WELL-BEING IN DEVELOPING COUNTRIES: CASE OF ALBANIA

by

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Approval Page

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Abstract

This thesis emphasizes Well-being of developing countries, more precisely focusing on perception of Albanian population for Well-being, considering different group ages of the society.

Conceptual framework will be examined by summering literature and theoretical explanation for Well-being perceptions and understandings. Detailed analysis of Well-being concepts and perceptions will be done for developing countries, considering Albania as sample.

In recent year, there have been many concerns about the adequacy of macro-economic indicators that are measuring the growth, development and prosperity of the countries. Also a broad concern is the fact that the measurements are not including social factor aspect of population while deciding on enhancement level of countries. Well-being could measure the quality of life, satisfaction level, living conditions and wealth of population in a country, by inter relating these factors with macro indicators to come up with a measure for development level of countries. This thesis will define well-being components and the effect that it would have on measuring the overall prosperity of the societies, by evaluating the results of the survey done on Albanian society, with a sample of people

Keywords: Well-being, Developing Countries, Happiness, Income

Abstrakt

Në këtë tezë focus është mirëqenia në vendet në zhvillim, duke analizuar përceptimin e popullsisë shqipëtare për mirëqenien e mosha vetë ndryshme.

Shpjegimi teorik është e bazuar në përmbledhjen e literatures dhe teoritë e fundit të shpejguara për mirëqenien. Analiza e hollësishme e teorisë së mirëqenies për shtetet në zhvillim do të bëhet duke marrë për bazë shembullin e Shqipërisë.

Në vitet e fundit polemika të ndryshme janë zhvilluar për përshtatshmërinë e treguësve makro-ekonomike që masin zhvillimin; si rritja, zhvillimi dhe prosperiteti i vendeve. Gjithashtu polemikë është fakti se matjet nuk përfshijnë aspektin shoqëror të popullsisë që të vendoset niveli i zhvillimit të vendeve. Mirëqenia mat cilësinë e jetës, nivelin e kënaqësisë; kushtet e jetës dhe pasurinë e popullsisë duke ndërlidhur këta faktorë makro për të dalë me përfundime për nivelin e zhvillimit të vendeve. Kjo tezë do të përcaktojë komponentët e mirëqenies dhe efektin që do të kenë në matjen e prosperitetit në shoqëri, duke vlerësuar rezultatet e anketës së bërë me shqipëtarët.

Fjalët Kyçe: Mirëqenien, Vendet në Zhvillim, Lumturia, Të ardhurat

Dedication

I dedicate this thesis to my biggest supporters; Professor Eglantina Hysa and mother, father and brother. I owe all my successes to these people as they have been my motivation toward my academic and professional pathway. I thank them for helping me to pass every obstacle and their excellent encouragement to achieve success and develop my professional skills. They are still side by side with me in the newest career journey that I have started.

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Without the comprehensive and excellent help that she gave to me with information regarding this thesis writing would not be possible.

I should also mention my family without whose encouragements maybe I would not find any motivations to begin with writing this study. I consider my family as my biggest supporters during this journey; they have sacrificed everything to push me toward success.

Declaration Statement

1. The material included in this thesis has not been submitted wholly or in part for any academic award or qualification other than that for which it is now submitted.

2. The program of advanced study of which this thesis is part has consisted of:

i) Research Methods course during the undergraduate study

ii) Examination of several thesis guides of particular universities both in Albania and abroad as well as a professional book on this subject.

Jona Hoxhaj

September 2015

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List of Abbreviations

GDP: Growth Domestic Product

OECD: Organization for Economic Cooperation and Development

GNI: Gross national income

List of Publications by the Candidate

Hoxhaj J., Hysa E. and Mukli L. "Should or Should Not Kosovo Enter in EU", Proceeding Book of International Turgut Ozal Congress on Business, Economics and Political Sciences, Ankara/Turkey, November 2013

Hoxhaj J., Pici E., "Albanian Management Consultancy Industry", Proceeding Book of the Conference of International Burch University, Sarajevo/ Bosnia & Herzegovina, April 2014

Hoxhaj J., Bllaca D., "Millennium Development Goals, MDG'S; Case of Kosovo", Mediterranean Journal of Social Science, July 2014

Pici E., Pasmaciu J., Hysa E., Hoxhaj J. and Hodo M.," Evaluation of Millennium Development Goals Process: Case of Albania", Mediterranean Journal of Social Science, July 2014

Hoxhaj J. and Hysa E., "Comparing ENQA, British, German and Albanian Standards of Quality in Higher Education", European Journal of Sustainable Development, Volume 4, NO.2, ,ISSN: 2239-5938, Vol. 4, No. 2,243-25, Also participation in the conference; International Conference for Sustainable Development, Rome/Italy, June 2015

Hoxhaj J. and Hysa E., "Well Being in Developing Countries", Proceedings of IAC- SSaH 2015, ISBN 978-80-905791-2-5, International Academic Conference on Social Sciences and Humanities, Prague/ Czech Republic, April 2015

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List 1: Sample of survey that was filled by respondents.

Introduction

Albania is a country that passed through many difficulties in development of economy and even more in recovering the social aspects of life, as it was for more than 40 years under communist system. The collapse of the regime lead to economic collapse, social problems and the biggest wave of emigration of population happened during those post-communist years. Years after 1991 were characterized with substantial progress, but this period did not last long as during 1997 civil war jeopardized the economy and made the situation in Albania very challenging, it is kept in mind of Albania as the most difficult obstacle in the transition period. After 1998 the economy started to recover and to go through proper transition, from then on Albania has experienced positive growth rates.

Albania after the recovery from the communist system has started to repair economic and social aspects, development and achievements of forecasted values were seen in many of macroeconomic indicators, but still Albania after more than 20 years after collapse of communist system is considered as developing country under continues progress and in attempt to be integrated in EU.

In every corner of the globe countries are living continuous enhancement. Social life, economic conditions and technological improvements are the main indicators that are changing the dimension and the scope of life. Population is also increasing and with the increase of the number of the human beings in earth and the relation that they have with technological increase that stimulate wastes, consumption, transportation, manufacturing, resources usage etc. and their consumption of resources is faster which may result negatively in human beings and may give negative economic effects emphasis Withgott (2011) in his research.

WWF, Living Planet Report (2010) reports that human beings are consuming resources faster than it was planned, in a couple of years 2 planet will be needed to satisfy unlimited needs. This fact leads us to the conclusion that human is not living sustainably and is undermining the possibility for future generations to meet their needs.

Another important point that Graaf (2005) puts the light on is that consuming more and more is not the main factor of increasing happiness of people, rather the opposite being materialistic in possession of unlimited needs makes people unhappier and even unhealthier.

Last century we can observe that all economies in the world have been focused on the pathway of development that Western Culture and Neo Liberalism are considering. But these theories are related to economic activities and macroeconomic indicators measuring the development, and are not related to human being development socially and intellectually which is a very important factor in deciding whether a country is achieving prosperity and sustainability for future generations and long term development.

It is generally conceptualized that well-being is positively related with the income, people are happier as their income is increased. However this relationship is not proved for a long term, Esterlin (2010) followed by many positive critiques have questioned the relation by proposing the "paradox of happiness-income", which indicates that short time relation of these indicators is positive but in long run they are not varying upon each other.

This thesis aims to reveal the conceptualization of Well-being in developing country according to scholars and based on cultural and social view of populations in those countries, and also light up the importance of including social factors in evaluation of countries development level.

The results revealed from the thesis will be mainly based on the findings from the survey prepared based on World Well Being Survey and integrating questions with the reality of Albanian society. The sample group are 205 people from different groups of people from 18-70 years old.

The main objective which lead to us to elaborate this subject; 1- is the inclusion of well-being in macroeconomic indicators that set economic and social performance of countries, 2- understand what Albanian people value on deciding their level of life satisfaction and well –being, 3- what they value and to what they relate well-being and 4- are the developing countries in the position of valuing well-being or are they still concerned with other economic and social problems.

Thesis is divided in three major divisions; First chapters include the literature finings, conceptual framework and perception of well-being of people from other developing countries in the world, which will give a broader picture for the conceptualization of well-being.

The second chapter is focused on the importance of the Well-being inclusion in the development analysis of developing countries, Albanian case, methodology and analysis of the survey. The last chapter puts the light on the elaboration of empirical findings of the thesis giving concrete results from Albanian reality, suggestions and conclusion.

CHAPTER I Literature Review

Wellbeing is considered as one of the main indicators of development for countries from majority of scholars. But is wellbeing clearly defined and measured as an economic indicator is still a question that is hardly explained and understood. Some are considering wellbeing as "happiness" some are relating it closely with "material" but researchers at all are accepting it as a new indicator that "ought" to be added as an indicators in order to have a broader view of development, enhancement and progress of developing countries by relating macro indicators with social indicators.

In the study for African countries that are undeveloped and developing countries Aarnseth (2013) found that population in the Eastern and Western Cap consider important the achievement of wellbeing which they synonym with money, social relations, education, environment, religion, culture and future issues. This indicates that these people are putting much emphasis on increasing their wellbeing and consider it as an important factor composed of many factors and considerable significant to widen the development debate to social, environmental and future factors effecting the development level.

Judging from the conclusions that Meng (2013) have indicated in his research work for China, subjective wellbeing which is related to the feelings and thoughts that people have is not always related positively to the indicators such as GDP or GNP, income level etc. In some rural areas in Chinese environment paper emphasizes that even negative relation between subjective wellbeing and objective measures of development is seen based on the three approaches used to find out these conclusions; happiness approaches, capabilities approaches and mental health approaches.

Another approach is given from Boarini, Johansson and d'Ercole (2006) in their study supported by OECD. Their research is based on the dimensions of wellbeing, considering income as one of them. In the research it is indicated that richer countries are in a better position to offer and create conditions to enhance wellbeing considering; clean environment, education and health as part of higher wellbeing level. Authors are clearly stating that the relation of income or any other monetary measure with wellbeing would not be always positive or precise because other elements should be added to this relationship as social and environmental conditions; even quality of government is considered a significant factor in the report of OECD.

This qualitative governing will give the citizens the feeling of governing and controlling their own life, time and resources. OECD is still working on this issue to add more significant factors to this agenda.

Part of ESRC Research Group on Wellbeing in Developing Countries which has published many reports and research papers related to Wellbeing in the countries in developing Process, White (2008) is the author in one of the papers. Research is expressed positively toward the issue of Wellbeing, as it introduce many concepts about Wellbeing and its components it also suggests the optimistic view that wellbeing can be achieved as it has word "being" in it. In majority wellbeing is seen as a project that should be estimated, but the paper suggests that it should be understood as a process which is based on the time framework and place that it is occurring. And it is a collective issue which should be enhanced in relationship.

One of the main issues researched for Wellbeing is the relationship of income and the subjective Wellbeing which is related to feelings of human beings. Sacks, Stevenson, and Wolfers (2010) Also worked on this issue and concluded that within the same country rich individuals have higher life satisfaction than poorer ones. Using econometric models they have founded that the relationship of economic growth is associated with enhancement in life satisfaction in countries that have higher average of rich people. The main innovative point of the research is that they have made different types of relations within the country and with the greatest quantity of data even over time estimates and all of them have expressed the same positive relation of income and subjective wellbeing.

Sacks, Stevenson, and Wolfers (2010) suggested that absolute income is one the main indicators related to determining life satisfaction; also they conclude that subjective wellbeing is a useful tool of assessing trends in global well-being. Another important finding to be noted is that paper is based on the relationship of income and subjective wellbeing rather than correlation which is still an open question.

Some other arguments about the trend of the relation of income with wellbeing rather than the effect of wellbeing on income were presented by Stevenson and Wolfers (2008) who have based their research on three relationships of income with happiness (subjective wellbeing) comparing rich and poor members of societies, rich and poor countries and analyzing the pathway of income

and happiness trend in average.

Their findings point out that absolute income is important in shaping the happiness as they do not have sufficient information to prove it also for relative income, even though they believe that this relation exists in comparison of income levels within the country. The most compelling results that the relation of absolute income and wellbeing across international countries exist are determined from time series analysis across time.

Kroll (2013) in his paper has examined the considerable correlation of human development index components, health, education and income with subjective wellbeing in 70 countries. Results of the study and the survey conducted conclude that reassessment of conventional development wisdom should be done. All the factors examined are good to have more of them, but we are faced with limited resources in economy. Findings can help economists to make up the decisions of allocating resources to the factors that have the highest life satisfaction effect in specific countries.

Author examines the example of Millennium Development Goals and the ongoing process that should be done on 2015 suggesting using the theoretical and practical results of the survey done. Also another important suggestion of the author in the paper is that based on the result of this paper, researchers and country decision makers can use them for combining their strategies of food and other programs for poor people in their countries to form hierarchical needs demanded from people in order to make choices based on satisfaction level toward those goods.

Many other examples of how the survey for wellbeing can help different programs for decreasing poverty were presented by Kroll (2013) in his research paper. In general the paper underlines the importance of the surveys related to wellbeing with people of countries as very helpful for decision makers and program coordinators. He points out that we are faced with the world of limited recourses and out unlimited needs so the surveys and data collection for wellbeing would help to have "ceteris paribus" investment in education, health and have higher economic growth by basing the investment on areas which will generate higher satisfaction for population. The last suggestion of the author is to have surveys of determinants of life satisfaction in all countries of the globe and to place the light of policymakers on the wellbeing.

CHAPTER II Theoretical Analysis

2.1 Conceptual Framework

Humanity from the beginning of their existence has been trying to improve their "living conditions". Aristotle defines "happiness" and "living well" as the same thing and that living well consists of doing something. According to Jeremy Bentham in 19th century Well-Being is just the opposite of Ill-Being. World Health Organization Quality of Life, while defining living conditions is concerned with measuring physical health, psychological health, social relationship, and the environment.

