

World Database of Happiness



Correlational Findings on Happiness and PERSONALITY: CURRENT ORGANIZATION Subject Code: P3

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Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
P3	PERSONALITY: CURRENT ORGANIZATION	0
P3.1	Personality differentiation	2
P3.2	Personality integration	5
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CURRENT ORGANIZATION
World Database of Happiness, Correlational Findings
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Correlational finding on Happiness and Personality differentiation

Subject code: P3.1

Study **LOWEN 1973**

Reported in: Lowenthal, M.F.; Chiriboga, D.
Social Stress and Adaptation. Toward a Life-Course Perspective.
Eisdorfer, C.; Lawton, M.P; Eds.: "Psychology of Adult Development and Aging",
American Psychological Association, Washington DC, USA, 281 - 310
Page in Report: 291/292

Population: People in transition, metropolis, USA, 1969

Sample:

Non-Response:

N: 216

Correlate

Authors label: Mental health: complexity (2)

Our classification: Personality differentiation, code P3.1

Measurement: Resource-deficit configuration: the high/high combination is the most "complex", the low/low combination the most "simple".

1. Resources (aspects of positive mental health): 13 characteristics, such as familial mutuality, insight, competence, self-satisfaction, etc. rated on the basis of an interview protocol.
2. Deficits (aspects of negative mental health): 5 ratings of mental impairment based on scores on a symptom inventory and analysis of the interview protocol.

Both resource level and deficit levels were divided in three categories: high, middle, low. This allowed nine combinations: high/high, high/middle,low/low.

Observed Relation with Happiness

*Happiness Measure**Statistics Elaboration/Remarks*A-BB/cw/mq/v/4/aSNR=+

Resource/deficit combinations in order of happiness:

most happy:	medium/low
second happy:	high/low
third happy:	low/low
least happy(ninth):	medium/medium

Resource/deficit combinations characteristic of the happiest among:

high school seniors	high/high
newly weds	medium/low
middle-aged parents	medium/low
preretirees	low/low

The correspondence of happiness and "complexity" in mental health declines with age.

Correlational finding on Happiness and Personality differentiation

Subject code: P3.1

Study TOBAC 1981

Reported in: Tobacyk, J
 Personality Differentiation, Effectiveness of Personality Integration and Mood in Female College Students.
 Journal of Personality and Social Psychology, 1981, Vol. 41, 348 - 356. ISSN 0022 3514
 Page in Report: 348

Population: Female undergraduate students, U.S.A., 198?

Sample:

Non-Response: 57 %

N: 31

Correlate

Authors label: Personality differentiation (2)

Our classification: Personality differentiation, code P3.1

Measurement: Index computed from individual scores on the Rod-and-Frame Test and the Embedded Figures Test. (see Witkin et al., 1954)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ASA/mp/mqr/v/10/a</u>	<u>r=+.05</u> <u>ns</u>	Unaffected by personality integration No hidden curvilinear relation

Correlational finding on Happiness and Personality integration

Subject code: P3.2

Study **BRAY 1983**

Reported in: Bray, D.W.; Howard, A.
The AT & T Longitudinal Studies of Managers.
Schaie, K.W.; Ed.: "Longitudinal Studies of Adult Psychological Development",
Guilford Press, 1983, New York, USA, 266 - 312 ISBN 0 898 621 313
Page in Report: 302

Population: 40+ aged male managers, Bell Telephone Company, 1978

Sample: Non-probability purposive-quota sample

Non-Response: Panel loss at T5 37%

N: 422

Correlate

Authors label: Adjustment (1)

Our classification: Personality integration, code P3.2

Measurement: Rating by 4 experts on the basis of multi-method assessments during stays in assessment-center..

Rater instruction: "To what extent has this person changed or adapted to his or her life situation in an emotionally healthy way?"

Assessed at T5.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-PL/c/rc/v/5/a	r=+.83	T5 adjustment by T5 happiness.

Correlational finding on Happiness and Personality integration

Subject code: P3.2

Study **GEHMA 1990A**

Reported in: Gehmacher, E.
Stressbewältigung und Selbstbestimmtheit. (Coping with Stress and Locus of Control).
Start uns Aufstieg, 1990, Vol. 3, 13 - 14 (Data also reported in IFES paper E76, Vienna, Austria 1988)
Page in Report: (14)

Population: Railway employees, Austria, 1988

Sample:

Non-Response: ?

