

Abdul Norzaris

Never Give Up! Applying PERMA to Understand Local Champions for Community Based Tourism in Malaysian Borneo

ABSTRACT

In 2014, the state tourism board of Sabah started the initiative to introduce tourism to rural communities. Initial challenges faced by this endeavour have led Community-Based Tourism (CBT) in Malaysian Borneo to produce success stories for farming communities gaining supplementary income from tourist arrivals within one decade. CBT is a form of regenerative tourism that enhances social sustainability. Extant literature rightly so, tends to focus on "community" factors. However, one element that shines a light on why CBT succeeded in Sabah is the guiding hand of a 'Local Champion'. An individual who motivates the community, navigates the complexities of developing and advancing CBT initiatives based on a tenacity and belief in CBT as a vehicle for socioeconomic growth. But what does the Local Champion gain? It is not always smooth sailing, and every champion was someone who never gave up. This paper presents an insight into the lived experience of Local Champions in CBT to understand why they continue to motivate CBT in rural areas. This paper adopts the PERMA Theory of Well-being as a theoretical lens and employed Interpretative Phenomenological Analysis (IPA) to (i) illustrate the meaning of CBT and (ii) delineate the character strengths (CS) of Local Champions. The research design was qualitative; data was collected through semi-structured interviews with a purposive sample of twelve Local Champions in Sabah. Data analysis occurred at an idiographic level producing Personal Experiential Themes (PET) for each participant. ATLAS.ti version 24 was used for data management. At an inductive level, Group Experiential Themes (GET) generated seven moments labelled as (i) Misompuru - Raising Unity for Strength; (ii) Fostering Youth Successors; (iii) Harmonising Tourism with Culture; (iv) Establishing Hope; (v) Mitatabang: Resilient Hearts Embracing Challenges; (vi) Empowering Communities for Growth; (vii) Sunduvan - One Spirit. GET interrogated against the literature indicate Local Champions possess some key CS including courage, justice, transcendence, humanity, wisdom, knowledge and temperance. Findings indicate Local Champions gain happiness through nurturing communities and thus lead a meaningful life. Findings are contextual but provide insights for rural tourism communities across the globe. Every CBT endeavour needs a champion who will not give up, for the sake of his or her community.

Aeshitu Sali

The impact of Islamic spirituality on Muslim youths psychosocial wellbeing in the New Bell Municipality Douala II, Littoral Region, Cameroon

ABSTRACT

Attaining good health and well-being (SDG3) is vital in every individual's life. Personal wellbeing reflects individuals' experiences of positive mental health. Optimal Islamic philosophical beliefs and practices can enhance the psychological well-being of Muslim youths. This study sought to investigate the impact of Islamic spirituality on Muslim youth's psychological wellbeing. Using a phenomenological research design, a sample of 50 participants comprising 20 Muslim youths and 30 parents were selected purposively, using a snow ball technique. Data were generated using a semi-structured interview guide and a focus group discussion guide, analyzed thematically with the aid of Atlasti version 2.1, designed for qualitative data. Findings showed that aspects of Islamic spirituality like faith practice, connection with the divine, mindfulness and presence, community and social support, morals and ethical values, build

up Muslim youths' psychosocial wellbeing. However, negatively, because some aspects of Islamic spirituality like the recitation and memorization of the Quran, five daily prayers are not integrated in to the educational system, this server as a hindrance to Muslim youth's psychosocial wellbeing and educational flourishing. The study recommends the need for a curriculum that Support students in their spiritual well-being, requires a respectful and inclusive approach that acknowledges and respects diverse perspectives. It recommends for the creation of psycho spiritual activities in schools to boost up Muslim youths psychologically and enhance educational flourishing. Lastly, psycho spiritual counseling are recommended in schools to educate learners on self-efficacy and self-regulation through the positive reframing of their narratives through a spiritual lens

Keywords: psychological well-being, social support Islamic Spirituality, Ritual Prayers,"

Akwesi Acquah

A COMPARATIVE STUDY OF THE E-HEALTH POLICY LANDSCAPE IN SELECTED AFRICAN COUNTRIES

ABSTRACT

"Introduction: National eHealth Policy documents provide a roadmap for the adoption, implementation and evaluation of eHealth initiatives in a bid to prioritize and achieve national health outcomes. However, studies focusing on a comprehensive analysis of eHealth policy documents remain limited on the African continent.

Objective: This study employed a qualitative content analysis research approach to develop a critical argument from previous research by focusing on the content of e-Health policies in three geographically disparate African Countries namely Ghana, Kenya and South Africa.

Methods: The relevant national eHealth policy documents for these three countries were systematically retrieved, screened and reviewed using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) approach. The WHO-ITU toolkit was then used to guide and focus the analysis on three key areas: a) establishing a national eHealth vision, b) developing a national eHealth action plan, and c) monitoring and evaluation mechanisms.

Results: While the study revealed a clear national eHealth vision and implementation road map for all three countries, there were key differences in the scope, maturity and priority areas in their respective eHealth documents.

Contribution and Recommendation: a unique contribution to the body of knowledge by using the ITU-WHO tool kit as a consistent lens to assess and evaluate the national eHealth policy documents of three geographically diverse African countries and offering country-specific recommendations for eHealth policy revision and enhancement in these countries."

Alfonso Sousa-Poza

Oskorouchi, Hamid; Parigi, Marta; Sousa-Poza, Alfonso*Water Access, Point-of-Use Water Treatment, and Quality of Life in Informal Settlements in Sub-Sahara Africa

ABSTRACT

"Assessing the quality of life (QOL) in households requires accurate data on water access and usage, especially in areas with limited access to clean drinking water such as informal settlements in Africa. Globally, approximately one in four people lacks safe drinking water. In the urban informal settlements of the Global South, water infrastructure is often absent, and concerns about water quality are particularly

acute. To combat waterborne diseases, development agencies and NGOs frequently implement point-of-use (POU) water treatment solutions, including ceramic water filters (CWFs).

This presentation focuses on a large-scale and multi-year project funded by the German Ministry of Education and Research and conducted in conjunction with Save-the-Children Kenya and Maseno University, which distributed CWFs to over 1,000 households in Kibera, Nairobi, in September 2023. Each filter was equipped with a water meter to precisely monitor usage over a six-month period. This unique setup not only records the actual volume of water used but also allows for comparison with subjectively reported usage, thereby allowing us to assess the validity of several QOL indicators and Sustainable Development Goals (SDGs) such as, for example, SDG 6 (Clean Water and Sanitation), which relies heavily on household surveys using self-reports for monitoring (e.g. Multiple Indicator Cluster Surveys (MICS) and Demographic and Health Surveys (DHS)).

The upcoming presentation will report findings from the first and recently (April 2024) finalized second waves of data collection and critically assess the implications of self-reported water usage data on measuring QOL in informal settlements in Africa."

Annie Tubadji

Tubadji, Annie*; Boy, Frederic; Alsalem-Alomair, Maryam

Culture and Institutions as Factors for Driving: The Paradox of National Behavioural Patterns

ABSTRACT

Behavioural patterns can be stickily carried by migrants from country of origin to recipient country. We ask to what degree this cultural predictability of behavioural patterns applies to behaviour dependent on other regarding preferences. To operationalize our research question, we offer a Culture Based Development (CBD) style culturally augmented behaviour model for attentive driving. We approximate the culturally based other regarding preferences alternatively with: (i) mono-dimensional cultural taste for fear of failure or (ii) habit of behaviour under certain type of extractiveness of the local institutions in country of origin (quantified with the size of the speeding charge as a share of average wage). We explicitly test the cultural foundation of (i) and (ii) by testing if they are a function of the local cultural milieu that we quantify applying the CBD holistic approach in obtaining the local Living Culture (LC), Cultural Heritage (CH) and Cultural Entropy in country of origin. Our results reveal the Paradox of National Behavioural Patterns. Namely, while we obtain strong evidence for: (a) the statistical significance of local cultural milieu in shaping the cultural taste and the institutional type in the country of origin and (b) we also find evidence that tastes and institutions predict the national typology of the behavioural patterns, still (c) there is no statistical association between the cultural milieu and the national behavioural patterns. This finding withstands a recursive model estimated with 3SLS, Heckman selection modelling and mixed (hierarchical) modelling triangulations.

Anthony Lepinteur Kirsten, Frederich; Lepinteur, Anthony* Reversing the Reversal? A Systematic Reassessment and Meta-Analysis of Wellbeing Research Fierce debate over the feasibility of cardinally measuring utility – or ‘wellbeing’ – with surveys has recently resurfaced. Several prominent papers claimed that when interpreting survey data as strictly ordinal, most of the literature’s results are easily reversed. We systematically assess this claim. To do so, we replicate the universe of wellbeing research published in top economics journals since 2010. In total, we replicate 35 studies, containing 9,183 coefficients. For all coefficients, we assess whether signs of regression coefficients are invariant under all positive monotonic transformations of the scale with which wellbeing is recorded. About 40% of

results cannot be reversed with any monotonic transformation of the scale. Comparatively low reversal risks are observed for the effects of income (19%) and unemployment (8%) as key wellbeing determinants. Once we allow for a mild degree of heterogeneity in mean wellbeing within response categories, these figures increase. To aid the robustness of future wellbeing research, we also estimate models of reversal risk. Generally, reversal risk decreases drastically with the statistical significance of the original estimates. Keeping everything else constant, the risk of reversal of an estimate that is statistically significant at the 1% level is 10 percentage points lower than that of an estimate that is significant at only the 5% level. Likewise, estimates with a clear exogenous and causal identification strategy also have a significantly lower risk of reversibility

Avivit Cherrington

Hope through an African spirituality lens: A way of being (human) in the world

ABSTRACT

There is still a prevalence in mental health and community psychology discourse and literature to view constructs of hope and wellbeing through a Eurocentric lens which focuses on promoting goal-driven behaviour and the attainment of personal/individual life satisfaction. However, for wellness interventions to be successful in communities founded on collectivist-oriented beliefs, values and practices the focus needs to shift towards relational and social hope to meaningfully promote collective levels of wellness for all. This presentation seeks to highlight the interconnectedness between hope as a psychological construct and African traditional spirituality and beliefs. By exploring examples of cultural practices and social norms the aim is to offer a tentative theorization or interpretation of how Eurocentric hope theory and concepts can be seen to manifest differently on the individual, relational and social levels of collectivist-oriented communities. Thus, looking at hope theory through an Afrocentric lens the key pillars of attachment, mastery and survival can be adapted to fostering trust, service to others, and social harmony. As such 'ubuntu philosophy' (an African view of humanness and humanity) can be seen as a way of enacting hope, and thus of being and becoming a hopeful person of good character. The underlying call to action is that by evoking ways of being in the world that promote the values of hope through ubuntu, a remembering of our shared, global humanity can emerge. This offers possibilities for a psychosocial praxis for mental health practitioners and community activists that lights the way in dark times while also building transformative collective action.

Avivit Cherrington

Healers need hope too: Sharing circles for promoting self-care

ABSTRACT

"Health care professionals and service providers experience high levels of emotional stress and burnout yet are usually the last to reach out for support. Who gives hope and healing to those on the frontlines promoting the mental health of others, and what strategies do they engage in to promote their own personal health and wellbeing in the face of recent societal upheavals and surmounting global insecurities?"

Sharing / talking circles have long been used by indigenous communities when people gather to discuss a shared issue or concern, and serve as opportunities for promoting voice, empathic listening and fostering collective co-learning. Sharing circles emphasize restoration of balance, fostering connectedness and trust. In the Circle everyone is present and acknowledged, and all forms of sharing

are recognized (including stories, song, non-verbal expression, silence and reflection). This presentation explores how enacting an adapted approach of the sharing circle method can create an inclusive holding space for those present to share stories of coping and self-care with the intention of fostering hope and acceptance for those who are often the last to receive it. Feeling socially connected and valued are critical aspects of wellness, therefore self-care can be situated as a relational and social practice, and as a catalyst for creating caring communities and transformative change."

Bailey CI Allan

Allan, Bailey CI*; Kagee, Ashraf

Caring for people living with Motor Neuron Disease: A qualitative study of challenges and coping among informal caregivers in South Africa

ABSTRACT

Motor neuron disease (MND), also known as Amyotrophic lateral sclerosis (ALS), is a progressive and fatal neurodegenerative disease. Africa is expected to experience a 116% increase in MND cases, the largest increase globally (Arthur et al., 2016; Henning et al., 2021). However, the literature primarily focuses on the hardships of caregivers of MND patients in high-income countries, leaving those from low- and middle-income countries, such as South Africa, relatively under-represented. This study aims to address this gap by collecting data from informal caregivers of individuals living with MND across South Africa, highlighting their lived experiences of caring. Given the absence of a cure for MND, those who have the disease and those who care for them have complicated needs that can only be effectively met by a multidisciplinary team. State support and privately paid assistance are often unavailable or unaffordable for people with diseases, especially in developing countries, leading to care and assistance being frequently provided by unpaid family members or the local community. Our thematic analysis revealed a significant burden of caregiving among informal caregivers, with two main domains: (a) objective burdens of care, which include duties and responsibilities resulting in disruption in all domains of the caregiver's life, leading to reduced physical, social, and financial well-being, and (b) subjective burdens of care, where the emotional impact of caring (depression, anger, anxiety, and loneliness) is closely associated with a perceived loss of self and the loss of affection between recipients. Additionally, the burden of care was exacerbated by several factors, including misdiagnosis, delayed diagnosis, lack of knowledge about MND, difficulties with medical staff, and a lack of available support. Providing informal care to an individual with MND has far-reaching implications for the emotional, physical, social, and financial well-being of caregivers. This study seeks to enhance the understanding of the challenges experienced by informal caregivers caring for MND patients in South Africa, contributing to tailoring coping interventions to improve the quality of life for the MND community.

Barbra Elsa Kiconco

Kiconco, Barbra Elsa*; Greco, Giulia; Kinyanda, Eugene; Katumba, Kenneth; Laurence, Yoko; Tenywa, Patrick; Sekitoleko, Isaac

Effects of integrating mental health care into routine HIV care on the subjective wellbeing of adults living with HIV and Depression in Uganda.

ABSTRACT

"Sub-Saharan Africa accounts for 70% of the global burden of HIV and 30% of people living with HIV (PLWH) suffer from depression. Depression in PLWH is associated with poor adherence to HIV treatment,

risky sexual behaviour, increased utilisation of health resources, increased mortality rates but also overall poor quality of life. Depression and anxiety have also been associated with reduced happiness and life satisfaction. This paper explores the impact of integrating mental health care into routine HIV care on the subjective wellbeing (SWB) of PLWH and depression, using a randomised controlled trial design.

1115 participants were randomly assigned to either the HIV and depression arm (HIV+D) or the enhanced usual care (EUC) arm in a 1:1 ratio across 40 HIV clinics in Uganda. They were screened for depression, received psychoeducation, and an average of 5 behavioural activation sessions. Therapy was delivered by lay health workers, who received 5-day trainings, refresher trainings and supervision. SWB was quantitatively measured using 10-point rating scales (happiness and life satisfaction) and self-reported data was collected at baseline, 3 months, and 12 months. Data was analysed using mixed effects models to account for clustering effects and baseline imbalances.

Life satisfaction was at 3 months marginally higher in HIV+D arm compared to EUC arm [adjusted mean, 7.9; (95% CI 7.4-8.3) vs. 6.7; (95%CI 6.2-7.2)], adjusted AMD 1.2; (95% CI, 0.5-1.8; P=0.001), difference was sustained at 12 months [adjusted mean; 8.2; (95% CI 7.8-8.6) vs. 7.28; (95% CI 6.9 – 7.7)], AMD 0.9; (95% CI, 0.3-1.5; P=0.002).

Happiness scores reflected similar trends [adjusted mean, 7.7; (95% CI 7.2-8.1) vs. 6.7; (95%CI 6.2-7.2)], adjusted AMD 1.0; (95% CI, 0.3-1.7; P=0.004), difference was sustained at 12 months [adjusted mean; 8.1; (95% CI 7.7-8.5) vs. 7.34; (95% CI 6.9 – 7.8)], AMD 0.8; (95% CI, 0.1-1.4; P=0.018).

The results of the RCT suggest that patients who received HIV+D were happier and more satisfied with their lives compared to the control group.

Keywords

HIV, Depression, Subjective Wellbeing, Mental Health."

