



A Study on Root Idea for the Quality of Life

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Abstract: Many factors affect the quality of life, such as health and hygiene, proper education, infrastructures that support life, and the environment. Here, the environment encompasses the social, political, economic, and natural aspects, as well as living conditions for a good quality of life. It is also directly associated with sustainable

development. Many philosophers explained the good life of people, Plato was one of them, and in the Eastern part of the world, Dharma, here good deeds to others and upholding righteousness in life, determines the quality of life. This broad appreciation is essential in making relevant policies and programs that will eventually improve the lived experiences of people.

Keywords: Culture, inner peace, philosophy, quality life, social

Declaration: There is no conflict of interest.



Introduction:

The Quality of life (QoL) concept emerged in the 20th century from Europe, when attempts were made to identify the correlation of society's traditional material interests and newly evolved needs as compared to the potential of society (1). But it was long in the practice of human life. Normally, it was associated with the culture also. QoL is sometimes referred to as sustainable development, which includes strategies aimed at ensuring that development fulfills people's well-being now while also preventing it from declining in the future. This concept's goals are to reduce poverty, establish meaningful life standards (quality of life)(1). One of Plato's main contributions to philosophy was his theory of the "good life". According to him, people are inherently motivated to be good and just. If people could only find the courage to act on it, they would naturally become good and noble (1.2). In Hinduism, 'the word Dharma is related to the quality of life. It means the 'no harm to others' principle emerged as a form of good life and searching for inner peace (1.3).

WHO defines QoL as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns (1.1). The QoL Research Unit at the University of Toronto defines QoL as how much a person can enjoy the valued possibilities of their lives(2). Perceptions of QoL have evolved through the years, influenced by philosophical, economic, and psychological perceptions, as well as perceptions held by the health sector of the population.

Methodology: It is a narrative literature review based on the documents published on the internet and academic articles, and institutional documentation to comprehend both the historical and theoretical background of the QoL concept.

History of QoL

Ancient period: Aristotle divided up the "blessings of life" into three groups: externally given, of the soul, and of the body(3). This gives us a rudimentary explanation of what constitutes a good life (eudaimonia), which can be considered the conceptual origin of the term quality of life, though there is more emphasis on the ability to choose and motivation when it comes to characterizing the good life. These are some of the theories that have impacted it throughout history. Hedonic theories centered on pleasure and avoidance of pain, and linking QoL to a state



of self-awareness, individual desires, and consciousness(4)The rational preference theories, which stress individual choice and satisfaction with the betterment of the quality of life(5). Human flourishing theories, which relate the QoL to capacities as well as the development of functions that are bound to make human beings flourish(6). The shift in the modern era is not discussed in the philosophical context anymore rather in the policy discussion with such objectives as health, education, and material well-being. This shift is reflected in the creation of the Human Development Index (HDI) with its focus on opportunities and capabilities as opposed to economic growth, or gross domestic product (GDP) alone. Over time, the QoL concept has expanded, which encompasses subjective well-being, cultural differences, and other human development-related aspects. This movement shifts out of an intense concentration on the objective ingredients to incorporate individual opinions and aims(7).

Several declarations and UN agencies recognize, ‘the determination to enjoy the best possible health and quality of life’ (WHO), the premise that ‘education plays a significant role in promoting QoL in the short and long term’ (UNESCO), the motto ‘good jobs, good quality of life’ (ILO), are a pursuit for the ‘good life goals’, individual actions to support SDGs, that do not differ from the classic Greek philosopher’s thoughts of the ‘good life’, considered constitutively human and a precondition for inner peace and stability of the wider community(7).

International UN-Habitat initiative, the QoL Initiative, was launched in July 2023 to build on the lessons of the past, to craft a model of QoL that suits the present, and to contemplate the future(7).

Conclusion

Since Aristotle up to modern days, the concept of QoL has been in constant fluctuation, moving from the dominion of philosophers into reality-based policy discussions advancing through objective QoL as well as subjective quality of life, considering individual perceptions and individual feelings for their well-being, such as happiness and satisfaction. The two approaches are not the same but relate to and interfere with one another. Such a view on history and interdisciplinary unveils that QOL is much more than the economic well-being or the lack of any disease; QOL includes physical, psychological, social, and environmental well-being. Understanding these sources can assist the researchers, policymakers, and those working in the community to improve human well-being by creating more holistic and culturally-enlightened measures and actions. When it comes to global health and development, particularly in a diverse



environment such as Nepal, this broad appreciation is essential in making relevant policies and programs that will eventually improve the lived experiences of people.

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