Findings on Happiness & LEISURE

Correlate Code: L 3

<table>
<thead>
<tr>
<th>Correlate Code</th>
<th>Correlate Name</th>
<th>Number of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>L 3</td>
<td>LEISURE</td>
<td>0</td>
</tr>
<tr>
<td>L 3.1</td>
<td>Leisure career</td>
<td>0</td>
</tr>
<tr>
<td>L 3.1.1</td>
<td>Earlier leisure</td>
<td>1</td>
</tr>
<tr>
<td>L 3.1.2</td>
<td>Change in leisure</td>
<td>0</td>
</tr>
<tr>
<td>L 3.1.2.1</td>
<td>. change in leisure activity-level</td>
<td>0</td>
</tr>
<tr>
<td>L 3.1.2.2</td>
<td>. change in specific leisure activities</td>
<td>9</td>
</tr>
<tr>
<td>L 3.1.2.3</td>
<td>. change in satisfaction with leisure</td>
<td>2</td>
</tr>
<tr>
<td>L 3.1.4</td>
<td>Later leisure</td>
<td>1</td>
</tr>
<tr>
<td>L 3.2</td>
<td>Current leisure time</td>
<td>3</td>
</tr>
<tr>
<td>L 3.3</td>
<td>Current leisure activity</td>
<td>0</td>
</tr>
<tr>
<td>L 3.3.1</td>
<td>Leisure activity level</td>
<td>19</td>
</tr>
<tr>
<td>L 3.3.2</td>
<td>Specific leisure activities</td>
<td>7</td>
</tr>
<tr>
<td>L 3.3.2.1</td>
<td>. personal care</td>
<td>1</td>
</tr>
<tr>
<td>L 3.3.2.2</td>
<td>. eating/drinking out</td>
<td>3</td>
</tr>
<tr>
<td>L 3.3.2.3</td>
<td>. hobbies</td>
<td>3</td>
</tr>
<tr>
<td>L 3.3.2.4</td>
<td>. reading</td>
<td>3</td>
</tr>
<tr>
<td>L 3.3.2.6</td>
<td>. shopping</td>
<td>1</td>
</tr>
<tr>
<td>L 3.3.2.7</td>
<td>. theater/movies</td>
<td>1</td>
</tr>
<tr>
<td>L 3.3.2.8</td>
<td>. traveling</td>
<td>1</td>
</tr>
<tr>
<td>L 3.3.2.9</td>
<td>. tv watching, radio listening</td>
<td>7</td>
</tr>
<tr>
<td>L 3.3.2.10</td>
<td>. voluntary work</td>
<td>1</td>
</tr>
<tr>
<td>L 3.4</td>
<td>Attitudes to leisure</td>
<td>0</td>
</tr>
<tr>
<td>L 3.4.1</td>
<td>Concern about leisure</td>
<td>5</td>
</tr>
<tr>
<td>L 3.4.2</td>
<td>Leisure aspirations</td>
<td>2</td>
</tr>
<tr>
<td>L 3.4.3</td>
<td>Satisfaction with leisure</td>
<td>19</td>
</tr>
<tr>
<td>L 3.4.3.1</td>
<td>. satisfaction with time for leisure</td>
<td>9</td>
</tr>
<tr>
<td>L 3.4.3.2</td>
<td>. satisfaction with leisure activities</td>
<td>27</td>
</tr>
<tr>
<td>L 3.3.3</td>
<td>Place of leisure (indoor vs outdoor)</td>
<td>1</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
Findings on Happiness & LEISURE

<table>
<thead>
<tr>
<th>Study</th>
<th>PALMO 1977</th>
</tr>
</thead>
</table>
| **Reported in:** | Palmore, E.B. and Kivett, V.  
Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70  
| **Population:** | 46+ aged whites, North Carolina, USA, 1968-1972/74 |
| **Sample:** | Probability stratified sample |
| **Non-Response:** | 378 |

**Measured Correlate**

| **Class:** | Earlier leisure  
Code: L 3.1.1 |
| **Measurement:** | Number of hours spent during the last typical week "attending a sports event such as baseball or football games; attending church or other meetings; lectures or concerts; doing volunteer work for church, other organizations or relatives; visiting, telephoning or writing friends or relatives; parties, eating or entertaining".  
Assessed at T1: 1968/70. |

**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>
| O-BW/c/sq/l/10/c | r=+.11  
p<.05 | T1 leisure by T1 life satisfaction  
T1 leisure by T2 life satisfaction  
T1 leisure by T3 life satisfaction  
Beta=+.0 ns |
| | r=+.09  
ns | Multiple regression Dependent T1 life satisfaction.  
Self-rated health  
Sexual enjoyment  
Soc. Act. hours  
Org. activity  
Productive hours |
| | r=+.12  
p<.05 | Multiple regression Dependent T2 life satisfaction.  
Self-rated health  
Sexual enjoyment  
Soc. Act. hours  
Org. activity  
Productive hours |

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness
<table>
<thead>
<tr>
<th>Beta=+.0 ns</th>
<th>Multiple regression Dependent T3 life satisfaction.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self rated health</td>
<td>R = +.42</td>
</tr>
<tr>
<td>Sexual enjoyment</td>
<td>B1=+.43</td>
</tr>
<tr>
<td>Soc. Act. hours</td>
<td>B2=+.44 (Leisure)</td>
</tr>
<tr>
<td>Org. activity</td>
<td>B3=+.46</td>
</tr>
<tr>
<td>Productive hours</td>
<td>B4=+.46</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE  
Correlate Code: L 3

---

**Study**  
**BRADB 1969**

*Reported in:* Bradburn, N.M.  
The structure of psychological well-being  
Aldine Publishing Company, 1969, Chicago, USA

*Population:* 21-60 aged, general public, urban areas, USA, 1963 - 64

*Sample:*  
Non-Response: ± 20%, Attrition  
± 30%  

*N:* 2787

---

**Measured Correlate**

*Class:* . change in specific leisure activities  
Code: L 3.1.2.2

*Measurement:* Direct question on new activities; during the past few weeks.  
0 No  
1 Yes

*Measured Values:*  
*Error Estimates:*  

*Remarks:* Data T1.  
Not computed for summed ABS.

---

**Observed Relation with Happiness**

*Happiness Query*  
A-BB/cm/mq/v/2/a

*Statistics*  
\[G = \pm\]

*Remarks*  
Index of Positive Affects: \[G' = +.36\]  
Index of Negative Affects: \[G' = +.08\]  
Not computed for summed ABS.
Findings on Happiness & LEISURE

---

**Study**  
**BRADB 1969**

*Reported in:* Bradburn, N.M.  
The structure of psychological well-being  
Aldine Publishing Company, 1969, Chicago, USA

**Population:**  
21-60 aged, general public, urban areas, USA, 1963 - 64

**Sample:**

- **Non-Response:** ± 20%, Attrition  
± 30%

- **N:** 2787

---

**Measured Correlate**

*Class:* change in specific leisure activities  
*Code:* L 3.1.2.2

*Measurement:*  
2 direct questions on new activities engaged in during the past few weeks, and type of activities; coded for those activities one engaged in alone.

---

**Observed Relation with Happiness**

*Happiness Query*  
A-BB/cm/mq/v/2/a

*Statistics*  
\[ G' = + \]

*Remarks*  
Index of Positive Affects: \( G' = +.37 \)  
Index of Negative Affects: \( G' = +.07 \)  
Data T1.  
Not computed for summed ABS.
Findings on Happiness & LEISURE  Correlate Code: L 3

**Study**  
*BRADB 1969*  
*Reported in:* Bradburn, N.M.  
The structure of psychological well-being  
Aldine Publishing Company, 1969, Chicago, USA  
*Population:* 21-60 aged, general public, urban areas, USA, 1963 - 64  
*Sample:*  
*Non-Response:* ± 20%, Attrition  
± 30%  
*N:* 2787  

**Measured Correlate**  
*Class:* . change in specific leisure activities  
Code: L 3.1.2.2  
*Measurement:* 2 direct questions on new activities engaged in during the past few weeks, and type of activities; coded for those activities one engaged in with other people.  

**Measured Values:**  
**Error Estimates:**  
**Remarks:** Data T1.  
Not computed for summed ABS.  

**Observed Relation with Happiness**  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mq/v/2/a | G=+        | Index of Positive Affects: $G' = +.36$  
Index of Negative Affects: $G' = +.08$  
Data T1.  
Not computed for summed ABS.  

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 7 of 173
Findings on Happiness & LEISURE

Correlate Code: L 3

Study

**BRADB 1969**

*Reported in:* Bradburn, N.M.
The structure of psychological well-being
Aldine Publishing Company, 1969, Chicago, USA

*Population:* 21-60 aged, general public, urban areas, USA, 1963 - 64

*Sample:

*Non-Response:* ± 20%, Attrition
± 30%

*N:* 2787

Measured Correlate

*Class:* . change in specific leisure activities  Code: L 3.1.2.2

*Measurement:* Closed question on activity: during the past few weeks.
0 No
1 Yes

*Measured Values:

*Error Estimates:

*Remarks:* Data T1.
Not computed for summed ABS.

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 | G=+        | Index of Positive Affects: $G' = +.25$
|                 |            | Index of Negative Affects: $G' = +.04$
|                 |            | Not computed for summed ABS. |
Findings on Happiness & LEISURE

**Study**

**BRADB 1969**

*Reported in:* Bradburn, N.M.
The structure of psychological well-being
Aldine Publishing Company, 1969, Chicago, USA

*Population:* 21-60 aged, general public, urban areas, USA, 1963 - 64

*Sample:
Non-Response: ± 20%, Attrition
± 30%

*N:* 2787

---

**Measured Correlate**

*Class:* change in specific leisure activities  Code: L 3.1.2.2

*Measurement:* 3-item index of direct questions on activities engaged in during the past few weeks. Each rated yes/no.
- met new people
- gone to new places
- engaged in new activities

*Measured Values:
Error Estimates:

*Remarks:* Data T1.
Not computed for summed ABS.

---

**Observed Relation with Happiness**

*Happiness Query*  
A-BB/cm/mq/v/2/a

*Statistics*  
G=+

*Remarks*  
Index of Positive Affects: G= +.34
When controlled for S.E.S.: G= +.30
Unaffected by sociability
Stronger among those who are not satisfied with their social life: G= +.40

---

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 9 of 173
**Findings on Happiness & LEISURE**

**Reported in:** Graney, M.J.
Happiness and social participation in aging.

**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 specific leisure activities  Code: L 3.1.2.2

**Measurement:** Direct question on number of hours daily. Difference between T1 and T2.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>tb=+.10 ns</td>
<td>Happiness assessed at T2.</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE  
Correlate Code: L 3

**Study**  
*GRANE 1975*  
*Reported in:* Graney, M.J.  
Happiness and social participation in aging.  
*Population:* 62-89 aged females, followed 4 years, USA, 1967-71  
*Sample:*  
*Non-Response:* 27%; 24% unattainable, 3% incomplete.  
*N:* 44  

---

### Measured Correlate

<table>
<thead>
<tr>
<th>Class</th>
<th>. change in specific leisure activities</th>
<th>Code: L 3.1.2.2</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Direct question on number of hours daily. Difference between T1 and T2.</th>
</tr>
</thead>
</table>

**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/v/2/a | tb=+.23  p<.05 | Happiness assessed at T2.  
Age 66-75: _b = +.00 (ns)  
Age 82-92: _b = +.53 (01) |
### Study

**GRANE 1975**

*Reported in:* Graney, M.J.
Happiness and social participation in aging.

*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 specific leisure activities  
*Code:* L 3.1.2.2

*Measurement:* Direct question on number of hours daily. Difference between T1 and T2.

*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>A-BB/cm/mq/v/2/a</td>
<td>tb=-.07</td>
<td>ns</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE  
Correlate Code: L 3

Study PAYNE 1974

Reported in: Payne, R.L.
N.M. Bradburn's measures of psychological well-being: an attempt at replication.
Memo No: 61, MRC Social and Applied Psychology. Unit, Dpt.ofPsychology

Population: Employed males, supervising jobs, England, 197?

Sample:
Non-Response: 4% incomplete.
N: 192

Measured Correlate

Class: - change in specific leisure activities  Code: L 3.1.2.2
Measurement: Closed question; during the last few weeks.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-BB/cm/mq/v/5/a  G=  
Index of Positive Affects: G = +.30
Index of Negative Affects: G = +.22
Findings on Happiness & LEISURE

HEADE 1982/2

Reported in: Headey, B.; Holström, E.; Wearing, A.J.
Australians’ Priorities Satisfactions and Well-being: Methodological Issues
Monograph in Public Policy Studies, nr.8, University of Melbourne, 1982, Australia

Population: Adults, general public, Melbourne, Australia, followed 25 months 1978-81

Sample: Probability sample (unspecified)

Non-Response: 0

N: 184

Measured Correlate

Class: . change in satisfaction with leisure Code: L 3.1.2.3

Measurement: Single question on satisfaction with the amount of fun and enjoyment you have, scored on a 1-9 D-T rating scale.

Measured Values:

Error Estimates:

Remarks: Both Happiness (ABS) and satisfaction with leisure were assessed at T1 and T2 (25 month interval)

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-BB/cm/mq/v/2/a Beta=+.2 p<.001 T1-T2 CHANGE in happiness by T1-T2 CHANGE in satisfaction with leisure
Beta controlled for satisfaction with:
- sex life
- health
- house
- friends
- self-fulfillment
- standard of living

Beta=+.1 p<.05 T1-T2 CHANGE in happiness by T1-T2 CHANGE in satisfaction with leisure

Both Happiness (ABS) and satisfaction with leisure were assessed at T1 and T2 (25 month interval)
Findings on Happiness & LEISURE

Correlate Code: L 3

Study HEADE 1984

Reported in: Headey,B., Holmstroem,E. & Wearing,A.  
The impact of life events and changes in domain-satisfaction on well-being  

Population: 18-65 aged, general public, followed 3 years, Melbourne, Australia, 1979-80

Sample:

Non-Response: N: 184

Measured Correlate

Class: change in satisfaction with leisure  Code: L 3.1.2.3

Measurement: Closed question rated on a 9-point scale (delighted ... terrible) Assessed at T2.

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/v/2/a | Beta=.2 p<.01 | Happiness T2 by satisfaction T2, controlling for happiness T1 and satisfaction T1.  
β can be interpreted as regression between change of happiness and change of satisfaction in time. |

| Beta=.2 p<.01 | Happiness T2 by satisfaction T2, controlling for happiness T1 and satisfaction T1.  
β can be interpreted as regression between change of happiness and change of satisfaction in time. |
Findings on Happiness & LEISURE

**Study**

**PALMO 1981**

**Reported in:**
Palmore, E.B.
Social Patterns in Normal Aging: Findings from the Duke Longitudinal Study.

**Population:**

**Sample:**
Probability stratified sample

**Non-Response:**
N: 375

---

**Measured Correlate**

**Class:**
Later leisure  Code: L 3.1.4

**Measurement:**
Number of hours spent during the last typical week "attending a sports event such as baseball or football games; attending church or other meetings; lectures or concerts; doing volunteer work for church, other organizations or relatives; visiting, telephoning or writing friends or relatives; parties, eating or entertaining.". Assessed at T2.

**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-BW/c/sq/l/10/c</td>
<td>r=+.16</td>
<td>Men. T2 Social activity hours by T1 life satisfaction.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>r=ns</td>
<td></td>
<td>Women. T2 Social activity hours by T1 life satisfaction.</td>
</tr>
</tbody>
</table>

---
Findings on Happiness & LEISURE

Study BRINK 1986A

Reported in: Brinkerhoff, M & Jacob, J
Quality of life in an alternative lifestyle. The smallholding movement.
Social Indicators Research 18, p. 153-173

Population: Back to the land' mini-farmers, West USA and Canada, 198?

Sample: Non-probability purposive sample (unspecified)
Non-Response: 510
N: 44%

Measured Correlate

Class: Current leisure time Code: L 3.2
Measurement: Self reported amount of leisure time

Measured Values:

Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-H/?/sq/v/4/a r=+.14 p<.001
Family needs prioritized by Paired Comparisons. Out of four basic needs, participants were asked to compare two at a time and to select, which they sought their family needs most.

Items were:
- food
- health
- employment
- leisure

This leads to six pairs of comparisons. Score pro need can be:
0. not mentioned
1. once
2. twice
3. three times

Needs index is the mean number of times an item is chosen.

Measured Correlate

Class: Current leisure time  Code: L 3.2

Measurement: Family needs prioritized by Paired Comparisons. Out of four basic needs, participants were asked to compare two at a time and to select, which they sought their family needs most.

<table>
<thead>
<tr>
<th>Items</th>
<th>0: 0.94%; 1: 37.2%; 2: 36.8%; 3: 21.4%</th>
</tr>
</thead>
<tbody>
<tr>
<td>M:</td>
<td>4.7%</td>
</tr>
</tbody>
</table>

Error Estimates:

Remarks: Items for pairwise comparison were selected by participant observation and open interviews.

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/t/7/a</td>
<td>r=+.20</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td>O-SLu/?/sq/l/5/a</td>
<td>r=+.03</td>
<td>ns</td>
</tr>
</tbody>
</table>

Items for pairwise comparison were selected by participant observation and open interviews.
### Study

**TAN 1986**

*Reported in:* Tan, A.S.; Tan, G.K.  
Television use and mental health  
Journalism Quarterly, 1986, Vol. 63, 106-113

*Population:* 18+ aged, general public, USA, 1984

*Sample:* Probability cluster sample

*Non-Response:* Not reported

*N:* 446

### Measured Correlate

*Class:* Current leisure time  
*Code:* L 3.2

*Measurement:* Mass media use:
- TV hours/day
- Movies/month
- Newspaper read days/week
- Magazines read hours/week
- Books read hours/week

### 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/n7/a</td>
<td>Beta=+.0 ns</td>
<td>TV</td>
</tr>
<tr>
<td>Beta=+.0 ns</td>
<td></td>
<td>Movies</td>
</tr>
<tr>
<td>Beta=+.0 ns</td>
<td></td>
<td>Newspaper</td>
</tr>
<tr>
<td>Beta=+.1 ns</td>
<td></td>
<td>Magazines</td>
</tr>
<tr>
<td>Beta=+.1 ns</td>
<td></td>
<td>Books</td>
</tr>
</tbody>
</table>

*Bet as controlled for age and income*
### Study

**BAHR 1980**

- **Reported in:** Bahr, H.H. & Harvey, C.D. 
  Correlates of morale among the newly widowed 

- **Population:** Recently widowed miner’s wives and controls, USA, 1972

- **Sample:**
  - Widows 39% , survivor wives 19%, other miners wives 48%
  - **N:** 222

### Measured Correlate

- **Class:** Leisure activity level Code: L 3.3.1

- **Measurement:** Direct question: "Approximately how much time did you spend in other leisure activities yesterday besides t.v. and reading?"