Benjamin Roberts

A resilient nation? Quality of life and political support in South Africa

ABSTRACT

The past decade has seen a dramatic decline in levels of satisfaction with the functioning of democracy as well as political trust in the country. In addition, there remains deep unhappiness with basic government-provided services for many. This has contributed to widespread protest action, leading to claims of a 'rebellion of the poor'. South Africa is not unique in such developments, leading political scientists to question whether the world may be entering a time of democratic decline. Against this backdrop, this chapter examines the relative influence of political support measures on subjective personal well-being in the country. Whether or not this has adversely affected satisfaction with life-as-a-whole, as well as specific domains of wellbeing, remains poorly understood. Using data from the South African Social Attitudes Survey (SASAS), the survey will profile inequalities in quality of life using single-item and composite measures of personal wellbeing, and how different political trust measures have dented the resilience that South Africans tend to demonstrate in the face of adversity. In examining the correlates of subjective wellbeing, a multi-dimensional approach to political support will be adopted, in line with the conceptual models of David Easton and Pippa Norris. This covers diffuse political support measures such as national pride and attachment to democratic principles, through to more specific forms of political support, including satisfaction with democracy and key aspects of government performance, institutional trust, and trust in leadership. The chapter concludes by reflecting what these associations might mean politically in coming years.

Carin Hill

Theron, Anike; Mabitsela, Tshegofatso; Hill, Carin*

Subjective Well-being within a South African Workplace: A Scoping Review

ABSTRACT

"Research on subjective well-being (SWB) in the workplace is important to organisations as it provides valuable information on contributing factors to employee well-being, educates organisations on how to reach positive organisational outcomes, assists organisations in informing employee well-being policies and practices, and provides a framework for understanding overall employee well-being. While a few studies have examined and summarised SWB research within the South African work context, these studies are dated. A scoping review of existing literature concerning SWB within the specific South African organisational context over the last ten years is notably absent.

To understand the current state of SWB in South African organisations and plan for future research projects, it was necessary to systematically explore the current South African research through a scoping review. In doing a scoping review it will be possible to identify gaps in research and synthesise key findings to inform future strategies that could foster a more supportive and thriving work environment, cultivating optimal SWB.

Our research involved reviewing existing South African work-related qualitative and quantitative literature between 2013 and 2023 on SWB in the South African work context, examining research methods used, identifying SWB constructs studied, analysing antecedents and outcomes of SWB, and noting limitations in current South African SWB research. Additionally, we presented recommendations for SWB research and practice."

Carmine J Rustin

Rustin, Carmine J*; Ratele, Kopano

Happiness amongst rural and urban high-school students

ABSTRACT

Besides factors in our immediate personal life, what sorts of things in our social and economic environment make us happy? How, for instance, does living in a rural area, in contrast to an urban one, influence subjective well-being? In this presentation we draw on the data from a recent study which examined views on happiness of high-school students in urban and rural Western Cape, South Africa. Employing photovoice methodology, and informed by feminist and situated psychological perspectives, the qualitative study included 6 focus groups at 3 high schools: 3 groups of young men and 3 groups of young women. Two of the high schools are based in rural Western Cape and one high school within the Cape Town city municipality. Interviews were further held with the different teams of students to collect their photo-narratives. Data was subjected to thematic analysis. In this presentation, we report on participants' views on happiness using rural and urban as a key category of analysis. We explored whether there is congruence or divergence in how rural and urban youth speak and think about happiness and what makes them happy. As this study was done amongst high school students, it holds potential value for researchers, policy-makers, activists, individuals and communities seized with questions of happiness among high-schoolers and more broadly.

Caryn Abrahams

Abrahams, Caryn *; Mushongera, Darlington

Socio-Spatial (in)equality as quality of life in the Gauteng City-Region

ABSTRACT

"Spatial inequality remains a persistent challenge in South Africa's Gauteng City-Region (GCR), with uneven housing development and socio-spatial inequalities affecting both individual households and neighbourhoods. The proposed policy direction emphasizes the importance of resident and community-led strategies for building sustainable human settlements, rather than just infrastructure provision. This paper presents emergent research, based on the Gauteng City-Region Observatory's Quality of Life Survey. It aims to analyse socio-spatial inequality in the Gauteng City-Region, alongside infrastructural inequality, to better understand the social capacities and spatial practices of neighborhood residents. Socio-spatial inequality measures associational life and community strength in different neighborhoods, revealing rising social isolation, mistrust, polarization, and anomie, as well as the opposite of these, conviviality, solidarity, cohesion, and trust. The study addresses two thematic areas: poverty, inequality and social mobility, and social marginalization, inclusion, and social cohesion. The project will use data on tenure types and income levels across different spatial units within the GCR and link spatial inequality measures to a socio-spatial index.

This study aims to understand urban change in the Gauteng City-Region by examining spatial inequality and socio-spatial inequality. Three data analytical methods will be employed: Exploratory Spatial Data Analysis (ESDA), construction of indices, and cluster analysis. ESDA uses spatial statistical techniques to identify similarities or differences among units of analysis and their characteristics. Indices will be constructed using a formative method, with the spatial inequality index providing a summary of selected questions to measure spatial inequality in the Gauteng City-Region. The socio-spatial index will depict aspects of belonging, relational, and associational elements of neighborhoods. Cluster analysis will uncover hidden patterns and possible socio-spatial dynamics. The results will be displayed in visual forms, supplemented by land cover datasets. The study aims to provide a unique perspective on spatial change by focusing on residents' sense of place, agency, and belonging, as well as positive and negative associational aspects of neighbourhoods. The approach could be used to reframe policy choices about spatial transformation and inclusive cities, highlighting spatial mismatches in current policy directions."

Chinenye J. Aliche

Aliche, Chinenye J.*

Posttraumatic stress disorder symptoms and quality of life in trauma survivors. Role of mindfulness

ABSTRACT

Objective: The incessant attack by the Fulani herdsmen on the farmers in South-south Nigeria has led to the death of many individuals. Survivors of this kind of attack are at increased risk of experiencing posttraumatic stress disorder symptoms (PTSD) which may impact negatively on their quality of life. Mindfulness is a positive psychological resource that is known to protect against negative psychosocial outcome. Although a direct relationship between these variables exists, to our knowledge, previous research has not explored their interaction effect. The present study examined whether mindfulness moderates the relationship between the symptoms of posttraumatic stress disorder and quality of life among survivors of herdsmen attack.



Method: The pool of participants consisted of 298 survivors drawn from a community in Rivers state, Nigeria, participated in this study. The participants completed relevant self report measures. Hayes PROCESS macro for SPSS was used to test the moderation hypothesis.

Results: Results showed that PTSD symptoms of avoidance, negative alteration in cognition and mood (NACM), and alteration in arousal and reactivity (AIAR) were independently associated with poor quality of life at low, but not at average and high levels of mindfulness. Intrusive symptom of PTSD was associated with poor quality of life at low and average, but not at high levels of mindfulness

Conclusion: We concluded that psychological interventions geared towards promoting the quality of life of survivors of herdsmen attack should consider integrating mindfulness-based therapy for its protective nature in improving positive health outcomes and recovery.

Keywords: Trauma, mindfulness, and quality of life."

Christian Hamann

Hamann, Christian*

An analysis of microscale segregation and socio-economic sorting in Gauteng

ABSTRACT

Democracy in South Africa inspired countless actions to repair the effects of apartheid. Key aspects of transformation included the extent to which people who were previously segregated by race would become spatially and socially integrated and how wellbeing could be achieved for all race groups. This research analyses racial segregation and socio-economic sorting in Gauteng from a unique microscale perspective to answer three questions about post-apartheid urban form. The first considers the relationship between racial diversity and residential expansion and shows how some residential development leads to desegregation while other residential developments perpetuates segregation. The different development impact equal access to opportunity. The second inquiry analyses how racial mixing contributes to class mixing to show that income inequality remains high despite considerable desegregation. Thus, well-being is not the same for all residents of the same area. The third inquiry is concerned with patterns of microscale socio-economic sorting in desegregated neighbourhoods, and specifically how the housing characteristics shape neighbourhoods and differences in well-being. Together, the three inquiries highlight continued segregation in some suburbs, and nuances in the nature of desegregation in others. Macroscale analysis in Gauteng shows that racial-residential segregation continues to happen in and around townships and is associated with low-cost housing developments. Quality of life in these settlements remain low. Desegregation is evident in the central suburban areas and is associated with mostly middle- to high-income housing and spaces with higher quality of life. Although significant racial-residential desegregation has taken place in former whites-only neighbourhoods, the association between space and class in Gauteng has not changed significantly and spatial transformation is slow. The effect is seen in the reproduction of inequality and significant well-being differences between segregated and desegregated spaces. The analysis reveals barriers and opportunities for future spatial transformation and highlights the potential role of public and private housing expansion in shaping equality of opportunity.

Christopher Barrington-Leigh

Barrington-Leigh, Christopher*

Differences across Africa in distributions and trends of life satisfaction

ABSTRACT

"Building on my recent analysis of focal value rounding (FVR) patterns in responses to numerical subjective wellbeing questions, this paper sets out to understand the stark differences in the distributions of cognitive life evaluations observed across African countries.

Using individual response data from the Gallup World Poll, the World Values Survey, and the Global Flourishing Study, I show how to interpret and analyze differences and trends in life satisfaction and Cantril's Ladder.

The FVR model corrects for respondents' tendency to answer 0, 5, or 10 when their "true" value may be something else.

Without taking it into account, FVR poses a serious problem for the analysis of cross-country differences, as well as for important relationships between objective measures of welfare and subjectively-reported wellbeing. For instance, those with higher education and income tend to exhibit FVR less. Additionally, different African countries and different cultures, more generally, appear to have different tendencies to use FVR, and possibly different proclivities for responding with the top value, or middle value, in particular.

As subjective wellbeing becomes more widely measured within Africa, and as governments begin to see "good lives" measured this way as a primary objective, it is increasingly important to understand confidently the quantitative comparability and interpretation of subjective wellbeing."

Conchita D'Ambrosio

D'Ambrosio, Conchita*

The Hidden Cost of Coping Strategies on Mental Health during COVID-19

ABSTRACT

We investigate the mediating role of income-support measures in the association between mental health (depression and anxiety) and the socio-economic effects of the COVID-19 pandemic. We focus on younger (19-26) individuals in four developing countries (Ethiopia, India, Peru, and Vietnam). Using Structural Equation Modelling, we find that only greater indebtedness and having received assistance from relatives and friends significantly affected mental health. We estimate that these additional stressors add 16% to the direct effect of the pandemic.

Dabesaki Mac-Ikemenjima

Mac-Ikemenjima, Dabesaki*

Philanthropic Socialisation and Aspirations: Exploring Contextual Drivers of Young Elite Giving in West Africa

ABSTRACT

The concept of African philanthropy, emphasising the role of culture and local giving in addressing social or communal problems that affect development and wellbeing in Africa, has increasingly gained root over the last two decades. However, very little is known about whether youth, in general, or young elites (middle class and high net worth individuals), in particular, give financially to address these problems, and if so, what factors drive their giving. Drawing on the concepts of political socialisation and



aspirations, this paper explores giving among young elites in the West African countries of Ghana and Nigeria, and the factors that influence their giving. Data for the paper derives from 16 semi-structured interviews with individuals aged 21 to 35 in Ghana (7) and Nigeria (9) conducted for a wider study of young elite philanthropy in West Africa. The interviews focused on the extent to which participants gave financially to social causes and what factors influenced their giving. Preliminary findings show that a majority of the participants gave to social causes related to wellbeing, including education, health and child development, and were willing to continue doing so for the long term. Those who did not give aimed to first attain financial security and resilience before allocating resources to communal or social issues. Willingness to give financially was expressed both in present and aspirational terms, meaning the ability to give in future was contingent on an expectation of increased income and assets. Interestingly, most participants expressed scepticism on giving to nonprofit organisations, citing lack of accountability, transparency and impact. Further, almost all participants cited their parents' (mainly mother's) giving behaviour as influencing their giving, with only a small number mentioning religion. This suggests that like political socialisation, 'philanthropic socialisation' could play a role in youths' giving behaviour, intentions and attitude. While based on a limited sample, the findings also have relevance for further examining the assumptions underlying African philanthropy, particularly on the role of culture. In addition, while this may be true for previous generations, to what extent is culture an influence on the giving behaviours and intentions of millennials and gen zs?

Damilola Fisayo Adebayo

Adebayo , Damilola Fisayo *; Mohd Hashim, Intan Hashimah ; Bono, Suzanna

Character virtues and adolescent flourishing in Southwest Nigeria: The mediating role of strengths use

ABSTRACT

According to wellbeing research, character strengths and virtues have a well-documented impact on the flourishing of many populations, including adolescents. However, there is little information about how the usage of strengths mediates the relationship between character virtues and adolescent flourishing in Nigeria. While flourishing is essential for well-being and positive human development, promoting flourishing through character virtues entails utilising one's unique strengths and virtues for optimal feeling and functioning (that is, flourishing). As a result, the purpose of this study is to examine the extent to which the use of character strengths impacts the flourishing of adolescents in Southwest Nigeria. Using a cross-sectional survey approach, data was obtained from 2123 in-school adolescents aged 13-17 years (Mean= 14.30, SD=1.03) from three states selected through multi-stage sampling in Southwest Nigeria. A paper and pencil questionnaire was used to collect demographic information, measure character virtues, strengths use, and adolescents' flourishing. The scales used in the study included the 98-item VIA inventory, strengths use scale and flourishing scale. Version 4.3 of the Hayes process macro was used for testing the mediation analysis. The study found that using strengths mediated the relationship between the character virtues of wisdom, courage, humanity, justice, temperance, and transcendence. The study's findings also revealed significant changes occurred in the influence of character virtues on adolescents' flourishing when strengths use was used to mediate the relationship between character virtues and flourishing. The findings demonstrated that character virtues have a greater impact on adolescent flourishing when they are engaged. The findings supported the positive psychology literature that the use of character strengths is critical to experiencing wellbeing since using



character creates an opportunity for obtaining the best advantage from character virtues, which includes flourishing.

Daneel D Van Lill

Van Lill, Daneel D*; Kirsten, Frederich

UNLOCKING HAPPINESS: EXPLORING THE NEXUS OF THE GROSS NATIONAL HAPPINESS PROJECT, LEADERSHIP COACHING, THE HIERARCHY OF COMPETENCIES, AND A2B PRINCIPLES

ABSTRACT

The Gross National Happiness (GNH) Project was introduced by the King of Bhutan, Jigme Singye Wangchuck, in the 1970s as a development philosophy. It was introduced as a response to the prevailing notion of using Gross Domestic Product (GDP) as the sole measure of a country's progress and prosperity. Instead of solely focusing on economic indicators, the GNH aims to measure the overall happiness and well-being of the people. With Leadership Coaching, we can promote leadership strengths within organisations and align them with GNH objectives and the United Nations Sustainable Development Goals (Goal 4: Quality Education, Goal 5: Gender Equality, Goal 8: Decent Work and Economic Growth, Goal 10: Reduced Inequalities, Goal 12: Responsible Consumption and Production, Goal 13: Climate Action, Goal 17: Partnerships). By using the theory and practice of the Hierarchy of Competencies, leadership coaches can also develop leaders' skills in promoting happiness and well-being. This includes building self-awareness of their learning process, emotional intelligence, and mindfulness, enabling them to understand their values, strengths, and areas for growth. As leaders progress through the Hierarchy of Competencies, leadership coaching supports the development of interpersonal skills, such as effective communication, collaboration, and empathy, fostering positive relationships and trust within organisations. In economics and business studies, "A2B" typically means "Aspirational to Behavioural". This refers to a process where individuals or organisations aspire to achieve specific goals or outcomes (the "A" or aspirational stage) and then take the necessary actions to translate those aspirations into actual behaviours or practices (the "B" or behavioural stage). We propose the idea that by integrating GNH objectives, the theory and practice supporting Leadership Coaching, the Hierarchy of Competencies, and A2B, leaders can create environments that support the overall happiness and fulfilment of their teams and stakeholders. This promotes sustainable, responsible leadership practices aligned with the goals of the GNH Project.

