

Measuring Well Being – Variables and Their Relationship

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Abstract

We propose a well-being index that consists of components that reflect well-being from the literature of well-being. The study emphasizes the magnitude of each component on this well-being index. The dimensions of the well-being of interest are (i) A sense of discrimination, (ii) General trust, (iii) A sense of appreciation from family members, (iv) Expectations regarding the future, (v) A sense of ability to deal with problems, (vi) A feeling of loneliness, and (vii) A feeling that there is no one to trust.

The study includes 222 responders. The variables in the survey support the research question about the structure of well-being. They affect directly, and indirectly well-being. For example, the daily number of hourly sittings. We cluster some variables into a single construct. We found no correlation between age with the other factors. This finding has essential effects when dealing with what can make persons have better well-being.

Keywords: Well-being, Statistical analysis, Magnitude, Index