

World Database of Happiness



Correlational Findings on Happiness and LIFE CHANGE Subject Code: L5

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

Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
L5	LIFE CHANGE	0
L5.1	Life-change career	3
L5.1.1	Earlier life-change	1
L5.1.2	Change in change-level	0
L5.1.4	Later life-change	0
L5.2	Current life-change (assessed by follow up)	1
L5.2.1	Overall degree of life-change	0
L5.2.2	Specific life-changes	8
L5.3	Attitudes to life-change	0
L5.3.1	Aspired life-change	0
L5.3.1.1	. wish to change life	11
L5.3.1.2	. specific changes wanted	10
L5.3.2	Expected life-change	0
L5.3.3	Satisfaction with life-change	1
Appendix 1	Happiness Items used	
Appendix 2	Statistics used	
Appendix 3	About the World Database of Happiness	
Appendix 4	Further Findings in the World Database of Happiness	
Appendix 5	Related Subjects	

Cite as
 Veenhoven, R.: Findings on 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.
Youth in Transition, Vol. VI: Adolescence to Adulthood, Change and Stability in the Lives of Young Men.
Institute for Social Research, 1970, University of Michigan, Ann Arbor, USA
Page in Report:

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

Happiness Measure

Statistics

Elaboration/Remarks

O-HP/g/mq/v/5/a

r=+

T1 happiness: tau = +.04 (ns)
T2 happiness: tau = +.06 (ns)
T3 happiness: tau = +.10 (01)
T4 happiness: tau = +.12 (01)
T1:1966, T2:1968, T3:1969, T4:1970, T5:1974

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
Page in Report: 110-111

Population: Aged persons, Detroit, USA, 197?

Sample:

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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLL/c/sq/v/3/b	G=+.11 ns	Unaffected by age.

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
Page in Report: 110-111

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/bb	G=+.24 ns	Unaffected by age

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HP/g/sq/ol/7/a	G=+.15	

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
 Journal of Economic Behavior & Organization, 2004, Vol. 55, 319 - 342. ISSN 0167 2681 DOI:10.1016/j.jebo.2003.09.0002
 Page in Report: 331

Population: 10+ aged, followed 5 years, Russia 1995-2000

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

Remarks: Assessed at T1 (1995) and T2 (2000)
Russia went through major changes in this era, among which a financial crisis in 1998

Observed Relation with Happiness

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

Correlate

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 %)

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HL/c/sq/n/7/c</u>	<u>B=-.38 ns</u>	T1-T2 CHANGE in happiness. Correlation with T2 happiness, controlled for T1 happiness.
<u>O-SLu/c/sq/n/7/c</u>	<u>B=-.06 ns</u>	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.

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

Happiness Measure

Statistics

Elaboration/Remarks

[O-Sum/cy/mq/v/7/a](#)

B=

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

[O-Sum/cy/mq/v/7/a](#)

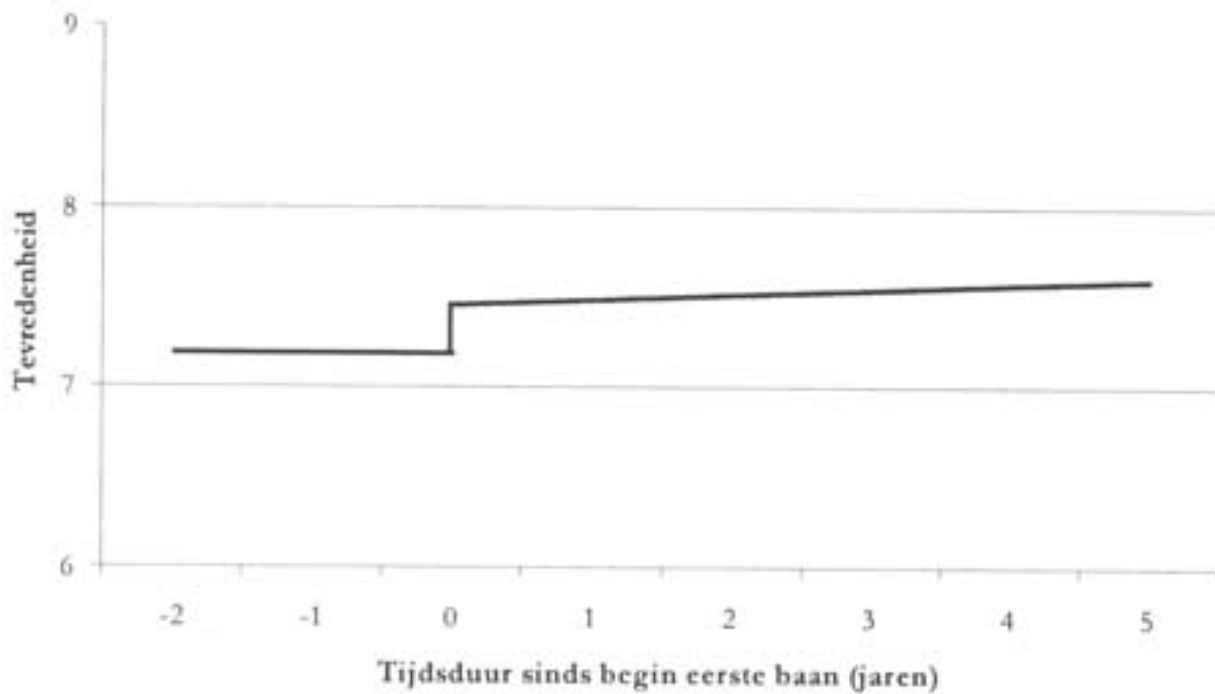
B=+.30 p<.05

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

Set Image size:

Figuur 5.1

Effect van het betreden van de arbeidsmarkt op de tevredenheid van jongvolwassenen (model 4).

