ÍNDICE

ORAL PRESENTATIONS ........................................................................................................... 18

APPLIED RESEARCH IN WELL-BEING .................................................................................. 18

Immigrants and their neighbors’ subjective well-being ......................................................... 18
A Multidimensional Scale of Mobility Well-being ................................................................. 19
Predictors of quality of life in people with intellectual disability and general population . 20
Big city life (dis)satisfaction? The effect of living in urban areas on subjective well-being 21
Soul searching on the wings of my wheels: Motorcyclists’ happiness .............................. 21
Longitudinal relationship between affective well-being and life events: two-wave study 22
Is Volunteering a Key to Achieving Happiness? A Longitudinal Perspective ................. 23
Tracking vulnerable people. Combining surveys and administrative data ..................... 24
Holydays time allocation preferences, leisure socialization habits and happiness: a multidimensional perspective from Spain ................................................................. 25
Internal norms, external norms or direct effects: How does social class affect life satisfaction in Europe? ................................................................................................................. 26

CULTURAL ASPECTS ON WELL-BEING ........................................................................... 28

IKIGAI: A Local or Universal Factor for Happiness and Productivity? ........................... 28
The Role of Islamic Economics in achieving Subjective Wellbeing – The Conceptual Basis 29
Culture, inequality, and (un)happiness: Why the west is different from the rest .......... 30
Happiness of urban and district communities in Indonesia based on cultural values ...... 31
Human relations are primal, income is secondary. Evidence from Latin America and the United States ......................................................................................................................... 32
To whom are we really comparing ourselves? Survey evidence on reference groups from three countries .................................................................................................................. 33
Three interpretations of culture and their relationship with well-being .......................... 34
Gender Roles and Marital Happiness in Indonesia, the Philippines, and Thailand ......... 35
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improving the Quality of Life of Aboriginal Peoples: A Multidimensional Index Approach</td>
<td>36</td>
</tr>
<tr>
<td>The Interrelation between Life Modes and Quality of Life in South Greenland</td>
<td>37</td>
</tr>
<tr>
<td>Inequality of Infant and Youth Mortality by Ethnicity: The Case of Taiwan Indigenous Peoples</td>
<td>38</td>
</tr>
<tr>
<td>HAPPINESS AND SUSTAINABLE DEVELOPMENT</td>
<td>40</td>
</tr>
<tr>
<td>Does it have to be a sacrifice? Different notions of the good life, pro-environmental behavior and their heterogeneous impact on well-being</td>
<td>41</td>
</tr>
<tr>
<td>Relative influence of environment and socio-demographic factors of new and long-term residents’ quality of life</td>
<td>42</td>
</tr>
<tr>
<td>Relationship of vegetarianism with well-being and pro-environmental behaviour</td>
<td>42</td>
</tr>
<tr>
<td>Understanding (un)sustainability from a Social Practice Perspective: empirical pilot studies from the Netherlands</td>
<td>43</td>
</tr>
<tr>
<td>Well-being and environmental behavior: the marginal role of sustainability</td>
<td>44</td>
</tr>
<tr>
<td>Pro-environmental norms and subjective well-being: panel evidence from the UK</td>
<td>45</td>
</tr>
<tr>
<td>The Influencing Factors of Urban Residents’ Willingness to Move out Caused by Haze-fog</td>
<td>46</td>
</tr>
<tr>
<td>Drawing Happiness and Wellbeing in the Buen Vivir context</td>
<td>47</td>
</tr>
<tr>
<td>Sociability and trust in the development of indicators on sustainable wellbeing: an ecofeminist approach</td>
<td>48</td>
</tr>
<tr>
<td>HAPPINESS AND TECHNOLOGY</td>
<td>50</td>
</tr>
<tr>
<td>Comparing cross-country happiness through the analysis of Twitter.</td>
<td>50</td>
</tr>
<tr>
<td>Sentiment analysis of social media data for subjective well-being.</td>
<td>51</td>
</tr>
<tr>
<td>#Happy: Visual representations of happiness on Instagram</td>
<td>52</td>
</tr>
<tr>
<td>Happiness and technology: special consideration of digital technology and Internet</td>
<td>53</td>
</tr>
<tr>
<td>METHODS IN QUALITY OF LIFE</td>
<td>54</td>
</tr>
<tr>
<td>A Dynamic Model on Happiness and Exogenous Wealth Shock: The Case of Lottery Winners</td>
<td>54</td>
</tr>
<tr>
<td>Differential Life Satisfaction and International Migration: A Field Theoretic Model</td>
<td>54</td>
</tr>
</tbody>
</table>
Is the happiness gap between experiential and material purchases overestimated due to social desirability bias? .......................................................... 55

Does well-being vary with an individual-specific weighting scheme? .................. 56

Ensuring high quality measurement of quality of life: A South African case study ........ 57

A data-driven approach towards a longitudinal quality of life index using factor analyses 58

Satisfaction pays. Using internal instruments to estimate the causal effect of satisfaction on income .................................................................................................................................................................................. 59

Scientometric insights on Applied Research in Quality of Life (ARQOL) ..................... 60

How the concept of wellbeing changes and how to measure it: the case of Italy ........... 61

Effects of social situations to life-satisfaction .................................................................................................................. 62

The measurement of perceived quality of life (QOL) using a diversity of scales: do they measure the same? .......................................................................................................................... 63

Happy truths about Happiness scales: A response to Bond & Lang .............................. 64

The image of successful specialist as a subjective indicator of the quality of life ........ 64

How to Translate “Happiness” in Chinese? An Empirical Comparison of “Xing Fu” and “Kuai Le.” ............................................................................................................................................. 65

Applications of composite health measures – A comparison between different approaches ............................................................................................................................................................................. 66

Philanthropic Responsiveness: An Informed Governance Model for Decision-making ..... 67

NEW UNDERSTANDINGS AND MEASURES OF PROGRESS .............................................. 69

Building a policy relevant resilience indicator for EU regions: From theory to practice .... 69

Does generalized trust moderate the effect of relative income on happiness? .......... 70

Bridging the gap between the Sustainable Development Goals and Happiness metrics 70

Balanced Socio-Economic Development Index and it Application for European Countries 1999-2015 .......................................................................................................................................................................................... 71

Using GNH to create better solutions for human well-being and wildlife conservation .... 73

Years of Good Life (YoGL): A well-being indicator tailored for serving as sustainable development criterion .......................................................................................................................................................................................... 74
A classification system of what may happen to people: Measurement visions, and tasks for a political agenda .............................................................. 75

Diversity acceptance: A new measure of human progress beyond GDP ................. 76

HAPPINESS AND PHILOSOPHY ............................................................................. 78

Public Administration based on The Philosophy of Sufficiency ............................ 78


What is pluralism and why is it desirable for the study of well-being? ..................... 79

Easier Definition of Quality of Life through WHOQOL: Logical and Conceptual Analysis.. 80

PSYCHOLOGICAL ASPECTS OF WELL-BEING ..................................................... 82

Hope & happiness: How are different aspects of hope and subjective wellbeing related?82

Social-psychological well-being and affective experiences in daily life: an ecological momentary assessment study ................................................................. 83

Realization of values as determinants of satisfaction with life and health ................. 84

Associations of healthy life style, personality traits and quality of life in early adulthood 85

Evidence-based interventions to enhance personal well-being: A review.................. 86

Time perspective and future time ambiguity as predictors of psychological well-being of students........................................................................................................ 87

Bored Mothers. ....................................................................................................... 88

Happy country and unhappy country, what’s in their peoples’ mind? A cross-country comparison on the configuration of mental state ........................................... 89

QUALITY OF LIFE AMONG THE ELDERLY.............................................................. 90

Attitudes towards active aging and associations with elder impression and self-efficacy in old age life ......................................................................................... 90

Well-being in different social and cultural life conditions in the elderly .................. 91

Quality of life among the elderly: a mobility perspective .......................................... 92

Well-being during the transition from work to retirement ...................................... 92

Fundamental Differences between Life Satisfaction and Happiness as measurement for Subjective Well-being: Perspective from Ageing Populations .......................... 93
Growing older with dignity: The nature and determinants of quality of life among older people in South Africa.................................................................................................................. 94

Quality of Life from an Older Adults Perspective within the Context of Active Ageing.................................................................................................................. 96

“I Feel (Not) Good” The Linkage between Welfare Positions and Life Satisfaction of Elderly Europeans.................................................................................................................. 97

Active Ageing, Security and Quality of Life: a Qualitative Approach ................................................................................................................................. 98


Lifestyle analysis for a better quality of life for elderly people with dementia ............................................................................................................. 100

QUALITY OF LIFE AND EDUCATION ..................................................................................................................................................................................... 102

Utilizing Hip Hop Pedagogy as a Context to Enhance Student Community Quality of Life .................................................................................................................................................................. 102

Potential Advantage: Exploring the influence of personality on selection of well-being strategies amongst PhD students .............................................................. 103

Which factors support student wellbeing at university? .................................................................................................................................................. 104

Well-being of undergraduate students at a research-intensive university with large international population .................................................................................................................................................................. 105

Teaching quality of life in an urban planning and management course .................................................................................................................. 106

Positive-psychological interventions in educational organizations: key success factors and practical implications .................................................................................................................................................................. 107

University students’ subjective well-being: Does grit moderate the relationship between subjective well-being and stress? .................................................................................................................................................................. 108

Reading for Well-Being: Young Peoples’ Insights on Happiness from Three Works of Fiction .................................................................................................................................................................. 109

Tools for happiness in the classroom: An applied course for college students ............................................................................................................. 110

QUALITY OF LIFE AND HEALTH ..................................................................................................................................................................................... 111

Longer, More Optimistic, Lives: Historic Optimism and Life Expectancy in the United States .................................................................................................................................................................. 112

Happy obesity and unhappy obesity: the comparison of the relationship between happiness and obesity among Japan and China by panel data .................................................................................................................................................................. 113
Relationships between physical activity level and satisfaction with physical appearance, perceived health and affective well-being ................................................................. 114

A glance on how persons with dementia, cerebral palsy and intellectual disability see their QOL .................................................................................................................. 115

Measuring SF-6D and EQ-5D in older adults receiving home care .............................. 116

Analysis of the Determinants of Mortality Risks of Chinese Centenarians in the Era of Longevity ............................................................................................................ 117

Pictorial assessment of health-related quality of life and other psychological constructs. A systematic review ........................................................................................................ 118

The institutional design of the MS of the EU and the health of its citizens ............... 119

Exploring the concept of health-related quality of life for patients on haemodialysis in Saudi Arabia ............................................................................................................. 120

Quality of life and human development ................................................................ 122

Autonomy and the good life. How the freedom to choose influences our subjective wellbeing ................................................................................................................. 122

Child Poverty and Subjective Well-being in Sub-Saharan Africa ................................ 122

“Smallholder Farmer Access to Assets and Basic Needs Satisfaction: Evidence from Bangladesh, Ethiopia, Peru and Thailand” ...................................................... 123

Outlining universally accepted human values in constructing dimensions to measure human well-being: Historical perspective ........................................................................ 124

Are we really worse off today? 25 years of social developments in the Netherlands..... 125

Walls of Glass. Measuring Deprivation in Social Participation ................................ 126

The Roles of Governments and Citizens’ Happiness in Developing Countries: Using the fsQCA approach ............................................................................................................... 127

What could improve the quality of life and well-being of the population .............. 128

Public Service: Way to Improve the Life Quality of Population in Poverty-stricken Areas 129

QUALITY OF LIFE AND IMMIGRATION ..................................................................... 131

Subjective Integration as a Predictor of Better-Living for Sub-Saharan African Migrants in Germany .................................................................................................................. 131
Migrant experiences of cultural microaggressions in the Australian workplace: A qualitative study .......................................................... 132

Wellbeing among marriage migrants in South Korea: The roles of relationship networks with co-ethnics and Koreans .......................................................... 133

Urban Happiness Paradox: Evidence from Migration Patterns in the United Kingdom ... 134

QUALITY OF LIFE AND LIFE-SPAN .......................................................... 135

Connected now, engaged later: Examining long-term impacts of barriers to adolescent well-being .......................................................... 135

Evolution of Subjective Well-Being components during 5 years in a sample of 10-16 year-old children .......................................................... 136

Happiness at different ages: the social context matters .......................................................... 137

Daily travel and life satisfaction across the life span .......................................................... 137

Basic psychological need satisfaction and well-being across the lifespan: Results from a cross-sectional general population study among 1,709 Dutch speaking adults .......................................................... 139

The Age U-shape in Europe: The Protective Role of the Family .......................................................... 140

QUALITY OF LIFE AND RELATIONSHIPS .......................................................... 142

A social cure for social comparisons .......................................................... 142

Self-reported quality of life in Medellin: trust and social engagement among neighbours do matter .......................................................... 142

Changes in subjective well-being over time: what is more important, income or social capital? .......................................................... 143

Quality of life of women undergoing infertility treatments and participation in social network systems .......................................................... 144

Happiness in a complex world. How autonomy and anomie shape individual’s subjective wellbeing .......................................................... 145

The quality of life of families in the Gauteng City-Region .......................................................... 146

Household specialisation and life satisfaction amongst married couples in the UK ........ 147

The dynamic role of social support in the relationship between stressful situations and general health of women .......................................................... 148
Non-family intergenerational relations in the context of student’s professional development: age-sex aspect................................................................. 149

QUALITY OF LIFE AND WORK ......................................................................................... 151

What affects well-being at work of new mothers? Arranging paid and unpaid work after childbirth .............................................................. 151

Occupation and Happiness in the Netherlands What kinds of people are happiest in what occupations? ................................................................. 152

Quality of Work Life and Organizational Performance ................................................. 153

Professional burnout: possible intermediate in the association between work tension and health-related quality of life ..................................................... 153

Flourishing among working women in Cuernavaca, Mexico ........................................ 154

Happiness in different generation: what are the determining factors of working population? ............................................................................. 155

Steering towards happiness – an experience sampling study on the momentary happiness of truck drivers ......................................................... 156

Well-being and job satisfaction: A two-fold influence approach on individuals’ happiness .................................................................................. 157

Labor earnings, happiness and work-related stress: An empirical analysis................ 158

WELL-BEING AROUND THE WORLD .............................................................................. 160

South African reference standards for the evaluation of personal well-being indicated by Bernheim’s ACSA measure ............................................................. 160

Determinants of happiness in urban Pakistan: A cultural perspective ....................... 160

Happiness: An African perspective ............................................................................. 161

Subjective wellbeing of countries in transition: Russia and South Africa .................. 162

Subjective well-being in Spain: exploring driving factors ............................................ 163

An investigation into the diverse relationship between town size and well-being in Latin America ...................................................................... 164

Wellbeing in Russia: regional diversity or inter-regional inequality? .......................... 165

Subjective Well-Being of the Middle Aged Indians ....................................................... 166

WELL-BEING, CONSUMPTION AND ECONOMIC ISSUES............................................ 168
Impact of indebtedness on subjective wellbeing ................................................................. 168
The effect of conspicuous consumption on subjective wellbeing: A case study of South Africa ........................................................................................................................................... 169
Indebtedness, debt relief programs, and changes in material hardship and subjective well-being: A longitudinal study .................................................................................................................. 169
Fertility behavior and preferences ....................................................................................... 170
Cross-national segmentation of economic and subjective well-being – absolutely and relatively speaking .......................................................................................................................... 171
Facets of Well-being and Materialistic Consumer Characteristics ..................................... 172
Debt Holding, Credit Access, and Subjective Wellbeing: Evidence from China ............... 173
Towards Postmaterial Happiness? The Role of Prosperity and Rising Capitalism ............... 174
Being single and happy money: quality money management is the most important ...... 175
Do materialistic store environments impact subjective well-being? The role of self-suppression and self-expansion ............................................................................................................ 176
Inequality and subjective wellbeing in an unequal country ................................................. 177
How do materialistic vs minimalistic store environments impact subjective well-being? 178
Labor Market Policy and Subjective Well-being during the Great Recession .................... 179
Money and Happiness: Income, Wealth and Subjective Well-being* ............................... 180
The Daniel Shek-Wofoo Foundation Endowed Track for the Advancement of Adolescent Quality of Life Research ........................................................................................................... 181
Adolescents’ tendencies on social networks consume and subjective well-being in a longitudinal study ........................................................................................................................................... 181
Tertiary student wellbeing and the commuting paradox ...................................................... 182
Quality of life assessment among adolescents in socially vulnerable situations: development of a multidimensional scale ........................................................................................................ 183
How Youth Living With HIV in Uganda Experience Stigma: Results of a Photovoice Study .............................................................................................................................................. 184
Subjective well-being in childhood, adolescence and early adulthood: Continuity and change ........................................................................................................................................... 185
Positive Affect and its Relationship with General Life Satisfaction among 10 and 12-year-old Children in 18 Countries.......................................................... 186

Graphic Representations of Happiness in Adolescence................................................. 187

The Elizabeth Eckermann Endowed Track on Gender and Quality of Life...................... 189

Why Is Quality of Life Among Thai People So Different? Obstruction Factors of Access to Basic Healthcare Services Among Ethnic Women........................................ 189

Happy Homemakers or Desperate Housewives? Work, Parenthood and Women’s Affective Well-Being............................................................ 190

Couple inequalities in productive time over the family life cycle and their effects on well-being................................................................. 191

Gender (In-)equality and the life course: an alternative approach with some surprising results ........................................................................... 192

Participation in outdoor adventure activities enhances well-being and happiness in middle aged women................................................................. 192

Gender difference in socio-psychological predictors of subjective quality of life ............ 193

Regional multilevel analysis of health and gender differences in the Spanish labour market ..................................................................................... 194

Gender-related differential item functioning in the WHOQOL-BREF. Results from a large-scale population survey in Austria................................................. 195

The Kenneth C. Land Endowed Track on the Advancement of Quality of Life and Well-Being of Children .......................................................................................... 197

Quality of Life of Deinstitutionalized Children as an Outcome Measure of the Child Care System Reform in Georgia......................................................... 197

The Quality of Life of Children with Disabilities in South Africa ....................................... 198

Social-Ecological Measures of Interpersonal Destructiveness Impacting Child Mental Well-Being: Perceptions of 12-Year-Olds’ in 14 Countries ......................... 199

Does parental depression really lower child well-being? A comparison of parents’ and children’s (self-) assessment ....................................................... 200

International Survey on Children’s Well-Being: Subjective Well-Being of children in the Flemish Community (Belgium)......................................................... 201
A practical approach to nurturing happiness and hereby enhancing the quality of life among young people in Haiti. ................................................................. 202
Co-Evolution of Happiness and Child Poverty in four developing countries ............ 204
Enhancing wellbeing in adolescence: efficacy of mindfulness based strengths practice in high schools across the Netherlands.................................................. 205
Rhythm for an enhanced sense of community in schools .................................. 206
The M. Joseph Sirgy Endowed Track on Well-Being and Policy .......................... 208
Does health insurance make people happier? Evidence from the affordable care act medicaid expansion in the U.S ..................................................... 208
Government Student Loan and Happiness ....................................................... 208
Car wealth and environmental attitudes: how do they relate to SWB? ............... 209
Public Employment and Life Satisfaction: A Global Appraisal .......................... 210
Measuring the level of uptake of measures of progress and wellbeing in Italian and Scottish media outlets. ................................................................. 210
Putting measures of individual well-being to use for ex-ante policy evaluation ...... 211
Public policy of happiness and the revival of Political Economy ......................... 212
Policy support for family and child well-being in the US ................................. 213
The Mahar Mangahas Endowed Track for the Advancement of Quality of Life and Well-Being in Southeast Asia ......................................................... 215
Well-being of Generation Y in 7 Provincial Capitals of Indonesia country according to PERMA-Profiler ........................................................................... 215
Effect of Perceived Domain Unfairness on Subjective Wellbeing: Comparison between East and Southeast Asian Societies ........................................... 216
A Critical Review of Happiness and Wellbeing Concept in Indonesia .................. 217
Quality of Life in Provinces in Indonesia: As measured with Happy Life Years ...... 218
The Association between Work Hours and Wellbeing of Married Women in Taiwan .... 218
The Rhonda G. Phillips Endowed Track for the Promotion of Community Development and Community Well-Being ......................................................... 221
Sustainability through Happiness ........................................................................................................ 221
Skills, knowledge and values necessary for community development practice towards cultivating quality of life: A Delphi study ............................................................................................. 222
Does happiness policy in local governments improve citizens’ well-being? .......................... 223
Improving Community Wellbeing through Collaboration and Innovation: The NEK Prosper! Approach ........................................................................................................................................ 224
Quality of life and expectations for oil activities in a potential oil-province in northern Greenland EN MESA the Rhonda G. Phillips Endowed Track for the Promotion of Community Development and Community Well-Being (II) .................................................................................................................. 225
Arts Incubator, Accelerator, and Collaborative Spaces Assessment ..................................... 226
Investigating Community Well-Being Among Urban Poor Residents: A Course-Based Research Experience ...................................................................................................................................................... 226
How cultural heritage can contribute to community development and wellbeing.............. 227
The Ronald E. Anderson Endowed Track on the Alleviation of Human Suffering .............. 229
Profiling individual resilience: from individual determinants to contextual outlook .......... 229
Relationships of food security to happiness in Middle ................................................................. 230
Maltratmen experience and quality of life among urban school children in china.............. 231
Learning Psychosocial risks prevention skills to prevent suffering and to contribute to happiness in enterprises ...................................................................................................................................................... 232
The Effects of Precarious Employments on Quality of Life: A Meta-Analytic Review ....... 233
Food Insecurities and Youth Well-Being: Using Photovoice to Document Narratives for Low-Income Teens ...................................................................................................................................................... 234
Was Pinker right? The speed of decline of violence and gender inequality ......................... 235
Emotional capital, Education for Peace and Happiness to Prevent Psychosocial Risks at School and at Work: The Emotional Capital of Teachers and Occupational safety and health professional (OSHP) Matters ...................................................................................................................................................... 236
The Takashi Inoguchi Endowed Track on Quality of Life and Well-being in East Asia ........ 238
Analysis of Voluntary Communities to Build Healthy City :Korean Case of Mundang Village for Hongdong Township in Honseong County ...................................................................................................................... 238
Does similarity lead to a higher level of satisfaction? A comparison of Husbands and Wives in Japan, South Korea and Taiwan ...................................................... 239

Turnover and worker flourishing in low skilled factory jobs – evidence from four countries ............................................................................................................. 240


Prevalence of Elder Abuse and Neglect in China .................................................... 242

Stability of determinants of life satisfaction in contemporary Japan ..................... 243

SYMPOSIA ..................................................................................................................... 244

History of Well-Being Symposium ........................................................................... 244

Children’s and Adolescents’ Well-Being: Historical Perspective ......................... 244

The Social Progress of Nations Revisited, 1970-2020: Fifty Years of Promise and Progress ...................................................................................................................... 245

Welfare States and Well-Being: Historical Perspectives ........................................ 245

The History of Well-Being of the People of Sub-Saharan Africa ........................... 246

Contemporary History of Well-Being in Southeast Asia ....................................... 247

The History of Well-Being of the People of Middle East and North Africa (MENA) .... 248

Longer, More Optimistic, Lives: Historic Optimism and Life Expectancy in the United States .................................................................................................................. 249

Historical Challenges of Europeans to Improve Their Wellbeing ....................... 249

How to Build Comprehensive Indicators’ Plan: Lessons from Best Practices ........ 251

From Countries to Vulnerable Populations: The Importance of Disaggregation ........ 251

The Importance of SWB in the Mix: Historical Perspective .................................. 252

How to Build Comprehensive Indicators’ Plan ....................................................... 253

How to Build Comprehensive Indicators’ Plan: Lessons from Best Practices ....... 253

Well-being in Different Populations ........................................................................ 254

Leadership qualities and life satisfaction among university students in Hong Kong .... 255

Subjective outcome evaluation of a service leadership subject: Findings based on university students in Hong Kong ................................................................. 256
Measurement of subjective well-being using a diversity of scales: do they measure the same perceived quality of life (QOL)?.......................................................... 279

Different Perspectives for the Well-being of European People.................................................. 280

Europe’s socio-economic position in the world measured by the UN with the use of the Human Development Index and the Poverty Index........................................................................... 281

How’s Life in Europe? The Diagnosis of the OECD .................................................................. 281

Quality of life, quality of public services and quality of society: crisis and recovery in the analyses of Eurofound..................................................................................................................... 282

Happiness in Europe’s Nations - Levels and trends from the World Data Base of Happiness ................................................................................................................................. 283

POSTERS ...................................................................................................................................... 285

Methods in quality of life .............................................................................................................. 285

Are Turkish Housewives Happy?: A Qualitative Approach .......................................................... 285

Testing the spillover-crossover model between work-life balance and satisfaction in different domains of life in dual-earner parents........................................................................... 285

Beyond the Nuclear Family: Interrelatedness of Intergenerational Support Exchange and Life Satisfaction in Midlife.................................................................................................. 288

Quality of life and ethnic identity among older adults belonging to indigenous communities in Chile.................................................................................................................................................. 289

WHO-5 Well-Being Index: An Appraisal of Districts of Khyber Pakhtunkhwa, Pakistan... 290

The composition of well-being indexes from the perspective of basic human values ..... 290

Quality of life and education........................................................................................................ 292

Adolescents’ perceptions of family economic hardship and their psychological well-being: The role of personality.............................................................. 292

The connection between improving speech quality and improving quality of life .......... 293

School violence and its influence on children’s well-being. A comparative study with schoolchildren in Europe ................................................................................................................................. 294

Individual Perception toward Public Institutions, Welfare Spending and Subjective Well-Being in Europe .................................................................................................................................. 295
Dynamics of mental health indicators in stutterers in the process of family group logopsychotherapy ................................................................. 295

Costa Rican students findings on happiness ................................................................. 297

Higher education institutions and quality of regional life: a proposal of impact indicators .................................................................................................................. 297

Quality of life and health ................................................................................................. 298

Gender inequality in health among the elderly in European countries: a cross-country analysis by a synthetic indicator ........................................................................................................... 298

Health and well-being of workers in the European Union from 2010 to 2015 by gender 299

Intergenerational relationships and psychological well-being: differences in generativity within different professional profiles ........................................................................................................... 300

Non-family intergenerational relations, professional development and well-being of students at the initial stage of education. .......................................................................................................... 301

The Value of Life: a measurement approach. ................................................................... 302

Amenturate: A university program to improve school performance and quality of life in gifted adolescents. .............................................................................................................................. 303

Self-determination assessment. A pilot study of the AUTODDIS Scale ......................... 304

Different association of self-assessment of health and stress with hair cortisol in young and older women .......................................................................................................................... 305

Applied research in quality of life ..................................................................................... 307

Expert assessments of loneliness among older adults as a basis for social policy rethinking .............................................................................................................................................. 307

Health-related quality of life of military police officers from Salvador, Brazil: cross-sectional study ............................................................................................................................................... 308

The relation between trust and subjective well-being across Europe – A repeated cross-sectional analysis from 2002-2016 .................................................................................................................................. 309

Sentiment analysis of London tweets during commuting hours ........................................ 309

Happiness survey of employers in Bangkok, Thailand ....................................................... 310

Life satisfaction in adolescents of different ethnocultural origin and gender in Spain .... 311
Depression and satisfaction in different domains of life in dual-earner parents: A dyadic analysis.

PRE-CONFERENCE WORKSHOPS

A Crash Course in the Psychology of Well-Being and Quality of Life.

The Science of Community Indicators Research: Towards Professional Certification.

The future of OECD Well-being measures.

How to add to an on-line findings archive.
Immigrants and their neighbors’ subjective well-being

Yoshiaki Takahashi

*Nakasone Yasuhiro Peace Institute (Japan).*

**Background:** Immigration policy is now very critical among many countries these days. Brexit and presidency of Trump are examples. Therefore, it is important to examine the relationship between citizens’ critical attitude toward immigrants and their subjective well-being.

**Methods:** Wave 6 of World Values Survey (n= 89,565) asked a question about consciousness for immigrants or foreign workers as respondents’ neighbors. Using answers to this question, the author tested relationship between the consciousness and happiness.

**Findings:** The more conscious, the less happy they are. It was confirmed after controlling gender, age, income level, health status, and marital status.

**Discussion:** Citizens’ critical attitude toward immigrants and their subjective well-being were negatively correlated. On the other hand, causal relationship is not clear from the analysis. Further investigation is needed.
A Multidimensional Scale of Mobility Well-being

Ben Wooliscroft

*University of Otago, New Zealand.*

Alexandra Ganglmair-Wooliscroft

*University of Otago, New Zealand.*

**Background:** Travel and mobility represent a major part of modern lives directly impacting on well-being. Considerable time and resources are allocated to vehicles (cars, bicycles, shoes), their operation, and their running costs. Some vehicles are owned by other parties – public transport, taxis, rental cars, bicycles, etc. – but they are normally owned by the household and spend well over 90% of their life being unused, while losing value. The costs associated with mobility represent a significant part of the household budget and with that impact on quality of life. For this reason we have developed a multidimensional scale to measure the impact of mobility choices on the well-being of citizens.

**Methods:** The scale is developed using a Classical Test Theory (CTT) approach. The acknowledged benefits of different modes are used as the basis for each dimension, recognising that some dimensions may be inversely related to other dimensions. The scale was tested on 500 New Zealanders representative of the population on age (over 18) and region. Factor analysis was undertaken to verify dimensions of contribution to well-being from mobility.

**Findings:** The Mobility well-being scale represents a bottom up well-being scale that shows promise for measuring the impact of a major area of modern life and its relationship with overall well-being.

**Discussion:** A scale developed in one context requires replication before it can be widely adopted, however, this scale is worthy of those replications.
Predictors of quality of life in people with intellectual disability and general population

Cristina Simões

*Universidade de Lisboa-Portugal*

Sofia Santos

*Universidade de Lisboa-Portugal*

Background: Quality of life (QOL) has been applied to a wide range of target-populations, and is progressively being used in the supports of people with intellectual disability (ID). This proposal aims (1) to analyze and to compare QOL of people with and without ID and (2) to examine the personal and environmental factors that can predict QOL of both groups of citizens.

Methods: Data were collected from 1,264 individuals with mild or moderate ID levels ($M = 31.36$, $SD = 10.55$), as well as from 665 participants without ID ($M = 36.42$, $SD = 15.44$). QOL was assessed by the Escala Pessoal de Resultados (EPR), the Portuguese version of the Personal Outcomes Scale, which includes eight QOL domains and three factors.

Findings: The results highlighted higher QOL for people without ID. However, there were no statistically significant differences in the emotional well-being and physical well-being domains. Living circumstances, employment status, health status, and diagnosis were major predictors of QOL of adults with ID. Furthermore, age, employment status, and health status had largely predicted the QOL scores of the general population.

Discussion: The findings provided us insight into how policies, services, and supports need to change, in order to enhance personal outcomes and decrease the gaps among citizens. Knowledge of the personal and environmental factors that predict QOL allows including the needs of each person with ID, as well as to rethink personalized supports based on the social-ecological model of human functioning.

KEYWORDS: Quality of life, Intellectual disability, General population, Personal factors, Environmental factors, Predictors
Big city life (dis)satisfaction? The effect of living in urban areas on subjective well-being

David Loschiavo

Bank of Italy

Background: Greater income opportunities, along with a broader variety of amenities, positively affect subjective well-being of big city dwellers. However, a high degree of urbanization may also have an adverse effect because of increased living costs, congestion, work-pressure and a lower willingness among people to cooperate and support each other. The aim of the present paper is to shed light on the relationship between urbanization and individual well-being.

Methods: Combining data on Italian municipalities’ characteristics with individual-level survey data, a two-stage estimation procedure is adopted to determine a vector of regression-adjusted city average happiness. Identification issues and sensitivity analysis are dealt with by considering individuals’ sorting across cities on unobservables with a Heckman selection model; and by means of an IV strategy.

Findings: Results of the analysis show that city size negatively affects subjective well-being (SWB). This association is not driven by omitted variable bias or by spatial sorting of citizens. Commute time accounts for most of the differences in SWB among cities of different size, as it proxies a fundamental determinant of SWB: the reduced time availability of big city dwellers for building and fostering personal relationships.

Discussion: The analysis suggests that policy makers interested in increasing urbanization as a driver of aggregate growth may enhance individual well-being through interventions that reduce the amount of time people spend in an unpleasant state. In particular, congestion taxes, public transportation investments and flextime work arrangements may reduce the amount of time spent commuting, thus increasing well-being and attractiveness of big cities.

Soul searching on the wings of my wheels: Motorcyclists’ happiness

Professor P.S. Kruger (Stefan)
Background: This research main aim was to investigate how personal characteristics of leisure motorcyclists influenced their affect and happiness in owning a motorcycle.

Methods: Data on personal characteristics, motorcycle characteristics, feelings about owning a motorcycle, discreet emotions and overall psychological happiness were collected from N=367 leisure motorcyclists attending an annual charity event. Participating leisure motorcyclists were recruited by means of an availability sampling technique.

Findings: Results following a Structural Equation Modelling indicated that male and younger leisure motorcyclists experience more discreet positive emotions compared to females and those living an outdoor lifestyle. Male leisure motorcyclists self-reported being happier, overall with their motorcycles than females. Amongst male self-employed leisure motorcyclists, living a bars and betters lifestyle reported to experience more negative emotions than other male participants. Lifestyle characteristics of leisure motorcyclists tend to have a direct effect on their overall psychological happiness.

Discussion: Owners of motorcycle businesses and marketers could use the results from this research to enhance motorcycle owner’s happiness. The motorcycle industry should position their marketing strategies around happiness of motorcycle owners; this could enhance social relationships with the broader leisure motorcycle market. Marketers furthermore could focus on discreet positive emotions that could induce motorcycle owners to re-purchase a motorcycle brand they own. As a result, it could evoke consumer loyalty. Ethnicity and other types of lifestyles could be included in future research.

Longitudinal relationship between affective well-being and life events: two-wave study

Ljiljana Kaliterna-Lipovčan

Ivo Pilar Institute of Social Sciences, Zagreb, Croatia

Prizmić-Larsen, Zvjezdana

Washington University, St.Louis, USA
Background: As proposed in Fredrickson’s broaden-and-build theory, positive emotions may lead to better life outcomes, and favourable life events. In this study we examine whether affective well-being predict the change in frequency of subsequent life events reported a year later.

Methods: The data were collected from the first two waves of the longitudinal research project on well-being and life events in Croatia (CRO-WELL project). At the first wave (time 1), the initial sample consisted of N=5031 participants. At the second wave (time 2) sample consisted of N=2460 participants aged 19-78. In both waves participants assessed affective well-being by The Scale of positive and negative experience and reported how much they experienced positive and negative emotions over the last month. They reported the occurrence of life events over the year using check-list of 28 positive and 28 negative life events. Personality and demographic variables were controlled in analyses.

Findings: The regression analyses were employed for predicting the frequency of life events at time 2, while controlling for their levels at time 1. Results showed that above and beyond personality and demographic variables, more positive emotions longitudinally predicted an increase in frequency of positive events, while more negative emotions longitudinally predicted an increase in frequency of negative events after the one-year follow-up.

Discussion: The findings highlight the differential role of positive and negative emotions in relationship with frequency of life events. The positive long lasting impact of positive emotions on frequency of positive events is in accordance with the broaden-and-build theoretical framework.

Is Volunteering a Key to Achieving Happiness? A Longitudinal Perspective
What is the key to happiness and how do we live a satisfying life? Should we stick to homo-oeconomicus by focusing on our self-interest or is helping others voluntarily and contributing to the common good essential for a happy life?

In the majority of studies, engaging in volunteer work is positively associated with subjective well-being. However, the direction of this relationship remains uncertain: Does volunteer work make people happier? Or do initially happier individuals self-select into volunteer work? Apart from few exceptions, this problem of causality due to self-selection has not been thoroughly investigated in the research literature, as most studies rely on cross-sectional data.

Using data from the German Socio-economic Panel Study (SOEP 1990-2017), this article investigates the causal relationship between formal volunteer work and subjective well-being, measured as overall life satisfaction, from an individual longitudinal perspective. I apply propensity score matching techniques, which are advantageous for the analysis of causality compared to conventional regression estimations, as they specifically control for self-selection. Hereby, I make use of the longitudinal design of the SOEP, which enables the investigation of intra-individual changes in volunteer behaviour and well-being over time. This approach is a major contribution to research on causality in the field of volunteer work and well-being in Germany.

First results show that individuals who regularly engage in volunteer work do indeed benefit from volunteer work in terms of subjective well-being. Thus, providing preferable conditions for volunteers in order to encourage regular volunteer work can contribute to the common well-being.

**Tracking vulnerable people. Combining surveys and administrative data**

Jeroen Boelhouwer

*The Netherlands Institute of social research*
Background: Since January 1st 2015 large parts of social policy in the Netherlands are the responsibility of local authorities. Three main pillars were involved: the “social support act”, the youth care and the “Work and Social Assistance Act”. The Minister of Internal Affairs asked us to monitor social developments. The main aim of the study is to describe the quality of life (including measures of swb, health, loneliness, participation and self-reliance).

Methods: A specific survey was conducted to measure qol: we had 5,600 respondents each year divided in 5 groups: people who use (1) services of the social support act; (2) services of the work and social assistance act; (3) youth care; (4) families using multiple services; and (5) people not using services in the social domain (samples drawn from population register). We now have three waves of the survey (over 16,000 respondents).

We combine these survey data with of administrative data. The administrative data provides information about the use of (customized) services of the whole Dutch population (about 17 million people). We have a time series of 5 years.

Findings: The main finding is that the longer people use services, the lower their quality of life is. This does not mean that the use of services lowers qol, but that the most vulnerable people use services for longer periods. Qol of people starting to use services is in most cases comparable to qol of people who stop using services. There are however differences, especially within youth care.

Discussion: The combination of administrative data with survey data gives nice possibilities to ‘follow’ peoples tracks. How can we use this information best?

Holydays time allocation preferences, leisure socialization habits and happiness: a multidimensional perspective from Spain

Dr. Nela Filimon

University of Girona
This research is adding to the existing evidence on the impact of socioeconomic and cultural differences on happiness emerging from individuals’ time allocation patterns and socialization habits during holidays. These issues are addressed from a multidimensional perspective (gender, age, nationality, economic, educational and social status) with a special focus on the perception of happiness and leisure consumption preferences. The empirical analysis uses a representative data set of 2,484 Spanish and foreign individuals, of both genders and age 18 years and older, all resident in Spain at the moment of the interview (Centre for Sociological Research, 2015). Respondents answered a battery of items related to their socialization habits emerging from the participation in leisure and entertainment activities, time allocation preferences and socialization habits as well as socioeconomic indicators. Data were analysed with multivariate analysis techniques and preliminary findings revealed, for example, that (1) spending more time with one’s own family, (2) resting and (3) enjoying sun and fresh air, were among the top-three preferences when comes about leisure time allocation. Perceived happiness (a 0-10 scale) shows that most people feel happier either spending holidays and leisure time with their families or enjoying travelling tours and organized group excursions, rather than alone. The results could contribute to a better understanding of the social or co-produced dimension of happiness, versus the individualistic one, and its explanatory factors.

Internal norms, external norms or direct effects: How does social class affect life satisfaction in Europe?

Caspar Kaiser

University of Oxford

Nhat An Trinh

University of Oxford

In this study, we use European Social Survey (ESS) data to analyse the effects of social class on life satisfaction. We utilize ESS waves 1 to 5 (2002-2010) to obtain information on life satisfaction, as well as own and parental social class for a total of about 130,000 respondents in 30 European countries. Social class is operationalized with the European Socio-Economic Classification (ESeC). We develop a theoretical framework that shows how material, work, and cultural characteristics of social class affect life satisfaction either directly or via internal and external norms. Informed by this framework, we analyse the impact of one’s own class position...
and intergenerational class mobility, as well as the effects of other’s class position and mobility. The estimation of effects relating to other’s class position and mobility (so-called “reference effects”) is - to our knowledge - an entirely novel addition to the literature. We perform our mobility analyses using diagonal reference models, which unlike classical OLS models allow for the consistent estimation of such mobility effects. We find: (1) One’s own class position consistently and strongly structures life satisfaction across Europe. (2) Neither other’s class position and mobility, nor one’s own class mobility affect life satisfaction in Western European countries. (3) In contrast, in Eastern and Central Europe life satisfaction is significantly and strongly affected by one’s own and other’s class mobility. Especially the latter findings point to the potential importance of internal and external norms when considering the effects of social class that were hitherto unexplored.
CULTURAL ASPECTS ON WELL-BEING

Ethnical Experiences, Acculturation and Psychological Well-being among Indigenous High School Students in Northern Taiwan

Chun-Hao LI and Shu-Yao HSU

Background:
In crowded and dense cities in Taiwan, the indigenous population is diluted. The other minority group, immigrant brides, have caught more national attention than the indigenous. As a consequence, the Taiwanese empirical research, at least in the last decade, on these insignificant people or their decedents is scarce. To enlarge and to improve the understanding of indigenous adolescents, we propose a conceptual framework that incorporates the four dimensions of “ethnical experiences,” “acculturation strategies,” “self-concept,” and “psychological well-being” to explain how factors at the micro level affect the acculturative outcomes, which is measured as psychological well-being, of indigenous youths in cities, where the minority regularly meets with the majority. Additionally, the researchers are concerned with the effects of predicting factors, such as ethnical composition, at the school level. In short, the conceptual model ensures the researchers to investigate not only the direct and the indirect effects of individual factors and school context on psychological well-being of indigenous high school students, but also the moderating effects of school context on the relationships among variables at the micro level.

Methods:
Drawing on data from a survey conducted in Northern Taiwan with a sample of 981 cases, which was selected by cluster sampling, the researchers are able to examine the conceptual framework. There are two stages of statistical analyses, including a multiple regression analysis and a hierarchical linear modeling (HLM). The multiple regression analysis examines the effects of “ethnical experiences,” “acculturative strategies,” and “self-concept” on psychological well-being of indigenous high school students, and the hierarchical linear modeling investigates the direct effects and the moderating effects of school context. The research findings will be explicitly presented in the final paper.

IKIGAI: A Local or Universal Factor for Happiness and Productivity?

Annie Tubadji

University of the West of England
Can economics identify which local cultural attitudes are universally valuable for the economic systems? A system that depends on value judgements cannot be adequately studied without including values as a factor for the operation of the system, but a scientific study of values should be objective without deterministic subjective labelling of values as good or bad. The current study suggests these two criteria can be met by following the Culture-Based Development (CBD) approach, which proposes that the universality of a value should be positively analyzed against its objective effect on a socio-economic output of interest. The Japanese attitude to purpose in life, called IKIGAI, is taken as an example here due to its high tangency as a notion to productivity and happiness. IKIGAI is analyzed in a CBD value-free manner as to whether it is universally conducive to happiness and productivity. Using the World Value Survey data, the individual's subjective valuing of the attitude IKIGAI is found to be a universal value with regard to these outcomes of interest. The presence of Aristotelian Kuznets curve for the universal value IKIGAI is also explored and the results show that ‘too much of the good thing’ IKIGAI is bad for productivity but not for happiness, which then seems to point that these two outcomes do not fully universally coincide. Finally, the cultural relativity of Adam Smith’s ‘Impartial’ Spectator with regard to valuing IKIGAI is studied using the Hofstede cultural dimension indices and a hierarchical (mixed-effects) model. The findings shown that local cultures always partially deviate choice from the natural universal value as Platonian ethics expects.

KEYWORDS: IKIGAI, happiness, productivity, universal values, Aristotelian Kuznets Curve, Platonian cultural relativity, Culture-Based Development

The Role of Islamic Economics in achieving Subjective Wellbeing – The Conceptual Basis

Prof.DR. Fouad Beseiso

Center of Economic Future for Consultancy and Strategic Studies Jordan

My Proposed paper is resulting from the examinations and conclusions of my recently book finalized manuscript on “Approaching Happiness Economics within the World Challenges: The Conceptual and Practical Basis- Case Study on the Role of Islamic Economics”. The adopted
Approach Centered around defining the Role of Islamic Economics in Approaching Subjective Human Wellbeing – The Conceptual Basis.

The adopted methodology is basically descriptive and analytical. The study examined the main conceptual framework of Islamic Economic System which could contribute to achieve effective, safe and sound system for human wellbeing and happiness.

My analytical research paper illustrated the role of Islam and Islamic Economics in achieving the optimum contribution of all determining factors of subjective wellbeing. The objected goals as defined by the subjective wellbeing include the realization of social equality, need-fulfillment of all, full employment, equitable distribution of income and wealth, attaining economic stability without heavy debt-serving burden, high rates of inflation, undue depletion of nonrenewable resources, or damage to the ecosystem in a way that endangers life on earth.

These goals include not only economic well-being, but also human brotherhood and socio-economic justice, mental peace and happiness, and family as well as social harmony.

My research concluded that Islam in general and Islamic economics in particular adopted a system most capable of responding to the definition of subjective well-being that rises above the materialist and hedonist sense and incorporates humanitarian and spiritual goal. Islam and Islamic Economics ethical principles took into account all those factors leading to achieve subjective wellbeing requirements.

**Culture, inequality, and (un)happiness: Why the west is different from the rest**

Georgi Dragolov

*Jacobs University Bremen, Germany*

Jan Delhey

*Otto-von-Guericke University Magdeburg, Germany*

Background: A major puzzle for happiness researchers is the relationship between income inequality and people’s subjective well-being (SWB): Whereas some cross-national comparisons suggest that the level of inequality is negatively related to SWB, other studies find no
association, and yet others a positive one. This paper proposes that culture, understood as the value climate in a society, can help explain this puzzle. We theorize that the prevalent value climate determines how income inequality relates to people’s SWB.

Methods: For a set of 91 countries worldwide we combine Hofstede value scores and data on income inequality. Latent class analysis is used to identify value climates, while bivariate and partial correlations are employed to investigate the cross-national relationship between inequality and average SWB, moderated by culture.

Findings: Whether income inequality is positively or negatively related to SWB depends on how much a population cherishes power distance, individualism, uncertainty avoidance, and a long-term orientation. Moreover, only two typical combinations (profiles) of these cultural traits exist worldwide, basically suggesting a deep cultural divide between western and non-western societies. Among societies with a “western” cultural profile, inequality is associated with lower SWB; in contrast, among societies with a “non-western” profile, inequality is associated with greater average happiness.

Discussion: Our paper helps to make sense of the inequality puzzle and to understand why the western world is inequality averse while other world-regions are not. Thereby, our study calls for considering cultural differences in the search for conditions of human happiness.

Happiness of urban and district communities in Indonesia based on cultural values

Nurlaila Effendy

*Widya Mandala Catholic University*

Background: Happiness is an important subject of psychology science and the theory of psychology related to cultural-bound. There were conceptual differences in Western culture and Eastern one. In Eastern culture, there is also a difference in focus even though one clump (Indonesia and Malaysia). These limitations make a difference when applied to different regions and cultures. Indonesia is pluralistic, multicultural with a large number of ethnic groups (577-660 tribes based on the language). The purpose of this research was constructed an identity of happiness in districts and urban communities.
Methods: This research is qualitative research adopting realism construction approaches with multi responses to construct theory by involving 416 subjects with various professions, and the age range of 24-65 years.

Findings: There are 7 sources of happiness: Achievement (achievement, education, finance, job) Pleasures (hobbies, tours, me time, culinary, facility), Relations (spouse, nuclear family, extended family, close friends, friends, neighbors, co-workers, friends in the social organization), Physical health, Intimacy (togetherness, support, affection), Religious (religious activities, grateful), and Meaning (beneficial for others, share material, share non material).

Discussion: The results of this study differ from previous studies. This result shows a combination of Western culture and Eastern culture. Although they live in the provincial capital, spirituality is an important factor in shaping happiness. Interpersonal relationships make a large contribution above 50%. The study will continue to construct happiness measuring instruments and build a theory of happiness in Indonesia.

KEYWORDS: Happiness, Urban, District, Multic, Indonesian

Human relations are primal, income is secondary. Evidence from Latin America and the United States

Mariano Rojas

FLACSO-México and UPAEP

Background: Latin America is a happy region. Life satisfaction levels in some Latin American countries are similar to those in European countries as well as in the United States; this happens even when income levels are significantly lower and the situation portrayed by some social indicators is not good. What explains high happiness in Latin America? This research paper shows that human relations play a central role.
Methods: Large representative surveys were implemented in three Latin American countries and in the United States. Information on warmness and closeness of human relations as well as subjective well-being indicators was gathered. Econometric techniques are used to study the information. Findings: Abundance of warm and close human relations explains high happiness in Latin America. There is relational poverty in the United States. Human relations play a central role in explaining happiness, while income plays a subsidiary role.

Discussion: The paper shows that the warmness of human relations is important in understanding happiness. It makes a distinction between function-based and person-based human relations; the paradigm of progress as economic growth has focused on instrumental relations (the so called social-capital literature) while neglecting the gratifying role of human relations. A new paradigm of progress as people’s happiness needs to incorporate a different view of human relations and to develop new measures for the availability of close and warm – highly gratifying - human relations.

To whom are we really comparing ourselves? Survey evidence on reference groups from three countries

Antje Jantsch  
*Leibniz Institute of Agricultural Development in Transition Economies (IAMO)*

Thomas Dufhues  
*Leibniz Institute of Agricultural Development in Transition Economies (IAMO)*

Judith Möllers  
*Leibniz Institute of Agricultural Development in Transition Economies (IAMO)*

Gertrud Buchenrieder  
*Martin-Luther-University Halle-Wittenberg*

Empirical evidence supports the hypothesis that an individual’s position in the income and wealth strata – rather than his/her absolute level of income and wealth – determines subjective well-being. Research on subjective well-being suffers, however, from a key methodological
weakness, which is the use of reference categories. Instead of using individualized reference
groups, most empirical studies settle for reference categories, which refer to abstract
collectivities (e.g., the citizens of a region) or general socio-demographic strata, such as
individuals of similar age or education. Our study addresses this weakness by reducing the
marked distance between standard categorical measures and the subjective perceptions of the
individuals concerned. The objective is to develop a survey tool to identify reference groups to
which individuals compare themselves. Such a tool is pertinent to determine the true
determinants of subjective well-being. This survey tool is designed based on core and context
sensitive survey modules and allows us to investigate in detail to whom and how people
compare themselves, and how this affects the perception of their subjective well-being. In doing
so, we run the survey in three different countries, England, Germany, and Thailand, and make
use of regression models in order to analyse these relationships between individuals and their
reference groups and compare them within the different cultures.

Three interpretations of culture and their relationship with well-being

Lara Fleischer
OECD
Carrie Exton
OECD
Joshua Monje-Jelfs
OECD
Fabrice Murtin
OECD

“Culture” frequently emerges in well-being discussions, whether in comparisons of outcomes
across culturally different societies, or in what people themselves mention as important in public
consultations on what matters to their lives. However, what exactly the concept of culture
entails and how this relates to other aspects of well-being is still ill-defined.

This paper takes a systematic look at what national statistical offices in OECD countries have
been doing in the field of culture and in how far culture has been integrated into national well-
being measurement frameworks. Preliminary results show that many OECD countries have started to gather relevant data and that approaches to measuring culture cluster around 3 themes: cultural participation and consumption (i.e. access to and participation in cultural activities), cultural heritage (i.e. the economic importance of culture, arts, heritage and sport, as well as the quantity and quality of national heritage sites), and cultural identity (i.e. shared identity markers, feeling of cultural free expression, norms and values, languages spoken).

The opportunities and challenges of each approach are discussed, and evidence on the relationship with other well-being outcomes, e.g. subjective well-being and leisure, are presented on the basis of a cross-country dataset containing available comparable measures of culture.

**Gender Roles and Marital Happiness in Indonesia, the Philippines, and Thailand**

Xiaohe Xu Ph.D.
*The University of Texas at San Antonio*

Thankam Sunil Ph.D.
*The University of Texas at San Antonio*

Leslie Angeningsih Ph.D.
*The Institute of Community Development “APMD”*

Rosa Rellita Fortaleza
*Commission on Population*

Bangon Sirisunyaluck Ph.D.
*Maejo University*

Ruth Sirisunyaluck Ph.D.
*Chiang Mai University*

Background: Marital happiness is an important dimension of subjective marital well-being. Past research provides two streams of theoretical insights to link gender roles to marital happiness. The specialization model deems a gendered division of labor as a competitive advantage, thus increasing marital gains and happiness. On the other hand, the gender equity model contends
that only equal division of housework and equal sharing of marital decision-making power can lead to happier marriages. This study tests these two theoretical models in the context of Southeast Asian families.

Methods: A multistage sampling method was utilized to randomly select households to reach 800 married women in the age group 18-49 from rural and urban Yogyakarta of Indonesia, Baguio City of the Philippines, and Chiang Mai of Thailand, respectively, in the summer of 2018. Two survey items were employed to measure marital happiness. Gender roles were operationalized and measured in the division of housework, marital decision-making power, and gender ideologies.

Findings: Multivariate regression models reveal that an equal division of housework between husbands and wives increases marital happiness in Indonesia but it is not associated with marital happiness in the Philippines and Thailand. However, equal sharing of marital power consistently enhances marital happiness in all three countries. Additionally, egalitarian gender ideologies are negatively associated with marital happiness in Indonesia and the Philippines.

Discussion: Taken together, these results lend partial credence to the gender equity model and reject the specialization model. Theoretical implications and promising directions for future research are discussed.

Improving the Quality of Life of Aboriginal Peoples: A Multidimensional Index Approach

Yuzhu Liu

Quality of life (QoL) has gained increasing prominence, both in the academic literature and in policy discourse, which is due mainly to the growing recognition of the inadequacy of economic growth as a measure of socioeconomic progress. In 1990, the United Nations introduced its Human Development Index (HDI) that measured the social progress of development. Since then, Canada has ranked at or near the top among other countries. However, if status Indians were considered as an independent national entity in the HDI, they would rank about 48th out of 174 countries (Beavon & Cooke, 2003). The substantial disparity between Aboriginal and non-Aboriginal Canadians have drawn considerable public attention and become key priorities on the policy agenda. Even great efforts have been spent to improve every aspect of Aboriginal
people’s living standard there is no clear evidence to demonstrate whether the set goals have been achieved yet. This may be due to the fact that it is difficult in accurately measuring dimensions of Quality of life (QoL). Consequently, few reliable and meaningful research tools that provide a comprehensive assessment of the baseline condition of Aboriginal people exist. Thus, the research question needs to be addressed is how to build a comprehensive index of QoL, which is centered on Aboriginal people’s values and reflects their lived experience, to provide a baseline evaluation of Aboriginal people’s well-being. To answer the question, this research project proposes to develop a multidimensional index of Indigenous people QoL that is inclusive, robust, and comprehensive through a people-oriented approach. To ensure research priorities are designed by, with, and for Indigenous peoples, this project will be carried out with the full participation of the Saskatoon Tribal Council (STC) management team and client communities. Through active engagement with the STC, a research process of mutual learning, relationship building, and collaborative reflection will be defined and shaped. Dimensions of quality of life that are relevant to and valued by the Indigenous community need to be identified. To ensure that these indicators are both useful to and supported by the STC client communities, they need to be identified and firstly validated by STC executive board and management team.

