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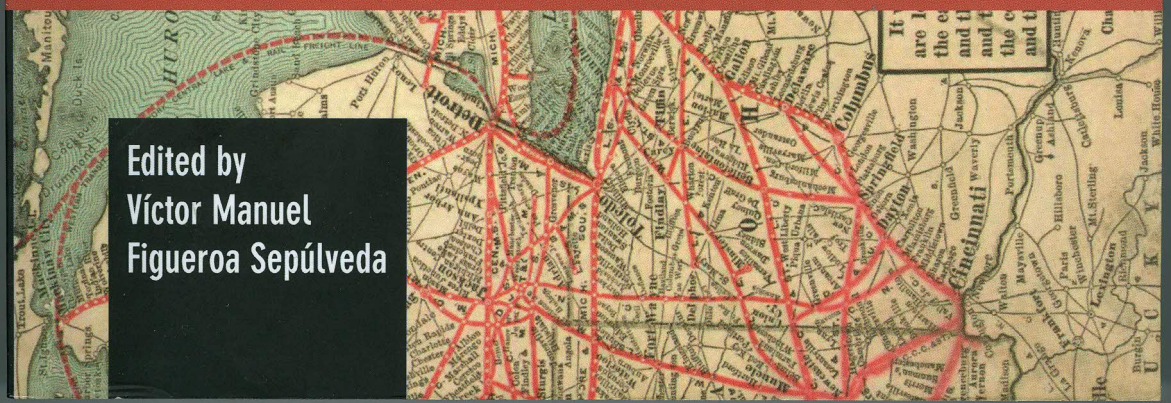
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DEVELOPMENT AND DEMOCRACY

RELATIONS IN CONFLICT

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First published in 2017 by Brill Academic Publishers, The Netherlands.
© 2017 Koninklijke Brill NV, Leiden, The Netherlands

Published in paperback in 2018 by
Haymarket Books
P.O. Box 180165
Chicago, IL 60618
773-583-7884
www.haymarketbooks.org

ISBN: 978-1-60846-088-5

Trade distribution:

In the U.S. through Consortium Book Sales, www.cbsd.com

In the UK, Turnaround Publisher Services, www.turnaround-uk.com

In Canada, Publishers Group Canada, www.pgcbbooks.ca

All other countries, Ingram Publisher Services International, ips_intlsales@ingramcontent.com

Cover design by Jamie Kerry and Ragina Johnson.

This book was published with the generous support of Lannan Foundation
and the Wallace Action Fund.

Printed in United States.

10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data is available.

Well-Being and Happiness: Conditions for a New Conception of Development?

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Introduction

This study seeks to demonstrate the complexity involved with analysing well-being, beginning first with its own conceptualization and then a review of the different modes and ways that have been employed globally in order to try to measure it through the construction of various indices and social indicators. We will outline how subjective well-being has become an item of interest for the development of political science and to that end, we present some of the main evidence that has been found that shows its importance in diverse spheres of the lives of people.

There is little doubt that traditional indicators for measuring development and/or social progress remain insufficient for explaining the new paradoxes that exist between the subjective and objective factors of well-being. To bolster our argument, we propose a complex measurement scheme that allows for the concurrence of factorial analysis and relational systems that display an awareness that subjective well-being should be considered as a key element for a new conception of development and the progress of societies.

Forms of Well-Being

In the pursuit of well-being, we can etymologically extract its Latin roots *bene* and *stare* that move us to rethink the meaning of “well” and “being” as a tangled set of resignifications that it is necessary to dissect. On the one hand, “bene” refers to various related expressions such as goodness, abundance, and perfection, all referring to something positive and desirable that immediately presents us the dilemma of whether something is good in and of itself, or whether it is something that participates in a state of “well-ness.”

On the other hand, the *stare* alludes to the word “state” which denotes a mode of being within a certain reality, to be in a certain situation or a certain

quality of being.¹ It can be analysed in comparison with the idea of “being like that,” or in other words, an essence, existence, entity, habit, condition, etc. *Stare* also alludes to the concept of “status” as it was used in the Middle Ages, related to expressions such as *status naturae* or “state of nature” in a more theological and anthropological sense. All of this suggests that we are facing a complex conceptualization of a term that in some sense we all seem to understand but one that leaves many questions for a deeper and more adequate analysis.

To study well-being, if we see it as a term, a notion, a concept, an expression or a property of something, it suggests multiple implications that spins the analysis once viewed from one to another perspective. At least two configurations emerge, namely, the objective and the logical. If well-being is understood as a mental phenomenon alluding to a subjective view, this normally take analysis towards the psychological end. If it is understood as a “formal object” that is distinct from the expression of the phenomenon, than it can be analysed from an “objective” or formal approach using a systematic logic. In our approach, we are inclined to take a comprehensive view that integrally alludes to both the subjective and the objective aspects.

If we make a literal analysis of the meaning of “well,” it can be seen as an adverb of a superlative and comparative nature. At the same time, it can be read as an adverb of quantity that adduces a certain value, or alternatively may speak to an emphasis on a lack of value. Our first position can therefore be to recognize that “well” can take various forms, as something that is inside of us and something that is outside of us. Therefore it is something that is both immanent and transcendent, dialectically speaking, that breaks the barrier of subjectivity and objectivity. That which is within us we refer to as how we feel, what we think and what we desire. That which is outside of us we call nature (the other or the others), also dialectically, because we already know that we ourselves form part of it. These aspects are joined to the idea of “being” relative to a certain person, or group, community or given society, to a certain historical time and a way of seeing the specific life. Thus, we can now start to see a preliminary framework that may seem more like a small conducive thread regarding well-being that does not pretend to exhaust all of the problems it raises, nor try to highlight all of the difficulties that this conception offers.

1 The word “state” can be translated into the Greek category of laid down or seated. It can also be translated as “situation” or “posture.” But it might be translated into the Greek *χάσχειν* as “cut.” And it has also been interpreted to mean “passion.” This possibility of the same term being used to signify various meanings indicates that there are various modes of “stare,” i.e., different states of being.

Global Views on Well-Being and Its Indicators

The Organization for Economic Co-operation and Development (OECD) published a series of studies on the standard of living of the world's population, using what they call the OECD Better Life Index (OECD 2013). These studies recognize, on the one hand, the need for micro-level analysis. Macro-level analyses cannot accurately reflect what is actually happening in a given area of a particular country. On the other hand, they recognize the difficulty and genuine challenge of analysing the well-being of people as a multidimensional concept, especially when trying to obtain a reading of the entire set of indicators in a single value. However, the use of these types of comprehensive indices helps to provide an overview of the patterns of well-being that are occurring in different countries.

The factors that influence the quality of life of people and that provide human satisfaction are an important part of what we call social welfare. It is a condition that cannot be directly observed, but rather ascertained through various formulations and comparisons across space and time. Obviously, this concept has a very high subjective content because it includes an appreciation for the economic goals and aspirations of individuals. The concept of well-being and the practical ways of measuring it has been the subject of many debates among public policy makers and international organizations such as UNESCO, OECD and the UN.

