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Quality of Life of the Russian Population and the Factors of its Formation

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Abstract: Based on empirical data from a sociological study conducted in April and May 2019, the article analyzes the structure of socio-economic and perceived parameters of quality of life. The research was funded by the Russian Foundation for Basic Research. The article using the factor analysis revealed the typological structure of the values of the adult population of Russia. It is shown that it remains predominantly "materialistic" (according to R. Inglehart). The most significant is the value of patriotism, and it has a twofold nature - active patriotism and warlike patriotism, each of which expresses a different understanding of love for the motherland. The high importance of family and material wealth remains. The role of "post-materialist" values is insignificant. The author defined the state of such parameters of the perceived quality of life as physical activity, the importance of physical issues in restricting life activity, the state of mental health, the significance of emotional issues in restricting life activity, the volume of subjective pain sensations, the general state of health, vitality, and social activity. The nature of their change in the 21st century, from 2002 to 2020, is shown. The nature of the relationship between the state of socio-economic and perceived components of the quality of life is determined.

Keywords: *Socio-economic and perceived components of the quality of life; value structure; value structure; satisfaction with the quality of life; social well-being.*

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1. Introduction

The study of the Russian population life quality is currently relevant in connection with significant changes in its quality of life in the last 5 years, starting in 2014. Before this period it grew or, at least, did not fall. However, since 2014 it began to fall steadily. Differentiation of incomes of the population grew. In the first quarter of 2019, the amount of cash income of 10% of the most and least wealthy population varied approximately by 13.9 times ("Differentiation of the Russian Population", 2019). Currently there are about 20 million poor people in Russia (Yazan, 2019). The state is making efforts to reduce poverty among the Russian population. It is planned to reduce poverty by 2 times by 2024 (Petrova, 2018). In March 2019, the nominal accrued wages amounted to 46.3 thousand rubles. Compared to 2017, it grew by about 1.2 times ("Rosstat Published Data", 2019). The minimum wage is brought to a minimum income level for survival, which is 11,280 rubles (Table of the minimum wage in the regions of Russia from January 1, 2019 after increasing). Annual inflation in Russia fell to less than 5% ("17th Direct Line", 2019).

Nevertheless, "at the beginning of 2019, real incomes sharply went negative - according to the results of the first quarter, the indicator fell by 2.3%, Rosstat said" ("Real Income of Russians", 2019). Thus, the state of socio-economic components of the quality of life begins to deteriorate. Among the population of Russia, a sense of crisis begins to prevail. According to a survey by Romir Holding, "more than half of the respondents (51%) believe that our country is currently in a state of crisis ... .. the total number of our compatriots who recognize the existence of economic problems has grown slightly - from 86% at the end of 2017 up to 89% in 2019. However, the degree of anxiety about the state of the economy in the country has increased significantly" ("The Crisis Returns", 2019).

The study of the quality of life of the population, the nature of changes in its state is important not only in itself, but also from the point of view of its impact on the state of public consciousness, the structure of people's values. Its change determines the process of modernization of society, a shift in basic values, the transition from "materialistic" to "post-materialistic" values (Inglehart, 1990). Which, in turn, changes people's perception of the quality of life, the role of education, creativity and freedom.

Determining the state of individual parameters of the quality of life and their position in its general structure allows us to assess the ability of the

population to perceive the process of modernization taking place in society, in particular in connection with the globalization process as a whole and such a component as the development of the Internet. Currently, Internet penetration in Russian society is about 80% among the adult population of Russia (Achkasova, 2019).

In this regard, the question arises: how the deterioration of the socio-economic characteristics of the Russian population life quality influenced the people's perceived quality of life. The results of the sociological study allow to answer this question.

2. Theoretical analysis

Currently, various conceptual approaches are used during the study of quality of life. Among them, with regard to the degree of academic development, several approaches should be singled out - socio-economic, structural and functional, and the theory of a "sensed" life quality.

In the framework of the socio-economic approach, the living conditions of people are considered from the point of view of satisfaction of their needs in accordance with existing consumption standards (Gorelov, 2003, p. 639). D. Bell connects the quality of life of the population with the possibilities of obtaining social benefits (Bell, 2009, p. 640). John Galbraith understands the quality of life as a state of satisfaction of people's needs, primarily, depending on their material well-being (Galbraith, 1958, p. 354). In other words, the socio-economic approach to understanding the quality of life focuses only on its economic component.

