### 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>S12</td>
<td>SPORTS</td>
<td>0</td>
</tr>
<tr>
<td>S12.1</td>
<td>Sports career</td>
<td>0</td>
</tr>
<tr>
<td>S12.1.1</td>
<td>Earlier involvement in sports</td>
<td>2</td>
</tr>
<tr>
<td>S12.1.2</td>
<td>Change involvement in sports</td>
<td>0</td>
</tr>
<tr>
<td>S12.1.4</td>
<td>Later involvement in sports</td>
<td>0</td>
</tr>
<tr>
<td>S12.2</td>
<td>Current involvement in sports</td>
<td>2</td>
</tr>
<tr>
<td>S12.2.1</td>
<td>Active involvement in sports</td>
<td>16</td>
</tr>
<tr>
<td>S12.2.2</td>
<td>Passive involvement in sports</td>
<td>7</td>
</tr>
<tr>
<td>S12.2.3</td>
<td>Skilledness in sports</td>
<td>2</td>
</tr>
<tr>
<td>S12.2.4</td>
<td>Kind of sport practiced</td>
<td>2</td>
</tr>
<tr>
<td>S12.3</td>
<td>Attitudes to sports</td>
<td>0</td>
</tr>
<tr>
<td>S12.3.1</td>
<td>Perceived usefulness of sports</td>
<td>4</td>
</tr>
<tr>
<td>S12.3.2</td>
<td>Satisfaction with sporting</td>
<td>3</td>
</tr>
<tr>
<td>Appendix 1</td>
<td>Happiness Items used</td>
<td></td>
</tr>
<tr>
<td>Appendix 2</td>
<td>Statistics used</td>
<td></td>
</tr>
<tr>
<td>Appendix 3</td>
<td>About the World Database of Happiness</td>
<td></td>
</tr>
<tr>
<td>Appendix 4</td>
<td>Further Findings in the World Database of Happiness</td>
<td></td>
</tr>
<tr>
<td>Appendix 5</td>
<td>Related Subjects</td>
<td></td>
</tr>
</tbody>
</table>

Cite as: Veenhoven, R.: Findings on SPORTS
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Correlational finding on Happiness and Earlier involvement in sports
Subject code: S12.1.1

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: (18)

Population: Railway employees, Austria, 1988

Sample:
Non-Response: ?

N: 68

Correlate

Authors label: Sport activity in childhood (1)

Our classification: Earlier involvement in sports, code S12.1.1

Measurement: Retrospective report of frequency of sporting and involvement in competition
0. seldom or never
1. one or two times a week
3. more often, but no competition
4. involved in sport-competition

Observed Relation with Happiness

Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=.11</td>
<td>1. M'=2.59</td>
</tr>
<tr>
<td></td>
<td>2. M'=2.70</td>
</tr>
<tr>
<td></td>
<td>3. M'=2.14</td>
</tr>
<tr>
<td></td>
<td>4. M'=2.44</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier involvement in sports
Subject code: S12.1.1

Study

GEHMA 1992B

Reported in: Gehmacher, E.
Sport, Gesundheit und Lebenszufriedenheit (Sport, Health and Life Satisfaction.)
Ehalt, H.C.; Weiss, O.; Eds.: "Sport zwischen Disziplienerung und Neuen Sozialen
Page in Report: 161

Population: Military men, cadres, Austria, 1989

Sample:

Non-Response:

N: 1350

Correlate

Authors label: Sporting in youth (1)

Our classification: Earlier involvement in sports, code S12.1.1

Measurement: Questions about sportactivities at age 14-20
0. no sport
1. some sport for pleasure or health
   (gymnastics, jogging)
2. regular condition sporting
3. regular achievement sporting

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLc/sq/n/5/a</td>
<td>rpc=ns</td>
<td>rpc controled for age, health, psychological coping capacity and current sporting.</td>
</tr>
</tbody>
</table>

Path analysis does not suggest that sporting in youth adds to happiness trough better health or psychological capacity.
Correlational finding on Happiness and Current involvement in sports
Subject code: S12.2

Study
OOSTE 2008

Reported in: Oosterhof, S.F.
Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch.)
Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands
Page in Report: 39

Population: 12+ aged, Netherlands, 2005
Sample: Probability multi-stage cluster sample
Non-Response: 11%
N: 2204

Correlate

Authors label: Sport
Our classification: Current involvement in sports, code S12.2
Measurement: Measure not reported
1 Not
2 Average
3 Above average

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>

Findings on Happiness and SPORTS

OR = ns

<table>
<thead>
<tr>
<th></th>
<th>UNHAPPY (vs happy)</th>
<th>VERY HAPPY (vs happy)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>observed</td>
<td>controlled</td>
</tr>
<tr>
<td>Above</td>
<td>0.72</td>
<td>0.84</td>
</tr>
<tr>
<td>Average</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Not</td>
<td>1.11</td>
<td>0.94</td>
</tr>
</tbody>
</table>

Control variables are:
- amount of hours of active hobbies
- situation
- family stage
- urban living environment
- self reported health
- self reported stress

Correlational finding on Happiness and Current involvement in sports
Subject code: S12.2

