



World Database of Happiness

Correlational Findings

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

## Findings on Happiness & LEISURE

Correlate Code: L 3

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

- Appendix 1: Happiness queries used
- Appendix 2: Statistics used
- Appendix 3: About the World Database of Happiness
- Appendix 4: Further Findings in the World Database of Happiness
- Appendix 5: Related Topics

Cite as: Veenhoven, R.: Findings on Happiness & LEISURE  
World Database of Happiness. Internet: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
Erasmus University Rotterdam, 2003, Netherlands

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>PALMO 1977</b>  | <i>Page in Report:</i> | 313 |
| <i>Reported in:</i>  | Palmore, E.B. and Kivett, V.<br>Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70<br>Journal of Gerontology, Vol 32, 1977, p 311-316 |                        |     |
| <i>Population:</i>   | 46+ aged whites, North Carolina, USA, 1968-1972/74   |                        |     |
| <i>Sample:</i>       | Probability stratified sample  |                        |     |
| <i>Non-Response:</i> |  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-BW/c/sq/l/10/c       | r=+.11 p<.05      | T1 Leisure by T1 Life satisfaction   |
|                        | r=+.09 ns         | T1 Leisure by T2 Life satisfaction   |
|                        | r=+.12 p<.05      | T1 Leisure by T3 Life satisfaction   |
|                        | Beta=+.0 ns       | Multiple regression Dependent T1 Life satisfaction.<br>Self-rated health R= +.42<br>Sexual enjoyment B1=+.43<br>Soc. Act. hours B2=+.44 (Leisure)<br>Org. activity B3=+.46<br>Productive hours B4=+.46 |
|                        | Beta=+.0 ns       | Multiple regression Dependent T2 Life satisfaction.<br>Self-rated health R= +.42<br>Sexual enjoyment B1=+.43<br>Soc. Act. hours B2=+.44 (Leisure)<br>Org. activity B3=+.46<br>Productive hours B4=+.46 |

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Beta=+.0 ns      Multiple regression Dependent T3 Life satisfaction.

|                   |                   |
|-------------------|-------------------|
| Self-rated health | R= +.42           |
| Sexual enjoyment  | B1=+.43           |
| Soc. Act. hours   | B2=+.44 (Leisure) |
| Org. activity     | B3=+.46           |
| Productive hours  | B4=+.46           |

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

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### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | . change in specific leisure activities Code: L 3.1.2.2                        |
| <i>Measurement:</i>     | Direct question on new activities; during the past few weeks.<br>0 No<br>1 Yes |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         | Data T1.<br>Not computed for summed ABS.                                       |

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### Observed Relation with Happiness

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

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

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | . change in specific leisure activities Code: L 3.1.2.2   |
| <i>Measurement:</i>     | 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. |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         | Data T1.<br>Not computed for summed ABS.  |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cm/mq/v/2/a       | G=+               | Index of Positive Affects: G' = +.37<br>Index of Negative Affects: G' = +.07<br>Data T1.<br>Not computed for summed ABS. |

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

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | . change in specific leisure activities Code: L 3.1.2.2   |
| <i>Measurement:</i>     | 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. |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         | Data T1.<br>Not computed for summed ABS.  |

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### Observed Relation with Happiness

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

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

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### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | . change in specific leisure activities Code: L 3.1.2.2                  |
| <i>Measurement:</i>     | Closed question on activity: during the past few weeks.<br>0 No<br>1 Yes |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         | Data T1.<br>Not computed for summed ABS.                                 |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cm/mq/v/2/a       | G=+               | Index of Positive Affects: G' = +.25<br>Index of Negative Affects: G' = +.04<br>Data T1.<br>Not computed for summed ABS. |



**Study** **BRADB 1969** *Page in Report:**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**

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-BB/cm/mq/v/2/a       | G=+               | Index of Positive Affects: G= +.34<br>- When controlled for T.S. E. S. : G= +.30<br>- Unaffected by social life: Not computed for summed ABS.<br>- Stronger among those who are not satisfied with their social life: G= +.40 |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>GRANE 1975</b>  | <i>Page in Report:</i> | 703 |
| <i>Reported in:</i>  | Graney, M.J.<br>Happiness and social participation in aging.<br>Journal of Gerontology, 1975, vol. 30, p. 701-706. |                        |     |
| <i>Population:</i>   | 62-89 aged females, followed 4 years, USA, 1967-71   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 27%; 24%<br>unattainable, 3%<br>incomplete.  |                        |     |
| <i>N:</i>            | 44   |                        |     |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>            |
|------------------------|-------------------|---------------------------|
| A-BB/cm/mq/v/2/a       | tb=+.10 ns        | Happiness assessed at T2. |

| <b>Study</b>         | <b>GRANE 1975</b>  | <i>Page in Report:</i> | 703 |
|----------------------|--|------------------------|-----|
| <i>Reported in:</i>  | Graney, M.J.<br>Happiness and social participation in aging.<br>Journal of Gerontology, 1975, vol. 30, p. 701-706. |                        |     |
| <i>Population:</i>   | 62-89 aged females, followed 4 years, USA, 1967-71   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 27%; 24%<br>unattainable, 3%<br>incomplete.  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-BB/cm/mq/v/2/a       | tb=+.23 p<.05     | Happiness assessed at T2.<br>Age 66-75: _b = +.00 (ns)<br>Age 82-92: _b = +.53 (01) |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>GRANE 1975</b>  | <i>Page in Report:</i> | 703 |
| <i>Reported in:</i>  | Graney, M.J.<br>Happiness and social participation in aging.<br>Journal of Gerontology, 1975, vol. 30, p. 701-706. |                        |     |
| <i>Population:</i>   | 62-89 aged females, followed 4 years, USA, 1967-71   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 27%; 24%<br>unattainable, 3%<br>incomplete.  |                        |     |
| <i>N:</i>            | 44   |                        |     |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>            |
|------------------------|-------------------|---------------------------|
| A-BB/cm/mq/v/2/a       | tb=-.07 ns        | Happiness assessed at T2. |

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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>PAYNE 1974</b>  | <i>Page in Report:</i> | 17 |
| <i>Reported in:</i>  | Payne, R.L.<br>N.M. Bradburn's measures of psychological well-being: an attempt at replication.<br>Memo No: 61, MRC Social and Applied Psychology. Unit, Dpt.ofPsychology<br>University of Sheffield, England, 1974. |                        |    |
| <i>Population:</i>   | Employed males, supervising jobs, England, 197?  |                        |    |
| <i>Sample:</i>       |  |                        |    |
| <i>Non-Response:</i> | 4% incomplete.   |                        |    |
| <i>N:</i>            | 192  |                        |    |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cm/mq/v/5/a       | G=                | Index of Positive Affects: G = +. 30<br>Index of Negative Affects: G = +. 22 |

| Study                | HEADE 1982/2   | Page in Report: | 53 |
|----------------------|--|-----------------|----|
| <i>Reported in:</i>  | Headey, B.; Holström, E.; Wearing, A.J.<br>Australians' Priorities, Satisfaction and Well-being: Methodological Issues<br>Monograph in Public Policy Studies, nr.8, University of Melbourne, 1982, Australia |                 |    |
| <i>Population:</i>   | Adults, general public, Melbourne, Australia, followed 25 months 1978-81   |                 |    |
| <i>Sample:</i>       | Probability sample (unspecified)   |                 |    |
| <i>Non-Response:</i> | 0  |                 |    |
| <i>N:</i>            | 184  |                 |    |

### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | . change in satisfaction with leisure Code: L 3.1.2.3  |
| <i>Measurement:</i>     | Single question on satisfaction with the amount of fun and enjoyment you have, scored on a 1-9 D-T rating scale. |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         | 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=+.1 p<.05  | T1-T2 CHANGE in happiness by T1-T2 CHANGE in satisfaction with leisure<br>Beta controlled for satisfaction with<br>- sex life<br>- health<br>- house<br>- friends<br>- self-fulfillment<br>- standard of living |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>HEADE 1984</b>  | <i>Page in Report:</i> | 211 |
| <i>Reported in:</i>  | Headey,B., Holmstroem,E. & Wearing,A.<br>The impact of life events and changes in domain-satisfaction on well-being<br>Social Indicators Research Vol.15 (1984), p.203-227 |                        |     |
| <i>Population:</i>   | 18-65 aged, general public, followed 3 years, Melbourne, Australia, 1979-80  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> |  |                        |     |
| <i>N:</i>            | 184  |                        |     |

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### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | . change in satisfaction with leisure Code: L 3.1.2.3                              |
| <i>Measurement:</i>     | Closed question rated on a 9- point scale (delighted ... terrible) Assessed at T2. |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         |  |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cm/mq/v/2/a       | Beta=+.2 p<.01    | Happiness T2 by satisfaction T2, controlling for happiness T1 and satisfaction T1.<br><br>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.<br><br>β can be interpreted as regression between CHANGE OF HAPPINESS and CHANGE OF SATISFACTION in time. |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>PALMO 1981</b>  | <i>Page in Report:</i> | 106 |
| <i>Reported in:</i>  | Palmore, E.B.<br>Social Patterns in Normal Aging: Findings from the Duke Longitudinal Study.<br>Duke University Press, Durham, North Carolina, USA, 1981; pp 95-107. |                        |     |
| <i>Population:</i>   | 46+ aged whites, North Carolina, USA, 1968 - 1976.   |                        |     |
| <i>Sample:</i>       | Probability stratified sample  |                        |     |
| <i>Non-Response:</i> |  |                        |     |
| <i>N:</i>            | 375  |                        |     |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-BW/c/sq/l/10/c       | r=+.16 p<.05      | Men. T2 Social activity hours by T1 life satisfaction.   |
|                        | r=ns              | Women. T2 Social activity hours by T1 life satisfaction. |



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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>BRINK 1986A</b>   | <i>Page in Report:</i> | 164 |
| <i>Reported in:</i>  | Brinkerhoff, M & Jacob, J<br>Quality of life in an alternative lifestyle. The smallholding movement.<br>Social Indicators Research 18, p 153-173 |                        |     |
| <i>Population:</i>   | Back to the land' mini-farmers, West USA and Canada,198?   |                        |     |
| <i>Sample:</i>       | Non-probability purposive sample (unspecified)   |                        |     |
| <i>Non-Response:</i> | 510  |                        |     |
| <i>N:</i>            | 44 %   |                        |     |

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### Measured Correlate

*Class:* Current leisure time Code: L 3.2

*Measurement:* Self reported amount of leisure time

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-H?/?/sq/v/4/a        | r=+.14 p<.001     |                |

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>BRINK 1997A</b>   | <i>Page in Report:</i> | 262 |
| <i>Reported in:</i>  | Brinkerhoff, M. & Fredell, K. & Frideres, J.<br>Basic minimum needs, Quality of life and selected correlates: explorations in villages<br>Social Indicators Research 42 p. 245-281 |                        |     |
| <i>Population:</i>   | Adult, general public, poor rural village, Barasi, India 1991  |                        |     |
| <i>Sample:</i>       | Non-probability purposive-quota sample   |                        |     |
| <i>Non-Response:</i> | 234  |                        |     |
| <i>N:</i>            | nr   |                        |     |

### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | Current leisure time Code: L 3.2   |
| <i>Measurement:</i>     | Family needs prioritized by Paired Comparisons. Out of four basic needs<br>ss were asked to compare two at a time and to select, which they sought 'their family needs most'<br>Items were:<br>- food<br>- health<br>- employment<br>- leisure<br>This leads to six pairs of comparisons.<br>Score pro need can be:<br>0. not mentioned<br>1. once<br>2. twice<br>3. three times<br>Needs index is the mean number of times an item is chosen. |
| <i>Measured Values:</i> | 0: 0,94%; 1: 37,2%; 2: 36,8%; 3: 21,4%<br>M: 4,7%  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         | Items for pairwise comparison were selected by participant observation and open interviews   |

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-H?/?/sq/f/7/a        | r=+.20 p<..001    |  |
| O-SLu?/?/sq/l/5/a      | r=+03 ns          | Items for pairwise comparison were selected by participant observation and open interviews |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>TAN 1986</b>  | <i>Page in Report:</i> | 112 |
| <i>Reported in:</i>  | Tan, A.S.; Tan, G.K.<br>Television use and mental health<br>Journalism Quarterly, 1986, Vol. 63, 106-113 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, USA, 1984  |                        |     |
| <i>Sample:</i>       | Probability cluster sample   |                        |     |
| <i>Non-Response:</i> | Not reported   |                        |     |
| <i>N:</i>            | 446  |                        |     |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>                      |
|------------------------|-------------------|-------------------------------------|
| O-H?/?/sq/n/7/a        | Beta=+.0 ns       | TV                                  |
|                        | Beta=-.0 ns       | Movies                              |
|                        | Beta=+.0 ns       | Newspaper                           |
|                        | Beta=-.1 ns       | Magazines                           |
|                        | Beta=+.1 ns       | Books                               |
|                        |                   | Betas controlled for age and income |

| Study                | BAHR 1980  | Page in Report: | 226 |
|----------------------|--|-----------------|-----|
| <i>Reported in:</i>  | Bahr, H.H. & Harvey, C.D.<br>Correlates of morale among the newly widowed<br>The Journal of Social Psychology, 1980, vol 17, p.219-233 |                 |     |
| <i>Population:</i>   | Recently widowed miner`s wives and controls,USA, 1972  |                 |     |
| <i>Sample:</i>       |  |                 |     |
| <i>Non-Response:</i> | Widows 39%<br>,survivor wives<br>19% ,other<br>miners wives<br>48%   |                 |     |
| <i>N:</i>            | 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:*

*Remarks:*

### Observed Relation with Happiness

| Happiness Query  | Statistics | Remarks   |
|------------------|------------|---|
| O-BW/c/sq/l/10/b | r= ns      | -Widows(husband died six months ago in mine fire)           |
|                  | r=? ns     | Widows(husband died six months ago in mine fire)            |
|                  | r= ns      | -Survivor wives (husband survived mine fire)                |
|                  | r=? ns     | Survivor wives(husband survived mine fire)                  |
|                  | r= ns      | -Other miners wives (husband was not involved in mine fire) |
|                  | r=? ns     | Other miners wives(husband was not involved in mine fire)   |
| O-HL/c/sq/v/3/ac | r= ns      | -Widows(husband died six months ago in mine fire)           |
|                  | r=? ns     | Widows(husband died six months ago in mine fire)            |
|                  | r= ns      | -Survivor wives (husband survived mine fire)                |
|                  | r=? ns     | Survivor wives(husband survived mine fire)                  |
|                  | r= ns      | -Other miners wives (husband was not involved in mine fire) |

---

|     |    |   |
|-----|----|---|
| r=? | ns | Other miners wives(husband was not involved in mine fire) |
|-----|----|---|

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|                      |  |                        |         |
|----------------------|--|------------------------|---------|
| <b>Study</b>         | <b>BRENN 1970</b>  | <i>Page in Report:</i> | 108/318 |
| <i>Reported in:</i>  | Brenner, B.<br>Social factors in mental well-being at adolescence.<br>Doctoral dissertation, 1970, The American University, Washington D.C., USA |                        |         |
| <i>Population:</i>   | Highschool pupils, New York State, USA, 1960   |                        |         |
| <i>Sample:</i>       |  |                        |         |
| <i>Non-Response:</i> | 1%   |                        |         |
| <i>N:</i>            | 5204   |                        |         |

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### Measured Correlate

*Class:* Leisure activity level Code: L 3.3.1

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

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>       | <i>Remarks</i> |
|------------------------|-------------------------|----------------|
| A-AOL/g/sq/v/5/a       | G=+.16<br>V= .35 p<. 01 |                |
| O-HL/u/sq/v/4/b        | G=+.14<br>V= .10 p<. 01 |                |

---

|                      |  |                        |         |
|----------------------|--|------------------------|---------|
| <b>Study</b>         | <b>BRENN 1970</b>  | <i>Page in Report:</i> | 108/314 |
| <i>Reported in:</i>  | Brenner, B.<br>Social factors in mental well-being at adolescence.<br>Doctoral dissertation, 1970, The American University, Washington D.C., USA |                        |         |
| <i>Population:</i>   | Highschool pupils, New York State, USA, 1960   |                        |         |
| <i>Sample:</i>       |  |                        |         |
| <i>Non-Response:</i> | 1%   |                        |         |
| <i>N:</i>            | 5204   |                        |         |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>       | <i>Remarks</i> |
|------------------------|-------------------------|----------------|
| A-AOL/g/sq/v/5/a       | G=+.21<br>V= .12 p<. 01 |                |
| O-HL/u/sq/v/4/b        | G=+.14<br>V= .09 p<. 01 |                |

|                      |  |                        |           |
|----------------------|--|------------------------|-----------|
| <b>Study</b>         | <b>BRENN 1970</b>  | <i>Page in Report:</i> | 108/124 - |
| <i>Reported in:</i>  | Brenner, B.<br>Social factors in mental well-being at adolescence.<br>Doctoral dissertation, 1970, The American University, Washington D.C., USA |                        |           |
| <i>Population:</i>   | Highschool pupils, New York State, USA, 1960   |                        |           |
| <i>Sample:</i>       |  |                        |           |
| <i>Non-Response:</i> | 1%   |                        |           |
| <i>N:</i>            | 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.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-AOL/g/sq/v/5/a       | G=+.24            | After control for:<br>- having fun in life : Gs = +. 19<br>- tending to be a lonely person : Gs = +. 21<br>- having faith in people : Gs = +. 21<br>- sensitivity to failure : Gs = +. 24<br>- educational level of mother : Gs = +. 22<br>- school social class : Gs = +. 23<br>- tending to be a lonely person, and having fun in life : Gs = +. 19<br>- having faith in people, and having fun in life : Gs = +. 17<br>- having faith in people, and tending to be a lonely person : Gs = +. 18<br>- educational level of mother, and having fun in life : Gs = +. 19<br>- educational level of mother, and tending to be a lonely person : Gs = +. 19<br>- educational level of mother, and having faith in people : Gs = +. 18<br>- school social class, and having fun in life : Gs = +. 19<br>- school social class, and tending to be a lonely person : Gs = +. 20<br>- school social class, and having faith in people : Gs = +. 21<br>- school social class, and educa- |



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  
 spend : 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 educa-  
 tional 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

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>GARRI 1973</b>   | <i>Page in Report:</i> | 201 |
| <i>Reported in:</i>  | Garrity, T.F.<br>Social involvement and activeness as predictors of morale six months after first<br>Social Science and Medicine, 1973, vol. 7, p. 199-207. |                        |     |
| <i>Population:</i>   | White males, heart-attack survivors, Durham, North-Carolina, USA, 1970  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | 20%   |                        |     |
| <i>N:</i>            | 56  |                        |     |

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### Measured Correlate

*Class:* Leisure activity level Code: L 3.3.1

*Measurement:* Average number of hours per week.