Moreover, the social role of the individual is not considered. At the same time, the state of objective indicators characterizing the economic and social situation of an individual is not uniquely associated with his/her satisfaction with life; they cannot fully explain the perception of the quality of life. They do not take into account the nature of ambitions, assumptions and personal demands of people. Socio-psychological analysis indicates that the quality of life of an individual is the way he/she perceives it and feels it in terms of fulfilling his/her social role. As rightly pointed out by A.I. Subetto, "the growth of material wealth is necessary not by itself, but as a mean of increasing a person's satisfaction with life, the ability to fulfill their roles in society. The analysis showed that satisfaction with life depends on economic conditions by 40% and on psychological factors by 60%." (Subetto, 2002).

The determining significance of the individual's social role is given by the structural-functional approach. However, it is of a general theoretical nature, which does not allow using it to build a conceptual model of research.

The needs of people are most fully revealed within the framework of the theory of a "sensed" quality of life, which uses a structurally functional approach as the basis for its assessment. The theory of "sensed" quality of life considers the state of satisfying people's needs from the point of view of their subjective perception, which is due to existing objective conditions. Angus Campbell and his colleagues Philip Converse and Willard Rogers determine the condition of the quality of life of people by the subjective perception of their well-being, the discrepancy between their aspirations and the level of their implementation (Campbell et al., 1976).

One approach within the theory of sensed quality of life is the approach proposed by J.E. Ware (Ware, 1993, p. 306). Its methodological advantage is that, when analyzing the quality of life, the author uses a set of parameters characterizing the capabilities of people to fulfill its social role, and fills these parameters with empirical content. It expresses properties that make it possible to assess the state of the "perceived" quality of life.

The theory of a "sensed" quality of life has several advantages. Its use allows you to get a final assessment of the quality of life, based on existing living conditions of people. Moreover, this assessment is individual for certain social groups.

However, assessing the life quality based on the notion of the sensed quality of life has its limitations. Such an assessment does not allow us to determine the state of the objective parameters of an individual's life, which determine his/her perception, and, therefore, does not make it possible to control the state of these parameters and influence the change in the quality of life of people.

The combination of the socio-economic theory and the theory of the sensed life quality within the framework of a single conceptual model allows us to use the advantages and eliminate the limitations of each of the two theories. This approach is used by many scientists. Boytsov et al. (2004, p. 268) in their collective work are trying to approach the problem of quality of life from a systemic point of view, which in general can be considered integral. Nagimova (2010, p. 306) also follows the integral approach. Hagerty et al. (2010) consider the 22 most used indexes in the world for measuring the quality of life (Quality of Life Indexes) of the entire state or its regions. A similar approach is used by the European Foundation for the Improvement of Living and Working Conditions (Eurofund, 2016), as well

as in the framework of the European Quality of Life Surveys (European Social Survey, 2018).

The combination of sensations and objective parameters of the quality of life within the framework of a single conceptual model of sociological research allows us to identify those states of objective parameters of the quality of life that cause "painful sensations" in individuals. This model combines the assessment of the socio-economic state of the quality of life and its subjective perception by people.

The concepts of the conceptual research model that was built in our study on the basis of an integrated approach are as follows: parameters of the perceived quality of life — physical activity, the importance of physical issues in life limitation, the state of mental health, the importance of emotional issues in life limitation, the volume of subjective pain sensations, general health, vitality, social activity, change in well-being; socio-economic parameters - income per person in the family, housing conditions. These concepts were operationalized and received an instrumental expression in the form of indicators, on the basis of which the questionnaire was built.

3. Methodology

To research the characteristics of the Russian population life quality, a questionnaire survey of the adult population of Russia was conducted in April-May 2019. The method of sampling: territorial, cluster, quota (by sex, age). The sample population was 1803 people in 22 constituent entities of the Russian Federation (49% in central cities, 28% in regional cities, 23% in rural settlements). This allowed to ensure the correspondence of the survey results to the population of Russia aged 18 and over by gender, age, education, territory with a ± 4% tolerance. The questionnaire used three blocks of questions in their instrumental expression. The first block consisted of questions related to the parameters of the sensed life quality; the second block - of issues related to the parameter of socio-economic quality of life; the fourth block - of issues related to the socio-demographic, socio-educational and socio-territorial state of the Russian population.

