

Lecture - 03 : Sustainability and Wellbeing

Hello viewers, welcome back to this NPTEL course on Sustainable Happiness. So, in the last class we were discussing about the sustainable happiness. Now, to continue with this ah now we will come to the next topic that is the sub topic of this subject ah that is happiness and collective well being. How happiness ah can be achieved in the context of collective well being, community development etcetera. So, collective happiness is represented by the amount of wealthy and quality of life people. So, here two concepts are important.

When we talk about the collective well being, it assumes that the people have plenty of wealth, their living standard is very high, their quality of life is very high. So, collective well being ensures quality of life and wealthy and healthy life ok. So, next is and more significant one is of the freedom of choice of the individuals. So, when we talk about the collective well being it ensures that the freedom of choice is there.

That means, every individual has the autonomy and freedom to choose anything he wants to do has the flexibility and dynamicity to achieve whatever he desires in his life and that is related to well being that is related to well being. So, here the so, you can say now the amount of wealthy and quality of peoples life that is important second is that freedom of choice and autonomy of the individuals third is that optimism another attribute is optimism optimism is more necessary than ever and understanding how other cultures approach lifestyles and joys may help to achieve us the containment. So, optimism is that being hopeful, being positive, being positive, but again being positive that is the false optimism it is not workable, it is not functional. So, optimism to be that means, optimism in the realistic context, optimism with the practical sense, so that is more important and in this context we can also evaluate the how in other cultures, how the people are leading their life, how what is their approach towards life, how do they enjoy and how do they interpret the concept of joy, that may also help us in you know understanding our own containment, our own happiness etcetera. So, there is a cultural perspective, yes cultural variations are there, but optimism in the practical sense that is the practical optimism, feasible optimism that is also important in collective well being.

So, then another wellspring for a happy life is you know what is a very important concept that is called resilience. Resilience is that that is to fight back in case of adverse situations may be that in case of for example, in case of any disaster in case of any disaster. any any shocking, any economical loss, any financial loss, any kind of tragic event etcetera how quickly we can come back to normalcy, how quickly we can bounce back and lead our life that is the resilience. So, this is also very important and for the happiness for leading a happy life and prosperous life resilience is also one of the strongest character strength or

attribute. So, it is proven to increase the immunity and reduce the stress.

So, if the individual or the society has developed the resilience over the period of time. So, it helps them in reducing their stress level when they experience any bad events etcetera like bad life events. So, that is to reduce the stress to bounce back and it also increases enhances their immunity that is the their strength, their ah willpower, their ah their you know the determination to fight back to come back. So, this is resilience. So, here we can say optimism and resilience these are also very important for the collective well being and happiness.

So, here the term from the well-being it comes again subjective well-being. What is subjective in well-being? That is it is very much individualistic, it is very much personal ok. So, now we can there are different kinds of questionnaires are there with a through which we can map we can measure the subjective well-being of the people. So, now different the subjective when you talk about the subjective well-being then again there are different types of well-being. The types of well-being are different in the sense that the mental well-being, physical well-being, economic well-being, emotional well-being, social well-being.

So, these are the different dimensions of well-being. Subjective well-being is that how do the people experience and evaluate their own lives. lives and they express the express their self-reported self-expression, self-reported note about their own well-being, their life satisfaction, their you know their life events, their life experiences etcetera that is the subjective well-being. So, the different forms of well-being are often closely interlinked. So, when we talk about the different types of well-being like physical, mental, economic, financial, social, etcetera, but all the well-beings are interlinked.

As we have already discussed that we have the three domains of our of domains of our individuality or human functioning, like that is cognitive domain is that when it will relates to our thought process, our mindset, our attitude, etcetera. affective domain or emotional domain it relates to our emotional intelligence, passion, motivation, instinct or all and values even values ethics etcetera. And the behavioral aspect deals with our performance or behavior that is the how do we perform and conduct our self in the environments. So, all these three as the all the three domains are interrelated to achieve anything be it happiness, be it success, be it achievements whatever we do at least all these three domains the coordinate among themselves and then ultimately then the results culminate. So, all similarly all the types of well beings are also closely interlinked.