[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

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: 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

Happiness Measure

Statistics

Elaboration/Remarks

O-Sum/cy/mq/v/7/a

B=

B's denote CHANGE in happiness following CHANGE to unemployment within individuals (fixed effect)

O-Sum/cy/mq/v/7/a

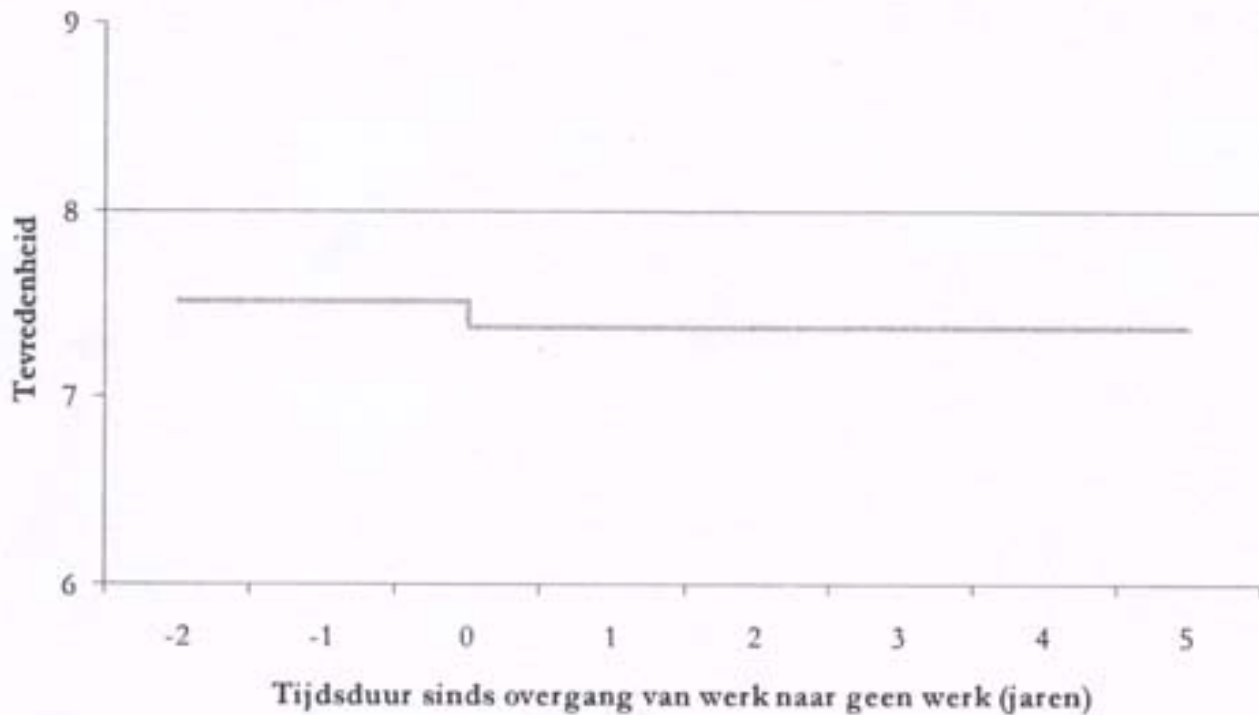
B=-.15 p<.10

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

Set Image size:

Figuur 5.2 Effect van de overgang van werk naar geen werk op de tevredenheid van jongvolwassenen (model 3).



[O-Sum/cy/mq/v/7/a](#)

B=+.10 ns

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=+.39 p<.05

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

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

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-Sum/cy/mq/v/7/a	<u>B=</u>	B's denote CHANGE in happiness following CHANGE in housing in individuals (fixed effects)
O-Sum/cy/mq/v/7/a	<u>B=-.11 ns</u>	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/mq/v/7/a	<u>B=-.11 ns</u>	B controlled for public life course transitions: - first paid job - no job

O-Sum/cy/mq/v/7/a B=-.09 ns 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=-.09 B additionally controled for above transition variables squared

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

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

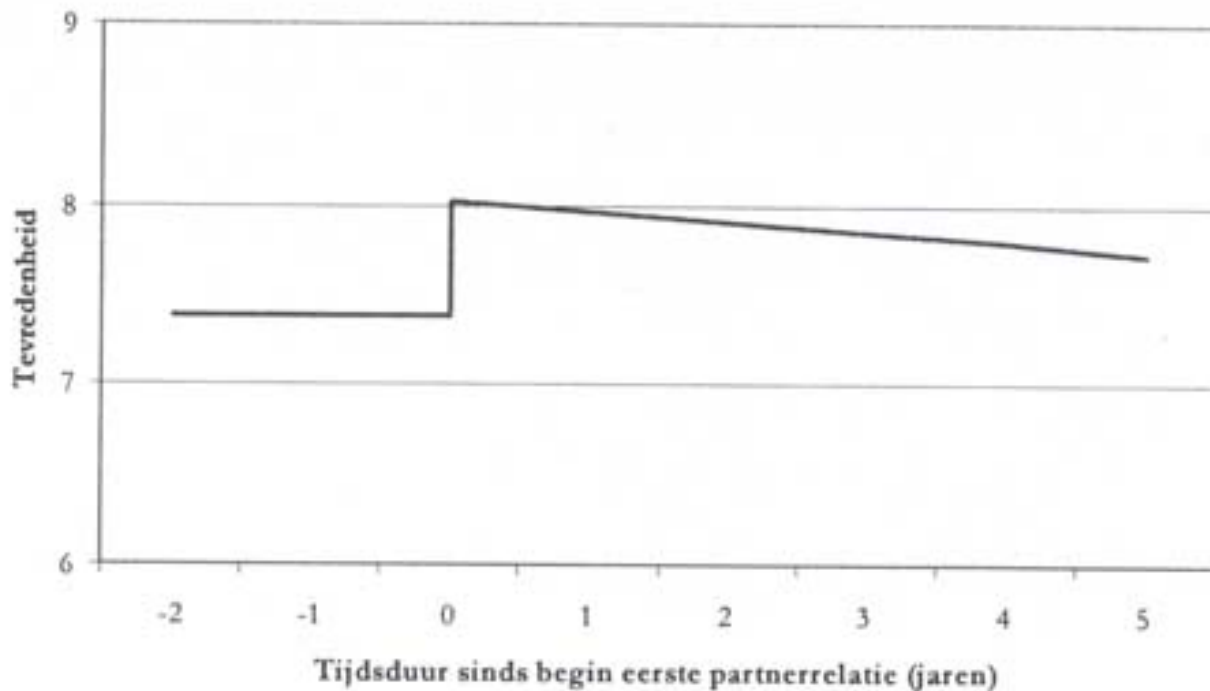
Remarks: Marital status assessed at:
 T1: 1987 when aged 18 to 26
 T2: 1989 when aged 20 to 28
 T3: 1991 when aged 22 to 30
 T4: 1995 when aged 26 to 34
 T5: 1999 when aged 30 to 34

