimensions of their psychological well-being, and assess the extent to which this form of family cohabitation contributes to social support and psychological well-being, as well as its association with psychological stress and burden. To achieve these objectives, a clinical approach was adopted, employing case studies, interviews, and clinical observation, in addition to the administration of Carol Ryff's Psychological Well-Being Scale.

The findings indicate that living with grandchildren may contribute to enhancing certain aspects of grandparents' psychological well-being, particularly their sense of emotional support, belonging, and social interaction. Moreover, the quality of family relationships, along with the level of mutual understanding and family cohesion, appears to be an important factor in determining the nature of the relationship between living with grandchildren and grandparents' psychological quality of life.

***Keywords*—**psychological quality of life; grandparents; grandchildren; cohabitation; extended family

Introduction

The family is one of the most important social frameworks within which individuals live and can be regarded as the fundamental unit from which society is formed. It comprises a group of individuals connected by relationships of shared living and continuous interaction and contributes to the upbringing of individuals and the development of their personalities and abilities, enabling them to become active members of society (Ait Si Mouhet al ; 2023:p 199):The role of the family is not limited to meeting material needs; it also provides psychological and emotional support that helps individuals develop a sense of security, belonging, and stability. Furthermore, several studies have indicated that the strength and cohesion of family ties are associated with higher levels of happiness and psychological well-being, highlighting the importance of the family in promoting psychological balance and improving quality of life (Alesina & Guliano , 2007:p2).

With the social and economic transformations experienced by contemporary societies, family structures have undergone significant changes that have affected the nature of intergenerational relationships and patterns of family living. However, the extended family model and intergenerational co-residence remain prevalent in many Arab societies, where grandparents retain an important status within the family through their various social and emotional roles.

© 2026 The Author(s). Published by Revista Infoacceso.

Old age is considered a natural stage of human development and represents the final phase of the life course, during which individuals experience a range of physical, psychological, and social changes. These may include declines in certain health and functional abilities, reduced social participation, and, among some older adults, feelings of isolation or loneliness. Researchers describe ageing as a natural physiological transition that accompanies the ageing process (Shinar & Boulhabal, 2022, p. 732). This has led to growing interest in older adults, not only from a physical and health perspective but also in relation to their psychological well-being, life satisfaction, emotional stability, and psychological comfort, particularly given that ageing may influence how individuals adapt to various life circumstances.

In this context, the concept of psychological quality of life has emerged as an important concept in the field of psychology. It refers to the degree of satisfaction individuals experience with various aspects of their lives and the extent to which they perceive themselves as happy. It also encompasses individuals' perceptions of themselves and their lives, the nature of their social relationships, the activities in which they engage, their ability to perform daily tasks, and their capacity to adapt to the demands of life),Makhlouf ,2022:p307)

In light of the above, the present study aims to shed light on the psychological quality of life of grandparents living with their grandchildren and to explore the nature of the relationship between intergenerational co-residence and their psychological well-being.

1. study problem:

The United Nations has noted in one of its publications that the world is undergoing a profound demographic transformation, reflected in the increasing number of older adults, including grandparents, in many countries. This growth reflects significant advances in healthcare and social and economic services. Furthermore, the increasing number of older adults represents an important opportunity to strengthen intergenerational relationships and bonds (Farhane ,2021).

With changing lifestyles and improvements in health and social services, life expectancy among older adults has increased, accompanied by declining mortality rates. These demographic changes highlight the need to provide care and support that enable older adults to enjoy a high quality of life and benefit from appropriate social, health, cultural, and economic services (Bensaid , elberdisi ; 2020).

In this context, the effects of rapid societal changes and their repercussions have become increasingly evident at the global level. This situation requires professional fields and specialised services to adapt to these transformations and to minimise their potential negative effects on individuals and vulnerable groups, particularly older adults (Achri , 2017).

