

Analysing the Role of Living Environment in Quality of Life and Happiness: A Qualitative Study in Punjab, Pakistan

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ABSTRACT

Aim of the Study: The study focus on examining the social and physical elements that affect general well-being, this study investigates the connection between living environment, happiness and quality of life. This study identifies important living environment factors that affect happiness through a thematic analysis of respondent arguments. These factors include housing quality, neighbourhood safety, and access to amenities, environmental quality and community engagement.

Methodology: The study used a qualitative research design and conducted in-depth interviews with the participants. The participants for the study were selected using a purposive sampling method, where the selection of participants was based on their knowledge and willingness to participate in the study. The interviews were directly transcribed from audio recordings. After that, the transcripts were subjected to thematic analysis, which entailed finding themes and patterns within the information.

Findings: In order to improve happiness and general well-being, the results emphasize the significance of developing a well-designed physical environment, encouraging community involvement, and supporting environmental sustainability.

Conclusion: This research proves the complex relationship between living environment and happiness. By identifying the factors that influence happiness, people can take deliberate actions to create living environments that lead to happiness. The results of this research emphasize the need to create a living environment that is well-designed, provides opportunities for community involvement, and is environmentally sustainable to increase happiness and overall well-being.

Keywords: Quality of Life, Happiness, Living Environment, Sustainability and Well-being.

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1. INTRODUCTION

Living conditions have a big impact on happiness and life quality. People's physical and social surroundings can have a significant impact on their overall level of life satisfaction, social relationships and physical and mental health. In order to explore the relationship between living environment and happiness and quality of life, this study examines the primary factors that impact overall well-being. More significant than other desired results, happiness is a basic human goal. By analyzing the impact of social settings and sociocultural factors, this perspective promotes the study of happiness. Other desirable outcomes, like wealth, health, and physical attractiveness, are not the same as happiness. People frequently seek these results because they think they will make them happy, which emphasizes how important happiness is when making decisions.

Happiness has many different meanings and implications, making it a complicated concept. To differentiate between related but different ideas, such as hedonic happiness, eudemonic happiness, and life satisfaction, psychologists employ precise terminology. Understanding the complexities of happiness is essential for spotting roadblocks to a higher standard of living and formulating sensible suggestions to improve wellbeing.

There are established standards for assessing how well measures of happiness and other psychological traits, like extraversion and self-esteem, measure up. Research indicates that happiness metrics are highly reliable and valid (Lucas et al., 1996). Furthermore, they align with non-self-report methods such as informant reports, cognitive assessments, and certain physiological indicators, suggesting that self-reported happiness is a more impartial depiction of reality.

Furthermore, according to Lucas (2007) happiness measurements can be adjusted to reflect shifting living circumstances, which makes them valuable for comprehending the dynamic nature of well-being and creating successful treatments to enhance happiness.

Individual factors such as income education health etc. also affect our perception of quality of life and happiness even though these concepts may be affected by individual factors the constructs are complex and multi-faceted and have been studied across many academic disciplines including sociology psychology and economics the manifestation and interpretation of subjective experience are greatly attenuated by role and situational context as dominated by social factors and social values or both theoretical models of social constructionism and symbolic interactionism help us make sense of these social factors and consequences there is a large body of research and evidence that shows social factors as a determinant of happiness and quality of life i.e., cultural values such as individualism (Sortheix, & Schwartz, 2017; Helliwell et al., 2025; Helliwell et al., 2024).

1.1 High-Quality Social Well-Being

Great thinkers have studied what makes a good society and a fulfilling life throughout history. For instance, Aristotle's idea of eudaimonia inspires people to reach their greatest potential. Eastern philosophies, on the other hand, place more emphasis on the virtue of limiting one's own desires and on the fair distribution of resources. People are urged to act morally in order for their deeds to be universalized by Kant's (1996) categorical imperative. By creating scientific techniques to evaluate human well-being, the social and behavioral sciences of today carry on this mission.

1.2 Social Indicators of Social Well-Being

Social indicators and subjective well-being (SWB) can be used to gauge quality of life. While social indicators gauge objective factors like healthcare, education, and economic growth, SWB concentrates on people's subjective experiences. Both strategies emphasize quality of life, empirical data, and policy-making relevance, among other things. Researchers can create a thorough understanding of quality of life by taking into account both subjective and objective factors.