Based on the working papers of Sarah White with the organization Well Being in Developing countries, some new conceptualizations related to well-being were explained. The new economics foundation is a think-tank oriented in UK domestic policies, and it has put some emphasis on finding some new indicators of well-being. As Aked at all (2008) conceptualized well-being is composed of two elements; feeling good and functioning well. Positive relations with people and having a sense of purpose of living are main attributes of wellbeing according to him. This view is supported by new economics foundation, they identify wellbeing as a dynamic process of external conditions of living combined with social engagement and positive feelings. They give more emphasis to the subjective side of wellbeing.

Another view related to wellbeing is Chambers' (2004) considering that important is

"Responsible wellbeing" with is qualified with equity and sustainability. He argues that main major obstacles of development are; focus on the wealthy not just the poor as important in development are those that offer sustainability and the second is the understanding of development should be more broad; involving standards of living, security, health, society, love, peace, choice, creativity, fun and access in basic services that are essential for life.

Another view point presented in this working paper was again for responsible wellbeing but very different from Chamber was emphasized by Oxfam Hong Kong (2008), he defines well-being with four dimensions. These are: self-sustenance – sustainable livelihoods with dignity in labor, some material comfort and leisure; self-esteem – a sense of self-worth and respect from others, ability to appreciate and live out positive values; self-determination – the ability to make individual and collective choices and enjoy individual and collective freedoms; and responsibility , – social and personal solidarity and responsibility, peace and security, and a

Capacity for empathy and caring, linked to awareness of interconnectedness and the impact of their lives on others

Psychosocial Assessment of Development and Humanitarian Interventions (PADHI) give a different approach related to wellbeing and its effect on development by putting much emphasis on how development is done as on what is done; the objective is less important than social, cultural and psychological consequences of the act. PADHI put the light on the fact that wellbeing is conceptualized and understood differently in different societies as it is related to culture and the way of living.

Well Being in Developing Countries (WeD) Group approach to well-being integrates material, relational and subjective dimensions. Showing that these three elements are integrated together to come up with the best instinctively linked dimensions composing wellbeing of people.

White (2008) after evaluating this approaches comes up with and emerging consensus, as she emphasis that these approaches differ in details but there are some important points of consensus; 1- wellbeing needs to be assessed across a number of different domains, 2- welling has moral quality- it concerns what people value and hold to be good, 3- wellbeing is a process, 4- individuals should have a proper environment to achieve well-being, 5- wellbeing is a "win-win" situation. Based on the White (2008) working paper the domains on what well-being is dependent are; economic, psychological, political and social. The combination of them values the level of wellbeing based on what the approach that you believe on.

Well-being is defined in many different approaches, for some it is achieving success or happiness, for some others is more than just a feeling it is related to theories, policies and measuring it economically, some others put much more light on it by defining it as the "best for societies" going beyond what is good for the communities or individuals. But the main components that must be taken into consideration are: 1-Material (What people have or do not have), 2- Relational (What people do or cannot do with it) and, 3- Subjective (What people think or feel).

It is widely considered as the most common way and used by the majority of organizations, that the development, welfare and living conditions of the countries is determined by their level of growth and Gross Domestic Product (GDP).

If the consideration gets deeper in economic and social terms, it can be said that GDP is not sufficient to measure the wellbeing and sustainable future of the countries.

By definition Gross Domestic Products (GDP) is the monetary value of all the finished goods and services produced within a country's borders in a specific time period. This does not imply any specification about wellbeing, happiness and level of satisfaction of different segmentations within the country. It does not specifies that wellbeing and development differs from the ones that share a small portion of the overall GDP or the ones that share the large share of the total GDP. It does not give us information that people with higher GDP per capita have higher wellbeing and vice versa. These facts lead to the conclusion that the measurement of wellbeing is not quantitative, it is complex concept and are composed of different elements that move in the same or opposite direction by making it possible for us to argue about the total society wellbeing.

Integrating wellbeing in to the measurement of development is not easy, the main hazards identified by White (2008) in trying to put wellbeing into practice are; 1-variability, as the wellbeing is an open to variable interpretations, 2- comprehensiveness, of wellbeing is too generally defined it can be comprised of everything or nothing, 3- recognition of the areas that people give value to them does not imply that they are the main indicators to achieve higher development.

After evaluation of this study and the hazards of White; arises the question is wellbeing really appropriate indicator to be added to the development level measurement?! Even though the openness and variability of wellbeing to be understood and interpreted, it can be considered as an important factor to be integrated into development, as to feelings and living well should be given more emphasis while deciding for development policies.

2.2 Monetary measures of wellbeing and non-Monetary measures

Professionals, academics and population are concerned with wellbeing, living conditions and

their satisfaction. But what does it imply? How it is achieved? Does it have a pick point? There are many questions that still do not have answer and are not studied from the researchers.

Wellbeing is considered as a positive notion because of its literal usage of words. "Well" is a positive verb which expresses the positivity and good feel and "being" expresses the like hood that it can be achieved.

Wellbeing is considered as a notion difficult to be analyzed and conceptualized. White (2008) in her paper work has defined it as a combination of "doing well and feeling good; doing good and feeling well", indicating that they make each other to happen. According to this study doing well stands for material dimension; standards of living, economic prosperity etc. Feeling good stands for subjective measures of well-being related to personal perceptions and level of satisfaction. The second part of the phrase reflects the findings of the paper; it expresses the religious view of developing countries, who have the tendency to include the moral dimension in their culture of living, perception that doing good will lead to feeling well. Feeling well is also related to health. The second line of the phrase is important also because it expresses the emphasis that people but on living a good life and not to "the good life", which indicates that not only individual preferences are important but also shared understanding of how world is and should be is important, in order to have a collective environment which makes possible the living of the good life. From the above mentioned facts it can be concluded that well-being is personalizedconcept which is percept based on our social, cultural and intellectual background.
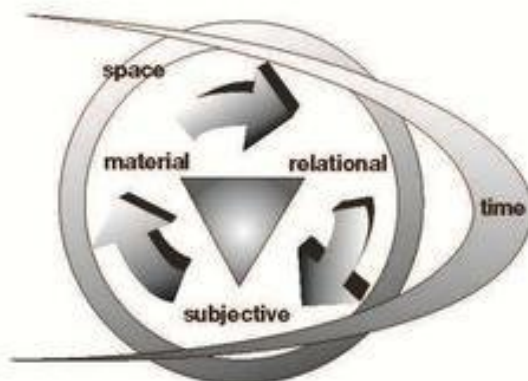
Figure 1, Process of well-being, Source: White (2008)

Well-being in developing countries, from White (2008), is considered to be the integration of three dimensions; subjective, material and relational. The most important point to be understood from the figure 1 is what was mentioned above; culture and society define objectivity which means that the integration of three dimensions gives different combinations of wellbeing perceptions in different environments. Wellbeing cannot be related to one person, it would occur biased results, "objectivity" is defined in the culture or society and it differs. Also subjectivity is based on perceptions of peoples' living circumstances . The integration of material, social and cultural aspects gives the best outcome of wellbeing, as material welfare, standards of living are also fundamental part of objective and subjective parts of overall wellbeing concept. This triangle has excluded the "objective" well-being as we have understood that the well-being is difficult to be conceptualized as objective and there is not a set of standards that can determined it. There are people that do not own all the objective measures that are considered to have effect on well-being but still are happy and satisfied and vice versa. One of the examples in OECD countries is Luxemburg, GDP per capita is increasing but well-being is not having the same trend with it. This implies that there are other subjective measures that have the larger effect than the objective ones.

Dimensions of Wellbeing

Material;	Relational;	Subjective;
➤ Income, wealth and assets	➤ Relations of love and care	➤ Understanding of sacred and the moral order
➤ Employment and livelihood activities	➤ Networks of support and obligation	➤ Self-concept and personality
➤ Education and skills	➤ Relations with the state: law, politics, welfare	➤ Hopes, fears and aspirations
➤ Physical health and (dis)ability	➤ Social, political and cultural identities and inequalities	➤ Sense of meaning/meaninglessness
➤ Access to services and amenities	➤ Violence, conflict and (in)security	➤ Level of (dis)satisfaction
➤ Environment quality	➤ Scope for personal and collective action and influence	➤ Trust and confidence

Table 1; Components of the dimensions of the well-being, Source: Wellbeing in Developing Countries working papers; White (2008), p. 7

The material dimensions of well-being distinguish "human capital" or "capabilities"; related to health and education, also the material and financial capital and assets. The relational dimensions of wellbeing are concerned with feelings, considered as "social capital" and interaction with institutions, society and welfare services. The subjective dimensions hold for the values people give to things, desires, how they feel about their lives. Subjectivity in wellbeing makes it a process that people should work for making their life happen, they decide on the meaning of their life and the way they live it according to circumstances and the environment they are in. These dimensions are interrelated and interdependent on each other so that they work as a process.

The idea of expressing the well-being as a process, relates to the understanding of the wellbeing as a moving process and not a static quantitative indicator.

This process has a time framework and has changed through the history, the process has also a life cycle; how people feel about their present affects in return their pasts and future. Another important indicator, that has been put on the model and has inevitable effect, is space. The place we live and geography have effect on our conceptual framework for happiness, well-being, development and all other aspects of life.

White (2008) considers that well-being is a process which can better be experienced and developed in community as it happens in relationship; also it happens in accordance to particular time and place.

Well-being as a process that is not clearly defined and conceptualized can be percept by people change in different time dimensions and locations. As people's age, health, social class changes their understanding of well-being may change. Perception of well-being is a construction of the background information, knowledge and social and cultural contexts, which is part of relational well-being, as people relations to one another and to the whole society is important in constricting their perception for well-being.

Till now the focus was put on the individual wellbeing and the conceptualization of wellbeing according to individuals that were living in different communities, but the important thing in order to understand the wellbeing of a country is to considering it as a process inherited within the community as White (2008) emphasizes in her paper work. The figure below expresses three dimensions of wellbeing in the community level:

Dimensions of Wellbeing in Community

Material;

- ➢ Vital Statistics: age distribution, health status, education level, income level, housing quality, tenure status
- ➢ Employment and livelihoods opportunities
- ➢ Availability of information and communications
- ➢ Availability/ Quality of services and amenities: water, sanitation, electricity, credit, shops, schools, colleges, clinics, hospitals, sport centers, play areas, places of worship etc.
- ➢ Infrastructure and accessibility (eg. Public transport)

- ➢ Quality of environment

Relational;

- ➢ Community formation: main majority/ minority groups, in-out migration, lines of solidarity/ conflict, household composition/ stability
- ➢ Organizational belonging; churches, mosques, temples, clubs, sports, political parties, gangs, action groups etc.

- ➢ Informal association: where (different groups) get together

- ➢ Violence, crime and (in)security
- ➢ Scope for and experience of collective action

Subjective;

- ➢ Understanding of a "good community", "a good society"
- ➢ Community self-concept
- ➢ Community fears and aspirations
- ➢ Levels of (dis)satisfaction

- ➢ Trust and confidence in each other

Table 2; Components of the dimensions of the well-being in Community level, Source: Wellbeing in Developing Countries working papers; White (2008), p. 13

The relations in the table above tend to put the light on the integration of the statistics, community and the history of the population, the time framework should be related to the present. The main objective of the community level wellbeing dimensions is to show the relations of people and their integration in the environment where they live, and all this happens in space. Wellbeing happens in community.

In the research work of Boarini, Johansson, andd'Ercole (2006) under the name of Organization for Economic Cooperation and Development (OECD) have considered that the most relevant numerical indicator for measuring living conditions and well-being is GNI. Gross national income (GNI) is defined as the sum of value added by all producers who are residents in a nation, plus any product taxes (minus subsidies) not included in output, plus income received from abroad such as employee compensation and property income. (Retrieved by Investopedia) Considering that GDP overestimates well-being as some of the income is paid to non-residents of the country. Some other monetary indicators considered as effective on well-being are; increased leisure time without decreasing the income paid to people, household size indicating that economic needs of households rise less than their size and equality in income distribution leads to higher wellbeing, is all the population would have the same income well-being would be the highest. After a detailed analyze and evidence collection Maggino and Zumbo (2011) define well-being as multidimensional concept that is difficult and complex to be defined. The qualitative approaches that should be used in order to define it should be multifaceted, multipurpose mixed with different methodologies and literatures.

Boarini, Johansson, andd'Ercole (2006) have defined some non-monetary measures based on perception that countries with higher GDP per capita experience more rapid improvement in social conditions, looking at the relation of GDP with environmental conditions and also by understanding the level of happiness of the people and relate it with income. Authors' have

studied about OECD[1] countries, part of which are a considerable number of countries that are in territory of Europe, considering that the main social factors are self-sufficiency, equity, health and social cohesion. People that have high self-sufficiency because of their living conditions as they have education, employment and are households have more tendencies to achieve satisfaction as the conditions are in their favor.

In equity the factors considered are income inequality considered as the one with the main effect on this social aspect and the one that GDP effects mostly as in the majority of cases they have the same trends, poverty rate, child poverty and gender wage gap which are also positively correlated with GDP. In average countries with better health conditions including; life expectancy at birth, infant mortality rates, potential years of life lost as a result of accidents or preventable diseases, have tendency to be countries with higher GDP and well-being. Also social cohesion is important in the general well-being of people as belonging to a community is one of the most fundamental needs of people.

Environment is a very important factor affecting the quality of life and the wellbeing of humans in earth. The air pollution, emission of gasses, water pollution and other environmental diseases can lead to health problems and reduce the satisfaction of people to live in a certain environment. Comparing the polluted areas, where factories, plants, hydropower institutions operate, are less preferred to live and not recommended as they can bring up serious disease to population and minimize the optimal environment conditions. Boarini, Johansson, andd'Ercole (2006) in their study conclude that the relationship between environment and GDP per capita is complex.

