

Proposed University Services towards Greater Eudaimonic Well-being of Condominium Residents

Brian Bantugan¹, Jeetendra Vaswani², and Michelle Mijares¹

¹St. Paul University Manila

²National University Fairview

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ABSTRACT

This study explored the dimensions of Eudaimonic Well-being (EWB) Theory in condominium living in Metro Manila, focusing on how high-density urban living impacted personal growth, autonomy, and social well-being. Given the increasing popularity of condominiums as housing options, the research aimed to understand residents' experiences of self-actualization, purpose, and community engagement. The qualitative study involved 24 participants from various cities in Metro Manila. Data were collected through 13 open-ended questions and analyzed using thematic and content analysis, providing insights into urban living's effect on EWB and informing urban planning and community development. The study found that condominium living offers a dynamic journey toward Eudaimonic Well-being (EWB), which emphasizes personal growth, autonomy, and meaningful life goals. Condominium residents experience autonomy through independent decision-making in finances and lifestyle, promoting self-determination and personal development. Security features provide a stable foundation for growth, reducing anxiety and fostering self-actualization. However, financial strain, due to high costs and hidden expenses, can hinder EWB. While the convenience of condo living enhances life satisfaction, the community aspect presents mixed experiences, with some residents feeling isolated. Despite challenges such as limited space and financial obligations, overcoming them fosters resilience and personal growth. The journey toward EWB in condominiums involves balancing convenience, security, and growth, with successful navigation leading to higher life satisfaction and psychological flourishing. Research supports that managing these dynamics effectively enhances EWB, leading to greater well-being and fulfillment.

Keywords: Eudaimonic Well-being (EWB), Condominium living, Autonomy, Personal growth, Community engagement

INTRODUCTION

Condominium living has become a significant urban housing trend worldwide, driven by social, economic, and cultural factors. As urbanization accelerates and land prices rise, especially in metropolitan areas, condominiums provide a viable solution to housing shortages while accommodating modern lifestyles (Arku, 2020; Yuen, 2019). The demand for housing in prime locations has led to the vertical expansion of residential spaces. Condominiums maximize land use by housing multiple units within a single structure, making them ideal for densely populated areas (Hui et al., 2022). This efficiency allows residents to live near workplaces, commercial hubs, and public transportation, reducing commute times and enhancing convenience (Tan, 2021).

While single-family homes in prime city locations are often expensive, condominiums offer a more affordable alternative for homeownership (Hirayama, 2020). Many buyers, including young professionals and middle-class families, choose condos as a stepping stone to property ownership. Additionally,

condominiums serve as investment assets, with owners renting out units for passive income or benefiting from property appreciation over time (Wong, 2023). Many modern condominiums incorporate eco-friendly designs, such as energy-efficient lighting, green rooftops, and water conservation systems (Ng, 2022). Their high-density nature also reduces urban sprawl, minimizing environmental impact compared to suburban developments requiring extensive land use and infrastructure expansion (Arku, 2020).

Condominiums cater to modern lifestyles by offering amenities such as swimming pools, gyms, co-working spaces, and security services (Lee & Chen, 2021). This “resort-style” living appeals to individuals seeking convenience, security, and a sense of community. Shared spaces and organized events foster social interactions and a collective residential experience (Hoolachan, 2019). The rise of condominium living reflects changing attitudes toward homeownership and personal space. In many societies, traditional preferences for large, independent houses are shifting toward compact, well-designed units that prioritize efficiency (Forrest & Yip, 2020). Younger generations increasingly value mobility, flexibility, and experiences over long-term property commitments, making condominiums an attractive choice (Hirayama, 2020).

Despite its advantages, condominium living presents challenges, including homeowners' association fees, potential conflicts with neighbors, and renovation limitations (Wong, 2023). Governance, property maintenance, and shared responsibility for common areas also affect residents' experiences. Additionally, in some cities, rapid condominium construction has raised concerns about market saturation and real estate bubbles (Hui et al., 2022).

Living in a Condominium in the Philippines Compared to Other Countries

Condominium living is a global phenomenon, with experiences varying based on a country's economic, cultural, and regulatory context. In the Philippines, it reflects rapid urbanization and the growing demand for vertical housing (Ballesteros, 2020). Key differences across countries include affordability, ownership structures, amenities, regulations, and social dynamics.

Affordability and Market Demand. In the Philippines, condominiums are marketed as an affordable alternative to traditional housing, appealing to young professionals, middle-class families, and overseas Filipino workers (OFWs) investing in real estate (Magno, 2021). While high-end condominiums exist, many developments target budget-conscious buyers. In contrast, Singapore and Japan have strict land use policies and high property values, making ownership significantly more expensive (Yuen, 2019; Hirayama, 2020). In the United States and Canada, condominiums are an entry point into homeownership, though affordability remains a challenge in major cities such as New York, Toronto, and Vancouver (Forrest & Yip, 2020).

Ownership and Leasing Structures. In the Philippines, foreign ownership is limited to 40% of a building's total units under the Condominium Act (Republic Act No. 4726, 1966), balancing local ownership with foreign investment (Ballesteros, 2020). Singapore enforces stricter foreign ownership rules, requiring government approval for certain property purchases (Yuen, 2019). Thailand imposes a similar 49% foreign ownership cap, while Malaysia encourages foreign investment in high-end properties but sets minimum price thresholds (Lee & Chen, 2021).

Amenities and Lifestyle. Philippine condominiums cater to the growing middle class with amenities such as swimming pools, fitness centers, function halls, and 24/7 security (Magno, 2021). Developers emphasize convenience and community spaces. In Japan and South Korea, condominiums prioritize compact, space-saving designs with smart home technology due to limited land (Hirayama, 2020). Luxury developments in Dubai and Hong Kong feature high-end amenities such as concierge services, automated parking, and private elevators (Hui et al., 2022).

Regulations and Property Management. In the Philippines, homeowners' associations (HOAs) or property management companies oversee maintenance, security, and shared amenities, though governance issues,

rising dues, and maintenance problems persist (Ballesteros, 2020). Singapore's government plays an active role in regulating developments and ensuring maintenance quality (Yuen, 2019). Canada and Australia enforce strict legal frameworks for condominium corporations, ensuring management transparency and financial accountability (Forrest & Yip, 2020).