The application of the QoL index helps municipal governments develop strategies to address Aboriginal peoples’ needs but also brings new market opportunities for the industrial partner to expand its business while contributing to the improvement of the lives of urban Aboriginal peoples.

The Interrelation between Life Modes and Quality of Life in South Greenland

PhD Fellow Naja Carina Steenholdt

*University of Aalborg and Ilisimatusarfik*

This article explores how life modes and quality of life are related in South Greenland, from a social science perspective. Quality of life and the notion of the good life, are often connected to the cultural and value-laden in a way of life. In other words, it is a notion of how things may or should be for life to be good. However, it is also important where you choose to live. In the cities, by example, there are significantly different life modes than in the rural settlements, and thus
other values and attitudes about what quality of life is and can be. The article, which is an initial study in the field, will ask through a theoretical and empirical analysis and discussion of quality of life and life mode analysis: How do life modes and quality of life interrelate in Greenland? The article argues that the relationship between life modes and quality of life is closely linked to social indicators such as family, nature and work, but that migration also plays a role in the relationship between life modes and quality of life.

The article is part of the authors PhD project with the title “Perceived Wellbeing and Quality of Life in Greenland – A Social Indicator Approach” which commenced in November 2017. It is based on personal interviews with 17 respondents from 4 locations in South Greenland collected in April 2018. The article has been accepted in Tidsskriftet Politik, a Danish journal published from University of Copenhagen, in February 2019.

Inequality of Infant and Youth Mortality by Ethnicity: The Case of Taiwan Indigenous Peoples

Ji-Ping Lin

*Academia Sinica, Taiwan*

Background: Infant and youth mortality are an effective indicator reflecting quality of life. In light of Taiwan Indigenous Peoples (TIPs) who are characterized by having much higher mortality than the ordinary people, this research aims to distinguish inequality of infant and youth mortality, with a particular focus on the effect of TIPs ethnicity.

Methods: main research data are the 2013-2018 population dynamic data (PDA) from TIPD (Taiwan Indigenous Peoples Open Research Data, see https://osf.io/e4rvz/ ). The data model of constructing PDA is mainly based on (1) comparison and (2) record linkage of population data sets. The constructed population dynamics data are based on the source data of individual records of Taiwan Household Registration System (THRS) using high performance computing (HPC) methodology and techniques. The data model creates three dimensions of population dynamics: intact population, increased population, and decreased population. Infant and youth mortality are derived from the part of decreased population data.

Findings: main findings are: (1) TIPs are associated with much higher fertility and lower life expectancy, with infant and youth mortality rate being of much higher than the average level;
(2) TIPs infant and youth mortality rate varies by ethnic groups; (3) TIPs with close ethnic social network connection are associated with lower infant and youth mortality that those with loose type of connection.

Discussion: One main cause that leads to the difference of TIPs Infant and youth mortality by ethnicity are the embedded complexity of ethnic social structure and cultural diversity.

**the influence of interaction frequency with family and sharing positive emotions on subjective wellbeing: an intercultural comparison in the US, Mexico, Colombia and Costa Rica**

Eduardo Wills Herrera  
*Universidad de los Andes, Bogotá- Colombia*

**Background:** There exist a paradox in happiness levels in LatinAmerican countries as compared to more developed countries. Despite the existence of poorer objective conditions of living (poverty, income inequality, social conflict), L.A countries score higher in Subjective Wellbeing as compared to countries such as the US. The importance of the quality of family relationships and support in these countries may explain this paradox. We studied the influence of frequency of interactions, type of family and sharing positive emotions between the US, Colombia, Costa Rica and Mexico on Subjective Wellbeing.

**Methods:** This is a quantitative study using a representative sample of the four countries with more than 4500 responses. We use structural equation modelling and linear regressions to support out hypotheses.

**Findings:** We found that type of family (nuclear, extended), and frequency of interaction between their members is fully mediated by sharing of positive emotions on Subjective Wellbeing. Significant intercultural differences were founded between countries.

**Discussion:** The importance of family, frequency of interactions and sharing positive emotiosn between family members operates as a buffer mechanism to heighten leles of subjective wellbeing of L.A countries despite their inferior objective conditions of living founs in these countries as compared to the US.
Sustainable diets and happiness

Andrew Berardy
Arizona State University

Maricarmen Vizcaino
Arizona State University

Scott Cloutier
Arizona State University

Christopher Wharton
Arizona State University

Background: Given the potential overlapping nature of happiness, dietary patterns, and sustainability behaviors, this study examined the hypothesis that, in comparison to other dietary choices, more restrictive plant-based diets would result in lower hedonic happiness but higher eudaimonic (long-term) happiness due to fulfillment derived from dietary choices that align with sustainability and other values.

Methods: Two hundred US adults completed an online survey including established measures of eudaimonic and hedonic happiness, eating motivation, environmentalism, and perceived stress. Participants were categorized into groups based on dietary self-categorization (omnivore, pescatarian, vegetarian, or vegan). To examine differences in scores between groups, normally and non-normally distributed data was assessed via one-way ANOVA and Kruskal-Wallis tests, respectively.
Findings: No differences in eudaimonic well-being were found between groups; F (4,195) = 2.38, p = 0.053. Counter to our hypothesis, vegans scored higher in hedonic well-being, X²(4) = 10.09, p = 0.03 despite demonstrating higher perceived stress as compared to omnivores; F (4,195) = 4.01, p = 0.004. Furthermore, we observed a downward trend in hedonic well-being from vegans to pescatarians to omnivores. Lastly, omnivores scored lower for ecological attitudes and political values, whereas vegans and pescatarians scored higher for religion, compared to the other groups (all p < 0.05).

Discussion: Despite high levels of stress, vegans appear to have the highest level of hedonic happiness, possibly due to eating in alignment with their values. Our findings suggest that even restrictive dietary choices can support both sustainability and happiness.

Does it have to be a sacrifice? Different notions of the good life, pro-environmental behavior and their heterogeneous impact on well-being

Martin Binder
Bard College Berlin
Ann-Kathrin Blankenberg
University of Goettingen
Jorge Guardiola
Universidad de Granada

Using survey responses from Spanish university students (n = 640) we examine the relationship between pro-environmental behavior, green self-image (identity) and subjective well-being, paying close attention to the fact that different individuals might understand different things by being “satisfied with their lives”. We find that green behavior is negatively, but green identity positively related to life satisfaction. This also further depends on whether one’s notion of the good life (and hence happiness) is utopian, stoicist, or based on a fulfillment- or virtue-view. How we see the world influences how much well-being we derive from green behavior.
Relative influence of environment and socio-demographic factors of new and long-term residents’ quality of life

Rodrigo Cantarero, PhD.
University of Nebraska-Lincoln

James Potter, Ph.D.
University of Nebraska-Lincoln

Quality of life is made up of a multivariate group of factors that affect our satisfaction with life. Some are related to the environment—e.g., satisfaction with one’s residence, neighborhood—and others with the individual’s social, economic and demographic characteristics (e.g., health, income, education, age). Recently, numerous small rural towns in U.S. Midwest have been recipients of relatively large (mainly culturally different) immigrant population, attracted by the meat processing industry. This paper explores the question of whether quality of life factors vary in composition and importance depending on your status as a new arrival or long-term resident of the community. The study is based on random face-to-face survey interviews with 180 adult individuals in the town of Crete, Nebraska (population = 5700), which were either long-term residents of the community (15+ years of residence in town), or new arrivals to the community (5 years or less). Results, based on correlational analysis, indicate a statistically significant, moderate effect size influence of residential, service, and health factors on overall quality of life satisfaction, while controlling for socio-demographic variables. These significant factors varied by population status as a long-term resident or new arrival. Implications are that factors affecting quality of life is different for new arrivals than long-term residents.

Relationship of vegetarianism with well-being and pro-environmental behaviour

Jana Krizanova
University of Granada

Jorge Guardiola
University of Granada
Background: Vegetarian diet is not an ultimate goal in itself but a means of achieving a larger goal. Food choices represent an important aspect of one’s identity and provide a sense of purpose in life. Consequently we can expect that they affect happiness, but research in this area is scarce.

In addition, the livestock production has contributed to current biodiversity loss, soil degradation, and air and water pollution. The vegetarian diet requires less energy, land and water than the meat-based food systems and hence is more ecologically friendly.

The main goal in this research is to study the relationship of vegetarianism with well-being. The primary questions we conduct are: “Do vegetarians feel happier than omnivores?” and “Does vegetarian diet have a spill-over effect on different pro-environmental behaviours (such as water and energy saving habits)?”

Methods: Quantitative analysis will be done interviewing students at the University of Granada. We foresee to interview around 1000 students from different disciplines using the program Qualtrics to address them the questionnaire. We expect to capture different dimensions of happiness (satisfaction with life, satisfaction with key domains of life such as environment and health, and affective states). Happiness variables will be the dependent ones. Thus the methods we will apply are the ordinary least squares and ordered logit.

Findings and discussion: We will collect the data during March 2019, therefore at this moment there are no findings to show. Nevertheless, we will be ready to share and discuss the results in the conference.

Understanding (un)sustainability from a Social Practice Perspective: empirical pilot studies from the Netherlands

Peggy Schyns

*The Netherlands Institute for Social Research | SCP*

Even though according to the Paris Climate Agreement carbon emissions should be reduced in the Netherlands by 49% in 2030 and by 95% in 2050, we are still a far cry away from reaching these goals. Failure to meet them will have severe consequences for biodiversity, food crops and water levels, and hence the quality of life of the planet and people.
Consumers are one group of players in the field responsible for the reduction in carbon emissions. One of the main approaches in the consumer sustainability research field is a behaviouralistic one, with a focus on attitudes and behaviour of the individual. We know however from previous research that consumer behaviour has not changed rapidly in a sustainable direction; e.g. Dutch consumers still maintain a predominantly animal protein based diet, live mainly in gas-powered homes, and fly all over the world more than ever.

A relatively new theoretical and methodological approach for studying (un)sustainability is Social Practice Theory. Instead of focusing on trying to change consumer behaviour towards more sustainability, it looks at common daily practices and how to change these. It means that elements within practices such as meanings (e.g. norms, habits and routines), materials (e.g. infrastructure and objects), and competences (e.g. shared knowledge and skills) will be addressed (Shove et al. 2012).

In this study, empirical results from pilot projects are presented in the following fields: household food shopping and cooking, holiday planning, and/or downshifting practices. Methods used are in-depth interviews, (participant) observation and auto-photography. With this research we hope to add an interesting alternative to the dominant behaviouralistic approach in the sustainability research field, and to provide new ways to look at sustainable change.

Well-being and environmental behavior: the marginal role of sustainability

Ivo Ponocny
MODUL University Vienna

Christian Weismayer
MODUL University Vienna

Background: The lack of sustainability of our life style is an example for the well-known attitude-behavior gap: wasting resources in spite of environmental awareness. Various theoretical models try to explain the barriers against pro-environmental behavior (PEB). The present study contributes to this by linking it to people’s life narratives from a subjective well-being perspective.
Methods: The data base is 500 explorative interviews using a 2-stage cluster sampling design for 10 municipalities in Austria (simple random sampling within the clusters). As a second data set, a simple random sample was obtained via the Austrian population registers (n=632), whereby participants had to fill in a questionnaire about different aspects of life, including open responses about the most important well-being drivers.

Data were analyzed using a quantitative content analysis.

Findings: Although many interview participants referred to the quality of environment as an important aspect of quality-of-life, only few (12%; hardly anybody reported environmental concerns in the survey) mentioned concrete personal PEB. Comparably easy behaviors were the most popular ones, which matches perfectly with tokenism assumptions and low-cost hypotheses from the literature. This gives rise to the formulation of an adapted model where the perceived incommensurability between pro-environmental behavior and leading an actual life is addressed more explicitly.

Discussion: Since the study shows is that PEB and environmental awareness is – in spite of obvious salience – not among the priorities when people report about their actual lives, the potential of bottom-up PEB-enhancing seems limited if not set up very thoughtfully.

Pro-environmental norms and subjective well-being: panel evidence from the UK

Ann-Kathrin Blankenberg
University of Goettingen

Martin Binder
Bard College Berlin

Heinz Welsch
University of Oldenburg

Tying in with a small number of studies on green norms, identity and SWB, this paper studies the relationship between holding a green self-image and life satisfaction in the UK. Focusing on (sub-national) regions as the unit of reference, we investigate if and how the individual-level
greenness-satisfaction relationship varies with measures of the prevalence and distribution (disparity) of greenness (regional level), taking these measures as indicators of a green social norm. Two key findings emerge from our analysis.

1) Life satisfaction is negatively related to the regional-level mean (prevalence) and positively related to the regional-level diversity of greenness, while being unrelated to the degree of polarization of greenness. Taking the prevalence as a direct and diversity as an inverse measure of the validity of a greenness norm, these results are consistent with the idea that the norm is experienced (by greens) as a standard of reference in the process of green status competition or (by non-greens) as a source of social pressure.

2) Well-being benefits from holding a greener self-image are unrelated to the prevalence and diversity of greenness, but positively related to the polarization of greenness for those either very green or not green at all. This is consistent with the idea that green self-image yields well-being benefits through identity, that is, by identifying with the own group and differentiating oneself from other groups – a possibility that relies on sufficiently large differentiation/polarization of groups.

The Influencing Factors of Urban Residents' Willingness to Move out Caused by Haze-fog

Wang Jinying

Hebei University

Ma Zhiyue

Hebei University

Abstract: The deteriorating air pollution marked by Haze-fog has seriously affected people’s quality of life, resulting in the willingness of some residents to move out of the city due to air pollution. Based on the self-designed survey data on the haze-fog awareness of urban residents in Baoding, the paper studies the influence of urban residents on ecological environment attitude, haze-fog awareness and haze-fog management confidence on the willingness to move out. The results show that the age of urban residents has a significant impact on the intention to move out; the ecological environment attitude and Haze-fog protection behavior of urban residents play a significant role in promoting the intention to move out; The smog management
confidence of urban residents has a significant inhibitory effect on the intention to move out. Self-health protection awareness, Haze-fog basic cognition, Haze-fog cause cognition, Haze-fog hazard cognition and acceptance of Haze-fog control measures have no significant effect on the intention to move out. Therefore, in the process of building urban image and managing Haze-fog, the government should increase the propaganda of the Haze-fog governance policy, enhance the people's Haze-fog management confidence, and improve the quality of life of the people.

KEYWORDS: Haze-fog; Governance Confidence; Intention to Move out

Drawing Happiness and Wellbeing in the Buen Vivir context

Carmen Amelia Coral-Guerrero
 Universidad de Granada y Universidad Internacional SEK, Ecuador
 Fernando García-Quero
 Universidad de Granada
 Marina García-Carmona
 Universidad de Granada

The objective of this paper is to address into the idea of happiness in indigenous Buen Vivir in an Ecuadorian community. In the indigenous interpretation of Buen Vivir, relation with nature and community involves a holistic vision of life (Guardiola and Garcia-Quero, 2014; Chan et al., 2017) that should be related to the happiness idea of indigenous people. However, not much research has been implemented in this field.

In this investigation we build on qualitative data from the Kichwa community in the region of Napo in Ecuador. The data was gathered in 2016, and consist in 30 semi-structured interviews and direct observation. In the fieldwork people were asked to draw Buen Vivir (see addendum below). Relevant questions regarding the indigenous cosmovision and the idea of happiness were made, particularly concerning the relation with nature and with others, indigenous education and knowledge, social economy. The software used to analyze the information was Atlas ti.
Preliminary results indicate that people’s idea of happiness is highly related with the relation to nature, to others and to oneself, according to definitions on indigenous knowledge (Pascual et al., 2017). The chakra takes an important part of life. This is a portion of land that indigenous people have next to their house. They use it to grow medicinal plants and some basic crops to self-subistence. However, chakra goes much beyond that as people construct around it a particular link to nature and life; therefore it is an important component of indigenous happiness. However, the extractivism of natural resources that is implemented in Ecuador pose a serious problem to people as it is interpreted as a threat to their way of life and to their happiness construct, according to interviews.

**Sociability and trust in the development of indicators on sustainable wellbeing: an ecofeminist approach**

Fiona Ottaviani

*Grenoble Ecole de Management – ComUE Grenoble Alpes*

This paper is a theoretical and empirical study on the topics of sociability and trust in the reliability of one’s community. This article seeks to answer the following question: why and how should we take into account sociability and trust in the development of alternative indicators? Our analysis is grounded in the ecofeminist theory and feeds on action research aimed at developing Regional Sustainable Well-being Indicators in the Grenoble urban area. This experiment is the result of a research project involving a plurality of actors. It was based on two methodologies; the first one being a quantitative survey, and the second one being a participatory approach. The quantitative approach is based on a survey including 86 questions. Thousand people from the Grenoble urban area were interviewed by telephone (2012 and 2017). The sample is representative based on gender, age and socio-professional group.

Three kinds of contributions emerged from the descriptive analysis about sociability and trust. First, the components of sociability affect all the other dimensions of well-being, making this dimension the main non-monetary resource, but also a means of access to monetary resources. Second, the quantitative survey reveals a mismatch between people’s aspirations and achievements by crosschecking the objective and subjective data. Accordingly, it highlights the existing monetary and non-monetary inequalities between the stakeholders. Third, it enables the link between social justice and environmental justice to be emphasised. It is for example
more difficult to contribute actively to safeguarding the environment when in a precarious situation.
Comparing cross-country happiness through the analysis of Twitter.

Talita Greyling  
*Department of Economics and Econometrics, University of Johannesburg, South Africa.*

Stephanié Rossouw  
*Faculty of Business, Economics and Law, Auckland University of Technology, Auckland, New Zealand*

The aim of this study is to investigate the possibility for constructing an internationally comparable real-time happiness measure, using the frequency of extracted positive emotion words from the social media platform, Twitter. Previous studies that have developed happiness measures using Big Data were mostly applied to developed countries/regions and rarely utilised for cross-country comparisons. In the current study, we employ our derived happiness measure to compare the level of happiness across five mainly smaller English-speaking countries, New Zealand, South Africa, Canada, Ireland and Australia. Furthermore, we determine how every day economic – and other indicators influence the happiness of people in these countries. First, we use factor analysis to construct the measure. Second, we validate (face validity) the measure by graphing and comparing the valleys and peaks to those days that were culturally and emotionally significant in those countries. Third, we compare the level of happiness for the selected countries and lastly, we regress the happiness measure on daily economic indicators such as interest- and exchange rates and the weather, to determine to which degree these daily events influence the happiness of people. We include lagged variables of happiness, as an event can likely influence the happiness of people in the days after the event occurred. This study reveals possible avenues for using Big Data, which is freely available across countries, in economic and behavioural analyses. Furthermore, as expected, the study reveals that daily economic – and other indicators are significantly related to the happiness of the citizens of different countries. This finding further contributes to validating the usage of the happiness measure.

**KEYWORDS:** Happiness; Big Data; Composite Index; Twitter; South Africa; New Zealand; Australia; Canada
Sentiment analysis of social media data for subjective well-being.

Marc Callens  
*Statistics Flanders*

Ann Carton  
*Statistics Flanders*

Dries Verlet  
*Statistics Flanders*

Background. The usual way to depict subjective well-being is by just asking respondents how they feel about their daily life. Based on this basic idea, survey analysis is one of the most used methods to measure the perceived quality of life. In this paper we look to sentiment analysis of social media data as an alternative method.

Methods. The quantitative approach using surveys has several advantages. For example, we can measure systematically the perception of several aspects of life using reliable and valid measures, fitted for aggregation.

An alternative quantitative method is based on the use of social media data. A lot of information is readily available, however is that data also useful to describe and analyse the perceived quality of life?

In this paper we report the results of an experimental study in the field of sentiment analysis in the domain of subjective well-being in Flanders. We use the methodology (Big data/Text/Web mining, Machine learning) that has been developed by Statistics Poland in the context of the Eurostat Big Data ESSNet. The central research question is, what are the weak and strong points of this method compared to the survey method for the case of Flanders?

Findings. A comparison of the survey method and sentiment analysis of social media data will be presented.

Discussion. What can be learned for the measurement of subjective will-being using sentiment analysis of social media data?
#Happy: Visual representations of happiness on Instagram

Jennifer De Paola  
*University of Helsinki*

Eemeli Hakoköngäs  
*University of Helsinki*

Jari Hakanen  
*Finnish Institute of Occupational Health*

Background: The topic of happiness has rapidly gained momentum in Finnish society after the release of the annual World Happiness Report 2018. The present study examines how happiness is visually and semantically represented through photos and hashtags posted by Instagram users in Finland. The popularity of Instagram presents a novel opportunity for investigating the way people represent, construct and attach meaning to the concept of happiness in naturally occurring data.

The study seeks to answer the following questions: 1) How is happiness made concrete through visual representations by Finnish Instagram users? 2) Is there a shared conception of happiness? 3) How is the social representation of happiness organized?

Methods: To answer these questions 650 Instagram posts containing the hashtag ‘#happy’ were analysed drawing from visual thematic analysis tools (Barthes, 1978) and the approach of Social Representations Theory (Moscovici, 1961).

Findings: The analysis shows that the social representations of happiness constructed and communicated through the Instagram posts analysed include seven widely shared thematizations: Social/Relationships, Physical appearance, Free time, Success, Pets, Nature and Material things.

Discussion: As the thematizations emerged, were widely shared among the users it is reasonable to suggest that there is a shared representation of the concept of happiness among Finnish Instagram users. The thematizations constitute three dichotomies: social–individual, relaxing–pursuing and immaterial–material. It is possible to notice that both eudemonic and hedonic aspects are present in the visual representations of being happy. The dichotomy “self-oriented–
other-oriented” reflects the principal dilemma characterizing the Finnish conception of happiness.

Happiness and technology: special consideration of digital technology and Internet

Francisco Mochón

UNED

This research paper can be considered a survey about the impact of technology in happiness. The article points out that the scientific approach of happiness states that happiness can be measured and explanatory factors of well-being must be searched empirically. The analysis of technology impact on happiness starts with the opinion of philosophers and social thinkers, and then focus on the revision of empirical research works. The paper concludes highlighting that technology, being the motor of economic well-being, has positive and negative effects on the subjective well-being of individuals. Therefore it is essential to undertake an adequate regulation that promotes positive effects and mitigates the possible harm.

KEYWORDS: Happiness, subjective well-being, technology, digital technology, Internet, social networks.
A Dynamic Model on Happiness and Exogenous Wealth Shock: The Case of Lottery Winners

Arie Sherman

*Ruppin Academic Center*

The sudden acquisition of a large sum of money, known as “wealth shock,” can have unanticipated negative consequences, and actually cause greater unhappiness in its so-called beneficiaries. There is extensive economic literature describing these negative consequences on a macro-economic level, but there is no coherent theoretical model that describes the various consequences of wealth shock on a micro-economic level. To explain both the short- and long-term effects of an exogenous monetary shock (for example, winning a lottery) on individual happiness, this paper offers a novel dynamic equilibrium model of human happiness. A dynamic equilibrium model is best suited for this purpose, because happiness is a dynamic process. The proposed model captures both short- and long-term effects, and describes an equilibrium in which a person’s experienced utility and happiness is improved after the sudden wealth shock, and why at the saddle point, life can become sadder and more miserable. The conditions detrimental to winners’ happiness include reducing the amount of time and effort they allocate to preserving their stock of hedonic capital.

Differential Life Satisfaction and International Migration: A Field Theoretic Model

Georg P. Mueller

*University of Fribourg (Switzerland)*

Background: The proposed presentation aims at an analysis of the effects of the QoL of different countries on the international migration between these countries. Based on theories of Kurt Lewin and Everett Lee, the author presents a field theory of “migration forces”, in which the QoL
at the origin and destination plays a major role in the explanation of the related international population flow.

Methods: The previous field theoretic model is tested with two exemplary cases:

a) The immigration to Switzerland from European countries with varying but generally lower QoL.

b) The emigration from Poland with a comparatively low QoL to different European countries with a generally higher level of QoL.

The migration- and QoL-data are taken from OECD publications and processed by statistical regression techniques.

Findings: The empirical analyses confirm the hypothesized effects of differential QoL for population flows to migration targets, for which the QoL is higher than at the origin. However, for migration to countries with a lower QoL there is no QoL-effect.

Discussion: The previous results suggest that real migration flows can be used as indicators of the average national QoL. Consequently, subgroups (e.g. workers or retired persons) may in standardized surveys be interviewed about their willingness to migrate to other countries, in order to assess by such interviews their group-specific QoL. Thus the willingness to move, which implies group-related gains and costs, is analogous to the willingness to pay, often used in environmental- and health-economics.

Is the happiness gap between experiential and material purchases overestimated due to social desirability bias?

Gábor Hajdu

Centre for Social Sciences, Hungarian Academy of Sciences

Tamás Hajdu

Centre for Economic and Regional Studies, Hungarian Academy of Sciences

In this research, we analyse the relationship between experiential and material expenditures and subjective well-being. A series of previous experimental papers found that spending money on experiences rather than on material goods makes people happier. We examine whether the
fact that materialism is viewed as a negative personality trait, and materialistic people are frequently stigmatized could be a significant determinant of the hedonic difference between the experiential and material purchases.

In two online experiments, we follow the same experimental design as the previous papers (e.g. Van Boven and Gilovich 2003). In Study 1 (n=600), we show that a prior manipulation in which participants are asked about the opinion of others (either on materialistic people or on people using homeopathy) makes the happiness gap between experiential and material purchases smaller than in the control group.

In Study 2 (n=600), we examine how positive and negative framing of materialism affect the happiness gap. In the positive framing condition, participants read an article about fictional studies found no support for the negative personality traits of materialistic individuals. In the negative framing condition, they read about studies that did find support for it. We show that the positive framing makes smaller the happiness gap between experiential and material purchases, whereas the negative framing has no impact on it.

These results suggest that social desirability bias might explain a significant part of the happiness gap found by previous research, i.e. the happiness gap between experiential and material purchases might be overestimated.

Does well-being vary with an individual-specific weighting scheme?

Haya Al-Ajlani

University of Ghent, Belgium

Luc Van Ootegem

University of Ghent, Belgium

Research Institute for Work and Society (HIVA), KULeuven, Leuven, Belgium

Elsy Verhofstadt

University of Ghent, Belgium

In terms of a composite well-being indicator, literature remains inconclusive regarding the appropriate weighting scheme to apply. Although condemned as arbitrary, equal weights remain popular and are applied in several global indicators. This paper examines whether the
well-being level is sensitive to the underlying weighting scheme by comparing equal weights to non-paternalistic weights. Using a representative sample of 1431 Dutch speaking Belgians, we present a well-being index based on five dimensions: health, income, education, family life, and social life. The non-paternalistic weighting scheme is derived by asking respondents to think about the importance of the five dimensions to their well-being, and based on this importance allocate 100 points over the dimensions. We find that the underlying weighting scheme affects the well-being level of individuals who report low outcomes on some dimensions and high on others. We also find that the two schemes deem different groups of individuals to be in the bottom percentile, affecting the beneficiaries of a policy targeting the worst-off. Since the well-being of respondents performing poorly on all five dimensions will be low regardless of the applied weights, we recommend the use of non-paternalistic weights to evaluate the well-being of respondents with a varying outcome across dimensions. This recommendation is based on the notion that well-being is intrinsically personal, and therefore is best evaluated by the individuals themselves.

Ensuring high quality measurement of quality of life: A South African case study

Julia de Kadt

_Gauteng City-Region Observatory_

Graeme Gotz

_Gauteng City-Region Observatory_

Kiera Crowe-Pettersson

_Gauteng City-Region Observatory_

Background: Conducted biennially since 2009, the Gauteng City-Region Observatory’s (GCRO) Quality of Life survey (QoL) measures objective and subjective quality of life, through in-person household interviews with over 24 000 randomly selected adults in Gauteng – South Africa’s economic hub. The survey provides spatially fine-grained data, with a minimum of 30 interviews per ward.

Survey implementation is challenging, and inadequate attention to quality control (QC) threatens data reliability (Lyberg 2012; Üstun et al 2005). With particular reference to ensuring
accuracy of survey locations, random respondent selection, and proper questionnaire administration, we track the evolution of QoL’s QC practices as a middle income context case study.

Methods: We reviewed implementation and QC methods for QoL, and for similar surveys identified through the International Household Survey Network database, grey literature, and personal referrals. Data were drawn from survey documentation and interviews.

Findings: Learning from each QoL iteration, combined with increasingly sophisticated survey technologies, has shaped QC. QoL QC now involves independent QC work, live access to data, and extensive geo-location data. Strong QC, especially through electronic oversight systems, reveals problematic field practices. In eliminating these, enhanced QC increases data quality, but also fieldwork time and difficulty.

Discussion: QC is critical in generating reliable quality of life survey data in a middle-income context. The QoL case highlights that enhanced data quality has costs, financially and for fieldworker motivation. Managing the balance between high quality data and these costs is challenging. With advanced electronic survey methods and systems, close human management of fieldworkers remains critical.

A data-driven approach towards a longitudinal quality of life index using factor analyses

Samy Katumba

Gauteng City-Region Observatory (GCRO), Johannesburg

Julia de Kadt

Gauteng City-Region Observatory (GCRO), Johannesburg

Paul Fatti

School of Statistics & Actuarial Science, University of the Witwatersrand, Johannesburg

Mark Orkin

School of Clinical Medicine, University of the Witwatersrand, Johannesburg

Background: The Gauteng City-Region Observatory’s (GCRO) Quality of Life survey (QoL), provides biennial data from 2009 to 2017/2018, covering multiple measures of quality of life
and well-being, for Gauteng, South Africa’s densely populated economic hub. A composite quality of life index effectively conveys critical information to policy makers, but generating a user-friendly, longitudinally comparable, aggregate index poses methodological challenges. We present a data-driven approach.

Methods: We pool all five QoL datasets (n = 105746), and implement exploratory factor analysis (EFA) on a theoretically guided subset of variables (n = 55) covering objective and subjective quality of life. We use the emergent factors to propose a set of theoretically and conceptually salient dimensions. To test longitudinal comparability, we run confirmatory factor analysis (CFA) on each constituent dataset, and iteratively adjust the model as necessary. Finally, we assess competing approaches to aggregating dimensions into a composite QoL index for Gauteng.

Findings: We demonstrate that EFA on our pooled dataset followed by CFAs on constituent datasets generate a unified model with salient dimensions (for example social class, access to infrastructure, and health) that allow the examination of trends. Eigenvalue-weighted aggregation of the dimensions yields a user-friendly composite index.

Discussion: Our data-driven approach to generating meaningful and longitudinally comparable dimensions provides policy makers with an accessible gauge of trends in multiple aspects of quality of life. In a resource-constrained, emerging country context this can facilitate policy prioritisation and planning. In addition, the composite index provides an informative aggregate measure of quality of life.

**Satisfaction pays. Using internal instruments to estimate the causal effect of satisfaction on income**

Susanne Elsas  
*University of Bamberg, Germany*

Caspar Kaiser  
*University of Oxford, UK*

Since people pursue happiness, research often concentrates on happiness as an outcome of human activity. In the last years though, evidence emerged that happiness promotes health, sociability, careers and productivity. Yet, most of these insights are gained from correlation
analyses or experimental research, and usually the focus is on hedonic or affective components of subjective well-being. These insights are thus not directly transferable to evaluative aspects of well-being, which manifest in answers about satisfaction. The distinction between affective and evaluative aspects of well-being is especially important in this context, since one might suspect a diametral relation between satisfaction and effort, i.e. that dissatisfaction is the impetus for effort and satisfaction the reason to relax.

If satisfaction has a causal effect on income, previous estimates of the effect of income on satisfaction will have suffered from reverse causality. Using German SOEP data (\( \sum_{i=1}^{n} t_i = 227,883; n=44,999 \)), and relying on identification via Lewbel instruments, we therefore estimate the causal effect of satisfaction on equivalized income. We analyze the effect of life satisfaction and of income satisfaction, of lagged and contemporaneous levels of satisfaction and deviations from individual baseline satisfaction. As outcomes we consider annual and monthly net household income. Results indicate that satisfaction has a positive effect on income. This then implies that estimates of the effect of income on satisfaction are indeed biased from reverse causality. To shed light on the causal mechanism, we analyze in a further step how this effect is mediated through household formation and changes in productivity and effort.

**Scientometric insights on Applied Research in Quality of Life (ARQOL)**

Christian Weismayer
Ivo Ponocny

*MODUL University Vienna*

State the primary objectives of the study; including the main research questions; aims or theory. Over the years, topics in the field of quality of life (QOL) research change. Some undergo an all-time high, others already disappeared in the past because of a loss of attention, yet others are at the beginning of their lifetime and might have the power to influence areas tackled within the upcoming decade(s). However, the problem lies in the difficulty to grasp their longitudinal development over a long period of time in detail. Regularly screening the increasing number of papers upon emerging topics by means of manual content analysis is time-consuming. But
information on which topics arise is highly valuable, e.g. for journal editors and conference organizers to frame special issue topics or conference calls. Likewise, researchers from different fields could easily review the actual progress of specific topics being of shared interest and in this way identify potential interdisciplinary research collaborations. Summarized, a broad audience would benefit from dense aggregated information on the development and preview of QOL topics.

For the abstract at hand, a text mining algorithm was used to reveal latent semantic topics from papers published in the “Applied Research in Quality of Life (ARQOL)” journal. Since its emergence, 50 issues containing 677 full papers have been published. Titles, abstracts and KEYWORDS were collected and analyzed with the focus on topic detection. This automated solution provides insight into the journal’s research topics developments from 2006 to 2018. Results from the proposed approach uncover, among others, trends over time and give a first outlook into newly emerging topics.

How the concept of wellbeing changes and how to measure it: the case of Italy

Barbara Baldazzi

*Italian National Statistical Institute*

Fabio Bacchini

*Italian National Statistical Institute*

Miria Savioli

*Italian National Statistical Institute*

Alessandra Tinto

*Italian National Statistical Institute*

One of the characteristics of the equitable and sustainable well-being (BES) framework in Italy is that it is a measurement system widely shared at national level and adopted following an in-depth discussion with thematic experts, statisticians and representatives of the social partners and civil society. In 2011 a national survey was carried out on citizens. The results contributed to the final definition of the 12 dimensions of the BES.
After 7 years, the concept of equitable and sustainable wellbeing and its measurement has found ever wider spaces in the public debate, until the introduction of a selection of indicators in the process of defining economic policies.

The growing attention to these issues has suggested the opportunity for a new survey, carried out in 2018, on the importance given by citizens to the different dimensions of well-being carried out in 2018.

What are the relationships between perceived well-being and other dimensions of well-being?

The results of the survey has confirmed an high degree of heterogeneity in the ranking across the households. In this paper we explore these characteristics together with their relevance for a fine-tuning of the policies.

**Effects of social situations to life-satisfaction**

Sakari Kainulainen

*Diaconia University of Applied Sciences*

Satisfaction with life varies greatly according to what kind of living conditions a person lives. One question does not provide information on how satisfied people are in different areas of life. In the city of Kuopio, a 3X10D Survey was developed by Sakari Kainulainen to describe situations in key life areas in multi-professional work. A mobile version of 3X10D survey was built for young people. The mobile tool was piloted in autumn 2018 within the students of one university. More than 700 self-estimates were done during the autumn. About 200 students made their self-assessment two or more times. In the pilot we also asked with whom the respondent was during the previous hour, what he/she did and where he/she was. In the presentation 3X10D survey will be described and results will be shown. Two research questions will be answered: 1) how much the 3X10D instrument varies in different dimensions during the autumn; and 2) are the results related to the social situation of respondents.
The measurement of perceived quality of life (QOL) using a diversity of scales: do they measure the same?

Dries Verlet  
*Statistics Flanders*

Jan L. Bernheim  
*Statistics Flanders*

Marc Callens  
*Statistics Flanders*

Peter Theuns  
*Statistics Flanders*

Ann Carton  
*Statistics Flanders*

Background. QOL measures are many and lack a common theoretical framework. However, there is some broad agreement on indicator dimensions and on global uni-scales.

Methods. We use subjective well-being data from the 2018 “Social-Cultural Survey” in Flanders, with approx. 1300 respondents. In addition to the face-to-face interviews, several written questionnaires were responded to. Data collection will be completed by the end of 2018.

Inspired by the OECD guidelines, we included a wide range of measures of subjective well-being. Differences between measures of SWB include whether they address satisfaction (the cognitive aspect) or affects (state of mind and emotions), and do this by single scale (e.g. general life satisfaction or happiness) or multiple-item-scales (e.g. satisfaction with life scale). Conceptually, scales also differ according to the reference standards used by respondents. For example, the Anamnestic Comparative Self-Assessment-scale (ACSA) uses internal and concrete standards (the best and worst periods of life) rather than external and abstract ones. We also take into account a wide range of socio-demographic variables in order to identify important predictors of general SWB.

Findings. The analysed data will be available by mid-summer.

Discussion. We expect to find clues to the following questions. To what extent do the several scales measuring subjective well-being correlate with each other? Can we identify several latent
dimensions in the different scales? Are there differences among scales covariated with the socio-demographic characteristics of the respondents?

Happy truths about Happiness scales: A response to Bond & Lang

Caspar Kaiser
University of Oxford

A forthcoming paper by Bond & Lang (B&L) in the Journal of Political Economy ("The Sad Truth about Happiness Scales") gives a result which is potentially devastating to happiness research. B&L show that comparisons of means of happiness across two groups are almost always impossible without parametric assumptions. Crucially, B&L further show that results obtained by assuming that latent happiness is normally distributed (as in "ordered probit" regression) can be reversed when instead assuming that latent happiness has a particular left- or right-skewed log-normal distribution. Therefore all results that rely on subjective data are reversible. However, empirically Bond & Lang confine themselves to scales with maximally four response options.

I make three contributions. First, I extend Bond & Lang’s empirical results and estimate reversal conditions for a large set of variables (e.g. income, unemployment, marital status, religiosity, age, sickness) with more commonly used data sets (GSOEP, BHPS & UKHLS, ESS). Second, I show that these reversal conditions are often implausible because they yield distributions in which means are driven by small numbers of individuals whose happiness exceeds the happiness of most others by several orders of magnitude. The reversal conditions also typically imply that means are located at very high percentiles (>90th), making means a dubious measure of a population’s welfare. Third, by estimating reversal conditions for variables for which we have strong prior beliefs about the direction of effects (e.g. sickness, spousal death), I set bounds on plausible reversal conditions for more contentious variables like income or unemployment.

The image of successful specialist as a subjective indicator of the quality of life
The image of a successful specialist implies a set of representations and expectations that are related to future professional activities, as well as the quality of life. The notion of an "image of a successful specialist" correlates with the meanings of how a person sees himself in a given profession, how he behaves, what kind of skills he will show, whether he will succeed, what kind of relationship will develop with the team.

The image of the profession as an internal formation is generalized. On the one hand, it reflects the formation of professional consciousness as a subjective, personal process. On the other hand, it corresponds to the specific content of a particular professional activity. We understand a set of ideas and expectations related not only to the future profession, but also to the way of life and the quality of life under the image of a successful specialist.

The results of our empirical research on a sample of 150 people indicate the following:

The image of a successful specialist is not permanent. It changes, undergoes transformations in connection with the appearance of new types of a professional position, professional development programs, types of labor activities. Previously, the ideal image of a successful specialist was largely associated with the professional biography of famous people who were idols and who could be imitated. Nowadays, the ideal image of a specialist has been largely replaced by an "ideal way of life".

The characteristics of a successful specialist significantly correlate with the characteristics of the image of the professional future and subjective indicators of the quality of life.

KEYWORDS: The image of a successful specialist, the image of the professional future, the way of life, the quality of life.

How to Translate “Happiness” in Chinese? An Empirical Comparison of “Xing Fu” and “Kuai Le.”

Gang-Hua Fan

Soochow University, Taiwan
Background: Happiness is one key measure of Subjective Well-Being. It was translated as either “xing fu” (幸福) or “kuai le” (快樂) in Chinese. These two Chinese terms were usually regarded as synonyms and used interchangeably in well-being research. Nevertheless, they could measure different aspects of subjective well-being. Accordingly, this study intends to empirically compare these two measures. Methods: Data used in this study is drawn from The 2018 Survey of San Shia and Ying Ge, consisted of 869 adult respondents residing in these two districts in New Taipei City, Taiwan. Both binary correlation and multiple regression are employed to examine factors associated with these two indicators of well-being. Findings: Analyses show that, “xing fu” and “kuai le” are only moderately correlated (r=0.54). While “xing fu” is more associated with objective social role such as gender, religion, marital status, and family income, “kuai le” is more associated with subjective sociability, trust, and sense of control. Discussion: Analyses in this study suggest that when “xing fu” and “kuai le” are both used as the translation of “happiness,” these two Chinese terms may measure different aspects of well-being for Chinese people. The former are more related to individuals’ object social position or roles, and the later are more associated with subjective disposition or affect. Well-being researchers in societies using Chinese language should note this difference. Further research and discussions are needed in order to decide which term is better for the translation of “happiness” in Chinese.

KEYWORDS: happiness, measurement, Chinese translation

Applications of composite health measures – A comparison between different approaches

Curt Hagquist

Karlstad University

Background: By relying on multiple items composite health measures are supposed to increase the reliability and the validity. The purpose is to study how different procedures to construct and apply composite health measures may impact the outcomes from trend analyses.

Methods: Swedish data from the international Health Behaviour in School-aged Children study (HBSC) are used. Data about 15 year old students are used from six consequent surveys from
1993/94 to 2013/14. The data set comprises a total of 9902 students. Data were collected anonymously in schools with a questionnaire.

The HBSC Symptom Checklist (HBSC-SCL) consists of eight items on somatic and psychological symptoms. Five response categories are ordered in terms of implied frequency. Three different measures were analysed and compared: A summary measure of central tendency (mean), a summary measure of position (cut off on/above 90th percentile) and a criterion measure (“at least two symptoms more than once a week”).

Findings: While the proportion of both boys and girls with higher degree of psychosomatic symptoms increased over time, the mean values among boys did not. The increase was cancelled out by a simultaneous increase of lower degree of psychosomatic symptoms. Comparing a measure based on a summation of all items with a measure based on a selection of items showed different shapes of the trends.

Discussion: Changes across time of the dispersion of the data may distort trend analyses. Summary measures using cut off points are preferable to measures of central tendency as well as criterion measures.

Philanthropic Responsiveness: An Informed Governance Model for Decision-making

Patsy Kraeger, PhD
Georgia Southern University

Philanthropic organizations contribute to important work that solves complex problems to strengthen communities. Many of these organizations are moving toward engaging in public policy work, in addition to funding programs. This paper raises questions of legitimacy for organized philanthropy (i.e., philanthropic foundations in a pluralistic democracy. Philanthropic literature has focused on criticism relating to accountability and transparency in relation to the criticisms surrounding philanthropy as a legitimate actor in the public policy arena. Earlier work by Kraeger and Robichau (2017), a developed a model looking at strategic measurement and stakeholder engagement to examine philanthropic accountability Kraeger, in this paper expands the model to shift from accountability to responsiveness and community participation. Communities are defined and expanded beyond grant-recipients. Kraeger argues that organized
philanthropy should seek be responsive to communities in developing a public policy agenda that is meaningful for community change. This paper suggests a new paradigm, called philanthropic responsiveness as governance model, which does not suggest shared governance but informed governance in decision-making. The Philanthropic Responsiveness Model can be empirically tested and used as a governance tool.

KEYWORDS: Philanthropy, Organized Philanthropy, Accountability, Transparency, Community Responsiveness, Community decision-making, Community quality of life
NEW UNDERSTANDINGS AND MEASURES OF PROGRESS

Building a policy relevant resilience indicator for EU regions: From theory to practice

Elisabeth Joosens
European Commission, Joint Research Centre (JRC), Ispra, Italy
Slavica Zec
European Commission, Joint Research Centre (JRC), Ispra, Italy
Anna Rita Manca
European Commission, Joint Research Centre (JRC), Ispra, Italy
Peter Benczur
European Commission, Joint Research Centre (JRC), Ispra, Italy
Balint Menyhert
European Commission, Joint Research Centre (JRC), Ispra, Italy

In the last two decades, the EU society has been exposed to many challenges such as demographic ageing, migration pressure, financial and economic crisis, climate changes and transformations of geopolitical equilibrium. These developments require a fit and resilient society, able to adapt to new situations. This goal is to operationalize the concept of regional resilience using a novel approach, which goes beyond standard economic dimensions and keeps track of social inclusion, social capital and quality of life in general.

Concentrating on the financial and economic crisis (2008-2012), we analyse the dynamic response of EU NUTS2 regions. We implement a three-step methodology to (i) select a list of 24 economic and non-economic indicators that span the entire process of societal well-being production, (ii) compute resilience indicators as the joint dynamic response to the crisis and, finally, (iii) look at characteristics that differentiate resilient regions from non-resilient ones.

Results show substantial heterogeneity across the region. Resilience performance is different between the reaction in the immediate aftermath of the crisis and in the longer run. Moreover, results confirm the importance of expanding to a broader list of variables. Finally, they highlight the country and regional pre-crisis features, such as private sector credit flows and the gender employment gap, as significant predictors of resilient behaviour.
Does generalized trust moderate the effect of relative income on happiness?

Hiroko Osaki
The University of Tokyo, Japan

Background: According to the relative income hypothesis, individual happiness depends on the comparison between one’s own income and the income of others. However, few studies have discussed solutions to address the gap in happiness between people who perceive themselves to be richer or poorer than others. In this paper, we aim to examine our research question “Does generalized trust influence the effect of relative income on happiness?”

Methods: We estimated the interaction effects between generalized trust and relative income with OLS regressions based on Japanese microlevel data (N=6,377) from “Social Well-Being Survey in Asia.” As the method for income comparison, we adopted subjective relative income, which is the difference between one’s own income and the estimated average income of one’s classmates. We also used variables of subjective richer and subjective poorer to examine the influence of income comparison.

Findings: First, generalized trust moderated the effect of subjective relative income on happiness. Second, the moderating effect of generalized trust is not symmetric between richer and poorer comparisons, and on this point, the results were different by gender.

Discussion: Although we tend to compare our own income with that of others, in today’s society with its large income disparities, the gap in happiness between people feeling richer and poorer can be narrowed by forming a high-trust society. Conversely, a society with both large income disparity and distrust should be absolutely avoided because the gap in happiness through comparison with others is expected to widen in this context.

Bridging the gap between the Sustainable Development Goals and Happiness metrics

Leire Iriarte
El Buen Vivir
Laura Musikanski  
*Happiness Alliance*

Background: This research aims to better understand the interactions between the Sustainable Development Goals (SDGs) and happiness metrics. Despite the many efforts to measure happiness at various governance levels, there is not an agreed upon happiness index that institutions, governments, and communities use to gather and compare data. On the other hand, the SDGs, which have a set of global indicators do not explicitly consider happiness.

Methods: In this article, we construct an Aggregated Happiness Index (AHI) based on five relevant indices in use and applied at different governance levels. The AHI domains and indicators are benchmarked against the SDGs goals and indicators respectively using a grading schema.

Findings: Based on common domains and indicators from these indices, the AHI is composed of twelve domains, thirty-one indicators and distinguishes between objective and subjective indicators. Our analysis reveals that at the domain level the SDGs cover 66.7% of the AHI, however the coverage at indicator level drops to 48.6%. Major gaps are found in the domains of community & social support, subjective well-being and time balance. We found a lack of subjective metrics in other domains, including economic standard of living and health.

Discussion: We discuss the opportunities and drawbacks of approaching SDGs and happiness metrics separately or synergistically. Given the potential benefits of integrating both approaches, we propose the framework we term SDGs for Happiness composed of 18 indicators of which 61.1% are subjective that should be considered in addition to the SDG indicators to measure happiness within the SDGs.

**Balanced Socio-Economic Development Index and it Application for European Countries 1999-2015**

Krzysztof Zagorski  
*Kozminski University.*

Andrzej K.Kozinski
The paper presents a new Balanced Development Index (BDI), measuring socioeconomic development in 22 European OECD member countries during 1999-2015 period. (Note: This may be extended to 2016 or even 2017, should all needed data be available).

Integral to our index is equal treatment of social and economic as well as objective and subjective aspects of development. That makes the index unique as compared to several other composite measures of development. The whole project follows the approach “beyond GDP” but not “apart from GDP”. This approach takes the gross domestic product per capita as one of many economic and social indicators contributing to the index. In our case, 42 detailed indicators are aggregated into four composite middle-level indexes: external economic (characterizing functioning of national economies in their international surroundings), internal economic (characterizing various aspects of domestic economic conditions) social expectations (public hopes and fears concerning economic, political and social conditions) and current social condition (including both objective and subjective social indicators). These four middle-level indexes are subsequently aggregated into the general BDI index.

Changing levels of BDI and its four composite components as well as the relations between them are analyzed in addition to ranking the countries. The ranking by BDI is also compared to several other rankings, e.g. by GDP and by other measures of development, such as Human Development Index, Human Progress Index etc. Impact of BDI on individually measured feelings of happiness is assessed consistent with “economy of happiness” and “human flourishing” approaches. Conclusions emphasize the significance of social expectations and evaluations, as well as the balance between developmental aspects and further development.

Our main conclusions are that:

- the composite BDI characterizes changing socio-economic conditions during economic turbulences in different countries better than GPD alone;
- economic and social as well as objective and subjective components of socio-economic development are equally important;
• socio-economic development is stimulated by optimum (neither minimum nor perfect/absolute) balance between different domains of socio-economic conditions;
• the analysis of BDI components places national economies on two dimensions: emotional versus rational and dependent versus independent which are significant for developmental studies.

Using GNH to create better solutions for human well-being and wildlife conservation

Mark Hofberg
*International Fund for Animal Welfare*
Elizabeth Allgood
*International Fund for Animal Welfare*
Michael Moser
*University of Vermont*
Laura Musikanski
*Happiness Alliance*

Wildlife conservationists have learned that conservation is impossible without also involving the people who coexist with the animals. However, current practice tends to employ primarily economic incentives to change behaviour, which has led to inconsistent and unsustainable results. We believe this is a consequence of conservation practitioners either not understanding or not looking for community needs beyond surface economic needs.

We have combined research and current practice on measuring Gross National Happiness (GNH), a measure of human wellbeing, and modified it to be used by conservation practitioners to fully understand the unique motivations and needs of a given community and their distinctive relationship to wildlife and the environment. Combined with rigorous community engagement, using the survey will allow conservation practitioners to employ more sustainable and effective interventions with a holistic suite of incentives.

The researchers developed the survey tool by assessing existing GNH survey tools designed for populations of various scales and regions along with previous research which linked wildlife
conservation with the GNH by finding that many successful community-based conservation projects unknowingly incorporated many of the nine GNH domains into planning and implementation.

Future wildlife conservation projects can use this survey tool to develop structured, community-led plans that surface and incorporate vitally important but hard to ascertain factors that community members truly value and are absolutely essential to any intervention. Systematic adoption of human wellbeing indices will result in more efficient and effective impacts for wildlife and community members.

**Years of Good Life (YoGL): A well-being indicator tailored for serving as sustainable development criterion**

Wolfgang Lutz  
*International Institute of Applied System Analysis*  
Anastasia Lijadi  
*International Institute of Applied System Analysis*  
Erich Striessnig  
*International Institute of Applied System Analysis*  
Anna Dimitrova  
*International Institute of Applied System Analysis*

The world community has committed itself to the Sustainable Development Goals (SDGs) consisting of 17 goals, 169 more specific targets and 230 quantitative indicators. How should progress be assessed, given this wide-ranging set of partly overlapping and partly contradictory social, economic and environmental goals? A group of 15 independent scientists (of which Wolfgang Lutz is a member) has been charged by the UN Secretary General to do precisely this. While currently most of the work goes into the direction of large sets multi-dimensional dashboards and weighted indicators, this study propose the opposite approach by defining one quantitative indicator for overall quality of life whose change over time – with a long time horizon that does also allow for including feed-backs from environmental change - for any sub-population of humans can be used as criterion for judging whether there is genuine progress or not. Following a set of five explicit criteria that such an indicator should meet, we define this
indicator as Years of Good Life (YoGL). It is based on the fact that in order to be able to enjoy any quality of life one has to be alive. While life expectancy is at the basis of this indicator, the life years of good life also need to meet a minimum level of subjective and objective criteria of well-being. The objective variables considered are following Sen’s concept of capable longevity: being in acceptable health, being out of absolute poverty and being cognitively fit. The subjective life satisfaction needs to be above a minimum level. We include examples for how YoGL is being calculated and estimated empirically based on recent survey data in Thailand.

A classification system of what may happen to people: Measurement visions, and tasks for a political agenda

Ivo Ponocny

MODUL University Vienna

Christian Weismayer

MODUL University Vienna

Background: Surveying subjective well-being involves the evaluation of many different aspects and events of lives, whereby these aspects are usually not reported in detail. However, for policy as well as scientific purposes it would matter to know what actually makes persons satisfied or dissatisfied. Since this contrasts with the idiosyncratic character of human experience, a fine-grained classification system is constructed balancing the need for results on aggregate level as well as the demand to map concrete human experience underlying subjective well- or ill-being.

Methods: The classification scheme was derived via an iterative process of matching theoretical considerations to the data from 500 interviews about life (representative for 10 sampling spots in Austria) and 632 questionnaires with open questions about the best and worst things in life (random sampling).

