

## Abstracts book

### ***Wellbeing Research Editors' Perspectives***

Daniel Shek (Hong Kong Polytechnic University).

#### *Abstract*

In this Sharing Session, editors of the following journals on well-being will reflect on their views on well-being research papers submitted to their journals, particularly on the quality of paper submission. Each editor will use 10 minutes to share their experience followed by around 40 minutes of discussion.

Editors

Jing Jian Xiao, Editor, Journal of Financial Counseling and Planning

Rui Yao, Editor, Journal of Consumer Affairs

Stephanie Rossouw, Co-Editor, Journal of Happiness Studies,

Ferdi Botha, Associate Editor, Social Indicators Research,

Daniel Shek, Editor of the Applied Research in Quality-of-Life Journal

### ***The Quest for Authenticity Uncovering the Cultural Roots of Modern Well-Being***

Mohsen Joshanloo (Keimyung University).

#### *Abstract*

This talk explores the emergence of authentic self-expression and self-actualization as key principles for understanding optimal human functioning and well-being in modern times. It discusses how modern formulations of well-being (prioritizing autonomy, self-discovery, and personal growth) have adopted authenticity as a guiding paradigm in scientific and public discourse. While acknowledging the widespread adoption of these authenticity-based models, the talk highlights their Western cultural roots and challenges assumptions of universality. It cautions against imposing individualistic ideals as a one-size-fits-all solution, particularly in contexts where collectivist and traditional notions of personhood and well-being are prevalent. The presentation advocates for a more inclusive approach to understanding and promoting well-being worldwide.

### ***Health in the 21st century with the human functioning revolution Moving beyond QALYs to allow for bio-psycho-social lived health experience in communities and reflect their values***

Simon Eckermann (University of Wollongong).

### ***Human Brain Capital in the Artificial Intelligence Era***

Cornelia Walther (POZE@ezop).

#### *Abstract*

The Technology we need for the Future we want.

Aspirations, emotions, thoughts and sensations influence our personal experience of the world. Individuals, communities, countries and the planet influence our collective experience in it. Micro, meso, macro, meta - Technology increasingly impacts each of these dimensions, and their interplays. Whether that influence is positive or harmful is not a foregone conclusion.

The point of departure for this panel is simple - 'Garbage in, garbage out'. We cannot expect from the technology of tomorrow to live up to values that the humans of today do not manifest.

We have five fantastic speakers on this panel, who will look at technology in their respective arenas of expertise, and the influence it has on humanity across the m4-matrix. Micro-meso-macro-meta, everything is connected in a hybrid world.

Our experiences, and the resulting behavior, are shaped by emotions, thoughts, aspirations and physiological sensations; vice-versa, the resulting experiences influence individuals (micro), communities and institutions (meso), countries and economies (macro) and the Planet (meta) that we are part of. Technology is part of both arenas, it influences how we experience the world and ourselves and how we express this 'self'. This connection between humanity and technology is increasingly blended. Whether that blend is feeding a vicious or virtuous feedback loop, depends on those who shape and use it. Artificial intelligence (AI) is extrapolating whatever streams of influence are underway. Whether that influence is colored by human values, or commercial interests, is a choice that we can still influence, as both clients, coders and investors. Eventually it will take on a dynamic of itself.

End Everything is connected within a continuum of constant change, where one component is completed by others and completing them in return. The causes and consequences that influence who we are today started yesterday; they influence who we will be in the future; unknowingly because we are immersed in the buzz of the presence. A collateral outcome of this inside-out/outside-in, offline-online, past-prospective arch is that those who live today shape the environment, including the technology that is part of it, which in turn shapes our lives, and those of future generations. Nothing happens in a vacuum. Every sound has an echo - missteered technology transforms living in a harrowing echo-chamber.

**Key Message** The point of departure for this panel is simple - garbage in, garbage out. We cannot expect the technology of tomorrow to be aligned with values that we do not manifest, as humans, today. Individual change is the cause and consequence of collective transformation.

In the interaction with technology, the weight of human values is amplified.

Our present moral footprint is the moral social blueprint of the future. We can consciously and proactively render it kind. Making the future a place where everyone gets a fair chance to fulfill their inherent potential requires human leadership for humane technology.

**Moderator** Cornelia C. Walther, PhD, Senior research fellow. Center for social norms and behavioral dynamics, University of Pennsylvania. Following two decades with the UN, and the publication of various books on social change via individual transformation, Cornelia launched POZE@global, a thinktank for unlike-minded thinkers and doers.

**Starter Questions** How can we use AI to lift individuals to fulfill their inherent potential ?

How can we leverage technology to bring out the best in humankind ?

**Take-away Call to action** - let's use Today as a point of departure for a new perspective on the online and offline reality that we inhabit.

The future is either a black box about to reveal its Pandorian nature; or, it is a sparkling treasure chest. Which lid would we rather lift ?

## ***POZE Workshop***

Cornelia Walther (POZE@ezop).

### ***Abstract***

**SCOPE** This workshop offers an introduction to the POZE perspective and deriving approach, which addresses aspirations, emotions, thoughts and sensations within a holistic framework of individual empowerment. Theory is combined with practical exercises to help participants understand the logic, and to experience its added value first-hand. It concludes with the opportunity for mutual sharing of these experiences. **AUDIENCE** Whether you feel you live underneath your potential, or if you are satisfied with the status quo, this workshop may be for you. Human existence is a composite of aspirations, emotions, thoughts, and sensations. These must be in sync for personal wellbeing, and harmonious social interactions. This session proposes a novel approach to look at the core drivers of our being, and their interplay. While aimed at the personal experience the resulting insights and thoughts may serve your professional approach. **AGENDA**

Introduction in the POZE paradigm of aspirations, emotions, thoughts and sensations The Why, Who, How and What of life and how they relate to these four layers of the human being. (10 min) Exercise Attention P-O-Z-E (5 min) Art of Awareness. Drawing exercise Present - Problem - Perspective Sharing and discussion (30 min) Exercise Re-center using PO-ZE (5 min) Conclusion/Q&A (10 min) Homework Letter to Self (10 min) Feedback on the session using the Quadrant (Like/Worked. Wish. Questions. Ideas) (5 min)

## ***A Multi-dimensional Perspective on Quality of Life and Social Change***

Cornelia Walther (POZE@ezop).

### ***Abstract***

The aim of this panel is to offer a panorama of theories and practices related to quality of life in an uncertain world, and the social change that needs to happen to make their impact sustainable. The selection of speakers considers social, economic, environmental, and political/governance aspects that favor or hamper aid, recovery and overall social change dynamics. To achieve this aim and provide a multidisciplinary perspective, both practitioners and academics will be represented.

The varied set of perspectives deriving from the authors' field of experience and expertise will result in a kaleidoscope of first-hand knowledge about different paths that are conducive to individual and collective levels. Whereas some speakers will concentrate on the policy dimension, others will provide case-studies, and others methodological innovations. Their common theme is a holistic angle to 'social change' processes that is not limited in its scope to either the material or the immaterial side of societal transformation. Each contribution will illustrate connections between micro changes (individual) and the dynamics that derive from them at the meso (community), macro (country) and meta level (planet) nurturing quality of life if they are sustained through time. A central understanding is that we have a common responsibility, but differentiated abilities.

The moderator will provide an introduction of POZE (Perspective – Optimization – Zeniths – Exposure), the holistic perspective to social transformation that is illustrated, respectively and combined, by the speakers. The key messages of this panel are 1) the understanding that collective wellbeing is the cause and consequence of collective wellbeing; and 2) quality of life is the result of alignment between the twice four dimensions that influence human existence at the individual level (soul, heart, mind and body; expressed as aspirations, emotions, thought, sensations), and collectively (micro, meso, macro and meta; or, individual experiences, communities, countries and the world). Investments in one dimension without consideration of the others is unsustainable, whereas all can be promoted by systematically assessing and addressing the mutual interplay that connects them. Within this framework speakers will provide their own views, practical experience and theoretical approximation on how the multiple dimensions at stake play out in relation to quality of life without ties to a monolithic orthodoxy.

NOTE This Panel is connected to the 'Handbook on Quality of Life and Social Change', which is scheduled to appear in December 2023 as part of the Springer Handbook Series on Quality of Life.

GOAL The expected outcome of this panel is to identify and connect like-minded thinkers and practitioners to learn and share best practices and ideas.

SESSION STRUCTURE Following a brief introduction to the scope and paradigm of the Panel (Introduction/ 5 min) the moderator will offer the floor to each of the four panelists to introduce themselves and their present scope of work (Question 1 / 5 min each). They will then in turn answer the Questions that are directed to them specifically (Questions 2 to 5/5 min each). Subsequently the audience will be invited to ask questions to the speakers (10 min). To conclude the moderator will give each speaker the floor to summarize their key take-away. (10 min)

Questions Entry question to all speakers How does this multidimensional understanding of being and becoming, of individual change and collective transformation relates to your body of work and current research interests?

Specific questions to the respective panelists Micro What influences individual wellbeing from the inside out, and how does this influence the environment in which a person evolves? Meso What are the causes and consequences of solidarity that is taken beyond theory to practice, both for the individuals who are taking action and those who evolve in their community and society? Macro How does the macro-economic and political context influence individuals' quality of life, and how is it influenced by it in return? Meta What are the cornerstones of happiness that are common to individuals beyond borders, and what are the differences that distinguish people and peoples?



Moderator Cornelia C. Walther, PhD combines praxis and research. As a humanitarian practitioner, she worked for two decades with UNICEF and the World Food Program in large scale emergencies in West Africa, Asia and Latin America. As lecturer, coach and researcher, Cornelia collaborates with various universities; including the Center for humanitarian leadership at Deakins (Australia), the Fachhochschule Münster (Germany), the University of Palermo (Argentina) and Aix-Marseille's Law faculty (France). She is a senior fellow at the Center for Social and Behavior Change at the University of Pennsylvania. Cornelia holds a doctorate in Law and is a certified yoga and meditation teacher. In 2017 she initiated the POZE dynamic in Haiti; which has since then benefited people on all continents. Recent books include "Development, humanitarian action and social welfare"; 'Humanitarian work, social change and human behavior'; 'Connection in times of Covid', 'Technology, Behavior and Social Change' and Leadership for Social Change and Development. [Macmillan Palgrave/Springer, New York].

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### ***Workshop on globally inclusive measures of subjective wellbeing.***

Conal Smith (Kotata Insight).

#### ***Abstract***

In 2013 the OECD published the Guidelines on Measuring Subjective Wellbeing. It is now reviewing the Guidelines with a view to publishing an updated set that address issues that have become more prominent in the decade since the original Guidelines were published. A working paper was published by the OECD in September 2023 setting out the topics to be addressed in the review. One key topic is to explore what is known about globally inclusive measures of subjective wellbeing (i.e. subjective wellbeing measures that are not limited to western European/north American value systems). This area of work is relatively under-developed although there have been some important papers published (e.g. <https://internationaljournalofwellbeing.org/index.php/ijow/article/view/1037/877>) and some official statistical offices have explored this area (e.g. <https://www.stats.govt.nz/information-releases/te-kupenga-2018-final-english>). The aim of the workshop would be to bring together interested/knowledgeable ISQOLS members/conference attendees to identify existing work exploring globally inclusive measures of subjective wellbeing and to discuss the principles under which such a work programme might proceed. The workshop would be linked to the OECD work programme and the author of the OECD review would attend.

### ***Workshop on Enhancing Reliability in QOL Research using the Classical Measurement Model for Scale Construction***

Mariah Evens And Jonathan Kelley (International Survey Center).

### ***Schedule Disturbances and Employee Well-Being Evidence from a Quasi-Experiment in the Airline Industry***

Martijn Burger (Erasmus University Rotterdam).

#### ***Abstract***

In this article, we investigated the impact of an unexpected crew rescheduling announcement on the well-being of employees at a major airline. We utilized data from a survey that was conducted at the time of the schedule disturbance, and employed propensity score matching methods to examine the relationship between rescheduling and employee well-being. Our results showed that the schedule disturbance had a negative effect on job satisfaction and the promoter score but did not have an effect on life satisfaction. Mediation analyses indicated that the reduction in work-related well-being could be attributed to a decrease in satisfaction with work schedule control, work-life balance and perceived organizational support. Furthermore, our study found that the well-being of part-time cabin crew was more affected by

the disturbance than that of full-time employees. These findings suggest that schedule disturbances have real-life well-being consequences for employees, especially those experiencing work-family conflict because of the disturbance.

### ***The Easterlin Paradox at 50***

Andrew Clark (Paris School of Economics).

#### ***Abstract***

We here use 2009-2019 Gallup data from over 150 countries at both the individual and country levels to revisit the relationship between income and subjective wellbeing. Our inspiration is the paradox first underlined by Easterlin (1974), in which higher incomes are associated with greater happiness in cross-sections, both across individuals and across countries, yet rises in country GDP per capita do not increase its average wellbeing. The worldwide coefficient on log income in individual cross-section data, with subjective wellbeing measured by the Cantril ladder on a 0-10 scale, is 0.4 doubling an individual's income is associated with higher wellbeing of approximately 0.3. At the country level, the estimated GDP per capita coefficient is a little larger at 0.6. We then consider the relationship between changes in GDP and changes in subjective well-being these also turn out to be positive, although insignificant in rich countries (which is also the case in Easterlin's initial analysis time-series analysis of US data). As such, the impact of economic growth on happiness varies significantly by the country's income level. We suggest that this positive relationship in less-rich countries reflects the correlation between GDP and the conditions necessary for a good life (such as social support, freedom and confidence) as well as the intrinsic value of income in poorer countries.

### ***From Nothing to Something Increasing Retirement Well-Being in Non-Contributors***

Elizabeth Perry (TIB).

#### ***Abstract***

In a randomized intervention among 32,135 federal employees who were not saving, we tested several strategies from the behavioral literature, including personalization, reciprocity, and social norms.

We randomly assigned everyone into one of five groups Group 1 received a personalized estimate of how much money they had missed in matching that year. Group 2 (reciprocity) was informed that their retirement accounts contained money from their employers; participants were then invited to contribute too. Group 3 was given an estimate of how much other non-contributors had missed in matching on average, a new approach that we have pioneered. Group 4 (social norms) learned that 90% of federal employees contribute to their retirement accounts. The fifth group received no outreach at that time.

After three months, we determined the total in each group who had started saving, using Chi square and two-sample proportion tests (two-tailed) to determine significance. All treatment groups were significantly more likely (14% to 21%) to be saving than those who received no outreach ( $p < 0.0001$ ).

The unique design of the plan we studied allowed us to test reciprocity in what appears to be its first application in a retirement context. It was significantly effective, as were traditional social norms, running contrary to findings from the literature. To our knowledge, this is also one of the first randomized interventions to test the effects of personalization on retirement saving, and results suggest it can be very effective. Finally, the "what others missed" approach also made a difference.

### ***Wellbeing and climate change***

Søren Harnow Klausen (University of Southern Denmark & Peking University).

#### ***Abstract***

Mounting an adequate response to climate change is arguably the most important task facing human civilization in the 21st Century. The consequences of climate change itself and the necessary mitigation actions will require people all around the globe to change their way of life substantially. But although this will have a large impact on their quality of life, there has been too little explicit focus on the role of wellbeing in green transition, in both research and public discourse. In the presentation I identify some central questions and distinguish different ways in which the relationship



has and can be understood, including reasons for pessimism and optimism. I also highlight the importance of considering wellbeing during, and not only after, green transition. Further considering how the issue should be dealt with, I argue against the popular view that climate change and the prospect of a "broken world" calls for an objectivist conception of quality of life, like the needs or capability approach, defending the relevance of subjective wellbeing for responding adequately to climate change. We should see the tendency of human beings to adapt to new conditions, develop new preferences and cultivate new experiences not as a problem, but as a creative ability that could (and must) be a central part of the solution to the problem of how to carry out green transition in a way that is fast, efficient and humane.

### ***Cultural Narratives, Religiosity and Cooperation for Peace across Space – A Game Theoretical Approach & Empirical Test for Israel and the Arab World***

Annie Tubadji (Swansea university).

#### ***Abstract***

Conflict and peace are products of one and the same type of feelings in different level of availability with the decision maker. When feelings related to trust are in abundance, cooperation and peaceful interaction emerge. When uncertainty, fear and attitudes to others as a threat prevail, we observe conflict and war as a result. Taking this premise, the CBD frameworks offers a game theoretical interpretation of this suggested mechanism employing a full information sequential game for cooperation where association from a trigger from reality as a cultural marker serves as a commitment for the decision maker regarding whom he commits to trust and whom not for cultural identity reasons. In this CBD cooperation game, the cultural context codes the triggers from reality with meaning that is associated with high or low level of trust towards this trigger and the person who uses the trigger as a cultural marker for signaling one's identity. Thus, the local cultural context defines the feeling towards the trigger that ranks the perceived payoffs for cooperation with people associated with this trigger. The sub-perfect Nash equilibrium result of this CBD cooperation game is polarization and conflict when attitudes to trust in some are low and the SPNE is peace when the attitudes to trust to all are high. World Values Survey data for Israel and representative Arabic countries available in the survey are used to empirically test the mechanism behind this CBD cooperation game. The empirical results support the existence of the CBD cooperation game mechanism.

### ***Mental Health of Chinese Adolescents after the Pandemic Status and Psychosocial Correlates***

Lu Yu (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Meng Du (Department of Applied Social Sciences, The Hong Kong Polytechnic University) and Xiaohua Zhou (Department of Applied Social Sciences, The Hong Kong Polytechnic University).

#### ***Abstract***

**Introduction** The mental health of young people has emerged as a pressing issue globally, especially in the aftermath of the COVID-19 pandemic. This study examined depression, anxiety, and stress levels among Chinese adolescents post-pandemic, along with their associations with individual, family, and school factors.

**Method** A total of 1,338 secondary school students (737 males and 598 females; age = 13.08 ± 0.58 years) from four schools participated in the study. They completed a questionnaire that assessed their mental health, meaning in life, perceived parenting behaviors, peer support, and school climate.

**Results** Among the participants, 14.37% reported varying degrees of depression, 9.45% exhibited anxiety symptoms, and 14.65% experienced stress. Results of multiple regression analyses revealed several key findings 1) girls exhibited higher levels of depression, anxiety, and stress compared to boys; 2) a higher educational level of fathers was linked to lower depression and anxiety in adolescents; 3) presence of meaning in life was reversely related to depression, anxiety, and stress, while searching for meaning correlated positively with these negative emotions; 4) parental rejection was positively associated with depression and anxiety, and maternal overprotection was positively linked to stress in adolescents; 5) both peer support and a positive school climate were consistently inversely related to negative emotions in adolescents.

**Conclusions** The results highlight the protective influence of positive parenting behaviors, peer support, and a supportive school climate on adolescent mental health. Helping adolescents to discover future goals and finding meaning in life is crucial for fostering their positive development.

### ***Intergenerational Mobility of Subjective Wellbeing in South Africa***

Umakrishnan Kollamparambil (University of the Witwatersrand).

#### ***Abstract***

This study expands the existing literature on intergenerational mobility by going beyond conventional measures and adopting subjective wellbeing (SWB) as a more holistic measure of social stratification. Using the National Income Dynamics Study panel data for South Africa, the study considers the life-cycle dependency of SWB, as well as possible endogeneity bias caused by simultaneity between parent and child SWB. The findings indicate that, while positive significant persistence exists between parent and child SWB measured at the same time point, this is much lower compared to persistence measured using income. Mother-child and co-residents record higher intergenerational persistence compared to father-child and non-co-residents respectively. Further, considering the life-cycle dependency of SWB, the persistence reduces further considerably. Lastly, the persistence is no longer found to be positive and significant when correcting for possible endogeneity bias in the SWB association of parents and children. The above findings differ substantially from other income-based studies pointing to the value of a more holistic assessment of intergenerational mobility.

### ***Horses for Courses? Life Satisfaction and WHO-5 as Wellbeing Policy Guides***

Arthur Grimes (Victoria University of Wellington, and Motu Research), Pike Stahlmann-Brown (Manaaki Whenua – Landcare Research) and Philip Morrison (Victoria University of Wellington).

#### ***Abstract***

When using subjective wellbeing to evaluate policy outcomes, the evaluator must decide which indicator(s) to adopt. Suitability of a metric may relate to the timespan over which a policy is likely to impact and/or to the anticipated size of effect. Choices may include short-term experienced wellbeing (affect) measures and evaluative wellbeing measures. An alternative metric that lies between these extremes is the WHO-5 measure of mental wellbeing which surveys feelings of cheerfulness, calmness, vigour, rest and interest over the prior fortnight.

Any single measure of wellbeing may be insufficient to represent the welfare of individuals. Bentham (1789) posited that we should maximise pleasure AND minimise pain, an approach akin to the dual-continua model of mental wellbeing in which mental states reflect combinations of ill-being and well-being.

We utilise five surveys (two of which are longitudinal) in which life satisfaction and WHO-5 are each measured for the same respondents to examine three questions. First, we test the association of life satisfaction with WHO-5 and with each element of WHO-5. Second, we examine whether associations between life satisfaction and WHO-5 differ in different contexts and/or according to different personal characteristics. Third, we examine associations of each element of WHO-5 with each other element to test if these associations are consistent across respondents or if certain respondent groups are clustered in ways that exhibit different associations. The results are used to indicate whether a single subjective wellbeing measure is sufficient for policy purposes or whether multiple measures are required.

### ***Examining the pathways from general trust through social connectedness to subjective wellbeing***

Adekunle Adedeji (Hamburg University of Applied Science, Germany; Constructor University, Germany; UKE Hamburg), Babatola Dominic Olawa (Universität Vechta), Saskia Hanft-Robert (UKE Hamburg), Tosin Tunrayo Olonisakin (Hamburg University of Applied Sciences), Tosin Yinka Akintunde (Hong Kong University), Johanna Buchcik (Hamburg University of Applied Sciences) and Klaus Boehnke (Constructor University).

#### ***Abstract***

The broad conceptualisation of well-being has allowed researchers to establish subjective well-being as a valid indicator of social development. However, changing social patterns and values suggest changes in how social determinants may predict subjective well-being. The current analysis tests a serial mediation hypothesis in which social participation and social resources mediate the effect of general trust on subjective well-being (SWB). Data from 8725 participants were pooled from the German part of the European Social Survey (ESS) Wave 10. Structural models estimated the path from

general trust to SWB. Three separate mediation analyses were performed to test 1) indirect effect of general trust on SWB through social participation, 2) through social resources 3) through social participation and social resources. A full mediation model indicates the direct and indirect paths in predicting SWB through general trust, social participation, and social resources with standardised estimates. Gender, age, education, and household size were included in the model as control variables. The full mediation model suggests significant results for the direct paths from general trust to social participation, social resources and SWB. The direct paths from social participation to social resources and SWB were also significant. However, the path from social resources to SWB became non-significant. These results highlight general trust as a critical predictor of SWB. The finding that social participation is significant while social resources are not significant in a mediator model suggests that social participation directly affects wellbeing, independent of the effect of social resources.

### ***Financial Well-being of Filipino Families During the COVID-19 Pandemic***

Carlo Kristopher Trinidad (University of the Philippines) and Consuelo Chua (University of the Philippines).

#### ***Abstract***

The COVID-19 pandemic has resulted in financial challenges for numerous Filipino families. This study examined the financial well-being of Filipino families amid the pandemic, specifically examining their financial situation, security, comfort, freedom, and anxiety. The research also explored the perceived financial challenges arising from the pandemic and described the strategies employed by families to cope with these hardships. An electronic survey questionnaire was distributed to 18 Filipino families across low, middle, and high-income brackets, with responses provided by the primary breadwinner of each household.

The findings indicate that a higher percentage of low-income families perceived their income during the pandemic as stable compared to other income groups. However, low-income families reported insufficient savings, while middle and high-income families demonstrated adequate to more than adequate savings. Additionally, low-income families reported the lowest levels of financial security during the pandemic, while high-income families exhibited the highest levels. Surprisingly, despite this, low-income families displayed the lowest levels of financial anxiety, while high-income families reported the highest. Middle-income families, conversely, reported the highest levels of financial comfort and freedom. Further analysis revealed a connection between higher levels of financial security and increased financial anxiety.

The study identified key themes in the financial challenges faced during the pandemic, including changes in income, reduced savings, and heightened expenses. To address these challenges, families adopted various financial management strategies, such as meticulous budgeting, expense tracking, expenditure reduction, and seeking additional income sources.

### ***Can Artificial Intelligence Assist in Policy Decision-Making? Using a Simulated Experimental Investigation Method to Examine the Decision-Making Process of an Asset-Building Policy in Taiwan***

Yu-Wen Chen (National Taiwan University Department of Social Work), Hsini Huang (Leiden University Institute of Public Administration), Chiu-Wan Liu (National Taiwan University Institute of National Development), Helen K. Liu (National Taiwan University Department of Political Science), Chin-Huai Shih (National Taiwan University Department of Political Science), Yuan Hung Miao (National Taiwan University Department of Social Work) and Chun Lin Chen (National Taiwan University Institute of National Development).

#### ***Abstract***

This article delves into the intersection of artificial intelligence (AI) and social inequality by examining the "Savings Accounts for Future Education and Development of Children and Youth." The initiative establishes individual savings accounts for children from poor families, providing monthly deposits until the child turns eighteen. Aligned with asset-building theory, the policy offers a 11 matched funds incentive to parents, aiming to facilitate investments in higher education. The goal is to empower these children to break free from the cycle of poverty. While the policy encourages



voluntary account enrollment and savings, it mandates social worker intervention after six months of non-savings. This approach has resulted in a noticeable increase in the workload of social workers, hindering their ability to promptly address the diverse needs of these families. In response, the study revisits the policy implementation process, examining the potential role of intelligent technology in aiding public sector personnel in predicting the future savings behavior of service recipients. The research aims to determine whether recommendations from different external sources, such as AI versus other human experts, influence the decisions of policy implementers. Due to practical constraints, an alternative experimental approach involves public administration and social work students (N = 177). Through nine diverse case scenarios, the study explores how these students evaluate savings needs, possibilities, recommend account openings, and suggest savings amounts. The ultimate goal is to derive insights informing policy recommendations that enhance social worker effectiveness and contribute to the broader objective of promoting well-being through this poverty alleviation policy.

### ***Nurturing Well-being Unraveling Perspectives of Children from Diverse Backgrounds in Taiwan***

Yu-Wen Chen (National Taiwan University Department of Social Work) and Shin-Yin Liu (Teach for Taiwan).

#### ***Abstract***

In the ISCWeB international survey on children's subjective well-being, assessments varied significantly across diverse demographic backgrounds, placing emphasis on intra-country disparities rather than inter-country differences. Notably, the ISCWeB, employing a random sample, exhibited limited representation of children from minority backgrounds, underscoring the necessity for a more nuanced understanding of their subjective well-being. In response to the recognized limitations of quantitative methods, this study adopts a qualitative approach, using expressive art materials and traditional focus groups to explore their efficacy in facilitating children's expression of subjective well-being. Aligned with Taiwan's emphasis on children's rights, particularly their right to be heard, the research aims to delve into how children, especially those from minority backgrounds, perceive well-being within family, school, community, and broader contexts. The study addresses key questions related to the conceptualizations of well-being, significant domains, and the intricate interplay of these concepts with daily experiences of children with minority backgrounds. Seventeen focus groups, encompassing 86 children from diverse backgrounds, revealed their capacity to evaluate personal lives and articulate concrete feelings about subjective well-being. Despite the diversity of their experiences, the dimensions of "relationships" and "freedom" consistently emerged as crucial factors, aligning with earlier quantitative findings. These significant outcomes gleaned from the study offer valuable insights into understanding the nuanced aspects of children's subjective well-being, contributing to a more comprehensive perspective on their overall welfare.

### ***Interest in the MANIPUR Cultural Narrative & Relative Deprivation across the Regions of India***

Govindapuram Suresh (KREA University) and Annie Tubadji (Swansea University).

#### ***Abstract***

Recently, in 2023, the Manipur violence event took place in India. The proximate cause of the violence was a row over an affirmative action measure. Namely, on 3 May 2023, ethnic violence erupted in India's north-eastern state of Manipur between the Meitei people, a majority that lives in the Imphal Valley, and the Kuki-Zo tribal community from the surrounding hills. According to government figures, as of 15 September 2023, 175 people have been killed in the violence, 4,786 houses were burnt and 386 religious structures, including temples and churches, were vandalized. The violence left more than 70,000 people displaced from their homes. Unofficial figures are higher. The aim of this study is to identify whether the local population has a higher interest in such violent events when the local population experiences higher levels of deprivation. We quantify the interest in the cultural narrative of violence by using Google search data obtained through the machine learning listening approach. We then use as a proxy for relative deprivation the degree of access to financial services for the most disadvantaged percentile of the population in a region (i.e., the percentage of the population in the lowest percentiles that holds a bank account and uses bank loan services). We employ a difference in differences methodology and explore alternative counterfactual cultural narratives of violence. The findings of this study

shed further light on the link between relative deprivation in the inclusion of financial services and increasing preferences for social unrest across the regions of India.

### ***Cultural Narratives of Fear, Precarious Driving Patterns and Insurance Prices across Space***

Annie Tubadji (Swansea University), Maryam Alomair (Swansea university) and Frederic Boy (Swansea university).

#### ***Abstract***

Research on migration has demonstrated that migrants arrive in the destination country carrying sticky cultural attitudes from the place where they come from, which at times withholds their local performance and other times benefits the local milieu with alternative problem-solving rationales. This study aims to focus its attention to the cultural stickiness of the cultural attitudes in specific with regard to other-regarding preferences and risky behaviour in the recipient country. We use data from the database provided by the Saudi Insurance Company Altawunyah. We approximate the other-regarding preferences with the propensity to drive safely on the road. We use the place of origin of a driver as an approximation of her or his distance from the cultural attitudes to risk in driving among the incumbent population. Put differently, if someone is from a different country, we expect them to have a different average propensity to behave riskily on the road. The database contains information about the country of origin of the insured person as well as data on the degree of precarious driving that the individual has registered according to the telematics of their car. We employ Oaxaca-Blinder decomposition analysis to establish the degree of other-regarding preferences (approximated by the average degree of propensity to take risk during driving) characteristic for each cultural group. Our findings demonstrate that there is cultural distance and cultural stickiness in the degree of other-regarding preferences in driving among people from different countries who hold a car insurance and live in Saudi Arabia.

### ***Cultural Capital and the Empowerment of Women on the Saudi Arabian Self-Employed Labour Market***

Annie Tubadji (Swansea University), Sameera Almalki (Swansea University) and Lauren Stodolnic (Swansea University).

#### ***Abstract***

Recent entrepreneurship literature has delved into the barriers and motivations of European female entrepreneurs. The current study aims to compare what are the barriers and motivations for female entrepreneurs in Saudi Arabia in comparison to these for female entrepreneurs in the UK. The presence of cultural distance or cultural proximity in the barriers and motivations across Saudi Arabia and the UK is an empirical question. To address this question, we do two types of data collection. Firstly, we replicate a survey conducted among British female entrepreneurs by asking the translated version of the same questionnaire for Saudi Arabian female entrepreneurs. Thus, we obtain a perfectly comparable set of observations for both countries. We collected all in all over 200 responses from Saudi Arabia and we compare them with the secondary data obtained from the UK survey (114 observations). Secondly, we obtain cultural variables to quantify the local cultural differences. For the UK we use the Understanding Society Survey data on cultural participation. We collected comparable cultural participation indicators for the case of Saudi Arabia. Thus, we ultimately conduct regression analysis using a recursive model, where the female engagement in entrepreneurship is explained with certain barriers and motivations which are on their side explained by local cultural contextualization in the level of cultural heritage and living culture consumed in the locality where the person lives.

### ***Conceptions of Mental Well-being A Cross-Cultural Exploration of Islamic and Western Perspectives***

Mohsen Joshanloo (Keimyung University).

#### ***Abstract***

This presentation will discuss the foundations of mental well-being in Islamic culture as outlined in classical texts, Sufism, Islamic philosophy, and modern Islamic scholarship. It also aims to compare and contrast perspectives on well-being rooted in Islamic conceptualizations with those derived from Western frameworks. Based on empirical research and

conceptual analysis of Islamic and Western culture, this presentation will explore the different ways in which mental well-being is conceptualized in these two different cultural contexts. The aim is to stimulate a more culturally sensitive and inclusive dialogue on mental well-being. The resulting insights will contribute to the development of culturally sensitive mental health models and interventions that resonate with Islamic populations. Beyond mere academic exploration, the intention is to pave the way for meaningful intercultural dialogue.

### ***Cross-Cultural Perspectives on Well-Being Exploring Diverse Measures and Conceptualizations***

Mohsen Joshanloo (Keimyung University).

#### ***Abstract***

This presentation first reviews research on the factor structure of mental well-being at the individual level and proposes a robust three-dimensional model that includes subjective-hedonic, psychological, and social components. It then outlines an initiative to create a global index of psychosocial functioning (eudaimonic well-being) for 166 countries. The third goal of the presentation is to present a model of mental well-being at the national level. Based on research using more than 20 national indices of well-being and quality of life and data from 153 nations, the paper presents a novel data-driven model of national well-being. This innovative model incorporates three macro factors socioeconomic progress, psychosocial functioning, and negative affectivity. The presentation will end with a comparative analysis of the factor structures of well-being at the national and individual levels.

### ***Does Well-being Governance Enhance Well-being?***

Kelsey O'Connor (STATEC) and Francesco Sarracino (STATEC Research).

#### ***Abstract***

The majority of OECD countries have adopted frameworks to monitor multidimensional well-being in a systematic and comprehensive way. This implementation of well-being monitoring signals a certain amount of belief in well-being metrics. Presently, alternative metrics, especially GDP per capita (growth), remain dominant in government decision making. Does the increase in well-being monitoring signal decision-makers now place additional priority on it? And if so, has this additional priority translated into greater well-being? We plan to assess the well-being impacts of countries adopting a well-being monitoring framework. The results will reveal one of three potential outcomes – countries that monitor well-being prove to be worse off, indistinguishable or better off. In each case, governments and the well-being community learn something valuable.

We will use information prepared by the OECD on when countries introduced a framework, and match that to country-level subjective well-being from the Gallup World Poll (GWP). We anticipate analyzing the data using staggered difference-and-difference regressions. The results will yield a plausibly causal relationship that applies to country-level subjective well-being. Aggregate levels are perhaps the most important for government decision making, however, further analysis could go further to test for heterogeneous results within countries.

### ***Positive Reminiscing for Elderly Wellbeing in the United Arab Emirates***

Tatiana Karabchuk (UAE University) and Louise Lambert (Canadian University).

#### ***Abstract***

The study aimed to test the positive psychology intervention which is positive reminiscing with the help of the students for their grandparents. The face-to-face biographical interview with focus on what made grandparents happy when they were children and young adults conducted by the students with their own grandparents resulted in 70% increase of happiness scores measured before and after the intervention. The average happiness score before the interview was 7.9, rising to an average of 9.1 after the interview. The analysis was done on 560 interviews, conducted by the students in 2022-2023 within their course work on "Happiness and Wellbeing" class. The results lead to the practical policy implications that would facilitate the family well-being and diminish the generation gap between young and elder.

### ***Personal, professional, and socio-demographic factors associated with the well-being of nurses***

Lilian Tzivian (Institute for Clinical and Preventive Medicine, University of Latvia), Vita Berzina (Faculty of Medicine, University of Latvia), Valdis Folkmanis (Faculty of Medicine, University of Latvia) and Ina Mezina-Mamajeva (Faculty of Medicine, University of Latvia).

#### ***Abstract***

**Background** Assuming salary is not the unique factor that affects the satisfaction of medical personnel in their professional life, we aimed to investigate a wide range of personal and socio-demographic factors that might be associated with the well-being of nurses. **Materials and Methods** The study was performed in one of the largest hospitals in Latvia. We assessed nurses' well-being using Rife psychological well-being scale (PWB) which includes five sub-domains autonomy, environment, personal growth, relationships, and self-acceptance. We calculated the total PWB as an average of all five sub-domains. Multiple linear regression models were built for the association between total PWB and personal, professional, and socio-demographic data. **Results** Altogether 123 women nurses aged from 22 to 71 years (median work experience 20 years) participated in the study. Most worked in two workplaces (45.6%), but 21.6% worked in three or more places. Most (42.4%) frequently worked more than 40 h/week, while 24.0% worked overtime regularly. Only four of them (3.2%) mentioned that their work environment was non-satisfactory, and most (53.6%) were satisfied with their work environment. Thoughts about career growth were in 72.8% of nurses, 49.6% were looking for higher education than they had. In multiple linear regression models, factors associated with total PWB were satisfaction with the work environment (effect estimate,  $\beta=1.41$  [95% confidence interval 0.23; 2.58]), current educational level ( $\beta=1.41$  [-0.02; 1.63]), and number of workplaces ( $\beta=-0.97$  [-2.05; 0.11]). **Conclusions** Changes in nurses' work environment, and the possibility to increase the level of education can substantially improve nurses' well-being.

### ***Sample Size Determination for the Mean of the Exponential Distribution Considering Hypothesis Testing, Confidence Intervals, Prediction Intervals, and Cost Constraints***

Wei-Ming Luh (National Cheng Kung University) and Jiin-Huang Guo (National Pingtung University).

#### ***Abstract***

The exponential distribution is frequently used to model the time interval between rare events occurred independently at a constant rate. Its application spans various critical domains such as health intervention evaluation, chronic disease onset, and health behavior changes. Analyzing data using exponential distribution helps researchers make informed decisions, optimizing resource allocation and interventions to augment quality of life. However, within the discussion regarding sample size determination for comparing means of exponential distributions, an integrated perspective is notably lacking. Specifically, the accurate determination of required sample sizes necessitates a holistic consideration of testing hypotheses and constructing confidence intervals. This becomes crucial due to the stochastic nature of confidence interval width. This study addresses these gaps by calculating various probabilities across diverse scenarios to ascertain suitable sample size. Moreover, within the constraint of sampling costs, determining the optimal sample size presents another significant challenge. To facilitate practical implementation, we applied the exhaustive search and developed several user-friendly R shiny applications. These tools enable the determination of sample size allocations that minimize total costs for a pre-designated probability level or maximize a probability within given cost constrained. Additionally, the study aims to determine past sample sizes for constructing two- and one-sided prediction intervals given a future sample size. Simulation results demonstrate the efficacy of the proposed method with commendable good coverage rates. The interactive and flexible features of the proposed apps offer researchers a valid and straightforward approach to sample size planning, fostering a more robust foundation for decision-making in quality-of-life studies.

## ***Is There a Mid-Career Crisis? An Investigation of the Relationship Between Age and Job Satisfaction Across Occupations Based on Four Large UK Datasets***

Ying Zhou (University of Surrey), Min Zou (University of Reading) and Mark Williams (Queen Mary University of London).

### ***Abstract***

Previous research has produced mixed evidence on the relationship between age and job satisfaction. Despite the broad consensus that job satisfaction generally rises from midlife to older ages, there is considerable controversy over whether it increases or decreases during the first half of an individual's career span. Drawing on four nationally representative cross-sectional and longitudinal labour market datasets that cover a total of 108,401 employees in the UK (the Skills and Employment Survey, the Workplace Employee Relations Survey, the British Household Panel Survey, and the UK Household Longitudinal Study), this study shows that only employees in professional and technical occupations experience a U-shaped job satisfaction trajectory over their working lives. In contrast, job satisfaction increases linearly with age for those who work in elementary or routine office occupations.

This study contributes to resolving a longstanding puzzle in the job satisfaction literature by revealing significant variations in the association between age and job satisfaction across occupations. While many studies suggest a U-shaped relationship between age and job satisfaction, our findings challenge this as a universal truth. Such a pattern is not consistent across all jobs, implying that the commonly referenced 'mid-career crisis' cannot be purely attributed to inherent biological changes associated with aging. Rather, our study highlights the importance of the occupational context for shaping how people experience their work as they grow older.

## ***Happy Colombia, Unhappy Bogota***

Lina Martinez (Universidad Icesi) and Adam Okulicz-Kozaryn (Rutgers University).

