World Database of Happiness

Correlational Findings on Happiness and LIFE GOALS
Subject Code: L7

© on data collection: Ruut Veenhoven, Erasmus University Rotterdam

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Classification of Findings

Subject Code	Description	Nr of Studies on this Subject
L7	LIFE GOALS	4
L7.1	Life-goal career	0
L7.1.1	Earlier life-goals	0
L7.1.1.1	. presence of earlier goals (life-planning)	0
L7.1.1.2	. object of earlier goals	6
L7.1.1.3	. acceptance of earlier life-goals	2
L7.1.1.4	. realization of earlier goals	2
L7.1.2	Change in life-goals	3
L7.1.4	Later life-goals	0
L7.2	Current life-goals	0
L7.2.1	Having goals or not (life-planning)	0
L7.2.2	Object of life-goals	5
L7.2.3	Clarity of life-goals	2
L7.2.4	Involvement in life-goals	1
L7.2.5	Organization of life-goals (life-goal set)	0
L7.2.6	Diversity of lifegoals	0
L7.3	Realization of lifegoals	0
L7.3.1	Actual realization of lifegoals	4
L7.3.2	Perceived realization of life-goals	2
L7.3.2.1	Perceived chances for realization	7
L7.3.2.2	Perceived realization of life-goal set	4
L7.3.3	Perceived realization of specific life-goals	10
L7.3.3.1	. children as planned	5
L7.3.3.2	. realization of employment goals	4
L7.3.3.3	. realization of educational goals	3
L7.3.3.4	. realization of participation goals	1
L7.3.3.5	. Realization of income goals	0
L7.3.4	Satisfaction with goal-achievement	2
L7.4	Attitudes to own life-goals	0
L7.4.1	Attitudes to earlier life-goals	1
L7.4.2	Attitudes to current life-goals	5

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Erasmus University Rotterdam, 2009, Netherlands

Correlational finding on Happiness and LIFE GOALS
Subject code: L7

Study	BRUNS 1998/2
Reported in:	Brunstein, J.C.; Schultheiss, O.C.; Grassmann, R.
	Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions.
	Journal of Personality and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514
	Page in Report: 502-503
Population:	University students, Germany, 199?, followed 4 month
Sample:	Non-probability accidental sample
Non-Response:	
N:	127

Correlate

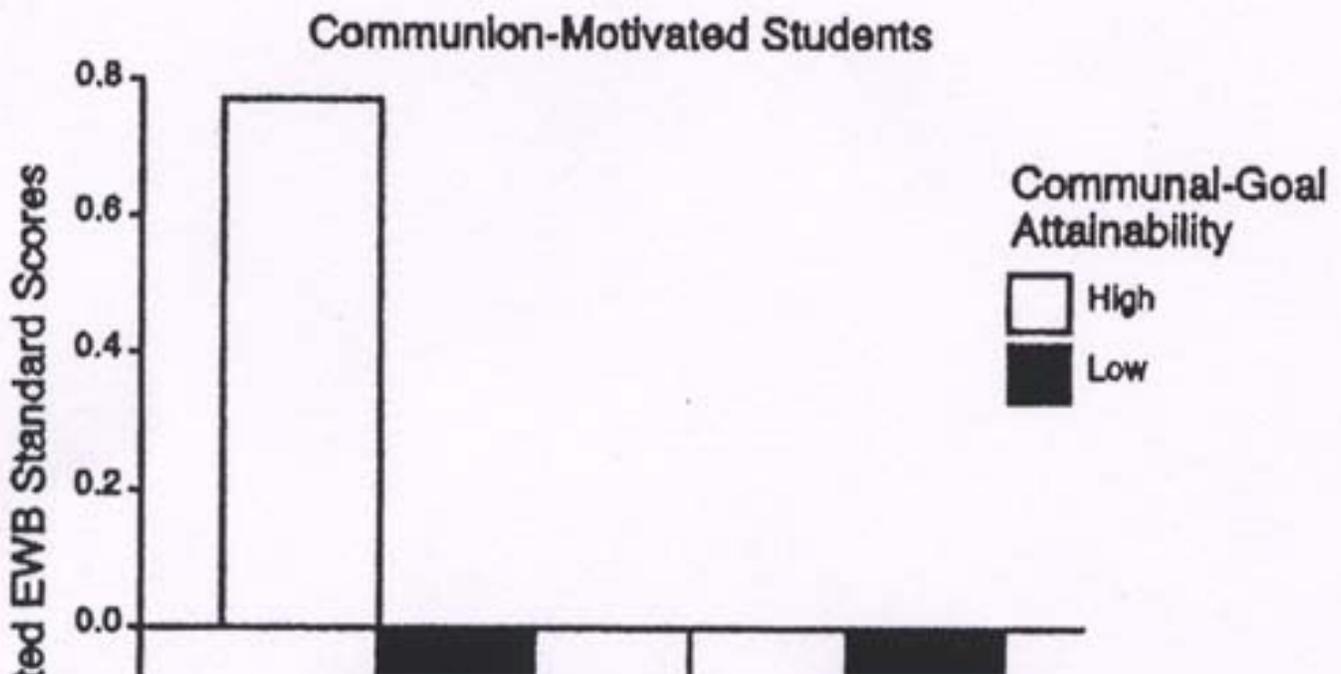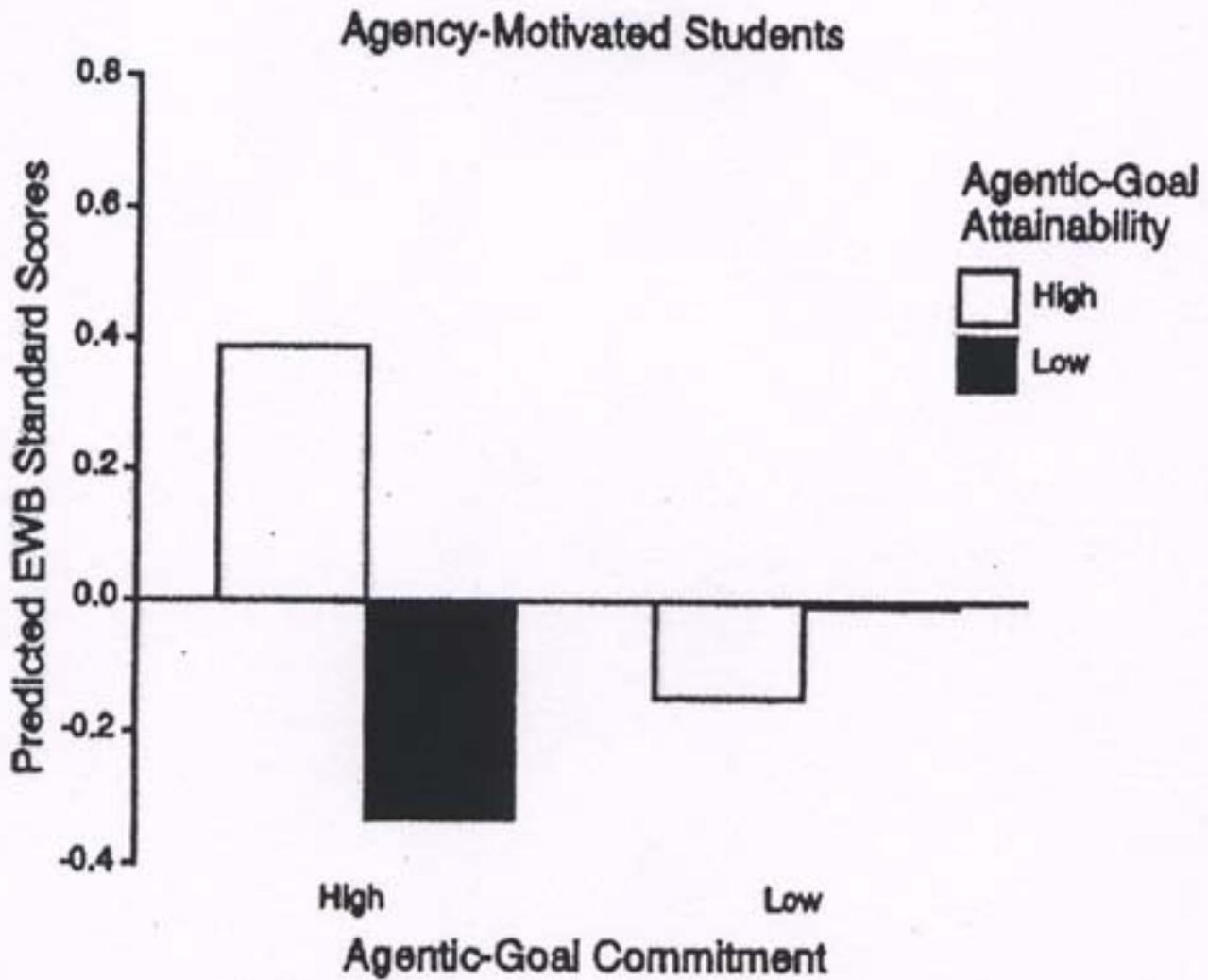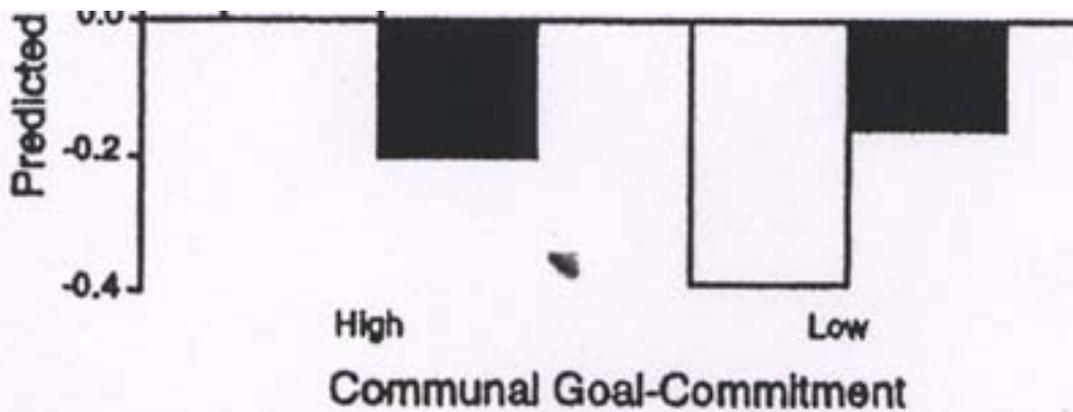|	
Authors label:	Commitment to communal goals
Our classification:	LIFE GOALS, code L7
Measurement:	At T1+2 Ss listed two communal goals they intended to pursue during the current semester. They then rated their commitment to these goals on the following items:
	- I fully identify myself with that goal
	- 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