Numerous studies indicate that the family constitutes an important source of emotional, material, and social support, which may have a positive influence on the mental health and life satisfaction of older adults. For example, a study conducted in China found that older adults living with their families received greater financial and emotional support than those living alone. However, co-residence alone does not necessarily guarantee the availability of adequate support when needed, as families may lack the capacity or willingness to respond to the specific needs and demands associated with old age, particularly with regard to the everyday requirements of care. From this perspective, each living arrangement may have both advantages and challenges, highlighting the need for further research into the relationships among social isolation, mental health, and the well-being of older adults, given the potential influence of these factors on their psychological quality of life (Bolina et al 2021).

Psychological and social support is important for individuals at all stages of life, particularly for older adults who experience substantial age-related physical, psychological, and social changes. In many Western countries, governmental and social organisations are regarded as important sources of social support for older adults, whereas in many Eastern societies, support is provided primarily by adult children. Thus, intergenerational support represents an important factor associated with the health and well-being of older adults in Eastern cultural contexts (Vidouje ,Momtaz et al 2017).

The cultural context of relationships between grandparents and grandchildren is a particularly important factor, as family traditions and intergenerational relationships vary across countries and cultures. Accordingly, living with grandchildren may either support or place additional demands on grandparents' health and well-being, depending on the family and cultural circumstances in which they live (Danielsbacka et al., 2022). This suggests that intergenerational co-residence is not a uniform or static experience but may vary according to cultural, social, and environmental circumstances, which can either enhance or

constrain grandparents' psychological quality of life.

Against this background, there has been growing academic interest in relationships between grandparents and grandchildren, particularly in light of the social and demographic changes that have reshaped family structures and living arrangements. For example, a field study conducted in China in 2023 by Wang, Dong, and Li, entitled Grandchild Care and Life Satisfaction of Older Adults: Empirical Evidence from China, examined the relationship between grandparents' care for their grandchildren and their life satisfaction within the Chinese context. The study employed several statistical methods and analysed data from the Longitudinal Social Survey of Older Adults in China, which included more than 7,000 individuals aged between 60 and 80 years.

The study examined the relationship between caring for grandchildren and grandparents' well-being and distinguished among three patterns of care: grandparents living exclusively with their grandchildren (i.e., grandparent-headed or guardian households), grandparents living in three-generation households (extended families), and grandparents who cared for their grandchildren without living with them.

The findings indicated that grandparents who cared for their grandchildren reported higher levels of life satisfaction than other groups, particularly among men and those living in rural households. The study suggested that this association between grandchild care and life satisfaction was mediated by three main factors: a reduced sense of loneliness, an enhanced sense of self-worth, and increased emotional support from adult children, with emotional support from adult children showing the strongest association. The study also reported that this positive association was particularly evident among grandparents who cared for their grandchildren without living with them, compared with other living arrangements, whereas the association was less pronounced among grandparents serving as primary caregivers or living in multigenerational households.

.The study recommended strengthening family and social welfare policies aimed at enhancing the psychological quality of life of grandparents by encouraging family interaction and social participation among older adults (Dong , Wang & Li ,2023)

Another in-depth study conducted in India in 2025, entitled Does Caring for Grandchildren Influence Life Satisfaction? A National-Level Analysis Among Older Adults in India Using a Propensity Score Matching Approach, was conducted by Barman, Adhikary et al. The study aimed to examine the relationship between caring for grandchildren and grandparents' life satisfaction using nationally representative data from a sample of 25,650 individuals aged between 60 and 80 years.

The study found a positive and statistically significant association between caring for grandchildren and higher levels of life satisfaction among grandparents. Grandparents who cared for their grandchildren were 16% more likely to report higher life satisfaction than those who did not. The propensity score matching (PSM) analysis further supported this association, with an estimated average treatment effect of 0.057 among caregivers, suggesting a measurable association between caring for grandchildren and life satisfaction. This relationship remained statistically significant after controlling for a range of social and health-related factors, including gender, marital status, living arrangements, education, social participation, socioeconomic status, and physical and mental health.