### ***Abstract***

We use the 1998, 2012, and 2018 rounds of The World Values Survey for Colombia to investigate urban-rural Subjective WellBeing (SWB), aka "urban-rural happiness gradient." Almost all research on urban-rural SWB differences is in the global North—this is one of the few studies in the global South, and the first focusing on urban-rural happiness gradient in Colombia. In developing countries, cities promote economic growth and provide opportunities (e.g., jobs, and education) much more than rural contexts do, and thus, cities may not be distinctively unhappy as in developed countries. While we find weak evidence of the urban-rural happiness gradient, we find strong evidence of unhappy Bogota, the largest Colombian city of 8m residents. Bogota is about .4 (on 1-10 scale) less happy than rural Colombia.

## ***A New Stop for Unhappiness***

Lina Martinez (Universidad Icesi) and Adam Okulicz-Kozaryn (Rutgers University).

### ***Abstract***

Using unique 2019 CaliBRANDO data, we study the effect of public transit proximity on life satisfaction in Cali, Colombia. Public transit proximity is measured in two ways having a bus stop in one's neighborhood, or having it accessible within a certain amount of time. Both measures yield similar negative effect sizes of about 0.3-0.5 on (0-10) life satisfaction scale. Such effect size is comparable to a decrease in one's satisfaction as a result of health deteriorating by one step, say from "very good" to "good." Results may generalize to other cities in Latin America especially those with few resources as it is the case in Cali. As in any non-experimental research, causality may not be present.



### ***Spatial Inequality and Subjective Well-being***

Lina Martinez (Universidad Icesi), Rosella Nicolini (Universidad Autonoma de Barcelona) and Maria Isabel Zafra (Universidad Icesi).

#### ***Abstract***

Using Cali - Colombia as a case study, we extend knowledge of spatial inequality in people's subjective well-being. In particular, we seek to understand how living in marginalized neighborhoods (with low access to public services and far from the urban periphery) affects perceptions, life satisfaction, and the frequency in which individuals experience negative emotions (worry, depression, anger, stress, and loneliness). This research seeks to contribute a subjective angle to studying the spatial configurations of cities in the global south, to promote well-being policies to improve the conditions where individuals live, and to integrate city inhabitants spatially. The project seeks to contribute to a body of knowledge in Latin America about subjective well-being and how the research produced in this field can improve urban planning and the design/implementation of public policies.

### ***Pet ownership and well-being outcomes***

Maxim Ananyev (The University of Melbourne), Ferdi Botha (The University of Melbourne) and Natalia Lamberova (University of Texas at Dallas).

#### ***Abstract***

Despite substantial research on how pet ownership is associated with individual well-being, there is no causal evidence on the effects of pets on well-being. This paper addresses this shortcoming and estimates the causal effect of pet ownership on several well-being outcomes, including life satisfaction, loneliness, mental health, and physical health. Using longitudinal data from the Household, Income and Labour Dynamics in Australia (HILDA) Survey with information on pet ownership, well-being, and other individual characteristics, we exploit exogenous variation in pet ownership based on implementation of a rental tenancy law in the State of Victoria that prohibited landlords from refusing tenants' applications to keep a pet. We circumvent the problem of self-selection into pet ownership by utilising a stability-controlled quasi experiment (SCQE) method, which allows us to parse out the average treatment effect on the treated under self-selection for a range of underlying trends in outcome levels. We further assess the plausibility of these trends using a synthetic A/B testing approach.

### ***Enhancing Government Trust Amid Crisis A Supervised Machine Learning Approach.***

Talita Greyling (University of Johannesburg) and Stephanie Rossouw (Auckland University of Technology).

#### ***Abstract***

Trust is determined by the citizens' expectations towards the government in facilitating services, and people rely on the behaviour of government officials and political leaders in offering the services to satisfy their timely needs and requirements. The COVID-19 pandemic is an example of an immense crisis. COVID-19 and the vaccine roll out is a global and national failure and one of the reasons is the lack in government trust. Initially, people did not trust the lockdown regulations and then the government's ability to procure and effectively roll out vaccinations. This is problematic because decreased trust leads to less compliance with many public policies and regulations. This paper uses the COVID-19 pandemic as a case study to investigate the most important factors in achieving trust in governments during a crisis. Secondly, we consider if subjective measures, including the level of happiness and different collective emotions of populations, is related to trust in governments. We employ an XGBoost machine learning algorithm (and, as robustness tests, a Random Forest and a Decision Tree algorithm) to train our data. Our output variable is trust in government, which we construct using Big Data by extracting tweets containing specific keywords from Twitter. We use a dataset that includes ten countries in the Northern and Southern Hemisphere and variables related to COVID-19, vaccines, country characteristics, happiness level, and collective emotions. Our results provide actionable policy insights to increase trust in governments during times of crisis. Additionally, we highlight the importance of subjective measures to increase government trust.

## ***Development and Validation of a happiness index using Google trends***

Talita Greyling (University of Johannesburg) and Stephanie Rossouw (Auckland University of Technology).

### ***Abstract***

#### **Development and validation of a happiness index using Google Trends™.**

Talita Greyling, Stephanié Rossouw, Frederic Boy

**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 as individuals increasingly experience "survey fatigue"; conducting surveys is costly, data generated from surveys is only available with a significant time lag, and happiness is not a constant state.

To address these major limitations of survey data, Big Data collected from online sources like Google Trends™ and social media platforms have emerged as a significant and necessary data source to complement 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 general on any issue). 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.

Therefore, we aim to use a novel methodology to construct a near real-time happiness index using Google Trends™ data for different countries. Our study is the first to develop a comprehensive, near real-time measure of population-level happiness using information-seeking query data extracted and constructed continuously as a constant measure of happiness in countries. We use a basket of English-language emotion words suggested to capture positive and negative affect based on the literature reviewed. We refine the selected basket of words by developing 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. Furthermore, we apply our ML models to South African emotion-related search terms and add country-specific terms to predict happiness validated using Gross National Happiness index data. By successfully replicating our approach in different cultural and linguistic contexts, we present a real-time tracking of the mood of a country, which can inform policymakers for effective decision-making.

**JEL Classification** C55, C53, I31

**Keywords** Happiness, Big Data, Google Trends™, PANAS, XGBoost, machine learning

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### ***Happiness effects of success and failure 2022 FIFA World Cup***

Talita Greyling (University of Johannesburg), Stephanie Rossouw (Auckland University of Technology) and Martijn Burger (Erasmus University Rotterdam and Open University of the Netherlands).

#### ***Abstract***

Positive emotions have a spillover effect and are contagious, creating more positivity in a society. We know that happier societies are healthier, more productive and more likely to comply with rules. However, can these positive emotions be elicited by World Cup sports events and contribute to national well-being? The paper has two primary aims. First, to determine whether the success of a nation's soccer team produces an increase in reported happiness among citizens of that nation. Secondly, to determine whether failures have the opposite effect and if the effect size is similar. To this end, we analyse the temporal evolution of well-being and emotions regarding the recent 2022 FIFA World Cup and use topic modelling (Latent Dirichlet Allocation-unsupervised machine learning) and narrative analysis to understand the public perceptions that led to the observed changes in happiness or sadness. To achieve these aims, we use unique time series datasets derived from extracting tweets in real-time, filtering on specific keywords related to the World Cup for 16 countries. Applying Natural Language Processing, we derive each tweet's underlying sentiment and use the sentiment score to construct daily time-series data to measure happiness (Gross National Happiness (GNH)) and eight different emotions.

### ***The structure of children's subjective well-being***

Shazly Savahl (University of the Western Cape), Sabirah Adams (University of Cape Town), Phadiel Hoosen (University of the Western Cape) and Ferran Casas (University of Girona).

#### ***Abstract***

The current study provides a consideration of a structural model of children's subjective well-being. It proposes a novel bifactor structural configuration, and offers an innovative methodological approach to measure children's subjective well-being. Ultimately, this model has implications for the measurement of children's subjective well-being and subsequently allows for more accurate decisions as it relates to policy and practice. A bifactor measurement model specifies that for multidimensional data, there is a general factor that explains the common item variance for items, but that there are also group factors or sub-traits accounting for additional common variance for item subsets. We specify a general factor of SWB and four group factors (context-free life satisfaction, domain-based life satisfaction, positive affect, and negative affect) using structural equation modeling and parcelling. We sourced data from the Children's Worlds International Survey of Children's Well-Being (N = 92 782). Our analysis strategy included confirmatory factor analysis and bifactor analysis. We found a good fit for the specified bifactor model, with all items loading onto a general factor and group factors. For the bifactor analysis, after controlling for the general factor, the loadings on the group factors were substantially lower and did not meet the criteria of acceptability for bifactor indices thresholds. From a measurement perspective, it may be feasible to report a total score for children's SWB, as opposed to scores on the individual subscales. Applied researchers can thus confidently use subjective well-being as a unidimensional construct or follow the parcelling approach in the structural equation model context.

### ***Te Hotonga Hapori – Connecting Communities Exploring behavioural time-use and experienced wellbeing***

Scott Duncan (Auckland University of Technology), Tom Stewart (Auckland University of Technology), Conal Smith (Kōtātā Insight), Julia McPhee (Auckland University of Technology), Flora Le (Monash University), Dorothea Dumuid (University of South Australia), Lisa Mackay (Auckland University of Technology), Basile Chaix (Inserm) and Jasper Schipperijn (University of Southern Denmark).

#### ***Abstract***

Purpose There is limited knowledge about how time spent in physical activity and sleep behaviours impact experienced wellbeing. This study aimed to explore the relationship between daily time-use compositions and momentary affective states related to experienced wellbeing.

**Methods** A total of 191 New Zealand adults were equipped with a wrist-worn Axivity AX3 accelerometer and engaged in smartphone-based Ecological Momentary Assessment (EMA) over seven consecutive days. Accelerometer data provided 24-hour time-use compositions (sedentary, light activity, moderate-to-vigorous physical activity [MVPA] and sleep), while the EMA protocol captured happiness, tiredness, and anxiousness on a 0-10 scale. Daily averages of these affective states and contexts were calculated and merged with the time-use data. A multilevel compositional analysis using the 'multilevelcoda' R package quantified the associations between daily activity compositions and affective states.

**Results** Valid data for 959 individual days were obtained. Preliminary analysis revealed significant findings related to happiness reallocating time from sedentary activities to sleep positively influenced happiness levels. While not statistically significant, there were notable trends suggesting that increasing time spent in MVPA, at the expense of any other activity, might be associated with a reduction in anxiety. These trends only emerged at the within-person and not the between-person level.

**Conclusions** The study highlights the potential psychological benefits of optimising daily activity compositions, although the concurrent analysis make it difficult to identify causal pathways. Future prospective research is needed to further clarify these associations and facilitate the development of targeted mental health interventions based on optimal daily activity compositions.

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

Benjamin Roberts (Human Sciences Research Council (HSRC)), Valerie Moller (Rhodes University (South Africa), Institute of Social and Economic Research), Yul Derek Davids (Human Sciences Research Council (HSRC)), Jare Struwig (Human Sciences Research Council (HSRC)) and Zitha Mokomane (University of Pretoria).

#### ***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 paper 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 paper concludes by reflecting what these associations might mean politically in coming years.

### ***Evaluation of a Positive Youth Development Program (Tin Ka Ping P.A.T.H.S. Project) by High School Students in Mainland China***

Daniel Shek (The Hong Kong Polytechnic University), Xiao Qin Zhu (The Hong Kong Polytechnic University), Xann Li (The Hong Kong Polytechnic University), Diya Dou (The Hong Kong Polytechnic University), Lu Yu (The Hong Kong Polytechnic University) and Janet T.Y. Leung (The Hong Kong Polytechnic University).

#### ***Abstract***

To promote the holistic development of high school students in mainland China, we have implemented the Tin Ka Ping P.A.T.H.S. Project (TKPPP) in mainland China for more than a decade. TKPPP was modeled after the P.A.T.H.S. Program in Hong Kong which is a positive youth development program targeting junior high school students. Through multi-method

evaluation, research findings showed that different stakeholders have positive evaluation of the P.A.T.H.S. Program and participants showed improvement in their psychosocial competencies and well-being after joining the program.

In TKPPP, we adapted and developed curriculum materials for both junior high school and senior high school students in mainland China. To understand the views of the students, we typically use the client satisfaction questionnaire to examine the views of the students regarding the program, teachers and benefits of joining the program. In this study, we examined the perceptions of the students of TKPPP based on the data collected in 2022-23 school year (N = 5,654). A validated subjective outcome evaluation form was used to gauge the views of the program participants. Besides profiles of student responses, we also examined the predictors of student satisfaction in this study.

Results showed that students had very positive views of the program and teachers. They also saw many perceived benefits of joining the program, such as promotion of their psychosocial competence and ability to cope with life challenges. The findings suggest that the TKPPP is a positive youth development program that can promote the holistic development of young people.

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

Valerie Moller (Rhodes University, Institute of Social and Economic Research (ISER)) and Benjamin Roberts (Human Sciences Research Council (HSRC)).

#### ***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.

### ***Protecting the well-being of shift workers- the results of analysis of selected work regulations from the quality-of-life study perspective***

Regina Skiba (Jagiellonian University).

#### ***Abstract***

This study aimed to describe the topic of shift worker's quality-of-life and well-being concerning recommendations and work regulations. Certain types of jobs like shift work have a negative impact on the human body affecting worker's not only health but also other life domains. The permanent negative effects of shift work on health are noticed after 5 years of work. In this paper, the focus is on the occupations in general that perform shift work. With the health and well-being of employees in mind, work regulations are created to impose appropriate rules included in the labor law. The desk research method was used, specifically content analysis. In this analysis guidelines from world health (WHO), labor (ILO) organizations, and official, national documents (e.g., reports, labor codes, acts) were included. National documents refer



to Polish regulations- the home country of the author, selected as a source for exploratory research, which can be an example for future comparative studies. The results of the analysis show that most documentation controls ongoing risks from shift work current safety and state of physical health. Recommendations are delivered for the personal use of shift workers. Most of the recommendations relate to specific domains, such as physical and mental health, rest time, and family. What's missing is that the most important risk factors the disruption of circadian rhythm and day and night life swap have implications for future workers' lives and future well-being consequences and needs should be protected.

### ***Healthcare workers and life satisfaction during the pandemic***

Conchita D'Ambrosio (University of Luxembourg), Anthony Lepinteur (University of Luxembourg), Chiara Costi (University of Luxembourg) and Andrew Clark (PSE CNRS and University of Luxembourg).

#### ***Abstract***

We evaluate the effect of the COVID-19 pandemic on the life satisfaction of healthcare workers, as compared to the wider workforce, in five European countries. In ten waves of quarterly panel data, the life satisfaction of healthcare workers is always higher than that of other essential workers and non-essential workers. Life satisfaction follows a double humped pattern over time for all workers, which is largely explained by the COVID-19 death rate and policy stringency. The spread of the pandemic in terms of the death rate has twice as large an effect on healthcare workers' life satisfaction; on the contrary, the latter are the only workers whose satisfaction was not affected by the stringency of lockdown policies.

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

Valerie Moller (Rhodes University, Institute of Social and Economic Research (ISER)) and Benjamin Roberts (Human Sciences Research Council (HSRC)).

#### ***Abstract***

Nearly 60 years have elapsed since Cantril (1965) published *The Pattern of Human Concerns*. His line of inquiry has stood the test of time. In 2012, the 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 self and country - past, present and future. This was replicated in 2022 to determine whether a shift in predispositions occurred amid a context of declining satisfaction with democratic performance. The two surveys represent rare replications of Cantril's full line of preliminary questioning. Our research found that South African personal aspirations remain mainly material ones for a decent living standard and the means to achieve this goal. Hopes for the nation concentrated on economic and political progress to consolidate democracy. Many hopes were mirrored in fears that these aspirations might not be met. Cantril's method allowed us to review the main concerns and ratings across diverse groups of citizens that constitute the 'rainbow nation'. Substantial consensus exists on top hopes and fears, but Cantril ladder of life ratings still reflected apartheid-era inequalities, with black South Africans scoring lower than other race groups. While the majority rated their present life better than 5 years ago and projected life to get better in future, the optimism has diminished over the decade. This is placing intensifying pressure on the state to deliver on personal and societal hopes as the country enters its fourth decade of democracy.

### ***Strategies of futurization of aging, healthy lifestyle and psychological well-being in middle adults***

Olga Strizhitskaya (Saint-Petersburg State University).

#### ***Abstract***

Living in an aging society constitutes urgent questions about mechanisms and strategies that could help to create a better aging. Futurization of aging suggests that one can modify own behavior in adulthood to develop resources that would prevent development of negative consequences related to aging. Still mechanisms of futurization of aging remain understudied. We hypothesized that strategies of futurization of aging could be related to healthy lifestyle and affect

psychological well-being. Participants we examined 134 middle adults aged 45 – 65 (67% females). Methods Psychological well-being scale (Zhukovskaya, Troshikhina, 2011), questionnaire "Health-promoting lifestyle profile" (Petrash et.al., 2018), questionnaire "Strategies of construction of aging" (Strizhitskaya et.al., 2024). "Strategies of construction of aging" included four types of strategies health strategies, metacognitive strategies, self-development strategies and generative strategies. Results confirmed, consistent with previous studies, that healthy lifestyle (HL) predicted psychological wellbeing (PW). We also found multiple correlations of HL and PW with strategies of construction of aging (strategies). We used Hayes PROCESS analysis to investigate if strategies could be mediators of the HL to PW path. Analysis revealed that metacognitive strategies and self-development strategies mediated association between HL and PW. We found no effect for health and generative strategies. Results suggest that futurization of aging is associated with well-being; it mediates association between healthy lifestyle that promotes health in general and psychological well-being. One of the important conclusions in our study was that not only health promoting behaviors are important for successful aging, but also such psychological factors as self-awareness and self-development.

### ***Stability and Change in Mental Well-Being Findings from Recent Longitudinal Studies***

Mohsen Joshanloo (Keimyung University).

#### ***Abstract***

Mental well-being, which includes life domain satisfaction, overall life satisfaction, psychological well-being, social well-being, and negative affect, is a multifaceted and complex construct. While extensive research exists on these dimensions, few studies have comprehensively examined how much they change and remain stable over time. This presentation will review recent studies using large longitudinal datasets collected over several years to examine the extent of change within dimensions of well-being. Using a statistical method called latent state-trait analysis, the results revealed remarkable stability across all facets of well-being, accompanied by significant amounts of change. Importantly, the degree of stability and change varied across dimensions. These empirical findings provide a basis for assessing expected developmental trajectories of well-being. By quantifying baseline stability, we can better predict potential fluctuations in response to significant life events or targeted interventions. This knowledge facilitates realistic assessments of rates and magnitudes of change and sheds light on dimensions that may be more or less amenable to intentional intervention efforts.

### ***Unemployment and Subjective Well-Being Across the Globe The Moderating Role of the Economic and Institutional Context***

Michael Gebel (University of Bamberg) and Tatiana Karabchuk (UAE University).

#### ***Abstract***

Previous research has shown that unemployment reduces subjective well-being (SWB). Although empirical evidence suggests that these effects vary substantially across countries, we still know little about explanations of this variation. Taking a worldwide comparative perspective, we investigate how the economic and institutional context moderates the relationship between unemployment and SWB. We use unique comparative microdata of the Gallup World Poll, which collects nationally representative surveys, covering more than 98% of the world's adult population. The total sample for the 2019 study includes 159,773 individuals aged 18-65, nested in 163 countries. We use two-stage multilevel analysis, which allows for variable intercepts and slopes of all individual-level variables. At the individual level, we control for age, sex, education, marital status, migration background, health problems, household location and composition to account for confounding bias and compositional differences across countries. At the country level, we add country-level data from international databases (World Development Indicators, Quality of Government Data, ILO Employment Protection Legislation (EPLex) Database). Our results show substantial cross-country variation in the predominantly negative effects of unemployment on various SWB measures. The negative effects are mitigated in countries with higher economic (GDP) growth, even after controlling for the level of economic development (GDP per capita). This finding is robust to the inclusion of further country-level institutional moderator variables on labour market regulation (EPLex index) and welfare state support (measured by the share of people covered by at least one social protection benefit and the share of the unemployed receiving unemployment benefits).

### ***Psychological Well-being of Hong Kong University Students under COVID-19 Mental health status and ecological risk and protective factors***

Wenyu Chai (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Daniel Shek (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Diya Dou (Department of Applied Social Sciences, The Hong Kong Polytechnic University) and Xiang Li (Department of Applied Social Sciences, The Hong Kong Polytechnic University).

#### ***Abstract***

The COVID-19 pandemic in the past years has posed significant challenges to different populations including university students. Being in a developmental stage transitioning from late adolescence to early adulthood and facing multiple challenges in different life domains, university students suffered more from the pandemic which impaired their psychological well-being. However, limited research has taken a holistic perspective to understand the psychological well-being of university students in Hong Kong during the pandemic as well as the potential risk and protective factors. Based on a comprehensive framework involving both negative mental health and positive well-being indicators and multiple ecological risk and protective factors, two surveys were conducted in two different periods of the pandemic based on the responses of undergraduate students (N = 978 and 1,020, respectively). Results of descriptive analyses showed that the participants demonstrated higher levels of mental health problems. Structural equation models showed that COVID-19-related stress, negative family functioning, and difficulties encountered under the pandemic were risk factors while positive psychological attributes, support from family, peers, and community, needs satisfaction, as well as positive evaluation of university services were protective factors of their psychological well-being. The findings contribute to our understanding of ecological risk and protective factors of the psychological well-being of university students under COVID-19. It also highlights the importance of promoting both intrapersonal and interpersonal protective factors to promote the psychological well-being of university students during the pandemic.

### ***Correlation of depression among Thai University Students a Nationwide Cross-sectional Study***

Nucharapon Liangruenrom (Institute for Population and Social Research, Mahidol University).

#### ***Abstract***

Background Evidence shows that depression in university students has become one of the major health and wellbeing problems worldwide including Thailand. This study, therefore, aims to assess depression and its correlates among university students across Thailand. Method A cross-sectional survey was conducted during 2022 using HAPPINOMETER, a self-assessment questionnaire. The HAPPINOMETER includes 11 dimensions on quality of life and happiness. The survey adopted the Clinical Practice Guideline of Major Depressive Disorder for General Practitioners (CPG-MDD-GP), so called 9Q, to assess depressive symptoms. The data on demographic characteristics and health behaviours were also collected. A total of 12826 Thai university students from 23 universities was included in the study. Results. The majority of the sample were females (70.5%) and lived with their family (67.15%). The 1st- year students participated in the survey (31.9%) more than their seniors. More than half of the students studied in the university campus outside their hometown (55.29%), and were currently a part-time employee (51.87%). On average, Thai university students had 37.89 depression scores (SD = 8.02; IQR = 12). Higher severity of depression symptoms was found among university students who were LGBTQIAN+, studied in their higher years, lived alone, and had no employment. The linear regression analysis results also showed that higher resilience, better relationship, and better attitude were all associated with lower depression. Conclusions The findings suggest that further actions are needed to promote more soft skills learning in higher educational institutions. Health-related programs to promote healthy lifestyle at university are also recommended.

### ***Student Climate Assembly for Decarbonization in Japan Potentials and Limitations in Asia***

Fumihiko Saito (Ryukoku University).

#### ***Abstract***

Deliberative processes are essential to build sustainable socio-economy. Political and economic democracy is indispensable for our wellbeing. This necessity is highlighted in contemporary climate crisis. Climate assembly (CA), in

which citizens participate in exploring pathways for decarbonization, is now attracting much attention. CA arguably supplements drawbacks of mainstream representative democracy. CA has mainly been organized in Europe. The first CA in Japan was held in Sapporo city, Hokkaido in 2020.

Ryukoku University, Kyoto, Japan, has organized CAs annually since 2021. Ryukoku CAs are the only Japanese example in which deliberation is coordinated by trained student facilitators. After the first CA, in January 2022, Ryukoku declared its carbon-neutrality by 2039 (commemorating the 400th university anniversary). The Ministry of Environment awarded Kyoto as one of the Innovative Examples of Decarbonizing City in 2022. Now, Ryukoku has co-engaged in pioneering local regeneration project serving as a model case for decarbonization.

The Ryukoku CAs generate interesting insights for governance reforms. The success of CAs is enabled by the University President's belief in which bottom-up deliberation significantly supplements formal decision-making mechanisms. This experience suggests that commitment of top leadership, as well as securing the legitimacy of deliberation within complex decision-making processes, are indispensable for successful reforms.

The Ryukoku experience, moreover, is critical both theoretically and practically in Asia and elsewhere. As democracy is essential for wellbeing, the notion of agency must be critically scrutinized in cultural contexts. More nuanced understanding of agency embedded in social relations may facilitate deliberation more effectively in areas beyond Europe.

### ***Are they different? Exploring subjective well-being disparities in majority and Roma minority populations in Slovakia***

Veronika Jurčíšínová (Technical University of Košice), Katarína Plačková (Technical University of Košice) and Daniela Surmiková (Technical University of Košice).

#### ***Abstract***

Research on subjective well-being has intensified in recent years, but the subjective well-being of people belonging to minority groups has not yet been sufficiently explored. In Slovakia, there is a significant lack of research on the Roma minority. To address the research gap this study examines subjective well-being (SWB) in minority and majority samples in the Slovak Republic, using data from the 2018 EU-SILC datasets. This paper highlights that generalization of behavioural patterns cannot be applied to the entire population of a single country. It indicates that factors contributing to increased or decreased SWB in the majority population may result in differing effects within the minority population. Employing the structural equation method, we demonstrate what lies behind the significant differences in perceived SWB between the majority and Roma populations in Slovakia. This research underscores the importance of individual and cultural differences in the assessment of SWB, even in the presence of uniform conditions for all residents. The contribution of this research is to expand knowledge in the field of SWB with a specific focus on the Roma minority.

### ***Subjective changes or subjective levels which performs better?***

Alberto Prati (University College London) and Caspar Kaiser (University of Warwick).

#### ***Abstract***

Often, researchers and policy makers are interested in assessing satisfaction changes, i.e., if people feel better or worse over time. To this purpose, surveys typically ask respondents about their satisfaction levels at two points in time, and thereby calculate if any change occurred. What if surveys asked about satisfaction changes directly? In theory, this approach has several advantages. In practice, it is unclear whether subjective changes or subjective levels perform better. This study provides an analysis of the relative merits of the two measures. To assess the validity and reliability of either type of measure, we collect panel online data from 500 UK residents and ask them every 3 months about their subjective satisfaction levels ("All things considered, how satisfied are you with your life nowadays?") and changes ("Compared to three months ago, how satisfied with your life are you nowadays?"). We complement this dataset with one-year lag data

from another online panel and a nationally representative British panel. We find that subjective changes are not only psychometrically reliable, but also have relatively higher predictive and postdictive validity in regression analyses.

### ***Does the COVID-19 Shock Cause Poverty? Quasi-Experimental Evidence on People with Disabilities from Colombia***

Gustavo Cedeno (Universidad de los Andes).

#### ***Abstract***

I study the impact of the COVID-19 shock containment measures on short-term poverty levels in households with people with disabilities. While previous studies have mainly focused on developed countries and some regions of developing countries, the effects in low and middle-income countries remain unknown. In Colombia, the extreme poverty rate before the COVID-19 shock was 9.60%. In 2020, with the onset of the COVID-19 shock, it increased to 15.10%. By the end of 2022, during the ongoing shock, it had decreased to 13.80%. However, this positive trend does not extend to households with people with disabilities, mainly due to people with disabilities being a group often overlooked in poverty reduction policies. Using data from repeated cross-sectional quality-of-life surveys, I apply the difference-in-difference method to analyze the differential impact on households with and without people with disabilities. I estimate that the COVID-19 shock causes an increase of approximately 1 to 2 percentage points in both monetary and multidimensional poverty levels for households with people with disabilities.

### ***Fantastic Wellbeing Results and Where to Find Them***

Caspar Kaiser (Warwick Business School) and Anthony Lepinteur (University of Luxembourg).

#### ***Abstract***

After replicating the universe of empirical results coming from articles published in top Economic journals, we study the anatomy of wellbeing research. We document trends in topics and methods and identify which segments of the population are the most often studied. We also produce a series of meta-analyses of results considered canonical and identify under which conditions they truly are canonical.

### ***Qualitative Evaluation of a Positive Youth Development Program (Tin Ka Ping P.A.T.H.S. Program) in Mainland China What Do Student Diaries Say?***

Daniel Tan Lei Shek (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Ching Chit Chau (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Xiao Qin Zhu (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Xiang Li (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Di Ya Dou (Department of Applied Social Sciences, The Hong Kong Polytechnic University), Janet Leung (Department of Applied Social Sciences, The Hong Kong Polytechnic University) and Lu Yu (Department of Applied Social Sciences, The Hong Kong Polytechnic University).

#### ***Abstract***

To promote the holistic development of high school students in mainland China, we have implemented the Tin Ka Ping P.A.T.H.S. Project (TKPPP) in mainland China for more than a decade. TKPPP is a curricula-based positive youth development program incorporating different positive youth development constructs such as resilience, psychosocial competence, positive identity, and prosocial norms. To understand the effectiveness of the program, we use different evaluation strategies, including subjective outcome evaluation and qualitative evaluation. One qualitative evaluation strategy is to invite the program participants to share their experiences via writing student diaries. Through the years, we have collected around 9,000 student diaries.

In this study, we analyzed student diaries collected in the 2022-23 academic year (N = 2,400) and analyzed the data using thematic analyses. There are several observations based on the findings. First, the diaries were overwhelmingly positive in nature, suggesting that students had very positive experiences in their participation. Second, TKPPP was able to promote the personal development of the participants, including the promotion of psychosocial competence, resilience,



self-confidence, and optimism. Third, participants perceived that the program promoted their positive values and moral competence. Fourth, the program promoted the interpersonal competence of the students, including relationship building and conflict resolution. Fifth, evidence of improvement in parent-child relationships and family life after participating in the program was found. Sixth, students perceived that the program promoted their social responsibilities and prosocial involvement.

### ***Routine care versus mobile app-based care in breast cancer survivors A randomised quality of life study.***

Budhi Singh Yadav (Postgraduate Institute of Medical Education & Research, Chandigarh), Maninderdeep Kaur (Postgraduate Institute of Medical Education & Research), Divya Dahiya (Postgraduate Institute of Medical Education & Research, Chandigarh) and Akhilesh Sharma (Postgraduate Institute of Medical Education & Research, Chandigarh).

#### ***Abstract***

**Introduction** The purpose of this study was to see the effect of mobile app-based training on the quality of life(QoL) in women with breast cancer.

**Methods** Breast cancer patients, after 3 months of completion of their treatment were randomized to routine care or routine care plus access to the mobile phone app-based training support for 6 months. QoL was measured at baseline, at 3 months and 6 months. The mobile app-based training also provided basic information about breast cancer, symptoms diary and lifestyle recommendations (adequate and balanced nutrition, regular physical activity, exercises). QoL was assessed using EORTC QLQ-30, BR-23 scale. Visual CTCAE scale was used to measure fatigue and vaginal dryness. LENT-SOMA scale was used to measure lymphedema. The protocol was cleared by the institute ethics committee and it was registered in CTRI/2018/06/014638.

**Results** Total 170 breast cancer survivors were randomized, 85 each in the control and app the group. At 3 months, QoL score was better in the app group compared to the control group. No significant difference was seen in fatigue and vaginal dryness in any of the groups at 3 months. At 6 months, app group demonstrated statistically significant improvement in all functioning scale. Fatigue, lymphedema and vaginal dryness improved significantly in the app group. 90% users quickly learned how to use the application and 93% said that they would definitely recommend this app to other patients.

**Conclusions** Mobile application for breast cancer survivors was effective in improving the QoL, fatigue, lymphedema and vaginal dryness.

### ***Facilitating authentic narratives of pregnant women who use substances in low-income communities in South Africa through co-created culture-sensitive data collection methods***

Maria Florence (University of the Western Cape), Tracey-Ann Adonis (University of the Western Cape) and Hloni Thandeki (University of the Western Cape).

#### ***Abstract***

Maternal substance use is a public health concern in South Africa. Low-income rural living presents special challenges for pregnant women using substances. In response to a research study that explored the quality of life (QoL) needs of pregnant women using substances in low-income rural communities in the Western Cape, it was found that a purposively selected sample had difficulty expressing their recovery journeys through semi-structured interviews, focus groups, and even a photovoice exercise accompanied by a narrative. Though the photovoice exercise was a more visual means of expression, the accompanying narratives were still difficult to extract. Following the analysis of the data and review of literature on data collection and intervention strategies for this target group, the research team discovered the importance of alternative data collection techniques such as clay-based activities as both a data collection tool and possible intervention strategy. The following paper provides a rationale for incorporating clay-based activities into research and intervention strategies given that formal data collection methods could potentially be triggering and retraumatizing. Alternatives that provide participants with the opportunity to construct their healing journeys through visual representations that reflect contextually grounded symbolic meanings could facilitate authentic narratives for marginalised populations such as the target group of this research. The familiarity with the medium of clay in this context

and skill of the researcher to facilitate a safe space for participants could provide a starting point to further explore and co-create the narratives of these women with regard to their QoL and subsequent recovery journeys.

### ***Educator psychosocial well-being in violent low socio-economic contexts***

Tracey-Ann Adonis (University of the Western Cape), Maria Florence (University of the Western Cape) and Merle Sass-Petersen (University of the Western Cape).

#### ***Abstract***

Violence occurring in South Africa (SA) is publicised on a global stage. As a country that experienced high levels of violence during Apartheid as well as during its transformation post-1994, the violence often filters through to schools in low socio-economic areas. Educators play a key role in shaping the future of South Africa and violence in their school environments affects their well-being and quality of life as they are exposed to high levels of stress within these work environments. The effects of burnout and attrition of educators are expected to harm the quality of education in a developing SA context. The study therefore aimed to describe and explore educators' experiences of the effects of violence on their psychosocial well-being. Using exploratory qualitative research incorporating purposive sampling, 4 focus groups each consisting of 6-8 educators from four schools in a low socio-economic context were conducted. Findings included that there were no protocols in place for educators who encounter violence. Furthermore, schools were often targeted by gangs and law enforcement was lacking. Educators also expressed that they were unsupported, and felt unsafe which contributed to their decision to leave the profession. Providing adequate support to sustain the mental, emotional, and physical well-being of educators and prevent burn-out in low socio-economic status communities particularly where violence occurs, is paramount. Protocols should be in place for educator support as the stress affected their well-being and subsequent quality of life which in turn affects the quality of the service they can provide to learners.

### ***Parenting Perfectionism and Parent's Wellbeing in the Chinese Context***

Janet T. Y. Leung (The Hong Kong Polytechnic University), Daniel T. L. Shek (The Hong Kong Polytechnic University) and Xiangying Ding (The Hong Kong Polytechnic University).

#### ***Abstract***

Parenthood is a fascinating developmental stage in the family life cycle. However, during the past two decades, parents are tremendously stressful to take up the role as a "good parent" in order to ensure the happiness and achievements of their children. Parenting perfectionism is defined the degree to which parents possess extremely high standards for their own parenting. Unfortunately, studies examining parenting perfectionism and parent's wellbeing are severely lacking, particularly in the Chinese context. Moreover, according to family systems theory, fathers and mothers are interdependent with each other. One's parenting roles and standards may also influence the wellbeing of the spouse. Based on a sample of 641 pairs of parent couples with adolescent children studying in Grades 7 and 8, the spousal interdependent associations of parenting perfectionism with wellbeing (indexed by parental stress, life satisfaction, anxiety and depression) were examined. Results of actor-partner interdependence modelling analyses indicated that while each parent's parenting perfectionism was positively related to one's own parental stress (i.e., actor effects), mother's parenting perfectionism was also associated with paternal stress (i.e., partner effect). For life satisfaction, mother's parenting perfectionism was negatively related to mother's life satisfaction, whereas father's parenting perfectionism was positively linked to mother's life satisfaction. Regarding anxiety and depression, only actor effects were identified (i.e., one's parenting perfectionism was associated with one's own anxiety and depression respectively). The findings draw for researcher's attention on the impacts of high parenting expectations and standards among Chinese parents.

### ***Journey of Love Stability and Change in Relationship Satisfaction, Wellbeing, and Illbeing from Pregnancy to Three Years Postpartum***

Lilian Mayerhofer (University of Oslo), Ragnhild Bang Nes (University of Oslo), Baeksan Yu (Gwangju National University of Education), Ziada Ayorech (University of Oslo), Xiaoyu Lan (University of Oslo), Eivind Ystrøm (University of Oslo) and Espen Røysamb (University of Oslo).

### *Abstract*

**Purposes** The transition to motherhood affects women's mental health and the relationship with their partners. This study investigated the mutual and interdependent change that occurs in relationship satisfaction, wellbeing and illbeing from pregnancy to three years postpartum. We further investigated how Genetics influenced maternal mental health. **Data and Methods** This four-wave longitudinal study included 83,124 women from the Mother, Father, and Child cohort study linked to the Medical Birth Registry of Norway. Data were collected at pregnancy (30 weeks) and at 6, 18 and 36 months after birth. Phenotypes were created using the Relationship Satisfaction Scale, Differential Emotional Scale and Hopkins Symptoms Checklist-8. We also included a wellbeing spectrum polygenic index to evaluate genetic influence. Analyses were based on Random Intercept Cross Lagged Panel Models using R. **Results** We observed both stability and change in relationship satisfaction, wellbeing, anxiety and depressive symptoms, along with a complex and interchangeable relationship among these variables. The period of greater change was from pregnancy to six months following birth. From child age 6 to 36 months, stability for all four variables increased. Prenatal relationship satisfaction played a crucial role in mothers' mental health after birth. Genetics predicted the stable component of all four variables. **Conclusion** Relationship satisfaction, wellbeing and illbeing develop in an interdependent way from pregnancy to toddlerhood. Wellbeing spectrum polygenic index can predict all variables.

### ***The effect of having a positive friend a longitudinal network analysis on the peer effect of positive youth development attributes***

Zheng Zhou (Research Institute of Social Development, Southwestern University of Finance and Economics), Chen Gaoran (Research Institute of Social Development, Southwestern University of Finance and Economics) and Shaojie Qi (Research Institute of Social Development, Southwestern University of Finance and Economics).

### *Abstract*

A substantial body of prior research has emphasized the adverse consequences of negative peer interactions during adolescence. However, a crucial aspect often under-estimated is that adolescents' interactions with peers encompass both detrimental and beneficial aspects. Employing network analysis, this longitudinal study with two waves of data (N = 849) investigated the peer effects related to positive youth development (PYD) attributes among rural Chinese adolescents. The results shows that perceived peers' PYD attributes played a significant role in fostering PYD attributes of adolescents, a phenomenon particularly pronounced among adolescents with lower PYD attributes themselves. Notably, peer prosocial norms and moral competence served as pivotal bridges with the highest potential for enhancing PYD attributes among adolescents. These findings significantly enrich our understanding of positive youth development and peer influence, with a specific focus on the unique context of rural China. Furthermore, the study explores the practical implications of using social network interventions to support adolescent development.

### ***A Cross-Cultural Analysis of Perceived Uncertainty and Quality of Life in the Face of Global Contextual Stressors A Study Spanning 30 Countries***

Wenjie Duan (East China University of Science and Technology).

### *Abstract*

**Background** As one of the global contextual stressors, the COVID-19 pandemic brings depressed socio-economic consequences and leads to uncertainty and loss of sense of control among aspects. These effects collectively hinder enhancements in global quality of life. The improvement of well-being outcomes is contingent upon the precise operational definition and measurement of related constructs. Notably, the sense of being out-of-control emerges as a critical aspect of contextual stress under challenging and resource-limited conditions. **Methods** This study utilized cross-sectional data collected from 30 countries during January 25, 2021, to November 10, 2021. To evaluate psychometric properties of the Out-of-Control Scale, two phases were designed in this study. Phase 1 primarily checked the items and factor structure, phase 2 confirmed the factor structure and tested the measurement invariance, as well as conducted

further analysis including latent profiles, multinomial logistic regression analyses, and network analysis. Results A six-item, single-factor structure was verified, confirming satisfactory factor loading, fit indices and consistency. Measurement invariance across geographies and groupings was also confirmed. Three Out-of-Control profiles representing low (37.6%), medium (17.3%), and high (45.11%) stress levels, were identified, with age, depression/anxiety symptoms, education, socio-economic status, and exposure to COVID-19-affected acquaintances significantly influencing affiliation. The item "I think I cannot control things that I previously could" was the most critical node. Conclusion Out of control has significantly contributed to our ability to quantify contextual stress, thereby facilitating our understanding of psychological reactions under situations of global health emergencies.

