**Findings on Happiness & SPORTS**

**Correlate Code: S 12**

<table>
<thead>
<tr>
<th>Classification of Findings</th>
<th>Number of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Correlate Code</td>
<td>Correlate Name</td>
</tr>
<tr>
<td>S 12</td>
<td>SPORTS</td>
</tr>
<tr>
<td>S 12.1</td>
<td>Sports career</td>
</tr>
<tr>
<td>S 12.1.1</td>
<td>Earlier involvement in sports</td>
</tr>
<tr>
<td>S 12.1.2</td>
<td>Change involvement in sports</td>
</tr>
<tr>
<td>S 12.1.4</td>
<td>Later involvement in sports</td>
</tr>
<tr>
<td>S 12.2</td>
<td>Current involvement in sports</td>
</tr>
<tr>
<td>S 12.2.1</td>
<td>Active involvement in sports</td>
</tr>
<tr>
<td>S 12.2.2</td>
<td>Passive involvement in sports</td>
</tr>
<tr>
<td>S 12.2.3</td>
<td>Skilledness in sports</td>
</tr>
<tr>
<td>S 12.2.4</td>
<td>Kind of sport practiced</td>
</tr>
<tr>
<td>S 12.3</td>
<td>Attitudes to sports</td>
</tr>
<tr>
<td>S 12.3.1</td>
<td>Perceived usefulness of sports</td>
</tr>
<tr>
<td>S 12.3.2</td>
<td>Satisfaction with sporting</td>
</tr>
</tbody>
</table>

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

Cite as: Veenhoven, R.: Findings on Happiness & SPORTS
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands
Findings on Happiness & SPORTS

<table>
<thead>
<tr>
<th>Study</th>
<th>GEHMA 1990A</th>
<th>Page in Report: (18)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Gehmacher, E.</td>
<td>Stressbewältigung und Selbstbestimtheit.(Stress management and sense of)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start uns Aufstieg, 1990 vol 3 page 13-14</td>
</tr>
<tr>
<td>Population:</td>
<td>Railway employees, Austria, 1988</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>?</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>68</td>
<td></td>
</tr>
</tbody>
</table>

Measured Correlate

| Class: | Earlier involvement in sports Code: S 12.1.1 |
| Measurement: | Retrospective report of frequency of sporting and involvement in competition |
| | 0. seldom or never |
| | 1. one or two times a week |
| | 3. more often, but no competition |
| | 4. involved in sport-competition |

Measured Values: |

Error Estimates: |

Remarks: |

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/d</td>
<td>r=-.11</td>
<td>1. M' =2.59</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. M' =2.70</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. M' =2.14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. M' =2.44</td>
</tr>
</tbody>
</table>
Findings on Happiness & SPORTS

Study

GEHMA 1992B

Reported in: Gehmacher, E.
Sport, Gesundheit und Lebenszufriedenheit (Sport, Health and Life-satisfaction)
Ehalt, H. Ch. & Weiss, O. (eds) Sport; Zwischen Disziplinierung und neuen sozialen
Bewegungen  p 170-184

Population: Military men, cadres, Austria, 1989

Sample:

Non-Response:

N: 1350

Measured Correlate

Class: Earlier involvement in sports  Code: S 12.1.1

Measurement:

Questions about sport activities at age 14-20
0. no sport
1. some sport for pleasure or health
   (gymnastics, jogging)
2. regular condition sporting
3. regular achievement sporting

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-SLu/c/sq/n/5/a  rpc= ns  rpc controlled for age, health, psychological coping
capacity and current sporting.

Path analysis does not suggest that sporting in
youth adds to happiness through better health or
psychological capacity.
Findings on Happiness & SPORTS  

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

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

*Sample:*  
Probability sample (unspecified)

*Non-Response:*  
N: ±3500 each year

**Measured Correlate**

*Class:* Active involvement in sports  
Code: S 12.2.1

*Measurement:*  
Sport participation?  
1 no sports  
2 one sport  
3 two sports  
4 three sports  
5 four sports  
6 five sports

*Measured Values:*  

*Error Estimates:*  

*Remarks:*  

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/u/sq/v/5/a</td>
<td>r=.10</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td></td>
<td>r=.19</td>
<td>p&lt;.</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 4 of 48
Findings on Happiness & SPORTS

**Study**

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

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

*Sample:* Probability sample (unspecified)

*Non-Response:*  
N: ±3500 each year

---

**Measured Correlate**

*Class:* Active involvement in sports  
*Code:* S 12.2.1

*Measurement:* Number of times sporting a week
1 no sport participation  
2 once a week  
3 twice a week