The study concluded that the active involvement of grandparents in their grandchildren's lives may enhance their sense of social integration and personal meaning and may be associated with improved psychological well-being. The findings therefore support the importance of policies and social initiatives that promote intergenerational interaction as part of broader approaches to supporting the well-being of older adults (Barman ,Adhikary et al 2025).

In the Arab context, the Egyptian researcher Zainab Ibrahim Abdel-Aal Ismail conducted a study entitled The Meaning of Life Among Older People Living with Their Families and in Care Homes, published in the Journal of Scientific Research in the Humanities in 2019. The study aimed to examine the level of meaning in life among older adults according to their place of residence (living with their families or in care homes), gender (male/female), the presence of children, and the duration of residence in care homes. The study was based on a sample of 58 older men and women aged between 60 and 90 years, including 30 participants living with their families and 28 residing in care homes. The Meaning in Life Scale was used as the primary research instrument.

The findings revealed statistically significant differences in the level of meaning in life in favour of older adults living with their families compared with those residing in care homes. No statistically significant differences were found according to gender or duration of residence in a care home. The results also indicated that the presence of children was significantly associated with a greater sense of meaning in life among older adults. Furthermore,

family support, a sense of belonging, and positive social relationships were identified as important factors associated with the psychological quality of life of older adults. The study recommended promoting family and social participation among older adults, given their potential contribution to psychological and social well-being and adjustment (Ismail, 2019)

Although there is a substantial body of international and Arab literature addressing the psychological quality of life of older adults, previous studies have examined this population from various perspectives, including family relationships, co-residence, emotional and material support, and the relationship between these factors and psychological well-being. However, many of these studies have focused primarily on older adults living with their children or within nuclear families, or have examined intergenerational relationships more broadly, without specifically addressing the experiences of grandparents living with their grandchildren.

Moreover, a considerable proportion of the available research has been conducted in cultural and social contexts that differ from the Algerian context. In Algeria, as in other societies where extended-family structures remain important, intergenerational co-residence may constitute a significant aspect of family life and may have distinctive social and psychological implications.

In light of this research gap, and taking into account the cultural and social characteristics of the Algerian context, there is a need to investigate the specific experiences of grandparents living with their grandchildren and to explore the relationship between this living arrangement and their psychological quality of life.

Based on the foregoing, the present study seeks to address the following research questions:

Do grandparents living with their grandchildren within an extended-family setting experience a sense of self-fulfilment and autonomy?

To what extent is living with grandchildren perceived as a source of support that enhances grandparents' psychological well-being, or as a potential source of burden that may be associated with lower well-being and life satisfaction?

1. Study Hypotheses

Grandparents living with their grandchildren within an extended-family setting experience a sense of self-fulfilment and autonomy.

Living with grandchildren is associated with grandparents' psychological quality of life and may function either as a source of support that enhances well-being or as a potential source of burden that may be associated with lower well-being and life satisfaction.

2. study objectives :

The present study aims to:

Identify the level of psychological quality of life among grandparents living with their grandchildren.

Examine the role of daily interactions between grandparents and grandchildren in relation to the psychological well-being of older adults, including both potentially positive and negative aspects of these interactions.

Identify the psychological and social factors associated with the psychological quality of life of grandparents living with their grandchildren

Study omportance :

The significance of the present study lies in its examination of the psychological quality of life of grandparents as a social group with distinctive characteristics and an important role within the family structure, as well as the psychological, social, and health-related challenges that may accompany this stage of life. The significance of the study is further enhanced by its focus on a specific group of grandparents, namely those living with their grandchildren within an extended-family setting—an arrangement that remains prevalent in Algerian society, despite the limited number of studies that have examined it in depth.

The importance of this study is also reflected in its contribution to the field of clinical psychology, as it seeks to enhance scientific understanding of intergenerational family dynamics and their relationship to the psychological well-being and mental health of grandparents.