Social and Cultural Aspects. In the Philippines, condominiums symbolize modern urban living and investment potential, particularly for OFWs renting out units for income (Magno, 2021). Filipino communities foster social interactions, often organizing events and religious gatherings. In South Korea and Japan, condominium living is more individualistic, with minimal interaction among neighbors (Hirayama, 2020). In European cities, condominiums integrate with mixed-use developments, promoting a community-centered lifestyle (Wong, 2023).

Condominium Living and Quality of Life in the Philippines

Condominium living in Metro Manila impacts residents' quality of life in terms of physical environment, social interactions, and well-being. Well-maintained facilities, adequate space, and aesthetic appeal contribute to resident satisfaction, though overcrowding and limited green spaces remain challenges (Ballesteros, 2020). While shared amenities and events foster social interaction, transient neighbors and weak community ties often lead to isolation (Magno, 2021). Additionally, access to gyms and pools supports physical health, but noise pollution and limited personal space can increase stress and negatively affect mental well-being (Cruz, 2022).

Condominium Development in Manila City

The rapid urbanization of Manila City has driven a surge in condominium developments to accommodate a growing population within limited land. Developers address this demand by building high-density residences with modern amenities and convenient urban access. For example, Megaworld Corporation's Kingsquare Residential Suites in Sta. Cruz is strategically located near the University Belt, hospitals, and transport hubs, catering to students, professionals, and families (Megaworld Corporation, n.d.). Similarly, Ayala Land's Amaia Skies projects offer affordable condominiums in Manila, Quezon City, and Mandaluyong, making urban living more accessible (Ayala Land, n.d.). This trend reflects increasing demand for condominiums due to population growth, urbanization, and rising land costs (Mapiles Realty, n.d.). As the city evolves, condominiums will remain essential in shaping Manila's urban landscape and providing sustainable housing.

Changing Educational and Residential Landscape

The rise of condominium developments near educational institutions in Manila reflects urbanization and a shift in the local education landscape. As demand for housing grows, some universities face declining enrollment, influenced by digital learning and changing economic priorities (Adriano & Gutierrez, 2021). In response, developers and universities are adapting by offering flexible educational services that prioritize convenience and alternative learning formats. Condominiums near universities attract students and professionals seeking easy access to academics and employment. Institutions are also expanding services to working professionals through online and blended learning. Developers like Megaworld Corporation and Ayala Land align with these changes by building residential projects near educational hubs, fostering collaboration between real estate and education sectors (Megaworld Corporation, n.d.; Ayala Land, n.d.). This integration positions Manila as a hub for learning and work, reshaping the urban educational experience.

Research Gaps

Studies on eudaimonic well-being (EWB) and urban living have explored aspects like environmental mastery, social relationships, and personal growth, with mixed findings on how high-density living impacts residents. Diener and Seligman (2004) found that while city living often induces stress, well-designed spaces

with communal areas can enhance social connections and personal growth. Ho (2011) highlighted the positive effects of community engagement in high-density housing on autonomy and life satisfaction. Magno (2021) warned that overcrowding and lack of green spaces could negatively affect emotional well-being. Cohen et al. (2016) emphasized that well-designed housing with access to nature and privacy fosters autonomy, while Liu et al. (2017) found that community-driven activities and green spaces contribute to happiness and life satisfaction. These findings underscore the importance of thoughtful design and community engagement in promoting EWB in urban living spaces.

Despite these insights, there are gaps in research on EWB in high-rise condominiums in Metro Manila, particularly regarding self-realization and life purpose. Few studies specifically explore how these dimensions manifest in the context of Filipino condominiums. The proposed study aims to address this gap by examining how condominium design, community dynamics, and lifestyle factors influence EWB in the Filipino urban context. Scholars like Magno (2021) and Schuster (2015) suggest that community-oriented designs integrating nature and social spaces may mitigate some negative aspects of high-density living.

Additionally, this research fills a gap in the intersection of urbanization, education, and real estate. While urban development's effects on real estate and community dynamics are well-studied (Aguilar, 2017; Tiu, 2020), there is limited exploration of how condominium development influences student behavior, enrollment patterns, and educational innovation. The growth of condominiums near universities and the demand for flexible, innovative educational products presents an opportunity to investigate how real estate can integrate with educational services to cater to new client categories, such as working professionals and non-traditional students. Ferrer (2022) suggests that adapting to the shifting needs of learners and integrating educational spaces within urban developments may address the evolving landscape of higher education and urban living.

EWB Theory

EWB Theory, which emphasizes self-actualization, personal growth, and purpose-driven living, provides a valuable framework for evaluating how condominium living influences well-being (Ryan & Deci, 2001). Condominium design significantly impacts environmental mastery, an essential component of eudaimonia. Well-designed spaces with natural light, green areas, and functional layouts enhance a resident's sense of control over their environment, fostering autonomy and competence (Ryff & Keyes, 1995). However, high-density housing with limited personal space and exposure to urban stressors can hinder one's ability to shape their surroundings, negatively affecting psychological well-being (Ballesteros, 2020).

Community dynamics contribute to residents' sense of belonging, purpose, and positive relationships, central to EWB. Shared spaces such as co-working areas, gyms, and lounges facilitate meaningful social interactions, reinforcing relatedness and connection (Deci & Ryan, 2000). However, the transient nature of condominium residents, especially in urban areas, can weaken social bonds and diminish the sense of community, challenging the formation of sustained, meaningful relationships (Cruz, 2022). Intentional resident engagement programs, participatory governance, and shared decision-making structures can foster a stronger communal identity, aligning with EWB principles.

A condominium lifestyle offers opportunities and constraints for EWB. Access to work, education, and cultural activities supports self-realization and personal development (Magno, 2021). However, the fast-paced, consumer-driven nature of urban living may lead to superficial engagement and reduced opportunities for reflection (Seligman, 2011). For condominium living to support eudaimonia, it must incorporate elements that nurture intrinsic motivation, encourage social connections, and provide opportunities for self-improvement and engagement in meaningful activities.