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/u/sq/v/5/a</td>
<td>r=+.13</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>
Findings on Happiness & SPORTS

Study: BRADB 1965/1

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

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

Sample:
Non-Response: -
N: 2006

Measured Correlate

Class: Active involvement in sports  Code: S 12.2.1

Measurement: Closed question: not at all / once / several times / every day / more than once a day, during last week.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks

- Males  : G' = +.20 (01)
- Females : G' = +.10 (01)

Unrelated to Index of Negative Affects.
### Study

**BULAT 1973**

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

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

*Sample:
Non-Response:* -
*N:* 941

### Measured Correlate

*Class:* Active involvement in sports  Code: S 12.2.1

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

*Measured Values:
Error Estimates:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/c/sq/l/11/a</td>
<td>G = +</td>
<td>Males : G = +.19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = +.24</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/f</td>
<td>G = +</td>
<td>Males: G = +.06</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = +.46</td>
</tr>
</tbody>
</table>
### Findings on Happiness & SPORTS Correlate Code: S 12

**Study**

**GEHMA 1990A**

*Reported in:* Gehmacher, E.
Stressbewältigung und Selbstbestimmtheit. (Stress management and sense of 
Start uns Aufstieg, 1990 vol 3 page 13-14
(Data also reported in IFES paper E76, Vienna, Austria 1988)

*Population:* Railway employees, Austria, 1988

*Sample:*

*Non-Response:* ?

*N:* 68

### Measured Correlate

*Class:* Active involvement in sports  Code: S 12.2.1

*Measurement:* 0. no sporting  
1. some or much

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/d</td>
<td>r=+.15</td>
<td></td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 8 of 48
Findings on Happiness & SPORTS Correlate Code: S 12

Study GEHMA 1992B Page in Report: 177

Reported in: Gehmacher, E.
Sport, Gesundheit und Lebenszufriedenheit (Sport, Health and Life-satisfaction)
Ehalt, H. Ch. & Weiss, O. (eds) Sport; Zwischen Disziplinierung und neuen sozialen Bewegungen p 170-184

Population: Military men, cadres, Austria, 1989

Sample:
Non-Response:
N: 1350

Measured Correlate

Class: Active involvement in sports Code: S 12.2.1

Measurement: Questions about current sport activities
0. no sport
1. some sport for pleasure or health (gymnastics, jogging)
2. regular condition sporting
3. regular achievement sporting

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLu/c/sq/n/5/a DM=+ ns 0. M=3.14
1. M=3.19
2. M=3.29
3. M=3.28

rpc= ns rcp controled for age, health, coping capacity and sporting in youth.

Path-analysis suggests that current sporting does not affect happiness directly, but fosters it slightly through effects on health (+.08) and coping capacity (+.02).
Findings on Happiness & SPORTS  Correlate Code: S 12

**Study**  
**MIELK 1997**  

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

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

*Sample:*  
Probability systematic sample

*Non-Response:*  
onknown

*N:*  
6000

**Measured Correlate**

*Class:*  
Active involvement in sports  
Code: S 12.2.1

*Measurement:*  
frequency of involvement in sports:  
daily

*Measured Values:*  

*Error Estimates:*  

*Remarks:*  

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-SLu/c/sq/l/11/a | D%=18 | %satisfied with life:  
daily: 66  
never 48 |

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 10 of 48
Findings on Happiness & SPORTS

**Study**

**NOELL1977/11**

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

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

*Sample:*

*Non-Response:*
N: 890

---

**Measured Correlate**

*Class:*
Active involvement in sports  Code: S 12.2.1

*Measurement:*
Single direct question on sports played in the last 12 months:
- often
- sometimes
- not

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CA/mh/ri/v/2/b</td>
<td>D%=+</td>
<td>In both categories the cheerful claim more sport activities by themselves. Exception: young sometimes: 55%, pensioners 65%</td>
</tr>
</tbody>
</table>
Findings on Happiness & SPORTS

Study SCHUL 1985B

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

Population: Adults, non-institutionalized, Austria, 1984

Sample:
Non-Response: ?
N: 1776

Measured Correlate

Class: Active involvement in sports Code: S 12.2.1
Measurement: Direct question: "Do you undertake physical fitness activities at least weekly? No, I have sufficient physical movement/No/Yes".