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-Sum/cy/mq/v/7/a</u>	<u>B=</u>	B's denote CHANGE in happiness following CHANGE from single to married status in individuals (fixed effects)
<u>O-Sum/cy/mq/v/7/a</u>	<u>B=+.67 p<.001</u>	B controlled for private life course transitions: <ul style="list-style-type: none"> - leaving parental home - living together/marriage first partner - divorce from first partner - living together/marriage second partner - having first child
<u>O-Sum/cy/mq/v/7/a</u>	<u>B=+.66 p<.001</u>	B controlled for public life course transitions: <ul style="list-style-type: none"> - first paid job - no job
<u>O-Sum/cy/mq/v/7/a</u>	<u>B=+.65 p<.001</u>	additional control for years since transition: <ul style="list-style-type: none"> - 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
<u>O-Sum/cy/mq/v/7/a</u>	<u>B=+.58 p<.001</u>	B additionally control for above years since transition squared

Set Image size:

Figuur 5.3 Effect van het aangaan van een eerste partnerrelatie op de tevredenheid van jongvolwassenen (model 4).



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: 67,68,74

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

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

Happiness Measure

Statistics

Elaboration/Remarks

O-Sum/cy/mq/v/7/a

B=

B's denote CHANGE in happiness following CHANGE in marital status in individuals (Fixed effects)

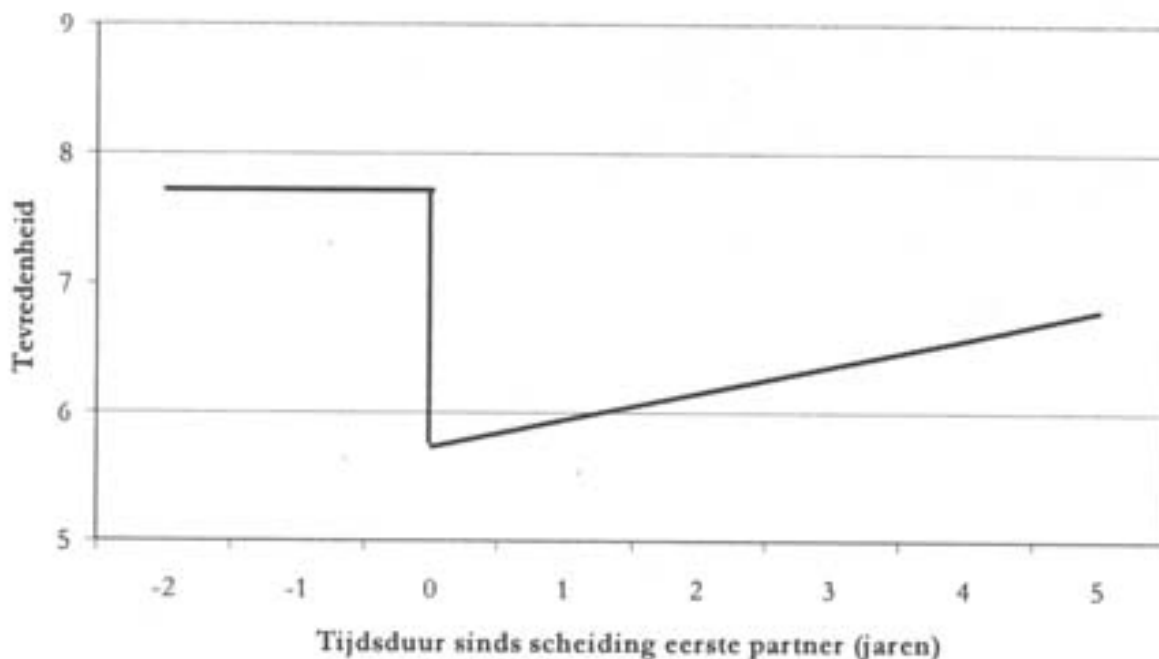
O-Sum/cy/mq/v/7/a

B=-1.2 p<.001

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

Set Image size:

Figuur 5.4 Effect van het verbreken van de eerste partnerrelatie op de tevredenheid van jongvolwassenen (model 4).



O-Sum/cy/mq/v/7/a

B=-1.2 p<.001

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

O-Sum/cy/mq/v/7/a

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

B=-2.0 p<.001

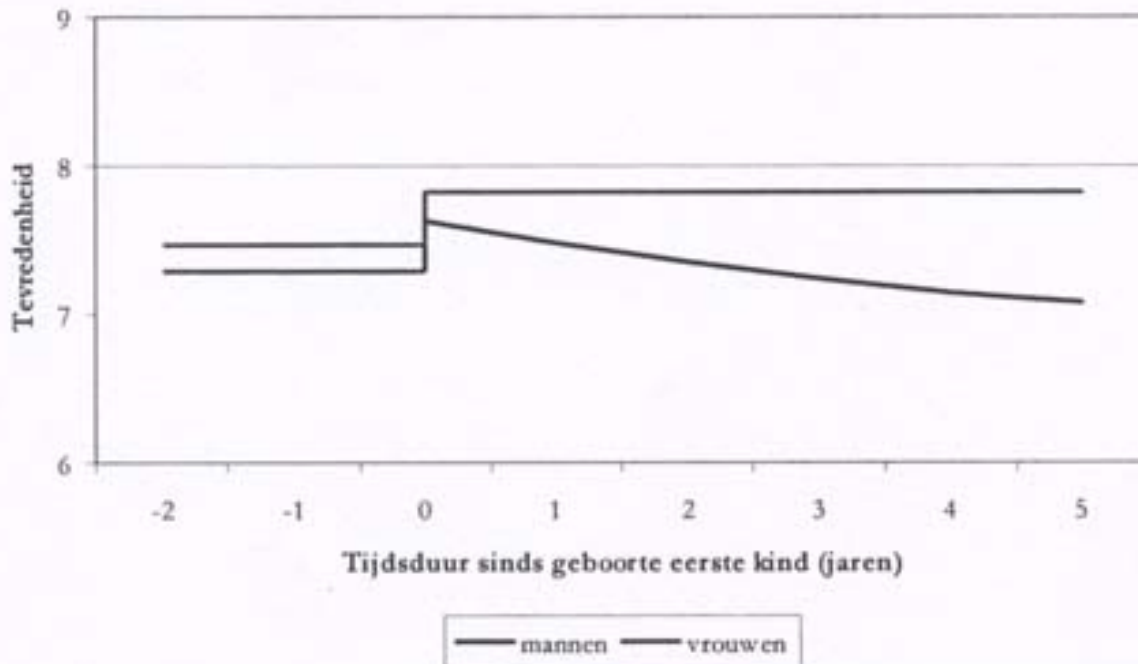
additional control for years since transition (squared):
 - first paid job
 - no job
 - leaving parental home
 - living together/marriage first partner
 - divorce from first partner
 - living together/marriage second partner
 - having first child

