# Correlational Findings on Happiness and LIFE CHANGE

**Subject Code: L5**

© on data collection: Ruut Veenhoven, Erasmus University Rotterdam

## Classification of Findings

<table>
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<th>Description</th>
<th>Nr of Studies on this Subject</th>
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<td>LIFE CHANGE</td>
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<td>3</td>
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<td>L5.1.2</td>
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<td>0</td>
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<tr>
<td>L5.3</td>
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<td>Aspired life-change</td>
<td>0</td>
</tr>
<tr>
<td>L5.3.1.1</td>
<td>. wish to change life</td>
<td>11</td>
</tr>
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<td>L5.3.1.2</td>
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<td>10</td>
</tr>
<tr>
<td>L5.3.2</td>
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<td>1</td>
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<td></td>
</tr>
</tbody>
</table>

Cite as: Veenhoven, R.: Findings on LIFE CHANGE
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Correlational finding on Happiness and Life-change career
Subject code: L5.1

Study BACHM 1978/2

Reported in: Bachman, J.G.; O'Malley, P.M.; Johnston, J.

Population: Public highschool boys followed 8 years from grade 10, USA, 1966-74

Sample:
Non-Response: 2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5
N: 2213

Correlate

Authors label: Later marital status (1)
Our classification: Life-change career, code L5.1
Measurement: 0 Unmarried, divorced or separated
1 Married
Assessed at T5

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/g/mq/v/5/a</td>
<td>r=+</td>
<td>T1 happiness: tau = +.04 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T2 happiness: tau = +.06 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3 happiness: tau = +.10 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T4 happiness: tau = +.12 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Life-change career
Subject code: L5.1

Study GUBRI 1974

Reported in: Gubrium, J.F.
Marital Desolation and the Evaluation of Everyday Life in Old Age.
Journal of Marriage and the Family, February, 1974, 107 - 113. ISSN 0022 2445

Population: Aged persons, Detroit, USA, 197?

Sample:
Findings on Happiness and LIFE CHANGE

Non-Response: -
N: 210

Correlate

Authors label: Continuity in marital status (1)
Our classification: Life-change career, code L5.1
Measurement: 0 Incontinuity (widowed / divorced)    1 Continuity (never married / married)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>0-SLL/c/sq/v/3/b</td>
<td>G=+.11 ns</td>
<td>Unaffected by age.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Life-change career
Subject code: L5.1

Study

Population: Aged persons, Detroit, USA, 197?
Sample:
Non-Response: -
N: 210

Correlate

Authors label: Continuity in marital status (2)
Our classification: Life-change career, code L5.1
Measurement: 0 Incontinuity (widowed / divorced)    1 Continuity (never married / married)

Observed Relation with Happiness
Findings on Happiness and LIFE CHANGE

### Correlational finding on Happiness and Earlier life-change

**Subject code: L5.1.1**

**Study**  
*BAKKE 1974*

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

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

**Sample:**

- **Non-Response:** 34% refusal and unattainable.
- **N:** 1552

**Correlate**

- **Authors label:** Life change. (2)
- **Our classification:** Earlier life-change, code L5.1.1
- **Measurement:** Number of life changes experienced after age 20, as assessed by a 15-item inventory.

**Observed Relation with Happiness**

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

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/bb</td>
<td>G=+.24 ns</td>
<td>Unaffected by age</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Current life-change (assessed by follow up)**

**Subject code: L5.2**

**Study**  
*GRAHA 2004*

**Reported in:** Graham, C.; Eggers, A; Sukhtankar, S.  
Does Happiness Pay? An Exploration based on Panel Data from Russia  
ISSN 0167 2681 DOI:10.1016/j.jebo.2003.09.002  
Page in Report: 331

**Population:** 10+ aged, followed 5 years, Russia 1995-2000
Findings on Happiness and LIFE CHANGE

Sample: Probability sample (unspecified)

Non-Response:

N: 5269

Correlate

Authors label: Summed effects of changes in the determinants

Our classification: Current life-change (assessed by follow up), code L5.2

Measurement:

Static variables:
- age
- gender
- ethnic minority

T1-T2 Changes in status variables:
- income
- educational level
- educational participation
- health problems
- drinking
- smoking
- marital status
- employment

Russia went through major changes in this era, among which a financial crisis in 1998

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks

O-SLW/c/sq/v/5/n R²=.01

Correlational finding on Happiness and Specific life-changes

Subject code: L5.2.2

Study

NOCK 1981

Reported in: Nock, S.L.
Family Life-Cycle Transitions: Longitudinal Effects on Family Members.
Journal of Marriage and the Family, 1981, Vol. 43, 703 -714. ISSN 0022 2445
Page in Report: 710

Population: 16+ aged working force, USA, followed 5 years, 1973-1977

Sample: Probability area sample

Non-Response:

N: 963
Correlations

**Authors label:** Multiple transitions

**Our classification:** Specific life-changes, code L5.2.2

**Measurement:** Change in family situation in last 5 years.
- 1= change in marital status AND number of children
- 0= other

**Measured Values:** No transitions: \( N = 625 \ (64.9\%) \)

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**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/n7/c</td>
<td>B = -.38 ns</td>
<td>T1-T2 CHANGE in happiness. Correlation with T2 happiness, controlled for T1 happiness.</td>
</tr>
<tr>
<td>O-SLu/c/sq/n7/c</td>
<td>B = -.06 ns</td>
<td>T1-T2 CHANGE in satisfaction. Correlation with T2 satisfaction, controlled for T1 satisfaction. B's further controlled for: - education - sex - race - age Two stage least-square procedure in which T1 happiness is first regressed on all exogenous variables in order to free this variable of autocorrelated error.</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Specific life-changes**

**Subject code: L5.2.2**

**Study**

**VANSL 2004**

**Reported in:** VanSluijs, J. 
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents). 
Master thesis, University of Tilburg, 2004, Netherlands 
Page in Report: 40, 62, 67, 72, 73