Findings: For describing the most important influences on people’s subjective well-being, a multidimensional classification was needed, e.g. depicting a total of 44 dissatisfaction drivers as interactions between “objective” circumstances and individual emotional reaction, such as “loneliness after children have moved out”. Thereby, different reporting tasks required different levels of granularity.
Discussion: The classification allowed for reasonable coverage of what participants reported, but also summaries on quite specific levels. An implementation in public measurement would boost the options for policy recommendations, but also require political will to provide the assessment resources and well-designed assessment tools. However, well-being could be better connected to its immediate drivers, which would also allow for a fundamental reconsideration of social welfare functions.

Diversity acceptance: A new measure of human progress beyond GDP

Georgi Dragolov
Jacobs University Bremen, Germany
Regina Arant
Jacobs University Bremen, Germany
Klaus Boehnke
Jacobs University Bremen, Germany

Background: Influential trends like modernization, globalization, and migration, to a name a few, have confronted our societies with growing internal diversity. A lack of constructive approach to the latter can lead to social tensions and polarization, as implied by the Cultural Backlash theory. This renders diversity acceptance as an essential aspect of post-materialist human progress. Our contribution proposes a measure for diversity acceptance in modern, advanced societies and examines its importance for citizens’ well-being.

Methods: The project draws on data from a dedicated representative survey of the German adult population (N = 2,937) fielded in 2018. The salient diversity dimensions were identified using factor analysis. Dimension scores were calculated by taking the arithmetic average of the relevant items and subsumed into an index of diversity acceptance. We examine associations of the index with well-being measures using bivariate and partial correlations, the latter controlling for the GDP of the 16 German federal states.
Findings: First, we identify seven salient dimensions of diversity: religion, socio-economic disadvantage, gender, age, ethnicity, sexual orientation, and handicap (in ascending order of acceptance). Second, there is a clear divide between the former West and East German federal states, whereby citizens of the latter accept diversity less. Third, the index correlates negatively with the suicide rate, and positively with life satisfaction and happiness, regardless of the economic progress of the federal states.

Discussion: Our contribution emphasizes the need of modern societies to deal constructively with rising diversity, thereby fostering human happiness for everyone.
The Sufficiency Economy Philosophy (hereafter, SEP) has been bestowed on Thais in various occasions by His Majesty the King Bhumibol Adulyadej. SEP has been officially adopted in Thailand since the Ninth National Economic and Social Development Plan (2002-2006) as a guiding principle of national development and management (Now Thailand is using the Twelfth National Economic and Social Development Plan (2017-2021)). SEP reflects in the National Economic and Social Development Plan as to develop and manage the country in the middle path with moderation, reasonableness, and prudence. The ultimate goal of this adoption is to lead the country to sustainable development. There are some researchers introduce studies related to SEP, however, not so many of them focus on the application of SEP in public sector. This research aims to analyze and synthesize administration in public sector based on SEP, and to develop guidelines for public agencies to enhance their administration based on SEP. Data were collected by in-depth interview of top and middle management; and focus group discussion of supervisors and staff from six departments under the Ministry of Agriculture and Cooperatives. The statistics used were content analysis and descriptive statistics. The results reveal that all six departments under the Ministry of Agriculture and Cooperatives perform the basic level of SEP (sustainability), and a few departments also perform parts of the middle level of SEP (balance) and few of the top level of SEP (stability). Guidelines to enhance SEP administration to achieve happiness in society and the ultimate goal of peacefulness for all mankind, including some policy recommendations are also included based on our research findings.

KEYWORDS: Public Administration, The Philosophy of Sufficiency, Sustainable Development, Happiness, Thailand.
Folk Concepts of Happiness and Well-Being: Do External Conditions Matter?

Markus Kneer  
*University of Zurich*

Dan Haybron  
*Saint Louis University*

Background: To get an initial fix on the folk notions of happiness and well-being, we set out in three experiments to determine the relative impact of internal (psychological) and external (life conditions) factors on judgments employing a variety of well-being-related expressions.

Methods: English-speaking, US-based participants were recruited on Amazon Mechanical Turk, with samples of 239, 370, and 716 participants, respectively. Participants read vignettes describing individuals with varying combinations of good or bad internal or external conditions—for instance feeling gloomy and having a good job—and then assessed the individuals using one of eight well-being-related terms.

Findings: Some terms, like ‘happy’, were much less sensitive to external conditions than others, like ‘doing well’. Internal factors were dominant for all expressions, suggesting that lay views of well-being center on psychological concerns. All positive adjectives were somewhat sensitive to external factors, though ‘happy’ tracked external conditions only for about half the participants, suggesting possible ambiguity. Contrasts were stark for the comparatives, ‘happier’ and ‘better off’, with the former being completely insensitive to external factors.

Discussion: Folk ascriptions of happiness and well-being are highly sensitive to wording but exhibit significant regularities. Psychological states associated with subjective well-being appear to constitute the lion’s share of well-being, as laypeople see it, but external conditions also play a fundamental role. Happiness, by contrast, may be a purely psychological notion in lay thinking, though there is some evidence of ambiguity, e.g. with participants split on whether ‘happy’ is sensitive to external factors (but not about ‘happier’).

What is pluralism and why is it desirable for the study of well-being?
What is the appropriate method for studying something as complex as well-being? The sciences that investigate well-being use a huge variety of methods and metrics, and recently philosophers have explored the idea that no single definition or theory of well-being undergirds this variation (Mitchell 2018, Alexandrova 2017). This paper takes stock of the different senses in which well-being might be pluralist and makes a case for a pluralist methodology for well-being sciences.

We distinguish three senses of well-being pluralism. Many concepts of well-being are constitutively pluralist: they take well-being to be made up of several constitutive parts. But well-being might also exhibit conceptual pluralism if there are several competing concepts of well-being, which are each appropriately invoked in different contexts. Finally, we consider epistemological pluralism, the idea that the study of well-being should embrace a variety of methodologies: quantitative, qualitative, field, experimental, etc.

We make a negative case for epistemological pluralism, showing that existing unified approaches are indefensible and overly simplistic. Notably, we discuss "Origins of Happiness: Subjective Well-being over the Life Course" (Clark et al. 2018), which defends a single quantitative methodology based on life satisfaction data.

The positive case for pluralism is more difficult to secure, but we suggest that the study of well-being in the sciences assumes a degree of conceptual pluralism. The justification of a measure of well-being depends on its correlation with other, conceptually distinct, measures. This indicates that the credibility of a particular concept of well-being is conditional on the existence of competing concepts.

Easier Definition of Quality of Life through WHOQOL: Logical and Conceptual Analysis

Moosung Cho

Healthy City Research Center, Public Policy Institute, Korea University
Background: Definition consists of definiendum, the term that is defined and definiens, the term that defines. Definiens consists of essence and genus (Deslauriers, 2007; Soames, 2010; Hory, 2007). Many scholars and dictionaries have defined the quality of life. Every definition from diverse sources including Quality of Life Research of ISQOLS and Quality of Life Research Journal of ISQOL has the same logical structure consisting of essence and genus of quality of life as definiendum. WHO defines health as not merely the absence of disease or infirmity but physical, mental, social well-being. WHOQOL is instrument to measure quality of life (Skevington et al., 2004; Fang et al., 2011). WHOQOL-BREF has four conceptual domains: physical, psychological, social, environmental domain to categorize 26 items to measure quality of life. This provides important insights into defining the quality of life so that the audience can easily understand it. Defining quality of life more easily is a starting point for understanding and improving the quality of life more effectively and efficiently.

Methods: A literature review of major journals on quality of life including Quality of Life Research, an analysis of the content of definitions based on essence and genus, and a comparative study of my definition and definition of other scholars are conducted.

Results: The definitions of many scholars are identified and my definition based on WHOQOL is proposed.

Discussion: The claim that the definition of quality of life based on WHOQOL is easier than other definitions is logically explained from the findings.
Hope & happiness: How are different aspects of hope and subjective wellbeing related?

Emma Pleeging
Erasmus Happiness Economics Research Organisation, Erasmus University, Rotterdam, Netherlands

Job van Exel
Erasmus School of Health Policy & Management, Erasmus University, Rotterdam, Netherlands

Martijn Burger
Erasmus Happiness Economics Research Organisation, Erasmus University, Rotterdam, Netherlands

Background: How we perceive the future can greatly impact how we feel in the present. Even a currently positive situation is hard to bear when we know the future will be grim. Indeed, previous research has found that more optimistic and hopeful people have better mental health and are happier. However, both hope and happiness are multidimensional concepts, comprising emotion (i.e., anticipation and affect), cognition (expectation and satisfaction) and, to some degree, behaviour. Most public organisations measure expectations to get insight into people’s perspectives on the future. However, little is known about how different aspects of hope relate to different aspects of wellbeing. This study aims to get insight into these relationships.

Methods: Two-wave panel data of a representative sample of the Dutch population is used. Affect, life satisfaction, and overall happiness are measured to study wellbeing. Hope is measured using the Adult Trait Hope Scale, the Herth Hope Index, a single item hope-question and several questions to measure positive expectations.

Findings: Results show that positive expectations are relatively poor predictors of most domains of wellbeing, whereas the ATHS and HHI are stronger predictors. This indicates that the more passive character of positive expectations are further removed from wellbeing than a more agentic hopeful disposition.
Discussion: All found relations are positive and significant, indicating that how people perceive the future has an important impact on their wellbeing. Policies or interventions aimed at increasing wellbeing, would therefore benefit to consider the perceived future and sustainability of their efforts.

KEYWORDS: Hope, Happiness, Wellbeing, Mental health, Optimism

Social-psychological well-being and affective experiences in daily life: an ecological momentary assessment study

Nele Jacobs
Open University of the Netherlands
Marianne Simons
Open University of the Netherlands
Sanne Peeters
Open University of the Netherlands
Jennifer Reijnders
Open University of the Netherlands
Mayke Janssens
Open University of the Netherlands
Johan Lataster
Open University of the Netherlands

Background Social-psychological well-being is conceptualized as the ‘living well’ dimension of mental well-being, relating to fulfillment in the areas of life purpose, meaning, challenges and growth. Studies showed significant associations between social-psychological well-being and positive and negative feelings. However, in these studies positive and negative feelings were measured using retrospective questionnaires, lacking ecological validity. Therefore, this study examines the relation between social-psychological well-being and positive and negative affect as assessed in the flow of daily life.

Methods Using Experience Sampling Methodology, momentary positive and negative affect were repeatedly measured on 7 consecutive days in a sample of 99 adults (61% women,
Realization of values as determinants of satisfaction with life and health

Uriel Leviatan

*University of Haifa, Israel*

Background: Research revealed that degree of realization of values (ROV) is an important determinant of satisfaction with, and commitment to, life in organizations. Yet, very little research is available about the contribution of ROV to general life satisfaction and to health as compared to the contribution of two other important P-E Fit dimensions – satisfaction of needs (SON), and expressions of self-identity (EOSI). This is surprising as values were claimed as among the strongest determinants of human behaviors and attitudes many years ago (e.g. Rokeach, 1973). I investigate the relative importance of each of these P-E Fit dimensions as determinants of satisfaction with life, and with health.

Methods: A secondary analysis of data from about 100 residents of kibbutzim. A questionnaire measured general life satisfaction and satisfaction with one's health as dependent variables. Predictors in a multiple regression analyses were ROV, SON, EOSI, and demographic variables (socioeconomic, age, education).
Findings: 14.8% of the variance in 'Satisfaction with life' was explained by ROV: 'Freedom' (7.1%), and 'contribution to society' (7.7%), and 22.3% by demographic variables. Only realization of 'Freedom' entered the predictive formula of 'Satisfaction with health' (R=.224). None of the indices expressing P-E Fit of EOSI entered the formulas; neither did the indices of SON.

Discussion: the possible overlaps of the three P-E Fit dimensions and their meaning; the findings significance for the documented higher life expectancy of religious individuals, their relations to fanatic suicide bombers, the meaning of the findings for research of well-being and quality of life.

KEYWORDS: P=E Fit; values; satisfaction with life; health; kibbutz

Associations of healthy life style, personality traits and quality of life in early adulthood

Murtazina I.

Saint-Petersburg State University

Background: In the modern world, the problem of human health is becoming increasingly important. Health improvement and maintenance are the main conditions of a human positive development. The state of human health and lifestyle determine the quality of one’s life. According to the existing research results, various features of the Big Five can have different effects on a healthy lifestyle. In the present work we studied associations of healthy lifestyle, quality of life and personality characteristics among men and women in early adulthood.

Methods: Participants were 136 young men (51 males – 37.5%), M(age) – 17.86 years (SD=0.646). Methods used: Health Status Survey SF-36, Health-Promoting Lifestyle Profile (Walker), Big Five Inventory (John et al.).

Findings: We found that girls had more developed nutrition culture, were able to build constructive relationships with people; young men had higher physical activity. Girls had a higher level of self-awareness and cooperation. In men, a healthy lifestyle is associated with general health, vitality, mental health, strong-willed personality component, culture of communication, and desire for self-improvement. For women, healthy lifestyle was associated with the absence
of interference from health in functioning, vital activity, mental health, benevolent, culture of communication, openness to experience and desire for self-improvement.

Discussion: Study revealed statistically significant gender differences in indicators of healthy lifestyle, personality traits and quality of life. Physical activity, desire for self-development, high level of self-awareness, openness to experience, the ability to build favorable relationships with people and emotional stability provided higher scores of quality of life.

Evidence-based interventions to enhance personal well-being: A review

Pamela A. Jackson
Radford University, Radford, Virginia, USA
M. Joseph Sirgy
Virginia Tech, Blacksburg, Virginia, USA
Gabriel D. Medley
Radford University, Radford, Virginia, USA

This presentation involves an integrative review of the scholarly literature on personal well-being interventions. The review covers experimental evidence regarding the effectiveness of fifteen major interventions: using character strengths, expressing gratitude, cultivating hope and optimism, avoiding overthinking and social comparison, practicing kindness, nurturing social relationships, developing strategies for coping, learning to forgive, increasing flow experience, savoring life’s joys, committing to goals, practicing religion and spirituality, meditation, physical activity, and acting like a happy person. The effectiveness of these interventions is gauged using a variety of well-being measures such as positive/negative affect, life satisfaction, and eudaimonia. Supportive evidence for each intervention is discussed and interpreted in light of several possible mechanisms of action. This review also discusses factors that moderate the effect of well-being interventions on personal happiness: personal, intervention, person-fit, measurement/methodological, and contextual factors. Not only are personal well-being interventions effective in improving positive emotions, life satisfaction, and/or psychological well-being, there is also evidence to suggest they can decrease negative behavioral outcomes such as anxiety and depression. However, not all well-being interventions provide equal benefits
across all contexts. More research is needed to identify the general principles involved. In
addition, some interventions were not suitable for certain populations (i.e., depressed
individuals), and an in-depth evaluation of these interventions in specific populations is
necessary. Given the drawbacks of self-report measures, complementing subjective measures
with objective measures of well-being would benefit this line of research.

Time perspective and future time ambiguity as predictors of
psychological well-being of students.

Olga Strizhitskaya
Saint-Petersburg State University

Background: Transition from adolescence to adulthood is a complicated and important period
in one’s life. During this period one is to make multiple choices and to form lifespan trajectories,
one is to identify life goal to be evaluated at later periods such as career plans, marriage plans
e tc. Time perspective (TP) studies suggest that many possible trajectories may affect the TP in
general and cause feeling of future time ambiguity (FTA) that is associated with stress and
frustration. From stress studies we know that stress can have both positive and negative effect
on one’s functioning. Thus we hypothesized that students’ psychological well-being (PW) can be
affected by the intensity of FTA and characteristics of TP may moderate power of this effect.

Methods: Participants were 200 1-year students (50% males). Methods were time semantic
differential (Wasserman), emotional attitude to future (Ginsburg, mod. Strizhitskaya), scale of
psychological well-being (Ryff).

Findings: Results showed that for both males’ and females’ future time content (realistic events)
was limited by the age of 35 and their perceptions of older ages were abstract. Emotional image
of future time was moderately positive. Using cluster analysis we identified three groups with
different level of FTA: (1) low; (2) average; (3) high. We found that both low and high levels of
FTA predicted higher scores in PW. Lowest score of PW were found in average group.

Discussion: our results suggest that FTA can have both positive and negative effects on PW and
this effect has nonlinear curve.
Motherhood was studied from many perspectives: its cost for mother’s careers, the cost of having children, work-life balance, the effect of mothers’ provided childcare on children development etc. However there is a lack of studies of boredom experience by mothers when caring for their children.

Boredom is an emotional reaction to the environment that does not change or changes occur in a repetitive and highly predictable manner (Davis, Shackleton, Parasuraman 1983; 1). Boredom is caused by something repetitive, monotonous, predictable, too well known. It is also caused by the lack of the possibility of “escaping” from what is unchangeable, which is perfectly demonstrated by the studies of prisoners and animals kept in captivity (Meagher & Mason, 2012). Boredom turns out to be strongly related to the lack of sense of life, depression and anxiety. Just like the pain, boredom can have an alarming role, it signals to the person that she has found herself in a disadvantageous situation. People feel helpless, their thoughts wander, even their perception of time changes. In a state of boredom, it seems to be lengthening. Being bored, we tend to think that what we do is pointless (van Tilburg & Igou, 2012).

As Peter Stearns (2003) writes, boredom was initially associated with children who could get bored while performing important and by adults desired activities. Nowadays, children are more often indicated as a source of boredom. All the characteristics of boredom might be used for describing childcare and housework tasks. However, boredom with playing with a child, sometimes it is difficult to admit it. It is easier to combine the “boring” adjective with: ironing, cleaning, peeling potatoes, etc. That is why, in the study I analyse the internet forums devoted to the topic of the motherhood. Within the forums members of the forums discussed the issue of boredom of caring for a child, and doing housework. By using this method I am able to collect the useful, “natural” discursive data for the analysis. The internet forums have been found to be credible and relevant. The forums provide the point of view, and reactions to the arguments of the people representing opposite side in the discussion. As far as I know this the first example of using the method in boredom studies. In the paper I report the results of the qualitative analysis of the forums with respect to mothers boredom.
Happy country and unhappy country, what’s in their peoples’ mind? A cross-country comparison on the configuration of mental state

Hearan Koo
ISDPR, Seoul National University, Republic of Korea

Background: Contemporary subjective well-being (SWB) researchers are well aware that SWB is a multi-dimensional concept measured by affective and cognitive assessment of people’s life. Various factors such as positive emotions, negative emotions, psychological functioning, and social functioning, have been investigated as key components that constitute SWB. Very few researches, however, have been examined the inter-relationships among these factors. In this study, I conceptualize SWB as a ‘dynamic state of equilibrium of inter-connected system of affective and cognitive evaluation of one’s life. I, then, compare the mental state of general population in Denmark (one of the happiest countries in the world) and in Korea (the unhappy country).

Methods: Using the European Social Survey (collected in 2012) and Social Well-being Survey in Korea (surveyed in 2015), I apply the Bayesian network approach. Bayesian network approaches represent SWB as a complex system made up of interactions between individual variables. The strength of Bayesian network approaches is their ability to capture complexity and to graphically visualize conditional independence structure among variables.

Findings: The results reveal that depress, sad, calm, and joy are central in mind in Denmark, anxiety, sad, depress in Korea. They shows that negative feelings are strongly connected with positive feelings and functioning in Denmark, while they have weak connections with positive factors in Korea.

Discussion: These results provide meaningful insights to understand country variations in SWB. I also find the utility of network approach in modelling the structure of SWB.
QUALITY OF LIFE AMONG THE ELDERLY

Attitudes towards active aging and associations with elder impression and self-efficacy in old age life

Hui-Chuan Hsu
Taipei Medical University

Background: Active aging has been a policy trend responding to population aging around the world. The purpose of this study was to explore attitudes of active aging in different cohorts and to examine the associations of active aging attitudes with impression toward older adults and their self-efficacy in old age life.

Methods: The participants were recruited from the senior university students and the adults from the health centers in middle Taiwan. 272 persons completed the questionnaires, and they were categorized as younger, middle-aged, and older groups. Active aging attitudes were measured by 35 items. Impression toward older adults and self-efficacy of old age life in the future were examined.

Findings: Seven factors were extracted from active aging attitudes: Healthy and Secure Living, Age-Friendly Environment, Financial Security, Social Connection, Work and Care, Family Life, and Social Participation. Middle-aged group less emphasized on Family Life, and elder group emphasized Financial Security and Social Connection compared to the younger group. More emphasis on healthy living, age friendly environment, work and care, having elder friends, and rating better evaluation on old age policy, were related to more positive elderly impression. More emphasis on social connection, having better self-rated health, and rating better evaluation on old age policy, were associated with higher self-efficacy in old age life.

Discussion: Cohort differences may exist in attitudes of active aging. Attitudes of active aging may be related to elderly discrimination and cohort integration. Education of active aging concept is suggested to be given in early life course.
Well-being in different social and cultural life conditions in the elderly

Janna Glozman

*Lomonosov Moscow State University. Psychology Department, Moscow, Russia*

Valentina Naumova

*Vitus Bering Kamchatka State University. Petropavlovsk – Kamchatsky, Russia*

Background: A great problem of our days is an augmentation of the proportion of elderly population all over the world. A contradiction between possibility to use preserved potentials and absent or limited social conditions for its realization provokes the crisis of the social situation of development. The aim of this study was to search for possibilities and special conditions for mobilizing personal resources in the elderly.

Methods. The design of the study included 1) evaluating stage – a measure of personal subjectivity (PS): reflexiveness, level of the subjective control, of self-attitude and of self-actualization in about 200 subjects 65 – 80 years old.; 2) Training stage for subjects with low level of PS in a special environment – close thematic art-group; 3) Control stage – experimental study of personal dynamics after art-therapy using the same methods as at evaluating stage.

Findings. A new level of reflexiveness development permits individuals to overestimate social relations and to increase personal activity, to evaluate their own experience with a wide range of emotions, progressive strategies and life restructuring, indicating the subjective value of perceiving the new, unknown situation as stimulating and comfortable.

Discussion. An organized creative activity environment providing a purposeful activity and an adequate interpersonal interaction in a thematic art group becomes a dominant factor in mobilizing personal resources, creates a basis for meaningful everyday living, for realization of significant tasks, independent and voluntary life planning and participation in social life.

Acknowledges. The study is partly founded by RFFI project #18-013-00721
Quality of life among the elderly: a mobility perspective

Laura Ravazzini

*University of Neuchâtel, Switzerland*

Mihaela Nedelcu

*University of Neuchâtel, Switzerland*

Eric Crettaz

*University of Applied Sciences and Arts Western Switzerland – Geneva*

This contribution aims to establish how the transnational mobility of the elderly affects their quality of life. Adding to other important dimensions of quality of life, such as work, family, social network, material living conditions and institutional environments, this contribution highlights how short and long visits to foreign countries and transnational networks interact with the wellbeing of the elderly in their post-retirement life. We use data from a new short questionnaire designed to collect information about the mobility attitudes of retirees living in Switzerland. The sample includes people having reached the legal retirement age (63 for women and 65 for men) for a total of 350 individuals. We combine these survey data with seventeen semi-structured qualitative interviews to describe different mobility patterns Swiss retirees develop, along with the length and the meaning of their stays abroad.

Preliminary results indicate that independently from their previous migration background, their transnational network and their mobility during their active life, many respondents have a high quality of life during their retirement age in Switzerland and do not plan to migrate in the future. There are several reasons for this: they own a house, they are helping their children with their business, they are close to their family and they have a good access to health care. However, many respondents mention that their lifestyle and expenditures have declined after retirement.

This interesting finding contextualises the importance of the economic dimension for the quality of life of the elderly and for their intentions about post-retirement migration.

Well-being during the transition from work to retirement
We investigate the consequences of retirement from work for the overall well-being of individuals aged 50 and above. Well-being is captured by two different concepts: life satisfaction and agency-freedom (i.e. the evaluation of a person’s ability to do the things he wants to do and be who he wants to be). We use three observation periods of the Survey of Health, Ageing and Retirement in Europe (SHARE) and include nine European countries. The sample counts 62,082 observations (38,344 individuals) of at least 50 years old. A Fixed Effects estimation approach is used so that differences in (time-invariant) individual characteristics are taken into account. We control for changes in the financial and health situation of the individual and for the situation of the partner.

People report (on average) no immediately different level of life satisfaction when retiring, but after two years life satisfaction decreases compared to the beginning of the retirement (identified as Atchley’s honeymoon effect (1976)). If well-being is expressed as agency-freedom, well-being is immediately positively affected and this effect does not change after two years in retirement. Retired people have more time to do the things they want to do compared to when being when employed. For some older workers (i.e. those employed in a low quality job) retirement can be a relief from their employment situation, i.e. for them also life satisfaction increases. In summary, a policy for longer working careers is on average not detrimental for well-being, but some specific groups need a special treatment.

Fundamental Differences between Life Satisfaction and Happiness as measurement for Subjective Well-being: Perspective from Ageing Populations
Claimed to be a global retrospective judgement of one's life in general, researches show that most likely both life satisfaction and happiness are constructed only when asked and is partly determined by the respondent’s current emotion, memory, and by the immediate context. Whilst often being used interchangeably in reporting human well-being, the term life satisfaction and happiness are constructed and understood differently from socio-historical contexts. This study aims to explore the fundamental differences on both terms using mixed method; literature review and hypothesis testing on the positive correlation between life satisfaction and happiness as subjective well-being to three other dimensions of human well-being: of income, education, and health, among worldwide ageing population. We extracted longitudinal data from WHO Study on global AGEing and adult health (SAGE) 2007-2010 on adults aged 50 years and older (N>40,000) from China, Ghana, India, Mexico, Russian Federation and South Africa. In line with literature, findings confirm hypothesis that all variable are correlates; yet life satisfaction has better and steady correlation across country and can explain the fluctuation of three dimensions; compared with happiness. Further attempt in incorporating both constructs in measuring human well-being are suggested; with cautions on the intention and applicability of the measurement.

KEYWORDS: Happiness scale, Life Satisfaction scale, Subjective well-being, Quality of Life

Growing older with dignity: The nature and determinants of quality of life among older people in South Africa

Pranitha Maharaj

Professor of Population Studies and DST/NRF South African Research Chair in Economic Development, School of Built Environment and Development Studies, University of KwaZulu-Natal (UKZN), Durban, South Africa
Background: The world’s population is not only growing faster, it is also becoming considerably older. Like other developing regions, South Africa is currently experiencing a growth in the number of older people. It has one of the fastest ageing populations in Africa, with nearly 7% aged 60 and over.

As the basis for providing insight into the challenges and policy needs of an increasingly ageing population, this paper focuses on exploring the patterns and determinants of wellbeing among older people in South Africa.

Methods: Use is made of the nationally representative South African Social Attitudes Survey (SASAS). By pooling data from nine consecutive annual survey rounds conducted between 2009 and 2017, we examine the nature, trends and socio-demographic cleavages in patterns of personal wellbeing among 5,246 South Africans aged 60 years and older using the eight-item Personal Wellbeing Index (PWI) with the spirituality/religion domain included.

Results: The mean score for the PWI among those aged 60 years and older was 62.5 (± 16.4) on aggregate, ranging between 53.8 and 67.3 over the nine-year period. In terms of internal consistency, Cronbach’s $\alpha$ was 0.85 for the PWI on aggregate across all years, with the coefficient fluctuating between 0.81 and 0.88 over the years. The PWI showed a correlation of 0.75 with the “satisfaction with life as a whole” item (range across years: 0.66 – 0.77). As for construct validity, all domains made a significant unique contribution to overall life satisfaction, including the discretionary ‘spirituality or religion’ domain. The combination of both unique and shared variance by the seven domains typically explains 64 percent of the variance in ‘Satisfaction with Life as a Whole’. The eight domains also form a single factor and account for 50.4% of the variance among older persons in South Africa. Taken together, this suggests that the PWI has satisfactory psychometric properties among older persons in a heterogeneous society such as South Africa.

Multivariate analysis suggests that significant differences in PWI scores exist among older persons in the country, especially along class lines. The self-rated poor and those living in an informal urban settlement reported lower PWI scores. A positive educational effect was also observed. Even after controlling for these factors, clear racial differences in PWI continue to
exist, with older black African adults reporting lower scores on average than white adults. This
might be explained by differences in psychosocial, health and functional factors. Although, at
the bivariate level, lower PWI values were recorded among older women, the never married,
widowed and separated/divorced, as well and the unemployed, these effects fell away in the
multivariate modelling. These social-demographic attributes explained nearly a quarter (24.3%)
of variance.

Conclusion: Ageing issues need to be effectively integrated into programmatic and policy
interventions in order to ensure that the dignity and quality of life of older people is protected
and progress is made towards the Sustainable Development Goals.

KEYWORDS: South Africa – Active Ageing – Quality of life – Personal Wellbeing Index (PWI) – Life
Course

Quality of Life from an Older Adults Perspective within the Context of Active Ageing

Fermina Rojo-Perez

Institute of Economics, Geography and Demography (IEGD), Spanish National Research
Council (CSIC). Spain.

Gloria Fernandez-Mayoralas

Institute of Economics, Geography and Demography (IEGD), Spanish National Research
Council (CSIC). Spain.

Vicente Rodriguez-Rodriguez

Institute of Economics, Geography and Demography (IEGD), Spanish National Research
Council (CSIC). Spain.

Background: From a holistic approach, the Active Ageing (AA) paradigm is placed as the process
of optimizing opportunities for several pillars and determinants to enhance Quality of Life (QoL)
as people age. But little is known about the QoL in the context of active living in old age. This
paper aims at exploring the lay perspective of QoL among older adults living in different
residential settings in Spain.
Methods: A qualitative study with semi-structured in-depth interviews (58) and focus groups (6) to old men and women was carried out in 2017 in family housing, cohousing, long-term institutions and participants in senior centres. Content ant thematic analysis have been applied throughout Atlas.ti software. The interviews were coded based on the theoretical approach and the meaning of the emerging discourse.

Findings: Older adults do not report a QoL definition itself, but their understanding are articulated through different specific domains related with the AA pillars and determinants (behavioural, social network, participation in activities, health, residential environment and economic resources). In a lesser extent, some multidimensional discourses of QoL assessment are reported. The meaning of QoL and AA overlapped in a high proportion of older people’ speeches.

Discussion: These results will guide future research, deepening on the relationship between both constructs of AA and QoL, and will explore if differences according to residential settings and sociodemographic and other personal and contextual features emerge.


KEYWORDS: Quality of Life; Active Ageing; Lay perspective; Residential settings; Qualitative methodology; Spain

“I Feel (Not) Good” The Linkage between Welfare Positions and Life Satisfaction of Elderly Europeans

Bettina Isengard
Ronny König

University of Zurich, Institute of Sociology, Andreasstr. 15, 8050 Zurich (Switzerland)

The question of what makes people happy and satisfied has a long tradition in social science research. The measurement of objective living conditions as well as their subjective assessment is a well-established procedure for mapping social facts including the measurement of prosperity and well-being. Although previous research showed that resources as income and wealth are positively associated with well-being, little is yet known about the interplay of objective and subjective living conditions and their influence on life satisfaction.
Against this background, the paper aims to take a closer look at different areas of wellbeing and asks whether objective living conditions, their subjectively evaluation or both do influence the well-being of older Europeans. Drawing on data from the sixth wave of the Survey of Health, Aging and Retirement in Europe (SHARE) in 2015, our study on 30,000 respondents (50 years and older) analyzed the impact of objective and subjective income positions as well as their combination in 17 European countries.

Although the situation varies considerable across Europe, our empirical results show that most elderly Europeans are in general well-satisfied with their life. In addition, multilevel analyses confirm that both the individual objective income position and their subjective evaluation is linked to one’s life satisfaction. However, further analyses indicate that a mismatch of objective and subjective living conditions have a lasting effect on the quality of life across Europe and thus highlight the complexity between objective welfare positions and subjective well-being.

Active Ageing, Security and Quality of Life: a Qualitative Approach

Gloria Fernández-Mayoralas

Institute of Economics, Geography and Demography (IEGD), Spanish National Research Council (CSIC)

Background: This presentation aims at examining meanings of Security expressed in diverse contexts: older adults living in different residential settings, institutional managers and professional caregivers, and key informants from Civil Society Organizations (CSO) for older people, and to analyze its relationship with the determinants for an Active Ageing to enhance Quality of Life as people age, following the Policy Framework for an Active Ageing (WHO, 2002).

Methods: A qualitative study with semi-structured in-depth interviews (58 to older adults in family housing and co-housing, 19 to institutional managers and professional caregivers, and 15 to CSO key informants) and focus groups (3 to participants in senior centres and 3 in long-term residential institutions) were carried out in 2017 in several residential environments in Spain. Content and thematic analyses were applied using Atlas.ti software.

Findings: Residential environment and economic security were the most mentioned determinants by older adults. For those institutionalized, security was associated with support received. Caregivers associate security with avoidance of loneliness and health control.
Institutional managers related it to violence and abuse. And CSO linked it to autonomy, social networks and gender violence.

Discussion: Older adults elaborate discourses on security around the aspects defining their quality of life, while caregivers around the immediate attention. However, institutional managers and CSO key informants elaborate their discourses including concepts as dignity, prevention, protection and human rights. It is expected results will be useful for design public policies.

Acknowledgements: ENCAGE-CM Program, S2015/HUM-3367. ENVACES project, CSO2015-64115-R.

KEYWORDS: Active ageing, security, lay perspective, qualitative analysis, Spain


Jiehua Lu  
*Peking University*

Ran Guo  
*Peking University*

Keqi Liu  
*Peking University*

Health indicators are the key measurements of quality of life. Along with the accelerating of population aging process in modern China, health of the elderly is attracting more and more attention from academic communities. Based on the early literature about the discussion on health selectivity or expansion of morbidity of the elderly health in China, this study uses Chinese Longitudinal Healthy Longevity Survey (CLHLS) data and Age-Period-Cohort method to measure and estimate the changing process of health among the Chinese elderly. By exploring seven wave data including some principal indicators about the elderly health, such as average daily life (ADL), self-rated-health (SRH), mental health (Mental), cognitive level (MMSE) and frailty index (FI), we can achieve an overall view of aging health. From period perspective, we find that average health indicators in earlier years have little significant difference between the later
ones. Further analysis showed a deterioration in health index when the elderly grow older. In addition, the health levels of people in same cohort decreased with age. From cohort perspective, the changing process of six indicators showed selective problems. In other word, health selectivity exists in older cohorts, while expansion of morbidity exists in younger cohorts.

Lifestyle analysis for a better quality of life for elderly people with dementia

Arthur Drexler

*University of Innsbruck*

More than a third of the people over 80 are expected to suffer from Alzheimer's disease in industrialized countries in the future.

There are different concepts for the care of people with Alzheimer's disease. In Holland, the Hogewey concept with seven lifestyles has been known since the 1990s. Within the Hogewey approach, people live in a village that represents their lifestyle. That is because when people live in their familiar microculture, quality of life and a sense of security are enhanced.

With a view to adapt the Hogewey approach locally, this study presents typical Austrian lifestyles and includes a theoretical redefinition of the concept of lifestyles.

The starting point for the development of a survey instrument was the evidence base on "Eurostyles" and a cluster analysis by Richter (2006), which distinguishes 10 lifestyles among older people in Austria.

In addition, the theoretical model of Klages (1995), which defines three attitudes to life was used as a theoretical framework.

A questionnaire with 39 items and a 5-stage rating scale was developed for Austrian elder people based on this evidence and framework. The questionnaire was optimized in two steps and resulted in three prototype lifestyle groups (experience-oriented, pleasure-oriented and personality-oriented) and seven subgroups.

With the help of this standardized questionnaire, which is used to identify people's lifestyles, Alzheimer patients in Austria can be adequately cared for in an inpatient facility. It will be seen
whether the use of this questionnaire results in a better quality of life for dementia patients in Austria.
Utilizing Hip Hop Pedagogy as a Context to Enhance Student Community Quality of Life

Bryan J. Hains, Ph.D.
University of Kentucky
Kristina D. Hains, Ph.D.
University of Kentucky
Janela Salazar
University of Kentucky

Background: The art form known as Hip Hop was established in the 1970’s as an artistic response to social, political and economic oppression within African American and Hispanic communities within the United States. Originally, this “artivist” movement, or activism through art, allowed community members to critique social inequities through music. Fast-forward several decades, and university instructors have begun using Hip Hop as an educational tool to enhance student/community solidarity. The purpose of this study was to examine whether or not hip hop, as an educational pedagogy, could be a catalyst for perceived community change, inside and outside a collegiate classroom.

Methods: For this qualitative study, a holistic case study design was utilized. Our unit of analysis was a Spring 2018 “Lyricism and Leadership” course taught at a southern land grant university. The study population consisted of 25 undergraduate students and two instructors. Participant observation, semi-structured interviews, and course artifacts were analyzed utilizing separate coding by two researchers. Finally, data were triangulated to enhance credibility.
Findings: Results suggest that hip hop pedagogy can be a positive agent in deepening student engagement and community change while providing a voice for the voiceless. Employing this learner-centered approach created an educational space that encouraged inclusion, self-expression and student engagement. Students felt strongly they can indeed make meaning and engage their communities through Hip Hop.

Discussion/Conclusions: Our study focused on the unique experiences of students and instructors who utilized hip hop as a pedagogy for learning and community engagement. Ultimately, students communicated a strong sense of hope that Hip Hop could be a catalyst for community life quality. Further discussion includes evaluating multi-faceted applications of hip hop pedagogy and its impact on international communities, instructors and students.

Potential Advantage: Exploring the influence of personality on selection of well-being strategies amongst PhD students

Jennifer Gerson  
Warwick University  
Puja Laporte  
Warwick University  
Louise Gracia  
Warwick University  
Elena Riva  
Warwick University  
Nattavudh Powdthavee  
Warwick University
Background: Research has demonstrated that personality is one of the strongest predictors of subjective wellbeing. Research suggests that vulnerability and resilience to mental health and wellbeing issues may in part be associated with aspects of personality.

Drawing on these links, the Potential Advantage project explores whether personality traits moderate the relationship between the mental health/subjective well-being of PhD students and their choice of well-being activity. The project investigates whether students experience a forecasting error during activity selection, thereby choosing an activity which fits their personality, rather than a less ‘fitting’ and more uncomfortable choice which may be more beneficial for their mental health and well-being.

Methods: PhD students at Warwick University were invited to participate in the year-long study, which included online questionnaires, one-to-one interviews, and participating in well-being activities. Online questionnaires included measures such as the Big 5, life satisfaction, flourishing, the GHQ-12. 120 students participated in the project during autumn term (2018) and were given an open choice of activities. Additional recruitment will take place in spring term (January 2019), where students will be given nudges to pick a less ‘fitting’ activity choice.

Findings: Multilevel modelling will be used to determine whether the students involved in the project experience changes in subjective well-being and mental health over time, and whether these changes are due to participation in particular activities.

Discussion: This project seeks to make recommendations and develop strategies for universities and students to help manage mental health and well-being more effectively during the PhD journey.

Which factors support student wellbeing at university?

Prof Irma Eloff  
University of Pretoria, South Africa

Prof Tharina Guse  
University of Pretoria, South Africa

Background: This exploratory, qualitative study is investigating the factors that support student wellbeing at a large residential university in South Africa. The aim of the study is to gain deeper
understandings of the complexities of student wellbeing in the post-colonial era of tertiary institutions.

Methods: Data was collected in two phases. In Phase one, undergraduate students (n=2480) were interviewed to assess the factors that support their wellbeing during the first semester of the academic year. In Phase two, supplementary data were collected from 10 focus groups with undergraduate students in all faculties of the university during the second semester of the academic year, in order to further explore the factors that support their wellbeing. Data was captured by means of audio-recordings and transcribed. Data analysis was conducted by means of theme analysis.

Findings: Findings from the study indicate that student wellbeing is supported by a wide variety of institutional factors. However, two dominant themes emerged from the study: 1. The quality of the learning environment and, 2. The support of academic and non-academic staff members at the university.

Discussion: The findings from this study emphasize the importance of investments in high quality learning environments at universities. It also indicates the fact that university staff members play an integral role in student wellbeing, which extends well beyond the academic task.

Well-being of undergraduate students at a research-intensive university with large international population

Melissa Kovich MSN, RN, FNP-C, PhD student
Purdue University
Vicki Simpson PhD, RN, CHES
Purdue University

Background: The primary objective of this study was to measure and compare well-being of undergraduate students at a large public research university. Previous studies have identified differences in well-being among international and native college students. At this university, international students account for 14.3% of undergraduate students and 20.5% of total enrollment. To measure well-being, time spent in well-being activities by international and
native undergraduate students was examined. This study was guided by Seligman’s Well-Being Theory which identifies five constructs of well-being: positive emotion, engagement, relationships, meaning, and accomplishment (PERMA).

Methods: The relationship between well-being and residency status of undergraduate students at a large Midwestern university (N = 5010) was measured using data from the 2018 Student Experience at a Research University (SERU) survey. With over 300 questions, the SERU offers a systematic examination of student experience. Measures of well-being in the study included time spent in physical exercise, sleep, spiritual practice, community service, club participation, family, friends, media, entertainment, and studying.

Findings: Mann Whitney testing revealed significant differences in time expenditure of entertainment and media activities between international and native students with p=.000 and p=.003 at α=.05. No significant differences were noted between time spent in physical exercise, sleep, spiritual practice, community service, club participation, family, friends, and studying.

Discussion: Further research is needed to understand the relationship between well-being and residency status in undergraduate students. Factors that contribute to well-being should guide development of strategies to support well-being in all university students, whether they are native or international.

Teaching quality of life in an urban planning and management course

Javier Martinez

University of Twente

This study aims to analyse and present an approach for teaching and learning quality of life (QoL) in the context of urban planning. It discusses how the concepts of QoL and community well-being are related to the field of urban planning and how they can be incorporated in teaching. Following the scholarship of teaching and learning (SoTL), this study is contextualized and self-reflects on an MSc specialization on Urban Planning and Management (UPM). This UPM specialization emphasizes the relevance that QoL studies have to urban planning and policy by linking the need for a better understanding of QoL conditions with the concepts of equity and social justice. The present study relies on the critical analysis of courses carried out with a group
of international students in the last ten years. It includes the analysis of the learning outcomes and course evaluations. It discusses how the teaching of social indicators and qualitative methods helped students in the assessment of conditions and differential access to resources and opportunities in urban areas. It proposes a reflective an open spiral learning process where students are encouraged to define and operationalise spatial indicators to measure intra-urban QoL variations and to critically use context sensitive methods such as walking interviews. The presentation concludes with a discussion on the main challenges of this approach and suggestions for further research.

Positive-psychological interventions in educational organizations: key success factors and practical implications

Benjamin Berend, Dr. phil.

University of Trier, Germany

Michaela Brohm-Badry, Prof. Dr.

University of Trier, Germany

Background: An intervention concerning achievement motivation was conducted in six primary and two secondary schools. The intervention involved 25.5 hours of training. The training provided didactical guidance for teachers as well as exercises that were designed to strengthen students particularly with regard to their self-perception, perceived self-efficacy, attributional styles, social relationships and goal attainment. The two underlying hypotheses of the study predicted that: 1) student’s long-term achievement motivation would increase after the intervention and 2) student’s long-term wellbeing (flourishing) would increase as well.

Methods: Using a flourishing-scale and a questionnaire for student achievement motivation (Petermann & Winkel, 2007), surveys were undertaken in all schools (N = 800) at three measurement points (a pretest, a post test, and a follow-up test was conducted six months after the intervention). Both hypotheses were falsified in the empirical analysis (RM-ANOVA). As a
consequence of these findings, a subsequent qualitative investigation of written feedback from the participating teachers (N = 20) was conducted.

Findings: This analysis revealed five significant factors (teacher commitment, grade of effort, role of the students, project organization and methods of the intervention) which seem to be crucial for successful positive-psychological interventions in organizations.

Discussion: The presentation concludes with recommendations for an optimized design of positive-psychological interventions in educational organizations. Thereby, significant findings of systems theory and current change management research will be taken into consideration. Also, limitations of the qualitative analysis will be discussed.

University students’ subjective well-being: Does grit moderate the relationship between subjective well-being and stress?

Jennifer Gerson
*University of Warwick*

Anke C. Plagnol
*City, University of London*

Farhiya Ahmed
*City, University of London*

Background: Recent reports have indicated a trend in increasing levels of university student stress and decreasing student well-being. The present study investigates how grit, a personality trait focused on how goal-driven and persistent individuals are, moderates the relationship between student stress levels and university students’ subjective well-being. As there is also evidence that procrastination can add to this stress and Facebook is often used as a method of procrastination amongst the student population, this study further investigates whether Facebook use plays a role in this relationship.

Methods: We collected responses from 300 British undergraduate students at our own institution and through Prolific Academic. All responses were collected online. Our dependent
variables included life satisfaction, positive and negative affect, as well as eudaimonic well-being. Our key predictors included measures of stress, grit, procrastination and Facebook use.

Findings: Our regression analysis showed that stress was significantly associated with life satisfaction and affect measures but not with eudaimonic well-being. Grit was significantly correlated with all measures of subjective well-being. However, no significant moderating effect was found for grit. Passive Facebook use, which some students engaged in as a means of procrastination, was associated with lower subjective well-being.

Discussion: The findings contribute to our understanding of students’ well-being and show ways of reducing students’ stress levels by tackling procrastination.

Reading for Well-Being: Young Peoples’ Insights on Happiness from Three Works of Fiction

Jennifer C. Bermudez
Philippine Science High School and Foundation for Professional Training, Inc.

This qualitative inquiry seeks to help broaden the understanding of thirty (30) teen-age students on what constitutes learning, success and happiness, by engaging in reading three works of fiction over a period of eight months: Things Fall Apart by Chinua Achebe, The White Tiger by Aravind Adiga, and Please Look after Mom by Kyung Sook-Shin. Open-ended questionnaire, post-reading reflections and peer discussions show an accentuated understanding of the terminologies under study from which the following themes emerged: (1) learning can be achieved when there is authenticity with oneself; (2) success may not be measured solely by social prestige and financial gain but also by the satisfaction that one derives from engaging in honest employment, by cooperation, and by striving to work for the common good; and (3) happiness is rooted on acceptance and forgiveness, beginning with one’s family and the immediate community. The participants’ narrative accounts prove Kidd and Castano’s Theory of Mind (2013) which posits that literature may be utilized as a formative vehicle towards the development of sensitive minds and hearts, vital ingredients towards developing self-realization and openness to others. Efforts to foster reading as a leisurely pastime may be recommended as a means to overcoming negativity and encouraging inclusivity among young people.
Tools for happiness in the classroom: An applied course for college students.

Nicole Christa Fuentes Kraffczyk

*Universidad de Monterrey*

In 2016 the course “Actions for Happiness” was created, and offered for the first time at Universidad de Monterrey for college students. This work aims at presenting the content, handling of, and the positive impact this full semester class/workshop has on student’s emotional wellbeing.

The objective of this class is sharing with students science-based strategies they can incorporate into their daily lives to develop the ability of happiness, and improve their overall wellbeing.

During the semester, students cultivate habits of the mind, and behaviors linked to happiness and emotional wellbeing.

Through practical Positive Psychology exercises, and journaling students connect actions with their positive emotional rewards.

To evaluate progress, students measure their emotional wellbeing three times along the semester using the scales: Happiness, Satisfaction with Life Scale, and Emotional Wellbeing Scale.

Data is this study is comprised of student’s measurements from 2016 to 2018 –six groups of 20 students each-. Basic statistics analysis shows and improvement is participant’s happiness, satisfaction with life, a slight increase in the experience of positive emotions, and a decline in the experience of negative emotions.

In the future, data collected in this course will be correlated with overall student performance. It is predicted that a higher and healthier emotional wellbeing will be associated with higher grades, engagement, less absenteeism, and lower dropout rates.
Long-term care reform and life satisfaction of informal caregivers: empirical evidence from the Netherlands

Laetitia Dillenseger

Bureau d’Economie Théorique et Appliquée (BETA) and Erasmus Happiness Economics Research Organisation (EHERO)

Marie Blaise

Bureau d’Economie Théorique et Appliquée (BETA)

Background: In 2015, the Dutch system of long-term care (LTC) has been largely reformed. One major objective is the shift from residential care to non-residential care and the enhancement of informal care provision. While the reform is likely to strengthen the informal care provision and people’s social responsibilities, burden and psychological costs borne by caregivers are probably underestimated.

Methods: This paper analyses the consequences of the reform on the life satisfaction of informal caregivers. We compare the life satisfaction of caregivers who are not themselves in need of LTC (treatment group) before and after the 2015 reform using a difference-in-differences (DiD) strategy. We exploit data from the Longitudinal Internet Studies for the Social Sciences (LISS) panel. Our common sample includes 2,658 individuals and 7,974 observations.

Findings: Preliminary results show a negative effect on life satisfaction of working informal caregivers. Before the reform, the control group has, on average, a life satisfaction higher than the treatment group. Moreover, we observed that the difference between the control and treatment group is constant before the reform meaning that the parallel trend assumption is held.

Discussion: The major contribution of our work is to provide causal evidence on the life satisfaction reaction of caregivers to the introduction of the 2015 Dutch reform. Forthcoming research will take into account how caregiver life satisfaction changes due to the reform may be sensitive to the provision frequency and the type of informal care. Additionally, we explore the
different sources of heterogeneity among others gender, education level, household net worth.

Longer, More Optimistic, Lives: Historic Optimism and Life Expectancy in the United States

Kelsey J. O’Connor
Carol Graham
The Brookings Institution

How was optimism related to mortality before the rise in “deaths of despair” that began in the late 1990s? We show that as early as 1968 more optimistic people lived longer (using the Panel Study of Income Dynamics). The relationship depends on many factors including gender, race, health, and education. We then evaluate these and other variables as determinants of individual optimism over the period 1968-1975. We find women and African Americans were less optimistic at the time than men and whites (although this changed in the most recent years). Greater education is associated with greater optimism and so is having wealthy parents. We then predict optimism for the same individuals in subsequent years, thus generating our best guess as to how optimism changed for various demographic groups from 1976-1995. We find people with less than a high school degree show the greatest declines in optimism, which along with their long-run links to premature mortality and deaths of despair, highlights the importance of better understanding optimism’s causes and consequences.

KEYWORDS: mortality, optimism, expectations, deaths of despair, demographic trends, prediction
Happy obesity and unhappy obesity: the comparison of the relationship between happiness and obesity among Japan and China by panel data

Kazuma Sato
Takushoku University

Background:

Some studies have examined the relationship between obesity and happiness, showing that those who are overweight or obese are less happy. However, its relationship could change by the preference for the obesity in the society. For example, in the case of China, there is an idea that those who are fat are rich, bringing positive image to the obesity. This might lead that those who are overweight or obese are happier than people with normal weight. However, this relationship has not been examined yet because most of the previous studies used the data of western countries. The purpose of this study examines the relationship between obesity and happiness by using Chinese data. In the analysis, the Japanese data without the idea that a fat person is rich is also examined, comparing the results of those countries.

Methods:

The Data used in this study is “Preference Prameters Study” carried out by Osaka University. We use the panel data of Japan and China. The following three analysis are implemented: (1) the effect of obesity which is grouped by BMI on the happiness, (2) the effect of time discount rate on the obesity, (3) the effect of obesity on the self-assessed appearance.

Findings:

There are three findings. First, while those who are obesity in Japan are less happy, those who are obesity in China are happier than normal weight. Second, in case of China, those who are the low time discount rate are more likely to be obesity. On the other hand, in case of Japan, those who are the low time discount rate are less likely to be obesity. Finally, in case of Chinese male, those who are obesity recognize themselves as good looking.

Discussion:

The above result indicates that persons in China, especially for male, have positive preference for obesity, showing that difference in culture causes the difference in impact on happiness.
Relationships between physical activity level and satisfaction with physical appearance, perceived health and affective well-being

Brajša-Žganec, Andreja
Ivo Pilar Institute of Social Sciences, Zagreb, Croatia
Prizmić-Larsen, Zvjezdana
Washington University, St.Louis, USA
Ljiljana Kaliterna-Lipovčan
Ivo Pilar Institute of Social Sciences, Zagreb, Croatia
Maja Tadić-Vujičić
Ivo Pilar Institute of Social Sciences, Zagreb, Croatia
Tihana Brkljačić
Ivo Pilar Institute of Social Sciences, Zagreb, Croatia

Background: The study examined the relationships between physical activity level and satisfaction with physical appearance, perceived health and affective well-being. Data were collected from the research project on well-being in Croatia (CRO-WELL project).

Methods: The sample, N=2460, consisted of adult Internet users who completed an on-line survey. Participants rated their satisfaction with physical appearance and their health status. Well-being was assessed by The Scale of positive and negative experience and participants reported how much they experienced positive (6 items) and negative feelings (6 items) over the last month. Two physical activities frequency measure were used, i.e. how many days in a week participants were engaged in a vigorous physical activity such as fitness and sport, as well as in moderate physical activity such as walking and gardening. Personality, demographic variables, and objective measures of health were reported and controlled in analyses.

Findings: The results of regression analyses showed that satisfaction with physical appearance was predicted positively by both measures of physical activities. Satisfaction with health was only predicted positively by engagement in a vigorous physical activity. Concerning the affective well-being, only moderate physical activity had predictive role in experiencing positive feelings.
over the last month. Neither measure of physical activities had predictive value for experiencing negative feelings over the last month.

Discussion: The findings of the study highlight the differential role of vigorous and moderate level of physical activities in person’s life and helps in an understanding of their relationships with different measures of well-being, perceived physical appearance and health.

A glance on how persons with dementia, cerebral palsy and intellectual disability see their QOL

Ana Patricia Antunes
Faculdade de Motricidade Humana, Universidade de Lisboa, Portugal
Daniela Pereira
Faculdade de Motricidade Humana, Universidade de Lisboa, Portugal
Sofia Santos
Faculdade de Motricidade Humana
UIDEF – Instituto da Educação, Universidade de Lisboa, Portugal

Background: Quality of life (QOL) encompasses a number of different factors that can be measured through a set of domains with an associated number of indicators for each. It involves both objective factors and subjective perceptions. Measuring QOL for different populations is a complex task, especially for those who have some kind of disability that affect reasoning and communication. Further, QOL’ instruments are increasingly being used to evaluate both personal outcomes and interventions and therapy outcomes. Our goal was to assess how QOL is perceived by specific subgroups with disability, compared with typical peers, aiming to contribute to more effective supports and interventions. Methods: For this, different samples were assessed: 60 elderly (30 with and 30 without dementia) with more than 65 years, 169 adults with ID and significant supports needs and 90 without ID, between 18 and 83 years-old, and children between 9 and 12 years-old, with (n=10) and without (n=10) cerebral palsy. QOL was measured by three different (Portuguese version) scales specific to each group of participants: DEMQOL, San Martín Scale and the CPQOL - Cerebral Palsy QOL, respectively.
Findings: The results highlighted higher QOL for people without support needs/disability with most domains presenting significant differences. Discussion: Results provided us insight about integrating unmet needs, in order to enhance personal outcomes, to develop interventions to improve QOL and identify who may be most likely to benefit. Future agenda should put these findings into action supporting independent functioning, social participation and well-being, through high quality care.