So, for example, improve physical well being like for example, you know by reducing or seizing some sort of addiction in our life, it is also associated with improved emotional

well being. So, emotional well being. So, all the well being similarly social well being also very much related to emotional well being. So, another example of better economic well-being like possessing more health, more wealth etcetera. So, it relates to it is very much associated with the better emotional well-being in terms of safety security.

I mean even in case of the adverse situation because it gives us a kind of courage and kind of positivity that yes I can drive this event, I can swim this even though it is the most tragic event in phase in my life I can swim over it. So, that is the COVID-19 suppose for example, COVID-19 pandemic area. So, those who are wealthy people they hardly feel any any discomfort or any kind of setback during this period because they have enough of economic resources. Then again well-being plays a central role in ethics like in emotional well-being like in value system in meaningfulness of our life experiences. they are also it play well being plays an ethical role that is the value oriented.

So, according to there are no other values besides well being that the well being of a person is what it is good for his person is good for this person. When we talk about our individual well being or subjective well being, we think we evaluate what is good for us, what is not good for us, what do we like and how it can enhance my quality of life. So, there is there are different theories there are different theories about the well-being how well-being is being interpreted. So, primarily there are three theories three classified primarily into three theories that is one is the hedonistic theories, desired theories and the objectivist theories. So, hedonistic theory as we know we have already discussed it is very much related to hedonic well-being, hedonic happiness and desire theories also same thing.

So, hedonist theory and desire theories are primarily subjective theories. It is individualistic in nature in the sense that it varies from individual to individual. What I like, what he likes, what she likes. So, it varies depending on their individual choices, individual preferences. Preferences, individual likings, they select the things to do, the things to enjoy, the things to consume whatever thing.

So, the degree of well-being of a person depends on the subjective mental state and the attitude of this person. So, even for any kind of consumption, any kind of entertainment, enjoyment or any kind like participation in any social event etcetera depends on the individuals choices. So, so whether I whether I should attend any marriage party or not birthday party or not any social event or not that depends on me, it is my individual choice. And and the type of events the type of occasions that I am engaged in it relates to my subjective subjective mental health, mental states, my interpretation of that event, my attitude, my you know how much value I add to this event, whether it is meaningful for me or not. All these are the all kinds of analysis that is related to subjective well being of the individual and when they make the individual choices.

So, these are all related to desire theories and hedonistic theories. Now, for objective list theories primarily it allows that the things can benefit a person independent of that person subjective attitude towards these things. So, whether the individual selects those things or not irrespective of the individual's choices and their preferences and their attitudes etcetera if the thing if the event if the person if the if any kind of situation any kind of material things any kind of event or any kind of job or whatever may be the component. So, if it is beneficial for that individual then that is objective that comes under objective list. Does not matter whether the individual has the positive attitude towards this or not or whether he likes or not it is independent of the individual subjective attitudes and towards the these things.

Like suppose in case of the family when the parents they guide the children that what to do what to which type of job to prefer opt for what type of educational programs to engage in what to do. or what type of friend circles that you select or in which occasion you must what are the events that you participate all these things when the parents they say the usually the children they do not care for they because they go by their peer pressure they go by their likings and dislikings, but here one thing is that whatever the parental decision often has the positive impact on the well being of the children even though they do not like it. So, this is an example of that is the objective list theory whether it is very rational, it is very objective and it is universal in the sense that it always works for the benefit of the individual's subjective well being irrespective of their attitude opinion about this or that. So, now the sustainable happiness expresses there are how to measure and now this question is how to measure the sustainable happiness and because it is a very broad concept and taking into account different aspects of our life. So, different countries now, different agencies, different organizations now they have started how to measure, how to measure their happiness index of that country be it a country, a state, you know a society whatever.

