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World Database of Happiness

Correlational Findings© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

Findings on Happiness & HAPPINESS: **ATTITUDES**

Classification of	f Findings	Number of Studies
Correlate Code	Correlate Name	on this Subject
H 3	HAPPINESS: ATTITUDES	1
H 3.1	Happiness-attitude career	0
H 3.1.1	Earlier happiness-attitudes	0
H 3.1.2	Change in happiness-attitudes	0
H 3.1.4	Later happiness-attitudes	0
H 3.2	Current happiness-attitudes	0
H 3.2.1	Concept of happiness	1
H 3.2.2	Perceived sources of happiness	0
H 3.2.2.1	. perceived sources of one's own happiness	11
H 3.2.2.2	. perceived sources of every-bodies happiness	2
H 3.2.3	Perceived happiness of others	1
H 3.2.3.1	. perceived level of happiness of compatriots	3
H 3.2.3.2	. perceived level of happiness of specific social categories	3
H 3.2.3.3	. perceived difference with own happiness	13
H 3.3	Valuation of happiness	0
H 3.3.1	Moral desirability of happiness	2
H 3.3.2	Acceptance of own (un)happiness	1
H 3.4	Perceived reputation of happiness	1
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 & HAPPINESS: ATTITUDES World Database of Happiness. Internet: www.eur.nl/fsw/research/happerasmus University Rotterdam, 2003, Netherlands	piness

Correlate Code: H 3

Study VENTE 1996 Page in Report: 420

Reported in: Ventegodt, S.

Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)

Forskningscenter for Livskvalitet,

Forskningscentrets Forlag, København 1996,

ISBN 8790190068

Population: Persons born at the University Hospital in Copenhagen 1959-1961

Sample: Non-probability purposive sample (unspecified)

Non-Response: 39%

N: 4500

Measured Correlate

Class: HAPPINESS: ATTITUDES Code: H 3

Measurement: Single question:

"How is the quality of your life at present ?(in your

understanding of the word)"

1: very bad 2: bad

3: nei ther/nor

4: good

5: very good

Measured Values: N: All:4601; %: 1:0,9; 2:4,7; 3:17,4; 4:50,6; 5:26,6

Error Estimates:

Remarks: As a happiness measure this question correlates highly with other happiness

measures

Happiness Query	Statistics	Remarks	
A-AOL/m/sq/v/5/a	r=+.68 p<.00	1: Ms=2.13 2: Ms=3.85 3: Ms=6.05 4: Ms=7.94 5: Ms=9.33	As a happiness measure this question correlates highly with other happiness measures
O-HL/c/sq/v/5/h	r=+.68 p<.00	1: Ms=2.44 2: Ms=4.10 3: Ms=5.26 4: Ms=7.04 5: Ms=8.81	
O-SLu/c/sq/v/5/e	r=+.74 p<.00	1: Ms=1.44 2: Ms=3.04 3: Ms=5.50 4: Ms=7.61 5: Ms=9.26	

Study WESSM 1956 Page in Report: 214

Reported in: Wessman, A.E.

A psychological inquiry into satisfaction and happiness

Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:

Non-Response: -

N: 2377

Measured Correlate

Class: Concept of happiness Code: H 3.2.1

Measurement: Open-ended question: "Will you tell me in your own words what the word "happiness" means to you? Other meanings vs meaning mentioned.

- Contented, being adjusted to one's surrounding, freedom from worry
- Marriage, family, children, having a happy home life
- 3. Heal th
- 4. Money, having enough to get along
- 5. Success in chosen work, achievement security
- 6. Understanding people, making other people happy, being unselfish
- 7. Getting along with people, congeniality, good friends
- 8. Having fun, enjoyment
- 9. Religion, obeying God's will
- 10. Love, affection
- 11. No opinion

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query

Statistics

Remarks

O-HL/g/sq/v/3/c

G=-.01 ns

G=+.19 p<.01

G=-.01 ns

G=-.26 p<. 01

G=-.07 ns

G=+.08 ns

G=-.04 ns

G=-.11 ns

G=+.41 p<.01

G=+.18 ns

G=-.26 p<. 01

Study AUSTR 1984/2 Page in Report: 227

Reported in: Austrom, D.R.

The consequences of being single Peter Lang Publ., New York, 1984

Population: 23-59 aged English speaking, Toronto and Ontario, Canada, 198?

Sample:

Non-Response: 45%

N: 1038

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Single closed question. The respondents were asked whether they

agreed with the following statement: 'The major satisfaction in my life comes from my job'. Rated on a 11-point scale ranging from

completely disagree to completely agree.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLW/u/sq/n/11/a r=+.14 p<.001

Study GURIN 1960 Page in Report: 31-32

Reported in: Gurin, G., Veroff, J. & Feld, S.

Americans view their mental health. A nation wide interview survey.

Basic Books Inc. 1960, New York, USA

Population: 21+ aged, general public, non-institutionalized, USA,1957

Sample:

Non-Response: 13%; 5% not at

home, 8% refusals 2460

Measured Correlate

N:

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Open-ended question: "What are some of the things you feel pretty

happy about these days?"

Measured Values:

Error Estimates:

Remarks: If a specific source of satisfaction is mentioned more often by the 'very happy' than

by the 'not too happy' a positive relationship is assumed, if reversed a negative one.

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/3/aa D%= + - Family

D%= + - Marri age If a specific source of satisfaction is mentioned more often by the 'very happy' than by the 'not too

D%= ±0 - Economi c and mahappya positive relationship is assumed, if

reversed a negative one.

D%= - - Heal th

Study GURIN 1960 Page in Report: 33

Reported in: Gurin, G., Veroff, J. & Feld, S.

Americans view their mental health. A nation wide interview survey.

Basic Books Inc. 1960, New York, USA

Population: 21+ aged, general public, non-institutionalized, USA,1957

Sample:

Non-Response: 13%; 5% not at

N:

home, 8% refusals 2460

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Less than 2 vs 2 or more sources men-tioned on open-ended direct

questi on.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/3/aa G=+.38 p<. 01

Study GURIN 1960 Page in Report: 31-32

Reported in: Gurin, G., Veroff, J. & Feld, S.

Americans view their mental health. A nation wide interview survey.

Basic Books Inc. 1960, New York, USA

Population: 21+ aged, general public, non-institutionalized, USA,1957

Sample:

Non-Response: 13%; 5% not at

home, 8% refusals

N: 2460

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Open-ended question: "What are some of the things you're not too

happy about these days?"

