

# Wellbeing, home satisfaction and the perception of health

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April 20, 2016



# Wellbeing, home satisfaction and the perception of health

- Need for theory
- Housing wellbeing theory
- What wellbeing is not
- Regional differences

# Why study wellbeing?

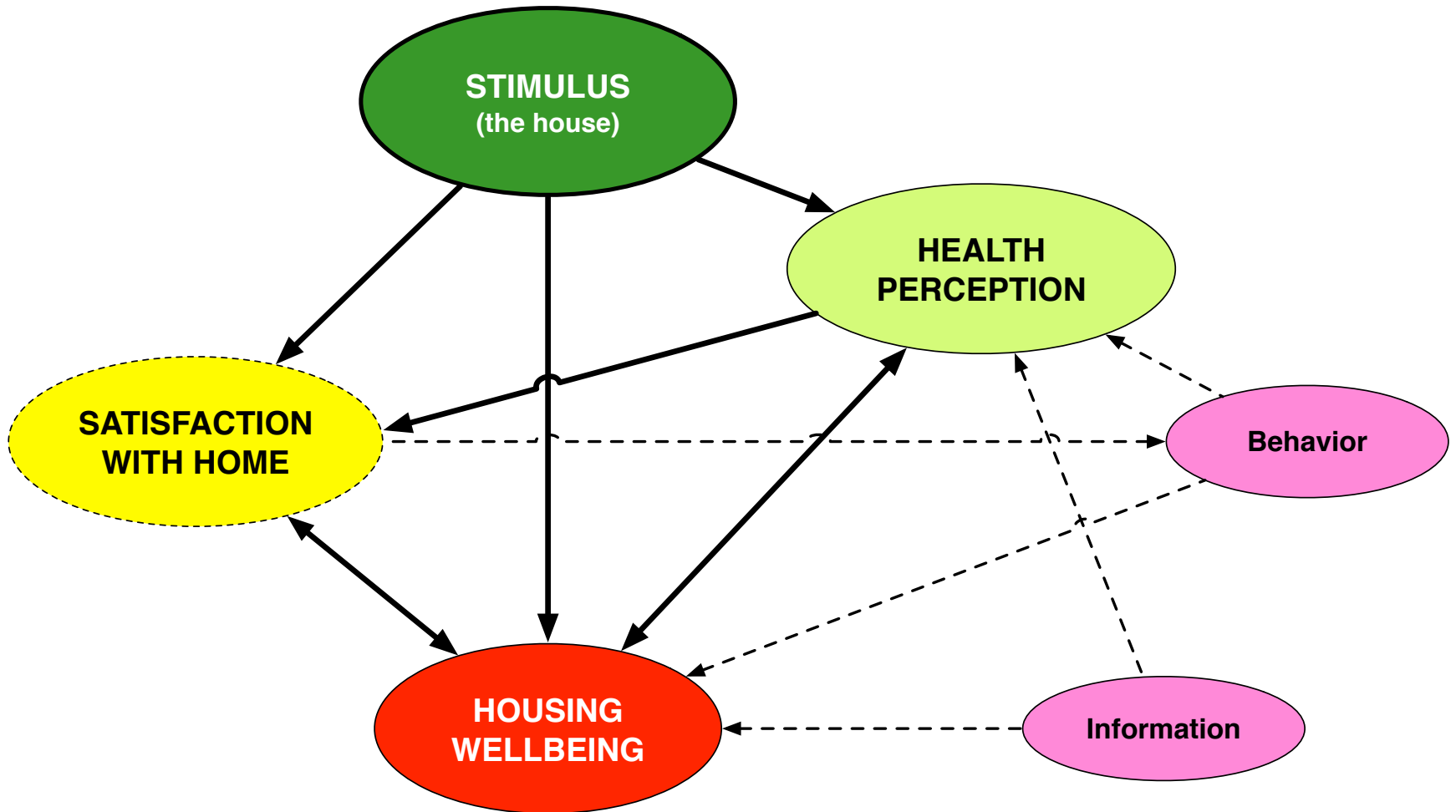
If sustainable housing is to proliferate, we must take the wellbeing of users into account.

But only if we can *explain* wellbeing we will know what needs to be done to having it. This is what scientific theories are good for.

# Causal relationships

1. Features of the house as a *stimulus*
2. Sense of *health*
3. Expression of home *satisfaction*
4. Information and behaviour as intervening variables

# Housing wellbeing theory



# What wellbeing is not

*Comfort* is tied to particular physical modalities. *Wellbeing* in contrast is the overall evaluation of the entire housing situation.

We do not define what wellbeing is, but leave it to the user to decide. The *Housing Wellbeing Inventory* (HWI) is designed for exploring that.

