World Database of Happiness

Correlational Findings on Happiness and HELPING
Subject Code: H10

© on data collection: Ruut Veenhoven, Erasmus University Rotterdam

---

Classification of Findings

Subject Code	Description	Nr of Studies on this Subject
H10	HELPING	0
H10.1	Helping career	0
H10.1.1	Earlier helping	0
H10.1.2	Change in helping	0
H10.1.4	Later helping	0
H10.2	Current helping	5
H10.3	Attitudes to helping	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 HELPING World Database of Happiness, Correlational Findings Internet: worlddatabaseofhappiness.eur.nl Erasmus University Rotterdam, 2009, Netherlands	

Correlational finding on Happiness and Current helping
Subject code: H10.2

Study	BRINK 1986A
Reported in:	Brinkerhoff, M.B.; Jacob, J. Quality of Life in an Alternative Lifestyle: The Smallholding Movement. Social Indicators Research, 1986, Vol. 18, 153 - 173 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/ BF00317546 Page in Report: 164
Population:	'Back to the land' mini-farmers, West USA and Canada,198?
Sample:	Non-probability purposive sample
Non-Response:	44 %
N:	510

Correlate

Authors label:	helping neighbours (1)
Our classification:	Current helping, code H10.2
Measurement:	Full items not reported; questions on helping neighbours.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/u/sq/v/4/a	r=+.12 p<.005	

Correlational finding on Happiness and Current helping
Subject code: H10.2

Study	CHARN 2000
Reported in:	Charnes, G.; Grosskopf, B. Relative Pay offs and Happiness: An Experimental Study. Journal of Economic Behavior & Organization, 2001, Vol. 45, 301-328. ISSN: 0167-2681 Page in Report: 307
Population:	University students, Barcelona, Spain, 1998
Sample:	Non-probability accidental sample
Non-Response:	0 %
N:	121

Correlate

Authors label: Decision 1: egalitarian over other-rewarding

Our classification: Current helping, code H10.2

Measurement: Ss met in one large room and were explained that they would
randomly be assigned one of two roles in an experiment:
A: Passive role (dead), no say in the decision, only asked
what they would do if they had been in the other role
and/or to predict the choice of B
B: Active role (live), makes two decisions about partition
of money between A and B.
After this introduction Ss were randomly assigned either
role A or role B.
Next Ss answered written questions about respectively
general happiness (GH), comparative happiness (CH) and
momentary happiness (MH)
Then B's were asked to choose between two options for
partition between all A and B subjects, which were equally
rewarding for themselves:
1 other-rewarding: 900 for A, 600 for B
2 egalitarian: 600 for A, 600 for B

Measured Values: Egalitarian 34 %, Other-rewarding 66 %

Remarks: Values were in Spanish Peseta's: 150 = US$ 1
Only active subjects (B) considered here.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/g/sq/v/11/a	DM=+ ns	Other-rewarding choice: GH=6.60 (MH=5.98) Egalitarian choice: GH=6.71 (MH=6.24)
A-AOL/g/sq/v/11/a	rs=+.04 ns	
A-AOL/g/sq/v/11/a	rpc=+.04 ns	rpc controled for mood of the moment (MH)

Correlational finding on Happiness and Current helping
Subject code: H10.2

Study   CHARN 2000

Reported in: Charnes, G.; Grosskopf, B.
Relative Pay offs and Happiness: An Experimental Study.
Journal of Economic Behavior & Organization, 2001, Vol. 45, 301-328. ISSN: 0167-2681
Page in Report: 307

Population: University students, Barcelona, Spain, 1998

Sample:	Non-probability accidental sample
Non-Response:	0 %
N:	121

Correlate

Authors label:	Decision 2 (egalitarian vs downgrading choice)
Our classification:	Current helping, code H10.2
Measurement:	Ss met in one large room and were explained that they would randomly be assigned one of two roles in an experiment: A: Passive role (dead), no say in the decision, only asked what they would do if they had been in the other role and/or to predict the choice of B B: Active role (live), makes two decisions about partition of money between A and B After this introduction Ss were randomly assigned either role A or role B. Next Ss answered written questions about respectively general happiness (GH), comparative happiness (CH) and momentary happiness (MH) Then B's were asked to choose between two options for partition between all A and B subjects, which were equally rewarding for themselves: 1 downgrading: 400 for A, 600 for B 2 egalitarian: 600 for A, 600 for B
Measured Values:	Egalitarian 88%, downgrading 12%
Remarks:	Values were in Spanish Peseta's: 150 = US$ 1 Only active subjects (B) considered here.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/g/sq/v/11/a	DM= ns	Downgrading: GH = 5.86 (MH=5.43) Egalitarian: GH = 6.74 (MH=6.15)
A-AOL/g/sq/v/11/a	rs=-.13 ns	
A-AOL/g/sq/v/11/a	rpc=-.13 ns	rpc controled for mood of the moment (MH)

