Findings on Happiness & FREEDOM

Correlate Code: F 5

Classification of Findings		*Number of Studies*
Correlate Code	*Correlate Name*	*on this Subject*
F 5	FREEDOM	0
F 5.1	Freedom career	0
F 5.1.1	Earlier freedom	0
F 5.1.2	Change in freedom	3
F 5.1.4	Later freedom	0
F 5.2	Current ability to be free	0
F 5.3	Current absence of restrictions (social freedom)	1
F 5.3.1	Amount of restrictions perceived	8
F 5.3.2	Specific restrictions (perceived and actual)	0
F 5.4	Attitudes to freedom	0
F 5.4.1	Concern about freedom	0
F 5.4.2	Satisfaction with freedom	6
F 5.4.3	Satisfaction with opportunity to change things	6

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 & FREEDOM
	World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
	Erasmus University Rotterdam, 2003, Netherlands

Study	**GRANE 1973A**	*Page in Report:*	7

Reported in:	Graney, M.J.
	The Affect Balance Scale and old age.
	Paper presented at the Annual Meeting of the Midwest Socio- logical Society, April 26, 1973, Milwaukee, Wisconsin.
Population:	62-89 aged females, followed 4 years USA, 1967-71
Sample:	
Non-Response:	27%; 24% unattainable, 3% incomplete.
N:	44

Measured Correlate

Class:	Change in freedom Code: F 5.1.2
Measurement:	Comparison of T1 and T2. A significant move to a fully independent household, marriage, and taking paying employment were defined as status gains. Institutionalization, the death of supportive family members and friends, and recent geographic dispersion of supportive children were defined as losses. Ss classified as having experienced: losses / no change / gains
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	tb=+.13 ns	At T1 all Ss were in good health, able to care for themselves and lived alone. Happiness assessed at T2. % happy at T2: - losses 22% - no change 28% - gains 40%

Study   **KAINU 1998**

| | | | *Page in Report:* | 261 |

Reported in: Kainulainen, Sakari

Elämäntapahtumat ja elämään tyytyväisyys eri sosiaaliluokissa, (Life Events and Kuopio University Publications (E Social Sciences 62), Kuopio ,Finland .
ISBN 951-781-821-1

Population: 18+ aged, general public, non-institutionalized, former province Kuopio, Finland, 1991-'96.

Sample: Probability sample (unspecified)

Non-Response: not rep

N: 2682

Measured Correlate

Class: Change in freedom Code: F 5.1.2

Measurement:
```
Have you experienced becoming dependent upon others
(a) during the last year ?
(b) ever in your life ?
Answers:  No(=0)  or  Yes(=1).
```

Measured Values: Never: N = 2153
Ever in your life: N = 275

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*		*Remarks*
O-SLu/c/sq/v/5/g	r=-.08	p<.	during the last year
	r=-.12	p<.	ever in your life
	DM=-	p<.	never: M = 3.90 ever in your life: M = 3.58 95% CI for difference: [0.20 ; 0.44]

Study   **LANGE 1976**

| | | *Page in Report:* | 196 |

Reported in: Langer, E.J. and Rodin, J.
The effects of choice and enhanced personal responsibility for the aged: A field
Journal of Personality and Social Psychology, Vol 34, 1976, p.191-198

Population: Nursing home residents, Hamden, Connecticut, USA, 1973

Sample:

Non-Response: 51%

N: 45

Measured Correlate

Class: Change in freedom   Code: F 5.1.2

Measurement:
```
In nursing home two floors selected because of similarity in
residents' characteristics. A different floor was randomly
selected for each treatment. The nursing home administrator called
a meeting in the lounge of each floor where she delivered two
communications. O Comparison group: 2nd floor, the
  administrator stressed staff
  responsibility
1 Experimental group: 4th floor, the
  administrator emphasized respondents
  responsibility for themselves

Happiness was assessed 1 week prior to the communication (T1) and
3 weeks after (T2).
```

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/g/sq/n/8/a	DMt=+ p<.05	Self reports of happiness in Mt' pre and post treatment.

```
                       T1      T2      CHANGE
-Experiment     :     6.31    6.65    + 0.34
-Comparison group :   5.99    5.84    - 0.15

The difference in change was significant at  O5
level.
```

