

# The Psychology of Quality of Life

# Social Indicators Research Series

---

## Volume 50

---

General Editor:

ALEX C. MICHALOS

*Brandon University, Faculty of Arts Office  
Brandon, Manitoba  
Canada*

Editors:

ED DIENER

*University of Illinois, Champaign, USA*

WOLFGANG GLATZER

*J.W. Goethe University, Frankfurt am Main, Germany*

TORBJORN MOUM

*University of Oslo, Norway*

MIRJAM A.G. SPRANGERS

*University of Amsterdam, The Netherlands*

JOACHIM VOGEL

*Central Bureau of Statistics, Stockholm, Sweden*

RUUT VEENHOVEN

*Eramus University, Rotterdam, The Netherlands*

This new series aims to provide a public forum for single treatises and collections of papers on social indicators research that are long to be published in journal *Social Indicators Research*. Like the journal, the book series deals with statistical assessments of the quality of life from a broad perspective. It welcomes the research on a wide variety of substantive areas, including health, crime, housing, education, family life, leisure activities, transportation, mobility, economics, work, religion and environmental issues. These areas of research will focus on the impact of key issues such as health on the overall quality of life and vice versa. An international review board, consisting of Ruut Veenhoven, Joachim Vogel, Ed Diener, Torbjorn Moum, Airjam A.G. Sprangers and Wolfgang Glantzer, will ensure the high quality of the series as a whole.

For further volumes:

<http://www.springer.com/series/6548>

M. Joseph Sirgy

# The Psychology of Quality of Life

Hedonic Well-Being, Life Satisfaction,  
and Eudaimonia

Second Edition

 Springer

M. Joseph Sirgy  
Department of Marketing  
Pamplin College of Business  
Virginia Polytechnic Institute  
and State University  
Blacksburg, Virginia 24061-0236, USA

ISSN 1387-6570

ISBN 978-94-007-4404-2

ISBN 978-94-007-4405-9 (eBook)

DOI 10.1007/978-94-007-4405-9

Springer Dordrecht Heidelberg New York London

Library of Congress Control Number: 2012940254

© Springer Science+Business Media B.V. 2012

This work is subject to copyright. All rights are reserved by the Publisher, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other physical way, and transmission or information storage and retrieval, electronic adaptation, computer software, or by similar or dissimilar methodology now known or hereafter developed. Exempted from this legal reservation are brief excerpts in connection with reviews or scholarly analysis or material supplied specifically for the purpose of being entered and executed on a computer system, for exclusive use by the purchaser of the work. Duplication of this publication or parts thereof is permitted only under the provisions of the Copyright Law of the Publisher's location, in its current version, and permission for use must always be obtained from Springer. Permissions for use may be obtained through RightsLink at the Copyright Clearance Center. Violations are liable to prosecution under the respective Copyright Law.

The use of general descriptive names, registered names, trademarks, service marks, etc. in this publication does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

While the advice and information in this book are believed to be true and accurate at the date of publication, neither the authors nor the editors nor the publisher can accept any legal responsibility for any errors or omissions that may be made. The publisher makes no warranty, express or implied, with respect to the material contained herein.

Printed on acid-free paper

Springer is part of Springer Science+Business Media ([www.springer.com](http://www.springer.com))

*This book is dedicated to all  
quality-of-life researchers  
worldwide.*



# Preface

In 2002, I wrote *The Psychology of Quality of Life* that was published by Kluwer Academic Publishers. The current book is an attempt to update the first edition that was published in 2002. The amount of research in quality of life (QOL) over the last decade has been enormous. Therefore, this second edition of the book is essentially a major overhaul of the book. I tried to incorporate much of the recent research in this area in this new edition. The references section at the end of the book is “huge,” a testimony of the amount of the research on subjective well-being that was published during the last decade.

The second edition is divided into six major parts. Part I is essentially the introduction. This part has three chapters. Chapter 1 lays the philosophical foundation of much of the research in the subjective aspects of QOL in terms of three major constructs: hedonic well-being, life satisfaction, and eudaimonia. Although throughout the book I tried to be as specific as possible in the way QOL researchers use the concepts of *hedonic well-being* (other interchangeable terms and concepts include emotional well-being, happiness, the affective component of subjective well-being, positive and negative affect, etc.), *life satisfaction* (QOL researchers refer to this concept as the cognitive component of subjective well-being), and *eudaimonia* (QOL researchers use terms such as psychological well-being, self-actualization, self-realization, individual growth, self-development, mental health, flourishing, etc.), I sometimes used the term *subjective QOL*, *subjective well-being*, or *happiness* as a “catch-all” concept. In other words, in the absence of specificity, I made reference to subjective well-being or the subjective aspects of QOL. In Chap. 2, I covered much of the research that deals with major distinctions among subjective well-being constructs. In Chap. 3, I made a case for the importance of the research in the psychology of QOL. I discuss much of the research showing the beneficial effects of happy people at work, to health, and to society at large.

