

## Evaluation of life quality indicators in cities & improving urban environmental (Case Study: Boroujerd city )

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**ABSTRACT** : One of the main urban issues is healthy life of residents. Today cities have created mental disaster due to some problems such as crowded, pollutions, high density population and etc. on the other hand , cities especially small cities have natural and appropriate conditions in order to improving urban life quality . So should be planned for using from them. This research is applied. Research method is "descriptive – analytical". Data collected is field. At first, was determined by using kukran method. The sample size is 384 people. In order to using from (GHQ-28) questionnaire (Human, 2005: 131). In this research was evaluated urban quality of Boroujerd city. In order to analyzing of data was used some technique such as: SPSS, Pierson correlation, T test, T Kendall, regression and keroskal. Also, was used questioner for determining sample size. The results shows, there is oriented relation between location and health of residents. Indeed, there is appropriate condition of life quality in welfare location. On the other hand, the most disorder between residents was stress that decreased urban life quality.

**KEY WORDS** : life quality, GHQ, indicator

### I. INTRODUCTION

The term quality of life (QOL) references the general well-being of individuals and societies. The term is used in a wide range of contexts, including the fields of international development, healthcare, and politics. Quality of life should not be confused with the concept of standard of living, which is based primarily on income. Instead, standard indicators of the quality of life include not only wealth and employment, but also the built environment, physical and mental health, education, recreation and leisure time, and social belonging (Husseini, 1999: 45). According to ecological economist Robert Costanza: While Quality of Life (QOL) has long been an explicit or implicit policy goal, adequate definition and measurement have been elusive. Diverse "objective" and "subjective" indicators across a range of disciplines and scales, and recent work on subjective well-being (SWB) surveys and the psychology of happiness have spurred renewed interest. Also frequently related are concepts such as freedom, human rights, and happiness. However, since happiness is subjective and difficult to measure, other measures are generally given priority. It has also been shown that happiness, as much as it can be measured, does not necessarily increase correspondingly with the comfort that results from increasing income. As a result, standard of living should not be taken to be a measure of happiness. Also sometimes considered related is the concept of human security, though the latter may be considered at a more basic level, and for all people.

Unlike per capita GDP or standard of living, both of which can be measured in financial terms, it is harder to make objective or long-term measurements of the quality of life experienced by nations or other groups of people. Researchers have begun in recent times to distinguish two aspects of personal well-being: Emotional well-being, in which respondents are asked about the quality of their everyday emotional experiences the frequency and intensity of their experiences of, for example, joy, stress, sadness, anger, and affection and life evaluation, in which respondents are asked to think about their life in general and evaluate it against a scale. Such and other systems and scales of measurement have been in use for some time.

Research has attempted to examine the relationship between quality of life and productivity (nur bala, 2002: 5). In recent decade evaluating of life condition is important due to creating urban issues. today the modern method is led to created some problems such as : density , crowded , pollution ( Zahedi , 2002 : 20 ) . Improving human urban quality is necessary for governments (Ganji, 2002: 67). In this research was evaluated urban quality of Boroujerd city. In order to analyzing of data was used some technique such as: SPSS, Pierson correlation, T test, T Kendall, regression and keroskal. Also, was used questioner for determining sample size .