# Dimensions explored

- 1: Emotional attachment
- 2: Size
- 3: Modernization status
- 4: Daylight
- 5: Neighbourhood
- 6: Heating control
- 7: Energy consumption
- 8: Humidity
- 9: Sleeping comfort
- 10: Indoor climate

# Second-order wellbeing factors

## Affective wellbeing

(Emotional attachment, neighbourhood, indoor climate, daylight, sleeping comfort)

## Functional wellbeing

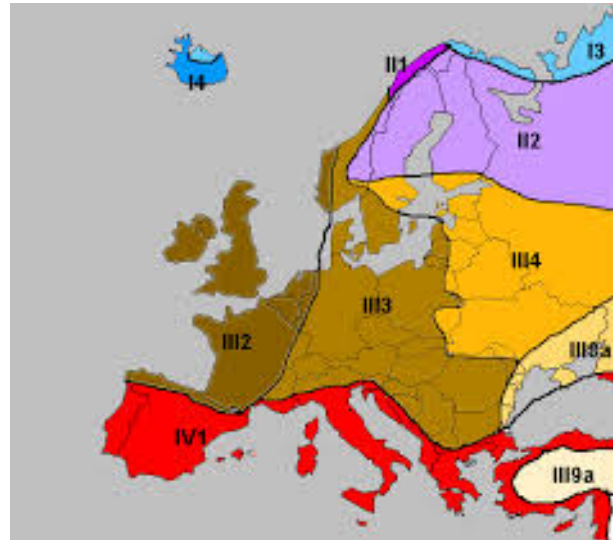
(Modernization status, energy consumption, humidity, heating control)

## Space for wellbeing

(Home size)