4. Results and discussion.

The results of an empirical research allowed determining the condition of socio-economic parameters and characteristics of the sensed life quality, the quality of their relationship.

The state of the perceived quality of life of the population of Russia

Table 1 shows the values of 8 characteristics of the sensed life quality of the population of Russia in 2002, 2008, 2012 and 2019, as well as its integral index calculated on the basis of averaging the values of these parameters.

Table 1. Change in the values of 8 characteristics of the life quality of the population of Russia and the integral index of quality of life in 2002, 2008, 2012 and 2019 (in %)

	2002	2008		2012			2019			
	value	value	y 2002	valu e	2002	2008	value	2002	2008	2012
1.Physical activity	5.89	8.41	+2.52	0.9	+5.01	+2.49	3.48	+7.59	+5.07	+2.5
2.Social activity	1.58	6.11	+4.53	7.1	+ 5.52	+0.99	8.68	+7.1	+ 2.57	+1.5
3.The role of physical problems in limiting life	9.73	8.59	+8.86	1.7	+ 11.97	+3.11	4.79	+15.0	+6.0	+3.0
4.Subjective pain sensations	5.98	8.35	+2.37	0.32	+ 4.34	+1.97	1.98	+ 6.0	+3.18	+1.6
5.The role of emotional problems in limiting life	0.66	8.8	+8.14	9.6	+8.94	+0.8	1.40	+10.7	+2.6	+1.8
6.Mental health	8.6	1.97	+3,37	3.4	+4.8	+1.43	3.95	+5.35	+1.98	+0.5
7.Vitality	4.5	8.8	+4.38	9.9	+5.4	+1.1	1.37	+6.87	+2.57	+1.4
8.General health	5.44	8.21	+2.77	0.75	+5.31	+2.54	1.02	+5,62	+2.81	+0.2
Integral Index of the Life Quality of the Russian population	2.8	7.4	+4.6	9.2	+6.4	+1.8	0.83	+8.03	+3.43	+1.6
Comparativ e health	4.58	7.36	+2.78	8.74	+4.16	+1.38	7.94	+3.36	+0.58	+0.8

Source: Authors' own conception

As can be seen from Table 1, the sensed physical activity holds the first place among all characteristics of the sensed life quality of the Russian people.

The higher the indicator, the greater everyday physical activity, which is not limited by the person's perceived state of health. For 17 years, from 2002 to 2019, its level has been constantly increasing, reaching 83.48% in

2019, i.e. became only 16.52% less than the highest level (100%). The rate of its increase over the studied periods was approximately the same (by 2.5%). Over seven years, from 2012 to 2019, its level increased by 2.58%, which is higher than the average value for 8 parameters of quality of life (1.63%). Therefore, the Russian people physical health was in good state for 17 years. This conditioned a very high level of the sensed physical activity. This level was steadily growing, which means that people could perform particularly high physical activities that are not limited by their health. Over the past 7 years, this parameter of sensed life quality grew faster (2.58%) than the average sensed life quality of the Russian people according to 8 parameters.

The social activity felt by the Russian population is in the second place. The higher the indicator, the higher, according to the person, his/her social activity (the volume of social connections) was over the past 4 weeks. Its level has been constantly increasing for 17 years, reaching 78.68% in 2019, i.e. became 21.32% less than the highest level. However, this value grew unevenly during 17 years. From 2002 to 2008, it increased to the highest extent - by 4.53%; from 2008 to 2012 - by 0.99%, which is 4.6 times less. The sensed social activity level over these 4 years has almost stopped growing (by approximately 0.2% per year). From 2012 to 2019, over 7 years, social activity increased by 1.58%, i.e. at the same slow pace. This was caused by the crises in the Russian economy that began in 2008 and in 2014. As a result, due to the decreasing incomes, people reduced everyday communication with friends, neighbors and coworkers, attending artistic events with their family, and traveling on vacation. Meanwhile, the social activity grow rate (1.58%) was almost at the level of the average value for 8 parameters of quality of life (1.63%). Therefore, the social wellbeing of the Russian people (which implies the aspiration and ability to interact with people around them - was on average relatively high, but its social activity over the past 11 years has not increased significantly.