4. Operational Definitions :

Psychological Well-Being

In the present study, psychological well-being refers to the level of well-being experienced by a grandfather or grandmother, as reflected in the total score and the scores obtained on the subscales of Carol Ryff's Psychological Well-Being Scale used in this study. The level of psychological well-being is interpreted according to the arithmetic mean obtained on the six-point Likert scale, with scores ranging from 1 to 2.67 considered low, scores from 2.68 to 4.33 considered moderate, and scores from 4.34 to 6 considered high.

Grandparents

In the present study, the term grandparents refers to a grandfather or grandmother aged between 74 and 83 years who has grandchildren and lives with them permanently in the same household.

Grandchildren

In the present study, grandchildren refers to the children of the participants' sons or daughters who live in the same household as their grandparents and share their daily family life.

Co-residence

Co-residence refers to the permanent living arrangement in which a grandparent shares the same household with one or more grandchildren, resulting in regular daily interaction and ongoing intergenerational relationships.

Extended Family

An extended family refers to a family structure in which grandparents, their children, and grandchildren live together in the same dwelling or share a common household.

2. Field Study

1. Scope of the Study

Location :

The field study was conducted within the family environments of the cases under investigation in the province of Tlemcen, outside a formal institutional setting. The interviews were conducted in the participants' homes, where the grandparents lived with their grandchildren, in order to examine family relationships and daily interactions within their natural context.

Characteristics of the study :

The study was limited to two older adults: the first participant was an 83-year-old grandmother, and the second was a 74-year-old grandfather. Both participants lived with their grandchildren within an extended-family setting.

Duration :

The study was conducted during the 2025–2026 academic period, with data collection commencing in April 2026. The interview with the first participant was conducted on 20 April 2026, while the interview with the second participant was conducted on 28 April 2026.

2. Main Study

The two cases included in the main study were selected using purposive sampling, in accordance with the nature and objectives of the research. The following inclusion criteria were applied:

The participant must be an older adult aged 65 years or above.

The participant must be a grandfather or grandmother.

The participant must have been living with their grandchildren in the same household since their grandchildren's birth or for a sufficiently long period to allow regular daily interaction to be observed.

3. Study Methodology

Clinical Approach

The clinical approach was adopted because it is considered appropriate for developing an in-depth and comprehensive understanding of the psychological experiences of the cases under investigation. It allows the individual to be examined within their real-life context, with particular attention to the uniqueness of their experiences and their family and emotional relationships. The clinical approach involves collecting information and data through observation and interviews, as well as analysing the various responses and behaviours exhibited

by the individual. Its purpose is to understand the individual's behaviour from their own perspective and to examine their actions and reactions within the context of a particular situation (Pedinielli, 1999:p10).

4. Research Tools

Clinical Interview

The clinical interview is a fundamental tool for collecting information and data related to the problem under investigation. It also provides information that contributes to understanding and analysing the phenomenon or behaviour under study and to addressing the specific requirements of psychological research (Saloum elzine et al ,2022.p 17)

Clinical Observation

Clinical observation is one of the principal data-collection tools used within the clinical approach. It refers to the systematic and deliberate observation of an individual's behaviour with the aim of understanding and analysing that behaviour within its natural context. Such observation may take place in the individual's natural environment, such as the home or school, or in controlled settings such as a clinic or laboratory (Barker et al 2016:p120)

Carol Ryff's Psychological Well-Being Scale

Carol Ryff's Psychological Well-Being Scale is widely used to assess psychological well-being. Ryff developed a multidimensional model consisting of six core dimensions: self-acceptance, positive relations with others, environmental mastery, personal growth, autonomy, and purpose in life. The original version of the scale consisted of 120 items, with 20 items assigned to each dimension. Several shorter versions were subsequently developed, including versions consisting of 84, 54, 42, 39, and 18 items, in order to facilitate its use in field research by reducing the time and effort required for administration (Garcia et al., 2023, p. 2) (Garcia et al ,2023:p 2) The 42-item version is among the versions frequently used in psychological research. It comprises six dimensions, with seven items measuring each dimension. Participants respond to the items using a six-point Likert scale ranging from 1 (strongly disagree) to 6 (strongly agree) (Alias et al2020:p25)

Accordingly, the 42-item version was adopted in the present study, based on the version adapted for the Algerian context by Salhi Saida (2024).