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| M-FH/c/sq/l/11/a       | r=+.28 p<.05      | The relationship disappears when controlled for self-perceived health. |

|                      |   |                        |      |
|----------------------|---|------------------------|------|
| <b>Study</b>         | <b>HERZO 1982/3</b>   | <i>Page in Report:</i> | 84/5 |
| <i>Reported in:</i>  | Herzog, A.R., Rodgers, W.L. and Woodworth, J.<br>Subjective Well-being among different age-groups.<br>Research Report, Institute for Social Research, Survey Research Center, Univ. of Michigan, 1982, Ann Arbor, USA |                        |      |
| <i>Population:</i>   | 50+ aged, general public, USA, 1975   |                        |      |
| <i>Sample:</i>       |   |                        |      |
| <i>Non-Response:</i> |   |                        |      |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>               |
|------------------------|-------------------|------------------------------|
| O-DT/u/sq/v/7/a        | r=-.03 ns         | PARTICIPATION: working males |
|                        | r=+.04 ns         | retired males                |
|                        | r=-.04 ns         | working females              |
|                        | r=+.22 ns         | retired females              |
|                        | Beta=+.0 ns       | working males                |
|                        | Beta=-.0 ns       | retired males                |
|                        | Beta=-.0 ns       | working females              |
|                        | Beta=+.2 ns       | retired females              |
|                        | r=+.11 ns         | DURATION: working males      |
|                        | r=-.03 ns         | retired males                |
| r=+.08 ns              | working females   |                              |

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|             |                 |
|-------------|-----------------|
| r=-.02 ns   | retired females |
| Beta=+.1 ns | working males   |
| Beta=-.0 ns | retired males   |
| Beta=+.0 ns | working females |
| Beta=-.0 ns | retired females |

$\beta$  controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.

|                      |   |                        |      |
|----------------------|---|------------------------|------|
| <b>Study</b>         | <b>HERZO 1982/3</b>   | <i>Page in Report:</i> | 84/5 |
| <i>Reported in:</i>  | Herzog, A.R., Rodgers, W.L. and Woodworth, J.<br>Subjective Well-being among different age-groups.<br>Research Report, Institute for Social Research, Survey Research Center, Univ. of Michigan, 1982, Ann Arbor, USA |                        |      |
| <i>Population:</i>   | 50+ aged, general public, USA, 1975   |                        |      |
| <i>Sample:</i>       |   |                        |      |
| <i>Non-Response:</i> |   |                        |      |
| <i>N:</i>            | 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 "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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>               |
|------------------------|-------------------|------------------------------|
| O-DT/u/sq/v/7/a        | r=+.02 ns         | PARTICIPATION: working males |
|                        | r=-.04 ns         | retired males                |
|                        | r=-.07 ns         | working females              |
|                        | r=-.01 ns         | retired females              |
|                        | Beta=+.0 ns       | working males                |
|                        | Beta=-.1 ns       | retired males                |
|                        | Beta=-.1 ns       | working females              |
|                        | Beta= .0 ns       | retired females              |
|                        | r=+.08 ns         | DURATION: working males      |
|                        | r=+.12 ns         | retired males                |
| r=-.07 ns              | working females   |                              |

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|             |                 |
|-------------|-----------------|
| r=+.07 ns   | retired females |
| Beta=+.1 ns | working males   |
| Beta=+.0 ns | retired males   |
| Beta=-.0 ns | working females |
| Beta=+.0 ns | retired females |

$\beta$  controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation.

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>LOWEN 1975</b>   | <i>Page in Report:</i> | 93 |
| <i>Reported in:</i>  | Lowenthal,M.F., Thurnher,M. & Chiriboga,D.<br>Four stages of life: A comparative study of women and men facing transitions<br>Jossey-Bass, 1975, San Fransisco, USA |                        |    |
| <i>Population:</i>   | People in transition, metropolis,USA, 1969  |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> |   |                        |    |
| <i>N:</i>            | 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.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-BB/cw/mq/v/4/d       | r=                | hs seniors males: r= ns females: r= ns newly<br>weds males: r= ns females: r= ns<br>middle aged males: r= ns females: r= ns<br>preretired males: r= ns females: r= ns       |
| O-Sum/u/mq*/0/a        | r=                | hs seniors males: r= ns females: r= ns newly<br>weds males: r= ns females: r=-.60 (01)<br>middle aged males: r= ns females: r= ns<br>preretired males: r= ns females: r= ns |

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>LOWEN 1975</b>   | <i>Page in Report:</i> | 93 |
| <i>Reported in:</i>  | Lowenthal,M.F., Thurnher,M. & Chiriboga,D.<br>Four stages of life: A comparative study of women and men facing transitions<br>Jossey-Bass, 1975, San Fransisco, USA |                        |    |
| <i>Population:</i>   | People in transition, metropolis,USA, 1969  |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> |   |                        |    |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |              |                       |
|------------------------|-------------------|----------------|--------------|-----------------------|
| A-BB/cw/mq/v/4/d       | r=                | 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        |
| O-Sum/u/mq*/0/a        | r=                | 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) |



|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>LOWEN 1975</b>   | <i>Page in Report:</i> | 93 |
| <i>Reported in:</i>  | Lowenthal,M.F., Thurnher,M. & Chiriboga,D.<br>Four stages of life: A comparative study of women and men facing transitions<br>Jossey-Bass, 1975, San Fransisco, USA |                        |    |
| <i>Population:</i>   | People in transition, metropolis,USA, 1969  |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> |   |                        |    |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cw/mq/v/4/d       | r=                | hs seniors males: r= ns females: r= ns newl y<br>weds males: r= ns females: r=+. 38 (ns)<br>mi ddl e aged males: r= ns females: r= ns<br>prereti red males: r= ns females: r= ns |
| O-Sum/u/mq*/0/a        | r=                | hs seniors males: r= ns females: r= ns newl y<br>weds males: r= ns females: r= ns<br>mi ddl e aged males: r= ns females: r= ns<br>prereti red males: r= ns females: r= ns        |

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|                      |  |                        |       |
|----------------------|--|------------------------|-------|
| <b>Study</b>         | <b>PALMO 1972</b>  | <i>Page in Report:</i> | 70-72 |
| <i>Reported in:</i>  | Palmore, E.B. & Luikart, C.<br>Health and social factors related to life satisfaction.<br>Journal of Health & Social Behavior, 1972, vol. 13, p. 68-80 |                        |       |
| <i>Population:</i>   | 46+ aged, whites, North Carolina, USA, 1968  |                        |       |
| <i>Sample:</i>       | Probability stratified sample  |                        |       |
| <i>Non-Response:</i> |  |                        |       |
| <i>N:</i>            | 502  |                        |       |

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### Measured Correlate

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

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| O-BW/c/sq/l/10/c       | r=+.09 p<.        | All   |
|                        | r=+.17 p<.05      | Men.  |
|                        | Beta=+.0 p<.05    | Men. Step wise multiple regression:<br>self rated health R= +.44<br>org. activity B1=+.46<br>confident B2=+.48<br>performance status B3=+.49<br>employment B4=+.50<br>social activity B5=+.51 |
|                        |                   | All variables p<.05   |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>PALMO 1977</b>  | <i>Page in Report:</i> | 313 |
| <i>Reported in:</i>  | Palmore, E.B. and Kivett, V.<br>Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70<br>Journal of Gerontology, Vol 32, 1977, p 311-316 |                        |     |
| <i>Population:</i>   | 46+ aged whites, North Carolina, USA, 1968-1972/74   |                        |     |
| <i>Sample:</i>       | Probability stratified sample  |                        |     |
| <i>Non-Response:</i> |  |                        |     |
| <i>N:</i>            | 378  |                        |     |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>           | <i>Remarks</i>  |
|------------------------|-----------------------------|---|
| O-BW/c/sq/l/10/c       | r=+.11 p<.05<br>Beta=+.0 ns | T1 Leisure by T1 life satisfaction.<br>Multiple regression. Dependent life satisfaction T1.<br>self-rated health<br>sexual enjoyment<br>soc. act hours<br>org. activity<br>productive hours |

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

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-QL?/c/mq/v/5/a       | r=+.14            |                |

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|                      |  |                        |
|----------------------|--|------------------------|
| <b>Study</b>         | <b>SONDE 1975</b>  | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Sondermeijer, B.<br>Health correlates of happiness<br>Unpublished report, 1975, Rotterdam. |                        |
| <i>Population:</i>   | 40-60 aged male employees, Rotterdam, The Netherlands, 197?                                |                        |
| <i>Sample:</i>       |  |                        |
| <i>Non-Response:</i> | 5%   |                        |
| <i>N:</i>            | 13,000   |                        |

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### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | Leisure activity level Code: L 3.3.1     |
| <i>Measurement:</i>     | Single direct question:<br>0 No<br>1 Yes |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         |  |

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| M-FH/g/sq/v/2/a        | G=+.58 p<. 000    |                |
|                        | G=+.58 p<. 000    |                |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>WASHB 1941</b>  | <i>Page in Report:</i> | 283 |
| <i>Reported in:</i>  | Washburne, J.N.<br>Factors related to the social adjustment of college girls.<br>Journal of social Psychology, 1941, vol. 13, p. 281 -189. |                        |     |
| <i>Population:</i>   | Female college students, New York, USA, 194?   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | -  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i>      | <i>Remarks</i> |
|------------------------|------------------------|----------------|
| M-CO/??q?/0/a          | D%=±0 ns<br>SNR= ±0 ns |                |

---

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>WEBB 1915/1</b>  | <i>Page in Report:</i> | 26 |
| <i>Reported in:</i>  | Webb, E.<br>Character and intelligence. An attempt at an exact study of character.<br>London, 1915, Cambridge University Press. |                        |    |
| <i>Population:</i>   | Male college students, England, 1912  |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 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

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

---

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>WEBB 1915/1</b>  | <i>Page in Report:</i> | 26 |
| <i>Reported in:</i>  | Webb, E.<br>Character and intelligence. An attempt at an exact study of character.<br>London, 1915, Cambridge University Press. |                        |    |
| <i>Population:</i>   | Male college students, England, 1912  |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-CP/g/rdp/ro/7/a      | r=+.36            |                |



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|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>WEBB 1915/2</b>  | <i>Page in Report:</i> | 27 |
| <i>Reported in:</i>  | Webb, E.<br>Character and intelligence. An attempt at an exact study of character.<br>London, 1915, Cambridge University Press. |                        |    |
| <i>Population:</i>   | ±12 aged, male school pupils, London, England, 1912   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-CP/g/rdt/ro/7/a      | r=+.43            |                |

---

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>WEBB 1915/2</b>  | <i>Page in Report:</i> | 27 |
| <i>Reported in:</i>  | Webb, E.<br>Character and intelligence. An attempt at an exact study of character.<br>London, 1915, Cambridge University Press. |                        |    |
| <i>Population:</i>   | ±12 aged, male school pupils, London, England, 1912   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 140   |                        |    |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-CP/g/rdt/ro/7/a      | r=+.47            |                |

---

|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>BOELH 1999</b>  | <i>Page in Report:</i> | 62 |
| <i>Reported in:</i>  | Boelhouwer, J. & Stoop, I.<br>Measuring Well-Being in the Netherlands<br>Social Indicators Research, vol 48, 51-75, 1999 |                        |    |
| <i>Population:</i>   | 18+ aged, general public, The Netherlands, 1974-1997   |                        |    |
| <i>Sample:</i>       | Probability sample (unspecified)   |                        |    |
| <i>Non-Response:</i> |  |                        |    |
| <i>N:</i>            | ±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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-HP/u/sq/v/5/a        | r=+.11 p<.05      | 1993           |
|                        | r=+.21 p<.05      | 1997           |

---

|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>BOELH 1999</b>  | <i>Page in Report:</i> | 62 |
| <i>Reported in:</i>  | Boelhouwer, J. & Stoop, I.<br>Measuring Well-Being in the Netherlands<br>Social Indicators Research, vol 48, 51-75, 1999 |                        |    |
| <i>Population:</i>   | 18+ aged, general public, The Netherlands, 1974-1997   |                        |    |
| <i>Sample:</i>       | Probability sample (unspecified)   |                        |    |
| <i>Non-Response:</i> |  |                        |    |
| <i>N:</i>            | ±3500 each year  |                        |    |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-HP/u/sq/v/5/a        | r=+.07 p<.05      | 1993           |
|                        | r=+.20 p<.05      | 1997           |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>HARDI 1985</b>  | <i>Page in Report:</i> | 251 |
| <i>Reported in:</i>  | Harding, Stephen<br>Values and the nature of psychological well-being<br>Abrams, M. & Gerard, D. & Timms, N. eds., Values and social change in Britain,<br>Macmillan, London, 1985, ch. 9, p 227-252 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, Britain, 1983  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | ?  |                        |     |
| <i>N:</i>            | 1231   |                        |     |

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | Specific leisure activities Code: L 3.3.2                               |
| <i>Measurement:</i>     | single direct question; in leisure time prefer to: relax/be active/both |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cm/mq/v/2/a       | DM=+              | relax<br>be active<br>both                               |
|                        |                   | M = 1.0    Mt' = 6.0<br>1.6        6.6<br>1.7        6.7 |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>NOELL1977/10</b>   | <i>Page in Report:</i> | 232 |
| <i>Reported in:</i>  | Noelle-Neumann, E.<br>Politik und Glück (Politics and happiness)<br>H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262 |                        |     |
| <i>Population:</i>   | 16-29 aged and pensioners, West-Germany, 1976   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 855   |                        |     |

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | Specific leisure activities Code: L 3.3.2                                   |
| <i>Measurement:</i>     | Ss were invited to choose some main interests from a list of 19 activities. |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-CA/mh/ri/v/2/b       | D%==+             | <p>The cheerful I choose the following activities slightly more:</p> <ul style="list-style-type: none"> <li>- Gardening and flowers</li> <li>- Sport</li> <li>- Animals</li> <li>- Old building and architecture</li> <li>- Religious questions</li> <li>- Theatre interior and furniture</li> <li>- Puzzles</li> <li>- Cooking receipts</li> <li>- Educating children/ helping with school problems</li> </ul> <p>This pattern is similar among the young (16 - 29) and pensioners.</p> |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>NOELL1977/10</b>   | <i>Page in Report:</i> | 232 |
| <i>Reported in:</i>  | Noelle-Neumann, E.<br>Politik und Glück (Politics and happiness)<br>H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262 |                        |     |
| <i>Population:</i>   | 16-29 aged and pensioners, West-Germany, 1976   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 855   |                        |     |

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | Specific leisure activities Code: L 3.3.2                                   |
| <i>Measurement:</i>     | Ss. were invited to choose some main interests from a list of 25 activities |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-CA/mh/ri/v/2/b       | D%+=              | <p>The cheerful choose the following activities slightly more:</p> <ul style="list-style-type: none"> <li>- Gardening + flowers</li> <li>- Reading</li> <li>- Travelling</li> <li>- Cooking</li> <li>- Housekeeping</li> <li>- Music</li> </ul> <p>This pattern is similar among the young (16 - 29) and pensioners.<br/>Exceptions: among cheerful pensioners report interest less frequent. Among the young equal interest in politics by cheerful and not cheerful.</p> |

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|                      |  |                        |
|----------------------|--|------------------------|
| <b>Study</b>         | <b>NOELL1977/11</b>  | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Noelle-Neumann, E.<br>Politik un Glück (Politics and happiness)<br>H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262 |                        |
| <i>Population:</i>   | 16-29 aged and pensioners, West-Germany, 1976  |                        |
| <i>Sample:</i>       |  |                        |
| <i>Non-Response:</i> |  |                        |
| <i>N:</i>            | 890  |                        |

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | Specific leisure activities Code: L 3.3.2                                   |
| <i>Measurement:</i>     | Ss were invited to choose some main interests from a list of 24 activities. |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-CA/mh/ri/v/2/b       | D%==+             | <p>The cheerful choose the following activities slightly more:</p> <ul style="list-style-type: none"> <li>- Being home</li> <li>- Gardening+flowers</li> <li>- Reading</li> <li>- Walking</li> <li>- Music</li> <li>- Going out by car</li> <li>- Inviting people or making invitations</li> <li>- Playing with children</li> <li>- Helping other people</li> <li>- Being busy with animals</li> <li>- Playing cards, chess etc.</li> <li>- To go out</li> <li>- Sports (watching and visiting)</li> <li>- Hobbies</li> <li>- Writing letters</li> </ul> <p>This pattern is similar among the young (16 - 29) and pensioners. Exceptions are:</p> <ul style="list-style-type: none"> <li>- watching television: pensioners 76%, young 78%;</li> <li>- plain leisure: the young 45%, pensioners 50%</li> <li>- handicraft: the young 33%, pensioners 44% and pensioners 28%, the young 31%</li> <li>- hobbies: the young 28%, pensioners 29%</li> <li>- writing letters: the young 11%, pensioners 14%</li> </ul> |

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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>ROSE 1955</b>   | <i>Page in Report:</i> | 17 |
| <i>Reported in:</i>  | Rose, A.M.<br>Factors associated with the life satisfaction of middle class, middle aged persons.<br>Marriage and Family Living, 1955, vol 17, p. 15-19. |                        |    |
| <i>Population:</i>   | Married couples, middle aged, middle-class, USA, 1952  |                        |    |
| <i>Sample:</i>       |  |                        |    |
| <i>Non-Response:</i> | 50 %   |                        |    |
| <i>N:</i>            | 416  |                        |    |

---

### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | Specific leisure activities Code: L 3.3.2 |
| <i>Measurement:</i>     | 0: 2 or less evenings a month<br>1: more  |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| O-SLu/g/sq/v/5/a       | D%= + p<. 05      | 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<br>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 |

|                      |   |                        |      |
|----------------------|---|------------------------|------|
| <b>Study</b>         | <b>HERZO 1982/3</b>   | <i>Page in Report:</i> | 84/5 |
| <i>Reported in:</i>  | Herzog, A.R., Rodgers, W.L. and Woodworth, J.<br>Subjective Well-being among different age-groups.<br>Research Report, Institute for Social Research, Survey Research Center, Univ. of Michigan, 1982, Ann Arbor, USA |                        |      |
| <i>Population:</i>   | 50+ aged, general public, USA, 1975   |                        |      |
| <i>Sample:</i>       |   |                        |      |
| <i>Non-Response:</i> |   |                        |      |
| <i>N:</i>            | 410   |                        |      |