**Population:** Young adults, followed from age 18 to 30, The Netherlands, 1987-1999

**Sample:** Probability stratified sample

**Non-Response:** 36.6\% (baseline)

**N:** 836
Correlate

Authors label: Got one's first paid job

Our classification: Specific life-changes, code L5.2.2

Measurement: Change in employment situation: got one's first paid job

Measured Values: N for who this transition took place between different periods < T1=625, T1-T3=180, T3-T4=45, T3-T5 or T4-T5=18, Total=868

Remarks: Employment situation assessed at:
- T1: 1987 when aged 18 to 26
- T2: 1989 when aged 20 to 28
- T3: 1991 when aged 22 to 30
- T4: 1995 when aged 26 to 34
- T5: 1999 when aged 30 to 34

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-Sum/cy/mg/v7/a</td>
<td>B=</td>
<td>B's denote CHANGE in happiness following CHANGE in employment in individuals (fixed effects)</td>
</tr>
</tbody>
</table>
| O-Sum/cy/mg/v7/a   | B=+.30 p<.05 | B controlled for other life course transitions:  
- no job  
- leaving parental home  
- living together/marriage first partner  
- divorce from first partner  
- living together/marriage second partner  
- having first child |

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Findings on Happiness and LIFE CHANGE

O-Sum/cy/mq/v/7/a  \( B = +.26 \ p < .05 \)
additional control for years since transition:
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

O-Sum/cy/mq/v/7/a  \( B = +.13 \ ns \)
additional control for years since transition (squared):
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

Correlational finding on Happiness and Specific life-changes
Subject code: L5.2.2

Study  VANSL 2004
Findings on Happiness and LIFE CHANGE

Reported in: VanSluijs, J.
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents).
Master thesis, University of Tilburg, 2004, Netherlands
Page in Report: 67,68

Sample: Probability stratified sample
Non-Response: 36.6% (baseline)
N: 836

Correlate

Authors label: Fell unemployed
Our classification: Specific life-changes, code L5.2.2
Measurement: Change in employment situation: fell unemployed

Measured Values: N for who this transition took place between different periods < T1=135, T1-T3=128, T3-T4=59, T3-T5 or T4-T5=24, Total=346
Remarks: Employment situation assessed at:
T1: 1987 when aged 18 to 26
T2: 1989 when aged 20 to 28
T3: 1991 when aged 22 to 30
T4: 1995 when aged 26 to 34
T5: 1999 when aged 30 to 34

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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</thead>
<tbody>
<tr>
<td>O-Sum/cy/mg/v/7/a</td>
<td>B=</td>
<td>B's denote CHANGE in happiness following CHANGE to unemployment within individuals (fixed effect)</td>
</tr>
<tr>
<td></td>
<td>B=-.15 p&lt;.10</td>
<td>B controlled for life course transitions: first paid job, leaving parental home, living together/marriage first partner, divorce from first partner, living together/marriage second partner, having first child</td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE CHANGE

Correlational finding on Happiness and Specific life-changes

Subject code: L5.2.2

### Study

**VANSL 2004**

**Reported in:** VanSuijs, J. 
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents). 
Master thesis, University of Tilburg, 2004, Netherlands 
Page in Report: 67,68

**Population:** Young adults, followed from age 18 to 30, The Netherlands, 1987-1999

**Sample:** Probability stratified sample

**Non-Response:** 36.6% (baseline)

**N:** 836

---

### Correlate

**Authors label:** Left parental home

**Our classification:** Specific life-changes, code L5.2.2

**Measurement:** Change in housing situation: left parental home

**Measured Values:** N for who this transition took place between different periods < T1= 693, T1-T3=403, T3-T4=56, T3-T5 or T4-T5=34, Total=1226

**Remarks:** Housing situation assessed at: 
- T1: 1987 when aged 18 to 26
- T2: 1989 when aged 20 to 28
- T3: 1991 when aged 22 to 30
- T4: 1995 when aged 26 to 34
- T5: 1999 when aged 30 to 34

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### Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-Sum/cy/mg/v/7/a</td>
<td>B =</td>
<td>B's denote CHANGE in happiness following CHANGE in housing in individuals (fixed effects)</td>
</tr>
</tbody>
</table>
| O-Sum/cy/mg/v/7/a | B =.11 ns | B controlled for private life course transitions:  
- living together/marriage first partner  
- divorce from first partner  
- living together/marriage second partner  
- having first child |
| O-Sum/cy/mg/v/7/a | B =.11 ns | B controlled for public life course transitions:  
- first paid job  
- no job |
Correlational finding on Happiness and Specific life-changes
Subject code: L5.2.2

Study  
**VANSL 2004**

*Reported in:* Van Sluijs, J.  
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents).  
Master thesis, University of Tilburg, 2004, Netherlands  
Page in Report: 67,68

*Population:* Young adults, followed from age 18 to 30, The Netherlands, 1987-1999

*Sample:* Probability stratified sample

*Non-Response:* 36.6% (baseline)

*N:* 836

Correlate

*Authors label:* Got married to first partner

*Our classification:* Specific life-changes, code L5.2.2

*Measurement:* Change in marital status: got married (or started living together)

*Measured Values:* N for who this transition took place between different periods: T1= 412, T1-T3=297, T3-T4=127, T3-T5 or T4-T5=74, Total=910

*Remarks:* Marital status assessed at:  
T1: 1987 when aged 18 to 26  
T2: 1989 when aged 20 to 28  
T3: 1991 when aged 22 to 30  
T4: 1995 when aged 26 to 34  
T5: 1999 when aged 30 to 34

Observed Relation with Happiness
### Findings on Happiness and LIFE CHANGE

#### Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>O-Sum/cy/mq/v/7/a</strong></td>
<td>B=</td>
</tr>
</tbody>
</table>

- **O-Sum/cy/mq/v/7/a**  
  B=+.67  
  p<.001  
  B controlled for private life course transitions:  
  - leaving parental home  
  - living together/marriage first partner  
  - divorce from first partner  
  - living together/marriage second partner  
  - having first child

- **O-Sum/cy/mq/v/7/a**  
  B=+.66  
  p<.001  
  B controlled for public life course transitions:  
  - first paid job  
  - no job

