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Human Development Index and Regional Development: Measuring Human Welfare Beyond Economic Growth

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Abstract

Economic development has traditionally been measured through indicators such as gross domestic product (GDP) and income per capita. However, these indicators often fail to capture the broader dimensions of human welfare. The Human Development Index (HDI) was introduced by the United Nations Development Programme (UNDP) as a multidimensional measure of development that incorporates indicators of health, education, and living standards. This study aims to examine the importance of the Human Development Index in evaluating development performance and to analyze its role in assessing regional human welfare. Using a qualitative approach based on literature review and secondary data analysis, this study explores the conceptual framework of HDI and its implications for development policy. The findings indicate that HDI provides a more comprehensive perspective on development compared to traditional economic indicators. By integrating education, health, and income dimensions, HDI enables policymakers to identify development gaps and formulate more inclusive development strategies. The study concludes that HDI remains an essential tool for measuring human development and guiding sustainable and equitable development policies.

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INTRODUCTION

Economic development has long been associated with improvements in national income and economic growth. For many decades, policymakers and economists relied heavily on economic indicators such as gross domestic product (GDP) and per capita income to measure the progress of nations (Jalan et al., n.d.). These indicators were considered reliable benchmarks for evaluating economic performance because they reflected the total output produced within a country's economy. As a result, development strategies in many countries were largely designed to stimulate economic growth, increase production capacity, and expand national income. Governments often

assumed that higher economic growth would automatically translate into improved living standards for the population (Harventy, 2020). However, over time scholars began to question the adequacy of purely economic indicators in capturing the complexity of development processes. Economic growth alone does not necessarily guarantee improvements in living standards, access to education, or health outcomes. In many countries, rapid economic expansion has occurred alongside persistent poverty, social inequality, and limited access to essential public services (Eko-syariah & Mufid, n.d.). This phenomenon suggests that economic growth may benefit certain groups of society while leaving others behind. Consequently, relying solely on GDP or income-based indicators can create a misleading impression of development progress because such indicators fail to capture broader dimensions of human welfare (Goubran, 2019).

The limitations of traditional economic indicators have encouraged scholars and international organizations to develop alternative measures that better reflect human well-being. These alternative measures seek to evaluate development not only in terms of economic performance but also in terms of the quality of life experienced by individuals. Development, therefore, should be understood as a multidimensional process that includes improvements in health, education, social participation, and economic opportunity. This broader perspective on development emphasizes that economic growth should serve as a means to enhance human welfare rather than being considered an end in itself (Febrianto, Widad, et al., 2022). One of the most influential innovations in development measurement is the Human Development Index (HDI), which was introduced by the United Nations Development Programme (UNDP) in the Human Development Report of 1990. The HDI was developed under the intellectual leadership of economist Mahbub ul Haq, with significant contributions from Nobel laureate Amartya Sen, whose work on the capability approach greatly influenced the conceptual foundation of human development. The central idea behind HDI is that development should focus on expanding people's capabilities and freedoms rather than simply increasing economic output (Kristianto Dwi estijayandono, 2019).

The Human Development Index represents a multidimensional approach to measuring development by incorporating three fundamental dimensions of human welfare: health, education, and living standards. Health is measured through life expectancy at birth, which reflects the overall health conditions and longevity of a population. Education is measured through indicators such as mean years of schooling and expected years of schooling, which represent the level of knowledge and educational opportunities available to individuals. Meanwhile, living standards are measured through gross national income per capita, which captures the economic resources available for individuals to achieve a decent standard of living (Febrianto, Widad, et al., 2022). By combining these dimensions into a single composite indicator, HDI provides a more comprehensive measure of development compared to traditional economic indicators (Ali et al., 2022). Rather than focusing exclusively on economic growth, HDI emphasizes the importance of improving human capabilities and expanding

people's opportunities. This approach recognizes that economic resources are valuable only insofar as they contribute to improving people's quality of life. In other words, development should ultimately be evaluated based on its impact on human well-being (Syafri, Edi; Endrizal, 2013).

The introduction of HDI marked a significant shift in development thinking by emphasizing that the ultimate goal of development is to expand people's choices and improve their quality of life. Development should therefore be evaluated not only by economic growth but also by the extent to which individuals are able to live healthy lives, acquire knowledge, and achieve a decent standard of living. This perspective aligns with the broader concept of human-centered development, which places human welfare at the center of development policy (Latifah et al., 2019). Over the years, HDI has become one of the most widely used indicators for measuring human development at both national and regional levels. Governments, international organizations, and development agencies use HDI to evaluate development performance, identify disparities between regions, and design policies aimed at improving human welfare. The index provides a simple yet powerful framework for comparing development outcomes across countries and regions (Prasetyaningrum et al., 2021). By analyzing HDI values, policymakers can identify areas that require policy intervention, such as improving education systems, expanding healthcare services, or reducing income inequality (Anzoategui et al., 2014).

