

World Database of Happiness



Correlational Findings on Happiness and LEISURE Subject Code: L3

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University Rotterdam](#)

Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
L3	LEISURE	1
L3.1	Leisure career	0
L3.1.1	Earlier leisure	3
L3.1.1.1	. Earlier travel	1
L3.1.1.2	. earlier satisfaction with leisure	4
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Correlational finding on Happiness and LEISURE

Subject code: L3

Study VEENH 2003/3

Reported in: Veenhoven, R.
Hedonism and Happiness
Journal of Happiness Studies, 2003, Vol. 4, 437 - 457. ISSN p 1389 4978; ISSN e 1573 7780 (also published in: Warburton, D.M.; Sweeney, E.M.; Eds.: " Proceedings 7th ARISE Symposium 'The Senses, Pleasure and Health' ", October 2001, Nice, France, 121 - 136)
Page in Report: 131

Population: Adults, 70 countries, mid 1990s

Sample: Probability sample (unspecified)

Non-Response:

N: 100000

Correlate

Authors label: Importance of leisure time

Our classification: LEISURE, code L3

Measurement: Selfreport on single question

Remarks: Data: World Values Survey

Observed Relation with Happiness

Happiness Measure

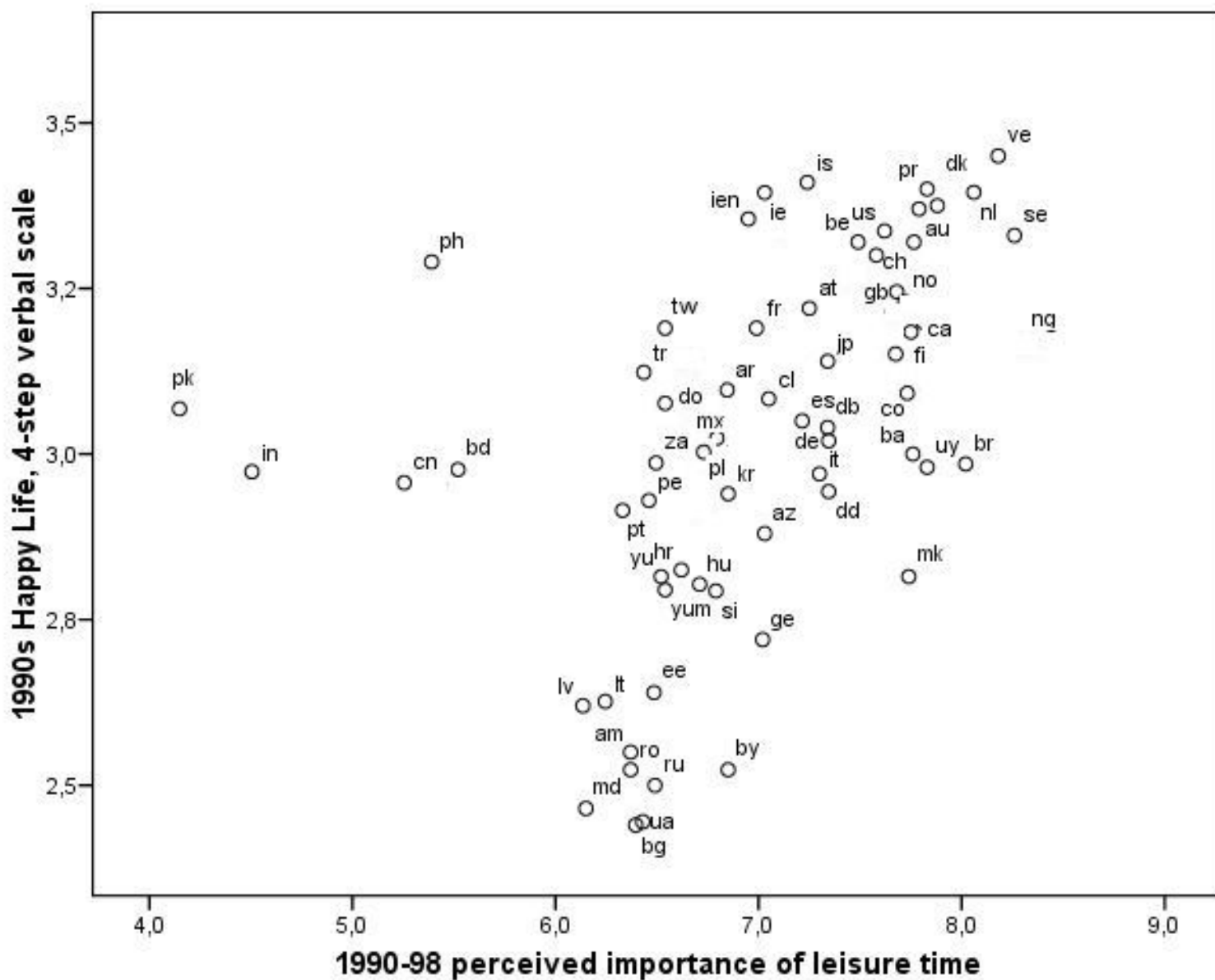
Statistics

Elaboration/Remarks

[O-HL/u/sq/v/4/a](#)

Average happiness by perceived importance of leisure time in 63 nations mid 1990s

Set Image size:



Correlational finding on Happiness and Earlier leisure
 Subject code: L3.1.1

Study GILBE 2004

Reported in: Gilbert, D;Abdullah, J.
 Holidaytaking and the Sense of Well-Being
 Annals of Tourism Research, 2004, Vol. 31, No. 1, 103-121
 Page in Report: 113/4

Population: Holiday makers and controls, Guildford area, UK

Sample: Probability area sample

Non-Response:

N: 604

Correlate

Authors label: having had a holiday

Our classification: Earlier leisure, code L3.1.1

Measurement: Happiness assessed at:

T1: Pre-trip

T2: Post-trip

T1-T2 within one year period

Remarks: Holiday takers only

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/n/9/a</u>	<u>DM=+</u>	CHANGE in happiness after holiday trip T1: pre-trip happiness M = 29,30 SD = 22,8 T2: post-trip happiness M = 33,30 SD = 23,1 difference +6,00
<u>A-BK/cm/mq/n/9/a</u>	<u>MW=</u> <u>p<.001</u>	
<u>A-BK/cm/mq/n/9/a</u>	<u>E²=.063</u>	Happiness declined slightly among non-holiday taking controls
<u>O-HL/u/sqr/n/9/a</u>	<u>DM=+</u>	T1: pre-trip happiness M = 6,99 SD = 1,22 T2: post-trip happiness M = 7,11 SD = 1,20 difference +0,12
<u>O-HL/u/sqr/n/9/a</u>	<u>MW=</u> <u>p<.001</u>	

Correlational finding on Happiness and Earlier leisure

Subject code: L3.1.1

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,134, 137

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with vacation as a whole

Our classification: Earlier leisure, code L3.1.1

Measurement: Self report of satisfaction with vacation as a whole
Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N=123 M=-.01 SD = 4.19

Error Estimates: alpha=.80

Remarks: Assessed for three periods:
T1: 1 or 2 weeks before vacation
T2: during vacation (retrospectively at T3)
T3: the week after vacation

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.28</u>	T1 life satisfaction (before vacation) by T2 satisfaction with vacation as a whole (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.34</u> <u>p<.05</u>	T1 life satisfaction (before vacation) by T3 satisfaction with vacation as a whole
<u>O-DT/u/sq/v/7/a</u>	<u>Ra²=.03</u>	T2 satisfaction with vacation explains 3% T1-T3 CHANGE in happiness

Correlational finding on Happiness and Earlier leisure

Subject code: L3.1.1

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: social activity hours (3)

Our classification: Earlier leisure, code L3.1.1

Measurement: Number of hours spent during the last typical week "attending a sports event such as baseball or football games; attending church or other meetings; lectures or concerts; doing volunteer work for church, other organizations or relatives; visiting, telephoning or writing friends or relatives; parties, eating or entertaining".

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=+.11</u> <u>p<.05</u>	T1 leisure by T1 life satisfaction
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.09 ns</u>	T1 leisure by T2 life satisfaction
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.12</u> <u>p<.05</u>	T1 leisure by T3 life satisfaction
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=+.06</u> <u>ns</u>	Multiple regression Dependent T1 life satisfaction. Selfrated health R= +.42 Sexual enjoyment B1=+.43 Soc. Act. hours B2=+.44 (Leisure) Org. activity B3=+.46 Productive hours B4=+.46
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=+.08</u> <u>ns</u>	Multiple regression Dependent T2 life satisfaction. Selfrated health R= +.42 Sexual enjoyment B1=+.43 Soc. Act. hours B2=+.44 (Leisure) Org. activity B3=+.46 Productive hours B4=+.46

C-BW/c/sq/l/10/cBeta=+.09
ns

Multiple regression Dependent T3 life satisfaction.

Selfrated health	R= +.42
Sexual enjoyment	B1=+.43
Soc. Act. hours	B2=+.44 (Leisure)
Org. activity	B3=+.46
Productive hours	B4=+.46

Correlational finding on Happiness and . Earlier travel

Subject code: L3.1.1.1

Study MILMA 1998

Reported in: Milman, A.
The Impact of Tourism and Travel Experience on Senior Travelers' Psychological Well-Being
Journal of Travel Research, Vol. 37, November 1998, 166-170
Page in Report: 168

Population: 50+ aged, before and after holiday trip, USA 199?

Sample: Non-probability chunk sample

Non-Response: 59%

N: 124

Correlate

Authors label: Before/after trip

Our classification: . Earlier travel, code L3.1.1.1

Measurement: Happiness assessed at
T1: first day of trip
T2: last day of trip

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

A-AB/cq/mq/v/2/aDM=0- ns

T1 first day: PA = 1,46, NA = 0,11, ABS = 1,35
T2 last day : PA = 1,45, NA = 0,12, ABS = 1,33
difference -0.02

O-SLu/md/sq/v/2/bDM== ns

T1 first day: M = 1,86
T2 last day : M = 1,87
difference +0.01

Correlational finding on Happiness and . earlier satisfaction with leisure

Subject code: L3.1.1.2

Study HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with leisure

Our classification: . earlier satisfaction with leisure, code L3.1.1.2

Measurement: Self report on satisfaction with:
 - the amount of fun and enjoyment you have
 - the way you spend your spare time
 - the amount of free time you have
 - the amount of relaxation in your life
 - your own health and physical condition
 - the amount of pep and energy you have
 Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N= 125 M= 3,25 SD=0,84

Error Estimates: alpha=0,83

Remarks: Assessed for three periods:
 T1: 1 or 2 weeks before vacation
 T2: during vacation (retrospectively at T3)
 T3: the week after vacation

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.50</u> <u>p<.05</u>	T1 life satisfaction by T1 satisfaction with leisure
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.67</u> <u>p<.05</u>	T3 life satisfaction by T3 satisfaction with leisure

O-DT/u/sq/v/7/ar=+.50
p<.05

T1 satisfaction with leisure by T3 life satisfaction

O-DT/u/sq/v/7/ar=+.46
p<.05

T1 life satisfaction by T3 satisfaction with leisure

Correlational finding on Happiness and . earlier satisfaction with leisure

Subject code: L3.1.1.2

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,133, 134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with leisure during vacation

Our classification: . earlier satisfaction with leisure, code L3.1.1.2

Measurement: Self report on satisfaction with:
- the amount of fun and relaxation experienced
- engaging in favorite and new leisure activities.
Assessed on a 1-7 scale: 1 delighted...terrible

Measured Values: N=123 M=2,41 SD=1,02

Error Estimates: alpha=.94

Remarks: Assessed for three periods:
T1: 1 or 2 weeks before vacation
T2: during vacation (retrospectively at T3)
T3: the week after vacation

Observed Relation with Happiness

*Happiness
Measure*

Statistics

Elaboration/Remarks

O-DT/u/sq/v/7/ar=+.30
p<.05T1 life satisfaction (before vacation) by T2
satisfaction with leisure (during vacation)O-DT/u/sq/v/7/ar=+.44
p<.05T2 Satisfaction with leisure (during vacation) by
T3 life satisfaction (after vacation)

Correlational finding on Happiness and . earlier satisfaction with leisure

Subject code: L3.1.1.2

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,133,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with nature during vacation

Our classification: . earlier satisfaction with leisure, code L3.1.1.2

Measurement: Self report on satisfaction with:
- the scenery
- the weather
- opportunities for being close to nature
- opportunities for escape
during vacation

Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N=121 M=2,13 SD=,99

Error Estimates: alpha=.74

Remarks: Assessed at T2 during vacation (retrospectively at T3)

Observed Relation with Happiness

*Happiness
Measure*

Statistics

Elaboration/Remarks

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

r=+.18 ns

T1 life satisfaction (before vacation) by T2
satisfaction with nature (during vacation)

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

r=+.26 ns

T2 Satisfaction with nature (during vacation) and
T3 life satisfaction (after vacation)

Correlational finding on Happiness and . earlier satisfaction with leisure

Subject code: L3.1.1.2

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,133,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with food/lodging during vacation

Our classification: . earlier satisfaction with leisure, code L3.1.1.2

Measurement: Self report on satisfaction with:
- food
- socializing with other people
- being alone
- getting away from it all
during vacation
Assessed on a 1-7 scale:1 delighted...7 terrible

Measured Values: N=122 M=3,52 SD=,69

Error Estimates: alpha = .60

Remarks: Assessed at T2 during vacation (retrospectively at T3)

Observed Relation with Happiness

*Happiness
Measure*

Statistics

Elaboration/Remarks

<u>O-DT/u/sq/v/7/a</u>	<u>r=+.13 ns</u>	T1 life satisfaction (before vacation) by T2 satisfaction with food/lodging (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.14 ns</u>	T2 life satisfaction food/lodging (during vacation)and T3 life satisfaction (after vacation)

Correlational finding on Happiness and . change in specific leisure activities
Subject code: L3.1.2.2

Study BRADB 1969

Reported in: Bradburn, N.M.
The Structure of Psychological Well-Being.
Aldine Publishing, 1969, Chicago, USA
Page in Report:

Population: 21-60 aged, general public, urban areas, USA, 1963 - 64

Sample:

Non-Response: ± 20%, Attrition ± 30%

N: 2787

Correlate

Authors label: New activities engaged in (1)

Our classification: . change in specific leisure activities, code L3.1.2.2

Measurement: Direct question on new activities; during the past few weeks.
0 No
1 Yes

Remarks: Data T1.
Not computed for summed ABS.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-BB/cm/mq/v/2/a</u>	<u>G=+</u>	Index of Positive Affects: G'= +.36 Index of Negative Affects: G'= +.08

Correlational finding on Happiness and . change in specific leisure activities
Subject code: L3.1.2.2

Study **BRADB 1969**

Reported in: Bradburn, N.M.
The Structure of Psychological Well-Being.
Aldine Publishing, 1969, Chicago, USA
Page in Report:

Population: 21-60 aged, general public, urban areas, USA, 1963 - 64

Sample:

Non-Response: $\pm 20\%$, Attrition $\pm 30\%$

N: 2787

Correlate

Authors label: New ego-oriented activities engaged in (1)

Our classification: . change in specific leisure activities, code L3.1.2.2

Measurement: 2 direct questions on new activities engaged in during the past few weeks, and type of activities; coded for those activities one engaged in alone.

Remarks: Data T1.
Not computed for summed ABS.

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>G=+</u>	Index of Positive Affects: $G' = +.37$ Index of Negative Affects: $G' = +.07$

Correlational finding on Happiness and . change in specific leisure activities
Subject code: L3.1.2.2

Study **BRADB 1969**

Reported in: Bradburn, N.M.
The Structure of Psychological Well-Being.
Aldine Publishing, 1969, Chicago, USA
Page in Report:

Population: 21-60 aged, general public, urban areas, USA, 1963 - 64

Sample:

Non-Response: $\pm 20\%$, Attrition $\pm 30\%$

N: 2787

Correlate

Authors label: New other-oriented activities engaged in (2)*Our classification:* . change in specific leisure activities, code L3.1.2.2*Measurement:* 2 direct questions on new activities engaged in during the past few weeks, and type of activities; coded for those activities one engaged in with other people.*Remarks:* Data T1.
Not computed for summed ABS.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cm/mq/v/2/a	G=+	Index of Positive Affects: G' = +.36 Index of Negative Affects: G' = +.08

Correlational finding on Happiness and . change in specific leisure activities

Subject code: L3.1.2.2

Study BRADB 1969

Reported in: Bradburn, N.M.
The Structure of Psychological Well-Being.
Aldine Publishing, 1969, Chicago, USA
Page in Report:*Population:* 21-60 aged, general public, urban areas, USA, 1963 - 64*Sample:**Non-Response:* ± 20%, Attrition ± 30%

N: 2787

Correlate

Authors label: Gone to new places (1)*Our classification:* . change in specific leisure activities, code L3.1.2.2*Measurement:* Closed question on activity: during the past few weeks.
0 No
1 Yes

Remarks: Data T1.
Not computed for summed ABS.

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>G=+</u>	Index of Positive Affects: G'= +.25 Index of Negative Affects: G'= +.04

Correlational finding on Happiness and . change in specific leisure activities

Subject code: L3.1.2.2

Study BRADB 1969

Reported in: Bradburn, N.M.
The Structure of Psychological Well-Being.
Aldine Publishing, 1969, Chicago, USA
Page in Report:

Population: 21-60 aged, general public, urban areas, USA, 1963 - 64

Sample:

Non-Response: ± 20%, Attrition ± 30%

N: 2787

Correlate

Authors label: Novelty (1)

Our classification: . change in specific leisure activities, code L3.1.2.2

Measurement: 3-item index of direct questions on activities engaged in during the past few weeks. Each rated yes/no.

- met new people
- gone to new places
- engaged in new activities

Remarks: Data T1.
Not computed for summed ABS.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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[A-BB/cm/mq/v/2/a](#)

G=+

Index of Positive Affects: G= +.34
- When controlled for S.E.S.: G= +.30
- Unaffected by sociability
- Stronger among those who are
not satisfied with their social life:G= +.40

Correlational finding on Happiness and . change in specific leisure activities
Subject code: L3.1.2.2

Study

GRANE 1975

Reported in: Graney, M.J.
Happiness and Social Participation in Aging.
Journal of Gerontology, 1975, Vol. 30, 701 - 706. ISSN 0022 1422
Page in Report: 703

Population: 62-89 aged females, followed 4 years, USA, 1967-71

Sample:

Non-Response: 27%; 24% unattainable, 3% incomplete.

N: 44

Correlate

Authors label: Watching more tele- vision. (1)

Our classification: . change in specific leisure activities, code L3.1.2.2

Measurement: Direct question on number of hours daily. Difference
between T1 and T2.

Observed Relation with Happiness

*Happiness
Measure*

Statistics

Elaboration/Remarks

[A-BB/cm/mq/v/2/a](#)

tb=+.10 ns

Happiness assessed at T2.

Correlational finding on Happiness and . change in specific leisure activities
Subject code: L3.1.2.2

Study

GRANE 1975

Reported in: Graney, M.J.
Happiness and Social Participation in Aging.
Journal of Gerontology, 1975, Vol. 30, 701 - 706. ISSN 0022 1422
Page in Report: 703

Population: 62-89 aged females, followed 4 years, USA, 1967-71

Sample:

Non-Response: 27%; 24% unattainable, 3% incomplete.

N: 44

Correlate

Authors label: Listening more to the radio. (1)

Our classification: . change in specific leisure activities, code L3.1.2.2

Measurement: Direct question on number of hours daily. Difference between T1 and T2.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cm/mq/v/2/a	tb=+.23 p<.05	Happiness assessed at T2. Age 66-75: tb = +.00 (ns) Age 82-92: tb = +.53 (01)

Correlational finding on Happiness and . change in specific leisure activities Subject code: L3.1.2.2

Study

GRANE 1975

Reported in: Graney, M.J.
Happiness and Social Participation in Aging.
Journal of Gerontology, 1975, Vol. 30, 701 - 706. ISSN 0022 1422
Page in Report: 703

Population: 62-89 aged females, followed 4 years, USA, 1967-71

Sample:

Non-Response: 27%; 24% unattainable, 3% incomplete.

N: 44

Correlate

Authors label: Reading more. (1)

Our classification: . change in specific leisure activities, code L3.1.2.2

Measurement: Direct question on number of hours daily. Difference between T1 and T2.

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>tb=-.07 ns</u>	Happiness assessed at T2.

Correlational finding on Happiness and . change in specific leisure activities Subject code: L3.1.2.2

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: New activities or hobbies engaged in. (1)

Our classification: . change in specific leisure activities, code L3.1.2.2

Measurement: Closed question; during the 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 = +.30 Index of Negative Affects: G = +.22

Correlational finding on Happiness and . change in satisfaction with leisure Subject code: L3.1.2.3

Study

HEADE 1982/2

Reported in: Headey, B.; Holström, E.; Wearing, A.J.
 Australians' Priorities Satisfactions and Well-being: Methodological Issues.
 Monograph in Public Policy Studies, nr.8, University of Melbourne, 1982, Australia
 Page in Report: 53

Population: Adults, general public, Melbourne, Australia, followed 25 months 1978-81

Sample: Probability sample (unspecified)

Non-Response: 0

N: 184

Correlate

Authors label: Change in satisfaction with leisure

Our classification: . change in satisfaction with leisure, code L3.1.2.3

Measurement: Single question on satisfaction with the amount of fun and enjoyment you have, scored on a 1-9 D-T rating scale.

Remarks: Both Happiness (ABS) and satisfaction with leisure were assessed at T1 and T2 (25 month interval)

Observed Relation with Happiness

Happiness
Measure

Statistics

Elaboration/Remarks

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

Beta=+.27
p<.001

T1-T2 CHANGE in happiness by T1-T2 CHANGE in satisfaction with leisure

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

Beta=+.17
p<.05

T1-T2 CHANGE in happiness by T1-T2 CHANGE in satisfaction with leisure
 Beta controlled for satisfaction with
 - sex life
 - health
 - house
 - friends
 - self-fulfillment
 - standard of living

Correlational finding on Happiness and . change in satisfaction with leisure
 Subject code: L3.1.2.3

Study

HEADE 1984

Reported in: Headey, B., Holmström, E.;Wearing, A.
 The Impact of Life Events and Changes in Domain Satisfaction on Well-Being.
 Social Indicators Research, 1984, Vol. 15, 203 - 227. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/
 BF00668671
 Page in Report: 211

Population: 18-65 aged, general public, followed 3 years, Melbourne, Australia, 1979-80

Sample:

Non-Response:

N: 184

Correlate

Authors label: Satisfaction with leisure (2)

Our classification: . change in satisfaction with leisure, code L3.1.2.3

Measurement: Closed question rated on a 9- point scale (delighted ...
 terrible) Assessed at T2.

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>Beta=+.27</u> <u>p<.01</u>	Happiness T2 by satisfaction T2, controlling for happiness T1 and satisfaction T1. ß can be interpreted as regression between CHANGE OF HAPPINESS and CHANGE OF SATISFACTION in time.
<u>A-BB/cm/mq/v/2/a</u>	<u>Beta=+.27</u> <u>p<.01</u>	Happiness T2 by satisfaction T2, controlling for happiness T1 and satisfaction T1. ß can be interpreted as regression between CHANGE OF HAPPINESS and CHANGE OF SATISFACTION in time.

Correlational finding on Happiness and Later leisure

Subject code: L3.1.4

Study HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
 An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
 Journal of Community Psychology, 1989, Vol 17, 129 -140
 Page in Report: 132,134, 137

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23*N:* 129

Correlate

Authors label: Satisfaction with vacation as a whole*Our classification:* Later leisure, code L3.1.4*Measurement:* Self report of satisfaction with vacation as a whole

Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N=123 M=-.01 SD = 4.19*Error Estimates:* alpha=.80

Remarks: Assessed for three periods:
 T1: 1 or 2 weeks before vacation
 T2: during vacation (retrospectively at T3)
 T3: the week after vacation

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.28</u>	T1 life satisfaction (before vacation) by T2 satisfaction with vacation as a whole (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.34</u> <u>p<.05</u>	T1 life satisfaction (before vacation) by T3 satisfaction with vacation as a whole
<u>O-DT/u/sq/v/7/a</u>	<u>Ra²=.03</u>	T2 satisfaction with vacation explains 3% T1-T3 CHANGE in happiness

Correlational finding on Happiness and Later leisure

Subject code: L3.1.4

Study

PALMO 1981

Reported in: Palmore, E.B.
 Social Patterns in Normal Aging: Findings from the Duke Longitudinal Study.
 Duke University Press, 1981, Durham, USA
 Page in Report: 106

Population: 46+ aged whites, North Carolina, USA, followed from 1968 to 1976.

Sample: Probability stratified sample

Non-Response:

N: 375

Correlate

Authors label: later social activity hours (1)

Our classification: Later leisure, code L3.1.4

Measurement: Number of hours spent during the last typical week "attending a sports event such as baseball or football games; attending church or other meetings; lectures or concerts; doing volunteer work for church, other organizations or relatives; visiting, telephoning or writing friends or relatives; parties, eating or entertaining.". Assessed at T2.

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=+.16</u> <u>p<.05</u>	Men. T2 Social activity hours by T1 life satisfaction.
<u>C-BW/c/sq/l/10/c</u>	<u>r=ns</u>	Women. T2 Social activity hours by T1 life satisfaction.

Correlational finding on Happiness and . later satisfaction with leisure
Subject code: L3.1.4.1

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with leisure

Our classification: . later satisfaction with leisure, code L3.1.4.1

Measurement: Self report on satisfaction with:

- the amount of fun and enjoyment you have
- the way you spend your spare time
- the amount of free time you have
- the amount of relaxation in your life
- your own health and physical condition
- the amount of pep and energy you have

Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N= 125 M= 3,25 SD=0,84

Error Estimates: alpha=0,83

Remarks: Assessed for three periods:
 T1: 1 or 2 weeks before vacation
 T2: during vacation (retrospectively at T3)
 T3: the week after vacation

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.50</u> <u>p<.05</u>	T1 life satisfaction by T1 satisfaction with leisure
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.67</u> <u>p<.05</u>	T3 life satisfaction by T3 satisfaction with leisure
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.50</u> <u>p<.05</u>	T1 satisfaction with leisure by T3 life satisfaction
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.46</u> <u>p<.05</u>	T1 life satisfaction by T3 satisfaction with leisure

Correlational finding on Happiness and . later satisfaction with leisure

Subject code: L3.1.4.1

Study HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
 An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
 Journal of Community Psychology, 1989, Vol 17, 129 -140
 Page in Report: 132,133, 134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with leisure during vacation

Our classification: . later satisfaction with leisure, code L3.1.4.1

Measurement: Self report on satisfaction with:
 - the amount of fun and relaxation experienced
 - engaging in favorite and new leisure activities.
 Assessed on a 1-7 scale: 1 delighted...terrible

Measured Values: N=123 M=2,41 SD=1,02

Error Estimates: alpha=.94

Remarks: Assessed for three periods:
 T1: 1 or 2 weeks before vacation
 T2: during vacation (retrospectively at T3)
 T3: the week after vacation

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.30</u> <u>p<.05</u>	T1 life satisfaction (before vacation) by T2 satisfaction with leisure (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.44</u> <u>p<.05</u>	T2 Satisfaction with leisure (during vacation) by T3 life satisfaction (after vacation)

Correlational finding on Happiness and . later satisfaction with leisure
 Subject code: L3.1.4.1

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
 An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
 Journal of Community Psychology, 1989, Vol 17, 129 -140
 Page in Report: 132,133,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with nature during vacation

Our classification: . later satisfaction with leisure, code L3.1.4.1

Measurement: Self report on satisfaction with:

- the scenery
- the weather
- opportunities for being close to nature
- opportunities for escape

during vacation

Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N=121 M=2,13 SD=,99

Error Estimates: alpha=.74

Remarks: Assessed at T2 during vacation (retrospectively at T3)

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.18 ns</u>	T1 life satisfaction (before vacation) by T2 satisfaction with nature (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.26 ns</u>	T2 Satisfaction with nature (during vacation) and T3 life satisfaction (after vacation)

Correlational finding on Happiness and . later satisfaction with leisure
Subject code: L3.1.4.1

Study HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,133,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with food/lodging during vacation

Our classification: . later satisfaction with leisure, code L3.1.4.1

Measurement: Self report on satisfaction with:
 - food
 - socializing with other people
 - being alone
 - getting away from it all
 during vacation
 Assessed on a 1-7 scale:1 delighted...7 terrible

Measured Values: N=122 M=3,52 SD=,69

Error Estimates: alpha = .60

Remarks: Assessed at T2 during vacation (retrospectively at T3)

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.13 ns</u>	T1 life satisfaction (before vacation) by T2 satisfaction with food/lodging (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.14 ns</u>	T2 life satisfaction food/lodging (during vacation)and T3 life satisfaction (after vacation)

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

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: time for leisure (1)

Our classification: Current leisure time, code L3.2

Measurement: Self reported amount of leisure time

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/u/sq/v/4/a	r=+.14 p<.001	

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

Study ERIKS 2007

Reported in: Eriksson, L.; Rice, J.M.; Goodin, R.E.
Temporal Aspects of Life Satisfaction.
Social Indicators Research, 2007, Vol. 80, 511 - 533. ISSN p 0303 8300; ISSN e 1573 0921. DOI
10.1007/s11205-006-0005-z
Page in Report: 523

Population: 16+ aged, Germany, 1995

Sample: Probability multi-stage cluster sample

Non-Response:

N: 13919

Correlate

Authors label: Discretionary time

Our classification: Current leisure time, code L3.2

Measurement: Logarithm of discretionary time

Discretionary time is hours in a week (168) left after subtracting hours people strictly NEED to devote to: a) paid labour, b) unpaid household labour and c) personal care.

Hours SPENT assessed using whole-day recall of time spent on pre-coded activities

Hours strictly NEEDED estimated from general population

- Work hours required for earning poverty level income
- Half median hours spend on household work
- Mean hours spent on personal care minus one standard deviation

Remarks: Different from 'spare time', which is the time left after subtracting hours actually SPENT on these activities

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/n/11/a</u>	<u>B=+.29</u> <u>p<.05</u>	B (+.288) controlled for: - log household income - log wage rate - socio-demographic characteristics
<u>O-HL/c/sq/n/11/a</u>	<u>B=+.29</u> <u>p<.05</u>	B (+.288) additionally controlled for - log spare time

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

Study ERIKS 2007

Reported in: Eriksson, L.; Rice, J.M.; Goodin, R.E.
Temporal Aspects of Life Satisfaction.
Social Indicators Research, 2007, Vol. 80, 511 - 533. ISSN p 0303 8300; ISSN e 1573 0921. DOI
10.1007/s11205-006-0005-z
Page in Report:

Population: 16+ aged, Germany, 1995

Sample: Probability multi-stage cluster sample

Non-Response:

N: 13919

Correlate

Authors label: Spare time

Our classification: Current leisure time, code L3.2

Measurement: Logarithm of spare time

Spare time is hours in a week (168) left after subtracting hours people actually SPEND on: a) paid labour, b) unpaid household labour and c) personal care

Based on whole-day recall of time spent on pre-coded activities.