- **O-Sum/cy/mq/v/7/a**  
  B=+.65  
  p<.001  
  B additionally control for above years since transition squared

- **O-Sum/cy/mq/v/7/a**  
  B=+.58  
  p<.001  
  B additionally control for above years since transition squared
**Correlational finding on Happiness and Specific life-changes**

**Subject code: L5.2.2**

**Study**

_Study_ VANS 2004

_Reported in:_ VanSluijs, J.
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents).
Master thesis, University of Tilburg, 2004, Netherlands
Page in Report: 67,68,74

_Population:_ Young adults, followed from age 18 to 30, The Netherlands, 1987-1999

_Sample:_ Probability stratified sample

_Non-Response:_ 36.6% (baseline)

_N:_ 836

**Correlate**

_Authors label:_ Got divorced from first partner

_Our classification:_ Specific life-changes, code L5.2.2

_Measurement:_ Change in marital situation: divorced
Findings on Happiness and LIFE CHANGE

Measured Values: N for who this transition took place between different periods < T1=25, T1-T3=19, T3-T4=18, T3-T5 or T4-T5=18, Total=80

Remarks: Marital status assessed at:
T1: 1987 when aged 18 to 26
T2: 1989 when aged 20 to 28
T3: 1991 when aged 22 to 30
T4: 1995 when aged 26 to 34
T5: 1999 when aged 30 to 34

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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<tbody>
<tr>
<td>O-Sum/cy/mg/v/7/a</td>
<td>B=</td>
<td>B's denote CHANGE in happiness following CHANGE in marital status in individuals (Fixed effects)</td>
</tr>
<tr>
<td></td>
<td>B=1.2 p&lt;0.01</td>
<td>B controlled for private life course transitions: - leaving parental home - living together/marriage first partner - living together/marriage second partner - having first child</td>
</tr>
</tbody>
</table>

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Findings on Happiness and LIFE CHANGE

$O-Sum/cy/mq/v/7/a \quad B=-1.2 \ p<.001$

$B$ controlled for public life course transitions:
- first paid job
- no job

$O-Sum/cy/mq/v/7/a \quad B=-2.0 \ p<.001$

additional control for years since transition:
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

$O-Sum/cy/mq/v/7/a \quad B=-2.0 \ p<.001$

additional control for years since transition (squared):
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

Effect (negative) Stronger for men. Long-term satisfaction increases stronger for men than for women.
### Correlational finding on Happiness and Specific life-changes
**Subject code: L5.2.2**

**Study**
- **Reported in:** VanSluijs, J.
  - Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents).
  - Master thesis, University of Tilburg, 2004, Netherlands
  - Page in Report: 67,68

- **Population:** Young adults, followed from age 18 to 30, The Netherlands, 1987-1999
- **Sample:** Probability stratified sample
- **Non-Response:** 36,6% (baseline)
- **N:** 836

### Correlate
- **Authors label:** Remarried to second partner
- **Our classification:** Specific life-changes, code L5.2.2
- **Measurement:** Went trough CHANGe from married/divorced to second marriage

- **Measured Values:** N for who this transition took place between different periods < T1= 15, T1-T3=12, T3-T4=17, T3-T5 or T4-T5=20, Total=64

- **Remarks:** Marital status assessed at:
  - T1: 1987 when aged 18 to 26
  - T2: 1989 when aged 20 to 28
  - T3: 1991 when aged 22 to 30
  - T4: 1995 when aged 26 to 34
  - T5: 1999 when aged 30 to 34

### Observed Relation with Happiness

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</thead>
<tbody>
<tr>
<td>O-Sum/cv/mg/v7/a</td>
<td>B=</td>
<td>B's denote CHANGe in happiness following CHANGe in marital status in individuals (fixed effects)</td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE CHANGE

**O-Sum/cy/mq/v/7/a**  
**B = +1.1 p < 0.001**  
B controlled for private life course transitions:  
- leaving parental home  
- living together/marriage first partner  
- divorce from first partner  
- having first child

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**O-Sum/cy/mq/v/7/a**  
**B = +1.7 p < 0.001**  
B controlled for public life course transitions:  
- first paid job  
- no job

**O-Sum/cy/mq/v/7/a**  
**B = +1.7 p < 0.001**  
additional control for years since transition:  
- first paid job  
- no job  
- leaving parental home  
- living together/marriage first partner  
- divorce from first partner  
- living together/marriage second partner  
- having first child
Findings on Happiness and LIFE CHANGE

O-Sum/cy/mq/v/7/a  $B=+1.6\ p<.001$
additional control for years since transition (squared):
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

Correlational finding on Happiness and Specific life-changes
Subject code: L5.2.2

Study
VANSL 2004

Reported in: VanSluijs, J.
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents).
Master thesis, University of Tilburg, 2004, Netherlands
Page in Report: 67,68,


Sample: Probability stratified sample

Non-Response: 36,6% (baseline)

$N$: 836

Correlate

Authors label: Got first child

Our classification: Specific life-changes, code L5.2.2

Measurement: Change in parental status: got first child

Measured Values: N for who this transition took place between different periods $< T1=135,\ T1-T3=176,\ T3-T4=167,\ T3-T5\ or\ T4-T5=165,\ Total=643$

Remarks: Parental status assessed at:
T1: 1987 when aged 18 to 26
T2: 1989 when aged 20 to 28
T3: 1991 when aged 22 to 30
T4: 1995 when aged 26 to 34
T5: 1999 when aged 30 to 34

Observed Relation with Happiness

<table>
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<tr>
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</table>

**Findings on Happiness and LIFE CHANGE**

B's denote CHANGE in happiness following CHANGE in parental status in individuals (fixed effects)

\[ B = \]  

B controlled for private life course transitions:
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner

\[ B = +0.09 \text{ ns} \]

B controlled for public life course transitions:
- first paid job
- no job

\[ B = +0.14 \text{ ns} \]
Findings on Happiness and LIFE CHANGE

**Objective**

- B = +.26, p < .01

Additional control for years since transition:
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

**Objective**

- B = +.37, p < .01

B additionally controlled for above years since transition squared

Stronger positive for women. Also in the long run.