Measured Values:

Error Estimates:

Remarks: If a specific source of dissatisfaction is men-tioned more often by the 'very happy'

than by the 'not too happy' a positive relationship is assum- ed, if reversed a

negative one.

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/3/aa D%= - Children

D%= - - Marri age If a specific source of dissatisfaction is mentioned more often by the 'very happy' than by the D%= ±0 - Economic and ma'net tool happy' a resitive relationship is assum-

ed, if reversed a negative one.

D%= - - Heal th

Study GURIN 1960 Page in Report: 33

Reported in: Gurin, G., Veroff, J. & Feld, S.

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Basic Books Inc. 1960, New York, USA

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Non-Response: 13%; 5% not at

home, 8% refusals

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Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Less than 2 vs 2 or more sources men-tioned on open-ended direct

questi on.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/3/aa G=-.33 p<. 01

Page in Report: 241 Study **IISAG 1948**

Reported in: lisager, H.

Factors contributing to happiness among Danish college students.

Journal of Social Psychology, 1948, vol.28, p.237-246

Population: Adult college students, Denmark, 1946-47

Sample:

5% Non-Response:

113

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

31-item inventory. Each item was scored for its importance for the Measurement:

attainment of happiness.

- 1. Art.
- 2. Beauty.
- 3. Clear Conscience.
- 4. Economic independece.
- 5. Entertainments (dance, cinema, etc) 6. Excitement and thrills.
- 7. Freedom (of speech and behavior)
- 8. Fri ends.
- 9. Good fellowship.
- 10. Good food.
- 11. Good heal th.
- 12. Helping others.
- 13. Humour.
- 14. Joy of collecting.15. Joy of work.
- 16. Knowl edge.
- 17. Li quor.
- 18. Li terature.
- 19. Love.
- 20. Money.
- 21. Musi c.
- 22. Nature.
- 23. Politics.
- 24. Popularity.
- 25. Power.
- 26. Prestige.
- 27. Religion.
- 28. Security.
- 29. Sports.
- 30. Thi nki ng.
- 31. Travel s.

Measured Values:

Error Estimates:

Remarks:

Print date: 7-2-2003

Analysis on the basis of a comparison of the 'happy' subjects and those reporting 'about as often happy and unhappy' or 'unhappy most of the time'.

Happiness Query	Statistics		Remarks	
M-TH/g/sq/v/5/a	DMs=	ns		
	DMs=	ns		Analysis on the basis of a comparison of the 'happy' subjects and those reporting 'about as
	DMs=+	p<.s		often happy and unhappy' or 'unhappy most of the time'.
	DMs=-	p<.s		une.
	DMs=	ns		

DMs= ns

DMs=- p<.s

Study SEARS 1977A Page in Report: 40-62/4

Reported in: Sears, P.S. & Barbee, A.H.

Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press

Publ.1977, Baltimore and London, p.28-72

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample:

Non-Response: Attrition in 1972:

25%

N: 1928 N=671:

1972 N=430

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Mentioned on an open question on satisfying aspects of life.

a. in 1950b. in 1960

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

C-ASG/h/mq/v/5/a AoV=- ns a.

AoV=- p < .02 b.

Correlate Code: H 3

Page in Report: 40-62/4 **SEARS 1977A** Study

Sears, P.S. & Barbee, A.H. Reported in:

> Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ. Press

Publ.1977, Baltimore and London, p.28-72

"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72 Population:

Sample:

Non-Response: Attrition in 1972:

25%

1928 N=671: N:

1972 N=430

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Responses to open ended question

O Not mentioned

1 Mentioned

- Work

a. 1950

b. 1960

- Recognition

c. 1950

d. 1960

- Income

e. 1950

f. 1960

- Activities / hobbies

g. 1950

h. 1960

- Marriage

i. 1950

j. 1960

- Children

k. 1950

I. 1960

- Religion

m. 1950

n. 1960

- Social contacts

o. 1950

p. 1960

Correlate Code: H 3

- Community service

q. 1950

r. 1960

- Other

s. 1950 t. 1960

Measured Values:

Error Estimates:

Remarks: Earlier ratings (1950, 1960) by present happiness (1972).

Observed Relation with Happiness

Happiness Query	Statistic	S	Remarks	
C-ASG/h/mq/v/5/a	AoV=	ns	a.	
	AoV=	ns	b.	Earlier ratings (1950, 1960) by present happiness (1972).
	AoV=	ns	C.	

AoV= d. ns AoV= e. ns

AoV= f. ns

AoV= ns g.

AoV= ns h.

AoV=+ p<.00 i.

AoV=+ p<.00 j.

AoV=+ p<.03 k.

AoV=

AoV= ns m.

A - \ /	- 00	
AoV=	p<.03	n.

AoV=
$$p<.03$$
 r.

Chi²= ns a. ns

b.

C.

Chi²=

Chi²=

$$Chi^2 = ns$$
 m.

M-PL/h/sq/v/5/b

Chi²= ns

Chi²= ns

Chi²= ns

Page in Report: 54

Correlate Code: H 3

VEROF 1981Reported in: Veroff, J.; Douvan, E.; Kulka, R.A.

The Inner American, A Self-portrait from 1957 to 1976

Basic Books, 1981, New York, USA

Population: 21 aged, general public, non-institutionalized, USA, 1976

Sample:

Study

Non-Response: 29%

N: 2264

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Open-ended question: "What are some of

the things you're not too happy about these days?".

Measured Values:

Error Estimates:

Remarks:

Happiness Query	Statistics	S	Remarks		
O-HL/c/sq/v/3/aa	O-HL/c/sq/v/3/aa r= ns		Sources mentioned:	1957	1976
			 Economic and material Children Marriage Other interpersonal Job Own health Family's health Independence Personal char. Community, national and world problems 	05 10 10 10 02 11 07 - +. 03	07 05 10 09 05 05 03 - +. 05

54

Correlate Code: H 3

Page in Report: Study **VEROF 1981**

Veroff, J.; Douvan, E.; Kulka, R.A. Reported in:

The Inner American, A Self-portrait from 1957 to 1976

Basic Books, 1981, New York, USA

Population: 21 aged, general public, non-institutionalized, USA, 1976

Sample:

Non-Response: 29%

2264

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Open-ended question: "What are some of Measurement:

the things you feel pretty happy about these days?".

