



## QUALITY OF LIFE IN KUMAUN HILLS OF UTTARAKHAND: A CASE STUDY OF ALMORA

Reetu

Research Scholar, Kumaon University, Nainital UK.

### Abstract

The term 'development' has a range of meanings that depend on the context in which the term is used. Ideally, development is a positive change - an improvement of some sort. Traditionally development refers to increase in GDP numbers of a country. But it has been observed that despite the impressive economic growth many developing countries have failed to realise a significant improvement in their citizens' quality of life. It would be more meaningful to consider development as the process of eradicating poverty, illiteracy, unemployment and inequality - a process that seeks to enrich total human experience - better known as Quality of Life. Quality of Life, therefore, may be regarded as a real indicator of development. Uttarakhand, - the young hill state was carved out of Uttar Pradesh with the sole objective of 'development', which, the local inhabitants believed eluded them. Despite claims of growth and development by successive governments no significant change is observed in the quality of life of the Uttarakhandis.

The district of Almora has been taken as sample. It was found that in this hill district the life of people is full of misery as there are no good facilities of health and education along with the negligible employment. The district has an acute problem of migration. Agriculture the major livelihood which was facing the problem of irrigation and new technology use; has been made impossible by the wild animals. People are not aware of govt. schemes so are not able to take advantage.

**Key Words:** *Quality Of Life, Parameters of Quality Of Life, Almora, Uttarakhand.*

### Introduction

The idea of development is associated with numerous meanings, explanations and interpretations. The term is complex, contested and ambiguous. However, in very simple terms, Development means improvement, refinement, betterment, evolution, growth, maturing, expansion, enlargement, success, burgeoning blossoming, blooming or progress. Development may also be defined as bringing about social change that allows people to achieve their human potential. The Business Dictionary defines development as the process of economic and social transformation that is based on complex cultural and environmental factors and their interactions. The term 'development' has a range of meanings that depend on the context in which the term is used, and it may also be used to reflect and to justify a variety of different agendas held by different people or organisations. The idea of development articulated by the World Bank, for instance, is very different from that promoted by Greenpeace activists. People hold very different ideas about the meaning of 'development' (Adams 2009). Another important point is that development is a process rather than an outcome: it is dynamic in that it involves a change from one state or condition to another. Ideally, such a change is a positive one - an improvement of some sort.

Understanding, measuring, and improving the human experience have been major goals of individuals, researchers, communities, and governments across regions and times. Establishing the essential qualities of a good society and the good life has captured the minds of the greatest thinkers. The overall assessment of human experience has been commonly expressed by the term quality of life (QOL) across multiple disciplines including psychology, medicine, economics, environmental science, and sociology. QOL as a general term is meant to represent either how well human needs are met or the extent to which individuals or groups perceive satisfaction or dissatisfaction in various life domains.

Quality of Life is defined on various facet of life such as some includes subjective well-being which includes happiness, life satisfaction, and positive affect (Diener, 1984). Andrews and Withey (1976, p. 4) advocates that QOL "sometimes refers to an 'outsider's' judgments of quality covered in such measures as crowding, decibels of noise pollution, reported crimes, income levels (etc.), but it may also refer to the privately known and privately evaluated aspects of life." Schuessler and Fisher (1985) defined QOL as a general sense of well-being, and that sometimes those terms have been used interchangeably. Some of the research point out that QOL is inherent in environmental conditions. There is a trend for research to shift back and forth between the objective and subjective side of life.

Amartya Sen (1980), defined well- being in terms of a person's 'ability to do valuable acts or reach valuable states of being'. However while giving another definition of quality of life; he asserts the need to take positive freedoms into account in defining quality of life. He states that 'the quality of life a person have do not only depend on what a person achieves, but also on the options of what he has had the opportunity to choose from.



Majority of earlier efforts to come up with a list of basic human needs and to know the extent to which they are fulfilled mainly focused on the requirements of physical survival, but recently the requirements of a good life have been treated with completely different aspects. Here the term “human development” is used to describe the broader categories. The human development approach proposes that one society should be judged better off than another or over time only if its institutions are able to enhance the capacity of its members towards a better life.

Some definition of Quality of Life by noted philosophers are as follows

‘Quality of life measures the difference, or the gap, at a particular period of time, between the hopes and expectations of the individual and that individual’s experiences’. (Calman, 1984).

Quality of life is the gap between what a person is capable of doing and being, and what they would like to do and be; in essence it is the gap between capability reality and expectations. (Amrtya Sen).

