

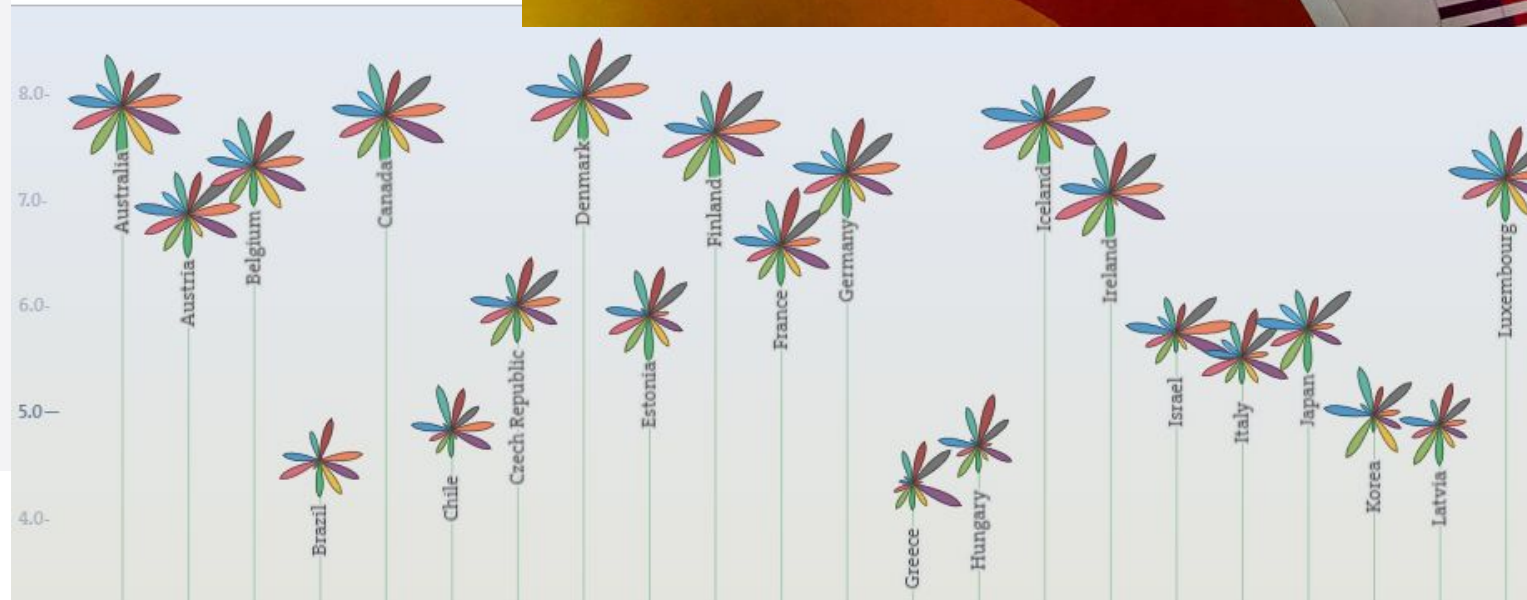
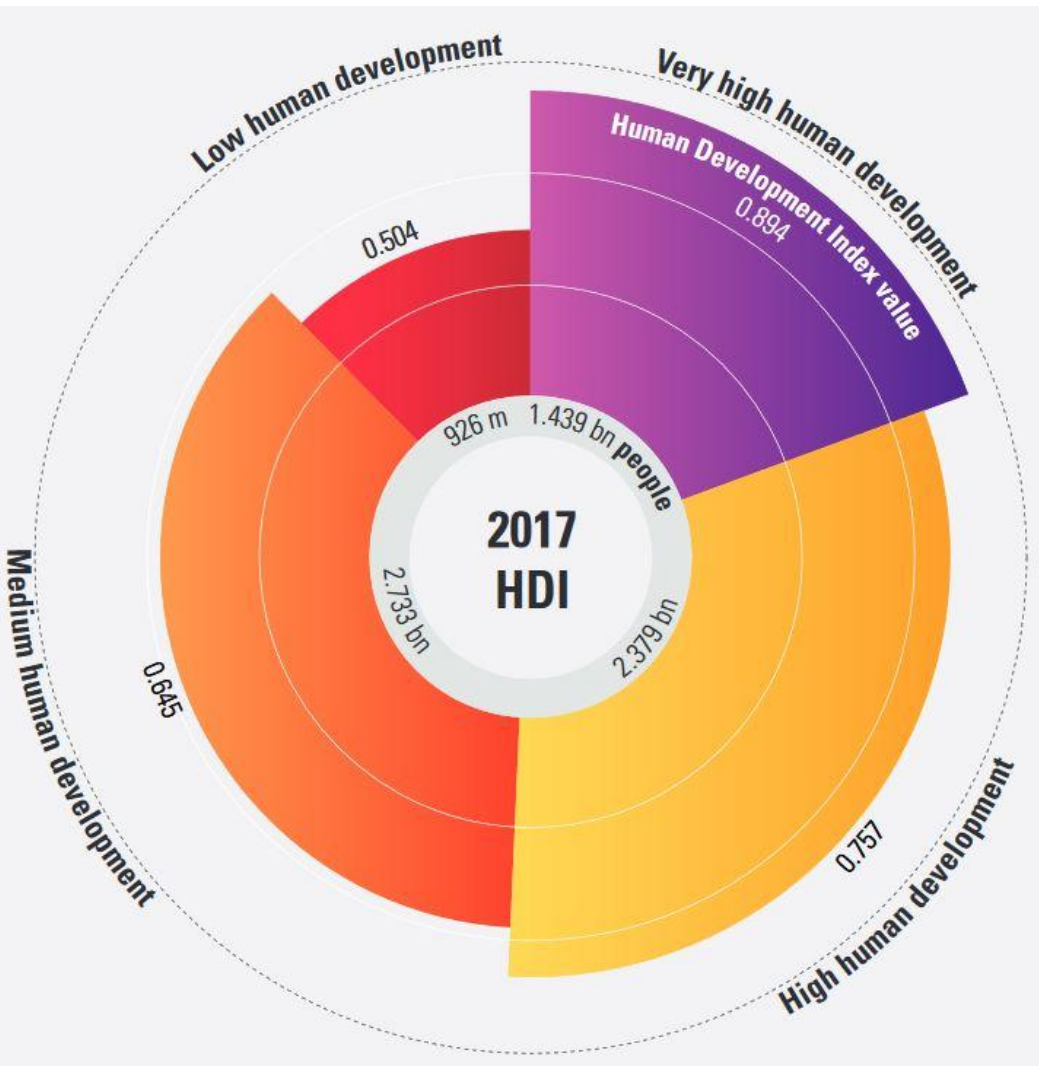
# Rethinking Human Well-Being: A holistic Flourishing perspective