Set Image size:

Agency-Motivated Students

Agentic-Goal Attainability
☐ High
■ Low

Predicted EWB Standard Scores

High   Low
Agentic-Goal Commitment

Communion-Motivated Students

Communal-Goal Attainability
☐ High
■ Low

Figure 2. Emotional well-being (EWB) assessed in the final semester-phase as a function of high or low commitment to and attainability of motive-congruent goals assessed in the initial semester-phase (one standard deviation above or below the means): Results for agency-motivated students (top panel) and communion-motivated students (bottom panel) (Study 2).

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: Kaliterna Lipovcan, L.;Prizmic-Larsen, Z.
What Makes Croats Happy? Predictors of Happiness in Representative Sample.
Delle Fave, A.;Ed.: "Dimensions of Well-Being. Research and Intervention", Franco Angeli, 2006, Milano, Italy. 53 - 59. ISBN 978 88 464 7362 2
Page in Report: 12

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

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

Correlational finding on Happiness and LIFE GOALS
Subject code: L7

Study	VENTE 1995
Reported in:	Ventegodt, S. Livskvalitet i Danmark. (Quality of Life in Denmark). Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 http://www.livskvalitet.org/t1/index.asp Page in Report: 410
Population:	18-88 aged, general public, Denmark, 1993
Sample:	Non-probability purposive sample
Non-Response:	39%
N:	1494

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
Measured Values:	N: all:1456, 1:44, 2:382, 3:936, 4:94, 5:-
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

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/m/sq/v/5/a	r=+.33 p<.00	1: Mt=6.14 2: Mt=6.90 3: Mt=8.06 4: Mt=9.13 5: Mt=- All Mt=
O-SLu/c/sq/v/5/e	r=+.37 p<.00	1: Mt=5.68 2: Mt=6.48 3: Mt=7.76 4: Mt=9.04 5: Mt=- All Mt=
O-HL/c/sq/v/5/h	r=+.39 p<.00	1: Mt=5.00 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

Study	VENTE 1996
Reported in:	Ventegodt, S. Liskvalitet hos 4500 31-33-arige. (The Quality of Life of 4500 31-33-Years-Olds). Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 http://www.livskvalitet.org/t2/index.asp Page in Report: 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

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/m/sq/v/5/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/v/5/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

A-AOL/m/sq/v/5/a   r=+.47   1: Ms=5.96
                       p<.00   2: Ms=4.99

```
                  1: Ms=5.96
                  2: Ms=4.99
                  3: Ms=6.05
                  4: Ms=7.70
                  5: Ms=8.65
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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 relevan- ce of each of the
goals mentioned, ra- ted on 7-point scales ranging from
"not at all important" to "extremely impor- tant goal".
(Perceived Instrumentality of College Test; see
Constantinople 1965, 1970). Assessed at T1.

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
to some campus    group
e. Developing the ability to get along    with different
kinds of people
f. Becoming self-confident
g. Personal indepence
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
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Remarks: T2 happiness by T1 goals. T1 data also presented in CONST 1965 and CONST 1970.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cq/sq/v/10/a	r= ns	a.
A-AOL/cq/sq/v/10/a	r= ns	b.
A-AOL/cq/sq/v/10/a	r= ns	c.
A-AOL/cq/sq/v/10/a	r= ns	d.
A-AOL/cq/sq/v/10/a	r= ns	e.
A-AOL/cq/sq/v/10/a	r= ns	f.
A-AOL/cq/sq/v/10/a	r= ns	g.
A-AOL/cq/sq/v/10/a	r= ns	h.
A-AOL/cq/sq/v/10/a	r= ns	i.
A-AOL/cq/sq/v/10/a	r= ns	j.
A-AOL/cq/sq/v/10/a	r= ns	k.
A-AOL/cq/sq/v/10/a	r= p<. s	l.
A-AOL/cq/sq/v/10/a	r= ns	m.
A-AOL/cq/sq/v/10/a	r= ns	n.

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:

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

Assessed retrospectively in 1972.
```

Remarks:
```
1972 ratings by 1972 happiness.
```

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-ASG/h/mq/v/5/a	AoV= ns	a.
M-PL/h/sq/v/5/b	Chi²= ns	a.
C-ASG/h/mq/v/5/a	AoV= ns	b.

M-PL/h/sq/v/5/b	Chi²= ns	b.
C-ASG/h/mq/v/5/a	AoV= ns	c.
M-PL/h/sq/v/5/b	Chi²= ns	c.
C-ASG/h/mq/v/5/a	AoV= ns	d.
M-PL/h/sq/v/5/b	Chi²= ns	d.
C-ASG/h/mq/v/5/a	AoV= ns	e.
M-PL/h/sq/v/5/b	Chi²= ns	e.
C-ASG/h/mq/v/5/a	AoV= ns	f.
M-PL/h/sq/v/5/b	Chi²= ns	f.