Correlational finding on Happiness and Current helping
Subject code: H10.2

Study

DEBOE 2007

Reported in: DeBoer, A; VanCampen, C.
Informele Helpers en o zo Gelukkig. (Informal Caregivers are happy; up to a point!)
Schnabel, P.; Ed.: "Veel Geluk in 2007", Social Cultural Planning Office (SCP), 2007, The Hague, Netherlands, 72-76. ISBN 9789037702958
Page in Report: 73

Population: 16+aged; The Netherlands, 2004

Sample: Probability simple random sample

Non-Response:

N: 2300

Correlate

Authors label: Infomal helpers

Our classification: Current helping, code H10.2

Measurement: Selfreport of average number of hours per week spend on unpaid help to sick or handicapped family-members, friends or neighbours.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HP/u/sq/v/5/a	DM=	Hours unpaid help per week

```
0:     M=3,60
1:     M=3,71
2:     M=3,78
3:     M=3,82
4:     M=3,81
5:     M=3,77
6:     M=3,69
7-8:   M=3,57
9-10:  M=3,41
11-20: M=3,21
21-40: M=2,97
```

Set Image size:

Gemiddelde geluksscore[a] en het aantal uren verleende informele hulp[b] per week
(16-plussers), 2004

a   1 = ongelukkig, 2 = niet zo gelukkig, 3 = niet gelukkig/niet ongelukkig, 4 = gelukkig 5 = erg gelukkig.
     Cijfers zijn gecorrigeerd voor leeftijd en geslacht.
b   Het aantal uur dat men gemiddeld per week besteed aan kosteloze hulp aan zieke of gehandicapte
     familieleden, kennissen of buren.

Bron: SCP(CV'04)

Correlational finding on Happiness and Current helping
Subject code: H10.2

Study	MOEN 1995
Reported in:	Moen, P.; Robinson, J; Dempster-McClain, D. Caregiving and Women's Well-Being: A Life Course Approach. Journal of Health and Social Behavior, 1995, Vol. 36, 259 - 273. ISSN 0022 1465 Page in Report: 265-266
Population:	Mothers USA, followed 30 years 1956-1986
Sample:	Probability stratified sample
Non-Response:	20
N:	313

Correlate

Authors label:	Caregiving
Our classification:	Current helping, code H10.2
Measurement:	0 not currently caregiver 1 current caregiver Caregiving includes respondents'reports of providing assistance to ill, handicapped, of older relatives, including spouse and adult children, and in a few cases "fictive' kin in the form of a close neighbor or friend.
Measured Values:	Caregivers: N= 53, Non-caregiver: N=240

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-CO/*/mq/v/3/a	DMa=- ns	T2 caregiving by T2 happiness Unaffected by: - T1 happiness (so no change in happiness) - T1 religious involvement - T1 volunteering

Happiness Measure	Statistics	Elaboration/Remarks
M-CO/*/mq/v/3/a	DMa=	T2 happiness T1 self-esteem caregivers non-caregivers - low Ma = 2,34 Ma = 2,70 (10) - high Ma = 2,96 Ma = 2,76

Happiness Measure	Statistics	Elaboration/Remarks
M-CO/*/mq/v/3/a	DMa=	T2 happiness T1 Multiple role occupancy caregivers non-caregivers - low Ma = 2,58 Ma = 2,25 (05) - high Ma = 2,48 Ma = 2,65

Happiness Measure	Statistics	Elaboration/Remarks
M-CO/*/mq/v/3/a	DMa= ns	T2 caregiving by T1 happiness (30 years ago) Ma controled for: - age - T2 marital status - T2 education

---

Appendix 1: Happiness Items used

Happiness Item Code	Full Text

A-AOL/g/sq/v/11/a

Selfreport on single question:

." In general how happy or unhappy do you usually feel....?"
Check the one statement that best describes your average happiness.
10 extremely happy (feeling ecstatic, joyous, fantastic)
9 very happy (feeling really good, elated)
8 pretty happy (spirits high, feeling good)
7 mildly happy (feeling fairly good and somewhat cheerful)
6 slightly happy (just a bit above neutral)
5 neutral (not particularly happy or unhappy)
4 slightly unhappy (just a bit below neutral)
3 mildly unhappy (just a little low)
2 pretty unhappy (somewhat "blue", spirits down)
1 very unhappy (depressed, spirits very low)
0 extremely unhappy (utterly depressed, completely down)

M-CO/*/mq/v/3/a

Selfreport on 3 questions:

A
How often do you find yourself feeling disappointed about the ways things have turned out for you?
1 often
2 sometimes
3 hardly ever

B
All in all, how much happiness would you say you find in your life today?
1 almost none
2 some
3 a good deal

C
On the whole, how satisfied would you say you are with your life today?
1 not very satisfied
2 fairly satisfied
3 very satisfied

Summation: A+B+C/3

O-HL/u/sq/v/4/a

Selfreport on single question:

Taking all things together, would you say you are.....?
4 very happy
3 quite happy
2 not very happy
1 not at all happy.

