

## World Database of Happiness



Correlational Findings on  
Happiness and ACTIVITY:  
LEVEL (how much one does)  
Subject Code: A1

© on data collection: [Ruut Veenhoven](#),  
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### Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
A1	ACTIVITY: LEVEL (how much one does)	0
A1.1	Activity career	0
A1.1.1	Earlier activity level	14
A1.1.2	Change in activity level	0
A1.1.4	Later activity level	0
A1.2	Current activity level	15
A1.2.1	Physical activity	12
A1.2.2	Mental activity	10
A1.3	Attitudes to own activity level	0
A1.3.1	Perceived over/under activity	2
A1.3.2	Attitudes to own activity-level	0
A1.3.2.1	. satisfaction with physical activity	5
Appendix 1	Happiness Items used	
Appendix 2	Statistics used	
Appendix 3	About the World Database of Happiness	
Appendix 4	Further Findings in the World Database of Happiness	
Appendix 5	Related Subjects	

Cite as

Veenhoven, R.: Findings on ACTIVITY: LEVEL (how much one does)  
World Database of Happiness, Correlational Findings  
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Erasmus University Rotterdam, 2009, Netherlands

## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study **BAKER 2005**

*Reported in:* Baker, L.A.; Lawrence, P.; Cahalin, K.G.; Burr, J.A.  
Productive Activities and Subjective Well-Being among Older Adults: the Influence of Number of Activities and Time Commitment.  
Social Indicators Research, 2005, Vol. 73, 431 - 458. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/s11205-005-0805-6  
Page in Report: 443, 444

*Population:* 60+ aged, USA, followed 3 years 1986-1989

*Sample:* Probability stratified sample

*Non-Response:*

*N:* 1279

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### Correlate

*Authors label:* Number of productive activities

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Number of productive activities participated in during the last year:  
a. paid work (regular/ irregular employment)  
b. volunteering (religious, political, educational, senior group/ other)  
c. caregiving (acute or chronic care for friend/ relative/ neighbor)  
d. informal helping (errands/ housework/ childcare/ other)  
e. do-it-yourself (home improvement/ canning/ yard work/ car repair)

*Measured Values:* Range 0-16, M: 4,7, SD: 2,9

*Error Estimates:* Cronbach alpha: .72

*Remarks:* Assessed at T1 (1987)  
Housework not included, since 97% reports to be involved

## Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HL/c/sq/v/3/aa</u>	<u>DM=</u>	T1 mean number activities T2 happiness - not too happy 3,1 N = 147 - pretty happy 4,7 N = 688 - very happy 5,2 N = 444
<u>O-SLW/c/sq/n/7/a</u>	<u>DM=+</u>	T1 mean number activities T2 life-satisfaction - dissatisfied 3,1 N = 42 - somewhat dis 3,7 N = 54 - neutral 4,3 N = 243 - somewhat sat 5,0 N = 168 - very satisfied 4,9 N = 773
<u>O-HL/c/sq/v/3/aa</u>	<u>r=+.19</u> <u>p&lt;.05</u>	T1 number of activities by T2 happiness (3 year lag)
<u>O-SLW/c/sq/n/7/a</u>	<u>r=+.09</u> <u>p&lt;.05</u>	
<u>O-HL/c/sq/v/3/aa</u>	<u>B=+.12</u> <u>p&lt;.01</u>	B (+.122) bi-variate logistic regression
<u>O-HL/c/sq/v/3/aa</u>	<u>B=+.03</u> <u>ns</u>	B (+.029) controlled for: - Kind of activities - physical - social - social support - health - Socio-demographic variables - age - gender - race - marital status
<u>O-SLW/c/sq/n/7/a</u>	<u>B=+.04</u> <u>p&lt;.05</u>	B (+.044) bi-variate OLS regression

O-SLW/c/sq/n/7/a    B=+.01    B (+.008) controlled for:  
ns                    - Socio-demographic variables  
                          - age  
                          - gender  
                          - education  
                          - race  
                          - marital status  
                          - T1 health  
                          - T1 kind of activities  
                          - physical activity  
                          - social activities  
                          - religious participation  
T1- social support

O-SLW/c/sq/n/7/a    B=+.01    B (+.006) additionally controlled for:  
ns                    - T1 happiness (indicating CHANGE in happiness)

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## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study                    BAKER 2005

*Reported in:* Baker, L.A.; Lawrence, P.; Cahalin, K.G.; Burr, J.A.  
Productive Activities and Subjective Well-Being among Older Adults: the Influence of  
Number of Activities and Time Commitment.  
Social Indicators Research, 2005, Vol. 73, 431 - 458. ISSN p 0303 8300; ISSN e 1573  
0921 DOI:10.1007/s11205-005-0805-6  
Page in Report: 443,449

*Population:* 60+ aged, USA, followed 3 years 1986-1989

*Sample:* Probability stratified sample

*Non-Response:*

*N:* 1279

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### Correlate

*Authors label:* Hours spend on productive activities

*Our classification:* Earlier activity level, code A1.1.1

**Measurement:** Selfreport of hours spend on the following productive activities per month over the last year:

a: paid work

b: caregiving

c: volunteering hours

d: informal helping

e: do-it-yourself

Average of hours spend in each of these activities

**Measured Values:** Range 0-20, M = 5, 0 SD = 2,9

**Error Estimates:** Cronbach alpha: .48

**Remarks:** Assessed at T1

Hours of paid work over last 12 months:

0 No hours (no time committed)

1 1-1000 hours (low commitment)

2 1001-1999 hours (medium commitment)

3 2000 or more hours (high commitment)

Hours caregiving, volunteering, informal helping, and do-it-yourself activities over last 12 months:

0 No hours (no time committed)

1 10 or 30 hours (low commitment)

2 60, 80 or 120 hours (medium commitment)

3 200 or more hours (high commitment)

## Observed Relation with Happiness

*Happiness Measure*

*Statistics Elaboration/Remarks*

O-HL/c/sq/v/3/aa

r=+.19

p<.05

T1 hours spend on activities by T2 happiness (3 year lag)

O-SLW/c/sq/n/7/a

r=+.12

p<.05

O-HL/c/sq/v/3/aa

B=+.12

p<.001

B (+.122) bi-variate logistic regression

<u>O-HL/c/sq/v/3/aa</u>	<u>B=+.05</u> <u>p&lt;.05</u>	B (+.049) controlled for: - kind of activities - physical - social - social support - health - socio-demographic variables - age - gender - race - marital status
<u>O-SLW/c/sq/n/7/a</u>	<u>B=.01</u> <u>p&lt;.05</u>	B (+.059) bi-variate OSL regression
<u>O-SLW/c/sq/n/7/a</u>	<u>B=+.04</u> <u>p&lt;.05</u>	B (+.039) controlled for: - Demographic variables - age - gender - education - race - marital status - T1 health - T1 kind of activities - physical activity - social activities - religious participation - T1 social support
<u>O-SLW/c/sq/n/7/a</u>	<u>B=+.04</u> <u>p&lt;.05</u>	B (+0.038) additionally controlled for: - T1 happiness (indicating CHANGE in happiness)

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## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

**Study** CHIRI 1982

*Reported in:* Chiriboga, D.A.  
Consistency in Adult Functioning. The Influence of Stress.  
Ageing and Society, 1982, Vol. 2, 7 - 29. ISSN p 0144 686X; ISSN e 1469 1779  
Page in Report: 23

*Population:* People in transition followed 11 years, metropolis, USA, 1969-1980

*Sample:**Non-Response:* Attrition after 11 years 24%*N:* 163

## Correlate

*Authors label:* Earlier activity scope (1)*Our classification:* Earlier activity level, code A1.1.1*Measurement:* The number of activities reported 11 years ago, at T1(1969), on a 33-item Activities List, as weighted by frequency of participation.

## Observed Relation with Happiness

*Happiness Measure**Statistics Elaboration/Remarks*[O-HL/c/sq/v/3/cb](#)*r=*

T1 activity scope by T5 happiness 911 year interval)

Males:  $r = -.05$  (ns)Females:  $r = +.30$  (01)

## Correlational finding on Happiness and Earlier activity level Subject code: A1.1.1

**Study****PALMO 1977***Reported in:* Palmore, E.B.;Kivett, V.  
Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46 - 70.  
Journal of Gerontology, 1977, Vol. 32, 311 - 316. ISSN 0022 1422  
Page in Report: 313*Population:* 46+ aged whites, followed 2 years, USA, 1968-1972/74*Sample:* Probability stratified sample*Non-Response:**N:* 378



## Correlate

*Authors label:* Productive hours (1)

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Number of hours spent during the last typical week working or doing housework; doing volunteer work for church, relatives, yard, care, repairing and other such activities.

Assessed at T1: 1968/70.

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.10</u> <u>p&lt;.05</u>	T1 productive hours by T1 life satisfaction
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.09</u> <u>ns</u>	T1 productive hours by T2 life satisfaction
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.03</u> <u>ns</u>	T1 productive hours by T3 life satisfaction.
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=</u> <u>+.05 ns</u>	Multiple regression Dependent T1 life satisfaction. Selfrated health R= +.42 Sexual enjoyment B1=+.43 Soc. Act. hours B2=+.44 Org. activity B3=+.46 Productive hours B4=+.46
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=</u> <u>+.04 ns</u>	Multiple regression Dependent T2 life satisfaction. Selfrated health R= +.42 Sexual enjoyment B1=+.43 Soc. Act. hours B2=+.44 Org. activity B3=+.46 Productive hours B4=+.46

C-BW/c/sq/l/10/c

Beta=

+01 ns

Multiple regression Dependent T3 life satisfaction.

Selfrated health R= +.42

Sexual enjoyment B1=+.43

Soc. Act. hours B2=+.44

Org. activity B3=+.46

Productive hours B4=+.46

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## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study

VENTE 1997

*Reported in:* Ventegodt, S.

Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).

Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>

Page in Report: 348,350

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

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### Correlate

*Authors label:* Spontaneous activity shortly after birth

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Spontaneous activity shortly after birth as reported in medical file

1: no activity

2: some movement or slow movement

3: all extremities lively movement

Assesed at day 1 and day 5

*Measured Values:* N day 1 all:4183, 1:0,2%, 2: 56.8%, 3:43% N day 5: all:4075, 1:0,1%, 2: 43%, 3:56,9%,

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>DMt=±</u>	day 1 1: Mt=6.50 2: Mt=7.74 3: Mt=7.71
<u>A-AOL/m/sq/v/5/a</u>	<u>DMt=-</u>	day 5 1: Mt=8.50 2: Mt=7.76 3: Mt=7.69
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	day 1 1: Mt=6.50 2: Mt=7.38 3: Mt=7.43
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=-</u>	day 5 1: Mt=8.00 2: Mt=7.51 3: Mt=7.34
<u>O-HL/c/sq/v/5/h</u>	<u>DMt=±</u>	day1 1: Mt=6.75 2: Mt=6.99 3: Mt=7.04
<u>O-HL/c/sq/v/5/h</u>	<u>DMt=-</u>	day 5 1: Mt=8.00 2: Mt=7.05 3: Mt=6.99

Correlational finding on Happiness and Earlier activity level  
Subject code: A1.1.1

Study                      VENTE 1997

*Reported in:* Ventegodt, S.

Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).

Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>

Page in Report: 468

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

## Correlate

*Authors label:* Age of first smile

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Age of first smile as reported in medical file

1: 1-2 weeks

2: 3-4 weeks

3: 5-6 weeks

4: 7-8 weeks

5: 3-4 months

6: later than 4 months

*Measured Values:* N all: 3059, 1:2,3%, 2:18,8%, 3:34,5%, 4:31,8%, 5:11,9%, 6:0,7%

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u><a href="#">A-AOL/m/sq/v/5/a</a></u>	<u><math>DMt=\pm</math></u>	1: $Mt=7.78$ 2: $Mt=7.61$ 3: $Mt=7.73$ 4: $Mt=7.79$ 5: $Mt=7.91$ 6: $Mt=8.58$
<u><a href="#">A-AOL/m/sq/v/5/a</a></u>	<u><math>r=+.04</math></u> <u><math>p&lt;.019</math></u>	

<u>A-AOL/m/sq/v/5/a</u>	<u>BMCT=</u> <u>ns</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.46 2: Mt=7.21 3: Mt=7.39 4: Mt=7.49 5: Mt=7.59 6: Mt=7.74
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.05</u> <u>p&lt;.009</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>BMCT=</u> <u>ns</u>	
<u>O-HL/c/sq/v/5/h</u>	<u>DMt=±</u>	1: Mt=7.25 2: Mt=6.86 3: Mt=7.04 4: Mt=7.00 5: Mt=7.15 6: Mt=7.63
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.03</u> <u>p&lt;.128</u>	
<u>O-HL/c/sq/v/5/h</u>	<u>BMCT=</u> <u>ns</u>	

## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study **VENTE 1997**

*Reported in:* Ventegodt, S.  
Livskvalitet og Omstændigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).  
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark,  
ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>  
Page in Report: 470

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%*N:* 4626

## Correlate

*Authors label:* Age of first holding head up*Our classification:* Earlier activity level, code A1.1.1*Measurement:* Age of first holding head up as reported in medical file

1: 1-2 weeks

2: 3-4 weeks

3: 5-6 weeks

4: 7-8 weeks

5: 3-4 months

6: later than 4 months

*Measured Values:* N all:2547, 1:9.7%, 2:61.4%, 3:25.5%, 4:2.9%, 5:0.4%, 6:0.2%

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>DMt=±</u>	1: Mt=7.43 2: Mt=7.40 3: Mt=7.39 4: Mt=7.60 5: Mt=7.25 6: Mt=9.38
<u>A-AOL/m/sq/v/5/a</u>	<u>r=-.01</u> <u>p&lt;.647</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.05 2: Mt=7.40 3: Mt=7.39 4: Mt=7.70 5: Mt=7.50 6: Mt=8.13
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.01</u> <u>p&lt;.626</u>	

<u>O-HL/c/sq/v/5/h</u>	<u>DMt=±</u>	1: Mt=7.10
		2: Mt=7.04
		3: Mt=6.94
		4: Mt=7.10
		5: Mt=6.75
		6: Mt=8.13

O-HL/c/sq/v/5/h      r=-.01  
p<.475

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## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study                      VENTE 1997

*Reported in:* Ventegodt, S.  
Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).  
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark,  
ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>  
Page in Report: 472

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

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### Correlate

*Authors label:* Age of first reach for objects

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Age of first reach for objects as reported in medical file

1:	1-2 months
2:	3-4 months
3:	5-6 months
4:	7-8 months
5:	9-10 months
6:	11-12 months

Measured Values: N all:2527, 1:2,2%, 2:43,2%, 3:48,0%, 4:5,7%, 5:0,6%, 6:0,3%

## Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.91 2: Mt=7.73 3: Mt=7.79 4: Mt=7.58 5: Mt=7.00 6: Mt=9.16
<u>A-AOL/m/sq/v/5/a</u>	<u>r=-.00</u> <u>p&lt;.855</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.64 2: Mt=7.36 3: Mt=7.41 4: Mt=7.33 5: Mt=7.16 6: Mt=7.91
<u>O-SLu/c/sq/v/5/e</u>	<u>r=-.00</u> <u>p&lt;.979</u>	
<u>O-HL/c/sq/v/5/h</u>	<u>DMt=±</u>	1: Mt=7.19 2: Mt=7.00 3: Mt=7.04 4: Mt=6.93 5: Mt=6.16 6: Mt=7.91
<u>O-HL/c/sq/v/5/h</u>	<u>r=-.01</u> <u>p&lt;.744</u>	

Correlational finding on Happiness and Earlier activity level  
Subject code: A1.1.1

Study VENTE 1997



*Reported in:* Ventegodt, S.

Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).

Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>

Page in Report: 474

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

## Correlate

*Authors label:* Age of first sitting without support

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Age of first sitting without support as reported in medical file

1: 3-4 months

2: 5-6 months

3: 7-8 months

4: 9-10 months

5: 11-12 months

6: cannot in 1 year

*Measured Values:* N a all:3649, 1:0,9%, 2:18,9%, 3:55,4%, 4:19,8%, 5:4,5%, 6:0,4%

## Observed Relation with Happiness

*Happiness Measure*

*Statistics Elaboration/Remarks*

[A-AOL/m/sq/v/5/a](#)

DMt=±

age when the child sits

1: Mt=8.01

2: Mt=7.68

3: Mt=7.78

4: Mt=7.64

5: Mt=7.58

6: Mt=7.91

A-AOL/m/sq/v/5/a     r=-.01  
p<.3706

O-SLu/c/sq/v/5/e     DMt=±     age when the child sits  
1: Mt=7.50  
2: Mt=7.33  
3: Mt=7.44  
4: Mt=7.34  
5: Mt=7.39  
6: Mt=7.29

O-SLu/c/sq/v/5/e     r=-.00  
p<.9250

O-HL/c/sq/v/5/h     DMt=±     age when the child sits  
1: Mt=7.06  
2: Mt=7.01  
3: Mt=7.03  
4: Mt=7.06  
5: Mt=6.90  
6: Mt=7.71

O-HL/c/sq/v/5/h     r=-.01  
p<.4997

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## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

**Study**                      **VENTE 1997**

*Reported in:* Ventegodt, S.  
Livskvalitet og Omstændigheder Tidligt I Livet. (The Quality of Life and Factors in  
Pregnancy, Birth and Infancy).  
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark,  
ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>  
Page in Report: 476

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

## Correlate

*Authors label:* Age of first crawling without support

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Age of first crawling without support as reported in medical file

1: 3-4 months

2: 5-6 months

3: 7-8 months

4: 9-10 months

5: 11-12 months

6: cannot in 1 year

*Measured Values:* N all:3260, 1:0,1%, 2:1,6%, 3:18,0%, 4:32,9%, 5:25,8%, 6:21,5%

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>DMt=±</u>	1: Mt=8.13 2: Mt=8.03 3: Mt=7.80 4: Mt=7.76 5: Mt=7.86 6: Mt=7.60
<u>A-AOL/m/sq/v/5/a</u>	<u>r=-.03</u> <u>p&lt;.1262</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.50 2: Mt=7.50 3: Mt=7.39 4: Mt=7.44 5: Mt=7.55 6: Mt=7.33
<u>O-SLu/c/sq/v/5/e</u>	<u>r=-.00</u> <u>p&lt;.8186</u>	

O-HL/c/sq/v/5/h      DMt=±      1 : Mt=7.50  
2 : Mt=7.06  
3 : Mt=7.05  
4 : Mt=7.04  
5 : Mt=7.05  
6 : Mt=7.06

O-HL/c/sq/v/5/h      r=-.02  
p<.2916

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## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study                      VENTE 1997

*Reported in:* Ventegodt, S.  
Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in  
Pregnancy, Birth and Infancy).  
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark,  
ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>  
Page in Report: 478

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

---

### Correlate

*Authors label:* Age of first standing with support

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Age of first standing with support as reported in medical file  
 1: within 7 months  
 2: 7-8 months  
 3: 9 months  
 4: 10 months  
 5: 11 months  
 6: 12 months  
 7: cannot after 1 year

*Measured Values:* N all:3680, 1:5,4%, 2:23,1%, 3:22,2%, 4:18,0%, 5:17,6%, 6:9,8%, 7:3,9%

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>DMt=±</u>	1: Mt=7.51 2: Mt=7.81 3: Mt=7.74 4: Mt=7.90 5: Mt=7.65 6: Mt=7.53 7: Mt=7.49
<u>A-AOL/m/sq/v/5/a</u>	<u>r=-.03</u> <u>p&lt;.0975</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.34 2: Mt=7.44 3: Mt=7.43 4: Mt=7.56 5: Mt=7.30 6: Mt=7.28 7: Mt=7.28
<u>O-SLu/c/sq/v/5/e</u>	<u>r=-.02</u> <u>p&lt;.2342</u>	

<u>O-HL/c/sq/v/5/h</u>	<u>DMt=±</u>	1: Mt=7.11
		2: Mt=7.08
		3: Mt=7.03
		4: Mt=7.11
		5: Mt=6.98
		6: Mt=6.83
		7: Mt=6.76

O-HL/c/sq/v/5/h      DMt=-.04  
p<.0239

---

## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study                      VENTE 1997

*Reported in:* Ventegodt, S.  
Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).  
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark,  
ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>  
Page in Report: 482

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

---

### Correlate

*Authors label:* Age of first walking with support

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Age of first walking with support as reported in medical file

- 1: within 7 months
- 2: 7-8 months
- 3: 9 months
- 4: 10 months
- 5: 11 months
- 6: 12 months
- 7: cannot after 1 year

*Measured Values:* N all:3564, 1:0,5%, 2:6,0%, 3:10,2%, 4:18,5%, 5:24,7%, 6:25,7%, 7:14,3%

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>DMt=±</u>	1: Mt=8.89 2: Mt=7.89 3: Mt=7.68 4: Mt=7.80 5: Mt=7.84 6: Mt=7.63 7: Mt=7.59
<u>A-AOL/m/sq/v/5/a</u>	<u>r=-.04</u> <u>p&lt;.0136</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=8.75 2: Mt=7.49 3: Mt=7.26 4: Mt=7.48 5: Mt=7.53 6: Mt=7.29 7: Mt=7.30
<u>O-SLu/c/sq/v/5/e</u>	<u>r=-.03</u> <u>p&lt;.0943</u>	

<u>O-HL/c/sq/v/5/h</u>	<u>DMt=±</u>	1: Mt=8.20
		2: Mt=7.20
		3: Mt=7.00
		4: Mt=7.06
		5: Mt=7.13
		6: Mt=6.95
		7: Mt=6.79

O-HL/c/sq/v/5/h      r=-.05  
p<.0026

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## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

### Study                      VENTE 1997

*Reported in:* Ventegodt, S.  
Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).  
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark,  
ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>  
Page in Report: 480

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

---

### Correlate

*Authors label:* Age of first standing without support

*Our classification:* Earlier activity level, code A1.1.1



*Measurement:* Age of first standing without support as reported in medical file  
 1: within 9 months  
 2: 9-10 months  
 3: 11 months  
 4: 12 months  
 5: cannot after 1 year

*Measured Values:* N all:1988, 1:3,3%, 2:23,4%, 3:23,6%, 4:42,5%, 5:7,2%

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>DMt=±</u>	1: Mt=8.23 2: Mt=7.83 3: Mt=7.86 4: Mt=7.75 5: Mt=7.49
<u>A-AOL/m/sq/v/5/a</u>	<u>r=-.05</u> <u>p&lt;.0317</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.93 2: Mt=7.48 3: Mt=7.55 4: Mt=7.36 5: Mt=7.28
<u>O-SLu/c/sq/v/5/e</u>	<u>r=-.05</u> <u>p&lt;.0497</u>	
<u>O-SLu/c/sq/v/5/e</u>	<u>DMt=±</u>	1: Mt=7.50 2: Mt=7.01 3: Mt=7.15 4: Mt=7.00 5: Mt=6.76
<u>O-HL/c/sq/v/5/h</u>	<u>r=-.04</u> <u>p&lt;.0700</u>	

## Correlational finding on Happiness and Earlier activity level

Subject code: A1.1.1

**Study**                    **VENTE 1997**

*Reported in:* Ventegodt, S.  
 Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in  
 Pregnancy, Birth and Infancy).  
 Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark,  
 ISBN 8790190130 <http://www.livskvalitet.org/t3/index.asp>  
 Page in Report: 484

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

**Correlate**

*Authors label:* Age of first walking without support

*Our classification:* Earlier activity level, code A1.1.1

*Measurement:* Age of first walking without support as reported in medical  
 file  
 1: within 9 months  
 2: 9-10 months  
 3: 11 months  
 4: 12 months  
 5: cannot after 1 year

*Measured Values:* N all:1836, 1:0,2%, 2:4,9%, 3:14,5%, 4:52,8%, 5:27,7%

**Observed Relation with Happiness**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-AOL/m/sq/v/5/a     DMt=±     1: Mt=6.66  
2: Mt=7.48  
3: Mt=7.81  
4: Mt=7.83  
5: Mt=7.59

A-AOL/m/sq/v/5/a     r=-.01  
p<.5764

O-SLu/c/sq/v/5/e     DMt=±     1: Mt=5.84  
2: Mt=6.95  
3: Mt=7.56  
4: Mt=7.48  
5: Mt=7.30

O-SLu/c/sq/v/5/e     r=+.00  
p<.9785

O-HL/c/sq/v/5/h     DMt=±     1: Mt=5.00  
2: Mt=6.55  
3: Mt=7.16  
4: Mt=7.11  
5: Mt=6.79

O-HL/c/sq/v/5/h     r=-.02  
p<.4523

---

## Correlational finding on Happiness and Current activity level

Subject code: A1.2

**Study**                    **AUSTR 1984/2**

*Reported in:* Austrom, D.R.  
The Consequences of Being Single.  
Peter Lang Publisher, 1984, New York, USA ISBN 0 8204 0095 5  
Page in Report: 227

*Population:* 23-59 aged English speaking, Toronto and Ontario, Canada, 198?