Measured Values:

Error Estimates:

Remarks:

Happiness Query	Statistic	s	Remarks		
O-HL/c/sq/v/3/aa	r= ns		Sources mentioned:	1957	1976
			 Economic and material Children Marriage Other interpersonal Job Own health Family's health Independence Personal char. Community, national and world problems 	+. 04 +. 05 +. 21 +. 10 +. 02 07 +. 02 +. 01	+. 06 +. 02 +. 16 +. 03 +. 03 07 +. 01 +. 04 +. 04

Study ZAUTR 1977 Page in Report: 88-93

Reported in: Zautra, A., Beier, E. and Cappel, L.

The dimensions of life quality in a community

American Journal of Community Psychology, 1977, vol.5, no.1, page 85-97

Population: 18+ aged, general public, Salt Lake County, USA, 197?

Sample:

Non-Response: 15%

V: 454

Measured Correlate

Class: . perceived sources of one's own happiness Code: H 3.2.2.1

Measurement: Factor Loading on:

-Economic difficulties -Personal difficulties -Government/world

Respondent score depended on whether or

not he mentioned these items as response to the open-ended question "What are the things you are unhappy about these days?"

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLW/u/sqt/v/7/a r= ns

Study WESSM 1956 Page in Report: 217

Reported in: Wessman, A.E.

A psychological inquiry into satisfaction and happiness

Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:

Non-Response: -

N: 2377

Measured Correlate

Class: . perceived sources of every-bodies happiness Code: H 3.2.2.2

Measurement: Open-ended question: "What one thing would you say makes people unhappy more than anything else?

Other factors vs factor mentioned

1. Lack of money, desire for money

- 2. Unhappy homelife, arguments, inlaws
- Jealousy, suspicion, lack of understanding
- 4. Fear, worry, discontent
- 5. Selfishness, greed, bad character, or disposition
- 6. Sickness, poor heal th
- 7. Drinking, running around
- 8. Not getting along with neighbours and friends
- 9. Failure, lack of success, lack of security, idleness
- Lack of religion, leaving out God, sin
- 11. No opinion

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query

Statistics

Remarks

O-HL/g/sq/v/3/c

G=-.13 p<.01

G=-.05 ns

G=+.28 p<.01

G=+.02 ns

G=+.15 p<.05

G=-.32 p<.01

G=-.03 ns

G=+.15 ns

G=-.15 ns

G=+.31 p<.01

G=-.01 ns

Study WESSM 1956 Page in Report: 215-216

Reported in: Wessman, A.E.

A psychological inquiry into satisfaction and happiness

Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:

Non-Response: -

N: 2377

Measured Correlate

Class: . perceived sources of every-bodies happiness Code: H 3.2.2.2

Measurement: Open-ended question: "What one thing would you say makes people happy more than anything else?"

Other factors vs factor mentioned:

 Marriage, family, children, having happy home life

- 2. Understanding people, making other people happy, being unselfisch
- 3. Contented, being adjusted to one's surroundings, freedom from worry
- 4. Heal th
- 5. Money, having enough to get along
- 6. Getting along with people, congeniality good friends
- 7. Success in chosen work, achievement security
- 8. Religion, obeying God's will
- 9. Love, affection
- 10. Having fun, enjoyment
- 11. No opi ni on

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query

Statistics

Remarks

O-HL/g/sq/v/3/c

G=+.10 ns

G=+.20 p<.01

G=-.00 ns

G=-.11 p<. 05

G=-.41 p<. 01

G=+.11 ns

G=-.03 ns

G=+.25 p<.01

G=+.10 ns

G=-.24 ns

G=-.21 p<. 05

Study NOELL 1987 Page in Report: 23

Reported in: Noelle-Neumann, E.

Quality of life indicators

paper presented to Statistic Users' Conference

London, 1987

Population: Adult, general public, Germany, 1982

Sample: Sampling not reported

Non-Response: not reported

N: 1997

Measured Correlate

Class: Perceived happiness of others Code: H 3.2.3

Measurement:

Single question:

"Do jou have the impression that most people here in the Federal Republic are satisfied with their life generally speaking or are they not so satisfied?"

1 satisfied with life 0 not so satisfied

- undeci ded

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLu/g/sq/v/2/a G=+.64 p<.01

tc=+.34 p<.01

Study ANDRE 1976/4 Page in Report: 78

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: . perceived level of happiness of compatriots Code: H 3.2.3.1

Measurement: Single closed question: "Which circle do you think would be

choosen most often by people in this country?"

Rated on a 9-point graphic scale ranging from an all-plus-circle

(8) to

an all-minus-circle (0). (HAP 5.1a)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-BW/cy/sq/I/9/a r=+.04

O-DT/u/sq/v/7/a mr=+.04 HAP 4.1 asked twice:

at the beginning of the interview: r=+.03

at the end of the interview: r=+.04

O-DT/u/sqt/v/7/a r=+.04 O-GBB/u/sq/c/9/a r=+.11

Page in Report: 92

Correlate Code: H 3

Reported in: Andrews, F.M. & Withey, S.B.

ANDRE 1976/5

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:

Study

N: 222

Measured Correlate

Class: . perceived level of happiness of compatriots Code: H 3.2.3.1

Measurement: Closed question: "Think of the neighbor who lives nearest to you,

who is of the same sex as you, and who is at least eighteen years old (If there are several such neighbors living equally close to your house or apartment, pick the one to your left as you walk into your place). The following questions all concern how you think this person feels about aspect of his or her own life."

Measure: how he/ she feels about life as a whole (terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/

del i ghted)

Measured Values:

Error Estimates:

Remarks:

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	r=+.10	<pre>Index of positive affects: r=+.10 Index of negative affects: r=10</pre>
O-BW/cy/sq/l/9/a	r=00	
O-DT/u/sq/v/7/a	mr=+.20	HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end. HAP 4.1 asked first: $r=+.20$ HAP 4.1 asked second: $r=+.20$ HAP 4.1 asked third: $r=+.20$
O-GBB/u/sq/c/9/a	r=+.20	
O-HL/c/sq/v/3/aa	r=20	
O-HL/u/sq/v/7/b	r=+.20	
O-SLW/u/sq/f/7/a	r=+.20	

Study ANDRE 1976/5 Page in Report: 92

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: . perceived level of happiness of compatriots Code: H 3.2.3.1

Measurement: Single closed question rated on a graphic scale: "Which circle do

you think would be chosen most often by people in this country?" Rated on a 9-point scale ranging from a 8-plus-circle (8) to a 8-

minus-circle (0).