1. Presentation of the First Case

An interview was conducted with "R," an 83-year-old woman who has been widowed since 2019. She lives in a two-storey house. The ground floor is shared with her widowed daughter, while the upper floor is occupied by her two sons, their wives, and seven of her 32 grandchildren. The participant is illiterate and worked as a farm labourer during her youth. She currently has type 1 diabetes, which has affected her mobility and limits her ability to walk to short distances and for brief periods.

During the clinical interviews, the grandmother described her relationship with her grandchildren as positive. She reported that their constant presence provides her with a sense of belonging, support, and companionship, while also helping to alleviate feelings of loneliness and emptiness. Although her involvement in the direct care of her grandchildren is limited because of her health condition, she continues to maintain an active role within the family by providing advice and contributing to their guidance and upbringing.

Table (1): Scores obtained by the grandmother on Carol Raif's Psychological Well-being Scale

(Case 1)	Dimensions
Self-acceptance	3
Purpose in life	4.1
Independence	5.42
Environmental literacy	2.3
Personal growth	4
Positive relationships	2
Level of psychological well-being	3.47

We can see from the table that the grandmother scored 3.47 on the psychological quality of life scale, indicating that this result falls within the average range, which means she is living in a state of fragile balance between the positive and negative aspects of psychological well-being, This score was arrived at due to variations across the scale's different dimensions, with some dimensions appearing more positive than others, which recorded lower levels; this led us to examine each dimension separately in order to understand the nature of the situation more accurately and in greater depth.

The results of the Psychological Quality of Life Scale for the grandmother showed an overall average level, with a total mean of (3.37), alongside clear variation across the scale's six dimensions. The grandmother scored very highly on **autonomy** (5.42), reflecting her ability to make decisions, express her opinions and maintain her psychological independence despite her mobility limitations. In contrast, **environmental mastery** scored low (2.3), which is primarily linked to the physical limitations that restrict her ability to manage her daily affairs, go out and interact with her environment independently.

Positive relationships with others also scored low (2), indicating a limited emotional depth in some of her relationships, despite the intensity of her daily social interactions. Self-acceptance, meanwhile, was at a moderate level (3), reflecting a state of relative acceptance of her health condition, counterbalanced by a continuing sense of regret over the loss of mobility. Life purpose (4.14) and personal growth (4) recorded average to above-average levels, with the grandmother deriving a significant part of her sense of purpose from her role within the family and her interactions with her grandchildren, whilst maintaining a degree of vitality and openness to her surroundings, with no clear indications of ongoing personal growth.

Case 2:

Case 'Y', aged 74, married since 2001, lives in the same house with his children and six of his 13 grandchildren. He has a primary school education, is retired but currently owns a shop, and suffers from several chronic conditions, including diabetes, and high blood pressure; he has noted that these conditions are becoming increasingly severe and are affecting his life.

The clinical interview, which took place in a calm setting and lasted an hour and a quarter, revealed that having grandchildren is an important source of happiness and meaning in his life; he shares daily activities with them, such as watching films and spending time with them, and finds their academic success a source of joy and pride. On the other hand, he acknowledges that their presence sometimes reduces the peace and privacy he previously enjoyed, particularly as they are often preoccupied with their mobile phones.

Although he suffers from some chronic illnesses, he maintains his health and, most importantly, his grandchildren's academic success is a special source of pride and happiness for him.

