

Socio-economic, psychological and ecological aspects of lifelong well-being

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Abstract. Modern state strategies and development programs of the society are aimed at the improvement of the population quality of life and its well-being. Well-being and ageing of population have become the important theme in the global science. However, there is no separate science or field of knowledge which studies well-being of people and society. This is because of unclear definition of well-being. There is no unique research approach and importance value of well-being for people and society on the whole. The article deals with a new term «common well-being» through indicators of four main aspects: economic, social, psychological and ecological. An indicator system of common well-being for modern people was developed based on two approaches: objective and subjective.

Introduction

In modern world there are synonyms of the term «well-being» such as «happiness», «life satisfaction» and «viability».

The term human well-being has a great variety of definitions; this term is common and combines many economic, social, psychological and ecological indicators. From our point of view, the term «common well-being» of a human living in civilized conditions should include four main aspects: economic, social, psychological and ecological well-being, which are substructures of life quality.

«Common well-being» is a state of human physical, mental and social satisfaction in particular conditions of human activity or a sphere.

It is a human internal state and an outside environment and their combination. The human state may be considered as confidence, calmness, self-containment, openness, confidentiality, sociability and some others. An outside environment (situation) is characterized by good weather; exciting and gainful activities; a prestigious and comfortable place of stay; help from family members and friends; studying; prices on goods and services and other things, which inspire people to satisfy their needs. The inner condition and individual traits of a character will have influence on the situation and behavior of a person.

It is possible to consider well-being from two points of view: well-being from the position of a society and well-being from the position of a person. It allows defining two types of well-being: social well-being (external) and psychological and physical well-being of a person (inner). External well-being is defined by the

role of a person in the society and the attitude of the society towards a person (social evaluation of a well-being person based on dedicated values and solidarity). Inner well-being is defined by a person herself/himself according to her/his individual needs, self-esteem and psychological comfort (taking into account harmony between a person and surroundings).

Therefore, different aspects of well-being are considered and estimated from objective and subjective approaches [1]. Let us take a detailed look at every aspect of common well-being of a modern person.

Materials and methods

Economic well-being of a person.

A definition of economic well-being in our modern world is outside economics and it has socio-psychological, political and ecological overtones. In modern consumer society, money can satisfy many human needs, meanwhile money cannot make people happy. Many theories and speculations could not define the correlation between money and human well-being, especially concerning subjective well-being.

However, there are some economic characteristics which may define internal and external human well-being.

Traditional economics provides an objective approach which estimates well-being within different levels of human incomes and household incomes. Family (individual) income indicator is national measure - GDP (GOI) per capita. This measure characterizes economic well-being of any region or the whole country. Per capita income defines medium income, minimum subsistence income, thrift propensity and a stratification level of

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society (social disparity and income differences of the population).

A subjective approach of economic well-being appeared not long ago, at the end of the 90s and it is the most prominent approach. Subjective economic well-being (SEW) is defined by the level of human material satisfaction (material and financial status). The following psychological indicators are used to estimate subjective economic well-being: socio-economic system satisfaction; differences in an income level depending on places of residence; income distribution satisfaction; a level of financial security and independence; income satisfaction; a consumption level and life quality.

These indicators characterize human attitude towards material valuables, they are connected with psychological changes in cognitive state.

The nature and degree of material influence on human well-being is still a question. According to the theory of C. Ryff, a poor person can be happy and well off [2]. Therefore, the main psychological well-being aspects are harmony, freedom, will, trust.

Social well-being.

Within the concept of E. Durkheim, social well-being is the best society organization based on social solidarity, idea implementation, values, standard of behavior created by collective consciousness [3].

Social well-being may also be estimated by two approaches: objective and subjective. Objective approach describes well-being as social life process from social development progress and it is characterized by social statistics results. Key figures and results of the objective approach can be divided into three levels: macro-, meso-, micro-levels.

A macro-level is figures of a country. The main indicators are Rosstat official figures.

1. The system of national accounts which covers resumptive indicators of institutional economic sectors development which provides consumer services (a general government sector and a private non-profit institutions sector which serves private household, body of persons, charitable organizations, unofficial organizations).

Macroeconomic indicators are defined in each sector: gross value added; gross domestic product; gross national disposable income; consumptive use; gross accumulation; national saving; net lending; net borrowing.

