



Findings on Happiness & ACTIVITY PATTERN (what one does)

Correlate Code: A 2

Classification of Findings		Number of Studies on this Subject
Correlate Code	Correlate Name	
A 2	ACTIVITY PATTERN (what one does)	0
A 2.1	Activity career	0
A 2.1.1	Earlier activity pattern	0
A 2.1.2	Change in activity pattern	0
A 2.1.4	Later activity pattern	0
A 2.2	Current activity pattern	0
A 2.3	Attitudes to own activity pattern	1
A 2.3.1	Want for new activities	0
A 2.3.2	Satisfaction with activity-pattern	4
A 2.3.3	Time spend on disliked activities	2

- Appendix 1: Happiness queries used
- Appendix 2: Statistics used
- Appendix 3: About the World Database of Happiness
- Appendix 4: Further Findings in the World Database of Happiness
- Appendix 5: Related Topics

Cite as: Veenhoven, R.: Findings on Happiness & ACTIVITY PATTERN (what one does)
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands

Study	LUDWI 1970	Page in Report:	173
<i>Reported in:</i>	Ludwig, L.D. Intra- and interindividual relationships between elation-depression and desire for Journal of Personality, 1970, vol.38, p.167-176.		
<i>Population:</i>	University students, University of Wisconsin, USA, 196?		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	45		

Measured Correlate

<i>Class:</i>	Attitudes to own activity pattern	Code: A 2.3
<i>Measurement:</i>	Repeated closed question on to what extent one felt like doing exciting things during the day, rated each night on a 4-point scale for at least 20 days.	
<i>Measured Values:</i>		
<i>Error Estimates:</i>		
<i>Remarks:</i>		

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-ARE/md/sqr/v/10/	r=-.16 ns	Both variables measured daily during 20 days. The correlation concerns their mean scores over that period.

Study	BAKKE 1974	Page in Report:	27
<i>Reported in:</i>	Bakker, P. & Berg, N. van de Determinants and correlates of happiness. Unpublished thesis, 1974, Erasmus University Rotterdam, The Netherlands.		
<i>Population:</i>	20-65 aged, general public, The Netherlands, 1968		
<i>Sample:</i>			
<i>Non-Response:</i>	34% refusal and unattainable.		
<i>N:</i>	1552		

Measured Correlate

<i>Class:</i>	Satisfaction with activity-pattern Code: A 2.3.2
<i>Measurement:</i>	Closed question rated on an open graphic scale ranging from 'very dissatisfied' to 'very satisfied'.
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HP/g/sq/ol/7/a	G=+.56 p<.05	Lower among age 41-50 Stronger among high or low S. E. S., among medium educational level, among females and among the married.

Study	BECKE 1984	Page in Report:	1
<i>Reported in:</i>	Becker, J.W.; Vink, R. A comparison between the unemployed, disabled workers and the employed Rijswijk: Sociaal en Cultureel Planbureau, 1984		
<i>Population:</i>	18-64 aged, general public, The Netherlands, 1982		
<i>Sample:</i>	Probability multi-stage cluster sample		
<i>Non-Response:</i>	68-94%		
<i>N:</i>	465		

Measured Correlate

<i>Class:</i>	Satisfaction with activity-pattern	Code: A 2.3.2
<i>Measurement:</i>	Single question: "To what extent are you satisfied with your daily activities (work, school, homemaking)?" 0=very dissatisfied 1=dissatisfied 2=neither satisfied nor dissatisfied 3=satisfied 4=very satisfied	
<i>Measured Values:</i>	M=2.5296 SD=0.8835	
<i>Error Estimates:</i>		
<i>Remarks:</i>		

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-SLL/c/sq/v/5/a	r=+.56 p<.000	Working
	r=+.53 p<.000	unemployed
	r=+.39 p<.000	disabled

Study	HEADE 1981	<i>Page in Report:</i>
<i>Reported in:</i>	Headey, B. The Quality of Life in Australia Social Indicators Research, 1981, Vol. 9, 155-181	
<i>Population:</i>	Adults, general public, Australia 1978	
<i>Sample:</i>	Probability sample (unspecified)	
<i>Non-Response:</i>	not reported	
<i>N:</i>	679	

Measured Correlate

<i>Class:</i>	Satisfaction with activity-pattern Code: A 2.3.2
<i>Measurement:</i>	1 single question on satisfaction with: The way you spend your spare time; your non-working activities, scored on a 1-9 rating scale.
<i>Measured Values:</i>	M = 6.3 SD = 1.5
<i>Error Estimates:</i>	
<i>Remarks:</i>	Item scored on the same rating scale as the question on happiness.