‘Quality of life is an individual’s happiness or satisfaction with life and environment, including needs and desires, aspirations, lifestyle preferences and other tangible and intangible factors which determine overall well being.(Cutter)

### **Literature Review**

To explain the link between consumption and well-being human need matrix was given by Max-Neef (1995), this includes physical needs i.e. subsistence and protection and humanistic needs i.e. participation and affection. Well being is related to the satisfaction of human needs in the matrix, happiness is attained by effectively fulfilling people’s fundamental needs. Satisfaction of needs however may come from being and not only from ‘having’ e.g. subsistence need can be satisfied by having access to food, however the need for participation and affection is satisfied by being in a community. He further describes that the needs are few and can be classified, but the way of fulfilment of these needs largely depends on culture.

Haug and Folmar (1986), found that higher income leads to high levels of well-being, socio-economic status, employment and marital status (without children under the age of 5), country of residence, good health and functional ability all influence the well being in expected direction. In objective indicators, gender seems to influence quality of life, as older women are more likely than men to live alone, and to have a poorer level of functional ability, even when controlling for other socio-demographic variables.

Wenger and Shahtahmasebi (1990) found a positive relation with social cohesion and well being, reported that having locally integrated networks and wider community focused networks, and were associated with higher levels of well-being. While more family dependency, self-contained and private-restricted networks were associated with greater loneliness and lower morale. Wenger (1992) in her review of the literature, also emphasised the role of social activities, having friends and confidantes, and better health status in promoting life satisfaction and well-being.

Blanch flower and Oswald (2001) used subjective data in their time series analyses of USA and British, they found that reported happiness was associated with higher income and being employed, but it was also greater for women, married people, and the more highly educated.

Di Tella, MacCulloch and Oswald (2001) established a relationship in well being and inflation and unemployment. Unemployment was found to creates more unhappiness than inflation. In the study the trade off between unemployment and inflation is 1.66, that is, a percentage point of unemployment creates 1.66 times more unhappiness than a percentage point of inflation.

Ross and Mirowsky, (2001), on the basis of their multilevel modelling of results from a large population survey in Illinois, echoed that neighbourhood environment has a lasting effect on wealth and health of people.

Netten et al. (2002), described that satisfaction of basic needs is certainly, very importance to vulnerable groups in society. Satisfaction of needs for personal care, food, safety were also among older people’s top five priorities for inclusion of measurement of social care, the others were social participation and involvement and control over daily life.

The way social relationships enhance people’s quality of life is documented by Kahneman et al, (2003) in their study of the daily activity of one thousand ‘working women’ found that on almost all occasions (14 out of 15) people experienced more pleasure doing activities with others than on their own



## **Uttarakhand**

Uttarakhand became the 27<sup>th</sup> state of India on 9<sup>th</sup> Nov. 2000, has foothills, plains to higher snow clad mountain ranges providing almost all major climatic zones favourable for agro-horticulture and related activities and thus making it a land of opportunities.

The State is spread over 53,483 sq. Km of land, which is 1.67% of the country's total area. The population of the State, according to the 2011 Census, is 1,01,16,752. Administratively the State is divided into two Commissionaires, Garhwal and Kumaon, and 13 districts, namely Chamoli, Pauri, Tehri, Uttarkashi, Dehradun, Haridwar and Rudraprayag in the Garhwal region and Nainital, Almora, Pithoragarh, Udham Singh Nagar, Champawat and Bageshwar in the Kumaon. Uttarakhand is loaded with natural resources like the forest and water; with several glaciers it provides steady flow of water to downstream rivers which includes Ganga and Yamuna life line of the Indo-Gangetic plains; it provides water to almost one half of the population of country. Forest host the rich flora and fauna, the state has 06 National Parks along with 06 Wildlife Sanctuaries this makes it a popular tourist destination and a land of opportunities.

## **Almora: The Study Area**

Almora the hill district of Uttarakhand is known as the cultural capital of Kumaon. It has still maintained its old customs and traditions which are visible in the style houses and roads have been built. Old forts and other historical monuments are maintained well.

Area under the district is 3144 sq. Km. As per the census 2011 district has nine tehsils namely, Bhikiyasain, Chaukhutiya, Sult, Ranikhet, Dwarahat, Someshwar, Almora, Jainti and Bhanoli, which are further divided into eleven C.D Blocks i.e. Bhikiyasain, Syaldey, Sult, Tarikhet, Chaukhutiya, Takula, Bhaisiya Chhana, HawalBagh, Lamgarha, Dhaula Devi and Dwarahat for developmental purposes. Almora district has 2289 villages including 39 forest villages out of which 2184 villages are inhabited and remaining 105 villages are uninhabited. The total population of the Almora is 622,506, out of which majority 560,192 is rural population, sex ratio in the district is 1139, population density is 198, and total number of households is 140,149. Literacy rate is 80.47% in the district.