1.3 Subjective and Objective Well-Being

A key value and indicator of societal advancement is well-being. Bentham's utilitarian philosophy, which prioritizes maximizing pleasure and minimizing pain, is the foundation of subjective well-being (SWB) research. Three elements make up SWB: affect judgments, positive and negative affects, and life satisfaction. Positive and negative affects are reflections of emotional experiences, whereas life satisfaction is a cognitive assessment of one's life. Researchers can find obstacles to well-being and create interventions to improve happiness by having a better understanding of these elements.

1.4 Health

Health is a crucial factor in well-being, as it leads to increased life expectancy, employment prospects, and lower expenditures on healthcare (WHO, 2001). Physical health is a determinant of happiness, as improvements or declines in health lead to improvements or declines in happiness. Moreover, happiness can be a predictor of future health and life expectancy. Mental health is another factor that is associated with happiness, as people who are happier tend to have fewer psychological problems and greater levels of self-actualization.

1.5 Opportunities for Employment

Employment is a very important factor in the well-being of an individual, as it provides economic stability, health care, and social inclusion. The factors that affect employment opportunities include job quality, employment stability, remuneration, and work-life balance. Work-life balance is particularly significant for women, as it represents their capacity to support their families while also having a career.

1.6 Environment and Living Conditions

A healthy natural environment is very important for happiness. Clean air, water, and a healthy living environment are important for a good quality of life. Environmental problems, such as pollution and climate change, are threats to the well-being of society. Leaders must focus on sustainable practices to ensure a healthy natural environment. Happiness is affected by personality factors, such as extraversion and optimism. Some researchers believe that happiness is a function of personality and that there is little that can be done to improve happiness. Happiness is also affected by life experiences, and this suggests that interventions can improve happiness.

2. LITERATURE REVIEW

Many studies have been conducted to explore the link between the living environment and happiness. It has been found that physical environment variables, such as the quality of housing, natural lighting, and green space, can greatly affect an individual's mood and energy levels (Kent & Thompson, 2014). In addition, social environment variables, such as neighbourhood safety and community resources, are also significant in determining happiness (Mouratidis, 2021).

The concept of happiness has been extensively explored in many fields, including psychology, sociology, and economics. According to Cummins (2000), happiness is often defined as a positive emotional state characterized by feelings of joy, satisfaction, and life satisfaction. Many factors, such as the living environment, social relationships, mental and physical health, and overall well-being, have been discovered to affect happiness (David et al., 2013).

Mahmood et, al. (2022) argued that living conditions provide lovely interactions with men and are arguably the most significant and manufactured aspect of life quality. Since urban life is more colorful and men continue to enjoy happier moments with others, urban residents enjoy life more than their rural counterparts.

From the data, some respondents think that a good living environment increases happiness and life quality. Some participants in the study have a calm home environment that helps them in their ability to perform daily tasks. Since the calm environment does not create tension and allows one to live in peace

without any problems. Few respondents, on the other hand, also experience a negative environment.

MacCulloch and Di Tella (2005) clarified that happiness is not linked to an ascetic lifestyle. Drinking alcohol, smoking, or soft drugs is not associated with happiness. Research indicates that happy people are involved in productive activities and enjoy outdoor activities rather than staying at home and watching TV. They also tend to be involved in sports rather than watching TV.

Attitudes and beliefs are also factors in happiness. Individuals who trust their community, society, and government to a large extent are generally happier. Religious beliefs also lead to happiness, as they instill feelings of inner peace and emotional well-being.

According to Brereton et al. (2008), the natural and immediate environment has a large influence on the quality of life and happiness of an individual. An unsafe and deprived environment affects the quality of life and leads to unhappiness. The need for a healthy living environment is emphasized by studies, as poor air quality leads to stress and discomfort. Housing conditions also affect the quality of life, as individuals living in public housing have lower levels of happiness.

Mahmood et. al. (2023) investigated that living conditions encourage beautiful interactions with men and are arguably the most important and artificial factor of life quality. The research showed that a good living condition increases happiness and life quality. Some participants of the study have a peaceful home environment that helps them easily perform their daily tasks. Since the peaceful environment does not create tension and allows one to live peacefully without any hassle. However, a few participants also face an unfavourable environment. Some residents face different issues concerning the lack of maintenance and cleanliness of the region.