KEYWORDS: Quality of life, Cerebral Palsy, Intellectual disability, Dementia

Measuring SF-6D and EQ-5D in older adults receiving home care

Maria Bjerk
Oslo Metropolitan University, Department of Physiotherapy, Norway.

Therese Brovold
Oslo Metropolitan University, Department of Physiotherapy, Norway.

Jennifer C. Davis
University of British Columbia, Faculty of Management, Canada.

Astrid Bergland
Oslo Metropolitan University, Department of Physiotherapy, Norway.

Background:

Health-related quality of life (HRQOL) is an important outcome in older adults. Falls are associated with great burdens and reduced HRQOL. Home care recipients fall more frequently and have lower quality of life. Conducting effective interventions to prevent falls in this group is essential. In health research there is a lack of studies exploring the two preference-based measurements SF-6D and EQ-5D in frailer older adults. The aim of this study was to examine the agreement between SF-6D and EQ-5D in this population.

Methods:

The study is a secondary analysis employing longitudinal data from a randomized control trial on a falls prevention intervention. 155 participants were included in the trial. Measurements were carried out at baseline, 3 months and 6 months. HRQOL was measured by EQ-5D and SF-
SF-6D was calculated from SF-36. Correlations and Bland Altman analyses were employed to assess agreement.

Findings:

The sample had generally low HRQOL. The index score of SF-6D and EQ-5D were highly correlated (0.71). Some subdomains were highly correlated, EQ-5D self-care with SF physical function (0.65), EQ-5D anxiety/depression with SF Role participation (0.61) and SF mental (0.71), and EQ-5D pain with SF Pain (0.71). The difference between the outcomes increased as HRQOL improved. EQ-5D was substantially more sensitive to changes in HRQOL.

Discussion:

The study contributes with new knowledge on the widely used SF-6D and EQ-5D. This information can be of importance to clinicians, health care managers and policy makers when developing and evaluating interventions to improve HRQOL in frail older adults.

Analysis of the Determinants of Mortality Risks of Chinese Centenarians in the Era of Longevity

Jiehua Lu

Department of Sociology, Peking University

Keqi Liu

Department of Sociology, Peking University

Ran Guo

Department of Sociology, Peking University

With the rapid socioeconomic development, Chinese average life expectancy has improved a lot for last decades. Now, China has shifted into an era of longevity. One significant feature of this era is the evolutionary change of population age structure, namely the numbers of people aged 80 and above, in particular the size of Chinese centenarians is increasing and their health status are attracting increasing attention from academic communities. 100-year-old and above is considered in their final years of and is definitely exposed to death risks. In order to further improve the life quality of Chinese centenarians, reducing or delaying old-age mortality, it is vital to explore major determinants of mortality risk of centenarians. By using Chinese Longitudinal
Healthy Longevity Survey (CLHLS), this paper employs Cox model to pinpoint the key influencing factors of death risk of Chinese centenarians. Our findings turn out that compared with the general elderly population, the mortality-risk determinants in centenarians are unique. The most important risk of the latter comes from their subjective and objective health status. The worse the health situation, the higher death risk is. Meanwhile, this rate is less affected by social and economic conditions. However, gender, marriage, residential factors and smoking habit all play parts in the death risk of centenarians. This study comprehensively understands the key factors of the death risk of Chinese centenarians, which is of great significance for reducing centenarians’ mortality risks and enhancing their health and well-beings.

KEYWORDS: Era of Longevity; Chinese Centenarians; Mortality Risks; determinants

Pictorial assessment of health-related quality of life and other psychological constructs. A systematic review.

Patrick Brzoska
Witten/Herdecke University, Germany

Tugba Aksakal
Witten/Herdecke University, Germany

Fabian Erdsiek
Witten/Herdecke University, Germany

Yüce Yilmaz-Aslan
Bielefeld University, Germany

Background: Health-related quality of life (HRQOL) is an important patient-reported outcome frequently studied in health research. It is usually assessed by means of standardized self- or interviewer-administered questionnaires. Prior to the use among migrants these questionnaires often need to be re-adapted. In population-based studies, this is usually not possible because of resource constraints. One strategy to overcome these challenges may be to employ nonverbal questionnaires which are based on pictograms and which can be administered in different populations with no or minimal need for adaptation. The present study examines available approaches for this purpose, also considering constructs other than HRQOL.
Methods: A systematic review was conducted in English and German using the databases PubMed, PsycInfo, CINHAL, EMBASE and SSCI in November 2018. Additionally, reference lists of studies identified were scanned manually for relevant sources.

Findings: Eleven questionnaires, e.g., assessing anxiety and intelligence, were identified that are at least partially based on pictograms. The respective formats, layouts and degree of pictorial assessment vary from drawings illustrating end-points of Likert scales to the use of picture stories with little text. Available HRQOL questionnaires are text-based or apply pictograms only as supportive visual elements.

Discussion: Currently, no inventory is available offering a pictorial assessment of HRQOL. The authors develop such an instrument in a current project. It is expected to allow an easier assessment of HRQOL in different populations independent of their language proficiency. In terms of routine use in clinical practice, it is expected to be superior to questionnaires presently available.

The institutional design of the MS of the EU and the health of its citizens

Amanda Godoy Bermúdez
University of Granada.
Manuel Correa Gómez
University of Granada.
Beatriz Fornell Puertas
University of Granada.
Carmen Fernández Aguilar
University of Granada.
Araceli María Rojo Gallego-Burin
University of Granada.
María Teresa Sánchez Martínez
University of Granada.
María Puerto López del Amo González
University of Granada.
Background: The first aim of this research is to analyse the differences by gender of the relationship between labour and property institutions and the health of the European population. The second aim is to contrast to what extent the Member States’ institutional quality is associated with their citizens’ health.

Methods: Database: EU statistics on income and living conditions (EU-SILC, which includes for the period 2011-2014 a total of 99,000 women and 91,000 men from 24 countries). Data analysis: A multilevel longitudinal logistic model, has been estimated, separated for men and women (year, individual and country accordingly). The intraclass correlation coefficient has been estimated. The software used has been STATA 15.

Findings: The energy poverty and the unemployment are two risk factors for men (62% and 34% respectively) and women (57% and 19% respectively). Not being a homeowner is a risk factor only for women (28%). Being in the first income quintile represents a risk factor for both, women (22%) and men (30%). The institutional quality of the State (lower perception of corruption) is related to a better perceived health (1,2%) for both men and women.

Discussion: The design of the labour and property institutions and the institutional quality of the Member States of the European Union is a relevant factor for the health of its citizens, which affects asymmetrically according to gender. This is the first international research that links the quality of the institutions of the Member States with the health of its citizens.

Exploring the concept of health-related quality of life for patients on haemodialysis in Saudi Arabia

Rima S. AL Garni

University of Dammam

Background: The concept of health-related quality of life (HRQoL) had been used as a patient reported outcome measure (PROM) in healthcare settings. It has been conceptualised and measured using validated instruments in the Western scientific community. However, in the
Saudi literature, the true meaning of this concept is still lacking. This study aims to define the concept of HRQoL, identify its key domains and conceptualise it as perceived by patients with renal failure and undergoing haemodialysis in Saudi Arabia.

Methods:

Design: qualitative research methods

Participants: twenty-two participants from a renal centre in the Eastern Region of Saudi Arabia

Data collection: In-depth semi-structured qualitative interviews

Data analysis: thematic analysis

Findings: Seven themes defining HRQoL emerged from the qualitative data; reflecting the subjectivity of the concept. The domains of HRQoL were the physiological, social, psychological, religious and vocational domains. Each of those domains was defined by determinants that affect other domains and the overall HRQoL. These were synthesised into a single definition, which incorporated all five domains. A model of HRQoL of patients undergoing haemodialysis in Saudi Arabia was developed explaining the relationship between the key domains and HRQoL.

Discussion: The concept of HRQoL is highly individual and is affected by the views of individuals living in a specific culture. It is affected by the social, cultural and religious backgrounds of those individuals. The assessment of HRQoL of patients on haemodialysis in Saudi Arabia requires a culturally-adapted instrument to ensure valid and reliable results to be used in decision-making and planning of care.
QUALITY OF LIFE AND HUMAN DEVELOPMENT

Autonomy and the good life. How the freedom to choose influences our subjective wellbeing.

Leonie C. Steckermeier
Otto-von-Guericke University, Germany.

Background: Progressing individualization exposes people to more opportunities and freedom to shape their lives according to their own expectations. Building on the capability approach I thus argue that not only an achieved functioning – such as financial security – is relevant to people’s wellbeing, but also the ability to choose whether and how to achieve that functioning. Distinguishing six basic goods – namely safety, friendship, health, financial security, leisure and respect – this paper investigates whether an individual’s life autonomy dampens the relevance of the basic goods for his or her subjective wellbeing (SWB). When an individual has little life autonomy over a basic good his or her SWB will be more strongly impaired by a low level in an achieved functioning in this domain.

Methods: The analyses are based on the 4th wave of the European Quality of Life Survey from 2016, covering about 36,000 individuals in 33 European countries using multilevel linear regressions.

Findings: The results suggest that people with high perceived autonomy report higher levels of SWB and score higher on all six basic goods. The positive effect the basic goods have on SWB is – consistent with the theoretical assumption – dampened by autonomy: The more autonomy people feel they have over their lives the less they suffer from a lack in the basic goods.

Discussion: The paper makes a case for considering people’s autonomy when investigating their quality of life. Especially multidimensional concepts of wellbeing would benefit from considering autonomy – either as an independent basic good or as a moderator between basic goods and wellbeing.

Child Poverty and Subjective Well-being in Sub-Saharan Africa
In this paper the evolution of Child Poverty and wellbeing measurement is described in order to articulate two interrelated propositions. First, given advances (both theoretical and empirical) in recent years, it is possible to delineate two different stages of poverty (and concomitantly wellbeing) analysis. The second one is that each of these stages rely on different approaches, methodologies, and theory. Finally, although distinct and providing relevant information for different aspects of wellbeing (or perhaps “expanding” the meaning of poverty), the two can be easily combined in order to provide a holistic view of wellbeing within a singular analytical framework which stresses the relationship between poverty and subjective well-being.

The paper is structured around each of these three propositions. First, a review outlining multi-dimensional (basic needs or material deprivations) poverty and subjective wellbeing is offered. This section explores in a bit more detail the contributions of what could be called “third generation” child wellbeing measurement, data collection, and monitoring (i.e. associated with subjective wellbeing and relational aspects of child and adolescent development).

Secondly, based on the description in the first part, it is established that these two approaches rely on distinct concepts, theoretical approaches, and philosophical foundations. Consequently, they should be measured separately and with different indicators.

Thirdly, a practical and innovative suggestion is made on how to integrate these diverse approaches to obtain an integrated framework to measure and gather knowledge on Child Poverty and subjective well-being. Simply put, multidimensional poverty and subjective wellbeing can (and should) be measured separately (with its own indicators, properly selected based on the theoretical underpinning of the “type” of poverty being measured) and only afterwards cross tabulated. Empirical examples with UNICEF’s Multiple Indicator Cluster Surveys (MICS) from different countries in Sub-Saharan Africa are presented to illustrate these points.

“Smallholder Farmer Access to Assets and Basic Needs Satisfaction: Evidence from Bangladesh, Ethiopia, Peru and Thailand”
Background: Little is known about the non-economic dimensions of small farmers’ well-being. The goal of the paper is twofold: firstly, to identify the main characteristics of smallholder farmers in terms of access to assets, and secondly, to analyse the relationship between the assets that small farmers in developing countries command and the levels of basic needs satisfaction they experience. The empirical investigation is based on the universal theory of human need (THN) developed by Doyal and Gough (1991).

Methods: The data analysed was collected in 2004 using a standard questionnaire with 1000 rural households in Bangladesh, 925 in Ethiopia, 540 in Peru and 753 in Thailand.

The following assets were considered: natural, human, physical, financial, social and institutional. Based on THN, ten categorical variables were identified as proxy indicators of lack of intermediate need satisfaction. An aggregate indicator of intermediate need satisfaction was computed at the household level.

Findings: The comparison of the household’s asset profile and the average levels of needs not met suggest an inverse relationship. Therefore, as expected for the wealthier countries, Thailand and Peru, the levels of needs not met are always lower than in Ethiopia and Bangladesh. In all cases the general result is that the degree to which intermediate needs are satisfied increases with the number of assets commanded by the household.

Discussion: Smallholder farmers are among the poorest and most food insecure people in developing countries. Knowing how they meet their basic needs provides insights for policy makers and uncovers this fact for countries exhibiting different stages of development.

Outlining universally accepted human values in constructing dimensions to measure human well-being: Historical perspective

Anastasia Aldelina Lijadi
What is universally accepted human values that define ‘a good life’? This study reports the literature review over five decades on universally accepted human values from multidisciplinary researches; with the goal to secure the acceptance of Years of Good Life (YoGL), a newly established human well-being indicator (Lutz, et al., 2018), to any population or a subgroup of population around the world. Being alive is the first dimension of this indicator; and having a good life is measured by having capable longevity (being in acceptable health, being out of poverty and being cognitively functioning) and overall satisfaction with life.

Human values serve as control for behavior that individuals deem important and worthy of having, keeping, and pursuing. We identify and select 14 human values from noticeable social sciences researchers, ranging from Allport-Vernon values based on cognitive process, Rokeach/Kahle’s social values, Schwartz, Max-Neef universal values, Wolfensberger Social role Valorization, the cross cultural values by the work of Triandis, Hofstede and Inglehart, to the capabilities theory by Sen/Nussbaum. Some theories have become obsolete overtime; some are re-evaluated and improved. The most recent basic values, such as values employed by Social Progress Index, are the abstraction and adaptation of capabilities theory, with focus on the attachment between human beings to their environment.

In conclusion, the human values serve as the ultimate end, as a guidance basic principle of human being for behavior, beliefs and achieving a desirable good life.

Previous studies confirmed that being alive is the universally important values of human being, even though it is not always stated implicitly. Being alive, having capable longevity, and overall satisfaction with life, as incorporated as dimensions in the Years of Good Life, has successfully abstracted numbers of human value into an ultimate end human well-being indicator.

KEYWORDS: capability theory, cross cultural values, human values, social progress, well-being indicator
Jeroen Boelhouwer

*The Netherlands Institute of Social Research*

**Background**

Since 2001 The Netherlands Institute for Social Research publishes a social report on request of the Dutch House of Representatives, focusing on the social and cultural aspects of Dutch society. In this report, ‘The social state of the Netherlands’ (SSN), the quality of life is described on the basis of a conceptual framework: we distinguish between resources (including income, education and psychological skills) and quality of life. Within qol we look at the objective life situation and at subjective wellbeing.

**Methods**

A most social reports the main objectives of the SSN is to offer a comprehensive overview of the life situation of the population as a whole using indicators for a number of socially and politically relevant domains and to provide systematic information on developments in various groups.

Each edition looks back 10 years; in 2017 we were able to look back 25 years.

**Findings and discussion**

Though the Dutch are happy (6th according to the World Happiness Report), there is a lot of dissatisfaction with government and policies. Also, people are complaining about the way we live together, about health and healthcare, about immigration and last but not least people dream about how good it was in the years before. Is that true?

Looking back 25 years, we show that the Dutch are actually better off today than they were in 1990. On every possible domain of life. However, there are groups lagging behind – both in life situation terms as in swb. Which groups are these? Does this lead to tensions in society?

---

**Walls of Glass. Measuring Deprivation in Social Participation.**

Nicolai Suppa

*Centre for Demographic Studies UAB, Barcelona, Spain*
Background: This paper proposes a measure for deprivation in social participation, an important but so far neglected dimension of human well-being. Operationalisation and empirical implementation of the measure are conceptually guided by the capability approach. Essentially, the paper argues that deprivation in social participation can be convincingly established by drawing on extensive non-participation in customary social activities.

Methods: The present paper synthesizes philosophical considerations, axiomatic research on poverty and deprivation, and previous empirical research on social exclusion and subjective well-being. Technically, I apply a dual cutoff counting approach, drawing on dichotomised variables indicating whether or not a certain set of activities is performed, in combination with an intersection-type of approach to aggregate across activities. An application using high-quality survey data from the German Socio-Economic Panel supports the measure's validity.

Findings: The results suggest, as theoretically expected, that the proposed measure is systematically different from related concepts like material deprivation and income poverty. Moreover, fixed effects regression techniques reveal deprivation in social participation to reduce life satisfaction substantially, quantitatively similar to unemployment.

Discussion: Finally, questions like preference vs. deprivation, cross-country comparisons, and the measure’s suitability as a social indicator, as well as the measures’ validity and the role of unobserved heterogeneity are discussed.

The Roles of Governments and Citizens’ Happiness in Developing Countries: Using the fsQCA approach

Hyeonjoung Kim

Korea Expressway Corporation Research Institute

Yunjin Jung

Seoul Nat’l University
Background: In cases of developed countries, the Easterlin Paradox has been discovered: thus, governments began to turn their attention towards the qualitative improvement of living conditions beyond economic growth. In developing countries, meanwhile, citizens’ happiness might be determined in the different way. So far, studies on happiness are limited while most studies heavily focus on developed countries. Therefore, this paper will investigate what roles of governments are important to make citizens happy in developing countries using the developmental model and the governance model.

Methods: This paper will use Governance and Economy indicators of 82 developing countries derived from the Government Competitiveness Index which is annually produced by Government Competitiveness Center at Seoul National University. Governance indicator has two different pillars such as democracy and government capacity. And the other data source is Happiness Index included in the World Happiness Report. For analysis, the Fuzzy-set Qualitative Comparative Analysis (fsQCA) approach will be adopted to identify diverse possible paths to happiness rather than finding out determinants of happiness. Furthermore, this paper will suggest the necessary and sufficient conditions to reach higher happiness in developing countries.

Findings: This study shows that economic growth as well as government capacity are necessary conditions for making citizens happy in developing countries. In contrast, this study finds that democracy is not a critical condition for citizens’ happiness in these countries.

Discussion: Results will suggest that governments in developing countries should put economic growth and government capacity as a policy priority in order to make citizens happy.

What could improve the quality of life and well-being of the population

Jean Caron Ph.D

McGill University, Montreal Canada

Mental health is more than the absence of mental illness or mental disorders. It constitutes a form of complete well-being and favor our capacity to enjoy life and to face the challenges we
confront. Quality of life and well-being are important indicators of mental health, so it is important to know the parameters affecting them, in order to develop programs of mental health promotion. After more than 25 years of research on quality of life and well-being of different populations: general population, economically disadvantaged populations, people with mental disorders and their families, we will present the results of research on these populations. We will also present the main parameters related or that predict the quality of life and well-being through important research identified by a literature review.

Public Service: Way to Improve the Life Quality of Population in Poverty-stricken Areas

Zhuangyuan LI  
*School of Economics, Hebei University, China*

Jinying WANG  
*School of Economics, Hebei University, China*

Tianran LI  
*School of Economics, Hebei University, China*

Poverty is a worldwide problem that not only affects the development of global countries, but also hinders China's economic and social development, especially for the people's livelihood development. Poverty can be both caused by resource endowments and the capacity limitations which constrained by insufficient opportunities. There are still many poverty-stricken areas in China. Therefore, fighting against the poverty plays an important part in improving the quality of life and promoting the human well-being. We would explore the anti-poverty ways from the perspective of public services.

This paper is based on the survey of Yanshan-Taihang Mountain contiguous destitute areas of Hebei Province in China. We take the 67 poverty-stricken counties of that survey into account and use the stratified random sampling method in village-level to obtain the “Sampling Survey of Population in Rural Poverty-Stricken Areas of Hebei Province” dataset. The research chooses various indicators that relate to the public service, such as the education, the medical care, the pension, the social security and the infrastructure construction variables. And it uses the Ordinal Regression method to estimate the relationship between the poverty and public service. The
result shows that the poor family in poverty-stricken areas has a rising demand for public services in the medical care, education and pension. This paper also uses the counter factual method to reveal that the public services provided by the government could help the poor in rural families of the poverty-stricken areas get rid of poverty and effectively improve their life quality.

KEYWORDS: public service, life quality, poverty-stricken areas
Subjective Integration as a Predictor of Better-Living for Sub-Saharan African Migrants in Germany.

Adekunle Adedeji

Center for Psychosocial Medicine, University Medical Center Hamburg-Eppendorf

Prof. Dr. phil. Dipl.-Psych. Monika Bullinger

Institute of Medical Psychology, University Medical Center Hamburg-Eppendorf

Highlights

• Younger female SSA migrants with stronger subjective integration and a higher educational attainment are more advantaged in overall quality of life.

• The significance of primary occupation and German language skill as a predictor of quality of life varies with gender and across the different domains of quality of life.

• SSA migrants in Germany reported quality of life below the considered minimum threshold for a good life across all domain.

Life quality and subjective integration of sub-Saharan African (SSA) migrants in Germany have mostly until now been speculated due to lack of evidence-based research. In this article, we present empirical evidence on the life quality of migrants’ from SSA in Germany, exploring its association with subjective integration and the influence of some socioeconomic and demographic characteristics.

Data on quality of life (QOL), subjective integration and socioeconomic characteristics were collected in a cross-sectional survey conducted in the 16 Germany federal states from a sample of Sub-Saharan African migrants. Participants’ QOL was measured using the brief version of the world health organization QOL measure (WHOQOL-BREF), and subjective integration by asking Participants’ to rate how much they feel welcome in Germany on a 5 point Likert Scale.

Descriptive statistic of data from 518 SSA migrants shows a young (Mean age = 32.5) migrant group with male majority and low QOL mean score across domains. While a Pearson product-moment correlation shows moderately strong association between quality of life AND subjective integration; age; German language skills; primary occupation and education, results from a
multilinear regression using the stepwise method shows only age, education, and gender as socio-demographic predictor of quality of life.

Our results supports that conclusion that better subjective integration contributes significantly to the experience of higher physical, psychological, social, and environmental QOL. It also shows that younger female SSA migrants with stronger subjective integration and a higher educational attainment are far more advantaged in overall QOL.

KEYWORDS: SSA African; Migrants; Quality of life; Integration; Life satisfaction

Migrant experiences of cultural microaggressions in the Australian workplace: A qualitative study

Rakshinda Kabir
Monash University
Dr RoseAnne Misajon
Cairnmiller Institute
Dr Ana-Maria Bliuc
University of Western Sydney

Background: The current study investigated the types of post-migration stressors that migrants from diverse cultural backgrounds experience in Australia. General subjective experiences of discrimination were a main area of exploration, which was identified to be predominantly experienced in the context of the workplace by those participants who were employed. These experiences were explored through the concept of cultural microaggressions. We used Sue and his colleagues’ (2007b) concept of racial microaggressions as the framework to analyse data. However, we diverge from the existing framework by using ‘cultural microaggressions’ and contribute to existing research in this area by adding several new themes arising from the distinctly multicultural environment of the Australian workplace.

Methods: We use qualitative methods to analyse data from 25 in-depth interviews, using thematic analysis.

Findings: We found that subjective experiences of cultural microaggressions in the workplace were a major source of stress. We identified four broad categories: (a) experiences of
microassaults in the workplace, (b) experiences of microinsults in the workplace, (c) experiences of microinvalidations in the workplace, as well as (d) overarching themes of cultural microaggressions, which includes experiences of ambiguity and disempowerment reported across all experiences of cultural microaggressions.

Discussion: Our findings highlight that experiences of cultural microaggressions can negatively impact a sense of belonging and hinder the ability to develop a positive Australian identity. The subjective experiences of migrants can inform the development of a more targeted approach to reduce cultural microaggressions and improve social relationships in the Australian workplace.

Wellbeing among marriage migrants in South Korea: The roles of relationship networks with co-ethnics and Koreans

Hsin-Chieh Chang
National Taiwan University

Background: The multiple dimensions of wellbeing among migrants reflect a society’s tolerance towards difference, government’s efforts of promoting multiculturalism, and improved life chances across social, cultural, and civic domains. South Korea has been home for a significant number of intra-Asia marriage migrants for over a decade, yet limited research has examined whether and how different types of relationship networks are associated with their wellbeing.

Methods: We use data from the 2012 National Survey of Multicultural Family in South Korea. The subsample includes married marriage migrants of seven sending countries or ethnicity (N=9,723): China, Korean Chinese, Vietnam, Japan, the Philippines, Thailand, and Cambodia. Principle component analysis was used to construct measures of 0 to 3 types of relationship networks: for discussing general difficulties, or child-rearing issues, and for leisure and shared hobbies. Wellbeing measures include self-rated health, life satisfaction, and relationship satisfaction with the spouse.

Findings: After controlling for perceived discrimination, marital conflict, area of residence, socioeconomic and social integration-related covariates, ordered logistic regressions indicate that having three types of co-ethnic networks is associated with better health, while more types of Korean networks is significantly associated with better wellbeing. Importantly, participation
in community meetings and had natal family members visited Korea both contributed to better life satisfaction.

Discussion: Despite that perceived discrimination, marital conflict, and longer migration years substantively deteriorate marriage migrants’ health, life satisfaction, and spousal relationship, building supportive relationship networks with both co-ethnics and with Koreans through multiple channels may enhance marriage migrants’ wellbeing in the long run.

Urban Happiness Paradox: Evidence from Migration Patterns in the United Kingdom

Marloes Maria Hoogerbrugge
Erasmus Happiness Economics Research Organisation, Erasmus University Rotterdam
Martijn Johan Burger

Over the past decades, cities have grown considerably in terms of population and economic significance. Although more and more people opt for an urban way of life, people in the Western world are generally less happy in large cities than in medium-sized and small cities and villages. The purpose of this article is to unravel this urban happiness paradox, drawing attention to the question whether large cities make people less happy or whether large cities attract more unhappy people. This paper utilizes residential mobility from the United Kingdom based on twelve waves of the British Household Panel Survey and examines changes in life satisfaction of people moving from rural areas to urban areas (and vice versa). The results show that, on average, unhappiness in cities can for a considerable part be attributed to the selection of unhappy people into cities. At the same time, the relationship between city life and life satisfaction is heterogeneous in that different kinds of people fit best in different kinds of living environments.

KEYWORDS: Life satisfaction, urban-rural differences, internal migration, selection
QUALITY OF LIFE AND LIFE-SPAN

Connected now, engaged later: Examining long-term impacts of barriers to adolescent well-being

Kristina M. Patterson

Georgia Southern University

Background: Acknowledging the importance of the interaction between child and context, school extracurricular activities offer opportunities for the development of civic identity development, as well as the Five C’s of PYD, which facilitate well-being in adolescence, as well as impacting well-being into adulthood. In this paper, we aim to examine:

1. Barriers to adolescent extracurricular activity participation;
2. The relationship between extracurricular participation and adolescent well-being, as measured by school and social connectedness;
3. The relationship between adolescent extracurricular participation and adult well-being, as measured by civic engagement.

Methods: We use a longitudinal nationally representative study of adolescents (n=13,168). We conduct descriptive analysis to examine differences between extracurricular activity participants and non-participants on hours worked per week, immigrant generation, two parent household, and parental education. Two-level linear models examine the relationship between activity participation and size of social network and perceptions of school connectedness. Two-level linear probability models examine the relationship between activity participation and measures of civic engagement in adulthood.

Findings: We find that adolescents who face barriers are less likely to participate in extracurricular activities. We find that adolescents who participate in activities demonstrate higher levels of school and social connectedness. We find that adolescents who participate in activities are more likely to participate in a range of civic activities as adults.

Discussion: We focus on the importance of school policy to remove barriers to extracurricular activity participation for all students, especially those who may not have access to other civic identity or Five C development opportunities.
Evolution of Subjective Well-Being components during 5 years in a sample of 10-16 year-old children

Ferran Casas

University of Girona (Spain).

Mònica González-Carrasco

University of Girona (Spain).

Background: Few studies have explored changes in subjective well-being (SWB) in non-adult population using longitudinal data. The objective is to analyse both the evolution of the scores and the interaction among different affective and cognitive SWB measures - both context-free and domain-based (the BMSLSS, the SLSS, the OLS and Positive and Negative Affect scales) - in a sample of 10-16 year-olds.

Methods: During 5 consecutive years, data from an overall sample of 1,696 children and adolescents has been collected. Data is analysed using cross-lagged Structural Equation Models.

Findings: Most mean values of the SWB measures decrease year by year, excepting an increasing-with-age trend for Negative Affect (NA). NA seems to display larger variation within a 5-year period than Positive Affect (PA). The younger the children, the more extreme their overall mean scores to any SWB measure. The best predictor of the SWB measures is the previous year score of the same measure with the exception of the OLS. Additionally, indirect effects of PA on the OLS are still noticeable after 2 or 3 years.

Discussion: Results are consistent with findings by Lawton et al. (1993), Weinstein et al. (2017) and Martin-Krumm et al. (2018), but challenge findings pointing out the existence of stable set-points. An alternative explanation which remains open after our results is that different set-points standards or parameters may be needed for children and adolescents, as it happens with physiological measures such as heart rate (which decrease with age) and blood pressure (which increases with age).
Happiness at different ages: the social context matters

John F. Helliwell
Vancouver School of Economics University of British Columbia
Max B. Norton
Vancouver School of Economics University of British Columbia
Haifang Huang
Department of Economics University of Alberta
Shun Wang
KDI School of Public Policy and Management

This paper uses a variety of individual-level survey data from several countries to test for interactions between subjective well-being at different ages and variables measuring the nature and quality of the social context at work, at home, and in the community. While earlier studies have found important age patterns (often U-shaped) and social context effects, these two sets of variables have generally been treated as mutually independent. We test for and find several large and highly significant interactions. Results are presented for life evaluations and (in some surveys) for happiness yesterday, in models with and without other control variables. The U-shape in age is found to be significantly flatter, and well-being in the middle of the age range higher, for those who are in workplaces with partner-like superiors, for those living as couples, and for those who have lived for longer in their communities. A strong sense of community belonging is associated with greater life satisfaction at all ages, but especially so at ages 60 and above, in some samples deepening the U-shape in age by increasing the size of the life satisfaction gains following the mid-life low.

Daily travel and life satisfaction across the life span

Lars E. Olsson
Karlstad University, Sweden
Background: The aim of the present study was to examine differences in public transport use, quality perceptions, and general travel satisfaction and their relation to life satisfaction across five life stages – Gen Z, Gen Y, Generation X, Baby boomers, and the Silent Generation.

Methods: Self-report questionnaires (online or by phone) were collected from 3,257 respondents (aged 16-90) across five cities in northern Europe (Stockholm, Helsinki, Oslo, Copenhagen, Bergen). The data were analyzed in three steps: (i) explorative using Kruskal-Wallis Anovas, (ii) conceptual model testing using PLS-SEM, and (iii) analyses of life stage differences through Analyses of variance, with accompanying effect size measures.

Findings: In line with our hypothesis and previous research, we find that satisfaction with travel had a positive relationship with life satisfaction, showing once again the importance of acknowledging people’s travel satisfaction for wellbeing. Levels of satisfaction increased linearly with age, but the effect of travel on life satisfaction did not, thus indicating that travel satisfaction is equally important to all life stages. Using multigroup analyses we also show that the two youngest life stages yield similar patterns with respect to specific travel attributes.

Discussion: People in younger life stages are more reliant on public transport for travel as they have less economic wherewithal, are more frequent users, and have active lifestyles. We suggest that the focus should be on building a transport system that enables easy participation in daily life, via high quality public transportation, and that this may specifically be of great importance to the happiness of the younger generations.
Basic psychological need satisfaction and well-being across the lifespan: Results from a cross-sectional general population study among 1,709 Dutch speaking adults

Johan Lataster

*Open University, Heerlen, The Netherlands.*

Jennifer Reijnders

*Open University, Heerlen, The Netherlands.*

Nele Jacobs

*Open University, Heerlen, The Netherlands.*

Mayke Janssens

*Open University, Heerlen, The Netherlands.*

Marianne Simons

*Open University, Heerlen, The Netherlands.*

Sanne Peeters

*Open University, Heerlen, The Netherlands.*

Background: In order to further elucidate the role of basic psychological need satisfaction (BPNS) in human well-being across the lifespan, the current study set out to (i) comprehensively examine the relationship between age and emotional, psychological, and social dimensions of well-being, (ii) map age trajectories of BPNS, and (iii) further investigate the connection between BPNS and the experience of well-being across the lifespan.

Methods: A large general population sample of Dutch adults (N=1,709; Mage=48.6, SD=19.0) filled out an online or paper-and-pencil survey questionnaire. Data analyses consisted of initial visual inspection using loess smoothed curve plotting, and subsequent model testing using multiple regression analyses.

Findings (preliminary): When correcting for other demographic factors, emotional and psychological well-being were best described by a quadratic age term (evidence of ‘midlife dip’), whereas a cubic age term (3rd order polynomial) best described social well-being (initial ‘midlife dip’, followed by steady rise, and old age decline). Feelings of autonomy and competence satisfaction increased linearly with age, whereas a cubic age model best described relatedness satisfaction. BPNS was strongly linked to higher well-being, and high (vs. low) autonomy and
competence satisfaction were linked to a more stable age distribution of social well-being (i.e. less pronounced cubic effect).

Discussion: Domain-specific (vs. global) assessment of well-being contributes to a comprehensive conceptualization of well-being across age, and basic psychological need fulfilment is strongly associated with well-being in all domains and across all ages.

The Age U-shape in Europe: The Protective Role of the Family

Andrew E. Clark
Paris School of Economics - CNRS
Hippolyte D’Albis
Paris School of Economics - CNRS
Angela Greulich
Paris School of Economics

Background: We look at the relationship between subjective well-being and age, as moderated by partnership status and having children.

Methods: We consider cross-section data from the 2013 EU-SILC survey providing harmonised information on over 350 000 individuals in 32 different countries.

Findings: We find an overall U-shape in age for various measures of subjective well-being, as is very standard in the empirical literature. When we consider the moderating role of the family, we find that the U-shape is concentrated amongst those who do not have children and those who are not partnered. This is not a general phenomenon as this protective role of the family is found in particular for overall life satisfaction, satisfaction with income and satisfaction with personal relationships, but not at all for job satisfaction or satisfaction with time use.

Discussion: The family seems to protect at least some domains of subjective well-being against the typical fall in well-being associated with middle age. While it is true that there is selection into both partnership and having children, this is assumed to work via the level of subjective well-being and not by the way in which well-being changes with age, so that we do not believe that these findings reflect selection. At a more general level, what look like well-known empirical findings in the well-being literature may actually only hold for particular groups. In terms of
implications, decreasing rates of both partnership and child-bearing look to have particularly important consequences for the well-being of Europeans aged between 30 and 50.
A social cure for social comparisons

Stefano Bartolini
Marcin Piekalkiewicz
Francesco Sarracino

Social comparisons have severe negative consequences for happiness, health, and economic decisions. Perhaps, however, there is a remedy. Some research suggests that social comparisons are intrinsic human characteristics rooted in the biology of the brain. We offer a different view based on approximately half a million interviews from nationally representative surveys. Specifically, we assess whether people with thriving social lives suffer less from social comparisons than others. Controlling for demographic factors, we find that isolated people are more likely to be concerned about whether they earn more or less than others. Conversely, the well-being of individuals with rich social lives does not depend on keeping up with the Joneses. This result is reflected at the country level: in countries that are socially flourishing, the differences in well-being between income groups are small, which is a consequence of the relatively small impact of income comparisons on well-being. This evidence suggests that social relations can provide a remedy for social comparisons. We discuss a few policies to promote social relations, relating to education reform, urban planning, and advertising regulation, considering additional evidence from the literature.

Self-reported quality of life in Medellin: trust and social engagement among neighbours do matter

Angeles Sánchez
University of Granada (Spain)
Jorge Chica-Olmo
Background: Medellin is divided into six socio-economic strata that take into account both physical and geo-economic aspects. This stratification is used by the Colombian Government to guide the provision of local public services. On the basis that the objective of public policy is to increase citizens' quality of life, this paper aims to empirically identify (1) the determinants of perceived quality of life and (2) the existence of a differential effect of perceived quality of life in the six socio-economic strata of Medellin.

Methods: We use 8,884 observations drawn from the Encuesta de Calidad de Vida de 2014, conducted by the Medellin Administrative Department of Planning. The dependent variable is self-reported quality of life; explanatory variables are referred to socio-economic characteristics, expenses, subjective safety, social capital, freedom, and location. We estimate logit multilevel models considering a two-level structure where individuals are nested into strata. We develop two specifications: random intercept and random slope. We also justify the use of multilevel models with a cross-tabulation analysis and a novel graphic analysis.

Findings and Discussion: A different strata ranking for guiding public policies than that used in Medellin was estimated and showed that citizens' perceived quality of life varied significantly across strata, and that freedom, subjective safety, and social capital are key determinants of perceived quality of life. These findings suggest that the stratification criteria currently used in Medellin should be revised. In addition to fostering more traditional determinants of quality of life (consumption, and good health), public policies should promote trust and social engagement among neighbours.

Changes in subjective well-being over time: what is more important, income or social capital?

María Navarro
University of Granada (Spain)
Ana I. Moro-Egido
Background: Subjective well-being studies deliver new ways to analyze individual utility and preferences, and provide new tools for the design and evaluation of public policies. Considering this, the main goals are (1) to predict changes in subjective well-being and (2) to test whether changes in the variables are correlated with changes in the subjective well-being. If so, we analyze whether changes go in the same direction. We focus on Easterlin Paradox and social contacts.

Methods: We use 65,259 observations from GSOEP over 1999–2014. We work with panel data, estimating random effects models with Mundlak’s correction to determine the level of subjective well-being, from which we predict changes. A robustness section is included. For the second goal, we estimate a multinomial logit model including Chamberlain-Mundlak terms.

Findings and Discussion: Social, cultural and psychological capital predict the largest changes in subjective well-being in the long term, while economic resources do it in the short-term. Moreover, Easterlin Paradox is confirmed depending on how we model the social comparisons and whether we analyze the level or changes. Several variables are relevant to explain changes but not the level of subjective well-being, and vice versa; so that this should be analysed from a dynamic perspective, distinguishing between subjective well-being at level and its changes. Our evidence also supports that governments should pay more attention to the effects of future economic policies on the provision and preservation of social capital and promote personal interactions in order to foster the citizen’s happiness.

Quality of life of women undergoing infertility treatments and participation in social network systems

Talma Kushnir

Ariel University, Israel

Leigh Chazan
Background: Couples across the globe battling with infertility treatments are at risk for decreased quality of life. Following the Conservation of Resources model we assumed that infertility stress occurs because of loss of valued resources. We explored systematically the effects of participation in social network systems (SNS), as a way of coping with the challenges of infertility and its treatments, on the effects of resource loss on stress and quality of life.

Method: 90 females (20s-40s) participating in IF-centered SNS, were recruited from several forums (i.e. on-line IF forums and Facebook groups) and responded to a series of self-report questionnaires measuring quality of life, perceived stress, resource losses and resource gains.

Findings: Significantly positive correlations were found between resource loss and stress; and negatively between stress and QoL. The negative effect of resource loss on quality of life was mediated by perceived stress when measuring the individual dimensions of QoL (i.e. physical, psychological, social relations, environmental) independently as outcome variables. In contrast to our hypothesis, neither resource gains nor IF-type (primary vs secondary) moderated the effect of resource loss on stress.

Conclusions: While participants indicated marked gains from SNS, these gains were not sufficient to buffer the effects of resource loss on stress and QoL. Therefore, individuals need to be more strongly encouraged to use face-to-face social support in addition to SNS. Future research that compares support from face-to-face mediums versus SNS may offer health-care professionals and those dealing with infertility important insight to into the efficacy of each medium.

Happiness in a complex world. How autonomy and anomie shape individual’s subjective wellbeing.

Leonie C. Steckermeyer

Otto-von-Guericke University, Germany

Background: Individualization in modern western societies has liberated the individual from traditions and normative expectations, leading to more autonomy in deciding how to live one’s
life but simultaneously to a loss of orientation in an increasingly complex world. This paper argues that how people perceive their own autonomy in life and the complexity they have to handle influences (1) their subjective wellbeing (SWB) and (2) their dependency from social and institutional support to deal with these influences – thereby increasing the influence social and institutional trust have on people’s subjective wellbeing.

Methods: The analyses are based on the 4th wave of the European Quality of Life Survey from 2016, covering about 36,000 individuals in 33 European countries. Applying multilevel modelling, linear and multinomial-logistic regressions are employed.

Findings: (Perceived) autonomy is positively and (perceived) complexity is negatively linked with people’s SWB. Regarding trust, the results show that both, social and institutional trust, decreases with perceived complexity and increases with perceived autonomy. However, the relevance of both types of trust for SWB is much higher when people perceive their world as increasingly complicated and their autonomy as low.

Discussion: The paper prompts researchers to take into account how people perceive their autonomy and the complexity of the world they live in. It especially points out a category of individuals that does not cope well with the challenge of modernity. Researchers and policy makers alike should pay closer attention to these individuals as they are at high risk for low SWB and show low levels of trust.

The quality of life of families in the Gauteng City-Region

Alexandra Parker and Margot Rubin

_Gauteng City-Region Observatory and the NRF Research Chair in Spatial Analysis and City Planning_

Gender continues to play a key role in the welfare of families. In Johannesburg, South Africa, female-headed households are disproportionately poorer than male-headed households (Van Donk 2004), which is a result of a combination of poorer work opportunities as a result of gender and a higher dependency ratio within the household (Blackden and Wodon 2006, 3–4). Mothers
frequently find themselves constrained by the urban environment in their efforts to provide and care for their families (Parker and Rubin 2017).

This research uses data from the GCRO Quality of Life V 2017/18 survey to analyse and understand how some family dynamics affect quality of life in the Gauteng city-region, South Africa. The survey comprises interviews with 24 889 adults and corresponding household information, forming a representative sample across all 529 wards of Gauteng. The survey includes a Quality of Life index, comprised of 58 indicators, to provide a value out of 10. The results show that quality of life does not differ significantly for respondents with dependants compared with respondents without and similarly does not differ between households with or without children under 18 years old. However, quality of life is lower for female respondents (6,23) than for males (6,36). When analysing the detail of the quality of life survey then important factors, which contribute to the differences between men and women’s quality of life are surfaced: more women are the primary carers of children; significant numbers of women head households but do so on lower incomes and with higher senses of vulnerability demonstrates that, gender disparities are impacting the quality of life and mental well-being of families. These findings contribute to understanding the implications of inadequate consideration and provision for the dynamics of different family and household configurations in the context of increasing urbanisation.

Household specialisation and life satisfaction amongst married couples in the UK

Vanessa Gash

City, University of London

Anke C. Plagnol

City, University of London

Background: Women’s earnings within households are often secondary, accounting for approximately one third of total household income (Stier and Mandel 2009). The partner pay gap, that is the size of the difference in earned income between cohabiting couples, thus typically reflects men’s economic dominance over their female partners. The current paper
investigates the subjective well-being consequences of the partner-pay gap. Is men’s life satisfaction higher if they are seen to be the ‘primary earner’? Is female life satisfaction similarly structured around labour market success, or is their sense of self less influenced by pecuniary gains?

Methods: The paper uses all waves of the UK Household Longitudinal Study (UKHLS, 2009-2016) and restricts its analysis to married cohabiting couples with full information on key covariates of interest. Our final sample contains more than 17,000 observations. We examine the relationship between earning status as well as changes in that earning status on life satisfaction. Our key variables include life satisfaction, relative earnings inequality and labour market status.

Findings: We find that men derive a psychological dividend when they out-earn their partners. They exhibit significantly lower life satisfaction when they earn less than 40% of household income. In addition, men report higher life satisfaction when their proportional earnings increase between t-1 and t. In contrast, women’s life satisfaction declines when their proportional earnings increase between interviews, possibly because such earning patterns contradict gender norms.

Discussion: The present study contributes to our understanding of the well-being consequences of couples’ division of paid and unpaid labour.

The dynamic role of social support in the relationship between stressful situations and general health of women.

Dr Bachir Bentahar
Dr Meharzi Malika

Department of Psychology, University of Oran, Algeria

This study aimed to identify resources of social support benefited by Algerian women from their socio-professional environment, and the extent of this social support conditioned by the relationship between stress and health.

A sample of 524 women from different socio-professional levels was used.
The psychometric characteristics of the three administered questionnaires (the general health questionnaire, the stressful situations and the social support) enjoyed high levels of validity and reliability.

The study demonstrated the following stressful situations: (professional and economic burden, relational problems, lack of training and job itself). The result of these pressures appeared in the overall health (sleep disorders, anxiety, psychosomatic symptoms, lack of self esteem, social function disorder and depression).

The study also found that social support acts as a regulator and protector of stressful events and the nature of the pressures experienced by women in the professional and private life affect the level and quality of the apprehensions and expectations of the benefited social support. The well-being of women depends on their evaluation of professional, psychological and social support resources. The sense of insufficiency of these resources makes women exaggerating in their events assessment, which can increases the anticipation of danger and reduced their ability to cope, leading to the expected failure and eventually to the disturbance of the general health.

KEYWORDS: Social support; General health; Stressful situations; Socio-professional situation; Women; Algeria

Non-family intergenerational relations in the context of student`s professional development: age-sex aspect

M.D. Petrash

Saint Petersburg State University, Russia

Introduction. Professional development is an important component of individual's living. Start period is an important stage in the professional development. We assume that the specifics of relationships with people of different ages play an important role at the initial stage of professional development. We also believe that the nature of the relationship of IR with the peculiarities of professional development will be different for men and women.

Methods: Scale of psychological well-being, Emotional attitude to future, questionnaire “Factors of professional development” (FPD). Participants: 179 students aged 17 - 20 were divided into
three groups depending on the ability to establish contacts with colleagues of different age (intergenerational relations IR).

Findings: Comparative analysis revealed a high level of FPD; positive modalities to the professional future; positive relations in the women’s group with average scores of IR. Regression analysis showed that IR was positively correlated with well-being’s factors “self-acceptance” and “positive relations”; FPD “emotional stability”, “adaptation in professional society”; “satisfaction with professional activities” and negatively with “Self-control of behavior” in the men group. In the women’s group IR was positively correlated with “positive relations”; “purpose in life”; “emotional stability”, “adaptation in professional society”; interest in their future. IR was negatively correlated with “self-control of behavior” and “recover”.

Discussion: Our study showed high scores all parameters in the women’s group with the average scores of IR. The results indicate men’s group have difficulties in IR. The resource role of IR in the professional development of students is shown. Supported by RFBR project 19-013-00861.
What affects well-being at work of new mothers? Arranging paid and unpaid work after childbirth

Agnieszka Piasna

*European Trade Union Institute; Belgium*

Anke C. Plagnol

*City, University of London; United Kingdom*

Julia Gumy

*University of Bristol; United Kingdom*

Background: The study explores women’s well-being at work around the time they first become mothers. Childbirth is a crucial transition in a couple’s life which often leads to a re-arrangement of paid and unpaid work. For women who return to employment after childbirth, increased work-family conflict and changes in career prospects may negatively affect well-being at work. The objective of the study is to investigate changes in women’s well-being at work around childbirth, and the role of various job and household characteristics.

Methods: We use data from the German Socio-Economic Panel (1984-2016). Well-being at work is measured with a frequently used single-item measure of job satisfaction. The sample contains over 1,000 women who experienced a first birth during the sample period and who provided information on their job satisfaction (over 11,000 person-year observations).

Findings: Our results indicate that job satisfaction prior to childbirth is, on average, higher than after return to work. Women who return to work within two years of childbirth report higher job satisfaction than those who return later, but some of these differences are explained by our control variables. We find differences between full-time and part-time employment, and a positive impact of redistribution of paid and unpaid work between partners.

Discussion: The findings point to positive well-being outcomes associated with an early return to paid work after childbirth, which in turn is enabled by availability of good quality part-time jobs, employer practices for work-life reconciliation and policies that encourage partners to share parental leave and childcare responsibilities.
Most people are looking for ways to make their life as happy as possible. Since we work a great deal of our life it is important to know which occupations typically bring the most happiness and which bring the least. Because the effect of occupation on happiness may not be the same for everybody it is also important to know what kinds of people are the happiest in what kinds of occupation.

Answers to these question require a large data-set that provides information in sufficient numbers about happiness of different kinds of people working in different occupations. Such data is available in the WageIndicator, which provides responses to a question on life-satisfaction of 160,806 people, working in 130 different occupations in the Netherlands over the years 2006 to 2014. Personal characteristic that have been distinguished are gender, age, educational level and having children.

The occupation in the Netherlands with the highest life satisfaction was ship and aircraft controller and technician, mean 8.18. The occupation in the Netherlands with the lowest life satisfaction was forestry and related worker, mean 6.62. Combining personal characteristics have give 36 possible combinations with different occupational advices. An example of the influence of personal characteristics are the differences in happiness in occupations between men and woman. We found only five occupations where men and women experience the same level of happiness. This descriptive analysis allows people to make a more informed occupational choice.
Quality of Work Life and Organizational Performance

João Leitão
Dina Pereira
Ângela Gonzalvez

Abstract: This is a pioneering study of the relationship between quality of work life and organizational performance, determining the importance of subjective and behavioral components of quality of work life and their influence on the formation of the collaborator’s individual desire to contribute to strengthening the organization’s productivity. The results obtained indicate that various factors, in need of deeper research efforts, such as collaborators feeling appreciated by their supervisor, the availability of jobs not subject to routine and where innovation is possible, promoting environments of continuous learning, the feeling of protection promoted by the supervisor, the feeling of having a truly important job and the possibility of work allowing the development of new skills and strengthened conditions of personal and professional growth, influence the collaborator’s individual desire to contribute to strengthening organizational performance. The results are particularly relevant given the scenario of the labor market passing to the tertiary sector and intensified automation and displacement of collaborators’ functions. This contributes to the current debate about the need for more work on the subjective and behavioral components of so-called intelligent organizations, rather than focusing exclusively on remuneration as the factor stimulating organizational productivity based on the collaborator’s contribution.

KEYWORDS: Organizational Performance; Productivity; Quality of Work Life.

Professional burnout: possible intermediate in the association between work tension and health-related quality of life

Lilian Tzivian
Inga Priede
Ina Mezina-Mamajeva
Background. The development of technologies increases the professional duties of nurses but doesn’t reduce work tension. Association between work tension of nurses and their health-related quality of life is still not fully explained.

Purpose. To investigate the role of professional burnout in the association between work tension of nurses and their self-estimated health-related quality of life (HRQOL).

Material and Methods. We assessed cross-sectionally work- and health-related factors of nurses in three hospitals Riga, Latvia using structured questionnaires. We built a work tension index (WTI) from 10-items efforts/rewards scale. HRQOL was calculated as a mean of twelve answers (scale 0–100). Professional burnout was assessed using questions on irritation, depressiveness and weariness. Multiple linear and logistic regression models adjusted for age, wage, position, and years of experience were built to investigate the association between WTI and burnout, and between burnout and HRQOL.

Results. Study sample included 221 nurses, 95.5% women, median age 45 years. 83.3% of nurses worked the full wage and were in median 19 years in profession. Most of nurses were certificated (43.0%). Median burnout was 25 (range 0–59), median WTI was 0.2 (range 0.0–1.5), and median HRQOL was 76.7 (range 10.8–98.3). In fully adjusted regression models higher WTI increased a possibility of burnout (effect estimate β=11.2 [95% confidence interval 1.0; 21.3]) which in turn decreased HRQOL (odds ratio, OR=0.92 [95% confidence interval 0.90; 0.95]), suggesting possible mediation.

Conclusions. Nurses should be particularly treated to improve their HRQOL to prevent a shortage of health care workers.

Flourishing among working women in Cuernavaca, Mexico

Fernando Arias-Galicia

Morelos State University
Background: An extended idea is that since housewives play multiple roles, so their opportunity to flourish (Keyes, 2002) is diminished. This situation is aggravated when they have a paid job outside home. But a protective factor may be engagement. So, one question emerged: what are the relative weights of two factors (engagement, on one hand, and disequilibrium between effort and rewards, on the other) on housewives’ flourishing in its three areas: emotional, social, and psychological?

Methods: To answer this query, a survey was launched in the State of Morelos, Mexico. 754 housewives voluntarily answered questionnaires including: effort-reward imbalance, engagement, flourishing, and demographics. The convenience sample was composed of housewives only (26.2%) and housewives with a job outside home (73.8%). Anova and a hierarchical regression model were run, stating flourishing as the dependent variable; all others were considered independent.

Findings: A anova analysis showed no significant differences between only housewives and those with a job outside home in regard to imbalance, flourishing, and engagement. The means for all variables were above midpoints.

Three regression models were run, one for each area of wellbeing: emotional, social and psychological. Beta weights were obtained, taking as independents: disequilibrium, vigor, dedication and absorption (engagement). In general, disequilibrium showed a negative sign; and vigor and absorption weighted also whereas dedication did not.

Discussion: Results indicate that engagement is paramount for Mexican housewives' flourishing. Flourishing means were above midpoints, indicating housewives sense of wellbeing, contrary to popular wisdom. As expected, disequilibrium had a negative influence on flourishing.

Happiness in different generation: what are the determining factors of working population?

Suporn Jaratsit

Mahidol University

Sirinan Kittisuksathit

Mahidol University
Wipaporn Jarurengpaisarn

Mahidol University

Background: The purpose of this study is to investigate the determining factors of happiness of working population. It is also aimed to describe dimensions of happiness to three generations; Babyboomer, Generation X, and Generation Y.

Methods: The samples in this study consist of 21,086 working population which has been undertaken by the National Statistical Office. The participants are working in formal sector enterprises. Stratified two-stage sampling was used as a sampling method. Happiness was measured by HAPPINOMETER, developed by Thailand Centre for Happy Workplace Studies: TCHS, Mahidol University.

