

SOCIOECONOMIC FACTORS INFLUENCING HAPPINESS IN ARAB COUNTRIES: A PANEL ECONOMETRIC APPROACH 2005-2021
Facteurs socioéconomiques influençant le bonheur dans les pays arabes : une approche économétrique de panel de 2005 à 2021

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Abstract:

This study aims to measure the impact of happiness determinants and governance indicators on quality of life in the Arab countries for the period 2005-2021, using the econometric estimate of panel models. The study concluded that there was a positive impact of GDP per capita on the quality of life, while social support had a negative impact on the quality of life. The indicators of governance, political stability and absence of violence/terrorism and government effectiveness had a positive impact on the quality of life in the Arab countries, while the rest of the independent variables of the study were statistically insignificant.

Key words: Quality of Life, Global Happiness Index, Governance Indicators, Panel Models.

Jel Classification Codes : I31, Z13, C23, O53.

Résumé :

Cette étude vise à mesurer l'impact des déterminants du bonheur et des indicateurs de gouvernance sur la qualité de vie dans les pays arabes pour la période 2005-2021, en utilisant l'estimation économétrique de modèles de panel. L'étude a aboutie au fait qu'il y avait une influence positive du PIB par habitant sur la qualité de vie, tandis que le soutien social avait une influence négative sur la qualité de vie. Les indicateurs de gouvernance tels que la stabilité politique, l'absence de violence/terrorisme et l'efficacité gouvernementale ont eu un impact positif sur la qualité de vie dans les pays arabes, tandis que le reste des variables indépendantes de l'étude étaient statistiquement insignifiantes.

Mots clés : Qualité de vie, Indice mondial du bonheur, Indicateurs de gouvernance, Modèles de panel.

Jel Classification Codes : I31, Z13, C23, O53.

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1. Introduction

Although there is no agreement on a single definition of the concept of quality of life, the definition of the World Health Organization (1995) is usually referred to in the field literature as the closest definition to clarifying the general implications of this concept, as it considers quality of life as "the individual's perception of his or her situation in life in the context of the culture and value patterns in which he lives and the extent to which or otherwise corresponds to: His goals, expectations, values, and interests related to his physical health, psychological state, level of independence, social relations, personal beliefs, and relationship with the environment in general, and therefore quality of life in this sense refers to one's subjective assessments of his or her life circumstances." The WHOQOL Group 1995)

Quality of life (QoL) has always been an explicit or implicit political goal for many decision-makers, but the appropriate definition and measurement of it has been elusive, at the same time there is renewed interest driven and motivated by the development of the use of objective and so-called subjectivity indicators across a range of disciplines and measures, as well as work on self-inquiries and happiness-related psychology.

This study attempts to answer the following question:

What is the impact of happiness determinants and governance indicators on quality of life in the Arab countries?

Study hypotheses:

- * Economic indicators are the biggest positive influence on happiness in Arab countries.
- * Happiness indicators positively but poorly affect the quality of life in Arab countries.
- * No statistically significant impact of governance indicators on happiness in Arab countries.

Objectives of the study:

This study aims to measure the materiality of the impact that both governance indicators and happiness determinants contribute to achieving quality of life for a group of Arab countries.

Limits of the study:

chronologically the study is concentrated during the period from 2005 to 2021, while the spatial framework included the Arab countries, which in turn included two regions: the North African region: Algeria, Tunisia, Libya, Mauritania, Sudan, Morocco and Egypt, while the second region was the countries of the Middle East represented in: Lebanon, Saudi Arabia, the United Arab Emirates, Iraq, Jordan, Kuwait, Qatar, Syria, Yemen and Bahrain.

Methodology and tools used:

The descriptive approach based on the description of the phenomenon and the analysis of its elements was relied upon, and the analytical method, or what is called the integrated approach in applied research, was relied on by relying on the field study in order to identify and measure the relationship between the variables of the study. Using the tools of statistical, numerical and graphic analysis, and economic measurement, in order to serve the general objectives of the study, and link the theoretical framework of the study with the applied reality.

2. Literature Review

There were many studies and researches that dealt with the subject of quality of life and its determinants, and indicators of happiness and governance in its various aspects, and their frameworks differed between time series and cross-sectional data, and a few of them focused on examining the relationship between governance indicators, which are: voice and accountability, political stability and the absence of violence / terrorism, government effectiveness, quality. Regulatory, rule of law, and corruption control. And the determinants of happiness in its various fields, which are defined by: the logarithm of GDP per capita, social support, healthy life expectancy, and freedom to make life choices. The impact it has on quality of life, represented by the World Happiness Index (WHI), in Arab countries was examined through a econometric study using the panel model methodology, which integrates both the time series dimension and the cross-sectional data dimension. In this part of the study, we will focus on some previous studies that have dealt with aspects of the topic.