Part II of the book focuses on research dealing with objective reality. That is, I described research showing how sociocultural factors (Chap. 4); income factors (Chap. 5); other demographic factors such as age, gender, and education (Chap. 6); personal activities (Chap. 7); and biological and health conditions (Chap. 8) affect

subjective well-being. These conditions essentially reflect the actual internal and the external physical environment that an individual finds oneself in. This objective reality impinges on his subjective well-being.

Part III of the book focuses on subjective reality. Objective reality ultimately translates into subjective reality, and in this context, the individual transforms information from “objective reality” into “subjective reality,” which in turn influences the individual’s sense of well-being. Subjective reality can be in the form of personality (Chap. 9), affect and cognition (Chap. 10), beliefs and values (Chap. 11), needs and need satisfaction (Chap. 12), goals (Chap. 13), self-concept (Chap. 14), and social comparisons (Chap. 15). We discussed not only how the individual processes information from the objective environment but also how he or she manipulates this information that ultimately puts a dent into his or her subjective well-being.

Part IV focuses on the psychology of well-being that is specific to life domains. In this context, I began this part of the book with a chapter dealing with domain dynamics (Chap. 16). This chapter covered much of the theories explaining how domain satisfaction plays a role in subjective well-being. Then I described much of the research in relation to work well-being (Chap. 17), residential well-being (Chap. 18), material well-being (Chap. 19), social/family/marital well-being (Chap. 20), health well-being (Chap. 21), leisure well-being (Chap. 22), and well-being in other less salient life domains such as spiritual well-being, political well-being, educational well-being, and environmental well-being (Chap. 23).

In Part V of the book, I reviewed much of the research on special populations. Specifically, Chap. 24 focuses on the psychology of QOL in relation to children, youth, and college students. Chapter 25 focuses on the well-being of the elderly; Chap. 26, on well-being issues of women; Chap. 27, the well-being of entire countries; and Chap. 28 covers a potpourri of other population groups such as the disabled, drug addicts, prostitutes, emergency personnel, immigrants, teachers, and caregivers.

The final part of the book (Part VI) has two chapters. Chapter 29 focuses on theories and models of subjective well-being that attempt to integrate and unify disparate concepts and programs of research in subjective well-being. In the final chapter (Chap. 30), I offered my concluding thoughts by addressing the importance of the psychology of QOL in the context of public policy. That is, I echoed the overall sentiment by the vast majority of QOL researchers that public policy should be, at least in part, guided by happiness research. But also I warned the reader that happiness research is not enough. The call to action is to broaden our approach in happiness research to incorporate other aspects of QOL research at higher levels of analysis (i.e., the group level, the community level, the societal level).

This book contains much rich information about the psychology of QOL (hedonic well-being, life satisfaction, and eudaimonia). I hope that readers of this book will find this book helpful to their own understanding of QOL issues and most importantly in guiding their own research agenda in subjective well-being.

Happy reading,  
Joe Sirgy



# Contents

## Part I Introduction

<b>1 Philosophical Foundations, Definitions, and Measures .....</b>	<b>5</b>
1 Happiness Is Both a Philosophical and Psychological Concept .....	5
2 Happiness as a Strong and Universal Motive.....	6
3 Bentham Versus Aristotle .....	6
4 Three Philosophical Views of Happiness.....	7
4.1 Psychological Happiness (Hedonic or Emotional Well-Being).....	7
4.2 Prudential Happiness (Life Satisfaction or the Cognitive Component of Subjective Well-Being).....	13
4.3 Perfectionist Happiness (Eudaimonia or Psychological Well-Being) .....	18
5 Conclusion .....	23
References.....	23
<b>2 Further Distinctions Among Major Subjective QOL Concepts .....</b>	<b>31</b>
1 Subjective Versus Objective QOL.....	31
2 Inputs Versus Outcomes of QOL .....	33
3 Inner Versus Outer Aspects of QOL .....	34
4 Happiness Versus Life Satisfaction.....	35
5 Subjective Well-Being as an Umbrella Concept .....	36
5.1 Cognitive Versus Affective .....	38
5.2 Positive Versus Negative.....	39
5.3 Short Term Versus Long Term .....	40
6 Subjective Well-Being Versus Eudaimonia .....	40
7 Subjective Well-Being Versus Psychological Well-Being .....	41
8 Summary.....	41
References.....	42