Remarks: Different from discretionary time, which is the time left after subtracting hours strictly NEEDED for these activities

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/n/11/a</u>	<u>B=0.16</u> <u>p<.01</u>	B (+.160) controlled for: - log household income - log wage rate - socio-demographic characteristics
<u>O-HL/c/sq/n/11/a</u>	<u>B=+.17</u> <u>p<.01</u>	B (+.166) additionally controlled for: - log discretionary time

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

Study	LEE 2003
<i>Reported in:</i>	Lee, M. Daily Contextual Variations in Levels of Adolescent Happiness. The Korean Journal of Developmental Psychology, 2003, Vol. 16, 193 - 209 Page in Report: 200
<i>Population:</i>	Middle school students, South Korea, 200?
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	24
<i>N:</i>	134

Correlate

Authors label: daily activity

Our classification: Current leisure time, code L3.2

Measurement: Time spend on activities:
 A study
 B active leisure
 C passive leisure
 D interpersonal relationship
 E living maintenance

Assessed using experience sampling during one week. When beeped Ss answered the open question: 'What do you do right now'. Responses were later classified in these 5 categories.
 Higher scores mean more time spend on this activity

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks		
<u>A-AOL/mi/mqr/v/4/a</u>	<u>DM=</u>	M	SD	
		A	1.06	.87
		B	1.91	.98
		C	1.69	.99
		D	1.66	1.05
		E	1.27	.96
<u>A-AOL/mi/mqr/v/4/a</u>	<u>BMCT=</u> <u>p<.05</u>	B>C , D>E>A		

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

Study LINN 1986

Reported in: Linn, L.S.; Yager, J.; Dennis, W.; Cope, W.; Leake, B.
 Factors Associated With Life Satisfaction Among Practicing Internist.
 Medical Care, 1986, Vol. 24, 830 - 837. ISSN p 0125 7079; ISSN e 1537 1948
 Page in Report: 833

Population: Physicians, California, USA, 1984

Sample: Probability simple random sample

Non-Response:

N: 211

Correlate

Authors label: Number of vacation days in past year

Our classification: Current leisure time, code L3.2

Measurement: Self report

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.16</u> <u>p<.02</u>	

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

Study

MOLLE 2002

Reported in: Mollenkopf, H.
Mobilität und Lebensqualität im Alter - Objektive Voraussetzungen und subjektive Bedeutung in der mobilen Gesellschaft (Mobility and Quality of Life in Old Age)
Glatzer, W; et al; Eds.: "Sozialer Wandel und gesellschaftliche Dauerbeobachtung", Leske & Budrich, 2002 Germany, 255 - 271. ISBN 3 8100 3368 5
Page in Report: 268

Population: 55+ aged, East and West Germany, 1995 and 1999

Sample: Probability stratified sample

Non-Response:

N: 1216

Correlate

Authors label: satisfaction with leisure possibilities

Our classification: Current leisure time, code L3.2

Measurement: Selfreport on single question: All in all, how satisfied are you with your leisure possibilities?
Rated on 11-point numerical scale

Measured Values: A: N=400; B:N=404; C: N=205; D:N=207

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/c/sq/n/11/ba</u>	<u>Beta=+.15</u> <u>p<.01</u>	Mannheim (big city West Germany)
<u>O-SLW/c/sq/n/11/ba</u>	<u>Beta=+.08</u> <u>ns</u>	Chemnitz (big city East Germany)

<u>O-SLW/c/sq/n/11/ba</u>	<u>Beta=+.19</u> <u>p<.05</u>	Hunsrück (rural region West Germany)
<u>O-SLW/c/sq/n/11/ba</u>	<u>Beta=+.05</u> <u>ns</u>	Lausitz (rural area East Germany)
		Beta's controlled for satisfaction with:
		- financial situation
		- health
		- local environment
		- living area
		- housing
		- travelling possibilities
		- mobility possibilities

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

Study

OOSTE 2008

Reported in: Oosterhof, S.F.
 Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
 Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
 Page in Report: 36

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Amount of free time

Our classification: Current leisure time, code L3.2

Measurement: Selfreport on single question:
 (full question not reported)
 1 Little
 2 Average (reference category)
 3 Much

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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O-HP/u/sq/v/5/a

OR=

	UNHAPPY (vs happy)		VERY HAPPY (vs happy)	
	observed	controlled	observed	controlled
Much	1,32	0,94	1,09	0,93
Average	1	1	1	1
Little	0,90	1,05	1,23	1,31*

Control variables are:

- situation
- family stage
- urban living environment
- self reported health
- self reported stress

* = p<.05

Correlational finding on Happiness and Current leisure time

Subject code: L3.2

Study

TAN 1986

Reported in: Tan, A.S.; Tan, G.K.
Television Use and Mental Health.
Journalism Quarterly, 1986, Vol. 63, 106 - 113
Page in Report: 112

Population: 18+ aged, general public, USA, 1984

Sample: Probability cluster sample

Non-Response: Not reported

N: 446

Correlate

Authors label: Mass media use (1)

Our classification: Current leisure time, code L3.2

Measurement: Mass media use:

- TV hours/day
- Movies/month
- Newspaper read days/week
- Magazines read hours/week
- Books read hours/week

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

O-H?/?/sq/n/7/a

Beta=+.05
ns

TV

<u>O-H?/?/sq/n/7/a</u>	<u>Beta=-.02</u> <u>ns</u>	Movies
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=+.01</u> <u>ns</u>	Newspaper
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=-.18</u> <u>ns</u>	Magazines
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=+.11</u> <u>ns</u>	Books
Betas controlled for age and income		

Correlational finding on Happiness and Current leisure activity

Subject code: L3.3

Study

OOSTE 2008

Reported in: Oosterhof, S.F.
Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
Page in Report: 44

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Do nothing and relax

Our classification: Current leisure activity, code L3.3

Measurement: Measurement not reported
1 Not
2 Well

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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[O-HP/u/sq/v/5/a](#)[OR=](#)

	UNHAPPY (vs happy)		VERY HAPPY (vs happy)	
	observed	controlled	observed	controlled
Well	1,18	1,12	0,82*	0,81*
Not	1	1	1	1

Control variables are:

- situation
- family stage
- urban living environment
- self reported health
- self reported stress

* = $p < .05$

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study

BAHR 1980

Reported in: Bahr, H.H.; Harvey, C.D.
 Correlates of Morale Among the Newly Widowed.
 The Journal of Social Psychology, 1980, Vol. 110, 219 - 233 ISSN: 0022 4545
 Page in Report: 226

Population: Recently widowed miner`s wives and controls,USA, 1972

Sample:

Non-Response: Widows 39% ,survivor wives 19% ,other miners wives 48%

N: 222

Correlate

Authors label: Leisure (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Direct question;"Approximately how much time did you spend in other leisure activities yesterday besides t.v. and reading?"

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/3/ac	r= ns	-Widows(husband died six months ago in mine fire)
O-HL/c/sq/v/3/ac	r=? ns	Widows(husband died six months ago in mine fire)

C-BW/c/sq/l/10/b	r=? ns	Widows(husband died six months ago in mine fire)
C-BW/c/sq/l/10/b	r= ns	-Widows(husband died six months ago in mine fire)
O-HL/c/sq/v/3/ac	r=? ns	Survivor wives(husband survived mine fire)
C-BW/c/sq/l/10/b	r=? ns	Survivor wives(husband survived mine fire)
C-BW/c/sq/l/10/b	r= ns	-Survivor wives (husband survived mine fire)
O-HL/c/sq/v/3/ac	r= ns	-Survivor wives (husband survived mine fire)
C-BW/c/sq/l/10/b	r= ns	-Other miners wives (husband was not involved in mine fire)
O-HL/c/sq/v/3/ac	r=? ns	Other miners wives(husband was not involved in mine fire)
O-HL/c/sq/v/3/ac	r= ns	-Other miners wives (husband was not involved in mine fire)
C-BW/c/sq/l/10/b	r=? ns	Other miners wives(husband was not involved in mine fire)

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study	BRENN 1970
<i>Reported in:</i>	Brenner, B. Social Factors in Mental Well-Being at Adolescence. PhD Dissertation, The American University, 1970, Washington DC, USA Page in Report: 108/314
<i>Population:</i>	Highschool pupils, New York State, USA, 1960
<i>Sample:</i>	
<i>Non-Response:</i>	1%
<i>N:</i>	5204

Correlate

Authors label: Time spent on extra-curricular activities (3)

Our classification: Leisure activity level, code L3.3.1

Measurement: Open-ended direct question: 0 / 1-4 / 5 hours or more in a average week.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/u/sq/v/4/b</u>	<u>G=+.14</u>	
<u>A-AOL/g/sq/v/5/a</u>	<u>G=+.21</u>	
<u>A-AOL/g/sq/v/5/a</u>	<u>V= .12 p<.01</u>	
<u>O-HL/u/sq/v/4/b</u>	<u>V= .09 p<.01</u>	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study BRENN 1970

Reported in: Brenner, B.
Social Factors in Mental Well-Being at Adolescence.
PhD Dissertation, The American University, 1970, Washington DC, USA
Page in Report: 108/124 -

Population: Highschool pupils, New York State, USA, 1960

Sample:

Non-Response: 1%

N: 5204

Correlate

Authors label: Participation in extracurricular activities (3)

Our classification: Leisure activity level, code L3.3.1

Measurement: 2-item index of open-ended questions on number of extracurricular activities taken part in, and number of hours spent on these activities in an average week.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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O-HL/u/sq/v/4/bG=+.14

After control for:

- having fun in life : Gs = +.07
- tending to be a lonely person : Gs = +.10
- having faith in people : Gs = +.10
- sensitivity to failure : Gs = +.14
- educational level of mother : Gs = +.12
- school social class : Gs = +.12
- self-esteem : Gs = +.12
- tending to be a lonely person, and having fun in life : Gs = +.07
- having faith in people, and having fun in life : Gs = +.04
- having faith in people, and tending to be a lonely person : Gs = +.06
- educational level of mother, and having fun in life : Gs = +.07
- educational level of mother, and tending to be a lonely person : Gs = +.08
- educational level of mother, and having faith in people : Gs = +.09
- school social class, and having fun in life : Gs = +.06
- school social class, and tending to be a lonely person : Gs = +.08
- school social class, and having faith in people : Gs = +.08
- school social class, and educational level of mother : Gs = +.11

Unaffected by stability of self-image

Unaffected by hours spent on work for pay

- Positive in middle and upper class : G = +.14
- After control for : Gs = +.10
- Negative in lower class : G = -.29
- After control for : Gs = -.24

A-AOL/g/sq/v/5/aG=+.24

After control for:

- having fun in life : Gs = +.19
- tending to be a lonely person : Gs = +.21
- having faith in people : Gs = +.21
- sensitivity to failure : Gs = +.24
- educational level of mother : Gs = +.22
- school social class : Gs = +.23
- tending to be a lonely person, and having fun in life : Gs = +.19
- having faith in people, and having fun in life : Gs = +.17
- having faith in people, and tending to be a lonely person : Gs = +.18
- educational level of mother, and having fun in life : Gs = +.19
- educational level of mother, and tending to be a lonely person : Gs = +.19
- educational level of mother, and having faith in people : Gs = +.18
- school social class, and having fun in life : Gs = +.19
- school social class, and tending to be a lonely person : Gs = +.20
- school social class, and having

faith in people	: Gs = +.21
- school social class, and educational level of mother	: Gs = +.21
Medium and high stability of self-image	: G = +.27
Low stability of self-image	: G = +.21
Spent no time on working for pay	
spend	: G = +.27
Spent some hours on work for pay	: G = +.22
Lower class	: G = -.13
Middle and upper class	: G = +.21
Unaffected by school social class	

[A-AOL/g/sq/v/5/a](#) [V= .11 p<.01](#)

[O-HL/u/sq/v/4/b](#) [V= .07 p<.01](#)

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study	BRENN 1970
<i>Reported in:</i>	Brenner, B. Social Factors in Mental Well-Being at Adolescence. PhD Dissertation, The American University, 1970, Washington DC, USA Page in Report: 108/318
<i>Population:</i>	Highschool pupils, New York State, USA, 1960
<i>Sample:</i>	
<i>Non-Response:</i>	1%
<i>N:</i>	5204

Correlate

<i>Authors label:</i>	Number of extra-curricular activities taken part in (3)
<i>Our classification:</i>	Leisure activity level, code L3.3.1
<i>Measurement:</i>	Open-ended direct question 0 / 1-2 / 3+

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/u/sq/v/4/b</u>	<u>G=+.14</u>	
<u>A-AOL/g/sq/v/5/a</u>	<u>G=+.16</u>	
<u>A-AOL/g/sq/v/5/a</u>	<u>V= .35 p<.01</u>	
<u>O-HL/u/sq/v/4/b</u>	<u>V= .10 p<.01</u>	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study

GARRI 1973

Reported in: Garrity, T.F.
Social Involvement and Activeness as Predictors of Morale Six Months after First Myocardial Infarction.
Social Science and Medicine, 1973, Vol. 7, 199 - 207. ISSN 0277 9536
Page in Report: 201

Population: White males, heart-attack survivors, Durham, North-Carolina, USA, 1970

Sample:

Non-Response: 20%

N: 56

Correlate

Authors label: Amount of non- associational leisu-re activity. (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Average number of hours per week.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/c/sq/l/11/a</u>	<u>r=+.28</u> <u>p<.05</u>	The relationship disappears when controlled for self-perceived health.

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study

GONZA 2008

Reported in: Gonzalez-Herero, V.
 Personal wellbeing and activities in late adulthood
 Doctoral dissertation, University of Malaga, Spain, 2008
 Page in Report:

Population: Elderly, city Spain, 2005

Sample: Non-probability purposive sample

Non-Response:

N: 250

Correlate

Authors label: Frequency of leisure activities

Our classification: Leisure activity level, code L3.3.1

Measurement: Selfreport of frequency of participation in 28 activities.
 Ss checked using the following list
 a: Going to concerts, theatre, cinema, plays or museums
 b: Going to church
 c: Visiting friends
 d: Visiting relatives
 e: Communicating by phone with friends
 f: Communicating by phone with relatives
 g: Going out with friends to have lunch, coffee, etc.
 h: Going out with relatives to have lunch, coffee, etc.
 i: Watching educational television
 j: Watching entertainment television
 k: Reading newspapers and magazines
 l: Reading books
 m: Listening to the radio
 n: Home repair and maintenance
 o: Looking after plants
 p: Looking after pets
 q: Taking care for a sick relative
 r: Looking after kids
 s: Attending a leisure group - playing with a musical group, a theatre group, going on trips-
 t: Writing, painting, sculpture, playing a musical instrument
 u: Listening to music
 v: Doing physical exercise
 w: To do unpaid work for others
 x: Taking courses or lessons
 y: Going shopping (not include buying food or things for the house)
 z: Collaboration with an NGO
 aa: To play solitary games and card
 ab: Board games with others

Rating:

- 1: never
- 2: sometimes
- 3: once a month
- 4: several times a month
- 5: one a week

6: several times a week
7: every day

Measured Values: M = 99.05 SD = 18.62

Remarks: Grouped in eight categories:
A: Social activities
B: Masscommunication use
C: Building knowledge
D: Home activities and hobbies
E: Creative activities
F: Activities outside the home
G: Community service activities
H: Games

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/u/sq/v/7/a</u>	<u>r=+.24</u> <u>p<.01</u>	
<u>A-BMr/cm/mq/v/5/a</u>	<u>r=+.22</u> <u>p<.01</u>	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study GONZA 2008

Reported in: Gonzalez-Herero, V.
Personal wellbeing and activities in late adulthood
Doctoral dissertation, University of Malaga, Spain, 2008
Page in Report:

Population: Elderly, city Spain, 2005

Sample: Non-probability purposive sample

Non-Response:

N: 250

Correlate

Authors label: Number of leisure activities

Our classification: Leisure activity level, code L3.3.1

Measurement: Selfreport of frequency of participation in 28 activities.
 Ss checked using the following list
 a: Going to concerts, theatre, cinema, plays or museums
 b: Going to church
 c: Visiting friends
 d: Visiting relatives
 e: Communicating by phone with friends
 f: Communicating by phone with relatives
 g: Going out with friends to have lunch, coffee, etc.
 h: Going out with relatives to have lunch, coffee, etc.
 i: Watching educational television
 j: Watching entertainment television
 k: Reading newspapers and magazines
 l: Reading books
 m: Listening to the radio
 n: Home repair and maintenance
 o: Looking after plants
 p: Looking after pets
 q: Taking care for a sick relative
 r: Looking after kids
 s: Attending a leisure group - playing with a musical group, a theatre group, going on trips-
 t: Writing, painting, sculpture, playing a musical instrument
 u: Listening to music
 v: Doing physical exercise
 w: To do unpaid work for others
 x: Taking courses or lessons
 y: Going shopping (not include buying food or things for the house)
 z: Collaboration with an NGO
 aa: To play solitary games and card
 ab: Board games with others

Rating:
 1: never
 2: sometimes
 3: once a month
 4: several times a month
 5: one a week
 6: several times a week
 7: every day

Number of activities not rated 'never'

Measured Values: Range: 0-28, M = 19.67 SD = 3.90

Remarks: Grouped in eight categories:
 A: Social activities
 B: Masscommunication use
 C: Building knowledge
 D: Home activities and hobbies
 E: Creative activities
 F: Activities outside the home
 G: Community service activities
 H: Games

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>M-FH/u/sq/v/7/a</u>	<u>r=+.17</u> <u>p<.01</u>	
<u>A-BMr/cm/mq/v/5/a</u>	<u>r=+.24</u> <u>p<.01</u>	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study HERZO 1982/3

Reported in: Herzog, A.R.;Rodgers, W.L.; Woodworth, J.
Subjective Well-Being among Different Age Groups.
Research Report I.S.R., University of Michigan, 1982, Ann Arbor, USA
Page in Report: 84/5

Population: 50+ aged, general public, USA, 1975

Sample:

Non-Response:

N: 410

Correlate

Authors label: Active leisure (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spend on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was "active leisure" such as playing games, going for a walk and doing crafts.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.02 ns</u>	PARTICIPATION: working males

<u>O-DT/u/sq/v/7/a</u>	<u>r=-.04 ns</u>		retired males
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.07 ns</u>		working females
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.01 ns</u>		retired females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.02 ns</u>		working males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.12 ns</u>		retired males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.12 ns</u>		working females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta= .00 ns</u>		retired females
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.08 ns</u>	DURATION:	working males
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.12 ns</u>		retired males
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.07 ns</u>		working females
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.07 ns</u>		retired females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.11 ns</u>		working males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.06 ns</u>		retired males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.06 ns</u>		working females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.07 ns</u>		retired females
		ß controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.	

Correlational finding on Happiness and Leisure activity level
Subject code: L3.3.1

Study HERZO 1982/3

Reported in: Herzog, A.R.;Rodgers, W.L.; Woodworth, J.
Subjective Well-Being among Different Age Groups.
Research Report I.S.R., University of Michigan, 1982, Ann Arbor, USA
Page in Report: 84/5

Population: 50+ aged, general public, USA, 1975

Sample:

Non-Response:

N: 410

Correlate

Authors label: Passive leisure (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spend on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was "passive leisure" such as watching TV, reading and writing.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.03 ns</u>	PARTICIPATION: working males
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.04 ns</u>	retired males
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.04 ns</u>	working females
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.22 ns</u>	retired females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.02 ns</u>	working males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.02 ns</u>	retired males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.06 ns</u>	working females

<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.22</u> <u>ns</u>		retired females
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.11</u> ns	DURATION:	working males
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.03</u> ns		retired males
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.08</u> ns		working females
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.02</u> ns		retired females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.16</u> <u>ns</u>		working males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.04</u> <u>ns</u>		retired males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.06</u> <u>ns</u>		working females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.04</u> <u>ns</u>		retired females
		β controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study HOLLO 1999

Reported in: Holloway, F. ;Carson, J.
Subjective Quality of Life, Psychopathology, Satisfaction with Care and Insight: an Exploratory Study.
International Journal of Social Psychiatry, 1999, Vol. 45,.259 - 267. ISSN 0020 7640
Page in Report: 262

Population: Mental patients, followed 3 years, UK 1990-1993

Sample: Non-probability purposive sample

Non-Response: 0

N: 70

Correlate

Authors label: Leisure

Our classification: Leisure activity level, code L3.3.1

Measurement: Selfreport on the following questions:

- I visit friends or relatives for a meal at least once a month
- I go to a cafe or restaurant for a meal at least once a month
- I do some sport at least once a month
- I go to a local club, class or meeting at least once a month
- I go to the cinema or theatre at least once a month
- I go out to meet friends or relatives at least once a week
- I go away on holiday for at least two weeks each year
- I go to church (or some place) at least once a month
- I have a hobby or interest
- There is lots for me to do at home

Remarks: Subscale of Life Experience Checklist(LEC) [Ager 1990]

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sqrt/v/7/a</u>	<u>r=+.34</u> <u>p<.008</u>	
<u>O-DT/u/sqrt/v/7/a</u>	<u>rpc=+.39</u> <u>p<.005</u>	rpc controled for depression as measured with Beck Depression Investertory

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study	LEHMA 1988
Reported in:	Lehman, A.F. A Quality of Life Interview for the Chronically Mentally Ill. Evaluation and Program Planning, 1988, Vol. 11, 51 -52. ISSN 0149 7189 Page in Report: 57
Population:	Chronic mental patients, USA, 1981
Sample:	Non-probability purposive sample
Non-Response:	
	N: 469

Correlate

Authors label: Leisure Activities

Our classification: Leisure activity level, code L3.3.1

Measurement: self report: 0= none 16 = maximum

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqt/v/7/a</u>	<u>r=+.05 ns</u>	Los Angeles: mentally ill residents of 30 large board-and-care homes
<u>O-DT/u/sqt/v/7/a</u>	<u>r=+.13 ns</u>	Rochester: chronically mentally ill inpatients at the Rochester(N.Y.) Psychiatric Center
<u>O-DT/u/sqt/v/7/a</u>	<u>r=-.10 ns</u>	Rochester:chronically mentaly ill residents of various supervised community residences

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: Ease-contentment activities (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Respondents were asked to list their regular or scheduled ease- contentment activities (simple comforts, security, relaxation). They were also asked what they did "yesterday".
The number of mentions was recorded.

Observed Relation with Happiness

*Happiness Measure**Statistics**Elaboration/Remarks*A-BB/cw/mq/v/4/dr=

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

O-Sum/u/mq/*/0/ar=

hs seniors males: r= ns females: r= ns newly
 weds males: r= ns females: r=-.60 (01)
 middle aged males: r= ns females: r= ns
 preretired males: r= ns females: r= ns

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: Hedonistic activities (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Respondents were asked to list their regular or scheduled hedonic activities. They were also asked what they did "yesterday".
 The number of mentions was recorded.

Observed Relation with Happiness*Happiness Measure**Statistics**Elaboration/Remarks*

A-BB/cw/mq/v/4/d

r=

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

O-Sum/u/mq/*/0/a

r=

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

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: Non-goal directed activities (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Respondents were asked to list their regular or scheduled non-goal directed activities (routine maintenance such as getting up, eating, bathing, etc.). They were also asked what they did "yesterday".
The number of mentions was recorded.

Observed Relation with Happiness

*Happiness
Measure*

Statistics

Elaboration/Remarks

O-Sum/u/mq*/0/ar=

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=-.41	(.05)

A-BB/cw/mq/v/4/dr=

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	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: Social activity. (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Selfreport.
Number of hours spent during the last typical week
attending a sport event; attending church, lectures,
concerts ect.; doing volunteer work for church, other
organizations, or relatives; visiting, telephoning, or
writing friends or relatives; parties, eating out, or
entertaining.

Measured Values: Actual range 0-34 M= 9.9 SD=6.3

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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<u>C-BW/c/sq/l/10/c</u>	<u>r=+.09</u>	All
<u>C-BW/c/sq/l/10/c</u>	<u>r=+.17</u> <u>p<.05</u>	Men.
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=+.03</u> <u>p<.05</u>	Men. Step wise multiple regression: selfrated health R= +.44 org. activity B1=+.46 confident B2=+.48 performance status B3=+.49 employment B4=+.50 social activity B5=+.51 All variables p<.05

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: social activity hours (2)

Our classification: Leisure activity level, code L3.3.1

Measurement: Number of hours spent during the last typical week
"attending a sports event such as baseball or football
games; attending church or other meetings; lectures or
concerts; doing volunteer work for church, other
organizations or relatives; visiting, telephoning or
writing friends or relatives; parties, eating or
entertaining".

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=+.11</u> <u>p<.05</u>	T1 leisure by T1 life satisfaction.
<u>C-BW/c/sq/l/10/c</u>	<u>Beta=+.06</u> <u>ns</u>	Multiple regression. Dependent life satisfaction T1. selfrated health sexual enjoyment soc. act hours org. activity productive hours

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study SCHUL 1985B

Reported in: Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.
Lebensqualität in Österreich. (Quality-of-Life in Austria).
Research paper nr 10/1, Institut für Soziologie, University of Vienna, 1985, Austria
Page in Report: 100,114

Population: Adults, non-institutionalized, Austria, 1984

Sample:

Non-Response: ?

N: 1776

Correlate

Authors label: Leisure time activity (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Five item index of direct questions on leisure time activities, i.e. going for a walk, physical training, trekking/trips, frequency of visits to cultural institutions, and intensity of hobby and sports activities.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-Sum/c/mq/v/5/a</u>	<u>r=+.14</u>	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: Active leisure time (1)

Our classification: Leisure activity level, code L3.3.1

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=+.58</u> <u>p<. 000</u>	
<u>M-FH/g/sq/v/2/a</u>	<u>G=+.58</u> <u>p<. 000</u>	

Correlational finding on Happiness and Leisure activity level
Subject code: L3.3.1

Study

UGLAN 2006

Reported in: Uglanova, E.
Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
Page in Report: questions 92 - 96

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Frequency of leisure activities

Our classification: Leisure activity level, code L3.3.1

Measurement: How often do you:

- a go to concerts, dance clubs
- b go to cinema
- c go to the theatre, museums, exhibitions
- d visit library
- e visit your friends

- 1 never
- 2 one or several times per year
- 3 1-2 times per month
- 4 every week
- DK/NA

Remarks: Frequency of leisure activities is computed as a sum of scores (from 1 to 4) given by an individual for each activity (a - e).

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/c/sq/v/4/g	r=+.20 p<.0.000	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study UGLAN 2006

Reported in: Uglanova, E.
Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
Page in Report: questions 92-96

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Variety of leisure activities

Our classification: Leisure activity level, code L3.3.1

Measurement: How often do you:

- a go to concerts, dance clubs
- b go to cinema
- c go to the theatre, museums, exhibitions
- d visit library
- e visit your friends

1 never

2 one or several times per year

3 1-2 times per month

4 every week

- DK/NA

Remarks: To measure variety of leisure activities only frequent activities performed by an individual were chosen (points 3 and 4 on the scale). Then, the number of such activities performed by a person was computed and put into correlation analysis.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/c/sq/v/4/g	rs=+.18 p<.000	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

Study WASHB 1941

Reported in: Washburne, J.N.
Factors Related to Social Adjustment of College Girls.
Journal of Social Psychology. 1941, Vol. 13, 281 - 289. ISSN 0022 4545
Page in Report: 283

Population: Female college students, New York, USA, 194?

Sample:

Non-Response: -

N: 238

Correlate

Authors label: Campus activity level (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Non-required campus activities of any sort.
0 No activities
1 Activities

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-CO/?/?q/?/0/a	SNR= ±0 ns	
M-CO/?/?q/?/0/a	D%=±0 ns	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: Mental work bestowed upon pleasures (1)

Our classification: Leisure activity level, code L3.3.1

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-CP/g/rdp/ro/7/a	r=+.27	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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: Degree of bodily ac-tivity in pursuit of pleasures. (1)

Our classification: Leisure activity level, code L3.3.1

Measurement: Trained peer rating 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/rdp/ro/7/a	r=+.36	

Correlational finding on Happiness and Leisure activity level
Subject code: L3.3.1

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: Mental work bestowed upon pleasures (games, etc.) (2)

Our classification: Leisure activity level, code L3.3.1

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-CP/g/rdt/ro/7/a	r=+.43	

Correlational finding on Happiness and Leisure activity level

Subject code: L3.3.1

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 (1)

Our classification: Leisure activity level, code L3.3.1

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-CP/g/rdt/ro/7/a	r=+.47	

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study BOELH 1999

Reported in: Boelhouwer, J.; Stoop, I.
Measuring Well-Being in the Netherlands.
Social Indicators Research, 1999, Vol. 48, 51 - 75 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006931028334
Page in Report: 62

Population: 18+ aged, general public, The Netherlands, 1974-1997

Sample: Probability sample (unspecified)

Non-Response:

N: 3500

Correlate

Authors label: Recent holiday trip (1)

Our classification: Specific leisure activities, code L3.3.2

Measurement: Recent holiday trip during last 12 months?
1 no
2 one holiday
3 more than one holidays

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/u/sq/v/5/a</u>	<u>r=+.11</u> <u>p<.05</u>	1993
<u>O-HP/u/sq/v/5/a</u>	<u>r=+.21</u> <u>p<.05</u>	1997

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study BOELH 1999

Reported in: Boelhouwer, J.; Stoop, I.
Measuring Well-Being in the Netherlands.
Social Indicators Research, 1999, Vol. 48, 51 - 75 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006931028334
Page in Report: 62

Population: 18+ aged, general public, The Netherlands, 1974-1997

Sample: Probability sample (unspecified)

Non-Response:

N: 3500

Correlate

Authors label: Number of non-domestic entertainment activities (1)

Our classification: Specific leisure activities, code L3.3.2

Measurement: Number of non-domestic entertainment activities
 1 no activities
 2 one activity
 3 two activities
 4 three activities
 5 four activities
 6 five activities
 7 six or seven activities
 8 eight or more activities

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/u/sq/v/5/a</u>	<u>r=+.07</u> <u>p<.05</u>	1993
<u>O-HP/u/sq/v/5/a</u>	<u>r=+.20</u> <u>p<.05</u>	1997

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study

BOELH 2002

Reported in: Boelhouwer, J.
 Social Indicators and Living Conditions in the Netherlands.
 Social Indicators Research 60: 89-113, 2002. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1021200828811
 Page in Report: 100

Population: 18+ aged, general public, The Netherlands, 1997

Sample: Probability sample (unspecified)

Non-Response:

N: 3500

Correlate

Authors label: Vacation abroad

Our classification: Specific leisure activities, code L3.3.2

Measurement: Selfreport on single question.

Measured Values: Have you been on holiday abroad in the past 12 months? 1 yes 2 no

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/u/sq/v/5/a</u>	<u>r=+.16</u> <u>p<.05</u>	

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study DUIME 2007

Reported in: Duimel, M.
Tieners en Geluk: Liever een Leven Online dan een Gezinsleven? (Teenage Happiness: Link with Familylife and Life On-Line).
Schnabel, P.; Ed.: "Veel Geluk in 2007", Social Cultural Planning Office (SCP), 2007, The Hague, Netherlands, 130-135. ISBN 9789037702958
Page in Report: 132

Population: Teenagers, Netherlands, 2005

Sample: Probability simple random sample

Non-Response:

N: 1561

Correlate

Authors label: specific activities together with at least one parent

Our classification: Specific leisure activities, code L3.3.2

Measurement: Selfreported activities together with parents:
-having breakfast/dinner
-watching tv
-talking

1= less than once a week

2= at least once a week

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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<u>O-SQL/c/sq/n/10/a</u>	<u>DM=+</u>	Breakfast together with parent(s) 1: M = 7,5 2: M = 7,9 Difference +0,4
<u>O-SQL/c/sq/n/10/a</u>	<u>DM=+</u>	Supper together with parent(s) 1: M = 7,2 2: M = 7,7 Difference +0,5
<u>O-SQL/c/sq/n/10/a</u>	<u>DM=+</u>	TV-watching together with parent(s) 1: M = 7,4 2: M = 7,8 Difference +0,4
<u>O-SQL/c/sq/n/10/a</u>	<u>DM=+</u>	Talking with parent(s) 1: M = 7,5 2: M = 7,9 Difference +0,4
<u>O-SQL/c/sq/n/10/a</u>	<u>DM=+</u>	Average activities together with parent(s) 1: M = 7,5 2: M = 7,8 Difference +0,3

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study

GONZA 2008

Reported in: Gonzalez-Herero, V.
Personal wellbeing and activities in late adulthood
Doctoral dissertation, University of Malaga, Spain, 2008
Page in Report:

Population: Elderly, city Spain, 2005

Sample: Non-probability purposive sample

Non-Response:

N: 250

Correlate

Authors label: Kind of leisure activities

Our classification: Specific leisure activities, code L3.3.2

Measurement: Selfreport of frequency of participation in 28 activities.
 Ss checked using the following list
 a: Going to concerts, theatre, cinema, plays or museums
 b: Going to church
 c: Visiting friends
 d: Visiting relatives
 e: Communicating by phone with friends
 f: Communicating by phone with relatives
 g: Going out with friends to have lunch, coffee, etc.
 h: Going out with relatives to have lunch, coffee, etc.
 i: Watching educational television
 j: Watching entertainment television
 k: Reading newspapers and magazines
 l: Reading books
 m: Listening to the radio
 n: Home repair and maintenance
 o: Looking after plants
 p: Looking after pets
 q: Taking care for a sick relative
 r: Looking after kids
 s: Attending a leisure group - playing with a musical group, a theatre group, going on trips-
 t: Writing, painting, sculpture, playing a musical instrument
 u: Listening to music
 v: Doing physical exercise
 w: To do unpaid work for others
 x: Taking courses or lessons
 y: Going shopping (not include buying food or things for the house)
 z: Collaboration with an NGO
 aa: To play solitary games and card
 ab: Board games with others

Rating:
 1: never
 2: sometimes
 3: once a month
 4: several times a month
 5: one a week
 6: several times a week
 7: every day

Measured Values: A) social activities (M = 3.09; SD = 0.56); B) mass communication use (M = 3.37; SD = 0.42) C) building knowledge (M = 2.76; SD = 0.80); D) home activities and hobbies (M = 2.90; SD = 0.90); E) creative activities (M = 1.58; SD = 0.75); F) activities outside home (M = 1.83; SD = 0.42); G) community service activities (M = 2.26; SD = 0.84); H) games (M = 2.32; SD = 0.92).

Remarks: Grouped in eight categories:
 A: Social activities
 B: Masscommunication use
 C: Building knowledge
 D: Home activities and hobbies
 E: Creative activities
 F: Activities outside the home
 G: Community service activities
 H: Games

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>M-FH/u/sq/v/7/a</u>	<u>DM=</u>	<p>Happiness M =</p> <p>A: Social activities B: Masscommunication use C: Building knowledge D: Home activities and hobbies E: Creative activities F: Activities outside the home G: Community service activities H: Games</p>
<u>A-BMr/cm/mq/v/5/a</u>		<p>A: Social activities B: Masscommunication use C: Building knowledge D: Home activities and hobbies E: Creative activities F: Activities outside the home G: Community service activities H: Games</p>

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study

HARDI 1985

Reported in: Harding, S.D.
Values and the Nature of Psychological Well-Being
Abrams, M.; Gerard, D.; Timms, N.; Eds.: "Values and Social Change in Britain", Macmillan, 1985,
London, UK, 227 - 252. ISBN 0 333 38676 0
Page in Report: 251

Population: 18+ aged, general public, Britain, 1983

Sample:

Non-Response: ?