### 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 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 Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-DT/u/sq/v/7/a        | r= .00 ns         | DURATION: working males  |
|                        | r=-.03 ns         | retired males  |
|                        | r=-.05 ns         | working females  |
|                        | r=-.19 ns         | retired females  |
|                        | Beta=-.0 ns       | working males  |
|                        | Beta=+.0 ns       | retired males  |
|                        | Beta=-.0 ns       | working females  |
|                        | Beta=-.1 ns       | retired females  |
|                        |                   | $\beta$ controlled for self-reported health, income and age. Relations with 'participation' also controlled for 'duration' and relations with 'duration' also for participation. |

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|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>BRADB 1965/1</b>   | <i>Page in Report:</i> | 48 |
| <i>Reported in:</i>  | Bradburn, N.M. & Caplovitz D.<br>Reports on happiness<br>Aldine Publishing Company, 1965, Chicago USA |                        |    |
| <i>Population:</i>   | Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962                   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 2006  |                        |    |

---

### Measured Correlate

*Class:* . eating/drinking out Code: L 3.3.2.2

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

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-BB/cw/mq/v/4/e       | G= + p<.          | Index of Positive Affects only : G' = +.23 (01)<br>- Unaffected by S. E. S.<br>- Males : G' = +.30 (01)<br>- Females : G' = +.23 (01) |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BULAT 1973</b>   | <i>Page in Report:</i> | 234 |
| <i>Reported in:</i>  | Bulatao, R.A.<br>Measures of happiness among Manila residents<br>Philippine Sociological Review, 1973, vol. 2. p. 229-238 |                        |     |
| <i>Population:</i>   | 21+ aged, general public, Metro Manila, Philippines, 1972   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | -   |                        |     |
| <i>N:</i>            | 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>                             |
|------------------------|-------------------|--|
| O-BW/c/sq/l/11/a       | G= +              | Mal es : G = +. 42<br>Femal es : G = +. 53 |
| O-HL/c/sq/v/3/f        | G= +              | Mal es : G = +. 12<br>Femal es : G = +. 46 |

---

|                      |  |                        |
|----------------------|--|------------------------|
| <b>Study</b>         | <b>DAVIS 1984</b>  | <i>Page in Report:</i> |
| <i>Reported in:</i>  | James A. Davis<br>New money , an old man/lady and "two's company": subjective welfare in the NORC Social Indicators Research, vol. 15, pp. 319-350 |                        |
| <i>Population:</i>   | 18+ aged, general public, English speaking, non-institutionalized, USA, 1972-82  |                        |
| <i>Sample:</i>       |  |                        |
| <i>Non-Response:</i> |  |                        |
| <i>N:</i>            | 13581  |                        |

---

### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | . eating/drinking out Code: L 3.3.2.2   |
| <i>Measurement:</i>     | Single direct question:<br>How often do you go to a bar or tavern?<br>0 never<br>1 once or several times a year<br>2 once or several times a month<br>3 once a week or more |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>              | <i>Remarks</i>  |
|------------------------|--------------------------------|---|
| O-HL/g/sq/v/3/d        | G=-.62 p<.01<br>tau=-.37 p<.01 | % very happy<br>0 39<br>1 32<br>2 29<br>3 26<br>The relationship disappears after control for marital status. |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>BEISE 1974</b>  | <i>Page in Report:</i> | 235 |
| <i>Reported in:</i>  | Beiser, M.<br>Components and correlates of mental well-being<br>Journal of Health and Social Behavior, 1974, vol. 15, p. 320-327 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, Stirling County, Canada, 1968  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 10%  |                        |     |
| <i>N:</i>            | 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.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cq/mq/v/3/a       | r=                | Index of Positive Affects: r = +.16 (05)<br>Index of Negative Affects: r = +.30 (01) |

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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>BOELH 1999</b>  | <i>Page in Report:</i> | 62 |
| <i>Reported in:</i>  | Boelhouwer, J. & Stoop, I.<br>Measuring Well-Being in the Netherlands<br>Social Indicators Research, vol 48, 51-75, 1999 |                        |    |
| <i>Population:</i>   | 18+ aged, general public, The Netherlands, 1974-1997   |                        |    |
| <i>Sample:</i>       | Probability sample (unspecified)   |                        |    |
| <i>Non-Response:</i> |  |                        |    |
| <i>N:</i>            | ±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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-HP/u/sq/v/5/a        | r=+.11 p<.05      | 1993           |
|                        | r=+.13 p<.05      | 1997           |



---

|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>ROSE 1955</b>   | <i>Page in Report:</i> | 17 |
| <i>Reported in:</i>  | Rose, A.M.<br>Factors associated with the life satisfaction of middle class, middle aged persons.<br>Marriage and Family Living, 1955, vol 17, p. 15-19. |                        |    |
| <i>Population:</i>   | Married couples, middle aged, middle-class, USA, 1952  |                        |    |
| <i>Sample:</i>       |  |                        |    |
| <i>Non-Response:</i> | 50 %   |                        |    |
| <i>N:</i>            | 416  |                        |    |

---

### Measured Correlate

*Class:* . hobbies Code: L 3.3.2.3

*Measurement:*

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>    |
|------------------------|-------------------|-------------------|
| O-SLu/g/sq/v/5/a       | D%= + p<. 05      | Unaffected by sex |

---

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BULAT 1973</b>   | <i>Page in Report:</i> | 234 |
| <i>Reported in:</i>  | Bulatao, R.A.<br>Measures of happiness among Manila residents<br>Philippine Sociological Review, 1973, vol. 2. p. 229-238 |                        |     |
| <i>Population:</i>   | 21+ aged, general public, Metro Manila, Philippines, 1972   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | -   |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>                             |
|------------------------|-------------------|--|
| O-BW/c/sq/l/11/a       | G= +              | Mal es : G = +. 42<br>Femal es : G = +. 60 |
| O-HL/c/sq/v/3/f        | G= +              | Mal es : G = +. 21<br>Femal es : G = +. 46 |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>GRANE 1975</b>  | <i>Page in Report:</i> | 703 |
| <i>Reported in:</i>  | Graney, M.J.<br>Happiness and social participation in aging.<br>Journal of Gerontology, 1975, vol. 30, p. 701-706. |                        |     |
| <i>Population:</i>   | 62-89 aged females, followed 4 years, USA, 1967-71   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 27%; 24%<br>unattainable, 3%<br>incomplete.  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>            |
|------------------------|-------------------|---------------------------|
| A-BB/cm/mq/v/2/a       | tb=+.04 ns        | Happiness assessed at T2. |

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>NOELL1977/13</b>   | <i>Page in Report:</i> | 236 |
| <i>Reported in:</i>  | Noelle-Neumann, E.<br>Politik und Glück (Politics and happiness)<br>H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262 |                        |     |
| <i>Population:</i>   | 16+ aged, general public, West-Germany, 1973  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 2024  |                        |     |

### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | . reading Code: L 3.3.2.4   |
| <i>Measurement:</i>     | Ss were asked how often they read books:<br>3 at least once a week<br>2 less than once a week<br>1 haven't read a book the last year. |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>            |
|------------------------|-------------------|---------------------------|
| A-CA/mh/ri/v/2/a       | G=+.38 p<.01      | age 16 - 29               |
|                        | tc=+.19 p<.01     |                           |
|                        | G=+.19 p<.01      | age 30 - 44               |
|                        | tc=+.15 p<.01     |                           |
|                        | G=+.19 p<.01      | age 45 - 59               |
|                        | tc=+.12 p<.01     |                           |
|                        | G=+.28 p<.01      | age 60+                   |
|                        | tc=+.19 p<.01     |                           |
|                        | G=+.28 p<.01      | higher education          |
|                        | tc=+.18 p<.01     |                           |
|                        | G=+.14 p<.01      | elementary education only |
|                        | tc=+.06 p<.05     |                           |

---

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BULAT 1973</b>   | <i>Page in Report:</i> | 234 |
| <i>Reported in:</i>  | Bulatao, R.A.<br>Measures of happiness among Manila residents<br>Philippine Sociological Review, 1973, vol. 2. p. 229-238 |                        |     |
| <i>Population:</i>   | 21+ aged, general public, Metro Manila, Philippines, 1972   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | -   |                        |     |
| <i>N:</i>            | 941   |                        |     |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>                             |
|------------------------|-------------------|--|
| O-BW/c/sq/l/11/a       | G= +              | Mal es : G = +. 45<br>Femal es : G = +. 40 |
| O-HL/c/sq/v/3/f        | G= +              | Mal es : G = +. 18<br>Femal es : G = +. 45 |

---

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BULAT 1973</b>   | <i>Page in Report:</i> | 234 |
| <i>Reported in:</i>  | Bulatao, R.A.<br>Measures of happiness among Manila residents<br>Philippine Sociological Review, 1973, vol. 2. p. 229-238 |                        |     |
| <i>Population:</i>   | 21+ aged, general public, Metro Manila, Philippines, 1972   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | -   |                        |     |
| <i>N:</i>            | 941   |                        |     |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>                             |
|------------------------|-------------------|--|
| O-BW/c/sq/l/11/a       | G= +              | Mal es : G = +. 24<br>Femal es : G = +. 36 |
| O-HL/c/sq/v/3/f        | G= +              | Mal es : G = +. 02<br>Femal es : G = +. 52 |

---

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>BRADB 1965/1</b>   | <i>Page in Report:</i> | 43 |
| <i>Reported in:</i>  | Bradburn, N.M. & Caplovitz D.<br>Reports on happiness<br>Aldine Publishing Company, 1965, Chicago USA |                        |    |
| <i>Population:</i>   | Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962                   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 2006  |                        |    |

---

### Measured Correlate

*Class:* . traveling Code: L 3.3.2.8

*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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cw/mq/v/4/e       | G=+.08 ns         | Index of Positive Affects only : G' = +.08 (ns)<br>- High S.E.S : G' = -.07 (ns)<br>- Low S.E.S. (U-shaped curve) : G' = +.15 (ns)<br>- Those males who travelled 2-25 miles have the least positive feelings. |

---

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>BRADB 1965/1</b>   | <i>Page in Report:</i> | 48 |
| <i>Reported in:</i>  | Bradburn, N.M. & Caplovitz D.<br>Reports on happiness<br>Aldine Publishing Company, 1965, Chicago USA |                        |    |
| <i>Population:</i>   | Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962                   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cw/mq/v/4/e       | G= + p<.          | Index of Positive Affects only : G' = +.23 (01)<br>- Unaffected by sex<br>- Unaffected by S. E. S. |



---

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

---

### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | . traveling Code: L 3.3.2.8  |
| <i>Measurement:</i>     | Direct question on furthest distance other than going to work, rated on a 7-point scale. |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         | Data T1.<br>Not computed for summed ABS.   |

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| A-BB/cm/mq/v/2/a       | G=+               | Index of Positive Affects: G' = +.29<br>Index of Negative Affects: G' = -.04<br>Data T1.<br>Not computed for summed ABS. |

---

|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>BRADB 1965/1</b>   | <i>Page in Report:</i> | 43 |
| <i>Reported in:</i>  | Bradburn, N.M. & Caplovitz D.<br>Reports on happiness<br>Aldine Publishing Company, 1965, Chicago USA |                        |    |
| <i>Population:</i>   | Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962                   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | -   |                        |    |
| <i>N:</i>            | 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

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

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>GRANE 1975</b>  | <i>Page in Report:</i> | 703 |
| <i>Reported in:</i>  | Graney, M.J.<br>Happiness and social participation in aging.<br>Journal of Gerontology, 1975, vol. 30, p. 701-706. |                        |     |
| <i>Population:</i>   | 62-89 aged females, followed 4 years, USA, 1967-71   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 27%; 24%<br>unattainable, 3%<br>incomplete.  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>            |
|------------------------|-------------------|---------------------------|
| A-BB/cm/mq/v/2/a       | tb=+.09 ns        | Happiness assessed at T2. |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>GRANE 1975</b>  | <i>Page in Report:</i> | 703 |
| <i>Reported in:</i>  | Graney, M.J.<br>Happiness and social participation in aging.<br>Journal of Gerontology, 1975, vol. 30, p. 701-706. |                        |     |
| <i>Population:</i>   | 62-89 aged females, followed 4 years, USA, 1967-71   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 27%; 24%<br>unattainable, 3%<br>incomplete.  |                        |     |
| <i>N:</i>            | 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.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-BB/cm/mq/v/2/a       | tb=+.19 p<.05     | Happiness assessed at T2.<br><br>Age 66-75 :_b = +.03 (ns)<br>Age 82-92 :_b = +.45 (01) |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>HARDI 1985</b>  | <i>Page in Report:</i> | 251 |
| <i>Reported in:</i>  | Harding, Stephen<br>Values and the nature of psychological well-being<br>Abrams, M. & Gerard, D. & Timms, N. eds., Values and social change in Britain,<br>Macmillan, London, 1985, ch. 9, p 227-252 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, Britain, 1983  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | ?  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |                |                  |
|------------------------|-------------------|----------------|----------------|------------------|
| A-BB/cm/mq/v/2/a       | DM=-              | < 3<br>> 3     | M = 1.6<br>1.2 | Mt' = 6.6<br>6.2 |

| Study                | RAHTZ 1988  | Page in Report: | 410 |
|----------------------|---|-----------------|-----|
| <i>Reported in:</i>  | Rahtz, D.R. , Sirgy, M.J. & Meadow, H.L.<br>Elderly life satisfaction and television viewership: replication and extension.<br>Shapiro, S. & Walle, A.H. (Eds). Proceedings 1988 American Marketing Association Winter Educators' Conference. |                 |     |
| <i>Population:</i>   | 60+ aged, mid-Atlantic region, USA, 1986  |                 |     |
| <i>Sample:</i>       | Probability systematic sample   |                 |     |
| <i>Non-Response:</i> | 84 %  |                 |     |
| <i>N:</i>            | 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.

*Measured Values:*

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

*Remarks:*

### Observed Relation with Happiness

| Happiness Query   | Statistics     | Remarks  |
|-------------------|----------------|--|
| O-DT/u/sqrt(v/7/a | r=-.23 p<.01   | 95 % confidence interval for rho [-.30; -.16]  |
|                   | rpc=-.22 p<.01 | rpc controlled for "belief cultivation", (taking the tv reality for actual reality)                                  |
|                   | rpc=-.20 p<.01 | rpc controlled for "social comparison" (comparison of own situation with that of most people in a similar position). |
|                   | rpc=-.21 p<.01 | rpc controlled for both "belief cultivation" and "social comparison".  |

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|                      |   |                        |         |
|----------------------|---|------------------------|---------|
| <b>Study</b>         | <b>SCHUL 1985B</b>  | <i>Page in Report:</i> | 114,T40 |
| <i>Reported in:</i>  | Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.<br>Lebensqualität in Österreich (Quality-of-life in Austria)<br>Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985 |                        |         |
| <i>Population:</i>   | Adults, non-institutionalized, Austria,<br>1984   |                        |         |
| <i>Sample:</i>       |   |                        |         |
| <i>Non-Response:</i> | ?   |                        |         |
| <i>N:</i>            | 1776  |                        |         |

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### Measured Correlate

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

*Measurement:* Three item index of direct questions on intensity of watching t. v.

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-QL?/c/mq/v/5/a       | r=-.02            |                |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>TAN 1986</b>  | <i>Page in Report:</i> | 113 |
| <i>Reported in:</i>  | Tan, A.S.; Tan, G.K.<br>Television use and mental health<br>Journalism Quarterly, 1986, Vol. 63, 106-113 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, USA, 1984  |                        |     |
| <i>Sample:</i>       | Probability cluster sample   |                        |     |
| <i>Non-Response:</i> | Not reported   |                        |     |
| <i>N:</i>            | 446  |                        |     |

---

### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>                      |
|------------------------|-------------------|-------------------------------------|
| O-H?/?/sq/n/7/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 |



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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>BOELH 1999</b>  | <i>Page in Report:</i> | 62 |
| <i>Reported in:</i>  | Boelhouwer, J. & Stoop, I.<br>Measuring Well-Being in the Netherlands<br>Social Indicators Research, vol 48, 51-75, 1999 |                        |    |
| <i>Population:</i>   | 18+ aged, general public, The Netherlands, 1974-1997   |                        |    |
| <i>Sample:</i>       | Probability sample (unspecified)   |                        |    |
| <i>Non-Response:</i> |  |                        |    |
| <i>N:</i>            | ±3500 each year  |                        |    |

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### Measured Correlate

*Class:* . voluntary work Code: L 3.3.2.10

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

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-HP/u/sq/v/5/a        | r=+.08 p<.05      | 1993           |
|                        | r=+.08 p<.05      | 1997           |

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|                      |   |                        |
|----------------------|---|------------------------|
| <b>Study</b>         | <b>NOELL1977/10</b>   | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Noelle-Neumann, E.<br>Politik und Glück (Politics and happiness)<br>H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag, Opladen, 1977, 208 - 262 |                        |
| <i>Population:</i>   | 16-29 aged and pensioners, West-Germany, 1976   |                        |
| <i>Sample:</i>       |   |                        |
| <i>Non-Response:</i> |   |                        |
| <i>N:</i>            | 855   |                        |

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### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | Concern about leisure Code: L 3.4.1  |
| <i>Measurement:</i>     | Single direct question: no (0), yes (1) 'If I come in an unknown town, I'm very interested in the local places of interest'. |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         |  |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-CA/mh/ri/v/2/b       | D%==+             | Young (16 - 29) and pensioners only. In both categories the cheerful claim more tourist interest. |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>SYMON 1937</b>   | <i>Page in Report:</i> | 292 |
| <i>Reported in:</i>  | Symonds, P.M.<br>Happiness as related to problems and interests<br>Journal of Educational Psychology, 1937, vol. 28, p. 290-294 |                        |     |
| <i>Population:</i>   | High school pupils and college students, USA, 1937  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | -   |                        |     |
| <i>N:</i>            | 1651  |                        |     |

---

### Measured Correlate

*Class:* Concern about leisure Code: L 3.4.1

*Measurement:* Closed question

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-CP/g/sq/v/7/a        | DM= ns            |                |
|                        | SNR= ns           |                |

---

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>SYMON 1937</b>   | <i>Page in Report:</i> | 292 |
| <i>Reported in:</i>  | Symonds, P.M.<br>Happiness as related to problems and interests<br>Journal of Educational Psychology, 1937, vol. 28, p. 290-294 |                        |     |
| <i>Population:</i>   | High school pupils and college students, USA, 1937  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | -   |                        |     |
| <i>N:</i>            | 1651  |                        |     |

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### Measured Correlate

*Class:* Concern about leisure Code: L 3.4.1

*Measurement:* Closed question

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-CP/g/sq/v/7/a        | DM= ns            |                |
|                        | SNR= ns           |                |

