

15th ISQOLS Annual Conference

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## Quality of Life: Towards a Better Society

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### Official Abstract Booklet



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**SY1: HISTORY OF WELLBEING FROM ANCIENT TO MODERN TIMES**  
**SESSION 1: GENERAL THEMES**

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Modern QOL research is biased by western and contemporary conceptions of „well-being.“ Understanding history can help QOL researchers widen their philosophical perspective of „well-being.“ QOL researchers can learn much about the various conceptions of well-being by studying historical narratives of well-being written by theological and philosophical scholars across the globe. Western conceptions of „well-being“ have differed considerably from ancient to modern times, from hedonism and utilitarianism to eudaimonia. Similarly, historical narratives from the Orient show similar variation. The concept of well-being is a key element in religious thought grounded in Buddhism, Confucianism, Hinduism, Islam, and Taoism. Again, the meaning of „well-being“ has varied significantly by religion and philosophy over time and across the Orient. Panel members in this session will address the historical variation of „well-being“ across the globe enriching our conception of well-being and providing new foundations to develop better metrics.

**The Long Ways of Europeans to Extraordinary Wellbeing**

Glatzer Wolfgang  
Goethe-Universität, Deutschland

Well-being of a continent or region is not only the outcome of recent influences, moreover it is resulting from social developments through the past hundred years. In the long run the avoidance of death and hunger stood more in the foreground whereas today thinking about the good society and quality of life has raised. In the course of history the European continent has been navigated from a poor medieval region to a modern society with extraordinary well-being. Despite an international high well-being Europeans are often dissatisfied and suffer from unsolved concerns.

**The Impact of Welfare States in Europe on Well-being of People**

Kohl Jürgen  
Max Weber Institute of Sociology, University of Heidelberg, Deutschland

The long-term development of well-being raises the issue of the 'main drivers' or 'prime movers' of these trends. Here, the role of the welfare state is considered. Welfare state institutions are a major institutional characteristic of Western societies since the late 19th century. They are meant to alleviate poverty and to provide social security against certain standard risks of modern society, and thereby to reduce social inequalities and to enhance the well-being of citizens, objectively and subjectively. However, it is an open question whether they live up to these expectations.

In comparative welfare state research, it is common practice to distinguish different types of welfare states ("worlds of welfare capitalism"). It is the purpose of this presentation to analyze and compare empirically the performance of different welfare state types / regimes with regard to such dimensions as poverty and income inequality, labour market performance, and subjective well-being. The analysis is based on OECD datasets as well as on quality-of-life surveys, covering at least two decades. Countries are classified according to the typology, and country data are averaged.

Research findings lend support to the conclusion that the various welfare state regime types indeed show distinctly different performance profiles. However, they do not rank consistently in all dimensions. These findings are also relevant for evidence-based policy-making strategies because they suggest certain elements of welfare provision which may help to improve the well-being of citizens most effectively.

**Cross-Sectional and Over-Time Analyses of Well-Being in a Disadvantaged and Dependent Population  
Children and Youth in the United States**

Kenneth Land

This presentation will describe cross-sectional comparisons and over-time changes over the past four decades of well-being indicators of children and youth in the United States. This includes changes in the Child and Youth Well-Being Index (CWI) and its component well-being domains and indicators both at the national level and for various subpopulations. The ability of the CWI and its components to detect changes in well-being that are reflective of the lives of children and young people will be demonstrated.

**Well-being of Circumpolar Arctic Peoples: The Quest for Continuity**

Poppel Birger  
Department of Social Science, Ilisimatusarfik, University of Greenland

The historical development of the circumpolar North has an array of common elements: early settlements of indigenous peoples adapting to harsh environments, an abundance of wildlife, and both renewable and non-renewable resources that have attracted a variety of people from more southern regions in Europe and North America.

The meeting of cultures and traditions has also been a meeting of different perceptions of well-being. The significance of the Arctic indigenous peoples' connectedness to the natural world is one prominent example.

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The presentation exemplifies how partnerships between social scientists and Arctic indigenous peoples have attempted to include indigenous perceptions and values in a living conditions study with conventional social indicators

### **Toward a Better Society by Alleviating World Suffering**

Anderson Ron

University of Minnesota, Vereinigte Staaten

In accord with the “Better Society” theme of ISQOLS2017, this presentation reviews what has been learned about world suffering and its root causes. Since 2014, nearly 100 researchers, many active in the ISQOLS community, have worked toward the following goals: (1) clarifying the theoretical usefulness of conceptualizing negative domains as integral to measuring well-being, happiness, and quality of life.; (2) identifying the root causes of ill-being and negative quality of life; and (3) investigating how to identify alleviation strategies to minimize and prevent ill-being and other states of human suffering. These researchers collaborated in writing two contributed books published by Springer: *World Suffering and the Quality of Life* and *Alleviating World Suffering*. This work addresses major sources of suffering including violence, inequity, cruelty, poverty, and climate change, focusing on how these conditions can be more effectively contained. Reducing world suffering requires such approaches as kindness, compassion, humanitarianism, empathy, and altruism. Despite these strategies that could propel us toward a better society, cultural, political, social and religious institutions interfere with such progress. Attention now needs to be given to how to mobilize widespread commitment to humanitarian principles, human dignity, human rights, and other social engagement activities. Such programs are needed both within the Quality of Life research community as well as the larger society.

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## **T1\_1: POLITICAL PERSPECTIVES IN QOL**

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### **Subjective evaluations of economic and political circumstances: The role of political inclination and political change in Latin America**

Macchia Lucia<sup>1</sup>, Plagnol Anke<sup>2</sup>

<sup>1</sup> City, University of London, <sup>2</sup> City, University of London

The present study investigates the association of people’s evaluation of the economic situation of their country, satisfaction with democracy and life satisfaction with political inclination and political change. Political inclination is hereby assessed both at the individual level (left or right leaning) and the government level. We study these relationships across 18 Latin American countries using data from 13 waves of the Latinobarómetro survey. We find that people report a better evaluation of the country’s economic situation, higher satisfaction with democracy and higher life satisfaction under a left-wing government than under a right-wing government. In contrast, conservative individuals report better evaluation and higher satisfaction than liberal individuals, confirming a subjective well-being political paradox that has previously been observed in Europe. Additionally, the analysis focuses on political change, for which we created three additional political variables which were not available in the original survey. We argue that before an election people’s evaluations of the economic situation of the country is worse than in any other period and our results confirm this hypothesis. In addition, a change in government without a change in political inclination is significantly negatively associated with the evaluation of the economic situation and satisfaction with democracy. In contrast, the same relationships are significant and positive when there is a change in the government with a change in the government’s political inclination. Regarding life satisfaction, political change does not have the same impact; possibly because it is a broader concept influenced by many other factors that are not strictly related to changes in the political cycle. However, the circumstances which affect life satisfaction (e.g.; healthcare, quality of education, income inequality) are influenced by government’s policies.

### **Corruption and Life Satisfaction in Transition: The Eastern European Happiness Gap in Context**

Amini Chiara, Douarin Elodie

University College London, United Kingdom

A number of papers have already commented on the relatively low life satisfaction reported by individuals in the transition region, compared to otherwise similar individuals living outside of the region. This happiness gap was initially interpreted as caused by obsolete skills in a context of intense economic restructuring, rising uncertainty, increased inequality, and reduced public services provision (Guriev and Zhuravskaya, 2009). However, as the gap persisted beyond the transformational recession experienced across the region, other explanatory factors were investigated (e.g. Rodriguez-Pose and Maslauskaitė, 2012). Governance quality, and in particular control of corruption, thus were shown to explain part of this persistent gap in life satisfaction investigated (Rodriguez-Pose and Maslauskaitė, 2012 and Djankov et al., 2016). The objective of this paper is thus to complement this strand of literature and to further nuance our understanding of the role of corruption in this happiness gap. Building on the literature on the welfare impact of corruption, we investigate the channels through which corruption seems to be affecting individual’s satisfaction with life. We thus show: (i) that direct experience of corruption is less relevant than perceived corruption at the country level, and (ii) that inequality (in realization or opportunities) explain part of the happiness cost of country-level corruption.

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### Public Opinion of Filipinos on the Philippine Drug War

Licudine Vladymir Joseph<sup>1</sup>, Sandoval Gerardo<sup>1</sup>, Guerrero Linda Luz<sup>1</sup>

<sup>1</sup> Social Weather Stations

The Philippines is currently at the center stage of the world as the new President Rodrigo Duterte started to fulfill his promise – to eradicate the illegal drug menace in the country. Since his ascension to power in June 2016, 2,555 drug suspects have been killed by law enforcement authorities in drug related operations, while 3,930 persons have been murdered by so-called “vigilantes” who are supportive of the President’s campaign against drug addicts and pushers.

Local and international Human Rights groups, however, are not impressed with the government’s drug war. They call for the immediate end of the campaign and lobby for international bodies to investigate the killings. However, all the dissent against the campaign fell on deaf ears as President Duterte is firm in his resolve to eradicate the drug menace.

This paper discusses the public opinion of Filipinos on the current government drug campaign using the quarterly surveys of Social Weather Stations conducted among a minimum sample of 1,200 nationally representative Filipino adults. The surveys found that: a) Majority of Filipinos are satisfied with the government’s anti-drug campaign, b) they believe that the government’s drug campaign does not discriminate by class, and c) large majority agree that the drug problem declined since President Duterte took office. Most notable among the survey finding is that majority say it is important for drug suspects be captured alive and plurality give the police the benefit of doubt on whether they are telling the truth that the drug suspects killed really resisted arrest.

### Mexico: Happiness and Crime

Martinez-Bravo Ivan

Universidad Popular Autonoma del Estado de Puebla

Since 2007, Mexico became one of the most dangerous countries in the world according to international classifications. Homicide rates more than doubled in only two years, and many cities have been classified among the most dangerous in the world since, year after year. Nevertheless, crime effects on Mexicans’ subjective well-being has not been studied. This investigation aims at covering that research gap. Drawing upon a survey comprised by more than 26,000 interviews conducted in the 100 largest Mexican cities, I analyze the relationship between life satisfaction and a) victimization reported by people, as well as b) the cities’ homicide rates published by the government. With cross-sectional econometric analysis I find that both victimization rate–percentage of people who declared having been victim of crime during the last year- and homicide rate –homicides per 10,000 inhabitants- predict cities’ average life satisfaction. Excluding sociodemographic variables, victimization and homicide rates explain 9% of the variance of life satisfaction, result that goes along with findings for other countries. In a second model, I include dummy variables for the States to which the cities belong. The coefficient of the victimization rate doubles, while the effect of the homicide rate decreases. This research contributes to the literature that states that crime affects both the victims and those living where crime prevails, and it is the first to study the relationship between crime and subjective well-being in Mexico, a country where more than one city included in every year’s most dangerous countries list belong.

### From Personal To Social Healing

Kiperman Gita

Ben Gurion University

„Re-evaluation Counseling“ is a global grassroots organization for social change whose main goal is to advance social healing from different types of oppression, by healing personal traumas. Therefore, RC proposes a practice of therapy with a political-social emphasis, rotating between the counselor and the counselee, such that the practice is free of payment and hierarchy.

This study analyzes the political aspects of Re-evaluation Counseling, as an organization and a practice, on several levels: the subject, intra-personal relationships, organizational model and political activism. Methodologically, the study is a qualitative research ranging from the interpretive paradigm to the critical. Methods include interviews with roughly 30 members of the organization, textual analysis of the organizational publications, and reflexive writings of the researcher’s experiences in the field. Interim findings show that RC forms political subjects that act to promote social change in their personal life, in the RC community and in the world at large. It is also shown that the commitment to change is evident in the organizational behavior and in the intra-personal relations in the community. Outside the organization, RC promotes struggles for equality and many of its members are highly involved activists. However, there seem to be gaps between its political positions and its conduct in practice, such as a tension between the desire to abolish hierarchies and the existence of internal hierarchies, and between criticizing social structure and reduction of internal criticism. Results shed light on the complex relationship between personal and social healing.

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## T1\_2: WELL-BEING OF CHILDREN I

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### **Better safe than sorry. The importance of freedom and safety for young children's subjective wellbeing.**

Steckermeier Leonie Christine

Otto-Von-Guericke-University, Institute for Social Sciences

**Background:** This article explores the subjective wellbeing (SWB) of eight-year-olds in relation to two aspects important to young people's lives: perceptions of safety and freedom. Research has shown that safety perceptions among young adolescents are positively correlated with SWB. Building on the Capabilities approach this paper argues that not only the achieved functioning of being safe is important to wellbeing, but also the substantive opportunities to decide whether or how to achieve that functioning (agential freedom).

**Methods:** Using data from the ISCWeB project for eight-year-olds in six countries around the world – Algeria, Brazil, Chile, Israel, Romania, South Korea – the paper has two objectives: First, to examine the relationship between safety perception in three different areas and SWB, as well as between perceived freedom and SWB. Second, to explore how perceived freedom and safety interact in influencing SWB.

**Findings:** The results show that perceived freedom positively influences children's SWB in all six countries, whereas the effect of safety perceptions varies across countries, domains, and SWB measures. The interaction effects of freedom and perceived safety vary greatly in size and significance, indicating that at least in some countries perceived safety becomes less important for SWB when children's freedom increases – which is in line with the capability approach.

**Discussion:** In contrast to current research, which regards children as mere recipients of functionings, this paper advances our understanding of children's SWB by explicitly considering children's agential freedom to be safe. The paper makes a case for the relevance of agential freedom for the SWB of children.

### **6 Years of Research on Daily Travel and Well-Being Among Adults: But What About the Children?**

Olsson E. Lars<sup>1</sup>, Friman Margareta<sup>1</sup>, Westman Jessica<sup>1</sup>, Waygood Owen<sup>2</sup>, Taniguchi Ayako<sup>3</sup>

<sup>1</sup> Karlstad University, <sup>2</sup> Laval University, <sup>3</sup> University of Tsukuba

**Background:** In 2010 we (Ettema, Gärling, Olsson & Friman) presented and published a conceptual model of potential well-being effects of travel and travel-conditions. During the past<sup>6</sup> years, the model has been cited and tested empirically on adults in many projects internationally. These findings will be summarised and highlight the strong relationship found between travel and subjective well-being. In two new empirical studies our focus has shifted towards children. Would the theory hold for them?

**Method/Findings:** In the first study, 345 Swedish children in the ages of 10-15 reported experiences of their school journeys and life satisfaction. A new 9-item scale, the Satisfaction with Travel Scale for Children measuring travel experiences (affective and cognitive dimensions) was first validated, then used to model the relationship with life satisfaction using PLS-SEM. The main finding is a significant direct effect from satisfaction with travel to life satisfaction, replicating the finding among adults. In a second study, the relationship was tested with a cross-national sample on 529 children in the ages of 10-11 from Japan, Canada and Sweden, where questions related to travel circumstances was added. The results confirm a direct significant effect of travel satisfaction on life satisfaction across cultures.

**Discussion:** It is concluded that experiences of daily travel among children needs to be taken seriously by parents when deciding about daily travel and activities for their children, regardless of culture. Also, when designing the future transport system, the children's perspective must not be forgotten, since there will be well-being effects.

### **Eastern and Western Children's Voices on their Well-Being**

Exenberger Silvia<sup>1</sup>, Banzer Raphaela<sup>2</sup>, Höfer Stefan<sup>1</sup>, Juen Barbara<sup>2</sup>

<sup>1</sup> Medical University Innsbruck, Department of Medical Psychology; <sup>2</sup> University of Innsbruck, Department of Psychology

Few studies use participatory research to explore sources of happiness from the perspectives of children who belong to different cultural backgrounds. To help address this gap, the present study analysed focus group discussions with 42 South Indian and 48 European children aged 8 to 17. The discussions were about what makes them happy and sad, and about their coping strategies. The data were analysed based on Grounded Theory. Data analysis revealed (1) similar sources of happiness in both cultural groups although with different meanings, (2) well-known culture-specific well-being themes, and (3) not so well-known culture-specific themes. Moreover, the results suggest that the meaning of the well-being themes is shaped by a child self-construal that is either independent or interdependent. The impact of culture on the nature of children's well-being sources is discussed.

**Exploring the association between subjective well-being and interpersonal relationships in childhood from an international perspective**

Malo Sara<sup>1</sup>, Viñas Ferran<sup>1</sup>, Martín-Perpiñá Merche<sup>1</sup>, González-Carrasco Mònica<sup>1</sup>  
<sup>1</sup> University of Girona

Background: Departing from the fact that satisfaction with interpersonal relationships has an important impact on children's subjective well-being, the contribution of relationships with different people (parents, teachers, friends and neighbours) for children's subjective well-being has been explored.

Methods: Subjective well-being has been measured through two different psychometric scales (OLS: Overall Life Satisfaction, and HOL: Happiness Taking into Account Overall Life). Differences between boys and girls and across different countries have been analysed. The sample is formed of 8,321 boys (49.8%) and 8,372 girls (50.2%) aged between 7 and 9 years-old, and belonging to 16 different countries.

Findings: The correlation between both subjective well-being measures is 0.427. Thirteen variables have been identified using multiple lineal regression models. They contribute to explaining the subjective well-being and they represent a 29.5% of the variance of the OLS. The one with the highest weight is satisfaction with how you are listened to by adults in general. Regarding the HOL, 11 variables explain a 22.5% of the variance, being also the same variable the one with the highest weight. Results from boys and girls are very similar, excepting the percentage of explained variance, which is higher among girls than boys. In both cases the variable satisfaction with how you are listened to by adults in is the first one entering into the regression equation. Discussion: Results obtained in each country are quite similar with only some exceptions. In some cases, satisfaction with your family life and satisfaction with other children in your class are the variables with the highest weight. Differences in the explained variance are also observed for the different countries involved.

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### T1\_3: METHODOLOGICAL ISSUES IN HAPPINESS STUDIES I

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**The Happiness Atlas Project**

Ludwigs Kai  
Happiness Research Organisation

In 2012 the Happiness Research Organisation developed the Happiness Analyzer, a new app-based technique to measure subjective well-being (SWB). The Happiness Analyzer measures SWB in more detail using different questionnaires based on the OECD guidelines (OECD, 2013), the Day Reconstruction Method (Kahneman et al., 2006) and the Experience Sampling Method (Csikszentmihalyi & Hunter, 2003). Since July 2015 the Happiness Analyzer is used in two waves (each N = 3000) of the Innovation Sample of the German Socio-Economic Panel (GSOEP IS) to collect more detailed data on SWB in the German public and to investigate how representative an app-based data collection can be depending on different reward systems. The exact method, participation rates depending on different reward systems, first results of the first two data collections and the set-up of an ongoing representative panel starting in 2018 will be presented.

**Where the shoe pinches: what people report when talking about life**

Ponocny Ivo, Weismayer Christian  
MODUL University Vienna

Measuring subjective well-being follows the idea that the people themselves are the best arbiters of their own well-being, People are given a voice when allowed to rate the quality of their life themselves on single items or rating scales. However, the usual closed questions do not allow them to specify their concrete resources or concerns. Furthermore, as Ponocny et al. (2017) demonstrate, rating scale responses may bypass what actually bothers people.

In order to collect what people actually report when they may talk freely about the good and bad things in life, the MODUL Study of Living Conditions provides, among other information, 500 semi-structured qualitative interview transcripts, linked to usual quantitative global evaluations of life. These interviews have been conducted in 2012/13 at different locations in Austria, based on presumably representative address lists, combined with snowball sampling. Narrative contents were categorized by psychology students writing their master theses. The results showed an extreme variety of subjective well-being drivers and obstacles, ranging from critical life events, problems in private or social life, but also including social conditions, discrimination and the political situation.

The authors claim that qualitative mixed-methods approaches are necessary from time to time to really understand the living conditions within a society and not to fall victim of responses biases. Regarding the relevance for policy, three categories seem to be equally important: life events independent of policy, conditions which are potentially improvable (e.g. by social transfers), and problems due to lacks in social skill potentially improvable by educational efforts.

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### **Happiness is in the Eye of the Beholder**

Kaliterna Lipovcan Ljiljana<sup>1</sup>, Prizmic Larsen Zvezdana<sup>2</sup>, Brkljacic Tihana<sup>1</sup>, Sucic Ines<sup>1</sup>, Balabanic Ivan<sup>3</sup>  
<sup>1</sup> Ivo Pilar Institute of Social Sciences, <sup>2</sup> Washington University, St. Louis, <sup>3</sup> Catholic university of Croatia

In well-being research consensual definition of happiness is focused on psychological states defined by high positive affect, low negative affect, and high life satisfaction. However, research examining lay definitions of happiness itself has been scarce. The aim of this study was to empirically explore lay people's definition and explanation of the concept of happiness per se in the context of the most prominent theories in this field.

The current study is a part of a Croatian longitudinal study on well-being (CRO-WELL project) designed to explore changes in well-being in relation to life events. The sample, N=3150 (age M=36, range 18-85 years) consists of adult Internet users. They voluntarily and anonymously completed an on-line survey on well-being measures and life events. After the survey completion, to take part in the prize-winning contest, participants were asked to provide their definition of happiness by answering the open-ended question "What is happiness for you?" The 77% of participants opted to answer.

A qualitative approach was employed to get an extensive insight into the concepts associated with the experience of personal meaning of happiness. Their answers were coded using a hybrid method of data coding including a priori theory grounded codes and a set of new codes that emerged from the data.

Results were analyzed regarding formal parameters such as the number and form of the words, and the typical expressions used to describe happiness. Furthermore, we explored how self-generated definitions of happiness relate to hedonistic and eudaimonic aspects of well-being and personal well-being index.

### **Overcoming Relativity Biases In Felicitometrics With Anamnestic Comparative Self-Assessment (ACSA) The best and the worst periods in life experience as internal scale anchors**

Bernheim Jan<sup>1</sup>, Theuns Peter<sup>2</sup>, Moller Valerie<sup>3</sup>, Tiliouine Habib<sup>4</sup>

<sup>1</sup> End-Of-Life Care Research Group, Vrije Universiteit Brussel and Ghent University, <sup>2</sup> Dept. of Experimental and Applied Psychology, Faculty of Psychology and Educational Sciences, Vrije, <sup>3</sup> Institute of Social and Economic Research, Rhodes University, Grahamstown, <sup>4</sup> Faculty of Social Sciences, University of Oran

Background: Felicitometrics, the measurement of subjective wellbeing (SWB), is rife with philosophical and psychometric dilemmas. Problems of conventional "How are you?"- questions (CQ) include trivialisation, peer-relativity, cultural bias and failure to reflect major objective improvements (the Easterlin paradox).

Objective: ACSA endeavours to circumvent these problems.

Methods: With ACSA, respondents define their individual scale of SWB by referring to the best and the worst periods in their life experience as the +5 and -5 scale anchors. These are internal rather than external standards. ACSA is universalistic if all people have had excellent and terrible times.

Results: ACSA was found more discriminating, more responsive to objective changes and less trait-sensitive than the CQ. In Locked-in Syndrome it overcame the 'disability paradox' (SWB of disabled not distinguishable from healthy people). European respondents' stated best periods in life were experiences of love, childbirth or career milestones. The worst were typically bereavement, divorce or a serious disease. In line with Maslow's model of human needs, black-Africans' anchors were often related to income. In an interview format, ACSA promotes an empathic investigator/respondent report. Its brevity makes it suitable for longitudinal studies. ACSA could be used together with multi-dimensional instruments to quantify, by multivariate analysis, the contributions of items and dimensions to overall SWB, thus identifying those whose improvement would likely have the greatest utility.

Conclusion: The biographical frame of reference against which SWB is assessed circumvents superficial and relativity-biased responses. Philosophically, ACSA allows respondents to privilege a hedonistic or eudaimonic perspective or any other personal view on life.

### **Memories, Real Time, and the Future: Time Boundaries and Community Quality-of-Life Assessments in Transitional Environments**

Grbac Bruno<sup>1</sup>, Rahtz R. Don<sup>2</sup>, Shultz J. Clifford<sup>3</sup>

<sup>1</sup> University of Rijeka, <sup>2</sup> The College of William and Mary, <sup>3</sup> Loyola University, Chicago

Shultz, Rahtz and Sirgy (2017) recently provided an exploration of temporal dimensionality regarding the state of well-being on a flourishing-to-distressed continuum. Noteworthy was the observation of potential for dynamic movement along that continuum, with a possible slipping toward a distressed state or rising to a flourishing state, dependent on a number of factors that can affect any given community. Past experiences by members of the community will often frame expectations and subsequent evaluations of the present. In addition, a current evaluation will also be impacted by expectations of the community's future well-being. In transitional communities, where substantial or even radical change can occur over shorter periods of time, these effects can be significant.

Some indicators suggest Europe is now an increasingly transitional landscape, with changes and disruptions emanating from policy, population shifts, immigration waves, cultural infusions, technology changes, labor challenges, economic variances, security concerns and so forth. The current research shared in this presentation highlights findings from a longitudinal study examining a city that encapsulates many of the changes faced by the greater European community. That city is Rijeka, Croatia,

This paper examines Rijeka's community well-being within a framework using a "range capture" methodology first reported in Nguyen, Rahtz, and Shultz (2014), the authors recognize temporal dimensionality of those evaluations and explore residents' perceptions, looking back, currently, and their expectations for the future.

Results are reported and the "range capture" methodology is discussed in the context of the Rijeka survey and other surveys (both cross-sectional and longitudinal) conducted by the authors in a variety of other transitional communities around the world (e.g., Cambodia, Colombia, Thailand, and Vietnam). The authors share implications for community planning, focused on enhanced public policy decision-making aimed at optimizing the well-being for its residents. Finally, the authors discuss their thoughts regarding further research applications and measurement development.

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## T1\_4: WORK LIFE AND QUALITY OF LIFE I

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### **Actor and Partner Effects of Work-to-Family and Family-to-Work Conflict on Marital and Job Satisfaction: Comparing Married and Cohabiting Couples**

Yucel Deniz

<sup>1</sup> William Paterson University of New Jersey

Background: Using data from the sixth wave of the German Family Panel (PAIRFAM) data and restricting the sample to 1,853 married and 562 cohabiting couples, this study asks whether women's and men's reports of work-to-family and family-to-work conflict have a negative effect on their own (i.e., actor effects) and their spouses (partners') reports (i.e., partner effects) of marital and job satisfaction. Methods: The research questions are tested using dyadic data analysis as part of structural equation modeling. Comparisons between married and cohabiting couples are tested using multi-group analyses. Findings: The results suggest that both men' and women's work-to-family conflict have negative effects on their own and their spouses' (and partners') reports of job satisfaction. Both men' and women's family-to-work conflict have negative effects on their own and spouses' (and partners') reports of marital satisfaction. Results suggest that there are no gender differences in actor or partner effects. Results, however, suggest that these effects vary between married and cohabiting couples. Specifically, the negative actor and partner effects of work-to-family conflict on job satisfaction and the negative actor and partner effects of family-to-work conflict on marital satisfaction are found to be stronger among cohabiting couples. Discussion: Overall, this study makes a significant contribution to the work-family literature by being one of the few studies that use information from both spouses (and partners) and by comparing the effects of work-to-family and family-to-work conflict on marital and job satisfaction between married and cohabiting couples.

### **Life satisfaction and wellbeing in the third age - does former job matter?**

Iwanowa Anna

Institut für Psychologie, Innsbruck, Austria

Background: The impact quality of work has on health, well-being and performance of employees is indisputable. People who enjoy life more tend to live longer and are healthier. The research question of this study is to find out if there is an impact of the quality of the former work's requirements on the life satisfaction of retirees. Health and self-efficacy are investigated as moderators. Methods: Data from 536 retirees were assessed. The measured constructs are resources and stressors of the former job (RDFN-R, Iwanowa, 2014), mental health (GHQ-12, Goldberg & Williams, 1988), general self-efficacy (GSWE, Schyns & von Collani, 2002) and life satisfaction (SWLS, Diener et al., 1985). All instruments show good psychometric values. Correlations, regression analyses and SEM were performed to examine effects of resources and stressors of the former job on life satisfaction, health problems and self-efficacy.

Findings: Findings indicated significantly better health, an increase in self-efficacy and life satisfaction for workers with higher resources (autonomy, opportunities for personal growth, transparency, participation, social support) during their employment. The impact of the resources persists over time, the impact of the stressors decreases. Health and self-efficacy mediated partially the relationship between requirements at work and life satisfaction.

Discussion: Resources at work influence not only health and well-being during the time of employment. Quality of work may not only indirectly influence well-being, as there are direct effects of resources on health, self-efficacy and life satisfaction in older age. An improvement of quality of work is worth for present and future.

### **Dimensions of occupational activity and satisfaction with work and life in underdeveloped societies: The Mexican case**

Cruz Jorge, Temkin Benjamin

Facultad Latinoamericana de Ciencias Sociales, Mexico

In this paper we carry out an integral evaluation of the impact that a specific area in the life of individuals- their job or occupation – has over their satisfaction with life in general and specifically with their labor activity. We analyze the working life of the participants in the labor force in Mexico on the basis of four fundamental dimensions: sector of employment (formal sector/informal sector), type of employment (formal employment/informal employment), relation with the means of production (owners/employees), and type of activity (white collar/blue collar). We worked with the National Survey of Household Expenditure (ENGASTO) which included a

special module on self-reported well-being (BIARE) conducted in 2012 by the National Institute of Statistics (INEGI). The survey was applied to 10,654 individuals of which 7,194 were participants in the labor force. We found that – controlling for income, age, education and other relevant variables – working in the formal sector as well as being formally employed have a positive impact over the level of satisfaction with life and with work; being self-employed impacts negatively on both types of satisfaction, while being a white or blue collar participant in the work force, does not significantly influence life or work satisfaction.

### **Parental Nonstandard Work Schedules and School-Aged Children's Well-being**

Kim Minseop

The Chinese University of Hong Kong

Background: With the growth of 24/7 economies, nonstandard work schedules (NWS; work schedules outside the span of<sup>6</sup>, a.m. and<sup>6</sup>, p.m.) are increasingly common, which may affect the well-being of employees and their family members. This study examined the association between parental NWS and school-aged children's (age 5-10) academic outcomes, with a focus on the mediating role of parental involvement in children's education. Methods: Data were drawn from the National Longitudinal Survey of Youth 1979 and its Child Supplement on 5,089 children who were followed from birth to age 14. Child fixed-effect path models were used to estimate the interplay among parental NWS, parental involvement measured by a composite score of<sup>6</sup>, related-items (e.g., how often the child have discussed with their parents school activities), and children's academic outcomes measured by Peabody Individual Achievement Test (PIAT). Findings: This study found that the effect of parental NWS on children's academic outcomes differed by parents who undertake NWS and types of NWS, given that paternal NWS, particularly evening shift, was associated with lower PIAT scores, while no significant effect was detected for maternal NWS. The detected negative association was mediated by the negative association between paternal evening shift and parental involvement. Discussion: These findings suggest that school-aged children are at a special disadvantage when their fathers work evening shift, perhaps because of the fathers' inability to monitor or participate in children's after-school activities. More sophisticated policy attention should be devoted to addressing scheduling issues faced by fathers with NWS and children's well-being.

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## **T1\_5: THE SOCIO-POLITICAL CONTEXT OF WELL-BEING I**

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### **Identity loss in disorganized schizophrenia**

Mihalache Andreea Marina<sup>1</sup>, Stefanoiu Mihaela<sup>1</sup>, Trifu Arina Cipriana<sup>1</sup>

<sup>1</sup> University of Bucharest - FPSE, <sup>1</sup> Medico Military Institute of Bucharest

General description: This case is typical of what it means disorganized schizophrenia with complicated evolution clinically speaking. It requires an assessment based on the information in the patient's life history and a thorough psychological and psychiatric examination which investigates cognitive functions, personality and emotional aspect.

Objectives: This paper aims to assess the current profile of a disorganized schizophrenia in a 30 years patient whose mother presented a similar psychiatric pathology. The patient is a social case, with no income or home. It must be highlighted the need of institutionalization of such a person without tutor showing destructuring of identity and lack of discernment and needs to live in a social assistance center.

Hypothesis: Undifferentiated Schizophrenia is a complex disorder with consequences in personal and professional functioning, disabling the patient, altering her identity, mental ability and memory. With the decrease in sensory thresholds hallucinations occur. Material and Methods: Analysis of the patient's psychiatric history, social inquiry, psychological examination at admission, with present status monitoring according to the administered psychotropic treatment, supervision, long term admission, repeated psychological evaluations.

Results: The patient loses the ability to test reality, disinvesting until she gets to see herself as an object. She has continuous monologues throughout the assessment from the desire to stop hallucinations of negative imperative which she hears.

Conclusions: The lack of ability to function socially and professionally, insufficient contact with reality, the absence of critical thinking, divestment, disorganization of thought and duplication of ego impose the particularity of the case psychiatrically and psychologically speaking, but also in terms of the need for institutionalization of people with psychiatric pathology, without tutors or belongs.

### **Low frustration tolerance and quality of life (QOL): Negative associations in two separate studies**

Kushnir Talma

Department of Psychology, Ariel University

Background: Cognitive Behavior Therapy (CBT) models may form a unique approach to understanding and treating dysfunctional psychological effects on QOL. Rational-Emotive Behavior Therapy (REBT) postulates that Low Frustration Tolerance (LFT) is one of the core indicators of dysfunctional thinking. LFT denotes intolerance of physical or emotional discomfort and the tendency to exaggerate life's frustrations and inconveniences leading to dysfunctional behavioural consequences such as procrastination, resistance to change and lack of adherence to medical guidelines. LFT can also be viewed as discomfort-intolerance, inability to

accept unpleasant physical sensations and symptoms, such as pressure and pain. One would therefore expect lower QOL among individuals with high levels of LFT.

Method: 216 Israeli adult men and women, ages 21-65, participated in two separate online studies. They completed measures of LFT (Kushnir et al, 2006) and WHOQOL-BREF (validated to Hebrew, Skevington et al, 2004).

Findings: Significant negative correlations between LFT and QOL (total score) were found independently in both studies ( $r = -0.352, p < .01$ ; and  $r = -0.53, p < .01$ ). Correlations between LFT and the four QOL domains (physical, psychological, relationship and environmental) varied between  $-.36, p < .01$ ; and  $-0.63, p < .001$ . In ANOVA, marital status effect on LFT was significant with divorced individuals scoring higher ( $F = 9.29, p < .005$ ); and a significant Gender X Marital status interaction ( $F = 8.21, p < .005$ ) indicated that divorced women had the highest LFT.

Conclusions: The results highlight the importance of considering psychological constructs that may impair QOL. Individuals with high levels of LFT (distress/discomfort intolerance) who tolerate frustrating situations less well than others may benefit from CBT.

### Predictors Of Well-being For Residents Of An Epidemiologic Catchment Area In Montreal, Canada

Liu Aihua, presented by Caron Jean  
McGill University, Montréal, Canada

Objectives: The aim of this study is to identify predictors of well-being, a positive indicator of mental health. Method: We used data from the Epidemiological Catchment Area Study in Montreal, a longitudinal study that focuses on the mental health and wellbeing of residents in the southwest region of Montreal. The study recruited a randomly selected

sample of 2,434 individuals between 15 and 65 years of age at T1, 1,303 of whom agreed to be re-interviewed four years later (T3). QOL was measured with Personal Well-being Index (Cummins, 2003). Direct interviews gathered self-reported data on: socio-demographic variables, life events, coping abilities, social support, perceptions of neighbourhoods, working status and income, mental disorders, psychiatric family history and mental health services utilization. Social and built features of the environment were determined using Geographic information System (GIS). Hierarchical linear regression, using a forward entry (for blocks of variables) and backward deletion procedure (for individual variables) was used to identify predictors of QOL at T3, among the aforementioned variables assessed at T1.

Results: The final model explains 41% of the variance of well-being. Eight blocks of variables and single variables were found to be significant predictors of well-being, including socio-demographics, income, stress and coping, social support, mental health status, satisfaction with precise life domains, satisfaction with the physical state and the density of the vegetation in the neighbourhood and the average property values (GIS).

Conclusion: Better understanding predictors of well-being will enable the development of more effective mental health promotion programs.

### Gender inequality and gender gap in depression

Mikucka Malgorzata  
Mannheim University, Germany

Previous research failed to find a consistent evidence of a correlation between country gender inequality and gender gap in depression. I propose a new methodological approach to test whether gender gap in depression is narrower in gender egalitarian countries: I use four different measures of gender equality, I distinguish cross country differences from changes occurring over time, and I account for relevant macro control variables (economic development and income inequality). The analysis used European Social Survey Data for 27 countries and multilevel regression method. The results showed, contrary to previous research, that gender gap in depression is smaller in gender egalitarian countries. However, I find no evidence that a decline of gender inequality correlates with a narrowing gender gap in depression.

### Quality of life, subjective wellbeing and democratic consolidation in Ecuador.

Martin Juan Carlos<sup>1</sup>, Casanova Jose<sup>2</sup>, Viñan Christian<sup>3</sup>

<sup>1</sup> University of Las Palmas GC, <sup>2</sup> Instituto Superior de Ciências do Trabalho e da Empresa (ISCTE-IUL), <sup>3</sup> Universidad Técnica Particular de Loja

The analysis of individual satisfaction and citizens' quality of life is paramount by the interdependence with democracy consolidation that exists nowadays in Ecuador. A proposal to calculate a synthetic indicator of satisfaction of citizens on the subjective wellbeing (SWB) in Ecuador based on fuzzy logic method and the degree of similarity to ideal solutions is developed in the study. The information is obtained through the application of a structured survey based on the European Social Survey to the Ecuadorian society to a sample of 416 Ecuadorians. The analysis is based on eight different dimensions of individual satisfaction, namely: (1) Life; (2) Economy; (3) City Government; (4) Transparency; (5) Education; (6) Health System; (7) Roads; and (8) National Government. The results are discussed according to three segmentation variables: gender, age and marital status. The results show that men experience more individual satisfaction than women; generation Y is more satisfied than other age groups; and those who live with couples without being married are more satisfied than single and married citizens.

**T1\_6: WELL-BEING POLICIES I****Is Resilience a means towards societal wellbeing?**Manca Anna Rita<sup>1</sup>, Benczur Peter<sup>1</sup><sup>1</sup> European Commission - Joint Research Centre

Interest in resilience is rising rapidly since the last twenty years, as a response of increasing uneasiness about potential shocks. It would be illusionary to believe that we can eliminate crises, shocks or slow burn processes in the future. In this scenario, the role of institutions is crucial in fostering policies which aims towards a positive socio-economic-environmental outcome of sustainability, cohesion and prosperities of the society. This paper proposes a conceptual framework for resilience in the European Union which will be operational towards its measurement and monitoring. It has been built on the input from the European Commission Policy Directorate Generals and answers the institutional call of being accountable in enhancing individual resilience and ensuring a fairer wealth distribution. The proposed framework intends to unifies the definition of resilience in order to allow a shared understanding across fields. In particular, it identifies resilience as the ability of individuals, community, regions to sustain its level of individual or societal wellbeing by reacting to moderate slow burning processes or shocks through coping or adaptive strategies. Moreover, resilience allows to react to severe disturbances through transformation, in a way that the individual wellbeing is preserved or, at aggregated level, the societal wellbeing is maintained in an inter-generationally fair distribution. This ability matches a very general notion of sustainability. Being resilient depends mostly on individuals or communities, but it also involves institutions such as governments, markets, businesses, legal and physical infrastructures and policies. At the same time, resilience can be enhanced by various interventions: by preparation, prevention, protection, promotion and transformation policies. In the context of a stormy future becoming the “new normal”, enhancing resilience might become one of the most important tasks of policy institutions.

**Uses of Time and Social Outcomes**Lahat Lihi<sup>1</sup>, Sened Itai<sup>2</sup><sup>1</sup> Department of Administration & Public Policy, Sapir College, <sup>2</sup> Founding Head, School of Social and Policy Studies, Tel Aviv University, Israel

Background: Time is probably the most important resource individuals have at hand for their use, but public policy seems to pay little attention to the best and worst uses of time. The present research explores the question: what are the effects of different uses of time on societal well-being and policy outcomes? From an aggregate point of view, time is endless, but from the individual's point of view, time is very scarce. While most studies try to explain why individuals allocate their scarce time resource to different uses, we are interested in the effect of those time allocation on individual well-being and social outcomes.

Methods: We use comparative multi-national survey data (ESS, OECD, MTUS) to explore whether different uses of time affect self-reported well-being and productivity. To provide answers to this important question, we explore these data from two angles by using multi-level analysis as well as cluster analysis.

Findings: Preliminary results show a negative correlation between the number of working hours of men and women and a country's productivity. For example in countries where both men and women work more than the average number of hours in OECD countries the mean productivity of the countries is lower and vice versa. It seems that insights can also arise from the correlation between uses of time and levels of well-being.

Discussion: We hope that answers to this question will prompt more attention to the alternative uses of time, resulting in better policies that promote the well-being of individuals and societies.

**Self-sufficiency and participation of Dutch Social Support Act applicants**

Schyns Peggy

The Netherlands Institute for Social Research, SCP

From January 2015 onwards, the Social Support Act 2015 (Wet Maatschappelijke ondersteuning – Wmo 2015) has been in effect in Dutch municipalities. The Act provides help to people with physical, psychological, intellectual, psychiatric or psychosocial disabilities or problems.

In this research, we were interested in the level of and change in self-sufficiency and participation of people with disabilities in the Netherlands, due to help received. In addition, we were interested which groups were more likely to be self-sufficient.

In a 2-step design, in 28 Dutch municipalities a total of 2300 respondents were interviewed face to face, from March 2016 until December 2016. We used Stata to analyze the results.

We found that Wmo-applicants were more self-sufficient after they received help than before: on a scale from<sup>1</sup>, to 10 they reported a 4.8 before and a 6.7 after help. However, compared with earlier results from 2010, the reported levels are somewhat lower. Wmo-applicants participate less in terms of employment, volunteer work, and advisory boards, but are still quite active in community life. People with physical, intellectual or psychosocial disabilities are least self-sufficient both before and after help. Those between 18 and 54 years show the greatest progress in terms of self-sufficiency. We found no relation with gender, education level, income and psychiatric problems.

The study raises the question to what extent Wmo-care is able to boost self-sufficiency and participation levels of people with disabilities, and which ‘natural’ boundaries are met when the Dutch government stimulates people to live longer at home.

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### **Drawing Out the Social Values of Model Sustainable Neighbourhoods**

Holden Meg

<sup>1</sup> Simon Fraser University

The phenomenon of model sustainable neighbourhoods has produced hundreds of working examples of sustainable living that ostensibly represent the best ideas-in-practice of urban designers, planners, architects, politicians and other community and thought leaders. Cognizant of the need for holistic or integrative approaches to neighbourhood design, these projects are guided not only by ecological and environmentally efficient design targets, but also either by goals and intentions related to changing social norms. These social goals for model sustainable neighbourhoods take both explicit and implicit forms, but generally are less well-specified than the environmental, infrastructural and urban design goals.

This presentation will review the ways in which social values are articulated and justified in prominent sustainable neighbourhood frameworks, and analyze these values and justifications in terms of the social sustainability and wellbeing literatures. In this discursive analysis, we will distinguish between socio-ecological, epidemiological, and social quality perspectives on characterizing and directing social values. Next, we will present the results of observational analysis of a set of four model sustainable neighbourhoods in Canada, Germany, and Sweden, in order to foreground the way in which observers of these neighbourhoods perceive the noted social values to be enacted, or absent. Finally, we will present a pilot survey instrument intended to gauge the social value intent operating with the occupants of model sustainable neighbourhoods. We will discuss sample data from neighbourhoods in Vancouver and Victoria, British Columbia and draw conclusions about the correspondence and gaps between the articulated social values aspired to within model sustainable neighbourhoods and those values that are adhered to by occupants. We conclude with thoughts about further research in this domain.

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## **SY2: HISTORY OF WELLBEING FROM ANCIENT TO MODERN TIMES**

### **SESSION 2: CONTINENTAL VIEWS**

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This special session the history well-being from ancient to modern times draws heavily on the organizers just published book: *The Pursuit of Human Wellbeing: The Untold Global History* (Springer 2017). Organized by major world geopolitical regions, the session will explore the following range of questions, especially during the decades that followed the close of the Second World War: 1. How do different philosophical and religious traditions interpret the concept of human well-being within their own context? 2. Has well-being remained the same over different historical epochs and for different regions and subregions of the world? In which areas of human development have we been most successful in advancing individual and collective well-being? In which sectors has the attainment of well-being proven most difficult? 3. How does well-being differ within and between different populations groups that, for a variety of socially created reasons, have been the most disadvantaged (e.g., children, the aged, women, the poor, racial, ethnic, and sexual minorities)? 4. What is the role of technology in human well-being? Positive outcomes? Negative outcomes? Invitations will be extended to invite selected author who have prepared special chapters in this major handbook.

### **Understanding High Happiness in Latin America: There is More to Life than Income**

Rojas Mariano

In the happiness literature there is something called 'the Latin American paradox': it makes reference to the fact that Latin Americans report life satisfaction levels that are abnormally high with respect to their income levels. Some researchers have even argued that these high satisfaction levels reflect a 'cultural bias'. This paper is based on the idea that paradoxes do not exist, only wrong theories. Furthermore, it argues that the 'cultural-bias' term is inherently wrong because culture should never be considered as a bias but as a determinant of value.

The paper argues that the paradox emerges from wrong theories that confuse persons with consumers and that, in consequence, end up associating people's well-being to income and purchasing-power indicators. By focusing on economic indicators alone these theories neglect important aspects in the life of people, such as their interpersonal relations and their spiritual beliefs -which provide support to their sense of purpose in life-. The paper uses secondary (Latinobarometro, World Value Surveys, Mexico's Self-Reported Well-being Survey and so on) to study the importance these neglected areas play in explaining high life satisfaction levels in Latin America. The nature of the relationship between interpersonal relations, spiritual beliefs and people's subjective well-being is further studied by deeper analyses of satisfaction in domains of life as well as of affective and evaluative experiences of being well. Particular attention is given to the relationship between values and sense of purpose in life and affects -which are important for Latin Americans satisfaction with life.

### **The Wellbeing of the Middle East and North-African Populations (MENA Region)**

Tiliouine Habib

The Middle East and North African (MENA) 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 these populations today.

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Our presentation adopts a comparative perspective to weigh up levels of well-being attained in this region since the seventies. To attain this aim, we will use a variety of objective and subjective indicators. The former encompass the United Nations Human Development Index and 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.

Important advances have been generally achieved in years of life expectancy, reduced infant and child mortality rates, and steady increases of levels of basic and advanced education since the region achieved political independence from Western powers. However, political insecurity, democracy deficit, financial poverty, income inequality, and overall social deprivation for many of the region's peoples have been difficult to overcome. This situation worsened in many places, such the Arab Spring regions with dramatic repercussions on the whole region.

Solid data issued from repeated time-series surveys when put together have the potential to contribute in better understanding of the region's overall well-being challenges.

### **New Beginnings in an Ancient Region: Well-Being in Sub-Saharan Africa**

Roberts J. Benjamin<sup>1</sup>, Møller Valerie<sup>2</sup>

<sup>1</sup> Human Sciences Research Council, <sup>2</sup> Rhodes University

In this presentation we shall attempt to trace the well-being of people living in the sub-Saharan region of Africa over time. Our focus will be on what are universally considered to be main ingredients of the good life in modern times: Health, education and the income and resources needed to meet basic needs and to prosper. The people of sub-Saharan Africa do not have a common identity; but we shall attempt to isolate some of the experiences and commonalities that bind the people of the region. The glory of earlier civilisations, traditional religious beliefs and rituals that cemented the social order and the disruption of African society by foreign incursions during the period of discovery and the Atlantic slave trade and colonialism all had their impact on the African imagination. Well-being in Africa south of the Sahara suffered during earlier periods of history when people living in Africa were oppressed and exploited between the 15th and early 20th century. The winds of change in the 1960s brought freedom and a new sense of dignity. Since independence, there are signs of improvements in key domains of life but the modern states of sub-Saharan Africa are still addressing the many political and development challenges they face. Optimism and resilience are characteristic of the people living south of the Sahara who have faith their dreams of a better life will come true.

### **Human Well Being in South Asia: Where do we go from here?**

Shrotryia Vijay Kumar

Department of Commerce, Delhi School of Economics, Univ of Delhi, Indien

South Asian region is one of the most diverse regions of the world having around 6 per cent of the surface area consisting of around 27 per cent of the population. It is densely populated and primarily Indocentric. It is one of the poorest region economically, though it has been categorized as brilliantly organized and culturally unified region in the sixteenth century. On one side it has a tiny nation called Bhutan which has followed Gross National Happiness and on the other it has Sri Lanka which has outperformed other nations of the region on social indicators

This paper studies the transition in the domains of Health, Education, GDP and Life Satisfaction on the basis of the journey of past half century. Though GDP growth has been phenomenal in India, yet it has not been translated into expected health and education parameters. There have been improvements in health and education indicators, yet it is not in pace with the developments in other regions of the world. Afghanistan and Pakistan have lowest ranks in the region in HDI whereas Sri Lanka is an outlier. The role of SAARC is going to be very challenging as it has taken lead in developing cooperation in the region and in spearheading social development. Political will to improve health and education conditions and systemic support for this cause shall surely help develop the region with better intent and focus.

### **Human Development and satisfaction with life at the continents**

Land Kenneth

Duke University, Durham, Vereinigte Staaten

This presentation will commence with a description of the Human Development Index (HDI), which has been calculated and published annually since 1990 by the United Nations Human Development Programme, as a composite social indicator/well-being index. The objective of the HDI is to rank countries on a scale of human development conceptualized in terms of capabilities of humans within the countries to function. Because it seeks to be as inclusive as possible of the countries of the world, the general HDI is based on only four statistics measuring life expectancy, education, and income at the country level. In recent years, new data sources on well-being have become available—specifically, country-specific subjective overall life evaluations measured using average national responses to a Gallup World Poll Question. Comparisons of the Gallup satisfaction with life data with HDI values across the continents will be described. These comparisons provide an external validity assessment of the HDI.

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**SY3: COMMUNITY WELL-BEING, INSIGHTS FROM PUBLIC ADMINISTRATION**


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Adopting insights from Public Administration, this symposium tackles theoretical and methodological issues in the community well-being literature. It aims to broaden the community well-being research, thereby to increase its policy applicability across disciplines and regions.

Methodologically speaking, what are limitations of adopting statistical methods in determining factors of community well-being? Choi (2017) suggests System Dynamics Approach as an alternative, shedding new light on methods beyond statistical methods. It also provides new interpretive implications.

Other presenters explore factors of community well-being. Using a case study from South Korea, Oh (2017) identifies effective factors of local government in promoting community well-being, focusing on fiscal capacity and local public services. Unlike Oh (2017) that emphasizes objective indicators of service providers (local governments), such as fiscal capacity, in determining the factors of community well-being, the other presenters investigate subjective indicators of individuals as a public service recipients. Lee (2017) addresses the controversy on the relationship between income inequality and happiness. He suggests looking closely into sub-components of happiness, such as affect, cognition, and life purpose, to find out their different relationship with income inequality. Finally, Kee (2017) examines subjective indicators of community well-being by identifying how community and individual identity, such as sense of community, are related to individual satisfaction with residential areas.

As a whole, the symposium suggests individual and collective factors of determining community well-being and happiness, reflecting social dynamics in real life. It contributes to the ISQOLS 2017 in addressing the theme, "Quality of Life: Towards a Better Society," by enhancing policy implications via drawing on Public Administration.

**How Community and Individual Identity Are Related to Community Wellbeing**

Kee Youngwha

Soongsil University, Korea, Republic

Previous studies showed sense of community is related to individual and community life satisfaction. It has different results depending on units of measurement and respondents' identity toward their community. The research is purposed to investigate how individual satisfaction to their community as a residential place and which factors affect individual sense of community and community wellbeing. From inter-subjective perspective, this research questions will be analyzed and give some suggestions to policy-makers and local officers to renovate public space and civic service delivery.

**Analyzing the Relationships among Factors Affecting Community Well-being using System Dynamics Approach**

Choi Young-ChoolChungbuk

National University, Korea, Republic

The aim of this study is to examine the factors associated with community well-being, to analyze their complex relationships using System Dynamics Approach which can help policymakers choose the most reliable policy scenario with the greatest impact, and to provide policymakers and researchers with academic and practical implications. While there have been numerous efforts to identify the relationships among factors influencing community well-being, previous works are limited as they tend to employ statistical methods. As a result, those research findings have had some application limitations in promoting community well-being at local level. This study attempts to remedy methodological shortcomings facing community well-being studies, using System Dynamics Approach.

**Differential Effects of Income Inequality on Components of Happiness**

Lee Seung Jong

Seoul National University, Korea, Republic

Some research attempted to analyze the relationship between income inequality and happiness, and reported conflicting results, some positive(eg Clark 2003; Tomes 1986), some negative(eg. Alensina, Di Tell & MacCulloch 2004; Hagerty 2000; Graham & Felton 2006; Blanchflower & Oswald) and some non-significant(eg. Berg & Veenhoven 2010; Haller & Haller 2006; Senik 2004). These results, beyond their conflictual findings, are limited in that most of the research treated happiness as a unidimensional concept notwithstanding its complex character. This paper examined the differential effects of income inequality depending on different components of happiness with empirical data at the collective level. The analytical result confirmed that income inequality is related differentially with subcomponents of happiness – affect, cognition and life purpose.

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### Local Government's Role Focused on Community Well-being

Oh Young-Kyun

The University of Suwon, Korea, Republic

The aim of this study is to examine the local government's role associated with community well-being in South Korea. Community well-being is an essential component of public interests. Nevertheless, for a long time, Korean local governments had pursued improper effort for well-being of citizen. So the Korean government's role for community well-being could be redefined. This study attempts to identify the effective factors of local government focused on community well-being itself from the viewpoint of fiscal capacity and local public services.

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## T2\_1: PSYCHOSOCIAL WELL-BEING AND HEALTH ISSUES

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### Is the social ideal of self-actualization associated with depression?

Dietrich Herbert<sup>1,2</sup>, Kittler Frieder<sup>1</sup>

<sup>1</sup> Witten/Herdecke University, <sup>2</sup> University of Innsbruck

Background: The social ideal of self-actualization and its modern interpretation of individualism are associated with depression in sociological literature. There has been hardly any empiric evidence for this theory yet. Therefore this study's aim was to empirically investigate the possible correlation of the discrepancy between subjective ideals of self-actualization and its actual realization (self-discrepancy) with subclinical depression. Furthermore, a moderating effect of relatedness was tested. Method: This was the first study to explicitly investigate the ideal of self-actualization with quantitative methods. To operationalize the ideals of self-actualization and relatedness, scales from the German version (LeBe) of the "Sources of Meaning and Meaning in Life Questionnaire (SoMe)" were used. These scales were also used to calculate a variable for self-discrepancy, which indicates the discrepancy between the ideal of self-actualization and its actual realization. Subclinical depression was measured with the short German version form (ADS-K) of the "Center for Epidemiologic Studies, Depression Scale (CES-D)". Altogether, 190 people from Germany and Austria answered the questionnaire. Multiple regression analyses and a moderation analysis for the relatedness were calculated. Findings: Self-discrepancy in self-actualization correlates with subclinical depression. Relatedness is not moderating this effect. Discussion: Discrepancies between the ideal of self-actualization and its actual realization appear to be associated with depressive symptoms, as suggested by sociological theory. This effect seems to be independent of relatedness. The term self-actualization, however, is a very controversially discussed concept and its interpretations vary widely. Therefore further research on this topic will follow, with a strong emphasis on disambiguation of the term.

### Adaptation and Health Problems in Precarious Prosperity

Budowski Monica

<sup>1</sup> University of Fribourg

This presentation aims at understanding the adaptation of individuals that live in households situated in precarious prosperity, especially when this situation goes along with health problems of a household member.

Precarious prosperity describes a specific position situated in between poverty and secure prosperity. We link this insecure situation to quality of life (QOL) and adaptation and define QOL as good living conditions that go together with a positive subjective wellbeing. Thus, people who report high subjective wellbeing despite bad living conditions are considered to be adapted to their situation (Zapf, 1984). Zapf's definition of QOL and Lister's (2004) framework on agency in poverty are used to build a conceptual framework for our analysis.

We dispose of three waves of qualitative interviews (2008, 2009, 2013) with households in Switzerland, Chile and Costa Rica and analyse them based on thematic charts.

Results show that the processes of adaptation tend to be similar according to relevant social experiences. When experiencing health problems, adaptation to precarious living conditions seems to be possible if these diseases are (at least partially) cured or stable. The difficult living conditions are then relativized in light of the experienced health difficulties. However, a severe health problem is also the main reason that hinders adaptation and leads to low subjective well-being in precarious prosperity.

We conclude that looking at subjective well-being alone provides a distorted picture of welfare. Adaptation must be considered when evaluating the QOL of people living in precarious prosperity.

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### **Adaptation and Health Problems in Precarious Prosperity**

Budowski Monica, Sieber Rebekka  
University of Fribourg, Switzerland

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We conclude that looking at subjective well-being alone provides a distorted picture of welfare. Adaptation must be considered when evaluating the QOL of people living in precarious prosperity.

### **How Bonding and Bridging Social Capital Promote Well-being? Comparison between Japan and Korea**

Kanai Masayuki  
Senshu University

Background: Recent studies on well-being pointed out social capital, namely trust and engagement, promotes happiness. But its mechanism is not clear so far. Putnam (2000) introduced a well-known distinction between bonding and bridging social capital, arguing that the latter closely relates to the democracy in civil societies. The literature also revealed a crucial role of neighborhood (bonding social capital) for the emotional life. This paper investigates how bonding and bridging social capital promote or spoil well-being, using survey data in Japan and Korea where Western and traditional values coexist with latent conflict.

Methods: Both Japanese and Korean data were derived from web surveys in 2015. Non-representative samples were constructed by the respondents aged 20 to 69, selected in proportion to the census distribution by gender, age, and region. The sample sizes were 11,804 in Japan and 2,000 in Korea. OLS regressions of well-being to bonding and bridging social capital controlling covariates such as demographic and socioeconomic features were employed.

Findings: In both countries, bonding and bridging social capital have positive effects on well-being. In addition, a negative interaction between bonding and bridging social capital is found only in Japan. This means these two types of social capital play complimentary roles in Japanese society.

Discussion: The former finding indicates both of traditional and modern social relations and values play important roles for well-being in these two societies. The latter suggests, on the other hand, a potential drive that Western values are starting to take over the traditional values in the country.

### **"I know I can make a difference": Relationship-goals and well-being**

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Background: Social well-being depends, amongst others, on the quality of relationships and the future direction envisaged by individuals and groups. The aim of this study was to explore goals referring to relationships in the case of people with various levels of well-being.

Method: Quantitative and qualitative data were collected simultaneously in a mixed method approach; sequentially analysed, related, and integrated in interpretation. Data from the Mental Health Continuum Scale-Short Form (Keyes, 2006) was utilised to quantitatively identify and select two groups of South African participants between 35-64 years of age with low (languishing, n=15) and high (flourishing, n=15) levels of psycho-social well-being. A qualitative thematic analysis was conducted of responses to open-ended questions on most important life goals and their motives. Responses referring to relationships were analysed.

Findings: Flourishing participants referred also to relationships with themselves, society and work itself, apart from interpersonal relatedness. Languishing participants often expressed the need for support in relationships with others, whereas flourishers expressed motivation to make a difference and contribute to the lives of others.

Discussion: The goals of flourishers expressed an altruistic and reciprocal interpersonal approach reflecting meaning, purpose and an orientation towards a greater good. In contrast languishers were relatively more self-focussed and in need of support from family, work colleagues and friends. Efforts to facilitate the move of individuals towards the flourishing end on the psychosocial health continuum through development of other-focussed future perspectives and goals, may contribute to social well-being and a higher prevalence of people functioning well in society.

### **Owning and Losing a Dog: Resource Gains and Losses, and Owners' Quality of Life**

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**Background:** Social science research has established that dog ownership confers positive physical and psychological benefits to their owners. We used Hobfoll's Conservation of Resources theory of stress etiology to explore the effects of resource loss (disadvantages) and gains (advantages) of owning or losing a pet dog, on owners' quality of life (QOL).

**Methods:** Cross-sectional study was performed on 103 female bereaved dog owners who have lost their dogs during the last month, and 110 current owners of live dogs that had their dogs for more than two years. Data on resource losses and gains, stress, QOL (WHOQOL-BREF), social support and health behaviors (smoking and sport activities) were assessed during personal interviews. Multivariate linear regression models adjusted for stress, health behaviors and personal covariates were built to compare different QOL domains among current and bereaved dog owners.

**Findings:** Three QOL domains (physical, psychological and relationship) of current owners were significantly higher than those of bereaved owners. Among bereaved owners, stress level mediated the effects of resource loss on QOL. In both groups, health behaviors and social support had positive effects on QOL; and resource gains and social support modified the effect of stress on QOL. Support from friends was significantly weaker for bereaved owners.

**Conclusions:** The impaired QOL among bereaved compared with current dog owners highlights the benefits of caring for a live pet. The results suggest that losing a dog is associated with increased stress due to resource loss. This stress mediates the negative resource loss-QOL association.

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## **T2\_2: WELL-BEING OF CHILDREN II**

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### **Understanding Adolescent Suicidality across Low-Income Countries: A Multilevel Analysis**

Harris Hyun-soo Kim

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**Background:** This study seeks to understand social factors associated with suicidality among adolescents in low-income countries. In particular, it focuses on two relational factors: peer network size and family integration (i.e., parental regulation).

**Methods:** Data come from the Global School-based Health Survey (GSHS) funded by the World Health Organization, which consists of probability population-based samples from underdeveloped and developing regions of the world. The subsample analyzed herein contains 65,879 students clustered in 36 countries. Hierarchical Generalized Linear Models (HGLM) are fitted to examine the impact of the two measures on adolescent suicidality.

**Findings:** At the contextual (country) level, GDP is positively associated with higher odds of individual suicidal thought. Life expectancy, on the other hand, is negatively related to it. A number of potentially confounding variables are controlled for, including age, gender, being bullied, truancy, loneliness, smoking, economic situation, and others. Net of controls, larger peer network size is significantly related to lower likelihood of suicidal ideation (OR = .82,  $p < .001$ ). Greater parental regulation is also a significant predictor, or a protective factor (OR = .92,  $p < .001$ ). One cross-level interaction is also observed: the protective effect of parental regulation on adolescent suicidality is greater in a country with higher life expectancy.

**Discussion:** Adolescent suicidality is "socially embedded." Friends and parents play a critical role in reducing the tendency toward fatal self-harm. Their roles, however, vary according to country-level characteristics. Future research should consider multilevel ways in which suicidal ideation among youths is shaped.

### **Children's Well-being in Protectories in Tyrol**

Drexler Arthur, Mitterhofer Hermann, Flieger Petra, Rojer Verena  
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The qualitative study focuses on the conditions of living in children homes in Tyrol. In contrast to many existing care concepts and expert opinions the special interest of this research work is to explore the terms of entry in a juvenile shelter, the living situation, social(including abusive)relationships, leisure facilities and the psychosocial care from the point of view of the children and adolescents themselves in the homes. The exploration of the research questions requires qualitative methods to learn the subjective experiences, contentedness and advices from the home residents.

