

XIV. SUBJECTIVE WELL-BEING

Subjective perceptions of individuals of their incomes, health, living environments and the like, play a significant role in their lives and can impact their perception of well-being, irrespective of objective conditions such as actual income and physical health status⁶⁹. In MICS Punjab, 2014 a set of questions were asked to women age 15-24 years to understand how satisfied this group of young people is in different areas of their lives, such as their family life, friendships, school, current job, health, where they live, how they are treated by others, how they look, and their current income.

Life satisfaction is a measure of an individual's perceived level of well-being. Understanding young women's satisfaction in different areas of their lives can help to gain a comprehensive picture of young people's life situations. A distinction can also be made between life satisfaction and happiness. Happiness is a fleeting emotion that can be affected by numerous factors, including day-to-day factors such as the weather, or a recent death in the family. It is possible for a person to be satisfied with job, income, family life, friends, and other aspects of life, but still be unhappy, or vice versa. In addition to the set of questions on life satisfaction, the survey also asked questions about happiness and the respondents' perceptions of a better life.

To assist respondents in answering the set of questions on happiness and life satisfaction they were shown a card with smiling faces (and not so smiling faces) that corresponded to the response categories (see 'Questionnaires for individual women' in Appendix-G) 'very satisfied', 'somewhat satisfied', 'neither satisfied nor unsatisfied', 'somewhat unsatisfied' and 'very unsatisfied'. For the question on happiness, the same scale was used, this time ranging from 'very happy' to 'very unhappy', in the same fashion.

Table SW.1 shows the proportion of young women age 15-24, who are very or somewhat satisfied in selected domains. Note that for three domains, satisfaction with school, job and income, the denominators are confined to those who are currently attending school, have a job, and have an income. Of the different domains, young women are very or somewhat satisfied with their family life (90%), their health (86%), and the way they are treated by others (85%). Overall, 92 percent of young women do not have an income at all and out of those who have income, 67 percent are very or somewhat satisfied with their current income.

⁶⁹ OECD. 2013. *OECD Guidelines on Measuring Subjective Well Being*. OECD. <http://dx.doi.org/10.1787/9789264191655-en>

Table SW.1: Domains of life satisfaction

Percentage of women age 15-24 years who are very or somewhat satisfied in selected domains of satisfaction, Punjab, 2014.