EWB Theory is particularly suited to explaining condominium living because it emphasizes living a meaningful life through personal growth and self-realization (Waterman, 2008). Unlike Self-Determination Theory (SDT), which focuses on psychological needs like autonomy and competence (Ryan & Deci, 2001),

or Environmental Psychology, which examines how surroundings influence well-being, EWB offers a broader view on how individuals create meaning in their environments. In condominium living, where space limitations and high-density environments may challenge autonomy and privacy, EWB highlights how residents can achieve well-being by cultivating purpose, engaging in community-building, and shaping their living spaces to reflect their values (Waterman, 2008). While SDT explains satisfaction when psychological needs are met, EWB goes further by showing how people can thrive even in constrained urban settings by fostering self-actualization and fulfillment.

Statement of the Problem

This paper sought to explore the dimensions of EWB Theory in the context of condominium living in the Philippines, particularly in Metro Manila. The findings of the study could provide valuable insights into how high-density urban living impacts the personal growth, autonomy, and social well-being of Filipinos. Given the increasing reliance on condominiums as a primary mode of housing in Metro Manila, understanding how residents experience self-actualization, purpose, and community engagement within these spaces can inform universities to be of service to emerging communities, particularly those in condominiums.

METHODOLOGY

This qualitative study involved 24 condominium residents from various locations across Metro Manila. Cities with the highest concentration of condominiums are Quezon City, which accounts for 22% of the region's total condominium supply. Other notable locations include Pasig City (13%), Manila City (11%), Pasay City (10%), and Malabon City, San Juan City, Taguig City, Mandaluyong City, and Valenzuela City, which make up the remaining 44% (Statista Research Department, 2024). Together, these areas represent nine of the 17 cities in the National Capital Region (53% of the total cities and municipalities). Additionally, one city south of Luzon was included in the study. These areas were deemed acceptable due to their higher concentrations of condominium residents, offering the study a comprehensive view of condominium living across the region.

The study's exploratory and qualitative nature justifies the use of 24 volunteer open-ended survey respondents, a sample size that aligns with qualitative research practices where depth and richness of data are prioritized over quantity. According to Creswell (2013), qualitative research typically involves smaller sample sizes, as the aim is to gather detailed insights from participants rather than to generalize findings. In qualitative studies, the focus is on obtaining a deep understanding of participants' experiences, opinions, and perspectives. Small sample sizes allow for more intensive analysis of each individual's response (Guest, Bunce, & Johnson, 2006). Moreover, the use of open-ended questions further ensures that the study captures the nuanced views of participants, contributing to a more comprehensive understanding of condominium living in Metro Manila. The 24 respondents provide sufficient diversity and depth of data while remaining manageable for thematic and content analysis, making it an appropriate choice for this exploratory study.

Data were collected through 13 open-ended questions and analyzed using thematic and content analysis, providing insights into urban living's effect on EWB and informing urban planning and community development.

RESULTS

Factors Persuading the Respondents to Live in a Condominium

The responses were categorized into five key themes, with the frequency of mentions counted and percentages calculated based on 21 relevant responses. The analysis reveals that convenience and accessibility (47.6%) is the most influential factor in purchasing a condominium, with many buyers prioritizing proximity to work, school, and essential services. Security and safety (33.3%) are other key

considerations, with respondents emphasizing the importance of a protected and comfortable living environment.

While independence and lifestyle (14.3%) and practicality and inclusivity of services (14.3%) are important to some buyers, particularly students and young professionals, they are secondary to convenience and security. These factors reflect the appeal of self-sufficiency, modern living, and bundled amenities. Ownership and investment (4.8%) were the least mentioned factors, suggesting most buyers prioritize short-term benefits over long-term property acquisition.

The decision to purchase a condominium is largely influenced by factors that align with EWB, which emphasizes personal growth, autonomy, and purpose. Convenience and accessibility (47.6%) reflect individuals' desire to optimize time for meaningful activities such as work, education, and social engagement, allowing them to focus on personal and professional development instead of long commutes.

Table 1 Distribution of reasons for living in a condominium across five emergent themes

Theme	Frequency	Percentage (%)	Examples from Responses
Convenience and Accessibility	10	47.6	"Convenience and security," "Convenient for living," "Convenience in terms of location," "Proximity to work, restaurants, etc.," "Accessibility and comfort"
Security and Safety	7	33.3	"Security," "Security and amenities," "Security and safety," "Safe, comfortable, and modern living," "Practicality and Continuous Security Service"
Independence and Lifestyle	3	14.3	"The idea of being able to live alone and nearby my campus," "Independence and convenience," "Safe, comfortable, and modern living"
Practicality and Inclusivity of Services	3	14.3	"Practicality and Continuous Security Service," "I want to live in a condominium near my school, with all-in-one inclusions such as electricity, water, and food," "Less rules to follow"
Ownership and Investment	1	4.8	"Owning the property"

Security and safety (33.3%) play a critical role, as a secure environment fosters peace of mind, enabling residents to pursue their goals without fear or distraction. This aligns with the EWB principle of environmental mastery, where individuals seek stable conditions to thrive. Independence and lifestyle (14.3%) and practicality and inclusivity of services (14.3%) emphasize the importance of self-sufficiency, autonomy, and access to holistic living conditions. These factors contribute to a sense of agency and control over daily life, reinforcing intrinsic motivation and self-determination.

Ownership and investment (4.8%) was the least mentioned factor, suggesting that buyers prioritize immediate well-being and quality of life over long-term financial gains. This aligns with the eudaimonic perspective that well-being is about creating meaningful experiences and personal fulfillment, not just accumulating wealth.

Overall, the findings indicate that condominium buyers seek not just a place to live, but an environment that supports their growth, security, and autonomy, enabling them to lead more fulfilling and purposeful lives.

Motivating Factors for Continuing to Live in a Condominium

The responses were analyzed to identify recurring themes that motivate individuals to continue living in a condominium. The following key themes emerged:

The most cited reason for continuing to live in a condominium is convenience and accessibility (39.1%), emphasizing the importance of proximity to workplaces, schools, and essential services. Many residents value the efficiency and ease that condominium living provides in their daily routines.

Security and safety (34.8%) are another major factor, as many respondents appreciate the gated environment, controlled access, and overall sense of protection, which enhances personal well-being and reduces stress.

Amenities and facilities (21.7%), such as access to pools, gyms, and nearby commercial establishments, also motivate residents to stay. These conveniences add comfort and recreation, making condo living more attractive.