The research design therefore includes interviews with 14 residents (at different stages of stay in a home) in five relevant protectories in Tyrol. The data were analysed according to the grounded theory. The participation of the children in the semi structured interviews was voluntary.

The results show that the entry in a home is a particular critical event that requires special attention. The empathic information of the child would be very important for the future well being in the home. During the stay several factors like the available facilities, the quality of the relationships among each other and to the youth care workers, the number of relocations, aggression and the extent of privacy affect the intensity of well-being. Conclusions implicate that it is essential to listen to the children to meet their specific needs and to foster their well-being with appropriate care concepts, because standardised protectories cannot always consider the age-appropriate and varying necessities adequately without asking.

Official Abstract Booklet, October 18, 2017

### Trajectories of perceived quality of life for youth with chronic conditions

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**Background:** This study examined three-year trajectories of perceived quality of life (QOL) for youth with chronic health conditions, as obtained from youth and parent reports, and identified contextual factors associated with the trajectory groups for each perspective.

**Methods:** 439 youth with chronic conditions aged 11 to 17 years and one of their parents were recruited from eight children's treatment centers in Ontario, Canada. Latent Class Growth Analysis was used to investigate QOL trajectories over a three-year period. Multinomial logistic regression was employed to identify factors associated with these trajectories.

**Findings:** Two QOL trajectories were identified for the youth analysis: 'high and stable' and 'moderate/low and stable'; three trajectories were found for the parent analysis: 'high and stable', 'moderate and stable', and 'moderate/low and stable'. Relative to the 'high and stable' groups, youth with more reported pain/other physical symptoms, emotional symptoms, and home/community barriers were more likely to be in the 'moderate and stable' or 'moderate/low and stable' groups. Also, youth with higher reported self-determination, spirituality, family social support, family functioning, school productivity/engagement, and school belongingness/safety were less likely to be in the 'moderate and stable' or 'moderate/low and stable' groups, compared to the 'high and stable' groups.

**Discussion:** Findings suggest youth with chronic conditions experience stable perceived QOL across time, but some individuals maintain stability at moderate to moderate/low levels which is related to personal and environmental influences. Potential benefits of universal strategies to safeguard resilience for all youth and targeted interventions to optimize certain youths' perceived QOL are indicated.

### Children's Perspectives And Evaluations Of Safety And Their Subjective Well-Being: A Multi-National Approach

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<sup>1</sup> University of Girona, <sup>2</sup> Hebrew University of Jerusalem, <sup>3</sup> University of the Western Cape, <sup>4</sup> University of Oran

**Background and Methods:** There is a need to explore variations in children's safety perceptions for different settings (home, school and neighbourhood) and their relationship with subjective well-being by comparing a variety of cultural contexts. A further objective is to explore to what extent gender, age group (10 and 12-year-olds) and level of SWB (measured using the SLSS -Student's Life Satisfaction Scale- and the BMSLSS -Brief Multidimensional Student's Life Satisfaction Scale) play a role in this prediction.

**Findings:** Results obtained with samples from Spain (n = 2,724), Algeria (n = 2,432), South Africa (n = 2,192) and Israel (n = 1,914), show that children's perceptions of safety are predicted by their different perceptions and evaluations of school, home and the nearby area, respectively. Perceptions of safety in the nearby area and satisfaction with safety contribute to predicting higher levels of satisfaction with life as a whole to a greater extent than scores on the SLSS and the BMSLSS scales. The country participants live in (especially when combined with satisfaction with safety) and, to a lesser extent, the age group they belong to, also make important contributions. Gender only plays a significant role in predicting perceptions of safety in the area nearby.

**Discussion:** Results open the door to the introduction of specific interventions aimed at promoting satisfaction with safety and also indirectly at satisfaction with life as a whole, on the basis of achieving positive changes of those factors which make the highest contribution.

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## T2\_3: METHODOLOGICAL ISSUES IN HAPPINESS STUDIES II

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### Capturing and Mapping QoL using Twitter data

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There is an ongoing discussion about the applicability of social media data in scientific research. Moreover, little is known about the feasibility to use these data to capture QoL. This study explores the use of social media in QoL research by capturing and analysing people's perceptions about their QoL using Twitter messages. The methodology is based on a mixed method approach, combining manual coding of the messages, automated classification, and spatial analysis. The city of Bristol is used as a case study, with a dataset containing 1,374,706 geotagged Tweets sent within the city boundaries in 2013. Based on the manual coding results, health, transport, and environment domains were selected to be further analysed. Results show the difference between Bristol wards in number and type of QoL perceptions in every domain, spatial distribution of positive and negative perceptions, and differences between the domains. Furthermore, results from this study are compared to the official QoL survey results from Bristol, statistically and spatially. Overall, three key findings are underlined. First, Twitter data can be used to evaluate QoL. Second, based on people's opinions, there is a difference in QoL between Bristol neighbourhoods. And, third, Twitter messages can be used to complement QoL surveys, however not as proxies. The contribution of this study is in recognising potentials Twitter data have in QoL research. This potential lies in producing additional knowledge about QoL that can be placed in a planning context and used to improve decision-making process and enhance quality of life of residents.

Official Abstract Booklet, October 18, 2017

### Does ICT application bring Quality of Life? Insights from Taiwan

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This study attempts to develop an evaluation index for the enhancement of digital life in the next stage, with a view to coming up with a digital life satisfaction index that covered reliability, validity, and application. This study with the support of the Office of Science and Technology of the Executive Yuan in Taiwan develops a framework to measure digital life satisfaction. In the first stage, we collect the public and experts' opinions, converging to 12 publicly relevant ICT service application fields on which this study.

We adopt Delphi method to evaluate the appropriation of the index. Total sample size in our pilot study is 400 respondents to confirm the validity of the satisfaction of Quality of Life (QoL). Finally, valid sample size is 5,369 compiled for the main study.

The results show that the elasticity of the ICT-enabled service on the satisfaction of QoL is 69%. The three most influential ICT-enabled apps and services were food nutrition and safety information, digital education and continuing education, and instant messaging and internet social groups.

This study has found that ICT service applications have a great impact on the quality of life of citizens, while also detailing which fields are particularly relevant. The results of this study can hopefully serve as a reference for the Office of Science and Technology at the Executive Yuan during the forwarding of related ICT policies and cases such as the drafting of smart city policy options.

### Delphi studies on wellbeing

Veenhoven Ruut

Erasmus Happiness Economics Research Organization, Rotterdam, The Netherlands

'Delphi studies' gather expert opinions on a particular topic, using both qualitative and quantitative methods. This kind of research is new in our field. Recently I got involved in two Delphi studies on wellbeing: 1) the National Geographic Delphi study on ways to greater happiness, and 2) the 'Well-being Panel' of London School of Economics. In this talk I describe these projects and discuss the strengths and weaknesses of the technique.

### Backward sloping curve of subjective well-being: testing parallel explanatory hypotheses

Baltatescu Sergiu

University of Oradea

According to many studies, people report they are more satisfied with their lives than the average person. I studied this regularity in relationship with psychological distance, by asking people to report, along with their personal satisfaction/happiness, the evaluation of the life satisfaction/happiness of their family, colleagues/friends, neighbors, people in their city and people in the country. Results within various national and international samples show that the higher is the psychological distance to a category of people, the less satisfied with their lives people from this category are judged to be (Baltatescu, 1999, 2001, 2009, 2014). This was called "the backward sloping curve of life satisfaction".

In this paper I reanalyze critically all data gathered until now. I look for variations in the so-called "backward sloping curve" in different countries, age and occupational/status groups, and the correlation with variables such as levels of subjective well-being, economic status and media consumption. The purpose is to test different explanations offered for this regularity: survey effect (less well-off groups are excluded), motivational effects (bias induced by the self-enhancement effect, such as downward comparison), cognitive/non-motivational effects (construct-level theory, which implies that distant persons are more schematically judged, based on some abstract theories) and media (sociological) effect (based on the idea that negative news in media induce the idea that the distant other is more struck by misfortune and thus unhappier). Results show that hypotheses 2, 3, and 4 are partially confirmed and may reflect different levels of analysis rather than being divergent.

### Partial Deprivation And Partial Wealth –Measures For Multi-Dimensional Quality Of Life Applications

Krause Peter

German Institute for Economic Research (DIW Berlin/SOEP)

While the rise of inequality and polarization between rich and poor has become a constitutional part of social policy debates, the zones of precarious living conditions as well as conditions of social and economic prosperity still lack adequate empirical implementations. The paper challenges the simple use of dummy variables as indicators for poverty and wealth – whereas everyone with (income) values above the poverty threshold is regarded as non-poor and everyone with (income) values below the wealth threshold is regarded as non-rich – even if his/her values is just above/below that line. In reality we may experience at least some degrees of partial deprivation and partial wealth, even if we have values (just) above/below that lines. This kind of partial deprivation and partial wealth is neglected in our standard measures on income poverty and on other dimensions of deprivation and wealth. This paper offers new parameter driven counting approaches to consider partial deprivation and partial wealth as extensions for uni- and multidimensional ordinal and cardinal poverty applications.

The paper has five sections. The first section defines the (technical) identification functions and illustrates the use of two fuzzy parameters (epsilon and tau) to shape the functional decline/rise in deprivation and wealth above/below the reference lines. The

second section integrates partial deprivation measures into the aggregation framework for ordinal and cardinal fgt-measures on poverty. The third section describes the empirical impact on quality of life assessments comparing deprivation rates with and without the considerations of partial deprivation and wealth. The empirical findings are based on the SOEP and EU-SILC. The fourth section extends the empirical analyses to the multidimensional case (AF-approach; CSPI). Section five summarizes regarding social policy implications.

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## T2\_4: WORK LIFE AND QUALITY OF LIFE II

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### Well-being in hazardous occupations

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The paper presents a subjective quality of working life theory estimated through the well-being considering in terms of no feeling but more stable attitude. That approach can overcome the notion of well-being as reaction and explain the absence of a direct correlation between the well-being and resources. The focus of this approach is given to the person's predictors of well-being. The aim's studying of well-being of hazardous occupations under the impact of the threats. Is the well-being a criterion or a predictor of person's safety? What's a relationship between professional safety culture and external and internal factors causing the assessment of potential risks?

Methods: Ryff's Scales of Psychological Well-being, Maslach Burnout Inventory, Schwartz Values Inventory; Safety Culture Inventory (Oboznov, Bessonova, Petrovich, 2014), Degoratis Questionnaire SCL-90-R. Participants: 285 rescuers, 415 train drivers, 115 pilots.

Findings: Surveyed participants have no differences from civilian occupations by level of well-being. Significant differences in the level of well-being of professionals with high and low-level of stress and burnout was revealed. We found mediating role of well-being preventing functional disorders. Similar set of values was found that are unique to hazardous occupations and "responsible" for the prevention of functional disorders. Low level of disorders was corresponded with intra-professional values such as "security", "development", "achievement", "help", "altruism". High level of stress and burnout was associated with values of "stimulation", "social status", "career" and "power".

Discussion: It was found the determining role of well-being providing the functional reliability of hazardous occupations and corresponded with specific set of values.

### Happier people are less likely to be unemployed: Evidence from longitudinal data in the United States and Germany.

O'Connor J. Kelsey

University of Southern California

Psychological measures, such as the Big-Five personality traits, are gaining recognition as important determinants of labor performance. This paper shows that subjective well-being (SWB) can also serve this purpose. In particular, the results show that people reporting higher SWB are less likely to be unemployed. In the German sample, a one standard deviation increase in lagged SWB is associated with a 0.3 percentage point decrease in the probability of being unemployed, based on an instrumental variable (IV) analysis. A second method is also used that relies on residual SWB and fixed effects. Using residual SWB, the results show that higher SWB is associated with lower unemployment in both countries, with meaningful magnitudes, and personality is demonstrated to be one of the mechanisms. Residual SWB is the portion of SWB that is unexplained by socio-economic and demographic variables. It is often interpreted as relating to personality, and indeed, additional analysis in this paper shows that residual SWB is significantly related with the Big-Five personality traits. Within-person increases in extraversion or emotional stability, for example, are associated with increases in residual SWB. The data come from the U.S. General Social Survey Panel (2006-2014) and German Socio-Economic Panel (1984-2013).

### Explanations for the negative impact of the work hour mismatch on life satisfaction

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<sup>1</sup> Ghent University

Research (e.g. Wooden, Warren & Drago, 2009) has shown that a mismatch between how long people actually work and how long they would prefer to work is negatively correlated with life satisfaction. In this work, it is argued that the impact of these mismatches on life satisfaction can be traced back to their underlying causes, e.g. a poor work-life balance, and that research and policy should address these underlying causes instead of these mismatches themselves. We focus on the biggest group of those who experience a mismatch: those who indicate that they would like to work fewer hours. The data used in this study was collected in 2016 in Flanders, the largest of three Belgian regions, as part of the annual LEVO survey. Our sample consists of 771 working people aged between 18 and 65. Based on several job-related questions, a measure for work-life balance was constructed using factor analysis. Using regression analysis, we find that those who experience a mismatch are, as literature suggests, indeed less

satisfied with their lives. However, after including work-life balance into our regressions this significant effect disappears. This finding is consistently replicated in different subgroups. In these subgroups we differentiate between people based on gender, age, having children or not and being high or low educated. Our results thus suggest that decreases in work hours will only be beneficial for life satisfaction when these also improve work-life balance.

#### **Humor events and well-being:**

#### **Work climate moderates the mediated relation between gelotophobia and well-being through positive affect**

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**Objectives:** This article explores the mediating role of positive affect in the relationship between humor events and well-being. It also examines the moderating role of gelotophobia in the relationship between humor events and positive affect, and the moderating role of work climate in the relationship between positive affect and well-being.

**Method:** The moderated mediation model was tested through a quasi-experimental study (N = 93). We used regressions and bootstrapping analyses to test the moderated mediation model.

**Results:** The relationship between the humor events and well-being was mediated by positive affect and was moderated by work climate. Work climate moderated the relationship between the positive affect and well-being, such that this relationship was stronger when a positive work climate was identified. Gelotophobia did not moderate the relationship between humor events and positive affect, however, it significantly and negatively predicted positive affect.

**Conclusion:** This paper adds considerable evidence of the relationship between humor-related events and its impact on individuals' well-being. Positive work climate strengthens the association between positive affect and well-being, after humor events. Moreover, gelotophobia weakens the positive affective response after a humor event.

#### **Happiness at work: Different patterns in different countries**

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<sup>1</sup> Happiness Works

There is a growing literature on the determinants of happiness or wellbeing at work (e.g. Warr, 2007; Robertson & Cooper, 2011; Jeffrey et al., 2014). In 2015, the UK Government set up a What Works Centre for Wellbeing, including an evidence strand on work and learning and their influence on wellbeing.

As well as the more malleable aspects of jobs, such as autonomy, purpose, etc. evidence is emerging on some of the demographic determinants of wellbeing at work. For example Clark et al. (1996) report a U-shaped relationship between age and job satisfaction in the UK; and Garcia-Serrano (2008) report a negative relationship between organisation size and job satisfaction in Spain. In relation to job tenure in the USA, Boswell et al (2005) report a honeymoon effect, with job satisfaction high in the first year and then falling shortly afterwards.

However, few studies have compared the determinants of wellbeing at work in different countries (but see Sousa-Poza & Sousa-Poza, 2000). We present analysis of an international wellbeing at work survey reaching around 25,000 workers in eight developed countries. The findings reveal that some established findings on the determinants of job satisfaction are not consistent across countries. For example, in some countries organisational size is positively associated with happiness at work, and age effects differ from country to country. Possible explanations for differences are explored, and implications for human resources professionals and wellbeing researchers are put forward.

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## **T2\_5: WELL-BEING POLICIES II**

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#### **Do Competitive Cultures Harm Social Wellbeing?**

#### **Linking Values, Beliefs and Inferiority Feelings in 30 European Countries**

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<sup>1</sup> Otto-Von-Guericke-University

**Background:** Philosophers and social scientists alike agree that being esteemed by fellow citizens is a key ingredient of a good life and a healthy society. The Spirit Level theory (Wilkinson & Pickett, 2010) claims that the extent of income inequality within a society raises inferiority feelings and other phenomena of status anxiety for everybody, no matter whether better-off or worse-off. We contribute to this discussion by extending the Spirit Level paradigm into the cultural realm. Our research question is whether "competitive" value climates and belief climates are an additional breeding condition for inferiority feelings. Specifically, we consider self-expression values and three beliefs (self-blame poverty explanation, social blame poverty explanation, and work ethic).

**Methods:** We combine, within a multi-level framework, information on value climates and belief climates retrieved from the European Value Study for 30 European countries and survey data on inferiority feelings for over 37,000 individuals from the most recent European Quality of Life Survey (2011-12).

We performed multiple imputations on missing data using predictive mean matching.

Findings: From the four cultural characteristics considered, two matter: Widespread self-expression values dampens individuals' inferiority feelings, while the prevalence of self-blame poverty explanations increases inferiority feelings. These effects work over and above the effect of income inequality and the national income. Separate analyses for income quartiles further suggest that culture matters least for the poorest quartile.

Discussion: Our results prompt researchers to broaden the Spirit Level paradigm beyond structural explanations. Generally, culture deserves more attention as a contextual condition of social wellbeing and illbeing.

**Wellbeing and relationships in public policy:  
Officer-recipient relationships in Oportunidades-Prospera, Mexico**

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In recent decades wellbeing has acquired greater significance in public policy. Much attention has been placed on measuring wellbeing for national policy deliberation. This article, instead, is interested in understanding how a wellbeing approach may contribute to street-level development: to the design, practice and implementation of policies and programmes. This is particularly scrutinized through the role of officer-recipient relationships on the subjective wellbeing of the recipients of the conditional cash transfer programme in Mexico, Oportunidades-Prospera.

The value of wellbeing is that it draws attention to dimensions of experience that policy has tended to under-estimate or ignore. One of these areas is social relationships which wellbeing scholarship consistently find crucial for shaping action and driving how people evaluate their lives. While the main emphasis of this literature has been on close relationships, this study takes a different tack. It asks how the relationships created during the implementation of social programmes may influence wellbeing – and hence the overall impact of policies themselves.

This research focuses on relationships at the health clinics which clients of Prospera are required to attend as a condition for receiving a cash transfer. It follows a mixed-methods approach, giving equal weight to qualitative and quantitative methods. The findings reveal that relationships with officers have significant impact on recipients' sense of what they can do and be in different domains. The study concludes that paying attention to the wellbeing impacts of officer-recipient relationships deepens understanding of the overall impact of social programmes on their clients, highlighting unintended effects that are usually unaccounted for. In addition, the significance of relationships in implementation indicates a vital dimension of policy processes that requires direct attention if policies and programmes are to maximize their potential for good

**The effect of social transfers and social capital on happiness of elderly**

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BACKGROUND: Population aging will be the key issue in the third millennium and there are growing concerns about sustainability of social transfer programs. How important are social transfers to subjective well-being (SWB) of elderly? We propose to contribute to the literature by investigating the interplay between economic capital (social transfers) and social capital (volunteering).

METHODS: We use the Survey of Health, Aging and Retirement in Europe (SHARE) containing over 30,000 persons aged 50+. We use Wave<sup>4</sup>, with largest number of countries in a cross-sectional analysis--many countries do not overlap over time and there are too few waves for panel analysis. We use OLS estimation--it has been shown that OLS performs well with SWB as outcome variable. Social transfers are measured as pensions, unemployment, disability and insurance benefits. Volunteering is measured as self-reported voluntary or charity work.

FINDINGS: Preliminary results indicate great variability in volunteering across countries: Eastern Europe volunteers much less than Western Europe, and we also find that volunteering increase SWB. We continue working on modelling social transfers and hypothesized interactions with volunteering. We suspect that older people can remain happy despite limited economic capital if they are socially engaged.

DISCUSSION: We expect to better understand importance of social transfers in relation to other predictors of SWB among the elderly. Our results will not only add to our understanding, but will also aim to improve policy-making: SWB, aging, social transfers, and volunteering are all key policy issues but they have never been studied simultaneously.

**Procedure to improve workers' health and well-being at work**

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The aim of this paper is to describe the set-up and validation of a procedure that helps companies to improve their workers' health and well-being at work. The workplace offers an ideal setting and infrastructure to support the promotion of health of a large audience.

This procedure is based on a thorough analysis of needs related to workplace health promotion (WHP) programs with an active participation of employers and employees through people-driven innovation methodologies. Its main tool is a well-being diagnosis' questionnaire that allows companies to identify the priority lines of their WHP programs. Also, the procedure provide tools that characterize workers and their jobs in order to obtain customization criteria, such as an ergonomic risk assessment tool. Finally,

this procedure contains tools that provide key performance indicators (KPI) of the WHP programs, such as KPIs related to the improvement of quality of life of workers (healthy behaviors, physical condition, quality of sleep, stress reduction, health perception, satisfaction and motivation, etc.) and KPIs related to company' competitiveness (absenteeism reduction, productivity improvement, etc.).

The procedure has been validated throughout WHP programs of physical exercise and sleep hygiene habits. These programs were tailored to meet the unique needs and characteristics of a group of office workers and a group of production shift workers (148 workers). After implementing these programs, companies were able to validate with the procedure developed that the health and well-being of their workers improved significantly.

### State Intervention and Well-Being in Developing Countries

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A growing literature examines the connection between the size and scope of government in the advanced industrial democracies and human well-being, with considerable evidence suggesting that government interventions in the market promote higher levels of life satisfaction. In this paper, we extend this inquiry to non-OECD countries. We first develop a theoretical argument for why labor market regulations (rather than social welfare spending or the general size of government) are the appropriate locus of attention outside of the industrial democracies. We then empirically evaluate the impact of labor market regulation on several measures of well-being and find robust evidence that people live more satisfying lives in countries that more stringently regulate their labor market. Moreover, we find that this effect is the strongest among citizens with lower incomes. The implications for public policy and the study of human well-being are discussed.

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## T2\_6: PHILANTHROPY, DONATIONS, AND WELL-BEING

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### “Feel Good Do Good” Or “Do Good Feel Good”?

Meneghini Anna Maria

University of Verona

Empirical evidence supports the hypothesis of a reciprocal influence between well-being (WB) and volunteering. However, these results are not conclusive in terms of whether volunteers feel better as a result of volunteering or whether those who feel good are more likely to engage in volunteering.

This study aims to investigate: 1) whether and to what extent volunteers perceive that their satisfaction with life (SWL), measured by means of the Satisfaction With Life Scale, and WB (according to the Questionnaire for Eudaimonic Well-Being) have changed as a result of their involvement in voluntary service; 2) whether satisfaction with volunteering is associated with high levels of WB and SWL. I also assessed autonomous and controlled motivation (according to the Volunteer Motivation Scale) and the individual's degree of engagement in voluntary service (adapted version of the UWES-9).

The 187 Italian volunteers who participated in the study perceived that their WB and SWL improved after beginning voluntary work. Their levels of eudaimonic WB and SWL were compared to those of the general population (N=1205) and the results showed that the volunteers have significantly higher values, even though no differences emerged relating to length of service. However, the regression analyses carried out showed that the degree of engagement in voluntary activities account for 33% of the variance in eudemonic WB and that the degree of engagement is linked to the type of motivation (i.e. identified motivation). SWL seems to be only peripherally affected by motivation and satisfaction with voluntary work.

### To Donate “Things” or to Donate “Experience“: The Impact of Experiential Giving on Doner’s Happiness

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Extending previous research on the hedonic advantages of consuming life experiences rather than material things, this paper demonstrates that people can reap psychological benefits (e.g. increased happiness) from others' life experiences. We argue that in the donation context, people derive more happiness from their donation if they are told that the collected money will be spent on buying a life experience for the recipients (e.g. an amusement park tour) rather than a material object (e.g. clothing). We rely on the concepts of perceived prosocial impact (PPI) and psychological need satisfaction (PNS) to explain the mechanism. We present a field experiment (N=341) involving a real-money donation scenario with three experimental conditions regarding a donation appeal: (i) no information on how the collected money will be used, (ii) that the donated amount will purchase a life experience for the recipient, and (iii) that the donated amount will be buy a material item for the recipient. In each group, we measure PSN, PPI, and donor happiness after the donation. The results suggest that donors in the experiential condition scored significantly higher on the PSN and PPI measures. Likely as a result of these feelings, these participants reported greater happiness after their donation compared to donors in the material donation and control groups. The results help close the gap in the quality-of-life and experiential-material literature regarding the psychological benefits of donating experiences rather than material goods. The results also offer insights for decision makers in charitable organizations in terms of donor satisfaction and retention.

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**“Doing well by doing good”:  
Probing into the psychological wellbeing of people engaged in sustainability initiatives**

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While volunteering in general has been shown to impact positively on the wellbeing of those engaged, engaging for sustainability is fraught with difficulties. Those who regularly contribute to initiatives such as transition towns, ecovillages, or repair cafes may be confronted with a range of challenging emotions and experiences, such as feelings of guilt about one's own contribution to climate change, restricted political and economic influence, and limited resources. Notwithstanding these challenges, engagement for sustainability can also serve as a source of intrinsic motivation and have a range of positive effects on subjective and psychological wellbeing, and this paper will shed light on both the positive and negative impacts on wellbeing. We present evidence from 46 in-depth interviews with people who are actively involved in a range of eleven sustainability initiatives across Europe. The interviews have been transcribed and coded along four main themes, one of them being wellbeing of engaged citizens.

While offering some challenges, engaging in a sustainability initiative generally has positive impacts on the subjective wellbeing of those engaged, particularly those aspects traditionally described as eudaimonic wellbeing as personal growth, self-acceptance or purpose in life. Learning processes play an important role in this regard: Interviewees reported that positive impacts only appeared after an initial frustrating phase and that ways to tackle the difficult aspects (e.g. fear of new situations) had to be learned. These insights are helpful to better understand how engagement in sustainability initiatives can contribute towards a higher quality of life as well as towards a better society.

**Life's Meanings and Volunteer Participation in Helping Others**

Anderson Ron  
University of Minnesota, United States

One's meaning of life plays a key role in shaping subjective wellbeing and quality of life. Meaningfulness can be measured in at least four major ways: (1) how deeply you hold your life purposes and life meanings (2) whether things most valued in life includes goals larger than your immediate welfare, (3) to what extent your personal values ratings address the wellbeing of others, and (4) if what makes your life meaningful sustains your will to live. The question is whether one or several of these ways of defining meaningfulness tend to predict meaningful lifestyles, especially volunteer work in the service of others. Data were collected from about 100 university students. Both survey and focus group techniques were used in measuring students perceived meaning in life. The study found that the focus group task that forced respondents to advise other students in how to deal with life and death situations gained the most insight into what students believed made life more meaningful. This approach also produced responses with the greatest depth. Personal meanings that help alleviate suffering also have greater potential for maintaining personal wellbeing and quality of life. Some problems in using life and death scenarios in research are discussed.

**Philanthropy: A Study in Quality of Life and Community Well-Being Outcomes**

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Georgia Southern University, United States

Philanthropy (i.e., foundations) involves complex interactions between civil society, government regulatory institutions, and normative democratic ideals and rhetoric. In the past few decades, the field of philanthropic research and funder decision-making in the US has been dominated by a paradigm focusing on foundations as philanthropic or organizations distribution requirements and performance metrics. This approach has facilitated empirical research about strategic and nonstrategic decision-making by foundations. While this is important to descriptively paint the brushstrokes how much and where the charitable donations occur, it does not look at the role of philanthropy in democracy, philanthropy's quality of life contributions or community well-being issues. Foundations, like government, seek to solve complex societal problems and use what they call strategic philanthropy to show how they seek to solve these problems. Philanthropic organizations have both positive and negative effects on democracy and civil society. The negative effects of philanthropy on civil society in a democracy are really centered on transparency (Sievers, 2010). Importantly, trying to reconcile philanthropy and its agenda with democracy, the focus becomes centered on the negative effects of philanthropy on civil society and democracy: (1) the lack of public accountability, and (2) fragmented pluralism that "can inhibit democracy's ability to achieve common ends" (Sievers, 2010, p. 386). This paper instead looks at how institutional philanthropy contributes to quality of life and community well being through funded programs. Data is analyzed by comparing the Foundation Center's list of the Glasspockets Foundations, the Foundation Center's Top 100 Foundations by Assets and Foundation Center's Top 100 foundations by giving.

## SY4: IN THEIR OWN VOICES: LAY PEOPLE'S PERCEPTIONS AND DIMENSIONS OF WELL-BEING FACETS ACROSS WORLD REGIONS

**Aims:** This symposium aims to share findings and stimulate discussions on core well-being facets from data collected in different world regions using the same mixed method approach as part of the Eudaimonic-Hedonic-Happiness Investigation (EHHI). The findings will highlight similarities, differences and unique findings on happiness, meaning, goals and life satisfaction across countries included in six world regions.

**Rationale:** The findings from the EHHI project are informative, timely and of core importance in view of the ISQOLS conference focus on quality of life from a well-being perspective. The EHHI project focusses on various well-being aspects integrating quantitative and qualitative data across five continents.

**Summary:** Culture plays an important role in what people find valuable and what their notions of well-being are. Little is known about similarities and variations in notions of well-being components and their relationships across cultures, as most psychological research had thus far been conducted in Western samples with a top-down theoretical approach. This symposium will share findings on lay people perspectives on happiness, meaning and goals and their relation with satisfaction with life. The EHHI project collected data from 12 countries on five continents: America (Argentina, Brazil, Mexico, US), Europe (Croatia, Hungary, Italy, Norway and Portugal), Asia (Northern India and Southern India), Africa (South Africa) and Oceania (New Zealand) on a sample of 2799 participants, aged 30-60, balanced by gender and education level.

### What brings meaning to life: Sources of meaning and meaning in life in adulthood

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**Background:** This study investigated what makes life meaningful and reasons for attributing meaning to specific sources. In particular, it explored (1) the most frequently reported sources and reasons for meaning across regions, and (2) objective factors (demographic variables) and subjective factors (meaningfulness in domains) that predict sources of meaning.

**Methods:** Participants (N=2591) from 11 countries were asked to list the three most meaningful things in their life, to explain why each of them was meaningful and to assess the level of meaningfulness in ten life domains.

**Findings:** Participants provided 7484 answers reporting sources of meaning and 8872 reasons for meaning. The most prominent sources of meaning were family, work and interpersonal relationships. Personal life was by far the most common reason for attributing meaning, with 'value, meaning' as predominating subcategory. Hierarchical logistic regressions examined the contribution of objective and subjective factors to predicting sources of meaning. Objective factors contributed more to family, interpersonal relationships, community & society issues and leisure, whereas subjective factors contributed more to work and spirituality. Compared to North Americans, participants from Europe, Central & South America and Africa more often ascribed meaning to work. On the other hand, participants from Asia and Oceania were more likely to derive meaning from community & society issues.

**Discussion:** The findings confirm previous research that most people find meaning in family, work and interpersonal relationships. Personal life is the most common reason for attributing meaning with the majority of answers indicating that the source of meaning is an "ungrounded grounder", having value unto itself.

### The Happiness network: Facets of connectedness from family to spirituality

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**Background:** The importance of relationships to well-being is widely acknowledged. However, little is known about the facets of relationships that people identify as most salient to happiness.

**Methods:** Urban participants (N=2799) in 12 countries completed the Eudaimonic and Hedonic Happiness Investigation instrument. Examined variables were the answers to the open-ended question "What is happiness for you?" specifically referring to connectedness, thus falling into the four categories of family, interpersonal relations, spirituality/religion, and community/society. Perceived levels of happiness and meaningfulness in 10 life domains were also considered. Frequency distributions, GLM and regression analyses across regions allowed to investigate (a) participant percentages referring to connectedness related categories; (b) answer sub-category distribution: facets referring to values, sharing, personal contribution, and personal reward within each category; (c) association with perceived levels of happiness and meaningfulness.

**Findings:** Significant differences in qualitative and quantitative findings emerged according to demographic features and world regions. Differences predominantly concerned happiness definitions referring to community and society issues. Across regions, a minority of participants mentioned this category, primarily referring to intrinsic value, personal contribution, and welfare promotion. These participants reported significantly higher levels of happiness and meaningfulness in the major life domains compared to

those who did not mention social issues.

Discussion: Findings suggest that identifying happiness with social issues is associated with higher hedonic and eudaimonic well-being across regions. Promoting citizens' commitment to society welfare and empowerment should represent a major goal of educational and social policies, in order to foster individual and community eudaimonia.

### **Altruism: Lay definitions and relation with well-being dimensions in two countries**

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Background: The scientific explorations of altruism stemmed from evolutionary biology and social psychology. Recently, studies in positive psychology investigated altruism from the eudaimonic perspective. However, altruism is predominantly explored as a prosocial behavior rather than a psychological construct.

Methods: An Altruism Questionnaire (AQ) was developed to investigate lay definitions and operationalizations of altruism, and administered to 432 Italian and South Indian participants, together with the Eudaimonic and Hedonic Happiness Investigation (EHHI), Meaning in Life Questionnaire (MLQ), Positive Affect and Negative Affect Schedule (PANAS) and Satisfaction with Life Scale (SWLS). Participants were divided into three groups based on Perceived Level of Altruism (PLA), a scaled question included in AQ. Qualitative data were coded, categorized and compared across countries through Fisher's exact test and Chi-square. Country and PLA group comparisons of quantitative variables were conducted through t-tests, ANOVA, Tukey's post-hoc test, and regression analyses.

Results: In both countries altruism was prominently perceived as a value, a psychological feature and a dimension of relationships, while behavioral aspects accounted for only 20% of the answers. PLA predicted meaning in life, positive emotions, as well as meaningfulness and happiness in life domains characterized by eudaimonic or relational features, but not by hedonic ones. It was uncorrelated to life satisfaction.

Conclusions: Findings suggest that altruism must be more thoroughly explored from a psychological and value-based perspective, adopting a bottom-up approach and taking into account its relation with eudaimonic components of well-being as well as cultural variations.

### **Do goals walk the talk of meaning in well-being?**

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Background: Little is known whether the content of people's goals are aligned with what is meaningful to them, whether this differ in various contexts, and if this is associated with levels of well-being. The aim of this study was to explore the (non)alignment of most important meanings and goals and the reasons therefore in diverse countries and regions, and how it may be associated with indicators of well-being.

Methods: Qualitative and quantitative data were collected from urban participants (N=2630) in 11 countries (EHHI-study). Qualitative responses were coded and transformed to quantitative data where-after frequencies were calculated and alignment of goals and meanings determined. Significance of differences in well-being scores for patterns of alignment were explored with ANOVA's.

Findings: (Non)alignment of goals and meaning as well as its association with well-being facets, differed across countries and regions. All countries had higher frequencies for meanings than goals in the family domain, except in Southern Asia with more goals than meanings. Interpersonal relationships were meaningful but few goals were indicated in this domain with higher (emotional, social and psychological) well-being in the case of alignment in most countries.

Discussion: Important meanings and motives mostly reflect intrinsic value and constitutive orientations, whereas important goals also reflect a survival and instrumental focus. The scarcity of goals in the interpersonal domain with the associated tendency towards lower well-being in the case of non-alignment between important goals and meanings experienced, suggests further research. Implications for policy and promotion of social well-being and quality of life are discussed.

## SY5: WELL-BEING AND HEALTH OF MEDICAL STUDENTS AND PRACTITIONERS: THE ROLE OF CHARACTER STRENGTHS

**Aims:** The overall objective of the symposium is to present and discuss results from a research project on well-being and health of medical students and practitioners. Drawing on current theoretical developments in Positive Psychology the focus will be on the role of students' and physicians' character strengths. The symposium aims to shed light on the complex relationships between character strengths and different aspects of well-being. Moreover, it aims to explore condition-related antecedents for the application of hospital physicians' character strengths at work. Thus, the symposium wants to establish a joint perspective on health promotion in medical settings by combining work design issues with the role of character strengths as personal resource.

**Rationale:** Character strengths and their role for well-being attracts increasing attention in Positive Psychology. However, previous research established only scarce evidence how character strengths contribute to well-being and health in medical settings. The symposium will present and discuss an innovative perspective by combining existing person-centered approaches from Positive Psychology with condition-related approaches from Work and Organizational Psychology.

**Summary:** The first contribution in the symposium outlines aims, theoretical backgrounds and methods of the research project. The second contribution explores how different character strengths effect different dimensions of well-being in the medical setting. The third contribution turns the perspective on condition-related work characteristics (demands, resources) as antecedents for the application of physicians' character strengths. In a similar way, the fourth contribution addresses the role of a socio-moral organizational climate in the hospital. Finally, the discussant presents a short integration and elicits the general discussion.

### Can physicians apply their strengths at work? A longitudinal analysis of work characteristics in hospitals

Strecker Cornelia<sup>2</sup>, Höge Thomas<sup>2</sup>, Hausler Melanie<sup>1</sup>, Huber Alexandra<sup>1</sup>, Brenner Mirjam<sup>2</sup>, Höfer Stefan<sup>1</sup>

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**Background:** The background of this study was to bring together different approaches from Positive and Work/ Organizational Psychology aiming to detect neglected resources for well-being and health from a longitudinal perspective. We focused on the research gap whether established work characteristics are able to increase employees' opportunities to apply their individual character strengths at work by examining the field of hospital physicians.

**Methods:** We collected cross-sectional (N=240) as well as longitudinal (N=96) data (time lag: 6 months) among hospital physicians via online questionnaires and analyzed them by multiple regression with bootstrapping.

**Findings:** The results of the cross-sectional data analysis showed that (I) work-related resources and cognitive work demands predict the application of character strengths (ACS) at work. Longitudinal analyses (II) in addition supported the mediation effects of ACS (t2) concerning the impact of work-related resources and cognitive demands (t1) on work engagement and mental health (t2) over time.

**Discussion:** We conclude that it is well worth to have a further look on established work characteristics and the application of character strengths as resources for humane workplaces in challenging working conditions (e.g. hospitals). The unusual focus of connecting theories and concepts of both Positive and Work/Organizational Psychology in combination with the presented results, support the role of applying character strengths for employees in a health-promoting workplace.

### The positive effects of character strengths on the subjective and psychological well-being of medical students over time

Hausler Melanie<sup>1</sup>, Strecker Cornelia<sup>2</sup>, Huber Alexandra<sup>1</sup>, Brenner Mirjam<sup>2</sup>, Höge Thomas<sup>2</sup>, Höfer Stefan<sup>1</sup>

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**Background:** Character strengths are positively related to well-being. However, no detailed longitudinal analyses of the relations between different well-being aspects and character strengths exist until now. This study is the first analyzing a broad range of well-being aspects in relation to specific character strengths in a sample of medical students over time.

**Methods:** According to the existing literature we hypothesized that (1) hope, zest, gratitude, curiosity and love were the strengths the most correlated with well-being and (2) character strengths in general are more strongly related to psychological well-being (PWB) than to subjective well-being (SWB). Furthermore (3), we took an exploratory look on the relations between the 24 character strengths and six aspects of PWB (engagement, relationships, meaning, mastery, optimism, autonomy). 117 medical students were investigated twice in their first and third year of studies using the Values In Action Inventory of Strengths and the Comprehensive Inventory of Thriving.

**Findings:** Results showed that (1) hope, zest, gratitude, curiosity and love (amongst others) were relevant the most for SWB and PWB. (2) Correlations between character strengths and PWB were significantly stronger than with SWB. (3) The six aspects of PWB were differently correlated with the 24 character strengths.

**Discussion:** The results showed the importance to distinguish between the different well-being aspects in future research. Specific interventions for definite character strengths can be chosen to foster these aspects purposefully. This may allow for a more focused application of character strengths interventions in the setting of medical education.

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### Well-being and health of medical students and practitioners

Huber Alexandra<sup>1</sup>, Hausler Melanie<sup>1</sup>, Strecker Cornelia<sup>2</sup>, Höge Thomas<sup>2</sup>, Brenner Mirjam<sup>2</sup>, Höfer Stefan<sup>1</sup>

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**Background:** Currently every ninth Austrian is mentally ill, and especially physicians seem to be vulnerable to suffer from job burnout. Therefore, an exploratory focus is to understand what maintains mental and physical health and what can be done to enable a life with distinctive well-being of medical students and practitioners.

**Methods:** Within an ongoing 3-year longitudinal study funded by the Austrian Science Fund, factors for well-being and health of medical students (N=463) and practitioners (N=275) were analyzed so far. Character strengths, their application as well as working conditions were examined using quantitative (self-report questionnaires) and qualitative (observations, semi-structured interviews) methods.

**Findings:** The character strengths hope, zest, gratitude, curiosity and love played the most important role in subjective and psychological well-being. Direct effects of the application of character strengths were found on well-being and mental health, also including indirect effects of work engagement and emotional exhaustion on these correlations. Especially socio-moral climate, social support and decision latitude were positively associated with the mental health of practitioners and fostered the application of character strengths within their working context.

**Discussion:** Built on these findings, specific character strengths interventions can be developed to effectively promote different aspects of well-being and health of medical students and practitioners. Furthermore, results indicate that well-being, mental and physical health can be clearly influenced by encouraging the application of character strengths at work. Therefore, working conditions should be taken into account in fostering well-being and health.

### Does a socio-moral organizational climate predict hospital physicians' application of their character strengths at work?

Höge Thomas<sup>2</sup>, Strecker Cornelia<sup>2</sup>, Brenner Mirjam<sup>2</sup>, Hausler Melanie<sup>1</sup>, Huber Alexandra<sup>1</sup>, Höfer Stefan<sup>1</sup>

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**Background:** Previous research from the field of Positive Psychology indicated that character strengths and their application in every day life are associated with well-being. Drawing on these general results, we examined whether a participative, discursive and appreciative organizational climate ("socio-moral climate") has an impact on hospital physicians' possibilities to apply their character strengths at work and relates to their work engagement and mental health.

**Methods:** Based on cross-sectional data of N = 240 hospital physicians we tested mediation models with perceived socio-moral climate as predictor, application of character strengths (ACS) at work as mediator, and work engagement and mental health as outcomes. Additionally, we collected longitudinal data (time-lag T1-T2: 6 months) from a sub-sample (N = 96) for testing the impact of socio-moral climate on ACS over time.

**Findings:** The cross-sectional results showed indirect effects of socio-moral climate on work engagement and mental health via ACS. The longitudinal results evidenced an impact of socio-moral climate at T1 on ACS six months later (T2), controlled for ACS at T1.

**Discussion:** Previous research on character strengths and well-being widely neglected social, condition-related antecedents in work settings, but mainly focused on person-related interventions. Our results indicate that more attention should be paid to the condition-related creation of a socio-moral organizational climate enabling employees to self-actualize their specific character strengths. However, additional research in other work-settings and with larger samples is necessary to generalize our results.

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**T3\_1: REGIONAL PERSPECTIVES OF QOL I**


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**Culture and Subjective Well-Being: Evidence from European Regions**

Kaasa Anneli  
University of Tartu

It is well-known that happiness varies across countries and regions. Cultural background has been often discussed as one possible determinant of happiness and subjective well-being. It is quite reasonable to assume that how people feel about their lives might be influenced by the cultural environment and prevailing values and attitudes. However, the literature on this topic remains rather theoretical: there are just a few studies that have tested the relationship between culture and subjective well-being empirically. The aim of this study is to investigate the possible relationship of different cultural dimensions with subjective well-being across European regions. The data describing subjective well-being come from the ESS and EVS. Regarding the cultural background, the analysis is based on Hofstede's original approach that captures cultural differences into four cultural dimensions: power distance, uncertainty avoidance, masculinity and individualism. In order to describe cultural dimensions in Europe at the regional level, data created by author and colleagues based on the ESS and EVS are used. Correlation, regression and graphical analysis are applied. The results of the correlation analysis show that power distance, masculinity and uncertainty avoidance are negatively and individualism positively related to subjective well-being. However, including all four into the regression analysis with control variables shows a more complicated picture, for example the relationship with uncertainty avoidance might be either insignificant or even positive. This study contributes to understanding cross-cultural differences in subjective well-being as no such study using up-to-date cultural indicators and performed at the regional level has been conducted before.

**Subjective Well Being and Multidimensional Poverty in Mexico**

Leyva Gerardo  
INEGI, Mexico

The paper analyzes whether the relative probabilities of responding higher in subjective well-being are different or not as people in conditions of more extreme material deprivation are considered. In order to do this, we use an ordered logit econometric model with information from INEGI's Expanded BIARE, which makes it possible to link life satisfaction with multidimensional poverty in the same households (45,000 households in a country-wide sample). The results show that, contrary to what some experts assume or fear, people tend to report greater satisfaction with life as their conditions of multidimensional poverty are less extreme. In this sense, the use of measures of subjective well-being to fuel public policies does not tend to preserve the status quo in the matter of poverty, but converges with efforts to combat it. However, subjective well-being information rescues immaterial elements that also impact the quality of people and should not be ignored.

**Well-being in Japan: From a Questionnaire Survey on February 2015**

Harada Hiroo  
Senshu University

This paper is based on the results of two studies: Exploring Social Capital in East Asia: Community, Social Trust and Safety-net (2009-2013), and its successor Forming a Social Well-being Research Consortium in Asia (2014-2018).

I mainly focus on a Web Survey on Lifestyle and Values for about 11,000 respondents in Japan conducted on February 2015. Several important and interesting findings of the survey are as follows.

First, I adopt the index of relative income as independent and explanatory variable of people's happiness. Second, as predicted, the wealthier the household/personal income of the respondents, the higher their life satisfaction. Third, the life satisfaction's curve of the poorest is U-shaped according to age; that is, the life satisfaction of 30's /40's year old are rather low. To the contrary the life satisfaction of the wealthiest has become higher according to age: the value of 20's year old is the lowest and 60's the highest. Forth, the female's life satisfaction is almost higher at the same household/personal income level over all ages than the male's one. Fifth, it would influence the life satisfaction if they own their houses or rent them. Six, the number of acquaintances in a residing community would influence their life satisfaction.

These outcomes have mostly coincided former analyses, but some have revealed new findings. They may be concluded from the compound elements of the position of the people; their earned incomes, vocational positions, family situations, education levels, and so on.

**Demographic Variables, Subjective Well-Being and Satisfaction with Life: A Case from India**

Bhatnagar Tithi  
G.D.Goenka University

Research suggests that demographic factors affect subjective well-being (SWB) and satisfaction with life (SwL) at varying levels. It is important to study these variables for better understanding of these constructs. The present study aims to understand the

SWB and SwL levels of respondents with respect to demographic variables such as age, gender, income, and location. A self-designed SWB Measure and Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) were administered on 1369 (1272 analyzable data) respondents from different ages (9Yrs.- 92Yrs.), gender (male, female), income groups (INR 0 – INR 36 Crores per annum), and locations (urban, urban slums, and rural). The findings suggest that SWB was higher (comparatively) in case of children (Mean = .24, N=355); males (Mean = .26, N=644); and rural area (Mean = .27, N=386). SwL was found higher for children (Mean = 26.93); females (Mean = 25.03); and urban area (Mean = 25.17). In case of income, for both SWB and SwL, the mean value increased with an increase in the income level but ultimately decreased in case of the very high-income group. The findings suggest that though demographic variables account to very less variations, yet they are highly indicative; and that the mean levels of satisfaction with life are comparatively higher (than SWB). This study highlights the relevance of enduring nature of, and importance of cultural differences, in the study of these constructs. The study also discusses some interesting insights into understanding the role of demographic factors in determining SWB and SwL levels.

### Gender differences in Italian well-being

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Background: Starting from 2010, Italian national institute of statistics (Istat) releases an annual report on well-being called Bes (Equitable and Sustainable Well-being). Bes is composed by 12 domains and for most of them the report presents a composite indicator that makes feasible to assess their temporal evolution. However these pictures are related to the total population. This paper aims to extend this approach to study gender differences in Italian well-being.

Methods: Gender differences along the domains of well-being, are studied by means of gender specific Bes indicators and by elaborating composite indicators to synthesize each domain.

Findings: Preliminary results show a diversified picture of gender differences through the domains of well-being. Women live longer but in poorer health conditions than men. Indicators on health determinants show more attention of women to healthy life styles, with the exception of sedentariness. Women do better in education attainment, however men are still more frequently in employment and in better jobs. The economic well-being of women is still lower, however some signs of improvement are visible in recent years. Men show also higher scores in the sphere of social relationships, and they are more satisfied with their life in general. The gender gap does not seem to be relevant for the perception of the quality of environment.

Discussion: The measurement and analysis of well-being in a society needs to include the gender dimension whenever possible, as patterns and policy relevant issues vary with gender. In the development of a framework for well-being, such as the Bes initiative, further research is needed to identify an extensive framework suitable for gender analysis.

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## T3\_2: MIGRANT QUALITY OF LIFE

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### Impact of Social capital on experienced quality of life: Evidence from sub-Saharan African migrants in Germany

Adedeji Adekunle

Center for Psychosocial Medicine, Hamburg University Hospital

While we took a pluralistic approach to the conceptualisation of social capital, we drew on Nahapiet and Ghoshal (1988) dimensions of social capital (i.e. structural, relational and cognitive dimension) as a framework for categorising indicators of individual social capital and aim to investigate how they relates with or affects experienced quality of life among sub-Saharan African living in Germany.

We adopted the World Health Organization Quality of Life-BREF (WHOQOL-BREF) instrument to collect detailed quantitative data on quality of life while data on social capital were collected using the World Bank Measurement of social capital – the 27 items (5 domains) reflects the group membership (“structural”) and subjective perceptions of trust and norms (“cognitive”) dimensions of social capital, Collective action and corporation, Social cohesion and Inclusion, Empowerment and political action. These instruments in together with SES (Socioeconomic status) and demographic variables were combined to form a structured questionnaire used to collect primary data from over 500 sub-Saharan African living in Germany - selected through snowballing sampling technique. Data collected will be analysis using multinomial logistic regression, linear regression, and path analysis to:

1. Investigate the importance of SES for cognitive and structural social capital among sub-Saharan African (SSA) migrants in Germany.
2. Exploring sub-Saharan African (SSA) migrants experienced quality of life and the significance of social capital dimensions
3. Examine how SES mediates the relationship between social capital and quality of life among Sub-Saharan African migrants in Germany.

The ongoing study will provide evidence from sub-Saharan African migrants in Germany on the impact of Social capital on experienced quality of life and integration outcome

*NB: The study is ongoing as part of my PhD research. I would like to receive objective feedback on methods from quality of life researchers.*

Official Abstract Booklet, October 18, 2017

### **Subjective Well Being of Immigrants in the United Kingdom**

Tay Kai Jia  
City, University of London

Today's society is rapidly transforming while the faces in the United Kingdom are becoming more and more diverse. Drawing upon two nationally representative data from the British Household Panel Survey and the Understanding Society spanning across 23 years, present study reviews the integration of immigrants in the UK in terms of subjective well being (SWB) by following the trajectories of life satisfaction of the same individual over time. The study first compares SWB of migrants to British natives according to their countries of origin, then analyses potential factors that determine immigrants' life satisfaction in the UK accounting for cultural similarity, spousal cultural background, years since migration, English language proficiency, as well as social and psychological variables. Preliminary results provide interesting insight into how post-migration well-being varies across cultural backgrounds, as measured by different country groups based on geographical location. However, the significance of correlation between origin countries and individuals' well being disappear when we took into account other migration determinants and control variables. The length of stay in the host country is not associated with one's overall life satisfaction. One of the main novel results in present study implies that socioeconomic determinants outweigh migration-related variables in influencing SWB of immigrants in general. Based on results of estimations accounting for unobserved individual heterogeneity and time-varying characteristics, we conclude that countries of origin, number of years spent in the UK since migration and English language proficiency had minor importance in facilitating integration process and cultural assimilation, whereas fundamental SWB measures such as education level, marital status and employment status demonstrate primary significance in explaining SWB changes among the immigrants in long-term perspective.

### **Quality of Life of Migrant Domestic Worker**

Liew Micheal, Wang Lih Rong  
National Taiwan University

This paper examines the quality of life of domestic foreign workers (DFW) from a work-life balance approach. The DFW in Taiwan come mostly from Southeast Asian countries. Although the employment policy for migrant workers in Taiwan has been long developed since 1990s, few studies look into the balance between work and personal life of these DFW, the relationship between their work-life balance and quality of life, and the policy and service implications drawn from these data.

The care workers with home-based (live-in) approach of working style could suffer from lack of privacy, freedom and free time to balance their life due to high demands derived from living together with employer(s) and their families for 24-hours a day. This research has explored the reality of QOL (Quality of Life) and WLB (Work and Life Balance) data derived from 200 cases of DFW in Taiwan and demonstrated that there is a strong relationship between the QWL and WLB among DFW. These data were collected through face-to-face interviews and based on the measurement of QOL and WPB developed from WHO and others. Stepwise regression analysis has been employed to analyze some critical variables that significantly affect WPB and QOL.

The community and human capital approach of policy and service model will be carefully introduced on the basis of data analysis. Further recommendation for government policy and human service concern of employment model will be also discussed, including living-out of home based service and manpower –employed model.

### **Inequality-Led Migration as a Limit to Local Economic Productivity**

Möller Peter, Tubadji Annie, Benassi Corrado, Nijkamp Peter, Armbruster Stephanie  
Universität Basel, Switzerland

This paper departs from the premise that urban economic growth seems to show in the recent crisis (since 2007) indeed the existence of limits, manifested in the fastest decline of the previously best performing localities (see McCann 2015). A plausible explanation for this is that there might be a limit to the mass of human capital that a place can accumulate and maintain over time, given the local endogenous (re)distribution of economic gains. Thus, our main hypothesis is that more unequally redistributing places (i.e. places with higher wage inequality) lose more and attract less human capital. This might then explain the faster and deeper decline of some richer places in comparison to poorer places, since richer and poorer places are generally expected to experience different level of inequality. The present research explores an unbalanced panel of over 3000 observations for the period 2000-2011. We employ a structural equation (3SLS) recursive model and we find that among richer localities in Europe, the more unequal places are less happy and more associated with higher net migration. The crisis period generally demotivated migration, but migration during in this period was positively influenced towards the more unequal poorer cities.

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**T3\_3: METHODOLOGICAL ISSUES IN HAPPINESS STUDIES III**


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**Possible insights from evaluated time use diary data**
Weismayer Christian<sup>1</sup>, Ponocny Ivo<sup>1</sup><sup>1</sup> MODUL University Vienna

Time use surveys gather information about peoples' activities over certain time spans. The quantity of time spent with each activity sheds light on sequential differences between single days or subpopulations and allows to reconstruct an aggregated version of the typical day. However, it is not only about the quantity of time spent, but also about the quality of time. Therefore, the study at hand focuses on the feelings while carrying out a certain activity from a longitudinal perspective.

335 respondents filled out a diary half-hourly throughout a whole week. Initial respondents were selected randomly out of 10 different Austrian locations and further respondents were collected by means of snowball sampling. Apart from the typical time use diary information, namely the activity, accompanying person and location, people evaluated their time use by the following question: "I feel..." – measured on a scale from '1 – very good' to '10 – very bad'. But ratings of the same activity, at the same time of the day, by the same person are different. This shows that the quality of time spent with a certain activity is driven by several other aspects apart from just the activity itself. Additionally, participants optionally motivated their numerical evaluation with open statements on the same. Results point into the direction of a multidimensional construct inherent in the evaluation of a single activity. Apart from the activity itself, participants list manifold drivers for their ratings: presence of certain people (friends...), characteristics of the surrounding (weather...), personal mood (depression...), and so on. They originate from different perspectives related to each activity and vary over time for the same. This reveals additional information on the real meaning of sole numerical evaluations in a more fine-grained manner and justifies its usability for longitudinal time use surveys as static questions are not able to uncover such variability in a proper way.

**Sentiment comparison between human coded (self-evaluation, external rater) and data-driven quality-of-life interview ratings**
Weismayer Christian<sup>1</sup>, Ponocny Ivo<sup>1</sup><sup>1</sup> MODUL University Vienna

In 2012/13 semi-structured interviews about the quality-of-life of 466 people were conducted. Interviewees were determined via convenience/snowball sampling with random starting contacts from 10 pre-selected Austrian communities, varying with regards to their characteristics (number of inhabitants, infrastructure...). Apart from open questions on one's quality-of-life influencing aspects, interviewees evaluated their 'satisfaction...' as well as 'happiness with live as a whole' on a 10-point Likert scale ('1-very satisfied/happy' to '10-very dissatisfied/unhappy'). All interviews (~45 minutes on average) were recorded and transcribed by undergraduate psychologists also evaluating the interviewees' quality-of-life according to their personal impression they gathered from the interview. Previous research already detected a more critical evaluation of external raters, notwithstanding a satisfying inter-rater agreement.

Motivated by such divergencies the analysis at hand takes advantage of some recently upcoming text-mining solution, namely sentiment detection. Especially if it comes to very large text corpora manual rating by human beings is extremely burdensome. This circumstance asks for an efficient solution in order to gain first insights. As most attempts in this narrow field of latent semantics tackle reviews, tweets, or blogs, here the usability of automatic wellbeing ratings is evaluated. The interviews are coded along a positive-negative poled continuum making use of lexicon-based methods. Such lexica are generated based on co-occurrences of terms with positive vs. negative evaluations of text pieces. Three different polarity tagged word lists for the German language are applied. The machine-driven solution is put into comparison with the interviewees' self-ratings and the ones assigned by the external raters. Correlation coefficients show that the data-driven solution points into the same direction as human ratings with the highest one for the external rating.

**TRUSTLAB – Cross-country comparable data on trust, other social norms, and their determinants**
Murtin Fabrice<sup>1</sup>, Algan Yann<sup>2</sup>, Fleischer Lara<sup>1</sup>, Siegerink Vincent<sup>1</sup>, Charpentier Axelle<sup>2</sup><sup>1</sup> OECD, <sup>2</sup> Sciences Po

Generalized trust has been shown to be a determinant of growth, social cohesion and wellbeing (Arrow 1972, Putnam 2000). At the same time, citizens' trust in public institutions is a crucial component for policy reform and the legitimacy and sustainability of political systems (OECD 2013). Against the backdrop of rising social tensions and discontent with political elites in many Western democracies, understanding what drives trust has become more relevant than ever.

Available measurement instruments of trust have mostly been survey-based, with limited evidence on their validity (Naef and Schupp, 2009). Laboratory experiments on the other hand allow the direct observation of preferences and decision-making in real-time (Haushofer et al 2013). However, these studies have so far been restricted to small and unrepresentative samples, mainly relying on university students as subjects.

Through a web platform targeting online samples, the TRUSTLAB project collects country-comparable and nationally representative (n=1000 per country) estimates of trust. The platform combines experimental measures (behavioural games and an implicit

association test) with an extensive survey module to assess trust in institutions, generalized trust, cooperative attitudes and risk preferences, plus their individual and system-level determinants. So far, data has been gathered for France and Korea, with the US, Germany and Slovenia to follow in the coming months.

This rich dataset contributes to the field by allowing disentangling the relationships between self-reported and experimental trust measures, as well as their drivers. Among other findings, the preliminary results show that while implicit and explicit measures of trust in government are robustly correlated, self-reported generalized trust predicts experimental trustworthiness, but not experimental trust.

### Assessing economic welfare. Do behavioral and social factors change the picture?

Elsas Susanne<sup>1</sup>, Wunder Christoph<sup>2</sup>

<sup>1</sup> University of Bamberg, <sup>2</sup> University of Halle-Wittenberg

This study empirically investigates economic inequality and poverty taking account of behavioral and social factors that may determine an individual's valuation of income. Since many policies directly or indirectly impact on individual incomes and the income distribution, policy makers need to know how these are linked to individual welfare. We contribute a flexible model of financial

satisfaction that is nonlinear in relevant parameters and nests most usual linear approaches modelling the association between income and satisfaction. Using survey data on income satisfaction, we estimate a utility function that simultaneously takes into account own income, reference income, and preferences about income inequality. Our estimations are based on data from the German Socio-Economic Panel Study, covering the years 2003 to 2014, which provides more than 150,000 observations. We perform a grid search to find the maximum likelihood parameters for the equivalence scale elasticity, the rate of diminishing of marginal utility of income and the diminishing of reference point sensitivity. The grid search approach is a flexible tool that, in our case, allows to control for unobserved individual fixed effects. Our estimates of the equivalence scale elasticity are between 0.4 and 0.5; the elasticity of the marginal utility of income we estimate to be about 1.3., both similar in magnitude to other studies. Our results show that reference dependence and loss aversion affect welfare, particularly in the lower part of the income distribution. Thus, consideration of these social and psychological factors changes our picture of poverty but less so that of inequality.

### Spending Our Way to a Better Life

Yonk M. Ryan, Smith Joshua

<sup>1</sup> Utah State University

Many scholars have attempted to define quality of life to guide policies intended to improve individuals' quality of life. Few of these, however, have systematically measured well-being to effectively evaluate policies. In this chapter from our book on well-being, we establish an empirically valid metric for quality of life and explore the role it plays in determining social and political outcomes. For example, we examine the claims that attempts to improve life quality and through federal expenditures are a core goal of public policy. We find that, instead of flowing to counties with lower quality of life to help raise the quality of life, federal funds tend to favor counties with already high quality of life. Our findings indicate some areas may become caught in a vicious circle where federal funds are demanded by citizens in higher quality of life areas and those in need are simply left out and fail to make the improvements that could raise quality of life in their boundaries.

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## T3\_4: WORK LIFE AND QUALITY OF LIFE III

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### What is the relevance of well-being in very small enterprises?

Mahieu Céline, Godin Isabelle

Université libre de Bruxelles, Belgium

Background: The impact of working conditions on the workers' well-being is widely documented and described. Psychosocial aspects, workload, lack of control and recognition are the main risk factors. More recently the interference between private and work life is highlighted as an additional risk. Most research conducted in this domain happens in large workplaces. This study aims to document if those findings could be applied in very small enterprises (VSE).

Methods: An online questionnaire was proposed to entrepreneurs of VSE by the Brussels Agency for Entreprises (Impulse, 2016, 140 completed forms). The questionnaire included information on: type of structure and activity, socio-economic variables, sources of stress, health, well-being, working and private life characteristics. The Kelloway's questionnaire measured the interference between private and professional life. Mainly descriptive analysis (uni- and bivariate) was performed.

Findings: Entrepreneurs are highly involved in their work. They are characterised by a relative young age, a high level of education, and a high level of work load, with a great difficulty to delegate. Stress, tiredness and sleep disorders are the most common health complaints. The relationship between those complaints and a high score of interference between private and professional life is statistically significant. However, the most important difference in this area is the gender discrepancies in the score. High

interference means extra work (in both domains) for the women, while it makes the males more ill-tempered.  
Discussion: Working conditions in VSE are difficult, it could therefore be hard to combine private and professional lives. Gender inequalities are evident and important to address.

### **The impact of working hours on workers' happiness: Differential effects depending on gender**

Kim Hyeonjung  
Seoul National University

This paper asks whether longer working hours makes workers less happy, especially, focusing on the differential effects depending on gender. Working hours has been discussed to be associated with physical and mental health, work-family conflicts and well-being. However, Rudolf (2014) empirically finds out that long working hours might not have negative impact on Korean workers' life satisfaction as predicted by theory. In contrast to this finding, the recent Korean news reporting that a 35-year-old working mom died at work during weekends suggests another possibility that long working hours have different effects depending on their gender. Korean culture has been deeply rooted in Confucianism, often represented by a male dominant society. From the aspect of the Historical Institutionalism, we can assume that the Confucian tradition is still effective in Korean organizations. For discussing this issue, we first have to test if long working hours influences on employees' happiness differently depending on their gender.