Measured Values:
Error Estimates:

Observed Relation with Happiness

Happiness Query O-QL/?c/mq/v/5/a
Statistics r=+.13
Remarks Beta=+.0 p<.05 B controlled for: gender, age, community size, education, professional status, marital status, income, body weight, healthy eating habits, weight control, alcohol consumption, psychosomatic complains, illness and satisfaction with health.
Study | SNYDE 1974
---|---
**Reported in:** | Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being
**Population:** | Adult, general public, Toledo, Ohio, USA, 1973
**Sample:** | 
**Non-Response:** | 46%
**N:** | 510

### Measured Correlate

**Class:** | Active involvement in sports  Code: S 12.2.1
**Measurement:** | Question: infrequently or never / some / frequently.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-HL/u/sq/v/3/a | G=+.14 p< | **Males** : G = +.04 (ns)  
**Females** : G = +.24 (01) |
| O-SLL/c/sq/v/3/a | G=+.10 ns | **Males** : G = +.07 (ns)  
**Females** : G = +.16 (ns) |
Findings on Happiness & SPORTS

Correlate Code: S 12

---

**Study**

**SONDE 1975**

*Reported in:* Sondermeijer, B.
Health correlates of happiness

*Population:* 40-60 aged male employees, Rotterdam, The Netherlands, 1977

*Sample:*

*Non-Response:* 5%

*N:* 13,000

---

**Measured Correlate**

*Class:* Active involvement in sports  Code: S 12.2.1

*Measurement:* Single direct question:

0 No
1 Yes

---

**Observed Relation with Happiness**

*Happiness Query*  
M-FH/g/sq/v/2/a

*Statistics*  
G=+.07  ns

*Remarks*  
G=+.07  ns
Findings on Happiness & SPORTS

Correlate Code: S 12

WASHB 1941

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

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

Sample:
Non-Response: -
N: 238

Measured Correlate

Class: Active involvement in sports  Code: S 12.2.1

Measurement:
0 No sports
1 Sports

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
M-CO/?/?q/?/0/a | D%=+  p<.s | L-shaped curve: significant relationship among the more unhappy students only.
SNR= +  p<.s | L-shaped curve: significant relationship among the more unhappy students only.

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness
Page 15 of 48
**Study**  
**BRADB 1965/1**  

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

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

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

**Measured Correlate**  
*Class:* Passive involvement in sports  
*Measurement:* Closed question: not at all / once / several times / every day / more than once a day during last week.  

**Observed Relation with Happiness**  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>

*Index of Positive Affects:* $G' = +.19 (01)$  
- Unaffected by sex  
- High S.E.S. $G' = +.15 (05)$  
- Low S.E.S. $G' = +.07 (ns)$  

*Unrelated to Index of Negative Affects.*
Study: SNYDE 1974

Reported in: Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:

Non-Response: 46%
N: 510

Measured Correlate

Class: Passive involvement in sports  Code: S 12.2.2

Measurement: Question: not at all / sometimes / thoroughly

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G= + p.&lt;</td>
<td>Males : G = +.13 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females : G = +.28 (05)</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G= + p.&lt;</td>
<td>Males : G = +.26 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females : G = +.29 (05)</td>
</tr>
</tbody>
</table>
### Study

**SNYDE 1974**

*Reported in:* Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

*Population:* Adult, general public, Toledo, Ohio, USA, 1973

*Sample:*

*Non-Response:* 46%

*N:* 510

---

### Measured Correlate

*Class:* Passive involvement in sports  Code: S 12.2.2

*Measurement:* Question: infrequently or never / sometimes / frequently

*Measured Values:

*Error Estimates:

*Remarks:

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G=+.19</td>
<td>p&lt;. Males : G = +.08 (ns) Females : G = +.33 (01)</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G=+.20</td>
<td>p&lt;. Females : G = +.30 (05) Males : G = +.15 (ns)</td>
</tr>
</tbody>
</table>
Findings on Happiness & SPORTS

Study: SNYDE 1974

Reported in: Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample: Non-Response: 46%
N: 510

Measured Correlate

Class: Passive involvement in sports Code: S 12.2.2
Measurement: Question: infrequently or never / sometimes / frequently

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>

Males : G = +.23 (ns)  
Females : G = +.39 (01)

Males : G = +.29 (ns)  
Females : G = +.33 (01)
Findings on Happiness & SPORTS

**Study**

**SNYDE 1974**

*Reported in:* Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

*Population:* Adult, general public, Toledo, Ohio, USA, 1973

*Sample:
Non-Response:* 46%
*N:* 510

**Measured Correlate**

*Class:* Passive involvement in sports  Code: S 12.2.2

*Measurement:* Measurement by having respondents match a 12-item list of famous sports personalities with their appropriate sports sphere.

