Findings on Happiness & FREEDOM

Correlate Code: F 5

<table>
<thead>
<tr>
<th>Classification of Findings</th>
<th>Number of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>F 5</td>
<td>FREEDOM</td>
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<tr>
<td>F 5.1</td>
<td>Freedom career</td>
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<tr>
<td>F 5.1.1</td>
<td>Earlier freedom</td>
</tr>
<tr>
<td>F 5.1.2</td>
<td>Change in freedom</td>
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<tr>
<td>F 5.1.4</td>
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<td>F 5.2</td>
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<td>F 5.3.1</td>
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<td>Specific restrictions (perceived and actual)</td>
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<td>F 5.4.1</td>
<td>Attitudes to freedom</td>
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<td>F 5.4.2</td>
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<td>F 5.4.3</td>
<td>Satisfaction with freedom</td>
</tr>
<tr>
<td>F 5.4.4</td>
<td>Satisfaction with opportunity to change things</td>
</tr>
</tbody>
</table>

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
Findings on Happiness & FREEDOM  

**Study**

**GRANE 1973A**  
*Reported in:* Graney, M.J.  
The Affect Balance Scale and old age.  

*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**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mq/v2/a | tba=+.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%
Findings on Happiness & FREEDOM

KAINU 1998  

Reported in: Kainulainen, Sakari  
Elämäntapahtumat ja elämään tyytyväisyys eri sosiaaliluokissa, (Life Events and Satisfaction with Life in Different Social Classes; in Finnish)  
Kuopio University Publications (E Social Sciences 62), Kuopio, Finland. ISBN 951-781-821-1

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]
Findings on Happiness & FREEDOM

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. 0 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).

Study

LANGE 1976

Reported in: Langer, E.J. and Rodin, J.

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. 0 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.

<table>
<thead>
<tr>
<th></th>
<th>T1</th>
<th>T2</th>
<th>CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiment</td>
<td>6.31</td>
<td>6.65</td>
<td>+ 0.34</td>
</tr>
<tr>
<td>Comparison group</td>
<td>5.99</td>
<td>5.84</td>
<td>- 0.15</td>
</tr>
</tbody>
</table>

The difference in change was significant at 05 level.
Findings on Happiness & FREEDOM

**Study**

**JACOB 1997**

**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 animals
24. photo voltaic power
25. 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**

O-H?/?sq/v/4/4/a

**Statistics**

r=+.05

**Remarks**

Ss, who value technical self reliance high, irrespective 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, irrespective 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**

**Reported in:** Allardt, E.

*About dimensions of welfare: 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

### Observed Relation with Happiness

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<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc=+.15</td>
<td>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, getting sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>
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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

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

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 succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.
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Study

ALLAR 1973/4

Reported in: Allardt, E.
About dimensions of welfare: 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**  
*Reported in:* Bortner, R.W. & Hultsch, D.F.  
A multivariate analysis of correlates of life satisfaction in adulthood  
*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

### Observed Relation with Happiness  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-RG/h/sq/l/11/a</td>
<td>r=+.39</td>
<td></td>
</tr>
<tr>
<td>O-BW/c/sq/l/11/a</td>
<td>r=+.33</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/l/11/a</td>
<td>r=+.43</td>
<td></td>
</tr>
</tbody>
</table>
### Study CANTR 1965/2

**Reported in:** Cantril, H.
The pattern of human concerns.
New Brunswick, Rutgers University Press, New Jersey, 1965

**Population:** 21+ aged, general public, USA, 1959

**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.

### Observed Relation with Happiness

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>C-RG/h/sq/l/11/a</td>
<td>r=+.36</td>
<td></td>
</tr>
<tr>
<td>O-BW/c/sq/l/11/a</td>
<td>r=+.32</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/l/11/a</td>
<td>r=+.46</td>
<td></td>
</tr>
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<td></td>
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<tr>
<td>Population:</td>
<td>'Back to the land' mini farmers, USA, 1989</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability purposive sample (unspecified)</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>58.2%</td>
</tr>
<tr>
<td>N:</td>
<td>565</td>
</tr>
</tbody>
</table>

Measured Correlate

| Class:                  | Amount of restrictions perceived Code: F 5.3.1               |
| Measurement:           | not reported                                                |

