



## Factors Influencing the Quality of Human Life

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### Abstract

It has been proven that there is no world - wide accepted standards of the measurement of the quality of human life. This is due to the fact that, many Scholars and divergent disciplines have come up with their different thoughts. In this respect, different fields of studies, experts, Scholars, and policy makers suggest varieties of perceptions. But unfortunately, there is no worldwide generally accepted or measurement of the factors influencing the quality of human life. But still, this is not withstanding, some instruments are used to understand, analyze, measure, and even predict the quality of human life. Some of these factors include Health, education, work, personal security, job security, family, community life, gender equality, spirituality and even emotional well-being. Others consisted of, climate, social well-being, civil liberty, political stability, material well-being and the macroeconomics environment, as well as savings and investments.

However, recent studies and researches were pre-occupied with such of truth regarding the topic under study. They are as follows: "( Communist, 1996; Diener & Suh, 1997, 1999; Earsterlin, 1994, 1995, 2001; Hergely et. al, 2001; Layard, 2005, 2007; Veenhoven, 2000, 2005, 2009)". These bunch of scholars and researchers had seriously and categorically analyzes the quality of human life and it's measurement in a strong term. Despite the fact that, still there are some areas required deeper analysis.

Where this article is different is that, it intends to examine the factors influencing the quality of human life and see what comes out.

**Keywords:** Factors, influence, quality, human, Life

### 1. Introduction

The quality of human life theory is seen as a distinct field of studies that was rooted in the North America and the Western Europe. This phenomenon was popularized, spreaded and metamorphosed towards a topic of discussion around 1960s. Consequently, various social groups and individuals became part and parcel of the argument, in a bid to solve the socio-economic and political problems of the society and also attempted towards evaluating the effectiveness of givergent public policy and programs. This quest gravitated the social and natural scientists coming up with multiple fields of studies. As such, their studies focused on

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different aims and Objectives, at the same time, many researchers had studies different areas. These studies for sure were meant to examined the concept, measured health related issues and health condition of a human being. This coupled by the well known conditions of quality of life, encompassing political, economics, and social endeavors as well as the social life satisfaction.

But then, let us note that, despite the above tremendous effort to scrutinize the topic, but still the measurement and the factors influence the quality of human life are still centre of human confusion that needed to be resolved but not yet. That was why the divergent factors influencing the quality of human life were identified and scrutinized within the scientific literature. This development at the same time, have failed mercilessly to established a 'common accepted classification of the factors influencing the quality of human life' and furthermore, there is nothing like 'common opinion' the factors and their interrelations. However, still the system was surrounded by the 'lack of methodologically well founded model of measurement to the factors. These shortcomings gravitated us base on its complexities to focus this work to conduct a deeper analysis of the factors influencing the quality of human life using a systematic approach through examining the quality of human life theory. Thus, the scientific problem of this article may be seen in form of a question: What factors and in which way do they influence the quality of human life in a specific country?

## **The Aims and Objectives**

This work intends to conduct a deeper analysis on the factors influencing the quality of human life, that are identified in the literature, and formulate a theoretical model for measuring the quality of life.

The Objectives of this Studies

The factors influencing the quality of human life.

To justify the above problem, a comparative systematic analysis of scientific literature and the systematization methods are employed.

## **Conceptual Definition**

Under this juncture, the work focuses on the definition of the key concepts in an attempt to fully comprehend the context and the topic of discussion. That is why the factors influencing the quality of human life will be defined separately.

First, "Factors" by definition according to the Oxford Languages dictionary, it refers to "a circumstance, fact or influence that contributes to a result". It also seen as "a number or quality that when multiplied with another produces, a given number or expression'. Second, "Influence" means "the capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself". It also meant "the power to have an effect on people or things, or a person or thing that is able to do this". Influence has also been conceived as "to affect or change how someone or something develops, behaves, or thinks". Third,

the "quality", Cambridge dictionary defined quality as "how good or bad something is". It is also perceived as "high standard". It's viewed as "the level of enjoyment, comfort and health in some one's life". For the "human", scientifically is called as Homo sapiens. By definition, "human being" is seen as "any individual of the genus Homo, especially a member of the species Homo sapiens. It can also be defined as "a person, especially a distinguished from other animals or as representing the human species: living conditions not fit for human beings; a very generous human being". Finally, "life" is the condition that distinguishes organisms from inorganic objects and dead organisms, being manifested by growth through metabolism, reproduction, and power of adaptation, to environment through changes originally internally.

## Literature Review

This area deals with diverge views, understand and perceptions of different school of thought to comprehend the notion of the argument. First, across the globe, human development index is seen as a world wide indicator of the quality of human life (QOL). It is also accepted as the yardstick and measurement of it. This knowledge has been developed by the United Nations (UN), that was called as the United Nations Human Development Index (UN HDI). It was established and popularized by the year 1990, the context of the report holds that, there are three basic indicators. They are: education, health and the standard of living. To this end, the 'life expectancy at birth is used as a measure of health indicator. Since health remained the pre-condition to run a successful life. While, education is also quite significant and a clear indicator, that is why is measured as the mean year of schooling and average year of schooling. As such, the gross national income percapita is used as a measurement towards the standard of living.