### Measured Values

- **Error Estimates:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/c/sq/l/10/b</td>
<td>r= ns</td>
<td>Widows (husband died six months ago in mine fire)</td>
</tr>
<tr>
<td></td>
<td>r=? ns</td>
<td>Widows (husband died six months ago in mine fire)</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>Survivor wives (husband survived mine fire)</td>
</tr>
<tr>
<td></td>
<td>r=? ns</td>
<td>Survivor wives (husband survived mine fire)</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>Other miners wives (husband was not involved in mine fire)</td>
</tr>
<tr>
<td></td>
<td>r=? ns</td>
<td>Other miners wives (husband was not involved in mine fire)</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/ac</td>
<td>r= ns</td>
<td>Widows (husband died six months ago in mine fire)</td>
</tr>
<tr>
<td></td>
<td>r=? ns</td>
<td>Widows (husband died six months ago in mine fire)</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>Survivor wives (husband survived mine fire)</td>
</tr>
<tr>
<td></td>
<td>r=? ns</td>
<td>Survivor wives (husband survived mine fire)</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>Other miners wives (husband was not involved in mine fire)</td>
</tr>
<tr>
<td>r=?</td>
<td>ns</td>
<td>Other miners wives (husband was not involved in mine fire)</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

BRENN 1970

Reported in: Brenner, B.
Social factors in mental well-being at adolescence.

Population: Highschool pupils, New York State, USA, 1960

Measurement: Open-ended direct question 0 / 1+2 / 3+

Sample: 5204

Non-Response: 1%

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>G=+.16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>V=.35</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-HL/u/sq/v/4/b</td>
<td>G=+.14</td>
<td></td>
</tr>
<tr>
<td></td>
<td>V=.10</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Reported in:  Brenner, B.
Social factors in mental well-being at adolescence.

Population:  Highschool pupils, New York State, USA, 1960

Sample:
Non-Response:  1%
N:  5204

Measured Correlate

Class: Leisure activity level  Code: L 3.3.1
Measurement: Open-ended direct question: 0 / 1-4 / 5 hours or more in a average week.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-AOL/g/sq/v/5/a  G=+.21
V= .12  p<. 01
O-HL/u/sq/v/4/b  G=+.14
V= .09  p<. 01
**Findings on Happiness & LEISURE**

**Correlate Code: L 3**

---

**Study**

**BRENN 1970**

**Reported in:** Brenner, B.

Social factors in mental well-being at adolescence.


**Population:** Highschool pupils, New York State, USA, 1960

**Sample:**

**Non-Response:** 1%

**N:** 5204

---

**Measured Correlate**

**Class:** Leisure activity level  Code: L 3.3.1

**Measurement:** 2-item index of open-ended questions on number of extracurricular activities taken part in, and number of hours spent on these activities in an average week.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>G=+.24</td>
<td></td>
</tr>
<tr>
<td>After control for:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- having fun in life</td>
<td></td>
<td>Gs = +.19</td>
</tr>
<tr>
<td>- tending to be a lonely person</td>
<td></td>
<td>Gs = +.21</td>
</tr>
<tr>
<td>- having faith in people</td>
<td></td>
<td>Gs = +.21</td>
</tr>
<tr>
<td>- sensitivity to failure</td>
<td></td>
<td>Gs = +.24</td>
</tr>
<tr>
<td>- educational level of mother</td>
<td></td>
<td>Gs = +.22</td>
</tr>
<tr>
<td>- school social class</td>
<td></td>
<td>Gs = +.23</td>
</tr>
<tr>
<td>- tending to be a lonely person, and having fun in life</td>
<td></td>
<td>Gs = +.19</td>
</tr>
<tr>
<td>- having faith in people, and having fun in life</td>
<td></td>
<td>Gs = +.17</td>
</tr>
<tr>
<td>- having faith in people, and tending to be a lonely person</td>
<td></td>
<td>Gs = +.17</td>
</tr>
<tr>
<td>- educational level of mother, and having fun in life</td>
<td></td>
<td>Gs = +.18</td>
</tr>
<tr>
<td>- educational level of mother, and tending to be a lonely person</td>
<td></td>
<td>Gs = +.19</td>
</tr>
<tr>
<td>- educational level of mother, and having faith in people</td>
<td></td>
<td>Gs = +.19</td>
</tr>
<tr>
<td>- school social class, and having fun in life</td>
<td></td>
<td>Gs = +.19</td>
</tr>
<tr>
<td>- school social class, and tending to be a lonely person</td>
<td></td>
<td>Gs = +.20</td>
</tr>
<tr>
<td>- school social class, and having faith in people</td>
<td></td>
<td>Gs = +.21</td>
</tr>
<tr>
<td>- school social class, and educ...</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Correlate Code: L 3

- Tional level of mother : Gs = +.21
- Medium and high stability of self-image : G = +.27
- Low stability of self-image : G = +.21
- Spent no time on working for pay : G = +.27
- Spent some hours on work for pay : G = +.22
- Lower class : G = -.13
- Middle and upper class : G = +.21

Unaffected by school social class

V = .11 p < .01

O-HL/u/sq/v/4/b G = +.14

After control for:
- Having fun in life : Gs = +.07
- Tending to be a lonely person : Gs = +.10
- Having faith in people : Gs = +.10
- Sensitivity to failure : Gs = +.14
- Educational level of mother : Gs = +.12
- School social class : Gs = +.12
- Self-esteem : Gs = +.12
- Tending to be a lonely person, and having fun in life : Gs = +.07
- Having faith in people, and having fun in life : Gs = +.04
- Having faith in people, and tending to be a lonely person : Gs = +.06
- Educational level of mother, and having fun in life : Gs = +.07
- Educational level of mother, and tending to be a lonely person : Gs = +.08
- Educational level of mother, and having faith in people : Gs = +.09
- School social class, and having fun in life : Gs = +.06
- School social class, and tending to be a lonely person : Gs = +.08
- School social class, and having faith in people : Gs = +.08
- School social class, and educational level of mother : Gs = +.11

Unaffected by stability of self-image
Unaffected by hours spent on work for pay
Positive in middle and upper class : G = +.14
After control for : Gs = +.10
Negative in lower class : G = -.29
After control for : Gs = -.24

V = .07 p < .01
<table>
<thead>
<tr>
<th>Study</th>
<th>GARRI 1973</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Garrity, T.F.</td>
</tr>
<tr>
<td>Social involvement and activeness as predictors of morale six months after first myocardial infarction</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>White males, heart-attack survivors, Durham, North-Carolina, USA, 1970</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>20%</td>
</tr>
<tr>
<td>N:</td>
<td>56</td>
</tr>
</tbody>
</table>

### Measured Correlate

- **Class:** Leisure activity level  
  Code: L 3.3.1
- **Measurement:** Average number of hours per week.
- **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>M-FH/c/sq/l/11/a</td>
<td>r=+.28 p&lt;.05</td>
<td>The relationship disappears when controlled for self-perceived health.</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

**Study**

**HERZO 1982/3**

*Reported in:* Herzog, A.R., Rodgers, W.L. and Woodworth, J.
Subjective Well-being among different age-groups.
Research Report, Institute for Social Research, Survey Research Center, Univ. of Michigan, 1982, Ann Arbor, USA

*Population:* 50+ aged, general public, USA, 1975

*Sample:*

*Non-Response:*

*N: 410

**Measured Correlate**

*Class:* Leisure activity level  Code: L 3.3.1

*Measurement:* During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spend on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was 'passive leisure' such as watching TV, reading and writing.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

**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/sq/v/7/a</td>
<td>r=-.03 ns</td>
<td>PARTICIPATION: working males</td>
</tr>
<tr>
<td></td>
<td>r=.04 ns</td>
<td>retired males</td>
</tr>
<tr>
<td></td>
<td>r=-.04 ns</td>
<td>working females</td>
</tr>
<tr>
<td></td>
<td>r=.22 ns</td>
<td>retired females</td>
</tr>
<tr>
<td>Beta=+.0 ns</td>
<td>working males</td>
<td></td>
</tr>
<tr>
<td>Beta=-.0 ns</td>
<td>retired males</td>
<td></td>
</tr>
<tr>
<td>Beta=-.0 ns</td>
<td>working females</td>
<td></td>
</tr>
<tr>
<td>Beta=+.2 ns</td>
<td>retired females</td>
<td></td>
</tr>
<tr>
<td>r=+.11 ns</td>
<td>DURATION: working males</td>
<td></td>
</tr>
<tr>
<td>r=-.03 ns</td>
<td>retired males</td>
<td></td>
</tr>
<tr>
<td>r=.08 ns</td>
<td>working females</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Correlate Code: L 3

<table>
<thead>
<tr>
<th></th>
<th>retired females</th>
<th>working males</th>
<th>retired males</th>
<th>working females</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=-.02</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beta=+.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beta=-.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beta=-.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ß controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.
Findings on Happiness & LEISURE Correlate Code: L 3

During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spent on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was "active leisure" such as playing games, going for a walk and doing crafts.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

Subjective Well-being among different age-groups.
Herzog, A.R., Rodgers, W.L. and Woodworth, J.
Research Report, Institute for Social Research, Survey Research Center, Univ. of Michigan, 1982, Ann Arbor, USA

Population: 50+ aged, general public, USA, 1975

Sample:

Non-Response: 410

Measured Correlate
Class: Leisure activity level Code: L 3.3.1
Measurement: During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spent on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was "active leisure" such as playing games, going for a walk and doing crafts.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

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/sq/v/7/a</td>
<td>r=+.02 ns</td>
<td>PARTICIPATION: working males</td>
</tr>
<tr>
<td></td>
<td>r=-.04 ns</td>
<td>retired males</td>
</tr>
<tr>
<td></td>
<td>r=-.07 ns</td>
<td>working females</td>
</tr>
<tr>
<td></td>
<td>r=-.01 ns</td>
<td>retired females</td>
</tr>
<tr>
<td></td>
<td>Beta=+.0 ns</td>
<td>working males</td>
</tr>
<tr>
<td></td>
<td>Beta=+.1 ns</td>
<td>retired males</td>
</tr>
<tr>
<td></td>
<td>Beta=+.1 ns</td>
<td>working females</td>
</tr>
<tr>
<td></td>
<td>Beta=.0 ns</td>
<td>retired females</td>
</tr>
<tr>
<td></td>
<td>r=+.08 ns</td>
<td>DURATION: working males</td>
</tr>
<tr>
<td></td>
<td>r=+.12 ns</td>
<td>retired males</td>
</tr>
<tr>
<td></td>
<td>r=-.07 ns</td>
<td>working females</td>
</tr>
</tbody>
</table>

Findings on Happiness & LEISURE

<table>
<thead>
<tr>
<th>Relationship</th>
<th>Statistic</th>
<th>Effect Size</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retired females</td>
<td>r = +.07</td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>Working males</td>
<td>Beta = +.1</td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>Retired males</td>
<td>Beta = +.0</td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>Working females</td>
<td>Beta = -.0</td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>Retired females</td>
<td>Beta = +.0</td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>

& Controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.

Correlate Code: L 3
Findings on Happiness & LEISURE

**Study**

LOWEN 1975

**Reported in:** Lowenthal, M.F., Thurnher, M. & Chiriboga, D.
Four stages of life: A comparative study of women and men facing transitions
Jossey-Bass, 1975, San Francisco, USA

**Population:** People in transition, metropolis, USA, 1969

**Sample:**

**Non-Response:**

*N:* 216

---

**Measured Correlate**

**Class:** Leisure activity level  Code: L 3.3.1

**Measurement:** Respondents were asked to list their regular or scheduled ease-contentment activities (simple comforts, security, relaxation). They were also asked what they did yesterday. The number of mentions was recorded.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/4/d</td>
<td>r=</td>
<td>hs seniors males: r = ns females: r = ns newly weds males: r = ns females: r = ns middle aged males: r = ns females: r = ns preretired males: r = ns females: r = ns</td>
</tr>
<tr>
<td>O-Sum/u/mq/*/0/a</td>
<td>r=</td>
<td>hs seniors males: r = ns females: r = ns newly weds males: r = ns females: r = ns middle aged males: r = ns females: r = ns preretired males: r = ns females: r = ns</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

**Study**

LOWEN 1975

*Reported in:* Lowenthal, M.F., Thurnher, M. & Chiriboga, D.

Four stages of life: A comparative study of women and men facing transitions

Jossey-Bass, 1975, San Fransisco, USA

*Population:* People in transition, metropolis, USA, 1969

*Sample:*

*Non-Response:*

N: 216

**Measured Correlate**

*Class:* Leisure activity level  Code: L 3.3.1

*Measurement:* Respondents were asked to list their regular or scheduled non-goal directed activities (routine maintenance such as getting up, eating, bathing, etc.). They were also asked what they did "yesterday". The number of mentions was recorded.

**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>A-BB/cw/mq/v/4/d</td>
<td>r=</td>
<td>hs seniors males: r = ns females: r =+.43 (05) newly weds males: r = ns females: r = ns middle aged males: r = ns females: r = ns preretired males: r = ns females: r = ns</td>
</tr>
<tr>
<td>O-Sum/u/mq/*/0/a</td>
<td>r=</td>
<td>hs seniors males: r = ns females: r = ns newly weds males: r = ns females: r = ns middle aged males: r = ns females: r = ns preretired males: r = ns females: r =+.41 (05)</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Reported in: Lowenthal, M.F., Thurnher, M. & Chiriboga, D.
Four stages of life: A comparative study of women and men facing transitions
Jossey-Bass, 1975, San Fransisco, USA

Population: People in transition, metropolis, USA, 1969

Sample:
Non-Response: N: 216

Measured Correlate
Class: Leisure activity level Code: L 3.3.1
Measurement: Respondents were asked to list their regular or scheduled hedonic activities. They were also asked what they did 'yesterday'. The number of mentions was recorded.

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>A-BB/cw/mq/v/4/d</td>
<td>r=</td>
<td>hs seniors males: r = ns females: r = ns newly weds males: r = ns females: r =+.38 (ns) middle aged males: r = ns females: r = ns preretired males: r = ns females: r = ns</td>
</tr>
<tr>
<td>O-Sum/u/mq/*/0/a</td>
<td>r=</td>
<td>hs seniors males: r = ns females: r = ns newly weds males: r = ns females: r = ns middle aged males: r = ns females: r = ns preretired males: r = ns females: r = ns</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Study  
**PALMO 1972**  
*Reported in:* Palmore, E.B. & Luikart, C.  
Health and social factors related to life satisfaction.  
*Population:* 46+ aged, whites, North Carolina, USA, 1968  
*Sample:* Probability stratified sample  
*Non-Response:*  
*N:* 502

**Measured Correlate**  
*Class:* Leisure activity level  
*Code:* L 3.3.1  
*Measurement:* Self-report.  
Number of hours spent during the last typical week attending a sport event; attending church, lectures, concerts etc.; doing volunteer work for church, other organizations, or relatives; visiting, telephoning, or writing friends or relatives; parties, eating out, or entertaining.  
*Measured Values:* Actual range 0-34  
*Error Estimates:*  
*M* = 9.9  
*SD* = 6.3

**Observed Relation with Happiness**  
*Happiness Query*  
Stats  
Remarks

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/c/sq/l/10/c</td>
<td>r=+.09 p&lt;.</td>
<td>All</td>
</tr>
<tr>
<td></td>
<td>r=+.17 p&lt;.05</td>
<td>Men.</td>
</tr>
</tbody>
</table>

Beta=+.0 p<.05  
Men. Step wise multiple regression:  
self rated health  
R= +.44  
org. activity  
B1=+.46  
confident  
B2=+.48  
performance status  
B3=+.49  
employment  
B4=+.50  
social activity  
B5=+.51  
All variables p<.05

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 34 of 173
**Study**

**PALMO 1977**

**Reported in:** Palmore, E.B. and Kivett, V.
Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70

**Population:** 46+ aged whites, North Carolina, USA, 1968-1972/74

**Sample:** Probability stratified sample

**Non-Response:**

<table>
<thead>
<tr>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>378</td>
</tr>
</tbody>
</table>

**Measured Correlate**

**Class:** Leisure activity level  Code: L 3.3.1

**Measurement:** Number of hours spent during the last typical week "attending a sports event such as baseball or football games; attending church or other meetings; lectures or concerts; doing volunteer work for church, other organizations or relatives; visiting, telephoning or writing friends or relatives; parties, eating or entertaining".

Assessed at T1: 1968/70.

**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-BW/c/sq/l/10/c</td>
<td>r=+.11 p&lt;.05</td>
<td>T1 leisure by T1 life satisfaction. Multiple regression. Dependent life satisfaction T1. selfrated health sexual enjoyment soc. act hours org. activity productive hours</td>
</tr>
<tr>
<td>Beta=+.0 ns</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness
Findings on Happiness & LEISURE

**Study** | SCHUL 1985B | Page in Report: 100,114
---|---|---
**Reported in:** | Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H. Lebensqualität in Österreich (Quality-of-life in Austria) Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985
**Population:** | Adults, non-institutionalized, Austria, 1984
**Sample:** | ?
**Non-Response:** | ?
**N:** | 1776

### Measured Correlate

**Class:** | Leisure activity level Code: L 3.3.1
---|---
**Measurement:** | Five item index of direct questions on leisure time activities, i.e. going for a walk, physical training, trekking/trips, frequency of visits to cultural institutions, and intensity of hobby and sports activities.

### Measured Values:

### Error Estimates:

### Remarks:

### Observed Relation with Happiness

**Happiness Query** | Statistics | Remarks
---|---|---
O-QL?/c/mq/v/5/a | $r = +.14$ |
# Findings on Happiness & LEISURE

**Correlate Code: L 3**

## Study

**SONDE 1975**

*Reported in:* Sondermeijer, B.

Health correlates of happiness


*Population:* 40-60 aged male employees, Rotterdam, The Netherlands, 197?