Measured Values:

| Error Estimates:       |                                                            |
|                       |                                                            |

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-H?/?/sq/v/4/a</td>
<td>r=+</td>
<td>Ss, who value technical self reliance high, irrespective of their performance (N=±280)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- high Country Asceticism r=+.10 ns</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- high Homestead Production r=+.08 ns</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- high Ecological Sensitivity r=+.15 p&lt;.01</td>
</tr>
</tbody>
</table>

Ss, who value Homestead Food Production high, irrespective their performance, (N=±280)
- high Country Asceticism r=+.06 ns
- high Homestead Production r=+.03 ns
- high Ecological Sensitivity r=+.07 ns
Findings on Happiness & FREEDOM

**Study**

**TOWNS 1981**

*Reported in:* Townsend, A. & Gurin, P.
Re-examining the frustrated homemaker hypothesis; Role-fit, personal satisfaction

*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**

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</tr>
</thead>
<tbody>
<tr>
<td>C-RA/h/sq/v/2/a</td>
<td>$r = -0.37$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>$r = -0.37$</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/v/3/b</td>
<td>$r = -0.22$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>$r = -0.22$</td>
<td></td>
</tr>
</tbody>
</table>
### Findings on Happiness & FREEDOM

**Correlate Code:** F 5

<table>
<thead>
<tr>
<th>Study</th>
<th>ANDRE 1976/4</th>
<th>Page in Report: 112</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Andrews, F.M. &amp; Withey, S.B.</td>
<td>Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>18+ aged, general public, non-institutionalized, USA, 1973/3</td>
<td></td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Non-Response:</strong></td>
<td>26%</td>
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<tr>
<td><strong>N:</strong></td>
<td>1433</td>
<td></td>
</tr>
</tbody>
</table>

### 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

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<tr>
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<th>Statistics</th>
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</tr>
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<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$E^2=+.43$</td>
<td></td>
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</tbody>
</table>

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Study  ANDRE 1976/4  

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  

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Findings on Happiness & FREEDOM

**Study**

**ANDRE 1976/5**

*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**

<table>
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<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.62</td>
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**Findings on Happiness & FREEDOM**

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**Study**

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**Non-Response:**

**N:** 222

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**Observed Relation with Happiness**

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**World Database of Happiness:** [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
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---

**Study**

**HEADE 1981**

**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

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r=.40</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

All items scored on the same rating scale as the question on happiness.
**Study**  
**ANDRE 1976/3**  
*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  

**Observed Relation with Happiness**  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$E^2 = +.37$</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**ANDRE 1976/3**  
**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

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$E^2=.37$</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & FREEDOM

Correlate Code: F 5

Study

ANDRE 1976/3

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  \( E^2 = +.37 \)
### Findings on Happiness & FREEDOM

Correlate Code: F 5

**Study**

**ANDRE 1976/5**

**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

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.30</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & FREEDOM

Study

**ANDRE 1976/5**

*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**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r = .30</td>
<td></td>
</tr>
</tbody>
</table>

### Study

**ANDRE 1976/5**

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### Measured Correlate

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Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.30</td>
<td></td>
</tr>
</tbody>
</table>
### Appendix 1  Queries on Happiness used in reported Studies