Data for the analysis comes from the wave 18 of the Korean Labor and Income Panel Study (KLIPS), conducted in 2015. KLIPS is a nationally representative longitudinal survey of urban Korea, which started in 1998 with 5,000 households and their members (over 10,000 individuals) aged 15 years or older. Central variables for the analysis are working hours and subjective well-being, measured with overall life satisfaction and happiness. I will use ordered logit model to identify the effect of working hours on employees' subjective well-being.

This study shows that working hours has different impacts on workers' happiness depending on their gender. For a male group, there is no significant effect of working hours on his happiness. By contrast, female workers show lower happiness as their working hours becomes longer. This finding suggests the necessity to examine the effects of Confucian values and bad working conditions for women in the Korean workplace.

### **Returning to work after childbirth: changes in the job satisfaction of new mothers**

Plagnol Anke<sup>1</sup>, Gummy Julia<sup>2</sup>  
<sup>1</sup> City, University of London, <sup>2</sup> University of Bristol

The study explores women's job satisfaction around the time they first become mothers. Childbirth is a crucial transition in a woman's life at which many women decide to permanently or temporarily withdraw from the labour market depending on individual preferences and constraints. However, the impact of job satisfaction on women's employment decisions has been under-researched. We found in a previous analysis that job satisfaction prior to childbirth impacts women's labour market attachment. In this study, we examine how job satisfaction changes for those women who return to paid work after childbirth. While women with prior high job satisfaction may be more likely to return to the labour market after childbirth, they may not anticipate how job satisfaction changes after their return to work due to increased work-family conflict and changes in career prospects. Using two longitudinal European datasets – the British Household Panel Survey and the German Socio Economic Panel – the study considers changes in job satisfaction of those women who return to work after the birth of a first child and also examines the role of their partners' job characteristics and contributions to unpaid work.

Our results indicate that job satisfaction prior to childbirth is higher than after a woman's 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 disappear with the inclusion of additional control variables. Our results could potentially have implications for facilitating women's return to work.

### **Facing the methodological challenge of studying well-being at work in small retail businesses**

Mahieu Céline, Godin Isabelle  
Université libre de Bruxelles

Studies on well-being at work historically refer to large organizations: they are more easily accessible to the researcher than the micro and small enterprises (MSES). Large scale organizations are more precisely identified; their extensive employee rosters boost the statistical power of the analysis; employees are easily reachable and they can participate anonymously. However, MSES play an important role in the economic system (25,7% of the jobs and 96,3% of the employers of the private sector in Brussels (ONSS, 2016)).

Facing the methodological challenge of studying well-being at work in small retail businesses (SRB), we opted for two principles: mixed-method design and neighborhood sampling. Qualitative in-depth interviews were conducted with institutional actors, employers and employees in three Brussels neighborhoods. Two survey questionnaires were subsequently developed, (for employers and for employees) and were systematically distributed and collected door-to-door in six areas.

Only 104 questionnaires could eventually be collected despite numerous face-to-face reminders. This door-to-door strategy offered a very good opportunity for in situ ethnography in completion to the 42 qualitative in-depth interviews.

The methodological obstacles themselves were most illustrative of the difficult relationship of SRB to collective bodies (complete autonomy is an important working principle of shop owners), to time management (their daily work rhythm is punctuated by the immediateness of the customer demand) and to the employees-employers relationships' interdependence.

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### T3\_5: WELL-BEING AND HUMAN DEVELOPMENT

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#### Health Inequity and the Missing of Quality of Life among Thai Homeless

Samakkeekarom Ronnapoom<sup>1</sup>, Phitukthanin Anuk<sup>2</sup>, Amphansri Anusorn<sup>3</sup>

<sup>1</sup> Faculty of Public Health, Thammasat University, <sup>2</sup> Thai Health Promotion Foundation, <sup>3</sup> Thai Health Promotion Foundation

**Background:** Based on the latest survey conducted by Phitukthanin, et al., 2016, it reveals that there are up to 1,307 homeless people living in Bangkok. They are also found in every province, every region, in which urbanization occurs on the basis of injustice, with the unbalance in economy, society, culture and politics. Therefore, this study aims to project the health injustice in homeless people leading to their healthcare practices.

**Methods:** The quantitative method is conducted with 379 homeless people with objectives to make exploration into the problems about their right and health practices during the night the survey was conducted. The qualitative method aims to understand their behavior of seeking healthcares for themselves. Data collection was conducted through multiple tools including in-depth interviews and non-participant observation of 20 homeless persons, during July to November 2016. Field notes were later analyzed using textual analysis.

**Findings:** 69.39% of the homeless people was found in the state of illness in the last<sup>5</sup> days. Out of this number, 30.40% of them has no health insurance although they were born in Thailand. Furthermore, the study also shows that gender, age, religion, income, perception of their health condition and right to health, and residence have an influence on their behavior of seeking healthcares. Majority of these homeless people earn medicines with supports from social works, manage to receive medicines from state hospitals. Some of them, let themselves naturally recover from the sickness.

**Discussion:** Thai government still adheres to civil documents such as ID cards in order to allow people to have access to their health right. Therefore, homeless people become deprived of their right to health, and they would make a decision to obtain healthcares from any healthcare service provider at the lowest social and economical cost.

#### Development of A Community-Based Response Capacity Index for Reducing Vulnerability to Heat

Liao Pei-Shan<sup>1</sup>, Kuo Yi-Chun<sup>1</sup>, Tu Su-Hao<sup>1</sup>

<sup>1</sup> Center for Survey Research, RCHSS, Academia Sinica

**Background:** Various strategies have been adopted in response to high temperature under heat wave. Vulnerability to heat can be assessed by means of exposure, sensitivity, and response capacity in the dimensions of natural environment and social structure. This study attempts to adopt a community-based approach to better understand social vulnerability and to enhance response capacity in community. More importantly, the study aims to construct a community-based Response Capacity Index (RCI) in Taiwan, using objective indicators. A community-based RCI is expected to mediate the impact of risk factors on vulnerability during hot days. **Methods:** Objective indicators of community-based response capacity from 368 boroughs and townships in Taiwan are first explored for the construction of RCI. The mediating effect of RCI in the relationship between risk factors on vulnerability, which are both constructed using objective indicators in a previous study, is examined. Risk factors include attendance rate of heat-related diseases, aging society, urbanization level, and population of long-term care at the community level.

**Findings:** Community-based RCI can be composed of temples, care center, activity center, and folk arts in a community. Furthermore, the impact of risk factor on vulnerability to heat is found to be mediated by RCI. **Discussion:** A community-based approach contributes to resource mobilization in response to the stress caused by climate change so that vulnerability may be reduced. Intervention can be facilitated by promoting social gathering and participation in community activities to reduce the impact of risk factors under heat wave.

#### Impact of sustainable neighbourhoods on life satisfaction – evidence from an integrated development analysis

Nadler Michael<sup>1</sup>, Nadler Claudia<sup>2</sup>

<sup>1</sup> RWTH Aachen University, <sup>2</sup> TU Dortmund

**Background:** Neighbourhoods have become a central topic on policy agendas as local governments are searching for innovative strategies to raise the citizens' quality of life through fostering sustainable communities. This analysis derives knowledge from an innovative survey of 10,000 German households covering all spatial dimensions that influence life satisfaction – real estate, neighbourhood, city and region – before, during and after the global financial crisis.

**Methods:** We develop a holistic theoretical and empirical framework to neighbourhood impacts on life satisfaction to give practical policy implications for public decision-makers. After a systematic literature review of neighbourhood effects on life satisfaction, we derive an interdisciplinary framework addressing the methodological challenges of impact measurement, which is mandatory to assess the changes in citizens' life satisfaction evolving from targeted neighbourhood development strategies. We perform

a methodological comparison of all empirical techniques revealed in the literature in order to elaborate a sound methodological approach to evidence based neighbourhood policy ready to replicate in other (European) countries.

Findings: Our empirical analysis shows that citizens' participation in public decision-making has the by far greatest impact on life satisfaction, thus strongly supporting the neighbourhood governance approach. Moreover, we find that urbanity matters, as residents strongly prefer vibrant communities with dense building structures and a sound demographic mix to segregated neighbourhoods.

Discussions: Our research suggests that a holistic approach is superior to isolated analyses of single neighbourhood variables on life satisfaction. We also state that ordinal regressions are superior to OLS in both explanatory and predictive power.

**Displaced, traumatised and human development deprived:  
How psychological trauma diminishes capabilities and what can be done about it**

Lengfelder Christina

Human Development Report Office, New York, USA

The United Nations High Commissioner for Refugees (UNHCR) states that in 2015 worldwide displacement was at the highest level ever recorded. Thousands of people have fled from war and violence in Syria, Afghanistan, Somalia, and other countries. Many of them are traumatised. This paper uses Amartya Sen and Martha Nussbaum's framework of the capabilities approach to show how psychological conditions restrain choices, thus depriving the displaced from human development, even if fundamental capabilities are facilitated by humanitarian assistance. The paper provides policy recommendations suggesting universal access to psychological treatments for displaced persons. It particularly recommends some techniques that are effective for traumatised persons, while at the same time they are cost-efficient, and applicable to large groups of displaced persons. Although the provision of food and shelter still constitutes a major challenge, the paper seeks to contribute to long-term planning for the sustainable and peaceful integration of displaced persons.

**Prioritizing Human Wellbeing in a world of Intelligent Machines**

Havens John

The IEEE Global Initiative for Ethical Considerations in Artificial Intelligence and Autonomous Syst

Artificial Intelligence (AI) and Autonomous Systems (AS) are designed to replicate human knowledge or labor. Like any technology, AI/AS products and services aren't inherently good or evil, but they're also not inert – algorithms and systems that in many ways know us better than we know ourselves are becoming commonplace in our homes and workplaces faster than society may be able to deal with its consequences.

When AI/AS are produced by companies focused on GDP-driven, exponential growth, issues like job losses or the mental and emotional wellbeing of end users are not prioritized over financial gains. This doesn't mean these organizations are purposefully trying to decrease human wellbeing but are largely unaware of Beyond-GDP metrics like the OECD Better Life Index, or Maryland's Genuine Progress Indicator.

Prioritizing Human Wellbeing in a world of Intelligent Machines will introduce the work of The IEEE Global Initiative for Ethical Considerations in Artificial Intelligence and Autonomous Systems and their recent paper, Ethically Aligned Design: A Vision for Prioritizing Human Wellbeing with Artificial Intelligence and Autonomous Systems. This paper was created by over one hundred experts in AI/AS and ethics from the policy, business, academic, and NGO sectors working to provide pragmatic solutions to the looming economic and societal challenges and opportunities these powerful technologies have introduced.

I believe this talk would fit best within Track<sup>9</sup>, as we need Beyond GDP metrics to drive the creation of AI/AS to redefine human progress in the algorithmic age to prioritize the increase of human wellbeing.

## SY6: CHILDREN'S SUBJECTIVE WELL-BEING. QUANTITATIVE AND QUALITATIVE APPROACHES - PART 1

Subjective well-being (SWB) is defined as the overall evaluation of one's life, having three components: positive affect, negative affect and life satisfaction. While data and analysis on SWB of adults are available in large quantities, up to recently the research community produced only scarce information about children's subjective well-being (SWB). Most of this data ranged between 12 and 16 years of age. In the recent times two projects were dedicated to international comparative research on child well-being: Children's Worlds, the International Survey of Children's Well-Being (ISCWeB), has collected data for children under 12 years of age and its database include around 19 countries up to now. A parallel approach was developed within the project Children Understanding of Well-being (CUWb), a multinational qualitative study on this topic.

This symposium aims at bringing together the world researchers on subjective well-being of children, represented or not in the above mentioned projects. It will offer to the participants the possibility of presenting the last and very new results of these projects. It will also provide a possibility to worldwide researchers in the field of children's quality of life (both qualitative and quantitative) to communicate with the aim of a better understanding of their theoretical positions and results. It is seen as a meeting point between different theoretical and methodological traditions in the research of children's well-being. It is important giving the novelty of approaches and the very interesting (and even puzzling) new data.

### Thinking on Subjective Wellbeing of Children in the Vulnerable Context of Seasonal Migrant Workers in Turkey

Uyan Pinar<sup>1</sup>, Erdogan Emre<sup>1</sup>  
<sup>1</sup> İstanbul Bilgi University, Turkey

The condition of seasonal agricultural workers and their families constitute a major problem of Adana, Turkey. Those living in the tent areas – first and foremost children – encounter problems in accessing basic rights and continue living at risk. İstanbul Bilgi University's Center for Migration Research conducted a field research in 2016 with the support of the Bernard van Leer Foundation and in cooperation with the Çukurova Development Agency. Assessing the needs of the children of (seasonal migrant) agricultural workers in Adana from the perspective of child wellbeing was the main goal. Qualitative and quantitative research were conducted. 643 adults and 333 children (age group 12 - 18) of those who live in the area were surveyed. In the qualitative part of the research, focus groups were conducted with children with three age group (8-11; 12-15; 16-18) and in-depth interviews and focus groups were conducted with mothers. Although it is illegal, in the age group 11-14, 52 percent among the boys and 60 percent among the girls work in the field; in the 15-18 age group, the percentage of those who work in the fields is 91. Findings show that children's wellbeing in the domains of health (10 percent not been vaccinated; 12 percent require regular medical care. Only 23 percent of those pay regular doctor visit) and education (in the age group 6-10; 15 percent do not have access to education; ages betw. 11-14, the percent. of boys who do not go to school rises to 18 and of girls to 32; ages betw. 15-18, 59 percent of boys as well as 73 percent of girls have dropped out of school) are under serious threat. The domain risk and safety (with respect to living conditions and environment; and child labour) determines the objective indicators. How SWB is expressed within this group of children 'whose lives are under risk' is a challenge. Thus, we elaborate on the relativity of subjective wellbeing, which must always be analyzed taking objective indicators into consideration

### Neighborhood and housing as explanatory scales of children's quality of life

Tonon Graciela<sup>1</sup>, Toscano Walter<sup>1</sup>, Mikkelsen Claudia<sup>1</sup>, Rodriguez De La Vega Lía<sup>1</sup>  
<sup>1</sup> Universidad Nacional de Lomas de Zamora, Argentinien

This presentation analyzes the work developed with 1062 children aged 8 and 10 - who live in the province of Buenos Aires, Argentina, in large and small cities - with the aim of measuring two dimensions: housing/home and neighborhood, in conjunction with the variable gender. The project is an initiative of UNI-COM, Faculty of Social Sciences with the support of LOMASCyT Program of Universidad Nacional de Lomas de Zamora, and is part of The Children's Worlds project which proposes the application of the International Survey of Children's Well-Being (ISCWeB), with the intention of collecting information on the well-being of boys and girls.

The analysis comprises housing/home, the place where they sleep, their home situation, their degree of agreement regarding their homes, and the frequency of family activities - in all cases - according to gender; on the other hand, and in relation to the neighborhood, the level of agreement with its characteristics, and their degree of satisfaction with it, will also – in both cases – be carried out according to gender. Regarding the household where the surveyed boys and girls reside, in general lines, they have given highly positive answers both regarding safety itself and as a form of emotional support; they have likewise given highly positive accounts of how they are heard and looked after by their families – though they show less satisfaction with the space they have to study and do their homework in their dwellings, which points to housing issues. As to their neighborhood of residence, 70% of the 8 year-old surveyed boys and girls express that they are highly satisfied. Regarding 10 year-old boys and girls, the percentage drops to approximately 60%.

**Life satisfaction, mental health risks, and self-report of school functioning.  
A moderated mediation analysis in a sample of US students**

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<sup>1</sup> Boston University, Vereinigte Staaten

This study examined the effects of students' life satisfaction on the relationship between mental health risks and the self-reported school functioning. The participants were 1,348 students (53.5% females) enrolled in grades 4 to 12 of a small, suburban, public school district in the northeastern United States. Moderated mediation analyses were performed and overall life satisfaction (BMSLSS; Huebner, Suldo, Valois, Drane, & Zullig, 2004) was tested as a mediator of the relationship between mental health risks (SDQ; Goodman, 2001) and self-reported school functioning. The main results indicate that overall life satisfaction significantly mediates the relationship between mental health risks and the indicators of self-reported school functioning. Also, high school students reported that life satisfaction significantly mediated the relationship between higher emotional problems and lower scores in academic functioning and social interactions at school. Implications, for future research and school practitioners, related to routine school assessment of complete mental health and social emotional health are discussed.

**Quality of life of children in special needs education. E multi-method research in Romania**

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<sup>1</sup> University of Oradea, Romania, <sup>2</sup> Emanuel University of Oradea, Romania, <sup>3</sup> "Partium" Christian University, Oradea, Romania

Background: In the European Union the poverty level of people with disabilities is 70% higher than the average recorded. The lowest employment rate of people with disabilities in Europe are people from Romania. The main factor influencing the access to employment is education, but there are major drawbacks for people with disabilities to the general population: the enrolment incidence is seven times lower, while the early dropout is twice as high. The financing and organisation of special needs education system raises serious doubts that this system really contributes to enrolled children's well-being.

Methods: A mixed method research was conducted in Bihor County among teachers and parents of children with SEN (special educational needs) among SEN children in Winter of 2016 and Spring of 2017. Secondary analysis of documents (legal, international and national strategies, international and national reports), 10 interviews with representatives of various relevant institutions in Bihor county and 8 focus groups with teachers and non-teaching staff have been done in order to clarify the aspects of the special needs education. This was followed by a quantitative survey among parents (N = 168), employee of the education units (N = 56) and 100 children enrolled in the special needs education (comprising 8 faces scale satisfaction questions).

Findings: Interviews and survey with parents and educators confirm the complexity of the problems that the special need educational system confronts with. The results of survey with children generally show that their quality of life is lower than that of the children involved in regular education (as measured by the International Survey of Children's Well-being (ISCIWeb)).

Discussion: Firm measures are recommended in order to center again the system of education of SEN children on children. Authors also advocates for a stronger accent on children's well-being in the educational process

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## F1\_1: SELECTED COUNTRY CASES AND QOL

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**Television, happiness and sustainability in Peru**

Guillén-Royo Monica

University of Oslo

This paper uses the case study of Ruth, a head of household living in a slum of Lima experiencing the negative effects of consumerism, to introduce a quantitative exploration of the relationship between television, happiness and people's sustainability orientation in Peru. The study engages with the Sustainable Development goals adopted in 2015 as part of the UN sustainable development agenda, particularly SDG12 on sustainable production and consumption, and with previous literature on TV viewing, happiness and pro-environmental attitudes suggesting a negative relationship between hours spent watching television and personal and environmental wellbeing. In addition to the qualitative analysis of Ruth's case, the paper presents the results of multiple regression analysis of primary data from a sample of 500 people living in five heterogeneous Peruvian districts. Results of the quantitative analysis indicate that the effect of TV viewing on both sustainability and wellbeing outcomes is influenced by the personal values of participants. Hence, people prioritizing extrinsic goals (associated with placing a greater importance to financial success, popularity, and image) will be negatively influenced by programs and adverts promoting consumerism, having therefore a reduction in their wellbeing. Additionally, heavy television viewing appears to be negatively related to a variable approximating a personal orientation towards sustainability. This negative association is partially mediated by the stress participants' place on extrinsic goals; supporting previous studies indicating that TV reduces pro-environmental attitudes by reinforcing extrinsic goals. The paper concludes with a reflection on the role of television and other communication technologies in promoting wellbeing and sustainability in Peru and developing countries in general.

Official Abstract Booklet, October 18, 2017

### **Satisfaction with Mobility's Impact on Quality of Life in New Zealand**

Ganglmair-Wooliscroft Alexandra  
University of Otago

How does commuting impact on citizen's quality of life? We investigate this question in the New Zealand context of a country with significant congestion and slow moving, largely single occupancy vehicles (mean occupancy = 1.4), a limited public transport system and an often hostile environment for active travel. New Zealand is an automobile centric society where considerable time and money is invested in travel to work, school and shopping.

Using a nationally representative survey (n = 2455) we investigate the relationship between travel satisfaction, two measures of quality of life - Flourishing (Diener et. al. 2010) and Satisfaction with Life (Diener et. al. 1985) - and the dominant mode of travel of the subjects.

As expected there is a strong correlation between the two measures of quality of life. There is also a significant correlation between travel satisfaction and both measures of quality of life. Subjects' main mode of travel leads to significant differences of mean quality of life scores for both measures. Our results provide policy makers and transport planners with opportunities to positively impact on the quality of life of a large group of people.

### **Quality of Life in the Finnish population – a 10 years comparison**

Vaarama Marja  
University of Eastern Finland

The primary objective was to study the variation of Quality of Life (QoL) in adult Finns and evaluate developments between the years 2004 and 2013. The study was based on theories of Welfare and Quality of Life.

Data consisted of two cross-sectional, randomly sampled datasets of Finns aged 18-98 years. Data on 18-79 years old were collected via telephone interviews (N= 3993 in 2004; N=4226 in 2013), and on 80+ with face-to-face –interviews (N=373 in 2004; N=372 in 2013). Complementary data were obtained from national registers. Quality of Life measures were WHOQoL-Bref-scale and EuroHis8. Statistical analyses employed logistic regression analysis.

Majority of Finns in all ages enjoy good quality of life. Importance of the dimensions varied with age. Youngest experienced all as equally important, whilst the oldest emphasized health, cognitive and functional abilities. Poor health lowered QoL already from the age of 45 years onwards. Good education, safe employment, sufficient income and being married or living not alone supported good QoL. Working aged unemployed and pensioners were in high risk for poor QoL, and so were people living on social benefit, staying at home, students, and frail old persons. Loneliness cumulated in the risk groups. The results of the two cross-sectional data showed no significant differences.

The majority of Finns enjoy good quality of life, but people with less opportunities are excluded. The result was same in both measurements. Diminishing social inequalities shall be major goal of the Finnish welfare policy and concrete means are needed to achieve this goal.

### **An overview of life satisfaction in Mexico: realities and paradoxes**

Arellano-Esparza A. Carlos  
University of Leeds

It is known Latin American countries embrace life in a more relaxed way than other countries in the world. Despite facing an adverse environment in different fronts of public life, Mexico is not an exception, as life satisfaction across its vast geography is fairly high. The aim of this paper is to explore the relationships between life satisfaction and its domains at the individual and societal levels in Mexico. We used a two-step analysis of a survey of life satisfaction (2014), its different domains and the correlations amongst them and aspects of quality of life. Firstly we used a correlation analysis to identify important correlations amongst domains. Individual aspects of life satisfaction such as social interactions have higher levels of correlation to life satisfaction than aspects like income availability, or not significant, such as safety perceptions, although the effects are different amongst regions. Secondly, a regression analysis confirmed societal aspects have only a negligible effect on life satisfaction. Overall, life satisfaction seems to largely depend on two individual factors: social interactions and health. However, when performing an assessment according to levels of income and controlling for the seemingly uncorrelated satisfaction with safety conditions, the correlations amongst variables increase or decrease, revealing an interesting relationship between levels of income and safety conditions. It is suggested that weak social interactions and other coping mechanisms may be acting as a buffer in moderating the negative effects of an adverse societal environment, thus explaining high levels of life satisfaction.

### Monitoring Quality of Governance in the Philippines from the Public's Lens, 1986-2016

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<sup>1</sup> Social Weather Stations (SWS)

For more than three decades, Social Weather Stations (SWS, [www.sws.org.ph](http://www.sws.org.ph)), a private, non-stock, non-profit and non-partisan social research institution has been monitoring the quality of governance in the Philippines from the public's lens. This is done through scientific surveys involving at least 1,200 representative adults nationwide. Respondents are identified by multi-stage sampling with probability proportional to population size to select provinces and barangays (villages), and within sample barangays systematically select dwelling units and randomly select a qualified respondent within the sampled household.

Monitoring quality of governance entails measurement of public satisfaction with the incumbent president, the national government, key government institutions and officials, and the national administration's performance in a host of issues such as helping the poor, eradicating graft and corruption, fighting inflation, foreign relations and fighting crime.

Conducted twice a year during 1986-1991 and quarterly since 1992, surveys across the six presidential regimes since 1986 show decent quality of governance as assessed by the public during the terms of Corazon Aquino (1986-1992) and Fidel Ramos (1992-1998), disappointments during the terms of Joseph Estrada (1998-2001) and Gloria Macapagal-Arroyo (2001-2010), and a radical improvement during the term of Benigno Simeon Aquino III (2010-2016). The new administration of Rodrigo Duterte (2016-present) currently has high levels of public satisfaction similar to B. Aquino. Quality of governance viewed from the public's lens will continue to be monitored by SWS in its surveys.

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## F1\_2: HEALTH AND QUALITY OF LIFE I

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### What contributes to long-term quality of life in breast cancer patients undergoing surgery? Results from a multidimensional study.

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<sup>1</sup> Department of Surgery, University of Szeged, <sup>2</sup> Psychology Institute, University of Szeged

**Purpose:** This study aims to examine the key determinants of long-term quality of life in breast cancer patients undergoing surgery with a multidimensional approach: taking into account pre- and postoperative psychological characteristics like anxiety, depression, posttraumatic growth and body image, physical activity, and medical parameters as well.

**Methods:** The study involved 63 breast cancer patients from the Department of Surgery, University of Szeged. Assessments took place<sup>1</sup>, day before surgery,<sup>3</sup> days and 18 months after surgery with the use of Spielberger's State and Trait Anxiety Scale (STAI), Beck's Depression Scale (BDI), Functional Assessment of Cancer Therapy – Breast Cancer Scale (FACT-B), Posttraumatic Growth Inventory (PTGI) and Breast Impact of Treatment Scale (BITS). Data concerning physical activity, medical parameters and sociodemographic characteristics were also collected.

**Results:** Posttraumatic growth and the decrease of psychological distress were found as possible contributing factors to the increase of long-term quality of life. Regular physical activity correlated with reduced psychological distress, enhanced physical and emotional well-being and the acceptance of changed body image 18 months after surgery.

**Conclusions:** The results highlight that timely detection and proper management of psychological distress, the facilitation of regular physical activity, and posttraumatic growth is of great value as these might be important contributing factors to long-term quality of life in breast cancer patients.

### Does Children's Education Matter for Parents' Health and Quality of Life in Old Age?

Ma Mingming

University of Southern California

Due to the imperfect social security network and traditional beliefs, Chinese elderly rely greatly on their children for old age support. The socio-economic conditions of their children are arguably more important for elderly in China than in other developed countries where the level of intergenerational obligation of parental care is low or the social security system is more advanced. Yet there are limited empirical studies aiming at providing evidence on the causal pathway of children's education on parental health and quality of life in old age. This paper tries to fill this gap for developing countries by using data from Chinese Health and Retirement Longitudinal Study (CHARLS) to estimate the impact of educational attainment of adult children of Chinese elderly on various health outcomes and behaviors, including self-reported health measures, functional limitations, depression, cognitions, chronic conditions and subjective well-being. Identification is achieved by using the exposure to compulsory schooling law (CSL) change in China from the 1980s of adult children as instruments for their years of schooling. The IV estimation results show that increasing years of education of adult children lead to substantial and significant increase of cognitive functions of parents including both episodic memory and mental intactness. Parents with more educated children are also more satisfied with their life, more likely to report good or very good health, less likely to be underweight, have higher subjective life expectancy and have better lung function. Channels through which children's education could work to affect parental health and happiness in old age include social support, social influence as well as access to resources are also examined by estimating the effect of children's education on parental health behaviors, transfers, social activities and labor supply.

### Depression and its individual, interpersonal, community and country level determinants in 18 European countries

Nahkur Oliver  
University of Tartu

**Background:** The aim of this study is to identify individual, interpersonal, community and country level determinants of depression in 18 European countries. **Methods:** The study is primarily based on the European Social Survey 2014/2015 and includes 29,136 (14,003 men and 15,133 women) participants (15 years or older). WHO's Mental Health Atlas 2011/2014, OECD Health Statistics, Eurostat and Nahkur et al. (2016) were used for country level data. Data were analyzed by means of multilevel linear regression models. **Findings:** Individual's higher level of depression is associated with poorer economic coping and housing conditions, higher level of physical health problems, having caregiving responsibility and problems accessing healthcare services, lifestyle factors like lower physical activity and smoking; more frequent interpersonal destructiveness in family during childhood, lower level of emotional support, less frequent social meetings, same or lower level of participation in social activities compared to others of same age, being unmarried and living alone; perception of belonging to a discriminatory group and less safe neighborhood; lower effectiveness of his/her country's social system on poverty reduction. Increasing age, lower education, higher BMI and smaller number of psychiatrists per 100 000 are significantly associated with higher level of depression only among women and higher societal level of interpersonal destructiveness only among men. **Discussion:** The level of depression is higher among women than men, even after taking into account all other selected determinants. Women's risk of depression compared to men is more determined by individual characteristics and healthcare services availability and their interpersonal relationships seem to have more protective effect.

### How to measure Quality of Life of adults with Intellectual Disabilities and significant support needs?

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Quality of life (QOL) has been a consistent construct in the intellectual and developmental disability (ID) field with multiple purposes: guiding personalized support plans, enhancing personal outcomes and assessing the effectiveness of intervention programs. QOL is a multidimensional construct and personal outcomes are typically referenced to eight domains (self-determination, emotional well-being, physical well-being, material well-being, personal development, rights, social inclusion, and interpersonal relationships). Although the increase of studies in this area and the existence of numerous QOL instruments, just few are addressed to people with significant support needs (i.e.: with profound and severe IDD) due to their limitations in adaptive behavior, intellectual functioning, communication skills, etc. Besides the lack of suitable scales, most of them are not well validated/related to a clearly articulated conceptual QOL model. In Portugal, there was no such scale addressed to people with IDD with significant supports needs. This article's goal is the preliminary study of the psychometric properties of the Portuguese version of San Martín scale (P-ESM). Content validity indexes considered all items relevant ( $>.84$ ), with moderate agreement among experts, showing a high internal consistency ( $\alpha >.87$ ), and moderate-high correlations between the domains. Exploratory factorial analysis pointed out the multidimensional structure. Results pointed out that that P-ESM may be a valid tool in the assessment of the QOL of people with lower level of functionality, although more research must be conducted in this area. There were significant differences in the QOL according to diagnosis. Practical implications were drawn.

### Toward a shared conceptual framework for interdisciplinary research on QoL of young people with HIV/AIDS

Vindevogel Sofie, De Maeyer Jessica, De Raes Cathy, Reynaert Didier, Engelen Anne-Mie, Kimera Emmanuel, Van Wolvelaer Fien

Despite considerable advances in HIV/AIDS prevention and treatment in Sub-Saharan Africa over the past decade, less research has been done towards addressing the challenging experiences and longer term support needs of young people living with HIV/AIDS (YPLWHA). To tackle this complex phenomenon, an interdisciplinary shared conceptual framework and one coherent approach to QoL between the public health discipline in Uganda and socio-pedagogical disciplines in Belgium, was developed. The literature was screened on methods that could help the team to become a learning community and engage in the process of role release.

Irrespective of the research gap in applicable models on interdisciplinary theory building, the team selected and analysed an 8-phase model developed by Jabareen (2009), based on the principles of Grounded Theory. This resulted in blending the public health, educational, occupational therapy, social work and orthopedagogical perspectives on QoL and how the concept relates to other important concepts in these respective disciplines. Based on this process, the team was able to develop a shared, interdisciplinary framework on QoL as well as to make methodological adjustments/recommendations to the used procedure.

This procedure showed the importance to start from the phenomenon rather than the alleged concepts to assure a full reflection of the phenomenon. The interdisciplinary common conceptual framework we developed was hardly linear but rather an incessant repetitive process in which data and sources were continuously collected and analysed. Researchers can use it as a starting point to develop interventions regarding complex phenomena related to support needs and quality of life.

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## F1\_3: WORK LIFE AND QUALITY OF LIFE IV

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### **How much does others' protection matter? Employment protection and well-being**

Luecke Christine

Otto-Von-Guericke-Universität Magdeburg

Background: Employment protection affects workers' well-being. While it seems obvious that a worker's well-being is directly affected by the level of protection she receives, this paper argues that the level of protection other workers receive constitutes an integral part as well. In addition, this paper analyses how the effects on well-being are moderated by the perceived risk of a job loss and the perceived chances of finding a new job.

Method: A structural model allowing for correlations in the error terms is applied to data from the third wave of the European Quality of Life Survey combined with data from the OECD Employment Protection Database. The sample includes observations from 8559 individuals.

Findings: While protection for permanent contracts is associated with a lower risk of a job loss for permanent workers, it is also associated with lower chances of finding a new job for both groups. Regulation on fixed-term contracts does not influence the probability of a job loss for any group. Regulation decreasing the hiring rate for fixed-term jobs is negatively associated with the probability of finding a new job for both groups.

Discussion: The paper shows that not only the own level of protection but also the level of protection other groups receive influence workers' well-being. While the probability to find a new job is an important channel, there is also an unmoderated direct effect of protection for permanent workers on fixed-term workers' wellbeing. This reflects, inter alia, effects from social comparisons and from feeling unjustly treated.

### **Effort-Reward Imbalance And Engagement: Their Influence On Mexican Workers' Mental And Physical Health**

Arias-Galicia L. Fernando

Background. In the last few years two models have attracted the attention of I/O psychologists and managers: the effort-reward imbalance, and engagement. The first one when present leads to stress and consequently to several physical and psychological diseases. Engagement, on the contrary, produces work satisfaction, productivity and intention to stay in the organization. An increase in costs are associated to the first model. Most research has been undertaken in developed countries, therefore it is important to ascertain whether or not the proposed associations hold in a developing one. Method. 402 Mexican workers coming from several organizations were surveyed. Instruments used were: Effort-Reward Imbalance, World Health Organization's Bref Quality of Life (to measure both physical and mental health), Intrinsic Work Motivation, Pay Satisfaction, and Engagement (vigor, dedication and absorption). Hierarchical regression analysis was used to ascertain the relative weight of each independent variable on both mental and physical health. Findings. Only Vigor ( $\beta = 0.336$ ) and Intrinsic work satisfaction ( $\beta = 0.274$ ) showed significant influence on mental health. Concerning physical health, three variables showed important weights: vigor ( $\beta = 0.274$ ), intrinsic motivation ( $\beta = 0.248$ ), and imbalance ( $\beta = -0.092$ ). As expected, this coefficient showed a negative sign. Discussion. This research contributes to one of the aims of science: generalization. Many pieces of research around the world have found similar associations among variables included here. These results may help organizations to establish policies to increase workers' quality of life, as well as both physical and mental health, and performance as well as reduce costs.

### **Love or Money? - Vocation, Earnings and Job Satisfaction**

Webber Don, presented by Hinks Timothy

Economics, University of the West of England (UWE), Bristol, United Kingdom

Standard economics explains low earnings in vocational occupations by compensating wage differentials in the form of intrinsic value of the job. This theory suggests a trade-off and some researchers have inferred that intrinsic motivation and thus effort and quality are reduced as pay increases e.g. Heyes (2005) (intrinsic motivation is crowded-out because of higher wages being seen as controlling). Others such as Frey (1998), Folbre and Nelson (2000) and Nelson and Folbre (2006) argue that increasing earnings crowd-in intrinsic motivation if perceived to be acknowledgement or reward for the job being done. We undertake preliminary work using the BHPS to test whether earnings effect job satisfaction differently across vocational and non-vocational sectors and occupations. By tracking individuals over time we can test whether any pay changes result in job satisfaction changing.

**Sustaining employees' well-being at work through organizational participation in decision-making, sociomoral-climate and employees' occupational self-efficacy**

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<sup>1</sup> University of Innsbruck

**Background:** This study investigates the direct and indirect effects of organizational (participation in decision-making; sociomoral-climate) and personal (occupational self-efficacy) resources on employees' emotional exhaustion, the basic individual stress dimension of burnout (Maslach et al., 2001). Bandura's (2009) social cognitive theory explains why occupational self-efficacy should act as a mediator between participation in decision-making/sociomoral climate and emotional exhaustion. Empirically, Xanthopoulou et al. (2007) already proved that self-efficacy mediated the relation between organizational resources and emotional exhaustion. However, employees' substantial participation in operative, tactical and strategic organizational decisions as well as a sociomoral-climate, which is characterized by mutual support and appreciation, fairness and open communication among employees, were not considered as organizational resources.

**Method:** We conducted a self-report questionnaire study with employees from different economic sectors and occupations. Employees from Austria, Germany, and Italy (N = 373) were studied at two time points with a time lag of four weeks. To reduce common method bias, organizational participation, sociomoral-climate and occupational self-efficacy were analyzed at T1, emotional exhaustion at T2.

**Findings:** A serial multiple mediation analysis showed that sociomoral-climate and employees' occupational self-efficacy fully mediate the negative relation between employees' participation and emotional exhaustion.

**Discussion:** The results indicate that participation in substantial organizational decision-making processes promotes a respectful, supporting and just climate. Both are important organizational resources that can improve employees' well-being. Furthermore, both resources provide employees those personal mastery experiences and effective co-workers-models that have the most power to develop self-efficacy which in turn reduces emotional exhaustion.

**It takes more than one measure. Capturing the multidimensionality of job quality with job types and multiple job quality outcomes.**

Smits Ine, Szekér Lise, Van Gyes Guy

<sup>1</sup> HIVA-KU Leuven

Employees spend a significant part of their lives at their job. Consequently, work and the time at work will have an important impact on the well-being of large parts of the population and job quality becomes a key issue. However, this concept is not definable with one measure. Following the use of the construction of job types to capture the complex and multidimensional nature of job quality, this study presents a typology of eight job types for employees in the EU-28 member states in the period of 2010-2015. Next, some consistency is identified with and across the typologies of Holman (2012), Vandenbrande et al. (2012), Lamberts et al. (2016) and Eurofound (2016). In the second part, the relation between job types and job quality outcomes – such as job satisfaction, health, job insecurity, e.g. – is examined and trade-offs between the job characteristics impacting job quality are discussed.

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## F1\_4: WELL-BEING AND PROGRESS I

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**Incorporate this: progress only matters if we feel it**

Leite Mota Gabriel

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The main aim of this paper is to discuss the role for feelings in the design of an index of progress and whether can we dispense with them. For that purpose, I contrast three approaches, stressing the role feelings have in each one of them.

The GDP approach argues that an index of material living standards is methodological and pragmatically superior: is objective, monetizable and comparable across nations, and counted as a good proxy for other relevant dimensions of progress of mankind. Here, feelings are normally assumed as non-measurable and so, mostly irrelevant.

The capabilities approach stresses the non-reducibility of different dimension of progress, which implies a multidimensional design where different dimensions have autonomous relevance (see Stiglitz et al. (2009)). In this approach, feelings might be considered relevant but always insufficient as a global index of progress.

The happiness approach highlights positive feelings as a vital component of human progress. This approach might consider other dimensions of progress but does not dispense with subjective well-being as a key figure (Veenhoven's Happy Life Years is an example).

After contrasting the three approaches, and considering the modern empirical evidence on well-being we can conclude: 1. GDP approach is obsolete and inaccurate (see Stiglitz et al. (2010)); 2. Most capabilities do correlate well with happiness; 3. If we want a scientifically rigorous and politically relevant index of human progress we must: a) follow the happiness approach or b) construct an index with different dimensions already proven relevant for subjective well-being, discarding those who never affect it.

To sum up, progress only makes sense if it translates into subjective well-being, let it be in the short or the long run, let it be individually or collectively. Any index of progress must take that into consideration.

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**Well-being and GDP: Measuring quality of life in Luxembourg**Fumarco Luca<sup>1</sup>, Peroni Chiara<sup>1</sup>, Sarracino Francesco<sup>1</sup><sup>1</sup> National Statistical Office of Luxembourg (STATEC)

The PIBien-etre (well-being and GDP) project aims to provide a comprehensive assessment of quality of life in Luxembourg using a dashboard of 63 indicators organised in 11 domains. The project fits into the broader set of initiatives aimed at producing new measures of countries' economic and social development, to overcome traditional income-based measures of welfare such as GDP. The dashboard includes information on several dimensions of quality of life, which range from income measures to indicators of health and social conditions, as well as environmental quality. To interpret the heterogeneous information of the dashboard, we propose an aggregate synthetic index of well-being, the Luxembourg index of Well-being (LIW). We discuss the properties of LIW and we illustrate its evolution over time, contrasting it with unidimensional indicators of economic conditions. First results suggest a decoupling of GDP and LIW trends in recent years. Additionally, we illustrate a predictive strategy to overcome the problem of lack of timely data on well-being.

**Measuring Progress with Shared Prosperity using Subjective Well-Being Data**Ianchovichina Elena<sup>1</sup>, Burger Martijn<sup>2</sup>, Arampatzis Efstratia<sup>2</sup>, Devarajan Shantayanan<sup>1</sup>, Witte Caroline<sup>2</sup>, Veenhoven Ruut<sup>2</sup><sup>1</sup> World Bank, <sup>2</sup> Erasmus University Rotterdam

In 2013, the World Bank adopted the goal of promoting shared prosperity, 'measured by annualized growth in average real per capita consumption or income of the bottom 40 per cent'. The concept of shared prosperity as defined and measured by the World Bank ignores important aspects of welfare, not captured well with the usual monetary measure of welfare. This has also been acknowledged in the most recent Global Monitoring Report (World Bank and International Monetary Fund, 2015).

We argue that subjective well-being data can tell us more about shared prosperity than just income data or expenditures data do. Apart from the fact that prosperity has both monetary and non-monetary components, human preferences play a role in life evaluations. Second, objective indicators capture quantitative changes relatively well but even they may not give a complete picture of economic changes and developments.

Comparing progress with shared prosperity based on subjective well-being measures ('shared well-being') and progress with shared prosperity based on the monetary measures, reported in the Global Monitoring Report (World Bank and International Monetary Fund, 2015), we find qualitatively different results. In only 50% of the reported country cases similar conclusions can be reached with the two measures. Analysis of the factors associated with the discrepancy between the shared prosperity and shared well-being indicators suggests that changes in satisfaction with standards of living and quality of governance have contributed to the discrepancy between monetary and subjective well-being measures.

**The impact of green innovation on subjective well-being**Tubiana Matteo<sup>1,2</sup><sup>1</sup> Università degli Studi di Torino,<sup>2</sup> Bureau of Research on Innovation, Complexity and Knowledge, Collegio Carlo Alberto

The economics literature widely recognizes the guidance of innovation in fostering economic growth. It is standard to assume that growth translates into wealth for those systems experiencing it. Indeed, even if time has passed since the formulation of the Easterlin Paradox, innovation studies did not dedicate much attention to the consequences of innovation on subjective measures of wealth. Our research, therefore, plans to explore the effect of innovation on subjective well-being. Particularly, we focus on a specific kind of innovation, namely Green Innovation, for two reasons: 1) technological improvements in environment related areas generate very sensible consequences for living conditions. 2) Innovation is a multifaceted phenomenon, both in terms of variety of input required and heterogeneity of output produced. Considering only Green Innovations, we hope to better circumscribe the channel through which innovation affects living conditions. As established in the innovation literature, we exploit patent data for measuring innovative activity at the regional level. Instead, subjective wellness measures are drawn from a matching of ESS and EVS. Our analysis is carried out on a panel dataset consisting of five time-steps (two EVS and three ESS waves) and 113 regions from 10 different European countries. The explorative analysis suggests a positive relationship between the stock of Green Patents and various proxies of subjective well-being as Happiness, Satisfaction and Subjective Health, but we are still working in order to infer causality.

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**F1\_5: WELL-BEING IN DEVELOPMENT**


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**Common paths towards happiness and sustainability: Promoting well-being for future generations**

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Background: This article discusses the common paths that arise from happiness and environmental sustainability research. Specifically, we discuss current evidence on the following questions:

- 1) What are the conceptions of happiness that better align with sustainability?
- 2) What are the role that economic agents can play in order to better contribute to achieve happiness and sustainability?

Methods: We build on the happiness literature and on the development and post-development literature.

Findings and Discussion: Concerning the first question, we explore the understanding of happiness embedded in western societies, while comparing it with understandings derived from alternative approaches such as degrowth and eastern philosophies such as Buddhism and *buen vivir*. Those alternatives are not only intellectual conceptions, but they are being experienced by people living in sustainable communities such as transition towns, eco-vilages and indigenous communities. We suggest that these alternatives are both better for sustainability, as well as for the happiness of people who live under those realities.

Question two addresses the transformations for economic agents positively contribute both to happiness and to sustainability. At the individual level, it is necessary to reduce the production/consumption of positional goods and encourage the consumption of relational. At the firm level, we argue that the transformation of production systems from profit maximizing to the ones characterizing social and solidarity enterprises do better guarantee happiness and sustainability. As for the State, we propose several sets of policies that would encourage paths that respect the environment while permitting people to enjoy life at the same time.

**Do Welfare States Improve the Human Lot?**

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In the paper the joint variation of welfare state generosity and subjective well-being is investigated. In particular, the research is interested in the connection of welfare state generosity and the adverse effects of an increasing unemployment rate, respectively of individual unemployment. It is argued that the original purpose of welfare states is to mitigate the individual existential dependency from an anonymous (labor)market and thus the connection of welfare states and dissatisfaction related to unemployment is of special interest. Ordered probit estimations are conducted applying a cross-time-cross-country approach using Eurobarometer data and a panel approach using data from the GSOEP. Welfare states are measured in terms of the Generosity Index time series developed by Lyle Scruggs and based on the classical decommodification score of Esping-Andersen. As well in the European repeated cross-sectional as in the German panel setting robust positive effects of generosity on subjective well-being and additional positive effects for unemployed persons are found. Additionally conducted fixed effects regressions using a Eurobarometer based country panel confirm the results. However, the evidence for a mitigation effect on the fear of unemployment, i.e. satisfaction costs of an increasing unemployment rate occurring irrespective of the individual employment status, is mixed. As personal unemployment has crucial negative effects on subjective well-being and (finite) spells of unemployment are becoming more usual to ever more people in Europe due to more flexible labor market policies, the research suggests governments can substantially increase well-being by more generous welfare state policies.

**Bringing well-being closer to macro-economic policy**

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Background: The yearly cycle of economic policy coordination includes the Macroeconomic Imbalance Procedure (MIP), based on a set of scoreboard indicators and supported by some auxiliary ones. In 2015, the MIP scoreboard has been enlarged by three labour market indicators: activity rate, long-term and youth unemployment rate, aiming to better understanding social consequences of macro-economic imbalances.

Recent legislation is also moving towards formalized inclusion of well-being indicators within the policy process. For example in Italy the new budget law requires to declare the objectives of each law in terms of its impact on well-being.

Methods: The paper will present a multivariate analysis, as for example cluster analysis, applied to the set of MIP indicators comparing the evolution from data before crisis and for the last available year. This first picture will be extended considering the scoreboard with auxiliary social indicators. In this way it will be feasible to assess how the countries classification evolves according to the inclusion of social indicators.

Findings and discussion: The paper will investigate the evolution of country groupings in different years and with different variables' sets; this should give insights in the integration of social indicators in the analysis of macro-economic data and in particular what could change when the full set of social indicators, scoreboard and auxiliary ones, are considered and, in turn, link macro-economic policy to social indicators and well-being.

**Subjective well-being as a metric for ecosystem service valuation**

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Diener et al. (2009:3) observe that “accounts of subjective indicators of well-being will help policy makers make wiser decisions regarding policy alternatives” and the U.S. National Research Council (2013:89) notes that well-being measures seem relevant “for policies that involve weighing costs and benefits when there are non-market ... elements involved – for instance ... selecting between alternative recreational and other uses of environmental resources.”

Ecosystem services reflect the benefits that humans obtain from ecosystems, and there is widespread interest in ecosystem services as a way to understand and sustain these benefits. Such benefits historically have been valued using monetary metrics, but subjective well-being (SWB) provides an alternate metric. Kopmann and Rehdanz (2013) illustrate a cross-sectional approach to estimating ecosystem service benefits in SWB terms. However, there are limitations to that approach, similar to the limitations of revealed preference approaches in economic valuation.

The current study assesses vignette-type SWB approaches in comparison to traditional contingent valuation (CV) and choice experiment (CE) monetary valuation. It builds on previous work by Benjamin et al. (2014), Bryce et al. (2016), Dallimer et al. (2014), and Jobstvogt, Watson, and Kenter (2014) using the context of marine and terrestrial conservation reserve areas along the Oregon coast in the northwestern United States. Attributes include spatial extent of reserves, employment effects, and costs to coastal households. General population surveys will be administered in the spring of 2017, so results were not available at the time of abstract submission. Project results will be of conceptual interest with respect to the utility of SWB measures as a complement to monetary measures in the context of ecosystem service valuation. Results also should have policy relevance for the natural resource management agencies that are funding the project.

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**F1\_6: INEQUALITY AND WELL-BEING**

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**An experimental investigation of the impact of absolute and relative inequalities on individual satisfaction.**

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Background: Whereas recent evidences suggest absolute inequalities (i.e. inequalities between agents' income measured in absolute terms) and relative inequalities (i.e. inequalities captured by the ratio between agents' income) to have different cognitive implications, econometric models consider both measures as interchangeable when referring to individual satisfaction. Do income inequalities measured both on relative and absolute terms lead to the same effect on individual satisfaction?

Methods: We implement an experimental protocol so as to investigate the impact of income inequalities on individual satisfaction. We conduct a monetary incentivised laboratory experiment involving 175 participants in order to investigate how individual satisfaction is affected by income inequalities. We randomly attribute monetary endowments to participants and ask them to report their satisfaction at two different moments: after being informed of their own endowment and after being informed of the endowment of the participant they are matched with. By ruling different treatments, we disentangle the impact of absolute income inequalities from the impact of relative income inequalities on individual satisfaction.

Findings: We observe that individual satisfaction is significantly and negatively correlated to absolute income inequalities. Relative inequalities seem to have no effect on individual satisfaction. We also found that, depending on their relative position (inferiority/superiority), people focus on different elements to assess their satisfaction.

Discussion: Our results suggest that an additive comparison model is more predictive of agents' well-being than a ratio comparison model. In the same line, our results provide different welfare implications depending on agents' relative position.

**How bad is (growing) inequality for societal quality-of-life? Insights from a dynamic approach**

Delhey Jan

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Background: This paper seeks to advance the understanding of the causal link between income inequality and societal quality of life. The Spirit Level theory developed by Richard Wilkinson and Kate Pickett (2010) claims that low-inequality societies are better societies with less social ills, mainly because low inequality means less status-related stress (status anxiety). Most previous studies on these issues are cross-sectional, using data for just one point in time, and typically do not probe into the causal mechanism. Our methodological contribution is (1) to explore whether changes in income inequality lead to changes in social ills; and (2) to ascertain whether status anxiety indeed mediates between inequality and social ills.

Methods: We estimate cross-sectional OLS regressions and panel regressions (both fixed-effect models and random-effect models) on a balanced panel of 30 rich European countries over the period 2000-2015. This panel combines information on the income distribution, on various social ills such as homicides, teenage birth rates, life expectancy and obesity, and on status anxiety (the latter retrieved from the European Quality of Life Surveys).

Findings: Our results suggest a robust association between inequality levels and social ills at various points in time. Yet there is

only weak evidence that changes in inequality levels lead to changes in social ills. Finally, status anxiety mediates the association between inequality and health-related social ills, but less so between inequality and anomie-related social ills.

Discussion: Our results question the idea that making the income distribution more equal automatically results in societies with better health and less social problems.

### **Why Income Inequality is Dissatisfying? The Role of Subjective Social Status**

Schneider Simone

Trinity College Dublin, Ireland

This study proposes subjective social status – a person's perception of his/her social standing in the social hierarchy – is an important psychological mechanism explaining the inequality-satisfaction link. Building on sociological and social-psychological research, it argues (i) the contextual effect of income inequality on subjective wellbeing is mediated by social status perceptions, and (ii) income inequality moderates the relationship between subjective social status and wellbeing. The study uses data of the sixth round of the European Social Survey from 2012, which provides valid information on 39,734 individuals in 22 European countries. Applying multi-level structural equation modeling techniques, it finds empirical support for the mediation argument; income inequality lowers the self-perception of social status and, in turn, the overall well-being of individuals. It also finds empirical evidence – albeit weaker – for the moderation hypothesis; income inequality slightly increases the importance of subjective social status for the production of life satisfaction. The study concludes that a person's life satisfaction is a matter of that person's status perception which depends on personal economic resources and also on the distribution of monetary rewards within the larger societal context.

### **Intergenerational Educational Mobility and Inequality in Well-Being over the Life Course**

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This paper examines whether intergenerational educational mobility increases or decreases individual well-being over the life course. Recent findings on status mobility suggest that status upward mobility is negatively associated with life satisfaction because of processes of dissociation (i.e., identity problems, distress or loss of social ties). These findings stand in contrast to social production function theory that suggests the opposite. Moreover, it remains unclear how life satisfaction of mobile vs. non-mobile individuals develop over the life course and which mechanisms account for well-being differentials. Using 31 waves of GSEOP data we estimate mobility-specific well-being trajectories and investigate which mechanism account for mobility-specific differences employing random- and fixed-effect growth curve models. Models – comparing individuals with higher education background to individuals with no higher education background – that account only for selectivity (confounders, period and cohort effects) show the importance of higher education for life satisfaction: We find a pronounced penalty for downward mobile individuals compared to status reproducers. However, findings suggest a buffering function of university parental background. Further, we find a pronounced advantage for upward mobile individuals compared to non-mobile individuals from non-higher educational background. However, our results suggest a class ceiling effect of educational origin because upward mobile individuals do not reach well-being levels of status reproducers during the life course. In addition, differences in income and health almost fully explain the mobility differential. Our findings are not in line with the dissociative hypothesis. In contrast educational upward mobility increases well-being over the life course.

## SY7: CHILDREN'S SUBJECTIVE WELL-BEING. QUANTITATIVE AND QUALITATIVE APPROACHES - PART 2

Subjective well-being (SWB) is defined as the overall evaluation of one's life, having three components: positive affect, negative affect and life satisfaction. While data and analysis on SWB of adults are available in large quantities, up to recently the research community produced only scarce information about children's subjective well-being (SWB). Most of this data ranged between 12 and 16 years of age. In the recent times two projects were dedicated to international comparative research on child well-being: Children's Worlds, the International Survey of Children's Well-Being (ISCWeB), has collected data for children under 12 years of age and its database include around 19 countries up to now. A parallel approach was developed within the project Children Understanding of Well-being (CUWB), a multinational qualitative study on this topic.

This symposium aims at bringing together the world researchers on subjective well-being of children, represented or not in the above mentioned projects. It will offer to the participants the possibility of presenting the last and very new results of these projects. It will also provide a possibility to worldwide researchers in the field of children's quality of life (both qualitative and quantitative) to communicate with the aim of a better understanding of their theoretical positions and results. It is seen as a meeting point between different theoretical and methodological traditions in the research of children's well-being. It is important giving the novelty of approaches and the very interesting (and even puzzling) new data.

### Autonomy in adult-dominated contexts. Children's perspectives

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Autonomy is a key term in the research concerning child well-being as well as in educational theory. The concept refers to a central pedagogical thought of the Enlightenment: The human being as a mature subject should be capable to shape his presence and future autonomously. In the context of childhood studies the child is perceived as an actor of its own living environment, too. Thereby, there exists a fundamental tension between the heteronomy of education and the formulated right of self-determination of the child. Do the educators really know better what is good for the children? And if yes, would the subjectivity of the child per se be disregarded? Or vice versa: Does the autonomy of the child get more intensely into the focus of attention when this question is denied? Can this tension be thought paradoxically or also dialectically? In these considerations the impossibility has to be included to foresee the subjectively necessary and emotionally reasonable next step of a child. But what do these constitutive relations of uncertainty mean for its autonomy? Our theoretical considerations move towards the relationship of heteronomy and autonomy, submission and emancipation/liberty and are at the same time closely related to questions of 'agency' and vulnerability. Proceeding from a theoretical adjustment of 'autonomy' we ask qualitative-empirically how children show and describe this in adult-dominated contexts. What possibilities of decisions are central for them? How far can they participate in decision-making processes and influence them? How far are they limited in their processes of autonomy? Our comparative analyses are based on ethnographical methods (participating observations, interviews, guided walks, role playings) with children who (involuntarily) visit a nursery, and on qualitative guideline-based interviews with children who participate (voluntarily) in competitive sports in their leisure time. Our analysis method is 'grounded theory'

### Children's Understandings of Well-being – Local and Global Contexts: The multinational qualitative CUWB Study

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The CUWB-Study (Children's Understanding of Well-being – Global and Local Contexts) is a network of research teams from 25 countries worldwide that involves a qualitative investigation into how children conceptualise and experience well-being from a comparative and global perspective. The study aims to interrogate from children's perspectives the meanings of well-being and examine how children experience dimensions of well-being. In so doing the study attempt to explore the importance of local, regional and national social, political and cultural contexts on these meanings and experiences, via a comparative national analysis. Several studies of children's subjective quality of life have aimed to understand children's subjective well-being and how they experience daily activities within their families, neighbourhoods and at school. For example, the quantitative Children's Worlds study, has significantly advanced the international research field of child well-being and promoted child-centred perspectives. The CUWB-study works within the tradition of these studies by examining, using qualitative research methods, how local contexts affect well-being outcomes for children in different countries. The planned paper aims to present the concept of the CUWB-study including the theoretical premises and analytical starting points within the field of research on children's subjective wellbeing. In so doing we discuss some of the methodological and theoretical challenges confronted in the research project, which have implications for the broader research field of children's subjective well-being. We will also provide an overview of the methodology of the study, the current network of researchers who are involved in the project, the state of data collection and analysis, first findings and next steps.

**The assessment of subjective well-being in young children: strengths and challenges**González-Carrasco Mònica<sup>1</sup>, Casas Ferran<sup>1</sup>, Malo Sara<sup>1</sup>, Crous Gemma<sup>1</sup><sup>1</sup> University of Girona, Spain

Although the study of subjective well-being (SWB) has progressively extended to increasingly younger ages, doubts about the capacity of young children to provide reliable answers regarding their own SWB have meant less research has been done on children under 12 years of age. As a consequence, only a few instruments have been designed for the assessment of SWB in young children - the Personal Well-Being Index–School Children version (PWI-SC) being one of them. The authors of this instrument recommend checking respondents' comprehension of the items and capacity to transform their own evaluations into a specific figure on a scale before administering it. Taking this as a starting point, and framed within the Children's Worlds project ([www.isciweb.org](http://www.isciweb.org)), a sample of 1,109 Spanish children, mainly 8-year-olds, were presented with various situations (for instance, not being able to go to the cinema with their parents when they want to), to which they had to provide both a qualitative answer (explaining how they would feel in their own words) and a quantitative answer to different types of scales (emoticons to express levels of satisfaction, a scale of satisfaction from 1 to 5, and one from 0 to 10, both without emoticons). The qualitative answers were classified into different categories in order to compare them with the quantitative answers to the same questions. Results show that the highest percentage of cases corresponds to total consistency between both types of response.

**8-years-old-children's subjective well-being: The first findings from the Children's Worlds Study in Italy**Migliorini Laura<sup>1</sup>, Rania Nadia<sup>1</sup>, Tassara Tatiana<sup>1</sup><sup>1</sup> University of Genoa, Italy

**Background.** Defining the micro system as a pattern of relationships, roles and rules, the ecological approach reveals the importance of the family environment for the cognitive, affective and relational development in childhood. Moreover, literature shows the significance of family relationships for child well-being, and the opportunity to go on in deepening in this research field. Adopting this perspective, the main purpose of the present work is paid to explore the 8-years-old-children's subjective well-being in Italy and, in particular, to their perceptions and evaluations about their own family life environment.

**Methods.** The present work presents the first findings of the 8-years-old-children's subjective well-being survey realized in Italy, a part of the second wave of the International Survey of Children's Well-Being (ISCWeB) – Children's Worlds. To obtain a representative group of respondents a multistage, stratified, random sampling of schools was realized. A total of 50 schools joined the project, and 1145 children aged from 7 to 9 years old participated to the survey, realized from October 2015 to June 2016.

**Findings.** Data analysis will be realized with SPSS-18, and will entail descriptive and correlational statistics.

**Discussion.** The present society is characterized by a variety of forms of family organization in which, however, remains constant the centrality of the relationship, its fundamental need. The present work could be of interest to policy makers concerned about the current state of family and its implications for children.

**Do children's rights to participate and be protected lead to higher subjective wellbeing of 8-years old children? A comparison of ten European countries**Strózik Dorota<sup>1</sup>, Kutsar Dagmar<sup>2</sup>, Baltatescu Sergiu<sup>3</sup>, Strózik Tomasz<sup>1</sup>, Grigoras Brindusa<sup>4</sup>, Soo Kadri<sup>2</sup><sup>1</sup> Poznan University of Economics and Business, Poland, <sup>2</sup> University of Tartu, Estland,<sup>3</sup> University of Oradea, Romania, <sup>4</sup> Babeş-Bolyai University, Cluj-Napoca, Romania

The UN Convention of the Rights of the Child forms a normative basis for understanding and measurement of child well-being. The child rights perspective consider the child to be a social actor and places a strong rights-based emphasis on children as human beings [OECD 2009]. Children's rights include the right to life, survival and development, the right to protection and participation. That is undisputed. Nevertheless, there is still a question of how far these rights are reflected in children's everyday life. For example, how is participation implemented in their communities or schools? And how does this contribute to children's subjective well-being?

The main aim of the current paper is to demonstrate the relations between indicators of rights' realisation (such as feeling safe at home, at school and in the local area, being heard at home and at school or having enough freedom) and subjective well-being (global and domain-specific) measured among 8-years old children. It can be suggested that better realisation of children's rights in children's personal assessments would determine higher levels of their subjective well-being, i.e. satisfaction with different domains of life.

The empirical basis of the paper will come from Wave 2 of the Children's Worlds survey – an international study of children's lives and well-being. This wave has gathered data from over 60,000 in 19 countries across four continents. The paper will focus on 10 European countries which represent a range of contexts. The countries are: Spain, Italy, Malta, Romania, Estonia, Poland, Finland, Norway, Germany and the UK. The survey asked children about their experiences of childhood and their subjective well-being across a wide range of domains of life.

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**F2\_1: CHANGES WITH AGE IN QOL**


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**Young people's satisfaction with quality of life in Argentina.**
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This work is a descriptive cross-sectional study using a questionnaire containing identification data and a Likert scale, the ESCVP (Tonon, 2009-2011, Scale of satisfaction with life in the country). The aim of the study is to describe the level of satisfaction of life in the country of young people living in Greater Buenos Aires, the urbanized circle surrounding the Capital District of Argentina. The study was carried out by using a random sample of population of young people composed of 245 young people between 18 and 28, males and females. The ESCVP Scale (Tonon 2009/2011) is a scale of<sup>6</sup>, points, point "1" corresponds to "totally dissatisfied" and "5" "totally satisfied." The instrument includes different items namely; the street security conditions in daily life, the preservation of the environment; the State health system and the access to it; the State educational system and the access to it; job opportunities; the possibility of home ownership; the national economic situation; the social security; the government policies in relation to the citizens' needs; the transparency of government decisions; the government social welfare programs; the government assistance in emergency situations; the tax system; the political freedom; the care of public places; the respect for cultural diversity and for religious diversity, the preservation of the environment (Tonon, 2012, p.25). Our research shows young people's medium level of satisfaction with the different dimensions of life in the country. The variables that obtained the highest values are: the State educational system and access to it; the government assistance to people in emergency situations, the respect for religious diversity, the political freedom. The variables that obtained the lowest values are: the street security conditions in daily life; the preservation of the environment; the possibility of home ownership, the care of public places.

