

Quality of life and wellbeing of individuals in the United Arab Emirates

Qualité de vie et bien-être des individus aux Emirats Arabes Unis

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Abstract:

This study seeks to shed light on the experience of the United Arab Emirates, which occupies an advanced position globally in the quality of life, as it is based on its National Wellbeing Strategy 2031 as a major driver of public policies and an important enabler to achieve the goals of the UAE Centennial 2071. Quality of life is one of the indicators indicating the well-being of individuals, as the United Arab Emirates aims through its strategy for 2031 to build a prosperous country.

Keywords: *Quality of life, Well-being, Subjective well-being, Happiness, United Arab Emirates*

Jel Classification Codes: D23 ,I31,M12

Résumé:

Cette étude vise à faire la lumière sur l'expérience des Émirats arabes unis, qui occupent une position avancée au niveau mondial en matière de qualité de vie, car elle est basée sur sa stratégie nationale de bien-être 2031 en tant que moteur majeur des politiques publiques et un catalyseur important pour atteindre les objectifs du centenaire des Émirats arabes unis 2071. La qualité de vie est l'un des indicateurs indiquant le bien-être des individus. Comme les Émirats arabes unis visent, à travers leur stratégie pour 2031 à construire un pays prospère.

Mots clés: *Qualité de vie, Bien-être, Bien-être subjectif, Bonheur, Émirats Arabes Unis*

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1. INTRODUCTION

Among the ideas dominating the current era is the term "well-being", which is the magic word for liberal thought and its promises based on the liberation of the individual and markets, increasing productivity and consumption, as it arose prominently with the industrial revolution and the entry of technologies in the field of work, which eased human work and contributed to its well-being. The concept of well-being is a comprehensive, multidimensional and meaningful concept that refers to economic, social, health and psychological well-being, (Abdullah Ahmed Al-Tabbal, 2023, p. 252) Originally, it means the ability to adopt a lifestyle that satisfies the desires and needs of the individual and his personal sense of self-efficacy and proficiency in dealing with challenges, which is happiness, self-satisfaction and a good life, as well as enjoying the physical conditions in the external environment, and a sense of good condition along with positive physical health, and well-being is one of the important variables of the concept of happiness and includes reducing mental and psychological illness by building mental health assets on a large scale, and moving the curve of individuals. From mental illness towards mental health . (Shahaf Karamullah, 2022, page 474)

One of the indicators of well-being is the Quality of Life Index, the latter has raised a lot of controversy in turn among thinkers and economists due to the lack of clear and specific criteria to measure it, when discussing the concept of quality of life, it is important to distinguish this concept from related concepts, but differ in terms of content such as good health, health status, life satisfaction and hope. It is important to assess the relationship between culture and quality of life because the perception of quality of life is closely linked to cultural boundaries. Among the leading countries in the pursuit of the well-being of individuals and the quality of life is the United Arab Emirates, where all capabilities and resources have been harnessed to achieve important ranks in the ladder of quality of life indicators.

1.1. The problem of the study

From the above, the following problem can be raised:

What are the most important development strategies and programs that the UAE has relied on to improve the quality of life of individuals and increase their well-being? This problem includes a set of sub-questions:

- What is meant by the well-being of individuals and what are the most important concepts associated with it?

- What do we mean by quality of life and what are the most important indicators of its measurement?
- What are the most important development programs adopted by the United Arab Emirates to achieve quality of life and improve the well-being of individuals?

1.2. Objectives of the study:

This study seeks to achieve a number of objectives , including:

- Recognize the concept of well-being and all other concepts associated with it
- Definition of quality of life The most important dimensions and indicators used to measure it
- Presenting the UAE experience in improving the quality of life and the various programs and strategies used in this field.

1.3. Previous studies:

There are many studies and research that dealt with the subject of the well-being of individuals, quality of life and its determinants, and happiness indicators, the most important of which we will mention as follows:

Masoudi M'hamed's study (2015) entitled: Quality of Life Research in the Arab World - An Analytical Study -: This article analyzes quality of life research in the Arab world, in which the history of quality of life, which extends to the Greek era, was addressed in Aristotle's Ethics book, and did not live up to the level of appropriate attention until the beginning of the current century with the emergence of positive psychology, and psychology has been the first to understand and identify the variables affecting the quality of human life. In which brief definitions were provided, including the definition of the World Health Organization and some Arab researchers, and then clarifying the theoretical trends explaining the quality of life, then, the Arab studies that dealt with the term quality of life and its relationship to some psychological and demographic variables were addressed by mentioning the title of the study, its objective, its sample and the results reached, but not all studies were presented, so reference was made to other common studies followed by a simplified analysis of these studies. The article concluded that the research did not cover the entire Arab world, but was limited to some countries such as the Sultanate of Oman, Egypt and Algeria, and that Arab research did not study all segments of society. (Masoudi, 2015, p. 203)