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sqt/v/9/a	r=+.36 p<.001	Item scored on the same rating scale as the question on happiness.

Study	KENNE 1985	Page in Report:	108
<i>Reported in:</i>	Kennedy, L.W. & Mehra, A.N. Effects of social change on well-being : boom and bust in a western Canadian city Social Indicators Research, vol.17, 1985, p.101-113		
<i>Population:</i>	18+ aged, general public, Edmonton, Canada, 1977-84		
<i>Sample:</i>	Probability multi-stage cluster sample		
<i>Non-Response:</i>			
<i>N:</i>	3440 *)		

Measured Correlate

Class: Satisfaction with activity-pattern Code: A 2.3.2

Measurement: Question on satisfaction with things wanted to do;
Rated:

- 1. very dissatisfied
- .
- .
- 7. very satisfied

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-SLu/c/sq/n/7/b	Beta=+.0	Stepwise regression by age-group. age-group 17-25 Beta controlled for: - standard of living satisfaction - friendship satisfaction - family satisfaction - job satisfaction - neighbourhood satisfaction - financial better/worsen than year ago - health satisfaction - year of significant social change - education

Beta=+.0	age-group 26-45 Beta controlled for: - standard of living satisfaction - friendship satisfaction - family satisfaction - job satisfaction - health satisfaction - non work activities satisfaction - neighbourhood satisfaction - financial better/worse than year ago - sex - year of significant social change
Beta=+.0	age-group 45+ Beta controlled for: - standard of living satisfaction - health satisfaction - non work activities satisfaction - financial better/worse than year ago - job satisfaction - friendship satisfaction - family satisfaction - sex - year of significant social change

Study	CHASS 1980	Page in Report:	228 + 230
<i>Reported in:</i>	Chassie, M.B. & Bhagat, R.S. Role stress in working women: Differential effect on selected organizational Group & Organization Studies, 1980, vol.5, p.224-233		
<i>Population:</i>	Working women, USA, 197?		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	not reported		
<i>N:</i>	115		

Measured Correlate

Class: Time spend on disliked activities Code: A 2.3.3

Measurement: The absolute differences between actual time allocation in eight relevant roles and preferred time allocation for these roles. The roles being: employee, volunteer, wife, mother, housekeeper, student, committee member, leisure time pursuer (see also Andrews & Farris, 1972)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-SL?/?/sq/f/7/a	DM=-	High stress: Mt=5.6 Low stress: Mt=6.6
	r=-.20	
	rpc=-.20	Controlled for organizational commitment
	rpc=-.17	Controlled for total job satisfaction

Study	WESSM 1956	Page in Report:	212
<i>Reported in:</i>	Wessman, A.E. A psychological inquiry into satisfaction and happiness Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.		
<i>Population:</i>	21+ aged, general public, non-institutionalized, USA, 1946		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	2377		

Measured Correlate

Class: Time spend on disliked activities Code: A 2.3.3

Measurement: 2-item index on disliked activities and on amount of time spent doing these things.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/g/sq/v/3/c	G=-.18 p<.01	

Appendix 1 Queries on Happiness used in reported Studies

Happiness Query Code Full Text

A-ARE/md/sqr/v/10/b Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)

"On average; how elated or depressed, happy or unhappy you felt today....?"

10 Complete elation, rapturous joy and soaring ecstacy
 9 Very elated and in very high spirits. Tremendous delight and buoyancy
 8 Elated and in high spirits
 7 Feeling very good and cheerfull
 6 Feeling pretty good , "OK"
 5 Feeling a little bit low. Just so-so
 4 Spirits low and somewhat 'blue'
 3 Depressed and feeling very low.
 Definitely 'blue'
 2 Tremendously depressed.
 Feeling terrible, really miserable, "just awfull"
 1 Utter depression and gloom. Completely down.
 All is black and leaden. Wish it were all over.

