

World Database of Happiness



Correlational Findings on Happiness and DAILY JOYS & HASSLES

Subject Code: D1

© on data collection: [Ruut Veenhoven](#),
[Erasmus University Rotterdam](#)

Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
D1	DAILY JOYS & HASSLES	4
D1.1	Earlier hassles	0
D1.2	Current hassles	1
D1.3	Attitudes to hassles	0
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 DAILY JOYS & HASSLES
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands

Correlational finding on Happiness and DAILY JOYS & HASSLES

Subject code: D1

Study GORMA 1971

Reported in: Gorman, B.S.
 A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
 Unpublished doctoral dissertation, 1971, City University of New York, USA
 Page in Report: 216/222

Population: Undergraduate students, Nassau Community College, USA, 1970

Sample:

Non-Response: 4%, 3% refusal, 1% incomplete information

N: 67

Correlate

Authors label: Pressure of academicwork (3)

Our classification: DAILY JOYS & HASSLES, code D1

Measurement: Repeated closed question on immediate pressure during past day, scored every day during one month: none / rather light / moderate / fairly heavy / very heavy / extremely heavy.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/11/b</u>	<u>r=-.07 ns</u>	
<u>A-ARE/md/sqr/v/10/b</u>	<u>r=+.21 ns</u>	

Correlational finding on Happiness and DAILY JOYS & HASSLES

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Study **MATLI 1979**

Reported in: Matlin, M.W; Gavron, V.J.
 Individual Differences in Pollyannaism
 Journal of Personality Assessment, 1979, Vol. 43, 411-412
 Page in Report: 412

Population: University students white, middle-class, State University of New-York, USA, 1979

Sample:

Non-Response:

N: 133

Correlate

Authors label: Pleasantness of past weekend (1)

Our classification: DAILY JOYS & HASSLES, code D1

Measurement: Self-rated pleasantness for 10 events experienced in the past weekend

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-H?/?/sq/?/0/a	<u>$r=+.16$</u> <u>$p<.5$</u>	
C-BW/c/sq/l/11/a	<u>$r=+.21$</u> <u>$p<.5$</u>	

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Study **WESSM 1966/1**

Reported in: Wessman, A.E.; Ricks, D.F.
 Mood and Personality.
 Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
 Page in Report: 277

Population: Female college students, followed 6 weeks, Radcliffe, USA, 1957

Sample:

Non-Response: 16%

N: 21

Correlate

Authors label: Pressure of academicwork (2)

Our classification: DAILY JOYS & HASSLES, code D1

Measurement: Repeated closed question on immediate pressure during past day, scored every day during six weeks: none / rather light / moderate / fairly heavy / very heavy / extremely heavy.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/10/ b	r=-.33 ns	

Correlational finding on Happiness and DAILY JOYS & HASSLES

Subject code: D1

Study **WESSM 1966/2**

Reported in: Wessman, A.E.;Ricks, D.F.
Mood and Personality.
Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
Page in Report: 66

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60

Sample: Non-probability chunk sample

Non-Response: 37%: 9 dropouts, incomplete; about the same happiness distribution.

N: 17

Correlate

Authors label: Pressure of academicwork (2)

Our classification: DAILY JOYS & HASSLES, code D1

Measurement: Repeated closed question on immediate pressure during past day, scored every day during six weeks: none / rather light / moderate / fairly heavy / very heavy / extremely heavy.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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A-ARE/md/sqr/v/10/	r=-.34 ns	
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[a](#)

Correlational finding on Happiness and Current hassles Subject code: D1.2

Study FABRI 2000

Reported in: Fabricatore, A.N.; Handal, P.J; Fenzel, L.M.
Personal Spirituality as a Moderator of the Relationship between Stressors and Subjective Well-Being.
Journal of Psychology and Theology, 2000, Vol. 28, 221 - 228. ISSN 0091 6471
Page in Report: 223

Population: Students, religious affiliated college, USA, 199?