Datius T Mutangira

Mutangira, Datius T*

Ubuntu pedagogy in early childhood education: Transforming educational practices in Tanzania from the grassroots

ABSTRACT

"The concept of Ubuntu pedagogy has been explored since time immemorial in Africa, however it remains unknown to many. This is because most of the education systems in many African countries have always been built from a Eurocentric perspective. Despite the Eurocentric learning practices, Africa is still faced with subjectivism and colonial mentality that lies within the school systems. This paper therefore, brings forth the African indigenous philosophy, specifically Ubuntu pedagogy, for transforming education practices from early childhood learning. Thus, this study does not water down the role of western education practices in Africa but unveil the hidden potentials of Ubuntu philosophy for building a

self-determined learning, humanity towards others and nurturing the minds of children. Hence, the study provides answers to various questions such as; what is Ubuntu pedagogy in Tanzania early childhood context? What are the transformative tendencies of Ubuntu pedagogy, and how is Ubuntu pedagogy relevant in early childhood classrooms for transforming teaching/learning practices? The study concludes that Ubuntu pedagogy promotes a humanistic early childhood classroom learning environment where every individual feels empowered and every child can learn to their maximum potential. The study recommends that for effective African emancipation, the education systems ought to be transformed by employing indigenous pedagogies in children early years of schooling.

Key words: Ubuntu pedagogy, indigenous education, early childhood, Eurocentric, transformative education"

Derick Blaauw

Blaauw, Derick*; Fourie, Alica; Saayman, Andrea

How bad is the hangover? Informal tourist vendors' subjective wellbeing in the aftermath of COVID-19 – a case study of Mpumalanga, South Africa

ABSTRACT

"Informal entrepreneurship, particularly within the tourism sector, plays an integral role in the economic fabric of South Africa. Informal entrepreneurial activities are a crucial and distinctive feature of the South African economic landscape (WTO, 2019). Like many other participants in the informal economy (see e.g. Schenck et al., 2020), street vendors selling arts and crafts to local and international tourists are structurally vulnerable, with nothing to fall back on during exogenous shocks like the COVID-19 pandemic. The impact of the travel bans at the time of the pandemic on the lives, livelihoods and the subjective well-being (SWB) of these informal vendors were indeed calamitous. Although the world is seemingly leaving the pandemic behind, the medium- and longer-term effects on the structurally vulnerable sections of the informal economy is still with us.

This study therefore delves into the SWB of informal traders serving local and international tourists in the aftermath of the COVID-19 pandemic – using the popular tourist area of Mbombela in South Africa's Mpumalanga province as a case study. We examine the interplay between employment, income, and SWB, given their susceptibility to external shocks.

A structured questionnaire was interviewer administered to informal entrepreneurs at the prominent tourist attractions in the surrounding area of Mbombela during the first two weeks of April 2024. Altogether 88 questionnaires was completed. These are currently being scrutinised and the final number used in the data analysis will be determined hereafter. The data analysis will include the use of multivariate statistics as well as regression analysis.

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Ferdi Botha

The effects of commuting and working from home arrangements on mental health

ABSTRACT

In this study, we quantify the causal effects of commuting time and working from home (WFH) arrangements on the mental health of Australian men and women. Leveraging rich panel-data models, we first show that adverse effects of commuting time manifest only among men. These are concentrated among individuals with pre-existing mental health issues, and they are modest in magnitude. Second, we show that WFH arrangements have large positive effects on women's mental health, provided that the WFH component is large enough. The effects are once again concentrated among individuals with pre-existing mental health issues. This effect specificity is novel and extends beyond Australia: we show that it also underlies the adverse effects of commuting time on the mental health of British women. Our findings highlight the importance of targeted interventions and support for individuals who are dealing with mental health problems.

Frederic Boy

Boy, Frederic*; Morgan, Jay; Greyling, Talita; Rossouw, Stephanie

Classifying Collective Emotions through Deep Learning: Neural Network for Phenotyping Human Online Behaviour

ABSTRACT

"A robust understanding of subjective well-being is indispensable for enhancing future prosperity, public health, and social cohesion. However, prevailing economic indicators such as gross domestic product (GDP) fail to capture the complexity of human flourishing fully. However, constructing metrics that align more closely with people's self-reported life satisfaction remains an ongoing challenge [3] and most existing well-being metrics depend on census survey data that lag in timely relevance and risk human response biases, undermining robustness. To solve this issue, common to many research efforts in the social sciences, and increase the temporal frequency at which well-being metrics are measured, we took to validate the use of digital epidemiology on keyword searches trends time-series on the Google search engine. The present research proposes a paradigm shift towards a real-time, multivariate well-being measurements by leveraging technological advances in Artificial Intelligence (AI). In doing so we are enabling a responsible approach to AI to power benefits for everyday life.

We have developed a dynamic Deep Learning technology, based on the Long Short-Term Memory architecture, the type of recurrent neural networks that currently powers Large Language Models, and enable unprecedentedly powerful timeseries clustering and classifications. We use a combination of English-language emotion words suggested to capture affect in delivering Positive and Negative Affect Schedule (PANAS) and neutral words. This set of keywords was sampled hourly from Google Trends for 5 years (2715720 data points in total, starting 1st January 2018 at 00:00).

Results show that, over the course of an average day or an average week, keyword searches volumes are not stochastic and patterns can be predicted precisely: For instance, most emotion words tend to possess a stereotypical search temporal pattern with volume increasing in the evening and peaking in the early hours of the day (02:00-0.3:00), while Neutral keywords cluster around very different temporal distribution patterns.

This systems-based approach will empower policymakers with actionable insights into the complex interdependencies between human well-being, social equality, ecological sustainability, and economic

growth. The present Deep Learning architecture provides unprecedented granularity in aspects of the individual underpinnings of contemporary bigdata-based measurement societal wellbeing, a key driver of societal flourishing across multiple dimensions.

The combination of this AI technology with econometrics-standard and objective indices and survey measurements will afford researchers and policymakers with a new means of accelerating the detection of societal change and careful triangulation of industry data, population-level surveys and search engine trends data will help address some of the limitations inherent to the sporadic and potentially biased nature of social data collection."

Frederik Booysen

Booyesen, Frederik*; Botha, Ferdi

Socio-Economic Status and the Family's Role in Achieving Health and Well-Being for All

ABSTRACT

The family, as the oldest and most universal of institutions in society, represents an important pathway to realising the third sustainable development goal (SDG) of health and well-being for all. While the associations in South Africa between SES, family functioning and well-being are relatively well established, this research has not as yet fully explored how quality-of-life dynamics play out in families. The aim of our paper is to explore the family's role in realising SDG3. Using data from the Gauteng City Region Observatory's seventh Gauteng Quality of Life Survey conducted in 2023/24, we employ Structural Equation Modelling (SEM) to determine whether the extent to which family functioning predicts health and well-being, differ by socio-economic status (SES). For higher and lower SES, measured using a household wealth index, we specify a direct effect of family functioning on health and well-being. Our measure of family functioning is the three-item Brief Assessment of Family Functioning Scale (BAFFS) and our measures of health and well-being include physical health, mental health (PHQ-2), and global life satisfaction. We also specify indirect mediating effects in the model, which allows us to determine through which family-relevant domains of satisfaction an improvement in family functioning enhances individual health and well-being among the poor as opposed to the affluent. For the mediators, we use self-reported satisfaction with family life, with personal money and time, with leisure time, and with friends. To account for the potential role of family structure in moderating these direct and indirect effects, we use information on household size and composition and the household head's sex.

Frederich Kirsten

Kirsten, Frederich*; Biyase, Mduduzi; Pretorius, Marinda

Beyond Wealth: Unveiling the Role of Subjective Well-Being in Pro-Environmental Perceptions

ABSTRACT

In the context of escalating climate change and environmental degradation, examining individuals' pro-environmental perceptions is crucial for addressing these human-driven crises. While numerous studies have explored the determinants behind pro-environmental perceptions, these studies focus primarily on socioeconomic and objective factors, less attention has been given to subjective factors, such as subjective well-being. Recognizing that environmental perceptions are fundamentally social constructs shaped by personal experiences, societal norms, individual values and other subjective interpretations, this study aims to assess the impact of subjective well-being on pro-environmental perceptions across 64 countries. Utilizing data from the World Value survey Wave 7 and employing mixed effect regressions,

the findings show that there is a positive and significant relationship between subjective well-being and pro-environmental perceptions. Notably, the analysis reveals that the relationship between subjective well-being and environmental perceptions varies significantly by income group, with a stronger association observed among lower-income individuals. This suggests that the link between subjective well-being and environmental perceptions goes beyond wealth and post-materialist notions. By addressing time variance, endogeneity, and country-specific effects, the study confirms the robustness of these findings, underscoring subjective well-being as a potent driver of pro-environmental perceptions, especially among lower-income individuals. Moreover, the findings highlight the need for policymakers to integrate subjective well-being into environmental policies. Such integration could improve public engagement in environmental initiatives, especially among low-income households where the relationship between well-being and pro-environmental views is most pronounced.

Frederich Kirsten

Kirsten, Frederich*; Hains, Bryan; Kristina, Hains

It Takes a Village: Addressing Gun Violence and Enhancing Community Well-Being Using Integrated Community Leadership

ABSTRACT

Globally, a wicked social problem is impacting the well-being of our communities - gun violence. Gun violence, while pertinent in the past few decades, has recently seen substantial spikes across the United States. In fact, between the years of 2019 and 2021 there was a 45% increase in gun-related homicides and a 10% increase in gun-related suicides. Furthermore, in 2021, the United States reached a record number of gun-related deaths. Much of this was attributed to social instability associated with the COVID-19 global pandemic. This phenomenon was mirrored in the state of Kentucky as well. Specifically, Lexington, Kentucky, where Lexingtonians experienced record numbers of gun-related homicides for three consecutive years. To add to the anguish, a large portion of the homicides and shootings were associated with youth and young adults ages 13-29. It was this uptick in violence that spurred community leaders to take direct action. In 2017, Lexington Mayor's Office formed ONE Lexington to create awareness, coordinate community initiatives and provide interventions to reduce youth and young adult gun violence. The initiative underwent new leadership in 2021 - when the mayor appointed a rising community leader and activist raised in the local community. Our presentation is a summation of how ONE Lexington, and the Lexington community, enhanced community well-being by reducing youth and young adult gun violence by 50% within three years using an Integrated Community Leadership approach. Presenters will discuss international implications for using integrated community leadership to address community wicked problems.

Giulia Greco

Chesang, Caroline; Leurent, Baptiste; Fabbri, Camilla; Mumbyazi, Godfrey; Wilfred, Amani; Shayo, Elizabeth; Barongo, Vivien; Devries, Karen; Greco, Giulia*

Exploring the relationship between experiences of violence and subjective wellbeing: a cross-sectional survey among school teachers in Nyarugusu refugee camp in Tanzania

ABSTRACT

"Background and objectives: Experiences of violence have been reported to be associated with lower levels of Subjective Wellbeing (SWB). However, little is known on this association in conflict settings and

among forcibly displaced populations. In this study we exploit data from a representative sample of refugee teachers from Nyarugusu Refugee Camp collected as part of a larger study, to examine the association between demographic characteristics and SWB, and between experiences of violence and SWB.

Methods: Three cross-sectional surveys of primary and secondary school teachers were conducted, collecting data on lifetime experience of violence and SWB (measured by life satisfaction and current happiness, on 1-5 Likert scales). Linear mixed models were used to estimate the associations between violence and SWB accounting for teacher and school clustering, unadjusted and adjusted for main factors associated with SWB.

Results: The three surveys included 1,666 responses completed by 885 teachers. Country of origin and number of meals consumed per day were strongly associated with SWB. Individuals who experienced physical violence reported 0.13 lower life satisfaction scores (95% CI: -0.23 to -0.02, $p=0.016$), while survivors of sexual violence reported 0.24 lower happiness scores (95% CI: -0.43 to -0.05, $p=0.014$), after adjustment.

Conclusions: We found an important negative association between past experience of violence and SWB in a refugee camp setting. These findings contribute to the evidence that violent experiences are likely to have a long-lasting impact on people's wellbeing. There is a need for improved mental health and psychosocial support in humanitarian settings.

Keywords: subjective wellbeing, violence, refugee, Nyarugusu, Tanzania"

Glenn Adams

Adams, Glenn*; Osei-Tutu, Annabella; Dzokoto, Vivian ; Kenin, Abraham; Omar, Syed Muhammad
Decolonial Considerations in Conception and Measurement of Well-being: Insights from Research in Ghana

ABSTRACT

Standard approaches to well-being, rooted in euro-modern individualist lifeways that disproportionately inform hegemonic psychological science, valorize promotion-oriented habits of mind and ways of being that emphasize self-expansion, personal growth, and individual fulfillment. A decolonial perspective, rooted in epistemic foundations of engagement with diverse Majority World communities, illuminates the coloniality that constitutes these euro-modern individualist forms. Simply put, ways of well-being that hegemonic perspectives portray as normal and good may be unavailable or even inimical to well-being of people in marginalized settings of the Majority World. We discuss this possibility by sharing insights from a program of research in diverse Ghanaian settings. Initial steps of the research program emphasized qualitative methods to explore local conception and experience of well-being. Later steps of the research program added quantitative methods, using measures derived from initial qualitative research, to test hypotheses about variation in experience of well-being. Results of the ongoing research program suggest conceptions and measures that extend the study of well-being in three important ways: (1) from individual well-being to collective well-being, (1) from high arousal happiness to low-arousal peace of mind, and (3) from socially disengaged to socially engaged emotions. Rather than promotion-oriented striving for optimal individual experience predicated on open-system delusions about possibilities of endless growth, these prevention-oriented forms emphasize sustainable ways of well-being adapted to realities of constraint.



Habib Tiliouine

TILIOUINE, Habib*; Adnane, Zohra

Children's Quality of Life in Algeria: A North African Country

ABSTRACT

"In recent years, research on Quality of Life (QoL) in Africa has made significant advances, concerning both the general population and youth. Notably, in the Northern region of the continent, numerous studies have succeeded to portray the realities and genuine needs of children in Algeria. This is particularly crucial considering that more than two-thirds of the country's 45 million population are young.

Utilising a multifaceted approach drawing from various research sources, notably the International Survey of Child Well-Being (ISCWeB), we will examine children's evaluations of different life domains: Material resources, peer and friend relationships, family dynamics, local environment, educational experiences, and other personal spheres. Additionally, children's overall subjective and psychological well-being will be explored.

Comparative analysis within Algeria and globally reveals that a considerable proportion of Algerian children continue to suffer from poverty, deprivation, and inadequate provisions in terms of household facilities. Moreover, they express relatively lower satisfaction levels with their local neighbourhoods and friendships. However, satisfaction with family life and the school experience generally appears to be higher. These findings and others are discussed in relation to the specificities of the Algerian context and the broader African context."

Hans Montagu Murray

Murray, Hans Montagu*

The devil in the detail of domestic energy use assessments – learnings from surveys in low-income settlements in South Africa

ABSTRACT

Domestic energy usage patterns impact on quality of life in various ways. Energy is needed for cooking, space heating and lighting, and several other applications at home. Keeping food and beverages cool, having warm water for cleaning and bathing, recharging mobile phones, and operating appliances such as radios and televisions, are but a few examples of our dependence on energy in and around the household. Whereas most high and middle-income households have access to clean energy carriers, many low-income households in South Africa are still obliged to revert to dirty energy carriers such as coal, wood, and paraffin for cooking, space heating and water heating. The emissions from these sources can have significant negative health impacts for these households and their communities. The notion of this presentation is that energy stacking behaviours of households, and the impact it has on quality of life, are complex, and the devil is in the detail when analysing these complexities. The Nova Institute has gathered information on domestic energy usage patterns in various communities in South Africa in the last thirty years. The results indicate that numerous factors impact on the availability, accessibility, affordability, and desirability of various domestic energy carriers, and that energy stacking choices and usage patterns of households and communities differ significantly.

Harry Brisson

Harnessing Large Language Models for Policy Evaluation

ABSTRACT

This presentation explores the use of Large Language Models (LLMs) for applying wellbeing analytical frameworks to political policies, including regulations, resolutions, legislation, and judicial rulings. By leveraging OpenAI's APIs and tools available on Eudomaini.AI, the session will demonstrate cost-effective, broad analyses of political policies. Attendees will gain insights into the strengths and limitations of this approach, enhancing their understanding of AI technology's role in policy evaluation.