So, in actually in economic forum and in workplace situation primarily. workplace and economic foundations that is primarily happy planet index. So, some organizations they have developed this happy planet index proposed by the new economic foundations and there are certain parameters to measure happy planet index. Similarly Bhutan government Bhutan the center for Bhutan studies and the global that is the gross national happiness center research center in Bhutan. So, they have propounded this gross national happiness index.

So, there is now the happy planet index it is a composite indicator of combining the measurement of a people's life satisfaction their life expectancy equality in relation to the ecological footprint of a country that is that is taken together decides determines

the happy planet index. So, if any countries happy planet index is going to be measured, then they have to that means, this indicator that these indicators are to be taken account like their life satisfaction, how do they lead the life, how much happy they are in their life, life expectancy, their life then equality whether it prevails in the in their culture and practices or not and the ecological footprint. For example, for example, suppose taking some some kind of you know countries suppose you take a Malaysia, Indonesia, Japan. So, coastal those who are primarily the sea that means, situated in the sea. in the sea, in the coastal areas or in the sea, the deep inside within the you know you can say marine marine framework.

So, these kind of these countries primarily they are very vulnerable in the sense of they are being succumbed to very often succumbed to the different kinds of floods, tsunami these and that. So, they have the ecological footprint is there. So, they are they are said that means, how have they prepared themselves. So, this is an ecological footprint that how often how often they are being victimized through the ecological disaster or the because of the ecological disruptions.

So, that is also another factor. So, happy planet index takes into account. life satisfaction of the people their expectancy life expectancy quality equality in relation to the ecological footprint. Now, the global that the gross national happiness is a composite indicators it has the different several indicators. Like for example, if we take into account some countries may be Bhutan or some other There are nine domains of parameters. The first is the what is their living standard, the quality of life living standard, like their health how how the what is the citizens health, the people's health and all their education level, level of education and then good good governance and that is primarily it relates to the you know governance of the country, governance by the government or the governments and agencies, government good governance and ecological diversity, how diverse they are in terms of ecological diversity, in terms of in terms of greenery, in terms of biodiversity, in terms of a thing that is and resilience.

And resilience that means, because how robust the ecological diversity is and at the same time how resilient the people are to fight back to sustain that. diversity and time use how they are using the time the people how they are engage themselves in different activities and how they use the time then psychological well being mentally they are happy how happy they are and how often they become happy in which occasions they happy how do they what do they enjoy in their life the life that is psychological well being their interconnectedness. Here psychological well being also takes into account the social well being emotional well Then the cultural diversity, cultural diversity how diverse they are, how heterogeneous the society is and how they stay together, live together and this they have developed the sense of belongingness, togetherness and they enjoy that cultural

diversity. And resilience also they are resilient, they are any kind of conflict if takes place they are collective in fighting back this kind of thing, this kind of menace and the chaos. and the community vitality, how vital this community is they are not they are very very robust, they are very resilient, they are very strong, they are very healthy and they can fight back any kind of disaster and any kind of shortcomings if it happens.

So, all these when we talk about the group gross national happiness, then all the all the nine parameters will be taken into account and it will be thoroughly reviewed. So, it thorough through a encompass surveys. So, if you want to if you want to map the measure the gross national happiness of the of a country, then we have to measure all individually all the nine factors. And this gross national happiness index has been developed. by doing a survey across the country with a 148 questions taken from the different countries and different aspects of life.

And it has been developed by the Center for Bhutanese Studies and Gross National Happiness. And now it is very important, very much popular and very much relevant. And, now it has from this also we have found that Bhutan has become the has been declared as the happiest country in the world. Now, on the basis of these parameters now every year we are having this happiness index So, accordingly 1 to 10 ranking, 1 to 10 ranking of the countries like you know primarily the Finland, Norway, Denmark, Sweden, these countries primarily acquire with the top 4, 5 post 4, 5 ranks because of their quality of life, because of their education, because of their ecological environment, because of their you know life satisfaction all these things. So, happiness index to measure the quality of life of the people.