Measured Values:

Happiness Query

O-HL/u/sq/v/7/b

O-SLW/u/sq/f/7/a

Error Estimates:

Remarks:

Observed Relation with Happiness

Statistics

r=+.20

r=+.20

A-BB/cm/mq/v/2/a r=+.00O-BW/cy/sq/l/9/a r=+.10O-DT/u/sq/v/7/a mr=+.13HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end. HAP 4.1 asked first: r=+.10HAP 4.1 asked second: r=+.20HAP 4.1 asked third: r=+.10O-GBB/u/sq/c/9/a r=+.20O-HL/c/sq/v/3/aa r=-.00

Remarks

Study ABRAM 1972 Page in Report: 21

Reported in: Abrams, M.& Hall, J.

The condition of the British people: report on a pilot survey using self-rating scales. Unpublished paper, Soc.Science Research Council,1972 London.Partly reported in

Stöber et al.,1973.

Population: 15+ aged, general public, Britain, 1971

Sample:

Non-Response:

N: 213

Measured Correlate

Class: . perceived level of happiness of specific social categories Code: H 3.2.3.2

Measurement: Closed question on perceived satisfac-tion of various S.E.S.

groups on an

11-point self-anchoring scale, based on Cantril(1965); and closed question on the S.E.S.-group S belongs to

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLW/c/sq/l/11/b r=+.47

Page in Report: 191 **WESSM 1956** Study

Wessman, A.E. Reported in:

A psychological inquiry into satisfaction and happiness

Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:

Non-Response:

2377

Measured Correlate

Class: . perceived level of happiness of specific social categories Code: H 3.2.3.2

Measurement:

single / no difference / married

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/g/sq/v/3/c G=+.32 p<.01

Page in Report: 191 **WESSM 1956** Study

Wessman, A.E. Reported in:

A psychological inquiry into satisfaction and happiness

Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:

Non-Response:

2377

Measured Correlate

Class: . perceived level of happiness of specific social categories Code: H 3.2.3.2

Closed question: "In general, which do you think is happier - married people or single people?". Measurement:

Single / no difference / married

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/g/sq/v/3/c G=+.32 p<.01

Study ABRAM 1972 Page in Report: 21

Reported in: Abrams, M.& Hall, J.

The condition of the British people: report on a pilot survey using self-rating scales. Unpublished paper, Soc.Science Research Council,1972 London.Partly reported in

Stöber et al.,1973.

Population: 15+ aged, general public, Britain, 1971

Sample:

Non-Response:

N: 213

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Two closed questions on whether and how

much one is closer in general satisfac- tion to the person one

whould most one

whould least like to be.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLW/c/sq/l/11/b r=+.09

Study ANDRE 1976/4 Page in Report: 78

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: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Difference in response to the following questions:

1. "Which circle comes closest to

matching your life?"

2. "Which circle do you think would be chosen most often by people in this

country?"

Rated on a 9-point graphic scale ranging from an all-plus-circle

(8) to

an all-minus-circle (0). (HAP 5.1a)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-BW/cy/sq/I/9/a r=+.45

O-DT/u/sq/v/7/a mr=+.37 HAP 4.1 asked twice:

at the beginning of the interview: r=+.39 at the end of the interview: r=+.35

O-DT/u/sqt/v/7/a r=+.40 O-GBB/u/sq/c/9/a r=+.74

Page in Report: 92

Correlate Code: H 3

Reported in: Andrews, F.M. & Withey, S.B.

ANDRE 1976/5

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:

Study

N: 222

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Closed question:

1. "Which of the following statements fits how you feel? My life is worse than nearly everyone else's...worse than most others...about everage-better than some and worse than some...better than most other's ...better than nearly everyone

el se' s?"

2. "Which of the following statements fits how you feel? My life is much worse than most other people's ... somewhat worse...about the same ...somewhat better...much better?"

Measured Values:

Error Estimates:

Remarks:

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	r=+.20	Question 1: Index of positive affects: r=+.40
	r=+.20	Question 2: Index of negative affects: r=00
O-BW/cy/sq/l/9/a	r=+.30	Question 1
	r=+.30	Question 2
O-DT/u/sq/v/7/a	mr=+.37	HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end. Question 1: HAP 4.1 asked first: $r=+.40$ HAP 4.1 asked second: $r=+.30$ HAP 4.1 asked third: $r=+.40$

	mr=+.43	Question 2: HAP 4.1 asked first : r=+.50 HAP 4.1 asked second: r=+.40 HAP 4.1 askwd third : r=+.40
O-GBB/u/sq/c/9/a	r=+.40	Question 1
	r=+.40	Question 2
O-HL/c/sq/v/3/aa	r=40	Question 1
	r=40	Question 2
O-HL/u/sq/v/7/b	r=+.40	Questin 1
	r=+.40	Question 2
O-SLW/u/sq/f/7/a	r=+.40	Question 1
	r=+.50	Question 2

Page in Report: 92

Correlate Code: H 3

Page 36 of 69

Reported in: Andrews, F.M. & Withey, S.B.

ANDRE 1976/5

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:

Study

V: 222

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Closed question: "If all the adults in the United States were

represented by cards - one person per card - and if you were sorting everyone into seven piles ordered from those who had the best kind of life to those who had the worst kind of life, some people would have to fall in the middle pile. We have drawn a line to represent the height of the pile of cards, representing people in the middle group. Draw lines up from each of the other six points to show about how many people you think would be in the other piles. Just make your best guess. Draw a circle around the letter under the pile in which you would put your own life."

category selected as the one "in which you would put your own life"
 decide position as calculated from

decile position, as calculated from respondent's perceived position within the distribution he gave

Measured Values:

Error Estimates:

Remarks:

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	r=+.30	Measure 1: (sore) Index of positive affects: r=30
	r=+.20	Measure 2: (decile position) Index of negative affects: r=+.10
O-BW/cy/sq/l/9/a	r=+.20	Measure 1: (score)
	r=+.20	Measure 2: (decile position)

O-DT/u/sq/v/7/a	mr=+.33	HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end. Measure 1: (score) HAP 4.1 asked first: r=+.40 HAP 4.1 asked second: r=+.30 HAP 4.1 asked third: r=+.30
	mr=+.27	Measure 2: decile position HAP 4.1 asked first: r=+.30 HAP 4.1 asked second: r=+.20 HAP 4.1 asked third: r=+.30
O-GBB/u/sq/c/9/a	r=+.30	Measure 1: (score)
	r=+.20	Measure 2: (decile position)
O-HL/c/sq/v/3/aa	r=40	Measure 1: (score)
	r=30	Measure 2: (decile position)
O-HL/u/sq/v/7/b	r=+.40	Measure 1: (score)
	r=+.30	Measure 2: (decile position)
O-SLW/u/sq/f/7/a	r=+.40	Measure 1: (score)
	r=+.30	Measure 2: (decile position)

Page in Report: 92

Correlate Code: H 3

Reported in: Andrews, F.M. & Withey, S.B.