## **Problem Statement**

In the district most of the population is rural. The district has seen negative (-1.64%) population growth during the last decade. The phenomena are attributed to migration. Mamgain and Reddy (2016) found that 88% rural households in Almora and Pauri have at least one migrant. Agriculture remains the main sources of livelihood, but the productivity of agriculture is awfully low because the land holdings are small and scattered over the slopes, it largely depends on rains for irrigation, skills and workforce has become deficient due migration, woman has to carry out all productive activities, employment opportunities are negligible; few hotels and government office are the only destination of employment for a large number of youth; technically educated people hardly find employment in the district. Health and education is also not in very good condition, beyond primary level of education; students do find too many option, health centres are either not present or not working in most of the villages, natural calamities further add on to the plight of local people; as it washes away their fertile land and infrastructure. Despite good economic growth registered by the state during the last decade, quality of life has not been able to keep pace with economic growth. The study seeks to ascertain present status of Quality Of Life of people in Almora and identify reasons for outmigration of the local population.

## **Objectives and Research Methodology of the Study**

The primary purpose of the study is to explore development issues in the state of Uttarakhand. The study would seek to get insights into the Lifestyles of the inhabitants and prepare a report on the quality of life which would serve as a parameter for development. Further, the reason behind migration which is affecting the QOL of people left behind would be ascertained. The study will seek to ascertain the present status of Quality of life in Almora district and also examine the impact of government policies

## **Research Methodology**

Since the aim of the present study is to determine the Quality of Life of people in a hill district of Uttarakhand, first of all the need of well defined parameters aroused. So the Quality of Life can be judged on a predetermined scale. An exploratory research was also done to know people views on development.

## **Parameters for the Study**

The parameters for the study were chosen after careful study of the Amrtiya Sen's Freedom of choice, Nussbaum and Glover's "Basic Human Functional Capabilities.", Human development Index, Social Progress Index, Gross Happiness Index. The parameters chosen for the present study are:



1. Health.
2. Education.
3. Income.
4. Facilities at Residence.
5. Material Possessions.
6. Social life, Environment.
7. Self Esteem.
8. Leisure and
9. Governance.

### Sampling and Sample Size

A survey of the citizens of Almora was carried out to fulfil the objectives, sampling technique employed here was random sampling, and randomly three blocks Hawlbag, Sult and Dhaula Devi were selected. 50 household from each block in various villages were interviewed. It made total sample size of 150. Views from experts from diverse field and NGO also got incorporated.

### Data Collection

Data was collected through structured questionnaire, direct interviews were conducted with the household's members, and personal observation played a greater role in data collection to ascertain the reliability of responses.

### Analysis of Data:

The data collected was analysed through simple percentage, to find out the present status of Quality of Life of people on the defined parameters.

### Analysis

The study was carried out in Almora hill district of Uttarakhand. 150 household were randomly selected from different blocks of Almora for the interview. The interview was carried through structured questionnaire. The questionnaire was designed for the study after careful study of models and popular indexes like HDI, SPI and GHI. The questionnaire is divided in 11 parts are as following.

**Demography of Respondents:** This profile includes Gender, Age, Education, Occupation and Income of the respondents.

#### Basic Demographic Profile of the respondents; n = 150

**Age:** 20.7% of the respondents are between 20-30 years old, 30% are from the age group 30-40, 40-50 age group has 28% respondents, the respondents are 10.7% from 50-60, 6.7% from 60-70%, 4% from 70 and above. Major representation comes from 30-40 and 40-50 collectively makes 58%.

**Gender:** More than half of the respondents out of 150 were male (54%) as and 46% are female.

**Education:** 54% respondents has school education which further has majority of 5<sup>th</sup> and 8<sup>th</sup> standard which appeared at the time of interview, graduate are 32%, while Postgraduates are only 11.3%. 2.7% has diploma.

**Marital Status:** Married people form the large population during the study; has the representation of 73.3%; 18% are unmarried and only 1.3% divorced, widows accounts for 7.3%.

**Occupation:** Majority of the population from the respondents associated with agriculture (37.3%). 28% have service as their livelihood option, (37.8% government, 62.2% private). 17.3% respondents do labour work, 8.7% self employed and same number 8.7% are unemployed.