N: 1231

Correlate

Authors label: Active leisure (1)

Our classification: Specific leisure activities, code L3.3.2

Measurement: single direct question; in leisure time prefer to: relax/be active/both

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks		
<u>A-BB/cm/mq/v/2/a</u>	<u>DM=+</u>	relax	M = 1.0	Mt' = 6.0
		be active	1.6	6.6
		both	1.7	6.7

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study LINN 1986

Reported in: Linn, L.S.; Yager, J.; Dennis, W.; Cope, W.; Leake, B.
Factors Associated With Life Satisfaction Among Practicing Internist.
Medical Care, 1986, Vol. 24, 830 - 837. ISSN p 0125 7079; ISSN e 1537 1948
Page in Report: 834

Population: Physicians, California, USA, 1984

Sample: Probability simple random sample

Non-Response:

N: 211

Correlate

Authors label: Socializing

Our classification: Specific leisure activities, code L3.3.2

Measurement: Selfreported of typical behaviours in the past 6 month to make one feel better:

- Attending plays, movies or concert
- Going out for dinner in a restayrant with friends or family
- Visiting friends or familr in their homes
- Talking on the telephone with friends about non-work related activities

Rated: never(1) to daily (6)

Measured Values: M = Attending plays etc 2.98, Going out etc 3.77, Visiting etc 3.03, Talking etc 3.55

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks		
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.12 ns</u>			

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study NOELL1977/10

Reported in: Noelle-Neumann, E.
Politik und Glück. (Politics and Happiness).
Baier, H.;Ed.: "Freiheit und Sachzwang", West Deutscher Verlag, 1977, Opladen, Germany, 208 - 262.
ISBN 3 531 11 44 68
Page in Report: 232

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:

Non-Response:

N: 855

Correlate

Authors label: Leisure interests (1)

Our classification: Specific leisure activities, code L3.3.2

Measurement: Ss were invited to choose some main interests from a list of 19 activities.

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

A-CA/mh/ri/v/2/b

D%=+

The cheerfull choose the following activities slightly more:

- Gardening and flowers
- Sport
- Animals
- Old building and architecture
- Religious questions
- Theatre interior and furniture
- Puzzles
- Cooking receipts
- Educating children/ helping with schoolproblems

This pattern is similar among the young (16 - 29) and pensioners.

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study NOELL1977/10

Reported in: Noelle-Neumann, E.
 Politik und Glück. (Politics and Happiness).
 Baier, H.;Ed.: "Freiheit und Sachzwang", West Deutscher Verlag, 1977, Opladen, Germany, 208 - 262.
 ISBN 3 531 11 44 68
 Page in Report: 232

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:

Non-Response:

N: 855

Correlate

Authors label: Leisure interests (2)

Our classification: Specific leisure activities, code L3.3.2

Measurement: Ss. were invited to choose some main interests from a list of 25 activities

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-CA/mh/ri/v/2/b</u>	<u>D%=+</u>	<p>The cheerfull choose the following activities slightly more:</p> <ul style="list-style-type: none"> - Gardening + flowers - Reading - Travelling - Cooking - Housekeeping - Music <p>This pattern is similar among the young (16 - 29) and pensioners. Exceptions: among cheerfull pensioners report interest less frequent. Among the young equal interest in politics by cheerfull and not cheerfull.</p>

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study NOELL1977/11

Reported in: Noelle-Neumann, E.
 Politik und Glück. (Politics and Happiness).
 Baier, H.;Ed.: "Freiheit und Sachzwang", West Deutscher Verlag, 1977, Opladen, Germany, 208 - 262.
 ISBN 3 531 11 44 68
 Page in Report:

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:

Non-Response:

N: 890

Correlate

Authors label: Activity interests (1)

Our classification: Specific leisure activities, code L3.3.2

Measurement: Ss were invited to choose some main interests from a list of 24 activities.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-CA/mh/ri/v/2/b</u>	<u>D%=+</u>	<p>The cheerful choose the following activities slightly more:</p> <ul style="list-style-type: none"> - Being home - Gardening+flowers - Reading - Walking - Music - Going out by car - Inviting people or making invitations - Playing with children - Helping other people - Being busy with animals - Playing cards, chess etc. - To go out - Sports (watching and visiting) - Hobbies - Writing letters <p>This pattern is similar among the young (16 - 29) and pensioners. Exceptions are:</p> <ul style="list-style-type: none"> - watching television: pensioners 76%, young 78%; - plain leisure: the young 45%, pensioners 50% - handicraft: the young 33%, pensioners 44% and pensioners 28%, the young 31% - hobbies: the young 28%, pensioners 29% - writing letters: the young 11%, pensioners 14%

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study ROSE 1955

Reported in: Rose, A.M.
Factors Associated with the Life Satisfaction of Middle-Class, Middle-Aged Persons.
Marriage and Family Living, 1955, Vol 17, 15 - 19
Page in Report: 17

Population: Married couples, middle aged, middle-class, USA, 1952

Sample:

Non-Response: 50 %

N: 416

Correlate

Authors label: Frequency of going out evenings with spouse (2)

Our classification: Specific leisure activities, code L3.3.2

Measurement: 0: 2 or less evenings a month
1: more

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/g/sq/v/5/a	D%= + p<.05	33 % of the very satisfied and satisfied, and 40% of the relatively dissatisfied women go out 2 or fewer evenings a month with their husband Among the men 29 % of the very satisfied, 37 % of the satisfied and 39 % of the relatively dissatisfied report going out 2 or fewer evenings a month with their wives

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study SHAMI 1985A

Reported in: Shamir, B.
Unemployment and 'Free Time' - the Role of Protestant Work Ethic and Work Involvement
Leisure Studies, 1985, Vol. 4, 333-345
Page in Report: 340

Population: 27-47 aged unemployed male academics, Israel, 1983

Sample: Non-probability purposive sample

Non-Response: n.a.

N: 59

Correlate

Authors label: Study as a leisure activity

Our classification: Specific leisure activities, code L3.3.2

Measurement: Self report of in involvement in non-work study

Remarks: Item in a wider questionnaire on involvement in non-work activities

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/c/sq/v/5/d	r=+.60 p<.s	a High protestant work ethic
A-AOL/c/sq/v/5/d	r=+.00 ns	b Low protestant work ethic
		Protestant Work Ethic measured using Mirels and Garret (1971) scale. PWE unrelated to study activity (r = +.05 ns)

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study

UGLAN 2006

Reported in: Uglanova, E.
Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
Page in Report: questions 92 - 96

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Frequency of leisure activities

Our classification: Specific leisure activities, code L3.3.2

Measurement: How often do you:

- a go to concerts, dance clubs
- b go to cinema
- c go to the theatre, museums, exhibitions
- d visit library
- e visit your friends

- 1 never
- 2 one or several times per year
- 3 1-2 times per month
- 4 every week
- DK/NA

Remarks: Frequency of leisure activities is computed as a sum of scores (from 1 to 4) given by an individual for each activity (a - e).

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/c/sq/v/4/g	r=+.20 p<.0.000	

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study UGLAN 2006

Reported in: Uglanova, E.
Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
Page in Report: question 92

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Attending concerts and dance clubs

Our classification: Specific leisure activities, code L3.3.2

Measurement: How often do you go to concerts, dance clubs?
 1 never
 2 one or several times per year
 3 1-2 times per month
 4 every week
 - DK/NA

Measured Values: N = 1: 72% 2: 20,4% 3: 5,2% 4: 1,7% DK/NA: 0,7%

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLW/c/sq/v/4/g</u>	<u>DM=+</u>	1: M = 2,46 2: M = 2,68 3: M = 2,72 4: M = 2,81
<u>O-SLW/c/sq/v/4/g</u>	<u>rs=+.13</u> <u>p<..000</u>	

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study UGLAN 2006

Reported in: Uglanova, E.
 Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
 Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
 Page in Report: question 93

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Attending cinema

Our classification: Specific leisure activities, code L3.3.2

Measurement: How often do you go to cinema?
 1 never
 2 one or several times per year
 3 1-2 times per month
 4 every week
 - DK/NA

Measured Values: N = 1: 51,5% 2: 33,6% 3: 12,6% 4: 1,8% DK/NA: 0,5%

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLW/c/sq/v/4/g</u>	<u>DM=+</u>	1: M = 2,44 2: M = 2,55 3: M = 2,71 4: M = 2,94
<u>O-SLW/c/sq/v/4/g</u>	<u>rs=+.12</u> <u>p<..000</u>	

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study UGLAN 2006

Reported in: Uglanova, E.
Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
Page in Report: question 94

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Attending theatre, museums and exhibitions

Our classification: Specific leisure activities, code L3.3.2

Measurement: How often do you go to theatre, museums, exhibitions?
1 never
2 one or several times per year
3 1-2 times per month
4 every week
- DK/NA

Measured Values: N = 1: 66,9% 2: 26,4% 3: 5,2% 4: 0,7% DK/NA: 0,8%

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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<u>O-SLW/c/sq/v/4/g</u>	<u>DM=+</u>	1: M = 2,43
		2: M = 2,69
		3: M = 2,81
		4: M = 2,93

<u>O-SLW/c/sq/v/4/g</u>	<u>rs=+.16</u>
	<u>p<.000</u>

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study UGLAN 2006

Reported in: Uglanova, E.
Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
Page in Report: question 95

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Attending library

Our classification: Specific leisure activities, code L3.3.2

Measurement: How often do you go to library?
1 never
2 one or several times per year
3 1-2 times per month
4 every week
- DK/NA

Measured Values: N = 1: 63,7% 2: 16,7% 3: 13,1% 4: 5,7% DK/NA: 0,8%

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/c/sq/v/4/g</u>	<u>DM=+</u>	1: M = 2,49
		2: M = 2,55
		3: M = 2,61
		4: M = 2,66

O-SLW/c/sq/v/4/grs=+.06p<.013

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study UGLAN 2006

Reported in: Uglanova, E.
 Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
 Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
 Page in Report: question 96

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Visiting friends

Our classification: Specific leisure activities, code L3.3.2

Measurement: How often do you visit your friends?
 1 never
 2 one or several times per year
 3 1-2 times per month
 4 every week
 - DK/NA

Measured Values: N = 1: 11,1% 2: 32,2% 3: 38,6% 4: 17,7% DK/NA: 0,3%

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLW/c/sq/v/4/g</u>	<u>DM=+</u>	1: M = 2,15 2: M = 2,43 3: M = 2,59 4: M = 2,77

O-SLW/c/sq/v/4/g rs=+.21
p<.000

Correlational finding on Happiness and Specific leisure activities

Subject code: L3.3.2

Study UGLAN 2006

Reported in: Uglanova, E.
Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
Page in Report: questions 92-96

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Variety of leisure activities

Our classification: Specific leisure activities, code L3.3.2

Measurement: How often do you:
a go to concerts, dance clubs
b go to cinema
c go to the theatre, museums, exhibitions
d visit library
e visit your friends

1 never
2 one or several times per year
3 1-2 times per month
4 every week
- DK/NA

Remarks: To measure variety of leisure activities only frequent activities performed by an individual were chosen (points 3 and 4 on the scale). Then, the number of such activities performed by a person was computed and put into correlation analysis.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/c/sq/v/4/g	rs=+.18 p<.000	

Correlational finding on Happiness and Specific leisure activities
Subject code: L3.3.2

Study VANDE2007

Reported in: VandenBroek, A.
 Meer Mens met Vitamine C? (Happier with Cultural Activities?)
 Schnabel, P.; Ed.: "Veel Geluk in 2007", Social Cultural Planning Office (SCP), 2007, The Hague,
 Netherlands, 94 - 98. ISBN 978 90377 029 58
 Page in Report: 96

Population: 15-65 aged natives, living in big cities, The Netherlands, 2004

Sample: Probability stratified sample

Non-Response:

N: 800

Correlate

Authors label: cultural activities

Our classification: Specific leisure activities, code L3.3.2

Measurement: Selfreport of participation in
 a. official culture
 b. popculture:
 c. informal culture
 d. amateur culture
 Rated yes (1) or no (0)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/u/sq/v/5/d</u>	<u>DMt=+ ns</u>	Official culture -non-participants: Mt=8,0 -participants: Mt=8,1 -Difference DMt=0,1
<u>O-HL/u/sq/v/5/d</u>	<u>DMt=+ ns</u>	Average for cultural activities -average non-participants: Mt=8,0 -average participants: Mt=8,1 -Difference DMt=0,1 Happiness means transformed from range 1-5 to 1-10.
<u>O-HL/u/sq/v/5/d</u>	<u>DMt=+ ns</u>	Pop-culture -non-participants: Mt=8,0 -participants: Mt=8,1 -Difference DMt=0,1

<u>O-HL/u/sq/v/5/d</u>	<u>DMt=+ ns</u>	Informal culture	
		-non-participants:	Mt=7,9
		-participants:	Mt=8,2
		-Difference	DMt=0,3
<u>O-HL/u/sq/v/5/d</u>	<u>DMt= ns</u>	Amateur culture	
		-non-participants:	Mt=8,1
		-participants:	Mt=8,1
		-Difference	DMt=0,0

Correlational finding on Happiness and . personal care

Subject code: L3.3.2.1

Study HERZO 1982/3

Reported in: Herzog, A.R.;Rodgers, W.L.; Woodworth, J.
Subjective Well-Being among Different Age Groups.
Research Report I.S.R., University of Michigan, 1982, Ann Arbor, USA
Page in Report: 84/5

Population: 50+ aged, general public, USA, 1975

Sample:

Non-Response:

N: 410

Correlate

Authors label: Personal care activity (1)

Our classification: . personal care, code L3.3.2.1

Measurement: During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spend on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was "personal care" including sleeping and napping.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r= .00 ns</u>	DURATION: working males

<u>O-DT/u/sq/v/7/a</u>	<u>r=-.03 ns</u>	retired males
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.05 ns</u>	working females
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.19 ns</u>	retired females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.02 ns</u>	working males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=+.03 ns</u>	retired males
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.04 ns</u>	working females
<u>O-DT/u/sq/v/7/a</u>	<u>Beta=-.18 ns</u>	retired females

ß controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.

Correlational finding on Happiness and . traveling

Subject code: L3.3.2.10

Study

BRADB 1965/1

Reported in: Bradburn, N.M.; Caplovitz D.
Reports on Happiness. A Pilot Study of Behavior Related to Mental Health.
Aldine Publishing Company, 1965, Chicago, USA
Page in Report: 48

Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

Sample:

Non-Response: -

N: 2006

Correlate

Authors label: Going for a trip in a car (1)

Our classification: . traveling, code L3.3.2.10

Measurement: Closed question: not at all / once / several times or more during last week.

Observed Relation with Happiness

*Happiness
Measure**Statistics**Elaboration/Remarks*A-BB/cw/mq/v/4/eG= +

Index of Positive Affects only : G' = +.23 (01)
 - Unaffected by sex
 - Unaffected by S.E.S.

Correlational finding on Happiness and . traveling

Subject code: L3.3.2.10

Study**BRADB 1965/1**

Reported in: Bradburn, N.M.; Caplovitz D.
 Reports on Happiness. A Pilot Study of Behavior Related to Mental Health.
 Aldine Publishing Company, 1965, Chicago, USA
 Page in Report: 43

Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

Sample:

Non-Response: -

N: 2006

Correlate

Authors label: Distance travelled from home during last week (1)

Our classification: . traveling, code L3.3.2.10

Measurement: Closed question on furthest distance other than going to work, rated on a 10-point scale less than 1 mile / 2-25 miles / 25 miles or more.

Observed Relation with Happiness*Happiness
Measure**Statistics**Elaboration/Remarks*A-BB/cw/mq/v/4/eG=+.08 ns

Index of Positive Affects only : G' = +.08 (ns)
 - High S.E.S : G' = -.07 (ns)
 - Low S.E.S. (U-shaped curve) : G' = +.15 (ns)
 - Those males who travelled 2-25 miles have the least positive feelings.

Correlational finding on Happiness and . traveling

Subject code: L3.3.2.10

Study

BRADB 1969

Reported in: Bradburn, N.M.
The Structure of Psychological Well-Being.
Aldine Publishing, 1969, Chicago, USA
Page in Report:

Population: 21-60 aged, general public, urban areas, USA, 1963 - 64

Sample:

Non-Response: $\pm 20\%$, Attrition $\pm 30\%$

N: 2787

Correlate

Authors label: Distance traveled from home during the past few weeks (1)

Our classification: . traveling, code L3.3.2.10

Measurement: Direct question on furthest distance other than going to work, rated on a 7-point scale.

Remarks: Data T1.
Not computed for summed ABS.

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

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

G=+

Index of Positive Affects: $G' = +.29$
Index of Negative Affects: $G' = -.04$

Correlational finding on Happiness and . traveling

Subject code: L3.3.2.10

Study

MILMA 1998

Reported in: Milman, A.
The Impact of Tourism and Travel Experience on Senior Travelers' Psychological Well-Being
Journal of Travel Research, Vol. 37, November 1998, 166-170
Page in Report: 168

Population: 50+ aged, before and after holiday trip, USA 199?

Sample: Non-probability chunk sample

Non-Response: 59%

N: 124

Correlate

Authors label: Before/after trip

Our classification: . traveling, code L3.3.2.10

Measurement: Happiness assessed at
T1: first day of trip
T2: last day of trip

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AB/cq/mq/v/2/a</u>	<u>DM=0- ns</u>	T1 first day: PA = 1,46, NA = 0,11, ABS = 1,35 T2 last day : PA = 1,45, NA = 0,12, ABS = 1,33 difference -0.02
<u>O-SLu/md/sq/v/2/b</u>	<u>DM== ns</u>	T1 first day: M = 1,86 T2 last day : M = 1,87 difference +0.01

Correlational finding on Happiness and . tv watching, radio listening

Subject code: L3.3.2.11

Study

BALTA 2001

Reported in: Baltatescu, S.M.
Mass-Media Climate of Opinion and Subjective Well-Being.
Presentation International Conference "The Role of Mass Media and the New Information and Communication Technologies during the Democratization Process of the Societies in Central and Eastern Europe", October 2001, Oradea, Romania
Page in Report: 28

Population: General population, county, Romania, 2001

Sample: Probability stratified sample

Non-Response:

N: 885

Correlate

Authors label: TV viewing

Our classification: . tv watching, radio listening, code L3.3.2.11

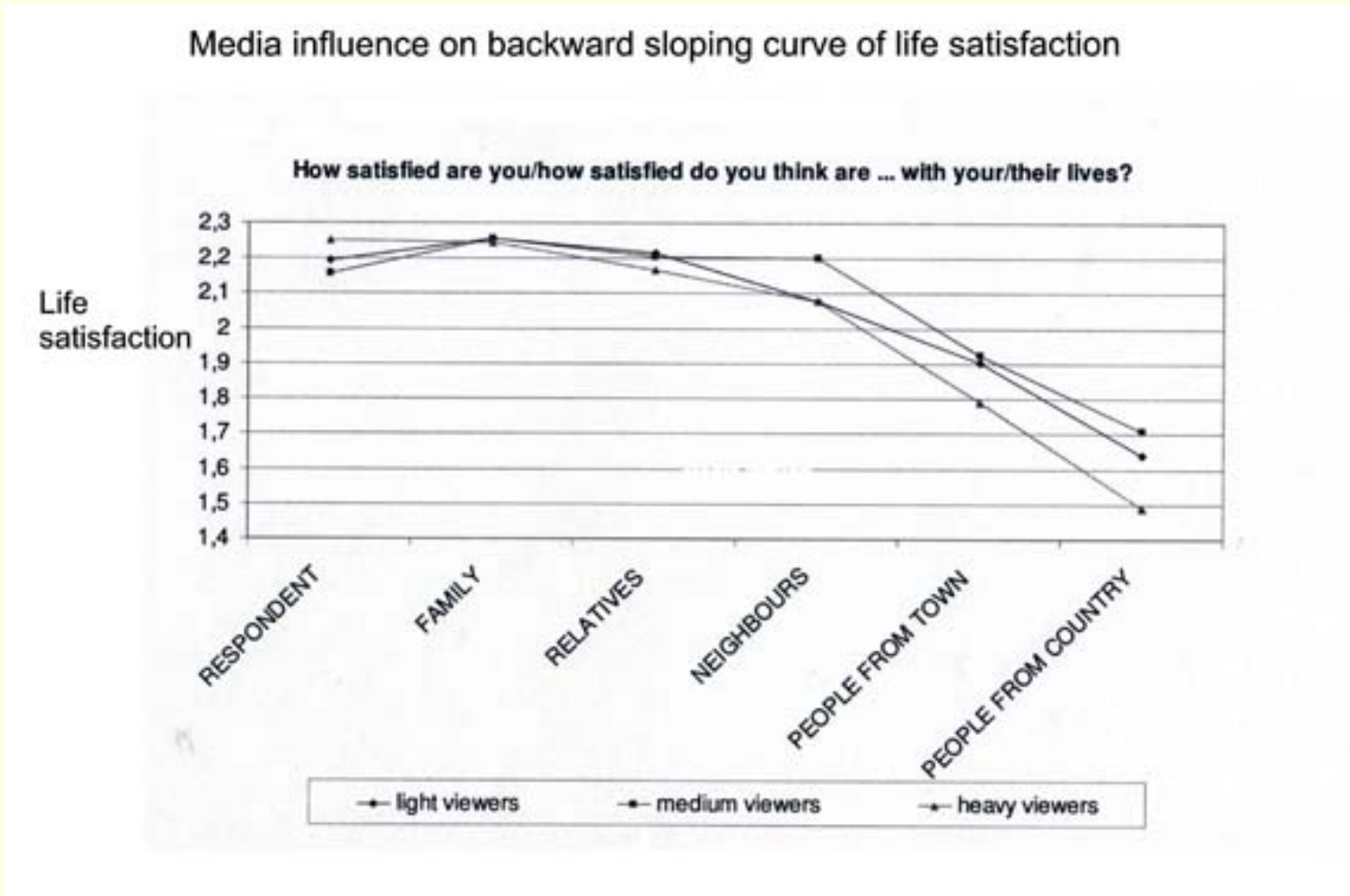
Measurement: 1: Light
2: Medium
3: Heavy

Measured Values: 1: N=332; 2: N=237; 3: N=294

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/u/sq/v/4/d	F=2,68 p<.69	1: M = 2,2 2: M = 2,16 3: M = 2,25

Set Image size:



Correlational finding on Happiness and . tv watching, radio listening
Subject code: L3.3.2.11

Study BRADB 1965/1

Reported in: Bradburn, N.M.; Caplovitz D.
Reports on Happiness. A Pilot Study of Behavior Related to Mental Health.
Aldine Publishing Company, 1965, Chicago, USA
Page in Report: 43

Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

Sample:

Non-Response: -

N: 2006

Correlate

Authors label: Average television viewing (1)

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: Closed question on number of hours a day on the average one watched television last week, rated on a 7-point scale.
1 hour or less / 2 hours / 3 hours or more.

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

A-BB/cw/mq/v/4/e

G= - ns

Index of Positive Affects only : G' = -.13 (ns)
- high S.E.S. : G' = -.14 (ns)
- low S.E.S. : G' = +.02 (ns)
- Among those of low S.E.S. U-shaped curve. Those watching television for about 2 hours a day have most positive feelings.

Correlational finding on Happiness and . tv watching, radio listening
Subject code: L3.3.2.11

Study GRANE 1975

Reported in: Graney, M.J.
Happiness and Social Participation in Aging.
Journal of Gerontology, 1975, Vol. 30, 701 - 706. ISSN 0022 1422
Page in Report: 703

Population: 62-89 aged females, followed 4 years, USA, 1967-71

Sample:

Non-Response: 27%; 24% unattainable, 3% incomplete.

N: 44

Correlate

Authors label: Watching television (1)

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: Direct question: 2 hours or less/more than 2-5 hours/more than 5 hours daily.
Assessed at T2.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cm/mq/v/2/a	tb=+.09 ns	Happiness assessed at T2.

Correlational finding on Happiness and . tv watching, radio listening

Subject code: L3.3.2.11

Study

GRANE 1975

Reported in: Graney, M.J.
Happiness and Social Participation in Aging.
Journal of Gerontology, 1975, Vol. 30, 701 - 706. ISSN 0022 1422
Page in Report: 703

Population: 62-89 aged females, followed 4 years, USA, 1967-71

Sample:

Non-Response: 27%; 24% unattainable, 3% incomplete.

N: 44

Correlate

Authors label: Listening to radio (1)

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: Direct question: less than 1 hour / 1-2 hours / more than 2 hours daily.
Assessed at T2.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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<u>A-BB/cm/mq/v/2/a</u>	<u>tb=+.19</u>	Happiness assessed at T2.
	<u>p<.05</u>	
	Age 66-75 :tb = +.03 (ns)	
	Age 82-92 :tb = +.45 (01)	

Correlational finding on Happiness and . tv watching, radio listening
Subject code: L3.3.2.11

Study	HARDI 1985
Reported in:	Harding, S.D. Values and the Nature of Psychological Well-Being Abrams, M.; Gerard, D.;Timms, N.;Eds.: " Values and Social Change in Britain", Macmillan, 1985, London, UK, 227 - 252. ISBN 0 333 38676 0 Page in Report: 251
Population:	18+ aged, general public, Britain, 1983
Sample:	
Non-Response:	?
N:	1231

Correlate

Authors label:	TV watching (1)
Our classification:	. tv watching, radio listening, code L3.3.2.11
Measurement:	simple direct question; hours per day watching TV: < 3 vs. > 3

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks		
<u>A-BB/cm/mq/v/2/a</u>	<u>DM=-</u>	< 3	M = 1.6	Mt ' = 6.6
		> 3	1.2	6.2

Correlational finding on Happiness and . tv watching, radio listening
Subject code: L3.3.2.11

Study	HUYSM 2007
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Reported in: Huysmans, F.

Toen was Geluk heel Gewoon. (Those Happy Days).

Schnabel, P.; Ed.: "Veel Geluk in 2007", Social Cultural Planning Office (SCP), 2007, The Hague, Netherlands, 136 - 140. ISBN 9789037702958

Page in Report: 138

Population: 12+aged, The Netherlands, 2005

Sample: Probability simple random sample

Non-Response:

N: 2034

Correlate

Authors label: TV-watching

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: Hours per day

1: <1 hour

2: 1-3 hours

3: >3 hours

Measured Values: N= 1: 761; 2: 1052; 3: 223

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HP/u/sq/v/5/a	DM=-	<p><1 hour: M = 2,19</p> <p>1-3 hours: M = 2,15</p> <p>3> hours: M = 2,06</p> <p>Difference -0,13</p> <p>Mean happiness on range 1-3 (shortened 5-step scale)</p>
O-HP/u/sq/v/5/a	Chi²=14,4 p<.01	4 df
O-HP/u/sq/v/5/a	V=.06	

Correlational finding on Happiness and . tv watching, radio listening
Subject code: L3.3.2.11

Study

OOSTE 2008

Reported in: Oosterhof, S.F.
Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
Page in Report: 43

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Amount of hours television

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: 1 Little
2 Average
3 Much

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks			
<u>O-HP/u/sq/v/5/a</u>	<u>OR=</u>	UNHAPPY (vs happy)		VERY HAPPY (vs happy)	
		observed controlled		observed controlled	
		Much	1,92* 1,68*	1,12	1,05
		Average	1 1	1	1
		Little	1,23 1,14	1,10	1,12
		Control variables are:			
		- situation			
		- family stage			
		- urban living environment			
		- self reported health			
		- self reported stress			
		* = p<.05			

Correlational finding on Happiness and . tv watching, radio listening
Subject code: L3.3.2.11

Study RAHTZ 1988

Reported in: Rahtz, D.R.; Sirgy, M.J.; Meadow, H.L.
 Elderly Life Satisfaction and Television Viewership: Replication and Extension.
 Shapiro, S.;Ed.: "AMA Winter Educators' Conference", American Marketing Association, 1988, USA, 409
 - 413. ISBN 087 757 1928
 Page in Report: 410

Population: 60+ aged, mid-Atlantic region, USA, 1986

Sample: Probability systematic sample

Non-Response: 84 %

N: 752

Correlate

Authors label: TV viewership (1)

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: Self report on 3 statements, rated on a 6 point Likert type scale ranging from agree to disagree
 a) Television is my primary form of entertainment (+)
 b) Magazines are more interesting than television (-).
 c) I frequently watch daytime television (+).
 Questions were embedded in the context of other psychographic items.

Error Estimates: Cronbach Alpha reliability coefficient = .66.

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>r=-.23</u> <u>p<.01</u>	95 % confidende interval for rho [-.30; -.16]
<u>O-DT/u/sqrt(v/7/a</u>	<u>rpc=-.22</u> <u>p<.01</u>	rpc controlled for "belief cultivation", (taking the tv reality for actual reality)
<u>O-DT/u/sqrt(v/7/a</u>	<u>rpc=-.20</u> <u>p<.01</u>	rpc controlled for "social comparison" (comparison of own situation with that of most people in a similar position).
<u>O-DT/u/sqrt(v/7/a</u>	<u>rpc=-.21</u> <u>p<.01</u>	rpc controlled for both "belief cultivation" and "social comparison".

Correlational finding on Happiness and . tv watching, radio listening
 Subject code: L3.3.2.11

Study

SCHUL 1985B

Reported in: Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.
Lebensqualität in Österreich. (Quality-of-Life in Austria).
Research paper nr 10/1, Institut für Soziologie, University of Vienna, 1985, Austria
Page in Report: 114,T40

Population: Adults, non-institutionalized, Austria, 1984

Sample:

Non-Response: ?

N: 1776

Correlate

Authors label: Intensity of watching t.v. (1)

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: Three item index of direct questions on intensity of watching t.v.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-Sum/c/mq/v/5/a</u>	<u>r=-.02</u>	

Correlational finding on Happiness and . tv watching, radio listening
Subject code: L3.3.2.11

Study

TAN 1986

Reported in: Tan, A.S.; Tan, G.K.
Television Use and Mental Health.
Journalism Quarterly, 1986, Vol. 63, 106 - 113
Page in Report: 113

Population: 18+ aged, general public, USA, 1984

Sample: Probability cluster sample

Non-Response: Not reported

N: 446

Correlate

Authors label: Television viewing (1)

Our classification: . tv watching, radio listening, code L3.3.2.11

Measurement: Television viewing:
 -News & Public affairs hours/week
 -Game Shows hours/week
 -Soap operas hours/week
 -Sports hours/week
 -Action drama hours/week
 -Situation comedies number of situation comedies among five favorite programs

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=+.03</u> <u>ns</u>	News & public affairs
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=+.32</u> <u>p<.001</u>	Game shows
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=-.31</u> <u>p<.001</u>	Soap operas
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=+.14</u> <u>ns</u>	Sports
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=+.01</u> <u>ns</u>	Action drama
<u>O-H?/?/sq/n/7/a</u>	<u>Beta=+.07</u> <u>ns</u>	Situation comedies
		Betas controlled for age and income

Correlational finding on Happiness and . voluntary work

Subject code: L3.3.2.12

Study BOELH 1999

Reported in: Boelhouwer, J.; Stoop, I.
 Measuring Well-Being in the Netherlands.
 Social Indicators Research, 1999, Vol. 48, 51 - 75 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006931028334
 Page in Report: 62

Population: 18+ aged, general public, The Netherlands, 1974-1997

Sample: Probability sample (unspecified)

Non-Response:

N: 3500

Correlate

Authors label: Volunteer work (1)

Our classification: . voluntary work, code L3.3.2.12

Measurement: Doing voluntary work?
 1 no voluntary work
 2 voluntary work for one organisation
 3 voluntary work for two organisations
 4 voluntary work for three organisations
 5 voluntary work for four or more organisations.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/u/sq/v/5/a</u>	<u>r=+.08</u> <u>p<.05</u>	1993
<u>O-HP/u/sq/v/5/a</u>	<u>r=+.08</u> <u>p<.05</u>	1997

Correlational finding on Happiness and . voluntary work

Subject code: L3.3.2.12

Study OOSTE 2008

Reported in: Oosterhof, S.F.
 Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
 Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
 Page in Report: 41

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Social participation

Our classification: . voluntary work, code L3.3.2.12

Measurement: Measure not reported
 1 Not (reference category)
 2 Well

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks			
<u>O-HP/u/sq/v/5/a</u>	<u>OR=</u>	UNHAPPY (vs happy) VERY HAPPY (vs happy) observed controlled observed controlled			
		Well	0,67*	0,53*	0,93 0,88
		Not	1	1	1 1
		Control variables are:			
		- situation			
		- family stage			
		- urban living environment			
		- self reported health			
		- self reported stress			
		* = p<.05			

Correlational finding on Happiness and . eating/drinking out

Subject code: L3.3.2.2

Study BRADB 1965/1

Reported in: Bradburn, N.M.; Caplovitz D.
 Reports on Happiness. A Pilot Study of Behavior Related to Mental Health.
 Aldine Publishing Company, 1965, Chicago, USA
 Page in Report: 48

Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

Sample:

Non-Response: -

N: 2006

Correlate

Authors label: Eating in restau- rants (1)

Our classification: . eating/drinking out, code L3.3.2.2

Measurement: Closed question: not at all / once / several times or more during last week.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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A-BB/cw/mq/v/4/eG= +

Index of Positive Affects only : G' = +.23 (01)

- Unaffected by S.E.S.

