

# World Database of Happiness



## Correlational Findings on Happiness and MEANING

Subject Code: M5

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

### Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
M5	MEANING	0
M5.1	Meaning career	1
M5.2	Current meaning of life	9
M5.2.1	Perceived usefulness of one's life	6
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 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**

*Reported in:* Ventegodt, S.  
 Liskvalitet hos 4500 31-33-årige. (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: 166

*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**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-AOL/m/sq/v/5/a</a>	<u>DMt=+</u>	1: Mt=7.01 2: Mt=7.19 3: Mt=8.11

O-SLu/c/sq/v/5/e      DMt=+      1: Mt=6.46  
2: Mt=6.79  
3: Mt=7.83

O-HL/c/sq/v/5/h      DMt=+      1: Mt=6.33  
2: Mt=6.51  
3: Mt=7.31

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## Correlational finding on Happiness and Current meaning of life

Subject code: M5.2

### Study                      KOBAY 2005

*Reported in:* Kobayashi, K.  
Validation of the Care Notebook for Measuring Physical Mental and Life Well-Being of  
Patients with Cancer.  
Quality of Life Research, 2005, Vol. 14, 1035 - 1043. ISSN 0962 9343. DOI:10.1007/  
s11136-004-2958-1  
Page in Report: 1040

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

*Sample:* Non-probability chunk sample

*Non-Response:* 6%

*N:* 249

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### 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 to 5: Very much

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

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">M-FH/cw/mq/n/11/a</a>	<a href="#">r=+.58</a>	

## 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.  
Religiosity and Happiness: No Evidence for an Association among Undergraduates.  
Personality and Individual Differences, 1997, Vol. 22. 119 - 121. ISSN 0191 8869.  
Page in Report: 120

*Population:* University students, Great Britain, 1995

*Sample:* Non-probability chunk sample

*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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">A-BMc/cw/mq/v/4/a</a>	<u><math>r=+.61</math></u> <u><math>p&lt;.001</math></u>	

## 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

*Measured Values:* N: 1:53, 2:109, 3:690

*Remarks:* employed Ss only

## Observed Relation with Happiness

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

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: 168

*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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>	
<a href="#">A-AOL/m/sq/v/5/a</a>	<u>DMt=+</u>	unemployed	employed
		no meaning in life	Mt= 5.36 6.25
		uncertain about meaning	Mt= 6.65 6.50
		meaning in life	Mt= 8.08 8.34
<a href="#">O-SLu/c/sq/v/5/e</a>	<u>DMt=+</u>	unemployed	employed
		no meaning in life	Mt= 5.36 5.08
		uncertain about meaning	Mt= 5.40 5.79
		meaning in life	Mt= 7.63 8.06

<u>O-HL/c/sq/v/5/h</u>	<u>DMt=+</u>	unemployed	employed
		no meaning in life	Mt= 5.18
		uncertain about meaning	Mt= 5.46
		meaning in life	Mt= 7.35
			5.31
			5.80
			7.43

## 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
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*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

## Observed Relation with Happiness

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

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

### Study **VENTE 1996**

*Reported in:* Ventegodt, S.  
Liskvalitet hos 4500 31-33-årige. (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: 166

*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:* 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

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

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

Study                      VENTE 1996

*Reported in:* Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (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: 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

*Happiness  
Measure*

*Statistics Elaboration/Remarks*

[A-AOL/m/sq/v/5/a](#)

DMt=+

	unemployed	employed
a1:	Mt=4.98	b1: Mt=5.90
a2:	Mt=6.23	b2: Mt=6.44
a3:	Mt=7.94	b3: Mt=8.35

[O-SLu/c/sq/v/5/e](#)

DMt=+

	unemployed	employed
a1:	Mt=4.13	b1: Mt=5.04
a2:	Mt=5.65	b2: Mt=5.85
a3:	Mt=7.70	b3: Mt=8.11