*Sample:*

*Non-Response:* 5%

*N:* 13,000

## Measured Correlate

*Class:* Leisure activity level  
Code: L 3.3.1

*Measurement:* Single direct question:

0 No
1 Yes

## Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/v/2/a</td>
<td>G=+.58 p&lt;.000</td>
<td></td>
</tr>
<tr>
<td></td>
<td>G=+.58 p&lt;.000</td>
<td></td>
</tr>
</tbody>
</table>
**Study**

**WASHB 1941**

*Reported in:* Washburne, J.N.
Factors related to the social adjustment of college girls.

*Population:* Female college students, New York, USA, 194?

*Sample:*

*Non-Response:* -

*N:* 238

---

**Measured Correlate**

*Class:* Leisure activity level  Code: L 3.3.1

*Measurement:* Non-required campus activities of any sort.
0 No activities
1 Activities

*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>M-CO/??q/!!a</td>
<td>D%±0 ns</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>SNR=±0 ns</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Correlate Code: L 3

Study: WEBB 1915/1

Reported in: Webb, E.
Character and intelligence. An attempt at an exact study of character.

Population: Male college students, England, 1912

Sample: -
Non-Response: -
N: 194

Measured Correlate

Class: Leisure activity level Code: L 3.3.1

Measurement: Trained peer rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-CP/g/rdp/ro/7/a r=+.27

Page 39 of 173
Findings on Happiness & LEISURE  
Correlate Code: L 3

### Study

**WEBB 1915/1**

*Reported in:* Webb, E.  
Character and intelligence. An attempt at an exact study of character.  

*Population:* Male college students, England, 1912

*Sample:* 

*Non-Response:* -

*N:* 194

#### Measured Correlate

*Class:* Leisure activity level  
Code: L 3.3.1

*Measurement:* Trained peer rating on a 7-point scale on the basis of observation during 6 months.

*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>A-CP/g/rdp/ro/7/a</td>
<td>r=+.36</td>
<td></td>
</tr>
</tbody>
</table>
# Findings on Happiness & LEISURE

Correlate Code: L 3

## Study

**WEBB 1915/2**

*Reported in:* Webb, E.

Character and intelligence. An attempt at an exact study of character.


*Sample:*

*Non-Response:* -

*N:* 140

## Measured Correlate

*Class:* Leisure activity level  Code: L 3.3.1

*Measurement:* Class-master rating on a 7-point scale on the basis of observation during 6 months.

## 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>A-CP/g/rdt/ro/7/a</td>
<td>r=+.43</td>
<td></td>
</tr>
</tbody>
</table>
## Study

**WEBB** 1915/2

*Reported in:* Webb, E.  


*Sample:*

*Non-Response:* -

*N:* 140

## Measured Correlate

*Class:* Leisure activity level  
Code: L 3.3.1

*Measurement:* Class-master rating on a 7-point scale on the basis of observation during 6 months.

*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>A-CP/g/rdt/ro/7/a</td>
<td>r=+.47</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

**Study**

**BOELH 1999**

*Reported in:* Boelhouwer, J. & Stoop, I.
Measuring Well-Being in the Netherlands
Social Indicators Research, vol 48, 51-75, 1999

*Population:* 18+ aged, general public, The Netherlands, 1974-1997

*Sample:* Probability sample (unspecified)

*Non-Response:*

*N:* ±3500 each year

---

**Measured Correlate**

*Class:* Specific leisure activities  Code: L 3.3.2

*Measurement:* Recent holiday trip during last 12 months?
1 no
2 one holiday
3 more than one holidays

**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-HP/u/sq/v/5/a</td>
<td>r=+.11</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td>r=+.21</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>
Study

BOELH 1999

Reported in: Boelhouwer, J. & Stoop, I.
Measuring Well-Being in the Netherlands
Social Indicators Research, vol 48, 51-75, 1999


Sample: Probability sample (unspecified)

Non-Response:
N: ±3500 each year

Measured Correlate

Class: Specific leisure activities Code: L 3.3.2

Measurement:
Number of non-domestic entertainment activities
1 no activities
2 one activity
3 two activities
4 three activities
5 four activities
6 five activities
7 six or seven activities
8 eight or more activities

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HP/u/sq/v/5/a r=.07 p<.05 1993
r=.20 p<.05 1997
### Findings on Happiness & LEISURE

**Correlate Code: L 3**

<table>
<thead>
<tr>
<th>Study</th>
<th>HARDI 1985</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Harding, Stephen</td>
</tr>
<tr>
<td>Values and the nature of psychological well-being</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>18+ aged, general public, Britain, 1983</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>?</td>
</tr>
<tr>
<td>N:</td>
<td>1231</td>
</tr>
</tbody>
</table>

### Measured Correlate

<table>
<thead>
<tr>
<th>Class:</th>
<th>Specific leisure activities Code: L 3.3.2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td>single direct question; in leisure time prefer to: relax/be active/both</td>
</tr>
</tbody>
</table>

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>DM=+</td>
<td>relax M = 1.0 Mt' = 6.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>be active 1.6 6.6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>both 1.7 6.7</td>
</tr>
</tbody>
</table>

---

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Findings on Happiness & LEISURE

**Study**

**NOELL1977/10**

*Reported in:* Noelle-Neumann, E.  
*Politik und Glück (Politics and happiness)*  
H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262

*Population:* 16-29 aged and pensioners, West-Germany, 1976

*Sample:* 

*Non-Response:* 

*N:* 855

---

**Measured Correlate**

*Class:* Specific leisure activities  
*Code:* L 3.3.2

*Measurement:* Ss were invited to choose some main interests from a list of 19 activities.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-CA/mh/ri/v/2/b | D%<sup>+</sup> | The cheerful choose the following activities slightly more:  
- Gardening and flowers  
- Sport  
- Animals  
- Old building and architecture  
- Religious questions  
- Theatre interior and furniture  
- Puzzles  
- Cooking receipts  
- Educating children/ helping with school problems  
This pattern is similar among the young (16 - 29) and pensioners. |
Findings on Happiness & LEISURE

Study: NOELL1977/10

Reported in: Noelle-Neumann, E.
Politik und Glück (Politics and happiness)
H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:
Non-Response: N: 855

Measured Correlate

Class: Specific leisure activities Code: L 3.3.2
Measurement: Ss. were invited to choose some main interests from a list of 25 activities

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-CA/mh/ri/v/2/b D%=+ The cheerfull choose the following activities slightly more:
- Gardening + flowers
- Reading
- Travelling
- Cooking
- Housekeeping
- Music

This pattern is similar among the young (16 - 29) and pensioners.
Exceptions: among cheerfull pensioners report interest less frequent. Among the young equal interest in politics by cheerfull and not cheerfull.
Findings on Happiness & LEISURE

Study

NOELL1977/11

Reported in: Noelle-Neumann, E. Politik un Glück (Politics and happiness) H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:

Non-Response:

N: 890

Measured Correlate

Class: Specific leisure activities Code: L 3.3.2

Measurement: Ss were invited to choose some main interests from a list of 24 activities.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-CA/mh/ri/v/2/b D%=+ The cheerful choose the following activities slightly more:
- Being home
- Gardening+flowers
- Reading
- Walking
- Music
- Going out by car
- Inviting people or making invitations
- Playing with children
- Helping other people
- Being busy with animals
- Playing cards, chess etc.
- To go out
- Sports (watching and visiting)
- Hobbies
- Writing letters

This pattern is similar among the young (16 - 29) and pensioners. Exceptions are:
- watching television: pensioners 76%, young 78%
- plain leisure: the young 45%, pensioners 50%
- handycraft: the young 33%, pensioners 44% and pensioners 28%, the young 31%
- hobbies: the young 28%, pensioners 29%
- writing letters: the young 11%, pensioners 14%
Findings on Happiness & LEISURE

Study ROSE 1955

Reported in: Rose, A.M.

Population: Married couples, middle aged, middle-class, USA, 1952

Sample:
Non-Response: 50 %
N: 416

Measured Correlate

Class: Specific leisure activities Code: L 3.3.2

Measurement:
0: 2 or less evenings a month
1: more

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-SLu/g/sq/v/5/a</td>
<td>D% = + p&lt; .05</td>
<td>33 % of the very satisfied and satisfied, and 40% of the relatively dissatisfied women go out 2 or fewer evenings a month with their husband. Among the men 29 % of the very satisfied, 37 % of the satisfied and 39 % of the relatively dissatisfied report going out 2 or fewer evenings a month with their wives.</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 50 of 173
Findings on Happiness & LEISURE Correlate Code: L 3

During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spend on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was "personal care" including sleeping and napping.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

Measured Correlate

Class: personal care Code: L 3.3.2.1

Measurement:
During 24-hour period prior to the interview, respondents reported each activity they engaged in (PARTICIPATION) and the time spent on each activity (DURATION) on an activity diary. Activities were coded into categories, one of which was "personal care" including sleeping and napping.

Work status was measured by self-labeling by respondents and a question about engagement in work for pay at present. Self-labeled housewives were excluded.

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/sq/v/7/a</td>
<td>r = .00 ns</td>
<td>DURATION: working males</td>
</tr>
<tr>
<td></td>
<td>r = -.03 ns</td>
<td>retired males</td>
</tr>
<tr>
<td></td>
<td>r = -.05 ns</td>
<td>working females</td>
</tr>
<tr>
<td></td>
<td>r = -.19 ns</td>
<td>retired females</td>
</tr>
<tr>
<td>Beta = -.0 ns</td>
<td>working males</td>
<td></td>
</tr>
<tr>
<td>Beta = -.0 ns</td>
<td>retired males</td>
<td></td>
</tr>
<tr>
<td>Beta = -.1 ns</td>
<td>working females</td>
<td></td>
</tr>
<tr>
<td>Beta = -.1 ns</td>
<td>retired females</td>
<td></td>
</tr>
</tbody>
</table>

Beta controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.
Findings on Happiness & LEISURE

Study

**BRADB 1965/1**

*Reported in:* Bradburn, N.M. & Caplovitz D.
Reports on happiness
Aldine Publishing Company, 1965, Chicago USA

*Population:* Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

*Sample:*
*Non-Response:* -
*N:* 2006

**Measured Correlate**

*Class:* eating/drinking out  
*Measurement:* Closed question: not at all / once / several times or more during last week.

**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>A-BB/cw/mq/v/4/e</td>
<td>G = + p&lt;.</td>
<td>Index of Positive Affects only : G' = +.23 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unaffected by S.E.S.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Males : G' = +.30 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females : G' = +.23 (01)</td>
</tr>
</tbody>
</table>
Study: BULAT 1973

Reported in: Bulatao, R.A.
Measures of happiness among Manila residents

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample: 
Non-Response: -
N: 941

Measured Correlate

Class: eating/drinking out Code: L 3.3.2.2
Measurement: Direct question on frequency in the past week not at all / once / more than once.

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>
| O-BW/c/sq/l/11/a | G = +      | Males : G = +.42
                              |           | Females : G = +.53 |
| O-HL/c/sq/v/3/f  | G = +      | Males : G = +.12
                              |           | Females : G = +.46 |
Findings on Happiness & LEISURE

Study

DAVIS 1984

Reported in: James A. Davis
New money, an old man/lady and "two's company": subjective welfare in the NORC Social Indicators Research, vol. 15, pp. 319-350

Population: 18+ aged, general public, English speaking, non-institutionalized, USA, 1972-82

Sample:

Non-Response: 13581

Measured Correlate

Class: eating/drinking out Code: L 3.3.2.2

Measurement:
Single direct question:
How often do you go to a bar or tavern?
0 never
1 once or several times a year
2 once or several times a month
3 once a week or more

Measured Values:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/g/sq/v/3/d G=-.62 p<.01 % very happy

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>26</td>
<td></td>
</tr>
</tbody>
</table>

The relationship disappears after control for marital status.

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness
**Study**  
**BEISE 1974**  
**Page in Report:** 235

- **Reported in:** Beiser, M.  
  Components and correlates of mental well-being  
- **Population:** 18+ aged, general public, Stirling County, Canada, 1968
- **Sample:**
- **Non-Response:** 10%
- **N:** 112

---

**Measured Correlate**

- **Class:** hobbies  
  Code: L 3.3.2.3
- **Measurement:** Direct question on number of hobbies. Weighted score based on number of hobbies and amount of skill involved.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cq/mq/v/3/a | \( r = \) | Index of Positive Affects: \( r = +.16 \) (05)  
Index of Negative Affects: \( r = +.30 \) (01) |
Findings on Happiness & LEISURE

Study: BOELH 1999

Reported in: Boelhouwer, J. & Stoop, I.
Measuring Well-Being in the Netherlands
Social Indicators Research, vol 48, 51-75, 1999


Sample: Probability sample (unspecified)

Non-Response: N: ±3500 each year

Measured Correlate

Class: hobbies Code: L 3.3.2.3
Measurement: Number of hobby activities
1 no activities
2 one activity
3 two activities
4 three or more activities

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HP/u/sq/v/5/a r=.11 p<.05 1993
r=.13 p<.05 1997
## Findings on Happiness & LEISURE

**Correlate Code:** L 3

### Study

**ROSE 1955**

- **Reported in:** Rose, A.M.
- **Factors associated with the life satisfaction of middle class, middle aged persons.**
- **Population:** Married couples, middle aged, middle-class, USA, 1952
- **Sample:**
  - **Non-Response:** 50%
  - **N:** 416

### Measured Correlate

- **Class:** hobbies
- **Code:** L 3.3.2.3

### Measured Values:

- **Measurement:**
- **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-SLu/g/sq/v/5/a</td>
<td>D% = +</td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>

*Unaffected by sex*
**Study** | BULAT 1973
---|---
*Reported in:* | Bulatao, R.A.
Measures of happiness among Manila residents
*Population:* | 21+ aged, general public, Metro Manila, Philippines, 1972
*Sample:* |
*Non-Response:* | -
*N:* | 941

### Measured Correlate
*Class:* | . reading Code: L 3.3.2.4
*Measurement:* | Direct question on frequency in the past week: not at all / once / more than once.

### 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>
| O-BW/c/sq/l/11/a | G = + | Males: G = +.42  
Females: G = +.60 |
| O-HL/c/sq/v/3/f | G = + | Males: G = +.21  
Females: G = +.46 |
Findings on Happiness & LEISURE

Correlate Code: L 3

Study
Reported in: GRANE 1975
Happiness and social participation in aging.
Graney, M.J.

Population: 62-89 aged females, followed 4 years, USA, 1967-71

Sample:
Non-Response: 27%; 24%
unattainable, 3%
Incomplete.

N: 44

Measured Correlate
Class: . reading  Code: L 3.3.2.4
Measurement:
Number of hours devoted to reading books, newspapers and
magazines: less than 1/1 to 3/more than 3 hours daily.
Assessed at T2.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-BB/cm/mg/v/2/a  tb=.04  ns  Happiness assessed at T2.
**Study**  
**NOELL1977/13**  
*Reported in:* Noelle-Neumann, E.  
*Politik und Glück (Politics and happiness)*  
H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262  
*Population:* 16+ aged, general public, West-Germany, 1973  
*Sample:*  
*Non-Response:*  
*N:* 2024

**Measured Correlate**  
*Class:* . reading  
*Code: L 3.3.2.4*  
*Measurement:*  
Ss were asked how often they read books:  
3 at least once a week  
2 less than once a week  
1 haven’t read a book the last year.

**Measured Values:**  
**Error Estimates:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CA/mh/ri/v/2/a</td>
<td>G=+.38 p&lt;.01</td>
<td>age 16 - 29</td>
</tr>
<tr>
<td></td>
<td>tc=+.19 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>G=+.19 p&lt;.01</td>
<td>age 30 - 44</td>
</tr>
<tr>
<td></td>
<td>tc=+.15 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>G=+.19 p&lt;.01</td>
<td>age 45 - 59</td>
</tr>
<tr>
<td></td>
<td>tc=+.12 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>G=+.28 p&lt;.01</td>
<td>age 60+</td>
</tr>
<tr>
<td></td>
<td>tc=+.19 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>G=+.28 p&lt;.01</td>
<td>higher education</td>
</tr>
<tr>
<td></td>
<td>tc=+.18 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>G=+.14 p&lt;.01</td>
<td>elementery education only</td>
</tr>
<tr>
<td></td>
<td>tc=+.06 p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>
**Study**

**BULAT 1973**

*Reported in:* Bulatao, R.A.

Measures of happiness among Manila residents


*Population:* 21+ aged, general public, Metro Manila, Philippines, 1972

*Sample:

Non-Response: *

N: 941

---

**Measured Correlate**

*Class:* shopping  Code: L 3.3.2.6

*Measurement:* Direct question on frequency in the past week: not at all / once / more than once.

*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>
| O-BW/c/sq/l/11/a | G= +       | Males   : G = +.45  
                      |            | Females : G = +.40 |
| O-HL/c/sq/v/3/f  | G= +       | Males   : G = +.18  
                      |            | Females : G = +.45 |
Findings on Happiness & LEISURE

Correlate Code: L 3

Study: BULAT 1973

Reported in: Bulatao, R.A.
Measures of happiness among Manila residents

Population: 21+ aged, general public, Metro Manila, Philippines, 1972
Sample:
Non-Response: -
N: 941

Measured Correlate

Class: . theater/movies Code: L 3.3.2.7
Measurement: Direct question on frequency in the past week not at all / once / more than once.

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-BW/c/sq/l/11/a</td>
<td>G=+</td>
<td>Males: G = +.24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = +.36</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/f</td>
<td>G=+</td>
<td>Males: G = +.02</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = +.52</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

**Study**

**BRADB 1965/1**

*Reported in:* Bradburn, N.M. & Caplovitz D.
Reports on happiness
Aldine Publishing Company, 1965, Chicago USA

*Population:* Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

*Sample:*

*Non-Response:*

*N:*

**Measured Correlate**

*Class:* . traveling  
*Measurement:* Closed question on furthest distance other than going to work, rated on a 10-point scale less than 1 mile / 2-25 miles / 25 miles or more.

**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>A-BB/cw/mq/v/4/e</td>
<td>G=+.08 ns</td>
<td>Index of Positive Affects only : $G' = +.08$ (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- High S.E.S : $G' = -.07$ (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Low S.E.S. (U-shaped curve) : $G' = +.15$ (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Those males who travelled 2-25 miles have the least positive feelings.</td>
</tr>
</tbody>
</table>
### Study

**BRADB 1965/1**

*Reported in:* Bradburn, N.M. & Caplovitz D.  
Reports on happiness  
Aldine Publishing Company, 1965, Chicago USA

*Population:* Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

*Sample:*  
Non-Response: -  
N: 2006

### Measured Correlate

*Class:* . traveling  
Code: L 3.3.2.8

*Measurement:* Closed question: not at all / once / several times or more during last week.

