

The concept of

Wellbeing

Does Well-Being have a definition?

Wellbeing and its meaning is argued academically and socially about its diverse meaning. However in their work *the challenge of defining wellbeing* (Dodge, A. et al 2012) 'many attempts at expressing its nature have focused purely on dimensions of wellbeing, rather than on definition' and concluded 'it would be appropriate for a new definition of wellbeing to centre on a state of equilibrium or balance that can be affected by life events or challenges.'

This definition could also be agreed by Diener et al (2009) 'These evaluations, which can be both positive and negative, include judgments and feelings about life satisfaction, interest and engagement, affective reactions such as joy and sadness to life events, and satisfaction with work, relationships, health, recreation, meaning and purpose, and other important domains.'

- This would suggest Well-being is multi-layered and is always subjective to individuals and their attachments in life, that it's an always changing state effected by factors and influencing actions.

‘Increasing Well-being is generally accepted as one of the essential components of social progress, but if different aspects of life all contribute to well-being, can or should we construct an overall measure of it? ?’ Richardson and Schokkaert (2017)

- What factors can contribute to wellbeing of an individual ?

Dynamic model of wellbeing(Whatworkswell, no date)



In their article Dynamic model of wellbeing Campion & Nurse (2007) they concluded that ‘This model places wellbeing at the centre of the interrelationship between public and mental health strategies. It emphasizes that wellbeing is affected by the wider context of risk and protective factors’

Example:

- ‘Wellbeing is not necessarily bound by income, rather, it is an individual’s thoughts and feelings about how well they are doing in life, contentment with material possessions and having relationships that enable them to achieve their goals. Many factors impact upon an individual’s ability to live well including war, conflict, social fragmentation, inequality, poverty, malnourishment as well as access to resources.’ Ashton and Jones (2013)

- The quote states that your financial position doesn’t make your wellbeing decline negatively rather the outside effects that change the persons state of normality, so for example:

The person is not meeting their financial needs therefore cannot meet their basic needs to pay– Rent, Food, fuel of heating etc.

A person who relies on welfare. Their circumstances require that the majority of income comes from the Government. They have been subjected to the amount they receive due to changes in new laws.

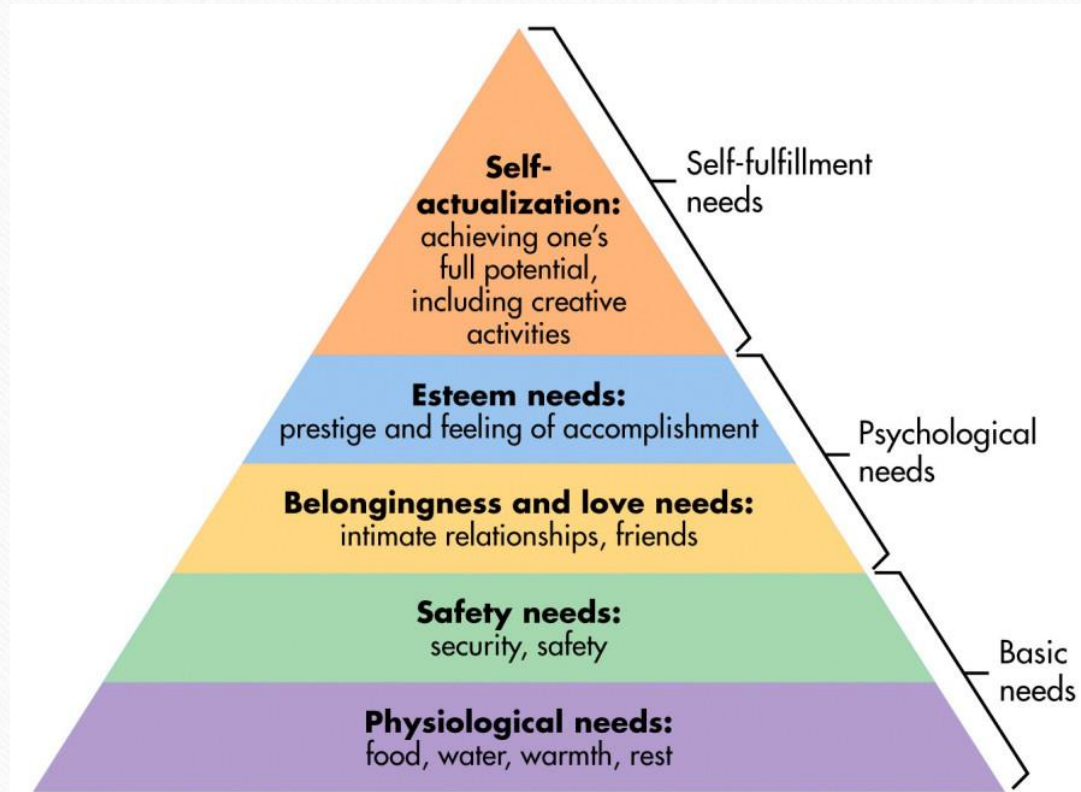


Their physical health suffers, their mental health is implicated and they start to lose their social functions that would be normal to them

Their wellbeing is effected negatively. They would then require additional services such as help from mental health specialist, employability services – Costs covered via NHS, Careers services
Outside factors created a change thus effecting the person and ultimately costing those who issues the change more.