*Sample:*

*Non-Response:* 45%

N: 1038

---

## Correlate

*Authors label:* Hours per week on work activities (1)

*Our classification:* Current activity level, code A1.2

*Measurement:* Single open-ended question: On average, how many hours per week do you spend at work or on work-related activities (business travel, travel to and from work, work-related courses, and work you take home)?

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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<a href="#">O-SLW/u/sq/n/11/a</a>	$r = ns$	
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## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study

**CHANG 1984**

*Reported in:* Chang, R.H.; Dodder, R.A.  
Activity and Affect among the Aged.  
The Journal of Social Psychology, 1984, Vol. 125, 127 - 128. ISSN 0022 4545  
Page in Report: 128

*Population:* Retired teachers, Oklahoma, USA and Taipei, Taiwan, 198?

*Sample:* Non-probability chunk sample

*Non-Response:* ?

N: 379

---

## Correlate

*Authors label:* Activity (1)

*Our classification:* Current activity level, code A1.2

- Measurement:*
- 1 INSTRUMENTAL ACTIVITY (total)
    - 1a without payment
    - 1b with payment
  2. SOCIAL ACTIVITY (total)
    - 2a friends
    - 2b family
    - 2c acquaintances
    - 2d sedentary
  3. PHYSICAL ACTIVITY
  4. TOTAL ACTIVITY

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>		
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+</u>	USA		Taiwan
		1	r = +.15 (05)	ns
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+</u>	1a	r = +.15 (05)	ns
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+</u>	1b	ns	ns
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+</u>	2	ns	r=+.16 (05)
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+</u>	2a	ns	r=+.16 (05)
<u>A-BB/cm/mq/v/2/a</u>	<u>r=</u>	2b	ns	ns
<u>A-BB/cm/mq/v/2/a</u>	<u>r=</u>	2c	ns	ns
<u>A-BB/cm/mq/v/2/a</u>	<u>r=</u>	2d	ns	ns
<u>A-BB/cm/mq/v/2/a</u>	<u>r=</u>	3	ns	r=+.17 (05)

A-BB/cm/mq/v/2/a

r=+

4 ns

r=+.17 (05)

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## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study CSIKS 2003

*Reported in:* Csikszentmihalyi, M.; Hunter, J.  
Happiness in Everyday Life: the Uses of Experience Sampling.  
Journal of Happiness Studies, 2003, Vol. 4, 185 - 199. ISSN p 1389 4978; ISSN e  
1573 7780. DOI 10.1007/s11205-005-0805-6  
Page in Report: 195

*Population:* Teenagers, USA, 1998

*Sample:* Non-probability purposive sample

*Non-Response:*

*N:* 828

---

### Correlate

*Authors label:* Flow conditions

*Our classification:* Current activity level, code A1.2

*Measurement:* Two variabeles are used for assessing the activity's conditions for flow experiences:  
1: the amount to which they found the current activity challenging (a 1-9 scale, where 1 is the lowest and 9 the highest value)  
2: the student's level of skill in the activity (using the same 1-9 scheme)

A: flow: above the mean level of challenge and the mean level of skills

B: relaxation: above the mean of skills but below mean challenge

C: anxiety: high challenges and low skills

D: apathy: low challenges and low skills

*Remarks:* Participants were beeped at random moments eight times a day from 7:30 am to 10:30 pm for one week. At each beep they answered questions about:

a: what activity they were doing on the moment  
 b: whom they were with  
 c: how they felt at that moment (various feelings, one of which happiness)

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/mi/sqr/n/7/a</u>	<u>Beta=</u> <u>+01</u> <u>p&lt;.001</u>	time in flow condition
<u>A-ARE/mi/sqr/n/7/a</u>	<u>Beta=</u> <u>+01</u> <u>p&lt;.001</u>	time in relaxation  Beta's controlled for - age - gender - SES

---

## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study DEHAE 1987

*Reported in:* DeHaes, J.C.; Pennink, B.J.; Welvaart, K.  
 The Distinction between Affect and Cognition.  
 Social Indicators Research, 1987, Vol 19, 367 - 378. ISSN 0303 8300  
 Page in Report: 7

*Population:* Early breast cancer patient, followed 11 and 18 month after treatment, The Netherlands, 1981-1987

*Sample:*

*Non-Response:* 17% (6 refusals and one death in the meantime)

*N:* 34

---

## Correlate

*Authors label:* Activity level (1)

*Our classification:* Current activity level, code A1.2

*Measurement:* Rotterdam Symptom Checklist (see de Haes, Pruyn & van Knippenberg, 1983)

*Remarks:* Synchronic correlations at:

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u><a href="#">O-SLW/se/sq/?/7/a</a></u>	<u>Beta=-.07</u>	11 months after surgery (T1)
<u><a href="#">A-AOL/se/sq/v/7/a</a></u>	<u>Beta=-.10</u>	11 months after surgery (T1)
<u><a href="#">O-SLW/se/sq/?/7/a</a></u>	<u>Beta=-.21</u>	18 months after surgery (T2) β controlled for: Psychological complaints, fatigue, gastro-intestinal symptoms, loss of libido, pain, perceived impact of breast-surgery on body image, and fear of recurrence of cancer and death
<u><a href="#">A-AOL/se/sq/v/7/a</a></u>	<u>Beta=+.06</u>	18 months after surgery (T2) β controlled for: Psychological complaints, pain, gastro-intestinal symptoms, loss of libido, fatigue, perceived impact of breast-surgery on body image, and fear of recurrence of cancer and death

Correlational finding on Happiness and Current activity level  
Subject code: A1.2



**Study**                      **LOWEN 1975**

*Reported in:* Lowenthal, M.F.;Thurnher, M.; Chiriboga, D.  
Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
Jossey-Bass, 1975, San Fransisco, USA  
Page in Report: 93

*Population:* People in transition, metropolis,USA, 1969

*Sample:*

*Non-Response:*

*N:* 216

**Correlate**

*Authors label:* Instrumental activities (2)

*Our classification:* Current activity level, code A1.2

*Measurement:* Respondents were asked to list their regular or scheduled instrumental activities (economic or occupation productivity or achievement, social status, household chores) They were also asked what they did "yesterday". The number of mentions was recorded.

*Remarks:* hs seniors    males: r= ns    females: r=+.43 (05) newly  
weds    males: r= ns    females: r= ns  
middle aged    males: r= ns    females: r= ns preretired  
males: r= ns    females: r= ns

**Observed Relation with Happiness**

*Happiness Measure*

*Statistics    Elaboration/Remarks*

A-BB/cw/mq/v/4/d    r=+.27    Youngest (hs seniors + newly-weds)  
p<.01

A-BB/cw/mq/v/4/d    r= ns    Oldest    (middle aged + preretired)

## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study LOWEN 1975

*Reported in:* Lowenthal, M.F.;Thurnher, M.; Chiriboga, D.  
Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
Jossey-Bass, 1975, San Fransisco, USA  
Page in Report: 93

*Population:* People in transition, metropolis,USA, 1969

*Sample:*

*Non-Response:*

*N:* 216

---

### Correlate

*Authors label:* Activity-scope (2)

*Our classification:* Current activity level, code A1.2

*Measurement:* Respondents were asked to report their regular or scheduled total activities on a 33 point checklist

Rating from no participation (0) to frequent participation (3).

Ratings were summed and divided by 33.

*Remarks:* hs seniors males: r= ns females: r= ns newly weds  
males: r= ns females: r=+.52 (05)  
middle aged males: r= ns females: r= ns preretired  
males: r= ns females: r= ns

---

### Observed Relation with Happiness

*Happiness Measure*

*Statistics Elaboration/Remarks*

A-BB/cw/mq/v/4/d    r= ns    Youngest (hs seniors + newly-weds)

A-BB/cw/mq/v/4/d    r= ns    Oldest (middle aged + preretired)

---

## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study                      LOWEN 1975

*Reported in:* Lowenthal, M.F.;Thurnher, M.; Chiriboga, D.  
Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
Jossey-Bass, 1975, San Fransisco, USA  
Page in Report: 93

*Population:* People in transition, metropolis,USA, 1969

*Sample:*

*Non-Response:*

N: 216

---

### Correlate

*Authors label:* Instrumental activities (1)

*Our classification:* Current activity level, code A1.2

*Measurement:* Respondents were asked to list their regular or scheduled instrumental activities (economic or occupation productivity or achievement, social status, household chores) They were also asked what they did "yesterday". The number of mentions was recorded.

*Remarks:* hs seniors    males: r= ns    females: r=+.33 (ns) newly  
weds    males: r= ns    females: r= ns  
middle aged    males: r= ns    females: r= ns preretired  
males: r= ns    females: r= ns

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-Sum/u/mq/*/0/a</u>	<u>r= ns</u>	Youngest (hs seniors + newly-weds)
<u>O-Sum/u/mq/*/0/a</u>	<u>r= ns</u>	Oldest (middle aged + preretired)

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## Correlational finding on Happiness and Current activity level Subject code: A1.2

### Study **LOWEN 1975**

*Reported in:* Lowenthal, M.F.; Thurnher, M.; Chiriboga, D.  
Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
Jossey-Bass, 1975, San Fransisco, USA  
Page in Report: 93

*Population:* People in transition, metropolis, USA, 1969

*Sample:*

*Non-Response:*

*N:* 216

---

### Correlate

*Authors label:* Activity-scope (1)

*Our classification:* Current activity level, code A1.2

*Measurement:* Respondents were asked to report their regular or scheduled total activities on a 33 point checklist, rating from no participation (0) to frequent participation (3). Rating were summed and divided by 33.