N: 68

Correlate

Authors label: Sense of coherence (1)

Our classification: Personality integration, code P3.2

Measurement: 8 item index (Antonovsky 1979,1987)
 Typical items are:
 - life has meaning
 - no unusualevents happen to me
 - life is fair
 - control over emotions and thoughts

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/5/d</u>	<u>r=+.53</u> <u>p<.01</u>	

Correlational finding on Happiness and Personality integration

Subject code: P3.2

Study TOBAC 1981

Reported in: Tobacyk, J
 Personality Differentiation, Effectiveness of Personality Integration and Mood in Female College Students.
 Journal of Personality and Social Psychology, 1981, Vol. 41, 348 - 356. ISSN 0022 3514
 Page in Report: 348

Population: Female undergraduate students, U.S.A., 198?

Sample:

Non-Response: 57 %

N: 31

Correlate

Authors label: Effectiness of Personality ubtegration (1)

Our classification: Personality integration, code P3.2

Measurement: The modified 28-item form of the Ego Identity Incomplete Sentences Blank (ISB) (see Deldin, 1977)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ASA/mp/mqr/v/10/a</u>	<u>r=-.04 ns</u>	Unaffected by personal differentiation No hidden curvilinear relation

Correlational finding on Happiness and Personality integration

Subject code: P3.2

Study WESSM 1966/2

Reported in: Wessman, A.E.;Ricks, D.F.
Mood and Personality.
Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
Page in Report: 124

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60

Sample: Non-probability chunk sample

Non-Response: 37%: 9 dropouts, incomplete; about the same happiness distribution.

N: 17

Correlate

Authors label: Identity integrity (1)

Our classification: Personality integration, code P3.2

Measurement: Composite clinical rank order on identity diffusion vs identity integrity, measuring continuity vs discontinuity of past, present and future; integration vs lack of integration in interpersonal and work relationships; integration vs lack of integration of the total personality; and effectiveness vs ineffectiveness in self-definition and achievement of ends. The criteria were largely based on Erikson's discussion of identity. (See also under 'Erikson's Stages of Psychosocial Development'; P 1.4.1).

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.66</u>	
<u>a</u>	<u>p<.05</u>	

Correlational finding on Happiness and Personality integration

Subject code: P3.2

Study	WESSM 1966/2
<i>Reported in:</i>	Wessman, A.E.;Ricks, D.F. Mood and Personality. Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8 Page in Report: 124
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

Correlate

<i>Authors label:</i>	Personal maturity and integration (1)
<i>Our classification:</i>	Personality integration, code P3.2

Measurement: Composite clinical rank order ranging from 'most neurotic, regressed, disintegrated' to 'most secure, mature, integrated'.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/a</u>	<u>r=+.59</u> <u>p<.05</u>	

Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
<u>A-ARE/md/sqr/v/10/a</u>	<p>Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).</p> <p>"On the average, how happy or unhappy did you feel today....?"</p> <p>1 Extremely unhappy. Utterly depressed. Completely down. 2 Very unhappy. Depressed. Spirits very low. 3 Pretty unhappy. Somewhat 'blue'. Spirits down. 4 Mildly unhappy. Just a little low. 5 Barely unhappy. Just this side of neutral. 6 Barely happy. Just this side of neutral. 7 Mildly happy. Feeling fairly good and somewhat cheerful. 8 Pretty happy. Spirits high. Feeling good. 9 Very happy. Feeling really good. Elated. 10 Extremely happy. Feeling ecstatic, joyous, fantastic.</p> <p>Name: Wessman & Ricks' `Elation - Depression Scale" (adapted version)</p>

A-ASA/mp/mqr/
v/10/a

Selfreport on 16 questions, repeated three times a day during at least 33 successive days (experience sampling)

"How I feel now":

A Fullness vs. Emptiness of life (how emotionally satisfying, abundant or empty, your life felt today)

B Receptivity towards and Stimulation by the World (how interested and responsive you feel to what was going on around you)

