



**FORMULATION OF A SUBJECTIVE SUSTAINABLE  
WELL-BEING MODEL FOR MALAYSIA**

**BY**

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## ABSTRACT

This research intends to formulate a subjective sustainable well-being model for Malaysia as complimentary social indicators to the Malaysian Well-Being Index. The typical gap found in reports by government agencies on well-being is the need to understand what may have affected the nations' well-being. Priorities in gauging social progress should also be placed on causal factors of well-being. Locally conducted research could have filled in this gap, yet almost all of the studies focus on self-reported satisfaction surveys which concentrate on the self-centredness of the respondents. The surveys commonly inquire for perceived satisfaction experienced from physical amenities, services, relationships other living aspects. There are very few indications on how subjective well-being can be experienced from self-adjusting to one's surroundings or contributing to social and environmental contexts. The majority of research on well-being disregard human ingenuity to adapt justly to social and natural environments, consume resources with caution and act civilly with their surroundings. The alarming risk of the majority of subjective well-being approaches is the detachment of individuals from their context. This research offers complimentary indicators to measure the sustainable well-being of Malaysians. By placing the respondents as the causal agents to well-being, the sustainable well-being model gauges progresses of lifestyle that are environmentally friendly and people-oriented. The measures of sustainable well-being account for human interdependence with the social and environmental contexts. The dimensions of human interdependency involve personal empowerment, positive relations, organisational opportunities and community movements. Other dimensions include personalities and lifestyles, interactions with nature, environmental attitudes and behaviours and external conditions. Additionally, by incorporating Maslow's Theory of Hierarchy of Needs, the research also determines if human interdependency is affected by levels of human needs. Indicators of human interdependency are distinguished, evaluated and substituted into 100 scaled questionnaire items, measuring human interdependency and subjective well-being. The Exploratory Factor Analysis and Confirmatory Factor Analysis explore the variances and confirm the factor structure of subjective sustainable well-being. The Structural Equation Modelling examines the causal effect of human interdependency on subjective well-being. The analysis discovers that human interdependency estimates approximately 70% of subjective well-being, evidencing the causal model of subjective sustainable well-being. Significant statistical interactions are identified among the dimensions of human interdependency. Statistical differences are also found among different demographic and socioeconomic backgrounds, as well as different levels of human needs fulfillment. This research is unique because it acknowledges the citizens as the causal agents to their well-being instead of being the outcome of resources provision or policy implementation to enhance well-being. Sustainable well-being is attained by functioning and contributing to the social and the environmental contexts. The sustainable well-being model is valuable for measuring the readiness and social progress of Malaysians to embrace sustainability in their lifestyle. The research delivers beneficial findings for policy review, which, hitherto, was difficult to evaluate due to the lack of quantifiable subjective data in the Malaysian Well-Being Index.

## خلاصة البحث

يهدف هذا البحث إلى صياغة نموذج مستقل للرفاهية المستدامة لماليزيا لتكون بوصفها مؤشرات اجتماعية مجانبية لمؤشر الرفاهية الماليزية. وقد تم إيجاد الفجوة النموذجية في تقارير من قبل الوكالات الحكومية بشأن الرفاهية؛ والتي هي الحاجة إلى فهم ما قد يؤثر في رفاهية الأمم. وينبغي أيضًا وضع الأولويات في قياس التقدم الاجتماعي بشأن العوامل المسببة للرفاهية. وكان من الممكن أن تكون البحوث التي أجريت محليًا قد ملأت هذه الفجوة، ومع ذلك فإن جميع الدراسات تقريبًا تركز على تقارير نفسية لاستقصاءات الرضا التي يتم الإبلاغ عنها ذاتيًا، والتي تركز على الذات المتمركزة والمساعدة الذاتية من المحييين. تستفسر الاستقصاءات عادةً عن الارتياح المتصور من المرافق المادية، والخدمات، والعلاقات وغيرها كثير لا توجد مؤشرات كثيرة على مدى إمكانية اختبار الرفاهية الذاتية من التكيف الذاتي إلى البيئة المحيطة، أو التضحية الذاتية من خلال مساهمات الفرد في السياقات الاجتماعية والبيئية. تتجاهل أغلبية البحوث حول الرفاهية براعة الإنسان في التكيف مع البيئة الاجتماعية، والطبيعية، وتستهلك الموارد بجزر، وتعمل بشكل مدني مع سياقاتها المحيطة. والخطر المخيف للغالبية العظمى من نهج الرفاهية الشخصية هو انفصال الأفراد عن سياقهم. ويقدم هذا البحث مؤشرًا مجانيًا لقياس الرفاهية المستدامة للماليزيين. من خلال وضع المحييين بوصفهم عاملاً سببياً للرفاهية، أما بالنسبة لنموذج الرفاهية المستدامة؛ فإنه يقيس نمط الحياة المتقدم الذي يعدُّ بوصفه صديقاً للبيئة، والشعب. وتراعي تدابير الرفاهية المستدامة الترابط الإنساني مع السياقات المحيطة. والسياقات هي الترابط البشري مع بعضها بعضًا، والترابط البشري مع البيئة. وتشمل الأبعاد التمكين الشخصي، والعلاقات الإيجابية، والفرص التنظيمية، والحركة الاجتماعية. وتشمل الأبعاد الأخرى الشخصية، ونمط الحياة، والتفاعل مع الطبيعة، والموقف، والسلوك البيئي، والظروف الخارجية. بالإضافة إلى ذلك، من خلال دمج نظرية ماسلو "التسلسل الهرمي للاحتياجات"، ويحدد البحث أيضًا ما إذا كان الترابط البشري يتأثر بمستويات الاحتياجات البشرية. تتميز المؤشرات المحتملة بتقييمها واستبدالها ب 100 من بنود الاستبيان المقيسة، وقياس الترابط بين