| | Percentage of women age 15-24 who are very or somewhat satisfied with selected domains: | | | | | | Percentage of women age 15-24 years who: | | | Number of women age 15-24 years | Percentage of women age 15-24 years who are very or somewhat satisfied with school/educational institute | Number of women age 15-24 years attending school | Percentage of women age 15-24 years who are very or somewhat satisfied with their job | Number of women age 15-24 years who have a job | Percentage of women age 15-24 years who are very or somewhat satisfied with their income | Number of women age 15-24 years who have an income |
|--------------------------------------|---|-------------|--------|--------------------|---------------------|-------------------|--|------------|----------------|---------------------------------|--|--|---|--|--|--|
| | Family life | Friendships | Health | Living environment | Treatment by others | The way they look | Are attending school | Have a job | Have an income | | | | | | | |
| Punjab | 89.7 | 82.5 | 85.6 | 81.3 | 85.3 | 92.0 | 26.1 | 6.6 | 8.3 | 21,119 | 91.6 | 5,505 | 70.3 | 1,404 | 66.9 | 1,755 |
| Area of residence | | | | | | | | | | | | | | | | |
| Rural | 89.0 | 82.1 | 84.9 | 81.4 | 85.3 | 91.3 | 20.3 | 5.9 | 7.5 | 13,886 | 91.7 | 2,818 | 67.5 | 818 | 66.6 | 1,047 |
| All Urban | 91.2 | 83.2 | 87.2 | 81.0 | 85.4 | 93.3 | 37.1 | 8.1 | 9.8 | 7,233 | 91.6 | 2,687 | 74.3 | 586 | 67.3 | 708 |
| Major Cities | 92.0 | 82.3 | 88.1 | 81.2 | 86.3 | 93.4 | 37.3 | 8.9 | 10.4 | 3,681 | 91.8 | 1,374 | 75.8 | 328 | 66.2 | 382 |
| Other Urban | 90.4 | 84.0 | 86.2 | 80.7 | 84.4 | 93.2 | 37.0 | 7.3 | 9.2 | 3,552 | 91.3 | 1,313 | 72.4 | 258 | 68.6 | 325 |
| Age | | | | | | | | | | | | | | | | |
| 15-19 | 89.8 | 84.6 | 86.9 | 81.1 | 85.4 | 91.7 | 38.8 | 4.7 | 6.1 | 11,158 | 91.7 | 4,329 | 67.4 | 528 | 65.8 | 682 |
| 20-24 | 89.7 | 80.1 | 84.3 | 81.4 | 85.2 | 92.3 | 11.8 | 8.8 | 10.8 | 9,960 | 91.3 | 1,176 | 72.1 | 876 | 67.6 | 1,073 |
| Marital Status | | | | | | | | | | | | | | | | |
| Ever married | 90.3 | 77.2 | 82.7 | 82.2 | 85.8 | 91.9 | 1.0 | 3.4 | 5.7 | 5,144 | 95.4 | 52 | 64.2 | 173 | 69.2 | 295 |
| Never married | 89.5 | 84.1 | 86.6 | 81.0 | 85.2 | 92.0 | 34.1 | 7.7 | 9.1 | 15,975 | 91.6 | 5,453 | 71.2 | 1,231 | 66.4 | 1,460 |
| Women's Education^a | | | | | | | | | | | | | | | | |
| None/pre-school | 84.3 | 75.6 | 80.6 | 79.5 | 83.3 | 88.9 | 0.1 | 7.2 | 10.0 | 4,801 | (*) | 3 | 59.8 | 345 | 62.6 | 482 |
| Primary | 89.0 | 80.0 | 85.3 | 82.5 | 85.6 | 91.0 | 3.1 | 6.4 | 8.0 | 3,831 | 89.8 | 120 | 73.1 | 246 | 69.8 | 308 |
| Middle | 90.5 | 83.3 | 86.8 | 81.5 | 85.5 | 92.1 | 21.4 | 5.4 | 6.8 | 2,882 | 91.7 | 616 | 69.9 | 155 | 64.8 | 195 |
| Secondary | 91.6 | 84.9 | 87.9 | 81.9 | 85.9 | 93.5 | 41.8 | 4.6 | 5.8 | 4,919 | 92.2 | 2,057 | 71.5 | 228 | 68.8 | 287 |
| Higher | 93.5 | 88.5 | 88.0 | 81.2 | 86.4 | 94.3 | 57.9 | 9.1 | 10.3 | 4,677 | 91.3 | 2,709 | 76.7 | 426 | 68.8 | 480 |
| Wealth index quintile | | | | | | | | | | | | | | | | |
| Lowest | 84.8 | 79.4 | 80.9 | 79.8 | 82.2 | 87.9 | 5.2 | 6.7 | 8.8 | 3,278 | 91.1 | 170 | 57.9 | 219 | 58.5 | 289 |
| Second | 86.4 | 80.4 | 84.0 | 81.1 | 84.4 | 91.0 | 14.2 | 7.2 | 9.2 | 4,273 | 93.7 | 607 | 68.3 | 307 | 69.6 | 392 |
| Middle | 89.8 | 81.6 | 85.6 | 81.6 | 85.3 | 91.9 | 25.6 | 6.0 | 7.8 | 4,523 | 90.8 | 1,160 | 67.6 | 273 | 62.4 | 353 |
| Fourth | 90.9 | 83.3 | 87.1 | 81.3 | 86.1 | 93.0 | 33.3 | 7.2 | 8.3 | 4,648 | 91.1 | 1,549 | 75.4 | 334 | 70.1 | 387 |
| Highest | 95.3 | 86.8 | 89.4 | 82.2 | 87.7 | 95.0 | 45.9 | 6.2 | 7.6 | 4,398 | 92.0 | 2,019 | 79.2 | 271 | 71.9 | 333 |