- Males : G' = +.30 (01)

- Females : G' = +.23 (01)

Correlational finding on Happiness and . eating/drinking out

Subject code: L3.3.2.2

Study

BULAT 1973

Reported in: Bulatao, R.A.
 Measures of Happiness among Manila Residents.
 Philippine Sociological Review, 1973, Vol. 21, 229 - 238
 Page in Report: 234

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample:

Non-Response: -

N: 941

Correlate

Authors label: Eating in restaurants (1)

Our classification: . eating/drinking out, code L3.3.2.2

Measurement: Direct question on frequency in the past week not at all /
 once / more than once.

Observed Relation with Happiness

*Happiness
 Measure*

Statistics

Elaboration/Remarks

C-BW/c/sq/l/11/aG= +

Males : G = +.42

Females : G = +.53

O-HL/c/sq/v/3/fG= +

Males : G = +.12

Females : G = +.46

Correlational finding on Happiness and . eating/drinking out

Subject code: L3.3.2.2

Study

DAVIS 1984

Reported in: Davis, J.A.
 New Money, an Old Man/Lady and Two's Company: Subjective Welfare in the NORC General Social Surveys 1972-1982.
 Social Indicators Research, 1984, Vol. 15, 319 - 350. ISSN p 0303 8300; ISSN e 1573 0921 DOI:
 DOI:10.1007/BF00351443
 Page in Report:

Population: 18+ aged, general public, English speaking, non-institutionalized, USA, 1972-82

Sample:

Non-Response:

N: 13581

Correlate

Authors label: Visiting bars, taverns (1)

Our classification: . eating/drinking out, code L3.3.2.2

Measurement: Single direct question:
 How often do you go to a bar or tavern?
 0 never
 1 once or several times a year
 2 once or several times a month
 3 once a week or more

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>G=-.62</u> <u>p<.01</u>	
<u>O-HL/g/sq/v/3/d</u>	<u>tau=-.37</u> <u>p<.01</u>	% very happy 0 39 1 32 2 29 3 26 The relationship disappears after control for marital status.

Correlational finding on Happiness and . eating/drinking out
 Subject code: L3.3.2.2

Study OOSTE 2008

Reported in: Oosterhof, S.F.

Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).)

Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands

Page in Report: 45

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Go out

Our classification: . eating/drinking out, code L3.3.2.2

Measurement: Go out: restaurants and bars
Precise measure not reported
1 Little
2 Average (reference category)
3 Much

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks			
<u>O-HP/u/sq/v/5/a</u>	<u>OR=</u>	UNHAPPY (vs happy) VERY HAPPY (vs happy) observed controlled observed controlled			
		Much	0,91 1,10	1,04	0,92
		Average 1	1	1	1
		Little	1,49* 1,32	1,06	0,91
		Control variables are:			
		- culturele participation			
		- situation			
		- family stage			
		- urban living environment			
		- self reported health			
		- self reported stress			

Correlational finding on Happiness and . Gaming
Subject code: L3.3.2.3

Study

DUIME 2007

Reported in: Duimel, M.
 Tieners en Geluk: Liever een Leven Online dan een Gezinsleven? (Teenage Happiness: Link with Familylife and Life On-Line).
 Schnabel, P.; Ed.: "Veel Geluk in 2007", Social Cultural Planning Office (SCP), 2007, The Hague, Netherlands, 130-135. ISBN 9789037702958
 Page in Report: 133

Population: Teenagers, Netherlands, 2005

Sample: Probability simple random sample

Non-Response:

N: 1561

Correlate

Authors label: internet, msn, gamen

Our classification: . Gaming, code L3.3.2.3

Measurement: Internet,msn, gaming;
 1= less than daily
 2= daily

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SQL/c/sq/n/10/a</u>	<u>DM=0 ns</u>	1: M= 7,7 2: M= 7,7 Difference 0,0

Correlational finding on Happiness and . Gardening

Subject code: L3.3.2.4

Study KULLB 2007

Reported in: Kullberg, J.
 Met Mijn Tuin in de Wolken. (Happy with My Garden).
 Schnabel, P.; Ed.: "Veel Geluk in 2007" (Lots of Happiness in 2007), Social Cultural Planning Office (SCP), 2007, The Hague, Netherlands, 99 - 105. ISBN 9789037702958
 Page in Report: 100

Population: Adults, The Netherlands, 1975-2005

Sample: Probability systematic sample

Non-Response: 245

N: 2229

Correlate

Authors label: Having a garden

Our classification: . Gardening, code L3.3.2.4

Measurement: 1: no garden
2: garden connected to home or elsewhere
3: hobby-garden, away from home

Measured Values: N = 2229 (respondents) 1: 575 2: 1637 (1593 at home, 44 elsewhere) 3: 17

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/u/sq/v/3/a</u>	<u>DM=+</u>	1: M = 2,04 2: M = 2,76 3: M = 3,06 Difference +1,02

Correlational finding on Happiness and . hobbies

Subject code: L3.3.2.5

Study BEISE 1974

Reported in: Beiser, M.
Components and Correlates of Mental Well-Being.
Journal of Health and Social Behavior, 1974, Vol. 15, 320 - 327 ISSN:0022 1465
Page in Report: 235

Population: 18+ aged, general public, Stirling County, Canada, 1968

Sample:

Non-Response: 10%

N: 112

Correlate

Authors label: Having hobbies (1)

Our classification: . hobbies, code L3.3.2.5

Measurement: Direct question on number of hobbies Weighted score based on number of hobbies and amount of skill involved.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cq/mq/v/3/a	<u>r=</u>	Index of Positive Affects: r = +.16 (05) Index of Negative Affects: r = +.30 (01)

Correlational finding on Happiness and . hobbies

Subject code: L3.3.2.5

Study BOELH 1999

Reported in: Boelhouwer, J.; Stoop, I.
Measuring Well-Being in the Netherlands.
Social Indicators Research, 1999, Vol. 48, 51 - 75 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006931028334
Page in Report: 62

Population: 18+ aged, general public, The Netherlands, 1974-1997

Sample: Probability sample (unspecified)

Non-Response:

N: 3500

Correlate

Authors label: Number of hobby activities (1)

Our classification: . hobbies, code L3.3.2.5

Measurement: Number of hobby activities
1 no activities
2 one activity
3 two activities
4 three or more activities

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HP/u/sq/v/5/a	<u>r=+.11</u> <u>p<.05</u>	1993
O-HP/u/sq/v/5/a	<u>r=+.13</u> <u>p<.05</u>	1997

Correlational finding on Happiness and . hobbies

Subject code: L3.3.2.5

Study

OOSTE 2008

Reported in: Oosterhof, S.F.
 Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
 Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
 Page in Report: 39

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Amount of hours of active hobbies

Our classification: . hobbies, code L3.3.2.5

Measurement: Measure not reported
 1 Little (reference category)
 2 Average
 3 Much

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

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

OR=

	UNHAPPY (vs happy)		VERY HAPPY (vs happy)	
	observed	controlled	observed	controlled
Much	0,91	0,84	0,81	0,72*
Average	0,97	1	0,93	0,89
Little	1	1	1	1

Control variables are:

- sport
- situation
- family stage
- urban living environment
- self reported health
- self reported stress

* = p<.05

Correlational finding on Happiness and . hobbies

Subject code: L3.3.2.5

Study

ROSE 1955

Reported in: Rose, A.M.
 Factors Associated with the Life Satisfaction of Middle-Class, Middle-Aged Persons.
 Marriage and Family Living, 1955, Vol 17, 15 - 19
 Page in Report: 17

Population: Married couples, middle aged, middle-class, USA, 1952

Sample:

Non-Response: 50 %

N: 416

Correlate

Authors label: Engaging in hobbies (1)

Our classification: . hobbies, code L3.3.2.5

Measurement:

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/g/sq/v/5/a	D%= + p<.05	Unaffected by sex

Correlational finding on Happiness and . Internet

Subject code: L3.3.2.6

Study

BOHNK 2008

Reported in: Böhnke, P.; Kohler, U.
 Well-being and Inequality
 WZB Discussion Paper no. SP I 2008-201, 2008, Berlin, Germany ISSN 1612 3468 <http://www.wzb.eu>
 Page in Report: 24

Population: 18+ aged, in 28 European nations, 2003

Sample: Mixed samples

Non-Response:

N: 18600

Correlate

Authors label: Internet use

Our classification: . Internet, code L3.3.2.6

Measurement: 0 = no internet user (reference)
1 = internet user

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLu/c/sq/n/10/b</u>	<u>B=+.58</u> <u>p<.05</u>	No controls
<u>O-SLu/c/sq/n/10/b</u>	<u>B=+.18</u> <u>p<.05</u>	B controlled for -gender -age -type of community -income -employment -class/occupation -education -housing -marital status -contacts with friends/neighbours -voluntary work -church attendance
<u>O-SLu/c/sq/n/10/b</u>	<u>B=+.19</u> <u>p<.05</u>	B additionally controlled for -long term illness -health satisfaction

Correlational finding on Happiness and . Internet

Subject code: L3.3.2.6

Study DUIME 2007

Reported in: Duimel, M.
Tieners en Geluk: Liever een Leven Online dan een Gezinsleven? (Teenage Happiness: Link with Familylife and Life On-Line).
Schnabel, P.; Ed.: "Veel Geluk in 2007", Social Cultural Planning Office (SCP), 2007, The Hague, Netherlands, 130-135. ISBN 9789037702958
Page in Report: 133

Population: Teenagers, Netherlands, 2005

Sample: Probability simple random sample

Non-Response:

N: 1561

Correlate

Authors label: internet, msn, gamen

Our classification: . Internet, code L3.3.2.6

Measurement: Internet,msn, gaming;
1= less than daily
2= daily

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SQL/c/sq/n/10/a</u>	<u>DM=0 ns</u>	1: M= 7,7 2: M= 7,7 Difference 0,0

Correlational finding on Happiness and . Internet

Subject code: L3.3.2.6

Study OOSTE 2008

Reported in: Oosterhof, S.F.
Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
Page in Report: 42

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Use of computer and internet

Our classification: . Internet, code L3.3.2.6

Measurement: 1 Little
2 Average
3 Much

Observed Relation with Happiness

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

[O-HP/u/sq/v/5/a](#)[OR= ns](#)

	UNHAPPY (vs happy)		VERY HAPPY (vs happy)	
	observed	controlled	observed	controlled
Much	0,89	0,76	0,82	0,78
Average	1	1	1	1
Little	1,20	0,83	1,06	1,00

Correlational finding on Happiness and . reading

Subject code: L3.3.2.7

Study

BULAT 1973

Reported in: Bulatao, R.A.
Measures of Happiness among Manila Residents.
Philippine Sociological Review, 1973, Vol. 21, 229 - 238
Page in Report: 234

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample:

Non-Response: -

N: 941

Correlate

Authors label: Reading newspapers (1)

Our classification: . reading, code L3.3.2.7

Measurement: Direct question on frequency in the past week: not at all / once / more than once.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/a	G= +	Males : G = +.42 Females : G = +.60
O-HL/c/sq/v/3/f	G= +	Males : G = +.21 Females : G = +.46

Correlational finding on Happiness and . reading

Subject code: L3.3.2.7

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: 193

Population: Teenagers, USA, 1998

Sample: Non-probability purposive sample

Non-Response:

N: 828

Correlate

Authors label: Fun reading/writing

Our classification: . reading, code L3.3.2.7

Measurement: % of time reading books for pleasure when beeped

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 where 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>	Beta controlled for: - age - gender - SES
<u>A-ARE/mi/sqr/n/7/a</u>	<u>t.=-2.1</u> <u>p<.04</u>	

Correlational finding on Happiness and . reading

Subject code: L3.3.2.7

Study

GRANE 1975

Reported in: Graney, M.J.
 Happiness and Social Participation in Aging.
 Journal of Gerontology, 1975, Vol. 30, 701 - 706. ISSN 0022 1422
 Page in Report: 703

Population: 62-89 aged females, followed 4 years, USA, 1967-71

Sample:

Non-Response: 27%; 24% unattainable, 3% incomplete.

N: 44

Correlate

Authors label: Reading (1)

Our classification: . reading, code L3.3.2.7

Measurement: Number of hours devoted to reading books, newspapers and magazines: less than 1/1 to 3/more than 3 hours daily.
Assessed at T2.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BB/cm/mq/v/2/a	tb=+.04 ns	Happiness assessed at T2.

Correlational finding on Happiness and . reading

Subject code: L3.3.2.7

Study

LINN 1986

Reported in: Linn, L.S.;Yager, J.; Dennis, W.;Cope, W.; Leake, B.
Factors Associated With Life Satisfaction Among Practicing Internist.
Medical Care, 1986, Vol. 24, 830 - 837. ISSN p 0125 7079; ISSN e 1537 1948
Page in Report: 834

Population: Physicians, California, USA, 1984

Sample: Probability simple random sample

Non-Response:

N: 211

Correlate

Authors label: Active Coping

Our classification: . reading, code L3.3.2.7

Measurement: Selfreported of typical behavices in the past 6 month to make one feel better:

- Using special calendars, making lists or using other devices to become better organized
- Attending religious services or activities
- Reading non work-related books and magazines other than daily newspapers

Rated: never(1) to daily (6)

Measured Values: M = Using calendars etc 3.75, Religious services 1.76, Reading etc 4.49

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.13</u> <u>p<.05</u>	

Correlational finding on Happiness and . reading
Subject code: L3.3.2.7

Study NOELL1977/13

Reported in: Noelle-Neumann, E.
Politik und Glück. (Politics and Happiness).
Baier, H.;Ed.: "Freiheit und Sachzwang", West Deutscher Verlag, 1977, Opladen, Germany, 208 - 262.
ISBN 3 531 11 44 68
Page in Report: 236

Population: 16+ aged, general public, West-Germany, 1973

Sample:

Non-Response:

N: 2024

Correlate

Authors label: Reading books (1)

Our classification: . reading, code L3.3.2.7

Measurement: Ss were asked how often they read books:

- 3 at least once a week
- 2 less than once a week
- 1 haven't read a book the last year.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-CA/mh/ri/v/2/a</u>	<u>G=+.38</u> <u>p<.01</u>	age 16 - 29
<u>A-CA/mh/ri/v/2/a</u>	<u>tc=+.19</u> <u>p<.01</u>	
<u>A-CA/mh/ri/v/2/a</u>	<u>G=+.19</u> <u>p<.01</u>	age 30 - 44
<u>A-CA/mh/ri/v/2/a</u>	<u>tc=+.15</u> <u>p<.01</u>	
<u>A-CA/mh/ri/v/2/a</u>	<u>G=+.19</u> <u>p<.01</u>	age 45 - 59
<u>A-CA/mh/ri/v/2/a</u>	<u>tc=+.12</u> <u>p<.01</u>	
<u>A-CA/mh/ri/v/2/a</u>	<u>G=+.28</u> <u>p<.01</u>	age 60+
<u>A-CA/mh/ri/v/2/a</u>	<u>tc=+.19</u> <u>p<.01</u>	
<u>A-CA/mh/ri/v/2/a</u>	<u>G=+.28</u> <u>p<.01</u>	higher education
<u>A-CA/mh/ri/v/2/a</u>	<u>tc=+.18</u> <u>p<.01</u>	
<u>A-CA/mh/ri/v/2/a</u>	<u>G=+.14</u> <u>p<.01</u>	elementery education only
<u>A-CA/mh/ri/v/2/a</u>	<u>tc=+.06</u> <u>p<.05</u>	

Correlational finding on Happiness and . reading

Subject code: L3.3.2.7

Study OOSTE 2008

Reported in: Oosterhof, S.F.
 Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
 Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
 Page in Report: 44

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Reading newspapers and magazines

Our classification: . reading, code L3.3.2.7

Measurement: 1 Little
2 Average (reference category)
3 Much

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks			
<u>O-HP/u/sq/v/5/a</u>	<u>OR= ns</u>	UNHAPPY (vs happy) VERY HAPPY (vs happy) observed controlled observed controlled			
		Much	1,02 0,88	0,89	0,83
		Average	1 1	1	1
		Little	1,11 1,01	1,01	1,04
		Control variable is:			
		- Reading books			

Correlational finding on Happiness and . reading

Subject code: L3.3.2.7

Study OOSTE 2008

Reported in: Oosterhof, S.F.
 Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
 Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
 Page in Report: 44

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Reading books

Our classification: . reading, code L3.3.2.7

Measurement: 1 Not (reference category)
2 Well

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks			
<u>O-HP/u/sq/v/5/a</u>	<u>OR= ns</u>	UNHAPPY (vs happy) VERY HAPPY (vs happy)			
		observed	controlled	observed	controlled
	Well	0,94	0,94	1,08	1,07
	Not	1	1	1	1
	Control variable is:				
	- Reading newspapers and magazines				

Correlational finding on Happiness and . reading

Subject code: L3.3.2.7

Study

SHAMI 1985A

Reported in: Shamir, B.
Unemployment and 'Free Time' - the Role of Protestant Work Ethic and Work Involvement
Leisure Studies, 1985, Vol. 4, 333-345
Page in Report: 340

Population: 27-47 aged unemployed male academics, Israel, 1983

Sample: Non-probability purposive sample

Non-Response: n.a.

N: 59

Correlate

Authors label: Reading books as a leisure activity

Our classification: . reading, code L3.3.2.7

Measurement: Self report of in involvement in non-work book reading

Remarks: Item in a wider questionnaire on involvement in non-work activities

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/c/sq/v/5/d	$r=+$	a High protestant work ethic

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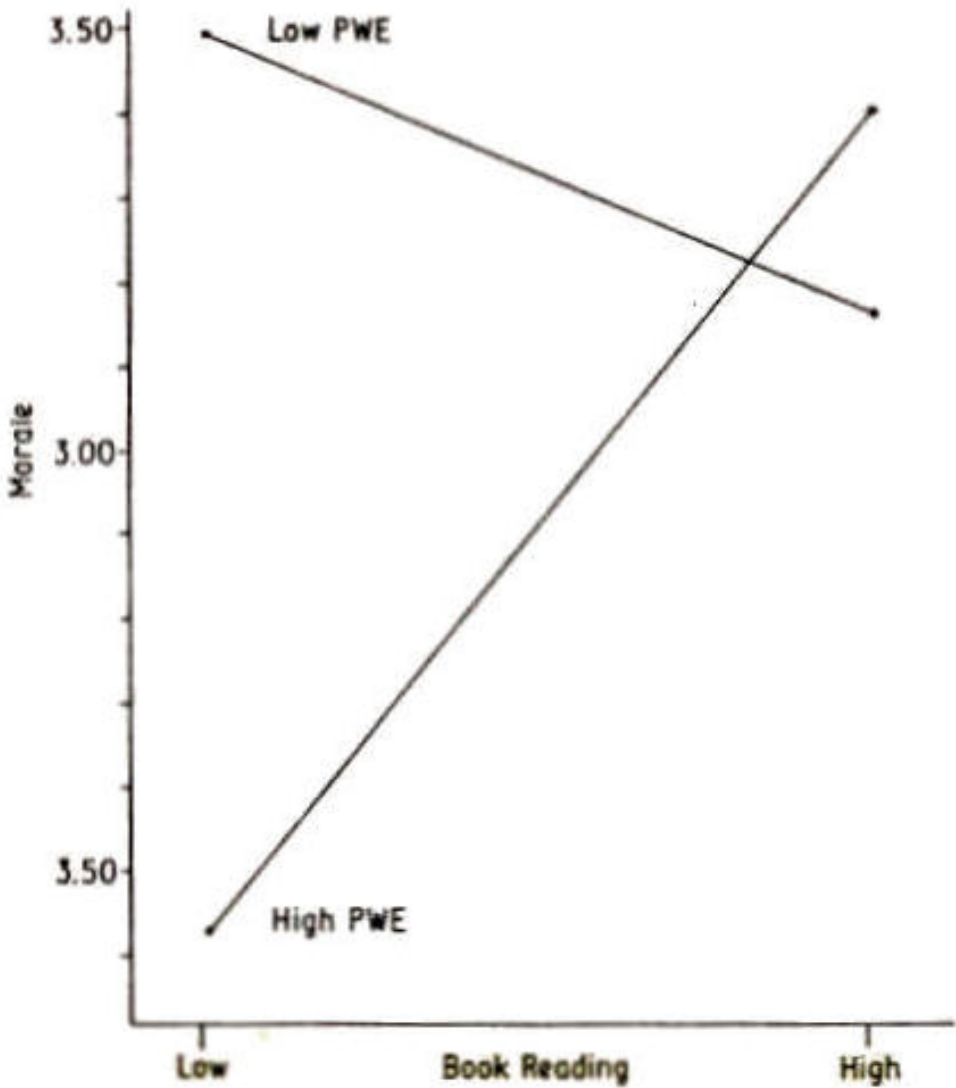


Figure 1. Level of morale and frequency of reading books for unemployed men with low and high PWE.

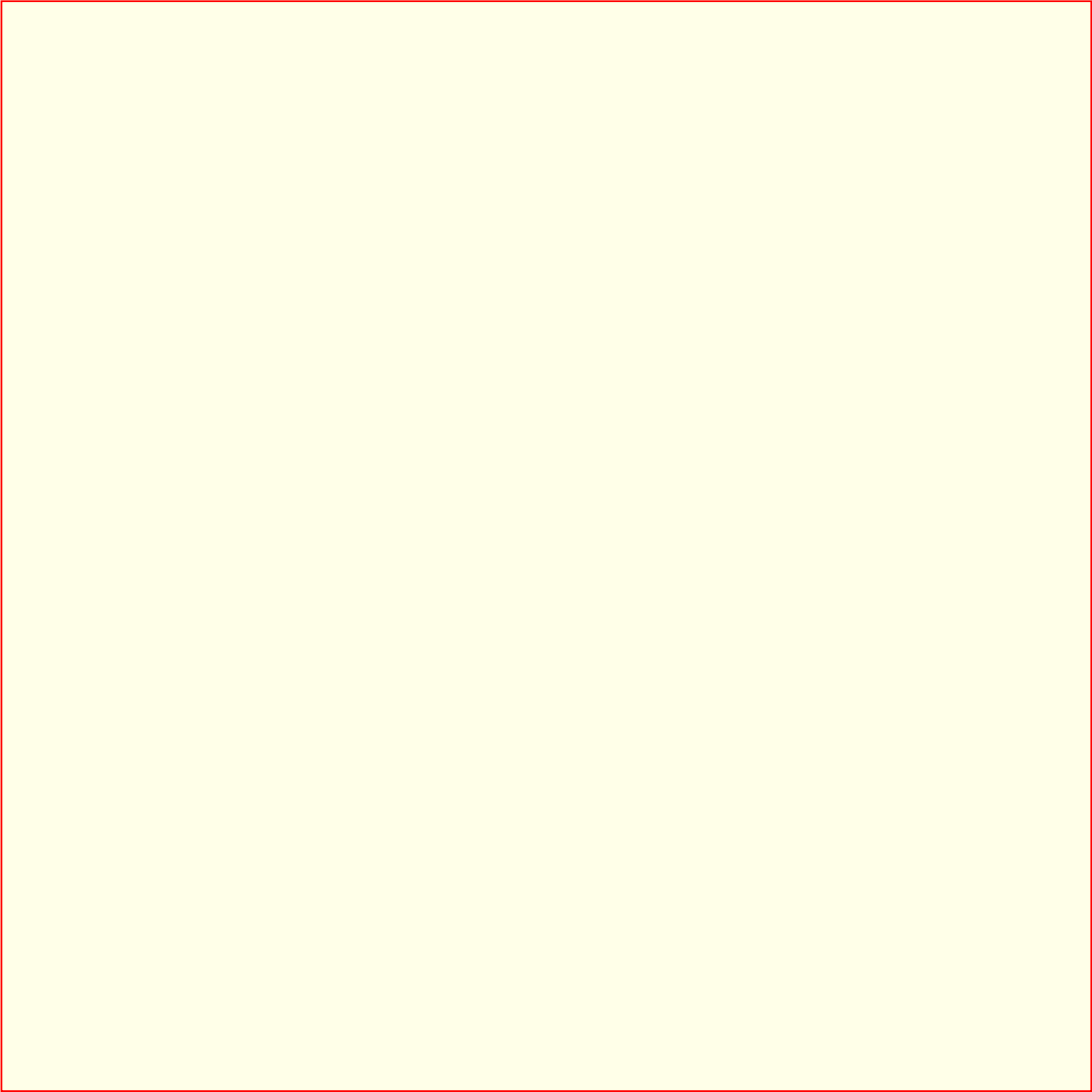
[A-AOL/c/sq/v/5/d](#)

r=-

b Low protestant work ethic

Protestant Work Ethic measured using Mirels and Garret (1971) scale. PWE unrelated to study activity (r = +.02 ns)

Set Image size:



Correlational finding on Happiness and . shopping

Subject code: L3.3.2.8

Study BULAT 1973

Reported in: Bulatao, R.A.
Measures of Happiness among Manila Residents.
Philippine Sociological Review, 1973, Vol. 21, 229 - 238
Page in Report: 234

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample:

Non-Response: -

N: 941

Correlate

Authors label: Frequency of shopping (1)

Our classification: . shopping, code L3.3.2.8

Measurement: Direct question on frequency in the past week: not at all / once / more than once.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/a	G= +	Males : G = +.45 Females : G = +.40
O-HL/c/sq/v/3/f	G= +	Males : G = +.18 Females : G = +.45

Correlational finding on Happiness and . theater/movies

Subject code: L3.3.2.9

Study BULAT 1973

Reported in: Bulatao, R.A.
Measures of Happiness among Manila Residents.
Philippine Sociological Review, 1973, Vol. 21, 229 - 238
Page in Report: 234

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

*Sample:**Non-Response:* -*N:* 941

Correlate

Authors label: Going to the movies (1)*Our classification:* . theater/movies, code L3.3.2.9*Measurement:* Direct question on frequency in the past week not at all / once / more than once.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/f</u>	<u>G= +</u>	Males : G = +.02 Females : G = +.52
<u>C-BW/c/sq/l/11/a</u>	<u>G= +</u>	Males : G = +.24 Females : G = +.36

Correlational finding on Happiness and Place of leisure (indoor vs outdoor)

Subject code: L3.3.3

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: outdoor leisure (1)*Our classification:* Place of leisure (indoor vs outdoor), code L3.3.3

Measurement: Questions on 'outdoor leisure'. Full items not reported

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HL/u/sq/v/4/a</u>	<u>r=+.14</u> <u>p<.005</u>	

Correlational finding on Happiness and Place of leisure (indoor vs outdoor)

Subject code: L3.3.3

Study MOLLE 2005A

Reported in: Mollenkopf, H.; Kaspar, R.
Ageing in Rural Areas of East and West Germany: Increasing Similarities and Remaining Differences.
European Journal of Ageing, 2005, Vol-2, 120-130. ISSNp:1613 9372; ISSNe: 1613 9380; DOI:10.1007/s10433-005-0029-2
Page in Report: 125,127

Population: 55+, general public, rural areas, East and West Germany, 2000

Sample: Probability stratified sample

Non-Response: 41,6%

N: 762

Correlate

Authors label: Outdoor leisure activities

Our classification: Place of leisure (indoor vs outdoor), code L3.3.3

Measurement: Sum score derived from a list of 18 outdoor activities
Question:
On the following list some leisure activities are mentioned. Please mention which activities you actually practise and which are especially important for you:

- being together with friends or relatives
- going to a Cafe or Restaurant
- playing games (Bingo, Skat)
- making excursions or small trips
- gardening
- dancing, bowling
- walking, cycling
- going out on the town
- sporting
- visiting sports events
- going to the pictures, theater, concert
- going to the library
- attending courses, further education courses
- church attendance, religious meetings
- club activities

- attending meetings for elderly people
- fishing
- other activities?

Measured Values: West Germany: M=5,4; SD=2,5; East Germany: M=4,2; SD=2,5; p<0001

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/c/sq/n/11/ba</u>	<u>Beta=+.01</u> <u>ns</u>	Beta controlled for: <ul style="list-style-type: none"> - Socio-demographic: <ul style="list-style-type: none"> - sex - age - satisfaction with finances - Health-related: <ul style="list-style-type: none"> - activities of daily living - visu-motoric coordination - affect balance score - satisfaction with health - Social network: <ul style="list-style-type: none"> - household type - network variety - Housing: <ul style="list-style-type: none"> - basic household features - home ownership - satisfaction with housing - Living area: <ul style="list-style-type: none"> - available services - neighbourhood features - satisfaction with living area - Mobility: <ul style="list-style-type: none"> - car use as passenger - car use as driver - satisfaction with public transport - satisfaction with mobility - Leisure time activities: <ul style="list-style-type: none"> - satisfaction with leisure activities <p>No interaction with region (East/West Germany)</p>

Correlational finding on Happiness and Attitudes to leisure

Subject code: L3.4

Study VEENH 2003/3

Reported in: Veenhoven, R.
 Hedonism and Happiness
 Journal of Happiness Studies, 2003, Vol. 4, 437 - 457. ISSN p 1389 4978; ISSN e 1573 7780 (also published in: Warburton, D.M.; Sweeney, E.M.; Eds.: " Proceedings 7th ARISE Symposium 'The Senses, Pleasure and Health' ", October 2001, Nice, France, 121 - 136)
 Page in Report: 131

Population: Adults, 70 countries, mid 1990s

Sample: Probability sample (unspecified)

Non-Response:

N: 100000

Correlate

Authors label: Importance of leisure time

Our classification: Attitudes to leisure, code L3.4

Measurement: Selfreport on single question

Remarks: Data: World Values Survey

Observed Relation with Happiness

*Happiness
Measure*

Statistics

Elaboration/Remarks

[O-HL/u/sq/v/4/a](#)

Average happiness by perceived importance of
leisure time in 63 nations mid 1990s

Set Image size:

Study	WESSM 1956
Reported in:	Wessman, A.E. A Psychological Inquiry into Satisfaction and Happiness. Unpublished Doctoral Dissertation, Princeton University, 1956, USA Page in Report: 210
Population:	21+ aged, general public, non-institutionalized, USA, 1946
Sample:	
Non-Response:	-
N:	2377

Correlate

Authors label: Unfulfilled aspirations mentioned (1)

Our classification: Attitudes to leisure, code L3.4

Measurement: Open-ended direct question on unfulfilled aspirations:

0: not mentioned

1: mentioned

a Travel, vacation

b New home, build home, own home

c Material possessions (cars, coats)

d Education, follow a talent

e Money

f New job, business of own

g Move to country, become farmer

h Marriage, children, husband

Remarks: Computed for those who have unfulfilled aspirations only (N = 1646)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.07 ns</u>	a.Travel, vacation
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.01 ns</u>	b.New home, build home, own home
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.11 ns</u>	c.Material possessions (cars, coats)
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.06 ns</u>	d.Education, follow a talent
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.07 ns</u>	e.Money
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.01 ns</u>	f.New job, business of own
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.00 ns</u>	g. Move to country, become farmer
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.27 p<.05</u>	h.Marriage, children, husband

Correlational finding on Happiness and Concern about leisure
Subject code: L3.4.1

Study

BRINK 1997/1

Reported in: Brinkerhoff, M.B.; Fredell, K.; Frideres, J.
 Basic Minimum Needs, Quality of Life and Selected Correlates: Explorations in Villages in Northern India.
 Social Indicators Research, 1997, Vol. 42, 245 - 281 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006834830518
 Page in Report: 262

Population: Adult, general public, poor rural village, Barasi, India 1991

Sample: Non-probability purposive-quota sample

Non-Response: 0

N: 234

Correlate

Authors label: leisure (1)

Our classification: Concern about leisure, code L3.4.1

Measurement: Family needs prioritized by Paired Comparisons. Out of four basic needs
 ss were asked to compare two at a time and to select, which they sought 'their family needs most'
 Items were:
 -food
 -health
 -employment
 -leisure
 This leads to six pairs of comparisons.
 Score pro need can be:
 0. not mentioned
 1. once
 2. twice
 3. three times
 Needs index is the mean number of times an item is chosen.