1- **Analysis of the second scale:**

Table 2: Scores obtained by the grandfather on Carol Raif's Psychological Well-being Scale

Case 2	**Dimensions**
Acceptance of the data	1,3
Purpose in life	1.6
Independence	**3**
Environmental literacy	**2**
Personal growth	**2.1**
Positive relationships	**2.1**
Level of psychological well-being	**2.01**

Source: Bouhalla Mansouria, Hamed Asma, Hariat chahinez (2026)

The results of the psychological quality of life scale for the grandfather showed a low level, with a total score of 2.01, and variation across the different dimensions. The lowest score was recorded for self-acceptance(1.3), reflecting a weakness in internal self-evaluation, despite the grandparent expressing general satisfaction with his life. The score for purpose in life was also low (1.6), indicating limited personal goals and a greater focus on

family and grandchildren as the meaning of life. Personal growth (2.01) and positive relationships with others(2.01) were also at a low level, indicating a routine lifestyle and limited diversity in social relationships outside the family context. Environmental masteryalso scored low (2), reflecting a limited sense of control over daily circumstances, given his advancing age and chronic health problems.

In contrast,independence scored an average rating (3), the only dimension not to fall into the low category, as the grandfather still retains a degree of independence in managing some of his affairs, carrying out his professional activities, and expressing his views within the family. Overall, the results reveal a contrast between the grandfather's retention of a symbolic status and role within the family and the decline in a number of indicators of his psychological quality of life; whilst the presence of grandchildren appears to be an important source of happiness, support and continuity, it does not fully compensate for the limitations on personal goals, the sense of growth and control over one's environment.

Results and discussion :

The results of the study revealed a clear difference in the level of psychological well-being between the two cases, despite both participants living with their grandchildren within an extended-family setting, experiencing chronic health conditions, and having relationships with their grandchildren that constituted an important part of their daily lives. The grandmother obtained an overall mean score of 3.37 on the measure of psychological well-being, whereas the grandfather obtained a low overall mean score of 2.01. This difference suggests that co-residence with grandchildren does not necessarily have the same psychological implications for all grandparents. Rather, the experience may vary according to individual characteristics, health status, level of autonomy, and the nature of the role assumed by each grandparent within the family.

For both cases, the presence of grandchildren appeared to represent a source of positive emotions and emotional support. The grandfather, in particular, expressed happiness when spending time with his grandchildren and seeing them in good health. This finding can be considered in relation to the concept of positive emotions in Seligman's PERMA model, in which positive emotions are viewed as an important component of well-being and as experiences that may contribute to psychological growth and adaptive functioning (Magare et al , 2022) However, despite the presence of such positive emotions, they did not appear to be sufficient to result in higher overall psychological well-being for the grandfather, whose scores on several dimensions, including self-acceptance, purpose in life, personal growth, and environmental mastery, remained relatively low.

The grandfather's scores indicated low levels of self-acceptance (1.30), purpose in life (1.60), personal growth (2.10), positive relations with others (2.10), and environmental mastery (2.00), whereas his score for autonomy was comparatively higher (3.00). The low score for self-acceptance may be interpreted in relation to Ryff's (1989) conceptualisation of this dimension, which concerns the extent to which individuals hold positive attitudes towards themselves and accept both their positive and negative characteristics, as well as aspects of their past (Ryff,1989). Similarly, the low score for purpose in life (1.60) may indicate a limited sense of personal direction, goals, and meaning, consistent with Ryff's conceptualisation of this dimension (Ryff , 2014) . Nevertheless, the grandfather's concern for the future of his grandchildren, particularly their educational achievement, appears to provide him with a sense of meaning that is closely connected to his family role, even though his personal goals appear to be relatively limited.

The low score on positive relations with others (2.10) may also be interpreted in light of Ryff's framework, according to which positive relations involve the development of warm, trusting, and meaningful relationships with others. A lower score on this dimension may reflect limitations in the extent or quality of close interpersonal relationships and may be accompanied by feelings of isolation or difficulty establishing open and satisfying relationships (Ryff, 2014). Although the grandfather has an evident emotional bond with his grandchildren, his social relationships appear to be largely concentrated within the family context, with relatively limited evidence of broader social interaction.

In contrast, the grandmother demonstrated a higher overall level of psychological well-being despite experiencing greater health and mobility difficulties. Her overall mean score was 3.37, compared with 2.01 for the grandfather. She also obtained a high score on autonomy (5.42), suggesting a relatively strong sense of self-determination despite her physical limitations. This difference may reflect variations in the ways in which the two participants perceive and cope with their health and family circumstances. Accordingly, the differences observed between the two cases cannot be attributed solely to the presence of grandchildren; rather, they may also reflect

differences in individual psychological characteristics and in the ways in which family relationships are experienced and integrated into each participant's daily life.