### ***The Effects of Socioeconomic Deprivation and Social Isolation on Life Satisfaction among the Youth Focusing on the Mediating Effects of Depression***

Nahwi Ki (Sungkyunkwan University), Changkeun Han (Sungkyunkwan University), Jihyang Kim (Sungkyunkwan University) and Jinwon Park (Sungkyunkwan University).

#### **Abstract**

**Purposes** A large body of research suggests that socioeconomic deprivation and social isolation significantly influence individual well-being. This study aims to examine the extent to which socioeconomic deprivation and social isolation influence depression and accordingly life satisfaction of youth in Korea. More specifically, this study sets up a mediational model of depression which mediates the relationships between socioeconomic deprivation and social isolation, and life satisfaction. **Methods** The study sample is 714 youth from the Seoul Welfare Survey in 2022. Two independent variables (socioeconomic deprivation and social isolation), a mediating variable (depression), and a dependent variable (life satisfaction) are standardized variables respectively. The research model includes socioeconomic control variables (gender, educational level, marital status, physical health, household types, and labor force participation). To test the research questions, this study employed the SPSS PROCESS Macro with a bootstrapping method. **Results** Key research findings are summarized as follows First, we found negative impacts of youth's socioeconomic deprivation and social isolation on the life satisfaction. Second, we found that youth's socioeconomic deprivation and social isolation have positive impacts on depression. Third, we found significant mediational effects of depression on the relationship between youth's socioeconomic deprivation, social isolation and life satisfaction. **Conclusion** This study concludes by proposing several implications to enhance youth's life satisfaction. In particular, this study highlights that social programs reducing both socioeconomic deprivation and social isolation matter for depression and life satisfaction of youth.

### ***Te Hotonga Hapori – Connecting Communities Integrating multidimensional wellbeing into urban regeneration policy and practice***

Julia McPhee (Auckland University of Technology), Scott Duncan (Auckland University of Technology), Conal Smith (Kotata Insights), Tania Ka'Ai (Auckland University of Technology), Lisa Mackay (Auckland University of Technology), Tom Stewart (Auckland University of Technology), Dan Exeter (University of Auckland), Megan Somerville-Ryan (Auckland University of Technology), Albert Refiti (Auckland University of Technology), Vivienne Ivory (WSP New Zealand), Erica Hinckson (Auckland University of Technology), Moushumi Chaudhury (Auckland University of Technology), Gail Pacheco (Auckland University of Technology) and Thomas Schober (Auckland University of Technology).

#### **Abstract**

An increasing number of countries are turning to multidimensional wellbeing indicators as fundamental measures of success in their populations. Over the last 10 years, the New Zealand Treasury has established the Living Standards

Framework (LSF) as the primary reference for monitoring and evaluating the impact of public policy on the lives of its citizens. The LSF categorises wellbeing into 12 domains, encompassing health, knowledge and skills, safety, social connections, leisure and free time, cultural identity, civic engagement and governance, environmental quality, and subjective wellbeing. Alongside these developments, New Zealand has invested billions of dollars into major urban regeneration projects to ameliorate the housing crisis and build community cohesion. However, the link between urban regeneration and population wellbeing outcomes remains unclear.

Te Hotonga Hapori – Connecting Communities – is a five-year research programme exploring the complex relationship between major urban regeneration and multidimensional wellbeing. It includes five distinct but related projects ranging from longitudinal analysis of government administrative data to a study using survey and ecological momentary assessment data to evaluate the impact of a natural experiment in urban regeneration on individual and community wellbeing. Te Hotonga Hapori represents an opportunity to integrate multi-level wellbeing research into the planning and execution of urban regeneration initiatives using a high-level government framework to engage policy-makers and urban developers. This presentation discusses the overall structure of the Te Hotonga Hapori programme, the process of engagement with key stakeholders, and our strategic approach for incorporating multidimensional wellbeing outcomes into national urban development policy and practice.

### ***Experimental Investigation about the Relationship between Luck Beliefs, Causal Attribution, and Well-being***

Kazuhisa Miwa (Nagoya University), Wentong Yang (Nagoya University) and Shota Matsubayashi (Nagoya University).

#### ***Abstract***

**Background and Aims** The relationship between luck beliefs, causal attributions about whether the occurrence of an event is due to luck or one's own ability, and levels of well-being is examined.

**Method** General belief that the phenomenon of luck exists (BinL) and the belief that one is lucky (PL) are measured using the BILLS scale and the levels of hedonic well-being are measured using SWLS and SPANE. In addition, with a card game, Concentration, the extent to which one thinks that an event, in this case the acquisition of a pair of cards, is due to luck or one's own ability is measured. In the experiment, participants played the game in an experimental environment in which the ability of the opposing computer agent was controlled.

**Results** We found that BinL contributes negatively to the levels of well-being, while PL contributes positively, which is consistent with the previous studies. In the game, participants' BinL contributes to the causal attribution to luck, while PL contributes to the causal attribution to ability. Based on the structural modeling analysis, the overall results indicated that the causal attribution tendency to luck contributes negatively to the levels of well-being, while the causal attribution tendency to ability contributes positively to the levels of well-being.

**Conclusions** General beliefs in luck contributed negatively and beliefs in personal luckiness contributed positively to the levels of well-being. The nature of causal attributions to luck or ability in a card game is consistent with this relationship.

### ***A qualitative exploration of the Wellbeing and Mental Health of Karen Refugees in Victoria, Australia***

Ashley Randall (The Cairnmillar Institute), Roseanne Misajon (The Cairnmillar Institute), Clare Wilson (The Cairnmillar Institute) and Jo Brooker (The Cairnmillar Institute).

#### ***Abstract***

Past studies have found that refugee populations resettled in Western countries experienced high rates of psychological disorders and faced significant challenges to their mental health and wellbeing, even after resettlement. However, there has been limited research focusing on Karen refugees resettled in Australia. The paper will present findings from two qualitative exploratory studies. The first study focuses on the key issues that Karen refugees face in relation to mental health and wellbeing in Victoria, Australia, from the perspectives of service providers. The second study focuses on the perspectives of the Karen refugee community in terms of their experiences with mental health and wellbeing programs, utilising the Diamond Dialogue in semi-structured interviews to facilitate conversation around the impact of such



programs on quality of life. Themes discussed include service providers concerns around high levels of mental health issues in the community, perceived maladaptive coping mechanisms, and the parentification of children. Barriers to accessing services are also examined, including difficulty with learning English, understanding of mental health terminology and concepts, navigating Australian systems, as well as mental health stigma. Other themes include cultural responsiveness of service providers, alternative options to counselling, and the key role of bi-cultural workers.

### ***The Pulse of Emotions Exploring the Interaction of Human Bio-Magnetic Fields through Heart Intelligence and Subconscious Mind A Review***

Theepa Paramasivam (New Era University College).

#### ***Abstract***

This review explores the dynamics of human experience through a discussion of the heart intelligence, subconscious mind and bio-magnetic fields as they connect to the pulse of emotions. By means, with a comprehensive review of the current research, effectively navigate the complex interactions connecting these key components. An overview of emotions, human bio-magnetic fields, heart intelligence and subconscious mind appears at the beginning of this review. Follows with the outline on how emotions affect the body's bio-magnetic resonance. Further explores the vital role of heart intelligence in regulating these fields while establishing connection between emotional states and physical reactions. Additionally, this review also addresses the relationship between these occurrences and the subconscious mind, providing insight into the subconscious processes that influence emotional experiences and the bio-magnetic fields imprint associated with them. For this study, a thorough literature review is carried out utilizing previous research sources pertaining to emotions and interaction of human bio-magnetic fields through heart intelligence and subconscious mind that shape human experiences. Integrating these factors contribute to novel discoveries that have implications on all areas of life, from psychology to holistic well-being, while deepening comprehension of the complex relation within the human psyche. This preliminary study recommends conducting more in-depth research to develop framework for a contented and holistic well-being.

### ***UMS Happiness Index Survey A Reader Response Theory***

Jamsari Bin Hashim Bin Hashim (UMS), Kennedy Aaron Agoul Agoul (UMS) and Jaswinder Kaur Kler Kler (UMS).

#### ***Abstract***

Every employee of UMS is invited to fill in a survey of UMS Happiness Index in his/her HROnline v4.0 portal annually and will be rewarded a 1 Individual Development Plan (IDP) score. The aim of this exercise according to Performance and Psychology Sector, Human Resources Division of UMS is to improve the quality of governance services in UMS. This survey comprises a total of 47/48 items segregated in 5 parts namely life evaluation, affect measures, job satisfactions, job engagement, and gratitude (rasa syukur). The general objective of this study is to examine this survey using a Reader Response Theory (Rosenblatt,1982). Rosenblatt view reading as a transaction, albeit a two-way process, involving a reader and a text at a particular time and under certain settings. The result of this study produced vital discussion topics related with the basic premise of this theory. As a result, this study has achieved its general objective as anticipated.

### ***A systematic review of children's psychological well-being from a eudaimonic perspective A narrative synthesis***

Phadiel Hoosen (University of the Western Cape), Shazly Savahl (University of the Western Cape), Sabirah Adams (University of Cape Town) and Ferran Casas (Universidad Andrés Bello, Chile).

#### ***Abstract***

Psychological Well-Being (PWB) from a eudaimonic perspective is an important construct (Ryan & Deci, 2001), closely related to children's overall well-being and quality of life. The eudaimonic perspective on PWB articulates the main indicators of positive functioning as the development of skills and personal growth (Keyes, 2013; Waterman et al., 2010). However, the existing research predominantly focuses on assessing the PWB of adults, with fewer studies prioritizing children's PWB. Therefore, we aimed to systematically review existing empirical research on children's PWB from an

eudaimonic perspective. It provides a starting point to consolidate dispersed evidence, enhance the understanding of the key aspects of PWB, and facilitates the gradual expansion of the literature. Using the Preferred Reporting Items for Systematic review and Meta-Analysis Protocols (PRISMA) framework, we identified 32 articles, with study sample ranging from 8 to 18-year-olds. The 32 studies were categorised into four themes, namely a validation study focus; predictors and correlates of PWB; descriptive designs; and intervention studies. The key findings of the validation studies reported that Ryff's (1989) PWB scale was valid and reliable in most contexts, with a range of children from different age groups and across different languages. Studies in the predictors and correlates theme found that negative variables have a negative correlation with PWB, while positive variables have a positive correlation on PWB. This review has made an important contribution to our understanding of the PWB from children's perspectives by identifying disparities and limitations in the field and by proposing recommendations to ameliorate these challenges.

### ***Values and Wellbeing Evidence from Singapore's Quality of Life Surveys***

Siok Tambyah (National University of Singapore) and Wei Lun Yuen (National University of Singapore).

#### ***Abstract***

Many countries are focused on enhancing their national wealth and standard of living. However, beyond material prosperity, how do the values that are embraced influence the wellbeing of individuals and communities? In the context of Singapore, we review and present the findings from three Quality of Life Surveys conducted in 2011, 2016, and 2022. These large-scale surveys employ nationally representative samples of at least 1800 Singapore citizens. Across the 11 years, we found that Singaporeans' wellbeing has been on a decline from 2011 to 2022, despite the country's GDP per capita increasing from approximately USD54,000 to USD83,000 in the same timeframe. We also found significant variations in wellbeing in the 2022 QOL Survey through a cluster analysis of four distinct groups of Singaporeans by values (i.e. family values, traditionalism, sustainability, and materialism). Contributing to the income-happiness debate, the group of Singaporeans strongest on materialism, and also with the highest income, had the worst reported wellbeing among the four groups. By comparison, the group of Singaporeans that is the most prosocial tended to have better wellbeing. Despite having a lower household income, the prosocial group had a stronger subjective satisfaction with their financial status than the materialist group, suggesting that subjective satisfaction may play a stronger role than absolute income in the income-happiness debate. These findings have important implications for research and policy-making.

### ***How Negative Affect Contributes to Wellbeing***

Jinrui Liu (University of Oslo), Irene Teulings (University of Oslo), Joar Vittersø (the Arctic University of Norway), Ragnhild Bang Nes (University of Oslo) and Espen Røysamb (University of Oslo).

#### ***Abstract***

As a core element in the definition of subjective wellbeing, negative affect is hardly integrated in mainstream analysis or conceptualization in wellbeing studies. With robust research in psychopathology that associates negative affect with illbeing, it is mostly assumed that negative affect is undesired and impairs wellbeing. Yet negative affect regulates crucial functions whose breakdown is detrimental to wellbeing. The paradox is not fully explored, and it remains unclear if people value negative affect, and if there exists an "optimal level" of negative affect and positive affect for best wellbeing outcomes.

The study explores how people perceive the absence of negative affect and the presence of only positive affect in terms of desirability. It also investigates the association between levels of negative and positive affect and optimal wellbeing outcomes.

The study utilizes a 2x2 within-subject experiment, comprising two phases (positive and negative affect) each with two conditions (aversive and value), totaling four trials. In the negative affect phase, participants choose between minimal negative affect (0% in aversive, 1% in value) and a gradually increasing higher level (increases by 2.5% each time the minimal option is avoided), until they either select 100% negative affect or the minimal option. In the positive affect phase, the choice is between maximum positive affect (100% in aversive, 99% in value) and a progressively decreasing lower level (decreases by 2.5% each time the maximum isn't chosen), concluding when participants opt for 0% positive affect or the maximum option.

The study is ongoing and data will be collected.

### ***Are COVID-19 patients still unhappy after the pandemic?***

Yoshiaki Takahashi (Meikai University).

#### ***Abstract***

**Aims** The COVID-19 patients were criticized in Japan because they were infected by their selfish or irresponsible behaviors. As a result, their subjective well-beings during the pandemic was affected heavily by those prejudice as well as long-COVID. It is very important to follow their Quality of Life after the pandemic, in particular, relationships within their families, at workplaces, and in communities.

**Methods** Longitudinal surveys were conducted in 2019, 2020, 2021, and 2024 in Japan. The survey items include happiness, age, gender, job status, income, health, loneliness, community involvement, trust, time use, and the frequency of contact between family members. Ordinary least squared regression and fixed effect model were applied.

**Results** The details will be reported at the conference.

### ***Effects of positive psychology interventions on inflammatory biomarkers and cortisol for adults A systematic review and meta-analysis***

Maja Eilertsen (Norwegian Institute of Public Health), Ragnhild Bang Nes (Norwegian Public Health Institute), Maria Julia Bidonde Torre (Norwegian Public Health Institute), Thomas Nilsen (Norwegian Public Health Institute), Anne Reneflot (Norwegian Institute of Public Health) and Thomas Hansen (Norwegian Institute of Public Health).

#### ***Abstract***

**Background** Positive Psychology Interventions (PPIs) seek to enhance well-being and positive emotions, with potential impacts on both physical and mental health, e.g., by mitigating stress and inflammation. **Objectives** This systematic review and meta-analysis aims to consolidate evidence regarding the effects of PPIs on physical health parameters. Specifically, we investigate the potential of PPI participation to reduce stress and inflammation. **Data Sources** A comprehensive search of five electronic databases spanning from 2000 to June 2023 was conducted. **Methods** Eligible studies, e.g., randomized controlled trials' effects of PPIs on adults, encompassing diverse clinical and non-clinical adult populations, were assessed for the following outcome measures cortisol, C-reactive protein (CRP), Interleukin (IL)-6, tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ), IL-1 $\beta$ , IL-8, and IL-10. Physical exercise and mindfulness trials were excluded because there is a vast literature supporting the efficacy of these interventions. Study selection was undertaken independently by two reviewers, and we used the Cochrane Risk of Bias tool to assess evidence quality. In this ongoing project, two independent reviewers will extract data, and the results will be analyzed through a meta-analysis or a narrative approach, depending on the nature of the data. Effect sizes will be expressed as Mean Difference (MD), Standardized Mean Difference (SMD), or Hedge's  $g$ , with evaluations at post-test and follow-up. **Results** Preliminary work indicates that data extraction will be based on 35 eligible studies. Common interventions include music, kindness, nature, optimism, social support, and meaning. **Conclusions** PPIs may demonstrate potential effectiveness in reducing stress and inflammation, contributing significantly to prevention of ill-health.

### ***The Role of Balconies in Achieving Urban Happiness in Times of the COVID-19 Pandemic***

Pragalbh Ajay (Indian Institute of Technology, Roorkee) and Tina Pujara (Indian Institute of Technology, Roorkee).

#### ***Abstract***

Balconies as an element gives freedom to the user to explore and socialize with their surroundings. When we look at a balcony from a distance, it appears to be a part of a façade to which a balcony contributes to its overall beauty. But, when we stand on a balcony it more than just an aesthetic character, it serves as a space that connects the indoor with the outdoor. It is a threshold space which allows the user to experience what lies beyond the four walls of a house. Balcony provides a sense of attachment and recognition to the urban form. In times of COVID-19 pandemic when everyone was confined inside their homes and it became impossible for people to move outdoor and meet their loved ones, people felt lonely, in such times balconies played an important role for people in achieving happiness by allowing them to socialize and interact with nature. The research studies about the significance of balconies at times of COVID-19 pandemic and how it helped urban inhabitants psychologically. It outlines the characteristics of urban setup that promotes happiness and its association with the balconies. The study highlights the built environment elements of an urban context that helps in promoting happiness to its inhabitants through balconies.

### ***In Diversity we Trust? Experimental Evidence from Europe***

Abilio Henrique Berticelli de Freitas (Luxembourg Institute of Socio-Economic Research (LISER)).

#### ***Abstract***

Considering that trust is an important determinant of life satisfaction, economic growth and firm performance, we profit from the specific context provided by Luxembourg to investigate the transmission of social norms from the high-trust Germans to the low-trust French. Our contribution is tackling social norms transmission in a controlled experimental setting and using a third country as the "mixing bowl", as opposed to studies on assimilation into the predominant culture. Through our five-treatment experiment, we expect to identify a convergence in trust between the French and the Germans, with the final equilibrium being slightly higher than Luxembourg's trust levels. Cultural diversity and internationality conditional on non-segregation are advanced as the main mechanism behind this expected convergence. Other potential mechanisms are investigated. Rather than being a geolocated research question, we argue that this study has applications and policy implications for most countries in all continents. At ISQOLS 2023, I presented the experimental design without any results during poster sessions; I received important feedback and had the honour to be voted among the three best posters out of fifty-three. Data collection is under way, and at ISQOLS 2024, I'd be thrilled to present all the results and their implications for policy makers and business leaders.

### ***Quality of Life of Rainbow Families in Croatia***

Maja Tadic Vujcic (Institute of social sciences Ivo Pilar) and Marina Štambuk (Tartajun).

#### ***Abstract***

Rainbow families refer to LGBTIQ+ parents, couples and individuals who have children, or want to become parents, and their families. Although there has been a positive shift in attitudes towards LGBTIQ+ people and the protection of their rights at the global level and in Croatia in the last two decades, discussions about the parental role of LGBTIQ+ people are still often characterized by strong reactions and non-acceptance, which can be related to their quality of life and well-being, as is being discussed on the EU level (within the COST Action CA19103 - LGBTI+ Social and Economic (in)equalities). To gain more insight into the current situation and quality of life of rainbow families in Croatia, the main aim of this study was twofold (a) to assess public opinion on rainbow families using CAWI methodology among a nationally representative sample of N=1011 Croatian citizens (15 to 75 years old), and (b) to gain in-depth understanding of the experiences of rainbow families using focus group with LGBTIQ+ parents in Croatia, who achieved parenthood using methods of planned parenthood. The data was collected in 2023 and was part of a project entitled "Rainbow Families – empower and connect (CareFor)". Results from the online panel revealed that most participants (64%) expressed a moderate/neutral to very positive attitude towards rainbow families, while 36% expressed a negative attitude. Results from the focus group showed parents in the study described their quality of life as moderate to high and expressed relatively high levels of internal and external resources.

### ***Urban or Rural Where are people happier and why?***

Abilio Henrique Berticelli de Freitas (Luxembourg Institute of Socio-Economic Research (LISER)).

### *Abstract*

Using data from the World Values Survey in its seventh wave (2017-2020), I investigate how happy people look like and whether these "happiness characteristics" are more present in big urban towns or in small rural villages. Mean comparisons and correlations are the main statistical tools used. I find evidence that (i) people seem to be slightly happier in rural places, (ii) happier people have some particular characteristics (e.g., higher levels of trust in others and being more interested in politics) and (iii) these positive attitudes are slightly more present in rural contexts. Finally, some conceivable explanations for these results and their potential implications are discussed. This submission refers to an already published article, which I couldn't present and promote back then due to the pandemics. Based on similar-topic presentations at ISQOLS 2023 – in particular during session 11C (Special Session the Geography of Happiness and Well-being II Spatial Differences in Well-being) –, I believe the present submission could be just as interesting for ISQOLS 2024.

### ***Well-Being and Mental Health of Early Career Researcher in Croatia Results from a Qualitative Study***

Maja Tadic Vujcic (Institute of social sciences Ivo Pilar) and Ivana Maurović (Faculty of Education and Rehabilitation Sciences, University of Zagreb).

### *Abstract*

The way researchers experience their work is important not only for them as individuals, but also for the functioning of their organization and for their scientific output. Existing research suggests that work psychosocial factors (i.e., fair work conditions and social support) significantly impact future research performance. Unfortunately, recent studies demonstrate alarming levels of mental health risks and declining well-being among researchers, particularly early career researchers (ECR), which has been highlighted within the ReMO COST Action (CA19117), which represents research community focused on mental health and well-being within academia. Besides a moral imperative deriving from the duty of care that employers have toward ECRs, these alarming rates of poor ECRs' well-being must be addressed as they are fundamental for the future of scientific progress. To analyse the mechanisms that can foster (vs. thwart) ECRs' well-being, building upon the job demands-resources theory, the main aim of this qualitative study was to gain more detailed insights into the interplay between ECRs' work conditions, personal characteristics, well-being, and mental health on an in-depth level using 6 focus groups with 53 ECRs working in Croatian scientific institutions. The thematic analysis of the qualitative data gathered in the focus groups involved a six-step process familiarizing with the data, generating initial codes, searching for themes, reviewing themes, defining, and naming themes, and interpreting the findings. In this study, we present these results by showing ECRs' perspectives and understandings of their well-being and mental health in the context of their work conditions, and their personal characteristics and resources.

### ***Moving Beyond Income A More Accurate Way to Measure the Middle Class Based on Expenditure***

Jessie Fan (University of Utah) and Hua Zan (University of Hawaii at Manoa).

### *Abstract*

This study critically examines the definition and measurement of the American middle class by proposing an Expenditure Middle-Class (EMC) measure derived from household expenditures, in contrast to the prevalent Income Middle Class (IMC) definition. Analyzing data from the Consumer Expenditure Surveys (CE) with a sample of 11,923 households from the 2017-2021 Interview Survey, our research reveals significant disparities in classifying households—63.54% fall within the EMC middle class, compared to 46.08% in the IMC. Detailed analysis of mean pre-tax income, total expenditure, and achievement indicators underscores the superiority of EMC, particularly in capturing homeownership, health insurance coverage, family vacation, and emergency savings. Exploring the factors contributing to these disparities, we conduct a seven-category unordered logistic regression, identifying key variables such as employment status, education, and public assistance. Our ongoing research delves into the role of debt in the EMC measure, examining both conceptual implications and empirical impact. This comprehensive approach aims to refine our understanding of the American



middle class, potentially influencing policy discussions and contributing to socioeconomic classification debates. We anticipate presenting our nuanced findings at an upcoming conference, pending acceptance.

### ***The happiness tricycle. How having, loving and being shape children's subjective well-being differently in European countries.***

Stephanie Hess (Otto-von-Guericke University Magdeburg) and Leonie Steckermeier (Otto-von-Guericke University Magdeburg).

#### ***Abstract***

In the last two decades, research on children's well-being has surged, primarily emphasizing subjective well-being (SWB) over children's quality of life (QoL). Qualitative studies suggest that children themselves conceptualize their well-being well in line with Allardt's framework of 'having, loving and being'. However, systematic analyses of children's QoL in these dimensions and their impact on children's SWB are lacking. Analysing data of 36,690 children aged 10-12 in 18 European countries from the 3rd wave of the International Survey of Children's Wellbeing, we find that children's QoL is moderately positively associated with SWB. Nonetheless, SWB and QoL capture distinct information of children's well-being at individual and country-level. In the majority of countries, 'loving' contributes most strongly to children's SWB, followed by 'being' and 'having'. While the relative importance of the three QoL dimensions correlates positively with trust and a post-materialist value climate, national affluence only positively relates to 'loving' and 'being'.

### ***Experience seeking and mindfulness seeking as life orientations How different are they?***

Jan Delhey (Otto-von-Guericke-University Magdeburg), Stephanie Hess (Otto-Von-Guericke University Magdeburg) and Christian Schneickert (Otto-Von-Guericke University Magdeburg).

#### ***Abstract***

**Background** This sociological paper focusses on two present-day dispositions towards life that aim at achieving subjective well-being experience seeking (ES) and mindfulness seeking (MS). ES is about enjoying life; well-being is sought indirectly through the accumulation of rewarding experiences. According to Schulze (1992), ES spread in Western societies in the 1980s as a result of increasing prosperity. MS, in contrast, aims at an emotionally balanced life; well-being is sought through the avoidance of stressful situations and focus on oneself (e.g. self-care, self-exploration). We assume the emergence of MS to be a reaction to an accelerated, increasingly insecure and stressful society.

**Aim** Our article aims to compare ES and MS regarding their prevalence, socio-demographic structure and association with well-being.

**Methods** The analyses are based on the 2023 German Gesis Panel (n=3,795). We employ factor analyses to determine whether MS and ES are empirically distinguishable. Regression analyses further unveil their social structuration and association with life satisfaction, optimism and mental problems.

**Results** The preliminary results show that the ES and MS are two distinct dispositions. The socio-demographic structure of MS and ES differs men, younger and less religious participants are more orientated towards MS. Respondents with lower income and education are more orientated towards ES. With regard to well-being, MS is negatively associated with optimism whereas ES is positively related to both life satisfaction and mental problems.

**Conclusion** Overall, our findings point to a fundamental change in the experience society with far-reaching consequences for individuals' well-being.

### ***Intergenerational persistence of subjective well-being Evidence from Japanese household panel surveys on parents and children***

Kayoko Ishii (Keio University), Zhi-Xiao Jia (Keio University) and Isamu Yamamoto (Keio University).

#### ***Abstract***

This study examines the existence of the intergenerational persistence of subjective well-being (SWB) such as happiness, general health, and mental health in Japan, by using long-run longitudinal data of both parents and their adult children

from the Japan Household Panel Survey (JHPS) and the JHPS second generation supplement (JHPS-G2). After creating proxy variables for the lifetime SWB of parents and children, which are adjusted for age and other factors including transitory disturbances, we compare the percentile ranks of lifetime SWB for parent-child pairs by observing the "rank-rank slope" in the scatter plot and estimating the intergenerational elasticity of SWB. Our findings reveal a significantly positive intergenerational persistence in terms of SWB. The estimated intergenerational elasticity is 0.25, 0.22, and 0.13 for lifetime happiness, general health, and mental health, respectively, suggesting that the status of parents' lifetime SWB tends to be transmitted to their children to some extent. We also find that the estimated elasticities do not vary significantly depending on factors such as sex, cohabitation status, education, and income level. Additionally, we explore how the intergenerational persistence of SWB is influenced by pathway factors including children's economic status, lifestyle habits, and personality traits through mediation analysis. Our results indicate that personality traits account for 4 to 12 percent of the intergenerational elasticity of SWB. Given that some of personality trait are influenced by childhood upbringing and family environment, these results suggest the possibility that not only genetic but also non-genetic factors contribute to the intergenerational persistence of SWB.

### ***Construction of the Quality of Life in Korea Framework by Life Cycles***

Paul Choi (Statistics Korea), Hansoo Woo (Statistics Korea) and Sangmin Nam (Statistics Korea).

#### ***Abstract***

KOSTAT has conducted a research to aggregate quality of life frameworks by life cycles, based on age groups in 2023. We first assessed the overall compatibilities of frameworks of quality of life for children-youths, young adults, and seniors. Then, we investigated additional potential frameworks for a life cycles. During this process, the significance of the measurements of infants and middle-aged adults' well-being had been scrutinized. Furthermore, we had reviewed characteristics of each life cycles —children-youth, young adults, middle-aged adults, and seniors — for aggregation of quality of life frameworks along with recent issues related to quality of life in Korea. With understanding and analysis of the current state of well-being of each life cycles, this research is expected to play a role as an important evidence in the process of revision of quality of life in Korea indicators and of policymaking targeting a particular age group. We also expect it to serve as a significant example of well-being measurement worldwide.

### ***Components of Subjective Well-Being across Age Groups A Network Analysis***

Shu-Chen Wang (National Academy for Educational Research) and Tsung-Chi Cheng (National Chengchi University).

#### ***Abstract***

According to the lifespan perspective, individuals' subjective well-being (SWB) varies during the course of their lives at different phases. While previous studies have shown that individuals of varying ages have variable degrees of satisfaction on multiple dimensions of SWB, there has been less investigation into the interrelationships between these components across ages. This study applied regularized partial correlation network modeling to highlight which SWB items are most critical within the network in age subgroups. Data gathering by the Computer Assisted Telephone Interview system was from March 7th to April 8th, 2023. A total of 801 respondents aged above 20-year-old were successfully conducted. The survey questions comprised 12 items with 10-point scale. In the results, different network structures were observed across age groups. For instance, among individuals under 29, satisfaction with friends and family shows the strongest correlation, whereas in adults over 50, the highest correlation is seen in "current financial status and income" and "security in the future life". "Happy mood" was the strongest item connected with other nodes and the most influential node in all age groups, except for groups aged 30-49 and aged 60-69. For those aged 30-49, their self-evaluated current achievements take a central role in the network. In the group aged 60-69, the self-evaluated worthwhileness of their actions in their life plays the most important role in the network. This study aids in targeting future policy interventions via identifying significant influencing factors across different life cycle stages, and enhances the theoretical depth of well-being studies.

### ***Bhakti Yoga Analysis of Wellness Among Yoga Practitioners in Japan***

Cuhullan Tsuyoshi McGivern (Akita International University).

#### ***Abstract***

Yoga has increasingly gained popularity around the world as an alternative form of exercise with a range of physical and mental benefits. However, often only the physical practice of yoga is focused on, omitting or only touching the surface of yoga philosophy as a whole, thereby limiting the full benefits of yoga. Through the lens of grounded theory, the aim of this study is to gain insight on the effects that a dual physical and philosophical approach to yoga may have on individuals' wellbeing and overall health. Through the analysis several themes were observed but one in particular stood out as substantial a combined physical and philosophical practice influences feelings of gratitude and humility. The study's findings suggest that, a complete yoga practice has the potential to unlock greater physical and mental benefits, and open the door for further feelings of wellbeing.

### ***The work and life of persons with disabilities in China***

Hitomi Madono (Dr. of sociology).

#### ***Abstract***

More than 85 million persons with disabilities (approximately 6% of the total population) live in China. This number is the highest in Asia and in the world. Of this, the working-age population, aged 15 to under 65, accounts for over 40%. How do persons with disabilities participate in the labor market in China? The Security Act for persons with disabilities in China (enacted in 1990, promulgated in 1991, revised in 2008) advocates the guarantee of the rights of persons with disabilities (the right to education, the right to work, etc.). In order to guarantee the rights of persons with disabilities, the government is developing projects for persons with disabilities (proposing and developing policies related to the welfare of persons with disabilities) and taking measures to promote employment of persons with disabilities. In particular, in recent years, efforts have been made to encourage the diversification of working patterns for persons with disabilities and to create an environment that facilitates access to employment. This poster report focuses on employment of persons with disabilities within the field of projects for persons with disabilities and discusses the employment and lives of persons with disabilities.

### ***Peer Support, Mentorship, and Motivation in Refugee Secondary Schools in Malaysia***

Sarah Zimmerman (University of Maryland - College Park) and Colleen O'Neal (University of Maryland - College Park).

#### ***Abstract***

This poster proposal will explore how mentorship and peer relationships contribute to students' motivation to complete secondary school and attend college. In a country where refugees are barred from attending private and public education and situated in a global context where only one percent of refugees attend tertiary institutions, refugees in Malaysia seeking higher education face seemingly insurmountable challenges to continue their education. Yet, many face and overcome them. The overarching research questions are (1) what is the nature of refugee students' mentor and peer relationships? (2) how do peers and mentors, such as teachers or parents, influence students' motivation to complete secondary school and attend college? The sample includes post-secondary pre-tertiary refugee students over the age of 18. The majority of participants are refugees from Myanmar. The method involves semi-structured qualitative interviews with 15 post-secondary students, with interviews taking approximately one hour each. An example of a question is, how did peers play a role in your motivation in secondary school? The interviews are being conducted from December 2023 through February 2024 in Malaysia. The transcripts from these interviews will be coded, inter-rater reliability will be established, and they will be analyzed using thematic analysis. The themes from the interviews will be reported in this proposed poster presentation, with implications for refugee well-being.

### ***Relational burden and negative health outcomes across countries how does the macro-cultural context matter?***

HarrisHyun-soo Kim (Ewha Womans University).

#### ***Abstract***

A large and growing body of research has focused on the association between interpersonal relations and health outcomes, both physical and mental. According to the literature on social determinants of health, social ties and embedded resources largely have a salubrious effect. In this study, I shift the analytic focus toward the 'dark side of social capital' by investigating the potentially deleterious implications of network embeddedness. Specifically, I examine how and the extent to which stress and pressure from social ties (acquaintances, friends, family) negatively impact health outcomes. In addition, I empirically test whether this focal link varies in magnitude across the macro-cultural context (along the dimension of individualism and collectivism). Data are drawn from the International Social Survey Programme (ISSP) 2017, the latest version containing the special module on 'Social Networks and Social Resources,' across more than 30 high- and low-income countries. Based on this probability cross-national sample, I test a number of hypotheses related to the above discussion. Results from multilevel models indicate that, conditional on individual- and country-level confounders, greater relational stress is associated with worse physical and mental health. Moreover, this relationship is more pronounced in individualistic societies as measured by the Hofstede index. That is, in societies where the self is defined as an independent (not interdependent) entity, pressures and burdens from others have a stronger negative influence.

### ***Haid Poverty Analysis of Knowledge, Attitudes and Practices of Menstrual Management in Malaysia***

Nur Annizah Ishak (university malaya) and Rohana Jani (University Malaya).

#### ***Abstract***

Reproductive and sexual health is crucial for the social and economic development of Malaysia. It encompasses physical well-being, emotional wellness, freedom from unwanted pregnancy, unsafe abortion, domestic violence, sexually transmitted diseases including AIDS/HIV as well as proper menstrual management. The issue of menstrual poverty has gained significant attention in Malaysia and globally particularly exacerbated by the Covid-19 pandemic. Menstrual poverty also stems from inadequate knowledge and societal stigma which are often overlooked aspects surrounding this issue. This study aims to explore menstrual poverty among women in Malaysia recognizing that cultural context plays a pivotal role in their understanding and practices related to reproductive health. This study uses an approach based on the Knowledge, Attitude and Practice Model (KAP) in exploring the issue of SRH from the aspect of menstrual poverty. Next, this study uses a quantitative approach in a cross-sectional survey. The study employs a two-stage stratified sampling technique with 2,081 respondents using questionnaires distributed online along with face-to-face interviews. Findings indicate that an overwhelming majority possess good knowledge about reproductive organs and proper menstrual management while demonstrating positive attitudes towards it. Therefore, it is very important for Malaysia to continue to emphasize the importance of menstrual poverty awareness, promote proper menstrual management education, and implement interventions for menstrual management. By addressing menstrual poverty, we can take important steps towards promoting gender equality and improving reproductive and sexual health in Malaysia.

### ***Refugee youth resilience and well-being on the path towards secondary school graduation in Malaysia***

Colleen O'Neal (University of Maryland, College Park), Sarah Zimmerman (University of Maryland, College Park), Benz Elan Paul (University of Maryland, College Park) and Siew Woon Wang (University of Maryland, College Park).

#### ***Abstract***

This proposed oral paper presentation addresses how refugee youth do the impossible in Malaysia - graduate from refugee secondary schools. From a resilience perspective, we explore protective factors that help them graduate.

Attending a refugee secondary school, much less graduating, is near-impossible in Malaysia because only 30% of secondary school-aged refugees attend school, and the only schools they are allowed to attend are refugee informal learning centers. Refugee informal learning centers are the only option because Malaysia prohibits refugees from going to either public or private school. The overarching questions are (1) How do refugee students stay motivated to finish secondary school, when they are not allowed to work or attend college in Malaysia? (2) What supports (e.g., family, friend, community) help them persist to complete secondary school? (3) How do they describe their well-being, emotions (e.g., awe), and identity? Qualitative interviews are currently being conducted between December, 2023 and February, 2024 with refugee secondary school graduates and teachers in Malaysia. Approximately 15 refugee secondary school graduates and 15 teachers from their refugee schools will be interviewed. Transcripts will be analyzed using thematic analysis, and the themes will be discussed at the presentation. The results of this study hold implications for the resilience and education of the explosive numbers of marginalized refugee youth who have fled to transit countries, with limited hope for resettlement to safer countries. The results may also provide insights into ways to amplify refugee youth well-being, agency, and growth during the ongoing global refugee crisis.

### ***The Influence of Positive Psychology on Quality-of-Life Related Journals***

Christian Weismayer (Modul University Vienna).

#### ***Abstract***

Already in the year 1954, Abraham Maslow mentioned the term "Positive Psychology" to stress the importance of positive emotions next to negative ones. New research topics like mindfulness, spirituality, or work-life-balance, arose in the quality-of-life related scientific literature, to better understand what makes life most worth living and to determine the factors that allow individuals, communities, and societies to flourish. To determine whether there is a measurable research trend pointing towards increased human happiness in the sense of preventive movements, or whether uncertain times overrule the pursuit of increased wellbeing and quality-of-life research therefore primarily focuses on the treatment of negative effects that are already present and dominate the fields of interest, the following text mining techniques were applied to >1,000 papers published in the Journal of Applied Research in Quality of Life (ARQOL) since 2006, and >5,000 papers published in the Quality of Life Research (QLR) since 1997. First, polarity trends of verbal expressions are analyzed by means of sentiment detection at the coarse level (positive vs. negative) and at the fine-grained level of basic emotions (joy, trust, fear, surprise, sadness, disgust, anger, and anticipation). Second, topic detection is used to spot emerging/disappearing latent research streams that have become more/less dominant over the years. Third, longitudinal distributional comparisons between positive and negative polarities of the identified topics tackle the question whether long-lasting research streams are discussed from a more negative or a more positive point of view over time.

### ***Exploring Determinants of Flourishing A Comprehensive Network Analysis of Retirees in Taiwan***

Wan-Chen Hsu (Department of Public Health, College of Medicine, National Cheng Kung University, Taiwan), Chiu-Ying Chen (Department of administration, Tainan Hospital, Ministry of Health and Welfare, Tainan 70043, Taiwan.), Nuan-Ching Huang (Healthy City Research Center, Innovation Headquarters, National Cheng Kung University, Taiwan.) and Susan C. Hu (Department of Public Health, College of Medicine, National Cheng Kung University, Taiwan.).