Table SW.1: Domains of life satisfaction

Percentage of women age 15-24 years who are very or somewhat satisfied in selected domains of satisfaction, Punjab, 2014.

| | Percentage of women age 15-24 who are very or somewhat satisfied with selected domains: | | | | | | Percentage of women age 15-24 years who: | | | Number of women age 15-24 years | Percentage of women age 15-24 years who are very or somewhat satisfied with school/educational institute | Number of women age 15-24 years attending school | Percentage of women age 15-24 years who are very or somewhat satisfied with their job | Number of women age 15-24 years who have a job | Percentage of women age 15-24 years who are very or somewhat satisfied with their income | Number of women age 15-24 years who have an income |
|---|---|-------------|--------|--------------------|---------------------|-------------------|--|------------|----------------|---------------------------------|--|--|---|--|--|--|
| | Family life | Friendships | Health | Living environment | Treatment by others | The way they look | Are attending school | Have a job | Have an income | | | | | | | |
| Division | | | | | | | | | | | | | | | | |
| Bahawalpur | 87.9 | 85.5 | 82.2 | 75.3 | 78.3 | 89.4 | 18.8 | 4.7 | 7.3 | 2,102 | 91.8 | 394 | 73.0 | 99 | 71.0 | 153 |
| D.G. Khan | 88.5 | 82.5 | 82.5 | 82.4 | 82.8 | 89.6 | 16.3 | 3.8 | 7.4 | 1,682 | 94.2 | 274 | 67.4 | 63 | 62.9 | 124 |
| Faisalabad | 87.0 | 74.2 | 84.0 | 73.8 | 76.5 | 89.2 | 27.0 | 6.3 | 7.1 | 2,732 | 92.2 | 738 | 63.6 | 173 | 57.4 | 194 |
| Gujranwala | 89.9 | 80.9 | 87.4 | 81.6 | 87.3 | 92.0 | 33.1 | 6.9 | 8.0 | 3,446 | 90.3 | 1,140 | 75.1 | 236 | 69.8 | 274 |
| Lahore | 91.4 | 85.1 | 86.7 | 84.1 | 89.3 | 92.7 | 29.2 | 7.9 | 8.6 | 3,883 | 90.6 | 1,134 | 67.4 | 306 | 64.1 | 335 |
| Multan | 89.5 | 77.9 | 86.5 | 78.9 | 86.2 | 93.8 | 20.4 | 10.4 | 12.1 | 2,307 | 91.8 | 470 | 59.4 | 240 | 58.2 | 279 |
| Rawalpindi | 90.4 | 83.7 | 84.4 | 84.0 | 85.6 | 92.5 | 39.4 | 4.1 | 6.5 | 1,885 | 91.7 | 742 | 80.6 | 77 | 67.0 | 123 |
| Sahiwal | 90.9 | 84.9 | 89.4 | 85.5 | 90.0 | 95.5 | 20.0 | 9.4 | 12.0 | 1,441 | 96.2 | 289 | 81.9 | 135 | 83.8 | 173 |
| Sargodha | 91.9 | 92.1 | 86.8 | 89.1 | 92.0 | 94.5 | 19.8 | 4.5 | 6.0 | 1,642 | 92.0 | 325 | 86.2 | 74 | 80.0 | 99 |
| Punjab | 89.7 | 82.5 | 85.6 | 81.3 | 85.3 | 92.0 | 26.1 | 6.6 | 8.3 | 21,119 | 91.6 | 5,505 | 70.3 | 1,404 | 66.9 | 1,755 |
| ^a Total includes 7 unweighted cases of women's education missing | | | | | | | | | | | | | | | | |
| (*) Figures that are based on fewer than 25 unweighted cases | | | | | | | | | | | | | | | | |

In Table SW.2, proportions of women age 15-24 years with overall life satisfaction are shown. The term “life satisfaction” is defined as those who are very or somewhat satisfied with their life overall, and is based on a single question which was asked after the life satisfaction questions on all of the previously mentioned domains, with the exception of the question on satisfaction with income, which was asked later. About 91 percent of women age 15-24 are satisfied with their life overall. There is a positive relationship between wealth and life satisfaction. The proportion of women that is satisfied ranges from 86 percent of women living in the households in the lowest quintile to 95 percent in the highest quintile. The proportion of women who are satisfied with life varies with educational level of the woman; 86 percent for women with pre-school or no education versus 94 percent for those with higher education.