### 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/cw/mq/v/4/e | G = + p <  | Index of Positive Affects only: G' = +.23 (01)  
- Unaffected by sex  
- Unaffected by S.E.S. |
Findings on Happiness & LEISURE

Study | BRADB 1969
---|---
Reported in: | Bradburn, N.M.
The structure of psychological well-being
Aldine Publishing Company, 1969, Chicago, USA
Population: | 21-60 aged, general public, urban areas, USA, 1963 - 64
Sample: | 
Non-Response: | ± 20%, Attrition
± 30%
N: | 2787

Measured Correlate

Class: | . traveling Code: L 3.3.2.8
Measurement: | Direct question on furthest distance other than going to work, rated on a 7-point scale.

Measured Values:

Error Estimates:

Remarks: | Data T1.
Not computed for summed ABS.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mq/v/2/a | G=+ | Index of Positive Affects: G' = +.29
Index of Negative Affects: G' = -.04
Data T1.
Not computed for summed ABS. |
Findings on Happiness & LEISURE Correlate Code: L 3

Study BRADB 1965/1

Reported in: Bradburn, N.M. & Caplovitz D.
Reports on happiness
Aldine Publishing Company, 1965, Chicago USA

Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

Sample:
Non-Response: -
N: 2006

Measured Correlate

Class: . tv watching, radio listening Code: L 3.3.2.9

Measurement: Closed question on number of hours a day on the average one watched television last week, rated on a 7-point scale.
1 hour or less / 2 hours / 3 hours or more.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-BB/cw/mq/v/4/e G= - ns Index of Positive Affects only : G' = -.13 (ns)
- high S.E.S. : G' = -.14 (ns)
- low S.E.S. : G' = +.02 (ns)
- Among those of low S.E.S. U-shaped curve. Those watching television for about 2 hours a day have most positive feelings.
Findings on Happiness & LEISURE  
Correlate Code: L 3

Study  
**GRANE 1975**  
*Reported in:* Graney, M.J.  
Happiness and social participation in aging.  
*Population:* 62-89 aged females, followed 4 years, USA, 1967-71  
*Sample:*  
*Non-Response:* 27%; 24% unattainable, 3% incomplete.  
*N:* 44  

Measured Correlate  
*Class:* tv watching, radio listening  
*Code:* L 3.3.2.9  
*Measurement:* Direct question: 2 hours or less/more than 2-5 hours/more than 5 hours daily.  
Assessed at T2.  

Measured Values:  

Error Estimates:  

Remarks:  

Observed Relation with Happiness  
*Happiness Query*  
*Statistics*  
*Remarks*  

A-BB/cm/mq/v/2/a  
tb=+.09  
ns  
Happiness assessed at T2.
### Study

**GRANE 1975**

*Reported in:* Graney, M.J.
*Happiness and social participation in aging.*

**Population:** 62-89 aged females, followed 4 years, USA, 1967-71

**Sample:**

**Non-Response:** 27%; 24% unattainable, 3% incomplete.

**N:** 44

### Measured Correlate

*Class:* . tv watching, radio listening  *Code: L 3.3.2.9*

**Measurement:**

*Direct question: less than 1 hour / 1-2 hours / more than 2 hours daily.*
*Assessed at T2.*

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>$b = +.19$ p&lt;.05</td>
<td>Happiness assessed at T2.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Age 66-75 : $b = +.03$ (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Age 82-92 : $b = +.45$ (01)</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

**Study**
- **HARDI 1985**
  - **Reported in:** Harding, Stephen
  - **Values and the nature of psychological well-being**
  - **Population:** 18+ aged, general public, Britain, 1983
  - **Sample:**
  - **Non-Response:** ?
  - **N:** 1231

**Measured Correlate**
- **Class:** tv watching, radio listening
- **Code:** L 3.3.2.9
- **Measurement:** simple direct question; hours per day watching TV: < 3 vs. > 3
- **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>A-BB/cm/mq/v/2/a</td>
<td>DM=-</td>
<td>&lt; 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; 3</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE Correlate Code: L 3

**Study**  
**RAHTZ 1988**

*Reported in:* Rahtz, D.R., Sirgy, M.J. & Meadow, H.L.  
Elderly life satisfaction and television viewership: replication and extension.  
Winter Educators' Conference.

*Population:* 60+ aged, mid-Atlantic region, USA, 1986

*Sample:* Probability systematic sample

*Non-Response:* 84%

*N:* 752

**Measured Correlate**

*Class:* .tv watching, radio listening  
*Code:* L 3.3.2.9

*Measurement:* Self report on 3 statements, rated on a 6 point Likert type scale ranging from agree to disagree  
a) Television is my primary form of entertainment (+)  
b) Magazines are more interesting than television (-).  
c) I frequently watch daytime television (+).  
Questions were embedded in the context of other psychographic items.

**Error Estimates:** Cronbach Alpha reliability coefficient = .66.

**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=-.23</td>
<td>95 % confidence interval for rho [-.30; -.16]</td>
</tr>
<tr>
<td></td>
<td>rpc=-.22</td>
<td>rpc controlled for &quot;belief cultivation&quot;, (taking the tv reality for actual reality)</td>
</tr>
<tr>
<td></td>
<td>rpc=-.20</td>
<td>rpc controlled for &quot;social comparison&quot; (comparison of own situation with that of most people in a similar position).</td>
</tr>
<tr>
<td></td>
<td>rpc=-.21</td>
<td>rpc controlled for both &quot;belief cultivation&quot; and &quot;social comparison&quot;.</td>
</tr>
</tbody>
</table>
### Findings on Happiness & LEISURE Correlate Code: L 3

#### SCHUL 1985B

<table>
<thead>
<tr>
<th>Study</th>
<th>SCHUL 1985B</th>
</tr>
</thead>
</table>
| **Reported in:** | Schulz, W.; Költlinger, R.; Norden, G.; Tüchler, H.  
Lebensqualität in Österreich (Quality-of-life in Austria)  
Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985 |
| **Population:** | Adults, non-institutionalized, Austria, 1984 |
| **Sample:** |  |
| **Non-Response:** | ? |
| **N:** | 1776 |

#### Measured Correlate

<table>
<thead>
<tr>
<th>Class</th>
<th>tv watching, radio listening</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Code:</strong></td>
<td>L 3.3.2.9</td>
</tr>
<tr>
<td><strong>Measurement:</strong></td>
<td>Three item index of direct questions on intensity of watching t.v.</td>
</tr>
</tbody>
</table>

#### Measured Values:

| Error Estimates: |  |

#### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-QL?/c/mq/v/5/a</td>
<td>r=-.02</td>
<td></td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 71 of 173
Findings on Happiness & LEISURE

Television viewing:
- News & Public affairs hours/week
- Game Shows hours/week
- Soap operas hours/week
- Sports hours/week
- Action drama hours/week
- Situation comedies number of situation comedies among five favorite programs

Measured Correlate

Class: . tv watching, radio listening  Code: L 3.3.2.9

Measurement:
Television viewing:
- News & Public affairs hours/week
- Game Shows hours/week
- Soap operas hours/week
- Sports hours/week
- Action drama hours/week
- Situation comedies number of situation comedies among five favorite programs

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  | Statistics  | Remarks
---|---|---
O-H?/?/sq/n7/a | Beta=.0 ns | News & public affairs
| Beta=.3 p<.001 | Game shows
| Beta=.3 p<.001 | Soap operas
| Beta=.1 ns | Sports
| Beta=.0 ns | Action drama
| Beta=.0 ns | Situation comedies

Betas controlled for age and income
### Study

**BOELH 1999**

*Reported in:* Boelhouwer, J. & Stoop, I.
Measuring Well-Being in the Netherlands
Social Indicators Research, vol 48, 51-75, 1999

*Population:* 18+ aged, general public, The Netherlands, 1974-1997

*Sample:* Probability sample (unspecified)

*Non-Response:* ±3500 each year

### Measured Correlate

*Class:* . voluntary work  Code: L 3.3.2.10

*Measurement:* Doing voluntary work?
1 no voluntary work
2 voluntary work for one organisation
3 voluntary work for two organisations
4 voluntary work for three organisations
5 voluntary work for four or more organisations.

### 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-HP/u/sq/v/5/a</td>
<td>r=+.08</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td>r=+.08</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness
Page 73 of 173
Findings on Happiness & LEISURE

Correlate Code: L 3

---

**Study**

**NOELL1977/10**

*Reported in:* Noelle-Neumann, E.
Politik und Glück (Politics and happiness)
H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262

*Population:* 16-29 aged and pensioners, West-Germany, 1976

*Sample:*

*Non-Response:*

*N:* 855

---

**Measured Correlate**

*Class:* Concern about leisure  Code: L 3.4.1

*Measurement:* Single direct question: no (0), yes (1) 'If I come in an unknown town, I'm very interested in the local places of interest'.

*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>A-CA/mh/ri/v/2/b</td>
<td>D%+%</td>
<td>Young (16 - 29) and pensioners only. In both categories the cheerful claim more touristic interest.</td>
</tr>
</tbody>
</table>
### Study

**SYMON 1937**

*Reported in:* Symonds, P.M.  
Happiness as related to problems and interests  
Journal of Educational Psychology, 1937, vol. 28, p. 290-294

*Population:* High school pupils and college students, USA, 193?

*Sample:*

*Non-Response:* -  
*N: 1651*

### Measured Correlate

*Class:* Concern about leisure  
*Code: L 3.4.1*

*Measurement:* Closed question

*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>A-CP/g/sq/v/7/a</td>
<td>DM= ns</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SNR= ns</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**SYMON 1937**

- **Reported in:** Symonds, P.M.  
  Happiness as related to problems and interests  
  Journal of Educational Psychology, 1937, vol. 28, p. 290-294
- **Population:** High school pupils and college students, USA, 193?
- **Sample:**
- **Non-Response:** -
- **N:** 1651

### Measured Correlate

- **Class:** Concern about leisure  
  Code: L 3.4.1  
- **Measurement:** Closed question
- **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>A-CP/g/sq/v/7/a</td>
<td>DM= ns</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SNR= ns</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Study

ZUMA 1989

Reported in: Zentrum fur Umfrageforschung Mannheim (ZUMA)

Population: 18+ aged, general public, West-Germany, 1978-88

Sample:

Non-Response:

N: varies from about 2000 - 2300

Measured Correlate

Concern about leisure Code: L 3.4.1

Question: 'How important is your family for you?'
Rated on a seven point scale, ranging from 1 to 7.

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-SLW/c/sq/n/11/b</td>
<td>SNR=</td>
<td></td>
</tr>
<tr>
<td></td>
<td>eta</td>
<td>G</td>
</tr>
<tr>
<td>1978</td>
<td>+.13</td>
<td>+.13</td>
</tr>
<tr>
<td>1980</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1984</td>
<td>+.10</td>
<td>+.09</td>
</tr>
<tr>
<td>1988</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ß's controlled for age, gender, perceived class and marital status.
Findings on Happiness & LEISURE

Correlate Code: L 3

Study  ZUMA  1989

Reported in: Zentrum fur Umfrageforschung MAennheim (ZUMA)

Population: 18+ aged, general public, West-Germany, 1978-88

Sample:

Non-Response: ?

N: varies from about 2000 - 2300

Measured Correlate

Class: Concern about leisure Code: L 3.4.1

Measurement: Question: 'How important is leisure-time for you?'
Rated on a 7 point scale ranging from 1 to 7.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/4/b SNR= et a G r ß

1978
1980
1984 +.07 +.04 +.02 +.09
1988 +.05 +.03 +.02 +.08

ß's controlled for age, gender, perceived class and marital status.

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness
### Measured Correlate

**Class:** Leisure aspirations  
**Code:** L 3.4.2

**Measurement:** Rating by 4 experts on the basis of multi-method assessments during stays in assessment-center.

Rater instruction: "To what extent does this person find meaning and satisfaction in a hobby or hobbies?" (Consider depth and intensity of interest, not breadth. Includes work if it is not Bell System work). Assessed at T5.

**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>M-PL/c/rc/v/5/a</td>
<td>r=</td>
<td>T5 avocational interests by T5 happiness. Analysis showed a non-significant correlation.</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Study

ROSE 1955

Reported in: Rose, A.M.
Factors associated with the life satisfaction of middle class, middle aged persons.

Population: Married couples, middle aged, middle-class, USA, 1952

Sample:

Non-Response: 50 %
N: 416

Measured Correlate

Class: Leisure aspirations Code: L 3.4.2
Measurement: Whether one would like to go out more often in the evenings for entertainment

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-SLu/g/sq/v/5/a</td>
<td>D%= - p&lt;.05</td>
<td>33 % of the relatively dissatisfied and 26 % of the satisfied would like to go out more often more often. Stronger among males. Uneffected by going out with spouse or not.</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 leisure  
*Code:* L 3.4.3

*Measurement:*  
Closed question: "How do you feel about your chances for relaxation - even for a short time?"  
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>$E^2 = .39$</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

<table>
<thead>
<tr>
<th>Study</th>
<th>ANDRE 1976/5</th>
<th>Page in Report: 112</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Andrews, F.M. &amp; Withey, S.B.</td>
<td></td>
</tr>
<tr>
<td>Social Indicators of Well-being: Americans' Perceptions of Life Quality</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plenum Press, 1976, New York, USA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>18+ aged, general public, non-institutionalized, USA, 1973/7</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N: 222</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Measured Correlate

Class: Satisfaction with leisure  Code: L 3.4.3

Measurement: 3-item index containing satisfaction with the way one spends one's spare time, with amount of relaxation, and with chances of relaxation: "How do you feel about...?" 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>A-BB/cm/mq/v/2/a</td>
<td>r=+.29</td>
<td></td>
</tr>
<tr>
<td>O-BW/cy/sq/l/9/a</td>
<td>r=+.30</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>r=+.52</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r=+.33</td>
<td></td>
</tr>
<tr>
<td>O-HL/u/sq/v/7/b</td>
<td>r=+.55</td>
<td></td>
</tr>
<tr>
<td>O-SLW/u/sq/f/7/a</td>
<td>r=+.41</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**BERNO 1985**

*Reported in:* Bernow, R
Livskvalitet i Sverige. (Lifequality in Sweden)

*Population:* 18-70 aged, general public, Sweden., 1982

*Sample:*

*Non-Response:* ?

*N:* 1558

### Measured Correlate

*Class:* Satisfaction with leisure  Code: L 3.4.3

*Measurement:* Single direct question

*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-SLW/c/sqt/v/7/a</td>
<td>r=+.48</td>
<td></td>
</tr>
</tbody>
</table>
### Measured Correlate

**Class:** Satisfaction with leisure  
**Code:** L 3.4.3

**Measurement:** How satisfactory is this aspect of your life?......
Leisure situation.
1 very dissatisfying
2 dissatisfying
3 rather dissatisfying
4 rather satisfying
5 satisfying
6 very satisfying

**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-SLW/u/sq/v/6/a</td>
<td>rs=.42</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

---

**Study**

**BRAEN 1991**  
On Work and Life Satisfaction
M.Eklund: On vocational rehabilitation in Northern Sweden, Diss. 1991 Univ. of Umea, pp 95-107

**Population:** 25-55 aged, vocationally actives, Umea, Northern Sweden, 1986/87

**Sample:** Probability stratified sample

**Non-Response:**

**N:** 163

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Correlate Code: L 3

Study

**BRINK 1997C**

_reported in:_ Brinkerhoff, M & Fredell, K & Frideres, J  
Basic minimum needs, Quality of life and selected correlates: explorations in villages  
Social Indicators Research,42, p 245-281

**Population:**  
Adult, general public, two poor rural villages, Garhwal area, Northern India, 1996

**Sample:**  
Non-probability purposive-quota sample

**Non-Response:**  
341

**N:**  
not rep

---

**Measured Correlate**

**Class:** Satisfaction with leisure  
Code: L 3.4.3

**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/t/7/a</td>
<td>r=+.13</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td>O-SLu/?/sq/l/5/a</td>
<td>r=+.20</td>
<td>p&lt;.005</td>
</tr>
</tbody>
</table>
### Study  
**GEHMA 1986**  
*Reported in:* Gehmacher, E.  
Glück als Mathematische Gleichung.(Happiness as an mathematical equation.)  

*Population:* Adult, general public, Austria, 1985  
*Sample:*  
*Non-Response:* ?  
*N:* 1814

### Measured Correlate  
*Class:* Satisfaction with leisure  
*Code:* L 3.4.3  
*Measurement:*  
*Measured Values:*  
*Error Estimates:*  
*Remarks:*  

### Observed Relation with Happiness  
*Happiness Query*  
*Statistics*  
*Remarks*  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/6/a</td>
<td>r=+.43</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beta=+.1</td>
<td>controlled for satisfaction with work, health, housing and politics</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE  
Correlate Code: L 3

---

**Study**  
**GEHMA 1987**  

**Reported in:** Gehmacher, E.  
Gebaute Gemeinschaft (Built community: effects of architecture on social contacts)  
Sozial Wissenschaftliche Rundschau (SWS) vol 27, 1987, page 147-156

**Population:** Residents housing estates, Vienna, Austria, 1987  
**Sample:**  
**Non-Response:** ?  
**N:** 218

---

**Measured Correlate**  
**Class:** Satisfaction with leisure  
**Code:** L 3.4.3

**Measurement:** Single direct question rated on a 1-5 step scale.

**Measured Values:**  
**Error Estimates:**  
**Remarks:** β controlled for satisfaction with housing, social contacts and activities.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/cm/sq/v/5/a</td>
<td>r=+.08</td>
<td>β controlled for satisfaction with housing, social contacts and activities.</td>
</tr>
<tr>
<td>Beta=-.1 ns</td>
<td>high $\beta=-.07$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>low $\beta=-.16$</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/b</td>
<td>r=+.39</td>
<td>Contact-facilities in housing estate:</td>
</tr>
<tr>
<td>Beta=+.1 $p&lt;.01$</td>
<td>high $\beta=+.17$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>low $\beta=+.14$</td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Study</th>
<th>HALL 1973</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Hall, J.</td>
</tr>
<tr>
<td></td>
<td>Measuring the quality of life using sample surveys.</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>Adults, general public, Britain, 1971</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>593</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>593</td>
</tr>
</tbody>
</table>

### Measured Correlate

<table>
<thead>
<tr>
<th><strong>Class:</strong></th>
<th>Satisfaction with leisure Code: L 3.4.3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measurement:</strong></td>
<td>Question rated on a 7-point self-anchoring scale, based on Cantril (1965)</td>
</tr>
<tr>
<td><strong>Measured Values:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Error Estimates:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Remarks:</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/l/7/a</td>
<td>r = +.40</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE  

**Study**  
**HALL  1976**  
*Reported in:* Hall, J.  
*Population:* Adults, general public, Great Britain, 1971-75  
*Sample:*  
*Non-Response:* ?  
*N:* 593 in ’71, 966 in ’73 and 932 in ’75  

**Measured Correlate**  
*Class:* Satisfaction with leisure  
*Code:* L 3.4.3  
*Measurement:* Direct closed question rated on a 11-point scale.  