**Income:** 17.3% respondents have income less than 5000, while 22.7% earns between 5000-10000, and 20.7% earns 10000-20000, average monthly income of 20% respondents is between 20000-30000, 7.3% earns between 30000-40000, and 50000 and above is the income of 12% representative houses.

#### Parameter 1: Household income

The situation of the household, sources of income, savings, assets and liabilities is a fairly good indication of the lifestyle and quality of life.

The main source of livelihood for majority of population (37.3%) is agriculture. However the land holdings are small 36.2% have 15-25 nali, and 27.5% between 5-15 nali, 35-45 possessed by 12.9%. Only 9.4% have more than 50 nali. Moreover, land holdings are fragmented. Agriculture and related activities (55.7%) are primarily carried out by women. 31% of the



respondents have abandoned the land due to various reasons like lack of irrigation facilities, natural calamities and menace of wild animals. Usually 2 crops are grown in a year. Almost one third of the respondents suggest that the produce is not sufficient for family consumption. Less than 50% manage to produce just enough to sell their surplus in the market.

28% of the respondents are in service out of which 19% are working with private sector and 9% in public. Labour (daily wage) provides livelihood for 17.3%, 8.7% are engaged in business to support their family. 8.7% are unemployed educated youth/others. Further, dairying supplements the income of almost 41.3% respondents. Agriculture supports 17.3% of families as additional source other than service or business. 62.7 % of the surveyed people have one or more family members working outside the city or state. 45.7 receive remittance from them.

Income from all sources is between less than 5000 for 17.3%, 5 to 10 thousand is average monthly income for 22.7% families and between 10 to 20 thousand for 20.7%, 20 thousand to 30 thousand is the income for 20%, only 12% earns more than fifty thousand. Only 65.3% household has the income that is sufficient for the living.

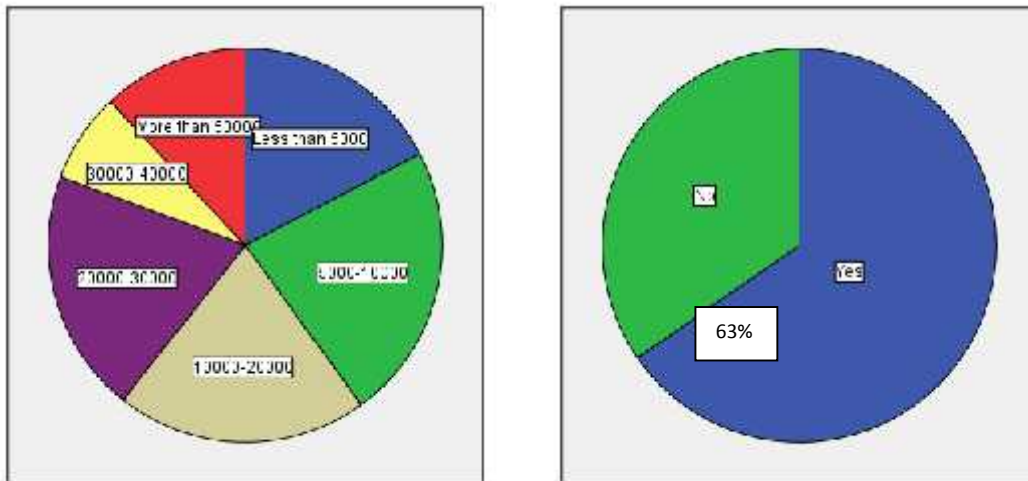


Fig.1 Average Monthly income of the house Fig. 2 Income sufficiency for the basic needs

When it comes to savings, majority of the respondents (46.7) save 10%; 20% of the income is saved by the 20%, however 22% population do not save at all, the main purpose of saving was found to be education by 53.8%; 17% save for leisure or celebration, 13.7 save for emergency, 11% for retirement. Loan is taken by the 40% household mainly for the purpose of business (51%), the second major reason for loan is education 25%.

**Parameter 2: Health**

348 children survived out of 359 born in 150 families, 9% died before attaining the age of 5. 56.7% respondents have a dispensary in 5 km radius, out of which 72.5% are functional. 59.3% people do not have private practitioner near the place of residence. Majority of the population travels more than 80 km for higher consultation in case of serious illness; while 20% have to travel 80 km.

