



## World Database of Happiness

### Correlational Findings

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

# Findings on Happiness & PLANNING

Correlate Code: P 7

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<b>Classification of Findings</b>		<b>Number of Studies</b>
<i>Correlate Code</i>	<i>Correlate Name</i>	<i>on this Subject</i>
P 7	PLANNING	0
P 7.2	Current planning	0
P 7.2.1	Planning mindedness	4
P 7.2.2	Planning ability	3
P 7.2.3	Planning of life	0
P 7.3	Attitudes to planning	0

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- 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
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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>BEISE 1974</b>	<i>Page in Report:</i>	323/325
<i>Reported in:</i>	Beiser, M. Components and correlates of mental well-being 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		

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### Measured Correlate

*Class:* Planning mindedness Code: P 7.2.1

*Measurement:* 3-item index of closed questions on like to continue one's life in much the same sort of way or like to change parts of it, success at planning one's life, and accomplished most of the things one would have liked to.

*Measured Values:*

*Error Estimates:*

*Remarks:*

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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=+.45 p<.001	When controlled for positive and negative affect: r = +.30 (.001).

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<b>Study</b>	<b>BEISE 1974</b>	<i>Page in Report:</i>	323/325
<i>Reported in:</i>	Beiser, M. Components and correlates of mental well-being Journal of Health and Social Behavior, 1974, vol. 15, p. 320-327		
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*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/cq/mq/v/3/a	r=+      p<.s	Index of Positive Affects: r = +.21 (05) Index of Negative Affects: r = -.33 (01)

<b>Study</b>	<b>MOLLE 1988</b>	<i>Page in Report:</i>	653
<i>Reported in:</i>	Moller, V. Quality of life in retirement: a case study of zulu return migrants Social Indicators Research, Vol. 20, 1988, pp. 621-658		
<i>Population:</i>	Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	253		

### Measured Correlate

<i>Class:</i>	Planning mindedness Code: P 7.2.1
<i>Measurement:</i>	'Some people say that those who are successful in life have generally made plans and arranged things in advance so that they would turn out well'. 0: Disagrees 1: Agrees
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Direction of correlation unclear in original report. Sign in table is negative, but text indicates positive relationship. Present version approved by author.

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLW/u/sq/v/5/d	r=+.34 p<.01 Beta=+.2 p<.05	All β controlled for: 1 Satisfied with health 2 Voluntary retirement 3 More active person 4 No pension income 5 Has a confidant 6 Higher standard income 7 Community elder 8 Satisfied with job while working 9 Enjoys aspects of retirement 10 Retired suddenly 11 Is happy as grandparents were 12 Preference for entrepreneurship in retirement 13 Higher modernity score

Beta=+.1 p<.05

- 65+ years old
- β controlled for:
  - 1 Satisfied with health
  - 2 Grows cash crop
  - 3 Voluntary retirement
  - 4 Need to purchase maize
  - 5 Owns cattle
  - 6 Keeps chicken
  - 7 Satisfied with job while working
  - 8 Feels relatively young
  - 9 Retired suddenly

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<b>Study</b>	<b>WEBB 1915/1</b>	<i>Page in Report:</i>	26
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	Male college students, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	194		

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### Measured Correlate

*Class:* Planning mindedness Code: P 7.2.1

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

*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/rdp/ro/7/a	r=-.08	

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<b>Study</b>	<b>BEISE 1974</b>	<i>Page in Report:</i>	235
<i>Reported in:</i>	Beiser, M. Components and correlates of mental well-being 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		

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### Measured Correlate

*Class:* Planning ability Code: P 7.2.2

*Measurement:* Rating by psychiatrists on the basis of observations during 6 years (ability to conceptualize goals and the instrumental tasks necessary to their accomplishment and ability to maintain a judicious balance among the various roles.)

*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/cq/mq/v/3/a	r= +	Index of Positive Affects: $r = +.29 (01)$ Non-significant relationship with the Index of Negative Affects.

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<b>Study</b>	<b>BEISE 1974</b>	<i>Page in Report:</i>	235
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<i>Population:</i>	18+ aged, general public, Stirling County, Canada, 1968		
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*Measurement:* Rating by psychiatrists on the basis of observations during 6 years (ability to conceptualize goals and the instrumental tasks necessary to their accomplishment and ability to maintain a judicious balance among the various roles).

*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/cq/mq/v/3/a	r=+.29 p<. 01	Non-significant relationship with the Index of Negative Affects.



<b>Study</b>	<b>BRAY 1980</b>	<i>Page in Report:</i>	285
<i>Reported in:</i>	Bray, D.W. & Howard, A. Career Success and Life Satisfaction of Middle-Aged Managers Competence and coping during adulthood, pp 258-287, University Press of New England, Hanover, New Hampshire 1980. Also "Managerial Lives in Transition" by Howard, A. & Bray, D.W., The Guilford Press 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: 37%		
<i>N:</i>	422 **)		

### Measured Correlate

*Class:* Planning ability Code: P 7.2.2

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

Rater instruction: "How effectively can this person organize work, and how well does she or he plan ahead?"

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=+.13 ns	T5 planning and organization by T5 happiness  Later analysis of the full study-group (N=266) showed a positive significant correlation (BRAY 1983 p 302).