**Correlational finding on Happiness and wish to change life**

**Subject code: L5.3.1.1**

**Study**

ABRAM 1972
Findings on Happiness and LIFE CHANGE

Reported in: Abrams, M.; Hall, J.

Population: 15+ aged, general public, Britain, 1971

Sample:

Non-Response:

N: 213

Correlate

Authors label: Wish to change life (1)

Our classification: . wish to change life, code L5.3.1.1

Measurement: Closed question: like to continue in much the same way / change some parts / change many parts

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
O-SLW/c/sq/l11/b r=-.17

Correlational finding on Happiness and . wish to change life
Subject code: L5.3.1.1

Study ANDRE 1976/3

Reported in: Andrews, F.M.; Withey, S.B.

Population: 18+ aged, general public, non institutionalized, USA, 1972/11

Sample:

Non-Response: 38%

N: 1072

Correlate

Authors label: Wish to change life (1)

Our classification: . wish to change life, code L5.3.1.1
Findings on Happiness and LIFE CHANGE

**Measurement:** Closed question: "Considering how your life is going, would you like to continue much the same way, change some parts of it, or change many parts of it?"

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r=−.37</td>
<td></td>
</tr>
<tr>
<td>O-HL/u/sq/v/7/b</td>
<td>r=−.37</td>
<td></td>
</tr>
<tr>
<td>O-SLV/u/sq/t/101/a</td>
<td>r=−.36</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>r=−.40</td>
<td></td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=−.35</td>
<td></td>
</tr>
<tr>
<td>O- SLW/c/sq/n/7/a</td>
<td>r=−.44</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>mr=−.42</td>
<td>HAP 4.1 asked first: r=−.44</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HAP 4.1 asked last : r=−.39</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=−.45</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . wish to change life**

**Subject code: L5.3.1.1**

**Study**

ANDRE 1976/5


Page in Report: 92

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

*Sample:

*Non-Response:*

*N: 222

**Correlate**

*Authors label:* Wish to change life (1)

*Our classification:* . wish to change life, code L5.3.1.1
Findings on Happiness and LIFE CHANGE

**Measurement:** Closed question: "Considering how your life is going, would you like to continue much the same way, change some parts of it, or change may parts of it?"

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/u/sq/f/7/a</td>
<td>r=-.40</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>mr=-.37</td>
<td>HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end. HAP 4.1 asked first : r=-.40 HAP 4.1 asked second: r=-.30 HAP 4.1 asked third : r=-.40</td>
</tr>
<tr>
<td>O-GBB/u/sq/c/9/a</td>
<td>r=-.20</td>
<td></td>
</tr>
<tr>
<td>O-HL/u/sq/v/7/b</td>
<td>r=-.40</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r=+.30</td>
<td></td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=-.40</td>
<td>Index of positive affects: r=-.20 Index of negative affects: r=+.30</td>
</tr>
<tr>
<td>C-BW/cy/sq/l/9/a</td>
<td>r=-.20</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . wish to change life**

**Subject code: L5.3.1.1**

**Study**

**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:** Wish to change life (1)

**Our classification:** . wish to change life, code L5.3.1.1

Findings on Happiness and LIFE CHANGE

Measurement: Single direct question: "Think of how your life is going now: do you wish you could change some parts of it?"
1. like to continue in much the same way.
2. change some parts.
3. change many parts.

Remarks: Data T1. Results T3 similar.
Not computed for summed ABS.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-HL/c/sq/v3/aa   | G=   | Males: G= -.66
                 |         | Females: G= -.71   |
| A-BB/cm/mq/v2/a   | G= .33  | Index of Positive Affects: G= -.16 (05)
                 | p<.05    | Index of Negative Affects: G= +.34 (05) |

Correlational finding on Happiness and . wish to change life
Subject code: L5.3.1.1

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: 233

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

Sample:
Non-Response: -
N: 941

Correlate

Authors label: Change orientation (1)
Our classification: . wish to change life, code L5.3.1.1
Measurement: 2-item index of closed questions on optimism about the future, and yearning for change.
### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>$r = \pm 0$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/f</td>
<td>$r = -0.12$</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and wish to change life

**Subject code: L5.3.1.1**

**Study**

- **BULAT 1973**
  - Page in Report: 233
  - Population: 21+ aged, general public, Metro Manila, Philippines, 1972
  - Sample:
    - Non-Response: -
    - $N$: 941

**Correlate**

- **Authors label**: Change orientation (2)
- **Our classification**: wish to change life, code L5.3.1.1
- **Measurement**: 2-item index of closed questions on optimism about the future, and yearning for change.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>$r = \pm 0$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/f</td>
<td>$r = -0.12$</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and wish to change life

**Subject code: L5.3.1.1**

**Study**

- **KAMMA 1983/2**
Findings on Happiness and LIFE CHANGE

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 75

Population: 18+ aged, general public, Dunedin, New Zealand, 1983

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Want life-change (1)

Our classification: . wish to change life, code L5.3.1.1

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I wish I could change some parts of my life"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r = -.50</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r = -.51</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . wish to change life
Subject code: L5.3.1.1

Study

NOELL 1977/4

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: 217

Population: 16+ aged, general public, West-Germany, 1967

Sample:

Non-Response:
Findings on Happiness and LIFE CHANGE

N: 2000

Correlate

Authors label: Happiness (1)

Our classification: . wish to change life, code L5.3.1.1

Measurement:

Single direct question: Sind sie im allgemeinen mit Ihrem jetzigen Leben zufrieden, oder wünschen Sie sich manches anders?
In general, are you satisfied with your present life, or do you wish things different?
Satisfied (2)
Something else (1)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/ur/sq/v3/b</td>
<td>G =+.63</td>
<td>% very happy:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- satisfied 23%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- not satisfied 5%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>% not happy + % fifty-fifty</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- satisfied 34%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- not satisfied 38%</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . wish to change life
Subject code: L5.3.1.1

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: Wish to change life (1)

Our classification: . wish to change life, code L5.3.1.1
Findings on Happiness and LIFE CHANGE