A study by Qalal Iman and Bin Zidan Sharifa (2018) entitled: Indicators for Measuring Quality of Life and Happiness in the Arab World (The UAE Experience): This study aimed to show the interest and priority given by the United Arab Emirates to the new development model as an approach that went beyond the classical approach to development based on achieving and satisfying the material needs of the human being and paying attention to the human variable as an actor to push the wheel of development, as the UAE launched several initiatives To instill a culture of positivity, happiness and tolerance in the behavior of each person, in cooperation with international organizations and allocated by several experts specialized in human development. The importance of the topic lies in studying the experience of the United Arab Emirates as a pioneering case study in the field of measuring happiness and quality of life, especially since some reports praised its initiatives and projects, including the National Charter for Happiness in 2016, and other pioneering programs and projects in the same field. (Kallal and Ben Zeidan, 2018, page 341)

El-Sayed el-Aswad (2019) study titled: "Quality of Life and Wellbeing Indicators in the MENA Region: A Comparative Analysis" For analytical and comparative purposes, this research focuses on quality of life and well-being issues in selected countries of the Middle East and North Africa, namely Egypt, Iran, Tunisia, Turkey and the United Arab Emirates. The study uses indicators Multiple objective and subjective results to assess multiple dimensions of well-being including health, education, economy and happiness. Furthermore, this research includes a comparative analysis focusing on indicators of equity and inequality in different areas of human development and well-being or abuse. Finally, this study concludes that despite differences in quality of life in the MENA region, there is a general pattern of well-being that is mainly associated with progress in the multiple dimensions of people's lives.

Study by Lotfi Makhzoumi, Hisham Gharbi and Abdullah Ayashi (2020) entitled: Determinants of Quality of Life in the Arab Countries: An Econometric Study Using Panel Models for a Group of Arab Countries for the Period 2005-2018: This study aims to measure the impact of happiness determinants and governance indicators on quality of life in the Arab countries for the period 2005-2018, using the standard estimate of panel models. The study has concluded There was a positive impact of the GDP per capita logarithm on the quality of life, while social support had a negative impact on the quality of life. The indicators of governance, political stability, absence of violence/terrorism and government effectiveness had a positive impact on the quality of life in Arab

countries, while the rest of the independent variables of the study were statistically insignificant. (Makhzoumi, Gharbi, and Ayachi, 2020, page 361)

1.4. Methodology and structure of the study:

In order to address the problem posed and achieve the desired goals, the descriptive analytical approach was relied on to take note of the various aspects related to the well-being of individuals and the quality of life index, where we divided the study into three axes:

First: Luxury and related concepts

Second: The quality of life

Third: Quality of life and well-being in the United Arab Emirates.

2. Wellbeing and associated concepts

2.1 The concept of well-being:

Enter here From 1938 to 2002, there were 138 global studies dealing with well-being, and in the Arabic language there is a difference in its translation, some consider it synonymous with happiness, and it has been translated into better existence, or good living, and some see it as synonymous with mental health or psychological well-being, and others see it as synonymous with quality of life, in addition to The term better existence, researchers use several other concepts, including personal bliss, good condition, self-enjoyment, good life, psychological well-being and others. Before addressing the definition of the concept of well-being, it is necessary to first address the concept (Kharnoub, 2016, p. 222) of happiness

a. Happiness:

It may be strange that the concept of happiness could not one of the philosophers, psychologists or thinkers to provide him with a comprehensive definition , they sometimes expressed it as against misery and it is recognized that it is against unhappiness .

Socrates saw in 469 BC that happiness is achieved by walking the path of virtue, while his student Plato saw that happiness is the safety of the soul and not in the integrity of the body.

As for the Muslims, especially Abu Hamid al-Ghazali in the year 450 AH, he believes that happiness is in the collection of pleasures, which he divided into two types: (Hajj, 2016, pp. 76-77)

Sensory or material pleasures: associated with satisfying the needs of the body
– **Psychological or moral pleasures:** They are higher than sensory pleasures, and a person obtains them from satisfying his psychological, social and religious needs.