Study   **JACOB 1997**

Page in Report: 192

Reported in: Jacob, J. & Brinkerhoff, M.
Values, performance and subjective well-being in the sustainability movement; an
Social Indicators Research: , 1997, vol 42, pag 171-204

Population: 'Back to the land' mini farmers, USA,1989

Sample: Non-probability purposive sample (unspecified)

Non-Response: 58.2%

N: 565

Measured Correlate

Class: Current absence of restrictions   (social freedom)   Code: F 5.3

Measurement: PERFORMANCE scale is: Technological Self
Reliance(TSR). Index calculated by multiplying tools or
technology, possessed by a respondent by the efficiency rating
claimed for the particular technology, resulting in the sum of the
efficiency rating for each of the 25 tools.

The tools are: 1.garden, 2. greenhouse, 3.root cellar, 4.fish
pond, 5. solar heat, 6.pigs, 7.wood lot, 8.wood stove heat, 9.wood
stove cooking, 10.composting privy, 11.hydro-electric system,
12.graywater(waste water) 13.solar water heater, 14.chickens,
15.goats, 16.beef cattle, 17.milk cow(s) 18.sheep, 19.wind power,
20.weeder geese, 21.bees, 22.fruit trees, 23.butcher larger
anaimals, 24.photo voltaic power, 45.work horses.

Efficiency is evaluated by asking the respondents about the
effectiveness of the tool items of 'providing your family with
independence or self-reliance from a one (not at all effective) to
four(very effective point sequence.
The TSR index-scores have a theoretical range between 0-100

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-H?/?/sq/v/4/a	r=+.05	Ss, who value technical self reliance high, irrespectible of their performance (N=±280) -high Country Asceticism r=+.26 p<.005 -high Homestead Production r=+.27 p<.005 -high Ecological Sensitivity r=+.18 p<.005 Ss, who value Homestead Food Production high, irrespectable their performance, (N=±280) -high Country Asceticism r=+.32 p<.005

```
-high Homestead Production   r=+.32 p<.005
-high Ecological Sensitivity r=+.22 p<.005
```

Study   **ALLAR 1973/1**   *Page in Report:*

Reported in:	Allardt, E.
	About dimensions of wellfare: an explanatory analysis of a comparative
	Research Reports, no.1, 1973; research group for comparativesociology , University of Helsinki.
Population:	15-64 aged, general public, Denmark, 1972
Sample:	
Non-Response:	
N:	1000

Measured Correlate

Class:	Amount of restrictions perceived Code: F 5.3.1
Measurement:	Answer categories: great, small, no
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/c/sq/v/4/a	rpc=+.15	Controlled for: Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.

Study ALLAR 1973/2

Reported in:	Allardt, E.
	About dimensions of wellfare: an explanatory analysis of a comparative
	Research Reports, no.1, 1973; research group for comparativesociology , University of Helsinki.
Population:	15-64 aged, general public, Finland, 1972
Sample:	
Non-Response:	
N:	1000

Page in Report:

Measured Correlate

Class:	Amount of restrictions perceived Code: F 5.3.1
Measurement:	Answer categories:great, small, no
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/c/sq/v/4/a	rpc=+.26	Controlled for:Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.

Study   ALLAR 1973/3   *Page in Report:*

Reported in:	Allardt, E.
	About dimensions of wellfare: an explanatory analysis of a comparative
	Research Reports, no.1, 1973; research group for comparativesociology , University of Helsinki.
Population:	15-64 aged, general public, Norway, 1972
Sample:	
Non-Response:	
N:	1000

Measured Correlate

Class:	Amount of restrictions perceived Code: F 5.3.1
Measurement:	Answer categories: great, small, no
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/c/sq/v/4/a	rpc=+.19	Controlled for: Income, housing density, education, social status, chronic illness, anxiety, freq. of meetings with relatives, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, no. of memberships in clubs and associations, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, feeling of chance to suceed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.

Study   **ALLAR 1973/4**   *Page in Report:*

Reported in:	Allardt, E.
	About dimensions of wellfare: an explanatory analysis of a comparative
	Research Reports, no.1, 1973; research group for comparativesociology , University of Helsinki.
Population:	15-64 aged, general public, Sweden, 1972
Sample:	
Non-Response:	
N:	1000

Measured Correlate

Class:	Amount of restrictions perceived Code: F 5.3.1
Measurement:	Answer categories:great, small, no
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/c/sq/v/4/a	rpc=+.15	Controlled for:Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.

