# World Database of Happiness

## Correlational Findings on Happiness and MEANING

**Subject Code:** M5

© on data collection: **Ruut Veenhoven**,  
**Erasmus University Rotterdam**

## Classification of Findings

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Description</th>
<th>Nr of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>M5</td>
<td>MEANING</td>
<td>0</td>
</tr>
<tr>
<td>M5.1</td>
<td>Meaning career</td>
<td>1</td>
</tr>
<tr>
<td>M5.2</td>
<td>Current meaning of life</td>
<td>9</td>
</tr>
<tr>
<td>M5.2.1</td>
<td>Perceived usefullness of one's life</td>
<td>6</td>
</tr>
<tr>
<td>M5.2.2</td>
<td>Perceived meaning of life in general</td>
<td>0</td>
</tr>
<tr>
<td>M5.2.3</td>
<td>Feeling part of larger whole</td>
<td>3</td>
</tr>
<tr>
<td>M5.3</td>
<td>Satisfaction with meaning</td>
<td>4</td>
</tr>
</tbody>
</table>

### Appendix 1: Happiness Items used

### Appendix 2: Statistics used

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

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

### Appendix 5: Related Subjects

## Cite as

Veenhoven, R.: Findings on MEANING  
World Database of Happiness, Correlational Findings  
Internet: [worlddatabaseofhappiness.eur.nl](http://worlddatabaseofhappiness.eur.nl)  
Erasmus University Rotterdam, 2009, Netherlands
Correlational finding on Happiness and Meaning career
Subject code: M5.1

Study

VENTE 1996


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: meaningful work

Our classification: Meaning career, code M5.1

Measurement:

Single question:
" Do you think your work is meaningful?"
1: no
2: not sure
3: yes

Measured Values: N:All:3932; 1:4,8%; 2:11,3%; 3:73,5%

Remarks: Ss employed only

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

A-AOL/m/sq/v/5/a  DMt=+  1: Mt=7.01
2: Mt=7.19
3: Mt=8.11
Findings on Happiness and MEANING

Correlational finding on Happiness and Current meaning of life
Subject code: M5.2

Study

KOBY 2005


Population: Cancer out-patients, followed 4 weeks, Japan, 2001

Sample: Non-probability chunk sample

Non-Response: 6%

N: 249

Correlate

Authors label: Spiritual well-being

Our classification: Current meaning of life, code M5.2
**Measurement:** Selfreport on 12 questions:

Please indicate how true each of the following statements is for you during the past 7 days

a. I feel peaceful
b. I have a reason for living
c. My life has been productive
d. I have trouble feeling peace of mind
e. I feel a sense of purpose in my life
f. I am able to reach down deep into myself for comfort
g. I feel a sense of harmony within myself
h. My life lacks meaning and purpose
i. I find comfort in my faith or spiritual beliefs
j. I find strength in my faith or spiritual beliefs
k. My illness has strengthened my faith or spiritual beliefs
l. I know that whatever happens with my illness, things will be okay.

**Rating:**

0: Not at all  
1: A little  
2: Quite a bit  
3: Very much  
4: Extremely

**Name:** FACIT-Sp-12, Functional Assessment of Chronic Illness Therapy scale.

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**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/cw/mq/n/11/a</td>
<td>r=+.58</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Current meaning of life**

**Subject code:** M5.2

**Study**

*LEWIS 1997A/2*

*Reported in:* Lewis, C. A.; Lanigan, C.; Joseph, S.; DeFockert, J.