So, now, another framework this is a framework actually it is a it is a positive psychology framework. Now, how every individual it shows that it reflects that how the individual and individuals positive things and his activity when the individuals characteristics individuals characteristics and in interaction with his activity he is engaged in how these two things if these two things combine how it can also makes the people makes the person happy. So, it is an you can say as you can say positive activity model when we are engaged in very good very positive activities, meaningful activities, worthy activities and things. So, we feel we feel very much satisfied happy and we take pride for this. So, like you know when we talk about the transcendence and the eudaimonic happiness.

So, it is more of a meaningful life. So, this model primarily aims to explain how and why performing the positive activities also we can make the people happier. If we are engaged in any meaning, we are engaged in any meaningful. meaningful work any positive constructive work any knowledge oriented work or any kind of skill development skill related that makes us makes us happier in the sense that we feel happy we feel satisfied that yes have learned something yeah i have served something some people i have done

something good for the community i have done something i have helped some people i have helped my my my peers my friends etcetera so this gives a kind of sense of contemplation sense of you can say deep contemplation in the sense are that satisfied I am sorry deep contemplation. So, satisfied I am happy I am happy because it has a meaning for me. So, as illustrated is here you can see this is these are the person's features, person's features that means, his characteristics you can see his personality attributes and characteristics.

Motivation and his effort that how much motivated he is the person is to do certain task, how effortful he is. and what is his efficacy, self-efficacy in the sense that if his belief about his own capabilities, how efficient he is that is the individual self-belief about his capabilities and efficiency that is called the self-efficacy. Then you can say then the baseline activities state in the sense how much that means, at the at the at the entry level how much skilled, how much active, how much What is the state of his capability? So, the capability and that is the baseline effective states and right now his preparedness because readiness for that act. Then the personality is there, then social support system is there in case there is any failure is what is the support system, support system of the family, of the friends, of the teachers, what is the backup, what is the backup facilities and the demographic that is the context. So, activity features are what type of activities he is engaged in, what type of activities he is engaged whether he is engaged in social activities or in individual reflective activities, self oriented jobs or others serving the community for the time right now he is engaged in present activity or the planning for the future or just you know deeply analyzing the past events, what type of activities he is engaged in.

So, you can say the person activity fitness the individuals features activities what type of things he is doing and the what are the what is the nature of the job what the nature of the task he is engaged in. So, taken together if it moves then. So, it relates to here you can say the performance active person if the performance is positive. If the activities are positive it is a learning oriented, knowledge oriented, you know service oriented any kind of positive and constructive. If the performance is the positive activity is the positive activity and performance it leads to an increased well being.

Because it gives a sense of meaning, worthiness enhances our self efficacy and enhances our our capabilities all these things. So, positive performance always boosts and strengthens the increased well-being. However, when we are engaged in the positive activity and performance definitely it ensures our emotional status positive emotions that is a part of the sustainable happiness or well-being. We are feeling positive, feeling happy that is positive emotion, our thoughts are very constructive, innovative, creative. So, positive thoughts are there, our interactions and behaviors are also very positive and then again need satisfaction, it gives us a kind sense of meaningfulness and need satisfaction

may be that deep inside us.

So, we do not know we have the desire for the knowledge for acquisition for acquiring prestige or status or you know respect from others. So, these are the outcomes of you can say these are the outcomes of performance positive activity performance which are which can be reflected through positive emotion thoughts behaviors and the need satisfaction. Then again it also strengthens it also boosts the increased well being. So, when we are we do something positive automatically directly it enhances the well being. At the same time when we deeply analyze it think about the happiness, the reasons, the outcomes etcetera it these are the results, these are the outcomes performance outcomes in terms of positive emotion, thoughts, behaviors and satisfaction.