In general, happiness is an original concept to achieve well-being or subjectivity and is defined as high satisfaction with life, which positively affects life and its decline negatively affects life and satisfaction represents the cognitive component of happiness in individuals. (Saleh al-Muqbel, 2022, p. 54)

b. well-being

In his review of the literature on well-being, Hurd (2003) points out that although theoretical definitions of happiness, life satisfaction, well-being, good life, and quality of life have received a lot of attention from psychologists in many journals, there is no general agreement on a universal definition of well-being. Well-being is not distinct through positive feelings alone, which may be ephemeral, or relatively temporary (well-being as a condition), but it includes long-term aspects, or fixed performance, or positive psychological employment, life satisfaction and happiness are insufficient elements of self-realization, but positive psychological performance may lead to increased levels of life satisfaction and happiness. (Kharnoub, 2016, p. 222)

ESRC (Economic and Social Research Council) defined well-being as: "The state in which an individual is in harmony with others, when all human needs are met, is able to act in a balanced manner, is able to achieve his goals, and enjoys an acceptable quality of life."

Well-being has also been defined as: "the potential of society that provides the needs and opportunities for the individual to achieve his ambitions and goals within the cultural and value determinants of society ", and refers to: "a multidimensional structure that reflects individuals' assessments of themselves and their quality of life, self-acceptance and goal in their lives, having high-quality relationships with others, and their ability to manage their lives effectively."(Shabani, 2018, p. 3)

As for psychological well-being, it is defined as "the feeling of good emotions and good mental health as the basis of quality of life, and from this point of view, psychological well-being includes the way people evaluate their lives in the past and present, and these assessments include the emotional reactions of people to life events, moods and judgments related to the way people live their own lives ." (Saleh al-Muqbel, 2022, p. 53)

2.2. Components of well-being:

There have been many studies to explain the meaning of well-being, determine its components and know its indicators, where Ryan and Desi (2001) distinguished between two components of well-being:

a. Self-Component (Self-Entrance) Hidonic:

It includes indicators of the positive state of the individual of happiness and pleasure and defines well-being in terms of pleasure and avoiding pain, and the most important thing on which this entrance is based is its reliance on the idea that happiness and **pleasure constitute the primary goal in human life**, and according to this it is achieved well-being through an increase in the feeling of happiness, and the goals set must be in line with the values and principles of individual and social, and the individual's attainment of stimuli increases his sense of positive conscience and based on the idea of this entrance refers to self-well-being " Individuals' cognitive and emotional assessments of their lives", where the cognitive component refers to the satisfaction of individuals in their lives, while the emotional component refers to the desire and ability of individuals to repeat positive and negative experiences and emotions. (Kharnoub, 2016, page 218) Self-well-being also includes a range of internal and external qualities according to the Feenhoven extract (Veenhoven, 2000).

Table 1: Self-well-being in Veenhoven

Internal adjective	Exterior	
A person's ability to live (Performance, Autonomy, Control)	Living conditions in the environment (Nature, Society)	Life Chances
Life Appreciation (Total Assessment, Life Happiness and Satisfaction, Emotional and Emotional Satisfaction)	The benefit of life (life goal, moral values) meaningful life with meaning and value	Life outcomes

Source:(Hajj, 2016, p. 80)

b. Psychological component (psychological approach) Eudaimonic:

It includes the ability to employ and achieve human potential, and well-being is defined according to this entrance as " employing the potential of the individual through the process of self, according to this entrance Well-being goes beyond pleasure and happiness itself to achieve human goals and values that increase the sense of positive conscience, and attention to the goals of the individual is necessary for his development, and well-being is defined according to this entrance as interest in the activities and challenges of the individual to develop and achieve his individual potential that is in line with his important values related to himself, instead of confining them to happiness, This is why the concept of well-being has been associated with the individual's ability to realize himself and realize his potential.

2.3. Factors and indicators related to well-being

There is a set of factors and indicators related to well-being, which are: (Shabani, 2018, p. 4)

a. Income and its relationship to well-being:

Income is one of the important factors that limit the measurement of the standard of living, which is not determined by the materials consumed by the family only, but there are other factors that determine a great deal of importance, including the educational level of family members, the number of children who have not finished their education, the type of housing, health expenses, the number of working family members who are unemployed, in addition to other necessary services in the family, the well-being of the individual and the family is linked to an overlapping set of economic and social indicators, "

b. The relationship of social welfare to economic well-being:

It represents a part of social well-being that can be determined by what the individual achieves from the financial level, and some economic researchers believe that economic well-being leads to achieving the greatest psychological, material and social stability for the individual, this type of well-being is closely linked to the individual's income that enables him to live a luxurious and happy life

c. Work and well-being:

The results of some studies indicated that the positive attitude and acceptance of the individual for his profession creates a high desire to work, which raises his happiness levels, if the individual loves his profession and feels the importance and appreciation of others, he will feel happiness, which represents the important part of his well-being.