#### ***Abstract***

**Background** The concept of well-being has recently been increasingly expanding to encompass multiple dimensions of human life, known as human flourishing. This study differs from traditional single-dimensional subjective well-being measurement, delving into the myriad dimensions of human flourishing and their associated factors. **Methods** Data were collected from the Living Environment and Health Survey in Taiwanese Retirees conducted in 2023 (N = 1115). Human flourishing was measured using the 12-item Secure Flourish Index developed by Harvard University. Mixed graphical network analysis was employed, including factors related to social demographics, health and physical functions, productivity engagement, and community environmental characteristics as nodes. **Results** The overall network consisted of 104 non-zero edges out of a possible 465 (22% of nodes were directly connected). Among them, 33 edges exhibited non-zero correlations with the 12-item flourishing. Results showed that the determinants of the 12-item flourishing



measurements vary. Findings highlighted the positive correlation between education and flourishing dimensions and the association between community cohesion and life satisfaction and virtue. Moreover, positive impacts were observed with good health and family caregiving, albeit negative effects on emotional happiness and financial satisfaction. Employment was positively associated with physical health and character but negatively with material satisfaction. Participation in community organizations also positively influenced life meaningfulness. Conclusion This comprehensive network analysis unraveled intricate connections among personal, behavioral, and environmental factors, offering profound insights for targeted interventions to foster human flourishing.

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

Pedzisai Ndagurwa (Gauteng City-Region Observatory) and Shamsunisaa Miles-Timotheus (Gauteng City-Region Observatory).

#### ***Abstract***

The COVID-19 pandemic and the attendant lockdown measures involving the closure of many nonessential economic activities resulted in adverse socioeconomic impacts on many households around the globe. In South Africa, the complexity of the pandemic implications was worsened by the fact that the already existing inequalities. Many people, especially those employed in the informal sector, in small-to-medium enterprises (SMEs), lost their source of income, thus were disproportionately impacted. The South African government introduced the Social Relief of Distress (SRD) to mitigate a pandemic poverty catastrophe. Nonetheless, the quality of life significantly declined during the pandemic period. This study was therefore designed to investigate if the decline in the quality of life was proportional across the population. The analysis was based on two quality-of-life surveys conducted in 2017/18 and 2020/21 in the Gauteng province of South Africa. The Kitagawa-Oscar-Blinder (KOB) regression-based decomposition technique was employed to investigate inequalities in the change of the quality of life index on a sample of 38 505 respondents described in terms of population group, household headship type, sex, household dependency ratios, household income level, employment status, neighbourhood type and neighbourhood satisfaction. 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 Black African and Coloured population groups, low-income households, living in a low-income neighbourhood and households headed by a female. The study concludes that the COVID-19 pandemic arguably entrenched inequalities in South Africa.

### ***The influence of parental control and positive youth development attributes on depression in rural adolescents A 3-year longitudinal study in China***

Fengrui Hua (+86-15034084982), Ruoyu Zhao (+86-15283845317), Yue Chang (+86-18435611586), Zheng Zhou (+86-15928169252) and Wenbin Du (+86-13669357615).

#### ***Abstract***

Background Excessive parental control has been found to be related to the risk of depression, but there is a lack of longitudinal evidence. Meanwhile, the role of positive youth development (PYD) in this link has not been adequately examined. Objective This study endeavors to explore the mediating role of adolescents' PYD attributes in the relationship between parental control (behavioral control and psychological control) and depression. Methods Two rural schools in western China were chosen for a three-year longitudinal survey, involving 720 middle school students (48.61% girls; Mean Age = 13.68 years) who completed all surveys. Structural Equation Modeling (SEM) was used for path and mediation analysis, with the Bootstrap method utilized to test for mediation effects. Results Parental behavior control positively predicted the PYD attributes but negatively predicted depression. Parental psychological control negatively predicted the PYD attributes and positively predicted depression. PYD attributes negatively predicted depression. Meanwhile, PYD attributes played an important mediating role in both behavioral and psychological control pathways. Conclusions Our research findings indicate the necessity to integrate the PYD attributes into the mental health prevention and intervention plans of rural adolescents in China, and to increase the proportion of family education.

### ***Quality of Life among the Sámi Population***

Thomas Nilsen (Norwegian Institute of Public Health), Liv Elin Torheim (Norwegian Institute of Public Health), Hanne Gulseth (Norwegian Institute of Public Health) and Hilde Marie Tvedten (Norwegian Institute of Public Health).

#### ***Abstract***

**Introduction** The Sámi, indigenous to Northern Europe, maintain rich traditions like reindeer herding and unique languages. Continuous efforts are made to preserve their cultural identity and practices. Systemic barriers, including cultural marginalization and environmental challenges, exacerbate these inequalities, impacting their ability to preserve traditional lifestyles. It is not known, until now, how this impacts Quality of Life (QoL). **Aims** Describe QoL in the Sámi population in Norway **Methods** In 2019/20, the three northernmost Counties in Norway took part in the Norwegian Counties Public Health Surveys (NCPHS), which also has a comprehensive QoL module (comprises subjective and objective measures, Cantril scale). NCPHS is an internet-based survey. On average 25 % of the adult population was invited to participate in the NCPHS. **Results** Being Sámi was through self-identification, n=3312. Satisfaction with Life was 7,34 versus 7,41 for the general population. For Loneliness, 15,9 % percent of the Sámi were characterized as lonely (score 6-10) versus 13,3 %, and for positive emotions, there was no difference, with a score of 6,69 for both groups. Sex, age and educational gradients are similar to the general population, for all measures. Minor differences were found according to if one lived in a Sámi-majority municipality or not. **Conclusion** Overall, being Sámi is associated with slightly lower QoL on several measures, but effect sizes are general small to insignificant. Due to lack of data on the Southern Sámi population, findings cannot be generalized to all Sámi.

### ***Multi-dimensional health and subjective well-being of youth in South Korea Latent Profile Analysis***

Kim Dae Kyeong (Sungkyunkwan University) and Han Chang-Keun (Sungkyunkwan University).

#### ***Abstract***

**Purpose** Health issues of youth in South Korea have emerged as a critical social problem. While previous research has examined physical, mental, and social health of youth respectively, this study aims to analyze the multi-dimensional health indicators together and to classify the indicators using latent profile analysis. In addition, this study examines the extent to which the latent classes of multi-dimensional health indicators are related to subjective well-being of youth in South Korea.

**Methods** Data of this study come from the '2021 Youth Socioeconomic Survey (N=2,041)'. The health indicators have three dimensions physical (one indicator of subjective physical health status), mental (subjective mental health status and depression), and social (social support and loneliness) health. The outcome variable is subjective well-being which was measured by 11 aspects of life. After the latent profile analysis, this study examined the relationship between the multi-dimensional health and subjective well-being with OLS regression.

**Results** This study found that three groups of multi-dimensional health indicators are supported average group (84.13%), socially unhealthy group (7.45%), and unhealthy groups of the three dimensions (5.17%). The multivariate regression analysis found that, compared to the normal group, the other groups are likely to have lower level of subjective well-being, controlling for covariates.

**Conclusion** This study has several implications. First, future studies are needed to examine heterogeneous health dimensions of youth and to analyze how the multi-dimensional health influences multi-dimensional quality of life of youth. Second, programs targeting the multi-dimensional health status will be more efficient to enhance well-being of youth.

### ***Patterns of Physical Restraints and Their Associated Factors among Personal Care Assistants Working at Daycare Centers in Korea***

Song lee Hong (Dongguk University-Seoul).

#### ***Abstract***

**Background** The surge in personal care assistants (PCAs) serving older adults in South Korea, post the 2008 enactment of the National Long-Term Care Insurance (NLTCL), is notable. PCAs, constituting over 90% of long-term care providers, commonly resort to physical restraints (PR) for protective measures. However, the efficacy and benefits of PR lack conclusive evidence, prompting this study to scrutinize PCA attitudes and behaviors surrounding PR. **Methods** Utilizing 2017 data from the Ministry of Health and Welfare's National Survey on Human Rights for Older Adults (n=4,447), latent variables of PCA perception and PR experience were gauged through seven binary indicators. These indicators included practices like restraining limbs, administering psychotropic medicine, and isolating older adults. **Results** Latent Class Analysis identified four groups: High-risk (HRG; 4.85%), with lower PR perception and the highest experience; Middle awareness (MPR; 35.34%), exhibiting moderate perception despite lower experience; Lowest awareness (LPR; 18.13%), having minimal perception but moderate experience; Desired (DG; 41.68%), boasting the highest perception and the lowest experience. Multinomial logistic regression revealed PCA age, education, employment, and human rights education as influential factors in determining PR patterns. **Conclusion** This study, delineating PCA attitudes and behaviors on physical restraints, offers insights into identifying at-risk PCA groups. These findings can inform tailored education programs promoting person-centered care in day care centers, mitigating clinical risks associated with overused PR practices.

### ***The Saving Accounts for Future Education and Development of Children and Youth in Taiwan Findings from the 2nd Wave Panel Survey***

Ching-Ling Li (Assistant Professor, Department of Public affairs and administration, Ming Chuan University) and Yu-Wen Chen (Professor, Department of social work, National Taiwan University).

#### ***Abstract***

In 2017, the Taiwan government introduced the "Saving Accounts for Future Education and Development of Children and Youth" program, a pioneering anti-poverty policy. It establishes personal savings accounts for children from low-income families, offering monthly deposits until they reach eighteen. This initiative aims to combat wealth inequality, foster child development, and promote higher educational attainment among economically disadvantaged children. Participation is voluntary, and since its launch in 2017, approximately 60% of eligible children have opened accounts by the end of 2022. The second wave data were collected in 2023, involving face-to-face interviews conducted by social workers. A total of 1,026 interviews were conducted with parents or legal guardians of children who had opened accounts, and 1,007 with those who had not opened accounts by the end of 2022. The data collection process focused on various aspects, including family economic conditions, employment status, parental working conditions, parental emotional well-being (optimism and depression levels), educational expectations for their children, and administrative details. The findings showed significant differences between account holders and non-account holders in financial pressure, positive attitudes, and parent-child relationships. These distinctions were also evident between tracking cases and new cases. The findings suggest a focus on financial literacy programs, resources for financial planning and empowerment, and educational campaigns emphasizing long-term savings for children's education, especially targeting parents with younger children.

### ***Are status seeker more satisfied? An investigation of the role of striving for wealth and success for Europeans' satisfaction with personal and public domains.***

Leonie Steckermeier (Otto-von-Guericke University).

#### ***Abstract***

Previous studies have consistently identified socio-economic status as a strong driver of satisfaction across personal and public domains, such as satisfaction with life and democracy. Moreover, research shows that negative status experiences have adverse effects on individuals' satisfaction in both private and public spheres. However, the role of an individual's

personal motivation to strive for higher status in predicting satisfaction levels is still relatively unexplored. As motivational basis of status advancement status seeking may be conducive to satisfaction; however, it might also fuel unattainable aspirations and thus be detrimental. Using data from ten rounds of the European Social Survey for about 360.000 respondents in 25 countries this contribution investigates the relationship between two manifestations of status seeking—striving to be rich and striving to be successful—and satisfaction with life and with democracy. Empirically, striving for success is positively linked to satisfaction with life and democracy, whereas striving to be rich is more ambivalent, being linked negatively to satisfaction with life yet positively with satisfaction with democracy. Cross-level interactions with national affluence reveal that both indicators of status-seeking have an overall lesser impact on life satisfaction in more affluent societies, whereas their effect on satisfaction with democracy is equal across levels of national affluence. Our results suggest that with one exception status seeking is overall beneficial to satisfaction with personal and public domains. However, the negative impact of the more materialistic status seeking component – striving to be rich – on life satisfaction, especially in less affluent countries, cautions against broad generalizations.

### **EMOTIONAL WELL-BEING IN THE STRUCTURE OF PERCEPTION OF AGING**

Kristina Krupina (St Petersburg University) and Marina Petrash (St Petersburg University).

#### **Abstract**

**Introduction.** In connection with the socio-demographic situation due to increasing life expectancy, it is necessary to help maintain the well-being and quality of life of a person in old age. The perception of aging is associated with lifestyle and long-term health, that is, it can be an important aspect of a person's quality of life. Thoughts about aging can be accompanied by both positive and negative emotions. We hypothesized that positive perceptions of aging contribute to emotional well-being, and negative perceptions promote the experience of negative affect. **Methods.** Positive and Negative Affect Schedule 'PANAS'; 'Aging Perception Questionnaire' (APQ). Subjects of research 139 respondents aged 45-68 years, 23.7% were men, 76.3% were women. **Results.** Path analysis showed, that negative emotional representations about aging contributed to increase negative affect and increased the belief that you have no control over your life, which increased the negative effects of aging. Thus, through negative control and negative consequences, a timeline chronic representation of aging is reinforced. Also, negative emotional representations reduced positive affect, which reduced positive control and, subsequently, reduced positive consequences. Reduced positive consequences made the pattern of aging more variable. **Conclusion.** This study identified that negative perceptions of aging reduced emotional well-being by increasing negative affect and decreasing positive affect. Moreover, positive affect mediated positive representations about aging.

### **Mode and the moment the impact of mode effects on applying ecological momentary assessment to measure wellbeing**

Conal Smith (Kotata Insight), Matthew Cross (Auckland University of Technology), Scott Duncan (Auckland University of Technology), Arthur Grimes (Victoria University of Wellington), Philippa Howden-Chapman (Otago University), Lydia Le Gros (Otago University), Amber Logan (Independent), Lisa MacKay (Auckland University of Technology), Julia McPhee (Auckland University of Technology), Kate Murphy (Otago University), Guy Penny (Otago University), Nevil Pierse (Otago University) and Tom Stewart (Auckland University of Technology).

#### **Abstract**

Since 2010 the widespread availability of smartphones has lowered barriers to collecting experienced wellbeing (EWB) data through ecological momentary assessment (EMA). Examples of this approach include Mappiness (MacKerron and Mourato, 2013) and Track your happiness (Killingsworth and Gilbert, 2010). An alternative approach is proposed by Kitsaras, et. al. (2020) who use a chatbot and instant messaging to implement an EMA study of sleeping behaviour.

This paper uses two New Zealand datasets to explore the impact of different EMA data collection modes on EWB measures. The first – Te Hotonga Hapori – uses a smartphone app to collect information on the EWB of social housing tenants, while the second – Public Housing and Urban Regeneration – adopts an instant messaging approach. Both studies took place in New Zealand in the second half of 2023 and focus on the same target population, allowing investigation of method effects on EWB measures.

We find little evidence of method effects on the diurnal profile of affect or the main correlates of EWB in terms of activity or social context, suggesting that the instant messaging approach replicates the data from EMA apps. In addition, the instant messaging approach achieved better response rates, suggesting that the familiarity of instant messaging may be beneficial for data quality for respondent groups such as social housing tenants. However, although less costly to develop, the instant messaging approach requires more researcher time per interview and cannot collect GPS information on the respondent's location, sacrificing a major strength of EWB measures.

### ***The Good will Flourish The use of Seminaria Poetry to Heal Student-Teachers' Creative Wounding and Enhance Wellbeing***

Gaylene Denford-Wood (AUT University) and Anita Mortlock (Victoria University of Wellington).

#### ***Abstract***

This paper extends previous literature about creative wounding which negatively impacts on a person's sense of self and life-force, arguing that Seminaria poetry writing is powerfully medicinal. Seminaria is a form of mindfulness writing with a structure of seven lines and 27 syllables and was introduced to a class of third year student teachers at a university in Aotearoa New Zealand. In addition, the student teachers were asked to be mindful of their inner-feelings through interoceptive awareness. The student teachers recorded their experiences of seminaria writing in a personal creative journal and contributed to class discussions about their experiences in relation to their professional development. Their reflections indicated that Seminaria contributed to improved wellbeing and positive identity, positive dispositional effects such as curiosity, strengthened relationships, and in some cases, catharsis.

### ***A Large-Scale Comparative Analysis of Factors Affecting Happiness***

Thanawit Bunsit (Thaksin University).

#### ***Abstract***

This study aims to examine factors affecting happiness and to compare happiness level between continents. In this study, happiness is measured by using a Cantril ladder asking respondents to think of a ladder, with the best possible life for them being a 10 and the worst possible life being a 0. A panel regression model was employed for investigating determinants of happiness using the World happiness report database in 2022, with the total sample of 150 countries. The one-way ANOVA was used for a happiness comparison between regions.

The results showed that social support, life expectancy index, freedom and generosity level had a positive effect on the happiness level. While corruption level showed a negative impact on the happiness level. By comparing the happiness level between continents, the differences were found at the significance level of 0.5.

### ***Formation of a Community Platform where Employment Support for Mentally Disabled and Food Support for Elderly Solitary Eaters Intersect A Case Study of Breakfast Gatherings run by a Social Welfare Corporation in Japan***

Youngsook Lee (Teikyo University).

#### ***Abstract***

Objective To identify a formation of a community platform that includes the intersectionality of social issues not covered by public support. Methods Conducted participant observation of people involved in the breakfast gatherings organized by K, a social welfare corporation that provides employment support for the mentally disabled in an area with a high aging population, and then interviewed K staff to extract the impact of involvement in the breakfast gatherings on people's quality of life. Results Solitary old men, who had been reluctant to go out or interact with others, came to pay more attention to their appearance and contribute to the breakfast gatherings using their hobbies. Middle to older-aged women who lived in the neighborhood became regulars at the breakfast gatherings, aiming at the delicious but inexpensive breakfast. University student volunteers made their activities a daily routine while experiencing repeated failures. K staff, who witnessed those interactions and changes, began to feel empowered, identify new challenges, or conceive ideas for new activities. Discussion Taking advantage of food, an essential element of human life, led to the



formation of a community platform based not on asymmetrical relationships and had a positive impact on the lives of people from different positions. The number of elderly and mentally disabled people continues to increase in Japan and their challenges are compounded. Practical knowledge for living harmoniously with diverse people is an essential research topic.

### **WELL-BEING OF DUAL EARNER FAMILIES IN MALAYSIA FINDINGS FROM MALAYSIAN FAMILY WELL-BEING INDEX STUDY 2019**

Ahmad Rasyidee Abdul Razak (National Population and Family Development Board).

#### **Abstract**

In traditional Malaysian society, males have traditionally been regarded as the primary breadwinners, while females have assumed the role of homemakers. However, contemporary trends indicate a shift in this paradigm. With increased support and opportunities, more women are actively participating in the labor market, being recognized as equal contributors to sustaining their family's livelihood. While this societal transformation is considered a notable achievement, it has also given rise to a myriad of challenges, particularly concerning family well-being.

This paper utilizes data from the 2019 Malaysian Well-Being Index Study, encompassing 1,415 respondents from dual-earner families with children aged between 3 to 24 years old. The objective is to analyze the well-being levels of these families and assess the challenges they encounter in maintaining their livelihoods. The analysis reveals that the well-being level of dual earners in the country is moderate. Furthermore, the study indicates that nuclear families and those with higher incomes tend to have better well-being scores compared to their counterparts.

However, a noteworthy finding in the Economic Domain suggests an inverse relationship between higher income and well-being levels. Despite these insights into the characteristics and challenges faced by dual-earner families in Malaysia, this study advocates for better policy interventions in the near future. By addressing the identified issues, policymakers can contribute to the overall well-being of dual-earner families and ensure a more balanced and sustainable societal framework.

### **Diurnal Patterns of Youth Happiness**

Lana Chisholm (Auckland University of Technology), Scott Duncan (Auckland University of Technology), Erica Hinckson (Auckland University of Technology), Charlotte Jelleyman (Auckland University of Technology) and Conal Smith (University of Victoria Wellington).

#### **Abstract**

Despite the growing number of child wellbeing focused strategies and policies implemented by local, national, and international authorities, there is limited information on the experienced wellbeing of children and young people and its measurement. To date there are no published studies explicitly describing the diurnal patterns of young people's subjective experienced wellbeing.

This research consists of two stages. In Stage One nine intermediate students (12-13 years old) co-designed an experienced wellbeing survey instrument for smartphone delivery. Classmates of Stage One participants were then invited to take part in a 7-day pilot of the Youth Daily Feeling Tracker. Happiness was tracked alongside other measures of momentary experience 7-9 times a day at random intervals, outside of school hours. A fixed effects model was used to identify diurnal patterns of youth happiness.

Diurnal patterns of youth happiness are different to that of adults. On average, study participants are happiest in the evening between 6-7pm than any other time of the day, and happier on the weekends than schooldays. Unlike diurnal patterns of experienced wellbeing observed in adults, mean youth happiness drops sharply after 7pm. On the weekend there is a substantial decline in happiness reported around 11am, while weekdays the lowest mean score occurred between 5-6pm. These findings are robust to model specification, though limited by small sample size. Student focus group sessions offered important insights into the patterns revealed, where several students expressed feeling tired, especially in the morning; and having limited discretion over their after-dinner activities due to care or school-work.

### ***Impact of Government Welfare Programmes on Subjective Wellbeing: An Evidence from Rural Households of Jharkhand State of India***

Neha Kumari (Indian Institute of Technology Bhubaneswar) and Naresh Chandra Sahu (Indian Institute of Technology Bhubaneswar).

#### ***Abstract***

There is an important role of quality of government and its policies in determining the subjective wellbeing (SWB) of their citizens. The goal of this research is to examine the effects of government welfare programmes on individual's subjective well-being. 400 respondents were chosen through multi-stage sampling from rural regions of Jharkhand State of India. The ordered probit model was used for the estimation. The dependent variable is the SWB measured through the Diener et al. (1985) Satisfaction with life scale. The independent variables are the Social Security Satisfaction Index (SSI) and control variables. SSI is constructed through the principal component analysis which incorporates satisfaction from pension schemes, employment allowances, the performance of government schools, child care and timely ration accessibility. For the analysis, households are divided into three quantiles based on wealth ownership which are poor households, middle, and rich households. Our results reveal that people with a higher level of social security satisfaction are likely to have a higher level of SWB. The impact of social security programmes is stronger in poor households than in richer households. Moreover, those who are female, married, healthy, have social trust and do not migrate have higher SWB. Based on these findings, the study recommends that both central and state governments need to monitor and encourage social audit of the welfare programs for their effective implementation in the low social security satisfaction areas.

### ***The Total Psychological Health Framework: Re-examining the structure of mental health and wellbeing within a bi-factor modelling framework.***

Richard Burns (Australian National University).

#### ***Abstract***

Wellbeing and mental health are frequently described as 'related, but distinct' despite some items being opposite only in valence. Bi-factor models can test the existence of a general psychological health factor vs. a correlated wellbeing/mental health factor structure. Analyses of data from 15,454 participants, derived from several existing surveys (e.g. university, community and national surveys), determined the extent wellbeing and mental health items simply reflect a 'g' (general) factor reflecting psychological health, and the extent to which 's' (specific) factors reflecting the wellbeing and mental health domains are derived. Across studies, wellbeing scales included the Mental Health Continuum, Flourishing Scale, Positive and Negative Affect Schedule, Satisfaction with Life, and Warwick-Edinburgh Mental Wellbeing Scales. Mental health scales included, the Patient Health Questionnaire, the Generalised Anxiety Disorder scale, the Goldberg scales of Depression and Anxiety, and the Kessler Psychological Distress Scale. Regardless of which scales were utilised, Bi-factor analysis consistently identified that items loaded most strongly on a 'g' factor; there was some limited evidence for 's' factors, but those reported did not necessarily reflect a-priori hedonic, eudaimonic and mental health dimensions. For example, hedonic items often loaded with some depression items. Exceptions appeared to be for 's' factors reflecting the social wellbeing and anxiety dimensions. In conclusion, wellbeing and mental health items from common scales reflect an overall 'g' psychological health construct, and there is limited and consistent evidence for specific a-priori wellbeing and mental health factors.

### ***A Monte Carlo simulation of the impact of improving wellbeing to reduce depression in the community: Just how much do I need?***

Richard Burns (Australian National University).

#### ***Abstract***

There is increasing evidence that higher wellbeing (i.e. flourishing) is associated with lower risk for common mental disorders. Considerable effort to develop interventions (e.g. Positive Psychology Interventions (PPI) and other related interventions) that focus on improving wellbeing has been exerted. Meta-analyses suggest the efficacy of PPI in the

community is small at best, and more efficacious in clinical populations. In contrast, interventions that focus on the 'six pillars' or other key social-determinants of health may have greater impact on improving wellbeing outcomes. This study reports a series of simulations which test the impact of improving individuals' wellbeing on the 4-year incidence of depression in the community. In line with Rose's argument for improving population health, Scenario 1 tested the impact of improving the whole population. Scenarios 2-5 specifically tested the impact of improving the wellbeing of 2) Languishers, 3) those with moderate wellbeing, 4) Flourishers, and 5) those with depression. Each scenario tested a range of effect sizes derived from published PPI and other interventions. Scenarios 1, 3 and 4 had only marginal reductions in the depression burden. Languishers and those with depression reported the greatest benefit for reduction in depression risk through an increase in wellbeing. The effect sizes needed for substantial reductions in depression prevalence were higher than those reported in PPI studies, but comparable to the effects reported for broader social-determinants on wellbeing. Policy makers may be better focused on known pillars and determinants of health which would impact, not just on wellbeing, but broader health outcomes.

### ***Student Happiness Index Survey on UL03202 Marine and Community Development Course***

Kennedy Aaron Aguol (Centre for the Promotion of Knowledge and Language Learning (PPIB) Universiti Malaysia Sabah (UMS)), Jamsari Bin Hashim (Centre for the Promotion of Knowledge and Language Learning (PPIB), Universiti Malaysia Sabah (UMS)) and Jaswinder Kaur Kler (UMS-UNICEF C4D Research Unit, FSSK, UMS).

#### ***Abstract***

Every freshman of UMS is invited to participate in a Student Happiness Index Survey on UL03202 Marine and Community Development course. The objective of the survey is to improve the quality of course content and student learning experience. Online survey on the study and learning experience focusing on student accessibility, mobility, economic constraints and social hindrances. The results of this study provide important information on course content improvement.

### ***Environmental factors affecting the health and willingness for active mobility among college students in Southern Taiwan***

Yi-Hsuan Shen (+886 0900262323) and Tzu-Yuan Chao (+886 06-2757575 ext. 54221).

#### ***Abstract***

Previous research has identified a significant correlation between urban spatial patterns and active mobility (including walking or cycling). Until recently, cities in the European Union and Singapore have promoted active mobility through urban planning tools, aiming to enhance public health and achieve low carbon goals. While there is considerable research on the association between health and spatial planning, studies focusing on the relationship between urban spatial patterns and health outcomes for specific groups i.e. youngsters remain limited. Hence, this study focuses on college students in Southern Taiwan, where the tropical weather might influence their lifestyle and commuting preferences. Most university campuses in Taiwan are located with well-developed surrounding facilities, and most students live within a 10-minute bike ride from the campus, it is noteworthy motorcycle use is prevalent. The research aims to investigate whether the current spatial patterns meet the needs of college students for active commuting. Additionally, the study seeks to understand the environmental factors influencing students' willingness for active commuting and determine whether differences in commuting behavior affect the health outcomes like BMI. We adopt a mixed-method approach. The quantitative research utilizes GIS to analyze the current state of active mobility spaces around the campus and calculate walkability indicators. The qualitative research involves a questionnaire survey to gather information on college students' daily commuting habits and their willingness for active commuting. The study then compares objective and subjective outcomes to provide insights on improving the surrounding spaces of the university to enhance physical activity and promote overall well-being.

### ***Revitalising Rural Well-being A Novel Approach with the Index of Well-being (IoW)***

Johnson Kansime (The Leibniz Institute of Agricultural Development in Transition Economies (IAMO)) and Antje Jantsch (Leibniz Institute of Agricultural Development in Transition Economies (IAMO)).

#### ***Abstract***

Rural depopulation springing from out-migration is a significant policy concern in Germany. It jeopardises equivalent living conditions mandated by "§72 paragraph 2 Grundgesetz" by amplifying regional disparities, undermining social cohesion, and exacerbating education deficits in rural areas, thereby adversely affecting the well-being of residents. A nuanced understanding and rigorous assessment of rural life constitutes an essential initial step in addressing rural flight by gaining insight into the well-being of rural residents. Conventional economic measures to capture well-being relying on single-item measures like self-reported happiness are criticised for oversimplifying the reality of human life. Multidimensional approaches, in contrast, also encounter challenges. Most lack a clear theoretical-conceptual basis, mix indicators across analytical levels, and employ aggregation strategies that prioritise averages, potentially neglecting well-being distribution. Drawing from Sen's Capability Approach, we propose a novel Index of Well-being (IoW) for Germany's rural areas. We use individual-level data from the German Socio-economic Panel Study (GSOEP), leveraging its variables on the relative importance of dimensions to ascertain the weights attributed to each dimension within the index. Unlike current indexes, the IoW considers the joint distribution of well-being and incorporates clear theoretical foundations. Our methodological strategy encompasses a combination of principal component analysis, multiple correspondence analysis, and the Alkire Foster method. Findings depict the current state of different individuals and population sub-groups, shedding light on their respective well-being levels in relation to their mobility statuses. The IoW has the potential to offer a valuable tool for shaping policies that foster holistic development and well-being in rural Germany.

### ***Social Policy, Social Capital, and Self-Rated Health Evidence from the World Values Survey***

Naoki Akaeda (Kansai University).

#### ***Abstract***

Up to now, previous international comparative research has focused on social capital and social policy as crucial factors in promoting self-rated health. Although these studies have contributed to the understanding of this issue, we still have much to learn. First, whereas previous studies have examined the health impacts of social capital and social policy, little research has explored their interaction effect on self-rated health. Second, in terms of the proxies of social policy, earlier publications may jumble up the levels and distribution of welfare provisions. To overcome these limitations, this study adopts several indicators of welfare transfers, such as transfer share, low-income targeting, and universalism, as proxies of social policy to analyze the cross-level interaction effects of welfare transfers and social capital on self-rated health. For the analysis, this study utilizes data from the World Values Survey including multiple rounds and the two-way fixed-effects model. The dependent variable is the dummy for poor health status. The individual-level key variables related to social capital are the dummy for social trust and the score of civic participation. The macro-level key variables are transfer share, low-income targeting, and universalism computed by adopting the Luxembourg Income Study Database. Through an international comparative analysis, it is clarified that transfer share may strengthen the health impact of social trust, whereas low-income targeting may weaken the association between civic participation and self-rated health. These results may suggest that social policy varies the meaning of social capital.

### ***Engage a multigenerational workforce in university A survey from HAPPINOMETER***

Suporn Jaratsit (Mahidol University) and Sirinan Kittisuksathit (Mahidol University).

#### ***Abstract***

Different age groups have unique characteristics, and attitudes because of sociocultural changes, and they bring personal experiences to the workplace. Managing multigenerational workforce to achieve organizational goals is challenging. Currently, the organizational structure has four generations in a workplace Baby Boomer, Generation X, Generation Y, and Generation Z. This study explores the relationship between job satisfaction and engagement of a multigenerational workforce in universities in Thailand. The HAPPINOMETER survey includes 6038 individuals from 29 universities from January to August 2022. Among the participants, Generation Y is the largest, at 49.4%, and Generation X is 41.5% of the

total participants. Also, Baby Boomers represent 4.9%, and about 4.1% of participants are Generation Z. The results indicate that four factors for engagement in all generations are challenging work, workplace environment, welfare, and communication. Even though different factors affect engagement in a multigenerational workforce, career plan and job security are essential for Generation X, Y, and Z, which are the large and future workforce. The findings from each generation are that career plan, labor protection, and wages and risks are crucial factors for enhancing engagement in Baby Boomers. Other factors associated with Generation X's engagement are job security, labor protection, negotiated salary, and family culture. Engagement in Generation Y related to career plan, job security, labor protection, career growth, wages and risks, and a family-like work culture. Factors influencing the engagement of Generation Z are career plan. The universities may consider the findings as engagement strategies that could lead to higher employee performance.

### ***Staying Put in Changing Landscapes – The Role of Place Attachment and Well-being***

Antje Jantsch (Leibniz Institute of Agricultural Development in Transition Economies (IAMO)) and Arjola Arapi-Gjini (Leibniz Institute of Agricultural Development in Transition Economies (IAMO)).

#### ***Abstract***

Depopulation happens all over Europe but is most pronounced in Southeast Europe. Data from the Gallup World Poll indicates that, for example, 68 % of Albanians and 38 % of Moldovans would like to move permanently to another country. This pattern is even more pronounced in rural areas threatened by a vicious cycle. As populations decrease, the well-being of those who stay back also declines, further fueling out-migration. While extensive research has been conducted on the causes of rural out-migration, there is a significant lack of studies examining the motivations of individuals opting to stay in these communities. Our contribution addresses this gap in research by employing the concept of place attachment. In particular, it sheds light on why some people choose to stay, the role of place attachment in this decision-making process, and the effects of such decisions on individual well-being. We utilize qualitative data gathered through multi-sited ethnography conducted in four research sites in Southeast Europe Albania, Kosovo, the Republic of Moldova, and Romania. Through in-depth qualitative data analysis, we developed a typology that identifies four distinct types of stayers active, dependent, critical, and reluctant stayers. This typology offers a nuanced understanding of the diverse motivations and experiences underlying individuals' decisions to remain in a specific locale. It provides valuable insights into the intricate interplay between well-being, place attachment, and contextual dynamics. The results of our study will contribute to a deeper comprehension of why certain rural regions are more, or less, affected by out-migration.

### ***to Monitor and Secure Quality of Life in Times of Trouble***

Ragnhild Nes (Norwegian Institute of Public Health/University of Oslo - Promenta Research Center), Thomas Nilsen (Norwegian Institute of Public Health), Maja Eilertsen (Norwegian Institute of Public Health), Thomas Hansen (Norwegian Institute of Public Health) and Espen Røysamb (University of Oslo/Norwegian Institute of Public Health).

#### ***Abstract***

Quality of Life (QoL) is an integral aspect of public health and undergirds social progress – across the globe and throughout the life course. Substantial evidence shows that QoL is closely and often prospectively associated with a wide range of important individual and societal outcomes. QoL thus has significant implications for the development of individuals, communities, and societies, guiding the potential to realize social and economic sustainability. Scandinavian countries have overall high QoL, but Norway has seen a long-term decline across key subjective indicators and disparities are becoming increasingly greater. Progress in tackling these major threats to public health and informing policies going forward relies critically on knowledge and investments in three fundamental domains monitoring, explaining, and promoting QoL in the population. Norway is now among a few countries pioneering work to develop a national QoL strategy, headed by the Ministry of Health and to be launched in 2024. Since 2018, QoL indicators have been explicitly promoted as steering tools for policy development in Norway and a system of local, regional, and national QoL surveillance has been implemented. The QoL strategy will build and expand on these developments, with further development of measures, monitoring, and above all, implementation of WB research to improve policy and thus individual and community integration and wellbeing. In this talk we will present recent results, updates, and ongoing



work related to development of the national QoL strategy and the QoL monitoring system in Norway. We also outline a compass for staying and getting happier together.

### ***Life in the island Understanding determinants of life satisfaction in Fiji***

Kushneel Prakash (The University of Melbourne).

#### ***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 that documents 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. This study focuses on understanding dynamics of life satisfaction in Fiji. While the country does not collect data on the level of happiness of its people, there is a strong sense of happiness among its people. The term 'where happiness comes naturally' is predominantly used to promote the country as a tourism destination.

We base our analysis on Fiji's only MICS data collected in 2021. The question about happiness and respondents' overall satisfaction with life was administered to 5,072 women and 2,530 men who were between 15-49 years of age. Results show that women score on average a life satisfaction score of 7.7 compared to 7.6 for men. This study uses a range of econometric techniques to test various demographics differences in wellbeing in Fiji. We also further explore various determinants of life satisfaction and run various econometric tests of understand the effects of those factors in Fiji. 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 Fiji.

### ***Exploring Immobility Decisions Unraveling the Dynamics of Place Attachment and Well-being***

Arbnora Shala (Leibniz Institute for Agricultural Development in Transition Economies (IAMO)), Arjola Arapi-Gjini (Leibniz Institute for Agricultural Development in Transition Economies (IAMO)) and Antje Jantsch (Leibniz Institute for Agricultural Development in Transition Economies (IAMO)).

#### ***Abstract***

Migration plays a crucial role in rural Southeast Europe, leading to both positive and negative consequences. Positive consequences include rising income through remittance transfers and the acquisition and transfer of skills gained abroad. Negative consequences include declining demographic figures and diminishing quality of life in abandoned. While migration literature commonly highlights factors such as poverty, income disparities, wage gaps between origin and destination countries, and youth unemployment as primary push factors for migration, individual assessments of quality of life have received relatively little attention. Furthermore, the role of place attachment, the emotional and affective bonds of individuals towards locations, in influencing individuals' staying decisions has been significantly under-researched. Our research examines the multifaceted factors influencing immobility decisions in rural areas of Southeast Europe. We will design an integrated model encompassing well-being, place attachment, and staying decisions with respect to the presence of a "collective migration mentality". This theoretical model will serve as a foundational framework for an upcoming quantitative household survey spanning four countries - Albania, Kosovo, Romania, and Moldova - comprising a sample size of 2,400 respondents. Through this survey, our goal is to elucidate the role of place attachment in the immobility decisions of rural populations and its interconnectedness with well-being. This study marks the initial presentation of preliminary empirical analysis findings. Our contribution will provide a better understanding of the demographic dynamics of rural areas. Additionally, it can support policymakers in crafting interventions to improve quality of life, foster place attachment, and ultimately mitigate out-migration.

### ***Differential effects of adverse childhood experiences on cognitive and social-emotional development An examination from a longitudinal survey in China***

Ruoyu Zhao (Research Institute of Social Development, Southwestern University of Finance and Economics), Yue Chang (Research Institute of Social Development, Southwestern University of Finance and Economics), Zheng Zhou (Research Institute of Social Development, Southwestern University of Finance and Economics) and Wenbin Du (Research Institute of Social Development, Southwestern University of Finance and Economics).

#### ***Abstract***

**Background** The dimensional adversity model is a novel theory which conceptualizes childhood adversity by two distinct dimensions threat and deprivation. This model predicts that cognitive skills would be affected by childhood deprivation, and socio-emotional emotional competence would be impaired by childhood threat. However, the empirical findings of this model are mixed, and the examination of this model by a national-wide longitudinal data in Asian background is still lack.

**Objective** The current study aimed to examine the differential effects of two domains—threat and deprivation—of adverse childhood experiences (ACEs) on adolescent development, testing McLaughlin's dimensional model of adversity and psychopathology (DMAP) using a national-wide longitudinal data in China. .

**Participants and setting** The two-wave national-wide sample included 1980 adolescents aged from 10 to 15.

**Methods** Based on the China Family Panel Studies (CFPS) in 2012 and 2016, we tested the longitudinal effects of threat and deprivation on adolescents' socio-emotional (indexed by depression) development and cognitive development (indexed by memory score and math performance).

**Results** (1) threat is a significant predictor to children's depression (but not to cognitive ability). (2) Time spent with parents (indicator 1 and 2 of deprivation) significantly predicts memory ability (father and mother have opposite directions of effect), and it has no significant effect on depression. (3) Family income (indicator 3 of deprivation) only has a significant effect on children's depression in cross-sectional analysis, while it exclusively predicts math performance in longitudinal analysis.

**Conclusion** the cross-sectional and longitudinal results partially supports McLaughlin's model.

### ***Some light in the black box? The role of internal and external buffers as mediating factors in subjective well-being.***

Dries Verlet (Statistics Flanders), Marc Callens (Ghent University), Jeroen Boelhouwer (Sociaal en Cultureel Planbureau) and Frieke Vonk (Sociaal en Cultureel Planbureau).

#### ***Abstract***

Why analyzing the determinants of subjective well-being? First of all, it enables us to test assumptions about the human preferences affecting subjective well-being. After all, there is evidence of a widening range of factors affecting life satisfaction. The results of this research can also provide us information and evidence in the debate about well-being, as we see that several (institutional and other) actors are searching for possible factors explaining subjective well-being. In several countries the economic focus is broadened by the inclusion of well-being factors.

Last decades, there is a wide range of studies available studying several specific determinants of subjective well-being health, socio-demographic characteristics, social relations, perceived economic status, ... In this paper, special attention is paid to the so-called skills/capabilities as self-efficacy, locus of control, optimism, autonomy, connectedness and competences.

Besides the theoretical positioning of those internal and external buffers, we also provide some empirical research results based on survey data among a general populations.

For the Netherlands, we use data of the Netherlands Institute for social research (SCP). The survey 'Cultural changes in the Netherlands' (n=2.600) includes life satisfaction and measures of the above mentioned determinants. With this survey we look at which determinants are the most important for explaining differences in SWB. These results are compared with similar data from Flanders. Here we use the survey "Social-Cultural Changes", N= 1025, a research project of Statistics Flanders). Inspired by the OECD guidelines, different measures of subjective well-being are used.