Conventionally, well-being has been quantified by measuring the material goods and services produced by a country and dividing it by the number of its inhabitants in what yields the per capita income. That in a way was already surpassed by Amartya Sen's vision of social progress, understood as "the systematic elimination of social deficits" from which an index of social progress was conceived in terms of eliminating these shortcomings.² The discussion has focused mainly on the type of factors to be included or excluded in determining the standard of living of a population. For example, some indices include unemployment, marginality, poverty or a certain type of social dysfunction. On the income distribution side, there is discussion on how to measure its distribution amongst the population of a given country. At the same time, there is discussion about the factors that contribute to the increase of GDP per capita, such as productivity, employment rates, the number of hours worked, etc. Nevertheless, these measures only partially capture the totality of well-being.

2 See Desai, Sen and Boltvinik (1998) and Sen (1999).

Yet another index that attempts to measure the level of poverty in a country is the Human Poverty Index (HPI), developed by the United Nations for countries with developing economies. This index includes some of the following aspects: the probability of being born but not living to the age of forty; the rate of non-literate adults; the average rate of the population without stable access to a quality water source; and the average rate of underweight children.

Various other indicators that try to measure the well-being of a population have been constructed by diverse institutions. To list a few, there are the Index of Sustainable Economic Well-being (ISEW);³ the General Progress Indicator (GPI); the Human Development Index (HDI) of the United Nations; and the Fordham Index of Social Health, the latter of which measures 16 different indicators including the rate of mortality, child abuse and poverty, suicide, drug use, school dropout rate, average earnings, unemployment, health coverage, poverty among the elderly, homicide, housing and social inequality. One further indicator, the Index of Economic Well-Being (IEWB), considers aspects such as family savings, household accumulation of tangible capital and the value of housing in addition to attempting to measure the sense of future security.

In addition to all of the attempts to incorporate indicators of well-being, there have also been attempts to measure the lack of it, as a different vision on how to attend to the problems of populations. These alternative approaches have given rise to a series of discussions and analysis about human development and poverty. In this vein are the following indices: the Multidimensional Poverty Index (MPI) that since 2010 has supplanted the Human Poverty Indexes (IPH); the Poverty Index or independent poverty indicators (HPI-1), developed since 1998; the Human Poverty Index for selected OECD countries (HPI-2); the Human Development Index regarding gender created in 1996, the Gender Empowerment Index (IPG); and the Index of Material Deprivation.⁴

The previous considerations have attempted to measure well-being and the feeling of satisfaction on the part of populations. This latter aspect, in particular, is also known as subjective well-being, and has inspired a series of methodological discussions regarding the development of techniques that

3 Based on the ideas initially developed in 1972 by Yale economists W. Nordhaus and James Tobin in *Measure of Economic Welfare* and further developed in 1989 by Herman Daly and John Cobb. The main objective was to replace the GDP with an alternative method of quantification that increased the well-being component. See: Daly, Cobb and Cobb (1994).

4 Applied in Great Britain in 2010, this index included an indicator of poverty in terms of income and material deprivation in an attempt to improve the so-called Complementary Poverty Indicator developed in the US in 2011.

can better and more accurately measure both factors in a more coherent and homogeneous way. This is a problem that still remains to be resolved.

In recent years, a subjective well-being approach or focus has been prioritized in such studies of happiness as those by Kahneman (1999), Hills and Argyle (2002), and sociologists such as Veenhoven (1984). Among economists, research has been enhanced by what has been termed “the economy of happiness” (Rojas 2009). There are also two traditions in the epistemology of well-being which have been called imputation and presumption. In the case of imputation, it is very common to judge the well-being of people through third parties, often imposed or classified by the researcher or expert. In the case of presumption, the approach to well-being is through the way that people actually experience or manifest their enjoyment of their well-being.

The subjective well-being approach is based on surveying people directly about their well-being. In addition, questioners can inquire about happiness, life satisfaction or any concept related to the well-being of the person. The important thing is to be informed by people about the well-being that is the object of interest. Clearly, it can be observed that there are differences in the information that is obtained, depending on the objective being pursued, although many studies take these concepts as synonyms and they fail to distinguish between happiness, life satisfaction and well-being.

In general, we can point to three ways of approaching the study of happiness. A first approach consists in the direct study of the happiness of human beings. A second is the study of the relationship between happiness and economic variables such as income, unemployment and inflation. And a third style of approach consists of using happiness as a proxy for utility. Each of the three approaches have their own problems in applied analysis and require a diversity of resources and methods to successfully obtain verifiable identification.

Without doubt, the “economy of happiness” provides a methodology for assigning values to external events that can be considered as another approach within the traditional methods of quantification, as well as the contingent valuation approaches used by Ada Ferrer-i-Carbonell and Mariano Rojas.⁵ Nevertheless, there remain significant gaps and doubts about the most adequate ways of analysing well-being or happiness.

5 This approach has also been used to rate illnesses, to calculate the income compensation necessary when a person changes residences, as well as to calculate the compensation necessary to add a new person to the household, in a way that can calculate scales of income equivalence. See Ferrer-i-Carbonell (2011).

The Subjective Well-Being of Mexicans

We now turn to take a general look at subjective well-being in Mexico. According to INEGI data on all people between the ages of 18 and 70 living in Mexico (INEGI 2012b), 47.3% indicated they are satisfied with their lives, 36.1% are moderately satisfied, 11.8% are little satisfied, and 4.8% are dissatisfied with their lives (INEGI 2012a).

On a scale of 0 to 10, the mean value of satisfaction with life given by the population group under study was 8.0. The aspects or spheres of life in which Mexicans show greatest satisfaction on the scale of 0 to 10 are: family life 8.6; autonomy 8.5; health 8.2; and affective life 8.2. In contrast, the worst qualified aspects are: economic situation 6.5; country 6.8; available spare time 6.8; and education 6.9. Similar to what has been reported for other countries, the relationship between life satisfaction and age is in the form of a "U" where the highest level is between the 18 to 29 years of age group (8.1) and the lowest (7.9) was indicated for the 45–59 years of age group. In between were both the 30 to 44 years of age group and the 60 to 70 years of age group with a value of 8.0.

Satisfaction with life was found to be higher as more educated population groups are considered. Thus, average satisfaction of life (on a scale of 0 to 10) is 7.8 among those with a primary level of education, 8.0 with secondary education, 8.2 for those who completed secondary school, 8.4 among those with a bachelor's degree, and 8.7 for those who have graduate level studies. The satisfaction with life reported by unmarried people is practically the same as that of married women (8.1 in both cases), while those living as unmarried couples are slightly lower than 8.0, with more significantly lower values for divorcees and widowers (7.7 in both cases) and those currently in a process of separation (7.6).