O-HL/c/sq/v/5/hDMt=+

	unemployed	employed
a1:	Mt=43.76	b1: Mt=5.19
a2:	Mt=5.55	b2: Mt=5.65
a3:	Mt=7.21	b3: Mt=7.58

## Correlational finding on Happiness and Current meaning of life

Subject code: M5.2

### Study

#### VENTE 1996

*Reported in:* Ventegodt, S.  
 Livskvalitet hos 4500 31-33-årige. (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: 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

*Measured Values:* N: All:4567; 1:290; 2:828; 3:3449

### Observed Relation with Happiness

*Happiness  
 Measure*

*Statistics Elaboration/Remarks*



## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-SL?/c/sq/v/3/a</a>	<a href="#">DM= ns</a>	

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

Subject code: M5.2.1

### Study

**BELL 1974**

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

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

*Sample:* Non-probability purposive-quota sample

*Non-Response:* 21%

*N:* 114

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### Correlate

*Authors label:* Perceived usefulness

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

*Measurement:* Perceived usefulness  
Questions not reported

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## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-SLL/c/sq/v/5/e</a>	<a href="#">r=+.68</a> <a href="#">p&lt;.001</a>	

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## Correlational finding on Happiness and Perceived usefulness 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.  
Why Not? Foundation, 1983, Dunedin, New Zealand.  
Page in Report:

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

*Sample:*

*Non-Response:* 52%

*N:* 112

### Correlate

*Authors label:* Felt usefull (2)

*Our classification:* Perceived usefulness 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 sclae ranging from  
'not at all' to 'all the time'

### Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u><a href="#">A-BK/cm/mq/v/5/a</a></u>	<u><math>r=+.54</math></u> <u><math>p&lt;.01</math></u>	
<u><a href="#">M-FH/c/sq/v/7/a</a></u>	<u><math>r=+.33</math></u> <u><math>p&lt;.01</math></u>	

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

Subject code: M5.2.1



**Study**                      **KEYES 1998**

*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 usefulness 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**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/cm/sq/v/4/a</u>	<u>r=+.27</u> <u>p&lt;.01</u>	

O-SLu/h/sq/v/4/a     r=+.20  
p<.01

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

Subject code: M5.2.1

### 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

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### Correlate

*Authors label:* Purpose in life

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

*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

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## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BB/cm/mq/v/2/a</u>	<u>r = +.42</u> <u>p &lt; .001</u>	

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

## 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

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## Correlate

*Authors label:* Purpose in life

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

**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
<u>M-TH/cm/sq/v/4/b</u>	<u>r=+.13</u> <u>p&lt;.00</u>	
<u>C-BW/?/sq/?/11/a</u>	<u>r=+.10</u> <u>p&lt;.00</u>	

## 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>  
Page in Report: 362

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

**Sample:** Non-probability purposive sample

**Non-Response:** 39%

**N:** 1494

## Correlate

*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

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

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

Study                      VENITE 1996

*Reported in:* Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u><a href="#">A-AOL/m/sq/v/5/a</a></u>	<u><math>r=+.27</math></u> <u><math>p&lt;.00</math></u>	1: Mt=6.51 2: Mt=7.23 3: Mt=8.14
<u><a href="#">O-SLu/c/sq/v/5/e</a></u>	<u><math>r=+.31</math></u> <u><math>p&lt;.00</math></u>	1: Mt=5.98 2: Mt=6.84 3: Mt=7.89
<u><a href="#">O-HL/c/sq/v/5/h</a></u>	<u><math>r=+.27</math></u> <u><math>p&lt;.00</math></u>	1: Mt=5.86 2: Mt=6.56 3: Mt=7.39

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

Subject code: M5.2.3

### Study **VENTE 1996**

*Reported in:* Ventegodt, S.  
 Livskvalitet hos 4500 31-33-årige. (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: 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

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





*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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqrt/v/7/a</u>	<u>E<sup>2</sup>=+.43</u>	

---

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  
 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 contribution to others life (2)

*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:

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

## Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-DT/u/sqt/v/7/a</a>	<a href="#">r=+.32</a>	