Privacy and independence (13.0%) reflect the appeal of personal space and autonomy, especially for those who value a hassle-free, self-sufficient lifestyle. Social connection and lifestyle (8.7%) emerged as a factor, with some respondents highlighting the relationships they've built within the condominium community.

Table 2 Distribution of reasons for continuing to live in a condominium across five emergent themes

Theme	Frequency	Percentage (%)	Examples from Responses
Convenience and Accessibility	9	39.1	"Accessibility and convenience," "Convenience and security," "Convenience and location, amenities and facilities, safety and security," "I have easy access to work, fave restaurants, gym, etc.,"
Security and Safety	8	34.8	"Security," "Security and amenities aside from the comfort and location of your home," "I feel secured. Even if I forgot to lock my door, I know my unit is secured."
Amenities and Facilities	5	21.7	"Privacy, and other benefits, such as free pool and gym access," "It usually has amenities/facilities you can enjoy as a tenant," "Security, Peacefulness, Comfort, Accessibility"
Privacy and Independence	3	13.0	"Privacy, comfort," "Independence," "Less hassle and convenient"
Social Connection and Lifestyle	2	8.7	"I became close to my neighbors, having some gathering," "Convenience to my lifestyle and work"

Changes in Motivations for Living in a Condominium: Initial Decision vs. Continued Stay

A comparison of the thematic analyses of respondents' initial motivations for choosing to live in a condominium and their reasons for continuing to do so reveals key shifts in priorities over time.

Increased Importance of Security and Safety. Initially, security was a significant motivator (33.3%) but was often paired with other factors like amenities and convenience. Over time, the emphasis on security and safety increased (34.8%), with respondents expressing a deeper appreciation for controlled access, gated communities, and peace of mind, suggesting that real-life experiences reinforced the value of a secure environment.

Convenience Remains the Top Factor but Becomes More Nuanced. Convenience and accessibility were the dominant initial factors (47.6%), focused on location benefits such as proximity to work and school. This remained the leading motivation for continued stay (39.1%) but evolved to include lifestyle integration—not just location, but also access to restaurants, fitness centers, and other urban conveniences. This shift suggests that, over time, residents evaluate their living conditions based on how well they fit into their daily routines and holistic well-being.

Growing Appreciation for Amenities and Facilities. Amenities and services were considered during the initial decision (14.3%) but became more significant for long-term motivation (21.7%). Respondents expressed satisfaction with free access to pools, gyms, and shared spaces, indicating that these features transitioned from attractive extras to essential benefits as they experienced them regularly.

Shift from Independence to Community and Social Connections. Independence (14.3%) was a notable factor during the initial decision-making phase, especially among those seeking autonomy and self-sufficiency. Over time, social connection and lifestyle (8.7%) emerged as a reason for staying, with some residents emphasizing relationships with neighbors and shared experiences. This shift suggests that, while independence remains valuable, a sense of belonging and community becomes more motivating after living in a condominium.

Decline in Focus on Ownership and Investment. Initially, a small number of respondents considered owning property (4.8%) as a key motivator. However, this factor disappeared in the continued-stay responses, suggesting that once residents settle in, the lived experience outweighs investment considerations, reinforcing the idea that quality of life is a stronger motivator than financial gain for long-term residency.

Key Insights on Changing Motivations

The motivations for choosing to live in a condominium initially revolve around practicality and external factors like location, security, and accessibility. However, as residents settle in, their motivations become more experience-driven, focusing on security, lifestyle integration, and social connections. These findings suggest that condominium developers and property managers can enhance retention by emphasizing community-building activities, maintaining high security standards, and ensuring continued access to convenient amenities and services.

Changing Motivations and EWB

As time progresses, motivations to remain in a condominium evolve, reflecting a deeper engagement with the principles of EWB. The shift in motivations suggests that individuals begin seeking a richer, more fulfilling lifestyle that goes beyond convenience or security.

Amenities and Lifestyle Integration. Over time, respondents reported a stronger focus on the amenities and lifestyle benefits provided by the condominium. Access to pools, gyms, and social spaces moved from attractive perks to core components of a meaningful lifestyle. This aligns with the EWB concept of personal growth and self-realization, as individuals seek environments that encourage practical convenience as well as opportunities for recreation, well-being, and social connection.

Social Connections and Community. Initially, privacy and independence were key drivers, but over time, residents began valuing connections with neighbors and the sense of community that arises in shared living spaces. This evolution represents a shift from self-centered well-being to a more communal, relational form of well-being, supporting the fulfillment of social connectedness and meaningful relationships—key elements of human flourishing.

Security and Emotional Comfort. As individuals settled into their condominiums, they increasingly recognized the value of not just physical security, but emotional comfort and peacefulness in their living environment. This sense of self-acceptance and emotional well-being is integral to EWB, enabling individuals to pursue their goals and aspirations without external stressors.

Linking EWB with Long-Term Satisfaction

The shift in motivations from practical needs to experience-based factors aligns with the EWB framework's focus on long-term fulfillment and personal development. As respondents become more embedded in

condominium living, their priorities transition from external conveniences to internal growth factors such as autonomy, social relationships, and self-actualization.

These changes suggest that:

Self-Determination Theory plays a crucial role in the long-term appeal of condominium living. As residents feel secure, comfortable, and connected, they have the freedom to pursue their personal goals, knowing their environment supports their well-being. This autonomy enables them to lead lives driven by intrinsic motivations, aligning with the EWB principle of fulfilling one's true potential.

The motivations for continued living are no longer just about comfort or practicality, but about fostering a life rich in meaning and purpose, underscoring that EWB is deeply tied to how living spaces meet both external and internal needs.

Challenges in Living in a Condominium

The responses provided offer various insights into the challenges of living in a condominium. Below is a thematic analysis of these responses.

Space Limitations (34.6%). The most frequent challenge mentioned was limited space within the condominium, with issues such as small floor area, insufficient room for belongings, and difficulty fitting items into the unit. This was also linked to a lack of permanency, as some residents felt the small space hindered their ability to settle long-term.

Financial Concerns (30.8%). Many respondents highlighted financial difficulties, particularly rising costs, including monthly association dues, higher rental fees, and general living expenses like water and electricity bills. These financial commitments were especially challenging for those living alone or with limited income.