In terms of happiness, the average for married people is 8.5, slightly higher than those unmarried couples living together as well as singles (8.4 in both cases). They are followed by divorced individuals with 8.1 and somewhat lower (7.9) for separated and widowed individuals. It was also observed that the average levels of life satisfaction for individuals increase for those living in households with higher current per capita expenditures. By dividing the population into quintiles according to their current per capita expenditures, it was observed that life satisfaction in the quintile with the lowest expenditure is 7.6 while that of the quintile with the highest expenditure is 8.5 (INEGI 2012a).

As can be readily seen, Mexicans are objectively found to have poor economic, health, education, and other social aspects. Yet, life satisfaction and happiness is found in abundance. So what we have is a collapse of traditional ideas about well-being and, in turn, a permanent process of change in the

social, economic and political conditions. This allows us today to present a fragmented picture of a liquid and fleeting well-being. At the same time, we find new challenges for finding the most appropriate way to measure the development and progress of societies.

These paradoxical results show, on the one hand, high well-being values regarding non-material aspects such as family relationships, autonomy and affective life, and low well-being values across more traditional indicators that include education and economic factors. So that in order to properly understand what is happening, we must necessarily combine both aspects that might help us obtain a better radiographic analysis of the subjective aspects. This amounts to modifying the way we understand development and progress. The various indicators that have been constructed so far fail to integrate these new factors distributed across the diversity of societies around the globe.

In Search of Well-Being

Through a multivariate analysis, the dimensionality of the data can be reduced to describe the values in a smaller subset of variables, although at the expense of some loss of information. This analysis was performed through the application of multifactorial analysis with the method of principal components and rotation with Varimax normalization and Kaiser applied to the set of 173 variables from a self-reported subjective well-being database.⁶ The study was carried out among the 18 to 70 year-old population living in Mexico, randomly selected (one per household) within the dwellings that were part of the sample of the National Survey of Household Expenditures during the first quarter of 2012. In total, questionnaires were filled out and collected from 10,654 people distributed throughout the national territory. This was done in order to represent the larger population with a smaller number of variables constructed as linear combinations from the original data.⁷

6 The analysis of principal components is the approach pioneered by Hotelling in 1933 although its origins can be found in the orthogonal adjustments by minimum Pearson squares. This has a double utility: 1) It allows for optimal representation in a single, small dimensional space observations of a general p-dimensional space. In this sense, principal components is the first step for identifying the possible latent or non-observed variables that the data generates; and 2) It permits the transformation of original variables correlated in general, into new, uncorrelated variables that facilitate the interpretation of data (Hair, et al. 1999).

7 Data obtained from INEGI, "Bienestar subjetivo. Microdatos," INEGI, <http://www3.inegi.org.mx/sistemas/microdatos/encuestas.aspx?c=34524&s=est>.

After determining the main components through the rotated matrix, a graph analysis was constructed using social network theory, processed by three software programs for analysis and visualization of large networks, in addition to using mapping and clustering techniques. The programs used were Ucinet6, Pajek 4 and finally the VOSviewer software. In addition, factorial scores were obtained in order to perform a cluster analysis.⁸ As a result of the principal components of subjective well-being, 49 components were obtained and when they were incorporated into network theory, various maps were obtained that show more clearly the main aspects of the comprehensive well-being of Mexicans.⁹

In order to study the relationships between a series of elements, we opted to use new tools that focused at the onset upon relationships. Social network analysis places the emphasis on the study of the relationships as defined between a series of elements (people, groups, organizations, countries, events, and as we would like to add, concepts). Unlike traditional analyses that explain, for example, behaviour in terms of social class and profession, social network analysis focuses on the relationships rather than just the attributes of the various elements (Quiroga 2003). The particularity of this specific type of analysis is that while it emphasizes relationships and their relational properties, it still allows for the attributive aspects to be incorporated.¹⁰

8 These software programs are available on the Internet: Pajek. Program for Large Network Analysis Ver. 4.04, Universidad de Ljubljana, Ljubljana, Slovenia; S.P. Borgatti, Everett M.G., and Freeman L.C., *Ucinet 6 for Windows: Software for Social Network Analysis* (Harvard: Analytic Technologies, 2002); and finally, VOSviewer ver. 1.5.7, Centre for Science and Technology Studies (CWTS) of Leiden University.

9 The database contains the national level results of the Self-Reported Well-being Module as applied to people between the ages of 18 and 70 (one by housing from within housing complexes from the ENGASTO sample during the period of January and March of 2012 in both urban and rural areas. It includes 10,654 respondents (5,967 corresponding to women and 4,687 to men with 201 fields that include information about their self-evaluation of their quality of life (on a scale 0–10, of their satisfaction with their life, of their happiness and qualification, of their mood the day prior to completing the instrument, as well as their socio-demographic and socio-economic background. The data bank is offered by INEGI 2012).

10 Prior to social network analysis, the methodological approach most utilized in Sociology was the more functionalist approach on attributes. In that method, the various social actors being studied are characterized based on their specific attributes as they are ordered by distinct variables (e.g., gender, age, political tendency, etc. The actors constitute the basic unit of analysis and their variable characteristics can be subjected to a statistical and algebraic analysis, serving as a means for classifying actors and interpret-

The analysis of social networks is a scientific method of analysis of great use for ascertaining the patterns of relationships established within the underlying social structure of Mexicans. While embryonic in the 1930s, it later acquired greater significance with the development of cybernetic sciences such that today, it stands among the common methodologies used across the social sciences. In our case, the results of a factorial analysis clearly demonstrated that in order to obtain an adequate measure of well-being, it is necessary to take into account the objective and subjective factors that account for progress and development of a society. This is especially the case if these factors are expected to play a role in sustaining a democracy.

We want to now show all the components and visualize how each of the complex variables are imbedded, and identify each one's main dimensions at the end.

ing their actions. This methodological approach began in the Durkheimian tradition with his study of suicide and was later promoted by Lazarsfeld who created a quantitative, representative survey model in the United States (de la Rúa 2010).

In Table 10.1, we can see that the most relevant aspects of the first component, *satisfaction with life*, point to affective life, the appearance of people, their social and family life, all as a set of subjective aspects, but at the same time shaped by other more material aspects such as health, the surrounding neighbourhood, their economic situation, and housing conditions. It further includes other aspects such as happiness, overall satisfaction with education received, and aspects linked to assumptions about the future regarding their own personal life achievements, personal security, satisfaction with their work, and global assessments regarding their country. The second component refers to the *frequency of use of computer and Internet, and level of instruction* integrated by contacts via email, enlisting in social media networks and frequency of use of a personal computer. This relation is negative with respect to the level of instruction, signifying that this instructional level does not condition the use of social networks.