2. Statistical figures of All-Russian Classifier of Economic Activities (ARCEA), where social sphere is non-production activity such as housing and community utilities, institutional care, health care, education, pension maintenance, public services, physical culture and sport, culture and art, science, finance, management.

Meso- and microeconomic indicators are statistical figures of Rosstat regional divisions [4].

The main indicators of objective social well-being at regional and municipal levels are: personal incomes; purchasing power; meal expenses, entertainment and culture; a rate of poor people (whose income is less than living wage); income inequality; a sickness rate (a number of people registered with a diagnose for the first

time in life per 1000 people); an average death rate (for men and women); traffic accidents (one per 100000 people); alcohol death (one per 100000 people); suicides (one per 100000 people); alcoholism (100000 people registered); drugs (100000 people registered); crimes (one per 100000 people); people affected crimes (one per 1000 people); birth rate (one per 1000 people); regional migration (one per 1000 people); children without parental care (one per 100000 people).

A subjective approach considers social well-being as results of man's interaction with society and life processes.

Subjective social well-being is perceived in the light of consumer society and the increasing standard of living. There is a growing standard of living, human aspirations, but satisfaction and subjective well-being is decreasing. In civilized countries with a sufficiently high level and quality of life, members of society are less concerned about physiological needs satisfaction and security needs (Maslow theory of needs).

Nowadays there are rapid social changes which are connected with worries, fears and relations between people, their social relief, self-determination and self-fulfillment.

A subjective approach defines human satisfaction indicators in social interaction and depends on society and human development.

Human development is characterized by her/his abilities to improve her/his life in society; it depends on her/his vitality and abilities to organize her/his living space. Her/His social position, confidence in the future, emotional state, the ability to self-expression depends on human development.

Subjective indicators are reflected in the individual and mass consciousness (public opinion) within the main characteristics of society: health and a level of health care; social payments; job security, transport, services and products of first necessity; property; housing and communal services; education; security (crime rate). They are defined by a survey of different population sectors.

Subjective figures indicators of social well-being may be divided into three groups [5].

The first group – living conditions indicators. They are individual property values, housing and communal services and social infrastructure (location, health organizations, social services, culture, education, sales outlets).

The second group – life-sustaining activity indicators such as:

- individual financial and family condition assessment; professional position and staff identity; information access;
- satisfaction in medical services; social support, food and services prices;
- self – identification as a citizen of a settlement;
- a rate of worries about job loss, a crime level and international strife.

The third rate – social feeling indicators such as a social status, life-sustaining activity and features of social interaction.

Society is characterized by social institutes and organizations.

All social institutes are connected with institute of economics, which is a powerful booster of economic progress and political system development.

Social well-being indicators supplements economic well-being indicators at life and wealth rate. Russian standard of life is the main indicator of effectiveness within socio-economic region politics. However, social comfort is not always characterized by large income and well-being, it may depend on other factors.

Psychological well-being.

Psychological well-being defines a state and peculiarities of human inner world, which are expressed in worries, emotions and behavior.

Nowadays the most popular theory of psychological well-being is psychology well-being - PWB of C. Ryff [2]. According to C. Ryff, psychological well-being is a positive «problem free» human functioning and a biological entity. Its basis is represented by free will and ability to achieve bright functioning not taking into account living conditions and activity implementation.

Psychological well-being is considered as subjective well-being, life satisfaction. The level of psychological well-being is estimated by a person herself/himself according to her/his personal characteristics.

According to C. Ryff's theory there are six main indicators of psychological well-being: goals, competences, self-independence, personal growth, interaction with other people, self-acceptance.

Psychological well-being indicators of a person may be personal characteristics. According to a five factor model of personality, Big five (5PFQ) was developed in the 60s of the last century [6,7]. It is possible to point out five common independent personal characteristics.

1. Extraversion – concentration of interest on external objects: positive emotional mood, sociability, affection.

2. Neuroticism – emotional instability, worries, low self-esteem, shyness.

3. Easy disposition – trustfulness, open-heartedness, sincerity.

4. Honesty – self-discipline, competences.

5. Openness to experience – ability to conceive situations, fantasies, actions, ideas.

A low level of psychological well-being is defined by the negative affections – feelings of unhappiness, life dissatisfaction.