Name: Wessman & Ricks' 'Elation - depression scale'

O-DT/u/sqt/v/9/a Selfreport on single question asked twice

'How do you feel about your life as a whole?'

1 terrible
 2 very unhappy
 3 unhappy
 4 mostly dissatisfied
 5 mixed feelings
 6 mostly satisfied
 7 pleased
 8 very pleased
 9 delighted

O-HL/q/sq/v/3/c Selfreport on single question:

"In general, how happy would you say you are....?"

3 very happy
 2 fairly happy
 1 not too happy

O-HP/q/sq/ol/7/a Selfreport on single question:

"Generally speaking are you a happy person.....?"

Responses were made on an open line scale, and were later coded in 7 categories:

1 very unhappy
 2
 3

4
5
6
7 very happy.

Original text in Dutch:

"Bent u over het algemeen een gelukkig mens?"

a zeer ongelukkig
b
c
d
e
f
g zeer gelukkig

O-SL?/?/sq/f/7/a

Selfreport on single question:

".....satisfaction with life....."
(full question not reported)

Responses scored pictorial faces scale consisting on several smilies, expressing variations from very unhappy to very happy.

(Pictures not presented here)
1 unhappy face
2
3
4 neutral face
5
6
7 happy face
(Pictures not presented here)

Name: Kunin's 'Faces Scale'

O-SLL/c/sq/v/5/a

Selfreport on single question:

"How satisfying do you find the life you currently lead.....?"

1 very satisfied
2 rather satisfied
3 satisfied
4 very satisfied
5 extremely satisfied

In Dutch:

"In hoeverre bent u tevreden met het leven dat u lop het ogenblik leidt.....?"

a niet zo tevreden
b tamelijk tevreden
c tevreden
d zeer tevreden
e buitengewoon tevreden

O-SLu/c/sq/n/7/b

Selfreport on single question:

"All in all, how satisfied are you with your life these days.....?"

- 1 very dissatisfied
- 2
- 3
- 4
- 5
- 6
- 7 very satisfied

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.

Appendix 2 **Statistics used in reported studies**

Symbol	Explanation
Beta	<p>(β) STANDARDIZED REGRESSION COEFFICIENT Type: test statistic. Measurement level: Correlates: all metric, Happiness: metric. Range: [-1 ; +1]</p> <p>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.</p>
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>
G	<p>GOODMAN & Kruskal's GAMMA Type: test statistic Measurement level: Correlate: ordinal, Happiness: ordinal Range: [-1; +1]</p> <p>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.</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>
rpc	<p>PARTIAL CORRELATION COEFFICIENT Type: test statistic Measurement level: Correlate: metric, Happiness: metric</p>

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

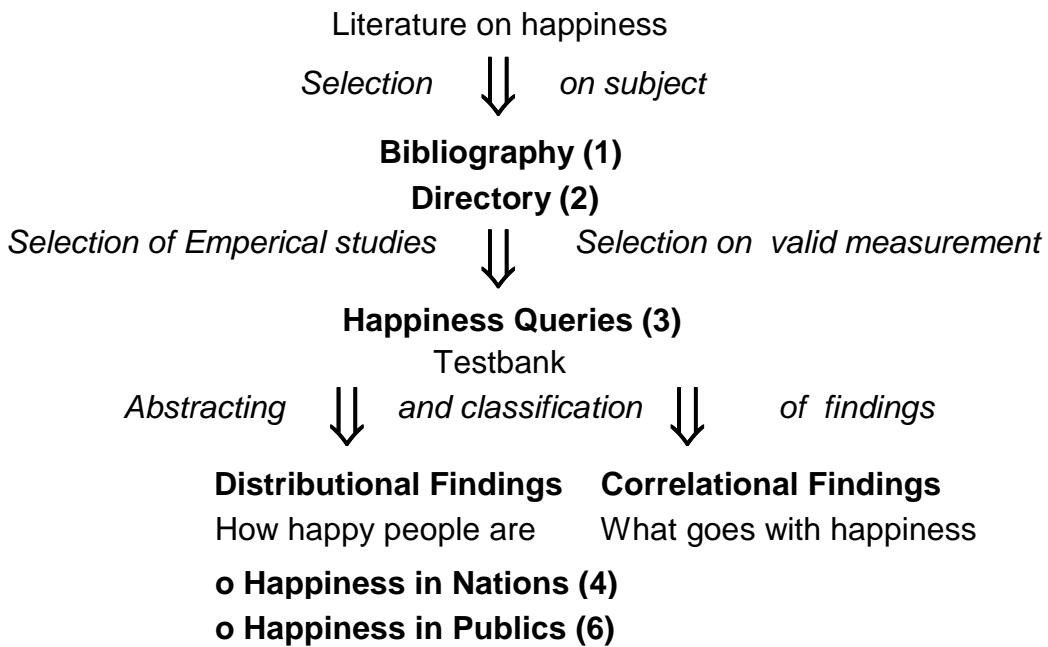
$rpc > 0$ « a higher correlate level corresponds with a higher happiness rating,
 $rpc < 0$ « a higher correlate level corresponds with a lower happiness rating,