### ***A new survey strategy of Statistics Flanders to measure subjective well-being and its determinants.***

Dries Verlet (Statistics Flanders).

#### ***Abstract***

A main goal in official statistics is to develop, produce and disseminate high-quality statistics that can be considered as a reliable portrayal of reality. So, the quality of the underlying data is of central concern. One of the core statistics of Statistics Flanders is the subjective well-being of the inhabitants of Flanders. In conformity with the OECD guidelines, we included several indicators of subjective well-being in our survey. These indicators differ in the terms by which they address the cognitive or affective aspects of SWB. Moreover, in our survey, several potential determinants of subjective well-being are incorporated. Besides the traditional socio-demographic background, we have information about several so-called internal and external buffers, such as optimism, social integration, interpersonal trust, sense of control etc. Doing so, we can depict some main determinants of subjective well-being. Besides the theoretical positioning of those internal and external buffers, we also provide empirical research results on determinants of subjective well-being based on survey data among a general population in Flanders.

In our paper, we also reflect on the survey strategy used to measure subjective well-being. During a decade (2008-2018), we used a large face-to-face survey to measure, among others, subjective well-being. In 2021 we changed our survey strategy drastically to a mobile first designed web and paper self-completion questionnaire. In our paper we discuss possible differences in life-satisfaction levels and its measurement related to the methods used.

### ***The moderating role of social capital on mortality An analysis of deaths of despair worldwide***

Giulia Slater (STATEC Research) and Kelsey O'Connor (STATEC Research).

#### ***Abstract***

This paper investigates the relationship between social capital and mortality trends, with a particular focus on deaths of despair, including suicides, opioid overdoses, and poisonings. Drawing on multiple proxies for social capital — interpersonal trust, civic engagement, and social relations — we examine their impact on both all-cause mortality and deaths of despair. As shown by the work of Case and Deaton (2015) deaths of despair have been increasing over the past decades, especially among some demographic groups. We hypothesise that societies with higher levels of social capital exhibit mitigated trends in deaths of despair. This hypothesis hinges on the notion that social capital promotes health via at least two distinct pathways – emotional and material support, and well-functioning cohesive and collaborative societies that promote healthy behaviors (Beckmann et al., 2000). Moreover, social capital has been found to negatively with subjective ill-being. Hence, we test whether across countries and over time different kinds of social capital helped in mitigating deaths of despair. To do so, we use a country panel dataset, with data coming from the World Health Organization and the World Values Survey-European Values Study. Preliminary results suggest that social capital acts as a moderator, attenuating the impact of societal changes on deaths of despair. This research contributes to the understanding of how social capital may serve as a protective factor against adverse mortality trends, offering insights that can inform public health policies and interventions aimed at fostering social capital, and address the global challenge of deaths of despair.

### ***Exploring the Relationship Between Individuals' Entitlement Attitude and Life Satisfaction A Large-Scale Survey Study***

Piotr Michoń (Poznan University of Economics and Business).

#### ***Abstract***

This research investigates the dynamic interplay between entitlement and life satisfaction among a sample of 6,000 adults in Poland. Utilizing a combination of survey and online methodologies, the study seeks to unravel the nuanced connections between individuals' levels of entitlement and their overall satisfaction with life. The research aims to contribute valuable insights into the psychological factors influencing well-being and welfare-state attitudes. By employing a comprehensive survey instrument, the study delves into the intricate dimensions of entitlement, exploring

its impact on various facets of life satisfaction. The findings are expected to inform not only academic discussions in psychology but also practical strategies for enhancing individuals' overall well-being. Entitlement attitude is assigned to various social groups, and calling someone a claimant has an extremely negative consequences. EA is an attitude towards other people, groups, society or state in which the emphasis is put on self-interest (individual or group) (Bishop & Lane, 2002; Exline, et al., 2004). The literature (Baslevant & Kirmanoglu, 2011; Mau, Veghte 2007) suggests that people are motivated to support the welfare recipients as an effect of the mix of their values and self-interest (as Rothstein (1998) call it dual utility function). EAs are strongly connected to the perception of fairness, reciprocity, civil obligations etc. (Lerner, 1987). Individuals may find themselves morally (and legally) entitled to certain outcomes based on who they are or what they do (for review see Exline et al., 2004). It is argued that generous welfare state makes people feel psychologically entitled.

### ***Does COVID-19 destroy financial life? Factors associated with consumer informal bankruptcy during the pandemic***

Jing Jian Xiao (University of Rhode Island) and Rui Yao (University of Missouri).

#### ***Abstract***

Informal bankruptcy is defined as a situation in which a family has a negative net worth and is also late in debt payment for 60 or more days (debt delinquency). It is an indicator of financial-illbeing since bankruptcy is considered the end of financial life by experts. The purpose of this study was to examine factors associated with informal bankruptcy during the COVID-19 pandemic using data from the 2022 Survey of Consumer Finance collected in the U.S.. Logistic regression results showed that health factors were not related but employment factors were associated with the chance of being informally bankrupt. Specifically, beginning a new telework schedule, continuing reporting a place of business, and increasing work hours significantly reduced the chance of being informally bankrupt compared to those who lost a job permanently. In addition, holding a student loan increased and being a home owner decreased the chance of informal bankruptcy. Further analyses with subsamples by student loan holding statuses showed variations of informal bankruptcy determinants. Among consumers having student loans for themselves and graduated from college, holding a mortgage, temporary unemployment, increasing work hours (vs. losing a job permanently), and income were negatively, while being a black was positively associated with informal bankruptcy. Among consumers having student loans for themselves and not graduated from college, performing desirable financial behavior, having student loan for others, being other race, working (vs. losing a job permanently) decreased, while having other loans and child presence increased the chance of informal bankruptcy.

### ***Saving lives from Intimate Partner Violence : Exploring the Effectiveness of Civil Protection Orders from Newspaper Coverage of Intimate Partner Femicide***

Xiulin Qiu (Doctoral Candidate of National Taiwan University) and Li-Chen Cheng (Professor Emeritus of National Taiwan University).

#### ***Abstract***

Taiwan is the first country in Asia to pass the Domestic Violence Prevention Act and has adopted the civil protection order system from the United States, aiming to protect the personal safety of victims. However, after more than 20 years of implementing the Domestic Violence Prevention Act, Taiwan still frequently experiences cases of spousal homicide. This paper examines the development and current status of the protection order system under the Domestic Violence Prevention Act through relevant literature, government statistical data, and newspaper coverage of intimate partner femicide from 2014 to 2018.

From the point of view of policy transfer, the development context of civil protection orders system is different in Taiwan and the United States. The social, economic, and developmental context in Taiwan also differs from that of the United States. These differences might bring many challenges, such as low application rates, high withdrawal rates, and low issuance rates of restraining orders, coupled with insufficient criminal measures, may affect the effectiveness of protection orders. Furthermore, from discussion of newspaper coverage of intimate partner femicide from 2014 to 2018, the diversity of patterns in intimate partner violence and the multitude of factors influencing the lethality risk for victims

can also impact the protective effects of civil protection orders. Therefore, it is imperative for future research to systematically examine the implementation effectiveness of civil protection orders through empirical studies.

### ***Exploring the Association of Neighborhood Design with Happiness The Case of Hauz Khas SFS Flats in Delhi***

Dr Tina Pujara (Indian Institute of Technology [I.I.T] Roorkee, India).

#### ***Abstract***

Literature on 'what makes a happy city?' points out that there has been a long and successful history of urban and regional research into the determinants of quality of life (QoL) and happiness. It further reports that most of the studies to date have focused on the objective measures of QoL and happiness. Studies also identify that there has been a renewed interest in this field in the recent past, with the emergence of the new 'Science of Happiness' which explores whether subjective happiness can be measured, whether it should be measured, how it should be measured and what are the factors affecting it. A huge potential for a spatial dimension to be taken into account in this new emerging interdisciplinary field has been recognized. In this regard, it has also been argued that there is huge potential for the new emergent 'Science of Cities' to engage with the very important debates on what makes people happy and, in particular, on what cities and regions can do about it. This paper works on this important debate through finding the association between urban design (at a neighbourhood scale) and the key theme area falling under the social dimension of social sustainability (happiness). The paper attempts to find the correlation between design of a neighbourhood and the happiness of its' residents, by particularly focussing on the outdoor shared spaces in the selected case of a neighborhood in the capital city of India.

### ***Positive ageing perceptions and Stereotype-Based Helplessness in the structure of quality of life in late adulthood and aging***

Marina Petrash (Saint Petersburg State University), Olga Strizhitskaya (Saint Petersburg State University) and Kristina Krupina (Saint Petersburg State University).

#### ***Abstract***

Introduction. Modern studies of the quality of life of older people have shown that a predictor of quality of life in late adulthood is a positive perception of aging, which is associated with the ability to control the events of one's own life in old age. The aging period is often associated with stereotypes. Our research has shown that at the intersection of stereotypes about aging and learned helplessness there is a little-studied mechanism - stereotypical helplessness. We assumed that stereotypical helplessness depends on the ability to control the events of one's own life in old age and can have a negative impact on quality of life. Methods. "Aging perception questionnaire", "Health-Promoting Lifestyle Profile"; "Healthy Aging"; Ryff's Psychological Well-being Scales; Stereotype-Based Helplessness questionnaire. Participants 168 respondents aged 50-76 years. Results. "Quality of life" is presented as a latent variable associated with observed variables ("psychological well-being", "health assessment", "health lifestyle", "social activity"). Structural equation modeling showed a negative impact of stereotype-based helplessness (SBH) on quality of life. Positive control reduces the severity of SBH and improves quality of life. A direct effect of age on positive control was revealed, which makes it possible to control the events of one's own life in old age, including lifestyle and SBH. Conclusions. The study found that stereotype-based helplessness has a negative impact on quality of life late adulthood and aging. The ability to control the events of one's own life reduces stereotype-based helplessness and has a positive effect on quality of life.

### ***Precariousness of Social Cohesion in South Korea Disparate Perceptions of Equal Opportunities, Social Trust, and Social Mobility***

Ah Reum Baek (Seoul National University) and Jung Min Park (Seoul National University).

#### ***Abstract***

The rapid economic growth in South Korea has been accompanied by increasing social conflicts, making the importance of social cohesion more prominent than ever. Intersex and intergenerational conflicts, and deepening economic



polarization are particularly noticeable, negatively impacting both the quality of life and societal well-being. OECD(2011) suggests that social cohesion is composed of social inclusion, social capital, and social mobility. This study examines disparities by gender, age group, and income level in perceptions of social inclusion, social capital measured by social trust, and social mobility measured by fairness in opportunities. The data were collected through a survey in 2021-2022, targeting a total of 2,079 adults aged 20 to 59 nationwide. First, gender and income-level disparities are pronounced in the perception of social inclusion, social trust, and fairness in opportunities. Women have a lower likelihood than men in perceived social inclusion, social trust, and fairness in opportunities(OR 0.56-0.69). With a one-unit increase in income level, the likelihood of social inclusion, social trust, and fairness in opportunities has increased(OR 1.09-1.27). Second, when controlling for socioeconomic characteristics, women tend to have an increased level of perceived social inclusion and a lower level of social trust compared to men. Young women exhibit the most negative perception of fairness in opportunities. This study underscores the importance of addressing gender and economic inequality for improving social cohesion in South Korea, and provides directions for public policies for enhancing individuals' well-being and promoting social qualities.

### ***Correlation Between Frailty and Oral Health-Related Quality of Life in Older Adults***

Chiu-Ying Chen (Department of Public Health, College of Medicine, National Cheng Kung University), Shu-Fen Su (Department of Administration, Tainan Hospital, Ministry of Health and Welfare) and Susan C. Hu (Department of Public Health, College of Medicine, National Cheng Kung University).

#### ***Abstract***

**Background** Oral health status as the primary factor directly influencing the health of the elderly. The correlation between oral health-related quality of life(OHRQoL) and frailty among elderly patients in Taiwan has yet to be determined. **Methods** This research encompassed elderly patients aged 65 and above, both outpatient and inpatient. Exclusion criteria applied to those who were bedridden and incapable of completing frailty-related measurements. The study was conducted from January to December 2023 and involved the collection of data, including body measurements (Height and Body weight), walking speed and grip strength tests, and responses to questionnaires such as the Fried Frailty phenotype, MNA-SF, OHRQoL -7T and oral health status. **Results** This study included a total of 260 elderly participants, with 56.2% being female and an average age of 75.6 years. The rates of pre-frailty and frailty among elderly patients, as determined by the Fried Frailty Scale, were 48.8% and 10.8%, respectively. When the mod-REFS frailty scale was applied to assess obvious frailty and overall frailty rates, they were found to be 5.4% and 6.6%, respectively. The analysis of oral health status revealed significant positive correlations between the number of natural teeth ( $P=0.032$ ), denture function ( $P=0.012$ ), and chewing problems ( $P<0.001$ ) with OHRQoL. Additionally, OHRQoL significantly influenced the risk of frailty ( $P=0.003$ ). **Conclusion** Oral health is prevalent concerns among older individuals. This study indicates that the OHRQoL in older adults has an impact on the risk to frailty.

### ***Exploring the Association of Urban Environments with Mental Well-being in the Indian Context***

Ashesh Sarkar (Ph.D Scholar, Department of Architecture and Planning, IIT Roorkee, India) and Tina Pujara (Assitant Professor, Department of Architecture and Planning, IIT Roorkee, India).

#### ***Abstract***

Mental health is increasingly becoming a significant issue for a large part of the population. Reports indicate that nearly 10.7 per cent of the world suffers from some form of mental illness. Studies also indicate a clear association between urbanization and mental health. In fact, urbanization particularly in developing countries involves changes in social support and life events which have been shown to affect mental health. This research attempts to measure the impact of urban environments on mental well-being, through the identification of various urban indicators. The research involved understanding the complex relationship between urban environments (the physical environment i.e., housing, infrastructures, greenspaces, transportation, socio-cultural spaces; and social environment i.e., social connectedness, life satisfaction, sense of community) and mental well-being and identify the indicators associated (promoters/barriers) with the mental well-being. The methodology of the research incorporates mixed method approach including exhaustive literature reviews, reviewing existing healthy built environment tools, engaging different stakeholder perceptions, expert

opinion, and various specialists, to investigate and determine the relevance and importance of key urban environment indicators associated with the mental well-being. Four different areas/Zones of Delhi, the capital city of India, have been considered as a case study.

### ***Workplace Wellbeing and Employee Turnover***

George Ward (University of Oxford).

#### ***Abstract***

This paper provides an empirical test of the relationship between employee wellbeing and turnover. We use large-scale data from a leading online jobs platform, analyzing surveys from over 5 million workers in the USA, Canada, and the UK. We present three main results. First, we show that self-reported workplace wellbeing—including measures of job satisfaction, purpose, happiness, and stress—strongly predicts subsequent job search intensity, with lower-wellbeing workers clicking on and applying to substantially more jobs. We then use an email survey sent to job seekers who have previously been hired through the platform, allowing us to investigate the extent to which wellbeing predicts turnover. We show, second, that company-level aggregate wellbeing strongly predicts firm turnover rate and, third, that individual-level wellbeing survey responses also predicts whether or not the employee will still be at the firm at a later survey point. Taken together, the results provide evidence for one mechanism through which workplace wellbeing may shape firm performance.

### ***Understanding colour-emotion association in urban streets Case studies from India***

Hannah Pauline Singh (Larsen and Toubro Construction Ltd.), Juan Serra Lluch (Universitat Politècnica de València) and Tina Pujara (Indian Institute Of Technology Roorkee).

#### ***Abstract***

The first and the most eye-catching information we collect from our living environment is something in color. Research has shown how colour can act as an environmental cue and influence our behavior. Understanding the psychological impacts of colour and the experience of the associated emotion can play a crucial role in how we design our facades. A mixed-method approach is followed to understand reactions to façade colours and the perception of emotion on the street. In the study; façade colours are examined in order to answer the following research question How do colours or colour compositions as part of urban street facades affect people's emotional state? This study explores the emotional responses to colour in the built environment, focusing on urban street facades in the Indian cities of Mumbai and Pondicherry. Results from this study show that a new method to developing façade colour schemes is essential; one that not only involves the parameters of the street and physical environment; but also people's emotional response to colour.

### ***Quality of life and subjective well-being of Depression patients with Diabetic type II with Online Hypnotic Guided Imagery (HGI) intervention techniques and energy meters (psychophysiology)***

Nurlaila Effendy (Catholic Widya Mandala University).

#### ***Abstract***

People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Only 25% to 50% of people with diabetes who have depression get diagnosed and treated. This depression will increase the death rate by up to 30 percent in people living with diabetes. These problems require a shortcut approach solution to overcome these conditions.

The research objectives were 1) to determine the effect of online hypnotic guided imagery (HGI) on the quality of life, 2) to determine the subjective well-being of depression in diabetic patients, and 3) to know changes in emotion-bounded energy in the therapy process.

A randomized pretest-posttest control group design involving 10 Depression with type II Diabetes patients (21-55 yo). Intervention with HGI two times. Patients were also given biofeedback (energy meter (Energy emotion-bounded energy)

to measure biological changes during the intervention process from measurements of galvanic skin response (GSR), SPO<sub>2</sub>, and heart rate variability (HRV). Participants were given the PWI-A, PANAS-X, and WHOQOL-BREF pretest & posttest.

There was a significant increase in quality of life and emotional changes but no difference in life satisfaction. 75% of therapy sessions have proven an increase in positive emotions and a decrease in negative emotions. About 95% of the intervention participants experienced health development in terms of reduced and disappearance of secondary physical symptoms.

It is necessary to have more than two therapy sessions to re-evaluate the effectiveness of HGI on changes in life satisfaction.

### ***Meaning & Happiness Gen Y-X Pasca Pandemic in Terms of Marital Status, Income, and Gender***

Nurlaila Effendy (Widya Mandala Catholic University) and Lucia Trisni Widhianingtanti (Soegijapranata Catholic university).

#### ***Abstract***

**Background** The COVID-19 pandemic has greatly impacted society, especially mental health—the subject of psychology science and the psychology theory related to cultural-bound. There were conceptual differences between Western culture and Eastern culture. **Meaning and Happiness concern Gen X and Y, who dominate the workforce to remain productive in the era of double disruption. Aims** This research aims to prove the effect of Meaning with Happiness on Gen X and Y in terms of income, gender, and marital status in the COVID-19 pandemic in Indonesia. **Methods** This study uses The Meaning in Life Questionnaire (MLQ) and The Subjective Happiness Scale (SHS). The quantitative method involved 813 subjects. **Result** Meaning and Happiness is affected ( $p = 0.000$ ). Meaning & Happiness Gen X is higher than Gen Y. There is a difference in Meaning and Happiness in income and marital status ( $p = 0.000$ ), but there is no difference between women and men ( $p > 0.005$ ), although men are higher. The highest Meaning is in the income of 15-25 million IDR, and the most increased Happiness is at the payment above 25 million IDR. The Meaning and Happiness of those who are married and widowed are higher than those of single ( $p = 0.000$ ). **Conclusion** Meaning affects Happiness in Gen X & Y. Gen Y has lower Happiness and Meaning than Gen X. Gen Y is an important key in The New World Order, so it is necessary to build Meaning for Gen Y both at work and in personal life.

### ***Naepo New City Healthy City Development Strategy by Comparison with OBU City Holistic Health Approach***

Moosung Cho (School of Government and Public Administration Korea University & Glocal Healthy City Institute(GHCI)).

#### ***Abstract***

**Background** Healthy city is a city that is continually creating and improving physical and social environments and expanding community resources which enable people to mutually support each other in performing all functions of life and in developing to maximum potentials (Hancock & Duhl, 1988). Healthy city is defined a city that is striving for holistic health of citizens (Cho, 2015). The Alliance for Healthy Cities (AFHC), which includes Australia, Japan, China and Korea, has 194 cities as members.. In Korea, the Healthy Cities Act will come into effect in December 2023. The new city of Naepo, located on the border of Hongseong-gun and Yesan-gun, has been recognized as an excellent healthy city by the Ministry of Health and Welfare and the Health Promotion Development Institute. Obu City is known as a model healthy city through Wellness Valley. In this context, Naepo calls for a better healthy city development strategy. **Methods** Literature review, SWOT analysis, Comparative analysis **Results** 22 projects for health city Naepo including Sports Center, Arts Center, Naepo Citizen Healthy City Forum, and Climate and Atmosphere Center are categorized by physical health, mental health, social health, environmental health. Holistic health concept is identified as useful concept to understand healthy city. The strategy of Healthy City Plaza as a happiness cluster is proposed. . **Discussion** more innovative strategies such as the creation of a healthy city plaza, are required to achieve project outcomes. A holistic health approach is useful for these strategies to understand, communicate and systematize healthy cities projects.

### ***Joint economic and institutional determinants of Well-being***

Eric Barberà Mas (Universitat Rovira i Virgili).

#### ***Abstract***

The academic community challenges the "hegemony of the economic growth paradigm," recognizing that, at a certain stage of development, economic growth no longer guarantees a positive impact on people's quality of life. The emphasis shifts from merely producing and consuming more to producing and distributing better. The current imperative is a meticulous examination of institutional and economic structures to maximize overall well-being. This article responds to this objective by exploring the key characteristics of institutional settings and economic systems globally. As a dependent variable, a measure consistent with an extended Social Progress Index (SPI) has been introduced, incorporating subjective and emotional well-being measures, among others. Various regression models have been employed, with an emphasis on the Ordinary Least Squares (OLS) model with fixed country effects, as well as Structural Equations Modelling (SEM). The dataset consists of a panel spanning from 2011 to 2020, covering over 140 countries. The findings demonstrate significant variations based on the level of social development, affirming that public institutions exert a more considerable influence than the economy on people's well-being. The most important variables include government integrity, government effectiveness, rule of law, economic dynamism, market competition, and consumption levels. Unemployment and poverty remain consistent as the main detractors of well-being. Government size and cooperation in labour-employer relations behave differently depending on specific groups of countries.

### ***Historical and logical analysis of commonalities between healthy city characteristics and sustainable development goals a holistic health approach***

Moosung Cho (School of Government and Public Administration Korea University , Glocal Healthy City Institute(GHCI)).

#### ***Abstract***

Healthy city is a city that is continually creating and improving physical and social environments and expanding community resources which enable people to mutually support each other in performing all functions of life and in developing to maximum potentials (Hancock & Duhl, 1988). Healthy city is defined a city that is striving for holistic health of citizens (Cho, 2015). The quality-of-life domain of WHOQOL is divided into physical, psychological, social relations, and environmental domains, which means holistic health. 'Sustainable development' means development that meets the needs of the present without compromising the ability of future generations to meet their own needs. In 2015, the UN announced 17 sustainable development goals and 169 targets. A paper on the relationship between healthy city characteristics and sustainability goals was recently published (Bafarasat, 2023). To fully understand this relationship, a historical and logical analysis of healthy cities and sustainable development goals is required. Methods Literature review, historical analysis, logical analysis Results identification of the trends of healthy cities and sustainable development by era, identification of the concepts, purposes, characteristics, and indicators in terms of content. and classification of the main contents from the perspective of holistic health as quality of life. Discussion The qualities of a healthy city and the Sustainable Development Goals mostly overlap and ultimately aim to improve the quality of life. These five areas of SDGs and 17 goals can be found in common with the four areas and 11 characteristics from the perspective of holistic health.

### ***Conceptual and emprirical review of Well-being Indices***

Eric Barberà Mas (Universitat Rovira i Virgili) and Ferran Mañé Vernet (Universitat Rovira i Virgili).

#### ***Abstract***

The increasing global interest in well-being is evidenced by numerous initiatives emerging from academia, governments, and non-government sectors. Despite extensive efforts, the justification for creating increasingly complex measures of well-being remains a critical question, with well-being literature offering varied conclusions but weaker arguments from comparative analysis. This paper aims to understand how heterogeneity in measurement affects results and to analyse the extent to which existing Well-Being Indices (WBI) approximate well-being according to theoretical consensus. Specific conceptual criteria include the integration of subjective and objective data, consideration of multiple inequalities, an outcomes approach, avoidance of impersonal measures (mainly economic, institutional and environmental), the magnitude, and diversity of information. This paper consists in a comprehensive comparative review of 25 international

WBI, complemented by an index assessing the proximity to theoretical criteria. The analysis involves the classification of all indicators used in the 25 WBI based on criteria and well-being domains. There is a considerable disparity in fulfilling criteria, with inequalities and subjectivity being less developed in practice. The outcomes approach is the most widely respected. Health, basic education, and basic services are the most covered domains. Economic measures comprise approximately 18% of the information in well-being measures, while subjective information constitutes 12%. SPI, HLY, SDGI, BLI and BLI-derived indexes best approximate well-being based on established theoretical criteria. Multidimensional well-being approach must seriously address the challenges of aligning with all conceptual standards and to distinguish from GDP. Increasing the incorporation of subjective measures, both cognitive and emotional, represents a great opportunity of improvement.

### ***Using metaphors for a better study method How to Read with fishing ideas***

Moosung Cho (School of Government and Public Administration Korea University & Glocal Healthy City Institute(GHCI)).

#### ***Abstract***

Background Robinson(1941) proposed SQ3R as part of a training program on learning methods. It stands for Survey, Question, Read, Recite and Review. People use metaphors in everyday life, as Lakoff & Johnson (1980) pointed out in their book *Metaphors We Live By*. Conceptual metaphor theory is used to better understand an idea because metaphor is defined as understanding one thing in terms of another. For example, we understand the argument more clearly from the metaphor argument is war. Study as systematic linguistic activities, includes thinking, reading, speaking, listening, remembering, talking, writing, etc., and that learning is fishing. Fishing is catching fish with a hook and bait. Study is question and answer. TQRAR (Title, Question, Read, Answer, Review) is my approach to studying compared to SQ3R. Methods Literature review on SQ3R, metaphor, metaphorical analysis of language and linguistic activities, Results Fishing Idea based on systematic metaphor is explored as follows Title is a hook. The question is a hook with bait. The sentence is fish. The paragraph is a school of fish. The topic sentence is big fish. The supporting sentence is small fish. Thinking is fishing in deep water. Reading is fishing in shallow water. writing is keeping fish in the aquarium. Remembering is fish migration. Discussion "Study is fishing" is used for a better understanding of the study. TQRAR is helpful for readers just as SQSR is so for them. Based on the fishing idea, TQRAR helps readers understand why and how to study than SQ3R.

### ***Loneliness and psychological well-being in adults***

Inna Murtazina (St.Petersburg State University).

#### ***Abstract***

Loneliness is one of the most common phenomena in modern society. Some people, being alone, experience satisfaction, while others, having an abundance of social connections, painfully experience alienation from other people. Purpose to study the association between the experience of loneliness and components of psychological well-being. Sample 230 participants (39.13% men); average age – 42.21 (SD=7.8). Methods Multidimensional Inventory of Loneliness Experience (Leont'ev, Osin); Scale "Sociotropy-Self-sufficiency"; Psychological Well-being Scale by C. Riff. Women perceived loneliness more positively than men ( $p=0.004$ ). The level of psychological well-being in women was higher than in men ( $p<0.000$ ). A positive association was revealed between the age and the general experience of loneliness ( $r=0.159$ ;  $p\leq 0.05$ ). Predictors of loneliness were social uncertainty and attachment. The scale "general experience of loneliness" was positively associated to the scales "social insecurity" ( $r=0.313$ ;  $p<0.000$ ), "dependence" ( $r=0.333$ ;  $p\leq 0.000$ ), and the general indicator "Sociotropy" ( $r=0.259$ ;  $p\leq 0.001$ ). Negative associations were found between general experience of loneliness and general indicator of psychological well-being ( $r=-0.184$ ;  $p\leq 0.01$ ). People experiencing loneliness were characterized by low psychological well-being, a feeling of their inability to change surrounding circumstances, and a lack of close and trusting relationships. The "Dependence on communication" scale turned out to be closely related to all scales of the "Sociotropy-Self-Sufficiency" questionnaire ( $0.000\leq p\leq 0.026$ ), with the exception of "Self-sufficiency". Positive loneliness was positively associated with positive attitude ( $r=-0.263$ ;  $p\leq 0.01$ ) and with self-sufficiency ( $r=0.335$ ;  $p\leq 0.001$ ). Thus, the experience of loneliness was closely associated with a low level of psychological well-being of personality. Support by the RSF, project №23-28-00841 <https://rscf.ru/project/23-28-00841/>.



### ***Difference between happiness and meaning as complex constructs***

Dmitry Leontiev (HSE University, Moscow).

#### ***Abstract***

There have been some important developments through the last 15 years regarding the issue of discrimination between happiness (positive affect, satisfaction) and meaning as targets of psychological research. 1. Both constructs have both shared variance and specific one (Huta & Ryan, 2010). 2. Both constructs are not uniform; they include heterogeneous components (Martela & Steger, 2014; George & Park, 2016; Leontiev, 2017) 3. Both constructs may covariate or not covariate depending on moderation variables (King & Hicks, 2012). To sum up 1. Meaning and happiness as complex constructs cannot be compared directly. 2. Their shared component seems to be positive emotion (sense of significance). 3. The specific component of happiness seems to be need gratification (well-being). 4. The specific component of meaning is connectedness (coherence). A combined model of both multidimensional constructs will be presented.

### ***Basic needs and well-being a new measurement approach***

Dmitry Leontiev (HSE University, Moscow), Evgeny Osin (Universite Paris Nanterre) and Alena Zolotareva (HSE University, Moscow).

#### ***Abstract***

Basic needs are considered to be cross-cultural motivational universals, rooted in human nature, but not totally reduced to genetically based drives. After A.Maslow, who first coined this concept, there had been a number of theoretical speculations on the classification of human basic needs. We are basing on the differentiation of three basic categories associated with three aspects of human existence as a self-sufficient biological unit, as a part of a social community and as a self-determined conscious agent. Correspondingly, three classes of basic needs are distinguished; the needs of vital existence, the needs of social existence, and existential needs. We elaborated a new SATIS inventory to assess the gratification/strain of 17 basic needs collected from various theoretical models and differentiated by the three categories. SEM analysis provided quite a satisfactory model fit. The validation of the inventory has been done on a sociologically representative samples of two Siberian regions of Russia (N=2472), using also a number of demographic variables, subjective measures of quality of life and well-being and brief measures of a number of positive psychological resources. The results reveal very high predictive value of gratification of all groups of basic needs with regard to all measures of well-being and equally strong correlations with the measures of personality resources. Detailed results and perspectives will be presented. The paper was prepared in the framework of a research grant funded by the Ministry of Science and Higher Education of the Russian Federation (grant ID 075-15-2022-325).

### ***Gentrification, Health, and Well-being in Urban and Rural Context in the United States***

Eileen Avery (University of Missouri).

#### ***Abstract***

How is gentrification associated with health and well-being across urban and rural neighborhoods? Long considered an urban phenomenon, gentrification increasingly occurs in rural areas. It is a process of neighborhood change that alters natural, built, and social environments, and thus impacts sense of community, social ties, and safety, as well as health behaviors and health and well-being more broadly. Effects may vary across urban and rural communities for myriad reasons including that that rural communities are traditionally assumed to be more aligned with both sense of community and nature. The relationship between gentrification and physical health is not well developed and limited extant results are equivocal. Studies that examine gentrification's connection to mental health and well-being are rarer and more work is needed.

This research uses 1) restricted data from the 2018 United States General Social Survey and 2-3) the 2006-2010 and 2015-2019 American Community Survey 5-year estimates. Census tract identifiers locate respondents in urban and rural counties (using the 2013 National Center for Health Statistics county classification scheme). Counties are classed as not gentrifiable, gentrifying, and not gentrifying. Outcomes include well-being (happiness) and mental and physical health. Predictors are gentrification status of the neighborhood as well as urban-rural status. Controls span theoretically relevant

demographic and social variables. Analysis will include ordinal, logistic, and/or multinomial logistic regression as appropriate.

This work is being developed. Results and discussion will focus on the ways that gentrification is associated with health and well-being generally and across different neighborhood types across the urban-rural continuum.

### ***Does Desert Seasonal Affective Disorder Exist? Environmental and Sociocultural factors associated with QoL of Maasai women, in Northern Kenya***

Gladys Mwangi (Johnson County Community College).

#### ***Abstract***

This presentation will share findings of broader research, which examined the relationship between anxiety and depression on the Quality of Life (QoL) of Maasai women living in resource poor settings in Northern Kenya. It also tested a cost-effective model of psychoeducation in treating mild and moderate symptoms of depression and anxiety. The presentation will highlight the socio-cultural lens that Maasai women in Northern Kenya use to define, understand anxiety, depression, and QoL and share some culturally accepted methods for treating mental health conditions and improving QoL for women that have been in place and used for decades. Narrative sessions conducted revealed symptoms of mental health conditions akin to those associated with seasonal affective disorder (SAD), that women experienced during the hot, arid, and harsh desert like climatic conditions. Criteria for diagnosing SAD include symptoms that are characteristic of a recurrent major depressive disorder (MDD) with a seasonal pattern usually beginning in the fall and continuing into winter months in countries in the Northern hemisphere that are further away from the equator. This Criteria for diagnosing SAD for people at risk of this disorder excludes the women or people living closer or at the equator, which the contributing factors will be presented. Discussions allowing participants to share experiences and perspectives for community wellbeing and mental health will be facilitated.

### ***Social transfers and wellbeing***

Kushneel Prakash (The University of Melbourne) and Anjani Mala (Fiji National University).

#### ***Abstract***

Social protection policies in developing countries play an important role in preventing, reducing, and eliminating economic and social vulnerabilities to poverty and deprivation. In Fiji these take the form of poverty benefit scheme, food voucher for rural pregnant mothers, social pension schemes, bus fare concession, material support for education and other types of ad-hoc support. In particular these support programs are largely designed to help poor households that are vulnerable to unforeseen income shocks so as to reduce the burden of health costs; improve accessibility to education, and to remove restraints to labour market participation of its members.

This study focuses on understanding the wellbeing effects of various social transfer program on the recipient families in Fiji using its 2021 Multi Indicator Cluster Survey (MICS) data. We analyse the varying wellbeing effects of social transfer programs on different sub-samples using various econometric tests to understand its effects in Fiji. In particular, we use propensity score matching techniques and Lewbel method to draw causal inference on the effect of social transfers on wellbeing. Findings from this study is expected to allow governments bodies, non-government organisations and researchers to evaluate the welfare consequences of these welfare programs and design appropriate interventions.

### ***The association of Emotional Well-being with Façade colour A study of Fontainhas, Goa***

Surya P S (TKM College of Engineering, Kollam) and Tina Pujara (IIT Roorkee).

#### ***Abstract***

The urban environment is increasingly being regarded as a potential motivator of emotional well-being. Emotional well-being is described as the presence of positive emotions, such as joy and affection and the absence of negative emotions, such as sadness and anger. Previous studies indicate that facades, which are known to be one of the visually most dominant components of a city, may impact the emotional well-being of the citizens. It has also been well established that colour and its physiognomies promote dynamism and vitality in people. It may also be conjectured that the colour

specifications of facades, also have a significant role to play with regard to emotional wellbeing. Thus, the study delves into analysis at the intersection of colour psychology, focusing on the association of emotional well-being with façade colour. The study adopts a mixed method approach combining the elements of Façade colour mapping, Emotional well-being survey and interview method to unravel the profound impact of façade colour on emotional well-being of residents in the historic district of Fontainhas, Panjim, Goa. Fontainhas, is a neighborhood that features narrow streets aligned with facades in traditional tones of yellow, red, green and blue. Preliminary findings suggest a nuanced relationship between façade color and emotional well-being. This study provides practical insights for urban planners, architects, and policymakers aiming to create healthy communities. By understanding the impact of façade colour on emotional well-being, this research paves the way for informed design decisions that enhance the overall well-being in urban environments

### ***The COVID-19 pandemic and mental health of Asians in the United States***

Younghwan Song (Union College).

#### ***Abstract***

Although the COVID-19 pandemic brought deaths and suffering to everyone, it also dramatically increased anti-Asian hate crimes and racist incidents, mostly against women, in the United States. According to the Federal Bureau of Investigation, the number of anti-Asian hate crimes increased from 188 in 2019 to 753 in 2021. In 2020 and 2021, 10,905 hate incidents against Asian Americans and Pacific Islanders were reported to Stop AAPI Hate. Using nationally representative data from the 2019-2022 Behavioral Risk Factor Surveillance, this paper examines how the mental health of Asians has changed during the COVID-19 pandemic, presumably due to the increase in anti-Asian hate crimes and racist incidents, relative to that of whites in the United States. Preliminary regression analysis results show that Asians were more likely to report that their mental health, including stress, depression, and problems with emotions, was not good during the past 30 days in 2021. Separate analyses by sex show that this finding is observed only among Asian women, consistent with the fact that women were the primary victims of anti-Asian hate incidents during the COVID-19 pandemic.

### ***Changes in Subjective Well-being in South Korea from 2006 to 2022 Focusing on the Age, Period, Cohort Effects***

Ho Jun Park (Seoul National University, Institute of Social Welfare) and Jung Min Park (Seoul National University, Department of Social Welfare).

#### ***Abstract***

This study investigates the changes in subjective well-being in South Korea, focusing on the age, period, and cohort effects in the changes. The Korean Welfare Panel data from 2006 to 2022 was used, and the sample includes 168,868 cases. The analysis was based on the age-period-cohort(APC) model, and a generalized additive regression was used to analyze the variations in age, period and cohort effects in subjective well-being by gender and income level. Subjective well-being was measured by life satisfaction and depressive symptoms. The key findings of this study include Depressive symptoms have been gradually declining over recent years, but it continues to be more prevalent among women than men. The age and cohort effects of depressive symptoms vary according to gender and income level. Females were more likely to report depressive symptoms as they age, while males generally begin to show signs of depressive symptoms from middle age, with high levels of depressive symptoms observed in the birth cohort of the 1950s-70s. Adults in low-income groups begin to show a noticeable increase in depressive symptoms from middle age. The age, period, and cohort effects were confirmed in life satisfaction too. The age, period, and cohort effects were found to vary depending on the objective conditions of the quality of life. The findings of this study demonstrate disparities by age, cohort, and period in the trend of quality of life and underscore a close association between objective conditions of the quality of life and subjective well-being.

### ***Inclusion or Delusion Implications for Singapore***

Tarin Ong (Murdoch University).

#### ***Abstract***

Inclusive education in Singapore has evolved since the early 1960s, when children with disabilities were excluded from mainstream education. The compulsory Education Act, which mandates most children to attend school for at least ten years, was legislated in 2003 to ensure children have a strong foundation for further education. Children with special needs and disabilities were exempted from the Act until 2017. Given the educational disadvantages associated with disability, students with disabilities may experience dissonance in mainstream education where there is an emphasis on students without disabilities. In this article, we provide an overview of inclusive educational concepts and the development of inclusive education in Singapore by reviewing international and local scholarly evidence. We trace the evolution of inclusive education in the region from its inception to the present day. Additionally, we analyse and compare the terms "disability" and "inclusion" with the medical and social models of disability. We also delve into the enabling factors of inclusion, such as the proximity and presence of students, which are the key indicators of successful inclusive practices.

### ***Exploring the Impact of Teachers' Support on Hong Kong Adolescents' Subjective Well-being***

Meng Xie (The Education University of Hong Kong) and Junjun Chen (The Education University of Hong Kong).

#### ***Abstract***

There is a decrease in Hong Kong adolescents' life satisfaction in Hong Kong. Recognizing the pivotal role of teachers in shaping students' values and characters, this study aims to explore the influence of different kinds of teachers' support on adolescents' overall subjective well-being.

A mixed-method approach was employed in the current student. Four hundred participants were asked to complete a pen-and-paper questionnaire and twenty of them also joined focus group interviews to gather comprehensive picture within schools. The study measures subjective well-being using validated scales, such as the Satisfaction with Life Scale (SWLS) and the Positive and Negative Affect Schedule (PANAS), while also examining the level of perceived support from teachers through the Child and Adolescent Social Support Scale (CASSS).