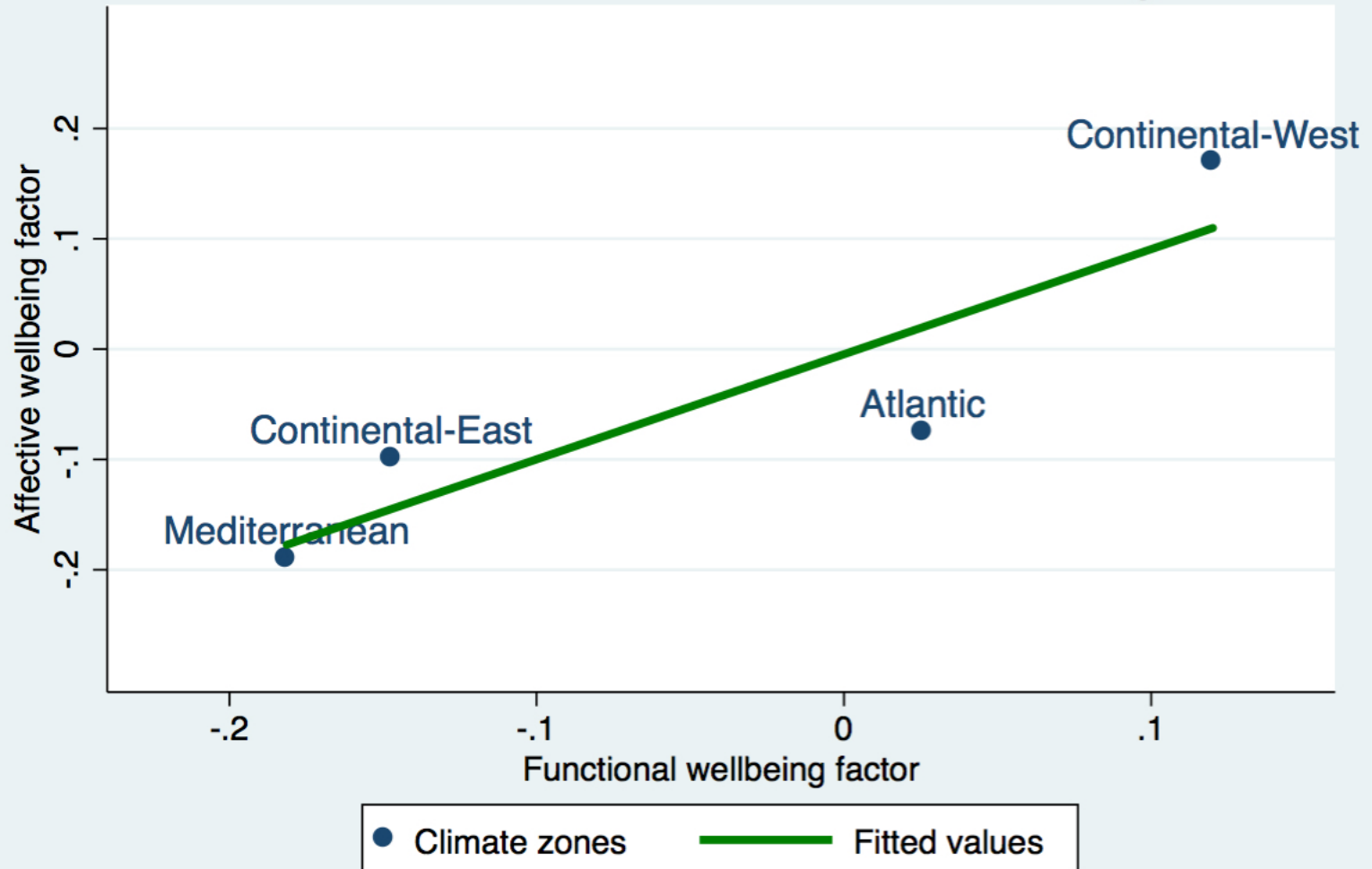


# Climate zones classification

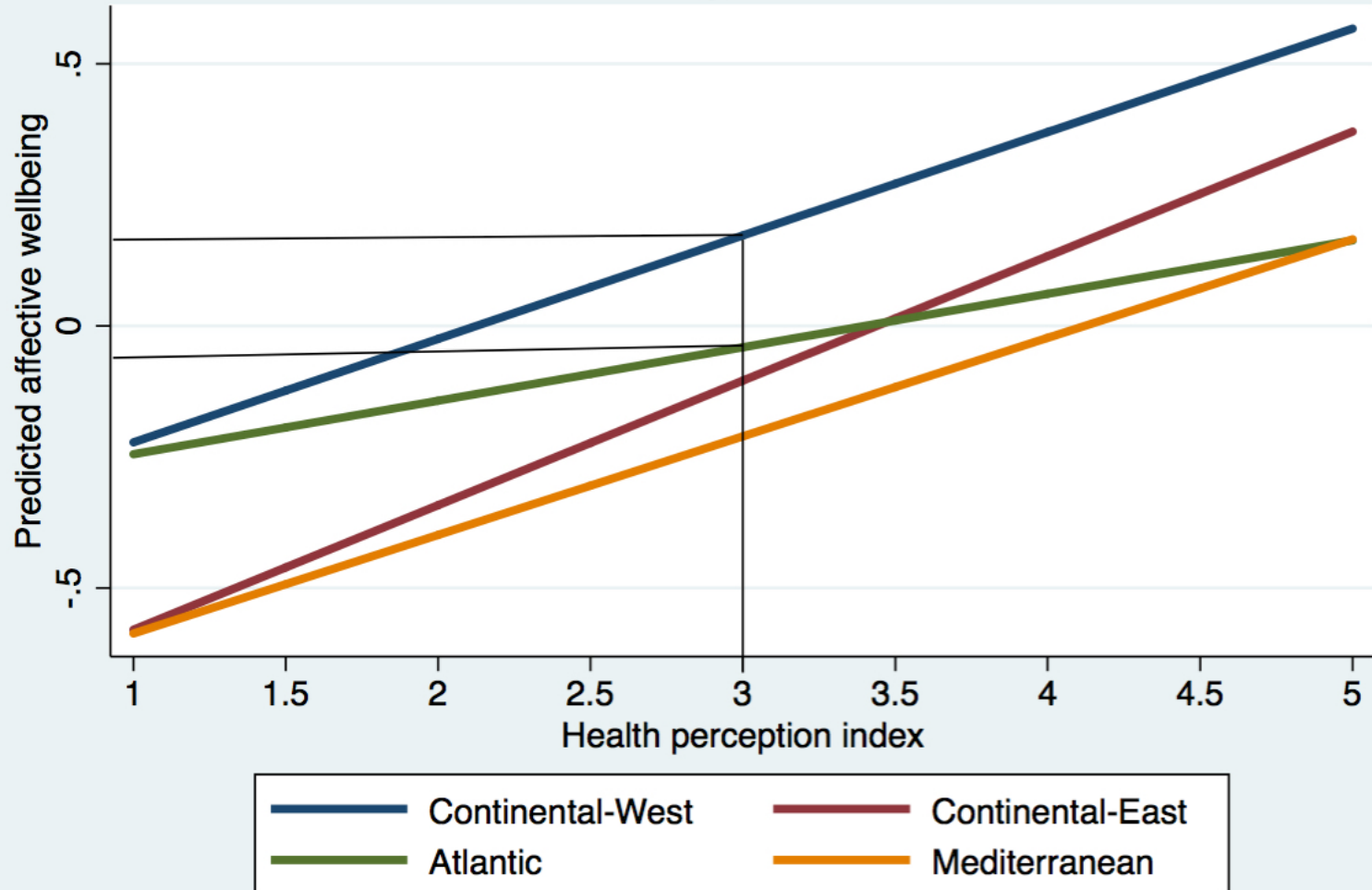


<b>Continental West</b>	Austria, Denmark, North-west France, Germany, Northern Italy, Eastern Norway, Switzerland (5,359)
<b>Continental East</b>	Czech Rep., Hungary, Poland (3,000)
<b>Atlantic</b>	Belgium, Western France, Western Norway, Western Spain, The Netherlands, UK (3,965)
<b>Mediterranean</b>	Southern France, Southern Italy, Southern Spain (1,676)

## Climate and second-order wellbeing



## Predictive wellbeing of climate zones



# Conclusions

- Climate zones in Europe exhibit different levels of housing wellbeing.
- In the four climate zones, health perception is causally relevant for housing wellbeing to a varying degree.
- This is why there is not one-for-all strategy for enhancing wellbeing and designing sustainable houses.

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**Thank you!**