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# Conceptual framework

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- Well-being as multidimensional flourishing: the synthesis of *feelings* and *functionings*
- Aristotelian foundation: eudaimonia. But how is it operationalised and what does it entail?
- PERMA model of flourishing
- Beyond a self-centred conception of well-being: the moral component.





# Europeans' Personal and Social Wellbeing

Topline Results from Round 6 of the European Social Survey

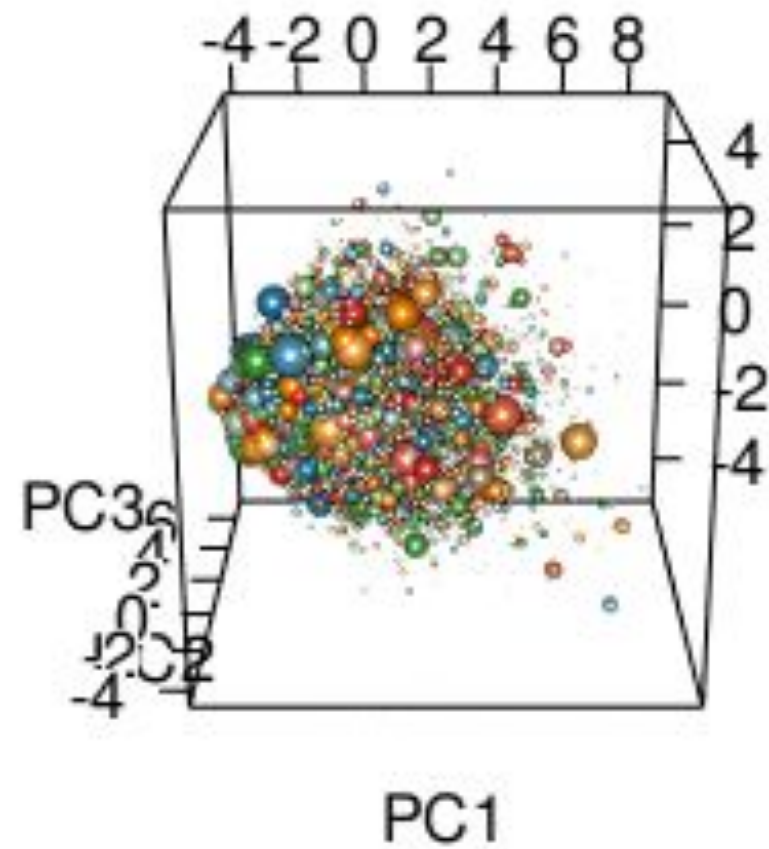
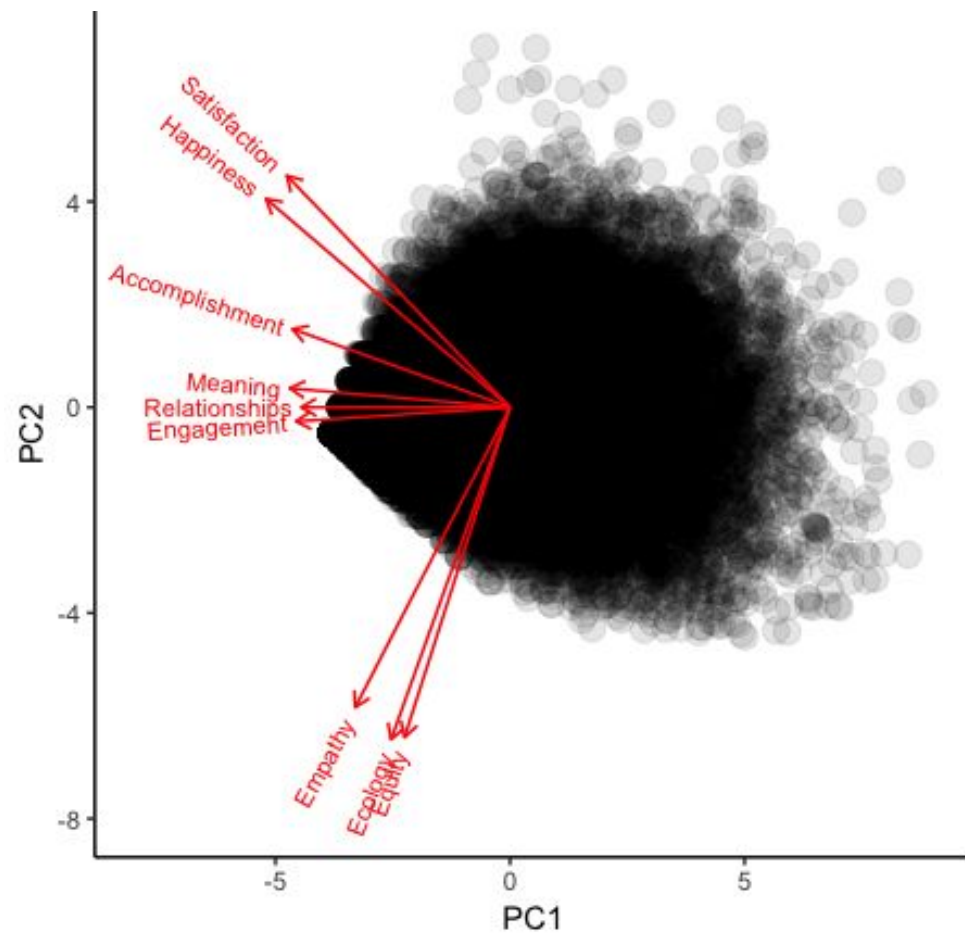
ESS Topline Results Series