---

|                      |   |                        |
|----------------------|---|------------------------|
| <b>Study</b>         | <b>ZUMA 1989</b>  | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Zentrum fur Umfrageforschung MAnnheim (ZUMA)<br>Wohlfahrtsurveys 1978,1980,1984,1988.<br>Unpublished data-set. Especially prepared for the World Database of Happiness. |                        |
| <i>Population:</i>   | 18+ aged, general public, West-Germany, 1978-88   |                        |
| <i>Sample:</i>       |   |                        |
| <i>Non-Response:</i> | ?   |                        |
| <i>N:</i>            | varies from<br>about 2000 -<br>2300   |                        |

---

### Measured Correlate

*Class:* Concern about leisure Code: L 3.4.1

*Measurement:* 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |       |       |       |       |
|------------------------|-------------------|--|-------|-------|-------|-------|
| O-SLW/c/sq/n/11/b      | SNR=              | eta  | G     | r     | β     |       |
|                        |                   | 1978   |       |       |       |       |
|                        |                   | 1980   |       |       |       |       |
|                        |                   | 1984   | +. 13 | +. 13 | +. 10 | +. 17 |
|                        |                   | 1988   | +. 10 | +. 09 | +. 05 | +. 13 |
|                        |                   | β' s controlled for age, gender, perceived class and marital status. |       |       |       |       |

---

|                      |   |                        |
|----------------------|---|------------------------|
| <b>Study</b>         | <b>ZUMA 1989</b>  | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Zentrum fur Umfrageforschung MAnnheim (ZUMA)<br>Wohlfahrtsurveys 1978,1980,1984,1988.<br>Unpublished data-set. Especially prepared for the World Database of Happiness. |                        |
| <i>Population:</i>   | 18+ aged, general public, West-Germany, 1978-88   |                        |
| <i>Sample:</i>       |   |                        |
| <i>Non-Response:</i> | ?   |                        |
| <i>N:</i>            | varies from<br>about 2000 -<br>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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |       |       |       |       |
|------------------------|-------------------|---|-------|-------|-------|-------|
| O-HL/c/sq/v/4/b        | SNR=              | eta   | G     | r     | β     |       |
|                        |                   | 1978  |       |       |       |       |
|                        |                   | 1980  |       |       |       |       |
|                        |                   | 1984  | + .07 | + .04 | + .02 | + .09 |
|                        |                   | 1988  | + .05 | + .03 | + .02 | + .08 |
|                        |                   | β's controlled for age, gender, perceived class and marital status. |       |       |       |       |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BRAY 1983</b>  | <i>Page in Report:</i> | 302 |
| <i>Reported in:</i>  | Bray, D.W. & Howard, A.<br>The AT&T Longitudinal Studies of Managers<br>Longitudinal Studies of Adult Psychological Development, The Guilford Press, New York, 1983, pp 266-313. Also: Howard, A. & Bray, D.W.: Managerial Lives in Transition, same editor 1988. |                        |     |
| <i>Population:</i>   | 40+ aged male managers, Bell Telephone Company, 1978  |                        |     |
| <i>Sample:</i>       | Non-probability purposive-quota sample  |                        |     |
| <i>Non-Response:</i> | Panel loss at T5<br>37%   |                        |     |
| <i>N:</i>            | 422 * *)  |                        |     |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| M-PL/c/rc/v/5/a        | r=                | T5 avocational interests by T5 happiness.<br><br>Analysis showed a non-significant correlation. |

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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>ROSE 1955</b>   | <i>Page in Report:</i> | 18 |
| <i>Reported in:</i>  | Rose, A.M.<br>Factors associated with the life satisfaction of middle class, middle aged persons.<br>Marriage and Family Living, 1955, vol 17, p. 15-19. |                        |    |
| <i>Population:</i>   | Married couples, middle aged, middle-class, USA, 1952  |                        |    |
| <i>Sample:</i>       |  |                        |    |
| <i>Non-Response:</i> | 50 %   |                        |    |
| <i>N:</i>            | 416  |                        |    |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| O-SLu/g/sq/v/5/a       | D%= - p<. 05      | 33 % of the relatively dissatisfied and 26 % of the satisfied would like to go out more often<br>Stronger among males<br>Uneffected by going ot wi th spouse or not |



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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>ANDRE 1976/3</b>  | <i>Page in Report:</i> | 112 |
| <i>Reported in:</i>  | Andrews, F.M. & Withey, S.B.<br>Social Indicators of Well-being: Americans' Perceptions of Life Quality<br>Plenum Press, 1976, New York, USA |                        |     |
| <i>Population:</i>   | 18+ aged, general public, non institutionalized, USA, 1972/11  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 38%  |                        |     |
| <i>N:</i>            | 1072   |                        |     |

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### 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

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>    | <i>Remarks</i> |
|------------------------|----------------------|----------------|
| O-DT/u/sqrt/v/7/a      | E <sup>2</sup> =+.39 |                |

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

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-BB/cm/mq/v/2/a       | r=+.29            |                |
| O-BW/cy/sq/l/9/a       | r=+.30            |                |
| O-DT/u/sq/v/7/a        | r=+.52            |                |
| O-HL/c/sq/v/3/aa       | r=+.33            |                |
| O-HL/u/sq/v/7/b        | r=+.55            |                |
| O-SLW/u/sq/f/7/a       | r=+.41            |                |

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|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>BERNO 1985</b>   | <i>Page in Report:</i> | 39 |
| <i>Reported in:</i>  | Bernow, R<br>Livskvaliteten i Sverige. (Lifequality in Sweden)<br>Stockhold Läns Landstring, 1985, Stockholm, Sweden. |                        |    |
| <i>Population:</i>   | 18-70 aged, general public, Sweden., 1982   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | ?   |                        |    |
| <i>N:</i>            | 1558  |                        |    |

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### Measured Correlate

*Class:* Satisfaction with leisure Code: L 3.4.3

*Measurement:* Single direct question

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLW/c/sqt/v/7/a      | r=+.48            |                |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BRAEN 1991</b>   | <i>Page in Report:</i> | 103 |
| <i>Reported in:</i>  | Braenholm,I-B., Eklund,M., Fugl-Meyer, K.S. & Fugl-Meyer, A.R.<br>On Work and Life Satisfaction<br>M.Eklund: On vocational rehabilitation in Northern Sweden, Diss. 1991 Univ. of Umea, pp 95-107 |                        |     |
| <i>Population:</i>   | 25-55 aged, vocationally actives, Umea, Northern Sweden, 1986/87  |                        |     |
| <i>Sample:</i>       | Probability stratified sample   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 163   |                        |     |

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### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLW/u/sq/v/6/a       | rs=+.42 p<.001    |                |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BRINK 1997C</b>  | <i>Page in Report:</i> | 272 |
| <i>Reported in:</i>  | Brinkerhoff, M & Fredell, K & Frideres, J<br>Basic minimum needs, Quality of life and selected correlates: explorations in villages<br>Social Indicators Research,42, p 245-281 |                        |     |
| <i>Population:</i>   | Adult, general public, two poor rural villages, Garhwal area, Northern India, 1996  |                        |     |
| <i>Sample:</i>       | Non-probability purposive-quota sample  |                        |     |
| <i>Non-Response:</i> | 341   |                        |     |
| <i>N:</i>            | not rep   |                        |     |

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | Satisfaction with leisure Code: L 3.4.3 |
| <i>Measurement:</i>     | not reported                            |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-H?/?/sq/f/7/a        | r=+.13 p<.05      |                |
| O-SLu/?/sq/l/5/a       | r=+.20 p<.005     |                |

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|                      |   |                        |
|----------------------|---|------------------------|
| <b>Study</b>         | <b>GEHMA 1986</b>   | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Gehmacher, E.<br>Gluck als Mathematische Gleichung.(Happiness as an mathematical equation.)<br>Start und Aufstieg. Zeitschrift des Berufsforderungs Instituts, Vienna, Austria 1986,<br>vol 2. page 8-9 |                        |
| <i>Population:</i>   | Adult, general public, Austria, 1985  |                        |
| <i>Sample:</i>       |   |                        |
| <i>Non-Response:</i> | ?   |                        |
| <i>N:</i>            | 1814  |                        |

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### Measured Correlate

*Class:* Satisfaction with leisure Code: L 3.4.3

*Measurement:*

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>  | <i>Remarks</i>   |
|------------------------|--------------------|--|
| O-SLW/c/sq/n/6/a       | r=+.43<br>Beta=+.1 | $\beta$ control ed for sati sfacti on wi th work, heal th,<br>hou si ng and poli ti cs |

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>GEHMA 1987</b>   | <i>Page in Report:</i> | 150 |
| <i>Reported in:</i>  | Gehmacher, E.<br>Gebaute Gemeinschaft (Built community: effects of architecture on social contacts<br>Sozial Wissenschaftliche Rundschau (SWS) vol 27, 1987, page 147-156 |                        |     |
| <i>Population:</i>   | Residents housing estates, Vienna, Austria, 1987  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | ?   |                        |     |
| <i>N:</i>            | 218   |                        |     |

### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | Satisfaction with leisure Code: L 3.4.3  |
| <i>Measurement:</i>     | Single direct question rated on a 1-5 step scale.                                |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         | $\beta$ controled for satisfaction with housing, social contacts and activities. |

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>        | <i>Remarks</i>   |
|------------------------|--------------------------|--|
| M-FH/cm/sq/v/5/a       | r=+.08<br>Beta=-.1 ns    | - hi gh $\beta$ =-.07<br>- low $\beta$ =-.16<br>$\beta$ controled for satisfaction with housing, social contacts and activities. |
| O-SLL/c/sq/v/5/b       | r=+.39<br>Beta=+.1 p<.01 | Contact-facilities in housing estate:<br>- hi gh $\beta$ =+.17<br>- low $\beta$ =+.14  |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>HALL 1973</b>  | <i>Page in Report:</i> | 100 |
| <i>Reported in:</i>  | Hall, J.<br>Measuring the quality of life using sample surveys.<br>Stöber, J. et al.: 'Technology assessment and the quality of life', Elsevier, 1973.<br>Amsterdam, The Netherlands. |                        |     |
| <i>Population:</i>   | Adults, general public, Britain, 1971   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 593   |                        |     |

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### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | Satisfaction with leisure Code: L 3.4.3                                   |
| <i>Measurement:</i>     | Question rated on a 7-point self-anchoring scale, based on Cantril (1965) |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLW/c/sq/l7/a        | r=+.40            |                |



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|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>HALL 1976</b>  | <i>Page in Report:</i> | 50 |
| <i>Reported in:</i>  | Hall, J.<br>Subjective measures of quality of life in Britain: 1971-1975. Some developments and Social Trends, 1976, vol 7, p.47-60 |                        |    |
| <i>Population:</i>   | Adults, general public, Great Britain, 1971-75  |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | ?   |                        |    |
| <i>N:</i>            | 593 in '71, 966 in '73 and 932 in '75   |                        |    |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLW/c/sq/l/11/a      | r=+.41            | 1971           |
|                        | r=+.41            | 1973           |
|                        | r=+.52            | 1975           |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>HARRY 1976</b>  | <i>Page in Report:</i> | 292 |
| <i>Reported in:</i>  | Harry, J.<br>Evolving sources of happiness for men over the life cycle: A structural analysis<br>Journal of Marriage and the Family, Vol 38, 1976, 289-296 |                        |     |
| <i>Population:</i>   | 18+ aged males, living with family, USA, 1973  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> |  |                        |     |
| <i>N:</i>            | 374  |                        |     |

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### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | Satisfaction with leisure Code: L 3.4.3                                    |
| <i>Measurement:</i>     | Single item self-rating on how much satisfaction one receives from leisure |
| <i>Measured Values:</i> |  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         |  |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>               |
|------------------------|-------------------|------------------------------|
| O-HL/c/sq/v/3/aa       | r=+.11 ns         | Single                       |
|                        | r=+.31 ns         | Married, no children         |
|                        | r=+.17 ns         | Married, pre-school children |
|                        | r=+.07 ns         | Married, school age children |
|                        | r=-.12 ns         | Married, teenage children    |
|                        | r=+.35 p<.05      | Married, children grown up   |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>KENNE 1978</b>   | <i>Page in Report:</i> | 463 |
| <i>Reported in:</i>  | Kennedy, L.W., Northcott, H.C. & Kinzel, C.<br>Subjective evaluation of well-being: Problems and prospects.<br>Social Indicators Research, Vol 5, 1978, pp 457-497. |                        |     |
| <i>Population:</i>   | 18+ aged, general public, Edmonton, Canada, 1977  |                        |     |
| <i>Sample:</i>       | Probability multi-stage cluster sample  |                        |     |
| <i>Non-Response:</i> | not reported  |                        |     |
| <i>N:</i>            | 335   |                        |     |

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### Measured Correlate

*Class:* Satisfaction with leisure Code: L 3.4.3

*Measurement:* Self-report.

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-SLu/c/sq/n/7/b       | B=+.14            | B controlled for satisfaction with:<br>-friendships<br>-standard of living<br>-health<br>-family life. |

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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>MERED 1984</b>  | <i>Page in Report:</i> | 91 |
| <i>Reported in:</i>  | Meredith, W.H.<br>Level and correlates of perceived quality of life for Lao Hmong refugees in Nebraska<br>Social Indicators Research vol 14, 1984, p 83-97 |                        |    |
| <i>Population:</i>   | 16+ aged, recent refugees from Laos, USA, 1982   |                        |    |
| <i>Sample:</i>       |  |                        |    |
| <i>Non-Response:</i> | 0%   |                        |    |
| <i>N:</i>            | 145  |                        |    |

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### 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?

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>        | <i>Remarks</i>  |
|------------------------|--------------------------|---|
| O-DT/u/sqrt(v/7/a)     | r=+.46 p<.01<br>Beta=+.2 | $\beta$ controlled for satisfaction with self, optimism, perceived control and satisfaction with USA. |

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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>MIELK 1997</b>  | <i>Page in Report:</i> | 35 |
| <i>Reported in:</i>  | Mielke,Ch.<br>Wellbeing and fitness:an empirical analysis of life-,health-,and leisure-satisfaction of<br>Dissertation,University of Cologne |                        |    |
| <i>Population:</i>   | 16+ aged, general public, non institutionalized, Germany, 1990-91  |                        |    |
| <i>Sample:</i>       | Probability systematic sample  |                        |    |
| <i>Non-Response:</i> | onknown  |                        |    |
| <i>N:</i>            | 6000   |                        |    |

---

### Measured Correlate

*Class:* Satisfaction with leisure Code: L 3.4.3

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

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

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

|                      |   |                        |           |
|----------------------|---|------------------------|-----------|
| <b>Study</b>         | <b>SCHUL 1985B</b>  | <i>Page in Report:</i> | 27,49,T53 |
| <i>Reported in:</i>  | Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.<br>Lebensqualität in Österreich (Quality-of-life in Austria)<br>Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985 |                        |           |
| <i>Population:</i>   | Adults, non-institutionalized, Austria,<br>1984   |                        |           |
| <i>Sample:</i>       |   |                        |           |
| <i>Non-Response:</i> | ?   |                        |           |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i>  | <i>Remarks</i>  |
|------------------------|--|---|
| M-AO/c/mq*/0/a         | r=+.27 p<.05<br>Beta=+.1 p<.05   | 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). |
| O-QL?/c/mq/v/5/a       | r=+.22 p<.05<br>Beta= ns<br><br>Beta=+.1<br>Beta=*<br>Beta=+.3<br>Beta=*<br><br>Beta=+.1<br>Beta=+.1 | All<br><br>- with partner, with work<br>- with partner, without work<br>- no partner, with work<br>- no partner, without work<br><br>- monotonous work<br>- some selfcontrol  |

Beta=-.2

- much selfcontrol

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

\*=N too small.

---

|                      |   |                        |         |
|----------------------|---|------------------------|---------|
| <b>Study</b>         | <b>SHINN 1978</b>   | <i>Page in Report:</i> | 483/487 |
| <i>Reported in:</i>  | Shinn, D.C. & Johnson, D.M.<br>Avowed happiness as an overall assessment of the quality of life<br>Social Indicators Research, Vol 5, 1978, pp. 475-492 |                        |         |
| <i>Population:</i>   | Heads of households, Illinois, USA, 1975  |                        |         |
| <i>Sample:</i>       |   |                        |         |
| <i>Non-Response:</i> | 17%   |                        |         |
| <i>N:</i>            | 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

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-HL/c/sq/v/3/aa       | r=+.34 p<..05     | When controlled for: <ul style="list-style-type: none"> <li>- assessments only <math>\beta = +.22</math></li> <li>- resources and assessments <math>\beta = +.21</math></li> <li>- assessments and comparisons <math>\beta = +.17</math></li> <li>- assessments, resources and comparisons <math>\beta = +.17</math></li> </ul> <p>'Assessments': satisfaction with: standard of living, housing, health, education, community, government;<br/>           'Resources': race, sex, age, income, education, home ownership, marital status, number of children, number of household members;<br/>           'Comparisons': perception of being happier than others and perceived financial improvement in the past few years.</p> |



|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>VENTE 1995</b>  | <i>Page in Report:</i> | 266 |
| <i>Reported in:</i>  | Ventegodt, S.<br>Livskvalitet i Danmark.(Quality of Life in Denmark)<br>Forskningscentrets Forlag (The Quality of Life Research Center), København,<br>Denmark,<br>ISBN 8790190017 |                        |     |
| <i>Population:</i>   | 18-88 aged, general public, Denmark, 1993  |                        |     |
| <i>Sample:</i>       | Non-probability purposive sample (unspecified)   |                        |     |
| <i>Non-Response:</i> | 39%  |                        |     |
| <i>N:</i>            | 1494   |                        |     |

### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | Satisfaction with leisure Code: L 3.4.3  |
| <i>Measurement:</i>     | Single question:<br>" How do you feel during your Leisure hours?"<br>1: very bad<br>2: bad<br>3: neither good nor bad<br>4: good<br>5: very good |
| <i>Measured Values:</i> | N: 1:3, 2:18, 3:99, 4:677, 5:654   |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         |  |

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| A-AOL/m/sq/v/5/a       | r=+.52 p<.00      | 1: Mt=1.66<br>2: Mt=3.89<br>3: Mt=5.18<br>4: Mt=7.45<br>5: Mt=8.70<br>All Mt=7.80 |
| O-HL/c/sq/v/5/h        | r=+.49 p<.00      | 1: Mt=2.50<br>2: Mt=3.89<br>3: Mt=4.88<br>4: Mt=6.55<br>5: Mt=7.83<br>All Mt=6.96 |
| O-SLu/c/sq/v/5/e       | r=+.53 p<.00      | 1: Mt=1.25<br>2: Mt=3.20<br>3: Mt=4.90<br>4: Mt=7.10<br>5: Mt=8.38<br>All Mt=7.45 |