Study: WINKE 2006B

Page in Report: 20

Population: Employed, who fell unemployed, Germany 1984-2004

Sample: Probability stratified sample

Non-Response:

N: 5536

Correlate

Authors label: Active social life

Our classification: Current involvement in sports, code S12.2
**Measurement:** Attending at least once a week (yes or no) in:
- Cultural events
- Entertainment events
- Sport
- Visiting friend, relative
- Voluntary work
- Church services

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/11/d B=+ male</td>
<td>Attending cultural events</td>
<td>+,370 +,614</td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/d B=- female</td>
<td>Attending entertainment events</td>
<td>-,101 -,068</td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/d B=+ male</td>
<td>Sport</td>
<td>+,427 +,502</td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/d B=+ female</td>
<td>Visiting friend, relative</td>
<td>+,224 +,374</td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/d B=+ male</td>
<td>Engaging in voluntary work</td>
<td>+,155 +,186</td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/d B=+ female</td>
<td>Attending church services</td>
<td>+,212 +,350</td>
</tr>
</tbody>
</table>

B's controlled for:
- sex
- nationality
- age
- marital status
- education
- East/West-Germany

B denotes points difference in happiness on scale 0-10

---

**Correlational finding on Happiness and Active involvement in sports**
Subject code: S12.2.1

Study: AUSSE 2008


Population: 16-75 aged, Rotterdam, The Netherlands, 2007

Sample: Probability stratified sample

Non-Response:

N: 4420

Correlate

Authors label: participation in sportfacilities

Our classification: Active involvement in sports, code S12.2.1

Measurement:

Frequency of active sport participation a year
0: 0
1: 1-50
2: 51-100
3: 101-150
4: 151-200
5: 201-250
6: 251-300
7: 301-365

Remarks: Included were sportcentra, tenniscourts, swimmingpools etc.

Observed Relation with Happiness

Happiness Measure

Statistics Elaboration/Remarks

O-HL/u/sq/v/4/ab r=+.06 N=2694
p<.01

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study

*BOELH 1999*

*Reported in:* Boelhouwer, J.; Stoop, I.
Measuring Well-Being in the Netherlands.
Social Indicators Research, 1999, Vol. 48, 51 - 75 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006931028334
Page in Report: 62

*Population:* 18+ aged, general public, The Netherlands, 1974-1997

*Sample:* Probability sample (unspecified)

*Non-Response:*  
N: 3500

Correlate

*Authors label:* Sport participation (1)

*Our classification:* Active involvement in sports, code S12.2.1

*Measurement:* Sport participation?
1 no sports
2 one sport
3 two sports
4 three sports
5 four sports
6 five sports

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/u/sq/v/5/a</td>
<td>r=+.10</td>
<td>1993</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>
## Correlational finding on Happiness and Active involvement in sports

**Subject code: S12.2.1**

### Study

**BOELH 1999**


*Population:* 18+ aged, general public, The Netherlands, 1974-1997

*Sample:* Probability sample (unspecified)

*Non-Response:*

*N:* 3500

### Correlate

**Authors label:** Number of times a week sporting (1)

**Our classification:** Active involvement in sports, code S12.2.1

**Measurement:**

- Number of times sporting a week
  - 1 no sport participation
  - 2 once a week
  - 3 twice a week

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/u/sq/v/5/a</td>
<td>r=+.13</td>
<td>1997</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>

## Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study | BRADB 1965/1

Reported in: Bradburn, N.M.; Caplovitz D. 
Aldine Publishing Company, 1965, Chicago, USA 
Page in Report: 49

Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

Sample:
Non-Response: -
N: 2006

Correlate

Authors label: Participating in games or sports activities (1)
Our classification: Active involvement in sports, code S12.2.1
Measurement: Closed question: not at all / once / several times / every day / more than once a day, during last week.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mg/v/4/e</td>
<td>G = +</td>
<td>Index of Positive Affects : $G' = +.15$ (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Males : $G' = +.20$ (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Females : $G' = +.10$ (01)</td>
</tr>
</tbody>
</table>

Unrelated to Index of Negative Affects.

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study | BRUNI 2006
Findings on Happiness and SPORTS


Population: Adults, 80 counties, 1990-2004

Sample: Mixed samples

Non-Response:

N: 259947

Correlate

Authors label: Voluntary activities

Our classification: Active involvement in sports, code S12.2.1

Measurement: Kind of voluntary organizations actively involved in:
- a: church, religious
- b: sports, recreation
- c: arts, music, educational
- d: labor union
- e: political party
- f: environmental
- g: professional
- h: charity

0: no
1: yes

Measured Values: Range 0-1 a: M= 0.13, SD=0.33 b: M= 0.10, SD=0.30 c: M= 0.07, SD=0.25 d: M= 0.04, SD=0.19 e: M= 0.04, SD=0.19 f: M= 0.03, SD=0.17 g: M= 0.04, SD=0.20 h: M= 0.06, SD=0.23

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-SLW/c/sq/n/10/a | B=+1.4 | Church B: 1,41, t: 6,03
p<.05