**3 Consequences of Hedonic Well-Being, Life Satisfaction, and Eudaimonia** ..... 45

1 QOL Effects on Health ..... 45

2 QOL Effects on Achievement and Work ..... 48

3 QOL Effects on Social Relationships, Prosocial Behavior, Trust, and Future Happiness ..... 51

4 How Much Happiness Is Optimal? ..... 52

5 Happiness Is Adaptive ..... 53

6 Summary ..... 55

References ..... 55

**Part II Objective Reality and Its Effects on Subjective QOL**

**4 Effects of Socioeconomic, Political, Cultural, and Other Macro Factors on QOL** ..... 63

1 A Theoretical Model Linking Socioeconomic, Political, and Cultural Factors with QOL..... 63

2 Macro Effects on QOL..... 65

2.1 Economic Effects on QOL..... 65

2.2 Political Effects on QOL..... 70

2.3 Sociocultural Effects on QOL..... 72

3 Summary ..... 76

References..... 76

**5 Effects of Income and Wealth on Subjective QOL** ..... 81

1 Effect of Wealth on Subjective QOL: Individual Level and Short Term ..... 81

2 Effect of Wealth on Subjective QOL: Individual Level and Long Term..... 85

3 Effect of Wealth on Subjective QOL: National Level and Short Term ..... 86

4 Effect of Wealth on Subjective QOL: National Level and Long Term ..... 88

5 Conclusion ..... 90

References..... 91

**6 Effects of Other Demographic Factors on Subjective QOL**..... 95

1 Effects of Age ..... 95

2 Effects of Gender ..... 97

3 Effects of Marital Status, Family Composition, and Family Life Cycle ..... 98

4 Effects of Education..... 100

5 Effects of Work-Related Demographics ..... 102

6 Effects of Community-Related Demographics ..... 103

7 Effects of Ethnicity and Minority Status..... 103

8 Effects of Religious Affiliation ..... 104

9 Summary ..... 104

References..... 105

**7 Effects of Personal Activities on Subjective QOL**..... 109

1 QOL Theories Related to Activities..... 109

    1.1 Classical Conditioning..... 109

    1.2 Activity..... 110

    1.3 Flow ..... 111

    1.4 Personal Expressiveness ..... 111

2 Effects of Specific Activities on QOL ..... 113

    2.1 Social Activities ..... 113

    2.2 Leisure and Recreation Activities ..... 114

    2.3 Spiritual and Community Activities ..... 115

    2.4 Economic Activities..... 117

3 Conclusion ..... 118

References..... 118

**8 Effects of Genetics, Health, Biology, the Environment, and Drugs on Subjective QOL**..... 123

1 Effects of Genetics ..... 123

2 Effects of Health Factors..... 124

3 Effects of Biological/Physiological Factors..... 126

4 Effects of the Physical Environment..... 127

5 Effects of Drugs and Substance Abuse ..... 128

6 Toward an Integration of Neurochemical Concepts Related to Subjective QOL ..... 130

7 Toward an Integration of Concepts Related to the Brain Reward Center..... 132

8 Summary ..... 134

References..... 135

**Part III Subjective Reality and Its Effects on Subjective QOL**

**9 Effects of Personality on Subjective QOL** ..... 141

1 Which Personality Traits Affect Subjective QOL?..... 141

    1.1 Neuroticism and Extraversion..... 141

    1.2 Self-Esteem ..... 142

    1.3 Affective Disposition ..... 143

    1.4 Mindfulness..... 143

    1.5 Character Strengths..... 145

    1.6 Other Personality Traits ..... 146

2 Theories Explaining How Personality Influences Subjective QOL ..... 147

    2.1 Instrumental Theory..... 147

    2.2 Temperament Theory ..... 147

    2.3 Top-Down Theory ..... 148

    2.4 Set-Point Theory ..... 149

    2.5 Genotype Theory of Happiness ..... 150

3 Summary ..... 150

References..... 151

<b>10</b>	<b>Effects of Affect and Cognition on Subjective QOL</b> .....	155
1	Mood.....	155