Judit Kalman

Work-family policies, welfare regimes and the happiness of working age women

ABSTRACT

"Different female labor market participation, work-life balance, job insecurity, informal and unpaid work are major issues with different policy answers across countries, especially during different economic cycles or crises - with some of the best practices and highest rates in the Nordic countries. Moreover, in the past decades we are also witnessing a constant change in these institutions and policy combinations, paralleled with changing societies in terms of gender norms, work and family patterns, thus perhaps the classic typology of welfare states is not even relevant any more. However we know little about if and how these policy answers affect gender differences in happiness, with special focus on working age women – as besides providing income, being in or out of the labor force is key for their capabilities too. Yet welfare state policies can trigger or smooth how they can reconcile work and family and thus their overall wellbeing.

In the burgeoning literature on happiness and life satisfaction relatively little attention is paid to welfare states, and the few results are controversial (Veenhoven 2000, Bjornskov et al. 2007, Pacek and Radcliff 2008, McManus 2011, Samuel-Hadjar 2016). In the smaller work-family literature there is great work on different policies and their effects (Gornick 2012, Budig et al. 2012, Olivetti-Petrongolo 2017), the gender wage gap etc., yet no attention, whatsoever on subjective wellbeing. This research investigates what differences exist in especially the relationship of paid work and subjective well-being across different European welfare regimes and it finds being in paid work makes even working mothers happier. Besides estimating individual-specific socio-demographic effects, it emphasizes the institutional context of different welfare regimes, tries to measure effects of the generosity of welfare policy schemes and some macroeconomic factors (GDP, social and family policy expenditures, parental leave FTE, childcare enrollment) on individual life satisfaction. Using micro-data from ESS, adding context variables from various sources it applies a pooled cross-section analysis with relevant multivariate methods. Apart from individual factors, the strong positive effect of paid work even for mothers, it confirms welfare and gender regime typology, as well as the measure of generosity of welfare provisions to matter. Life-satisfaction is lowest in the post-socialist Eastern and Southern European countries, even among those with paid employment, but especially among the unemployed. After controlling for various individual and country level factors, direct negative effects of liberal and continental regimes are apparent, but also in various cross-level interactions. In Post-socialist and Southern regimes it seems traditional gender norms are still prevailing, however in liberal and continental regimes the hard reconciliation of work and family affect gender differences in life satisfaction compared to nordic countries."

Kushneel Prakash

Life in the Pacific islands: Understanding determinants of life satisfaction in Fiji, Samoa and Tonga

ABSTRACT

"To date, little research has focused on happiness and wellbeing in the Oceania-Pacific region populations compared to its developed neighbours such as Australia and New Zealand. The World Happiness Report uses Gallup World Poll data to understand happiness around the world focuses on over 150 countries, but none are from the Pacific Island nations. This leaves a massive gap in our understanding of life satisfaction and happiness in these island nations. The Multiple Indicator Cluster Surveys programme, known as MICS, by UNICEF provides a unique opportunity for us to expand our understanding on life satisfaction in countries for which these data are not always available as these are not part of regular bigger global surveys. Till date, MICS has run surveys in 120 countries with over 365 surveys. Surveys in the Pacific region has included countries such as Fiji, Samoa, Tonga, Kiribati, Tuvalu and Vanuatu. While these countries do not collect national data on the level of happiness or life satisfaction, there is a strong sense of happiness among its people. The term 'where happiness comes naturally' is predominantly used in these countries to promote them as a tourism destination.

We base our analysis on recent MICS that has been carried out in Fiji, Samoa and Tonga. Fiji's only MICS data was collected in 2021, Samoa over 2019/2020 and in Tonga in 2019. The question about happiness and respondents' overall life satisfaction was administered in these three countries, which makes this survey as the only household representative survey to contain this information in these countries. Results on life evaluation based on the life satisfaction score measured on the cantril ladder 0-10 shows rather high values of life satisfaction in the Pacific. We find that Tonga has an average life satisfaction score of 8.51 followed by Samoa on 8.37 and Fiji on 7.67. These average life satisfaction scores are remarkably high as World Happiness Report find world average score at 5.27 with its developed neighbours of Australia and New Zealand scoring 7.06 and 7.03, respectively in the Gallup World Poll. These headline data alone suggests that there is more to the life satisfaction puzzle we need to solve in our effort to understand wellbeing around the world.

To advance our knowledge on life satisfaction with Pacific islands data, this study uses a range of econometric techniques to test various demographics differences in wellbeing in Fiji, Samoa and Tonga. We also further explore various determinants of life satisfaction and run various econometric tests to understand the effects of those factors in these countries. Findings from this study is expected to allow policy makers, civil society groups, non-government organisations and researchers to evaluate where the wellbeing inequities exists and what could be done to improves people's wellbeing in the Pacific. The result of this study is also expected to shed light on what the global community can learn about happiness and life satisfaction from the life experiences in the Pacific."

Inna R. Murtazina

Murtazina, Inna R.*

Adults' experience of loneliness in relation to their hardiness and psychological well-being

ABSTRACT

"Loneliness is one of the key social and psychological problems of the 21st century. Traditionally, loneliness had negative connotations, but over the past 15-20 years, positive loneliness has attracted increasing interest from researchers. Interestingly that not all lonely people develop depression, anxiety or other problems associated with experience of loneliness. This may probably indicate that they are

quite well adapted. To which hardiness and psychological well-being can contribute. They can protect a person's health from negative influences. The purpose of this study was to analyze the characteristics of the experience of loneliness among adults in connection with their hardiness and level of psychological well-being.

Sample: 127 adults (18.11% male); mean age, 30.85 (SD=10.2). The sample was divided into 2 age groups: (1) adults aged 20-28 years (N=62; M=22.6, SD=1.57); (2) adults aged 30-42 years (N=65; M=36.57, SD=6.61). Methods: Multidimensional questionnaire of loneliness experience (Osin, Leontiev, 2016); Sociotropy-Self Sufficiency questionnaire (Strizhitskaya, et al, 2021); Psychological Well-Being Scale by S. Riffe (Zhukovskaya, Troshikhina, 2011); Hardiness Survey by S. Muddy (Leontiev, Rasskazova, 2006). Analysis of comparative, correlation and regression analysis was used.

Results: it was shown that the group of respondents 20-28 years old was characterized by more negative experiences associated with loneliness, they had a higher dependence on communication ($p \leq 0.05$), while they had a more pronounced ability to find a resource in loneliness, to use it for self-development ($p \leq 0.05$).

Predictors of experience of loneliness in the sample as a whole were the lack of close, trusting relationships, as well as lack of involvement in what is happening in a person's life. Predictors of positive loneliness in the overall sample were self-sufficiency, a sense of constant development and realization of one's potential, openness to experience, and a sense of mastery and competence in mastering the environment.

Negative aspects of loneliness had negative links with all parameters of psychological well-being ($p \leq 0.001$) and hardiness ($p \leq 0.001$), while positive loneliness, the ability to see the resourcefulness of this state formed positive links with psychological well-being ($p \leq 0.001$) and hardiness ($p \leq 0.01$).

It was also shown that single people experience loneliness more acutely ($p \leq 0.01$); they were characterized by lower levels of psychological well-being ($p \leq 0.001$) and hardiness ($p \leq 0.05$). Supported by the RSF, project N^o23-28-00841 <https://rscf.ru/project/23-28-00841/>

Irma Eloff

Dittrich, Ann-Kathrin; Eloff, Irma*

THE PIVOTS OF TEACHING WELLBEING AT SCHOOL

ABSTRACT

The current study aimed to explore the ways in which wellbeing can be taught at school level, by asking, "How can wellbeing be taught at school level within the global context?" The study used a phenomenological, qualitative methodology. Data was collected via international, online focus groups. Participants were teacher educators from the Global North and the Global South (n=87) from Austria, Italy, Germany, South Africa, Zambia, Botswana, Zimbabwe, Uganda, Ghana, Eswatini and India. Data from focusgroups were audio-recorded and transcribed and analysed by means of interpretive phenomenological analysis (IPA). Findings emerged along four key themes, indicating that within the global context, wellbeing can be taught at school level i) to foster support for diverse, psychological needs in school-age students, ii) by making the abstract notion of wellbeing practical, iii) through engaged, interdisciplinary collaboration and iv) as a preventative protective factor for mental health.

Isaac Ketu

Ketu, Isaac*

Leveraging Infrastructure Development for Well-being in Africa: Linkages and Pathways

ABSTRACT

"Unlike previous studies which focused on the economic effects of infrastructures, this paper contributes to the literature by analysing the contribution of infrastructure development to well-being, considered the aim of all efforts. The paper uses composite infrastructure indexes from the African Development Bank, to capture infrastructure quality and the life ladder index as proxy for subjective well-being on a sample of 29 African countries during the 2007–2018 period. Estimates are done using panel corrected standard errors, Tobit regression, and the generalised method of moments. Results show that infrastructure development boosts the well-being of Africans. Further analysis at the disaggregated level shows that information and communication technology (ICT) and electricity are the main drivers of happiness in the region. After testing for possible mediators, human capital is found to be the main channel through which infrastructure development enhance subjective well-being in Africa. Therefore, policies aiming to promote the well-being of Africans should consider investments in infrastructure development, especially ICT, electricity, transport, water supply, and sanitation services. This would in turn improve the performance of institutions and human capital, contributing to the well-being of Africans."

Janine A White

White, Janine A*; Ndagurwa, Pedzisai

A structural equation modelling of migration status and mental health: What confounding/mediating role do self-reported health and neighbourhood safety play?

ABSTRACT

"Despite the extensive research on migration as a social determinant of physical and mental health, fewer studies have examined the relationship more closely between neighbourhood safety, migrant status (cross-border versus internal), and the moderating effects of self-reported health and neighbourhood safety. The existing body of literature shows that internal and cross border migrants may experience similar challenges when settling in their host city, however, it is worth asking whether the same applies to mental health outcomes. Hence, this study aims to examine whether self-reported health mediates the relationship between migration status and mental health and whether neighbourhood safety moderates these relationships.

This is a cross-sectional quantitative, secondary study of data from the Gauteng City-Region Observatory's Quality of Life 6 Survey (2020/21). Data were collected from 13 616 Gauteng residents aged 18 years and above. Of that, 6 127 (45%) were born outside of Gauteng Province; 2206 (36%) were born in other Provinces in South Africa. Only 1 225 (9%) of respondents were born outside of South Africa. In this secondary analysis, we analyse the data using STATA. We use descriptive statistics to show measures of dispersion and central tendency, and employ structural equation modelling to identify the variables with the strongest influence on migrant mental health by identifying the direct effects of migration status, self-reported health, and neighbourhood safety on migrants' mental health. The study also assesses the indirect effects through pathways involving one or more of these variables.

The analysis provides a comprehensive understanding of how migration status, self-reported health, neighbourhood safety, and migrants' mental health are interconnected. It can help uncover direct and



indirect effects, mediating and moderating factors, and complex pathways among these variables. This analytical approach is particularly valuable when studying the multifaceted and interrelated aspects of migrants' well-being in the context of their environment."

John Oti Amoah

Amoah, John Oti*

Engendering social protection: A feminist critical policy analysis of the national social protection policy of Ghana

ABSTRACT

This paper examines the extent to which Ghana's National Social Protection Policy (NSPP) reflects the gendered risks and vulnerabilities of women and men in Ghana. Informed by the critical feminist theory, content analysis is employed to identify; whose needs are served, whether they aim to transform gender relations, and acknowledge women's reproductive roles. Findings indicate that when NSPP recognises gender, they usually reinforce stereotyped gender roles which attribute household chores and care of children to women rather than providing the needed family support for care and social reproduction. I have illustrated how social protection policy formation can be understood as gender blind and the disconnect between policy beneficiaries and policymakers. To promote transformative social protection, policies must account for the increasing numbers of individuals and households that do fit in the female caregiver and male breadwinner model. This paper, therefore, calls for a critical rethinking of the social protection policy formulation process not informed by the nuances of essentialist and hegemonic understanding of masculinity and femininity.

Jolize Joubert van Appel

Joubert van Appel, Jolize*

A Solution-Focused Brief Therapy (SFBT) intervention model to facilitate hope and subjective well-being among South African trauma survivors

ABSTRACT

"The experience of trauma seems to have become endemic, both globally and in the South African context. More than 70% of the South African population is exposed to at least one traumatic event during their lifetime, with more than half of the population experiencing two or more traumatic events. Trauma thus places a burden on mental health services, specifically in South Africa, which highlights the need for trauma interventions that are brief, effective, and contextually relevant.

Solution-Focused Brief Therapy (SFBT) may be an appropriate intervention model in this context. Similar to positive psychology interventions, SFBT utilises hope and positive affect as vehicles for positive therapeutic change. Evidence-based research also supports the effectiveness of SFBT for a variety of mental health problems. In a recent study, we found that South African trauma survivors experienced hope and subjective well-being as well as decreased symptoms of depression and post-traumatic stress disorder (PTSD), during and after exposure to SFBT. Based on these findings, we proposed an SFBT trauma intervention model that may facilitate hope and subjective well-being among trauma survivors.

This model focuses on eliciting clients' desired outcome, describing the presence of their desired outcome, and utilising clients' resources to move towards the desired outcome. It is distinct from other SFBT models, as it explicitly identifies the therapeutic relationship and collaborative language process as essential components of building hope and subjective well-being. The value of future-focused and

strength-orientated questions, especially relational questions, as well as positive reflections and compliments in therapy are also highlighted. This model offers an adjunct approach to the traditional treatment of psychological trauma and may inform psychological practice. It has the potential to not only alleviate symptoms of psychopathology, but also promote well-being among trauma survivors – contributing towards to field of positive clinical psychology."

Jumoke I Oladele

Oladele, Jumoke I*

Exploring the indicators Mental Wellbeing within the African Context for a Digitised Assessment Solution for University Undergraduates in Nigeria and South Africa

ABSTRACT

Mental wellbeing, a multifaceted construct encompassing emotional, psychological, and social dimensions, is increasingly recognized as a fundamental aspect of holistic health. Mental health assessment is the starting point of ensuring mental well-being. There is an array of standardised mental health assessment tools mostly designed in developed countries. While these instruments could be quite useful, behavioural psychologist in Africa must be careful with using existing mental health assessment tools which may not capture the African context. The African continent, characterized by its rich cultural diversity, historical legacies, and socioeconomic challenges, presents a unique backdrop for understanding mental wellbeing. Significant adversities such as poverty, conflict, and limited access to mental health resources contribute to mental wellbeing. This makes understanding and assessment of mental wellbeing within the African context important for meaningful impact. This paper presents a comprehensive overview of the indicators of mental wellbeing within the African context, drawing upon the World Health Organisation's bench marks, an extensive research literature, and expert perspectives. The insights gained from this exploration informed the design of a computerised mental wellbeing scale with 8 sub-scales of Belief system, coping with normal stress of life, healthy living, emotional stability, Realising Potentials, school-life balance, social interaction and studying productively. Assessing the scale through the Availability, Accessibility, Acceptability, and Quality (AAAQ) framework from the UN Committee on Economic, Social and Cultural Rights for implementation of the right to mental health and wellbeing revealed that the scale passes as a non-illness intervention, it is accessible, accuracy, personalised, quicker, better user experience & fairer. The intervention is also scalable driven by a robust cloud infrastructure, security and affordance and leverage on transdisciplinary research with the participation of a range of stakeholders who are professionals in their various fields and linked to global and continental research networks, in co-creation of knowledge. This was relevant for solving wicked problems and providing sustainable solutions in a real-world context. The scale is available for institutional use for free on request.

Kenni W Ajele

Ajele, Kenni W*; Idemudia, Erhabor

Analyzing the Consistency of WHOQOL-BREF Across Cultural Contexts: Meta-Analysis of Reliability Generalization of Diverse Populations

ABSTRACT

"Background: WHOQOL-BREF is a globally used measure for assessing Quality of Life, evaluating physical, psychological, social, and environmental domains, requiring reliability assessment across Culture and diverse populations.

Objective: This meta-analysis evaluates WHOQOL-BREF's reliability generalization, focusing on internal consistency and test-retest reliability across settings, Culture and populations.

Methods: We systematically searched EBSCOhost, Scopus, Web of Science, ScienceDirect, Google Scholar, and JSTOR databases, identifying studies reporting WHOQOL-BREF reliability coefficients. Following PRISMA guidelines, 28 studies out of 411 records were selected based on stringent screening and quality assessment using QUADAS-2 and COSMIN RB checklists. Meta-analytical methods synthesized reliability estimates and explored heterogeneity.