Initial results show a strong beneficial relationship between their subjective well-being and teachers' support. Results indicate that students report higher life satisfaction, positive emotions, and a stronger sense of general well-being when they perceive higher levels of emotional and instrumental support from their teachers. Furthermore, the degree of support from teachers does not predict negative affection.

These findings underline how crucial emotional and instrumental support from teachers is in fostering adolescents' subjective well-being. Education strategies and the creation of supportive learning environments not only improve their academic performance but also contribute to adolescents' general happiness and life satisfaction. It is suggested that more studies should be conducted to examine potential moderating factors as well as the long-term impacts of teacher support on the well-being of adolescents.

### ***How did the COVID-19 pandemic affect the well-being of older people living alone? Evidence from Japan***

Kazuma Sato (Takushoku University), Ryotaro Fukahori (Chukyo university) and Yoshio Higuchi (Keio University).

#### ***Abstract***

This study examines the association between living arrangements and older adults' well-being measured by happiness and K6 before and after the COVID-19 epidemic using Japanese panel data. The data used in this study is the Japan Household Panel Survey (JHPS/KHPS), which is representative panel data and conducts surveys before and after the spread of COVID-19. The differences-in-differences (DID) estimation that controls individual fixed effects provides three findings. First, the happiness of older men living alone decreased during the spread of COVID-19. However, a significant impact of living alone could not be found for older women. Second, when we used the detailed living arrangements variables, including living alone, living only with a couple, a couple living with others, and living without a spouse but with

others, the men's well-being of living alone or living only with a couple worsened. Meanwhile, the well-being of women did not vary significantly for either living arrangement. Lastly, additional analysis, including the sample of other age groups, such as those under 39 and 40-64, revealed that the mental health of women under 39 deteriorated when they lived alone during COVID-19. The overall analysis shows the distinct gender difference in the impact of living alone and the adverse effects of living alone were substantial for older men.

### ***Correlation Between Oral Health-Related Quality of Life and Nutritional status in Older Adults***

Chiu-Ying Chen (Department of Public Health, College of Medicine, National Cheng Kung University) and Shu-Fen Su (Department of Administration, Tainan Hospital, Ministry of Health and Welfare).

#### ***Abstract***

**Background** Malnutrition is more prone to manifest in the elderly, particularly in individuals who regularly undergo medical interventions. To examine the relationship between the nutritional status and Oral Health-Related Quality of Life (OHRQoL) among hospitalized individuals aged 65 and older. **Methods** This research encompassed elderly patients aged 65 and above, both outpatient and inpatient. Exclusion criteria applied to those who were bedridden and incapable of completing frailty-related measurements. The study was conducted from January to December 2023 and involved the collection of data, including body measurements and responses to questionnaires such as the 24 hrs diet recall, MNA-SF, OHRQoL -7T and oral health status. **Results** This study included a total of 260 elderly participants, with 56.2% being female and an average age of 75.6 years. 25.0% of elderly patients face a risk of malnutrition, with 59.2% and 25.0% exhibiting insufficient protein and calorie intake, respectively. Within the OHIPQoL questionnaire, items significantly associated with dietary protein or/and calorie intake include "I feel that I have dental problems" and "I have to stop eating," while items significantly linked to the risk of malnutrition are "Feeling unsatisfied towards overall life." Oral health self-perception ( $P<0.001$ ), number of natural teeth ( $P=0.044$ ), dry mouth problem ( $P=0.035$ ), and OHIPQoL ( $P=0.025$ ) all exert a noteworthy impact on nutritional status. **Conclusion** Nutritional status is notably linked to OHIPQoL. It is essential to prioritize oral health care for the elderly in the future to prevent adverse health outcomes associated with malnutrition.

### ***Job Burnout and Intention for Leaving Job in Nonprofit Workers Evidence from Guangdong China***

Bin Tu (Guangdong University of Foreign Studies), Qianyi Tu (Guangxi University), Meifen Yang (Guangdong University of Foreign Studies) and Chienchung Huang (Rutgers University).

#### ***Abstract***

Since the promulgation of the Charity Law in 2016, the nonprofit sector has been developing vigorously, especially in Guangdong, China, that has witnessed significantly increased in nonprofit organizations. However, while attention is widely focused on the organizational development level, nonprofit employees often face high job burnout and have intention to leave the current position. This will be detrimental to the development of nonprofit professionals in China. Drawing from the Job Demand and Resource theory, this study utilized 318 nonprofit employees in Guangdong in 2022 to analyze the factors of job burnout and the intention for leaving the position. The findings show that job demand and resources were key factors for job burnout, especially job resources ( $\beta=-0.51$ ). On the other hand, intention for leaving for the position was related to personal factors such as young age and higher education, job conditions, including wage and benefits, and job resources. The findings of this study call for improving job demand and resource to reduce job burnout, and for enhancing wage and benefits, along with promotion opportunities, to reduce the intention for leaving the position for nonprofit employees in China.



### ***Narcissism, affairs and wellbeing in midlife***

Alan Piper (University of Leeds).

#### ***Abstract***

Very much work in progress at the moment (an updated abstract to be provided), but this work tests some theories from psychotherapeutic literature regarding midlife unhappiness and narcissism. It also investigates a common perception that midlife unhappiness is associated with affairs.

A central aim of this paper is more understanding of why midlife lows exist.

### ***Wellbeing in adulthood subsequent to experiencing parental divorce as a child***

Alan Piper (University of Leeds).

#### ***Abstract***

This study uses two cohort datasets to look at the impact on wellbeing in later life based upon whether an individual's parents divorced when she or he was a child. In general, there is a rather consistent difference in wellbeing in adulthood of these two groups. Initial evidence suggests that age of the child when the parents divorced also matters - the younger the child, the bigger the wellbeing demerit in later life - supporting many theories from psychology and the psychotherapeutic literature.

### ***Student wellbeing during the primary to secondary school transition the protective role of school belonging and connectedness***

Dot Dumuid (University of South Australia), Sally Brinkman (University of South Australia) and Carol Maher (University of South Australia).

#### ***Abstract***

Moving from primary to secondary school is an important, but often challenging, life-course transition which can have implications for young people's wellbeing. Using state-wide school census data, we aimed to identify the impact of the school transition on student wellbeing, and to explore how school belonging and school connection influenced wellbeing outcomes. Participants (n=14,156) were from the Wellbeing Engagement Collection, which is administered annually by the South Australian Department of Education and measures comprehensive aspects of student wellbeing using validated instruments. Data from grades 5 and 6 (primary school) and 7 (secondary school) were used in mixed linear regression models with wellbeing variables (happiness, life satisfaction, sadness, worry) as the outcomes, and school grade as the predictor, adjusting for clustering within participants and within schools. Interactions between school belonging/school connection and school grade were added. Compared with the worsening in wellbeing observed between grade 5 and 6, each wellbeing measure worsened at a much steeper rate between grade 6 and 7 (all contrasts  $p < 0.001$ , losses were up to 0.12 standard deviations). School belonging and school connectedness modified the relationship between school grade and all four wellbeing measures (all interactions  $p < 0.001$ ). Students exhibiting higher school belonging and connectedness (one standard deviation above the mean) did not show reductions in wellbeing during the transition from primary to secondary school. The primary to secondary school transition is a sensitive window in the life-course where young people are vulnerable to experiencing poorer wellbeing. Fostering school belonging and school connection may be protective.

## ***Evaluating Strategies for Enhancing Gradual Quality of Life Improvements in Elderly Dementia Patients***

Masashi Kasuya (Miyagi University).

### ***Abstract***

Aims Dementia, a degenerative brain condition, affects countless elderly individuals globally, impairing cognitive abilities and diminishing life quality. This study evaluates and contrasts various strategies and activities designed to boost life quality in dementia patients. Our goal is to assess the effectiveness of different measures in incrementally enhancing life quality for elderly individuals with dementia. Methods The study involved a narrative literature review, focusing on strategies and activities like comprehensive care coordination, personalized care plans, cognitive engagement therapy, physical exercises, environmental adjustments, and support for caregivers. We identified pertinent studies through a systematic search of databases such as PubMed, Scopus, and Web of Science. Results Our review indicates that combining different strategies and activities effectively enhances life quality in dementia-affected elderly adults. Integrated care and personalized approaches significantly benefit life quality, addressing multiple facets of dementia management. Cognitive engagement therapy proves beneficial as a non-drug intervention for cognitive and overall life quality improvement. Physical exercises enhance both physical and mental health, whereas environmental adjustments and caregiver support are vital for fostering a supportive setting. Conclusion The study concludes that an all-encompassing approach, integrating various strategies and activities, is vital for the gradual improvement of life quality in elderly dementia patients. Healthcare professionals should customize these strategies according to the unique needs and preferences of each dementia patient, prioritizing personalized care, cognitive engagement therapy, and physical exercises.

## ***"Client Satisfaction Survey on the Services of the 52nd Engineer Brigade of the Philippine Army in Eastern Mindanao"***

Alven Gomez (Northern Bukidnon State College).

### ***Abstract***

This research presents the outcomes of a client satisfaction survey involving 367 respondents, conducted to empirically assess the satisfaction levels of individuals receiving services from the 52nd Engineer Brigade (EBde) in Eastern Mindanao. The study is anchored in the value percept theory, which posits that satisfaction is an emotional response elicited through a cognitive, evaluative process, wherein perceptions of a service or product offers are compared to one's values, needs, wants, or desires (Westbrook & Reilly, 1983). The results indicate high satisfaction among recipients of the services provided by the 52nd EBde. Additionally, the research investigates clients' socio-demographic profile, awareness of Executive Order (EO) 70, and perception of the 52nd Army engineers to discern any statistical relationships with satisfaction levels. The satisfaction level was found to have no correlation with the awareness level of EO 70. These findings contribute to understanding the multifaceted nature of client satisfaction in implementing government projects and essential services initiated by the 52nd Engineer Brigade for various battalions in Eastern Mindanao. The research provides valuable insights for enhancing client satisfaction and optimizing the delivery of crucial services in the context of governmental initiatives led by the 52nd Engineer Brigade.

Authors Gomez,A., Mabale, J., Gabinete, J., Sagaosao, C., Tubongbanua, M., Serenas, C., Almaden, R.

## ***Who are isolated young adults in Korea?***

Seonga Kim (Korea Institute for Health and Social Affairs).

### ***Abstract***

The dark side of individualization is social isolation, which has been exacerbated by the pandemic, particularly among young adults. Isolated young adults lack social interaction and social support. Some of them seclude themselves from society, spending their lives at home or in their room. In 2023, a survey was conducted in South Korea to identify the existence of isolated/secluded young adults and their vulnerable lifestyles. A total of 8,874 young adults who were

isolated/secluded responded, reporting significantly lower levels of life satisfaction and the quality of life than their non-isolated/reclusive peers. This new vulnerable people requires social attention and government support.

### ***The comparability of differently worded subjective well-being measures***

Martijn Hendriks (EHERO (Erasmus University Rotterdam)), Martijn Burger (EHERO (Erasmus University Rotterdam)) and Yoshiaki Takahashi (Meikai University).

#### ***Abstract***

What and how we measure affects what we do. It might therefore be concerning that the wording of single-item subjective well-being (SWB) measures differs between commonly used surveys in the SWB literature. The aim of this study is to provide a better understanding of whether and how wording differences between SWB measures affects people's responses. Using experimental data from over 2,500 respondents, our findings show that the wording of single-item happiness and life satisfaction measures has limited effects. While lower SWB and higher dispersion is observed in rarely used open or negative question tones, more common wording differences do not affect the predictors, means, and dispersion of SWB. The findings imply that while the lack of a uniform SWB measure is not ideal, it does not pose a significant threat to the credibility of findings from the SWB literature. We are currently collecting additional experimental data (5000+ respondents) in Japan and will update the empirical study upcoming months with these new data.

### ***Lifestyle Christianity and wellbeing for times of crisis case of Indonesian megachurch***

Jeaney Yip (University of Sydney) and Jeffrey Lim (University of Sydney).

#### ***Abstract***

Since the first Covid-19 incidence announced in March, Indonesia was the hardest hit country in Asia only after India by June 2021 in terms of cases and mortality rates. Riddled with complexities such as low testing rates, lack of testing capabilities, the actual number of infections and death tolls were under reported. One of the religious sectors severely impacted, primarily due to its size, are megachurches which can be defined as any Protestant congregation of over 2000 attendees (Thumma and Travis 2007). Megachurches, in particular the Pentecostal types are undoubtedly one of the most prominent growth drivers of Christianity in Indonesia especially thriving among the middle class. Predominantly located in large, urbanized, metropolis cities many megachurches exceeding 10,000 in size saw operations and practices severely handicapped due to crowd restrictions and lockdowns for over two years of the pandemic. Highly reliant on their charismatic senior pastor, 'mega' identity and the collective effervescence generated through the presence of 'bodies' and connectedness of human networks, megachurches are highly challenged where this form of materiality and experience were no longer possible due to ongoing covid risk. Based on two megachurch case studies in Indonesia, data was collected from 834 church respondents on their beliefs, lifestyle, and attitudes during the pandemic periods of 2021 - 2022. Findings revealed how churchgoers leaned on selective beliefs to cope, changed their lifestyles and desired community building activities while the megachurch harnessed both technology and offering forms of 'lifestyle Christianity' for the well-being of its congregation.

### ***The Economics of Happiness and its Relation to Psychology Historical and Methodological Aspects***

Stavros Drakopoulos (National and Kapodistrian University of Athens) and Flora Kokkinaki (Athens University of Economics and Business).

#### ***Abstract***

The economics of happiness is an established and booming research field. However, until the late 1970s, the study of the impact of economic variables on subjective wellbeing was considered to be outside the domain of economics. The main reason was the methodological hostility of orthodox economists towards incorporating "subjective" and "psychological" variables. The legacy of economics as a positive social science that dealt with observed or revealed behavior only, was a

major obstacle for economists to study subjective wellbeing. The main exception was the pioneering work of Richard Easterlin in 1974, who attempted to account for the discrepancy between income increases and overall life satisfaction. Opening up the communication of economists with psychologists in happiness research, Easterlin relied on references from psychology and especially from social psychology in order to construct his arguments. Influenced by Easterlin, references to theoretical and empirical work in psychology became more apparent when happiness economics attracted more interest by the end of the 20th century. After showing its rich historical past of interaction with psychology, the paper argues that this stance is contrary to the established mainstream tradition and methodology. Further, it demonstrates that contrary to the approach of mainstream economics, leading figures of happiness economics adopt a conscious methodological position towards interacting with psychology. It is also argued that the economics of happiness attitude towards psychology is linked to important theoretical and methodological differences. The paper identifies three major points of diversion conception of utility, empirical methodology, and economic policy implications.

### ***Culturally Sensitive Approach to Subjective Well-Being – Insights from a 60-Culture Study into Happiness, Meaning, Harmony, and Spirituality***

Kuba Kryś (Institute of Psychology, Polish Academy of Sciences).

#### ***Abstract***

A good life is more than just being happy. If one adopts the assumption that happiness is not tantamount to well-being but consists of various—probably interdependent—components like, for instance, harmony, meaning, spirituality, and happiness, then several questions arise that can be targeted empirically. What is the ideal level of happiness for people around the world? How important is happiness relative to meaning, spirituality, and harmony, and what cultural or ecological factors might influence their relative prioritization? How to study, measure, and compare subjective well-being across cultures in a way that will reflect indigenous visions of good life? Our research consortium, covering 60 countries, addressed these research questions. As of the current abstract submission, we have collected data from over 18,000 participants from 53 societies, and by the time of the proposed presentation, we hope to have data from over 20,000 participants from ~60 societies. Based on the collected data, in the proposed presentation, we will outline the idea of a culturally sensitive approach to subjective well-being measurement, covering four components of the good life: happiness, meaning, harmony, and spirituality. Our findings based on these four components are, of course, just an incremental step towards a better understanding of the cultural nuances of the good life. Further studies are needed, and with the planned presentation, we hope to stimulate efforts in that direction.

### ***A Culturally Sensitive Paradigm of Societal Development: New Evidence from a 60-Country Study***

Kuba Kryś (Institute of Psychology, Polish Academy of Sciences).

#### ***Abstract***

Social sciences have traditionally viewed societal development through a one-dimensional lens. In empirical research, Inglehart's theory of post-materialism, emphasizing values from survival to self-expression, and Welzel's theory of emancipation have garnered significant attention. Implicitly, these theories convey that the West is more advanced, with recommendations favoring the Western trajectory as the optimal global development path.

Recent years have seen a macro-psychological shift towards cultural sensitivity in understanding societal development. Acknowledging that development is not uniform but should align with each society's unique values and context, a gap remained in comprehensive cross-cultural evidence. The proposed presentation addresses this gap by sharing findings from a multi-laboratory study covering 60 countries. We assessed lay people's preferences for 31 societal development goals, revealing support for post-materialistic values across cultures. However, our study introduces a novel perspective challenging post-materialism theory, suggesting a two-dimensional understanding of societal development.

### ***Exploring Family Debt Patterns and their Impact on Children's Mental Health***

Hua Zan (University of Hawaii).

#### ***Abstract***

This study investigates the linkage between the trajectories of family unsecured debt (including credit card debt, student loan, medical debt, legal loan, family loan, and other debt) and children's mental health. Analyzing longitudinal data of 2013-2019 Panel Study of Income Dynamics and 2019 Child Development Supplement, I first map out the trajectories of total unsecured debt-to-income ratio between 2013 and 2019 using group-based trajectory modeling and then use the group membership to predict children's depression score. I include a rich set of covariates to account for the influence of child and family characteristics on children's depression. I also explore the influence of family structure and conduct separate analyses by marital status of the reference person in the family. The preliminary results suggest distinct patterns of debt over time and a more pronounced impact of debt trajectories on children's depression among unmarried families.

### ***What have we learned from the responses to COVID-19 effects A case study from slum areas in Bangkok***

Sauwalak Kittiprapas (International Research Associate for Happy Societies (IRAH) and University of the Thai Chamber of Commerce (UTCC)).

#### ***Abstract***

What have we learned from the responses to COVID-19 effects A case study from slum areas in Bangkok  
Sauwalak Kittiprapas, Thailand.

COVID-19 have had significantly adverse impacts to poor communities. However, we witnessed some adjustment from the community members and responses from the society in positive sides as well. The paper will present some descriptive aspects that we learned from the past COVID-19 effects reported by the respondents from slum communities in Bangkok. Given the hardship in financial aspects, they adapt to be more economics, want to learn new skills for new occupations, know how to protect themselves with sanitation, as well as changing mindset. Positive responses from the society are private assistances to reach the unreached and role of temples for giving as well as voluntary community assistances to those in need. Other aspects such as limitation to migration and channels to education are also reported. Some policy recommendations for social development and social protection are recommended.

### ***Touch hunger longing for physical contact during the COVID-19 pandemic in people with and without stress-related disorders***

Erik Giltay (Leiden University Medical Center (LUMC), Department of Psychiatry, Leiden), Sarah Mann (Leiden University Medical Center (LUMC), Department of Psychiatry, Leiden), Almar Kok (Department of Psychiatry, Amsterdam Public Health, Amsterdam University Medical Center), Nathaly Rius Ottenheim (Leiden University Medical Center (LUMC), Department of Psychiatry, Leiden) and Brenda Penninx (Department of Psychiatry, Amsterdam Public Health, Amsterdam University Medical Center).

#### ***Abstract***

Background Little is known about 'touch hunger' (longing for physical contact) during the COVID-19 pandemic, particularly for people with pre-existing mental health disorders. We aimed to explore the development of touch hunger during the COVID-19 pandemic among individuals with and without mental health disorders, examining its predictors during lockdown. Methods Data were aggregated from three Dutch ongoing prospective cohorts with similar methodology for data collection. We included participants with pre-pandemic data gathered during 2006–2016, and who completed up to 9 online questionnaires between October 2020 and February 2022. Touch hunger trajectories were analysed using linear mixed models. Sociodemographics, personality traits, (chronicity of) disorders, and COVID-19-related factors were analysed as predictors of touch hunger using multivariate linear regression analyses. Results We included 1,061 participants with (n = 811) and without (n = 250) mental health disorders. In all chronicity groups, touch hunger increased during lockdown (Figure). Extraversion ( $\beta = 0.256$ ,  $P < 0.001$ ), social distancing due to COVID-19 anxiety



( $\beta = 0.122$ ,  $P = 0.001$ ) and death of a close contact from COVID-19 ( $\beta = 0.073$ ,  $P = 0.02$ ) predicted higher touch hunger, while living with a partner ( $\beta = -0.109$ ,  $P = 0.004$ ) or with a partner and children ( $\beta = -0.147$ ,  $P < 0.001$ ) were protective factors for touch hunger. Remarkably, different pre-pandemic mental diagnoses did not predict for touch hunger during lockdown. Conclusions Touch hunger rose during the lockdown and was widespread regardless of mental health conditions, indicating a fundamental human need for physical contact, especially among extroverts.

### ***Subjective Well-Being (Positive and Negative Affect) and Free-Time Activities***

Nieves-Fátima Oropesa-Ruiz (University of Almería), María-Araceli Pérez-García (University of Málaga) and Eric Barberà Mas (University of Rovira i Virgili).

#### ***Abstract***

Subjective well-being is fundamental in the approach that Positive Psychology provides to human happiness. One of the components of subjective well-being is the emotional state that a person experiences at a given moment, which can be measured from the predominance of positive affects (optimism, creativity...) over negative affects (sadness, stress...). On the other hand, it has been found that active leisure activities contributes to subjective well-being in adolescence (Oropesa, 2017). The objective of this work was to analyze the relationship between positive and negative affect and different free-time activities practiced during adolescence. The sample consisted of 269 Spanish adolescents who were studying the third and fourth years of Compulsory Secondary Education, ranging in age from 14 to 18 years old. The instrument used to measure positive and negative affect was the PANASN (Romero, Sandín and Chorot, 1997; Sandín, 2003) and a questionnaire designed for this research was used to evaluate free-time activities. The results found indicated positive and significant correlations between positive affect and physical-sports activities directed by a monitor and not directed by a monitor, being with friends and going shopping. Furthermore, a positive and significant correlation was found between negative affect and artistic and cultural activities directed by a monitor. Finally, negative and significant correlations were found between negative affect and the practice of physical-sports activities directed by a monitor, as well as working. In conclusion, the findings provide strong evidence of a significant relationship between certain free-time activities practiced by adolescents and their positive and negative affects.

### ***Examining the Effect of Health Vulnerability on Health Poverty Evidence from Farm Household Survey Data***

Jorge Ruiz-Menjivar (University of Florida), Wenjing Li (College of Economics and Management, Huazhong Agricultural University, Wuhan, China), Lu Zhang (College of Economics and Management, Huazhong Agricultural University, Wuhan, China), Meng Yue (College of Economics and Management, Huazhong Agricultural University, Wuhan, China) and Junbiao Zhang (Hubei Rural Development Research Center, Huazhong Agricultural University, Wuhan, China).

#### ***Abstract***

This study aimed to examine the effect of health vulnerability on health poverty. We developed a health poverty measurement model based on the multi-dimensional poverty framework to assess farmers' health vulnerability. Additionally, an econometric model was employed to evaluate the impact of health vulnerability on health poverty. The study sample included 1,115 rice farmers in Hubei Province, China. The medical affordability poverty ratio was 17.95%, with farmers in the low-income group facing severe medical affordability poverty (27.46%). Multi-dimensional analysis results revealed health poverty ratios of 17.95% and 30.50%, respectively. Our findings indicated that climate change vulnerabilities, living habits, medical facilities, and medical accessibility were positively related to health poverty. In contrast, regular physical examinations were associated with reduced mental health poverty. The study offers valuable insights into mechanisms addressing illness-induced poverty among farming communities through national and regional strategies and programs grounded in a multi-dimensional health poverty framework. For instance, our findings highlight the positive impact of promoting the exchange of health knowledge on farmers' health status. The importance of developing and monitoring robust and comprehensive metrics to understand and enhance farmers' ability to absorb and mitigate adverse health shocks is also underscored. Finally, improving the quality and quantity of medical facilities and strengthening medical affordability in rural areas should be critical outcomes in government-wide initiatives.

### ***Mediating Effects of Financial Resilience in Family Socioeconomic Process of Mental Health Population Heterogeneity in Multiple Subgroups***

Zewei Liu (Chinese University of Hong Kong) and Yiyang Zhang (University of Hong Kong).

#### ***Abstract***

Family socioeconomic processes are one of the significant causes of individuals' mental health outcomes. Stress process theory elucidates how stressors, particularly in economic adversities and risks, impair health and well-being. Resilience theory further identifies a wide range of protective and counteractive factors at individual, family, and community levels in the stress coping process. Previous empirical literature has mainly focused on the psychological meanings of resilience while neglecting the importance of financial coping capabilities and resources. Financial resilience, as a specific financial capability to cope with uncertainties and shocks, is being actively discussed. However, little is known about how financial resilience impacts the family socioeconomic process of mental health and its population heterogeneity. This study used data from the China Family Panel Studies to conduct multi-group path analyses. The proposed model with a full sample showed a good fit in which family financial resilience significantly mediated the effects of economic adversity on psychological distress, subjective happiness, and life satisfaction. This model applied to different population subgroups in sex, age, migrant, and development contexts. Two age subgroups had significant differences. Those mediating mechanisms were surprisingly nonsignificant in the older population aged 65 years old and above. This study brings financial resilience to a protective position in the family socioeconomic process and stress–health nexus. It provides prevention and intervention implications for enhancing financial resilience to address economic adversities and mental health problems. Future directions are also suggested for exploring the uniqueness of the aging population in family well-being, finances, and health issues.

### ***Mindfulness and Job Performance in Employees of a Multinational Corporation Moderated Mediation of Nationality, Intercultural Communication, and Burnout***

Chienchung Huang (Rutgers University), Yulu Tu (Southwestern University of Finance and Economics) and Xiaoxia Xie (Southwestern University of Finance and Economics).

#### ***Abstract***

This study examined the relationship between mindfulness and job performance in a multinational corporation and investigated whether the relationship mediated by intercultural communication competence (ICC) and job burnout and moderated by nationality of the workers. The data were collected from a Chinese multinational corporation in Brunei in 2022 (n=1,064). The results of Structural Equation Modeling (SEM) indicate that mindfulness was positively associated with ICC ( $\beta=0.28$ ), negatively related to job burnout ( $\beta=-0.21$ ,  $p<.001$ ), and positively associated with job performance ( $\beta=0.17$ ). The indirect effect of mindfulness and job performance via ICC and job burnout was ( $\beta=0.14$ ). The findings of moderation analyses suggest that nationality moderated the relationships studied. Mindfulness has larger effects on ICC and job burnout for Chinese workers, while ICC has larger effects on job burnout and performance for local employees. The findings call for mindfulness and ICC trainings for employees in multinational corporations.

### ***The Diverse Impact of Occupational Life on Well-Being in Asian Societies A Comparative Study***

Masayuki Kanai (Senshu University).

#### ***Abstract***

This study investigates how trajectories and events in occupational life affect happiness in various Asian societies. Understanding happiness/unhappiness as an outcome of life course events has gained traction, but quantitative comparative analysis is challenging in Asia, where panel data is scarce.

Our methodology involved analyzing data from the "Social Well-Being Interview in Asia," which retrospectively asked about life course events and changes in happiness. The interview was conducted in 2019-22 in seven Asian societies – Indonesia, Japan, Mongolia, the Philippines, Thailand, South Korea, and Vietnam. Approximately 24 participants from each society aged 40-69 were selected to ensure diversity in gender, age, residential area, and current happiness level.

Each country's research team conducted approximately two-hour semi-structured interviews following a standard protocol.

Findings indicate significant differences in occupational trajectories across societies. In Japan and South Korea, employed individuals predominated, whereas self-employment was more common in other societies, with diverse career changes observed regardless of gender. The impact of occupational life on happiness was twofold in self-employment, business success/failure significantly affected happiness. For instance, a Vietnamese man recounted significant profits from embroidery sales over 7-8 years. On the other hand, factors like promotions and workplace relationships influenced happiness in employment. A South Korean man reflected on a subordinate's resignation due to work pressure.

In conclusion, while the impact of typical occupational events on happiness is common across societies, the varying weight of occupational life due to labor market structures contributes to the uniqueness of each society's relationship between occupation and happiness.

### ***Beyond 10,000 Miles Extending Happiness Walks with LLMs & AI***

Harry Brisson (GNHUSA) and Rob Moore (GNHUSA).

#### ***Abstract***

Our study "Beyond 10,000 Miles Extending Happiness Walks with LLMs & AI" innovates traditional interview methodologies in happiness research by integrating AI. Building on GNHUSA's "Happiness Walk" (2012-2019), which collected happiness insights from 3,000 individuals across the U.S., we employ AI for global-scale online interviews.

Led by GNHUSA co-founder Paula Francis, the original walk's qualitative data, focused on "What matters most in life?", forms the basis of our research. Our approach, using AI-driven online interviews, overcomes geographical limits, enriching the study with diverse global perspectives on happiness and well-being.

AI interviewers engaged with varied populations worldwide, offering a wider spectrum of viewpoints. This expansion, enhancing the dataset with numerous voices, showcases AI's role in qualitative research, particularly in human psychology and societal values.

The study juxtaposes the original data with new AI insights, deepening our understanding of happiness as a complex concept. It not only breaks new ground in happiness research but also demonstrates AI's potential in evolving traditional research methods.

### ***Happiness of The High-Income Individuals (T20) in Kuala Lumpur, Malaysia***

Nik Ahmad Sufian Burhan (Universiti Putra Malaysia), Mohd Nor Hafizuddin Kinainah (Universiti Putra Malaysia) and Mohd Roslan Rosnon (Universiti Putra Malaysia).

#### ***Abstract***

This study investigated the impact of generosity and social support on the happiness of 393 high-income (T20) persons residing in Kuala Lumpur, Malaysia. Using a homogeneous convenience sample technique, we discovered that the T20 group had a high average score for happiness (4.76), moderately high scores for generosity (4.37), and social support received (4.02) on a Likert scale of 1 to 6. We used regression analysis to examine the impact of generosity and social support on individuals' T20 happiness while controlling for gender, age, marital status, unemployment, income level, educational level, health level, freedom to make choices in life, and perception of corruption. Regression analysis ( $R^2=57.6\%$ ) found that generosity ( $\beta=0.115$ ;  $p<0.01$ ) outperformed social support ( $\beta=0.085$ ;  $p<0.05$ ) in increasing happiness. Furthermore, among T20 participants, increasing income from T1 to T2 did not significantly ( $p>0.10$ ) improve happiness. The findings of this study may pave the way for the development of a national unity policy to encourage the wealthy to be more active in assisting less fortunate groups or families, particularly since further increases in T20 individuals' income levels can no longer generate additional happiness in themselves. Narratively, T20 individuals' dedication to less fortunate groups or families through the nature of generosity can strengthen their social relationships with every corner of society in need, given that T20 individuals require social support from other individuals in order to generate happiness in themselves. This reciprocal process can boost the happiness of both high-income and low-income families while also strengthening society's social capital network over time.

### ***Child Poverty in region of Attica (Greece) Empirical Findings of C.W.-SMILE's tool during 2010–2024 and Proposed Policies in the light of the Demographic and Social Insurance***

Eirini Leriou (CENTRE OF PLANNING AND ECONOMIC RESEARCH (KEPE)).

#### ***Abstract***

This presentation aims to indicate the results of the implementation of the C.W.-SMILE tool that recorded child poverty during 2010–2024. These are the results of eight (8) rounds of an ongoing diachronic research. The C.W.-SMILE tool consists of six dimensions home conditions (D.1), nutrition (D.2), unemployment of guardians (D.3), free healthcare (D.4), moral education (D.5), and leisure (D.6).

The well-being of children is a society's chief end, manifested as the (potential) pleasure that they enjoy, originating from certain economic and non-economic factors that determine this chief end, with the most important being education that instills in children what kind of persons they ought to be.

Consistent to the above, the definition of child poverty is the following Child poverty is the deviation from the chief end of a society, expressed as the (potential) sad feelings that children experience, originating from the deprivation of some economic or/and non-economic factors that determine this chief end, with the most important being an education that instills in children what kind of persons they ought to be. The tool was used to measure the poverty of children in Attica (Greece), through questionnaires that were circulated in public schools. The sample consisted of children belonging to three distinct school categories. The results are mapped in seven clusters.

Finally, this presentation suggests policies of social welfare by taking into account the demographic and the social insurance. In the light of the above this presentation is within the sphere of the economic demography.

### ***Child Well-being in Greece Empirical Findings of C.W.-SMILE's tool during 2023–2024 and Proposed Policies in the light of the Demographic and Social Insurance***

Eirini Leriou (CENTRE OF PLANNING AND ECONOMIC RESEARCH (KEPE)).

#### ***Abstract***

This presentation aims to indicate the results of the implementation of the C.W.-SMILE tool that recorded child well-being during 2023–2024 in the whole country of Greece. This is the eighth (8th) round of an ongoing diachronic research. The C.W.-SMILE tool consists of six dimensions home conditions (D.1), nutrition (D.2), unemployment of guardians (D.3), free healthcare (D.4), moral education (D.5), and leisure (D.6). The first three dimensions concern children's economic well-being, while the latter three dimensions determine children's non-economic well-being. Based on welfare economics, the combination of economic well-being and non-economic well-being constitutes children's general (social) well-being. Each dimension consists of Simple Indicators.

By taking Plato (in Philebus), Edgeworth, Aristotle, and Arthur Cecil Pigou into account, a definition of child well-being is formulated as follows The well-being of children is a society's chief end, manifested as the (potential) pleasure that they enjoy, originating from certain economic and non-economic factors that determine this chief end, with the most important being education that instills in children what kind of persons they ought to be.

The tool was used to measure the well-being of children in Greece, through questionnaires that were circulated in public schools. The sample consisted of children belonging to three distinct school categories. The results are mapped out in 13 regions of Greece.

Finally, this presentation suggests policies for improving child well-being by taking into account the demographic and social insurance. In the light of the above this presentation is within the sphere of the economic demography.

### ***Economic Growth VS General Well-being A new proposed Methodological Framework and Empirical Findings for all European Economies***

Eirini Leriou (CENTRE OF PLANNING AND ECONOMIC RESEARCH (KEPE)), Nikolaos Rodousakis (CENTRE OF PLANNING AND ECONOMIC RESEARCH (KEPE)) and George Soklis (Panteion University of Social and Political Sciences).

#### ***Abstract***

This paper investigates the extent in which economic growth achieves the improvement of general well-being. For this purpose we combine input-output analysis with welfare economics to measure whether the sectoral decomposition of economic growth is compatible with the development of economic sectors that better promote social well-being. Thus, we develop a new methodological framework that all countries could implement it. In this paper, we discuss comparative empirical findings for all European Economies.

### ***Evaluating Quality of Life across different ethnic groups psychometric properties of the SF-36 in psychiatric patients and controls***

Viktoria Kovacs (Department of Psychiatry, Leiden University Medical Centre), Ingrid Carlier (Department of Psychiatry, Leiden University Medical Centre), Bert van Hemert (Department of Psychiatry, Leiden University Medical Centre) and Erik Giltay (Department of Psychiatry, Leiden University Medical Centre).

#### ***Abstract***

Different cultural groups have distinct health and wellbeing values. Recognizing these Quality of Life (QoL) issues in minority groups helps to effectively address specific needs across diverse ethnic communities. This study examined the psychometric properties of translated versions into Turkish, Moroccan Arabic and Moroccan Berber of the 36-Item Short Form Health Survey (SF-36) in psychiatric outpatient and Dutch reference groups. Psychometric properties were assessed in four samples psychiatric outpatients (n=147) and controls (n=100) with Turkish or Moroccan origins, and psychiatric outpatients (n=5419) and controls (n=1140) with native Dutch origins. We evaluated internal consistency, Area Under the Curve (AUC) values, means, standard deviations, percentiles, factorial structure, and measurement invariance across the groups. Participants were on average 38 years old (SD=12), and 63 % were women. Internal consistency of the SF-36 subscales across groups was adequate to high except for the Mental health scale in the Turkish group and the Vitality scale in the Moroccan Berber subgroup. The eight-factor structure of the SF-36 fitted the data adequately in the total sample and each separate group. There was a full configural, metric and partial scalar invariance. Additionally, AUC values showed acceptable to excellent discrimination between psychiatric- and non-psychiatric participants in each group. Remarkably, immigrant groups scores on average lower than Dutch native groups. We can conclude that the translated versions of the SF-36 are valid and reliable instruments for measuring QoL in immigrant groups of Turkish and Moroccan origin, albeit with potentially lower cut-off values compared to the native Dutch group.

### ***"Behind Blue Eyes" The economic valuation of knowing someone who attempted or died by suicide in Sweden***

Daniela Andren (Orebro University School of Business).

#### ***Abstract***

**Objectives** This study quantifies the economic value of knowing a close family member or friend who attempted or died by suicide, using the Well-being Valuation Method (WVM).

**Background** Prior research has varied in assessing the valuation of suicide prevention, often not comparing it with other mortality causes. Our study presents a pioneering exploration into quantifying the economic value of experiencing a close family member or friend's suicide attempt or suicide death using the Well-being Valuation Method (WVM), also known as the life satisfaction approach (LSA).

**Methods** Data from an online survey of 1,000 Swedish adults were used to apply the WVM. This included information on life satisfaction, knowing someone who attempted or died by suicide, household income, and healthcare resource



allocation attitudes. We estimated life satisfaction equations and the implicit marginal rate of substitution between income and the experience of knowing someone who attempted or died by suicide.

Results Knowing a close individual who attempted or died by suicide significantly reduces life satisfaction. The monetary compensation to maintain life satisfaction varied, ranging from 6.4-9.6 thousand Euros for those knowing someone who died by suicide, to 8.1-9.9 thousand Euros for knowing someone who attempted suicide.

Discussion The study highlights the significant economic burden and varying compensation needs based on different suicide-related experiences. It emphasizes the importance of incorporating these individual experiences into healthcare policy and suicide prevention strategies, reflecting the broader economic and social implications of suicide.

### ***Designing and Validating a Family Relationship Scale***

Irwan Nadzif Mahpul (National Population and Family Development Board (NPFDB), Malaysia) and Khairul Faqri Kamalul Razib (National Population and Family Development Board (NPFDB), Malaysia).

#### ***Abstract***

Measuring the well-being of family using a subjective measurement had been started with the implementation of the Malaysian Family Well-Being Index (MFWBI) 2011 by the National Population and Family Development Board (NPFDB), Malaysia. To date, there are four exercises taken by the NPFDB in measuring family well-being in the country. During the recent MFWB 2022, the NPFDB had introduced an initiative to develop a new brief scale specifically to measure relationship among the family members. The Family Environment Scale which is a 27-item measure developed by Rudolf Moos in 1994 was used as a basis to the development of this new scale known as Family Relationship Scale. Other than the existing dimensions covered in the Family Environment Scale, namely, Cohesion, Expressive and Conflict, a new dimension called as Couplehood was added in the Family Relationship Scale. Total of 4,881 participants involved in the MFWB 2022 had being asked to complete the 19-item Family Relationship Scale. Result of factor analysis suggested a new Cohesion dimension to be formed, a combination of the original Cohesion and Expressive items. New Cohesion dimension will contain 10 items with factor loading values ranging from 0.736 to 0.834. The Conflict dimension contains six items with factor loading values ranging from 0.682 to 0.844. and the new Couplehood dimension contains three items with factor loading values between 0.704 to 0.816. This new scale has good psychometric properties and can be used in measuring the successfulness of marital or family intervention programmes, as a pre and post measurements.

### ***The Seeing Eyes of the Heart Fostering Young Children's Holistic Expression in Super-Diverse Settings***

Anita Mortlock (Te Herenga Waka/ Victoria University of Wellington).

#### ***Abstract***

Super-diverse settings comprise of people from many cultures and with languages, therefore those individuals often face complexities in understanding each other. This is complexity is replicated in educational settings as teachers try to understand children and their families. Two action research studies undertaken to examine teachers' approaches to understanding children's expression in super-diverse schools and kindergartens in Aotearoa New Zealand. One significant finding was that teachers' intuitive perception was critical. In indigenous framing, this is known as whatumanawa, or 'the seeing eyes of the heart.' Whatumanawa implies that love is critical to intuitive perception that is predicated on wellbeing. Our findings demonstrated that love, indeed, was a core concern of the teachers.