According to Laschinger et al, (2011) that: "The well-being of the workplace is represented by job satisfaction for workers and is higher when there are positive relationships with managers and colleagues, and well-being in the workplace is the access of workers to mental and physical health, that is, the work environment must be stress-free and provide them with occupational safety, and the work environment must be exciting, rewarding, stimulating and enjoyable, and he adds that workplaces full of happiness contribute to improving financial performance. for the organization" (Mashroor and Bouthalja, 2020, p. 76)

d. Health and Wellbeing:

The results of some studies indicated that individuals who enjoy positive feelings are less susceptible to various diseases, such as heart disease, and this is reflected positively on well-being, and they are often characterized by happiness in life, and

high well-being may affect for some individuals their health as a result of anxiety, which causes them some organic diseases, considering the well-being Bien –être related to the individual's body and psychology, the judgment on its level is made through the absence of indicators of lack of well-being Mal -être Which may be physical indicators as well as psychological indicators.

e. Quality of Life and Well-being : The results of some studies reported that the source of happiness for some families are children, who have children who are characterized by happiness and the greater the number of children, the lower the levels of well-being, and the quality of life may be affected by suffering or poverty that family members may suffer, and income has a relationship with the quality of life because it is the factor that is associated with the achievement of mental and organic health, and reduces problems and the percentage of delinquent children in society and gives greater opportunities For the child to complete his learning, and to pay attention to the rights of individuals. Therefore, countries must seek to improve the quality of life for individuals, as the quality of life index has become one of the important indicators that rely on it to determine the level of well-being of peoples.

Studies have revealed a set of factors that help achieve the well-being of the worker at the organizational level, at the individual level and at the community level as shown in the following table: (Abdullah Ahmed al-Tabbal, 2023, p. 255)

Table2: Determinants of worker well-being at different levels

Personal Level	Organizational level	Community level
Personality type A	Function Design	Government Policy
Values	Leadership behavior and style	Economic situation of the country
Resistance	Interpersonal relationships	Technological changes
Health	The role of employees in the organization	Globalization
Feelings	Work-family balance	Differences and changes Cultural
Sociodemographic factors	Contact	-
-	Flexibility	-
-	Work stress	-

Source:(Abdullah Ahmed al-Tabbal, 2023, p. 255)

3.3. What is quality of life?

Aristotle's Ethics (322-384 BC) is one of the earliest sources that defined quality of life: Both the common people and the demagogues and the upper-class perceive the good life in one way: to be happy, but the components of happiness are in dispute. If an individual falls prey to disease, he believes that happiness is health, and when he is poor, he sees happiness in riches, and Aristotle believes that a good life means an emotional state, a kind of activity, and that is only the quality of life.

The quality of life has become an important priority for Western societies after World War II, and the concept was introduced into the vocabulary and used to express a carefree life, which consists of several components, including: work, housing, environment and health.

With the beginning of the eighties and its aftermath in the nineties and the rapid emergence of the quality revolution and its confirmation of the quality of products and the quality of outputs and the entry of quality standards into their applications in many fields: industry, agriculture, economy, medicine, politics, sociology and psychological studies, one of the outcomes of that revolution was the increase in research interest in studying the concept of quality of life in the previous fields. (Ben Said Messaouda and Boulasal, 2018, p. 379)

3.1 The concept of quality of life

Quality of life is a multidimensional and relative concept that differs from one person to another in theory and practice according to the standards adopted by individuals to evaluate life and its demands, which are often affected by many factors that control the determination of the elements of quality of life such as the ability to think and make decisions, the ability to control, manage the surrounding conditions, physical and psychological health, economic conditions, religious beliefs, and cultural and civilizational values, through which individuals determine the important things that achieve their happiness in life. Complete physically, mentally, psychologically and socially.

The concepts of quality of life varied according to the nature and specialization of the authors who dealt with this topic: (Hamdani and Nahar, 2018, pp. 427-428)

(Ruff) believes that "quality of life is a positive sense of well-being, as it monitors behavioral indicators that indicate high levels of satisfaction with oneself and life in general, his continuous pursuit of personal goals that are appreciated, valuable and meaningful to him, his independence in determining the direction and course of his life, and the establishment of positive social relations with

others." Quality of life is linked to both the general sense of happiness, tranquility and psychological tranquility.

Bonomi, Patrick, & Bushnel (2000) emphasize that quality of life is a broad concept influenced by overlapping subjective and objective aspects, related to the health and psychological state of the individual, the extent of independence he enjoys, the social relations he forms, as well as his relationship to the environment in which he lives.

The definition of the World Health Organization (1998) is the closest definition to clarify the general implications of this concept, as quality of life is seen as: "the individual's perception of his or her situation in life in the context of the culture and value patterns in which he lives and the extent to which this corresponds to his goals, expectations, value, and concerns related to his physical and psychological health, level of independence, social relations, beliefs and relationship with the environment."