On the web you will find a text explaining the statistics used in more detail. Go to:

www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm. This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

Appendix 3: About the World Database of Happiness

The World Database of Happiness is an ongoing register of scientific research on subjective appreciation of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic analysis. The research literature is processed as follows:



- 1 BIBLIOGRAPHY OF HAPPINESS Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
- 2 DIRECTORY OF INVESTIGATORS Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
- 3 CATALOG OF HAPPINESS QUERIES (testbank) Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
- 4 CATALOG OF HAPPINESS IN NATIONS Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
- 5 CATALOG OF HAPPINESS IN PUBLICS Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
- 6 CATALOG OF CORRELATIONAL FINDINGS Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

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

Main Category's	Category Name	Number of Studies in this Category
A 1	ACTIVITY LEVEL (how much one does)	53
A 2	ACTIVITY PATTERN (what one does)	7
A 3	AFFECTIVE LIFE	31
A 4	AGE	279
A 5	AGGRESSION	11
A 6	ANOMY	30
A 7	APPEARANCE (good looks)	8
A 8	ATTITUDES	4
A 9	AUTHORITARIANISM	4
B 3	BODY	66
C 1	CHILDREN 1:	4
C 10	CREATIVENESS	6
C 11	CULTURE (Arts and Sciences)	6
C 2	CHILDREN: WANT FOR (Parental aspirations)	6
C 3	CHILDREN: HAVING (parental status)	145
C 4	CHILDREN's CHARACTERISTICS	19
C 5	CHILDREN: RELATION WITH	8
C 6	CHILDREN: REARING (parental behavior)	11
C 7	COMMUNAL LIVING	1
C 8	CONCERNs	15
C 9	COPING	27
D 1	DAILY JOYS & HASSLES	4
E 1	EDUCATION	243
E 2	EMPLOYMENT	180
E 3	ETHNICITY	63
E 4	EXPRESSIVE BEHAVIOR	10
F 1	FAMILY OF ORIGIN (earlier family for adults, current for young)	195
F 2	FAMILY OF PROCREATION	42
F 3	FAMILY OF RELATIVES	145
F 4	FARMING	30
F 5	FREEDOM	24
F 6	FRIENDSHIP	123
G 1	GENDER	252
G 2	GRIEF	1
H 10	HOPE	3
H 11	HOUSEHOLD: COMPOSITION	90
H 12	HOUSEHOLD: WORK	10
H 13	HOUSING	75
H 2	HANDICAP	13