Study of Paraskevi Theofilou (2013): The study was entitled "Quality of life: concept and measurement". Quality of life (QoL) can be defined in several ways, making it difficult to measure and integrate into scientific study. This is a theoretical paper on the definition and measurement of quality of life. The search strategy included a set of keywords "quality of life", "definition of QoL", as well as "measurement of QoL" in titles using Medline and Google Scholar databases. Quality of life is a complex, multifaceted structure that requires multiple approaches from different theoretical angles. Scholars from different disciplines of the social sciences are encouraged to exploit the strengths of others' contributions in a collaborative effort. A thorough understanding of personal well-being requires knowing how objective conditions affect people's assessments of their lives. Similarly, fully understanding objective indicators and how they are defined requires that we understand people's values, and know how objective indicators affect people's experience of well-being.

Masoudi M'hamed (2015): The study was entitled "Quality of Life Research in the Arab World: An Analytical Study". This article analyzes the research on quality of life in the Arab world, in which the history of quality of life that extends to the Greek era was addressed in Aristotle's Ethics book, and did not rise to the level of appropriate attention until the beginning of the current century with the emergence of positive psychology, and psychology has been the first to understand and identify the variables affecting the quality of human life. In it, brief definitions were provided, including the definition of the World Health Organization and some Arab researchers, and then clarifying the theoretical trends explaining the quality of life, and then, the Arab studies that dealt with the term quality of life and its relationship to some psychological and demographic variables were addressed by mentioning the title of the study, its objective, its sample and the results reached, but not all studies were presented, so reference was made to other common studies followed by a simplified analysis of these studies. The article concluded that the research did not cover the entire Arab world, but was limited to some countries such as the Sultanate of Oman, Egypt and Algeria, and that Arab research did not study all segments of society.

Study :(2019) Szymon Szemik, Malgorzata Kowalska and Halina Kulik: The study was titled "Quality of life and health among people living in an industrial area in Poland . "The quality of life and health status of the population depend heavily on socio-economic factors, including working conditions and employment. Quality of life was assessed using a short version of a questionnaire. WHOQOL-BREF Results: A total of 905 respondents were examined. Poor quality of life in all assessed areas was found to be associated with low job satisfaction, low physical activity, and high self-assessed health status. Furthermore, the worst self-assessed health condition in the study group was mainly associated with factors such as previously diagnosed chronic disease, low job satisfaction and reduced physical activity. In addition, chronic diseases diagnosed among professionally active responders were linked to health deterioration due to excessive stress, living near heavy road traffic, and women reported more frequent. Conclusions: The results of the study presented confirmed that the quality of life and health status of young Silesian residents depends heavily on working characteristics, working conditions and lifestyle factors.

Manuela Ciani Scarnicci et al. (2019): The study was entitled: "Economic Growth, Quality of Life, Lifestyles and Sustainability: New Correlations and Variables That Can Be Considered as Indicators in the Recent Literature". Lifestyle affects quality of life and economic growth that is traditionally measured by GDP. In the first part of the paper, the causes of GDP are highlighted as not an indicator of well-being, defined by the European Health Monitor as "an emotional, mental, physical, social and spiritual state that enables people to reach and maintain their personal potential in society. In the second part, the definition is emphasized that refers to the relationship between well-being and the progress of the society in which it lives. It is no longer sufficient to evaluate growth solely on the basis of productive wealth. Already Pigou, he studied the relationship between wealth and well-being, overcoming variables that the analysis considers marginal, and investigating the social costs and benefits resulting from meeting the subsequent needs of primary needs.

Study of Szymon Szemik, Malgorzata Kowalska and Halina Kulik (2019): The study was entitled: "Quality of life and health among people living in the industrial zone of Poland". The quality of life and health status of the population depend heavily on socio-economic factors, including working conditions and employment. This cross-sectional study was conducted among young people between the ages of 25 and 44 living in the Silesian region of Poland. Quality of life was assessed using a short version of a questionnaire. A total of 905 respondents were examined, and poor quality of life in all areas assessed were associated with a low level of job satisfaction, low physical activity, and a high self-assessed health status. Furthermore, the worst self-assessed health condition in the study group was mainly associated with factors such as previously diagnosed chronic disease, low job satisfaction and reduced physical activity. In addition, chronic diseases diagnosed among professionally active respondents were linked to the deterioration of health due to excessive stress, and those living near heavy road traffic. The results of the study presented confirmed that the quality of life and health status of young Silesian Voivodes largely depends on working characteristics, working conditions and lifestyle factors.