Because countries that are richer tend to produce more and to pollute more but also have the capacity to deal with these stresses. Findings say that in the last 10-15 year, emission of most pollutants of OECD count countries have been increasing with a lower trend than GDP. But additional to that we cannot add more facts as there are no standards available that adjust GDP

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[1]OECD countries are; Australia, Austria, Belgium, Canada, Chile, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Israel, Italy,Japan,Korea, Luxembourg, Mexico, Netherlands, New Zealand, Norway, Poland, Portugal, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, Turkey, United Kingdom, United States

for changes in the environment.

As it was mentioned in the beginning of this research well-being is considered to be effected by objective measures and subjective measures. Subjective well-being is related to the happiness of the people and their satisfaction for life. Layard (2005) considers the "World Values Surveys" as reliable, asking people to describe them from very happy/satisfied with their life to very unhappy/dissatisfied with their life, as they correspond with the opinion of their relatives and friends for specific people.

The ones that rate themselves as happy are also likely to be considered from the environment as positive people and the ones that smile more.

Boarini, Johansson, andd'Ercole (2006) analyze the results of many states from the survey done; finding out that 90% of the people living in OECD countries report to be happy. This can be correlated with the GDP per capita as the OECD countries in general are countries that are considered to be developed or are in last stages of developing, even though there are some exception like Mexico that has nearly the highest life satisfaction and happiness level. Income is an indicator that is related with the happiness and the life satisfaction as it is the main link between offering to us and to our family the material demands. But important in increasing it are also belonging to the families, health, education and equality in the wages and respecting of human rights and fundamental needs by the states.

2.3 DO DEVELOPING COUNTRIES CARE ABOUT WELL-BEING?

The majority of the developing countries have passed through transition in economic, social and political aspects. This means that these countries have not achieved the stages of maturity in economic and social terms, their concerns about poverty reduction, unemployment, and urbanization are more important than well-being, happiness and well fare of the population. Developing countries are still working on increasing the standards of living; they have not still achieved the stage of evaluation of those standards. The main drawback that has been estimatedfrom this research is related to the question; is really well being the main concern for developing countries? Some of the developing countries have still more than 40% poverty, child

mortality is very high, unemployment of youth is high and other problems that government should solve before coming to the question of "quality of life". The quality of life is more defined as a satisfaction that high classes of society want to achieve, as the ones that are craving for food, house or a job want just to have the opportunity to live one day more.

CHAPTER III Analysis of Results from Questioner

3.1 Data Analysis

The above part of the thesis was written based on the literature review and examples from studies in different countries of the world. The second part of the thesis consists of the Albanian case wellbeing analysis. The methodology used find out and analyzed the wellbeing perception of Albanian society was chosen to be questioner, as most significant way. Analysis of results driven out by the questioner will be done descriptive statistics and graphs and SPSS software program.

Well-being is considered more a subjective measure, from above mentioned literature review, so the best way to find out the perception in Albanian Society is by asking people for their feelings, understandings, environment etc. The questioner was prepared based on World Wellbeing survey and observation and integration of details from reports of development of World Bank for Albanian case, in order to make it more significant for this case.

Sample group that filled in the questioner was chosen from different age groups in order to have a significant sample. The sample was composed of randomly selected people of the society in Albania, mostly living in capital city Tirana. The main difficulty, considered as a limitation for the study was the unwillingness of people to fill in the survey. The culture of the society for fulfilling questioners is still not adapted, in the majority of cases they are afraid to give specific information.

Another very important limitation was fulfillment of the survey by the elderly people, it could be observed that their responses were being effected by the Youngers helping them to fill, as the majority of them were not able to do it.

It was decided to divide the sample group in to four target groups based on their age, in order to find out the difference in perception of wellbeing as the age and status changes.

Target groups were; less than 20 years old young people that are still in the education process and dependent financially from families, 20 to 30 years old group supposed to be in the search of a job or having their beginning of the career, 31 to 40 years old considered as consolidated group of people that have a stable job position and are in search of stability in their life, 41-65 years old group the mature people that have their life stable and are in a stable level not having turbulences and over 65 years old people that are pensioners.

From 342 surveys that were delivered 290 responses were given, meaning that nearly 80% of the people gave response to the questionnaire. Reliability of the results is based on the loyalty of the respondents.

3.2 Survey Modeling

Questioner had 21 questions related to the wellbeing perception and considerations. In the beginning the questioner has questions related to income, work, education and the sector you are working in or the level of education. The analysis is done based on the group age that they are part of.

The main part of the survey was divided in two parts; questions related to social relations and health which intend to find out the perception of wellbeing as an individual and the importance people give to their feelings of belonging and personal and individual feelings and the second part related to financial position, environment and community situation in Albania intending to analyze the wellbeing in the community level and the importance they give the whole situation of the society and Albania.

3.3 Analysis of the results

Mainly the questioner was self-administered and sent by email or surveyed in person with the respondents. Descriptive statistics and graphs are used in order to analyze the results. The

samples of people that have filled in the survey are 291 people, from different age group. Each group age of people has at least 50 people in order to have more significant results.

The figures below show that five group ages have nearly same percentage of participation in the group of respondents.

Females have the majority of nearly 53% and also people in working relations are majority of 57%. But important to be mentioned is that people that works are have low wages. The largest number of respondents is having an income less than 25.000 per month followed by the group of 25.000 to 50.000 considered as not paid good, as the majority of respondents are residents of Tirana and living cost of the city is high.

Analysis of each question is done based on the age groups of the respondents.
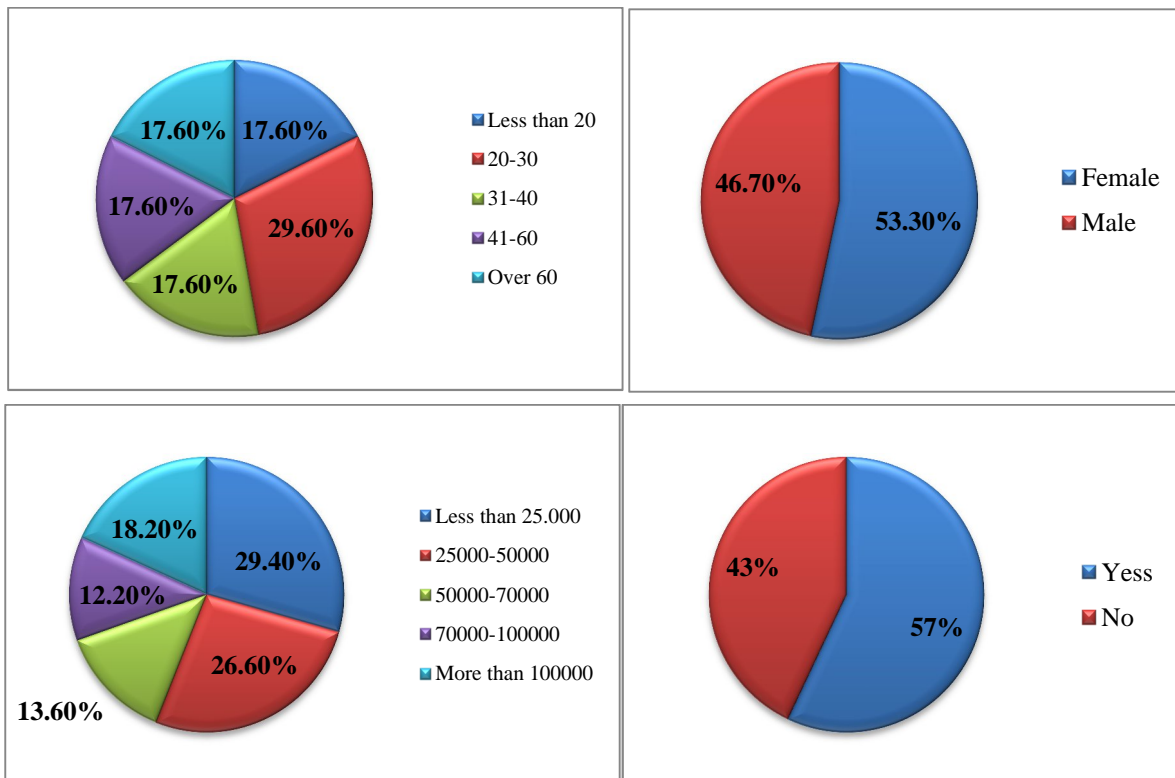
-Age (Please specified) ion					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid		6	2.1	2.1	2.1
	20-30	84	29.0	29.0	31.0
	31-40	50	17.2	17.2	48.3

20

41-60	50	17.2	17.2	65.5
Less than 20	50	17.2	17.2	82.8
Over 60	50	17.2	17.2	100.0
Total	290	100.0	100.0	

Table 3: Information related to age groups for the respondents.

Age -Gender					
Count					
			-Gender (Please Circle)		Total
			Female	Male	
Age (Please specified)		0	5	1	6
	20-30	0	56	28	84
	31-40	1	23	26	50
	41-60	3	26	21	50
	Less than 20	0	24	26	50
	Over 60	1	18	31	50
Total		5	152	133	290

Table 4: Information related to gender for the respondents.

-Gender (Please Circle)					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid		5	1.7	1.7	1.7
	Female	152	52.4	52.4	54.1
	Male	133	45.9	45.9	100.0
	Total	290	100.0	100.0	

Table 5: Frequencies related to gender of the respondents.

-Income					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid		4	1.4	1.4	1.4
	25000-50000	76	26.2	26.2	27.6
	50000-70000	39	13.4	13.4	41.0
	70000-100000	35	12.1	12.1	53.1
	Less than 25.000	84	29.0	29.0	82.1
	More than 100000	52	17.9	17.9	100.0
	Total	290	100.0	100.0	

Table 6: Frequencies related to income groups of the respondents.

From the table 3 it can be observed that each group has at least 50 respondents and 6 of them did not specify.

The forth table gives information related to the gender of respondents. As it can be observed females are in advantage for some number. The highest number of female respondents is in 20-30 age groups.

The fifth table shows the frequencies related to the income groups. It can be observed that mainly respondents are in the group of less than 25.000 or 25.000-50.000.

The questioner has two parts as it was mentioned above. The first part, questions from 1-11 try to solve out the relation of wellbeing with the life as whole, social relations and health. These are very important factors that in this paper work are considered as components of personal wellbeing achievement explained above.

First question is related to the overall feelings related to life as whole.

All things considered, how satisfied are you with life as a whole nowadays?

		Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied	Total
-Age (Please specified)		0	4	2	0	0	6
	20-30	3	22	41	14	4	84
	31-40	5	28	12	3	2	50
	41-60	7	29	7	5	0	48
	Less than 20	8	34	6	1	1	50
	Over 60	0	14	26	10	0	50
Total		23	131	94	33	7	288

Graph 1: Summary of results for question 1.

The first graph shows the relation of the targeted groups with their satisfaction of their life as a whole.

This question intends to understand the feeling of satisfaction of Albanians toward life. It is identified that age group mostly satisfied with their life is 31-40, 41-60 and group age less than 20. This leads to the conclusion that having a job, family life and consolidated lifestyle as these groups are identified as stable group ages gives satisfaction to Albanians. But also the number of people not satisfied is not low, many respondents from group age 20-30 were not satisfied with their life as they were educated and unemployed and without any hope to find the job in the future.

Second question is related to the daily routine.

Are you happy with your daily routine (do you like what you do)?

		Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied	Total
-Age (Please specified) ion		0	4	2	0	0	6
	20-30	3	22	41	14	4	84
	31-40	5	28	12	3	2	50
	41-60	7	29	7	5	0	48
	Less than 20	8	34	6	1	1	50

	Over 60	0	14	26	10	0	50
Total		23	131	94	33	7	288

Graph 2: Summary of results for question 2.

Having pleasure from what we do and how we act is one of the fundamentals in having a happy and healthy life. The second question is related to the daily routine and if people are happy with what they do. Graph shows that the majority of the respondents from all the group ages are satisfied with their daily routine. Important to be mentioned are the respondents being not satisfied from the 20-30 and over 60 age groups that are high in number. This result is a consequence of being educated and unemployed group of people and pensioners hat are having very little money to cover their expenses and government is not having any special care toward them.

The third question is related to the two first questions, in order to have a happy life and be satisfied with the daily routine people need to feel that they are doing something worthwhile for their life and future. But on the other side from the answer of the people it can be seen that Albanians are sure that they work for themselves and the majority are responding that often they do things that are worthwhile for themselves, which leads to the hypothesis that they are pretty confident on what they do but the whole life quality is not dependent on what they do, how they act and are they working for the community.

Do you feel that things that you do in your life are worthwhile?

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	2	4	0	0	6
	20-30	3	22	36	18	5	84
	31-40	6	23	14	5	1	49
	41-60	11	22	9	8	0	50
	Less than 20	11	25	12	1	1	50
	Over 60	0	17	20	11	0	48
Total		31	111	95	43	7	287
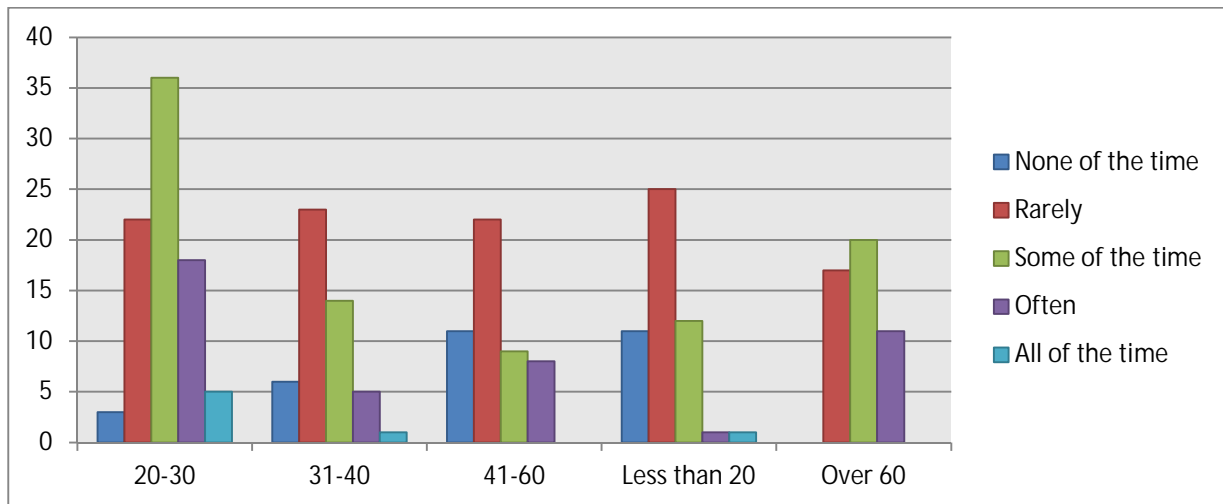
Graph 3: Summary of results for question 3.