Neighbor Relations (19.2%). Social dynamics within the condominium community were another challenge. Complaints about nosy neighbors, noise, and a lack of a supportive or friendly community led to feelings of discomfort and frustration, as residents struggled to balance privacy with social harmony.

Noise Issues (15.4%). Noise, particularly from neighboring units or common areas, was a common challenge. Disturbances from barking dogs, hallway noise, and out-of-service elevators contributed to an uncomfortable living environment, affecting residents' sense of tranquility.

Building Maintenance and Services (11.5%). Maintenance issues, such as pests and interruptions in building services (e.g., elevators out of order), were also highlighted. These problems impacted both the quality of living and the convenience of everyday life.

Pet Restrictions (3.8%). Some respondents mentioned the difficulty of owning pets in a condominium, especially the behavior of pets (e.g., barking) causing noise disturbances in shared spaces, which was challenging in noise-sensitive environments.

Administrative Challenges (7.7%). Several respondents referred to strict administration rules or changes in condominium policies as obstacles, such as limited guest access and frequent changes in processes or dues, making it harder to live comfortably.

General Convenience (3.8%). One respondent noted the lack of nearby food options, reflecting a broader desire for more convenient living, where services and amenities are easily accessible.

Table 3 Challenges in Living in a Condominium

Theme	Frequency	Percentage (%)	Examples from Responses
Space Limitations	9	34.6	"Having a small floor area", All my things cannot fit since the space is small", "Limited space and parking", "Limited space, does not have a sense of permanency or long-term settlement", "small floor area"
Financial Concerns	8	30.8	"The challenges are probably (1) financial monthly dues (rent, water, electricity etc.)", "Rapid increase of expenses such as rentals and other daily costings", "Higher cost", "Price", "Generally more expensive. The monthly assoc dues, water/electric bills, etc./"
Neighbor Relations	5	19.2	"Nosy neighbors. Some will complain about everything", "It was a bit strict, not allowing family to go inside our place", "I became close to my neighbors, having some gathering", "some condo units gave unfriendly neighbors or entitled unit-owners"
Noise Issues	4	15.4	"Noise from the neighboring units/outside/hallways; out-of-service elevators", "my dog barks at the smallest noises and her barks are tend to be heard in the hallway"
Building Maintenance and Services	3	11.5	"Despite continuous cleaning and pest controls, there's still a presence of cockroaches", It was a bit strict not allowing family to go onside our place", "out-of-service elevators"
Pet Restrictions	1	3.8	"Owning a pet dog in a condominium is what I consider challenging since she tends to bark at the smallest noises"
Administrative Challenges	2	7.7	"Admin strictness and process changes, assoc dues price increase", "It was a bit strict not allowing family to go inside our place"
General	1	3.8	"There were no available or near place for food"

Linking EWB with Condominium Living Challenges

EWB is defined as living a fulfilling, meaningful life aligned with one's potential and values, focusing on personal growth, self-realization, and human flourishing. In the context of condominium living, challenges can be interpreted through the lens of EWB, highlighting their impact on meaningful living experiences.

Space Limitations and EWB. Limited space in condominiums often leaves residents feeling constrained and unable to express themselves. EWB emphasizes autonomy and personal growth, which small living spaces hinder by making it difficult to create environments reflecting personal values and identity. This limitation can impede creativity, relaxation, and fulfillment, while a sense of impermanence may affect long-term well-being and personal development.

Financial Concerns and EWB. Financial challenges, such as rising costs and high rental fees, can undermine an individual's sense of control and security. EWB is closely tied to financial stability, and constant financial pressure can lead to stress, diminishing autonomy and hindering personal growth. This stress may prevent individuals from pursuing meaningful activities, such as hobbies or social connections, key aspects of a fulfilling life.

Neighbor Relations and EWB. Negative relationships with neighbors can hinder the development of meaningful social connections, a core component of EWB. Positive relationships foster belonging and social support, which contribute to flourishing. Conflict or isolation due to unfriendly neighbors can lead to

alienation, preventing individuals from engaging in fulfilling relationships and finding meaning in their living environment.

Noise Issues and EWB. Constant noise disturbances from neighbors or external sources can disrupt a resident's ability to relax, reflect, and grow—essential components of EWB. A quiet living space is vital for introspection and meaningful personal activities, and noise disruptions increase stress and anxiety, hindering the psychological space needed for flourishing.

Building Maintenance and Services and EWB. Poor building maintenance, such as pests or out-of-service elevators, can undermine a resident's sense of security and comfort, which are crucial to EWB. A well-maintained environment supports personal development and relationship building, while maintenance issues can disrupt one's sense of well-being and hinder growth.

Pet Restrictions and EWB. For some, pet ownership is an essential part of well-being, providing companionship and emotional support. Restrictions on pets can create tension and dissatisfaction, impacting emotional well-being and hindering the ability to live authentically, a core value of EWB.

Administrative Challenges and EWB. Strict administrative rules and process changes, such as guest restrictions or rising dues, can diminish a person's sense of autonomy. Constant bureaucratic navigation can lead to frustration and helplessness, undermining the freedom essential for leading a meaningful, fulfilling life. EWB thrives in environments that promote personal agency and freedom of choice.

Thus, challenges such as space limitations, financial concerns, neighbor relations, and noise issues can impact residents' EWB, hindering their ability to create fulfilling lives. EWB is about more than avoiding discomfort; it's about creating environments where individuals can thrive, grow, and engage meaningfully. Addressing these challenges—improving space utilization, offering financial flexibility, fostering a supportive community, and ensuring quiet, well-maintained living conditions—can enhance residents' EWB.

Key Takeaways of Residents from Living in a Condominium

Peace of Mind and Security. Many respondents highlight the security that comes with living in a condominium. The presence of a security system, controlled access, and the reassurance of a gated community contribute to peace of mind. One respondent noted, "I feel like it's more safe to live in a condo since there's a security system and not everyone can enter." This focus on safety is a significant advantage, especially for those who prioritize protection from potential threats.

Convenience and Independence. The convenience of condominium living is often emphasized, particularly in terms of location, access to amenities, and ease of managing day-to-day activities. Respondents find condo life ideal for young professionals or singles, offering independence and easy access to work, groceries, and other necessities. One respondent shared, "Living in a condominium helps me understand more about myself, encouraged to be more independent and be strategic in saving more money." This suggests that condo living fosters both practical skills and personal growth in managing life independently.