**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-SLW/c/sq/l/11/a</td>
<td>r=+.41</td>
<td>1971</td>
</tr>
<tr>
<td></td>
<td>r=+.41</td>
<td>1973</td>
</tr>
<tr>
<td></td>
<td>r=+.52</td>
<td>1975</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

**Study**

**HARRY 1976**

*Reported in:* Harry, J.

Evolving sources of happiness for men over the life cycle: A structural analysis

*Journal of Marriage and the Family, Vol 38, 1976, 289-296*

*Population:* 18+ aged males, living with family, USA, 1973

*Sample:*

*Non-Response:*

*N:* 374

---

**Measured Correlate**

*Class:* Satisfaction with leisure  
*Code:* L 3.4.3

*Measurement:* Single item self-rating on how much satisfaction one receives from leisure

*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-HL/c/sq/v/3/aa</td>
<td>r=+.11 ns</td>
<td>Single</td>
</tr>
<tr>
<td></td>
<td>r=+.31 ns</td>
<td>Married, no children</td>
</tr>
<tr>
<td></td>
<td>r=+.17 ns</td>
<td>Married, pre-school children</td>
</tr>
<tr>
<td></td>
<td>r=+.07 ns</td>
<td>Married, schoolage children</td>
</tr>
<tr>
<td></td>
<td>r=-.12 ns</td>
<td>Married, teenage children</td>
</tr>
<tr>
<td></td>
<td>r=+.35 p&lt;.05</td>
<td>Married, children grown up</td>
</tr>
</tbody>
</table>

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**Study**
KENNE 1978  
*Reported in:* Kennedy, L.W., Northcott, H.C. & Kinzel, C.  
Subjective evaluation of well-being: Problems and prospects.  

*Population:* 18+ aged, general public, Edmonton, Canada, 1977

*Sample:* Probability multi-stage cluster sample

*Non-Response:* not reported

*N:* 335

**Measured Correlate**

*Class:* Satisfaction with leisure  
Code: L 3.4.3

*Measurement:* Self-report.

**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>
| O-SLu/c/sq/n/7/b | B=+.14     | B controlled for satisfaction with:  
*friendships*  
*standard of living*  
*health*  
*family life.* |
<table>
<thead>
<tr>
<th>Study</th>
<th>MERED 1984</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Meredith, W.H.</td>
</tr>
<tr>
<td>Level and correlates of perceived quality of life for Lao Hmong refugees in Nebraska Social Indicators Research vol 14, 1984, p 83-97</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>16+ aged, recent refugees from Laos, USA, 1982</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>0%</td>
</tr>
<tr>
<td>N:</td>
<td>145</td>
</tr>
</tbody>
</table>

### Measured Correlate

- **Class:** Satisfaction with leisure  Code: L 3.4.3
- **Measurement:** Index of closed questions, rated on a 7-point Delighted-Terrible scale: How do you feel about:
  - the way you spend your spare time (your free time when you don't have any work to do)?
  - the amount of time you have for doing the things you want to do?
  - the amount of fun and enjoyment you have?

### 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=+.46</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>Beta=+.2</td>
<td></td>
<td>Beta controlled for satisfaction with self, optimism, perceived control and satisfaction with USA.</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Study
MIELK 1997

Reported in:
Mielke, Ch.
Wellbeing and fitness: an empirical analysis of life-, health-, and leisure-satisfaction of
Dissertation, University of Cologne

Population:
16+ aged, general public, non institutionalized, Germany, 1990-91

Sample:
Probability systematic sample

Non-Response:
unknown

N:
6000

Measured Correlate

Class:
Satisfaction with leisure Code: L 3.4.3

Measurement:
single question:
'How satisfied are you with leisure?'
0 totally dissatisfied

10 totally satisfied

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLu/c/sq/l/11/a D% = +26 %satisfied with leisure:
satisfied with life: 57
dissatisfied with life: 31

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Findings on Happiness & LEISURE

**Study**

**SCHUL 1985B**

**Reported in:** Schulz, W.; Költpringer, R.; Norden, G.; Tüchler, H. Lebensqualität in Osterreich (Quality-of-life in Austria) Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985

**Population:** Adults, non-institutionalized, Austria, 1984

**Sample:**

**Non-Response:** ?

**N:** 1776

**Measured Correlate**

**Class:** Satisfaction with leisure  Code: L 3.4.3

**Measurement:** Six item index of direct questions on satisfaction with leisure time during the last 14 days.

**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>M-AO/c/mq/*0/a</td>
<td>r=+.27</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td>Beta=+.1</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td>Beta=+.1</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td>Beta=+.1</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

β controlled for: satisfaction with physical health, material satisfaction, satisfaction with partner, satisfaction with selfrealisation, satisfaction with social involvement, satisfaction with work (positive), and satisfaction with work (negative).

<table>
<thead>
<tr>
<th>O-QL?/c/mq/v/5/a</th>
<th>r=+.22</th>
<th>p&lt;.05</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta= ns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beta=+.1</td>
<td>with partner, with work</td>
<td></td>
</tr>
<tr>
<td>Beta=*</td>
<td>with partner, without work</td>
<td></td>
</tr>
<tr>
<td>Beta=+.3</td>
<td>no partner, with work</td>
<td></td>
</tr>
<tr>
<td>Beta=*</td>
<td>no partner, without work</td>
<td></td>
</tr>
<tr>
<td>Beta=+.1</td>
<td>monotonous work</td>
<td></td>
</tr>
<tr>
<td>Beta=+.1</td>
<td>some selfcontrol</td>
<td></td>
</tr>
</tbody>
</table>

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Beta = -0.2

much selfcontrol

All ß's controlled for satisfaction with six other domains of life (physical health, income, partner, selfrealization, social involvement, work).

* = N too small.
Findings on Happiness & LEISURE

SHINN 1978

Reported in: Shinn, D.C. & Johnson, D.M.
Avowed happiness as an overall assessment of the quality of life


Sample: 17%
N: 665

Measured Correlate

Class: Satisfaction with leisure  Code: L 3.4.3
Measurement: Single closed question rated on a scale ranging from very satisfied to very dissatisfied or from excellent to very poor

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/c/sq/v/3/aa  r=+.34  p<.05
When controlled for: - assessments only  β = +.22
- resources and assessments  β = +.21
- assessments and comparisons  β = +.17
- assessments, resources and comparisons  β = +.17

'Assessments': satisfaction with: standard of living, housing, health, education, community, government;
'Resources': race, sex, age, income, education, home ownership, marital status, number of children, number of household members;
'Comparisons': perception of being happier than others and perceived financial improvement in the past few years.
Study: VENTE 1995

Reported in: Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark)
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,
ISBN 8790190017

Population: 18-88 aged, general public, Denmark, 1993

Sample: Non-probability purposive sample (unspecified)
Non-Response: 39%
N: 1494

Measured Correlate

Class: Satisfaction with leisure Code: L 3.4.3
Measurement:

Single question: 'How do you feel during your leisure hours?'
1: very bad
2: bad
3: neither good nor bad
4: good
5: very good

Measured Values:


Error Estimates:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | \( r = +.52 \) \( p < .00 \) | 1: \( M_t = 1.66 \)
2: \( M_t = 3.89 \)
3: \( M_t = 5.18 \)
4: \( M_t = 7.45 \)
5: \( M_t = 8.70 \)
All \( M_t = 7.80 \) |
| O-HL/c/sq/v/5/h | \( r = +.49 \) \( p < .00 \) | 1: \( M_t = 2.50 \)
2: \( M_t = 3.89 \)
3: \( M_t = 4.88 \)
4: \( M_t = 6.55 \)
5: \( M_t = 7.83 \)
All \( M_t = 6.96 \) |
| O-SLu/c/sq/v/5/e | \( r = +.53 \) \( p < .00 \) | 1: \( M_t = 1.25 \)
2: \( M_t = 3.20 \)
3: \( M_t = 4.90 \)
4: \( M_t = 7.10 \)
5: \( M_t = 8.38 \)
All \( M_t = 7.45 \) |
Study  
**VENTE 1996**  
*Reported in:* Ventegodt, S.  
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)  
*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:* Satisfaction with leisure  
*Code:* L 3.4.3  
*Measurement:*  
Single question:  
"How do you feel during your leisure hours?"  
1: very bad  
2: bad  
3: neither/nor  
4: good  
5: very good

*Measured Values:*  

*Error Estimates:*  
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r=+.54 p<.00 | 1: Mt=1.66  
2: Mt=3.19  
3: Mt=5.28  
4: Mt=7.39  
5: Mt=8.78 |
| O-HL/c/sq/v/5/h | r=+.52 p<.00 | 1: Mt=1.66  
2: Mt=3.55  
3: Mt=4.91  
4: Mt=6.59  
5: Mt=8.05 |
| O-SLu/c/sq/v/5/e | r=+.57 p<.00 | 1: Mt=1.66  
2: Mt=2.50  
3: Mt=4.68  
4: Mt=7.06  
5: Mt=8.54 |
Findings on Happiness & LEISURE

**Study**  
**ZUMA 1989**  

*Reported in:* Zentrum für Umfragentorschung Mannheim (ZUMA)  

*Population:* 18+ aged, general public, West-Germany, 1978-88  

*Sample:*  

*Non-Response:* ?  

*N:* varies from about 2000 - 2300  

---  

**Measured Correlate**  

*Class:* Satisfaction with leisure Code: L 3.4.3  

*Measurement:*  

**Question:** 'How satisfied are you with social security? We mean the so-called social assurance system for healthcare, disemployment and old age.'  

Rated on an 11 point scale ranging from 0 to 10.  

*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-SLW/c/sq/n/11/b</td>
<td>SNR=</td>
<td></td>
</tr>
<tr>
<td></td>
<td>et a</td>
<td>G</td>
</tr>
<tr>
<td>1978</td>
<td>+.38</td>
<td>+.39</td>
</tr>
<tr>
<td>1980</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1984</td>
<td>+.29</td>
<td>+.32</td>
</tr>
<tr>
<td>1988</td>
<td>+.31</td>
<td>+.34</td>
</tr>
</tbody>
</table>

ß's controlled for age, gender, perceived class and marital status.
Findings on Happiness & LEISURE

Study: ZUMA 1989

Reported in: Zentrum fur Umfrageforschung Mannheim (ZUMA)

Population: 18+ aged, general public, West-Germany, 1978-88

Sample: 

Non-Response: ?

N: varies from about 2000 - 2300

Measured Correlate

Class: Satisfaction with leisure  Code: L 3.4.3

Measurement: Question: 'How satisfied are with your leisure time?'
Rated on an 11 point scale ranging from 0 to 10.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/4/b SNR= 

<table>
<thead>
<tr>
<th>Year</th>
<th>eta</th>
<th>G</th>
<th>r</th>
<th>ß</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>+.24</td>
<td>+.32</td>
<td>+.23</td>
<td>+.26</td>
</tr>
<tr>
<td>1980</td>
<td>+.23</td>
<td>+.32</td>
<td>+.21</td>
<td>+.26</td>
</tr>
<tr>
<td>1984</td>
<td>+.25</td>
<td>+.38</td>
<td>+.24</td>
<td>+.31</td>
</tr>
<tr>
<td>1988</td>
<td>+.25</td>
<td>+.38</td>
<td>+.24</td>
<td>+.31</td>
</tr>
</tbody>
</table>

ß's controlled for age, gender, perceived class and marital status.
Findings on Happiness & LEISURE  

**Study**  
**ANDRE 1976/1**

**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, 1972/75

**Sample:**  
Non-Response: 24%

**N:** 1297

---

**Measured Correlate**

**Class:** Satisfaction with time for leisure  
Code: L 3.4.3.1

**Measurement:**  
Closed question: “How do you feel about the amount of time you have for doing the things you 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**  
O-DT/u/sqt/v/7/a

**Statistics**  
\( \beta = +.28 \)

\( \beta = +.0 \)

\( \beta = +.0 \)

**Remarks**  
Unaffected by sex

\( \beta \) controlled for 11 domain satisfactions (efficacy, family, money, amount of fun, house/apartment, spare time activities, national government, things do with family, consumer, health, job).

\( \beta \) controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 11 domain satisfactions.
# Findings on Happiness & LEISURE Correlate Code: L 3

**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

**Non-Response:** 38%

**N:** 1072

---

**Measured Correlate**

**Class:** satisfaction with time for leisure  Code: L 3.4.3.1

**Measurement:**
- Closed question: "How do you feel about the amount of time you have for doing the things you want to do?"
- 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>$E^2 = +.31$</td>
<td></td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
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### 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 time for leisure  
  Code: L 3.4.3.1
- **Measurement:** Closed question: "How do you feel about the amount of time you have for doing the things you want to do?"  
  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-SLW/c/sq/n/7/a</td>
<td>r=+.25</td>
<td></td>
</tr>
<tr>
<td>O-SLW/u/sq/t/101/a</td>
<td>r=+.21</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Correlate Code: L 3

Study

ANDRE 1976/6

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, 1972-73

Sample:
Non-Response:

N: 1072+1433+222

Measured Correlate

Class: . satisfaction with time for leisure Code: L 3.4.3.1

Measurement:

Index of closed questions, asked in different samples: "How do you feel about...
1. the amount of time you have for doing the things you want to do (asked in November 1972)
2. the amount of pressure you are under (asked in April 1973)
3. the way you spend your spare time, your non-working activities (asked in July 1973)
4. the amount of relaxation in your life (asked in July 1973)
5. your chances for relaxation - even for a short time (asked in July 1973)?"

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

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/u/sqt/v/7/a r=+.42

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Findings on Happiness & LEISURE

**Study**

BERNO 1985

- **Reported in:** Bernow, R
  Livskvaliteten i Sverige. (Lifequality in Sweden)

- **Population:** 18-70 aged, general public, Sweden., 1982

- **Sample:**

- **Non-Response:** ?

- **N:** 1558

**Measured Correlate**

- **Class:** Single direct question

**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-SLW/c/sqt/v7/a</td>
<td>r=+.35</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

**Study**

**MAKAR 1962**

*Reported in:* Makarczyk, W.
Factors affecting life satisfaction among people in Poland.

*Population:* Adults, general public, students and peasants excluded, Poland, 1960

*Sample:*

*Non-Response:* 5%

*N:* 2387

**Measured Correlate**

*Class:* Satisfaction with time for leisure  
*Code:* L 3.4.3.1

*Measurement:* Single question: how much time do you spend on entertainment?  
none / far too little / rather too little / sufficient.

*Error Estimates:*

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/u/sq/v/5/a</td>
<td>T=.18</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td></td>
<td>T=.13</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

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World Database of Happiness: www.eur.nl/fsw/research/happiness
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### Study

**MIELK 1997**

*Reported in:* Mielke, Ch.


*Population:* 16+ aged, general public, non institutionalized, Germany, 1990-91

*Sample:* Probability systematic sample

*Non-Response:* unknown

*N:* 6000

### Measured Correlate

*Class:* single question

*Measurement:* how satisfied you are with your time for leisure

0 totally dissatisfied

10 totally satisfied

### 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-SLu/c/sq/l/11/a</td>
<td>D%=36</td>
<td>&amp; satisfied with life: satisfied with time for leisure: 68 dissatisfied with time for leisure: 32</td>
</tr>
</tbody>
</table>
### Study

**MIELK 1997**  
**Reported in:** Mielke, Ch.

**Population:** 16+ aged, general public, non institutionalized, Germany, 1990-91

**Sample:** Probability systematic sample

**Non-Response:** unknown

**N:** 6000

### Measured Correlate

**Class:** satisfaction with time for leisure  
**Measurement:** single question:  
how satisfied you are with your time for leisure?  
0 totally dissatisfied  
.  
.  
.  
10 totally satisfied

**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>
| O-SLu/c/sq/l/11/a | D% = 36 | % satisfied with time for leisure: satisfied with life: 68  
dissatisfied with life: 32 |
### Study

**Reported in:** Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H. 
Lebensqualität in Osterreich (Quality-of-life in Austria) 
Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985

**Population:** Adults, non-institutionalized, Austria, 1984

**Sample:** 
**Non-Response:** ?

**N:** 1776

### Measured Correlate

**Class:** . satisfaction with time for leisure  
**Code:** L 3.4.3.1

**Measurement:** Single direct question: "How do you qualify your activities, i.e. the things you are doing (during the last 14 days)?" Rated on a 5-point scale ranging from 'not enough' to 'very good'.