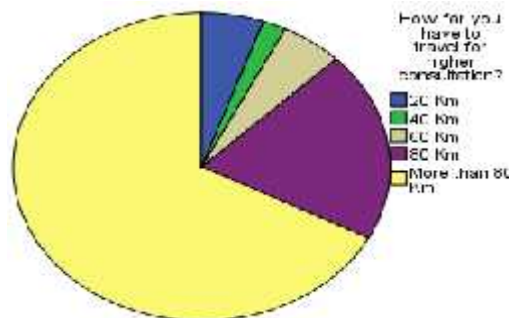


Fig.3 Travelling For Higher Treatment



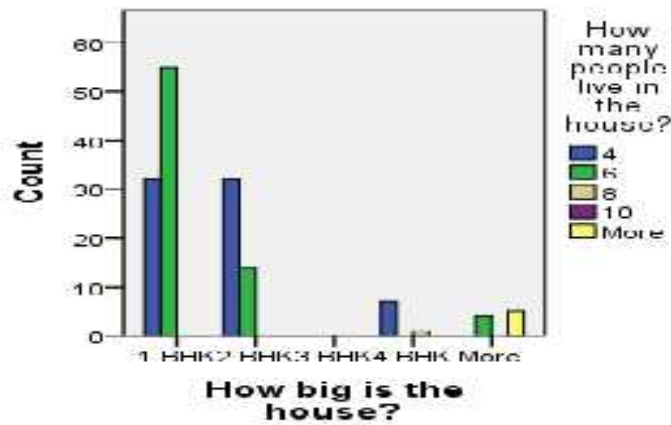
72.7% of the respondents think that ambulance facility is good. 59.3% children receive all the necessary vaccination, 26.7 families have underweight child less than 5 years. Only 35.3% respondents always visit the doctor whenever they fall ill, 64.7% go to doctor when home remedies do not work. 66.7% of the population consider themselves as completely fit and healthy.

**Parameter 3: Education**

Not all the children of school or college age in 20.7% families attend school or college. Children of 24.7% families travel more than 10 Km for school 52% travels 5 Km. Government schools are more (67%), most of these are primary school (63%), 20% secondary, and 17% higher secondary. 64% agreed to the statement that staff is adequate in the school. 32% College students travel more than 30 Km from residence. 73.3% has no diploma institute in 20 Km radius. Most of the students go on on-foot (41%) and take public vehicle 35% to reach school/ college. Students from 42% families have gone out for the study.

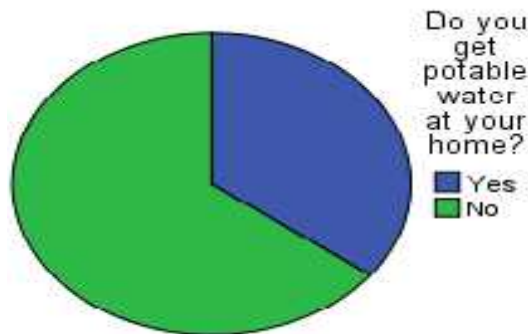
**Parameter 4: Basic Facilities at Residence**

In this parameter the objective is to find out the present status of the Build and natural environment, More than half of the respondents 58% have 2 rooms house in their house, 30.7% have 3 rooms. 48.7% families have 6 people, 4 people are in 47.3%, more than 8 people live in 3.3% houses.



**Fig.4 Size of the house**

More than half 64.7% respondents do not get potable water; the non availability is Largely due to the cost of installation of water connection, or total absence of facility. 92% do not get water for irrigation.43.3% of the respondents have lawn in their house, 27.3% grow vegetable their own garden. 96% Houses get electricity.



**Fig.5 Availability of potable water**



Though most of the families have LPG connections but medium of cooking remains firewood for more than 56.7% families; non-affordability was cited the reason behind the use of firewood by 67%, and non-availability by 33%. The source of firewood for 83% household is jungle, while 17% get from their owned trees; firewood is also the main medium to warm the water and house in winters with 63.3% and 72.7% respectively. 21% do not have bathroom/toilet at the residence. 62% have transport facility, Majority 3/4 of the respondents travel more than 10 Km to access to market or bank. Government banks have maximum branches in the area. 61.3% are happy with bank staff, and 63.3% get subsidies in their accounts. 66% have internet access and only 10% shop online, 15.3% have used internet banking at least once. Only 35.3% respondents get petrol and diesel as per their requirement. 49.3% do not get newspaper at the home.

**Parameter 5: Material Possession**

86.7% have reported that they have assets, like house, consumer durables, or commercial property. 13.3% do not have any assets it was told. 86% people have TV in their house. But the refrigerator and washing machine is owned by only 23% and 14% respectively while cell phones are owned by 88%.