TABLE 10.1 *Principal components 1 & 2 of subjective well-being of Mexicans*

Variables	1. Life satisfaction
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 9. Your emotional life.	.736
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 8. Your appearance.	.726
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 10. Your social life.	.710
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 6. Your family life.	.668
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 7. Your health.	.638
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 5. Your neighbourhood or local community.	.610
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 2. Your economic situation.	.575
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 3. Your housing situation.	.570
On a scale of 00 to 10, how happy are you?	.558
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 4. Your educational background.	.557
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 4. Your future prospects.	.545

Variables	1. Life satisfaction
On a scale of 00 to 10, how satisfied are you with 2. Your life achievements	.538
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 11. The country that you live in (Mexico)	.531
On a scale of 00 to 10, how satisfied are you with 3. Personal security.	.530
Can you tell me on a scale of 00 to 10, how satisfied you feel with each one of the following aspects of your life? 1. Your current work situation.	.400
Variables	2. Level of educational instruction and frequent use of computer and internet
Last week, did you have email contact with 2. Friends	.833
Are you registered in a social media network (facebook, twitter, myspace, sónico, plaxo, linkedIn, etc.) in which you maintain contact and/or express and received opinions?	.790
Do you use your personal computer frequently?	.780
Last week, did you have any email contact with 1. Family member who do not live with you?	.760
Educational level?	-.671
Do you have an internet connection at home?	.594
At some point last week, did you 2. Read an article be it in a journal or on the internet?	.499
Last week, did you have any telephone contact with 2 Friends	.466
¿Have you travelled by air at some point in your life?	.344
Do you have a credit card at present?	.342
Last week, did you have any phone contact with ... 1. Family members who do not live with you.	.281

Note: Included in this table and those that follow are mostly the variables with the largest factorial charges, i.e., greater than .4, although some of the variables with lesser values were left to better visualize the larger picture.

Table 10.2 shows that one aspect of life satisfaction is related to happiness and to the situation in the context of the application of the questionnaire. This supports the considerations about the differentiated explanations between happiness and satisfaction with life, conceptions that are linked but differentiated by the valuations that people make over time. Those aspects integrated with component four regarding interpersonal reflection and leisurely pursuits like watching a documentary about history or science, listening to a program of debate about the reality of the country, etc., reveals a component of environmental attitude and even one of protection of pets. This integrates aspects such as avoiding practices like burning or inappropriately disposing of garbage on public roads, trying to use as few plastic bags as possible, separating the garbage for recycling, and doing something to prevent the abuse, suffering or cruelty to animals. The developmental trend of a society is linked to public services that assume forming commitments to the protection of nature and with the possibility for people to enjoy moments of reflection regarding things deemed to be important.

TABLE 10.2 *Principal components 3–5 of the subjective well-being of Mexicans*

Variables	3. Happiness
On a scale of 00 to 10, in general, how satisfied are you with your life?	.783
Life satisfaction.	.776
In general, how happy did you feel yesterday?	.632
In general, how tranquil did you feel yesterday"	.575
Happiness.	.548
Variables	4. Reflected in a serious manner during the past week about life and important things
At some point last week, did you ... 15. Meditate or serenely reflect on your life, your family, your country or the world?	.665
At some point last week, did you ... 16. Have a nice talk or conversation with someone about things that are important in one's life.	.619
At some point last week, did you ... 12. See a TV documentary about history, science, discoveries, art, offices, technology, nature or travel	.530

Variables	4. Reflected in a serious manner during the past week about life and important things
At some point last week, did you ... 11. See or listen to a program of debate or discussion concerning the reality of the country and the world.	.504
At some point last week, did you ... 4. Listen to music while concentrating on the lyrics?	.397
At some point last week, did you ... 14. Play a game of chess or Chinese checkers.	.360
At some point last week, did you ... 10. Go to the theatre or see a movie in which you saw actors engage important issues?	.315
At some point last week, did you ... 3. Read the newspaper.	.294
At some point last week, did you ... 1. Read a book.	.286
Would you say that you have had serious difficulties, big setbacks or adversities during the course of your lifetime?	.213

Variables	5. Green ecological attitude and protection of domestic pets
In the last 12 months, have you ... 2. Avoided throwing trash in a public street or in open spaces?	.688
In the last 12 months, have you ... 3. Avoided burning trash or refuse?	.650
In the last 12 months, have you ... 5. Avoided discarding used batteries with the rest of the garbage?	.630
In the last 12 months, have you ... 6. Attempted to use the least amount of plastic bags possible or use biodegradable bags?	.590
In the last 12 months, have you ... 1. Separated organic from non-organic waste?	.464
In the last 12 months, have you ... 4. Done something in order to prevent abuse, suffering and/or cruelty to animals?	.363

Table 10.3 shows how principal component six maintains correlations with aspects related to the real capacity of people to obtain public services and other services such as education. This aspect is vital for a high rating of social development and not only because of the capacity of the regime to provide them but also because of the real capacity of the population to access public services and education, and above all because of the social cohesion existing in a society to allow their access. On the other hand, an important component of the level of development remains the existing level of discrimination and abuse by social class linked to age, skin colour, gender or physical differences. One other component is giving or having the capacity to support other people through care or personal attention, affection or through financial support. The indicators on civil or non-governmental organization affiliations, alumni and / or self-improvement or self-help organizations all allow for greater social cohesion of a society. However, the variables of social class status and geographic location remain inescapably important when evaluating well-being.

TABLE 10.3 *Principal components 6–10 of subjective well-being of Mexicans*

Variables	6. Have solicited assistance in order to pay bills, school fees, etc.
Over the course of the last three months, have you or has someone else asked to borrow money or requested financial assistance in order to pay ... 4. The electricity, gas or telephone bill?	.708
Over the course of the last three months, have you or has someone else asked to borrow money or requested financial assistance in order to pay ... 3. The water bill?	.686
Over the course of the last three months, have you or has someone else asked to borrow money or requested financial assistance in order to pay ... 1. For foodstuffs?	.650
Over the course of the last three months, have you or has someone else asked to borrow money or requested financial assistance in order to pay ... 6. For medicine or medical services?	.549
Over the course of the last three months, have you or has someone else asked to borrow money or requested financial assistance in order to pay ... 5. For school uniforms or school supplies?	.510

Variables	6. Have solicited assistance in order to pay bills, school fees, etc.
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Over the course of the last three months, have you or has someone else asked to borrow money or requested financial assistance in order to pay ... 2. The monthly rent?	.421
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Variables	7. Mistreated for reason of social class, physical traits or gender
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Being in Mexico, have you ever been mistreated simply on account of: 10. Your social class standing?	.632
--	------

Being in Mexico, have you ever been mistreated simply on account of: 1. Age? (for being young or not being so)	.580
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Being in Mexico, have you ever been mistreated simply on account of: 2. The colour of your skin or ethnicity?	.574
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Being in Mexico, have you ever been mistreated simply on account of: 9. Defects in your physical body?	.524
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Being in Mexico, have you ever been mistreated simply on account of: 4. Your sex?	.493
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Variables	8. Someone in your life has required your assistance
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Presently, is there somebody in your life that needs ... 1. Your attention or care?	.802
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Presently, is there somebody in your life that needs ... 2. Your emotional support?	.787
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Presently, is there somebody in your life that needs ... 3. Your economic support?	.746
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TABLE 10.3 *Principal components 6–10 of subjective well-being of Mexicans (cont.)*