Financial Management. Several responses stress the importance of financial planning in condo living, noting ongoing expenses such as association dues, utility bills, and mortgage payments. The advice, "Never forget to pay your Assoc(iation) dues and always include it in your budget," highlights the need for proactive financial management. While condos may be more expensive than other housing options, many respondents feel the higher costs are justified by the added benefits of security, convenience, and amenities.

Space and Lifestyle Considerations. Space limitations are a common challenge, with many respondents acknowledging that condos can feel cramped, especially for families. One individual shared, "Condo lifestyle could be something not appropriate because of the limited floor size and lack of open space" for larger families or those with extended relatives. However, for smaller households or singles who don't require as much space, the balance of comfort and convenience makes condo living an ideal option.

Community and Social Connections. While security and privacy are key benefits, some respondents felt the sense of community in a condominium was lacking. The statement "No sense of community" reflects that for some, condo living can feel isolating with minimal interaction with neighbors. However, others noted that living in a condo provides opportunities to explore a broader community and network with people from different walks of life. This highlights the complex dynamics of community engagement in such settings.

Challenges and Long-Term Considerations. Despite the benefits, long-term financial and maintenance challenges are key takeaways. The idea that "if you own a unit/property, it is difficult to maintain it in the long run" points to the ongoing investment and maintenance required for condo ownership. Respondents also mentioned hidden costs like property taxes, condo insurance, and potential rising expenses, making condo living a long-term consideration that requires thoughtful planning.

Overall, living in a condominium emphasizes a balance between security, convenience, and independence, with challenges in financial management and space limitations. Condo living is ideal for those who prioritize safety and convenience, but may not suit larger families or those seeking expansive living spaces. While financial and maintenance challenges exist, the amenities and independence condos offer make them a viable option for many. Ultimately, the experience is shaped by personal preferences, financial considerations, and the ability to adapt to the lifestyle.

Table 4 Key Takeaways of Residents from Living in a Condominium

Theme	Frequency	Percentage (%)	Examples from Responses
Peace of Mind and Security	4	14.8	"I feel like it's more safe to live in a condo since there's a security system and not everyone can enter."
Convenience and Independence	7	25.9	"Living in a condominium helps me understand more about myself, encouraged to be more independent and be strategic in saving more money."
Financial Management	5	18.5	"Never forget to pay your Assoc dues and always include it on your budget."
Space and Lifestyle Consideration	4	14.8	"Condo lifestyle could be something not appropriate because of the limited floor size and lack of open space."
Community and Social Connections	2	7.4	"No sense of community."
Challenges and Long-Term Considerations	4	14.8	"If you own a unit/property, it is difficult to maintain it in the long run."

Key Takeaways in Condominium Living and EWB

EWB, which emphasizes the pursuit of a meaningful life, personal growth, and self-actualization, is reflected in the key takeaways from condominium living in several ways. The responses show both the positive aspects of EWB and the challenges that may impact well-being over time. Here's how EWB is reflected in the takeaways:

Peace of Mind and Security. The theme of peace of mind and security speaks to the essential aspect of well-being, where individuals feel safe and secure in their environment. This contributes to psychological stability, allowing individuals to focus on self-development and a meaningful life. Respondents' focus on safety within their condominium, such as "I feel like it's more safe to live in a condo since there's a security system and not everyone can enter," highlights the importance of a secure environment for flourishing.

Convenience and Independence. The emphasis on convenience and independence reflects personal growth and self-determination, which are core elements of EWB. Living independently and managing daily

responsibilities encourages self-reliance and empowered decision-making. Responses like "Living in a condominium helps me understand more about myself, encouraged to be more independent and be strategic in saving more money" show how condo living provides opportunities for self-discovery and learning, aligning with EWB's focus on autonomy and personal development.

Financial Management. Managing finances is a key aspect of EWB, as it involves taking responsibility for financial well-being and making informed choices that promote long-term security. The response "Never forget to pay your Assoc dues and always include it on your budget" demonstrates the importance of self-control and planning. EWB is reflected in the ability to make prudent decisions and maintain balance through responsible financial management.

Space and Lifestyle Considerations. The theme of space and lifestyle underscores the desire for an environment that supports personal values and psychological needs. Limited space and lack of open areas can detract from well-being and fulfillment. A response like "Condo lifestyle could be something not appropriate because of the limited floor size and lack of open space" suggests that some individuals may find the environment stifling. EWB is linked to having a living space that aligns with one's needs, where individuals feel comfort and engagement.

Community and Social Connections. EWB involves meaningful social connections and community engagement. The statement "No sense of community" reflects a gap in social well-being for some condo residents. EWB is tied to relationships, and the absence of a supportive community may hinder fulfillment. In contrast, those with strong relationships or a sense of belonging, such as "The whole community is like a new world waiting for me to explore," experience positive social engagement and interconnectedness.

Challenges and Long-Term Considerations. Financial and maintenance challenges, such as increased costs and long-term property upkeep, reflect ongoing difficulties that can impact well-being. "If you own a unit/property, it is difficult to maintain it in the long run" touches on the tension between immediate benefits and long-term burdens. These challenges can lead to stress, which may detract from fulfillment and personal growth. However, overcoming these challenges can contribute to EWB through resilience, learning, and effective coping strategies.

EWB is connected to the responses from living in a condominium. Personal growth, independence, and financial management contribute to flourishing. Security and peace of mind are foundational to well-being, creating a stable base for growth. However, challenges like space limitations, financial strains, and lack of community can hinder EWB. Condominium living can foster autonomy and convenience but requires careful management of resources and relationships to maintain a high level of well-being. The balance of convenience, independence, and financial responsibility plays a crucial role in cultivating EWB.

DISCUSSION

Condominium Living: A Journey in EWB

Living in a condominium can be viewed as a journey toward EWB, where individuals strive not only for hedonic pleasure but also for fulfillment, autonomy, and personal growth. EWB refers to realizing one's potential, purpose, and meaningful life goals through self-reflection, positive relationships, and activities aligned with personal values (Ryan & Deci, 2001). Condominium living provides a unique context for exploring how individuals navigate personal growth, independence, and balancing convenience with compromise, all central to EWB.

