

Social Inclusion and Preferment of the Quality of Life: A Qualitative Analysis



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Abstract

Social inclusion permits people to take part in the activities of daily life by improving their functioning, establishing roles and routines through meaningful occupation. Social inclusion is a process by which efforts are completed to confirm equal opportunities for all, irrespective of their background, so that they can achieve their complete potential in life. Social inclusion is about ensuring the marginalised and those living in poverty have greater participation in decision making which affects their lives, allowing them to improve their living standards and their overall well-being as well as quality of life. This research paper has made an attempt to analysis of the factors that influence the quality of life and Well-being among deprived people (Bellow Poverty Line) living in rural areas of Agra District. Data were collected about six factors that existing research had identified is being potentially important in relation to quality of life: Health and Function, Social and Economic Support, Psychological and Spiritual Conditions, Family Conditions.

Keywords: Social Inclusion, Quality of Life.

Introduction

Every person needs a level of material comfort as measured by the goods, services, and luxuries available to an individual, group, or nation. It includes the quality of housing, medical care, education, transportation, and entertainment opportunities. A person seeks these commodities and services; over and over again otherwise he would not feel happy. Happiness is the best indicator of subjective well-being and quality of life. Quality of life is an important determinant of decision making in many aspects. Various factors related to quality of life may vary according to personal preferences, but plays crucial role in social inclusion among marginalised people neglected from main stream of society. Decision making can enhance the social participation of side-lined people and make them more empowered.

Financial decisions usually involve a trade-off where quality of life is decreased in order to save money or, conversely, quality of life is increased by spending more money. Despite its great significance, this measure of growth is unable to capture many aspects of life that are essential for the general well-being of the people. A high rate of growth for an economy may not necessarily relate to the societal progress, which could be indicated by factors such as access to clean drinking water and sanitation, availability of affordable housing, access to basic or higher education, health and wellness, level of crime, property rights, environmental quality and the like. Social Structure of Indian society is also related to quality of life and wellbeing of human being. Social inclusion is about ensuring the marginalised and those living in poverty have greater participation in decision making which affects their lives, allowing them to improve their living standards and their overall well-being.

Social inclusion has been defined in the European Union (EU) as 'A process which ensures that those at risk of poverty and social exclusion gain the opportunities and resources necessary to participate fully in economic, social and cultural life and to enjoy a standard of living and wellbeing that is considered normal in the society in which they live. The Open Working Group's 2030 Sustainable Development Goals 8 & 10 both refer to inclusion. Goal 8 is to promote sustained, inclusive and sustainable growth with employment creation; Goal 10 to "empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or economic or other status".

Social inclusion is responsible for social development. Social development is about improving the well-being of every individual in society so they can reach their full potential. The success of society is linked to the

well-being of each and every citizen. Quality of life is defined as the degree of satisfaction or dissatisfaction felt by people with various aspects of their life, happiness/unhappiness, a person's sense of wellbeing in relation to the individual persons' experience and life situation reflecting individual's well-being. Quality of life encompasses the entire range of human experience, states, perceptions, and spheres of thought concerning the life of an individual or a community.

Quality of life refers the general well-being of individuals and societies. According to The European Health Report (WHO 2012: 110) "Well-being exists in two dimensions, subjective and objective. It comprises an individual's experience of their life as well as a comparison of life circumstances with social norms and values." Researchers distinguish between two aspects of subjective well-being: evaluative (cognitive) and experiential (affective).

Aim of the Study

1. To explore the process of social inclusion with reference to well-being.
2. To analysis of the factors that influence the quality of life and Well-being among deprived people (Below Poverty Line) living in rural areas of Agra District.

Review of Literature

Determinants of The Quality of Life

Researcher found various studies related to socio-demographic variables i.e. marital status, sex and ethnicity, well-being and life satisfaction (Fernandez and Kulik 1981; Haug and Folmar 1986; Thomas and Hughes 1986; Hao and Johnson 2000; Pinquart 2001). Fernandez & Kulik (1981) revealed that an elderly person, got married and having lower level of education all variables are highly associated with life satisfaction. Some studies which have been conducted with the population of ethnic minority groups in Canada and the United States have reflected that white majority groups have better quality of life whenever ethnic minority groups possess meagre quality of life (Thomas and Hughes 1986; Hao and Johnson 2000; Michalos and Zumbo 2001). Bowling (1995) revealed in his study that all aged people expressed the main concern of their lives towards their family relationship. They also keep concern to sustain health, personal & financial standard of living of their family and friends. Various studies have reflected the significance of health as predictor of the quality of life (Bowling 1995; Kunzmann, Little and Smith 2000; Michalos, Zumbo and Hubley 2000; Seik 2000; Bowling and Windsor 2001; Michalos et al. 2001; Michalos and Zumbo 2002). Bowling 1995; Farquhar 1995; Mookherjee 1998; Bowling and Windsor 2001 have exposed almost similar results they have identified an association between financial resources and quality of life. Whenever Western, McCrea & Stimson (2017) revealed in their study that majority of people did not feel marginalised and reported good quality of life. They expressed that reduced quality of life was associated with low prestige occupations mediated by marginalisation. In contrast Scharf et al. (2002) found that people belongs to below poverty line has rated

their quality of life as very poor compared with that not living in poverty. In another way Pérez et al. (2001) studied the association between quality of life and older-people's neighbourhood satisfaction. Brown, Cobigo & Taylor (2015) has introduced the history of quality of life and compare with the policy and implications along with recommendations for research and practice.