H 3	HAPPINESS: ATTITUDES	39
H 5	HAPPINESS CAREER	144
H 6	HAPPINESS: CURRENT LEVEL	260
H 8	HEALTH-BEHAVIOR	15
H 9	HELPING	4
I 1	INCOME	415
I 2	INSTITUTIONAL LIVING	28
I 3	INTELLIGENCE	63
I 4	INTERESTS	5
I 5	INTERVIEW	49
I 6	INTIMACY	70
L 1	LANGUAGE	1
L 10	LOCAL ENVIRONMENT	270
L 11	LOTTERY	7
L 12	LOVE-LIFE	26
L 2	LEADERSHIP	8
L 3	LEISURE	128
L 4	LIFE APPRAISALS: OTHER THAN HAPPINESS4	290
L 5	LIFE-CHANGE	26
L 6	LIFE-EVENTS	63
L 7	LIFE-GOALS	52
L 8	LIFE HISTORY	1
L 9	LIFE STYLE	4
M 1	MARRIAGE: MARITAL STATUS CAREER	32
M 10	MIGRATION: MIGRANT WORK	3
M 11	MILITARY LIFE	5
M 12	MODERNITY	5
M 13	MOOD	181
M 2	MARRIAGE: CURRENT MARITAL STATUS	315
M 3	MARRIAGE: RELATIONSHIP	99
M 4	MARRIAGE: PARTNER	34
M 5	MEANING	18
M 6	MEDICAL TREATMENT	49
M 7	MENTAL HEALTH	99
M 8	MIGRATION: OTHER COUNTRY	9
M 9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
N 1	NATIONALITY	5
N 2	NATION: TIME & PLACE	20
N 3	NATIONAL CHARACTER (modal personality)	2
N 4	NATION'S CONDITION	52
N 6	ATTITUDES TO THE NATION	111
N 7	LIVABILITY OF THE NATION	5
N 8	NUTRITION	18
O 1	OCCUPATION	133

O 2	ORGAN TRANSPLANTATION	11
P 1	PERSONALITY: HISTORY	44
P 10	POSSESSIONS	26
P 12	PROBLEMS	20
P 13	PSYCHO-SOMATIC COMPLAINTS	53
P 2	PERSONALITY: CHANGE	7
P 3	PERSONALITY: CURRENT ORGANIZATION	7
P 4	PERSONALITY: CURRENT TRAITS	392
P 5	PERSONALITY: LATER	23
P 6	PHYSICAL HEALTH	286
P 7	PLANNING	7
P 8	POLITICS	197
P 9	POPULARITY	22
R 1	RELIGION	198
R 2	RESOURCES	8
R 3	RETIREMENT	46
R 4	ROLES	13
S 1	SCHOOL	92
S 10	SOCIAL SUPPORT: RECEIVED	26
S 11	SOCIAL SUPPORT: Provided	3
S 12	SPORTS	32
S 13	STIMULANTS	33
S 14	SUICIDE	4
S 15	SUMMED EFFECTS ON HAPPINESS	71
S 2	SELF-IMAGE	193
S 3	SEX-LIFE	54
S 4	SLEEP	10
S 5	SOCIAL MOBILITY	16
S 6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	50
S 7	SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS	111
S 8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	25
S 9	SOCIAL STATUS (Socio-Economic Status)	140
T 1	TIME	27
T 2	THERAPY	9
T 3	TOLERANCE	37
V 1	VALUE CAREER	8
V 2	VALUES: CURRENT PREFERENCES (own)	49
V 3	VALUES: CLIMATE (current values in environment)	4
V 4	VALUES: SIMILARITY (current fit with others)	5
V 5	VICTIM	11
W 1	WAR	5
W 2	WORK CAREER	1
W 3	WORK CONDITIONS	34
W 4	WORK-ATTITUDES	313

W 5	WORK-PERFORMANCE (current)	6
W 6	WORRIES	27
X	UNCLASSIFIED	22

Appendix 5 *Related Topics*

<i>This Topic</i>		<i>Related Topics</i>	
<i>Classification Page 1</i>		<i>In Subject List on Appendix 4</i>	
A 2	ACTIVITY PATTERN (what one does)	T 1.4	Current time-usage
		O 1	OCCUPATION
		L 3.3.2	Specific leisure activities
A 2.1	Activity career		
A 2.1.1	Earlier activity pattern		
A 2.1.2	Change in activity pattern	R 3	RETIREMENT
A 2.1.4	Later activity pattern		
A 2.2	Current activity pattern		
A 2.3	Attitudes to own activity pattern		
A 2.3.1	Want for new activities		
A 2.3.2	Satisfaction with activity-pattern		
A 2.3.3	Time spend on disliked activities	L 4.4.1	Single domain evaluations

End of Report