

Lebenszufriedenheit

Lebenszufriedenheit ist die Einschätzung der allgemeinen Lebenslage einer Person durch sie selbst. Dabei ist Lebenszufriedenheit nicht mit guter oder schlechter Laune oder zeitweiligen Hochs und Tiefs zu verwechseln. Ebenso ist Lebenszufriedenheit nicht gleich Gefühlen, sondern das Ergebnis eines Nachdenkens über die eigene Lage. Lebenszufriedenheit bezieht sich immer auf einen längeren Zeitraum und schließt die Bewertung ganz verschiedener Bereiche wie Partnerschaft, Beruf, Finanzen, Freizeit, Freunde, Wohnsituation usw. ein. Psychologen ermitteln die Lebenszufriedenheit oft mit allgemeinen Fragen, etwa „Alles in allem, wie zufrieden sind Sie mit Ihrem Leben?“, auf die die Personen dann mit verschiedenen Abstufungen von „überhaupt nicht“ über „mittelmäßig“ bis „ganz und gar“ antworten können.

Der Lebenszufriedenheit stehen die Lebensbedingungen gegenüber. Je nachdem, wie die Lebensbedingungen tatsächlich sind und welche Lebenszufriedenheit daraus erwächst, werden in den Sozialwissenschaften verschiedene Fachbegriffe verwendet:

- Das Zusammentreffen von guten Lebensbedingungen und positivem Wohlbefinden ist die erstrebenswerteste Kombination und wird als *"Well-Being"* bezeichnet.
- *"Adaptation"* bezeichnet die Verbindung von schlechten Lebensbedingungen bei gleichzeitigem Vorliegen von Zufriedenheit (auch "Zufriedenheitsparadox" genannt). Unter dem Begriff *„Paradoxes der Lebenszufriedenheit im hohen Alter“* hat dieses Erscheinungsbild Eingang in die Gerontologie gefunden.
- Bei der *"Deprivation"* gehen schlechte Lebensbedingungen mit negativem Wohlbefinden einher.
- *"Dissonanz"* bezeichnet den Sachverhalt, bei welchem gute Lebensbedingungen vorliegen, indessen Unzufriedenheit geäußert wird (auch *"Unzufriedenheitsdilemma"* genannt).

In der Psychologie und in den Sozialwissenschaften wurden verschiedene standardisierte Fragebogen entwickelt, um Unterschiede in Lebenszufriedenheit bzw. Lebensqualität zu erfassen und mit Ergebnissen bevölkerungsrepräsentativer Umfragen zu vergleichen, z.B. Fragebogen zur Lebenszufriedenheit^[1].

Siehe auch

- Happy Planet Index

Referenzen

- [1] *Fragebogen zur Lebenszufriedenheit* in der Verfahrensdatenbank beim iqpr – Institut für Qualitätssicherung in Prävention und Rehabilitation GmbH (<http://www.assessment-info.de/assessment/seiten/datenbank/vollanzeige/vollanzeige-de.asp?vid=12>)

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Version 1.2, November 2002

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