Maslow's hierarchy and Wellbeing

Can then back up the persons needs via Maslow's hierarchy of needs.



According to Gorman (2010) the hierarchy's simplified understanding of Maslow's ideas, 'Maslow described the individual as an integrated and organic whole motivated by needs that are hierarchical - unfulfilled lower needs dominate thinking and behaviour until they are satisfied. Once satisfied, the next level dominates or is expressed in everyday life.'

From looking at the concept of wellbeing on a small scale we can now understand why it's being looked at on a larger scale:

'Gross Domestic Product (GDP) was designed to measure the production of an economy, not the well-being of a nation. However, for many years it has been used as a proxy for well-being as an increase in GDP is associated with an improvement in other measures of well-being' (Office of National Statistics (ONS), 2009)



In 2011, the United Nations General Assembly noted that Gross Domestic Product (GDP) did not accurately reflect the happiness and human wellbeing of the people in a country. The United Nations has highlighted the need for a new economic paradigm based on the principles of happiness and wellbeing, ecological sustainability, efficient use of resources and fair distribution

'We have to bear mind that any international comparisons are difficult to make, because of inherent difference between countries. Also, no measure of national income is designed to fully capture material well-being' (ONS, 2009)

The United Nations International Day of happiness March 20th

‘Recognising the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives. Recognising also the need for a more inclusive, equitable and balanced approach to economic growth that promotes sustainable development, poverty eradication, happiness and the well-being of all peoples.’ United Nations (No Date)



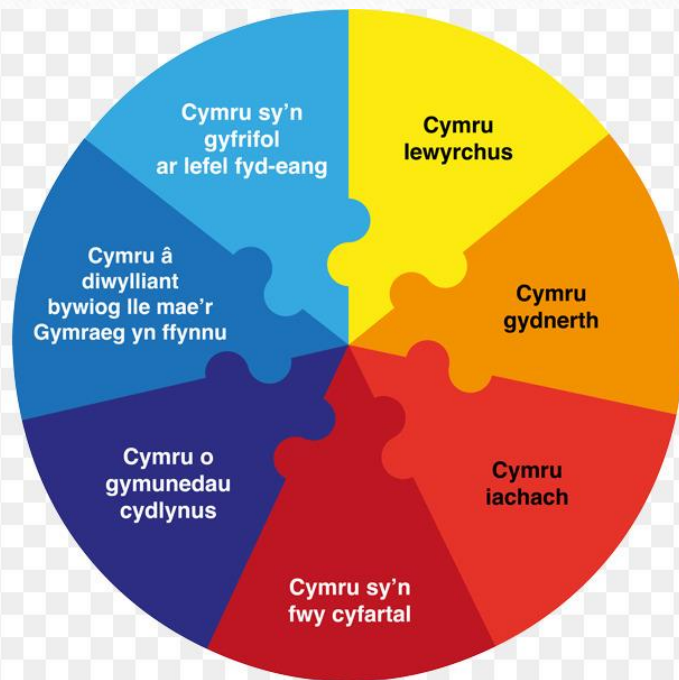
(Wallsource, no date)

Alongside recognising happiness and its key to wellbeing internationally, the UN have 17 sustainability goals that target the areas that cause negative wellbeing and proactive targets to help address them. Video link here:



Well-Being and it's future in Wales

'The Well-being of Future Generations (Wales) Act is about improving the social, economic, environmental and cultural well-being of Wales. '(Future Generations, 2015)



Well-Being Goals (Future Generations, 2015)

These interconnected goals are measured in national indicators and milestones to measure Wales' well-being in the coming years and from the act achieve the goals as a unified country to benefit each persons well-being as well as the countries.

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Image 1: What works well, (no date) *Dynamic model of wellbeing*. Available at <https://whatworkswellbeing.org/blog/how-to-measure-your-wellbeing-impact-new-guidance/> (Accessed March 01 2019)

Image 2: Clipart

Image 3: Simply psychology (2018) *Maslows hierarchy of needs*. Available at: <https://www.simplypsychology.org/maslow.html>

Image 4: Vector stock, (no date) *Children around the world*. Available at: <https://www.vectorstock.com/royalty-free-vector/children-around-the-world-vector-6854765>

Image 5: wallsource,(no date) *Happiness*. Available at: <https://hdwallsource.com/scrabble-happiness-widescreen-wallpaper-52750.html>