Effect (negative) Stronger for men. Longterm satisfaction increases stronger for men than for wmen.

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Figuur 5.7

Effect van de geboorte van het eerste kind op de tevredenheid van jongvolwassen mannen (model 5) en vrouwen (model 3).



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

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

Happiness Measure

Statistics

Elaboration/Remarks

[O-Sum/cy/mq/v/7/a](#)

B=

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

[O-Sum/cy/mq/v/7/a](#)B=+1.1 p<.001

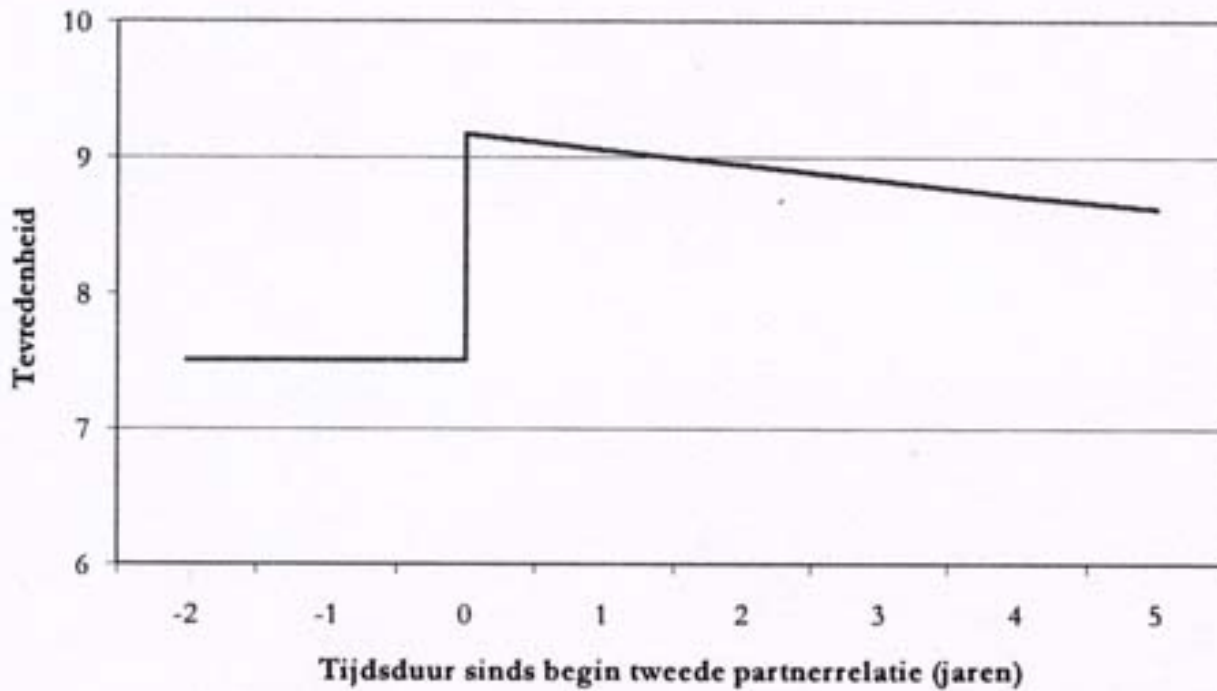
B controlled for private life course transitions:

- leaving parental home
- living together/marriage first partner
- divorce from first partner
- having first child

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Figuur 5.5

Effect van het aangaan van een tweede partnerrelatie op de tevredenheid van jongvolwassenen (model 4).

[O-Sum/cy/mq/v/7/a](#)B=+1.1 p<.001

B controlled for public life course transitions:

- first paid job
- no job

[O-Sum/cy/mq/v/7/a](#)B=+1.7 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](#)[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,

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 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