Anxiety and stress are very harmful causes in nowadays fast changing environment. People work, live and act based on deadlines and competition. This causes people to be stressful and not safe in their environment as competition on fight with them all the time. As it can be observed from the graph below, Albanians are not anxious in majority they feel okay related to anxiety.

All things considered, how anxious do you feel nowadays?

		Extremely Anxious	Anxious	Ok	Not Anxious	Extremely not anxious	Total
-Age (Please		0	2	1	3	0	6

specified) ion						
	20-30	1	7	32	33	9	82
	31-40	0	3	6	30	9	48
	41-60	0	6	11	27	6	50
	Less than 20	0	5	4	30	10	49
	Over 60	0	11	13	25	1	50
Total		1	34	67	148	35	285
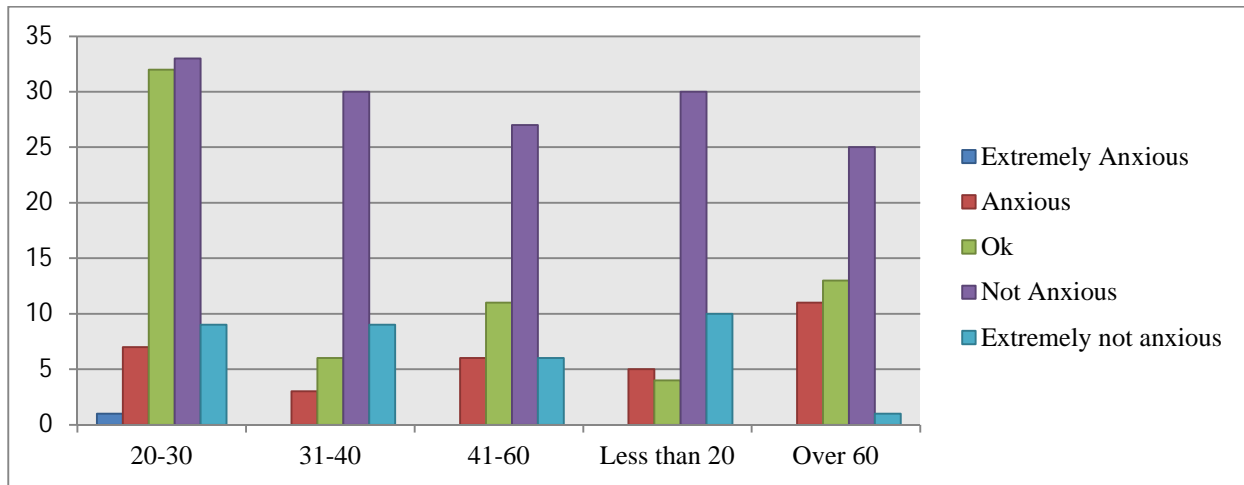
Graph 4: Summary of results for question 4.

Generally speaking, would you say that most people can be trusted? Please give a score of 0 to 5, where 0 means people can't be trusted and 5 means that most people can be trusted.

		1	2	3	4	5	Total
-Age (Please specified) ion		0	1	1	3	1	6
	20-30	4	11	26	28	15	84
	31-40	3	18	12	15	2	50
	41-60	1	9	15	20	4	49
	Less than 20	8	15	9	13	4	49
	Over 60	0	2	5	27	15	49
Total		16	56	68	106	41	287

> *1 means people can be trusted and 5 means that most people can't be trusted*
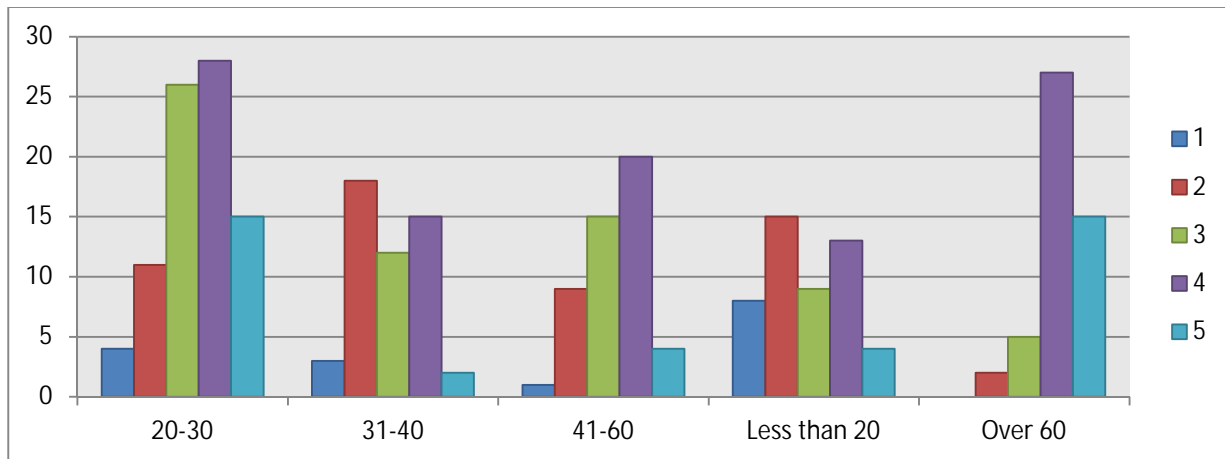
Graph 5: Summary of results for question 5.

The graph shows obviously that people in Albania are not trustful to each other. Comparing the results it can be seen that in the majority of cases they are going toward 5, which indicates that people cannot be trusted. The most skeptical group corresponding to the graph above is the oldest group age, over 60. But also the group of 20-30 has a leading of points 3 and 4, which indicate not so much trustful and going toward can't be trusted. This result leads to the conclusion that Albanians in majority are not much trustful to one another; this makes the life in community more difficult.

How often do you meet socially with friends, relatives or colleagues?

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	0	3	1	2	6
	20-30	1	11	17	38	16	83
	31-40	0	4	9	28	8	49
	41-60	1	4	12	28	4	49
	Less than 20	0	1	0	36	13	50
	Over 60	1	9	1	31	8	50
Total		3	29	42	162	51	287
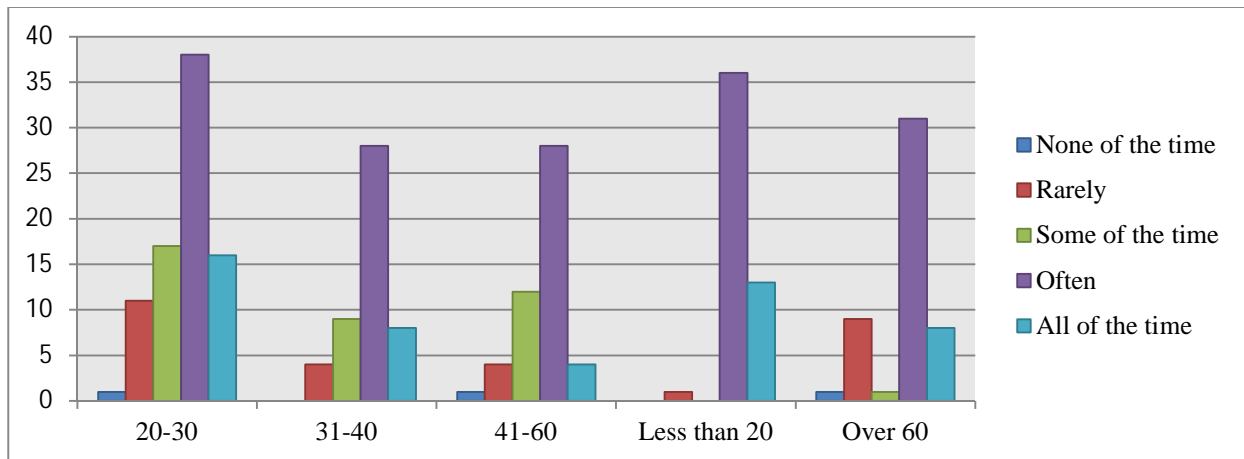
Graph 6: Summary of results for question 6.

Albanians are known as population that lives in community and fun, going out and community life is very important. That is why this graph shows their relation with their friends and relatives and how much they meet with them during their days.

As it can be observed from the graph maybe because of the work and obligations that people are having most of them are meeting their friends and relatives some of the time, but to be mentioned is the low percentage of people that are not meeting at all their friends. The group age less than 20 have 1 responses to the answer none of the time. This is a good implication on how much Albanians value their time spent with friends and relatives.

7th graph is related to the happiness people feel toward the time they spend with relatives, colleges and friends. This graph expresses that Albanians in majority, almost all group ages, feel happy in the presence of their beloved ones.

But this can be related also to economic, political instability in Albania, as population because of not having jobs, wellbeing and development in the country chose to spend their times with people that are close to them and are more loyal and trustful. This graph can be related with the high rate of socialization that Albanians have and their traditions to stay near to relatives and close family people.

How happy you are in the presence of your friends, relatives or colleagues?

		Extremely Happy	Happy	Ok	Not happy	Extremely Unhappy	Total
-Age (Please specified) ion		1	2	2	0	1	6
	20-30	13	26	17	17	10	83
	31-40	5	36	5	3	0	49
	41-60	7	33	8	2	0	50
	Less than 20	8	36	3	2	1	50
	Over 60	4	33	6	6	0	49
Total		38	166	41	30	12	287
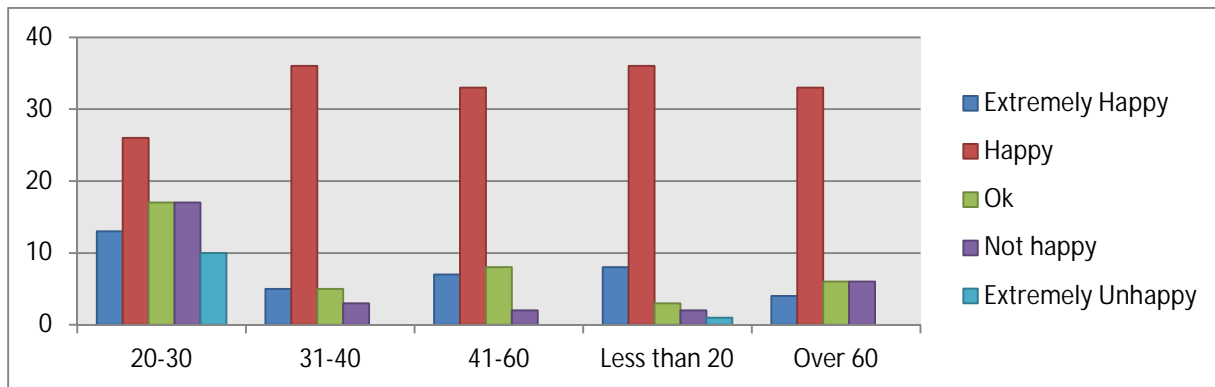
Graph 7: Summary of results for question 7.

Being healthy is one of the main pillars in order to feel happy, live the wellbeing and continue the development. That is why this is a very important question! Countries all over the world are having many troubles related to people's health and problems that population is living because of not proper lifestyle. Albania is in advantage in this issue as the youth in majority is healthy and ready to work for the change in the country. The results estimated from the survey express also the feeling that people from all age groups in majority feel okay, good or very good related to their health. This is the best asset that Albania has, healthy human capital.

How is your health in general?

		Very good	Good	Ok	Bad	Very bad	Total
-Age (Please specified) ion		1	3	1	1	0	6
	20-30	26	37	11	7	3	84
	31-40	14	28	5	1	2	50

	41-60	19	19	11	1	0	50
	Less than 20	41	6	0	2	0	49
	Over 60	2	6	16	25	1	50
Total		103	99	44	37	6	289
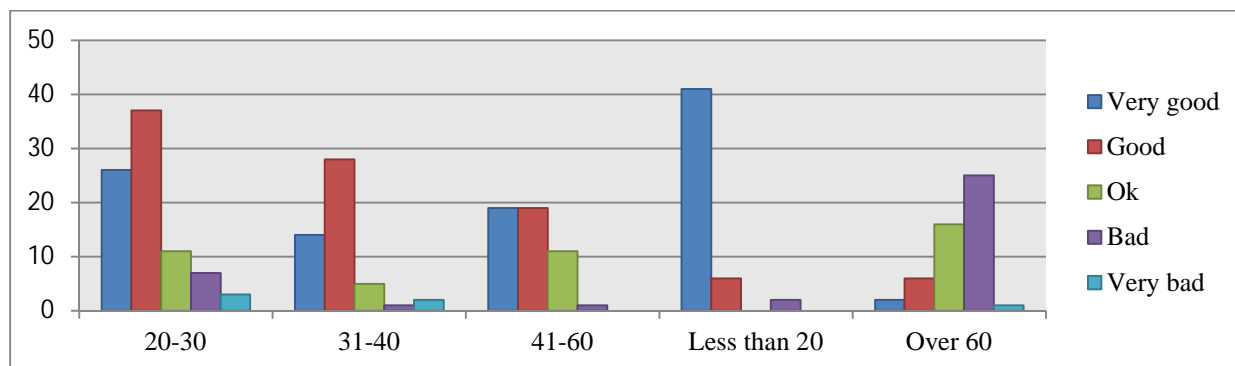
Graph 8: Summary of results for question 8.

