



World Database of Happiness

Correlational Findings

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

Findings on Happiness & DAILY JOYS & HASSLES

Correlate Code: D 1

| Classification of Findings | | Number of Studies |
|-----------------------------------|-----------------------|--------------------------|
| <i>Correlate Code</i> | <i>Correlate Name</i> | <i>on this Subject</i> |
| D 1 | DAILY JOYS & HASSLES | 4 |

- 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
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| | | | |
|----------------------|--|------------------------|---------|
| Study | GORMA 1971 | <i>Page in Report:</i> | 216/222 |
| <i>Reported in:</i> | Gorman, B.S. A multivariate study of the relationship of cognitive control and cognitive style Unpublished doctoral dissertation, 1971, City University of New York, USA | | |
| <i>Population:</i> | Undergraduate students, Nassau Community College, USA, 1970 | | |
| <i>Sample:</i> | | | |
| <i>Non-Response:</i> | 4%, 3% refusal, 1% incomplete information | | |
| <i>N:</i> | 67 | | |

Measured Correlate

Class: DAILY JOYS & HASSLES Code: D 1

Measurement: Repeated closed question on immediate pressure during past day, scored every day during one month: none / rather light / moderate / fairly heavy / very heavy / extremely heavy.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-ARE/md/sqr/v/10/ | r=+.21 ns | |
| O-BW/c/sq/l/11/b | r=-.07 ns | |

| | | | |
|----------------------|--|------------------------|-----|
| Study | MATLI 1979 | <i>Page in Report:</i> | 412 |
| <i>Reported in:</i> | Matlin M.W. & Gavron V.J. Individual Differences in Pollyannaism Journal of Personality Assessment, 1979, Vol.43, p411-412 | | |
| <i>Population:</i> | University students white, middle-class, State University of New-York, USA, 1979? | | |
| <i>Sample:</i> | | | |
| <i>Non-Response:</i> | | | |
| <i>N:</i> | 133 | | |

Measured Correlate

| | |
|-------------------------|---|
| <i>Class:</i> | DAILY JOYS & HASSLES Code: D 1 |
| <i>Measurement:</i> | Sel frated pleasantness for 10 events experienced in the past weekend |
| <i>Measured Values:</i> | |
| <i>Error Estimates:</i> | |
| <i>Remarks:</i> | |

Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-BW/c/sq/l/11/a | r=+.21 p<.s | |
| O-H?/?/sq/?/0/a | r=+.16 p<.s | |

| | | | |
|----------------------|--|------------------------|-----|
| Study | WESSM 1966/1 | <i>Page in Report:</i> | 277 |
| <i>Reported in:</i> | Wessman, A.E. & Ricks, D.F. Mood and Personality Holt, 1966, New York, USA | | |
| <i>Population:</i> | Female college students, followed 6 weeks, Radcliffe, USA, 1957 | | |
| <i>Sample:</i> | | | |
| <i>Non-Response:</i> | 16% | | |
| <i>N:</i> | 21 | | |

Measured Correlate

Class: DAILY JOYS & HASSLES Code: D 1

Measurement: Repeated closed question on immediate pressure during past day, scored every day during six weeks: none / rather light / moderate / fairly heavy / very heavy / extremely heavy.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-ARE/md/sqr/v/10/ | r=-.33 ns | |

| | | | |
|----------------------|--|------------------------|----|
| Study | WESSM 1966/2 | <i>Page in Report:</i> | 66 |
| <i>Reported in:</i> | Wessman, A.E. & Ricks, D.F. Mood and personality Holt, 1966, New York, USA | | |
| <i>Population:</i> | Male college students, followed 3 years, Harvard University, USA, 1957-60 | | |
| <i>Sample:</i> | | | |
| <i>Non-Response:</i> | 37%: 9 dropouts, incomplete; about the same happiness distribution. | | |
| <i>N:</i> | 17 | | |

Measured Correlate

Class: DAILY JOYS & HASSLES Code: D 1

Measurement: Repeated closed question on immediate pressure during past day, scored every day during six weeks: none / rather light / moderate / fairly heavy / very heavy / extremely heavy.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-ARE/md/sqr/v/10/ | r=-.34 ns | |

Appendix 1 **Queries on Happiness used in reported Studies**
Happiness Query Code *Full Text*

A-ARE/md/sqr/v/10/a Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).