*Remarks:* hs seniors males: r= ns females: r= ns newly weds  
 males: r= ns females: r=+.56 (05)  
 middle aged males: r= ns females: r=+.34 (ns)  
 preretired males: r= ns females: r= ns

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-Sum/u/mq/*/0/a</u>	<u>r=+.18</u> <u>ns</u>	Youngest (hs seniors + newly-weds)
<u>O-Sum/u/mq/*/0/a</u>	<u>r= ns</u>	Oldest (middle aged + preretired)

## Correlational finding on Happiness and Current activity level Subject code: A1.2

### Study **MATIK 2002**

*Reported in:* Matikka, L.M; Ojanen, M.  
 Happiness in Persons with Intellectual Disabilities.  
 Working paper of FAMR Research Unit, 2002, Helsinki, Finland  
 Page in Report: 17

*Population:* 18-77 aged intellectually disabled, Finland, 2002

*Sample:* Non-probability purposive sample

*Non-Response:* 15%

*N:* 376

## Correlate

*Authors label:* Participation(1)

*Our classification:* Current activity level, code A1.2

*Measurement:* Self report on 8 questions:

- Have you been in a restaurant, bar or coffee shop during the past month?
- Do you take physical exercise at least once a week?
- Are you a member of any club or team that meets regularly?
- Do you enjoy art?
- Do you have any future plans concerning your education, living arrangements or work?
- Are you a member of any association (such as associations for the disabled or voluntary organisations)?
- Did you vote in the last election?
- Have you visited anyone during the past month?

reponse option: 'yes', 'no', 'don't know'

*Measured Values:* M = 63.55, SD= 21.98

*Error Estimates:* Alpha=+.68.5

*Remarks:* The theoretical range of the scale is 0-100

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/u/sq/v/2/a</u>	<u>T=-4.4</u> <u>p&lt;.01</u>	Mean activity Happy = 65.57 (SD=20.94) Not happy = 52.04 (SD=24.34)

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## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study **MATIK 2002**

*Reported in:* Matikka, L.M; Ojanen, M.  
Happiness in Persons with Intellectual Disabilities.  
Working paper of FAMR Research Unit, 2002, Helsinki, Finland  
Page in Report: 17

*Population:* 18-77 aged intellectually disabled, Finland, 2002

*Sample:* Non-probability purposive sample

*Non-Response:* 15%

*N:* 376

---

## Correlate

*Authors label:* Participation(2)

*Our classification:* Current activity level, code A1.2

*Measurement:* Report of proxy, usually a staff member who knew the subject well on 7 questions:

- 1 Does the person go outside the home ot work, study or do some daily activity three or more days a week?
- 2 Does the person take part in any hobby activities on a regular basis?
- 3 Can the person attend cultural events of his/her choice at least once a month?
- 4 Has the person been given information on sports and recreational opportunities suited to him/her?
- 5 Does the person do household chores?
- 6 Does the person go shopping for food or clothes, or visit the bank or post office at least twice a month?
- 7 Does the person take part at least once a month in activities in which there are also people who do not have Intellectual difficulty

reponse option: 'yes', 'no', 'don't know'

*Measured Values:* M=79.47, SD=18.55

*Error Estimates:* Alpha=+.74

*Remarks:* Answered by a The theoretical range of the scale is 0-100

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## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
--------------------------	-------------------	----------------------------

O-HL/u/sq/v/2/a

T=-1.9

Mean activity level:

p<.10

Not happy: 74.52(SD=20.73)

Happy : 80.20(SD=18.13)

---

## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study **MOLLE 1988**

*Reported in:* Moller, V.  
Quality of Life in Retirement: A Case Study of Zulu Return Migrants.  
Social Indicators Research, 1988, Vol. 20, 621 - 658. ISSN 0303 8300  
Page in Report: 631

*Population:* Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983

*Sample:*

*Non-Response:*

*N:* 253

---

### Correlate

*Authors label:* Activity index (1)

*Our classification:* Current activity level, code A1.2

*Measurement:* 0: low  
1: high  
'Which of the following activities do you often, seldom, never?':  
a Walk to places  
b Visit friends  
c Drink with friends  
d Work on your land  
e Do odd jobs  
f Go to the shops/market  
g Go to town  
h Just sit and think about things  
i Engage in religious activities/  
go to church meetings  
j Attend community meetings  
k Play games  
l Do handcrafts



m Go to parties, feasts, weddings,  
funerals, etc.

*Remarks:* The direction of this correlation is uncertain.  
The table mentions a negative relationship, but the text  
refers to a positive relationship.

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/u/sq/v/5/d</u>	<u><math>r=-.30</math></u> <u><math>p&lt;.01</math></u>	
<u>O-HL/c/sq/v/5/a</u>	<u><math>r=+.35</math></u> <u><math>p&lt;.01</math></u>	All
<u>O-HL/c/sq/v/5/a</u>	<u>Beta=</u> <u>+.12</u> <u><math>p&lt;.01</math></u>	All $\beta$ controlled for: 1 Satisfied with health 2 Higher affluence rating 3 Need to purchase maize 4 Grows cash crop 5 Religious traditionalist 6 Has a confidant 7 Keeps goats 8 Higher monthly income 9 Worked for many years in jobs 10 Retired for many years 11 No desire to return to work 12 Agrees: Modern community leader

O-SLW/u/sq/v/5/d      Beta=-.06     $\beta$  controlled for:  
ns                      1 Satisfied with health  
                              2 Voluntary retirement  
                              3 No pension income  
                              4 Has a confidant  
                              5 Higher standard income  
                              6 Community elder  
                              7 Satisfied with job while working  
                              8 Enjoys aspects of retirement  
                              9 Retired suddenly  
                              10 Is happy as grandparents were  
                              11 Agrees:planning is key to success  
                              12 Preference for entrepreneurship in  
   retirement  
                              13 Higher modernity score

O-HL/c/sq/v/5/a      Beta=            65+ years old  
+.29                     $\beta$  controlled for:  
p<.01                    1 Seldom restricted by poor health  
                              2 Higher affluence rating  
                              3 Need to purchase maize  
                              4 Grows cash crop  
                              5 Religious traditionalist  
                              6 Keeps chicken  
                              7 Has a confidant  
                              8 Higher standard house  
                              9 Keeps goats  
                              10 Larger size field  
                              11 Higher monthly income  
                              12 No desire to return to work

---

Correlational finding on Happiness and Current activity level  
 Subject code: A1.2

**Study**                    **PALMO 1972**

*Reported in:* Palmore, E.B.; Luikart, C.  
 Health and Social Factors Related to Life Satisfaction.  
 Journal of Health and Social Behavior, 1972, Vol. 13, 68 -80. ISSN 0022 1465  
 Page in Report: 70/72

*Population:* 46+ aged, whites, North Carolina, USA, 1968

*Sample:* Probability stratified sample

*Non-Response:*

N: 502

## Correlate

*Authors label:* Productivity. (1)*Our classification:* Current activity level, code A1.2*Measurement:* Number of hours spent during the last typical week working or doing housework, doing volunteer work for church, relatives, yard care, repairing, and other such activities.*Measured Values:* Actual range 0-87, M= 41,3 SD=18,5

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.12</u> <u>p&lt;.05</u>	
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=</u> <u>+.00</u> <u>p&lt;.05</u>	Beta controled for: - selfrated health - organizational activity - internal control - performance status productive hours B4=+.49 All variables p<.05

## Correlational finding on Happiness and Current activity level Subject code: A1.2

**Study** PALMO 1977*Reported in:* Palmore, E.B.;Kivett, V.  
Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46 - 70.  
Journal of Gerontology, 1977, Vol. 32, 311 - 316. ISSN 0022 1422  
Page in Report: 313

*Population:* 46+ aged whites, followed 2 years, USA, 1968-1972/74

*Sample:* Probability stratified sample

*Non-Response:*

*N:* 378

## Correlate

*Authors label:* Productive hours (2)

*Our classification:* Current activity level, code A1.2

*Measurement:* Number of hours spent during the last typical week working or doing housework; doing volunteer work for church, relatives, yard, care, repairing and other such activities.

Assessed at T1: 1968/70.

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.10</u> <u>p&lt;.05</u>	T1 activity by T1 happiness
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=</u> <u>+.05 ns</u>	Beta controlled for: - selfrated health - sexual enjoyment - social activity hours - organizational activity prod. hours.

Correlational finding on Happiness and Current activity level  
Subject code: A1.2

Study WINKE 2006B

*Reported in:* Winkelmann, R.  
 Unemployment , Social Capital, and Subjective Well-Being.  
 Discussion Paper, IZA, 2006, no. 2346, Bonn, Germany  
 Page in Report: 20

*Population:* Employed, who fell unemployed, Germany 1984-2004

*Sample:* Probability stratified sample

*Non-Response:*

*N:* 5536

## Correlate

*Authors label:* Active social life

*Our classification:* Current activity level, code A1.2

*Measurement:* Attending at least once a week (yes or no) in:  
 a Cultural events  
 b Entertainment events  
 c Sport  
 d Visiting friend, relative  
 e Voluntary work  
 f Church services

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>		
<u>O-SLW/c/sq/n/11/d</u>	<u>B=+</u>	Attending cultural events	male +,370	female +,614
<u>O-SLW/c/sq/n/11/d</u>	<u>B=-</u>	Attending entertainment events	-,101	-,068
<u>O-SLW/c/sq/n/11/d</u>	<u>B=+</u>	Sport	+,427	+,502
<u>O-SLW/c/sq/n/11/d</u>	<u>B=+</u>	Visiting friend, relative	+,224	+,374

O-SLW/c/sq/n/11/d    B=+    Engaging in voluntary work    +,155    +,186

O-SLW/c/sq/n/11/d    B=+    Attending church services    +,212    +,350

B's controlled for

-sex

-nationality

-age

-marital status

-education

-East/West-germany

B denotes p[oints difference in happiness on scale  
0-10

---

## Correlational finding on Happiness and Current activity level

Subject code: A1.2

### Study                    ZAUTR 1977

*Reported in:* Zautra, A.;Beier, E.;Cappel, L.  
The Dimension of Life Quality in a Community.  
American Journal of Community Psychology, 1977, Vol. 5, 85 - 97. ISSN 0091 0562  
DOI:10.1007/BF00884787  
Page in Report: 87/93

*Population:* 18+ aged, general public, Salt Lake County, USA, 197?

*Sample:*

*Non-Response:* 15%

*N:* 454

---

### Correlate

*Authors label:* Activity (1)

*Our classification:* Current activity level, code A1.2

*Measurement:* Interviewer rating on a 5 point scale.

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/u/sqt/v/7/a</u>	<u>r= ns</u>	

---

## Correlational finding on Happiness and Physical activity Subject code: A1.2.1

### Study **BAKKE 1974**

*Reported in:* Bakker, P.; VandeBerg, N.  
Determinanten en Correlaten van Geluk.(Determinants and Correlates of Happiness).  
Unpublished Thesis, Erasmus University Rotterdam, 1974, Netherlands  
Page in Report: 28

*Population:* 20-65 aged, general public, The Netherlands, 1968

*Sample:*

*Non-Response:* 34% refusal and unattainable.

*N:* 1552

---

## Correlate

*Authors label:* Physical activity. (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Closed question: none or very little /  
little / neither much nor little / rather much / very much

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/g/sq/ol/7/a</u>	<u>G=+.18</u>	

---

## Correlational finding on Happiness and Physical activity

Subject code: A1.2.1

Study **BROOK 2002**

*Reported in:* Brooks, D.J.  
 Running Down the Road to Happiness.  
 Gallup Newsletter 8 October 2002, The Gallup Organization, USA <http://www.gallup.com>  
 Page in Report: 4

*Population:* 18+ aged, USA, 2001

*Sample:* Probability sample (unspecified)

*Non-Response:*

*N:* 1005

## Correlate

*Authors label:* frequency of exercise

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Self report:  
 1 not at all  
 2 one or two times per week  
 3 at least three times per week

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>			
<u>O-HL/g/sq/v/3/d</u>	<u>D%=+</u>	Happiness %	very	fairly	not too
		- not at all	30	51	19
		- 1,2 x a week	31	61	8
		- at least 3 x a week	42	48	10

## Correlational finding on Happiness and Physical activity

Subject code: A1.2.1



**Study**                      **RICHA 1984**

*Reported in:* Richards, M.L.;Kashner, J.B.;Vaughan, D.A.;Okun, M.A.;Stock, W.A.  
The Influence of Serious Personal Losses or Misfortunes on Life Satisfaction.  
The Journal of Community Psychology, 1984, Vol.12, 67 - 73  
Page in Report: 69-71

*Population:* 25-59 aged, general public, USA, 1981

*Sample:*

*Non-Response:*

*N:* 375

**Correlate**

*Authors label:* Physical activity (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Single direct question: "None or little, occasional, regular."

**Observed Relation with Happiness**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLu/g/sq/v/3/b</u>	<u>r=+.08</u> <u>ns</u>	
<u>O-SLu/g/sq/v/3/b</u>	<u>r=+.08</u> <u>ns</u>	
<u>O-SLu/g/sq/v/3/b</u>	<u>Beta=</u> <u>+.05 ns</u>	$\beta$ controled for: self-perceived health, social integration, marital status and reported serious loss or misfortune in the past year. Same for Blackes and Whites.