Findings: 11% of the samples are Babyboomer, 49% are Generation X, and 40% are Generation Y. Majority of the samples hold an undergraduate degree while more than 50% are married. Three key results were discovered: (1) Babyboomer: organizational engagement, happy money, work satisfaction, happy family, and happy brain have a positive influence on happiness. (2) Generation X: organizational engagement, happy money, work satisfaction, happy family, happy body, and happy society have a positive influence on happiness. And (3) Generation Y: organizational engagement, happy family, happy money, work satisfaction, and happy body have a positive influence on happiness.

Discussion: For the three generations, organizational engagement, happy money, work satisfaction, and happy family are the dimensions which have an influence on happiness. Amongst the Babyboomer, happy brain also has a positive influence on the happiness. Furthermore, happy body and happy society are positively correlated with happiness for Generation X. It was found that the increase in happiness in Generation Y is motivated by happy body.

Steering towards happiness – an experience sampling study on the momentary happiness of truck drivers

Indy Wijngaards
Background: The relatively low levels of employee well-being in the truck driving industry directly relate to some of the key issues faced in this industry, including high turnover and difficulties attracting new drivers. Drawing from the job demands-resources model, this study addresses this problem by examining how various state-like and trait-like job demands relate to the momentary happiness of truck drivers.

Methods: An experience sampling method (ESM) procedure was used to collect 4175 survey responses of 82 Dutch professional truck drivers. In addition, these drivers completed a cross-sectional survey prior to the ESM study.

Results: The results indicate that truck drivers feel happier during off-job activities and non-work-related job activities (e.g., breaks). Moreover, this study shows that road congestion is the main job demand that influences momentary happiness at work. The main job resources relating to the momentary happiness of truck drivers were social support of colleagues, flexible work hours and task variety.

Discussion: These findings provide valuable information to the industry about the road to happiness for truck drivers, as they can function as tangible input for policy making. For instance, logistics companies could benefit from maximizing the utility of work breaks, engage in smart scheduling to reduce truck drivers’ exposure to very busy roads, and organize team activities to facilitate social support.

Well-being and job satisfaction: A two-fold influence approach on individuals’ happiness

João Leitão

Universidade da Beira Interior, NECE, Universidade de Lisboa, Portugal
This paper evaluates the two-fold influence of the workers’ well-being and job satisfaction on their happiness. To do so, a questionnaire was developed and the survey was conducted by twelve European partners from Italy, Bulgaria, Cyprus, Portugal, Greece and Spain, totaling 514 participants from local companies and public organizations. By running an OLS regression model, the concluding remarks point out that for the individuals who feel satisfied at their workplaces, the set of initiatives targeted at preventing health related chronic conditions, the feeling of influence capacity over job related decisions and the level of involvement in the decision-making processes within their organizations positively influence their happiness. Employees who experience high stress/anxiety levels at the workplace, who cannot accomplish their tasks and whose organizations do not provide enough training initiatives that are specific for performing their jobs tend to reveal higher levels of unhappiness. For the individuals who do not feel satisfied with their work, the facts that their organizations: do not motivate employees to come up with inputs/ideas; do not provide flexible working hours; and do not value their contribution; negatively influence their happiness. Conversely, the facts that the workplaces: have several guidelines aimed at improving the organizational culture; provide periods to rest during working hours; value the work/life balance; match the skills and job needs of the employees; and empower employees with decision capacity; positively influence the individuals’ happiness. Several implications are made available for policy makers and managers, in order to foster happiness in distinct organizational scenarios.

Labor earnings, happiness and work-related stress: An empirical analysis

Aikaterini Grimani
University of Dundee, UK
Stavros Drakopoulos
Background: One of the main economic outcomes of the recent great recession was the decrease of labor earnings in many countries. The relevant literature indicates that earnings and other socioeconomic predictors can influence the levels of happiness and stress. This paper tests the effect of labor earnings on the happiness levels, as well as on the work-related stress.

Methods: The data used in this paper was drawn from the 5th and 6th European Survey on Working Conditions which focus on 33 European countries. The target sample size of 1,000 interviews was set for most countries. Two different disaggregation methods were performed based on absolute nominal income threshold and relative income threshold, respectively. The methods for analyzing the data are the ordinary least-squares (OLS) regression models, and the Wald chi-square test.

Findings: The pay cuts are a stronger predictor of happiness for low/middle income individuals than for high income individuals. In addition, the labor earnings show an insignificant effect on employees’ work related stress for low/middle income individuals, while a highly significant positive effect on the work related stress of high income individuals is implied.

Discussion: It seems that labor earning changes lose their importance for the high income workers’ group, and this is consistent with the incorporation of the needs hierarchy into the context of happiness research. In addition, the stress of higher status hypothesis is highlighted. It is anticipated that these results will provide the stimulus for further research on this important topic.
South African reference standards for the evaluation of personal well-being indicated by Bernheim’s ACSA measure

Valerie Møller

*Rhodes University, South Africa.*

Benjamin J. Roberts

*Human Sciences Research Council, South Africa.*

Background and Method: To study reference standards for self-reported personal well-being, we applied Bernheim’s self-anchoring Anamnestic Comparative Self-Assessment (ACSA) measure in the 2012 nationally representative South African Social Attitudes Survey. A total of 2521 adults over 16 years described in their own words the Best and Worst periods in their lives, which serve as the anchors of the ACSA scale. Survey respondents’ descriptions of these anchor periods were classified by 15 life domains based on the standard ACSA multiple-choice list (Theuns, Hofmans, & Bernheim, 2014).

Findings and Discussion: Social and material domains represented the dominant choice of reference standards for ACSA ratings. Higher ACSA personal well-being scores were mainly associated with social reference standards related to the domain of ‘family’ life, as found in other earlier ACSA studies. Higher ACSA scores were also associated with the domains of mainly studies-related ‘achievements’ and ‘personal events’ marking milestones in the transition to adulthood. Lower ACSA scores were most often related to material reference standards: the domains of ‘money’, ‘work’ (employment), and ‘housing’. Although ACSA scores still echoed the apartheid-era hierarchy of material disadvantage in South African society, choice of domains as ACSA reference standards were similar among members of all population groups and reflected mainly age and passage through the life course. It is concluded that our findings are supportive of the universality of ACSA reference standards.

Determinants of happiness in urban Pakistan: A cultural perspective
Drawing on survey data for urban Pakistan, this paper tries to investigate determinants of happiness across urban Pakistan, taking various socio-economic factors into account. Using a detailed questionnaire, the data has been collected by means of stratified random sampling technique from 600 households within eight predetermined major cities across Pakistan’s provinces. Based on population figures of the provinces and the sampled cities, we assigned sampling weights associated with the sampling units. The number of cities from each province has been chosen in line with urban population of the given provinces. In all cases, the corresponding provincial capital has been included in the sample. The results suggest that well-being is positively associated with educational attainment as well as the health and employment status. Living in a relatively affluent area contributes positively as well. Furthermore, gender plays an important role in a developing economy like Pakistan. In contrast to empirical evidence on industrialized countries, happiness increases with: being a male; the number of children in general and particularly with the number of boys in a household. Our results moreover suggest a U-shaped age-happiness pattern. Taken together, these findings corroborate the notion of children offering financial support and insurance to the elders against economic risks in countries where the social safety net is relatively weak. Providing a cultural perspective, this study may therefore also add to our understanding of the relatively high birth rates in many developing countries, giving rise for appropriate policy considerations.

KEYWORDS: Subjective Well-being; Happiness; Socio-Economic Indicators; Life Span; Children; Gender; Urban Pakistan

Happiness: An African perspective

Erhabor Sunday IDEMUDIA, PhD
Backround: According to Fave et al, (2016), a central controversial issue in well-being research is the definition, investigation, and translation of the term “happiness” in psychological literature-a concept that is synonymously used as life satisfaction in psychology research. Unfortunately, nothing is known about happiness from an African perspective. Cross-cultural studies suggest that cultures shape conceptions of happiness: Hofstede’s 1980/2010 constructs of individualism/collectivism, restraint vs. indulgence, and the Inglehart-Welzel Cultural Map of the World, (Welzel & Inglehart, 2010) which looks at the Traditional vs.Secular-rational values anchored on the centrality attributed to religion, traditional family structure, deference to authority and national pride. The first two theories are fraught with misconceptions and the dichotomies and characteristics are full of biases and Eurocentric. The narrative of this paper aligns with Inglehart-Welzel Cultural Map of the World and asks what factors influences happiness for the African?

Method: Using a systematic review of literature from African authors knowledgeable on the subject, PsyInfo database, this paper will narratively present how the notion of happiness format is developed and sustained and the relevance of religion, spiritual cosmos, community and family affects happiness in Africa.

Conclusion: In conclusion, the paper highlights why happiness as a construct is culturally relative because what makes a person ‘happy’ in the west is different from what makes a person ‘happy’ in Africa and how the construct of happiness affects the perception of illness behaviour and recovery.

KEYWORDS: Happiness, African, Mental health

Subjective wellbeing of countries in transition: Russia and South Africa

Natalia Kopylova

University of Johannesburg, South Africa,

Talita Greyling
This paper aims to compare the change in subjective well-being over time (SWB) between countries whose economies are in transition. Specifically, we want to compare countries who became democratic and thereafter implemented opposing policies to increase the wellbeing of their people. For this purpose, we compare Russia and South Africa. Both countries became democratic in the early 1990s, with high levels of inequality, low levels of wellbeing and widespread poverty. However, to address these similar problems, the countries chose to follow opposite policy measures, with Russia decreasing its government sector (measured as government expenditure as a percentage of GDP) and South Africa increasing its government sector. The question is which of these countries population’s wellbeing, measured at a micro level, increased more over the last decade and which factors drove this change. This question has not previously been investigated. To analyse this, we use country specific micro panel datasets, namely the Russian Longitudinal Monitoring Survey of the Higher School of Economics (RLMS-HSE) and the National Income Dynamics Survey (NIDS) (South African dataset). We employ dynamic panel estimation techniques to estimate the factors contributing to the change in SWB in the said countries. The life satisfaction in Russia increased in the time period, whereas that in South Africa decreased, potentially motivating for a smaller government sector, though other factors may be instrumental. Furthermore, similar factors were found to be related to the change in SWB in both countries, such as employment opportunities, levels of education, health and relative income.

KEYWORDS: Subjective wellbeing, transition economies, Russia, South Africa

Subjective well-being in Spain: exploring driving factors

Eduardo González
University of Oviedo
Ana Cárcaba
University of Oviedo
Rubén Arrondo
Background: The objective of this paper is to explore the drivers of subjective well-being (SWB) in Spain. For this purpose, a large survey of individuals relating their views about their personal SWB and many other variables related to quality of life is used.

Methods: A large sample of more than 23,000 respondents is used for the empirical analysis. Variables refer to reported levels of SWB and also to all the dimensions of the OECD’s Better Life Index. Regression analysis is used in order to relate the different dimensions of quality of life to SWB.

Findings: Consistently with previous literature, we find that the satisfaction with the economic situation, personal relations, health and housing are positively and strongly related to life satisfaction. Unemployment is found to be a major source of dissatisfaction, while satisfaction with the current job (for those employed) does not seem to be a relevant factor. In contrast, education, government and the environment are not found to be important drivers of SWB (ceteris paribus).

Discussion: This research helps understanding the relative importance or weight of each dimension of QoL in determining personal SWB. The implications are important in order to gain understanding of this topic and also in the construction of more aggregate measures, such as QoL indicators of regions, in which different domains must be appropriately weighted.

An investigation into the diverse relationship between town size and well-being in Latin America

Antje Jantsch
Leibniz Institute of Agricultural Development in Transition Economies (IAMO)
Alan Piper
Europa-Universität Flensburg
Background: The well-being of individuals in different regions has been studied in many different parts of the world. In Latin America previous research has found that people in rural areas are generally more satisfied with life than those in urban areas, a result often found by making use of town size data and well-known multi-country datasets. This investigation challenges the notion of a rural-urban gradient for life satisfaction in Latin America. Our investigation uses more refined town size categories than previous research and also contains an analysis of population density, which, to the best of our knowledge, has not been previously undertaken for Latin America.

Methods: The investigation is quantitative, and the empirical analysis uses both multilevel modelling, for the region as a whole, and ordered probit estimation, for the individual countries. The data comes from 9 waves of the Latinobarometer, coupled with population data from The United Nations Demographic Yearbook.

Findings: The results of the empirical analysis reveal quite diverse associations for the different Latin American countries. For the region as a whole, and in contrast to previous research, our results do not indicate a systematic pattern.

Discussion: This diversity in the region is explored, potential reasons discussed, and ideas for future research regarding regional well-being are generated as a result of the current research.

Wellbeing in Russia: regional diversity or inter-regional inequality?

Irina Pavlova
National Research Tomsk Polytechnic University

Ilya Gumennikov
National Research Tomsk Polytechnic University

Evgeny Monastyrny
National Research Tomsk Polytechnic University

Background: Well-being is a combination of objective and subjective economic, social, physical and psychological criteria determined by a specific quality of life and characteristics socio-cultural environment deeply rooted within economic, social, cultural subsystems of a country.
While relying on the premise of understanding wellbeing as a multi-faceted phenomenon, the primary objective of the study is to discover similarities and differences in wellbeing of different age/gender groups across Russian regions.

Methods: We use systemic and institutional approaches to identify the main processes of the wellbeing as a phenomenon. The main data source is the official statistics of the Federal State Statistics Service. Cluster analysis (hierarchical and K-means cluster analysis) is employed to compare wellbeing indicators for 85 Russian regions and age/gender groups.

Findings: The findings report leading and lagging regions with changes in ranking positions of the territorial entities. There is a slight positive dynamics for economic and social indicators, while health indicators value staying almost flat. Also, we observe a significant decrease in indicators for regional infrastructure and quality of regional environment.

Discussion: We identified a certain mismatch of dynamics for objective and subjective variables for the same regions. This could obviously serve as an explanatory factor for the significant decrease of those indicators which are mostly described by subjective assessments. As a result of the regions clustering it became quite obvious that clusters basically do not correspond to the federal districts, which, in their turn, are commonly used as reference macro-regions for socio-economic support and development initiatives.

Subjective Well-Being of the Middle Aged Indians

Dr. Tithi Bhatnagar

*O.P. Jindal Global University, Sonipat, Haryana, India*

The term subjective well-being (SWB) refers to people's evaluations of their lives. The aim of this study was to explore the factors that determine the SWB amongst middle-aged people in India, find out their level of SWB, and profile their factor salience. An exploratory study was undertaken on a sample of 48 middle-aged male and female respondents from urban, urban slums and rural settings. The respondents were interviewed on a three-item open-ended questionnaire related to questions on cognition, positive and negative affect. Their responses were recorded, transcribed and content analyzed. The research findings envisage Affiliation,
Children’s Well Being, Health, Wealth, Employment, Values, Marriage, Education, Sense of Satisfaction, Emotions and Materialism as SWB Enhancers and Individual and Emotions related issues as SWB Reducers amongst middle-aged Indians. Locational and gender differences were also obtained. A self-designed Subjective Well-Being Measure (32 items Part I measuring SWB, alpha = .91; and 20 items Part II measuring Subjective Ill-Being, alpha = .87) was administered on 352 middle-aged Indians across gender and locations to find their SWB level and factor salience. The findings show that the middle-aged Indians experience a low SWB (M=0.19). The most important factors for their SWB are Achievement and Recognition, and Contentment; and for SIB is Social Sensitivity. Though the overall SWB level is low, differences between mean values and factor salience varies across gender and location. This study gives us an insight about factors that can increase quality of life for middle-aged people and understand what is important for their SWB.
Impact of indebtedness on subjective wellbeing

Talita Greyling

Department of Economics and Econometrics, University of Johannesburg, South Africa

Stephanié Rossouw

Faculty of Business, Economics and Law, Auckland University of Technology, Auckland, New Zealand

In this paper we explore the association between debt and subjective wellbeing amongst South African households for the years 2008-2017, using five waves of the National Income Dynamics Survey. This is an important study since literature shows a positive relationship between the level of debt, intimate partner violence, levels of anxiety and stress as well as foregone necessary medical and dental treatment. We add to this our principle finding of those households who have outstanding (non-mortgage) credit, and who have higher amounts of such debt, are significantly less likely to report high levels of subjective wellbeing. The average increase in the subjective distress is greater when outstanding credit is measured at the individual, as opposed to household, level. No such significant association is found in the case of mortgage debt. Our secondary finding shows that debt burdens (debt relative to economic resources) have increased substantially from wave 1 to wave 5 and that most of the growth in the debt burden is attributable to growth in unsecured ‘bad’ debt taken on by young adults with lower socioeconomic status. Our results highlight the subjective and social capital cost associated with the consumer credit culture in South Africa. Policy intervention in the area of mandating lower levels of unsecured debt as a percentage of income and initiatives to increase savings so as to mitigate unexpected life events, are urgently needed.

KEYWORDS: Debt; subjective wellbeing; South Africa
The effect of conspicuous consumption on subjective wellbeing: A case study of South Africa.

Stephanié Rossouw  
*Faculty of Business, Economics and Law, Auckland University of Technology, Auckland, New Zealand*

Talita Greyling  
*Department of Economics and Econometrics, University of Johannesburg, South Africa, email:*

According to the conspicuous consumption theory, people consume highly observable goods to signal their wealth to others. A growing body of evidence favours this signalling model. However, the empirical evidence available is still far from conclusive; thus, we provide evidence from a new angle. We show that the signalling model of conspicuous consumption predicts that a consumer’s subjective wellbeing should increase based on his or her household’s ranking of observable consumption within its reference group but should not be affected by its ranking in the distribution of unobservable consumption. Additionally, we investigate the reciprocal relationship between conspicuous consumption and self-evaluation (subjective wellbeing). We test this relationship in South African using a panel dataset spanning the period 2008 – 2017. Our results show i) conspicuous consumption tends to inflate a household’s self-evaluation of its own status beyond the social status as determined by its other socioeconomic statuses (i.e. education and income level, occupation or wealth); ii) inflated social status and conspicuous consumption reciprocally reinforce each other and iii) Black South Africans devote larger shares of their expenditure to observable goods.

**KEYWORDS:** Consumption; subjective well-being; South Africa

Indebtedness, debt relief programs, and changes in material hardship and subjective well-being: A longitudinal study

Jung Min Park, Ph.D.  
*Seoul National University*
Background: This study examines the changes in the quality of life in the areas of material hardship and subjective well-being among individuals who used publicly-funded debt relief programs.

Methods: The sample, 209 individuals, was recruited from the Bankruptcy Court and government-funded credit counseling and recovery agencies in South Korea. Data were collected in 3 waves through in-person interviews from 2016 to and 2018.

Findings: At baseline, the debtors group demonstrated a substantially higher level of material hardship and a lower-level of subjective well-being compared to the general and low-income populations. In wave 1, the proportion of people who suffered from hunger was 17.9% in the debtors group compared to 1.6% in the low-income group from a national dataset. The proportion of those who had had suicidal ideation was 57.9% in the debtors group compared to 19.2% in the low-income group and 2.7% in the general population. The quality of life among those who used debt relief programs has considerably improved during the 2-year follow-up period. The rate of hunger dropped to 4.9% in wave 3 from 17.9%. The rate of suicidal ideation also dropped to 20.7% in wave 3 from 57.9%. The level of life satisfaction has improved in terms of income, residential environment and social network, while it has not significantly changed regarding health and family relationship.

Discussion: The results suggest that over-indebtedness adversely affects individuals’ well-being and that debt relief programs can contribute to improving economic and subjective well-being of those who experience over-indebtedness.

KEYWORDS: indebtedness, debt relief, quality of life, material hardship, subjective well-being

Fertility behavior and preferences

Junji Kageyama

Meikai University
The impacts of preferences on fertility behavior have been studied in the context of work-family preferences (Hakim’s preference theory). This study adds a wider range of preferences to work-family preferences and examines their impacts on fertility behavior. For this purpose, we use the World and European Values Survey, which includes the following questions: “For each of the following aspects (family, friends, leisure time, politics, work, and religion), indicate how important it is in your life. Would you say it is (1) very important, (2) rather important, (3) not very important, or (4) not at all important?” Specifically, we decompose fertility into fertility intention and the realization of fertility intention, and regress these two variables on the above questions controlling for socio-economic and demographic variables. The results demonstrate that in developed countries, individuals who put importance on family and religion have higher fertility intention, and that those who put importance on leisure have lower fertility intention, indicating that leisure and children are close substitutes. We also find that religion relates to the greater realization of fertility intention. However, the results are ambiguous in developing countries, and socio-economic factors, such as income and education, play key roles in determining both fertility intention and its realization. These results suggest that with economic development, individual preferences emerge as important factors for determining actual fertility.

Cross-national segmentation of economic and subjective well-being – absolutely and relatively speaking

Peter Krause

*German Institute for Economic Research / SOEP*

This paper offers a segmentation approach for the joint use of absolute and relative standards in cross-national empirical analyses of economic and subjective well-being. Cross-national empirical applications on deprivation and wealth refer (mainly) to either relative/national [60%-med] or absolute/global standards [1.90[$/day]. The first section describes the theoretical foundations for absolute and relative empirical applications in general and illustrates further, how they can be integrated to set up lines for deprivation and prosperity at different levels in cross-national empirical applications.
Methods. The segmentation of absolute and relative cross-national standards is based on new parameter driven counting approaches to consider partial deprivation and partial wealth [i.e. fuzzy zones of prosperity and deprivation] according to the fgt-measurement-framework (Foster/Greer/Thorbecke 1984, 2010). Cross-national empirical analyses refer to (ordinal and cardinal) uni- and multidimensional measures of - partially segmented – levels for prosperity and deprivation in economic and subjective well-being - following the multidimensional measurement framework by Alkire/Foster (Alkire/Foster 2011; Alkire et al. 2015) and Rippin (2012). The empirical analyses are based on cross-national panel data (EU-SILC; CNEF) and the German Socio-Economic Panel study (SOEP).

Results/Discussion. The social-policy findings suggest -according to common EU-levels- remarkable high rates of absolute deprivation in economic wellbeing also for several southern European countries (beside post-communist countries) and high levels in economic wealth (incomes) for few European Countries (Switzerland, Norway). Cross-national differences in multidimensional settings of economic and subjective well-being strengthen further the multidimensional qol-perspective – considering also degrees of prosperity and deprivation for the middle-class population with (partly) diverging trends.

Facets of Well-being and Materialistic Consumer Characteristics

Alexandra Ganglmair-Wooliscroft
University of Otago, Dunedin, New Zealand
Ben Wooliscroft
University of Otago, Dunedin, New Zealand

This study is part of a research project investigating the relationship between consumption and facets of well-being. Consumption’s relationship with QOL and well-being is complex. The most prominent research stream investigates consumer materialism - an aggregate, trait-like predisposition to over-consume - and finds overwhelmingly negative relationships to well-being (Dittmar, et al., 2014). However, consumption is a major part of most people’s lives. It provides opportunities for increasing well-being and happiness – an area we know considerably less about.
The current study investigates dimensions of extrinsic and intrinsic self-transcendence goals (financial success, conformity and community (Kasser, n.d.)), materialism (Richins & Dawson, 1992) and their influence on three well-being dimensions: Life of Pleasure (hedonic well-being, Peterson et al., 2005), the Short Flourishing Scale (Diener et al., 2010) & Personal Wellbeing Index (PWI, Cummins et al., 2003).

Responses from a broad sample of New Zealanders (n=320) were collected using a commercial online sample. The data was analysed using binary correlations and multiple linear regression (including bootstrapping function) in SPSS 25. Results support the complex relationship between materialistic goals (financial success and materialism) and facets of well-being. For the New Zealand sample – supporting results previously found in Austria - the Materialism-Happiness sub-dimension is weakly negatively related to Flourishing while Materialism and Life of Pleasure are positively correlated. The strongest positive relationship is found between financial success and the evaluative QOL dimension, PWI. These results emphasize the importance of extending research into consumption and well-being to provide nuanced views of these complex relationships.

Debt Holding, Credit Access, and Subjective Wellbeing: Evidence from China

Jing Jian Xiao, Ph.D.
University of Rhode Island, USA
Shu Zhang, Ph.D. Candidate
Renmin University of China, China
Feng Li, Ph.D. Candidate
Renmin University of China, China

The objective of this study is to examine the association between debt holding and subjective wellbeing in China. In recent years, consumer credit markets have been emerging and Chinese households start to borrow for consumption. Some statistics show warning signs that Chinese households may borrow too much that could affect the economic stability. Research on debt behaviour of Chinese households is important for the wellbeing of both households and
economy in China. Research questions of this study are: 1) Are debt holdings associated with subjective wellbeing; 2) Do perceived credit assess sources moderate the association between debt holding and subjective wellbeing?

Data used in this study is from the 2016 China Family Panel Study that is nationally representative. In the data set, the family financial information was collected at family level and subjective wellbeing information was from individuals who answered family financial status questions. After excluding observations with missing values on focused variables, the sample size used in this study was 12,620. Subjective wellbeing was measured by two indicators, life satisfaction and stress.

Multivariate linear regression results suggest that holding housing debt, nonhousing debt, or both is associated with lower life satisfaction or higher stress after controlling for socioeconomic variables. In addition, perceived credit access sources show some moderation effects on the relationship between debt holding and subjective wellbeing.

In conclusion, consistent with previous research, debt holding may decrease life satisfaction and increase stress. Helping consumers take control of debt may enhance their subjective wellbeing and improve quality of life.

Towards Postmaterial Happiness? The Role of Prosperity and Rising Capitalism

Jan Delhey

*Otto-von-Guericke University Magdeburg, Germany*

Background: Common wisdom has it that with rising prosperity, happiness depends less on money and economic goods - a thesis known as the post-materialization of happiness. Yet while many parts of the world have indeed become more prosperous in the post-1989 era, they have also become more unequal and more commodified as a result of the triumphal procession of capitalism. Thus the key question is: did people’s happiness recipes become more post-material, or material, since 1989?
Methods: My main indicator is the closeness of the association between financial satisfaction and life satisfaction within a population. The analysis is based on waves 2-6 of the World Values Survey, thus covering the time period from 1990-2010. Whereas previous studies have either looked at cross-sections of countries or tracked single countries over time, this paper analysis for 43 countries changes of happiness recipes and how major socio-economic and institutional developments have impacted them.

Findings: The paper reveals diverging trends in different world regions. Whereas in the Western world the trend towards a less material happiness recipe is still intact, in transition countries, and in South-East Asian countries in particular, people’s happiness recipe has become more material. Indeed, China and Hong Kong stand out as having the closest association between financial satisfaction and life satisfaction worldwide.

Discussion: The findings challenge the idea that rising prosperity automatically leads to a post-materialization of happiness. Changes in institutional settings (marketization, capitalist transition) also shape people’s happiness recipes.

**Being single and happy money: quality money management is the most important**

Wipaporn Jarurengpaisarn  
*Mahidol University*  
Suporn Jaratsit  
*Mahidol University*

Background: The purpose of this study aimed to investigate and understand happy money of single persons in Thailand.

Methods: Data are reported from a survey instrument: HAPPINOMETER and Happy money is one of nine dimensions of Happiness level. The survey is a cross-sectional study which conducted during January to March 2018. Only Working population aged 15 years and over is a sample included 21,086 respondents.
Findings: Single person have higher happy money than other marital status. Average happy money in single persons is 62.3, for others; married persons, widowed, cohabitation, and divorced are 57.6, 56.4, 56.3, and 54.0, respectively. Furthermore, happy money in female are happier than male which is 64.5 and 60.7, respectively. Importantly, money management is a significant factor for happy money. Single female can allocate financial 40% while single male are at 30%. However, both female and male are unhappy when income is lower than expenditure.

Discussion: The findings support the knowledge about money is one of factors influence to happiness. It was observed in single persons with good manage finance feeling happy in terms of happy money than others. The intervention for enhance happy money is not about increase income but how to allocate money wisely is a challenging.

Do materialistic store environments impact subjective well-being? The role of self-suppression and self-expansion.

Stephan Grzeskowiak, Ph.D.
NEOMA Business School

Background: Materialism – the degree to which one values possessions and their acquisition more highly than most other matters and activities in life (Richins & Dawson 1992) – can influence subjective well-being both positively and negatively. However, little is known about how materialistic store environments contribute to shopper’s subjective well-being. Building on Richins’ (2004) distinction of different dimensions of materialistic values, this study considers store environments that trigger materialistic values in relation to success and happiness. The key hypothesis is that shoppers’ motivation for visiting a store (either self-expansion or self-suppression) moderates the impact of materialistic store environments on shoppers’ subjective well-being.

Methods: Data was collected from 270 shoppers using an intercept survey following actual store visits. Structural Equation modelling was used to test the research hypotheses.
Findings: The results show that both types of materialistic store environments reduce shoppers’ subjective well-being. However, the data is supportive of the hypothesis that shoppers’ motivation for visiting a store (either self-suppression or self-expansion) moderates the negative influence of a materialistic shopping environment in different ways. Here, high (low) self-expansion motivation is found to amplify (reduce) the negative impact of store environments that are high on success materialism. Similarly, high (low) self-suppression motivation is found to amplify (reduce) the negative impact of store environments that are high on happiness materialism.

Discussion: This research contributes to the ongoing debate on conditions under which materialism may influence subjective well-being positively or negatively. It is the first study to consider role of a main marketing tool – the design of a store environment. The results show that shopping motivation may play a key role in determining the impact of materialistic store environments on shoppers’ subjective well-being.

Inequality and subjective wellbeing in an unequal country

Alexandra Cortés-Aguilar

*Universidad Industrial de Santander*

Lizeth Vanessa Arenas -Chinchilla

*Universidad Industrial de Santander*

High levels of inequality are associated with lower levels of happiness, mainly because income inequality are highly related with mistrust, hopes and fears about the future and anxiety from status competition. According to the World Bank ranking, in 2017, Colombia was second on the list of the most unequal nations in Latin America and the seventh at the world ranking. Given that, this paper aims at the relationship between income inequalities and subjective well-being in Colombia, a country with great inequality. By using the Household Survey GEIH (Gran Encuesta Integrada de Hogares), which contains self-reported information from a representative sample of 333,721 individuals between 18 and 65 years of age, we estimate probit models that include, in addition to individual income, a set of sociodemographic variables, indexes that are considered different forms of income comparisons, heterogeneities and asymmetries. The
results show that increases in the average income of the reference group have negative effects on individual subjective well-being, however, it is more important when downward comparisons are assumed. By using measures that consider the whole income distribution, we find that the affluence effect dominates the deprivation effect, that is, individuals show greater welfare losses when those who are in the lower part of the income distribution improve. This situation is particularly disturbing because a lot of the population is lower in the income distribution and it seems that the increases in income of those in the upper part of the distribution are not being perceived as negative.

How do materialistic vs minimalistic store environments impact subjective well-being?

Stephan Grzeskowiak, Ph.D.

**NEOMA Business School**

Background: Materialism – the degree to which one values possessions and their acquisition more highly than most other matters and activities in life (Richins & Dawson 1992) – can influence subjective well-being both positively and negatively. However, little is known about how materialistic store environments contribute to shopper’s subjective well-being. Building on Richins’ (2004) distinction of different dimensions of materialistic values, this study compares store environments that trigger materialistic values in relation to success and happiness with non-materialistic store environments called ‘minimalistic’ store environments. The key hypothesis is that while materialistic store environments reduce shoppers’ subjective well-being, minimalistic store environments contribute positively. The later effect is stronger if shoppers sense high levels of self-consistency within the store environment.

Methods: Data was collected from 270 shoppers using an intercept survey following actual store visits. Structural Equation modelling was used to test the research hypotheses.

Findings: The results show that both types of materialistic store environments reduce shoppers’ subjective well-being. The data further supports the positive influence of minimalistic store environments on subjective well-being. Self-consistency moderates this later relationship. Here,
high (low) self-consistency is found to amplify (reduce) the positive impact of minimalistic store environments on shoppers’ subjective well-being.

Discussion: This research contributes to the ongoing debate on conditions under which materialism may influence subjective well-being positively or negatively. It is the first study to consider role of a main marketing tool – the design of a store environment. The results show that shopping environments impact subjective well-being depending on the degree of materialism evoked in shoppers. It further identifies an alternative, minimalistic shopping environment that contributes positively to subjective well-being by motivating shoppers to shop self-consistently.

Labor Market Policy and Subjective Well-being during the Great Recession

Robson Morgan
Minerva Schools at KGI
Kelsey O’Connor
STATEC

Average subjective well-being decreased in Europe during the Great Recession, primarily among people with less than a college education and among people younger than retirement age. Labor market policies had a significant effect on the change in subjective well-being during the Great Recession in Europe, but the effect was either mitigating or exacerbating depending on the policy type. Unemployment support that provided income replacement or programs to help unemployed workers find jobs mitigated the negative effect of the Great Recession on subjective well-being for most of the population. The decline in subjective well-being for youth, however, was not mitigated by these policies. Conversely, stricter employment protection legislation exacerbated the negative effect of the Great Recession. Suggestive evidence is presented that the exacerbating effect is explained by strict employment protection legislation imposing rigidities on the labor market, making people feel less optimistic about their future job prospects. The analysis is based on a multi-level regression model using the variation in labor
Money and Happiness: Income, Wealth and Subjective Well-being*

Conchita D’Ambrosio
University of Luxembourg

Markus Jäntti
Stockholm University

Anthony Lepinteur
University of Luxembourg

We examine the complex relationship between money and happiness. We find that both permanent income and wealth are better predictors of life satisfaction than current income and wealth. They matter not only in absolute terms but also in comparative terms. However, their relative impacts differ. The first exerts a comparison effect – the higher the relative permanent income, the lower life satisfaction – the second exerts an information effect – the higher the relative permanent wealth, the higher life satisfaction. We also show that negative transitory shocks to income reduce life satisfaction while transitory shocks to wealth have no effect. Lastly, we analyse the effects of their components and find that not all of them predict life satisfaction: permanent taxes do not matter, while only the value of permanent real estate, financial and business assets do. Finally, we use quantile regression and analyse to what extent our results vary along the well-being distribution, finding the impacts to be larger at lower levels of life satisfaction.

KEYWORDS: Permanent Income, Permanent Wealth, Life Satisfaction, SOEP
Adolescents’ tendencies on social networks consume and subjective well-being in a longitudinal study

Sara Malo Cerrato
Research Institute on Quality of Life, Universitat de Girona (Spain).

Isabel Benítez Baena
Universidad Loyola Andalucía (Spain).

Mònica González-Carrasco
Research Institute on Quality of Life, Universitat de Girona (Spain).

Background: Adolescents’ increasing use of social networks has been reported in the scientific literature. However, there is no much evidence on whether consume changes along these ages or its impact on subjective well-being. The aim of this study is to analyse the relationship between children’s and adolescents’ self-perception of social networks consume and their subjective well-being in a longitudinal study.

Methods: Data were collected during four waves (one data collection per year) in 15 educational centres of the province of Girona (Catalonia). In the first wave, participants were 10 to 15 year-olds. Four scales were used for data collection: a single item of a self-attributed scale of social networks consume and three subjective well-being (SWB) scales (OLS, HOL and BMSLSS). Data analyses were focused on creating profiles for classifying participants according to their self-perceived consumption level and assessing to what extent changes were connected to their well-being.

Findings: Differences are observed, from the first to the fourth wave, in the percentage of participants that self-categorize as: a) low consumers (31% vs. 8.7%), and b) high consumers (45.9% vs. 65.1%). Besides, a reduction on SWB along the waves is also observed, while the relationship between self-perceived social networks consume and SWB varies according to the SWB scale used.
Discussion: The results obtained can be very helpful for developing interventions aimed to increase a responsible use of social networks in early and late adolescence and to promote a positive impact on SWB at these ages.

Tertiary student wellbeing and the commuting paradox

Philip S. Morrison
Victoria University of Wellington (New Zealand).

Ayeisha Motu
Victoria University of Wellington (New Zealand).

The commuting paradox refers to the presence of commuting costs which are not compensated by positive returns at either the origin or destination. The degree of compensation experienced by commuters can be tested by assessing the marginal effect of the commute on subjective wellbeing.

Internationally the wellbeing of tertiary students is remarkably low and the net cost of the commute is a contributing factor. Tertiary students differ from the typical wage and salary earner to which the commuting paradox thesis has been applied to date. Students receive no income compensation at the destination and face a highly competitive rental market as low income consumers.

Our 2017 study is based on an on-line survey of 322 students at Victoria University of Wellington, New Zealand. The results suggest a cumulative negative effect of travel time and associated commuting costs on wellbeing after controlling for potential compensating factors and a range of personal attributes. While the evidence offers retrospective support for the government’s recent fare subsidy to tertiary students it also widens our concept of compensation to include differential access to cheaper accommodation in the family home by social class.

KEYWORDS: tertiary student wellbeing, the commuting paradox, the urban campus, New Zealand
Quality of life assessment among adolescents in socially vulnerable situations: development of a multidimensional scale

Chris Swerts  
*University College Ghent, Centre of Expertise on Quality of Life*

Jessica De Maeyer  
*University College Ghent, Centre of Expertise on Quality of Life*

Goedele De Nil  
*University College Ghent, Centre of Expertise on Quality of Life*

Laura E. Gómez  
*University of Oviedo*

Wouter Vanderplasschen  
*Ghent University*

Background: Outcome-based evaluations are an important activity for policy and daily practice in youth care. In the last decade, the dominant focus on deficit-oriented outcomes in youth care services has been contended and scholars and practitioners increasingly argue for the use of positive and strength-based outcomes. One such valued person-centered outcome is quality of life. While a number of quality of life scales have been developed, a great number of them are designed for use with specific clinical populations or start from a health-related perspective. This presentation focuses on the construction and testing of a new multidimensional quality of life instrument for adolescents (12-18y) in youth care, based on a broad and positive framework.

Methods: A multistep process was adopted. Findings from an extensive literature review were complemented by an international expert panel and focus groups with adolescents.

Findings: The process of instrument development will be described. The instrument is developed in a conversational format to obtain quality of life information from adolescents in youth care, starting from their personal perspectives.

Discussion: The multidimensional scale intends to support services in improving the personal outcomes of adolescents in youth care. It allows practitioners to maintain and strengthen the
things adolescents value in life. The process adopted in this study aligns with the right of adolescents to fully participate in and to express their view on all matters in life that affect them.

How Youth Living With HIV in Uganda Experience Stigma: Results of a Photovoice Study

Emmanuel Kimera
MPH, Mountains of the Moon University (Uganda).

Jessica De Maeyer
PhD, center of expertise on Quality of Life (E-QUAL), University College Gent (Belgium).

Didier Reynaert
PhD, center of expertise on Quality of Life (E-QUAL), University College Gent (Belgium).

Anne-Mie Englene
MSc, center of expertise on Quality of Life (E-QUAL), University College Gent (Belgium).

Sofie Vindevogel
PhD, center of expertise on Quality of Life (E-QUAL), University College Gent, (Belgium).

Introduction: As Youth Living With HIV/AIDS (YLWHA) continue to survive and live with HIV chronically due to effective Antiretroviral Therapy (ART), it is paramount to work toward addressing their psychosocial wellbeing and Quality of Life (QoL) in general. HIV-stigma has been identified as a significant stressor augmented by HIV-medication that affects their QoL.

Methods: In this study HIV-stigma was explored as a potential stressor reducing QoL by answering the following research question: “how do YLWHA in Uganda experience stigma and its effects on their daily life”. Photovoice, a participatory action research method suitable for marginalized populations (Wang & Burris, 1997), was used to get insight on elicited experiences of stigma in 10 YLWHA purposively selected from a hospital based peer support group. Data in form of focus group transcripts and photographs were subjected to inductive thematic coding (Braun & Clarke, 2006).

Results: We identified five interrelated themes in which dualities of internalized vs externalized stigma experiences were reported. These themes were: devalued humanity, isolation, fear,
violation of rights and future perspectives. In each of these themes, stigma was mainly fueled by ignorance, myths and historical events.

Conclusion: These themes illustrate the multifaceted nature of HIV-stigma and its impact on QoL. The findings also bring to light an eminent need to address HIV-stigma by focusing on both the stigmatized and the “stigmatizers” through interdisciplinary interventions that appeal to different QoL domains.

Subjective well-being in childhood, adolescence and early adulthood: Continuity and change

Gwyther Rees
UNICEF Office of Research – Innocenti (Italy).

Background: This presentation will describe continuity and change in subjective well-being (SWB), and associated factors, from middle childhood to young adulthood. It will examine the extent to which SWB at one age predicts later SWB; and also whether the factors associated with variations in SWB are similar or different across this life period. There is a scarcity of longitudinal analysis of this kind.

Methods: Secondary analysis will be presented of two UK longitudinal studies. The Millennium Cohort Study follows around 18,000 children born at the beginning of the new millennium. Data is currently available up to when the children were 14 years old. The Understanding Society Survey is an annual household panel, in which more than 4,000 children aged 10 to 15 years old participate in each wave. It is possible to follow these children into early adulthood. The two studies contain compatible measures of children’s life and domain satisfactions. Analysis will include linear and fixed-effects regressions.

Findings: The findings show a substantial amount of change in people’s subjective well-being across the age range. The findings also highlight, for example, variations in the extent to which economic factors affect subjective well-being – with the associations increasing across the age range.
Discussion: The conceptual implications of the findings will be addressed in relation, for example, to theories that assert that SWB is largely attributable to personality and that individuals have a ‘set point’ of SWB. The extent to which the findings support or challenge these ideas will be discussed.

Positive Affect and its Relationship with General Life Satisfaction among 10 and 12-year-old Children in 18 Countries

Mònica González-Carrasco
University of Girona (Spain).

Ferran Casas
University of Girona (Spain).

Xavier Oriol
University of Andrés Bello (Chile).

Background: The communication deals with some topics which are seldom addressed in the scientific literature: (a) the analysis of positive affect (PA) among 10 and 12-year-old children in 18 countries in order to provide researchers with normative data from representative samples; (b) the analysis of the comparability of these data across countries, genders and age groups; and (c) the cross-country analysis of the relationship between PA and a measure of cognitive subjective well-being (SWB) such as general life satisfaction (OLS).

Methods: The analysis is based on the Children’s Worlds samples of N = 41,599 children and adolescents. A Confirmatory Factor Analysis (CFA) of a PA measure was tested. This latent variable was related to the OLS and the measurement invariance of this model was explored. Multi-group Structural Equation Models (SEM) were tested by gender, age group and country.

Findings: Results suggest all statistics are comparable across age groups and genders. Correlation and regressions are also comparable across countries, but mean scores are only comparable among 12 countries. A detailed analysis of the results using bootstrap displays clear diversities among countries, but also outstanding similarities in children’s and adolescents’ positive affect.
Discussion: Our analysis of the normative PA scores displayed far more cross-country similarities than expected, although significant variability is observed across countries depending on their level of industrialization, which implies that future cross-cultural studies will need to consider economic development before making comparisons between the different components of SWB in children and adolescents.

Graphic Representations of Happiness in Adolescence

Teresa Freire  
*University of Minho*  
Jenna Hartel  
*University of Toronto*  
Andreia Ramos  
*University of Minho*

Background: This research project is the first arts-informed, visual study of happiness, using the draw-and-write technique. It provides a complement and alternative to existing textual frameworks in the literature by asking two main research questions: (1) How do adolescents draw the concept of happiness?; (2) How do these visual conceptions of happiness differ by age, gender and level of happiness?

Methods: Adapting the *iSquare Protocol* (Hartel, 2014), 300 Portuguese adolescents (aged 12 to 18) were asked to “Draw Happiness” on a 4” by 4” piece of paper, coined an *hSquare*. Participants also captioned their drawing and filled in the *Subjective Happiness Scale* (Lyubomirsky and Lepper, 1999). The visual expressions of happiness were analyzed using *compositional interpretation* and *thematic analysis*.

Findings: Adolescents expressed the concept of happiness many ways. The drawings ranged in complexity from *elementary* to *composite* graphic objects (Engelhardt, 2002). There were drawings that qualified as *pictures*, *link diagrams*, *symbols*, and *grouping diagrams*. In order of prevalence the themes of emotions, family, friends, and leisure appeared in the corpus, with
variation among happy and unhappy adolescents, which in turn appeared associated to gender and age.

Discussion: This study enriches our understanding of happiness with new visual insights. Linkages can be found between the hSquares and motifs in popular culture, with parallels to the scholarly literature. Gender and age do play a difference in adolescent’s visual conceptions of happiness, and our paper will further elaborate these factors. Methodologically, the draw-and-write technique can be combined successfully with psychological measures. Implications for happiness studies are identified.
Why Is Quality of Life Among Thai People So Different? Obstruction Factors of Access to Basic Healthcare Services Among Ethnic Women

Ronnapoom Samakkeekarom  
*Faculty of Public Health, Thammasat University (Thailand).*

Anusorn Amphansri  
*Thai Health Promotion Foundation (Thailand).*

Background: Nowadays, there are over 65 ethnic groups residing in Thailand. The total number of their population is about 6,100,000 people, which accounts for 9.68% of the country’s population. It also reveals that more than 56% of them are female. Although, according to Thai law, these people have been allowed to apply for Thai citizenship, they remain classified as “second class citizens”. Their rights are not yet equal to those of Thai people in general. This study, therefore, is conducted to project the obstruction factors of access to basic healthcare services, which bring about health injustice among ethnic women in Thailand.

Methods: This study is conducted on the basis of both quantitative and qualitative research mythology with objective to carry out a survey on problems, rights, and health behaviors among 600 ethnic women in 3 provinces of Thailand. In terms of data analysis, this study uses descriptive statistics and qualitative approach to understand obstruction factors of access to healthcare services among ethnic women, which pose health injustice for them. Data collection is carried out through multiple tools including in-depth interviews and non-participant observation of 60 ethnic women, during June 2017 to May 2017. Field notes are analyzed using textual analysis.

Findings: According to the survey results, 58% of the ethnic women reported that they have had illness experiences with reproductive health. 69% of them have encountered with ergonomics problems. 66% of the women reported to have violence problems in their family. 79% of them have faced health problems related with stress. And 81% of them have had illness experiences, which result from their local belief. However, these ethnic women have never received treatment, prevention, and protection for their health problems because they are deprived of
access to healthcare services from the government. From the study, their obstruction factors vary from language barriers, gender, sexuality, health belief, health culture, distance, and citizenship status.

Discussion: It is necessary for the Thai state to provide friendly healthcare services for language diversity, health belief, health culture, as well as promote sensitive service systems to gender, sexuality, and reproductive health. In addition, it is significant to work together with local communities in building active services to provide the non-citizens and local people, whose residences are faraway, with proper access to their services.

Happy Homemakers or Desperate Housewives? Work, Parenthood and Women’s Affective Well-Being.

Carina Keldenich

*Otto von Guericke University Magdeburg*

This paper applies multivariate regression analysis to investigate how labor market status and motherhood relate to the affective well-being of women using Day Reconstruction Method (DRM) data from the United Kingdom Time Use Survey 2014-15. Affective well-being is measured by the duration-weighted mean of self-reported enjoyment during the activities recorded in each DRM diary. 2,365 usable person-day observations are included in the study, after the sample was restricted to the relevant age group, household structures, labor market statuses and gender. Results indicate that women working full-time do not experience higher affective well-being throughout the day than women in other labor market statuses do. Indeed, women working part-time, self-employed women, homemakers and women on maternity leave are shown to have higher enjoyment scores than full-time employees. This result holds across a variety of specifications. While there is also a positive and significant correlation between motherhood and affective well-being, this relationship becomes insignificant in some cases once the labor market status is controlled for. The study contributes to the field by focusing specifically on the relationship between well-being and motherhood as well as a variety of different labor market statuses relevant to women, an area for which empirical evidence is comparatively scarce. Furthermore, in contrast to many previous studies in economics, it
considers a measure of affective well-being rather than life-satisfaction data, which adds to the understanding of how various well-being measures, particularly when they aim at capturing fundamentally different well-being components, may relate differently to any given life circumstance.

**Couple inequalities in productive time over the family life cycle and their effects on well-being**

Olinca Páez

*INEGI*

Productive time is typically larger for women than for men. Its impact on well-being must consider the trade-offs between the positive effect of being productive and the negative effect of being time deprived. In countries where gender differences in the type of productive work performed and the time devoted to those activities are observable, it is critical to assess the impact of the sexual division of work on people’s well-being.

In Mexico, men report slightly higher levels of well-being than women, but until now the gender gap variations over the family life cycle have not been documented, nor the impact of the inequality of productive time experienced by the couple heading the household.

For this research, I maximize the microdata from the Mexican survey on use of time held in 2014 to population aged at least 12 years old, over approximately 19,000 dwellings across the country. Estimations are representative at national, urban and rural levels, and for indigenous people, as well. A measure called *Surplus of productive time* is calculated for each person, based on the difference with respect to her/his partner, and then summarized by gender and stages of the family life cycle.

The negative effect on well-being of not having enough discretional time is intensified by the presence of inequality in the couple. The use of time defined by gender impacts people’s lives, so effective policies should be designed to reallocate the productive time of men and women in complementary directions.
Gender (In-)equality and the life course: an alternative approach with some surprising results

Gerd Grözinger, Alan Piper

We research gender inequality through the prism of reported life satisfaction (SWB) over the whole life cycle. Using thirty years of representative German data (GSOEP), we are thereby answering four basic questions: (1) is SWB for men and women significantly different, (2) do we see gender difference movements over time, (3) are there regional variances and (4) are the patterns by age different?

Overall, we find little evidence of gender inequality in SWB. But there are surprising disparities in certain age classes and we offer reasons for those.

This simple, unconditional, age neutralised analysis offers a different perspective to the more typical econometric analyses and has wider applications, for example in a consideration of other issues of inequality and inter-group comparisons.

Participation in outdoor adventure activities enhances well-being and happiness in middle aged women.

Yvette Wharton

*University of Abertay, Dundee (UK)*

Fewer women than men participate in regular physical activity. This difference in level of participation is particularly notable in engagement in adventure activities. This study explores the experiences of a group of women who do participate in outdoor adventure. It examined the phenomenon of adventure in the women’s lives including an exploration of benefits the women experienced as part of their participation.

Fourteen women (mean age 51 years) from a women’s adventure group based in the east of Scotland participated in individual face to face interviews. The interviews were designed to
gathers each woman’s subjective perspective of her experiences, attitudes, beliefs and perceived benefits of participating in adventure with other women. Data from the interview transcripts was analysed to identify themes.

The themes identified include increased happiness (joy and laughter); enhanced health (stress reduction) and positive self-identity. The study indicates that participation in adventure activities enhances quality of life and well-being in women and that activities with other women resulted in positive life enhancing outcomes. This study suggests that encouraging women to participate in exercise should move away from focus on traditional exercise classes and should include encouraging women to participate in adventurous exercise activities that take place with other women in a natural environment.

**Gender difference in socio-psychological predictors of subjective quality of life**

Gorka Vuletic  
*University J. J. Strossmayer in Osijek - Faculty of Humanities and Social Sciences, (Croatia).*

Josipa Erdesi  
*Elementary School Antun Matija Reljković, Bebrina, (Croatia).*

Background: Previous studies in the region have reported gender differences in overall subjective quality of life in favour of men. In other words, women are more likely to report a lower quality of life than men in at least one of the domains assessed. The aim of this study was to examine gender differences in subjective quality of life and socio-demographic and psychological characteristics as predictors of the overall quality of life, and to determine whether those variables predict subjective quality of life and to what extent.

Methods: The study comprises 360 participants from general adult population in Croatia (44.7% men and 55.3% women), aged 18-64 years, who did not report any depressive or anxiety disorders. The following instruments were used: Personal Wellbeing Index, Mental health continuum, Illusory Optimism Scale, How I See Myself questionnaire, and Control Beliefs Scale.
Findings: Significant gender differences in overall SQOL were revealed, with women reporting lower SQOL when compared to men. Hierarchical regression analysis identified Positive mental health as the strongest predictor of SQOL, followed by self-perceived economic status in both groups. Illusory optimism was the third significant predictor among men, but not among women.

Discussion: Present research contributes to the better understanding of the emotion-cognition in relation to subjective quality of life. It was discussed whether such a gender difference in cognitive apparatus, more precisely in positive cognitive bias, could be underlying overall SQOL and to be accountable for higher results in SQOL among men, when compared to women.

Regional multilevel analysis of health and gender differences in the Spanish labour market

Carmen Fernández Aguilar
*University of Granada.*

Beatrix Fornell Puertas
*University of Granada.*

Manuel Correa Gómez
*University of Granada.*

Amanda Godoy Bermúdez
*University of Granada.*

Araceli María Rojo Gallego-Burín
*University of Granada.*

María Teresa Sánchez Martínez
*University of Granada.*

María Puerto López del Amo González
*University of Granada.*

José Jesús Martín Martín
*University of Granada.*
Background: This study has two main aims. The first one is to estimate, differentiating by gender, the relationship between labour and economic conditions and health of the Spanish population. The second one is to study the relationship between regional labour market characteristics and public social expenditure, and health.

Methods: Multilevel longitudinal logistic models are estimated (level 1, year; level 2, individual; level 3: region) differentiating by gender. Longitudinal data (2007-2010 and 2008-2011) of the Living Conditions Survey (around 36000 observations) and data from the Salary Structure Survey are used. The dependent variable is the perceived health. The individual variables of interest are: employment status, job insecurity, severe material deprivation and household income. The regional variables are: per capita expenditure on fundamental public services, per capita public health expenditure, gender pay gap and unemployment rate by gender.

Findings: Results differ depending on gender. At the individual level, the risk of worse perceived health increases with unemployment (woman: 66%, man: 56%), job insecurity (man: 69%), and severe material deprivation (woman: 152%). The disposable income provides better protection to men (32%) than women (26%). The regional variables are only significant for women, in particular, the pay gap (5,7%) and public health expenditure per capita (0,1%) are risk factors.

Discussion: Our results emphasize the interrelation between labour and income conditions, and the health of the Spanish population. They also open a new line of research, the relevance of the pay gap in the regional axis.

Gender-related differential item functioning in the WHOQOL-BREF. Results from a large-scale population survey in Austria.