Autonomy and Independence: Essential for EWB

Autonomy—the sense of control over one's environment and choices—is foundational to EWB. Respondents noted that living in a condominium encouraged independence, with statements like "Living in a

condominium helped me understand more about myself, encouraged me to be more independent and be strategic in saving more money.” Such reflections highlight the self-determination central to EWB (Ryan & Deci, 2000). The ability to manage finances, lifestyle, and personal space reflects autonomy, supporting EWB by aligning actions with personal growth goals (Ryan & Deci, 2008).

Recent studies show that higher autonomy is linked to greater well-being, personal development, and psychological fulfillment (Sheldon & Gunz, 2009). Condo residents who manage finances independently tend to feel competent, contributing to their autonomy (Deci & Ryan, 2008).

Security and Stability: Key Enablers of EWB

Condominium living provides both physical and psychological security essential for EWB. Security allows individuals to take risks, explore, and focus on meaningful activities without concern for basic safety. One respondent noted, “I feel like it’s safer to live in a condo since there’s a security system and not everyone can enter,” reflecting how security reduces anxiety and provides a stable base for growth and self-actualization.

Research shows that safety and security foster personal well-being by creating a stable environment conducive to psychological flourishing (Schueller, 2010). When secure, individuals are more likely to focus on personal development and engaging in activities that promote creativity and social relationships (Ryan & Deci, 2001).

Convenience and Financial Management: A Balancing Act

The convenience of condominium living—location, accessibility, and maintenance—saves time and energy, enabling individuals to pursue meaningful, self-determined activities. Respondents mentioned, “Living in a condo offers maximum benefits in terms of amenities, security, and convenience,” highlighting how convenience enhances life satisfaction.

However, financial aspects often present a balancing act. High costs and hidden expenses, such as association dues and property taxes, can strain well-being if not managed properly. One respondent noted, “The expenses don’t stop at the mortgage; you have to consider other heavy expenses.” Financial strain detracts from EWB by consuming resources that could be used for personal growth and satisfaction (Diener & Seligman, 2002).

Research by Seligman (2011) suggests that effectively managing financial resources promotes well-being, while financial stress hinders self-actualization. The financial burdens of condominium living create tension between urban convenience and lifestyle sustainability.

Community and Social Connections: Mixed Impact on EWB

Social connections and community engagement are key elements of EWB, as positive relationships foster personal growth and a sense of belonging. Some respondents reported social engagement, saying, “The whole community is like a new world waiting for me to explore,” while others felt disconnected, stating, “No sense of community.”

This contrast aligns with research emphasizing the role of belongingness and social interactions in personal fulfillment (Hawkey & Cacioppo, 2010). Strong relationships contribute to life satisfaction and emotional resilience, while isolation can negatively impact EWB, limiting opportunities for growth (Ryff & Singer, 2008). Supportive communities are essential for maximizing EWB.

Challenges and Growth: A Dynamic Journey in EWB

The challenges of condominium living—limited space, financial obligations, and maintenance duties—serve as both stressors and opportunities for growth. Respondents acknowledged these challenges but recognized

their value, noting, “The location, maintenance, and security measures outweigh the hassle.” Overcoming these challenges is central to EWB (Ryff & Singer, 2008).

Research supports this view, showing that facing life’s difficulties fosters resilience, problem-solving, and a sense of purpose (Seligman, 2011). Managing the complexities of condo living, including finances, social dynamics, and environmental adaptation, leads to greater self-awareness and psychological flourishing.

Condominium living offers a unique journey toward EWB, balancing the benefits of independence, convenience, and security with the challenges of financial management, social connection, and personal growth. Autonomy and security foster personal development, while financial strain and limited space can hinder EWB. Nevertheless, overcoming these challenges fosters resilience and growth. Successful management of these dynamics leads to higher life satisfaction and psychological flourishing.

Catholic University Services for Greater EWB of Condominium Residents

Catholic universities and colleges, with their commitment to community service, moral development, and holistic education, can play a significant role in supporting condominium residents in a variety of ways. By aligning their mission with the principles of EWB—fostering autonomy, meaningful engagement, and personal growth—these institutions can provide both educational and community-based services that enhance the lives of residents. Below are several key services that Catholic universities and colleges could offer:

Financial Literacy and Management Programs. Given that many respondents highlighted the importance of managing finances in condominium living, Catholic universities can offer financial literacy programs to residents. These could include workshops or seminars on budgeting, managing household expenses, understanding mortgages and property taxes, and planning for long-term financial goals. Such programs would address the financial strain some residents face and empower them with the tools to make informed decisions, contributing to their sense of autonomy and well-being (Deci & Ryan, 2008).

Example Service:

- **Workshops on Financial Planning:** Offer classes or online courses on personal budgeting, debt management, and savings for young professionals or families living in condominiums.
- **Counseling on Property Management:** Provide expertise on managing condominium ownership costs, including insurance, association dues, and long-term financial planning.

Community Building and Social Engagement Initiatives. Condominium living can sometimes lead to social isolation or a lack of a strong community connection. Catholic institutions can promote social well-being and EWB by organizing community-building activities for residents. These initiatives could include volunteer opportunities, social gatherings, religious events, and even support groups for individuals facing similar challenges (e.g., single parents, young professionals, or retirees).

Example Service:

- **Volunteer Programs:** Collaborate with local parishes or community organizations to offer residents opportunities to participate in service-oriented activities.
- **Religious and Social Events:** Organize Mass services, prayer groups, or faith-based social events for condominium residents to foster a sense of community and spiritual well-being.

Spiritual and Emotional Support. Catholic universities and colleges can provide a spiritual and emotional support system to residents. This could involve setting up counseling services that focus on mental health, stress management, and spiritual growth. Residents who feel stressed by the demands of condo living (financial burdens, space constraints, etc.) can benefit from emotional and spiritual counseling rooted in Catholic values such as hope, resilience, and compassion.

Example Service:

- **Counseling Services:** Provide access to spiritual counseling or workshops focused on cultivating inner peace and navigating life transitions (e.g., moving into a condo, adjusting to a new lifestyle, or managing financial challenges).
- **Stress Management Workshops:** Offer workshops on mindfulness, prayer, and relaxation techniques based on Catholic teachings to help individuals achieve emotional and spiritual well-being.

