

Household wellbeing: the key to a sustainable and sufficient economy

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Motivation

- The transition to sustainable development continues to be elusive.
- The axiom that more consumption is better, drives our current economic system.
- Non-market goods and services are omitted.

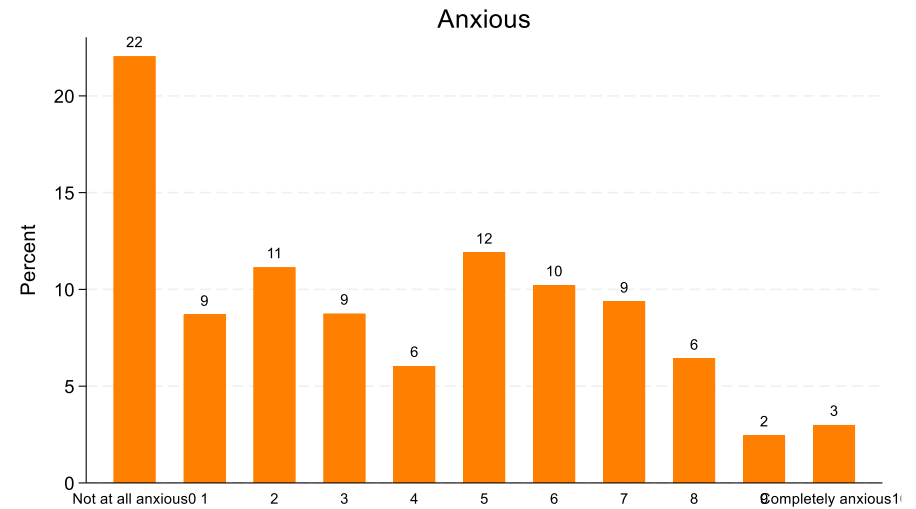
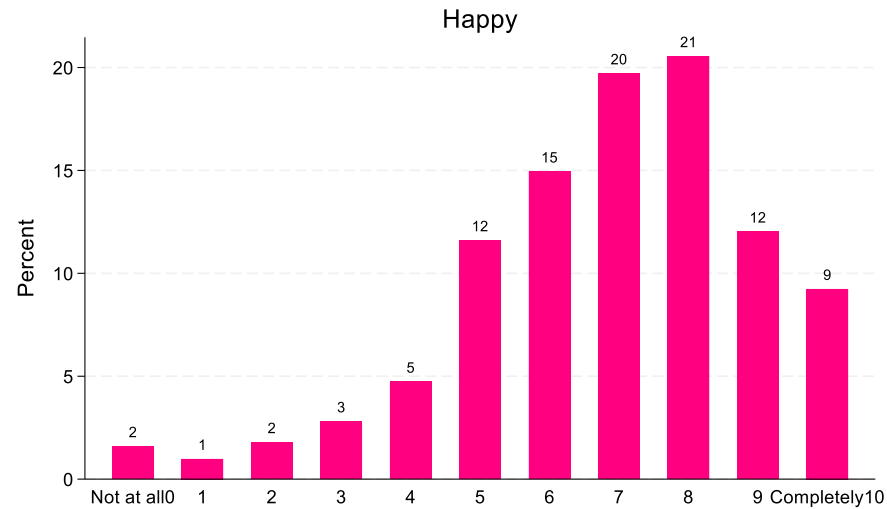
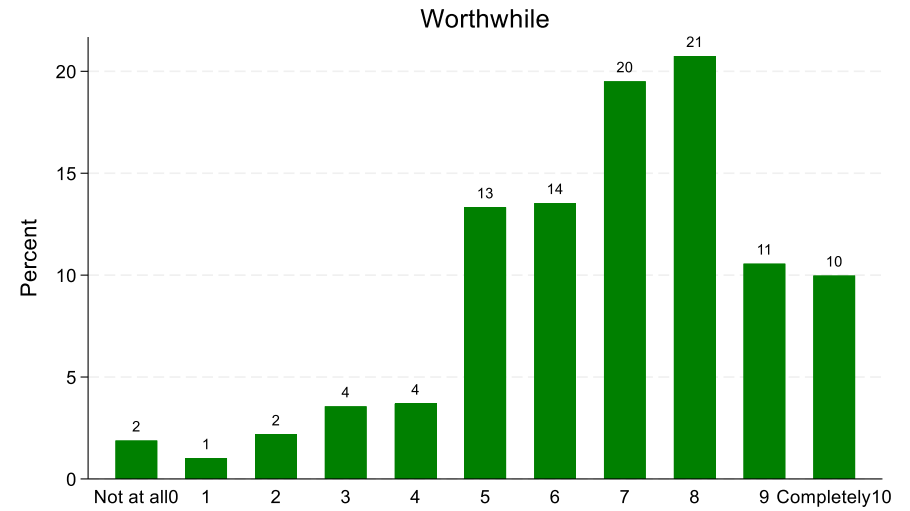
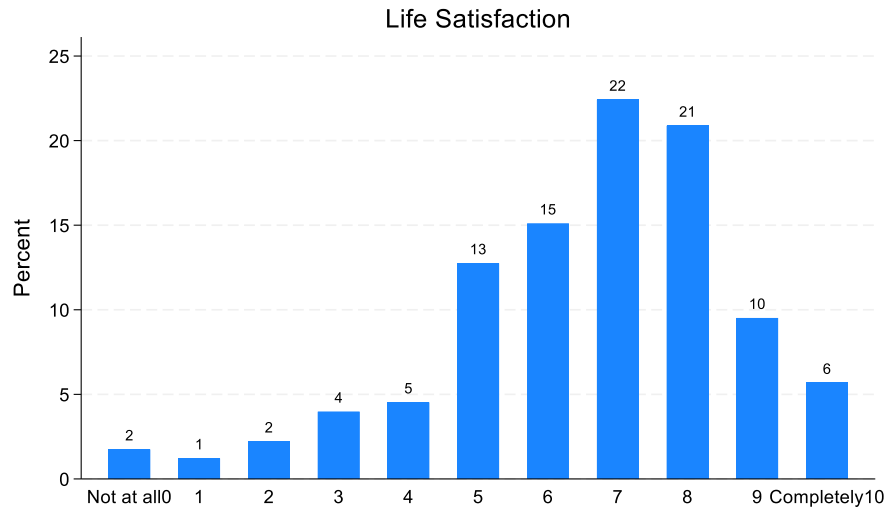
Wellbeing