2	Causal Attribution.....	156
3	Appraisals.....	157
4	Personal Meaning.....	159
5	Habituation.....	161
6	Cognitive Frames.....	161
7	Summary.....	162
	References.....	163
<b>11</b>	<b>Effects of Beliefs and Values on Subjective QOL</b> .....	165
1	Effects of Generalized Beliefs on Subjective QOL.....	165
1.1	Effects of Positive Views.....	165
1.2	Effects of Trust.....	166
1.3	Effects of Forgiveness and Gratitude.....	166
1.4	Effects of Political Persuasion.....	167
1.5	Effects of Religious Beliefs.....	167
1.6	Effects of Social Axioms.....	168
2	Effects of Personal Values on Subjective QOL.....	168
2.1	Effects of Individualism-Collectivism Orientation.....	171
2.2	Effects of Secularism.....	172
2.3	Effects of Materialism.....	172
3	Summary.....	174
	References.....	174
<b>12</b>	<b>Effects of Needs and Need Satisfaction on Subjective QOL</b> .....	179
1	Concepts and Theories.....	179
1.1	Needs for Having, Loving, and Being.....	179
1.2	Needs for Being, Belonging, and Becoming.....	180
1.3	Physical, Social, and Self-Actualization Needs.....	180
1.4	The Need for Self-Determination.....	183
1.5	The Needs for a Pleasant Life, an Engaged Life, and a Meaningful Life.....	185
1.6	The Human Need for Flourishing.....	187
1.7	The Need for a Life Purpose.....	188
2	Summary.....	189
	References.....	189
<b>13</b>	<b>Effects of Goals on Subjective QOL</b> .....	191
1	Goal Valence.....	192
1.1	Effects of Meaningful Goals.....	192
1.2	Effects of Intrinsic Versus Extrinsic Goals.....	193
1.3	Effects of Abstract Versus Concrete Goals.....	193
1.4	Effects of Hygiene Versus Motivational Goals.....	194
1.5	Effects of Approach Versus Avoidance Goals.....	194
1.6	Effects of Goals Related to Deprived Versus Nondeprived Needs.....	195

- 1.7 Effects of Autonomous Versus Nonautonomous Goals ..... 196
- 1.8 Effects of Goals Related to Flow ..... 196
- 2 Goal Expectancy ..... 197
  - 2.1 Effects of Adaptable Versus Nonadaptable Goals ..... 197
  - 2.2 Effects of Goals That Are Congruent Versus  
Noncongruent with Cultural Norms..... 199
  - 2.3 Effects of Goals That Are Congruent Versus  
Noncongruent with Personal Motives..... 200
  - 2.4 Effects of Goals That Are Congruent Versus  
Noncongruent with Personal Resources ..... 201
  - 2.5 Effects of Goals That Are Realistic Versus Nonrealistic ..... 201
  - 2.6 Effects of Goal Conflict ..... 202
- 3 Goal Implementation and Attainment..... 202
  - 3.1 Effects of Goal Commitment ..... 204
  - 3.2 Effects of Recognition of Goal Attainment ..... 205
  - 3.3 Effects of Concrete Thinking..... 205
  - 3.4 Effects of Perceived Goal Progress..... 205
- 4 Summary ..... 206
- References..... 206
- 14 Effects of Self-Concept on Subjective QOL..... 211**
  - 1 Self-Concept Theory ..... 212
  - 2 Effects of Various Self-Concept Dimensions..... 213
    - 2.1 The Ideal Self ..... 213
    - 2.2 The Social Self ..... 214
    - 2.3 The Deserved Self ..... 215
    - 2.4 The Minimum-Needs Self..... 216
    - 2.5 The Predicted Self ..... 216
    - 2.6 The Competent Self ..... 217
    - 2.7 The Aspired Self ..... 218
    - 2.8 Self-Concept Integration..... 218
  - 3 Summary ..... 219
  - References..... 219
- 15 Effects of Social Comparisons on Subjective QOL..... 223**
  - 1 Impact of Social Comparisons ..... 223
  - 2 Motivational Sources of Social Comparisons ..... 224
    - 2.1 Self-Enhancement ..... 225
    - 2.2 Self-Improvement ..... 227
    - 2.3 Self-Identification ..... 228
    - 2.4 Fictitious Occurrences ..... 229
    - 2.5 Integration of Social Comparison Judgments..... 229
  - 3 Summary ..... 230
  - References..... 231

