



Findings on Happiness & RESOURCES

Correlate Code: R 2

Classification of Findings		Number of Studies on this Subject
Correlate Code	Correlate Name	
R 2	RESOURCES	0
R 2.1	Resource career	2
R 2.1.1	Earlier resources	0
R 2.1.2	Change in resources	1
R 2.1.4	Later resources	0
R 2.2	Current resources	1
R 2.2.1	Personal qualities	4
R 2.3	Resource-variety	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
Erasmus University Rotterdam, 2003, Netherlands

Study	MILLE 1968	Page in Report:	1082
Reported in:	Miller, H. & Wilson, W. Relation of sexual behaviors, values and conflict to avowed happiness and personal Psychological Reports, 1968, vol. 23, p. 1075-1086.		
Population:	Students, undergraduates, Kent State University at Ashtabula, Ohio, USA., 1966-67		
Sample:			
Non-Response:			
N:	132		

Measured Correlate

Class: Resource career Code: R 2.1

Measurement: 5-item index:

1. I adhere strongly to the religion of my parents.
2. I have adopted the religion of my parents but I do not take it very seriously.
3. I have adopted a new religion which I adhere strongly.
4. I have adopted a new religion, but I do not take it very seriously.
5. I do not adhere to any religion, I am essentially 'this worldly' in my outlook.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
M-TH/g/sq/v/9/a	r=+ ns	Items were scored in three ways: - 5-point scale: item 1 indicating the most religious. males : r = +.01 (ns) females : r = +.17 (ns) - 3-point scale: item 1 or 3 (top category), 2 or 4 (middle), or 5 (lowest category): males : r = -.00 (ns) females : r = +.12 (ns) - 5-point scale: item 3 (most religious), 4, 1, 2, 5, (least religious): males : r = +.00 (ns) females : r = +.16 (ns)

Study	WILSO 1965	Page in Report:	375
Reported in:	Wilson, W.R. Relation of sexual behaviors, values, and conflicts to avowed happiness. Psychological Reports, 1965, vol. 17, p. 371-378.		
Population:	College students, undergraduates, Hawaii, USA, 196?		
Sample:			
Non-Response:			
N:	101		

Measured Correlate

Class: Resource career Code: R 2.1

Measurement: 5-item index:

1. I adhere strongly to the religion of my parents.
2. I have adopted the religion of my parents, but do not take it very seriously.
3. I have adopted a new religion to which I adhere strongly.
4. I have adopted a new religion, but I do not take it very seriously.
5. I do not adhere to any religion; I am essentially 'this worldly' in my outlook.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
M-TH/g/sq/v/11/a	r=+.33 p<.s	
	r=+.33 p<.s	

Study	GRANE 1973A	Page in Report:	7
<i>Reported in:</i>	Graney, M.J. The Affect Balance Scale and old age. Paper presented at the Annual Meeting of the Midwest Socio- logical Society, April 26, 1973, Milwaukee, Wisconsin.		
<i>Population:</i>	62-89 aged females, followed 4 years USA, 1967-71		
<i>Sample:</i>			
<i>Non-Response:</i>	27%; 24% unattainable, 3% incomplete.		
<i>N:</i>	44		

Measured Correlate

Class: Change in resources Code: R 2.1.2

Measurement: Comparison of T1 and T2.
Significant move to a fully independent household, marriage, and taking paying employment were defined as status gains.
Institutionalization, the death of supportive family members and friends, and recent geographic dispersion of supportive children were defined as losses. Ss classified as having experienced: losses / no change / gains

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	tb=+.13 ns	At T1 all Ss were in good health, able to care for themselves and lived alone. Happiness assessed at T2. % happy at T2: - losses 22% - no change 28% - gains 40%

Study	BOELH 1999	Page in Report:	62
<i>Reported in:</i>	Boelhouwer, J. & Stoop, I. Measuring Well-Being in the Netherlands 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: Current resources Code: R 2.2

Measurement: Score on LCI (Living conditions Index) of the Netherlands Social and Cultural Planning Office. Questions on the LCI Index involve the following subjects: Housing; Health; Purchasing Power; Leisure Activities; Mobility; Social Participation; Sport Activity; Holiday; and Miscellaneous.