O-SLW/c/sq/n/10/a | B=+0.95 | Sports B: 0.95, t: 4,21
p<.05
<table>
<thead>
<tr>
<th>Organization</th>
<th>B</th>
<th>p</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts</td>
<td>1.43</td>
<td>&lt;.05</td>
<td>5.69</td>
</tr>
<tr>
<td>Labor union</td>
<td>1.41</td>
<td>ns</td>
<td>6.03</td>
</tr>
<tr>
<td>Politics</td>
<td>0.95</td>
<td>ns</td>
<td>4.21</td>
</tr>
<tr>
<td>Environment</td>
<td>0.65</td>
<td>ns</td>
<td>1.61</td>
</tr>
<tr>
<td>Professional</td>
<td>0.35</td>
<td>ns</td>
<td>1.13</td>
</tr>
<tr>
<td>Charity</td>
<td>1.78</td>
<td>&lt;.05</td>
<td>6.13</td>
</tr>
</tbody>
</table>

B's controlled for:
- member of any voluntary organization
- active in any voluntary organization
- income
- self rated health
- perceived freedom
- unemployed
- married
- education
- age
- gender
- religion perceived as important
- trust in people
- honesty (cheating on tax justifiable or not)
- individual country dummies
- time dummies for survey waves

B's estimated individually in separate equations (model a)
Not different when estimated jointly (models c and d)

B is points greater happiness on range 10-100 of people who participate in that kind of organization

---

**Correlational finding on Happiness and Active involvement in sports**

**Subject code: S12.2.1**
Findings on Happiness and SPORTS

Study BULAT 1973

Reported in: Bulatao, R.A.
Measures of Happiness among Manila Residents.
Philippine Sociological Review, 1973, Vol. 21, 229 - 238
Page in Report: 232

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample:
Non-Response: -
N: 941

Correlate

Authors label: Participating in sports (1)

Our classification: Active involvement in sports, code S12.2.1

Measurement: Closed question: not at all / once / more than once in the past week.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| C-BW/c/sq/l/11/a  | G = +      | Males : G = +.19
|                   |            | Females : G = +.24  |
| O-HL/c/sq/v/3/f   | G = +      | Males : G = +.06
|                   |            | Females : G = +.46  |

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study GEHMA 1990A
Findings on Happiness and Sports


Population: Railway employees, Austria, 1988

Sample:

Non-Response: ?

N: 68

Correlate

Authors label: Current sporting (1)

Our classification: Active involvement in sports, code S12.2.1

Measurement:
0. no sporting
1. some or much

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/d</td>
<td>r=+.15</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study: GEHMA 1992B


Population: Military men, cadres, Austria, 1989
Correlate

Authors label: Current sporting (1)

Our classification: Active involvement in sports, code S12.2.1

Measurement: Questions about current sport activities
0. no sport
1. some sport for pleasure or health (gymnastics, jogging)
2. regular condition sporting
3. regular achievement sporting

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/c/sq/n/5/a</td>
<td>DM=+</td>
<td>0. M=3.14</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>1. M=3.19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. M=3.29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. M=3.28</td>
</tr>
</tbody>
</table>

O-SLu/c/sq/n/5/a   rpc= ns  rcp controled for age, health, coping capacity and sporting in youth.

Path-analysis suggests that current sporting does not affect happiness directly, but fosters it slightly through effects on health (+.08) and coping capacity (+.02).

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1
## Findings on Happiness and SPORTS

### Study LINN 1986

*Reported in:* Linn, L.S.; Yager, J.; Dennis, W.; Cope, W.; Leake, B. Factors Associated With Life Satisfaction Among Practicing Internist. Medical Care, 1986, Vol. 24, 830 - 837. ISSN p 0125 7079; ISSN e 1537 1948

*Page in Report:* 834

*Population:* Physicians, California, USA, 1984

*Sample:* Probability simple random sample

*Non-Response:* 

<table>
<thead>
<tr>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>211</td>
</tr>
</tbody>
</table>

### Correlate

*Authors label:* Health habits

*Our classification:* Active involvement in sports, code S12.2.1

*Measurement:* Selfreported of typical behaviors in the past 6 month to make one feel better:
- Jogging, running, swimming, golfing or other strenuous exercise for 15 minutes or more
Rated 1: never to 6 daily

*Measured Values:* M = 4.21

### 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/v/7/a</td>
<td>r=+.07</td>
<td>ns</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Active involvement in sports**

**Subject code:** S12.2.1

### Study MIELK 1997

Findings on Happiness and SPORTS

Reported in: Mielke, C.
Dissertation, University of Cologne, Medical Faculty, 1997, Germany
Page in Report: 43

Population: 16+ aged, general public, non institutionalized, Germany, 1990-91

Sample: Probability systematic sample

Non-Response: onknown

N: 6000

Correlate

Authors label: involvement in sports (1)

Our classification: Active involvement in sports, code S12.2.1

Measurement: frequency of involvement in sports:
  daily
  
  
  
  
  never

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-SLP/c/sq/l/11/a | D%=18 | %satisfied with life:
daily: 66
never: 48

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study NOELL1977/11
Findings on Happiness and SPORTS

Reported in: Noelle-Neumann, E.
Politik un Glück. (Politics and Happiness).
Baier, H.; Ed.: "Freiheit und Sachzwang", West Deutscher Verlag, 1977, Opladen, Germany, 208 - 262. ISBN 3 531 11 44 68
Page in Report: 235

