# World Database of Happiness

## Correlational Findings on Happiness and LIFE GOALS

### Subject Code: L7

© on data collection: Ruut Veenhoven, Erasmus University Rotterdam

### Classification of Findings

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Description</th>
<th>Nr of Studies on this Subject</th>
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<tbody>
<tr>
<td>L7</td>
<td>LIFE GOALS</td>
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<tr>
<td>L7.1</td>
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<td>L7.1.1</td>
<td>Earlier life-goals</td>
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<td>. presence of earlier goals (life-planning)</td>
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<td>L7.1.1.2</td>
<td>. object of earlier goals</td>
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<tr>
<td>L7.1.1.3</td>
<td>. acceptance of earlier life-goals</td>
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<tr>
<td>L7.1.1.4</td>
<td>. realization of earlier goals</td>
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<tr>
<td>L7.1.2</td>
<td>Change in life-goals</td>
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<td>L7.1.4</td>
<td>Later life-goals</td>
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<td>L7.2</td>
<td>Current life-goals</td>
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<td>L7.2.1</td>
<td>Having goals or not (life-planning)</td>
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<td>L7.2.2</td>
<td>Object of life-goals</td>
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<tr>
<td>L7.2.3</td>
<td>Clarity of life-goals</td>
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<td>L7.2.4</td>
<td>Involvement in life-goals</td>
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<td>L7.2.5</td>
<td>Organization of life-goals (life-goal set)</td>
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<td>L7.2.6</td>
<td>Diversity of life-goals</td>
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<td>L7.3</td>
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<td>L7.3.1</td>
<td>Actual realization of life-goals</td>
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<td>Perceived chances for realization</td>
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<td>Perceived realization of life-goal set</td>
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<td>L7.3.3</td>
<td>Perceived realization of specific life-goals</td>
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<td>. children as planned</td>
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<td>. realization of educational goals</td>
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<td>Satisfaction with goal-achievement</td>
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<td>Attitudes to own life-goals</td>
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<td>Attitudes to earlier life-goals</td>
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<td>L7.4.2</td>
<td>Attitudes to current life-goals</td>
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<thead>
<tr>
<th>Section</th>
<th>Description</th>
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<tbody>
<tr>
<td>L7.6</td>
<td>Acceptance of one's life-goals by others</td>
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<tr>
<td>Appendix 1</td>
<td>Happiness Items used</td>
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<tr>
<td>Appendix 2</td>
<td>Statistics used</td>
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<td>Appendix 3</td>
<td>About the World Database of Happiness</td>
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<tr>
<td>Appendix 4</td>
<td>Further Findings in the World Database of Happiness</td>
</tr>
<tr>
<td>Appendix 5</td>
<td>Related Subjects</td>
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Cite as: Veenhoven, R.: Findings on LIFE GOALS
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Correlational finding on Happiness and LIFE GOALS
Subject code: L7

Study
BRUNS 1998/2


Population: University students, Germany, 199?, followed 4 month
Sample: Non-probability accidental sample
Non-Response:
N: 127

Correlate

Authors label: Commitment to communal goals
Our classification: LIFE GOALS, code L7
Measurement: At T1+2 Ss listed two communal goals they intended to pursue during the current semester. They then rated their commitment to these goals on the following items:
- I fully identify myself with that goal
- No matter what happens, I will not give up this goal.
- I can hardly wait to start working on this goal
- Even if it means a lot of effort, I will try everything necessary to accomplish this goal
Rated: 1: strongly disagree to 5: strongly agree

Measured Values: M=15.10, SD=2.52

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
A-AB/cw/mq/n/5/b | r=+.24 p<.01 | T1+2 commitment by T1+2 happiness
Findings on Happiness and LIFE GOALS

Agency-Motivated Students

Predicted EWB Standard Scores

Agentic-Goal Attainability
- High
- Low

High
Low
Agentic-Goal Commitment

Communion-Motivated Students

Predicted EWB Standard Scores

Communal-Goal Attainability
- High
- Low

High
Low
Findings on Happiness and LIFE GOALS

A-AB/cw/mq/n/5/b  r=+.17 ns  T1+2 commitment by T3+4 happiness

A-AB/cw/mq/n/5/b  B=+.05 ns  Initial commitment by subsequent CHANGE in happiness: T1+2 commitment by T3+4 happiness controlling T1+2 happiness

B further controled for:
- predominant agentic motivation
- commitment to agentic goals
- perceived attainability of agentic goals
- perceived attainability of communal goals

Agency motivated Ss:  B = -.26 (05)
Communion motivated Ss: B = +.28 (05)

No gender difference in any finding

Correlational finding on Happiness and LIFE GOALS
Subject code: L7

Study  KALIT 2006

Reported in:  Kalitema Lipovcan, L.;Prizmic-Larsen, Z.
What Makes Croats Happy? Predictors of Happiness in Representative Sample.
Page in Report: 12
Findings on Happiness and LIFE GOALS

Population: 18+aged, Croatia, 2003
Sample: Probability multi-stage cluster sample
Non-Response: 0
N: 1242

Correlate

Authors label: Satisfaction with Achievement in life
Our classification: LIFE GOALS, code L7
Measurement: Selfreport on satisfaction with Achievement in life
1: not at all satisfied
.  
10: extremely satisfied

Measured Values: M=6.8 SD=2.18

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/v10/a</td>
<td>Beta=+.14</td>
<td>Beta controlled for satisfaction with:</td>
</tr>
<tr>
<td></td>
<td>p&lt;001</td>
<td>-standard of living,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-health,</td>
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<tr>
<td></td>
<td></td>
<td>-relationship with family and friends,</td>
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<tr>
<td></td>
<td></td>
<td>-feelings of physical safety,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-acceptance by community</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and LIFE GOALS
Subject code: L7

Study

Reported in: Vente, S.
Livskvalitet i Danmark. (Quality of Life in Denmark).
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 http://www.livskvalitet.org/1/index.asp
Page in Report: 410

Population: 18-88 aged, general public, Denmark, 1993
Sample: Non-probability purposive sample
Non-Response: 39%
N: 1494
Findings on Happiness and LIFE GOALS

Correlate

*Authors label:* expression of life's potentials (1)

*Our classification:* LIFE GOALS, code L7

*Measurement:* Expression of life potentials
1: very bad
2: bad
3: neither good nor bad
4: good
5: very good


*Remarks:* Expression of life-potentials is calculated as weighted mean of 23 questions about satisfaction with 5 domains: partner, children and parents, friends, external environment and self.
See Chapter 8 of "Measuring the Quality of Life", Ventegodt 1996

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/m/sq/v5/a</td>
<td>r=+.33</td>
<td>1: Mt=6.14</td>
</tr>
<tr>
<td></td>
<td>p&lt;00</td>
<td>2: Mt=6.90</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=8.06</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=9.13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=</td>
</tr>
</tbody>
</table>

| O-SLu/c/sq/v5/e    | r=+.37     | 1: Mt=5.68           |
|                   | p<00       | 2: Mt=6.48           |
|                   |            | 3: Mt=7.76           |
|                   |            | 4: Mt=9.04           |
|                   |            | 5: Mt=-              |
|                   |            | All Mt=              |

| O-HL/c/sq/v5/h     | r=+.39     | 1: Mt=5.00           |
|                   | p<00       | 2: Mt=5.99           |
|                   |            | 3: Mt=7.30           |
|                   |            | 4: Mt=8.43           |
|                   |            | 5: Mt=-              |
|                   |            | All Mt=              |

Correlational finding on Happiness and LIFE GOALS

Subject code: L7
Findings on Happiness and LIFE GOALS

Study
VENTE 1996

Page in Report: 434

Population: 31-33 aged, Denmark 1993, born in University Hospital in Copenhagen

Sample: Non-probability chunk sample

Non-Response: 39%

N: 4500

Correlate

Authors label: expression of life's potentials

Our classification: LIFE GOALS, code L7

Measurement: expression of life's potentials
1: very bad
2: bad
3: neither good nor bad
4: good
5: very good

Measured Values: N: 4585; 1:0.7; 2:6.5; 3:33.5; 4:52.9; 5:6.4

Remarks: Expression of life-potentials is calculated as weighted mean of 23 questions about satisfaction with 5 domains: partner, children and parents, friends, external environment and self. See Chapter 8 of "Measuring the Quality of Life", Ventegodt 1996

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v5/a   | r=+.42 p<.00 | 1: Ms=6.25
|                   |            | 2: Ms=5.54
|                   |            | 3: Ms=6.99
|                   |            | 4: Ms=8.33
|                   |            | 5: Ms=9.20 |

| O-SLu/c/sq/v5/e   | r=+.47 p<.00 | 1: Ms=5.59
|                   |            | 2: Ms=4.91
|                   |            | 3: Ms=6.51
|                   |            | 4: Ms=8.13
|                   |            | 5: Ms=9.03 |

http://worlddatabaseofhappiness.eur.nl/hap_cor/top_sub.php?code=L7 (8 of 105)
Findings on Happiness and LIFE GOALS

A-AOL/m/sq/v/5/a  
\[ r = +0.47 \]
\[ p < 0.00 \]
1: Ms=5.96  
2: Ms=4.99  
3: Ms=6.05  
4: Ms=7.70  
5: Ms=8.65

Correlational finding on Happiness and . object of earlier goals

Subject code: L7.1.1.2

Study

PORTE 1967

Reported in: Porter J.  
Sex-Role Concepts, Their Relationship to Psychological Well-Being and to Future Plans of Female College Seniors.  
Unpublished doctoral dissertation, 1967, University of Rochester, New York, USA  
Page in Report: 96

Population: Female students college seniors, followed two months, Rochester, USA, 1965-66

Sample:
Non-Response: 8%; unaffected by place of residence
N: 162

Correlate

Authors label: Personal goals in junior years (1)
Our classification: . object of earlier goals, code L7.1.1.2
Measurement: Closed questions on subjective relevance of each of the goals mentioned, rated on 7-point scales ranging from "not at all important" to "extremely important" goal.  

a. Acquiring an appreciation of ideas  
b. Establishing own personal, social and academic values  
c. Developing relationships with the opposite sex  
d. Contributing in a distinguished and meaningful manner  
e. Developing the ability to get along with different kinds of people  
f. Becoming self-confident  
g. Personal independence  
h. Finding a spouse  
i. Achieving academic distinction  
j. Having many good friends  
k. Discovering own strong points and limitations  
l. Preparing for a career which begins right after graduation  
m. Preparing for a career which requires further study beyond the B.A. or B.S  
n. Learning how to learn from books and teachers
**Remarks:** T2 happiness by T1 goals. T1 data also presented in CONST 1965 and CONST 1970.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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<td>A-AOL/cq/sq/v/10/a</td>
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<td>a.</td>
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<td>r = ns</td>
<td>b.</td>
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<td>A-AOL/cq/sq/v/10/a</td>
<td>r = ns</td>
<td>c.</td>
</tr>
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<td>A-AOL/cq/sq/v/10/a</td>
<td>r = ns</td>
<td>d.</td>
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<td>e.</td>
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<td>g.</td>
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<td>h.</td>
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<td>r = ns</td>
<td>i.</td>
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<td>A-AOL/cq/sq/v/10/a</td>
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<td>j.</td>
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<tr>
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<td>k.</td>
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<td>l.</td>
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<td>n.</td>
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### Correlational finding on Happiness and object of earlier goals

**Subject code:** L7.1.1.2

http://worlddatabaseofhappiness.eur.nl/hap_con/top_sub.php?code=L7
Findings on Happiness and LIFE GOALS

Study

SEARS 1977A

Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Page in Report:

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72
Sample: Non-probability purposive sample
Non-Response: Attrition in 1972: 25%
N: 671

Correlate

Authors label: Retrospective importance of life-goals (1)
Our classification: object of earlier goals, code L7.1.1.2
Measurement: Direct questions: "How important was each of these goals in life in the plans you made for yourself in early adulthood".

a. Occupational success
b. Family life
c. Friendships
d. Richness of cultural life
e. Service to society
f. Joy in living

Assessed retrospectively in 1972.


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>a.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>a.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>b.</td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE GOALS

Chi² = ns  b.

AoV = ns  c.

Chi² = ns  c.

AoV = ns  d.

Chi² = ns  d.

AoV = ns  e.

Chi² = ns  e.

AoV = ns  f.

Chi² = ns  f.