Issue 5





# Data



# Results

Table 4: Summary of well-being dimensions obtained

	Dimension	Features	Cronbach's $\alpha$
Component 1	Hedonic	Happiness Satisfaction	0.81
Component 2	Eudaimonic	Accomplishment Engagement Meaning Relationships	0.62
Component 3	Moral	Ecology Empathy Equity	0.58

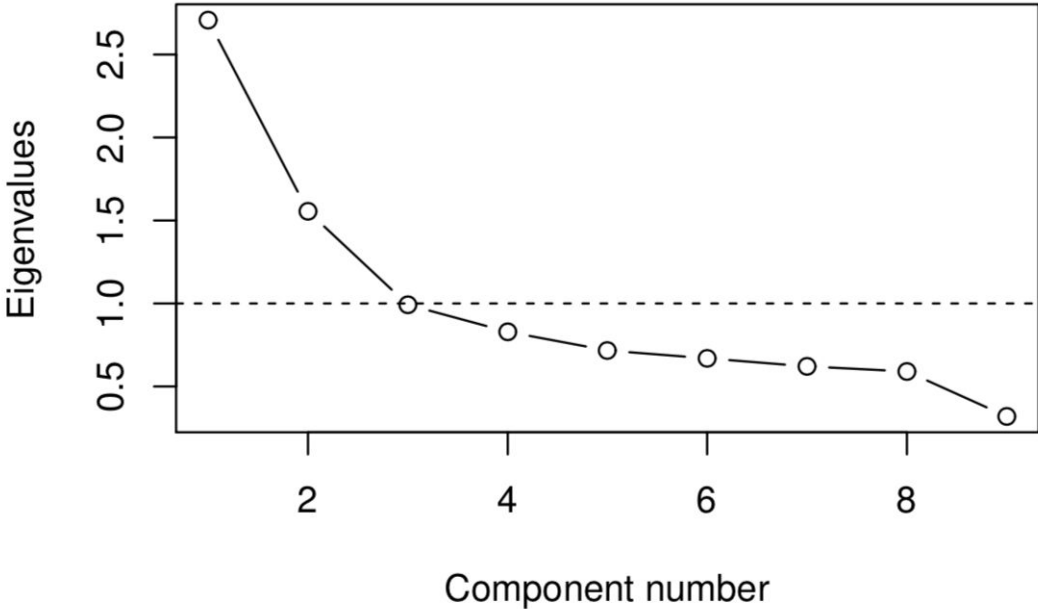


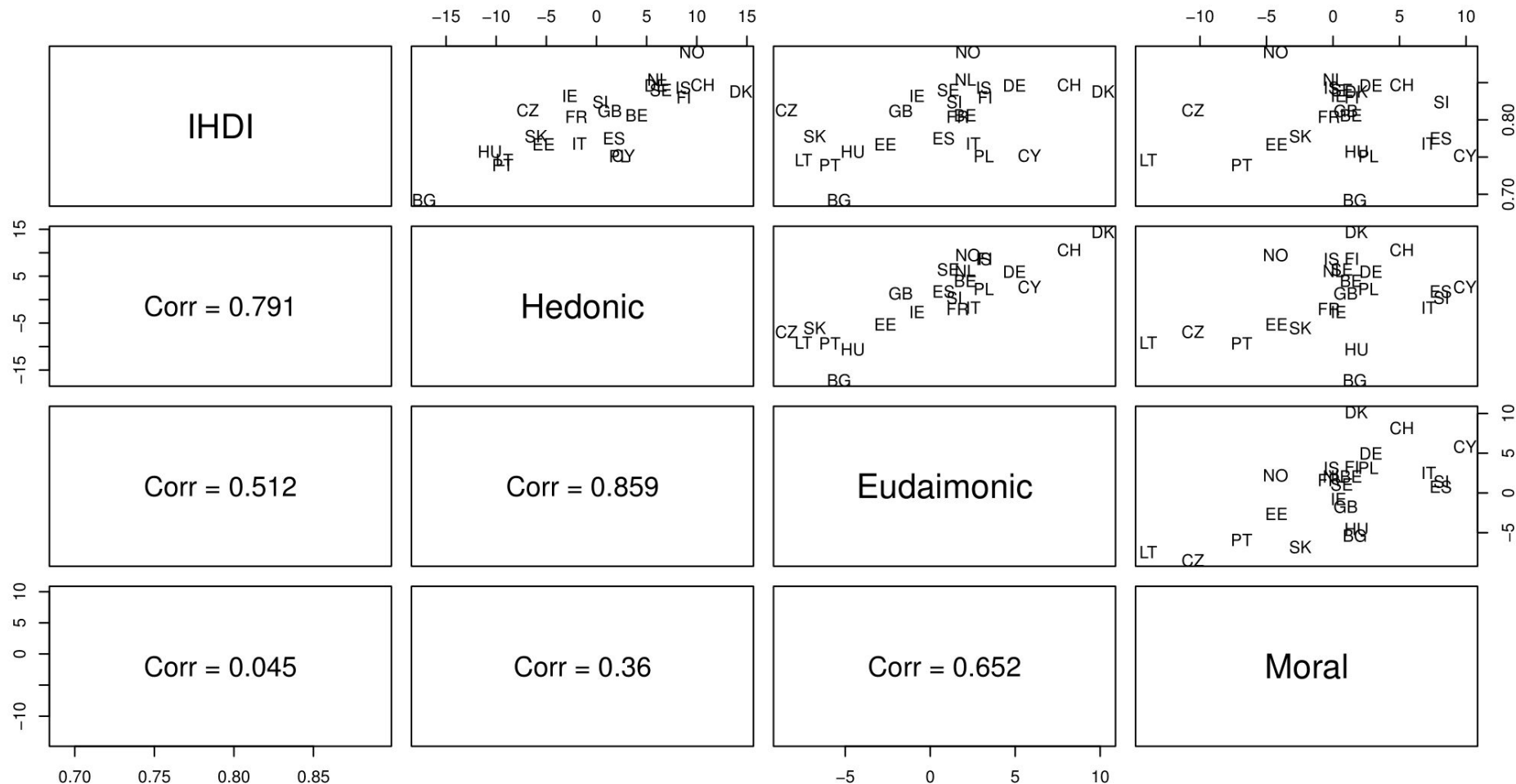
Table 3: Rotated component matrix

Feature	Rotated Components		
	1 (20%)	2 (20%)	3 (18%)
Happiness	<b>.88</b>	.19	.04
Satisfaction	<b>.89</b>	.11	-.04
Accomplishment	.18	<b>.75</b>	-.02
Engagement	.21	<b>.56</b>	.21
Meaning	.00	<b>.79</b>	.11
Relationships	.41	<b>.43</b>	.18
Ecology	-.02	.12	<b>.71</b>
Empathy	.09	.16	<b>.71</b>
Equity	.01	.01	<b>.75</b>

# Results

Table 7: Partial correlation matrix among well-being indicators

	IHDI	Hedonic	Eudaimonic	Moral
IHDI	-			
Hedonic	.74	-		
Eudaimonic	-.37	.82	-	
Moral	-.06	-.30	.64	-



# Discussion

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- The insufficiency of current well-being indicators to explain human flourishing should be a matter of public concern
- Morality relates personal well-being with broader issues of the collective wellness of humanity and the environment
- If a truly eudaimonic account of human well-being is intended, it is vital to embrace morality as a relevant, if not central, element of well-being
- The eudaimonic dimension provides a promising pathway to enhance the human condition, both individually and at a societal level



**!Gracias!**

# For similar studies, see:

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Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D.W., Oishi, S., et al. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97, 143156.

Huppert, F.A. and So, T.T., (2013). Flourishing across Europe: Application of a new conceptual framework for defining well-being. *Social Indicators Research*, 110(3), pp.837-86.

Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43, 207222.