In many countries, HDI is also used to assess regional development gaps and monitor progress toward sustainable development goals. Regional disparities in human development often reflect unequal access to education, healthcare, infrastructure, and economic opportunities (Yanti et al., 2020). For example, urban areas may experience higher HDI levels due to better access to public services and economic opportunities, while rural areas may lag behind due to limited infrastructure and public investment. By highlighting these disparities, HDI helps governments develop targeted policies to promote more balanced and inclusive development. Furthermore, HDI has played an important role in shaping global development discourse (Dhofier, 1982). The annual Human Development Reports published by UNDP have significantly influenced international development debates by emphasizing the importance of human welfare and social progress. These reports provide valuable insights into global development trends and encourage governments to adopt policies that prioritize human development rather than purely economic objectives (Eko-syariah & Mufid, n.d.).

Despite its widespread use, the Human Development Index continues to be the subject of academic debate. Some scholars argue that HDI oversimplifies complex development realities by combining multiple dimensions into a single composite indicator (Syahrin, 2018). According to critics, development is a multidimensional phenomenon that cannot be fully captured through only three indicators (Rofingah, 2022). Factors such as environmental sustainability, social inclusion, gender equality, and political freedom also play important roles in determining human well-being (Ina-

ina, n.d.). Others suggest that additional dimensions should be incorporated into development measurement to better reflect contemporary development challenges. For example, environmental sustainability has become an increasingly important concern in the context of climate change and ecological degradation (Agustin, 2021). Similarly, gender equality has emerged as a critical aspect of development because gender disparities can limit access to education, employment, and social participation. As a result, some scholars advocate for expanding the HDI framework to include broader dimensions of human welfare (Tsaniyah et al., 2023).

Nevertheless, HDI remains a valuable tool for capturing the multidimensional nature of development. The index provides a clear and accessible framework for understanding the relationship between economic resources and human welfare. By emphasizing health, education, and income as key components of development, HDI encourages policymakers to adopt a more holistic approach to development planning (Sarirati & Ardini, 2024). This study aims to examine the concept of the Human Development Index and analyze its role in evaluating development performance. Specifically, the study explores how HDI contributes to understanding human welfare beyond economic growth and how it can be used to guide development policy. By analyzing the theoretical foundations and policy implications of HDI, this research seeks to contribute to the broader discussion on measuring human development in a comprehensive and inclusive manner (Selatan et al., 2011).

The concept of human development emerged as a response to the limitations of traditional economic development models that focused primarily on economic growth. For many years, development was largely equated with economic expansion, industrialization, and increases in national income. However, this approach often overlooked the broader dimensions of human welfare and social progress. Scholars began to recognize that economic growth alone does not necessarily lead to improvements in living standards or social well-being (Selatan et al., 2011). One of the most influential contributions to the human development discourse is the capability approach developed by Amartya Sen. According to Sen (1999), development should be understood as the expansion of people's capabilities and freedoms rather than simply the accumulation of wealth. The capability approach emphasizes that individuals should have the opportunity to live the kind of life they value. This requires access to essential resources such as education, healthcare, and economic opportunities. In this perspective, development is not merely about increasing income but about enhancing people's ability to pursue meaningful and fulfilling lives (Eka Kusumawati & Istiqomah, 2020).

The Human Development Index was introduced as a practical tool to operationalize the concept of human development. According to UNDP (2020), the HDI measures average achievements in three basic dimensions of human development: a long and healthy life, access to knowledge, and a decent standard of living. These dimensions are represented by indicators such as life expectancy, educational

attainment, and income levels. The index combines these indicators into a single composite measure that allows for comparisons between countries and regions. Several studies have examined the role of HDI in assessing development performance. Anand and Sen (2000) argue that HDI provides a more balanced perspective on development by incorporating social indicators alongside economic indicators. By combining health, education, and income indicators, HDI offers a more comprehensive assessment of human welfare than traditional economic measures.