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:

Non-Response:

N: 890

Correlate

Authors label: Sports activity (1)
Our classification: Active involvement in sports, code S12.2.1
Measurement: Single direct question on sports played in the last 12 months:
3 often
2 sometimes
1 not

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
A-CA/mh/ri/v/2/b D%/+ In both categories the cheerfull claim more sport activities
Exceptions:
- young 55% sometimes
- pensioners 65% sometimes

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study PERNE 2004
Findings on Happiness and SPORTS

Reported in: Perneger, T.V.; Hudelson, P.M.; Bovier, P.A.
Health and Happiness in Young Swiss Adults.
Quality of Life Research, 2004, Vol. 13, 171 - 178. ISSN 0962 9343 DOI:10.1023/B:QURE.0000015314.97546.60
Page in Report: 174

Sample: Probability simple random sample
Non-Response: 36%
N: 1257

Correlate

Authors label: Practices sports once per week or more often
Our classification: Active involvement in sports, code S12.2.1
Measurement:
1- No
2- Yes

Measured Values: 1: 29,9%, 2: 69,8

Observed Relation with Happiness

Happiness Measure      Statistics   Elaboration/Remarks
M-TH/cm/sq/v/5/a        D%==+         % happy (all or most of the time)
p<.001                   1: 53,3
                              2: 67,2

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study SCHUL 1985B

Reported in: Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.
Lebensqualität in Österreich. (Quality-of-Life in Austria).
Research paper nr 10/1, Institut für Soziologie, University of Vienna, 1985, Austria
Page in Report: 52,54
Findings on Happiness and Sports

Population: Adults, non-institutionalized, Austria, 1984

Sample:
Non-Response: ?
N: 1776

Correlate

Authors label: Physical fitness activities (1)
Our classification: Active involvement in sports, code S12.2.1
Measurement: Direct question: "Do you undertake physical fitness activities at least weekly? No, I have sufficient physical movement/No/Yes".

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-Sum/c/mq/v/5/a</td>
<td>r=+.13</td>
<td></td>
</tr>
<tr>
<td>O-Sum/c/mq/v/5/a</td>
<td>Beta=+.07</td>
<td>Ø controlled for: gender, age, community size, education, professional status, marital status, income, body weight, healthy eating habits, weight control, alcohol consumption, psychosomatic complains, illness and satisfaction with health.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Active involvement in sports

Subject code: S12.2.1

Study

Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 34

Population: Adult, general public, Toledo, Ohio, USA, 1973
Findings on Happiness and SPORTS

Sample:
Non-Response: 46%
N: 510

Correlate

Authors label: Playing sports (1)
Our classification: Active involvement in sports, code S12.2.1
Measurement: Question: infrequently or never / some / frequently.

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/3/a</td>
<td>G = +.10</td>
<td>Males: G = +.07 (ns)</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>Females: G = +.16 (ns)</td>
</tr>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G = +.14</td>
<td>Males: G = +.04 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = +.24 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study
SONDE 1975

Page in Report:

Population: 40-60 aged male employees, Rotterdam, The Netherlands, 197?
Sample:
Non-Response: 5%
N: 13
Findings on Happiness and SPORTS

Correlate

Authors label: Actual sporting (1)

Our classification: Active involvement in sports, code S12.2.1

Measurement: Single direct question:
0 No
1 Yes

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/q/sq/v/2/a</td>
<td>G =+.07</td>
<td>ns</td>
</tr>
<tr>
<td>M-FH/q/sq/v/2/a</td>
<td>G =+.07</td>
<td>ns</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Active involvement in sports
Subject code: S12.2.1

Study

WASHB 1941

Page in Report: 283

Population: Female college students, New York, USA, 194?

Sample:

Non-Response: -

N: 238

Correlate

Authors label: Playing sports (1)
Findings on Happiness and SPORTS

Our classification: Active involvement in sports, code S12.2.1

Measurement:
0 No sports
1 Sports

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measure Statistics Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-CO/?/?q/?/0/a SNR=+ p&lt;.s L-shaped curve: significant relationship among the more unhappy students only.</td>
</tr>
<tr>
<td>M-CO/?/?q/?/0/a D%=+ p&lt;.s L-shaped curve: significant relationship among the more unhappy students only.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Passive involvement in sports
Subject code: S12.2.2

Study BRADB 1965/1


Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

Sample:
Non-Response: -
N: 2006

Correlate

Authors label: Attending games or sports activities (1)

Our classification: Passive involvement in sports, code S12.2.2
**Measurement:** Closed question: not at all / once / several times / every day / more than once a day during last week.

## Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/4/e</td>
<td>G = +</td>
<td>Index of Positive Affects: $G' = +.19$ (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Unaffected by sex</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- High S.E.S. : $G' = +.15$ (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Low S.E.S. : $G' = +.07$ (ns)</td>
</tr>
</tbody>
</table>

Unrelated to Index of Negative Affects.