**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-QL?/c/mq/v/5/a</td>
<td>Beta=+.1 p&lt;.05</td>
<td>ß controlled for: age, professional status, income, quality of family life, and satisfaction with partner.</td>
</tr>
</tbody>
</table>
**Study**  
**ABRAM 1972**

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

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

*Sample:*

*Non-Response:*

*N:* 213

---

**Measured Correlate**

*Class:* . satisfaction with leisure activities  
*Code:* L 3.4.3.2

*Measurement:* Closed question rated on an 11-point self-anchoring scale, based on Cantril (1965)

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

**Observed Relation with Happiness**

*Happiness Query*  
*Statistics*  
*Remarks*

O-SLW/c/sq/l/11/b  
r = +.24

---

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*World Database of Happiness: www.eur.nl/fsw/research/happiness*  
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**Findings on Happiness & LEISURE**

**Correlate Code: L 3**

### Study

**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, 1972/75

**Sample:**

- **Non-Response:** 24%
- **N:** 1297

### Measured Correlate

**Class:** satisfaction with leisure activities  
**Code:** L 3.4.3.2

**Measurement:**  
Closed question: "How do you feel about the way you spend your spare time, your non-working activities?"  
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/sqrt/v/7/a</td>
<td>$E^2 = .41$</td>
<td>Unaffected by sex</td>
</tr>
<tr>
<td>Beta=+.0</td>
<td>8 controlled for 11 domain satisfactions (efficacy, family, money, amount of fun, house/apartment, national government, things do with family, consumer, time to do things, health, job).</td>
<td></td>
</tr>
<tr>
<td>Beta=+.0</td>
<td>8 controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 11 domain satisfactions.</td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>ANDRE 1976/3</td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>-------------</td>
<td></td>
</tr>
<tr>
<td>Reported in:</td>
<td>Andrews, F.M. &amp; Withey, S.B.</td>
<td></td>
</tr>
<tr>
<td>Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>18+ aged, general public, non institutionalized, USA, 1972/11</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>38%</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>1072</td>
<td></td>
</tr>
</tbody>
</table>

## Measured Correlate

**Class:** satisfaction with leisure activities  
**Code:** L 3.4.3.2

**Measurement:** Closed question: "How do you feel about the way you spend your spare time, your nonworking activities?"  
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>E²=+.47</td>
<td></td>
</tr>
</tbody>
</table>
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 leisure activities  Code: L 3.4.3.2

Measurement: Closed question: “How do you feel about the way you spend your spare time, your non-working activities?”
Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-DT/u/sqt/v/7/a  r=+.49

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**Study**  
**ANDRE 1989**  
*Reported in:* Andrews F.M.  
Stability and change in levels and structure of subjective well-being: USA 1972 and 1988  
Paper presented at the International Conference on Social Reporting, Berlin, September 1989  
*Population:* Adults, general public, non-institutionalized, USA, 1972-88  
*Sample:*  
*Non-Response:*  
*N:* 1972: 2369, 1988: 616

---

**Measured Correlate**  
*Class:* satisfaction with leisure activities  
*Measurement:* Single direct question rated on 7 point delighted-terrible scale  
*Remarks:* How do you feel about your use of spare time?  

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| Beta | $\beta = +$ | 1972: +.14, 1988: +.08  
$\beta$ controlled for satisfaction with 5 other aspects of life: 1: fun, 2: accomplishments, 3: family income, 4: national government |
### Study

**BAKKE 1974**

*Reported in:* Bakker, P. & Berg, N. van de
Determinants and correlates of happiness.


*Sample:* 

*Non-Response:* 34% refusal and unattainable.

*N:* 1552

### Measured Correlate

*Class:* satisfaction with leisure activities  *Code:* L 3.4.3.2

*Measurement:* Closed question rated on an open graphic scale ranging from 'very dissatisfied' to 'very satisfied'.

**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-HP/g/sq/ol/7/a</td>
<td>G=+.53</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lower among age 41-50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unaffected by S.E.S.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stronger among medium educational level.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stronger among females.</td>
</tr>
</tbody>
</table>
Study  BALAT 1993

Reported in: Balatsky, G. & Diener, E.
Subjective well-being among Russian students.

Population: Students, Moscow and Glazov (Ural), Russia, 1990

Sample: Non-probability chunk sample

Non-Response: not reported

N: 116

Measured Correlate

Class: . satisfaction with leisure activities Code: L 3.4.3.2

Measurement: Single question: "How do you feel about your recreation activity right now?".
Rated on 7-point scale from:
1. Terrible . . . . . . . to
. . . . . .
7. Delighted.

Measured Values: M= 4.09; SD= 1.66

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/c/sq/v/7/b</td>
<td>r=+.47</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>r=+.39</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Remarks:

O-DT/c/sq/v/7/b
p two-tailed

O-DT/u/sq/v/7/a
p two-tailed
Findings on Happiness & LEISURE

Study: BATIS 1996

Reported in: Batista-Foquet, J.M., Coenders, G. & Sureda-Pascual, J.

Population: 16+ aged, general public, Catalonia, Spain, 1989

Sample: Probability stratified sample

Non-Response: not reported

N: 406

Measured Correlate

Class: . satisfaction with leisure activities Code: L 3.4.3.2

Measurement: Single question:
"How satisfied are you recently with your leisure activities?"
1. completely dissatisfied
2. dissatisfied
3. neither satisfied nor dissatisfied
4. satisfied
5. completely satisfied

Measured Values: M= 3.39; SD= 1.33

Scale %
1. 13.3
2. 11.6
3. 22.9
4. 27.3
5. 24.9

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLW/c/sq/v/5/e r=.33
  rp=.44 rp corrects for random and systematic measurement error.

<table>
<thead>
<tr>
<th><strong>Study</strong></th>
<th><strong>BHARA 1977</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Bharadwaj, L. &amp; Wilkening, E.A.</td>
</tr>
<tr>
<td><strong>Study:</strong></td>
<td>The prediction of perceived well-being</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>18+ aged, general public, Wisconsin, USA, 197?</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td>12%</td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>1423</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>1423</td>
</tr>
</tbody>
</table>

### Measured Correlate

| **Class:** | SVL: satisfaction with leisure activities Code: L 3.4.3.2 |
| **Measurement:** | direct closed question rated on a 7-point scale, ranging from "completely satisfied" to "completely dissatisfied". |

### Measured Values

**Error Estimates:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th><strong>Happiness Query</strong></th>
<th><strong>Statistics</strong></th>
<th><strong>Remarks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/u/sq/v/7/a</td>
<td>r = +.41</td>
<td>Beta = +.0</td>
</tr>
</tbody>
</table>

All ß's controlled for satisfaction with family-life, standard of living, work, health, income, community, housing, food, spiritual matters, education, organizational involvement, natural environment, national government.

<table>
<thead>
<tr>
<th>Gender</th>
<th>AGE</th>
<th>INCOME</th>
<th>ß</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>under 30</td>
<td>under $4000</td>
<td>+.08</td>
</tr>
<tr>
<td></td>
<td>30-49</td>
<td>$4000 - 7999</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>50-64</td>
<td>$8000 - 15999</td>
<td>+.10</td>
</tr>
<tr>
<td></td>
<td>over 65</td>
<td>over $16000</td>
<td>+.18</td>
</tr>
<tr>
<td>Females</td>
<td>under 30</td>
<td>under $4000</td>
<td>+.09</td>
</tr>
<tr>
<td></td>
<td>30-49</td>
<td>$4000 - 7999</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>50-64</td>
<td>$8000 - 15999</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>over 65</td>
<td>over $16000</td>
<td>ns</td>
</tr>
</tbody>
</table>
### Study

**BUTTE 1977**

- **Reported in:** Buttel, F.H. & Martinson, O.B.
  Ideology and social indicators of the quality of life
  Social Indicators Research, vol 4, 1977, p.353-369

- **Population:** 18+ aged, general public, Wisconsin USA, 1974

- **Sample:**

- **Non-Response:**

- **N:** 548

---

### Measured Correlate

- **Class:** . satisfaction with leisure activities  
  Code: L 3.4.3.2

- **Measurement:** Single closed question rated on a 7-point scale: Overall, how satisfied or dissatisfied are you with the ways you spend your spare time: completely satisfied / very satisfied / satisfied / satisfied-dissatisfied / dissatisfied / very dissatisfied / completely dissatisfied?

- **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>C-A/u/sq/v/7/a</td>
<td>r=.39</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td>O-HL/c/sq/v/7/a</td>
<td>r=.29</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td>O-SLW/u/sq/v/7/b</td>
<td>r=.39</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

GILLO 1973

Reported in: Gillo, M.W.

Population: Workers, union members, Kansas City, USA, 197?

Sample:

Non-Response: 73%, no return of mailed questionnaire. Unaffected by age, sex, Local's members

N: 213

Measured Correlate

Class: Satisfaction with leisure activities
Code: L 3.4.3.2

Measurement: Closed question rated on an 11-point self-anchoring scale, based on Cantril (1965).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/c/sq/l/11/a  r=+.55
Findings on Happiness & LEISURE  

GLENN 1981C

**Reported in:** Glenn, N.D.; Weaver, C.N.
The contribution of marital happiness to global happiness

**Population:** Marieds, non-institutionalized, USA, 1973-78

**Non-Response:**

N: 9000 (1500 each year)

**Measured Correlate**

**Class:**  . satisfaction with leisure activities  
**Measurement:** Direct question: “For each area of life I am going to name, tell me the number that shows how much satisfaction you get from that area? 1. a very great deal, 2. a great deal, 3. quite a lot, 4. a fair amount, 5. some, 6. a little, 7. none”

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r=+</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Married persons working full-time:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- white men: r=+.18  b=+.05</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- black men:  r=+.16  b=+.04</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- white women:  r=+.27  b=+.09</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- black women: r=+.13  b=.10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>All married women:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- white:  r=+.24  b=+.06</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- black:  r=+.23  b=+.10</td>
<td></td>
</tr>
</tbody>
</table>

| r=+ |
| Married persons working full-time: |
| - white men:  r=+.18  b=+.05 |
| - black men:  r=+.16  b=+.04 |
| - white women:  r=+.27  b=+.09 |
| - black women:  r=+.13  b=.10 |
| All married women: |
| - white:  r=+.24  b=+.06 |
| - black:  r=+.23  b=+.10 |
Beta=+  

β controlled for marital happiness, satisfaction with: work, financial situation, community, family life, friendships and health
Findings on Happiness & LEISURE

<table>
<thead>
<tr>
<th>Study</th>
<th>HAAVI 1971</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Haavio-Mannila, E.</td>
</tr>
<tr>
<td>Satisfaction with family, work, leisure and life among men and women.</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>15-64 aged, general public, Finland, 1966</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>948</td>
</tr>
<tr>
<td>Measured Correlate</td>
<td></td>
</tr>
<tr>
<td>Class:</td>
<td>. satisfaction with leisure activities</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Closed question rated on a 4-point scale ranging from 'very unsatisfied' to 'very satisfied'.</td>
</tr>
<tr>
<td>Measured Values:</td>
<td></td>
</tr>
<tr>
<td>Error Estimates:</td>
<td></td>
</tr>
<tr>
<td>Remarks:</td>
<td></td>
</tr>
</tbody>
</table>

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/?/sq/v/3/b</td>
<td>r=+ p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>unmarried employed males</td>
<td>r = +.53 (05)</td>
<td></td>
</tr>
<tr>
<td>unmarried employed females</td>
<td>r = +.19 (05)</td>
<td></td>
</tr>
<tr>
<td>married employed males</td>
<td>r = +.28 (05)</td>
<td></td>
</tr>
<tr>
<td>married employed females</td>
<td>r = +.29 (05)</td>
<td></td>
</tr>
<tr>
<td>married non-employed females</td>
<td>r = +.54 (05)</td>
<td></td>
</tr>
</tbody>
</table>
## Findings on Happiness & LEISURE

**Correlate Code: L 3**

### Study

<table>
<thead>
<tr>
<th>Field</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Headey, B.</td>
</tr>
<tr>
<td></td>
<td>The Quality of Life in Australia</td>
</tr>
<tr>
<td></td>
<td>Social Indicators Research, 1981, Vol. 9, 155-181</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>Adults, general public, Australia 1978</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td>Probability sample (unspecified)</td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>not reported</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>679</td>
</tr>
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</table>

### Measured Correlate

<table>
<thead>
<tr>
<th>Field</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class:</strong></td>
<td>satisfaction with leisure activities</td>
</tr>
<tr>
<td><strong>Code:</strong></td>
<td>L 3.4.3.2</td>
</tr>
<tr>
<td><strong>Measurement:</strong></td>
<td>1 single question on satisfaction with: The way you spend your spare time; your non-working activities, scored on a 1-9 rating scale.</td>
</tr>
<tr>
<td><strong>Measured Values:</strong></td>
<td>M = 6.3     SD = 1.5</td>
</tr>
<tr>
<td><strong>Error Estimates:</strong></td>
<td><strong>Remarks:</strong> Item scored on the same rating scale as the question on happiness.</td>
</tr>
</tbody>
</table>

### 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=.36</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

**Remarks:** Item scored on the same rating scale as the question on happiness.
Findings on Happiness & LEISURE  
Correlate Code: L 3

**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 leisure activities  
Code: L 3.4.3.2

*Measurement:*  
1 single question on satisfaction with the things you and your family do together, scored on a 1-9 D-T rating scale.

*Measured Values:*  
M = 6.8  SD = 1.5

*Error Estimates:*  

*Remarks:* Item scored on the same rating scale as the question on happiness.

**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/sqrt/v/9/a</td>
<td>r = +.45 p &lt; .001</td>
<td>Item scored on the same rating scale as the question on happiness.</td>
</tr>
</tbody>
</table>

Beta = +.0  
all cases  
Beta’s controlled for satisfaction with  
- self-fulfillment  
- sex life  
- problem handling  
- work around the house  
- mother  
- health  
- house  
- standard of living  
- assertiveness  
- friends  
- fun and enjoyment  
- marriage

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 125 of 173
Beta = +.0

married cases
Beta's controlled for satisfaction with
  - self-fulfillment
  - sex life
  - problem handling
  - work around the house
  - mother
  - health
  - house
  - standard of living
  - assertiveness
  - friends
  - fun and enjoyment
  - marriage
Findings on Happiness & LEISURE

DATASET 1
- "The things you and your family do together?";
- "The way you spend your time, your non-working activities?";
- "The things you do and the times you have with friends?";
- rated on 7-point scales (high scores indicating high satisfaction) and combined into index.

DATASET 6 and 7
- "All things considered, how satisfied are you with your family life -- the time you spend and the things you do with members of your family?";
- "Overall, how satisfied are you with the ways to spend your spare time?";
- "All things considered, how satisfied are you with your friendships -- with the time you can spend with friends, the things you do together, the number of friends you have as well as the particular people who are your friends?";
- rated on 7-point scale (high scores indicating high satisfaction) and combined into an index.

Measured Correlate

Class: . satisfaction with leisure activities  Code: L 3.4.3.2
Measurement: DATASET 1
- "The things you and your family do together?";
- "The way you spend your time, your non-working activities?";
- "The things you do and the times you have with friends?";
- rated on 7-point scales (high scores indicating high satisfaction) and combined into index.

DATASET 6 and 7
- "All things considered, how satisfied are you with your family life -- the time you spend and the things you do with members of your family?";
- "Overall, how satisfied are you with the ways to spend your spare time?";
- "All things considered, how satisfied are you with your friendships -- with the time you can spend with friends, the things you do together, the number of friends you have as well as the particular people who are your friends?";
- rated on 7-point scale (high scores indicating high satisfaction) and combined into an index.

Measured Values:

Error Estimates:

Remarks: DATASETS:
6: 1971, N=1822, QOL Survey, See CAMPB 1975

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/c/sq/v/3/aa  Beta=.0 p<.05  DATASET 1: 8 higher among 45-64 than among 25-44 and 65-97 aged (p<.05). 8 controlled for Economic, Residence, Job, Health, Marriage satisfaction.

Beta=+.2 p<.05  DATASET 7: lower among 25-44 than among 45-64 and 65-97 aged (p<.05). Controlled for Economic, Residence, Job, Health and Marriage satisfaction.
**Findings on Happiness & LEISURE**

**Correlate Code: L 3**

---

**Study**

KENNE 1985

**Reported in:** Kennedy, L.W. & Mehra, A.N.
Effects of social change on well-being: boom and bust in a western Canadian city
Social Indicators Research, vol. 17, 1985, p. 101-113

**Population:** 18+ aged, general public, Edmonton, Canada, 1977-84

**Sample:** Probability multi-stage cluster sample

**Non-Response:**

N: 3440 *)

---

**Measured Correlate**

**Class:** satisfaction with leisure activities  Code: L 3.4.3.2

**Measurement:**

**Question on satisfaction with non-work activities;**
**Rated:**
1. very dissatisfied
2. 
3. 
4. 
5. 
6. 
7. very satisfied.

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

**Happiness Query**

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

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta=+.0</td>
<td>Stepwise regression by age-group. age-group 26-45</td>
</tr>
<tr>
<td></td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>- standard of living satisfaction</td>
</tr>
<tr>
<td></td>
<td>- friendship satisfaction</td>
</tr>
<tr>
<td></td>
<td>- family satisfaction</td>
</tr>
<tr>
<td></td>
<td>- job satisfaction</td>
</tr>
<tr>
<td></td>
<td>- health satisfaction</td>
</tr>
<tr>
<td></td>
<td>- neighbourhood satisfaction</td>
</tr>
<tr>
<td></td>
<td>- financial better/worse than year ago</td>
</tr>
<tr>
<td></td>
<td>- sex</td>
</tr>
<tr>
<td></td>
<td>- year of significant social change</td>
</tr>
<tr>
<td></td>
<td>- things wanted to do satisfaction</td>
</tr>
</tbody>
</table>

---

Beta=+.1 

age-group 45+

Beta controlled for:
- standard of living satisfaction
- health satisfaction
- financial better/worse than year ago
- job satisfaction
- friendship satisfaction
- family satisfaction
- things wanted to do satisfaction
- sex
- year of significant social change
Findings on Happiness & LEISURE

<table>
<thead>
<tr>
<th>Study</th>
<th>LEVY 1975/1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Levy, S. &amp; Guttman, L.</td>
</tr>
<tr>
<td>On the multivariate structure of well-being</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>18+ aged, general public, urban areas, Israel, 1973</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>-</td>
</tr>
<tr>
<td>N:</td>
<td>1940</td>
</tr>
</tbody>
</table>

Measured Correlate

<table>
<thead>
<tr>
<th>Class:</th>
<th>. satisfaction with leisure activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Code:</td>
<td>L 3.4.3.2</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Closed question ranging from 'not at all satisfied' to 'very satisfied'.</td>
</tr>
<tr>
<td>Measured Values:</td>
<td></td>
</tr>
<tr>
<td>Error Estimates:</td>
<td></td>
</tr>
<tr>
<td>Remarks:</td>
<td></td>
</tr>
</tbody>
</table>

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/4/b</td>
<td>mc=.51</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/?/6/a</td>
<td>mc=.55</td>
<td></td>
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</tbody>
</table>
Findings on Happiness & LEISURE  
Correlate Code: L 3

**Study**  
MICHA 1980

**Reported in:** Michalos, A.C.  
Satisfaction and Happiness  
Social Indicators Research, Vol 8, 1980, 385-422

**Population:** University staff members, Guelph Canada, 1979

**Sample:**

Non-Response: 59%

N: 357

**Measured Correlate**

**Class:** satisfaction with leisure activities  
Code: L 3.4.3.2

**Measurement:** Closed question rated on a 7-point scale.

**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>
| O-DT/c/sq/v7/aa | r=+.41 p<.01 | Controlled for 1  
rpc= +.13 (01)  
Controlled for 1+2  
rpc= +.12 (05)  
Controlled for 1+3  
rpc= +.09 (ns)  
Controlled for 1+2+3  
rpc= +.07 (ns)  
Controlled for 1  
ß = +.08  
Controlled for 1+3+4  
ß = +.06 |

1= Satisfaction with health, financial security,  
family life, friendships, housing, job, education, self-esteem, area you live in, ability to get around, security from crime.