Happiness Measure

Statistics

Elaboration/Remarks

O-Sum/cy/mq/v/7/a

B=

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

O-Sum/cy/mq/v/7/a

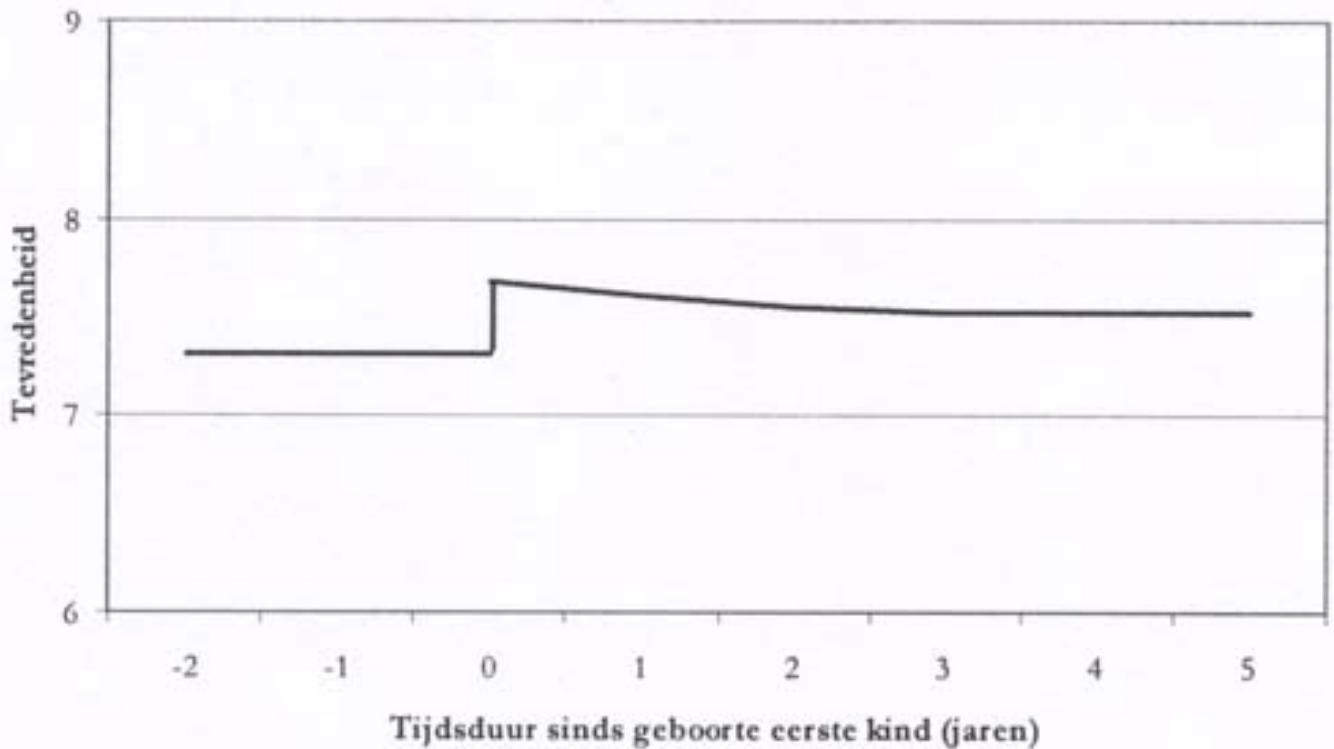
B=+.09 ns

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

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Figuur 5.6

Effect van de geboorte van het eerste kind op de tevredenheid van jongvolwassenen (model 5).



O-Sum/cy/mq/v/7/a

B=+.14 ns

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

O-Sum/cy/mq/v/7/a

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

O-Sum/cy/mq/v/7/a

B=+.37 p<.01

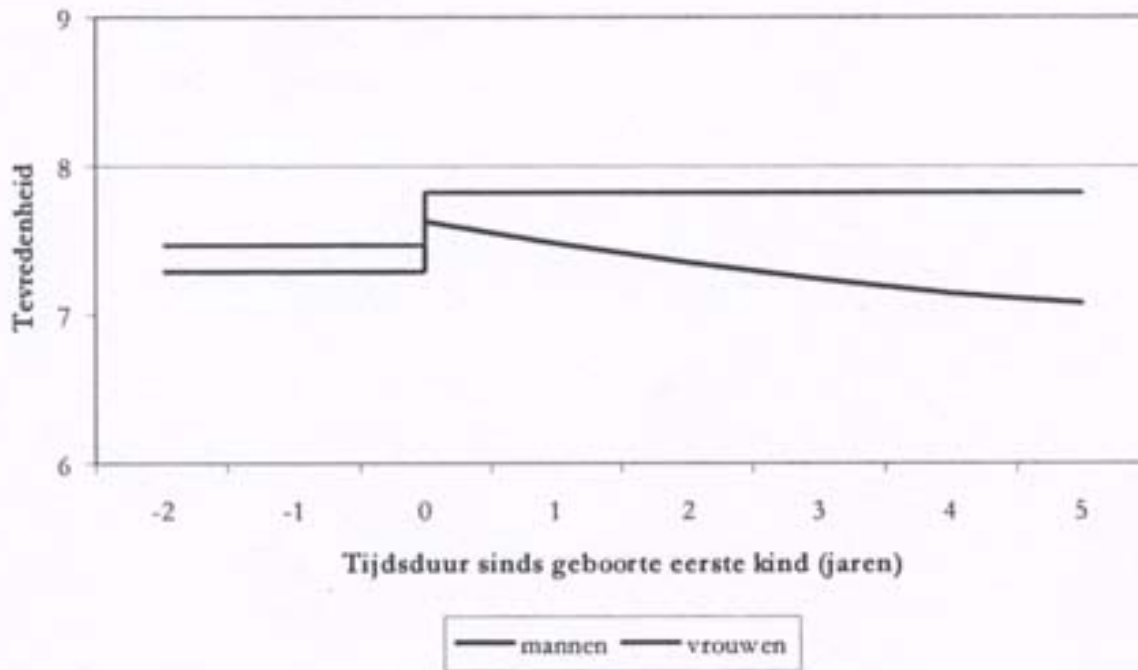
B additionally controlled for above years since transition squared

Stronger positive for women. Also in the long run.

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Figuur 5.7

Effect van de geboorte van het eerste kind op de tevredenheid van jongvolwassen mannen (model 5) en vrouwen (model 3).



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

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SLW/c/sq/l/11/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.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1
Page in Report: 85

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

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?"