O-HP/u/sq/v/5/a

Selfreport on single question

To what extend do you consider yourself a happy person....?
5 very happy
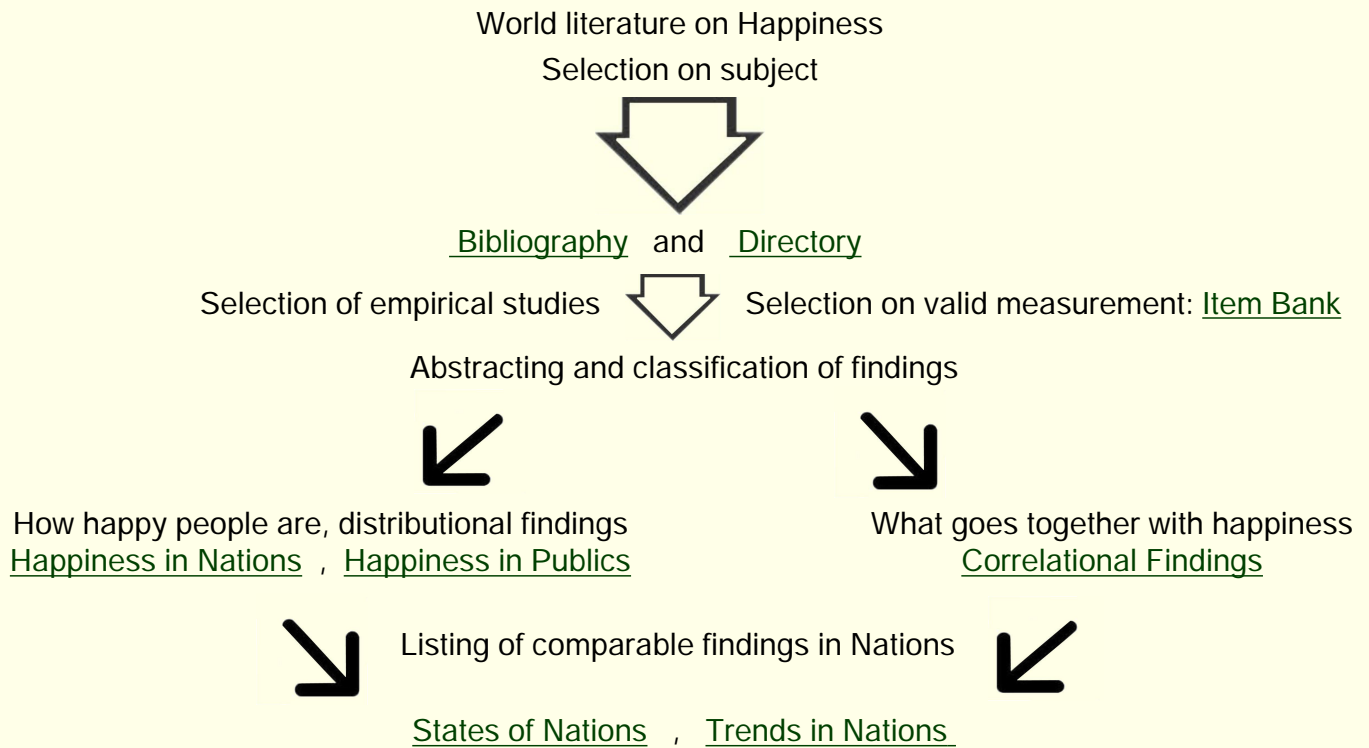4 happy
3 neither happy nor unhappy
2 not very happy
1 unhappy

Appendix 2: Statistics used

Symbol	Explanation

Symbol   *Explanation*

DM

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.

Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.

DMa

DIFFERENCE IN ADJUSTED MEANS, See also Ma
Computed in Analysis of Covariance (ANCOVA) or in multiple classification analysis (MCA)
Seldom used in happiness research. See excerpted report for further reference.

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.

rpc

PARTIAL CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores.
Under that conditions
rpc > 0 « a higher correlate level corresponds with a higher happiness rating,
rpc < 0 « a higher correlate level corresponds with a lower happiness rating,

rs

SPEARMAN'S RANK CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal.
Range: [-1; +1]

Meaning:
rs = 0 « no rank correlation
rs = 1 « perfect rank correlation, where high correlate values are associated with high happiness ratings
rs =-1 « perfect rank correlation, where high correlate values are associated 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

Main Subjects	Subject Description	Number of Studies
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

Subject		Related Subject(s)	
H10	HELPING	S11	SOCIAL SUPPORT: PROVIDED

A report of the World Database of Happiness, Correlational Findings