Social Inclusion

Social inclusion is phenomenon which involves the feeling about participation and bonding of togetherness. In 2017 World Bank of India defines "Social inclusion is the process of improving the terms on which individuals and groups take part in society—improving the ability, opportunity, and dignity of those disadvantaged on the basis of their identity."

Fourie (2007), stated that social inclusion incorporated all efforts and policies related to advancement of socially excluded people. All efforts provide a lot of opportunity to marginalised people to enhance inclusion. Social exclusion is the process of being shut out from the social, economic, political and cultural systems which contribute to the integration of a person into the community (Cappo 2002).

A society where all people possess equal rights, feel respect and perceive dignity in life may be defined as socially inclusive society. In socially inclusive society, social-net-work plays a vital role; it can be responsible for social support, social influence, opportunities for social engagement and meaningful social roles as well as access to resources and intimate one-on-one contact (Berkman & Glass 2000).

Measures to Assessment of Quality of Life

Quality of life (QOL) measures have become a vivacious and often required part of well-being outcomes appraisal. It is not a new concept, but one which has become increasingly important for numerous reasons. Quality of Life can be defined as an individual's observation related to life in the setting of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It can be considered in term of objective and subjective form. Objective quality of life is about fulfilling the societal and cultural demands for material wealth, social status and physical well-being (Quality-of-Life Research Center, 2005). Accordingly, objective indicators exist in the society and they can be monitored and assessed by their amount and frequency rate. Whereas subjective indicators exist in the consciousness of an individual and they can be identified only from the person's answers to important subjects to her/him. Concepts such as quality of life, subjective wellbeing and life satisfaction are important themes in contemporary academic research on deprived people and also feature in the public policy agenda. Around the world, concern about health, education and economic inequality is reflected in debates about 'sustainable development' and the need to achieve a 'sustainable quality of life' (Dervitsiotis, 2001).

There are three major approaches can be considered to determining the quality of life:

1. Characteristics of the good life based on religious, philosophical or other systems.

2. Good life based on the satisfaction.
3. Quality of life in terms of the experiences of individuals: feelings of enjoy, pleasure, life satisfaction, i.e. subjective well-being.

The Quality of Life Framework

This framework is developed by Government of Albarta on the bases of survey. In this survey that profiles how individuals feel about their quality of life

Factors & Domains

<ul style="list-style-type: none"> • Emotional Well-Being 	<ul style="list-style-type: none"> • Material Well-Being 	<ul style="list-style-type: none"> • Physical Well-Being 	<ul style="list-style-type: none"> • Personal Development
<ul style="list-style-type: none"> • Contentment • Self-Concept 	<ul style="list-style-type: none"> • Financial Status • Housing • Employment 	<ul style="list-style-type: none"> • Health • Activities of Daily Living • Leisure 	<ul style="list-style-type: none"> • Education • Personal Skill • Competence • Performance
Self-Determination	Interpersonal Relations	Social Inclusion	Rights
<ul style="list-style-type: none"> • Autonomy & Personal Control Goals & Personal Values • Choice 	<ul style="list-style-type: none"> • Interactions • Relationships • Supports 	<ul style="list-style-type: none"> • Community Integration & Participation • Community Roles • Social Supports 	<ul style="list-style-type: none"> • Human • Legal

Source: Schalock, R.L. & Verdugo, M.A., 2002

Methodology

This article reports an analysis of the factors that influence the quality of life and Well-being among deprived people (Below Poverty Line) living in rural areas of Agra District. Two blocks were selected randomly for sample selection. The study reported here surveyed 200 people aged 30-40 or more years. Data were collected about six factors that existing research had identified is being potentially important in relation to quality of life: Health and Function, Social and Economic Support, Psychological and Spiritual Conditions, Family Conditions.

Result and Discussion

Results reported that only 45% people availing health services. They people ignored their health and not got proper care. They were living in fatigue and not able to take care of their selves. They ignored their sexual life even they have not adequate fun material to entertainment. It seems they have not good chance for happy future. They were not able to take family responsibility.

Research revealed that 65% people not living in good socio-economic conditions. They have not good friend circle and deprived to get emotional support from them. Their educational conditions were pitiable and also surviving for jobs. Even they are not able to fulfil their financial needs.

On the basis of findings, it can be stated that 75% people were not living in sound mind. They are struggling in their life and deprived for mental and spiritual peace. They spend their whole time to manage their daily needs therefore not achieve their optimum goal of self-satisfaction. They are also not too happy as they should be.

Conclusion

Research finding revealed that Family life of 67% people were not adequate. Their children deprived from nutritious food and quality of life was not good. Family happiness was not adequate. Children were ignored for emotional support from their parents.

in eight different domains. The domains are grouped into three factors:

Well-being

Emotional; Material; Physical

Independence

Personal Development; Self-Determination

Social Participation

Interpersonal Relations; Social Inclusion;

Rights

On the basis of findings, it can be concluded that people who are socially excluded, their quality of life is not respectable. The perception toward their well-being is not virtuous. It is basic human rights that they avail their basic needs of life so that they can enjoy their life as a human being. Social inclusion may be an instrument to provide total quality of life to deprived people. Social inclusion may be able to improve the quality of life and well-being of deprived people.

Future Prospects of Social Inclusion

The *India Human Development Report 2011* reflects that certain sections of the Indian society suffer from various types of scarcities. Report also investigated how diverse castes and religious groups fare in terms of various socio-economic indicators. Social inclusion can be real-world approach to put the defenceless groups and communities on balance with other groups that are better placed in accessing the assistances. It pursues to purify justice to these underprivileged groups by being impartial to them in a manner that they will have equal access to the opportunities, resources, services and institutions to improve themselves and be mainstreamed.

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