Utell et al. (2005) stated that environmental bad factors might influence happiness as well as it can directly influence the physical and mental health of individuals. The extreme negative impacts of air pollution have been recognized in different researches. The air pollution leads to different types of health issues such as; increased stress levels, coronary heart disease, hearing loss, extreme sleep disturbance, tinnitus, high blood pressure, stroke, and possibly weakened immune system and defective births.

As mentioned by Welsch (2006) that the consciousness of the local environmental issues, and the impact of these issues on the health and mind of the people living in that area, can lower the happiness levels independently and directly. People are mostly aware of the environmental changes and problems and also the negative impacts that it can cause. The changing environmental condition is a concern for people of all ages, but for children, it is given more importance.

Barton and Pretty (2010) explained that there are various benefits of a healthy environment in the life of a man. A healthy environment increases the quality of life and happiness; these environmental elements include physical activities, recreation, social interactions, social gatherings, and resources. Various researches concluded that there is not only money in life that brings happiness and better quality of life, there are many more things that matter. It is now the time to focus on these elements and also focus on the importance of these elements in the quality of life of the people and in their happiness. It showed that there is shift in measuring the quality of life and happiness of the people; as social progress, happiness and the quality of life is now beyond the economic indicators.

According to Clark (2010), while studying the quality of life; the focus of the researcher is on both sides the economic well-being and also on the subjective wellbeing. Social factors are most important when focus is on investigating the happiness. In the study of happiness social factors holds great significance rather than economic and psychological factors. Researches related to quality of life and happiness; researchers has explained the theory of social wellbeing and the method of social quality analysis, in order to understand the social factors more effectively. This theory has four domains in order to understand and analyze the social realities for happiness and quality of life. one of its dimension is socio-economic security; it focuses on the elements that are related to income, work and housing. The second domain is social cohesion; it is concerned with the solidarity and the social trust of the people. Third

dimension deals with social inclusion; it is concerned with the issue of social grouping; and the social participation of the people and the fourth dimension comprises the elements of social capital, organizations, information, and channels for public participation.

According to Mahmood and Fatima (2025) norms and values can also be thought of as the invisible strings that tie together our common expectations norms and values providing guidance to how we act and make decisions within our communities' norms and values are key features of our quality of life and happiness. Empirical studies show that norms in the society can often be a force for good because as a guide for developing social solidarity these norms help us bringing people together reduce isolation and promote connectedness and social interaction which positively influence our overall well-being. Norms and values give us an identity and sense of belonging they anchor our happiness provide moral compass to manage anxiety and ambiguity and support the establishment of caring relationships which is vital for our emotional health. Norms and values also give us social identity like glue in the narrative of our cultural identity that grounds us in meaning and purpose however if norms and values become too rigid they can also inhibit identity and creativity marginalize people create unreasonable expectations restrict personal agency ignite social conflict which can negatively affect our happiness.

Mahmood et al. (2023) stated that in modern societies people find it difficult to adhere to these standards and values, but the majority of them are good for both individuals and society as a whole. Additionally, 30 social change is a constant process in our society that emphasizes how important it is to follow these standards and values. Norms are our socially accepted behaviors; if we don't follow them, the social order and structure of the society are upset, and social functions come to a halt. Therefore, societal norms place certain restrictions on people in order to maintain societal order and provide a pleasant and quality living, while value systems define what is important and desirable in our lives, as well as our own assessment of what is important for oneself or what is wrong and right.

The living environment can impact happiness in various ways. For example, access to natural light and green spaces can improve mood and reduce stress levels. Additionally, living in a safe and secure neighborhood can enhance feelings of safety and security, which are essential for happiness (Mouratidis, 2021).

Rehman et al. (2024) that green spaces in cities like parks and gardens are really good for people's health and overall wellbeing. These spaces give people a chance to get some exercise meet people and get rid of stress. The study showed that people who live in Multan, Pakistan and have parks and gardens around them are generally happier and feel better about their lives.

Bukhari and Afzal (2023) stated that in Pakistan family is very important when it comes to how happy people are, how satisfied they are with their lives especially for teenagers. Study found that when people feel like they have support from their family they are usually happier and more satisfied, with their lives.