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>VENTE 1996</b>   | <i>Page in Report:</i> | 276 |
| <i>Reported in:</i>  | Ventegodt, S.<br>Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)<br>Forskningscenter for Livskvalitet,<br>Forskningscentrets Forlag, København 1996,<br>ISBN 8790190068 |                        |     |
| <i>Population:</i>   | Persons born at the University Hospital in Copenhagen 1959-1961   |                        |     |
| <i>Sample:</i>       | Non-probability purposive sample (unspecified)  |                        |     |
| <i>Non-Response:</i> | 39%   |                        |     |
| <i>N:</i>            | 4500  |                        |     |

### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | Satisfaction with leisure Code: L 3.4.3  |
| <i>Measurement:</i>     | Single question:<br>"How do you feel during your leisure hours?"<br>1: very bad<br>2: bad<br>3: neither/nor<br>4: good<br>5: very good |
| <i>Measured Values:</i> | N: All:4596; 1:6; 2:62; 3:413; 4:2112; 5:2003  |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         |  |

### Observed Relation with Happiness

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

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|                      |   |                        |
|----------------------|---|------------------------|
| <b>Study</b>         | <b>ZUMA 1989</b>  | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Zentrum fur Umfrageforschung MAnnheim (ZUMA)<br>Wohlfahrtsurveys 1978,1980,1984,1988.<br>Unpublished data-set. Especially prepared for the World Database of Happiness. |                        |
| <i>Population:</i>   | 18+ aged, general public, West-Germany, 1978-88   |                        |
| <i>Sample:</i>       |   |                        |
| <i>Non-Response:</i> | ?   |                        |
| <i>N:</i>            | varies from<br>about 2000 -<br>2300   |                        |

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### 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, diemployment and old age.'  
Rated on an 11 point scale ranging from 0 to 10.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |       |       |       |       |
|------------------------|-------------------|---|-------|-------|-------|-------|
| O-SLW/c/sq/n/11/b      | SNR=              | eta   | G     | r     | β     |       |
|                        |                   | 1978  | +. 38 | +. 39 | +. 36 | +. 37 |
|                        |                   | 1980  |       |       |       |       |
|                        |                   | 1984  | +. 29 | +. 32 | +. 27 | +. 32 |
|                        |                   | 1988  | +. 31 | +. 34 | +. 30 | +. 35 |
|                        |                   | β's controlled for age, gender, perceived class and marital status. |       |       |       |       |

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|                      |   |                        |
|----------------------|---|------------------------|
| <b>Study</b>         | <b>ZUMA 1989</b>  | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Zentrum fur Umfrageforschung MAnnheim (ZUMA)<br>Wohlfahrtsurveys 1978,1980,1984,1988.<br>Unpublished data-set. Especially prepared for the World Database of Happiness. |                        |
| <i>Population:</i>   | 18+ aged, general public, West-Germany, 1978-88   |                        |
| <i>Sample:</i>       |   |                        |
| <i>Non-Response:</i> | ?   |                        |
| <i>N:</i>            | varies from<br>about 2000 -<br>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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |       |       |       |       |
|------------------------|-------------------|--|-------|-------|-------|-------|
| O-HL/c/sq/v/4/b        | SNR=              | eta  | G     | r     | B     |       |
|                        |                   | 1978   | +. 24 | +. 32 | +. 23 | +. 26 |
|                        |                   | 1980   |       |       |       |       |
|                        |                   | 1984   | +. 23 | +. 32 | +. 21 | +. 26 |
|                        |                   | 1988   | +. 25 | +. 38 | +. 24 | +. 31 |
|                        |                   | B' s controlled for age, gender, perceived class and marital status. |       |       |       |       |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>ANDRE 1976/1</b>  | <i>Page in Report:</i> | 112 |
| <i>Reported in:</i>  | Andrews, F.M. & Withey, S.B.<br>Social Indicators of Well-being: Americans' Perceptions of Life Quality<br>Plenum Press, 1976. New York, USA |                        |     |
| <i>Population:</i>   | 18+ aged, general public, non-institutionalized, USA, 1972/75  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 24%  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i>    | <i>Remarks</i>  |
|------------------------|----------------------|---|
| O-DT/u/sqrt(v/7/a)     | E <sup>2</sup> =+.28 | Unaffected by sex   |
|                        | Beta=+.0             | β 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=+.0             | β controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 11 domain satisfactions.  |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>ANDRE 1976/3</b>  | <i>Page in Report:</i> | 112 |
| <i>Reported in:</i>  | Andrews, F.M. & Withey, S.B.<br>Social Indicators of Well-being: Americans' Perceptions of Life Quality<br>Plenum Press, 1976, New York, USA |                        |     |
| <i>Population:</i>   | 18+ aged, general public, non institutionalized, USA, 1972/11  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 38%  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i>    | <i>Remarks</i> |
|------------------------|----------------------|----------------|
| O-DT/u/sqrt/v/7/a      | E <sup>2</sup> =+.31 |                |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>ANDRE 1976/3</b>  | <i>Page in Report:</i> | 156 |
| <i>Reported in:</i>  | Andrews, F.M. & Withey, S.B.<br>Social Indicators of Well-being: Americans' Perceptions of Life Quality<br>Plenum Press, 1976, New York, USA |                        |     |
| <i>Population:</i>   | 18+ aged, general public, non institutionalized, USA, 1972/11  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 38%  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLW/c/sq/n/7/a       | r=+.25            |                |
| O-SLW/u/sq/t/101/a     | r=+.21            |                |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>ANDRE 1976/6</b>  | <i>Page in Report:</i> | 156 |
| <i>Reported in:</i>  | Andrews, F.M. & Withey, S.B.<br>Social Indicators of Well-being: Americans' Perceptions of Life Quality<br>Plenum Press, 1976, New York, USA |                        |     |
| <i>Population:</i>   | 18+ aged, general public, non-institutionalized, USA, 1972-73  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> |  |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-DT/u/sqrt/v/7/a      | r=+.42            |                |



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|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>BERNO 1985</b>   | <i>Page in Report:</i> | 39 |
| <i>Reported in:</i>  | Bernow, R<br>Livskvaliteten i Sverige. (Lifequality in Sweden)<br>Stockhold Läns Landstring, 1985, Stockholm, Sweden. |                        |    |
| <i>Population:</i>   | 18-70 aged, general public, Sweden., 1982   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | ?   |                        |    |
| <i>N:</i>            | 1558  |                        |    |

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### Measured Correlate

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

*Measurement:* Single direct question

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLW/c/sqt/v/7/a      | r=+.35            |                |

---

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>MAKAR 1962</b>   | <i>Page in Report:</i> | 114 |
| <i>Reported in:</i>  | Makarczyk, W.<br>Factors affecting life satisfaction among people in Poland.<br>Polish Sociological Bulletin, 1962, vol. 1, p. 105-116. |                        |     |
| <i>Population:</i>   | Adults, general public, students and peasants excluded, Poland, 1960  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | 5%  |                        |     |
| <i>N:</i>            | 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.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>          |
|------------------------|-------------------|-------------------------|
| O-SLW/u/sq/v/5/a       | T=.18 p<.001      | Non-farmers.            |
|                        | T=.13 p<.001      | Farm owners and family. |

---

|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>MIELK 1997</b>  | <i>Page in Report:</i> | 36 |
| <i>Reported in:</i>  | Mielke,Ch.<br>Wellbeing and fitness:an empirical analysis of life-,health-,and leisure-satisfaction of<br>Dissertation,University of Cologne |                        |    |
| <i>Population:</i>   | 16+ aged, general public, non institutionalized, Germany, 1990-91  |                        |    |
| <i>Sample:</i>       | Probability systematic sample  |                        |    |
| <i>Non-Response:</i> | onknown  |                        |    |
| <i>N:</i>            | 6000   |                        |    |

---

### Measured Correlate

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

*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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| O-SLu/c/sq/l/11/a      | D%=36             | & satisfied with life:<br>satisfied with time for leisure: 68<br>dissatisfied with time for leisure: 32 |

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|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>MIELK 1997</b>  | <i>Page in Report:</i> | 36 |
| <i>Reported in:</i>  | Mielke,Ch.<br>Wellbeing and fitness:an empirical analysis of life-,health-,and leisure-satisfaction of<br>Dissertation,University of Cologne |                        |    |
| <i>Population:</i>   | 16+ aged, general public, non institutionalized, Germany, 1990-91  |                        |    |
| <i>Sample:</i>       | Probability systematic sample  |                        |    |
| <i>Non-Response:</i> | onknown  |                        |    |
| <i>N:</i>            | 6000   |                        |    |

---

### Measured Correlate

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

*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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-SLu/c/sq/l/11/a      | D%=36             | %satisfied with time for leisure:<br>satisfied with life: 68<br>dissatisfied with life: 32 |

---

|                      |   |                        |        |
|----------------------|---|------------------------|--------|
| <b>Study</b>         | <b>SCHUL 1985B</b>  | <i>Page in Report:</i> | 70,T56 |
| <i>Reported in:</i>  | Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.<br>Lebensqualität in Österreich (Quality-of-life in Austria)<br>Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985 |                        |        |
| <i>Population:</i>   | Adults, non-institutionalized, Austria,<br>1984   |                        |        |
| <i>Sample:</i>       |   |                        |        |
| <i>Non-Response:</i> | ?   |                        |        |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-QL?/c/mq/v/5/a       | Beta=+.1 p<.05    | β controlled for: age, professional status, income, quality of family life, and satisfaction with partner. |

---

|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>ABRAM 1972</b>  | <i>Page in Report:</i> | 21 |
| <i>Reported in:</i>  | Abrams, M.& Hall, J.<br>The condition of the British people: report on a pilot survey using self-rating scales. Unpublished paper, Soc.Science Research Council,1972 London.Partly reported in Stöber et al.,1973. |                        |    |
| <i>Population:</i>   | 15+ aged, general public, Britain, 1971  |                        |    |
| <i>Sample:</i>       |  |                        |    |
| <i>Non-Response:</i> |  |                        |    |
| <i>N:</i>            | 213  |                        |    |

---

### Measured Correlate

|                         |  |                 |
|-------------------------|--|-----------------|
| <i>Class:</i>           | . satisfaction with leisure activities   | Code: L 3.4.3.2 |
| <i>Measurement:</i>     | Closed question rated on an 11-point self-anchoring scale, based on Cantril (1965) |                 |
| <i>Measured Values:</i> |  |                 |
| <i>Error Estimates:</i> |  |                 |
| <i>Remarks:</i>         |  |                 |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLW/c/sq/l/11/b      | r=+.24            |                |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>ANDRE 1976/1</b>  | <i>Page in Report:</i> | 112 |
| <i>Reported in:</i>  | Andrews, F.M. & Withey, S.B.<br>Social Indicators of Well-being: Americans' Perceptions of Life Quality<br>Plenum Press, 1976. New York, USA |                        |     |
| <i>Population:</i>   | 18+ aged, general public, non-institutionalized, USA, 1972/75  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 24%  |                        |     |
| <i>N:</i>            | 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

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>    | <i>Remarks</i>  |
|------------------------|----------------------|---|
| O-DT/u/sqrt/v/7/a      | E <sup>2</sup> =+.41 | Unaffected by sex   |
|                        | Beta=+.0             | β 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). |
|                        | Beta=+.0             | β controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 11 domain satisfactions.  |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>ANDRE 1976/3</b>  | <i>Page in Report:</i> | 112 |
| <i>Reported in:</i>  | Andrews, F.M. & Withey, S.B.<br>Social Indicators of Well-being: Americans' Perceptions of Life Quality<br>Plenum Press, 1976, New York, USA |                        |     |
| <i>Population:</i>   | 18+ aged, general public, non institutionalized, USA, 1972/11  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 38%  |                        |     |
| <i>N:</i>            | 1072   |                        |     |

---

### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>    | <i>Remarks</i> |
|------------------------|----------------------|----------------|
| O-DT/u/sqrt/v/7/a      | E <sup>2</sup> =+.47 |                |



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

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### 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:*

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### Observed Relation with Happiness

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

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|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>ANDRE 1989</b>   | <i>Page in Report:</i> | 20 |
| <i>Reported in:</i>  | Andrews F.M.<br>Stability and change in levels and structure of subjective well-being: USA 1972 and Paper presented at the International Conference on Social Reporting, Berlin, September 1989 |                        |    |
| <i>Population:</i>   | Adults, general public, non-institutionalized, USA, 1972-88   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> |   |                        |    |
| <i>N:</i>            | 1972: 2369,<br>1988: 616  |                        |    |

---

### Measured Correlate

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

*Measurement:* Single direct question rated on 7 point delighted-terrible scale  
"How do you feel about your use of spare time?"

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-DT/u/sqrt(v/7/a)     | E <sup>2</sup> =+ | 1972: +.40      1988: +.40   |
|                        | Beta=+            | 1972: +.14      1988: +.08<br>β controlled for satisfaction with 5 other aspects of life: 1: fun, 2: accomplishments, 3: family income, 4: national government |

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|                      |   |                        |    |
|----------------------|---|------------------------|----|
| <b>Study</b>         | <b>BAKKE 1974</b>   | <i>Page in Report:</i> | 27 |
| <i>Reported in:</i>  | Bakker, P. & Berg, N. van de<br>Determinants and correlates of happiness.<br>Unpublished thesis, 1974, Erasmus University Rotterdam, The Netherlands. |                        |    |
| <i>Population:</i>   | 20-65 aged, general public, The Netherlands, 1968   |                        |    |
| <i>Sample:</i>       |   |                        |    |
| <i>Non-Response:</i> | 34% refusal and unattainable.   |                        |    |
| <i>N:</i>            | 1552  |                        |    |

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### 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-HP/g/sq/ol/7/a       | G=+.53 p<.05      | Lower among age 41-50<br>Unaffected by S. E. S.<br>Stronger among medium educational level.<br>Stronger among females. |

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|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>BALAT 1993</b>  | <i>Page in Report:</i> | 235 |
| <i>Reported in:</i>  | Balatsky, G. & Diener, E.<br>Subjective well-being among Russian students.<br>Social Indicators Research 1993, Vol 28, pp 225-243. |                        |     |
| <i>Population:</i>   | Students, Moscow and Glazov (Ural), Russia, 1990   |                        |     |
| <i>Sample:</i>       | Non-probability chunk sample   |                        |     |
| <i>Non-Response:</i> | not reported   |                        |     |
| <i>N:</i>            | 116  |                        |     |

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### Measured Correlate

|                         |   |                 |
|-------------------------|---|-----------------|
| <i>Class:</i>           | . satisfaction with leisure activities  | Code: L 3.4.3.2 |
| <i>Measurement:</i>     | Single question: "How do you feel about your recreation activity right now?".<br>Rated on 7-point scale from:<br>1. Terrible. . . . . to<br>.<br>.<br>7. Delighted. |                 |
| <i>Measured Values:</i> | M= 4.09; SD= 1.66   |                 |
| <i>Error Estimates:</i> |   |                 |
| <i>Remarks:</i>         |   |                 |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-DT/c/sq/v/7/b        | r=+.47 p<.01      | p two tailed   |
| O-DT/u/sq/v/7/a        | r=+.39 p<.01      | p two-tailed   |

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|                      |  |                        |         |
|----------------------|--|------------------------|---------|
| <b>Study</b>         | <b>BATIS 1996</b>  | <i>Page in Report:</i> | 159-168 |
| <i>Reported in:</i>  | Batista-Foquet, J.M., Coenders, G. & Sureda-Pascual, J.<br>A Comparative Study of Satisfaction with Life in Europe: "Satisfaction in Catalonia,<br>Eotvos University Press, Budapest 1996, pp 155-174. |                        |         |
| <i>Population:</i>   | 16+ aged, general public, Catalonia, Spain, 1989   |                        |         |
| <i>Sample:</i>       | Probability stratified sample  |                        |         |
| <i>Non-Response:</i> | not reported   |                        |         |
| <i>N:</i>            | 406  |                        |         |

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### 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:*

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### Observed Relation with Happiness

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

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BHARA 1977</b>   | <i>Page in Report:</i> | 430 |
| <i>Reported in:</i>  | Bharadwaj, L. & Wilkening, E.A.<br>The prediction of perceived well-being<br>Social Indicators Research, 1977, vol 4, 421-439 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, Wisconsin, USA, 197?  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | 12%   |                        |     |
| <i>N:</i>            | 1423  |                        |     |

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### Measured Correlate

*Class:* . 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:*

*Remarks:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>  | <i>Remarks</i>   |
|------------------------|--------------------|--|
| O-SLW/u/sqrt/v/7/a     | r=+.41<br>Beta=+.0 | All $\beta$ '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.<br>males $\beta$ : +.09    females $\beta$ : ns<br>AGE<br>under 30 $\beta$ : +.08    under \$4000 $\beta$ : +.15<br>30-49 $\beta$ : ns    \$4000- 7999 $\beta$ : +.07<br>50-64 $\beta$ : +.10    \$8000-15999 $\beta$ : ns<br>over 65 $\beta$ : +.18    over \$16000 $\beta$ : +.26<br>GENDER<br>males $\beta$ : +.09<br>females $\beta$ : ns |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>BUTTE 1977</b>   | <i>Page in Report:</i> | 353 |
| <i>Reported in:</i>  | Buttel, F.H. & Martinson, O.B.<br>Ideology and social indicators of the quality of life<br>Social Indicators Research, vol 4, 1977, p.353-369 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, Winconsin USA, 1974   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 548   |                        |     |

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### Measured Correlate

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

*Measurement:* Single closed question rated on a 7-point scale: Overall I, 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:*

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| C-A/u/sq/v/7/a         | r=+.39 p<.05      |                |
| O-HL/c/sq/v/7/a        | r=+.29 p<.05      |                |
| O-SLW/u/sq/v/7/b       | r=+.39 p<.05      |                |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>GILLO 1973</b>   | <i>Page in Report:</i> | 124 |
| <i>Reported in:</i>  | Gillo, M.W.<br>Studies on the nature of the relationships between job and life satisfactions: towards Unpublished doctoral dissertation, 1973, University of Kansas, USA. |                        |     |
| <i>Population:</i>   | Workers, union members, Kansas City, USA, 197?  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | 73%, no return of mailed questionnaire. Unaffected by age, sex, Local's members   |                        |     |
| <i>N:</i>            | 213   |                        |     |