Results: WHOQOL-BREF exhibited high overall reliability. The common effect model yielded 0.84 (95% CI [0.83; 0.84], $z = 389.37$, $p < .05$), and the random effects model yielded 0.86 (95% CI [0.84; 0.89], $z = 66.64$, $p < .05$). Test-retest reliability estimates for common effect and random effects models were 0.73 (95% CI [0.72, 0.74], $z = 105.99$, $p < .05$) and 0.77 (95% CI [0.66, 0.87], $z = 14.26$, $p < .05$) respectively.

Conclusion: WHOQOL-BREF demonstrates strong reliability, essential for diverse clinical, Culture, population and research contexts. The study identifies areas for future investigation to enhance understanding, particularly in the social domain."

Kristina Krupina

Krupina, Kristina*

Loneliness and Sociotropy in The Structure of Psychological Well-Being: Predictors and Resources

ABSTRACT

"Introduction. Problem of loneliness involves social relationships and quality of life, significant aspect of which is psychological well-being. The phenomenon relates to different aspects of functioning in society, its severity in periods of adulthood is constantly changing. It is important to explore the loneliness in relation to other characteristics to understand the extent of the effect the life of an adult. The aim of our study was to examine the contribute of the loneliness and the sociotropy in the psychological well-being (PWB). We hypothesized that attitude to loneliness influence parameters of the sociotropy, and the latter promotes PWB.

Methods. The 'Sociotropy–Self-Sufficiency' Questionnaire, Differential Questionnaire for Experiences of Loneliness and Psychological Well-Being Scale. 143 subjects aged 18-64 years took part in the study within the project 'Characteristics of Experiencing Loneliness and Ways of Coping with it in Adulthood' in 2023-24, 16.8% – men, 83.2% – women.

Results. Path analysis showed that demand for communication declines with age, decrease this leads to reduces dependency to communicate and acceptance of loneliness and solitude. The joy of solitude makes a person more oriented towards his own opinion and goals through increasing self-sufficiency, and this affects the overall indicator of PWB (increases). PWB improves confidence in the evaluation of social interaction on the one hand. And through reducing dependence on communication, it affects attachment (lowers). Confidence in the evaluation of social interaction rises as a result.

Conclusion. The findings revealed that age plays significant role in assessing the need for social relationships, which influence the characteristics of the attitude to loneliness and the ability to see it as a resource; all together contribute to PWB. PWB through the assessment of one's own independence in relationships determines the subjective assessment of confidence in social interaction. Our study has

shown the complex interaction mechanism between the parameters of loneliness, sociotropy and psychological well-being in adults. The project was funded by the Russian Science Foundation, Grant No. 23-28-00841."

Lawrence E Ugwu

Ugwu, Lawrence E*; Idemudia, Erhabor

Perceptions of Aging and Psychological Well-Being in Older Adults: A Systematic Review and Meta-Analysis of Quantitative Studies in Sub-Saharan Africa

ABSTRACT

"Background: Positive perceptions of ageing significantly impact the psychological well-being of older adults. In the diverse socio-cultural and economic landscape of Sub-Saharan Africa, examining these perceptions through quantitative research offers valuable insights into their influence on well-being.

Objectives: This systematic review and meta-analysis aim to quantify the relationships between perceptions of ageing and psychological well-being among older adults in Sub-Saharan Africa. It explores the influence of cultural and socio-economic factors on these perceptions and assesses the consistency and strength of their impact on well-being from studies published between 2000 and 2024.

Methods: We conducted a comprehensive search of quantitative studies in peer-reviewed journals using major databases, including PubMed, PsycINFO, Scopus, and Africa-Wide Information. Only studies from 2000 to 2024 were included to ensure relevance and contemporary perspectives. The meta-analysis used the Comprehensive Meta-Analysis software, allowing for rigorous statistical synthesis and data analysis. Pooled effect sizes were calculated, and studies were assessed for quality using the Cochrane Risk of Bias Tool.

Results: Our meta-analysis, which synthesised data from diverse quantitative studies, demonstrated a consistent association between positive perceptions of ageing and enhanced psychological well-being, with effect sizes ranging from small to medium (Cohen's d from 0.212 to 0.782). The robustness of these findings is supported by 95% confidence intervals and very low p -values, indicating significant statistical strength and consistency across studies.

Conclusion: The findings from this systematic review and meta-analysis provide compelling quantitative evidence that positive perceptions of ageing are linked to better psychological well-being among older adults in Sub-Saharan Africa. These results underline the need for culturally and economically tailored interventions to enhance ageing perceptions.

Implications: This study informs policymakers and healthcare providers about promoting positive ageing perceptions. By pinpointing effective strategies and critical factors influencing ageing perceptions, this research supports the development of targeted policies and programs to improve the psychological health of the ageing population in Sub-Saharan Africa."

Lucius Botes

Botes, Lucius*

Defining and defending our democratic and free market values: creating caring societies

ABSTRACT

"The paper focuses on sustainable livelihoods and partnerships for sustainable living as preconditions for creating democratic, free market and caring societies. In asking the question how to define and defend our democratic and free market values responses of some 30 key opinion leaders in the

researcher's network have been analysed. ChatGPT was then asked the same question and the responses were then compared with the 30 human responses. The paper then reflect on the gap indicating how notions of the themes not reflected by AI are pivotal for enhancing quality of life.

Key themes that are addressed are:

- Free market democracies without care kills
- Earth care as prerequisite for sustainable living and lasting free market democracies
- Servant and ethical leaders to drive the triple bottom line
- Responsibility, accountability and good governance walk together
- Strong institutions will enhance the economic self-reliance and human well-being of communities
- Care for and protecting the vulnerable is non-negotiable
- Partnerships for peace building"

Lydia J Adeladan

Adeladan , Lydia J*

AN EXPLORATORY STUDY ON PSYCHOLOGICAL ISSUES EXPERIENCED BY ADOLESCENTS LIVING WITH CEREBRAL PALSY IN IBADAN, NIGERIA

ABSTRACT

The present research sought to investigate psychological issues experienced by adolescents living with cerebral palsy in Ibadan. The most common cause of childhood neuro-disability in Nigeria is cerebral palsy (CP). Adolescents who are living with cerebral palsy have to deal with stigma, poverty, limited rehabilitative care facilities, and fewer educational chances. This condition serves as the background characteristics of exploring psychological issues they experienced.

Martijn Chegere

Exploring the Impact of Production and Income Shocks on Subjective Well-being: Evidence from the Tanzania National Panel Survey

ABSTRACT

This study investigates the relationship between production and income shocks and subjective well-being, utilizing data from the fourth and fifth waves of the Tanzania National Panel Survey. Subjective well-being, a multidimensional index encompassing individuals' perceptions of their quality of life, happiness, and satisfaction, is crucial for understanding human welfare beyond economic indicators. We take the advantage of panel data that allows use to explore the dynamics of well-being amidst fluctuations in production and income. Preliminary findings suggest a complex interplay between shocks in production, income, and subjective well-being among Tanzanian households. Initial analysis reveals that households experiencing adverse shocks, such as crop failure or loss of employment, tend to report lower levels of subjective well-being compared to those unaffected by shocks. These findings emphasize the vulnerability of households to economic fluctuations and highlight the importance of resilience-building mechanisms to mitigate the negative impact of shocks on well-being. The study explores further, the mechanisms through which production and income shocks influence subjective well-being, considering factors such as social support networks, coping strategies, and access to resources. Preliminary results suggest that social capital and community support play an important role in shielding against the adverse effects of shocks on well-being, emphasizing the significance of social cohesion and solidarity in times of economic distress. Implications of these findings inform policy interventions aimed

at enhancing well-being and resilience among vulnerable populations. By identifying the factors that mediate the relationship between shocks and well-being, policymakers can design targeted interventions to strengthen social safety nets, improve access to financial services, and promote livelihood diversification strategies. In addition, understanding the differential impact of shocks on various demographic groups allows for the formulation of inclusive policies that cater to the specific needs of marginalized populations, thereby fostering equitable development and sustainable progress. This study contributes to the growing literature on subjective well-being and economic shocks, offering valuable insights into the dynamics of household welfare in the context of a developing economy like Tanzania. By exploring the mechanisms underlying the impact of shocks on well-being, this research paves the way for evidence-based policy interventions aimed at fostering resilience and enhancing the overall quality of life for Tanzanian households.

Michael Nanor

Well-being of vulnerable female migrant head-porters (Kayaye) in Urban Ghana: Evidence from Kumasi"

ABSTRACT

Annually, around 281 million individuals engage in international migration on a global scale, as reported by the United Nations International Organization for Migration in 2023. Africa undergoes a yearly internal movement of 20 million people, which is caused by various motivations such as economic, social, educational, security, and conflict-related reasons. Internal migration is a prevalent occurrence in Ghana. A facet of this migration that has generated considerable debate among scholars and policymakers is the movement of young girls and women from northern Ghana to urban regions, specifically Kumasi and Accra, to work as head porters in major marketplaces. These adolescent and young adult females, ranging in age from 12 to 35, transport various types of goods to generate cash. A significant issue is that they frequently migrate to urban areas without adequate housing arrangements, resulting in squatting, perching, residing in unfinished structures, or sleeping on the streets, so exposing themselves to diverse risks such as malaria, rape, pneumonia, and other perils. To fully comprehend the dangers involved, it is imperative to have a comprehensive understanding of the elements that impact their overall well-being and the tactics they employ to cope with these risks. This research seeks to analyze the degree of susceptibility, present condition of welfare and contentment, and the determinants influencing the welfare of female head porters. The study employed a mixed-method approach and collected data from a sample of 150 female head porters in Kumasi. The findings reveal that the mean age of female head porters is 19 years, with a majority (52%) belonging to the age group of 16-20. The study uncovered that female porters possess disadvantaged socio-economic backgrounds, elevated degrees of vulnerability, and diminished levels of well-being. The primary determinants that impact their well-being encompass economic, housing, and health dimensions. Significantly, the Well-being Index objective was lower than their self-reported degree of happiness. Based on these findings, several recommendations are proposed to improve the well-being of female head porters: (1) develop affordable housing projects specifically aimed at accommodating female head porters to reduce their exposure to risks associated with poor living conditions; (2) implement mobile health clinics and provide regular health screenings to address the common health issues faced by female head porters."

Meinrad Haule Lembuka

Realization of Wellbeing and Happiness in Tanzania Through Ujamaa Model - Ubuntu Perspective

ABSTRACT

Ujamaa Model was a tool that represented African Ubuntu Models relevant for realization of wellbeing, harmony, happiness, equality, human dignity and democracy in African context from pre-colonial time. Ujamaa is among the core values of Ubuntu thus post-colonial Tanzania under the leadership of Julius Nyerere who succeeded to restore Ujamaa Model that demonstrated truly wellbeing, harmony, equality and democratic in Tanzania and beyond. Arusha declaration of 05 February 1967 became an official Ubuntu tool that facilitated the vision toward achieving collective and holistic welfare, happiness, harmony and democracy in African setting. Nyerere used Arusha declaration to ensure individual human rights, including freedom of expression, the well-being of all citizens, and so as to prevent the exploitation of one person by another and the existence of democracy. Despite of some challenges in implementing Ujamaa model yet it succeeds to unite Tanzanians, collective democracy, social tie, social cohesion, communality, strong mutual support in the community, voluntarism spirit, cooperation, collective community activities and strong cultural values etc. Also, unlike other post-colonial African states Tanzania was never touched by tribalism, racism and related conflicts due to Ujamaa Model. Tanzania's democratic ideal went beyond borders with belief that Africa is one and Tanzania couldn't enjoy truly freedom while other African countries were experiencing discrimination, racism and colonial domination thus through Ujamaa Model Tanzania supported liberation of other African states including Zimbabwe, Republic of South Africa, Mozambique etc. Conclusion, basing on Ujamaa's contribution in the Africa's well-being, peace and democratic in 2014 Nyerere was awarded Ubuntu champion by National Heritage Council and it has remained to be a country of high hospitality for refugees, immigrants and those who seek happiness, compassion and peace.

Meinrad Haule Lembuka

(Re) positioning Ubuntu Values for Sustainable Democracy in Africa – A literature Review

ABSTRACT

"Ubuntu is an African philosophy that represents model of humanism or humanness from pre-colonial time to the present found across African societies guided by the values of human dignity, solidarity, care, compassion, harmony, cooperation, Ujamaa, equality, tolerance etc. These values have been an integral part of African democracy and were challenged and side lined by colonial legacy yet they continue to hold a strong influence in post-colonial Africa. The review has shown that Ubuntu determines the relevance of African democracy since its restoration in post-colonial Africa as a tool of decolonization used by Ubuntu Champions like The Late Madiba Mandela, Julius Nyerere, and Kenneth Kaunda etc. In 1990s the concept of Ubuntu was adapted as an ideology by post-apartheid South Africa as democratic tool that restored harmony and cooperation among its many racial and ethnic groups. Also good experience of post genocide truth and reconciliation process in Rwanda and Burundi holds a demonstration of Ubuntu approach. Tanzania and Ethiopia used Ujamaa value in as a democratic approach after independence that proved stable democracy environment. Since Ubuntu describes a set of closely related African-origin value systems that emphasize the interconnectedness of individuals with their surrounding societal, political and physical worlds provide necessary sustainable democratic ecology. Ubuntu values renders a collective and holistic realization of democracy with respect to history, social protection, cultural values, norms, customary laws and ecology. Despite of Ubuntu's potentiality

yet it's challenged by past and ongoing colonialism manifested in Eurocentric education systems in Africa and the diaspora and dwindling community interactions. Most successful democracies in the World have properly defined an understanding of their type of democratic order or architecture which is born out of their peculiar culture and lived experiences. Therefore, Africa must continue to uphold Ubuntu values in nurturing and development of democratic institutions for relevance and sustainable democracy. Africa is yet to fully flesh out a democratic order that responds to its peculiar historical antecedents and lived experiences of Ubuntu.

Conclusion, sidelining Ubuntu in African democracy has costed the continent to have unnecessary divided democratic approaches and self-proclaimed social-democratic governments and parties have continue to use the label without providing public goods that really meet the ultimate goals of truly democracy. Ubuntu remains to be a closest to social democracy than any of the Western political ideologies and it must be given high recognition and allowed to evolve through the political space in shaping the ideological worldview of Africans."

Michaela F.C. Takawira

Takawira, Michaela F.C.*; Manyau, Salome; Nzvere, Farrie; Mackworth-Young, Constance; Simms, Vicky; Bandason, Tsitsi; Weiss, Helen; Ferrand, Rashida; Doyle, Aoife; Greco, Giulia

Adolescent Well-being in Zimbabwe: A Photovoice Study

ABSTRACT

"During the 2023 Global Forum for Adolescents, countries committed to the monitoring and promotion of adolescent well-being as a policy priority. However, the limited understanding of how to conceptualize adolescent well-being, from the African perspective, could hinder the progress made across the continent.

This research aims to conceptualize and explore the factors that affect well-being using the perspectives of adolescents living in Chitungwiza, Zimbabwe. The study is nested within Y-Check, a novel adolescent-friendly health and well-being check-up programme, which screens and treats/refers for multiple health conditions and risky behaviors.

The slogan 'Nothing for us, without us' asserts that voices of adolescents' should be considered in developing policies related to their well-being. To empower adolescents and position them as 'speakers of knowledge' and 'experts of their community', we are using Photovoice, a participatory research method. Fifteen adolescents aged 12-19 years are taking on the role of co-researchers and are tasked with capturing 10-20 photos within their community, of what supports or hinders their well-being. The photographs will be collectively discussed and analyzed through a series of focus groups. The pictures and focus group transcripts will then be analyzed using inductive and deductive thematic analysis. The deductive coding will be based on the themes identified by the adolescents during the discussions.

The Photovoice exercise is currently underway, and findings will be available by August 2024. The results will reveal the adolescents' views on 1) what is a good life? 2) factors that improve or worsen their well-being and, 3) actions they believe should be taken to address these issues.

Results from this study will inform recommendations that will help policymakers and programmers to develop appropriate measurement tools and identify strategic opportunities in advancing the overall well-being of adolescents."

Mike Kelly

Nadeen Moolla

Supporting school leadership in under-resourced communities through the lens of Social Emotional Learning

ABSTRACT

"Many rural schools in South Africa struggle to develop as inclusive learning organisations where quality teaching and learning takes place. The paper explores how school leaders in disadvantaged contexts were supported to facilitate school effectiveness and improvement with a focus on social emotional learning. Systems theory is employed to frame the research which highlights the complexity of leading and managing a "struggling school" with a focus on attitudes and relationships in the promotion of well-being and inclusive education.