## II. STANDARD OF LIVING

Refers to the level of wealth, comfort, material goods and necessities available to a certain socioeconomic class in a certain geographic area. The standard of living includes factors such as income, quality and availability of employment, class disparity, poverty rate, quality and affordability of housing, hours of work required to purchase necessities, gross domestic product, inflation rate, number of vacation days per year, affordable (or free) access to quality healthcare, quality and availability of education, life expectancy, incidence of disease, cost of goods and services, infrastructure, national economic growth, economic and political stability, political and religious freedom, environmental quality, climate and safety. The standard of living is closely related to quality of life (Saliski, 2004: 48). Standard of living is generally measured by standards such as real (i.e. inflation adjusted) income per person and poverty rate (Ozur, 2003: 18). Other measures such as access and quality of health care, income growth inequality, Disposable Energy (people's disposable income's ability to buy energy) and educational standards are also used. Examples are access to certain goods (such as number of refrigerators per 1000 people), or measures of health such as life expectancy (Shahidi, 2003:35). It is the ease by which people living in a time or place are able to satisfy their needs and/or wants (Biyabangard, 2005:23). The idea of a 'standard' may be contrasted with the quality of life, which takes into account not only the material standard of living, but also other more intangible aspects that make up human life, such as leisure, safety, cultural resources, social life, physical health, environmental quality issues, etc ( Isfahani , 2006 :34 ) . More complex means of measuring well-being must be employed to make such judgments, and these are very often political, thus controversial. Even between two nations or societies that have similar material standards of living, quality of life factors may in fact make one of these places more attractive to a given individual or group (Javadi , 2004 : 30).

However, there can be problems even with just using numerical averages to compare material standards of living, as opposed to, for instance, a Pareto index (a measure of the breadth of income or wealth distribution). Standards of living are perhaps inherently subjective (Palahang, 1994: 21). As an example, countries with a very small, very rich upper class and a very large, very poor lower class may have a high mean level of income, even though the majority of people have a low "standard of living". This mirrors the problem of poverty measurement, which also tends towards the relative. This illustrates how distribution of income can disguise the actual standard of living (Yaqubi, 1993:52).

## III. RESEARCH HISTORY

Perhaps the most commonly used international measure of development is the Human Development Index(HDI), which combines measures of life expectancy, education, and standard of living, in an attempt to quantify the options available to individuals within a given society. The HDI is used by the United Nations Development Programmer in their Human Development Report. The Physical Quality of Life Index (PQLI) is a measure developed by sociologist Morris David Morris in the 1970s, based on basic literacy, infant mortality, and life expectancy. Although not as complex as other measures, and now essentially replaced by the Human Development Index, the PQLI is notable for Morris's attempt to show a "less fatalistic pessimistic picture" by focusing on three areas where global quality of life was generally improving at the time, and ignoring Gross National Product and other possible indicators that were not improving. The Happy Planet Index, introduced in 2006, is unique among quality of life measures in that, in addition to standard determinants of well-being, it uses each country's ecological footprint as an indicator. As a result, European and North American nations do not dominate this measure. The 2012 list is instead topped by Costa Rica, Vietnam and Colombia. Gallup researchers trying to find the world's happiest countries found Denmark to be at the top of the list. Switch publishes an annual quality of life index for European countries. France has topped the list for the last three years. A 2010 study by two Princeton University professors looked at 1,000 randomly selected U.S. residents over an extended period. It concludes that their life evaluations- that is, their considered evaluations of their life against a stated scale of one to ten - rise steadily with income.

On the other hand, their reported quality of emotional daily experiences(their reported experiences of joy, affection, stress, sadness, or anger) levels off after a certain income level (approximately \$75,000 per year);

income above \$75,000 does not lead to more experiences of happiness nor to further relief of unhappiness or stress. Below this income level, respondents reported decreasing happiness and increasing sadness and stress, implying the pain of life's misfortunes, including disease, divorce, and being alone, is exacerbated by poverty.<sup>[11]</sup> The term quality of life is also used by politicians and economists to measure the livability of a given city or nation. Two widely known measures of livability are the Economist Intelligence Unit's quality-of-life index and Mercer's Quality of Living Reports. These two measures calculate the livability of countries and cities around the world, respectively, through a combination of subjective life-satisfaction surveys and objective determinants of quality of life such as divorce rates, safety, and infrastructure. Such measures relate more broadly to the population of a city, state, or country, not to individual quality of life. Some crimes against property (e.g., graffiti and vandalism) and some "victimless crimes" have been referred to as "quality-of-life crimes." American sociologist James Q. Wilson encapsulated this argument as the Broken Window Theory, which asserts that relatively minor problems left unattended (such as litter, graffiti, or public urination by homeless individuals) send a subliminal message that disorder in general is being tolerated, and as a result, more serious crimes will end up being committed (the analogy being that a broken window left broken shows an image of general dilapidation). Wilson's theories have been used to justify the implementation of zero tolerance policies by many prominent American mayors, most notably Oscar Goodman in Las Vegas, Richard Riordan in Los Angeles, Rudolph Giuliani in New York City and Gavin Newsom in San Francisco. Such policies refuse to tolerate even minor crimes; proponents argue that this will improve the quality of life of local residents. However, critics of zero tolerance policies believe that such policies neglect investigation on a case-by-case basis and may lead to unreasonably harsh penalties for crimes.