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### Measured Correlate

|                         |   |                 |
|-------------------------|---|-----------------|
| <i>Class:</i>           | . satisfaction with leisure activities  | Code: L 3.4.3.2 |
| <i>Measurement:</i>     | Closed question rated on an 11-point self-anchoring scale, based on Cantril (1965). |                 |
| <i>Measured Values:</i> |   |                 |
| <i>Error Estimates:</i> |   |                 |
| <i>Remarks:</i>         |   |                 |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-HL/c/sq/l/11/a       | r=+.55            |                |



| Study                | GLENN 1981C   | Page in Report: | 164 |
|----------------------|---|-----------------|-----|
| <i>Reported in:</i>  | Glenn, N.D.; Weaver, C.N.<br>The contribution of marital happiness to global happiness<br>Journal of Marriage and the Family, Vol 43, 1981, 161-168 |                 |     |
| <i>Population:</i>   | Marrieds, non-institutionalized, USA,<br>1973-78  |                 |     |
| <i>Sample:</i>       |   |                 |     |
| <i>Non-Response:</i> |   |                 |     |
| <i>N:</i>            | 9000 (1500<br>each year)  |                 |     |

### Measured Correlate

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

*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"

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| Happiness Query  | Statistics | Remarks   |
|------------------|------------|---|
| O-HL/c/sq/v/3/aa | r=+        | <p>Married persons working full-time:</p> <ul style="list-style-type: none"> <li>- white men: r=+.18 <math>\beta</math>=+.05</li> <li>- black men: r=+.16 <math>\beta</math>=+.04</li> <li>- white women: r=+.27 <math>\beta</math>=+.09</li> <li>- black women: r=+.13 <math>\beta</math>= .10</li> </ul> <p>All married women:</p> <ul style="list-style-type: none"> <li>- white: r=+.24 <math>\beta</math>=+.06</li> <li>- black: r=+.23 <math>\beta</math>=+.10</li> </ul> |
|                  | r=+        | <p>Married persons working full-time:</p> <ul style="list-style-type: none"> <li>- white men: r=+.18 <math>\beta</math>=+.05</li> <li>- black men: r=+.16 <math>\beta</math>=+.04</li> <li>- white women: r=+.27 <math>\beta</math>=+.09</li> <li>- black women: r=+.13 <math>\beta</math>= .10</li> </ul> <p>All married women:</p> <ul style="list-style-type: none"> <li>- white: r=+.24 <math>\beta</math>=+.06</li> <li>- black: r=+.23 <math>\beta</math>=+.10</li> </ul> |

Beta=+

$\beta$  controlled for marital happiness, satisfaction with: work, financial situation, community, family life, friendships and health

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>HAAVI 1971</b>   | <i>Page in Report:</i> | 590 |
| <i>Reported in:</i>  | Haavio-Mannila, E.<br>Satisfaction with family, work, leisure and life among men and women.<br>Human Relations, 1971, vol.24, p.585-601 |                        |     |
| <i>Population:</i>   | 15-64 aged, general public, Finland, 1966   |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 948   |                        |     |

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### Measured Correlate

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

*Measurement:* Closed question rated on a 4-point scale ranging from 'very unsatisfied' to 'very satisfied'.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| O-SLW/?/sq/v/3/b       | r=+ p<.05         | unmarried employed males : r = +.53 (05)<br>unmarried employed females : r = +.19 (05)<br>married employed males : r = +.28 (05)<br>married employed females : r = +.29 (05)<br>married non-employed females: r = +.54 (05) |

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|                      |   |                        |
|----------------------|---|------------------------|
| <b>Study</b>         | <b>HEADE 1981</b>   | <i>Page in Report:</i> |
| <i>Reported in:</i>  | Headey, B.<br>The Quality of Life in Australia<br>Social Indicators Research, 1981, Vol. 9, 155-181 |                        |
| <i>Population:</i>   | Adults, general public, Australia 1978  |                        |
| <i>Sample:</i>       | Probability sample (unspecified)  |                        |
| <i>Non-Response:</i> | not reported  |                        |
| <i>N:</i>            | 679   |                        |

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### Measured Correlate

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

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-DT/u/sqrt/v/9/a      | r=+.36 p<.001     | Item scored on the same rating scale as the question on happiness. |

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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>HEADE 1981</b>   | <i>Page in Report:</i> | 166 |
| <i>Reported in:</i>  | Headey, B.<br>The Quality of Life in Australia<br>Social Indicators Research, 1981, Vol. 9, 155-181 |                        |     |
| <i>Population:</i>   | Adults, general public, Australia 1978  |                        |     |
| <i>Sample:</i>       | Probability sample (unspecified)  |                        |     |
| <i>Non-Response:</i> | not reported  |                        |     |
| <i>N:</i>            | 679   |                        |     |

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### Measured Correlate

|                         |  |
|-------------------------|--|
| <i>Class:</i>           | . satisfaction with leisure activities Code: L 3.4.3.2   |
| <i>Measurement:</i>     | 1 single question on satisfaction with the things you and your family do together, scored on a 1-9 D-T rating scale. |
| <i>Measured Values:</i> | M = 6.8 SD = 1.5   |
| <i>Error Estimates:</i> |  |
| <i>Remarks:</i>         | Item scored on the same rating scale as the question on happiness.   |

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### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>         | <i>Remarks</i>  |
|------------------------|---------------------------|---|
| O-DT/u/sqrt/v/9/a      | r=+.45 p<.001<br>Beta=+.0 | all cases<br>Item scored on the same rating scale as the question on happiness.<br>Beta's controlled for satisfaction with<br>- self-fulfillment<br>- sex life<br>- problem handling<br>- work around the house<br>- mother<br>- health<br>- house<br>- standard of living<br>- assertiveness<br>- friends<br>- fun and enjoyment<br>- marriage |

---

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

|                      |   |                        |        |
|----------------------|---|------------------------|--------|
| <b>Study</b>         | <b>HERZO 1982/2</b>   | <i>Page in Report:</i> | 68- 72 |
| <i>Reported in:</i>  | Herzog, A.R., Rodgers, W.L. and Woodworth, J.<br>Subjective well-being among different age groups.<br>Research report series, Institute for Social Research, University of Michigan,<br>USA. 1982 |                        |        |
| <i>Population:</i>   | 25-97 aged, general public, non-institutionalized, USA,1971-78  |                        |        |
| <i>Sample:</i>       |   |                        |        |
| <i>Non-Response:</i> |   |                        |        |
| <i>N:</i>            | 1955/1822/3141  |                        |        |

### 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:  
 1: 1972, N=1955, SI Study, See ANDRE 1976  
 6: 1971, N=1822, QOL Survey, See CAMPB 1975  
 7: 1978, N=3141, QOL Survey, See CAMPB 1981

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-HL/c/sq/v/3/aa       | Beta=+.0 p<.05    | DATASET 1: $\beta$ higher among 45-64 than among 25-44 and 65-97 aged (DATASETS controlled for Economic, Residence, Job, Health, and Marriage Satisfaction). See ANDRE 1976  |
|                        | Beta=+.0 ns       | DATASET 6: $\beta$ identical across age (25-44, 45-64, 65-97). $\beta$ controlled for Economic, Residence, Job, Health, Marriage Satisfaction. See CAMPB 1975<br>DATASET 7: 1978, N=3141, QOL Survey, See CAMPB 1981 |

Beta=+.2 p<.05      DATASET 7:  $\beta$  lower among 25-44 than among 45-64 and 65-97 aged (p<.05).  $\beta$  controlled for Economic, Residence, Job, Health and Marriage satisfaction.



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|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>KENNE 1985</b>   | <i>Page in Report:</i> | 108 |
| <i>Reported in:</i>  | Kennedy, L.W. & Mehra, A.N.<br>Effects of social change on well-being : boom and bust in a western Canadian city<br>Social Indicators Research, vol.17, 1985, p.101-113 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, Edmonton, Canada, 1977-84   |                        |     |
| <i>Sample:</i>       | Probability multi-stage cluster sample  |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | 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  
.  
.  
7. very satisfied.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-SLu/c/sq/n/7/b       | Beta=+.0          | Stepwise regression by age-group.<br>age-group 26-45<br><br>Beta controlled for:<br>- standard of living satisfaction<br>- friendship satisfaction<br>- family satisfaction<br>- job satisfaction<br>- health satisfaction<br>- neighbourhood satisfaction<br>- financial better/worse than year ago<br>- sex<br>- year of significant social change<br>- things wanted to do satisfaction |

---

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

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>LEVY 1975/1</b>   | <i>Page in Report:</i> | 372 |
| <i>Reported in:</i>  | Levy, S. & Guttman, L.<br>On the multivariate structure of well-being<br>Social Indicators Research, 1975, vol. 2, p.361-388 |                        |     |
| <i>Population:</i>   | 18+ aged, general public, urban areas, Israel, 1973  |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | -  |                        |     |
| <i>N:</i>            | 1940   |                        |     |

---

### Measured Correlate

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

*Measurement:* Closed question ranging from 'not at all satisfied' to 'very satisfied'.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| A-AOL/c/sq/v/4/b       | mc=+.51           |                |
| O-HL/c/sq/?/6/a        | mc=+.55           |                |

| Study                | MICHA 1980   | Page in Report: | 399 |
|----------------------|--|-----------------|-----|
| <i>Reported in:</i>  | Michalos, A.C.<br>Satisfaction and Happiness<br>Social Indicators Research, Vol 8, 1980, 385-422 |                 |     |
| <i>Population:</i>   | University staff members, Guelph Canada, 1979  |                 |     |
| <i>Sample:</i>       |  |                 |     |
| <i>Non-Response:</i> | 59%  |                 |     |
| <i>N:</i>            | 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

| Happiness Query  | Statistics   | Remarks   |
|------------------|--------------|---|
| O-DT/c/sq/v/7/aa | r=+.41 p<.01 | Controlled for 1 rpc= +.13 (01)<br>Controlled for 1+2 rpc= +.12 (05)<br>Controlled for 1+3 rpc= +.09 (ns)<br>Controlled for 1+2+3 rpc= +.07 (ns)<br>Controlled for 1 $\beta$ = +.08<br>Controlled for 1+3+4 $\beta$ = +.06<br><br>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.<br>2= Global happiness(indicator 2, HAPP 1.1)<br>3= Demographic factors (sex, age, marital status, education, family income)<br>4= Workstatus. |
| O-HL/u/sq/v/7/a  | r=+.34 p<.01 | Controlled for 1 rpc= +.03 (ns)<br>Controlled for 1 $\beta$ = +.03<br>Controlled for 1+3 $\beta$ = +.02<br><br>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.<br>3= Demographic factors (sex, age, marital status, education, family income)  |

| Study                | MICHA 1982  | Page in Report: | 24 |
|----------------------|---|-----------------|----|
| <i>Reported in:</i>  | Michalos, A.C.<br>The satisfaction and happiness of some senior citizens in rural Ontario<br>Social Indicators Research, Vol 11, 1982, p.1-30 |                 |    |
| <i>Population:</i>   | 60+ aged, rural townships, Southern Huron County, Ontario, Canada, 198?   |                 |    |
| <i>Sample:</i>       |   |                 |    |
| <i>Non-Response:</i> | 37%   |                 |    |
| <i>N:</i>            | 392   |                 |    |

### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | . satisfaction with leisure activities Code: L 3.4.3.2                      |
| <i>Measurement:</i>     | Closed question on personal recreation activities, rated on a 7-point scale |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

### Observed Relation with Happiness

| Happiness Query  | Statistics | Remarks  |
|------------------|------------|--|
| O-DT/c/sq/v/7/aa | Beta=+.0   | All $\beta$ '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.<br>Males: N: 149 $\beta$ : ns<br>Females N: 121 $\beta$ : +. 18<br>Farmer N: 130 $\beta$ : +. 11<br>Non-farmer N: 141 $\beta$ : +. 03<br>Aged 60-74 N: 170 $\beta$ : +. 02<br>Aged 75-up N: 121 $\beta$ : +. 16 |
| O-HL/u/sq/v/7/a  | Beta=+.0   | All $\beta$ '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.<br>Males N: 149 $\beta$ : +. 17<br>Females N: 121 $\beta$ : -. 08<br>Farmers N: 130 $\beta$ : +. 08<br>Non-farmers N: 141 $\beta$ : +. 01<br>Age 60-74 N: 170 $\beta$ : ns<br>Age 75-up N: 102 $\beta$ : +. 08  |

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>MICHA 1983</b>  | <i>Page in Report:</i> | 233 |
| <i>Reported in:</i>  | Michalos, A.C.<br>Satisfaction and happiness in a rural northern resource community<br>Social Indicators Research, 1983, vol.13, p.225-252 |                        |     |
| <i>Population:</i>   | 18+ aged, rural community, N.Ontario, Canada, 1982   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 8%   |                        |     |
| <i>N:</i>            | 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.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| O-DT/c/sq/v/7/aa       | Beta=+.0          | All $\beta$ '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.<br><br>Males : N: 173 $\beta$ : +.08<br>Females: N: 154 $\beta$ : +.02 |
| O-HL/u/sq/v/7/a        | Beta=+.0          | All $\beta$ '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.<br><br>Males : N: 173 $\beta$ : +.04<br>Females: N: 154 $\beta$ : +.04                          |

---

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>MICHA 1985</b>   | <i>Page in Report:</i> | 365 |
| <i>Reported in:</i>  | Michalos, A.C.<br>Multiple Discrepancies Theory<br>Social Indicators Research vol 16 (1985) p.347-413 |                        |     |
| <i>Population:</i>   | Students undergraduates University of Guelph, Canada, 1984  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> | 18%   |                        |     |
| <i>N:</i>            | 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-DT/c/sq/v/7/aa       | Beta=+.1 p<.01    | Males N: 140 $\beta$ =+.16 (05)<br>Females N: 149 $\beta$ =+.14 (05)<br><br>$\beta$ 's controlled for satisfaction with:<br>health, financial security, family relations, paid<br>employment, friendships, housing, self-esteem and<br>education |

---

|                      |  |                        |    |
|----------------------|--|------------------------|----|
| <b>Study</b>         | <b>MIELK 1997</b>  | <i>Page in Report:</i> | 37 |
| <i>Reported in:</i>  | Mielke,Ch.<br>Wellbeing and fitness:an empirical analysis of life-,health-,and leisure-satisfaction of<br>Dissertation,University of Cologne |                        |    |
| <i>Population:</i>   | 16+ aged, general public, non institutionalized, Germany, 1990-91  |                        |    |
| <i>Sample:</i>       | Probability systematic sample  |                        |    |
| <i>Non-Response:</i> | onknown  |                        |    |
| <i>N:</i>            | 6000   |                        |    |

---

### Measured Correlate

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

*Measurement:* single question:  
"how satisfied you are with use of leisure-time  
0 totally dissatisfied  
.  
.  
.  
10total ly satisfied

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>  |
|------------------------|-------------------|---|
| O-SLu/c/sq/l/11/a      | D%=+42            | %satisfied with use of leisure-time:<br>satisfied with life: 71<br>dissatisfied with life: 29 |



|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>MOOKH 1997</b>  | <i>Page in Report:</i> | 336 |
| <i>Reported in:</i>  | Mookherjee, H.N.<br>Assessment of happiness among the elderly population in the United States<br>Mookherjee, H.N.; Ed: 'Life in twilight years', Kwality Book Company, Calcutta, India, 327-343. |                        |     |
| <i>Population:</i>   | 60+ aged, general public, USA 1982-91  |                        |     |
| <i>Sample:</i>       | Probability multi-stage cluster sample   |                        |     |
| <i>Non-Response:</i> | not reported   |                        |     |
| <i>N:</i>            | 3049   |                        |     |

### Measured Correlate

|                         |  |                 |
|-------------------------|--|-----------------|
| <i>Class:</i>           | . satisfaction with leisure activities   | Code: L 3.4.3.2 |
| <i>Measurement:</i>     | Single question on satisfaction with leisure activities:<br>1. not satisfied<br>2. somewhat satisfied<br>3. well satisfied |                 |
| <i>Measured Values:</i> | N: 1= 520 2= 848 3=1681  |                 |
| <i>Error Estimates:</i> |  |                 |
| <i>Remarks:</i>         |  |                 |

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-HL/c/sq/v/3/aa       | DM=+ p<.00        | 1. M=1.87 SD= .67<br>2. M=2.16 SD= .62<br>3. M=2.40 SD= .63  |
|                        | r=+.30 p<.00      |  |
|                        | Beta=+.1 p<.00    | Beta controlled for<br>- socio-demographic variables:<br>- Gender<br>- Race<br>- Marital status<br>- Education<br>- Financial status<br>- Place of residence<br>- Religious membership<br>- Religious attendance<br>- satisfaction with:<br>- Neighbours<br>- Family<br>- Friends<br>- Health<br>- Finance |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>SHICH 1984</b>  | <i>Page in Report:</i> | 234 |
| <i>Reported in:</i>  | Shichman, S.; Cooper, E.<br>Life Satisfaction and Sex-Role Concept<br>Sex Roles, Vol 11, 1984, p.227-240 |                        |     |
| <i>Population:</i>   | Adults, students and churchmembers,<br>USA, 198?   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> | 5,9 %  |                        |     |
| <i>N:</i>            | 217  |                        |     |

---

### 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

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-SLu/u/sq/v/4/a       | r=+.18 p<.01      | sati sfacti on |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>WHITE 1979</b>  | <i>Page in Report:</i> | 874 |
| <i>Reported in:</i>  | White, L.K.<br>Sex differentials in the effects of remarriage on global happiness<br>Journal of Marriage and the Family, vol 41, 1979, 869-876 |                        |     |
| <i>Population:</i>   | Adult, general public, married and divorced, Nebraska, USA, 1977   |                        |     |
| <i>Sample:</i>       |  |                        |     |
| <i>Non-Response:</i> |  |                        |     |
| <i>N:</i>            | 1085   |                        |     |

---

### Measured Correlate

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

*Measurement:* Single closed question: "How satisfactory is your spare time use?"