*Page in Report:* 120

**Population:** University students, Great Britian, 1995

**Sample:** Non-probability chunk sample
Findings on Happiness and MEANING

Non-Response: 0
N: 67

Correlate

Authors label: Purpose in life
Our classification: Current meaning of life, code M5.2
Measurement: 20 item Purpose in Life test (PIL) (Crumbaugh 1968)

Measured Values: Range: 44-132, M = 100.99 SD = 15.85

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BMc/cw/mq/v/4/a</td>
<td>r = +.61</td>
<td>p &lt; .001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current meaning of life
Subject code: M5.2

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: 132,160

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

Sample: Non-probability purposive sample

Non-Response: 39%
N: 1494

Correlate
Authors label: meaningful work (1)

Our classification: Current meaning of life, code M5.2

Measurement: Single question:
"Do you feel your work is meaningful ?"
1: no
2: not sure
3: yes


Remarks: employed Ss only

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.12</td>
<td>1: Mt=6.98</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=7.86</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=8.01</td>
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<tr>
<td></td>
<td></td>
<td>All Mt=7.94</td>
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<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.24</td>
<td>1: Mt=6.23</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=6.81</td>
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<td></td>
<td></td>
<td>3: Mt=7.79</td>
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<tr>
<td></td>
<td></td>
<td>All Mt=7.56</td>
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<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.17</td>
<td>1: Mt=6.04</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=6.70</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.08</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current meaning of life
Subject code: M5.2

Study VENTE 1995
Findings on Happiness and MEANING


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

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494

Correlate

Authors label: meaning in life (2)

Our classification: Current meaning of life, code M5.2

Measurement: Single question:
"Do you feel your life has a meaning?"
1: no
2: not sure
3: yes

Measured Values: N: 1:46, 2:181, 3:790

Remarks: Ss in laborforce only

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>DMt=&gt;</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>unemployed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>employed</td>
</tr>
<tr>
<td>no meaning in life</td>
<td>Mt= 5.36</td>
<td>6.25</td>
</tr>
<tr>
<td>uncertain about meaning</td>
<td>Mt= 6.65</td>
<td>6.50</td>
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<tr>
<td>meaning in life</td>
<td>Mt= 8.08</td>
<td>8.34</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>DMt=&gt;</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>unemployed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>employed</td>
</tr>
<tr>
<td>no meaning in life</td>
<td>Mt= 5.36</td>
<td>5.08</td>
</tr>
<tr>
<td>uncertain about meaning</td>
<td>Mt= 5.40</td>
<td>5.79</td>
</tr>
<tr>
<td>meaning in life</td>
<td>Mt= 7.63</td>
<td>8.06</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Current meaning of life
Subject code: M5.2

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: 256

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

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494

Correlate

Authors label: meaning in life (1)

Our classification: Current meaning of life, code M5.2

Measurement:
Single question:
"Do you feel that your life has a meaning?"
1: no
2: not sure
3: yes

Measured Values: N: 1:73, 2:260, 3:1103

Observed Relation with Happiness

Happiness Measure  Statistics  Elaboration/Remarks
# Findings on Happiness and MEANING

<table>
<thead>
<tr>
<th>Correlational finding on Happiness and Current meaning of life</th>
<th>Subject code: M5.2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Correlate</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Authors label:</strong></td>
<td>meaningful work</td>
</tr>
<tr>
<td><strong>Our classification:</strong></td>
<td>Current meaning of life, code M5.2</td>
</tr>
</tbody>
</table>

## Study

**Reported in:** Ventegodt, S.
Liskvalitet hos 4500 31-33-arige. (The Quality of Life of 4500 31-33-Years-Olds).
http://www.livskvalitet.org/t2/index.asp
Page in Report: 140

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

**Sample:** Non-probability chunk sample

**Non-Response:** 39%

**N:** 4500

### A-AOL/m/sq/v/5/a
- Correlation: $r = +.39$, $p < .00$
- Means:
  1. $M_t = 5.75$
  2. $M_t = 6.56$
  3. $M_t = 8.23$
  All $M_t = 7.80$

### O-SLu/c/sq/v/5/e
- Correlation: $r = +.46$, $p < .00$
- Means:
  1. $M_t = 5.18$
  2. $M_t = 5.90$
  3. $M_t = 7.99$
  All $M_t = 7.46$