#### IV. RESEARCH PURPOSE

The main purpose of research is, improving life quality in studied area. So has been codified 5 theories. They are:

- [1] There are difference physical disorders in Boroujerd districts.
- [2] There are difference anxiety disorders in Boroujerd districts.
- [3] There are difference social functional disorders in Boroujerd districts.
- [4] There are, depress disorders in Boroujerd districts.
- [5] There is difference mental health in Boroujerd districts.

**Research method :** This research is applied. Research method is "descriptive – analytical". Data collected is field. At first, was determined by using kukran method. The sample size is 384 people. In order to using from (GHQ-28) questionnaire (Human, 2005: 131). In this research was evaluated urban quality of Boroujerd city. In order to analyzing of data was used some technique such as: SPSS, Pierson correlation, T test, T Kendall, regression and keroskal. Also, was used questioner for determining sample size . The results shows, there is oriented relation between location and health of residents. Indeed, there is appropriate condition of life quality in welfare location. On the other hand, the most disorder between residents was stress that decreased urban life quality.

**Studied area :** The studied area is 17 of Broujerd district. Borujerd is a city in and capital of Borujerd County, Lorestan Province in western Iran. At the 2006 census, its population was 227,547 in 59,388 families. Among the existing modern cities in Iran, Borujerd is one of the oldest reported at least since the 9th century. In Sassanid Empire, Borujerd was a small town and region neighboring Nahavand. Gaining more attention during Great Seljuk Empire in the 9th and 10th centuries, Borujerd stood as an industrial, commercial and strategic city in Zagros Mountains until the 20th century. In its golden ages, Borujerd was selected as the state capital of Lorestan and Khuzestan region during Qajar dynasty in the 18th and 19th centuries. Today, Borujerd is the second largest city of Lorestan; hence, the major industrial, tourist and cultural center of the region. The city has kept its old architecture and lifestyle mostly through mosques, bazaars and houses built in the Qajar era. Borujerd city is located approximately 1670 meters above sea level and has a moderate climate with cold winters. The highest point is Garrin Mountain 3623 m above sea level and the lowest area is Gel Rood River in South with 1400 m elevation. Borujerd Township has 2600 km<sup>2</sup> area with approximately 400,000 inhabitants distributed in the city of Oshtorinan and more than 180 villages. Borujerd is located on Silakhor Plain which is the largest agricultural land of Lorestan. The high-elevated Zagros Mountains surround it from South East to North West and the peaks are covered with snow most of the times. Rural people work in farms or keep their domestic animals. Other people work in governmental offices, armed forces, factories or small local businesses. The feet of Zagros Mountains is a great destination for nomads and many Lurs and Bakhtiari nomads move there in summer. The area is paved with highways and is a crossroad between Tehran and Khuzestan Province

as well as Isfahan Province and Kermanshah Province.