Observed Relation with Happiness

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

Correlational finding on Happiness and . wish to change life

Subject code: L5.3.1.1

<i>Study</i>	ANDRE 1976/5
<i>Reported in:</i>	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: 92
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/7
<i>Sample:</i>	
<i>Non-Response:</i>	
	N: 222

Correlate

Authors label: Wish to change life (1)

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-AO/u/sq/f/7/a</u>	<u>r=-.40</u>	
<u>O-DT/u/sq/v/7/a</u>	<u>mr=-.37</u>	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
<u>O-GBB/u/sq/c/9/a</u>	<u>r=-.20</u>	
<u>O-HL/u/sq/v/7/b</u>	<u>r=-.40</u>	
<u>O-HL/c/sq/v/3/aa</u>	<u>r=+.30</u>	
<u>A-BB/cm/mq/v/2/a</u>	<u>r=-.40</u>	Index of positive affects: r=-.20 Index of negative affects: r=+.30
<u>C-BW/cy/sq/l/9/a</u>	<u>r=-.20</u>	

Correlational finding on Happiness and . wish to change life

Subject code: L5.3.1.1

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: Wish to change life (1)

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

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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/3/aa	<u>G=-</u>	Males : G= -.66 Females: G= -.71
A-BB/cm/mq/v/2/a	<u>G=-.33</u> <u>p<.05</u>	Index of Positive Affects: G= -.16 (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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
C-BW/c/sq/l/11/a	r= ±0	
O-HL/c/sq/v/3/f	r=-.12	

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 (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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
C-BW/c/sq/l/11/a	r= ±0	
O-HL/c/sq/v/3/f	r=-.12	

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

Study KAMMA 1983/2

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.50</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.51</u> <u>p<.01</u>	

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:

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/u/sq/v/3/b</u>	<u>G=+.63</u>	% very happy: - satisfied 23% - not satisfied 5% % not happy + % fifty-fifty - satisfied 34% - not satisfied 38%

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, 1977?

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

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

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BB/cm/mq/v/5/a	G=-	Index of Positive Affects: G = -.07 Index of Negative Affects: G = +.06

Correlational finding on Happiness and . wish to change life

Subject code: L5.3.1.1

<i>Study</i>	WESSM 1956
<i>Reported in:</i>	Wessman, A.E. A Psychological Inquiry into Satisfaction and Happiness. Unpublished Doctoral Dissertation, Princeton University, 1956, USA Page in Report: 211
<i>Population:</i>	21+ aged, general public, non-institutionalized, USA, 1946
<i>Sample:</i>	
<i>Non-Response:</i>	-
	<i>N:</i> 2377

Correlate

<i>Authors label:</i>	Desire to change (1)
<i>Our classification:</i>	. wish to change life, code L5.3.1.1
<i>Measurement:</i>	Open-ended question on desired personal changes (see H 3.1.2): 0 Nothing 1 Other

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/g/sq/v/3/c	G=-.17 p<.01	

Correlational finding on Happiness and . wish to change life

Subject code: L5.3.1.1

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: 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

Happiness Measure	Statistics	Elaboration/Remarks				
<u>O-SLW/c/sq/n/11/ba</u>	<u>SNR=</u>	eta	G	r	β	
		1978	-.11	-.02	-.05	+.07
		1980	-.04	-.02	-.02	+.05
		1984				
		1988	-.01	-.01	-.01	+.04
		β's controlled for age, gender, perceived class and marital status.				
<u>O-HL/c/sq/v/4/b</u>	<u>SNR=</u>	eta	G	r	β	
		1978	-.09	-.15	-.09	+.05
		1980	-.08	-.16	-.08	+.05
		1984				
		1988	-.03	-.05	-.03	+.03
		β's controlled for age, gender, perceived class and marital status.				

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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/3f	r=+.47 p<.001	

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).
 Samson, 1969, Alphen a/d Rijn, Netherlands.
 Page in Report: 22

Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965

Sample:

Non-Response: 31%;

N: 600

Correlate

Authors label: Prefer to change jobwhen possible. (2)

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

Measurement: Question: no / perhaps / yes.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SL?/?/sq/v/5/a	<u>r=-</u>	Never married males : r = -.08 Married males : r = -.09 Never married females: r = -.33 Married females : 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 'definite- ly no' to 'definitely yes'.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/c/sq/v/4/b	mc=+.12	
O-HL/c/sq/?/6/a	mc=+.23	

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 move to another town (1)

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

Measurement: Closed question ranging from 'definite- ly no' to 'definitely yes'.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/c/sq/v/4/b	mc=-.05	
O-HL/c/sq/?/6/a	mc=-.14	

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

Study MAKAR 1962

Reported in: Makarczyk, W.
 Factors affecting Life Satisfaction among People in Poland.
 Polish Sociological Bulletin, 1962, Vol. 1, 105 - 116
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/u/sq/v/5/a</u>	<u>T=.10</u> <u>p<.001</u>	Computed for farm owners and family only.

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 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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/g/sq/v/5/a	<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 Unaffected by going out with spouse or not

Correlational finding on Happiness and . specific changes wanted

Subject code: L5.3.1.2

Study	ROSE 1955
<i>Reported in:</i>	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
<i>Population:</i>	Married couples, middle aged, middle-class, USA, 1952
<i>Sample:</i>	
<i>Non-Response:</i>	50 %
<i>N:</i>	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

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

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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/g/sq/v/5/a	<u>D% = - p < .05</u>	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

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: 17

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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/g/sq/v/5/a	<u>D%= - p<.05</u>	75 % of the relatively dissatisfied and 58 % of the very satisfied desire longer schooling Unaffected by sex

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

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: 211

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

g. Better work and attitudes towards it

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

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=+.12</u> <u>p<.05</u>	a.
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.05 ns</u>	b.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.12 p<.05</u>	c.
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.09 ns</u>	d.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.14 ns</u>	e.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.01 ns</u>	f.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.39 p<.01</u>	g.

Correlational finding on Happiness and Satisfaction with life-change Subject code: L5.3.3

Study

LOUGH 1985

Reported in: Lough, M.E.; Lindsey, A.M.; Shinn, J.A.; Stotts, N.A.
Life Satisfaction Following Heart Transplantation.
Heart transplantation, 1985, Vol. 4, 446 - 449
Page in Report: 447

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 independence. (Precise questions not reported).
 1 change to the worse
 2 change to the better

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SQL/c/sq/?/5/a	<u>AoV=+</u> <u>p<.0001</u>	
O-QL?/c/sq/v/6/a	<u>AoV=+</u> <u>p<.009</u>	the 26% who reported change to the worse rated their QoL lower

Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
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 "Affected Balance Scale' (modified version)

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

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

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

M-FH/c/sq/v/7/a

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

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/sq/v/7/a

Selfreport on single question, asked twice in interview:

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

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

Summation: arithmetic mean

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

Also known as Lehman's 'Global lifesatisfaction'

O-GBB/u/sq/c/9/a

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'

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

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?/c/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

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

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

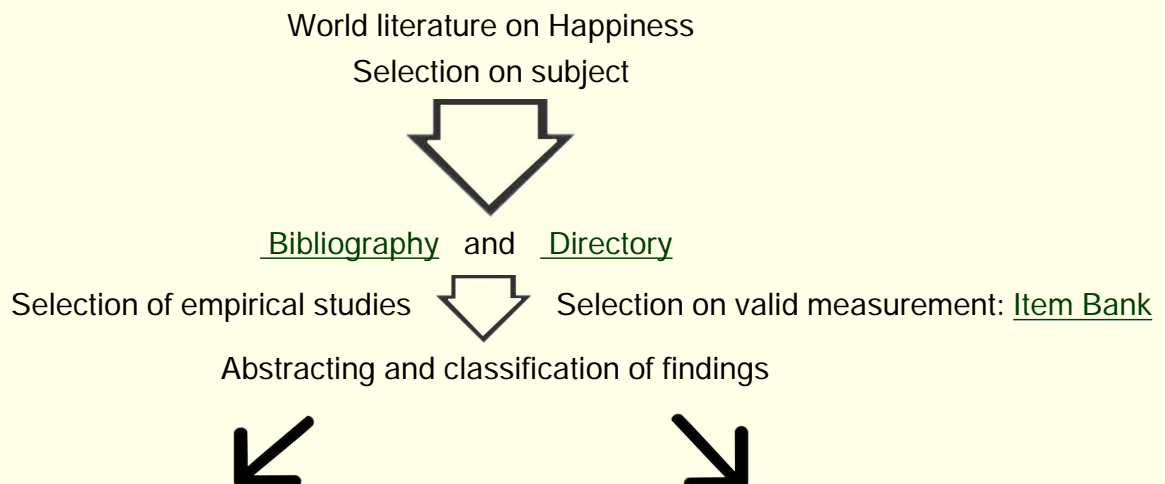
<i>Symbol</i>	<i>Explanation</i>
AoV	<p>ANALYSIS of VARIANCE (ANOVA) Type: statistical procedure Measurement level: Correlate(s): nominal, Happiness: metric. In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a 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 $N_e - 1$ 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.</p> <p>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)</p>
B	<p>REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS) Type: test statistic Measurement level: Correlate: metric, Happiness: metric Theoretical range: unlimited</p> <p>Meaning: $B > 0$ A higher correlate level corresponds with, on an average, higher happiness rating. $B < 0$ A higher correlate level corresponds with, on an average, lower happiness rating. $B = 0$ Not any correlation with the relevant correlate.</p>
D%	<p>DIFFERENCE in PERCENTAGES Type: descriptive statistic only. Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well. Happiness level: dichotomous Range: [-100; +100]</p> <p>Meaning: the difference of the percentages happy people at two correlate levels.</p>
G	<p>GOODMAN & Kruskal's GAMMA Type: test statistic Measurement level: Correlate: ordinal, Happiness!: ordinal Range: [-1; +1]</p> <p>Meaning: $G = 0$ « no rank correlation $G = +1$ « strongest possible rank correlation, where high correlate values correspond with high happiness ratings. $G = -1$ « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
mc	<p>Guttman's monotonicity coefficient. Range: [-1, +1]. Measurement level: Both correlate and happiness ordinal or interval Based on the multiplication of signed differences within one variable with the corresponding difference in the second variable and summation over all possible differences. Seldom used in happiness research. See excerpted report.</p>
mr	<p>Mean correlation coefficient (r). For r, see PRODUCT-MOMENT CORRELATION</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>$r = 0$ « no correlation ,</p> <p>$r = 1$ « perfect correlation, where high correlate values correspond with high happiness values, and</p> <p>$r = -1$ « perfect correlation, where high correlate values correspond with low happiness values.</p>
R^2	<p>COEFFICIENT of DETERMINATION</p> <p>Type: test statistic</p> <p>Measurement level: Correlates: all metric, Happiness: metric</p> <p>Range: [0; 1]</p> <p>Meaning:</p> <p>$R^2 = 0$ « no influence of any correlate in this study has been established.</p> <p>$R^2 = 1$ « the correlates determine the happiness completely.</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: $[0 ; \text{SQRT}[\frac{\min(r,c)-1}{\max(r,c) - 1}]]$, 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>$T \rightarrow 1$ « strongest possible association.</p> <p>NOTE: sometimes the square value is reported instead !</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.



How happy people are, distributional findings
[Happiness in Nations](#) , [Happiness in Publics](#)

What goes together with happiness
[Correlational Findings](#)



Listing of comparable findings in Nations



[States of Nations](#) , [Trends in Nations](#)

Size of the collections

1226 Happiness measures (Item Bank)

4258 Nations surveys in 206 Nations

149 Distinguished publics in 1199 studies

12032 Correlational findings in 1196 studies

Appendix 4 Further Findings in the World Database of Happiness

<i>Main Subjects</i>	<i>Subject Description</i>	<i>Number of Studies</i>
A1	ACTIVITY: LEVEL (how much one does)	58
A2	ACTIVITY: PATTERN (what one does)	32
A3	AFFECTIVE LIFE	48
A4	AGE	400
A5	AGGRESSION	12
A6	ANOMY	32
A7	APPEARANCE (good looks)	15
A8	ATTITUDES	6
A9	AUTHORITARIANISM	4
B1	BIRTH CONTROL	1
B2	BIRTH HISTORY (own birth)	201
B3	BODY	77
C1	CHILDREN	1
C2	CHILDREN: WANT FOR (Parental aspirations)	6
C3	CHILDREN: HAVING (parental status)	195
C4	CHILDREN: CHARACTERISTICS OF ONE'S CHILDREN	25
C5	CHILDREN: RELATION WITH ONE'S CHILDREN	8
C6	CHILDREN: REARING OF ONE'S CHILDREN (parental behavior)	26
C7	COMMUNAL LIVING	9
C8	CONCERNS	18
C9	COPING	43
C10	CREATIVENESS	6
C11	CULTURE (Arts and Sciences)	8
D1	DAILY JOYS & HASSLES	5
E1	EDUCATION	302
E2	EMPLOYMENT	363
E3	ETHNICITY	98
E4	EXPRESSIVE BEHAVIOR	12
F1	FAMILY OF ORIGIN (earlier family for adults, current for young)	236
F2	FAMILY OF PROCREATION	58
F3	FAMILY OF RELATIVES	157