Measured Values: 0: 0,94%; 1: 37,2%; 2: 36,8%; 3: 21,4% M: 4,7%

Remarks: Items for pairwise comparison were selected by participant observation and open interviews

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-H?/?/sq/f/7/a</u>	<u>r=+.20</u> <u>p<..001</u>	
<u>O-SLu?/?/sq/l/5/a</u>	<u>r=+.03 ns</u>	

Correlational finding on Happiness and Concern about leisure

Subject code: L3.4.1

Study HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,133,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with money during vacation

Our classification: Concern about leisure, code L3.4.1

Measurement: Self report of feelings about the amount of money spent during vacation

Assessed on a 1-5 scale

Measured Values: N=119 M=1,15 SD=.33

Error Estimates: alpha = .86

Remarks: Assessed at T2 during vacation (retrospectively at T3)

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.10 ns</u>	T1 life satisfaction (before vacation) by T2 Satisfaction with money (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.11 ns</u>	T2 Satisfaction with money (during vacation) by T3 life satisfaction (after vacation)

Correlational finding on Happiness and Concern about leisure

Subject code: L3.4.1

Study NOELL1977/10

Reported in: Noelle-Neumann, E.
Politik und Glück. (Politics and Happiness).
Baier, H.;Ed.: "Freiheit und Sachzwang", West Deutscher Verlag, 1977, Opladen, Germany, 208 - 262.
ISBN 3 531 11 44 68
Page in Report:

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:

Non-Response:

N: 855

Correlate

Authors label: Towistic interest (1)

Our classification: Concern about leisure, code L3.4.1

Measurement: Single direct question: no (0), yes (1) 'If I come in an unknown town, I'm very interested in the local places of interest'.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-CA/mh/ri/v/2/b	D%=+	Young (16 - 29) and pensioners only. In both categories the cheerfull claim more towistic interest.

Correlational finding on Happiness and Concern about leisure

Subject code: L3.4.1

Study SYMON 1937

Reported in: Symonds, P.M.
Happiness as Related to Problems and Interests.
Journal of Educational Psychology, 1937, Vol. 28, 290 - 294
Page in Report: 292

Population: High school pupils and college students, USA, 1937

Sample:

Non-Response: -

N: 1651

Correlate

Authors label: Being interested in recreation (1)

Our classification: Concern about leisure, code L3.4.1

Measurement: Closed question

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-CP/g/sq/v/7/a	SNR= ns	
A-CP/g/sq/v/7/a	DM= ns	

Correlational finding on Happiness and Concern about leisure

Subject code: L3.4.1

Study SYMON 1937

Reported in: Symonds, P.M.
Happiness as Related to Problems and Interests.
Journal of Educational Psychology, 1937, Vol. 28, 290 - 294
Page in Report: 292

Population: High school pupils and college students, USA, 193?

Sample:

Non-Response: -

N: 1651

Correlate

Authors label: Having problems withrecreation (1)

Our classification: Concern about leisure, code L3.4.1

Measurement: Closed question

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-CP/g/sq/v/7/a	SNR= ns	
A-CP/g/sq/v/7/a	DM= ns	

Correlational finding on Happiness and Concern about leisure

Subject code: L3.4.1

Study ZUMA 1989

Reported in: Zentrum für Umfrageforschung Mannheim (ZUMA)
Wohlfahrtsurveys 1978, 1980, 1984, 1988.
Unpublished data-set. Especially prepared for the World Database of Happiness.
Page in Report:

Population: 18+ aged, general public, West-Germany, 1978-88

Sample:

Non-Response: ?

N: 2100

Correlate

Authors label: Perceived importance of leisure-time (1)

Our classification: Concern about leisure, code L3.4.1

Measurement: Question: 'How important is leisure-time for you?'
Rated on a 7 point scale ranging from 1 to 7.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks				
<u>O-HL/c/sq/v/4/b</u>	<u>SNR=</u>	eta	G	r	β	
		1978				
		1980				
		1984	+.07	+.04	+.02	+.09
		1988	+.05	+.03	+.02	+.08
		β's controlled for age, gender, perceived class and marital status.				

Correlational finding on Happiness and Concern about leisure

Subject code: L3.4.1

Study ZUMA 1989

Reported in: Zentrum für Umfrageforschung Mannheim (ZUMA)
Wohlfahrtsurveys 1978, 1980, 1984, 1988.
Unpublished data-set. Especially prepared for the World Database of Happiness.
Page in Report:

Population: 18+ aged, general public, West-Germany, 1978-88

*Sample:**Non-Response:* ?*N:* 2100**Correlate***Authors label:* Perceived importance of one's family (1)*Our classification:* Concern about leisure, code L3.4.1*Measurement:* Question: 'How important is your family for you?'
Rated on a seven point scale, ranging from 1 to 7.**Observed Relation with Happiness***Happiness Measure**Statistics**Elaboration/Remarks*O-SLW/c/sq/n/11/baSNR=

eta

G

r

 β

1978

1980

1984

+.13

+.13

+.10

+.17

1988

+.10

+.09

+.05

+.13

 β 's controlled for age, gender, perceived class and marital status.**Correlational finding on Happiness and Leisure aspirations**
Subject code: L3.4.2**Study****BRAY 1983***Reported in:* Bray, D.W.; Howard, A.
The AT & T Longitudinal Studies of Managers.
Schaie, K.W.; Ed.: "Longitudinal Studies of Adult Psychological Development", Guilford Press, 1983,
New York, USA, 266 - 312 ISBN 0 898 621 313
Page in Report: 302*Population:* 40+ aged male managers, Bell Telephone Company, 1978*Sample:* Non-probability purposive-quota sample*Non-Response:* Panel loss at T5 37%*N:* 422**Correlate***Authors label:* avocational interests (1)

Our classification: Leisure aspirations, code L3.4.2

Measurement: Rating by 4 experts on the basis of multi-method assessments during stays in assessment-center.

Rater instruction: "To what extent does this person find meaning and satisfaction in a hobby or hobbies?"
(Consider depth and intensity of interest, not breadth.
Includes work if it is not Bell System Work)".

Assessed at T5.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/c/rc/v/5/a	$r=$	T5 avocational interests by T5 happiness. Analysis showed a non-significant correlation.

Correlational finding on Happiness and Leisure aspirations

Subject code: L3.4.2

Study

MOLLE 2005A

Reported in: Mollenkopf, H.; Kaspar, R.
Ageing in Rural Areas of East and West Germany: Increasing Similarities and Remaining Differences.
European Journal of Ageing, 2005, Vol-2, 120-130. ISSNp:1613 9372; ISSNc: 1613 9380; DOI:10.1007/s10433-005-0029-2
Page in Report: 125,127

Population: 55+, general public, rural areas, East and West Germany, 2000

Sample: Probability stratified sample

Non-Response: 41,6%

N: 762

Correlate

Authors label: Satisfaction with leisure time activities

Our classification: Leisure aspirations, code L3.4.2

Measurement: Selfreport on an 11-point bipolar scale:
0: if I had a choice, I would always stay at home
10: if I had a choice, I would always be on the go

Measured Values: West Germany: M=7,5; SD=2,4; East Germany: M=6,1, SD=2,8; p<0,001

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

O-SLW/c/sq/n/11/ba

B=+.14
p<.05

Beta controlled for:

- Socio-demographic:
 - sex
 - age
 - satisfaction with finances
- Health-related:
 - activities of daily living
 - visu-motoric coordination
 - affect balance score
 - satisfaction with health
- Social network:
 - household type
 - network variety
- Housing:
 - basic household features
 - home ownership
 - satisfaction with housing
- Living area:
 - available services
 - neighbourhood features
 - satisfaction with living area
- Mobility:
 - car use as passenger
 - car use as driver
 - satisfaction with public transport
 - satisfaction with mobility
- Leisure time activities:
 - outdoor leisure activities

No interaction with region (East/West Germany)

Correlational finding on Happiness and Leisure aspirations

Subject code: L3.4.2

Study

ROSE 1955

Reported in: Rose, A.M.
Factors Associated with the Life Satisfaction of Middle-Class, Middle-Aged Persons.
Marriage and Family Living, 1955, Vol 17, 15 - 19
Page in Report: 18

Population: Married couples, middle aged, middle-class, USA, 1952

Sample:

Non-Response: 50 %

N: 416

Correlate

Authors label: Desire for more amusement (1)

Our classification: Leisure aspirations, code L3.4.2

Measurement: Whether one would like to go out more often in the evenings for entertainment

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLu/g/sq/v/5/a</u>	<u>D% = - p < .05</u>	33 % of the relatively dissatisfied and 26 % of the satisfied would like to go out more often Stronger among males Uneffected by going ot with spouse or not

Correlational finding on Happiness and Satisfaction with leisure Subject code: L3.4.3

Study ANDRE 1976/3

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, 1972/11

Sample:

Non-Response: 38%

N: 1072

Correlate

Authors label: Satisfaction with chances for relaxa- tion (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Closed question: "How do you feel about your chances for relaxation - even for a short time?"
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>
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[O-DT/u/sqt/v/7/a](#)

[E²=+.39](#)

Correlational finding on Happiness and Satisfaction with leisure
Subject code: L3.4.3

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 leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: 3-item index containing satisfaction with the way one spends one's spare time, with amount of relaxation, and with chances of relaxation: "How do you feel about...?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	r=+.52	
O-HL/c/sq/v/3/aa	r=+.33	
A-BB/cm/mq/v/2/a	r=+.29	
O-HL/u/sq/v/7/b	r=+.55	
M-AO/u/sq/f/7/a	r=+.41	
C-BW/cy/sq/l/9/a	r=+.30	

Correlational finding on Happiness and Satisfaction with leisure
Subject code: L3.4.3

Study

BERNO 1985

Reported in: Bernow, R
 Livskvaliteten i Sverige. (Lifequality in Sweden)
 Stockholm Läns Landstring, 1985, Stockholm, Sweden.
 Page in Report: 39

Population: 18-70 aged, general public, Sweden., 1982

Sample:

Non-Response: ?

N: 1558

Correlate

Authors label: Satisfaction with use of leisuretime (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single direct question

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/c/sqt/v/7/a</u>	<u>r=+.48</u>	

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study

BRANH 1991

Reported in: Bränholm, I.B.; Eklund, M.; Fugl-Meyer, K.S.; Fugl - Meyer, A.R.
 On Work and Life Satisfaction.
 Eklund, M;:" On vocational Rehabilitation in Northern Sweden", Dissertation, University of Umea, 1991,
 95 - 107
 Page in Report: 103

Population: 25-55 aged, vocationally actives, Umea, Northern Sweden, 1986/87

Sample: Probability stratified sample

Non-Response:

N: 163

Correlate

Authors label: Satisfaction with leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: How satisfactory is this aspect of your life?.....
 Leisure situation.
 1 very dissatisfying
 2 dissatisfying
 3 rather dissatisfying
 4 rather satisfying
 5 satisfying
 6 very satisfying

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SLW/u/sq/v/6/a	rs=+.42 p<.001	

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study CUMMI 2002B

Reported in: Cummins, R.A.; Eckersley, R.; Lo, S.K.; Okerstrom, E.; Davern, M.;
 Australian Unity Wellbeing Index, Survey 4, Report 4. The Wellbeing of Australians 1. Work and Leisure
 2. The Impact of September 11 One Year Later.
 Australian Centre on Quality of Life, 2002, Melbourne, Australia. <http://www.deakin.edu.au/research/acqol/index.htm>
 Page in Report: 41

Population: 18+aged, Australia, 2002

Sample: Probability area sample

Non-Response: 88%

N: 2003

Correlate

Authors label: Satisfaction with quantity of leisure

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single question:
 How satisfied are you with the amount of leisure time you have?

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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O-SLW/u/sq/n/11/ca	r=+.25	
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Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study CUMMI 2002B

Reported in: Cummins, R.A.; Eckersley, R.; Lo, S.K.; Okerstrom, E.; Davern, M.; Australian Unity Wellbeing Index, Survey 4, Report 4. The Wellbeing of Australians 1. Work and Leisure 2. The Impact of September 11 One Year Later. Australian Centre on Quality of Life, 2002, Melbourne, Australia. <http://www.deakin.edu.au/research/acqol/index.htm>
Page in Report: 41

Population: 18+aged, Australia, 2002

Sample: Probability area sample

Non-Response: 88%

N: 2003

Correlate

Authors label: Satisfaction with quality of leisure

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single question:
How satisfied are you with the way you spend your leisure time?

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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O-SLW/u/sq/n/11/ca	r=+.35	
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Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study GEHMA 1986

Reported in: Gehmacher, E.
Glück als Mathematische Gleichung. (Happiness as a Mathematical Equation).
Start und Aufstieg: die Zeitschrift des Berufsförderungsinstituts, Austria, 1986, 8 - 9
Page in Report:

Population: Adult, general public, Austria, 1985

Sample:

Non-Response: ?

N: 1814

Correlate

Authors label: Satisfaction with leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement:

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SLW/c/sq/n/6/a	r=+.43	
O-SLW/c/sq/n/6/a	Beta=+.18	ß controled for satisfaction with work, health, housing and politics

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

<i>Study</i>	<i>GEHMA 1987</i>
<i>Reported in:</i>	Gehmacher, E. Gebaude Gemeinschaft. (Builled Community). SWS Rundschau, 1987, Vol. 27, 147 - 156. http://www.sws-rundschau.at/ Page in Report: 150
<i>Population:</i>	Residents housing estates, Vienna, Austria, 1987
<i>Sample:</i>	
<i>Non-Response:</i>	?
<i>N:</i>	218

Correlate

Authors label: Satisfaction with leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single direct question rated on a 1-5 step scale.

Remarks: β controled for satisfaction with housing, social contacts and activities.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/cm/sq/v/5/a</u>	<u>$r=+.08$</u>	
<u>O-SLL/c/sq/v/5/b</u>	<u>$r=+.39$</u>	
<u>M-FH/cm/sq/v/5/a</u>	<u>Beta=-.11</u> <u>ns</u>	- high $\beta=-.07$ - low $\beta=-.16$
<u>O-SLL/c/sq/v/5/b</u>	<u>Beta=+.11</u> <u>$p<.01$</u>	Contact-facilities in housing estate: - high $\beta=+.17$ - low $\beta=+.14$

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study HALL 1973

Reported in: Hall, J.
Measuring the Quality of Life Using Sample Surveys.
Stöber, J.; et al; Eds.: "Technology Assessment and the Quality of Life", Elsevier, 1973, Amsterdam, Netherlands, 93 - 102. ISBN 0 444 41137 2
Page in Report: 100

Population: Adults, general public, Britain, 1971

Sample:

Non-Response:

N: 593

Correlate

Authors label: Satisfaction with spare time. (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Question rated on a 7-point self-anchoring scale, based on Cantril (1965)

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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O-SLW/c/sq/l/7/a	r=+.40	
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Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study HALL 1976

Reported in: Hall, J.
Subjective Measures of Quality of Life in Britain, 1971 to 1975: Some Developments and Trends.
Social Trends, 1976, Vol. 7, 47 - 60
Page in Report: 50

Population: Adults, general public, Great Britain, 1971-75

Sample:

Non-Response: ?

N: 593

Correlate

Authors label: Satisfaction with leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Direct closed question rated on a 11-point scale.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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O-SLW/c/sq/l/11/a	r=+.41	1971
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O-SLW/c/sq/l/11/a	r=+.41	1973
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O-SLW/c/sq/l/11/a	r=+.52	1975
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Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study HARRY 1976

Reported in: Harry, J.
Evolving sources of happiness for men over the life cycle: A structural analysis
Journal of Marriage and the Family, Vol 38, 1976, 289-296
Page in Report: 292

Population: 18+ aged males, living with family, USA, 1973

Sample:

Non-Response:

N: 374

Correlate

Authors label: Satisfaction with leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single item self-rating on how much satisfaction one receives from leisure

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/aa	r=+.11 ns	Single
O-HL/c/sq/v/3/aa	r=+.31 ns	Married, no children
O-HL/c/sq/v/3/aa	r=+.17 ns	Married, pre-school children
O-HL/c/sq/v/3/aa	r=+.07 ns	Married, schoolage children
O-HL/c/sq/v/3/aa	r=-.12 ns	Married, teenage children
O-HL/c/sq/v/3/aa	r=+.35 p<.05	Married, children grown up

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study HOLLO 1999

Reported in: Holloway, F. ;Carson, J.
Subjective Quality of Life, Psychopathology, Satisfaction with Care and Insight: an Exploratory Study.
International Journal of Social Psychiatry, 1999, Vol. 45.,259 - 267. ISSN 0020 7640
Page in Report: 262

Population: Mental patients, followed 3 years, UK 1990-1993

Sample: Non-probability purposive sample

Non-Response: 0

N: 70

Correlate

Authors label: Leisure

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Selfreport on the following questions
How satisfied are you with:
-the amount of pleasure you get from things you do at home?
-the amount of pleasure you get from things you do outside your home?
-the pleasure you get from radio or tv?

Remarks: Satisfaction Subscale of Lancashire Quality of Life Profile (LQOLP) [Oliver 1991].

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sqt/v/7/a</u>	<u>r=+.60</u>	
<u>O-DT/u/sqt/v/7/a</u>	<u>rpc=+.51</u> <u>p<.000</u>	rpc controled for deprssion as measured with Beck Depression Inventory (BDI)

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
Journal of Community Psychology, 1989, Vol 17, 129 -140
Page in Report: 132,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with leisure

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Self report on satisfaction with:

- the amount of fun and enjoyment you have
- the way you spend your spare time
- the amount of free time you have
- the amount of relaxation in your life
- your own health and physical condition
- the amount of pep and energy you have

Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N= 125 M= 3,25 SD=0,84

Error Estimates: alpha=0,83

Remarks: Assessed for three periods:
 T1: 1 or 2 weeks before vacation
 T2: during vacation (retrospectively at T3)
 T3: the week after vacation

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.50</u> <u>p<.05</u>	T1 life satisfaction by T1 satisfaction with leisure
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.67</u> <u>p<.05</u>	T3 life satisfaction by T3 satisfaction with leisure
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.50</u> <u>p<.05</u>	T1 satisfaction with leisure by T3 life satisfaction
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.46</u> <u>p<.05</u>	T1 life satisfaction by T3 satisfaction with leisure

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
 An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
 Journal of Community Psychology, 1989, Vol 17, 129 -140
 Page in Report: 132,133, 134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with leisure during vacation

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Self report on satisfaction with:
 - the amount of fun and relaxation experienced
 - engaging in favorite and new leisure activities.
 Assessed on a 1-7 scale: 1 delighted...terrible

Measured Values: N=123 M=2,41 SD=1,02

Error Estimates: alpha=.94

Remarks: Assessed for three periods:
 T1: 1 or 2 weeks before vacation
 T2: during vacation (retrospectively at T3)
 T3: the week after vacation

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.30</u> <u>p<.05</u>	T1 life satisfaction (before vacation) by T2 satisfaction with leisure (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.44</u> <u>p<.05</u>	T2 Satisfaction with leisure (during vacation) by T3 life satisfaction (after vacation)

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
 An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
 Journal of Community Psychology, 1989, Vol 17, 129 -140
 Page in Report: 132,133,134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23*N:* 129

Correlate

Authors label: Satisfaction with nature during vacation*Our classification:* Satisfaction with leisure, code L3.4.3

Measurement: Self report on satisfaction with:

- the scenery
- the weather
- opportunities for being close to nature
- opportunities for escape

during vacation

Assessed on a 1-7 scale: 1 delighted...7 terrible

Measured Values: N=121 M=2,13 SD=,99*Error Estimates:* alpha=.74*Remarks:* Assessed at T2 during vacation (retrospectively at T3)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.18 ns</u>	T1 life satisfaction (before vacation) by T2 satisfaction with nature (during vacation)
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.26 ns</u>	T2 Satisfaction with nature (during vacation) and T3 life satisfaction (after vacation)

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study

KENNE 1978

Reported in: Kennedy, L.W.; Northcott, H.C.; Kinzel, C.
 Subjective Evaluation of Well-Being: Problems and Prospects.
 Social Indicators Research, 1978, Vol. 5, 457 - 474. ISSN 0303 8300. DOI:10.1007/BF00352943
 Page in Report: 463

Population: 18+ aged, general public, Edmonton, Canada, 1977*Sample:* Probability multi-stage cluster sample*Non-Response:* not reported

N: 335

Correlate

Authors label: satisfaction with recreation activities (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Self-report.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/c/sq/n/7/b	B=+.14	B controlled for satisfaction with: -friendships -standard of living -health -family life.

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study LEHMA 1988

Reported in: Lehman, A.F.
A Quality of Life Interview for the Chronically Mentally Ill.
Evaluation and Program Planning, 1988, Vol. 11, 51 -52. ISSN 0149 7189
Page in Report: 57

Population: Chronic mental patients, USA, 1981

Sample: Non-probability purposive sample

Non-Response:

N: 469

Correlate

Authors label: satisfaction with leisure

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: question not reported

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sqrt/v/7/a</u>	<u>r=+.59</u> <u>p<.0001</u>	Los Angeles: mentally ill residents of 30 large board-and-care homes
<u>O-DT/u/sqrt/v/7/a</u>	<u>r=+.44</u> <u>p<.0001</u>	Rochester: chronically mentally ill inpatients at the Rochester(N.Y.) Psychiatric Center
<u>O-DT/u/sqrt/v/7/a</u>	<u>r=+.56</u> <u>p<.0001</u>	Rochester:chronically mentaly ill residents of various supervised community residences

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study MERED 1984

Reported in: Meredith, W.H.
Level and Correlates of Perceived Quality of Life for Lao Hmong Refugees in Nebraska.
Social Indicators Research, 1984, Vol. 14, 83 - 97. ISSN 0303 8300 DOI:10.1007/BF00315723
Page in Report: 91

Population: 16+ aged, recent refugees from Laos, USA, 1982

Sample:

Non-Response: 0%

N: 145

Correlate

Authors label: Satisfaction with leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Index of closed questions, rated on a 7-point
Delighted-Terrible scale: How do you feel about:
- the way you spend your spare time (your free time when
you don't have any work to do)?
- the amount of time you have for doing the things you
want to do?
- the amount of fun and enjoyment you have?

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sqrt/v/7/a</u>	<u>r=+.46</u> <u>p<.01</u>	

[O-DT/u/sqt/v/7/a](#)[Beta=+.23](#)

ß controlled for satisfaction with self, optimism, perceived control and satisfaction with USA.

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study

MIELK 1997

Reported in: Mielke, C.
 Wohlbefinden und Fitness. Eine empirische Analyse zur Lebens-, Gesundheits- und Freizeitzufriedenheit älterer Menschen. (Welfare and Fitness of Elderly).
 Dissertation, University of Cologne, Medical Faculty, 1997, Germany
 Page in Report: 35

Population: 16+ aged, general public, non institutionalized, Germany, 1990-91

Sample: Probability systematic sample

Non-Response: onknown

N: 6000

Correlate

Authors label: satisfaction with leisure (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: single question:
 'How satisfied you are with leisure?'
 0 totally dissatisfied
 .
 .
 .
 .
 .
 10 totally satisfied

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

[O-SLP/c/sq/l/11/a](#)[D%=+26](#)

%satisfied with leisure:
 satisfied with life:57
 dissatisfied with life:31

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study **MOLLE 2004**

Reported in: Mollenkopf, H.; Kaspar, R.; Marcellini, F.; Ruoppila, I.; et al.
 Quality of Life in Urban and Rural Areas of Five European Countries: Similarities and Differences.
 Hallym International Journal of Ageing, 2004, Vol. 6, 1 -36. ISSN 1535 6523
 Page in Report: 17,28

Population: 55+ aged, 6 European nations, 2000

Sample: Probability stratified sample

Non-Response: 45%

N: 3950

Correlate

Authors label: Satisfaction with leisure possibilities

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Selfreport on single question: All in all, how satisfied are you with your leisure possibilities?
 Rated on 11-point numerical scale

Measured Values: Finland: Urban: M=8,4; SD=1,8; Rural: M= 7,8; SD=2,3; p<.001; Netherlands: Urban=7,5; SD=1,8; Rural: M=7,5; SD=1,8; ns; Germany West: Urban: M=7,3; SD=2,6; Rural:M=7,5; SD=2,4; ns; Germany East: Urban: M=7,0; SD=2,5; ;Rural: M=6,1; SD=2,8; p<.001; Hungary: Urban: M=7,8; SD=2,5 Rural: M=5,9; SD=2,8; p<.001; Italy: Urban: M=7,8; SD=2,0; Rural: M=6,8; SD=2,2; p<.001

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>Beta= ns</u>	Finland (urban areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta=+.16</u> <u>p<.05</u>	Finland (rural areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta= ns</u>	Netherlands (urban areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta= ns</u>	Netherlands (rural areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta=+.20</u> <u>p<.05</u>	Germany West (urban areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta= ns</u>	Germany West (rural areas)

<u>O-SLW/c/sq/n/11/d</u>	<u>Beta=+.29</u> <u>p<.05</u>	Germany East (urban areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta=+.25</u> <u>p<.05</u>	Germany Rast (rural areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta= ns</u>	Hungary (urban areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta= ns</u>	Hungary (rural areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta=+.30</u> <u>p<.05</u>	Italy (urban areas)
<u>O-SLW/c/sq/n/11/d</u>	<u>Beta=+.15</u> <u>p<.05</u>	Italy (rural areas)

Beta's controlled for:

- Age
- Gender
- Environment:Housing:
 - housing amenities
 - home ownership
 - satisfaction with housing
 - satisfaction with living area
- Mobility:
 - car in household
 - satisfaction with public transportation
 - satisfaction with mobility
- Services:
 - medical services
 - services and shops
 - satisfaction with services
- Culture:
 - cultural amenities
 - natural environment
- Security:
 - security
- Social Environment:
 - living together
 - division social network
 - friends/kin nearby
- Economic situation:
 - income per person
 - satisfaction with finances
- Health:
 - ADL
 - satisfaction with health

Only standardized regression coefficient
significant at a maximum error rate of alpha=.05
are shown.

Study

SCHUL 1985B

Reported in: Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.
Lebensqualität in Österreich. (Quality-of-Life in Austria).
Research paper nr 10/1, Institut für Soziologie, University of Vienna, 1985, Austria
Page in Report: 27,49,T53

Population: Adults, non-institutionalized, Austria, 1984

Sample:

Non-Response: ?

N: 1776

Correlate

Authors label: Satisfaction with leisure time (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Six item index of direct questions on satisfaction with leisure time during the last 14 days.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-AO/c/mq/*/0/a</u>	<u>r=+.27</u> <u>p<.05</u>	
<u>O-Sum/c/mq/v/5/a</u>	<u>r=+.22</u> <u>p<.05</u>	All
<u>M-AO/c/mq/*/0/a</u>	<u>Beta=+.11</u> <u>p<.05</u>	ß controlled for: satisfaction with physical health, material satisfaction, satisfaction with partner, satisfaction with selfrealisation, satisfaction with social involvement, satisfaction with work (positive), and satisfaction with work (negative).
<u>O-Sum/c/mq/v/5/a</u>	<u>Beta= ns</u>	
<u>O-Sum/c/mq/v/5/a</u>	<u>Beta=+.12</u>	- with partner, with work
<u>O-Sum/c/mq/v/5/a</u>	<u>Beta=*</u>	- with partner, without work
<u>O-Sum/c/mq/v/5/a</u>	<u>Beta=+.30</u>	- no partner, with work

O-Sum/c/mq/v/5/a Beta=* - no partner, without work

O-Sum/c/mq/v/5/a Beta=+.17 - monotonous work

O-Sum/c/mq/v/5/a Beta=+.16 - some selfcontrol

O-Sum/c/mq/v/5/a Beta=-.24 - much selfcontrol

All β 's controlled for satisfaction with six other domains of life (physical health, income, partner, selfrealization, social involvement, work).

*=N too small.

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study SHINN 1978

Reported in: Shinn, D.C.;Johnson, D.M.

Avowed Happiness as the Overall Assesment of the Quality of Life.

Social Indicators Research, 1978, Vol. 5, 475 - 492. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF00352944

Page in Report: 483/487

Population: Heads of households, Illinois, USA, 1975

Sample:

Non-Response: 17%

N: 665

Correlate

Authors label: Assessment of leisure time (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single closed question rated on a scale ranging from very satisfied to very dissatisfied or from excellent to very poor

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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O-HL/c/sq/v/3/aar=+.34p<..05

When controlled for:

- assessments only $\beta = +.22$
- resources and assessments $\beta = +.21$
- assessments and comparisons $\beta = +.17$
- assessments, resources and comparisons $\beta = +.17$

'Assessments': satisfaction with: standard of living, housing, health, education, community, government;

'Resources': race, sex, age, income, education, home ownership, marital status, number of children, number of household members;

'Comparisons': perception of being happier than others and perceived financial improvement in the past few years.

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

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: 266

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

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494

Correlate

Authors label: feelings during leisure hours (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single question:

" How do you feel during your leisure hours?"

1: very bad

2: bad

3: neither good nor bad

4: good

5: very good

Measured Values: N: 1:3, 2:18, 3:99, 4:677, 5:654

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=+.52</u> <u>p<.00</u>	1: Mt=1.66 2: Mt=3.89 3: Mt=5.18 4: Mt=7.45 5: Mt=8.70 All Mt=7.80
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.53</u> <u>p<.00</u>	1: Mt=1.25 2: Mt=3.20 3: Mt=4.90 4: Mt=7.10 5: Mt=8.38 All Mt=7.45
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.49</u> <u>p<.00</u>	1: Mt=2.50 2: Mt=3.89 3: Mt=4.88 4: Mt=6.55 5: Mt=7.83 All Mt=6.96

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study

VENTE 1996

Reported in: Ventegodt, S.
 Liskvalitet 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: 276

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: feelings during leisure

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Single question:
 "How do you feel during your leisure hours?"
 1: very bad
 2: bad
 3: neither/nor
 4: good
 5: very good

Measured Values: N: All:4596; 1:6; 2:62; 3:413; 4:2112; 5:2003

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.54</u> <u>p<.00</u>	1: Mt=1.66 2: Mt=3.19 3: Mt=5.28 4: Mt=7.39 5: Mt=8.78
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.57</u> <u>p<.00</u>	1: Mt=1.66 2: Mt=2.50 3: Mt=4.68 4: Mt=7.06 5: Mt=8.54
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.52</u> <u>p<.00</u>	1: Mt=1.66 2: Mt=3.55 3: Mt=4.91 4: Mt=6.59 5: Mt=8.05

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study ZUMA 1989

Reported in: Zentrum für Umfrageforschung Mannheim (ZUMA)
 Wohlfahrtsurveys 1978,1980,1984,1988.
 Unpublished data-set. Especially prepared for the World Database of Happiness.
 Page in Report:

Population: 18+ aged, general public, West-Germany, 1978-88

Sample:

Non-Response: ?

N: 2100

Correlate

Authors label: Satisfaction with leisure time (1)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Question: ' How satisfied are with your leisure time?'
Rated on an 11 point scale ranging from 0 to 10.

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

O-HL/c/sq/v/4/b

SNR=

eta

G

r

ß

1978	+.24	+.32	+.23	+.26
1980				
1984	+.23	+.32	+.21	+.26
1988	+.25	+.38	+.24	+.31

ß's controlled for age, gender, perceived class and marital status.

Correlational finding on Happiness and Satisfaction with leisure

Subject code: L3.4.3

Study

ZUMA 1989

Reported in: Zentrum für Umfrageforschung Mannheim (ZUMA)
Wohlfahrtsurveys 1978,1980,1984,1988.
Unpublished data-set. Especially prepared for the World Database of Happiness.
Page in Report:

Population: 18+ aged, general public, West-Germany, 1978-88

Sample:

Non-Response: ?

N: 2100

Correlate

Authors label: Satisfaction with social security (2)

Our classification: Satisfaction with leisure, code L3.4.3

Measurement: Question: ' How satisfied are you with social security? We mean the so-called social assurance system for healthcare, disemployment and old age.'
Rated on an 11 point scale ranging from 0 to 10.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks				
<u>O-SLW/c/sq/n/11/ba</u>	<u>SNR=</u>		eta	G	r	ß
		1978	+.38	+.39	+.36	+.37
		1980				
		1984	+.29	+.32	+.27	+.32
		1988	+.31	+.34	+.30	+.35
		ß's controlled for age, gender, perceived class and marital status.				

Correlational finding on Happiness and . satisfaction with time for leisure
Subject code: L3.4.3.1

Study	ANDRE 1976/1
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, 1972/75
Sample:	
Non-Response:	24%
N:	1297

Correlate

Authors label:	Satisfaction with amount of time doingthings one likes (1)
Our classification:	. satisfaction with time for leisure, code L3.4.3.1
Measurement:	Closed question: "How do you feel about the amount of time you have for doing the things you like?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sqrt/v/7/a</u>	<u>E²=+.28</u>	Unaffected by sex

[O-DT/u/sqt/v/7/a](#)[Beta=+.07](#)

β controlled for 11 domain satisfactions (efficacy, family, money, amount of fun, house/apartment, spare time activities, national government, things do with family, consumer, health, job).

[O-DT/u/sqt/v/7/a](#)[Beta=+.07](#)

β controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 11 domain satisfactions.