- 1 Below average
- 2 Above average

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HP/u/sq/v/5/a	r=+.24 p<.05	1993
	r=+.33 p<.05	1997

Study	CHIRI 1971	Page in Report:	603
Reported in:	Chiriboga, D. & Lowenthal, M.F. Psychological correlates of perceived well-being Proceedings of the 79th Annual Convention, A.P.A., 1971		
Population:	People in transition, metropolis, USA, 1969		
Sample:			
Non-Response:	-		
N:	216		

Measured Correlate

Class: Personal qualities Code: R 2.2.1

Measurement: 14 indicators of psychological resources including measures of mutuality (familial and extra-familial), resolution of losses, contextual and temporal perspective, growth, competence, insight, perceived and judged encroachment, hope, and satisfaction with intrapersonal and interpersonal competence in general.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cw/mq/v/4/d	r=- p<.05	Six of the deficit indicators correlated significantly (.05) with both affect balance and with negative affect. No relationships with positive affect were found.

Study	CHIRI 1971	Page in Report:	603
Reported in:	Chiriboga, D. & Lowenthal, M.F. Psychological correlates of perceived well-being Proceedings of the 79th Annual Convention, A.P.A., 1971		
Population:	People in transition, metropolis, USA, 1969		
Sample:			
Non-Response:	-		
N:	216		

Measured Correlate

Class: Personal qualities Code: R 2.2.1

Measurement: 14 indicators of psychological resources including measures of mutuality (familial and extra-familial), resolution of losses, contextual and temporal perspective, growth, competence, insight, perceived and judged encroachments, hope and satisfaction with in-trapersonal and interpersonal competence in general.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cw/mq/v/4/d	r= +	<p>Indicators of both psychological resources and psychological deficits were developed and correlated with well-being and affect. The correlations concerning psychological deficits, and deficits and resources combined, were presented under 'Mental Health' (H 2.3.1).</p> <p>In total, significant correlations were found between two indicators of resources and psychological well-being.</p> <p>There were four significant or near-significant correlations with positive affect, four with negative affect (including two inverse relationships), and eight with affect balance.</p>

O-HL/c/sq/v/3/cb	r= +	<p>In total, significant correlations were found between two indicators of resources and psychological well-being.</p> <p>There were four significant or near-significant correlations with positive affect, four with negative affect (including two inverse relationships), and eight with affect balance.</p>
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Study	LOWEN 1973	Page in Report:	291/292
Reported in:	Lowenthal, M.F., Chiriboga, D. Social stress and adaptation: toward a life-course perspective Eisdorfer, C., Powell Lawton, M., eds. Psychology of adult development and aging, Washington D.C., 1973 A.P.A.		
Population:	People in transition, metropolis, USA, 1969		
Sample:			
Non-Response:			
N:	216		

Measured Correlate

Class: Personal qualities Code: R 2.2.1

Measurement: Resource-deficit configuration: the high/high combination is the most "complex", the low/low combination the most "simple".
 1. Resources (aspects of positive mental health): 13 characteristics, such as familial mutuality, insight, competence, self-satisfaction, etc. rated on the basis of an interview protocol.
 2. Deficits (aspects of negative mental health): 5 ratings of mental impairment based on scores on a symptom inventory and analysis of the interview protocol.
 Both resource level and deficit levels were divided in three categories: high, middle, low. This allowed nine combinations: high/high, high/middle, low/low.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cw/mq/v/4/a	SNR=+	Resource/deficit combinations in order of happiness: most happy: medi um/low second happy: high/low third happy: low/low least happy(ni nth): medi um/medi um
		Resource/deficit combinations characteristic of the happiest among: high school seniors high/high newly weds medi um/low middle-aged parents medi um/low preretirees low/low

The correspondence of happiness and "complexity" in mental health declines with age.