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:	Wanted children (3)
Our classification:	. object of earlier goals, code L7.1.1.2

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).

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-ASG/h/mq/v/5/a	AoV= ns	a.
M-PL/h/sq/v/5/b	Chi²= ns	a.
C-ASG/h/mq/v/5/a	AoV= ns	b.
M-PL/h/sq/v/5/b	Chi²= ns	b.

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

Measurement:
```
0 Prefers duty of housewife
1 Other occupation.

Assessed in 1922.
```

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	Chi²= ns	Earlier preference (1922) by present happiness (1972).
C-ASG/h/mq/v/5/a	AoV= ns	Earlier preference 1922) by present happiness (1972).

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 ambitions (1)

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

```
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


    Remarks:  Earlier retrospective ambitons (1960) by present happiness
              (1972).
```

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	Chi²=+ p<.00	a.
C-ASG/h/mq/v/5/a	AoV=+ p<.00	a.
M-PL/h/sq/v/5/b	Chi²=- p<.00	b.
C-ASG/h/mq/v/5/a	AoV=+ p<.00	b.
M-PL/h/sq/v/5/b	Chi²= ns	c.
C-ASG/h/mq/v/5/a	AoV= ns	c.

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

```
See also L 7.1.2 for relation of happiness to
change in ambition.
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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 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 afterwords. - age 30-40 - after age 40 a. Excellence b. Recognition c. Vocational advancement d. Financial gain Assessed in 1960
Remarks:	

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	Chi²= ns	a.
M-PL/h/sq/v/5/b	Chi²= ns	b.
M-PL/h/sq/v/5/b	Chi²= ns	c.
M-PL/h/sq/v/5/b	Chi²= ns	d.
M-PL/h/sq/v/5/b	Chi²= ns	e.

M-PL/h/sq/v/5/b	Chi²= ns	f.
M-PL/h/sq/v/5/b	Chi²= 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.

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.
Remarks:	Earlier retrospective rating (1950) by present happiness (1972).

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-ASG/h/mq/v/5/a	AoV= ns	a.
C-ASG/h/mq/v/5/a	AoV= ns	b.
C-ASG/h/mq/v/5/a	AoV= ns	c.
C-ASG/h/mq/v/5/a	AoV= ns	d.
C-ASG/h/mq/v/5/a	AoV= ns	e.

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:	Exact ability (1)
Our classification:	. acceptance of earlier life-goals, code L7.1.1.3

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. Arithmic quotient on
        Stanford Achievement Test.

       Assessed in 1922.

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	Chi²= ns	a.
M-PL/h/sq/v/5/b	Chi²= ns	b.
M-PL/h/sq/v/5/b	Chi²= ns	c.
M-PL/h/sq/v/5/b	Chi²= ns	d.
M-PL/h/sq/v/5/b	Chi²= ns	e.

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

Study   **EVANS 2005**

Reported in: Evans, S.;Huxley, P.
Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups.
Quality of Life Research, 2005, Vol. 14, 1719 - 1732. ISSN 0096 2934 DOI:DOI:10.1007/s 1136-005-1742-I
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: . 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
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
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Remarks:
```
Assessed at T1 and T2 (2 years interval)

Domains considered are; finance, living situation, safety,
family. Physical health and mental health
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Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	B=-16 p<.0001	Aspirations
O-DT/u/sqt/v/7/a	B=+.15 p<.0001	Resignation B's controled for: - T1 happiness
O-DT/u/sqt/v/7/a	B=-46 p<.0001	Objective changes in depressed T1-T2 INCREASE in depressed by T2 happiness

O-DT/u/sqt/v/7/a	B=+47 p<.0001	Objective changes in stopped depressed T1-T2 INCREASE in stopped depressed by T2 happiness B's controled for: - T1 happiness - T1 Depressed status (good, moderate, poor) - T1 objective conditions

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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)
Remarks:	T1: 1960, T2: 1972, T3: 1992

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks

O-SLW/c/sq/n/9/a	ßL=+.58	T2 goal realization by T3 happiness
	p<.01	Controled for T1 appraisal of 'having lived up to
		ones intellectual abilities' (which is linked to
		T2 goal realization, but not to T3 happiness)

Correlational finding on Happiness and Change in life-goals
Subject code: L7.1.2

Study   EVANS 2005

Reported in: Evans, S.;Huxley, P.
Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups.
Quality of Life Research, 2005, Vol. 14, 1719 - 1732. ISSN 0096 2934 DOI:DOI:10.1007/s 1136-005-1742-l
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
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

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	B=-16 p<.0001	Aspirations
O-DT/u/sqt/v/7/a	B=+.15 p<.0001	Resignation B's controled for: - T1 happiness
O-DT/u/sqt/v/7/a	B=-46 p<.0001	Objective changes in depressed T1-T2 INCREASE in depressed by T2 happiness
O-DT/u/sqt/v/7/a	B=+47 p<.0001	Objective changes in stopped depressed T1-T2 INCREASE in stopped depressed by T2 happiness B's controled for: - T1 happiness - T1 Depressed status (good, moderate, poor) - T1 objective conditions

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

Correlate

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 afterwords. - 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

Happiness Measure	Statistics	Elaboration/Remarks
C-ASG/h/mq/v/5/a	AoV= ns	a.
C-ASG/h/mq/v/5/a	AoV= ns	b.
C-ASG/h/mq/v/5/a	AoV= ns	c.
C-ASG/h/mq/v/5/a	AoV= ns	d.

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

Correlate

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	Chi²= ns	a.
M-PL/h/sq/v/5/b	Chi²= ns	¤
M-PL/h/sq/v/5/b	Chi²= ns	
M-PL/h/sq/v/5/b	Chi²= ns	

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

Correlate

Authors label: Personal hopes and aspirations (1)

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

Measurement: Content-analysis of an open-ended ques- tion on personal
wishes and hopes for the future. Responses rated for refe-
rence to: 1. Values and
character:

    Emotional stability and maturity;
    be a normal, decent person; self-
    development or improvement; accept-
    ance 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, employ-
    ment, 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; con-
    cern 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

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/a	G=+.21 p<. 01	
C-BW/c/sq/l/11/a	G=-.27 p<. 01	
C-BW/c/sq/l/11/a	G=-.01 ns	
C-BW/c/sq/l/11/a	G=+.29 p<. 01	
C-BW/c/sq/l/11/a	G=+.11 p<. 01	
C-BW/c/sq/l/11/a	G=+.07 ns	
C-BW/c/sq/l/11/a	G=+.06 p<. 05	
C-BW/c/sq/l/11/a	G=+.44 p<. 05	
C-BW/c/sq/l/11/a	G=+.49 p<. 05	

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

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: 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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/u/sq/v/5/d	r=+.21 p<.01	
O-SLW/u/sq/v/5/d	Beta=+.15 p<.01	ß controlled for: 1 Satisfied with health 2 Voluntary retirement 3 More active person 4 No pension income 5 Has a confidant 6 Higher standard income 7 Community elder 8 Satisfied with job while working 9 Enjoys aspects of retirement 10 Retired suddenly 11 Is happy as grandparents were 12 Agrees:planning is key to success 13 Higher modernity score

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

Study	PERKI 1991

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%`

M-AO/c/sq/v/4/a	D%=- p<.n.
	s.
		`Females`
		`-high yuppie orientation   8.6%`
		`-low yuppie orientation    4.4%`
		`Difference               +4.2%`

M-AO/c/sq/v/4/a	D%=-
	p<.01
		`Males`
		`-high yuppie orientation   12.1%`
		`-low yuppie orientation     4.2%`
		`Difference                7.9%`

M-AO/c/sq/v/4/a	D%=- ns	`High religious commitment`
		`-high yuppie orientation 5.5%`
		`-low yuppie orientation  4.1%`
		`Difference              +1.1%`

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-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 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-points 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

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cq/sq/v/10/a	r= ns	Finding a spouse
A-AOL/cq/sq/v/10/a	r= ns	Achieving academic distinction
A-AOL/cq/sq/v/10/a	r= ns	Preparing for a career which begins right after graduation
A-AOL/cq/sq/v/10/a	r= ns	Preparing for a career which requires further study beyond the B.A. or B.S.