## 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)

## Observed Relation with Happiness

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

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

### 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>  
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.32</u> <u>p&lt;.00</u>	1: Mt=2.50 2: Mt=5.93 3: Mt=7.46 4: Mt=7.90 5: Mt=8.58 All Mt=7.78
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.41</u> <u>p&lt;.00</u>	1: Mt=1.56 2: Mt=5.06 3: Mt=7.05 4: Mt=7.61 5: Mt=8.46 All Mt=7.45
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.36</u> <u>p&lt;.00</u>	1: Mt=2.50 2: Mt=5.20 3: Mt=6.51 4: Mt=7.10 5: Mt=7.85 All Mt=6.96

## Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
----------------------------	------------------

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

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

A-BMc/cw/mq/v/4/a 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 rewarding
- 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.

Positive affect score (PAS): D, F, H, I, K, L, O, P, R, T, V, W.

Affect Balance Score (ABS):  $PAS - NAS + 39$

Name: McGreal & Joseph 'Depression-Happiness Scale' (DHS)

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

.

.



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'

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 ullykkelig 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

1 meget utilfreds

O-SLu/h/sq/v/4/a

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

O-SLW/cm/sq/v/4/a

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

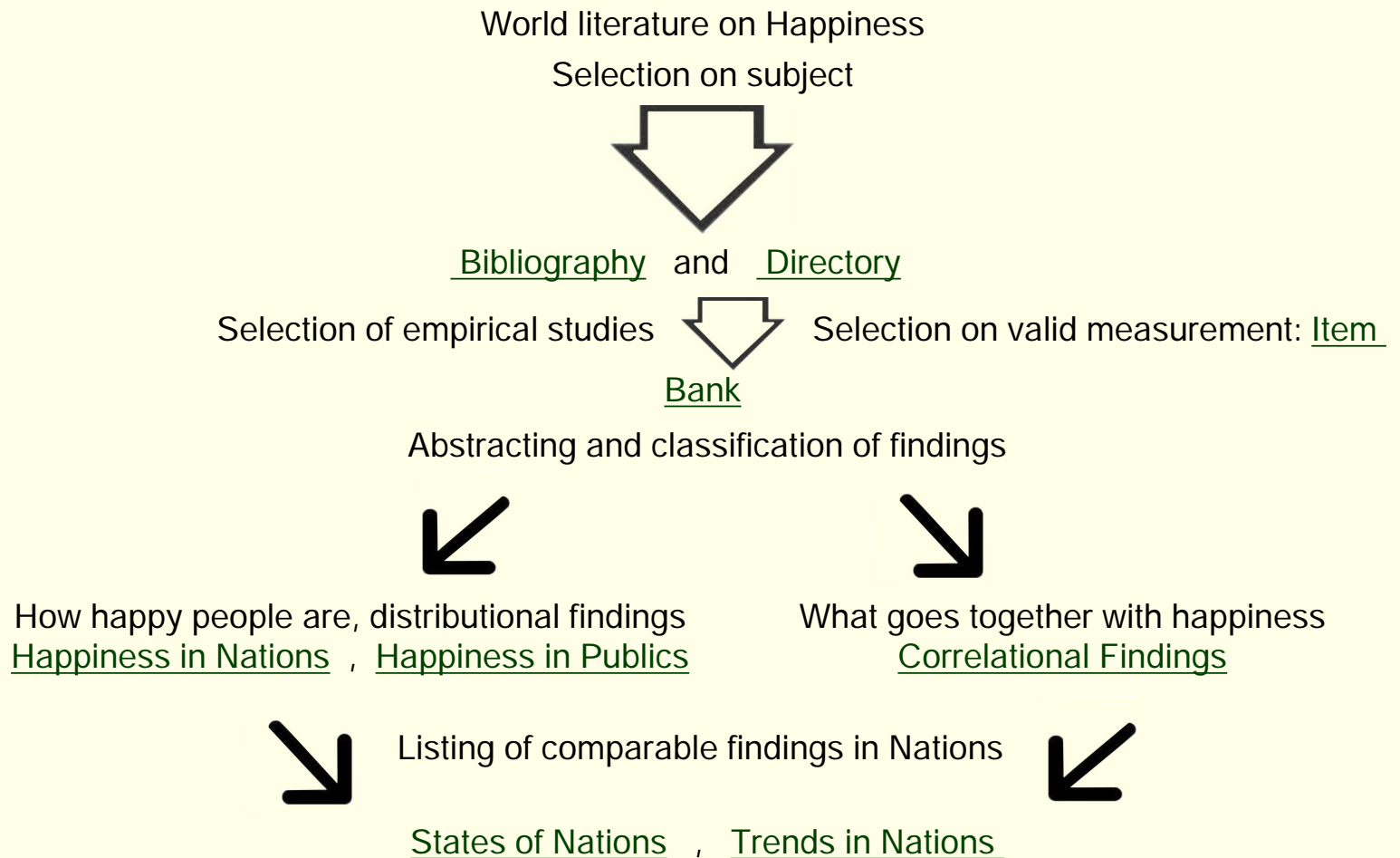
<i>Symbol</i>	<i>Explanation</i>
DM	<p>DIFFERENCE of MEANS            Type: descriptive statistic only.            Measurement level: Correlate: dichotomous, Happiness: metric            Range: depending on the happiness rating scale of the author; range symmetric about zero.</p> <p>Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.</p>
DMt	<p>DIFFERENCE of MEANS AFTER TRANSFORMATION            Type: descriptive statistic only.            Measurement level: Correlate: dichotomous, Happiness: metric            Theoretical range: [-10; +10]</p> <p>Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.</p>
E <sup>2</sup>	<p>CORRELATION RATIO (Elsewhere sometimes called h<sup>2</sup> or ETA)            Type: test statistic            Measurement level: Correlate: nominal or ordinal, Happiness: metric            Range: [0; 1]</p> <p>Meaning: correlate is accountable for E<sup>2</sup> x 100 % of the variation in happiness.            E<sup>2</sup> = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.            E<sup>2</sup> = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating</p>
r	<p>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]</p> <p>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.</p>