ANDRE 1976/5

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:

Study

N: 222

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Closed question: "Now let's compare your life...with the lives of

six people you know well. It does not matter to us who these people are, but for your convenience write down the initials of each person in the boxes provided below. (Think of real people you meet from time to time.) Under each set of initials put a 'B' if you think that on the whole your life is better for you than that person's would be. Put an 'S' if yours seems about the same for you as that person's would be. Put a 'W' if yours seems worse for

you than that person's would be. "

Measure: average of up to six ratings, where B=3, S=2 and W=1

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	r=+.10	Index of positive affects: r=+.20 Index of negative affects: r=00
O-BW/cy/sq/l/9/a	r=+.10	
O-DT/u/sq/v/7/a	mr=+.17	HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end. HAP 4.1 asked first : $r=+.20$ HAP 4.1 asked second: $r=+.10$ HAP 4.1 asked third : $r=+.20$
O-GBB/u/sq/c/9/a	r=+.20	
O-HL/c/sq/v/3/aa	r=20	
O-HL/u/sq/v/7/b	r=+.20	
O-SLW/u/sq/f/7/a	r=+.10	

Study ANDRE 1976/5 Page in Report: 241

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: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: 0. percei ved happi ness of nei ghbor

1. own happiness

Both rated on a 7-point scale: terrible/ unhappy/ mostly

di sati fi ed/

mixed/ mostly satisfied/ pleased/

del i ghted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-DT/u/sqt/v/7/a DM=- Estimate for neighbor: M=5.12 Mt'=6.90

Own rating : M=5.42 Mt'=7.40

Study ANDRE 1976/5 Page in Report: 92

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: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Difference in reponse to two direct questions:

 "Which circle do you think comes closest to matching your life?"

2. "Which circle do you think would be chosen most often by

people in

this country?"

Rated on a 9-point scale ranging from a 8-plus-circle (8) to a 8-

minus-circle (0). (HAP 5.1a)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-BB/cm/mq/v/2/a r=+.20O-BW/cy/sq/l/9/a r=+.20O-DT/u/sq/v/7/a mr=+.20 HAP 4.1 asked thrice during the interview:

at the beginning, in the middle and at the end.

HAP 4.1 asked first: r=+.20 HAP 4.1 asked second: r=+.20 HAP 4.1 asked third: r=+.20

O-GBB/u/sq/c/9/a r=+.50
O-HL/c/sq/v/3/aa r=-.20
O-HL/u/sq/v/7/b r=+.20
O-SLW/u/sq/f/7/a r=+.20

Study IRWIN 1979 Page in Report: 11

Reported in: Irwin, R.; Kammann, R.; Dixon, G.

If you want to know how happy I am you'll have to ask me

New Zealand Psychologist, Vol. 8, 1979, p.10-12

Population: Singles, Dunedin New Zealand, 1975

Sample:

Non-Response:

N: 78

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Correspondence of self-rating of Ss' own happiness with Ss' rating

of the happiness of two flatmates.

Ss' rated how they thought the flatmates WILL rate themselves and

how they SHOULD rate if they were honest to themselves.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

M-FH/cm/sq/v/7/a r=+.29 p<.01

Study IRWIN 1979 Page in Report: 11

Reported in: Irwin, R.; Kammann, R.; Dixon, G.

If you want to know how happy I am you'll have to ask me

New Zealand Psychologist, Vol. 8, 1979, p.10-12

Population: Singles, Dunedin New Zealand, 1975

Sample:

Non-Response:

N: 78

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Correspondence in self-ratings of Ss' with the happiness of

flatmates.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

M-FH/cm/sq/v/7/a r=+.06 ns The happy appear not more apt to seek happy company.

Study MATLI 1966/1 Page in Report: 13

Reported in: Matlin, N.

The demography of happiness

University of Puerto Rico, School of Medicine, Department of Public Health, 1966,

San Juan.

Population: 20+ aged, general public, Puerto Rico, 1963-64

Sample:

Non-Response:

N: 1417 (excluding validation

sample)

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Closed question on enjoying life compared with other people of the

same age: less / about the same / more

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-BB/cw/mq/v/2/a G=+.38 p<.01 Index of Positive Affects: G' = +.15 (01)

Index of Negative Affects: G' = -.83 (01)

Study MOLLE 1988 Page in Report: 631

Reported in: Moller, V.

Quality of life in retirement: a case study of zulu return migrants

Social Indicators Research, Vol. 20, 1988, pp. 621-658

Population: Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983

Sample:

Non-Response:

N: 253

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: 'Do you think that you are as happy as your grandparents were at

your age?'
0: less happy
1: more happy

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/5/a r=+.14 p<.05

O-SLW/u/sq/v/5/d r=+.16 p<.01 All

Beta=+.1 p<.01 All

ß controlled for:

1 Satisfied with health

2 Voluntary retirement

3 More active person

4 No pension income

5 Has a confidant

6 Higher standard house

7 Community elder

8 Satisfied with job while working

9 Enjoys aspects of retirement

10 Retired suddenly

11 Agrees: planning is key to success

12 Preference for entrepreneurship in

reti rement

13 Higher modernity score

Beta=+.1 p<.05

- -65 years old ß controlled for:
- Satisfaction with health
- Percei ved financial adequacy
- 3 No pension income
- 4 Community elder
- 5 Has a confidant
- 6 Looked forward to retirement
- 7 Aged gradually

Page in Report: 483/487

Correlate Code: H 3

Reported in: Shinn, D.C. & Johnson, D.M.

SHINN 1978

Avowed happiness as an overall assessment of the quality of life

Social Indicators Research, Vol 5, 1978, pp. 475-492

Population: Heads of households, Illinois, USA, 1975

Sample:

Study

Non-Response: 17%

N: 665

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: ?

Measured Values: Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks	
O-HL/c/sq/v/3/aa	r=+.43 p<05	When controlled for: - comparisons only β = +.40 - resources and	

comparisons β = +.39 - assessments and comparisons β = +.28 - comparisons recources and

assessments β = +.30 'Comparisons': perceived financial improvement in

the past few years;

'Resources': race, sex, age, income, education, home ownership, marital status, number of children, number of household members;

'Assessments': satisfaction with: standard of living, leisure time, housing, health, education,

community, government.

Study SNIDE 1980 Page in Report: 255

Reported in: Snider, E.L.