**Measurement:** Closed question: like to continue in much the same way / change some parts / change many parts.

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v5/a</td>
<td>G=-</td>
<td>Index of Positive Affects: G = -.07</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: G = +.06</td>
</tr>
</tbody>
</table>

---

### Correlational finding on Happiness and . wish to change life

**Subject code: L5.3.1.1**

**Study**

**Reported in:** Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 211

**Population:** 21+ aged, general public, non-institutionalized, USA, 1946

**Sample:**
Non-Response: -

**N:** 2377

**Correlate**

**Authors label:** Desire to change (1)

**Our classification:** . wish to change life, code L5.3.1.1

**Measurement:** Open-ended question on desired personal changes (see H 3.1.2):
0 Nothing
1 Other

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v3/c</td>
<td>G=-.17 p&lt; 01</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and . wish to change life
Subject code: L5.3.1.1

Study
ZUMA 1989

Reported in: Zentrum fur Umfrageforschung Mannheim (ZUMA)
Page in Report:

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

Sample:

Non-Response: ?

N: 2100

Correlate

Authors label: Conservatism (1)

Our classification: . wish to change life, code L5.3.1.1

Measurement: Single direct question:
1   'I like to try out something new'
2   'I had better keep everything it is now.'

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/11/ba</td>
<td>SNR=</td>
<td></td>
</tr>
<tr>
<td></td>
<td>eta</td>
<td>G</td>
</tr>
<tr>
<td>1978</td>
<td>-.11</td>
<td>-.02</td>
</tr>
<tr>
<td>1980</td>
<td>-.04</td>
<td>-.02</td>
</tr>
<tr>
<td>1984</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1988</td>
<td>-.01</td>
<td>-.01</td>
</tr>
<tr>
<td>ß's controlled for age, gender, perceived class and marital status.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>O-HL/c/sq/v/4/b</th>
<th>SNR=</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>eta</td>
<td>G</td>
</tr>
<tr>
<td>1978</td>
<td>-.09</td>
<td>-.15</td>
</tr>
<tr>
<td>1980</td>
<td>-.08</td>
<td>-.16</td>
</tr>
<tr>
<td>1984</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1988</td>
<td>-.03</td>
<td>-.05</td>
</tr>
<tr>
<td>ß's controlled for age, gender, perceived class and marital status.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and specific changes wanted
Subject code: L5.3.1.2

Study BENNE 1970

Reported in: Bennett, F.A.
Avowed Happiness in Communities of Religious Women.
Unpublished PhD Dissertation, University of Utah, 1970, USA
Page in Report: 57

Population: Nuns, Catholic congregations, USA, 1969

Sample:
Non-Response: 11.5%
N: 963

Correlate

Authors label: Considering departure the convent (1)
Our classification: specific changes wanted, code L5.3.1.2
Measurement: Single direct question: "During the past six months, which of the following would best describe feelings or thoughts you have had about leaving religious life".
1. I have not considered leaving (60%)
2. I have considered leaving but not seriously (23%)
3. I have seriously considered leaving but have decided against it (10%)
4. I have seriously considered leaving and may do so (5%)
5. I will probably leave (2%)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/f</td>
<td>r=+.47</td>
<td>p&lt;0.001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and specific changes wanted
Subject code: L5.3.1.2

Study DEJON 1969

Reported in: DeJong-Gierveld, J.
De Ongehuwden. (The Unmarried).
Page in Report: 22
Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965

Non-Response: 31%;
N: 600

Correlate

Authors label: Prefer to change job when possible. (2)
Our classification: specific changes wanted, code L5.3.1.2

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SL??/?/sq/v5/a   | r=         | r = -.08
|                   |            | r = -.09
|                   |            | r = -.33
|                   |            | r = -.03

Correlational finding on Happiness and specific changes wanted
Subject code: L5.3.1.2

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: Want to continue living in one's town (1)
Our classification: specific changes wanted, code L5.3.1.2
Measurement: Closed question ranging from 'definitely no' to 'definitely yes'.
### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/4/b</td>
<td>mc=+.12</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/?/6/a</td>
<td>mc=+.23</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and specific changes wanted
**Subject code: L5.3.1.2**

**Study**

**LEVY 1975/1**


*Population:* 18+ aged, general public, urban areas, Israel, 1973

*Sample:*

*Non-Response:* -

*N:* 1940

**Correlate**

*Authors label:* Want to move to another town (1)

*Our classification:* specific changes wanted, code L5.3.1.2

*Measurement:* Closed question ranging from 'definitely no' to 'definitely yes'.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/4/b</td>
<td>mc=-.05</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/?/6/a</td>
<td>mc=-.14</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and specific changes wanted
**Subject code: L5.3.1.2**

**Study**

**MAKAR 1962**
Findings on Happiness and LIFE CHANGE

Reported in: Makarczyk, W.
Factors affecting Life Satisfaction among People in Poland.
Page in Report: 110

Population: Adults, general public, students and peasants excluded, Poland, 1960

Sample:
Non-Response: 5%
N: 2387

Correlate

Authors label: Prefer to change job (1)
Our classification: specific changes wanted, code L5.3.1.2
Measurement:
Single question: 'If you had the choice, would you change your present job in agriculture for another occupation?'
0 no
1 yes

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/u/sq/v/5/a</td>
<td>T=10</td>
<td>Computed for farm owners and family only.</td>
</tr>
<tr>
<td></td>
<td>p&lt;001</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and specific changes wanted
Subject code: L5.3.1.2

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
Findings on Happiness and LIFE CHANGE

Authors label: Desire for having more amusement (1)

Our classification: specific changes wanted, code L5.3.1.2

Measurement: Whether on would like to go out more often in the evening for entertainment

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/g/sq/v/5/a</td>
<td>D% = - p &lt; 0.05</td>
<td>33 % of the relatively dissatisfied and 26 % of the satisfied would like to go out more often. Stronger among males. Unaffected by going out with spouse or not</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and specific changes wanted

Subject code: L5.3.1.2

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: Want to spend more time in work around the house (1)