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

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

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

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

Correlational finding on Happiness and Clarity of life-goals
Subject code: L7.2.3

Study   RYFF 1989

Reported in:	Ryff, C.D. Happiness is Everything, or Is It? Explorations on the Meaning of Psychological Well-Being. Journal of Personality and Social Psychology, 1989, Vol. 57, 1069 - 1081. ISSN 0022 3514 Page in Report: 1073
Population:	Adults, USA, 198?
Sample:	Probability cluster sample
Non-Response:	
N:	321

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

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cm/mq/v/2/a	r=+.42 p<.001	

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. Journal of Personality and Social Psychology, 1995, Vol. 69, 719 - 727. ISSN 0022 3514 Page in Report: 724

Population:	25+ aged, USA, 1993
Sample:	Probability multi-stage cluster sample
Non-Response:	
N:	1108

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

Happiness Measure	Statistics	Elaboration/Remarks
M-TH/cm/sq/v/4/b	r=+.13 p<.00	
C-BW/?/sq/?/11/a	r=+.10 p<.00	

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

Study	BRUNS 1998/2
Reported in:	Brunstein, J.C; Schultheiss, O.C.; Grassmann, R. Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions. Journal of Personality and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514 Page in Report: 502
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 controled 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

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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 Gerentology, 1974, Vol. 29, 564 - 571. ISSN 0022 1422
Page in Report: 566, 567

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 spend with family
T2: post-retirement report of hours spend with family
``` |
| *Remarks:* | ```
T1-T2 1 year difference
``` |

Observed Relation with Happiness

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

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 Gerentology, 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

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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLL/c/sq/v/5/e	r=+.06 p<.221	Degree of difference
O-SLL/c/sq/v/5/e	r=+.01 p<.464	Direction of difference: Ss that spend more time with voluntary associations than expected did not get happier 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 Gerentology, 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

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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLL/c/sq/v/5/e	r=-.12 ns	Degree of difference
O-SLL/c/sq/v/5/e	r=-.06 p<.221	Direction of difference; Ss with spend more time than expected became slightly less happy Correlations with T1-T2 CHANGE in happiness

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

Study	EVANS 2005
Reported in:	Evans, S.;Huxley, P. Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups. Quality of Life Research, 2005, Vol. 14, 1719 - 1732. ISSN 0096 2934 DOI:DOI:10.1007/s 1136-005-1742-I 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

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

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	B=-16 p<.0001	Aspirations
O-DT/u/sqt/v/7/a	B=+.15 p<.0001	Resignation B's controled for: - T1 happiness
O-DT/u/sqt/v/7/a	B=-46 p<.0001	Objective changes in depressed T1-T2 INCREASE in depressed by T2 happiness
O-DT/u/sqt/v/7/a	B=+47 p<.0001	Objective changes in stopped depressed T1-T2 INCREASE in stopped depressed by T2 happiness B's controled for: - T1 happiness - T1 Depressed status (good, moderate, poor) - T1 objective conditions

Correlational finding on Happiness and Perceived realization of life-goals
Subject code: L7.3.2

Study	BRUNS 1998/1
Reported in:	Brunstein, J.C.; Schultheiss, O.C.; Grassmann, R.
	Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions.
	Journal of Persoanlity and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514
	Page in Report: 498
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) achivement
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(Revese scoring)
3.Success: I have quite a lot of success in pursuing this
goal
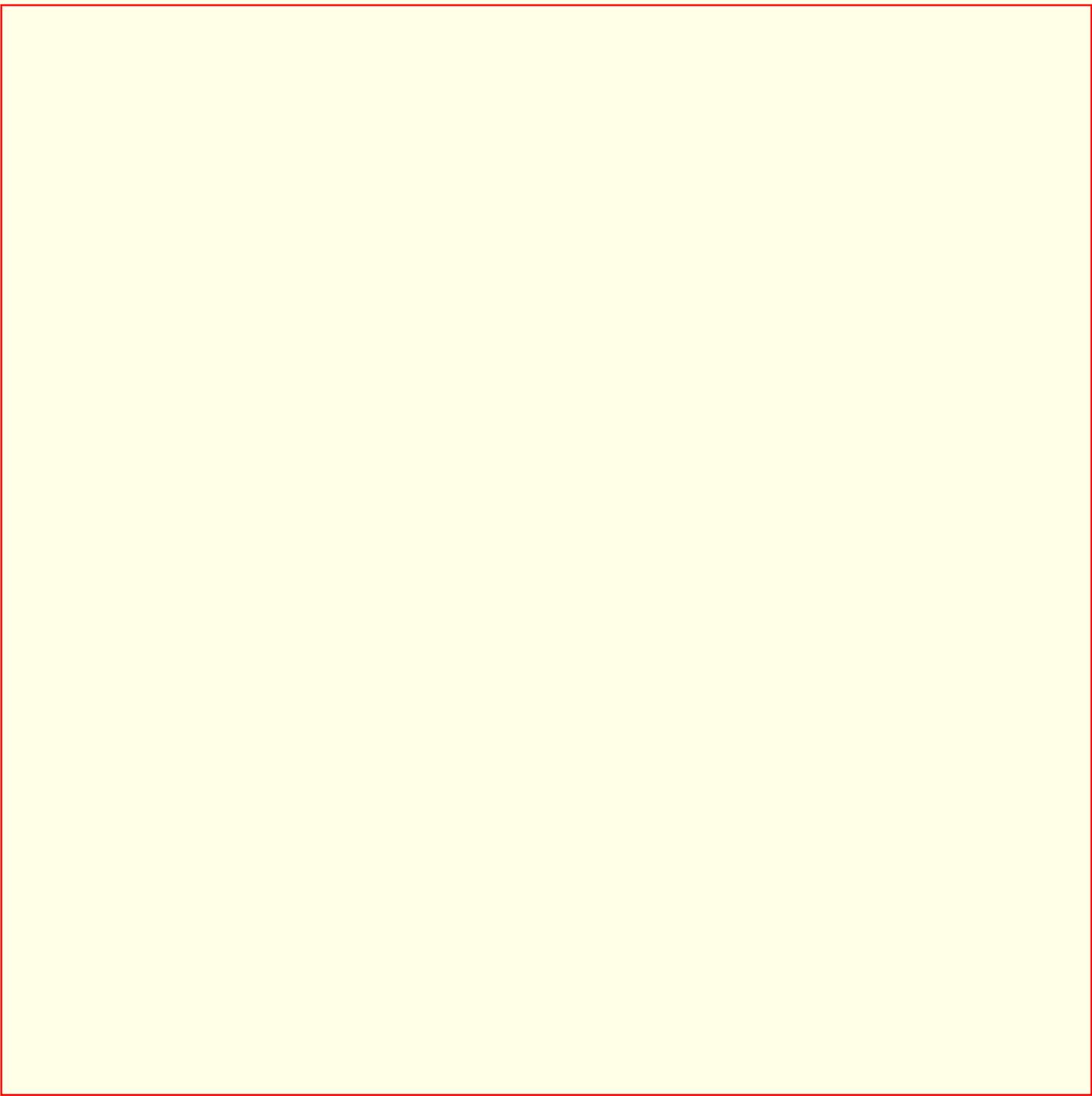4.Failure: Many of my efforts in realizing this goal have
failed(Reverse scoring)