**Correlational finding on Happiness and Physical activity**  
Subject code: A1.2.1

**Study**                      **VENTE 1995**

*Reported in:* Ventegodt, S.  
 Livskvalitet i Danmark. (Quality of Life in Denmark).  
 Forskningscentrets Forlag (The Quality of Life Research Center), København,  
 Denmark, ISBN 8790190017 <http://www.livskvalitet.org/t1/index.asp>  
 Page in Report: 176

*Population:* 18-88 aged, general public, Denmark, 1993

*Sample:* Non-probability purposive sample

*Non-Response:* 39%

*N:* 1494

**Correlate**

*Authors label:* hours of exhausting (physical) exercise a week (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Single question:  
 "How many hours of exhausting exercise do you get every  
 week (possibly during work)"  
 1: 0 hours  
 2: about 30 minutes  
 3: about 1 hour  
 4: about 2 hours  
 5: about 4 hours or more

*Measured Values:* N: 1:271, 2:140, 3:235, 4:397, 5:407

**Observed Relation with Happiness**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-AOL/m/sq/v/5/a</a>	<u><math>r=+.05</math></u>	1: Mt=7.56
	<u>ns</u>	2: Mt=7.87
		3: Mt=7.79
		4: Mt=7.79
		5: Mt=7.90
		All: Mt=7.78

<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.04</u>	1: Mt=7.24
	<u>ns</u>	2: Mt=7.61
		3: Mt=7.49
		4: Mt=7.43
		5: Mt=7.54
		All: Mt=7.45

<u>O-HL/c/sq/v/5/h</u>	<u>r=+.05</u>	1: Mt=6.76
	<u>p&lt;.04</u>	2: Mt=6.96
		3: Mt=6.94
		4: Mt=6.93
		5: Mt=7.10
		All: Mt=6.95

---

## Correlational finding on Happiness and Physical activity

Subject code: A1.2.1

### Study **VENTE 1996**

*Reported in:* Ventegodt, S.  
Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).  
Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN  
8790190068 <http://www.livskvalitet.org/t2/index.asp>  
Page in Report: 184

*Population:* 31-33 aged, Denmark 1993, born in University Hospital in Copenhagen

*Sample:* Non-probability chunk sample

*Non-Response:* 39%

*N:* 4500

---

### Correlate

*Authors label:* hours of exercise

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Single question:

"How many hours of exhausting exercise do you get every week(possibly during work)?

1: 0 hours

2: about 30 minutes

3: about 1 hour

4: about 2 hours

5: about 4 hours or more

*Measured Values:* N: All:4565; %:1:21,3; 2:9,0; 3:17,1; 4:24,7; 5:28,0

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.11</u> <u>p&lt;.00</u>	1: Mt=7.40 2: Mt=7.53 3: Mt=7.68 4: Mt=7.86 5: Mt=8.01
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.09</u> <u>p&lt;.00</u>	1: Mt=7.05 2: Mt=7.26 3: Mt=7.39 4: Mt=7.59 5: Mt=7.63
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.06</u> <u>p&lt;.00</u>	1: Mt=6.85 2: Mt=6.85 3: Mt=6.96 4: Mt=7.15 5: Mt=7.14

Correlational finding on Happiness and Physical activity  
Subject code: A1.2.1

Study                      VENTE 1996

*Reported in:* Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).  
Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN  
8790190068 <http://www.livskvalitet.org/t2/index.asp>  
Page in Report: 452

*Population:* 31-33 aged, Denmark 1993, born in University Hospital in Copenhagen

*Sample:* Non-probability chunk sample

*Non-Response:* 39%

*N:* 4500

---

## Correlate

*Authors label:* physical exercise and health

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Single question:

"How many hours of exhausting exercise do you get every week (possibly during work)?"

1: 0 hours

2: about 30 minutes

3: about 1 hour

4: about 2 hours

5: about 4 hours or more

*Measured Values:* N: All:4553; %:1:21,3; 2:9,0; 3:17,1; 4:24,7; 5:28,0

*Remarks:* the correlations and M's do give only the relation between exercise and health

---

## Observed Relation with Happiness

*Happiness Measure*

*Statistics Elaboration/Remarks*

[A-AOL/m/sq/v/5/a](#)

1: MS=7.24

2: MS=7.30

3: MS=7.51

4: MS=7.89

5: MS=8.06

O-SLu/c/sq/v/5/e

1 : MS=7.33  
2 : MS=7.36  
3 : MS=7.59  
4 : MS=7.74  
5 : MS=7.89

O-HL/c/sq/v/5/h

1 : MS=7.35  
2 : MS=7.35  
3 : MS=7.61  
4 : MS=7.94  
5 : MS=8.01

---

Correlational finding on Happiness and Physical activity  
Subject code: A1.2.1

**Study**                      **WEBB 1915/1**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 26

*Population:* Male college students, England, 1912

*Sample:*

*Non-Response:* -

*N:* 194

---

**Correlate**

*Authors label:* Bodily activity during business hours (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Trained peer rating on a 7-point scale on the basis of observation during 6 months.

---

**Observed Relation with Happiness**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-CP/g/rdp/ro/7/a</a>	<a href="#">r=+.44</a>	

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## Correlational finding on Happiness and Physical activity

Subject code: A1.2.1

### Study **WEBB 1915/1**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 26

*Population:* Male college students, England, 1912

*Sample:*

*Non-Response:* -

*N:* 194

---

### Correlate

*Authors label:* Bodily activity in pursuit of pleasures(games, etc.) (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Trained peer rating on a 7-point scale on the basis of observation during 6 months.

---

### Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-CP/g/rdp/ro/7/a</a>	<a href="#">r=+.36</a>	

---

## Correlational finding on Happiness and Physical activity

Subject code: A1.2.1

**Study**                      **WEBB 1915/1**

*Reported in:* Webb, E.  
 Character and Intelligence. An Attempt at an Exact Study of Character.  
 Cambridge University Press, 1915, London, UK  
 Page in Report: 26

*Population:* Male college students, England, 1912

*Sample:*

*Non-Response:* -

*N:* 194

---

**Correlate**

*Authors label:* Bodily activity du- ring business hours,degree of (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Trained peer-rating of degree of bodily activity during business hours rated on a 7-point scale on the basis of obser- vation during 6 months.

---

**Observed Relation with Happiness**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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<a href="#">A-CP/g/rdp/ro/7/a</a>	<a href="#">r=+.44</a>	
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**Correlational finding on Happiness and Physical activity**  
**Subject code: A1.2.1**

**Study**                      **WEBB 1915/2**

*Reported in:* Webb, E.  
 Character and Intelligence. An Attempt at an Exact Study of Character.  
 Cambridge University Press, 1915, London, UK  
 Page in Report: 27

*Population:* ±12 aged, male school pupils, London, England, 1912



*Sample:*

*Non-Response:* -

*N:* 140

---

## Correlate

*Authors label:* Bodily activity during school hours (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Class-master rating on a 7-point scale on the basis of observation during 6 months.

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-CP/g/rdt/ro/7/a</a>	<a href="#">r=+.59</a>	

---

## Correlational finding on Happiness and Physical activity Subject code: A1.2.1

**Study**                      **WEBB 1915/2**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 27

*Population:* ±12 aged, male school pupils, London, England, 1912

*Sample:*

*Non-Response:* -

*N:* 140

---

## Correlate

*Authors label:* Bodily activity in pursuit of pleasures(games, etc.) (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Class-master rating on a 7-point scale on the basis of observation during 6 months.

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-CP/g/rdt/ro/7/a</a>	<a href="#">r=+.47</a>	

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## Correlational finding on Happiness and Physical activity

Subject code: A1.2.1

### Study **WEBB 1915/2**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 27

*Population:* ±12 aged, male school pupils, London, England, 1912

*Sample:*

*Non-Response:* -

*N:* 140

---

## Correlate

*Authors label:* Bodily activity (1)

*Our classification:* Physical activity, code A1.2.1

*Measurement:* Class-master rating of bodily activity during school hours on a 7-point scale on the basis of observation during 6 months.

---

## Observed Relation with Happiness

*Happiness Measure*                      *Statistics*    *Elaboration/Remarks*

[A-CP/g/rdt/ro/7/a](#)                      [r=+.59](#)

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## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

### Study                      LOWEN 1975

*Reported in:* Lowenthal, M.F.;Thurnher, M.; Chiriboga, D.  
Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
Jossey-Bass, 1975, San Fransisco, USA  
Page in Report: 93

*Population:* People in transition, metropolis,USA, 1969

*Sample:*

*Non-Response:*

*N:* 216

---

### Correlate

*Authors label:* Philosophical activities (1)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Respondents were asked to list their regular or scheduled philosophical activities (religious or spiritual, concern with the meaning of existence, adherence to an ethical or behavioral code).They were also asked what they did "yesterday"  
The number of mentions was recorded.

*Remarks:* hs seniors    males: r= ns    females: r=+.34 (ns) newly  
weds    males: r= ns    females: r= ns  
middle aged    males: r= ns    females: r= ns preretired  
males: r= ns    females: r= ns

---

### Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-BB/cw/mq/v/4/d</a>	<u>r= ns</u>	Youngest (hs seniors + newly-weds)
<a href="#">A-BB/cw/mq/v/4/d</a>	<u>r= ns</u>	Oldest (middle aged + preretired)

---

## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

### Study **LOWEN 1975**

*Reported in:* Lowenthal, M.F.; Thurnher, M.; Chiriboga, D.  
Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
Jossey-Bass, 1975, San Fransisco, USA  
Page in Report: 93

*Population:* People in transition, metropolis, USA, 1969

*Sample:*

*Non-Response:*

N: 216

---

### Correlate

*Authors label:* Growth activities (1)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Respondents were asked to list their regular or scheduled personal growth activities (new skills and new experiences). They were also asked what they did "yesterday".  
The number of mentions was recorded.

*Remarks:* hs seniors males: r= ns females: r=+.38 (ns) newly  
 weds males: r= ns females: r= ns  
 middle aged males: r= ns females: r= ns preretired  
 males: r= ns females: r= ns

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-BB/cw/mq/v/4/d</a>	<u>r=+.20</u> <u>p&lt;.05</u>	Youngest (hs seniors + newly-weds)
<a href="#">A-BB/cw/mq/v/4/d</a>	<u>r= ns</u>	Oldest (middle aged + preretired)

---

## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

### Study **LOWEN 1975**

*Reported in:* Lowenthal, M.F.;Thurnher, M.; Chiriboga, D.  
 Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
 Jossey-Bass, 1975, San Fransisco, USA  
 Page in Report: 93

*Population:* People in transition, metropolis,USA, 1969

*Sample:*

*Non-Response:*

*N:* 216

---

## Correlate

*Authors label:* Philosophical activities (2)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Respondents were asked to list their regular or scheduled philosophical activities (religious or spiritual, concern with the meaning of existence, adherence to an ethical or behavioral code). They were also asked what they did "yesterday"  
The number of mentions was recorded.

*Remarks:* hs seniors    males:  $r = -.37$  ns    females:  $r = +.39$  05 newly weds  
                         males:  $r =$  ns            females:  $r =$  ns  
middle aged    males:  $r =$  ns            females:  $r =$  ns    preretired  
                         males:  $r =$  ns            females:  $r =$  ns

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-Sum/u/mq/*/0/a</u>	<u><math>r =</math> ns</u>	Youngest (hs seniors + newly-weds)
<u>O-Sum/u/mq/*/0/a</u>	<u><math>r =</math> ns</u>	Oldest (middle aged + preretired)

---

## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

### Study                      LOWEN 1975

*Reported in:* Lowenthal, M.F.; Thurnher, M.; Chiriboga, D.  
Four Stages of Life. A Comparative Study of Women and Men Facing Transition.  
Jossey-Bass, 1975, San Fransisco, USA  
Page in Report: 93

*Population:* People in transition, metropolis, USA, 1969

*Sample:*

*Non-Response:*

*N:* 216

---

## Correlate

*Authors label:* Growth activities (2)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Respondents were asked to list their regular or scheduled personal growth activities (new skills and new experiences). They were also asked what they did "yesterday".  
The number of mentions was recorded.