The study suggests that family support can act as a buffer against stress and adversity, promoting overall well-being and happiness. Infrastructure and urban planning have an impact on happiness and quality of life. According to Saeed et al. (2022), Lahore is the greatest city in Punjab because of things like availability to healthcare, green spaces, and clean air. The study highlighted the significance of urban planning in fostering happiness and quality of life by creating an urban livability composite index. To make cities more livable, the authors advise politicians to give green infrastructure, healthcare, and transit first priority.

Air pollution is a significant environmental factor affecting happiness in urban areas of Pakistan. Rafique et al. (2022) discovered a correlation between increased health and happiness and willingness to pay for pollution protection, underscoring the necessity of efficient pollution control strategies. According to the report, legislators should enact measures to lessen air pollution, like expanding green areas, encouraging clean energy, and upholding emissions standards. Happiness is a complicated notion that is impacted by a number of variables, such as living conditions and socioeconomic level.

In a qualitative study, Mahmood et al. (2022) examined the connection between happiness and quality of life, emphasizing the significance of social connections, financial security, and access to necessities. In order to improve happiness and quality of life, the study recommends that policymakers give priority to funding social welfare, healthcare, and education initiatives. Green spaces in urban areas promote mental health and well-being.

Nature has been found to reduce stress levels and improve cognitive functions by Kuo (2001). This makes the development of green spaces in urban environments necessary to ensure psychological well-being. Subjective well-being is dependent on the environment, especially air quality and green spaces. In a study conducted by Liang and Wang (2022), the effects of air pollution on subjective well-being were investigated in China. They established that air pollution adversely affects happiness and life satisfaction. This calls for the prioritization of investments in pollution reduction efforts such as the production of clean energy. Urban liveability is connected to happiness and quality of life.

In the study, Saeed et al. (2022) designed the Urban Livability Index for Punjab, which emphasizes the significance of green spaces, availability of healthcare services, and proper transportation infrastructure. The results of their study indicate that policy makers should focus on developing urban infrastructure by providing green space and investing in healthcare facilities and proper transport infrastructure for happiness and wellbeing. Social support is one important factor influencing happiness and satisfaction with life. For instance, Sharif et al. (2023) evaluated generational differences in happiness in Pakistan, finding that social relationships, including those in families, are important factors for happiness at all stages of development. This research suggests that policymakers should make an effort to invest in social welfare services, which provide social support to communities.

According to Kent and Thompson (2014), urban planning and design can play an important role in enhancing people's health and happiness. It is believed that policymakers have to focus on creating conditions which would promote well-being among the residents. Thus, investments in healthcare and transport systems need to be increased.

3. METHODOLOGY

The thematic analysis method was used in this study, where the audio recordings were transcribed, and field notes were written in English. To develop meaningful themes and codes, both deductive and inductive coding methods were used. To understand the findings within the context of the data quotes, the researcher ensured that the themes were fully explained and linked to the research questions in a narrative form.

The study used a qualitative research design and conducted in-depth interviews with the participants. The participants for the study were selected using a purposive sampling method, where the selection of participants was based on their knowledge and willingness to participate in the study. The participants were interviewed in-depth. The interviews were directly transcribed from audio recordings. After that, the transcripts were subjected to thematic analysis, which entailed finding themes and patterns within the information.

4. DATA ANALYSIS AND DISCUSSION

Living Environment refers to the physical and social surroundings that affect an individual's life and behavior. Living Environment can be described in terms of two dimensions: Physical environment (housing quality, natural light, proximity to green spaces, noise levels, and air quality) and social environment (community resources, safety, and cultural and socioeconomic factors).

Kent and Thompson (2014) have also described the living environment and happiness on the important points that have been mentioned above. The understanding of happiness on environment that can affect health and well-being is described in three ways: equitable access to healthy food, social cohesion in the community, and physical activity. Open, natural, and green spaces, as well as urban design that supports

social interaction and safety, are the most important factors that affect happiness in a neighborhood.