As a summary measure, the average life satisfaction score is also calculated and included in table SW.2. The score is calculated simply by averaging the responses to the question on overall life satisfaction, ranging from very satisfied (1) to very unsatisfied (5). Therefore, the lower the average score, the higher the life satisfaction levels. The table indicates very clearly that there is a strong relationship between the average life satisfaction score and the socioeconomic status of young women.

The information in the table suggests that 91 percent of women age 15-24 years are very or somewhat happy. Differences by wealth quintiles can also be observed for this indicator; however, there is no difference between women age 15-19 and 20-24.

| Table SW.2: Overall life satisfaction and happiness | | | | |
|--|---|---------------------------------|---|---------------------------------|
| Percentage of women age 15-24 years who are very or somewhat satisfied with their life overall, the average overall life satisfaction score, and percentage of women age 15-24 years who are very or somewhat happy, Punjab, 2014. | | | | |
| | Percentage of women with overall life satisfaction ¹ | Average life satisfaction score | Percentage of women who are very or somewhat happy ² | Number of women age 15-24 years |
| Punjab | 90.5 | 1.6 | 90.9 | 21,119 |
| Area of residence | | | | |
| Rural | 90.1 | 1.7 | 90.1 | 13,886 |
| All Urban | 91.4 | 1.6 | 92.2 | 7,233 |
| Major Cities | 91.6 | 1.6 | 92.8 | 3,681 |
| Other Urban | 91.2 | 1.6 | 91.6 | 3,552 |
| Age | | | | |
| 15-19 | 90.9 | 1.6 | 91.1 | 11,158 |
| 20-24 | 90.1 | 1.7 | 90.6 | 9,960 |
| Marital Status | | | | |
| Ever married | 90.0 | 1.7 | 91.4 | 5,144 |
| Never married | 90.7 | 1.6 | 90.7 | 15,975 |
| Women's education^a | | | | |
| None/pre-school | 85.9 | 1.8 | 87.2 | 4,801 |
| Primary | 89.2 | 1.7 | 90.1 | 3,831 |
| Middle | 90.5 | 1.6 | 91.2 | 2,882 |
| Secondary | 92.8 | 1.5 | 92.6 | 4,919 |
| Higher | 93.9 | 1.5 | 93.2 | 4,677 |
| Wealth index quintile | | | | |
| Lowest | 86.0 | 1.8 | 86.8 | 3,278 |
| Second | 87.2 | 1.7 | 89.0 | 4,273 |
| Middle | 91.0 | 1.6 | 90.5 | 4,523 |
| Fourth | 91.9 | 1.6 | 91.6 | 4,648 |
| Highest | 95.1 | 1.4 | 95.2 | 4,398 |
| Division | | | | |
| Bahawalpur | 86.4 | 1.7 | 90.2 | 2,102 |
| D.G. Khan | 88.5 | 1.8 | 90.7 | 1,682 |
| Faisalabad | 87.2 | 1.7 | 86.8 | 2,732 |
| Gujranwala | 91.6 | 1.6 | 91.8 | 3,446 |
| Lahore | 91.9 | 1.6 | 92.0 | 3,883 |
| Multan | 91.9 | 1.7 | 91.1 | 2,307 |
| Rawalpindi | 91.0 | 1.5 | 91.2 | 1,885 |
| Sahiwal | 93.8 | 1.5 | 92.7 | 1,441 |
| Sargodha | 92.4 | 1.6 | 91.7 | 1,642 |
| ¹ MICS Indicator 11.1 - Life satisfaction | | | | |
| ² MICS indicator 11.2 - Happiness | | | | |
| ^a Total includes 7 unweighted cases of women's education missing | | | | |

In addition to the series of questions on life satisfaction and happiness, respondents were also asked two simple questions on whether they think their life improved during the last one year, and whether they think their life will be better in one year's time. Such information may contribute to our understanding of desperation that may exist among young people, as well as hopelessness and hopes for the future. Specific combinations of the perceptions during the last one year and expectations for the next one year may be valuable information to understand the general sense of well-being among young people.