*Measured Values:
Error Estimates:
Remarks:

**Observed Relation with Happiness**

*Happiness Query*  *Statistics*  *Remarks*
O-HL/u/sq/v/3/a  G=+.07
O-SLL/c/sq/v/3/a  G=+.07
Findings on Happiness & SPORTS

SNYDE 1974

Reported in: Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Measured Correlate

Class: Passive involvement in sports Code: S 12.2.2
Measurement: 5-item index of questions on playing sports, watching sports, talking about sports, reading sports page, and subscribe/read sports magazines.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/u/sq/v/3/a G=+.24 Stronger among females.
O-SLL/c/sq/v/3/a G=+.23 Stronger among females.

Stronger among females.
Lower among males.

Stronger among females.
Lower among males.
Findings on Happiness & SPORTS

Study

<table>
<thead>
<tr>
<th>Measured Correlate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class:</strong> Passive involvement in sports  Code: S 12.2.2</td>
</tr>
<tr>
<td><strong>Measurement:</strong> Question: yes / no</td>
</tr>
</tbody>
</table>

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-HL/u/sq/v/3/a | G= + ns    | Males : G = +.01 (ns)  
                  |            | Females : G = +.19 (ns) |
| O-SLL/c/sq/v/3/a| G= + ns    | Males : G = +.11 (ns)  
                  |            | Females : G = +.25 (ns) |

Snyder, E.E. & Spreitzer, E.A.  
Involvement in sports and psychological well-being  

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:

Non-Response: 46%

N: 510

Print date: 7-2-2003

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

**Study**  
**WEBB 1915/1**  
*Reported in:* Webb, E.  
Character and intelligence. An attempt at an exact study of character.  
*Population:* Male college students, England, 1912  
*Sample:*  
*Non-Response:* -  
*N:* 194  

---  

**Measured Correlate**  
*Class:* Skilledness in sports  
*Code:* S 12.2.3  
*Measurement:* Rating of skill in and devotion to athletics on 7-point scales by (student) captains of various athletic clubs and by a staff member.  
*Measured Values:*  
*Error Estimates:*  
*Remarks:*  

---  

**Observed Relation with Happiness**  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/rdp/ro/7/a</td>
<td>r=+.39</td>
<td></td>
</tr>
</tbody>
</table>
## Findings on Happiness & SPORTS Correlate Code: S 12

### Study

**WEBB 1915/2**

**Reported in:** Webb, E.


**Population:** ±12 aged, male school pupils, London, England, 1912

**Sample:**

**Non-Response:** -

**N:** 140

### Measured Correlate

**Class:** Skilledness in sports  Code: S 12.2.3

**Measurement:** Class-master rating of skill in and devotion to athletics on a 7-point scale on the basis of observation during 6 months.

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/rdt/ro/7/a</td>
<td>r=+.30</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**SNYDE 1975**

*Reported in:* Snyder, E.E. & Kivlin, J.E.

*Population:* Female athletes and controls, USA, 197

*Sample:*

*Non-Response:* Sample II: 35%

*N:* 603

### Measured Correlate

*Class:* Kind of sport practiced  Code: S 12.2.4

*Measurement:* 0. Controls: a class of sociology students.
1. Athletes: participants in National Championship or Olympic tryout in 1972.

### Measured Values:

### Error Estimates:

### Remarks:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/4/a</td>
<td>G=+.39</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/c</td>
<td>G=+.32</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/d</td>
<td>G=+.32</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>
### Study

**SNYDE 1975**  
*Reported in:* Snyder, E.E. & Kivlin, J.E.  
*Population:* Female athletes and controls, USA, 197?  
*Sample:*

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>Sample II: 35%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N:</strong></td>
<td>603</td>
</tr>
</tbody>
</table>