### O-HL/c/sq/v/5/h
- Correlation: $r = +.38$, $p < .00$
- Means:
  1. $M_t = 5.24$
  2. $M_t = 5.76$
  3. $M_t = 7.36$
  All $M_t = 6.96$
Findings on Happiness and MEANING

**Measurement:** Single question:
Do you feel your work is meaningful?
1 no
2 not sure
3 yes

**Measured Values:** N All:3545; %:1:5,4; 2:12,6; 3:82

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**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=-.18</td>
<td>1: Mt=7.03</td>
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<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=7.19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=8.11</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=-.20</td>
<td>1: Mt=6.48</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=6.79</td>
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<tr>
<td></td>
<td></td>
<td>3: Mt=7.83</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=-.16</td>
<td>1: Mt=6.31</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=6.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.31</td>
</tr>
</tbody>
</table>

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**Correlational finding on Happiness and Current meaning of life**

**Subject code: M5.2**

**Study**

VENTE 1996


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

**Sample:** Non-probability chunk sample

**Non-Response:** 39%
Findings on Happiness and MEANING

N: 4500

Correlate

Authors label: meaningful work

Our classification: Current meaning of life, code M5.2

Measurement: Single question:
"Do you think your work is meaningful?"
1: no
2: not sure
3: yes

Measured Values: N:All:3932; 1:4,8%; 2:11,3%; 3:73,5%

Remarks: Ss employed only

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>DMt=+</td>
<td>1: Mt=7.01</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=8.11</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>DMt=+</td>
<td>1: Mt=6.46</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=6.79</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.83</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>DMt=+</td>
<td>1: Mt=6.33</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=6.51</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.31</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current meaning of life
Subject code: M5.2

Study VENTE 1996
Findings on Happiness and MEANING

Reported in: Ventegodt, S.
Liskvalitet hos 4500 31-33-arige. (The Quality of Life of 4500 31-33-Years-Olds).
Page in Report: 174

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: unemployment with/without meaning in life

Our classification: Current meaning of life, code M5.2

Measurement:
a: unemployed b: employed
with/without meaning in life
1: no meaning
2: uncertain about meaning
3: with meaning in life

Measured Values: N All:4122; %:a1:2,2; a2:3,3; a3:7,5; b1:3,6; b2:14,5; b3:68,9

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>DMt=+</td>
<td>unemployed</td>
</tr>
<tr>
<td></td>
<td>a1: Mt=4.98</td>
<td>b1: Mt=5.90</td>
</tr>
<tr>
<td></td>
<td>a2: Mt=6.23</td>
<td>b2: Mt=6.44</td>
</tr>
<tr>
<td></td>
<td>a3: Mt=7.94</td>
<td>b3: Mt=8.35</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>DMt=&gt;</td>
<td>unemployed</td>
</tr>
<tr>
<td></td>
<td>a1: Mt=4.13</td>
<td>b1: Mt=5.04</td>
</tr>
<tr>
<td></td>
<td>a2: Mt=5.65</td>
<td>b2: Mt=5.85</td>
</tr>
<tr>
<td></td>
<td>a3: Mt=7.70</td>
<td>b3: Mt=8.11</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Current meaning of life

Subject code: M5.2

Study

Reported in: Ventegodt, S.
Page in Report: 266

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: meaning in life

Our classification: Current meaning of life, code M5.2

Measurement: Single question:
"Do you feel that your life has a meaning?"
1: no
2: not sure
3: yes


Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks

Findings on Happiness and MEANING

A-AOL/m/sq/v/5/a  
r = +.45  
p < .00  
1: Mt = 5.31  
2: Mt = 6.39  
3: Mt = 8.28

O-SLu/c/sq/v/5/e  
r = +.50  
p < .00  
1: Mt = 4.55  
2: Mt = 5.83  
3: Mt = 8.05