- How we are doing as individuals, communities and a nation (ONS 2023).
- Evaluative: Overall, how **satisfied** are you with your life nowadays?
- Eudemonic: Overall, to what extent do you feel that the things you do in your life are **worthwhile**?
- Hedonic: Overall, how **happy** did you feel yesterday?
- Hedonic: Overall, how **anxious** did you feel yesterday?

Data

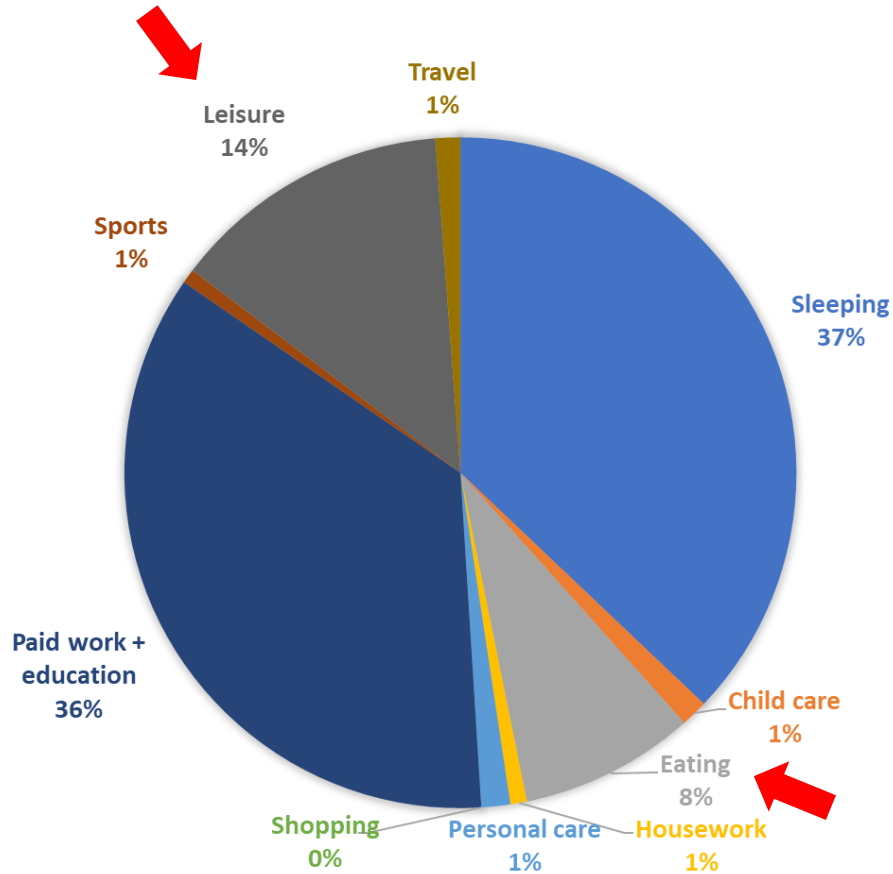
- Time Use survey – how people spend their time.
- February 2016 – Sept 2021
- Covers periods before, during and after Covid restrictions.
- Source: Gershuny, J., Sullivan, O., Lamote de Grignon Perez, J., Vega-Rapun, M. (2022). Centre for Time Use Research UK Time Use Survey 6-Wave Sequence across the COVID-19 Pandemic, 2016-2021. [data collection]. 4th Edition. UK Data Service. SN: 8741, [DOI: http://doi.org/10.5255/UKDA-SN-8741-4](http://doi.org/10.5255/UKDA-SN-8741-4)