Correlational finding on Happiness and object of earlier goals

Subject code: L7.1.1.2

Study SEARS 1977A


Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%

N: 671

Correlate

Authors label: Wanted children (3)

Our classification: . object of earlier goals, code L7.1.1.2
Findings on Happiness and LIFE GOALS

**Measurement:** Direct questions:

a. 'Did you want children?'  
   Assessed in 1940

b. If life lived over how many children?  
   Assessed in 1950

**Remarks:** Earlier wants (1940, 1950) by present happiness (1972).

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**Observed Relation with Happiness**

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<th>Happiness Measure</th>
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<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV= ns</td>
<td>a.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>a.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV= ns</td>
<td>b.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>b.</td>
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**Correlational finding on Happiness and . object of earlier goals**

**Subject code: L7.1.1.2**

**Study**  
**SEARS 1977A**

**Reported in:** Sears, P.S.; Barbee, A.H.  
Career and Life Satisfactions among Terman Gifted Women.  
Stanley, J.C.; George, W.C.; Eds.: "The Gifted and the Creative", J. Hopkins University Press, 1977,  
Baltimore, USA, 28 - 72  
Page in Report: 40-62/4

**Population:** "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

**Sample:** Non-probability purposive sample

**Non-Response:** Attrition in 1972: 25%

**N:** 671

**Correlate**

**Authors label:** Earlier lifestyle preference (2)

**Our classification:** . object of earlier goals, code L7.1.1.2
Findings on Happiness and Life Goals

Measurement:

<table>
<thead>
<tr>
<th>M-PL/h/sq/v/5/b</th>
<th>Chi² = ns</th>
<th>Earlier preference (1922) by present happiness (1972).</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>Earlier preference 1922) by present happiness (1972).</td>
</tr>
</tbody>
</table>

Observed Relation with Happiness

Correlational finding on Happiness and . object of earlier goals

Subject code: L7.1.1.2

Study

SEARS 1977A

Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%

N: 671

Correlate

Authors label: Earlier ambitions (1)

Our classification: . object of earlier goals, code L7.1.1.2
Findings on Happiness and LIFE GOALS

Measurement: Retrospective selfrating of ambitions
- between age 30-40
- since age 40
- Excellence in work
  a. age 30-40
  b. since age 40
- Recognition
  c. age 30-40
  d. since age 40
- Vocational advancement
  e. age 30-40
  f. since age 40
- Financial gain
  g. age 30-40
  h. since age 40

Assessed in 1960


Observed Relation with Happiness

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<td>Chi²=+</td>
<td>a.</td>
</tr>
<tr>
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<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV=+</td>
<td>a.</td>
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<tr>
<td></td>
<td>p&lt;.00</td>
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<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²=-</td>
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<tr>
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<td>p&lt;.00</td>
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<td>AoV=+</td>
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<tr>
<td></td>
<td>p&lt;.00</td>
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</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²=ns</td>
<td>c.</td>
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<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV=ns</td>
<td>c.</td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE GOALS

M-PL/h/sq/v/5/b  Chi² = ns  d.

C-ASG/h/mq/v/5/a  AoV = ns  d.

M-PL/h/sq/v/5/b  Chi² = ns  e.

C-ASG/h/mq/v/5/a  AoV = ns  e.

M-PL/h/sq/v/5/b  Chi² = ns  f.

C-ASG/h/mq/v/5/a  AoV = ns  f.

M-PL/h/sq/v/5/b  Chi² = ns  g.

C-ASG/h/mq/v/5/a  AoV = ns  g.

M-PL/h/sq/v/5/b  Chi² = ns  h.

See also L 7.1.2 for relation of happiness to change in ambition.

C-ASG/h/mq/v/5/a  AoV = ns  h.

See also L 7.1.2 for relation of happiness to change in ambition.

---

**Correlational finding on Happiness and . object of earlier goals**

**Subject code: L7.1.1.2**

**Study**  SEARS 1977A

**Reported in:** Sears, P.S.; Barbee, A.H.

**Population:** "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72
**Findings on Happiness and LIFE GOALS**

**Sample:** Non-probability purposive sample

**Non-Response:** Attrition in 1972: 25%

**N:** 671

---

**Correlate**

**Authors label:** Earlier change in ambitions (2)

**Our classification:** object of earlier goals, code L7.1.1.2

**Measurement:** Ss were asked to rate retrospectively their ambitions in two periods. Change in importance was computed afterwards.
- age 30-40
- after age 40
  
a. Excellence  
b. Recognition  
c. Vocational advancement  
d. Financial gain  

Assessed in 1960

**Remarks:**

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>a.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>b.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>c.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>d.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>e.</td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE GOALS

See also L 7.1.2 for relation of happiness to change in ambition.

**Correlational finding on Happiness and . acceptance of earlier life-goals**

**Subject code: L7.1.1.3**

**Study**

*SEARS 1977A*

*Reported in:* Sears, P.S.; Barbee, A.H.  
Career and Life Satisfactions among Terman Gifted Women.  
Stanley, J.C.; George, W.C.; Eds.: "The Gifted and the Creative", J. Hopkins University Press, 1977,  
Baltimore, USA, 28 - 72  
Page in Report: 40-62/4

*Population:* "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

*Sample:* Non-probability purposive sample

*Non-Response:* Attrition in 1972: 25%

*N:* 671

**Correlate**

*Authors label:* Consonance with parents in career-orientation (5)

*Our classification:* . acceptance of earlier life-goals, code L7.1.1.3

*Measurement:* a. Becoming more like father (or mother).  
b. Fathers choice of vocation for subject.  
c. Mothers choice of vocation for subject.  
d. Conflict with father regarding career choice.  
e. Conflict with mother regarding career choice.

Assessed retrospectively in 1950.

Findings on Happiness and LIFE GOALS

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>a.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>b.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>c.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>d.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>e.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . acceptance of earlier life-goals

Subject code: L7.1.1.3

Study

<table>
<thead>
<tr>
<th>Study</th>
<th>SEARS 1977A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Sears, P.S.; Barbee, A.H.</td>
</tr>
<tr>
<td></td>
<td>Career and Life Satisfactions among Terman Gifted Women.</td>
</tr>
<tr>
<td>Page in Report</td>
<td>40-62/4</td>
</tr>
</tbody>
</table>

| Population     | "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72 |
| Sample         | Non-probability purposive sample |
| Non-Response   | Attrition in 1972: 25% |
| N              | 671 |

Correlate

<table>
<thead>
<tr>
<th>Authors label</th>
<th>Exact ability (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our classification</td>
<td>. acceptance of earlier life-goals, code L7.1.1.3</td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE GOALS

**Measurement:**

a. Teachers comparison with average in arithmetic.

b. Teacher rates math as best (vs worst) subject.

c. Parent report on special ability in math.

d. Arithmetic quotient on Stanford Achievement Test.

Assessed in 1922.

**Remarks:** Earlier ratings (1922) by present happiness (1972).

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²=ns</td>
<td>a.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²=ns</td>
<td>b.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²=ns</td>
<td>c.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²=ns</td>
<td>d.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²=ns</td>
<td>e.</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and . realization of earlier goals**

**Subject code: L7.1.1.4**

**Study**

**EVANS 2005**


**Page in Report:** 1722-1929

**Population:** 18-65 aged in good, moderate and poor mental health, followed 2 years, UK, 1999-2001

**Sample:** Mixed samples

**Non-Response:** Non-response at T1: 83% Drop-out at T2: 50%
Findings on Happiness and LIFE GOALS

N: 1912

Correlate

Authors label: Adaptation

Our classification: . realization of earlier goals, code L7.1.1.4

Measurement: Comparison of T1-T2 changes in
- desired changes
- observed changes
in 7 aspects of life situation

T1-T2 IMPROVEMENT OF SITUATION
A Aspiration: wants better at T2, not at T1
B Aspiration: wants better both at T1 and T2
C Consistent: does not want better either at T1 or T2
D Consistent: wanted better at T1, but not at T2

T1-T2 STABLE SITUATION
E Aspiration: wants better at T2, not at T1
F Consistent: wants better both at T1 and T2
G Consistent: does not want better either at T1 or T2

H Consistent: wanted better at T1, but not at T2

T1-T2 DETERIORATION OF SITUATION
H Consistent: wants better at T2, not at T1
I Consistent: wants better both at T1 and T2
J Resignation: does not want better either at T1 or T2
K Resignation: wanted better at T1, but not at T2

Remarks: Assessed at T1 and T2 (2 years interval)

Domains considered are; finance, living situation, safety, family. Physical health and mental health

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqrt/v/7/a</td>
<td>B=16</td>
<td>Aspirations</td>
</tr>
<tr>
<td></td>
<td>p&lt;0.001</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqrt/v/7/a</td>
<td>B=+.15</td>
<td>Resignation</td>
</tr>
<tr>
<td></td>
<td>p&lt;0.001</td>
<td>B's controled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness</td>
</tr>
<tr>
<td>O-DT/u/sqrt/v/7/a</td>
<td>B=-46</td>
<td>Objective changes in depressed</td>
</tr>
<tr>
<td></td>
<td>p&lt;0.001</td>
<td>T1-T2 INCREASE in depressed by T2 happiness</td>
</tr>
</tbody>
</table>
Objective changes in stopped depressed T1-T2 INCREASE in stopped depressed by T2 happiness

B's controlled for:
- T1 happiness
- T1 Depressed status (good, moderate, poor)
- T1 objective conditions

Correlational finding on Happiness and . realization of earlier goals
Subject code: L7.1.1.4

Study

HOLAH 1999

Reported in: Holahan, C.K.; Holahan, C.J.; Wonacott, N.L.
Self-Appraisal, Life Satisfaction, and Retrospective Life Choices Across One and Three Decades.
Psychology and Aging, 1999; Vol.14, 238 - 244. ISSN 0882 7974
Page in Report: 234

Population: "Gifted (IQ>135) followed unto old age, USA, 1960-1992

Sample: Non-probability purposive-quota sample

Non-Response:

N: 383

Correlate

Authors label: Current satisfaction with things wanted earlier

Our classification: . realization of earlier goals, code L7.1.1.4

Measurement: Discrepancy between recalled goals in early adulthood and current satisfaction in goal fields.
Participants were asked to rate the importance of their life-goals in the plans they made in early adulthood for: 'occupational succes', 'family life' and 'joy in living'. They were also asked to rate their current (age 61) satisfaction in these domains. Next scores were subtracted. Assessed at T2 (1972)


Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
Correlational finding on Happiness and Change in life-goals
Subject code: L7.1.2

Study

Evans, S.; Huxley, P.
Page in Report: 1722-1929

Population: 18-65 aged in good, moderate and poor mental health, followed 2 years, UK, 1999-2001

Sample: Mixed samples

Non-Response: Non-response at T1: 83% Drop-out at T2: 50%

N: 1912

Correlate

Authors label: Adaptation

Our classification: Change in life-goals, code L7.1.2

Measurement:
Comparison of T1-T2 changes in
- desired changes
- observed changes
in 7 aspects of life situation

T1-T2 IMPROVEMENT OF SITUATION
A Aspiration: wants better at T2, not at T1
B Aspiration: wants better both at T1 and T2
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T1-T2 STABLE SITUATION
E Aspiration: wants better at T2, not at T1
F Consistent: wants better both at T1 and T2
G: Resignation: does not want better either at T1 or T2

T1-T2 DETERIORATION OF SITUATION
H Consistent: wants better at T2, not at T1
I Consistent: wants better both at T1 and T2
J Resignation: does not want better either at T1 or T2
K Resignation: wanted better at T1, but not at T2
**Remarks:** Assessed at T1 and T2 (2 years interval)

Domains considered are: finance, living situation, safety, family. Physical health and mental health

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = -16</td>
<td>Aspirations</td>
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<tr>
<td></td>
<td>p &lt; .001</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = +.15</td>
<td>Resignation</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td></td>
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<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = -46</td>
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<td></td>
<td>p &lt; .001</td>
<td>T1-T2 INCREASE in depressed by T2 happiness</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = +47</td>
<td>Objective changes in stopped depressed</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td>T1-T2 INCREASE in stopped depressed by T2 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B's controled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 Depressed status (good, moderate, poor)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 objective conditions</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Change in life-goals

**Subject code: L7.1.2**

**Study**

**SEARS 1977A**

**Reported in:** Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Stanley, J.C.; George, W.C.; Eds.: "The Gifted and the Creative", J. Hopkins University Press, 1977,
Baltimore, USA, 28 - 72
Page in Report: 40-62/4

**Population:** "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

**Sample:** Non-probability purposive sample

**Non-Response:** Attrition in 1972: 25%

**N:** 671
**Findings on Happiness and LIFE GOALS**

**Authors label:** Earlier change in ambitions (1)

**Our classification:** Change in life-goals, code L7.1.2

**Measurement:** Ss were asked to rate retrospectively their ambitions in two periods. Change in importance was computed afterwards.
- age 30-40
- after age 40
  
a. Excellence
b. Recognition
c. Vocational advancement
d. Financial gain

Assessed in 1960

**Remarks:** Earlier perceived change (1960) by present happiness (1972).

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV=ns</td>
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<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV=ns</td>
<td>b.</td>
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<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV=ns</td>
<td>c.</td>
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<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV=ns</td>
<td>d.</td>
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</tbody>
</table>

---

**Correlational finding on Happiness and Change in life-goals**

**Subject code: L7.1.2**

**Study**

**SEARS 1977A**


**Population:** "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

**Sample:** Non-probability purposive sample
Non-Response: Attrition in 1972: 25%
N: 671

Correlate

Authors label: Earlier increase of workload (3)
Our classification: Change in life-goals, code L7.1.2
Remarks: Earlier perception (1960) by present happiness (1972)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>a.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td></td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td></td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Object of life-goals
Subject code: L7.2.2

Study CANTR 1965/1

Reported in: Cantril, H.
The Pattern of Human Concern.
Rutgers University Press, 1965, New Brunswick, New Jersey, USA
Page in Report: 263

Population: Adults, general public, 14 countries ±1960
Sample:
Non-Response: -
N: 18653
Authors label: Personal hopes and aspirations (1)

Our classification: Object of life-goals, code L7.2.2

Measurement: Content-analysis of an open-ended question on personal wishes and hopes for the future. Responses rated for reference to:

1. Values and character:
   Emotional stability and maturity; be a normal, decent person; self-development or improvement; acceptance by others; achieve sense of own personal worth; resolution of own religious, spiritual or ethical problems; lead a disciplined life; etc.

2. Economic conditions:
   Improved or decent standard of living for self or family; have own business, own land, own farm; have own house; have modern convenience; have wealth; etc.

3. Job or work situation:
   Good job, congenial work, employment, success in one's work, etc., for self, spouse, or other family members.