O-HL/c/sq/v/5/h  
r = +.43  
p < .00  
1: Mt = 4.93  
2: Mt = 5.68  
3: Mt = 7.53

Correlational finding on Happiness and Perceived usefulness of one's life

Subject code: M5.2.1

Correlate

Authors label: Involvement in family and/or community (1)

Our classification: Perceived usefulness of one's life, code M5.2.1

Measurement: Single direct question: Do you think you are contributive to your family or community?
Findings on Happiness and MEANING

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SL/c/sq/v/3/a</td>
<td>DM = ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived usefulness of one's life
Subject code: M5.2.1

Study

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

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

Sample: Non-probability purposive-quota sample

Non-Response: 21%

N: 114

Correlate

Authors label: Perceived usefulness

Our classification: Perceived usefulness of one's life, code M5.2.1

Measurement: Perceived usefulness
Questions not reported

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLL/c/sq/v/5/e</td>
<td>r = +.68</td>
<td>p &lt; .001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived usefullness of one’s life
Subject code: M5.2.1

Study

KAMMA 1983/2

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

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

Sample:

Non-Response: 52%
N: 112

Correlate

Authors label: Felt usefull (2)

Our classification: Perceived usefullness of one's life, code M5.2.1

Measurement: Single direct question how one felt during the instructed
time period (or otherwise in the past few weeks):
"How often have you felt usefull?"
Rated on a 5-point scale ranging from
'not at all' to 'all the time'

Observed Relation with Happiness

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<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.54</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.33</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived usefullness of one’s life
Subject code: M5.2.1
Findings on Happiness and MEANING

Study

Reported in: Keyes, C.L.
Social Well-Being.
Social Psychology Quarterly 1998, Vol. 61, 121 - 140. ISSN 0190 2725
Page in Report: 132

Population: 18 + aged, Dane County, Wisconsin USA, 1994

Sample: Probability simple random sample

Non-Response: 37%

N: 373

Correlate

Authors label: Social Contribution (1)

Our classification: Perceived usefullness of one's life, code M5.2.1

Measurement: Respondents indicated (dis)agreement with the following statements: You think/believe/feel
a) Your behavior has impact on others (+)
b) You have something valuable to give to the world (+)
c) Your daily activities do not produce anything worthwhile for your community (-)
d) You don't have time or energy to give anything to your community (-)
e) Your work provides an important product for society (+)
f) You have nothing important to contribute to society (-)
Items with (-) are reverse scored on scale ranging from 1. strongly 2. moderately 3. slightly disagree 4. slightly 5. moderately 6. strongly agree

Measured Values: M = 30.3 SD = 5.2

Error Estimates: Metric Loading ranging from .86 to 1.2 validity coefficient ranging from .49 to .65 Alpha Reliability .75

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/cm/sq/v/4/a</td>
<td>r=+.27</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
### Correlational finding on Happiness and Perceived usefulness of one’s life

**Subject code: M5.2.1**

- **Study:** RYFF 1989
  
  Page in Report: 1073
- **Population:** Adults, USA, 198?
- **Sample:** Probability cluster sample
- **Non-Response:** N: 321

<table>
<thead>
<tr>
<th>Correlate</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Authors label:</strong></td>
<td>Purpose in life</td>
</tr>
<tr>
<td><strong>Our classification:</strong></td>
<td>Perceived usefulness of one's life, code M5.2.1</td>
</tr>
<tr>
<td><strong>Measurement:</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Measured Values:</strong></td>
<td>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)</td>
</tr>
</tbody>
</table>
Findings on Happiness and MEANING

Error Estimates: \( \alpha = 0.90 \) Test-retest reliability between 6 week period (n=117) = 0.82

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>( r = +0.42 )</td>
<td>( p &lt; 0.001 )</td>
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</tbody>
</table>