**Parameter 6: Social Life**

More than 66% feels that their spouse does not care for them majority of these respondents are female while 59% feels that their children care for them. Majority of the respondents (68%) live with their parents. 71.3%, respondents have good relationship with neighbours. Majority of the neighbours are not of same occupation but of same community. 90% people feel safe in the place they live. 66% of the festivals are celebrated together; 62% respondents help each other in financial crisis. Smaller problems; conflict or dispute are resolved within the community, only 14% of the respondents prefer to go to police. The reason for not going to the police is largely the lack of faith in system 33% cited that they do not believe the police, 24.7% reported that the police do not understand local problem. 28% do not go to police due hassles associated with the police proceedings.

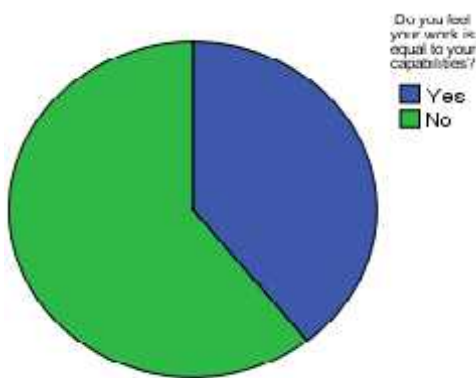
Almost everybody (93.3%) feel the change in lifestyles of people in the area during last decade”. majority 65% feels that the change is positive and 42% believe that awareness through TV and internet is the major influencer towards this change, 27.3% thinks that education has brought the change while 20.7% feels that all the factors education, TV internet and influence of people going out and brining the new tradition back; are reason for this change. 78% admitted that way to celebrate cultural activities has changed. 65.3% respondents have immigrant in their area, 34.7% respondent’s feels positive effect due to the immigrants, 14.7% negative and 9.3 reported both negative and positive influence. Majority of these migrants 22.7% do, non skilled labour work, 17.3% skilled labour, 8.7% business and 5.3% service.

**Parameter 7: Environment**

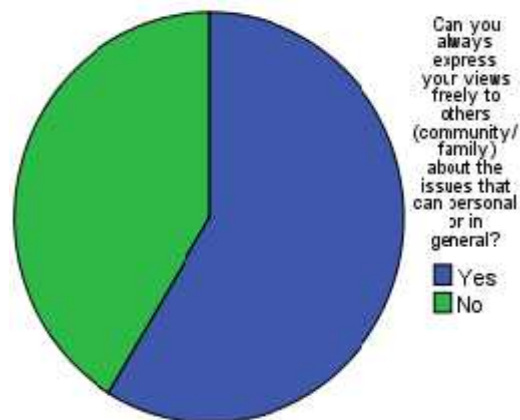
Environment around house is perceived healthy by 93.3% respondents. On the question of presence of crime; 61.3% said there is less crime, while 38.7% said that there is no crime.

**Parameter 8: Self Esteem**

67.3% of respondents have dream unfulfilled” 67.3%; the reason cited for the same by majority 55.4% is financial, 26% could not follow their dreams due to family related problems and 18% due to lack of facilities. 78.7% respondents are active



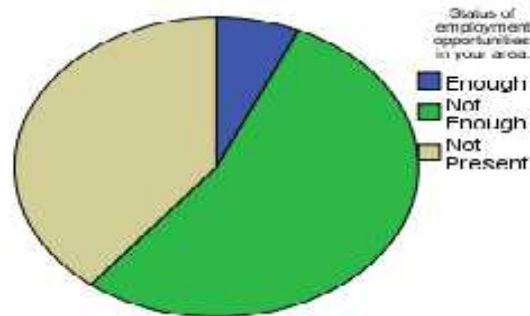
**Fig.6 Satisfaction with work**



**Fig.7 Freedom of expression**



Members of the community (participate in local issue, and take initiatives for the community), 76.7% feel respected in the community. Larger section 60.7% does not feel that their work is equal to their capabilities".76% respondent's feels that their work is recognized by other members of community. 62.7% feels that they have more capabilities than other community members. About 58.7% of the respondents always express their views freely in family and society.



**Fig.8 Respondents view on employment opportunities in the region**

**Parameter 9 : Leisure**

17% people go out for leisure, 9% play games, 74% were not very clear about the leisure. However 49% spend their free time watching TV, 17% read books and 34% enjoy with friends. In holidays only 15% people go out for excursion, 25% prefer to stay at home, while majority 60% do other things like finishing pending work, gardening etc. while going out 66.7% prefer to take public transport, 26.7% private (bike/car) while 6.7% said that the decision on mode of travel depends on the distance to be travelled.