After evaluating the arguments presented by the respondent on living environment and its contribution to quality of life and happiness, it can be assessed that living environment plays a significant role in determining quality of life and happiness, including physical and social environments. The most important factors related to living environment include the quality of housing, safety of neighborhoods, availability of amenities, quality of the environment, and community participation, urban vs. rural areas, natural environment, and noise pollution. A safe, secure, and high-quality living environment contributes to well-being, while a poor living environment affects physical and mental health. The most effective interventions in this respect include housing renovation programs, community-based crime prevention programs, urban planning programs, environmental conservation programs, and community participation programs. Future studies should focus on the effects of climate change, the relationship between living environment and mental health, community participation programs, the impact of urban planning, and technological advancements for environmental sustainability.

A good living environment is a very important aspect for better quality of life and happiness. The life opportunities in the urban area are increased, and the urbanization process makes the urban life full of life chunks. A happier person always thanks the nature of the world after facing different life events due to distasteful tasks and busiest schedule of people in the contemporary world.

Somehow, the previous studies examine the quality of life and happiness of people in a limited manner in the local context of the study.

In the context of the previous studies, the data of the current study revealed some similarities and differences, and it created a true picture of the subjective experiences of happiness and quality of life. According to the findings, the opinions of the respondents regarding the enhancement of happiness and quality of life by a good living environment are presented. Some participants of the study value the calm home environment that helps them in their ability to perform daily tasks. Since a tranquil environment avoids stress and helps a person to live a life without obstacles.

Few respondents, meanwhile, also deal with a negative atmosphere. Some residents have to deal with various problems related to the area's lack of sanitation and upkeep. A 38-year-old businessman who responded to the question said:

“Environment of my area is overall favorable to me. My surrounding environment provides the opportunity to grow and flourish. There are not any restrictions, I feel free to move. However the cleaning system not that much but it is satisfying Healthy environment is very important to gain happiness. A good system of sewerage, healthy drinking water, air quality and inhale clean air that make oxygen and stronger the brain to function. Breathing early in the morning resumes fresh air to inhale and reduces airborne illness and infections. In this way, it also opens a door for good home environment to spend more valuable time with family members, relation builds within reducing stress level due to busies schedule and have positive influence on human well-being”.

The respondent has emphasized the significance of a healthy environment since it offers the chance to improve one's quality of life. Other respondents, however, have drawn attention to the problem with their surroundings and how it affects daily living. According to the responses, "The environment is good overall, and our neighbors are very cooperative." The residential area's lack of cleanliness is the only problem.

“I have to deal with load shedding, sewage issues, pollution, and unsafe drinking water. All of these elements are having an impact on me, and the circumstances are not ideal. Because of my unfavorable environmental circumstances, I am unable to improve my quality of life. My location has below-average environmental conditions, with pollution, a

lack of trees, and sewage problems being the main problems. My surroundings don't contribute to my improved quality of life. because it stresses me out. To improve the quality of life, there should be no pollution, seasonal plantings, a water supply, and a functional sewer system”.

It is clear that an unhealthy environment makes it difficult for most people to live a fulfilling life. Unfortunately, people in our country have to face these issues that are vital to everyday life. People are faced with issues such as load shedding, pollution, dirty drinking water, and cleanliness.

The respondents believed that these unhealthy conditions also impact their quality of life. As one respondent said that “it creates stress for me”.

Most people will only be concerned about their physical environment. The environment they live in on a daily basis, but one responder, a widow, also talked about people's attitudes. She says that people's attitudes affect her happiness and quality of life.

As she (teacher, 34years of age) stated that:

Although I live in a nice setting and my home is supportive of me, there are maintenance issues, such poor hygiene, in the neighborhood. My home environment improves my quality of life, but social situations are not at all conducive, as you are aware. People show me pity because I am a widow, but their sympathy is merely an outward display of pride. In truth, people are not empathetic.

For instance, when I own an item or whatever, I frequently hear people ask, "What will you do about this?" Why is this stuff necessary? People assume that widows shouldn't have any property or possessions. Nothing is required because you are a widow. People have really odd attitudes if my kids have anything valuable. They wonder how they acquired these items. I used to be restricted by others. They believe that since I am a widow, I don't require anything. I simply have to go about my life.