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i>   |
|------------------------|-------------------|--|
| O-HL/c/sq/v/3/ad       | r=                | 1: first marriage men    r = +.40 (05)<br>2: first marriage women    r = +.41 (05)<br>3: remarriage men    r = +.09 (ns)<br>4: remarriage women    r = +.30 (05) |

|                      |   |                        |     |
|----------------------|---|------------------------|-----|
| <b>Study</b>         | <b>ZEHNE 1977</b>   | <i>Page in Report:</i> | 112 |
| <i>Reported in:</i>  | Zehner, R.B.<br>Indicators of the quality of life in new communities.<br>Indicators of the quality of life in new communities. Ballinger Publishers, 1977,<br>Cambridge, USA. |                        |     |
| <i>Population:</i>   | Residents communities,planned and unplanned, USA, 1973  |                        |     |
| <i>Sample:</i>       |   |                        |     |
| <i>Non-Response:</i> |   |                        |     |
| <i>N:</i>            | planned;2596,<br>unplanned;1298,<br>total;3894  |                        |     |

### Measured Correlate

|                         |   |
|-------------------------|---|
| <i>Class:</i>           | . satisfaction with leisure activities Code: L 3.4.3.2  |
| <i>Measurement:</i>     | Single closed direct question rated on a 7-point scale. |
| <i>Measured Values:</i> |   |
| <i>Error Estimates:</i> |   |
| <i>Remarks:</i>         |   |

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i>  | <i>Remarks</i>  |
|------------------------|--------------------|---|
| O-SLW/c/sq/n/7/a       | r=+.43<br>Beta=+.1 | <p><math>\beta</math> controlled for:</p> <ul style="list-style-type: none"> <li>- Socio-demographic variables: age, sex, education, marital status, family income, dwelling unit value, tenure, length of residence, number of children in the household.</li> <li>- Satisfaction with: standard of living, marriage, job, family life, health, dwelling unit, housework, neighborhood, community.</li> </ul> <p>Unplanned communities are left out.</p> |

---

|                      |  |                        |     |
|----------------------|--|------------------------|-----|
| <b>Study</b>         | <b>BRINK 1986A</b>   | <i>Page in Report:</i> | 164 |
| <i>Reported in:</i>  | Brinkerhoff, M & Jacob, J<br>Quality of life in an alternative lifestyle. The smallholding movement.<br>Social Indicators Research 18, p 153-173 |                        |     |
| <i>Population:</i>   | Back to the land' mini-farmers, West USA and Canada,198?   |                        |     |
| <i>Sample:</i>       | Non-probability purposive sample (unspecified)   |                        |     |
| <i>Non-Response:</i> | 510  |                        |     |
| <i>N:</i>            | 44 %   |                        |     |

---

### Measured Correlate

*Class:* Place of leisure (indoor vs outdoor) Code: L 3.3.3

*Measurement:* Questions on 'outdoor leisure'  
Full items not reported

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

| <i>Happiness Query</i> | <i>Statistics</i> | <i>Remarks</i> |
|------------------------|-------------------|----------------|
| O-H?/?/sq/v/4/a        | r=+.14 p<.005     |                |

---

## **Appendix 1**      **Queries on Happiness used in reported Studies**

*Happiness Query Code*    *Full Text*

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|                  |  |
|------------------|--|
| A-AOL/c/sq/v/4/b | <p>Selfreport on single closed question:</p> <p>"How is your mood these days....?"</p> <p>4 very good all the time<br/>3<br/>2<br/>1 not good almost all the time</p>  |
| A-AOL/q/sq/v/5/a | <p>Selfreport on single question:</p> <p>"In general, how would you say you feel most of the time - in good spirits or in low spirits....?"</p> <p>5 very good spirits<br/>4 fairly good spirits<br/>3 neither good spirits nor low spirits<br/>2 fairly low spirits<br/>1 very low spirits.</p>   |
| A-AOL/m/sq/v/5/a | <p>Single direct question:<br/>'How are you feeling now....?'</p> <p>5 very good<br/>4 good<br/>3 neither good nor poor<br/>2 poor<br/>1 very poor</p> <p>Original text in Danish:<br/>'Hvordan har du det for tiden?'<br/>5 meget godt<br/>4 godt<br/>3 hverken godt eller dårligt<br/>2 dårligt<br/>1 meget dårligt</p>  |
| A-BB/cm/mq/v/2/a | <p>Selfreport on 10 questions:</p> <p>"During the past few weeks, did you ever feel ....?" (yes/no)</p> <p>A Particularly exited or interested in something?<br/>B So restless that you couldn't sit long in a chair?<br/>C Proud because someone complimented you on something you had done?<br/>D Very lonely or remote from other people?<br/>E Pleased about having accomplished something?<br/>F Bored?<br/>G On top of the world?<br/>H Depressed or very unhappy?<br/>I That things were going your way?<br/>J Upset because someone criticized you?</p> <p>Answer options and scoring:</p> |

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

A-BB/cm/mq/v/5/a

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

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 tot -30

A-BB/cq/mq/v/3/a

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

Selfreport on 10 questions:

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

- A Particularly excited 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 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)
- Selfreport on 8 questions.

A-BB/cw/mq/v/4/d

"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)

Selfreport on 9 questions:

A-BB/cw/mq/v/4/e

"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.



"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, screwn 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) grosz, 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, verpreszt
  - unmöglich zu sagen
- H Die Beobagte sieht insgesamt
  - 2) ganz frohlich aus
  - 1) nicht so frohlich aus
  - schwer zu sagen

A-CA/mh/ri/v/2/b

Interviewer-rating of cheerfulness:

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.....

A-CP/q/rdp/ro/7/a

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 collums 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

A-CP/q/rdt/ro/7/a

Teacher rating on single question:

1 Personal qualities are named and briefly annotated in this schedule.

2. In the collumns 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 -

'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 everage  
 -1 slightly below average  
 -2 distinctly below average  
 -3 lowest as compared to average

A-CP/q/sq/v/7/a

Selfreport on single question:

---

|                  |   |
|------------------|---|
| C-A/u/sq/v/7/a   | <p>"Check one of the following groups of adjectives which best describes you."<br/> 7 full of deep joy, excitedly happy, enthusiastic, thrilled<br/> 6 cheerful, succesful, optimistic, lighthearted<br/> 5 satisfied, comfortable, life goes smoothly, peaceful<br/> 4 contented at times and at other times discontented, life has both favorable and unfavorable features<br/> 3 restless, impatient, uncertain, dull, cross, confined<br/> 2 anxious, irritated, discouraged, disappointed, discontented<br/> 1 gloomy, miserable, a failure, no pleasure in anything</p> <p>Selfreport on single question:</p> |
| M-AO/c/mq/*/0/a  | <p>"How do you feel about what you are acomplishing in life...?"<br/> 7 completely satisfied<br/> 6 very satisfied<br/> 5 satisfied<br/> 4 satisfied-dissatisfied<br/> 3 dissatisfied<br/> 2 very dissatisfied<br/> 1 completely dissatisfied.</p> <p>Selfreport on 4 questions:</p>  |
| M-CO/?/?q/?/0/a  | <p>A "For the past five years, how much have you accomplished of what you planned in your life?"<br/> B "How much are you satisfied with your life as a whole these days?"<br/> C "How much do you enjoy your life these days?"<br/> D "How happy have you been for the past five years?"</p> <p>Summation: simple average</p> <p>Selfreport on multiple questions:</p>   |
| M-FH/c/sq/l/11/a | <p>Questions indicated both happiness and a sense of contentment and well-being (Full questions not reported)</p> <p>Summation: not reported</p> <p>Name: `Happiness substest' of Wasburne's `Social Adjustment Scale'.</p> <p>Selfreport on single question:</p>   |
| M-FH/cm/sq/v/5/a | <p>Lead item not reported.<br/> 11 the happiest I could be<br/> 10<br/> 9<br/> 8<br/> 7<br/> 6<br/> 5<br/> 4<br/> 3<br/> 2<br/> 1 the saddest I could be</p> <p>Selfreport on single question:</p>  |

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"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

M-FH/g/sq/v/2/a

Selfreport on single question:

"Are you generally satisfied? "

- 2 yes
- 1 no

M-PL/c/rc/v/5/a

Clinical rating by 4 experts on the basis of multi-method assessments during periodical stays in assesment 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

O-BW/c/sq/l/10/b

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/10/c

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 ]
- [ 0 ] worst possible life

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

O-BW/cy/sq/l/9/a

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

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

O-DT/c/sq/v/7/aa

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

Selfreport on single question:

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

- 7 delightfull
- 6 very satisfying
- 5 satisfying
- 4 mixed
- 3 dissatisfying
- 2 very dissatisfying

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|                 |  |
|-----------------|--|
|                 | <p>1 terrible<br/>No opinion</p>   |
| O-DT/c/sq/v/7/b | <p>Name: Andrews &amp; Withey's `Delighted-Terrible Scale' ( modified version)<br/>Selfreport on single question:</p> <p>"How do you feel about your life as a whole right now.....?"</p> <p>1 terrible<br/>2 unhappy<br/>3 mostly dissatisfied<br/>4 mixed (about equally satisfied and dissatisfied)<br/>5 mostly satisfied<br/>6 pleased<br/>7 delighted<br/>- neutral (neither satisfied nor dissatisfied)<br/>- I never thought about it<br/>- does not apply to me</p> |
| O-DT/u/sq/v/7/a | <p>Name: Andrews &amp; Withey's `Delighted-Terrible Scale' (modified version by Michalos)<br/>Selfreport on single question:</p> <p>"How do you feel about your life as a whole.....?"</p> <p>7 delighted<br/>6 pleased<br/>5 mostly satisfied<br/>4 mixed<br/>3 mostly dissatisfied<br/>2 unhappy<br/>1 terrible</p>  |
| O-DT/u/sq/v/7/a | <p>Name: Andrews &amp; Withey's `Delighted-Terrible Scale' (original version)<br/>Selfreport on single question, asked twice in interview:</p> <p>"How do you feel about your life as a whole.....?"</p> <p>7 delighted<br/>6 pleased<br/>5 mostly satisfied<br/>4 mixed<br/>3 mostly dissatisfied<br/>2 unhappy<br/>1 terrible</p> <p>Summation: arithmetic mean</p>  |
| O-DT/u/sq/v/9/a | <p>Name: Andrews &amp; Withey's "Delighted-Terrible Scale" (original version)<br/>Selfreport on single question asked twice</p> <p>'How do you feel about your life as a whole?'</p>   |

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- 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/f/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

O-H?/?/sq/n/7/a

1 frowning face, very unhappy  
 Selfreport on single question:

Lead item not reported.

Response options:

- 7 happy
- 6
- 5
- 4
- 3
- 2

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

1 unhappy  
 (Originally scored on a horizontal scale)

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)



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

Selfreport on single question:

"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

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

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

Selfreport on single question:

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

3 very happy

2 pretty happy

1 not too happy

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

Selfreport on single question:

"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

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

Selfreport on single question:

"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

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

Selfreport on single question:

"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

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

Selfreport on single question:

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|                 |  |
|-----------------|--|
|                 | <p>" Is your life at this moment ....?"<br/> 4 very happy<br/> 3 fairly happy<br/> 2 fairly unhappy<br/> 1 very unhappy</p>  |
|                 | <p>In German:<br/> "Ist Ihr Leben im Augenblick....?"<br/> d sehr glücklich<br/> c ziemlich glücklich<br/> b ziemlich unglücklich<br/> a sehr unglücklich</p>  |
| O-HL/c/sq/v/5/h | <p>Selfreport on single question</p> <p>'How happy are you now?'<br/> 5 very happy<br/> 4 happy<br/> 3 neither happy nor unhappy<br/> 2 unhappy<br/> 1 very unhappy</p>  |
|                 | <p>Original text in Danish:<br/> 'Hvor lykkelig er du for tiden?'<br/> 5 meget lykkelig<br/> 4 lykkelig<br/> 3 hverken eller<br/> 2 ullykkelig<br/> 1 meget ullykkelig</p>   |
| O-HL/c/sq/v/7/a | <p>Selfreport on single question:</p> <p>"In general, how happy would you say you are these days.....?"<br/> 7 extremely happy<br/> 6 very happy<br/> 5 pretty happy<br/> 4 not too happy<br/> 3 a bit unhappy<br/> 2 pretty unhappy<br/> 1 very unhappy</p> |
| O-HL/g/sq/v/3/d | <p>Selfreport on single question:</p> <p>"Generally speaking, how happy would you say you are.....?"<br/> 3 very happy<br/> 2 fairly happy<br/> 1 not too happy</p>  |
| O-HL/u/sq/v/4/b | <p>Selfreport on single question:</p> <p>"On the whole, how happy would you say you are.....?"<br/> 4 very happy<br/> 3 fairly happy<br/> 2 not very happy<br/> 1 very unhappy</p>   |

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

Selfreport on single question:

"Considering your life as a whole, would you describe it as.....?"

1 very happy

2

| unhappy

3

4 an even mixture of unhappiness and happiness

5

| happy

6

7 very happy

no opinion

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

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

O-HP/q/sq/ol/7/a

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

O-HP/u/sq/v/5/a

Selfreport on single question

"To what extent 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 unglücklich
- 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 mässig
- b eher gering
- a sehr gering
- keine Angabe

O-SLL/c/sq/v/5/b

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

O-SLu/?/sq/l/5/a

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

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

Selfreport on single question :

"Some people seem to be quite happy and satisfied with their lives, while others seem quite unhappy and dissatisfied. Now look at this ladder (again). Suppose that a person who is entirely satisfied with his life would be at the top of the ladder

and a person who is extremely dissatisfied with his life would be at the bottom of the ladder. Where would you put yourself on the ladder at the present stage of your life in terms of how satisfied or dissatisfied you are with your personal life?"

- [ 10 ] entirely satisfied
- [ 9 ]
- [ 8 ]
- [ 7 ]
- [ 6 ]
- [ 5 ]
- [ 4 ]
- [ 3 ]
- [ 2 ]
- [ 1 ]
- [ 0 ] entirely dissatisfied

O-SLu/c/sq/n/7/b Name Cantril ladder rating (modified version)  
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
- 2 satisfied
- 3 neither satisfied nor dissatisfied
- 2 dissatisfied
- 1 very dissatisfied

Original text in Danish:

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

- 5 meget tilfreds
- 4 tilfreds
- 3 hverken tilfreds eller utilfreds
- 2 utilfreds
- 1 meget utilfreds

O-SLu/g/sq/v/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:

O-SLW/?/sq/v/3/b "Overall, how satisfied are you with your life.....?"  
 4 very satisfied  
 3 satisfied  
 2 dissatisfied  
 1 very dissatisfied.  
 Selfreport on single question:

O-SLW/c/sq/l/11/a ".....satisfaction with overall life....."  
 (Full questions not reported)  
 3 very satisfied  
 2 fairly satisfied  
 1 not satisfied  
 - NA  
 Selfrating on single question:

O-SLW/c/sq/l/11/b "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:

O-SLW/c/sq/l/7/a "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:

O-SLW/c/sq/l/7/a "How satisfied are you with your life-as-a-whole these days.....?"  
 7 completely satisfied  
 6

---

|                   |  |
|-------------------|--|
|                   | 5  |
|                   | 4  |
|                   | 3  |
|                   | 2  |
|                   | 1 completely dissatisfied  |
| O-SLW/c/sq/n/11/b | Selfreport on single question;   |
|                   | "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:   |

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|                    |  |
|--------------------|--|
|                    | <p>"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.....?"</p> <p>7 completely satisfied<br/>6<br/>5<br/>4 neutral<br/>3<br/>2<br/>1 completely dissatisfied</p>   |
| O-SLW/c/sq/v/5/e   | <p>Selfreport on single question:</p> <p>"How satisfied are you recently with your life as a whole.....?"</p> <p>1 completely dissatisfied<br/>2 dissatisfied<br/>3 neither satisfied nor dissatisfied<br/>4 satisfied<br/>5 completely satisfied</p>  |
| O-SLW/c/sqt/v/7/a  | <p>Selfreport on single question, asked twice during the interview:</p> <p>"Are you at this moment satisfied or dissatisfied with life in general.....?"</p> <p>7 very satisfied<br/>6 for the greater part satisfied<br/>5 rather more satisfied than dissatisfied<br/>4 neither satisfied nor dissatisfied<br/>3 somewhat more dissatisfied than satisfied<br/>2 for the greater part dissatisfied<br/>1 very dissatisfied<br/>- Do not know, difficult to say</p>     |
| O-SLW/u/sq/f/7/a   | <p>In Swedish:<br/>"Ar du pa det hela taget nojd eller missnojd met livet i des helnet just nu?"</p> <p>Selfreport on single question:</p> <p>"Which face comes closest to expressing how you feel about your life as a whole?"</p> <p>Rated on pictorial scale, consisting of seven faces varying from smiles to frowns.</p> <p>7 smiling cheerful face<br/>6<br/>5<br/>4 neutral face<br/>3<br/>2<br/>1 frowning depressed face<br/>(Pictures not reproduced here)</p> |
| O-SLW/u/sq/t/101/a | <p>Selfreport on single question :</p> <p>"Where would you put your life as a whole on a feeling thermometer?"</p> <p>Rated on 'thermometer scale' (in grades)<br/>0 degrees: very cold, negative<br/>10</p>   |

---

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

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

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

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/sqt/v/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

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|                  |  |
|------------------|--|
| O-Sum/u/mq/*/0/a | Summation: both scores added<br>Possible range: 2 to 14<br>Selfreport on 3 questions:<br><br>A. "Dissatisfied" and "Unhappy" responses on the Block (1961) Adjective Rating List.<br><br>B. Overall happiness. Single direct question: "Taking all things together, how would you say things are these days? Would you say you are .....?"<br>3 very happy<br>2 pretty happy<br>1 not too happy<br><br>C. Present-year score on Life-Evaluation Chart, ranging from:<br>1 low<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>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](http://www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm). This is the introductory text to the Catalog of Happiness Queries.