On the other side of the argument, since the issue has to do with economy, the economists could not be lag behind to contribute their quarter towards understand the topic of discussion. Their indicator is seen as also global in views. To them, there are nine (9) indicators to measure the human development index. They are as follows: 1. Material well being, 2. Political Stability, (3) Security, (4) Community Life, (5) Family Life, (6) Climates, (7) Gender Equality, (8) Freedom of Expression, (9) Health (Kenny, 2005). By mere looking at them, one can perceive that yes, those items can be used to measure the quality of human life.

Furthermore, some group of schoolers argued that, income is at the best measurement of analyze, since its important in the quality of life and that the modern researches have established that income per capita is the most effective and efficient method to understand the quality of human life (Nussabaum and Send, 1993; Majred & Mumtaz, 2017). At the same time, Gross Domestic Product (GDP) per capita improves the quality of human life. But then, this is not only factor as it does not covers the sociological and physiological speres of human life. With the factors we have: heath, education, capabilities of individuals, provision of opportunities, freedom and live their life accordingly which enhances the standard of living and thus improves human development.

Concerning the education, for sure education is a top detrimental of the quality of human life (And & Send, 1999). This is to say education improves the quality of human life through increasing the knowledge and skills that guaranteed access to job and increases productivity (Majeed, & Khan, 2019). It also belief that

education equips individuals with power economically, politically and in the aspect of decision making, as well as freedom to choose amongst different alternatives ( Nourzad & Powel, 2003; Majeed, 2019).

Furthermore, health status also affects the quality of human life, in such a case that, lack of medical facilities and the number of physicians available per person has a detrimental effect of the quality of human life. In this wise, human development has to do with the number of physicians per person is important as it affects the development of a nation in general ( Nourzad & Powell, 2003; Asongu, 2013).

Similar to this argument to remained Urbanization due to its strategic effect towards the quality of human life. It affects human life positively through the availability of better facilities, such as health, education, improved infrastructure, and the employment opportunities. In contrast, Urbanization affects quality of human life negatively. This is because overpopulation mount significant pressure on available resources. As such migration also leads to overexploitation of resources and thus having adverse effects on the quality of human life.

Finally, other factors documented in the literature that contributes to human development is gross capital formation. This for sure represents the level of an investment in a given economy. Whereby, the higher the investment in a country leads higher employment opportunities. While the increase in employment level support a better standard of living with consequently leads to better quality of human life.

## **Theoretical Context**

Under this umbrella, this work shall make use of theory and model to establish the theoretical facts and phenomena concerning the factors influence the quality of human life. By definition, a theory can be viewed as "a supposition or a system of ideas intended to explain something, especially on based on general principles independent of the thing to be explained". In this field, a 'system theory' is going to be used and applied to explain clearly the factors influences the quality of human life. The theory to be used is the systems theory due to the direct relationship co-exists between the topic and the theory as well as opportunity of application of the theory.

## **System Theory**

The origin of the term 'system' goes back to Greek antiquity, and today it is commonly used in natural, physical and social sciences. The system consists of two or more units that relate to each other in a structural relationship and form an entity whose elements are functionally inter-dependent. In its elementary case, the electronic system of a transistor radio, the nervous system of human body, and solar system of universe as good examples. However, Bertalanffy is considered as the founding father of systems theory. But then, Rapport defines a system as '(1) something consisting of a set (finite of infinite) of entities (2) among which a set of relations is specified, so that (3) deductions are possible from some relations to others or from the relations among the entities to the behavior or the history of the system. Furthermore, a system is simply a bundle of relations among interdependent elements that constitute an orderly arrangement characterized by

structural integration and rational isomorphism. On the other hand, the modern general system theory has been developed by Henderson in his "formulation of social equilibrium", Cannon's "principle of homeostatic", Weiner's "formulation of cybernetics", and Bertalanffy's 'open system'.

## **Application of the theory**

In the first place, to apply system theory on factors influences the quality of human life. I shall begin the notion of per capita income, Gross Domestic Product (GDP), or standards of living. By per capita income, according to economists it means disposable income or income per person, if personal income of person is buoyant, the quality of the human life is also buoyant and the vice versa. Also, for the GDP which is the product a country produced usually a year, divided by the number of population if the money is capable towards maximum standards of living, the quality of human life is also safe and the vice versa, since they are integral part of human life as stated by the system theory.

Psychiatric social work all for nothing rather than to promote the quality of human life. For example, drug rehabilitation, employment assistance and psychiatric facilities. In contradistinction, in USA many are in private practice, counseling clients for a fee. Why they promote the quality of human life is that their core duty is to help public and institutions to eradicate or minimize poverty, homelessness, ill-health, illiteracy, and crime.

Thirdly, social administration as an approach intends to improve the quality of human life. For sure, this approach relies heavily on government intervention through a variety of statutory social services. This is also called as "social services" or "social policy approach". It also aimed to promote the quality of human life by creating governmental social policies and programs.

## **Conclusion**

This work is set out to analyze the factors influencing the quality of human life. To justify this question, the work is divided into seven interrelated segments. First, is abstract, which map out a blue print to the thesis. Second, presents introduction which outlines the area focus of the assignment. Third, deals on conceptualization of the key concepts in which the conceptual definition of the key concepts will be carried out. Forth is the historical context that traces the historical antecedents of the quality of human life. Fifth point observes theoretical p review concerning the topic as well as its application. Six point, eyes factors influencing the quality of human life. While the seventh segment of the work should take a look of how to improve the quality of human life. At the final note it bought, conclusion, summery and recommendations.

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