The respondent has also highlighted the various factors that influence the life of a widow. Although the respondent has a supportive home environment, the factors that affect the area she lives in, such as the lack of maintenance, especially cleanliness, are factors that negatively influence her quality of life. In addition, the fact that society has expectations and sympathies that are insincere and judgmental also has a negative influence on her emotional well-being. The fact that people's sympathy is not genuine, as it hides their true feelings, which are influenced by stereotypes that deny individual autonomy, especially in the areas of asset and children's possessions, is a factor that negatively influences her life.

Another respondent (bureaucrat, 42 years of age) shared that:

“No doubt peaceful surroundings are blessing, make a good health, and improve physical and mental health of anyone. I often walk around the nature early at the morning, when air quality was purified and filtered for making breathing performance healthy. The food the people eat in these surrounding are much better as compare to past, when limited amount of food was available, but now people are able to produce more food to fulfil the requirement of more people. But the quality of food affects due to changing in the cultivating technologies, and more pure food is not available for a large demand of the people, although life is now better as compare to the past as our forefathers spent their life in limited quantity of food”.

The importance of having a peaceful environment for physical and mental well-being is emphasized by the respondent's statement. They stress the benefits of spending time in nature, especially in the early morning hours when the air quality is fresh and clean. The respondent has also observed the improvement in the availability and quality of food over time, acknowledging the progress made in agricultural technologies. However, the respondent has also expressed concern over the effect of these technologies

on the quality of food, indicating that the rising demand for food has resulted in a reduced availability of pure and healthy food.

Moreover, the respondent's utterance also reveals a feeling of gratitude and appreciation for the better living conditions and food supply compared to the past. In conclusion, the respondent's utterance emphasizes the significance of taking into account the inter-relationships between environmental, social, and economic factors in enhancing human well-being. The respondent appreciates a holistic approach to health and well-being, which acknowledges the role of environmental and technological factors in food quality and availability.

Brereton et al. (2008) also investigated the extent that natural and The surrounding environment has an effect on one's happiness and quality of life as well. Since a dangerous and poor environment cannot provide a better standard of living, people will ultimately become dissatisfied as well. The quality of the living environment was proved by the study. Stress and pain are also caused by poor air quality. People's quality of life is also affected by where they live; people living in public housing tend to feel dissatisfied.

To enjoy a happy and healthy lifestyle, one requires a clean and healthy environment. The opportunity to move forward in life is ensured by a peaceful environment that is free from problems. Aspiration and achievement require subjective well-being (SWB), which is measured by an individual's perception of well-being after all other variables have been taken into account to enhance subjective contentment of life (Cummins, 2000) (David et al., 2013; Campbell et al., 1976). Mouratidis (2021), who discussed the factors for a good environment, which include housing, land use, transport, and urban design, which involves the building of paths to ensure the creation of a pleasant environment, also supported this issue. To ensure a happy and healthy lifestyle, the empirical study found fewer paths, such as social interactions, travel, leisure, residential well-being, emotional experiences, and health.

People usually move to places where they can be satisfied with their daily activities, such as their work, feel safe in their surroundings, and benefit from the resources that are accessible to them from the place they live in, such as healthcare and education. An individual's decision on where to live may influence their happiness and general well-being, aside from giving them competitive opportunities to enhance their financial condition and, in turn, their lifestyle. This issue was the central cause of the movement of people from rural to urban areas in the last century, and it is apparent in the individuals living in large cities, as well as the design of such cities.

By enhancing the physical and emotional well-being of people, urban green spaces in cities help enhance the pleasure of the people living in the city. Global policies have shifted in the last years to make more green spaces in cities, aiming to enhance the general well-being of people by creating appropriate living conditions. Many studies have shown this, concluding that the employment opportunities, public goods, and services provided by cities lead to greater improvements in well-being, and therefore pleasure.

Another crucial factor that influences the level of pleasure is the work situation of an individual. This issue also covers job satisfaction, which is commonly described as the level to which people like their work. Conversely, there is little information about the relationship between job satisfaction and happiness. To attain happiness or well-being at the workplace, the orientation of employees towards happiness is significant. Moreover, some studies also make a distinction between the level of satisfaction of an individual in their personal and working life. Employees feel more unhappy and find themselves in a difficult situation if they are not assisted in performing their tasks. Unemployment is also considered as a cause of unhappiness, as people who are unemployed experience significantly lower levels of satisfaction compared to people who are employed.