2= Global happiness(indicator 2, HAP 1.1)

3= Demographic factors (sex, age, marital status, education, family income)

4= Workstatus.

| O-HL/u/sq/v7/a | r=+.34 p<.01 | Controlled for 1  
rpc= +.03 (ns)  
Controlled for 1  
ß = +.03  
Controlled for 1+3  
ß = +.02 |

1= Satisfaction with health, financial security,  
family life, friendships, housing, job, education, self-esteem, area you live in, ability to get around, security from crime.

3= Demographic factors (sex, age, marital status, education, family income)
Findings on Happiness & LEISURE  

**Study**  
MICHA 1982  
*Reported in:* Michalos, A.C.  
The satisfaction and happiness of some senior citizens in rural Ontario  
*Social Indicators Research, Vol 11, 1982, p.1-30*  
*Population:* 60+ aged, rural townships, Southern Huron County, Ontario, Canada, 198?  
*Sample:*  
*Non-Response:* 37%  
*N:* 392  

**Measured Correlate**  
*Class:*  
.satisfaction with leisure activities  
*Code:* L 3.4.3.2  
*Measurement:* Closed question on personal recreation activities, rated on a 7-point scale  

**Measured Values:**  

**Error Estimates:**  

**Observed Relation with Happiness**  

**Happiness Query**  
Statistics  
Remarks  

**O-DT/c/sq/v/7/aa**  
Beta=+.0  

All ß's controlled for satisfaction with family life, friendships, financial security, self-esteem, spouse, health, transportation, housing, religion, area you live in, government services; and for sex, age, formal education.  
Males: N:149 ß: ns  
Females N:121 ß: +.18  
Farmer N:130 ß: +.11  
Non-farmer N:141 ß: +.03  
Aged 60-74 N:170 ß: +.02  
Aged 75-up N:121 ß: +.16  

**O-HL/u/sq/v/7/a**  
Beta=+.0  

All ß's are controlled for satisfaction with family life, friendships, financial security, self-esteem, spouse, health, transportation, housing, religion, area you live in, government services; and for sex, age and education.  
Males N:149 ß: +.17  
Females N:121 ß: -.08  
Farmers N:130 ß: +.08  
Non-farmers N:141 ß: +.01  
Age 60-74 N:170 ß: ns  
Age 75-up N:102 ß: +.08
Findings on Happiness & LEISURE

**Study**

**MICHA 1983**

*Reported in:* Michalos, A.C.
Satisfaction and happiness in a rural northern resource community

*Population:* 18+ aged, rural community, N.Ontario, Canada, 1982

*Sample:
Non-Response:* 8%
*N:* 598

**Measured Correlate**

*Class:* Satisfaction with leisure activities
*Code:* L 3.4.3.2

*Measurement:* Closed question on personal recreation activities, rated on a 7-point scale.

**Observed Relation with Happiness**

*Happiness Query* | *Statistics* | *Remarks*
--- | --- | ---
O-DT/c/sq/v/7/aa | Beta = +.0 | All ß's controlled for satisfaction with health, financial security, family relations, paid employment, friendships, housing, area you live in, religion, self esteem, transportation, government services, and for the demographic factors: sex, age, formal education, language, work status, marital status, time in area.

Males: N: 173 ß: +.08
Females: N: 154 ß: +.02

O-HL/u/sq/v/7/a | Beta = +.0 | All ß's controlled for satisfaction with health, financial security, family relations, paid employment, friendships, housing, area you live in, religion, self esteem, transportation, government services; and for sex, age, formal education, language, work status, marital status, time in area.

Males: N: 173 ß: +.04
Females: N: 154 ß: +.04

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness
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Findings on Happiness & LEISURE

MICHA 1985

Reported in: Michalos, A.C.
Multiple Discrepancies Theory
Social Indicators Research vol 16 (1985) p.347-413

Population: Students undergraduates University of Guelph, Canada, 1984

Sample: 18% Non-Response
N: 700

Measured Correlate

Class: . satisfaction with leisure activities Code: L 3.4.3.2
Measurement: Closed question on satisfaction with personal recreation activities, rated on a 7 point scale. 1: terrible... 7: delightful.

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/c/sq/v/7/aa</td>
<td>Beta=.1 p&lt;.01 Males N:140  $\beta$=.16 (05)</td>
<td>$\beta$'s controlled for satisfaction with: health, financial security, family relations, paid employment, friendships, housing, self-esteem and education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females N:149  $\beta$=.14 (05)</td>
</tr>
</tbody>
</table>
### Findings on Happiness & LEISURE

**Correlate Code:** L 3

**Single question:**

- **How satisfied are you with your use of leisure time?**
- **0** totally dissatisfied
- **10** totally satisfied

**MIELK 1997**

**Reported in:** Mielke, Ch.

*Wellbeing and fitness: an empirical analysis of life-, health-, and leisure-satisfaction of older people.*

**Population:** 16+ aged, general public, non institutionalized, Germany, 1990-91

**Sample:** Probability systematic sample

**Non-Response:** unknown

**N:** 6000

### Measured Correlate

**Class:** satisfaction with leisure activities

**Measurement:**

- Single question:
  - *How satisfied are you with your use of leisure time?*
  - *0* totally dissatisfied
  - *
  - *
  - 10* totally satisfied

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

**Happiness Query**

- **O-SLu/c/sq/l/11/a**

**Statistics**

- **D%** = +42

**Remarks**

- % satisfied with use of leisure time: satisfied with life: 71
- dissatisfied with life: 29

---

*Print date: 7-2-2003*  
*World Database of Happiness: [www.eur.nl/fsw/research/happiness]*  
*Page 136 of 173*
**Findings on Happiness & LEISURE**

**Code: L 3**

**Single question on satisfaction with leisure activities:**
1. not satisfied
2. somewhat satisfied
3. well satisfied

**Mookherjee, H.N.; Ed: 'Life in twilight years', Kwality Book Company, Calcutta, India, 327-343.**

**Assessment of happiness among the elderly population in the United States**

**Population:** 60+ aged, general public, USA 1982-91

**Sample:** Probability multi-stage cluster sample

**Non-Response:** not reported

**N:** 3049

---

**Measured Correlate**

**Class:** satisfaction with leisure activities  
**Code:** L 3.4.3.2

**Measurement:**
- Single question on satisfaction with leisure activities:
  - 1. not satisfied
  - 2. somewhat satisfied
  - 3. well satisfied

**Measured Values:**
- 1 = 520  
- 2 = 848  
- 3 = 1681

**Error Estimates:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-HL/c/sq/v/3/aa | DM=+ p<.00 | 1. M=1.87 SD=.67  
2. M=2.16 SD=.62  
3. M=2.40 SD=.63  

r=+.30 p<.00  
Beta=+.1 p<.00  
Beta controlled for
- socio-demographic variables:  
  - Gender  
  - Race  
  - Marital status  
  - Education  
  - Financial status  
  - Place of residence  
  - Religious membership  
  - Religious attendance  
- satisfaction with:  
  - Neighbours  
  - Family  
  - Friends  
  - Health  
  - Finance

---

*Print date: 7-2-2003*  
*World Database of Happiness: www.eur.nl/fsw/research/happiness*  
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### Study

**SHICH 1984**

*Reported in:* Shichman, S.; Cooper, E.
Life Satisfaction and Sex-Role Concept
Sex Roles, Vol 11, 1984, p.227-240

*Population:* Adults, students and churchmembers,
USA, 198?

*Sample:

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>N:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.9 %</td>
<td>217</td>
</tr>
</tbody>
</table>

### Measured Correlate

*Class:* . satisfaction with leisure activities  
*Code:* L 3.4.3.2

*Measurement:* Single direct questions on both satisfaction and dissatisfaction with leisure-time activities.

*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-SLu/u/sq/v/4/a</td>
<td>r=.18, p&lt;.01</td>
<td>satisfaction</td>
</tr>
</tbody>
</table>
Findings on Happiness & LEISURE

Correlate Code: L 3

Study  WHITE 1979
   Reported in: White, L.K.
   Sex differentials in the effects of remarriage on global happiness
   Journal of Marriage and the Family, vol 41, 1979, 869-876
   Population: Adult, general public, married and divorced, Nebraska, USA, 1977
   Sample:
   Non-Response:
   N: 1085

Measured Correlate
   Class: Satisfaction with leisure activities   Code: L 3.4.3.2
   Measurement: Single closed question: "How satisfied is your spare time use?"

Measured Values:

Observation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/ad</td>
<td>r =</td>
<td></td>
</tr>
<tr>
<td>1: first marriage men</td>
<td>r = +.40 (05)</td>
<td></td>
</tr>
<tr>
<td>2: first marriage women</td>
<td>r = +.41 (05)</td>
<td></td>
</tr>
<tr>
<td>3: remarriage men</td>
<td>r = +.09 (ns)</td>
<td></td>
</tr>
<tr>
<td>4: remarriage women</td>
<td>r = +.30 (05)</td>
<td></td>
</tr>
</tbody>
</table>
**Study**  
**ZEHNE 1977**  
**Reported in:** Zehner, R.B.  
Indicators of the quality of life in new communities.  

**Population:** Residents communities, planned and unplanned, USA, 1973

**Sample:**

**Non-Response:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>planned</td>
<td>2596</td>
</tr>
<tr>
<td>unplanned</td>
<td>1298</td>
</tr>
<tr>
<td>total</td>
<td>3894</td>
</tr>
</tbody>
</table>

**Measured Correlate**

**Class:** . satisfaction with leisure activities  
Code: L 3.4.3.2

**Measurement:** Single closed direct question rated on a 7-point scale.

**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-SLW/c/sq/n/7/a</td>
<td>r=+.43</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beta=+.1</td>
<td><strong>8 controlled for:</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Socio-demographic variables: age, sex, education, marital status, family income, dwelling unit value, tenure, length of residence, number of children in the household.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Satisfaction with: standard of living, marriage, job, family life, health, dwelling unit, housework, neighborhood, community.</td>
</tr>
</tbody>
</table>

**Unplanned communities are left out.**
Findings on Happiness & LEISURE

### Study

**BRINK 1986A**

**Reported in:** Brinkerhoff, M & Jacob, J  
Quality of life in an alternative lifestyle. The smallholding movement.  
Social Indicators Research 18, p 153-173

**Population:** Back to the land' mini-farmers, West USA and Canada, 198?

**Sample:** Non-probability purposive sample (unspecified)

**Non-Response:** 510  
**N:** 44%

### Measured Correlate

**Class:** Place of leisure (indoor vs outdoor)  
**Measurement:** Questions on 'outdoor leisure'  
Full items not reported

### Observed Relation with Happiness

**Happiness Query**  
**Statistics**  
**Remarks**

| O-H?/?sq/v/4/a | \( r = +.14 \) | \( p < .005 \) |
Appendix 1 Queries on Happiness used in reported Studies

Happiness Query Code Full Text

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/4/b</td>
<td>Selfreport on single closed question:</td>
</tr>
</tbody>
</table>
| | "How is your mood these days....?"
| 4 | very good all the time |
| 3 | 2 |
| 1 | not good almost all the time |
| A-AOL/g/sq/v/5/a | Selfreport on single question: |
| | "In general, how would you say you feel most of the time - in good spirits or in low spirits....?"
| 5 | very good spirits |
| 4 | fairly good spirits |
| 3 | neither good spirits nor low spirits |
| 2 | fairly low spirits |
| 1 | very low spirits. |
| 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 dårligt |
| 2 | dårligt |
| 1 | meget dårligt |
| A-BB/cm/mq/v/2/a | Selfreport on 10 questions: |
| | "During the past few weeks, did you ever feel ....?" (yes/no) |
| A | Particularly exited or interested in something? |
| B | So restless that you couldn't sit long in a chair? |
| C | Proud because someone complimented you on something you had done? |
| D | Very lonely or remote from other people? |
| E | Pleased about having accomplished something? |
| F | Bored? |
| G | On top of the world? |
| H | Depressed or very unhappy? |
| I | That things were going your way? |
| J | Upset because someone criticized you? |

Answer options and scoring:
yes = 1  
no = 0  

Summation:  
- Positive Affect Score (PAS): A+C+E+G+I  
- Negative Affect Score (NAS): B+D+F+H+J  
- Affect Balance Score (ABS): PAS minus NAS  
Possible range: -5 to +5  

Name: Bradburn's 'Affect Balance Scale' (standard version)  
A-BB/cm/mq/v/5/a  
Selfreport on 13 questions:  

"During the past four weeks have you ever felt....?" (yes/no)  

A  Pleased about having accomplished something.  
B  Things going my way.  
C  Proud because someone complimented me on something I had done.  
D  Particularly excited or interested in something I had done.  
E  On top of the world.  
F  A deep sense of joy.  
G  Pleased because my life feels orderly and secure.  
H  Bored.  
I  Very lonely and remote from other people.  
J  Jealous of somebody.  
K  Angry with someone.  
L  Disappointed in myself.  
M  Unhappy about the small number of times I have pleasant feelings and experiences.  

Answer options:  
0  no  
yes  
If yes: How often did you feel so?  
5  every day  
4  several times a week  
3  once a week  
2  2 or 3 times a month  
1  once a month  

Summation:  
- Positive Affect Score (PAS): Average A to G  
- Negative Affect Score (NAS): Average H to M  
- Affect Balance Score (AB): PAS minus NAS  
Possible range: +42 to -30  

Name: Bradburn's 'Affected Balance Scale' (modified version)  
A-BB/cq/mq/v/3/a  
Selfreport on 10 questions:  

"During the past few months, have you ever felt..... (often, sometimes, never?)"  

A  Particularly exited or interested in something?
Findings on Happiness & LEISURE

Correlate Code: L 3

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 Depressed or very unhappy?
H That things were going your way?
I Upset because someone criticized you?

Answer options and scoring:
0 = no
if yes
3 often
2 sometimes
1 never

Summation:
-Positive Affect Score (PAS): A+C+E+I
-Negative Affect Score (NAS): B+D+F+H+J
-Affect Balance Score (ABS): PAS minus NAS
Possible range: -15 to +12
Name: Bradburn’s ‘Affect Balance Scale’ (standard version)

A-BB/cw/mq/v/4/d Selfreport on 8 questions.

"During the past week, did you ever feel.....?"
A very lonely
B restless
C bored
D depressed
E on top of the world
F exited or interested
G pleased about accomplishment
H proud

Answer options:
1 never
2 once
3 several times
4 often

Summation:
-Positive Affect Score (PAS): E+F+G+H
-Negative Affect Score (NAS): A+B+C+D
-Affect Balance Score (ABS): PAS-NAS+13

Name: Bradburn’s Affect Balance Scale (modified version)

A-BB/cw/mq/v/4/e Selfreport on 9 questions:

"We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week.

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"How often last week did you feel.....?"

A. On the top of the world
B. Very lonely or remote from other people
C. Particularly excited or interested in something
D. Depressed or very unhappy
E. Pleased about having accomplished something
F. Bored
G. Proud because someone complimented you on something you had done
H. So restless you couldn't sit long in a chair
I. Vaguely uneasy about something without knowing why

Answer options:
0. not at all
1. once
2. several times
3. often

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

Possible range: -15 tot +12

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

A-CA/mh/ri/v/2/a
Interviewer-rating of cheerful appearance on 8 aspects

A. The look is
   2) open
   1) evasive
      - impossible to say
B. The corners of the mouth turn
   2) up
   1) down
      - impossible to say
C. The posture is
   2) relaxed, at ease
   1) rather tense
      - impossible to say
D. The movements are
   2) relaxed, at ease
   1) limited, withdrawn
      - impossible to say
E. The eyes are
   2) big, open
   1) small, screw up
      - impossible to say
F. The elbowes are kept
2) not close to the body  
1) close to the body  
- impossible to say  

G  The lips are more  
2) broad, full  
1) thin, pend up  
- impossible to say  

H  All in all the subject looks  
2) quite cheerfull  
1) not very cheerfull  
- difficult to say

Scoring: sum of aspect ratings

Name: ‘Allensbacher Ausdruckstest’

Original text in German:

A  Der Blick ist-  
2) frei  
1) eher ausweichend  
- unmöglich zu sagen  

B  Die Mundwinkel weisen-  
2) nach oben  
1) nach unten  
- unmöglich zu sagen  

C  Die Haltung ist-  
2) locker, gelöst  
1) eher steif  
- unmöglich zu sagen  

D  Die Bewegungen sind -  
2) locker, gelöst  
1) sparsam, zurückhaltend  
- unmöglich zu sagen  

E  Die Augen sind eher-  
2) groß, offen  
1) klein, verengt  
- unmöglich zu sagen  

F  Die Elbogen werden gehalten-  
2) nicht so eng am Körper  
1) eng am Körper  
- unmöglich zu sagen  

G  Die Lippen sind eher-  
2) breit, voll  
1) schmal, verpresst  
- unmöglich zu sagen  

H  Die Beobachtung insgesamt  
2) ganz frohlich aus  
1) nicht so frohlich aus  
- schwer zu sagen
Altogether the respondent looks.....
2 quite cheerfull
1 not too cheerfull
- difficult to say

Part of the 8 item Allensbacher Ausdrücktest which also involves ratings of cheerful appearance in: look, mouth, posture, movements, eyes, elbows and lips. This general rating is the last item in the test.

Original text in German:

Der Befragte sieht insgesamt -
2 Ganz fröhlich aus................
1 Nicht so fröhlich aus.............
- Unmöglich zu sagen...........