Similarly, Klugman, Rodríguez, and Choi (2011) emphasize that HDI has played a significant role in shifting global development discourse toward human-centered development (Febrianto, Jadid, et al., 2022). The introduction of HDI has encouraged policymakers to pay greater attention to social investments such as education and healthcare. These investments are essential for building human capital and improving long-term development outcomes (Febrianto & Maulida, 2025). At the regional level, HDI has been widely used to analyze development disparities within countries. Research by Ranis, Stewart, and Samman (2006) suggests that improvements in human development indicators often contribute to long-term economic growth. Investments in education and health can enhance human capital, which in turn supports productivity and economic development. This relationship highlights the importance of integrating human development policies with broader economic development strategies.

However, scholars have also highlighted certain limitations of HDI. For example, Stanton (2007) argues that the index does not fully capture inequality within societies because it focuses on average achievements rather than distributional aspects. High HDI values may conceal significant disparities between different social groups or regions. As a result, HDI should be interpreted alongside other indicators that capture inequality and social exclusion (Bankuoru Egala et al., 2021). In response to such criticisms, UNDP has introduced complementary indices such as the Inequality-adjusted Human Development Index (IHDI), the Gender Development Index (GDI), and the Multidimensional Poverty Index (MPI). These indicators provide additional insights into inequality, gender disparities, and poverty dimensions that may not be fully captured by HDI alone (Safitri et al., 2022). Overall, the literature suggests that HDI represents an important advancement in development measurement. Although it has certain limitations, HDI continues to provide valuable insights into the multidimensional nature of human development and remains a widely used tool for evaluating development performance (Brei et al., 2023).

RESEARCH METHOD

This study employs a qualitative research approach with a descriptive analytical design to examine the conceptual framework and policy implications of the Human Development Index (HDI) as a multidimensional indicator of development. The qualitative approach is used to analyze theoretical perspectives and conceptual developments related to human development rather than to test statistical

relationships between variables (Creswell, 2016). The research relies on a literature-based analytical method using secondary data sources, including academic journal articles, policy reports, and institutional publications related to human development and development measurement. These sources were obtained from scholarly databases such as Google Scholar, Scopus-indexed journals, and reports published by international organizations such as the United Nations Development Programme (UNDP), the World Bank, and the OECD (Achmad Febrianto & Ayu Aisyatun Nabila, 2025).

Data collection was conducted through systematic document analysis by selecting relevant literature that discusses human development theory, the capability approach, HDI methodology, and development policy implications. The collected data were analyzed using qualitative content analysis to identify key themes and conceptual relationships regarding the role of HDI in evaluating development outcomes (Achmad Febrianto & Ayu Aisyatun Nabila, 2025). The analysis process involved several stages, including data reduction, data organization, and interpretative analysis. In addition, triangulation was applied by comparing insights from multiple academic and institutional sources to ensure the reliability of the findings (Febrianto & Maulida, 2025). Through this approach, the study aims to provide a comprehensive understanding of the role of HDI in measuring development beyond economic growth and its relevance for development policy formulation.

FINDINGS AND DISCUSSION

The findings of this study indicate that the Human Development Index (HDI) plays a significant role in shifting the paradigm of development measurement from purely economic indicators toward a broader understanding of human welfare. Traditional development indicators such as gross domestic product (GDP) and per capita income primarily focus on economic output and national income levels. While these indicators provide important information about economic performance, they often fail to capture essential aspects of human well-being such as access to education, health services, and overall quality of life. The HDI, by incorporating dimensions of health, education, and income, offers a more comprehensive framework for evaluating development outcomes and identifying areas that require policy intervention.

One of the most important findings of this study is that HDI serves as an effective tool for assessing human welfare in a multidimensional context. By integrating three key indicators life expectancy, education, and income HDI reflects the broader capacity of individuals to achieve well-being. Life expectancy represents the health dimension of development and indicates the ability of individuals to live long and healthy lives. Education indicators, such as mean years of schooling and expected years of schooling, measure access to knowledge and educational opportunities that enable individuals to improve their socio-economic conditions. Meanwhile, income indicators capture the economic resources available to individuals to achieve a decent standard of living. The integration of these dimensions demonstrates that development should be understood

as the expansion of human capabilities rather than merely the accumulation of economic wealth.