Correlational finding on Happiness and Perceived usefulness of one's life

Subject code: M5.2.1

Study

**RYFF 1995**


*Population:* 25+ aged, USA, 1993

*Sample:* Probability multi-stage cluster sample

*Non-Response:*

\( N: \) 1108

Correlate

*Authors label:* Purpose in life

*Our classification:* Perceived usefulness of one's life, code M5.2.1
Findings on Happiness and MEANING

**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**

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

**Correlational finding on Happiness and Feeling part of larger whole**

**Subject code: M5.2.3**

**Study**

VENTE 1995

*Reported in:* Ventegodt, S.  
Livskvalitet i Danmark. (Quality of Life in Denmark). Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 [http://www.livskvalitet.org/t1/index.asp](http://www.livskvalitet.org/t1/index.asp)
Page in Report: 362

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

*Sample:* Non-probability purposive sample

*Non-Response:* 39%

*N:* 1494
Findings on Happiness and MEANING

Authors label: feeling part of a whole (1)

Our classification: Feeling part of larger whole, code M5.2.3

Measurement: Single question:
"Do you feel part of a larger whole?"
1: no
2: not sure
3: yes

Measured Values: N: all:1424, 1:158, 2:335, 3:931

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.23</td>
<td>1: Mt=6.73</td>
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<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=7.41</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=8.11</td>
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<tr>
<td></td>
<td></td>
<td>All Mt=7.79</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.30</td>
<td>1: Mt=6.08</td>
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<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=6.98</td>
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<td></td>
<td></td>
<td>3: Mt=7.86</td>
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<tr>
<td></td>
<td></td>
<td>All Mt=7.46</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.28</td>
<td>1: Mt=5.65</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=6.66</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=6.96</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling part of larger whole
Subject code: M5.2.3

Study VENTE 1996
**Findings on Happiness and MEANING**

*Reported in:* Ventegodt, S.  
*Liskvalitet hos 4500 31-33-arige. (The Quality of Life of 4500 31-33-Years-Olds).*  
*Page in Report: 384*

*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:* feeling part of a larger whole  

*Our classification:* Feeling part of larger whole, code M5.2.3

*Measurement:* Single question:  
" Do you feel part of a larger whole?"  
1: no  
2: not sure  
3: yes

*Measured Values:*  
N: All:4553; %: 1:12,2; 2:21,7; 3:75,1

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>$r=+.27$</td>
<td>1: $M_t=6.51$</td>
</tr>
<tr>
<td></td>
<td>$p&lt;.00$</td>
<td>2: $M_t=7.23$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: $M_t=8.14$</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>$r=+.31$</td>
<td>1: $M_t=5.98$</td>
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<tr>
<td></td>
<td>$p&lt;.00$</td>
<td>2: $M_t=6.84$</td>
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<tr>
<td></td>
<td></td>
<td>3: $M_t=7.89$</td>
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<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>$r=+.27$</td>
<td>1: $M_t=5.86$</td>
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<tr>
<td></td>
<td>$p&lt;.00$</td>
<td>2: $M_t=6.56$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: $M_t=7.39$</td>
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</tbody>
</table>

Correlational finding on Happiness and Feeling part of larger whole
Subject code: M5.2.3

Study

VENTE 1996

Reported in: Ventegodt, S.
Liskvalitet hos 4500 31-33-arige. (The Quality of Life of 4500 31-33-Years-Olds).
8790190068 http://www.livskvalitet.org/t2/index.asp
Page in Report: 388

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: relations with nature

Our classification: Feeling part of larger whole, code M5.2.3

Measurement: Single question:
" How are your current relations with nature ?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good

Measured Values: N: All:4365: %:1:1,8; 2:5,4; 3:26,4; 4:73,2; 5:76,4

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
Correlational finding on Happiness and Satisfaction with meaning

Subject code: M5.3

Study

ANDRE 1976/4

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 contribution to others life (1)