#### Measured Correlate

*Kind of sport practiced Code: S 12.2.4*

| Measurement: | 0. Basketball players  
1. Gymnasts |

#### Measured Values:

#### Error Estimates:

#### Remarks:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/4/a</td>
<td>G=+.17 ns</td>
<td>Computed for athletes only.</td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/c</td>
<td>G=+.12 ns</td>
<td>Computed for athletes only.</td>
</tr>
<tr>
<td>M-TH/g/sq/v/4/d</td>
<td>G=+.22 ns</td>
<td>Computed for athletes only.</td>
</tr>
<tr>
<td>Study</td>
<td>SNYDE 1974</td>
<td>Page in Report: 35</td>
</tr>
<tr>
<td>-----------------------</td>
<td>------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Reported in</td>
<td>Snyder, E.E. &amp; Spreitzer, E.A.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Involvement in sports and psychological well-being</td>
<td></td>
</tr>
<tr>
<td>Population</td>
<td>Adult, general public, Toledo, Ohio, USA, 1973</td>
<td></td>
</tr>
<tr>
<td>Sample</td>
<td>- Non-Response: 46%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>N: 510</td>
<td></td>
</tr>
</tbody>
</table>

### Measured Correlate

- **Class:** Perceived usefulness of sports  Code: S 12.3.1
- **Measurement:** Question: disagree / not sure / agree

### Measured Values:

### Error Estimates:

### Remarks:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G= +</td>
<td>ns</td>
</tr>
<tr>
<td>Males</td>
<td>G = +.06 (ns)</td>
<td></td>
</tr>
<tr>
<td>Females</td>
<td>G = +.13 (ns)</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G= +</td>
<td>ns</td>
</tr>
<tr>
<td>Males</td>
<td>G = +.15 (ns)</td>
<td></td>
</tr>
<tr>
<td>Females</td>
<td>G = +.08 (ns)</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SPORTS Correlate Code: S 12

Study  
**SNYDE 1974**

*Reported in:* Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

*Population:* Adult, general public, Toledo, Ohio, USA, 1973

*Sample:*

*Non-Response:* 46%

*N:* 510

---

**Measured Correlate**

*Class:* Perceived usefulness of sports  Code: S 12.3.1

*Measurement:* Question: disagree / not sure / agree

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G= -</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>Males : G = -.26 (ns)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Females : G = -.10 (ns)</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G= -</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>Males : G = -.36 (01)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Females : G = -.08 (ns)</td>
<td></td>
</tr>
</tbody>
</table>
# Findings on Happiness & SPORTS

**Correlate Code: S 12**

## Study

**SNYDE 1974**

**Reported in:** Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

**Population:** Adult, general public, Toledo, Ohio, USA, 1973

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>46%</td>
<td>510</td>
</tr>
</tbody>
</table>

## Measured Correlate

**Class:** Perceived usefulness of sports  
Code: S 12.3.1

**Measurement:** 4-item index of agree/disagree statements on sports are a way to relax, sports are a waste of time, little satisfaction received from sports and sports are a help against worries and pressures.  
Question: disagree / not sure / agree

## Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G=+.16</td>
<td>Unaffected by sex</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G=+.15</td>
<td>Stronger among males</td>
</tr>
</tbody>
</table>

| Lower among females | |

---

Print date: 7-2-2003  
World Database of Happiness: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
Page 29 of 48
Findings on Happiness & SPORTS

Study

SNYDE 1974

Reported in: Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Measured Correlate

Class: Perceived usefulness of sports  Code: S 12.3.1
Measurement: Question: disagree / not sure / agree

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-HL/u/sq/v/3/a  | G= + ns    | Males: G = +.02 (ns)  
|                 |            | Females: G = +.03 (ns) |
| O-SLL/c/sq/v/3/a | G= + ns    | Males: G = +.13 (ns) |
|                 |            | Females: G = +.03 (ns) |
Findings on Happiness & SPORTS

SHICH 1984

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

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

*Sample:*

*Non-Response:* 5.9 %  
*N:* 217

**Measured Correlate**

*Class:* Satisfaction with sporting  
Code: S 12.3.2

*Measurement:* Single direct questions on both satisfaction and dissatisfaction with sports.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/u/sq/v/4/a</td>
<td>r=-.18</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

*dissatisfaction*
Findings on Happiness & SPORTS Correlate Code: S 12

**Involvement in sports and psychological well-being**

Snyder, E.E. & Spreitzer, E.A.