A participatory action research approach was adopted employing qualitative research methods. Individual interviews and focus groups were conducted in 63 schools in five education districts with principals, district officials and teachers.

The findings indicate that principals and school management teams (SMTs) gained immensely from the support provided by Marang Education Trust through mentorship, workshops, and classroom-based support. Shifts were evident in various elements of school life and this paper focuses on changes in leadership and management styles and structures and procedures, and the impact thereof on attitudes, relationships and staff well-being.

The paper argues that emotionally intelligent leaders are able to facilitate professional, personal and organisation development. Quality leadership leads to quality teaching and learning which assures quality education.

The paper concludes with recommendations for district support to schools within the framework of care and support for teaching and learning, such that circuit managers who support principals and SMTs may be able to act as agents of support to drive holistic change in the education ecosystem."

Nokubonga I Zondi-Mehlomakulu

Zondi-Mehlomakulu, Nokubonga I*

The impact of stigma on co-occurring psychological distress and substance use disorders in key populations.

ABSTRACT

"This study aims to investigate the co-occurrence of psychological distress (PD) and substance use disorders (SUDs), and the specific stigmas experienced by key populations in South Africa. It further aims to explore how the stigma experienced influences psychological well-being and help-seeking for substance use and mental health issues.

In South Africa, homosexuality and being transgender (TGD) is legal but, sex work and people who inject drugs (PWDs) is illegal behaviour. These populations face:

1. legal barriers to accessing protection services, which enable the persistence of human rights violations;
2. structural barriers to accessing healthcare due to inadequate health services; and
3. social barriers to participation due to stigma and discrimination.

The above obstacles justify research findings that key populations are at a higher risk of developing mental health issues than the general population.

A mixed method study was conducted where the quantitative component utilised an online survey that measured SUD, PD, and the severity of stigma distress. The TAPS-II, DASS-21, DHEQ, SU-SMS and sex-work related stigma scale were used. The qualitative component is underway, and it involves individual interviews to explore how stigma influences healthcare uptake and psychological well-being. This study found that 98% of PWIDs, 92% of female sex workers (FSWs), 68% of gay men and 76% of TGDs have co-occurring PD and SUD. FSWs and PWIDs were found to be polysubstance users of at least three substances. Finally, most PWIDs and FSWs were found to have severe stigma distress, while gay men and TGDs had minimal to moderate levels. The qualitative component will help explain how the legal, structural, and social barriers impact key populations and the variances in each group's experiences, contributing to their psychological distress, substance usage and stigma issues."

Nokuthula N Dewa

Dewa, Nokuthula N*

Beyond Enrolment: Fostering Well-Being and Happiness Through Inclusive Learning in the Foundation Phase

ABSTRACT

"This article, drawing on a doctoral thesis, explores the critical link between well-being, happiness, and genuine inclusion for marginalised learners in South Africa's Foundation Phase (Grades R–3). While Sustainable Development Goal 4 (SDG 4) emphasises access to education, true inclusion necessitates more than mere enrollment in mainstream classrooms. This article investigates how active engagement and participation in learning can unlock epistemological access—the ability to engage with and contribute to knowledge creation—for learners from disadvantaged backgrounds and those living with impairments. I argue that well-being and happiness are not just by-products of successful learning but rather intertwined with the process itself. The article focuses on the specific challenges faced by these marginalised communities within the Foundation Phase. Employing semi-structured interviews and focus groups, analysed thematically, the research is grounded in an inclusive pedagogical approach (IPA). It explores how fostering a sense of belonging, agency, and competence within inclusive learning environments can contribute to both academic achievement and overall well-being. This article emphasizes the importance of moving beyond simply enrolling marginalized learners. It argues for creating learning spaces that actively promote their participation in knowledge construction. Ultimately, this fosters well-being and happiness, aligning with the democratic ideal of accessible and equitable education as envisioned by Sustainable Development Goal (SDG) number 4.

Keywords: inclusion, marginalized learners, foundation phase, epistemological access, well-being."

Nokuthula N Dewa

Dewa, Nokuthula N*; Nembambula, Tshililo TA; Mthembu, Mpho P; Kgopa, Bontle

Shadows of supervision: The psychological well-being and professional development of South African PhD Students

ABSTRACT

"While doctoral programs are intellectually stimulating, they can also be psychologically demanding. This paper explores how PhD students' professional development and well-being are shaped by supervision dynamics, with emphasis on (a) how students' social identities affect their psychological well-being and professional development, (b) identifying the coping strategies used by students, and (c) developing an

explanatory model on the dynamics of supervision. Drawing from the Social Identity Theory, we analyse how power dynamics in supervision affect the well-being and professional development of PhD students. This qualitative research study will utilize grounded theory as a research design and use semi-structured interviews with PhD students in South African Universities. Data will be analysed following Straus and Corbin (1990) Grounded Theory analysis. By developing an explanatory model that has the potential to address the unique challenges faced by PhD students from diverse backgrounds, the findings can potentially contribute valuable insights to the existing body of literature across similar contexts. Key words: PhD students, South African Doctoral Programs, Psychological Well-being, Power Dynamics, Explanatory model"

Nyambeni N Matamela

Chigeza, shingairai s; Wilson , Angelina ; Matamela, Nyambeni N*

The Impact of the COVID-19 Pandemic on Family Wellbeing in Africa: A Scoping Review

ABSTRACT

Despite the immense interruptions to relationships and family life during the COVID-19 pandemic, only a few studies explicitly focused on family wellbeing. Therefore, the present study aimed to synthesise current evidence in the African context to provide a state-of-the-art representation of the pandemic's impact on family wellbeing. Using a scoping review, 22 articles on the impact of the COVID-19 pandemic on family wellbeing in Africa were analysed. The results of the study showed diverse and immense impact of the pandemic on family wellbeing. We noted that there were few studies on this topic and that wellbeing outcomes were measured from a deficit perspective rather than as a positive state of being. The theme of stigma was more pronounced in Western Africa, whereas domestic violence was linked more to Southern African contexts. Furthermore, the economic impact of the pandemic was emphasised in Eastern and Southern African countries than in Ghana and Nigeria in Western Africa. In line with the recommendations from the articles reviewed, a multifaceted policy response is needed to protect family wellbeing. Such interventions need to focus on family functioning, happiness and social wellbeing, and not just reactive and preventative approaches, to promote wellbeing.

Nyambeni N Matamela

Matamela, Nyambeni N*; Wyatt, Gail; Oduntan, Yemisi; Johnson, Cameron

Cumulative trauma exposure and Post-Traumatic Stress Symptoms among Older Adults in South Africa: Does Post-Traumatic Growth moderate this link?

ABSTRACT

"Objectives: The study investigated the relationship between Post-Traumatic Growth (PTG) and Post-Traumatic Stress Symptoms (PTSS) in older South African individuals who have been exposed to traumatic events. Understanding the relationship between Post-Traumatic Growth (PTG) and Post-Traumatic Stress Symptoms (PTSS) among older individuals in South Africa holds significant implications for their overall quality of life. As individuals age, their quality of life becomes increasingly influenced by their psychological well-being, particularly in the face of adversity such as traumatic events.

Method: A quantitative cross-sectional design was employed. 195 participants from a township (low-resourced setting) in South Africa were interviewed using the UCLA Life Adversities Screener, the PTSD Checklist (DSM-5) (PCL-5), and the PTG-Inventory. The Life Adversities Scale (LADS) focused on five domains being (1) experiences of discrimination based on race, ethnicity, gender, or sexual orientation;

(2) instances of sexual abuse in one's history; (3) encounters with family or intimate partner violence; (4) exposure to violence within the individual's community; and (5) persistent apprehension about being seriously harmed or killed.

Results: Hayes Model SPSS Macro PROCESS for moderation was used. The findings suggest that trauma exposure is a significant predictor of PTSS, and that this relationship is moderated by the threshold level of PTG. ($b = -0.09$, $SE = 0.04$, $p = .0113$). Higher levels of PTG mitigated the effect of trauma exposure on PTSS.

Conclusion: The findings highlight the significance of PTG in alleviating the adverse effects of trauma exposure on PTSS among elderly individuals in South Africa, thereby enhancing their quality of life. This highlights the potential role of interventions aimed at fostering PTG as a means of promoting psychological resilience and improving the well-being of older persons, particularly in socio-economically disadvantaged communities.

Keywords: moderation, post-traumatic growth, older adults, post-traumatic stress symptoms, South Africa, trauma."

Oladejo Teslim

Personality Traits and Medication Adherence as Predictors of quality of Life among diabetic Patients in Ondo State

ABSTRACT

"The quality of life patients and their families has been found to be affected by diabetes mellitus. This study investigated prediction of personality traits and medication adherence among diabetic patients in Ondo State. The study employed descriptive survey design. The population of the study was diabetic outpatients of Ondo State Specialist Hospital, Akure. Samples of 380 of diabetic patients were selected through the convenience sampling technique was adopted. Instruments comprised of Diabetes quality of life brief clinical inventory (DQOLBCI), Big five inventory, and Morisky 8- Item Medication Adherence Scale (MMAS-8) were used for data collection. Data collected were analyzed using Linear multiple regression and independent t-test.

The results showed that personality traits significantly predicted the quality of life of diabetic patients in Ondo State ($R^2 = 9.63$, $F(6,373) = 16.66$, $p < .05$) and medication adherence significantly predicted quality of life of diabetes patients in Ondo State ($R^2 = 0.62$, $F(1,378) = 619.2$, $p < .05$). The results further showed slight difference between Type1 diabetes ($\bar{X} = 42.0$, $SD = 7.95$) and Type 2 diabetes ($\bar{X} = 42.3$, $SD = 7.61$) on patients quality of life. The study concluded that personality traits and medication adherence predicted quality of life among diabetic patients in Ondo State"

Olatutu O Agbolade

Impact of Informal Sector Activities on Quality of Life in the Osogbo Metropolis, Osun State, Nigeria

ABSTRACT

In the present study, the impacts of the informal sector activities on the quality of life in the Osogbo Metropolis, Osun State, Nigeria were examined. The analysis of the socio-economic characteristics of the operators of informal sector activities in the study area and motivation for the involvement of the operators were investigated. Moreover, the quality of life and assessment of the impact of informal sector activities on the quality of the environment were elucidated. The data for the study were obtained from both the primary and secondary sources. The primary data was sourced through the use of two types of

questionnaire (one to the residents of the study area and the other to the operators of informal sector activities). The secondary information was obtained to complement the data that were collected from the field. The multistage sampling procedure, which include stratification, random, cluster, systematic and purposive sampling techniques, was used for this study. Preliminary data showed that the informal sector activities have both positive and negative impacts on human quality of life as well as urban quality of life in the Metropolis. This claim is expected to be validated by further analyses in this study.

Key words: Informal sector, Informal sector activities, Quality of Life"

Olawale O Akinrinde

Assessing Nigeria's Fourth Industrial Revolution Policy Alignment with Sustainable Development Goals: An In-depth Exploration

ABSTRACT

Fourth Industrial Revolution (4IR) policies are the frameworks for the attainment sustainable development. This is because there is no aspect of the Sustainable Development Goals that is not driven by the 4IR. The synergy between Fourth Industrial Revolution (4IR) policies and Sustainable Development Goals (SDGs) is gaining increasing attention as nations seek to leverage technological advancements for sustainable development. However, reports from most developing countries like Nigeria remain neck-deep in policy paralysis where most policies on 4IR were at variance with the SDGs. Whilst considerable 4IR policies such as the Bank Verification Number (BVN), National Identity Number (NIN), the Treasury Single Account (TSA), among others are being implemented in facilitating the realization of SDGs 1, 2, 8 and 9, several practices and policies prevalent in Nigeria are still at variance with the trajectory of the 4IR. Surprisingly, Nigeria's quest for policy alignment with SDGs 1 (No Poverty), 2 (Zero Hunger), 8 (Decent Work and Economic Growth), and 9 (Industry, Innovation, and Infrastructure) remains yet an unexplored research terrain in the body of knowledge. This study presents a comprehensive examination of the alignment between Nigeria's Fourth Industrial Revolution (4IR) policies and Sustainable Development Goals (SDGs) 1 (No Poverty), 2 (Zero Hunger), 8 (Decent Work and Economic Growth), and 9 (Industry, Innovation, and Infrastructure). As countries begin to embrace the transformative potential of the 4IR, the study probes into the degree to which Nigeria's policies align with these critical SDGs. The study further scrutinizes the implications of the alignment and non-alignment for Nigeria's sustainable development trajectory, emphasizing the role of 4IR as both an enabler and a potential disruptor.

Olubukola C Omobowale

Omobowale, Olubukola C*; Chavez, Anna; Gumunyu, Tichaona ; Mpulula, Faith; Bayoh, Amjata ; Ononye, Chuka ; Simms, Victoria

Evaluating the Impact of a Co-Produced, Rights-Based, and Recovery-Oriented Community-Based Rehabilitation Pilot Intervention on Quality of Life for Persons with Psychosocial Disabilities in Sub-Saharan Africa: The SUCCEED Africa Project

ABSTRACT

"Background: Quality of life is an important outcome for people living with psychosis in sub-Saharan Africa; a marginalized and vulnerable population facing elevated risks of violence, poverty, homelessness, incarceration, unemployment, and abuse. The SUCCEED Africa project aims to address these challenges through a collaborative, disability rights-based approach to developing and evaluating a community-based rehabilitation intervention in Malawi, Nigeria, Sierra Leone, and Zimbabwe. Before the

commencement of the main trial, we set out to pilot our intervention and outcome measures among a subset of the study population. Findings from the pilot intervention are reported.

Methods: The SUCCEED Africa project followed a rigorous 4-step participatory process to select outcome measures, including Theory of Change workshops, situation analysis, systematic reviews, peer researcher consultations, and piloting of tools. This ensured the relevance, feasibility, and validity of the outcome measures, such as the WHOQOL-BREF, used to evaluate the impact of the community-based rehabilitation intervention on the quality of life of persons with psychosocial disabilities in sub-Saharan Africa.

Results: The pilot study enrolled 41 people living with psychosis, with 26 females and 15 males, and a median age of 31 (range 16-63). Of those, 38 were followed up after a median of 21 weeks (range 15-43 weeks). For those previously diagnosed (n=28), the WHOQOL-BREF score improved from a mean of 53.1 (SD 10.0) to 58.7 (SD 11.6). Among those newly diagnosed (n=10), the WHOQOL-BREF score improved from a mean of 28.4 (SD 15.5) to 61.3 (SD 15.7).

Conclusion: The WHOQOL-BREF demonstrated feasibility and appropriateness for assessing the SUCCEED Africa pilot intervention's impact on the quality of life of people living with psychosis in our study sites. Involving researchers with lived experience and disability organizations since the inception of the study allowed us to confirm the relevance and acceptability of the WHOQOL-BREF for use in this population.

Keywords: Psychosocial disabilities, Community-based rehabilitation, Quality of life, Co-production, Sub-Saharan Africa"

Oluchi Miracle Osondu

Oluwabunmi Kehinde Balogun; Balogun, Oluwabunmi Kehinde*; Oyekola, Adebunmi
Individual and Family-Based Risks Markers of Adolescent Psychological Well-being in Ibadan, Nigeria
quality of life in Makoko floating slum.

Oyerinde Adedapo Ismail

Impact of Urban Agriculture on the Quality of Life of Urban Residents in Osun State, Nigeria.

ABSTRACT

"This study examines the dynamics of urban agriculture and its influence on several facets of urban life in Osun State, Nigeria. The research offers unique insights into the role of urban agriculture in sustainable urban development by conducting a thorough investigation of locational features, motivating factors, constraints, and quality of life indicators.

The study utilises a mixed-methods strategy, integrating quantitative surveys, spatial analysis, and qualitative interviews to collect data from urban farmers, residents, and stakeholders in specific urban areas in Osun State. Quantitative data is summarised using descriptive statistics such as frequency, percentage, mean, and standard deviation. Additionally, Geographic Information System (GIS) is used to visually illustrate the distribution of urban agriculture and environmental quality indicators.

The results demonstrate that urban agriculture plays a substantial role in the lives of city dwellers, with a wide range of reasons motivating their involvement, such as economic, social, and environmental concerns. Nevertheless, the implementation encounters some limitations, such as restricted availability of resources, financial difficulties, and regulatory obstacles. Urban agriculture has a significant impact

on the quality of life for people by improving food security, fostering communal togetherness, and promoting environmental sustainability, despite the limitations it faces.