4. Health of self or family:
   Concerning one's own health and health of family.

5. Family matters:
   Happy family life; concern and hopes for relatives, children; etc.

6. Political matters:
   Freedom and other aspiration having to do with the political situation.

7. Social problems:
   Social justice; future generations; social security; etc.

8. International situations:
   Peace; a better world, etc.

9. Want status quo:
   Happiness with things as they are now.

Remarks:
## 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>G = +.21</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td></td>
<td>G = -.27</td>
<td>p &lt; .01</td>
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<tr>
<td></td>
<td>G = -.01</td>
<td>ns</td>
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<tr>
<td></td>
<td>G = +.29</td>
<td>p &lt; .01</td>
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<tr>
<td></td>
<td>G = +.11</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td></td>
<td>G = +.07</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>G = +.06</td>
<td>p &lt; .05</td>
</tr>
<tr>
<td></td>
<td>G = +.44</td>
<td>p &lt; .05</td>
</tr>
<tr>
<td></td>
<td>G = +.49</td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Object of life-goals

**Subject code: L7.2.2**

**Study**

MOLLE 1988
Findings on Happiness and LIFE GOALS

Reported in: Moller, V.
Quality of Life in Retirement: A Case Study of Zulu Return Migrants.
Social Indicators Research, 1988, Vol. 20, 621 - 658. ISSN 0303 8300
Page in Report: 653

Population: Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983

Sample:

Non-Response:

N: 253

Correlate

Authors label: Preference for entrepreneurship in retirement (1)

Our classification: Object of life-goals, code L7.2.2

Measurement: 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/d</td>
<td>r=+.21</td>
<td>Beta=+.15</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td>controlled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 Satisfied with health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 Voluntary retirement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 More active person</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 No pension income</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 Has a confidant</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 Higher standard income</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7 Community elder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8 Satisfied with job while working</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 Enjoys aspects of retirement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10 Retired suddenly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11 Is happy as grandparents were</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12 Agrees: planning is key to success</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13 Higher modernity score</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Object of life-goals
Subject code: L7.2.2

Study PERKI 1991
Findings on Happiness and LIFE GOALS

Reported in: Perkins, H.W.  
Religious commitment, Yuppie values, and well-being in post-collegiate life  
Review of Religious Research, 1991, 32, 244-250  
Page in Report: 249, 250

Population: College-educated (liberal arts) adults, USA, 1988

Sample: Non-probability chunk sample

Non-Response:

N: 860

Correlate

Authors label: Yuppie Orientation

Our classification: Object of life-goals, code L7.2.2

Measurement: The importance of financial and occupational success relative to family and social relationships. Index scores ranged from 1-9. Anyone above 5 or higher on this index was classified as having a high yuppie orientation.

Measured Values: 42.5% high yuppie orientation, 57.5% low yuppie orientation.

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks |
--- | --- | --- |
M-AO/c/sq/v/4/a | D%=- p<.001 | % unhappy |
All | -high yuppie orientation 10.7% |
- low yuppie orientation 4.3% |
Difference +6.4% |

Females | D% p<.n.s. | |
- high yuppie orientation 8.6% |
- low yuppie orientation 4.4% |
Difference +4.2% |

Males | D%=- p<.01 | |
- high yuppie orientation 12.1% |
- low yuppie orientation 4.2% |
Difference 7.9% |

High religious commitment | D%=- ns | |
- high yuppie orientation 5.5% |
- low yuppie orientation 4.1% |
Difference +1.1% |
Findings on Happiness and LIFE GOALS

M-AO/c/sq/v/4/a  D%=-  
p<.05  Low religious commitment  
-high yuppie orientation 13.6%  
-low yuppie orientation  4.5%  
Difference                +9.1%

M-AO/c/sq/v/4/a  D%=- ns  High religious commitment, males  
-high yuppie orientation  6.8%  
-low yuppie orientation  3.5%  
Difference                +3.3%

M-AO/c/sq/v/4/a  D%=- ns  High religious commitment, females  
-high yuppie orientation  3.7%  
-low yuppie orientation  4.4%  
Difference                +0.7%

M-AO/c/sq/v/4/a  D%- p<.05  Low religious commitment, males  
-high yuppie orientation 14.6%  
-low yuppie orientation  4.7%  
Difference                +9.9%

M-AO/c/sq/v/4/a  D%- p<.05  Low religious commitment, females  
-high yuppie orientation 12.0%  
-low yuppie orientation  4.4%  
Difference                +7.6%

Correlational finding on Happiness and Object of life-goals  
Subject code: L7.2.2

Study  PORTE 1967

Reported in: Porter J.  
Sex-Rôle Concepts, Their Relationship to Psychological Well-Being and to Future Plans of Female College Seniors.  
Unpublished doctoral dissertation, 1967, University of Rochester, New York, USA  
Page in Report: 96

Population: Female students college seniors, followed two months, Rochester, USA, 1965-66

Sample:  
Non-Response: 8%; unaffected by place of residence  
N: 162

Correlate  
Authors label: Personal goals in senior years (1)  
Our classification: Object of life-goals, code L7.2.2
**Measurement:** Closed question on subjective relevance of each of the goals mentioned, rated on 7-point scales ranging from "not at all important" to "extremely important goal". Perceived instrumentality of College Test: see Constantinople 1965, 1970.
Assessed at T2

**Remarks:** T2 happiness by T2 goals.

---

**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/cq/sq/v/10/a</td>
<td>r = ns</td>
<td>Finding a spouse</td>
</tr>
<tr>
<td>A-AOL/cq/sq/v/10/a</td>
<td>r = ns</td>
<td>Achieving academic distinction</td>
</tr>
<tr>
<td>A-AOL/cq/sq/v/10/a</td>
<td>r = ns</td>
<td>Preparing for a career which begins right after graduation</td>
</tr>
<tr>
<td>A-AOL/cq/sq/v/10/a</td>
<td>r = ns</td>
<td>Preparing for a career which requires further study beyond the B.A. or B.S.</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Object of life-goals**

**Subject code: L7.2.2**

**Study**

**Reported in:** Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

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

**Sample:**

**Non-Response:** -

**N:** 2377

**Correlate**

**Authors label:** Unfulfilled aspirations mentioned (1)

**Our classification:** Object of life-goals, code L7.2.2
**Findings on Happiness and LIFE GOALS**

**Measurement:** Open-ended direct question on unfulfilled aspirations:
0: not mentioned
1: mentioned
   a. Travel, vacation
   b. New home, build home, own home
   c. Material possessions (cars, coats)
   d. Education, follow a talent
   e. Money
   f. New job, business of own
   g. Move to country, become farmer
   h. Marriage, children, husband

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

---

**Observed Relation with Happiness**

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

---

**Correlational finding on Happiness and Clarity of life-goals**

**Subject code:** L7.2.3

**Study**

RYFF 1989
Correlate

Authors label: Purpose in life

Our classification: Clarity of life-goals, code L7.2.3

Measurement: Self report on 16 positive and 16 negative statements. Each rated on a 6-point scale ranging from strongly agree to disagree.

High scorers have goals in life and a sense of directedness; feel there is meaning to present and past life; hold beliefs that give life purpose; have aims and objectives for living.

Low scorers lack a sense of meaning in life; have few goals or aims, lack sense of direction; do not see purpose of past life; have no outlook or beliefs that give life meaning.

Measured Values: Young adults: women (m=94.92, sd=13.38), men (m=94.80, sd=11.93) Middle aged adults: women (m=95.47, sd=17.18), men (m=97.68, sd=16.20) Older adults: women (m=88.58, sd=16.14), men (m=92.92, sd=14.84)

Error Estimates: alpha=.90 Test-retest reliability between 6 week period (n=117)=.82

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>r=+.42</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Clarity of life-goals

Subject code: L7.2.3

Study

RYFF 1995

Reported in: Ryff, C.D.; Keyes, C.L.
The Structure of Psychological Well-Being Revisited.
Page in Report: 724
Correlate

Authors label: Purpose in life

Our classification: Clarity of life-goals, code L7.2.3

Measurement: Self report on 3 items rated on a 6-point scale ranging from completely disagree to completely agree.
- High scorers: have goals in life and a sense of directedness; feel there is meaning to present and past life; hold beliefs that give life purpose; have aims and objectives for living.
- Low scorers: lack a sense of meaning in life; have few goals or aims, lack sense of direction; do not see purpose of past life; have no outlook or beliefs that give life meaning.

Observed Relation with Happiness

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<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>M-TH/cm/sq/v/4/b</td>
<td>r=+.13</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
<tr>
<td>C-BW/?/sq/?/11/a</td>
<td>r=+.10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Involvement in life-goals
Subject code: L7.2.4

Study

BRUNS 1998/2


Population: University students, Germany, 199?, followed 4 month

Sample: Non-probability accidental sample

Non-Response:

N: 127
Correlate

Authors label: Commitment to agentic goals

Our classification: Involvement in life-goals, code L7.2.4

Measurement: At T1+2 Ss listed two agentic goals they intended to pursue during the current semester. They then rated their commitment to these goals on the following items:
- I fully identify myself with that goal
- No matter what happens, I will not give up this goal
- I can hardly wait to start working on this goal
- Even if it means a lot of effort, I will try everything necessary to accomplish this goal

Rated: 1: strongly disagree to 5: strongly agree

Measured Values: M=15.81, SD=2.28

Observed Relation with Happiness

Happiness Measure | Statistics    | Elaboration/Remarks
------------------|---------------|-----------------|
A-AB/cw/mq/n/5/b   | r=+.12 ns     | T1+2 commitment by T1+2 happiness
A-AB/cw/mq/n/5/b   | r=-.04 ns     | T1+2 commitment by T3+4 happiness
A-AB/cw/mq/n/5/b   | B=-.15 p<.05  | Initial commitment by subsequent CHANGE in happiness: T1+2 commitment by T3+4 happiness controlling T1+2 happiness

B further controlled for:
- predominant agentic motivation
- commitment to communal goals
- perceived attainability of agentic goals
- perceived attainability of communal goals

Agency motivated Ss: B = +.06 (ns)
Communion motivated Ss: B = -.31 (05)

No gender difference in any finding

Correlational finding on Happiness and Actual realization of lifegoals

Subject code: L7.3.1

Study BELL 1974

Findings on Happiness and LIFE GOALS

Population: Males, shortly before and after retirement, USA 1973-74
Sample: Non-probability purposive-quota sample
Non-Response: 21%
N: 114

Correlate

Authors label: Disconfirmation of retirement expectations in family area
Our classification: Actual realization of lifegoals, code L7.3.1
Measurement: Difference between:
T1: pre-retirement expectations of hours spent with family
T2: post-retirement report of hours spent with family
Remarks: T1-T2 1 year difference

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLL/c/sq/v/5/e</td>
<td>r = .25</td>
<td>Degree of difference</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/e</td>
<td>r = .23</td>
<td>Direction of difference; Ss who spend more hours with family than expected became less happy.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .002</td>
<td>Correlations with T1-T2 CHANGE in happiness Unaffected by age, income, health, SES and retirement duration</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Actual realization of lifegoals
Subject code: L7.3.1

Study BELL 1974


Population: Males, shortly before and after retirement, USA 1973-74
Sample: Non-probability purposive-quota sample
Non-Response: 21%
N: 114
Findings on Happiness and LIFE GOALS

**Correlate**

Authors label: Disconfirmation of retirement expectations: associations

**Our classification**: Actual realization of lifegoals, code L7.3.1

**Measurement**: Difference between:
- T1: pre-retirement expectations of hours spend in voluntary associations
- T2: post-retirement report of hours spend in voluntary associations

**Remarks**: T1-T2 difference 1 year

---

**Observed Relation with Happiness**

<table>
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</thead>
<tbody>
<tr>
<td>O-SLL/c/sq/v/5/e</td>
<td>r=+.06</td>
<td>Degree of difference</td>
</tr>
<tr>
<td></td>
<td>p&lt;.221</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/e</td>
<td>r=+.01</td>
<td>Direction of difference: Ss that spend more time with voluntary associations than expected did not get happier</td>
</tr>
<tr>
<td></td>
<td>p&lt;.464</td>
<td></td>
</tr>
</tbody>
</table>

Correlations with T1-T2 CHANGE in happiness

- Negative in poor health category (r=-.21) and aged in poor health (r=-.39)
- No correlation among healthy (r=.+03) and older (r=+.08) Ss
- Positive in healthy and recent retired Ss (r=.23)

---

**Correlational finding on Happiness and Actual realization of lifegoals**

**Subject code**: L7.3.1

**Study**  
BELL 1974

**Reported in**: Bell, B.D.  
Cognitive Dissonance and the Life Satisfaction of Older Adults.  
Journal of Gerontology, 1974, Vol. 29, 564 - 571. ISSN 0022 1422  
Page in Report: 567

**Population**: Males, shortly before and after retirement, USA 1973-74

**Sample**: Non-probability purposive-quota sample

**Non-Response**: 21%

**N**: 114
Findings on Happiness and LIFE GOALS

**Correlate**

*Authors label:* Disconfirmation of retirement expectations in community area  
*Our classification:* Actual realization of lifegoals, code L7.3.1  
*Measurement:* Difference between:  
  T1: pre-retirement expectations of hours spend in the community  
  T2: post-retirement report of hours spend in the community  
*Remarks:* T1-T2 difference: 1 years

**Observed Relation with Happiness**

<table>
<thead>
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<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLL/c/sq/v/5/e</td>
<td>$r = -0.12$, ns</td>
<td>Degree of difference</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/e</td>
<td>$r = 0.06$, $p &lt; 0.221$</td>
<td>Direction of difference; Ss with spend more time than expected became slightly less happy</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Actual realization of lifegoals**  
**Subject code:** L7.3.1

**Study**

*Reported in:* Evans, S.; Huxley, P.  
Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups.  
Page in Report: 1722-1929

*Population:* 18-65 aged in good, moderate and poor mental health, followed 2 years, UK, 1999-2001

*Sample:* Mixed samples

*Non-Response:* Non-response at T1: 83% Drop-out at T2: 50%

*N:* 1912

**Correlate**

*Authors label:* Adaptation  
*Our classification:* Actual realization of lifegoals, code L7.3.1
Findings on Happiness and LIFE GOALS