Our classification: specific changes wanted, code L5.3.1.2

Measurement:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/g/sq/v/5/a</td>
<td>D% = + p &lt; 0.05</td>
<td>Unaffected by sex</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and specific changes wanted
Subject code: L5.3.1.2

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: Want to spend less time in work around the house (1)
Our classification: . specific changes wanted, code L5.3.1.2
Measurement:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-Slu/g/sq/v5/a</td>
<td>D% = - p &lt; 0.05</td>
<td>Among females 44% of the dissatisfied and 27% of the satisfied want to spend less time in work around the house. No relationship among males</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and specific changes wanted
Subject code: L5.3.1.2

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 longer schooling (2)

Our classification: specific changes wanted, code L5.3.1.2

Measurement:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/g/sq/v5/a</td>
<td>D% = p &lt; .05</td>
<td>75% of the relatively dissatisfied and 58% of the very satisfied desire longer schooling. Unaffected by sex</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and specific changes wanted
Subject code: L5.3.1.2

Study

WESSM 1956


Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:

Non-Response: -

N: 2377

Correlate

Authors label: Desired personal changes mentioned (1)

Our classification: specific changes wanted, code L5.3.1.2

Measurement: Open-ended direct question: other changes vs changes mentioned

a. Character changes (worry less)
b. Physical appearance, weight, size, looks
c. Health
d. Age
e. More education
f. Better social relationships
Findings on Happiness and LIFE CHANGE

Remarks: Computed for those who desire to change only (N = 1591)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G =+.12</td>
<td>a.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .05</td>
<td></td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G =+.05 ns</td>
<td>b.</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G =+.12 p &lt;</td>
<td>c.</td>
</tr>
<tr>
<td></td>
<td>.05</td>
<td></td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G =+.09 ns</td>
<td>d.</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G =.14 ns</td>
<td>e.</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G =.01 ns</td>
<td>f.</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G =.39 p &lt;</td>
<td>g.</td>
</tr>
<tr>
<td></td>
<td>.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Satisfaction with life-change

Subject code: L5.3.3

Study: LOUGH 1985


Population: Heart transplantation recipients, 7 month to 14 years after transplant, USA, 198?

Sample: Probability simple random sample
Non-Response: 25%
N: 75

Correlate

Authors label: Perceived changes in life since heart-transplantation (1)
Our classification: Satisfaction with life-change, code L5.3.3
Measurement: Questions on changes in various aspects of life, such as health, physical endurance, accomplishments, future outlook, social support and independance. (Precise questions not reported).
1 change to the worse
2 change to the better

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SQL/c/sq/?/5/a</td>
<td>AoV=+ p&lt;0.001</td>
<td>the 26% who reported change to the worse rated their QOL lower</td>
</tr>
<tr>
<td>O-QL?/c/sq/v/6/a</td>
<td>AoV=+ p&lt;0.009</td>
<td></td>
</tr>
</tbody>
</table>

Appendix 1: Happiness Items used

<table>
<thead>
<tr>
<th>Happiness Item Code</th>
<th>Full Text</th>
</tr>
</thead>
</table>
| 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-BB/cm/mq/v/2/a    | Selfreport on 10 questions: During the past few weeks, did you ever feel ....? (yes/no)
|                     | A Particularly excited or interested in something?
|                     | B So restless that you couldn't sit long in a chair?
|                     | C Proud because someone complimented you on something you had done?
|                     | D Very lonely or remote from other people?
|                     | E Pleased about having accomplished something?
|                     | F Bored?
|                     | G On top of the world?
|                     | H Depressed or very unhappy?
|                     | I That things were going your way?
|                     | J Upset because someone criticized you? |
Answer options and scoring:
yes = 1
no = 0
Summation:
- Positive Affect Score (PAS): A+C+E+G+I
- Negative Affect Score (NAS): B+D+F+H+J
- Affect Balance Score (ABS): PAS minus NAS
Possible range: -5 to +5

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

A-BB/cm/mq/v/5/a

Selfreport on 13 questions:

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

A Pleased about having accomplished something.
B Things going my way.
C Proud because someone complimented me on something I had done.
D Particularly excited or interested in something I had done.
E On top of the world.
F A deep sense of joy.
G Pleased because my life feels orderly and secure.
H Bored.
I Very lonely and remote from other people.
J Jealous of somebody.
K Angry with someone.
L Disappointed in myself.
M Unhappy about the small number of times I have pleasant feelings and experiences.

Answer options:
0 no
yes
If yes: How often did you feel so?
5 every day
4 several times a week
3 once a week
2 2 or 3 times a month
1 once a month

Summation:
- Positive Affect Score (PAS): Average A to G
- Negative Affect Score (NAS): Average H to M
- Affect Balance Score (AB): PAS minus NAS
Possible range: +42 tot -30

Name: Bradburn's "Affect Balance Scale' (modified version)
Selfreport on 40 questions:

"Over this time period (the last few weeks) I have had the feeling described by":
A My life is on the right track
B I seem to be left alone when I don't want to be
C I feel I can do whatever I want to
D I think clearly and creatively
E I feel like a failure
F Nothing seems very much fun any more
G I like myself
H I can't be bothered doing anything
I I feel close to people around me
J I feel as though the best years of my life are over
K My future looks good
L I have lost interest in other people and don't care about them
M I have energy to spare
N I smile and laugh a lot
O I wish I could change some parts of my life
P My thoughts go around in useless circles
Q I can handle any problems that come up
R My life seems stuck in a rut
S I feel loved and trusted
T I feel there must be something wrong with me

"Over this period (the last few weeks), "how often you felt..."
U Satisfied
V Lonely
W Free-and-easy
X Clear-headed
Y Helpless
Z Impatient
AA Useful
AB Depressed
AC Loving
AD Hopeless
AE Optimistic
AF Withdrawn
AG Enthusiastic
AH Good-natured
AI Discontented
AJ Confused
AK Confident
AL Tense
AM Understood
AN Insignificant

Answer options;
0 not at all
1 occasionally
2 some of the time
3 often
4 all the time

Summation:
- Positive Affect score (PAS): mean positive items
- Negative Affect Score (NAS): mean negative items
- Affect balance score (ABS): PAS minus NAS
Possible range: -4 to +4
Findings on Happiness and LIFE CHANGE