Study	**BORTN 1970**	*Page in Report:*	44

Reported in:	Bortner, R.W. & Hultsch, D.F.
	A multivariate analysis of correlates of life satisfaction in adulthood
	Journal of Gerontology, 1970, vol. 25, p. 41-47
Population:	21+ aged, general public, USA 1959
Sample:	
Non-Response:	9%
N:	1406

Measured Correlate

Class:	Amount of restrictions perceived Code: F 5.3.1
Measurement:	`Closed question rated on an 11-point self-anchoring scale`
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
C-RG/h/sq/l/11/a	r=+.39	
O-BW/c/sq/l/11/a	r=+.33	
O-SLu/c/sq/l/11/a	r=+.43	

| **Study** | **CANTR 1965/2** | *Page in Report:* | 268-415 |

Reported in:	Cantril, H.
	The pattern of human concerns.
	New Brunswick, Rutgers University Press, New Jersey, 1965
Population:	21+ aged, general public, USA, 1959
Sample:	
Non-Response:	-
N:	1549

Measured Correlate

Class:	Amount of restrictions perceived Code: F 5.3.1
Measurement:	`Closed question rated on an 11-point self-anchoring scale.`
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
C-RG/h/sq/l/11/a	r=+.36	
O-BW/c/sq/l/11/a	r=+.32	
O-SLu/c/sq/l/11/a	r=+.46	

Study JACOB 1997

Page in Report: 192

Reported in: Jacob, J. & Brinkerhoff, M.
Values, performance and subjective well-being in the sustainability movement; an
Social Indicators Research: , 1997, vol 42, pag 171-204

Population: 'Back to the land' mini farmers, USA,1989

Sample: Non-probability purposive sample (unspecified)

Non-Response: 58.2%

N: 565

Measured Correlate

Class: Amount of restrictions perceived Code: F 5.3.1

Measurement: `not reported`

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-H?/?/sq/v/4/a	r=+	Ss, who value technical self reliance high, irrespectible of their performance (N=±280) -high Country Asceticism r=+.10 ns -high Homestead Production r=+.08 ns -high Ecological Sensitivity r=+.15 p<.01 Ss, who value Homestead Food Production high, irrespectable their performance, (N=±280) -high Country Asceticism r=+.06 ns -high Homestead Production r=+.03 ns -high Ecological Sensitivity r=+.07 ns

Study	**TOWNS 1981**	*Page in Report:*	486

Reported in: Townsend, A.& Gurin, P.
Re-examining the frustrated homemaker hypothesis; Role-fit, personal satisfaction
Sociology of Work and Occupation, Vol.8., page 464-487, 1981

Population: 18+ aged, white women, USA, 1972

Sample:

Non-Response:

N: 946

Measured Correlate

Class: Amount of restrictions perceived Code: F 5.3.1

Measurement:
```
"Do you think you have had a fair
opportunity to make the most of
yourself in life(1), or have you been held back in some ways(2)?"
```

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
C-RA/h/sq/v/2/a	r=-.37	
	r=-.37	
O-SLu/c/sq/v/3/b	r=-.22	
	r=-.22	

Study	**ANDRE 1976/4**	*Page in Report:*	112

Reported in:	Andrews, F.M. & Withey, S.B.
	Social Indicators of Well-being: Americans' Perceptions of Life Quality
	Plenum Press, 1976, New York, USA
Population:	18+ aged, general public, non-institutionalized, USA, 1973/3
Sample:	
Non-Response:	26%
N:	1433

Measured Correlate

Class:	Satisfaction with freedom Code: F 5.4.2
Measurement:	Closed question: "How do you feel about your independence or freedom - the chance you have to do what you want." Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	$E^2=+.43$	

| **Study** | **ANDRE 1976/4** | *Page in Report:* | 112 |

Reported in:	Andrews, F.M. & Withey, S.B.
	Social Indicators of Well-being: Americans' Perceptions of Life Quality
	Plenum Press, 1976, New York, USA
Population:	18+ aged, general public, non-institutionalized, USA, 1973/3
Sample:	
Non-Response:	26%
N:	1433

Measured Correlate

Class:	Satisfaction with freedom Code: F 5.4.2
Measurement:	Closed question: "How do you feel about your independence or freedom - the chance you have to do what you want." Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	E²=+.43	