*Remarks:* hs seniors    males: r= ns    females: r= ns newly weds  
males: r= ns    females: r= ns  
middle aged    males: r= ns    females: r= ns preretired  
males: r= ns    females: r= ns

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-Sum/u/mq/*/0/a</a>	<a href="#">r= ns</a>	Youngest (hs seniors + newly-weds)
<a href="#">O-Sum/u/mq/*/0/a</a>	<a href="#">r= ns</a>	Oldest (middle aged + preretired)

---

## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

### Study **OSTIR 2006**

*Reported in:* Ostir, G. V.; Berges;I.M.; Smith, P. M; Smith, D; Rice, L.:Ottenbacher, K.J.  
Does Change in Functional Performance Affect Quality of Life in Persons with Orthopaedic Impairment?  
Social Indicators Research. 2006, Vol. 77, 79 - 93. ISSN p 0303 8300;ISSN e 1573 0921 DOI:10.1007/s11205-005-5554-z DOI:10.1007/s11205-005-5554-z  
Page in Report: 83-86

*Population:* 40+ orthopedic patients, 3 month after discharge, USA, 2002

*Sample:* Non-probability chunk sample

*Non-Response:* 228

*N:* 3751

---

## Correlate

*Authors label:* Change in motor functional status

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Subscale of Functional Independence Measure (FIM) 18 item selfreport measure of basic daily living skills

Motor subscale contains items on:

- self-care
- sphincter control
- mobility
- locomotion

Scored 1 (complete dependence) to 7 (complete independence)

*Remarks:* Assessed at admission(T1) and after discharge(T2) with average 3 month interval.

---

## Observed Relation with Happiness

*Happiness Measure*

*Statistics Elaboration/Remarks*

[O-SQL/u/sq/v/4/b](#)

[OR=1.08](#)

T2 happiness by T1-T2 CHANGE in motor functional independence controlled for:  
-age(range 40-102)  
-gender  
-mental status  
-race  
-length of stay  
CI95: (1.07-1.09)

---

Correlational finding on Happiness and Mental activity  
Subject code: A1.2.2



**Study** PAYNE 1974

*Reported in:* Payne, R.L.  
 N.M. Bradburn's Measures of Psychological Well-Being: An Attempt at Replication.  
 M.C.R. Social and Applied Psychology Unit, Department of Psychology University of  
 Sheffield, 1974, UK  
 Page in Report: 17

*Population:* Employed males, supervising jobs, England, 197?

*Sample:*

*Non-Response:* 4% incomplete.

*N:* 192

**Correlate**

*Authors label:* Encountered new stimulating ideas. (1)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Closed question; during last few weeks.

**Observed Relation with Happiness**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BB/cm/mq/v/5/a</u>	<u>G=</u>	Index of Positive Affects: G = +.22 Index of Negative Affects: G = +.08

**Correlational finding on Happiness and Mental activity**  
 Subject code: A1.2.2

**Study** WEBB 1915/1

*Reported in:* Webb, E.  
 Character and Intelligence. An Attempt at an Exact Study of Character.  
 Cambridge University Press, 1915, London, UK  
 Page in Report: 26

*Population:* Male college students, England, 1912

*Sample:*

*Non-Response:* -

*N:* 194

---

## Correlate

*Authors label:* Mental work bestowed upon usual studies (1)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Trained peer rating on a 7-point scale on the basis of observation during 6 months.

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-CP/g/rdp/ro/7/a</a>	$r = -.02$	

---

## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

**Study**                      **WEBB 1915/1**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 26

*Population:* Male college students, England, 1912

*Sample:*

*Non-Response:* -

*N:* 194

---

## Correlate

*Authors label:* Mental work bestowed upon pleasures (games, etc.) (1)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Trained peer rating on a 7-point scale on the basis of observation during 6 months.

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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<a href="#">A-CP/g/rdp/ro/7/a</a>	<u><math>r=+.27</math></u>	
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## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

**Study**                      **WEBB 1915/2**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 27

*Population:* ±12 aged, male school pupils, London, England, 1912

*Sample:*

*Non-Response:* -

*N:* 140

---

## Correlate

*Authors label:* Mental work bestowed upon pleasures (games, etc.) (1)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Class-master rating on a 7-point scale on the basis of observation during 6 months.

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-CP/g/rdt/ro/7/a</a>	<a href="#">r=+.43</a>	

---

## Correlational finding on Happiness and Mental activity

Subject code: A1.2.2

### Study **WEBB 1915/2**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 27

*Population:* ±12 aged, male school pupils, London, England, 1912

*Sample:*

*Non-Response:* -

*N:* 140

---

### Correlate

*Authors label:* Mental work bestowed upon usual studies (1)

*Our classification:* Mental activity, code A1.2.2

*Measurement:* Class-master rating on a 7-point scale on the basis of observation during 6 months.

---

### Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-CP/g/rdt/ro/7/a</a>	<a href="#">r=+.41</a>	

---

## Correlational finding on Happiness and Perceived over/under activity

Subject code: A1.3.1

## Study SNIDE 1980

*Reported in:* Snider, E.L.  
 Explaining Life Satisfaction: It's the Elderly's Attitudes that Count.  
 Social Science Quarterly, 1980, Vol. 61, 253 - 263. ISSN 0038 4941  
 Page in Report: 257-258

*Population:* 65+ aged, retired whites, Edmonton, Canada, 1976

*Sample:* Probability systematic sample

*Non-Response:* 10%

*N:* 428

## Correlate

*Authors label:* Activity sufficiency (1)

*Our classification:* Perceived over/under activity, code A1.3.1

*Measurement:* Single direct question rated on a 3-point scale with the choice statements: 'not enough', 'just right' and 'too busy'.

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLu/g/sq/v/3/a</u>	<u>r=+.17</u> <u>p&lt;.01</u>	
<u>O-SLu/g/sq/v/3/a</u>	<u>tb=+.14</u> <u>p&lt;.01</u>	
<u>O-SLu/g/sq/v/3/a</u>	<u>Dyx=</u> <u>+.22</u> <u>p&lt;.01</u>	

Correlational finding on Happiness and Perceived over/under activity  
 Subject code: A1.3.1

**Study**                      **SONDE 1975**

*Reported in:* Sondermeijer, B.  
Gezondheid en Geluk. (Health Correlates of Happiness).  
Unpublished report, 1975, Rotterdam, Netherlands  
Page in Report: -

*Population:* 40-60 aged male employees, Rotterdam, The Netherlands, 197?

*Sample:*

*Non-Response:* 5%

*N:* 13

**Correlate**

*Authors label:* Self-perceived over-activity (1)

*Our classification:* Perceived over/under activity, code A1.3.1

*Measurement:* Single direct question:  
0 No  
1 Yes

**Observed Relation with Happiness**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/g/sq/v/2/a</u>	<u>G=-.48</u> <u>p&lt;.000</u>	
<u>M-FH/g/sq/v/2/a</u>	<u>G=-.48</u> <u>p&lt;.000</u>	

Correlational finding on Happiness and . satisfaction with physical activity  
Subject code: A1.3.2.1

**Study**                      **ANDRE 1976/4**

*Reported in:* Andrews, F.M.; Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1  
Page in Report: 112

*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/3

*Sample:*

*Non-Response:* 26%

*N:* 1433

---

## Correlate

*Authors label:* Satisfaction with physical work (1)

*Our classification:* . satisfaction with physical activity, code A1.3.2.1

*Measurement:* Closed question: "How do you feel about the amount of physical work and exercise in your life?"  
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqrt/v/7/a</u>	<u>E<sup>2</sup>=+.37</u>	

---

Correlational finding on Happiness and . satisfaction with physical activity  
Subject code: A1.3.2.1

## Study ANDRE 1976/4

*Reported in:* Andrews, F.M.; Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1  
Page in Report: 156

*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/3

*Sample:*

*Non-Response:* 26%

*N:* 1433

---

## Correlate

*Authors label:* Satisfaction with physical work (1)

*Our classification:* . satisfaction with physical activity, code A1.3.2.1

*Measurement:* Closed question: "How do you feel about the amount of physical work and exercise in your life?"  
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">C-BW/cy/sq/l/9/a</a>	<a href="#">r=+.28</a>	

---

Correlational finding on Happiness and . satisfaction with physical activity  
Subject code: A1.3.2.1

**Study**                      **ANDRE 1976/5**

*Reported in:* Andrews, F.M.; Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1  
Page in Report: 112

*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/7

*Sample:*

*Non-Response:*

*N:* 222

---

## Correlate

*Authors label:* Satisfaction with health and amount of physical work (1)



*Our classification:* . satisfaction with physical activity, code A1.3.2.1

*Measurement:* 2-item index of questions "How do you feel about....?"  
 1. your health and physical condition  
 2. the amount of physical work and exercise.  
 Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u><a href="#">O-DT/u/sqt/v/7/a</a></u>	<u><a href="#">r=+.49</a></u>	
<u><a href="#">O-HL/c/sq/v/3/aa</a></u>	<u><a href="#">r=+.33</a></u>	
<u><a href="#">A-BB/cm/mq/v/2/a</a></u>	<u><a href="#">r=+.26</a></u>	
<u><a href="#">O-HL/u/sq/v/7/b</a></u>	<u><a href="#">r=+.55</a></u>	
<u><a href="#">M-AO/u/sq/f/7/a</a></u>	<u><a href="#">r=+.48</a></u>	
<u><a href="#">C-BW/cy/sq/l/9/a</a></u>	<u><a href="#">r=+.39</a></u>	

Correlational finding on Happiness and . satisfaction with physical activity  
 Subject code: A1.3.2.1

**Study** FORTI 1983

*Reported in:* Forti, T. J.; Hyg, M.S.  
 A Documented Evaluation of Primary Prevention through Consultation.  
 Community Mental Health Journal, 1983, Vol. 19, 290 - 304. ISSN p 0010 3853; ISSN e 1573 2789 DOI:10.1007/BF00755410  
 Page in Report:

*Population:* Catholic nuns, re-organized cloister, followed 4 years, Louisiana, USA, 1977-1981

*Sample:*

*Non-Response:* T1: 18%, T2: 14%, T3: 23%

*N:* 137

## Correlate

*Authors label:* Satisfaction with physical work and exercise (1)

*Our classification:* . satisfaction with physical activity, code A1.3.2.1

*Measurement:* Single closed question: 'How do you feel about physical work and exercise?', rated on a 7-point Delighted-Terrible scale, ranging from (1) Delighted to (7) Terrible (8) neither. (order reversed)

## Observed Relation with Happiness

*Happiness Measure*

*Statistics Elaboration/Remarks*

[O-DT/u/sq/f/7/a](#)

r=+

T1: 1977      r= +.15      (05)  
T2: 1979      r= +.27      (01)  
T3: 1981      r= +.29      (01)

Both variables assessed at T1, T2, and T3.  
Correlation concerns same time measures.

Correlational finding on Happiness and . satisfaction with physical activity  
Subject code: A1.3.2.1

**Study**

**HEADE 1981**

*Reported in:* Headey, B.  
The Quality of Life in Australia  
Social Indicators Research, 1981, Vol. 9, 155 - 18. ISSN p 0303 8300;ISSN e 1573 0921 DOI:10.1007/BF00286195  
Page in Report: 166

*Population:* Adults, general public, Australia 1978

*Sample:* Probability sample (unspecified)

*Non-Response:* not reported

*N:* 679

## Correlate

*Authors label:* Health index

*Our classification:* . satisfaction with physical activity, code A1.3.2.1

*Measurement:* Index of 3 single questions on satisfaction with:  
 a: Your physical fitness and the exercise you get  
 b: Your own health and physical condition  
 c: The amount of energy you have  
 All scored on a 1-9 D-T rating scale, summation by average.

*Measured Values:* M = 6.2 SD = 1.5

*Remarks:* All items scored on the same rating scale as the question on happiness.

---

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqrt/v/9/a</u>	<u>r=+.45</u> <u>p&lt;.001</u>	
<u>O-DT/u/sqrt/v/9/a</u>	<u>Beta=</u> <u>+.07</u>	all cases Beta's controlled for satisfaction with <ul style="list-style-type: none"> <li>- self-fulfillment</li> <li>- sex life</li> <li>- problem handling</li> <li>- family activities</li> <li>- work around the house</li> <li>- mother</li> <li>- house</li> <li>- standard of living</li> <li>- assertiveness</li> <li>- friends</li> <li>- fun and enjoyment</li> <li>- marriage</li> </ul>

<u>O-DT/u/sqt/v/9/a</u>	<u>Beta=</u> <u>+.04</u>	<p>married cases</p> <p>Beta's controlled for satisfaction with</p> <ul style="list-style-type: none"> <li>- self-fulfillment</li> <li>- sex life</li> <li>- problem handling</li> <li>- family activities</li> <li>- work around the house</li> <li>- mother</li> <li>- house</li> <li>- standard of living</li> <li>- assertiveness</li> <li>- friends</li> <li>- fun and enjoyment</li> <li>- marriage</li> </ul>
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## Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
A-AOL/m/sq/v/5/a	<p>Single direct question:</p> <p>How are you feeling now....?</p> <p>5 very good</p> <p>4 good</p> <p>3 neither good nor poor</p> <p>2 poor</p> <p>1 very poor</p>
A-AOL/se/sq/v/7/a	<p>Selfreport on single question</p> <p>"Taken things together: how did you feel since you got ill....?"</p> <p>7 very good</p> <p>6</p> <p>5</p> <p>4</p> <p>3</p> <p>2</p> <p>1 very bad</p>

A-ARE/mi/sqr/n/7/a Selfreport on single question repeated several times a day.

