

Wellbeing and regional development

Well-being



Each survey contains a set of four subjective wellbeing questions:

- Life satisfaction ("Overall how satisfied are you with your life these days?") – an evaluative SWB measure.
- Happiness ("Overall how happy did you feel yesterday?") an hedonic SWB measure
- Anxiety ("Overall how anxious did you feel yesterday?") an hedonic SWB measure.
- Sense of worthwhile ("Overall, to what extent do you feel the things you do in your life are worthwhile?") an eudemonic SWB measure.



Leisure and social well-being waterrecreatien Nederland

- Leisure is a key life domain and a core ingredient for overall well-being (Diener and Biswas-Diener 2008)
- Respectively, leisure is the amount of activity/time spent outside of obligated work time and/or perceived engagement in leisure as subjectively defined.
- The psychological mechanisms that leisure potentially triggers to promote leisure are: detachment-recovery, autonomy, mastery, meaning and affiliation (DRAMMA)
- Bottom-up models of well-being have been commonly used to explain how and when leisure influences SWB. They posits that individuals judge their overall life satisfaction based on their satisfaction in specific domains





Wellbeing domains

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- The sociological dimension (horizontal axis) indicates the extent to which one is directed towards oneself (individual or ego) or towards his / her environment (group).
- The psychological dimension (the vertical axis) distinguishes between a more extraverted or open attitude towards society and a more introvert or closing attitude.

Red world: Vitality

energetic, relatively young people live with passion and 'go for it' Are quirky and sometimes unruly especially want freedom Yellow world: Harmony

Aimed at socializing in social environment consciously enjoy active life, attention must be divided

Blue world: Controle

Dynamic people, focused on control materialistic and manifestative intelligent with a somewhat businesslike attitude

Green world: Certaincy

socially oriented people looking for security and safety in the environment act routine, conservative and traditional

Sociologicial Dimension

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dimension

TUOYD

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- red world: seeks adventure, culture and sportsmanship. They want to go out, experience action and adventure and broaden their horizons. Psycological
- blue world: seeks peace and relaxation, wants to see and recover new things. Enjoyment in a luxurious environment is necessary for a target group that likes to show off.
- green world: seeks peace and relaxation and wants to break through daily grind through a day out and withdraw from everyday worries.
- yellow world: equates days away from good food and enjoyment. During their leisure time they want to be together with friends

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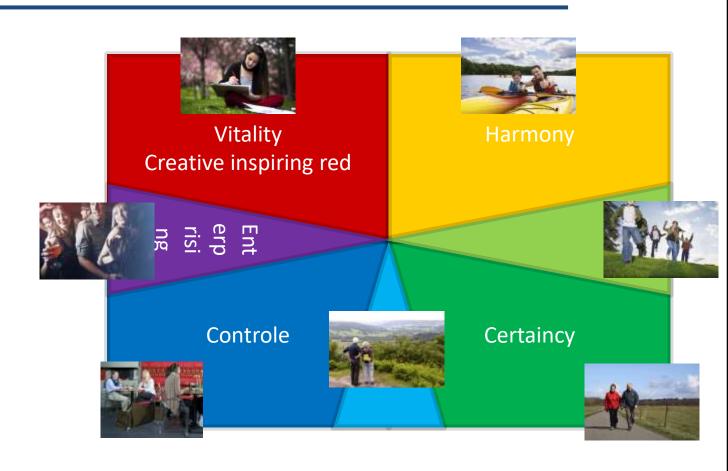
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Sociologicial Dimension

dimension

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Cosy Lime
Quiet green
Subdued aqua
Stylisch and luxurious blue
Enterprising purple
Creative and inspiring red



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Exuberant yellow

Recreationists in the yellow experience world are real 'bon vivants' who like to actively and sportily recreate together with others.

Recreation is for this group enjoying, going out and good food.

Active, sporty, cozy and surprising ...