Sustainability and Environmental Responsibility Education. The theme of convenience versus compromise in condominium living can be extended to sustainability practices. Catholic universities can offer sustainability workshops for residents on energy-saving practices, waste reduction, and environmental stewardship, in line with Catholic teachings on care for creation (Pope Francis, 2015). These initiatives would help residents live in harmony with the environment, fostering both EWB and a sense of purpose.

Example Service:

- **Workshops on Sustainability:** Provide training on sustainable living practices such as reducing energy consumption, proper waste disposal, and environmentally responsible consumption.
- **Community Clean-Up Events:** Organize neighborhood or condominium-wide clean-up events to encourage residents to actively contribute to the well-being of their shared environment.

Health and Wellness Programs. As respondents mentioned balancing independence and self-care, Catholic universities can provide wellness programs that focus on physical, mental, and spiritual health. These programs can include fitness classes, nutritional counseling, mindfulness training, and spiritual retreats that help residents maintain a balanced and healthy lifestyle. Such services would support residents in cultivating well-being in all aspects of their lives, consistent with the holistic approach Catholic institutions often emphasize.

Example Service:

- **Physical and Mental Wellness Programs:** Offer exercise classes (e.g., yoga, aerobics) and mental health resources such as meditation or journaling workshops.
- **Retreats and Wellness Seminars:** Provide opportunities for residents to attend spiritual retreats that focus on mindfulness, self-reflection, and personal growth.

Career Development and Lifelong Learning. Catholic universities can offer residents access to career development services and lifelong learning opportunities. These programs can help individuals enhance their skills, increase employability, and pursue meaningful careers. Workshops on resume writing, interview preparation, networking, and professional ethics could support EWB by helping individuals achieve their professional potential and personal goals.

Example Service:

- **Career Counseling and Networking Events:** Host job fairs, networking events, and career counseling services to help residents find fulfilling careers.
- **Adult Education Programs:** Provide access to courses, workshops, or certification programs for lifelong learning, aimed at helping residents achieve personal and professional fulfillment.

Collaborations with Local Communities. Lastly, Catholic universities can help residents integrate into broader community networks by collaborating with local government units, non-governmental organizations (NGOs), and religious groups. By creating partnerships that foster social good, these institutions can support residents in developing a deeper connection to the larger community, thus enriching their EWB.

Example Service:

- **Community Partnership Initiatives:** Facilitate partnerships between condominium residents and local charities or NGOs to encourage social involvement and the pursuit of common good.

Catholic universities and colleges, by virtue of their mission, are uniquely positioned to provide services that enhance EWB for condominium residents. Through financial education, community building, spiritual and emotional support, sustainability education, wellness programs, career development, and local partnerships, Catholic institutions can help individuals navigate the challenges of condominium living while fostering personal growth, self-awareness, and a sense of purpose. By doing so, they support the journey toward holistic well-being in line with their educational, spiritual, and moral commitments.

To create a more comprehensive and integrated framework for the holistic well-being of condominium residents, urban planners, developers, and local government agencies should implement policies that complement the services provided by universities. One key aspect is designing condominiums and urban spaces that foster interaction and community engagement. By incorporating communal spaces such as parks, gardens, recreation areas, and pedestrian-friendly infrastructure, these spaces would encourage socialization and physical activity, while ensuring accessibility and inclusivity for all residents. Additionally, developing policies that provide financial support for low-income residents, such as affordable housing options, financial assistance programs, and favorable mortgage rates, would help promote economic stability and complement university-led financial literacy workshops.

Sustainability and environmental responsibility should also be prioritized by enforcing green building standards and requiring energy-efficient designs, renewable energy use, and waste reduction technologies. Developers should be incentivized to integrate green roofs, urban gardens, and public transportation access, while promoting sustainable practices in the community. This aligns with university services offering sustainability workshops and environmental stewardship education. Further, urban planners should focus on creating integrated health and wellness infrastructure within condominium developments. This includes fitness centers, wellness parks, mental health services, and regular health check-ups that support residents' physical and mental well-being, complementing university-led wellness programs such as stress management workshops and physical fitness classes.

In addition to physical and mental wellness, fostering social support networks is crucial. Policies should encourage the development of community spaces that provide services for vulnerable groups, such as childcare centers and senior care services, and promote social initiatives like neighborhood watch programs. These efforts would help residents build a sense of belonging and social engagement, which would complement university services offering volunteer opportunities and religious or social events. To further enhance residents' growth, policies should support lifelong learning and career development. By providing spaces for vocational training centers, adult education programs, and career counseling workshops, urban developments can empower residents to enhance their skills and professional opportunities, aligning with university services that offer career counseling and networking events.

Ensuring inclusivity and accessibility in all community services is another vital policy consideration. All new condominium developments should mandate universal design features, such as ramps and elevators, to ensure accessibility for people with disabilities and the elderly. Public transportation options should be made accessible, and programs promoting inclusivity, such as workshops on disability awareness, should be implemented. These policies would enhance the accessibility of the services provided by universities, such as emotional and spiritual support programs, ensuring that all residents have equitable access.

Lastly, fostering stronger partnerships between local government units (LGUs), developers, and educational institutions is essential for creating a supportive urban environment. Establishing cross-sector collaborations will ensure that the needs of residents are met, while facilitating the implementation of community-oriented programs and services. LGUs can also incentivize developers who incorporate community-based initiatives,

such as financial relief programs or community hubs, into their projects. These efforts will help bridge the gap between government services and community needs, aligning with university efforts to support residents in their journey toward holistic well-being.

Thus, urban planners, developers, and local government agencies play a critical role in complementing university services by creating environments that prioritize residents' well-being. Through policies that promote community engagement, financial stability, sustainability, health, lifelong learning, and inclusivity, they can help foster resilient, thriving communities. These initiatives will ensure that condominium residents are empowered to lead fulfilling, well-rounded lives, fully supported by both their immediate environment and the educational institutions that serve them.

It is recommended that in future studies of a similar concern seeking generalizable findings, the study's sample size should include a more diverse range in the demographics of condominium residents for broader representation. For now, the exploratory and qualitative nature of the study is sufficient in that it is a necessary step before parameters for a quantitative study that is able to achieve generalizable findings to be constructed.

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