" .. mood .."

Full lead question not reported

7 happy

6

5

4

3

2

1 sad

A-BB/cm/mq/v/2/a Selfreport on 10 questions:

During the past few weeks, did you ever feel ....? (yes/no)

A Particularly excited or interested in something?

B So restless that you couldn't sit long in a chair?

C Proud because someone complimented you on something you had done?

D Very lonely or remote from other people?

E Pleased about having accomplished something?

F Bored?

G On top of the world?

H Depressed or very unhappy?

I That things were going your way?

J Upset because someone criticized you?

Answer options and scoring:

yes = 1

no = 0

Summation:

-Positive Affect Score (PAS): A+C+E+G+I

-Negative Affect Score (NAS): B+D+F+H+J

-Affect Balance Score (ABS): PAS minus NAS

Possible range: -5 to +5

Name: Bradburn's 'Affect Balance Scale' (standard version)

A-BB/cm/mq/v/5/a Selfreport on 13 questions:

"During the past four weeks have you ever felt....?" (yes/no)

A Pleased about having accomplished something.

B Things going my way.

C Proud because someone complimented me on something I had done.

D Particularly excited or interested in something I had done.

E On top of the world.

F A deep sense of joy.

G Pleased because my life feels orderly and secure.

H Bored.

I Very lonely and remote from other people.

J Jealous of somebody.

K Angry with someone.

L Disappointed in myself..

M Unhappy about the small number of times I have pleasant feelings and experiences.

Answer options:

0 no

yes

If yes: How often did you feel so?

5 every day

4 several times a week

3 once a week

2 2 or 3 times a month

1 once a month

Summation:

- Positive Affect Score (PAS): Average A to G

- Negative Affect Score (NAS): Average H to M

- Affect Balance Score (AB): PAS minus NAS

Possible range: +42 tot -30

Name : Bradburn's "Affected Balance Scale' (modified version)

A-BB/cw/mq/v/4/d Selfreport on 8 questions.

"During the past week, did you ever feel.....?"

A very lonely

B restless

C bored

D depressed

E on top of the world

F exited or interested

G pleased about accomplishment

H proud

Answer options:

1 never

2 once

3 several times

4 often

Summation:

-Positive Affect Score (PAS): E+F+G+H

-Negative Affect Score (NAS): A+B+C+D

-Affect Balance Score (ABS): PAS-NAS+13

Name: Bradburn's Affect Balance Scale (modified version)

A-CP/g/rdp/ro/7/a Peer rating on single question (based on contact during 6 months):

Rater instruction: "personal qualities are named and briefly annotated in this schedule. If you have any doubt as to the meaning of any of them, please ask me (investigator)

2. In the columns under each subject's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)

+3 very high compared to average

+2 distinctly above average

+1 slightly above average

0 average

-1 slightly below average

-2 distinctly below average

-3 lowest as compared to average

A-CP/g/rdt/ro/7/a

Teacher rating on single question:

1 Personal qualities are named and briefly annotated in this schedule.  
2. In the columns under each pupil's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)

- +3 very high compared to average
- +2 distinctly above average
- +1 slightly above average
- 0 average
- 1 slightly below average
- 2 distinctly below average
- 3 lowest as compared to average

C-BW/c/sq/l/10/c

Selfreport on single question:

Here is a picture of a ladder. Suppose we say that the top of the ladder (10) represents the best possible life for you and the bottom (1) represents the worst possible life for you. Where on the ladder do you feel personally stand at the present time?

- [ 9 ] best possible life for you
- [ 8 ]
- [ 7 ]
- [ 6 ]
- [ 5 ]
- [ 4 ]
- [ 3 ]
- [ 2 ]
- [ 1 ]
- [ 0 ] worst possible life for you

Name: Cantril's self anchoring ladder rating of life (adapted version)

C-BW/cy/sq/l/9/a

Selfreport on single question:

"Here is a picture of a ladder. At the bottom of the ladder is the worst life you might reasonably expect to have. At the top is the best life you might expect to have. Of course, life from week to week falls somewhere in between. Where was your life most of the time during the past year?"

- [ 9 ] best life you might expect to have
- [ 8 ]
- [ 7 ]
- [ 6 ]
- [ 5 ]
- [ 4 ]
- [ 3 ]
- [ 2 ]
- [ 1 ] worst life you might expect to have



Name: Cantril's self anchoring ladder rating (modified version)

M-AO/u/sq/f/7/a

Selfreport on single question:

Which (of the faces) best described how you feel about your life as a whole?

7 completely happy

6

5

4 neither happy nor unhappy

3

2

1 completely unhappy

M-FH/g/sq/v/2/a

Selfreport on single question:

"Are you generally satisfied? "

2 yes

1 no

O-DT/u/sq/f/7/a

Selfreport on single question:

Which face comes closest to expressing feeling about life as a whole?

7 delighted

6 nvery satisfying

5 satisfying

4 mixed

3 dissatisfying

2 very dissatisfying

1 terrible

- No opinion

Name: Andrews & Withey's "Delighted-Terrible Scale" (modified version)

O-DT/u/sq/v/7/a

Selfreport on single question, asked twice in interview:

How do you feel about your life as a whole.....?

7 delighted

6 pleased

5 mostly satisfied

4 mixed

3 mostly dissatisfied

2 unhappy

1 terrible

Summation: arithmetic mean

Name: Andrews & Withey's "Delighted-Terrible Scale" (original version)  
Also known as Lehman's 'Global lifesatisfaction'

O-DT/u/sq/v/9/a

Selfreport on single question asked twice

'How do you feel about your life as a whole?'

- 1 terrible
- 2 very unhappy
- 3 unhappy
- 4 mostly dissatisfied
- 5 mixed feelings
- 6 mostly satisfied
- 7 pleased
- 8 very pleased
- 9 delighted

O-HL/c/sq/v/3/aa

Selfreport on single question:

Taken all together, how would you say things are these days? Would you say that you are....?

- 3 very happy
- 2 pretty happy
- 1 not too happy

O-HL/c/sq/v/3/cb

Selfreport on single question:

In general, how happy are you these days .....

- 3 very happy
- 2 pretty happy
- 1 not too happy

O-HL/c/sq/v/5/a

Selfreport on single question:

Taking all things together in your life, how would you say things are these days?  
Would you say you are ....?

- 5 very happy
- 4 happy
- 3 neither happy nor unhappy
- 2 unhappy
- 1 very unhappy

O-HL/c/sq/v/5/h Selfreport on single question

'How happy are you now?'  
5 very happy  
4 happy  
3 neither happy nor unhappy  
2 unhappy  
1 very unhappy

Original text in Danish:  
'Hvor lykkelig er du for tiden?'  
5 meget lykkelig  
4 lykkelig  
3 hverken eller  
2 ullykkelig  
1 meget ullykkelig

O-HL/g/sq/v/3/d Selfreport on single question:

Generally speaking, how happy would you say you are.....?  
3 very happy  
2 fairly happy  
1 not too happy

O-HL/u/sq/v/2/a Selfreport on single question:

Are you happy with your life?  
2 yes  
1 no  
- don't know

O-HL/u/sq/v/7/b Selfreport on single question:

How do you feel how happy you are.....?  
7 delighted  
6 pleased  
5 mostly satisfied  
4 mixed (about equally satisfied and dissatisfied)  
3 mostly  
2 unhappy  
1 terrible

O-HP/g/sq/ol/7/a

Selfreport on single question:

"Generally speaking are you a happy person.....?"

Responses were made on an open line scale, and were later coded in 7 categories:

1 very unhappy

2

3

4

5

6

7 very happy.

O-SLu/c/sq/v/5/e

Selfreport on single question:

'How satisfied are you with your life now?'

5 very satisfied

2 satisfied

3 neither satisfied nor dissatisfied

2 dissatisfied

1 very dissatisfied

Original text in Danish:

'Hvor tilfreds er du med dit liv for tiden?'

5 meget tilfreds

4 tilfreds

3 hverken tilfreds eller utilfreds

2 utilfreds

1 meget utilfreds

O-SLu/g/sq/v/3/a

Selfreport on single question:

"On the whole, how satisfied would you say you are with your life.....?"

1 not very satisfied

2 fairly satisfied

3 very satisfied

O-SLu/g/sq/v/3/b

Selfreport on single question:

"In general, how satisfied are you with your life.....?"

3 mostly satisfied

2 partly satisfied

1 mostly disappointed

O-SLW/c/sq/n/11/d Selfreport on single question:

Taking all things together, how satisfied are you with your life these days? Please answer with the help of this scale. For instance, when you are totally satisfied with your life, please tick '10'. When you are totally unsatisfied with your life, please tick '0'. You may use all values in between to indicate that you are neither totally satisfied nor totally unsatisfied."

10 totally satisfied

9

8

7

6

5

4

3

2

1

0 totally unsatisfied

O-SLW/c/sq/n/7/a Selfreport on single question:

We have talked about various parts of your life, now I want to ask you about your life as a whole. How satisfied are you with your life as a whole these days.....?

7 completely satisfied

6

5

4 neutral

3

2

1 completely dissatisfied

O-SLW/se/sq/?/7/a Selfreport on single question :

"How satisfied are you about your life as a whole since that time?" ( onset of disease)

7 very satisfied

6

5

4

3

2

1 very dissatisfied

O-SLW/u/sq/n/11/a Selfreport on single question:

All things considered, how satisfied or dissatisfied are you with your life as a whole?

10 completely satisfied

9

8

7

6

5

4

3

2

1

0 completely dissatisfied

O-SLW/u/sq/v/5/d Selfreport on single question:

Taking your life as a whole, are you .....?

5 very satisfied

4 quite satisfied

3 more satisfied than discontented

2 more discontented than satisfied

1 quite dissatisfied

O-SLW/u/sqt/v/7/a Selfreport on single question, asked twice in interview:

Considering everything, how satisfied are you with your life as a whole.....?

7 completely satisfied

6

5

4

3

2

1 completely dissatisfied

Summation: both scores added

Possible range: 2 to 14

O-SQL/u/sq/v/4/b Selfreport on single question:

Please rate your satisfaction with your quality of life

1 very dissatisfied

2 somewhat dissatisfied

3 somewhat satisfied

4 very satisfied

O-Sum/u/mq/\*/0/a Selfreport on 3 questions:

A. "Dissatisfied" and "Unhappy" responses on the Block (1961) Adjective Rating List.

B. Overall happiness. Single direct question: "Taking all things together, how would you say things are these days? Would you say you are ....."?"