Moreover, the research underscores the relationship between urban agriculture and the urban environment's quality, emphasising the significance of sustainable land use practices, waste management, and the development of green infrastructure in urban planning and governance. Correlation and regression studies reveal the connections between socio-economic variables, agricultural practices, and quality of life measures, offering useful insights for policymakers, urban planners, and development practitioners.

Overall this study adds to the expanding knowledge base on urban agriculture and its role in promoting resilient and inclusive cities."

Pauline W Thuku

Social Support and the Wellbeing of Special Populations: A Case of Recovering Substance Use Disorder Patients in Central Kenya.

ABSTRACT

Research has shown a strong correlation between social support, the wellbeing of individuals, and conforming behaviour during difficult periods. The social support needed is dependent on human needs at different life stages and varies with special circumstances. Among the drugs and substance users (DSUs), research has established that social support influences the risk of initiation into drug use, wellbeing, and chances of relapse for those recovering from substance use disorder (SUD). However, despite the numerous 'social support' indicators available, few studies (if any) have isolated the specific measures that are crucial to wellbeing at various stages of the DSUs' initiation into drug use, progression into addiction, and the recovery journey. In view of this, the current study seeks to isolate the major social support indicators that push/pull individuals to substances of abuse (SoA), and those that promote recovery among SUD patients in Central Kenya. The study (pilot phase currently ongoing) utilizes purposive sampling to select recovering SUD patients as respondents. Questionnaires and focus group discussions will be used to collect quantitative and qualitative data respectively. Cronbach's correlation coefficient will determine the validity of items in the Likert scale. Correlations and regression analysis will be used to analyze quantitative data. The thematic approach will be utilized for qualitative data analysis. The findings are expected to guide in the formulation of a framework for community sensitization on measures to enhance wellbeing as a strategy to reduce the risk of initiation into drugs of abuse, and to promote recovery among existing DSUs.

Pedzisai Ndagurwa

Ndagurwa, Pedzisai*; Miles-Timotheus, Shamsunisaa

Fear in progress? Correlates of feeling (un)safe in an urban population in South Africa

ABSTRACT

Fear, an unpleasant emotion from perceived threat of danger, pain, or harm, has been a constant feature in the history of human populations and is an integral component to quality of life. This study aimed to investigate the correlates of feeling (un)safe in a highly-urbanised province of South Africa utilising descriptive and multivariable modelling techniques. The results showed that living in a low-income neighbourhood, being female, having no education, being in a nonmarital relationship, being single, and living in an area with at least one defined major socioeconomic problem were associated with

significantly lower levels of feeling safe. The study concludes that addressing the main sources of fear is essential to achieving feelings of safety in the urbanised population in South Africa at large.

Pedzisai Ndagurwa

Ndagurwa, Pedzisai*; Miles-Timotheus, Shamsunisaa

Pandemic penalties and resilience: Decomposition of change in the quality of life of an urban population in South Africa

ABSTRACT

The COVID-19 pandemic, with its lockdown measures, adversely impacted the socioeconomic wellbeing of many households and individuals. Available big data suggest a decline in quality of life in South Africa's most urbanised province. This study investigated whether this decline was universal in this province and sources disparities using the Kitagawa-Oscar-Blinder (KOB) regression-based decomposition technique for the periods 2017/18-2020/21. The results showed significant inequalities in the quality of life index. Some areas experienced notable decreases in the quality of life index while others realised increases. Pandemic penalties were associated with being Black African and Coloured, low-income households, living in a low-income neighbourhood and households headed by a female. The study concludes that the COVID-19 pandemic penalties arguably entrenched inequalities in South Africa.

Pedzisai Ndagurwa

Ndagurwa, Pedzisai*; Mkhize, Sthembiso Pollen; Miles-Timotheus, Shamsunisaa; Hamann, Christian; Naidoo, Yashena

The Gauteng City-Region Observatory's Quality of Life Survey: Planning, Implementation and Analysis

ABSTRACT

"The Gauteng City-Region Observatory's (GCRO) biennial Quality of Life (QoL) Survey, first conducted in 2009, measures the quality of life and wellbeing, broadly defined, of residents in South Africa's most populous yet geographically smallest province of Gauteng. The QoL Survey is conducted across 529 administrative wards through face-to-face interviews with randomly selected respondents aged 18 years and above. The survey collects data about residents' living and socio-economic circumstances, opinions about service delivery and government, and their experiences, perceptions and opinions on a broad range of personal, social and political issues. The overall methodology and a large proportion of the questions have remained constant across the seven survey iterations, ensuring that results can be compared over time.

Conducting the QoL Survey is an enormous undertaking involving extensive, consultative processes within GCRO and with external partners. Implementing the survey encounters challenges that require an agile project management style. In this session, we cover two main of the QoL Survey namely (1) planning and implementation processes, and (2) survey results, dataset use and dissemination"

Peter Memga Kertyo

Kertyo, Peter Memga*

Scapegoatism in Africa's Post-Colonial Leadership: Implications for Well-being and Happiness

ABSTRACT

The prevalence of leadership crisis on Africa's governance, socio-economic and political space has received scholarly attention. Literature on Africa's leadership conundrum has covered areas such as

institutional corruption, power abuse, nepotism and identity politics. Scholars have also reconstructed the implications of bad leadership for Africa's democratic institutions, educational collapse, insecurity and good governance. The matrix of blames that have birthed scapegoatism in Africa's leadership since the consolidation of democratic transitions has not been adequately reconstructed by scholars. Thus, using both primary and multidisciplinary methods, this paper is aimed at an investigation of the blame games that have formed the nucleus of leadership style and governance in Africa and its implications for well-being and happiness.

Peter Theuns

Bernheim, Jan; Verlet, Dries; Mangas, Mahar; Moller, Valerie; Roberts, Benjamin; TILIOUINE, Habib; Azadfar, Zahra; Theuns, Peter; Theuns, Peter*

Intercultural Felicitometry: the potential of Bernheim's ACSA to overcome relativity biases and thus make results comparable.

ABSTRACT

"Responses to conventional uni-scale questions on global SWB such as Cantril-ladder type scales are all too often prone to response biases such as caused by

- cultural and sub-cultural traits or norms (see e.g. work by Diener, Lau & Cummins etc.)
- the phenomenon that objective changes in health or living conditions modify expectations, thus obfuscating the effects of the objective changes (the hedonic treadmill)
- the presumed QOL of peers used as reference ('the Joneses', inequalities, major concerns of Richard Layard).

These response biases can largely explain the 'Easterlin paradox' (Easterlin) and 'set-point' theories of SWB (Robert Cummins). This far, it seems that policy makers are little impressed by measures of SWB or QALY, HALY and Wellby data, because such measures seem to indicate that all efforts to improve life are in vain: measures of SWB seem not to reflect objective changes at personal or societal level in the long term. We argue that current common scales for SWB cause this insensitivity, due to the typical labels that are used in such scales: e.g. (very) good and (very) bad are terms that have no fixed nor stable meaning: what people think is "good" today, may have been "best" in some other times or era.

This is where ACSA comes in, whose biographical anchors (−5="as bad as the worst period in my life", and +5="as good as the best period in my life") define an internal, self-anchored scale of SWB that, according to recent findings, seems to at least reduce relativity biases.

In summary, while conventional SWB scales struggle with external relativity biases and cultural influences, ACSA provides a robust approach by anchoring assessments to personal experiences. This paper will further explore recent findings supporting the efficacy of ACSA in overcoming relativity biases and facilitating intercultural comparisons in felicitometry."

Rebecca K.D Prah

Prah, Rebecca K.D*; Lagony, Stephen; mugenyi, levicatus; Nelson, Kate A; Thomas, Katherine; Kansiiime, Catherine; Matovu, Fred; Weiss, Helen; Greco, Giulia

Understanding the relationship between menstrual health factors and subjective well-being of adolescent girls in Uganda

ABSTRACT

"Introduction: Available evidence suggests age- and gender- differences in adolescent subjective well-being (SWB), with older girls reporting lower SWB compared to boys and younger girls, possibly due to puberty and menstruation experiences. The menstrual cycle has been linked to negative affect and depression, all of which influence SWB. This paper explores the menstrual health (MH) factors that predict adolescent girls' SWB in Uganda.

Methods: This paper uses data from MENISCUS, a cluster-randomized trial that assessed a school-based MH intervention among adolescent girls in 60 schools in the Wakiso and Kalungu districts, Uganda.

Participants self-completed questionnaires including data on household socio-economic factors, mental health problems (assessed using the Strength & Difficulties Total Difficulties Questionnaire (SDQ)), menstrual practices and experiences, and level of happiness and life satisfaction to determine their subjective well-being. The analysis involves descriptive statistics and mixed-effects regression modeling to determine the menstrual factors that influence adolescent girls' SWB, accounting for clustering at the school level.

Results: Most participants (90%) were females aged 15-18 years and had started menstruation. Approximately 65.43% of them were happy, while 69.46% were satisfied with life. Life satisfaction was higher among older adolescents aged 19-24 years (75%). Happiness was higher among girls aged 15-18 years (65.93%) compared to younger (60.71%) and older (58.33%) adolescents. Life satisfaction and happiness decreased with smaller households, eating fewer meals, lower socio-economic status, lower SDQ scores, and being a day student. Girls who experienced pain during their last menstrual period, were teased about menstruation by boys and girls, were anxious about the next menstrual period, and did not have a support system for menstruation reported lower life satisfaction and happiness. A mixed-effect regression modelling to identify menstrual factors that predict adolescent girls' happiness and life satisfaction is currently ongoing and will be completed before the conference."

Robin RF Richards

Richards, Robin RF*

Young people's views on life in South Africa, comparing the 'Struggle Generation' with the 'Born Free's'
ABSTRACT

South Africans are preparing to vote in 2024 in the 7th national democratic elections in May, 30 years after the country's first democratic elections. As with 1994, these elections are expected to be a watershed event in the country's political evolution. This paper contrasts the views of young people (between 16 and 24 years of age) in two distinct generations of the country's history, namely the 'struggle generation' who matured into adulthood in the late 1990's and the 'Born Free's', born after the fall of apartheid. The paper draws on the findings from two discrete research projects, both studies utilised a qualitative biographical approach to explore young people's lived experiences and perceptions of life in South Africa in the mid 1990's and 20 years later.

Rolando Manuel Gonzales Martinez

Gonzales Martinez, Rolando Manuel*

Identifying vulnerable population groups with the combination of surveys, satellite images and ethnographic evidence

ABSTRACT

Leave no one behind is a fundamental principle within the framework of the United Nations' Sustainable Development Goals (SDGs). Survey data at micro level is normally used to calculate indicators and identify vulnerable population groups that are the target of development programs and policies. Surveys, however, can be outdated and do not cover all regions of a country, which creates the risk of leaving minority vulnerable population groups outside of the scope of development programs. The combination of survey information with satellite imagery and ethnographic evidence offers a promising approach to identifying vulnerable population groups that may otherwise be overlooked during the developmental trajectory towards the SDGs. In this project, supported by the Marie Skłodowska-Curie Actions of the European Horizon program, a methodology based on Bayesian inference and artificial intelligence (machine learning, deep learning, and Large Language Models, LLMs) is proposed to combine survey information with the information of satellite images and ethnographic evidence obtained from the perceptions of well-being obtained from women and children living in developing countries. Survey data and satellite images of luminosity, natural disasters, and agriculture were used in spatial machine-learning (ML) and deep learning (DL) with the aim of identifying the characteristics that are relevant to anticipate health problems and malnourishment that affect the well-being of children. Ethnographic evidence was analyzed with LLMs and was combined in a Bayesian framework with the ML/DL evidence to identify environmental, household, and child-level characteristics of specific population groups that could be left behind by development programs. Results for Peru and Vietnam indicate that leveraging artificial intelligence alongside ethnographic insights can be an aid to augment survey data, facilitating the targeted identification of vulnerable children and women at heightened risk of being excluded from the development process towards the achievement of the SDGs.

Salami SALIFOU ABDOULAYE

SALIFOU ABDOULAYE, Salami*

Promoting Social Happiness and Quality of Life through Peace Linguistics: A Case Study of the Beninese Centre for Foreign Languages

ABSTRACT

This paper delves into the pivotal role of peace linguistics in fostering social happiness and improving the quality of life, with a specific focus on the Beninese Centre for Foreign Languages (CEBELAE) as a case study. By examining the initiatives undertaken by CEBELAE in integrating peace linguistics into its language education programs and community outreach efforts, this case study illustrates how linguistic approaches can contribute to conflict resolution, cultural understanding, and social cohesion. Through a combination of qualitative research methods, including interviews, observations, and document analysis, this paper provides insights into the transformative potential of peace linguistics in a real-world context, offering valuable lessons for educators, policymakers, and practitioners.

Sarah Courchesne

The role of communities in times of economic hardship: The link between social capital, economic deprivation and well-being in Sub-Saharan Africa.

ABSTRACT

The degree of social capital (i.e. social cohesion) is positively related to economic growth and well-being within communities. Currently, the degree of social capital in Europe and the United States is low. Conversely, the degree of social capital in Sub-Saharan Africa is high. A high degree of social capital can



buffer against the negative impact of a weak social welfare state on well-being, especially during periods of economic crises. The current study investigates the role of social capital in Sub-Saharan Africa. Specifically, this study seeks to generate insights on how social capital can be sustained and to identify which individuals or groups of people benefit most from social capital, which is currently understudied. To investigate this topic, this study adopts a quantitative approach. Specifically, we will use data from the Gallup World Poll, the Afrobarometer, and the MICS database to examine key variables, focusing on residents of Ghana, Kenya, and Tanzania. Thus, this study contributes to the literature on happiness and well-being by identifying the factors and mechanisms that foster environments conducive to economic growth and well-being. Additionally, the results of this study will help policymakers create policies and initiatives that will lead to sustainable social capital within communities and also to optimize the policies and initiatives to maximise economic benefits. This will create a more prosperous and thriving Sub-Saharan Africa.

Shazly Savahl

Savahl, Shazly*; Adams, Sabirah

Children's experiences of bullying victimisation and the impact on their subjective well-being: A cross-cultural comparison

ABSTRACT

"(a) Purpose of the study: Bullying is a widespread concern that transcends geographical and cultural contexts. While the manifestations of bullying vary across cultures, its impact on children's well-being is universal. This study aimed to ascertain the relation between children's experiences of bullying and their subjective well-being (SWB) across a range of cultural contexts.

(b) Method: We used data from the Children's Worlds Survey to explore the relation between children's bullying victimization and SWB across three age-groups (8, 10, and 12). The sample consisted of 47,029 children randomly selected from 15 countries. Data were analysed using structural equation modelling and multigroup confirmatory factor analysis.

(c) Summary of the results: We found an appropriate fit structure for the overall model, and that the combined influence of physical and psychological bullying made a negative significant contribution to SWB across age groups and geographical regions. Therefore, bullying victimization was significantly associated with lower levels of SWB; which presented differentially across countries. The findings are interpreted using Cummins' (1995) Homeostasis Theory of SWB.

(d) Conclusion: The findings suggest that in spite of some children experiencing bullying victimization, they may present with acceptable levels of life satisfaction. We recommend that researchers explore how different cultures perceive and deal with the deleterious effects of the bullying phenomenon."

shingairai s Chigeza Chigeza, shingairai s*; Maseko, Sasabona Relational well-being experiences of rural primary school teachers in South Africa The workplace environment can become stressful when interpersonal dynamics among colleagues are strained, because relationships play a crucial role in individuals' well-being. While numerous studies focus on the challenges and well-being of teachers, little is known about the relational experiences and relationships that are important for teachers' well-being. The study aimed to understand the relational experiences and relationships that contribute to the well-being of teachers in rural primary schools. Purposive sampling was employed to select 10 male and female teachers with five or more years of teaching experience from Quintile 1–3 ordinary rural schools in South Africa. The data were obtained through semi-structured interviews and analysed thematically. The



study's findings revealed that schools can provide conducive spaces for experiencing and forming positive interactional relationships with learners, peers, and the community. In addition, teachers thrive because of important relationships that give meaning, such as nurturing interpersonal collaboration, finding purpose in life, fulfilment, and valued relationships. Such relationships enable teachers to consistently strive for the best in their work performance. Positive interactional relationships not only enhance the well-being of teachers but also contribute to the overall success of education. Our findings have implications for relational well-being interventions for teachers in education sectors.

