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## Factors Influence Quality of Life -- A Theoretical Proposition

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### Abstract:

*Life is a complex one in the modern world. Achieving quality of life is a strenuous task. We cannot be sure of which factors constitute quality of life. The major indicators for quality of life are good education, financial independence, good compatibility in marital relations and family affairs, congenial environment in the work place, sound physiological and psychological wellbeing, self esteem and achievement, living up to social standards and ethical and individual values. But even after achieving the above traits, men are not happy. Then what else is he looking for? In spite of continuous struggle for achieving a comfortable and peaceful life, no one is happy. Where does the problem lie? Why is man not able to achieve satisfaction even after the achievement? And why does he strive for more? Is progress in life and achieving peace and contentment antithetical concepts? Won't there be a way to find out achievement, progress, self esteem, status, comfortable life with health and wealth, feeling of perfection in every aspect "along with peace and contentment"*

*This paper tries find out the theoretical propositions for achieving quality of life with progress and perfection along with peace for soul. It tries to bring home the point that broad thinking, selfless living, compassion, pious life, compatibility, joy of work, good understanding of human relations and passions, helping to establish a happy congenial environment everywhere, inculcation of ethical standards, broad mind for universal wellbeing and above all continuous strive for achieving physical, psychological equilibrium by going on doing one's duty without expectations and developing the ability to accept situations as they are to bring change for adjustment either internally or externally together with contentment all which, can magnify the quality of life.*

*In brief life with multiple dimensions for achievement is complex and chaotic. The quest for unsatisfied desires is misery and strives for internal and external calmness is peace. The peace thus achieved coupled with contentment fosters quality of life.*

**Keywords:** factors influence general quality of life, theoretical proposition.

### 1. Introduction

Life in the modern world is highly complex. Achieving a quality of life is not a simple task. Man is affected by different threats and supposed to undergo physical, psychological and emotional pressure which causes stress and strain. In his desperate attempt to come out of internal and external struggle, man is often thrown back to initial stage of turmoil. That's why man's continuous quest for exploration to achieve comfortable life brings him no peace. His intelligence, power of thinking, creativity, innovation and what not, all the abilities of man can't give him a peace of soul. The man, the superior being of all the creatures in universe, is still struggling between hope and despair. So man needs something which can enhance the quality of life. But what's quality of life? How can it be achieved?

This paper tries to find out the meaning for quality of life and the factors that contribute to quality of life. How can one achieve the rosy dream of quality of life or can at least feel contentment in life and achieve peace? This paper is an admirable attempt to find out better strategies for superior quality of life.

### 2. Definition for Quality of Life

- 'Your personal satisfaction (or dissatisfaction) with the culture or intellectual conditions under which you live (as distinct from material comfort) .....by WORD NET 3.0. Farlex.clipart collection @2003-2011, Princeton University, Farlex inc.
- An important consideration in medical care, quality of life refers to the patient's ability to enjoy normal life activities .....About medicine net @1996-2011 medicine net.
- A state of complete physical, mental and social well being not merely the absence of disease.....The constitution of WHO.
- Quality of life has been defined in macro (societal, objective) and micro (individual, subjective) terms. The former includes income, employment, housing, education, other living and environmental circumstances. The latter includes perceptions of

quality of life – individual’s experiences and values and proxy indicators such as well being, happiness and life satisfaction.....Rosenberg 1992, Bowlong 1995a, 1995b, 1996 Bowling and Windsor 2001.

- Models of quality of life are also not consistent, ranging from needs based approaches derived from Maslow’s (1954,1968) hierarchy of human needs – Deficiency needs:-hunger, thirst, loneliness ; Security and growth need:- learning, mastery and self actualization to classic models based solely on psychological well being, happiness, morale, life satisfaction (Andrews 1986; Andrews and withey1976; Larson 1978) social expectations (calmeno1983) or the individual’s unique perceptions (O’Boyle1997). Quality of life is thus “a complex of interacting objective and subjective dimensions (Lawton1991)”.

### 3. Factors Influencing Quality of Life

Quality of life is not an acquisition of single trait or quality. It’s an integration of several factors that contribute to the quality of life. The turbulence and maladjustment in these factors disturb the quality of life. Let us what are those factors that disturb quality of life and what can be done to enhance QOL

#### 3.1. Physical and Mental Health

A sound body and mind is an asset for any individual life which gives a scope for better life but all are not blessed with physical and mental health. Some are born with disabilities (mental or physical) which question the levels of confidence and normal life activities, when normal functions are hindered due to deformities. The reasons may vary for the disability but the result is the strong impressions of inferiority and dependency. But all are not born with disabilities, the other side of the coin is, though some are born healthy, hereditary or accidental causes land the hapless in ill health and deformities which deteriorates the quality of life.