**Parameter 10: Governance**

This part of the study focused on issues especially related to governance. 46.7% respondents feel that the condition of the state has improved in terms of infrastructure and governance after its creation since 2000; 26.7% feel it has become worse while equal Percentage 26.7% were not able to decide so they respond to can't say. 51.3% said that the roads are good and maintain properly. On status of employment opportunities 54% of the respondents feels that Employment opportunities are not enough in their area, 9.3% feels that livelihood option are nil and only 6.7% said employment opportunities are enough.56% agreed that government is doing good to save the environment. And the impact of government decision is said to be good on their life by 71.3% respondents.54% trust their chairman/pradhan for understanding and solving the problems of area. Majority of the respondents 32% do not know about a single government scheme, 30.7% know about 2 schemes, 16.7% could name one scheme, 10.7% know about four. 40.7% respondents are beneficiary of government schemes.

**Conclusion**

The economy of the district Almora is characterized by the subsistence farming. Delicately cut terraces in the hill mostly depend on the monsoon. Irrigation facilities are either negligible or completely absent. Moreover the land holdings are fragmented making it impossible to use latest technology. The high yielding variety programme has failed to make in roads into the hills. Credit flow into the agriculture sector is sadly much below than the essential minimum requirement. The soil quality is generally poor age old traditional method i.e. manure (cow dung) is used to enhance the fertility. Agriculture productivity is very low as compared to national standards. Agriculture activities are primarily carried out by women because youth migrates to other parts of the state/country for employment, mainly teaching and jobs at govt. offices in district headquarters is the option for the livelihood of educated people. Majority joins armed forces. Making the economy as post office economy; leaving women behind for the all the household activities, agriculture work, and looking after children, elders and cattles. With additional work of fetching water and collecting firewood, women are left with no time for entertainment and leisure activities.

Another very alarming revelation is that fertile land is being abandoned for want of labour, irrigation problems and due to damage to crops caused by wild animals including wild boar and monkeys. Shrinking livelihood opportunities force people to migrate; this further affects the income of the household negatively.

Health and education facilities has been the big concern for people; there are not enough facilities after primary education, children from most of the families have gone out for the study, after study they do not come back because they do not get opportunities, leaving elders and sick people alone. Qualified Doctors do not want to serve in hill areas due to difficult terrain, private practitioner do not find it worthy serving in hills, even in district headquarter there are only few private





doctors. People have to depend on the Government hospitals; these hospitals also suffers due to lack of staff, the equipments like CT Scan and ultrasound machine lie useless because trained people to operate these machines are not there in hospitals, patients have to travel to Haldwani or Delhi for treatment of serious diseases.

Mode of travel for most of the villagers are private run vehicle, people are bound to travel in overcrowded jeeps and buses; which proves fatal sometimes; the accidents due to overloading and poor conditions of roads, are common in the area. many of the villages still are waiting to get connected to mainstream; there is no transportation facility available people travel onfoot and elderly and sick are carried on palkies, Electricity is being provided to almost every household, but availability of petrol and diesel especially in the rainy season becomes difficult. People travel full day to access services like market or banks, even the newspaper is not accessible to everyone. Internet services are also not very good TV is last resort for information and entertainment.

However social network is strong people celebrate together and help each other in need, they live in healthy pollution free and crime free environment. But usually people hesitate to follow their hearts due to social pressure and cannot make their own choices in terms of employment and family related issues. It adds to dissatisfaction and leads to evils of liquor and drugs consumption; which has become a big issue in the area. However some NGO are trying to help people but government agencies seems to fail on this issue also like other policies which are not bearing the fruit due to unawareness among people. There is no mechanism for communication between government and public, and it has become a major reason of failure to register a mark of improvement in people's life, policies are drafted in Dehradun without taking the local issues in concern and executed by the outside agencies without any involvement of people to be affected by these actions.