Spyridon Stavropoulos

Stephanie Rossouw Greyling, Talita; Rossouw, Stephanie*; Boy, Frederic

Development and validation of a happiness index using Google Trends.

ABSTRACT

It is well-established that a country's economic outcomes, including productivity, future income, and labour market performance, are profoundly influenced by the happiness of its people. Increased national happiness has positive spillover effects, benefiting a nation's social and health sectors. Traditionally, survey data have been the primary source for determining people's happiness. However, this approach faces challenges in the post-pandemic era, as individuals increasingly experience "survey fatigue", and conducting these is costly. To address these major limitations, Big Data collected from online sources like Google Trends™ has emerged as a complementary and necessary tool to traditional survey data. This alternative data source can provide policymakers with more timely information on people's current state of happiness and well-being. In recent years, Google Trends™ data has been leveraged to discern trends in mental health, including depression, anxiety, and loneliness and to construct robust predictors of subjective well-being composite categories. This paper introduces a novel methodology to construct a near real-time happiness index using Google Trends™ data. This represents the first attempt to develop a comprehensive, timely measure of population-level happiness. We use a basket of English-language emotion words suggested to capture affect in capturing positive and negative affect. We developed Gradient Boosting Regression Machine Learning (ML) models to predict happiness and validate our high-frequency happiness index using the UK's ONS (weekly and quarterly) and mental health from EARS data. To demonstrate the cross-cultural applicability of our methodology, we apply the same sample of emotion-related search terms (translated into Dutch) and ML models to predict happiness levels in the Netherlands, validated using daily survey data from the Dutch population. By successfully replicating our approach in a different cultural and linguistic context, we present a real-time tracking of happiness levels across multiple countries and languages. This innovative framework offers robust and comprehensive insights into the construction and fluctuations of real-time happiness measures over time and across various geographic regions.

Susan F Mahachi

Mahachi, Susan F*; Shabalala, Nokulunga

Factors fostering a positive environment and supporting the holistic development of expat adolescents living and attending school in Dubai.

ABSTRACT



"In recent years, there has been a notable rise in the global trend of expatriation, with Dubai emerging as a sought-after destination for expat families seeking improved quality of life and career opportunities. The research aimed to explore the experiences of expatriate adolescents living in Dubai.

Using a phenomenological approach, the study examined the experiences and perceptions of expat adolescents in Dubai, with the goal of highlighting the distinct features of their lives that contribute to greater happiness and overall wellbeing.

Interpretative phenomenological analysis was used to analyse interview data. A total of ten semi-structured interviews were conducted. Hermeneutics, Erikson's developmental theory and Seligman's PERMA model were used as theoretical resources.

Preliminary findings suggest that expat adolescents living and attending school in Dubai derive significant benefits from their unique multicultural environment. They have exposure to diverse viewpoints, cross-cultural interactions, and opportunities for personal and intellectual growth. Moreover, the supportive educational system and vibrant community life in Dubai play a crucial role in fostering a sense of belonging and connectedness among expat adolescents, thereby enhancing their emotional resilience, overall happiness and wellbeing.

Contribution: This detailed examination of lived experiences helped identify the specific areas within education, healthcare, and social inclusion. I therefore envision the development of educational and social policies that will enhance support systems, promote cultural inclusion, and facilitate the holistic development of expat adolescents in the city.

This study explores positive aspects of expat adolescence in Dubai, enriching existing literature on expatriation and adolescent development. It offers insights for policymakers, educators, and parents to enhance expat adolescents' well-being, stressing the importance of leveraging their strengths for promoting happiness in diverse cultural settings."

Suzanne E Bester

Bester, Suzanne E*

Exploring inclusive leadership and strategic visioning as pathways to wellbeing in TVET colleges

ABSTRACT

This exploratory case study reports on how staff and student wellbeing is embedded and promoted in TVET Colleges through inclusive leadership practices such as policies that structure and guide wellbeing programmes, making it part of the strategic vision and how it is evidenced in wellness programmes and initiatives in colleges. 11 participants were purposively selected from a population of 59 TVET college leaders, who were enrolled in a Technical and Vocational Education and Training (PGDip in TVET) leadership development programme at the University of Pretoria during the period of 2021-2022. Data were generated during teaching and learning activities where the entire population (n=59) were involved in completing a structured checklist of enablers and risk factors of wellbeing for their colleges. From this process the checklists of 11 campus managers were selected based on the depth and quality of information about the topic of research and the insight it could provide to answer the question of how wellbeing was promoted in their colleges. The findings of this study suggest that wellbeing policies were inconsistently implemented across college contexts, that there is a perceived lack of strategic thinking about wellbeing and a lack of guidance and direction from college leadership on how to deal with wellbeing. Furthermore, it became evident that student wellbeing was prioritised over staff wellbeing

while staff experienced burnout and fatigue with elevated levels of stress about meeting deadlines, unmanageable workloads, and unrealistic expectations.

Talita Greyling

Greyling, Talita*; Simo-Knegne, Beatrice; Rossouw, Stephanie

The Nexus of Education and Subjective Well-being Distribution: Do different education proxies contribute equally?

ABSTRACT

"The findings on the relationship between education and subjective well-being (SWB) are diverse, from education does not matter to it matters, in some instances increasing and in others decreasing SWB. These conflicting results are rooted in the results of standard regression techniques producing average effects over the entire distribution, which is deemed incomplete as such output may hide significant variations across different SWB quantiles. We believe the relationship can be better characterised using quantile regression. Examining the coefficients of the education variables at various quantiles of SWB provides a more nuanced understanding of the relationship as it can identify differences in the effects across the distribution. However, using quantile regression alone does not solve the puzzle regarding the diverse findings related to education and SWB. In our analyses, we use cross-sectional data to reassess the relationship between education and SWB by hypothesising that different education proxies will likely have dissimilar bearings on divergent SWB quantiles. Considering the potential endogeneity due to the simultaneity bias since SWB can equally serve as a solid motive for further education, we apply instrumental variable quantile regressions. We find that education may have a positive, negative, or no effect on SWB, which depends on the quantile and the education proxy. This finding conciliates the conflicting conclusions from the existing evidence on the relationship between education and SWB.

Keywords: Subjective well-being, happiness, life satisfaction, education and quantile regressions"

Tebogo Keatlegile TKF Tlou

Tlou, Tebogo Keatlegile TKF*; Idemudia, Erhabor

Intergenerational Emotional Support: Enhancing the Well-being of Young Batswana Dependents in a Democratic Society

ABSTRACT

Background: In a democratic society, the well-being and happiness of each citizen are paramount, including vulnerable populations such as young dependents affected by familial migration. This study investigates how intergenerational emotional support within families can enhance the psychological well-being and happiness of young Batswana dependents whose breadwinners have migrated, offering insights into broader societal benefits.

Methods: The research utilized a mixed-methods approach, incorporating both qualitative interviews and quantitative surveys with a sample of 250 young Batswana dependents residing in Mafikeng, South Africa. This methodology enabled an in-depth exploration of the emotional and social support mechanisms provided by older generations and their direct effects on the well-being of the youth.

Results: The findings reveal that strong emotional support from older family members significantly improves the well-being and happiness of the young dependents. Participants reporting robust intergenerational support exhibited fewer symptoms of psychological distress and a higher sense of life satisfaction, highlighting the protective role of familial bonds.

Conclusions: This study underscores the importance of fostering strong family dynamics and intergenerational support in enhancing the well-being and happiness of young individuals in a democratic world. Policies and interventions that promote family cohesion and provide support for intergenerational relationships can be effective in mitigating the adverse effects of migration on young dependents. By strengthening the social fabric within families, democracies can enhance the overall happiness and well-being of their citizens, particularly those who are most vulnerable.

Keywords: Well-being, Happiness, Democratic Society, Familial Migration, Intergenerational Support, Young Batswana Dependents."

Tendai Machaya

Machaya, Tendai*

Culture-embedded and context-informed description of well-being in Malawi.

ABSTRACT

Well-being studies have become increasingly prevalent and are gradually finding their footing in Africa, albeit nascent, except for South Africa. Despite its global ubiquity, there needs to be more consensus on the definitions, descriptors, and determinants of well-being. Well-being studies, originating from Western Educated, Industrialised, Rich, Democratic (WEIRD) countries and seemingly a Western venture, have often been misrepresented in the Global South, leading to the universalisation of the construct without consideration for social and cultural aspects, thereby perpetuating epistemological violence. To address this issue, this study adopts a bottom-up approach through cultural consensus modelling (CCM) to develop contextually appropriate definitions, descriptions, and determinants of well-being, specifically for Malawi. This research forms part of a larger PhD project aimed at creating culture-fair definitions, descriptions, and measurements of well-being. A qualitative study design will be employed, involving in-depth interviews with 18 custodians of culture across the three regions of Malawi. The data collected will be analysed using codebook content analysis, generating common descriptors and notions of well-being from a Malawian perspective. This approach allows for a more nuanced understanding of well-being in Malawi, considering the unique cultural context and ensuring that the definitions and descriptions are relevant and meaningful to the local population. By adopting a bottom-up approach, the study aims to challenge the universalization of the well-being construct and contribute to a more culturally sensitive and contextually grounded understanding of well-being in Africa.

Uma Kollampambil

Kollampambil, Uma*

Subjective time poverty and Life satisfaction in a high income- and spatial-inequality context: A gendered analysis

ABSTRACT

"Introduction: Literature on the determinants of life satisfaction, subjective wellbeing and happiness have developed exponentially in recent decades since and have identified a range of factors in recent decades ranging from individual level intrinsic personality attributes, income (absolute and relative), health, religiosity, access to public amenities that intersect with social and country level factors (Diener et al., 1999). While financial poverty (absolute and relative) are key factors identified through both country and individual level studies, there is little attention in literature on the effect of time poverty on life satisfaction.



Following many decades of academic research, the argument to supplement conventional poverty measures with time-poverty is coming to the forefront as a key component of policy making (Williams et al., 2016).

The theoretical foundations for the studies on time use and time deficit is primarily derived from Becker (Becker, 1965) who emphasized the need for estimating time budgets along with money budgets to understand more efficient allocation of scarce resources of both money and time. Despite the information gathered through the time-use surveys, the effort to juxtapose time use with wellbeing implications has been rather limited.

Objective: The research objective is to assess the effect of subjective poverty on life satisfaction and to identify the pathways through which time poverty impacts on life satisfaction.

Data and Methods: This study uses the general population sample of 12000 individuals from the sixth round of Quality of Life Survey conducted in Gauteng (the most populous province in South Africa) to analyse the effect of time poverty on life satisfaction. Inverse probability weighted treatment effects method is used to assess differences in the mean life satisfaction levels of those reporting time poverty and not. Further the role of spatial inequality, which has persisted through Apartheid era spatial planning, is explored as a pathway in the relationship between time poverty and life satisfaction using mediation analysis.

Results: The average treatment effects from the inverse probability weighted analysis indicated that time poverty reduces average life satisfaction significantly both for men and women. Further, the mediation analysis revealed that the indirect effects of travel time to be a significant pathway between time poverty and life satisfaction for women but not for men.

Conclusion: The discussions on interventions to reduce the time deficits currently focus on restricting work hours. The findings from this study point to the need to incorporate the issue of spatial inequality and commute time as well into this discussion. This is especially true in cities with high levels of spatial inequality where the employment opportunities are farther away from neighbourhoods with affordable accommodation."

Valerie Moller

Brief History of Quality-of-Life Studies in South Africa: Milestones, Measures, and Pioneers

ABSTRACT

Quality-of-life studies in Africa have come a long way since samples of migrants working in South African cities were asked how satisfied they were with life in the 1970s. Thirty years into South Africa's new democracy, we are celebrating the first regional ISQOLS – Africa conference that brings together both veteran quality-of-life scholars and newcomers to the field. We trace some of the milestones in the history of South African quality-of-life studies and track the pioneers who introduced the diverse measurement tools we are applying to assess human well-being and prospects for future happiness in society. We shall invite colleagues participating in our first regional ISQOLS – Africa conference to help us fill the gaps in our brief outline of developments in quality-of-life studies in the region.

Valerie Moller

Moller, Valerie*; Roberts, Benjamin

South African hopes and fears thirty years into democracy: A follow-up replication of Hadley Cantril's Pattern of Human Concerns

ABSTRACT

Nearly 60 years have elapsed since Cantril (1965) published his work on *The Pattern of Human Concerns*. His line of inquiry has stood the test of time. In late 2012, the nationally representative South African Social Attitudes Survey replicated Cantril's 1960s questions and methodology to elicit South Africans' hopes and aspirations and worries and fears for self and country and their ratings of where self and country stood—past, present and will stand in future. This was again replicated in late 2022 in order to determine whether there has been an appreciable change in predispositions amid a context of declining satisfaction with the performance of democracy and its core political institutions. The 2012 and 2022 surveying to our knowledge represents a rare replication of Cantril's full line of preliminary questioning. Our study found that South African aspirations for self remain mainly material ones for a decent standard of living and the means to achieve this goal. Hopes for the nation concentrated on economic and political progress to consolidate South Africa's democracy. A large number of personal and national hopes were mirrored in fears that these aspirations might not be met. Cantril's method also allowed us to review the main concerns and ratings across the diverse groups of citizens that make up the 'rainbow nation'. There was a substantial degree of consensus on top hopes and fears but levels of standing on the Cantril ladder of life were still graded according to apartheid-era inequalities with black South Africans scoring lower than other race groups. While the majority of South Africans rated their present life better than 5 years ago and projected life to get better in future, the scale of such optimism has thinned out over the last decade. This is now placing intensifying pressure on the state to deliver on personal and societal hopes as the country's third decade of democracy draws to a close.

Valerie Moller

Moller, Valerie*; Roberts, Benjamin

'Born Free' dreams: South African township youth discuss their hopes for a better life in future

ABSTRACT

The advent of democracy in 1994 promised South Africans a 'better life for all' and the so-called 'born free' generation hoped for better education and job opportunities than those of their parents and grandparents, who had lived under apartheid. In focus group discussions, township youth living in a small university town in the country's poorest Eastern Cape Province had the opportunity to express what hopes they had for their future in the post-Covid-19 era and confirmed the important role of hope in their lives as a useful tool that motivated them to aspire to fulfil their dreams. In response to select items from the Snyder hope scales, youth discussed their life goals, optimism, agency and pathway thinking to realise their dreams. Youth recognised hope could be both harmful as well as useful. The discussions provided an opportunity for youth to share and compare with others their experiences of disappointment and failure, of times when they had felt hopeless, with the worst cases of hopelessness resulting in alcohol and substance abuse, which was reportedly widespread among township youth. Family, neighbours and significant others provided support and advice that assisted youth to recover from hopelessness, and to find new direction in life. Results from this qualitative study point to the importance of providing township youth with a platform to share their experiences of hopelessness. Policy and practical interventions are needed to support and guide hopeless youth to regain their mental health, well-being, and hope for the future.



Wafa E Garah

Garah, Wafa E*; Veltri, Natasha

Exploring the impact of Generative AI tools on technostress of college students

ABSTRACT

"This research in progress explores the impact of generative AI tools on college students' technostress levels. It investigates how college students experience stress associated with the extensive use of technology for studying and how their wellbeing is impacted by these new generative AI applications. Despite the fact that Generation Z are "digital natives" and known to be tech savvy, they still experience technostress. The launch of ChatGPT in November 2022 has led to a surge of Generative AI tools and applications. These tools have several benefits and are designed to improve productivity and enhance performance at work and in school. However, there are several attributes and factors of these tools that can contribute to technostress beyond technology self-efficacy. Our goal in this exploratory study is to unveil some of these technological attributes. Using a qualitative approach, we plan to conduct semi-structured interviews with undergraduate college students enrolled in an introductory course of Management Information Systems. The interpretivist framework is adopted to explore the students' worldviews and perspectives vis à vis generative AI tools and their relation to technostress in the context of education.

The results of this study are expected to expand the body of knowledge in information systems by identifying the impact of using multiple generative AI tools in study on the technostress levels of college students. By discovering the technological attributes and factors leading to technostress, generative AI application developers can design and build tools that take into account the users wellbeing. Though the findings of this study cannot be generalizable, they provide a starting point for future quantitative studies that can examine those factors on a large scale."