Carolyn Chisadza and Elsabé Loots (2019): The study is entitled: "Economic Growth and Quality of Life in Africa". Economic growth is an important tool for reducing poverty and improving the quality of life. After spending so much time in a region of slow growth, the rise in Africa's economic growth since the mid to late nineties was indeed worth celebrating. The question is: to what extent has this improvement in growth been inclusive and therefore shared, by taking advantage of the quality of life of the wider population? This research analyzes the performance of growth in Africa between 1960 and 2016 and its impact on various measures of quality of life. The study analyzed the entire period as well as divided it into two sub-periods, in order to separate the lost nodes and the era of high growth in Africa. We find that, contrary to expectations, a period of high growth does not seem to have significant positive effects on growth on average wealth per person, or on measures of quality of life. This contrasts with improvements in selected quality of life indicators, as measured by performance in the Millennium Development Goals. The implications highlighted by this analysis suggest that recent growth in Africa has not been inclusive, as it has failed to contribute to improving the quality of life of its citizens, jeopardizing the sustainability of improvement.

El-Sayed el-Aswad (2019): The study was entitled: "Quality of Life and Wellbeing Indicators in the MENA Region: A Comparative Analysis". For analytical and comparative purposes, this research focuses on quality of life and well-being issues in selected countries of the Middle East and North Africa, namely Egypt, Iran, Israel, Tunisia, Turkey and the United Arab Emirates. The study uses multiple objective and subjective outcome indicators to assess multiple dimensions of well-being including health, education, economics, and happiness. Furthermore, this research includes a comparative analysis focusing on indicators of equity and inequality in different areas of human development, well-being or abuse. Finally, this study concludes that despite differences in quality of life in the MENA region, there is a general pattern of well-being that is mainly associated with progress in the multiple dimensions of people's lives.

3. Method and Tools:

3.1. Study variables:

The objective of this study is to estimate the determinants of quality of life in a group of Arab countries. In order to answer the questions posed, the GI variable will be relied upon as a dependent variable, while the independent variables include the logarithm of GDP per capita, social support, healthy life expectancy, freedom to make life choices, voice and accountability, political stability and absence of violence/terrorism, government effectiveness, organizational quality, The rule of law and the control of corruption. The Global Happiness Index database of the Sustainable Solutions Development Network of the United Nations Secretariat and the World Bank database were relied upon.

Table (01): Study variables and data sources

Pointer	Definition	source
Dependent variable		
Global Happiness Index: WHI	It is a composite index that measures an individual's assessment of the standard of living and life satisfaction, through an opinion poll organized by the Network on the extent to which individuals feel happy and satisfied in their lives, based on specific indicators such as GDP per capita, life expectancy, in addition to other indicators such as social security, corruption and freedom to make choices in life.	https://worldhappiness.report
Independent variables		
Real GDP per capita logarithm: LGDPpc	GDP per capita is the quotient of dividing GDP by the population in the middle of the year.	http://databank.albankaldawli.org/data/reports.aspx?source=2&series=NY.GDP.PCAP.KD.ZG&country
Social Support: SOS	Social support (or having someone to rely on in times of trouble) is the national average of bilateral responses (either 0 or 1) to the question "If you're having trouble, do you have relatives or friends you can count on to help you whenever you need them or not?"	https://worldhappiness.report/
Healthy life expectancy at birth: HLE	It is a form of expected health that applies disability weights to health conditions to calculate the equivalent number of years of good health that newborns can expect.	http://apps.who.int/gho/data/?theme=main
Freedom to make life choices: FML	is the national average of responses to the question Are you satisfied or dissatisfied with your freedom to choose what you do with your life?	https://worldhappiness.report/
Voice and Accountability: VAE	Voice and accountability express notions about the ability of a country's citizens to participate in the choice of their government, as well as freedom of expression, association, and free media. The estimate gives a country's score on the overall indicator, in standard normal distribution units, ranging from -2.5 to approximately 2.5.	https://datacatalog.worldbank.org/dataset/worldwide-governance-indicators
Political stability and absence of violence/terrorism: PVE	Political stability and absence of violence/terrorism measures perceptions of potential political instability and/or politically motivated violence, including terrorism. The estimate gives a country's score on the overall indicator, in standard normal distribution units, i.e. ranging from -2.5 to 2.5 approximately.	
Government Effectiveness: GEE	Government effectiveness indicates the concepts of quality of public service, quality of civil service, degree of independence from political pressures, quality of policy formulation and implementation, and credibility of government commitment to these policies. The estimate gives a country's score on the overall indicator, in standard normal distribution units, i.e. ranging from -2.5 to 2.5 approximately.	
Organizational Quality: RQE	Organizational quality captures perceptions about a government's ability to formulate and implement sound policies and regulations that allow and encourage private sector development. The estimate gives a country's score on the overall indicator, in standard normal distribution units, i.e. ranging from -2.5 to 2.5 approximately.	
Rule of Law:	The rule of law embodies the concepts of how agents trust	