3.2 Quality of Life Dimensions:

In 2009, Joseph Stiglitz classified the most important dimensions of quality of life as follows: (Omar and Naseeb, 2018, page 126)

- Conditions of material life (income, consumption and security)
- Health and conditions for its preservation
- Education and access to education
- Self-fulfillment opportunities including work
- Possibility to participate in public affairs
- A space for social connections
- Current and future environment
- Risks and uncertainty (economic instability, natural disasters ... (

While other researchers believe that the quality of life has three dimensions : (Bataher, 2018, page 42)

- **Objective quality of life:** It is represented by the material capabilities provided by society, in addition to the personal social life of the individual.
- **Quality of self-life:** which means how each individual feels the good life he lives or the extent of satisfaction and contentment with life, and then feeling happy
- **Existential quality of life:** It means the level of depth of good life within the individual, through which the individual can live a harmonious life, in which he reaches the ideal limit in satisfying his biological and psychological needs, and also lives in harmony with the spiritual and religious ideas and values prevailing in society.

3.3. Quality of life indicators :

There are several indicators to measure quality of life and they vary according to the author, but there are six of the most important comprehensive indicators known: (Qalal and Ben Zeidan, 2018, p. 343)

- a. **Global Livability Ranking:** The Economist Intelligence Unit's most popular annual index ranks cities in 140 countries by their urban quality of life based on assessments of stability, healthcare, culture, environment, education, sports and infrastructure;
- b. **Mercer Quality of Life Survey:** which ranks 231 cities based on the following aspects: transport, political, social and cultural environment, public services, health and economic environment, schools, education, natural environment, housing, media availability, theatres, cinemas, sports, consumer goods, restaurants and recreation;
- c. **Monocle List**, an annual list of 25 of the best cities to live in the world, is evaluated based on the following aspects: global connectivity, environmental issues, accessibility, architectural quality, urban design, healthcare, business environment, crime, security, culture, restaurants, tolerance and policy development initiative.
- d. **The World Happiness Index 2017**, which ranks 155 countries according to happiness levels, based on the following aspects: corruption, freedom of choice, life expectancy, GDP per capita, social support and giving.
- e. **The OECD Quality of Life Index**, an index that compares the quality of life between countries based on 11 key aspects in the OECD view: security, health, income, jobs, work-life balance, education, level of satisfaction, housing, environment, society, and civic engagement.
- f. **ARRP Quality of Living Index:** takes into account the following aspects: transport, health, economy, education, housing, residential neighborhoods, environment, community participation and equal opportunities.

Every year, the International Living Journal provides a ranking of countries from all over the world according to the level of quality of life. Based on nine sub-indicators: cost of living, culture, economy, environment, freedom, health, infrastructure, safety and climate. The Economist Intelligence Unit also developed the Quality of Life Index for 111 countries in 2005. It was based on a specific methodology based on nine indicators: (Omar and Naseeb, 2018, pp. 126-127)

Material well-being.

- Health - measured by life expectancy at birth.

Political stability and security,

Family life - divorce rate

Community Life - Trade Union Membership

Climate and geography

- Work security
- Political freedom
- Gender equality.

The OECD also considered quality of life as a broad concept that encompasses a set of indicators in eight areas: health, balance between family life and work, education, social ties, security, civic engagement and governance, environment, and self-well-being.

There are those who believe that quality of life indicators are linked to the macroeconomic policy of countries, as Xavier Greffe considers them to be the set of decisions taken by public authorities:(Maimonides and Laghmari, 2018, p. 388)

- ✓ Job creation; Lifelong learning; Ease of transportation;
- ✓ Reducing unemployment; achieving safety in the community; availability of services;
- ✓ Increase annual income Social integration; Improve air quality;
- ✓ increase economic activities land use compatibility; improve water quality;

Good health Adequate housing

4. Quality of life and well-being in the UAE

The United Arab Emirates was not known to the global economic community less than half a century ago, relying mainly on pearl trade, maritime trade, agricultural activities, livestock and handicrafts to maintain a subsistence economy, its first real decade of development began in the early seventies of the twentieth century with the formation of the Union and the subsequent boom in oil production and export that coincided with a period of significant rise in global oil prices, the UAE took advantage of the opportunity to achieve huge economic development within a short period of time from Time extended since the year (1973-1982), and thanks to the large oil revenues that it gained quickly, it was able to overcome the obstacle of accumulating sufficient capital to achieve sustainable economic development and relying on the oil and gas sector as the pillar of the economy, the state invested heavily in physical and social infrastructure.