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

*Happiness Query Code*    *Full Text*

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

Selfreport on 10 questions:

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

- A Particularly exited or interested in something?
- B So restless that you couldn't sit long in a chair?
- C Proud because someone complimented you on something you had done?
- D Very lonely or remote from other people?
- E Pleased about having accomplished something?
- F Bored?
- G Depressed or very unhappy?
- H That things were going your way?
- I Upset because someone criticized you?

Answer options and scoring:

- 0 = no
- if yes
- 3 often
- 2 sometimes
- 1 never

Summation:

- Positive Affect Score (PAS): A+C+E+I
- Negative Affect Score (NAS): B+D+F+H+J
- Affect Balance Score (ABS): PAS minus NAS
- Possible range: -15 to +12

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

A-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

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

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

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

Selfreport on single question:

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

3 very happy

2 pretty happy

1 not too happy

O-SLW/u/sq/v/5/d

Selfreport on single question:

"Taking your life as a whole, are you ....."?

5 very satisfied

4 quite satisfied

3 more satisfied than discontented

2 more discontented than satisfied

1 quite dissatisfied

In German:

"Wenn Sie Ihr Leben jetzt alles in allem betrachten, sind Sie.....?"

5 sehr zufrieden

4 ziemlich zufrieden

3 eher zufrieden

2 eher unzufrieden

1 ziemlich unzufrieden

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.

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## **Appendix 2 Statistics used in reported studies**

<i>Symbol</i>	<i>Explanation</i>
Beta	<p>(<math>\beta</math>) STANDARDIZED REGRESSION COEFFICIENT            Type: test statistic.            Measurement level: Correlates: all metric, Happiness: metric.            Range: [-1 ; +1]</p> <p>Meaning:  <math>\beta &gt; 0</math> « a higher correlate level corresponds with, on an average, higher happiness rating.  <math>\beta &lt; 0</math> « a higher correlate level corresponds with, on an average, lower happiness rating.  <math>\beta = 0</math> « no correlation.  <math>\beta = + 1</math> or <math>-1</math> « perfect correlation.</p>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')            Type: test statistic.            Measurement level: Correlate: metric, Happiness: metric            Range: [-1; +1]</p> <p>Meaning:  <math>r = 0</math> « no correlation ,  <math>r = 1</math> « perfect correlation, where high correlate values correspond with high happiness values, and  <math>r = -1</math> « perfect correlation, where high correlate values correspond with low happiness values.</p>

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.

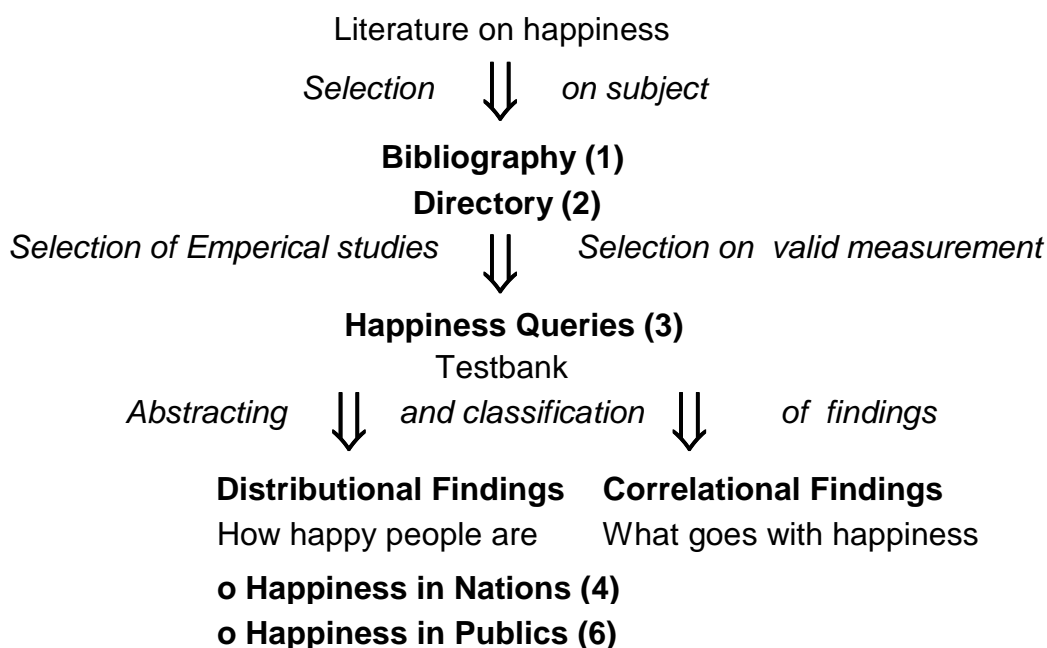
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## **Appendix 3: About the World Database of Happiness**

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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 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

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## **Appendix 5 Related Topics**

***This Topic****Classification Page 1****Related Topics****In Subject List on Appendix 4*


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P 7	PLANNING	T 1.2.4.3	. orientation on the future
P 7.2	Current planning		
P 7.2.1	Planning mindedness	P 4.58	Inner locus of control
		P 4.53	Impulsive (vs self controlled)
P 7.2.2	Planning ability	T 1.3	Current time-organization
		T 1.2.4.3	. orientation on the future
P 7.2.3	Planning of life	L 7.2.1	Having goals or not (life-planning)
P 7.3	Attitudes to planning	M 12.2.1	Modern attitudes

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**End of Report**