**Subjective Well-being of Young People in Three Chinese Societies: Hong Kong, Taiwan, and Macao**
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In 2014, large-scale youth-led social movements broke out successively in Taiwan, Macao, and Hong Kong. Young people in these three societies are believed to have become unhappier with their life than before. This study takes social mobility as an integrated indicator for illustration.

We conducted a telephone survey in these three societies in 2016. For each society, about 1,000 young people aged 18 to 35 were randomly selected and successfully interviewed. Using the data, we examined the correlation of the personal experience and perception of social mobility of the young people with their subjective well-being.

It was found that only a small number of young people could reach top positions through occupational mobility. In Hong Kong and Taiwan, more than 70% of the respondents perceived that they had not been moving upward and that there are insufficient opportunities for them to do so. It was also found in the three societies that young people who did not perceive themselves as upwardly mobile, or who believed that there were insufficient opportunities for them to move upward, were more dissatisfied with their life and job, and more likely to believe that their standard of living was not fair compared with their efforts in the job.

The findings suggest that social mobility is a key determinant of subjective well-being for young people in the three Chinese societies. Solving the mobility problem of young people will help to improve their subjective well-being.

**Comparing children's subjective well-being countries: Means or inequalities?**
Rees Gwyther<sup>1</sup>, Strózik Tomasz<sup>2</sup>, Strózik Dorota<sup>2</sup><sup>1</sup> University of York, <sup>2</sup> Poznań University of Economics

Background: International comparisons of children's well-being (e.g. UNICEF Report Cards) have substantial policy relevance and impact. An important debate is whether one should aim to improve the average level of well-being or to reduce inequalities. This paper will compare means and inequalities in children's satisfaction with ten aspects of their lives in 12 high-income countries and identify similarities and differences in the messages depending on whether one's aim is to improve average levels or reduce inequalities.

Methods: The analysis will use data gathered from over 14,000 children aged around 12 years old in 12 high-income countries as part of Wave<sup>2</sup>, of the international Children's Worlds survey. This is a self-completion questionnaire-based survey of representative samples of children in mainstream schools. The measures analysed are ten questions asking children to rate their satisfaction with different aspects of their lives. Inequalities are calculated using three different methods and the advantages and disadvantages of each are evaluated.

Findings: Findings show substantial cross-country variations in inequalities amongst children on the various measures. Overall there is a tendency for higher mean satisfactions to be associated with lower levels of inequalities, but there are exceptions to this tendency within and between countries which reveal important patterns.

Discussion: The results imply different priorities for improving children's well-being depending on whether one wishes to increase average levels or reduce inequalities. The discussion will consider the advantages and disadvantages of both of these approaches and the implications for policy and for future directions in research.

**Well-Being Dynamics in Poland from 2000 to 2015. An Exploratory Multivariate Longitudinal Approach.**

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This article analyses the dynamics of subjective and objective well-being in Poland from 2000 to 2015 both at the national and regional levels with the aim to find their general time trends. Changes in wellbeing are decomposed to extract the contribution of regional variations as well as variations by socioeconomic and some socio-demographic groups to the overall dynamics. Individual data from the Polish social Diagnosis series of surveys are aggregated to get regional time series data. Graphical and analytical exploratory univariate and multivariate longitudinal analysis methods are applied to exhibit mean trends and trend variations as well as the relationship between the trends and some categorical covariates. Graphical visualisation are very helpful for the exploration phase. Generalized Linear Modelling is applied to decompose wellbeing dynamics by socioeconomic and sociodemographic groups. We find out that although wellbeing has steadily increased in Poland for more than two decades, the dynamics has been very different and from one region to the other, and the historical east-west divide has decreased considerably to give room to other forms of dynamics of which the most significant are age, marriage and of course income. The approach proposed in this paper can contribute to building better models or to obtain some lights while building more sophisticated models such as latent growth curve models that well apply to similar situations and data sets.

**Well-being of Disadvantaged Children in Elementary Education in Private Schools as result of School Choice**

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The paper focuses on the State intervention in Elementary education through Right to Education (RTE) Act to the children belonging to the Economically Weaker Sections (EWS) and Disadvantaged Groups (DG) in India. The aim of the study is to understand and theorise well-being in education using the 'capability approach' framework. Since, the cultural capital for EWS at home is significantly different from that in private schools and schooling of a child being further constrained because of entitlements and capabilities of parents and care givers. The paper contributes the understanding of multidimensional educational well-being through the instrumental role school choice under RTE Section 12.1.C, that mandates private schools to reserve 25 % of their seat at the entry level classes for EWS/DG children.

Based in context of Uttar Pradesh, the study uses field data for 120 households for children who participated in RTE admission lottery in the year 2015 and are in grade III along with the secondary data sets- NSSO 64th (2007-08) and 71st (2013-14) rounds on Education. The paper attempts to arrive at multidimensional index of educational well-being by theorizing role of school experiences in shaping cognitive capabilities and resulting well-being for EWS/DG children by using factor analysis. The results contribute to the policy implication of stratified schooling and arguing for understanding well-being by going beyond evaluation of learning outcomes in education.

The study would contribute towards policy implications of RTE for the disadvantaged children in India by understanding constrains to well-being.

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## F2\_2: INEQUALITY AND SOCIAL COMPARISONS

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**Do you enjoy having more than others or more than another?  
Exploring the relationship between relative concerns and the size of the reference group.**

Celse Jeremy

BSB

Background: Despite the huge number of studies examining relative concerns is rich, the relationship between relative concerns and the size of the reference group is still unexplored. In this paper, we elicit individuals' relative concerns and we manipulate the size of the reference group.

Methods: To elicit relative concerns, we use a survey-based experiment. We conduct two studies, one in which we manipulate the size of the reference group (Study One, n = 230) and another one in which we control for the identity of the reference group and modulate the size of the latter (Study Two, n = 247). In both studies, participants are presented with a series of eleven question with three states of the world. Participants must indicate in which state they would be happier. States of the world indicate the allocation of resources attributed to the respondent and to other society members. In both studies, we manipulate the size of the reference group (large vs. small).

Findings: We find that the size of the reference group modulates relative preferences. Interestingly, we show that individuals are more likely exhibit cooperative behaviours namely to prefer Pareto efficient situations and less likely to exhibit relative concerns when the reference group is small.

Discussion: Our paper shows how crucial is the framing and the definition of reference groups in happiness surveys. Our paper also provides direct evidences on how reference groups affect preferences. Reference group manipulations can serve as strategical devices.

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### Measuring the Cost of Children Using Income Satisfaction Data: The Role of Social Comparisons

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Background: Equivalence scales are used to adjust household incomes in order to account for differences in needs across households of different size and structure. Recent studies have made increasing use of income satisfaction data to estimate equivalence scale weights. Most of them derive remarkably low weights for additional household members, especially for children. In this paper, we provide a possible explanation for the implausibly low equivalence weights obtained for children.

Methods: We develop a theoretical model to show why there will be a bias in the estimates cost of children when income satisfaction depends on social comparisons. We apply this model, using regression analyses, to satisfaction data from the German Socio-Economic Panel.

Findings: We argue that reference incomes, which are determined by social comparisons, need to be taken into explicit account, as they affect the subjective evaluation of income and are furthermore correlated with household composition. Decomposing the effect of income on financial satisfaction into a needs and a reference effect, we show that omission of the reference income variable leads to an overestimation of equivalence weights for adults and an underestimation for children. Using data from the German Socio-Economic Panel, we confirm this hypothesis. After including reference income effects, we find that adults and children receive equivalence weights of similar magnitude. Our results are robust to changes in the specification of reference income and financial satisfaction.

### Keeping up with the e-Joneses: Do online social networks raise social comparisons?

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Online social networks, such as Facebook amplify the occasions for social comparisons, which can be a cause of frustration. We test the hypothesis that the use of social networking sites (SNS) increases social comparisons as proxied by people's dissatisfaction with their income. We use two sources of data: the Eurobarometer, which allows for a cross-country test of our hypothesis, and the Italian Multipurpose Household Survey, which allows for a more detailed within country analysis. After controlling for possible reverse causality, our results suggest that SNS users have a higher probability to compare their achievements with those of others. We conclude that, by increasing the opportunities for social comparisons, SNS can be an engine of income dissatisfaction for their users.

### Socioeconomic inequality and death rates – comparing two types of Israeli kibbutz communities

Leviatan Uriel

University of Haifa and Western Galilee College, Akko

Social and economic equality is a central ideological principle and a basis for social conduct of traditional Israeli kibbutz communities. Research during the 1970s to 1990s showed kibbutz population to have life expectancy significantly above that of the rest of the Jewish population in Israel and among the highest in the Industrial world. This relative high life expectancy was due to much lower gender and age specific death rates at the ages 50 and above which resulted from social arrangements in kibbutz communities as based on the principles of strong equality and high levels of social capital among members.

However, starting in the 1990s, many kibbutzim transformed themselves by introducing differential salary arrangements so that remuneration became based on level of job or office rather than unique personal needs. Thus, introducing both social and economic inequalities among their members.

Research that compared the „transformed“ kibbutzim to „traditional“ ones (while controlling for all outside variables such as size, biography, culture, economic situation, , demography of communities, geography of location) showed the population of „traditional“ kibbutzim to have higher levels of social capital and more positive expressions of health and well being – similar to numerous findings elsewhere in the industrial world.

Yet, missing was an “acid test” of differences in death rates between the two populations. Such a test was not possible until now due to the short time since the transformed kibbutzim became such. This can be tested now.

I compared age and gender specific death rates between the ages of 50-80 for two populations: the population of kibbutzim which „transformed“ on or before 2002 (99 kibbutzim and about 46000), and for kibbutzim which where „traditional“ at least until 2013 (61 communities and about 31000). The compared death rates were for the years 1996-2015 (for intervals of five years and for population cohorts of five years) .

Results: using the statistics of „student's t“ and the „sign test“ the results clearly demonstrated higher death rates for the populations of „transformed“ kibbutzim for both genders. Thus corroborating the expectation that age and gender specific death rates are higher for the communities with less equality among their members.

Interestingly, differences between the two female populations were smaller compared to those of the male populations. Meaning that the adoption of socioeconomic inequality affected more the males.

I discuss possible interpretations of the data against the findings in other studies of the inequality /death rates relationship and possible reasons for the effect of gender on this relationship in general and specifically for the kibbutz population.

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**F2\_3: WELL-BEING, CONSUMPTION AND INCOME**


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**Consumption Expenditures and Life Satisfaction: Evidence from Australia**

Wu Fengyu

University of Southern California

Even though the relationship between income and subjective well-being (SWB) has been explored in numerous studies, the relationship between private consumption and SWB has not been studied nearly as much. This paper tries to explore how SWB, in terms of life satisfaction, is affected by the level and structure of consumption expenditure. Two dimensions of consumption types are examined: conspicuous consumption versus basic consumption; and experiential consumption versus material consumption. Using<sup>5</sup>, waves of the Household, Income and Labor Dynamics in Australia (HILDA) survey, this study utilizes a panel-based GMM methodology to estimate a dynamic model of life satisfaction. The results of the analysis demonstrate that, within persons, life satisfaction increases with increasing total consumption expenditures. Moreover, spending on conspicuous goods or services has stronger influence on life satisfaction than spending on basic goods or services. On the other hand, experiential consumption is associated with higher levels of life satisfaction, compared with material consumption. This study contributes to the literature on the relationship between material living conditions and life satisfaction with evidence on household consumption.

**The Effect of Lottery Prizes on Subjective Wellbeing**
Kim Seonghoon<sup>1</sup>, Oswald Andrew<sup>2</sup><sup>1</sup> Singapore Management University, <sup>2</sup> University of Warwick

We use the recently available online monthly panel study for the elderly in Singapore to estimate the causal impact of income on a variety of subjective well-being measures. To remove endogeneity in income, we use lottery prizes as an exogenous source of income. In addition, to account for the systematic difference in lottery participation, we control for lottery spending. This is particularly an important contribution to the literature because existing studies on lottery winning do not account for endogenous lottery participation. Our results indicate that lottery winning can significantly and consistently improve over 10 different dimensions of subjective wellbeing. This is interesting because lottery winnings not only improve economic wellbeing but also improve social wellbeing of the lottery prize winners which indicate the spill-over effect of income. We also find that the effects are larger among the low-income earners and the low educated.

**Home within me: Feelings of an “inner home” as indicator for consumer well-being?**

Von Wallpach Sylvia, Mühlbacher Hans, presented by Kreuzer Maria

Innsbruck School of Management, Austria

In an increasingly globalized, digitalized and perceived unmanageable world, consumers strive for belongingness, identification and security and re-discover the importance of home. Home is central to peoples' individual as well as collective identities and their self-development (McCracken, 1989). Home, however, is a multi-dimensional concept and reaching a universal definition is nearly impossible (Moore, 2000). Therefore, this research project aims to answer the following research questions: 1) What is the meaning of home? 2) How do consumers experience home? And 3) What is the role of products and consumption rituals for experiencing home? To answer these questions, two qualitative studies covering 32 in-depth autobiographical interviews were conducted to elicit emotional, symbolic and cultural meanings and experiences related to home. Interviews took place in the same geographical area in Austria and the sample consisted of 15 locals (study 1) and 17 first generation immigrants (study 2) to identify possible commonalities and differences. This research adds to existing literature by 1) empirically confirming the existence of dimensions of home (e.g., physical, social, temporary) theoretically discussed in literature and by 2) identifying a new dimension of home: Inner home which is only experienced within bodies and minds of consumers. Specific consumption practices (e.g., mindfulness, multi-sensory perception, intuition, reduction of consumption and technology) allow consumers to experience inner peace, balance, and spirituality. Experiencing an inner home strongly connects to individual identity and being oneself, which is one precondition for the functioning of an increasingly cultural diverse society.

**Lottery Play and Subjective Well-being**

Burger Martijn

Erasmus University Rotterdam, The Netherlands

Although some researchers have attributed widespread lottery play to irrational beliefs that people uphold about their chances to win the lottery, another explanation for the popularity of lottery gambling is that lottery players may also experience positive anticipatory emotions before the draw. In this study, we therefore examine the relationship between lottery participation and happiness. Using data from the British Gambling Prevalence Survey 2010 and an experiment conducted in The Netherlands, we find a small positive effect of lottery participation on happiness for individuals that engage in lottery play for recreational purposes.

**The rich also cry? On relationship between income, education and health in Russia**

Skoglund Ekaterina<sup>1</sup>, Vymyatnina Yulia<sup>2</sup>

<sup>1</sup> IOS Regensburg, <sup>2</sup> European University in St.Petersburg

An old Russian saying teaches us that it is “better to be rich and healthy than poor and unhealthy”. However, relationship between health and socio-economic status in Russia are not yet unambiguous. We study the relative scale of existing health inequalities, and further track the extend of the phenomenon in relation to the distribution of income and health in the population. Further, we use a two-step procedure to consider the joint impact of education and income on health. Our results suggest, among all, that unstable economic conditions put a higher toll on the rich’s health. Withing the last decades, inequality of health endowments among richer and poorer has becoming milder; the latter phenomenon is more pronounced when education levels are controlled for.

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**F2\_4: ECOLOGICAL ASPECTS IN QOL RESEARCH**

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**Non-economic quality of life and income convergence in South Africa.**

Greyling Talita

University of Johannesburg

If the ultimate purpose of economic growth is, as it claims to be, focused on enhancing human welfare then the question of whether or not convergence is present between poorer regions and their richer counterparts is one of utmost importance. In saying this, we now know that improvements beyond simple measures of income growth is necessary to address the multidimensionality that is quality of life. The purpose of this study is to investigate both economic and objectively measured true non-economic quality of life (TNEQoL) convergence dynamics across South Africa’s 234 magisterial districts for the period 1996-2014. The study tested for both  $\sigma$ - and  $\beta$  convergence and utilised dynamic panel methods (GMM specifically) for the latter. The primary results indicate unconditional convergence in both economic and TNEQoL but interestingly enough at different rates. TNEQoL seems to be converging at a faster rate which reiterates the fact that poorer regions can achieve more than one would expect given their levels of per capita income. Through investigating conditional convergence in TNEQoL, it was found that the poverty rate, level of human capital, level of income inequality as well as spare capacity were driving growth. These findings reveal substantial policy implications; as local governments will be able to influence policy towards those municipalities which are not able to translate their significant income per capita growth into similar gains as regards to their non-economic quality of life.

**Impact of Personal and Environmental Factors on Quality of Life of People with Intellectual Disability**

Santos Sofia

Universidade de Lisboa, Portugal

Background: Quality of life (QOL) is a key outcome measure in the field of intellectual disability (ID). The main purpose of this research was to examine the factors that can affect or predict the QOL of people with ID. Two groups of factors were analyzed: (a) personal characteristics (gender, diagnosis, and age) and (b) environmental characteristics (living circumstances, daytime activity, and geographical location).

Methods: Data were collected from 1,264 individuals with mild or moderate ID levels and their proxies. QOL was assessed by the Escala Pessoal de Resultados (EPR), the Portuguese version of the Personal Outcomes Scale.

Findings: The results showed that both sets of characteristics influenced the QOL scores of adults with ID. Additionally, findings revealed that (a) the factors that strongly affected the QOL scores were diagnosis, age, living circumstances, and daytime activity; (b) the factors that strongly predicted the QOL scores were diagnosis, living circumstances, and daytime activity; and (c) the factors self-reported and reported by the proxies were similar. The results supported the importance of the independent living or have a job during the adulthood.

Discussion: The results of this investigation have practical implications for professional practices, service systems, and public policies that are directed towards addressing the supports of people with ID. Knowledge of the personal and environmental factors that influence the QOL allows incorporating the needs of people with ID to reorganize personalized supports consistent with the social-ecological model of human functioning.

Official Abstract Booklet, October 18, 2017

**Public Safety and Subjective Well-being: Optimist and Pessimist Scenarios. An International Comparison.**

Robert Peter  
Szechenyi University

The paper investigates the role of public safety in affecting SWB. Going beyond the apparent assumption, i.e. low level of security deteriorates well-being, safety is approached from an objective viewpoint (becoming victim in the last<sup>5</sup> years) and a subjective viewpoint (personal fear of crime). These measures allow developing an 'optimist type' (no fear of crime despite of experience of becoming victim) as well as a 'pessimist type' (fear of crime without any experience of victimization). At descriptive level, the paper presents the variation of these types by nations. Particular attention is paid to post-communist societies but the results are also shown for other groups of countries with various welfare system. The ESS data are applied; those 16 countries are investigated which participated in all rounds 1-7; total N = cca. 200.000).

The next step of the study deals with the impact of public safety on SWB. Satisfaction with life and happiness are the dependent variables and regression models are fitted to the pooled file of ESS with country dummies. The statistical analysis focuses on the role of the safety typology in affecting well-being but the model controls for other individual characteristics: gender, age, urban-rural difference, education, financial situation, neighborhood features.

Findings reveal that fear of crime and pessimism about becoming victim decline well-being markedly. These relationships are particularly strong in some post-communist countries leading to additional deficit in well-being. Thus, results can be discussed as further psychological implications why SWB is so fragile in these societies.

**Only a matter of perception? The impact of local shocks on well-being**

Stein Wiebke, Weisser Reinhard  
Leibniz Universität Hannover, Germany

This paper's premise is the divergence between actual and subjectively perceived levels of economic well-being. Within households' decision-making processes, both can be relevant, yet the latter may lead to inefficient outcomes. In order to investigate the origin of such a perception gap, GIS data on local environmental shocks is linked to a panel of households in Southeast Asia. Households in these rural areas frequently depend on agricultural production, and thus their material well-being is affected by adverse environmental conditions. Therefore, any change in material well-being should also translate into an alteration of the perceived subjective well-being. This paper demonstrates, in a first analytical step, that also the mere presence of a potentially adverse environmental shock can be sufficient to change subjectively perceived levels of well-being, although a household did not incur any actual loss. Moreover, using MODIS satellite and OSM data on floods and local (environmental) conditions it is possible to show that this perception gap is dependent on a household's socio-economic position and the level of geographic connectivity. In a second analytical step, this paper examines how a divergence between perceived and actual levels of material well-being may also translate into a shift of distributional preferences.

**Quality of Life and Social Quality: A mediating multi-level framework**

Pieper Richard<sup>1</sup>, Vaarama Marja<sup>1</sup>  
<sup>1</sup> University of Eastern Finland

The study presents a conceptual framework mediating between quality of life (QoL) and social quality (SoQ) theories. The objective is to facilitate

- comparison between theories and models within and between disciplines
- multi-level approaches including individual and collective
- application to service and technology design
- integration of qualitative and quantitative measurement under one framework.

Main thesis: The mediating, multi-level, theory-based framework supports development of a common framework in QoL and SoQ theory and research.

Conceptually, the framework is based on an iterative application and adaptation of action and system theory. This foundation facilitates accommodation of diverse conceptual models and systematic comparison for overlaps and gaps. Methodologically, it is understood as heuristic tool for design of new and integration of existing measurements.

The 4-dimensional model is empirically validated in research on QoL, care quality, and management quality using a variety of scales (e.g. WHO-QoL-Bref).

The presentation demonstrates the iterative applicability of the model. Upward scalability of the model from the individual level to social contexts (e.g. societal capitals) links the model to SoQ. Downward differentiation of QoL distinguishes<sup>4</sup> dimensions and<sup>4</sup> sub-dimensions. Additionally, a 4-dimensional model of affective QoL throws new light on the distinction of eudemonic and hedonic QoL.

Strength of the model is shown by comparison with three established models: Behavior Change Wheel (Michie et al), Four Qualities of Life Model (Veenhoven), and capability approach (Nussbaum & Sen).

The model is further tested in ongoing research on social determinants of QoL in four disadvantaged groups.

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**F2\_5: WELL-BEING AND PROGRESS II**


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**Trade, Inequality, and Subjective Well-Being: Getting at the Roots of the Backlash Against Globalization**

Dluhosch Barbara

Helmut-Schmidt-University - University FAF Hamburg

Many countries in the Western hemisphere are currently experiencing a backlash against globalization. Most of the research examining the issue has concentrated on international specialization and within-country income inequality as main drivers of the backlash. Doing so, the discussion has primarily revolved around the question whether and to what extent the income distribution has widened and whether trade is responsible indeed. However, political trends may be more grounded in perceptions rather than facts, thus giving rise to inappropriate populist policies. The difference matters all the more as the former may be accentuated by (social) media. Drawing on subjective well-being (SWB) data from the World Values Survey (WVS), this paper shows in an international cross-section analysis that inequality per se is perceived very differently from inequality in the presence of trade (or trade freedom for that matter). Results have wider politico-economic implications, in particular as protectionism is costly without necessarily narrowing the income distribution.

**The original “Occupy“ – A hidden story about quality of life**

De Graaf E. John

Happiness Alliance, Seattle, United States

The song Bread and Roses by James Oppenheim has long been a staple for advocates of quality of life. Written as a poem in 1911, it conveys the idea that even for the poorest textile mill workers, life is more than money--“Hearts starve as well as bodies, give us bread but give us roses...yes, it is bread we fight for but we fight for roses too.” The events behind the poem had long been in doubt. I dove deep into the existing information and discovered the real story-- <http://www.truth-out.org/news/item/19717-the-original-occupy-james-oppenheims-novel-the-nine-tenths-was-written-100-years-before-zucotti-park>. In October, 2011, the first “Occupy” demonstrations began in New York City. They argued that 99% of Americans were losing economically to the richest<sup>1</sup>, percent. But exactly a hundred years earlier, following a massive and successful strike by NY textile workers, a novel, *The Nine-Tenths*, also by Oppenheim, about the very same area of NY as the Occupy demonstrations, was published. The “Nine-Tenths” refers to the same group as the “99%.” The novel recounts the actual story the poem immortalized. It is a quintessential novel about quality of life. Oppenheim vividly describes the lives of immigrant female textile workers and makes clear that what they want is much more than money—art, beauty, respect, time, love, solidarity; in short, quality of life. He raises important questions and lessons about how to win these goals that are still applicable today. I want to tell the story of this remarkable moment in the history of wellbeing and its relevance for us.

**The rise of social classes ? Quality of life in the Netherlands**

Boelhouwer Jeroen

The Netherlands Institute for social research | SCP

Background: There is growing attention for economic inequalities. Since Piketty, discussions about inequality seems largely dominated by economic and financial aspects. However, it might be worthwhile to take a broader perspective and also look at other forms of capital: social, cultural and personal (health): what inequalities appear using a broader perspective? It is also worthwhile to look at opinions and satisfactions too: do we see the same inequalities here? What division do we see in the Netherlands?

Methods: In this study we use different methods. Next to already available data, we conducted a specific survey held among 3000 citizens (sample drawn from population register). The survey was broad and incorporated all four forms capital, as well as opinions and satisfactions. We also used a vignette study to focus on the role of attractiveness for the chances in life.

Findings: Based on the four forms of capital we were able to divide the Dutch population in<sup>6</sup>, population groups, using latent class analysis. These<sup>6</sup>, groups differ in their capitalstock, but also in their values, opinions and satisfactions. The groups have different views on for example the European Union, migration and politics at large and they also differ greatly with respect to their happiness with life.

Discussion: In the study we describe four of the groups as segments, but we labeled two groups as social classes. Especially the social class with the least capital is worrisome as they have little or no resources to improve their situation. What does the growing

**We are happier when we hold together: Social cohesion and subjective well-being in German regions**
Dragolov Georgi<sup>1</sup>, Arant Regina<sup>1</sup>, Boehnke Klaus<sup>1</sup><sup>1</sup> Jacobs University Bremen

Background: Over the recent years social cohesion has emerged as a hot topic in sociological literature. We understand cohesion as the quality of social interactions in a social entity – be it a neighborhood, settlement, region or state – that manifests itself in reliable networks, positive emotional connections to the entity and its institutions as well as a strong orientation towards the common good. Thus, social cohesion serves as an innovative measure of societal progress beyond mere economic indicators.

Our overarching hypothesis draws on the sequence model of life evaluation in expecting that living in more cohesive environments boosts average and individual well-being.

Methods: The study draws on most recent data from a representative CATI survey conducted among 5,000 respondents in 60 regions of Germany. The survey includes an established instrument for measuring social cohesion as well as tried-and-tested subjective well-being items. The operationalization of social cohesion follows the approach of the Social Cohesion Radar. Using multi-level regression we investigate the effect of social cohesion as a collective property of the regions on the subjective well-being of individuals, controlling for regional affluence and individual characteristics.

Findings: The results clearly show that social cohesion boosts average and individual levels of happiness and life satisfaction. In addition, this positive effect holds for various societal groups.

Discussion: The study suggests that the capacity of social entities to create cohesion - togetherness and solidarity – is more important than mere economic affluence in making people happier and more satisfied with their lives.

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## F2\_6: WELL-BEING OF THE ELDERLY

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### Being Poor, Feeling Poorer and Vice Versa: Well-Being of Older Europeans

Isengard Bettina<sup>1</sup>, König Ronny<sup>1</sup>

<sup>1</sup> University of Zurich

Poverty, inequality and subjective well-being are often linked and represent individuals' opportunities for social participation. However, the relationship between the objective social position and the subjectively perceived position and therefore well-being can be inconsistent. Individuals with consistent positions are characterized by a situation of well-being if good objective living conditions and a good subjective evaluation correspond with each other or by deprivation if bad conditions are evaluated negatively. In contrast individuals with inconsistent welfare positions can be either subjectively satisfied with objectively unsatisfied living conditions (adaptation) or can be subjectively unsatisfied with objective good living conditions (dissonance).

Against this background, the paper focuses on the relationship between objective income positions and their subjective evaluation in 14 European countries. Drawing on data from the fifth wave of the Survey of Health, Aging and Retirement in Europe (SHARE) in 2015, our study analyzed the possible causes of inconsistent welfare positions among the older European population (50+).

Overall, the empirical results show that most elderly Europeans (49%) live in an objectively favorable income situation and are aware of this as well. In contrast, approximately 19% are characterized by deprivation in which a bad objective position goes hand in hand with a bad subjective evaluation. Moreover, almost one-third of the elderly surveyed display inconsistent objective and subjective welfare positions. Here, 19% show dissonant and further 13% adapted positions. Further (multivariate) analyses highlight the causes of the two forms of non-congruence, namely, adaptation and dissonance identified socio-demographic and socio-economic determinants as well as social-psychological influences.

### The Wellbeing of Elderly Singaporeans and Insights for Ageing Well

Tambyah Siok<sup>1</sup>, Tan Soo Juann<sup>2</sup>

<sup>1</sup> National University of Singapore, <sup>2</sup> National University of Singapore

Singapore, like many Asian countries, has been facing declining birth rates and an ageing population. By 2030, it is projected that one in four Singapore residents will be 65 years of age and older. One key concern for social agencies and policy-makers is helping elderly Singaporeans to age well and ensuring that they maintain a good sense of wellbeing in various aspects of their lives.

This paper is part of an ongoing stream of survey-based research on the wellbeing of Singaporeans which utilizes nationally representative samples of at least 1500 residents. Specifically, key findings and insights from 456 elderly Singaporeans (50 years old and above) surveyed in 2011 will be shared. Where possible, comparisons will be made with previous nation-wide surveys in 1991, 1996, and 2001, and other related studies in the Singapore context.

Elderly Singaporeans (except those over 70 years old) reported higher levels of satisfaction for marriage/romantic relationships and friendships compared to younger Singaporeans. However, they were less satisfied with household incomes and standard of living. Compared to other age groups, elderly Singaporeans were happier, enjoyed life more and perceived themselves as having achieved a lot. While there were mixed results for psychological flourishing, elderly Singaporeans also seemed to be doing relatively well in economic wellbeing.

While the findings were generally encouraging, efforts should be made to continue to enhance the sense of wellbeing for elderly Singaporeans. These findings also provide suggestions for areas of need where interventions from social agencies and the government may be helpful.

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**Health related quality of life of family carers of old people in Slovenia**

Hlebec Valentina

University of Ljubljana, Slovenia

**Background:** As in many other European countries, informal care of older people is the most prevalent form of care in Slovenia (Health at a Glance 2013:181). Research shows that intensive care is associated with a higher level of health issues for family carers, varying from low general health, to a high level of depressive symptoms or restrictions in activities (Bookwala et al., 2004; Lamura et al., 2008; Jacobs et al., 2014). The purpose of this study is to evaluate health related quality of life of family carers of old people receiving mixed care (both informal and formal) in Slovenia.

**Methods:** The data from the first Slovenian national survey of social homecare (SHC) users and their informal carers was used. 1151 informal carers of users of SHC participated in the survey. Health related quality of life was measured using 18 questions indicating various issues ranging from pain in the lower back to depression. Two Likert indexes were calculated and used as dependent variables.

**Findings:** Multivariate linear regression (OLS) showed that only education of carer (+), perception of family income (+) and care burden (-) had similar effects on two components of health. Being male (+) and older (-) impacted on physiological issues, while geographical distance between caregiver and old person had strong positive influence on psychological wellbeing.

**Discussion:** While co-residing with dependent old parent is a frequent form of care in Slovenia, it has negative effects on caregivers' psychological health. Respite services should be developed for co-residing carers.

**The Longitudinal Relationship between Will to Live and Depression in Late Life**Carmel Sara<sup>1</sup>, Tovel Hava<sup>1</sup>, Raveis H. Victoria<sup>2</sup><sup>1</sup> Ben-Gurion University of the Negev, <sup>2</sup> New York University

**Background:** Depression is widely prevalent in late life. Will-to-live (WTL) declines with age and is a significant predictor of survival. WTL and depression are both important indicators of subjective well-being and are interrelated. The motivation to continue living embedded in the WTL led us to examine the direction of long-term influence of Depression and WTL on one another.

**Methods:** At baseline, 1,216 randomly selected elderly persons (75+) were interviewed at home (T1), and 892 of them were interviewed again two years later (T2). Cross-Lagged SEM analysis (using AMOS 18) was performed to assess direction of influence from Depression (15-item GDS scale Zalsman et al., 1998 - higher scores reflecting lower Depression levels) to WTL (5-item Carmel's scale, 2015 - higher scores reflecting stronger WTL).

**Findings:** The research model yielded good fit indices with  $\chi^2/DF=3.17$ , CFI=.969, NFI=.955, TLI=.956, RAMSEA=.049 (CI=.043-.056) and SRMR=.038. The correlation between WTL-T1 and Depression-T1 was  $r=.44$  ( $p<.001$ ), and  $r=.40$  ( $p<.001$ ) between WTL-T2 and Depression-T2. Analysis revealed significant positive effects of Depression-T1 on WTL-T2 ( $\beta=.098$ ,  $p=.006$ ), and of WTL-T1 on Depression-T2 ( $\beta=.171$ ,  $p<.001$ ). However, the long-term influence of WTL on Depression was significantly stronger than the influence of Depression on WTL ( $\chi^2=22.21$ ,  $df=1$ ,  $p<.001$ ).

**Discussion:** Our results indicate the existence of a longitudinal reciprocal relationship between WTL and Depression with a stronger influence of WTL on Depression than the influence of Depression on WTL. Interventions for older persons to maintain and promote WTL for as long as possible have the potential to prolong life and maintain quality of life.

**Role of quality of life, personal, and environmental factors on alcohol outcomes reported by elderly**

Santora Lidia, Klockner Christian, Byrne Don

Faculty of Medicine and Health Sciences, Trondheim, Norway

**Background:** Research on factors that counteract or facilitate alcohol problems accord with the interest of public health and medicine to mitigate 'unhealthy' drinking styles among elderly. The role of quality of life (QOL) on alcohol consequences in older general population is unclear. This is because, except for two studies on drinking patterns, no research questioned whether QOL actually play any active role in alcohol use outcomes specifically in older general population, let alone of both genders. The study aims to explore the joint effects of personal, environmental factors, and QOL domains to later-life drinking behavior. The main research question is; What variable constellations distinguish alcohol consumers with and without drinking problems?

**Methods:** A cross-sectional study using data obtained from 1910 community dwelling Norwegian men and women aged above 62 years. The information on sociodemographics, loneliness, prescription medication use, drinking pattern change, WHOQOL-BREF and Drinking Problem Index were analyzed employing Chi-Squared Automatic Interaction Detection method.

**Findings:** Among nonproblem drinking women (98%) as opposed to those reporting problem drinking (2.0 %), high scores on psychological functioning were combined with nonuse of antidepressants and maintained drinking habits. Among men, the highest 98.2% of nonproblem drinking was related to unchanged amount of alcohol consumption combined with nonuse of hypnotics, advanced age and lower satisfaction with physical functioning. This constellation of factors was 'atypical' for men (1.8%) reporting drinking problems.

**Conclusion:** Drinking outcomes are associated with Psychological QOL for some women and Physical QOL for all men.

## SY8: CHILDREN'S SUBJECTIVE WELL-BEING. QUANTITATIVE AND QUALITATIVE APPROACHES - PART 3

Subjective well-being (SWB) is defined as the overall evaluation of one's life, having three components: positive affect, negative affect and life satisfaction. While data and analysis on SWB of adults are available in large quantities, up to recently the research community produced only scarce information about children's subjective well-being (SWB). Most of this data ranged between 12 and 16 years of age. In the recent times two projects were dedicated to international comparative research on child well-being: Children's Worlds, the International Survey of Children's Well-Being (ISCWeB), has collected data for children under 12 years of age and its database include around 19 countries up to now. A parallel approach was developed within the project Children Understanding of Well-being (CUWb), a multinational qualitative study on this topic.

This symposium aims at bringing together the world researchers on subjective well-being of children, represented or not in the above mentioned projects. It will offer to the participants the possibility of presenting the last and very new results of these projects. It will also provide a possibility to worldwide researchers in the field of children's quality of life (both qualitative and quantitative) to communicate with the aim of a better understanding of their theoretical positions and results. It is seen as a meeting point between different theoretical and methodological traditions in the research of children's well-being. It is important giving the novelty of approaches and the very interesting (and even puzzling) new data.

### Qualitative study of the social, cultural and political dimensions of children's lives

Tonon Graciela<sup>1</sup>, Benatuil Denise<sup>1</sup>, Laurito María Juliana<sup>1</sup>, Rodriguez De La Vega Lía<sup>1</sup>

<sup>1</sup> Universidad de Palermo, Argentina

The main objective of this project is to understand the social, cultural and political dimensions of children's life experiences, living in different geographic contexts considering the words of the protagonist. To do it we developed focus groups with children (8-to 12 years old) in their own daily contexts to recover their images and narratives. We participate in the International Network "Multinational Qualitative Study " Children's" understanding of Well-being- Global and Local Context ( CUWB)" from the beginning. Our project is registered in the Research Centre of Social Sciences (CICS-UP) from the School of Social Sciences at Universidad de Palermo, Argentina. The objective of this centre, which was created in 2012, has always been to generate research with an axis on the persons in their cultural, social and political contexts. It is a descriptive study, developed by qualitative methods which consider the person as a protagonist in the research processes and at the same time recognized the importance of the context and the meanings for the actors. The sample is composed by groups of children , from 8 to 12 years old, living in the Metropolitan Region of Buenos Aires and in different localities of the Province of Buenos Aires, Argentina. Different kind of techniques were used: focus group, collage, list of satisfactory/unsatisfactory activities, incomplete phrases. The analysis is produced using the Thematic Analysis Methodological Strategy. In this presentation we comment the work with the three focus group developed since August 2015 to June 2016.

### Developing an understanding of children's subjective well-being: A mixed-methods approach

Rees Gwyther

University of York, United Kingdom

Research on children's subjective well-being (SWB) has tended to lag behind that on adults. There has been a tendency for research with children to adopt frameworks developed with adults. However the factors that are important to children's and adults' SWB are not necessarily the same. Therefore it is important to utilised a child-centred perspective when conducting research on children's SWB.

Methods: This presentation will be based on an ongoing research programme on children's SWB in the UK which has become one of the biggest single-country studies of its kind, involving over 60,000 children aged 8 to 17 years old. The programme began in 2005 with qualitative research (responses to open-ended survey questions) with over 8,000 children and has continued with a mixture of in-depth qualitative studies and large-scale surveys.

Findings: The initial qualitative research identified a number of themes that children felt were relevant to their overall sense of well-being. The presentation will focus on three of these themes – bullying, money and freedom/choice – and will show how they have been pursued through the research programme. Statistical results will be presented on the extent to which these factors can explain variations in children's overall subjective well-being.

Discussion: The discussion will focus on three aspects of the work – (a) the value of consulting children about their ideas of well-being; (b) the benefits and challenges of a mixed-methods approach to research in this field; and (c) what has been learned about explaining variations in children's SWB.

Official Abstract Booklet, October 18, 2017

### **Subjective well-being from 10 to 16 years of age: A 5-years longitudinal study**

Casas Ferran<sup>1</sup>, Crous Gemma<sup>1</sup>

<sup>1</sup> University of Girona, Spain

**Background:** Why SWB displays decreasing-with-age values in last childhood and early adolescence in most countries is still an unresolved question, despite its importance for understanding its lifespan evolution. Most evidence related to this tendency is based on cross-sectional studies. The objective of the research here presented is to analyse data from a 5-years longitudinal study.

**Methods:** In 2011, 5 cohorts of Spanish children were administered 2 single-item and 3 multiple-item SWB psychometric scales (a context-free and two domain-based scales). Because the increasing number of children that couldn't be followed-up any more, in year 3 and 4 new cohorts were added to the data collection. Data of 2,180 children has been obtained. N=755 data of 2 consecutive years has been achieved, N=539 of 3, N= 213 of 4 and of N=189 of 5, respectively. Traditional statistical and structural equation modelling analyses have been developed.

**Findings:** All psychometric instruments confirm decreasing-with-age tendencies. However, the path of the tendencies are dissimilar for different cohorts, and at individual level, different profiles in the evolution of SWB are identified.

**Discussion:** The said tendency appears to be a much more complex phenomenon than expected. Future research can't go on focusing only about whether this tendency is identified or not in some specific context (i.e.: a concrete country). Our results show that different profiles in the evolution of SWB in these age groups, and not all of them are constantly decreasing. Important implications for theory, future research and practice are derived from our results.

### **Children's subjective well-being: The 'decreasing with age tendency' in a developing context**

Savahl Shazly<sup>1</sup>, Casas Ferran<sup>2</sup>, Adams Sabirah<sup>1</sup>, Isaacs Serena<sup>1</sup>, Witten Heidi<sup>1</sup>, Jackson Kyle<sup>1</sup>

<sup>1</sup> University of the Western Cape, South Africa, <sup>2</sup> University of Girona, Spain

Research on children's subjective well-being (SWB) has increased over the past two decades with substantial advancements in method and theory. An area of recent interest is the 'SWB decreasing with age tendency' (Casas, 2016), which has been noted in a range of scientific publications. While there have been a number of theoretical assertions attempting to explain the nature of the tendency, there are still questions as to whether it presents across all cultures and social contexts. Indeed the extent to which it is observed in developing contexts has not been adequately addressed in scientific literature. Using data from the South African sample of the Children's Worlds survey, the current study aims to investigate the 'SWB decreasing with age tendency' across three ages groups (8, 10, 12) using two measures of subjective well-being. The sample includes 3236 children randomly selected from the Western Cape Province of South Africa. Data were collected by means of three age specific questionnaires consisting of a range of subjective well-being scales. For the purposes of the current study, the Student Life Satisfaction Scale (SLSS) and the Personal Well-Being Index – School Children (PWI-SC) were used. Data were analysed using multi-group confirmatory factor analysis. The study found appropriate fit structure of the scales and tenability of metric and scalar invariance. Notably, a 'decreasing with age tendency' was noted for the SLSS (8, 10, 12) and for the PWISC (10 and 12). Overall, the study confirms the presence of the 'decreasing with age tendency' in developing contexts.

### **Change in well-being: A two-year follow up study of children aged 8 and 12 years**

Tilouine Habib<sup>1</sup>, Rees Gwyther<sup>2</sup>

<sup>1</sup> University of Oran, Algeria, <sup>2</sup> University of York, United Kingdom

Child well-being has lately gained a lot of interest among social researchers. However, most of the publications are based on cross-sectional comparisons of diverse age samples. To help gain deeper understanding on the evolving nature of well-being, we propose to look at the results of a two-year follow up study of two sample cohorts. The 1st cohort: n= 578 children, 54.7% girls, age 8 through to age 10. And, the second cohort: n= 433, 49% girls, from age 12 through to age 14 years old from the country of Algeria.

Initially (Time 1), the two samples were recruited within the Children's Worlds survey ([www.isciweb.org](http://www.isciweb.org)). Then, they were administered the same questionnaires two years later (Time 2). The questionnaires covered areas such as: family, friendship, school, local area, safety, belongings, and other personal domains. Initial results have been highly revealing. For instance, none of the studied aspects have shown an increase with age. Satisfaction with family life, school experience, health, appearance, safety, and teacher relationships domains were consistently stable in the younger cohort, but only satisfaction with health and friends was stable from 12 to 14 years of age.

There are also interesting trends when comparing gender groups. The presentation will interpret the findings contextually and will discuss the ways in which they could be used by policymakers and organisations working with children to identify priority areas for improving children's lives.

**F3\_1: TRENDS IN WELL-BEING****Subjective well-being during the lifespan in Croatia: U-shaped curve, declining or no change?**Kaliterna Lipovcan Ljiljana<sup>1</sup>, Babarovic Toni<sup>1</sup>, Brajsa Zganec Andreja<sup>1</sup><sup>1</sup> Ivo Pilar Institute of Social Sciences

Subjective well-being (SWB) becomes one of the focal goals both for individuals and public policy. In the EU context of rapidly aging societies the well-being of different age groups becomes even more important. In past few decades a number of researchers have identified a U-shaped relation between age and subjective well-being. However, some authors have found decrease in well-being throughout the lifecycle in middle income and transition countries. It seems that life satisfaction is more negatively affected by age in poorer than in richer countries. Thus, the primary focus of the paper is to examine the effect that age has on subjective well-being in Croatia. We have applied different measures of SWB (overall life satisfaction, happiness and Personal well-being index - PWI) on representative sample of 750 Croatian citizens. We have compared four age groups (up to 35; 36 to 50; 51 to 65; and more than 66 years old) on different measures of SWB, with and without controlling for physical and mental health and income. The direct effects of age on SWB were small but significant indicating reduction in wellbeing with age. However, after the controlling for covariates no age difference were found. In the paper we discussed the difference between the general trend of subjective well-being across the lifespan and the "pure" age effect when other relevant explanatory variables are kept constant.

**A Longitudinal Study on Character and Well-Being**Gander Fabian<sup>1</sup>, Hofmann Jennifer<sup>1</sup>, Ruch Wilibald<sup>1</sup>, Proyer René<sup>2</sup><sup>1</sup> University of Zurich, <sup>2</sup> Martin-Luther University of Halle-Wittenberg

Background: Character strengths are positively valued traits that are expected to contribute to the "good life" (Peterson & Seligman, 2004). There is robust evidence that character strengths are positively related to subjective well-being from cross-sectional studies, but no study so far has examined longitudinal trajectories of character and subjective well-being. The purpose of this study is to close this gap in two studies.

Methods: In Study<sup>1</sup>, (N = 1.385), participants completed short measures on character strengths and life satisfaction as a part of a longitudinal, national representative study over the course of two years. In study<sup>2</sup>, (N = 200), participants completed measures on character strengths and well-being two times, i.e., after a 3.5 years follow-up.

Findings: Results showed that changes in most character strengths were positively related to changes in well-being, whereas no negative relationships were observed. The findings were mostly parallel with the findings in cross-sectional studies; the strongest positive relationships were found for the strengths of hope, love, zest, and curiosity.

Discussion: The findings further corroborate that character strengths are important predictors of well-being and that changes in character also go along with changes in well-being. The findings have important implications for character-based programs, for example in schools, or interventions.

**Happiness over the life span: Evidence from urban Pakistan**Shams Khadija<sup>1</sup>, Kadow Alexander<sup>2</sup><sup>1</sup> Shaheed Benazir Bhutto Women University, Peshawar, <sup>2</sup> Bundesbank

Using unique survey data for urban Pakistan, this paper estimates the effects of different socio-economic factors on subjective well-being. The results suggest that well-being is positively associated with being male, educational attainment and the health and employment status. Being richer, living in a relatively affluent area and living as a married couple contributes positively as well. In contrast to industrialized countries, happiness increases with the number of children, albeit at a diminishing rate. The paper moreover investigates other determinants of subjective well-being such as age, suggesting a U-shaped age-happiness pattern. As children and investment on children are considered as part of insurance mechanism mostly in the less developing countries; the policy implications could be that government should make education easily available for children so that later on once they grow up they can help their families and their parents financially and ensure greater happiness of their families and particularly their parents at the later stage once they get retired.

**The main determinants for satisfaction with life in general, based on a longitudinal study in Flanders (2008-2015)**

Verlet Dries, Callens Marc

Research Center of the Flemish government, Brussels, Belgium

In the measurement of subjective well-being, the emphasis lies on the evaluation of the individual's life, both in the sense of the evaluation of contentment (the cognitive aspect) and in the sense of affective reactions (state of mind and emotions). In our paper, we focus on general life satisfaction, as a general subjective well-being measure. Besides this evaluation of life in general, we also analyse the satisfaction with more specific aspects of the daily life.

Based on the resource-theory on subjective well-being, we analyse the main determinants of people their life as a whole. Past research shows that the determinants of subjective well-being in general (as general life-satisfaction) do not conform with the determinants of the satisfaction with more specific aspects of life. A distinction has to be made between the satisfaction with more private aspects (as family life and health) on one side and more public aspects (as the neighbourhood) on the other. The former correlates stronger with the general subjective well-being. An important resource for general life satisfaction is the appreciation of one's health. Other factors such as social support, social integration and self-esteem are important determinants of the satisfaction with life in general.

The study uses repeated cross-sectional survey sample data of adult citizens in Flanders for the period 2008-2015 ( The Survey "Sociaal-Culturele Verschuivingen in Vlaanderen", n = 11 745). In our search for the main determinants we took a wide range of variables into account. Their relative importance was analysed using appropriate multivariate regression models.

### **Obesity and personal satisfaction. Evidence from a developing country**

Martinez Lina

POLIS, Universidad Icesi, Colombia

**Aims:** In this analysis we aim to understand what personal factors are associated with overweight -obesity and weight satisfaction. The main purpose of our analysis is to inform policy makers to design obesity reduction interventions.

**Methods:** We report on an original survey of subjective well-being in Cali, Colombia. On average 1,200 adults randomly selected are surveyed annually in face-to-face interviews in 53 different locations across the city. We use data from 2014, 2015, 2016 and 2017 counting for more than 4,800 observations. Our data allows to associate overweight –obesity with an important scope of factors ranging from personal factors to government interventions.

**Results:** Preliminary results show a growing overweight –obesity rate that mimics Latin American trends. We find a strong correlation between parent's lower education and adult obesity. Likewise, we found a significant portion of overweight-obese adults who report being satisfied with their weight. We did not find important differences in several domains, including life satisfaction, when comparing normal weight – individuals with overweight-obese individuals.

**Conclusions:** BMI is not related with life satisfaction and other important array of personal factors. This calls for a policy discussion given the steady increase of over-weight and obesity rates in Colombia. If people is satisfied with their body mass composition may not have incentives to change their behaviors in order to lose weight, therefore, policy interventions aimed at reducing obesity rates may be ineffective.

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## **F3\_2: HEALTH AND QUALITY OF LIFE II**

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### **A holistic approach to the promotion of a healthy lifestyle among university students**

Leung Hildie, Yu Lu, Shek Daniel, Cheung Rhonda  
The Hong Kong Polytechnic University

University students tend to have poor exercise, dietary, and sleep habits as well as mental health issues. As health compromising behaviors developed in university often carryover to adulthood, university students' health is of major concern. Hence, universities in the global contexts are asking how wellbeing of university students can be promoted.

At The Hong Kong Polytechnic University, the Healthy Lifestyle Programme (HLSP) is a mandatory non-credit bearing programme to be taken by all undergraduate students. The HLSP targets to help students (1) acquire knowledge on healthy living, (2) reflect on their lifestyle, and (3) make responsible health decisions. The programme is based on principles derived from the holistic approach to wellbeing which emphasizes students' physical, social, mental, and spiritual wellbeing. Its unique delivery comprises of e-learning modules, lectures, and physical training. This study aims to (1) evaluate the effectiveness of the HLSP, and (2) to examine factors that impact on participants' satisfaction and perceived program effectiveness using a subjective outcome evaluation approach.

University students (N=307) completed an evaluation form assessing participants' perceptions of the content, instructors, administration, and achievement of objectives of the HLSP. Overall, participants had positive perceptions towards the programme attributes. Results revealed that programme content and achievement of objectives significantly predicted participants' overall positive evaluation and liking toward the programme. Findings support the adoption of a holistic approach to promote healthy lifestyle among university students. The HLSP serves as an exemplar for tertiary institutions worldwide to model. The theoretical and practical implications of the findings are discussed.

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**Life-cycle, subjective well-being and health: The ebbs and flows of life-course transitions.**Jiri Zuzanek and Alexander Graham  
University of Waterloo, Canada

Relationships between life course, subjective well-being, and health are attracting the attention of researchers (Banchflower & Oswald, 2008; Wunder et al., 2009). The limitations of using single-item demographic variables in explaining complex patterns of everyday life have long been recognised by sociologists exploring uses of time and quality of family life (Angrist, 1967; Wilensky, 1961; Campbell, 1981; Pleck, 1985).

The proposed paper will use data from the 2005 and 2010 Canadian General Social Surveys (samples: 19,597 and 15,390) to examine life cycle distributions of key SWB and health variables: perceived happiness, life satisfaction, satisfactions with one's health, work, financial situation, family life, time use, perceived time pressure, stress, and mental health. Life-course is operationalized as a combination of four factors representing major biological or social role continua: age, employment status, marital status, and the presence of children. Analyses will be controlled for gender.

Findings reported in the paper show, among others, that the transition from being employed and single to getting married is accompanied by rising levels of happiness but also marked by higher levels of perceived time pressure (particularly among women). Transition from being married to being divorced or separated is accompanied by significantly lower levels of perceived happiness and higher levels of stress.

From a policy perspective, the proposed article will advocate a „group-specific“ approach to the understanding of the relationships between life-course, SWB and health. Recommendations with regard to possible life-style interventions will be „calibrated“ to specific population groups rather than to the population in general.

**Social Support reduces Psychological Stress and Disease Activity in Patients with Inflammatory Bowel Disease**Sarid Orly Schwartz, Doron Friger, Michael Pereg, Aviho Sergienko, Ruslan Vardi, Hillel Singer, Terri Chernin, Elena Greenberg, Dan Odes Shmuel; presented by Slonim-Nevo Vered  
Ben Gurion University of the Negev, Israel

Background: Psychological distress increases morbidity in patients with ulcerative colitis (UC) and Crohn's disease (CD). We examined whether social support would ameliorate their psychological distress and disease activity.

Methods: We enrolled consecutive adult patients who completed questionnaires of socio-demography, economic status, disease activity, perceived social support (Multidimensional Scale of Perceived Social Support, MSPSS), distress (Brief Symptom Inventory, GSI score), and SF-36 physical and mental health-related quality-of-life. The analysis included regressions and structural equation modeling.

Results: Participants included 140 UC and 304 CD patients with moderate scores of disease activity (P-SCCAI  $3.5 \pm 3.9$  and P-HBI  $5.7 \pm 5.4$ , respectively), SF-36 physical (UC  $45.7 \pm 11.0$ , CD  $42.8 \pm 10.6$ ,  $p < .01$ ), SF-36 mental (UC  $43.0 \pm 12.1$ , CD  $41.5 \pm 11.4$ ) and GSI (UC  $0.7 \pm 0.7$ , CD  $1.0 \pm 0.8$ ,  $p < .001$ ). MSPSS total scores were  $5.7 \pm 1.2$  for UC and  $5.8 \pm 1.2$  for CD. MSPSS and economic status were correlated negatively with GSI, P-SCCAI and P-HBI. MSPSS was correlated positively with SF-36 mental in UC and CD, and SF-36 physical in CD. In the regression model MSPSS and economic status predicted significantly on GSI, SF-36 mental and P-SCCAI or P-HBI; the R<sup>2</sup> change was greater for economic status. In the path analysis GSI was the mediator of MSPSS and economic status on the activity score of both UC and CD; the beta was  $-.37$  in UC and  $-.38$  in CD.

Conclusions: Social support and economic status are significant predictors of patient well-being in UC and CD. Interventions that address these issues should be part of routine medical care.

**Same same but different? A head-to-head comparison between the German VR-36/VR-12 and the SF-36/SF-12.**Buchholz Ines<sup>1</sup>, Feng You-Shan<sup>1</sup>, Buchholz Maresa<sup>1</sup>, Kazis Lewis E.<sup>2</sup>, Sonis Lily Amelia<sup>2</sup>, Kohlmann Thomas<sup>1</sup><sup>1</sup> Universitätsmedizin Greifswald, <sup>2</sup> Boston University

Background: In German medical rehabilitation, the 36/12-Items Short-Form Health Survey (SF-36/SF-12) is the most widely used patient-reported outcome measure. A promising alternative to the well-established SF-36/SF-12 could be the recently translated and culturally adapted German version of the Veteran RAND Health Survey (VR-36/VR-12). This paper presents the results of a multi-center randomized study comparing the psychometric properties of the VR and the SF.

Methods: Orthopedic (north=397) and psychosomatic (npsy=162) rehabilitation patients were randomly assigned to complete either the VR-36, VR-12, SF-36 or SF-12 at the beginning and the end of their three- to six-week rehabilitation. VR and SF were compared regarding distribution properties, validity, reliability and sensitivity to change.

Findings: Patients were on average 54 years old and 67% were women. All groups were comparable concerning sociodemographic variables ( $p > 0.05$ ). Both versions of the VR and the SF had similar distribution properties (e.g. PCS: mean= $35.0-38.6$ , SD= $9.7-10.9$ ; MCS: mean= $37.8-41.8$ , SD= $12.1-15.1$ ). Pattern of correlations of PCS and MCS with other scales showed comparable construct validity (e.g. CDC Healthy Days physical disabilities: PCS= $0.540-0.631$ , MCS= $0.042-0.167$ ). Sensitivity to change (standardized response mean: SRM) varied from 0.275 to 0.432 for the PCS and 0.385 to 0.638 for the MCS.

Discussion: This study demonstrates comparability between the VR and SF questionnaires in all analyzed parameters. The small observed differences can be explained by the deviating response format of the role-functioning scales (VR 5-level, SF Version I 2-level) and random sample effects. Our results indicate that the VR is a valid and reliable public-domain alternative to the SF.

**Responsiveness to change: A comparative analysis of the VR-6D and SF-6D in orthopedic patients in Germany**

Buchholz Maresa<sup>1</sup>, Buchholz Ines<sup>1</sup>, Feng You-Shan<sup>1</sup>, Sonis Lily<sup>2</sup>, Kazis Lewis E.<sup>2</sup>, Kohlmann Thomas<sup>1</sup>

<sup>1</sup> Universitätsmedizin Greifswald, <sup>2</sup> Boston University

**Background:** Preference-based health related quality of life measures are important instruments for health economic analyses. The Veterans Rand Six Dimension (VR-6D) measure could be a good alternative to the already well-established Short Form Six Dimension (SF-6D). In a multicenter longitudinal study we compared the responsiveness of the VR-6D to the SF-6D in medical rehabilitation.

**Methods:** Orthopedic patients randomly assigned to groups completing either the VR-12 (N=67) or the SF-12 (N=80) at the beginning (t1) and the end (t2) of their three-week inpatient rehabilitation. VR-6D and SF-6D utility scores were generated using US scoring algorithms. Mean utility scores at baseline (M1) and follow-up (M2) were compared regarding effect sizes (SES: M1-M2 divided by Standard deviation (SD) of t1) and standardized response means (SRM: M1-M2 divided by SD change). In addition, relative efficiency (RE) was computed using squared pairwise t values ( $100 \times (t2_{SF-6D} / t2_{VR-6D})$ ).

**Findings:** Mean utility scores of both measures were comparable: VR-6D= t1:0.58 and t2:0.63; SF-6D= t1:0.59 and t2:0.65. The VR-6D, with SES: 0.53 and SRM: 0.77, was more responsive than SF-6D with SES: 0.49 and SRM: 0.56. With a RE of 64.08 %, the SF-6D was less efficient compared with the VR-6D.

**Discussion:** This is a first study to compare the responsiveness of VR-6D and SF-6D in the field of medical rehabilitation. We found that the VR-6D performs very similarly to the SF-6D and is able to detect moderate changes in health. Therefore the VR-6D is an appropriate alternative measure for economic analyses. Further studies in other populations are required.

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### F3\_3: WELL-BEING, TECHNOLOGY AND INNOVATIONS

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**Facebook use and subjective well-being: the impact of differing levels of engagement and use**

Gerson Jennifer<sup>1</sup>, Plagnol C. Anke<sup>1</sup>, Corr J. Philip<sup>1</sup>

<sup>1</sup> City, University of London

The increased use of social media has revolutionised modern communication over the past decade. Facebook is currently the most popular social media platform, with the company reporting 1.86 billion users in late 2016 (Facebook Newsroom, 2017). The purpose of this study was to explore how different types of Facebook use and engagement impact subjective well-being, measured as life satisfaction, eudaimonic well-being, and positive and negative affect. Data were collected online for 228 respondents and analysed using OLS regression. Facebook use was measured with the multidimensional Facebook intensity scale (MFIS; Orosz, Tóth-Király, & Bóthe, 2015), which contains four subscales: persistence, boredom, overuse, and self-expression. Each subscale of the MFIS seeks to quantify users' Facebook motivations and habits to measure their level of involvement with the site. Facebook engagement was assessed with a recently developed passive-active use measure (Gerson, Plagnol, & Corr, mimeo). Passive Facebook use describes the consumption but not the creation of content, while active Facebook use describes active engagement with the site. Results revealed that life satisfaction is positively associated with persistence and active Facebook use, and negatively associated with overuse. Eudaimonic well-being and positive affect were both positively associated with using Facebook for self-expression or to alleviate boredom. Negative affect was positively associated with overuse, and negatively associated with using Facebook to alleviate boredom. With more of our social lives taking place online, it is important to understand how social media platforms impact subjective well-being.

**Exploring the benefits/drawbacks of technological progress on wellbeing: The case of Spain**

Filimon Nela

Universitat de Girona

**Background:** This research focuses on the benefits/drawbacks of scientific and technological progress (STP) on individuals' wellbeing in order to identify new trends in consumer cultures.

**Method:** Multivariate quantitative methods are applied to a representative data set of 2,400 Spaniards and foreigners, of both genders and age 18 years and older, all resident in Spain in 2012.

**Findings** reveal that: the majority of the interviewed individuals believes that STP is beneficial to life quality (75%), economic development (69%), and the security and protection of human life (62%); 50% values the STP as beneficial for the preservation of the environment and 28% has an opposite perception. There is general agreement (94%) that new technologies have substantially changed the society: mobile phones, PCs, internet, email services are seen as most necessary, together with the social networking platforms, although these are rated with a lower score. Overall, new technologies are making people more lazy and isolated, less connected with friends/relatives in a face-to-face fashion, although it is generally agreed that it is easier to make friends in the digital environment. Findings also have revealed the existence of gender and generational patterns: while men exhibit a more optimistic nature vis-à-vis the impact of STP on peoples' lives, being more sensitive to its benefits, women instead are rather pessimistic, putting more weight on its drawbacks; the perception of STP's benefits is decreasing with age.

**Discussion:** Findings could add to the open debate on whether technological advances are affecting people's lives for the better or not.

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**WhatsApp and Well-Being: An exploratory study on WhatsApp features and perceived communication quality and well-being**

Blabst Nicole<sup>1</sup>, Diefenbach Sarah<sup>1</sup>

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A considerable part of everyday communication is online based nowadays. To imagine life without the daily usage of WhatsApp seems impossible for many people. The current exploratory study takes a closer look at the usage and experience of WhatsApp features (single chats and group chats, Last Seen and Read Receipts) and their correlations and differences with perceived communication quality and well-being. The current study is empirically based on prior research and theoretically related to domestication theory, human needs framework and need to belong. Perceived communication quality and well-being were assessed through communication profundity, meaningfulness, perceived waste of time, emotional experience, perceived stress and happiness. 135 participants completed the online questionnaire. Correlational analyses revealed positive significant correlations between the number of single chats and perceived stress, communication profundity and perceived waste of time. The number of group chats also positively correlated with perceived waste of time. The experience of Last Seen and Read Receipts indicated that participants had the feeling of wasting time and not having done anything meaningful. Further analyses revealed that perceived stress of participants with active usage of Read Receipts was significantly higher than perceived stress of participants with passive usage. The findings reveal that even though profound communication in WhatsApp is possible, one might be wise to heed the advice that less can actually be more. Technology can be bliss but also a disturber, especially the usage of so called help features like Read Receipts. Feeling stressed by them, holds a simple solution – turn them off!