Peer rating on single question (based on contact during 6 months):

Rater instruction: "Personal qualities are named and briefly annotated in this schedule. If you have any doubt as to the meaning of any of them, please ask me (investigator)
2. In the columns under each subject’s name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)
+3 very high compared to average
+2 distinctly above average
+1 slightly above average
0 average
-1 slightly below average
-2 distinctly below average
-3 lowest as compared to average

Teacher rating on single question:

1 Personal qualities are named and briefly annotated in this schedule.
2. In the columns under each pupil's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'Selfreport on single question:
"Check one of the following groups of adjectives which best describes you."
7  full of deep joy, excitedly happy, enthusiastic, thrilled
6  cheerful, successful, optimistic, lighthearted
5  satisfied, comfortable, life goes smoothly, peaceful
4  contented at times and at other times discontented, life has both favorable and unfavorable features
3  restless, impatient, uncertain, dull, cross, confined
2  anxious, irritated, discouraged, disappointed, discontented
1  gloomy, miserable, a failure, no pleasure in anything

C-A/u/sq/v/7/a Selfreport on single question:

"How do you feel about what you are accomplishing in life...?"
7  completely satisfied
6  very satisfied
5  satisfied
4  satisfied-dissatisfied
3  dissatisfied
2  very dissatisfied
1  completely dissatisfied.

M-AO/c/mq/*0/a Selfreport on 4 questions:

A  "For the past five years, how much have you accomplished of what you planned in your life?"
B  "How much are you satisfied with your life as a whole these days?"
C  "How much do you enjoy your life these days?"
D  "How happy have you been for the past five years?"

Summation: simple average

M-CO/?/?q/?/0/a Selfreport on multiple questions:

Questions indicated both happiness and a sense of contentment and well-being
(Full questions not reported)

Summation: not reported

Name: 'Happiness subtest' of Wasburne's 'Social Adjustment Scale'.

M-FH/c/sq/l/11/a Selfreport on single question:

Lead item not reported.
11  the happiest I could be
10
9
8
7
6
5
4
3
2
1  the saddest I could be

M-FH/cm/sq/v/5/a Selfreport on single question:
"How would you rate the last month of your life. Was it a happy or an unhappy
time for you......?"
5 very happy time
4 fairly happy time
3 happy nor unhappy
2 rather unhappy time
1 very unhappy time

Original text in German:
"Wie wurden Sie den letzten Monat Ihres Lebens einstufen? War das für Sie eine
glückliche oder eine unglückliche Zeit......?"
e sehr glückliche Zeit
d recht glückliche Zeit
c weder glücklich noch unglücklich
b eher unglückliche Zeit
a sehr unglückliche Zeit

Selfreport on single question:
"Are you generally satisfied? "
2 yes
1 no

Clinical rating by 4 experts on the basis of multi-method assesments during
periodical stays in assemsent center.

Rater instruction:
"To what extend does this person find pleasure in life at the present time..........?"
1 low
2
3 average
4
5 high

Selfreport on single question:
"Here is a picture of a ladder. Suppose we say that the top of the ladder (10)
represents the best possible life for you and the bottom (1) represents the worst
possible life for you.Where on the ladder do you feel personally stand at the
present time?
[ 10 ] best possible life for you
[ 9 ]
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ] worst possible life for you

Name: Cantril's selfanchoring ladder rating of life (adapted version)
O-BW/c/sq/l/11/a  
Selfreport on single question:

"Here is a picture of a ladder. Suppose we say that the top of the ladder 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 worst possible life  

Preceded by 1) open questions about what the respondent imagines as the best possible life and the worst possible life. 2) ratings on the ladder of one's life five years ago and where on the ladder one expects to stand five years from now.

O-BW/cy/sq/l/9/a  
Selfreport on single question:

"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  
2  
1 worst life you might expect to have  

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

O-DT/c/sq/v/7/aa  
Selfreport on single question:

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

7 delightful  
6 very satisfying  
5 satisfying  
4 mixed  
3 dissatisfying  
2 very dissatisfying
1 terrible
No opinion

Name: Andrews & Withey's `Delighted-Terrible Scale' (modified version)
O-DT/c/sq/v/7/b
Selfreport on single question:

"How do you feel about your life as a whole right now.....?"
1 terrible
2 unhappy
3 mostly dissatisfied
4 mixed (about equally satisfied and dissatisfied)
5 mostly satisfied
6 pleased
7 delighted
- neutral (neither satisfied nor dissatisfied)
- I never thought about it
- does not apply to me

Name: Andrews & Withey's `Delighted-Terrible Scale' (modified version by Michalos)
O-DT/u/sq/v/7/a
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

Name: Andrews & Withey's `Delighted-Terrible Scale' (original version)
O-DT/u/sqt/v/7/a
Selfreport on single question, asked twice in interview:

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

Summation: arithmetic mean

Name: Andrews & Withey's "Delighted-Terrible Scale" (original version)
O-DT/u/sqt/v/9/a
Selfreport on single question asked twice

‘How do you feel about your life as a whole?’
1 terrible
2 very unhappy
3 unhappy
4 mostly dissatisfied
5 mixed feelings
6 mostly satisfied
7 pleased
8 very pleased
9 delighted

O-H?/?/sq/t/7/a  Selfreport on single question:

Lead item not reported.
Rated on a 7-step pictorial faces scale, presented on a card
(pictures not shown here)
7 smiling face, very happy
6
5
4
3
2
1 frowning face, very unhappy

O-H?/?/sq/n/7/a  Selfreport on single question:

Lead item not reported.
Response options:
7 happy
6
5
4
3
2
1 unhappy
(Originally scored on a horizontal scale)

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

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

O-HL/c/sq/?/6/a  Selfreport on single question:

"Generally speaking, are you happy these days......?"
6 very happy
5
4
3
2
1 very unhappy
(Response options not fully reported)
"Consider the ladder. It has 11 steps, from 0 to 10. Think of this ladder as representing different levels of happiness. Step 0 would stand for the least happy you could ever be. Step 10 would stand for the most happy you could ever be. Taking everything together, where on this ladder do you stand regarding your happiness?"

[ 10 ] most happy you could ever be
[      ]
[      ]
[      ]
[      ]
[      ]
[      ]
[      ]
[      ]
[      ]
[      ]
[ 0   ] least happy you could ever be

Name: Cantrill's self-anchoring ladder rating of life (variant)

'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

"Taken all together, how would you say things are these days? Would you say you are....?"
1 not too happy
2 relatively happy
3 very happy

"Taking all things together, how would you say you are these days? Would you say you are........?"
3 very happy
2 pretty happy
1 not too happy

"Considering everything that has happened to you recently, how would you say things are with you - would you say you are.....?"
3 very happy
2 pretty happy
1 not too happy
"Is your life at this moment ....?
4 very happy
3 fairly happy
2 fairly unhappy
1 very unhappy

In German:
"Ist Ihr Leben im Augenblick....?"

d sehr glücklich
c ziemlich glücklich
b ziemlich unglücklich
a sehr unglücklich

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 ulykklig
1 meget ulykkelig

O-HL/c/sq/v/7/a Selfreport on single question:

"In general, how happy would you say you are these days......?"
7 extremely happy
6 very happy
5 pretty happy
4 not too happy
3 a bit unhappy
2 pretty unhappy
1 very unhappy

O-HL/g/sq/v/3/d Selfreport on single question:

"Generally speaking, how happy would you say you are.....?"
3 very happy
2 fairly happy
1 not too happy

O-HL/u/sq/v/4/b Selfreport on single question:

"On the whole, how happy would you say you are.....?"
4 very happy
3 fairly happy
2 not very happy
1 very unhappy
Selfreport on single question:

"Considering your life as a whole, would you describe it as.....?"
1 very happy
2
3 unhappy
4 an even mixture of unhappiness and happiness
5
6 happy
7 very happy
no opinion

Selfreport on single question:

"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

Selfreport on single question:

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

Responses were made on an open line scale, and were later coded in 7 categories:
1 very unhappy
2
3
4
5
6
7 very happy.

Original text in Dutch:
"Bent u over het algemeen een gelukkig mens?"
a zeer ongelukkig
b
c
d
e
f

g zeer gelukkig

Selfreport on single question

"To what extend do you consider yourself a happy person....?"
5 very happy
4 happy
3  neither happy nor unhappy 
2  not very happy 
1  unhappy 

In Dutch: 
"In welke mate vindt u zichzelf een gelukkig mens  ?" 
5  erg gelukkig 
4  gelukkig 
3  niet gelukkig, niet ongelukkig 
2  niet zo gelukkig 
1  ongelukkig 
 -  weigert 
 -  weet niet 

O-QL?/c/mq/v/5/a 
Selfreport on 3 questions: 

A  " When you consider your present life as-a-whole, would you say you are....?" 
5  very happy 
4  fairly happy 
3  rather happy than unhappy 
2  rather unhappy than happy 
1  very unhappy 
 -  DK/NA 

B  " When you consider your present life as-a-whole, would you say you are.....?" 
5  very satisfied 
4  fairly satisfied 
3  rather satisfied than dissatisfied 
2  rather dissatisfied than satisfied 
1  fairly dissatisfied 
 -  DK/NA 

C  " How do you feel right now? Is your well-being.....?" 
5  very high 
4  high 
3  moderate 
2  rather low 
1  very low 
 -  DK/NA 

Summation: The summed scores were divided in three strata: low, medium and high quality of life 

In German: 
A  "Wenn Sie ihr Leben jetzt alles in allem betrachten, sind Sie......?" 
e  sehr glücklich 
d  ziemlich glücklich 
c  eher glücklich 
b  eher unglücklich 
a  ziemlich ungücklich 
 -  keine Angabe
B "Wenn Sie ihr Leben jetzt in allem betrachten, sind Sie.....?"
   e sehr zufrieden
d  ziemlich zufrieden
c eher zufrieden
b eher unzufrieden
 a ziemlich unzufrieden
   - keine Angabe

C "Wie wohl fühlen Sie sich derzeit? Ist Ihr Wohlbefinden....?"
   e sehr gross
d gross
c mäszig
b eher gering
 a sehr gering
   - keine Angabe

Selfreport on single question:

"How satisfied are you with the life you lead these days.......?"
  5 very satisfied
  4 fairly satisfied
  3 neither satisfied nor dissatisfied
  2 rather dissatisfied
  1 very dissatisfied

In German:
"Wie zufrieden sind sie mit dem Leben, wie Sie es zur Zeit führen.....?"
   e sehr zufrieden
d recht zufrieden
c weder zufrieden noch unzufrieden
b eher unzufrieden
 a sehr unzufrieden

Selfreport on single question:

"..... satisfaction with life ......"
(full lead item not reported)

Rated on a wooden miniature ladder, handed to the respondent

[ 5 ] very satisfied
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ] very dissatisfied

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/n/7/b

Selfreport on single question:

"All in all, how satisfied are you with your life these days.....?"
1 very dissatisfied
2
3
4
5
6
7 very satisfied

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

Selfreport on single question:

'How satisfied are you with your life now?'
5 very satisfied
4 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/5/a

Selfreport on single question:

"In general, how satisfied are you with your life.....?"
5 very satisfied
4 satisfied
3 average
2 somewhat dissatisfied
1 very dissatisfied

O-SLu/u/sq/v/4/a

Selfreport on single question:
"Overall, how satisfied are you with your life.....?"
4  very satisfied
3  satisfied
2  dissatisfied
1  very dissatisfied.

Selfreport on single question:

".....satisfaction with overall life....."
(Full questions not reported)
3  very satisfied
2  fairly satisfied
1  not satisfied
- NA

Selfrating on single question:

"All things considered, how satisfied or dissatisfied are you overall with your life as a whole these days?"
Rated on ladder scale
[ 10 ]  completely satisfied
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[  0  ]  completely dissatisfied

Selfreport on single question:

"How dissatisfied would you say you are with things in general today?"
Rated on ladder scale
[ 10 ]  completely satisfied
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[    ]
[  0  ]  completely dissatisfied

Selfreport on single question:

"How satisfied are you with your life-as-a-whole these days.....?"
7  completely satisfied
6
"What do you think, how satisfied are you at this moment - all in all - with your life?" 'If for instance you are totally satisfied with your life, please mark a '10'. If you are totally unsatisfied with your life, mark a '0'. If you are not completely unsatisfied nor totally satisfied range yourself somewhere between '1' and '9'.

10 completely satisfied
9
8
7
6
5
4
3
2
1
0 completely dissatisfied

Original text in German:
"Was meinen Sie, wie zufrieden sind Sie gegenwärtig - alles in allem - heute mit Ihrem Leben? Wenn Sie zum Beispiel mit Ihrem Leben heute ganz und gar zufrieden sind, geben Sie bitte die '10' an. Wenn Sie mit Ihrem Leben heute ganz und gar unzufrieden sind, geben Sie '0' an. Wenn Sie weder ganz und gar zufrieden noch ganz und gar unzufrieden sind, dann ordnen Sie sich irgendwo zwischen '1' und '9' ein.

O-SLW/c/sq/n/6/a Selfreport on single question:

"Are you currently satisfied with your life all in all......?"
0 not satisfied
1
2
3
4
5 very satisfied

In German:
"Sind Sie derzeits mit Ihrem Leben im grossen und ganzen zufrieden.....?"
0 nicht zufrieden
1
2
3
4
5 sehr zufrieden

O-SLW/c/sq/n/7/a Selfreport on single question:
"We have talked about various parts of your life, now I want to ask you about your life as a whole. How satisfied are you with your life as a whole these days.....?"

7  completely satisfied  
6  
5  
4  neutral  
3  
2  
1  completely dissatisfied

Selfreport on single question:

"How satisfied are you recently with your life as a whole.....?"

1  completely dissatisfied  
2  dissatisfied  
3  neither satisfied nor dissatisfied  
4  satisfied  
5  completely satisfied

Selfreport on single question, asked twice during the interview:

"Are you at this moment satisfied or dissatisfied with life in general......?"

7  very satisfied  
6  for the greater part satisfied  
5  rather more satisfied than dissatisfied  
4  neither satisfied nor dissatisfied  
3  somewhat more dissatisfied than satisfied  
2  for the greater part dissatisfied  
1  very dissatisfied  
-  Do not know, difficult to say

In Swedish:
" Ar du pa det hela taget nojd eller missnojd met livet i des helnet just nu?"

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)

Selfreport on single question:

"Where would you put your life as a whole on a feeling thermometer?"

Rated on ‘thermometer scale’ (in grades)

0 degrees: very cold, negative  
10
20
30
40
50
60
70
80
90
100 very warm, positive

O-SLW/u/sq/v/5/a Selfreport on single question:

"On the whole, are you satisfied with your life.....?"
5 definitely yes
4 rather yes
3 don't know
2 rather no
1 definitely no
- no reply

O-SLW/u/sq/v/6/a Selfreport on single question:

"How satisfying are these different aspects of your life? Indicate the number which
best suits your situation. Life as a whole is....."
1 very dissatisfying
2 dissatisfying
3 rather dissatisfying
4 rather satisfying
5 satisfying
6 very satisfying

This item was followed by eight questions on life domain satisfactions.

O-SLW/u/sq/v/7/b Selfreport on single question:

"How do you feel about your life as a whole.....?"
7 completely satisfied
6 very satisfied
5 satisfied
4 satisfied/dissatisfied
3 dissatisfied
2 very dissatisfied
1 completely dissatisfied

O-SLW/u/sqv/7/a Selfreport on single question, asked twice in interview:

"Considering everything, how satisfied are you with your life as a whole........?"
7 completely satisfied
6
5
4
3
2
1 completely dissatisfied
Summation: both scores added  
Possible range: 2 to 14  

Selfreport on 3 questions:  


B. Overall happiness. Single direct question: "Taking all things together, how would you say things are these days? Would you say you are .......?"  

3 very happy  
2 pretty happy  
1 not too happy  

C. Present-year score on Life-Evaluation Chart, ranging from:  
1 low  
2  
3  
4  
5  
6  
7  
8  
9 high  

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>
| B      | REGRESSION COEFFICIENT (non-standardized)  
Type: test statistic  
Measurement level: Correlate: metric, Happiness: metric  
Theoretical range: unlimited  

Meaning:  
B > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
B < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
B = 0 « not any correlation with the relevant correlate.  

Beta (ß) STANDARDIZED REGRESSION COEFFICIENT  
Type: test statistic.  
Measurement level: Correlates: all metric, Happiness: 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.  

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  
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.  

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 E² x 100 % of the variation in happiness.  
E² = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.
E² = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating

**G**
GOODMAN & Kruskal's GAMMA
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: 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.

**mc**
Guttman's monotonicity coefficient.
Range: [-1, +1].
Measurement level: Both correlate and happiness ordinal or interval
Based on the multiplication of signed differences within one variable with the corresponding difference in the second variable and summation over all possible differences.
Seldom used in happiness research. See excerpted report.

**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.

**rp**
POLYCHORIC CORRELATION
Variant of r
Seldom used in happiness research. See excerpted report for further reference.

**rpc**
PARTIAL CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores.
Under that conditions
rpc > 0 « a higher correlate level corresponds with a higher happiness rating,
rpc < 0 « a higher correlate level corresponds with a lower happiness rating.

**rs**
SPEARMAN'S RANK CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal.
Range: [-1; +1]
Findings on Happiness & LEISURE

Meaning:
rs = 0 « no rank correlation
rs = 1 « perfect rank correlation, where high correlate values are associated with high happiness ratings
rs =-1 « perfect rank correlation, where high correlate values are associated with low happiness ratings

SNR Statistic Not Reported

T
TSCHUPROW’S T
Type: test statistic.
Measurement level: Correlate: nominal, Happiness: ordinal
Range: \([0 ; \sqrt{\frac{\text{min}(r,c)-1}{\text{max}(r,c) -1}}]\), c and r being the numbers of columns resp. rows in a cross tabulation.

Meaning:
T = 0 « no association
T -> 1 « strongest possible association.

NOTE: sometimes the square value is reported instead!

tau
GOODMAN & Kruskal's TAU
Type: descriptive statistic only.
Measurement level: Correlate: nominal, Happiness: ordinal
Range: \([0; +1]\)

Meaning:
tau = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.
tau = 1 « knowledge of the correlate value enables a perfect (error-free) prediction of the 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.

tc
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.
V  CRAMéR's  V  
Type: test statistic  
Measurement level: Correlate: nominal, Happiness: ordinal  
Range: [0; 1]  
Meaning:  
V = 0 « no association  
V = 1 « strongest possible association  

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
        - 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

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<th>Number of Studies in this Category</th>
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End of Report