Correlational finding on Happiness and . satisfaction with time for leisure

Subject code: L3.4.3.1

Study

ANDRE 1976/3

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, 1972/11

Sample:

Non-Response: 38%

N: 1072

Correlate

Authors label: Satisfaction with amount of time doing things one likes (1)

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: Closed question: "How do you feel about the amount of time you have for doing the things you want to do?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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[O-SLV/u/sq/t/101/a](#)[r=+.21](#)[O-SLW/c/sq/n/7/a](#)[r=+.25](#)

Correlational finding on Happiness and . satisfaction with time for leisure

Subject code: L3.4.3.1

Study ANDRE 1976/3

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, 1972/11

Sample:

Non-Response: 38%

N: 1072

Correlate

Authors label: Satisfaction with amount of time doing things one likes (2)

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: Closed question: "How do you feel about the amount of time you have for doing the things you want to do?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqrt(v/7/a	E²=+.31	

Correlational finding on Happiness and . satisfaction with time for leisure
Subject code: L3.4.3.1

Study ANDRE 1976/6

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, 1972-73

Sample:

Non-Response:

N: 2727

Correlate

Authors label: Satisfaction with spare time, pressure (1)

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: Index of closed questions, asked in different samples: "How do you feel about...

1. the amount of time you have for doing the things you want to do (asked in November 1972)
2. the amount of pressure you are under (asked in April 1973)
3. the way you spend your spare time, your non-working activities (asked in July 1973)
4. the amount of relaxation in your life (asked in July 1973)
5. your chances for relaxation - even for a short time (asked in July 1973)?"

Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	r=+.42	

Correlational finding on Happiness and . satisfaction with time for leisure

Subject code: L3.4.3.1

Study BERNO 1985

Reported in: Bernow, R
Livskvaliteten i Sverige. (Lifequality in Sweden)
Stockhold Läns Landstring, 1985, Stockholm, Sweden.
Page in Report: 39

Population: 18-70 aged, general public, Sweden., 1982

Sample:

Non-Response: ?

N: 1558

Correlate

Authors label: Satisfaction with time for hobbies (1)

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: Single direct question

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/c/sqt/v/7/a</u>	<u>r=+.35</u>	

Correlational finding on Happiness and . satisfaction with time for leisure
Subject code: L3.4.3.1

Study	MAKAR 1962
<i>Reported in:</i>	Makarczyk, W. Factors affecting Life Satisfaction among People in Poland. Polish Sociological Bulletin, 1962, Vol. 1, 105 - 116 Page in Report: 114
<i>Population:</i>	Adults, general public, students and peasants excluded, Poland, 1960
<i>Sample:</i>	
<i>Non-Response:</i>	5%
<i>N:</i>	2387

Correlate

<i>Authors label:</i>	Attitude towards amount of time spent on entertainment (1)
<i>Our classification:</i>	. satisfaction with time for leisure, code L3.4.3.1
<i>Measurement:</i>	Single question: how much time do you spend on entertainment ? none / far too little /rather too little / sufficient.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/u/sq/v/5/a</u>	<u>T=.18</u> <u>p<.001</u>	Non-farmers.
<u>O-SLW/u/sq/v/5/a</u>	<u>T=.13</u> <u>p<.001</u>	Farm owners and family.

Correlational finding on Happiness and . satisfaction with time for leisure
Subject code: L3.4.3.1

Study	MIELK 1997
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Reported in: Mielke, C.
Wohlbefinden und Fitness. Eine empirische Analyse zur Lebens-, Gesundheits- und Freizeit Zufriedenheit älterer Menschen. (Welfare and Fitness of Elderly).
Dissertation, University of Cologne, Medical Faculty, 1997, Germany
Page in Report: 36

Population: 16+ aged, general public, non institutionalized, Germany, 1990-91

Sample: Probability systematic sample

Non-Response: onknown

N: 6000

Correlate

Authors label: Satisfaction with time for leisure (2)

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: single question:
how satisfied you are with your time for
leisure?
0 totally dissatisfied
.
10 totally satisfied

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLP/c/sq/l/11/a</u>	<u>D%=36</u>	%satisfied with time for leisure: satisfied with life:68 dissatisfied with life:32

Correlational finding on Happiness and . satisfaction with time for leisure
Subject code: L3.4.3.1

Study MIELK 1997

Reported in: Mielke, C.
Wohlbefinden und Fitness. Eine empirische Analyse zur Lebens-, Gesundheits- und Freizeit Zufriedenheit älterer Menschen. (Welfare and Fitness of Elderly).
Dissertation, University of Cologne, Medical Faculty, 1997, Germany
Page in Report: 36

Population: 16+ aged, general public, non institutionalized, Germany, 1990-91

Sample: Probability systematic sample

Non-Response: onknown

N: 6000

Correlate

Authors label: satisfaction with time for leisure (1)

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: single question:
 "how satisfied you are with your time
 for leisure?"
 0 totally dissatisfied
 .
 .
 .
 .
 .
 .
 10 totally satisfied

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SLP/c/sq/l/11/a	D%=36	& satisfied with life: satisfied with time for leisure:68 dissatisfied with time for leisure:32

Correlational finding on Happiness and . satisfaction with time for leisure

Subject code: L3.4.3.1

Study

OOSTE 2008

Reported in: Oosterhof, S.F.
 Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).
 Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
 Page in Report: 38

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Satisfied with amount of free time

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: Selfreport on single question:
(full question not reported)
1 Not
2 Neutral (reference category)
3 Well

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks			
<u>O-HP/u/sq/v/5/a</u>	<u>OR= ns</u>	UNHAPPY (vs happy) VERY HAPPY (vs happy) observed controlled observed controlled			
		Well	0,95 0,86	0,88	0,89
		Neutral	1 1	1	1
		Not	1,02 0,74	1,04	0,97
		Control variables are: - satisfaction with filling in of free time - situation - family stage - urban living environment - self reported health - self reported stress			

Correlational finding on Happiness and . satisfaction with time for leisure Subject code: L3.4.3.1

Study SCHUL 1985B

Reported in: Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.
Lebensqualität in Österreich. (Quality-of-Life in Austria).
Research paper nr 10/1, Institut für Soziologie, University of Vienna, 1985, Austria
Page in Report: 70,T56

Population: Adults, non-institutionalized, Austria, 1984

Sample:

Non-Response: ?

N: 1776

Correlate

Authors label: Time for leisure (1)

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: Single direct question: "How do you qualify your activities, i.e. the things you are doing (during the last 14 days)?"
 Rated on a 5-point scale ranging from 'not enough' to 'very good'.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-Sum/c/mq/v/5/a</u>	<u>Beta=+.11</u> <u>p<.05</u>	β controlled for: age, professional status, income, quality of family life, and satisfaction with partner.

Correlational finding on Happiness and . satisfaction with time for leisure

Subject code: L3.4.3.1

Study UGLAN 2006

Reported in: Uglanova, E.
 Analysis of Happiness Variable in Monitoring of Social and Economic Changes in Russia 1993 - 2.
 Data Independent Institute for Social Policy, 2006, Russia <http://sofist.socpol.ru>
 Page in Report: question 17

Population: 16+ aged, Russia, 1993

Sample: Probability multi-stage cluster sample

Non-Response: ?

N: 2018

Correlate

Authors label: Satisfaction with leisure

Our classification: . satisfaction with time for leisure, code L3.4.3.1

Measurement: How satisfied are you with your leisure?
 1 completely dissatisfied
 2 rather dissatisfied
 3 rather satisfied
 4 quite satisfied
 - DK/NA

Measured Values: 1: 15,6% 2: 37,5 3: 26,4% 4: 12,1% DK/NA: 8,9%

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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<u>O-SLW/c/sq/v/4/g</u>	<u>DM=+</u>	1: M = 2,02
		2: M = 2,38
		3: M = 2,77
		4: M = 3,15

<u>O-SLW/c/sq/v/4/g</u>	<u>rs=+.42</u>
	<u>p<..000</u>

Correlational finding on Happiness and . satisfaction with time for leisure
Subject code: L3.4.3.1

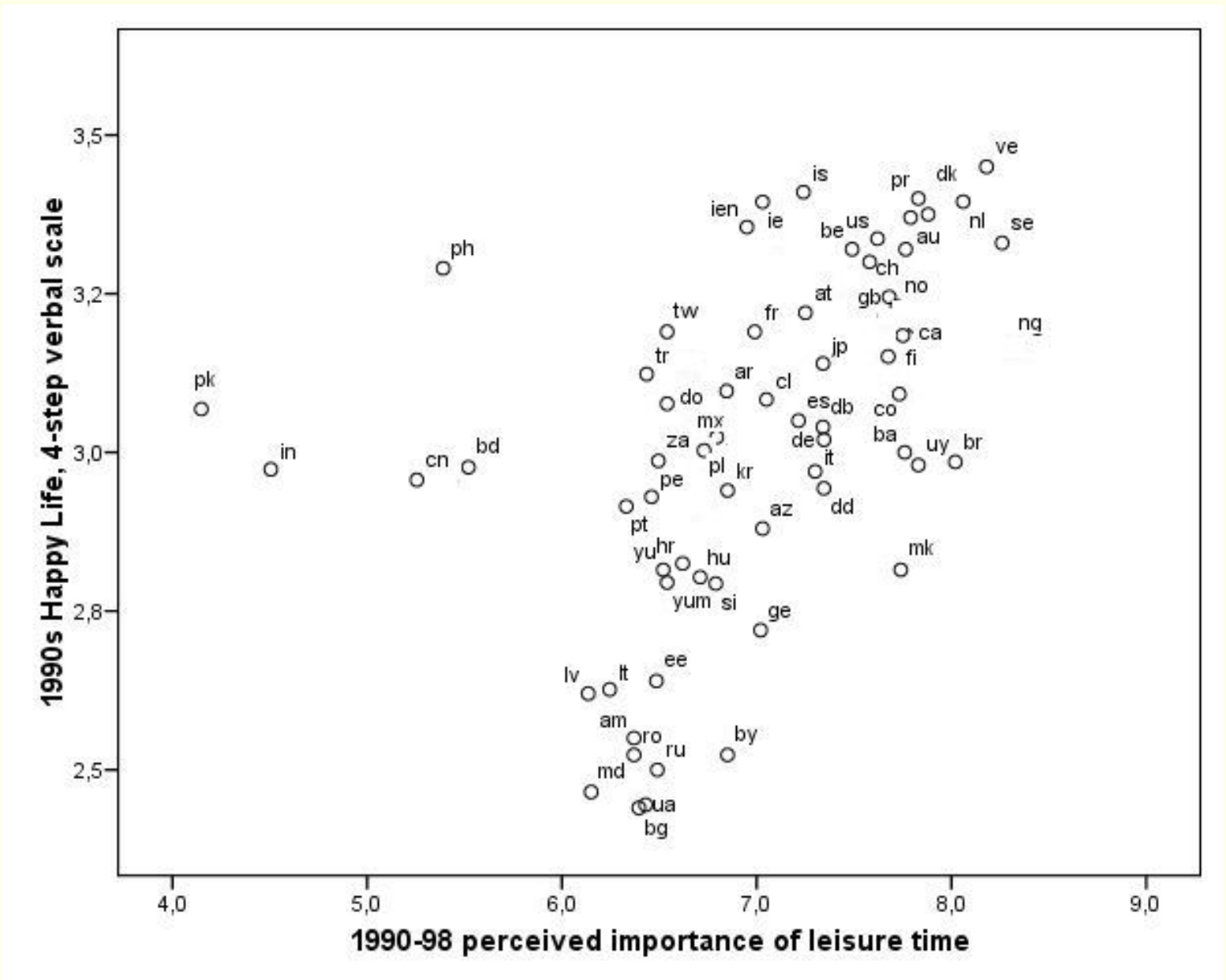
Study	VEENH 2003/3
Reported in:	Veenhoven, R. Hedonism and Happiness Journal of Happiness Studies, 2003, Vol. 4, 437 - 457.ISSN p 1389 4978;ISSN e 1573 7780 (also published in: Warburton, D.M.;Sweeney, E.M.;Eds.: " Proceedings 7th ARISE Symposium 'The Senses, Pleasure and Health' ", October 2001, Nice, France, 121 - 136) Page in Report: 131
Population:	Adults, 70 countries, mid 1990s
Sample:	Probability sample (unspecified)
Non-Response:	
N:	100000

Correlate	
Authors label:	Importance of leisure time
Our classification:	. satisfaction with time for leisure, code L3.4.3.1
Measurement:	Selfreport on single question
Remarks:	Data: World Values Survey

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HL/u/sq/v/4/a</u>		Average happiness by perceived importance of leisure time in 63 nations mid 1990s

Set Image size:



Correlational finding on Happiness and . satisfaction with leisure activities
 Subject code: L3.4.3.2

Study

ABRAM 1972

Reported in: Abrams, M.; Hall, J.
 The Condition of the British People: Report on a Pilot Survey using Self-Rating Scales.
 Unpublished paper, Social Science Research Council, 1972, London, UK.
 Page in Report: 21

Population: 15+ aged, general public, Britain, 1971

Sample:

*Non-Response:**N:* 213

Correlate

Authors label: Satisfaction with things you can do inleisure time (1)*Our classification:* . satisfaction with leisure activities, code L3.4.3.2*Measurement:* Closed question rated on an 11-point self-anchoring scale, based on Cantril (1965)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SLW/c/sq/l/11/b	r=+.24	

Correlational finding on Happiness and . satisfaction with leisure activities
 Subject code: L3.4.3.2

Study ANDRE 1976/1

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, 1972/75*Sample:**Non-Response:* 24%*N:* 1297

Correlate

Authors label: Satisfaction with spare time activi- ties (1)*Our classification:* . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question: "How do you feel about the way you spend your spare time, your non-working activities?"
 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>E²=+.41</u>	Unaffected by sex
<u>O-DT/u/sqrt/v/7/a</u>	<u>Beta=+.08</u>	β controlled for 11 domain satisfactions (efficacy, family, money, amount of fun, house/apartment, national government, things do with family, consumer, time to do things, health, job).
<u>O-DT/u/sqrt/v/7/a</u>	<u>Beta=+.09</u>	β controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 11 domain satisfactions.

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study ANDRE 1976/3

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, 1972/11

Sample:

Non-Response: 38%

N: 1072

Correlate

Authors label: Satisfaction with spare time activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question: "How do you feel about the way you spend your spare time, your nonworking activities?"
 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>E²=+.47</u>	

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

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 spare time activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question: "How do you feel about the way you spend your spare time, your non-working activities?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqrt(v/7/a	r=+.49	

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study ANDRE 1989

Reported in: Andrews, F.M.
Stability and change in levels and structure of subjective well-being: USA 1972 and 1988
Paper presented at the International Conference on Social Reporting, Berlin, September 1989
Page in Report: 20

Population: Adults, general public, non-institutionalized, USA, 1972-88

Sample:

Non-Response:

N: 2985

Correlate

Authors label: Satisfaction with use of spare time (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single direct question rated on 7 point delighted-terrible scale "How do you feel about your use of spare time?"

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>	
<u>O-DT/u/sqt/v/7/a</u>	<u>E²=+</u>	1972: +.40	1988: +.40
<u>O-DT/u/sqt/v/7/a</u>	<u>Beta=+</u>	1972: +.14	1988: +.08
		ß controlled for satisfaction with 5 other aspects of life: 1: fun, 2: accomplishments, 3: family income, 4: national government	

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

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: 27

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

Sample:

Non-Response: 34% refusal and unattainable.

N: 1552

Correlate

Authors label: Satisfaction with possibilities to pursue one's hobbies (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question rated on an open graphic scale ranging from 'very dissatisfied' to 'very satisfied'.

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=+.53</u> <u>p<.05</u>	Lower among age 41-50 Unaffected by S.E.S. Stronger among medium educational level. Stronger among females.

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study BALAT 1993

Reported in: Balatsky, G.; Diener, E.
Subjective Well-Being among Russian Students.
Social Indicators Research, 1993, Vol. 28, 225 - 243 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01079019
Page in Report: 235

Population: Students, Moscow and Glazov (Ural), Russia, 1990

Sample: Non-probability chunk sample

Non-Response: not reported

N: 116

Correlate

Authors label: Satisfaction with recreation activity (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single question: "How do you feel about your recreation activity right now?".
Rated on 7-point scale from:
1.Terrible.....to
.
.
7.Delighted.

Measured Values: M= 4.09; SD= 1.66

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.39</u> <u>p<.01</u>	p two-tailed
<u>O-DT/c/sq/v/7/b</u>	<u>r=+.47</u> <u>p<.01</u>	p two tailed

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study **BATIS 1996**

Reported in: Batista-Foquet, J.M.; Coenders, G.; Sureda-Pascual, J.
Satisfaction in Catalonia, Spain.
Saris, W.E.; et al; Eds.: "A Comparative Study of Satisfaction with Life in Europe", Eötvös University Press, 1996, Hungary, 155 - 174 ISSN:963 463 0812
Page in Report: 159-168

Population: 16+ aged, general public, Catalonia, Spain, 1989

Sample: Probability stratified sample

Non-Response: not reported

N: 406

Correlate

Authors label: satisfaction with leisure activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single question:
"How satisfied are you recently with your leisure activities?"
1. completely dissatisfied
2. dissatisfied
3 neither satisfied nor dissatisfied
4 satisfied
5 completely satisfied

Measured Values: M= 3.39; SD= 1.33 Scale % 1. 13.3 2. 11.6 3. 22.9 4. 27.3 5. 24.9

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/c/sq/v/5/ea	r=+.33	
O-SLW/c/sq/v/5/ea	rp=+.44	rp corrects for random and systematic measurement error.

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study **BHARA 1977**

Reported in: Bharadwaj, L.; Wilkening, E.A.

The Prediction of Perceived Well-Being.

Social Indicators Research, 1977, Vol. 4, 421 - 439 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF00353143

Page in Report: 430

Population: 18+ aged, general public, Wisconsin, USA, 1977

Sample:

Non-Response: 12%

N: 1423

Correlate

Authors label: Satisfaction with sparetime activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: direct closed question rated on a 7-point scale, ranging from "completely satisfied" to "completely dissatisfied".

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLW/u/sqrt(v/7/a</u>	<u>r=+.41</u>	
<u>O-SLW/u/sqrt(v/7/a</u>	<u>Beta=+.09</u>	All β 's controlled for satisfaction with family-life, standard of living, work, health, income, community, housing, food, spiritual matters, education, organizational involvement, natural environment, national government. males β :+.09 females β : ns AGE INCOME under 30 β :+.08 under \$4000 β :+.15 30-49 β : ns \$4000- 7999 β :+.07 50-64 β :+.10 \$8000-15999 β : ns over 65 β :+.18 over \$16000 β :+.26 GENDER males β :+.09 females β : ns

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study BUTTE 1977

Reported in: Buttel, F.H.; Martinson, O.B.

Ideology and Social Indicators of the Quality of Life.

Social Indicators Research, 1977, Vol. 4, 353 - 369 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF00353138

Page in Report: 353

Population: 18+ aged, general public, Winconsin USA, 1974

Sample:

Non-Response:

N: 548

Correlate

Authors label: Satisfaction with spare time (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single closed question rated on a 7-point scale: Overall, how satisfied or dissatisfied are you with the ways you spend your spare time: completely satisfied / very satisfied / satisfied / satisfied-dissatisfied / dissatisfied / very dissatisfied / completelydissatisfied?

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/u/sq/v/7/b</u>	<u>r=+.39</u> <u>p<.05</u>	
<u>C-A/u/sq/v/7/a</u>	<u>r=+.39</u> <u>p<.05</u>	
<u>O-HL/c/sq/v/7/a</u>	<u>r=+.29</u> <u>p<.05</u>	

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study

GILLO 1973

Reported in: Gillo, M.W.

Studies on the Nature of the Relationships between Job and Life Satisfaction: Towards a Comprehensive Model.

Unpublished Dissertation, University of Kansas, 1973, USA

Page in Report: 124

Population: Workers, union members, Kansas City, USA, 197?

Sample:

Non-Response: 73%, no return of mailed questionnaire. Unaffected by age, sex, Local's members

N: 213

Correlate

Authors label: Happiness with leisure time activities. (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question rated on an 11-point self-anchoring scale, based on Cantril (1965).

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/l/11/a	r=+.55	

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study

GLENN 1981C

Reported in: Glenn, N.D.; Weaver, C.N.
The Contribution of Marital Happiness to Global Happiness.
Journal of Marriage and the Family, 1981, Vol. 43, 161-168. ISSN 0022 2445
Page in Report: 164

Population: Marrieds, non-institutionalized, USA, 1973-78

Sample:

Non-Response:

N: 9000

Correlate

Authors label: Satisfaction with non-working activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Direct question: "For each area of life I am going to name, tell me the number that shows how much satisfaction you get from that area? 1.a very great deal, 2.a great deal, 3.quite a lot, 4.a fair amount, 5.some, 6.a little, 7.none"

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HL/c/sq/v/3/aa</u>	<u>r=+</u>	<p>Married persons working full-time:</p> <ul style="list-style-type: none"> - white men: $r=+.18$ $\beta=+.05$ - black men: $r=+.16$ $\beta=+.04$ - white women: $r=+.27$ $\beta=+.09$ - black women: $r=+.13$ $\beta= .10$ <p>All married women:</p> <ul style="list-style-type: none"> - white: $r=+.24$ $\beta=+.06$ - black: $r=+.23$ $\beta=+.10$
<u>O-HL/c/sq/v/3/aa</u>	<u>r=+</u>	<p>Married persons working full-time:</p> <ul style="list-style-type: none"> - white men: $r=+.18$ $\beta=+.05$ - black men: $r=+.16$ $\beta=+.04$ - white women: $r=+.27$ $\beta=+.09$ - black women: $r=+.13$ $\beta= .10$ <p>All married women:</p> <ul style="list-style-type: none"> - white: $r=+.24$ $\beta=+.06$ - black: $r=+.23$ $\beta=+.10$
<u>O-HL/c/sq/v/3/aa</u>	<u>Beta=+</u>	β controled for marital happiness, satisfaction with: work, financial situation, community, family life, friendships and health

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study

GONZA 2008

Reported in: Gonzalez-Herero, V.
 Personal wellbeing and activities in late adulthood
 Doctoral dissertation, University of Malaga, Spain, 2008
 Page in Report:

Population: Elderly, city Spain, 2005

Sample: Non-probability purposive sample

Non-Response:

N: 250

Correlate

Authors label: Satisfaction with leisure activity

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Selfreport of frequency of participation in 28 activities.
 Ss checked using the following list
 a: Going to concerts, theatre, cinema, plays or museums
 b: Going to church
 c: Visiting friends
 d: Visiting relatives
 e: Communicating by phone with friends
 f: Communicating by phone with relatives
 g: Going out with friends to have lunch, coffee, etc.
 h: Going out with relatives to have lunch, coffee, etc.
 i: Watching educational television
 j: Watching entertainment television
 k: Reading newspapers and magazines
 l: Reading books
 m: Listening to the radio
 n: Home repair and maintenance
 o: Looking after plants
 p: Looking after pets
 q: Taking care for a sick relative
 r: Looking after kids
 s: Attending a leisure group - playing with a musical group, a theatre group, going on trips-
 t: Writing, painting, sculpture, playing a musical instrument
 u: Listening to music
 v: Doing physical exercise
 w: To do unpaid work for others
 x: Taking courses or lessons
 y: Going shopping (not include buying food or things for the house)
 z: Collaboration with an NGO
 aa: To play solitary games and card
 ab: Board games with others

Rating of satisfaction with activities ever done:
 1: not satisfactory at all
 2: a little satisfactory
 3: moderate satisfactory
 4: quite satisfactory
 5: extremely satisfactory

Measured Values: Range : 1-140, M = 82.14 SD = 18.68

Remarks: A: Social activities
 B: Masscommunication use
 C: Building knowledge
 D: Home activities and hobbies
 E: Creative activities
 F: Activities outside the home
 G: Community service activities
 H: Games

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/u/sq/v/7/a</u>	<u>r=+.27</u> <u>p<.01</u>	
<u>A-BMr/cm/mq/v/5/a</u>	<u>r=+.30</u> <u>p<.01</u>	

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study HAAVI 1971

Reported in: Haavio-Mannila, E.
Satisfaction with Family, Work, Leisure and Life among Men and Women.
Human Relations, 1971, Vol. 24, 585 - 601. ISSN 0018 7267
Page in Report: 590

Population: 15-64 aged, general public, Finland, 1966

Sample:

Non-Response:

N: 948

Correlate

Authors label: Satisfaction with possib. for leisure time activities. (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question rated on a 4-point scale ranging from 'very unsatisfied' to 'very satisfied'.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/?/sq/v/3/b</u>	<u>r=+ p<.05</u>	unmarried employed males : r = +.53 (05) unmarried employed females : r = +.19 (05) married employed males : r = +.28 (05) married employed females : r = +.29 (05) married non-employed females: r = +.54 (05)

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

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: Family activities

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: 1 single question on satisfaction with the things you and your family do together, scored on a 1-9 D-T rating scale.

Measured Values: M = 6.8 SD = 1.5

Remarks: Item scored on the same rating scale as the question on happiness.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sqt/v/9/a</u>	<u>r=+.45</u> <u>p<.001</u>	
<u>O-DT/u/sqt/v/9/a</u>	<u>Beta=+.09</u>	all cases Beta's controlled for satisfaction with - self-fulfillment - sex life - problem handling - work around the house - mother - health - house - standard of living - assertiveness - friends - fun and enjoyment - marriage

O-DT/u/sqt/v/9/aBeta=+.08

married cases

Beta's controlled for satisfaction with

- self-fulfillment
- sex life
- problem handling
- work around the house
- mother
- health
- house
- standard of living
- assertiveness
- friends
- fun and enjoyment
- marriage

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

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:

Population: Adults, general public, Australia 1978

Sample: Probability sample (unspecified)

Non-Response: not reported

N: 679

Correlate

Authors label: Spare time activities

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: 1 single question on satisfaction with: The way you spend your spare time; your non-working activities, scored on a 1-9 rating scale.

Measured Values: M = 6.3 SD = 1.5

Remarks: Item scored on the same rating scale as the question on happiness.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqrt/v/9/a	r=+.36 p<.001	

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study HEADE 1991

Reported in: Headey, B.; Veenhoven, R.; Wearing, A.
Top-down versus Bottom-up Theories of Subjective Well-Being.
Social Indicators Research, 1991, Vol. 24, 81 - 100. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF00292652
Page in Report: 94

Population: 18-65 aged, general public, Victoria, Australia, followed from 1981 to 1987 in two 24 months periods

Sample: Probability stratified sample

Non-Response:

N: 942

Correlate

Authors label: Leisure

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: 1 single question on satisfaction with: The way you spend your spare time; your non-working activities, scored on a 1-9 rating scale.

Remarks: Panel analysis over four waves (1981, 1983, 1985, 1987) which estimates following effects

- bottom up: effect of satisfaction with leisure activities on life satisfaction
- topdown: effect of life satisfaction on satisfaction with leisure activities
- contemporaneous: within wave correlation
- lagged: over time (waves) correlation

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqrt/v/9/a	Beta=-.06 ns	Contemporaneous bottom up: satisfying leisure activities make people happy

O-DT/u/sqt/v/9/aBeta=+.17
p<.05

Contemporaneous top down: happy people are satisfied with their leisure activities

O-DT/u/sqt/v/9/aBeta=-.05
ns

Lagged bottum up: satisfying leisure activities make people happy

O-DT/u/sqt/v/9/aBeta=+.12
p<.05

Lagged top down: happy people are satisfied with their leisure activities

Beta's controlled for satisfaction with

- marriage
- job
- standard of living
- friendship
- health

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study

HERZO 1982/2

Reported in: Herzog, A.R.;Rodgers, W.L.;Woodworth, J.
Subjective Well-Being among Different Age Groups.
Research Report I.S.R., University of Michigan, 1982, Ann Arbor, USA
Page in Report: 68- 72

Population: 25-97 aged, general public, non-institutionalized, USA,1971-78

Sample:

Non-Response:

N: 6918

Correlate

Authors label: Interpersonal/ leisure satisfaction (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: DATASET 1
"The things you and your family do together?"; "The way you spend your time, your non-working activities?"; "The things you do and the times you have with friends?"; rated on 7-point scales (high scores indicating high satisfaction) and combined into index.
DATASET 6 and 7
"All things considered, how satisfied are you with your family life -- the time you spend and the things you do with members of your family?";
"Overall, how satisfied are you with the ways to spend your spare time?"; "All thingss considered, how satisfied are you with your friendships -- with the time you can spend with friends, the things you do together, the number of

friends you have as well as the particular people who are your friends?"; rated on 7-pointscale (high scores indicating high satisfaction) and combined into an index.

Remarks: DATASETS:

1: 1972, N=1955, SI Study, See ANDRE 1976
 6: 1971, N=1822, QOL Survey, See CAMPB 1975
 7: 1978, N=3141, QOL Survey, See CAMPB 1981

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/aa	Beta=+.08 p<.05	DATASET 1: β higher among 45-64 than among 25-44 and 65-97 aged ($p<.05$). β controlled for Economic, Residence, Job, Health and Marriage satisfaction.
O-HL/c/sq/v/3/aa	Beta=+.0 ns	DATASET 6: β identical across age (25-44/45-64/65-97). β controlled for Economic, Residence, Job, Health, Marriage satisfaction.
O-HL/c/sq/v/3/aa	Beta=+.29 p<.05	DATASET 7: β lower among 25-44 than among 45-64 and 65-97 aged ($p<.05$). β controlled for Economic, Residence, Job, Health and Marriage satisfaction.

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study

HOOPE 1989

Reported in: Hoopes, L.L.; Lounsbury, J.W.
 An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach.
 Journal of Community Psychology, 1989, Vol 17, 129 -140
 Page in Report: 132, 134

Population: Working adults, USA, before and after vacation, 198?,

Sample: Non-probability purposive sample

Non-Response: 23

N: 129

Correlate

Authors label: Satisfaction with nature

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Self report on satisfaction with:

- outdoor places you can go in your spare time round here
- nearby places you can go in your spare time around here
- the condition of the natural environment around here - the air, land, and water in this area

Assessed on a 1-7 scale: 1 delighted... 7 terrible

Measured Values: N=121 M=2,27 SD=.86

Error Estimates: alpha =.84

Remarks: Assessed for three periods:

- T1: 1 or 2 weeks before vacation
- T2: during vacation (retrospectively at T3)
- T3: the week after vacation

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.19 ns</u>	T1 Life satisfaction by T1 satisfaction with nature
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.28</u> <u>p<.05</u>	T3 Life satisfaction by T3 Satisfaction with nature
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.11 ns</u>	T1 Satisfaction with nature by T3 Life satisfaction
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.26</u> <u>p<.05</u>	T1 Life satisfaction by T3 Satisfaction with nature

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study KENNE 1985

Reported in: Kennedy, L.W.; Mehra, A.N.
Effects of Social Change on Well-Being: Boom and Bust in a Western Canadian City.
Social Indicators Research, 1985, Vol. 17, 101 - 113. ISSN 0303 8300. DOI:10.1007/BF00302416
Page in Report: 108

Population: 18+ aged, general public, Edmonton, Canada, 1977-84

Sample: Probability multi-stage cluster sample

Non-Response:

N: 3440

Correlate

Authors label: Non-work activities satisfaction (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Question on satisfaction with non-work activities;

Rated:

1.very dissatisfied

.

.

7.very satisfied.

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

O-SLu/c/sq/n/7/b

Beta=+.09

Stepwise regression by age-group.
age-group 26-45

Beta controlled for:

- standard of living satisfaction
- friendship satisfaction
- family satisfaction
- job satisfaction
- health satisfaction
- neighbourhood satisfaction
- finanacial better/worse than year ago
- sex
- year of significant social change
- things wanted to do satisfaction

O-SLu/c/sq/n/7/b

Beta=+.12

age-group 45+

Beta controlled for:

- standard of living satisfaction
- health satisfaction
- financial better/worse than year ago
- job satisfacion
- frienship satisfaction
- family satisfaction
- things wanted to do satisfaction
- sex
- year of significant social change

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study

LEVY 1975/1

Reported in: Levy, S.;Guttman, L.
On the Multivariate Structure of Well-Being.
Social Indicators Research, 1975, Vol. 2, 361 - 388. ISSN 0303 8300. DOI:10.1007/BF00293253
Page in Report: 372

Population: 18+ aged, general public, urban areas, Israel, 1973

Sample:

Non-Response: -

N: 1940

Correlate

Authors label: Satisfaction with leisure time activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question ranging from 'not at all satisfied' to 'very satisfied'.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/?/6/a	mc=+.55	
A-AOL/c/sq/v/4/b	mc=+.51	

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study MICHA 1980

Reported in: Michalos, A.C.
Satisfaction and Happiness.
Social Indicators Research, 1980, Vol. 8, 385 - 422. ISSN 0303 8300. DOI:10.1007/BF00461152
Page in Report: 399

Population: University staff members, Guelph Canada, 1979

Sample:

Non-Response: 59%

N: 357

Correlate

Authors label: Satisfaction with free time activity (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question rated on a 7-point scale.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/c/sq/v/7/aa</u>	<u>r=+.41</u> <u>p<.01</u>	<p>Controlled for 1 rpc= +.13 (01) Controlled for 1+2 rpc= +.12 (05) Controlled for 1+3 rpc= +.09 (ns) Controlled for 1+2+3 rpc= +.07 (ns) Controlled for 1 β = +.08 Controlled for 1+3+4 β = +.06</p> <p>1= Satisfaction with health, financial security, family life, friendships, housing, job, education, self-esteem, area you live in, ability to get around, security from crime. 2= Global happiness(indicator 2, HAPP 1.1) 3= Demographic factors (sex, age, marital status, education, family income) 4= Workstatus.</p>
<u>O-HL/u/sq/v/7/a</u>	<u>r=+.34</u> <u>p<.01</u>	<p>Controlled for 1 rpc= +.03 (ns) Controlled for 1 β = +.03 Controlled for 1+3 β = +.02</p> <p>1= Satisfaction with health , financial security, family life, friendships,housing, job, education, self-esteem, area you live in, ability to get around, security from crime. 3= Demographic factors (sex, age, marital status, education, family income)</p>

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study MICHA 1982

Reported in: Michalos, A.C.