Measurement: Comparison of T1-T2 changes in
- desired changes
- observed changes
in 7 aspects of life situation

T1-T2 IMPROVEMENT OF SITUATION
A Aspiration: wants better at T2, not at T1
B Aspiration: wants better both at T1 and T2
C Consistent: does not want better either at T1 or T2
D Consistent: wanted better at T1, but not at T2

T1-T2 STABLE SITUATION
E Aspiration: wants better at T2, not at T1
F Consistent: wants better both at T1 and T2
F Consistent: does not want better either at T1 or T2
G: Resignation: wanted better at T1, but not at T2

T1-T2 DETERIORATION OF SITUATION
H Consistent: wants better at T2, not at T1
I Consistent: wants better both at T1 and T2
J Resignation: does not want better either at T1 or T2
K Resignation: wanted better at T1, but not at T2

Remarks: Assessed at T1 and T2 (2 years interval)
Domains considered are; finance, living situation, safety, family. Physical health and mental health

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B=-16</td>
<td>Aspirations</td>
</tr>
<tr>
<td></td>
<td>p&lt;.0001</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B=+.15</td>
<td>Resignation</td>
</tr>
<tr>
<td></td>
<td>p&lt;.0001</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>B's controled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B=-46</td>
<td>Objective changes in depressed</td>
</tr>
<tr>
<td></td>
<td>p&lt;.0001</td>
<td>T1-T2 INCREASE in depressed by T2 happiness</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B=+47</td>
<td>Objective changes in stopped depressed</td>
</tr>
<tr>
<td></td>
<td>p&lt;.0001</td>
<td>T1-T2 INCREASE in stopped depressed by T2 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B's controled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 Depressed status (good, moderate, poor)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 objective conditions</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Perceived realization of life-goals
Subject code: L7.3.2

Study


Population: University students, Erlangen, Germany, 199?
Sample: Non-probability sample (unspecified)
Non-Response:
N: 98

Correlate

Authors label: Progress in agentic goals
Our classification: Perceived realization of life-goals, code L7.3.2
Measurement:

OBJECT OF GOALS:
Ss were asked to list one goal within each of four striving areas: a) striving for intimacy and interpersonal closeness b) affiliation and friendly social contacts c) achievement and mastery experiences d) independence, social influence, and self-reliance

PROGRESS IN AGENTIC GOALS:
Average rating of progress in the striving areas c and d

Ss were asked to progress made in each goal during the past week on four aspects. Rating are made on 5-point scales (1 = disagree strongly, 2 = disagree somewhat, 3 = neither agree nor disagree, 4 = agree somewhat, 5 = agree strongly)

1. Advancement: I have made a great deal pf progress in the attempt of advancing this goal
2. Stagnation: I have hardly made any progress in accomplishing this goal (Reverse scoring)
3. Success: I have quite a lot of success in pursuing this goal
4. Failure: Many of my efforts in realizing this goal have failed (Reverse scoring)

Measured Values: M = 12.83, SD = 2.80
Remarks: Two raters independently inspected the goals listed by Ss and examined how well the content of these goals matched the striving areas specified in the instructions. For 98 Ss the two raters agreed that the goals listed fitted the specified categories perfectly. Six Ss were identified by at least one rater to have confounded agentic and communal concerns with one area of striving. These cases were excluded from the analysis.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-AB/mp/mq/n/5/a</td>
<td>r=+.42 p&lt;.001</td>
<td>Correlation with initial mood</td>
</tr>
<tr>
<td>A-AB/mp/mq/r/n/5/a</td>
<td>r=+.32 p&lt;.01</td>
<td>Correlation with 2 weeks average daily mood</td>
</tr>
</tbody>
</table>
| A-AB/mp/mq/r/n/5/a | B=+ | Correlation with CHANGE in mood, 2 weeks daily mood, controlling initial mood  
- positive among agentic motivated Ss  
  (B = +.45 (01)  
- no correlation among communal motivated Ss |
| A-AB/mp/mq/r/n/5/a | DM= | Difference in average daily mood between Ss high and low on progress in agentic goals (1 SD above or below mean, means expressed in z-scores)  
- high-progress Ss high on agentic motivation feel better  
- low-progress Ss high on agentic motivation feel worse  
- little difference in mood among Ss low in agentic motivation, irrespective of progress in agentic goals |

All results similar for males and females
Correlational finding on Happiness and Perceived realization of life-goals
Subject code: L7.3.2

Study BRUNS 1998/1
Findings on Happiness and LIFE GOALS


Population: University students, Erlangen, Germany, 199?

Sample: Non-probability sample (unspecified)

Non-Response: N: 98

Correlate

**Authors label:** Progress in communal goals

**Our classification:** Perceived realization of life-goals, code L7.3.2

**Measurement:**

OBJECT OF GOALS:
Ss were asked to list one goal within each of four striving areas: a) striving for intimacy and interpersonal closeness b) affiliation and friendly social contacts c) achievement and mastery experiences d) independence, social influence, and self-reliance

PROGRESS IN COMMUNAL GOALS:
Average rating of progress in the striving areas a and b

Ss were asked to progress made in each goal during the past week on four aspects. Rating are made on 5-point scales (1=disagree strongly, 2=disagree somewhat, 3=neither agree nor disagree, 4=agree somewhat, 5=agree strongly)

1. Advancement: I have made a great deal pf progress in the attempt of advancing this goal
2. Stagnation: I have hardly made any progress in accomplishing this goal (Reverse scoring)
3. Success: I have quite a lot of success in pursuing this goal
4. Failure: Many of my efforts in realizing this goal have failed (Reverse scoring)

**Measured Values:** M=12.75, SD=3.03

**Remarks:** Two raters independently inspected the goals listed by Ss and examined how well the content of these goals matched the striving areas specified in the instructions. For 98 Ss the two raters agreed that the goals listed fitted the specified categories perfectly. Six Ss were identified by at least one rater to have confounded agebntic and communal concerns with one area of striving. These cases were excluded from the analysis

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

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<tr>
<td>A-AB/mp/mg/n/5/a</td>
<td>r=+31 p&lt;.01</td>
<td>Correlation with initial mood</td>
</tr>
<tr>
<td>A-AB/mp/mqr/n/5/a</td>
<td>r=+31 p&lt;.01</td>
<td>Correlation with 2 weeks average daily mood</td>
</tr>
<tr>
<td>A-AB/mp/mqr/n/5/a</td>
<td>B=+</td>
<td>Correlation with CHANGE in mood, 2 weeks average daily mood, controlling initial mood</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- positive among communal motivated Ss (B = +.42 (01))</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- no correlation among agentic motivated Ss</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All relations unaffected by gender</td>
</tr>
<tr>
<td>A-AB/mp/mqr/n/5/a</td>
<td>DM=</td>
<td>Difference in average daily mood between Ss high and low on progress in communal goals (1 SD above or below mean, means expressed in z-scores)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- high-progress Ss high on communal motivation feel better</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- low-progress Ss high on communal motivation feel worse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- little difference in mood among Ss low in communal motivation, irrespective of progress in communal goals</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All results similar for males and females</td>
</tr>
</tbody>
</table>

**Set Image size:**  

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Correlational finding on Happiness and Perceived chances for realization
Subject code: L7.3.2.1

Study ALLAR 1973/1
Findings on Happiness and LIFE GOALS


Population: 15-64 aged, general public, Denmark, 1972

Sample: Probability multistage stratified area sample

Non-Response:

N: 1000

Correlate

Authors label: Feeling of chance to succeed (1)

Our classification: Perceived chances for realization, code L7.3.2.1

Measurement: Question if the respondent feels he has chances to succeed. 4-point scale ranging from "wholly agree" to "not important"

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/4/a</td>
<td>rpc=+.29</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived chances for realization

Subject code: L7.3.2.1

Study


Population: 15-64 aged, general public, Finland, 1972

Sample: Probability multistage stratified area sample
Findings on Happiness and LIFE GOALS

Non-Response:

\[ N: 1000 \]

Correlate

Authors label: Feeling of chance to succeed (1)

Our classification: Perceived chances for realization, code L7.3.2.1

Measurement: Question if the respondent feels he has chances to succeed. 4-point scale ranging from "wholly agree" to "not important".

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc=+.19</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived chances for realization

Subject code: L7.3.2.1

Study

ALLAR 1973/3

Reported in: Allardt, E.


Page in Report:

Population: 15-64 aged, general public, Norway, 1972

Sample: Probability multistage stratified area sample

Non-Response:

\[ N: 1000 \]

Correlate

Authors label: Feeling of chance to succeed (1)
**Our classification:** Perceived chances for realization, code L7.3.2.1

**Measurement:** Question if the respondent feels he has chances to succeed. 4-point scale ranging from "wholly agree" to "not important"

### 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/4/a</td>
<td>rpc=+.15</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, freq. of meetings with relatives, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, no. of memberships in clubs and associations, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Perceived chances for realization

**Subject code:** L7.3.2.1

**Study**

ALLAR 1973/4


**Population:** 15-64 aged, general public, Sweden, 1972

**Sample:** Probability multistage stratified area sample

**Non-Response:**

\[ N: 1000 \]

**Correlate**

- **Authors label:** Feeling of chance to succeed (1)
- **Our classification:** Perceived chances for realization, code L7.3.2.1
- **Measurement:** Question if the respondent feels he has chances to succeed. 4-point scale ranging from "wholly agree" to "not important"
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/4/a</td>
<td>rpc=+.28</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, no. of friends, no. of memberships in clubs and associations, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, gets sufficient attention, satisfaction with income, gender, age, no. of communities in which lived, freq. of meetings with relatives.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived chances for realization

Subject code: L7.3.2.1

Study: BRUNS 1998/2


Population: University students, Germany, 199?, followed 4 month

Sample: Non-probability accidental sample

Non-Response: N: 127

Correlate

Authors label: Perceived attainability of agentic goals

Our classification: Perceived chances for realization, code L7.3.2.1

Measurement: At T1+2 Ss listed two agentic goals they intended to pursue during the current semester. They then rated their attainability to these goals on the following items:
- I have many opportunities in my everyday life to work on this goal
- My everyday life is rich with incentives stimulating me to try for this goal
- The accomplishment of this goal depends on circumstances that are not under my personal control (Reverse scoring)
- I can manage my life situation in such a way that it promotes the accomplishment of this goal
- Other people encourage me to work on this goal
- Other people give me valuable ideas of how I can proceed with this goal
Findings on Happiness and LIFE GOALS

Rated: 1: strongly disagree to 5: strongly agree

Measured Values:  M=17.27, SD=2.38

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AB/cw/mq/n/5/b</td>
<td>r=+.15 ns</td>
<td>at T1+T2</td>
</tr>
<tr>
<td>A-AB/cw/mq/n/5/b</td>
<td>r=+.21</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td>A-AB/cw/mq/n/5/b</td>
<td>B=+.12 ns</td>
<td></td>
</tr>
</tbody>
</table>

Initial commitment by subsequent CHANGE in happiness: T1+2 commitment by T3+4 happiness controlling T1+2 happiness

B further controled for:
- predominant agentic motivation
- commitment to agentic goals
- commitment to communal goals
- perceived attainability of communal goals

Agency motivated Ss: B = +.14 (ns)
Communion motivated Ss: B = -.20 (ns)

No gender difference in any finding

Correlational finding on Happiness and Perceived chances for realization

Subject code: L7.3.2.1

Study BRUNS 1998/2


Population: University students, Germany, 199?, followed 4 month

Sample: Non-probability accidental sample

Non-Response: N: 127

Correlate

Authors label: Perceived attainability of communal goals

Our classification: Perceived chances for realization, code L7.3.2.1
**Measurement:**
At T1+2 Ss listed two agentic goals they intended to pursue during the current semester. They then rated their attainability to these goals on the following items:
- I have many opportunities in my everyday life to work on this goal
- My everyday life is rich with incentives stimulating me to try for this goal
- The accomplishment of this goal depends on circumstances that are not under my personal control (Reverse scoring)
- I can manage my life situation in such a way that it promotes the accomplishment of this goal
- Other people encourage me to work on this goal
- Other people give me valuable ideas of how I can proceed with this goal

Rated: 1: strongly disagree to 5: strongly agree

**Measured Values:** M=16.24, SD=2.53

---

**Observed Relation with Happiness**

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</thead>
<tbody>
<tr>
<td><strong>A-AB/cw/mq/n/5/b</strong></td>
<td>r=+.20 p&lt;.05</td>
<td>at T1+T2</td>
</tr>
<tr>
<td><strong>A-AB/cw/mq/n/5/b</strong></td>
<td>r=+.29 p&lt;.01</td>
<td>at T3+T4</td>
</tr>
<tr>
<td><strong>A-AB/cw/mq/n/5/b</strong></td>
<td>B=+.15 ns</td>
<td>Initial commitment by subsequent CHANGE in happiness: T1+2 commitment by T3+4 happiness controlling T1+2 happiness</td>
</tr>
</tbody>
</table>

B further controlled for:
- predominant agentic motivation
- commitment to agentic goals
- commitment to communal goals
- perceived attainability of communal goals

Agency motivated Ss: B = +.07 (ns)
Communion motivated Ss: B = +.18 (ns)

No gender difference in any finding

---

**Correlational finding on Happiness and Perceived chances for realization**

**Subject code:** L7.3.2.1

**Study**
SEARS 1977A
Findings on Happiness and LIFE GOALS


Page in Report: Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%

N: 671

Correlate

Authors label: Satisfaction with attainment of life-goals (1)

Our classification: Perceived chances for realization, code L7.3.2.1

Measurement: Sumscore Ss were asked to indicate how successful they have been in attaining goals they made for themselves in early adulthood in the following six areas.

a. Occupational success
b. Family life
c. Friendships
d. Richness of cultural life
e. Service to society
f. Joy in living

CON 3. The happiness indicator used here is part of this measures (Joy-in-living satisfaction: MIX 3.1)

Assessed retrospectively in 1972.