3 very happy

2 pretty happy

1 not too happy

C. Present-year score on Life-Evaluation Chart, ranging from:

1 low

2

3

4

5

6

7

8

9 high

## Appendix 2: Statistics used

<i>Symbol</i>	<i>Explanation</i>
B	<p>REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)            Type: test statistic            Measurement level: Correlate: metric, Happiness: metric            Theoretical range: unlimited</p> <p>Meaning:  <math>B &gt; 0</math> A higher correlate level corresponds with, on an average, higher happiness rating.  <math>B &lt; 0</math> A higher correlate level corresponds with, on an average, lower happiness rating.  <math>B = 0</math> Not any correlation with the relevant correlate.</p>
Beta	<p>(<math>\beta</math>) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)            Type: test statistic.            Measurement level: Correlates: all metric, Happiness: metric.            Range: [-1 ; +1]</p> <p>Meaning:  <math>\beta &gt; 0</math> « a higher correlate level corresponds with, on an average, higher happiness rating.  <math>\beta &lt; 0</math> « a higher correlate level corresponds with, on an average, lower happiness rating.  <math>\beta = 0</math> « no correlation.  <math>\beta = + 1</math> or <math>-1</math> « perfect correlation.</p> <p>Remark:            Mean of observations is subtracted from all observations if standardized.</p>
BMCT	<p>BONFERRONI's MULTIPLE COMPARISON TEST            Type: statistical procedure            Measurement level: Correlate: nominal, Happiness: metric</p> <p>Meaning: if the correlate is measured at <math>c</math> levels, the <math>c</math> mean happiness values can be ranked from low to high. A multiple comparison procedure judges for each of the <math>\frac{1}{2}c(c-1)</math> pairs whether or not they differ significantly. A convenient way to represent the results is by ranking the <math>c</math> means and by underlining them in such a way that means which have a common underlining do NOT differ significantly.</p> <p>When added by us, this test is performed at the 95% confidence level for all the differences together.</p>



D%	<p>DIFFERENCE in PERCENTAGES Type: descriptive statistic only. Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well. Happiness level: dichotomous Range: [-100; +100]</p> <p>Meaning: the difference of the percentages happy people at two correlate levels.</p>
DM	<p>DIFFERENCE of MEANS Type: descriptive statistic only. Measurement level: Correlate: dichotomous, Happiness: metric Range: depending on the happiness rating scale of the author; range symmetric about zero.</p> <p>Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.</p>
DMt	<p>DIFFERENCE of MEANS AFTER TRANSFORMATION Type: descriptive statistic only. Measurement level: Correlate: dichotomous, Happiness: metric Theoretical range: [-10; +10]</p> <p>Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.</p>
Dyx	<p>SOMERS' ASYMMETRIC TEST STATISTIC Type: test statistic Measurement level: Correlate: ordinal, Happiness: ordinal Range: [-1; +1]</p> <p>Meaning: Dyx = 0 «no rank correlation Dyx = +1 «strongest possible rank correlation, where high correlate values correspond with high happiness ratings. Dyx = -1 «strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
E <sup>2</sup>	<p>CORRELATION RATIO (Elsewhere sometimes called h<sup>2</sup> or ETA) Type: test statistic Measurement level: Correlate: nominal or ordinal, Happiness: metric Range: [0; 1]</p> <p>Meaning: correlate is accountable for E<sup>2</sup> x 100 % of the variation in happiness. E<sup>2</sup> = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating. E<sup>2</sup> = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating</p>

- G** GOODMAN & Kruskal's GAMMA  
Type: test statistic  
Measurement level: Correlate: ordinal, Happiness: ordinal  
Range: [-1; +1]
- Meaning:  
G = 0 « no rank correlation  
G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings.  
G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.
- OR** ODDS RATIO  
Type: descriptive statistic only.  
Measurement level: Correlate: dichotomous, Happiness level: dichotomous  
Range: nonnegative unlimited
- Meaning:  
OR = 1 « no association at all;  
OR = 0 or infinite « at least one level of the correlate allows an error-free prediction of the happiness.
- r** PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')  
Type: test statistic.  
Measurement level: Correlate: metric, Happiness: metric  
Range: [-1; +1]
- Meaning:  
r = 0 « no correlation ,  
r = 1 « perfect correlation, where high correlate values correspond with high happiness values, and  
r = -1 « perfect correlation, where high correlate values correspond with low happiness values.
- T** TSCHUPROW'S T  
Type: test statistic.  
Measurement level: Correlate: nominal, Happiness: ordinal  
Range:  $[0 ; \sqrt{[(\min(r,c)-1)/(\max(r,c) - 1)]}]$ , c and r being the numbers of columns resp. rows in a cross tabulation.
- Meaning:  
T = 0 « no association  
T -> 1 « strongest possible association.
- NOTE: sometimes the square value is reported instead !

tb

## KENDALL'S RANK CORRELATION COEFFICIENT TAU-B

Type: test statistic

Measurement level: Correlate: ordinal, Happiness: ordinal

Range: [-1; +1]

Meaning:

tb = 0 « no rank correlation

tb = 1 « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.

tb = -1 « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.

## Appendix 3: About the World Database of Happiness

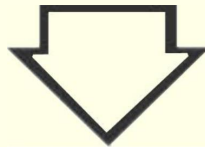
### Structure of the collections

The World Database of Happiness is an ongoing register of scientific research on the subjective enjoyment of life.

It brings together findings that are scattered throughout many studies and provides a basis for synthetic work.

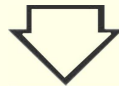
World literature on Happiness

Selection on subject



Bibliography and Directory

Selection of empirical studies



Selection on valid measurement: Item

Bank

Abstracting and classification of findings



How happy people are, distributional findings  
Happiness in Nations , Happiness in Publics



What goes together with happiness  
Correlational Findings



Listing of comparable findings in Nations



States of Nations , Trends in Nations

## Size of the collections

1226 Happiness measures (Item Bank)

4258 Nations surveys in 206 Nations

149 Distinguished publics in 1199 studies

12032 Correlational findings in 1196 studies

## Appendix 4 Further Findings in the World Database of Happiness

<i>Main Subjects</i>	<i>Subject Description</i>	<i>Number of Studies</i>
A1	ACTIVITY: LEVEL (how much one does)	58
A2	ACTIVITY: PATTERN (what one does)	32
A3	AFFECTIVE LIFE	48
A4	AGE	400
A5	AGGRESSION	12
A6	ANOMY	32
A7	APPEARANCE (good looks)	15
A8	ATTITUDES	6
A9	AUTHORITARIANISM	4
B1	BIRTH CONTROL	1
B2	BIRTH HISTORY (own birth)	201
B3	BODY	77
C1	CHILDREN	1
C2	CHILDREN: WANT FOR (Parental aspirations)	6
C3	CHILDREN: HAVING (parental status)	195
C4	CHILDREN: CHARACTERISTICS OF ONE'S CHILDREN	25
C5	CHILDREN: RELATION WITH ONE'S CHILDREN	8
C6	CHILDREN: REARING OF ONE'S CHILDREN (parental behavior)	26
C7	COMMUNAL LIVING	9
C8	CONCERNS	18
C9	COPING	43
C10	CREATIVENESS	6
C11	CULTURE (Arts and Sciences)	8
D1	DAILY JOYS & HASSLES	5
E1	EDUCATION	302
E2	EMPLOYMENT	363
E3	ETHNICITY	98
E4	EXPRESSIVE BEHAVIOR	12
F1	FAMILY OF ORIGIN (earlier family for adults, current for young)	236
F2	FAMILY OF PROCREATION	58

F3	FAMILY OF RELATIVES	157
F4	FARMING	25
F5	FREEDOM	32
F6	FRIENDSHIP	152
G1	GENDER	370
G2	GRIEF	1
H1	HABITS	1
H2	HANDICAP	25
H3	HAPPINESS: VIEWS ON HAPPINESS	49
H4	HAPPINESS: DISPERSION OF HAPPINESS	10
H5	HAPPINESS: CAREER	191
H6	HAPPINESS: CORRESPONDENCE OF DIFFERENT MEASURES	310
H7	HAPPINESS OF OTHERS	0
H8	HAPPINESS: REPUTATION OF HAPPINESS	19
H9	HEALTH-BEHAVIOR	25
H10	HELPING	5
H11	HOPE	8
H12	HOUSEHOLD: COMPOSITION	137
H13	HOUSEHOLD: WORK	32
H14	HOUSING	106
I1	INCOME	552
I2	INSTITUTIONAL LIVING	43
I3	INTELLIGENCE	71
I4	INTERESTS	8
I5	INTERVIEW	73
I6	INTIMACY	103
L1	LANGUAGE	2
L2	LEADERSHIP	8
L3	LEISURE	206
L4	LIFE APPRAISALS: OTHER THAN HAPPINESS	368
L5	LIFE CHANGE	35
L6	LIFE EVENTS	86
L7	LIFE GOALS	75
L8	LIFE HISTORY	2
L9	LIFE STYLE	22
L10	LOCAL ENVIRONMENT	374
L11	LOTTERY	8
L12	LOVE-LIFE	31
M1	MARRIAGE: MARITAL STATUS CAREER	64

M2	MARRIAGE: CURRENT MARITAL STATUS	543
M3	MARRIAGE: RELATIONSHIP	115
M4	MARRIAGE: PARTNER	46
M5	MEANING	23
M6	MEDICAL TREATMENT	81
M7	MENTAL HEALTH	218
M8	MIGRATION: TO OTHER COUNTRY	29
M9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
M10	MIGRATION: MIGRANT WORK	3
M11	MILITARY LIFE	7
M12	MODERNITY	6
M13	MOOD	246
M14	MOTIVATION	7
N1	NATION: NATIONALITY	29
N2	NATION: ERA (temporal period)	41
N3	NATION: NATIONAL CHARACTER (modal personality)	29
N4	NATION: CONDITION IN ONE'S NATION	430
N5	NATION: POSITION OF ONE'S NATION	1
N6	NATION: ATTITUDES TO ONES NATION	152
N7	NATION: LIVABILITY OF ONE'S NATION	17
N8	NATION i: ATTITUDES IN	1
N9	REGION IN NATION	59
N10	NUTRITION	23
N21	ERA	0
O1	OCCUPATION	178
O2	ORGAN TRANSPLANTATION	17
P1	PERSONALITY: HISTORY	48
P2	PERSONALITY: CHANGE	10
P3	PERSONALITY: CURRENT ORGANIZATION	7
P4	PERSONALITY: CURRENT TRAITS	462
P5	PERSONALITY: LATER	23
P6	PHYSICAL HEALTH	427
P7	PLANNING	11
P8	POLITICAL BEHAVIOUR	231
P9	POPULARITY	26
P10	POSSESSIONS	60
P11	PRISON	1
P12	PROBLEMS	25
P13	PSYCHO-SOMATIC COMPLAINTS	62

P14	PETS	3
R1	RELIGION	251
R2	RESOURCES	9
R3	RETIREMENT	89
R4	ROLES	23
S1	SCHOOL	129
S2	SELF-IMAGE	237
S3	SEX-LIFE	61
S4	SLEEP	16
S5	SOCIAL MOBILITY	17
S6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	69
S7	SOCIAL PARTICIPATION : VOLUNTARY ASSOCIATIONS	131
S8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	34
S9	SOCIO-ECONOMIC STATUS	154
S10	SOCIAL SUPPORT: RECEIVED	62
S11	SOCIAL SUPPORT: PROVIDED	6
S12	SPORTS	38
S13	STIMULANTS	49
S14	SUICIDE	8
S15	SUMMED DETERMINANTS	92
T1	TIME	53
T2	THERAPY	38
T3	TOLERANCE	37
V1	VALUES: CAREER	8
V2	VALUES: CURRENT PREFERENCES (own)	73
V3	VALUES: CLIMATE (current values in environment)	7
V4	VALUES: SIMILARITY (current fit with others)	12
V5	VICTIM	14
W1	WAR	5
W2	WISDOM	2
W3	WORK: CAREER	2
W4	WORK: CONDITIONS	68
W5	WORK: ATTITUDES	347
W6	WORK: PERFORMANCE (current)	29
W7	WORRIES	31
XX	UNCLASSIFIED	25

## Appendix 5: Related Subjects

<i>Subject</i>	<i>Related Subject(s)</i>
A1 ACTIVITY: LEVEL (how much one does)	I2.1 Institutional career
A1.1 Activity career	P4.2 Ambitious
A1.1 Activity career	P4.120 Zestful
A1.1.1 Earlier activity level	P4.3 Active
A1.1.2 Change in activity level	T2.2.1 Effects of activation therapy
A1.2.1 Physical activity	O1.3.1.3 . manual or non-manual
A1.2.1 Physical activity	S12.2.1 Active involvement in sports
A1.2.1 Physical activity	W4.2.13 Strain at work (physical)
A1.2.1 Physical activity	P6.3.2.5 . Restrictions to physical functioning
A1.2.2 Mental activity	C11.2 Current cultural participation
A1.2.2 Mental activity	O1.3.1.3 . manual or non-manual
A1.2.2 Mental activity	S1.2.3 Involvement in school-work

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A report of the World Database of Happiness, Correlational Findings