F4	FARMING	25
F5	FREEDOM	32
F6	FRIENDSHIP	152
G1	GENDER	370
G2	GRIEF	1
H1	HABITS	1
H2	HANDICAP	25
H3	HAPPINESS: VIEWS ON HAPPINESS	49
H4	HAPPINESS: DISPERSION OF HAPPINESS	10
H5	HAPPINESS: CAREER	191
H6	HAPPINESS: CORRESPONDENCE OF DIFFERENT MEASURES	310
H7	HAPPINESS OF OTHERS	0
H8	HAPPINESS: REPUTATION OF HAPPINESS	19
H9	HEALTH-BEHAVIOR	25
H10	HELPING	5
H11	HOPE	8
H12	HOUSEHOLD: COMPOSITION	137
H13	HOUSEHOLD: WORK	32
H14	HOUSING	106
I1	INCOME	552
I2	INSTITUTIONAL LIVING	43
I3	INTELLIGENCE	71
I4	INTERESTS	8
I5	INTERVIEW	73
I6	INTIMACY	103
L1	LANGUAGE	2
L2	LEADERSHIP	8
L3	LEISURE	206
L4	LIFE APPRAISALS: OTHER THAN HAPPINESS	368
L5	LIFE CHANGE	35
L6	LIFE EVENTS	86
L7	LIFE GOALS	75
L8	LIFE HISTORY	2
L9	LIFE STYLE	22
L10	LOCAL ENVIRONMENT	374
L11	LOTTERY	8
L12	LOVE-LIFE	31
M1	MARRIAGE: MARITAL STATUS CAREER	64
M2	MARRIAGE: CURRENT MARITAL STATUS	543
M3	MARRIAGE: RELATIONSHIP	115
M4	MARRIAGE: PARTNER	46
M5	MEANING	23
M6	MEDICAL TREATMENT	81
M7	MENTAL HEALTH	218
M8	MIGRATION: TO OTHER COUNTRY	29
M9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
M10	MIGRATION: MIGRANT WORK	3
M11	MILITARY LIFE	7

M12	MODERNITY	6
M13	MOOD	246
M14	MOTIVATION	7
N1	NATION: NATIONALITY	29
N2	NATION: ERA (temporal period)	41
N3	NATION: NATIONAL CHARACTER (modal personality)	29
N4	NATION: CONDITION IN ONE'S NATION	430
N5	NATION: POSITION OF ONE'S NATION	1
N6	NATION: ATTITUDES TO ONES NATION	152
N7	NATION: LIVABILITY OF ONE'S NATION	17
N8	NATION i: ATTITUDES IN	1
N9	REGION IN NATION	59
N10	NUTRITION	23
N21	ERA	0
O1	OCCUPATION	178
O2	ORGAN TRANSPLANTATION	17
P1	PERSONALITY: HISTORY	48
P2	PERSONALITY: CHANGE	10
P3	PERSONALITY: CURRENT ORGANIZATION	7
P4	PERSONALITY: CURRENT TRAITS	462
P5	PERSONALITY: LATER	23
P6	PHYSICAL HEALTH	427
P7	PLANNING	11
P8	POLITICAL BEHAVIOUR	231
P9	POPULARITY	26
P10	POSSESSIONS	60
P11	PRISON	1
P12	PROBLEMS	25
P13	PSYCHO-SOMATIC COMPLAINTS	62
P14	PETS	3
R1	RELIGION	251
R2	RESOURCES	9
R3	RETIREMENT	89
R4	ROLES	23
S1	SCHOOL	129
S2	SELF-IMAGE	237
S3	SEX-LIFE	61
S4	SLEEP	16
S5	SOCIAL MOBILITY	17
S6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	69
S7	SOCIAL PARTICIPATION : VOLUNTARY ASSOCIATIONS	131
S8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	34
S9	SOCIO-ECONOMIC STATUS	154
S10	SOCIAL SUPPORT: RECEIVED	62
S11	SOCIAL SUPPORT: PROVIDED	6
S12	SPORTS	38
S13	STIMULANTS	49
S14	SUICIDE	8

S15	SUMMED DETERMINANTS	92
T1	TIME	53
T2	THERAPY	38
T3	TOLERANCE	37
V1	VALUES: CAREER	8
V2	VALUES: CURRENT PREFERENCES (own)	73
V3	VALUES: CLIMATE (current values in environment)	7
V4	VALUES: SIMILARITY (current fit with others)	12
V5	VICTIM	14
W1	WAR	5
W2	WISDOM	2
W3	WORK: CAREER	2
W4	WORK: CONDITIONS	68
W5	WORK: ATTITUDES	347
W6	WORK: PERFORMANCE (current)	29
W7	WORRIES	31
XX	UNCLASSIFIED	25

Appendix 5: Related Subjects

<i>Subject</i>	<i>Related Subject(s)</i>		
L5	LIFE CHANGE	L6	LIFE EVENTS
L5.1	Life-change career	L6.1	Life-event career
L5.1	Life-change career	S15.1.2	Summed effects of changes in life
L5.2	Current life-change (assessed by follow up)	L6.2	Current life-events (past few years)
L5.2.2	Specific life-changes	L8.2	Change in life
L5.3	Attitudes to life-change	L6.3	Attitudes to life-events
L5.3.1.1	. wish to change life	L4.2.1	Wished other life
L5.3.1.2	. specific changes wanted	H11.2	Current hope
L5.3.1.2	. specific changes wanted	L7.2.2	Object of life-goals
L5.3.2	Expected life-change	H5.1.4	Expected change in happiness (period unspecified)
L5.3.3	Satisfaction with life-change	C9.2.4	Coping with specific life-events

A report of the World Database of Happiness, Correlational Findings