Observed Relation with Happiness

<table>
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<tr>
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<tbody>
<tr>
<td></td>
<td>p&lt;0.00</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived realization of life-goal set

Subject code: L7.3.2.2

Study

HEADE 1989


Page in Report: 118

Population: 18-65 aged, general public, followed 6 years, Melbourne, Australia, 1981-87
Sample:
Non-Response: Attrition T1-T4: 31%
N: 649

Correlate

Authors label: Perceived unfulfilled aspirations (1)
Our classification: Perceived realization of life-goal set, code L7.3.2.2
Measurement: Two identical indices consisting of four closed identical questions concerning the life the Ss expected (1), aspired (2), deserved (3) and the actual present life (4), all rated on a 20 step ladder-scale. 0: the worst possible life you could imagine, 20: the best possible life.
The score on question 4 was then subtracted from the mean of questions 1+2+3.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/10/a</td>
<td>ßL = .06 ns</td>
<td>Estimated same-time causal EFFECT ON HAPPINESS of perceived unfulfilled aspirations (bottom-up).</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/10/a</td>
<td>ßL = +.17 p&lt;.05</td>
<td>Estimated same-time causal EFFECT OF HAPPINESS on perceived unfulfilled aspirations (top-down). Effect assessed at T1, T2, T3 and T4. Effects assumed to be identical at all times. ßL is the path-coefficient in a four wave LISREL model. T1 sex, age, SES, extraversion and neuroticism are controlled.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived realization of life-goal set
Subject code: L7.3.2.2

Study

SEARS 1977A
Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Stanley, J.C.; George, W.C.; Eds.:"The Gifted and the Creative", J.Hopkins University Press, 1977, Baltimore, USA, 28 - 72
Page in Report:
Findings on Happiness and LIFE GOALS

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72
Sample: Non-probability purposive sample
Non-Response: Attrition in 1972: 25%
N: 671

Correlate

Authors label: Satisfaction with attainment of life-goals (1)
Our classification: Perceived realization of life-goal set, code L7.3.2.2
Measurement: Sumscore Ss were asked to indicate how successful they have been in attaining goals they made for themselves in early adulthood in the following six areas:
  a. Occupational success
  b. Family life
  c. Friendships
  d. Richness of cultural life
  e. Service to society
  f. Joy in living

CON 3. The happiness indicator used here is part of this measures (Joy-in-living satisfaction: MIX 3.1)

Assessed retrospectively in 1972.

Observed Relation with Happiness

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<tbody>
<tr>
<td></td>
<td>p&lt;0.0</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived realization of life-goal set
Subject code: L7.3.2.2

Study

SHICH 1984


Population: Adults, students and churchmembers, USA, 198?
Sample:
Non-Response: 5,9 %
N: 217
Findings on Happiness and LIFE GOALS

Correlate

Authors label: Satisfaction with achieving goals (1)

Our classification: Perceived realization of life-goal set, code L7.3.2.2

Measurement: Single direct questions on both satisfaction and dissatisfaction with achieving goals.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/u/sq/v/4/a</td>
<td>r=+.36</td>
<td>satisfaction</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
<tr>
<td>O-SLu/u/sq/v/4/a</td>
<td>r=-.41</td>
<td>dissatisfaction</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived realization of life-goal set
Subject code: L7.3.2.2

Study

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

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

Sample:
Non-Response: -

N: 2377

Correlate

Authors label: Having unfulfilled aspirations (1)

Our classification: Perceived realization of life-goal set, code L7.3.2.2

Measurement: Open-ended question on unfulfilled aspirations:
0 not any mentioned
1 one or more mentioned

Measured Values: 0: 29%, 1: 69% no opinion: 2%
Findings on Happiness and LIFE GOALS

Correlational finding on Happiness and Perceived realization of specific life-goals

Subject code: L7.3.3

**Study**


**Page in Report:** 502

**Population:** University students, Germany, 199?, followed 4 month

**Sample:** Non-probability accidental sample

**Non-Response:**

N: 127

**Correlate**

**Authors label:** Agentic goal progress

**Our classification:** Perceived realization of specific life-goals, code L7.3.3

**Measurement:** At T1+2 Ss listed two agentic goals they intended to pursue during the current semester. They then rated their attainability to these goals on the following items:

- I have made a great deal of progress in the attempt of advancing this goal
- I have hardly made any progress in accomplishing this goal (Reverse scoring)
- I have quite a lot of success in pursuing this goal
- Many of my efforts in realizing this goal have failed (Reverse scoring)

Rated: 1: strongly disagree to 5: strongly agree

**Measured Values:** M=12.81, SD=2.23
Findings on Happiness and LIFE GOALS

A-AB/cw/mq/n/5/b  
\[ r = +.22 \]  
\[ p < .05 \]  
at T1+T2

A-AB/cw/mq/n/5/b  
\[ r = +.40 \]  
\[ p < .001 \]  
at T3+T4

No gender difference in any finding

---

Correlational finding on Happiness and Perceived realization of specific life-goals

**Subject code:** L7.3.3

**Study**  
MOLLE 1988

*Reported in:* Moller, V.  
Quality of Life in Retirement: A Case Study of Zulu Return Migrants.  
Social Indicators Research, 1988, Vol. 20, 621 - 658. ISSN 0303 8300  
Page in Report: 632

**Population:** Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983

**Sample:**

**Non-Response:**

\[ N: 253 \]

**Correlate**

*Authors label:* Congruence aspirations/ achievements (1)

*Our classification:* Perceived realization of specific life-goals, code L7.3.3

*Measurement:* Here are some things that are important to many workers. Which of these things:

4. you have accomplished  
3. you want and are confident to accomplish  
2. you want but are not confident to accomplish  
1. you do not want  
   (4+3 positive outcome)

a. Paying enough lobola (bride wealth)  
b. Educating your children properly  
c. Building a solid house for yourself  
d. Building up a herd of cattle  
e. Becoming a man of sufficient money  
f. Being able to stop work in town and go home to rest while you are still in good health  
g. Securing a good plot of land to cultivate when you are older  
h. Starting a small business of your own

---

Findings on Happiness and LIFE GOALS

Remarks: Direction of correlation unclear in original report. Sign in table is negative, but text indicates positive relationship. Present version approved by author.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>O-SLW/u/sq/v/5/d</td>
<td>$r = -0.17$</td>
<td>a</td>
</tr>
<tr>
<td></td>
<td>$p &lt; 0.01$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/a</td>
<td>$r = +0.17$</td>
<td>a</td>
</tr>
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<td></td>
<td>$p &lt; 0.01$</td>
<td></td>
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<td></td>
</tr>
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<td>O-HL/c/sq/v/5/a</td>
<td>$r = +0.32$</td>
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<td></td>
<td>$p &lt; 0.01$</td>
<td></td>
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<td>d</td>
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<td></td>
<td>$p &lt; 0.01$</td>
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<td>e</td>
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<td>O-HL/c/sq/v/5/a</td>
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<td>O-SLW/u/sq/v/5/d</td>
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<td>f</td>
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<td>O-SLW/u/sq/v/5/d</td>
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<td>g</td>
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<td></td>
<td>$p &lt; 0.01$</td>
<td></td>
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<tr>
<td>O-HL/c/sq/v/5/a</td>
<td>$r = +0.27$</td>
<td>g</td>
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<td></td>
<td>$p &lt; 0.01$</td>
<td></td>
</tr>
<tr>
<td>O-SLW/u/sq/v/5/d</td>
<td>$r = -0.14$</td>
<td>h</td>
</tr>
<tr>
<td></td>
<td>$p &lt; 0.05$</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Perceived realization of specific life-goals

**Subject code: L7.3.3**

**Study**

*MOLLE 1988*

**Reported in:** Moller, V.  
Quality of Life in Retirement: A Case Study of Zulu Return Migrants.  
Page in Report: 653

**Population:** Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983

**Sample:**

**Non-Response:**

*N: 253*

**Correlate**

**Authors label:** Achieved/confident of becoming wealthy (1)  
**Our classification:** Perceived realization of specific life-goals, code L7.3.3  
**Measurement:** Here are some things that are important to many workers. Which of these things:  
4. have you accomplished in your life  
3. are you confident that you will accomplish  
2. are you not confident that you will accomplish  
1. you do not want  

- Becoming a man of sufficient money  
(one item from a longer list)  
(4+3 vs 2+1)

**Observed Relation with Happiness**

<table>
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<tr>
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</table>

http://worlddatabaseofhappiness.eur.nl/hap_con/top_sub.php?code=L7
Correlational finding on Happiness and Perceived realization of specific life-goals
Subject code: L7.3.3

Study

SHICH 1984

Reported in: Shichman, S.; Cooper, E.
Life Satisfaction and Sex-Role Concept.
Sex Roles, 1984, Vol. 11, 227 - 240. ISSN 0360 0025 DOI:10.1007/BF00287516
Page in Report: 238

Population: Adults, students and churchmembers, USA, 198?

Sample:
Non-Response: 5.9%
N: 217

Correlate

Authors label: Divergence real and ideal sex-role (2)
Our classification: Perceived realization of specific life-goals, code L7.3.3
Measurement: The Bem Sex Role Inventory (Bem, 1974) was administered twice to each respondent. In the first instance the respondent was asked to describe him/herself as he/she is now. In the second instance the respondent was asked to describe him/herself as he/she would like to be. 0 Small divergence. 1 Big divergence.

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks

Beta = -0.14 p<0.05 Durection of correlation unclear in original report. Sign in table is negative, but text indicates positive relationship. Present version approved by author.

-65 years old
β controlled for:
1 Satisfied with health
2 Higher monthly income
3 Religious traditionalist
4 Grows cash crop
5 Feels land is secure
6 Retired for many years
7 Worked for many years in jobs
8 No desire to return to work
Findings on Happiness and LIFE GOALS

O-SLu/u/sq/v/4/a  \(r = -0.15\)
\(p < 0.05\)

Correlational finding on Happiness and Perceived realization of specific life-goals
Subject code: L7.3.3

Study  
WESSM 1956

Reported in:  
Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

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

Sample:
Non-Response: -
N: 2377

Correlate

Authors label:  
Unfulfilled aspirations: marriage, children, husband (1)

Our classification:  
Perceived realization of specific life-goals, code L7.3.3

Measurement:  
Open-ended question on unfulfilled aspirations.
0 Other aspirations
1 Aspirations mentioned

Observed Relation with Happiness

Happiness Measure  Statistics  Elaboration/Remarks
O-HL/g/sq/v/3/c  \(G = -0.27\)  \(p < 0.05\)  Computed for those having unfulfilled aspirations only (\(N = 1646\)).

Correlational finding on Happiness and Perceived realization of specific life-goals
Subject code: L7.3.3

Study  
WESSM 1956

Reported in:  
Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

Population:  
21+ aged, general public, non-institutionalized, USA, 1946
Sample:
Non-Response: -
N: 2377

Correlate

Authors label: Unfulfilled aspirations mentioned (1)
Our classification: Perceived realization of specific life-goals, code L7.3.3
Measurement: Open-ended direct question on unfulfilled aspirations:
0: not mentioned
1: mentioned
a Travel, vacation
b New home, build home, own home
c Material possessions (cars, coats)
d Education, follow a talent
e Money
f New job, business of own
g Move to country, become farmer
h Marriage, children, husband

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

Observed Relation with Happiness

<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 = +0.07 ns</td>
<td>a. Travel, vacation</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = -0.01 ns</td>
<td>b. New home, build home, own home</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +0.11 ns</td>
<td>c. Material possessions (cars, coats)</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +0.06 ns</td>
<td>d. Education, follow a talent</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = -0.07 ns</td>
<td>e. Money</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +0.01 ns</td>
<td>f. New job, business of own</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +0.00 ns</td>
<td>g. Move to country, become farmer</td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = -0.27 p &lt; 0.05</td>
<td>h. Marriage, children, husband</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Perceived realization of specific life-goals
Subject code: L7.3.3

Study

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

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

Sample:

Non-Response: -
N: 2377

Correlate

Authors label: Unfulfilled aspirations: money (1)

Our classification: Perceived realization of specific life-goals, code L7.3.3

Measurement: Open-ended question on unfulfilled aspirations:
0 Other aspirations
1 Financial aspirations mentioned

Observed Relation with Happiness

Happiness Measure

Statistics       Elaboration/Remarks

G = -0.07 ns   Computed for those having unfulfilled aspirations only (N = 1646)

Correlational finding on Happiness and Perceived realization of specific life-goals
Subject code: L7.3.3

Study

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

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

Sample:

Non-Response: -
Findings on Happiness and LIFE GOALS

N: 2377

Correlate

Authors label: Unfulfilled aspirations: new job, own business (1)
Our classification: Perceived realization of specific life-goals, code L7.3.3
Measurement: Open-ended question on unfulfilled aspirations:
0 Other aspirations
1 Aspirations mentioned

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
O-HL/g/sq/v/3/c G=+.01 ns Computed for those having unfulfilled aspirations only (N = 1646)

Correlational finding on Happiness and Perceived realization of specific life-goals
Subject code: L7.3.3

Study

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

Population: 21+ aged, general public, non-institutionalized, USA, 1946
Sample:
Non-Response: -
N: 2377

Correlate

Authors label: Unfulfilled aspirations: move to country, become farmer (2)
Our classification: Perceived realization of specific life-goals, code L7.3.3
Measurement: Open ended question on unfulfilled aspirations:
0 Other aspirations
1 Aspirations mentioned