Explaining lifesatisfaction: It's the elderly's attitude that co that counts.

Social Science Quaterly, 1980, vol. 61, nr 2, p. 253-263

Population: 65+ aged, retired whites, Edmonton, Canada, 1976

Sample:

Non-Response: 10%

N: 428

Measured Correlate

Class: . perceived difference with own happiness Code: H 3.2.3.3

Measurement: Single direct question.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLu/g/sq/v/3/a r=+.27 p<.001

Study PHILL 1973 Page in Report: 927

Reported in: Philips, D.L. & Clancy, K.L.

Some effects of 'social desirability' in studies

American Journal of Sociology, 1972, vol. 77, p. 921-940

Population: Adult, general public, New England and Mid-Atlantic States, USA, 197?

Sample:

Non-Response: -

N: 404

Measured Correlate

Class: Moral desirability of happiness Code: H 3.3.1

Measurement: Rating of 'happiness' on a 9-point scale of desirability:

low/medium/high desirability

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/3/aa G=+.28 p<.01 Gamma's computed on the basis of proportions 'very

happy' answers

Females: Q = +.40Males | Q = +.10

High need for social approval : G' = +.33 (ns) Medium need for social approval : G' = +.30 (05) Low need for social approval : G' = +.22 (ns)

Study WESSM 1966/2 *Page in Report:* 116/117

Reported in: Wessman, A.E. & Ricks, D.F.

Mood and personality Holt, 1966, New York, USA

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60

Sample:

Non-Response: 37%: 9

dropouts, incomplete; about the same happiness distribution.

N: 17

Measured Correlate

Class: Moral desirability of happiness Code: H 3.3.1

Measurement: Scale, containing agree / disagree statements.

Measured Values: Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-ARE/md/sqr/v/10/ r=+.48 p<. 05 The happier men were more likely to agree with such

statements as: 'Happiness is one of the pri- mary goals of life' and 'Find me a truly happy man and I'll show you a man who is mature and creative'. The less happy tended to agree with statements to the effect: 'Only cows are contented', 'Most people who say they are happy close their eyes to the sufferings of the world', and 'I don't want to be

happy: I want to be utterly alive'.

Study ABRAM 1972 Page in Report: 21

Reported in: Abrams, M.& Hall, J.

The condition of the British people: report on a pilot survey using self-rating scales. Unpublished paper, Soc.Science Research Council,1972 London.Partly reported in

Stöber et al.,1973.

Population: 15+ aged, general public, Britain, 1971

Sample:

Non-Response:

N: 213

Measured Correlate

Class: Acceptance of own (un)happiness Code: H 3.3.2

Measurement: Difference between own level of satis- faction and level of

satisfaction one

thinks people like oneself are entitled to. Both questions were rated on an 11point self-anchoring scale (Cantril 1965)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLW/c/sq/l/11/b r=+.59 Both question were rated on an 11-point self-

anchoring scale.

Study WATSO 1930 Page in Report: 88

Reported in: Watson, G.

Happiness among adult students of education.

Journal of Educational Psychology, 1930, vol. 21, p. 79-109

Population: Graduate students of education (teachers), Columbia University, USA, 193?

Sample:

Non-Response: -

N: 388. See

"Remarks"

Measured Correlate

Class: Perceived reputation of happiness Code: H 3.4

Measurement: Estimate of how friends would rate one's happiness: most miserable

of all / about three-fourths of the population happier than you are / the average per- son of your own sex and age / happier on the whole than three-fourths of the population of similar age and

sex / happiest of all.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BW/g/mq/v/2/a	r= +	Males : $r = +.39$ Females : $r = +.39$
O-HL/g/oq/n/11/a	r= +	Females : $r = +.49$ Males : $r = +.26$
O-HP/u/sq/v/10/a	r= +	Females : $r = +.35$ Males : $r = +.22$

Appendix 1

Queries on Happiness used in reported Studies

Happiness Query Code Full Text

A-AOL/m/sq/v/5/a

Single direct question:

'How are you feeling now....?'

5 very good

4 good

3 neither good nor poor

2 poor

1 very poor

Original text in Danish:

'Hvordan har du det for tiden?

5 meget godt

4 godt

3 hverken godt eller darligt

2 dårligt

1 meget dårligt

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.

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

A-BB/cm/mg/v/2/a

Print date: 7-2-2003

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)

A-BB/cw/mq/v/2/a

Selfreport on 10 questions:

"During the past week, did you ever feel.....?"

- A So restless that you could not sit long in a chair
- B Proud, because someone had complimented you
- C Very lonely or remote from people?
- D Pleased about having accomplished something
- E Bored
- F On top of the world?
- G Depressed
- H That things were going your way?
- I Upset because someone critized you?
- J Could not do anything, simply because you could not start?

Answer options and scoring:

- -yes = 1
- -no = 0

Summation:

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

Possible range -6 to +4

Name: Bradburn's `Affect Balance Scale' (adapted version)

Selfreport on 50 questions:

Below is a list of words and phrases. Check every term which you believe could fairly be applied to yourself in prevalent attitudes. (yes/no)

- A Enthousiastic
- **B** Morbid
- C Disappointed
- D Distressed
- E Cheerful
- F Prosperous
- G Frivolous
- H Troubled
- I Annoyed
- J Calm

A-BW/g/mg/v/2/a

K Miserable L Thrilled M Irritable N Buoyant O Joyful .

AX

The total list contained fifty adjectives, half positive and half negative

Scoring: yes = +1no = -1

Summation: number of happy traits mentioned minus number of unhappy traits mentioned.

Possible range: - 50 to + 50 Selfreport on 2 questions:

C-ASG/h/mq/v/5/a

A. "How important was each of the following goals in life in the plans you made for yourself in early adulthood?"

- occupational success
- family life
- friendships
- richness of cultural life
- total service to society.

1 less important to me than to most people

3

5 of prime importance to me

B. "How succesfull have you been in the persuit of these goals?"

1 little satisfaction in this area

2

4

5 had excellent fortune in this respect

Computation:General Satisfaction 5 is the quotient obtained by multiplying the planned goal (early adulthood) by the reported success in attaining that goal, adding the five of these multiplied areas and dividing them by the sum of the planned goals for each of the areas.