Figure 1: Lorestan province

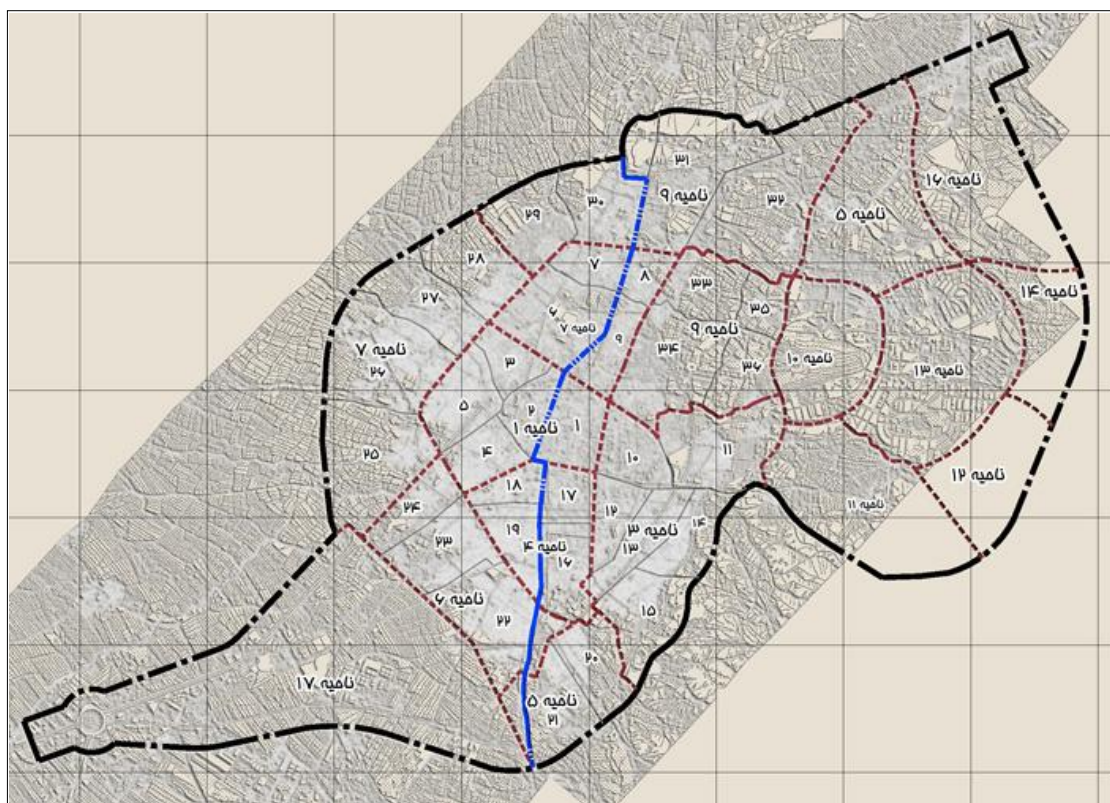


Figure 2: Borujerd city

### V. FINDINGS RESEARCH

According to mentioned explanation was considered theories. They are:

**H0- There isn't difference physical disorders in Boroujerd districts.**

**H1- There is difference physical disorders in Boroujerd districts.**

Average	Districts	Average	Districts
162.10	10	173.1	1
143.25	11	178.8	2
297.30	12	176.56	3
63.00	13	151.9	4
358.50	14	269.4	5
132.73	15	256.03	6
66.75	16	250.04	7
290.33	17	113.59	8
		100.89	9
101.57	$\chi$		
16	Freedom degree		
000	p		

**Table 1: keroskal test for comparing physical disorders in various districts**

Based on table 1, amount of "p" has been less than 0.01 ( $p < 0.01$ ). So, the H0 theory was false and H1 theory was true. According to above table the most of physical disorders was in 14 of district.

**H0: There aren't difference anxiety disorders in Boroujerd districts.**

**H1: There are difference anxiety disorders in Boroujerd districts.**

Average	Districts	Average	Districts
74.5	10	168.8	1
82.75	11	161.4	2
258.6	12	195	3
100	13	137.90	4
321	14	283.80	5
114.05	15	256.5	6
96.6	16	249.2	7
298.5	17	124.1	8
		93.3	9
110.4	$\chi$		
16	Freedom degree		
000	p		

**Table 2: keroskal test for comparing stress disorders in various districts**

Based on table 2, amount of "p" has been less than 0.01 ( $p < 0.01$ ). So, the H0 theory was false and H1 theory was true. According to above table the most of stress disorders was in 14 of district.