The Satisfaction and Happiness of Some Senior Citizens in Ontario.

Social Indicators Research, 1982, Vol. 11, 1 - 30. ISSN 0303 8300. DOI:10.1007/BF00353590

Page in Report: 24

Population: 60+ aged, rural townships,Southern Huron County, Ontario, Canada, 198?

Sample:

Non-Response: 37%

N: 392

Correlate

Authors label: Satisfaction with recreation (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question on personal recreation activities, rated on a 7-point scale

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks																		
<u>O-HL/u/sq/v/7/a</u>	<u>Beta=+.04</u>	<p>All β's are controlled for satisfaction with family life, friendships, financial security, self-esteem, spouse, health, transportation, housing, religion, area you live in, government services; and for sex, age and education.</p> <table><tr><td>Males</td><td>N:149</td><td>β:+.17</td></tr><tr><td>Females</td><td>N:121</td><td>β:-.08</td></tr><tr><td>Farmers</td><td>N:130</td><td>β:+.08</td></tr><tr><td>Non-farmers</td><td>N:141</td><td>β:+.01</td></tr><tr><td>Age 60-74</td><td>N:170</td><td>β:ns</td></tr><tr><td>Age 75-up</td><td>N:102</td><td>β:+.08</td></tr></table>	Males	N:149	β :+.17	Females	N:121	β :-.08	Farmers	N:130	β :+.08	Non-farmers	N:141	β :+.01	Age 60-74	N:170	β :ns	Age 75-up	N:102	β :+.08
Males	N:149	β :+.17																		
Females	N:121	β :-.08																		
Farmers	N:130	β :+.08																		
Non-farmers	N:141	β :+.01																		
Age 60-74	N:170	β :ns																		
Age 75-up	N:102	β :+.08																		
<u>O-DT/c/sq/v/7/aa</u>	<u>Beta=+.08</u>	<p>All β's controlled for satisfaction with family life, friendships, financial security, self esteem, spouse, health, transportation, housing, religion, area you live in, government services; and for sex, age, formal education.</p> <table><tr><td>Males:</td><td>N:149</td><td>β:ns</td></tr><tr><td>Females</td><td>N:121</td><td>β:+.18</td></tr><tr><td>Farmer</td><td>N:130</td><td>β:+.11</td></tr><tr><td>Non-farmer</td><td>N:141</td><td>β:+.03</td></tr><tr><td>Aged 60-74</td><td>N:170</td><td>β:+.02</td></tr><tr><td>Aged 75-up</td><td>N:121</td><td>β:+.16</td></tr></table>	Males:	N:149	β :ns	Females	N:121	β :+.18	Farmer	N:130	β :+.11	Non-farmer	N:141	β :+.03	Aged 60-74	N:170	β :+.02	Aged 75-up	N:121	β :+.16
Males:	N:149	β :ns																		
Females	N:121	β :+.18																		
Farmer	N:130	β :+.11																		
Non-farmer	N:141	β :+.03																		
Aged 60-74	N:170	β :+.02																		
Aged 75-up	N:121	β :+.16																		

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study	MICHA 1983
<i>Reported in:</i>	<p>Michalos, A.C.</p> <p>Satisfaction and Happiness in a Rural Northern Resource Community.</p> <p>Social Indicators Research, 1983, Vol. 13, 225 - 252. ISSN 0303 8300. DOI:10.1007/BF00318099</p> <p>Page in Report: 233</p>
<i>Population:</i>	18+ aged, rural community, N.Ontario, Canada, 1982
<i>Sample:</i>	

Non-Response: 8%

N: 598

Correlate

Authors label: Satisfaction with recreation activity (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Closed question on personal recreation activities, rated on a 7-point scale.

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

O-DT/c/sq/v/7/aa

Beta=+.04

All β 's controlled for satisfaction with health, financial security, family relations, paid employment, friendships, housing, area you live in, religion, self esteem, transportation, government services, and for the demographic factors: sex, age, formal education, language, work status, marital status, time in area.

Males : N: 173 β : +.08

Females: N: 154 β : +.02

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

Beta=+.04

All β 's controlled for satisfaction with health, financial security, family relations, paid employment, friendships, housing, area you live in, religion, self esteem, transportation, government services; and for sex, age, formal education, language, work status, marital status, time in area.

Males : N: 173 β : +.04

Females: N: 154 β : +.04

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study

MICHA 1985

Reported in: Michalos, A.C.

Multiple Discrepancies Theory.

Social Indicators Research, 1985, Vol. 16, 347 - 413. ISSN 0303 8300. DOI:10.1007/BF00333288

Page in Report: 365

Population: Students undergraduates University of Guelph, Canada, 1984

*Sample:**Non-Response:* 18%*N:* 700

Correlate

Authors label: Satisfaction with recreation activity (1)*Our classification:* . satisfaction with leisure activities, code L3.4.3.2*Measurement:* Closed question on satisfaction with personal recreation activities, rated on a 7 point scale.
1:terrible...7:delightful.

Observed Relation with Happiness

*Happiness Measure**Statistics**Elaboration/Remarks*O-DT/c/sq/v/7/aaBeta=+.12
p<.01Males N:140 β =+.16 (05)
Females N:149 β =+.14 (05) β 's controlled for satisfaction with:
health, financial security, family relations, paid
employment, friendships, housing, self-esteem and
education

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study

MIELK 1997*Reported in:* Mielke, C.
Wohlbefinden und Fitness. Eine empirische Analyse zur Lebens-, Gesundheits- und Freizeitzufriedenheit älterer Menschen. (Welfare and Fitness of Elderly).
Dissertation, University of Cologne, Medical Faculty, 1997, Germany
Page in Report: 37*Population:* 16+ aged, general public, non institutionalized, Germany, 1990-91*Sample:* Probability systematic sample*Non-Response:* onknown*N:* 6000

Correlate

Authors label: satisfaction with use of leisure-time (1)*Our classification:* . satisfaction with leisure activities, code L3.4.3.2

Measurement: single question:
 "how satisfied you are with use of leisure-time
 0 totally dissatisfied
 .
 .
 .
 .
 10 totally satisfied

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLP/c/sq/l/11/a</u>	<u>D%=+42</u>	%satisfied with use of leisure-time: satisfied with life:71 dissatisfied with life:29

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study

MOOKH 1997

Reported in: Mookherjee, H.N.
 Assessment of Happiness among the Elderly Population in the United States.
 Chakravarty, I.;Ed.: "Life in Twilight Years", Kwaliti Book, 1997, Calcutta, India, 327 - 343
 Page in Report: 336

Population: 60+ aged, general public, USA 1982-91

Sample: Probability multi-stage cluster sample

Non-Response: not reported

N: 3049

Correlate

Authors label: Satisfaction with non-working activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single question on satisfaction with leisure activities:
 1. not satisfied
 2. somewhat satisfied
 3. well satisfied

Measured Values: N: 1= 520 2= 848 3=1681

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/aa</u>	<u>DM=+</u> <u>p<.00</u>	1. M=1.87 SD= .67 2. M=2.16 SD= .62 3. M=2.40 SD= .63
<u>O-HL/c/sq/v/3/aa</u>	<u>r=+.30</u> <u>p<.00</u>	
<u>O-HL/c/sq/v/3/aa</u>	<u>Beta=+.12</u> <u>p<.00</u>	Beta controlled for - socio-demographic variables: - Gender - Race - Marital status - Education - Financial status - Place of residence - Religious membership - Religious attendance - satisfaction with: - Neighbours - Family - Friends - Health - Finance

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study

NEAL 1999

Reported in: Neal, J.D.; Sirgy, M.J.; Uysal, N.
The Role of Satisfaction with Leisure Travel/ Tourism Services and Experience in Satisfaction with Leisure Life and Overall Life
Journal of Business Research, 1999, Vol. 44, 153-163
Page in Report: 158,159,162

Population: Scientists , university, USA 1995

Sample: Non-probability accidental sample

Non-Response: 86%

N: 2700

Correlate

Authors label: Satisfaction with travel/tourism experiences

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Self report on following questions related to:

A: PERCIEVED FREEDOM FROM CONTROL

1. In this trip, I felt free to do the kinds of things that I can't do at home
2. On this trip, I felt free from the controls of other people. I felt in control of my movements and actions
3. On this trip, I felt free from the pressures of life

B: PERCIEVED FREEDOM FROM WORK

4. On this trip, I felt far away from the drudgery of work
5. I needed to get away from work and relax. This trip helped me to rejuvenate
6. I was feeling overworked and emotionally exhausted. This trip helped me to get away from the stress and strains of work

C: INVOLVEMENT

7. On this trip I became emotionally involved and engaged with people and things. This experience was very peasant for me
8. This trip allowed me to get close to my spouse, children, relatives, and/or friends. Its was very much worthwhile
9. On this trip, I was able to reestablish a relationship with people I care a lot for

D: AROUSAL

10. On this trip, I managed to do exciting things. I experienced a lot of thrills. This experience had been enriching
11. On this trip, I established friendships with one or more new people. This was exciting. I needfed to make new friends
12. On this trip, I got involved with an exciting activity, I felt alive
13. On this trip, I was able to pursue a passionate interest. This experience was thrilling

E: MASTERY

14. On this trip, I had a chance to master a hobby or sport. I had wanted to do this for a long time but never had the chance
15. On this trip, I was able to sharpen my skills on a passionate hobby or sport. This was very rewarding to me.

F: SPONTANEITY

16. On this trip, I got to feel spontaneous. This experience had enriched me in ways I never expected.
17. One cannot afford to be spontaneous in everyday life. But one needs to be spontaneous once in a while. This trip allowed me to do just that - be spontaneous

G: THE GENERAL TRIP EXPERIENCE

18. All in All, I feel that this trip has enriched my life. I'm really glad I went on this trip
19. On this trip, I accomplished the purpose of my vacation. This experience haqs enriched me in some ways
20. This trip was rewarding to me in many ways. I felt much better among things and myself after this trip

Answers rated on a 5-point numerical scale

Measured Values: 1: M= 4,0; SD=0,97; 2: M=3,7; SD= 1,15; 3: M=3,9; SD=1,09; 4: M=4,2; SD=1,00; 5: M=4,1; SD=1,04; 6: M=3,8; SD=1,13; 7: M=3,7; SD=1,07; 8: M=4,2; SD=0,92; 9: M=3,1; SD=1,14; 10: M=3,8; SD=1,06; 11: M=3,1; SD=1,16; 12: M=3,6; SD=1,03; 13: M=3,2; SD=1,20; 14: M=2,6; SD=1,04; 15: M=2,8; SD= 1,19; 16: M=3,3; SD=1,16; 17: M=3,2; SD=1,19; 18: M=4,1; SD=0,91; 19: M=4,2; SD=0,82; 20: M=4,0; SD=0,96.

Error Estimates: Cronbach's alpha: A= .81; B= .86; C=.69; D=.77; E=.87; F=.85; G=.89

Observed Relation with Happiness

Happiness
Measure

Statistics

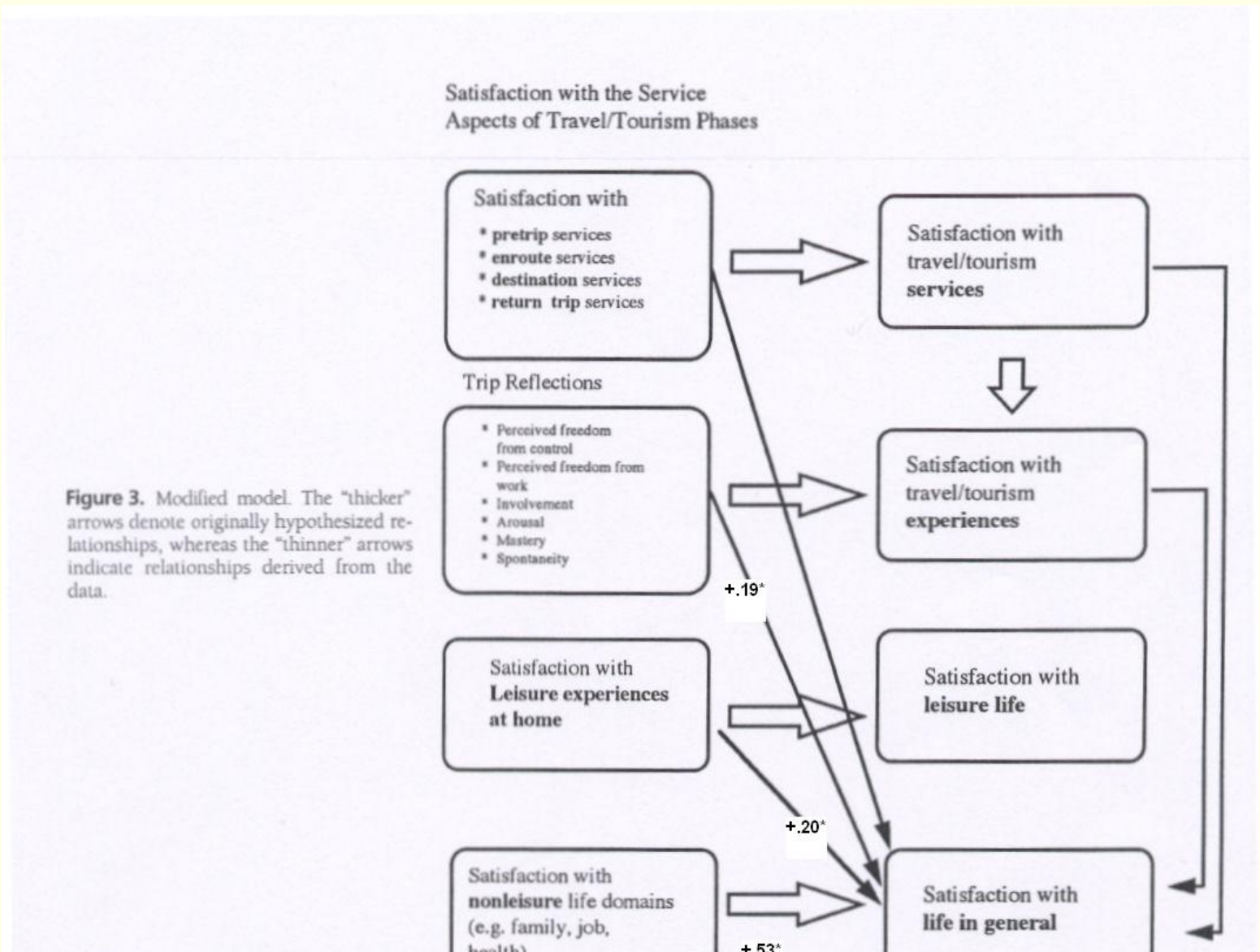
Elaboration/Remarks

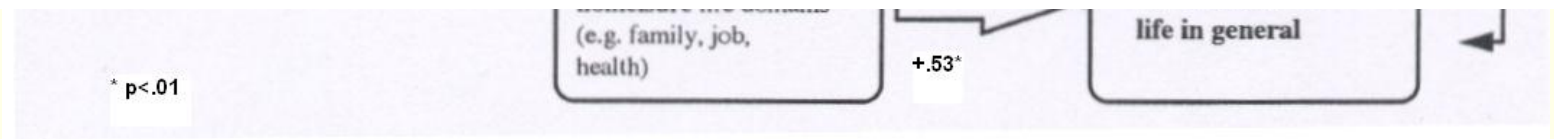
O-Sum/g/mq/v/5/a $\beta_L = +.19$ p<.01

Beta's controlled for satisfaction with:

- travel/tourism services
- leisure life
- nonleisure life domains

Set Image size:





Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study

NEAL 1999

Reported in: Neal, J.D.; Sirgy, M.J.; Uysal, N.
 The Role of Satisfaction with Leisure Travel/ Tourism Services and Experience in Satisfaction with Leisure Life and Overall Life
 Journal of Business Research, 1999, Vol. 44, 153-163
 Page in Report: 158,159,162

Population: Scientists , university, USA 1995

Sample: Non-probability accidental sample

Non-Response: 86%

N: 2700

Correlate

Authors label: Satisfaction with leisure life

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Selfreport on following questions related to:

A: LEISURE EXPERIENCES AT HOME

1. I do things that are fulfilling when I'm off work
2. Lately, I have been feeling very good about the way I spend my leisure time after work
3. Leisure time after work is very important to me

B: LEISURE EXPERIENCES AT LARGE

4. Recently I have been spending quality leisure time in general - after work as well as going on vacations
5. I am the kind of person who knows how to enjoy leisure time anytime and anywhere
6. Leisure time after work and going away on vacation trips are very important to me. My life becomes very stressful without leisure

Answers rated on a 5-point numerical scale

Measured Values: 1: M= 3,,9; SD=0,90; 2: M= 3,3; SD=1,06; 3: M=4,3; SD=0,77; 4: M=3,3; SD=1,06; 5: M=3,3; SD=1,06; 6: M=4,1; SD=0,88

Error Estimates: Cronbach's alpha: A=.73; B=.66

Observed Relation with Happiness

Happiness
Measure

Statistics

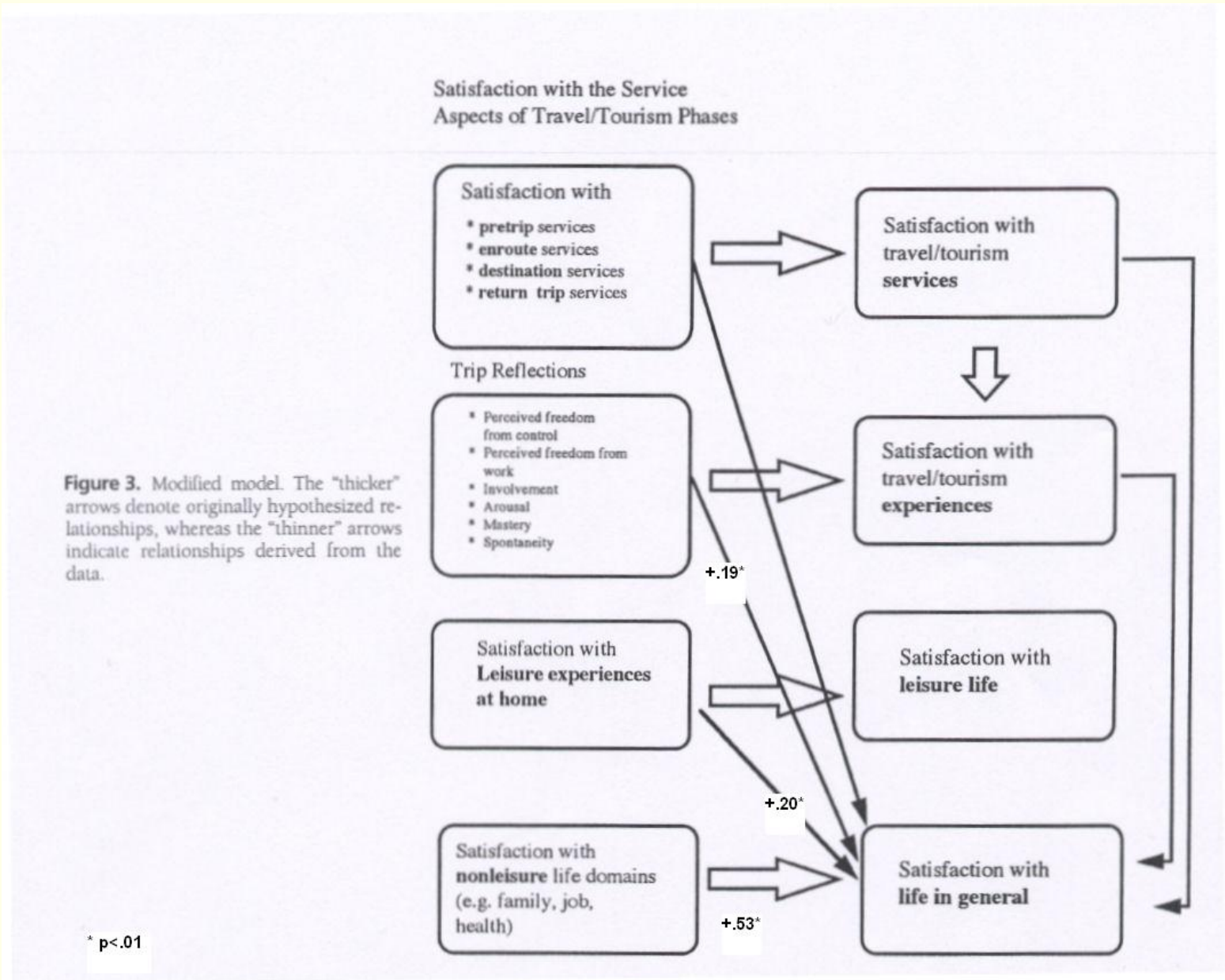
Elaboration/Remarks

O-Sum/g/mq/v/5/a $\beta_L = +.20$ $p < .01$

Beta's controlled for satisfaction with:

- travel/tourism services
- travel/tourism experiences
- nonleisure life domains

Set Image size:



Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study

OOSTE 2008

Reported in: Oosterhof, S.F.

Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch).)

Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands

Page in Report: 38

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample

Non-Response: 11%

N: 2204

Correlate

Authors label: Satisfaction with use of free time

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Selfreport on single question
(full question not reported)

1 Not

2 Neutral (reference category)

3 Well

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

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

OR=

	UNHAPPY (vs happy)		VERY HAPPY (vs happy)	
	observed	controlled	observed	controlled
Well	0,72	0,62*	1,02	0,96
Neutral	1	1	1	1
Not	1,27	1.29	0,98	0,97

Control variables are:

- Satisfaction with amount of free time
- situation
- family stage
- urban living environment
- self reported health
- self reported stress

* = $p < .05$

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study

SHICH 1984

Reported in: Shichman, S.; Cooper, E.
Life Satisfaction and Sex-Role Concept.
Sex Roles, 1984, Vol. 11, 227 - 240. ISSN 0360 0025 DOI:10.1007/BF00287516
Page in Report: 234

Population: Adults, students and churchmembers, USA, 198?

Sample:

Non-Response: 5,9 %

N: 217

Correlate

Authors label: Satisfaction with leisure-time activities (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single direct questions on both satisfaction and dissatisfaction with leisure-time activities.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SLu/u/sq/v/4/a	r=+.18 p<.01	satisfaction

Correlational finding on Happiness and . satisfaction with leisure activities
Subject code: L3.4.3.2

Study

WHITE 1979

Reported in: White, L.K.
Sex Differentials in the Effect of Remarriage on Global Happiness.
Journal of Marriage and the Family, 1979, Vol. 41, 869 -876. ISSN 0022 2445
Page in Report: 874

Population: Adult, general public, married and divorced, Nebraska, USA, 1977

Sample:

Non-Response:

N: 1085

Correlate

Authors label: Satisfaction with spare time use (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single closed question: "How satisfactory is your spare time use?"

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/3/ad	<u>r=</u>	1: first marriage men r = +.40 (05) 2: first marriage women r = +.41 (05) 3: remarriage men r = +.09 (ns) 4: remarriage women r = +.30 (05)

Correlational finding on Happiness and . satisfaction with leisure activities

Subject code: L3.4.3.2

Study ZEHNE 1977

Reported in: Zehner, R.B.
 Indicators of the Quality of Life in New Communities.
 Ballinger, 1977, Cambridge, Massachusetts, USA. ISBN 0 88410 461 3
 Page in Report: 112

Population: Residents communities, planned and unplanned, USA, 1973

Sample:

Non-Response:

N: 3894

Correlate

Authors label: Use of leisure time (1)

Our classification: . satisfaction with leisure activities, code L3.4.3.2

Measurement: Single closed direct question rated on a 7-point scale.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/c/sq/n/7/a	<u>r=+.43</u>	

O-SLW/c/sq/n/7/aBeta=+.18 β controlled for:

- Socio-demographic variables: age, sex, education, marital status, family income, dwelling unit value, tenure, length of residence, number of children in the household.
- Satisfaction with: standard of living, marriage, job, family life, health, dwelling unit, housework, neighborhood, community.

Unplanned communities are left out.

Correlational finding on Happiness and Satisfaction with leisure services

Subject code: L3.4.3.3

Study

NEAL 1999

Reported in: Neal, J.D.; Sirgy, M.J.; Uysal, N.
 The Role of Satisfaction with Leisure Travel/ Tourism Services and Experience in Satisfaction with Leisure Life and Overall Life
 Journal of Business Research, 1999, Vol. 44, 153-163
 Page in Report: 158,159,162

Population: Scientists , university, USA 1995

Sample: Non-probability accidental sample

Non-Response: 86%

N: 2700

Correlate

Authors label: Satisfaction with tourism services

Our classification: Satisfaction with leisure services, code L3.4.3.3

Measurement: Selfreport based on following questions:

A: PRETRIP SERVICE

1. I was satisfied with the quality of the services provided by travel and tourism professionals while planning the trip

2. Making travel and accommodation arrangements for this trip was basically problem-free

3. The cost of the services provided by travel and tourism professionals in helping me with the travel logistics was reasonable and well worth it

B: EN ROUTE TRIP SERVICES

4. I was pleased with the quality of the services provided in transit to the vacation site

5. My travels to the vacation site were basically problem free

6. The cost of the travel to the vacation site was reasonable and well worth it

C: SERVICE AT THE DESTINATION

7. Tourist services at the vacation site were comprehensive and of high quality. These services made the trip a richer experience

8. Tourist services provided at the vacation site were basically problem-free

9. The cost of tourist services at the vacation site were reasonable and well worth it

D: RETURN TRIP SERVICE

10. I was satisfied with the quality of the services provided by those who assisted me on the way home

11. my return travels were basically problem-free

12. the cost of travel home from the vacation site was reasonable and well worth it

E: SERVICES IN GENERAL

13. In general, I was pleased with the quality of the travel and tourism services related to this trip

14. The travel and tourism services related tot this vacation trip were basically problem-free

15. The costs of the travel and tourism services related tot this vacation trip were reasonable and well worth it.

Rated on a 5-point numerical scale

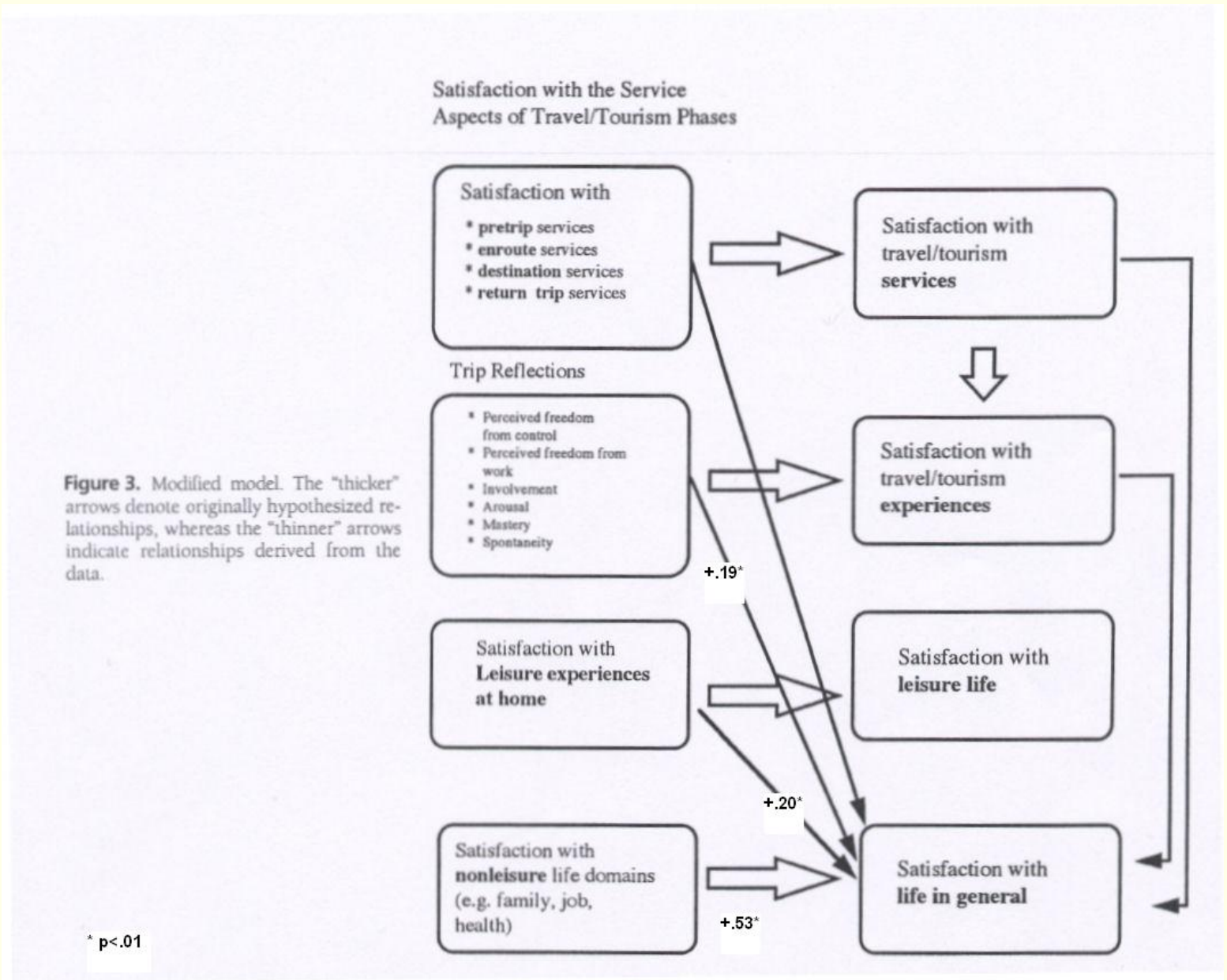
Measured Values: 1: M=4,1; SD=0,87; 2: M=4,0; SD=0,95; 3: M=4,1; SD=1,00; 4: M=4,0; SD=0,93; 5: M=4,0; SD=1,04; 6: M=4,0; SD= 0,95; 7:M= 4,1; SD=0,91; 8: M= 4,0; SD=0,96; 9: M=3,8; SD=1,00; 10:M=3,8; SD=1,00; 11: M=3,6; SD=1,37; 12: M=3,8; SD= 1,01; 13: M=4,1; SD=0,79; 14:M=3,9; SD=0,92; 15: M=3,9; SD=0,92

Error Estimates: Cronbach's alpha: A=.85; B=.85; C=.86; D=.83; E=.88

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-Sum/g/mq/v/5/a</u>	<u>β_L</u> =	Beta's controlled for satisfaction with: <ul style="list-style-type: none"> - travel/tourism experiences - leisure life - nonleisure life domains

Set Image size:



Appendix 1: Happiness Items used

Happiness Item Code	Full Text
---------------------	-----------

A-AB/cq/mq/v/2/a

Selfreport on 10 questions:

We would like to ask you some questions about how things have been going. Please answer 'yes' if a statement is true for you and 'no' if it does not apply to you. In the past months have you been feeling

A On top of the world?

B In high spirits

C Particular content with life?

D Lucky?

E Bored?

F Very lonely or remote from people?

G Depressed or very unhappy?

H Flustered because you didn't know what was expected of you/

I Generally satisfied with the way your life has turned out?

Response options:

2 yes

1 don't know

0 no

Computation: $(A+B+C+D+I) - (E+F+G+H)$

MUNSH Affect Balance Scale

A-AOL/c/sq/v/4/b

Selfreport on single closed question:

"How is your mood these days....?"

4 very good all the time

3

2

1 not good almost all the time

A-AOL/c/sq/v/5/d

Selfreport on single question:

"On the whole, how is your general mood these days....?"

1 bad almost all the time

2

3

4

5 good almost all the time"

A-AOL/g/sq/v/5/a

Selfreport on single question:

"In general, how would you say you feel most of the time - in good spirits or in low spirits....?"

5 very good spirits

4 fairly good spirits

3 neither good spirits nor low spirits

2 fairly low spirits

1 very low spirits.

A-AOL/m/sq/v/5/a

Single direct question:

How are you feeling now....?