Pa.Sa + Pb.Sb + Pc.Sc + Pd.Sd + Pe.Se Pa + Pb + Pc + Pd + PePa = planned goal a (1-5)Sa = success goal a (1-5) M-FH/cm/sq/v/7/a Selfreport on single question: "Over the past month I have been feeling......?" 7 extremely happy 6 very happy 5 somewhat happy 4 mixed (about equally happy and unhappy) 3 somewhat unhappy 2 verv unhappy 1 extremely unhappy M-PL/h/sq/v/5/b Selfreport on single question: following enumeration of lifegoals in six areas, the last of wich was 'joy in living' " How successfull have you been in pursuit of that goal.....?" (joy in living) 5 had excellent fortune in this respect 4 3 2 1 found little satisfaction in this area M-TH/g/sq/v/5/a Selfreport on single question: Underline the sentence wich comes nearest to the truth: "I am" 1 almost always unhappy 2 more often unhappy than happy 3 about as often happy as unhappy 4 more often happy then unhappy almost always happy Selfreport on single question: O-BW/cy/sq/I/9/a "Here is a picture of a ladder. At the bottom of the ladder is the worst life you might reasonably expect to have. At the top is the best life you might expect to have. Of course, life from week to week falls somewhere in between. Where was your life most of the time during the past year?" [9] best life you might expect to have [8] [7] [6] [5] [4] [3] [1] worst life you might expect to have

O-DT/u/sq/v/7/a

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

Selfreport on single question:

"How do you feel about your life as a whole.....?"

7 delighted

6 pleased

5 mostly satisfied

4 mixed

3 mostly dissatisfied

2 unhappy

1 terrible

O-DT/u/sqt/v/7/a

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

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 unhappy1 terrible

Summation: arithmetic mean

O-GBB/u/sq/c/9/a

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

"Here are some circles that we can imagine represent the lives of different people. Circle eight has all pluses in it, to represent a person who has all the good things in his life. Circle zero has all minuses in it, to represent a person who has all the bad things in his life. Other circles are in between. Which circle do you think comes closest to matching your life?"

(circles not reproduced here)

8 +++++++ 7 ++++++-6 +++++--5 +++++---

0 - - - - - -

Name: Andrews & Withey's 'Circles Scale'

O-HL/c/sq/v/3/aa

Selfreport on single question:

'Taken all together, how would you say things are these days? Would you say that you are....?"

3 very happy

2 pretty happy 1 not too happy O-HL/c/sq/v/5/a Selfreport on single question: "Taking all things together in your life, how would you say things are these days? Would you say you are?" 5 very happy 4 happy 3 neither happy nor unhappy 2 unhappy 1 very unhappy O-HL/c/sq/v/5/h Selfreport on single question 'How happy are you now?' 5 very happy 4 happy 3 neither happy nor unhappy 2 unhappy 1 very unhappy Original text in Danish: 'Hvor lykkelig er du for tiden?' 5 meget lykkelig 4 lykkelig 3 hverken eller 2 ullykklig 1 meget ullykkelig O-HL/g/og/n/11/a Selfreport on open question: "Now write in your own words a sentence of two, something which you believe will most truly describe your own general happiness in life." The answers were rated by three judges on a scale ranging from 0 to 10. 0 low 1 2 3 4 5 6 7 8 9 10 high Selfreport on single question: O-HL/g/sq/v/3/c "In general, how happy would you say you are.....?" 3 very happy 2 fairly happy 1 not too happy O-HL/u/sq/v/7/b Selfreport on single question: Print date: 7-2-2003

"How do you feel how happy you are.....?"

7 delighted

6 pleased

5 mostly satisfied

4 mixed (about equally satisfied and dissatisfied)

3 mostly

2 unhappy

1 terrible

O-HP/u/sg/v/10/a

Selfreport on single question:

"Among the following description arranged in miscellaneous order, choose the one which comes nearest to fitting you. None will be likely to fit exactly."

- 3 Finding life rather disappointing and disillusioning, comfortable in many ways, moderately successful, but far from realizing the hopes of youth.
- 9 Cheerful, gay spirits most of the time. Occasionally bothered by something but can usually laugh it off.
- 8 Calm, quiet sort of satisfaction. Life has been pretty good. Not everything one desires comes, of course, but on the whole there is much for which to be serenely thankful.
- 5 Ups and downs, now happy about things, now depressed. About balanced in the long run.
- 1 Life often seems so worthless that there is little to keep one going. Nothing matters very much, there has been so much of hurt that laughter would be empty mockery.
- 2 Keeping a brave front, others think everything is all right. Inside life seems rather black.
- 1 Usually sad, weep readily, smile seldom.
- 11 Radiant, find every day full of interest, amusing things, and worthwhile things.
- 3 Seriously hurt by certain things, for which the good aspects of life cannot quite make up.
- 5 Quite objective. Like some experiences, dislike others. Not aware of any prevalent happiness or unhappiness.

O-SLu/c/sq/v/5/e

Selfreport on single question:

'How satisfied are you with your life now?'

5 very satisfied

2 satisfied

3 neither satisfied nor dissatisfied

2 dissatisfied

1 very dissatisfied

Original text in Danish:

'Hvor tilfreds er du med dit liv for tiden?'

5 meget tilfreds

4 tilfreds

3 hverken tilfreds eller utilfreds

2 utilfreds

1 meget utilfreds

O-SLu/g/sq/v/2/a	Selfreport on single question:
O-SLu/g/sq/v/3/a	"Would you say that you are satisfied with your life, generally speaking, or are you not so satisfied?" 2 satisfied with life 1 not so satisfied - undecided Selfreport on single question:
O-SEu/g/sq/V/S/a	
O-SLW/c/sq/l/11/b	"On the whole, how satisfied would you say you are with your life?" 1 not very satisfied 2 fairly satisfied 3 very satisfied Selfreport on single question:
	"How dissatisfied would you say you are with things in general today?' Rated on ladder scale [10] completely satisfied [] [] [] [] [] [] [] [
O-SLW/u/sq/f/7/a	Selfreport on single question:
	"Which face comes closest to expressing how you feel about your life as a whole?"
	Rated on pictorial scale, consisting of seven faces varying from smiles to frowns. 7 smiling cheerful face 6 5 4 neutral face 3 2 1 frowning depressed face (Pictures not reproduced here)
O-SLW/u/sq/n/11/a	Selfreport on single question:
	"All things considered, how satisfied or dissatisfied are you with your life as a whole?" 10 completely satisfied 9 8 7 6 5

4 3 2 1 0 completely dissatisfied O-SLW/u/sq/v/5/d Selfreport on single question: "Taking your life as a whole, are you?" 5 very satisfied 4 quite satisfied 3 more satisfied than discontented 2 more discontented than satisfied 1 quite dissatisfied In German: "Wenn Sie Ihr Leben jetzt alles in allem betrachten, sind Sie.....?" 5 sehr zufrieden 4 ziemlich zufrieden 3 eher zufrieden 2 eher unzufrieden 1 ziemlich unzufrieden O-SLW/u/sqt/v/7/a Selfreport on single question, asked twice in interview: "Considering everything, how satisfied are you with your life as a whole......?" completely satisfied 6 5 4 3 2 completely dissatisfied Summation: both scores added Possible range: 2 to 14

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

AoV ANALYSIS of VARIANCE (ANOVA)

Type: statistical procedure

Measurement level: Correlate(s): nominal, Happiness: metric.