A high level of psychological well-being is defined by positive affections – life satisfaction, happiness.

The main indicators are tension; mood changes, social importance, health evaluation, a degree of life satisfaction (job satisfaction), loneliness, dream qualities, fatigue, optimism towards the future, failure reaction, absent-mindedness, feelings in the morning (afternoon, evening), touchiness, friendliness, punctuality, attitude towards compromises, a level of imagination, creativity, trustfulness and others.

Psychological well-being of a person is impossible to evaluate by the level of mental well-being and behavior competence. Psychological well-being is her/his sanity.

Ecological well-being.

In modern world the term of ecological well-being of a person is considered from the state of her/his physical and mental health. The health state depends on her/his relation with the environment (habitat or living environment) and provides favorable conditions for her/his life. Living environment is considered as a set of two components: natural environment and social conditions. Therefore, environmental well-being is connected with natural and climatic conditions, economic activity of people.

The main indicators of environmental well-being are physical and mental abilities of a person in safe living environment, that is, in natural and social security.

Natural and anthropogenic environmental types of pollution result in natural environment deformation and affect social deformation.

In the Russian Federation ecological well-being is one of the most important spheres of ecological state policy within socio-economic development of the country.

Objective ecological well-being assessment is based on medical and biological aspects studies, ecological and medical problems.

Objective indicators are body changes in physical and psychological health – biological status. Biological status is defined by medical terms: hormonal state, immune status, hematologic state and others [8].

Subjective indicators of ecological well-being at the level of ecological and social psychological problems is based on psychological aspects and ecopsychological researches.

Subjective indicators are ecological consciousness of a person which is studied by ecological psychology. Such indicators are intelligence, personal characteristics, psychological status (life-sustaining activity).

A psychological status is an integrated indicator which characterizes a «person – inhabitable environment» system that contains many indicators of a human inner state (physiological, psychological) and conditions of inhabitable environment (social level).

There are many theories about the influence of inhabitable environment on a human psychological status.

Conclusion

The term of lifelong well-being is complex concept. It is necessary to study different aspects of this term. There are four main aspects of lifelong human well-being: economic, social, physiological and ecological. The analysis and evaluation of these aspects should contain objective and subjective indicators. There are many indicators of objective and subjective indicators, which depend on the level of social development, and personal characteristics (Table 1). The modern scientific goal is implementation of an integral assessment indicator of lifelong human well-being in society.

Table 1. Objective and subjective indicators of personal well-being

Well-being	Objective	Subjective indicators
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	indicators	
Economic	Income per capita (GDP, GRP), minimum cost of living, savings, level of stratification of society (social inequality).	Different levels of incomes of living areas, level of financial security and independence, consumption level и life quality indexes.
Social	At the level of a country (SNA): economy sector development for consumer services. At the level of regions and municipal government: personal income; purchasing power; spendings; illnesses; death rate, birth rate, life expectancy, trans-regional migration; rate of people with income less than minimum cost of living, income gap within 10 % of the highest citizen groups and 10 % of the lowest citizen groups; crime rate (number of crimes per 100000 people); federal subject disaggregation of minimum cost of living; rate of unemployment within ILO approach.	Living conditions indicators: assessment of housing, public utilities and social infrastructure of the place of residence. Life organization indicators: individual assessment of the financial and marital status; health care satisfaction; social protection, the level of prices; identity; worries about job losses, level of crimes. Social health indicators: social well-being, social status and the nature of social activity and social interaction features
Psychological	Psychological well-being is considered as subjective well-being, life satisfaction.	Tension, sensitivity, mood change, social environment importance, health status, daily life satisfaction (work), loneliness, qualities of sleep, fatigue, optimism towards the future, absent-mindedness, a sense of "nice form" condition in the morning (afternoon, evening), resentment, attitude to cleanliness and order, friendliness, the reaction to surprises, punctuality, vulnerability, imagination, taking the initiative,

		diligence, daydreaming, credibility, rigor, communication, weakness, indulgence.
Ecological	Changes in a body functioning at the level of physical and mental health - biological status: hormonal status, immune status, hematological status and other medical parameters.	Parameters of ecological consciousness of a person: intelligence, personality, appearance and characteristics, psychological status as many indicators of mental and physical condition.
Common integrated indicator	Generalized index of human well-being	

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