**Connecting Children's Learning, Citizenship & Well-Being – Evidence from an Irish Collaborative Arts, Science and Technology Project**

Forkan Cormac<sup>1</sup>, Moran Lisa<sup>1</sup>, McGrath BM. Brian<sup>1</sup>

<sup>1</sup> School of Political Science and Sociology, NUI Galway

Children's education and learning experiences are key to well-being in a variety of ways and in this regard, it is argued that the cultivation of social, emotional and ethical skills, knowledge and dispositions are as foundational as academic abilities to democracy and quality of life (e.g. Cohen 2006; Nussbaum 2006). Instilling curiosity, discovery, imagination, critical reasoning and collaborative practices are deemed to be significant capabilities for democratic citizenship and children's learning about their connection to others, the environment and the future (Barratt Hacking et al 2007).

In this paper, we elaborate on these themes by drawing on a research evaluation study of a novel collaborative learning project in the West of Ireland involving expert scientists and artists working with children and their teachers to stimulate a more creative teaching and learning environment. The project, known as the "BEAST! (Baboró: Environment, Arts, Science and Technology)" Project worked with a sample of 9-12 year old children in primary schools across Galway city and county (West of Ireland) over a three year period to support better outcomes in science, technology, engineering and mathematics (STEM) subjects. The overarching aim of the project was to explore the possibilities and realities of designing a 'low carbon' future and its impacts on biodiversity and sustainability and in doing so create new ways of learning about science and the environment for primary school children. The paper however draws out the wider messages for children's engagement, social and ethical development and the role of schools and teachers in using art to not only to teach science and technology subjects but to broaden 'capability' opportunities. It argues that the cultivation of creativity provided children with the opportunity to perform and practice citizenship and the opportunity to become active agents of change in their local communities.

**How to design intuitively for psychological wellbeing?**

Cho Dongbin Tobin

Samsung Electronics, Seoul, Korea

Nowadays using electronics such as home appliances, laptops, and smartphones are part of everyday life, and they influence our quality of life greatly. As a cognitive psychologist in IT industry, I have conducted research focusing on human attention in the context of IT products. If they are properly designed with the knowledge of human attention, they will help reduce cognitive load, which will eventually enhance our quality of mental lives. There are several design factors that could influence thoughts and actions.

First, certain shape, color, or location of the design could lead to more automatic, or intuitive action (e.g., stimulus-response compatibility and affordance theories). This automatic nature of human has been experimentally examined with everyday objects (e.g., Cho & Proctor, 2010, 2011, 2013).

Second, emotion can be automatically triggered by products. For example, the feeling of "I have the masterpiece!" could be generated when certain characteristics of design is fulfilled, such as functional superiority, build quality, aesthetic superiority, knowing that have the best (Cho, Jung, Myung, Lee, & Jordan, 2014).

Designing products with deep knowledge of automatic thoughts will help people to use them less stressful and more pleasing ways. Learning and understanding about automaticity of human thinking is one of the important key to the psychological wellbeing.

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**F3\_4: WELL-BEING AND POVERTY**


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**Decentralised social policy in the Netherlands – effects on quality of life**

Boelhouwer Jeroen

<sup>1</sup> The Netherlands Institute for social research | SCP

**Background:** January 1st 2015 has been an important date for social policy in the Netherlands. From then on large parts of social policy are no longer the responsibility of the central government but of local authorities. Three main pillars were involved: the “social support act”, the youth care and the “Work and Social Assistance Act”. We were asked to develop a monitor to follow the effects of this in this major decentralisation process. An important aspect of the monitor is to describe which problems people face and how they cope with these problems. The focus is on the broader quality of life of people.

**Methods:** A specific survey was conducted on the broad quality of life: we had 5600 respondents 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) multi problem families; and (5) people not using services in the social domain (sample drawn from population register).

We constructed a quality of life index (including social and societal participation, housing, mobility and leisure time) and also look at satisfactions: are people satisfied with their lives?

**Findings:** We find differences between the 5 groups with respect to the problems they face, their quality of life and their happiness: the elderly using the social assistance act have more problems, a smaller social network to help them, a lower quality of life and are less satisfied.

We also find regional differences: people in the Northern parts of the Netherlands use more services than can be expected by the composition of the population.

**Discussion:** The goal of the decentralization is to serve better the needs of the population. Is this promise coming true?

**Comparative Analysis of Life Satisfaction, Health Equivalent Income, and Multi-dimensional Poverty Index:  
Empirical Results in India**

Mori Yuko, presented by Sakamoto Norihito

Faculty of Science and Technology, Tokyo University of Science

This study compares and analyzes the properties of three representative well-being indicators—happiness measured by life satisfaction, health equivalent income, multidimensional poverty index-- which have been paid much attention as alternatives of GDP per capita.

Since the report of Stiglitz committee, the dashboard approach, which emphasizes a society should respect not only income per capita but also various factors making good civil lives such as distributions of income and wealth, social linkage, quality of environment, health, and happiness, etc., has been one of the most important themes in the process of policy-making and policy-evaluation. However, its theoretical property, operation and implication still remains unknown in general.

Therefore, we use three major well-being indicators—happiness as life satisfaction, health equivalent income, multidimensional poverty index— and compare these properties in order to develop and elucidate the theoretical framework of dashboard approach. However, there is no empirical data where we can calculate and compare the above three indicators at the same time. Hence, we are now conducting a random sampling interview survey in Gujarat, the north west area of India, till end of this February. Then, we will calculate three indicators by using our data (n=500) and compare and analyze each tendency and difference. Since data-cleaning will be finished by May, and we can report our results in the ISQOLS annual conference in September.

**Does microloans improve the non-economic quality of life of South Africans?**
Greyling Talita<sup>1</sup>, Rossouw Stephanie<sup>2</sup><sup>1</sup> University of Johannesburg, <sup>2</sup> Auckland University of Technology

Microcredit programmes were introduced with the primary aim of reducing poverty among the rural poor through the provision of small loans. Although anecdotal stories suggest a positive impact, rigorous quantitative evidence regarding the true nature and magnitude of the relationship is still scarce and/or inconclusive. In this paper we follow Amartya Sen's ‘capabilities’ approach in that we want to determine whether individuals have been able to use micro loans (capabilities) to achieve a higher non-economic quality of life (functionings). This sets our paper apart from the mainstream, as most studies involving microfinance are more concerned with pure monetary measures of poverty. In addition, even though we compile a non-economic quality of life index, we also decompose this measure to test the relationship between micro loans and individual non-economic quality of life dimensions. Lastly, we investigate whether females above males are more successful in converting micro loans into higher levels of non-economic quality of life. In our analysis we use a representative South African panel data set for the period from 2009 to 2015. The results indicate that micro loans are significant and positively related to non-economic quality of life. Unfortunately, our results show that a positive relationship is not indicative of a programme's success. Many who did have access to micro loans failed to translate those monetary gains into higher levels of non-economic quality of life over time. Lastly, we found that females are more successful than men in transforming micro loans into higher levels of non-economic quality of life.

**Dare to retire: subnational study of older adults' poverty in Russia**

Frolova A. Elena, presented by Malanina Veronika  
National Research Tomsk Polytechnic University, Russia

Along with objective indicators of economic and social wellbeing, societies tend to engage with subjective indicators obtained through sociological research. To comprehensively assess the quality of life, we need to get firsthand data on the quality of health service, accommodation, housing and utilities, social services; income and consumption preferences; challenges elderly people are facing.

A survey was conducted among 400 people aged over 55 living in Tomsk region (Siberia, Russia). Gender, age and place of residence distribution in the sample corresponded to the parameters on these characteristics in general population of Tomsk region. We have designed a semi-structured questionnaire which was tested and approved during the pilot studies in 2014. It included single questions and scaling technique with screening questions aimed at checking the respondents' answers unambiguity.

Evidence suggests that having pension payments is not a guarantee of financial well-being, since more than half of non-working retired people reported themselves as poor, while among working retirees a quarter consider themselves poor. Consequently, we see no freedom of choice for Russian retirees in respect with decision to work or retire. Not working in older age poses a threat of poverty.

Working older people demonstrate high commitment to the existing pathway of life and readiness to work even if financial prosperity allowed them not to do so. Non-working older people also have preferences and would have stayed at home, being rich enough. However, 26% of non-working retirees in Tomsk region choose to work even when they are satisfied with their financial prosperity.

**F3\_5: WORK, FAMILY, AND WELL-BEING****Does the husband's job loss deteriorate the wife's subjective well-being in Japan?**

Sato Kazuma<sup>1</sup>, Kageyama Junji<sup>2</sup>  
<sup>1</sup> Takusyoku University, <sup>2</sup> Meikai University

Background: There are many studies which examine the impact of job loss on own income, consumption, and subjective well-being. These studies clarify that job loss decreases income and consumption and harms subjective well-being. On the other hand, since husband and wife usually share earnings and consumption, one of the couple's job loss will harm the subjective well-being of other spouse. However, studies which examine the effect of partner's job loss are still scarce. In order to fill the blank of the field, we examine the effect of job loss on the subjective well-being of spouse by using Japanese representative panel data. As the main earner of the household is mostly husband in Japan, we mainly examine the effect of husband's job loss.

Methods: The data used is Japanese Panel Survey of Consumers (JPSC). Total observation of our sample is 8,754. We use fixed effect OLS. Dependent variable is happiness and independent variables contain dummy of husband job loss due to bankruptcy or dissolution of company and other socio-demographic variables.

Findings: Empirical analysis clarifies following two key points. First, husband's job loss due to bankruptcy or dissolution of company significantly decrease wife's subjective well-being measured by happiness. This negative effect is persistent and continues to<sup>5</sup>, years after husband's job loss. Second, husband's job loss due to dismissal brings larger negative effect than job loss due to bankruptcy or dissolution of company.

Discussion: The result of the analysis reveals that husband's job loss harms wife's happiness, implying that previous studies underestimate the effect of job loss on household.

**Work-Family Conflict and Well-being Inequalities in East Asia**

Yeh Hsiu-Jen  
National Chung Cheng University, Chia-Yi County, Taiwan

This study asks two research questions. First, this study examines to what extent job quality, family context, and gender role explain the relationship between work-family conflict and well-being. Second, this study examines cross-national variations in Japan, Taiwan, and Korea with regards to the causal link between work-family conflict and well-being. This study analyzes the 2012 International Social Survey Programme (ISSP) module Family and Changing Gender Roles IV.

The dependent variable of the analysis is happiness. The explanatory variables include: (1) work-to-family conflict (WFC); (2) family-to-work conflict (FWC); (3) job quality; (4) family context; (5) gender role. The study uses ordered logit regression model to investigate the research questions. This study includes only married/cohabiting persons, the total sample size is 2785 observations. The results indicate that Taiwan has the highest percentage of reporting happy (86.52%), followed by Japan (80.84%), and Korea (64.65%). With regard to work-family conflict, for all three countries, the intensity of work-to-family conflict is much greater than that of family-to-work conflict. Moreover, Taiwan has the lowest level of work-family conflict, Japan has an intermediate level, and Korea has the highest level of work-family conflict. Taken as a whole, work-family conflict has significant negative impacts on happiness in the three East Asian Countries. Implications of this study indicate that work-family conflict reflects the role transition between work regime and family regime, and work-family conflict has significant well-being consequences that impact quality of life for individuals, which requires more policy interventions in the near future.

### **The role of perceptions over decision-making in the work-family interface of microentrepreneurs in Ecuador**

Cadena Palacios Cristina Nataly<sup>1</sup>, Fernández Grela Manuel<sup>1</sup>

<sup>1</sup> University of Santiago de Compostela

Drawing upon the family embeddedness perspective on entrepreneurship we make several contributions to the literature of gender, empowerment and entrepreneurship. First, we use gender as a category and provide the first empirical application that explores gender differences over decision-making in the work-family interface of entrepreneurs. Second, in the case of gender differences over decision-making patterns, we explore the factors and characteristics at individual, household, institutional and enterprise levels that differentially influence decision-making between male and female entrepreneurs using gradient boosted models. We used data from a cross-section survey conducted to 747 microentrepreneurs from the northern region of Ecuador in 2013. Our results suggest that under the apparent homogeneity of entrepreneurial decision-making, clear gendered differences can be identified regarding conception and child-related tasks may have effects that spill over the enterprise. Interestingly, we have also found substantial gender heterogeneity regarding the factors that influence such decision-making. Characteristics like the wealth of the household or the perceptions about adequate roles by gender present relatively high influence over the decisions of male entrepreneurs, but almost none over the ones by their female counterparts. In addition, the influence of these factors is clearly different for decisions related to child-bearing (use of contraceptives, the decision to have children) than for decisions related to child-rearing (children's education, family health) in the case of male entrepreneurs, while for female ones the most influential factors are the marital status and who is perceived to contribute to household income but present homogeneous marginal effects in all the decisions analyzed.

### **The dissatisfied unemployed: How important is leisure?**

Esche Frederike

University Hamburg, Germany

Although numerous studies have shown that unemployment has to be considered as the event with the most long-lasting onto the individual's SWB, it remains unsure whether the unemployed are able to counter the negative effects of job loss by, for example, investigating their time in leisure activities. As highlighted by Jahoda, employed persons do not only profit from income, but also from important non-material benefits. Yet, depending on the form of activity, leisure may provide some of those latent functions (e.g. time structure, social contacts, activity, collective purpose) and therefore, may serve (at least to a certain degree) as a substitute for the missing employment.

This paper aims to dig deeper into the relationship between unemployment and the individual's SWB by accounting for the individual's leisure activities. Specifically, the paper investigates, firstly, if time use for leisure and the engagement in different activities (voluntary, political and cultural activities as well as sports) changes upon job loss. Secondly, it asks whether those changes mediate and/or moderate the negative impact of unemployment onto the individual's SWB.

Using the longitudinal data of the SOEP (1984-2015) and applying fixed-effects regression models results show that people spend more time on free time activities upon job loss, which in turn increases their satisfaction with leisure. However, this does not seem to affect the life satisfaction of the unemployed. Looking at specific activities, and hence, specific forms of social integration, results highlight that if unemployment causes less participation, life satisfaction decreases even more.

### **Son Preference and Life Domain Satisfaction: A Panel-Data Analysis in South Korea**

Kageyama Junji<sup>1</sup>, Hagiwara Risa<sup>1</sup>, Sato Kazuma<sup>2</sup>, Teramura Eriko<sup>1</sup>

<sup>1</sup> Meikai University, <sup>2</sup> Takushoku University

One important question in SWB literature is the relationship between preferences and SWB, whether SWB reflects preferences. To address this question, we examine whether the gender of children affects life satisfaction and domain-specific satisfaction in South Korea where culturally sons are preferred to daughters. For this purpose, we make use of the panel structure of the Korean Labor and Income Panel Survey, Waves 1-17, and apply regression analyses. The results show that, at the timing of birth, (1) having a child, regardless of its gender, raises life and financial satisfaction, and (2) having a boy raises satisfaction in the domains of housing environment, relations with relatives, and social relations, whereas having a girl has no significant impact in these domains. From the perspective of long-term effects, the results demonstrate that (3) having children, regardless of their gender, lowers satisfaction in the financial and leisure activities domains, (4) having girls lowers satisfaction in the housing environment domain, and more interestingly, (5) the distinctive initial positive impact of having a boy disappears, and (6) over time, having boys lowers life satisfaction whereas having girls has no significant impact on life satisfaction. These results suggest that while parents with boys are more satisfied in various domains of life at the timing of birth, this sentiment is only temporary, and that having girls makes parental life more satisfactory in the long run even in a culture that strongly prefers sons. These results point to the existence of the divergence between decision and experienced utilities.

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**F3\_6: WELL-BEING AND PROGRESS III**


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**Social Progress in Education: Concept and empirical Findings**

Steiner Mario

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Concerning education we find contradictory developments. We observed an enormous educational expansion as well as we witness the emergence of educational poverty and social exclusion of people effected. Considering this background the aim is, to develop a concept that allows answering the research question, whether in the long run we can observe social progress or regress in the field of education.

To give an answer a concept of social progress in education has to be developed first. Building upon theories of justice, equality of opportunity and progress I will work out<sup>6</sup>, dimensions of social progress in education spanning from equity and capabilities to participation and recognition.

To operationalize these dimensions 25 indicators show development over time and results for disadvantaged groups because the concept developed builds upon the hypothesis, that social progress can be observed, when social differences decrease. Many indicators cover besides Austria several European countries.

The findings not only tell a story of educational success. Only a limited number of indicators show social progress others even social regress. For instance the odd ratio for belonging to the low achievers groups not only equals a five-time risk for pupils with a poor socioeconomic background but also grew over time. Even indicators showing social progress reveal a long way to go, since social disadvantages still are enormous. On a policy level this means, that we need another educational expansion ensuring that also the most vulnerable find their place in the societal elevator and will not be left behind.

**From Social Indicators To SDG's – Concepts And Challenges**

Krause Peter

German Institute for Economic Research (DIW Berlin/SOEP)

World leaders from all UN member countries gathered on 25 September 2015 in New York for a historic UN summit, to sign together the Sustainable Development Goals (SDGs) as new global goals for the period 2016-2030. In the outcome document "Transforming our world: The 2030 Agenda for Sustainable Development" 17 goals are adopted and all the world leaders commit themselves to "working tirelessly for the full implementation of this Agenda by 2030". This event is in so far remarkable, as it integrates universal and cross-national global policy aims with national political agendas for the different contexts of economics, ecology, and social policies for all countries around the world in one joint agenda – rich and poor countries face for the first time together the same targets. Each of these goals is benchmarked by a set of indicators, which are subsequently adopted by follow-up meetings. It is fair to say, that this current stage of globally related SDG-indicators for national political agendas in all countries around the world would have not been realized at that time without the experiences of 50 years from the social indicators movement.

The paper has five sections. Section<sup>1</sup>, reviews the developments in the use and meaning of social indicators by political actors over the last 50 years with a special focus on their contribution for combating poverty. Section<sup>2</sup>, indicates the overlaps and differences in QoL, CA, and SD as the main theoretical frameworks for social indicators in the political context. Section<sup>3</sup>, refers to the current implementation of the SDGs. Section<sup>4</sup>, identifies multidimensional inequalities and precarities as main challenges for sustainable social developments and suggests additional multidimensional qol-measures to capture precarious living conditions as well as conditions of social and economic prosperity and wealth. Section<sup>5</sup>, summarizes policy implications for QoL-based indicators and the use of SDGs.

**Embedding Effects in the OECD Better Life Index: Evidence from an Experiment**Hetschko Clemens<sup>1,3</sup>, Von Reumont Louisa<sup>1,5</sup>, Schöb Ronnie<sup>1,4</sup><sup>1</sup> Freie Universität Berlin, <sup>2</sup> CESifo Group Munich, <sup>3</sup> IAB Nürnberg, <sup>4</sup> ifo Dresden, <sup>5</sup> DIW Econ

The OECD's aim is to foster 'better policies for better lives'. To this end, the organization invites people to evaluate a variety of quality of life indicators according to their individual preferences, using the web-based Better Life Index. These indicators are embedded in 11 broader dimensions of well-being. This paper shows that this procedure yields strong embedding effects and might not measure social welfare in a meaningful way. In a web-based experiment we assign different versions of a replication of the BLI to five randomly selected subgroups of 538 participants. Each subgroup is confronted with a specific embedding of indicators in the dimensions. Our mean and regression analyses show that the specific embedding of the same sets of indicators strongly impacts the relative weights assigned to these indicators and thus substantial embedding effects. Weights seem to be given on the fly and/or depend on individual preconceived notions rather than on a profound valuation of the specific indicators that are to be rated. By implication, the BLI does not yield reliable results and thus cannot reveal citizens' actual preferences. Our findings cast serious doubts on the validity of the Better Life Index as a measure of social welfare. They thus challenge the usefulness of the Better Life Index in providing meaningful policy recommendations.

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**Happy Relational Life :  
The Contribution of the Philosophical Concept of Recognition for Economics of Happiness**

Francis Munier  
University of Strasbourg

M. Friedman and R. Friedman (1990, p 5) assert that the free market works „without requiring that people talk or love each other“. This statement, devoid of the possibility of affecting others, translated with an emphasis of self-love, selfishness, and lack of social interaction in the neoclassical approach.

Based in particular on rational choice theory, this behavior of the selfish, lonely and hedonistic economic man (C. Laval, 2007), has been heavily criticized by contemporary philosophers, sociologists notably from the movement MAUSS, and some economists themselves.

Faced with these critics, we retain a philosophical approach, specifically one that examines the concept of recognition to expand the ontological and transcendental dimension of homo economics in order to give him greater interpersonal skills, empathy and altruism. Recognition provides an original analytical framework of man and his inter-subjectivities, in an attempt to enrich the relational dimension between oneself and others. Theories of recognition motivate important debates in philosophy but it has to be recognized, that the dissemination of these ideas is still very marginal in the field of economics (C. Hoewel, 2013).

The aim of this article is precisely to clarify the concept of the economic man in light of this concept in order to provide openings for „I“ and „You“ paraphrasing here M. Buber (1992). The purpose is two-fold, and original, in that our work is based on an endeavor to match the philosophical approach of recognition along with the economics of happiness.

In other words, our aim is to demonstrate that the economic man in its neoclassical sense is unhappy (with regards to the results of the economics of happiness), and that he would be happier if he used relational behavior instead of a positional one (in the sense of Pigou and Marshall). From this point of view, the recognition approach appears as the ontological foundation of a happy economic man by offering solid “elementary blocks” to seminal results obtained in the economics of happiness.

The first part is devoted to a definitional synthesis of the concept of economic man. It justifies the second part which, based on the inaugural work of Hegel, convokes contemporary approaches of recognition (A. Honneth 1992 2006 C. Taylor, 1991, 1992; N. Fraser, 2011 or P. Ricoeur, 1996, 2005) and establishes a rich portrait of the homo economics, in order to overcome the dilemma of subjectivity of a deeply social person. The third part is devoted to the search for a more fruitful dialogue between economics and social philosophy as well as renewal of what could be the understanding of the individual in economics. After showing that the approach based on recognition enriched the economy of esteem (Brennan and Pettit, 2004), our analysis will be based on recent developments in economics of happiness to show the indomitable character of the importance of recognition in understanding the relational need of economic man in his quest for the „good life“ in the sense of eudemonism.

**An Investigation on the Relationships of Character Strengths With a Multidimensional Framework of Well-Being**

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Background: Character strengths are positively valued traits that are expected to contribute to the “good life” (Peterson & Seligman, 2004). Numerous studies have confirmed their robust relationship with subjective well-being. Seligman (2011) provided a new framework of well-being suggesting five dimensions that encompass both subjective and eudemonic aspects of well-being: Positive emotions, Engagement, Meaning, Relationships, Meaning and Accomplishment (forming the acronym PERMA). However, the role of character strengths in this framework has not been studied so far and most studies on the relationships between character strengths and well-being only relied on self-reports.

Methods: This set of studies examined the relationships of character strengths with the PERMA dimensions in two cross-sectional studies (Study 1: N = 4.600), while also taking also in account peer -reports to control for possible method bias (Study 2: N = 185). Participants completed validated assessments of character strengths and the PERMA-dimensions (self-reports in Study 1, self- and peer-reports in Study 2).

Findings: Results showed that in self-reports, all strengths were positively related to all PERMA dimensions, but there were differences in the size of the relationships. For accomplishment, for example, strengths such as perspective, perseverance, and zest showed the strongest contributions, whereas for relationships strengths such as teamwork, love, and kindness were the best predictors. These findings were largely confirmed by peer-reports in Study 2.

Discussion: The findings provide further support for the notion that character contributes to the “good life” and could guide the development of strengths-based intervention studies tailored to individual needs.

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**F3\_7: REGIONAL PERSPECTIVES OF QOL II**


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**South African citizens' hopes for a better life two decades into democracy**
Møller Valerie<sup>1,2</sup>, Roberts J. Benjamin<sup>1,2</sup>

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South Africa was the last country on the African continent to celebrate freedom from colonialism and apartheid in 1994. Our study of citizens' perceptions of life in the 'new' South Africa shed light on social progress in the democratic era.

We draw on three studies that applied Cantril's ladder-of-life and the National Wellbeing. The nationally representative 2012 South African Social Attitudes Survey (n2521) replicated Cantril's (1965) original line of questioning and methodology to identify national concerns; it also included the National Wellbeing Index (NWI). A follow-up 2014 qualitative study asked focus group participants to assess the six domains of the isiXhosa version of the NWI in five discussion sessions (n 26).

Findings: The replication of the Cantril study found that hopes for the nation were mirrored in worries and fears. Top concerns named as both hopes and fears included: law and order and crime, employment, honest government, decent standard of living, governance and leadership, economic growth, and public health services. Contrary to expectations, given South Africa's history of inequalities in society, top concerns were mainly shared among racial groups. The economy and governance were rated the least satisfactory of the NWI domains. The focus group discussions with isiXhosa speakers offered ideas on how to fix what has been called a 'fractured' nation. When discussing the NWI domains of governance, the conversations projected the image of the good society in which all citizens are nurtured, protected and provided for equally by a 'caring' government. The 'caring' ideal also evoked the moral principles embedded in African humanism or ubuntu.

**Well-being in Africa: A Comparative approach using the International Well-being Index**
Roberts J. Benjamin<sup>1</sup>, Møller Valerie<sup>2</sup>, Tiliouine Habib<sup>3</sup>

<sup>1</sup> Human Sciences Research Council, <sup>2</sup> Rhodes University, <sup>3</sup> University of Oran

Well-being (WB) research is advancing rapidly but at a varying pace across the globe's regions. In this respect, very little is yet known about populations' well-being in Africa. In our presentation, we report on a comparative survey conducted in general populations in the countries of South Africa (n=2,521, 44.7% females) and Algeria (n=2,847, 54.2% females). This research used among other measures the International Wellbeing Index (IWI) which is composed of: The Personal Wellbeing Index (PWI) and the National Wellbeing Index (NWI). A subsidiary aim of this research has been to verify the psychometric performance of these indexes in the two countries and test the possibility to expand PWI beyond the<sup>7</sup>, known items.

Though a slight difference in the general items favoured Algerians, there have been some interesting patterns emerging from comparing individual domain items across the two countries. Also interesting is that the psychometric performance of both indexes was found equally high. The addition of the Religiosity and the Daily Activity items to PWI gave satisfactory results. All these aspects are discussed referring to the characteristics of the two countries' social contexts.

**Politics and Quality of Life: The Role of Well-Being in Political Outcomes**
Yonk M. Ryan<sup>1</sup>, Smith Josh<sup>1</sup>

<sup>1</sup> Utah State University

Many scholars have attempted to define quality of life to guide policies intended to improve individuals' quality of life. Few of these, however, have systematically measured well-being to effectively evaluate policies. In our book, we establish an empirically valid metric for quality of life at the US county level and explore the role quality of life plays in determining social and political outcomes. If life quality measures are inaccurate, biased, or based in bad theory, policymakers, though well-intentioned, will harm those they set out to help. Precise measurements of what determines well-being is vital for good policymaking. After developing and validating our index we calculate scores for each county and apply the scores in novel ways to political and social questions to explain political phenomena such as: variation in voter turnout, why individuals vote the way they do, and why some counties receive more federal money than others. Most past work has focused on merely measuring quality of life, but has failed to see its subtle uses. The core innovation of our book is in applying our results to explain political and socio-political outcomes. Further, collecting county data and having a unique ranking for each county in the US breaks new ground in quality of life studies.

**A Neighborhood revisited**

Topcu Umran

Bahcesehir University, Faculty of Architecture and Design, Istanbul

There is growing interest on the neighborhood. Neighborhood is defined by social scientists from different viewpoints: as a social unit, a spatial unit and a network of relationships and associations. A reason for choosing the neighborhood as the unit of action is that the neighborhood provides a manageable scale in which to work. Concentrating on a single neighborhood may also provide

an opportunity to focus on particular needs and particular outcomes. The neighborhood scale may allow access to more perfect information and a better understanding of the target population. It may also provide a scale within which to measure any change in the target population's circumstances.

Monitoring a neighborhood means monitoring social progress and perceived quality of life in that specific neighborhood. Little research has been done on the perceived quality of life in the developing countries. This paper is about a traditional neighborhood on the Anatolian side of Istanbul, namely Anadoluhisari. Same neighborhood has been studied by the author in 2005. Studying the same neighborhood at an interval of 10 years or revisiting approach is seen as an essential part of a comprehensive planning process. It provides support for the neighborhood and helps to clarify priorities.

This paper undertakes a measurement of satisfaction for Anadoluhisari neighborhood for a comparative study at an interval of 10 years. The results of the study are based on a survey of 200 people. The respondents are asked for their subjective assessment of a set of domains associated with quality of life.

### The happiness of sharing time with others

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It has been pointed out that time can be the ultimate resource of happiness. It has also been shown that inhabitants of some middle-income countries report high levels of happiness despite not having many benefits present in developed countries.

The research uses an ordered probit model to identify the impact of the time spend with family and friends in physical and electronic environments on the happiness of the individuals, making use of the national time use survey of Mexico, which counts on data on the use of time and happiness of more than 40 thousand people.

The study identifies that the time dedicated to the family is more important for the happiness of the Mexicans than time spend with friends. In addition, to comfort people in real world generate more happiness than virtual environments.

It is recognized that the presence of loved ones in the lives of Mexicans is one of the key components in their happiness and that thanks to family and friend the effect of having a low income is less.

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## SY9: ACTIVE AGEING AND QUALITY OF LIFE: FROM CONCEPTS TO APPLICATIONS

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Aims:

- To deep into the conceptualization of Active Ageing (AA) and its connection with other similar concepts (healthy, productive, successful).
- To know which methods and indicators better fit the knowledge of AA and quality of life (QoL).
- To analyse the essential components of AA and its relationships with QoL. Are there cause or effect?
- To examine the AA profiles and to determine the associated factors for a better QoL.

Rationale: The concept of AA is being used since its adoption by the WHO to strengthen health, participation, security (WHO, 2002) and lifelong learning (Faber, 2015), as essential requirements for designing policies to improve QoL as people age.

This symposium would receive contributions on theoretical and applied approaches, methods and indicators, contents and their interactions, in order to know which factors better explain AA to enhance QoL.

Summary: It is recognize the lack of consensus about the conceptualization and operationalization of both constructs, AA and QoL. Neither, its relationships are well known. Thus, the first presentation, dealing with the literature review, helps to better understand the connections of these constructs, providing the framework of the symposium. The presentations of the symposium cover full range of AA dimensions (health, social engagement and participation, security, lifelong learning, social engagement, the use of assisted living solutions for an independent living) and are oriented through its relationship with QoL. Several geographical contexts are studied (Europe, Spain, Chile), and authors come from different countries of Europe and Chile. Results will help in the design of policies for an active ageing and quality of later life.

### Active Ageing and Quality of Life: A literature review

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Background. The concept of active ageing (AA) is being used in recent decades as a line of research in population studies and as an instrument of public policy, especially since its adoption by the WHO (WHO, 2002; Faber, 2015) to strengthen health, participation, security and lifelong learning as pillars of quality of life. Despite the increasing use of this terminology, trying to define AA is a complex task as it is related to various theories, constructed from multiple contents and their interactions, linked to other conceptual frameworks of ageing (healthy, productive, successful, positive ageing) and operated following scientific strategies

and public policy design. Researchers have used these concepts in relation to their study goals, often faced to the availability of databases and following own disciplinary rules. But in a few cases the relationship between AA and Quality of Life (QoL) has been studied. This proposal aims at conducting a review of the scientific literature on AA and QoL in the field of Social Sciences research.

Methods. Bibliographic references published between 1997 and 2016 on AA and QoL, searched and collected by the authors from several databases, will be used, shared through EndNote and analysed with Atlas.ti software.

Findings. AA and QoL research concepts are delimited, as well as indicators and measurement instruments used, applied methods, main findings and limitations of the reviewed studies.

Discussion. Identify the strengths and weaknesses of previous works would help to diminish the potential drawbacks.

### **The Four Pillars of Active Ageing and their association with Quality of Life**

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Background: The World Health Organization (WHO) definition of Active Ageing emphasizes the role of the Four Pillars of Active Ageing (health, lifelong learning, participation and security) for the maintenance of quality of life (QoL) in older age. Analyzing the specific contribution of each of those Pillars to QoL in elderly population is the objective of this study.

Methods: A sample of 1400 community-dwelling older people was recruited for the Spanish Longitudinal Study on Ageing (ELES Project). The Personal Wellbeing Index (PWI) was administered for assessing QoL; MMSE, CES-D, and a survey on chronic medical conditions, for health; DUFSS, Loneliness Scale and leisure activities, for participation; several questions on learning, and on residential facilities and barriers, for security. Spearman's rank correlation coefficients and Mann-Whitney tests were calculated.

Findings: The sample, mean age 62.2 years old (SD: 8.9), was composed by 55% of women. The PWI (mean: 74.7, SD: 11.28) had low-to-moderate correlations with the applied rating scales. Regarding health, participants with depressive symptoms, multimorbidity or cognitive impairment scored worse in PWI ( $p < 0.001$ ). Subjects who reported participation in any leisure activity showed higher PWI scores ( $p < 0.01$ ) than those who do not. For learning, having higher educative level was associated with better PWI scores ( $p < 0.001$ ), but there were not significant differences in PWI between subjects according to their access to learning resources. Regarding security, architectural barriers/problems in environmental safety were associated with worse PWI ( $p < 0.001$ ).

Discussion: Promoting health and participation and removing barriers would contribute to improving QoL in older people.

### **Quality of Life and Social Engagement in Older Europeans**

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Background: Being engaged in life, through activities and interpersonal relations, in addition to health is recognized to be important factors for successful quality of life, but the constrains of advanced life brings difficulties in maintaining this engagement. The purpose of this study is to gather information on the association between different network, activity, and quality of life across ageing.

Methods: The sample included respondents ( $n=28677$ ) from the 4th wave of the Survey of Health, Ageing and Retirement in Europe (SHARE). Data on participation, network structure, quality of relationships and quality of life was considered. Multilevel regression analyses were run for identifying the social predictors of well-being by age groups.

Findings: Having a larger social network, a partner, emotional closeness and satisfaction with social network were associated with higher levels of quality of life. The introduction of the interactions between age and social network, and participation variables proved that the effect of productive, social, and leisure activities in quality of life is positive, across advanced age. However, the effect of the absence of activities in reducing quality of life is stronger for those aged 80 and older.

Discussion: Given that older people's social integration and engagement shows mutual benefits for everyone including older people, the lower prevalence of activities (especially, productive and social) is a concern. It seems that vital people are left without opportunities for active involvement. Creating meaningful, accessible and age-sensitive opportunities for being social embedded and engaged is essential to promote quality of life in advanced life.

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### **Ethnicity, Quality of Life and Successful Ageing among Elderly Chilean People**

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**Background:** The association between Quality of Life and Successful Ageing is a key subject for societies with rising ageing rates, as Chile is. Various studies confirm this relationship, i.e., elderly people who made a positive subjective assessment of their well-being tend to make a positive assessment of their ability to adapt to the process of aging. Present research aims to analyze the association between quality of life and the different domains of successful ageing (functional performance mechanisms, intrapsychic factors, gerotranscendence, spirituality and life purpose/satisfaction).

**Methods:** The sample consists of 777 elderly people living in North of Chile, of which 30% are indigenous. Successful Aging Inventory (SAI) and WHOQoL-BREF were applied. Hierarchical regression analysis is used.

**Findings:** The findings confirm the association between Quality of Life and some domains of ageing successfully, mainly the intrapsychic factors, gerotranscendence and the life purpose/satisfaction.

**Discussion:** Practical and research implications for promotion of Quality of Life and Successful Ageing are discussed. Differences between indigenous and non-indigenous elderly people are analyzed, focusing on the promotion of well-being as an specific scope.

### **Measuring the Impact of Active and Assisted Living (AAL) Solutions**

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**Background.** Due to the ageing of the population, maintaining or increasing the quality of life of older adults is of special interest from various perspectives. In the past years, several innovations were initiated and a great variety of products was developed with the aim to contribute to a prolonged autonomous life of elderly in the privacy of their own home. Up to now, it is not clear how such Active and Assisted Living (AAL) technologies and systems add value to the individual, social and institutional level and how its overall effects should be measured.

**Method.** In this respect, a comprehensive qualitative evaluation of existing literature was conducted with the aim to list potential indicators used or suggested so far, which determine the possible impact of such ICT based solutions. The potential indicators were assigned to three different stakeholder groups (individuals, society, and institutions) and different categories (e.g. health related quality of life, social well-being, financial impact, health and nursing care systems).

**Findings.** In general, it can be noted that a great number of potential indicators exists but a suitable measurement system for an overall assessment of the impact of AAL technologies and systems is still lacking so far. Hereby, various obstacles have been identified (e.g. differentiation of AAL, measurement tools, operationalization).

**Discussion.** Moreover, various stakeholder groups (e.g. elderly, social insurance agencies, companies) might be affected by these new technologies in different ways and pursue diverse goals depending on their own specific characteristics.

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## **S1\_1: FAMILY PROCESSES AND QOL**

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### **Predicting quality of life by family process and marital satisfaction in university student**

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The aim of this study was Predicting quality of life by family content and marital satisfaction. Participant included 56male and (76) female who selected via cluster sampling in Bandar Lengeh city. Participant answered to three questioners: Personal Well-being index (International Well-being Group, 2006), ENRICH (1989) Marital satisfaction index and Family Process (Samani, 2005). The result of regression showed Family Process and marital satisfaction predicted Quality of life.  $R^2 = 0.26$ ,  $F(2,129) = 23.06$ ,  $P < 0.001$ .

### **Happiness, family functioning, and socioeconomic status in South African households: A structural equation modelling approach**

Botha Ferdi

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Owing to its apartheid history, South Africa has large socioeconomic status (SES) differences as well as diverse family life contexts across many cultural groups. Despite the growth in the happiness literature, the interplay between happiness, family functioning, and SES has remained unexplored. This paper examines how family functioning and SES relate to individual happiness in South Africa. The Family Attachment and Changeability Index<sup>®</sup>, (FACI8) is as family functioning measure, while we consider SES in a broad sense beyond more traditional indicators. An individual-, household-, and subjective SES index are developed via multiple correspondence analyses (MCA). Data originate from the 2012 wave of the South African Social Attitudes Survey (SASAS) (n

= 2547), an annual cross-sectional survey conducted by the Human Sciences Research Council. The paper employs structural equation modelling (SEM) to explore the relationship between happiness, family functioning, and SES, and multiple-group SEM (MGSEM) to examine the association between happiness and family functioning across the quartiles of the three SES indices. Higher SES is significantly related to greater happiness as well as family changeability, with the role of household- and subjective SES being stronger than individual SES. Better family changeability is positively associated with happiness, whereas there is no relationship between happiness and family attachment. The MGSEM results suggest a positive association between happiness and family changeability more generally in the higher SES quartiles. Overall, policy aimed at improving household living standards and SES is likely to benefit individual happiness as well as family functioning via family flexibility.

### **“I love and need my children”: Relational patterns among older individuals in Southern African samples**

Wilson Angelina<sup>1</sup>, Wissing Marié<sup>1</sup>, Schutte Lusilda<sup>1</sup>

<sup>1</sup> Africa Unit for Transdisciplinary Health Research, North-West University, Potchefstroom

**Background:** Given the rapid social change in the South African context and the importance of meaningful relationships for quality of life, there is a need for research that explores existing relational patterns of older individuals across urban and rural samples. The present study is aimed at describing the relational experiences of older individuals living in urban and rural sites in South Africa.

**Methods:** Using a qualitative research design, samples of N = 25 adults from, respectively, urban (Males = 7, Females = 18) and rural (Males = 5, Females = 20) South African communities were purposively selected. Participants in the rural sample were relatively younger (M = 67.32, SD = 7.18) than the urban sample (M = 71.16, SD = 6.96). Semi-structured interviews and thematic analysis were used in exploring the important types of relationships and the reasons thereof among the present samples.

**Findings:** Relational experiences emerging in both samples included the provision and expectation of sustained support and an experience of personal meaning and inner strength through spirituality. While the expression of affection for children and partners was unique to the urban sample, the rural sample expressed the need to experience harmony with the self, family and community.

**Conclusions:** Aging in a context of social change and urbanization seemed to be underscored in relational experiences that reflect both individualistic values and also collectivism. Interventions to improve relational well-being must take into account a plurality of dimensions such as the self, others, supernatural as well as the unique social context.

### **The costs of parenthood and parental well-being. The case of Switzerland.**

Mikucka Malgorzata<sup>1</sup>, Rizzi Ester<sup>2</sup>

<sup>1</sup> Mannheim University, <sup>2</sup> Universite catholique de Louvain

Well-being literature shows that parenthood does not increase well-being. The main explanation are costs associated with parenthood: having children does not make people happy, because the intrinsic gains of parenthood are counterbalanced by financial burdens and the lack of free time. This study investigates a less studied social context, i.e. Switzerland, to analyze how the perceived financial burdens and time constraints change over the course of parenthood. We use Swiss Household Panel data (16 waves) and fixed-effects models to study the within-person changes of financial satisfaction and satisfaction with free time experienced during parenthood. The satisfaction measures are particularly useful tools in the analysis, because they focus on the perceived, and not objective burdens, and should therefore particularly strongly correlate with changes of parental life satisfaction. Our results show, that financial satisfaction systematically increases during parenthood in Switzerland. The increase is especially high after the birth of the second (i.e. typically the last) child in the family, and is stronger among men than among women. In other words, financial satisfaction of parents increases faster than the financial satisfaction of otherwise similar childless people. We also show that men's satisfaction with their free time is temporarily and negatively affected by the birth of the first child. The negative effect among women is much stronger than among men, but it is also temporary. By the time a child reaches the age of 10-12 years, women's satisfaction with their free time is systematically higher than in the period before the birth of a child. This suggests that our understanding of the role played by the costs of parenthood for parental life satisfaction is still limited. We call for further research, especially those using other theoretical perspectives, such as the selection approach.

### **Parental sacrifice, filial piety and adolescent life satisfaction in Chinese families experiencing economic disadvantage**

Leung Janet<sup>1</sup>, Shek Daniel<sup>1</sup>

<sup>1</sup> The Hong Kong Polytechnic University

This paper is based on a study examining the relationships among perceived paternal and maternal sacrifice, filial piety and adolescent life satisfaction in a sample of 716 poor adolescents studying in Secondary<sup>1</sup>, and<sup>2</sup>, (Grade<sup>7</sup>, and 8) in Hong Kong. Based on the family capital theory, it was hypothesized that paternal and maternal predicted adolescent life satisfaction in poor Chinese families. According to the Chinese socialization model, it was predicted that filial piety mediated the relationship between parental sacrifice and adolescent life satisfaction. While reciprocal filial piety entailed care and support to ones' parents as a gratitude to their nurturance, authoritarian filial piety demanded the suppression of ones' desire through maintaining the family's reputation. Results based on structural equation modeling indicated that filial piety (both reciprocal and authoritarian) partially mediated the relationship between paternal sacrifice and adolescent life satisfaction, but it fully mediated the influence of maternal sacrifice and adolescent life satisfaction. The findings suggested that both paternal and maternal sacrifices are protective factors that enhance

adolescent life satisfaction of Chinese adolescents experiencing economic disadvantage. Moreover, the results illustrated the mechanisms on how parental sacrifice influenced adolescent well-being in poor Chinese families. This study provides important cues for researchers and family theorists on understanding the family relationships among Chinese families, which would help in the development of Chinese family model of resilience.

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## S1\_2: INDICATORS OF QUALITY OF LIFE

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### Improving Lifestyle Choices? Behavioral Paternalism and Social Welfare

Immerfall Stefan

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Individual decisions in general are greatly, and perhaps increasingly, affecting health and illness. Lifestyle choices and sedentary lifestyle in particular are known to have an arguably significant impact on health, healthy ageing and disease. As a consequence, ideas of behavioral change as a remedy to rein in health costs are flourishing. Politicians are eagerly listening to the claims of “libertarian paternalists” to improve individual’s health related decisions through “choice architecture”.

This focus on people’s responsibility for their health has met with criticism. Critical social scientists dismiss it as a new way of blaming the victim and individualizing health care. There also doubts concerning the normative justification for such kinds of happiness policies as paternalistic. Finally, questions of implantation and about the proper role of happiness policy within a democratic political system abound.

The proposed presentation reviews different ways approaching the challenge of affecting individuals’ lifestyle choices. I will discuss how approaches from behavioral and happiness economics may help our understanding of the complexity of health promotion.

Reviewing empirical evidence, my analysis finds that claims about the validity of choice architecture are overblown. Nevertheless the contribution of recent research on self-reported preferences and cognitive biases need to be incorporated in health promotion programs. Not trying to influence individual behavior is simply not choice for public health.

### Work Schedules and Parents’ Time Allocation

Ugidos Arantza, Bengoa Laura

University of the Basque Country

This study uses most recent Spanish time-use data of 2009-201 to study the effect that different work schedules have in the time spent on activities with the different family members. We consider four different time-uses: family time (partner and children at the same time), parent-child time (minutes per day spent only with their children), partner time (minutes per day spent only with their partner) and non-family time (minutes per day spent without family members). Our main control variable is the individuals’ work schedule. Three different work schedules are studied, standard shift (working some hours in the morning and the possibility to work some hours in the afternoon but with a short lunch break), evening shift and split shift (working in the morning and in the afternoon but with a long lunch break). The work schedules are mutually exclusive. We also include the nonemployed variable to capture the effect of parents that were not engage in any paid work. In Spain many workers have a split shift (43.63% reported in the Spanish Time Use Survey 2009/10). Working a split shift causes working days to finish late and, in many cases, parents will not be present at home when the children arrive from school deteriorating the parent-children relationship.

We restrict our final sample to heterosexual couples without other adults in the household, where the two spouses are between ages 25 and 59 and have at least one child younger than 18 years old. We are also going to drop from the sample the couples whose reference day was during the weekend, as most people engage in paid work activities during week days, and we want to have a homogeneous sample in order to study the effect of different work schedules on time allocation. Our final sample will consist of 1,201 couples.

We consider households without other adults apart from the parents. If there were other adults, for example grandparents, the arrangements of the family could differ as the grandparent might have a more active role in the family. They could cook dinner or do some of the housework and childcare. This may have an effect on the time spent with the family members by the spouses. We also restrict to heterosexuals couples because we are trying to do a gender study.

We include as explanatory variables some variables that will capture variations among individuals opportunity cost, lifestyles, and demographic characteristics. We include the spouses’ work schedule. Including the spouse’s work schedule as one of the explanatory variables, we will also observe the effect that the spouse work schedule has on the time spent with the household members by the individual.

We estimate a double hurdle model that allows us to take into account the clustering of a large proportion of observations at zero and deal with both the incidence and the intensity of spending time in a particular time use or activity. That is, this method estimates the effect of the control variables (i.e. work schedules) on the time use activity having into account simultaneously the probability of participating in the activity. Else, unlike the Tobit model, the double hurdle model allows for different factors affecting the incidence and the intensity decisions.

Our results show that the split shift has a negative association with family time and parent-child time, two activities that improve the relationship among family members and improve the wellbeing of children. We also find that parents engage in parent-child activities with children under 10 years old when their spouse is working the split shift or evening shift. These results are consistent with the idea that spouses decisions are taken simultaneously. The negative effect that working an evening or split shift has on parent-child time is smaller for women than for men. The opposite is observed with non-family leisure time.

With these results we could conclude that this study has important public policy implications. The split shift is making more difficult for dual-earner couples to have a work-life balance. This could be one of the reasons explaining the low female labor force participation rates in Spain in comparison with other European countries. Women could decide to accept a job if it meant having a standard work schedule if their spouses are already working a split shift. Couples would need someone to be with their children after school if women accepted a job with a split work schedule, as none of the spouses would be at home when the children arrived from school. This makes women to have less job opportunities. Moreover, when studying the private sector, in some cases, women will only apply for the less skilled jobs as, in higher positions, work schedules, normally, are worst for a work-life balance as working days are longer.

Making work schedules more compatible with school schedules might be a way of facilitating the conciliation of the labor and family life. In fact, one of the issues during the previous political campaign in Spain was the benefits that ending the working day before six o'clock could have on this conciliation. Provide evidence of the effects that working later than<sup>6</sup>, p.m. have on spending time with the family could give the motives to undertake the adequate policy changes to improve the work-family balance. This policy changes might have a positive effect on the decision of having more children per women, as in the last 40 years there have been an important decrease in the fertility rate of western countries.

### A Strategy for Monitoring Quality of Life in Norway

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National governments and major international institutions are increasingly using indicators on quality of life (QoL) to inform public policy and monitor social progress. In this presentation, we introduce a new strategy for monitoring QoL in Norway.

Norway's national registries provide rich objective data on QoL-relevant factors to this aim, but do not include subjective information on wellbeing and thriving in the population. Combination of objective and subjective data clearly adds value to both types of data and provide a unique platform for informed policy planning.

In 2015, the Ministry of Health commissioned the Directorate of Health to create a strategy to ensure good data on population QoL. The main purpose was to advise the Ministry of Health, and other central government institutions, on how to proceed to obtain, analyze and disseminate information on the development and distribution of QoL in Norway. The resulting report (2016) recommended: 1) coordination of measurement tools and methods, 2) substantial improvements in the national data collection system, 3) a system for collecting data on county and municipal QoL as the political leadership in the local communities is responsible for monitoring health and QoL, and 4) a national site for QoL information. Currently, work on key subjective indicators and more objective QoL measures is undertaken. An overview of the strategy, including choice of definition and theoretical perspective, will be presented, and the need for (or lack of) a QoL index will be discussed.

### Including well-being indicators in the Italian budget law

Rondinella Tommaso<sup>1</sup>, Bacchini Fabio<sup>1</sup>, Segre Elisabetta<sup>1</sup>, Sorvillo Maria Pia<sup>1</sup>

<sup>1</sup> ISTAT

The recent reform of the budget law in Italy provides that a special Annex must be added to the Stability Plan in order to monitor the performance of a selection of indicators of Equitable and Sustainable Wellbeing (by that clearly referring to Istat's BES initiative) in the triennium preceding the reference year and to present a forecast of their evolution in the following triennium. In addition, it establishes the presentation to the Parliament of an annual report about the evolution of the above indicators on the basis of the impacts of the policies included in the budget law again in the triennium following the reference year.

In this way, the "Beyond GDP" measures formally enter the process of definition of public policies. Yet this achievement imposes a number of challenges to be faced.

The selection of indicators, for which a specific Commission has been set up, has to consider their availability, timeliness and relevance. They also need to be "now-casted" when not available up to the reference year. Now-casting will also be essential for the indicators to be subsequently forecasted taking into account the policies included in the budget. This exercise of impact assessment will require the implementation of innovative models and tools.

This work has two aims. Firstly it presents the activities Istat is setting up in order to answer these needs coming from policy making.

Second, for one of the domain of the Bes, the paper describes a framework for policy evaluation putting together the selected indicators and the feasible targets. A pseudo real-time exercise will be performed.

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### **ECOS in Focus: Using Storytelling to Engage Citizens in Quality of Life Indicators**

Hamshaw Kelly<sup>1</sup>, Kolodinsky Jane<sup>1</sup>

<sup>1</sup> University of Vermont

The ECOS Project is a collection of public, non-profit and private organizations using a collective impact approach to create a “sustainable future for a healthy, prosperous, and inclusive” community in Chittenden County, Vermont. ECOS partners have worked since 2010 to develop a shared vision, identify planning goals and action strategies, and generate a set of over 90 indicators for measuring progress. These indicators have been collected on an annual basis since 2013 and range from kindergarten readiness scores across county schools from the State Agency of Education to pounds of solid waste disposed per capita from the Chittenden Solid Waste District. The ECOS Indicators are presented as an online scorecard to make them available for all users. Recognizing that the Annual Report and Indicator Scorecard have limited appeal to citizens in their daily lives, the ECOS Partners collaborated with the Center for Rural Studies (CRS) at the University of Vermont to promote these quality of life indicators to the greater public. CRS researchers facilitated a prioritization session with ECOS Partners to identify priority indicators, which summarized the 96-page Annual Report into a 6-page infographic. CRS developed a storytelling strategy to present the indicators as meaningful stories that reflect important trends within the county. The ECOS in Focus story series brings greater awareness of the ECOS Project to citizens by providing valuable context to the priority indicators by creating tangible stories of actions from the past year that increased the quality of life in Chittenden County.

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## **S1\_3: COMMUNITY WELL-BEING I**

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### **Alcohol Tool-kit to Enhance Quality of Life: Empowering Indigenous Communities of Sabah to Reduce Alcohol-related Harms**

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<sup>1</sup> Universiti Malaysia Sabah, <sup>2</sup> Deakin University

Alcohol misuse compromises the quality of life of individuals, families, communities and whole societies in a variety of ways. Malaysia acknowledges the problems and, in line with the World Health Organization Global Strategy to reduce the harmful use of alcohol by 10% between 2010 and 2025, has implemented policies and health promotions activities. However Sabah, one of the states in Malaysia has more than 30 different ethnic groups and alcohol has a traditional role in their cultural practices. This makes one common program difficult to implement. Preliminary research suggests that alcohol is a serious problem in indigenous communities in Sabah. It also shows lack of knowledge on recommended limits for alcohol consumption and understanding of alcohol-related harm.

The objective of this action-research is to produce a toolkit that will transfer knowledge and empower communities to adopt safer drinking and reduce alcohol-related harm. It must be acceptable, affordable, appropriate, easily understood and able to be tailored to suit different communities. The alcohol tool-kit was developed by a group of academics using evidence-based information. Qualitative research methods were used to evaluate the alcohol tool-kit. 45 villager representatives were selected using purposive sampling and divided into<sup>5</sup> groups for focus group discussion. Their feedback was recorded and transcribed verbatim. The alcohol tool-kit was edited accordingly. All participants agreed the alcohol tool-kit is important and can empower communities to reduce alcohol-related harm which directly improves their quality of life. The amended alcohol tool-kit will be recommended for health promotion programs and evaluated from time to time.

### **The Human Development Approach: Stimulating a Fact-Based Conversation About Improving the Human Condition in Sonoma County, California**

Guyer Patrick, Burd-Sharps Sarah, Lewis Kristen  
Amsterdam, The Netherlands

This presentation provides an overview of the human development concept and how Measure of America, a project of the Social Science Research Council, has applied it in its research, advocacy, and participatory approaches to community well-being, particularly at the local level. It then explores how the application of the human development concept in a specific county, Sonoma County, California, resulted in a report, A Portrait of Sonoma County: Sonoma County Human Development Report 2014 (Burd-Sharps and Lewis, SSRC: 2014), that in turn galvanized local policy-makers to take action. The report documented sobering disparities in community well-being across the towns and cities that comprise Sonoma County by presenting indicators of health, education, and material living standards for local areas, and analyzing them through the human development lens. This paper documents some of the impacts of the report on policy-making, funding, and programmatic decisions by public agencies and private organizations in the year since the report's launch. Factors that have contributed to building ownership of the report's findings among stakeholders in the county and have helped build momentum to put the report's data and recommendations into use are discussed in light of findings from a case study using interviews with Sonoma County stakeholders.

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### **Debriefs as Process Evaluation for Community Well-Being: CBPR with Métis Settlements in Alberta, Canada**

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<sup>1</sup> University of Alberta

The impacts of colonization on the physical, economic, cultural, social, and psychological well-being of Aboriginal people are well documented. National health statistics show disparities between Aboriginal and non-Aboriginal communities. The Métis Settlements Life Skills Journey (MSLSJ) project addresses these disparities using a community based participatory research (CBPR) approach. This chapter focuses on debriefs - reflective and reflexive group discussions - as an effective process evaluation method in an applied research project. Debriefs are a novel approach to monitoring and enhancing the practice of CBPR. They allow research team members, including community participants, to share problems, issues, and concerns on a regular basis, exploring the gap between the theoretical and practical in CBPR. We used unstructured weekly debriefs throughout the delivery of the Life Skills Journey program with Métis Settlements in Alberta.

This MSLSJ project, presented as a case study, has strong parallels with the principles of good practice in community development. Aware of the gap between the theoretical and practical in CBPR, our team used debriefs where data was collected and analysis led to the identification of principles of practice that they suggest are beneficial to CBPR. Using a case study of the Métis Settlements Life Skills Journey project, we present short-term outcomes that provide evidence of these principles in action: relational accountability, reciprocal capacity building, and maintaining healthy boundaries. Following a discussion of short-term outcomes, we present two themes relevant to balancing research and service delivery: managing responsibility, and managing shared understanding between community and academic language.

### **Exploring Relationships between Community Behavioral Health Issues and Life Satisfaction in Rural Communities**

Kolodinsky Jane<sup>1</sup>, Hamshaw Kelly<sup>1</sup>

<sup>1</sup> University of Vermont

Life in Vermont's rural communities is idealized in popular media and the national mindset. Vermont consistently touts high rankings in various indices of quality of life, health, and environmental quality yet this perception of an idyllic existence was shattered in the national media during Governor Shumlin's infamous 2014 State of the State Address by calling attention to Vermont's emerging opiate crisis. Emergency department data showed visits related to opioids rising from 0.1 visits per 10,000 Vermonters in 2010 to 1.9 visits in 2014 and a rising fatality rate from 0 per 10,000 in 2010 to 0.5 per 10,000 in 2014 specifically for heroin. Concerns about how community behavioral health, including the ongoing opioid crisis, impact community wellbeing is widespread across the state's rural communities. Using survey data collected by the Center for Rural Studies at the University of Vermont as part of the 2016 Vermonter Poll (an annual representative telephone survey of more than 600 respondents), the study examined Vermonters' concerns about opiate and illegal prescription drug usage and explored relationships between their concerns, reported life satisfaction, and key demographic variables. Descriptive analysis revealed the vast majority of Vermonters felt that the opiate crisis (heroin and illegal prescription drug use) is the most critical community behavioral health impacting their community's wellbeing. Bivariate analysis showed a significant relationship between respondents' perceptions of the opiate crisis and reported life satisfaction. These findings underscore the importance of considering the opiate crisis as a threat to both community wellbeing and individual life satisfaction.

### **Mapping Community Well Being in Health Care Philanthropies in the United States**

Phillips Rhonda, Kraeger Patsy

Georgia Southern University, United States

Healthcare philanthropies seek to improve community well being by addressing root causes and broader issues that affect health. Assessing community well-being in health is more than assessing individual access to health care, poor nutrition exposure to environmental hazards there is a need to remove the silos between the medical research and the community development research. The medical and health sector have traditionally focused on people and their medical needs, and not necessarily on their surroundings or the fundamental social and economic determinants of their health. Community and social factors such as income, education, and location are strong determinants of health as are indicators of quality of life which look at subjective and objective measures for community well-being including happiness. In 2008, The Robert Wood Foundation called for philanthropy to break down these silos and fund programs and policies that promoted community well-being and address issues surrounding social and economic determinants of health. This paper seeks to map the territory of health care philanthropy by classifying the activities of philanthropic foundations engaged in funding of programs, community initiatives and policy. Mapping the territory looks at 49 United States Philanthropic Foundations that fund public health and health initiatives. The foundations are classified around four approaches in four groups: (1) instrumental theories, in which the foundation is seen as only an instrument funding health outcomes; (2) community well-being theories, where foundations concern themselves with funding broader health programs but engage directly in the community and/or policy initiatives; (3) integrative theories, in which the foundation is focused on larger quality of life outcomes based on defined indicators; and 4) a theory of change based on a defined theoretical principles which explain the foundations' actions. The findings from this paper suggest that there is a necessity in the academic literature to analyze philanthropic initiatives engaged in health well being in communities in order to integrate practice with theory.

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**S1\_4: WELL-BEING AND EDUCATION I**


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**Promotion of Well-Being in High School Students: The Project P.A.T.H.S. in Hong Kong**
Shek Daniel<sup>1</sup>, Ma Cecilia<sup>1</sup><sup>1</sup> The Hong Kong Polytechnic University

**Background:** The Community-based Project P.A.T.H.S. is a positive youth development (PYD) program designed to promote adolescent well-being in Hong Kong from 2013-2015. In the project, programs with PYD elements such as resilience, psychosocial competence, positive identity and spirituality were implemented. While curricular-based PYD programs were used in the Tier<sup>1</sup>, Program for the general adolescent population, tailor-made PYD programs were developed for the Tier<sup>2</sup>, Programs targeting young people with greater psychosocial needs. The purpose of the study was to examine changes in high school students on different well-being outcomes.

**Methods:** A one-group pretest-posttest design was adopted to examine changes in the program participants. A total of 53,853 students participated in the program from 2013 to 2015. Validated measures of positive youth development, life satisfaction and thriving were used to measure changes in the students after joining the program.

**Findings:** Measures of well-being were reliable at different time points. Consistent with our hypotheses, analyses showed that students joining the Tier 1, Tier 2, or Tier<sup>1</sup>, plus Tier<sup>2</sup>, programs displayed positive changes in measures of positive youth development, life satisfaction and thriving.

**Discussion:** The present findings provided support for the hypothesis that the community-based P.A.T.H.S. Program can promote different aspects of youth well-being. While the predicted findings may be explained by other factors such as maturation, the present findings are consistent with other evaluation studies (randomized group trial and qualitative studies) that positive youth development programs are promising in promoting the well-being of adolescents.

**Dimensions of Teacher Burnout: Relations with Potential Stressors at School**
Skaalvik M. Einar<sup>1</sup>, Skaalvik Sidsel<sup>2</sup><sup>1</sup> Norwegian University of Science and Technology, <sup>2</sup> NTNU Social Research

**Background :** Recent research indicates that teaching is a stressful occupation and that teacher stress and burnout is an international phenomenon. Teacher burnout may have devastating consequences both for the teachers and the quality of education. The purpose of this study was to analyze how four potential stressors in the school environment (discipline problems, time pressure, low student motivation, and value dissonance) were related to the two core dimensions of burnout (emotional exhaustion and depersonalization).

**Method:** A questionnaire was answered by 1145 Norwegian teachers from grade<sup>1</sup>, to 13. Data were analyzed by means of confirmatory factor analysis and SEM analysis.

**Findings:** A confirmatory factor analysis defining four stressors and two dimensions of burnout had good fit to the data and the correlations between the factors were moderate. All four potential stressors were significantly related to emotional exhaustion; however time pressure was the far strongest predictor (beta = .60). In comparison, depersonalization was not significantly related to time pressure but was significantly predicted by discipline problems, low student motivation, and value dissonance. Discipline problems and value dissonance were the strongest predictors of depersonalization (beta = .47 and .30, respectively). Teachers at the lowest grade levels reported most discipline problems time pressure whereas teachers at the highest grade levels experienced students as less motivated than teachers at lower grade levels.

**Conclusion:** The study indicates that the two core dimensions of burnout, emotional exhaustion and depersonalization, are low correlated (r. = .31) and that they are affected by different psychological processes.

**Effects of a Leadership Course on the Psychological Well-being of University Students**
Lin Li<sup>1</sup>, Shek Daniel<sup>1</sup><sup>1</sup> The Hong Kong Polytechnic University

**Background:** Service leadership education aims at nurturing youngsters to be competent, caring and moral leaders in service economies. As it adopts the positive youth development approach, it is expected that related programs would contribute to students' psychological well-being. The purpose of the study was to examine the impact of a credit-bearing service leadership course on the psychological well-being of university students.