Generally speaking, how much do you feel the risk of diseases in your Albania? Please give a score of 0 to 5, where 0 means you do not feel under the risk of having diseases and 5 means that most of the time you feel under the risk.

		1	2	3	4	5	Total
-Age (Please specified) ion		0	2	3	1	0	6
	20-30	8	26	31	13	6	84
	31-40	1	14	11	14	9	49
	41-60	0	14	12	20	4	50
	Less than 20	0	8	9	17	16	50
	Over 60	3	28	4	13	2	50
Total		12	92	70	78	37	289

- 1 means you feel under the risk of having diseases and 5 means that most of the time you do not feel under the risk.
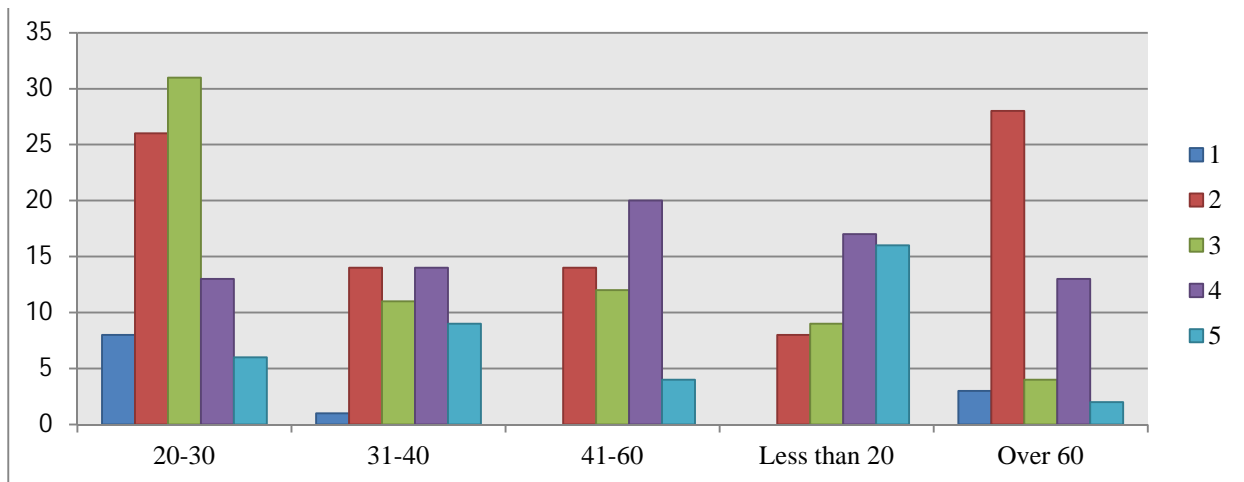
Graph 9 Summary of results for question 9.

9th question is also related to what was expressed in the previous question analysis, people except they feel healthy they also in majority are not in fear of danger to have diseases. This confidence is a consequence of the feeling of Albanians that are not having any problems with their health. But another point to be mentioned is the low conscious of Albanians for different diseases in that exist in the world and consequences that can happen if these diseases are diagnosed late.

In the last seven days, you have felt active and productive every day. Please give a score of 0 to 5, where 0 means you are not feeling productive and active and 5 means that all the time you feel productive and active.

		1	2	3	4	5	Total
-Age (Please specified) ion		0	3	1	2	0	6
	20-30	8	23	25	24	4	84
	31-40	17	16	14	3	0	50
	41-60	20	19	7	3	1	50
	Less than 20	31	7	6	2	3	49
	Over 60	0	7	6	35	2	50
Total		76	75	59	69	10	289

- 1 means you are feeling productive and active and 5 means that all the time you not feel productive and active
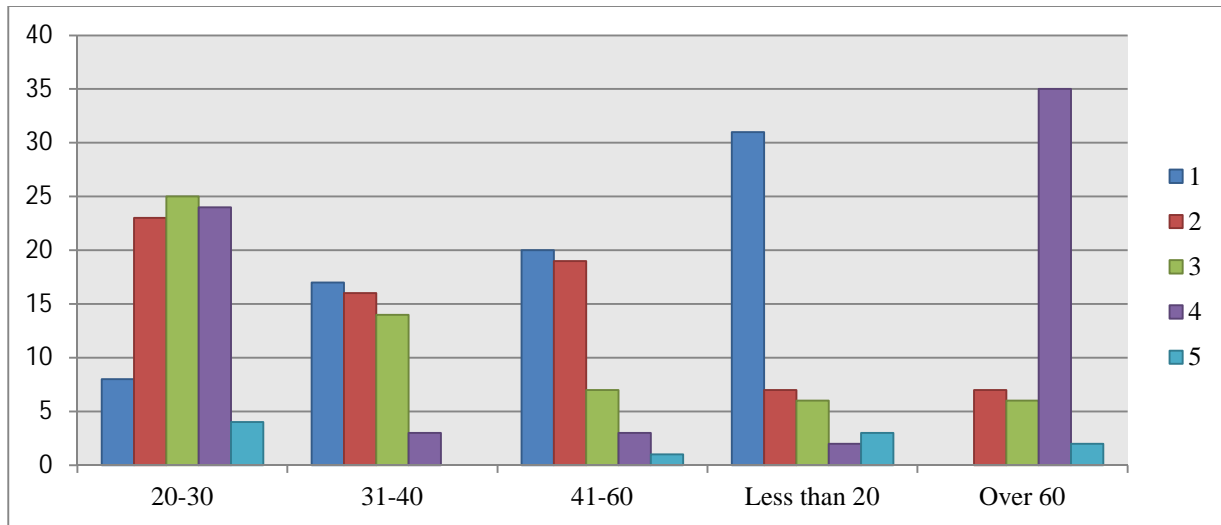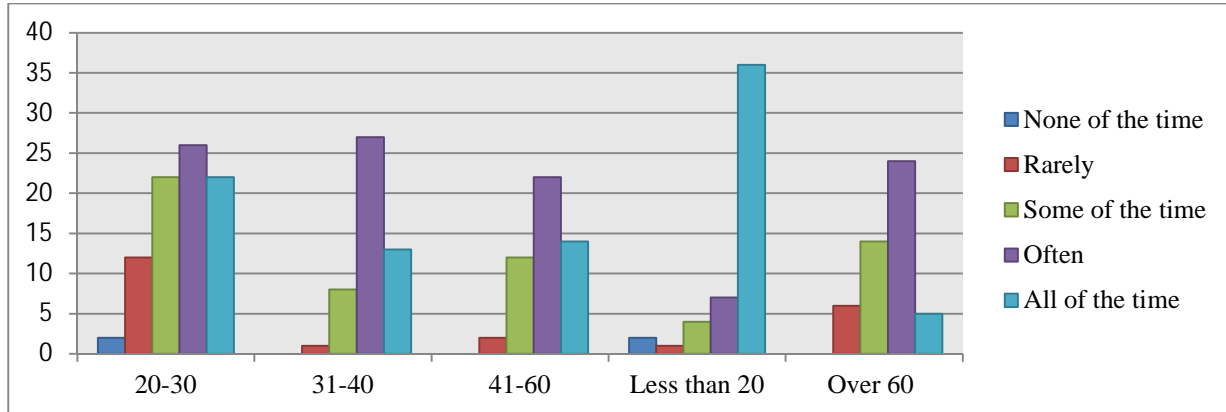
Graph 10 Summary of results for question 10.

Feeling productive and active is related to the activities that people have during the day and to the fact that if those activities are offering the good feeling of being productive for your life. The results of the graph show that pensioners are feeling less productive and active which indicates the inactivity of social institutions that should be careful to make pensioners feel and have the possibility of living in a social environment. Also the group ago of 20-30, are not feeling so much productive and active, even though these group is hypothesized to give the most positive answer to this question but the majority are marking 3 (which is middle). The group ages that are feeling more active and productive are 41-60 and 31-40, the majority of them have marked 1 or 2, which indicates that these groups are more active and productive as they are in the stages of majority and consolidation in their life also their self-esteem is higher. Questions 11 are made up of 7 statements related to feelings and thoughts of people. The answers are reflection of respondents for last 2 weeks to best describe their feelings and thoughts.

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	1	0	4	1	6
	20-30	2	12	22	26	22	84
	31-40	0	1	8	27	13	49
	41-60	0	2	12	22	14	50
	Less	2	1	4	7	36	50

	than 20					
	Over 60	0	6	14	24	5	49
Total		4	23	60	110	91	288

Graph 11: Summary of results for question 11A.

11A expresses the optimism of respondents for their future. As it can be seen from the graph all group ages that have responded to this questioner feel optimistic about the future, this result comes from the positive feeling that Albanians have for the future of the country.

		None of the time	Rar ely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		1	0	1	4	0	6
	20-30	0	10	27	34	13	84
	31-40	1	2	10	28	8	49
	41-60	0	1	12	30	6	49
	Less than 20	2	0	7	25	16	50
	Over 60	0	8	28	13	0	49
Total		4	21	85	134	43	287
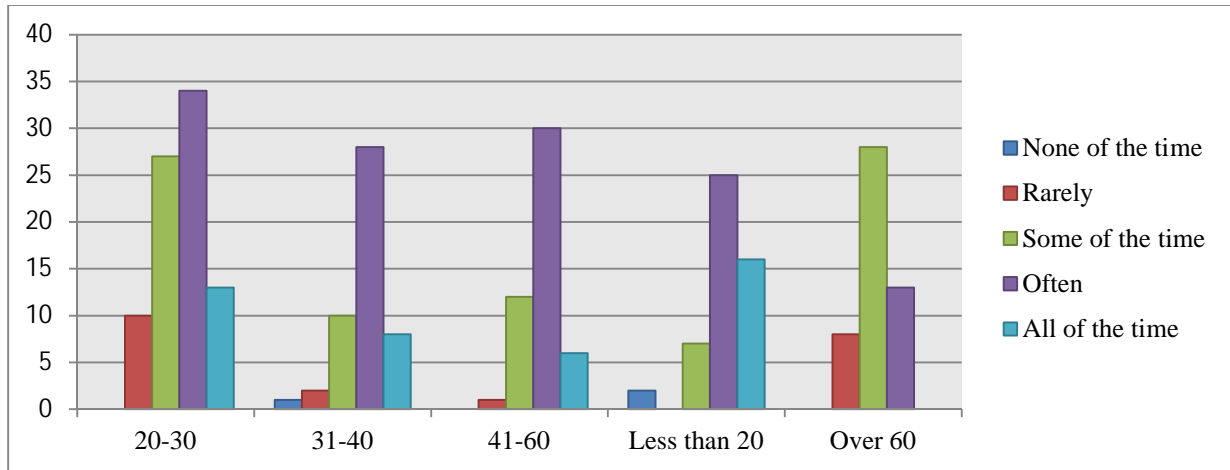
Graph 12: Summary of results for question 11B.

11B expresses the feeling of being useful. From the graph it can be estimated that the majority of respondents from all group ages have felt that are being useful during last 2 weeks. This result leads to the conclusion that Albanians are showing willingness to work and feel that are currently being useful toward society.

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	1	1	4	0	6
	20-30	6	31	20	23	4	84
	31-40	1	13	20	13	2	49
	41-60	9	15	14	9	2	49
	Less than 20	2	6	23	15	2	48
	Over 60	3	21	16	8	1	49
Total		21	87	94	72	11	285
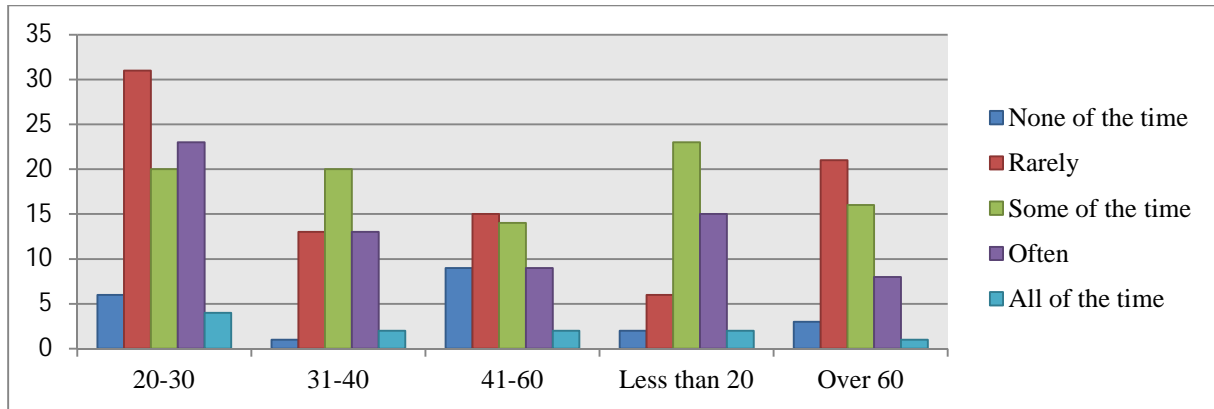
Graph 13: Summary of results for question 11C

11C asks for the feeling of relaxation of Albanians. The results of respondents to this statement were not as positive as for 11a and 11b, as the majority of them only sometimes are feeling relaxed or rarely are feeling relaxed. It is important to be mentioned that very little percentage of people (see the graph) are giving positive answer of being all the time.