## References

1. Andrews, F. M., & Withey, S. B. (1976). Social indicators of well-being: Americans' perceptions of life quality. NY: Plenus Press.
2. Banchflower, D.G., Oswald, A.J. (2001). Well Being Over Time in Britain and the USA. Journal of Public Economics.
3. Bloom, D.E., Craig, H.P., Malaney, N.P. (2001). "The Quality of Life in Rural Asia". Oxford University Press (China) Ltd.
4. Cobb, W.C. (2000). Measurement Tools and The Quality Of Life. Redefining Progress, pp 12. (asretrived on 22-4-2016).
5. Cutter, S. L. (1985). a geographer's view on quality of life. Resource Publications in Geography, the Association of American Geographers.
6. Diener, E. (1984). Subjective well-being. Psychological Bulletin, 95(3), 542-575.
7. Di Tella, R., MacCulloch, R. J., & Oswald, A. J. (2001). The macroeconomics of happiness, 615, Warwick: Warwick Economic research Papers Department.
8. Easterlin, R. (2003). Explaining Happiness. Inaugural Articles by members of the National Academy of Sciences. PNAS 100(19): 11176-11183.
9. Evans, P. (2002). Collective Capabilities, Culture, and Amartya Sen's Development as Freedom. Studies in Comparative International Development. 37:2.
10. Haug MR and Folmar SJ. (1986). Longevity, gender and life quality. Journal of Health and Social Behavior, 1986; 27:332-345.
11. Kahneman, D. et al. (2003). Measuring the quality of experience. Working Paper. Princeton University: Princeton.
12. Maslow A. (1954). Motivation and personality. New York: Harper.
13. Max-Neef, M. (1995). Economic growth and quality of life: a threshold hypothesis. Ecological Economics 15(2): 115-118.
14. Nord, E. (2001). Towards a more restricted use of the term 'quality of life. Quality of Life Newsletter 26, 1-28.
15. Rawls, J. (1971). A Theory of Justice, Oxford: Clarendon Press.
16. Ross CE and Mirowsky J. (2001). Neighbourhood disadvantage, disorder and health. Journal of Health and Social Behavior, 42:258-276.
17. Sen, A. (1980). Equality of What., in Sterling M. McMurrin (ed.), The Tanner Lectures on Human Value, Salt Lake City: University of Utah Press.
18. Sen, A. (1984). Resources, Values and Development, Oxford: Basil Blackwell.
19. Sen, A. (1985). Well-being, Agency and Freedom. Journal of Philosophy 82 (4), 169-221.
20. Sen, A. (1985). Commodities and Capabilities. Oxford: Elsevier Science Publishers.
21. Sen, A. (1993). Capability and Wellbeing. in Sen, A. and Nussbaum, M. The Quality of Life Oxford: Clarendon Press.
22. Schuessler, K. E., & Fisher, G. A. (1985). Quality of life research and soxiology. Annual Review (if Sociology, 11, 129-149.



23. Todaro, M.P. (1985). *Economic Development in the Third World*. New Delhi: Orient Longman.
24. Wenger GC. and Shahtahmasebi S. Variations in support networks: implications for social policy. In: MJ. Moge, P. Somlai and J. Trost (eds) (1990). *Aiding and aging: the coming crisis*. Westport CT: Greenwood Press.

#### **Websites**

1. 'Measurement Tools and The Quality Of Life.' *Redefining Progress*, pp 12. Cobb, W.C. (2000). Available at [Quality of life indicators-measuring quality of life-Statistics Explained](#).
2. 'Quality of life' From Wikipedia, the free encyclopedia. Available at: [Quality of life- Wikipedia](#) retrieved from [https://en.wikipedia.org/wiki/Quality\\_of\\_life](https://en.wikipedia.org/wiki/Quality_of_life) (as retrieved on 20-9-16).
3. 'Measuring Quality Of Life: Economic, Social, And Subjective Indicators'. Diener, E. Suh E. (1997). Available at [RISE Measuring quality of life.pdf](#) 'Development As Capability Expansion'. Amartya Sen (1987). Available at: [Amartya Sen: Development as Capability Expansion](#). 'Explaining Quality of Life - The Controversy between Objective and Subjective Variables'. Schulz, W. (2000) Available at: [Schulz. 'Sen And The Art Of Quality Of Life Maintenance: Towards A Working Definition Of Quality Of Life'](#). Ruta, D., Camfield, L., Donaldson, C., (2006). Available at: [Sen and the art of quality of life maintenance-towards a working definition of quality of life](#). "Measuring Subjective Wellbeing: A Summary Review of the Literature". Conceicao, P. and Bandura, R. Available.
4. Unit 1 The Challenge of Sustainable Development, 2.1 What is Development? [https://www.soas.ac.uk/cedep-demos/000\\_P501\\_USD\\_K3736-Demo/unit1/page\\_12.htm](https://www.soas.ac.uk/cedep-demos/000_P501_USD_K3736-Demo/unit1/page_12.htm) [Accessed 18 October 2017].