In Table SW.3, women's perceptions of a better life are presented. The proportion of women age 15-24 years who think that their lives improved during the last one year and who expect that their lives will get better after one year, is 59 percent. Differences in the perception of a better life can be observed by wealth; 45 percent of the women living in the households in the lowest quintile think that their lives improved during the last one year and expect that it will get better after one year, while the corresponding proportion of women living in the households in the highest quintile is 71 percent.

Differences for perception of a better life also exist by area of residence, lower in rural areas (57%) compared to urban areas (65%).

| Table SW.3: Perception of a better life | | | | |
|--|---|--------------------------------|-------------------|---------------------------------|
| Percentage of women age 15-24 years who think that their lives improved during the last one year and those who expect that their lives will get better after one year, Punjab, 2014. | | | | |
| | Percentage of women who think that their life | | | Number of women age 15-24 years |
| | Improved during the last one year | Will get better after one year | Both ¹ | |
| Punjab | 61.2 | 89.8 | 59.2 | 21,119 |
| Area of residence | | | | |
| Rural | 58.6 | 88.8 | 56.5 | 13,886 |
| All Urban | 66.1 | 91.8 | 64.5 | 7,233 |
| Major Cities | 66.7 | 91.3 | 64.9 | 3,681 |
| Other Urban | 65.6 | 92.2 | 64.2 | 3,552 |
| Age | | | | |
| 15-19 | 61.3 | 89.7 | 59.4 | 11,158 |
| 20-24 | 61.0 | 90.0 | 59.1 | 9,960 |
| Marital Status | | | | |
| Ever married | 64.8 | 89.7 | 62.5 | 5,144 |
| Never married | 60.1 | 89.9 | 58.2 | 15,975 |
| Women's education^a | | | | |
| None/pre-school | 51.6 | 83.5 | 48.7 | 4,801 |
| Primary | 57.4 | 88.4 | 55.2 | 3,831 |
| Middle | 61.5 | 91.0 | 59.9 | 2,882 |
| Secondary | 66.4 | 93.2 | 64.7 | 4,919 |
| Higher | 68.6 | 93.2 | 67.2 | 4,677 |
| Wealth index quintile | | | | |
| Lowest | 47.8 | 82.4 | 44.9 | 3,278 |
| Second | 54.8 | 87.3 | 52.8 | 4,273 |
| Middle | 62.5 | 91.0 | 60.5 | 4,523 |
| Fourth | 64.5 | 92.7 | 63.0 | 4,648 |
| Highest | 72.6 | 93.7 | 71.0 | 4,398 |
| Division | | | | |
| Bahawalpur | 55.1 | 77.1 | 51.4 | 2,102 |
| D.G. Khan | 64.4 | 89.3 | 62.4 | 1,682 |
| Faisalabad | 54.2 | 88.8 | 53.2 | 2,732 |
| Gujranwala | 66.6 | 93.3 | 65.2 | 3,446 |
| Lahore | 65.3 | 90.9 | 63.2 | 3,883 |
| Multan | 53.0 | 90.7 | 50.6 | 2,307 |
| Rawalpindi | 65.1 | 90.1 | 63.1 | 1,885 |
| Sahiwal | 66.7 | 94.9 | 64.8 | 1,441 |
| Sargodha | 58.5 | 92.6 | 57.2 | 1,642 |
| ¹ MICS indicator 11.3 - Perception of a better life | | | | |
| ^a Total includes 7 unweighted cases of women's education missing | | | | |