

GENERIC ELECTIVES (GE-10): Quality of life and well-being

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/Practice		
Quality of life and well-being	4	3	0	1	12th Pass	----

Learning Objectives:

- To understand the concept of QoL and well-being.
- To learn about various domains and indicators related to QoL and well-being.
- To know the measures of QoL and well-being as per different community or geographical setting.
- To identify the similarity and differences in these two concepts.
- To understand the change in QoL and well-being as per disease severity and duration of symptoms in different age group and gender.

Learning outcomes:

- Learner will be able to understand the basic concept of QoL and well-being.
- Information about measures of well-being and QoL will be instilled.
- Learners will get to know about indicators and theoretical models of well-being and QoL
- Knowledge about evaluation of chronic illness treatment through wellbeing and HRQoL will be imparted.

Syllabus:

Unit 1: Fundamentals of quality of life and well being **(12 Hours)**

Concept of Quality of life (QoL), subjectivity and multidimensionality models, standard of living, life satisfaction, philosophical foundation, definitions and measures of QoL and well being

Unit 2: QoL and Chronic illness **(12 Hours)**

Quality of life as an evaluation tool for the treatment (HRQoL), functioning domains under QoL: physical, mental, emotional, intellectual, spiritual, and social functioning, impact of Covid-19 on QoL and well-being

Unit 3: Theories and indicators of QoL and well-being **(12 Hours)**

Hedonic and Eudaimonic well-being, objective, subjective and relational well-being, integrative theories of subjective QoL. Effect of technology, economic, political, socio-cultural, resource, domain dynamics on QoL and well-being.

Unit 4: Types of well-being **(09 Hours)**

Work, residential, material, social, family, marital, health, leisure. quality of life and well-being of Women, older adults, children, youth, geographic population segments etc.

Practical: **(30 Hours)**

To assess QoL and wellbeing of different population at different age groups.

1-2 workshops/projects over the academic semester on topics related to quality of life and wellbeing in anthropology. It would bring students to brainstorming discussions on current issues and help them develop innovative ideas.

References:

1. An Interdisciplinary Perspective edited by Shruti Tripathi, Rashmi Rai, Ingrid Van Rompay-Bartels, 1st edition, 2021, CRC press, Boca Raton <https://doi.org/10.1201/9781003009139>
2. <https://www.springer.com/series/8365>
3. Handbook of Active Ageing and Quality of Life, 2021, ISBN: 978-3-030-58030-8
4. Well-Being as a Multidimensional Concept: Understanding Connections among Culture, Community, and Health, 2019, EDITED BY JANET M. PAGE-REEVES
5. Upton, D., Upton, P. (2015). Quality of Life and Well-Being. In: Psychology of Wounds and Wound Care in Clinical Practice. Springer, Cham. https://doi.org/10.1007/978-3-319-09653-7_4
6. <https://www.cdc.gov/hrqol/wellbeing.htm>

Teaching Learning Process

1. Classroom teachings
2. Seminars and Interactive sessions
3. Practical classes/ Field work

Keywords: Quality of life, wellbeing, Hedonic, Eudaimonic

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.