

Research project and supervisor team

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Short introduction & description of research project	<p>When economic development reaches a certain level, people's material needs are largely met. However, more and more scholars have agreed that economic growth or improved income level does not equate to an increase in level of quality of life. Rather, with increase in living standard, residents will tend to pursue spiritual happiness and fulfilment. Since the reform and opening of China, for example, the level of economic development as well as residents' economic income has increased significantly. The Chinese society is now featured with growing desire for a better quality of life. Well-being, which is frequently used interchangeably with 'quality of life', is widely regarded as a depiction of individuals' life circumstances in a country, region, or locality. Therefore, with the enhancement of economic development, it is inevitable to pay more attention to residents' quality of life/well-being, which not only relates to one's monetary income but other factors that will affect his/her satisfaction toward life. Subjective well-being (SWB) is a subjective and stable evaluation of an individual's life, and is often synonymous with happiness, life satisfaction, and the perception of quality of life. Scientists in the field of SWB assert that self-evaluations of one's own life are significant phenomena and should be regarded as a component of the good life.</p> <p>The SWB is worth studying due to another fact that major crisis may lead to deterioration in people's mental health status. Although most countries have more or less lifted their COVID-19-related control measures and resumed the international flights, the past three years living with the COVID-19 pandemic and lockdown worldwide triggered a prevalence of depression and anxiety. Therefore, it is of great importance to investigate the mechanism of how SWB can be improved, especially in a post-pandemic era. The determinants of SWB have been studied since the beginning of 21st Century. Apart from income level and socio-demographic factors, activity factors also attract scholars' attention as they may augment the level SWB. Scholars stated that physical exercise benefits individuals' biological and mental health. Physical activity was found to be highly connected with a lower risk of cardiovascular morbidity, stable blood pressure and heart rate, less overall fatigue, functioning respiratory parameters, and a higher perception of one's own health status.</p> <p>This PhD research tends to examine if more intensive physical exercises will enhance individual's subjective well-being. Meanwhile, the mechanism of how physical exercise intensity will benefit one's SWB is to be explored via a mediator analysis with perceived health status being the proposed mediator.</p>
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