The perceived role of physical problems in limiting functioning of the Russian population is in the third place. The higher the indicator, the less, according to a person, health problems limit his/her daily activities. For 17 years, physical problems were less and less restricting the daily life of the Russian population - their role was constantly decreasing, reaching 74.79% in 2019, i.e. it decreased by 25.21% of the highest level. The speed of this positive change is the highest compared to other characteristics of the sensed life quality - approximately 1.9 times higher than the average for 8 parameters. However, the rate of decrease in the importance of physical issues in restricting the life of the Russian people has been constantly falling over the course of 17 years. From 2002 to 2008, over 6 years, the value of

this role decreased by 8.86% (approximately 1.48% per year). This period was the most prosperous in the economic development of Russia, which led to a decrease in the role of physical problems. From 2008 to 2012, the role of physical problems decreased by only 3.11%, 2.85 times less (approximately 0.8% per year). I.e. the rate of decrease in the role of physical problems over the 4 years has fallen dramatically. From 2012 to 2019, the value of this role over 7 years decreased by 3.09% (approximately 0.4%). In fact, over the past 11 years, the importance of physical issues in restricting the everyday life of the Russian people has not changed, remaining at the same level. Economic crises that began in Russia in 2008 and in 2014 had a great impact on it. Therefore, in conditions of the economic crisis, the physical activity of the Russian population grew. For this reason, there was a growth of physical issues in limiting the life of people. The rate of decrease in the importance of this role over the past 7 years has been higher (3.09%) than the average increase in the Russian population sensed life quality (1.63%). Consequently, in general, over the past 17 years, the physical health of the Russian people has increased - physical issues prevented people from carrying out their daily activities less and less, limited their life activity less as well.

The volume of subjective pain sensations experienced by the Russian population is in the fourth place among the Russian population. The higher the indicator, the less pain sensations the person experienced. This indicator has been constantly increasing for 17 years, reaching 71.98% in 2019, i.e. the level of subjective pain sensations of the Russian population decreased, not reaching 28.02% of the highest level. The rate of this positive change over 7 years (1.66%) is approximately at the average level for 8 characteristics of the sensed life quality (1.63%). The level of subjected painful feelings of the Russian population slightly decreased during 17 years. From 2002 to 2008, over 6 years, it decreased by 2.37% (approximately 0.4% per year); from 2008 to 2012 it decreased by 1.97% (approximately 0.5% per year). From 2012 to 2019, the volume of subjective pain sensations decreased by 1.66% (approximately by 0.2% per year), i.e. the volume of subjective pain sensations for 7 years has almost remained the same. Its condition was little affected by the crises of the Russian economy that began in 2008 and 2014. Although during the economic crisis there was an increase in the physical activity of the Russian population, this had little effect on the reduction of the subjective pain feelings. By 2019, the Russian people felt pain not much less than 11 years ago.

The significance of the sensed role of emotional issues in restricting the Russian people's life is in the fifth place. The higher the indicator, the

less emotional state limited his/her daily activities. The value of this indicator has been constantly decreasing over the course of 17 years, reaching 71.4% in 2019, not reaching 28.6% to the highest level. The rate of this positive change (1.8%) slightly exceeds the average value for 8 parameters of perceived quality of life (1.63%). The sensed role of emotional issues in restricting the life of the Russian population for 17 years reduced unevenly. From 2002 to 2008, over 6 years, it fell the most - by 8.14% (about 1.4% per year). These were the most economically prosperous years in Russia and the emotional state of people was calmer. From 2008 to 2012, the role of emotional problems decreased by only 0.8%, i.e. about 10 times less (0.2% per year). From 2012 to 2019, over 7 years, the perceived role of emotional problems in limiting the life of the Russian population decreased by 1.8% (about 0.3% per year). I.e. the rate of decrease of this role over 11 years has fallen dramatically. This was also due to economic crises that began in 2008 and in 2014 in Russia. Due to these crises, emotional feelings became more intense. Therefore, the sensed role of emotional issues in restricting the life of the Russian population increased as well. Although the decline in the significance of this role essentially ceased from 2008 to 2019, nevertheless, the rate of its positive change over 7 years is slightly higher (1.8%) than the average value of improving the Russian people life quality in 8 parameters (1.63%). In general, over 17 years, the rate of decrease in this role was relatively high. For this reason, the emotional wellbeing of the Russian people increased, although very unevenly — emotional problems prevented people from fulfilling their job duties and other matters even less, and restricted their activities less as well.