**Methods:** A quasi-experimental design was adopted, in which students who attended the service leadership course served as an experimental group (N = 77) and students who had never taken any related courses served as a control group (N = 105). Students reported their psychological well-being indexed by life satisfaction and positive youth development at the beginning (i.e., pretest) and the end (i.e., posttest) of the course, respectively.

**Findings:** At the pretest, students in the experimental group and control group did not differ in their life satisfaction and positive youth development, though females generally reported higher life satisfaction than males. Two-way repeated measure ANOVA showed that there was a significant interaction effect between Time (pretest vs. posttest) and Groups (experimental group vs. control group) on life satisfaction but not positive youth development, which indicates that students receiving service leadership

education experienced a greater increase in life satisfaction than their counterparts without receiving service leadership education. Discussion: The present findings suggest that service leadership education helps to enhance subjective well-being of students, which further lends support for the application of positive youth development approach in the higher education.

### **The optimal identity formation of novice faculty members teaching mandatory service-learning subject through the nourishment of flow experiences**

Wu Florence Ka-Yu, Mok Betty Pik-Wa<sup>1</sup>, Shek Veronica King-Fan<sup>1</sup>, Li Pecky Pui-Ki<sup>1</sup>

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The advocacy of service-learning in higher education aims to promote the continuation of the act of serving in the higher education context to nurture university students' civic responsibility. Many faculty members, especially the novice ones, are invited to teach these newly-implemented service-learning subjects. Faculty members' perceptions on teaching service-learning subjects are sparingly addressed. It would be interesting to understand how the novice faculty members discover the eudaimonic and "flow" moments in teaching service-learning subjects to help surpass difficulties encountered and establish their optimal identity in work context. At present, there are few qualitative studies indicating that flow is associated to the nurturance of a person's identity, especially in the work context. Three novice teachers, who are assigned to teach a mandatory service-learning subject and with university teaching experiences ranging from 1-3 years, were invited to share their stories about the teaching experience of the service-learning subject through in-depth interviews. With the thematic analysis based on narrative inquiry approach, the "flow" experiences encountered provides the link for understanding the connection between optimal identity establishment through the self-defining activity. Although teaching this subject is a "compulsory activity", challenges and difficulties are considered as means to identify faculty members' optimal potentials. The identification of the "calling to commit" reassures their conviction as a teacher and serves as the basis of developing their optimal identity in actualizing their goals in the workplace. Lastly, the flow nourished in the process of teaching has facilitated the furtherance of an individual's skills, talents and personal growth.

### **The quality of life and professional development of students in the context of health-protective behavior**

Petrash Marina

Saint Petersburg, Russia

Health is the most important condition of active human life. The aim of this study is relationship research of professional development and quality of life in medical students with different levels of health-protective behavior. We expected that the lack of focus on a healthy lifestyle accompanied by a decline in the quality of life and professional development. We also believe that in groups with different levels of health-protective behavior as predictors of quality of life will be different indicators of professional factors. Methods: "SF-36 Health Status Survey"; specifically questionnaire "health-protective behavior"; questionnaire "The professional development factors"; questionnaire "Emotional attitude to future professional". Participants: 130 students (m=19 years old) were allocated to<sup>3</sup>, groups with low, medium and high level of health-protective behavior. Our research showed that greatest parameters of quality of life and professional development are observed in the group with a high level of health-protective behavior. Parameters of professional development recovery, commitment and emotional stability have a positive impact on mental and physical health components. The parameter "control behaviour" negatively correlated with the mental component of quality of life, "adaptation" with the physical. Predictor of satisfaction with life in the first group is interest and confidence in professional future; excessive optimism reduces severity of physical health in second group. The reduced quality of life contributes to anxiety in relation to their professional future. Our study showed that the parameters for professional development are manifested differently in the structure of quality of life in selected groups. Supported by RFH project 16-06-00315.

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## **S1\_5: HAPPINESS AND WEALTH**

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### **The pursuit of happiness: does wealth play a role for subjective well-being?**

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Veblen (1899) proposed that people's consumption behavior reflects their desire of being associated with a particular social class. Since then, empirical evidence has been carried out that supports the hypothesis that an individual's position in the income distribution – rather than the absolute level of income – determines well-being. However, consumption can be financed by both income and wealth and only few quantitative studies have investigated the relationship between wealth, and in particular "relative" wealth, and well-being. Against this background, we examine the relationship between (relative) household wealth and individual well-being. In particular, we examine whether the effect of wealth on well-being differs in "wealthy" areas with a large share of high-wealth and high-income households compared to "non-wealthy" areas with a low share of affluent households. Besides the level of wealth and people's relative position, we also study whether well-being is related differently to the types of assets (e.g. financial assets, real estate assets, etc.) that people own. Self-reported measures of subjective well-being (SWB) serve in our analysis as an indicator of well-being. We use panel micro-data from the German Wealth Survey ("Panel on household finances

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-PHF") for 2010 and 2014. The PHF is a representative survey aimed at measuring private households' wealth at a very detailed level. We find that household wealth is statistically significantly and positively related to SWB. Furthermore, our results indicate that the relationship between SWB and wealth is weaker in high-income and high-wealth areas compared to less affluent areas. We also find that financial assets seems to be more important for an individual's SWB than real assets.

### Wealth(s) and happiness across nations

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The relationship between income and happiness has been largely studied, and the debate about the existence of an income plateau is still vivid among scholars. The relationship between happiness and another important economic variable, namely wealth, is much less known. Wealth is a highly relevant resource in our societies. The ownership of economic capital serves not only as an income source and as insurance for income losses, but is also related to status, political power, occupational opportunities and social influence. Another important property of wealth is that it can be passed to future generations. In the few contributions that studied the relationship between wealth and happiness, the focus was on the question on life satisfaction and/or financial satisfaction. This is mostly due to the fact that there was, until recently, a lack of datasets combining micro data on wealth and various questions related to subjective well-being (life satisfaction, domain satisfaction, meaning, feelings). The recent availability of large survey data collecting information on wealth and subjective well-being (SHARE 2013 (N=94,118)) provides the opportunity for an in-depth analysis across nations. By focusing on respondents above 50 years old, this study looks into a part of the population that concentrate most of the wealth and the largest inequalities. Results show that, as expected, the influence of wealth varies according to the different aspects of SWB and across nations. Possible implications of this study go beyond the positive effect of wealth and address the context in which wealth influences happiness.

### The Easterlin Paradox revisited: Who is right?

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Background: This paper assesses the current controversy on the empirical validity of the Easterlin Paradox between on the one hand Easterlin and several happiness economists and on the other hand Sacks, Stevenson, and Wolfers, and Veenhoven and co-workers. While Easterlin has found consistently insignificant long-term correlations between GDP per capita and life satisfaction over time for the world as a whole as well as for subsamples of developed, less developed, and transition countries, the latter authors find significant positive correlations between GDP per capita and subjective well-being for the world as a whole. Furthermore, for developed countries several other country-panel studies (e.g. Layard et al., 2010; De Neve et al., 2015; Kaiser and Vendrik, 2016) confirm the validity of the Easterlin Paradox.

Methods: We investigate this issue by conducting own estimations on country panel models like those of Layard et al. (2010) and Sacks et al. (2013) for updated datasets. In addition to the Hodrick-Prescott filter for correcting the GDP data for business cycles used in these studies, we also use a linear trend filter (the HP-filter for  $\lambda = \infty$ ) that filters out longer cycles in the GDP data as well and that is close to the methodology used by Easterlin et al. and Veenhoven et al.

Findings: First estimation results for updated Eurobarometer data indicate that the Easterlin Paradox is on average satisfied for West-European countries, but not for East-European countries.

Discussion: The Eurobarometer results suggest satiation of mean life satisfaction in an average European country for higher levels of per capita GDP.

### Harrod's concept of democratic vs. oligarchic wealth as a framework for reevaluating wellbeing

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The objective of this theoretical inquiry is to explore the potential of Harrod's (1958) concept of democratic/oligarchic wealth to enable neoclassical economic theory to take due account of the relative income effect. Such a modification to economic theory might contribute to a more differentiated and relevant perspective on several important economic and economic policy issues, in particular those related to wellbeing assessment, income inequality and economic growth.

Oligarchic wealth describes a level of consumption, or ownership, of certain goods that cannot be extended to everyone by means of economic growth because their total supply cannot be increased as a response to an increase in demand even in the long run (this concept is closely related to, and inspired, Fred Hirsch's notion of positional goods).

Once this distinction is integrated into neoclassical economic theory and the broad range of oligarchic goods is recognized, this will have profound implications on the assessment of (economic) wellbeing and on the analysis and evaluation of policy choices. While some of these implications have been discussed in the literature already, a coherent theoretical framework that speaks, as far as possible, the language of neoclassical economics has not yet been developed. It will be demonstrated that such a framework can be fruitfully applied to a range of pressing socio-economic issues, such as gentrification of cities, carbon reduction policies and the better understanding of economic inequality in general. The notion of oligarchic wealth also has the notable benefit of being parsimonious in value judgments.

**S1\_6: WELL-BEING AND PROGRESS IV****A new model for assessing and improving quality of life**

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I am a quality of life activist and writer/filmmaker, not an academic. In 2013, I was in Bhutan as part of an “International Expert Working Group” advising Bhutan’s government on its proposed presentation of the GNH concept to the United Nations. Our 40 advisors from multiple disciplines were asked to develop a “new development paradigm” for “equitable and sustainable well-being and happiness.” The group struggled with two issues: whether “happiness” or “well-being” was the word to describe our goal, and whether personal or policy change was more important for achieving it. Under the guidance of OECD statistician Enrico Giovannini, we arrived at a synthesis (<http://www.happycounts.org/beyond-gdp-paradigm.html>), which includes both subjective and objective aspects for assessing quality of life. We call “well-being” those aspects of quality of life that are measurable using objective data—longevity, poverty rates, etc.—while “happiness” is the subjective measure of people’s life assessments. We concluded that well-being is the primary purpose of public policy, while personal change (and “GNH education”) is necessary to translate positive objective conditions into greater happiness, through use of “happiness skills” such as patience, tolerance, gratitude, mindfulness, etc. The decision to focus more on policy or personal change may depend on national conditions, such as inequality. Such a model is applicable for measuring and promoting quality of life at the national and local level. I will present and justify the model, and suggest the Happiness Alliance’s GNH survey as one good tool for communities to assess the “happiness” aspect of the equation.

**Are Sustainability and Happiness at Odds?**Cloutier Scott<sup>1</sup>, Morrison Beth Ann<sup>1</sup>, Word Mira<sup>1</sup>, Macfadyen Joshua<sup>1</sup><sup>1</sup> Arizona State University School of Sustainability; United States.

Background: We suggest that the modern pursuit of happiness is in direct conflict with sustainability. In this review paper, we advocate for the embodiment of scientific knowledge as means to reconsider our relationship with ourselves, others and our planet.

Methods: We conduct a review of primary literature in quality of life studies, biology, neurology and history. First, we define both happiness and sustainability followed by a description of happiness in the context of sustainability. Next, we provide a brief historical recollection of how we as a society created the complex challenges we face today. We then consider the biological drivers and the neurological reward mechanisms that reinforce behaviors that limit our happiness, degrade our environment, divide our society, and increase economic disparities. Finally, we provide a framework where Science plays a role in encouraging sustainable behaviors that also result in happiness.

Findings: We propose that the pursuit of happiness should result in outcomes that have a net neutral or net positive impact for sustainability. Specifically, the ecological, social, cultural and economic impacts and tradeoffs of happiness pursuits should promote sustainability.

Discussion: The resultant framework translates scientific knowledge into embodied practice to promote the pursuit of happiness that supports ecological regeneration, economic revitalization, social connection, and desired cultural revitalization or preservation.

**Consuming for a Better World:****Well-being and Ethical Consumer Behaviour, Results from Cross-National Research**

Wooliscroft Ben

University of Otago

Consumption’s relationship with well-being is a double-edged sword. Purchased experiences can increase various aspects of our well-being. However, (over-)consumption also negatively impacts on the well-being and quality of life of this and future generations. An awareness of the perils of over-consumption, particularly in the Western World, is increasingly reflected in ethical / sustainable consumption behaviour. Everyday Ethical Consumer Behaviour (eECB) is frequently characterized as inconvenient and burdensome, decreasing (hedonic) wellbeing. This research investigates how different facets of well-being are related to levels of eECB among a representative sample of New Zealand (n=322) and Austrian (n=360) consumers. Using Rasch Modeling, we develop one hierarchy of eECB for consumers in both countries. The level of undertaken eECB is related to flourishing (Diener et al., 2010), hedonic- (Peterson, et al., 2005), and evaluative judgements of wellbeing (PWI, Cummins, et al., 2003), applying multivariate statistics. The research finds that eECB levels in both countries are positively related with flourishing, while no significant link between hedonic wellbeing, or PWI and levels of eECB is found. At least for the two countries investigated, ethical / sustainable consumption is not linked with reduced hedonic wellbeing – as frequently implied in the literature – but is associated with higher levels of flourishing and the search for meaning in life. Our results suggest that policy makers and businesses encouraging sustainable consumption should shift their focus away from overcoming a lack of hedonic wellbeing to encouraging eECB and flourishing in life.

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### Measuring Economic Freedom: Better Without Size of Government

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The Heritage Foundation and the Fraser Institute measure economic freedom in nations using indices with ten and five indicators respectively. Eight of the Heritage-indicators and four of the Fraser-indicators are about specific types of institutional quality, like rule of law, the protection of property, and the provision of sound money. More of these is considered to denote more economic freedom. Both indices also involve indicators of 'big government', or levels of government activities. More of that is seen to denote less economic freedom. Yet, levels of government spending, consumption, and transfers and subsidies appear to correlate positively with the other indicators related to institutional quality, while this correlation is close to zero for the level of taxation as a percentage of GDP. Using government spending, consumption transfers and subsidies as positive indicators is no alternative, because these levels stand for very different government activities, liberal or less liberal. This means that levels of government activities can better be left out as negative or positive indicators. Thus shortened variants of the indices create a better convergent validity in the measurement of economic freedom, and create higher correlations between economic freedom and alternative types of freedom, and between economic freedom and happiness. The higher correlations indicate a better predictive validity, since they are predictable in view of the findings of previous research and theoretical considerations about the relations between types of freedom, and between freedom and happiness.

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## SY10: THE NEW SCIENCE OF HAPPINESS

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### The new science of happiness

Gehmacher Ernst

Sozialwissenschaftliche Studiengesellschaft, Vienna, Austria

All happiness rules and causal explanations of emotional reactions are conditional and doubtful, scientifically expressed – statistical probabilities. The best solution is continuous testing and search for improvement – not truth. But how so – in a society dependent on fixed rules? Popular happiness icons, be it film stars or dictators, top winners in sports or business, are misleading guides in the happiness search of statistic majorities – in reality they rarely are examples of a high life quality equilibrium. Economic and political welfare promises are mostly distorted by propaganda. But in the last decades interconnective multidisciplinary research begins to collect particles of a basic "happiness science" and "quality of life research" – a chance for multivariate explanation models and for individual and collective orientation. These new "happiness" theories differentiate three areas of personal well-being. The short formula is:  $FELICITY = FITNESS * FRIENDS * FUN$ . QOL research in Austria was encouraged by the OECD initiative "Measuring Social Capital" at the turn of the millennium – in its unobtrusive protest against the impressive success of economic growth. As a turning point in the steady increase of economic wealth is preached and feared at the same time, some official and political acceptance was given. We, Angelika Hagen and Ernst Gehmacher, are engaged in this Social Capital Research since 2003, cooperating in the challenge to apply new social research methods to the general fundamental improvement of the quality of life. About the slow increase of the new scientific approach we can give evidence, as members of a scientific work team, connected with the "Sozialwissenschaftliche Studiengesellschaft (SWS)", an institution employing Quality of Life tests and theories in its general survey research, using large data exploration, too. Essential research projects and general results of such applied QOL science are sketched out.

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## S2\_1: SOCIO-CULTURAL ISSUES IN WELL-BEING

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### Urban sexual geographies, queer citizenship and the socio-economic status of LGBTIQs in Vienna

Klapeer M. Christine<sup>1</sup>, presented by Schönplugg Karin<sup>2</sup>

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In a large study for the Vienna City Council's Antidiscrimination unit (WASSt) an interdisciplinary team (in the fields of economics, sociology and political science) working with urban economics, critical citizenship studies, the sociology of work & inequality and urban political/human geography conducted an online survey asking LGBTIQs (lesbians, gays, bisexuals, transgender and intersex people) in Vienna detailed questions on their quality-of-life, happiness and well-being. 3.161 persons responded and provided us with a rich data set concerning: 1) Labor market structures, discrimination, working conditions and employment practices (economic citizenship); 2) access to health care, welfare, education and safety in public spaces (social citizenship); 3) political participation as well as access to legal institutions (political citizenship). All those fields are important dimensions in regards to "full" citizenship and the well-being of the LGBTIQ population, but are also constitutive for the inclusion of sexual and gender minorities into the city population(s) of Vienna. Our data also allows us to map the sexual geography of Vienna as LGBTIQ communities are more likely to live in certain districts; some places are considered safe(r) and "friendlier". In this way our work helps to fill a research gap connecting (urban) spaces and sexuality, and it produces new data and insights on the quality-of-life of this subpopulation. Our findings allow for urban (policy) planning and limiting violence and discrimination and improving the collective wellbeing and social cohesion.

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### **Measuring the Impact of Spirituality on Quality of Life: QueSt - A New and Short Instrument**

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<sup>1</sup> M.A., M.Ed, <sup>2</sup> Prof. Dr.

**Background:** Within research on quality of life spirituality gains attention and effort is shown to implement spirituality as an independent component of quality of life. To this end, numerous instruments have been developed to measure spirituality and estimate its associations with wellbeing outcomes. These instruments, however, show theoretical and methodological limitations – especially regarding their use in large surveys on quality of life.

**Methods:** Based on a thorough review of the theoretical conceptualizations, published meta-analyses of qualitative studies as well as systematic reviews on the appropriateness of existing instruments to measure spirituality in the context of quality of life research, a short instrument to measure spirituality in quality of life research is proposed. In addition, results from qualitative interviews (n=21) with German citizens from different religious backgrounds were used to develop or tailor items.

**Findings:** Different sub-dimensions of spirituality (i.e. horizontal and vertical connectedness) as well as distinct functionality (positive and negative coping, spiritual distress, and spiritual support) have been identified as key elements of spirituality. To avoid premature normative understandings of spirituality, both reflective and affective approaches (importance, experiences) have guided the development of the Questionnaire on Spirituality (QueSt).

**Discussion:** Due to its shortness and design QueSt has been proven useful to be integrated in large surveys on quality of life providing information on key elements of spirituality as well as its positive and negative effects on well-being.

### **Religiosity and Quality of Life and Well-being in districts of Khyber Pakhtunkhwa, Pakistan**

Alam Danish, Amin Amjad

University of Peshawar, Pakistan

Quality of life refers to the description and evaluation of conditions of life of people in a country or region and is determined by internal and external environment. The present study looked at the relationship between Quality of life and Well-being and religiosity among the inhabitants of different districts of Khyber Pakhtunkhwa in northern Pakistan. Primary data from thirteen districts of Khyber Pakhtunkhwa was used for analysis. A sample of 500 households was selected which was proportionately distributed among all the thirteen districts. The relation between religiosity and the life domains was tested through population correlation coefficient (r) and paired t-test, where religiosity, apart from the domains of material living condition, governance, and natural environment, is positively related to the domains of health, personal development, personal safety, social cohesion and productive activity. The relation between life domains and quality of life (QoL) is estimated by using multivariate regression analysis. The result shows that material living condition, productive activity, personal development, personal safety, health and social cohesion affects the quality of life positively while governance and basic rights and natural environment affects the quality of life negatively. It is suggested that religiosity plays a significant and positive role in different domains of life and hence the quality of a person's life.

### **In Thought and Deed? Anti-Immigrant Violence and Subjective Wellbeing in South Africa**

Gordon Steven

Human Sciences Research Council, Ethekwini, South Africa

In February 2017, anti-immigrant violence erupted in a number of South African communities including the administrative capital, Pretoria. This incident is part of a long running pattern of xenophobic violence that has come to threaten social cohesion in the country. Little is known, however, about who has (and who would) participated in anti-immigrant violence. This paper systematically investigates participation in anti-immigrant violence amongst the general adult population and looks at the factors associated with participation. My primary objective concerns whether subjective wellbeing can be correlated with participation using quantitative methods. The study looks at two types of participation in anti-immigrant violence: (i) past and (ii) potential participation.

This study used data from the 2015 round of the nationally representative South African Social Attitudes Survey (N= 3,115). The dataset includes items that constitute the Personal Wellbeing Index (PWI) which will be used as the measure of subjective wellbeing in the investigation. Bivariate and multivariate regression techniques will be employed to identify whether the PWI is associated with either (i) past participation or (ii) potential participation in anti-immigrant violence. PWI was not strongly correlated with both past and potential participation in my analysis. I accounted for the role of socio-economic status (measured in terms of asset ownership, educational attainment, employment status) in predicting participation. The analysis also controlled for the information that respondents have about international migrants in the country. The findings of this paper are discussed in terms of their implications for the study of subjective wellbeing in Sub-Saharan Africa.

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**S2\_2: QUALITY OF LIFE IN EUROPEAN COUNTRIES**


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**With whom do we compare our income? Income comparisons and subjective well-being in Germany**
Ravazzini Laura<sup>1,2</sup>, Piekalkiewicz Marcin<sup>3</sup><sup>1</sup> University of Neuchâtel, <sup>2</sup> FORS, Lausanne, <sup>3</sup> University of Siena

The analysis of the impact of relative income on subjective well-being is often limited by the correct construction of reference groups. Previous studies show that income comparisons among colleagues and friends are able to affect people's subjective well-being. Even though we know that the identification of people's networks (e.g. colleagues, friends, neighbours and relatives) would be the most appropriate indication for income comparisons, normal survey data do not provide such detailed information due to data anonymization. The construction of reference groups with survey data remains however fundamental for many empirical applications. This study tests the correct construction of reference groups depending on gender. The analysis investigates whether income comparisons happen mainly between or within the two genders and how this affects their subjective well-being. We use three pretests of the German Socio-Economic Panel (SOEP pretest 2008, 2009 and 2010). Despite the small sample size (around 1,000 individuals per wave), these pretests have the advantage of asking specific questions on income comparisons between and within genders. This allows us to test the relevance of gender with multivariate regressions including controls for macro-economic indicators (e.g. the gender pay gap among German Länder) and job-related factors (e.g. work in gender atypical sectors). Results show that income comparisons are mainly within people of the same sex, but women, people who work full-time or in gender atypical sectors tend to compare their income with both women and men. This implies that reference groups for income comparisons should not include gender as a relevant characteristic.

**The determinants of subjective well-being of young adults in Italy: European countries in perspective**
Grilli Gaetano<sup>1</sup><sup>1</sup> University of Naples „Parthenope“

Young adults (i.e., those aged 18-34) are a crucial segment of European population. Their importance emerges not only as citizens of contemporary society, but also as citizens of the future society both as participants in democracies and as constituents of the labour force. At the same time, young adults are a very vulnerable group, especially during the last decade, when they have been particularly affected by the economic downturn. Therefore, young adults' well-being is increasingly drawing the attention of European policymakers. Moreover, the subjective component of well-being is of particular interest in understanding young adults' lives. The aim of this study is to provide further insight on the subjective well-being of young adults in Europe. Using a sample of 14783 young adults from the EU-SILC ad hoc module of 2013, a structural equation model is employed to study the issue in five European countries characterized by different social welfare states (Italy, Germany, Sweden, the United Kingdom, and Poland). The model tested explains overall life satisfaction of young adults by means of satisfaction with macro-social life domains and psychological traits when societal trust, representing the institutional and cultural setting of the country, is assumed to be an exogenous factor. Findings reveal interesting cross country differences about the importance of satisfaction with macro-social life domains and psychological traits and about the role of societal trust, highlighting the relevance of social policies and calling for a rethinking of the role of state in fostering individual young adults' subjective well-being.

**Life Satisfaction and Subjective Commuting Success: East-West Commuters in the Central European Region**

Haindorfer Raimund, Verwiebe Roland, Reinprecht Christoph

Institut für Soziologie, Universität Wien, Austria

This presentation addresses life satisfaction among East-West commuters in the Central European Region. Reviewing the literature, the life satisfaction concept is seen to be applied – more or less explicitly – as a general indicator of subjectively successful migration. This interpretation is based on a theoretical presumption regarding the migrants' motives. Life satisfaction studies often conceptualize migration as an attempt to generally improve life.

However, present research has mainly considered the consequences of migration for migrants' life satisfaction as a function of income gains. Other outcomes of migration are less often thematized. Moreover, it is questionable whether high levels of satisfaction are to be equalized with subjective migration success. Against this background, this presentation addresses the question: Which economic and non-economic factors affect commuters' life satisfaction and subjective assessments according to which commuting has been beneficial for one's life in general?

This presentation is based on quantitative (N = 1,342) and qualitative (N = 27) data drawn from a research project on Czech, Slovak and Hungarian commuters who work in Austria. Preliminary quantitative results indicate that though there are some identical determinants (e.g. income, commuting time) for life satisfaction and subjective commuting success there can be observed several interesting differences (e.g. in the relevance of language skills or experiences of ethnic discrimination, gender differences). All in all the empirical findings underline the perspective that life satisfaction and subjective migration success stand in connection but should not be viewed of as identical concepts.

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**S2\_3: COMMUNITY WELL-BEING II**


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**Application of Integrative Quality of Life Transformation (IQoLT) Model for Healthy City:  
A Case Study of Hongseong County in Korea**

Cho Moosung  
Korea University Sejong Campus

Every city is confronted with diverse physical, mental, social, environmental dimension of suffering of citizens (Anderson, 2014). Healthy city is one that is continually creating and improving those physical and social environments, expanding community resources which enable people to mutually support each other in performing all the functions of life and in developing their maximum potentials (Duhl and Hancock, 1986). Healthy city is city that is striving for holistic health of citizens as quality of civic life. Healthy city approach to improve quality of civic life has been developed in six regions of WHO including Europe and Western Pacific since 1986. Integrative Quality of Life Transformation (IQoLT) Model has been explored to make diagnosis of real state of each city and to suggest solutions by identifying negative factors and positive ones (Cho, 2012, 2016). Hongseong county is located as capital of Chugnchngnamdo, central province of Korea. The city is rapidly changing because Naepo as new urban area has been built with an existed old urban area of it. The city needs more rational alternatives to solve issues such as unbalanced development, polarization etc to improve quality of life of all citizens.

So this study is made by case study as a kind of quality of life. The research questions are : What are concept and qualities of healthy city? What is Integrative Quality of Life Transformation (IQoLT) Model ? How Hongseong county can be healthy city to improve quality of civic life based on IQoLT Model? This study answer these questions.

**Community Well-Being**

Phillips Rhonda  
Purdue University, West Lafayette

This session will present authors from the Springer Handbook of Community Well-Being. An overview will be provided by Rhonda Phillips, the co-editor of the volume, and three speakers will then present results from their chapters. Each of the other speakers is applying separately to the abstract system, with a note that it is for this session. Community well-being is gaining much attention as a construct for understanding quality of life and development challenges related to communities of place. It is relevant for urban and regional planning as well as for public policy and administration.

**Happiness, Tourism, and Community Well-Being**

Lee Woojin<sup>1</sup>, Phillips Rhonda<sup>2</sup>

<sup>1</sup> Arizona State University, <sup>2</sup> Purdue University

This presentation explores connections between US communities rated most highly on various happiness scales with their levels of tourism (by type, including "community-based"), along with other measures of well-being at the collective (community) level. Are there approaches and policies that support more desirable community well-being outcomes? Are those areas with heavy levels of tourism able to achieve high levels of happiness and other aspects of community well-being? We utilize data from the Gallup Healthways Well-Being Index as well as other sources for tourism and policy data. Our intent is to identify the top and bottom tenth percentiles of communities, and cross correlate with factors designed to gauge policies, outcomes, and measures of happiness and community satisfaction, including sense of place. Tourism can be a development approach for encouraging positive social, economic, and environmental outcomes. Because well-being and quality of life focus on many non-economic measures (and subjective measures as well), tourism can be a natural connection. As Uysal et al., (2016) explains, "the effectiveness of tourism to facilitate and support QOL policy imperatives such as poverty reduction in host communities, revitalization of community heritage and culture, preservation and protection of cultural and natural resources, and sustainability is an increasingly important research agenda" (p. 245). The long-term objective is to both provide for quality touristic experiences, avoid excessive exploitation of resources, and promote preservation for future generations. This implies that QOL research must focus on the QOL of both current and future generations. Community well-being can be thought of as distressed or flourishing, and scales in-between. As Shultz et al., (2017) present, we will use their framework of distinguishing between distressed and flourishing communities, using indicators around resilience and vulnerability. For example, indicators for distressed communities show efforts to try to alleviate ill-being or suffering while those of flourishing communities focus on maintaining an disproving wellness. Additionally, we will explore recent studies on similar topics, and then select a few cases from each category to gain additional data. There are many approaches that incorporate well-being, whether implicitly or explicitly, such as Happy City concepts. This approach relies heavily on urban planning and design to influence the physical environment of communities, and thus residents' happiness (Chao et al., 2017). We will provide analysis of this type of approach with others so that we can glean relevant data for comparisons across communities. This analysis should provide insight for policy and development efforts to see impacts and connections between tourism and community well-being.

- Shultz, C. Rahtz, D. & Sirgy, J. (2017). Distinguishing Flourishing from Distressed Communities: Vulnerability, Resilience and a Systemic Framework to Facilitate Well-Being. In R. Phillips and C. Wong, *The Handbook of Community Well-Being*. Dordrecht, The Netherlands: Springer, pp. 403-422.
- Chao, T.S., Liu, S., Kalman, B., Lu, H.C. & Cai, M. (2017). Delivering Community Well-Being from the Happy City Concept: A Practical Approach to Urban Planning and Design. In R. Phillips and C. Wong, *The Handbook of Community Well-Being*. Dordrecht, The Netherlands: Springer, pp. 435- 452.
- Uysal, M., Sirgy, M.J., Woo, E. & Kim, H. (2016). Quality of life (QOL) and well-being research in tourism. *Tourism Management* Volume 53, pp. 244-261.

### **Happiness determinants of different groups: A case study in Bangkok**

Kittiprapas Sauwalak

Faculty of Economics, Rangsit University

The case study aims to show that happiness determinants vary among different groups of people such as university students, private employees, government officials, or classified by income status, etc. The study uses more than thousand questionnaires both by on-line and by persons and summarizes descriptive statistics as well as run regression tests for significant variables. Selected variables for life satisfaction among Thais also represent inner happiness such as mind development, happiness from giving, apart from general happiness determinants such as income, job, education, perception about health, social relation (friends and family) and social comparison. The effects of these variables on life satisfaction vary among different groups, leading to better understanding of happiness for individual groups.

### **The Santa Monica Wellbeing Index: Lessons for policymaking**

Abdallah Saamah

New Economics Foundation

For some, the key sphere of influence for effecting wellbeing or quality of life is the level of the city or municipality. For example, in a review of Beyond GDP initiatives, Hak et al (2012) identified local initiatives as being more likely to have tangible effects. Wallace & Schmuecker (2012) came to similar conclusions.

In 2014 and 2016, the City of Santa Monica (which forms part of the greater Los Angeles urban area) conducted a wellbeing survey of its residents. Data from the survey was combined with existing data to create a Wellbeing Index for the city, including several sub-indices for different dimensions, with the intention of informing policy and helping residents and other actors in Santa Monica to improve wellbeing.

We will present some of the results from the Index, and the impacts it has had on policy in Santa Monica. We will also explore the challenges faced both by the researchers in producing the Index, and by the City in using it for policy.

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## **S2\_4: WELL-BEING AND EDUCATION II**

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### **Job demands and job resources as predictors of teacher well-being and motivation**

Skaalvik M. Einar<sup>1</sup>, Skaalvik Sidsel<sup>1</sup>

<sup>1</sup> Norwegian University of Science and technology

Background: A number of studies show that teaching is a particularly stressful occupation and that teacher stress in part explains the high attrition rate among teachers. This study was based on the Job Demands – Resources (JD–R) model of stress and burnout. One purpose of this study was to explore how the perception of three job demands (time pressure, discipline problems, and low student motivation) and four job resources (supportive colleagues, supervisory support, collective culture, and value consonance) in teachers working environment predicted teacher well-being, engagement, and motivation to leave the profession. Method: Participants were 760 Norwegian teachers from grade<sup>1</sup>, to 10. Data were analyzed by means of second order confirmatory factor analysis and SEM analysis. Teacher well-being was measured negatively, indicated by (a) emotional exhaustion, (b) depressed mood, and (c) psychosomatic responses.

Findings: A second order job demand factor strongly predicted lower teacher well-being whereas a second order job resources factor more moderately predicted higher well-being. Teacher well-being was in turn predictive of higher engagement and lower motivation to leave the profession.

Conclusion: According to the JD–R model we may discriminate between two relatively independent processes: (a) a health impairment process in which job demands may lead to exhaustion or burnout and (b) a motivational process in which job resources may increase job satisfaction and engagement. The results support expectations which may be derived from the JD–R model. The results also indicated an interaction between these processes.

Official Abstract Booklet, October 18, 2017

### **Subjective wellbeing at school: What makes teachers happy and how?**

Wachnowski Kathi Vanessa

Professional School of Education, Ruhr-University Bochum

Burnout and depression are crucial issues among teachers and accordingly a variety of studies has been conducted in this field. The given study approaches the field from a complementary perspective. It focuses on the development of teachers' subjective wellbeing (SWB) and its function as a predictor for physical health and job-performance (e.g. Döring-Seipel, 2014; Boehm & Lyubomirsky, 2008; Edward, 2005; Judge et al., 2001; Argyle, 1997). Central research questions are: What do teachers do and how is this related to their SWB? How do personality, job-related and socio-demographic aspects affect this relationship? How is teachers' SWB related to organizational commitment and work engagement?

The study addressed German and Austrian teachers (N=877). It has been conducted in an intensive-longitudinal design (Creswell, 2014; Bolger & Laurenceau, 2013): In the first step information has been collected about SWB, personality, demographics and job-related aspects. In the second step, the trajectory of SWB has been monitored as a function of time use (Hektner et al., 2007). To realize this, participants have been offered the options of mobile application ESM data collection (ibid) and web application DRM data collection (Kahnemann & Krueger, 2006; Kahnemann et al., 2004). In the last step the instrumental effects of the data collection have been assessed. Using SEM and multilevel analysis we found evidence for personality and self-organization to be crucial predictors for teachers' SWB and we could show teachers' SWB to be an antecedent for organizational commitment and work engagement.

Theoretically, the insights about the everyday dynamics of SWB and positive coping mechanisms can inspire new approaches to organizational development and educational policy concerned with teachers' health. Methodologically, insights into the feasibility of app based ESM and DRM data collection at school can inform best practice recommendations for further studies.

### **Promoting wellbeing to ensure educational success among students with chronic illness**

Lum Alistair<sup>1,2</sup>, Wakefield E. Claire<sup>1,2</sup>, Donnan Barb<sup>1,2</sup>, Burns A. Mary<sup>1,2</sup>, Fardell E. Joanna<sup>1,2</sup>, Marshall M. Glenn<sup>1,2</sup>

<sup>1</sup> Kids Cancer Centre, Sydney Children'S Hospital, <sup>2</sup> University of New South Wales

Background: Positive educational support, such as that given by an attentive caring teacher, can improve students' mental wellbeing, which can lead to greater engagement with school and better academic performance. Young people with chronic illness generally experience higher rates of depression and poorer academic performance than their healthy peers. We aimed to compare the benefits of positive educational support on wellbeing and engagement with school among students with and without chronic illness.

Methods: Parents of children with chronic illness (n=246) and parents of children without chronic illness (n=373) completed a survey measuring their child's positive educational support, wellbeing, and engagement with school. We compared a mediation model across the two groups using structural equation modelling. The model states that positive educational support indirectly affects students' engagement with school through students' wellbeing.

Findings: We found full mediation of the model for students with chronic illness, but only partial mediation among students without chronic illness. For students with chronic illness, wellbeing was the strongest predictor of engagement with school.

Discussion: For students with chronic illness, positive educational support only promotes their engagement with school by promoting wellbeing. For students with chronic illness, wellbeing that is independent of positive educational support is also a strong predictor of engagement with school. Therefore, positive educational support must be combined with alternative environmental and personal wellbeing promoting factors to ensure that students with chronic illness engage with school, so to maximise their likelihood of reaching their potential at school and in adulthood.

### **A World in the Word: Enhancing well-being socio-poetically through the mindfulness of seminaria**

Denford-Wood Gaylene

Flinders University, Wellington, New Zealand

Teachers' personal well-being is an important determinant of professional wellbeing. Internationally, whilst chronic stress correlates with teacher attrition, evidence shows the potential of mindfulness in stress alleviation. With growing evidence that mindfulness can reduce psychological symptoms and increase well-being, this paper presents research on a new socio-poetic application of Mindfulness from a doctoral study investigating the mindfulness of seminaria. Volunteer participants (N=6) were experienced teachers and educational leaders employed in early childhood to higher education settings, State and private, in New Zealand and the UK. Each built up a minimum three weeks' daily practice writing seminaria, a 27-syllable, socio-poetic form (Linde, 1988) developed from elements of the contemplative traditions and postmodern integral theory. True to the methodological design (Heuristic Inquiry), participants became – in their own right – seminaria co-researchers. The presentation of this qualitative study draws on finely nuanced evidence from in-depth interviews. Analysis using OECD Guidelines for wellbeing (2013) evidenced high levels of self-realisation and meaningfulness whether for personal-professional direction, emotional understanding, and/or cognitive enrichment enabling these educators to achieve insight and efficiency in specific teacher tasks whilst declaring the practice of seminaria energising and purposeful. Seminaria became a simple tuning-in device like an app. to which they could turn and re-turn for solutions when stressful feelings mitigated against their calm, concentration and creativity. I outline four key research elements: (i) the origin and construct of Seminaria, (ii) this study of its Mindfulness application, (iii) methods and (iv) results evidencing Seminaria's potential as a simple effective technique for accessing wellbeing.

**S2\_5: PSYCHOLOGY/BIOLOGY OF WELL-BEING****Does Intelligence banish Happiness? A Longitudinal Study of Gifted Adults**Vötter Bernadette<sup>1</sup>, Schnell Tatjana<sup>2</sup><sup>1</sup> University of Innsbruck, <sup>2</sup> Institute of Psychology, University of Innsbruck

Background: Intelligence holds the potential for a happy and fulfilled life. Nonetheless, many gifted individuals suffer from existential crises and low subjective well-being. This session aims to discuss internal and external factors that can help to explain why some highly gifted individuals manage to live up to their potential and experience extraordinarily happy and meaningful lives while others struggle to find their place in life and suffer from crises of meaning.

Methods: A quantitative longitudinal study (N=152; 54% males; mean age: 48 years) was conducted. The sample consists of two gifted groups - the Intellectually Gifted (N=100) who are represented by Austrian and German members of the high IQ society Mensa and the High Achievers (N=52) who are represented by Austrians who obtained their doctorate sub auspiciis praesidentis rei publicae. Used Measures: WHO-5 Wellbeing Index (Brähler, Mühlhan, Albani and Schmidt, 2007), Sources of Meaning and Meaning in Life Questionnaire (SoMe; Schnell and Becker, 2007), Self-Control Scale (Tangney, Baumeister & Boone, 2004; Bertrams and Dickhäuser, 2009), Self-Compassion Scale (Hupfeld and Ruffieux, 2001; Neff, 2003), school and family experiences during childhood.

Findings & Discussion: The data highlighted personality traits like self-regulation and self-compassion as relevant internal resources for a happy life in the gifted sample. A supportive, but challenging environment during childhood manifested as an important external resource. Furthermore, the findings demonstrate differences between the gifted groups concerning their predictors for well-being and meaning in life. The results imply that intelligence does not banish happiness. Nonetheless, the gifted groups vary from each other and have different predictors (f.e. self-regulation, self-compassion, social environment) and paths towards a happy and meaningful life.

**Happiness in an Evolutionary Perspective**

Grinde Bjørn

Norwegian Institute of Public Health, Oslo

It is possible to construct a model of what happiness is about based on knowledge in neurobiology and insight into the evolutionary process that formed the human brain. Briefly, evolution added various functions, or modules, to the nervous system. The mood modules facilitate survival and procreation by generating positive and negative feelings. Feelings were introduced for the purpose of evaluating behavioral options: They are meant to direct behavior either toward opportunities or away from danger. Happiness can be construed as the net sum of positive and negative feelings.

Apparently, the mammalian brain is designed with a positive mood as a default setting, implying that people are happy as long as punishing circuits are inactive. However, negative feelings seem to be particularly common in present society, as witnessed by the prevalence of anxiety, depression, and chronic pain. The evolutionary perspective may help us alleviate this situation; that is, the problem may be partly due to the present way of life being in discord with our innate predispositions. I shall present research that supports this conjecture: Briefly, the typically social setting for present infants, with few or none elder children in the household, correlates with early indications of mental problems; while people living in a more 'tribal-like' social setting, as in intentional communities, score high on happiness.

**The Heritability and Changeability of Happiness**Nes Ragnhild Bang<sup>1,2</sup>, Røysamb Espen<sup>2,1</sup><sup>1</sup> Norwegian Institute of Public Health, <sup>2</sup> Department of Psychology, University of Oslo

In this presentation we summarize findings from behaviour genetic research on happiness measured as life satisfaction (LS) and subjective wellbeing (SWB) and discuss important implications pertaining to stability and change, including the potential of individual and societal interventions. Recent meta-analyses of such studies report genetic influences (i.e., heritability) to account for 32-40% of the variation in overall happiness (i.e., SWB, LS), and indicate that heritability varies across populations, subgroups, contexts and/or constructs. When exploring stable SWB levels, heritability is reported in the 70-80% range, whereas momentary positive affect is often entirely situational and may thrive in all irrespective of genetic variation. Wellbeing understood as a stable propensity or trait is therefore largely down to genetics, whilst immediate positive affect appears to be largely down to the environment. What do these findings imply for change and intervention? Genetically sensitive designs are likely to assist us in developing more effective interventions regardless of whether they are individual therapies or universal interventions. Positive gene-environment matchmaking pertains to active use of findings from genetically sensitive designs to create wellbeing interventions, policies, activities, and environments that permit flourishing of genetic potentials and buffer vulnerability and risk. We suggest that interventions that target causal pathways and simultaneously address factors that boost and harm wellbeing are likely to be particularly useful and longer lasting.

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## S2\_6: CONCEPTUALIZATION OF WELL-BEING I

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### The Second Dimension: The Suppression of Eudaimonia in Well-Being Research

Vittersø Joar

University of Tromsø, Norway

In her classic book *The Second Sex*, Simone de Beauvoir elaborates female subordination. Being second to men, she tells us, a woman will never develop her full human potential. As an existentialist, de Beauvoir also argues that freedom—not happy feelings—is the highest potential worth striving for. Relatedly, eudaimonia has long been second to hedonia in the science of wellbeing. Struggling to promote the idea that some values are more complex than others, eudaimonia has been outmaneuvered by the much simpler idea that human goodness can be identified by hasty responses to questionnaire items about pleasant feelings and life satisfaction. The present paper challenges the hedonic position in two ways. First, it argues against the widespread assumption that measures of hedonic and eudaimonic wellbeing are practically identical. Factor analyses from two samples ( $N = 828$  and  $N \approx 44\,000$ ) demonstrate that the “conceptual similarity” assumption is misleading. An explanation is offered for why the unwarranted overlap assumption keeps thriving. The second argument gives an account of why eudaimonia, despite the promising results from factor analyses, cannot be properly accounted for by ordinary questionnaires.

### The death of hedonism and the birth of purposeful life

Lelkes Orsolya

European Centre

The age of hedonism may have come to an end, it made us disappointed as individuals and as societies. The short-term fulfillment of desires makes us isolated and leads to the overconsumption of resources on a global scale. The paper provides an overview on how and why hedonism fails as a fundamental principle, and discusses the possibility of alternatives, primarily the use of “eudaimonic” measures as a yardstick for individual and community action. This approach argues for a life based on purposeful action, supportive relationships, where happiness is not the direct purpose, but rather the “unintended” consequence of individual behavior.

The Aristotelian approach is echoed and refined in the later works of Martin Heidegger, Martin Buber, Paul Tillich, Viktor Frankl and many others. Recently, self-determination theory, the so-called “second wave” of positive psychology (with a more subtle nature of understanding the complex and dynamic interplay of positive and negative experiences), and the psychology of meaning (“Psychologie des Lebenssinns”) provide useful complementary approaches for a practical operationalization.

### Happiness as social construction: towards a unified theory

Baltatescu Sergiu

University of Oradea

In this paper I propose an approach aiming at the articulation of a unifying sociological theory of subjective well-being, capable of reconciling individual phenomenon of perception of subjective well-being with the complex phenomenon of social happiness. I began by arguing, according to recent scholars (Bartram, 2012; Thin, 2014; Zevnik, 2014; McKenzie, 2016), that happiness is a socio-cultural construct. A short review of historical ideas of happiness sets the terms of the debate about the relationship between society and subjective well-being, a debate that emerged just a few years ago in the field of sociology (see the issue of Sociological research online edited by Cieslik și Bartram (2014)).

Ideas of good life are a product of ideologies and social practices. For example theories of quality of life are implicit to a given society and influence the way a person evaluate his/her life (see the conceptual referent theory by Rojas, 2007). However, a full theory of social construction of happiness should not limit to its cognitive dimension. Based on previous research in sociology of emotions, I explore the possibility that even the development of the emotion linked with happiness is the product of society. Using concepts of “feeling rules” (Hochschild, 2012) and “public mood” (Rahn, Kroeger and Kite, 1996), I propose a model of the way society influences not only our standards of good life, but shapes the emotion of happiness itself, which becomes normative to a society.

This whole approach is integrated within a social theory of self, developed by Mead (1934) and Markus & Kitayama (1991). I illustrate this approach with examples and discussions from the domains of politics, sports, national identity and national movements.

### Cultural diversity and subjective well-being in modern Russia

Zinchenko P. Yury<sup>1</sup>, Shaigerova A. Ludmila<sup>1</sup>, Shilko S. Roman<sup>1</sup>

<sup>1</sup> Lomonosov Moscow State University, Faculty of Psychology

The social situation in different regions of large countries such as Russia, as well as the ethnocultural background of its population, can vary a lot across the country. The present study looked at whether perceived well-being of Russian residents differs across

regions, and if so, which factors contribute to those differences. We conducted a large-scale study in seven Russian federal districts including Central, North-West, South, Siberia, Ural, Volga, and North Caucasus. Participants were 1804 adolescents and adults aged between 15 and 83 years old, of more than 40 different ethnic origins. We designed a questionnaire to examine subjective indicators of well-being (life satisfaction, perceived security, trust, perceived intergroup relations, etc.) and compared the results with records of objective social indicators (life expectancy, unemployment rate, fertility rate, etc.) in the same districts. The results were analyzed and discussed from Vygotsky's cultural-historical approach. They demonstrated an evident sociocultural mediation of subjective well-being. In certain cases, subjective indicators of well-being reflected well the objective indicators of a social situation, while in other cases, they were mediated by the mentality and the ethnocultural identity of a particular district's population. These results highlight the importance of taking into account for public policy-making not only the objective characteristics of a social situation, but also the ethnocultural background of the population living in different regions of the same country affected by the social situation.

The study was supported by the Russian Science Foundation, project № 15-18-00109.

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### S3\_1: WELL-BEING, AGE AND LEISURE

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#### Personal and Professional Mentorship: Implications for Well-being in Older Adulthood and Aging

Strizhitskaya Olga<sup>1</sup>

<sup>1</sup> Saint Petersburg State University

Development of an adult attracts more attention in the last decades. Among a variety of characteristics that can impact well-being of an adult only few studies concentrate on mentorship and particularly its role for well-being of older adults.

In the present study we aimed to compare associations between mentorship (personal and professional) and different aspects of well-being. In consistence with E.Eriscon developmental theory we expected scores on mentorship to increase with age and to have positive associations with well-being of older adults.

Participants were 117 adults aged 45-77 from local community, divided in two age groups: 45-54 (midlife adults, before retirement); 55-77 (older adults, not retired). Methods: Specific surveys on Personal mentorship (O. Strizhitskaya, 2014;  $\alpha$ -Cronbach .80) and Professional mentorship (M. Petrash, O.Strizhitskaya, 2016;  $\alpha$ -Cronbach .76); Health status survey (SF-36); Questionnaire on psychological well-being (Russian adaptation of C. Ryff scale); Geriatric depression scale; Hardiness scale.

Results revealed no statistical differences in the scores of personal and professional mentorship. Regression analysis showed that in midlife group low scores on mental and physical health and high score on hardiness were associated with higher scores of personal mentorship; professional mentorship was associated with low scores on depression and high scores on hardiness. In older group we found that personal and professional mentorship had identical associations with mental health (positively), depression (negatively), hardiness (positively) and psychological well-being (positively).

Thus analysis showed that in both groups mentorship is associated with characteristics that impact quality of life, but the specifics of such associations differ. We assume that in midlife mentorship can be seen as one of the coping strategies, while for older adults it has more pronounced positive effect. Study was supported by RFH grant 17-36-01123

#### Is well-being related to being physically active among older adults? A pilot study

Garcés-Ferrer Jorge<sup>1</sup>, Alhambra-Borrás Tamara<sup>1</sup>, Durá-Ferrandis Estrella<sup>1</sup>; presented by Choni Donate Martinez

<sup>1</sup> Polibienestar Research Institute - Universitat de València

Background: Physical activity is a key health behaviour linked to better physical and mental functioning. These positive effects of being physically active take on a greater meaning among older adults, as they are factors related to active and healthy ageing. This study analyses the effects of a 9-months physical activity programme on well-being of older adults.

Methods: A quasi-experimental study was carried out with a total of 100 people aged 65+ years living in the community. Of them, 50 were included into an intervention group (IG) and 50 into a control group (CG). IG participants attended a 9-months physical activity program. Quality of life (SF-12v2), and loneliness (De Jong Gierveld Loneliness Scale) -as well-being measures- were assessed at baseline and<sup>9</sup>, months after baseline in both groups.

Findings: Well-being was enhanced after participation in a physical activity program. IG participants showed an improvement in both physical component summary (PCS-12) and mental component summary (MCS-12) of SF-12, as well as in loneliness; while no improvement was found among CG participants along the same period. When compared with CG at post-intervention, IG showed better scores in PCS-12 (68.75 vs. 54.31,  $t = -3.00$ ,  $p < 0.003$ ); in MCS-12 (76.52 vs. 64.18,  $t = -2.91$ ,  $p < 0.004$ ); and in loneliness (1.1 vs. 2.46,  $t(98) = 4.51$ ,  $p < 0.000$ ).

Discussion: These findings reveal that physical activity may be an effective way to improve well-being among 65+ community-dwelling older adults.

**Quality In Transition – Determinants of Well Being among India's Rural Elderly Women**

Nair S. Chitra, Kumar K. Raj

K.N.M. .Government Arts and Science College,Kanjiramkulam, Trivandrum, Kerala, India

Population ageing is increasing rapidly in developing nations like India. However, increase in average life expectancy of the population does not necessarily imply well being. The problems faced by elderly women are more critical than any other section. Profound changes in family structure have adversely influenced the care, quality of life and well being of elderly. The paper attempts to analyze individual responses and perspectives of the elderly women to get a more "family" picture of these aspects. Utilizing the primary data collected from a study conducted in rural Kerala - the state with highest elderly population in India, individual and informal determinants of elderly health and QOL are analyzed in detail with S.P.S.S. 300 respondents were interviewed for the purpose using a structured interview schedule. Along with socio- economic determinants, Activities of Daily Life and Instrumental Activities of Daily Life (Katz scale) were studied. Family Development theory and Gender Role Identity Theory were applied. Using descriptive design, the study could identify that the overall QOL of elderly women were under the strong fear of dependency and they were more concerned about the sole manifestation to be "worthy" of living in the family. Willingness rather than ability of the family determined the level of care provided. Day to day activities, discussions, resource allocation and prioritization reflected neglect and abuse. Widows experienced 'Emotional Vacuum'. Lifestyle diseases increased the cost as well as duration of health care required. Shift in the responsibility of elderly care from families generated considerable ambiguity, particularly in the expectations for support and assistance from their own kin. Living arrangements, attitude of the caregivers and commercialization of routine life inversely affected the QOL and well being of the aged women. Intervention at multiple levels and integrating self care strategies are the felt needs of the hour.

**Recreational Gambling and Quality of Life Among Older Adults**Mock E. Steven<sup>1</sup>, presented by Hilbrecht Margo<sup>2</sup><sup>1</sup> University of Waterloo, Canada; <sup>2</sup> Gambling Research Exchange Ontario, Guelph, Canada

Gambling research usually focuses on harmful activity, but most people who gamble do so recreationally and experience no related harms. For many older adults, recreational gambling is seen as an entertaining social activity and, when undertaken responsibly, can enhance well-being. Conversely, those with low-to-moderate risk problem gambling behaviour are responsible for the greatest amounts of personal and relationship harm (Browne et al., 2014). This study examines the association between gambling participation and quality of life among older adults. Specifically, it explores life satisfaction and stress among non-problem and at-risk problem gamblers through a leisure and role enhancement lens.

A sub-sample of n=8,972 adults, 55 years and older, was drawn from the Canadian Community Health Survey (2013-2014). The Problem Gambling Severity Index identified two comparison groups: non-problem, and low-to-moderate risk gamblers. Linear regression analysis with mediation examined how role diversity contributed to the relationship between gambling participation and life satisfaction. Two additional models explored how diverse social roles buffered stress levels associated with low-to-moderate risk gambling.

Non-problem gamblers had significantly higher life satisfaction and lower stress levels. After controlling for demographic factors associated with well-being, the gambling-life satisfaction relationship showed a main effect for leisure complexity, and was mediated by working for pay. Stress levels among low-to-moderate risk gamblers were buffered by being partnered and having a job. Older adult non-problem, recreational gamblers have greater role complexity and more diverse leisure lifestyles, suggesting the ongoing importance of maintaining other social roles and physical activities, where possible, to enhance quality of life.

**Subjective Well-Being and Major International Sporting Events: The Case of Football in Germany**

Mutz Michael

Justus-Liebig-University Giessen

Research on sport events and well-being yield highly inconsistent results with some studies suggesting that well-being is increasing during major sport events while other studies fail to establish such a relationship. The study to be presented aims at investigating the relationship between sport events and life satisfaction more closely, while at the same time avoiding some methodical pitfalls of prior research. The study is based on a representative sample from Germany and had a longitudinal design. Data on life-satisfaction was collected one month prior to the beginning of the UEFA EURO 2016 as well as during the tournament. Findings demonstrate a slight but significant increase in life satisfaction in Germany in the course of the UEFA football competition. Further analyses reveal that satisfaction with life is elevated particularly among subjects with a genuine interest in football in general and in the UEFA EURO in particular, whereas for those respondents uninterested in football, changes in life satisfaction were mostly insignificant and marginal in size. It is concluded that enhanced life satisfaction among fans and spectators may be a by-product of sporting success at major international events, but that only a few sporting events are popular enough to influence well-being significantly in a nation at whole.

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**S3\_2: THE SOCIO-POLITICAL CONTEXT OF WELL-BEING II**


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**Political Trust and Subjective Well-being: Evidence from China**

Fu Xiwen  
Kobe University

Politicians are mainly interested in political trust as being legitimacy correlated, but whether political trust is well-being correlated is still underexplored, especially for developing countries. Using micro data from the East Asian Social Survey 2012, this study explores the relationship between aggregate political trust and individual happiness in China, and tests multiple hypotheses regarding the determinants of individual political trust including the role of economic development. Multi-level analyses suggest that: 1) While province level GDP per capita has no significant effect on individual's political trust, GDP growth rate is positively and significantly correlated with one's political trust level; 2) Fast economic development helps to raise individual political trust even for the inferior group in current income distribution; 3) Corruption is found to reduce the level of individual political trust significantly; 4) Although people who engaged more in civil society or participate more in discussions on public affairs tend to express lower political trust, this effect has not grown into a nationwide trend; 5) There is a positive correlation between province level political trust and individual's subjective well-being, but the effect is generally weak. While empirical evidences support the institutional approach to explain the within-country variations of political trust in China, it displays insignificance of the value change effect suggested by the cultural approach.

**Choosing at the checkout: An exploration of political consumerism in the Netherlands (and abroad)**

Schyns Peggy  
The Netherlands Institute for Social Research | SCP

Even though ecological sustainability has been prominent on most western political agendas, research on one of its manifestations, namely grass-roots sustainable behaviour of consumers - or political consumerism - is relatively scarce.

In this study, the phenomenon of political consumerism is conceptually and empirically explored from a political science and sociological perspective. In addition to a literature review, existing international survey material, monitors, and in-depth interviews with four sustainable urban food initiators (the supply side of political consumerism) were employed.

Political consumerism can to some extent be described as niche behaviour: only a small Dutch minority consciously adapts their lifestyle to reflect ecological values (e.g. becoming vegan, downshifting, or participating in the sharing economy). It has, however, become more prominent in the past decades. Boycotting products is practiced by 15% of Dutch people and has tripled since the 1970s. Buycotters, who consciously buy ecological products, are also a relatively large and growing group: around a third of Dutch people put this behaviour into practice. Nevertheless, when compared internationally, the Dutch score rather low on boy- and buycotting.

Political consumerism is predominantly practiced by well-educated citizen-consumers; still we found substantial variation between the different subtypes.

Sustainable urban food initiatives, which serve as a means to facilitate sustainable choices, enable consumers to engage in boy- and buycotting, adapt their lifestyle, combat food waste, and strengthen sustainability awareness.

In conclusion, even though Dutch political consumerism is still small in size, results lead us to be mildly optimistic about its gradual spread throughout society.

**Economics of happiness: Insights into the Gross National Happiness in Bhutan**

Choiden Sonam  
Royal Institute of Management (RIM), Bhutan

Despite being in the least developed countries, Bhutanese people are perceived to be one of the happiest countries in the world. This paper aims to provide additional insights into the sources of the happiness of the Bhutanese population. The study examines the Bhutanese happiness using the Gross National Happiness (GNH) survey data for Bhutan and finds the differences between the Bhutanese perspective on happiness and that of the developed and other developing countries. Using the Ordinary Least Squares (OLS) regression method, we find that except for gender, location and civil employment differences, the perception of individual happiness in Bhutan is influenced by similar factors as those pointed to by the existing literature for other developing and developed countries. Subsequently, we extend the traditional individual happiness model with insights from the Bhutanese GNH theory and the measures that would optimally explain the perception of the Bhutanese happiness. The extended model is applied to the 2010 GNH data (N=7140), which helps to provide additional understanding of the issue. These variables include the following domains: health, education, good governance, culture, community vitality, ecological resilience, and psychological wellbeing. The results of the analysis can provide an inspiration for policy makers in other countries for their effort to introduce policies, which would enhance the happiness of their own population.

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### Consequences of Ethnic Diversity on Trust

Cho Hee-pyung

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This paper identifies the negative impact of ethnic diversity on trust. Similar to the previous studies, the OLS regression results show that there is positive relationship between district/regional level ethnic diversity and trust, but negative relationship between country level ethnic diversity and trust. However, there exists a reverse causality problem which causes the coefficients of the diversity variables to be positively biased; it is possible that individual trust level affects ethnic diversity. This problem is more severe in district/regional level ethnic diversity variable compared to country level because of the relative ease in migration. Two possible solutions are suggested here. First, samples are restricted to respondents who reside in places with low migration rate. Second, IV estimation strategy is introduced, using elevation and the distance from equator as instrumental variables. The IV regression results suggest that diversity has negative effects on intraethnic and interethnic trust, regardless of the choice of diversity indices.

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## S3\_3: WELL-BEING, PSYCHOLOGY AND SELF-PERCEPTION

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### Study On The Influence Of Physical Attraction On Human Relationships

Sava Nico-Ionel<sup>1</sup>, Papari Adrian<sup>1</sup>, Antemir Cristina-Laura<sup>1</sup>, Leonov Florenta<sup>1</sup>

<sup>1</sup> Andrei Saguna, University in Constanta, Department of Social Sciences

Physical appearance influences the way our peers assess us, demonstrating the irrationality of a large number of judgments that we undertake. Individuals perceived as physically pleasant are more likely to be positively evaluated. The overall objective of the research takes into account the theoretical, methodological and practical fundaments that physical attractiveness affects human relationships differently according to gender and to the characteristics required to develop and sustain human relationships. A first verified hypothesis assumed that there is a statistically significant relation between physical attractiveness and the capacity of initiating human relationships, and a second, which meant that there are statistically significant differences between men and women regarding the initiation and emotional support in human relationships. The research method was of quantitative and qualitative cross exploratory type. The research group consisted of 50 subjects, clients of a photo studio. Research tools: assessment and self assessment questionnaire of physical attractiveness (own construction); questionnaire on interpersonal skills (Duane Buhrmester, 1988, translated from English by Alexandra Costache). Processing and interpretation of data revealed that the initiation of relationships is connected with physical attraction, the greater the physical attractiveness, the higher the probability of initiating a relationship with such people. Men are more able to initiate relationships, while women are more capable to support the emotional relationships. Overall, this study showed that physical attractiveness affects interpersonal relationships, people rated as physically more attractive being also assigned a number of qualities.

### The Cost of Fear? Life Satisfaction and Rioting Risk

Douarin Elodie

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In recent years, life satisfaction and happiness have become standard measures of (subjective) wellbeing, and have increasingly been used to understand what matters in life. Among the applications of this field, an increasing number of studies are using life satisfaction to estimate, in monetary terms, the cost imposed by negative experiences in life, such as crime victimisation (Moore, 2006) or civil conflicts (Welsch, 2008) for example. Following this strand of literature, we propose here to estimate the monetary cost of violent protest.

Using survey data collected at the household level a few months before a wave of riots erupted, this paper investigates the relationship between fear of conflict or perceived insecurity, and subjective wellbeing. Our empirical analysis is based on Kyrgyzstan, a country which has known several waves of civil unrest in the recent past, most notably in 2005 with the Tulip revolution and 2010. We find that there is a very substantial welfare gap associated with the fear of conflict erupting at the local level, and that this welfare gap is greater where the risk of conflict is more widely felt and in urban rather than rural areas. We estimate that respondents who fear a conflict is likely in the near future in their local area are as satisfied with their life *ceteris paribus* as respondents who do not fear a conflict but whose economic standing is 15 percentage point lower.

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### **Self image and QoL , as outcome measures in eating disorders (ED)**

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Background: Self image disorder is one of the key psychopathological characteristics of ED and it is related with the clinical outcome. We studied the self image evolution and the QoL in a group of ED subjects after 5, yrs from hospital discharge .

Methods: A group of 37 F, mean age 34.70 yrs with initial diagnosis of anorexia (AN) (27%), bulimia (BN) (35%) and ED not specified (EDNOS) (38%) entered the study. The BAQ (Ben Tovim-Walker, 1991), and EDI-2 (Garner, 1983) questionnaires, submitted at diagnosis, were administered for a second time . Wilcoxon test was used to compare the results. Subjective QoL was assessed with PWI-A (Cummins, 2006) . A clinical interview was also performed.