Our classification: Satisfaction with meaning, code M5.3
**Measurement:** Closed question: "How do you feel about how much you are really contributing to other people's lives?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$E^2 = +.43$</td>
<td></td>
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</tbody>
</table>

**Correlational finding on Happiness and Satisfaction with meaning**

**Subject code: M5.3**

**Study**
ANDRE 1976/5

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

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

**Sample:**

**Non-Response:**

$N$: 222

**Correlate**

**Authors label:** Satisfaction with contribution to others life (2)

**Our classification:** Satisfaction with meaning, code M5.3
Findings on Happiness and MEANING

Measurement:
Closed question: "How do you feel about how much you are really contributing to other people's lives?"
Rated:
1 terrible
2 unhappy
3 mostly dissatisfied
4 mixed
5 mostly satisfied
6 pleased
7 delighted

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.32</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Satisfaction with meaning
Subject code: M5.3

Study
FORTI 1983

Reported in: Forti, T. J.; Hyg, M.S.
A Documented Evaluation of Primary Prevention through Consultation.
Community Mental Health Journal, 1983, Vol. 19, 290 - 304. ISSN p 0010 3853; ISSN e 1573 2789 DOI:10.1007/BF00755410
Page in Report:

Population: Catholic nuns, re-organized cloister, followed 4 years, Louisiana, USA, 1977-1981

Sample:
Non-Response: T1: 18%, T2: 14%, T3: 23%
N: 137

Correlate

Authors label: Satisfaction with contributing to other people's lives (1)
Our classification: Satisfaction with meaning, code M5.3
**Measurement:** Single closed question: 'How do you feel about contributing to other people's lives?', rated on a 7-point Delighted-Terrible scale, ranging from (1) Delighted to (7) Terrible, (8) neither. (order reversed)

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**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sq/f/7/a</td>
<td>r=+</td>
<td>T1: 1977     r= +.28  (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T2: 1979     r= +.38  (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3: 1981     r= +.38  (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Both variables assessed at T1, T2, and T3. Correlation concerns same time measures.</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Satisfaction with meaning**

**Subject code: M5.3**

**Study**

*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: 418

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

*Sample:* Non-probability purposive sample

*Non-Response:* 39%

*N:* 1494

---

**Correlate**

*Authors label:* fulfilment of need to be useful (1)

*Our classification:* Satisfaction with meaning, code M5.3
**Measurement:** Single question:
"How well is your need to be useful fulfilled at present?"
1: very badly
2: badly
3: neither well nor badly
4: well
5: very well

**Measured Values:** N: all:1409, 1:8, 2:86, 3:360, 4:665, 5:290

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
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<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.32</td>
<td>1: Mt=2.50</td>
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<td></td>
<td>p&lt;.00</td>
<td>2: Mt=5.93</td>
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<td>3: Mt=6.51</td>
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<td>5: Mt=7.85</td>
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<td>All Mt=6.96</td>
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</table>

### Appendix 1: Happiness Items used

<table>
<thead>
<tr>
<th>Happiness Item Code</th>
<th>Full Text</th>
</tr>
</thead>
</table>

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)

A-BK/cm/mq/v/5/a Selfreport on 40 questions:

"Over this time period (the last few weeks) I have had the feeling described by":
A My life is on the right track
B I seem to be left alone when I don't want to be
C I feel I can do whatever I want to
D I think clearly and creatively
E I feel like a failure
F Nothing seems very much fun any more
G I like myself
H I can't be bothered doing anything
I I feel close to people around me
J I feel as though the best years of my life are over
K My future looks good
L I have lost interest in other people and don't care about them
M I have energy to spare
Findings on Happiness and MEANING

N I smile and laugh a lot
O I wish I could change some parts of my life
P My thoughts go around in useless circles
Q I can handle any problems that come up
R My life seems stuck in a rut
S I feel loved and trusted
T I feel there must be something wrong with me

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

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

Summation:
- Positive Affect score (PAS): mean positive items
- Negative Affect Score (NAS): mean negative items
- Affect balance score (ABS): PAS minus NAS
Possible range: -4 to +4
Selfreport on 25 questions:

A number of statements that people have used to describe how they feel are given below. Read each one and circle the number that best describes how frequently that statement was true for you in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times in the past week.