البشر والرفاهية الشخصية. وقد جمع نشاط الاستبيانات الاستقصائية 4315 عينة واضحة لإجراء مزيد من التحليلات الإحصائية. يستكشف تحليل العوامل الاستكشافية وتحليل العوامل التأكيدية للفروق، وتأكيده هيكل لعامل الرفاهية المستدامة الذاتية. وتفحص تشكيل المعادلة الهيكلية الأثر المسبب للترابط البشري للرفاهية الشخصية. ويكتشف التحليل أن الترابط البشري يقدر بحوالي 70% من الرفاهية الشخصية، مما يدل على النموذج المسبب للرفاهية الذاتية المستدامة. وعلاوة على ذلك، هناك تفاعلات إحصائية مهمة معترف بها بين أبعاد الترابط البشري. كما توجد اختلافات إحصائية بين مختلف الخلفيات الديمغرافية والاجتماعية، والاقتصادية، فضلاً عن مستويات مختلفة من تلبية الاحتياجات الإنسانية. قدم هذا البحث الجديد من خلال الاعتراف بالمواطنين بوصفهم عاملاً سببياً لرفاهيتهم بدلاً من كونه حصيلة توفير الموارد، أو تنفيذ سياسات تعزيز الرفاهية. ويتم تحقيق الرفاهية المستدامة عن طريق العمل والمساهمة في السياقات الاجتماعية والبيئية ويُعدُّ نموذج الرفاهية المستدامة قياساً لقياس الجاهزية والتقدم الاجتماعي للماليزيين من أجل تبني الاستدامة في نمط حياتهم ويقدم البحث نتائج مفيدة لاستعراض السياسات، التي كان من الصعب تقييمها حتى الآن نظراً لعدم وجود بيانات ذاتية قابلة للقياس الكمي في مؤشر الرفاهية الماليزي.

## **APPROVAL PAGE**

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## DECLARATION

I hereby declare that this thesis is the result of my own investigations, except where otherwise stated. I also declare that it has not been previously or concurrently submitted as a whole for any other degrees at IIUM or other institutions.

Aisyah Abu Bakar

Signature .....

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## LIST OF ABBREVIATIONS

AGFI	Adjusted Goodness of Fit
AMOS	Analysis of Moment Structure
AP	Attitude and Pro-Environmental Behaviour
AVE	Average Variance Extracted
AWB	Affective Well-Being
Chisq	Discrepancy Chi-Square
Cmin/df	Chi-Square/Degrees of Freedom
CFA	Confirmatory Factor Analysis
CFI	Comparative Fit Index
CR	Composite Reliability
CM	Community Movement
CMB	Common Method Bias
CMV	Common Method Variance
CV	Convergent Validity
CWB	Cognitive Well-Being
EFA	Exploratory Factor Analysis
EIA	Environmental Impact Assessment
EPU	Economic Planning Unit
EWB	Eudaimonic Well-Being
GDP	Gross Domestic Product
GFI	Goodness of Fit Index
GNH	Gross National Happiness
FDTCP	Federal Department of Town and Country Planning
FPE	Free Parameter Estimate
H	Maximal Reliability
HF	Human Flourishing Scale
HI	Human Intedependency
HIE	Human Interdependency with the Environment
HIH	Human Interdependency with other Humans
HN	Human Needs
HON	Hierarchy of Needs
HPI	Happiness Index
ICC	Inter-Construct Correlation
IN	Interaction with Nature
KMO	Kaiser-Meyer-Olkin Statistics (Test for Sampling Adequacy)
MHON	Maslow's Hierarchy of Needs
MI	Modification Indices
MQLI	Malaysia Quality of Life Index
MSV	Maximum Shared Squared Variance
MURNInets	Malaysia Urban Indicators Network
MWI	Malaysia Well-Being Index
NASA	National Aeronautics and Space Association
NFI	Normed Fit Index
OECD	Organization for Economic Cooperation and Development
OTD	Optimal Distinctive Theory

OO	Organization Opportunity
PAF	Principal Axis Factoring
PANAS	Positive Affect and Negative Affect Schedule
PCA	Principal Component Analysis
PE	Personal Empowerment
PL	Personality and Lifestyle
PR	Positive Relationship
PWB	Psychological Well-Being
QEWB	Questionnaire for Eudaimonic Well-Being
QoL	Quality of Life
R-Matrix	Correlation Matrix
RMSEA	Root Mean Square of Error Approximation
SDT	Self-Determination Theory
SEM	Structural Equation Modelling
SIA	Social Impact Assessment
SPANE	Scale of Positive and Negative Experience
SPI	Social Progress Index
SPSS	Statistical Package for Social Science
SSF	Sustainable Society Foundation
SSI	Sustainable Society Index
SSWB	Subjective Sustainable Well-Being
SWB	Subjective Well-Being
SWLS	Satisfaction with Life Scale
SRC	Standardised Residual Covariance
TLI	Tucker-Lewis Index
TWBOH	The World Book of Happiness
UNDP	United Nations Development Programme
WHO	World Health Organization
WHOQOL	World Health Organization-Quality of Life