Patrick Brzoska

*Witten/Herdecke University, (Germany).*

Background: Studies reported differences in quality of life (QOL) between men and women. Usually, QOL dimensions between both groups are compared based on composite scores, calculated as the sum of the underlying item responses. This, however, does not take into account that both groups may differ in their item responses despite having the same position
on the latent dimension these items are supposed to measure (differential item functioning [DIF]). One frequently used instrument used for the assessment of QOL is the WHOQOL-BREF, consisting of 24 items representing 4 latent dimensions. The present study examines gender-related DIF in the WHOQOL-BREF using the Austrian population as an example.

Methods: Data from a representative population-based survey conducted in Austria between 2013-2015 (n=15,771) was used. Gender-related DIF was analyzed by means of confirmatory factor analysis (CFA) and multiple indicators multiple causes (MIMIC) models, adjusted for age and socioeconomic status.

Findings: After addition of seven residual covariances, the baseline model showed a satisfactory fit. Gender-related DIF was observed in 15 items. Disparities between women and men in the WHOQOL-BREF physical, psychological, social relationships and environment factor differed considerably between analyses adjusted and not adjusted for DIF (β=-0.053, β=-0.075, β=0.167 and β=--0.015, respectively, vs. β=-0.021, β=-0.088, β=0.050 and β=-0.025, respectively).

Discussion: The comparison of composite scores between men and women (or other groups) may be biased as a result of DIF, leading to under- or overestimation of true group differences. To obtain valid estimates, appropriate approaches such as latent variable modeling need to be employed.
Quality of Life of Deinstitutionalized Children as an Outcome Measure of the Child Care System Reform in Georgia

Natia Partskhaladze
*Tbilisi State University*

This paper documents increase in the Quality of Life (QoL) of children reintegrated into their biological families, compared with children living in the large-scale state residential institutions in Georgia. The findings echo outcomes of the studies conducted in developed countries, demonstrating preference and benefits of growing in a family environment. The study applies participatory approach and evaluates outcomes of deinstitutionalization process using children’s conscious judgment of their QoL using their own criteria. Similar assessment is conducted in the countries of the Europe and Central Asia region for the first time.

Three samples of 224 children were representative of all children of the age 11-18 years

a) residing in two large-scale state institutions still remaining in Georgia in 2012,

b) reintegrated into their biological families, with the state and donor support,

c) reintegrated into their biological families only with the state support.

The children were interviewed in person using QoL scale, designed for this study based on the original Personal Life Quality Protocol. The study adhered to the principle of voluntary participation and informed consent.

Children perceived themselves to be happier at home and had higher QoL scores. At baseline, QoL score in the institutions was 80%, while after the return home it had increased to 88%. QoL scores did not differ significantly between the groups reintegrated using different methodologies, however demonstrated negative correlation with the length of stay in a family.

The study confirms the positive impact and a preference of a family environment. Though, it calls for a long-term assessment of QoL of reintegrated children, as well as residing in different
forms of child care available in Georgia, in order to monitor long-term results and sustainability of the child care system reform outcomes.

KEYWORDS: Quality of Life, Children Child Care System Reform, Deinstitutionalization, Reintegration.

The Quality of Life of Children with Disabilities in South Africa

Jacqueline Moodley
University of Johannesburg

Talita Greyling
University of Johannesburg

The aim of this study is to construct a multi-dimensional composite index of Quality of Life (QoL) to measure the wellbeing of children with disabilities in South Africa. This index will be the first of its kind. Fragmented studies into the wellbeing of children with disabilities in South Africa have shown that they have lower levels of education, poorer health and lower life expectancy than children without disabilities (Stats SA, 2014). Yet, no study has developed a multi-dimensional measure, which can give an all-encompassing indication of their wellbeing. Therefore, this study seeks to 1) construct a QoL index; 2) compare the QoL of children with and without disabilities; and 3) determine which dimensions most contribute to explaining the variance in QoL. Principal Component Analysis is used to construct and weight our composite index and to investigate the latent variables that explain the most variance in QoL. We use the General Household Survey which includes a sample of 18,535 children, comprising 2,518 children with disabilities and 16,017 without disabilities. We found that the QoL of children with disabilities is significantly lower than those without. The components that explain the most variance of QoL in children with disabilities are housing and service delivery, followed by food security and education. To improve their wellbeing, policy should therefore endeavour to improve the housing of children with disabilities to accommodate their needs and ensure that food security is prioritised. Schooling should also enable the inclusion of children with disabilities. If these areas are tailored to meet the needs of children with disabilities, they can develop optimally and contribute to a well-developed society.
Social-Ecological Measures of Interpersonal Destructiveness Impacting Child Mental Well-Being: Perceptions of 12-Year-Olds’ in 14 Countries

Oliver Nahkur  
*University of Tartu, Estonia.*  
Dagmar Kutsar  
*University of Tartu, Estonia.*

Background: Aim is to explore multilevel risk factors that impact child mental well-being in social-ecological theoretical framework. We set the following research questions: (1) How are individual characteristics, their immediate environmental settings, and larger social and cultural contexts (multilevel risk factors) related to children’s subjective mental well-being; and (2) How do the impacts of multilevel risk factors of children’s subjective mental well-being vary across countries?

Methods: We apply the conceptual scheme of the Societal Index of Interpersonal Destructiveness (Nahkur et al. 2017) to operationalise the research problem. Primarily, data are drawn from cross-sectional International Survey of Children’s Well-being 2013/2014 (12-year-old children in 14 countries; N=16,336), and (multilevel) regression analyses are used. Children’s subjective mental well-being is measured with reversed 6-item version of Russell Core Affect scale.

Findings: We found that interpersonal destructiveness measures, such as low life satisfaction, prior experience with destructive interpersonal conflict and subjective economic insecurity as individual factors, and poor parenting, poor relationship climate, fragile community as immediate environmental factors affect children’s subjective mental well-being negatively, even after controlling for the larger social and cultural context factors. As a main finding these associations were universal across the observed countries, however, with subjective economic insecurity as a notable exception. The influence of societal factors on children’s mental well-being stayed unclear as we used adult-driven data that cannot represent children’s opinions.
Discussion: In sum, children’s assessments reflect their direct and indirect interactions with different levels of social-ecological environmental settings that are merged in their opinions at the individual level.

Does parental depression really lower child well-being? A comparison of parents’ and children’s (self-) assessment

Stephanie Hess

Otto-von-Guericke University Magdeburg, Germany

Matthias Pollmann-Schult

Otto-von-Guericke University Magdeburg, Germany

Background: Previous studies show significant negative associations between parental depression and child well-being (CWB). Most of these studies used parents’ assessment of CWB – children’s self-evaluations have not been considered to a satisfactory extent. Our study examines whether there are differences between the association of parental depression and parental and child (self-) assessment of CWB.

Methods: For our analyses we use data from waves 2 to 9 of the German Family Panel (pairfam). We estimate fixed-effects models of parental depression on CWB as reported by parents (1,924 mothers and 1,260 fathers) and their children (2,642), respectively.

Findings: Our findings on the effect of parental depression on CWB assessed by parents are in line with previous research: Increasing levels of maternal depression are associated with significant increases in child emotional and conduct problems as reported by the mother. The results for fathers are similar, but less robust. However, none of those effects hold for children’s self-assessment. Neither maternal nor paternal depression are correlated with children’s self-reported emotional or conduct problems. Further analyses suggest differing perceptions of parenting styles between parents and their children. While parents do indicate significant effects of depression on parenting behaviour, this was not found to be the case for their children.

Discussion: The analyses indicate that negative associations between parental depression and child well-being are significantly less pronounced when CWB is assessed by children instead of
parents. Thus, research on the association between parental depression and child well-being needs to take into account the origin of information on CWB and reconsider the validity of parental assessment.

International Survey on Children’s Well-Being: Subjective Well-Being of children in the Flemish Community (Belgium)

Fien Van Wolvelaer
HoGent, centre of expertise on Quality of Life (E-QUAL)

Jessica De Maeyer
HoGent, centre of expertise on Quality of Life (E-QUAL)

Didier Reynaert
HoGent, centre of expertise on Quality of Life (E-QUAL)

Jessy Siongers
VUB

Lieve Bradt
UGent

Johan Put
KULeuven

Stefaan Pleysier
KULeuven

Background: As part of the Children’s Worlds’ International Survey of Children’s Well-Being, this study aims to investigate the subjective well-being of children between 8 and 12 years old in the Flemish community in Belgium. Children’s Worlds wants to collect solid and representative data on children’s lives and daily activities, with a particular focus on their own perceptions and evaluations of their well-being. Drawing on a children’s rights perspective, this data will be used to improve children’s well-being and to create awareness for the importance of the own subjective sense of wellbeing of children.
Methods: The study used a stratified random sample and was conducted in 50 schools, amongst children in grade 2 \((n=1193)\), grade 4 \((n=1156)\) and grade 6 \((n=1091)\). Multivariate analyse techniques will be used to get insight on what impacts subjective wellbeing of children and how they perceive their own wellbeing, related to different life domains.

Findings: At the moment the research team is further analysing the data. Preliminary results show that children from grade 4 tend to answer in a less positive way comparing to children from grade 6. Children of all age groups tend to agree less with statements on being able to make their own choices and taking their own decisions, than with statements on feeling safe and people caring about them.

Discussion: These findings can guide policy makers on setting up actions, that will have a direct impact on aspects which are of prime importance to children themselves, putting children’s rights to the forefront.

A practical approach to nurturing happiness and hereby enhancing the quality of life among young people in Haiti.

Cornelia Walther

A crucial aspect of Quality of Life is education, because it can open the door of understanding, feeling and action. If it addresses these three aspects, it enables the young person to actively participate in his/her community, which is central to subjective wellbeing and happiness. However, for education to be effective and engaging, it should help children and adolescents to think critically, grasp the interaction of their thoughts and emotions, and guide them on the path to meaning.

In many developing countries, in particular in the poorer areas in these countries, education is based on a traditional top-down model, which primarily seeks to inculcate in children passive knowledge. Trained in such a unilateral manner, students tend to grow up to be citizens without critical questioning skills. The prevailing education set-up in Haiti is mostly shaped in such unilateral manner. It pushes out information that is supposed to be accepted, unchallenged. Compliance with authority is the underlying current of Haiti’s social establishment. This context
is not favourable to the rise and growth of critical minds; it does not nurture individuals who are prone to build a society that is progressive and inclusive. It prevents happiness.

The main hypothesis of this paper is that this status quo can be challenged. There are low cost, sustainable options that can be applied using local resources.

This paper describes a programme to train teachers and caregivers to practice a radically different type of pedagogy. Based on the quest for meaning, it promotes an education model that leads to enhanced Quality of Life from the inside out. The programme is based on the Poze methodology with is based on 10 years of research in action. The present paper concentrates on a specific project implemented in Haiti in 2017 in partnership of UNICEF and two Haitian non-governmental organisations, IDEO and Methodes sans frontiers. The logic behind the programme is that mental distress has physiological consequences, such as pain or disease, whereas biological factors such as nutritional deficiency or illness have an impact on a person’s mood and performance. An individual inflicts this inner state of mind on his/her immediate circle of relations - family, friends, colleagues, and in the case of caregivers on the children s/he works with. On the other hand, working in a challenging environment causes stress and anxiety. It is a vicious circle that can be turned in a virtuous one.

The overall Pozé programme consists of a three-track approach:

1) Training of caregivers in self-awareness, emotional intelligence, stress management and personal leadership. Participants get an understanding of the science underpinning the approach, and experience its application first hand.

2) Design of a curriculum with and by these caregivers, that is in line with the needs of their audiences.

3) Implementation and monitoring in the class-room. Coaching on the job accompanies the participants while they apply their new expertise.

Social animators from 18 non-governmental organisations involved in the work with marginalized adolescents in Port-au-Prince and the Grand South/ Jeremie participated in the training of trainers. Rolled out in three phases over four months following the logic described above, the project combined theoretical knowledge with practical exercises and coaching on the job.

Results from a threefold external assessment conducted in the first quarter of 2018 are very positive. Interviews and a quantitative survey with the participants, their peers and supervisors,
and among the children they work with daily, indicate increased life quality among participants, better work performance; improved atmosphere at their workplace, and elevated interaction with the 'beneficiaries'. Based on lessons learned, a second round of teacher trainings is being conducted this year, covering 25 non-profits. By connecting young people with the opportunity to use their skills for the resolution of local and national challenges, it adds meaning to their everyday existence, and advances the development agenda in their communities; both of which are central aspects when it comes to improving happiness and quality of life.

The paper concludes describing some challenges, such as sustainability over time and impact measurement, proposing ways to address these challenges.

Co-Evolution of Happiness and Child Poverty in four developing countries

Enrique Delamonica

UNICEF

One of the most important exercises gathering data on children in developing countries is the Young Lives project. In five rounds every three years, it has collected panel data for two cohorts of children (born in in 1994-5 and in 2001-2) between 2000 and 2015 in four countries. Among the data, there are indicators of happiness and life satisfaction as well as indicators which allow the estimation of multidimensional child poverty.

Using this dataset, two complementary analyses are carried in this paper for Ethiopia, India (one state), Peru, and Vietnam. First, the evolution of Happiness/Life Satisfaction between the years 2000 and 2015 is described for each country. Then the trends compared across the four countries to investigate differences across cultures and contexts.

Secondly, in order to delve into the contextual and cultural differences, the co-evolution of multidimensional child poverty (based on material shortcomings/deprivations) and happiness is explored. This is done for each country and the results are compare across them.

The paper is organized in five sections. After an introduction setting up the two research questions described above, a section deals with the conceptual issues of measuring life
satisfaction and happiness among children. The challenges and limitations of the data are addressed. There is also a description of how to measure child poverty in this section. The third section describes and compares the trends in happiness among children across the four countries. The fourth section deals with the coevolution of happiness and child poverty. The fifth section closes the paper with conclusions and suggestions for further research.

Enhancing wellbeing in adolescence: efficacy of mindfulness based strengths practice in high schools across the Netherlands

Sanne Peeters, Anne Kennes, Johan Lataster, Mayke Janssens, Jennifer Reijnders, Nele Jacobs

Faculty of Psychology and Educational Sciences, Open University of the Netherlands, Heerlen (The Netherlands).

Department of Psychiatry and Neuropsychology, School for Mental Health and Neuroscience, Maastricht University, Maastricht (The Netherlands).

Background. Adolescence is an important phase of profound development that involves the transition from childhood to young adulthood. This period is accompanied by various developmental challenges (e.g. adolescent detachment from the parents). Difficulties in meeting these challenges can have long-lasting impact on mental health. Therefore it is important to foster adolescent’s wellbeing. A high wellbeing contributes to resilience and protects the adolescent against stressors and associated negative emotions. The aim of the presented study was to examine the efficacy of a mindfulness based strengths practice as a school intervention and explore it’s positive effects on wellbeing. Methods. The MBSP program was adapted so that the intervention could be used in Dutch high schools. A pre-post-follow up design with a control group was used. The intervention was offered to 180 adolescents. The control group consisted of 200 adolescents. Self-report measures were used to measure wellbeing, optimism, strength use, mindfulness and emotion regulation strategies. The intervention will be evaluated using multilevel modeling. Findings/Discussion. The results of these analyses will be presented and discussed, leading to novel insights into the effectiveness of MBSP in high schools and its potential positive impact on wellbeing.
This study describes a research project on the prevention of violence in schools with pupils playing music together under the guidance of a coach. According to the evidence base on therapeutic music interventions, it was expected that the use of simple rhythm instruments would result in pupils experiencing more constructive affect regulation, empathy and cooperation.

This study was conducted with two intervention classes and two control classes at different secondary schools in Munich. The music classes used rhythm instruments for one week under the guidance of music therapists. The schools had volunteered to participate in the study.

A multi-method research design was developed to test the effects. Standardized tests and questionnaires as well as behavioral ratings by observers were planned.

Four different assessment points for data collection were scheduled for the intervention and control groups: Prior to the project week (baseline), before and after the project week and a follow-up survey three months after completion of the project.

The evaluation showed heterogeneous results. Empathy increased significantly in one of the two music classes and aggression decreased significantly in both treatment classes.

Self-assertion, concentration and endurance changed only in one music class. There were also positive changes in the control classes.

The differences between the music classes resulted from different baseline scores. One class showed considerably lower basic skills than the other. Furthermore, the music intervention also
allowed for negative emotions. And finally, the study showed that one teacher was not coping with the task, which also affected the outcome.
THE M. JOSEPH SIRGY ENDOWED TRACK ON WELL-BEING AND POLICY

Does health insurance make people happier? Evidence from the affordable care act medicaid expansion in the U.S.

Seonghoon Kim
*Singapore Management University*
Kanghyock Koh
*Korea University*

We study the effects of the 2014 Affordable Care Act Medicaid Expansion on individuals’ subjective well-being in the U.S. Using data from the Panel Study of Income Dynamics, we find that the reform significantly improved overall life-satisfaction of low-income adults. This result is robust to various sensitivity checks and falsification tests. Our results provide novel evidence on the underexplored beneficial consequences of the national healthcare reform. Given limited evidence on health improvements, the results imply that, without considering psychological benefits, we may underemphasize true benefits of the ACA Medicaid expansion.

Government Student Loan and Happiness

Risa Hagiwara
*Meikai University*

Background: This study investigates the effect of student loans on happiness. Student loans have two kinds of effects: 1) Positive effect: borrowing student loans enable us to go to university or college. Borrowers have a chance to increase their human capital and improve their life, and 2) Negative effect: borrowers must repay their loans in the future. Sometimes, borrowers face the problem to be difficult to repay their loans, unfortunately some borrowers go into default.
Comparing the individuals who can borrow student loans with the individuals who can’t, this paper clarifies whether the effect of student loans on the borrower’s happiness is positive or negative.

Methods: This study focuses on the student loan programs of the Japan Student Services Organization (JASSO). JASSO provides two types of student loans 1) Type I: interest-free student loans, and 2) Type 2: student loans with interest. Using the policy changes in 1984 when Type II loans has started, and 1999 when the academic requirements for Type I and Type II loans has changed, this study estimates the Difference-in-Difference (DID) and Regression Discontinuity Design (RDD) methods with the Japan Household Panel Survey (JHPS/KHPS) data.

Findings: This study finds that the happiness level of individuals who borrow both Type I and Type II loans tends to be low because they have large amount of repayment burden.

Discussion: This study finds that the government student loan declines the welfare of borrowers. In order to solve this problem, it is needed to ease the borrowers’ repayment conditions.

Car wealth and environmental attitudes: how do they relate to SWB?

Gaël Brulé
University of Neuchâtel, Switzerland
Laura Ravazzini
University of Neuchâtel, Switzerland
Mehdi Farsi
University of Neuchâtel, Switzerland
Christian Suter
University of Neuchâtel, Switzerland

Car wealth is the component of wealth which is the most related to SWB. Factors such as economic development, quality of train infrastructures or personal attitudes mitigate this relationship. However, little is known about the influence of environmental attitudes. Based on the novel database Swiss Household Energy Demand Survey (SHEDS) and using fixed effect
regressions, the current work investigates how twelve environmental attitudes related to various feelings (happiness, pride, guilt, appreciation, warmness, content, regret, ashamed, anger, disgusted, positive, indignant) influence the Car wealth-SWB relationship in the Swiss context (N=5,000). The results show that some have an influence on the relationship whereas some others do not, depending on the type of car people use. In other words, environmental attitudes and purchasing behaviours influence the satisfaction derived from owning an expensive car to different extent. This means there are different leverages in order to both reduce environmental impacts and increase SWB.

Public Employment and Life Satisfaction: A Global Appraisal

Alexander Pacek

Benjamin Radcliff Radcliff

Mark Brockway Brockway

Texas A&M University

This paper builds on previous research assessing the impact of the size of the public sector on subjective well-being (happiness/life satisfaction). While previous empirical studies focused exclusively on OECD countries, new data sets have made possible a global analysis with a much wider set of countries. Using data from the recent Worldwide Bureaucracy Indicators data set, we examine the impact of public employment as a share of employment on subjective well-being in 117 countries from 2000-2016. We find that, controlling for appropriate political and economic indicators, an increase in the size of the public sector exerts a positive and significant impact on well-being. We conclude with implications for future research.

Measuring the level of uptake of measures of progress and wellbeing in Italian and Scottish media outlets.

Fabio Battaglia
This study was undertaken as part of my PhD research. It aims at finding how many times a group of about 20 measures of progress and wellbeing have been mentioned in media outlets (newspapers, newscasts and radio shows) in Italy and Scotland since their very first inception, compared with GDP. Three research tools - Factiva, Nexis and TVEyes - were used to collect data. Media are one of the key participants identified in Kingdon's multiple streams approach. According to Kingdon, media outlets can influence the level of agenda prominence that issues gain or drop, promoting or hindering policy change. Measures of progress and wellbeing, especially composite indices, are meant, among other things, to spark debate and, in doing so, to stimulate their use among policymakers. To what extent, if at all, are therefore media outlets reporting on measures of progress and wellbeing? Main findings show that, if added all together, the number of articles these measures are mentioned in is 0.005% of that containing at least one reference to GDP. Among the most mentioned measures are the World Happiness Report and the Ecological Footprint. Among the least, are the OECD Better Life Index and the EU Social Progress Index. The findings of this study will be particularly useful for stakeholders involved in the promotion of a wellbeing agenda as they will show the current level of uptake of such agenda among the media as well as the outlets that are showing more interest and that could therefore be targeted more.

Putting measures of individual well-being to use for ex-ante policy evaluation

H. Xavier Jara

University of Essex

Erik Schokkaert

Katholieke Universiteit Leuven and Université Catholique de Louvain

Background: Most studies using tax-benefit microsimulation techniques have considered the effect of potential reforms on the income distribution only. However, it has become increasingly recognized that focusing purely on income provides a limited picture of social progress. The aim
of this paper is to illustrate how ex-ante policy evaluation can be performed in terms of richer concepts of individual well-being. Three measures of individual well-being are considered in our study: disposable income, life satisfaction and equivalent incomes.

Methods: Our analysis is based on the SILC 2013 data for Sweden, which contains detailed information on income and employment, and a special module on subjective well-being. We use the EU wide tax-benefit model EUROMOD to calculate household disposable income and to evaluate counterfactual tax-benefit reforms through their effect on our three measures of well-being.

Findings: Our results show that the effect of potential reforms varies widely depending on the well-being concept used in the evaluation. Implementing a richer evaluative framework makes it possible to analyze the effects of non-monetary policy reforms, and to compare the welfare effects of such reforms with those of tax-benefit policies. Moreover, feedback effects between the different life dimensions are important and can easily be taken into account.

Discussion: Our paper highlights the feasibility of evaluating (ex-ante) the effect of policy reforms not only on income but also on other well-being indicators. From a policy perspective, our results stress the importance of comparing different well-being indicators to assess the potential effect of a policy reform.

Public policy of happiness and the revival of Political Economy

Gabriel Leite Mota

Independent researcher

In Layard (2006) it is discussed how the public policy should be changed once the psychological phenomena of the importance of relative income, adaptation/addiction to income and consumption and the changing tastes or preferences of agents are considered.

It is said that those three facts have been neglected by orthodox economics and, consequently, economic policies (that play a major role on public policy), are being wrongly designed, producing unsatisfactory impacts on wellbeing.
The aim of this paper is to show how these questions are related to the distortion and oblivion of classical political economy, undertaken during the 20th century.

More precisely, it is argued that during the old days of political economy there was a clear notion that economics was all about policy making and that the real aim of such policies was to ensure gains in wellbeing. And it was understood that economics could only improve the wellbeing of people if it comprehended real human nature (namely the psyche of humans) and dealt with complicated but unavoidable moral issues as the distribution of wealth.

The literature on the economics of happiness, demonstrating that the public policies of orthodox economics are misguided, even if unintentionally (because most economists of happiness are still broadly orthodox), forces us to resurrect classical political economics, with its dilemmas and philosophical density. This joint movement of public policies for happiness and happiness in economics is being a mighty force that is pushing economics and political economics back on tracks.

Policy support for family and child well-being in the US

Pamela Abbott
University of Aberdeen
Lucia D’Ambruoso
University of Aberdeen

Objective: To examine policy support for family and child well-being (FCW) in the US post-1990 using Kingdon’s multiple streams framework.

Methods: A search was performed with iterative rounds of searching, reflection and further searching. Six major online bibliographic databases, Google and Google Scholar were searched with related terms, to identify papers on policy recognition, opportunities, challenges and change, which were reviewed to develop a narrative.

Findings: There is weak policy attention to FCW in the US. US family-friendly policy compares poorly on parental leave, flexible working, childcare, offers no paid maternity leave, and is the only country not to have ratified the Convention on the Rights of the Child. Policy focusses on
children at-risk or in care and ending dependency on benefits. Child poverty is high, participation in ECEC is low, adolescent suicide has risen and few single parents receive child maintenance. There are persistent racial and ethnic inequalities in child well-being and in access to programmes safeguarding vulnerable children.

Discussion: The normative position that locates child wellbeing as a private sphere with the state only intervening when things go wrong is reflected and consolidated in some federal policies. Despite civil society groups advocating for FCW, fragmentation of interests and platforms weakens alliances for policy change.

This paper is based on research for the Fostering Policy Support for Child and Family Wellbeing funded by the Robert Wood Jonson Foundation Global Ideas Fund at CAF America.
Well-being of Generation Y in 7 Provincial Capitals of Indonesia country according to PERMA-Profiler

Nurlaila Effendy

*Widya Mandala Catholic University, Surabaya (Indonesia).*

Background: Generation Y was born from 1982 to 1994. They are the key point for the future of a country. Citizen subjective well-being of Generation Y becomes crucial for governments as the indicator of success. Flourishing is a life experience that goes well, a combination of good feeling and function effectively as a human, so that will develop themselves to excel and comfortable with life. The main purpose of the research were (1) to measure of generation Y well-being in Indonesia; (2) to map the 5 pillars of the Y generation well-being in Indonesia; and (3) to measure of generation well-being each city (7 capital provinces).

Methods: This research used PERMA-Profiler, Negative Affect, and Health. This study also used demographic variables (gender, education, marital status, occupational, and income). The research subjects were 1.180 subjects.

Findings: the reliability of PERMA Profiler (Cronbach’s α) was 0.792 with mean of overall well-being= 5.77. (Positive Emotion = 6.29; Engagement = 4.01, Relationship = 5.88; Meaning = 4.94; Accomplishment = 7.72, Negative Emotion= 6.04, Health= 7.40, loneliness = 5.20). Flourishing of Gen Y in Indonesian is 26%. Gender, Marital Status, and Education were not determinant to flourishing.

Discussion: It was conclusive that the level of citizen well-being generation Y was categorized average, but Engagement and Meaning element of generation Y are low. Flourishing of Generation Y in Indonesia is low. Accordingly, it needs to be further developed in other cities. So, Government can develop a program for each city.

KEYWORDS: Gen Y, Well-being, Flourishing, Indonesia
Effect of Perceived Domain Unfairness on Subjective Wellbeing: Comparison between East and Southeast Asian Societies

Masayuki Kanai

Senshu University

Background: Most of the literature on the effect of perceived unfairness on subjective wellbeing have focused mainly on Western societies, and possible domains of perceived unfairness such as gender, education, and income have been little investigated so far. Thus, this paper analyses how perceived domain unfairness affects subjective wellbeing in East and Southeast Asian societies.

Methods: Data from Social Well-being Survey in Asia (SoWSA) were used. SoWSA was conducted by research institutes in Japan, South Korea, Taiwan, Thailand, Indonesia, the Philippines, and Vietnam between 2015 and 2017. Nationwide sample sizes ranged from 1,126 to 11,804. Based on the literature and exploratory factor analysis, perceived domain unfairness was grouped into three categories; hard attribute (gender, age, education, family, race, regional background), soft attribute (occupation, residential area, religion), and distributive justice (income and assets). OLS regressions of wellbeing measured by Cantril ladder to the above three categories of perceived domain unfairness controlling for major demographics were conducted.

Findings: Perceived unfairness based on hard attribute has a significantly negative effect on subjective wellbeing in Japan, Korea, and Thailand. Soft attribute has no significant effect in all the seven societies. Distributive justice has a significantly negative effect in Thailand and Indonesia.

Discussion: The above findings suggest (1) perceived deprivation based on hard attributes lowers subjective wellbeing in advanced economies whereas distributive injustice causes low wellbeing in emerging economies, and (2) nevertheless, these mechanisms are quite diverse in East and Southeast Asian societies, which would request us further investigation on possible explanations for this diversity.
A Critical Review of Happiness and Wellbeing Concept in Indonesia

Yufi Adriani, Ph.D
State Islamic University of Jakarta, Jakarta, Indonesia

Herdiyan Maulana
Queensland University of Technology, Brisbane, Australia

The study of wellbeing and happiness in the Eastern nations and cultures has extensively emerged for the last two decades, however a systematic review that comprehensively explains the evolving concept of wellbeing especially in Indonesian setting has been apparently limited. Moreover, current focus of wellbeing studies in the Asian population have predominantly done at the Eastern (e.g. China, Japan & Korea) and the southern parts (e.g. India) of Asian region, while studies conducted in other Asian nations are under-research. Considering that Asian population possess a vast of religion, language, cultural variation, a critical review in particular Asian nations is important in order to understand wellbeing comprehensively, Indonesia itself comprises of 3.5 % of the world total population.

Existing Indonesian-related papers were commonly not available in the international journal databases due to several factors such as most of this works done by Indonesian scholars that published their works in local journal using Indonesian language and most of the current studies were not entailed with rigorous research data management, which may lead into an issue around data transparency. For these reason, information regarding wellbeing are relatively unidentified to the international audiences.

This paper would like to bridge the knowledge gap about well-being research in Indonesia and further, introduce the previous finding reported in Indonesian journals about well-being or happiness. This research used a critical literature study approach towards wellbeing research papers and any related themes within Indonesia’s setting.

The analysis will focus on Indonesian-based articles available in three important research databases available in Indonesian language namely Directory of Open Access Journal (DOAJ), Indonesian Publication Index (IPI Portal Garuda) and Indonesian Science and Technology Index (SINTA).
Quality of Life in Provinces in Indonesia: As measured with Happy Life Years

Adi Cilik Pierewan

Universitas Negeri Yogyakarta

Ruut Veenhoven

Erasmus University Rotterdam in the Netherlands

The quality of life in different geographical areas can be measured by how long and happy people live in an area. This approach was applied to the 34 provinces in Indonesia. Survey data on happiness were combined with register data on longevity in an index of Happy Life Years (HLY). Scores on this index range from 59 in Kalimantan Timur to 47 in Papua Barat. Some 59% of these differences in apparent quality of life can be explained by regional economic development, competitiveness, democracy and control of corruption, while income-inequality does not explain any of the differences. The relevance of this information for public and private choice is discussed.

The Association between Work Hours and Wellbeing of Married Women in Taiwan

Ruoh-Rong Yu

Center for Survey Research, Research Center for Humanities and Social Sciences, Academia Sinica, Taiwan

As a patriarchal society, Taiwan still has a “husband as breadwinner, wife as homemaker” norm prevailing. Under such a norm, married women may feel obliged to work fewer hours than preferred in order to fulfill the role as a housewife. This leads to the conjecture that there is a positive association between married women’s work hours and their well-being. On the other
hand, married women with a job may prefer to reduce their work hours in order to lessen family-work conflict or imbalance, which implies that the association between married women’s work hours and well-being is negative. This study uses data from the Taiwan Panel Study of Family Dynamics to examine which of these two conjectures is supported by the evidence. Fixed-effects models are adopted to control for unobserved traits of the female observations. Both ‘work hours’ and its squared term are considered in the regressions to explore for possible non-linear effects. The findings reveal that there is an inverted U-shaped relationship between married women’s work hours and happiness, with happiness reaching its peak at about 40-49 work hours. This suggests that full-time employment is associated with higher happiness than part-time or no employment. The findings indicate that married women, though prefer to work longer hours, are obliged to choose less work time or no work at all. This implies the necessity to create a family-friendly and supportive work environment for married women in Taiwan.

Peer Networks, Brokerage Positions, and Subjective Wellbeing among School-based Children in Lao PDR: A Multilevel Social Network Approach

Harris Hyun-soo Kim

Department of Sociology, Ewha Womans University, Ewhayeodae-gil, Seodaemun-gu, Seoul, 120-750, Republic of Korea

Background: Why are some youths mentally healthier or happier than others? More specifically, how is adolescent subjective wellbeing related to peer network structures and positions? Using multilevel modeling and social network analysis, this study examines this question in a novel empirical context.

Methods: Data come from the original fieldwork on school-based children in Lao PDR (People’s Democratic Republic), which was funded by the Korean government. Based on this sample (2,914 students nested in 83 classrooms across 6 schools), this study investigates how and the extent to which peer network structure, individual centrality, and mental health (measured using a shortened version of the CES-D scale) are interrelated.
Using a name-generator item (maximum of 10 closest friends), classroom-level sociocentric network matrices are formed. Social network analysis was performed using UCINET 6 and two-level (random intercepts and slopes) models were fitted using HLM 7.

Findings: While adjusting for a host of confounders (age, gender, popularity, physical health, parent-child relationship, academic rank, etc.), results show a significantly positive association between the students’ brokerage positions and depressive symptoms. Specifically, those who span across more structural bridges in their friendship relations show higher levels of depression. The findings remain robust after including both student- and classroom-level covariates in multilevel statistical framework.

Discussion: A substantial literature exists on the social determinants of health. The main findings of this study provides new evidence on the ongoing dialogue concerning the respective benefits of “structural holes” and “network closure” as they relate to health and health-related outcomes.
Sustainability through Happiness

Scott Cloutier

School of Sustainability, Arizona State University, Tempe, AZ 85282.

The goal of my research and work is to promote a sustainable future by supporting humans in experiencing the happiness derived from more sustainable ways of being. This paper builds upon a book chapter to be submitted this November, titled Sustainable Community Development through Happiness. The chapter includes aspects of assets-based community development, participatory action research, permaculture, and natural building, which will be briefly highlighted in the proposed paper. I will then delve into the characteristics (deep humility, open mind, open heart), drawing on primary scientific literature, that we strive to develop in our applied community development research and practice. The characteristics serve as tools to cultivate a sense of sustainability, understood as deep connection with ourselves, one another, and our planet. Happiness, understood first as pleasure and then a growing connection, is used to guide ourselves, and the communities we serve toward a sustainable future. The eventual outcome is a merging of happiness and sustainability as one in the same, experienced as a state of unity.

Bio: Scott Cloutier is an Assistant Professor and Senior Sustainability Scientist in the School of Sustainability at Arizona State University. His background includes serving six years in the U.S. Navy, Bachelor and Master degrees in Civil and Environmental Engineering from the University of New Hampshire, and a Doctorate in Biological and Environmental Engineering from Cornell University. His focus is charting a new course for sustainability that is synergistic with human well-being and happiness. Scott is the founder and director of ASU’s Sustainability and Happiness Research Lab (the Happy Lab). He works collaboratively on the ground in neighborhoods in the US, Mexico, South America and the EU, promoting opportunities for happiness that also support the move toward a sustainable future. Scott develops new approaches by drawing on existing knowledge from sustainable urban and neighborhood
Skills, knowledge and values necessary for community development practice towards cultivating quality of life: A Delphi study

Kristina Hains  
*University of Kentucky, USA*

Bryan Hains  
*University of Kentucky, USA*

Shannon White  
*University of Kentucky, USA*

Background: Community development and quality of life share a mutually beneficial relationship. Effective community development nearly always leads to enhancement in quality of life for the local community. With such a direct relationship, it is critical that today’s community development professionals are appropriately equipped. Thus, community experts across the United States were consulted in order to determine what knowledge, skills and values are imperative for successful community development practice.

Methods: A modified Delphi study design was utilized with the purpose of determining an exhaustive list of skills, knowledge and values necessary for effective community development practitioners. Twelve community experts were consulted and led through three study rounds; to reach consensus in the final round, a 75% level of agreement was established as *a priori* for constructs to remain on each list.

Findings: Three different comprehensive lists were compiled. From the 14 knowledge constructs identified, the top three were leadership, group dynamics and emotional intelligence. Out of 13 skills identified, experts determined oral communication, facilitation and needs assessment were the most important. Of the 13 values recognized, the most important values were empathy, diversity and empowerment.
Discussion & Conclusions: Having a tangible list of knowledge, skills and values necessary for successful community development assists in informing a variety of practices, including curriculum development, outreach and programming services, and community engagement strategies. Presenters will discuss construct application, as well as the implications on community quality of life. Overall, improved community development practice can lead to improved quality of life in tomorrow’s communities.

Does happiness policy in local governments improve citizens’ well-being?

Yoshiaki Takahashi
Nakasone Yasuhiro Peace Institute (Japan).

Background: Not only central governments but also local governments focus more on happiness as a policy goal. It happened in Japan. City ordinances emphasized happiness these days. However, it is not clear if the establishment of city ordinances improves citizens’ well-being. In this research, the author tries to test the relationship.

Methods: Information about city ordinances was collected from Nationwide Ordinances Database light by the Judicial Policy Center for Education & Research in Kagoshima University, Japan. Online longitudinal survey for youth was used to obtain individual happiness rating (n=2,516). The survey was conducted in December 2010, February 2013 and February 2016. The author categorized respondents who lived in municipalities into 3 groups based on the ordinance related to happiness before and after 2013 and compared the means of happiness between 2010 and 2016.

Findings: The means of happiness increased from 5.742 to 5.899 for respondents who lived in municipalities where had enacted the ordinance related to happiness before 2013. However, the ones decreased slightly from 5.778 to 5.726 for respondents who lived in municipalities where have never had the ordinance related to happiness. The ones didn’t change from 5.00 to 5.000 for respondents who lived in municipalities where had the ordinance related to happiness after 2013. It may be inappropriate because the respondents were very few in this category.
Discussion: Setting happiness as policy goals likely makes effects positively on citizens’ subjective well-being. However, further investigation based on the contents of ordinances are needed.

Improving Community Wellbeing through Collaboration and Innovation: The NEK Prosper! Approach

Kelly Hamshaw

*University of Vermont*

Life in Vermont’s Northeast Kingdom region features vast contrasts: bucolic landscapes dotted with pastures, farms, and forests while many families and individuals struggle with the impacts of persistent poverty in their daily lives. Recognizing the complexity of addressing persistent poverty and related negative health outcomes, a cross-sector group of community organizations created the NEK Prosper! organization as a vehicle for collaboration. The organization seeks a more prosperous and healthy future for the whole community by focusing on five outcome areas: mental health, physical health, food security, housing, and financial security. The primary goal of this qualitative study was to understand the processes that NEK Prosper! members used to create an innovative financing mechanism to fund upstream community health interventions through cross-sector collaboration. Semi-structured interviews and participant observation were the primary methods using a realist evaluation framework. Several key themes have emerged, including: the importance of adopting an upstream approach to poor health outcomes by focusing on persistent poverty, the value of stakeholder participation from the whole community, and the power of cultivating shared commitment and trust through embracing the Collective Impact framework. This work demonstrates how community organizations can harness collaboration and innovation to tackle the complex challenges posed by persistent poverty at the local and regional scales.
Quality of life and expectations for oil activities in a potential oil-province in northern Greenland

EN MESA the Rhonda G. Phillips Endowed Track for the Promotion of Community Development and Community Well-Being (II)

Birger Poppel
Ilisimatusarfik, University of Greenland

MarieKathrine Poppel
Ilisimatusarfik, University of Greenland

Between 2004 and 2006 the Survey of Living Conditions in the Arctic, SLiCA was conducted in Greenland including the Greenland part of the Baffin Bay to reveal individual well-being, living conditions and quality of life.

The original SLiCA questionnaire provided an opportunity to investigate quality of life and living conditions within a number of dimensions including community viability, employment, harvest of natural resources, resource management, family relationships, social networks, and household economics.

Over the past decade the people of the region (Greenland Inuit), primarily living as hunters and fishermen, have experienced economic growth from fisheries and have also been exposed to oil exploration activities. In the public discussions concerns about potential harm to the marine ecosystem and thus the livelihoods of communities in the region depending on harvest of natural resources and fisheries has been confronted with expectations for potential economic benefits from future oil exploration.

To provide a background for understanding perceptions and assessments of oil exploration in the region as well as expectations for possible future oil activities and potential impacts on a more traditional way of life, a SLiCA follow-up study was conducted in 2017 (as a part of a Norwegian Research Fund funded project, ARCTICCHALLENGE) also focussing on experiences with and expectations for oil activities in the region.

The paper presents finding from the 2017-study and compares the development of living conditions and quality of life, attitudes and assessments focussing on potential impacts of the changing economic realities as well as expectations to potential oil activities.
Arts Incubator, Accelerator, and Collaborative Spaces Assessment

Rhonda Phillips
Purdue University
Patsy Kraeger
Georgia Southern University

Business incubators have been successful in supporting entrepreneurs in developing ideas which can be brought to small scale and/or eventually large scale business though the phenomena pf the business incubators. Arts incubators are a new phenomena where the business incubator model has been adapted to the creative community as ripe for incubator development to promote the arts as a business but also to support the capacity of artists and arts organizations as key contributors to community development and essential for quality of life. The scholarly and practioner literature suggests that there is goal variance for arts incubators for sustainable arts organizations to sustainable artists and how this can be achieved through capacity /skills building from funding to business practices through professional development offered in the incubator space, gallery/exhibition and/or performance space, arts advocacy for community and political change. This study seeks to incorporate move beyond the theoretical typologies proposed from Essig’s (2014, 2015) stakeholder theory and skills capacity building and Phillip’s (2004) economic development theory and Grodach’s (2011) cultural development theory to an assessment of the types of arts incubators to build a typology based on a survey of 53 identified arts incubators assessing the state of these creative incubators.

KEYWORDS: arts incubators, creative ventures, arts incubating models, incubating spinoffs

Investigating Community Well-Being Among Urban Poor Residents: A Course-Based Research Experience

Jason Ware, Ph.D.
The objectives of this course-based undergraduate research experience were to 1) introduce learners to well-being research, especially within the area of community, and 2) enhance learners’ civic engagement.

Researchers engaged in a qualitative study in which they partnered with community organizations which included 1) a community development corporation (CDC), 2) a food bank, and 3) an affordable house-building organization focused on neighbourhood revitalization. The researchers’ questions focused on understanding urban poor residents’ descriptions of the good/happy life, and what, from their collective responses, was needed to enhance their well-being and overall quality of life. Researchers accessed urban poor populations—within a mid-western United States town with a metropolitan area population of approximately 201,000 people—via the community partners, and conducted face-to-face surveys, semi-structured interviews, and document analyses. Research participants included residents from specific low-income neighborhoods/communities serviced by the CDC and house building organization, and clients who frequented the food bank. Researchers went face-to-face to 150 houses and collected 30 interviews, and collected surveys from approximately 250 food bank clients.

The data from this study suggested that participants desire 1) enhanced safety (including more street lights, traffic controls, and drug intervention), 2) enhanced community (a pocket park in which children can safely play and neighbors can get to know each other), 3) enhanced civic engagement (more opportunity to influence community-level decisions), and 4) a more wholistic approach to enhancing their self-sufficiency than focusing on their food security.

This study serves as a case-study for enhancing undergraduate researchers’ engagement in well-being research.

How cultural heritage can contribute to community development and wellbeing

Claire Wallace

University of Aberdeen
The paper looks at how cultural heritage has helped to create dynamic rural communities. There is no one model of how cultural heritage can be used and different communities approach their heritage in different ways. An important factor is the local ownership and control of this heritage which then grows to have further ramifications for the communities in question enabling community development. Cultural heritage provides a sense of place, generates social capital and helps to mobilise community participation, which in turn helps to create the “community” in question. This also has economic benefits by attracting tourists and keeping local businesses afloat. The paper will focus upon two case studies: to illustrate how community development and wellbeing grew from cultural heritage. In particular, we examine the challenges of community-based research into wellbeing and how to understand wellbeing in community settings.
Building resilience in communities and socio-economic systems has become one of the priorities in the EU policy narrative. Resilient society lies on the shoulders of resilient individuals, who have the capacity to face shocks and persistent structural changes, without compromising own or community future outcomes.

The aim of this study is to obtain a deeper understanding of the profile of more resilient people in comparison to less resilient ones in terms of personal traits, coping strategies and ability to recover.

Following the psychometric literature, we consider individual resilience as an ability which encompasses three different components. The first is about the personal traits, which attempts to measure positive attitude and healthy behavior. The second component is about capturing the ability of the individual to implement active strategies in case of an economic shock. The third is a straightforward question related to the recovery time in case of life difficulties. Based on the Special Eurobarometer (471) on fairness, inequality and intergenerational mobility (2017), we used Item Response Theory to extract the first two components and later we combined all the three into a synthetic indicator.

Results show that the most resilient individual are typically the ones with favourable socio-economic outlook, but there is substantial heterogeneity across the EU. We also show that
fostering individual resilience is not only beneficial in terms of positive individual outcomes but it represents an important step towards a more inclusive and open community.

Relationships of food security to happiness in Middle

Jane Kolodinsky, Ph.D.
University of Vermont, USA.
Bernice R. Garnett, Sc.D.
University of Vermont, USA.
Lizzy Pope, Ph.D., RD
University of Vermont, USA.
Weiwei Wang
University of Vermont, USA.
Jesse Brinkman
University of Vermont, USA.

Background: Literature on the quality of life (QOL) for public middle school (MS) students (aged 10-13) revolves around general life satisfaction, including the influence of peers and family, and school and living environments (Huebner et al., 2005; Rigby, 2010). Studies have also shown that the level food insecurity (FI) at home impairs human development, affecting school performance (Howard, 2011).

However, a gap remains in linking the problems of food insecurity on the overall QOL for this age group. Using a census of MS students, we examine the relationship between FI, in combination with social factors, on specific indicators of QOL, including suicide ideation and hopelessness.

Methods: Data are from the 2017 Youth Risk Behavior Surveillance Survey (YRBSS), conducted statewide by the Vermont Department of Health and administered to all MS students in public school (N=13,648). While this research focuses on a single state, the YRBSS is mandatorily administered across the U.S. Questions were asked about FI, suicidal thoughts, feelings of hopelessness, perceptions of teaching and community care, physical activity, breakfast
consumption, and demographics. Bivariate and cross-tabular analyses were conducted in SPSS, and regressions and Sobel tests were conducted in STATA.

Findings: Results show that FI increases the likelihood of suicidal ideation and hopelessness in students. Further, students who felt included in their community, and those who ate breakfast regularly, had lower instances of suicide ideation and hopelessness.

Discussion: Increasing access to data on the relationship between FI and academic and behavioural outcomes benefits social research and policy making related to the wellbeing of children.

Maltratmen experience and quality of life among urban school children in china.

Xiaoyue Sun

East China University of Science and Technology

Mengtong Chen

The Hong Kong Polytechnic University

Background: Child maltreatment is an international public health problem. The aftermath can appear in multiple aspects of individual health and development, including decreased physical and emotional function, posttraumatic stress disorder (PTSD), and suicide attempts. However, there is lack of evidence regarding the quality of life of maltreated children. This study aims to examine the association between children’s maltreatment experience and their quality of life.

Methods: This study employed a cross-sectional design and surveyed 1,093 primary school children (including migrant children and non-migrant children) in Shanghai, China. The Parent-Child Conflict Tactics Scale (CTSPC) and Pediatrics Quality of Life Inventory were used to measure children’s experiences of child maltreatment and their quality of life.

Findings: Corporal punishment (89.47%) was the most prevalent form of child maltreatment, followed by physical assault (80.21%), psychological abuse (65.00%), and neglect (52.26%). Children’s migration status was not associated with their quality of life; however, social capital factors were all associated with increased levels of quality of life. Children’s victimization
experience, including severe to very severe physical assault ($\beta = -3.34/-3.80$, $p < .001$), psychological assault ($\beta = -3.74$, $p < .001$), corporal punishment ($\beta = -2.46$, $p < .01$), and neglect ($\beta = -4.31$, $p < .001$), was associated with their decreased quality of life.

Discussion: These results show that child maltreatment threatens the quality of life of children. There is a need for developing effective interventions to prevent child maltreatment and reduce the adverse outcomes among children with maltreatment experiences.

**Learning Psychosocial risks prevention skills to prevent suffering and to contribute to happiness in enterprises.**

Santamaria Carmina

*Université Paul Valery 3, Route de Mende, 34199 Montpellier Cedex 5.*

Background: Learning at the workplace has become a major field of researchs in differents disciplines in France as much as psychosocial risks prevention.

In this article we will explain how occupational safety and health professional *(OSHP)* developpe new skills to do this work, and how they help to create a happier environment in enterprises.

Methods: We have used a qualitative method to interview 10 safety and health professional *(OSHP)* during 2017 year asking for individual and environmental factors having an impact on their learning with 10 semi structured interviews of an hour and a half, which have been retranscribed and analysed.

Findings: We shall present the results from the interviews content analysis, which will show the differences between initial training of those professionals, and the new skills developed after their experience in psychosocial risks prevention. Those new skills, emotional competences are absolutely needed so as to go on working and to impulse happier work environment in the enterprises.

Discussion: We will discuss the place of the organization and the place of personnel commitment in the development of new skills.
We will refer to the theoretical frame of learning in the workplace, (Billett, 2001), and competences theories (Wittorski, 2016) (Gendron, 2016) to examine how the workplace-based preparation seems to have equipped those professionals for their work roles.

We will see and contribute with our research, to a better knowing and transformation of work environments to make them happier and better for learning within the health work external services in France.

KEYWORDS: Learning in the workplace, psychosocial risks, prevention.

The Effects of Precarious Employments on Quality of Life: A Meta-Analytic Review

Robin Fabrin-Petersen

University of Ljubljana, Faculty of Social Sciences, Centre for Welfare Studies.

Over the last few decades there has been an increase on the use of various precarious employment arrangements, including; temporary employments, part-time employment and flexible contracts. While their consequences to working conditions and career prospects are well established in social research, the results of such employments arrangements on Quality of Life remain inconclusive. The purpose of this study is to quantitatively summarize the mean differences in quality of life outcomes between precarious employments and permanent full-time employment.

To comprehensively map out the previous research on the topic, I conducted a systematic literature review. The selection were based on the criteria that 1) at least one type of wellbeing concept and at least one type of precarious employments were present in the studies, 2) that the studies report quality of life outcome(s) for both the precarious employees and permanent employees, and 3) that the studies have been peer reviewed.

The premise of this study is that hitherto inconclusive results is a consequence of the dissimilar approaches to operationalise the research problem. By systematically grouping similar approaches we will be able to address this knowledge gap and estimate the actual effect. The
study will map out and include moderator analyses to understand how and why hitherto research have been inconsistent.

The findings will have implications for increasing our understanding of the effect of precarious employments on Quality of Life, which is of vital importance in order to address the precarious developments in the labour markets that threaten to undermine the general welfare.

Food Insecurities and Youth Well-Being: Using Photovoice to Document Narratives for Low-Income Teens

Vicki Simpson PhD, RN, CHES

Purdue University

Lindsey Pedigo MPH

Purdue University

Background: Food insecure adolescents have poorer nutrition, health, and a higher incidence of emotional and behavioral disorders. This study used Photovoice, a participatory approach using photography and written narratives, to engage low-income adolescents in sharing their experiences with food insecurities.

Methods: Diverse teens (N=61) were recruited from communities across a Midwest US state. Teens participated in 5 sessions, which included orientation and leadership development activities. The structured dialogue technique, SHOWeD, was used to contextualize photos. At project end, teens presented their stories to a community group. Pre-post differences in the Sociopolitical Control Scale for Youth (SPCS-Y) and Positive Youth Development Scale (PYDS) were analyzed using paired t-tests. Themes were identified through content analysis of photos and narratives.

Findings: Themes included a strong understanding of healthy versus unhealthy foods. Many teens reported cooking for themselves and siblings due to parents work schedules, preparing easy to cook, cheaper processed foods. Highly processed and fast/empty calorie foods were frequently noted; fruits and vegetables were not. Families were critical to positive food-related experiences, with cultural differences noted. A significant increase \[ t (38) = -2.225, p = .032 \] was
noted post participation in the SPCS-Y item “most community leaders in my city would listen to me”.

Discussion: Photovoice innovatively engages and empowers teens in conversations about factors affecting health and well-being. Sharing their stories with community leaders allowed teens to serve as experts on their lived experiences. Interventions can build on the critical role families and communities play in addressing food insecurities and promoting well-being.

Was Pinker right? The speed of decline of violence and gender inequality

Oliver Nahkur
University of Tartu, Estonia
Rein Taagepera
University of California, Irvine; University of Tartu

Background: According to Pinker (2011, 2018), violence in the world — including different forms of interpersonal violence — has declined, although not smoothly, in the long and short term. Our aim was to (1) test the direction of change, as asserted by Pinker, and (2) specify how fast this change is. We also rely on post-modernization theory emphasizing the role of gender equality, being a protective factor of interpersonal violence (Heise and Kotsadam 2015), in the much broader and more diffuse process of cultural change.

Methods: The main data source in these analyses is Integrated Values Surveys 1981-2014 constructed from the EVS Longitudinal Data File 1981-2008 and the World Value Survey 1981-2014 official aggregate. We used country as a unit of analysis (N=26; different world continents are covered). Interpersonal violence is measured by Societal Index of Interpersonal Destructiveness (SIID; Nahkur et al. 2017). Gender equality is measured by Welzel’s (2013) Gender Equality Values Index.

Findings: Interpersonal violence decreased and gender equality increased from 1991 to 2012 in nearly all of the 26 countries studied. The world average Societal Index of Interpersonal Destructiveness (SIID, S) decreases over time as $S = 13.3(e^{-0.0132(t-2001.5)} -1)$, and Welzel’s
gender equality (G) increases as G = 1 - 0.378 e^{-0.0144(t-2001.5)}. The two are tightly related as G = 1 - 0.120(S + 12.6)^{0.466} (R^2 = .79 for logarithms). Sweden leads the world by many decades while Russia and Philippines lag the most.

Discussion: The lower violence becomes in a country, the harder it is to reduce it even more, and similarly for gender inequality.

Emotional capital, Education for Peace and Happiness to Prevent Psychosocial Risks at School and at Work: The Emotional Capital of Teachers and Occupational safety and health professional (OSHP) Matters.