Study **ANDRE 1976/4**

| | | *Page in Report:* | 112 |

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/3

Sample:

Non-Response: 26%

N: 1433

Measured Correlate

Class: Satisfaction with freedom Code: F 5.4.2

Measurement:
```
Closed question: "How do you feel about your independence or
freedom - the chance you have to do what you want."
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted
```

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	E²=+.43	

Study   **ANDRE 1976/5**

| | | *Page in Report:* | 112 |

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/7

Sample:

Non-Response:

N: 222

Measured Correlate

Class: Satisfaction with freedom   Code: F 5.4.2

Measurement:
```
2-item index of questions "How do you
feel about....?"
1. the variety and diversity in life
2. independence and freedom (i.e. the
   change you have to do what you want.
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted
```

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	r=+.62	

Study	**ANDRE 1976/5**	*Page in Report:*	112

Reported in:	Andrews, F.M. & Withey, S.B.
	Social Indicators of Well-being: Americans' Perceptions of Life Quality
	Plenum Press, 1976, New York, USA
Population:	18+ aged, general public, non-institutionalized, USA, 1973/7
Sample:	
Non-Response:	
N:	222

Measured Correlate

Class:	Satisfaction with freedom Code: F 5.4.2

Measurement:
```
2-item index of questions "How do you
feel about....?"
1. the variety and diversity in life
2. independence and freedom (i.e. the
   change you have to do what you want.
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted
```

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	r=+.62	

Study	**HEADE 1981**	*Page in Report:*	166

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

Measured Correlate

Class:	Satisfaction with freedom Code: F 5.4.2
Measurement:	Index of 3 single questions on satisfaction with:
	a: The extent to which you are in touch with your own feelings
	b: Your independence or freedom: the chance you have to do what you want
	c: The privacy you have: being alone when you want to
	All scored on a 1-9 rating scale, summation by average.
Measured Values:	M = 6.6 SD = 1.2
Error Estimates:	
Remarks:	All items scored on the same rating scale as the question on happiness.

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/9/a	r=+.40 p<.001	
		All items scored on the same rating scale as the question on happiness.

Study   **ANDRE 1976/3**   *Page in Report:*   112

Reported in:	Andrews, F.M. & Withey, S.B.
	Social Indicators of Well-being: Americans' Perceptions of Life Quality
	Plenum Press, 1976, New York, USA
Population:	18+ aged, general public, non institutionalized, USA, 1972/11
Sample:	
Non-Response:	38%
N:	1072

Measured Correlate

Class:	Satisfaction with opportunity to change things Code: F 5.4.3
Measurement:	Closed question: "How do you feel about the opportunity to change things around that you don't like?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	E²=+.37	

Study   **ANDRE 1976/3**   *Page in Report:*   112

Reported in:	Andrews, F.M. & Withey, S.B.
	Social Indicators of Well-being: Americans' Perceptions of Life Quality
	Plenum Press, 1976, New York, USA
Population:	18+ aged, general public, non institutionalized, USA, 1972/11
Sample:	
Non-Response:	38%
N:	1072

Measured Correlate

Class:	Satisfaction with opportunity to change things Code: F 5.4.3
Measurement:	Closed question: "How do you feel about the opportunity to change things around that you don't like?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	E²=+.37	

Study	**ANDRE 1976/3**	*Page in Report:*	112

Reported in:	Andrews, F.M. & Withey, S.B.
	Social Indicators of Well-being: Americans' Perceptions of Life Quality
	Plenum Press, 1976, New York, USA
Population:	18+ aged, general public, non institutionalized, USA, 1972/11
Sample:	
Non-Response:	38%
N:	1072

Measured Correlate

Class:	Satisfaction with opportunity to change things Code: F 5.4.3
Measurement:	Closed question: "How do you feel about the opportunity to change things around that you don't like?"
	Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	E²=+.37	

Study	**ANDRE 1976/5**	*Page in Report:*	112

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/7

Sample:

Non-Response:

N: 222

Measured Correlate

Class: Satisfaction with opportunity to change things Code: F 5.4.3

Measurement: Closed question: "How do you feel about the opportunity to change
things around that you don't like?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	r=+.30	