The comparison between the two cases also suggests that lower scores on environmental mastery and positive relations do not necessarily have identical meanings for both participants. The grandmother appears to rely more heavily on her family and grandchildren for assistance with certain daily needs, whereas the grandfather attempts to maintain a greater degree of independence through managing his shop and maintaining his daily routine. At the same time, the grandmother appears to derive psychological satisfaction from simple and frequent interactions with her grandchildren, whereas the grandfather's sense of satisfaction appears to be more closely associated with his perception of his role, responsibilities, and position within the family.

Taken together, these findings suggest that living with grandchildren may provide opportunities for family interaction, positive emotional experiences, continuity, and a sense of belonging. However, co-residence alone does not necessarily guarantee higher levels of psychological well-being across all dimensions. The findings from these two cases suggest that psychological well-being may also be related to factors such as self-acceptance, personal goals, personal growth, the quality of social relationships, autonomy, and the perceived ability to manage one's environment—dimensions that constitute central components of Ryff's model of psychological well-being (Ryff, 1989; Ryff, 2014).

It is important to emphasise, however, that these findings are based on two clinical cases and therefore should be interpreted as case-specific observations rather than as evidence that can be generalised to all grandparents living with their grandchildren. The findings provide an in-depth illustration of how intergenerational co-residence may be experienced differently depending on individual, health-related, psychological, and family circumstances.

Conclusion

In conclusion, the psychological well-being of grandparents living with their grandchildren represents an important area of inquiry in Arab societies, where extended-family structures and intergenerational co-residence remain significant features of family life. The present study sought to explore the psychological experiences of grandparents living with their grandchildren, with particular attention to their sense of self-acceptance, autonomy, and psychological well-being, as well as to examine whether co-residence may be experienced as a source of support or, under certain circumstances, as a potential source of stress and burden.

The findings suggest that the psychological well-being of grandparents cannot be understood solely in terms of whether or not they live with their grandchildren. Rather, it appears to be associated with a combination of interrelated factors, including the quality of family relationships, health status, social circumstances, perceived autonomy, and the extent to which older adults feel valued, supported, and involved within the family.

The two cases further illustrate that living with grandchildren can provide emotional connection, companionship, and opportunities for meaningful family interaction, while its psychological implications may differ from one individual to another. Thus, intergenerational co-residence may represent both a source of support and a potential source of demands, depending on the circumstances surrounding the relationship and the individual's psychological and physical resources.

Ultimately, this study represents an attempt to deepen understanding of an aspect of the psychological lives of older adults within their family environments. Although the findings cannot be generalised beyond the two cases examined, they may provide a basis for further, larger-scale and more in-depth research into ageing, intergenerational relationships, and psychological well-being within the Algerian context. Future research could examine these relationships using larger samples and different methodological approaches in order to provide a broader understanding of the factors associated with the psychological well-being and quality of life of older adults living within extended families.

Recommendations and suggestions:

Based on the findings of the present study, the following recommendations are proposed:

Greater attention should be given to the psychological and social well-being of older adults within both the family and the wider community.

Families should be encouraged to promote a culture of respect, appreciation, and meaningful participation of older adults in family life.

Appropriate psychological and social support should be made available to older adults to strengthen their sense of security, autonomy, and social connectedness.

Positive and supportive communication between grandparents and grandchildren should be encouraged, given its potential importance for intergenerational relationships and psychological well-being.

Families should be made more aware of the psychological needs of older adults and the importance of considering their well-being within extended-family living arrangements.

Social activities and programmes designed for older adults should be encouraged as a means of promoting social participation and reducing social isolation.

Further academic research should examine ageing and intergenerational relationships within Arab and Algerian families, with particular attention to the psychological implications of different living arrangements.