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 itentified 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

Happiness Measure	*Statistics*	*Elaboration/Remarks*
A-AB/mp/mq/n/5/a	r=+.42 p<.001	Correlation with initial mood
A-AB/mp/mqr/n/5/a	r=+.32 p<.01	Correlation with 2 weeks average daily mood
A-AB/mp/mqr/n/5/a	B=+	Correlation with CHANGE in mood, 2 weeks daily mood, controling initial mood - positive among agentic motivated Ss (B = +.45 (01) - no correlation among communal motivated Ss
A-AB/mp/mqr/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

Set Image size:

Correlational finding on Happiness and Perceived realization of life-goals
Subject code: L7.3.2

Study   BRUNS 1998/1

Reported in:	Brunstein, J.C.; Schultheiss, O.C.; Grassmann, R.
	Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions.
	Journal of Persoanlity and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514
	Page in Report: 498/9
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:

```
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) achivement
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(Revese 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

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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 itentified 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

Happiness Measure	Statistics	Elaboration/Remarks
A-AB/mp/mq/n/5/a	r=+31 p<.01	Correlation with initial mood
A-AB/mp/mqr/n/5/a	r=+31 p<.01	Correlation with 2 weeks average daily mood
A-AB/mp/mqr/n/5/a	B=+	Correlation with CHANGE in mood, 2 weeks average daily mood, controling initial mood - positive among communal motivated Ss (B = +.42 (01) - no correlation among agentic motivated Ss All relations unaffected by gender
A-AB/mp/mqr/n/5/a	DM=	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) - high-progress Ss high on communal motivation feel better - low-progress Ss high on communal motivation feel worse - little difference in mood among Ss low in communal motivation, irrespective of progress in communal goals All results similar for males and females

Set Image size:

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

Study   ALLAR 1973/1

Reported in:	Allardt, E.
	About Dimensions of Wellfare: An Explanatory Analysis of a Comparative Scandinavian Survey.
	Research Group for Comparative Sociology , 1973, Research Report Nr. 1,University of Helsinki, Finland
	Page in Report:
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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/4/a	rpc=+.29	Controlled for:Income, housing density, education, social status, chronic illness, anxiety, frequencu 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, lonelyness, 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.

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

Study	ALLAR 1973/2
Reported in:	Allardt, E.
	About Dimensions of Wellfare: An Explanatory Analysis of a Comparative Scandinavian Survey.
	Research Group for Comparative Sociology, Research, 1973, Report nr. 1, University of Helsinki, Finland
	Page in Report:
Population:	15-64 aged, general public, Finland, 1972
Sample:	Probability multistage stratified area sample

Non-Response:	
N:	1000

Correlate

Authors label:	Feeling of chance tosucceed (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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/4/a	rpc=+.19	`Controlled for:Income, housing density, education,` `social status, chronic illness, anxiety, frequencu` `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, lonelyness, 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.`

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

Study	ALLAR 1973/3
Reported in:	Allardt, E. About Dimensions of Welfare: An Explanatory Analysis of a Comparative Scandinavian Survey. Research Group for Comparative Sociology, 1973, Reprort nr. 1, University of Helsinki, Finland 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 tosucceed (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

Happiness Measure	*Statistics*	*Elaboration/Remarks*
O-HL/c/sq/v/4/a	rpc=+.15	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 suceed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.

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

Study	ALLAR 1973/4
Reported in:	Allardt, E. About Dimensions of Welfare: An Explanatory Analysis of a Comparative Scandinavian Survey. Research Reports, no.1, 1973; Eesearch Group for Comparative Sociology, 1973, Research Report nr. 1, University of Helsinki, Finland Page in Report:
Population:	15-64 aged, general public, Sweden, 1972
Sample:	Probability multistage stratified area sample
Non-Response:	
N:	1000

Correlate

Authors label:	Feeling of chance tosucceed (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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/4/a	rpc=+.28	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.

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

Study	BRUNS 1998/2
Reported in:	Brunstein, J.C; Schultheiss, O.C.; Grassmann, R. Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions. Journal of Personality and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514 Page in Report: 502-503
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

```
                    Rated: 1: strongly disagree to 5: strongly agree
```

Measured Values: M=17.27, SD=2.38

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AB/cw/mq/n/5/b	r=+.15 ns	at T1+T2
A-AB/cw/mq/n/5/b	r=+.21 p<.05	at T3+T4
A-AB/cw/mq/n/5/b	B=+.12 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
                              - 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
Reported in:	Brunstein, J.C; Schultheiss, O.C.; Grassmann, R. Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions. Journal of Personality and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514 Page in Report: 502-503
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

Happiness Measure	*Statistics*	*Elaboration/Remarks*
A-AB/cw/mq/n/5/b	r=+.20 p<.05	at T1+T2
A-AB/cw/mq/n/5/b	r=+.29 p<.01	at T3+T4
A-AB/cw/mq/n/5/b	B=+.15 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
- 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

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:
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 atainment of life-goals (1)
Our classification:	Perceived chances for realization, code L7.3.2.1
Measurement:	Sumscore Ss were asked to indicate how succesfull they have been in attaining goals they made for themselves in early adulthood in the following six areas. a. Occupational succes 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

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	AoV=+ p<.00	1972 satisfaction by 1972 happiness.

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

Study	HEADE 1989
Reported in:	Headey, B ;Veenhoven, R. Does Happiness Induce a Rosy Outlook? Veenhoven, R.;Ed.:"How Harmful is Happiness?", Universitaire Pers Rotterdam, 1989, Rotterdam, Netherlands, 106 - 127. ISBN 90 237 228 09 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:	Percieved unfulfilled aspirations (1)
Our classification:	Perceived realization of life-goal set, code L7.3.2.2
Measurement:	Two indentical 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. Indices assessed at 20 minutes intervals at T1(1981), T2(1983), T3(1985) and T4(1987).

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/10/a	ßL=-.06 ns	Estimated same-time causal EFFECT ON HAPPINESS of percieved unfulfilled aspirations (bottum-up).
O-DT/u/sqt/v/10/a	ßL=+.17 p<.05	Estimated same-time causal EFFECT OF HAPPINESS on percieved 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.

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:

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 succesfull they have been in attaining goals they made for themselves in early adulthood in the following six areas.

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a. Occupational succes
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

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	AoV=+ p<.00	1972 satisfaction by 1972 happiness.

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

Study	SHICH 1984
Reported in:	Shichman, S.; Cooper, E. Life Satisfaction and Sex-Role Concept. Sex Roles, 1984, Vol. 11, 227 - 240. ISSN 0360 0025 DOI:10.1007/BF00287516 Page in Report: 234
Population:	Adults, students and churchmembers, USA, 198?
Sample:	
Non-Response:	5,9 %
N:	217

Correlate

Authors label:	Satisfaction with 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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/u/sq/v/4/a	r=+.36 p<.00	satisfaction
O-SLu/u/sq/v/4/a	r=-.41 p<.00	dissatisfaction

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

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/g/sq/v/3/c	DM=+	not mentioned M = 2,06 one or more mentioned M = 2,30
O-HL/g/sq/v/3/c	G=+.23 p<. 01	

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

Study	BRUNS 1998/2
Reported in:	Brunstein, J.C; Schultheiss, O.C.; Grassmann, R. Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions. Journal of Personality and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514 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(Revese 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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks

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

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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 accompished
	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

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/u/sq/v/5/d	r=-.17 p<.01	a.
O-HL/c/sq/v/5/a	r=+.17 p<.01	a
O-SLW/u/sq/v/5/d	r=-.35 p<.01	b.
O-HL/c/sq/v/5/a	r=+.43 p<.01	b
O-SLW/u/sq/v/5/d	r=-.31 p<.01	c
O-HL/c/sq/v/5/a	r=+.32 p<.01	c
O-SLW/u/sq/v/5/d	r=-.16 p<.01	d.
O-HL/c/sq/v/5/a	r=+.27 p<.01	d
O-SLW/u/sq/v/5/d	r=-.33 p<.01	e.
O-HL/c/sq/v/5/a	r=+.49 p<.01	e
O-HL/c/sq/v/5/a	r=+.43 p<.01	f
O-SLW/u/sq/v/5/d	r=-.36 p<.01	f
O-SLW/u/sq/v/5/d	r=-.22 p<.01	g.
O-HL/c/sq/v/5/a	r=+.27 p<.01	g
O-SLW/u/sq/v/5/d	r=-.14 p<.05	h

| O-HL/c/sq/v/5/a | r=+.22 | h |
| | p<.01 | |

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks

| O-HL/c/sq/v/5/a | Beta=-.14 p<.05 | Durection of correlation unclear in original report. Sign in table is negative, but text indicates postive relationship. Present version approved by author. |