5 very good

4 good

3 neither good nor poor

2 poor

1 very poor

A-AOL/mi/mqr/v/4/a	<p>Self report on repeated questions (experience sampling)</p> <p>How happy did you feel at the moment you were beeped?</p> <p>0 not happy</p> <p>1 probably not happy</p> <p>2 probably happy</p> <p>3 happy</p>
A-ARE/mi/sqr/n/7/a	<p>Selfreport on single question repeated several times a day.</p> <p>" .. mood .."</p> <p>Full lead question not reported</p> <p>7 happy</p> <p>6</p> <p>5</p> <p>4</p> <p>3</p> <p>2</p> <p>1 sad</p>
A-BB/cm/mq/v/2/a	<p>Selfreport on 10 questions:</p> <p>During the past few weeks, did you ever feel? (yes/no)</p> <p>A Particularly excited or interested in something?</p> <p>B So restless that you couldn't sit long in a chair?</p> <p>C Proud because someone complimented you on something you had done?</p> <p>D Very lonely or remote from other people?</p> <p>E Pleased about having accomplished something?</p> <p>F Bored?</p> <p>G On top of the world?</p> <p>H Depressed or very unhappy?</p> <p>I That things were going your way?</p> <p>J Upset because someone criticized you?</p> <p>Answer options and scoring:</p> <p>yes = 1</p> <p>no = 0</p> <p>Summation:</p> <p>-Positive Affect Score (PAS): A+C+E+G+I</p> <p>-Negative Affect Score (NAS): B+D+F+H+J</p> <p>-Affect Balance Score (ABS): PAS minus NAS</p> <p>Possible range: -5 to +5</p> <p>Name: Bradburn's 'Affect Balance Scale' (standard version)</p>
A-BB/cm/mq/v/5/a	<p>Selfreport on 13 questions:</p> <p>"During the past four weeks have you ever felt....?" (yes/no)</p> <p>A Pleased about having accomplished something.</p> <p>B Things going my way.</p> <p>C Proud because someone complimented me on something I had done.</p> <p>D Particularly excited or interested in something I had done.</p> <p>E On top of the world.</p> <p>F A deep sense of joy.</p> <p>G Pleased because my life feels orderly and secure.</p> <p>H Bored.</p> <p>I Very lonely and remote from other people.</p> <p>J Jealous of somebody.</p> <p>K Angry with someone.</p>

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/cq/mq/v/3/a

Selfreport on 10 questions:

"During the past few months, have you ever felt..... (often, sometimes, never?"

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 Depressed or very unhappy?

H That things were going your way?

I Upset because someone criticized you?

Answer options and scoring:

0 = no

if yes

3 often

2 sometimes

1 never

Summation:

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

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

-Affect Balance Score (ABS): PAS minus NAS

Possible range: -15 to +12

Name: Bradburn's 'Affect Balance Scale' (standard 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 excited 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-BB/cw/mq/v/4/e

Selfreport on 9 questions:

We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week.

How often last week did you feel?

A On the top of the world

B Very lonely or remote from other people

C Particularly excited or interested in something

D Depressed or very unhappy

E Pleased about having accomplished something

F Bored

G Proud because someone complimented you on something you had done

H So restless you couldn't sit long in a chair

I Vaguely uneasy about something without knowing why

Answer options:

0 not at all

1 once

2 several times

3 often

Summation:

Positive Affect Score (PAS): summed scores on A, C, E, G

Negative Affect Score (NAS): summed scores on B, D, F, H, I

Affect Balance Score (ABS): $PAS - NAS$

Possible range: -15 tot +12

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

A-BK/cm/mq/n/9/a

Selfreport on 20 questions

Over the past few week I have felt

A optimistic

B withdrawn

C enthusiastic

D good natured

E discontented

F confused

G confident

H tense

I understood

J insignificant

K satisfied

L lonely

M free-and-easy

N clear headed

O helpless

P impatient

Q usefull

R depressed

S loving

T hopeless

Rated: 1 not at all to 9 all the time

Computation: $(A+C+D+G+I+K+M+N+Q+S) - (B+E+F+H+J+L+O+P+R+T)$

Name: Kamman's Affectometer 2, 20 item ABS version

A-BMr/cm/mq/v/5/a

Selfreport on 12 questions:

During the past 30 days, how much of the time did you feel ..?

A So sad nothing could cheer you up

B Nervous

C Restless or fidgety

D Hopeless

E That everything was an effort

F Worthless

G Cheerful

H In good spirits

I Extremely happy

J Calm and peaceful

K Satisfied

L Full of life

Computation: $(G+H+I+J+K+L) - (A+B+C+D+E+F)$

Name: Mroczek & Kolarz (1998) Affect Balance Scale

A-CA/mh/ri/v/2/a

Interviewer-rating of cheerful appearance on 8 aspects

A The look is

2) open

1) evasive

- impossible to say

B The corners of the mouth turn

2) up

1) down

- impossible to say

C The posture is

2) relaxed, at ease

1) rather tense

- impossible to say

D The movements are

2) relaxed, at ease

1) limited, withdrawn

- impossible to say

E The eyes are

2) big, open

1) small, screw up

- impossible to say

F The elbows are kept

2) not close to the body

1) close to the body

- impossible to say

G The lips are more

2) broad, full

1) thin, pent up

- impossible to say

H All in all the subject looks

2) quite cheerful

1) not very cheerful

- difficult to say

Scoring: sum of aspect ratings

Name: 'Allensbacher Ausdruckstest'

A-CA/mh/ri/v/2/b

Interviewer-rating of cheerfulness:

Altogether the respondent looks.....

2 quite cheerfull

1 not too cheerful

- difficult to say

Part of the 8 item Allensbacher Ausdruckstest which also involves ratings of cheerful appearance in: look, mouth, posture, movements, eyes, elbows and lips. This general rating is the last item in the test.

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

A-CP/g/sq/v/7/a

Selfreport on single question:

"Check one of the following groups of adjectives which best describes you."

7 full of deep joy, excitedly happy, enthusiastic, thrilled

6 cheerful, successful, optimistic, lighthearted

5 satisfied, comfortable, life goes smoothly, peaceful

4 contented at times and at other times discontented, life has both favorable and unfavorable features

3 restless, impatient, uncertain, dull, cross, confined

2 anxious, irritated, discouraged, disappointed, discontented

1 gloomy, miserable, a failure, no pleasure in anything

C-A/u/sq/v/7/a

Selfreport on single question:

"How do you feel about what you are accomplishing in life...?"

7 completely satisfied

6 very satisfied

5 satisfied

4 satisfied-dissatisfied

3 dissatisfied

2 very dissatisfied

1 completely dissatisfied.

C-BW/c/sq//10/b

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?

[10] best possible life for you

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1] worst possible life for you

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

C-BW/c/sq//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/c/sq//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/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/c/mq/*/0/a

Selfreport on 4 questions:

A For the past five years, how much have you accomplished of what you planned in your life?

1 completely failed

2

3

4

5

6

7 completely accomplished

B How much are you satisfied with your life as a whole these days?

1 completely dissatisfied

2

3

4

5

6

7 completely satisfied

C How much do you enjoy your life these days?

3 a great deal

2 a fair amount

1 not very much

D How happy have you been for the past five years?

1 completely unhappy

2

3

4

5

6

7 completely happy

Summation: % positive answers

Response options A, D and C not reported in full detail

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-CO/?/?q/?/0/a

Selfreport on multiple questions:

Questions indicated both happiness and a sense of contentment and well-being (Full questions not reported)

Summation: not reported

Name: `Happiness subtest' of Washburn's `Social Adjustment Scale'.

M-FH/c/sq/l/11/a

Selfreport on single question:

Lead item not reported.

11 the happiest I could be

10

9

8

7

6

5

4

3

2

1 the saddest I could be

M-FH/cm/sq/v/5/a

Selfreport on single question:

How would you rate the last month of your life. Was it a happy or an unhappy time for you.....?

5 very happy time

4 fairly happy time

3 happy nor unhappy

2 rather unhappy time

1 very unhappy time

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

Selfreport on single question:

"Are you generally satisfied? "

2 yes

1 no

M-FH/u/sq/v/7/a

Self report on single question

Do you feel happy?

1 strongly disagree

2 disagree

3 slightly disagree

4 neither agree or disagree

5 slightly agree

6 agree

7 strongly agree

M-PL/c/rc/v/5/a

Clinical rating by 4 experts on the basis of multi-method assessments during periodical stays in assessment center.

Rater instruction:

"To what extend does this person find pleasure in life at the present time.....?"

1 low

2

3 average

4

5 high

O-DT/c/sq/v/7/aa

Selfreport on single question:

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

7 delightfull

6 very 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/c/sq/v/7/b

Selfreport on single question:

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

1 terrible

2 unhappy

3 mostly dissatisfied

4 mixed (about equally satisfied and dissatisfied)

5 mostly satisfied

6 pleased

7 delighted

- neutral (neither satisfied nor dissatisfied)

- I never thought about it

- does not apply to me

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

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

Selfreport on single question:

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

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

O-DT/u/sqt/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/sqt/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-H?/?/sq/f/7/a

Selfreport on single question:

Lead item not reported

Rated on a 7-step pictorial faces scale, presented on a card
(pictures not shown here)

7 smiling face, very happy

6

5

4

3

2

1 frowning face, very unhappy

O-H?/?/sq/n/7/a

Selfreport on single question:

Lead item not reported.

Response options:

7 happy

6

5

4

3

2

1 unhappy

(Originally scored on a horizontal scale)

O-HL/c/sq/?/6/a

Selfreport on single question:

"Generally speaking, are you happy these days.....?"

6 very happy

5

4

3

2

1 very unhappy

(Response options not fully reported)

O-HL/c/sq/l/11/a

Selfreport on single question:

Consider the ladder. It has 11 steps, from 0 to 10. Think of this ladder as representing different levels of happiness. Step 0 would stand for the least happy you could ever be. Step 10 would stand for the most happy you could ever be. Taking everything together, where on this ladder do you stand regarding your happiness?"

[10] most happy you could ever be

[]

[]

[]

[]

[]

[]

[]

[]

[]

[0] least happy you could ever be

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

O-HL/c/sq/n/11/a

Selfreport on single question:

On a scale from 0 to 10, where would you put your current happiness?

0 completely unhappy

1

2

3

4

5

6

7

8

9

10 completely happy

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/ac

Selfreport on single question:

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

1 not too happy

2 relatively happy

3 very happy

O-HL/c/sq/v/3/ad	<p>Selfreport on single question:</p> <p>Taking all things together, how would you say you are these days? Would you say you are.....?</p> <p>3 very happy 2 pretty happy 1 not too happy</p>
O-HL/c/sq/v/3/f	<p>Selfreport on single question:</p> <p>Considering everything that has happened to you recently, how would you say things are with you - would you say you are.....?</p> <p>3 very happy 2 pretty happy 1 not too happy</p>
O-HL/c/sq/v/4/b	<p>Selfreport on single question:</p> <p>Is your life at this moment?</p> <p>4 very happy 3 fairly happy 2 fairly unhappy 1 very unhappy</p>
O-HL/c/sq/v/5/h	<p>Selfreport on single question</p> <p>'How happy are you now?'</p> <p>5 very happy 4 happy 3 neither happy nor unhappy 2 unhappy 1 very unhappy</p> <p>Original text in Danish: 'Hvor lykkelig er du for tiden?'</p> <p>5 meget lykkelig 4 lykkelig 3 hverken eller 2 ullykkelig 1 meget ullykkelig</p>
O-HL/c/sq/v/7/a	<p>Selfreport on single question:</p> <p>In general, how happy would you say you are these days.....?</p> <p>7 extremely happy 6 very happy 5 pretty happy 4 not too happy 3 a bit unhappy 2 pretty unhappy 1 very unhappy</p>
O-HL/g/sq/v/3/c	<p>Selfreport on single question:</p> <p>"In general, how happy would you say you are.....?"</p> <p>3 very happy 2 fairly happy 1 not too happy</p>

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/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-HL/u/sq/v/4/b

Selfreport on single question:

On the whole, how happy would you say you are.....?

4 very happy

3 fairly happy

2 not very happy

1 very unhappy

O-HL/u/sq/v/5/d

Selfreport on single question:

How happy are you?

5 very happy

4 happy

3 neither happy nor unhappy

2 unhappy

1 very unhappy

- don't know

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

Selfreport on single question:

Considering your life as a whole, would you describe it as.....?

1 very unhappy

2

| unhappy

3

4 an even mixture of unhappiness and happiness

5

| happy

6

7 very happy

no opinion

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-HL/u/sqr/n/9/a

Selfreport on single question asked twice:

How do you feel about your life as a whole?

1 tremendously unhappy

2

3

4

5

6

7

8

9 tremendously happy

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-HP/u/sq/v/3/a

Selfreport on single question:

Do you think of yourself as.....?

3 happy

2 pretty happy

1 unhappy?

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

O-SLL/c/sq/v/5/b

Selfreport on single question:

How satisfied are you with the life you lead these days.....?

5 very satisfied

4 fairly satisfied

3 neither satisfied nor dissatisfied

2 rather dissatisfied

1 very dissatisfied

O-SLP/c/sq/l/11/a

Selfreport on single question :

"Some people seem to be quite happy and satisfied with their lives, while others seem quite unhappy and dissatisfied. Now look at this ladder (again). Suppose that a person who is entirely satisfied with his life would be at the top of the ladder and a person who is extremely dissatisfied with his life would be at the bottom of the ladder. Where would you put yourself on the ladder at the present stage of your life in terms of how satisfied or dissatisfied you are with your personal life?"

[10] entirely satisfied

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1]

[0] entirely dissatisfied

Name Cantril ladder rating (modified version)

O-SLu/?/sq/l/5/a

Selfreport on single question:

"..... satisfaction with life"

(full lead item not reported)

Rated on a wooden miniature ladder, handed to the respondent

[5] very satisfied

[4]

[3]

[2]

[1] very dissatisfied

O-SLu/c/sq/n/10/b

Selfreport on single question:

All things considered, how satisfied or dissatisfied are you with your life these days? Please tell me on a scale of 1 to 10, where one means very dissatisfied and 10 means very satisfied

10 very satisfied

9

8

7

6

5

4

3

2

1 very dissatisfied

O-SLu/c/sq/n/7/b

Selfreport on single question:

"All in all, how satisfied are you with your life these days.....?"

1 very dissatisfied

2

3

4

5

6

7 very satisfied

O-SLu/c/sq/v/5/e	<p>Selfreport on single question:</p> <p>'How satisfied are you with your life now?'</p> <p>5 very satisfied 2 satisfied 3 neither satisfied nor dissatisfied 2 dissatisfied 1 very dissatisfied</p> <p>Original text in Danish: 'Hvor tilfreds er du med dit liv for tiden?'</p> <p>5 meget tilfreds 4 tilfreds 3 hverken tilfreds eller utilfreds 2 utilfreds 1 meget utilfreds</p>
O-SLu/g/sq/v/5/a	<p>Selfreport on single question:</p> <p>In general, how satisfied are you with your life.....?</p> <p>5 very satisfied 4 satisfied 3 average 2 somewhat dissatisfied 1 very dissatisfied</p>
O-SLu/md/sq/v/2/b	<p>Selfreport on single question:</p> <p>I am satisfied with my life today</p> <p>0 no 1 don't know 2 yes</p> <p>Item in Munsh Happiness inventory</p>
O-SLu/u/sq/v/4/a	<p>Selfreport on single question:</p> <p>Overall, how satisfied are you with your life.....?</p> <p>4 very satisfied 3 satisfied 2 dissatisfied 1 very dissatisfied.</p>
O-SLu/u/sq/v/4/d	<p>Selfreport on single question:</p> <p>Overall, how satisfied are you with your life.....?</p> <p>4 very satisfied 3 satisfied 2 not very satisfied 1 not satisfied at all</p>

O-SLV/u/sq/t/101/a

Selfreport on single question :
 Where would you put your life as a whole on a feeling thermometer?
 Rated on 'thermometer scale' (in grades)
 0 degrees: very cold, negative
 10
 20
 30
 40
 50
 60
 70
 80
 90
 100 very warm, positive

O-SLW/?/sq/v/3/b

Selfreport on single question:

 ".....satisfaction with overall life....."
 (Full questions not reported)
 3 very satisfied
 2 fairly satisfied
 1 not satisfied
 - NA

O-SLW/c/sq/l/11/a

Self rating on single question:

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

 Rated on ladder scale
 [10] completely satisfied
 []
 []
 []
 []
 []
 []
 []
 []
 [0] completely dissatisfied

O-SLW/c/sq/l/11/b

Selfreport on single question:

 "How dissatisfied would you say you are with things in general today?"
 Rated on ladder scale
 [10] completely satisfied
 []
 []
 []
 []
 []
 []
 []
 []
 [0] completely dissatisfied

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

Selfreport on single question:

"How satisfied are you with your life-as-a-whole these days.....?"

7 completely satisfied

6

5

4

3

2

1 completely dissatisfied

O-SLW/c/sq/n/11/ba

Selfreport on single question;

What do you think, how satisfied are you at this moment- all in all - with your life ? 'If for instance you are totally satisfied with your life, please mark a '10'. If you are totally unsatisfied with your life, mark a '0'. If you are not completely unsatisfied nor totally satisfied range yourself somewhere between '1' and '9'

10 completely satisfied

9

8

7

6

5

4

3

2

1

0 completely dissatisfied

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/6/a

Selfreport on single question:

Are you currently satisfied with your life all in all.....?

0 not satisfied

1

2

3

4

5 very satisfied

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/c/sq/v/4/g

Selfreport on single question:

How satisfied are you with your life as a whole these days?

4 quite satisfied

3 rather satisfied

2 rather unsatisfied

1 not at all satisfied

- no answer

- hard to say

O-SLW/c/sq/v/5/ea

Selfreport on single question:

How satisfied are you recently with your life as a whole.....?

1 completely dissatisfied

2 dissatisfied

3 neither satisfied nor dissatisfied

4 satisfied

5 completely satisfied

O-SLW/c/sqt/v/7/a

Selfreport on single question, asked twice during the interview:

Are you at this moment satisfied or dissatisfied with life in general.....?

7 very satisfied

6 for the greater part satisfied

5 rather more satisfied than dissatisfied

4 neither satisfied nor dissatisfied

3 somewhat more dissatisfied than satisfied

2 for the greater part dissatisfied

1 very dissatisfied

- Do not know, difficult to say

O-SLW/u/sq/n/11/ca

Selfreport on single question:

Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?

1 very dissatisfied

2

3

4

5 neutral

6

7

8

9

10 very satisfied

First item in Cummins' 'Personal Well-being Scale' (labels used until 2005)

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

Selfreport on single question:

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

5 definitely yes

4 rather yes

3 don't know

2 rather no

1 definitely no

- no reply

O-SLW/u/sq/v/6/a

Selfreport on single question:

"How satisfying are these different aspects of your life? Indicate the number which best suits your situation. Life as a whole is....."

1 very dissatisfying

2 dissatisfying

3 rather dissatisfying

4 rather satisfying

5 satisfying

6 very satisfying

This item was followed by eight questions on life domain satisfactions.

O-SLW/u/sq/v/7/b

Selfreport on single question :

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

7 completely satisfied

6 very satisfied

5 satisfied

4 satisfied/dissatisfied

3 dissatisfied

2 very dissatisfied

1 completely dissatisfied

O-SLW/u/sq/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/c/sq/n/10/a

Selfreport on single question:

All things considered, how would you rate your own quality of life today on a scale of 1 to 10?

1 very poor

2

3

4

5

6

7

8

9

10 excellent

O-Sum/c/mq/v/5/a

Selfreport on 3 questions:

A When you consider your present life as-a-whole, would you say you are....?

5 very happy

4 fairly happy

3 rather happy than unhappy

2 rather unhappy than happy

1 very unhappy

- DK/NA

B When you consider your present life as-a-whole, would you say you are.....?

5 very satisfied

4 fairly satisfied

3 rather satisfied than dissatisfied

2 rather dissatisfied than satisfied

1 fairly dissatisfied

- DK/NA

C How do you feel right now? Is your well-being.....?

5 very high

4 high

3 moderate

2 rather low

1 very low

- DK/NA

Summation: The summed scores were divided in three strata: low, medium and high quality of life

O-Sum/g/mq/v/5/a

Selfreport on 3 questions

A I am generally happy with my life

B Although I have my ups and downs, in general I feel good about my life

C I lead a meaningfull and fulfilling life

Scoring:

5 strongly agree

4 agree

3 agree nor disagree

2 disagree

1 strongly disagree

Computation: $A+B+C / 3$

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)</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: metric, Happiness: metric</p> <p>Theoretical range: unlimited</p> <p>Meaning:</p> <p>$B > 0$ A higher correlate level corresponds with, on an average, higher happiness rating.</p> <p>$B < 0$ A higher correlate level corresponds with, on an average, lower happiness rating.</p> <p>$B = 0$ Not any correlation with the relevant correlate.</p>
Beta	<p>(β) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)</p> <p>Type: test statistic.</p> <p>Measurement level: Correlates: all metric, Happiness: metric.</p> <p>Range: [-1 ; +1]</p> <p>Meaning:</p> <p>$\beta > 0$ « a higher correlate level corresponds with, on an average, higher happiness rating.</p> <p>$\beta < 0$ « a higher correlate level corresponds with, on an average, lower happiness rating.</p> <p>$\beta = 0$ « no correlation.</p> <p>$\beta = +1$ or -1 « perfect correlation.</p> <p>Remark:</p> <p>Mean of observations is subtracted from all observations if standardized.</p>
BMCT	<p>BONFERRONI's MULTIPLE COMPARISON TEST</p> <p>Type: statistical procedure</p> <p>Measurement level: Correlate: nominal, Happiness: metric</p> <p>Meaning: if the correlate is measured at c levels, the c mean happiness values can be ranked from low to high. A multiple comparison procedure judges for each of the $\frac{1}{2}c(c-1)$ pairs whether or not they differ significantly. A convenient way to represent the results is by ranking the c 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>
Chi ²	<p>CHI-SQUARE</p> <p>Type: test statistic</p> <p>Range: $[0; N \cdot \min(c, r) - 1]$, where c and r are the number of columns and rows respectively in a cross tabulation of N sample elements.</p> <p>Meaning:</p> <p>$\text{Chi}^2 \leq (c-1) \cdot (r-1)$ means: no association</p> <p>$\text{Chi}^2 >> (c-1) \cdot (r-1)$ means: strong association</p>
D%	<p>DIFFERENCE in PERCENTAGES</p> <p>Type: descriptive statistic only.</p> <p>Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well.</p> <p>Happiness level: dichotomous</p> <p>Range: [-100; +100]</p> <p>Meaning: the difference of the percentages happy people at two correlate levels.</p>

DM	<p>DIFFERENCE of MEANS</p> <p>Type: descriptive statistic only.</p> <p>Measurement level: Correlate: dichotomous, Happiness: metric</p> <p>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</p> <p>Type: descriptive statistic only.</p> <p>Measurement level: Correlate: dichotomous, Happiness: metric</p> <p>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>
E ²	<p>CORRELATION RATIO (Elsewhere sometimes called h² or ETA)</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: nominal or ordinal, Happiness: metric</p> <p>Range: [0; 1]</p> <p>Meaning: correlate is accountable for E² x 100 % of the variation in happiness.</p> <p>E² = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.</p> <p>E² = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating</p>
F	<p>F-STATISTIC</p> <p>Type: asymmetric standard test statistic.</p> <p>Range: nonnegative unlimited</p> <p>Meaning : the test statistic is also called the "Variance Ratio" and is the ratio of two independent estimators of the same variance with n1 and n2 degrees of freedom respectively. The critical values of its probability distribution are tabulated extensively in almost any textbook on Statistics</p>
G	<p>GOODMAN & Kruskal's GAMMA</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: ordinal, Happiness!: ordinal</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p>G = 0 « no rank correlation</p> <p>G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings.</p> <p>G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
mc	<p>Guttman's monotonicity coefficient.</p> <p>Range: [-1, +1].</p> <p>Measurement level: Both correlate and happiness ordinal or interval</p> <p>Based on the multiplication of signed differences within one variable with the corresponding difference in the second variable and summation over all possible differences.</p> <p>Seldom used in happiness research. See excerpted report.</p>

MW	<p>WILCOXON (MANN-WHITNEY) TWO SAMPLE TEST</p> <p>Type: statistical procedure.</p> <p>Measurement level: Correlate: dichotomous, Happiness: ordinal</p> <p>Symbol test statistic: W (Wilcoxon) or U (Mann-Whitney).</p> <p>Relationship: $W = U + \frac{1}{2}n_1(n_1 + 1)$, where n_1 and $n_2 = N - n_1$, while $n_1 \leq n_2$, are the sizes of the two samples.</p> <p>Range $U [0; n_1n_2]$ and $W [\frac{1}{2}n_1(n_1 + 1); \frac{1}{2}n_1(n_1 + 2n_2 + 1)]$.</p> <p>Meaning:</p> <p>At the limit values of U and W there is the strongest possible association.</p> <p>$U = \frac{1}{2}n_1n_2 \leftrightarrow W = \frac{1}{2}n_1(N + 1) \ll$ no association.</p>
OR	<p>ODDS RATIO</p> <p>Type: descriptive statistic only.</p> <p>Measurement level: Correlate: dichotomous, Happiness level: dichotomous</p> <p>Range: nonnegative unlimited</p> <p>Meaning:</p> <p>$OR = 1 \ll$ no association at all;</p> <p>$OR = 0$ or infinite \ll at least one level of the correlate allows an error-free prediction of the happiness.</p>
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>$r = 0 \ll$ no correlation ,</p> <p>$r = 1 \ll$ perfect correlation, where high correlate values correspond with high happiness values, and</p> <p>$r = -1 \ll$ perfect correlation, where high correlate values correspond with low happiness values.</p>
Ra ²	<p>ADJUSTED COEFFICIENT OF MULTIPLE CORRELATION</p> <p>Type: descriptive statistic only</p> <p>Measurement level: Correlates: all metric, Happiness: metric</p> <p>Range: [0 ; 1]</p> <p>Meaning:</p> <p>$Ra = 0 \ll$ not any association</p> <p>$Ra = 1 \ll$ strongest possible association</p>
rp	<p>POLYCHORIC CORRELATION</p> <p>Variant of r</p> <p>Seldom used in happiness research. See excerpted report for further reference.</p>
rpc	<p>PARTIAL CORRELATION COEFFICIENT</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: metric, Happiness: metric</p> <p>Range: [-1; +1]</p> <p>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.</p> <p>Under that conditions</p> <p>$rpc > 0 \ll$ a higher correlate level corresponds with a higher happiness rating,</p> <p>$rpc < 0 \ll$ a higher correlate level corresponds with a lower happiness rating,</p>

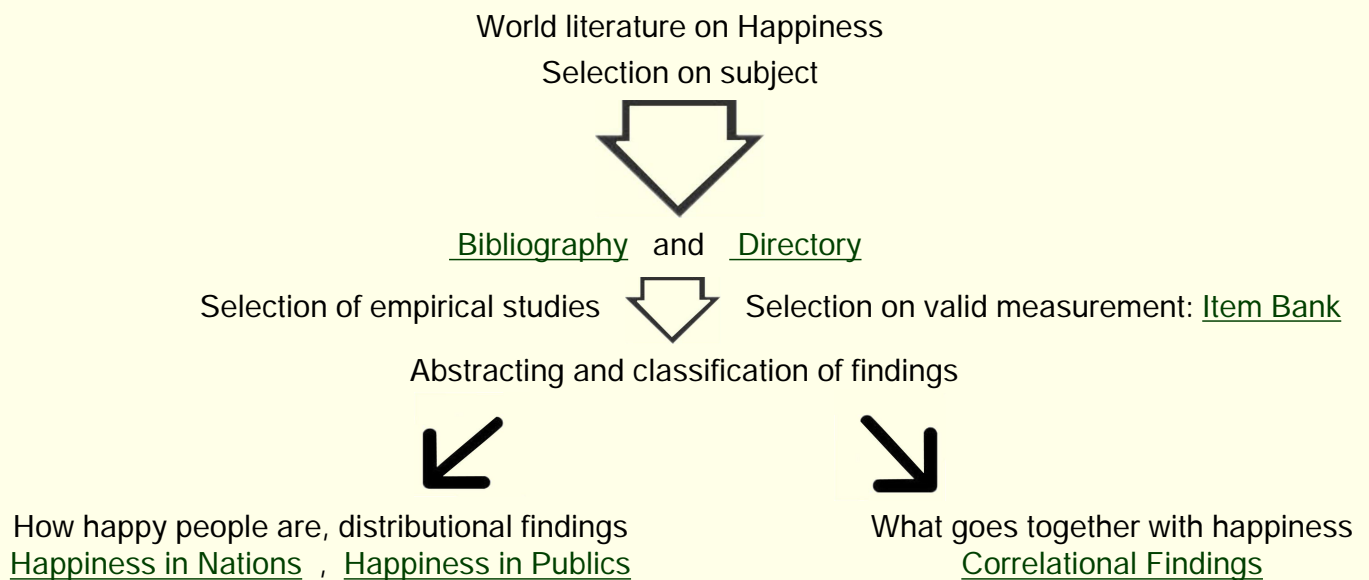
rs	<p>SPEARMAN'S RANK CORRELATION COEFFICIENT</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: ordinal, Happiness: ordinal.</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p>rs = 0 « no rank correlation</p> <p>rs = 1 « perfect rank correlation, where high correlate values are associated with high happiness ratings</p> <p>rs = -1 « perfect rank correlation, where high correlate values are associated with low happiness ratings</p>
SNR	Statistic Not Reported
T	<p>TSCHUPROW'S T</p> <p>Type: test statistic.</p> <p>Measurement level: Correlate: nominal, Happiness: ordinal</p> <p>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.</p> <p>Meaning:</p> <p>T = 0 « no association</p> <p>T -> 1 « strongest possible association.</p> <p>NOTE: sometimes the square value is reported instead !</p>
t.	<p>t-STATISTIC (Student's t-statistic)</p> <p>Type: symmetric standard test statistic.</p> <p>One parameter: n (= number of degrees of freedom (df) ; range df: [1; + infinite)</p> <p>Range for t: unlimited</p> <p>Meaning : the test statistic is the ratio of a difference between a statistic and its expected value under the null hypothesis and its (estimated) standard error with n degrees of freedom.</p> <p>The critical values of its probability distribution are tabulated extensively in almost any textbook on Statistics.</p>
tau	<p>GOODMAN & Kruskal's TAU</p> <p>Type: descriptive statistic only.</p> <p>Measurement level: Correlate: nominal, Happiness: ordinal</p> <p>Range: [0; +1]</p> <p>Meaning:</p> <p>tau = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.</p> <p>tau = 1 « knowledge of the correlate value enables a perfect (error-free) prediction of the happiness rating.</p>
tb	<p>KENDALL'S RANK CORRELATION COEFFICIENT TAU-B</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: ordinal, Happiness: ordinal</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p>tb = 0 « no rank correlation</p> <p>tb = 1 « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.</p> <p>tb = -1 « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.</p>

tc	<p>KENDALL'S TAU-C (Also referred to as Stuart's tau-c)</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: ordinal, Happiness: ordinal</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p>tc = 0 « no rank correlation</p> <p>tc = 1 « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.</p> <p>tc = -1 « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.</p>
V	<p>CRAMÉR'S V</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: nominal, Happiness: ordinal</p> <p>Range: [0; 1]</p> <p>Meaning:</p> <p>V = 0 « no association</p> <p>V = 1 « strongest possible association</p>
ZZZZZ	<p>CRAMÉR'S V</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: nominal, Happiness: ordinal</p> <p>Range: [0; 1]</p> <p>Meaning:</p> <p>V = 0 « no association</p> <p>V = 1 « strongest possible association</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.





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 ONE'S 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>
L3 LEISURE	L9 LIFE STYLE
L3.1.1.1 . Earlier travel	L9.2.2.3 . Travel
L3.1.1.1 . Earlier travel	A2.3.5 . Leisure
L3.1.2.1 . change in leisure activity-level	A1.1.2 Change in activity level
L3.2 Current leisure time	T1.4 Current time-usage
L3.3 Current leisure activity	E2.4 Size of current job
L3.3.1 Leisure activity level	A1 ACTIVITY: LEVEL (how much one does)
L3.3.2 Specific leisure activities	I4.2 Current interests
L3.3.2.2 . eating/drinking out	S13.2.1 Use of alcohol
L3.3.2.6 . Internet	P10.2.2.4 . internet at home
L3.3.2.7 . reading	C11.2 Current cultural participation
L3.3.2.9 . theater/movies	C11.2.1 Passive participation
L3.3.2.10 . traveling	P10.2.2.2 . car
L3.3.2.10 . traveling	L9.2.2.3 . Travel
L3.3.2.11 . tv watching, radio listening	L3.1.2.2 . change in specific leisure activities
L3.3.2.12 . voluntary work	S7.2.3 Voluntary work
L3.4.3 Satisfaction with leisure	M13.4.2 Mood during leisure
L3.4.3.1 . satisfaction with time for leisure	T1.5.1 Satisfaction with time-use
L3.4.3.2 . satisfaction with leisure activities	A2.4 Attitudes to own activity pattern

A report of the World Database of Happiness, Correlational Findings