### ***The Indian Sense of Well-Being and Implications for Well-Being Science and Policy***

Dr. Tithi Bhatnagar (Hon. Adjunct Faculty, NIAS, India).

#### ***Abstract***

The Indian sense of well-being is essentially experiential. That is the reason when scholars write about them, they source their arguments from scriptures and ancient texts. The Indian view on well-being holds that the physical reality is fluid, temporary, and transitory; that happiness lies within the individual; it can neither be possessed nor accumulated due to the dynamism of circumstances; and that it is about seeking and pursuing truth. Therefore, there is an emphasis on the importance of looking inward. According to the Indian sense, a state of well-being can be reached when the individual becomes one with his/her true self through reasoning, reflection, and meditation, and becomes consciously knowledgeable about one's self and interactions with the surrounding environment. It is about transcending the self to connect with the true self and higher universe through raising awareness and the highest levels of one's consciousness, which ultimately leads to salvation. In essence, the interconnections among these concepts form a holistic framework for achieving happiness. The pursuit involves harmonizing the gunas (attributes of an individual), practicing yoga and meditation, and delving into the wisdom of the Vedas and Vedanta. As individuals move closer to realizing their true nature, they align with the inherent bliss encapsulated in sat-chit-ananda (three qualities of ultimate reality). This paper aims to discuss the different Indian concepts, traditions, and frameworks in which the concept of well-being is embedded and establish a case for the potential implications this understanding can have for the science of well-being and its policy.

### ***THE INFLUENCE OF BUDDHIST PHILOSOPHY FOR ACHIEVEMENT DURING THE COVID-19 ERA***

Charamporn Holumyong (Institute for Population and Social Research, Mahidol University), Sirinan Kittisuksathit (Institute for Population and Social Research, Mahidol University) and Suporn Jaratsit (Institute for Population and Social Research, Mahidol University).

#### ***Abstract***

This article presents the results of a study of the influence of Buddhist philosophy on success and work-life impact during the Covid-19 pandemic by using indicators from a survey of happiness of 25,955 employees in organizations from all regions of Thailand. The authors classify the factors into four practices according to the doctrine of Buddhist philosophy. The results of a double-blind logistic regression analysis indicate that love of work (Adjusted odd ratio AOR = 0.73; P-value < 0.01), commitment to effort (AOR = 0.97; P-value < 0.05), concentration on work (AOR = 0.97; P-value < 0.05), and review of one's work (AOR = 0.94; P-value < 0.01) were influential in reducing the likelihood of negative impacts on the worker's overall performance during a crisis such as the Covid-19 pandemic. When analyzed by sector of employment, it was found that the love of work, commitment, and the focus on the job reduces the likelihood of having a negative impact work by employees in government and state enterprise organizations. The Buddhist philosophy can help reduce the chances that a crisis will have a negative impact on performance of people working in private organizations. This study highlights the benefits of applying Buddhist philosophy in human resource management to help workers cope with changes in the organization and adapt to a new way of life.

### ***Economic Well-Being in the Philippines The Untold People's History***

Mahar Mangahas (Social Weather Stations).

#### ***Abstract***

It is now 50 years since the pioneering Philippine Social Indicators Project (Mangahas 1976 and 1977), and 40 years since the first national survey of Self-Rated Poverty or SRP (Mangahas 1995). From 1983 to date, there have been 100-140 statistically representative national surveys of key dimensions of the Well-Being (WB) of Filipino families and individual adults. The methodology of these surveys has been consistent, statistically and substantively, over time. Their original raw data are archived. This private, non-profit research enterprise is intended to continue indefinitely (Mangahas and Guerrero 2008). These surveys have produced quarterly data on both economic and non-economic aspects of WB, as told by the people to survey interviewers. They have also generated annual data on happiness, life-satisfaction, and satisfaction with the working of democracy. These data will enable construction of scientific, data-driven, histories of the people's WB over the past decades (Mangahas and De Jesus 2017). This paper will focus on the indicators of Economic

Well-Being (EWB) SRP status (Poor versus Borderline versus Not-Poor), the SRP threshold, and the SRP gap; hunger; joblessness; the perceived change in personal WB from a year ago, and its expected change a year hence. It will show how EWB conditions relate to each other (Mangahas 2018). It will compare the EWB time-trends with those in official statistics – the “told history” – which tend to understate problem areas and hence overstate government achievements. This is groundwork for the forthcoming creation and testing of econometric forecasting models for EWB.

### ***Effort and Goals Unraveling the Dynamics of Happiness and Meaning in Life***

Katarzyna Myślińska-Szarek (Polish Academy of Sciences), Kuba Kryś (Polish Academy of Sciences), Marta Rocznińska (Karolinska Institutet), Maciej Górski (Polish Academy of Sciences) and Ewa Palikot (Polish Academy of Sciences).

#### ***Abstract***

Happiness and meaning in life have been extensively studied by social, clinical, and positive psychologists. Despite extensive research, a clear distinction between these constructs remains undefined. Our project proposes that the effort involved in an experience differentiates its perception as either happy or meaningful. We aimed to understand how perceived effort affects experiences' happiness and meaningfulness. Additionally, we examined how effort, happiness, and meaning interplay when goals are either altruistic or personal.

We conducted five experimental studies with 2369 adult participants. Each participant read a story about someone undertaking an activity for either personal or charitable reasons, with the effort involved being high or low. The studies followed a 2 (low vs. high effort) x 2 (social vs. personal goal) design. Participants rated the experience's meaningfulness, happiness, and social usefulness. The last two studies explored potential mechanisms behind these effects.

The findings revealed that experiences with higher effort and social goals were deemed more meaningful than those motivated by personal goals or requiring less effort. Activities aimed at personal goals with lower effort were seen as happier but less meaningful. Interestingly, greater effort decreased happiness during the activity but increased post-goal achievement happiness.

### ***The association between subjective well-being and appreciation of beauty and excellence among medical students***

Wei-Chen Chen (National Pingtung University of Science and Technology, Taiwan), Wen-Hsu Lin (National Yang Ming Chiao Tung University, Taiwan), Chi Chia (National Yang Ming Chiao Tung University, Taiwan), Ming-Chang Tsai (Academia Sinica, Taiwan) and Chin-Chun Yi (Academia Sinica, Taiwan).

#### ***Abstract***

Background Appreciation of beauty (AOB) is one of the least studied character strengths. Appreciation of beauty can be experienced through formal, expressive, and symbolic qualities. As such, these qualities can arouse emotions in human sensory experiences (express and evoke emotions) and generate pleasure and satisfaction. Limited studies showed that these experiences were connected with well-being and quality of life. Thus, the present study hypothesizes that there is a positive correlation between the character strength of appreciation of beauty and the subjective well-being (SWB) of medical school students. In addition, we also expected to see gender differences. Method This study collected data from medical students (mean age = 20.7) from a public medical university in Northern Taiwan (n = 298). Mandarin VIA-120 gauged character strengths. The three-fold subjective well-being was measured positive emotion (self-esteem), low negative emotion (depression and anxiety), and life satisfaction. Several important demographic variables and personal characteristics were also included. Results The SEM model fitted data acceptably, and we found that AOB was significantly associated with SWB ( $\beta = 1.01, p < .05$ ). In addition, we conducted multiple group analyses and found that the path was not significantly different between the two gender groups ( $\Delta\chi^2 = 2.1 (1)$ ). Conclusion This study illuminates the positive effect of appreciation of beauty and excellence on medical students' well-being. In addition, there were no significant gender differences. Hence, general education, such as aesthetic courses, may improve medical students' SWB, which is at the core of higher education.



***Life course, old-age provision, and well-being The impact of (non-)employment biographies on pension entitlements and life satisfaction***

Christin Czaplicki (Deutsche Rentenversicherung Bund) and Thorsten Heien (Deutsche Rentenversicherung Bund).

***Abstract***

When analyzing determinants of subjective well-being, there's usually a strong focus on the actual socioeconomic position of the individual (e.g., education, occupation, income, wealth) while some research emphasizes past and present social and cultural factors (e.g., childhood, relationships, neighborhood, discrimination, norms). In contrast, the impact of life courses and especially of (non-)employment biographies receives only little attention although people in the same actual position may have experienced a varying number, length, and timing of working episodes (e.g., full-time/part-time work, domestic work, unemployment) resulting in different well-being levels. In Bismarckian welfare states like Germany, old-age provision largely depends on (non-)employment biographies (subject to social contributions), too, and it is – especially in times of demographic change – a general determinant of life satisfaction.

Using survey and administrative data of the German study on "Life courses and old-age provision" (LeA) for people aged 40 to 59, we analyze the interplay of (non-)employment biographies, old-age provision, and subjective well-being for various domains (health, work, income, housing). To examine what raises or lowers satisfaction, we consider – in addition to comprehensive life course information – different aspects of old-age provision 1) the type of statutory, occupational, and private pension scheme, 2) the mix of different schemes (e.g., statutory pension insurance, civil servants and farmers pensions), and 3) the accumulated amount of pension entitlements. Finally, we include indicators of the actual socioeconomic position and further sociodemographic variables (e.g., age, sex, partnership, parenthood, health, housing, region) to control for other effects in our multivariate models.

***The Well-Being of Filipino Households with Members Working Abroad Evidence from SWS Quality of Life Surveys 1999-2024***

Ma. Alcestis Abrera-Mangahas (Founding Fellow at Social Weather Stations), Christine Belle Torres (International Justice Mission) and Iremae Labucay (Fellow at Social Weather Stations).

***Abstract***

Nearly ten percent of the Filipino population, employed on temporary contracts in health care, construction, manufacturing, services, domestic family work, live and work in over 100 countries globally.

This paper seeks to broaden the analysis of the effects of the foreign employment on the nation's life beyond the usual two indicators the annual number of registered foreign jobs and the foreign exchange remittances received in the country's international reserves. The paper will examine the changing socio-demographic profile of the OFW households through the years, consider the families' aspirations and intentions in pursuing foreign work, and assess the quality of life (QOL) and well-being of Filipino households with a family member in foreign employment. Social Weather Stations, our primary source of data, has, since 2001, a regular question on the presence of a family member in foreign employment, making it possible to compare the socio-demographic profiles and the QOL of adult Filipinos from OFW and non-OFW families. QOL will be measured using the following indicators (a) one's perceived quality of life; (b) personal optimism, pessimism, and life satisfaction; (c) experience of poverty; among others. The paper will also present comparative data on the Filipino public's overall perception of the performance of the national government in administering overseas employment and the views of households with a Filipino member employed abroad.

### ***Can fintech help cover medical costs for the socio-economically disadvantaged groups in developing countries? A case study on the development of China's crowd-funded healthcare platform 'xianghubao'***

Chiu-Wan Liu (National Taiwan University).

#### ***Abstract***

Drawing upon a case study on the development of the largest crowd-funded healthcare platform in China, this study aims to bridge the hitherto rarely connected scholarship on fintech in developing countries and that on social welfare regimes. 'Xianghubao' was launched in October 2018 by Ant Group, and it was a crowd-funded healthcare platform which only covered 'critical illnesses'. Users of xianghubao were requested to pay flexible contribution rather than fixed premiums, and they were entitled to applying for benefits by submitting the required documents and proof. This platform had been very popular before it was halted due to regulatory warnings from the authorities. Within two years, the platform drew more than one billion users, and 28,000 users claimed medical insurance benefits. This is probably because China's medical insurance systems have institutional deficiencies that disadvantage socio-economically vulnerable groups, including low-income households and migrant workers. Drawing on the document and policy analysis, as well as expert interviews, this study will reveal the fintech mechanisms of the crowd-funded healthcare platform and evaluate the role of xianghubao in supplementing the social insurance system to seek to enrich the scholarship on social welfare regimes of China. More broadly, this study aims to offer insights into a crucial discussion regarding the extent to which fintech can increase medical resources for the socio-economically vulnerable groups in developing countries.

### ***Positivity Online Exploring the Influence of Internet Usage on Personal Optimism in the Philippines***

Marco Mercado (Social Weather Stations).

#### ***Abstract***

Optimism holds intrinsic value for individuals as it shapes their resilience, coping mechanisms, and overall well-being. Social Weather Stations (SWS) documented a notable shift in the Filipino perspective on future quality of life, revealing an increased level of optimism over the last decade compared to preceding ones. During this period, the improving trend of those foreseeing an improvement in their quality of life in the next twelve months coincided with the increase in internet usage in the Philippines. This paper explores the possible relationship between optimism and internet use, investigating the potential impact of online behaviors and experiences on peoples' positive outlook. Additionally, the study explores various facets of internet use, including social media interaction and relevant demographics, to explain how these factors may contribute to hopefulness. The influence of cyberspace on various aspects of our lives is undeniable, and this study will contribute to a deeper understanding of the psychological consequences of our increasingly connected digital existence.

### ***Using wellbeing scales in the Indonesian Muslim Sufi population Are they culturally valid?***

Arman Marwing (Central Queensland University).

#### ***Abstract***

Much research on well-being in non-Western countries has applied well-being concepts without specifying whether the concepts or measurements utilized are culturally appropriate to explain the structure of well-being in their cultural context. Therefore, many scales are unable to capture a specific population of non-Western aspects of well-being. Consequently, this issue can jeopardize the validity of the instruments in these contexts. The issue of validity increases when these scales are applied to investigate the well-being of a population that is culturally distinct due to its spiritual features, such as the Sufi group in Indonesia. This study aims to examine the measurement equivalence and cultural validity of two existing and widely used well-being scales, the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) and the Indonesian Well-being Scale (IWS), for use with an Indonesian Muslim Sufi population. In this qualitative research, a purpose-sampling method was used to select 14 participants and they were interviewed about their





understanding of the items that make up these scales. Identify the understanding of the scale items of the participants. The data were then analyzed using a summative content analysis approach. Semantic bias was found in some items, and this led to unexpected interpretations that deviated from the intended meaning. Furthermore, there are cultural biases found in some items, particularly in Indonesian well-being scale, that did not work well within Indonesian Muslim Sufi context. The authors recognized cultural response bias as a key issue in the use of these scales and deliberated recommendations for modifications.

### ***Exploring Sleep Quality and Well-being A Nationwide Survey Among Filipino Adults***

Gerardo Sandoval (Social Weather Stations (SWS)) and Linda Luz Guerrero (Social Weather Stations (SWS)).

#### ***Abstract***

Sleep's critical role in maintaining good health and overall well-being is widely acknowledged. Despite this, the connection among sleep, health, and well-being in the Philippines has been underexplored in survey research. This paper aims to fill this gap by examining the relationship between quality of sleep and well-being among Filipino adults.

The study was carried out as part of the March 2023 nationwide survey by Social Weather Stations (SWS) in the Philippines. Face-to-face interviews involved a representative sample of 1,200 adults aged 18 years and above, covering four major study areas Metro Manila, Balance of Luzon, Visayas, and Mindanao. The survey utilized a stratified multi-stage probability sampling design, selecting sample provinces and barangays based on their population size. Within each chosen barangay, households were randomly selected using the random route procedure, with an adult respondent randomly chosen within each household.

The survey included inquiries on the different aspects of sleep, including quality, duration, difficulty in falling and staying asleep, feeling energized after waking up, and feeling relaxed after waking up. In addition to standard SWS questions on quality of life, life satisfaction, happiness, and self-assessed health, the survey delved into the experience of enjoyment, stress, worry, and physical pain. The study aims to explore the relationships between these factors and the sleep patterns.

### ***Beyond Happiness Understanding Lay Perspectives on a Good Life***

Ewa Palikot (Institute of Psychology, Polish Academy of Sciences) and Kuba Kryś (Institute of Psychology, Polish Academy of Sciences).

#### ***Abstract***

Research consistently shows a positive link between strong social bonds and subjective well-being. However, many studies rely on existing theories on happiness. Our aim was to provide a platform for lay perspectives without imposing additional assumptions. This mixed-methods study combined qualitative and quantitative techniques to explore lay definitions of a good life, including its five components happiness, harmony, meaning, religiosity, and spirituality. In the next step we also examined the relationship between social connections and well-being components. We analyzed written responses from over 1,000 native English speakers from the UK. Participants shared their views on a good life. Additionally, we used human judges' assessments and AI algorithms to create dictionaries of terms related to social affiliations. While there is linguistic overlap among components, our mixed analysis suggests quantitative methods effectively uncover subtle nuances. Well-being, in its various forms, is fundamentally relational. Spirituality is tied to the self, while happiness is linked to close family and in-group connections. Belonging to different groups or communities emerges as pivotal for perceiving life as religious, meaningful, or harmonious. This study highlights the nuanced dimensions of a good life and the essential role of social connections in subjective well-being. Results challenge the assumption that happiness is exclusively self-centered and meaning entirely altruistic. This nuanced understanding offers a fresh perspective on the interplay of social connections and a fulfilling life, including subtle cross-cultural differences. The study advances our understanding of well-being by amplifying the voices of individuals in diverse cultural contexts.

### ***Can welfare and environmental concerns be measured in extension of GDP?***

Morten Tønnessen (University of Stavanger) and Jan Karlstrøm (University of Stavanger).

#### ***Abstract***

What the purpose of Gross Domestic Product (GDP) is as a measure of economic activity has been debated ever since the term was launched and adopted in the 1930s. In this paper we go through the history of the concept of GDP, the criticism GDP has been met with, and proposed alternatives to GDP. Originally, GDP was constructed based on a need for more overview and a better basis for planned government management of the economy during the Depression and the Second World War. In the post-war period, GDP growth became a central political goal in and of itself. Even though from the very beginning it has been pointed out that GDP is not intended as a measure of welfare, GDP growth has constantly been associated with welfare development. Modern criticism of GDP as a measure of the state of the economy and social development has largely addressed the fact that GDP is poorly suited as a measure of welfare and that the target of GDP growth is unfortunate given the environmental consequences of increasing production and consumption. Several alternative measures of welfare development and environmental concerns have been launched, but none of them have succeeded in becoming as central as GDP. The new measure that has gained the most traction, namely the UN's Human Development Index, has incorporated GDP rather than replaced GDP. We look at alternatives for measuring welfare, alternatives that address environmental concerns, and alternatives that address both welfare and environmental concerns and evaluate these critically.

### ***Hope and coping***

Emma Pleeing (EHERO Erasmus University).

#### ***Abstract***

It seems plausible that to motivate people towards constructive behaviour, their possible worries for the future should be combined with a perspective on how they could work towards achieving a better future. Moreover, for mental health, people most likely need to balance hopes for a better future with constructive ways of coping with the inevitable challenges and disappointments we endure during a lifetime. Thus, hope and coping could work together to help us both invest in a better future and deal with the disappointment if we fail. Also, hope and coping show marked similarities, as both are determined by context, are meaning-based, dynamic and both affect wellbeing in difficult circumstances. Indeed, both hope and coping have been studied as ways in which people deal with adversity, but little is known about how the two work together. Therefore, in this paper, we investigate how hope and coping are related in a cross-sectional sample of 954 adults from the US. It appears that constructive forms of hope and coping can be substitutes to some degree, but that a combination of both leads to the best outcomes for subjective well-being. However, we have to be careful about adopting a 'more is always better' perspective, as both hope and coping could also lead to worse mental health or life outcomes, especially once they no longer fuel a constructive, active attitude.

### ***Social Media Addiction and Psychological Well-being among Adolescents in Malaysia A Preliminary Study in Testing Mediating Effect of Social Support***

Shue Ling Chong (University of Nottingham Malaysia) and Sheena Yin Xin Tiong (Universiti Malaya).

#### ***Abstract***

Adolescent engagement in extensive digital activities has been associated with elevated levels of anxiety and depression, alongside disruptions in sleep patterns. Our objective of this study is to examine the dynamic relationship between social media addiction and well-being among adolescents, considering the heightened involvement of this demographic in social media activities. A total of 100 adolescents (aged 13-15 years old) studying in formal education institution in Kuala Lumpur, Malaysia are recruited in this study, to complete a set of questionnaires that contain measures to assess the state of social media addiction, social support, sleep, and psychological health. Data analysis is performed using SPSS and Process Macro. We seek to determine if social media addiction affects psychological health and sleep, and if social support mediates the said relationships. This research holds significant implications for both academic and practical

applications. The findings stand to enrich the comprehensive understanding of social media addiction issues among adolescents in Malaysia, providing insights into the underlying mechanisms thereof. The anticipated results carry direct implications for schools participating in this study, enabling a more comprehensive understanding of their student population. The acquired knowledge can be applied in the formulation of targeted intervention plans for individuals grappling with dysfunctional digital associated usage. Furthermore, broader interventions aimed at protecting adolescents from detrimental consequences of problematic social media usage can be developed, thereby contributing substantively to the overall well-being of our future generation.

### ***Towards Societal Happiness***

Ewa Palikot (Institute of Psychology, Polish Academy of Sciences) and Kuba Kryś (Institute of Psychology, Polish Academy of Sciences).

#### ***Abstract***

Several factors linked to average happiness levels are recognized at both individual and national levels. Our aim is to contribute to developing theories and strategies that foster happier societies. The study proposes two pathways to societal happiness an individualistic path emphasizing self-expression and a communal path emphasizing attitudes that benefit others. Data from the 7th wave of the World Values Survey, involving participants from 59 countries, are analyzed using multilevel modeling (MLM). The findings underscore the significance of satisfying basic needs and providing a sense of security for individual happiness. On a national level, happiness is connected to the fair distribution of goods, access to education, science, democracy, human rights, and diversity. Acceptance of individual traits, the preservation of opportunities, and openness to social issues characterize happy societies. Comprehending happiness dynamics at both individual and societal levels is crucial for policymakers, social scientists, and those pursuing enhanced well-being. By exploring the interplay between individual factors and cultural contexts, our study offers insights into the contributors to happiness and proposes strategies for cultivating happier societies. We also present a mechanism where, for efficient national functioning, it is required to loosen the bonds within lower units of affiliation, both formal and informal, such as family, neighborhood, as well as city or region.

### ***Undesirable behaviour at work, psychological safety and employee well-being***

Mercede van Voorthuizen (EHERO, Erasmus University Rotterdam), Martijn Burger (EHERO, Erasmus University Rotterdam), Marjolein Caniels (Open Universiteit) and Emma Pleeging (EHERO, Erasmus University Rotterdam).

#### ***Abstract***

In this study, we examine the relationship between undesirable behaviour in the workplace, psychological safety and employee well-being. To this end, we utilize three waves of data from an employee well-being survey that was administered at an hospital in the Netherlands. We find that being victim of undesired behaviour at work is negatively associated with employee well-being. At the same time we find, however, that the relationship depends on the type of undesirable behaviour (i.e., unwanted sexual attention, intimidation, violence, bullying and discrimination) and perpetrators (i.e., colleagues and patients). Furthermore, we find that that psychological safety fully mediates the relationship between undesirable behaviour in the workplace and employee well-being. This study will provide a better understanding of the relationship between undesirable behaviour in the workplace, psychological safety, and employee well-being which could be useful for organizations to help victims of undesirable behaviour and perhaps even prevent or reduce serious damage to mental well-being.

### ***The Important Role of Spirituality in Unveiling Global Profiles of Subjective Well-Being***

Ewa Palikot (Institute of Psychology, Polish Academy of Sciences) and Kuba Kryś (Institute of Psychology, Polish Academy of Sciences).

#### ***Abstract***

This study, encompassing over 50 countries from various cultural zones, establishes an expanded model of subjective well-being (SWB) that incorporates four components happiness, meaning, harmony, and spirituality. Our methodology

involves surveying respondents on their assessments of both actual and ideal levels for these components, exploring their relative rankings. This poster presents the outcomes of the latent profile analysis at the average country level, unveiling two distinct profiles characterized as 'spiritual and valued spirituality' and 'non-spiritual and not valued spirituality.' It is noteworthy that the average differences between countries within the identified profiles are minimal, particularly in terms of actual happiness levels. The prioritization, with an emphasis on placing spirituality above other components, underscores the importance of expanding the SWB definition to include spirituality for a comprehensive understanding within this profile. Countries falling under the 'spiritual and valued spirituality' category exhibit a lower average declared ideal level and a smaller disproportion between actual and ideal levels for all components. This poses a challenge to the pursuit of maximizing happiness (Kryś et al., 2024). The study significantly contributes to a diverse, cross-cultural exploration of SWB by illuminating the pivotal role of spirituality in shaping perceptions of a fulfilling life.

### ***The Trust Paradox***

Francesco Sarracino (Statec Research) and Giulia Slater (Statec Research).

#### ***Abstract***

Are economic growth and social capital related over time? Previous research found a positive cross-country association between social capital and economic growth. Findings consistently show that higher trust positively correlates with higher growth. However, there are reasons to expect that over time, economic growth can erode social capital. Some empirical evidence supports this hypothesis, finding a negative relation between economic growth and social capital over time. We review this literature, and provide updated empirical evidence on the effects of economic growth on trust over time, a well-established measure of social capital, widely considered in economic studies. Results consistently indicate that economic growth reduces the share of people trusting others. Results consistently indicate that economic growth reduces the share of people trusting others. A number of robustness checks and a test of causality support this conclusion. Hence, trust in others positively correlates with economic growth across countries, but this relationship turns negative over time and within countries. We find that the negative relationship between economic growth and trust is a disease of unequal, rich countries the relationship between economic growth and trust is only negative and significant in countries with high inequality, whereas it is null elsewhere. We further provide evidence that the joint effect of economic growth and inequality has a negative effect on trust in developed countries, whereas they exert a positive effect on trust in low income, less developed countries.

### ***Carving life out of crisis – Sociological study of Struggles and Strategies Adapted for a Positive Life by Women Survivors of Intimate Partner Violence .***

Chitra S Nair (Govt KNM Arts and Science College, Kanjiramkulam, Kerala, India).

#### ***Abstract***

Globally, Intimate Partner Violence (IPV) is a major problem considered under the broad category of violence against women that have an economic cost ranging from 1% to 4% of global GDP. Women's equality and empowerment is recognised as an SDG because of the fact that the situation of women remains grim across the nations. The 2019-2021 National Family Health Survey in India concludes that 31.5% of Indian women have experienced violence at least once since the age of 15. Kerala – the state with 100% literacy rate and socio-demographic indicators similar to developed nations, has witnessed many reported cases of IPV. With the history of being the only matrilineal society in India, the study of IPV in Kerala is highly relevant. The study used a mixed methodology. Survey was conducted using an interview schedule. Purposive sampling was followed. Qualitative themes were identified through in-depth case studies, FGDs and narrative analysis. The study disclosed social genesis of IPV, significant mediating social agencies, impact of IPV on well-being and quality of life of women survivors etc. It also gave insight into the conditioning of women into strong empowered human beings to survive the traumatic impact of IPV, how their basic instincts, beliefs etc. nurtured their survival struggles and what helped them to develop a positive psychology to carve the life out of crisis. The research proposes that struggles of these women against IPV could be transformed into a silent movement for gender justice, empowerment and equality through proper policies.

### ***A spatial analysis of well-being Case of the European regions***

Nadia Zrelli Ben Hamida (DEFI, ESSECTunjs and Hunt Institute for Engineering and Humanity, SMU, Dallas Texas) and Eva Csaky (Hunt Institute for Engineering and Humanity, SMU Dallas Texas).

### *Abstract*

Research in wellbeing transcends traditional metrics of success and prosperity, delving into subjective experiences and life satisfaction. Understanding factors influencing wellbeing is crucial for policymakers, and communities aiming to cultivate environments that foster flourishing lives. While the field of well-being studies in geography is nascent, numerous scholars have already discerned spatial variations in well-being and underscored the pivotal role of the context tied to specific locations in influencing well-being. Utilizing the Social Progress Index data spanning from 2016 to 2020 at the European NUTS2 level, we employ a Multi-Weighted Geographic Regression to unveil the dynamic and bandwidth effects of national and regional wellbeing pillars.

### ***The impact of social entrepreneurship on well-being***

Eva Csaky (Executive Director & Research Professor, Hunt Institute for Engineering & Humanity) and Nadia Zrelli Ben Hamida (Associate professor in Economics, Carthage University; Fellow, Hunt Institute for Engineering & Humanity).

### *Abstract*

The complex relationship between Entrepreneurship and wellbeing is well documented. Our goal is to analyze the relationship between an important entrepreneurial segment, social entrepreneurs, and wellbeing. Social entrepreneurs represent a highly heterogeneous group and therefore at best partially captured in entrepreneurship studies. By their very nature social entrepreneurs pursue a mission that creates and sustains social value and relentlessly pursue opportunities to serve that mission. Due to their heterogeneity social enterprise data is scarce and inconsistent across countries, if available at all. Social enterprises' ability to operate and succeed, however, is highly contingent on history, cultural attitudes, policy environment, financing, and other resources available, among others, that helps them operate and fulfill their missions ("social enterprise ecosystem"). Various country studies established the connection between the robustness of the social enterprise ecosystem and social entrepreneurial activities. We analyze the relationship between wellbeing and the robustness of the social enterprise ecosystems through mixed methods research that combines qualitative and quantitative approaches with the PLS-SEM method. Finally, we analyze the policy implications and make policy recommendations.

### ***Bernheim's ACSA to Overcome Response Biases like Response Shift and Cultural Relativity***

Peter Theuns (Vrije Universiteit Brussel), Zahra Azadfar (Vrije Universiteit Brussel), Dries Verlet (Universiteit Gent), Habib Tiliouine (Université de Oran), Mahar Mangahas (Social Weather Stations), Naem Haihambo (Vrije Universiteit Brussel), Meija Li (Vrije Universiteit Brussel) and Shokoufeh Vatandoost (Vrije Universiteit Brussel).

### *Abstract*

Individual ratings of Subjective Wellbeing (SWB) are influenced by various contextual factors such as culture, era, location, comparisons to peers, health, and chance occurrences. On a population level, the "Easterlin's paradox" holds that wellbeing measures remain steady over time, despite world-wide advancements in living standards, healthcare, longevity, etc.. Response biases further complicate SWB measurement, making it challenging to assess genuine wellbeing. Bernheim's ACSA (Anamnestic Comparative Self-Assessment) addresses these issues with a single-item self-anchoring scale using personal best (=−5) and worst (=+5) life periods as concrete scale anchors.

In comparison to traditional SWB measures, ACSA proves more sensitive to objective changes and less susceptible to cultural biases, as evidenced by experimental studies and surveys. ACSA's use of self-anchoring mitigates response biases, suggesting universal applicability for worldwide SWB comparisons. This presentation advocates for greater attention to and widespread adoption of Bernheim's ACSA in SWB research and policymaking. The paper concludes that ACSA offers a valuable tool for obtaining more accurate and culturally unbiased measures of SWB, urging collaboration with ISQOLS members for further exploration.



### ***Felicitometrics Tailored to Individuals Mitigating Relativity Biases through Anamnestic Comparative Self-Assessment (ACSA)***

Jan L. Bernheim (Vrije Universiteit Brussel), Peter Theuns (Vrije Universiteit Brussel) and Dries Verlet (Universiteit Gent).

#### ***Abstract***

Conventional Quality of Life (QOL) assessments using generic questions are susceptible to issues like trivialization, cultural bias, and insensitivity to changes. This study aims to address these problems through the Anamnestic Comparative Self-Assessment (ACSA). ACSA involves respondents anchoring their subjective wellbeing (SWB) scale on their remembered best and worst periods in life experience, rated at +5 and -5, respectively. These anchors can be considered universal as all individuals have been through both positive and negative life phases.

In South Africa, despite significant SWB differences between ethnic subpopulations, universal personal scale anchors were identified. European surveys, encompassing general and patient populations, revealed ACSA's superior discrimination and responsiveness compared to conventional questions (CQ) on SWB. In Locked-in Syndrome patients ACSA proved effective in overcoming the 'disability paradox', where SWB of severely disabled persons cannot be distinguished from healthy subjects. Additionally, ACSA demonstrated greater sensitivity to the impact of the COVID-19 pandemic on SWB compared to CQ.

ACSA's incorporation of biographical references discourages trivial responses and promotes empathic investigator-respondent interactions. Its brevity enhances suitability for longitudinal or intervention studies. Methodologically, ACSA combines cognitive and affective SWB, allowing respondents to choose between different perspectives on QOL.

In conclusion, ACSA's universal yet individualized biographical scale anchors may mitigate superficial and relativity-biased responses. The study calls for collaborations to further test the hypothesis that ACSA can offer transculturally comparable assessments of SWB.

### ***Self-anchoring to avoid relativity biases Bernheim's ACSA compared with a diversity of subjective well-being measures in a general population and among university students in Flanders***

Dries Verlet (Statistics Flanders), Jan Bernheim (vrije Universiteit Brussel), Theuns Peter (Vrije Universiteit Brussel) and Marc Callens (Ghent University).

#### ***Abstract***

In this paper we focus on Anamnestic Comparative Self-Assessment (ACSA) as a self-anchoring rating scale to assess overall subjective well-being (SWB) compared to other measures of SWB. ACSA's distinguishing feature is the use of extreme scale anchors that refer to real experienced life situations the reminisced best and worst periods in the respondent's life. These are internal standards, thus less prone to relativity biases.

We applied the ACSA-scale and the other measures of SWB in Flanders (Belgium) in both a general population (N= 1025, a survey of Statistics Flanders in 2018) and a large group of university students (N=1147, a survey of Ghent University in 2020). In conformity with the OECD guidelines, in both surveys we included a wide range of measures of subjective well-being. These measures differ in the terms by which they address the cognitive or affective aspects of SWB, and whether or not single item scales are used. Conceptually, scales also differ in the reference standards used by respondents and the conceptual meaning of scale points.

In our analysis, we describe the metrics of the ACSA-scale and correlate ACSA ratings with other scales of subjective well-being. In addition, we analyze to what extent SWB of students is different from the SWB in a general population, using a diversity of scales to measure SWB.



### ***Can "wishing trees" offer new insights into well-being?***

Eva Csaky (Hunt Institute for Engineering & Humanity), Candice Bledsoe (Fellow, Hunt Institute for Engineering & Humanity, USA), Jin-Ya Huang (Fellow, Hunt Institute for Engineering & Humanity, USA), Nadia Zrelli (Carthage University/ Hunt Institute SMU Dallas) and Brittney Gross (Analyst, Hunt Institute for Engineering & Humanity).

#### ***Abstract***

As a partnership between social practice artist Jin-Ya Huang, and the Hunt Institute for Engineering & Humanity, in collaboration with several community partners, the Hunt Institute for Engineering & Humanity embarked on studying the wishes and aspirations of the people of Dallas through a "wishing tree". Inspired by ancient traditions, the "wishing tree" is a social practice art installation that collects and displays the wishes of participants. Expressing one's wish involves an immersive, interactive and participatory process. The experience is simultaneously reflective and communal, according to participants. Collecting data in this manner is certainly nontraditional from a social science perspective but is relatable in many cultural traditions across continents. Our goal is to understand the role and value of this process in terms of its potential to offer insights that complement the findings of conventional social science methodologies like surveys, especially when it comes to groups under-represented in surveys such as low-income individuals, youth, women, immigrants, refugees, and minorities, just to name a few. We analyze the wishes as expressed via the wishing tree in comparison with the results of relevant other studies that used surveys with close-ended questions. We also compare participation levels and the experience of participants. Finally, we analyze the policy implications and make policy recommendations. Note we wish to offer holding a Wishing Tree Community Workshop at ISQOLS 2024 whereby the participants of the conference can experience the process for themselves, followed by a discussion about the merits and limitations.

### ***Urban inequalities and quality of community life from the perspective of young university students***

Graciela Tonon (Universidad de Palermo) and Enrique Delamonica (UNICEF).

#### ***Abstract***

This paper presents the results of a research project in which inequalities in the quality of urban life were analysed, disaggregating, and relating the dimensions community life, urban mobility, and personal well-being. A questionnaire constructed specifically for this purpose and presenting new indicators was applied, containing closed and multiple-choice questions and a Likert scale. The questionnaire was applied to a sample of 221 university students, between 18 and 21 years old. The convenience sampling modality was used, which is a type of non-probability and non-random sampling used to create samples considering the ease of access and the availability of people to be part of the sample, in each time interval. A descriptive and inferential data analysis was carried out using the SPSS 25.0 statistical program. The questionnaire contains closed and multiple-choice questions and a Likert scale. An electronic format, designed specifically for this research, was used through the Google Forms application, which is a tool that allows anonymous information to be collected through personalized questionnaires. The information was collected and automatically connected to a spreadsheet hosted in an email account. With this application, the surveys were distributed through a URL address (link). Likewise, this paper reflects on the role of researchers in the application of the online questionnaire considering the particularities of the population under study. It is expected that the application of this questionnaire to measure inequalities can be used by research teams from other countries and regions. Its results will be transferred to international research networks.

### ***Beyond WEIRD Confucian Comparisons***

Kuba Kryś (Institute of Psychology, Polish Academy of Sciences) and Arek Wasieł (Institute of Psychology, Polish Academy of Sciences).

#### ***Abstract***

The realization that most behavioral science research focuses on cultures labeled as WEIRD— Western, educated, industrialized, rich, and democratic (Arnett, 2008; Henrich et al., 2010; Thalmayer et al., 2021)—has given an impetus to

extend the research to more diverse populations. Confucian East Asian societies have relatively strong social and technological infrastructure to advance science and thus have gained much prominence in cross-cultural studies. This has inadvertently fostered another bias the dominance of WEIRD–Confucian comparisons and a tendency to draw conclusions about “non-WEIRD” cultures in general based on data from Confucian societies. In the proposed presentation, analyzing 1,466,019 scientific abstracts and, separately, coverage of 60 large-scale cross-cultural psychological projects (Nsamples = 2,668 from Ncountries = 153 covering nparticipants = 3,722,940), we quantify the dominance of Confucian over other non- WEIRD cultures in social research. Our analysis also reveals the underrepresentation of non-European Union postcommunist societies and the almost total invisibility of Pacific Island, Caribbean, Middle African, and Central Asian societies within the research database of psychology. We call for a shift in cross-cultural studies toward midsize (7+ countries) and ideally large-scale (50+ countries) cross-cultural studies, and we propose mitigations that we believe could aid the inclusion of diverse researchers as well as participants from underrepresented cultures in our field. People in all world regions and cultures deserve social knowledge that applies to them.

### ***Happiness and its Determining Factors in the Assessments of Believers and Non-Believers in Kazakhstan***

Sholpan Jamanbalayeva (Institute for Philosophy, Political Science and Religion Studies) and Shyryn Tlenchiyeva (Institute for Philosophy, Political Science and Religion Studies).

#### ***Abstract***

The article presents the results of studying perception of happiness and subjective well-being by believers and non-believers in Kazakhstan. The purpose of the study is to reveal influence of religiosity on self-assessment of well-being and satisfaction with various material and non-material (spiritual, social) aspects of life. The results of the study help to understand how religiosity affects level of perception of subjective well-being in a secular state with a multicultural and multi-confessional society with unestablished social norms of religiosity. The analysis was conducted from positions outside confessional approach. Depending on type and nature of religious commitment, groups of convinced believers, nominally believers, and non-believers were compared. The results were measured in linear regression 1) with some indicators of perception and assessment of happiness and subjective well-being in projection on life circumstances and socio-demographic characteristics, and 2) with assessment of religion as a value and religiosity as a significant self-identifying status of a person. In the course of the study, research tasks on effectiveness of applying the methodology created in foreign scientific practice were verified, which led to an opportunity to compare the results obtained. It was revealed that the results obtained are commensurate with world, European, Asian studies and open up prospects for further study of the subject in view of ethnicity, confessional affiliation, generational cohorts, education level, socio-professional status of respondents, etc. indicators introduction.

### ***Financial vulnerability before and during the COVID-19 pandemic An exploration through machine learning approach***

Kexin Meng (Zhejiang Lab) and Jing Jian Xiao (University of Rhode Island).