Study	PALMO 1979	Page in Report:	352
<i>Reported in:</i>	Palmore, E.B., Cleveland Jr, P.C., Nowlin, J.B., Ramm, D. & Siegler, I.C. Stress and Adaptation in Later Life Reprint from Journal of Gerontology 1979, Vol 34 pp (in this reprint) 341-356		
<i>Population:</i>	46+ aged white, North Carolina, USA, 1968- 1976.		
<i>Sample:</i>	Probability stratified sample		
<i>Non-Response:</i>			
<i>N:</i>	375		

Measured Correlate

<i>Class:</i>	Personal qualities Code: R 2.2.1
<i>Measurement:</i>	Level of intellectual functioning measured by 4 subtests of Wechsler Adult Intelligence Scale: information, vocabulary, digit symbol and picture arrangement (Wechsler 1955) and personality factor (anxiety versus adjustment) derived from Catell 16 PF Scale.
<i>Measured Values:</i>	low 42% middle 41% high 17%
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-BW/c/sq/l/10/c	B=+.2 p<.01	Separate multiple regression. Dependent: Change in life satisfaction T1 to T4. (negative B indicates negative effect) (p<.01 at entry).

Appendix 1 Queries on Happiness used in reported Studies

Happiness Query Code Full Text

A-BB/cm/mq/v/2/a Selfreport on 10 questions:

- "During the past few weeks, did you ever feel?" (yes/no)
- A Particularly exited or interested in something?
 - B So restless that you couldn't sit long in a chair?
 - C Proud because someone complimented you on something you had done?
 - D Very lonely or remote from other people?
 - E Pleased about having accomplished something?
 - F Bored?
 - G On top of the world?
 - H Depressed or very unhappy?
 - I That things were going your way?
 - J Upset because someone criticized you?

Answer options and scoring:

yes = 1

no = 0

Summation:

-Positive Affect Score (PAS): A+C+E+G+I

-Negative Affect Score (NAS): B+D+F+H+J

-Affect Balance Score (ABS): PAS minus NAS

Possible range: -5 to +5

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

A-BB/cw/mq/v/4/a Selfreport on 11 questions:

"During the past few weeks, did you ever feel....?"

- A angry
- B bored
- C could not get going
- D depressed
- E lonely
- F too busy
- G uneasy
- H exited
- I on top of the world
- J pleased
- K proud

Answer options and scoring:

- yes = 1

- no = 0

Positive Affect Score (PAS): summed scores on H, I, J, K

Negative Affect Score (NAS): summed scores A, B, C, D, E, F, G

Affect Balance Score (ABS): PAS minus NAS

Possible range: -7 to +5

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

Name: Bradburn's 'Affect Balance Scale' (modified version)
Selfreport on 8 questions.

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

- A very lonely
- B restless
- C bored
- D depressed
- E on top of the world
- F exited or interested
- G pleased about accomplishment
- H proud

Answer options:

- 1 never
- 2 once
- 3 several times
- 4 often

Summation:

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

M-TH/g/sq/v/11/a

Name: Bradburn's Affect Balance Scale (modified version)
Selfreport on single question:

Lead item not reported

11 completely and supremely happy, tremendous joy and elation

all the time

10

9

8 very happy most of the time

7

6 happy most of the time

5

4 not very happy most of the time

3

2.

1 completely utterly unhappy, terrible depression and gloom
all the time

(originally presented horizontally)

M-TH/g/sq/v/9/a

Self report on single question:

"Please estimate your happiness on the scale below by marking a number from 1 to 9"

- 1 not very happy most of the time
- 2

-
- 3
4
5 happy most of the time
6
7
8
9 very happy most of the time

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

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?"

- [9] best possible life for you
 [8]
 [7]
 [6]
 [5]
 [4]
 [3]
 [2]
 [1]
 [0] worst possible life for you

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

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

Selfreport on single question:

"In general, how happy are you these days?"

- 3 very happy
 2 pretty happy
 1 not too happy

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

Selfreport on single question

"To what extend do you consider yourself a happy person....?"

- 5 very happy
 4 happy
 3 neither happy nor unhappy
 2 not very happy
 1 unhappy

In Dutch:

"In welke mate vindt u zichzelf een gelukkig mens ?"

- 5 erg gelukkig
 4 gelukkig
 3 niet gelukkig, niet ongelukkig
 2 niet zo gelukkig
 1 ongelukkig
 - weigert
 - weet niet

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.