```
-65 years old
ß 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
```

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 repondent. 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

O-SLu/u/sq/v/4/a	r=-.15 p<.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=-.27 p<.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

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

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: 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
O-HL/g/sq/v/3/c	G=-.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	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: 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

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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	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 (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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/g/sq/v/3/c	G=+.00 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	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 coun-try, 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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/g/sq/v/3/c	G=+.00 ns	Computed for those having unfulfilled aspirations only (N = 1646)

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

Study	BRUNS 1998/2

Reported in:	Brunstein, J.C; Schultheiss, O.C.; Grassmann, R. Personal Goals and Emotional Well-Being: The Moderating Role of Motive Dispositions. Journal of Personality and Social Psychology, 1998, Vol. 75, 494 - 508. ISSN: 0022 3514 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(Revese 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

Happiness Measure	Statistics	Elaboration/Remarks
A-AB/cw/mq/n/5/b	r=+.11 ns	at T1+T2
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

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	Earier 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%

N: 671

Correlate

Authors label: Number of children (5)

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

Measurement:
```
a. Actual number in 1972 (including
   adopted and stephchildren).

b. Same as planned (Assessed in 1950).

c. Number wanted if life lived over
   (Assessed in 1950).
```

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-ASG/h/mq/v/5/a	AoV= ns	a. 1972 number by 1972 happiness.
C-ASG/h/mq/v/5/a	AoV= ns	b. Earlier congruence (1950) by present happiness (1972).
C-ASG/h/mq/v/5/a	AoV= ns	c. Earlier wish (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%

N: 671

Correlate

Authors label:	Number of children (3)
Our classification:	. children as planned, code L7.3.3.1
Measurement:	a. Actual number in 1972 (including adopted and stephchildren).
	b. Same as planned (Assessed in 1950).
	c. Number wanted if life lived over (Assessed in 1950).

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-PL/h/sq/v/5/b	Chi²= ns	a. 1972 number by 1972 happiness.
M-PL/h/sq/v/5/b	Chi²= ns	b. Earlier congruence (1950) by present happiness (1972).
M-PL/h/sq/v/5/b	Chi²= ns	c. Earlier wish (1950) by present happiness (1972).

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

Correlate

Authors label:	Unfulfilled aspirations: marriage, children, husband (1)
Our classification:	. children as planned, code L7.3.3.1

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

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Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/g/sq/v/3/c	G=-.27 p<. 05	Computed for those having unfulfilled aspirations only (N = 1646).

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 Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1 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

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Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	E²=+.51	

Correlational finding on Happiness and . realization of employment goals

Subject code: L7.3.3.2

Study	ANDRE 1976/5
Reported in:	Andrews, F.M.; Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1 Page in Report: 112
Population:	18+ aged, general public, non-institutionalized, USA, 1973/7
Sample:	
Non-Response:	
N:	222

Correlate

Authors label: Satisfaction with 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 succes 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

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	r=+.68	

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

Study	SHICH 1984

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/u/sq/v/4/a	SNR= ns	The special structure of the sample - composed mainly of working students - limits the analysis and generalizability of the findings.

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

Study	SHICH 1984
Reported in:	Shichman, S.; Cooper, E. Life Satisfaction and Sex-Role Concept. Sex Roles, 1984, Vol. 11, 227 - 240. ISSN 0360 0025 DOI:10.1007/BF00287516 Page in Report: 236
Population:	Adults, students and churchmembers, USA, 198?
Sample:	
Non-Response:	5,9 %
N:	217

Correlate

Authors label:	Divergence between actual and preferredworkstatus (2)

Our classification:	. realization of employment goals, code L7.3.3.2
Measurement:	`0 small divergence` `1 big divergence`

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/u/sq/v/4/a	SNR= ns	The special structure of the sample - composed mainly of working students - limits the analysis and generelizability of the findings.

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 Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1 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

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	E^2=+.47	

O-DT/u/sqt/v/7/a	Beta=+.08	ß controlled for 7 criterion satisfactions (physical needs met, yourself, how fairly treated, fun and enjoyment, interesting daily life, adjust to changes, financial security).
O-DT/u/sqt/v/7/a	Beta=+.10	ß 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
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: 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
Remarks:	T1:1960, T2:1972, T3:1992

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks

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)=10,65, 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 perceid goal relization was controled.

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	Statistics	Elaboration/Remarks
O-HL/g/sq/v/3/c	G=+.06 p<. 01	Computed for those having unfulfilled aspirations only (N = 1646).

Correlational finding on Happiness and . realization of participation goals
Subject code: L7.3.3.4

Study	GRANE 1973B
Reported in:	Graney, M.J. ;Graney, E.E. Scaling Adjustment in Older People. 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 'cosmo-
   politan 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-
```

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                        listening, telephone use, and
                        participation in voluntary
                        associations.
```

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cm/mq/v/2/a	tb=-.02 ns	

Correlational finding on Happiness and Satisfaction with goal-achievement
Subject code: L7.3.4

Study	ESTWI 1992
Reported in:	Estwing-Ferrans, C.; Powers, M.J. Psychometric Assessment of the Quality of Life Index. Research in Nursing & Health, 1992, Vol. 15, 29 - 38. ISSN 0160 6891 Page in Report:
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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/g/sq/v/6/a	r=+.65	

Correlational finding on Happiness and Satisfaction with goal-achievement
Subject code: L7.3.4

Study	KALIT 2006
Reported in:	Kaliterna Lipovcan, L.;Prizmic-Larsen, Z. What Makes Croats Happy? Predictors of Happiness in Representative Sample. Delle Fave, A.;Ed.: "Dimensions of Well-Being. Research and Intervention", Franco Angeli, 2006, Milano, Italy. 53 - 59. ISBN 978 88 464 7362 2 Page in Report: 12
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:	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

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

Correlational finding on Happiness and Attitudes to earlier life-goals
Subject code: L7.4.1

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%
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 exept 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

Happiness Measure	Statistics	Elaboration/Remarks
C-ASG/h/mq/v/5/a	AoV=+ p<.00	1972 satisfaction by 1972 happiness.
M-PL/h/sq/v/5/b	Chi²=+ p<.00	

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

Study	FAVER 1982

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 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

Happiness Measure	Statistics	Elaboration/Remarks
O-V/c/sq/v/5/a	DM=+	All
		- High career values M = 4,15 SD = 0,07
		- Low career values M = 4,05 SD = 0,24
		Difference +0,10
O-V/c/sq/v/5/a	DM=+	Singles only
		- High career values M = 4,05 N = 219
		- Low career values M = 3,43 N = 53
		Difference +0,62