## Part IV Life Domains

<b>16 Domain Dynamics</b> .....	237
1 Life Domain Effects on QOL.....	237
2 Life Domain Theories .....	240
2.1 Bottom-Up Spillover Theory .....	240
2.2 Horizontal Spillover Theory .....	246
2.3 Segmentation Theory .....	249
2.4 Compensation Theory .....	249
2.5 Balance Theory .....	253
3 Summary and Conclusion .....	261
References.....	263
<b>17 Work Well-Being</b> .....	269
1 What Is Work Well-Being? .....	269
1.1 Work Well-Being as Meaningful Work.....	270
1.2 Work Well-Being as an Affective Response Toward the Work Environment .....	270
1.3 Work Well-Being as Ratio of Positive and Negative Affect Experienced at Work.....	271
1.4 Work Well-Being as Need Satisfaction Through Organizational Resources.....	271
1.5 Work Well-Being as Satisfaction in Work Life.....	272
1.6 Work Well-Being Is a Component of the Broader Employee Well-Being Concept.....	273
1.7 Job-Specific Well-Being and Context-Free Well-Being .....	274
1.8 The European Commission Definition of Quality of Work .....	274
2 Does Work Well-Being Contribute Significantly to Subjective QOL, and If So How? .....	275
2.1 Domain Satisfaction Theories .....	276
2.2 Role Theories .....	279
2.3 Resource Theories.....	281
2.4 Ego-Involvement Theories.....	282
2.5 Human Development Theories .....	283
2.6 Goal Theories.....	284
3 What Are Other Consequences of Work Well-Being?.....	285
4 What Are the Predictors of Work Well-Being and Subjective QOL? .....	286
4.1 The Work Environment.....	287
4.2 Employee Characteristics.....	290
4.3 Work-Related Behaviors .....	291
5 Summary .....	292
References.....	293

- 18 Residential Well-Being**..... 303
  - 1 What Is Residential Well-Being?..... 303
    - 1.1 Gap Between Actual and Desired Housing and Neighborhood Conditions ..... 304
    - 1.2 Residents’ Attitude Toward Their Living Space..... 304
    - 1.3 Residents’ Feelings of Gratification from Living in a Specific Place..... 304
    - 1.4 Residents’ Feelings of Satisfaction with the Community at Large ..... 304
    - 1.5 Residents’ Perceptions/Evaluations/Satisfaction of Community Amenities/Services/Conditions ..... 305
    - 1.6 Perceptions and Evaluations of the Community by Planners..... 305
    - 1.7 Community Pride ..... 308
    - 1.8 Satisfaction with Dwelling Features ..... 308
  - 2 Does Residential Well-Being Play a Significant Role in Subjective QOL? ..... 308
  - 3 Factors Affecting Residential Well-Being and Subjective QOL..... 310
    - 3.1 Institutional Factors ..... 310
    - 3.2 Social Factors..... 311
    - 3.3 Environmental Factors ..... 315
    - 3.4 Economic Factors..... 318
  - 4 Summary ..... 319
  - References..... 319
- 19 Material Well-Being**..... 325
  - 1 What Is Material Well-Being? ..... 325
    - 1.1 Evaluation of One’s Financial Situation ..... 325
    - 1.2 Evaluation of One’s Standard of Living..... 326
    - 1.3 Feelings of Financial Security ..... 326
    - 1.4 Objective Indicators of Economic Well-Being ..... 327
    - 1.5 Consumers’ Feelings About Major Goods and Services ..... 327
    - 1.6 Satisfaction with Acquisition of Consumer Goods/Services and Possession of Major Consumer Durables ..... 327
    - 1.7 Satisfaction with Specific Categories of Obtained Goods and Services That Are Purchased Through Local Retail Institutions ..... 328
    - 1.8 Satisfaction with Acquisition, Preparation, Possession, Consumption, Maintenance, and Disposal of Materials Goods..... 328
    - 1.9 Subjective Well-Being Directly Related to a Product’s Benefits ..... 329
  - 2 Effect of Material Well-Being on Subjective QOL..... 329

- 3 Explaining the Material Well-Being Effect on QOL ..... 331
  - 3.1 Bottom-Up Spillover..... 331
  - 3.2 Top-Down Spillover..... 333
  - 3.3 Compensation ..... 334
  - 3.4 Self-Determination..... 334
  - 3.5 Values..... 335
  - 3.6 Need Deprivation ..... 337
  - 3.7 Social Comparison..... 337
  - 3.8 Adaptation..... 338
  - 3.9 Gain Versus Loss..... 339
  - 3.10 Cognitive Association..... 339
- 4 Predictors of Material Well-Being and QOL ..... 339
  - 4.1 Objective Financial Circumstances..... 340
  - 4.2 Materialism and Compulsive Consumption..... 342
  - 4.3 Consumption Life Cycle ..... 344
  - 4.4 Consumption Life Satisfaction ..... 345
  - 4.5 Demographics ..... 345
- 5 Summary and Conclusion ..... 346
- References..... 347
- 20 Social, Family, and Marital Well-Being ..... 353**
  - 1 What Is Social, Family, and Marital Well-Being? ..... 353
    - 1.1 Satisfaction with Social Life..... 353
    - 1.2 Social Adjustment..... 354
    - 1.3 Social Capital..... 354
    - 1.4 Social Support..... 355
    - 1.5 Family Life Quality..... 355
    - 1.6 Satisfaction with Family Life..... 356
    - 1.7 Social and Family Functioning ..... 356
    - 1.8 Family QOL..... 357
    - 1.9 Relationship Happiness..... 357
    - 1.10 Involvement in and Quality of Romantic Relationship..... 357
  - 2 Does Social, Family, and Marital Well-Being  
Contribute Significantly to Subjective QOL? ..... 358
  - 3 Explaining the Social/Family/Marital Well-Being  
Effect on Subjective QOL..... 360
    - 3.1 The Need to Belong ..... 360
    - 3.2 Attachment..... 361
    - 3.3 The Buffering Effect of Family..... 361
    - 3.4 Bottom-Up Spillover..... 362
    - 3.5 Horizontal Spillover..... 362
    - 3.6 Compensation ..... 362
    - 3.7 Mattering..... 363
  - 4 Effects of Social/Family/Marital Well-Being  
on Other Health Outcomes..... 364