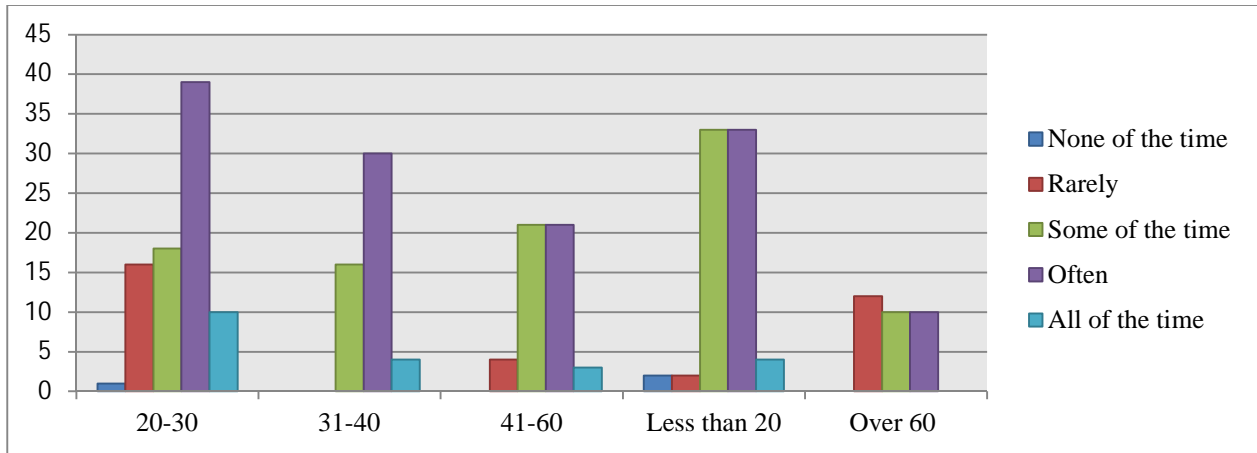|		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	1	3	2	0	6
	20-30	1	16	18	39	10	84
	31-40	0	0	16	30	4	50
	41-60	0	4	21	21	3	49
	Less than 20	2	2	8	33	4	49
	Over 60	0	12	28	10	0	50
Total		3	35	94	135	21	288

Graph 14: Summary of results for question 11D.

11D asks if people during these last 2 weeks were dealing with problems well. From the graph we can see that people are responding that they are often dealing well with their problems. Group age of 31-40 are having the best results, as all the respondents have given positive answer of dealing with their problems some of the time, often or all the time.

11E is related to the issue of thinking clearly for the decisions and life as whole. The answers show that the majority of age groups, except the group age of over 60, often feel that they are thinking clearly.

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	1	3	2	0	6
	20-30	1	16	18	39	10	84
	31-40	0	0	16	30	4	50
	41-60	0	4	21	21	3	49
	Less than 20	2	2	8	33	4	49
	Over 60	0	12	28	10	0	50
Total		3	35	94	135	21	288

Graph 15 Summary of results for question 11E

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	1	2	1	2	6
	20-30	4	18	21	33	8	84
	31-40	1	1	11	27	8	48
	41-60	0	5	16	24	4	49
	Less than 20	2	2	2	23	19	48
	Over 60	0	6	20	21	3	50
Total		7	33	72	129	44	285
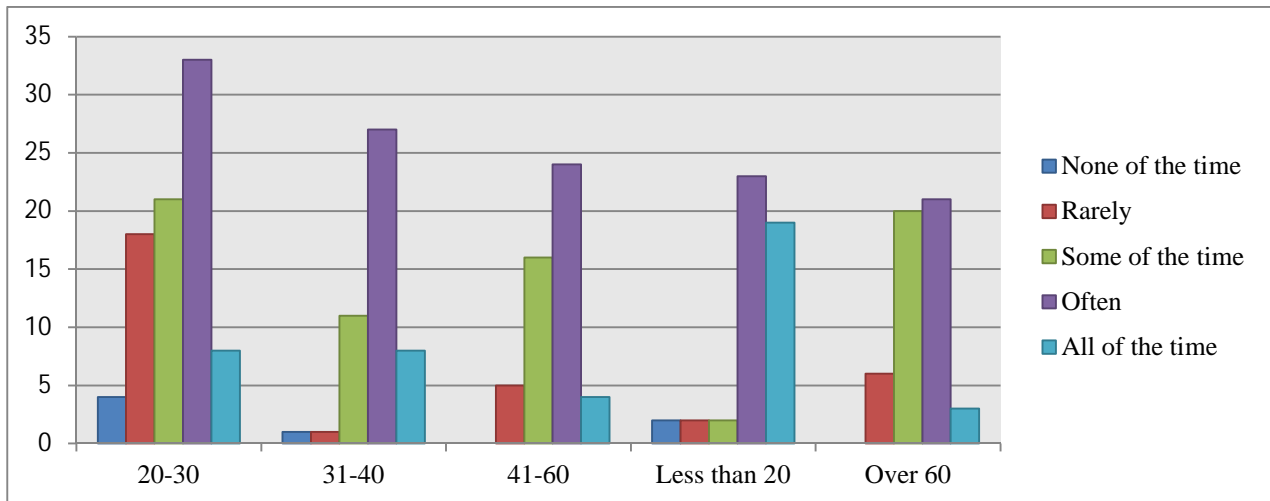
Graph 16: Summary of results for question 11F

11F is related to the community belongings, as it asks for the feeling of being close to people in the environment of living. The answers show that group ages of 20-30, 31-40 and less than 20 are feeling more close to people. The age group of over 60 is more skeptical about this issue.

11G asks for the ability of making up mind, as it is generally accepted, people are taking better decisions and making up mind when feeling good and when the conditions of living in the environment are better, this indicates that with higher wellbeing they will be more determined. But the respondents have answered very positively to this statement, the majority of respondents feel that are often being stable in making up their mind.

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	1	1	3	1	6
	20-30	1	10	28	29	16	84
	31-40	0	2	12	30	4	48
	41-60	0	1	18	26	4	49
	Less than 20	1	1	7	26	13	48
	Over 60	0	7	25	17	0	49
Total		2	22	91	131	38	284
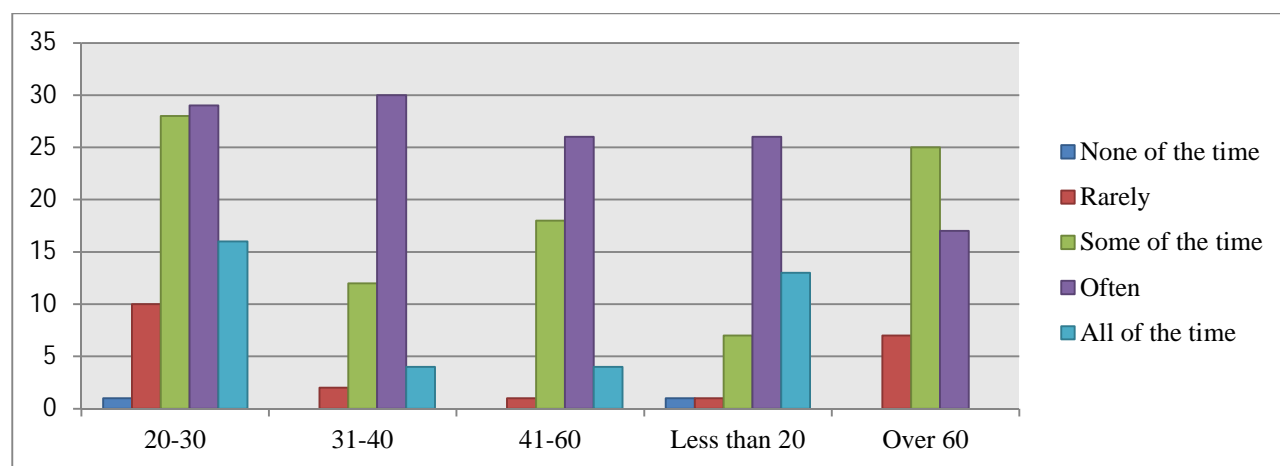
Graph 17: Summary of results for question 11

All the statements of question 11 are related to the feelings of people toward their daily routine. This answers show positive approach of Albanians for life and their confidence that all the problems related to wellbeing, development and progress are not related with their personal

enhancement, feelings or thoughts. Respondents have the tendency to answer very positively when it comes to their personal perceptions. Albanians do not want to show the weaknesses and are reflecting on their strong points of personality while giving answers.

This conclusion is one of the main obstacles of study as the answers of people are based on their personal limits of telling the truth and their weaknesses.

The second part of the questioner are questions from 12-21 are related to the components of wellbeing perception in the community life. The questions are related to relations with community, financial position and sustainability in the environment that people live.

How satisfied are you with your present standard of living?

|		Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied	Total
-Age (Please specified) ion		1	1	3	1	0	6
	20-30	3	20	36	21	4	84
	31-40	2	26	13	6	2	49
	41-60	2	30	9	9	0	50
	Less than 20	5	31	6	4	1	47
	Over 60	0	17	20	11	0	48
Total		13	125	87	52	7	284
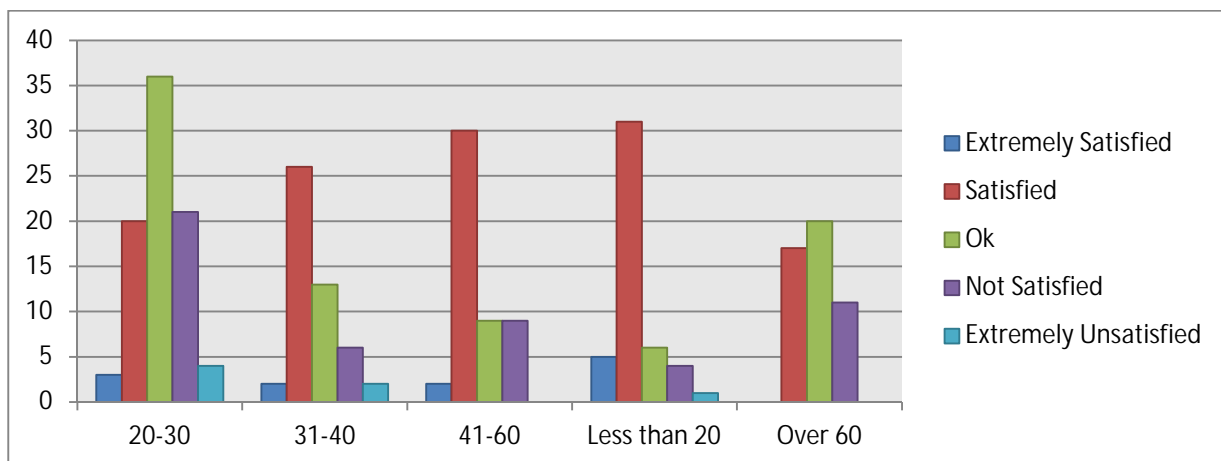
Graph 18: Summary of results for question 12

This question is related to the overall satisfaction of people in Albania for the standard of living.

The respondent's show that Albanians are not unsatisfied with their standard of living, as from the whole respondents the option of extremely unsatisfied has least of Reponses. The option having the majority of answers is satisfied, which leads us toward good steps in achieving wellbeing. An important problem in this question is that people hesitate to give the right answer for their overall feelings toward their life.

ARE YOU CURRENTLY IN PAID WORK OF ANY KIND?
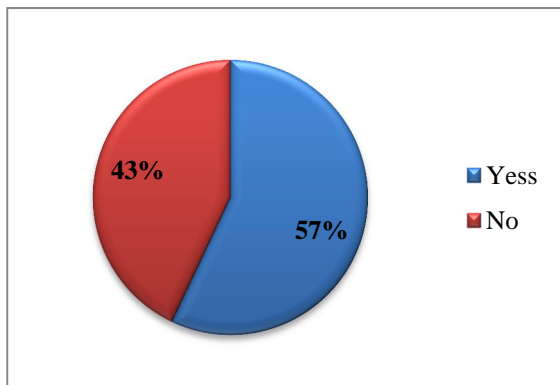
Graph 19: Summary of results for question 13

Question 13 is a Yes/No question as is asks for being or not employed. From the graph we can see that the No answer is not missing, if it is analyzed more deeply it seems that more than 43% of the respondents are not employed. This is neither a good sign for wellbeing nor a good sign for development of the country.

Here we have a paradox, people answering being happy, satisfied with their life, relaxed and productive but not having a job. In the analysis done this is one of the main problems of Albania, people have accepted unemployment as a fact which is not making them unhappy or unsatisfied with life.

Group ages mostly touched by the phenomenon of unemployment are less than 20 and over 60, which is a bit more acceptable, as the Younger are studying and elderly are pensioners. But also the group ages 20-30 and 31-40 are affected. In the group of 31-40 years nearly 40% of respondents are not working and in the group of 21-30 years nearly 35% are not working.

Unemployment is one of the biggest signs of low development, this decreases the possibility to create chances to talk more about wellbeing and perception toward measuring not only GDP but what people do and feel related to their actions.

Questions 14, 15 and 16 are related only for people that have answered the 14th question with yes, people that are currently working.