#### ***Abstract***

The global onset of the COVID-19 pandemic in 2020 has had far-reaching impacts on health, economy, and, notably, household finance. This paper aims to assess and compare the financial vulnerability (FV) of United States (U.S.) households before and during the pandemic, while also delving into the determinants influencing FV. The analysis utilizes data from the 2019 and 2022 Survey of Consumer Finances (SCF). First, unsupervised machine learning methods are employed for clustering to identify FV households. Subsequently, supervised machine learning techniques, namely eXtreme Gradient Boosting (XGBoost), and Logistic regression are harnessed to scrutinize the factors affecting the likelihood of FV. Results unveil a slight increase in the percentage of FV households during the pandemic (32.4%), compared to the pre-pandemic period (30.9%). Notably, education and race emerge as the most important feature predicting FV families in 2019 and 2022, respectively.. The Logistic regression analysis underscores that the pandemic intensifies the probability of FV among young adults compared to the pre-pandemic period. Simultaneously, households characterized by being unmarried with children, having lower educational attainment, non-white racial backgrounds, and

lacking stable employment exhibit a higher susceptibility to FV. However, it's noteworthy that gender does not emerge as a significant indicator of FV, both before and during the pandemic.

### ***Modeling Well-being through Bayesian Multidimensional Item Response Theory An Application of Amartya Sen's Capability Approach***

Brian Beadle (Northland College), Jantsch Antje (IAMO) and Johnson Kansime (IAMO).

#### ***Abstract***

As the use of multidimensional indices to assess complex aspects like well-being becomes commonplace in welfare economics, debates persist regarding conceptualization and methodological approaches. Our paper addresses this by proposing the application of Bayesian item response theory (IRT) to model Amartya Sen's capability approach by treating the dimensions of well-being as latent traits. Emphasizing individuals' substantive freedoms and opportunities, the capability approach poses challenges in interpretation, measurement, and application. We employ a multidimensional graded response model within the Bayesian IRT framework, incorporating covariates such as age, gender, and location. Unlike conventional methods, Bayesian models provide results as probabilities, highlighting uncertainty and capturing the nuanced nature of individual well-being. This approach allows for a refined understanding of the likelihood of specific capabilities, aligning with the variability in individuals' abilities to convert resources into well-being, a key aspect of the capability approach. Utilizing longitudinal data from the German Socio-Economic Panel (SOEP), a nationally representative household survey, we present findings at both the individual and regional levels. This study represents the first-ever attempt to apply the capability approach within an item response model to measure multidimensional well-being, offering a novel perspective on the assessment of individual freedoms and opportunities in the pursuit of well-being.

### ***FACTORS OF MARITAL SATISFACTION AMONG MALAYSIAN CHRISTIANS INVESTIGATING RELIGIOSITY, FAMILY-OF-ORIGIN AND MARITAL INTERACTIONS***

Cai Lian Tam (Monash University Malaysia) and Genevieve Wong Tze-Lynn (Monash University Malaysia).

#### ***Abstract***

Amid the challenges experienced by married couples and families, the need to examine the factors contributing to marital satisfaction is recognised across various communities and backgrounds. Nevertheless, research on Malaysian Christians remains limited. Therefore, this study sought to provide a deeper understanding of marital satisfaction among Malaysian Christians and its association with factors such as the level of religiosity, the impact of the family-of-origin and interactions between spouses (i.e., displays of generosity, altruism, and forgiveness). 303 participants responded to self-report scales (i.e., Kansas Marital Satisfaction Scale, Religious Commitment Inventory-10, Interpersonal Generosity Scale, Compassionate Love of Close Others Scale and Marital Forgiveness Scale) and open-ended questions on marital satisfaction experience and marital views, values, and attitudes development. A one-sample t-test analysed the marital satisfaction level of Malaysian Christians and some amount of marital distress was indicated. A hierarchical multiple regression analysis established that religiosity, the impact of the family-of-origin and the negative dimension of forgiveness significantly predicted marital satisfaction. The open-ended responses were analysed thematically and the identified themes pertaining to how married Malaysian Christians experience marital satisfaction and develop views, values and attitudes within marriage complemented the quantitative findings. These findings could inform the development of Church-based programmes on marriage and family life and assist marriage counsellors, family therapists and other mental health professionals to work more effectively with the Malaysian Christian community. Christian couples and families may also gain awareness, insights, and inspiration towards enriching their experiences within marriage and family life.

### ***The Quest for Well-Being Deciphering Generation Y's Life Meaning and Happiness***

Lucia Trisni Widhianingtanti (Soegijapranata Catholic University) and Nurlaila Effendy (Widya Mandala Catholic University).

#### ***Abstract***

This research aims to analyze the influence of life meaning on the happiness levels among Generation Y individuals. Against the backdrop of understanding the determinants of youth happiness, this study explores how life meaning contributes to their sense of well-being. The hypothesis posits a significant positive relationship between life meaning and happiness within Generation Y.

The methodology employed simple linear regression analysis with 'Meaning' as the independent variable and 'Happiness' as the dependent variable. The sample consisted of individuals categorized within Generation Y, with data collection conducted through surveys and processed using statistical software.

The results indicate that the life meaning variable significantly influences happiness, with an R-value of .353 and an R-squared value of .125, suggesting that approximately 12.5% of the variability in Generation Y's happiness can be explained by life meaning. The ANOVA analysis yielded an F-statistic of 73.711 with a significance level of  $p < .001$ , affirming the regression model's predictive solid power.

In conclusion, this study reveals that the pursuit and interpretation of life's purpose are crucial aspects impacting the happiness levels of Generation Y. These findings suggest that interventions to enhance youth happiness should consider bolstering life meaning as a primary focus. This research contributes to the existing literature by emphasizing generational nuances in studying happiness and emotional well-being.

### ***Perceived social exclusion as mediator of social status effects on psychological well-being a comparative study of Japan, Germany, and the United States***

Carola Hommerich (Department of Sociology, Faculty of Human Sciences, Sophia University, Tokyo) and Christina Sagioglou (Department of Psychology, University of Innsbruck).

#### ***Abstract***

The socioeconomically better off tend to report higher levels of well-being, with inconsistent roles ascribed to objective socioeconomic status (SES), subjective SES (SSES), and personal relative deprivation (PRD). We tested a comprehensive model of social status indicators as determinants of subjective well-being (SWB) by a) including PRD, SSES, income, and education as predictors, b) assessing SWB as well as interdependent happiness (happiness in relation to significant others), c) testing the model in Japan, Germany, and the US—countries with comparable societal structure (e.g., educated, industrialized, rich, democratic) but diverging cultural dimensions, and d) testing an explanatory variable feeling excluded from society. Cross-culturally ( $N = 2,155$ ), PRD and SSES independently and strongly predicted well-being, while income and education exhibited negligible direct effects. SSES emerged as the predominant predictor in Japan compared to the US and Germany, whereas PRD was the predominant predictor in the US. This was largely accounted for by culture-specific links of social status with perceived social exclusion—the extent to which people feel unable to keep up with society as a whole. In Japan, perceived social exclusion was more strongly linked to SSES and in the US to PRD, while Germany occupied an intermediate position. Overall, we find that relative standing itself and the fairness with which that standing is perceived are independently linked to well-being, partially via inducing feelings of social exclusion. The role of perceived social exclusion as an explanatory variable in the relationship between social status and SWB merits further investigation.



### ***Exploring Media Influence on Age Stereotypes, and Aging Anxiety in Korean Older Adults***

Miri Kim (Ewha Womans University), Minjeong Lee (Ewha Womans University), Juil Jeon (Ewha Womans University), Jihye Jung (Ewha Womans University), Siryung Lee (Ewha Womans University) and Minseon Park (Ewha Womans University).

#### ***Abstract***

The study investigated the association between media representation, perceived age stereotype, and aging anxiety in Korean older adults. A total of 600 older adults aged 65 years and older were analysed using structural equation modelling and bootstrapping method, using a cross-sectional, secondary data. Regarding the direct effects, media representation was associated with perceived age stereotype ( $\beta=.380, p<.001$ ), aging anxiety on financial factors ( $\beta=.145, p<.001$ ), and aging anxiety on psychosocial factors ( $\beta=.136, p<.01$ ), whereas perceived age stereotype was associated with aging anxiety on psychosocial factors ( $\beta=.205, p<.001$ ). In terms of indirect effects, perceived age stereotype only mediated the relationship between media representation and aging anxiety on psychosocial factors (95% CI 0.034, 0.121). The study's findings hold significance for alleviating aging anxiety in an aging society, offering practical strategies to mitigate such concerns.

### ***The Impact of Change in Communication Methods During the COVID-19 Pandemic and Media Use Frequency on Depressive Symptoms among Korean Older Adults The Mediating Role of Social Connectedness (Co-presented by Miri Kim and Somnin Kang)***

Miri Kim (Ewha Womans University), Soondool Chung (Ewha Womans University), Namkung Eun Ha (Ewha Womans University), Seoyun Choi (Ewha Womans University), Somnin Kang (Ewha Womans University) and Eunjoo Chang (Ewha Womans University).

#### ***Abstract***

The present study aims to investigate the associations between change in communication methods before and after the COVID-19 pandemic, frequency of media usage, social connectedness, and depressive symptoms among older adults in Korea. The study analyses a cross-sectional, secondary dataset comprising of 398 older adults aged 65 years and older. The data is analysed using structural equation modelling and bootstrapping methods. The study's findings reveal that older adults who utilized a greater variety of communication methods during the COVID-19 pandemic, along with higher media usage frequency and increased social connectedness, reported lower levels of depressive symptoms compared to their counterparts. Additionally, those who used media more frequently reported heightened levels of social connectedness. Regarding mediating effects, social connectedness mediated the relationships between changes in communication methods during the COVID-19 pandemic and depressive symptoms, as well as between the frequency of media usage and depressive symptoms. The findings suggest that the utilization of diverse communication methods can act as a protective factor against the adverse effects of reduced social interaction during the pandemic, ultimately resulting in reduced depressive symptoms. Interventions using diverse communication methods to enhance social connectedness could be promising to improve the mental health outcomes of older adults during challenging times. These findings carry important implications for public health policies and interventions aimed at addressing the mental health needs of older adults.

### ***Certainty of Uncertainty Shifting to a Fitting Methodology for Measuring and Assessing in this Era of Change***

Phillip Rowles (Tokyo University of Science).

#### ***Abstract***

Each individual lives in a changing world facing an uncertain future. Paradoxically, in published measurement and assessment research the application of traditional quantitative methodologies is prevalent, despite the notion that these approaches may be based on determinism. Applying these deterministic procedures is restricted and outdated. In contrast, best practice demands that we apply a methodology that matches the uncertainties that stakeholders can face. One solution to the problem of facing uncertainty is to make use of mathematical probability. Assessment needs

measurement. Therefore, we need to select the best measurement process available to us. Quality-of-life research stakeholders will benefit.

Rasch measurement methodology was initiated during the 1950s. The mathematician Georg Rasch developed this probabilistic measurement model-focused approach. Importantly, Rasch measurement analyses transform observed ordinal-scale raw scores into modeled interval-scale measures. The basic Rasch model constructs two independent parameters person ability measures and item difficulty calibrations. Rasch methodology enables the constructing of interval-scale measures. These linear measures meet the fundamental assumption required for conducting parametric statistical testing procedures. In contrast, other approaches typically violate this crucial assumption which may result in inaccuracy of subsequent interpretations and inferences.

Rasch measurement has greatly contributed to educational, psychological, and medical assessment up until the present day. Rasch measurement has the potential to grow in the field of quality-of-life assessment. However, communicating is vital for making inferences about the future. Therefore, this is an invitation to join this dynamic measurement and assessment dialogue.

### ***The Well-being of Health Care Workforce in Aged Care Sector Opportunities and Challenges***

Sui Yu Yau (Hong Kong Metropolitan University).

#### ***Abstract***

**Background** The world's population is aging rapidly. This ageing population leads to increasing demand for health care services to older people, and thus, brings tremendous pressure to the health care workforce. Research showed that the well-being of health care workforces such as doctors, nurses, personal care workers, and health workers were negatively impacted by the job demands in the aged care sector. Current knowledge mainly focuses on the challenges imposed on the well-being of health care workforce, but paying less attention on the opportunities on supporting the well-being of them. Therefore, this study is proposed to comprehensively explore the opportunities and challenges on the well-being of health care workforce in the ageing society.

**Methods** The proposed study will adopt a descriptive qualitative approach in order to yield in-depth data regarding individuals' values, beliefs, knowledge, and concerns. Approximately 30 health care workers who are working in the aged care sector will be recruited for the study. Maximum variation sampling will be adopted to ensure participants with various backgrounds will be recruited. Thematic analysis will be used for data analysis.

**Results and Conclusion** Health care workforces are vital assets to the sustainability of the aged care sector globally. It is necessary to better understand the factors affecting the well-being of them. With such understanding, the service stakeholders such as governments, policy-makers, and in-charges of health care institutions, can develop effective strategies and measures to improve health care workforces' well-being that is essential to the delivery of holistic care to the older people.

### ***What Motivates Participants to Engage in Green Exercise in Urban Forests of High-density Coastal Cities in China?***

Lu Jing (Universiti Putra Malaysia) and Sreetheran Maruthaveeran (Universiti Putra Malaysia).

#### ***Abstract***

Studies on motivation to visit for specific activities in urban forests are insufficient, especially in China. This study aims to investigate the socio-demographic characteristics and motivational drivers of the Urban Forest Green Movement (UFGEM), and to find the relationship between them. Fuzhou is the capital city of a high-density coastal province in southern China, and mountainous forms dominate its urban forests. A mixed-methods study was planned by conducting field surveys in three urban forests in the Fuzhou area, interviewing 10 visitors with different demographic profiles and randomly selecting 300 visitors for questionnaire surveys. Descriptive statistics describe the diversity of sample profiles and motivations, and multivariate binary logistic regression examines socio-demographic changes. Interviews have now been completed and collated, and it was found that the main motivations varied considerably across age, gender, educational background and health status. Nature and recreational facilities were the main motivators for children, adolescents preferred to observe animals, adults were exercise and family-orientated, and the main motivation drivers for the elderly were health and social interaction. The effects of gender, educational background and health status were

significant for the adult and elderly groups. These findings will contribute to the academic development of UFGEM research and the development of practice in helping urban forest managers better plan for urban forest health management with a full understanding of visitor motivations. This improved management will contribute to urban dwellers' social sustainability while providing various benefits.

### ***A Novel Approach to Mental Health Support Training Medical Students for School-Based Consultations in Sabah***

Sylas Sebastian Neela Sekhar (Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah), Nicholas Pang Tze Ping (Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah) and Mohd Amiruddin Mohd Kassim (Faculty of Medicine and Health Sciences, Universiti Malaysia Sabah).

#### ***Abstract***

This is a qualitative research study focused on a novel intervention aimed at empowering medical students with the necessary competencies for conducting mental health consultations in secondary schools in Sabah.

The primary objective of this study is to assess the intervention's impact on enhancing mental health awareness and support among both medical and secondary school students. The intervention involves a carefully structured training program for medical students, incorporating theoretical knowledge with practical skills development and supervised hands-on experience in mental health consultations. Through interviews, focus group discussions, and engagement with key stakeholders, this study seeks to offer detailed insights into the context-specific effectiveness of the program.

The research investigates the perceived effectiveness of the intervention in enhancing the mental health literacy of medical students and their ability to engage with secondary school students on mental health issues. Additionally, it explores the experiences and perspectives of the secondary school students who receive these consultations. The findings aim to contribute valuable information on the feasibility, challenges, and potential benefits of integrating medical students into mental health initiatives within secondary school settings in Sabah.

This study aligns with the conference's overarching theme of advancing quality of life through innovative approaches. The outcomes of the research may inform future strategies for mental health education and support in schools, ultimately contributing to the overall well-being and quality of life for both medical students and the secondary school population in the Sabah region.

### ***CLINICAL TRIAL FOR EFFICACY OF DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS TRAINING FOR ALCOHOL USE DISORDER PATIENTS IN KOTA KINABALU, SABAH***

Vie Cheong Thong (Universiti Malaysia Sabah) and Nicholas Ze Ping Pang (Universiti Malaysia Sabah).

#### ***Abstract***

Alcohol Use Disorder (AUD) represents a significant public health challenge worldwide, with substantial social, economic, and health-related consequences. Traditional treatment approaches for AUD have focused on pharmacotherapy, counseling, and support groups. Dialectical Behavior Therapy (DBT), a cognitive-behavioral treatment originally developed for borderline personality disorder, has shown promise in treating a variety of mental health issues, including substance use disorders. However, the application and efficacy of DBT in treating AUD specifically have not been extensively studied, particularly within diverse cultural and regional contexts. This concept paper proposes a clinical trial to evaluate the efficacy of DBT skills training for AUD patients in Kota Kinabalu, Sabah, a setting that presents unique cultural and socioeconomic characteristics which may impact treatment outcomes. The study aims to compare the effectiveness of DBT skills training for AUD, focusing on measures of alcohol consumption, emotional regulation, mindfulness, and overall quality of life. Through a randomized controlled trial design, this research seeks to provide empirical evidence on the utility of DBT in reducing alcohol dependency and improving emotional coping mechanisms among AUD patients in Kota Kinabalu. The outcomes of this trial could offer valuable insights into culturally sensitive treatment modalities and contribute to the global body of knowledge on AUD treatment strategies, potentially informing policy and clinical practice in Malaysia and similar contexts worldwide.

### ***ACT for Perinatal Health A Two-Country Development and Cultural Adaptation Model***

Nicholas Pang (UNIVERSITI MALAYSIA SABAH), Nurfarahin Musa (UNIVERSITI MALAYSIA SABAH), Corine Tangau (UNIVERSITI MALAYSIA SABAH), Cerith Waters (Cardiff University) and Jennifer Berrett (Cardiff University).

#### ***Abstract***

Perinatal health problems are an increasingly recognised problem that can contribute to increased maternal and newborn morbidity and mortality. This is especially so in lower and middle income countries (LMIC) where general healthcare infrastructure is poorer with lower penetration of readily available public healthcare services, hence resulting in higher morbidity from perinatal health problems with similar presentations. One of the two largest perinatal health problems are antpartum depressive symptoms (ADS) and antepartum anxiety symptoms (AAS), which respond well to ACT interventions.

A group-delivered ACT intervention for perinatal population with mood and/or anxiety disorders was developed by Cardiff University. This project details an adaptation to the Malaysian setting. The Cultural Adaptation Model (Rogers, 1995) informed the adaptation process and the Ecological Validity Model guided the modification of the intervention content.

The first phase was establishment of an international working group. Phase Two focused on the adaptation of the intervention to the local Malaysian context together with community members, with evaluation measures also selected. Finally, Phase Three outlined the integration of the observations and feedback obtained in Phase Two into a new version of the original intervention, and field testing of the adapted programme. In this phase, the EVM (Bernal & Adames, 2017) informs the process of modification of content, through eight domains that were adapted, in this case from an English language setting to a Malay language setting. Preliminary findings suggest that the adaptation is feasible and tolerable by Malaysian mothers, supported by qualitative feedback.

### ***Exploring Recreational and Leisure Use of Green Stormwater Infrastructure in Kuala Lumpur***

Noraqidah Mohamad (Universiti Putra Malaysia (UPM)) and Sreetheran Maruthaveeran (Universiti Putra Malaysia (UPM)).

#### ***Abstract***

Many cities face urban health risks alongside climate change effects, such as flash floods. The rapid urban development, coupled with limited land availability, presents challenges in providing sufficient open spaces to meet population needs and address climate issues. While Green Stormwater Infrastructure (GSI) offers various benefits to urban ecosystems, its potential for leisure and recreational activities remains largely unexplored. This study aims to examine the relationship between GSI and the leisure and recreational potential of retention ponds (RP) in Kuala Lumpur. It investigates global trends in GSI use for leisure, public utilization, and constraints of RP for recreation, and offers recommendations for RP planning. A mixed-method approach including observation, surveys, and in-depth interviews will be conducted in five study areas meeting specific criteria. 500 respondents will participate, with questionnaires developed based on the Socio-Ecological Model (SEM). Data will be analyzed using descriptive and inferential statistics. Anticipated outcomes include identifying alternative recreational sites for urbanites, enhancing RP design for leisure and recreational use, bridging scientific knowledge with recreational needs, and recommending design strategies for effective RP planning benefiting both the environment and human well-being.

### ***Spreading Prosperity and Happiness through Community Based Tourism in Rural Borneo***

Norzaris Bin Abdul (Borneo Tourism Research Centre, Faculty of Business, Economics & Accountancy, Universiti Malaysia Sabah), Balvinder Kaur Kler (Borneo Tourism Research Centre, Faculty of Business, Economics & Accountancy, Universiti Malaysia Sabah) and Andi Tamsang Binti Andi Kele (Borneo Tourism Research Centre, Faculty of Business, Economics & Accountancy, Universiti Malaysia Sabah).

#### ***Abstract***

The urban-rural divide continues to influence community well-being in Southeast Asian nations. In Sabah, Malaysian Borneo, tourism has entered the equation to provide solace in select rural areas through the development of rural tourism. Farming communities have embraced the government led community-based tourism model as a mode to earn supplementary income. Village communities have organized into cooperatives to develop, manage and operate tourism products in their vicinity. These include experiential packages related to community conserved areas (tagal), farming, jungle trekking, wildlife viewing, indigenous culture offered as part of the homestay experience (staying with a village host family). The varied nature of products and attractions have found success and brought income flow to these communities, alleviating poverty for some and providing employment opportunities for the local youth. However, above and beyond these aspects is that tourism has improved the well-being of these communities by empowering them to preserve the environment and local traditions. Local communities as custodians of traditional knowledge systems and customary laws have found a sense of purpose through rural tourism development. This paper applies the PERMA Theory of Well-Being to evaluate community well-being through tourism using three case studies. Each case study focuses on a village community, namely Tambulion Ulu, Taun Gusi and Padas in the West Coast of Sabah. We conclude that tourism has enhanced the quality of life for these rural communities, spreading prosperity and happiness.

### ***Bridging Maternal Well-being and Quality of Life Community-Centric Approaches Among Banggi Islanders in an Uncertain World***

Pauline Yong Pau Lin (UNIVERSITI MALAYSIA SABAH).

#### ***Abstract***

This paper explores the intersection of maternal well-being and the broader concept of quality of life, focusing on the Banggi islanders of Malaysia in the context of an increasingly uncertain world. This paper employs a dual lens, investigating the efficacy of community-centric approaches to maternal health while concurrently examining the impact of societal uncertainties on the overall quality of life within this unique cultural context. The community-centric approach emphasizes collaborative efforts between healthcare providers, local authorities, and Banggi islanders, integrating traditional knowledge with modern healthcare strategies to address maternal health challenges. Through participatory action research and ethnographic methods, the paper highlights the cultural relevance, community empowerment, and sustainability of these interventions. Simultaneously, the paper delves into the multifaceted concept of quality of life in the face of global uncertainties. By examining the dynamic interplay between external factors such as societal, economic, and environmental uncertainties, and individual and community resilience, the study seeks to understand how Banggi islanders navigate challenges in their daily lives. Preliminary findings suggest positive shifts in maternal health indicators and community engagement, emphasizing the potential of community-centric interventions in improving maternal well-being. Additionally, insights into adaptive strategies and community resilience contribute to a nuanced understanding of the factors shaping the quality of life in this uncertain world.

### ***Have Guts, Will Travel Applying Character Strengths for Tourist Well-Being***

Tze Cheng Chew (Borneo Tourism Research Centre, Faculty of Business, Economics & Accountancy, Universiti Malaysia Sabah), Ruisi Huang (Guilin Tourism University) and Balvinder Kaur Kler (Borneo Tourism Research Centre, Faculty of Business, Economics & Accountancy, Universiti Malaysia Sabah).

#### ***Abstract***

Character strengths have been widely applied to studying well-being in different life domains. Tourism offers rich opportunities for individuals to apply their character strengths in travel. However, how character strengths are associated



with tourist well-being is rarely examined in tourism literature. This study examined the effect of character strengths on tourist well-being and the mediating effect of character strength application in the relationship between character strength and tourist well-being. 430 respondents completed validated assessments of character strengths, strengths application, and tourist well-being. Bootstrapping mediation results indicate (1) the predictive direct effect of most character strengths on tourist well-being was positive and significant (except for the strength of honesty and prudence); (2) the predictive effect of character strengths on strength application in travel was significant, and the predictive effect of strength application on tourist well-being was also significant (except for humor and zest); (3) most character strengths applied in travel mediate the relationship between character strengths and tourist well-being (except for love, humor, and zest); and (4) bravery, gratitude, and zest have the highest total effect ( $\beta > 0.6$ ), which means these are the strongest predictors of tourist well-being. This study examined how character strengths contribute to the formation of tourist well-being. Findings confirm that character strengths not only directly affect tourists' well-being but also influence their well-being through the mediating effect of applying strengths. Findings shed light for the tourist well-being experience design based on character strengths interventions which can be tailored to suit individual needs.

### ***Usage, constraints and preference of urban greenways based on leisure and physical activities a case study in Shenzhen, China***

Jiayi Wang (Department of Landscape Architecture, Faculty of Design & Architecture, Universiti Putra Malaysia,) and Sreetheran Maruthaveeran (Department of Landscape Architecture, Faculty of Design & Architecture, Universiti Putra Malaysia,).

#### ***Abstract***

urban greenways is a form of 21st century landscape planning and design that has the potential to address the challenges and opportunities of both expanding and contracting cities, It is therefore of increasing interest to scholars around the world. China is currently building urban greenways at a very fast pace, adding 4,000 kilometres of new greenways in 2023 alone. The research objectives of this paper are to explore the usage patterns of urban greenways by Shenzhen residents. To Analysis of the constraints on the use of urban greenways by Shenzhen residents for physical activities. To Determine the preferences of Shenzhen residents for using urban greenways for physical activities. To Propose greenway design strategies that are conducive to physical activities. This paper adopts a combination of quantitative and qualitative research methods, in Shenzhen is to select six typical representative of the urban greenways as the site of their own research, and then through the questionnaire survey and semi-structured interviews to obtain data, through the linear regression and chi-square test methods to deal with and analyse the data, and finally to draw empirical conclusions of the study. In conclusion, it is hoped that the results of this study will improve the efficiency of the use of urban greenways and promote the physical health level of urban residents through the use of greenways, as well as provide innovative theoretical research value and effective guiding experience for the construction of urban greenways.

### ***CAN HYPNOTHERAPY ENHANCE MENTAL HEALTH AND HEALTH-RELATED QUALITY OF LIFE AMONG PEOPLE WITH EXCESS WEIGHT PROBLEMS?***

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#### ***Abstract***

The global burden of excess weight problems poses a major challenge to societal health, as it impacts both physiological and psychosocial of individuals' well-being. Hypnotherapy is one of the alternative psychological-based therapy, has gained considerable attention in recent years. Thus, this pre-and post-study attempts to evaluate the impact of hypnotherapy on mental health and HRQoL among people with body mass index (BMI) $\geq 25.0$  kg/m<sup>2</sup> of a public university in Terengganu, Malaysia. Participants were randomly allocated to either the intervention group (IG=53) or control group (CG=54) for 12 weeks. All participants received health education (diet + exercise + behavioural recommendations), while those in IG underwent additional three hypnotherapy sessions, scheduled monthly. Sociodemographic, body weight, Hospital Anxiety and Depression (HADS) and Short Form 12 Health Survey (SF-12) were measured at week 1 and 12. Descriptive and repeated measures analysis of covariance (ANCOVA) were employed (SPSS 25.0). A total of 104 participants completed the study (age = 26.28 $\pm$ 8.01; female = 82.2%; BMI = 31.39 $\pm$ 4.89), with significant weight loss

between groups (-4.61%,  $p=0.021$ ) at week 12. Participants in IG showed improvements in both physical (mean difference = -0.72; 95%CI -1.54, 2.98;  $p=0.529$ ) and mental (mean difference = 2.79; 95%CI -0.35, 5.93;  $p=0.081$ ) components of SF-12 compared to the CG, however, these changes were not statistically significant. Participants in IG also had better anxiety-HADS (mean=1.8 versus 2.2) and depression-HADS (mean=1.3 versus 1.5) compared to CG. The positive outcomes indicated the potential of hypnotherapy as a promising adjunctive tool in improving HRQoL among people with excess weight issues

### **ASSOCIATIONS OF HEALTH-RELATED QUALITY OF LIFE PROFILES AND COGNITIVE IMPAIRMENTS AMONG PATIENTS WITH EPILEPSY**

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#### **Abstract**

Patients with epilepsy (PWE) often experience poor health-related quality of life (HRQoL) due to comorbidities, treatment side-effects, seizure severity and cognitive impairments. Hence, this cross-sectional study attempts to explore the HRQoL profiles and its associations with self-perceived cognitive impairment among PWE in selected hospitals in Terengganu, Kelantan and Pahang, Malaysia. Participants completed the sociodemographic and five-dimension European Quality of Life (EQ-5D) scale (higher scores indicating better QoL). The cognitive impairments were assessed using A-B neuropsychological assessment schedule (ABNAS) that consists of six domains - Fatigue, Slowing, Memory, Concentration, Motor Coordination and Language. Data was analysed using SPSS 25.0, employing descriptive, simple and multiple linear regression tests. A total of 86 PWE enrolled via convenience sampling (mean age =  $33.9 \pm 11.3$ ; female = 59.3%; unmarried = 51.2%; Malay = 94.2%; secondary school = 50.0%; income RM1,000 – RM2,999 = 40.7%). The mean visual analogue scale (VAS) score was  $74.2 \pm 24.2$  (minimum score = 20, maximum score = 100), indicating moderately-high HRQoL profiles among participants. The multivariate analysis showed that motor coordination was negatively associated with VAS score ( $\beta = -4.3$ ,  $p = 0.009$ ). The outcomes suggest a potentially greater risk of poor HRQoL among PWE if left untreated. Further research is needed to clarify the associations and to improve health status among PWE.

### **Perspectives on Well-being from Older Adults and Youth - A Q Methodology Study**

Hua-I Hsu (National Taiwan Normal University), Stephanie Fu Yang (National Cheng Kung University), Chih-Chi Liu (National Taiwan Normal University), Job Van Exel (Erasmus University Rotterdam) and Hsueh-Chih Chen (National Taiwan Normal University).

#### **Abstract**

The study explores the diverse perceptions of well-being among two distinct age groups in Taiwan. The research incorporates a participant pool of 53 older adults aged 65-80 (mean age 72.5) and 123 youths aged 18-30 (mean age 24.3). Employing Q methodology, a unique approach blending qualitative and quantitative research methods, the study identifies and analyzes five distinct viewpoints on well-being. The first viewpoint, prevalent among older adults, emphasizes traditional values and physical health. The second viewpoint, also among older adults, focuses on financial security intertwined with family relationships. The third viewpoint, reflecting a modern perspective, prioritizes emotional well-being and mental health, showing a heightened awareness of psychological factors. The fourth viewpoint, named "Emotional Fulfillment and Life Harmony," uniquely captures the essence of cultivating positive emotions, aligning life goals, and achieving happiness. The fifth viewpoint, predominantly held by youth, illustrates contemporary values and societal challenges, encompassing aspects like self-fulfillment, personal aspirations, and adapting to modern societal dynamics. This study's comprehensive analysis underscores the multifaceted nature of well-being and the importance of considering generational differences in enhancing life quality. Its insights are pivotal for developing targeted well-being strategies and policies, ensuring effective interventions across different age groups in Taiwan. The study contributes

significantly to the broader understanding of well-being, emphasizing the need for nuanced, culturally sensitive approaches in research and practice.

### ***Happy Routes for Institutional Campuses De-stressing PhD Scholars through Urban Design***

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#### ***Abstract***

It has been well established that Urban Design has the potential to positively impact mental health. Also, college students have been identified as a vulnerable population with regard to overall wellness, and specifically the doctoral researchers, who more than often tend to feel stressed due to time pressure and uncertainty about doctoral processes. This study explores the potential of university campus designs to be restorative for students, through the design of "happy routes" as destressors, specifically considering the case of doctoral researchers. 'Happy Routes' implies the design of streets [for walking and cycling], which possess experiential qualities that arouse positive emotions. Through a literature review, this exploratory study presents inferences on the plausibility of "happy routes" on campus, being therapeutic for doctoral scholars. This study is a contribution towards the development of a methodology for assessing university campus design for student wellness and happiness.

### ***Preserving Intangible Cultural Heritage to Improve Quality of Life The Need for a Digital Audiovisual Archives in Sabah, Malaysia***

Jacqueline Pugh-Kitingan (Universiti Malaysia Sabah).

#### ***Abstract***

Anthropologist George Appell, the Founder and President of the Borneo Research Council, and his wife Laura devoted their lives to research among the Rungus of Sabah. They noted the importance of an appreciation for and access to the cultural past for peoples experiencing change. People have the capacity to deal with change when their cultural past is viewed positively as a foundation for facing the future. Communities who cannot access their cultural past through museums, ethnographies, histories and other sources, however, often become normless and suffer serious social problems as a result. The intangible cultural heritage (ICH) consisting of oral traditions, music, dance, traditional knowledge and other elements is an important part of the cultural past of Borneo societies. Today, however, many of these heritage sources are preserved only as fragile analogue recordings and transparencies. Although the Sabah State Archives has begun to digitise some of its recorded stories, Sabah lacks public facilities to digitise older recordings and films. There is a great need for a fully-operational digital audiovisual archives to preserve the ICH of its ethnic groups. This presentation discusses the importance of preserving the ICH for Sabah's cultures, the potential capacity of a proposed audiovisual archives, and the need for safeguarding indigenous copyrights over the ICH of communities.

### ***NCD risks and wellbeing a cross-sectional study utilising objective measures in Indonesian adolescents***

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#### ***Abstract***

Non-communicable disease (NCDs) risks and mental health problems are increasing. In Indonesian adolescents, little is known about how NCD risks are related to current mental wellbeing. We aim to describe the prevalence, sociodemographic distribution, and co-occurrence of risk-factors and describe how wellbeing indicators vary among adolescents experiencing risk. This school-based cross-sectional study sampled 16-18-year-olds in Jakarta and South Sulawesi (N=1337). NCD risks were obtained from anthropometric measures and self-report survey. Validated measures of quality of life (QoL; Youth QoL Instrument and Pediatric QoL Inventory-Physical Function) and psychological distress (Kessler-10) were used as indicators of wellbeing. We produced summary statistics for risk-factors (prevalence), wellbeing outcomes (means), and estimated risk-ratios within sociodemographic groups. Linear regression was used to estimate

associations between co-occurring risk count and wellbeing. Of the five risk domains examined (adiposity, substance use, physical activity, excess sedentary, and diet) 58.9% of adolescents had risks in 3 or more domains. We found psychological distress was positively associated with every domain; physical function QoL was negatively associated with adiposity, physical inactivity, and excess sedentary; and general QoL was negatively associated with substance use, physical inactivity, and diet. A higher count of co-occurring risk factors was associated with increased psychological distress and decreased QoL. NCD risk factors are very prevalent, and their co-occurrence has an important relationship to wellbeing in our adolescent sample. Longitudinal research is needed to better understand the direction of these relationships. Investment in NCD risk prevention may improve the current and future health and wellbeing of Indonesian adolescents.

### ***Relationship between Socioeconomic Risk Factors, Psychological Inflexibility, and Depression among Individuals Living in Rural Areas***

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#### ***Abstract***

**Introduction** A high prevalence of depression in rural areas has led to increases in suicidality. Our study aim is to investigate the role of psychological inflexibility as a mediator in the relationship between socioeconomic risk factors and depression in a rural population in Borneo.

**Methods** 115 participants were enlisted in this cross-sectional study that utilized convenience sampling of all participants in a community healthcare program. Three questionnaires were used the sociodemographic risk factor questionnaire, the PHQ-9 questionnaire to measure depression, and the AAQ-II questionnaire to measure psychological inflexibility. The sociodemographic data was analyzed and described using descriptive statistics using IBM SPSS version 28.0. The statistical analysis of the mediating model was carried out using PLS-SEM and SmartPLS 4.0 (Henseler et al., 2016). An indirect effects analysis was performed on the structural model to explain the mediating effect of psychological inflexibility between socioeconomic factors and depression.

**Results** The analysis showed that psychological inflexibility acts as a mediator in the relationship between both being married and native, and depression. Other socioeconomic risk factors such as gender, employment, and education level did not mediate between psychological inflexibility and depression.

**Conclusion** Marriage and native ethnicity are identified as a buffer and protective factor from psychological inflexibility and depression. Future research should focus on establishing a clearer picture of how marital status and native ethnicity of Sabah affects psychological flexibility and mental health.

### ***Lifestyle factors and suicide risk a nationwide population-based study***

Hyewon Kim (Hallym University Sacred Heart Hospital), Soorack Ryu (Hanyang University), Hong Jin Jeon (Samsung Medical Center) and Sungwon Roh (Hanyang University College of Medicine).

#### ***Abstract***

**Objective** To examine the association between lifestyle factors and suicide-related outcomes

**Methods** Data from the Korea National Health and Nutrition Examination Survey in 2015 and 2017 were used. We identified lifestyle factors including smoking, physical activity, alcohol intake, and the Healthy Eating Index (HEI) in 9,529 eligible subjects. We analyzed the risk of suicidal ideation, plan, attempt, and the composite of suicidality within the past year according to the lifestyle factors. In addition, stratified analyses were performed according to the diagnostic history of depression.

Results Compared to never-smokers, ex-smokers and current smokers showed an increased risk of suicidal ideation, suicidal plan, and the composite of suicidality. Compared to the low HEI group, those with the highest HEI showed a decreased risk of suicide ideation and the composite of suicidality. Among those with depression, the increased risk of suicide-related outcomes from smoking was more prominent, and heavy drinking was associated with an increased risk of suicide attempts.

Conclusion Smoking and heavy drinking were associated with an increased risk of suicide-related outcomes, but high-quality diets and non-heavy drinking were associated with a decreased risk. In people with depression, the associations between lifestyle factors and suicide-related outcomes were stronger than in those without depression.

### ***Work, Wellbeing and Terminal Illness***

Joanne Smithson (The What Works Centre for Wellbeing).

#### ***Abstract***

As the population ages, works longer and disease treatments continue to improve, there are more people in the UK working with terminal illness. This research, in partnership with Marie Curie, the UK's leading end of life charity explored what is known about the experiences of employees working with terminal illness, and how workplace policies can be designed and deployed to provide effective support. In the UK, around 25,000 people a year of working age die in poverty. A scoping review of the literature on the experience of terminal illness in working age people identified three core and inter-related themes social, welfare and legal needs; financial stress and mental wellbeing. If unmet, these needs have important impacts on whether a person continues to work. An online survey of 1,016 Human Resources (HR) professionals in the UK highlighted that employees with a terminal illness receive wide-ranging employer support. This depends in part, on organisation size and industry sector. Support provided includes flexible working, paid time off to attend appointments and manage the demands of illness/treatment, and managing terminal illness outside of standard sickness reporting processes. A six-month peer mentor support and action learning programme was developed recruiting HR leaders from ten organisations drawn from the public, private and charity sector. A guide to workplace policies and practice was co-developed covering six areas attendance flexibility, adjustments to work arrangements, managing absence, sources of support, financial wellbeing and stopping & leaving work. Three principles for effective implementation were identified compassion, communication and consistency.

### ***Investigating Leisure and Recreational Experience for Urbanites along the Urban River Corridors in Klang Valley***

Cheng Peng (Universiti Putra Malaysia) and Sreetheran Maruthaveeran (Universiti Putra Malaysia).

#### ***Abstract***

There is a need to understand the key usability factors of river corridors in Klang Valley to provide better user leisure experiences among urban residents in Klang Valley. This study investigates these factors, addressing the underutilisation and deteriorating relationship between communities and urban rivers. Employing a mixed-method approach, the research integrates sensory assessments, ecological continuity, geomorphic insights, and socio-economic factors with environmental psychology. Through literature reviews and user surveys, the study identifies preferred outdoor conditions, design elements, and key usability components. Statistical analysis will be performed using STATA to evaluate the collected data. Expected outcomes include improved user satisfaction, equitable and economically beneficial designs, enhanced psychological well-being, and sustainable ecological health. This research aims to develop a theoretical framework for integrated design strategies, contributing to better user engagement and optimised leisure experiences in Klang Valley's river corridors.