## Correlational finding on Happiness and Passive involvement in sports

**Subject code: S12.2.2**

**Study**

- **Snyder, E.E.; Spreitzer, E.A.**
  - Involvement in Sports and Psychological Well-Being.
  - Page in Report: 34

- **Population:** Adult, general public, Toledo, Ohio, USA, 1973

- **Sample:**
  - Non-Response: 46%
  - N: 510

**Correlate**

- **Authors label:** Watching sports (1)
- **Our classification:** Passive involvement in sports, code S12.2.2
- **Measurement:** Question: infrequently or never / some-times / frequently
Table 1: Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SLL/c/sq/v/3/a   | G = +.20   | Females: G = +.30 (05)  
|                   |            | Males: G = +.15 (ns)  |
| O-HL/u/sq/v/3/a    | G = +.19   | Males: G = +.08 (ns)  
|                   |            | Females: G = +.33 (01) |

Table 2: Correlational finding on Happiness and Passive involvement in sports

Correlational finding on Happiness and Passive involvement in sports
Subject code: S12.2.2

Study
SNYDE 1974

Reported in:
Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 34

Population:
Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Correlate

Authors label: Talking about sports (1)
Our classification: Passive involvement in sports, code S12.2.2
Measurement: Question: infrequently or never / sometimes / frequently

Table 1: Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SLL/c/sq/v/3/a   | G = +.20   | Females: G = +.30 (05)  
|                   |            | Males: G = +.15 (ns)  |
| O-HL/u/sq/v/3/a    | G = +.19   | Males: G = +.08 (ns)  
|                   |            | Females: G = +.33 (01) |

Correlational finding on Happiness and Passive involvement in sports
Subject code: S12.2.2

Study

SNYDE 1974

Reported in: Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 34

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Correlate

Authors label: Reading sports page (1)

Our classification: Passive involvement in sports, code S12.2.2

Measurement: Question: not at all / sometimes / thoroughly

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/3/a</td>
<td>G = +</td>
<td>Males : G = +.26 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females : G = +.29 (05)</td>
</tr>
</tbody>
</table>
Findings on Happiness and SPORTS

\[ G = + \]

Males : \( G = +.13 \) (ns)
Females : \( G = +.28 \) (05)

Correlational finding on Happiness and Passive involvement in sports
Subject code: S12.2.2

Study

Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 34

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%

\( N: 510 \)

Correlate

Authors label: Subscribe/read sports magazines (1)

Our classification: Passive involvement in sports, code S12.2.2

Measurement: Question: yes / no

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-HL/u/sq/v/3/a    | \( G = + \) ns | Males : \( G = +.01 \) (ns)  
Females : \( G = +.19 \) (ns) |
| O-SLL/c/sq/v/3/a   | \( G = + \) ns | Males : \( G = +.11 \) (ns)  
Females : \( G = +.25 \) (ns) |
### Correlational finding on Happiness and Passive involvement in sports
**Subject code: S12.2.2**

**Study**  
*SNYDE 1974*  

*Reported in:* Snyder, E.E.; Spreitzer, E.A.  
*Involvement in Sports and Psychological Well-Being.*  
*Page in Report: 32*

*Population:* Adult, general public, Toledo, Ohio, USA, 1973

*Sample:*

*Non-Response:* 46%  
*N:* 510

### Correlate

*Authors label:* Behavioral involvement in sports (1)  

*Our classification:* Passive involvement in sports, code S12.2.2  

*Measurement:* 5-item index of questions on playing sports, watching sports, talking about sports, reading sports page, and subscribe/read sportsmagazines.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SSL/c/sq/v/3/a   | G = +.23   | Stronger among females.  
|                   |            | Lower among males.     |
| O-HL/u/sq/v/3/a    | G = +.24   | Stronger among females.  
|                   |            | Lower among males.     |

### Correlational finding on Happiness and Passive involvement in sports
**Subject code: S12.2.2**
### Findings on Happiness and SPORTS

**Study**  
**SNYDE 1974**

*Reported in:* Snyder, E.E.; Spreitzer, E.A.  
Involvement in Sports and Psychological Well-Being.  
Page in Report: 32

*Population:* Adult, general public, Toledo, Ohio, USA, 1973

*Sample:*  
Non-Response: 46%  
N: 510

**Correlate**

*Authors label:* Knowledge about sports (1)  
*Our classification:* Passive involvement in sports, code S12.2.2

*Measurement:* Measurement by having respondents match a 12-item list of famous sports personalities with their appropriate sports sphere.

### 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/3/a</td>
<td>G = +.07</td>
<td></td>
</tr>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G = +.07</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Skilledness in sports  
**Subject code:** S12.2.3

**Study**  
**WEBB 1915/1**

*Reported in:* Webb, E.  
Character and Intelligence. An Attempt at an Exact Study of Character.  
Cambridge University Press, 1915, London, UK  
Page in Report: 26
Findings on Happiness and SPORTS

Population: Male college students, England, 1912

Sample:

Non-Response: -

N: 194

Correlate

Authors label: Athletics (1)

Our classification: Skilledness in sports, code S12.2.3

Measurement: Rating of skill in and devotion to athletics on 7-point scales by (student) captains of various athletic clubs and by a staff member.