Observed Relation with Happiness
Findings on Happiness and LIFE GOALS

<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=+.00 ns</td>
<td>Computed for those having unfulfilled aspirations only (N = 1646)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived realization of specific life-goals
Subject code: L7.3.3

Study

WESSM 1956

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

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

Sample:
Non-Response: -
N: 2377

Correlate

Authors label: Unfulfilled aspirations: move to country, become farmer (1)

Our classification: Perceived realization of specific life-goals, code L7.3.3

Measurement:
Open ended question on unfulfilled aspirations:
0 Other aspirations
1 Aspirations mentioned

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=+.00 ns</td>
<td>Computed for those having unfulfilled aspirations only (N = 1646)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . children as planned
Subject code: L7.3.3.1

Study

BRUNS 1998/2
Findings on Happiness and LIFE GOALS

Reported in: Brunstein, J.C.; Schultheiss, O.C.; Grassmann, R.
Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions.
Page in Report: 502

Population: University students, Germany, 199?, followed 4 month

Sample: Non-probability accidental sample

Non-Response:

N: 127

Correlate

Authors label: Communal goals progress

Our classification: children as planned, code L7.3.3.1

Measurement: At T1+2 Ss listed two communal goals they intended to pursue during the current semester. They then rated their attainability to these goals on the following items:
- I have made a great deal pf progress in the attempt of advancing this goal
- I have hardly made any progress in accomplishing this goal (Reverse scoring)
- I have quite a lot of success in pursuing this goal
- Many of my efforts in realizing this goal have failed (Reverse scoring)

Rated: 1: strongly disagree to 5: strongly agree

Measured Values: M=12.78, SD=2.53

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AB/cw/mq/n/5/b</td>
<td>r=+.11 ns</td>
<td>at T1+T2</td>
</tr>
</tbody>
</table>
| A-AB/cw/mq/n/5/b   | r=+.47     | p<.001              | at T3+T4

No gender difference in any finding

Correlational finding on Happiness and children as planned
Subject code: L7.3.3.1

Study SEARS 1977A

Findings on Happiness and LIFE GOALS

Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Stanley, J.C.; George, W.C.; Eds.: "The Gifted and the Creative", J. Hopkins University Press, 1977,
Baltimore, USA, 28 - 72
Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%

N: 671

Correlate

Authors label: Children (1)

Our classification: . children as planned, code L7.3.3.1

Measurement: Number of children same as planned.

Assessed in 1950.

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
M-PL/h/sq/v/5/b | Chi² = ns | Earlier congruence (1950) by present happiness (1972).
C-ASG/h/mq/v/5/a | AoV = ns | Earlier congruence (1950) by present happiness (1972).

Correlational finding on Happiness and . children as planned
Subject code: L7.3.3.1

Study SEARS 1977A

Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Stanley, J.C.; George, W.C.; Eds.: "The Gifted and the Creative", J. Hopkins University Press, 1977,
Baltimore, USA, 28 - 72
Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%
Correlate

Authors label: Number of children (5)

Our classification: children as planned, code L7.3.3.1

Measurement:

- Actual number in 1972 (including adopted and stepchildren).
- Same as planned (Assessed in 1950).
- Number wanted if life lived over (Assessed in 1950).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>a. 1972 number by 1972 happiness.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>b. Earlier congruence (1950) by present happiness (1972).</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>c. Earlier wish (1950) by present happiness (1972).</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and children as planned
Subject code: L7.3.3.1

Study SEARS 1977A

Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%

N: 671
Correlate

Authors label: Number of children (3)

Our classification: . children as planned, code L7.3.3.1

Measurement:

- b. Same as planned (Assessed in 1950).
- c. Number wanted if life lived over (Assessed in 1950).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>a. 1972 number by 1972 happiness.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . children as planned

Subject code: L7.3.3.1

Study

WESSM 1956

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

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

Sample:

Non-Response: -

N: 2377
Findings on Happiness and LIFE GOALS

Measurement:
- Open-ended question on unfulfilled aspirations.
  - 0 Other aspirations
  - 1 Aspirations mentioned

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = -0.27 p &lt; 0.05</td>
<td>Computed for those having unfulfilled aspirations only (N = 1646).</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and realization of employment goals

Subject code: L7.3.3.2

Study
- ANDRE 1976/4

Reported in:
- Andrews, F.M.; Withey, S.B.
  - Social Indicators of Well-being: Americans' Perceptions of Life Quality
  - Page in Report: 112

Population:
- 18+ aged, general public, non-institutionalized, USA, 1973/3

Sample:
- Non-Response: 26%
- N: 1433

Correlate
- Authors label: Satisfaction with achieving success (1)
- Our classification: realization of employment goals, code L7.3.3.2
- Measurement:
  - Closed question: "How do you feel about the extent to which you are achieving success and getting ahead?"
  - Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>E² = +0.51</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and realization of employment goals
Subject code: L7.3.3.2

Study ANDRE 1976/5


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

Sample:

Non-Response: 
N: 222

Correlate

Authors label: Satisfaction with accomplishment (3)

Our classification: realization of employment goals, code L7.3.3.2

Measurement: 3-item index of questions "How do you feel about ......?"
   a. the extent of achieving success and getting ahead
   b. what you are accomplishing
   c. the extent of developing yourself and broadening your life.

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

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.68</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . realization of employment goals
Subject code: L7.3.3.2

Study SHICH 1984
Findings on Happiness and LIFE GOALS

Reported in: Shichman, S.; Cooper, E.
Life Satisfaction and Sex-Role Concept.
Sex Roles, 1984, Vol. 11, 227 - 240. ISSN 0360 0025 DOI:10.1007/BF00287516
Page in Report: 236

Population: Adults, students and churchmembers, USA, 198?

Sample:
Non-Response: 5,9 %
N: 217

Correlate

Authors label: Divergence between actual and preferred workstatus (1)
Our classification: . realization of employment goals, code L7.3.3.2
Measurement: 0 Small divergence.
1 Big divergence.

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/u/sq/v/4/a</td>
<td>SNR = ns</td>
<td>The special structure of the sample - composed mainly of working students - limits the analysis and generalizability of the findings.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . realization of employment goals
Subject code: L7.3.3.2

Study

Reported in: Shichman, S.; Cooper, E.
Life Satisfaction and Sex-Role Concept.
Sex Roles, 1984, Vol. 11, 227 - 240. ISSN 0360 0025 DOI:10.1007/BF00287516
Page in Report: 236

Population: Adults, students and churchmembers, USA, 198?

Sample:
Non-Response: 5,9 %
N: 217

Correlate

Authors label: Divergence between actual and preferred workstatus (2)
Findings on Happiness and LIFE GOALS

Our classification: realization of employment goals, code L7.3.3.2

Measurement:
- 0 small divergence
- 1 big divergence

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SL/u/sq/v/4/a</td>
<td>SNR = ns</td>
<td>The special structure of the sample - composed mainly of working students - limits the analysis and generalizability of the findings.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and realization of educational goals

Subject code: L7.3.3.3

Study

ANDRE 1976/4

Reported in: Andrews, F.M.; Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Page in Report: 141

Population: 18+ aged, general public, non-institutionalized, USA, 1973/3

Sample:
- Non-Response: 26%
- N: 1433

Correlate

Authors label: Satisfaction with developing oneself (1)

Our classification: realization of educational goals, code L7.3.3.3

Measurement: Closed question: "How do you feel about the extent to which you are developing yourself and broadening your life?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$E^2 = .47$</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE GOALS

Beta = +.08
\[ \beta \text{ controlled for 7 criterion satisfactions (physical needs met, yourself, how fairly treated, fun and enjoyment, interesting daily life, adjust to changes, financial security).} \]

Beta = +.10
\[ \beta \text{ controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 7 criterion satisfactions. (see above)} \]

Correlational finding on Happiness and . realization of educational goals
Subject code: L7.3.3.3

Study
HOLAH 1999

Page in Report: 239/243

Population: “Gifted (IQ>135) followed unto old age, USA, 1960-1992

Sample: Non-probability purposive-quota sample

Non-Response:
N: 383

Correlate

Authors label: Lived up to ability

Our classification: . realization of educational goals, code L7.3.3.3

Measurement: Self-appraisal of having lived up to abilities. Participants were asked "On the whole, how well do you think you have lived up to your intellectual abilities?" Responses were coded in two categories
1: did not live-up
2: lived-up
Assessed at T1 (1960)

Measured Values: T2 N: 1=115, 2=223


Observed Relation with Happiness

Happiness Measure

Statistics Elaboration/Remarks
Findings on Happiness and LIFE GOALS

M-PL/h/sq/v/5/b  DM+=  T1 lived up by T2 happiness
Men  1.M=3.71 SD=0.89
  2.M=4.15 SD=0.85
Women 1.M=3.76 SD=1.08
In univariate analyses of covariance (ANCOVAs) there was a significant lived-up effect:
  F(1,332)= 13.85, MSE=.82 p<0.001
  2.M=4.19 SD=0.92

C-ASG/h/mq/v/8/a  DM+=  T1 lived up by T2 happiness
In univariate analyses of covariance (ANCOVAs) there was a significant lived-up effect:
  F(1,310)=1065, MSE=.84, p<.05

O-SLW/c/sq/n/9/a  DM+=  T1 lived up by T3 happiness
Univariate analyses of covariance (ANCOVAs) was significant for lived-up:
  F(1,355)=10.71, MSE=2.25, p<.001
LISREL analysis showed no direct link when T2 perceived goal realization was controlled.

Correlational finding on Happiness and . realization of educational goals

Subject code: L7.3.3.3

Study

WESSM 1956

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 210

Population: 21+ aged, general public, non-institutionalized, USA, 1946
Sample:
Non-Response: -
N: 2377

Correlate

Authors label: Unfulfilled aspirations: education, follow a talent (1)

Our classification: . realization of educational goals, code L7.3.3.3

Measurement: Open-ended question on unfulfilled aspirations, other aspirations vs aspirations mentioned.

Observed Relation with Happiness
### Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v3/c</td>
<td><strong>G = +.06</strong>&lt;br&gt;<strong>p &lt; .01</strong>&lt;br&gt;Computed for those having unfulfilled aspirations only (N = 1646).</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and . realization of participation goals

**Subject code: L7.3.3.4**

**Study**

- **Reported in:** Graney, M.J.; Graney, E.E.
  Scaling Adjustment in Older People.<br>International Journal of Aging and Human Development, 1973, Vol. 4, 351 - 359. ISSN 0091 4150
  Page in Report: 357

- **Population:** 62-89 aged females, USA, 1971

- **Sample:**
  - **Non-Response:** 27%; 24% unattainable, 3% incomplete.
  - **N:** 44

**Correlate**

- **Authors label:** Personal adjustment (1)

- **Our classification:** . realization of participation goals, code L7.3.3.4

- **Measurement:** Degree of correspondence between orientation towards social participation and actual social participation mode.

1. Orientation towards social participation was measured by the adapted Dye (1963) Localism - Cosmopolitan Scale (see S 4.5, GRANE 1973A).

2. Actual social participation was measured by 9 social communications activities, which were arrayed according to their degree of 'cosmopolitan' characteristics of the people who are (in)active in them:
   - 'cosmopolitan' mode of social participation defined as: visiting neighbours, friends and relatives and reading.
   - 'intermediate' mode of social participation defined as: church attendance, television viewing, and number of memberships in voluntary associations.
   - 'local' mode of social participation defined as: radio-
Findings on Happiness and LIFE GOALS

listening, telephone use, and participation in voluntary associations.

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/v2/a</td>
<td>tb=-.02 ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Satisfaction with goal-achievement

Subject code: L7.3.4

Study

ESTWI 1992


Population: Renal patients, USA 199?

Sample: Probability systematic sample

Non-Response: 54%

N: 349

Correlate

Authors label: Satisfaction with achievements of personal goals.

Our classification: Satisfaction with goal-achievement, code L7.3.4

Measurement: Selfreport on single question:

How satisfied are you with achievements of your personal goals?

1 very dissatisfied

6 very satisfied

Remarks: It is not clear if this score is weighted with its importance by the individual.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/g/sq/v6/a</td>
<td>r=+.65</td>
<td></td>
</tr>
</tbody>
</table>
## Correlational finding on Happiness and Satisfaction with goal-achievement

**Subject code: L7.3.4**

<table>
<thead>
<tr>
<th>Study</th>
<th>KALIT 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>18+aged, Croatia, 2003</td>
</tr>
<tr>
<td>Sample</td>
<td>Probability multi-stage cluster sample</td>
</tr>
<tr>
<td>Non-Response</td>
<td>0</td>
</tr>
<tr>
<td>N</td>
<td>1242</td>
</tr>
</tbody>
</table>

### Correlate

- **Authors label:** Satisfaction with Achievement in life
- **Our classification:** Satisfaction with goal-achievement, code L7.3.4
- **Measurement:** Selfreport on satisfaction with Achievement in life
  - 1: not at all satisfied
  - ...
  - 10: extremely satisfied

**Measured Values:** M = 6.8, SD = 2.18

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/v/10/a</td>
<td>Beta = +.14, p &lt; .001</td>
<td>Beta controlled for satisfaction with: -standard of living, -health, -relationship with family and friends, -feelings of physical safety, -acceptance by community</td>
</tr>
</tbody>
</table>

## Correlational finding on Happiness and Attitudes to earlier life-goals

**Subject code: L7.4.1**

<table>
<thead>
<tr>
<th>Study</th>
<th>SEARS 1977A</th>
</tr>
</thead>
</table>

Findings on Happiness and LIFE GOALS

Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72
Sample: Non-probability purposive sample
Non-Response: Attrition in 1972: 25%
N: 671

Correlate

Authors label: Satisfaction with career pattern (lifestyle work pattern) (3)
Our classification: Attitudes to earlier life-goals, code L7.4.1
Measurement: Ss were first asked to characterize their worklife into one of four possible patterns;
- I have been primarily homeworker.
- I have pushed a career most of my adult life.
- I have pushed a career except during the period when I was raising a family.
- I have done considerable work needed for income but I would not call it a career.