## Appendix 3: About the World Database of Happiness

## Structure of the collections

The World Database of Happiness is an ongoing register of scientific research on the subjective enjoyment of life.

It brings together findings that are scattered throughout many studies and provides a basis for synthetic work.



### Size of the collections

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

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

<i>Main Subjects</i>	<i>Subject Description</i>	<i>Number of Studies</i>
A1	ACTIVITY: LEVEL (how much one does)	58
A2	ACTIVITY: PATTERN (what one does)	32
A3	AFFECTIVE LIFE	48

A4	AGE	400
A5	AGGRESSION	12
A6	ANOMY	32
A7	APPEARANCE (good looks)	15
A8	ATTITUDES	6
A9	AUTHORITARIANISM	4
B1	BIRTH CONTROL	1
B2	BIRTH HISTORY (own birth)	201
B3	BODY	77
C1	CHILDREN	1
C2	CHILDREN: WANT FOR (Parental aspirations)	6
C3	CHILDREN: HAVING (parental status)	195
C4	CHILDREN: CHARACTERISTICS OF ONE'S CHILDREN	25
C5	CHILDREN: RELATION WITH ONE'S CHILDREN	8
C6	CHILDREN: REARING OF ONE'S CHILDREN (parental behavior)	26
C7	COMMUNAL LIVING	9
C8	CONCERNS	18
C9	COPING	43
C10	CREATIVENESS	6
C11	CULTURE (Arts and Sciences)	8
D1	DAILY JOYS & HASSLES	5
E1	EDUCATION	302
E2	EMPLOYMENT	363
E3	ETHNICITY	98
E4	EXPRESSIVE BEHAVIOR	12
F1	FAMILY OF ORIGIN (earlier family for adults, current for young)	236
F2	FAMILY OF PROCREATION	58
F3	FAMILY OF RELATIVES	157
F4	FARMING	25
F5	FREEDOM	32
F6	FRIENDSHIP	152
G1	GENDER	370
G2	GRIEF	1
H1	HABITS	1
H2	HANDICAP	25
H3	HAPPINESS: VIEWS ON HAPPINESS	49
H4	HAPPINESS: DISPERSION OF HAPPINESS	10
H5	HAPPINESS: CAREER	191
H6	HAPPINESS: CORRESPONDENCE OF DIFFERENT MEASURES	310