Variables	9. Membership in a civic organization, NGO, etc.
Do you belong to a ... 8. Non-governmental organization (NGO)?	.662
Do you belong to a ... 9. Voluntary or philanthropic association?	.653
Do you belong to a ... 12. Any other civic association (Scouts, Rotary Clubs, Lion's Club ...)	.522
Do you belong to a ... 5. Student or alumni organization?	.346
Do you belong to a ... 10. A self-help group and/or group for coping with personal problems?	.321
Variables	10. Social status and indigenous language
Distribution stratum	-.611
CONAPO stratum	.557
Do you speak any of the following languages? 1. Original language of Mexico? (e.g., náhuatl, maya, mixe, otomí, tarasco, etc.)	.476
State of the Republic	-.347

In Table 10.4, an important aspect to emphasize is the capacity for people to economically support their families. This generates greater self-esteem and freedom for people to make decisions, in addition to their having experienced happiness in childhood and adolescence that maintains personal continuity with the present moment and their expectations for the future. The following components are linked to the identification with a sports organization, the availability of free time, and the achievements and recognitions that people have received for their efforts and freely made decisions.

TABLE 10.4 *Principal components 11–17 of subjective well-being of Mexicans*

Variables	11. Have you given economic assistance to family members or friends
Over the last 12 months, have you ... 1. Economically supported family members or relatives that live in another household?	.668
Over the last 12 months, have you ... 2. Economically assisted or otherwise assisting people who are not relatives?	.581
Variables	12. Experienced happiness in childhood or adolescence
Have you experienced a moment of great joy or happiness? 2. As an adolescent.	.812
Have you experienced a moment of great joy or happiness? 1. As a young child.	.807
Have you experienced a moment of great joy or happiness? 3. After the age of 17.	.381
Variables	13. Membership in a sports team
Have you in the last week practiced any sporting activity in which you competed against another person or another team?	.770
Do you belong to a ... 11. League or other sporting association?	.738

TABLE 10.4 *Principal components 11–17 of subjective well-being of Mexicans (cont.)*

Variables	13. Membership in a sports team
Have you in the last week carried out any physical activity for 30 minutes or more such as walking, jogging, swimming, cycling, dancing, yoga, Tai-chi, or gym workout?	.388
Male or female?	.377
Variables	14. Free Time
Do you have any free time during the week?	.635
On a scale of 00 to 10, how satisfied are you with 1. Free time to do things that you like?	-.535
Think for a moment about the activity that you most like to do or which give you the most pleasure in life Have you performed this activity over the last week?	.511
Variables	15. Achievements and personal awards
Do you consider that you have had achievements or have managed to get something that makes you feel good?	.644
Have you ever received a sincere act of gratitude, honorary acknowledgement or recognition for your efforts in doing things well?	.577
Do you consider that over the course of your life, you have been able to make important decisions freely?	.469
Variables	16. Have complained about water leaks and garbage strewn in public space
Over the last 12 monthes, have you ... 10. Filed a complaint against people who throw trash in the street, in parks, rivers or beaches?	.758
Over the last 12 months, have you ... 9. Filed a complaint about water line leaks in a public area?	.735

Variables	17. Anger and sadness experience yesterday
In general, how angry did you feel yesterday?	.836
In general, how sad did you feel yesterday?	.801

Table 10.5 displays the following six components: attendance at concerts or practical instruction classes, disability, having support in case of an emergency, having pets, imagining Mexico's future and its own well-being, and suffering threats or aggressions from someone close with whom they live. The first components are strongly correlated with attendance at cooking classes, weaving or handicrafts; disability is mainly correlated with the permanent use of crutches, wheelchairs, a walker, a walking stick, or a prosthesis in legs or arms, suggesting that this component is linked to old age and situations caused by accidents. The number of people in the family with whom a person can count on in case of an emergency is an important aspect of the social support component. The image that people have about the situation of the country for the upcoming ten years is correlated with personal situations in terms of economic well-being.

TABLE 10.5 *Principal components 18–23 of subjective well-being of Mexicans*

Variables	18. Attended a concert, or handicrafts shopping, or cooking classes
At some moment in the past week, have you ... 7. Attended a cooking class, a knitting class or some other handicraft skill class?	.571
At some moment in the past week, have you 5. Attended a dance, painting, music, gardening or photography class?	.566
At some moment in the past week, have you ... 9. Gone to a concert or a musical performance?	.509
At some moment in the past week, have you ... 13. Attended a conference, visited a museum, art gallery or an exposition?	.381
At some moment in the past week, have you ... 8. sung or played a musical instrument?	.315
Variables	19. Handicapped
Do you use crutches, wheel chair, support, cane, a leg or arm prosthesis, or require any other type of assistance to move on a permanent basis?	.690
Do you have a physical problem or difficulty in hearing, and/or verbally communicating?	.610

Variables	19. Handicapped
Being in Mexico, have you ever been mistreated simply on account of being handicapped or having a physical impediment?	.508
At present, are you suffering the consequences of an accident or serious illness that requires medical care for more than a one year period?	.485
Variables	20. Have persons that can be counted on in the event of a problem
How many people in your family can you count on in the event of an emergency or situation requiring urgent assistance?	.714
How many people who are not members of your family can you count on in the event of an emergency or situation requiring urgent assistance?	.694
How many neighbours know you by your name?	.442
Variables	21. Have pet
Do you have a pet or domesticated animal that helps keep you company?	.640
Over the last 12 months, have you 7. Planted a tree?	.484
Over the last 12 months, have you 8. Cared for plants, trees for flowers in your house or neighbourhood?	.440
Variables	22. Have imagined Mexico's future and its impact on personal economic well-being
How do you see yourself in Mexico over the next ten years?	.820
How do you see yourself in terms of economic wellbeing over the next 10 years?	.746

TABLE 10.5 *Principal components 18–23 of subjective well-being of Mexicans (cont.)*

Variables	23. Have been threatened or have suffered personal harm by someone living in the same household
During the last 12 months, have you received threats from 1. Someone whom you live with?	.826
During the last 12 months, have you suffered or been the object of physical aggression on the part of 1. Someone whom you live with?	.816

In Table 10.6 we can find the following components such as religious affiliation having to do with the active promotion of a faith and/or religious values, and donations to cultural organizations or those that help other people, especially if involving donations to institutions that promote the conservation of culture, nature or urban spaces. The component of strength and self-confidence is mainly defined by the scale of dependence and personal capacity to face the adversities of life and to personally do well, and how to influence the situation that the country maintains that affects their own well-being. Two more components involve: consideration about having better opportunities than their parents for education and work; and the capacity to speak a foreign language.