**Happiness Query Code**  Full Text

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>Selfreport on 10 questions:</td>
<td>&quot;During the past few weeks, did you ever feel ....?&quot; (yes/no)</td>
</tr>
<tr>
<td></td>
<td>A Particularly exited or interested in something?</td>
<td>A Particularly exited or interested in something?</td>
</tr>
<tr>
<td></td>
<td>B So restless that you couldn't sit long in a chair?</td>
<td>B So restless that you couldn't sit long in a chair?</td>
</tr>
<tr>
<td></td>
<td>C Proud because someone complimented you on something you had done?</td>
<td>C Proud because someone complimented you on something you had done?</td>
</tr>
<tr>
<td></td>
<td>D Very lonely or remote from other people?</td>
<td>D Very lonely or remote from other people?</td>
</tr>
<tr>
<td></td>
<td>E Pleased about having accomplished something?</td>
<td>E Pleased about having accomplished something?</td>
</tr>
<tr>
<td></td>
<td>F Bored?</td>
<td>F Bored?</td>
</tr>
<tr>
<td></td>
<td>G On top of the world?</td>
<td>G On top of the world?</td>
</tr>
<tr>
<td></td>
<td>H Depressed or very unhappy?</td>
<td>H Depressed or very unhappy?</td>
</tr>
<tr>
<td></td>
<td>I That things were going your way?</td>
<td>I That things were going your way?</td>
</tr>
<tr>
<td></td>
<td>J Upset because someone criticized you?</td>
<td>J Upset because someone criticized you?</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-RA/h/sq/v2/a</td>
<td>Selfreport on single question.:</td>
<td>&quot;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 .....?&quot;</td>
</tr>
<tr>
<td></td>
<td>2 able to satisfy ambitions</td>
<td>2 able to satisfy ambitions</td>
</tr>
<tr>
<td></td>
<td>1 settled for less</td>
<td>1 settled for less</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-RG/h/sq/l11/a</td>
<td>Selfreport on single question:</td>
<td>&quot;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.&quot;</td>
</tr>
<tr>
<td></td>
<td>10 completely succesfull</td>
<td>10 completely succesfull</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>8</td>
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<tr>
<td></td>
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<tr>
<td></td>
<td>3</td>
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</tr>
<tr>
<td></td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>0 entirely unsuccessfull</td>
<td>0 entirely unsuccessfull</td>
</tr>
</tbody>
</table>
Findings on Happiness & FREEDOM

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 selfanchoring ladder rating of life (original)

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)

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

Selfreport on single question:
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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 not very happy
1 not at all happy

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....?"
Findings on Happiness & FREEDOM

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 introductory text to the Catalog of Happiness Queries.
### Appendix 2  Statistics used in reported studies

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| 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. |
| E²     | 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 $E^2 \times 100$ % of the variation in happiness.  
$E^2 = 0 \iff$ knowledge of the correlate value does not improve the prediction quality of the happiness rating.  
$E^2 = 1 \iff$ 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 \iff no correlation ,  
r = 1 \iff perfect correlation, where high correlate values correspond with high happiness values, and  
r = -1 \iff 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
Findings on Happiness & FREEDOM

Correlate Code: F 5

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 Empirical studies
        - Selection on valid measurement
          - Happiness Queries (3)
            - Testbank
              - Abstracting and classification of findings

- Distributional Findings
  - How happy people are
    - Happiness in Nations (4)
    - Happiness in Publics (6)

- Correlational Findings
  - What goes with happiness


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.

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

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

O 2  ORGAN TRANSPLANTATION
P 1  PERSONALITY: HISTORY
P 10  POSSESSIONS
P 12  PROBLEMS
P 13  PSYCHO-SOMATIC COMPLAINTS
P 2  PERSONALITY: CHANGE
P 3  PERSONALITY: CURRENT ORGANIZATION
P 4  PERSONALITY: CURRENT TRAITS
P 5  PERSONALITY: LATER
P 6  PHYSICAL HEALTH
P 7  PLANNING
P 8  POLITICS
P 9  POPULARITY
R 1  RELIGION
R 2  RESOURCES
R 3  RETIREMENT
R 4  ROLES
S 1  SCHOOL
S 10  SOCIAL SUPPORT: RECEIVED
S 11  SOCIAL SUPPORT: Provided
S 12  SPORTS
S 13  STIMULANTS
S 14  SUICIDE
S 15  SUMMED EFFECTS ON HAPPINESS
S 2  SELF-IMAGE
S 3  SEX-LIFE
S 4  SLEEP
S 5  SOCIAL MOBILITY
S 6  SOCIAL PARTICIPATION: PERSONAL CONTACTS
S 7  SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS
S 8  SOCIAL PARTICIPATION: TOTAL (personal + associations)
S 9  SOCIAL STATUS (Socio-Economic Status)
T 1  TIME
T 2  THERAPY
T 3  TOLERANCE
V 1  VALUE CAREER
V 2  VALUES: CURRENT PREFERENCES (own)
V 3  VALUES: CLIMATE (current values in environment)
V 4  VALUES: SIMILARITY (current fit with others)
V 5  VICTIM
W 1  WAR
W 2  WORK CAREER
W 3  WORK CONDITIONS
W 4  WORK-ATTITUDES
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### Appendix 5  Related Topics

**This Topic**  
*Classification Page 1*  

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### End of Report