The UAE has adopted a market economy system and a policy of economic freedom, and this policy has been characterized by high flexibility, at the internal level represented in the policies of internal trade, investment, free movement of capital, labor and finance, and at the external level, freedom of foreign trade and

ensuring foreign investments, as it was guaranteed by economic laws, consistent and consistent and in line with the economic policies in developed countries. The United Arab Emirates is characterized by (Gwamir Maikhan and Jassim Mohammed, 2023, p. 251) its ability to provide a high level of material and social services to members of society, and in general its lifestyle is characterized by well-being and abundance, which was revealed by the Mercer report for the year 2018, which revealed the ranks of countries in terms of quality of life, where Dubai ranked 74th globally, followed by Abu Dhabi in 77th place, to be together the only two Arab cities among the hundred best countries in the world in terms of quality of life, Quality Living City Ranking. This indicates the priority given by the state to achieving the welfare of members of society through specific policies and strategies that affect various aspects of life . (Zeiraq and Makhfi, 2018, page 398)

4.1. Initiatives and legislation dedicated to achieving quality of life: In 2014, the (Kallal and Ben Zeidan, 2018, pp. 345, 346) Ruler of Dubai, Mohammed bin Rashid Al Maktoum, launched the National Agenda that includes six main axes containing 52 indicators that it works to achieve in order to reach the UAE Vision 2021, as this agenda focuses on achieving goals and projects in the educational, health, economic, security and housing sectors, as follows:

The first axis - a cohesive society that preserves its identity:

This pillar aims to enhance identity, belonging, community and family cohesion, provide an appropriate environment and promote understanding, respect, equality and social solidarity among members of the UAE society.

The second axis - a fair and safe judiciary: It aspires to be the safest at the global level by creating a sense of security and safety, obtaining the first ranks in police services, preparedness and rapid response to emergencies, enhancing the justice of judges, guaranteeing the rights and freedoms of individuals, and strengthening the rule of law.

The third axis - the knowledge economy: includes 12 indicators through which the state aims to be among the actors at the level of major economic transformations and to be a center for economic, tourism and commercial activities, and accordingly, to achieve this goal, the UAE has launched many indicators and initiatives by encouraging innovation, scientific research and technological development, as well as encouraging the work environment and creating job opportunities and making the UAE a tourist and economic destination par excellence, as the UAE relies on the strategy of huge investment in the Technology, Information and Communication In order to achieve a knowledge

economy and provide an adequate legislative and legal environment for the success of these initiatives, several laws have been issued in order to attract the largest number of investors and businessmen and create a safe environment for them, and among the laws issued by it we find the Copyright Law, the Trademark Law and the Patent Law. The UAE also aims to occupy a global position in the field of entrepreneurship, invest in national cadres, encourage young people to innovate in order to advance economic development, encourage small and medium enterprises in the private sector and devote them as a culture in educational institutions, with the aim of graduating generations with the spirit of creativity, innovation, ambition and responsibility.

It relies on a development policy based on diversifying sources of income and supporting non-oil sectors, as it is characterized by balanced performance despite some challenges faced by the UAE economy during its comparison with international economic levels and the unprecedented decline in global oil prices or the turmoil surrounding the region and some imbalances.

Fourth Axis - High-Level Educational System: It contains eight indicators represented in working to invest national cadres and build the future generation that keeps pace with the government and future thought, through the development of teaching and learning systems and equipping all schools and educational institutions with smart systems and technological devices to achieve the aspirations of the people of the Emirates. The UAE leadership has stressed that education is the key to entering the modern era and that knowledge is the basis for being in the field of global competitiveness in the twenty-first century. Education on 22% of the total allocations of the general budget of the General Union worth nine billion nine hundred dirhams, and the Council of Ministers adopted the agenda of education in 2011, which included main axes focused on the development of students' educational achievement, the development of the school environment, equal opportunities for all students and the use of the best international educational standards

The fifth axis - a health system with international standards: through which it seeks to strengthen the preventive system and reduce the rates of diseases related to diabetes, heart and cancer to achieve a healthy life and long life so that the UAE is among the leading countries in health systems, and in a report of the World Health Organization, he praised the UAE health system And keep pace with the global health systems in the field of health care and achieve quality and excellence in various medical areas and different sectors. One of the most important achievements witnessed by the country is the development of the

infrastructure of all health facilities from hospitals and medical centers and the upgrading of health services in general, focusing on health legislation that ensures sound practices in all health sectors.

The sixth axis - sustainable environment and integrated infrastructure: by ensuring the continuity of sustainable development, protecting the environment, and achieving a balance between economic and social development by achieving targets related to quality and targets related to air quality and preserving water resources for future generations. It is committed to ensuring an environmentally sustainable world to improve air quality, conserve water resources, increase the contribution of clean energy and nurture energy efficiency technologies, by supporting new policies that make the country more resource-efficient and prepare for the changes that economic growth will bring in terms of energy use.