TABLE 10.6 *Principal components 24–28 of subjective well-being of Mexicans*

Variables	24. Active religious affiliation
Do you belong to a ... 2. Group or association in which you actively promote faith or religious values?	.694
Do you belong to a ... 1. A church or religion?	.530
Being in Mexico, have you ever been mistreated simply for ... 7. Religious reasons?	.404
Variables	25. Have made donation to a cultural organization or to help other people
During the last 12 months, have you ... 4. Made donations to an institution that promotes care or conservation of culture, nature or urban space?	.722
During the last 12 months, have you ... 43. Made donations (not to beggars) to an organization dedicated to helping people?	.677
During the last 12 months, have you ... 45. Carried out some kind of voluntary or community work?	.413

TABLE 10.6 *Principal components 24–28 of subjective well-being of Mexicans (cont.)*

Variables	26. Conviction and confidence in themselves
On a scale from 00 to 10, how much do things depend on you that this year and next goes well?	.509
On a scale from 00 to 10, how strong do you consider yourself in the face of life's adversities?	.463
On a scale from 00 to 10, how much does the country's situation influence your well-being?	.317
Normally, how often do you meet with family members who do not reside in your household?	.292
Variables	27. Consider that they have had better education and work opportunities than their parents
Do you consider that you have had better work opportunities in Mexico than did your parents or the people who raised you?	.671
Do you consider that you have had better educational opportunities than did your parents or the people who raised you?	.570
Do you consider that you have had better opportunities to acquire patrimony (house, apartment, land) than did your parents or the people who raised you?	.433
Variables	28. Speak a foreign language
Do you speak any of the following languages? 3. French, Japanese, or other language other than Spanish?	.663
Do you speak any of the following languages? 2. English (conversational)	.589
At some point in the last week, have you ... 6. Studied another language on your own, in a language institute, or with a private instructor?	.448

Table 10.7 shows the components most related to the kinds of specific situations that Mexicans experience and which can be integrated into the composite indicator. This includes items such as levels of alcoholism or drug addiction; having a relative suffering some consequence of an accident; receiving threats or suffering physical attacks by someone known to the individual; affliction by a serious physical or mental illness; threats by unknown people; three components that we found linked to educational attainment; the possibility of making decisions freely; and the number of people who contribute income to the household.

TABLE 10.7 *Principal components 29–36 of subjective well-being of Mexicans*

Variables	29. Sharing life with someone with drug use or alcohol problems
Do any of the people whom you live with suffer from ... 2. Drug addiction?	.696
Do any of the people whom you live with suffer from ... 1. Alcoholism?	.602
Do any of the people whom you live with suffer from ... 1. Incarceration?	.499
Do any of the people whom you live with suffer from ... 2. Missing or disappeared?	.406
Variables	30. Someone in family suffered consequences of an accident
Presently, do any of the following people in your life suffer from the consequences of a severe accident who will not be able to fully recover? 5. Grandchild.	.758
Presently, do any of the following people in your life suffer from a serious illness? 5. Grandchild.	.642
Presently, do any of the following people in your life suffer from the consequences of a severe accident who will not be able to fully recover? 4. Child.	.477

TABLE 10.7 *Principal components 29–36 of subjective well-being of Mexicans (cont.)*

Variables	31. Object of threats or physical aggression
During the last 12 months, have you received threats from ... 2. Another person that you know?	.784
During the last 12 months, do you suffer or have you been the object of physical aggression from ... 2. Another person that you know?	.768
Variables	32. Educational level
Years of education?	.761
Final year of education completed?	-.728
Variables	33. Someone close suffering from physical or mental illness
Presently, do any of the following people in your life suffer from a grave or debilitating illness? 4. Child.	.697
Do any of the people with whom you live suffer from 3. A physical or mental illness?	.633
Variables	34. Possibilities for taking decisions freely
Do you consider that the possibility of making decisions freely has been present?	.693
How does the standard of living in your present household compare to the one in which you grew up?	.498
When was the last time that you received recognition or gratitude for your efforts?	.244

Variables	35. Threats or aggression by some unknown person
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During the last 12 months, do you suffer or have you been the object of physical aggression from ... 3. An unknown person?	.762
--	------

During the last 12 months, have you received threats from ... 3. Another unknown person?	.761
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Variables	36. Persons in the household who contribute income
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How many people in your household contribute income at this moment?	.701
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Number of people in your household?	.656
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Components 37 to 45 were generally integrated with fewer variables. This may indicate importance in variables themselves, such as the frequency of meetings with friends and the serious illness of a sibling, intimate partner or their parents. Two components were related to abuse, namely, on account of political preference and sexual preference (Table 10.8). Components related to belonging to parental organizations or neighbourhood organizations were seen to relate to aspects of social cohesion.

TABLE 10.8 *Principal components 37–45 of subjective well-being of Mexicans*

Variables	37. Frequency of meeting with friends
Normally, how often do you meet with your friends?	.132
Variables	38. Severe illness or accident of a brother or sister
Presently, do any of the following people in your life suffer from the consequences of a severe accident who will not be able to fully recover? 3. Sibling.	.760
Presently, do any of the following people in your life suffer from a serious illness 3. Sibling.	.716
Variables	39. Mistreatment on account of political preferences
Being in Mexico, have you ever been mistreated simply on account of political preferences?	.464
Do you belong to ... 3. A party, movement, or another political or social organization?	.459
16. Do you belong to ... 4. A professional organization, occupational association, or trade union?	.357

Variables	40. Severe illness of a parent
Presently, do any of the following people in your life suffer from the consequences of a severe accident who will not be able to fully recover? 2. Parent.	.748
Presently, do any of the following people in your life suffer from a serious illness 2. Parent.	.702
Variables	41. Affiliation with a parents or neighbourhood organization
Do you belong to ... 6. The board of a parents association?	.661
Do you belong to ... 7. A neighbourhood association?	.539
Variables	42. Age of the greatest adversities
At what point of your life did you face the greatest adversities? Age.	.532
Has someone close to you died during the last ten years?	.320
	-.271
Variables	43. Severe accident or illness of your life partners
Presently, do any of the following people in your life suffer from the consequences of a severe accident who will not be able to fully recover? 1. Conjugal partner.	.733
Presently, do any of the following people in your life suffer from a serious illness 1. Conjugal partner.	.637
Variables	44. Quality of sleep
How well did you sleep for the majority of times during the last week?	-.707
How well did you sleep last night or at the hour that you should normally sleep?	-.409

TABLE 10.8 *Principal components 37–45 of subjective well-being of Mexicans (cont.)*

Variables	45. Mistreated on account of sexual preference
Being in Mexico, have you ever been mistreated simply on account of ... 5.sexual preference or sexual orientation?	.668
Being in Mexico, have you ever been mistreated simply on account of ... 12.	-.436
Another motive:	

The last components (Table 10.9) shows how the development of a society is affected after a death occurs of a close person. Two aspects related to abuse are by a stranger and by having AIDS and, finally, by the frequency of physical activity and marital status. It is important to analyse all of the components in order to visualize their integration in a smaller number of aspects that are obtained in the cluster analyses and networks.