Pr. Benedicte Gendron
University of Montpellier 3, Lirdef, Department of Education, Route de Mende, 34000, Montpellier, France

Carmina SantaMaria
University of Montpellier 3, Lirdef, Department of Education, Route de Mende, 34000, Montpellier, France.

Background: Individualism, conflicts, uncivilies, pressure, competition, the lack of unrest are particularly damaging to people, depriving them of security and stability, and preventing them from achieving self-fulfillment and self-realization. Teacher education and occupational safety and health professional (OSHP), by developing their Emotional Capital (EK, Gendron, 2004), the set of their social and personal emotional competencies, can make an important contribution to raising understanding of peace and teaching and spreading ‘happiness’ and quality of life development goals, at school as at the workplace, preventing this way psychosocial risks. This is the issue raised in this communication.

Methods: Encapsulated in an innovative pedagogy program-IDEFI funded by the French Research National Agency -, the Emotional Capital program developed since 2012 at the university Montpellier 3 in France, mobilizes collaborative project management based on active positive pedagogy, and meditation to develop their emotional competencies. This emotional capital approach will be discussed regarding its impact on teachers/educators (since 2012, 400
trainees) and as potential design for OSHP future training looking at a new OSHP professional skills framework.

Objectives: The paper aims to identify the linkages among educational cooperation, meditation practices and happiness and well-being. It will look how the Emotional Capital program helps at training future generation of teachers/educators to change themselves by developing transferable and transversal competencies useful also personally and at work to actively take part for better society.

Findings: The research outcomes from quantitative data analysis shows that the emotional capital develops self-regulation, self-awareness serving internal and external peace. From the qualitative data analysis, it is underlined that trainees felt more serene, peaceful and accepting Others differences. At the same time, it stimulates trainees creativity by grasping the richness of each person differences and diversity, and also develops work essential transversal skills, feeding their emotional capital, responding to ethic, moral and humanistic concerns and market demands, for a w-healthy quality of lifeS and a better society.

Discussion and references: The purpose of this communication is to question: in which way can the Emotional Capital (Gendron, 2018), the set of emotional competencies, empower teachers and OSHP to change themselves and disseminate among new generation of teachers/educators and managers for a better living together in happiness.


KEYWORDS: Emotional capital, Education for Peace, Meditation, Heutagogy, Happiness, Creativity, Psychosocial Risks Prevention
Analysis of Voluntary Communities to Build Healthy City: Korean Case of Mundang Village for Hongdong Township in Honseong County

Moosung Cho
Public Policy Institute Korea University

Background: Healthy city is a city that is continually creating and improving physical and social environments and expanding community resources which enables people to mutually support each other in performing all functions of life and in developing to maximum potentials (Hancock & Duhl, 1988). Healthy city is defined a city that is striving for holistic health of citizens (Cho, 2015). WHOQOL has physical, psychological, social, environmental domain to measure quality of life (WHO, 1996). Hongseong County has become one member of Alliances for Healthy Cities in Western Pacific Area of WHO since 2017. One of characteristics of Healthy cities is “a strong, mutually-supportive and non-exploitative community” that is emphasized in the above definition. Voluntary community as a third kind of social unit is maintained with two kinds of social unit: the Gemeinschaft (community) and Gesellschaft (society) classified by Tonnies (TRANDAFIR, 2011); Parsons, 1967). Hongseong County needs voluntary communities to build healthy city. Honseong County consists of three towns and 8 townships. In particular. Mundang Village in Hongdong Township has been developing voluntary communities since 1959. More than 30 voluntary communities including Cooperative (1959) and Village academic society (2017) exist. The study focuses on categorization of the communities, their characteristics, and implications to build healthy city. The research questions are as follows: How are the voluntary communities categorized by physical, mental, social, environmental dimensions of health? How are history, goal, activities, resources, problems, and future plan of the voluntary communities identified? How strong points of the voluntary communities of the Mundang Village can be applied to other town and townships to develop healthy city?

Methods: Literature survey, interview and historical analysis are conducted.
Results: The voluntary communities categorized by physical, mental, social, environmental health dimensions are showed. History, goal, activities, resources, problems, and future plan of the voluntary communities is identified.

Discussion: Developmental alternatives to build healthy city for Hongseong County is expected from the findings.

Does similarity lead to a higher level of satisfaction? A comparison of Husbands and Wives in Japan, South Korea and Taiwan

Ming-Chang Tsai

*Academia Sinica, Taiwan*

Tsui-O Tai

*National Taipei University, Taiwan*

Background: Similarity in traits between couples represents a favored partner choice in modern society. How does such similarity affect life quality has been understudied in the East Asian populations.

Methods: Drawing data of the married respondents in Japan, South Korea and Taiwan from the Social Well-being Survey in Asia, which was conducted online during 2015-17, we investigate age and educational similarity and their effects on three major indicators of life satisfaction: financial satisfaction, marital satisfaction, and life satisfaction. In operation, age similarity’s influence is observed by comparing three groupings: (1) husband is older than wife by five or less years, (2) husband is older by six or more years; (3) wife is older than husband. Educational similarity is measured by comparing (1) both husband and wife have college degree or more, (2) husband has college degree but wife has less education, (3) wife has college degree but husband has less, and (4) both have no college degree.

Findings: Regression modeling is conducted to assess the influences of similarity among couples on perceived well-being, along with major demographic controls, including length of marriage, religious affiliation, home ownership, as well as perceived risk of unemployment and sick family members. The findings show that large age difference is unfavorable for the couple’s well-being.
Husbands more likely reported better financial conditions if they and their wives both are college-educated. However, their female counterparts did not respond in this pattern.

Discussion: Gender difference appears substantial in assessing their quality of life even in the context of homogamy. Cross-cultural contexts also matter in understanding the pattern of association between homogamy and life satisfaction.

Turnover and worker flourishing in low skilled factory jobs – evidence from four countries

Piotr Białowolski, Ph.D.
Harvard T.H. Chan School of Public Health
Eileen McNeely, Ph.D.
Harvard T.H. Chan School of Public Health
Dorota Węziak-Białowolska, Ph.D.
Harvard T.H. Chan School of Public Health

Background: A growing body of research indicates that employee well-being improves performance and productivity. Turnover is one of the key performance indicators, yet there is a gap in analysis of well-being on turnover, especially among low-skilled workers in developing countries. This study enriches our knowledge about this relationship, investigating it in four culturally distinct settings. Well-being and the mediating role of job satisfaction – commonly recognized antecedent of turnover and correlate of psychological well-being – are scrutinized.

Methods: Merged data from the Harvard Worker Well-Being Survey (data on well-being, job satisfaction, demographics) and from personnel files (data on resignations) were used. Investigation covered 4900 workers employed in the apparel industry supply chain companies in Mexico, China, Cambodia and Sri Lanka. Worker well-being was measured against its six domains: emotional, physical, social and financial, purpose in life and character strength. Event history analysis was applied to model the risk of transitioning out of employment at a given company as a function of well-being and job satisfaction.

Findings: Turnover in the apparel industry was associated with age, job tenure, promotion history, health, and well-being. Job satisfaction decreased the risk of parting. Different
combinations of factors proved to be significant for quitting decisions at different factories with job satisfaction mediating the effect.

Discussion: Since turnover rates observed in developing countries are usually high, affecting business performance, identification of turnover causes is crucial for both business survival and workers well-being. Our findings inform management strategies offering solutions for simultaneous improvement in worker well-being and business performance.


Harris Hyun-soo Kim  
_Ewha Womans University, Republic of Korea_  
ChangHwan Kim  
_University of Kansas, United States_

Background: Subjective or relative status has a significant impact on people’s happiness and life satisfaction. Previous research, however, mostly relies on static conceptions. We advance the literature by using dynamic information on individuals’ status measures over time, specifically between childhood (past) and adulthood (present).

Methods: Our data source is Seoul Survey (2016), a large government-funded project that has been conducted annually since 2003. We fitted two- and three-level multilevel models on 45,218 respondents clustered in 19,668 families which are in turn nested across Seoul’s 25 administrative districts.

Findings: Our findings, first of all, highlight a positive effect of status change on subjective wellbeing at the individual level. We also find that living in a family with a higher overall status-change score is associated with greater wellbeing. Moreover, the status-wellbeing connection at the individual level varies across families: it is stronger where more family members have reported a relative status increase. Lastly, based on three-level modeling, residence in a district with higher overall subjective status is found to confer greater life satisfaction. Moreover,
adjusting for area-level covariates, the main association under investigation is more pronounced in families with higher status changed scores.

Discussion: A person’s evaluation of subjective status is influenced by the reference group, along with residential characteristics. Furthermore, it varies over time. Our study shows that taking a multilevel approach is critical to understanding these complex issues in connection subjective wellbeing in Korea, a country that has undergone dramatic economic growth and related changes in individual status positions.

Prevalence of Elder Abuse and Neglect in China

CHEN Mengtong  
*The Hong Kong Polytechnic University.*

CHAN Ko Ling  
*The Hong Kong Polytechnic University.*

Background: Elder abuse and neglect is a serious public health problem with negative consequences on the quality of life of older individuals. Though the issue has received increasing attentions globally, we still lack the understanding of the magnitude of the problem in China. The objective of this study is to provide preliminary estimates for elder abuse in China.

Methods: We performed a cross-sectional, community-based survey of a sample of 7,466 adults from six regions of China. The participants responded to a questionnaire that included demographic characteristics and items of abuse and neglect against their parents.

Findings: A total of 12.66% of elderly parents had experienced abuse or neglect in the preceding-year as reported by the adult children; the most common form of abuse was psychological aggression, followed by neglect, and physical assault and injury. Over 5% of the elderly parents were reported to have experienced two or more types of abuse and neglect. The elder victims had experienced multiple times of abuse and neglect in the preceding-year, and the average number ranged from 3.6 to 11.82. Elder fathers were more likely to experience abuse and neglect than elder mothers. Childhood abuse and neglect of adult children was a predictive factor of abuse against their elderly parents, regardless of the perpetrators.
Discussion: A better understanding of risk factors of abuse and neglect in older Chinese adults is needed to develop effective preventive approaches.

Stability of determinants of life satisfaction in contemporary Japan

Tadahiko Maeda

The Institute of Statistical Mathematics, Tokyo JAPAN

Background: Japanese has experienced worsening social outlook during the past two or three decades. Especially Japanese view on their society showed sharp decline after the bursting of the “Bubble Economy” in the early nineties. On the other hand, people’s subjective well-being seems rather insensitive to the economic depression and life satisfaction among Japanese showed only marginal decline during this period. This study aims to discuss whether this stability of the level of subjective well-being also applies for its determining structure.

Methods: We use five datasets from repeated cross-section surveys on Japanese national character between 1993 and 2013 carried out every five years. Nationally representative sample was drawn for each survey from the Japanese adult population. Sample size ranges from 1091 to 1790. Using general life satisfaction as a dependent measure, we simply employed ordinary least squares regression common for five surveys. Independent variables included were gender, age, education, four domains of satisfaction (satisfaction with health, leisure, life and society) and subjective social status.

Findings: Adjusted R-squared for five surveys ranged between .397 and .489. Common to all 5 surveys were that females are more satisfied, and that satisfaction with society was the least powerful predictor among domain satisfaction but still always significant. Which domains of satisfaction most predicts the life satisfaction varied across survey occasions.

Discussion: In general correlates of general satisfaction among Japanese were fairly stable during the past two decades. Variance explained seems a little higher for recent surveys, but we need further investigations for possible explanations.
Children’s and Adolescents’ Well-Being: Historical Perspective

Ferran Casas

Research Institute on Quality of Life. University of Girona. Spain.

The use of statistical data and indicators to analyse the well-being of the overall population of children began before the “social indicators movement”, particularly with the publication of the “State of the Child” reports in the US in the 1940s (Ben-Arieh 2008; Ben-Arieh et al. 2001). Examples of outstanding activity can be accounted for by UNICEF’s State of the World’s Children annual report, as well as the Annie E. Casey Foundation’s Kids Count initiative in the United States. Two compilation studies that presented data from a wide spectrum of studies and experiences on the monitoring and measurement of the "state of children" in large populations (Ben-Arieh & Wintersbergen, 1997; Ben-Arieh et al., 2001) united a previously completely disjointed field of study at the international level. The same author (2008) suggested the birth of what he called “the child indicators movement” at the end of the XXth century, when surveys on big samples of children started to provide subjective well-being (SWB) indicators. Four main reviews published on children’s SWB in the recent years, based on the concepts of children’s or adolescents’ “life satisfaction”, “well-being” and “quality of life”, will be summarized (Casas, 2011; 2016). The increasing interest in exploring SWB using diverse psychometric scales in different countries and using different languages has led to a series of new findings and debates throughout the present century, which will be briefly presented – one of them being the phenomena of the decreasing-with-age trend in the 10 to 16 period, in most countries.

KEYWORDS: social indicators, quality of life, subjective well-being, children, adolescents
The Social Progress of Nations Revisited, 1970-2020: Fifty Years of Promise and Progress

Richard J. Estes

*University of Pennsylvania (USA)*

Social progress and well-being throughout the world have arrived at a critical turning point. Following decades of social losses among the world’s poorest developing countries of Africa, Asia, and Latin America, the majority of these and other nations now are experiencing significant social gains. Using the *Weighted Index of Social Progress* (WISP2018), the author traces the net social gains and social losses experienced by the vast majority of the world’s nations over a 50-year time period, ranging from 1970 to the present. The data reported draw on the author’s extensive data base of historical and contemporary social indicators and happiness and links the current study to his and other reports of social progress and well-being that have been published during this time period. Data are reported at four levels of analysis, i.e., that of the world as a whole, regional (continental) data, subregional data using the preceding, and, finally, for selected countries for which the changes have been most remarkable. The net social gains on the WISP18 and earlier versions of the WISP portray very positive outcomes for the 162 countries included in the study (representing 95% of the world’s total population) for both the near and long term.

KEYWORDS: international, comparative, social indicators, quality of life, well-being, happiness, development, social development

Welfare States and Well-Being: Historical Perspectives

Jürgen Kohl

*University of Heidelberg (Germany)*

It has been the proclaimed overall goal of the welfare state since its beginnings to enhance the welfare of its citizens (or at least for particular groups of citizens) by measures of state
intervention. However, the two research traditions of quality-of-life and human well-being research on one hand, and comparative welfare state research on the other hand, have developed largely apart from each other. Comparative welfare state research has concentrated on developing typologies of welfare states, often without paying much attention to the actual outcome of welfare state activities. Quality-of-life research has focused on measuring welfare outcomes, but mostly neglected to investigate the role and significance of welfare states in shaping these outcomes. It is the purpose of this presentation to link the institutional analysis of welfare state arrangements to welfare outcomes in various dimensions. This will be empirically demonstrated by comparing the performance profiles of different welfare state regime types. In addition, a discussion of the goals and strategies pursued by (public and private) actors in the different welfare state regimes may contribute to developing a framework within which more effective policy arrangements can be developed.

KEYWORDS: Well-being, comparative welfare state research, welfare state regime types, welfare outcomes, policy arrangements

The History of Well-Being of the People of Sub-Saharan Africa

Valerie Møller

*Rhodes University (South Africa)*

Benjamin J. Roberts

*Human Sciences Research Council (South Africa)*

Africa’s history extends back to the birth of humankind. Yet the documentation of human well-being in Africa is of recent origin. The emergence of the social indicators movement in the 1960s has allowed for Africa’s post-colonial aspirations for a better life to be measured scientifically. There have been significant gains in human well-being since the ‘winds of change’ swept over Africa as indicated by progress in meeting sustainable development goals related to health, education and living standards. A new generation of quality-of-life scholars is now reviewing how traditional African values and virtues and a positive outlook on the future can become driving forces for accelerating progress in enhancing quality of life on the continent. In the past,
community cohesiveness, an egalitarian ethic, and the philosophical idea of African humanism, known as *ubuntu*, have enabled African societies to be resilient in coping with adversity over millennia. These time-honoured strengths of the people living in sub-Saharan Africa may be a recipe for advancing their fortunes in future.

KEYWORDS: Human well-being, Sub-Saharan Africa, History

Contemporary History of Well-Being in Southeast Asia

Mahar Mangahas

*Social Weather Station* (Philippines)

This is an examination of well-being in postcolonial Southeast Asia, using presently available quantitative tools. It uses an eclectic approach to select indicators salient to the region’s history, with an eye for comparisons across Southeast Asian countries and between the region and the rest of the world. The development of measures of well-being along a particular dimension tends to be led by nongovernmental institutions or networks whose specific advocacy is to enhance human well-being in that specific dimension. Because the most salient dimensions tend to be politically sensitive, official statistical agencies avoid such measurements.

The indicators are organized under the broad categories of (1) security and good governance, (2) social and economic well-being, and (3) subjective well-being. The first category covers what the peoples of Southeast Asia have struggled for since colonial times: a peaceful and secure existence, under a democratic and accountable government, independent of foreign power. This category is the most important, because the aspects of well-being discussed under the other categories are essentially the dividends of peace and good governance. The second category covers, firstly, the universal desire of all peoples to attain economic circumstances, education, and health that are decent and reasonable by societal standards, and, secondly, the status of women vis-à-vis men. The third category covers the state of satisfaction with personal life, according to the people’s own subjective standards.

KEYWORDS: Well-Being, Southeast Asia, security, governance, social well-being, economic well-being, subjective well-being.
History of Well-Being Symposium

SESSION II: History of Human Well-Being (II)

The History of Well-Being of the People of Middle East and North Africa (MENA)

Habib Tiliouine

University of Oran 2 (Algeria)

‘Well-being’ is a generic notion that has frequently been used in Quality of Life research. One of the obvious advantages of this concept is that it recognizes the importance of the subjective perception of life and its domains, in addition to the objective dimensions of life in studying human development. However, well-being has been used for many purposes. Recently, Estes & Sirgy (2017) used it in order to re-read human history and broadly assess life achievements of the human species (Estes & Sirgy, 2017). It was also used in order to assess social development in a variety of world regions (e.g., Tiliouine & Estes, 2016).

Nevertheless, this comprehensive approach has not yet yielded all its fruits, mainly when it comes to the complex and the most unstable regions of our times, namely: The Middle East and North Africa (MENA) region. This region is home to about one billion inhabitants who live in countries that are heterogeneous in terms of geographic size, culture, political leadership, and level of development. Despite that some fragmented data describing development efforts in this region are published, very little is yet done on the way to soundly examine the situation and challenges facing the well-being of these predominantly Muslim populations today.

Our presentation adopts a historical perspective to follow up the main ups and downs of levels of well-being attained in this region. To reach this aim, we will use a variety of objective and subjective indicators. The former cover provision of health care, educational opportunities, economic prosperity, and some political aspects. Subjective measures will point to levels of subjective well-being and levels of expressed happiness.

Some solid data issued from repeated time-series surveys is believed to contribute in better understanding of the region’s overall well-being challenges.
Longer, More Optimistic, Lives: Historic Optimism and Life Expectancy in the United States

Kelsey J. O'Connor  
STATEC (Luxembourg)  
Carol Graham  
Brookings Institution (USA)

How was optimism related to mortality before the rise in “deaths of despair” that began in the late 1990s? We show that as early as 1968 more optimistic people lived longer (using the Panel Study of Income Dynamics). The relationship depends on many factors including gender, race, health, and education. We then evaluate these and other variables as determinants of individual optimism over the period 1968-1975. We find women and African Americans were less optimistic at the time than men and whites (although this has changed in recent years). Greater education is associated with greater optimism and so is having wealthy parents. We then predict optimism for the same individuals in subsequent years, thus generating our best guess as to how optimism changed for various demographic groups from 1976-1995. We find people with less than a high school degree show the greatest declines in optimism, which along with their long-run links to premature mortality and deaths of despair, highlights the importance of better understanding optimism’s causes and consequences.

KEYWORDS: mortality, optimism, expectations, deaths of despair, demographic trends.

Historical Challenges of Europeans to Improve Their Wellbeing
This presentation refers to my new book on the “History and Politics of Well-being in Europe”

The timespan in regard to the well-being of Europeans reaches from premodern times to postmodernity. Europe constitutes in the world of today the highest level among various measurements of the well-being of nations. Nevertheless there are a lot people claiming about their burdens in life and expertizes demonstrate the challenges of ecological and economic threats. In the first historic constellations of continents the Europeans were the “barbarians” aside of the Greek high culture. The advantages of the “half-continent” Europe was a privileged position in respect to climate and nature. Some broad European civilizations stood at the beginning of Europe running always through good and bad times: Celts, Greeks, Romans, Germanics and Slavs were the founding people whose achievements were transferred until our times. An example of a high trouble-time was the big European migration period in the middle of the first millennium when whole peoples changed their living space allover the continent. Surely the strongest deterioration of well-being happened during the many wars in Europe which running over decades and killing millions of people. Europe was most of the time fragmented into many contradictory countries. The only exception beside the modern constellation of the European Union was the empire of Charlemagne which included a very broad European territory. The movement of Europe into its unique rise happened in the last thousand years. The driving force where four sustainable developmental trends in kind of State- and Nation-building, industrialization, democratization and the establishment of welfare states. They improved people’s level of living in Europe though the European Union is characterized by broad varieties and severe inequalities. Societal problem were never solved forever. Despite economic growth going on through centuries the burden of poverty was not overcome. Moreover most societal success was followed by some counter-reactions, for example in health. No doubt that well-being is high in Europe for prosperous majorities but significant minorities remain in dissatisfaction about their quality of life.

KEYWORDS: international comparisons, social indicators, quality of life, well-being, happiness, social development, level of living, satisfaction, history of well-being, continent of Europe,
How to Build Comprehensive Indicators’ Plan: Lessons from Best Practices

M. Joseph Sirgy

Virginia Polytechnic Institute & State University, USA
Management Institute for Quality-of-Life Studies, USA

There is a plethora of indicators of human well-being. I will make an attempt to help the audience make sense of human well-being indicators by discussing them in terms of several distinctions, namely (1) indicators based on theories of global well-being, (2) individual versus community well-being, (3) input versus output indicators, (4) indicators focusing on the community at large versus indicators focusing on vulnerable segments, and (5) indicators of well-being versus indicators of ill-being. Based on these distinctions, I will propose that a comprehensive set of human well-being indicators has to: (a) be grounded in well-established theory, (b) include indicators capturing individual well-being as well as macro indicators of the larger social system, (c) include both input (action) as well as output (outcome) indicators, (d) capture the well-being of vulnerable segments of society, and (e) capture both well-being as well as ill-being.

KEYWORDS: human well-being, global well-being, ill-being, quality-of-life indicators, systems of indicators

From Countries to Vulnerable Populations: The Importance of Disaggregation
Substantial progress has been made over the past five decades in the development of both subjective well-being (SWB) indicators and objective social indicators (OSI) of quality-of-life. Most of these indicators have focused on measurements at the country or nation-state/population-level. Within countries, however, there can be substantial diversity in well-being outcomes among sub-populations differentiated by geographical units, age, gender, race-ethnicity, and socioeconomic status. The implication is that we in the social indicator/quality-of-life/well-being research community need go beyond national averages of SWB indices to do a better job of identifying such diversity, as at the deprived end of the spectrum, this can lead to high levels of dissatisfaction and political protests. Using the *U.S. Child Well-Being Index*, the author illustrates these sources of diversity in well-being.

**KEYWORDS:** social indicators, quality of life, well-being, happiness, sub-population variability

---

The Importance of SWB in the Mix: Historical Perspective

Ruut Veenhoven

*Erasmus happiness Economics Research Organization, Erasmus University Rotterdam, Netherlands*

Notions of the good life are largely given by the human condition and pop up at all times in the great civilizations, though typically in the context of prevailing intellectual discourses. Relative prominence varies across times and cultures. Subjective wellbeing has gained prominence in contemporary western society, happiness in particular. In this presentation I describe the historical fluctuation of interest in happiness and consider the drivers of this development. On this basis, I make an educated guess about the development of happiness research in the future.

**KEYWORDS:** happiness, philosophy, quality of life, utilitarianism, well-being
How to Build Comprehensive Indicators’ Plan: Lessons from Best Practices

M. Joseph Sirgy

Virginia Polytechnic Institute & State University, USA
Management Institute for Quality-of-Life Studies, USA

There is a plethora of indicators of human well-being. I will make an attempt to help the audience make sense of human well-being indicators by discussing them in terms of several distinctions, namely (1) indicators based on theories of global well-being, (2) individual versus community well-being, (3) input versus output indicators, (4) indicators focusing on the community at large versus indicators focusing on vulnerable segments, and (5) indicators of well-being versus indicators of ill-being. Based on these distinctions, I will propose that a comprehensive set of human well-being indicators has to: (a) be grounded in well-established theory, (b) include indicators capturing individual well-being as well as macro indicators of the larger social system, (c) include both input (action) as well as output (outcome) indicators, (d) capture the well-being of vulnerable segments of society, and (e) capture both well-being as well as ill-being.

KEYWORDS: human well-being, global well-being, ill-being, quality-of-life indicators, systems of indicators
WELL-BEING IN DIFFERENT POPULATIONS

The Daniel Shek-Wofoo Foundation Endowed Track for the Advancement of Adolescent Quality of Life Research

Title: Service leadership and promotion of student well-being in higher education

Convenor and Chair: Daniel TL Shek

Department of Applied Social Sciences, The Hong Kong Polytechnic University, Hong Kong

Symposium Overview

Aims: This symposium aims to:

1) Introduce the Service Leadership Theory in service economies and service leadership education in Hong Kong
2) Explore the relationships between service leadership qualities (i.e., competence, care, and character) and youth well-being;
3) Provide empirical evidence on the effectiveness of service leadership education to promote student well-being in the higher education sector; and
4) Demonstrate the use of an innovative pedagogy via blended-learning to develop a service leadership course in Hong Kong.

Rationale: In contemporary service economies, key leadership qualities include not only basic leadership competence (such as management and planning skills) but also care and character. Hence, it is important to promote service leadership qualities among university students. With particular reference to Hong Kong, eight universities funded by the Government have carried out initiatives to promote service leadership education. However, there are three questions that should be further answered: a) what is the relationship between service leadership qualities and student well-being? b) is service leadership education effective in promoting service leadership qualities and well-being in students? c) can we use innovative pedagogy such as the blended-learning approach to teach service-leadership subjects?

Summary: This symposium will: 1) provide research findings on the relationship between service leadership qualities and student well-being; 2) examine the effectiveness of service leadership education in nurturing the holistic development of university students; and 3) demonstrate the development of an innovative pedagogy via blended learning in service leadership education.
Background: According to the Service Leadership Theory, service leadership qualities are positively related to well-being. The basic argument is that service leadership qualities are empowering and growth oriented which eventually have positive impacts on life satisfaction. As empirical evidence on this proposition is sparse, we examined the relationships between service leadership qualities (including self-leadership, caring disposition, and character strength) and life satisfaction among university students in Hong Kong in this study.

Methods: A cross-sectional survey design was adopted. Data were collected from 588 university students (272 males, 306 females; mean age = 20.84 years) from a local public university in Hong Kong. Participants were administered validated scales measuring service leadership qualities (self-leadership, caring disposition, and character strengths) and life satisfaction.

Findings: Bivariate correlation analyses showed that all measures of service leadership qualities (i.e., self-leadership, caring disposition, and character strength) were significantly correlated with life satisfaction. Multiple regression analyses showed that gender and age predicted life satisfaction. After controlling for gender and age, self-leadership and character strength significantly and positively predicted life satisfaction, while caring disposition had no significant predictive effect on life satisfaction.

Discussion: The present findings provide support for the thesis that service leadership qualities (particularly self-leadership and character strength) contribute to life satisfaction. For caring disposition, its role in life satisfaction may be more complex than expected which requires further research.
Subjective outcome evaluation of a service leadership subject: Findings based on university students in Hong Kong

Janet TY Leung  
*The Hong Kong Polytechnic University*  
Daniel TL Shek  
*The Hong Kong Polytechnic University*  
Peixuan Zhao  
*The Hong Kong Polytechnic University*

Background: This study examined the perceptions of students taking a credit-bearing subject entitled “Service Leadership” aiming to promote their leadership qualities and well-being at The Hong Kong Polytechnic University.

Methods: Students who took the subject offered in the regular semester (n = 42) and intensive summer term (n = 64) in 2015-2016 academic year were invited to take part in the present study. Students’ perceptions of the course content, instructor quality, and benefits of the subject were assessed by a validated Subjective Outcome Evaluation Form upon the completion of all the lectures.

Findings: Results indicated that a high proportion of students had positive views toward course content, instructor quality, and the benefits of the subject in promoting their development in different aspects, such as social and emotional competence, self-confidence, resilience, and self-leadership. In addition, the two modes (i.e., regular delivery and intensive delivery) did not show significant differences in the subjective outcomes. As predicted, the three dimensions of the subjective outcome evaluation (course content, instructor quality, and course benefits) were significantly correlated with each other. While course content and instructor quality significantly predicted perceived subject benefits, perceived benefits of the subject was the only significant predictor of students’ overall satisfaction.

Discussion: Service leadership education is well received by students and it can effectively promote student development in multiple areas according to student perceptions.
Blended learning pedagogy for a service leadership subject in Hong Kong: Experience and challenges

Xiaoqin Zhu
The Hong Kong Polytechnic University

Daniel TL Shek
The Hong Kong Polytechnic University

Background: Requirements for effective leaders in service industries include competence that enables them to “do things right” and character and care which are qualities for “doing the right things with the right heart”. Unfortunately, traditional leadership training for university students mainly addresses competence while ignoring the role of character and care. To fill this gap, initiatives have been launched to promote service leadership education in universities in Hong Kong. Empirical evidence suggests that service leadership education is effective in promoting student service leadership attributes and well-being. With the advance of the Internet, there is a need to explore the use of blended learning approach in service leadership education and its impact on the development of students’ service leadership attributes and well-being.

Main body: Blended learning entails an integration of traditional face-to-face and online instruction, thus enriching students’ active learning experiences. In this presentation, we will showcase the development of a blended learning pedagogy in service leadership education (Ten 3-hour lectures) at The Hong Kong Polytechnic University. First, we will introduce the basic design of the blended course drawn upon a well-developed classroom-teaching subject. Second, we will outline strategies employed to promote student engagement and their interactions with peers and teachers. Third, students’ feedback regarding their learning experiences and evaluation findings on student service leadership attributes and well-being will be explored. Finally, challenges and directions of further improvement will be discussed.

Discussion: Blended learning has the potential to promote university students’ deep and meaningful learning experiences and promote their service leadership qualities and well-being.
Title: GLO/EHERO Well-being Symposia I: Beyond Happiness: Hope, Aspirations, and Meaningful Work

Convenors details: Milena Nikolova; University of Groningen and GLO, The Netherlands, Martijn Burger; Erasmus University Rotterdam, The Netherlands.

Chair details: Martijn Burger; Erasmus University Rotterdam, The Netherlands.

Discussant details: Dimitris Ballas; University of Groningen, the Netherlands (Discussant Paper 1) Spyridon Stavroupolous; Erasmus University, The Netherlands (Discussant Paper 2) Carol Graham; The Brookings Institution, United States (Discussant Paper 3)

Symposium overview.

Aims: Subjective well-being metrics, which comprise positive and negative emotions, life evaluations, and perceptions of having meaning and purpose in life, are increasingly used alongside standard economic outcomes such as income and unemployment to provide a more comprehensive view of human progress. In recent years, happiness economists have also explored how other subjective experiences, related to hope, aspirations, and perceptions of being engaged in meaningful work matter for economic choices and behavior.

Rationale: Nevertheless, hope, aspirations, and meaningful work perceptions have received relatively less attention in the scholarly discussions, including at ISQOLS conferences, which obviates the urgency to incorporate them as part of this year’s sessions.

Summary: This symposium will provide a unique opportunity to discuss how hope, aspirations, and perceptions of meaningful work link to important socio-economic outcomes. Specifically, Carol Graham will discuss how hope aspirations affect poor Peruvians’ propensity to invest in the future. Next, Julia Ruiz Pozuelo will discuss how subjective expectations determine Ethiopians’ educational choices. Finally, Milena Nikolova’s presentation will elucidate the role of meaningful work perceptions for retirement choices and work absences.

Timetable indicating the running order of the sections.

Section I: Presenter: Carol Graham; Discussant: Dimitris Ballas

Section II: Presenter: Julia Ruiz Pozuelo; Discussant: Spyridon Stavroupolou

Section III: Presenter: Milena Nikolova; Discussant: Carol Graham
Does Hope Lead to Better Futures? Evidence from a Survey of the Aspirations and Life Choices of Young Adults in Peru

Carol Graham

The Brookings Institution

Julia Ruiz Pozuelo

Oxford University

Background: We fielded a survey of poor young adults in Peru to the links between hope and individuals’ propensity to invest in the future.

Methods: We included questions about experiences, education, health, and negative shocks, as well as life satisfaction, self-esteem, discount rates, and aspirations.

Findings: We found remarkably high education aspirations: eighty-eight percent of our respondents aspire to college or post-college education. Suggestive of resilience, most of these respondents had experienced one or more negative shocks in the past. Respondents with high aspirations are less likely to partake in risky behaviors, such as unsafe sex.

Discussion: This provides additional evidence suggesting that individuals with high hope for the future are more likely to invest in those futures as well as to avoid behaviors that are likely to jeopardize their futures. We do not know how lasting that hope is, particularly in the face of future shocks, but will address that in future research.

What makes work meaningful and why economists should care about it

Milena Nikolova

University of Groningen

Puck Otten

University of Groningen
Background: We show why the concept of meaningful work, i.e., work that the individual views as purposeful and worthwhile and fulfills the need for relatedness, autonomy, and competence, is theoretically and empirically important for economists.

Methods: Using data on over 20,000 respondents from 35 European countries for 2015, we create an index measuring perceptions of meaningful work.

Findings: We document that factors related to autonomy, competence, and relationships at work explain 90 percent of the variation in meaningfulness perceptions, while income and benefits do not matter for meaningfulness. We show that our findings are unlikely to be driven by unobservables both by controlling for a rich set of covariates and by using a formal empirical test. Meanwhile, we demonstrate that viewing one’s work as meaningful is related to but distinct from job satisfaction and predicts the number of sick days, the likelihood of reporting that work positively affects health, as well as intended retirement age.

Discussion: As such, meaningful work perceptions complement to the extant job quality measures by providing a more comprehensive view of worker well-being.
GLO/EHERO WELL-BEING SYMPOSIA – SESSION II

Title: GLO/EHERO Well-being Symposia II: Migration and Geography


Chair details: Milena Nikolova, University of Groningen, The Netherlands

Discussant details: Kelsey J. O’Connor; University of Gothenburg; Sweden (Discussant Paper 1) Alpaslan Akay; University of Gothenburg; Sweden (Discussant Paper 2) Dimitris Ballas; University of Groningen; The Netherlands (Discussant Paper 3)

Symposium overview

Aims: There is a scarcity of scholarship on location choices and subjective well-being. This lack of knowledge is unfortunate because it severely limits our understanding of the implications of location for the well-being of immigrants and natives. The proposed symposium aims to provide novel perspectives and inform our understanding about the well-being consequences of migration and geography.

Rationale: Migration and geography have received relatively less attention in the scholarly discussions, including at ISQOLS conferences, which obviates the urgency to incorporate them as part of this year’s sessions.

Summary: This symposium will provide a unique opportunity to discuss novel research on how migration and geography affect the well-being of native residents in particular locales. Specifically, Kelsey O’Connor will discuss the implications of migration on the well-being of natives. As a logical follow-up, Martijn Hendriks will present novel findings on the well-being implications of refugee inflow for the happiness of locals. Finally, Dimitris Ballas will highlight the theoretical and empirical importance of geography for understanding patterns in subjective well-being.

Timetable indicating the running order of the sections.

Section I: Presenter: Kelsey J. O’Connor; Discussant: Martijn Hendriks
Section II: Presenter: Martijn Hendriks; Discussant: Alpaslan Akay
Section III: Presenter: Dimitris Ballas; Discussant: Kelsey J. O’Connor
The effect of immigration on natives’ well-being in Europe

Kelsey J. O’Connor
STATEC Research

Background: Immigration has become one of the greatest concerns in Europe today, yet it is unclear whether natives should worry. Should natives elect anti-immigrant governments? This issue has been addressed largely by focusing on immigration’s impact on economic outcomes, but further research has shown that immigration can have broad impacts extending beyond economics. The aim of this paper is to test to what extent immigration affects the life satisfaction of natives in Europe.

Methods: Life satisfaction is obtained from Eurobarometer, and bilateral immigrant stocks, from the United Nations Population Division. Life satisfaction is aggregated and first differenced, along with immigrant stocks, to account for fixed-country characteristics and to prevent spurious results obtained from non-stationary variables. The identification is improved relative to the literature using a conceptually valid instrumental variable approach. In particular, immigrant population shares are predicted based solely on fixed characteristics and characteristics of the sending countries.

Results: Increasing immigrant population shares have no effect on natives’ well-being in 24 European countries over the years 1990-2017. There is considerable heterogeneity, however. In the European Union member states that joined in the 2000s, immigrants may substitute for natives in the labor market over the period 2005-2017 (thus lowering natives’ well-being), while that is not the case in the older member states, where immigration positively affects GDP per capita.

Discussion: The results are important to better inform decision makers. Immigration does not reduce well-being.

The impact of refugee resettlement on native well-being

Martijn Hendriks
Background: The admission and integration of asylum-seekers has sparked heated policy discussions in hosting countries. However, there has been very little research investigating the impact of refugee resettlement on the well-being of native populations. This paper addresses this knowledge gap by analyzing how asylum seeker centers (ASCs) affect the subjective well-being (both the emotional well-being and the life satisfaction) of residents living in hosting communities. In addition, we consider how this effect varies over time and the extent to which this effect depends on the proximity of an ASC to one’s place of residence, the size of the refugee population in a nearby ASC, features of the local environment, and personal characteristics of natives and refugees.

Methods: To isolate this relationship, we match longitudinal data on the distribution of refugees and ASCs in the Netherlands to the subjective well-being of a sample of over 100,000 residents living in hosting communities for the period 2003-2017.

Findings: Using statistical matching, our preliminary results show an overall negative effect on both life satisfaction and emotional well-being in the first month, but this negative effect is only short-lived as no significant effect is observed afterwards. The impact of ASCs is more negative shortly after the opening of a new refugee center, in relatively small towns, for residents living in the same postal code as the refugee centre, and for residents with a low education level and income.

Discussion: Our findings aid in stimulating an evidence-based debate on the consequences of ASCs for hosting communities.
The Spatial Economics of Happiness

Dimitris Ballas

University of Groningen

Background: Does geography matter when it comes to happiness? To what extent does where we live affect how we feel and why?

Methods and Findings: This paper provides a brief overview of philosophical perspectives and also highlights the importance of geographical and socio-economic contextual factors pertaining to well-being and happiness with a particular emphasis on the impact of social and spatial inequalities and social justice.

Discussion: It also makes a strong case for a spatial economics and economic geography perspective to the analysis of the spatial determinants of happiness, including new innovative ways of geovisualisation as well as the new possibilities for advanced spatial analysis.
Title: GLO/EHERO Well-being Symposia III: New Directions in Well-being Research

Convenors details: Milena Nikolova, University of Groningen and GLO, The Netherlands
Burger, Erasmus University Rotterdam, The Netherlands

Chair details: Martijn Burger, Erasmus University, The Netherlands

Discussant details: Julia Ruiz Pozuelo; Oxford University; The United Kingdom (Discussant1) Kai Ludwigs; Happiness Research Organization; Germany (Discussant Paper 2) Milena Nikolova; University of Groningen; The Netherlands (Discussant Paper 3)

Symposium overview

Aims: The purpose of this symposium is to provide an overview of the newest directions in well-being research, as well as an introduction and meeting point for recent and established researchers in the field.

Rationale: Including a symposium featuring some of the most innovative topics in subjective well-being bodes well with the scope and aims of the ISQOLS conference.

Summary: This symposium will provide a unique opportunity to discuss novel research, which relies on subjective well-being measures. First, Kai Ludwigs will discuss the challenges involved in and the results from a field experiment in a corporate environment. Second, Spyridon Stavroupolous will examine the well-being consequences of industrial change in Europe. Third, Aslan Akay will show novel findings related to the well-being costs of global terrorism.

Timetable indicating the running order of the sections.

Section I: Presenter: Kai Ludwigs; Discussant: Julia Ruiz Pozuelo
Section II: Presenter: Spyridon Stavroupolous; Discussant: Kai Ludwigs
Section III: Presenter: Alpaslan Akay; Discussant: Milena Nikolova
The impact of industrial change on subjective well-being: evidence from European regions

Spyridon Stavropoulos

Erasmus University Rotterdam

Background: In this study, we examine the impact of long-term industrial change on the subjective well-being in European regions.

Methods: More specifically we examine how industrial development in regions have an impact on the subjective well-being of individuals, controlling for individual level characteristics, such as occupation, age, gender, education and marital status. We apply an ordered probit model for the analysis for a long period of time (1975-2015).

Findings: This allows us to study the impact of long-term changes in sectoral composition, such as the rise of new industries, on the subjective well-being of the European population. For the analysis, we use micro data from the Eurobarometer complemented with regional data from Cambridge econometrics.

Discussion: In particular, we examine the heterogeneity in well-being changes across occupational classes.

Hope in multicultural context: Results from the International Hope Barometer Research Programme

Tharina Guse

University of Pretoria, South Africa

Andreas Krafft

University of St Gallen, Switzerland

Aims: This symposium aims to present results from the International Hope Barometer programme. Presenters from four countries (Switzerland, Spain, South Africa and Portugal) will
deliver papers on hope in various cultural contexts. We intend to share findings on levels, correlates, dynamics and mechanisms of hope and other positive psychological constructs emanating from data obtained in the various countries.

Rationale: Hope is an important characteristic associated with happiness and well-being. However, people from different cultures may experience hope differently. Accordingly, our symposium will contribute to the conference theme of happiness in multicultural context, through sharing findings on hope in four countries and among various cultural groups.

Summary: The symposium will consist of five individual presentations, each focusing on a specific facet of hope and other positive characteristics in specific cultural contexts. The first paper reports on differences in levels of hope among German and French-speaking Swiss, as well as the predictive role of basic beliefs on hope in a large Swiss sample. This is followed by a paper on differences in hope and cultural values among German and French-speaking Swiss participants. The third paper examines the predictive power of hope, vitality and optimism on psychosocial flourishing (Diener et al., 2010), in a Spanish sample. The fourth paper explores the mediating role of hope in the relationship between two cultural values (benevolence and universalism) and flourishing, using a South African sample. The final paper will be focus on hope, cultural values and peace in a Portuguese sample.

Timetable:

Paper 1: Hope in a multicultural context: The role of basic beliefs in French and German Switzerland (Andreas Krafft)

Paper 2: Hope in a multicultural context: The role of cultural values in French and German Switzerland (Andreas Krafft)

Paper 3: Predictors of psychological quality of life in the Spanish population: The role of hope, vitality and other characteristics (Valle Flores-Lucas & Rachel Martinez-Sinovas)

Paper 4: The role of hope in the relationship between benevolence, universalism and psychosocial flourishing in a South African sample (Tharina Guse)

Paper 5: Hope in Portuguese context: Contributions for Global Peace (Helena Marujo et al.)
Hope in a multicultural context: The role of cultural values in French and German Switzerland

Andreas M. Krafft

University of St. Gallen, Switzerland

Background: People in diverse cultures can experience hope differently (Averill et al., 1990). Expanding our results from 2017, our aim was to examine further cultural factors related to the level of hope, among the Swiss French and German populations.

Methods: This study is part of the international cross-sectional Hope-Barometer internet survey in 2018. Data collection was done via the homepages of the largest Swiss newspaper. The sample includes 4'158 participants (German n=3'049; French n=1'109). Measures used are the Perceived Hope Scale (Krafft et al., 2017) and the revised Portrait Values Questionnaire (Schwartz et al., 2012).

Findings: Germans were again significantly higher in hope than the French. Regarding cultural values, the French were significantly higher in hedonism and security seeking than Germans. The Germans saw themselves to be more benevolent, more tolerant, possessing self-direction, preserving traditions, striving for achievement, and looking for stimulation (e.g. new challenges). Following the results of a multiple regression analysis, cultural values significantly predicting hope were (1) tolerance, (2) stimulation, (3) tradition, (4) self-direction, and (5) benevolence.

Discussion: Our results support the conceptualization of hope as a universal phenomenon with specific cultural facets (Averill et al., 1990). The human values predicting hope were also those, on which the German Swiss scored significantly higher than the French. On the other hand, those values more salient for French than for Germans, were related to hope to a lesser extent or not at all, endorsing a possible explanation for the higher level of hope in the German part of Switzerland.

Predictors of Psychological Quality of Life in the Spanish population: The role of hope and vitality.

Valle Flores-Lucas

University of Valladolid
Background: Hope is one of the character strengths that predict hedonic or subjective well-being (Park, et al., 2004). However, psychological well-being encompasses eudemonic aspects of optimal functioning (Seligman, 2011). Hence, the main goal of this study was to explore the predictor power of hope, vitality and other personal variables on eudemonic components of psychological well-being in a large Spanish sample. As a secondary goal we analysed possible trends in changes across time in sources and activities of hope, comparing data from 2016 and 2018.

Method: This study is part of a cross-sectional international Hope Barometer survey collected in November 2018 and 2016. Data were obtained through an online anonymous questionnaire. The sample consisted of 528 Spanish adult respondents. We used Adult Dispositional Trait Hope Scale (ADTHS) (Snyder et al., 1991) the Perceived Hope Scale (PHS) (Krafft et al., 2017), the Flourishing scale (Diener et al., 20019), Subjective Vitality Scale (Ryan & Frederick, 1997) and two questionnaires we developed to assess the sources of hope and activities related to hope.

Findings: We found significant differences in hope and vitality among some sociodemographic variables like age. Further, we found a similar trend regarding sources of hope and hope activities across time. Finally, there were significant correlations between hope, vitality, optimism, and flourishing and a significant regression model predicting flourishing.

Discussion: Our results allow us to conclude that hope and vitality are important predictors, not only, of the hedonic components, as well as, of the eudemonic components of psychological quality of life.

The role of hope in the relationship between benevolence, universalism and psycho-social flourishing in a South African sample

Tharina Guse
University of Pretoria, South Africa
Casper J J van Zyl
University of Johannesburg, South Africa
Background: Holding values such as benevolence and universalism has been associated with well-being. Pursuing healthy values could lead to perceptions, attitudes or behaviours that could increase well-being (Sagov & Schwartz, 2000). Perceived hope, which is a sense of deep trust that things will turn out well regardless of the outcome of one’s personal strivings, could be a mechanism through which values increase well-being. In this study, we examined the role of perceived hope in the relationship between benevolence, universalism and psycho-social flourishing (Diener et al., 2010) in a South African sample.

Method: The study formed part of the international cross-sectional Hope-Barometer survey in 2018. We collected data via social media, e-mail and online newspapers. The final sample consisted of 108 adults (mean age = 42 years). For this study, we used data obtained for the Perceived Hope Scale (Krafft et al., 2017), the revised Portrait Values Questionnaire (Schwartz et al., 2012) and the Flourishing Scale (Diener et al., 2010).

Findings: There were statistically significant positive correlations between all four constructs. Results of regression analyses indicated that perceived hope fully mediated the relationship between benevolence as well as universalism and flourishing.

Discussion: Our results support the importance of hope, as perceived by ordinary people, as well as values, in the experience of psychosocial well-being. Individuals who endorse self-transcendent values such as benevolence and universalism seem to be more likely to feel hopeful, believe that things will turn out well, and consequently experience well-being. Implications will be discussed.

Hope in Portuguese context: Contributions for Global Peace

Helena Á. Marujo
Luís Miguel Neto
Maria João Velez
Sónia P. Gonçalves

ISCSP and CAPP University of Lisbon

Background: Cross-country qualitative research examining definitions and experiences of happiness showed that happiness was primarily defined as a condition of psychological balance...
Method: This is part of a cross-sectional international Hope Barometer survey collected in November 2018. Data were obtained through an online anonymous questionnaire. The sample consisted of 805 Portuguese adult respondents. Measures used were Adult Dispositional Trait Hope Scale (ADTHS) (Snyder et al., 1991) the Perceived Hope Scale (PHS) (Krafft et al., 2017), the Harmony in Life Scale (Kjell et al., 2016) and the Portrait Value Questionnaire (PVQ-RR; Schwartz et al., 2012).

Findings: Our results show significant differences between age groups in both perceived and dispositional hope, with younger people reporting lower levels of hope. In the same vein, we also found that family status influence hope, such that people who still live with their parents also report lower levels of hope. We also found that harmony in life is a relevant predictor of hope. Regarding cultural values the study uncovered that tradition, universalism, power and stimulation predict perceived hope, while achievement, stimulation, self-direction, power and universalism predict dispositional hope.

Discussion: Our results support the conceptualization of hope as a phenomenon related to positive peace (Galtung, 1990), and also with happiness, in particular eudaimonic happiness. Results are discussed associating basic beliefs and cultural values identified with peace studies and public happiness (Marujo & Neto, 2017).
Aims: The current symposium would like to present some exemplary strategies to implement human rights to achieve quality of life outcomes. International Strategies developed to measure and monitor fulfillment of rights, quality of life and quality of the support provision will be provided.

Rationale: The actualization of Human Rights into practice to promote an equally participative world to achieve good quality of life and satisfaction for all citizens is a shared goal of our presentation.

Summary: Different presentations will outline exemplary strategies to implement Human Rights to achieve Quality of Life outcomes. The first presentation will outline the methodology to develop a Disability Policy Evaluation: Combining Logic Models and Systems Thinking, the second presentation will be Evaluating the Impact of Progressive Social Policy: Monitoring Quality of Life Outcomes Using National Core Indicators in the United States. The third presentation will focus on the assessment of Policy effects starting from the Perceived quality of life of people with disabilities: the first steps in the measurement of a framework in Flanders. The fourth presentation will focus on Implementing Rights and Quality of Life: an explorative trajectory providing exemplary strategies to promote application of values contained in the human rights framework and in the Quality of Life perspective.
Timetable:

Discussant introduces the symposium: Jessica De Maeyer, University College Gent, E-QUAL.
Claudia Claes; HoGent University College, E-QUAL, Gent University; Belgium.
Valerie J. Bradley, President Emerita, Human Services Research Institute. USA.
Verlet, Dries, Gent University; Belgium.
Marco Lombardi, University College Gent, E-QUAL.

Perceived quality of life of people with disabilities: the first steps in the measurement of a framework in Flanders.

Verlet, D.
Ferket, N.
Lombardi, M.
Vandevelde, S.
Claes, C
De Maeyer, J.

Background: The study aims to evaluate social policy to enhance QOL of people with disabilities. QOL as such is the result of a complex process, based on the interplay between several types of input, throughput, output and outcome variables, as for the influence of numerous contextual issues. Moreover, the QOL as such is multidimensional, to be measured on both objective and subjective indicators. Those indicators are framed within a policy evaluation framework based on a theoretical model of the relationship between value-based social policy and QOL.

Method: A literature review and expert panels were conducted to define a framework, also used to develop a survey to measure the perceived QOL and its (supposed) determinants. In a first pilot study, the validity and reliability of different scales was tested. The results of this pilot study in 2018 (N=417) as next steps in the development of a valid monitoring system of the (perceived) QOL of people with disabilities in Flanders are discussed.
Results: The policy evaluation framework and the measurable perceived QOL outcome indicators are presented. In this context we test possible determinants of the perceived QOL to cover elements of the outcomes of value-based social policy. The throughput component involves individualized interventions, services, and supports. The output component includes the structures and environments that enhance QOL and wellbeing. Validity and reliability of scales to measure it are presented.

Discussion: The complex relationship between value-based social policy and QOL is analysed based on a systematic approach. Issues and challenges are discussed.

Implementing Rights and Quality of Life: an explorative trajectory.

Marco Lombardi

*University College Gent, E-QUAL.*

Jessica De Maeyer

*University College Gent, E-QUAL.*

*Claudia Claes, Neelke Ferket, Dries Verlet.*

Background: It is a global trend the transformation of support provision to people with disabilities. Since the approval of the UN-CRPD countries are moving towards the implementation of individualized support planning. Policy reforms in Flanders developed Personal Following Budgets (PFB) to cover clients support needs. The present study wants to implement Policy and QOL by developing a reliable instrument to measure the satisfaction, actual QOL and quality of service provision for person with disabilities. This research is structured in different work packages to achieve different aims: Validate a reliable and precise instrument to measure the effects of the PFB policy; Develop Guide Lines of Good Practices in the process of the Referral, take in Charge and support provision for Organizations and Clients; Develop a Quality Manual for support providers to certify their standards of support provision as developed in the Guide Lines of Good Practices. Methods: a validation of the scale on the Flemish population to proof its psychometric properties was conducted; Literature review, Focus groups and experts panels were developed to define content of Guide liens and Quality Control.
Findings: Validity and reliability of the scale are presented, the process to develop focus groups and expert panels to create guidelines and a quality manual are discussed.

Discussion: The complex development of implementation of QOL theory into practice for Clients and Organizations in form of supports provided is discussed. Development of evidence based policy and related supports to achieve personal outcomes are discussed.
Convenors: Habib Tiliouine, Jan Bernheim and Peter Theuns

Quality-of-Life research instruments are of necessity some compromise between individual relevance and suitability for the aggregation of data that is necessary for population studies: lengthy open or semi-structured interviews may be unsurpassed in personal relevance, but the so obtained data hardly lend themselves to aggregation for population studies. Conversely, closed questionnaires are suitable to aggregate data, but inevitably disregard the idiosyncracy of constructs of QOL in individuals.

Multi-dimensional multi-item questionnaires for Quality of Life assessment by definition, are ‘one-size fits all’ instruments that disregard differences between (sub)populations and individuals. Also the conventional “How are you?”- uniscale questions or variations thereof (CQ) are susceptible to response biases such as trivialisation, peer-relativity, cultural bias, insensitivity to objective changes, the so-called Easterlin paradox, the disability paradox, response shifts etcetera.
Some researchers have endeavoured to improve the individual relevance of scales of SWB. Such effort include SEIQoL, WeDQoL-Goals and ACSA

As a personalisations of multi-dimensional multi-item questionnaires, WeDQoL-Goals combines levels of subjective wellbeing in different dimensions with degree of aspiration (distance to goal) thereof.