4.2. National Innovation Strategy as an endeavor to achieve quality of life:

Sheikh Khalifa bin Zayed approved the year 2015 as the Year of Innovation in the UAE, in order to support the efforts of the federal government, gather sincere national energies, intensify distinguished research efforts and create national cadres to achieve more progress, prosperity and innovation, as a result of which several centers were established, including the Mohammed bin Rashid Center for Government Innovation, to stimulate and enrich the culture of innovation in the sector and also a week Innovation is one of the largest innovation initiatives in the world, as innovation seeks through which individuals, institutions and governments seek to progress by generating creative ideas and developing new products, services and processes that improve the quality of life, and the importance of innovation lies in improving the quality of life, increasing economic diversification, enhancing the knowledge economy and global competitiveness for institutions, providing job opportunities with skills and encouraging entrepreneurship, and therefore the strategy National Innovation Encourages Innovation in Key National Sectors Including Renewable and Clean Energy, Transport, Technology, Education, Health, Water and Space The policies and initiatives adopted by the UAE to promote innovation and the relative improvement in the provision of statistical data related to the sub-pillars of innovation inputs and outputs of the relevant international institutions, the UAE's global ranking rose from 47th in 2015 to 35th in 2017 and Also ranked Arab and Gulf to the first place in the Arab and Gulf in 2017 after it was ranked second in 2015

4.3. Year of Giving 2017 Initiative:

Under the slogan of social responsibility, volunteering and serving the nation, the UAE launched in 2016 the Year of Giving initiative to be the year 2017, through which the UAE seeks to develop hundreds of community and humanitarian initiatives during the year 2017, by all federal and local government agencies and private sector institutions and enable its role in supporting the government development process in a more effective and influential manner. The Year of Giving culminated in the allocation of a set of programs to devote development and quality of life, including the Positive Sustainable Development Program, the Knowledge Program, Social Responsibility, Smart Giving, Sustainable Consumption and Leadership Thought.

4.4. Programs to establish a culture of happiness in the UAE society:

(Sherif and Ben Um El Saad, 2018, page 441)

The UAE launched the so-called National Program for Happiness and Positivity in 2016, and was preceded by a series of successful initiatives such as the completion of happiness and positivity councils, which included more than 140 happiness and positivity officials in several institutions in the public and private sectors, and launched the "Happy and Positivity Hours" initiative and designed a tool to assess the impact of plans and initiatives concerned with happiness on society, and in March 2017. Coinciding with the celebration of the International Day of Happiness launched by the United Nations, the President of the UAE announced the establishment of the World Happiness Council, a body that includes a group of senior researchers and experts responsible for developing the latest methodologies that countries can adopt in order to achieve happiness.

4.5. UAE Quality of Life Ranking:

Many international reports praised the efforts made by the UAE in order to promote the quality of life approach as a development approach that went beyond the classical approach, as through opinion polls many reports ranked the UAE among the first positions in the Arab and Gulf countries, and it also occupied an important position among many countries. (Qalal and Ben Zeidan, 2018, p. 348) The UAE has surpassed several Western countries in the Quality of Life Index issued by the Internations Institute, ranking 21st, surpassing Sweden, the United States of America and Britain, this index for 2015, chose 64 countries out of 195 countries that received the answers of some of their citizens, with a total of 14,000 respondents from all countries of the world. Although the UAE has advanced over the aforementioned countries, it has lagged behind other countries, such as Singapore, which came in the lead, followed by Ecuador, Austria,

Switzerland, and Portugal fifth. Other Arab countries came in this index, Bahrain ranked 47th, followed directly by Oman, then Qatar in 56th place, then Saudi Arabia in 62nd place, and Kuwait in the penultimate place, i.e. before Nigeria's last. While many Arab countries were absent from the classification, including North African countries.

This indicator is based on several criteria, including ways of spending leisure time, personal happiness, the ability to travel and move easily, health, security and well-being. This indicator is one of several published in a comprehensive 234-page study. (Sherif and Ben Um El Saad, 2018, page 442)

The Quality of Life Index 2018 issued by Mercer Consulting showed that Dubai and Abu Dhabi topped the ranking of the best living Arab cities in the 74th and 79th places globally, respectively, and the annual survey issued by Mercer was based on several criteria, including the rise in crime, the level of health care, education, public services, entertainment, housing and personal freedom.

The UAE was recently ranked among the top 10 countries globally in the Quality of Life Index, according to a Gallup survey, and for the eighth consecutive year, the country topped the list of preferred countries to live among Arab youth in 2019, according to the annual ASDA' A BCW survey.