```
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 =   ,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
```

O-V/c/sq/v/5/a   DM=-   married, not employed workers only
```
                      - High career values M = 3,65 N =  95
                      - Low career values  M = 3,98 N = 127
                        Difference            -0,33
```

O-V/c/sq/v/5/a   DM=+   single, parttime workers only
```
                      - High career values M = 4,24 N =  34
                      - Low career values  M = 2,93 N =  14
                        Difference            +1,31
```

O-V/c/sq/v/5/a   DM=-   married, parttime workers only
```
                      - High career values M = 4,08 N =  144
                      - Low career values  M = 4,21 N =  103
                        Difference            -0,13
```

O-V/c/sq/v/5/a   DM=+   single, fulltime workers only
```
                      - High career values M = 4,08 N =  148
                      - Low career values  M = 3,67 N =   27
                        Difference            +0,41
```

O-V/c/sq/v/5/a   DM=+   Married, fulltime workers only
```
                      - High career values M = 4,50 N =  232
                      - Low career values  M = 4,29 N =   77
                        Difference            +0,21
```

O-V/c/sq/v/5/a   DM=+   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
```

O-V/c/sq/v/5/a   DM=+   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
```

O-V/c/sq/v/5/a   DM=-   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
```

O-V/c/sq/v/5/a   DM=+   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
```

O-V/c/sq/v/5/a   DM=+

```
Age group 22-34, single mothers only
- High career values  M = 4,11 N = 27
- Low  career values  M = 3,83 N =  6
  Difference           +0,19
```

O-V/c/sq/v/5/a   DM=+

```
Age group 22-34, singles only
- High career values  M = 4,11 N = 27
- Low  career values  M = 3,83 N =  6
  Difference           +0,19
```

O-V/c/sq/v/5/a   DM=+

```
Age group 22-34, married only
- High career values  M = 4,34 N = 184
- Low  career values  M = 4,09 N =  88
  Difference           +0,25
```

O-V/c/sq/v/5/a   DM=-

```
Age group 22-34, not employed only
- High career values  M = 3,41 N = 22
- Low  career values  M = 4,06 N = 48
  Difference           -0,65
```

O-V/c/sq/v/5/a   DM=-

```
Age group 22-34, parttime only
- High career values  M = 4,25 N = 28
- Low  career values  M = 4,32 N = 47
  Difference           -0,07
```

O-V/c/sq/v/5/a   DM=+

```
Age group 22-34, fulltime only
- High career values  M = 4,54 N = 85
- Low  career values  M = 4,33 N = 39
  Difference           +0,21
```

O-V/c/sq/v/5/a   DM=+

```
Age group 45-64
- High career values  M = 4,25 N = 180
- Low  career values  M = 4,06 N = 173
  Difference           +0,19
```

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

Study	GREEN 1974
Reported in:	Greenhaus, J.H. Career Salience as a Moderator of the Relationship between Satisfaction with Occupational Preference and with Life in General. Journal of Psychology, 1974, Vol..86, 53 - 55. ISSN 0022 3980 Page in Report: 54
Population:	College students, East USA, 197?
Sample:	

Non-Response:

N: 203

Correlate

Authors label: Satisfaction with occupational prefe- rence (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

Happiness Measure	Statistics	Elaboration/Remarks

M-AO/u/mq/v/5/c	r=+.26 p<.05	`Males:`
		`- priority of work and career`
		`  - low                          r = +.13 (ns)`
		`  - high                         r = +.39 (01)`
		`- general attitude to work`
		`  - low                          r = +.22 (ns)`
		`  - high                         r = +.30 (05)`
		`- career advancement and planning`
		`  - low                          r = +.04 (ns)`
		`  - high                         r = +.40 (01)`

M-AO/u/mq/v/5/c	r=+.30 p<.01	`Females:`
		`- priority of work and career.`
		`  - low                          r = +.18 (ns)`
		`  - high                         r = +.31 (05)`
		`- general attitude to work.`
		`  - low                          r = +.36 (01)`
		`  - high                         r = +.13 (ns)`
		`- career advancement and planning`
		`  - low                          r = +.17 (ns)`
		`  - high                         r = +.53 (01)`

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:	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

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

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 (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

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 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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/3/f	r=-.14 ns	

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. 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 (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.
```

Remarks: Earlier retrospective rating (1950) by present happiness (1972).

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-ASG/h/mq/v/5/a	AoV= ns	a.
M-PL/h/sq/v/5/b	Chi²= ns	a.
C-ASG/h/mq/v/5/a	AoV= ns	b.
M-PL/h/sq/v/5/b	Chi²= ns	b.
C-ASG/h/mq/v/5/a	AoV= ns	c.
M-PL/h/sq/v/5/b	Chi²= ns	c.
C-ASG/h/mq/v/5/a	AoV= ns	d.

<u>M-PL/h/sq/v/5/b</u>	<u>Chi²= ns</u>	d.
<u>C-ASG/h/mq/v/5/a</u>	<u>AoV= ns</u>	e.
<u>M-PL/h/sq/v/5/b</u>	<u>Chi²= ns</u>	e.

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)

A-AB/mp/mqr/n/5/a   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)

A-AOL/cq/sq/v/10/a   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.

A-AOL/m/sq/v/5/a   Single direct question:

How are you feeling now....?
5 very good
4 good
3 neither good nor poor
2 poor
1 very poor

A-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.

$$\frac{Pa.Sa + Pb.Sb + Pc.Sc + Pd.Sd + Pe.Se}{Pa + Pb + Pc + Pd + Pe}$$

Pa = planned goal a (1-5)
Sa = success goal a (1-5)

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

expects to stand five years from now.

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 sen se 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

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

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

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

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 tilfreds er du med dit liv for tiden?'
5 meget tilfreds
4 tilfreds
3 hverken tilfreds eller utilfreds
2 utilfreds
1 meget utilfreds

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   Selfrepiort 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

Symbol	Explanation

AoV

ANALYSIS of VARIANCE (ANOVA)
Type: statistical procedure
Measurement level: Correlate(s): nominal, Happiness: metric.
In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a source of variability. At least one of those sources is the variability of the correlate, in case there is only one, and always one other is the residual variability, which includes all unspecified influences on the happiness variable. Each sum of squares has its own number of degrees of freedom (df), which sum up to 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.

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)

B

REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)
Type: test statistic
Measurement level: Correlate: metric, Happiness: metric
Theoretical range: unlimited

Meaning:
B > 0 A higher correlate level corresponds with, on an average, higher happiness rating.
B < 0 A higher correlate level corresponds with, on an average, lower happiness rating.
B = 0 Not any correlation with the relevant correlate.

Beta

(ß) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)
Type: test statistic.
Measurement level: Correlates: all metric, Happinessl: metric.
Range: [-1 ; +1]

Meaning:
beta > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.
beta < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.
beta = 0 « no correlation.
beta = + 1 or -1 « perfect correlation.

Remark:
Mean of observations is subtracted from all observations if standardized.

Chi²

CHI-SQUARE
Type: test statistic
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.

Meaning:
Chi² <= (c-1) * (r-1) means: no association
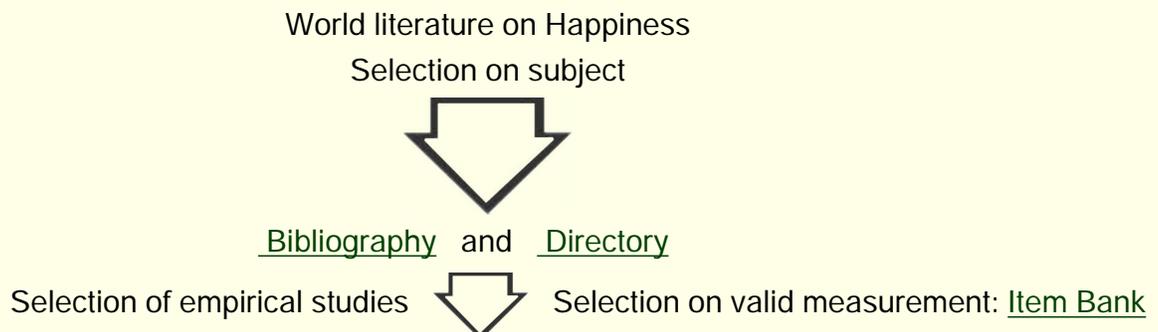Chi² >> (c-1) * (r-1) means: strong association

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.