The level of mental wellbeing perceived by the Russian population is in the sixth place. The higher the value, the more time a person felt peaceful and calm. This level has been constantly increasing for 17 years, reaching 63.95% in 2017, i.e. was significantly lower than the previous parameters of the perceived quality of life. It did not reach more than a third (36.05%) to the highest level. The level of positive changes in this characteristic is one of the lowest compared with the change in the other 7 characteristics of the sensed life quality. The level of sensed mental wellbeing of the Russian population over the course of 17 years grew unevenly. From 2002 to 2008, over 6 years, it fell the most - by 8.14% (about 1.4% per year). From 2008 to 2012, over 4 years, it increased even less - only 1.43%, i.e. 2.36 times less (about 0.4% per year). From 2012 to 2019, over 7 years, it increased by 0.55% (approximately by 0.08% per year), i.e. almost remained at the same place. Thus, over the past 11 years, the level of mental health experienced by the Russian population has not changed much, remaining at a relatively low

level. Its state was slightly influenced by the crises in the Russian economy that began in 2008 and 2014, though during the economic crisis the physical activity of the Russian people grew. By 2019, it felt pain sensations not much less than 11 years ago. Over the past 7 years, the Russian population sensed life quality increased faster (by 1.63%) than the sensed mental wellbeing of the Russian population (0.55%).

The seventh place is held by the vitality of the Russian population. The level of vitality perceived by the population is the amount of time that a person felt vigorous and full of strength. The higher the value, the more time a person felt vigorous and full of strength. This level has been constantly increasing for 17 years, reaching 61.37% in 2019, i.e. was significantly lower than the previous parameters of the perceived quality of life. It did not reach more than a third (36.05%) to the highest level. The positive change in this characteristic is lower compared to the change in most of the other characteristics of the sensed life quality. The level of perceived vitality over 17 years increased unevenly. From 2002 to 2008, this characteristic grew by 4.38% (0.73% per year). From 2008 to 2012, it increased by only 1.1%, about 4 times less (about 0.3% per year). From 2012 to 2019, it increased by 1.47% (about 0.2% per year). i.e. almost remained at the same place. Thus, over the past 11 years, the level of vitality perceived by the Russian population has not almost changed, remaining at a relatively low level. By 2019, the population felt a vitality not much higher than 11 years ago. It was slightly influenced by the crises in the Russian economy that began in 2008 and 2014, though during the economic crisis there was an increase in the physical activity of the Russian population. The sensed life quality of the Russian people on average over the past 7 years has grown slightly faster (by 1.63%) than the vitality of the Russian population (1.47%).

The general state of health felt by the Russian population is in the eighth place. The higher the score, the better people's general health. This level has been constantly increasing for 17 years, reaching 61.02% in 2019, i.e. it was the lowest among the other 7 parameters of perceived quality of life. It did not reach more than a third (38.98%) to the highest level. The increase in perceived general health over the course of 17 years has been uneven. From 2002 to 2008, it increased by 2.77% (about 0.5% per year). From 2008 to 2012, it increased by 2.54% (approximately 0.6% per year). The rate of increase of this level over 4 years has slightly increased. From 2012 to 2019, it increased by 0.27% (approximately 0.04% per year), i.e. it almost remained the same. Thus, over the past 7 years, the positive change in the level of general health perceived by the Russian population essentially

stopped, remaining at the lowest level among the other 7 characteristics of the sensed life quality. By 2019, the Russian people perceived their health as they did 7 years ago, while the level of perceived quality of life by the Russian population increased on average (by 1.63%). This means that the level of healthcare in Russia as a whole did not increase, and it could not provide an increase in the general health of the Russian population.