RLE	and adhere to community rules, particularly the quality of contract enforcement, property rights, police and courts, as well as the likelihood of crime and violence. The estimate gives a country's score on the overall indicator, in standard normal distribution units, i.e. ranging from -2.5 to 2.5 approximately.
Control of corruption: CCE	Control of corruption embodies perceptions of the extent to which public power is exercised for private gain, including small and large forms of corruption, as well as the "takeover" of the state by elites and vested interests. The estimate gives a country's score on the overall indicator, in standard normal distribution units, i.e. ranging from -2.5 to 2.5 approximately.

Source: compiled and systematized by the author

3.2. Econometric tests and approaches:

The model adopted in this study will be estimated according to the following two equations:

$$WHI = f(LGDPpc, SOS, HLE, FML, VAE, PVE, GEE, RQE, RLE, CCE)$$

Since the study variables are panel data, which is binary data, the first dimension is cross-section, represented in 17 Arab countries, and the second dimension is time series, which is represented in the time period in the years 2005-2021. Since both the number of cross-sections (countries) and the length of the time series (years) do not exceed 25 views each, we will rely on the option of differentiating between panel data models in their main forms. These are: Pooled Regression Model (PM), Fixed Effects Model (FEM), and Random Effects Model (REM). (Baltagi. 2013)

Before performing the regression process, we will test the causal relationship between the independent variables and the dependent variable, using the Dumitrescu & Hurlin (2012) test. We review the results in the following table:

Table No. (02): Test of the causal relationship

Independent variables	W-bar	Z-bar	Independent variables	W-bar	Z-bar
LGDPpc	2.2194	3.5551	PVE	1.9845	2.8703
		(p-value = 0.0004)			(p-value = 0.0041)
SOS	1.9835	2.8675	GEE	3.5565	7.4533
		(p-value = 0.0041)			(p-value = 0.0000)
HLE	6.9333	17.2983	RQE	2.6090	4.6909
		(p-value = 0.0000)			(p-value = 0.0000)
FML	4.9804	11.6048	RLE	3.1712	6.3299
		(p-value = 0.0000)			(p-value = 0.0000)
VAE	1.2288	0.6671	CCE	5.0973	11.9455
		(p-value = 0.5047)			(p-value = 0.0000)

Source: Calculated by the author based on STATA 17

We can see from the previous table that all independent variables have a causal relationship in the direction of the dependent variable at a significant level of 1%, except for the independent variable VAE where the p-value of this variable is greater than 0.05.

3.3. Model estimation and analysis of results:

Based on the results of the previous causal test, we eliminate the variable (VAE) in the model because it did not prove the causal relationship towards the dependent variable. To determine the most appropriate model, two tests are relied upon, the first test to choose between the meta-model and the static effects model, the Fisher statistical test (F). If the Fisher statistical test indicates the suitability of the aggregate model of the data, it stops at this stage and the meta-model is considered the most appropriate, while if the Fisher statistic indicates the compatibility of the fixed effects model on the aggregate model, then the second test, Hausman's test (Hausman, 1978), is performed to differentiate between the static effects model and the random effects model.