Findings The group of AN subjects reported a statistically significant improvement in 5, /6 of the subscales of the BAQ and subscales B (bulimia) and IC (body dissatisfaction) of the EDI-2 Test.

Similarly, the EDNOS patients showed an improvement of the self image in 4, /6 scales of the BAQ and subscales IM (impulse to thinness) and IC of the EDI-2 test.

Patients with BN however, that reported a persistence of the disorder , did not present any improvement of body image.

QoL, measured with PWI does not differ among the three groups.

Discussion: A resolution of clinical symptoms correlates with an improved body image in ED. The AN and the EDNOS patients , which have overcome the ED, showed significant improvement in most of the subscales of the two tests administered. These chronic diseases have no significant effect on subjective well-being.

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## **S3\_4: WELL-BEING AND INCOME**

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### **Assessing the contribution of employment and job characteristics to subjective well-being in the Czech Republic**

Chromkova Manea Beatrice<sup>1</sup>

<sup>1</sup> Faculty of Social Studies MU Brno

Background: Work is an important part of human life and satisfaction with it is reflected in the overall quality of life. In the light of the spill over theory, we expect that job characteristics influence well-being. The aim is to explore the relationship between employment status and job characteristics, and subjective well-being of the adult Czech population. Do employment status and characteristics account for the differential well-being of different subpopulations?

Methods: We make use of the first Czech panel data collected on a sample of households in 2015 (5 212 households and 13 000 respondents). The study used a random probability sampling method stratified by region, age and gender. For the purpose of this paper, only those respondents who are active in the labour market (18-64 y.o.) were included in the analysis. To prevent spurious relationship between the explanatory and outcome variables, we check for socio-demographic characteristics.

Findings: Working hours and satisfaction with job slightly influence the overall life satisfaction and happiness. Those living in marriage tend to be more satisfied or happy, while well-being levels seem to decline in older age.

Discussion: Although differences among various groups seem very small, they are relevant when assessed in the context of subjective well-being research, where variations are generally small. There are some drawbacks to the measurement of job characteristics, which may not fully capture the complex nature of work. Despite limitations, our findings have implications for social policy and ask for further focus on the relation between well-being and work-family balance.

### **Does Money Matter? A Comparison of Happiness between the Poor and the Rich in Thailand**

Senasu Kalayanee, Singhapakdi Anusorn

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There is a general agreement among researchers that the income-happiness relationship is stronger within the poorer and less developed countries. However, there are few studies that investigated variables that may influence the strength of this relationship. This research compares the influences of income, quality of life, and philosophy of life on happiness between the poor and the rich in Thailand. The data were collected by interview survey questionnaire of slum residents, and self-administered questionnaire of privilege club members in Bangkok, Thailand. There were a total of 200 respondents in each group. All research hypotheses were tested by means of hierarchical regression analysis. It is expected that the findings from this research will not only provide knowledge and understanding of the topic but will also generate more interests as well as will highlight the importance of both extrinsic and intrinsic determinants of happiness to public policy makers.

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**Productivity gains from subjective well-being in Europe:  
A sectoral level analysis using survey data and official statistics**

Peroni Chiara<sup>1</sup>, Sarracino Francesco<sup>1</sup><sup>1</sup> STATEC

Many studies suggest that subjective well-being has consequences on work performance or on productivity. This evidence, however, is based primarily on small samples and experimental data. Only a few studies analyse representative data or matched employer-employee datasets. We contribute to this literature testing the hypothesis that a higher well-being on the workplace contributes to productivity using industrial sectoral level data from Europe. We merge individual information on quality of life on the workplace from the European Working Conditions Survey of 2010 with Eurostat data on sectoral level productivity from 2010 to 2013. Our dataset includes cross-sectional data from 34 European countries and nearly 11500 industrial sectors. Regression analysis shows that industrial sectors with better working conditions -- as measured by safety and ethics of employment, income, working hours, safety, social dialogue, stress, etc. -- have higher productivity growth. We explore the robustness of our result by analysing this relationship by NACE and by regions in Europe. Results indicate that well-being is not only desirable in itself, but it is also a factor contributing to productivity growth and, therefore, to economic prosperity.

**Hope mediates the relation between income and life satisfaction**

Pleeging Emma

Erasmus Happiness Economics Research Organisation

Background: Future prospects seem to play an important role in how current life-circumstances affect life satisfaction. For example, studies show that income expectations matter more to happiness than income per se (Frijters et al., 2012; Arampatzis et al., 2014) and that the negative effect of unemployment depends to a large extent on expectations of future employability (Clark, 2008; Stutzer, 2008; Green, 2011). This study adds to the literature by examining the mediating role of hope in the relation between income and life satisfaction. Hope differs from more commonly used concepts in happiness economics such as expectations and aspirations in being more agentic and process-focused. Therefore, it is assumed to be less prone to adaptation and disillusionment. Methods: Cross-sectional data was collected through online surveys in the US (N=517) and the Netherlands (N=564). Mediation analyses using bootstrapped standard errors (Preacher & Hayes, 2008) was used to examine the relation between the relevant variables. [Note: currently, a second wave of surveys has been sent out, hopefully giving insights into causal relations based on panel data].

Findings: In both samples, hope partially mediated the relation between income and life satisfaction. About 41% of the total effect was mediated in the US sample, and 50% in the Dutch sample. The effect was however not found for individuals with an exceptionally high score on hopefulness.

Discussion: The positive effect of income on life satisfaction seems to be partly explained by the hopeful feelings that are generated by a strong financial situation. However, overly optimistic hopes might lead to disappointment and disillusionment.

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## S3\_5: CONCEPTUALIZATION OF WELL-BEING II

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**Conceptualization of the Challenges and Potentials (CHAPO) Model of Quality of Life in Very Old Age.**

Neise Michael, Kaspar Roman

ceres – Cologne Center for Ethics, Rights, Economics, and Social Sciences of Health, University of Cologne

Background: The very old population has received scant consideration in large-scale surveys and little is known about the Quality of Life (QOL) in this cohort. QOL might be evaluated by the standards of the individual or based on external norms and criteria prevalent in society. However, interdisciplinary approaches that integrate descriptive, evaluative, and normative perspectives to examine the QOL of the very old are rare. Emphasizing life-long development and function, eudemonic conceptions of QOL have been suggested to gain relevance in very old age. The aim of the study is to develop a theoretical framework to explore QOL in the very old that allows for multiple evaluative perspectives and the discussion of quality in life-conduct beyond hedonic concepts of well-being and life satisfaction.

Methods: We conducted a review of published research and QOL concepts from different databases using the keywords very old age and quality of life. In addition, we considered secondary internet-based literature to identify additional approaches relevant to our theoretical concept.

Findings: Veenhoven's Four Qualities of Life Model and Martin's Functional Quality of Life Model have been identified as two complementary frameworks guiding the development of the Challenges and Potentials (CHAPO) Model of Quality of Life in Very Old Age.

Discussion: The proposed CHAPO model has proved useful for integrating claims of sociological, gerontological and ethical disciplines in the preparation of a large-scale survey of quality of life in the very old population, in particular with respect to successful life conduct.

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### A 2D self-regulation theory of well-being and happiness

Leontiev Dmitry

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An outline of the theory is offered that would assimilate recent findings and controversies in the field. Well-being is treated as one dimension of a multidimensional phenomenon of happiness.

Self-regulation paradigm describes the activity of living systems as directed by the discrepancy between the desired and the actual state of affairs. Well-being is a feedback signal, a measure of this discrepancy, and happiness is an emotional experience of their match which implies the end of activity.

However, besides the quantitative measure of well-being, happiness has another, qualitative dimension. Aristotle noted that wise men and slaves have different kind of happiness. The quality of happiness is defined by the qualitative measure of the needs and values the reality is to match. A complete satisfaction of viscerogenic needs or extrinsic motives may provide a high degree of well-being, but refers only to qualitatively primitive forms of happiness, unlike the case of flow experiences based on creative, epistemic, helping or other self-transcending motivation. It is the quality of the desirable that distinguishes a misery from a tragedy in case of failure and satisfaction from triumph in case of success.

Two options of pursuit of happiness follow from this consideration. The one, "dealing for a fall", suggests lowering the quality of desires that increases the probability of their satisfaction. The other, "dealing for a rise", suggests investing meaningful efforts for meeting higher aspirations. This easily operationalizable model gives an answer to the ancient question of relationships between hedonic satisfaction and ethical self-improvement.

### Revealing Heterogeneity of Subjective Well-being

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<sup>1</sup> Monash University, <sup>2</sup> University of Tromsø

Background: The improvement of subjective well-being (SWB) has increasingly become a key focus of public policy intervention. Revealing the relative importance of SWB domains will facilitate the understanding of how best to improve the SWB. This study empirically investigated the relative strength on SWB domains and further explored the heterogeneity on valuing SWB domains.

Methods: A cross-country Multi Instrument Comparison (MIC) survey was utilised for this analysis. Multi domains of SWB was measured based on the Personal Wellbeing Index (PWI), in which seven domains were considered, including standard of living, personal health, achieving in life, personal relationships, personal safety, community-connectedness, and future security. The seven domains were weighted against a global SWB using a regression framework. Respondents' characteristics including chronic disease status, age, gender, education level, and country source were considered in the regression. Finite mixture model (FMM) was adopted to investigate the potential heterogeneity of SWB.

Findings: A total of 8,008 respondents from<sup>6</sup> countries were included in the analysis. Latent class analysis identified two classes with Class I respondents revealed significant and relatively equal weights on standard of living, personal relationships, personal health, and future security, whilst Class II respondents revealed significant and strongest weights on achieving in life domain, followed by relatively equal weights on personal relationships and standard of living, and lowest weights on future security and community-connectedness.

Discussion: Results from this study firstly indicate the existence of heterogeneity in valuing SWB domains among individuals. Policy interventions that aimed to maximum SWB should take individual heterogeneity into account.

### Happiness conceptions and pro-social behaviour

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Background: The conceptual referent theory (CRT) developed by Mariano Rojas states that people have different conceptual referents for a happy life. CRT consists on a typology based on a review on the philosophical thought and focus groups to make this thought to be reachable by common people. Those happiness concepts are labeled as Stoicism, Virtue, Enjoyment, Carpe Diem, Satisfaction, Utopian, Tranquility and Fulfillment.

In this paper we relate the CRT to pro-social values. We aim to determine if any conceptual reference for people in pursuing happiness is more desirable for society than others.

Methods: In order to determine whether conceptual referents for happiness interfere on behavioural preferences, we develop three experimental games in a sample of 665 individuals. Those games (dictator game, ultimatum game and trust game) provide information about the grade of prosocial preferences such as altruism, egalitarianism, trust and fairness, derived from pure and real economic interactions.

Results: Empirical analysis shows that there are some superior conceptions related to being egalitarian and trust others. Those conceptions have an inner orientation. Fulfillment has an outer orientation, and is associated to trust. However, some outer conceptual orientations are negatively related to fairness.

Discussion: The results have policy implications, to the extent that if a happiness style is more desirable for pro-social values such as trust and fairness, then society should invest on it. On the contrary, if any happiness style is anti-social, then society should disincentive it.

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**ADDITIONAL ABSTRACTS PRESENTED**


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**Greening Residential Environments – Promoting Health and Well-Being in Cities Undergoing Densification**
Brenck Miriam Eva<sup>1</sup>, Gabriel Ben<sup>2</sup><sup>1</sup> Technical University Berlin, Institute of Ecology, Deutschland,<sup>2</sup> Technical University Berlin, Real Estate Management, Deutschland

Urban living environments underlie high pressure due to ongoing urbanisation and socio-ecological changes e.g. regarding densification, migration, climate change, mobility and digitalisation. In this setting the discharge functions of urban green spaces play a major role to preserve health and well-being in the urban society. Dynamic patterns lead to severe changes of health related impacts in cities; changes in lifestyles lead to less time spent in free landscapes. Urban green spaces evolve to highly frequented spaces for the compensation of stress and environmental impacts.

Based on case studies of housing estates in cities undergoing densification, we analyse practices of production, use and maintenance of small-scale greening. Different concepts of assessing health-related quality-of-life are considered to capture the complex requirements on sustainable contemporary living environments.

The different role, scope and influence of diverse stakeholders are highlighted to uncover trade-offs and synergies. The impacts of different greening measures and levels of biodiversity on well-being and the identification with places are evaluated. Derivations for the production of healthy residential environments are drawn.

What new qualities of green infrastructure can arise within real estate densification projects? What are the impacts of different elements of green infrastructure – gardens, street greenery, green roofs and facades? The concepts of place-making and place-keeping are considered to have a closer look at the potentials of co-design of private and public spaces. How can further actors – such as health insurance companies – be involved in the creation of healthy places?

Green surroundings make housing attractive and serve as a marketing argument. We take a closer look at the uses and benefits regarding ecological, social and economic aspects. Windows of opportunity are revealed to make use of these values and build healthy private and public spaces.

**From means to well-being - Evaluating local economic development on the basis of the capability approach**

Gébert Judit, Bajmócy Zoltán

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Most authors agree that the goal of local economic development (LED) is increasing well-being, or the quality of life of local citizens. However, it is rather rare in the LED literature when authors explicitly state the concept of well-being they rely on, and take that as a point of departure for their works.

Present paper understands well-being in line with the capability approach (CA) of Amartya Sen. The CA has clearly influenced community economic development and the design and evaluation of development projects in low income settings. However, its possible contributions to planning theory are mostly unexploited yet. Accordingly, taking the CA as a point of departure for strategic urban planning, especially in high income countries, is uncommon. We argue that even when the planning process is not based on the CA, it is useful to rely on the CA as a framework for evaluation and feedback.

We developed a framework to evaluate LED processes. We used this framework to analyse urban planning processes in 23 Hungarian large cities. We carried out content analysis of strategic planning documents and conducted 49 stakeholder interviews. We found that the rich informational basis of the CA helps to identify several causes (both in terms of outcomes and processes) why LED measures may fail to contribute to the well-being of citizens. These are barriers that (1) prevent people from actually using the newly created means, (2) that leave valued options unaddressed, or (3) lead to the disappearance of former valued options.

**Measurement of subjective Well-being of children with data from AID:A**
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Child well-being as a multidimensional concept includes objective factors (e.g. physical health) and subjective factors (e.g. how children experience their lives) (Axford, Jodrell & Hobbs 2014, Ben-Arieh & Frønes 2007, OECD 2009) as well. European and German studies focus on a broad range of different dimensions. Especially the measurement of subjective factors often relays on single items, asking for overall or dimensional satisfaction. We are therefore going to establish three context specific indices of subjective child well being, which are theoretically based on the self determination theory of Deci and Ryan (2000) and focus on the psychological needs for autonomy, competence and relatedness.

In the representative survey "Growing up in Germany II" (AID:A II, 2013/2014), children from the age of 9 to 18 answered a children's questionnaire (N = 3.500) by themselves, added by information about the socio-economic situation and the household composition, provided by one parent (mainly the mother) living with the child. We employ three dimensions of child well-being, based on the main agents of socialisation (Hurrelmann 2000) namely family, school and peers, using data from the AID:A II survey. We develop comparable context specific confirmatory factor models for well-being of children aged 9 - 11 years and 12 - 17 years.

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These new well-being indices can for example explain much more than only socio economic variables, regarding different aspects of behaviour measured by the Strength and Difficulties Questionnaire (SDQ; Klasen, Woerner, Rothenberger & Goodman 2003). Discussion includes possible application for other age groups and studies.

**Inequality and well-being in Latin America. A subjective well-being approach to the effect of country-level inequality and relative position measures on individual well-being**

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During the first decade of the XXIst century, Latin America as a region has experienced a period of decreasing inequality principally measured by income distribution.

Social welfare programs and social public expenditure have increased its coverage and investments, correlating with a decrease in the population that lives under conditions of poverty and extreme poverty.

However, less attention has been attracted to analyze the way in which these changes may have impacted Latin Americans well-being from an overall assessment based on perceived and experienced well-being like general life satisfaction or happiness. This research paper stress out the role that country-level inequality measures and relative position within reference groups have on individual well-being from a subjective well-being approach.

Our empirical approach consist on using a pooled structure of a regional survey for 16 Latin American countries from 2001 to 2013 in order to make econometric estimations to make probabilistic claims around the preferences and attitudes of Latin Americans towards inequality.

We mainly find out that inequality as a country-level element to individual well-being has not statistically significance, but that it is an important factor conditioning the effect of other variables significant to subjective well-being such as socioeconomic status.

**The Host with the Most? The Effects of the Olympic Games on Happiness**

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We show that hosting the Olympic Games in 2012 had a positive impact on the life satisfaction and happiness of Londoners during the Games, compared to residents of Paris and Berlin. The magnitude of the effects is equivalent to moving from the bottom to the fourth income decile. But they do not last very long: the effects are gone within a year. These conclusions are based on a difference-in-differences design and a novel panel survey of 26,000 individuals who were interviewed during the summers of 2011, 2012, and 2013, i.e. before, during, and after the event. The results are robust to selection into the survey and to the number of medals won. They also withstand a series of placebo tests, including placebo outcomes and time periods.

**Social Class Differences in the Quality of Life: Evidence from European Societies**

Müller-Kmet Bernadette

University of Innsbruck, Austria

Social class belonging matters when it comes to quality of life. This paper investigates social class inequalities in the four qualities of life suggested by Veenhoven (2000): (1) 'livability of the environment', which refers to living conditions and one's position in society; (2) 'life ability', which is expressed in well-being and health; (3) 'external utility of life', which denotes the external worth of a life; and (4) 'inner appreciation of life', which refers to life satisfaction and happiness.

The overall pattern of many studies shows that individuals from higher social class backgrounds report greater overall life satisfaction and well-being, better living and housing conditions, and better health conditions. By contrast, lower social class contexts are associated with contrary outcomes. This paper addresses the following questions: Are there cross-national differences in the size of the social class gaps regarding the four qualities of life? What societal factors may account for these cross-national differences? In order to answer these research questions, I conduct multivariate analyses using data from the seventh wave of the European Social Survey (ESS). The findings indicate that there are cross-national differences in the size of the social class gaps regarding the four qualities of life. This social class gap varies considerably across countries: It is smallest among Nordic countries and largest among post-communist countries. Finally, the social class divide is discussed in the light of welfare and education regimes that may mitigate it when it comes to quality of life.

Official Abstract Booklet, October 18, 2017

### **Anxiety, Depression and Somatic symptoms in Patients with Sickle Cell Disease in Ibadan, Nigeria**

Ojelabi Adedokun, Graham Yitka, Ling Jonathan  
University of Sunderland, United Kingdom

**Background:** Sickle cell disease (SCD) is a genetic disease with Nigeria being its world epicentre. The disease predisposes to premature death, recurrent pain and low quality of life. The presence of anxiety, depression and somatic symptoms (ADSS) has implications for reduced quality of life in the patient. The aim of this paper is to assess ADSS and their correlates in sickle cell patients.

**Methods:** This cross-sectional study assessed 82 sickle cell patients attending the Haematological Clinic of Adeoyo General Hospital, Ibadan using the Patient Health Questionnaire (PHQ). GAD-7, PHQ-9 and PHQ-15 were used to measure anxiety, depression and somatic symptoms respectively. Personal questionnaire was used to collect sociodemographic and other related information. Descriptive statistics and regression analysis were used.

**Findings:** The population was 52.5% female and 19.5% were below 18 years. Comorbidity was present in 17.1% with the most prevalent being priapism (14.7%), 63.6% had pain in the last six months. Anxiety was present in 19.5%, depression, 28.6% and somatic symptoms 43.8%. Physiological factors (comorbidities and pain episodes/experience) predicted ADSS along with marital status and education. Higher ADSS were found in females and people with lower education.

**Discussion:** Anxiety and depression are strongly related to somatic symptoms. Pain episodes were also prevalent in adults aged 18-30. In managing SCD patients, it is important to consider age, anxiety and depression, and target the reduction of the most prevalent somatic symptoms to reduce their adverse effects on quality of life.

### **Does Corruption Hurt Happiness? Evidence based on perceptions across the World.**

Abdur Rahman Amanina, Burger Martijn, Ianchovichina Elena, Stavropoulos Spyridon  
Erasmus University, Rotterdam

While much is known about the relationship between corruption and the economy, an aspect of corruption that is less widely studied is its effect on life satisfaction. Given its effects on economic growth, to what extent does corruption pervade into private spheres of life? The World Happiness Report identifies freedom from corruption as one of the variables that explain variation in subjective well-being worldwide (Helliwell et al., 2016). In related literature, a negative relationship between corruption and subjective well-being has been found (Arvin & Lew, 2014; Tay et al, 2014;), which is moderated by the level of economic development. In this regard, Arvin and Lew (2014) concluded that corruption only has a significantly negative effect on happiness after real GDP per capita increases above approximately \$10,000. This finding implies that at low levels of economic development, corruption may not have a negative effect on subjective well-being, indicating that there are gains to be made from corruption. This study extends the literature by analysing the relationship between perceived corruption and subjective well-being within countries, in order to provide a further understanding of the corruption-happiness relationship. We show that perceived corruption has a significant negative effect on happiness. When the same analysis is conducted within each country, we find that when there is a significant relationship between perceived corruption and happiness, the relationship is also negative. The negative relationship between perceived corruption and life satisfaction is larger in more developed countries and regions, relative to that in developing areas. An implication of our findings is that in societies with higher levels of perceived corruption, such as developing countries and countries with lower levels of governance, happiness is not greatly affected by individual perceptions of corruption.

### **Happiness Index and Industrial Progress among Indigenous Communities: Comparative Contradictions and Sustainability across Nations**

Borkakoty Aparajeeta  
Gauhati University, India

Industrialization and individual well being contradict. This is evident from research on Indigenous communities across geopolitical locations. In their effort to develop home based industries ,entrepreneurial behavior across indigenous communities follows similar typology of environmental protection and sustainability. The paper therefore discusses the entrepreneurial initiatives among indigenous communities in developed countries and simultaneously their concern to address their specific needs on conservation and rights of determination. The tendency to create an industrial society in indigenous people inhabited regions has adversely affected the morale and mindset of the communities. Primary occupation being hunters and gatherers their definition of progress coincides with environmental sustainability and intersects vastly with creative destruction. The study addresses the need for a new paradigm of industrialization growth and progress among the indigenous population. The research is conducted among the tribal indigenous communities of the North East India(Tribes of Arunachal Pradesh, Nagaland and Mizoram). The methodology adopted is secondary and uses a qualitative approach. Research queries include:

How do the community feature in happiness ranking ?

Whether a distinct approach of industrialization is required for indigenous communities?

Is industrialization necessary for generating happiness among the community ?

Whether industrialization and environmental sustainability are compatible or contrasting ?

State approach to tribal development and the responses.

**Organizational experience of neurorehabilitation on the stage of social re-adaptation**Dobrushina O.R.<sup>1</sup>, Varako N.A.<sup>2,3</sup>, Kycherova E.Y.<sup>1</sup>, Michailova A.D.<sup>1</sup>, Martunov S.E.<sup>1</sup>, Kovyazina M.S.<sup>2,3</sup>, Fomina K.A.<sup>2</sup><sup>1</sup> International Institute of Psychosomatic Health, Moscow, Russia; <sup>2</sup> Lomonosov Moscow State University, Moscow, Russia;<sup>3</sup> Research Center of Neurology, Moscow, Russia

According to the classification of the WHO, the consequences of central nervous system (CNS) damage are considered at three levels. The first level is the level of symptoms. The second is a function disturbance. The third is the consequences at the domestic and social level. If early rehabilitation is aimed at achieving improvements at the first level, then as the time of injury of the CNS increases, the focus is mixed in the direction of work at the second and third levels.

Rehabilitation aimed at returning the patient to society is carried out within the framework of an integrated model. The situation is assessed: the severity and structure of damage of CNS, the initial characteristics of the patient's personality, psycho-organic changes, psychological reaction to the disease. A holistic understanding is achieved through the work of an interdisciplinary team. Based on this understanding, the team formulates specific rehabilitation goals at the third level of consequences.

There are several general areas of work in which rehabilitation is carried out. The first is immersion of the patient in the therapeutic environment of the center. The second is teaching the patients to understand their illness and limitations. The third is the alignment of compensatory strategies. The fourth is the involvement of the patient's family in the rehabilitation process. The fifth is a psychotherapeutic work aimed at changing the attitude of the patient towards his life. The patient goes from the victim of circumstances, to a person who can cope with restrictions.

**Neuropsychological rehabilitation as a stage of quality of life recovery.**M.S. Kovyazina<sup>1,3</sup>, N.A. Varako<sup>1,3</sup>, E.I. Rasskazova<sup>1</sup>, K.A. Fomina<sup>1</sup>, O.R. Dobrushina<sup>2</sup><sup>1</sup> Lomonosov Moscow State University, Moscow, Russia; <sup>2</sup> International Institute of Psychosomatic Health, Moscow, Russia;<sup>3</sup> Research Center of Neurology, Moscow, Russia

The method of „conscious rehabilitative training“, developed in the Russia psychology, based on the premise that the human HMF implemented as formed during cultural- and ontogenesis of complex morpho-functional systems. According to the principles of the system, based on each neuropsychological syndrome disorders HMF is common „cause“ - impaired neuropsychological factor. The binary structure syndrome (set of symptoms of disturbed and impaired neuropsychological HMF and abnormal neuropsychological factor) allows you to define two strategies of neuropsychological rehabilitation programs. The first strategy involves choice as a „target“ the most impaired mental function. As the supports used have stored links and levels of implementation of the restorable HMF or affected link may be replaced by another, not previously included in the impaired HMF, and borrowed from other mental processes. The second strategy could be aimed at the restoration of the abnormal neuropsychological factor, where restored some systemically interconnected mental functions. To implement the second strategy should refer to the phased development of a factor to determine its operating level and to have information about cerebral localization of the pathological process, since neuropsychological factor associated with the work of certain areas of the brain. In the context of the second review of the rehabilitation strategy remains an open question regarding the definition of „donor“ areas of the brain. The principles of plasticity, mutual complementarity of cerebral structures, cerebral functional gradient transitions enable restructuring functions. In this perspective, consideration of neuropsychological syndrome is a self-developing system, which corresponds to modern notions postnonclassical methodology.

**Finding happiness through self-discovery: Self-help movement in the People's Republic of China**

Iskra Anna Maria

Hong Kong Institute for the Humanities and Social Sciences, University of Hong Kong

This research project aims to look at the uneasy relationship between modernity, economic development, and individual well-being through an anthropological study of personal growth programs that have been gaining prominence among the urban population in post-1990s China, as part of the nation-wide „psychology craze.“ These workshops and seminars combine and creatively transform the guiding principles of Euro-American self-help movement and New Age teachings that fuse Eastern spirituality with Western therapy culture.

The research is based on 10 months of fieldwork in Shenzhen, China consisting of participant observation of personal development workshops, qualitative semi-structured interviews with teachers and participants, as well as in-depth analysis of relevant content in Chinese social media self-development groups. During the fieldwork phase I have been actively participating in the workshops that usually last from 1 to 4 days, and often require heavy emotional involvement (especially during collective screaming and crying sessions), sharing intimate aspects of personal life, and, occasionally, physical exhaustion. At the time of writing this proposal I have completed 7 months of fieldwork (the fieldwork phase is scheduled to end on August 31). The expected outcome of research is a PhD thesis and a series of articles and / or a book.

Though a local phenomenon, Chinese personal development craze is a phenomenon that can shed light on following broader questions about relationship between modernity, economic development, personal well-being and the proliferation of therapeutic discourse:

1. What can we learn about the processes of individualization and how they relate to the subjective well-being of individuals in a quickly changing socio-economic landscape?

2. Given that most people who participate in self-help workshops are women, what they can teach us about gender dimensions of success and self-actualization?
3. How does the body serve as vehicle for emotional healing and how are sexual expression and fulfillment constructed as paths to self-realization and wealth?

During the breakfast session, I am especially hoping to have a chance to discuss broader implication of my research on different theories of individualization, and how a new gospel of achieving happiness through individual psychological scrutiny can sometimes be entangled in and encouraged by governing practices, especially in socialist regimes that are stereotypically perceived as directed “against the individual.” I also believe that the breakfast session will help me to open my research project to more interdisciplinary and cross-cultural perspectives so that its significance can go beyond narrowly-understood China Studies.

## Poster Session Thursday (16:45 - 18:00)

### QUALITY OF LIFE AND LIFE-SPAN

#### Life satisfaction in university students, relationships with family, food and family resources

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<sup>1</sup> Universidad de La Frontera, <sup>2</sup> Aarhus University, <sup>3</sup> Universidad de Talca

Life satisfaction (LS) and satisfaction with food-related life are associated with healthy eating habits, family interaction around eating and family support. The present study evaluates the relation between satisfaction with food-related life and satisfaction with family life and their influence on LS in university students. We identify the effect of two different types of family support on student satisfaction with family life and indirectly on their LS, explore a moderator effect of gender, distinguishing and characterizing university types. A questionnaire was applied to a non-probabilistic sample of 370 students of both genders (mean age 21.1 years) in Chile, including Satisfaction with Life Scale (SWLS), Satisfaction with Food-related Life (SWFoL) scale, Satisfaction with Family Life (SWFaL) scale, Family Resources Scale (FRS) and the Adapted Healthy Eating Index (AHEI). Using structural equation modelling, we found that student LS was determined by satisfaction with family life and food-related life. A high direct effect was discovered for intangible family support on student satisfaction with family life, which was a mediating factor between intangible support and LS. Using multi-group analysis, a moderator effect of gender was not found. Three student types were distinguished with significant differences in average values of SWLS, SWFoL and SWFaL scales, z-scores from the intangible resources subscale from the FRS and average AHEI score. These types also differed in place of residence, dinner frequency in place of residence and in body mass index (BMI). Higher LS levels, satisfaction with food-related life and family life and intangible family support were related with a higher quality diet, lower BMI, living with parents while in university, and having dinner more frequently at home.

ACKNOWLEDGEMENTS: The results presented correspond to Fondecyt Project n° 1130165 and Fondecyt Project n° 1160005.

#### Comparison of quality of Life parameters among school aged healthy and with ENT diseases children in Republic of Armenia

Mardiyani A. Marine<sup>1</sup>, Mkrtchyan A. Siranush<sup>2</sup>, Chopikyan S. Armine<sup>3</sup>, Dunamalyan A. Razmik<sup>3</sup>, Danielyan M. Lusine<sup>4</sup>, Barseghyan A. Aharon<sup>4</sup>

<sup>1</sup> Head of Healthcare Management and Economics Department, Doctor of Science, Professor, <sup>2</sup> Assistant of ENT Diseases Department, <sup>3</sup> Assistant of Healthcare Management and Economics Department, <sup>4</sup> Senior Lecturer of Healthcare Management and Economics Department

BACKGROUND: The quality of life research methodology has developed a new modern direction of the interdisciplinary researches in which the concept of quality of life research reasonably based on the WHO definition of health and is offering comprehensive approaches to the assessment of school age children health status. The aim of research is compare QL parameters in healthy and ENT illness groups.

METHODS: An observational case-control Study was carried out at three selected public schools in the Yerevan. Clinical examination of ENT organs have done with used of following methods: rhinoscopy, pharyngoscopy, laryngoscopy and otoscopy. For evaluating of quality of life parameters used The Pediatric Quality of Life Inventory Generic Core Scales (PedsQL) 4.0, which is a generalized assessment of health-related quality of life. A total of 443 Armenian 6-17 years adolescents completed the adolescent self-report and 350 parents completed parent proxy report. The following age groups were identified: 6-10years-111 school aged children, 11-14years - 104, 15-18years-228.

RESULTS: There were 45.6% male and 54.4% female adolescents who participated in this study (13.25±1.19 years). In all three comparing groups the QL parameter "Physical function" of children with ENT diseases was low. "Psychosocial function" and "Role Function" parameters be mostly affected in the 6-10 years age group, "Physical Function" and "Role Function" – 11-14 years group, "Psychosocial function" and "Physical function" – 15-17years group.

CONCLUSION: In all three groups the QL parameters of children with ENT diseases were lower in compare of practically healthy. Adolescent self-report and parent proxy-report of the PedsQL 4.0 can use for evaluating of QoL of Armenian adolescents.

#### Assessing personal predispositions for well-being in young children: A validation study of the German version of the Child Humor Orientation Scale

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<sup>1</sup> University of Greifswald

Background: Studies on children's humor focus mainly on sense of humor and short-term effects of humor and laughter on well-being. There is also evidence that children possess the predisposition to communicate humorously, labeled as "Humor Orientation" (HO). Highly humor oriented children tell more funny stories, perceive situations more often as funny and enact humorously across different situations. Evidence on HO shows benefits on well-being and health. The aim of this study was to validate a German

version „Child Humor Orientation” Scale (CHO-Scale).

Methods: The translation of the CHO-Scale into German language was accomplished by using forward-backward-translation technique. Afterwards, the CHO-Scale was validated with a sample of 151 pre-school children within the age range of 3, to 6, years. For this purpose parents completed a questionnaire in which they assessed the sense of humor, psychological well-being, physical health, social competence, affective orientation and anxiety of their children.

Findings: The German version of the CHO-Scale is a reliable and valid measure of HO in young children. It is suited to evince aspects of sense of humor and life satisfaction as well as social competence. Substantial correlation with physical health and affective orientation could not be identified. The verification of factorial validity revealed that the scale consists of two different subscales.

Discussion: The German version of the CHO-Scale is suited to measure the HO of young children. However, the residual variance of one third of the items is high. Furthermore, the CHO-Scale appears to be uneconomic.

### **Differing associations of negative and positive mental health variables with life-course events in the UK**

Jacobi Christopher

University of Oxford, United Kingdom

Background Positive mental health (PMH) has recently become en vogue in academia, popular psychology and public policy. The key facets of the PMH framework are that it is distinct from negative mental health (NMH), and that it consists of at least three sub-dimensions: affective (emotional and cognitive), psychological and social well-being (see Seligman 2012). In this way PMH could be understood as the simultaneous presence of sound functioning and positive feelings. However, the empirical evidence that PMH variables in major social surveys actually provide substantive new insights is still scarce. The paper thus investigates whether there are empirical differences between negative, unidimensional and newer positive mental health variables in their empirical association with work and family life trajectories.

Methods The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) of the UK longitudinal household panel survey, Understanding Society (n=32.915), is contrasted with the GHQ, SF-12 and life satisfaction via fixed effects regression and survival analyses over<sup>6</sup>, waves of data (2009-2015).

Findings The results indicate that PMH has a relatively distinct association with important life-course characteristics and that it has a statistically significant association with mortality. Results indicate that the association of marriage with PMH, compared to the competing measures of psychopathology, single item measures of emotional states or life-satisfaction, appears to be more stable over time.

Discussion This study provides supporting evidence in support of the PMH framework (at least in principle) and demonstrates the importance of carefully considering multidimensional mental health variables.

### **Heterogeneity of well-being among first-year students**

Charzynska Edyta

University of Silesia

Background: Higher education researchers have long been focused on exploring students' achievements and their determinants. Recently there have been growing interest in subjective aspects of students' functioning, e.g. different kinds of well-being. A study conducted by Eagen et al. (2016) showed that the levels of depression and stress in today's students are higher than ever before. In light of these findings, it seems clear that there is a need to further examine changes in well-being, especially among first-year students, who have to cope with the transition from high school to university.

Methods: The study is longitudinal with three measurement points: two assessments have already been administered (at the beginning and at the end of the first term) and the third assessment will be made at the end of the second term. 393 freshmen from various faculties took part in the first measurement. Changes in well-being will be analyzed using latent growth curve modeling. Furthermore, several predictors of trajectory class membership will be examined: motivation for studying, learning styles, coping strategies, tendency to procrastinate and university connectedness.

Findings: The study is still in progress. Full findings will be presented at the conference.

Discussion: The results of the study will make it possible to identify factors which are crucial for achieving and maintaining a high level of well-being among freshmen. Thanks to these findings, interventions aimed at improving students' well-being, both directly and indirectly, can be planned and implemented.

### **Elders Quality of Life and Health Services Use**

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<sup>1</sup> University of Haifa Israel, <sup>2</sup> Yezreel Academic College

Background: Elders 65+ in Israel comprise 11% of the population. The proportion of disabled elderly Jews is 16% compared with 31% among elderly Arabs. Disability leads to loss of independence and lower quality of life, increases consumption of health services and raises cost of medical treatments. Among minorities, lower rates of health services use were found since cultural differences are often not considered. The lack of sensitivity towards minority needs may lead to a gap between potential consumers and existing services.

**Method:** This study examines whether there are differences in health services use which might impact their quality of life, comparing elderly disabled Jews and Arabs, based on Andersen's Behavioral Model for health services consumption. 600 participants from Haifa and Northern Israel were interviewed – 150 disabled elderly Jews and 150 disabled elderly Arabs and their care-giving family members. The questionnaire included variables related to the study model and the WHO PROQOL BRF (1998) about their quality of life.

**Findings:** The findings show a positive correlation between background variables of care-receivers and their health services use. The better their socio-economic status and the higher their level of knowledge, the higher is the level of health services use and their quality of life. Differences between level of health service usage and quality of life were found, especially community health clinics use, between Jews and Arabs.

**Discussion:** The findings may be related to better technological knowledge and use of online health services by the Jewish population as opposed to Arab elders. Apparently, inequality in health service usage might stem not only from accessibility but from the services adaptation to the particular culture and society in which they are provided, and ability to use technology. Hence, the health system should be more sensitive to cultural effects to answer needs of different ethnic groups within society that might improve their quality of life. In addition, it should assist and guide the populations in need of support as to how their use of online health services can be optimized.

### **Assessment Of Quality Of Life Of Teachers In Girls' High School Of Tehran Compared To General Population Of Tehran**

Khajehnasiri Farahnaz<sup>1</sup>, Dabiran Sohila<sup>1</sup>, Varzdar Fateme<sup>1</sup>, Khosravi Shahla<sup>1</sup>  
<sup>1</sup> Tehran University Of medical Sciences

**Introduction** Schools are among the most important official organizations, which should flourish body and mind of students. For achieving this purpose, it is important to have healthy teachers. Existence of any kind of problem in quality of life of teachers can affect their job performance. Therefore, this study was conducted in order to assess the quality of life of teachers in high schools of Tehran city and to compare it with the quality of life of general population.

**Methods:** In a cross sectional study, 169 teachers were selected randomly among all teachers of girls' high schools in 10th and 11th administrative sectors of Tehran city. To collect demographic information and quality of life information, the SF-36 Quality of Life Questionnaire and demographic questionnaire were used. **Results** This study showed that the mean and standard deviation of mental health, physical health sub-score and the total score of Quality of Life Questionnaire was  $65.77 \pm 16.81$ ,  $64.2 \pm 17.95$ ,  $66.02 \pm 16.91$ , respectively. The highest sub-score of Quality of Life Questionnaire was related to physical performance (72.33) the lowest score was related vitality (60.78). Also, there was no association between quality of life of teachers and their income, educational level and marital status, but there was a positive association between mental health and history of teaching experience. **Discussion and conclusion** This study showed that in all sections of quality of life, teachers had a lower score compared to the general population. This difference was significant, except for emotional role functioning and mental health. These results were consistence with the results of the study of Young in China (2009, 20011). Probably, this could be attributed to the demanding work environment of teachers compared to the general population of Tehran, another study in Shiraz confirmed the results that the highest sub-score was related to physical performance and the lowest was related to vitality. In this study, there was a positive association between mental health and history of teaching experience. Further researches are required to investigate the causes of poor physical and social condition of teachers

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## QUALITY OF LIFE AND HEALTH

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### **Survival strategies after trauma in case if a destructive symbiotic relationship**

Trifu Antonia Ioana<sup>1</sup>  
<sup>1</sup> Medico Military Institute of Bucharest

**Reasons for choosing the research topic:** Destructive symbiotic relationships arise when traumatized meet people who, because of their survival strategies are dependent on one another, this dependence gaining negative valences.

**Objective:** This paper aims to present the personality profile and also clinical and therapeutivcal course of a patient with hidden depression (the fund is endogenous) with overwhelming dominance of physical symptoms and understanding of particular mechanisms after which this functioning works and which significantly affected the relationship with her two twin daughters.

**Methods:** psychiatric evaluation, psychological evaluation, investigation methods specific to clinical psychology, psychodynamic counseling and follow-up of evolution under combined treatment (pharmacological and psychotherapeutic).

**Hypothesis:** We propose to observe the tridimensinal model of cleaved personality after trauma, consisting of „healthy parts „,“traumatized parts“, pojected to close family members (the two twin daughters) and „survivor parts“ subsequently transformed into depression through feelings of guilt.

**Results:** The threatening and overwhelming situation has arisen with the discovery of a malignant tumor (neoplasm of breast diagnosed about a year after the birth of the twins, the pregnancy being obtained after fertilization treatment), along with the consequences on the patient's body, created psychically a break between the experienced situation and the related psychological reactions. With the traumatic experience, the patient finds it difficult to establish healthy and unencumbered relationships with

others. Partially losing connection with a part of herself, she encounters difficulties in the correct understanding of the outside world.

Conclusions: A part of the patient's psychic, namely, that „traumatized part“ remained captive to power, fears and pains resulting from cancer, while „the survivor part“ tries to keep the negative experience as far away from consciousness to be able to survive traumatic living and to manage everyday life with the help of the remaining potential.

### **Prevalence of mental health problems and protective factors against psychological distress in mountain exercisers**

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<sup>1</sup> University of Innsbruck, Department of Sport Science, <sup>2</sup> Paracelsus Medical University, Institute of Ecomedicine,

<sup>3</sup> Austrian Alpine Association

Introduction: The prevalence of mental health problems in European countries is a severe burden and is estimated with a rate of around 38% each year. Knowledge about potential protective factors is highly needed. Regular physical activity (PA) in an outdoor environment, like mountain exercising, might reduce psychological distress.

Therefore, the aims of the present study were to assess the prevalence of mental health problems in mountain exercisers and to detect potential protective factors against psychological distress.

Methods: In a cross-sectional design, we collected self-reported data of 1536 mountain exercisers. The prevalence of mental health problems and psychological distress (Kessler Psychological Distress Scale), the level of PA (International Physical Activity Questionnaire), and affective valence during PA (Feeling Scale) were obtained. Stepwise multiple linear regression analysis was conducted to assess factors influencing psychological distress.

Findings: The prevalence of mental health problems in mountain exercisers was 14%. Being health-enhancing physically active rather than being minimally physically active and higher affective valence during PA were significantly associated with lower psychological distress. Marital status, education, alpine association membership, and body mass index did not show a significant influence on psychological distress.

Discussion: The prevalence of mental health problems seems to be low in mountain exercisers. A health-enhancing PA level and affective valence increasing forms of PA was shown to be protective factors against psychological distress. Obtained results should lead to prospective longitudinal studies focusing on the causal relationship of mountain PA and mental health problems.

### **Mental health status of patients and their relatives that come to university hospital and factors affecting.**

Aktekin Mehmet<sup>1</sup>, Akdemir Meltem<sup>1</sup>, Erengin Hakan<sup>1</sup>, Arslan A. Mucahid<sup>1</sup>

<sup>1</sup> Akdeniz University Faculty of Medicine Department of Public Health

Background: The purpose of the study is to detect the frequency of mental health problems of patients and their relatives that consult to clinics in the university hospital and examine its relation to some sociodemographic features.

Methods: This is a descriptive study conducted in August 2016, with the patients and their relatives who came to the clinics based in Akdeniz University Hospital. The study population was the people who were 18 and older that consulted to the clinics, except for psychiatry (n:1089). Data was collected via questionnaire. Informed consents were taken before the questionnaire which was composed of questions about sociodemographic features and information on mental status and GHQ-12 questions. Logistic regression analysis was performed.

Findings: Average GHQ score was 2.68±3.15. 34.1% of the participants have “fair” health and 13.6% have “poor”. From the cut-off point of 2, and over, 49.5% are mentally under risk.

Mentally, women are 1.48 times (95%CI=1.14±1.93) more exposed to risk than men.

Those with “fair” perceived health are 2.45 times (95%CI=1.85±3.24), those with “poor” perceived health are 10.06 times (95%CI=5.99±16.88) more exposed to risk than those with “very good-good” perceived health.

Those with “fair” relations to their surrounding are 1.87 times (95%CI=1.27±2.76) and those with relations to their surroundings are 4.30 times (95%CI=1.52±12.21) more exposed to risk than those with “very good-good” relations to their surroundings.

Discussion: About 50% of those who consult to the hospital are under risk. People who consult to hospital, whatever their reasons are, must be scanned and treated.

### **Associations between clinical and psychosocial factors and health-related quality of life in fibromyalgia**

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Background and Aims: Fibromyalgia (FM) patients usually report a decrease in health-related quality of life (HRQoL). To analyse possible determinants of this impairment we evaluated the relations between HRQoL and (1) characteristics clinical features of FM (clinical pain, insomnia and fatigue) and (2) affective-emotional variables (depression, anxiety, and neuroticism).

Methods: Eighty-one women with FM and sixty-two healthy controls were assessed with: Short-Form Health Survey (SF-36) to evaluate HRQoL, State-Trait Anxiety Inventory, Beck Depression Inventory, Fatigue Severity Score, Oviedo Quality Sleep Questionnaire, Eysenck Personality Questionnaire Revised-Abbreviated, and the McGill Pain Questionnaire. Associations were

analyzed by Pearson correlations and step-wise multiple linear regression.

Results: FM patients showed lower scores in all component of HRQoL than healthy controls. Scores in fatigue, insomnia and depression were inversely associated with HRQoL dimensions of Mental Health, Physical Function, Emotional and Physical Role, Vitality, General Health and Social Function. Neuroticism scores were negatively associated with Mental Health, Emotional Role, Physical Pain and General Health. All components of HRQoL were inversely associated with state and trait anxiety; except Physical Role and General Health which were only inversely associated with trait anxiety. Levels of clinical pain were inversely associated with Physical Function, Vitality, Emotional Role, and Mental Health. However, no correlations were found for sensorial pain. Regression analysis showed that the main predictor of HRQoL was fatigue, followed by depression and insomnia. .

Conclusions: HRQoL in FM is affected by both clinical and psychosocial factors. However, clinical factors like fatigue and insomnia, and emotional factors such as depression and anxiety, appear to determine HRQoL in a greater magnitude than the core FM symptom of pain.

### People with an acquired brain injury: An interpretative-phenomenological analysis of their quality of life

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Background: Acquiring a brain injury (ABI) may inflict profound and persisting consequences on people's lives and potentially jeopardize their quality of life. This study seeks to understand whether the acquisition of a brain injury has affected the lived experiences and meaning of quality of life for people with ABI.

Methods: Following purposeful sampling in a specialized service and counselling centre, in-depth interviews were conducted with 12 adults with ABI. The semi-structured interviews existed of three phases: 1) transition trajectory after ABI and current situation, 2) resources and (in)formal supports contributing to the lived experience of quality of life, 3) meaning and important indicators of quality of life since living with ABI. Interpretative-phenomenological analysis method was used to analyse the data.

Findings: All participants perceived ABI as a significant turning point in their life. The most important alterations were perceived with regard to the self-concept, the living and work situation, increased independence, progressive social isolation, and physical and cognitive disability. Over time, most participants experienced gradual improvement in their quality of life. They attributed this mostly to a combination of their own hardiness, support by significant others, and acceptance by the broader community.

Discussion: This study calls for a comprehensive approach to the interconnected consequences of the ABI and to both objective and subjective dimensions of quality of life in its aftermath. The acquired insight into the intersecting personal and communal challenges as well as resources influencing quality of life can serve to develop more community-based support and eventually to create a better society for people with ABI to live in.

### Quality of Life among Iranian adults before and after Rhinoplasty

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Aim: To assess pre and post operative quality-of-life (QOL) score among patients undergoing Rhinoplasty and to ascertain determinant factors.

Background: Rhinoplasty is one of the most common cosmetic surgeries. This type of surgery has remarkable effects on physical and mental health and also improves nasal functioning. In this descriptive and analytical cross-sectional study, from March 2009 to March 2010, data were collected from 75 subjects, 16 years old and above, before and<sup>6</sup>, months after rhinoplasty. A trained interviewer interviewed and completed standardized questionnaires investigating QOL, including the SF-36 version 2, NOSE, and Rosenberg questionnaires. Data analysis was conducted using SPSS ver. 16. QOL scores before and after surgery was compared.

Results: The mean age of the subjects was  $26.05 \pm 7.78$  years, with a median of 24 years. The female-to-male ratio was 4.35:1. In all cases and all questionnaires, QOL scores improved after rhinoplasty.

Significant differences were observed on the NOSE questionnaire ( $p = 0.005$ ) and the Rosenberg questionnaire ( $p = 0.002$ ). On the SF-36 questionnaire, Significant differences were observed in four subscales, including physical functioning ( $p = 0.047$ ), role of emotion ( $p = 0.01$ ), bodily pain ( $p = 0.01$ ), and vitality ( $p = 0.05$ ).

Discussion: According to this study, QOL improves after rhinoplasty in Iranian adult patients. With proper patient selection and a successful operation improvement of physical and mental health could be expected.

**Factors affecting quality of life in patients with lymphatic neoplastic disorders (Leukemia & Lymphoma)**

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**Introduction:** The goal of treating chronic diseases including blood malignancies is to prolong the duration of life and improving the capabilities of patients as much as possible to enable patients to live their lives with reasonable quality of life. While most studies that are done for evaluation of treatments of various diseases focus on prolongation of life alone and miss out on other factors such as quality of life and other side effects of treatment.

**Method and materials:** For evaluation of patients with leukemia and lymphoma referring to Imam Khomeini Hospital a cross-sectional study was done in 2014 among 94 patients. Convenience sampling was done from those referring to the hematology outdoor clinic of Imam Khomeini General Hospital. The SF-36 questionnaire was filled by patients with leukemia or lymphoma (at least 6 months had passed since their diagnosis).

**Results:** In this study SF-36 questionnaires were filled by individuals with lymphoma and leukemia. The interviewees (n=94) were of 16 to 75 years of age with mean age of  $31.6 \pm 14.7$  years. By dividing the patients into these two groups (patients with aggressive and non-aggressive type with better prognosis), it was shown that except for physical functioning ( $P > 0.576$ ) a significant difference existed between all domains, such that patients with non-aggressive disease had higher scores in all factors. No significant difference was seen in the domains except for social functioning (SF) ( $P < 0.007$ ) and role physical (RP) ( $P < 0.027$ ) among the individuals studied, in which men had higher scores than women.

**Discussion:** The results of this study show that the nature of the disease, sex, level of education and income are prognostic factors for quality of life in patients with lymphatic system neoplasm.

**The main determinants for subjective well-being from adults with developmental disabilities:  
How to enhance the perceived quality of life?**

Dries Verlet, Ferket Neelke, Vandeveld Stijn, Claes Claudia, De Maeyer Jessica, Goethals Ilse

Governments consider the enhancement of the quality of life as an implicit touchstone of the effects of their policies, also in the population of adults with developmental disabilities. Whether and to what extent the quality of life is improved through government intervention is a question that's rather difficult to answer. The two main reasons for this are on the one hand the measurement of policy effects and on the other hand the interpretation of the concept "quality of life". In our contribution, we focus on the use of a subjective indicator, i.e. the study of the general satisfaction.

We used the framework of resource-theory on subjective well-being as a basis for our analysis of the main determinants of the general subjective well-being, people's evaluation of life as a whole. In order to study this, we use the data from the survey "Sociaal-Culturele Verschuivingen in Vlaanderen". It is a large scale yearly face-to-face survey within the population of the Flemish region in Belgium during the period of 2008-2015. More specifically, our analysis applies to the empirical data of 11 745 adult citizens spread over the Flemish region. Within this population 18,8% reported some kind of a disability or social disfunction because of their health. Given the size of the population, we can analyse the lower level of subjective well-being within this specific group compared to the general population.

In order to find these main determinants of the general subjective well-being, we took a wide range of variables into account and, applying a multivariate regression analysis, we tried to determine their relative importance. The main objective of our enquiry was to investigate to what extent government policy can enhance the perceived quality of life.

**Pathways to understand life quality among hearing parents with deaf or hard-of-hearing (D/HH) children in Germany**

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**Background:** It is important to understand the positive perspective (i.e., wellbeing) from family with disabled children, especially hearing parents with deaf or hard-of-hearing (D/HH) children, to improve their quality of life. The aim of the study is to understand whether the risk factors (i.e., level and cause of deafness from the children) and children happiness will give impact to the subjective wellbeing (SWB) and life satisfaction of parents with D/HH children.

**Methods:** We used a survey method using Personal Wellbeing Index for Adults to measure the life quality and administered to 60 hearing parents from school-aged children grade<sup>4</sup>, to<sup>6</sup>, from the D/HH special schools in Saxony, Germany.

**Findings:** The scale PWI-A showed good internal consistency reliability and validity. The relationship from the level of children deafness showed nonsignificant effect to the parents' SWB and life satisfaction. The interaction from the cause of children deafness to life satisfaction was weak and statistically not significant. Whereas perceived D/HH children happiness has a significant correlation to cause of deafness and SWB. Therefore, we conclude that cause of deafness partially mediated the perceived D/HH children happiness to SWB and SWB fully mediated the cause of children deafness to the parents' life satisfaction relationship.

**Discussion:** Perceived D/HH children happiness and cause of deafness of the D/HH child has a strong influence to the hearing parents' life quality. Parents' SWB represents an appropriate mechanism to explain the relationship between the cause of children

deafness and parents' life satisfaction. Professionals (e.g., doctors, psychologists, teachers) are recommended to give an inclusive family and community support program for hearing parents with D/HH children based on the cause of children deafness. Peer-group counseling is suggested as a primary program for hearing parents with D/HH children to improve their life quality.

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## QUALITY OF LIFE AND HAPPINESS

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### Teaching Happy Economics in the Tropics

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Background: A Happiness Economics course was taught at UCR in 2016. Ten research papers were written and two of them are summarized here.

Methods: ENSA is a random sample with regional significance. The student survey was performed by the researchers on first year student for two university schools.

Findings: Using ENSA, exercise and leisure time contributions into self reported wellbeing is tested. Excluding those who are extremely happy, education attainment and frequency of weekly exercise are not significant under any specification. Health and income are found to behave as theory would suggest. The second paper explains why UCR students choose to study the field they chose. Two axes were clearly defined: one from selfishness and altruism and the other for male and female students. Yet, the significant variables for career choice were family traditions, student's time availability, skill which proved outstanding during high school years, but the yearning for happiness did not. Nonetheless, for the few who score high on altruism, the later was not the case.

Discussion: The students' career sample was too small and some statistical tests were not robust. ENSA did not question enough on the exercise features and some of the results could be accounted for that.

Conclusions: The papers successfully presented different features of wellbeing assessment and those which were not discussed added significant features. Happiness Economics could be a flourishing subject matter regardless of its multidisciplinary nature. Students not only learnt the core concepts, but they were able to do some research contributions.

### Into the Wild: Effects of an Outdoor Adventure on Subjective Well-being and Mental Health

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Outdoor and adventure programs usually take place in an unfamiliar natural environment, consist of challenging activities that involve cooperation with others and take place in a small-group social setting. Research has associated such programs with positive development and personal growth. However, prior studies have rarely focused on subjective well-being (SWB) and mental health. The outdoor program evaluated here - the „Friluftsliv“ excursion - took place in the Norwegian Hardangervidda region, which is famous for its great outdoors, lack of civilization and faunal biodiversity. Undergraduate students spent eight days in the wilderness engaging mainly in the following activities: hiking with backpacks, climbing, fishing, picking berries, swimming in mountain lakes and streams. They had to face living conditions which can be considered uncomfortable and challenging, such as staying outdoors the entire week, sleeping in small tents, with no access to showers, toilets, electricity and media. The nutrition was strictly rationed and water was only available from the streams and lakes. After the “Friluftsliv” excursion participants report significant positive changes in core dimensions of mental health, including SWB. They scored higher in life satisfaction, happiness, mindfulness, and self-efficacy and lower in perceived stress after the program. None of such changes were found in a control group. It can be concluded from the findings that experiences from outdoor excursions foster SWB and good mental health.

### Happiness and meaningfulness in Brazilians adults

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University of Sao Paulo

This study aims to understand how Brazilian's lay people define happiness and meaningfulness, and also verify some possible relations between these two feelings. The quantitative and qualitative data were collected with Brazilian urban adults (N=108), age-range 30-60, belonging to the sample of the international Eudaimonic and Hedonic Happiness study. The first question was an open-ended question about the definition of happiness; the second asked about the<sup>3</sup>, most meaningful things in life; and the other<sup>2</sup>, questions are Likert-type to rank 11 domains in life related to happiness and meaningfulness. In the results, Psychological aspects, Family and Interpersonal Relationships were the categories most used to define happiness. Family, Work and Health were the most meaningful categories for Brazilian adults. When crossing the Likert-type results, among many interesting relations we found that domains such as Work, Community, Life in General, Society, Leisure and Life growth has a higher level of meaningfulness for the subjects and a lower relation with happiness for them. Family, Interpersonal Relationships, Health and Religion/Spirituality got the same level of relation between Happiness and Meaningfulness. As a general discussion, we can point out that these differences between what is happiness and what is meaningful for the Brazilian adults of our sample opens up relevant issues to understand the role of life domains in the Eudaimonic and Hedonic happiness.

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**Happiness and meaningfulness in professionals of education.**

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<sup>1</sup> University of Sao Paulo

This study aims to understand the well-being of Brazilian's professionals of education through a hedonic and eudaimonic perspective on happiness. The quantitative and qualitative data were collected using the Eudaimonic and Hedonic Happiness Inventory – EHHI, in a non-probabilistic sample (N=2021) composed by professionals of education, age range 20-70. The instrument was composed by open-ended and Likert-type questions about happiness and meaningfulness, analysed in 11 life domains. The Likert scales demonstrated a good level of internal consistency, with a Cronbach's alpha of 0.87 for scale of happiness levels, a Cronbach's alpha of 0.82 for scale of meaning levels and a Correlation Coefficient of 0,47. As a discussion, we highlight that while there is a great number of studies about wellness related to professional performance, there few studies focusing on teachers or professionals of education. Considering the relevance of education for societies, understanding the perception of how these professionals define happiness and which are the most meaningfulness elements to their lives, can favours the construction of proposals and practices that aim to develop happiness and sense of professional fulfilment in educators.

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**QUALITY OF LIFE AND WORK**

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**Associations of working environment and stress with exhaustion and wellbeing**

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Purpose: The aim of this study was to examine the association of working environment, work stress, and working style to exhaustion and well-being. Methods: The data were from the 2015 "Taiwan Social Change Survey, Work and Life module". The participants were the community-based adults who were aged 18 years old or above and drawn by stratified multi-stage probability proportional to size sampling among Taiwanese population. The participants who were working were included in this study (n=1298). The work-related factors (working environment, work stress, and working style) were hypothesized to predict exhaustion; exhaustion and were used to predict well-being (measured by psychological state, self-rated health, and happiness). Structural equation modeling was applied for analysis. Results: The goodness of fit of the model was acceptable (RMSEA=0.06, CFI=0.87, NNFI=0.85). Exhaustion was strongly negatively related to well-being ( $\gamma=-0.71$ ). Work stress ( $\gamma=0.46$ ) and working environment ( $\gamma=0.31$ ) were moderately related to exhaustion. In addition, lower work stress ( $\gamma=-0.12$ ) and higher social stratification ( $\gamma=0.31$ ) were related to better well-being. Discussion: Working environment and work stress contribute more than working style to exhaustion and well-being. To create a healthy and reasonable working environment is suggested.

**Involuntary employment and well-being**

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<sup>1</sup> Ghent University

Encouraging longer working careers has become one of the most important means of addressing the financial challenges to the pension systems. Little attention has been paid to non-monetary effects of working such as the effect on the individual's overall well-being. In a previous European study, we introduced the concept of involuntary employment as the worker's perception of being forced to continue working. Freedom of choice plays an important role in how people evaluate their lives as the study identified a significant group of workers ('involuntary workers') who experience a significantly lower level of well-being when continuing to work. After retiring, this group continues to be less satisfied with their lives than those who were voluntarily employed. The use of a fixed effects estimation approach shows that differences in personality traits between these two groups of workers cannot explain this difference.

To include these well-being considerations in the debate about longer working careers, we need to know more about the significant group of involuntary workers. In a Flemish survey, we asked 796 workers about the voluntariness of the decision to work and their reasons to continue their work. Involuntary workers report more frequently constraints in retirement possibilities or in income as essential reason to work. Voluntary workers on the other hand stress more frequently the agreeableness with working. Time pressure, freedom and responsibility in performing tasks are significant predictors of being involuntarily employed. Low income workers have higher odds of being involuntarily employed.

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**Personality and subjective well-being in Chilean workers: people are happy in their own way.**Gempp Rene<sup>1</sup>, Saiz Jose Luis<sup>2</sup><sup>1</sup> Universidad Diego Portales, <sup>2</sup> Universidad de La Frontera

Research agrees that personality traits, like extraversion and neuroticism, are significant predictors of subjective well-being (SWB). In most studies, estimated effects are reported for the whole sample under study, without considering population subgroups where effects could be different. These subgroups may be observed (e.g. sex) but may also be unobserved, defined by a latent categorical variable. These latent groups can be uncovered through "latent class regression" also called "mixture regression".

The aim of this study was to identify personality profiles associated with SWB in Chilean workers, using mixture regression. We analyzed the responses of 14,770 workers to the Social Protection Survey applied in Chile. The sample is representative of all geographical regions, occupations, ages, educational levels and wages of the country.

Personality traits were measured with Gosling's TIPI, a popular measure of the Big Five traits, and the SWB with a single item measure.

TIPI scores were used as predictors of SWB in successive regression models with different latent classes. Considering BIC and AIC indexes, we retained the solution of three classes. Each class corresponds to approximately one-third of the sample and explained 26%, 19% and 26% of SWB variance, respectively.

In Class 1, SWB is explained by extroversion, emotional stability and conscientiousness, whereas in Class 2, SWB is explained by introversion and conscientiousness. Finally, in Class 3, SWB is explained by openness to experience, extroversion and low conscientiousness.

Taken together these results confirm that different configurations of personality traits can explain the SWB of individuals, differently.

**Professional Development and Psychological Well-being: the gender aspect**

Petrash Marina

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Profession has always been an important and main area of self-realization of a man. Women were seen as more "family-oriented", but in XX century the situation changed. Nowadays women try to combine or even prefer to self-actualize in profession as well. Women compete professionally with men in almost all fields but does it mean that the correspondence between professional development and psychological well-being in men and women is the same? Present study aimed to investigate if factors of professional development can predict psychological well-being and if the patterns for men and women are the same.

Methods: Psychological Well-being questionnaire (C.Ryff); questionnaire "The professional development factors" (M. Petrash). Participants: 161 adults (Nmale=64; Nfemale=97).

Our research showed that in general women had higher scores of psychological well-being than men ( $p=,003$ ). As we hypothesized, predictors of psychological well-being in male and female groups were different.

Interestingly, only several characteristics of psychological well-being were correlated with professional factors in male group: Competence, Positive relations with others and Self-acceptance. Data revealed that psychological well-being was supported by risky behavior (negative variant of self-protective behavior), low behavior self-control and low satisfaction with profession.