Life satisfaction, worthwhile, happiness and anxiety

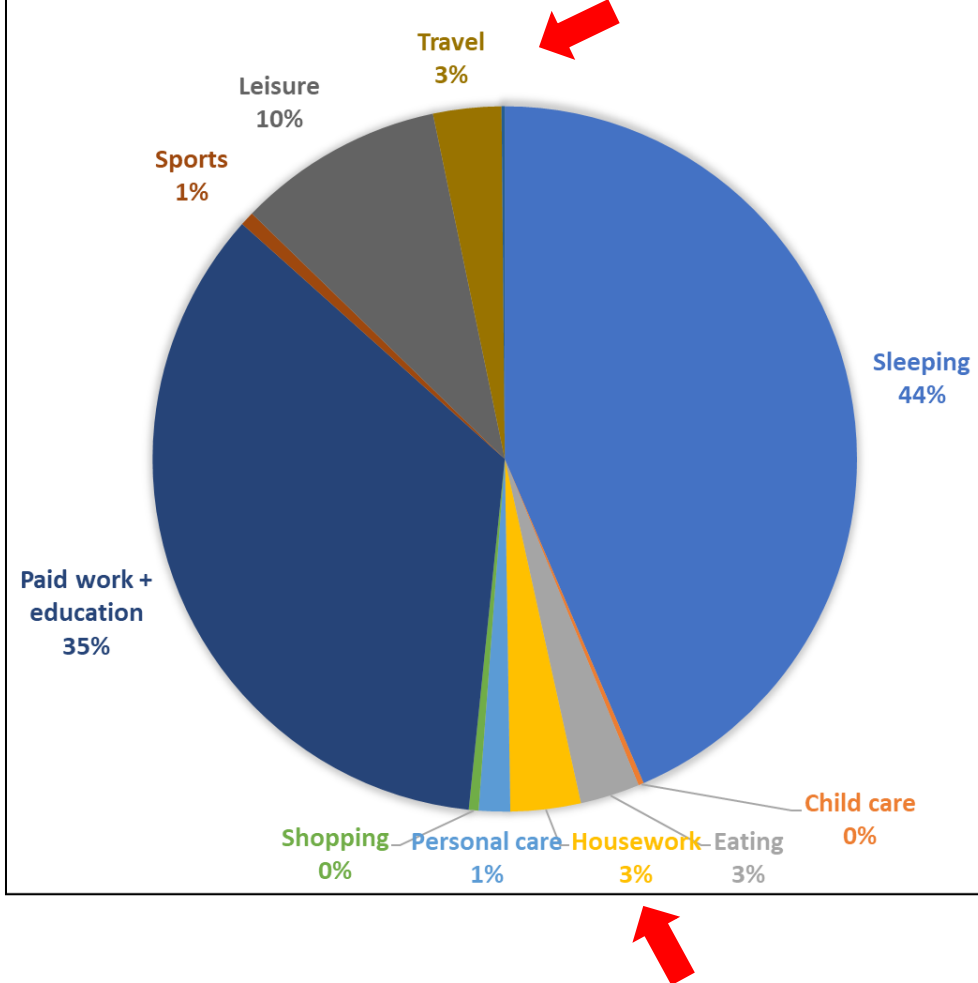


Satisfied vs Unsatisfied weekday

SATISFIED ONS4



UNSATISFIED ONS4



Enjoyment of activities

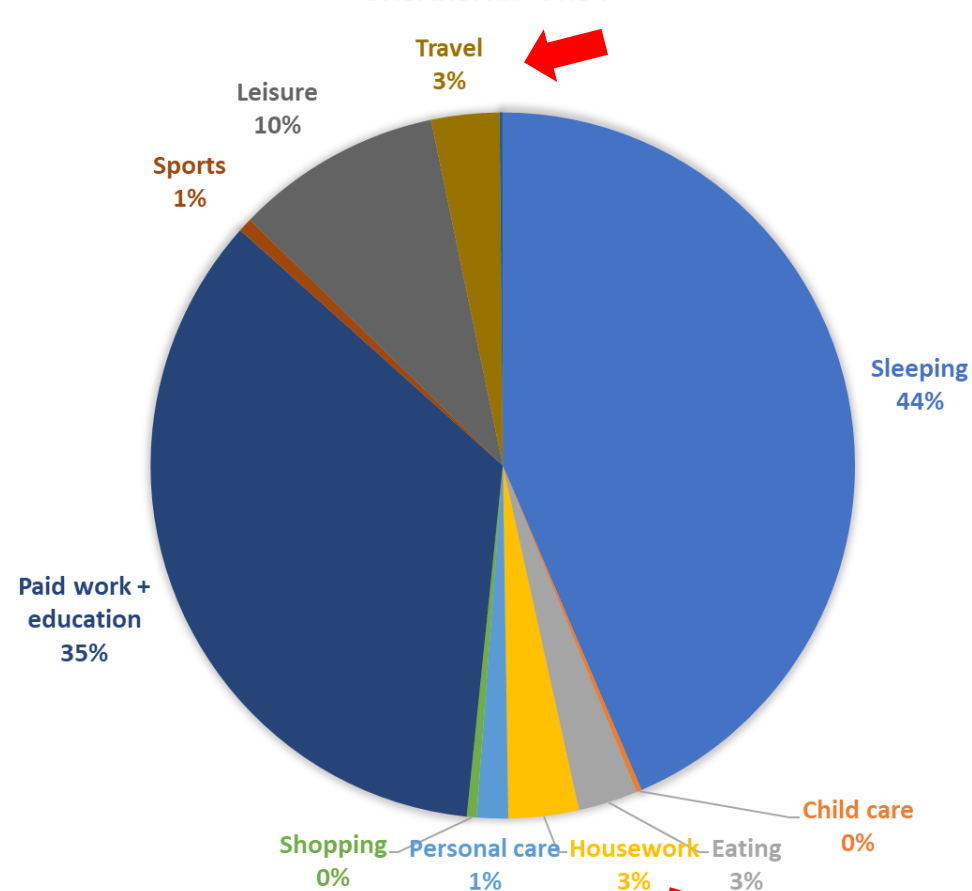
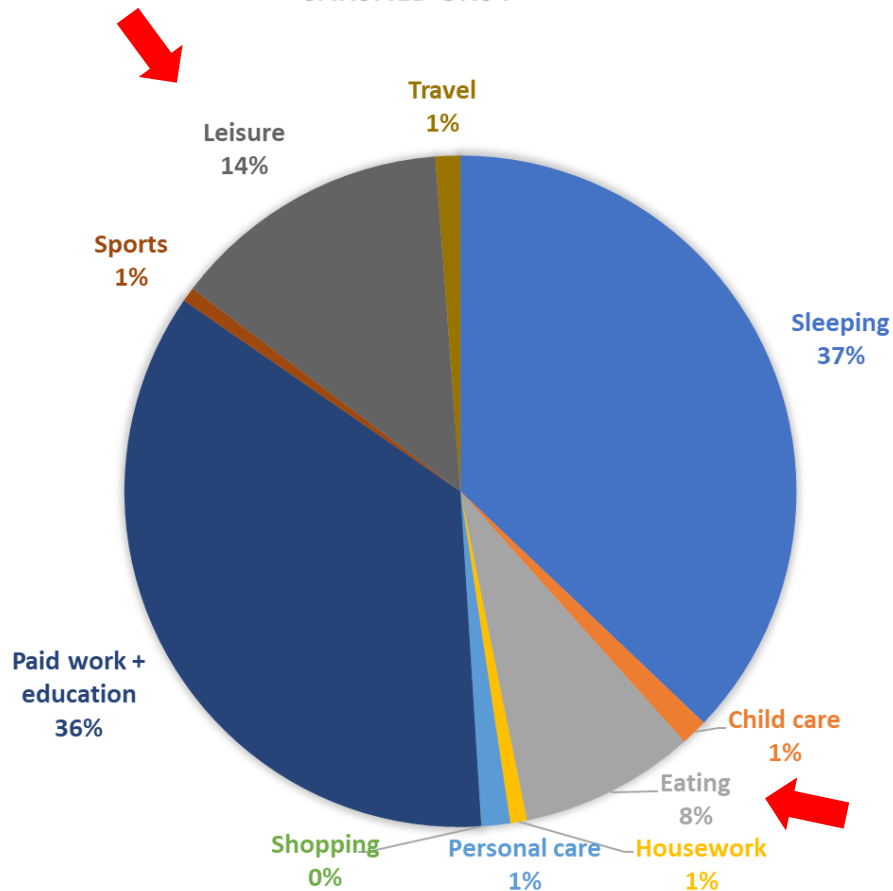
<u>Eating</u>	<u>5.7</u>
Sports	5.3
Child care	5.3
Paid work	5.2

<u>Leisure</u>	<u>5.1</u>
Sleeping	5.0
<u>Travel</u>	<u>4.9</u>
Personal care	4.8

<u>Housework</u>	<u>4.6</u>
Shopping	2.0


SATISFIED ONS4

UNSATISFIED ONS4



Leisure activities → Environmental impact

- Watching tv, video, dvd, music
- Going out to eat, drink
- Time with friends, family
- Recreational courses
- Walking, dog walking
- Playing computer games
- Telephone, text, email, letters

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- Energy intensity
 - Material intensity
 - Escalating standards
 - Expectations

Source: Druckman et al. 2019

Source: Bedford et al 2011,
RESOLVE working paper 12-11

Value systems

- Plalking: picking up litter while walking
- Plogging: picking up litter while jogging

- Change in underlying value systems that changes the leisure activity.