Ss were next invited to indicate which pattern they would choose now. Satisfaction is the correspondence between 'As it was' and 'As I now would choose'.

Remarks: Assessed in 1972

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v5/a</td>
<td>AoV=+</td>
<td>1972 satisfaction by 1972 happiness.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
<tr>
<td>M-PL/h/sq/v5/b</td>
<td>Chi²=+</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Attitudes to current life-goals
Subject code: L7.4.2

Study
FAVER 1982
Findings on Happiness and LIFE GOALS

Reported in: Faver, C.A.
Life Satisfaction and the Life-Cycle: The Effects of Values and Roles on Women's Well-Being
Sociology and Social Research, 1982, Vol. 66, 435 - 452, ISSN 0038 0393
Page in Report: 441,443,445,447

Population: 22-64 aged women, USA, 1977
Sample: Non-probability chunk sample
Non-Response: N: 1120

Correlate

Authors label: Career Value Orientation
Our classification: Attitudes to current life-goals, code L7.4.2
Measurement: Self report on 3 questions:
1 For me, it is (would be) more important to help my husband in his career than to have a career of my own.(reverse scored)
b Seriously pursuing a career involves costs in other areas of my life that I am not willing to accept.(reverse scored)
c I can't picture having a fully satisfying life without a career on my own.
Rated on a 5 point scale: 1 = disagree, 2 = mostly disagree, 4 = mostly agree, 5 = agree

From these scales a dichotomous variable was created measuring:
0 = Low career values
1 = High career values

Measured Values: N= 0:702, 1:406

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-V/c/sq/v/S/a</td>
<td>DM=&gt;</td>
<td>All</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- High career values M = 4,15 SD = 0,07</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Low career values M = 4,05 SD = 0,24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Difference +0,10</td>
</tr>
</tbody>
</table>

| O-V/c/sq/v/S/a     | DM=>       | Singles only        |
|                    |            | - High career values M = 4,05 N = 219 |
|                    |            | - Low career values M = 3,43 N = 53 |
|                    |            | Difference +0,62    |
Findings on Happiness and LIFE GOALS

O-V/c/sq/v/5/a  DM=+  Married only
- High career values  M = 4,20  N=483
- Low career values  M = 4,14  N=353
Difference            +0,06

O-V/c/sq/v/5/a  DM=  age cohort 22-34, high career values
a) Single childless women  M = 3,94  N = 83
b) Married childless women  M = 4,39  N = 59
c) Married mothers of preschool
children            M = 3,83  N = 77
d) Married mothers of elementary
school children        M = 4,29  N = 42
e) Single mothers            M = 4,11  N = 27

O-V/c/sq/v/5/a  F=3,03  
                 p<.02

O-V/c/sq/v/5/a  DM=  age cohort 22-34 low career values
a) Single childless women  M = 3,40  N = 5
b) Married childless women  M = 4,33  N = 6
c) Married mothers of preschool
children            M = 3,98  N = 53
d) Married mothers of elementary
school children        M = 4,11  N = 9
e) Single mothers            M = 3,83  N = 6

O-V/c/sq/v/5/a  F=.69  
                 p<.03

O-V/c/sq/v/5/a  DM=-  Not employed only
- High career values  M = 3,67  SD = 0,05  N = 125
- Low career values  M = 3,95  SD = 0,12  N = 138
Difference            =-0,28

O-V/c/sq/v/5/a  DM=+  parttime workers only
- High career values  M = 4,11  SD = 0,06  N = 178
- Low Career values  M = 4,06  SD = 0,42  N = 117
Difference            M =+0,05

O-V/c/sq/v/5/a  DM=+  fulltime workers only
- High career values  M = 4,34  SD = 0,21  N = 380
- Low Career values  M = 4,13  SD = 0,27  N = 104
Difference            M =+0,21

O-V/c/sq/v/5/a  DM=+  single, not employed workers only
- High career values  M = 3,77  N =   30
- Low career values  M = 3,55  N =   11
Difference            +0,22
Findings on Happiness and LIFE GOALS

married, not employed workers only
- High career values M = 3,65 N = 95
- Low career values M = 3,98 N = 127
  Difference -0,33

married, parttime workers only
- High career values M = 4,08 N = 144
- Low career values M = 4,21 N = 103
  Difference -0,13

married, fulltime workers only
- High career values M = 4,50 N = 232
- Low career values M = 4,29 N = 77
  Difference +0,21

Age group 22-34, single childless women only
- High career values M = 3,94 N = 83
- Low career values M = 3,40 N = 5
  Difference +0,54

Age group 22-34, among married childless women
- High career values M = 4,39 N = 59
- Low career values M = 4,33 N = 6
  Difference +0,06

Age group 22-34, married mothers of preschool children only
- High career values M = 3,83 N = 77
- Low career values M = 3,98 N = 53
  Difference -0,15

Age group 22-34, married mothers with elementary school children only
- High career values M = 4,29 N = 42
- Low career values M = 4,11 N = 9
  Difference +0,19
### Findings on Happiness and LIFE GOALS

<table>
<thead>
<tr>
<th>Age group</th>
<th>DM</th>
<th>High career values</th>
<th>Low career values</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age group 22-34, single mothers only</td>
<td></td>
<td>M = 4.11 N = 27</td>
<td>M = 3.83 N = 6</td>
<td>+0.19</td>
</tr>
<tr>
<td>Age group 22-34, singles only</td>
<td></td>
<td>M = 4.11 N = 27</td>
<td>M = 3.83 N = 6</td>
<td>+0.19</td>
</tr>
<tr>
<td>Age group 22-34, married only</td>
<td></td>
<td>M = 4.34 N = 184</td>
<td>M = 4.09 N = 88</td>
<td>+0.25</td>
</tr>
<tr>
<td>Age group 22-34, not employed only</td>
<td></td>
<td>M = 3.41 N = 22</td>
<td>M = 4.06 N = 48</td>
<td>-0.65</td>
</tr>
<tr>
<td>Age group 22-34, parttime only</td>
<td></td>
<td>M = 4.25 N = 28</td>
<td>M = 4.32 N = 47</td>
<td>-0.07</td>
</tr>
<tr>
<td>Age group 22-34, fulltime only</td>
<td></td>
<td>M = 4.54 N = 85</td>
<td>M = 4.33 N = 39</td>
<td>+0.21</td>
</tr>
<tr>
<td>Age group 45-64</td>
<td></td>
<td>M = 4.25 N = 180</td>
<td>M = 4.06 N = 173</td>
<td>+0.19</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Attitudes to current life-goals

**Subject code: L7.4.2**

**Study**
GREEN 1974


**Population:** College students, East USA, 197?

**Sample:**
Findings on Happiness and LIFE GOALS

Non-Response:

\[ N: 203 \]

Correlate

Authors label: Satisfaction with occupational preference (1)

Our classification: Attitudes to current life-goals, code L7.4.2

Measurement: 5-item index reflecting satisfaction with the appropriateness of stated occupational preference.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>( r = +.26 ) ( p &lt; .05 )</td>
<td>Males:</td>
<td></td>
</tr>
<tr>
<td>Priority of work and career</td>
<td>- low ( r = +.13 ) (ns)</td>
<td></td>
</tr>
<tr>
<td>- high ( r = +.39 ) (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General attitude to work</td>
<td>- low ( r = +.22 ) (ns)</td>
<td></td>
</tr>
<tr>
<td>- high ( r = +.30 ) (05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Career advancement and planning</td>
<td>- low ( r = +.04 ) (ns)</td>
<td></td>
</tr>
<tr>
<td>- high ( r = +.40 ) (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>( r = +.30 ) ( p &lt; .01 )</td>
<td>Females:</td>
<td></td>
</tr>
<tr>
<td>Priority of work and career</td>
<td>- low ( r = +.18 ) (ns)</td>
<td></td>
</tr>
<tr>
<td>- high ( r = +.31 ) (05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General attitude to work</td>
<td>- low ( r = +.36 ) (01)</td>
<td></td>
</tr>
<tr>
<td>- high ( r = +.13 ) (ns)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Career advancement and planning</td>
<td>- low ( r = +.17 ) (ns)</td>
<td></td>
</tr>
<tr>
<td>- high ( r = +.53 ) (01)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Attitudes to current life-goals

Subject code: L7.4.2

Study: PORTE 1967

Findings on Happiness and LIFE GOALS

Population: Female students college seniors, followed two months, Rochester, USA, 1965-66

Sample:

Non-Response: 8%; unaffected by place of residence

N: 162

Correlate

Authors label: Satisf. with next years' plans in terms of achievement needs (1)

Our classification: Attitudes to current life-goals, code L7.4.2

Measurement: Closed question: on "the extent to which S's present plans for further education, career, or job fulfill her need to achieve, to fully utilize her capacities", rated on a 7-point scale ranging from "highly unsatisfactory" to "highly satisfactory".

Observed Relation with Happiness

Happiness Measure

Statistics Elaboration/Remarks

A-AOL/cq/sq/v/10/a r=+.17 p<.05 Both variables assessed at T2

Correlational finding on Happiness and Attitudes to current life-goals

Subject code: L7.4.2

Study

PORTE 1967

Reported in: Porter J.
Sex-Role Concepts, Their Relationship to Psychological Well-Being and to Future Plans of Female College Seniors.
Unpublished doctoral dissertation, 1967, University of Rochester, New York, USA
Page in Report: 101

Population: Female students college seniors, followed two months, Rochester, USA, 1965-66

Sample:

Non-Response: 8%; unaffected by place of residence

N: 162

Correlate

Authors label: Satis. with next year's plans in terms of achievement needs (1)

Our classification: Attitudes to current life-goals, code L7.4.2
Findings on Happiness and LIFE GOALS

**Measurement:** Closed question: on "the extent to which one's present plans for further education, career, or job fulfill her need to achieve, to fully utilize her capacities", rated on a 7-point scale ranging from "highly unsatisfactory" to "highly satisfactory".

### 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/cq/sq/v10/a</td>
<td>r=+.17 p&lt;.05</td>
<td>Both variables assessed at T2</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Attitudes to current life-goals

**Subject code:** L7.4.2

**Study**

PORE 1967


**Population:** Female students college seniors, followed two months, Rochester, USA, 1965-66

**Sample:**

Non-Response: 8%; unaffected by place of residence

N: 162

**Correlate**

*Authors label:* Satis. with next year's plans in terms of achievement needs (2)

*Our classification:* Attitudes to current life-goals, code L7.4.2

*Measurement:* Closed question: on "the extent to which S's present plans for further education, career, or job fulfill her need to achieve, to fully utilize her capacities" rated on a 7-point scale, ranging from "highly unsatisfactory" to "highly satisfactory".

### 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/cq/sq/v10/a</td>
<td>r=+.17 p&lt;.05</td>
<td>Both variables assessed at T2</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Acceptance of one's life-goals by others
Subject code: L7.6

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: 63

Population: Nuns, Catholic congregations, USA, 1969

Sample:

Non-Response: 11.5%

N: 963

Correlate

Authors label: Cognitive dissonance (1)

Our classification: Acceptance of one's life-goals by others, code L7.6

Measurement: Single direct question: "How did your family accept your entrance into religious life?". Strongly opposed, somewhat opposed, mixed reaction, approved and strongly approved.

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 = -0.14 ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Acceptance of one's life-goals by others
Subject code: L7.6

Study

SEARS 1977A

Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%
Findings on Happiness and LIFE GOALS

N: 671

Correlate

Authors label: Consonance with parents in career-orientation (2)

Our classification: Acceptance of one's life-goals by others, code L7.6

Measurement: Direct questions:

a. Becoming more like father (or mother).
b. Fathers choice of vocation for subject.
c. Mothers choice of vocation for subject.
d. Conflict with father regarding career choice.
e. Conflict with mother regarding career choice.

Assessed retrospectively in 1950.


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV= ns</td>
<td>a.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>a.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV= ns</td>
<td>b.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>b.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV= ns</td>
<td>c.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>c.</td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV= ns</td>
<td>d.</td>
</tr>
</tbody>
</table>
### Findings on Happiness and LIFE GOALS

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Chi²</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>d.</td>
<td></td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV = ns</td>
<td>e.</td>
<td></td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi² = ns</td>
<td>e.</td>
<td></td>
</tr>
</tbody>
</table>

### Appendix 1: Happiness Items used

**Happiness Item Code**  | **Full Text**
--- | ---
A-AB/cw/mq/n/5/b | Selfreport on 12 questions:

..how frequent one experienced moods in the past week..
A happy
B joyful
C contented
D cheerful
E pleasant
F elated
G frustrated
H sad
I depressed
J dissatisfied
K gloomy
L dejected

Rated 1: scarcely ...5: very frequently

Summation: (A + B + C + D + E + F) - (G + H + I + J + K + L)

Name: adapted from UWIST mood adjective checklist (Mathews et al. 1990)

A-AB/mp/mq/n/5/a | Selfreport on 8 questions:

..how frequent one experienced in the past half day..
A happy
B joyful
C contented
D cheerful
E frustrated
F sad
G depressed
H dissatisfied

Rated 1: scarcely ...5: very frequently

Summation: (A + B + C + D) - (E + F + G + H)

Name: adapted from UWIST mood adjective checklist (Mathews et al. 1990)
Findings on Happiness and LIFE GOALS

Selfreport on 8 questions repeated every second day during 2 weeks:

..how frequent one experienced in the past half day..
A happy
B joyful
C contented
D cheerful
E frustrated
F sad
G depressed
H dissatisfied

Rated 1: scarcely ... 5: very frequently

Summation: (A+B+C+D) - (E+F+G+H)

Name: adapted from UWIST mood adjective checklist (Mathews et. al. 1990)

Selfreport on single question:

"Mood is usually applied to states lasting for minutes or hours, but most people can estimate their average or typical mood over a long period of time. Using the following scale, please indicate which statement best describes your typical mood for the current spring semester. Draw a circle around the number of the statement which best describes your average level of happiness or unhappiness during this semester.