So, this is about that means, this is primarily it is a perspective of the positive psychology and how do they view the positive activity and how do they entrap the well being in individuals life. So, now, another so, this is another theory it is proposed by this is proposed by Lumbeski. Lumbeski in 2005 that is this is the this is the framework this is the in terms of the pie chart pie chart. She has elaborated on that what are the three important factors for sustainable well-being or in subjective well-being, subjective well-being especially.

First thing is an individual's characteristic state. So, individual characteristics state that is called as the set point set point 60 percent of our personality attribute our characteristics our individual factors that is that is responsible for our happiness for happiness for well being. So, happiness equation for the intentional activity and personality processes another is that another 40 percent is that. What is our intention and motivation? What we intend to do? So, intentional personality processes which could potentially operate in addition to the to the concert and how in spite of the people's genetic constitution. For this is the genetic contribution constitution that is the 60 percent we are born with the characteristics that is primarily that is primarily responsible for our activity for our well being. Another is that 40 percent does not matter what we have inherited in genetic points genetic terms, but if our intention is that if you are passionate we are motivated highly motivated.

So, then we can do something. So, it is intentional activities purposeful activities or the willpower or you can say the effort all these thing it carries the 40 percent of our activity of our. life events. So, that is responsible for subjective well being and another is that the 10 percent, 10 percent is the contextual is the situation is the circumstance that is that is responsible for. So, when the people change their intentional behavior that means, does not matter like some people you might have observed some people are not very intelligent not very very brainy etcetera at the time of young stage. But their determination, their will power, their hard working, they are very hard working.

So, that can take them upward in at up into the into the level that they desire for desire to be there. So, when the people change their intentional behavior that is doing something new, something you know they all they always they are very crazed about you know doing something different, something innovative, something useful, something. novel. So, that makes them that mobilizes their passions that mobilizes their effort that mobilizes their all you know resources. So, to do something new that takes the effort they take effort they have a better chance of boosting their well being.

So, these people if they have intentional So, they can primarily function on the work on their intentional activity highly motivated and effort activities, effortful activities then that can also be responsible that can also be a factor of the sustainable happiness. Then people have to create the life shift or the changes in cognition and behavior for themselves which can require considerable motivation and effort. So, if you want to if anybody wants to. change their behavior their life events like their they want to make a shift in their in their life experiences in their life events then they have to first thing is that they have to understand in that means, acknowledge it understand that is changes they have to bring the change in the cognition that is bring the change in their attitude in their in their mindset in their thought process etcetera and the behavior behavior in in in terms of ah motivation highly highly highly positive spirit and motivation effort and intentional activities and engaging them purposefully in different ah different you know ah different ah activities. So, that they can ah maximize their abilities ah strengths and and they can get the maximum benefit.

If we want to say we want to bring any positive shift any positive change in our life. So, both our cognitive aspects and then behavioral aspect must work together and which require of course, primarily require considerable motivation and effort. So, motivation and effort you can say passion and effort these are the you can say. ah foundation base of bringing that unless until you have the motivation and intention to ah put effort.

So, you cannot mobilize the resources. So, first these two things motivation and effort are the key things key concepts which mobilizes our thought process that is our cognition and then our behavior. So, so this is this model is being given by Lumbeski ah in 2005, it is again a framework of the sustainable happiness. So, thing is that the same thing has been explained here that is that learning learning that means, for example, several barriers and are in well being are there less happy people can successfully strive to be happier by learning a varieties of full strategies and practicing and these with the determination and commitments. For example, suppose suppose because of some failures because of some events it is a life events we have been very depressed and very stressed etcetera. Now, how to overcome these things? purposefully intentionally we can engage our self in some effective strategic effective and strategic practices then with determination and

commitment then we can come over we can come over we can overcome all the stress things and we can come out of this.