We estimate the static effects model, and the results of the estimate are as follows:

Table (03): Results of Estimating the Fixed Effects Model

Independent variables	Coef.	Prob.
LGDPpc	-0.356	0.158
SOS	-2.785	0.000
HLE	0.054	0.354
FML	1.025	0.001
PVE	0.274	0.005
GEE	0.648	0.001
RQE	-0.112	0.458
RLE	-0.178	0.658
CCE	-0.079	0.702
Constant	9.156	0.004
F (9, 263) = 18.37		Prob = 0.000
F test that all $u_i = 0$: F (6, 263) = 12.27		Prob = 0.000

Source: Calculated by the authors based on STATA 17

It is clear from the outputs of the previous table that the trade-off between the meta model and the fixed effects model based on the Fisher (F) statistical test constrained, which indicates the rejection of the null hypothesis and the acceptance of the alternative hypothesis, i.e. the fixed effects model is preferable. The next step is to estimate the random effects model:

Table (04): Results of Estimating the Random Effects Model

Independent variables	Coef.	Prob.
LGDPpc	0.218	0.058
SOS	-2.379	0.000
HLE	0.026	0.097
FML	1.108	0.006
PVE	0.381	0.001
GEE	0.498	0.014
RQE	-0.107	0.394
RLE	-0.205	0.417
CCE	-0.116	0.642
Constant	3.351	0.054
Wald chi2 (9) = 178.39		Prob = 0.000

Source: Calculated by the authors based on STATA 17

After obtaining the results of the random effects model, the Hausmann test is required to compare between the static effects model and the random effects model.

Table (05): Hausman test fixed effects/random effects

Chi2 (9) = (fe - re) = 3.908	Prob>chi2 = 0.815
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Source: Calculated by the authors based on STATA 17

It is clear from the outputs of the previous table that the null hypothesis versus the alternative hypothesis is accepted, i.e. the random effects model is preferable. The next step is to make a trade-off between the random effects model and the meta-model.

Table No. (06): Breusch and Pagan test random effects/ pooled

Chibar2 (01) = 124.152	Prob> chibar2 = 0.000
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Source: Calculated by the authors based on STATA 17

It is clear from the outputs of the previous table that the null hypothesis is rejected and the alternative hypothesis is accepted, i.e. the pooled model is preferable.

Table (07): Estimation Results of the pooled Model

Independent variables	Coef.	Prob.
LGDPPc	0.394	0.001
SOS	-1.768	0.002
HLE	0.013	0.726
FML	0.518	0.258
PVE	0.304	0.004
GEE	0.531	0.032
RQE	-0.302	0.235
RLE	-0.068	0.729
CCE	-0.095	0.705
Constant	1.569	0.067
Wald chi2 (9, 279) = 62.51		Prob=0.000
R-squared = 0.7024		Adj R-squared = 0.6428

Source: Calculated by the authors based on STATA 17

To ensure the consistent of the model, we perform diagnostic tests of the model:

Table No. (08): Model Diagnostic Tests

Ramsey RESET Test To diagnose the model	Wooldridge Test For self-association	Breusch-Pagan/Cook-Weisberg Heterogeneity Test
F(3, 276) = 7.22 Prob >F = 0.0005	F(1, 16) = 16.238 Prob >F = 0.0007	chi2(1) = 8.795 Prob > chi2 = 0.0025

Source: Calculated by the authors based on STATA 17

We can see from the previous table that the model suffers from the autocorrelation problem according to the results of the Wooldridge test (Wooldridge, 2002), and also suffers from the problem of heteroskedasticity according to the results of the Breusch-Pagan / Cook-Weisberg test (R. D. Cook and S. Weisberg, 1983). The model also suffers from a defect in the model's structure (Misspecification) according to the Ramsey RESET test (Ramsey, J. B, 1969). This

requires addressing econometric problems in the model, using two econometric approaches: FGLS estimation (Beck N, Katz JN. 1995), and Newey-West (Newey, W. K., and K. D. West. 1987).

Table (09): Dealing with the problems of heterogeneity and autocorrelation

Independent variables	FGLS	Newey-West
LGDPpc	0.405***	0.459***
SOS	-1.258***	-1.725***
HLE	0.062	0.007
FML	0.625	0.305
PVE	0.271***	0.314***
GEE	0.311	0.723*
RQE	-0.322*	-0.258
RLE	0.027	-0.091
CCE	0.113	-0.273
Constant	0.712	1.464

Source: Calculated by the authors based on STATA 17

We note from the outputs of the previous estimation results that the statistically significant variables were:

- ✓ A positive relationship between the GDP per capita logarithm and the World Happiness Index in Arab countries, and this is consistent with the theoretical literature since the quality of life in the Arab countries is closely related to the economic factor;
- ✓ Inverse relationship between social support and the Global Happiness Index in Arab countries, indicating that the increase in levels of social support indicates a decrease in levels of happiness and quality of life in Arab countries;
- ✓ A positive relationship between political stability, the absence of violence/terrorism and the Global Happiness Index in Arab countries, which shows the importance of political stability and the absence of forms of violence and terrorism in raising the level of happiness and thus the quality of life in Arab countries;
- ✓ A positive relationship between government effectiveness and the World Happiness Index in Arab countries, which shows the importance of the effectiveness of government policies in the quality of life in Arab countries;
- ✓ As for the rest of the independent variables included in the model, the results showed that their impact on the Global Happiness Index in the Arab countries is statistically insignificant.

4. Conclusion:

This study delves into the relationship between happiness determinants and governance indicators, examining their impact on the quality of life in Arab countries as measured by the Global Happiness Index. The governance indicators considered in this study include voice and accountability, political stability and absence of violence/terrorism, government effectiveness, organizational quality, rule of law, and control of corruption. Furthermore, the determinants of happiness across various dimensions were analysed, including the logarithm of GDP per capita, social support, healthy life expectancy, and freedom to make life choices. The study aimed to determine the influence of these variables on the quality of life, addressing the central question of the research.

The study revealed several noteworthy findings regarding the impact of different variables on the quality of life in Arab countries. Firstly, a positive correlation was observed between GDP per capita and the quality of life, indicating that higher economic prosperity tends to enhance overall well-being. On the other hand, social support exhibited a negative association with the quality of life, suggesting that excessive reliance on social networks may hinder individual happiness.

Additionally, the study found that governance indicators played a significant role in shaping the quality of life in Arab countries. Specifically, political stability and absence of violence/terrorism, as well as government effectiveness, were found to have a positive impact on the quality of life. This implies that stable political environments and efficient governance structures contribute to better well-being among citizens. Furthermore, indicators such as voice and accountability, organizational quality, rule of law, and control of corruption were identified as important factors positively influencing the quality of life in Arab nations.

this study provides valuable insights into the relationship between happiness determinants, governance indicators, and the quality of life in Arab countries. The findings emphasize the importance of economic prosperity, stable political climates, and effective governance systems in fostering higher levels of well-being. The study contributes to the understanding of the complex dynamics influencing quality of life, thereby providing a foundation for policymakers and stakeholders to enhance happiness and improve overall societal welfare in the Arab region.

Based on the findings of the study, the following recommendations can be made:

1. Given the positive impact of GDP per capita on the quality of life, policymakers should focus on promoting sustainable economic growth and development in Arab countries. This can be achieved through investment in infrastructure, entrepreneurship, innovation, and job creation, which will contribute to higher incomes and improved well-being for individuals.
2. While social support exhibited a negative impact on the quality of life, it is important to recognize the importance of social connections and networks. Policymakers should aim to strike a balance by promoting social cohesion, community engagement, and support systems that foster both independence and interdependence. This can include initiatives such as accessible healthcare, education, and social welfare programs targeted at the most vulnerable segments of society.
3. The positive impact of political stability, absence of violence/terrorism, and government effectiveness on the quality of life highlights the need for strong governance structures. Policymakers should prioritize efforts to ensure stable political environments, strengthen the rule of law, promote transparency and accountability, and combat corruption. These measures will contribute to creating an environment conducive to well-being and societal progress.
4. The freedom to make life choices emerged as a key determinant of happiness. Policymakers should prioritize safeguarding personal freedoms, human rights, and individual autonomy. This includes promoting inclusive and participatory decision-

making processes, protecting civil liberties, and creating opportunities for personal growth and self-expression.

5. Regular monitoring and evaluation of the quality-of-life indicators, governance indicators, and happiness determinants are essential. This will allow policymakers to assess the effectiveness of interventions and policies implemented, identify areas of improvement, and make data-driven decisions to enhance well-being in Arab countries.
6. Arab countries can benefit from international cooperation and knowledge exchange to learn from successful experiences and best practices in promoting happiness and improving the quality of life. Collaborative efforts with international organizations, research institutions, and other countries can facilitate the exchange of ideas, expertise, and resources to support the well-being agenda.

Conducting longitudinal studies to track changes in happiness determinants, governance indicators, and quality of life over time can provide valuable insights into the effectiveness of policies and interventions. Long-term data collection and analysis will help policymakers identify trends, measure progress, and adapt strategies accordingly

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