Bibliography List:

- Ait Si Mouh, A., & Laafou, A. (2023). The status and role of the family in instilling the values of mutual support, solidarity and tolerance in times of crisis and adversity: Morocco as a case study. *Al-Ma'rifa Journal*, (8), 194–213.
- Alias, NAlesina, A., & Giuliano, P. (2007). *The power of the family* (IZA Discussion Paper No. 2750). IZA Institute of Labor Economics.
- .AshAlias, N. S., Hashim, I. H. M., & Yahaya, M. H. (2020). Psychometric properties of the 42-item version of the Ryff Psychological Well-Being Scale among working women in Malaysia. *Journal of Human Development and Communication*, 9, 23–28.
- Sabri, A. M. H. (2017). Barriers to social interaction in achieving quality of life for older adults. *Faculty of Developmental Social Work, Beni Suef University*.
- Barker, C., Pistrang, N., & Elliott, R. (2016). *Research methods in clinical psychology: An introduction for students and practitioners* (3rd ed.). John Wiley & Sons.
- Barman, A., Adhikary, M., & Sarode, S. (2025). Does caring for grandchildren influence life satisfaction? A national-level analysis among older adults in India using a propensity score matching approach. *BMC Public Health*, *25*,
- https://doi.org/10.1186/s12889-025-23524-3
- Bin Saeed, I. B., & Al-Bardisi, M. M. (2019). Quality of family life amongst the elderly in Saudi society and its relationship with certain social and economic variables: A field study in Makkah. *Journal of Educational and Social Research*, *25*, 507–554
- Bolina, A. F., Araújo, M. C., Haas, V. J., & Tavares, D. M. S. (2021). Association between living arrangement and quality of life for older adults in the community. *Revista Latino-Americana de Enfermagem*, *29*, https://doi.org/10.1590/1518-8345.4051.3401
- .Chinar, S., & Boulahbal, A. (2022). Aging and the foundations for physical and mental health: A study in light of active aging. *Journal of Social Sciences and Humanities*, *12*(1), 729–739. https://journals.univ-msila.dz/index.php/JOSSH/article/view/1972 [1]
- Garcia, D., Kazemitabar, M., & Habibi Asgarabad, M. (2023). The 18-item Swedish version of Ryff's psychological wellbeing scale: Psychometric properties based on classical test theory and item response theory. *Frontiers in Psychology*, *14*, . https://doi.org/10.3389/fpsyg.2023.1208300
- .Ismail, Z. I. (2019). The meaning of life among older adults living with their families and in care homes. *Journal of Scientific Research in the Humanities*, (*20*), Part 4.
- Magare, I., Graham, M. A., & Eloff, I. (2022). An assessment of the reliability and validity of the PERMA well-being scale for adult undergraduate students in an open and distance learning context. *International Journal of Environmental Research and Public Health*, *19*(24), . https://doi.org/10.3390/ijerph192416886
- Makhloof, B. (2022). The level of psychological quality of life and self-confidence among students at the Institute of Physical Activity and Sports Sciences and Techniques in M'sila. *Journal of the Sports System*, *9*(3), 303–321.
- Pedinielli, J.-L. (1999). Une approche de la recherche clinique en psychologie. *Recherche en Soins Infirmiers*, (59), 9–14.

- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, *57*(6), 1069–1081. https://doi.org/10.1037/0022-3514.57.6.1069
- Saloum Al-Zain Al-Shabab, A., Aqouri, Y., Al-Hajj Muhammad, N., Abi Rashid, Z., Al-Aribi, G., & Hatem, M. (2022). *A guide to research methods in psychology*. Lebanese University, Faculty of Arts and Humanities.
- Mahdi Vidouje, M., Abolfathi Momtaz, Y., Foroughan, M., Azimi, M. S., Moravveji, S. A., Mohandes Mojarrad, L., & Sahaf, R. (2017). Grandparent-grandchild relationship and older adults' life satisfaction. *Modern Care Journal*, *14*(3),. https://doi.org/10.5812/modernc.65214