In female group low satisfaction with profession was correlated with Personal growth and Purpose-in-Life, Dedication appeared to be another important characteristic – it supported Autonomy, Competence and Personal growth.

We can suppose that professional development creates an additional mechanisms for support and improvement of psychological well-being in women and there are still more mechanisms to be found for men.

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**METHODOLOGICAL ASPECTS**

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**The Construct Validity of the Questionnaire for Eudaimonic Well-Being: A Study on an Italian Sample**Sotgiu Igor<sup>1</sup>, Anselmi Pasquale<sup>2</sup>, Meneghini Anna Maria<sup>3</sup><sup>1</sup> University of Bergamo, <sup>2</sup> University of Padova, <sup>3</sup> University of Verona

Background: Eudaimonic well-being (EWB) has been defined as positive psychological functioning deriving from the development of one's best potentials in accordance with one's true self. The main aim of this study was to investigate the construct validity of the Questionnaire for Eudaimonic Well-Being (QEWB; Waterman et al., 2010) within the theoretical framework of Rasch models. More traditional analyses assessing the convergent validity of QEWB were also performed.

Methods: One thousand two hundred and five Italian adults (age 18-60 years) completed the Italian version of the QEWB, along with the Italian versions of the Positive and Negative Affect Schedule (Watson et al., 1988) and the Satisfaction with Life Scale (Diener et al. 1985).

Findings: Results showed that the QEWB adequately defines the EWB construct and its semantic space. However, the highest levels of EWB reported by the participants were poorly evaluated by the QEWB. Furthermore, the item measures were invariant across gender but not across age. Last, the global QEWB scores were positively correlated with measures of both hedonic well-being and life satisfaction, thus providing evidence of good convergent validity according to the classical test theory.

Discussion: Findings suggest that age might play a key role in how common people conceptualize EWB. Future studies recruiting both younger and older samples are expected to provide new insights into the generalizability of the EWB construct to different life stages.

**Validation of the Russian Version of the Flourishing Scale in an Elderly Sample**Taran A. Ekaterina<sup>2</sup>, Didino Daniele<sup>1</sup>, Barysheva A. Galina<sup>2</sup>, Casati Fabio<sup>2,3</sup><sup>1</sup> Humboldt-Universität zu Berlin, <sup>2</sup> Tomsk Polytechnic University, <sup>3</sup> University of Trento

**Purpose:** To assess the validity and the reliability of the Russian version of the Flourishing Scale (FS) in a sample of older adults. **Methods:** The FS was translated from English to Russian, and administered to 851 older adults (≥65 years). Confirmatory factor analysis (CFA) was used to assess the structural validity. Internal consistency was measured with Cronbach's alpha coefficient. The item-total correlation was also analysed. To test the convergent validity, the FS was compared with the Satisfaction With Life Scale, the CES-D 8-item scale, and two single items assessing happiness and life satisfaction.

**Results:** The CFA showed that a one-factor model was a good model of fit, even if some items had a low loading. The Cronbach's alpha value was 0.82 and the Cronbach's alpha values if an item were deleted ranged from 0.78 to 0.81. The item-total correlation coefficients ranged from 0.54 to 0.75. The FS was significantly correlated (ranging from 0.4 to 0.5) with the other scales.

**Conclusions:** Except for some factor loadings, the psychometric properties of the scale are comparable to the original English version. Therefore, the Russian version of the FS showed to be a valid and reliable instrument to evaluate flourishing among Russian older adults.

**Development and Refinement of a Caregiver-Completed Quality of Life Measure**Yetenekian Arek<sup>1</sup>, Lincoln Alan<sup>1</sup><sup>1</sup> Alliant International University

Measures of health and outcome are most often obtained from first-person reports, but the inability of some individuals to communicate, even through writing, necessitates the use of third party reporters. Parents and caregivers, often the closest to developmentally disabled children, are an intuitive choice when assessing a child's QOL. There is a need for a QOL measure that can be completed by a person's caregiver as a proxy, as well as a need for disability-specific measures.

There is a history of the formation of QOL instruments for use in specific contexts such as pediatric implementation and third-party implementation (Varni, Limbers, & Burnwinkle, 2007). Most prominently, Robert Schalock and Kenneth Keith (1993) developed a measure, with items based on theory, and domains organized utilizing a skeletal approach. The Caregiver Evaluation of Quality of Life (CEQOL) drew inspiration from these past efforts. However, the CEQOL is distinct from these past attempts through its focus on being developed and utilized with non-communicative children with autism (Lincoln, Powers, & Lopez, 2008).

Most recently, the CEQOL was revised by the removal of items after factor analyses were conducted on each of its three subscales, leading to the inclusion of 35 items in the revised measure. After this latest revision, the CEQOL requires further confirmation of construct validity. This necessitates demonstrating that the CEQOL measures QOL in its intended population, children with autism (via parent report), as well as demonstrating convergence with established measures of QOL, such as Schalock and Keith's Quality of Life Questionnaire.

**A predictive macro model of support services use in person-centred planning:  
An application in the Italian context of flexible bivariate count regression models**Lombardi Marco<sup>1</sup>, Bianchi Paolo<sup>4</sup>, Croce Luigi<sup>2</sup>, Claes Claudia<sup>1,3</sup>, Vandavelde Stijn<sup>3</sup><sup>1</sup> Hogent University College EQUAL (Expertise Center on Quality of Life), <sup>2</sup> Università Cattolica del Sacro Cuore, Brescia, <sup>3</sup> Gent University, <sup>4</sup> Nottingham University, Ningbo

The number of staff-directed and professional supports is the main driver of costs associated to person-centred plans (PCPs) in the disabilities' supports service system. While staff-directed supports are provided by the service care organizations and professional supports are provided outside such structures, it is reasonable to assume that the number of these two typologies of supports included in the PCPs is correlated across individuals. We use data from a representative sample of users of the various services provided by the National Association for Families of People with Intellectual and/or Developmental Disabilities (ANFFAS), the largest association supporting people with IDD in Italy, active in 16 of the Italian first-level administrative divisions of Italy (Regioni). The sample includes 1285 participants from 23 service centres from 13 regions. Each centre appointed a case manager responsible for data collection and to administer instruments as the Personal Outcomes Scales (POS), and Support Intensity Scale (SIS). Case managers received specific training to perform these activities as part of a project funded by the Italian government to test the use of the ecological paradigm to promote social inclusion of individuals with IDD. One of the goals of this study is to identify a robust and parsimonious model to generate predictions of staff-directed and professional supports use needs for people with IDD in the Italian context to achieve Quality of Live outcomes. Such model will be useful to both support service providers (meso level) and local institutions (macro level) to formulate evidence based reforms for the supports provision.

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### Wellbeing inequality: A measure worth measuring

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Most research on subjective wellbeing at the aggregated level (e.g. country-level) has used mean wellbeing as the outcomes variable. However, there is a growing interest in exploring inequality in wellbeing. In 2012, the European statistics agency Eurostat produced a report on measuring wellbeing inequalities. Abdallah & Shah (2012) compared wellbeing inequalities in local authorities across Great Britain using the first year of wellbeing data from the Annual Population Survey. And the 2016 World Happiness Report includes a section on wellbeing inequality across the world.

As part of the work programme of the What Works Centre for Wellbeing Communities evidence programme, we have calculated wellbeing inequality using various metrics for local authorities across Great Britain for four years of data, and produced a report exploring what local level factors predict wellbeing inequality. Wellbeing inequality has been operationalised in several ways, including standard deviation, mean pair distance and inequalities between high and low education groups.

We will present the findings of this analysis. Implications in terms of both local government policy and methodologies for measuring wellbeing inequality will be discussed.

### Mapping two depression scales (DASS-21 and K10) onto each of eight different value sets for EQ-5D-5L

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Background: A health state utility (HSU) instrument is essential for calculating the Q in the QALY (quality-adjusted life years). The EQ-5D is the most widely applied HSU instrument in economic evaluations. In the absence of available utility data, mapping equations can be applied to estimate utilities from a disease-specific instrument. The Depression Anxiety Stress Scales (DASS-21) and the Kessler Psychological Distress Scale (K10) are widely used disease-specific instruments asking about core symptoms of depression, anxiety and stress. The aim of this study is to develop mapping equations between each of these two depression scales onto the EQ-5D-5L for each of eight published value sets.

Method: Data include 917 respondents with self-reported depression. Several regression models were applied to map DASS-21 dimension scores and K10 total score onto EQ-5D-5L utility index. Eight country-specific EQ-5D-5L value-sets were applied. The regression models employed included ordinary least squares regression, generalized linear models, beta regression, fractional logistic models, logistic quantile regression, MM-estimator, censored least absolute deviation. Model performance criteria were included r<sup>2</sup>, MAE and RMSE. Further, validation has been done by splitting the existing data into two: estimation sample (70%) and validation sample (30%).

Results: Fractional logistic model (FRM) was generally the preferred method in predicting EQ-5D-5L utilities from both DASS-21 and K10 when western value-sets (Canada, England, the Netherlands, Spain) were applied. The result was mixed when non-western value-sets (China, Japan, Korea, Uruguay) were considered. Generalized linear model mostly produced the highest r<sup>2</sup>, but poorer MAE and RMSE in all cases. For K10, beta regression performed best with Korean, Japanese and Chinese value-sets, whilst FRM was best for Uruguayan value-set.

Conclusion: Mapping equations can be used to predict EQ-5D-5L utilities reasonable well from scores on DASS-21 and K10. This enables data from mental health surveys and clinical studies to be applied for QALYs for use in economic evaluations.

Keywords: Mapping; EQ-5D; DASS-21; K10; depression; economic evaluation.

### A New Portuguese Scale to Assess Quality of Life of People with Intellectual Disability

Simões Cristina, Santos Sofia  
Universidade de Lisboa, Portugal

Background: Specific instruments are required to assess Quality of Life (QOL) in people with Intellectual Disability (ID). This study aims to analyze the reliability and validity of the Escala Pessoal de Resultados (EPR), the Portuguese version of the Personal Outcomes Scale.

Methods: The final sample included 1,264 adults with ID (mild and moderate levels), and respective proxies. After the cross-cultural adaptation, the psychometric properties of the EPR were examined. The reliability of the scale was analyzed by the test-retest, Cronbach's alpha, split-half, and inter-rater coefficients. We also performed the content validity, construct validity, concurrent validity, convergent validity, and discriminant validity.

Findings: The EPR showed an excellent internal consistency in self-report ( $\alpha = .88$ ) and in report-of-others ( $\alpha = .90$ ). Test-retest scores ranged from .89 (self-report) to .92 (report-of-others), and inter-rater of domains ranged from .31 to .85. In addition, the scale showed adequate scores concerning to validity indexes. Results from confirmatory factor analysis confirmed eight factors that have conceptual and empirical meaning, as well as practical importance: personal development, self-determination, interpersonal relations, social inclusion, rights, emotional well-being, physical well-being, and material well-being.

Discussion: These psychometric characteristics introduced the EPR as a useful measure of personal outcomes scales for Portuguese adults with ID. EPR is an important tool to improve program services and support planning, based on self-report and report-of-others ratings. Also gives to Portuguese rehabilitation services QOL indicators that should be included in interventions, the opportunity to know individual needs and improve a multiple dimensions of a person's life.

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**QUALITY OF LIFE INTERVENTIONS**


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**Mindfulness and self-leadership help to succeed in high stress achievement environments:  
A mindfulness-based self-leadership training (MBSLT)**
Sampl Juliane<sup>1</sup>, Furtner Marco<sup>1</sup><sup>1</sup> Leopold Franzens Universität Innsbruck

The present randomized pilot intervention study examines the effects of a mindfulness-based self-leadership training (MBSLT) specifically developed for academic achievement situations. While mindfulness is mainly associated with stress resilience, self-leadership helps to develop several strategies in order to foster a goal attainment process. The study was applied to analyze its effects on mood and success in high stress achievement environments. The MBSLT was conducted as randomized controlled intervention study over 10 weeks in order to analyze the effects on perceived stress, test anxiety, academic self-efficacy and performance of students by comparing an intervention and control group (n=109). The findings showed significant effects on mindfulness and self-leadership, indicating the successful application of the training into the academic context. Results demonstrated significant effects on academic self-efficacy, perceived stress and test anxiety over time. Accordingly, the intervention group showed less negative effects after the intervention than the control group. Furthermore, students who received the training showed significant better grade point averages. The complex combination of mindfulness and self-leadership strategies provided a stress and test anxiety attenuating method to improve performance levels in demanding university tasks. Results indicated that the intervention group had a stress stabilization effect during naturally higher stress periods, which is important for students to perform well in exams. The effects demonstrated the potential of mindfulness combined with self-leadership to develop a healthy self-regulatory way to attain achievement-related goals. Further research needs to clarify the role of the MBSLT in its mindfulness maintaining and stress stabilizing function.

**Killing Two Birds with One Stone: Making Passion Multifinal Increases Harmonious Passion and Well-Being**
Chamberland Pier-Eric<sup>1</sup>, Bélanger J. Jocelyn<sup>1</sup>, Schumpe M. Birga<sup>1</sup>, Nociti Noémie<sup>2</sup><sup>1</sup> New York University Abu Dhabi, <sup>2</sup> Université du Québec à Montréal

Little is known about the mechanics of goal pursuit in harmoniously and obsessively passionate (HP/OP) individuals. While HP is associated with adaptive outcomes, OP typically undermines well-being through rumination and conflicts between passion and other goals (Curran et al., 2015). Lack of need satisfaction from other pursuits, which may be expedite, in turn feeds OP (Lalande et al., 2016), thus sustaining a negative pattern. Drawing from Goal Systems Theory's multifinality principle (Kruglanski et al., 2013), we conducted two experiments (n1 = 117, n2 = 120) testing whether maximizing the yield of goal pursuit, by making passion multifinal, would increase HP and foster well-being. HP, OP, goal conflict, environmental mastery, rumination, need satisfaction and life satisfaction were assessed in two samples of mTurk workers who completed seven diaries reporting each day whether they engaged or not in their passion and an alternative goal. Random samples were asked to customize their passion in a way they would "kill two birds with one stone" with that other goal. Having found significant experimental differences on most outcomes in both studies, we combined the datasets to compare different change score models using structural regression. The most fitting model suggests that multifinality increased environmental mastery and decreased OP mostly through increases on HP. These two variables also mediated the soothing effect of multifinality on rumination, also amplified by its effect size on environmental mastery. The results support the proposal that the effect of HP on well-being is explained by multifinal goal pursuit.

Keywords: Goal Systems, Multifinality, Harmonious Passion, Obsessive Passion, Psychological Well-Being, Environmental Mastery, Life Satisfaction, Need Satisfaction

**The effect of Gratitude Intervention on Well-being of Women with Breast Cancer - A Daily Diary Study**
Sztachanska Joanna<sup>1</sup>, Krejtz Izabela<sup>1</sup>, Nezlak B. John<sup>2,3</sup><sup>1</sup> SWPS University of Social Sciences and Humanities, Warsaw, <sup>2</sup> College of William and Mary, Williamsburg, VA, United States,<sup>3</sup> SWPS University of Social Sciences and Humanities, Poznań

Introduction: Gratitude is understood as an emotion, a disposition or life orientation, enabling people too appreciate the good things in everyday life. In the recent years, there has been a lot of research which suggests the influence of gratitude on the increase of happiness and psychological wellbeing. I decided to verify, whether this effect is observable also in the group of oncological patients, as it would enable me to use gratitude training as an autotherapy method.

Method: In the present gratitude study, 61 women with breast cancer participated in a 2-week diary study, where every day they were asked to report daily events and their mood, depression level, anxiety, acceptance of illness, stress coping methods, quality of life and other well-being related constructs. Additionally, half of them were asked to list reasons why they felt grateful that day. There were PRE and POST measures taken which involved similar constructs as daily measures but at dispositional level.

Results: Multilevel modeling analyses indicated that daily gratitude is positively related to well-being, optimism, quality of life, positive affect and stress coping, and negatively to depression.

Mixed ANOVA design showed that there was a decrease of depression, emotion-oriented and avoidance-oriented stress coping

styles in the gratitude group over the 2-week gratitude training. What is more, the results suggested that the gratitude group chooses task-oriented stress coping style more often than emotion- and avoidance-oriented styles, which dominated in the control group.

There was noted an increase in dispositional gratitude as well.

Conclusion: The results of the present study suggest that gratitude may be an effective tool for increasing the well-being of women with breast cancer, and decreasing their level of depression. It is worth considering the possibility of using the gratitude training as a form of autotherapy.

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## QUALITY OF LIFE IN DIFFERENT REGIONS

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### Quality of Family Life in the Context of Economic Recession in Nigeria

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The current economic recession in Nigeria has brought untold hardship on the livelihood of average Nigerian families. The recession has led to astronomical increase in the price of goods and services while the minimum wage remains constant. The present study seeks to assess the quality of family life in the period of economic recession, and examine the predictive role of religiosity, family hardiness, family cohesiveness, and family communication on quality of family life in Nigeria. Data will be collected from 200 convenience samples in Ile-Ife, a semi-urban community in Nigeria. Structural Equation Modelling (SEM) will be used to analyze the generated data. We shall draw conclusion from the findings of the study and appropriate recommendations will be made.

### Health status of population in regional level of Republic of Armenia using SF-12 questionnaire

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Background: The assessment of health and quality of life (QoL) are practical tools for assessing the quality of medical services provided to the population. There is an essential difference between the health care systems in the regional level at developing countries with low income. Health problems tend to be frequent and increasing in regional level. The aim study is assessment of population health status by using of SF-12 questionnaire.

Methods: A total of 800 participants (adults  $\geq 18$  years) from the Shirak region population included in study. The sample is based on a stratified, multistage, cluster area probability design. For evaluation of regional population's life quality used SF-12 questionnaire, which include a summary score for physical health (PCS score) and for mental health (MCS score). Some socio-demographic variables were used for the statistical analyses, such as age, gender, living arrangement, educational level, employment and financial status.

Results: 75% of respondents reported problems in both PCS and MCS scores. The proportion of respondents reporting any problems increased significantly with age. Age and low educational level were associated with lower MCS and PCS scores. In PCS score more affected parameters are physical functioning and bodily pain. The unemployed have reported the lowest level of QoL.

Conclusion: In regional level health status of population associated with socio-demographic variables. Quality of life measuring instruments, especially SF-12 questionnaire can use for evaluating healthcare reforms effectiveness in regional level.

### Dynamics of Income Inequalities in Poland from 2000 to 2015

Tala Alexis

Faculty of Economics, Management and Tourism, Wroclaw University of Economics

This article analyses the dynamics of income inequalities in Poland from 2000 to 2015 both at the national and regional levels. We describe income inequalities at the national and regional level as well as at the level of the main socioeconomic groups. Few inequality measurement and decomposition methods are explored. Income inequality at the national level is decomposed into inequality between and within regions and into inequality between and within socioeconomic groups. Finally regional inequality is decomposed into inequality between and within socioeconomic groups. The dynamics of the components obtained is described using mainly graphical visualization. The calculation and decompositions methods are applied to household data from the Polish social Diagnosis series of surveys. We observe a steady increase of household income accompanied by some mitigated dynamics of inequality. Although income inequalities have decreased in Poland recently, the long term dynamics has been very different from one region to the other. The contribution of inequality between regions and between socioeconomic groups is increasing

with the greatest level of disparities attributed over time to socioeconomic factors. The historical east-west divide has decreased considerably to give room to other forms of dynamics mainly explainable by socioeconomic groups disparities. The decomposition method through linear regression is quite interesting here and can be useful for socioeconomic policies as it can help determine the contributions of some regions or socioeconomic groups in the overall inequality. It would be interesting to explore the application of the presented decomposition methods to other wellbeing measurements.

### Life Quality and Health Status of Syrian Refugees in Antalya

Turkey Mehtap<sup>1</sup>, Aktekin Mehmet<sup>1</sup>, Goktas Basak<sup>1</sup>, Belek Ilker<sup>1</sup>

<sup>1</sup> Akdeniz University Faculty of Medicine Department of Public Health, Turkey

**Background:** Because of the civil war going on in Syria, citizens are displaced and forced to immigrate. As Turkey borders on Syria, it received the largest amount of immigration.

The purpose of this study is to examine and display living standards, women and children health and accessibility to health facilities of Syrians in Antalya.

**Methods:** Research area was chosen as the vicinities in which Syrian refugees live. This descriptive study was made in November 2016, and 219 households were visited. A questionnaire was filled for each household. As some didn't know Turkish, questionnaires were conducted face to face, and in Arabic.

**Findings:** Of the Syrians participated in the study, 76 (34.7%) knew Turkish, and 143 didn't. 142 (64.8%) of the participants were male, and 77 were women. Average of age was  $8.15 \pm 12.28$ . 45 (21.0%) of the individuals had steady jobs, while 71 (33.2%) had unsteady, and non-permanent jobs. Average number of people in the household was  $6.97 \pm 3.03$  and average income of the household was  $420.71 \pm 182.22$  USD. 77.9% of the participant refugees didn't have any sort of health insurance, 39.9% suffered from at least one health problem, 88.9% bought their medications through their own means and 25.7% received health service from Syrian doctors who work illicitly. In the evaluation of children's vaccination, it was found that 21 of the households hadn't vaccinated their children as they hadn't known where to get them vaccinated. It is also found that children of the 27 household didn't get education, instead worked.

**Discussion:** This study detected that the rate of unvaccinated and working children under the age of 15 is high. These families don't have enough access to health services and they don't have social security; therefore it's necessary to organize a health service that will enable access to health facilities and provide free medication.

### Satisfaction with life and food-related life in Ecuadorian older adults

Schnettler Berta<sup>1</sup>, Lobos German<sup>2</sup>, Lapo María Del Carmen<sup>3</sup>, Hueche Clementina<sup>1</sup>

<sup>1</sup> Universidad de La Frontera, <sup>2</sup> Universidad de Talca, <sup>3</sup> Universidad Católica de Santiago de Guayaquil

Healthy aging referred to the improvement and preservation of the physical, social and mental well-being, independence and quality of life. Various authors suggest that nutrition is one of the mayor determinants of healthy aging, therefore, the aim was to distinguish typologies of seniors according to their levels of satisfaction with life and food-related life, and to characterize them according to the importance assigned to family, health-related aspects, eating habits, nutritional status and sociodemographic characteristics. A survey was administered to a non-probabilistic sample of 817 seniors aged 60 years and over, of both genders, resident in urban and rural zones of the province of Guayas, Ecuador. The instrument included: Satisfaction with Life Scale (SWLS), Satisfaction with Food-related Life (SWFL), the Health-related Quality of Life Index (HRQOL-4) and the Family Importance Scale (FIS). Eating habits, sociodemographic variables, approximate weight and height were asked about. A cluster analysis was used to distinguish three typologies that differed significantly in the scores on the SWLS, SWFL, FIS, number of days with mental health problems, self-perception of health status, body mass index, eating habits and zone of residence. Two typologies presented high levels of satisfaction with life and food-related life, although the variables associated with overall well-being and in the food domain were different in each typology. The results suggest that high levels of satisfaction with life and food-related life in Ecuadorian seniors are associated with both healthful eating habits and having lunch in company, fewer mental health problems and greater importance assigned to family.

### Latest findings about unhappy cities

Okulicz-Kozaryn Adam

Vistula University and Rutgers University

Urbanization is perhaps the most dramatic development in recent history of our species. Many suggest or even claim that cities bring happiness. But cities are actually least happy places on Earth except in poorest countries.

I will summarize my latest research in my major research area documenting unhappy cities. In my last two papers I found that only largest cities are significantly less happy and that largest cities are rather associated with increased unhappiness rather than decreased happiness as compared to smaller areas. Another latest finding is that it is cities themselves, not city problems, that are associated with unhappiness. In addition, I plan to include findings from my current projects: theory of urban unhappiness: why cities are unhappy, and urban misanthropy: I am finding that urbanites are not only unhappy but also have a dislike of a other humans.

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## GENDER ASPECTS

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### **Gender, work and well-being – A critical review**

Michon Piotr

Poznan University of Economics and Business, Poland

The aim of this literature review is to identify whether work may have different consequences for the subjective well-being of men and women, as well as to address challenging issues and implications for future research.

There are few trends which make the topic interesting and important: women entered the labour market but in the developed countries they do less paid work than men, women who do paid work are likely to reduce the time devoted to household tasks (except childcare), on the other hand men are more involved in household task than they used to be and they are more likely to participate in childcare.

Work is understood both as (self) employment and unpaid work, with special attention paid to care. In this context it is crucial to ask whether employment, unemployment and division of work in household has different consequences for females and males well-being. Well-being is understood both as life satisfaction and emotional well-being. The review embrace the journal papers published from 2000 to 2016, which deal with (unpaid) work and well-being in developed countries of Europe and North America.

### **Quality of life in the European Union: an analysis from a gender and spatial perspective**

Somarriba Noelia, Zarzosa Pilar, Merino Maria Cruz

<sup>1</sup> University of Valladolid

**Background:** This paper provides an approach to measure the quality of life in the European Union from a gender and spatial perspective by creating a Subjective Synthetic Quality of Life Indicator (SSQLI) and adopting an econometric approach.

**Methods:** The work seeks to obtain a robust synthetic measure of quality of life levels using the P2 distance method in addition to making an econometric analysis to study of the determinants of the quality of life and revise if there are gender differences in the levels of quality of life in the European Union. The index comprises information on different social indicators from various life domains and enables a classification of the European Union countries. We used the 2012 wave of the European Quality of Life survey.

**Results:** The results of the synthetic indicator reveals that the satisfaction with the life, social life and happiness are essential factors to explain disparities in the subjective quality of life among European individuals. Attending to gender, men have a better result in the synthetic indicator and this difference is significance in statistical terms. The econometric analysis of the synthetic indicator reveals that the corruption perceived, the social exclusion, the individual health, education and the type of welfare regime, among others, are essential factors for measuring the quality of life.

**Conclusions:** There is a significant degree of disparity amongst European individuals with regard to quality of life from a gender perspective and form spatial perspective. This analysis has a special interest from the political and sociological perspective.

### **Gender health gap in Europe: Territorial analysis using a synthetic health indicator**

Pinillos Franco Sara, Somarriba Arechavala Noelia

University of Valladolid

**Background:** The main goal of this paper is to provide an approach to measuring individuals' health in Europe by creating a synthetic health indicator. Furthermore, the work seeks to match the existence of gender disparities along the 28 countries which form the European Union. The aim of creating a synthetic indicator which measures health comes from the multidimensional nature of this concept, therefore, it is essential to include micro (information provided by individuals), meso (determinants such as health services provision) and macro-level information (variables such as mortality and life expectancy) to monitor individuals' health status by countries.

**Methods:** We employed the P2 distance method as it allows a hierarchical comparison, whatever the heterogeneity of the input variables. Regarding data source, we used the 2012 wave of the European Quality of Life Survey. After simple health indicators selection and listwise missing values treatment, the final cohort consisted of 33,844 subjects: 14,447 men and 19,397 women.

**Findings:** The synthetic health indicator construction did not reflect important gender disparities, however, it revealed a territorial pattern: individuals from northern countries such as Sweden and Denmark presented on average better health and, conversely, those who live in eastern countries such as Latvia and Romania happened to obtain the worst results regarding health.

**Discussion:** The creation of a synthetic health indicator from individuals' viewpoint implies a new methodological perspective and the analysis of the gender disparities by countries can offer a useful tool for decision making in health policy.

**Gender health gap and education in Spain. A multilevel analysis**

Pinillos Franco Sara, García Prieto Carmen, Gómez Costilla Patricia

<sup>1</sup> University of Valladolid

**Background:** It is well established the existence of a gender health gap which affects women negatively and that a higher level of education has a positive effect on health. However, the issue of how the benefits of education on health differ between men and women has not received enough attention and the few existing studies which do focus on the subject do not draw a clear conclusion. Therefore, this study aims to analyse whether the positive influence of educational attainment on health is higher for women and whether education helps to overcome the gender health gap.

**Methods:** We analyse cross-sectional data from the 2012 European Union statistics on income and living conditions. We use a logit regression model with odds ratios and a multilevel perspective to carry out a study which includes several individual and contextual control variables. We focused our study on the working population in Spain aged between 25 and 65. The final sample considered is composed by 14,120 subjects: 7,653 men and 6,467 women.

**Findings:** There is a gender health gap only for the less educated, although it is not statistically significant among more highly educated individuals. Attaining a high level of education has the same positive effect on both women's and men's health.

**Discussion:** Although we did not find gender disparities when considering the effect of education on health, we show that women's health is poorer among the less educated, mainly due to labour precariousness and household condition.

## Poster Session Saturday (16:45 - 18:00)

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### QUALITY OF LIFE IN DIFFERENT REGIONS

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#### Growing old in South Africa: A qualitative study of the social constructions of ageing and well-being

Maharaj Pranitha  
University of KwaZulu-Natal

South Africa is a relatively youthful country, but projections suggest that in the future older people will constitute a larger share of the total population. The ageing of the population is likely to have major and far-reaching implications for a country with widespread poverty, changing household structures, a heavy burden of communicable diseases, and inadequate health infrastructure. There is little consensus on the definition of old age. The aim of this study is to address this gap by exploring the definition and meaning of ageing. The study draws on qualitative data from 40 in-depth interviews with men and women aged 60 years and over. The study suggest that the aged refers to those who are infirm, frail, and suffering incapacities to the extent that they are no longer able to fully support or take care of themselves, and who also display the physical characteristics of being old such as having wrinkles and grey hairs. However, it was pointed out in the interviews that functional ageing does not always correspond with chronological age. The study found that old age is seen to begin at that point in life when people, because of physical decline and the onset of ill-health, are no longer able to actively carry out their work and family roles. The study suggests that social constructions of ageing and well-being are of great importance in trying to understand the process of growing old in South Africa.

#### Geography of quality of life: conceptualization and implications

Murgaš František  
<sup>1</sup> Technical University of Liberec

Background: Geographers didn't pay enough attention to the concept of quality of life (QoL) in the past. This was reflected at the level of research and practical applications. Due to the low participation of geographers at the conceptualisation of QoL, the short and non-descriptive designation of the spatial dimensions of QoL has not been created, as it is in the case of well-being- a designation of the subjective dimension of QoL.

Methods: The conceptualization of quality of life geography is based on the existence of spatial dimension of quality of life, which is essential in a holistic understanding of QoL. The place is a key element of this dimension and because the evaluation of satisfaction with life is a content of QoL, the quality connected with place has to be key too.

Findings: Quality of place can be analysed at all hierarchical levels, starting from settlements to states. Significant disparities that should be explained in further research emerged from the analysis of all 6250 settlements as good places to live in the Czech Republic. This entails serious implications for policy-makers. Another example of quality of place research is the quality of urban life, which was made for the city of Liberec.

Discussion:

Conclusions and/or some discussion of the possible contribution to; or implications for the field. The research of societal QoL by geographers introduces serious implications for policy-makers and implications for local self-government.

#### Personal and national wellbeing and migration intentions among graduate students in Croatia

Vuletic Gorka<sup>1</sup>, Misajon RoseAnne<sup>2</sup>, Erdesi Josipa<sup>1</sup>, Fereza Tena<sup>1</sup>, Leko Tea<sup>1</sup>  
<sup>1</sup> University in Osijek, Faculty of Humanities and Social Sciences, <sup>2</sup> The Cairnmillar Institute

In recent years, there has been a fast growing trend of emigration of young, university-educated people from eastern Croatia to either other regions within Croatia or abroad. Migration has long been a mechanism for those in search of a 'better life', and financial motivations are certainly an important factor for many of those deciding to leave. However, there is a need to better understand factors beyond economics, such as psychological and social factors, that significantly shape intention and motivation for emigration.

University of Osijek is a leading education authority in eastern Croatia, providing education for large number of students as potential future experts and leaders pivotal to the improvement of the regional and national economy. However, there is growing concern at the rate at which graduates are leaving the region. The aim of this research is to explore psychosocial factors that influence university students' plans for their future, including their personal and national life satisfaction, collective self-esteem, social connectedness and sense of community. The study involves both quantitative surveys and qualitative focus groups. The findings indicate that while personal wellbeing scores (as measured by the Personal Wellbeing Index) are generally high, scores on the National Wellbeing Index are substantially lower. The paper will examine the relationship between the PWI and NWI with other key psychosocial variables, and provide a nuanced understanding based on focus group data of some of the complex social conditions influencing decision making. Example of factors include notions of Croatian identity, opportunities for personal growth and individual expression, and perceptions of life abroad.

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**QUALITY OF LIFE AND HEALTH**


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**Influence of affective responses during physical activity on quality of life in healthy adults**

 Niedermeier Martin<sup>1</sup>, Hartl Arnulf<sup>2</sup>, Einwanger Jürgen<sup>3</sup>, Kopp Martin<sup>1</sup>
<sup>1</sup> University of Innsbruck, Department of Sport Science, <sup>2</sup> Paracelsus Medical University, Institute of Ecomedicine,

<sup>3</sup> Austrian Alpine Association

Background: Quality of life shows a positive association to the level of physical activity (PA). However, this relationship may be partly mediated by the affective responses caused by PA. Affective responses caused by PA considerably differ when PA is done in an indoor compared to an outdoor environment. Therefore PA might influence quality of life depending on the environment where the PA is conducted.

Hence, the goal of the present study was to determine the relationship between affective responses due to indoor or outdoor PA and quality of life.

Methods: In a cross-sectional design, we collected self-reported data of 1558 healthy Austrian adults. Quality of life (EQ-5D), the level of PA (International Physical Activity Questionnaire), and affective valence during PA indoor and outdoor (Feeling Scale) were obtained. Multivariate linear regression analysis was conducted to assess factors influencing quality of life.

Findings: A significant influence of PA level on quality of life was found,  $\beta=.11$ ,  $p=.007$ . Affective valence during PA outdoor showed a larger influence on quality of life ( $\beta=.20$ ,  $p<.001$ ) compared to affective valence during PA indoor ( $\beta=.09$ ,  $p=.001$ ).

Discussion: The present study confirms a positive relationship between the level of PA and quality of life in healthy adults. Furthermore, the results suggest a larger influence of affective responses due to outdoor PA on quality of life compared to affective responses due to indoor PA. Interventional studies are needed to clarify the causal effect of PA in different environments, affective responses, and quality of life, especially in healthy adults.

**CRO-WELL: Well-being and life events - preliminary analysis**

 Brajsa-Zganec Andreja<sup>1</sup>, Kaliterna Lipovcan Ljiljana<sup>1</sup>, Prizmic Larsen Zvezdana<sup>2</sup>, Glavak-Tkalic Renata<sup>1</sup>, Susic Ines<sup>1</sup>,  
 Tadic Vujcic Maja<sup>1</sup>, Franc Renata<sup>1</sup>, Brkljacic Tihana<sup>1</sup>, Lucic Lana<sup>1</sup>
<sup>1</sup> Ivo Pilar Institute of Social Sciences, <sup>2</sup> Washington University in St.Louis

More research is needed to gain better insight on well-being and positive and negative life events. This study is initial survey which is a part of the longitudinal survey on well-being and life events in Croatia (CRO-WELL project, financed by Croatian science foundation). The main aim of the survey is to investigate whether well-being can be considered not only an indicator of good life, but also an ingredient for positive outcomes and favorable life events.

The sample consists of adult internet users in Croatia who voluntarily decided to participate in the study (N=1976). The initial survey consists of battery of questionnaires: Scale of Positive and Negative Experience, one-item measures of Life satisfaction and Happiness and Flourishing Scale. The list of Life events contains 69 positive and negative events. It captures the major and minor life events, and participants report the level of events' frequency, experienced positivity-negativity, significance and the degree of expectancy.

Preliminary analysis of initial battery of questionnaires showed that participants were relatively happy and satisfied with their life, they experienced more frequently positive than negative affects and use more active strategies for regulation of negative states. Among various life events they rated the birth of a child as the most positive event, the beginning of the friendship as the most frequent event and completing the education as the most expected life event.

**Daily Stressors and Psychological Well-being in Middle and Older Adults**

Strizhitskaya Olga

Saint Petersburg State University

Life of an adult is associated with multitask functioning, including intensive interpersonal relationships, professional activities, personal growth, increasing daily stress and affecting quality of life in general. Data on daily stress is inconsistent: while some researchers show negative associations between daily stress and psychological well-being, others do not approve these data.

The aim of the present study was to test the associations between different types of daily stressors and psychological well-being in middle and late adulthood. We hypothesized that such association exists in both age groups, but the specifics of such correlations will be different.

Participants were 96 adults aged 34-65, divided in two age groups: (1) 34-49 – middle adults (N=57); (2) 50-65 – older adults (N=39). Methods: 1. Questionnaire on daily stressors, that revealed eight types of stressors: business, relationships, environmental problems, hobby, material, medical, household and personal problems; 2. Questionnaire on psychological well-being (Russian adaptation of C. Ryff Scale).

Results showed negative associations between daily stressors and psychological well-being in middle adulthood. Core characteristics of well-being associated with stressors were competence and positive relations with others. For older adults we found just one positive association between household stressors and personal growth. We also found that in general older adults report fewer stressors in every domain than midlife adults.

We can conclude that daily stress can differently affect psychological well-being of an adult. Although a scope of research is done on daily stress in aging, still its mechanisms and role need further investigation. Project was supported by RSF grant 16-18-10088.

### **How to Stay Confident: Motivation, Well-Being and Practice-Behavior of Conservatoire Music Students**

Spangler Simone

<sup>1</sup> University of Music and Performing Arts Munich

Music has the power to facilitate physical and mental health (Rickard & McFerran, 2012). By contrast, studying music and becoming a professional musician is often accompanied by continual stress and music performance anxiety and thus, this has to be taken seriously as a potential threat to music students' well-being and health (Ginsborg, Spahn & Williamon, 2012; Kenny, 2011; Kreutz, Ginsborg & Williamon 2008; Williamon & Thomson, 2006). Ryan and Deci (2000) declare self-determination and motivation to be associated with well-being and the satisfaction of the psychological needs autonomy, competence, and social relatedness. Consequently, it deems necessary further investigation in order to foster a healthy and flourishing career. One major goal of the study is a holistic and critical approach to the decisive role of music students' self-determination levels in terms of motivation and well-being, related to practice behavior. The purpose of this investigation is to support and empower music students from a music psychological and educational perspective. Therefore, efficient self-regulatory strategies will be evaluated and provided to facilitate a successful, meaningful, and healthy life as a professional high-performance musician. (Under-) Graduate music students complete standardized self-report questionnaires. The statistically analyzed surveys will give quantitative information about self-determination, motivation, well-being, and practice behavior. Qualitative interviews (N = 10) are conducted to evaluate self-regulation strategies. A short-term intervention (four weeks) will show the impact of a gratitude journal on motivation, well-being, and practice behavior. First results will be available in May 2017.

### **Does increasing physical activity in women improve quality of life?**

Dabiran Soheila, Farid Maliheh

Tehran University Of Medical Sciences, Iran

Does increasing physical activity in women improve quality of life?

Introduction: It appears to be a linear relationship between physical activity and health status. The aim of this study is investigation of the relationship between physical activity and health-related quality of life, with regard to some underlying variables that affect this relationship, in the women who participate exercises in sport halls.

Materials and method: This study is an analytical cross-sectional study. Data was collected using SF-36v2 (HR-QOL) questionnaire, international physical activity questionnaire (IPAQ) and demographic questionnaire. Participants according to physical activity were classified into two groups: group with high level of physical activity (N=248) and group with moderate level of physical activity (N=133) and then Data analyzed by spss and we used t-test, chi square, crammer's v and logistic regression statistics.

Results: The score of general health ( $73.90 \pm 15.61$  VS  $69.84 \pm 14.99$ ), vitality ( $71.79 \pm 17.37$  VS  $66.93 \pm 18.51$ ), mental health ( $74.30 \pm 18.19$  VS  $70.21 \pm 19.9$ ) dimension in group with high level of physical activity was significantly higher than group with moderate level of physical activity. Logistic regression show that the level of physical activity was significantly associated with current health status of persons comparison with last year health status (2nd question of sf-36) and their employed status.

Conclusion: overall, it appears that increase the level of physical activity in women with moderate physical activity who participate in sport halls exercises, results in significant increase in some domains of quality of life, and this relationship varies according to factors affect it and it is necessary for policy makers to consider this issue for promoting the level of physical activity in this group of women.

### **Engaging in one's own health:**

#### **The use of m-health applications and the relationship between subjective health status and health literacy**

Holger Muehlan, Henriette Markwart, Tim Rostalski & Silke Schmidt

University of Greifswald, Germany

Background: The aims of this study were to investigate the relationship between subjective health status and health literacy with regard to the use of m-health applications (e.g. health apps). The study is part of a larger project on the implications of knowledge transfer triggered by m-health technologies becoming part of everyday life.

Methods: An online survey was conducted to investigate (amongst other variables) subjective health (SHRS), health literacy (HLS-EU) and the use of m-health applications. Participants were invited in batches, representative of the age and gender distribution in Germany (n=1.000).

Findings: The relationship between subjective health status and health literacy differs between several levels of m-health experience. A higher association appears more likely amongst non-users than users of m-health applications as well as those persons intending to adopt such applications.

Conclusions: The association between subjective health status and health literacy seems to differ depending on different levels of m-health experiences. However, due to the cross-sectional design of the study it remains unclear whether this could be assigned to the impact of self-care activity itself. Moreover, further analyses indicate that results vary with regard to different conceptual approaches to health literacy.

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**METHODOLOGY AND QUALITY OF LIFE**


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**Investigating the influence of weather on well-being and subjective health in a sample with increased sensitivity: An ambulatory assessment study**
Muehlan Holger<sup>1</sup>, Rostalski Tim<sup>1</sup>, Schmidt Silke<sup>1</sup><sup>1</sup> University of Greifswald

**Background:** This study examines the effect of environmental parameters on momentary affect, subjective health and symptom burden in a population with high sensitivity for weather changes.

**Methods:** 28 subjects with seasonal allergic rhinitis reported their momentary affect and subjective health over a course of 14 days on three pre-determined occasions per day. These data were linked to hourly environmental measurement data (temperature, relative humidity, precipitation, wind power and sunshine duration).

**Findings:** The results of multilevel analysis revealed main effects of temperature, relative humidity and sunshine duration on momentary affect. Together with precipitation, relative humidity and sunshine duration were also related to symptom burden and self-rated health status.

**Discussion:** Surprisingly, the impact of weather on momentary affect in the sample population appeared to be small and comparable to results reported in studies with non-specific populations. This may be due to adaptation processes over several allergic rhinitis seasons.

**Hope and emotional well-being in daily life: an Experience Sampling approach**
Lataster Johan<sup>1,2</sup>, Peeters Sanne<sup>1,2</sup>, Van Wijk Bert<sup>1</sup>, Janssens Mayke<sup>1,2</sup>, Reijnders Jennifer<sup>1</sup>, Jacobs Nele<sup>1,2</sup><sup>1</sup> Dept. of Lifespan Psychology, Fac. of Psychology and Educational Sciences, Open University; Heerlen<sup>2</sup> Dept. of Psychiatry and Psychology, School for Mental Health and Neuroscience, Maastricht University

\*authors Peeters and van Wijk contributed equally

**Background:** Hope is viewed as an important resilience factor in coping with life's inevitable adversities, and achieving and maintaining a high quality of life. However, although retrospective reports have identified hope as an important predictor of well-being in a number of domains and samples, little is known about the dynamics of hope in daily life, and how they are connected to aspects of well-being.

**Methods:** Using the Experience Sampling Method (a structured self-assessment diary technique), a general population sample of 46 adults (25 male, Mage=41.2, SD=15.6) used a smartphone application to collect ecological data on momentary levels of hope, positive affect (PA), and negative affect (NA), 10 times a day during<sup>7</sup>, consecutive days.

**Findings:** Mean levels of hope interacted with intraindividual variability of hope in predicting mean levels of NA in daily life ( $\beta = -.306$ ; SE= .087,  $p = .018$ ; corrected for PA, age, gender), such that NA was highest in individuals with relatively low and stable levels of hope, and lowest in individuals with relatively high and stable levels of hope. PA levels, on the other hand, were predicted solely by mean levels of hope ( $\beta = .608$ ; SE= .113,  $p < .001$ ; corrected for NA, age, gender), not by intraindividual variability of hope.

**Discussion:** Our findings contribute to the understanding of the hope phenotype, and how it connects to emotional well-being. Ecological assessment of mechanisms relating hope to emotional and other aspects of well-being may further clarify the role of hope in everyday quality of life.

**Upward spirals of gratitude and positive affect in daily life: An ecological assessment study using the Experience Sampling Method**
Jans-Beken Lilian<sup>1</sup>, Jacobs Nele<sup>1,2</sup>, Janssens Mayke<sup>1,2</sup>, Peeters Sanne<sup>1,2</sup>, Reijnders Jennifer<sup>1</sup>, Lechner Lilian<sup>1</sup>, Lataster Johan<sup>1,2</sup><sup>1</sup> Open University, <sup>2</sup> Maastricht University Medical Centre

The broaden-and-build theory explains how positive emotions are able to initiate an upwards spiral toward enhanced emotional well-being. Among these, gratitude is considered a particularly important positive emotion, due to its beneficial impact on various domains of well-being. Most research on the upward spiral of positive emotions, however, used retrospective measures, with a resolution of days or even weeks. The aim of our research was to assess whether the upward spiral of positive emotions and gratitude also appears at the momentary micro-level in everyday life, and how it relates to positive mental health and psychopathology phenotypes.

Using the Experience Sampling Method – a structured diary technique – 82 subjects from the general population (Mage = 38, SDage = 15) used a mobile app that generated 10 signals a day on<sup>7</sup>, consecutive days, asking about momentary mood states among which state gratitude. Subjects also filled out the Mental Health Continuum Short Form to assess positive mental health, and the Symptom Questionnaire 48 to assess psychopathology.

Preliminary results from multilevel regression analyses show that momentary gratitude is reciprocally associated with positive affect, but not with negative affect, and that the upward spiral of gratitude and positive affect is more pronounced in individuals with low levels of psychopathology and high levels of positive mental health.

Ecological assessment techniques, such as the Experience Sampling Method, can help to further our understanding of how positive mental health phenotypes play out in daily life, providing important input for interventions aimed at enhancing everyday positive emotions to increase mental and physical well-being.

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## QUALITY OF LIFE OVER THE LIFE SPAN

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### **Predictive evaluation of the quality of life in early childhood**

Mardiyani A. Marine<sup>1</sup>, Dunamalyan A. Razmik<sup>2</sup>, Chopikyan S. Armine<sup>2</sup>, Mkrtychyan A. Siranush<sup>3</sup>

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Patient's Quality of Life (QL) measures are endowed with independent predictive value and these factors are considered to be more distinct than patient's general somatic condition for predicting patient's health condition. However, the number of researches devoted to QL prediction in the field of medical science is low. The aim of research is evaluation of predictive measure of QL of early aged children. Prospective observational study was carried out. The objects of the research were 2362 early age children (3 months-3 years old) from two biggest pediatric polyclinics of Yerevan. QL of children was evaluated with the international questionnaire „QUALIN“. Wald's analytical method has been applied for predictive evaluation of QL criteria and formation of risk group. For the analysis and evaluation of the statistical material used SPSS Statistics software package. In social-hygienic factors more important were: family type, conflicts in family, disabled child and frequent morbidity families, presence of artificial nutrition since birthday. Among medico-biological factors the presence of two or more diseases in neonatal period, low and high levels of physical development, weight deficit and obesity, child's health group and respiratory, nervous and digestive system diseases were more significant. In terms of predictive evaluation of QL, it can be stated that a number of medico-biological and social-hygienic factors affect the overall formation of QL. By means of predictive evaluation of QL one can originally set apart targeted risk groups and if the score of predictive evaluation is +13 and higher, implement health measures, which may provide with improvements of QL criteria.

### **Struggle between Traditional Religion and Post-Modernistic Spirituality: Impact of Ambiguous Conceptualizations of Spirituality on Well-Being of the Oldest Old**

Janhsen Anna

University of Cologne, Germany

**Background:** To enable well-being of the oldest old (80+) despite a decline of physical and mental capacities and social losses, spirituality is considered in research as an important component (mainly in the sense of spiritual coping). In modern and post-modern societies, however, the understanding of spirituality is heterogeneous. Due to globalization's merging of Eastern and Western religious understandings as well as approaches conceptualizing spirituality outside or even in contrast to traditional religion (eg within the New Age-movement, Esoteric philosophy or Body-Mind-Wellness) uncertainty regarding the understanding of spirituality exists. In addition, different social developments regarding the status of spirituality and religion in society (secularization, individualization, liberalization as well as fundamentalism) are particular challenges in the engaging of the oldest old with questions regarding their spirituality and transmitted religious belief systems nowadays.

**Methods:** Qualitative interviews (n=21) with Germans 80+years from Christian, Islamic and Judaist cultural and religious backgrounds as well as non-religious backgrounds are analyzed by content analysis as well as interpretative analysis regarding the impact of different conceptualizations of spirituality on the subjective understanding of the interviewees as well as their eudemonic well-being.

**Findings:** Religious socialization along social changes lead to specific forms of spiritual distress (eg. loss of orientation, rise of existential questions, increasing demand of proof) entailing effects on the well-being.

**Discussion:** A differentiated approach towards spirituality sensitizes on its recognition in the context of well-being not in an idealized form as spiritual coping only.

### **Positive learning communities: A framework for supporting well-being and achievement in schools**

Trask-Kerr Kylie<sup>1</sup>, Vella-Brodrick Dianne<sup>1</sup>, Chin Tan-Chyuan<sup>1</sup>

<sup>1</sup> The University of Melbourne

**Background:** This poster presents a PhD research project, which contends that the purpose of schooling is to establish a positive community where students can flourish and enjoy success. The project uses several methods to explore how well-being initiatives support achievement and proposes a model for further supporting flourishing in schools.

**Methods and Findings:** Using data from >150 secondary school students from an established positive education program near Melbourne, Australia, as well as two control schools, this study examines whether a significant correlation exists between the use of positive psychology interventions and academic results. It is predicted that students participating in positive education will show a greater improvement in academic performance than students in control schools.

A further study uses student narratives and language analysis techniques to examine other effects of positive education, including an increased ability to contemplate the 'good life'. Additionally, student narratives are assessed by a panel of teachers, who use criteria based on the Australian National Curriculum to explore causal connections between positive education interventions and writing skills. The positive education experience (e.g., content and delivery) is also discussed with teachers and student participants from the study school using semi-structured interviews.

Discussion: Drawing from these study results, the Deweyan philosophy of education, self-determination theory, positive psychology and other educational literature, this project proposes a model that addresses existing challenges and enhances community-mindedness in schools. This model suggests possible systemic changes and ways to further embed positive practices into teaching methods to support students in flourishing at school.

### **The moderating effect of moral foundations on the relationship between positive activity involvement and well-being**

Gherghel Claudia<sup>1</sup>, Hashimoto Takeshi<sup>1</sup>

<sup>1</sup> Shizuoka University

Simple positive activities, such as expressing gratitude or doing kind acts, have been shown to promote well-being. However, past research suggests that their effect on well-being can be moderated by personality factors or culture. The present research focuses on the moderating role of moral foundations on the relationship between positive activities (kindness and gratitude) and well-being. As kindness and gratitude expression are morally-relevant activities, higher endorsement of the moral foundations could amplify their effect on well-being. In a three-week happiness-increasing intervention, 43 Japanese students were assigned to one of three conditions: expressing gratitude, doing kind acts or control. The effect of positive activities on well-being, as well as the moderating role of moral foundations, were investigated. Although the results did not show significant main effects of the interventions on well-being, or significant moderation effects of the moral foundations, some tendencies in line with the study's hypotheses were observed. Participants with high endorsement of the individualizing moral foundations tended to show gains in life satisfaction after expressing gratitude, and decreases in loneliness, after doing kind acts. The results suggest the importance of taking into consideration individuals' moral matrix when designing a happiness-increasing intervention.

### **Well-Being Of Children Enrolled In Ecec Services: Challenges For The Romanian Parents**

Matei Aniela

National Scientific Research Institute for Labour and Social Protection

Background: Establishing a climate of wellbeing that promotes caring and nurturing environments for children represents a laborious mechanism for all those involved in this process. Many reserches in the filed indicates a strong positive relationship between parents, initiated involvement practices and children outcomes (Epstein et al., 2009; Hess and Holloway, 1984). The present paper analyses characteristics and implications of the partnership between parents and the main institutions responsible for rising and caring for children between 0 and<sup>6</sup>, years enrolled in Romanian formal system. Methods: A critical review of literature regarding the factors that may influence the development of an effective partnership between family and early childhood education and care services system (ECEC) shall be made in the first part of the paper. In the second part the author will present the results of a case study conducted in Bucharest, Romania, in 2015 using a research methodology based on PAPI/CATI/CAWI questionnaire with parents having children between 0 and<sup>6</sup>, years enrolled in ECEC services. The sample included a total of 1021 parents. Data were analyzed using SPSS 19.1. Findings: Results indicate the importance of positive relationship between family and ECEC services. Strategies aimed to streamline the educational partnership between family and ECEC systems (nurseries/ kindergartens) must take as starting point the quality of services offered within the institutions concerned, particularly those services directly related to the child's family. Discussion: The findings have implications for policy makers and practitioners from family and ECEC areas.

### **Social policy and personal outcomes of Quality of Life (QOL): the implementation of personal budgets**

Verlet Dries, Ferket Neelke, Vandeveldel Stijn, Claes Claudia, De Maeyer Jessica, Schallock Bob

Research Center of the Flemish government, Brussels, Belgium

Background: This study aims to present specific details on how to evaluate social policy on the enhancement of QOL of people with disabilities. Outcomes based policy is a complex process that is based on the alignment between input, throughput, output and outcome variables and the influence of numerous contextual issues. The aim of this study was to develop a policy evaluation framework based on a theoretical model of the relationship between value-based social policy and Quality of Life. The implementation of personal budgets is used as an example.

Method: A theoretical framework was developed based on a thorough literature review and expert panels.

Results: A policy evaluation framework, policy evaluation processes and exemplary uses of measurable QOL outcome indicators will be presented. The input component involves a value-based policy that leads to the development of interventions and supports whose purpose is to enhance QOL related outcomes. The throughput component involves individualized interventions, services, and supports. The output component includes the structures and environments that enhance QOL and wellbeing. Finally, the

outcome component involves aggregated QOL societal changes.

Discussion: The complex relationship between value-based social policy and Quality of Life is analysed based on a systematic approach. Issues and challenges will be discussed.

### Exploring Lower Lincoln's Livability to Enhance Youth's Life-Ability

Ware Jason  
Purdue University

Background: The City of Lafayette Indiana has conducted a livability study within the impoverished Lower Lincoln neighborhood that focused on housing, transportation, work and play. The City has not explored the impact the neighborhood's livability has on its youth's life-ability. The questions for my project, which is underway, then, include:

- 1) How do Lower Lincoln youth (12 – 18 years old) describe the good life?
- 2) In what ways do the cultural, ecological, and social qualities of the Lower Lincoln neighborhood influence youths perceptions of life chances or the "good life" and or impede their life-ability?
- 3) To what extent will connecting Lower Lincoln youth with caring community partners function to help youth transform the cultural, ecological, and social qualities of their neighborhood that impede their life chances and life-ability?

Methods: This is a critical constructivist qualitative study using semi-structured interviews, participative observation, and document analysis as the primary methods for collecting field texts. The participants include Lower Lincoln youth and community leaders. I will use a polyvocal interpretive approach to analyze the field text. I have no findings at this point as this project is underway. I will be at a point by mid-summer at which I can begin data analysis.

Implications: The implications of this project include engaging Lower Lincoln youth in civic praxis that works to enhance the livability of their neighborhood as well as their self-efficacy (life-ability) in making their lives better. It could become a model for youth-advocacy.

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## QUALITY OF LIFE AND WORK

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### Can Volunteering At Events Lead To A Better Society?

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Event volunteering has recently increased in popularity throughout Europe. Few studies have investigated this and there is little information on the consequences of this type of volunteering at cultural events. We studied a representative sample of volunteers at "EXPO Milano 2015". Data from 2376 participants were collected before and after they volunteered and again five months after the closure of EXPO.

Using three questionnaires we investigated many variables (e.g. previous voluntary experience, motivation, civic engagement, etc.). The pre-experience questionnaire measured levels of generalized interpersonal trust, social support, satisfaction with life and happiness (all single items). A well-being index was then created.

1394 participants had volunteered before and 982 were engaging in voluntary service for the first time. We compared the two groups in terms of well-being and civic engagement. The results showed that the first group had significantly higher levels than the second.

At the end of their service, 96% of the volunteers declared their intention to serve again in various types of volunteering.

The follow-up questionnaire assessed satisfaction and some potential outcomes of serving at EXPO, including a perceived increase in happiness (single item). This increase appears to be one of the principal outcomes and it correlates with the initial level of well-being, as does the degree of satisfaction.

These results suggest that event volunteering can promote an individual's desire to serve in the community. Furthermore, feelings of well-being increase and when the initial level of well-being is high, more is gained in terms of happiness and satisfaction.

### Does Part-Time Work Affect Women's Health In Spain And The European Union?

Merino María, Cruz Somarriba Noelia, Zarzosa Pilar  
Applied Economics Department. University of Valladolid

Background: This study analyses the extent to which the working day affects Spanish women's health compared to the European Union (EU). We address specific questions: are there gender differences in health? Are there inequalities in women's health depending on the working day? What factors play an important role in said health inequalities in Spain and the EU? Methods: First, we design a Synthetic Health Indicator (SHI) using the methodology of the measure of distance P2. Second, we use the Student t test to compare the SHI between different covariates, stratifying the results by gender. To test the effect of each independent variable on a dependent variable (SHI), linear regression was used to test their effects. We use data from the 2010 European Working Conditions Survey. Findings: Part-time female workers evidence higher levels of health than full-time female workers, although levels are lower than their male counterparts. Whether the work is manual or not, is forced or voluntary, perceived job

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insecurity and work-life balance play an essential role in generating significant differences in part-time female workers health in Spain. However, they display certain differences compared to those in the EU as a whole: educational level, family demands and marital status do not generate significant differences in the Spanish group studied. Discussion: Taking these factors into account, the quality of part-time jobs should be improved by making this work more attractive. Such jobs might prove to be a female mechanism for balancing their personal and work life without affecting their health.

### **Work Style and well-being in Japan**

Matsushita Keita

Jissen Women's University, Tokyo, Japan

This research explores “well-being” in the “second offline world” in terms of various workplaces and work styles such as coworking spaces, and nomad work based on ethnographic fieldwork (interviewed with 10 workers) in Shibuya and Hida, Japan.

Shibuya and Hida have gained attention in recent years as a city that is exploring and implementing new workplaces and styles. The development of mobile and social media, fab technology has no doubt promoted the trend of working from any location.

Rather, this trend represents a new world: ‘second offline’. In this realm, the development and spread of mobile and social media have led to offline spaces, with locations being superimposed by online information.

Business has underscored the principles of connection, collaboration, and innovation in recent years. Furthermore, efforts have been made to design workplaces that foster these values. This has been made possible by an offline world that holds new beliefs due to the overlap between online and offline, which has occurred in response to mobile and social media; that is to say, second offline.

If we describe workplaces using Tuan's terms, then we can consider PCs and the (early) Web to be ‘linking media’ that transcend physical zones and connect workplaces, as is the case with telework. In contrast, we can consider mobile and social media to be ‘superimposing media’, which indicates a restructuring and upgrade of workplaces from a new perspective, as with nomad work and coworking spaces.

### **Satisfaction at work: South African workplace regime in global comparison**

Mncwango Bongwiwe

<sup>1</sup> Human Sciences Research Council

Post-apartheid South Africa continues to grapple with inequalities in the labour market. Currently, substantial economic literature shows that inequality and poverty in the country derives mainly from labour market disparities. However, it is not only the labour market opportunities that are unequally distributed; for the employed, inequality also manifests in both economic (such as wages and benefits), as well as in non-economic work outcomes (including job security, opportunities for career development, autonomy and job prestige or meaningfulness of work) which are all measures of job quality. Specific groups such as the low skilled or elementary position occupational groups are likely to bear the brunt of inequality by being overrepresented amongst those who are underemployed, trapped in non-standard forms of employment or part of the ‘working poor’. In developing countries such as South Africa, there has been much emphasis on inequality borne out of financial attributes of employment, but limited sociological and psychological investigations incorporating non-economic aspects. Such a dearth of research stalls efforts to gain more comprehensive and nuanced understanding of workplace realities and inequalities which is needed to better manage such disparities in the labour market.

Against this background, the study seeks to tackle the broad question: how is job satisfaction, as a subjective indicator of quality of work life distributed across South Africa, and how these trends compare to South Korea and Australia taking into account the varied institutional regimes across the countries. Data for the study comes from the 2005, 2009, 2010, 2011, 2013 and 2015 waves of the South African Social Attitudes survey which is an annual cross-sectional survey which has been collecting data since 2003. This is supplemented by the 2005 and 2015 waves of the International Social Survey Program (ISSP), a cross national attitude survey for purposes of a country comparison analysis. The study thus explores the role of a complex set of individual, socio economic, job characteristics and country level factors influencing the subjective experience of work amongst the employed. More importantly, it presents new South African evidence to strengthen international evidence on the role of attitudes in labour market outcomes.

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**PURDUE UNIVERSITY STUDENT POSTER PRESENTATIONS**

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**Gauging Happiness and Well-Being in a College Town**

Alexandra Adriano, Brett Collar, Megan Conklin, and Sabrina Johnson

**Engineering Quality of Life through Nuclear Power**

Mark D'Aloia

**Eating Happy: The Impact of Food on Community and Individual Well-Being**

Connor Hage

**Relationships between Technology and Well-Being in the New York-Newark-Jersey City,**

NY-NJ-PA Metro Area

Hanson-Lee Harjono

**Culture, Well-Being, and Happiness: The Case of San Francisco, California**

Athena Le

**Wellbeing Through Agriculture**

Anna Long

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**LATE SUBMISSION**

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**Harrod's concept of democratic vs. oligarchic wealth as a framework for reevaluating wellbeing**

Johannes Hirata

Hochschule Osnabrück, University of Applied Sciences, Germany

The objective of this theoretical inquiry is to develop a theoretical framework for the welfare analysis of positional goods that is largely compatible with neoclassical economic theory. Building on theoretical contributions by Roy Harrod, Fred Hirsch, Gary Becker, Amartya Sen, Robert Frank and other authors, I propose to treat positional goods as the objects of stable meta-preferences and to distinguish between two categories of positional goods: positional assets and resource-absorbing positional goods. Obtaining positional goods then typically, though not always, require the acquisition of a relatively large amount of instrumental goods. In this perspective, real income as usually understood (as purchasing power over commodities) turns out to be an upward biased welfare indicator whenever positional goods enter the picture, and this upward bias can be identified rather clearly. As far as the dynamics of positional competition are concerned, it will be argued that it is useful to distinguish, using Roy Harrod's terminology, between democratic aspirations ("keeping up with the Joneses") and oligarchic aspirations ("getting ahead of the Joneses"), and that aspirations should be defined in terms of income-elasticities of demand. To illustrate some promising applications of this framework, the paper concludes with a brief analysis of economic growth.

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