Now, this sustainable happiness model of this you know basically that just we have discussed Three factors contribute to an individual's happiness level that is subjective living. One is the set point, his characteristics is born with life circumstances that is the context in which he resides, he stays right now. That means, his background, his geographical, his demographic things in the life circumstances and third is the intentional activities that is the effortful acts. that is that are also that are episodic and naturally variable. Yes for this for achieving this thing episodic in the sense that yes I am I try to I am my intention my focus is to achieve some this success this degree or this program this job this project whatever we intend to have then I have to I have to put effort and intentionally I have to mobilize all my resources act accordingly and do the hard work for etcetera to achieve that things.

So, and similarly I have to adopt different strategies also different strategies to mobilize all the resources for achieving. So, here it is called as the episodic because it depends on a particular target that I want to achieve. And the second is that it naturally it vary from one situation to another situation depending on the goals and objectives. So, the journey of happiness there is leads to the positive life outcomes. So, definitely when we are we talking about happiness means it is the process is positive the process we assume that the process is positive and the outcome is positive.

So, automatically the happiness journey of happiness leads to positive outcome positive life outcomes. such as maybe that it may culminate in higher income, strong relationship, then reputation, recognition or self-satisfaction or you can say meaningful life in the sense of securing as a new post, new job, getting into a new project. So, all the outcomes all the outcomes are bound to be positive when the because the happiness leads to the positive life outcomes. So, now, as you can see again. So, well being we have already discussed that is the eudaimonic well being and hedonic well being.

So, here sustainable happiness is related to more related to the eudaimonic well being and eudaimonic well being activities eudaimonic activities are like well being you know well being well being conducive values that means, that means, when you we develop some certain principles to guide our activity etcetera, it is conducive more tilted towards the values, motivations, life goals and practices etcetera. And psychological need satisfaction is also important factor which relates to. autonomy of the individual competence their related how do we relate our self to the goal to the project to the people to the community and the other possible psychological needs may be there. Because you know you might have observed some people some individuals after completing a very difficult very

challenging task. They feel very happy, very relaxed because know that because when they overcome they have successfully completed that most difficult task, it gives them a immense gives them a sense of satisfaction, psychological satisfaction, yes I can do it, I have done it, I can do it.

So, it enhances their self-efficacy, their self-esteem, self-respect etcetera. So, that is more of cycle that is the fulfilling more fulfilling in nature the psychological need satisfaction. Another is the subjective well being it primarily it has a positive affect emotions emotions positive that means, emotions are very positive positive affect then negative then how do they handle the negative affects and the life satisfaction. So, here subjective well being relates to the positive affect that means, how do we handle the positive events of our lives experiences, how do we handle the negative events of our life and life satisfaction. Like for example, suppose we have come across some kind of failure, setback, any kind of disaster etcetera.

So, usually we you know we grumble, we grumble that oh it has only happened to me, I have been the victim of no others have been affected etcetera, why should I and why the god has given me this kind of punishment, all kinds of the rumination, all kinds of things. That is the thing is that how do we interpret the negative events in our life. So, some of the best thing the you know positive people that is the positive people you can say the judicious people they will interpret the they will come sit quietly and just sit down and calm quiet with calmness and quietness and this is reflect on the whole event. And even though they have come across is a range of you know setbacks, hard works and you know all kinds of you know hindrances all kinds of you know negative you know remarks whatever may they might have experience. But ultimately they conclude with the idea that with the philosophy that even though I have overcome all these I have gone through all these difficult processes, but at the end of the result I could succeed and what I achieve from this my learning experiences.

It is a lesson for me it is a life lesson for me it is a learning experience for me So, that can help that can help them in being more resilient for and being more resilient more proactive for the future for the future events. So, they have that means, they have learnt so many things from this life events and experiences that that that has you know that has empowered them with more skills more intuitions more abilities. more life skills and more you know more reflective thoughts etcetera. So, that in future they can handle even more difficult situation. So, it enhances all negative life events helps us in enhancing our resilience, our skills, our patience and our you know foresight and making us more proactive and more goal oriented and more you know futuristic in nature.

Now, I am just concluding here right now in the next class we will continue. Thank you.