H7	HAPPINESS OF OTHERS	0
H8	HAPPINESS: REPUTATION OF HAPPINESS	19
H9	HEALTH-BEHAVIOR	25
H10	HELPING	5
H11	HOPE	8
H12	HOUSEHOLD: COMPOSITION	137
H13	HOUSEHOLD: WORK	32
H14	HOUSING	106
I1	INCOME	552
I2	INSTITUTIONAL LIVING	43
I3	INTELLIGENCE	71
I4	INTERESTS	8
I5	INTERVIEW	73
I6	INTIMACY	103
L1	LANGUAGE	2
L2	LEADERSHIP	8
L3	LEISURE	206
L4	LIFE APPRAISALS: OTHER THAN HAPPINESS	368
L5	LIFE CHANGE	35
L6	LIFE EVENTS	86
L7	LIFE GOALS	75
L8	LIFE HISTORY	2
L9	LIFE STYLE	22
L10	LOCAL ENVIRONMENT	374
L11	LOTTERY	8
L12	LOVE-LIFE	31
M1	MARRIAGE: MARITAL STATUS CAREER	64
M2	MARRIAGE: CURRENT MARITAL STATUS	543
M3	MARRIAGE: RELATIONSHIP	115
M4	MARRIAGE: PARTNER	46
M5	MEANING	23
M6	MEDICAL TREATMENT	81
M7	MENTAL HEALTH	218
M8	MIGRATION: TO OTHER COUNTRY	29
M9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
M10	MIGRATION: MIGRANT WORK	3
M11	MILITARY LIFE	7
M12	MODERNITY	6
M13	MOOD	246

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



S8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	34
S9	SOCIO-ECONOMIC STATUS	154
S10	SOCIAL SUPPORT: RECEIVED	62
S11	SOCIAL SUPPORT: PROVIDED	6
S12	SPORTS	38
S13	STIMULANTS	49
S14	SUICIDE	8
S15	SUMMED DETERMINANTS	92
T1	TIME	53
T2	THERAPY	38
T3	TOLERANCE	37
V1	VALUES: CAREER	8
V2	VALUES: CURRENT PREFERENCES (own)	73
V3	VALUES: CLIMATE (current values in environment)	7
V4	VALUES: SIMILARITY (current fit with others)	12
V5	VICTIM	14
W1	WAR	5
W2	WISDOM	2
W3	WORK: CAREER	2
W4	WORK: CONDITIONS	68
W5	WORK: ATTITUDES	347
W6	WORK: PERFORMANCE (current)	29
W7	WORRIES	31
XX	UNCLASSIFIED	25

## Appendix 5: Related Subjects

<i>Subject</i>	<i>Related Subject(s)</i>
M5 MEANING	A6 ANOMY
M5.1 Meaning career	L4.3.1.12 . meaningful (vs useless)
M5.1 Meaning career	M13.3.7 Feeling full (vs empty)
M5.2 Current meaning of life	R1.2 Current religious beliefs
M5.2.1 Perceived usefulness of one's life	L4.3.1.12 . meaningful (vs useless)
M5.2.1 Perceived usefulness of one's life	S2.2.6 Self-perceived usefulness
M5.2.2 Perceived meaning of life in general	A6 ANOMY
M5.2.3 Feeling part of larger whole	R1.2 Current religious beliefs

## A report of the World Database of Happiness, Correlational Findings