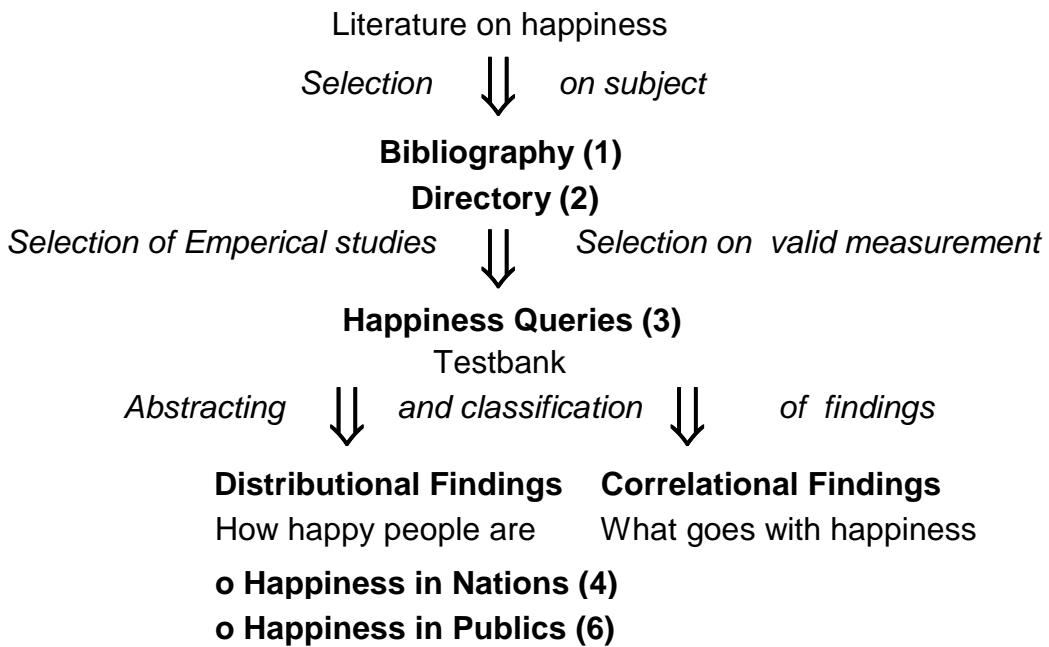
Appendix 2 **Statistics used in reported studies**

Symbol	Explanation
B	<p>REGRESSION COEFFICIENT (non-standardized) Type: test statistic Measurement level: Correlate: metric, Happiness: metric Theoretical range: unlimited</p> <p>Meaning: $B > 0$ « a higher correlate level corresponds with, on an average, higher happiness rating. $B < 0$ « a higher correlate level corresponds with, on an average, lower happiness rating. $B = 0$ « not any correlation with the relevant correlate.</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: $r = 0$ « no correlation , $r = 1$ « perfect correlation, where high correlate values correspond with high happiness values, and $r = -1$ « perfect correlation, where high correlate values correspond with low happiness values.</p>
SNR	<p>Statistic Not Reported</p>
tb	<p>KENDALL'S RANK CORRELATION COEFFICIENT TAU-B Type: test statistic Measurement level: Correlate: ordinal, Happiness: ordinal Range: [-1; +1]</p> <p>Meaning: $tb = 0$ « no rank correlation $tb = 1$ « perfect rank correlation, where high values of the correlate correspond with high happiness ratings. $tb = -1$ « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.</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. This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

Appendix 3: About the World Database of Happiness

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



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

Main Category's	Category Name	Number of Studies in this Category
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

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

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

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

Appendix 5 *Related Topics*

<i>This Topic</i>	<i>Related Topics</i>
<i>Classification Page 1</i>	<i>In Subject List on Appendix 4</i>
R 2 RESOURCES	QUALITY OF LIFE LIFE-CHANCES (access to scarce resources)
R 2.1 Resource career	
R 2.1.1 Earlier resources	
R 2.1.2 Change in resources	
R 2.1.4 Later resources	
R 2.2 Current resources	S 15 SUMMED EFFECTS ON HAPPINESS
R 2.2.1 Personal qualities	
R 2.3 Resource-variety	

End of Report