## Appendix 2 *Statistics used in reported studies*

| <i>Symbol</i>  | <i>Explanation</i>   |
|----------------|--|
| B              | <p>REGRESSION COEFFICIENT (non-standardized)<br/>           Type: test statistic<br/>           Measurement level: Correlate: metric, Happiness: metric<br/>           Theoretical range: unlimited</p> <p>Meaning:<br/> <math>B &gt; 0</math> « a higher correlate level corresponds with, on an average, higher happiness rating.<br/> <math>B &lt; 0</math> « a higher correlate level corresponds with, on an average, lower happiness rating.<br/> <math>B = 0</math> « not any correlation with the relevant correlate.</p>  |
| Beta           | <p>(<math>\beta</math>) STANDARDIZED REGRESSION COEFFICIENT<br/>           Type: test statistic.<br/>           Measurement level: Correlates: all metric, Happiness!: metric.<br/>           Range: [-1 ; +1]</p> <p>Meaning:<br/> <math>\beta &gt; 0</math> « a higher correlate level corresponds with, on an average, higher happiness rating.<br/> <math>\beta &lt; 0</math> « a higher correlate level corresponds with, on an average, lower happiness rating.<br/> <math>\beta = 0</math> « no correlation.<br/> <math>\beta = +1</math> or <math>-1</math> « perfect correlation.</p> |
| D%             | <p>DIFFERENCE in PERCENTAGES<br/>           Type: descriptive statistic only.<br/>           Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well. Happiness level: dichotomous<br/>           Range: [-100; +100]</p> <p>Meaning: the difference of the percentages happy people at two correlate levels.</p>   |
| DM             | <p>DIFFERENCE of MEANS<br/>           Type: descriptive statistic only.<br/>           Measurement level: Correlate: dichotomous, Happiness: metric<br/>           Range: depending on the happiness rating scale of the author; range symmetric about zero.</p> <p>Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.</p>   |
| E <sup>2</sup> | <p>CORRELATION RATIO (Elsewhere sometimes called h<sup>2</sup> or ETA)<br/>           Type: test statistic<br/>           Measurement level: Correlate: nominal or ordinal, Happiness: metric<br/>           Range: [0; 1]</p> <p>Meaning: correlate is accountable for E<sup>2</sup> x 100 % of the variation in happiness.<br/> <math>E^2 = 0</math> « knowledge of the correlate value does not improve the prediction quality of the happiness rating.</p>   |

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|     |   |
|-----|---|
| G   | <p><math>E^2 = 1</math> « knowledge of the correlate value enables an exact prediction of the happiness rating</p> <p>GOODMAN &amp; Kruskal's GAMMA</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: ordinal, Happiness: ordinal</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p><math>G = 0</math> « no rank correlation</p> <p><math>G = +1</math> « strongest possible rank correlation, where high correlate values correspond with high happiness ratings.</p> <p><math>G = -1</math> « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>                                  |
| mc  | <p>Guttman's monotonicity coefficient.</p> <p>Range: [-1, +1].</p> <p>Measurement level: Both correlate and happiness ordinal or interval</p> <p>Based on the multiplication of signed differences within one variable with the corresponding difference in the second variable and summation over all possible differences.</p> <p>Seldom used in happiness research. See excerpted report.</p>  |
| r   | <p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')</p> <p>Type: test statistic.</p> <p>Measurement level: Correlate: metric, Happiness: metric</p> <p>Range: [-1; +1]</p> <p>Meaning:</p> <p><math>r = 0</math> « no correlation ,</p> <p><math>r = 1</math> « perfect correlation, where high correlate values correspond with high happiness values, and</p> <p><math>r = -1</math> « perfect correlation, where high correlate values correspond with low happiness values.</p>  |
| rp  | <p>POLYCHORIC CORRELATION</p> <p>Variant of r</p> <p>Seldom used in happiness research. See excerpted report for further reference.</p>   |
| rpc | <p>PARTIAL CORRELATION COEFFICIENT</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: metric, Happiness: metric</p> <p>Range: [-1; +1]</p> <p>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.</p> <p>Under that conditions</p> <p><math>rpc &gt; 0</math> « a higher correlate level corresponds with a higher happiness rating,</p> <p><math>rpc &lt; 0</math> « a higher correlate level corresponds with a lower happiness rating,</p> |
| rs  | <p>SPEARMAN'S RANK CORRELATION COEFFICIENT</p> <p>Type: test statistic</p> <p>Measurement level: Correlate: ordinal, Happiness: ordinal.</p> <p>Range: [-1; +1]</p>   |

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|-----|--|
|     | <p>Meaning:<br/> <math>rs = 0</math> « no rank correlation<br/> <math>rs = 1</math> « perfect rank correlation, where high correlate values are associated with high happiness ratings<br/> <math>rs = -1</math> « perfect rank correlation, where high correlate values are associated with low happiness ratings</p>         |
| SNR | Statistic Not Reported   |
| T   | <p>TSCHUPROW'S T<br/> Type: test statistic.<br/> Measurement level: Correlate: nominal, Happiness: ordinal<br/> Range: <math>[0 ; \text{SQRT}[\frac{\min(r,c)-1}{\max(r,c) - 1}]]</math>, c and r being the numbers of columns resp. rows in a cross tabulation.</p>   |
|     | <p>Meaning:<br/> <math>T = 0</math> « no association<br/> <math>T \rightarrow 1</math> « strongest possible association.</p>   |
| tau | <p>NOTE: sometimes the square value is reported instead !<br/> GOODMAN &amp; Kruskal's TAU<br/> Type: descriptive statistic only.<br/> Measurement level: Correlate: nominal, Happiness: ordinal<br/> Range: <math>[0; +1]</math></p>  |
|     | <p>Meaning:<br/> <math>\tau = 0</math> « knowledge of the correlate value does not improve the prediction quality of the happiness rating.<br/> <math>\tau = 1</math> « knowledge of the correlate value enables a perfect (error-free) prediction of the happiness rating.</p>  |
| tb  | <p>KENDALL'S RANK CORRELATION COEFFICIENT TAU-B<br/> Type: test statistic<br/> Measurement level: Correlate: ordinal, Happiness: ordinal<br/> Range: <math>[-1; +1]</math></p>   |
|     | <p>Meaning:<br/> <math>tb = 0</math> « no rank correlation<br/> <math>tb = 1</math> « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.<br/> <math>tb = -1</math> « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.</p> |
| tc  | <p>KENDALL'S TAU-C (Also referred to as Stuart's tau-c)<br/> Type: test statistic<br/> Measurement level: Correlate: ordinal, Happiness: ordinal<br/> Range: <math>[-1; +1]</math></p>   |
|     | <p>Meaning:<br/> <math>tc = 0</math> « no rank correlation<br/> <math>tc = 1</math> « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.<br/> <math>tc = -1</math> « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.</p> |

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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](http://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.

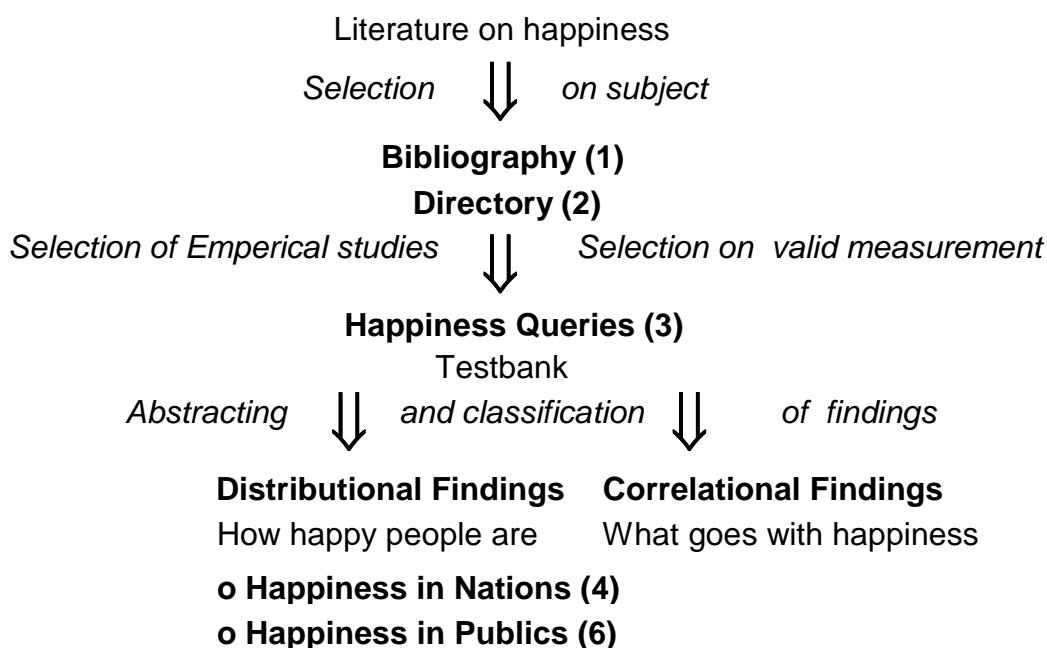
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## Appendix 3: About the World Database of Happiness

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

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- 1    **BIBLIOGRAPHY OF HAPPINESS** Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
  - 2    **DIRECTORY OF INVESTIGATORS** Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
  - 3    **CATALOG OF HAPPINESS QUERIES (testbank)** Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
  - 4    **CATALOG OF HAPPINESS IN NATIONS** Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
  - 5    **CATALOG OF HAPPINESS IN PUBLICS** Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
  - 6    **CATALOG OF CORRELATIONAL FINDINGS** Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.



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

| <i>Main Category's</i> | <i>Category Name</i>  | <i>Number of Studies<br/>in this Category</i> |
|------------------------|---|---|
| A 1                    | ACTIVITY LEVEL (how much one does)                              | 53  |
| A 2                    | ACTIVITY PATTERN (what one does)                                | 7   |
| A 3                    | AFFECTIVE LIFE  | 31  |
| A 4                    | AGE   | 279   |
| A 5                    | AGGRESSION  | 11  |
| A 6                    | ANOMY   | 30  |
| A 7                    | APPEARANCE (good looks)   | 8   |
| A 8                    | ATTITUDES   | 4   |
| A 9                    | AUTHORITARIANISM  | 4   |
| B 3                    | BODY  | 66  |
| C 1                    | CHILDREN 1:   | 4   |
| C 10                   | CREATIVENESS  | 6   |
| C 11                   | CULTURE (Arts and Sciences)                                     | 6   |
| C 2                    | CHILDREN: WANT FOR (Parental aspirations)                       | 6   |
| C 3                    | CHILDREN: HAVING (parental status)                              | 145   |
| C 4                    | CHILDREN's CHARACTERISTICS                                      | 19  |
| C 5                    | CHILDREN: RELATION WITH   | 8   |
| C 6                    | CHILDREN: REARING (parental behavior)                           | 11  |
| C 7                    | COMMUNAL LIVING   | 1   |
| C 8                    | CONCERNS  | 15  |
| C 9                    | COPING  | 27  |
| D 1                    | DAILY JOYS & HASSLES  | 4   |
| E 1                    | EDUCATION   | 243   |
| E 2                    | EMPLOYMENT  | 180   |
| E 3                    | ETHNICITY   | 63  |
| E 4                    | EXPRESSIVE BEHAVIOR   | 10  |
| F 1                    | FAMILY OF ORIGIN (earlier family for adults, current for young) | 195   |
| F 2                    | FAMILY OF PROCREATION   | 42  |
| F 3                    | FAMILY OF RELATIVES   | 145   |
| F 4                    | FARMING   | 30  |
| F 5                    | FREEDOM   | 24  |
| F 6                    | FRIENDSHIP  | 123   |
| G 1                    | GENDER  | 252   |
| G 2                    | GRIEF   | 1   |
| H 10                   | HOPE  | 3   |
| H 11                   | HOUSEHOLD: COMPOSITION  | 90  |
| H 12                   | HOUSEHOLD: WORK   | 10  |
| H 13                   | HOUSING   | 75  |
| H 2                    | HANDICAP  | 13  |

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|      |   |     |
|------|---|-----|
| H 3  | HAPPINESS: ATTITUDES                                    | 39  |
| H 5  | HAPPINESS CAREER  | 144 |
| H 6  | HAPPINESS: CURRENT LEVEL                                | 260 |
| H 8  | HEALTH-BEHAVIOR   | 15  |
| H 9  | HELPING   | 4   |
| I 1  | INCOME  | 415 |
| I 2  | INSTITUTIONAL LIVING                                    | 28  |
| I 3  | INTELLIGENCE  | 63  |
| I 4  | INTERESTS   | 5   |
| I 5  | INTERVIEW   | 49  |
| I 6  | INTIMACY  | 70  |
| L 1  | LANGUAGE  | 1   |
| L 10 | LOCAL ENVIRONMENT                                       | 270 |
| L 11 | LOTTERY   | 7   |
| L 12 | LOVE-LIFE   | 26  |
| L 2  | LEADERSHIP  | 8   |
| L 3  | LEISURE   | 128 |
| L 4  | LIFE APPRAISALS: OTHER THAN HAPPINESS4                  | 290 |
| L 5  | LIFE-CHANGE   | 26  |
| L 6  | LIFE-EVENTS   | 63  |
| L 7  | LIFE-GOALS  | 52  |
| L 8  | LIFE HISTORY  | 1   |
| L 9  | LIFE STYLE  | 4   |
| M 1  | MARRIAGE: MARITAL STATUS CAREER                         | 32  |
| M 10 | MIGRATION: MIGRANT WORK                                 | 3   |
| M 11 | MILITARY LIFE   | 5   |
| M 12 | MODERNITY   | 5   |
| M 13 | MOOD  | 181 |
| M 2  | MARRIAGE: CURRENT MARITAL STATUS                        | 315 |
| M 3  | MARRIAGE: RELATIONSHIP                                  | 99  |
| M 4  | MARRIAGE: PARTNER                                       | 34  |
| M 5  | MEANING   | 18  |
| M 6  | MEDICAL TREATMENT                                       | 49  |
| M 7  | MENTAL HEALTH   | 99  |
| M 8  | MIGRATION: OTHER COUNTRY                                | 9   |
| M 9  | MIGRATION: MOVING WITHIN COUNTRY (residential mobility) | 17  |
| N 1  | NATIONALITY   | 5   |
| N 2  | NATION: TIME & PLACE                                    | 20  |
| N 3  | NATIONAL CHARACTER (modal personality)                  | 2   |
| N 4  | NATION'S CONDITION                                      | 52  |
| N 6  | ATTITUDES TO THE NATION                                 | 111 |
| N 7  | LIVABILITY OF THE NATION                                | 5   |
| N 8  | NUTRITION   | 18  |
| O 1  | OCCUPATION  | 133 |

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|      |   |     |
|------|---|-----|
| O 2  | ORGAN TRANSPLANTATION                                 | 11  |
| P 1  | PERSONALITY: HISTORY                                  | 44  |
| P 10 | POSSESSIONS   | 26  |
| P 12 | PROBLEMS  | 20  |
| P 13 | PSYCHO-SOMATIC COMPLAINTS                             | 53  |
| P 2  | PERSONALITY: CHANGE                                   | 7   |
| P 3  | PERSONALITY: CURRENT ORGANIZATION                     | 7   |
| P 4  | PERSONALITY: CURRENT TRAITS                           | 392 |
| P 5  | PERSONALITY: LATER                                    | 23  |
| P 6  | PHYSICAL HEALTH                                       | 286 |
| P 7  | PLANNING  | 7   |
| P 8  | POLITICS  | 197 |
| P 9  | POPULARITY  | 22  |
| R 1  | RELIGION  | 198 |
| R 2  | RESOURCES   | 8   |
| R 3  | RETIREMENT  | 46  |
| R 4  | ROLES   | 13  |
| S 1  | SCHOOL  | 92  |
| S 10 | SOCIAL SUPPORT: RECEIVED                              | 26  |
| S 11 | SOCIAL SUPPORT: Provided                              | 3   |
| S 12 | SPORTS  | 32  |
| S 13 | STIMULANTS  | 33  |
| S 14 | SUICIDE   | 4   |
| S 15 | SUMMED EFFECTS ON HAPPINESS                           | 71  |
| S 2  | SELF-IMAGE  | 193 |
| S 3  | SEX-LIFE  | 54  |
| S 4  | SLEEP   | 10  |
| S 5  | SOCIAL MOBILITY                                       | 16  |
| S 6  | SOCIAL PARTICIPATION: PERSONAL CONTACTS               | 50  |
| S 7  | SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS          | 111 |
| S 8  | SOCIAL PARTICIPATION: TOTAL (personal + associations) | 25  |
| S 9  | SOCIAL STATUS (Socio-Economic Status)                 | 140 |
| T 1  | TIME  | 27  |
| T 2  | THERAPY   | 9   |
| T 3  | TOLERANCE   | 37  |
| V 1  | VALUE CAREER  | 8   |
| V 2  | VALUES: CURRENT PREFERENCES (own)                     | 49  |
| V 3  | VALUES: CLIMATE (current values in environment)       | 4   |
| V 4  | VALUES: SIMILARITY (current fit with others)          | 5   |
| V 5  | VICTIM  | 11  |
| W 1  | WAR   | 5   |
| W 2  | WORK CAREER   | 1   |
| W 3  | WORK CONDITIONS                                       | 34  |
| W 4  | WORK-ATTITUDES  | 313 |

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|     |                            |    |
|-----|----------------------------|----|
| W 5 | WORK-PERFORMANCE (current) | 6  |
| W 6 | WORRIES                    | 27 |
| X   | UNCLASSIFIED               | 22 |

## Appendix 5 Related Topics

### ***This Topic***

*Classification Page 1*

### ***Related Topics***

*In Subject List on Appendix 4*

|            |   |            |   |
|------------|---|------------|---|
| L 3        | LEISURE                                 | L 9        | LIFE STYLE                              |
| L 3.1      | Leisure career                          |            |   |
| L 3.1.1    | Earlier leisure                         |            |   |
| L 3.1.2    | Change in leisure                       |            |   |
| L 3.1.2.1  | . change in leisure activity-level      | A 1.1.2    | Change in activity level                |
| L 3.1.2.2  | . change in specific leisure activities |            |   |
| L 3.1.2.3  | . change in satisfaction with leisure   |            |   |
| L 3.1.4    | Later leisure                           |            |   |
| L 3.2      | Current leisure time                    | T 1.4      | Current time-usage                      |
| L 3.3      | Current leisure activity                | E 2.3      | Size of current job                     |
| L 3.3.1    | Leisure activity level                  | A 1        | ACTIVITY LEVEL (how much one does)      |
| L 3.3.2    | Specific leisure activities             | I 4.2      | Current interests                       |
| L 3.3.2.1  | . personal care                         |            |   |
| L 3.3.2.10 | . voluntary work                        | S 7.2.3    | Voluntary work                          |
| L 3.3.2.2  | . eating/drinking out                   | S 13.2.1   | Use of alcohol                          |
| L 3.3.2.3  | . hobbies                               |            |   |
| L 3.3.2.4  | . reading                               | C 11.2     | Current cultural participation          |
| L 3.3.2.6  | . shopping                              |            |   |
| L 3.3.2.7  | . theater/movies                        | C 11.2.1   | Passive participation                   |
| L 3.3.2.8  | . traveling                             |            |   |
| L 3.3.2.9  | . tv watching, radio listening          |            | MEDIA ATTENDANCE                        |
|            |   | L 3.1.2.2  | . change in specific leisure activities |
| L 3.3.3    | Place of leisure (indoor vs outdoor)    |            |   |
| L 3.4      | Attitudes to leisure                    |            |   |
| L 3.4.1    | Concern about leisure                   |            |   |
| L 3.4.2    | Leisure aspirations                     |            |   |
| L 3.4.3    | Satisfaction with leisure               | M 13.3.4.2 | Mood during leisure                     |
| L 3.4.3.1  | . satisfaction with time for leisure    | T 1.5.1    | Satisfaction with time-use              |
| L 3.4.3.2  | . satisfaction with leisure activities  | A 2.3      | Attitudes to own activity pattern       |

### **End of Report**