In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a source of variability. At least one of those sources is the variability of the correlate, in case there is only one, and always one other is the residual variability, which includes all unspecified influences on the happiness variable. Each sum of squares has its own number of degrees of freedom (df), which sum up to Ne -1 for the total variability. If a sum of squares (SS) is divided by its own number of df, a mean square (MS) is obtained. The ratio of two correctly selected mean squares has an F-distribution under the hypothesis that the corresponding association has a zero-value.

NOTE: A significantly high F-value only indicates that, in case of a single correlate, the largest of the c mean values is systematically larger than the smallest one. Conclusions about the other pairs of means require the application of a Multiple Comparisons Procedure (see e.g. BONFERRONI'S MULTIPLE COMPARISON TEST, DUNCAN'S MULTIPLE RANGE TEST or STUDENT-NEWMAN-KEULS)

(B) STANDARDIZED REGRESSION COEFFICIENT

Type: test statistic.

Measurement level: Correlates: all metric, Happinessl: metric.

Range: [-1; +1]

Meaning:

beta > 0 « a higher correlate level corresponds with, on an average, higher happiness

rating

beta < 0 « a higher correlate level corresponds with, on an average, lower happiness

rating.

beta = 0 « no correlation.

beta = + 1 or -1 « perfect correlation.

Chi² CHI-SQUARE

Beta

Type: test statistic

Range: [0; Ne*(min(c,r)-1)], where c and r are the number of columns and rows

respectively in a cross tabulation of Ne sample elements.

Meaning:

Chi² <= (c-1) * (r-1) means: no association Chi² >> (c-1) * (r-1) means: strong association

D% DIFFERENCE in PERCENTAGES

Type: descriptive statistic only.

Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically

possible as well. Happiness level: dichotomous

Range: [-100; +100]

Meaning: the difference of the percentages happy people at two correlate levels.

DM DIFFERENCE of MEANS

Correlate Code: H 3

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.

DMs STANDARDIZED DIFFERENCE of MEANS (CRITICAL RATIO)

Type: test statistic.

Measurement level: Correlate: dichotomous, Happiness: metric

Theoretical range: unlimited

Meaning: DMs is the ratio of the difference of the, either untransformed or transformed,

means and its standard error.

G GOODMAN & Kruskal's GAMMA

Type: test statistic

Measurement level: Correlate: ordinal, Happinessl: ordinal

Range: [-1; +1]

Meaning:

G = 0 « no rank correlation

G = +1 « strongest possible rank correlation, where high correlate values correspond

with high happiness ratings.

G = -1 « strongest possible rank correlation, where high correlate values correspond

with low happiness ratings.

mr Mean correlation coefficient (r).

For r, see PRODUCT-MOMENT CORRELATION

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.

KENDALL'S TAU-C (Also referred to as Stuart's tau-c)

Type: test statistic

Measurement level: Correlate: ordinal, Happiness: ordinal

Range: [-1; +1]

Meaning:

tc = 0 « no rank correlation

tc = 1 « perfect rank correlation, where high values of the correlate correspond

with high happiness ratings.

tc = -1 « perfect rank correlation, where high values of the correlate correspond

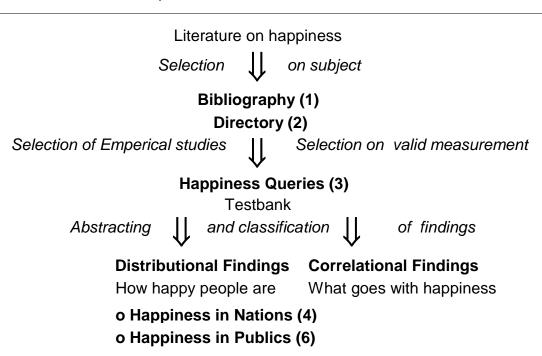
with low happiness ratings.

tc

On the web you will find a text explaining the statistics used in more detail. Go to: www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm. This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

Appendix 3: About the World Database of Happiness

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



- 1 BIBLIOGRAPHY OF HAPPINESS Presents all contemporary scientific publications. Detailed subjectclassification. 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

Number of Studies Main Category's Category Name in this Category A 1 ACTIVITY LEVEL (how much one does) 53 A 2 **ACTIVITY PATTERN (what one does)** 7 31 A 3 AFFECTIVE LIFE A 4 **AGE** 279 A 5 **AGGRESSION** 11 A 6 **ANOMY** 30 A 7 APPEARANCE (good looks) 8 8 A **ATTITUDES** 4 A 9 **AUTHORITARIANISM** 4 B 3 **BODY** 66 C 1 **CHILDREN 1:** 4 C 10 6 **CREATIVENESS** 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 DAILY JOYS & HASSLES D 1 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 6 123 **FRIENDSHIP** G 1 **GENDER** 252 G 2 **GRIEF** 1 H 10 **HOPE** 3 HOUSEHOLD: COMPOSITION 90 H 11 H 12 HOUSEHOLD: WORK 10 H 13 **HOUSING** 75 H 2 **HANDICAP** 13

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H 9	HELPING	4
I 1	INCOME	415
12	INSTITUTIONAL LIVING	28
13	INTELLIGENCE	63
I 4	INTERESTS	5
15	INTERVIEW	49
I 6	INTIMACY	70
L 1	LANGUAGE	1
L 10	LOCAL ENVIRONMENT	270
L 11	LOTTERY	7
L 12	LOVE-LIFE	26
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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
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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
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N 8	NUTRITION	18
0 1	OCCUPATION	133

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S 10	SOCIAL SUPPORT: RECEIVED	26
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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
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Appendix 5 Related Topics

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H 3.1.1	Earlier happiness-attitudes			
H 3.1.2	Change in happiness-attitudes			
H 3.1.4	Later happiness-attitudes			
H 3.2	Current happiness-attitudes			
H 3.2.1	Concept of happiness			
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H 3.3.2	Acceptance of own (un)happiness	C 9	COPING	
		P 4.24	Defensive	
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End of Report

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