All things considered, how satisfied are you with your present job?

|		Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied	Total
-Age (Please specified) ion		0	1	2	1	0	4
	20-30	7	16	31	17	5	76
	31-40	2	30	10	4	1	47
	41-60	4	29	9	5	0	47
	Less than 20	1	11	3	2	1	18
	Over 60	1	4	2	5	0	12
Total		15	91	57	34	7	204
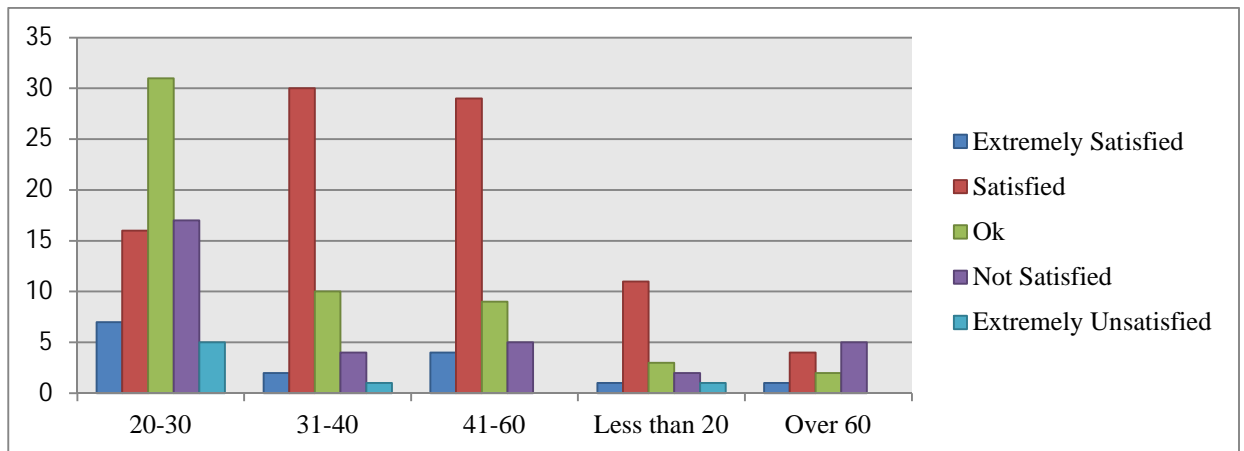
Graph 20: Summary of results for question 14

This graph shows the satisfaction level of employed Albanians in their working place. The respondents are giving positive answers related to their job satisfaction. It seems to be a very high majority being satisfied with their job. The groups of 31-40 and 41-60 which in this study are considered the groups in majority and consolidation level of their life are in majority satisfied from their jobs.

How much of the time do you find your job interesting?

|		Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied	Total
-Age (Please specified) ion		0	0	1	3	0	4
	20-30	4	11	26	28	6	75
	31-40	0	6	7	29	6	48
	41-60	1	8	7	24	8	48
	Less than 20	3	0	4	7	3	17
	Over 60	0	3	3	4	2	12
Total		8	28	48	95	25	204
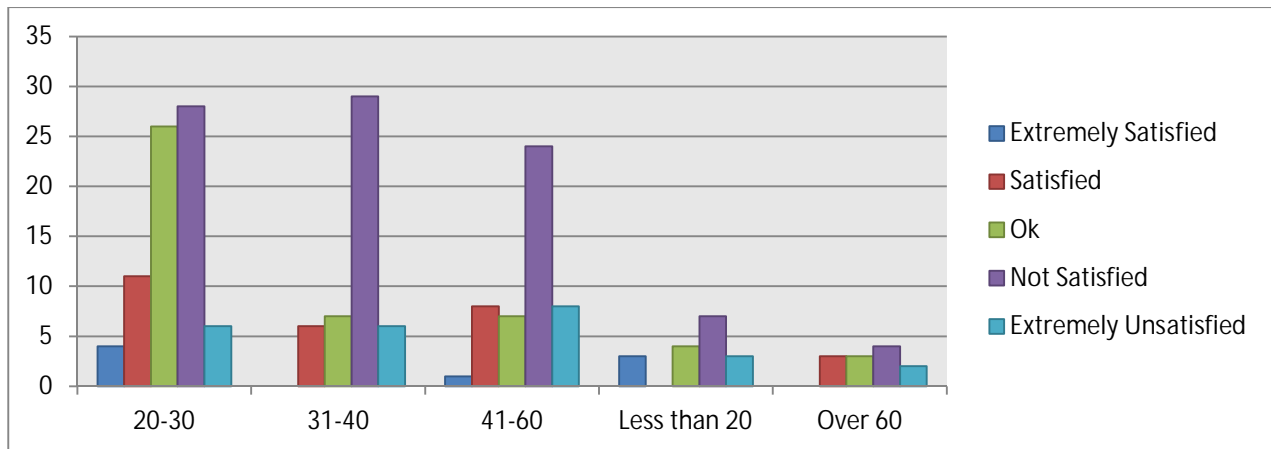
Graph 21: Summary of results for question 15

15th question asks on the job interest that people show toward their job. As seen from the graph the majority of respondents that currently work find their job interesting, which is a good indicator that their performance is good and they work for a more optimistic future.

Considering all my efforts and achievements in my job, I feel I get paid appropriately?

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Disagree strongly	Total
-Age (Please specified) ion		0	0	1	3	0	4
	20-30	4	15	28	16	12	75
	31-40	7	19	10	9	1	46
	41-60	4	30	3	8	2	47
	Less than 20	1	8	3	1	2	15
	Over 60	1	2	3	5	1	12
Total		17	74	48	42	18	199
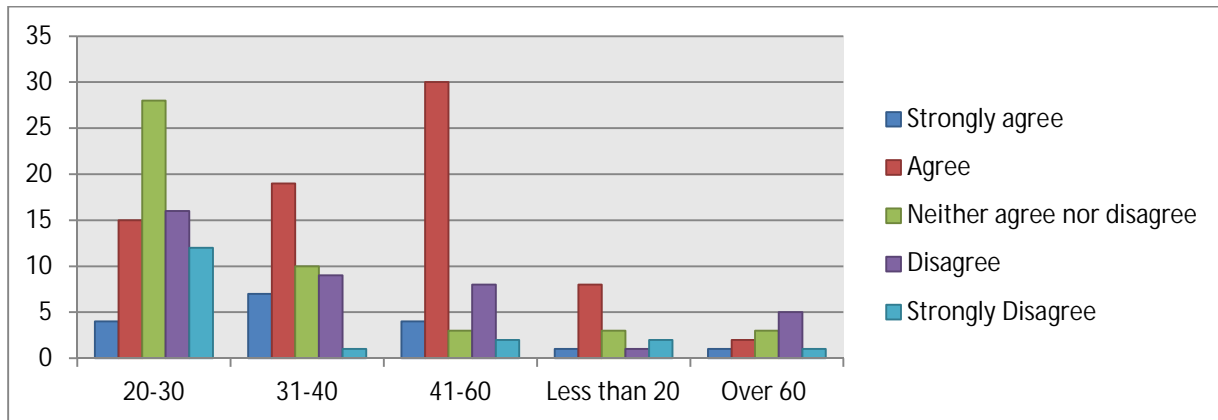
Graph 22: Summary of results for question 16.

Question 16 is related to the value people give to what they do and how they do, if they agree that their efforts and achievements in the job are paid appropriately. Again respondents in this question put the light on another paradox, except of group age 41-60 that are agreeing on being paid appropriately, other groups are not sure that their work is appropriately valued but they have answered above that they are happy with their standard of living, find their job interesting and are satisfied with their current job.

How likely would you say it is that you will become unemployed in the next 12 months? Please give a score of 0 to 5, where 0 means you will for sure continue to be unemployed next 12 month/ if you have a job you will for sure lose your job and 5 means do

		1	2	3	4	5	Total
-Age (Please specified) ion		0	3	1	1	0	5
	20-30	17	26	21	10	7	81
	31-40	25	16	2	5	2	50
	41-60	25	14	8	3	0	50
	Less than 20	27	4	4	7	1	43
	Over 60	0	1	3	1	43	48
Total		94	64	39	27	53	277

> 1 means you will for sure continue to be employed next 12 month/ if you have a job you will for sure be in your job and 5 means you feel under the risk of losing your job/ or you will not find a job (for unemployed) in next 12 months.
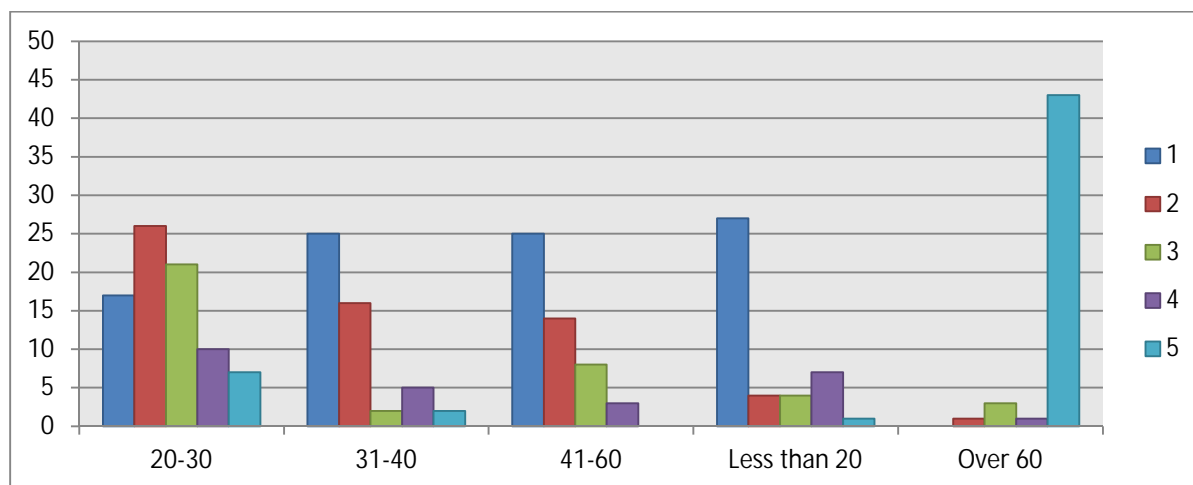
Graph 23: Summary of results for question 17.

The fear for the economic and political stability makes Albanians to not be sure on their employment status. From mandate to the other mandate of political parties' people in administration change, this makes the fear of losing job high. Also private sector is not responsible in changing staff and demanding lower wage staff according to their financial needs and desires. Even in this graph assurance for being employed during the next year is seen more in 31-40 and 41-60 but also the young group age of 20-30 is dividing their

answers in the positive region of 1-3.

Very important point to be mentioned is respondents of group age less than 20. They are very optimistic about their future; the majority is responded that they will have a job in next 12 months.

There is another forecasted conclusion about this issue; maybe this age group is not well informed about the job market in Albania.

To what extent do you feel that you get the recognition you deserve for what you do?

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		0	1	3	1	0	5
	20-30	1	10	40	28	3	82
	31-40	0	4	15	27	4	50
	41-60	0	7	5	32	4	48
	Less than 20	0	4	7	32	6	49
	Over 60	0	6	23	15	0	44
Total		1	32	93	135	17	278
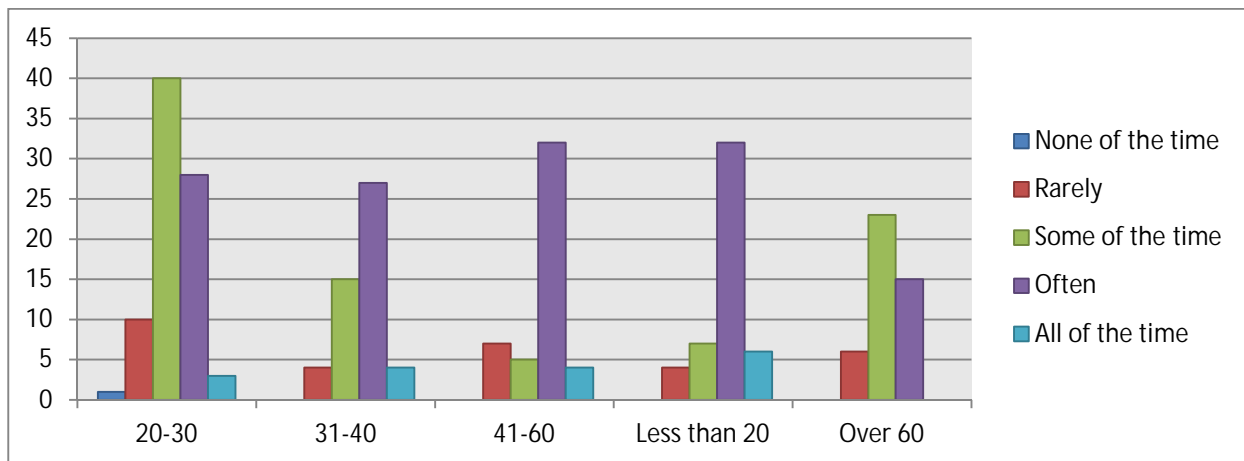
Graph 24: Summary of results for question 18.

Recognition of the actions that people take is one of the most important points of feeling good and happy with the life. This is also a good implication in achieving wellbeing, as it is a compound of economic stability and satisfaction. From the graph it can be seen that people that have responded to this questioner the majority of the time are feeling recognized on what they do.

Questions 19-21 are related to environment, local area and the care people show toward public owned properties.

To what extent do you feel that people in your local area help one another?