"On the average, how happy or unhappy did you feel today....?"

- 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.

A-ARE/md/sqr/v/10/b

Name: Wessman & Ricks' `Elation - Depression Scale" (adapted version)

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 ecstasy
- 9 Very elated and in very high spirits. Tremendous delight and buyoancy
- 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 awful"
- 1 Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over.

O-BW/c/sq/l/11/a

Name: Wesssman & Ricks' `Elation - depression scale'

Selfreport on single question:

"Here is a picture of a ladder. Suppose we say that the top of the ladder respresents 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.

O-BW/c/sq/l/11/b

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

Selfreport on single question:

"Above you see a numbered ladder. Consider the top of the ladder as the best possible life and the bottom of the ladder as the worst possible life.

A Please place an X where you feel you are now.

B Place an Y at the point where you were five years ago.

C Please place a Z at the point that you feel you will be at five years from now.

[10] best possible life

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1]

[0] worst possible life

Question A is the case question.

O-H?/?/sq/?/0/a

Name: Cantril's selfanchoring ladder rating of life (modified version)

Selfreport on single question:

".....happiness....."

(Full text not reported)

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.

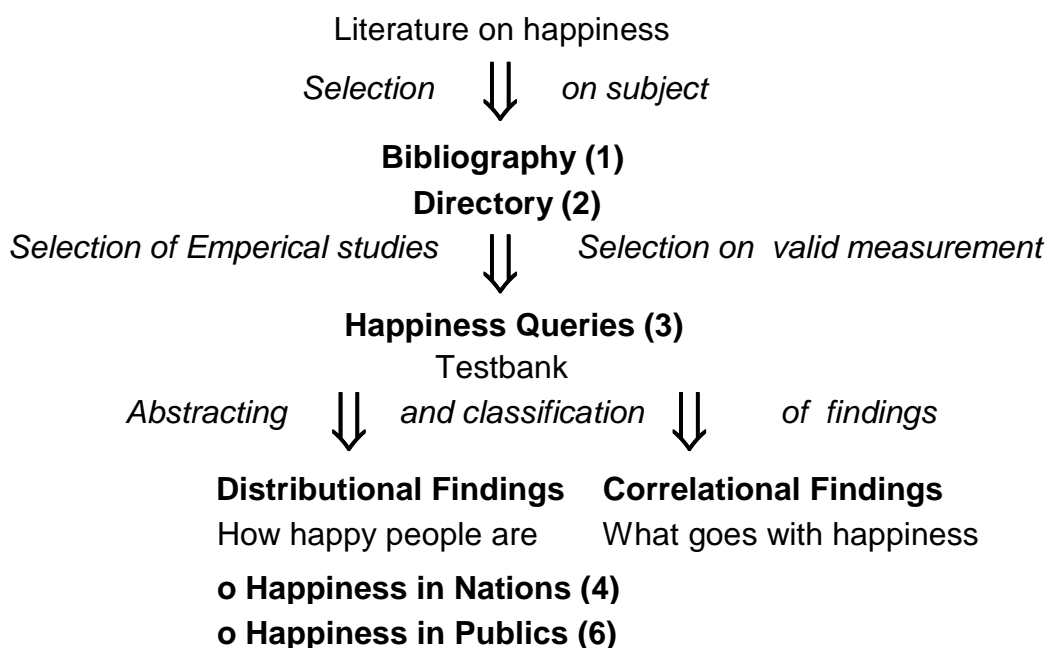
Appendix 2 Statistics used in reported studies

| <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> |

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:



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- 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

| <i>Main Category's</i> | <i>Category Name</i> | <i>Number of Studies in this Category</i> |
|------------------------|---|---|
| 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

This Topic

Classification Page 1

Related Topics

In Subject List on Appendix 4

| | | | |
|-----|----------------------|-----|-----------------------|
| D 1 | DAILY JOYS & HASSLES | L 6 | LIFE-EVENTS STRESS |
|-----|----------------------|-----|-----------------------|

End of Report