- 5 Predictors of Social, Family, and Marital Well-Being and Subjective QOL ..... 364
  - 5.1 Social and Family-Related Factors ..... 364
  - 5.2 Individual Difference Factors ..... 366
  - 5.3 Factors Dealing with Conflict Between Family and Work ..... 368
- 6 Summary ..... 372
- References ..... 373
- 21 Health Well-Being** ..... 381
  - 1 What Is Health Well-Being? ..... 381
    - 1.1 Successful Adjustment to Illness ..... 381
    - 1.2 Good Functional Status ..... 382
    - 1.3 Perceptions of Low Illness Symptoms ..... 384
    - 1.4 Satisfaction with Personal Health ..... 384
    - 1.5 Positive Mood and Affect ..... 385
    - 1.6 Satisfaction with Personal Health and Related Life Domains ..... 385
  - 2 Does Health Well-Being Contribute Significantly to Subjective QOL? ..... 387
  - 3 Explaining the Health Well-Being Effect on Subjective QOL ..... 387
    - 3.1 Bottom-Up Spillover Theory ..... 388
    - 3.2 Homeostatic Control Theory ..... 388
  - 4 Predictors of Health Well-Being and Subjective QOL ..... 389
    - 4.1 Personal Health Factors ..... 389
    - 4.2 Health-Care Factors ..... 390
    - 4.3 Psychographics ..... 394
  - 5 Summary ..... 395
  - References ..... 396
- 22 Leisure Well-Being** ..... 401
  - 1 What Is Leisure Well-Being? ..... 401
    - 1.1 Satisfaction with Leisure Life ..... 401
    - 1.2 Satisfaction with Important Dimensions of Leisure Life ..... 402
    - 1.3 Perceived Recreation Quality ..... 403
    - 1.4 Satisfaction with Leisure Time ..... 403
    - 1.5 Satisfaction with a Specific Leisure Event ..... 403
  - 2 Does Leisure Well-Being Contribute to Subjective QOL? ..... 405
  - 3 Theories Explaining the Link Between Leisure Well-Being and QOL ..... 406
    - 3.1 Physiology and Genetics ..... 406
    - 3.2 Social Motivation ..... 406
    - 3.3 Effectance Motivation ..... 407
    - 3.4 Intrinsic Motivation and Flow ..... 407
    - 3.5 Telic Versus Paratelic States ..... 408
    - 3.6 Sensation Seeking ..... 409
    - 3.7 Activity ..... 409
    - 3.8 Bottom-Up Spillover ..... 409

- 4 Predictors of Leisure/Subjective Well-Being ..... 410
  - 4.1 Activity Factors..... 411
  - 4.2 Time Factors..... 411
  - 4.3 Personality Factors..... 411
  - 4.4 Situational Factors ..... 412
- 5 Summary ..... 413
- References..... 414
- 23 Other Domains Varying in Salience ..... 417**
  - 1 Spiritual Well-Being ..... 417
    - 1.1 What Is Spiritual Well-Being? ..... 418
    - 1.2 Does Spiritual Well-Being Affect Subjective Aspects of QOL?..... 419
    - 1.3 Are There Other Consequences of Spiritual Well-Being?..... 421
    - 1.4 How Does Spiritual Well-Being Influence Subjective Well-Being?..... 422
    - 1.5 What Are the Determinants of Spiritual Well-Being and QOL? ..... 423
    - 1.6 Conclusion ..... 424
  - 2 Political and National Well-Being ..... 424
  - 3 Environmental Well-Being..... 426
  - 4 Educational Well-Being ..... 427
    - 4.1 What Is Educational Well-Being?..... 427
    - 4.2 What Is the Relationship Between Educational Well-Being and Life Satisfaction? ..... 429
    - 4.3 What Are Possible Sources of Educational Well-Being? ..... 430
  - 5 Sexual Well-Being ..... 431
  - 6 Summary ..... 432
  - References..... 433