SEIQoL, on the other hand, recognising that individual people attribute different importances to items or dimensions of QOL, weights the ratings on items with the importance that the respondent give to the item.

As an attempted personalisation of uniscales, in Anamnestic Comparative Self-Assessment (ACSA), respondents anchor their personal scale of SWB on the best and the worst periods in their life experience, rated +5 and -5), respectively. Thus, the anchors are internal and concrete instead of external and standards.

This symposium aims to bring together developers or practitioners of different methods of personalised felicitometry.

**Personalised Felicitometrics with Anamnestic Comparative Self Assessment (ACSA): Self-anchoring based on life experience may circumvent several biases.**

Jan Bernheim.

*End-of-Life Care Research Group, Vrije Universiteit Brussel and Ghent University, Belgium*

Peter Theuns.

*Faculty of Psychology and Educational Sciences, Vrije Universiteit Brussel, Belgium*

Valerie Møller.

*Institute of Social and Economic Research, Rhodes University, Grahamstown, South Africa*

Benjamin Roberts.

*Human Sciences Research Council (HSRC), Durban, South Africa*
Background: QOL assessment based on conventional “How are you?”- uniscales (Conventional Question, CQ) are prone to response biases such as trivialisation, peer-relativity, cultural bias, insensitivity to objective changes, the so-called Easterlin and disability paradoxes etc.

Objective: Reducing such problems.

Methods: With ACSA, respondents anchor their SWB on the best and the worst periods in their life experience, rated +5 and -5, respectively. Such anchors are to some extent universal if all people have experienced beautiful and terrible times.

Findings: Surveys in samples from the general (N = 1773) and patient (N=2500) populations found ACSA more discriminating and more responsive than the CQ. In the general population ACSA ratings are less influenced by extraversion than the CQ. In patients with Locked-in Syndrome, ACSA overcame the ‘disability paradox’.

European respondents’ best periods in life were experiences of love, childbirth or social achievements. The worst were bereavement, separation or serious diseases. Deprived black-Africans’, in line with Maslow’s model of human needs, anchors were more often related to income. However, in South Africa (“the whole world in one country”), the scale anchors did not differ significantly between the major ethnic groups.

Discussion: The seriousness of ACSA’s biographical references tends to discourage trivial responses. In an interview format, ACSA may promote an empathic investigator-respondent report. ACSA’s briefness makes it suitable for longitudinal or intervention studies. Philosophically, ACSA leaves choices between hedonistic, eudaimonic or other perspectives on QOL to the respondents.

Conclusion: Universal, yet highly individual biographical scale anchors may help to circumvent superficial and relativity-biased responses.
Measurement of subjective well-being using a diversity of scales: do they measure the same perceived quality of life (QOL)?

Dries Verlet
Jan L. Bernheim
Marc Callens
Peter Theuns
Ann Carton

Background: QOL measures are many and lack a common theoretical framework. However, there is some broad agreement on indicator dimensions and on global uni-scales.

Methods: We use the “Social-Cultural Flanders (Belgium) since 1996, with approx. 1500 respondents per year. In 2018 measurement focus was on subjective well-being (SWB). In addition to the face-to-face interviews, several written questionnaires were responded to. Data collection will be completed by the end of 2018. Differences between measures of SWB include whether they address satisfaction (the cognitive aspect) or affects (states of mind and emotions), and do this by a single scale (e.g. general life satisfaction or happiness) or multiple-item-scales (e.g. satisfaction with life scale). Conceptually, scales also differ according to the frame of reference used by respondents. For example, the Anamnestic Comparative Self-Assessment-scale (ACSA) uses internal and concrete standards (the best and worst periods of your life) rather than external and ones (the best imaginable situation). Besides the multitude of measures of SWB, we also take a wide range of socio-demographic variables into account in order to identify important predictors of general SWB (although we cannot prove causality by our survey design).

Findings: Forthcoming: the data will be available by mid-summer.

Discussion: We expect to find clues to the following questions. To what extent do the several scales measuring subjective well-being correlate? Which latent dimensions can we identify in the different scales? Do differences among scales covary with the socio-demographic characteristics of the respondents?
DIFFERENT PERSPECTIVES FOR THE WELL-BEING OF EUROPEAN PEOPLE.

Moderation:

Wolfgang Glatzer, Prof. Dr.  
*Goethe University, Frankfurt am Main*

Valerie Moller, Prof- Dr.  
*Rhodes University, Grahamstown, South Africa*

This symposium is concerned with the comparison of different perspectives of well-being for European people. Well-being is no consensual concept but appears in various approaches of international organizations and continental scientific agencies. The diagnosis of well-being in Europe varies in face of different concepts and indicators which are used in the established measurement procedures. A European country may take a higher or lower position depending on specific well-being indicators. Some European countries are on the highest level of well-being in the world, but at the same time Europe is characterized by widespread varieties and severe inequalities. Well-being is partly ambivalent and fragile, it affords attention and performance to be sustained. The selection of topics for this symposium includes main social indicators in the public awareness from the United Nations (Human Development Index), the OECD (Better Life Index), the European Union represented by Eurofound (which uses a multiple perspective regarding quality of life, quality of public services and the quality of society) and the analysis of happiness from the World Database of Happiness.

Contributions:

1. Kenneth Land, Wolfgang Glatzer: Europe’s socio-economic position in the world measured with the Human Development Index and the Poverty Index from the UN
2. Lara Fleischer, Joshua Monje-Jelfs, Carrie Exton: How is life in Europe? The Diagnosis of the OECD
3. Daphne Ahrendt, Hans Dubois, and Tadas Leonckikas: Quality of life, quality of public services and quality of society: crisis and recovery in the analyses of Eurofound
4. Ruut Veenhoven: Measurements of Europeans Happiness in the World Database of Happiness
5. Summarizing Comment by Valerie Moller

Aims:

- To demonstrate the relevance of different concepts and indicators for measuring well-being in Europe
- To bring together the scientific network of ISQOLS with the scientific departments of international organizations who are engaged in qol-research
- To improve knowledge about European societies stemming from various approaches, sources and measurement procedures on well-being

Europe`s socio-economic position in the world measured by the UN with the use of the Human Development Index and the Poverty Index

Wolfgang Glatzer

*Goethe University, Frankfurt am Main*

The United Nations have developed their own measures for the socio-economic performance of the countries of the world. In the first line the Human Development Index is regarded as a summary concept of the social level of countries which includes economy, health and education. There is a lot of variety. Additional measurements were related to poverty, which is represented by a poverty index showing the level of poverty in many nations. There is a lot of inequality. On both indices countries take different positions. Summarizing Europe is at the top of the world but inequality is huge and a number of European countries remain on a level like less developed nations.

How’s Life in Europe? The Diagnosis of the OECD

Lara Fleischer, Joshua Monje-Jelfs, Carrie Exton

*OECD, Paris Cedex 16*

The OECD first developed its framework for measuring well-being in 2011, and has now published four editions of its How’s Life? report (www.oecd.org/howslife). This monitors more than 50 indicators, covering both current well-being and the natural, human, social and economic resources (or capital stocks) that help to sustain well-being over time. The OECD Better Life Index website (www.oecdbetterlifeindex.org) includes a subset of these indicators,
which people can use to build their own index of well-being, based on what matters most to them.

This paper introduces the OECD well-being framework, concepts and indicators, including new work to both extend and deepen the approach to measuring inequalities in people’s well-being. It then highlights a selection of key findings on well-being in European OECD countries. For example, trends since 2005 indicate that while some aspects of life have improved on average, progress has often been slow, and several aspects of well-being are getting left behind. Nevertheless, both the pace and direction of change in well-being since 2005 differs across countries. Inequalities by age, gender and education meanwhile show the gaps in people’s achievements and opportunities extend right across the different dimensions of well-being, but are again distributed differently in different European OECD countries. Conclusions focus on the need for in-depth country-specific analyses to extract relevant messages for both policy and other audiences. Examples of the dashboards and communications tools created by the OECD are also provided.

**Quality of life, quality of public services and quality of society: crisis and recovery in the analyses of Eurofound**

Daphne Ahrendt, Hans Dubois, Tadas Leoncikas

*Eurofound - European Foundation for the Improvement of Living and Working Conditions*

Eurofound’s approach used in the European Quality of Life Survey (EQLS) combines an extensive measurement of subjective and objective aspects of well-being with the acknowledgement of the importance of quality of society and the public services for the European social model. Carried out in 2003, 2007, 2011, and 2016 and covering all EU Member States, the survey is a rich resource for tracking the impact of the great recession on quality of life in most of Europe.

The key findings of the survey include evidence on successful recovery of well-being to the levels seen before the crisis in a range of the EU countries. However, the perceived material hardship is extensive in a number of countries; and a downward trend from before the crisis continued in some (such as Greece, Italy and Spain) in contrast to recovery in others.
The survey also reveals diverse patterns between the countries in relation to age: in some South and West European countries youth would suffer lower well-being, while in some Eastern countries quality of life decreases with every older age category.

The reported quality of public services varies considerably between countries but satisfaction has improved after the crisis overall. However, low income groups have not seen as much improvement as others in quality of services, and their feeling of social exclusion persists.

Therefore the positive evidence of recovery of trust in institutions and the decline in perceived societal tensions has to be examined cautiously; the survey also provides data on persisting or increasing social insecurities, such as with regard to retaining own accommodation and to securing adequate income in old age. This provides material for reflecting on key policy areas and readiness of national institutions to secure quality of life in a post-crisis context, which is characterised by the recovered life satisfaction but persistent or increasing uncertainties. The latest EQLS analyses of trust in institutions show that perceived quality of public services is the most powerful factor affecting trust in institutions at an individual level.

Happiness, defined as the subjective enjoyment of one’s life as-a-whole, is well measurable using self-reports. Questions on that matter have figured in general population surveys of all European nations and the responses are gathered in the World Database of Happiness. On the basis of responses to such questions the following measures are constructed:

Average Happiness

- Happy life Years
- Inequality in Happiness
- Inequality Adjusted Happiness
For each of these measures data is available on the *level* in particular periods and on the *trend* over time. To date, the *levels* of happiness are highest in the North-West European nations and lowest in the East European nations. On average, European happiness is somewhat lower than in North America and Australia, but higher than in Asia and Africa.

The observed differences in *level* of happiness can be largely explained by the modernity of nations, probably because the most modern nations allow their citizens more opportunities to find a way of life that fits them. The *trend* of happiness over time is positive, averages happiness has risen, while inequality of happiness declined. These improvements can also be understood as a result of ongoing modernization.

**KEYWORDS:** international comparisons, social indicators, quality of life, well-being, happiness, social development, level of living, satisfaction, satisfaction with life, history of well-being, continent of Europe, Human Development Index, Better Life Index
Are Turkish Housewives Happy?: A Qualitative Approach

Shoirakhon Nurdinova

This study analyzes happiness level among Turkish housewives, who, according to data of Turkish Statistical Institute, numbered 11 million in 2017. A qualitative study using semi-structured interviews with 60 housewives from different regions of Turkey explores factors affecting women’s decisions to participate in labour market, or not. Among 60 respondents, 39 are happy to be a housewife (defined as the person is busy with household chores such as cleaning, washing, cooking, ironing, caring for children/elderly and not doing any income-generating activities), and 21 of them want to work regardless of financial satisfaction. Findings show that the happiness level of housewives is high compared to other categories (unemployed, students, retired, self-employed, full-time employed) according to data of Social Values Survey. The main push factors for Turkish housewives to work is ‘income’ level. Housewives offered two gender-based reasons for staying home: "child/elderly care;" and "men do not allow women to work". These responses affirm socio-cultural norms assigning responsibility for elder and child care to women, and of patriarchy.

KEYWORDS: Happiness, Housewife, Turkey

Testing the spillover-crossover model between work-life balance and satisfaction in different domains of life in dual-earner parents.

Berta Schnettler

Universidad de La Frontera

Edgardo Miranda-Zapata
Background: Based on the actor-partner interdependence model, this study explored the spillover and crossover associations between work-life balance and satisfaction with life, food-related life and family life in dual-earner parents.

Methods: Questionnaires were administered to 303 dual-earner couples with adolescent children in Temuco, Chile. Both members of the couples answered the Work-life Balance (WLB) scale, Satisfaction with Life Scale (SWLS), Satisfaction with Food-related Life scale (SWFoL) and the Satisfaction with Family Life scale (SWFaL).

Findings: Using structural equation modelling, we found that the man’s work-life balance was positively associated with his own levels of satisfaction with life, family life and food related life, as well as with his partner’s (the woman’s) levels of satisfaction with life, food related life and family life. Likewise, the woman’s work-life balance was positively associated with her own levels of satisfaction with life, family life and food related life, as well as with her partner’s (the man’s) levels of satisfaction with food related life and family life, but not with his level of life satisfaction.

Discussion: These findings suggest the need to improve work-life balance for employees of both genders in order to enhance their overall life satisfaction, as well as their satisfaction in the family and food domains in dual-earner parents. This study was funded by Conicyt, Fondecyt Project n° 1160005 and Fondecyt Project n° 1190017.
Life satisfaction for older populations in Ghana, Mexico, South Africa, and United States

Wan He

U.S. Census Bureau, United States

Background: This study compares life satisfaction of older populations in Ghana, Mexico, South Africa, and the United States. These four countries cross various world regions, representing countries with different income levels and cultures.

Methods: Data come from the Study on Global Ageing and Adult Health (SAGE) and the American Time Use Survey (ATUS) Subjective Well-being (SWB) Module. SAGE covers many health topics including life satisfaction. This study uses SAGE Wave2 which included 3,553 respondents from Ghana, 3,903 from Mexico, and 2,163 from South Africa. ATUS collects a detailed account of respondents’ activities from their 24-hour time diary. The SWB Module asks respondents about feelings experienced during the daily activities and also to assess their overall life satisfaction. This study included 21,736 respondents. Both SAGE and ATUS used the "Cantril Ladder" scales (0-10) to measure life satisfaction.

Findings: Among the older population (age 50+) in the three SAGE countries, the mean scores of life satisfaction for Ghanaians (5.7) and South Africans (5.3) were lower than for Mexicans (7.5). Education and income showed positive association with life satisfaction in all three countries, whereas gender and residence yielded mixed results. Older Americans (age 65+) who provide eldercare generally had higher levels of life satisfaction (7.6) than younger providers (7.0), and this pattern was observed across sex, race, and Hispanic origin.

Discussion: SAGE and ACS showed that older Mexicans and Americans were “thriving” and Ghanaians and South Africans “struggling” based on the life satisfaction scale. This study contributes to much needed cross-country data on older populations.
Beyond the Nuclear Family: Interrelatedness of Intergenerational Support Exchange and Life Satisfaction in Midlife.

Ju-Ping, Lin  
National Taiwan Normal University, Taiwan

Chia-Wen, Yu  
National Taiwan Normal University, Taiwan

Background: In an ageing society, family relationships across several generations are becoming increasingly important. The exchange of support between generations is a fundamental feature of intergenerational relationships. This study examines the intergenerational support exchange among individuals in mid-life, their parents, parents-in-law, and adult children. The interrelatedness of multigenerational support exchange and a mid-life individual's life satisfaction are explored.

Methods: Data are obtained from the 2016 Taiwan Social Change Survey. In this study, only subjects aged between 40 and 64, with at least one parent, parent–in-law still alive and one adult child (aged 18 and above) are analyzed. Latent class analysis (LCA) was used to create a typology of underlying patterns of intergenerational support exchange.

Findings: Three types were found for intergenerational support exchange among individuals in mid-life, their parents and parents-in-law:(a) Reciprocal exchange with the male’ parents (patrilineal type), (b)Giving support to both sets of parents (bilineal type), and (c) Low exchange. Furthermore, three types were found for middle-aged adults, their parents and adult children: (a) Reciprocal exchange with adult children, (b) Support upward and downward, (c) Low exchange. Intergenerational support exchange types among middle-aged adults, their parents and parents-in-law were not related to middle-aged adults’ life satisfaction. However, middle-aged adults, who were highly involved in exchanges with their adult children, the “Reciprocal exchange with adult children ” type, were most satisfied with life.

Discussion: This research highlights the importance of reciprocity in intergenerational relations between parents and their adult children. The results are discussed from a culture-informed perspective on intergenerational support.
Quality of life and ethnic identity among older adults belonging to indigenous communities in Chile.

Lorena P. Gallardo-Peralta.

*University of Tarapacá, Chile.*

Abel Soto-Higuera.

*University of La Frontera.*

Esteban Sánchez-Moreno.

*Complutense University, Spain.*

Vicente Rodríguez- Rodríguez.

*Spanish National Research Council, Spain.*

**Background:** Quality of life (QoL) continues to be one of the indicators of well-being with a holistic perspective. Few studies describe QoL in Latin American indigenous people who reside in native areas and who maintain their original cultural practices. In this study we analyze the influence of ethnic identity (Aymara and Mapuche) on the quality of life in people over 60 who live in native territories.

**Methods:** A cross-sectional study of 569 indigenous elderly people living in north and south of Chile, of which 65% are Mapuches and 35% are Aymara. The face-to-face questionnaire was applied by professionals, during the August-October 2017. The measures used were the WHOQol-OLD and Multigroup Ethnic Identity Measure (MEIM). Multivariate analyzes has been performed.

**Results and Conclusions:** The findings confirm the association between QoL, ethnic identity and cultural practices. Demonstrating that the well-being of indigenous people is related to maintaining their cultural traditions and feeling a collective indigenous identity.

Aging in the original physical and natural environment is a protective mechanism in the indigenous people and promotes their QoL.

**Acknowledgements:** This work was supported by the Government of Chile (“Proyecto FONDECYT 1170493”).

**KEYWORDS:** Quality of life, ethnic identity, indigenous groups, elderly people, Chile.
WHO-5 Well-Being Index: An Appraisal of Districts of Khyber Pakhtunkhwa, Pakistan

Danish Wadud Alam
Amjad Amin

Faculty, Deprtment of Economics, University of Peshawar, Pakistan

The World Health Organization Well-Bieng Index (WHO-5) is the most frequently used questionnaires for assessing subjective psychological well-being (Tropp, et al. 2015). This short questionnaire consisting of five simple non-invasive questions was used to tap into the subjective well-being of individuals from Khyber Pakhtunkhwa (KP), province of Pakistan. Thirteen districts from a total of twenty five, based on the population density were targeted. The aim was to obtain a mean score for the province and then compare it to each district’s scores as well as to the rural-urban scores. The results showed higher scores for districts where respondents reported better quality of life in various life domains e.g. Peshawar, Mardan, Swabi etc. Respondents in rural and peri-urban areas also showed higher scores (above provincial mean scores) on the WHO-5 Well-being Index. The present study suggests the need for further assessments of subjective well-being in the rest of the province as well as other provinces of the country for a more cohesive picture of subjective psychological well-being of citizens in the country.

KEYWORDS: WHO-5 Well-Being Index, Mental Health, Khyber Pakhtunkhwa, Pakistan

The composition of well-being indexes from the perspective of basic human values

Magdalena Roszczyńska-Kurasińska

University of Warsaw
Background: Sagiv and Schwartz (2000) introduced a new understanding of well-being; they argued that well-being depends on people’s possibility of enacting personal values. The rationale behind this approach is that values are one of key drivers of human performance – they motivate actions and set standards for evaluation of own and others behavior (Schwartz, 2012; Schwartz & Bilsky, 1990). The environment promoting only one type of value, e.g., tradition marginalizes all people who cherish other values like universalism or freedom.

Methods: We conducted a desk review of seven global and several national wellbeing indexes to establish what type of values are represented by their specific measures. We applied an expert panel approach to describe the components of each index in terms of represented values. We used theory of basic human values as a framework.

Findings: We discovered that global indexes (e.g. OECD, HDI, SDI) focus mostly on values such as security, universalism, power and achievement while national indexes incorporate a broader spectrum of values like self-direction, stimulation or hedonism. We argue that in both cases the framework needs to be expanded by community-related values of benevolence, empowerment and tradition.

Discussion: We believe that the theory of basic human values might be used as a framework for creation/evaluation of a well-being index. We argue that more inclusive approach to the creation of the wellbeing indexes would mean the selection of indicators corresponding to each basic human value. Only then the well-being index could reflect the well-being of individuals, not the hypothetical majority.
Adolescents’ perceptions of family economic hardship and their psychological well-being: The role of personality.

Gordana Keresteš  
*University of Zagreb*  
Ines Rezo  
*University of Zagreb*  
Marina Ajduković  
*University of Zagreb*

Background: Family economic hardship has been theoretically and empirically linked to adolescent adjustment. However, little is known about factors that may protect adolescents from negative impacts of family economic hardship. The aim of this study was to examine whether five-factor personality traits moderate relations between adolescents’ perceived family economic hardship and three measures of their psychological well-being: life satisfaction, depression, and anxiety.

Methods: The study is a part of the project “Family economic hardship, psychosocial problems, and educational outcomes of adolescents in the time of economic crisis”, financed by the Croatian Science Foundation. The sample consisted of 1043 adolescents of both genders (Mage = 16.31, SDage = 0.593). The data analysed in this paper was collected by using the Perceived Family Economic Hardship Scale; The Good Childhood Index; Depression, Anxiety and Stress Scale DASS-21; and NEO-FFI.

Findings: Adolescents’ perceptions of higher family economic hardship were related to lower life satisfaction, and higher depression and anxiety. Neuroticism moderated these relations in a way that they were stronger among adolescents with higher, than among those with lower neuroticism. Other personality traits did not moderate relations between perceived family economic hardship and the measured aspects of adolescents’ psychological well-being.

Discussion: The finding that low neuroticism protects adolescents from negative impacts of (perceived) family economic hardship on their psychological well-being contributes to literature
The connection between improving speech quality and improving quality of life

E. Nikolaeva
_Herzen State pedagogical university, Saint-Petersburg, Russia._

N. Karpova
_Psychological Institution of Russian Academy of Education, Moscow, Russia._

A. Dobrin
_Bunin State University of Yelets, Russia._

Background: Speech is the most important psychological process, the effective operation of which provides including human well-being. At the same time, a sufficient number of children have stuttering of varying degrees of severity, which makes it difficult not only to express their own thoughts, but also communication. The objective of the study was to evaluate the changes of the quality of life of young men and women with stuttering after the appearance of smooth speech after psychologotherapy. Methods. The study involved 2 girls and 10 boys, as well as two parents for each participants. A total of 36 people were examined using a questionnaire, which assessed the change in the quality of life of the subjects. In addition to the questionnaire, objective methods of assessing changes in the state were used, including the recording of heart rate variability and working memory volume. Measurements were made three times: before the beginning of psychotherapy, at its end and six months later.

Findings: The results indicate that after the psychologotherapy the state of well-being were changing first, and all the subjects wrote that now they can control of their own lives. At the same time, the heart rate variability was changing slower. Discussion: Well being rather quickly changes under the influence of therapy, while the slowest changes are observed for the level of physiological characteristics. Work was supported by grant of RFFS, project #18-013-00721 A.

Gwyther Rees  
*The University of York, UNICEF Office of Research – Innocenti, UK*

Tomasz Strózik  
*The Poznań University of Economics and Business, Poland*

Dorota Strózik  
*The Poznań University of Economics and Business, Poland*

Background: During the compulsory years of schooling, children spend most of their days in school or participate in school-related activities. That is why school life and peer-child relationships should be considered as an important aspect of children’s lives and play a crucial role in understanding children’s well-being. The paper will present the comparative findings of the children’s experiences of school bullying and its influence on their subjective well-being.

Methods: The analysis will use data gathered from over 30,000 children aged between 8 and 12 years old in 10 European countries as part of Wave 3 of the international Children’s Worlds survey. This is a self-completion questionnaire-based survey of representative samples of children in mainstream schools.

The study will embrace three aspects of children’s school violence – emotional, verbal, psychical - and their impact on children’s satisfaction of life measured with use of various psychometric scales.

Findings: The initial findings show substantial cross-country differences in children’s school violence experiences and significant relationship between school violence and children’s SWB. Overall there is a tendency for lower life satisfaction scores to be associated with experiencing school bullying, however it can vary depending on the age, gender or family socio-economic status of the respondents.

Discussion: The paper relates to Targets 5 and 16 of the Sustainable Development Goals. It can be considered as an evaluation of the efforts aimed at eliminating school bullying in all analysed European countries and as a message from the children about their perception of school safety to those responsible for eradication of violence in schools.
Individual Perception toward Public Institutions, Welfare Spending and Subjective Well-Being in Europe.

Kim, Seonga

*Korea Institute for Health and Social Affairs*

It can be commonly assumed that the larger welfare states, measured by the share of government expenditure on social affairs over GDP, make individual happier, measured by life satisfaction indicator, however, it is not (Veenhoven, 2000; Ouwenneel, P., 2002; Ono, H. & K. S. Lee, 2013). On the other hand, Edlund & Lindh (2013) shows that individual trust in public institutions and in market institutions affect welfare state support in Sweden. Using multidimensional measurements of individual perception toward public institution (Bleksaune & Quadagno, 2003; Larsen, 2008; Edlund & Lindh, 2013; Roosma, Gelissen & Oorschot, 2013), this study aims to fill the gap between the welfare state and subjective well-being. Since different historical and cultural contexts across European countries and the U.S. cause different interpretation of inequality and happiness(Alesina, Di Tella & MacCulloch, 2004), cultural context should be considered when choosing the target of study. In this line, focusing on European countries, European Social Survey (2002-2014), Eurostat, and World Development Indicators of the World Bank are the main data sources of individual variables, including life satisfaction, government expenditure and national characteristics, respectively. Results show that the relationship between social spending and subjective well-being is not significant or even negative, positive perceptions toward public institutions mediate the effect of the welfare states, making the coefficient positive, significant and robust. The results imply that not only the size and structure of social policies but also political support are important for happier people in the welfare states.

*Dynamics of mental health indicators in stutterers in the process of family group logopsychotherapy*
Background: Stuttering (logoneurosis) is a complex mental condition characterized by impaired speech fluency that usually causes psychological difficulties in communication. Stutterers are characterized by: 1) a high level of personal and situational anxiety; 2) increased anxiety in communication situations; 3) prevalence of extrapunitive reactions and fixation on obstacles, especially in communication (I. Abeleva, 1976; J. Nekrasova, 1981; J. Glozman, 1992; N. Karpova, 1997).

Methods: 41 people (23 subjects with stuttering and 18 subjects without speech pathology) participated in the study of mental health indicators during their rehabilitation in family logopsychotherapy groups (Yu. Nekrasova-N. Karpova).

Mental health indicators were measured using The State-Trait Anxiety Inventory (C.D. Spielberger); frustration test (S. Rosenzweig); Critical Situations Questionnaire (N. Kiselnikova).

Findings: Based on the results of a 4-stage system of social rehabilitation, participants showed the following changes: 1) their level of personal and situational anxiety significantly (p <0.01) decreased; 2) the tendency to use extrapyunative reactions significantly (p <0.05) decreased and the number of intra- and impunuative reactions increased; 3) decline (p <0.05) of the subjectively evaluable psychotraumatic responds to all types of communication situations; 4) positive dynamics of the coefficient of social adaptation at all stages of rehabilitation.

Discussion: The findings indicate a general positive dynamic of indicators of mental health, significant for people with stuttering. This is achieved by a system of creative functional training in various situations of verbal communication, where new methods of self-regulation and effective communication skills are purposefully worked out, formed and automated.

*Acknowledges. The study is founded by Russian Foundation of Fundamental Research, project № 18-013-00721
Costa Rican students findings on happiness

Juan Rafael Vargas

Background: Campos-Mata (CM) and Quiros-Perez (QP) tested the relationship between educational level and happiness and the gender differentials involved out of the Madrigal Survey (2015). The primary objectives was to examine how solid my students results were

Methods: The national random sample is 801 adults large. Both studies used applied ordered logit for all specifications. The dependent variable came from the question: “presently, how happy do you feel?” on a 0 to 10 scale. Madrigal discussed the features and limitations of the survey.

Findings: CM used three specifications. The first included: age, age squared, gender, health, marital status, number of children and educational status. The second incorporated labor status and the third adds income level. Age is only significant on the second specification. Better health is significant on all cases. Being married improves happiness, while the number of children is not significant. Higher income makes happiness more likely. Unemployment means lower happiness. Education is negatively related to happiness.

QP find gender significant on all specifications, showing women most likely to report happiness. Women rank higher family satisfaction and lifelong accomplishments as well. Men rank higher the interaction with friends and they are less affected by affection and evaluating experiences.

Discussion: Both papers agree with the economics of happiness literature. Their quantitative level is correct. Some results are present on both papers as they used the same data and logit equations. Both suggest public policy bound consequences out of their work

Higher education institutions and quality of regional life: a proposal of impact indicators

Eugénia de Matos Pedro

University of Beira Interior
Higher education institutions (HEIs) are great contributors to people’s quality of life (QoL) and their well-being. In addition to the economic returns for individuals and for society, higher education improves the QoL in various forms which only a few can be quantified. Several studies exist on the economic impact, however few have been developed on the qualitative side, until now. This work intends to take an innovative approach in the study of the impact that HEIs have on QoL of the regions where they are located, by taking in consideration both qualitative and quantitative indicators. In this sense, the objective of this research is to identify, collect and systematize indicators that can be used to measure the impact of HEIs on the QoL of regions. In order to achieve the objective will be conducted a systematic literature review based on Scopus and Web of knowledge databases as well as the analysis of several frameworks as for example the one used by the OECD’s Better Life Index, or the World Happiness report. We expect to systematize the qualitative and quantitative indicators used to measure QoL as well as the relationship among them and applicability. The results will facilitate the measurement of the impact of HEIs on the regions were they are located and help to define new higher education policies by identifying the key variables and the various types of effects that can be induced by HEIs in the QoL of the regions.

Funding: The authors acknowledge the financial support granted by Fundação para a Ciência e a Tecnologia (FCT) to the research project: ‘U-value’ PTDC/EGE-OGE/29926/2017.

QUALITY OF LIFE AND HEALTH

Gender inequality in health among the elderly in European countries: a cross-country analysis by a synthetic indicator

Noelia Somarriba
Background: This paper provides an approach to measure the health of older adults in Europe from a gender and multi-country perspective by creating a Synthetic Health Indicator for the Elderly Population (SHIEP). Amongst other objectives, the work seeks to obtain a robust synthetic measure of health levels using the $P_2$ distance method. Other objectives that the paper pursues include exploring the existence of gender gaps in the levels of health of the population under study and comparing results with the traditional indicators of life expectancy and health perceived.

Methods: The index comprises information on different indicators from various domains (cognitive functions, mental health, physical health, behavioral risk, physical and functional limitations indices) and provides a classification of European Union countries. The suitability of this indicator is also studied. We employed data from the sixth wave of the Survey of Health, Ageing and Retirement in Europe (SHARE).

Findings: Conclusions may thus be drawn concerning which aspects emerge as the most relevant when explaining disparities in health of older adults in the European context from a spatial and gender perspective.

Discussion: The presence of significant gender gaps, in the health of the elderly in the majority of the EU countries analyzed, should force us to reconsider the proposal of policies aimed at improving the health of this population group.

Health and well-being of workers in the European Union from 2010 to 2015 by gender

María Cruz Merino Llorente
Noelia Somarriba Arechavala

*University of Valladolid. Spain*
BACKGROUND: The flexibility of the labour market in recent decades has led to an increase in non-standard labour relations in the European Union (EU), which are more precarious, with a worsening of working conditions. Some studies have analyzed that new types of atypical work are detrimental to the health of workers. Health and well-being is a complex and multidimensional concept. The objective of this study is to measure and evaluate the health and well-being in the countries of the EU during and after the economic crisis by gender.

METHODS: To achieve this goal, partial and synthetic indicators are estimated. We use the \( P_2 \) distance method to compose a Synthetic Indicator of Health and Well-being from 2010 to 2015 with data on European Survey Working Conditions.

FINDINGS: The study results show a slight improvement in the level of health and well-being of workers, in general, in the different countries during the analysed period and the persistence of gender gap.

DISCUSSION: Governments should design some policies to enhance the working conditions of atypical jobs so as to make them more attractive. The presence of gaps that favour men in many EU countries should lead us to re-think policies aimed at achieving equality for EU workers.

Intergenerational relationships and psychological well-being: differences in generativity within different professional profiles.

Olga Strizhitskaya

Saint Petersburg State University

Background: One of the challenges that face modern society is demographic change that is not limited to growing proportion of older adults and life expectancy, but it is related to a more complicated shift in the system of intergenerational communications both in family and at work. Solid body of research showed that positive relations with others and particularly with family positively affect one’s psychological well-being. There are few studies on wider intergenerational social network and even less that address psychological mechanisms that explain these associations.

Methods: Participants were 100 students aged 18-20 from social departments of Saint-
Petersburg’s universities (psychologists and economists). Methods: semantic differential for intergenerational relationships (Montero, Strizhetskaya, 2016), Scale of psychological well-being (Zhukovskaya, Troshikhina, 2011), Loyola generativity scale (Strizhetskaya, Polyakova, 2018), demographic survey.

Findings: Results confirmed positive associations between intergenerational relationships and psychological well-being, positive intergenerational relationships within the family supported more positive appraisals of intergenerational relationships with non-family social ties. We found that generativity was higher among the psychologists, it was not associated with psychological well-being. For economists, higher scores of generativity predicted higher levels of psychological well-being.

Discussion: Our results suggest that while general pattern of associations between intergenerational relationships and psychological well-being is rather stable, the mechanisms that support these associations may depend on professional profiles. We also believe that students do not have strong professional deformation yet, so our results reflect personality predispositions such as motivation and values that lead to a choice of a particular occupation. Study was supported by RFBR grant 19-013-00861.

Non-family intergenerational relations, professional development and well-being of students at the initial stage of education.

M.D. Pettrash

Saint Petersburg State University, Russia

Background: In the modern society young people face new challenges. Communicating, interacting with different generations becomes one of the major competences, intergenerational relations spread out of family relations and affect all spheres of social lives. Still there are few studies focused on intergenerational relationships out of family environment. We hypothesize that non-family intergenerational relationships can be considered resources for effective and successful development in early adulthood. Difficulties in establishing interaction with colleagues of different ages can lead to the crisis of professiogenesis and decrease of
psychological well-being.

Methods: Scale of psychological well-being, Emotional attitude to future, questionnaire “Factors of professional development. Participants: 179 students aged 17 - 20 were divided into three groups depending on the ability to establish contacts with colleagues of different age (students, lectures).

Findings: Comparative analysis revealed differences in the expression of professional factors: Satisfaction with professional activities, Dedication, Self-control, Recover, Emotional stability, parameter values are reduced for students of the third group; revealed the least expressiveness of psychological well-being. The results of the regression analysis showed that the predictors of the non-family intergenerational relationships. Adaptation, emotional stability, positive self-attitude, self-acceptance and optimism contribute to a friendly relationship with colleagues of different ages.

Discussion: Our study showed different parameters for professional development and psychological well-being in groups; the crisis nature of professional development among students who have difficulty in establishing favorable relationships with different age colleagues. The resource role of extra-familial intergenerational relations is shown. Supported by RFBR project 19-013-00861

The Value of Life: a measurement approach.

Dmitry Leontiev
National Research University Higher School of Economics, Moscow, Russia.

Anna Lebedeva
National Research University Higher School of Economics, Moscow, Russia.

Background: A neglected aspect of the quality of life is the subjective evaluation of the value of one’s own life and the lives of others. This concept is quite close to satisfaction with life, happiness, psychological well-being, however it has some specifics. Low value of life (VL) may predict violence, self-harm, unhealthy habits, addictions etc. because it suggests lack of care for oneself; on the contrary, high VL suggests careful attitude to one’s life and health condition.

Methods: We attempted to create a scale for measuring the VL in two aspects, terminal value
(the value of life as self-sufficient) and instrumental value (the value of life for some superordinate value). The scale for terminal value of life (TVL) includes 5 SD-type scales of bipolar adjectives with 7-grade choice (alpha .923); the scale for instrumental value of life (IVL) includes 6 unipolar statements relating one’s life to its reasons with 4-grade choices (alpha .589).

Findings: Several studies on urban youth samples allowed to make sure that TVL is psychometrically very good but the results hardly differ from the ones on other well-being measures (MHC, PANAS etc). New data collected on a representative sample of a distant region of Russia (n > 1500) are being processed. IVL was predictably less consistent; however, EFA distinguished two factors: life for oneself (IVL-S) and life for others (IVL-O). It is noteworthy that IVL-O revealed very few significant correlations with other well-being measures, unlike IVL-S.

Discussion: The approach seems promising; new data collection is under way.

Amenturate: A university program to improve school performance and quality of life in gifted adolescents.

Verónica M. Guillén Martín.
University of Cantabria, Spain
Alba Ibáñez García.
University of Cantabria, Spain
Juan Amodia de la Riva.
University of Cantabria, Spain
Teresa Gallego Álvarez.
University of Cantabria, Spain
Maricel Tortoricaguëna Martín.
University of Cantabria, Spain
Ruth Villalón Molina.
University of Cantabria, Spain

Background: Traditionally, gifted students at school have been expected to complete set assignments not designed for their learning needs or pace. Besides, a common misconception is
believing that gifted children need little or no assistance in developing their talents. However, many gifted adolescents become bored in a regular classroom due to the lack of a challenge and may have problems to develop non-academic skills, such as social skills. For that reasons, many gifted adolescents claim they are unhappy. Research on this field has shown that mentoring is a good way to provide challenges and personal well-being for these students. Here we display a new program developed at University of Cantabria: ‘Amenturate’.

Methods: Thirty university professors and twenty-nine students from different high schools from the community of Cantabria participated in the study. Students were challenged to improve their academic, daily life and social skills through group scientific and personal-skills workshops and individual activities (mentor-mentee) during an academic course.

Findings: Qualitative outcomes from observations and quantitative results obtained from satisfaction questionnaires allowed us to know the high level of success of this program. Mentors, families and gifted students reported an improvement in different dimensions of adolescents’ quality of life since the program began.

Discussion: This mentoring program seems to have great potential benefits for talented youth, who can be considered to be at-risk, enhancing the quality of life of the participants.

Self-determination assessment. A pilot study of the AUTODDIS Scale

Guillén Martín, Verónica Marina
*University of Cantabria. Spain.*

Vicente Sánchez, Eva
*University of Zaragoza. Spain.*

Gómez Sánchez, Laura Elisabet
*University of Oviedo. Spain.*

Bravo Álvarez, María Ángeles
*University of Zaragoza. Spain.*

Sánchez Fuentes, Sergio
*Autonomous University of Madrid. Spain.*

Ibáñez García, Alba
University of Cantabria. Spain.

Background: Self-determination is one of the most important challenges in people with intellectual disabilities life, and is associated to their welfare, quality of life, empowerment and other positive results. Despite the importance of this construct, there are not enough tools available to evaluate self-determination and offer useful information to prepare specific interventions and supports plans. In Spain, there are few instruments designed to assess self-determination and, so far, none has been focused on young and young-adults with intellectual disability and using report of others. The aim of this study is to present the development and pilot study of a new scale (The AUTODDIS Scale) to assess self-determination level of people with intellectual disability.

Methods: This pilot version of AUTODDIS scale has been administered to a sample of 165 participants (ages 11-40) with intellectual disabilities. Preliminary analysis was made to test the reliability and validity of the scale.

Findings: The results suggested the scale and their domains are reliable (Standardized Cronbach’s alpha ranging from .955 to .983). The correlation matrix between the scale domains and a general evaluation of the same domains showed that all correlations were acceptable and statistically significant.

Discussion: Data show that this scale has empirical evidences that guarantee the importance of continuing this line of research. The final version of this tool is expected to prove helpful in the organisational field.

Different association of self-assessment of health and stress with hair cortisol in young and older women

Razumnikova, AE Ilinykh, NV Asanova, AA Yashanina

Department of Psychology and Pedagogic of Novosibirsk State Technical University, Novosibirsk, Russia
Understanding mechanisms of illnesses under stress has received considerable research attention, but the relations between biologically measured and self-reported chronic stress are characterized by heterogeneous results. It seems that chronic stress leads to a higher sensitivity for negative experiences and more negative assessment of different health states. Aging is characterized by changes in regulation of positive/negative emotions that might induce an inconsistency between self-assessment of life-induced chronic stress and its biomarkers. Hair cortisol is a stable measure of chronic HPA axis activity that can provide a retrospective biomarker of accumulated stress effect. So, the aim of the study is to determine the relationships between hair cortisol concentrations (HCC) and self-assessments of perceived chronic stress, emotional intelligence components, and health status in young and older women.

The groups of healthy older (64±4 years, n=28) (OW) and young (21±4 years, n=27) women (YW) were involved in the study. The Russian versions of Life Events Scale (LES) and Trier Inventory (TICS) were used to measure stressful events during the last three months. The Emotional Intelligence questionnaire (EI-IPIP), and the 36-Item Health Survey (SF-36) (QoL) were administered to measure self-assessment of emotional behavior and health components. Hair samples were collected in order to quantify the concentration of cortisol. Commercially available immunoassay with chemiluminescence detection in the biochemical laboratory of the Technical University of Dresden (Germany) was provided.

Results indicate than mean HCC are not significantly differed between OW and YW. However OW is characterized significantly higher dispersion of the cortisol score. Cortisol concentration tended to negatively correlate with the QoL scale: role limitations caused by emotional problems, and EI scale: empathic concern in OW. Whereas in YW cortisol significantly and negatively related with vitality and integral index of mental health (Rs< -0.61, p<0.05). Age-related differences were found with regard to varied patterns of the EI, QoL, LES, and TICS components. In YW cortisol positively related with integral score of EI and a scale of “social isolation” as TICS component. YW is characterized by more multitudinous associations between self-reported stress and emotional intelligence, whereas in OW associations were found between stress and health status components.

The different relationships between HCC and the self-reported chronic stressors and the health status in groups of young and older women can be based on age-associated differences in strategies of emotional regulation of behavior.

This research was funded by the RFBR, No 17-06-00166.
Expert assessments of loneliness among older adults as a basis for social policy rethinking

Olga P. Nedospasova

Tomsk Polytechnic University, Russia

Veronika A. Malanina

Tomsk Polytechnic University, Russia

Galina A. Barysheva

Tomsk Polytechnic University, Russia

Background: Loneliness of the older adults as a specific social phenomenon has revealed itself relatively recently – in developed Western countries just a few decades ago. In Russia due to initially strong familistic culture, this problem has presented later, with the collapse of the Soviet society.

Methods: As a qualitative study, we analyzed of probable social policy adjustments aimed at reducing the negative impact of loneliness on the older generation. We address the issue of loneliness assessment and prevention involving as experts 45 older adults and social workers in total.

Findings: The methodology implies to compare preliminary subjective assessments of phenomenon under consideration with final assessments of its contributing factors. Two groups of experts have disagreed both in general assessment of loneliness and in outlining the loneliness-provoking factors and solutions suggested to combat it. The proposals for social policy are critically interpreted. The social workers have assumed that loneliness can be mitigated by developing an age-friendly environment. The older adults however have clearly revealed in discussion and in their final recommendations that impersonal environment-oriented measures are not specific enough to tackle loneliness.

Discussion: In recent decades, political elites have made significant efforts to promote the importance, necessity and, to a large extent, the inevitability of delegating greater responsibility for the older adults’ well-being to the older adults themselves. However, the expert seminars
Health-related quality of life of military police officers from Salvador, Brazil: cross-sectional study.

Liliane Lins, Carla Requião Barreto, Fernando Carvalho

Federal University of Bahia, Bahia, Brazil.

Objective: To identify factors associated to the health-related quality of life of military police officers from Salvador City, Brazil. Methods: A cross-sectional study has investigated 329 male military police officers from Salvador City, Brazil, selected by proportionate stratified sampling. Health-related quality of life was evaluated by the 36-Item Short-Form Health Survey Questionnaire (SF-36); information about sociodemographic and occupational characteristics and life style was collected in a structured questionnaire. The Work Ability Questionnaire (WAI) was also used. Data were analysed by using the Statistical Package for the Social Sciences. Results: Police officers presented the highest SF-36 mean scores for the "Vitality" domain and the lowest, for the "Social Functioning" domain. The Physical Component Summary was 47,9% and the Mental Component Summary, 46,4%. Lower means of the Physical Component Summary were associated to working hours >8 hours/day, obesity, rented or financed housing, and poor work ability. Lower means of the Mental Component Summary were associated to age group 24-33 years, "mean" Municipal Human Development Index of the borrough were the police officer worked, and frequent alcohol drinking. The mean scores of each of the ten SF-36 indicators increased, according to a linear and systematic fashion, from the "Poor" to the "Excellent" strata of the Work Ability Index. Conclusion: Physical and mental components of the health-related quality of life of military police officers from Salvador City were associated to several sociodemographic, occupational, and life style factors.

KEYWORDS: police officers, quality of life, work capacity evaluation, cross-sectional studies.
The relation between trust and subjective well-being across Europe – A repeated cross-sectional analysis from 2002-2016.

Christoph Glatz  
*Karl Franzens University, Austria*  
Anja Eder  
*Karl Franzens University, Austria*

Background: Social trust as well as institutional trust as part of social capital have proven to be important aspects to foster subjective well-being. This is not surprising since humans are social creatures, permanently in need of each other for achieving a happy life.

Methods: To gain a deeper understanding about the relation between trust and subjective well-being, we use the European Social Survey (ESS), which includes two items to measure subjective well-being, three items (six items) to measure social (and institutional) trust. This survey is conducted every two years since 2002 with the latest available data from 2016. We use a repeated cross-sectional design to analyze the relation on the aggregate level. This allows estimating how the change in trust relates to subjective well-being within countries and how different levels of trust relate to different levels of subjective well-being between countries. On the aggregate level, the ESS contains 205 observations nested in 36 countries and 8 time-points.

Findings & Discussion: An increase in social trust leads to an increase in subjective well-being over time, while countries with a high-level in social trust additionally report higher subjective well-being. Increasing institutional trust, on the other hand, does not influence subjective well-being. Our analysis replicates previous studies and underlines the importance of social trust for a happy life across Europe. Our data tentatively suggests that establishing an environment with high social trust across Europe would be rewarded with a happy society.

Sentiment analysis of London tweets during commuting hours.

Zakiyya Adam
Background: Existing studies have tried to estimate the emotional impact of commuting using different modes of transport using conventional self-report measures. In the present paper, we compare sentiment during commutes on road and by rail (also am and pm) in a large sample of tweets posted over a two week period in London.

Methods: A database comprised of all geo-tagged tweets occurring in London over a fifteen day period in June 2016 (n=118,595) was used to carry out the analysis. The data was pre-processed, tweets were converting into unigrams and sentiment analysis was carried out using the AFINN-lexicon. Sentiment of each tweet was obtained through summation of the unigram sentiment scores; sentiment on the roads and rail were taken as the average sentiment of the tweets that fell within the area.

Findings: Sentiment was more positive on the roads than on the railways during commuting hours and throughout the rest of the day. On the roads, tweet sentiment was more positive during commuting hours compared to tweets posted outside of commuting hours; this was true for both tweets posted before noon and after midday. The converse was true for the railways; tweets posted outside of commuting hours had greater positive sentiment than those tweeted during commuting hours.

Discussion: This study demonstrates how Twitter may be used as a rich data source to glean insight into sentiment/mood during commuting hours.
Bangkok are facing challenges of efficiency management because of crowded and high density of living. Many organizations have developing efficiency infrastructure systems to become better standard which are important to happiness and quality of life of residents. While many researches told that people who live in rural areas have much more happiness than urban life.

This study is a quantitative research focused on happiness and well-being of Bangkok migrant workers and non-migrant workers to find factors related to quality of life among Bangkok non migrant workers and Bangkok migrant workers.

Secondary data using were drawn from a 2017 HAPPINOMETER National Survey which was sampling by the National Statistical Office, Thailand. The selected sample of this study is 17,118 workers aged 16 - 70 years working in the manufacturing and professional lines among 400 workplaces in Thailand. The Chi-square test was used to compare the relationship between migration of workers and economic status.

The survey revealed that Bangkok non migrant workers have a score of happiness more than Bangkok migrant workers (59.0% and 53.8%). The data of each happiness dimension showed that among Bangkok non migrant workers have score of happy relax, happy heart and happy brain higher than the group of Bangkok migrant workers. Among 25.6% of Bangkok non migrant workers have highest income 30,000 baht or more, while only 7.5% of Bangkok migrant workers have income 30,000 baht. Most of them have income 10,001-15,000 baht.

KEYWORDS: Bangkok migrant worker, Bangkok non migrant worker, urbanization

Life satisfaction in adolescents of different ethnocultural origin and gender in Spain

María Sánchez-Castelló
Background: Life satisfaction is one of the variables that have been used to analyse psychological adaptation. This variable is very relevant in adolescents of immigrant origin, because it could provide information of their adaptation in the host culture. The aim of the study was to compare the life satisfaction of different ethnocultural groups and gender in Spain.

Methods: A convenience sample of 1777 adolescents ranging in age from 12 to 21 years ($M = 15.04$; $SD = 1.43$) was surveyed: 1105 Spanish adolescents (588 female), 354 Moroccan adolescents (210 female), 182 Ecuadorian adolescents (90 female), and 136 Romanian adolescents (70 female). A questionnaire that included the Student’s Life Satisfaction Scale (SLSS) was administered in 17 Spanish public high schools. A factorial ANOVA 4 (ethnocultural group) x 2 (gender), where age was controlled (covariate), was carried out.

Findings: The results showed that there are differences in the life satisfaction depending on the ethnocultural groups and gender. There is not interaction between the ethnocultural origin and gender. Ecuadorian adolescents show less life satisfaction than the other ethnocultural groups. Also, female adolescents have less life satisfaction than male adolescents.

Discussion: The results coincide partially with those found by others studies in Spain, where differences in life satisfaction between Latin American and Spanish adolescents were not found, but male adolescents had more life satisfaction than female adolescents. It is concluded that the ethnocultural origin and gender could influence the psychological adaptation of adolescents living in Spain.

Depression and satisfaction in different domains of life in dual-earner parents: A dyadic analysis.
Background: This study explored the spillover and crossover associations between depression and satisfaction with life, food-related life and family life in dual-earner parents.

Methods: Questionnaires were administered to 303 dual-earner couples with adolescent children in Temuco, Chile. Both members of the couples answered the Depression subscale of the Depression Anxiety and Stress Scale – 21, Satisfaction with Life Scale, Satisfaction with Food-related Life scale and the Satisfaction with Family Life scale.

Findings: Using the actor-partner interdependence model and structural equation modeling, we found that a man’s depression was negatively associated with his own levels of satisfaction with life, family life and food-related life, as well as with his partner’s (the woman’s) levels of satisfaction with life and family life. The woman’s depression was negatively associated with her own levels of satisfaction with life, family life and food-related life, as well as with her partner’s (the man’s) satisfaction with family life, but not with his level of life satisfaction. No crossover effects were found between the two members of the couple’s depression and their satisfaction with food-related life.

Discussion: These findings suggest that to enhance overall life satisfaction, as well as satisfaction in the family and food domains in dual-earner parents, interventions to reduce depression should include both partners, but special emphasis should be placed on reducing female employees’ depression. This study was funded by Conicyt, Fondecyt Project n° 1160005 and Fondecyt Project n° 1190017.
PRE-CONFERENCE WORKSHOPS

A Crash Course in the Psychology of Well-Being and Quality of Life.

M. Joseph Sirgy

_Virginia Polytechnic Institute & State University, USA_

_Management Institute for Quality-of-Life Studies, USA_

This is a proposed pre-conference workshop (3 hours) that focuses on the Psychology of well-being and Quality of life. The workshop Will be based on the presenter’s book publication (Sirgy, M. J. 2012. The Psychology of Quality of life: Hedonic well-being, life satisfaction, and Eudaimonia. Doordrecht: Springer). The following topics will be discussed:

- Philosophical Foundations, Definitions, and Measures
- Consequences of Happiness
- Objective Reality and Its Effects on Happiness
- Subjective Reality and Its Effects on Happiness
- Life Domains and Their Effects on Happiness
- Population Segments and Happiness

KEYWORDS: human well-being, global well-being, ill-being, quality-of-life indicators, systems of indicators.

The Science of Community Indicators Research: Towards Professional Certification.

M. Joseph Sirgy
This is a proposed pre-conference workshop (3 hours). The workshop is designed to introduce participants to ISQOLS’ Community Indicators Research certification program. The workshop will cover the following topics:

- Theoretical foundations of community indicators projects
- An example of a community indicators project
- Planning a community indicators project
- Data collection
- Dissemination and promotion of the results

The future of OECD Well-being measures.

Lara Fleischer

*OECD, France*

Joshua Monje-Jelfs

*OECD, France*

Well-being is a constantly evolving field. Since its inception in 2011, the OECD Well-being Framework has been a successful tool to guide analysis of countries’ well-being in the How’s Life? reports, spur methodological research, and help governments bridge the gap between metrics and policy. Going forward, the OECD want to continue working with the best possible data, and ensure that our Framework (still) resonates with the people and organisations that use it. For some dimensions of well-being, data availability has changed, or completely new indicators have been developed. For other dimensions, the discourse on what aspects of well-being are missing, or which framing could enhance their usefulness, has changed. The United Nations Sustainable Development Goals and a multitude of national well-being frameworks developed in the last years have also provided further impetus for new measurement efforts “beyond GDP.”
In this workshop, we will share the methodology and overall results of the currently ongoing systematic OECD reflection on our Well-being Framework, before delving into smaller thematic groups to delve into topics of special importance (e.g. how to make inequalities more visible within the Framework, whether and how to include culture). We are looking forward to the reactions of a wide range of participants, civil society actors, students and topical experts from any well-being related fields are welcome.

There is no maximum number of participants.

Conflict of interest: None.

How to add to an on-line findings archive.

Ruut Veenhoven

This symposium is a follow-up the an earlier verbal presentation on the World Database of Happiness in this track of ‘Methodological Issues’. Colleagues can join the World Database of Happiness as an ‘Associate’ and take responsibility for the harvesting of research finding on a particular subject (e.g. happiness and income) or population (e.g. happiness of children). Associates commit for a period of at least 4 years at the end of which they will typically write a state-of-the-art review on this topic, using the new review format that this online findings archive allows. During this symposium (‘workshop’ is a better word) technical detail about adding to this online findings archive is presented and trained using examples.