C-BW/c/sq/l/11/a Selfreport on single question:

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

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

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

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

C-BW/cy/sq/l/9/a Selfreport on single question:

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

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

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

M-AO/u/sq/f/7/a Selfreport on single question:

Which (of the faces) best described how you feel about your life as a whole?
7 completely happy
6
5
4 neither happy nor unhappy
3
2
1 completely unhappy
Findings on Happiness and LIFE CHANGE

Selfreport on single question:

“Taking all things together, how would you say you have been this period? Check the phrase that best describes how you have felt.”
7 very happy
6 happy
5 somewhat happy
4 mixed (about equally happy and unhappy)
3 somewhat unhappy
2 unhappy
1 very unhappy

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)

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'

Selfreport on single question:

"Here are some circles that we can imagine represent the lives of different people. Circle eight has all pluses in it, to represent a person who has all the good things in his life. Circle zero has all minuses in it, to represent a person who has all the bad things in his life. Other circles are in between. Which circle do you think comes closest to matching your life?"
(circles not reproduced here)
8 + + + + + + + +
7 + + + + + + + -
6 + + + + + + - -
5 + + + + + - - -
4 + + + + - - - -
3 + + - - - - - -
2 + - - - - - - - -
2 + - - - - - - - -
0 - - - - - - - - -

Name: Andrews & Withey's 'Circles Scale'
Findings on Happiness and LIFE CHANGE

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/n/7/c Selfreport on single question:

Here are some words and phrases. We would like you to use these in describing how you feel about your present life.
1 not too happy
2
3
4
5
6
7 very happy

Item in Campbell's semantic differential scale

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/bb Selfreport on single question:

All in all, how much UNhappiness would you say you find in life today? Would you say...
3 almost none
2 some unhappiness
1 great unhappiness

O-HL/c/sq/v/3/f Selfreport on single question:

Considering everything that has happened to you recently, how would you say things are with you - would you say you are.....?
3 very happy
2 pretty happy
1 not too happy

O-HL/c/sq/v/4/b Selfreport on single question:

Is your life at this moment ....?
4 very happy
3 fairly happy
2 fairly unhappy
1 very unhappy

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

"In general, how happy would you say you are.....?"
3 very happy
2 fairly happy
1 not too happy
Findings on Happiness and LIFE CHANGE

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

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

**O-HP/g/mq/v/5/a** Selfreport on 6 questions:

"Describe the kind of person you are. Please read each sentence, then mark how often it is true for you"
- 1 I feel like smiling
- 2 I generally feel in good spirits
- 3 I feel happy
- 4 I am very satisfied with life
- 5 I find a good deal of happiness in life
- 6 I feel sad

Response options:
- 5 almost always true
- 4 often true
- 3 sometimes true
- 2 seldom true
- 1 never true

Summation: average
Possible range: 1 to 5

**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/b** Selfreport on single question:

When somebody would say about you, 'this person is very happy', is he right or wrong.......?
- 3 right
- 2 fifty-fifty
- 1 wrong
- difficult to say.
O-QL/?/sq/v/6/a
Selfreport on single question:

"....... current quality of life"
(full lead items not reported)
1
2
3
4
5
6
(response options not reported)

O-SL/?/sq/v/5/a
Selfreport on single question:

"....... satisfaction with life ....."
(full question not reported)
5 very satisfied
4 satisfied
3 don't know/satisfied
2 don't know/not satisfied
1 disappointed in life

O-SLL/c/sq/v/3/a
Selfreport on single question:

In general how satisfying do you find the way you are spending your life these days. Would you call it.....?
3 completely satisfying
2 pretty satisfying
1 not very satisfying

O-SLL/c/sq/v/3/b
Selfreport on single question:

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

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

Here are some words and phrases. We would like you to use these in describing how you feel about your present life.
1 not very satisfying
2
3
4
5
6
7 completely satisfying

Item in Campbell's semantic differential scale

O-SLu/g/sq/v/5/a
Selfreport on single question:

In general, how satisfied are you with your life.....?
5 very satisfied
4 satisfied
3 average
2 somewhat dissatisfied
1 very dissatisfied
Findings on Happiness and LIFE CHANGE

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/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/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/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
Findings on Happiness and LIFE CHANGE

O-SLW/c/sq/v/5/n Selfreport on single question

Now taking everything into account, how satisfied or dissatisfied are you with your life these days?
5 very satisfied
4 satisfied
3 neither satisfied nor dissatisfied
2 dissatisfied
1 very dissatisfied
- don't know
- no answers

Numerical scale reversed

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-SQL/c/sq/?/5/a Selfreport on single question:

".....satisfaction with current quality of life ...."  
(Full question not reported.)
1
2
3
4
+(Response options: not reported)

O-Sum/cy/mq/v/7/a Selfreport on four questions:

Using the 1-7 scale below, indicate how much each of the following statements applies for you in the last 18 months.
A In most ways my life is close to ideal
B The conditions of my life are excellent
C I am satisfied with my life
D So far, I have gotten the important things I want in life

Answers rated:
7 applies completely
6 applies
5 applies slightly
4 neither applies nor does not apply
3 slightly not applicable
2 not applicable
1 applies not at all