Sample: Non-probability chunk sample

Non-Response: 0

N: 120

Correlate

Authors label: Stressors (hassles and life events)

Our classification: Current hassles, code D1.2

Measurement: Undergraduate Stress Questionnaire (USQ):83-item index containing descriptions of stressors, some school-related and some not school-related

Measured Values: M=29,8; SD=8,6

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BMc/cw/mq/v/4/a	<u>r=-.25</u> <u>p<.01</u>	

Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
A-ARE/md/sqr/v/10/a	Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling). "On the average, how happy or unhappy did you feel today....?" 1 Extremely unhappy. Utterly depressed. Completely down. 2 Very unhappy. Depressed. Spirits very low. 3 Pretty unhappy. Somewhat 'blue'. Spirits down. 4 Mildly unhappy. Just a little low. 5 Barely unhappy. Just this side of neutral. 6 Barely happy. Just this side of neutral. 7 Mildly happy. Feeling fairly good and somewhat cheerful. 8 Pretty happy. Spirits high. Feeling good. 9 Very happy. Feeling really good. Elated. 10 Extremely happy. Feeling ecstatic, joyous, fantastic. Name: Wessman & Ricks' "Elation - Depression Scale" (adapted version)

A-ARE/md/sqr/v/10/
b Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)

"On average; how elated or depressed, happy or unhappy you felt today....?"

10 Complete elation, rapturous joy and soaring ecstasy

9 Very elated and in very high spirits. Tremendous delight and buoyancy

8 Elated and in high spirits

7 Feeling very good and cheerful

6 Feeling pretty good , "OK"

5 Feeling a little bit low. Just so-so

4 Spirits low and somewhat 'blue'

3 Depressed and feeling very low.
Definitely 'blue'

2 Tremendously depressed.

Feeling terrible, really miserable, "just awful"

1 Utter depression and gloom. Completely down.

All is black and leaden. Wish it were all over.

Name: Wessman & Ricks' `Elation - depression scale'

A-BMc/cw/mq/v/4/a Selfreport on 25 questions:

A number of statements that people have used to describe how they feel are given below. Read each one and circle the number that best describes how frequently that statement was true for you in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times in the past week.

A I felt sad

B I felt I had failed as a person

C I felt dissatisfied with my life

D I felt mentally alert

E I felt disappointed with myself

F I felt cheerful

G I felt life wasn't worth living

H I felt satisfied with my life

I I felt healthy

J I felt life crying

K I felt I had been successful

L I felt happy

M I felt I couldn't make decisions

N I felt unattractive

O I felt optimistic about the future

P I felt life was rewording

Q I felt cheerless

R I felt life has a purpose

S I felt too tired to do anything

T I felt pleased with the way I am

U I felt lethargic

V I found it easy to make decisions

W I felt life was enjoyable

X I felt life was meaningless

Y I felt run down

Answer options:

0 never

1 rarely

2 sometimes

3 often

Negative affect score (NAS): A, B, C, E, G, J, M, N, Q, S, U, X, Y.

Positive affect score (PAS): D, F, H, I, K, L, O, P, R, T, V, W.

Affect Balance Score (ABS): PAS - NAS + 39

Name: McGreal & Joseph 'Depression-Happiness Scale' (DHS)

C-BW/c/sq/l/11/a

Selfreport on single question:

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

[10] best possible life

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1]

[0] worst possible life

Preceded by 1) open questions about what the respondent imagines as the best possible life and the worst possible life. 2) ratings on the ladder of one's life five years ago and where on the ladder one expects to stand five years from now.

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

C-BW/c/sq/l/11/b

Selfreport on single question:

"Above you see a numbered ladder. Consider the top of the ladder as the best possible life and the bottom of the ladder as the worst possible life.

A Please place an X where you feel you are now.

B Place an Y at the point where you were five years ago.

C Please place a Z at the point that you feel you will be at five years from now.

[10] best possible life

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1]

[0] worst possible life

Question A is the case question.

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

O-H?/?/sq/?/0/a

Selfreport on single question:

".....happiness....."

(Full text not reported)

Appendix 2: Statistics used

<i>Symbol</i>	<i>Explanation</i>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')</p> <p>Type: test statistic.</p> <p>Measurement level: Correlate: metric, Happiness: metric</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p>$r = 0$ « no correlation ,</p> <p>$r = 1$ « perfect correlation, where high correlate values correspond with high happiness values, and</p> <p>$r = -1$ « perfect correlation, where high correlate values correspond with low happiness values.</p>

Appendix 3: About the World Database of Happiness

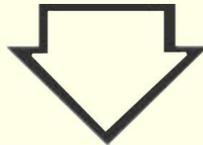
Structure of the collections

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.

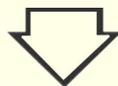
World literature on Happiness

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>	
D1	DAILY JOYS & HASSLES	L6	LIFE EVENTS
D1	DAILY JOYS & HASSLES	P12	PROBLEMS
D1.3	Attitudes to hassles	C9	COPING

A report of the World Database of Happiness, Correlational Findings