

WELL-BEING

As Asia becomes global, it is a great challenge to promote well-being of people living in this culturally diverse and socially complex society. In such societies, individuals and groups need to work out how to live together, adopting various strategies that will allow them to achieve a successful adaptation. Successful adaptations also have been found to comprise core psychological features, including a person's well-being that are needed to function in their culturally complex daily world (Ward, Bochner, & Furnham, 2001).

Literatures suggest that well-being is not a unitary construct; its multiple facets must be assessed through evaluations of global life satisfaction, momentary mood, and perceived mental, physical and social condition (Diener, Lucas & Smith, 1999). Well-being is also found to be interrelated with various indices of positive physical, psychological and social adjustments (Gilman & Huebner, 2006; Proctor, Linley & Maltby, 2009).

In general, well-being is explained by two perspectives: hedonic and eudaimonic. The hedonic conception of well-being focuses on subjective well-being (SWB), which emphasize on a specific outcome, namely the attainment of positive affect and an absence of pain. SWB is formally defined as more positive affect, less negative affect, and greater life satisfaction (Diener & Lucas 1999). Eudaimonic perspective focuses on psychological well-being (PWB) by understanding how well people are living in relation to their true selves; thus it refers to a way of living instead of a psychological state or outcome. In addition, the state of well-being also often being explained by quality of life (QoL). According to the World Health Organization (WHO), quality of life is defined as the individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals (WHO, 1995). QoL could be linked with the WHO's definition of health as the state of complete physical, mental, and social well-being, and not merely the absence of disease (Chen et al., 2005). Measure of QoL outlines negative and positive features of life, such as: life satisfaction, including physical health, family, education, employment, wealth, religious beliefs, finance and the environment.

The panel session on well-being will attempt to discuss how well-being is perceived and manifested in the living situations in across Asia. In the rise of Asia, questions, such as: "what constitutes a good life among people living in Asia?", "How do the dynamic growths in economy, politics, health and socio-culture aspects influence the quality of living of people in Asia?", can be discussed by using the perspective of well-being. In addition, great discussion will be open to map the important factors that contribute to the well-being of people living in Asia, and also to analyse the dynamic of well-being in Asia. Contributing papers on well-being issues are welcome.

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