E^2

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 E^2 x 100 % of the variation in happiness.
E^2 = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.
E^2 = 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, Happinessl: 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, and
r = -1 « perfect correlation, where high correlate values correspond with low happiness values.

rpc	PARTIAL CORRELATION COEFFICIENT Type: test statistic Measurement level: Correlate: metric, Happiness: metric Range: [-1; +1] Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores. Under that conditions rpc > 0 « a higher correlate level corresponds with a higher happiness rating, rpc < 0 « a higher correlate level corresponds with a lower happiness rating,
SNR	Statistic Not Reported
tb	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.
ZZZZZ	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

Abstracting and classification of findings

↙ ↘

How happy people are, distributional findings
Happiness in Nations , Happiness in Publics

What goes together with happiness
Correlational Findings

↘ Listing of comparable findings in Nations ↙

States of Nations , Trends in Nations

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

Appendix 4 Further Findings in the World Database of Happiness

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

E4	EXPRESSIVE BEHAVIOR	12
F1	FAMILY OF ORIGIN (earlier family for adults, current for young)	236
F2	FAMILY OF PROCREATION	58
F3	FAMILY OF RELATIVES	157
F4	FARMING	25
F5	FREEDOM	32
F6	FRIENDSHIP	152
G1	GENDER	370
G2	GRIEF	1
H1	HABITS	1
H2	HANDICAP	25
H3	HAPPINESS: VIEWS ON HAPPINESS	49
H4	HAPPINESS: DISPERSION OF HAPPINESS	10
H5	HAPPINESS: CAREER	191
H6	HAPPINESS: CORRESPONDENCE OF DIFFERENT MEASURES	310
H7	HAPPINESS OF OTHERS	0
H8	HAPPINESS: REPUTATION OF HAPPINESS	19
H9	HEALTH-BEHAVIOR	25
H10	HELPING	5
H11	HOPE	8
H12	HOUSEHOLD: COMPOSITION	137
H13	HOUSEHOLD: WORK	32
H14	HOUSING	106
I1	INCOME	552
I2	INSTITUTIONAL LIVING	43
I3	INTELLIGENCE	71
I4	INTERESTS	8
I5	INTERVIEW	73
I6	INTIMACY	103
L1	LANGUAGE	2
L2	LEADERSHIP	8
L3	LEISURE	206
L4	LIFE APPRAISALS: OTHER THAN HAPPINESS	368
L5	LIFE CHANGE	35
L6	LIFE EVENTS	86
L7	LIFE GOALS	75
L8	LIFE HISTORY	2
L9	LIFE STYLE	22
L10	LOCAL ENVIRONMENT	374
L11	LOTTERY	8
L12	LOVE-LIFE	31
M1	MARRIAGE: MARITAL STATUS CAREER	64
M2	MARRIAGE: CURRENT MARITAL STATUS	543
M3	MARRIAGE: RELATIONSHIP	115
M4	MARRIAGE: PARTNER	46
M5	MEANING	23
M6	MEDICAL TREATMENT	81
M7	MENTAL HEALTH	218

M8	MIGRATION: TO OTHER COUNTRY	29
M9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
M10	MIGRATION: MIGRANT WORK	3
M11	MILITARY LIFE	7
M12	MODERNITY	6
M13	MOOD	246
M14	MOTIVATION	7
N1	NATION: NATIONALITY	29
N2	NATION: ERA (temporal period)	41
N3	NATION: NATIONAL CHARACTER (modal personality)	29
N4	NATION: CONDITION IN ONE'S NATION	430
N5	NATION: POSITION OF ONE'S NATION	1
N6	NATION: ATTITUDES TO ONES NATION	152
N7	NATION: LIVABILITY OF ONE'S NATION	17
N8	NATION i: ATTITUDES IN	1
N9	REGION IN NATION	59
N10	NUTRITION	23
N21	ERA	0
O1	OCCUPATION	178
O2	ORGAN TRANSPLANTATION	17
P1	PERSONALITY: HISTORY	48
P2	PERSONALITY: CHANGE	10
P3	PERSONALITY: CURRENT ORGANIZATION	7
P4	PERSONALITY: CURRENT TRAITS	462
P5	PERSONALITY: LATER	23
P6	PHYSICAL HEALTH	427
P7	PLANNING	11
P8	POLITICAL BEHAVIOUR	231
P9	POPULARITY	26
P10	POSSESSIONS	60
P11	PRISON	1
P12	PROBLEMS	25
P13	PSYCHO-SOMATIC COMPLAINTS	62
P14	PETS	3
R1	RELIGION	251
R2	RESOURCES	9
R3	RETIREMENT	89
R4	ROLES	23
S1	SCHOOL	129
S2	SELF-IMAGE	237
S3	SEX-LIFE	61
S4	SLEEP	16
S5	SOCIAL MOBILITY	17
S6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	69
S7	SOCIAL PARTICIPATION : VOLUNTARY ASSOCIATIONS	131
S8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	34
S9	SOCIO-ECONOMIC STATUS	154
S10	SOCIAL SUPPORT: RECEIVED	62

S11	SOCIAL SUPPORT: PROVIDED	6
S12	SPORTS	38
S13	STIMULANTS	49
S14	SUICIDE	8
S15	SUMMED DETERMINANTS	92
T1	TIME	53
T2	THERAPY	38
T3	TOLERANCE	37
V1	VALUES: CAREER	8
V2	VALUES: CURRENT PREFERENCES (own)	73
V3	VALUES: CLIMATE (current values in environment)	7
V4	VALUES: SIMILARITY (current fit with others)	12
V5	VICTIM	14
W1	WAR	5
W2	WISDOM	2
W3	WORK: CAREER	2
W4	WORK: CONDITIONS	68
W5	WORK: ATTITUDES	347
W6	WORK: PERFORMANCE (current)	29
W7	WORRIES	31
XX	UNCLASSIFIED	25

Appendix 5: Related Subjects

Subject		Related Subject(s)	
L7	LIFE GOALS	H11	HOPE
L7	LIFE GOALS	P12	PROBLEMS
L7	LIFE GOALS	W7	WORRIES
L7	LIFE GOALS	M14	MOTIVATION
L7.1	Life-goal career	M14.1	Motivation career
L7.1.1	Earlier life-goals	L1	LANGUAGE
L7.1.1	Earlier life-goals	L7.4.1	Attitudes to earlier life-goals
L7.1.1	Earlier life-goals	M14.1.1	Earlier motivantion
L7.1.1.3	. acceptance of earlier life-goals	F1.4.2.2	. agreement with parents
L7.1.1.4	. realization of earlier goals	L7.3	Realization of lifegoals
L7.1.2	Change in life-goals	M14.1.2	Change in motivation
L7.1.4	Later life-goals	M14.1.3	Later motivation
L7.2	Current life-goals	M14.2	Current motivation
L7.2.1	Having goals or not (life-planning)	P7.2.1	Planning mindedness
L7.2.2	Object of life-goals	H11	HOPE
L7.2.2	Object of life-goals	V1	VALUES: CAREER
L7.2.2	Object of life-goals	V2	VALUES: CURRENT PREFERENCES (own)
L7.2.5	Organization of life-goals (life-goal set)	V2.4	Value set
L7.2.6	Diversity of lifegoals	V2.4.1	Diversity of values

A report of the World Database of Happiness, Correlational Findings