

Title	ミニマリストライフスタイルが個人の総合的なウェルビーイングに与える影響の探究:中国深圳市でのケーススタディ
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# Abstract

This doctoral dissertation investigates the intricate relationship between lifestyle, consumer habits, and their ultimate contribution to human well-being. The study addresses the gap in understanding how various lifestyles impact consumption behaviors and subsequently influence the well-being of individuals and society at large. The research is anchored in the contemporary discourse surrounding minimalist lifestyles, which have garnered substantial attention in recent years. By establishing a robust research model, this study verifies the positive impact of minimalist lifestyles on fostering sustainable consumption habits and, in turn, enhancing human well-being.

Owing to its positive impact on individual well-being, the concept of minimalism has garnered increasing attention from scholars worldwide. However, current research is primarily inferential and lacks empirical evidence. Additionally, studies conducted thus far have focused only on the general population in developed countries, presenting issues of incompleteness and generalizability. This study aimed to examine and validate scientific evidence of the positive impact of minimalism on individual well-being by developing a research model that explores the relationship between minimalist lifestyles and personal well-being. To this end, highly validated data from Chinese residents were analyzed using factor analysis and structural equation modeling (SEM) analysis.

The findings indicate that Chinese residents' minimalist lifestyle is influenced by three key factors: clutter removal, cautious shopping, and a high-cycle life.

Furthermore, minimalism was found to impact personal well-being positively, with clutter removal being the most significant contributing factor. These results suggest that minimalism can be an effective lifestyle choice that positively affects personal well-being and quality of life across different cultural and social contexts, albeit with variations in expression and concern. This research contributes to the Minimalist

Well-being Model, which comprehensively explains how minimalism is defined in relation to well-being. By promoting intentional consumption and sustainable habits, this dissertation underscores the potential for intentional lifestyles to shape both individual lives and the collective well-being of humanity. The findings not only provide design inspiration for businesses but also underscore the imperative of guiding society towards more sustainable and holistic lifestyles for the betterment of current and future generations.

In conclusion, this dissertation offers a comprehensive exploration of the impact of lifestyle on consumption habits and well-being, anchored in the context of minimalist lifestyles. The research model and findings contribute to the broader understanding of how lifestyle choices influence human behavior and societal progress. The study encourages a paradigm shift towards more sustainable and intentional lifestyles for the betterment of individuals and the environment.

Keywords: minimalist lifestyle; emotional; personal well-being; survey questionnaire; sustainable development;