These deformities can be overcome by developing a positive attitude to life taking the inspiration from the people who challenged their physical hurdles by their integrity and strength of mind. Those who are born healthy can develop physical strength by taking simple precautions like selection of food, improving fitness by regular exercise and avoiding stress and accumulating well being

#### 3.2. Educational Factors

Education is a power when rightly utilized. It fetches required knowledge in various fields. It brings respect, honor, status, power and money. It can also help one to protect oneself from exploitations. But the poor or uneducated can’t enjoy the bliss and bless of the fruits that good education yields. The illiteracy develops inferiority and ignorance. The uneducated people are also subjected to exploitation. They can’t enjoy the facilities that modern technologies brought for the comfort of man. So no uneducated or semi educated can enjoy the facilities the mechanical high speed age gives. Those people feel deprived of comforts what all other educated people can enjoy. Naturally it attenuates the quality of life.

So what can be done to get the benefits of the education? At the out set one should prefer for laying a strong found foundation for basic education. Later they should get awareness about social life and changing global scenario. They should identify their personal strengths and acquiring the most desired and fancy career and get utmost satisfaction in utilizing their potentialities.

#### 3.3. Family Relations and Interpersonal Bonds

Comfortable marital adjustment and cooperative inter personal bonds in the family strengthen happy and healthy life. But unfortunately most of the families, now a days suffer from lack of mutual coordination and compatibility in the family affairs. Egoism, selfishness, unusual privacy even from family members, high concern for personal needs and no concern for others problems, jealousy, all create a big gap among the members of family and tumbles down the Indian values of family system. As a result, the quality of life is weakened.

Interpersonal bonds among the members the family can be established by developing good compatibility and feeling of oneness. They must be taught showing care and concern for the feelings of others in the family with warm affection and affiliation. Mutual cooperation and understanding in the members of the family is achieved by understanding the priorities, needs and demands of each member of the family. Then only strong warm relations can be possible in the family which can enhance the quality of life.

#### 3.4. Financial Factors

Either it is poverty, low economic status, financial crises or high reverence for money, financial factors play vital role in enhancing or attenuating the quality of life. A man with financial independence has high incidence of comfortable life, status, esteem and reverence. But a man’s life with financial pressures devour happiness and disturb the total family relations and also increase stress, sometimes even result in resignation of life.

Money, when it is legitimately used or craved does not disturb life. But as the saying goes “high desires less peace, few desires more peace”. That why it is very important to plan one’s financial condition as per needs than to suffer from crises. One should follow the saying ‘A penny saved is a penny earned’. Little sacrifice makes the life of man comfortable and one must be able to distinguish between the needs and luxuries rather yearning for high financial status.

#### 3.5. Work Place Environment

Employment or earning a livelihood is an essential entity for making a living. There is always prejudicial environment and strife between employer and employee or superior and subordinate when lack mutual understanding. The high preference for the efficient workers, annoying at dull workers and such other biased treatment by the employer creates unhealthy environment among working

people. So they concentrate more on the colleague's personal issues than on the work which creates malicious desires on the minds of all. Automatically it results in the breakdown of interpersonal coordination and disturbs quality of life.

A healthy environment can be established at the working places by developing interpersonal communications, avoiding friction and amounting appreciations. To develop one's brand value one should be responsible, sincere, hard working and reliable in his work. It is also important to understand the magnitude of human passions and must give their due weight while inter acting with others.

### *3.6. Strive for Safe and Secured Life*

After fulfillment of basic needs, everyone strives for leading a safe and secured life. Low confidence levels, unhealthy environment at work place, unreliable employer and employee relations, poor financial status and crises, enmity between/among groups or individuals, regular need to change habitat all diminish the quality of life.

To be free of insecure and unsafe feeling, one must first achieve financial independence and then build a cozy, comfortable, dream habitat. Later one should develop assets enough to meet any sort of emergencies and to enjoy comfortable life. Planning future well, avoidance enmity and friction development of cordial relations, brand and face value are also essential to lead a safe and secure life.