**Part V Population Segments and QOL**

- 24 Children, Youth, and College Students and QOL..... 441**
  - 1 What Is QOL for Children, Youth, and College Students?..... 441
    - 1.1 QOL of Children of Preschool Age ..... 441
    - 1.2 QOL of Children of Elementary School Age ..... 442
    - 1.3 QOL of Children of Middle School Age ..... 442
    - 1.4 QOL of Adolescents ..... 445
    - 1.5 QOL of College Students..... 445
  - 2 Explaining Subjective Well-Being Among Children and Youth..... 446
    - 2.1 Social Development Theory..... 446
    - 2.2 Attachment Theory ..... 447
    - 2.3 Ecological Theory ..... 447

- 3 Factors Affecting the QOL of Children, Youth, and College Students ..... 448
  - 3.1 Situational Factors ..... 449
  - 3.2 Personality Factors ..... 449
  - 3.3 Psychographic Factors ..... 453
  - 3.4 Social Factors ..... 456
  - 3.5 Socioeconomic and Sociocultural Factors ..... 459
- 4 Indicators of Children’s Well-Being ..... 460
- 5 Summary ..... 460
- References ..... 463
  
- 25 Elderly and QOL..... 469**
  - 1 What Is QOL for the Elderly?..... 469
    - 1.1 Global Judgments of Life Satisfaction..... 470
    - 1.2 Affective and Cognitive Judgments of Well-Being..... 472
    - 1.3 Satisfaction of Salient Life Domains ..... 472
    - 1.4 Satisfaction of Needs Salient to the Elderly ..... 474
  - 2 Factors Affecting the QOL of the Elderly ..... 477
    - 2.1 Effects of Health-Related Factors ..... 477
    - 2.2 Effects of Personal Values..... 478
    - 2.3 Effects of Social Factors ..... 479
    - 2.4 Effects of Socioeconomic Factors..... 481
    - 2.5 Effects of Residential Factors ..... 482
  - 3 Summary ..... 482
  - References ..... 483
  
- 26 The QOL of Women..... 487**
  - 1 What Is QOL for Women?..... 487
  - 2 QOL of Women..... 488
  - 3 Explaining Women’s QOL..... 489
    - 3.1 A Biological Explanation..... 489
    - 3.2 A Psychological Explanation ..... 490
    - 3.3 A Cultural Explanation ..... 490
    - 3.4 A Psychographic Explanation ..... 491
    - 3.5 A Health-Care Explanation ..... 491
    - 3.6 A Socioeconomic Explanation..... 492
    - 3.7 A Social Role Explanation..... 492
  - 4 What Are Important Factors That Influence Women’s QOL? ..... 492
    - 4.1 Family and Cultural Factors..... 493
    - 4.2 Economic and Work-Related Factors ..... 494
    - 4.3 Residential Factors ..... 495
    - 4.4 Sexual and Relationship Factors ..... 497
    - 4.5 Health-Related Factors..... 498
    - 4.6 Factors Related to the Feminist Movement ..... 498
  - 5 Summary ..... 499
  - References ..... 500

<b>27</b>	<b>The QOL of Countries</b> .....	503
1	Comparative Analysis .....	503
2	Country-Specific Well-Being .....	505
2.1	China.....	505
2.2	Japan .....	507
2.3	South Korea .....	507
2.4	Hong Kong.....	508
2.5	Singapore.....	509
2.6	Taiwan.....	510
3	Summary .....	511
	References.....	512
<b>28</b>	<b>Other Population Segments</b> .....	515
1	The QOL of the Disabled .....	515
2	The QOL of Drug Addicts.....	516
3	The QOL of Prostitutes .....	516
4	The QOL of Emergency Personnel .....	518
5	The QOL of Immigrants.....	519
6	The QOL of Teachers .....	520
7	The QOL of Caregivers .....	521
8	Summary .....	522
	References.....	523