Computation: A+B+C+D divided by 4

Name: Shortened Diener's Satisfaction with Life Scale (SWLS), last years version
(In the original scale item 5 reads: 'If I could live my life over, I would change nothing'. This item is left out in this selection because a positive answer to this question does not necessarily mean that the respondent doesn't like the life he/she actually lives.)
## Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>AoV</td>
<td><strong>ANALYSIS of VARIANCE (ANOVA)</strong>&lt;br&gt;Type: statistical procedure&lt;br&gt;Measurement level: Correlate(s): nominal, Happiness: metric.&lt;br&gt;In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a source of variability. At least one of those sources is the variability of the correlate, in case there is only one, and always one other is the residual variability, which includes all unspecified influences on the happiness variable. Each sum of squares has its own number of degrees of freedom (df), which sum up to Ne - 1 for the total variability. If a sum of squares (SS) is divided by its own number of df, a mean square (MS) is obtained. The ratio of two correctly selected mean squares has an F-distribution under the hypothesis that the corresponding association has a zero-value.&lt;br&gt;Note: A significantly high F-value only indicates that, in case of a single correlate, the largest of the c mean values is systematically larger than the smallest one. Conclusions about the other pairs of means require the application of a Multiple Comparisons Procedure (see e.g. BONFERRONI's MULTIPLE COMPARISON TEST, DUNCAN's MULTIPLE RANGE TEST or STUDENT-NEWMAN-KEULS)</td>
</tr>
<tr>
<td>B</td>
<td><strong>REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)</strong>&lt;br&gt;Type: test statistic&lt;br&gt;Measurement level: Correlate: metric, Happiness: metric&lt;br&gt;Theoretical range: unlimited&lt;br&gt;Meaning:&lt;br&gt;B &gt; 0 A higher correlate level corresponds with, on an average, higher happiness rating.&lt;br&gt;B &lt; 0 A higher correlate level corresponds with, on an average, lower happiness rating.&lt;br&gt;B = 0 No any correlation with the relevant correlate.</td>
</tr>
<tr>
<td>D%</td>
<td><strong>DIFFERENCE in PERCENTAGES</strong>&lt;br&gt;Type: descriptive statistic only.&lt;br&gt;Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well.&lt;br&gt;Happiness level: dichotomous&lt;br&gt;Range: [-100; +100]&lt;br&gt;Meaning: the difference of the percentages happy people at two correlate levels.</td>
</tr>
<tr>
<td>G</td>
<td><strong>GOODMAN &amp; Kruskal's GAMMA</strong>&lt;br&gt;Type: test statistic&lt;br&gt;Measurement level: Correlate: ordinal, Happiness: ordinal&lt;br&gt;Range: [-1; +1]&lt;br&gt;Meaning:&lt;br&gt;G = 0 « no rank correlation&lt;br&gt;G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings.&lt;br&gt;G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</td>
</tr>
<tr>
<td>mc</td>
<td>Guttman's monotonicity coefficient.&lt;br&gt;Range: [-1, +1].&lt;br&gt;Measurement level: Both correlate and happiness ordinal or interval&lt;br&gt;Based on the multiplication of signed differences within one variable with the corresponding difference in the second variable and summation over all possible differences.&lt;br&gt;Seldom used in happiness research. See excerpted report.</td>
</tr>
<tr>
<td>mr</td>
<td>Mean correlation coefficient (r).&lt;br&gt;For r, see PRODUCT-MOMENT CORRELATION</td>
</tr>
</tbody>
</table>
**PRODUCT-MOMENT CORRELATION COEFFICIENT** (Also "Pearson's correlation coefficient' or simply 'correlation coefficient')

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

Meaning:
r = 0 « no correlation ,
r = 1 « perfect correlation, where high correlate values correspond with high happiness values, and
r = -1 « perfect correlation, where high correlate values correspond with low happiness values.

**R² COEFFICIENT of DETERMINATION**

Type: test statistic
Measurement level: Correlates: all metric, Happiness: metric
Range: [0; 1]

Meaning:
R² = 0 « no influence of any correlate in this study has been established.
R² = 1 « the correlates determine the happiness completely.

SNR Statistic Not Reported

**TSCHUPROW'S T**

Type: test statistic.
Measurement level: Correlate: nominal, Happiness: ordinal
Range: [0 ; SQRT([[min(r,c)-1]/[max(r,c) -1]]), c and r being the numbers of columns resp. rows in a cross tabulation.

Meaning:
T = 0 « no association
T -> 1 « strongest possible association.

NOTE: sometimes the square value is reported instead!

---

**Appendix 3: About the World Database of Happiness**

**Structure of the collections**

The World Database of Happiness is an ongoing register of scientific research on the subjective enjoyment of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic work.

World literature on Happiness
Selection on subject

Selection on empirical studies
Selection on valid measurement: Item Bank

Abstracting and classification of findings

Bibliography and Directory
Appendix 4 Further Findings in the World Database of Happiness

<table>
<thead>
<tr>
<th>Main Subjects</th>
<th>Subject Description</th>
<th>Number of Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>ACTIVITY: LEVEL (how much one does)</td>
<td>58</td>
</tr>
<tr>
<td>A2</td>
<td>ACTIVITY: PATTERN (what one does)</td>
<td>32</td>
</tr>
<tr>
<td>A3</td>
<td>AFFECTIVE LIFE</td>
<td>48</td>
</tr>
<tr>
<td>A4</td>
<td>AGE</td>
<td>400</td>
</tr>
<tr>
<td>A5</td>
<td>AGGRESSION</td>
<td>12</td>
</tr>
<tr>
<td>A6</td>
<td>ANOMY</td>
<td>32</td>
</tr>
<tr>
<td>A7</td>
<td>APPEARANCE (good looks)</td>
<td>15</td>
</tr>
<tr>
<td>A8</td>
<td>ATTITUDES</td>
<td>6</td>
</tr>
<tr>
<td>A9</td>
<td>AUTHORITARIANISM</td>
<td>4</td>
</tr>
<tr>
<td>B1</td>
<td>BIRTH CONTROL</td>
<td>1</td>
</tr>
<tr>
<td>B2</td>
<td>BIRTH HISTORY (own birth)</td>
<td>201</td>
</tr>
<tr>
<td>B3</td>
<td>BODY</td>
<td>77</td>
</tr>
<tr>
<td>C1</td>
<td>CHILDREN</td>
<td>1</td>
</tr>
<tr>
<td>C2</td>
<td>CHILDREN: WANT FOR (Parental aspirations)</td>
<td>6</td>
</tr>
<tr>
<td>C3</td>
<td>CHILDREN: HAVING (parental status)</td>
<td>195</td>
</tr>
<tr>
<td>C4</td>
<td>CHILDREN: CHARACTERISTICS OF ONE'S CHILDREN</td>
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Findings on Happiness and LIFE CHANGE

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A report of the World Database of Happiness, Correlational Findings