### *3.7. Social Esteem*

Man doesn't always work for gratifying basic or safety needs. As per Maslow's hierarchy of needs, man always strives to reach higher states after achieving maturity in lower state. Desire for social esteem, honor, reverence and reputation become dominant at certain stage in life. When it's not achieved, the comparison with the better people, the growth of neighbors, the esteem achieved by follow beings disturbs psychological well being which in turn ruffles quality of life.

To avoid the turmoil caused low social status one should choose career prudently basing on one's strengths and skills and bring out the best outcome in the desired profession by the optimum use of one's potentialities. To achieve good social status, one should adopt the policies of "help ever and hurt never", and "support good and suppress none. He should be able to offer timely help to the needy and he should involve in group and social service activities.

### *3.8. Personal and Social Adjustment*

Nothing in the world is arranged as per our needs. We have to either adjust to the environment or search for a comfortable environment. If we fail to do either of the things, commotion starts for the non conformity with the social expectation. The inability to adjust with the people, environmental conditions, in public or private life shuffles quality of life.

It can be coped with the adaptation of Shakespearean notion that 'we are just players on the stage of earth' and no one has permanent place and all are just like us. Our journey is temporary and so we have to best utilize the situations of life rather allowing friction. We should know that acceptance is reciprocal and act as per the demands of the situations with departing from discretion.

### *3.9. Dependence and Independence*

No one can be completely dependent or independent on anything or anyone. Some things are to be well done independently without others help and sometimes one has to be dependent on others. While independence is confronted by supremacy, power and over concern, dependence is opposed by personal egos. When man can't act prudently in times of need by depending on others or acting independently, he undergoes psychological commotion which disturbs quality of life.

To check the commotion caused by over dependence or less independence one should act wisely as per the situation. Dependence on loved ones (especially elders) strengthens interpersonal bonds while Independence helps to utilize one's capabilities, develop strength and gain confidence. Good listening, accepting the ability of others, appreciation of worth eases life from the egoism.

### *3.10. Personal Strength*

Personal strength of anyone is his psychological strength to handle the situations ably to suit his convenience, the ability to make a mark of his own and utilize one's potentialities for coping with the situations. The failure of which, leads to weakness of one's abilities. It curtails quality of life.

This personal strength can be achieved by strongly building ethical character, by giving impressions of confidence in work by ably handling crises and remaining free from stress and by being brave and integrated in any condition.

### *3.11. Religious or Spiritual Well Being*

Man is social being but he is also a religious being. In one or the other occasions, man surely depends on Almighty-God. He may either seek strength or confidence from god or throws entire responsibility on god. Sometimes the complete dependency gives strength enough to pursue our needs. The fear of god or the hope of god controls and balances the mind and helps to have a broader outlook of the world and psychological well being of all, failure of which, weakens quality of life.

Spiritual attitude can help man a lot in achieving peaceful life. It can be developed by attributing success to almighty, by being faithful and leading a pious life, by being impartial and unaffected by passions, by doing the best but be prepared even for the worst and by maintaining harmony with the self and nature.

### 3.12. Contentment

Man strives continuously for the betterment of life. He puts up all his energy to achieve his desired goals and may reach his destination. But the problem is not the achievement – the inability to derive satisfaction with the achievement and be contented with what's blessed. Continuous strive for achievement and unnatural quest for unsatisfied desires bring misery and it disturbs psychological well being and also quality of life.

Contentment is very essential factor for leading a peaceful and blessed life. A man of contentment has prudence and practical wisdom with out which quality of is not possible. It can be developed by feeling satisfied in the work done, by knowing the natural or true self of everything, by developing calmness internally and externally and be contented with what is blessed.

### 4. Conclusion

Though, Quality of life is not a rosy dream it may be a bit strenuous. The aptitude and attitude of man is the criterion for achieving it. Though there are some external and internal factors that create commotion in the well being of man, continuous attempt to mend the life in a best possible way with one's physical and psychological wealth, brings quality of life. The only thing one has to do is 'be aware of the changes that occur internally and externally and handle the situations by putting one's utmost efforts to get adjusted with the changing situations. When one is unable to bring change in the situation, one must be ready to bring change internally for establishing harmony.' It can be done by making continual approach to be impartial in one hand and giving due weight to situations on the other hand by developing a sense of wisdom. Unless and until harmony is achieved physically, psychologically, socially and emotionally quality of life is not achieved. One should slacken the quest for unsatisfied desire by developing practical intelligence. Establishing internal and external calmness can prosper quality of life with peace and contentment.

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