Another important finding is that HDI provides valuable insights into regional and international development disparities. The index allows policymakers to compare development levels between countries and regions, thereby identifying gaps in human development performance. In many cases, countries with similar levels of economic growth may exhibit significantly different HDI values due to variations in education quality, healthcare accessibility, and income distribution. These disparities highlight the importance of adopting development strategies that prioritize social investment in education and health sectors alongside economic growth policies. By examining HDI values, governments can identify specific areas that require targeted policy interventions to improve human welfare. The findings also reveal that improvements in education and health services play a critical role in increasing HDI values and promoting long-term development outcomes. Investments in education contribute to the development of human capital by enhancing individuals' knowledge, skills, and productivity. A well-educated population is more capable of participating in economic activities, adapting to technological changes, and contributing to national development. Similarly, improvements in healthcare services increase life expectancy and reduce mortality rates, thereby enhancing the overall well-being of the population. These findings support the argument that sustainable economic development requires significant investments in human capital formation.

Furthermore, the analysis indicates that HDI can function as an important policy instrument for governments in designing inclusive development strategies. By examining HDI components, policymakers can identify which sectors require priority attention. For example, low educational attainment may indicate the need for educational reform and increased investment in schools and training institutions. Similarly, low life expectancy may reflect deficiencies in healthcare infrastructure, sanitation, and nutrition that require policy intervention. Through such analyses, HDI can help guide the allocation of public resources toward sectors that have the greatest impact on human welfare. Despite its advantages, the findings of this study also highlight several limitations associated with the use of HDI as a development indicator. One limitation is that HDI focuses on average achievements in health, education, and income without fully capturing inequalities within societies. In many countries, high HDI values may conceal significant disparities between different social groups or geographic regions. For instance, urban populations may enjoy better access to education and healthcare compared to rural communities, yet these inequalities may not be fully reflected in national HDI averages. Consequently, policymakers should interpret HDI results alongside other indicators that capture inequality and social exclusion.

Another limitation concerns the relatively narrow scope of HDI dimensions. While health, education, and income are fundamental components of human welfare, other factors such as environmental sustainability, gender equality, political

participation, and social security also play important roles in determining quality of life. Contemporary development challenges such as climate change, environmental degradation, and social inequality have highlighted the need for more comprehensive development indicators. In response to these challenges, institutions such as UNDP have developed complementary indices, including the Inequality-adjusted Human Development Index (IHDI), Gender Development Index (GDI), and Multidimensional Poverty Index (MPI), which provide additional insights into different aspects of human development.

The findings also suggest that HDI has significantly influenced development policy at both national and international levels. Many governments now incorporate HDI indicators into national development planning and policy evaluation. By using HDI as a benchmark for development performance, policymakers can monitor progress in improving human welfare over time. In addition, international organizations often use HDI rankings to assess global development trends and identify countries that require development assistance. This demonstrates that HDI has become an important tool for guiding policy discussions and promoting accountability in development governance.

Another key discussion emerging from this study is the relationship between human development and economic growth. While economic growth can contribute to improvements in HDI by increasing income levels and enabling greater public investment in education and healthcare, the relationship between growth and human development is not always straightforward. In some cases, economic growth may occur without significant improvements in human development indicators if the benefits of growth are unevenly distributed. Therefore, development strategies should aim to ensure that economic growth is inclusive and contributes directly to improving human welfare.

Moreover, the study highlights the importance of adopting a human-centered development approach that places people at the core of development policy. The HDI framework reflects the idea that development should ultimately enhance individuals' capabilities and opportunities. This perspective encourages policymakers to focus on expanding access to education, healthcare, and economic opportunities, thereby enabling individuals to lead productive and fulfilling lives. By prioritizing human welfare, development policies can create more equitable and sustainable development outcomes.

In conclusion, the findings and discussion of this study demonstrate that the Human Development Index provides a valuable framework for evaluating development beyond traditional economic indicators. By integrating health, education, and income dimensions, HDI offers a more comprehensive perspective on human welfare and development progress. At the same time, the limitations of HDI highlight the need for complementary indicators that capture broader aspects of human well-being. Nevertheless, HDI remains a crucial instrument for guiding development policy and promoting human-centered development strategies aimed at improving the quality of

life for all members of society.

Conclusion

The Human Development Index (HDI) provides a multidimensional measure of development that goes beyond traditional economic indicators such as GDP and income per capita. By integrating health, education, and living standards, HDI offers a more comprehensive framework for evaluating human welfare and development progress. The study shows that HDI supports a shift toward human-centered development by emphasizing improvements in life expectancy, educational attainment, and income as key components of well-being. It also helps policymakers identify development disparities and design strategies that promote more inclusive and balanced development. However, HDI has certain limitations, particularly in capturing inequality and other aspects of development such as environmental sustainability and gender equality. Therefore, HDI should be complemented with additional indicators to provide a more comprehensive assessment of human development. Overall, HDI remains an important tool for guiding policies that prioritize human welfare and sustainable development.

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