TABLE 10.9 *Principal components 46–49 of subjective well-being of Mexicans*

Variables	46. Amount of time since a closely related deceased person
How long has it been since the death of someone who most affected you?	.729
Variables	47. Mistreated for being a foreigner
Being in Mexico, have you ever been mistreated simply on account of 11. Being a foreigner.	.670
Variables	48. Mistreated for living with HIV/AIDS
Being in Mexico, have you ever been mistreated simply on account of 6. Having AIDS.	.660
Variables	49. Frequency of physical activity and marital status
How many times have your performed physical activity during the past week?	.712
Marital status.	-.287

From the social networks perspective, a multifactorial analysis was performed to produce the following relational maps that show the main components of Mexican well-being and their relationships. The algorithms for constructing the maps can be read in terms of the distance between points or aggregates of points, and by the number of relationships and outstanding relationships. In empirical terms, they would be the existing relationships between the people surveyed and in that sense we can see the global trends of what is within the subjectivity of people as inherent aspects of a political regime in which they coexist.

Figure 10.1 and 10.2 show the 24 main components integrated in the network of relationships where what stands out are the components: satisfaction with life; frequent use of the Internet and computers with level of instruction; and ecological, green attitude and the protection of pets. Satisfaction with life closely relates in positive terms to religious affiliation, seeing and hearing debate programs or discussions about the state of the country, and whether people have provided financial support to relatives or acquaintances. The same components have a negative relationship with social class abuse, political preferences, living with AIDS, i.e. by social discrimination, along with suffering from alcoholism or drug addiction.

The frequent use of computers and the Internet as well as educational level is the closest to the age of greatest adversities and to the number of people in the household who contribute income, while on the other hand, ecological attitude is linked to the imagination of people in terms of their economic well-being and the image they have of their country and its prospects for the coming years.

The visualization offered in Figure 10.3 in multiple levels of clusters in a frame format offers a more focused look at the relational factors. If we observe them as a Cartesian plane, in the centre we have religious affiliation as an important aspect close to life satisfaction in the lower part. We can also see how the negative factors group together such as social abuse, alcoholism, dis-ability, the suffering of a family member from the consequences of an accident or suffering from a physical impairment that makes it difficult to listen or communicate verbally. In positive terms, after the indicator of frequency in the use of computers and the Internet, we find the number of people who actively contribute income to the home, the personal achievements and recognition of people, an ecological attitude, the self-image people have about their economic well-being, the image they have of their country, having had success in personal achievements that gives a good feeling, and having experienced moments of joy or happiness as a teenager. In empirical terms, we have obtained a radiography of the most important aspects that define well-being.

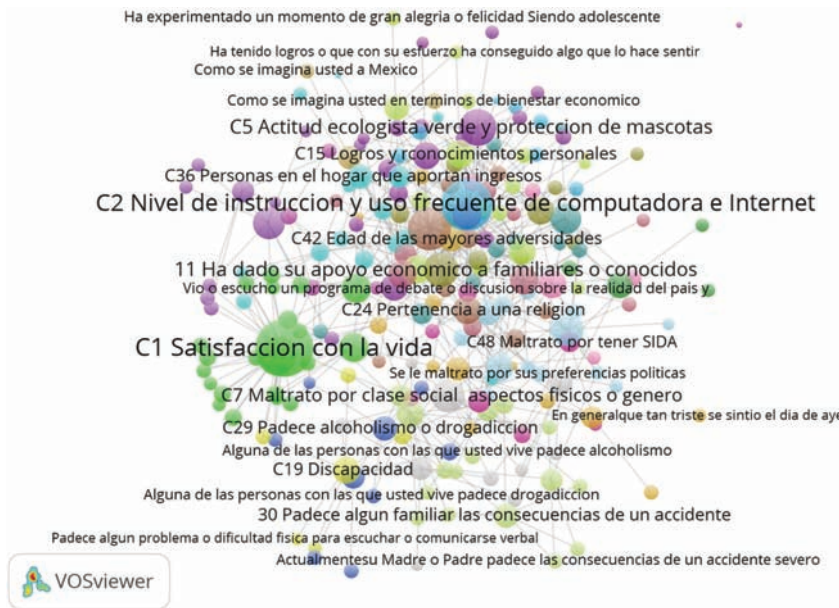


FIGURE 10.1 *Multi-level clustering of subjective well-being of Mexicans*

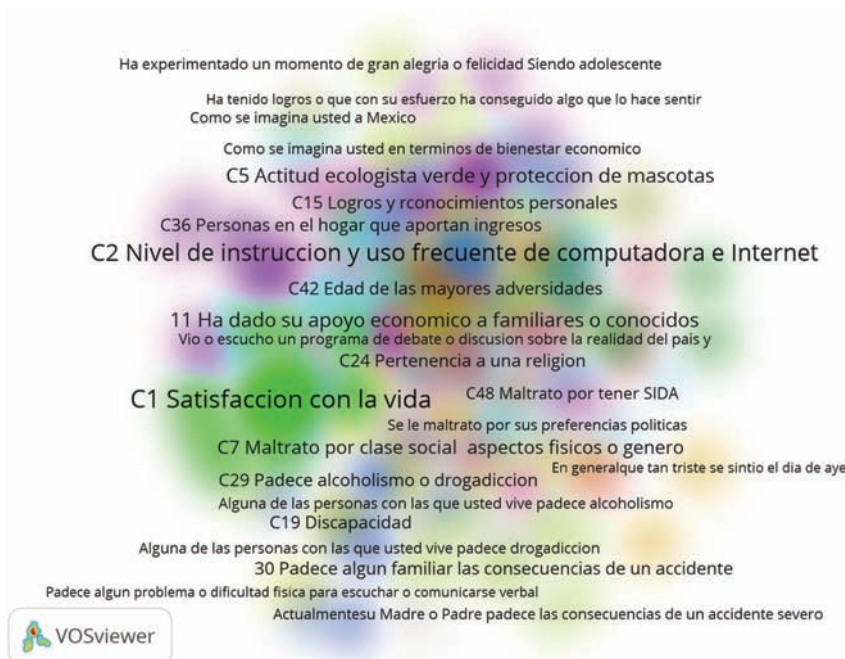


FIGURE 10.2 *Network visualization of multi-level clustering of subjective well-being of Mexicans*