A I felt sad
B I felt I had failed as a person
C I felt dissatisfied with my life
D I felt mentally alert
E I felt disappointed with myself
F I felt cheerful
G I felt life wasn't worth living
H I felt satisfied with my life
I I felt healthy
J I felt life crying
K I felt I had been successful
L I felt happy
M I felt I couldn't make decisions
N I felt unattractive
O I felt optimistic about the future
P I felt life was rewording
Q I felt cheerless
R I felt life has a purpose
S I felt too tired to do anything
T I felt pleased with the way I am
U I felt lethargic
V I found it easy to make decisions
W I felt life was enjoyable
X I felt life was meaningless
Y I felt run down

Answer options:
0 never
1 rarely
2 sometimes
3 often

Negative affect score (NAS): A, B, C, E, G, J, M, N, Q, S, U, X, Y.
Affect Balance Score (ABS): PAS - NAS + 39

Name: McGreal & Joseph 'Depression-Happiness Scale' (DHS)
Findings on Happiness and MEANING

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

M-FH/c/sq/v/7/a Selfreport on single question:

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

M-FH/cw/mq/n/11/a Selfreport on 4 questions:

Thinking about the past week, please answer the questions below by circling one number.
Your life over the past week

A 10 the most peaceful feeling
. .
0 none at all

B 10 the happiest feeling
. .
0 none at all

C 10 the best quality of life
. .
0 the worst

D 10 the most satisfaction with life
. .
Findings on Happiness and MEANING

0 none at all
Summation: A+B+C+D/4

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/sq/f/7/a Selfreport on single question:
Which face comes closest to expressing feeling about life as a whole?
7 delighted
6 nvery satisfying
5 satisfying
4 mixed
3 dissatisfying
2 very dissatisfying
1 terrible
- No opinion

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

O-DT/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'
Findings on Happiness and MEANING

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-SL?/c/sq/v/3/a  Selfreport on single question:

".....satisfaction with present life....."
(Full lead item not reported)
1
2
3
(Response options not reported)

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
Findings on Happiness and MEANING

1 meget utilfreds

Selfreport on single question:

Ss were asked to pretend for a moment that their life would end next week end then indicate how happy they felt about the life they been able to live. (Full question not reported)

4 very satisfied
3 somewhat satisfied
2 a little satisfied
1 not at all satisfied

Selfreport on single question

'...satisfied with global life right now...'
(full question not reported)

4 very satisfied
3 somewhat satisfied
2 a little satisfied
1 not at all satisfied
### Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| 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. |
| DMt    | DIFFERENCE of MEANS AFTER TRANSFORMATION  
Type: descriptive statistic only.  
Measurement level: Correlate: dichotomous, Happiness: metric  
Theoretical range: [-10; +10]  
Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels. |
| E²     | CORRELATION RATIO (Elsewhere sometimes called h² or ETA)  
Type: test statistic  
Measurement level: Correlate: nominal or ordinal, Happiness: metric  
Range: [0; 1]  
Meaning: correlate is accountable for E² x 100 % of the variation in happiness.  
E² = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.  
E² = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating |
| 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. |

### 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
### Findings on Happiness and MEANING

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S8 SOCIAL PARTICIPATION: TOTAL (personal + associations) 34
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S10 SOCIAL SUPPORT: RECEIVED 62
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W5 WORK: ATTITUDES 347
W6 WORK: PERFORMANCE (current) 29
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Appendix 5: Related Subjects

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<td>M5.2.3 Feeling part of larger whole</td>
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A report of the World Database of Happiness, Correlational Findings