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified) ion		1	0	3	1	0	5
	20-30	1	17	32	28	6	84
	31-40	5	13	16	14	2	50
	41-60	1	12	20	13	4	50
	Less than 20	1	13	24	11	0	49
	Over 60	0	4	14	25	4	47
Total		9	59	109	92	16	285
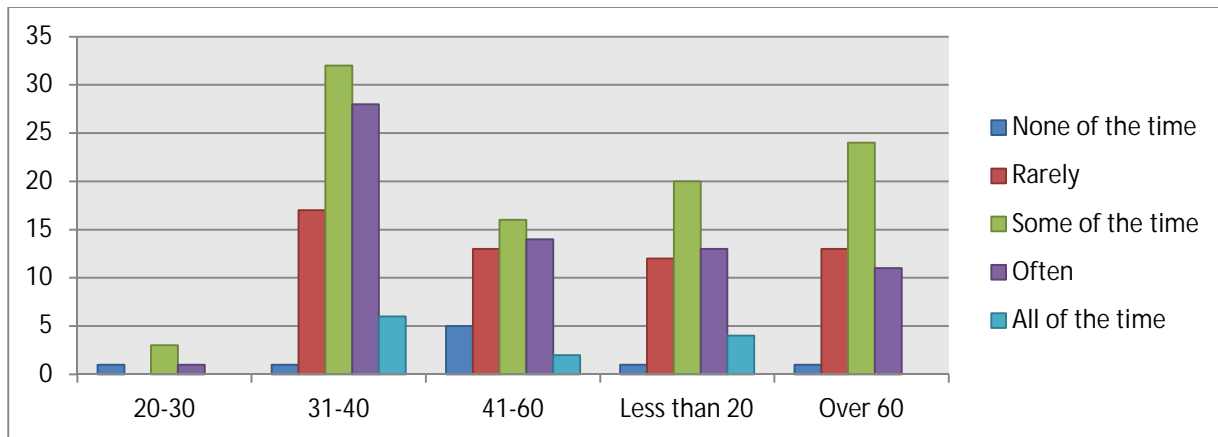
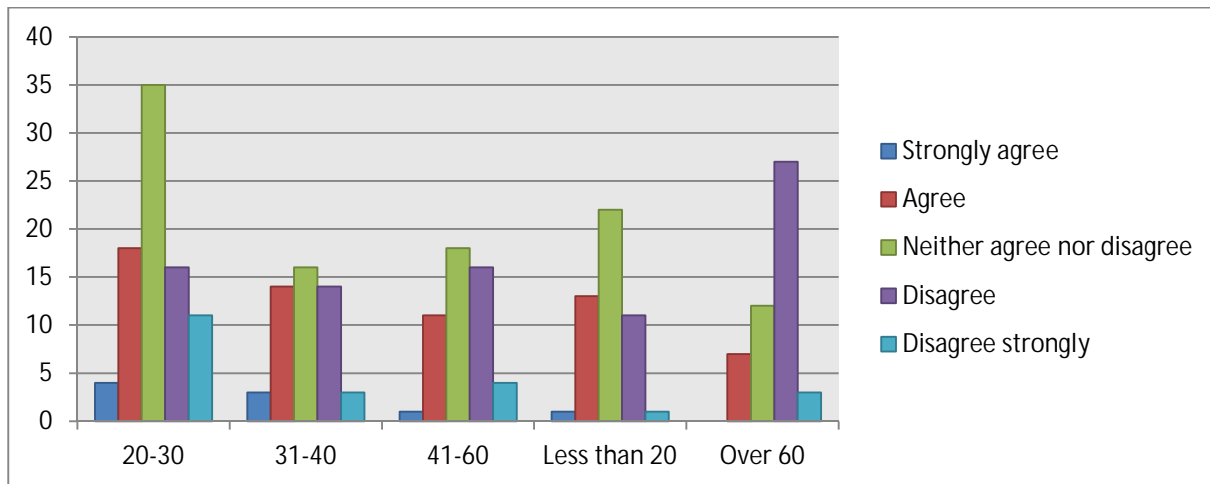Graph 25: Summary of results for question 19

This question is related to the care and helps that people of one community give to each other. Albanians always have been united and very careful for each other, but the results of the survey do not show this relation in very high extant.

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The hypothesis would be to have answers divided in between often and all the time options but the majority of respondents from all group ages have answered with rarely, some of the time and often.

This answer indicates that the community is showing care for one another till some extant but are not very highly related to each other.

I feel close to the people in my local area.

|		Strongly agree	Agree	Neither agree nor disagree	Disagree	Disagree strongly	Total
-Age (Please specified) ion		1	1	3	0	0	5
	20-30	4	18	35	16	11	84
	31-40	3	14	16	14	3	50
	41-60	1	11	18	16	4	50
	Less than 20	1	13	22	11	1	48
	Over 60	0	7	12	27	3	49
Total		10	64	106	84	22	286

Graph 26: Summary of results for question 20

The 20th question asks about the relation of people in the community, if people are close to each other. As from the graph above it can be understood that in overall people value that they have close relation to people, even though the group 20-30 years is not sure, they have given the answer of neutrality (not agreeing nor disagreeing).

The last question is related to care about environment. Albanians are population that cares a lot for the cleanliness of personal environment, but the city roads leave room for desire. On the other side analyzing the graph below people has responded kind of positively, even though rarely and some of the time is most common answers, the hypothesis was more negative about this question. But Albanians think that they are being careful rarely or some of the time about their common environment.

Do people in your local area care about common environment, as they do for their personal environment.

		None of the time	Rarely	Some of the time	Often	All of the time	Total
-Age (Please specified)		2	1	2	0	0	5
	20-30	21	23	23	16	1	84
	31-40	6	24	12	8	0	50
	41-60	4	27	15	4	0	50
	Less than 20	6	18	9	16	1	50
	Over 60	6	32	8	4	0	50
Total		45	125	69	48	2	289
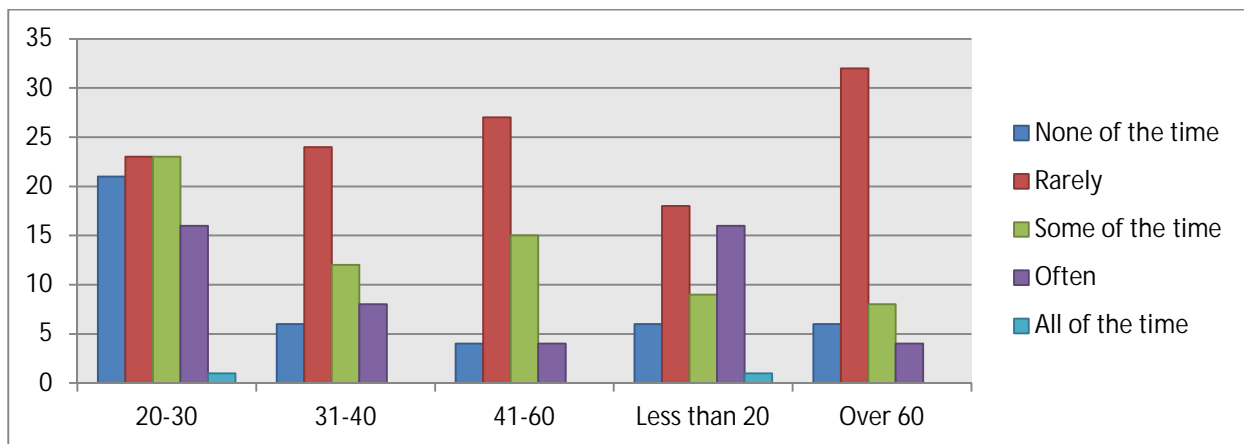
Graph 27: Summary of results for question 21

The survey indented to find out the main points that people value in their overall life, social relations, health, community, financial position and environment in order to percept their wellbeing. The survey divided in two main parts made possible to understand that Albanians give more emphasis to the personal welling and their personal wealth than community level

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wealth and wellbeing, sustainability conciseness and importance of environmental issues should be developed and percept more properly.

Respondents feel in general good with their life, health and friends/relatives, but are having negative feedback for their relations of people in their local area with environment or their relations with environment and people from local area. Wellbeing in Albania should be understood as a compound of community and personal achievements in order to achieve progress and development.

CHAPTER IV Conclusion

Wellbeing as it was expressed during the whole work on this issue is a very difficult notion to be summarized in one sentence. That is why Sarah White, as the main reference on this work, has proposed to understand it as a process with a time framework and space, also the main argument is that wellbeing is percept in different ways, as personal wellbeing and community level wellbeing.

The methodology of this thesis was a survey conducted with 290 people from Albania, who has the burden to represent the majority of the population. Questions were divided as White has proposed, based on personal level wellbeing and community level wellbeing.

Questions 1-11 related to personal life, social relations of people and health in overall were positively answered. The majorities of respondents feel good and healthy, have the sense of belonging and have social relations and are satisfied with their whole life and daily routine, which gives the indication that Albanians in general value their personal life and believe that they have a good life.

Questions 12-21 are related to the relation with community, financial position and environmental care, which were more problematic to be answered properly and honestly by the respondents. As many of the answers that can be observed are more relative, natural or not giving answer at all. This indicates that people hesitate to give answers to the overall performance and relations with community and environment. People in Albanian environment express some paradoxes; feeling not recognized on what they do, not paid appropriately and high unemployment are indicators of low well being, but their answers to the questions about their feelings for health, happiness and satisfaction toward life is high. This indicates that in Albanian society income and wellbeing are not highly correlated, as the age groups of less than 20 and 20-30 showed very high percentages of happiness and satisfaction. Personal well-being is given more emphasis in Albania.

The answers to the questions related to environment were sometimes negative and sometimes natural, expressing that Albania is not achieving the wellbeing in the community. The environment that Albanians live is not as important as the personal area; the wellbeing of citizens of community is not equivalent with the personal routine, health or relations.

Wellbeing is a process which is in progress in Albania as a developing country. In order to achieve to have wellbeing the community level and personal level development should be equalized in people's perception.

Another important point to be mentioned in this study is the satisfaction people feel toward their standard of living, the feeling of being productive and the feelings that their daily routine is attractive. On the other side unemployment is high; the majority of respondents is in the group of people having income 25.000-50.0000 ALL or even is not employed at all. These paradoxes are interesting and make the situation harder to make a conclusion about the wellbeing of people in Albania. One of the main conclusions about the situation is that Albanians perception for wellbeing is more related with feelings and not with income and economic situation. Respondents hardly believe that their personal life, personal efforts and work are the best they can offer, but at community level they are not strongly related to achieve community wellbeing.

As conclusion it can be emphasized that Albanians do not relate the wellbeing with their incomes, as even though the group ages less than 20, 20-30 or over 60 that are not having stable incomes and employment are having high valuation for their personal overall wellbeing. The group ages of 31-40 and 41-60 are having the most stable wellbeing expressed in the answers and feel worthwhile, appreciated, happy and related to community and environment more than the others, which corresponds with the expectations as they are the mature and consolidated group of people.

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APPENDIX 1

Well Being in Albania, Questionnaire

This research is done for Master Thesis related to Well Being of Albanian society.

This questionnaire is intended to be fulfilled by a pool of people that will represent the whole classes of population in Albania. People will be divided in 5 target groups; unemployed young people, employed young people, adults having a consolidated job position, adults being seniors in their job position and pensioners.

The responses will help us conduct the study and understand the state of wellbeing amongst people in Albania and to rate the level of wellbeing. Interested parties will receive the findings and the final Master Thesis publication.

Please note that your personal well-being and the whole Albania's will be analyzed in the research according to the information you provide us. So please fill in the survey and provide us with the right information.

If you have any further questions or technical difficulties in completing the questionnaire please contact:

JonaHoxhaj, email: jhoxhaj@epoka.edu.alor phone number: 0695776817

- *Personal information*

-Age (Please specified)

- Less than 20
- 20-30
- 31-40
- 41-60
- Over 60

-Gender (Please Circle)

- Female
- Male

-Income

- Less than 25.000
- 25.000-50.000
- 50.000-70.000
- 70.000-100.000

- More than 100.000

If other please specify:

- *Questions related to your life as a whole your social relations and health.(1 to 11)*

1. All things considered, how satisfied are you with life as a whole nowadays?

Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied

2. Are you happy with your daily routine (do you like what you do)?

Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied

3. Do you feel that things that you do in your life are worthwhile?

None of the time	Rarely	Some of the time	Often	All of the time

4. All things considered, how anxious do you feel nowadays?

Extremely Anxious	Anxious	Ok	Not Anxious	Extremely not anxious

5. Generally speaking, would you say that most people can be trusted? Please give a score of 0 to 5, where 0 means people can't be trusted and 5 means that most people can be trusted.

Can be trusted   Cannot be trusted

5	4	3	2	1	0

6. How often do you meet socially with friends, relatives or colleagues?

None of the time	Rarely	Some of the time	Often	All of the time

7. How happy you are in the presence of your friends, relatives or colleagues?

Extremely	Happy	Ok	Not happy	Extremely

Happy				Unhappy

8. How is your health in general?

Very good	Good	Ok	Bad	Very bad

9. Generally speaking, how much do you feel the risk of diseases in your Albania? Please give a score of 0 to 5, where 0 means you do not feel under the risk of having diseases and 5 means that most of the time you feel under the risk.

Feel under risk   Do not feel under risk

5	4	3	2	1	0

10. In the last seven days, you have felt active and productive every day. Please give a score of 0 to 5, where 0 means you are not feeling productive and active and 5 means that all the time you feel productive and active.

Feel active and productive   Do not feel active and productive

5	4	3	2	1	0

11. Below are some statements about feelings and thoughts. Please choose the answer that best describes your experience of each over the last two weeks.

Questions	None of the time	Rarely	Some of the time	Often	All of the Time
a) I've been feeling optimistic about the future					
b) I've been feeling useful					
c) I've been feeling relaxed					
d) I've been dealing with problems well					
e) I've been thinking clearly					
f) I've been feeling close to other people					
g) I've been able to make up my mind about things					

- *Questions related to financial, environment and community situation in Albania. (12-21)*

12. How satisfied are you with your present standard of living?

Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied

13. Are you currently in paid work of any kind?

Yes	No

14. All things considered, how satisfied are you with your present job?

Extremely Satisfied	Satisfied	Ok	Not Satisfied	Extremely Unsatisfied

15. How much of the time do you find your job interesting?

None of the time	Rarely	Some of the time	Often	All of the time

16. Considering all my efforts and achievements in my job, I feel I get paid appropriately?

Strongly agree	Agree	Neither agree nor disagree	Disagree	Disagree strongly

17. How likely would you say it is that you will become unemployed in the next 12 months? Please give a score of 0 to 5, where 0 means you will for sure continue to be unemployed next 12 month/ if you have a job you will for sure lose your job and 5 means do not feel under the risk of losing your job/ or you will find a job (for unemployed) in next 12 months.

You will have a job   You will not have a job

5	4	3	2	1	0

18. To what extent do you feel that you get the recognition you deserve for what you do?

None of the time	Rarely	Some of the time	Often	All of the time

19. To what extent do you feel that people in your local area help one another?

None of the time	Rarely	Some of the time	Often	All of the time

20. I feel close to the people in my local area.

Strongly agree	Agree	Neither agree nor disagree	Disagree	Disagree strongly

21. Do people in your local area care about common environment, as they do for their personal environment

None of the time	Rarely	Some of the time	Often	All of the time

Thank you for fulfilling the questioner!