



Quality of Life and How to make it a Reality in the New Year

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Editorial

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Abstract

This article outlines the fundamental elements that structure the quality of life of human beings, according to the main indicators formulated by Psychology with an ethical-humanistic approach.

Keywords: Quality of Life; Humanistic Psychology; Biopsychological-Social-Cultural and Spiritual Unity; Physical, Mental and Spiritual Health

Editorial

According to our perception, quality of life becomes the art of living in peace with oneself, with the other or non-self and with the micro and macro social environment that surrounds the human being.

An essential requirement is that the person's health is in perfect bio-psycho-socio-cultural and spiritual balance. That is, that the person meets the four fundamental indicators on which the psychic and spiritual health of the human being is structured: Self-esteem, the «exact dose» of love and respect that Homo sapiens must experience towards himself.

Self-help, the subject has in his inner world all the strength and energy to satisfactorily resolve the problems that life poses; if external help arrives, welcome it! However, it is not absolutely necessary to overcome the difficulties that the individual faces. Self-recognition, the inner caress that

the person gives himself for being who he is and how he is. Self-realization is not the possession of material goods or the success achieved in a certain profession, but the immense love that human beings put into everything they do, no matter how simple or insignificant it is or may be.

As a complementary factor, we could mention the full satisfaction of material and spiritual needs; on the other hand, spirituality should be defined as the set of actions that man performs and that give full meaning to his earthly existence.

When the person has internalized each and every one of these theoretical-methodological indicators, puts them into practice (criterion of truth), and also has his basic material and spiritual needs satisfied, we can affirm that he enjoys an optimal quality of life.