10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous delight and buoyancy
8 Elated and in high spirits
7 Feeling very good and cheerful
6 Feeling pretty good, "OK"
5 Feeling a little bit low. Just so-so
4 Spirits low and somewhat "blue"
3 Depressed and feeling very low. Definitely "blue"
2 Tremendously depressed. Feeling terrible, really miserable, "just awful"
1 Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over.

Single direct question:

How are you feeling now....?

5 very good
4 good
3 neither good nor poor
2 poor
1 very poor
Findings on Happiness and LIFE GOALS

A-BB/cm/mq/v/2/a  Selfreport on 10 questions:

During the past few weeks, did you ever feel ....? (yes/no)
A Particularly exited 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)

C-ASG/h/mq/v/5/a  Selfreport on 2 questions:

A. "How important was each of the following goals in life in the plans you made for yourself in early adulthood?"
- occupational success
- family life
- friendships
- richness of cultural life
- total service to society.
1 less important to me than to most people
2
3
4
5 of prime importance to me

B. "How successful have you been in the pursuit of these goals?"
1 little satisfaction in this area
2
3
4
5 had excellent fortune in this respect

Computation: General Satisfaction 5 is the quotient obtained by multiplying the planned goal (early adulthood) by the reported success in attaining that goal, adding the five of these multiplied areas and dividing them by the sum of the planned goals for each of the areas.

\[
P_a.S_a + P_b.S_b + P_c.S_c + P_d.S_d + P_e.S_e
\]
\[
\frac{P_a + P_b + P_c + P_d + P_e}{P_a + P_b + P_c + P_d + P_e}
\]
P_a = planned goal a (1-5)
S_a = success goal a (1-5)
Findings on Happiness and LIFE GOALS

C-ASG/h/mq/v/8/a Selfreport on 2 questions:

A
"How important was each of the following goals in life in the plans you made for yourself in early adulthood?"

- joy in living

4 of prime importance to me
3
2
1 less important to me than to most people

B.
"How successful have you been in the pursuit of these goals?"

5 had excellent fortune in this respect
4
3
2
1 little satisfaction in this area

Computation: Life satisfaction score = Perceived success in achieving joy in living now (B) minus remembered importance of joy in living in early adulthood (A)

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

..how things are going in your life.. (full item not reported)

0 the worst possible life you could imagine
1
2
3
4
5
6
7
8
9
10 the best possible life you could imagine

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
Findings on Happiness and LIFE GOALS

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

M-AO/c/sq/v/4/a Selfreport on single question:

In terms of general happiness and sense of wellbeing, how would you usually describe yourself today
1 very unhappy
2 fairly unhappy
3 fairly happy
4 very happy

M-AO/u/mq/v/5/c Selfreport on 2 questions:

A "Taking all aspects of yourself and your life into account, which of the following best describes your own feelings of satisfaction with your life......?"
5 I am extremely satisfied with my life.
4 I am satisfied with my life.
3 I am somewhat satisfied with my life.
2 I am only slightly satisfied with my life.
1 I am not at all satisfied with my life.

B " In very general terms, about what proportion of the time do you feel satisfied with your life.....?"
4 all of the time
3 most of the time
2 some of the time
1 never

Summation: not reported

M-FH/g/sq/v/10/a Selfreport on single question:

Use the list below to answer the following question: IN GENERAL, HOW HAPPY OR UNHAPPY DO YOU USUALLY FEEL? Check the one statement that best describes your average happiness.
10 extremely happy (feeling ecstatic, joyous, fantastic!)
9 very happy (feeling really good and elated!)
8 pretty happy (spirits high, feeling good)
7 mildly happy (feeling fairly good and somewhat cheerful)
6 slightly happy (just a bit above neutral)
5 slightly unhappy (just a bit below neutral)
4 mildly unhappy (just a bit low)
3 pretty unhappy (somewhat "blue", spirits down)
2 very unhappy (depressed, spirits very low)
1 extremely unhappy (utterly depressed, completely down)

Name: Fordyce's overall happiness item.

M-PL/h/sq/v/5/b Selfreport on single question: following enumeration of lifegoals in six areas, the last of which was 'joy in living'

" How successful have you been in pursuit of that goal.....?"
(joy in living)
5 had excellent fortune in this respect
4
3
2
1 found little satisfaction in this area
Findings on Happiness and LIFE GOALS

M-TH/cm/sq/v/4/b Selfreport on single question

Felt happy during the past month.. (full item not reported)
3 all of the time
2 most of the time
2 some of the time
0 none of the time

O-DT/u/sqt/v/10/a Selfreport on single question asked twice in interview,

"How do you feel about your life as a whole......?"
10 delightful
9
8
7
6
5
4
3
2
1 terrible

Summation: mean

Name: Andrews & Withey's `Delightful-Terrible Scale' (modified version)

O-DT/u/sqt/v/7/a Selfreport on single question, asked twice in interview:

How do you feel about your life as a whole......?
7 delighted
6 pleased
5 mostly satisfied
4 mixed
3 mostly dissatisfied
2 unhappy
1 terrible

Summation: arithmetic mean

Name: Andrews & Withey's "Delighted-Terrible Scale" (original version)
Also known as Lehman's 'Global lifesatisfaction'

O-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/a Selfreport on single question:

Do you feel your life at present is.....?
4 very happy
3 quite happy
2 quite unhappy
1 very unhappy
Findings on Happiness and LIFE GOALS

O-HL/c/sq/v/5/a

Selfreport on single question:

Taking all things together in your life, how would you say things are these days? Would you say you are ....?
5 very happy
4 happy
3 neither happy nor unhappy
2 unhappy
1 very unhappy

O-HL/c/sq/v/5/h

Selfreport on single question:

'How happy are you now?'
5 very happy
4 happy
3 neither happy nor unhappy
2 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-SLL/c/sq/v/5/e

Selfreport on single question:

'On the whole, how satisfied would you say you are with your way of life today?'
1 not satisfied at all
2
3
4
5 very satisfied
(labels of response-options 2, 3 and 4 not reported)

O-SLu/c/sq/v/5/e

Selfreport on single question:

'How satisfied are you with your life now?'
5 very satisfied
2 satisfied
3 neither satisfied nor dissatisfied
2 dissatisfied
1 very dissatisfied

Original text in Danish:
'Hvor lykkelig er du for tiden?'
5 meget lykkelig
4 lykkelig
3 hverken eller
2 ullykklig
1 meget ullykkelig

Original text in Danish:
'Hvor tilfreds er du med dit liv for tiden?'
5 meget tilfreds
4 tilfreds
3 hverken tilfreds eller utilfreds
2 utilfreds
1 meget utilfreds
Findings on Happiness and LIFE GOALS

O-SLu/u/sq/v/4/a  Selfreport on single question:
Overall, how satisfied are you with your life.....?
4 very satisfied
3 satisfied
2 dissatisfied
1 very dissatisfied.

O-SLW/c/sq/n/9/a  Selfreport on single question:
'All things considered, how satisfied are you with your life these days?'
1 completely dissatisfied
2
3
4
5
6
7
8
9 completely satisfied

O-SLW/g/sq/v/6/a  Selfreport on single question:
Overall, how satisfied are you with your life in general?
1 very dissatisfied
2 dissatisfied
3 somewhat dissatisfied
4 somewhat satisfied
5 satisfied
6 very satisfied

O-SLW/u/sq/v/5/d  Selfreport on single question:
Taking your life as a whole, are you .......?
5 very satisfied
4 quite satisfied
3 more satisfied than discontented
2 more discontented than satisfied
1 quite dissatisfied

O-V/c/sq/v/5/a  Selfreport on single question:
I think of my life as interesting and satisfying
1 disagree
2 mostly agree
3 neither agree or disagree
4 mostly agree
5 agree
Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
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<tbody>
<tr>
<td>AoV</td>
<td>ANALYSIS of VARIANCE (ANOVA)</td>
</tr>
<tr>
<td></td>
<td>Type: statistical procedure</td>
</tr>
<tr>
<td></td>
<td>Measurement level: Correlate(s): nominal, Happiness: metric.</td>
</tr>
<tr>
<td></td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>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>REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)</td>
</tr>
<tr>
<td></td>
<td>Type: test statistic</td>
</tr>
<tr>
<td></td>
<td>Measurement level: Correlate: metric, Happiness: metric</td>
</tr>
<tr>
<td></td>
<td>Theoretical range: unlimited</td>
</tr>
<tr>
<td></td>
<td>Meaning:</td>
</tr>
<tr>
<td></td>
<td>B &gt; 0 A higher correlate level corresponds with, on an average, higher happiness rating.</td>
</tr>
<tr>
<td></td>
<td>B &lt; 0 A higher correlate level corresponds with, on an average, lower happiness rating.</td>
</tr>
<tr>
<td></td>
<td>B = 0 Not any correlation with the relevant correlate.</td>
</tr>
<tr>
<td>Beta</td>
<td>(β) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)</td>
</tr>
<tr>
<td></td>
<td>Type: test statistic</td>
</tr>
<tr>
<td></td>
<td>Measurement level: Correlates: all metric, Happiness: metric</td>
</tr>
<tr>
<td></td>
<td>Range: [-1 ; +1]</td>
</tr>
<tr>
<td></td>
<td>Meaning:</td>
</tr>
<tr>
<td></td>
<td>beta &gt; 0 « a higher correlate level corresponds with, on an average, higher happiness rating.</td>
</tr>
<tr>
<td></td>
<td>beta &lt; 0 « a higher correlate level corresponds with, on an average, lower happiness rating.</td>
</tr>
<tr>
<td></td>
<td>beta = 0 « no correlation.</td>
</tr>
<tr>
<td></td>
<td>beta = + 1 or -1 « perfect correlation.</td>
</tr>
<tr>
<td></td>
<td>Remark:</td>
</tr>
<tr>
<td></td>
<td>Mean of observations is subtracted from all observations if standardized.</td>
</tr>
<tr>
<td>Chi²</td>
<td>CHI-SQUARE</td>
</tr>
<tr>
<td></td>
<td>Type: test statistic</td>
</tr>
<tr>
<td></td>
<td>Range: [0; Ne*(min(c,r)-1)], where c and r are the number of columns and rows respectively in a cross tabulation of Ne sample elements.</td>
</tr>
<tr>
<td></td>
<td>Meaning:</td>
</tr>
<tr>
<td></td>
<td>Chi² &lt;= (c-1) * (r-1) means: no association</td>
</tr>
<tr>
<td></td>
<td>Chi² &gt;&gt; (c-1) * (r-1) means: strong association</td>
</tr>
</tbody>
</table>
Findings on Happiness and LIFE GOALS

D% 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]

Meaning: the difference of the percentages happy people at two correlate levels.

DM DIFFERENCE of MEANS
Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness: metric
Range: depending on the happiness rating scale of the author; range symmetric about zero.

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

E² CORRELATION RATIO (Elsewhere sometimes called h² or ETA)
Type: test statistic
Measurement level: Correlate: nominal or ordinal, Happiness: metric
Range: [0; 1]

Meaning: correlate is accountable for E² x 100 % of the variation in happiness.
E² = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.
E² = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating.

F F-STATISTIC
Type: asymmetric standard test statistic.
Range: nonnegative unlimited

Meaning: the test statistic is also called the "Variance Ratio" and is the ratio of two independent estimators of the same variance with n1 and n2 degrees of freedom respectively. The critical values of its probability distribution are tabulated extensively in almost any textbook on Statistics.

G GOODMAN & Kruskal's GAMMA
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: [-1; +1]

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.

r PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')
Type: test statistic.
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

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

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

Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores.

Under that conditions
rpc > 0 « a higher correlate level corresponds with a higher happiness rating,
rpc < 0 « a higher correlate level corresponds with a lower happiness rating,

**SNR Statistic Not Reported**

**KENDALL’S RANK CORRELATION COEFFICIENT TAU-B**
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: [-1; +1]

Meaning:
tb = 0 « no rank correlation
tb = 1 « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.
tb = -1 « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.

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

**Structure of the collections**

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

World literature on Happiness
Selection on subject

Bibliography and Directory

Selection of empirical studies
Selection on valid measurement: Item Bank
### Findings on Happiness and LIFE GOALS

#### Abstracting and classification of findings
- How happy people are, distributional findings
- Happiness in Nations, Happiness in Publics

#### What goes together with happiness
- Correlational Findings

#### Listing of comparable findings in Nations
- States of Nations, Trends in Nations

### Size of the collections
- 1226 Happiness measures (Item Bank)
- 4258 Nations surveys in 206 Nations
- 149 Distinguished publics in 1199 studies
- 12032 Correlational findings in 1196 studies

### Appendix 4 Further Findings in the World Database of Happiness

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<th>Subject Description</th>
<th>Number of Studies</th>
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<td>A6</td>
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<td>A9</td>
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<td>4</td>
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<td>B2</td>
<td>BIRTH HISTORY (own birth)</td>
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<td>BODY</td>
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<td>FAMILY OF PROCREATION</td>
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<td>MIGRATION: TO OTHER COUNTRY</td>
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## Appendix 5: Related Subjects

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