Study   **ANDRE 1976/5**   *Page in Report:*   112

Reported in: Andrews, F.M. & Withey, S.B.
                   Social Indicators of Well-being: Americans' Perceptions of Life Quality
                   Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/7

Sample:

Non-Response:

N: 222

Measured Correlate

Class: Satisfaction with opportunity to change things Code: F 5.4.3

Measurement: Closed question: "How do you feel about the opportunity to change
                   things around that you don't like?"
                   Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
                   mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query   *Statistics*   *Remarks*

O-DT/u/sqt/v/7/a   r=+.30

Study   **ANDRE 1976/5**

		Page in Report:	112

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/7

Sample:

Non-Response:

N: 222

Measured Correlate

Class: Satisfaction with opportunity to change things   Code: F 5.4.3

Measurement: Closed question: "How do you feel about the opportunity to change things around that you don't like?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-DT/u/sqt/v/7/a	r=+.30	

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

A-BB/cm/mq/v/2/a	Selfreport on 10 questions:

"During the past few weeks, did you ever feel ....?" (yes/no)
A   Particularly exited or interested in something?
B   So restless that you couldn't sit long in a chair?
C   Proud because someone complimented you on something
     you had done?
D   Very lonely or remote from other people?
E   Pleased about having accomplished something?
F   Bored?
G   On top of the world?
H   Depressed or very unhappy?
I   That things were going your way?
J   Upset because someone criticized you?

Answer options and scoring:
 yes = 1
 no = 0
Summation:
-Positive Affect Score (PAS): A+C+E+G+I
-Negative Affect Score (NAS): B+D+F+H+J
-Affect Balance Score (ABS): PAS minus NAS
Possible range: -5 to +5

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

C-RA/h/sq/v/2/a	Selfreport on single question.:

"Up to now, have you been able to satisfy most of your ambitions in life or have
you had to settle for less than you had hoped for .....?"
2 able to satisfy ambitions
1 settled for less

C-RG/h/sq/l/11/a	Selfreport on single question:

"How would you rate yourself as to how successful or unsuccessful you have
been in terms of achieving your own goals and aims in life? Think of the top of the
ladder as being completely successful, the bottom being entirely unsuccessfull."
[10]   completely succesfull
[9]
[8]
[7]
[6]
[5]
[4]
[3]
[2]
[1]
[0]   entirely unsuccesfull

O-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 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.

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

O-DT/u/sqt/v/7/a   Selfreport on single question, asked twice in interview:

"How do you feel about your life as a whole......?"
7 delighted
6 pleased
5 mostly satisfied
4 mixed
3 mostly dissatisfied
2 unhappy
1 terrible

Summation: arithmetic mean

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

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-H?/?/sq/v/4/a   Selfreport on single question:

Lead item not reported
Response options:
4 very happy
3 quite happy
2 not very happy
1 not at all happy

O-HL/c/sq/v/4/a   Selfreport on single question:

"Do you feel your life at present is.....?"
4 very happy
3 quite happy
2 quite unhappy
1 very unhappy

O-HL/g/sq/n/8/a   Selfreport on single question:

"How happy would you say you were in general?"
1 -
2
3
4
5
6
7
8 +

(Full response options not reported)

O-SLu/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/v/3/b   Selfreport on single question:

"In general, how satisfying do you find your life these days? Would you call it....?."

                           3 completely satisfying
                           2 pretty satisfying
                           1 not satisfying

O-SLu/c/sq/v/5/g   Self report on single question:

'How satisfying do you find your life at the moment.....?'
1 very dissatisfying
2 quite dissatisfying
3 not satisfying not dissatisfying
4 quite satisfying
5 very satisfying

In Finnish: 'Kuinka tyydyttäväksi koet elämäsi tällä hetkellä ?'

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 introductary text to the Catalog of Happiness Queries.