Observed Relation with Happiness

Happiness Measure       Statistics  Elaboration/Remarks
A-CP/q/rdp/ro/7/a        r=+.39

Correlational finding on Happiness and Skilledness in sports
Subject code: S12.2.3

Study WEBB 1915/2


Sample:

Non-Response: -

N: 140
Correlate

Authors label: Athletics (1)

Our classification: Skilledness in sports, code S12.2.3

Measurement: Class-master rating of skill in and devotion to athletics on a 7-point scale on the basis of observation during 6 months.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/rdt/ro/7/a</td>
<td>r=+0.30</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Kind of sport practiced

Subject code: S12.2.4

Study

Reported in: Snyder, E.E.; Kivlin, J.E.
Page in Report: 195

Population: Female athletes and controls, USA, 197?

Sample:

Non-Response: Sample II: 35%

N: 603

Correlate

Authors label: Being an athlete (1)

Our classification: Kind of sport practiced, code S12.2.4
**Measurement:**

0. Controls: a class of sociology students.

1. Athletes: participants in National Championship or Olympic tryout in 1972.

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/4/a</td>
<td>G = +.39</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/c</td>
<td>G = +.32</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/d</td>
<td>G = +.32</td>
<td>p &lt; .01</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Kind of sport practiced**  
**Subject code: S12.2.4**

**Study**  
SNYDE 1975

**Reported in:** Snyder, E.E.; Kivlin, J.E.  
Women Athletes and Aspects of Psychological Well-Being and Body Image.  
Page in Report: 197

**Population:** Female athletes and controls, USA, 197?

**Sample:**

Non-Response: Sample II: 35%

N: 603

**Correlate**

**Authors label:** Being a gymnast (1)

**Our classification:** Kind of sport practiced, code S12.2.4
**Findings on Happiness and SPORTS**

*Measurement:
- 0. Basketball players
- 1. Gymnasts

**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/g/sq/v/4/a</td>
<td>G = +.17</td>
<td>Computed for athletes only.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/c</td>
<td>G = +.12</td>
<td>Computed for athletes only.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/d</td>
<td>G = +.22</td>
<td>Computed for athletes only.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Perceived usefulness of sports**

**Subject code: S12.3.1**

**Study**

*Reported in:* Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 35

*Population:* Adult, general public, Toledo, Ohio, USA, 1973

*Sample:
- Non-Response: 46%
- N: 510

**Correlate**

*Authors label:* Sports seen as a way to relax (1)

*Our classification:* Perceived usefulness of sports, code S12.3.1

*Measurement: Question: disagree / not sure / agree*
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G = + ns</td>
<td>Males: G = +.06 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = +.13 (ns)</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G = + ns</td>
<td>Males: G = +.15 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = +.08 (ns)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Perceived usefulness of sports
Subject code: S12.3.1

Study
SNYDE 1974

Reported in: Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 35

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Correlate

Authors label: Sports seen as a waste of time (1)
Our classification: Perceived usefulness of sports, code S12.3.1
Measurement: Question: disagree / not sure / agree

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and Sports

<table>
<thead>
<tr>
<th>Correlational finding on Happiness and Perceived usefulness of sports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Subject code: S12.3.1</strong></td>
</tr>
</tbody>
</table>

**Study**

*SNYDE 1974*

*Reported in:* Snyder, E.E.; Spreitzer, E.A.

Involvement in Sports and Psychological Well-Being.


*Page in Report: 35*

*Population:* Adult, general public, Toledo, Ohio, USA, 1973

*Sample:*

*Non-Response:* 46%

*N:* 510

**Correlate**

*Authors label:* Sports seen as help against worries and pressures of the day (1)

*Our classification:* Perceived usefulness of sports, code S12.3.1

*Measurement:* Question: disagree / not sure / agree

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G = +ns</td>
<td>Males : G = +.02 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females : G = +.03 (ns)</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Perceived usefulness of sports
Subject code: S12.3.1

Study

Page in Report: 32

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:

Non-Response: 46%
N: 510

Correlate

Authors label: Affective involvement in sports (1)
Our classification: Perceived usefulness of sports, code S12.3.1
Measurement: 4-item index of agree/disagree statements on sports are a way to relax, sports are a waste of time, little satisfaction received from sports and sports are a help against worries and pressures. Question: disagree / not sure / agree

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G = +.16</td>
<td>Unaffected by sex</td>
</tr>
</tbody>
</table>
Findings on Happiness and SPORTS

Stronger among males
Lower among females

Correlational finding on Happiness and Satisfaction with sporting
Subject code: S12.3.2

Study SHICH 1984


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

Sample:

Non-Response: 5.9 %

N: 217

Correlate

Authors label: Satisfaction derived from sports (1)

Our classification: Satisfaction with sporting, code S12.3.2

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

Observed Relation with Happiness

Happiness Measure

Statistics Elaboration/Remarks

O-SLu/u/sq/v/4/a  r= .18 dissatisfaction

Correlational finding on Happiness and Satisfaction with sporting
Subject code: S12.3.2

Findings on Happiness and SPORTS

Study
SNYDE 1974

Reported in: Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 35

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Correlate

Authors label: Satisfaction from sports (1)
Our classification: Satisfaction with sporting, code S12.3.2
Measurement: Question whether one receives little satisfaction from sports: disagree / not sure / agree.