Cosy Lime

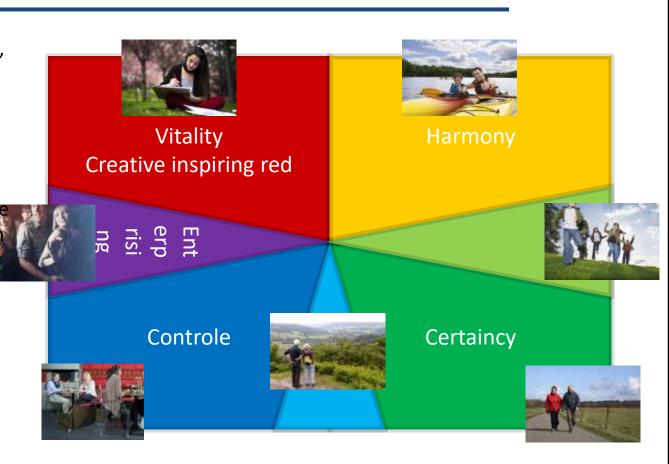
Cozy lime recreationists are ordinary, pleasant people who recreate to get away from the daily worries. Recreation is "equally nice with each other". This includes being together, conviviality and (...

Quiet green

Recreationists from the green world of experience are calm and serious. For them, recreating is nothing else than resting, relaxing and having time for your hobbies. Take a rest in your own environment and have nothing on your mind. In ...

Subdued aqua

Recreationists from the aqua world of experience are thoughtful and interested in culture and what they can mean for society. They describe themselves as broad-minded, calm, interested in others and serious. In ...



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Stylish and luxurious blue

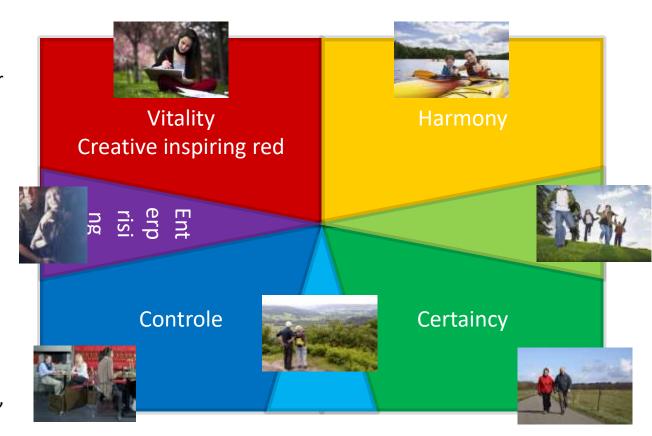
Recreationists from the blue experience world are self-assured and believe that they deserve some luxury and stylish relaxation in their free time. They are business orientated and intelligent. They like style and class.

Enterprising purple

Recreationists from the purple world of experience like to be surprised and inspired, especially by culture. See, discover and experience new things. The ordinary is often not good enough for the enterprising purple holiday maker. She ...

Creative and inspiring red

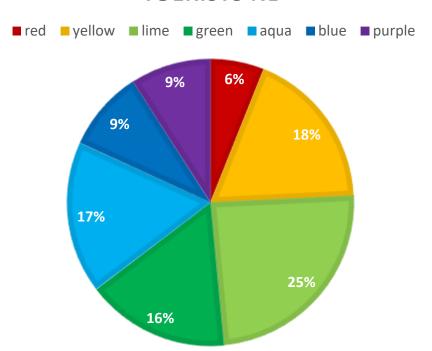
Recreationists from the red experience world are generally very creative, looking for challenges and inspiring experiences. They like to go off the beaten path. Character characteristics as independent, intelligent, self-aware, ...



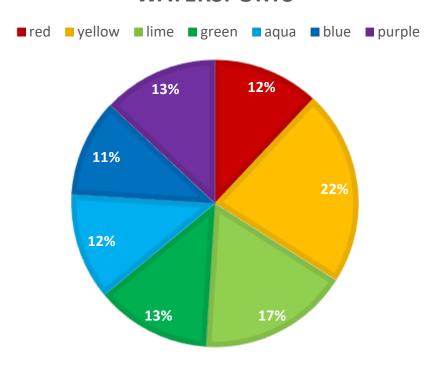
People in NL







WATERSPORTS



Link to activities



Yellow; being togeher, active, enjoy life another; shopping, vistit a city, sporty, (water)sports, leisure

