Quality of life

6th seminar

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Gross national happiness

- <u>Economic Wellness</u>: Indicated via direct survey and statistical measurement of economic metrics such as consumer debt, average income to consumer price index ratio and income distribution
- <u>Environmental Wellness</u>: Indicated via direct survey and statistical measurement of environmental metrics such as pollution, noise and traffic
- <u>Physical Wellness</u>: Indicated via statistical measurement of physical health metrics such as severe illnesses
- <u>Mental Wellness</u>: Indicated via direct survey and statistical measurement of mental health metrics such as usage of antidepressants and rise or decline of psychotherapy patients
- <u>Workplace Wellness</u>: Indicated via direct survey and statistical measurement of labor metrics such as jobless claims, job change, workplace complaints and lawsuits
- <u>Social Wellness</u>: Indicated via direct survey and statistical measurement of social metrics such as discrimination, safety, divorce rates, complaints of domestic conflicts and family lawsuits, public lawsuits, crime rates
- <u>Political Wellness</u>: Indicated via direct survey and statistical measurement of political metrics such as the quality of local democracy, individual freedom, and foreign conflicts.

How to choose important domains?

- According to experts, literature

- Brainstorming of ideas, pre-research, „in my opinion"

- Availability of datas, informations…

Indicators and measurements of quality of life

- Main domains of quality of life:
  - Economic dimension: financial security, economic freedom, employment, job opportunity...
  - Material dimension: housing, living condition, liveability...
  - Environmental dimension: natural environment, pollution, noise...
  - Physical health: wellness, health care...
  - Political dimension: democracy, freedom, independency...
  - Social dimension: social inclusion, security, stability, trust...
  - Mental health: satisfaction, self-realization, well-being...

6th homework

- Define 10 indicators for the most important aspects of quality of life
- Find 10 real indicators which can be measured in czech regions and which are available on the webpages (czso, mmr, mpsv, chmi...)
- Write the definitions and sources and insert it into odevzdavarna