In the latest report of the American media agency "US News" for the year 2022, the UAE ranked first in the Arab world, and ranked (26) globally in terms of quality of life, and Qatar came runner-up in the Arab ranking, and (30) globally, and Saudi Arabia ranked (34) globally, and a large difference from the two closest Arab countries in the list, Morocco (50), and Egypt (54), and the ranking of the rest of the countries was as follows: Bahrain (61), Tunisia (64), Jordan (70), Oman (73), Algeria (81), Lebanon (83).

Sweden topped the list for 2022, followed by Denmark, Canada ranked third, Switzerland came in fourth place, Norway ranked fifth in the ranking, followed by its neighbor Finland, and although Germany is the largest European economy, it ranked seventh globally in terms of quality of life, followed by the Netherlands in eighth place. While the United States is the largest economy in the world, it is fourth in the world in the overall index of the best countries, and ranked (21) in terms of quality of life.

4.6. The National Wellbeing Strategy 2031 to move the UAE from the concept of a good life only to the concept of integrated quality of life.

Quality of life and wellbeing of individuals in the United Arab Emirates

Happiness and wellbeing are two factors that come at the forefront of the UAE's concerns, and within the framework of a future outlook, the UAE Cabinet, chaired by Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, approved the National Wellbeing Strategy 2031 on June 9, 2019, which aims to make the UAE a global leader in the field of wellbeing, and enhance its position to be the happiest country in the world. The strategy includes 3 levels: "People, Society and State" and includes 14 axes and 9 goals, to enhance the lifestyle of individuals by encouraging the adoption of a healthy lifestyle, promoting mental health, adopting positive thinking as a core value, and building life skills. The strategy, with its axes and initiatives, consolidates the foundations of a cohesive society by enhancing the quality of cohesion and social relations in the family and society, enhancing the quality of digital life, encouraging positive and purposeful digital communities, adopting and focusing on quality of life in learning and work environments, consolidating the values of giving, cooperation, solidarity, community service, and enhancing the livability, attractiveness and sustainability of cities and regions. The strategy also includes 90 initiatives spread across 40 areas, including the development of the first national wellbeing observatory, the launch of the Wellbeing Academy for Future Generations, and the formation of a National Wellbeing Council to manage and coordinate the national strategy.

The National Wellbeing Strategy 2031 aims to move the UAE from the concept of a good life only to a comprehensive concept of integrated wellbeing, thus contributing to achieving the goals of the UAE Centennial 2071.

The United Arab Emirates has maintained its position in the first place in the Arab world and 26th globally, in the World Happiness Report 2023, which was launched on March 20, 2023, coinciding with the International Day of Happiness, and continued its progress globally, surpassing many developed countries and economies, in the global report issued annually by the United Nations Sustainable Development Solutions Network. The ranking adopted criteria for healthy life expectancy, GDP per capita, social support, low corruption, community generosity and care for each other, and freedom to make major life decisions. Finland was ranked the happiest country in the world, for the sixth consecutive year out of 137 countries classified in the 2023 report, while Algeria ranked fourth in the Arab world and 81st globally.

5. Conclusion

In less than 50 years since its establishment, the UAE has become an important figure in the equation of influence, scientific progress and well-being, as the UAE has been keen to provide happiness, prosperity and well-being to its people and residents. To promote this, it has appointed a Minister of State for Happiness and has adopted the National Program for Happiness and Positivity, which includes a set of policies and services that promote positive lifestyles. Happiness at all levels, individually, socially and even institutionally, based on the basic rule that giving and production are inseparable from creating a happy and stimulating environment for its members, where access to the investment of the mind and enhancing productivity is one of the most prominent goals that require promoting a culture of happiness standards.

This study reached a number of results, the most important of which are:

- Quality of life as a concept refers to an ideal that each individual aspires to in the hope that he will achieve it in one way or another, and no one succeeds in completing its components, everyone achieves one degree of it or another, and it seems that this concept is not related in general to one factor, but rather a set of factors that differ from person to person
- A good life in the eyes of the individual is that life that seeks interaction and integration between various aspects of health, psychological, social and economic, is a life that provides him with various requirements that make him feel comfortable;
- The Emirati experience in the field of quality of life and well-being is a realistic evidence of the extent of adaptation to global challenges and a sustainable future outlook that takes into account the individual's right to a decent and good life.
- Achieving quality of life in any country needs in-depth studies and research through researchers and experts in the field of positive psychology and others.
- Conceptualizing and measuring the various areas of quality of life (e.g. health, jobs, housing, schools, cultural aspects, values and spiritual aspects...) and how they relate to each other, is useful in knowing and assessing the quality of life in general, and helps in exploiting economic growth to achieve a better life.
- To reach a respectable quality of life and well-being for the individual, we must work to find solutions to high-impact obstacles, the most important of which are economic life conditions, income levels and the environment.

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