C Social Respect vs. Social Contempt (how you feel about other people regard you, or feel about you, today)

D Personal Freedom vs. External Constraint (how much you feel you are free or not free to do as you want)

E Harmony vs. Anger (how well got along with, or how angry you feel toward, other people)

F Sociability vs. Withdrawal (how socially outgoing or withdrawn you feel now)

G Companionship vs. Being Isolated (the extent to which you feel emotionally accepted by, or isolated from other people)

H Love and Sex (the extent to which you feel loving and tender or sexually frustrated and unloving)

I Present Work (how satisfied or dissatisfied you are with your work)

J Thought Processes (how readily your ideas come and how valuable they seem)

K Tranquility vs. Anxiety (how calm or troubled you feel)

Impulse Expression vs. Self-restraint (how expressive and impulsive or internally restrained and controlled, you feel)

M Personal Moral Judgment (how self-approving or how guilty, you feel)

N Self-confidence vs. feeling of Inadequacy (how self-assured and adequate or helpless and inadequate you feel)

O Energy vs. Fatigue (how energetic or tired and weary you feel)

P Elation vs. Depression (how elated or depressed, happy or unhappy, you feel now)

Scoring: all items scored on 0 - 9 . (Rating scales not reported).

Summation: average

Name: Wessman & Rick's `Personal Feelings Scale'

A-BB/cw/mq/v/4/a

Selfreport on 11 questions:

"During the past few weeks, did you ever feel.....?"

A angry

B bored

C could not get going

D depressed

E lonely

F too busy

G uneasy

H exited

I on top of the world

J pleased

K proud

Answer options and scoring:

- yes = 1

- no = 0

Positive Affect Score (PAS): summed scores on H, I, J, K

Negative Affect Score (NAS): summed scores A, B, C, D, E, F, G

Affect Balance Score (ABS): PAS minus NAS

Possible range: -7 to +5

Name: Bradburn's 'Affect Balance Scale' (modified version)

M-PL/c/rc/v/5/a

Clinical rating by 4 experts on the basis of multi-method assessments during periodical stays in assessment center.

Rater instruction:

"To what extend does this person find pleasure in life at the present time.....?"

1 low

2

3 average

4

5 high

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

Selfreport on single question:

Taking your life as a whole now, are you.....?

5 very happy

4 quite happy

3 more happy than unhappy

2 more unhappy than happy

1 quite unhappy

Appendix 2: Statistics used

<i>Symbol</i>	<i>Explanation</i>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')</p> <p>Type: test statistic.</p> <p>Measurement level: Correlate: metric, Happiness: metric</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p>$r = 0$ « no correlation ,</p> <p>$r = 1$ « perfect correlation, where high correlate values correspond with high happiness values, and</p> <p>$r = -1$ « perfect correlation, where high correlate values correspond with low happiness values.</p>
SNR	Statistic Not Reported

Appendix 3: About the World Database of Happiness

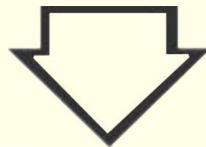
Structure of the collections

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.

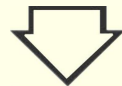
World literature on Happiness

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

<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>
P3 PERSONALITY: CURRENT ORGANIZATION	M7 MENTAL HEALTH
P3 PERSONALITY: CURRENT ORGANIZATION	P1 PERSONALITY: HISTORY
P3 PERSONALITY: CURRENT ORGANIZATION	P5 PERSONALITY: LATER
P3 PERSONALITY: CURRENT ORGANIZATION	M14.2 Current motivation
P3.1 Personality differentiation	A2 ACTIVITY: PATTERN (what one does)
P3.1 Personality differentiation	I3.3.2.1 . field independence
P3.1 Personality differentiation	L7.2 Current life-goals
P3.1 Personality differentiation	V2.4.1 Diversity of values
P3.2 Personality integration	M7 MENTAL HEALTH
P3.2 Personality integration	P2.2 Current stage of development
P3.2 Personality integration	V2.4.2 Consonance of values
P3.2 Personality integration	W2 WISDOM

A report of the World Database of Happiness, Correlational Findings