## Part VI Epilogue

<b>29</b>	<b>Integrative Theories of QOL</b> .....	529
1	Livability Theory.....	529
2	Capability Theory.....	531
3	Stocks and Flows.....	532
4	The Joyless Economy .....	534
5	Quality of the Person + Environment.....	534
6	Homeostasis .....	535
7	QOL = Happiness, Life Satisfaction, and Absence of Ill-Being .....	536
8	The Bidirectional Spillover Model.....	537
9	Dynamic Well-Being .....	538
10	Ontological Well-Being and the 3P Model .....	539
11	The Psychology of QOL.....	540
12	Summary .....	549
	References.....	552
<b>30</b>	<b>Final Thoughts</b> .....	555
1	Public Policy Issues.....	555
2	The Need to Broaden Our View .....	558
2.1	Happiness Maximization Is Not Enough.....	558
2.2	The Shortfall of Happiness Research at the Country Level .....	559

- 2.3 The Need to Conjoin Subjective Aspects of QOL with Objective Conditions..... 560
- 2.4 Conjoining Personal Happiness with Objective/ Macrolevel Indicators of Societal Well-Being..... 561
- 3 Concluding Remarks..... 562
- 4 Summary..... 566
- References..... 567

**Appendix: Measurement Issues**..... 569

- 1 Examples of Life Satisfaction Measures
  - Employed in Large-Scale National Surveys ..... 569
    - 1.1 The Eurobarometer ..... 569
    - 1.2 American Changing Lives ..... 570
    - 1.3 The British Household Panel Survey ..... 570
    - 1.4 The Canadian General Social Survey ..... 570
    - 1.5 The European Social Values Survey ..... 571
    - 1.6 The German Socio-Economic Panel Survey..... 571
    - 1.7 The Household Income and Labour Dynamics in Australia Survey ..... 571
    - 1.8 The Hungarian Household Panel Survey ..... 571
    - 1.9 The International Social Survey Programme..... 572
    - 1.10 The Latino Barometer..... 572
    - 1.11 The Midlife in the US Survey..... 572
    - 1.12 The National Child Development Survey..... 572
    - 1.13 The National Survey of Families and Households in the USA ..... 573
    - 1.14 The Social Capital Community Benchmark Survey in the USA ..... 573
    - 1.15 The Russian Longitudinal Monitoring Survey ..... 573
    - 1.16 The Swedish Level of Living Survey..... 573
    - 1.17 The Swiss Household Panel Survey ..... 574
    - 1.18 The US General Social Survey ..... 574
    - 1.19 The World Values Survey ..... 574
    - 1.20 The Chinese General Social Survey ..... 574
- 2 Measurement Caveats ..... 574
  - 2.1 Memory Biases ..... 575
  - 2.2 Biases Related to Situational Influences..... 576
  - 2.3 Biases Related to Interview or Questionnaire Format ..... 576
  - 2.4 Biases Related to Standard of Comparison ..... 577
  - 2.5 Biases Related to Scaling Effects ..... 577
  - 2.6 Biases Related to Mood..... 577

2.7	Temporal Stability Problems.....	578
2.8	Biases Related to Social Desirability.....	579
3	In Defense of Self-Reports and Global Measures of Life Satisfaction.....	579
	References.....	581
	<b>Author Index</b> .....	585
	<b>Subject Index</b> .....	611

## Author Biography

**M. Joseph Sirgy** is a management psychologist (Ph.D., U/Massachusetts, 1979), professor of marketing, and Virginia real estate research fellow at Virginia Polytechnic Institute and State University (Virginia Tech). He has published extensively in the area of consumer behavior, marketing/quality-of-life, and business ethics. He is the author/editor of many books related to consumer behavior, marketing communications, marketing and society, and quality of life. He cofounded the International Society for Quality-of-Life Studies (ISQOLS) in 1995, served as its Executive Director/Treasurer from 1995 to 2011 and as development director (2011–2012). In 1998, he received the Distinguished Fellow Award from ISQOLS. In 2003, ISQOLS honored him as the Distinguished QOL Researcher for research excellence and a record of lifetime achievement in QOL research. He also served as president of the Academy of Marketing Science from which he received the Distinguished Fellow Award in the early 1990s and the Harold Berkman Service Award in 2007 (lifetime achievement award for serving the marketing professoriate). In the early 2000s, he helped cofound the Macromarketing Society and the Community Indicators Consortium and has served as a board member of these two professional associations. Furthermore, he has served as editor of the QOL section in the *Journal of Macromarketing* and the editor-in-chief of *Applied Research in Quality of Life*. He received the Virginia Tech's Pamplin Teaching Excellence Award/Holtzman Outstanding Educator Award and University Certificate of Teaching Excellence in 2008. In 2010, ISQOLS honored him for excellence and lifetime service to the society. Also, in 2010, he won the Best Paper Award in the *Journal of Happiness Studies* for his theory on the balanced life, and in 2011, he won the Best Paper Award in the *Journal of Travel Research* for his theory of goal theory of leisure travel satisfaction and QOL.