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/3/a</td>
<td>G = -</td>
<td>Males : G = -.33 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females : G = -.25 (ns)</td>
</tr>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G = -.25 (ns)</td>
<td>Unaffected by sex</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Satisfaction with sporting
Subject code: S12.3.2

Study
SNYDE 1974
Findings on Happiness and SPORTS

Reported in: Snyder, E.E.; Spreitzer, E.A.
Involvement in Sports and Psychological Well-Being.
Page in Report: 35

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Correlate

Authors label: Little satisfaction received from sports (1)
Our classification: Satisfaction with sporting, code S12.3.2
Measurement: Question: disagree / not sure / agree

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G = -0.25</td>
<td>Unaffected by sex</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G = -</td>
<td>Males G = +0.02 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females G = -0.25 (ns)</td>
</tr>
</tbody>
</table>

Appendix 1: Happiness Items used

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

Findings on Happiness and SPORTS

A-AOL/g/sq/v/4/a Selfreport on single question:
"......generally feel in good spirits...
(Full text not reported)
4 most of the time
3 much of the time
2 some of the time
1 seldom.

A-BB/cw/mq/v/4/e Selfreport on 9 questions:
We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week.

How often last week did you feel .....?
A On the top of the world
B Very lonely or remote from other people
C Particularly excited or interested in something
D Depressed or very unhappy
E Pleased about having accomplished something
F Bored
G Proud because someone complimented you on something you had done
H So restless you couldn't sit long in a chair
I Vaguely uneasy about something without knowing why

Answer options:
0 not at all
1 once
2 several times
3 often

Summation:
Positive Affect Score (PAS): summed scores on A, C, E, G
Negative Affect Score (NAS): summed scores on B, D, F, H, I
Affect Balance Score (ABS): PAS minus NAS

Possible range: -15 tot +12

Name: Bradburn's `Affect Balance Scale' (modified version)
Findings on Happiness and SPORTS

Interviewer-rating of cheerfulness:

Altogether the respondent looks.....
2 quite cheerfull
1 not too cheerful
- difficult to say

Part of the 8 item Allensbacher Ausdrücktest which also involves ratings of cheerful appearance in: look, mouth, posture, movements, eyes, elbows and lips. This general rating is the last item in the test.

Peer rating on single question (based on contact during 6 months):

Rater instruction: "personal qualities are named and briefly annotated in this schedule. If you have any doubt as to the meaning of any of them, please ask me (investigator)
2. In the columns under each subject's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)
+3 very high compared to average
+2 distinctly above average
+1 slightly above average
0 average
-1 slightly below average
-2 distinctly below average
-3 lowest as compared to average

Teacher rating on single question:

1 Personal qualities are named and briefly annotated in this schedule.
2. In the columns under each pupil's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)
+3 very high compared to average
+2 distinctly above average
+1 slightly above average
0 average
-1 slightly below average
-2 distinctly below average
-3 lowest as compared to average
C-BW/c/sq/l/11/a

Selfreport on single question:

"Here is a picture of a ladder. Suppose we say that the top of
the ladder represents the best possible life for you and the
bottom represents the worst possible life for you. Where on the ladder do you feel you
personally stand at the present time?"
[ 10 ] best possible life
[ 9 ]
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ]
[ 0 ] worst possible life

Preceded by 1) open questions about what the respondent imagines as the best
possible life and the worst possible life. 2) ratings on the ladder of one's life five years
ago and where on the ladder one expects to stand five years from now.

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

M-CO/?/?q/?/0/a

Selfreport on multiple questions:

Questions indicated both happiness and a sense of contentment and well-being (Full
questions not reported)

Summation: not reported

Name: `Happiness subtest' of Washburn's `Social Adjustment Scale'.

M-FH/g/sq/v/2/a

Selfreport on single question:

"Are you generally satisfied? "
2 yes
1 no

M-TH/cm/sq/v/5/a

Selfreport on single question:

During the past 4 weeks.... Have you been a happy person?
5 all of the time
4 most of the time
3 some of the time
2 a little of the time
1 none of the time

Item MH5 in SF-36 (Medical Outcome Study 36 item Short Form) version 2 (5-step
rating scale)
Findings on Happiness and SPORTS

M-TH/g/sq/v/4/c  Self report on single question:

"Find much happiness in life....?"
(Full lead item not reported)
4 most of the time
3 much of the time
2 seldom
1 never

M-TH/g/sq/v/4/d  Self report on single question:

".....very satisfied with life....."
(Full question not reported)
4 most of the time
3 much of the time
2 some of the time
1 seldom

O-DT/u/sq/v/7/a  Self report on single question:

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

Name: Andrews & Withey's `Delighted-Terrible Scale' (original version)

O-HL/c/sq/v/3/f  Self report on single question:

Considering everything that has happened to you recently, how would you say things are with you - would you say you are.....?
3 very happy
2 pretty happy
1 not too happy

O-HL/c/sq/v/5/d  Self report 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
Findings on Happiness and SPORTS

O-HL/u/sq/v/3/a  Selfreport on single question:

"Taking all together: how happy would you say you are? Would you say you are.....?"
3 very happy
2 pretty happy
1 not too happy

O-HL/u/sq/v/4/ab  Selfreport on single question:

taking all together, how happy would you say you are/
1 not happy at all
2 not too happy
3 happy
4 very happy

O-HP/u/sq/v/5/a  Selfreport on single question:

To what extend do you consider yourself a happy person....?  
5 very happy
4 happy
3 neither happy nor unhappy
2 not very happy
1 unhappy

O-SLL/c/sq/v/3/a  Selfreport on single question:

In general how satisfying do you find the way you are spending your life these days. 
Would you call it.....?
3 completely satisfying
2 pretty satisfying
1 not very satisfying

O-SLP/c/sq/l/11/a  Selfreport on single question:

"Some people seem to be quite happy and satisfied with their lives, while others seem quite unhappy and dissatisfied. Now look at this ladder (again). Suppose that a person who is entirely satisfied with his life would be at the top of the ladder and a person who is extremely dissatisfied with his life would be at the bottom of the ladder. Where would you put yourself on the ladder at the present stage of your life in terms of how satisfied or dissatisfied you are with your personal life?"

[ 10 ] entirely satisfied
[  9  ]
[  8  ]
[  7  ]
[  6  ]
[  5  ]
[  4  ]
[  3  ]
[  2  ]
[  1  ]
[  0  ] entirely dissatisfied
Name Cantril ladder rating (modified version)

O-SLu/c/sq/n/5/a Selfreport on single question:

All in all, are you currently satisfied with your life.......?
1 not satisfied
2
3
4
5 very satisfied
(Originally presented horizontally)

O-SLu/u/sq/v/4/a Selfreport on single question:

Overall, how satisfied are you with your life.....?
4 very satisfied
3 satisfied
2 dissatisfied
1 very dissatisfied.

O-SLW/c/sq/n/10/a Selfreport on single question:

All things considered, how satisfied are you with your life as-a-whole these days?
1 dissatisfied
2
3
4
5
6
7
8
9
10 satisfied

O-SLW/c/sq/n/11/d Selfreport on single question:

Taking all things together, how satisfied are you with your life these days? Please answer with the help of this scale. For instance, when you are totally satisfied with your life, please tick '10'. When you are totally unsatisfied with your life, please tick '0'. You may use all values in between to indicate that you are neither totally satisfied nor totally unsatisfied."
10 totally satisfied
9
8
7
6
5
4
3
2
1
Findings on Happiness and SPORTS

0 totally unsatisfied

O-Sum/c/mq/v/5/a Selfreport on 3 questions:

A When you consider your present life as-a-whole, would you say you are.....?
5 very happy
4 fairly happy
3 rather happy than unhappy
2 rather unhappy than happy
1 very unhappy
- DK/NA

B When you consider your present life as-a-whole, would you say you are.....?
5 very satisfied
4 fairly satisfied
3 rather satisfied than dissatisfied
2 rather dissatisfied than satisfied
1 fairly dissatisfied
- DK/NA

C How do you feel right now? Is your well-being.....?
5 very high
4 high
3 moderate
2 rather low
1 very low
- DK/NA

Summation: The summed scores were divided in three strata: low, medium and high quality of life
Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| B      | REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)  
Type: test statistic  
Measurement level: Correlate: metric, Happiness: metric  
Theoretical range: unlimited  
Meaning:  
B > 0 A higher correlate level corresponds with, on an average, higher happiness rating.  
B < 0 A higher correlate level corresponds with, on an average, lower happiness rating.  
B = 0 Not any correlation with the relevant correlate. |
| Beta   | (β) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)  
Type: test statistic.  
Measurement level: Correlates: all metric, Happiness: metric.  
Range: [-1; +1]  
Meaning:  
beta > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
beta < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
beta = 0 « no correlation.  
beta = +1 or -1 « perfect correlation.  
Remark:  
Mean of observations is subtracted from all observations if standardized. |
| D%     | DIFFERENCE in PERCENTAGES  
Type: descriptive statistic only.  
Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well. Happiness level: dichotomous  
Range: [-100; +100]  
Meaning: the difference of the percentages happy people at two correlate levels. |
| DM     | DIFFERENCE of MEANS  
Type: descriptive statistic only.  
Measurement level: Correlate: dichotomous, Happiness: metric  
Range: depending on the happiness rating scale of the author; range symmetric about zero.  
Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels. |
Findings on Happiness and SPORTS

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

Meaning:
G = 0 « no rank correlation
G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings.
G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.

ODDS RATIO
Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness level: dichotomous
Range: nonnegative unlimited

Meaning:
OR = 1 « no association at all;
OR = 0 or infinite « at least one level of the correlate allows an error-free prediction of the happiness.

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.

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

Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores. Under that conditions
rpc > 0 « a higher correlate level corresponds with a higher happiness rating,
rpc < 0 « a higher correlate level corresponds with a lower happiness rating,

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

Main Subjects | Subject Description | Number of Studies
---|---|---
A1 | ACTIVITY: LEVEL (how much one does) | 58

<table>
<thead>
<tr>
<th>Code</th>
<th>Category</th>
<th>Subcategory</th>
<th>Code</th>
<th>Category</th>
<th>Subcategory</th>
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### Appendix 5: Related Subjects

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<th>Subject</th>
<th>Related Subject(s)</th>
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<tbody>
<tr>
<td>S12.2.1 Active involvement in sports</td>
<td>A1.2.1 Physical activity</td>
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</table>

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