Appendix 2   Statistics used in reported studies

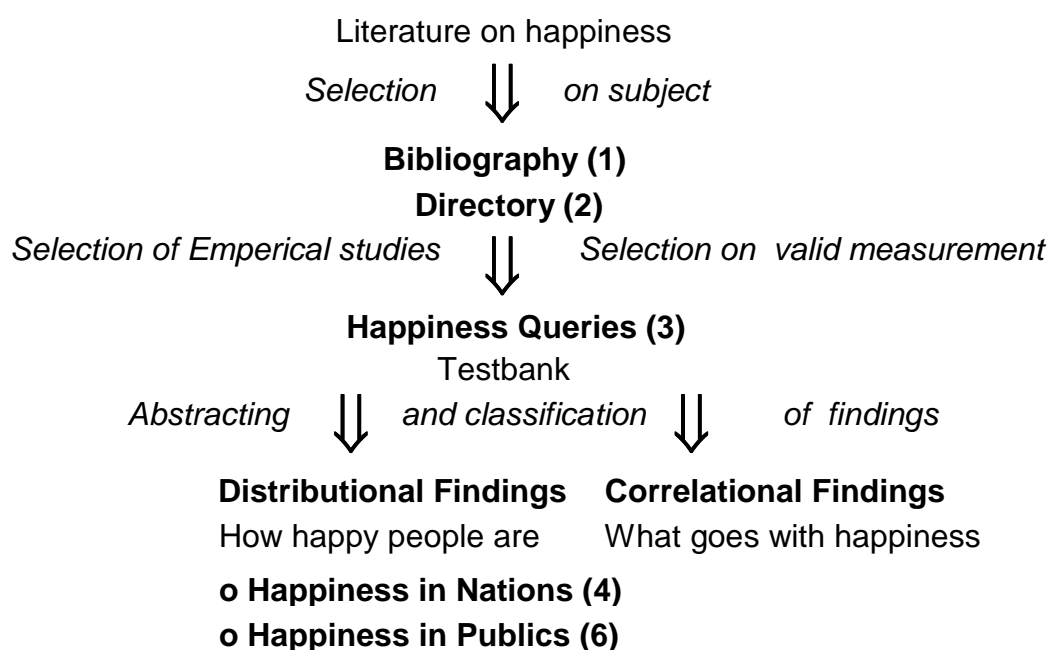| *Symbol*	*Explanation*
DM	DIFFERENCE of MEANS Type: descriptive statistic only. Measurement level: Correlate: dichotomous, Happiness: metric Range: depending on the happiness rating scale of the author; range symmetric about zero. Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.
DMt	DIFFERENCE of MEANS AFTER TRANSFORMATION Type: descriptive statistic only. Measurement level: Correlate: dichotomous, Happiness: metric Theoretical range: [-10; +10] Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.
E^2	CORRELATION RATIO (Elsewhere sometimes called h² or ETA) Type: test statistic Measurement level: Correlate: nominal or ordinal, Happiness: metric Range: [0; 1] Meaning: correlate is accountable for E^2 x 100 % of the variation in happiness. $E^2 = 0$ « knowledge of the correlate value does not improve the prediction quality of the happiness rating. $E^2 = 1$ « knowledge of the correlate value enables an exact prediction of the happiness rating
r	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.
rpc	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,

tb   KENDALL'S RANK CORRELATION COEFFICIENT TAU-B
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: [-1; +1]

Meaning:
tb = 0 « no rank correlation
tb = 1 « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.
tb = -1 « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.

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:

Literature on happiness

Selection ⇓ *on subject*

Bibliography (1)

Directory (2)

Selection of Emperical studies ⇓ *Selection on valid measurement*

Happiness Queries (3)

Testbank

Abstracting ⇓ *and classification* ⇓ *of findings*

Distributional Findings   **Correlational Findings**

How happy people are   What goes with happiness

o Happiness in Nations (4)

o Happiness in Publics (6)

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

This Topic		*Related Topics*	
Classification Page 1		*In Subject List on Appendix 4*	
F 5	FREEDOM	R 2	RESOURCES
			LIFE-CHANCES (access to scarce resources)
F 5.1	Freedom career		
F 5.1.1	Earlier freedom	P 1.2.54	Earlier independence
		P 1.2.58	Earlier inner-control
F 5.1.2	Change in freedom		
F 5.1.4	Later freedom		
F 5.2	Current ability to be free	C 9.2.2	Current coping-capacity
			ABILITY
F 5.3	Current absence of restrictions (social freedom)		
F 5.3.1	Amount of restrictions perceived		
F 5.3.2	Specific restrictions (perceived and actual)		
F 5.4	Attitudes to freedom		
F 5.4.1	Concern about freedom		
F 5.4.2	Satisfaction with freedom		
F 5.4.3	Satisfaction with opportunity to change things		ALIENATION

End of Report