

学校编码：10384

分类号\_\_\_\_\_密级\_\_\_\_\_

学号：13920090153175

UDC\_\_\_\_\_

厦 门 大 学

博 士 学 位 论 文

社会质量视野下的居民幸福感研究

——基于厦门与深圳的实证分析

**A study on Residents' Well-being under the Vision of Social uality**

**——Based on empirical analysis of Xiamen and Shenzhen**

孟祥斐

指导教师姓名：徐延辉 教授

专 业 名 称：社 会 保 障

论文提交日期：2012 年 5 月

论文答辩时间：2012 年 6 月

学位授予日期：2012 年 月

答辩委员会主席：\_\_\_\_\_

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2012年5月

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## 摘要

居民幸福感是衡量一个国家或地区人们福祉的重要指标。什么样的发展能为人们带来更大的幸福？随着我国经济的高速增长和社会结构的巨大变化，国民幸福问题引起了决策者和社会各界的广泛关注。哪些因素影响幸福以及如何提升国民幸福感水平成为社会各界探讨的焦点。目前关于幸福感影响因素的研究，多是从心理学和经济学的角度，主要集中于个体层面因素和经济因素的研究，对社会因素的关注度不够。本文认为对居民幸福感的考察不能脱离社会的发展，这是居民幸福感的社会基础和源泉。源于欧洲的社会质量理论为研究社会发展提供了一种全新的理念和研究范式，也为系统探讨居民幸福感提供了一个新视角。本文即是尝试运用社会质量理论，从实证的角度探讨社会质量与居民幸福感之间的关系。这可丰富幸福感的理论解释框架，也可检验社会质量理论在中国社会背景下的适用性。

社会质量 (Social Quality) 具体是指民众在提升其福祉和个人潜能的前提下，能够参与社区的社会、经济与文化生活的程度。与传统依赖经济标准测量生活质量的理论与方法不同，社会质量理论以“社会”为导向，强调人们在团体中、社区中和社会中的相互依存关系。它倡导建立一种以公民权、民主、平等和社会团结为核心价值的社会，具体包含社会经济保障、社会凝聚、社会包容和社会赋权四个维度。本文幸福感 (Well-being) 是指人们对社会生活中自身存在与发展状况的一种主观感受，它既与人们生活的客观条件密切相关，又体现了人们的需求和价值，具体包含经济充足体验感、自我效能与价值感、公共服务与政策体验感、社会生活与健康满意感、未来预期与信心感五个维度。

论文的基本思路和结构如下：

第一章为绪论，阐述了本研究的研究背景与研究问题、研究价值和研究框架，并对有关幸福感和社会质量研究进行了文献梳理与评价等。第二章介绍了本研究的研究方案。第三至六章分别从实证角度，运用多元线性回归方程探讨了社会经济保障、社会凝聚、社会包容、社会赋权与居民幸福感及其各维度之间的关系。第七章运用多元线性回归方程和结构方程模型从总体上探讨了社会质量对居民幸福感的影响效应与路径。第八章是结论部分，对全文总结，提出政策启示，并指出不足和改进的方向。

本研究的主要发现和结论有以下几点：

第一，相比个体因素与宏观经济因素，社会质量对居民幸福感形成重要影响。这

说明幸福感作为居民对自身社会生存与发展状况的一种综合主观感受，更多受到来自社会层面因素的影响。这反映了人的“社会属性”，同时，也验证了社会质量理论的合理性。

第二，社会质量四个维度中，社会凝聚对居民幸福感影响程度最大，这说明社会团结与社会信任成为当前影响居民幸福感的重要维度；社会经济保障对居民幸福感的影响程度次之，这显示基本生活保障仍然是当前影响我国居民幸福感的重要因素；不可忽视的是，社会包容对居民幸福感的影响程度几乎与社会经济保障相同；社会赋权对居民幸福感的影响最小，这说明对当前我国居民幸福感来说，社会参与和能力提升还不是主要影响因素。