Lime; being togeher and away from home; market, zoo, play ground, sports game

Green; Have some rest nearby; walking, biking, nature area, water

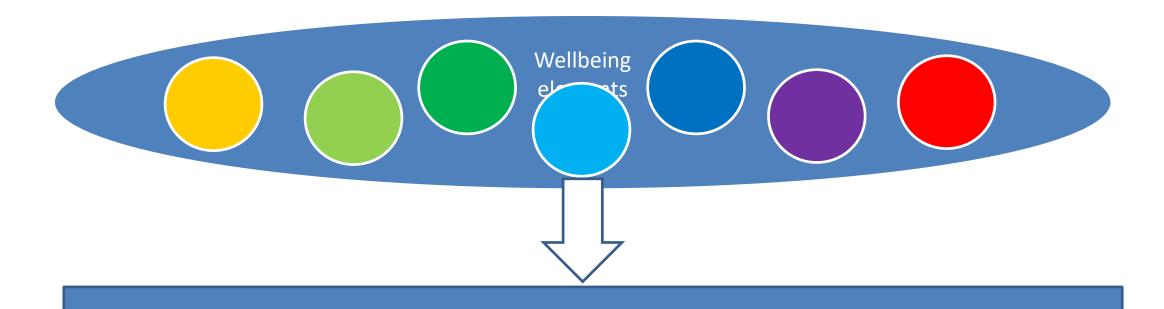
Aqua; broad interested, open minded and engagement; nordic walking, associations, political party, church, volunteers

Blue; Luxury, style, relaxed, sports and social network; Exclusive restaurants, terrace, cafe, night club, dance party, casino, wellness

Purple; culture, history, surprises and inspiration; festival, event, fair, music event, galleries, concert

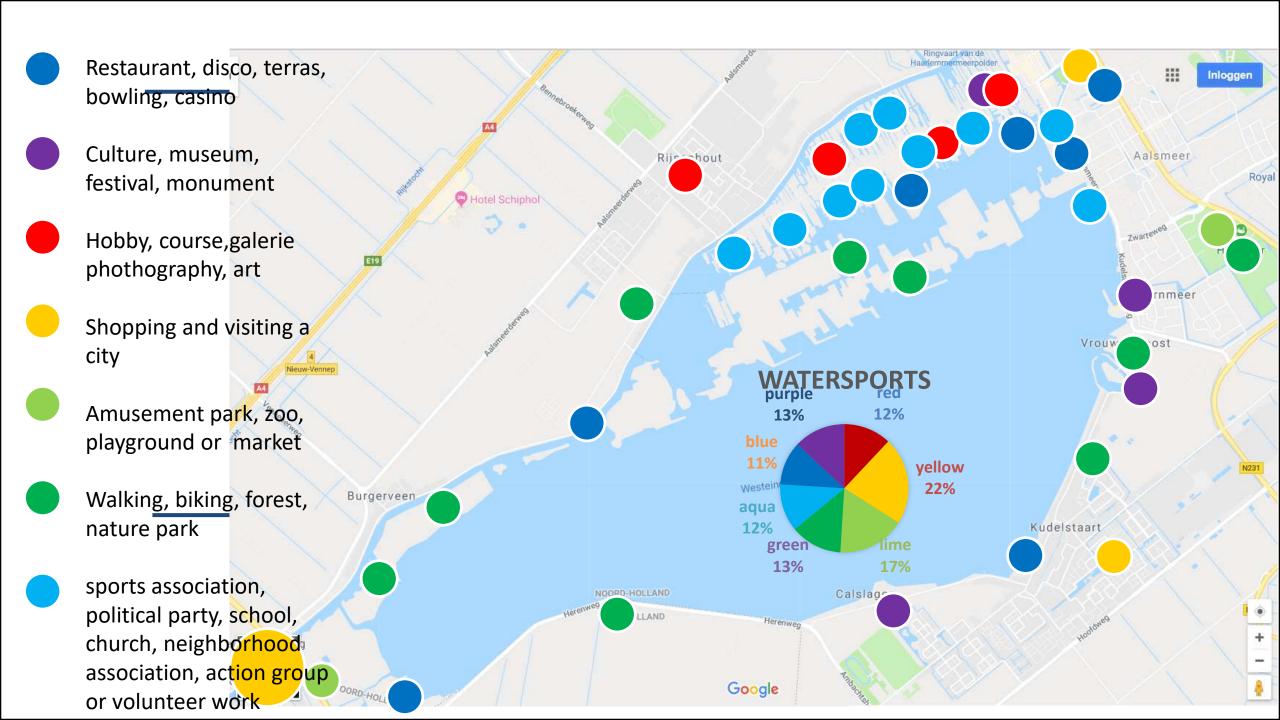
Red; Creative, challenging and inspiring experiences; courses hobbies, music, art, photography, dance, play

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Regional development





Manon van Meer