**H0: There aren't difference social functional disorders in Boroujerd districts.**

**H1: There are difference social functional disorders in Boroujerd districts.**

Average	Districts	Average	Districts
52.60	10	188	1
147.2	11	180.2	2
208.4	12	185.14	3
83.83	13	172.5	4
219	14	286.1	5
124.3	15	249	6
33.38	16	246.3	7
261.5	17	108.3	8
		82.1	9
105.7	$\chi$		
16	Freedom degree		
0	p		

**Table 3: keroskal test for comparing social functional disorders in various districts**

According to table 3, amount of "p" has been less than 0.01 ( $p < 0.01$ ). So, the H0 theory was false and H1 theory was true. According to above table the most of social functional disorders was in 5 of district.

**H0: There aren't, depress disorders in Boroujerd districts.**

**H1: There are, depress disorders in Boroujerd districts.**

Average	Districts	Average	Districts
102.3	10	171.8	1
98.7	11	152.9	2
239.1	12	176.3	3
82.5	13	132.7	4
273.5	14	308.9	5
154.7	15	268.5	6
150.5	16	268.9	7
331	17	82	8
		84.3	9
157.7	$\chi$		
16	Freedom degree		
0	p		

**Table 4: keroskal test for comparing depress disorders in various districts**

According to table 4, amount of "p" has been less than 0.01 ( $p < 0.01$ ). So, the H0 theory was false and H1 theory was true. According to above table the most of depress disorders was in 17 of district.

**H0: There isn't difference mental health in Boroujerd districts.**

**H1: There is difference mental health in Boroujerd districts.**

Average	Districts	Average	Districts
86.4	10	174.1	1
101.7	11	163.3	2
260.4	12	182	3
72.8	13	140	4
324	14	303	5
118	15	267.7	6
80.3	16	251.2	7
304	17	94.5	8
		78.7	9
147	$\chi$		
16	Freedom degree		
0	p		

**Table 5: keroskal test for comparing mental health in various districts**

According to table 5, amount of "p" has been less than 0.01 ( $p < 0.01$ ). So, the  $H_0$  theory was false and  $H_1$  theory was true. According to above table the most of mental health was in 14 of district.

## VI. DISCUSSION

Last years in Iran, don't achieve sustainable cities especially in small & middle cities such as borujerd due to development of cities with out regard improving urban life quality. In different section of cities exist problems such as air pollution, terrific, shortage of green spaces. Appropriate planning & effective management for improving urban life quality are necessary for eliminating these problems. Effective management is led to promotion of humane life quality in cities. As the major function of cities is to provide places for people to trade, produce, communicate and live, the urban environment needs to be assessed from a very specific human perspective: to provide an agreeable place to live while minimizing or balancing negative side effects. Quality of life in cities relies on a range of components such as social equity, income and welfare, housing, a healthy environment, social relations and education. The environmental elements of good quality of life include good air quality, low noise levels, clean and sufficient water, good urban design with sufficient and high-quality public and green spaces, an agreeable local climate or opportunities to adapt, and social equity. However, urban-specific data are patchy in Europe and, due to different timescales and reporting methods, are seldom directly comparable. This volume synthesizes past and current, international research on the quality of urban life. It emphasizes the contributions of the urban environment to the overall well-being of residents living in urban areas ranging in scale from small cities and their hinterlands to metropolitan regions. The term urban environment refers to the socio-physical aspects of urban living ranging from individual dwellings and neighborhoods to public services (i.e. transportation, rubbish collection, etc.) to neighbors and community organizations. The work emphasizes not only perceptions of and behaviors within urban environments but the actual conditions to which individuals are responding. The research covers both the subjective and behavioral aspects of urban living as well as the objective conditions which drive them. Drawing on collaborative research with a broad group of researchers in a variety of settings around the world, the book incorporates theoretical and methodological approaches to the conceptualizing and measuring of quality of life. It covers research designs that are based on both the analysis and modeling of aggregate secondary data and on the collection, analysis and modeling of primary survey data on subjective urban quality of life.

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