第三，幸福感是一种复杂的社会心理与主观体验，应该采用整合思路来确定其结构与构成要素。

第四，社会质量四个维度对居民幸福感的影响路径是与其各自独立的方式对居民幸福感形成直接影响，不存在交互影响或通过四个维度中的某一维度对居民幸福感形成影响路径，这也再次验证了社会质量理论的合理性，体现了社会质量理论的内在统一性。

由此，本研究认为，对居民幸福感的提升应从生产导向转向社会质量导向，其在政策取向上指向的是一种更广泛的社会保障，是一种全方位应对风险的系统性保障。

关键词：社会质量；幸福感；中国居民



## Abstract

Well-being of residents is an important indicator to measure people's welfare in a country or a region. With the huge changes of China's rapid economic growth and social structure, the Gross National Happiness has aroused wide concern of policy makers and the different social sectors. What factors affect the well-being as well as how to enhance the national level of happiness has become the focus of many discussions. Most of the latest research mainly focus on the individual level factors and economic factors from the point of view of psychology and economics, and there is a lack of consideration about the social factors. This article argues that residents' well-being can not be explored without the consideration of social development, which is the foundation and source of the happiness. Social quality theory, originating from the European, provides a new concept and paradigm for the study of social development, and also provides a new perspective to explore well-being of residents. This article attempts to use the social quality theory, from the empirical perspective, to explore the relationship between the social quality and the residents' happiness. It can not only enrich the research framework of the happiness theory, but also test the applicability of the theory of social quality in the social context of china.

Social quality specifically refers to the public under the conditions that enhance their well-being and individual potential, to participate in the extent of the social, economic and cultural life of the community. Dependence with the traditional theories and methods of economic criteria to measure quality of life, the social quality theory of "social" oriented, emphasizing the people in a group, community and society interdependent relationship. It advocated the establishment of a core value of social citizenship, democracy, equality and social solidarity, specifically including the socio-economic security, social cohesion, social inclusion and social empowerment four dimensions. In this paper the well-being refers to the social life there are a subjective feeling and state of development. It is closely related to the objective conditions of people's lives, but also reflects people's needs and values. It concrete contains the sense of sufficient economy, the sense of self-efficacy, the value of public services, the sense of social life and health satisfaction, future expectations, and confidence.

The basic idea and structure of the paper is as follows:

The first chapter is the introduction. It includes the background of this study, research

issues, research values and the research frameworks. Chapter II is about the literature review and the research evaluation of happiness and social quality theory. The third chapter describes the research program in this study. From the fourth to seventh chapters, the paper respectively explore the relationship between the residents' happiness and socio-economic security, social cohesion, social inclusion as well as social empowerment by the multiple linear regression. The eighth chapter discusses the effect and the path of the social quality on the residents' happiness by the multiple linear regression equation and structural equation model. The ninth chapter is the conclusion, and it points out the deficiencies and improvement direction as well as the policy implications.

The main findings and conclusions of this study are as follow:

Firstly, compared to the individual factors and macro-economic factors, there is significantly effect of social quality on the well-being of residents. This suggests that happiness as a subjective perception about social survival and development, has been influenced by the social factors.

Second, among the four dimensions of social quality, social cohesion is the biggest factor influencing the well-being of residents, indicating that social solidarity and social trust are the most important to the well-being of residents. The influence is followed by the impact of socio-economic security, indicating that basic living security is still an important factor. What can't be ignored is the social inclusion impact which is almost the same as socio-economic security. Social empowerment is the minimal impact which shows that the right of social participation and capacity building is not the main factors at present.

Third, as a complex social mental state and the subjective experience, happiness should be used to determine the structure of happiness and the elements in the integration of ideas.

Fourth, the impact of the four dimensions is independent and direct. Interactive influence does not exist and there is no single path which influences the well-being of resident by one dimension in the four dimensions.

Thus, this study believes that the social quality-oriented shift from production-oriented to the enhancement of the residents' happiness. The policy orientation points to a broader social security. That is a holistic response to the risk of systemic protection.

Key words: Social quality; Well-being; Chinese residents

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