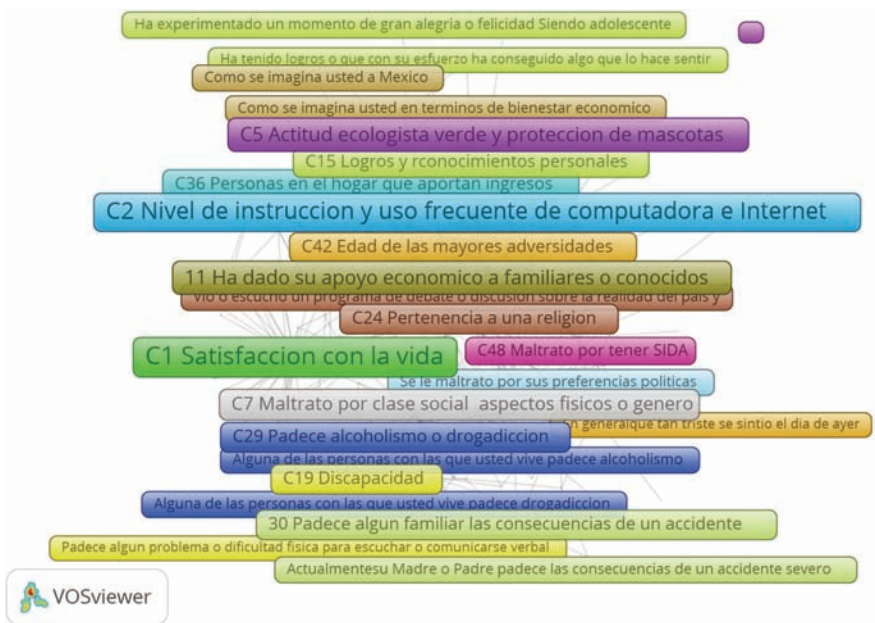


FIGURE 10.3 *Network frames visualization of multi-level clustering of subjective well-being of Mexicans*

Usually, measures of centrality speak to analysis focused on specific sectors of the network so as to analyse which of the points may have more capacity or influence, or which are necessary to support the structure of relations at the time of the study. In this sense, Figure 10.4 shows that satisfaction with life is sustained mainly by satisfaction with social life, events of happiness, and having had difficulties, setbacks or adversities during their lives.

Figure 10.5 shows structural holes that identify which points of the network are necessary so that the structure does not disintegrate. What we observe is that life satisfaction has to be supported by self-effort and self-confidence, and also whether people are sometimes mistreated because of the colour of their skin, or if they derive satisfaction from their social life, their appearance and their family life.

Conclusion

What was obtained in the end is a structural complex/index (though not structural in a rigid, objective sense of the main empirical characteristics of well-being, composed of complex indicators and constructed by examining

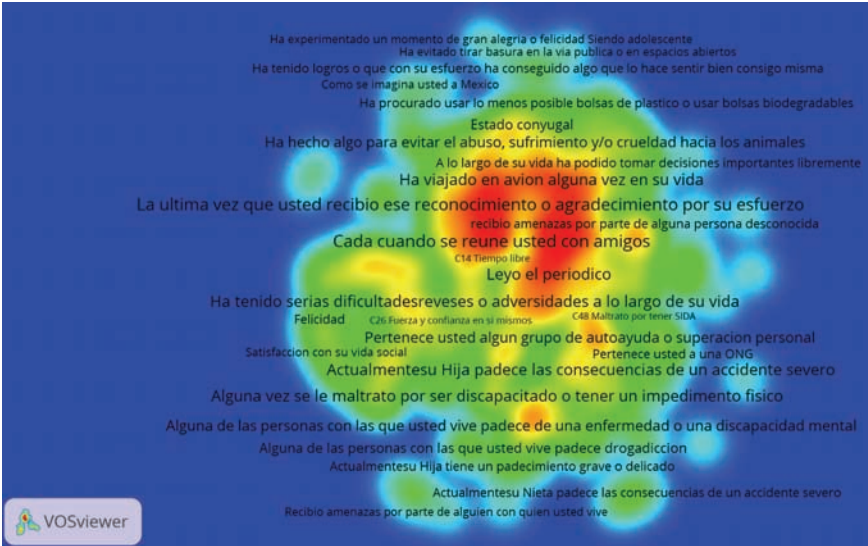


FIGURE 10.4 *Output degree centralization of subjective well-being of Mexicans (network output degree centralization = 0.03425638)*

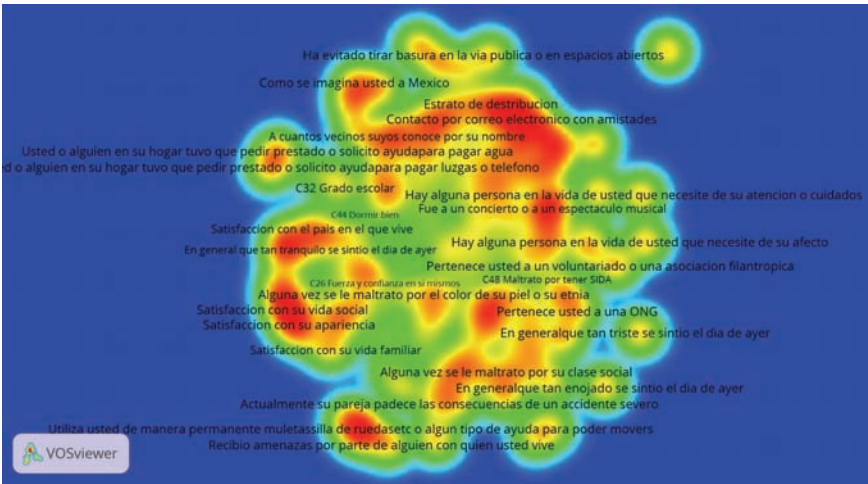



FIGURE 10.5 *Structural holes in the subjective well-being of Mexicans*

the matrices that register the relationships between actors/concepts. Through their density, connectivity, segmentation or classes of structural equivalence, distances, centrality, etc., we can describe the underlying tendencies of the subjective aspects that go beyond the traditional indicators of societal development. It can be theoretically posited that the establishment of those rela-

tionships or the impossibility to create them depend upon the way in which the existing relations of production are organized.

Thus we can conclude that the network/map constitutes a relational system, a more theoretical concept than just the network, and we can hypothesize about the interdependence of relations between the constituent components. What we call structure amounts to the principal rules that ensure the production of this system. In this manner, we propose and highlight the notion that subjective well-being can be integrally placed as a key element for considering a newer way of measuring the development of a society.




Technological progress in the twenty-first century remains monopolized by the developed countries, thereby determining the direction and rhythm of growth in developing countries which must import their technological infrastructure. This colonized model of industrialization leads to a perpetual outflow of resources abroad and to structured social exclusion that places narrow limits on democracy and the distribution of overall wellbeing. Why did Latin American societies fail to create an internal division of labour that could adequately provide for the development of productive forces? How did this affect the prospects for democracy in the region? *Development and Democracy: Relations in Conflict* examines the conflicting relations between technological development and democracy as they unfold in a new and ever more challenging environment.

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ISBN 978-1-60846-088-5