The economical and cultural circumstances and opportunities of a person's residential neighborhood are considered to be important. Neighborhood satisfaction is significantly affected by the socioeconomic characteristics of the residents. The importance of the data is also based on the fact that natural environments can enhance happiness by promoting and facilitating physically and psychologically

beneficial behavior, such as exercise, leisure, and social interaction, for pragmatic, cultural, and/or social reasons; on the other hand, awareness of a local environmental issue and its negative effects could directly reduce happiness levels. Consequently, feelings about the environment may influence happiness. People have been found to be much happier in environments that are clean, calm, and peaceful.

After examining the arguments presented by the respondent, it can be concluded that the living environment is intricately related to different dimensions of quality of life and happiness. There are reciprocal relationships between the living environment and physical and mental well-being, social relationships and neighborhood safety, and mental health and living environment choice. It can be concluded that the living environment has a profound impact on happiness, which is influenced by different physical, social, psychological, community, and technological factors.

A well-designed living environment, with natural light, ventilation, and comfortable temperatures, can help improve mood and energy. Further, living in a safe, clean, and well-served neighborhood can help improve overall satisfaction with life, while having access to amenities like parks, recreational facilities, and shopping centers can help improve happiness. Moreover, feelings of control, belonging, and aesthetic pleasure in one's living environment can also help improve happiness. Community and neighborhood factors, like community engagement, neighborhood safety, and access to services, also play an important role in determining happiness. In addition, access to technology, environmental quality, and sustainability are also being increasingly identified as important determinants of happiness. In essence, by creating a living environment that incorporates these elements, one can help promote happiness, overall well-being, and a sense of fulfillment. Further, by understanding the complex relationship between living environment and happiness, one can take deliberate steps to design and create living environments that help promote happiness and well-being.

5. RESULTS

The themes that emerged from the analysis are five, and they are all connected to the living environment and QOL and happiness. 1) *Living Environment*: This is the physical and social context that surrounds an individual and shapes his or her life, well-being, and behavior. 2) *Physical Environment*: This includes the quality of housing, natural light, proximity to green spaces, noise, and air quality. 3) *Social Environment*: This includes community resources, safety, and cultural and socioeconomic factors. 4) *Community Engagement*: This includes participation in community activities, social interactions, and feelings of belonging. 5) *Environmental Quality*: This includes access to clean air, water, and land, and the effect of environmental degradation on happiness.

The results emphasize the need to create a well-designed physical environment that enhances happiness and well-being. The physical environment, such as the quality of housing, natural light, and green spaces, can have a great impact on an individual's mood and energy levels. Furthermore, the social environment, such as community resources and neighborhood safety, is also very important in determining happiness. The results of the study are in line with previous studies, which have found that the living environment can affect happiness in different ways. For instance, the availability of natural light and green spaces can enhance one's mood and lower stress levels'. Moreover, residing in a safe and secure neighborhood can increase feelings of safety and security, which are very important for happiness (Mouratidis, 2021).

6. CONCLUSION

This research proves the complex relationship between living environment and happiness. By identifying the factors that influence happiness, people can take deliberate actions to create living environments that lead to happiness. The results of this research emphasize the need to create a living environment that is well-designed, provides opportunities for community involvement, and is environmentally sustainable to increase happiness and overall well-being.

6.1 Recommendations

1. It is recommended to focus on urban planning. Incorporate green spaces, parks, and recreational facilities into urban design to promote physical activity and social interaction.
2. Encourage community participation in decision-making processes to foster a sense of belonging and environmental sustainability.
3. Society's should focus on promoting sustainable practices, such as reducing waste and conserving energy, to enhance environmental quality.
4. It is recommended to ensure that housing is safe, secure, and well-maintained to promote physical and well-maintained to promote physical and mental well-being.

6.2 Future Research Directions

1. Identifying the Impact of Climate Change: Research the impact of climate change on living conditions and happiness.
2. Examining the Relationship between Living Conditions and Mental Health: Research the relationship between living conditions and mental health.
3. Developing Community Engagement Strategies: Develop strategies to promote community engagement and participation in decision-making.
4. Evaluating the Role of Urban Planning Initiatives: Evaluate the effectiveness of urban planning initiatives in enhancing happiness and wellbeing.

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