An additional parameter characterizing the state of perceived quality of life is the comparative well-being of the population. This indicator characterizes the change in well-being perceived by the Russian population during the year. The higher the indicator, the greater the improvement in people's perception of their well-being compared to the previous year. The stability point is the value of the indicator equal to 50% (well-being remained unchanged during the year). If the value of the comparative well-being index exceeds 50%, then the well-being of people has improved compared to the previous year and vice versa.

The increase in the comparative well-being of the population for 17 years was weak. In 2002, it amounted to 54.58%, i.e. improvement in people's perception of their well-being was small (4.58%). In subsequent years, their perception of their well-being improved a little faster: in 2008 it reached 57.36% and improved by 7.36%; in 2012 it reached 58.74% and improved by 8.74%; in 2019, it decreased slightly - to 57.94% and improved only by 7.94%. Thus, for 17 years there has been a continuous improvement in the perception of the Russian population of their well-being, but this improvement was weak. It improved the weakest in 2002, in 2008 and 2012 the improvement was felt a little stronger, and in 2019 - a little weaker. This is due to the fall in real incomes of the population in the previous year amid rising inflation.

Of the two components of the socio-economic life quality of the Russian population observed in the study, only the average income per person in a family directly affects the state of the perceived quality of life of people. The higher their average income per person in the family, the higher their perceived physical activity (SCp = 0.141) and the larger the amount of subjective pain sensations (SCp = 0.112). Achieving a greater income implies more physical activity, which is accompanied, as shown above, by an increase in the volume of subjective pain. To a large extent this applies to older people. The older the age of people, the lower their income (SCp = 0.126). This dependence is due to the peculiarity of the life of the Russian population over the past 25 years. Older people lost a lot as a result of the collapse of the Soviet Union and were less prepared for the development of market relations in Russia.

5. Conclusions

The results of the research of the state of the Russian population life quality parameters allow us to draw the following conclusions.

On average (integral index), the state of the Russian population sensed life quality changed in conjunction with the change in the value of its 8 parameters. The value of this index has been constantly growing for 17 years, reaching 70.83% in 2019. It did not reach less than a third (29.17%) to the highest level. Nevertheless, the growth in the average value of the life quality sensed by the Russian population over the course of 17 years became slower. From 2002 to 2008, it increased to 67.4% - by 4.6% (approximately 0.77% per year), from 2008 to 2012 it increased to 69.2% - only by 1.8%, approximately 2.5 times less (0.45% per year), i.e. the rate of increase in its average value has fallen significantly over 4 years. From 2012 to 2019, the average value of the life quality sensed by the Russian population increased to 70.83%, i.e. its growth decreased to 1.63% (approximately 0.23%). In fact, it stopped. This was due to the fall in real incomes of the Russian population under the conditions of sanctional pressure on Russia from the Western countries, which began in 2014, and an increase in inflation. For these reasons, during the stated period increase in most of the characteristics that compose the sensed life quality either slowed down or stopped.

The main contribution to the increase of the average level of the quality of life perceived by the Russian population over the 17 years was made by an increase in the level of its physical and social activity. The slowdown of this level is due to the relatively low state of mental, general health and vitality felt by the Russian population. Moreover, the value of these components has not almost increased over the past 11 years, and the state of general health has slightly decreased in 2019.

The revealed state of the perceived quality of life of the Russian population shows what priority tasks need to be solved to improve it now and in the near future. First, it is important to create such living conditions of the Russian population that would ensure an increase in their mental health. It acquires special significance in the event of emergency, the difficult socio-economic situation of society. This requires the sustainable development of the Russian state, the preservation and improvement of the material and spiritual well-being of people. By achieving this result, mental stress in society will decrease, people will no longer worry about their present and future well-being. Reduction of the volume of subjective painful sensations of the Russian population is also one of the crucial tasks. People have such feelings in case of a low income per family member, insecurity in staying in employment. In

order to reduce the subjective painful sensations of people it is necessary to increase the level of salaries, provide pensions in present and reasonable expectations of this in the future. Along with this, it is required to increase the level of healthcare in Russia to provide high-quality free health care. Raising the level of mental wellbeing and lowering the volume of subjective painful feelings in the Russian people can help to reduce the importance of sensed physical and emotional issues in restricting people's life, increase their physical and social activity, general health and vitality, thereby increasing the sensed life quality in general.

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