*International Journal of Sport Psychology, 1974, vol. 5, p. 28-40*

**Population:** Adult, general public, Toledo, Ohio, USA, 1973

**Sample:**

**Non-Response:** 46%

**N:** 510

---

**Measured Correlate**

**Class:** Satisfaction with sporting Code: S 12.3.2

**Measurement:** Question: disagree / not sure / agree

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

**Happiness Query** | **Statistics** | **Remarks**
---|---|---
O-HL/u/sq/v/3/a | G=-.25 ns | Unaffected by sex
O-SLL/c/sq/v/3/a | G=- p<. | Males G = +.02 (ns)
 | | Females G = -.25 (ns)
Findings on Happiness & SPORTS

Study: SNYDE 1974

Reported in: Snyder, E.E. & Spreitzer, E.A.
Involvement in sports and psychological well-being

Population: Adult, general public, Toledo, Ohio, USA, 1973

Sample:
Non-Response: 46%
N: 510

Measured Correlate

Class: Satisfaction with sporting  Code: S 12.3.2

Measurement: Question whether one receives little satisfaction from sports: disagree / not sure / agree.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>G= -.25</td>
<td>ns</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>G= -</td>
<td>p&lt;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Appendix 1**

**Queries on Happiness used in reported Studies**

<table>
<thead>
<tr>
<th>Happiness Query Code</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/4/a</td>
<td>Selfreport on single question:</td>
</tr>
</tbody>
</table>
|                      | "......generally feel in good spirits..."  
                      | (Full text not reported)  
                      | 4 most of the time  
                      | 3 much of the time  
                      | 2 some of the time  
                      | 1 seldom. |
| A-BB/cw/mq/v/4/e     | Selfreport on 9 questions: |
|                      | "We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week. |
|                      | "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 |
| 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 Ausdrucktest 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 fröhlig aus..................
-   Unmöglich zu sagen.............

A-CP/g/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 columns under each subject's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

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

A-CP/g/rdt/ro/7/a Teacher rating on single question:

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

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

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

Summation: not reported
Findings on Happiness & SPORTS

Name: ‘Happiness subtest’ of Wasburne’s ‘Social Adjustment Scale’.

M-FH/g/sq/v/2/a  Selfreport on single question:

"Are you generally satisfied? "
2  yes
1  no

M-TH/g/sq/v/4/c  Self report on single question:

" Find much happiness in life....?"
(Full lead itme not reported)
4  most of the time
3  much of the time
2  some of the time
1  seldom

M-TH/g/sq/v/4/d  Selfreport on single question:

".....very satisfied with life....."
(Full question not reported)
4  most of the time
3  much of the time
2  some of the time
1  seldom

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 resprentes 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.

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

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/5/d Selfreport on single question:

"Taking your life as a whole, are you.....?"
5  very happy
4  quite happy
3  more happy than unhappy
2  more unhappy than happy
1  quite unhappy

In German:
"Wenn Sie Ihr Leben jetzt alles im allem betrachten, sind Sie.....?"
e  sehr glücklich
d  ziemlich glücklich
c  eher glücklich
b  eher unglücklich
a  ziemlich ungücklich

O-HL/u/sq/v/3/a Selfreport on single question:

"Taking all together: how happy would you say you are? Would you say you are.....?"
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

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 mäszig 
b eher gering 
a sehr gering 
- keine Angabe

O-SLL/c/sq/v/3/a Selfreport on single question:
"In general how satisfying do you find the way you are spending your life these days. Would you call it.....?
3  completely satisfying
2  pretty satisfying
1  not very satisfying

Selfreport on single question:

"Some people seem to be quite happy and satisfied with their lives, while others seem quite unhappy and dissatisfied. Now look at this ladder (again). Suppose that a person who is entirely satisfied with his life would be at the top of the ladder and a person who is extremely dissatisfied with his life would be at the bottom of the ladder. Where would you put yourself on the ladder at the present stage of your life in terms of how satisfied or dissatisfied you are with your personal life?"

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

Name Cantril ladder rating (modified version)

Selfreport on single question:

"All in all, are you currently satisfied with your life......?"
1  not satisfied
2
3
4
5  very satisfied
(Originally presented horizontally)

In German:
"Sind Sie derzeit mit Ihrem Leben in grossen und ganzen zufrieden?"
1  nicht zufrieden
2
3
4
5  sehr zufrieden

Selfreport on single question:

"Overall, how satisfied are you with your life.....?"
4  very satisfied
3  satisfied
2  dissatisfied
1 very dissatisfied.

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.
## Appendix 2  Statistics used in reported studies

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| Beta   | (B) STANDARDIZED REGRESSION COEFFICIENT  
Type: test statistic.  
Measurement level: Correlates: all metric, Happinessl: metric.  
Range: [-1 ; +1]  
Meaning:  
β > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
β < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
β = 0 « no correlation.  
β = + 1 or -1 « perfect correlation.  

D% | DIFFERENCE in PERCENTAGES  
Type: descriptive statistic only.  
Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well. Happiness level: dichotomous  
Range: [-100 ; +100]  
Meaning: the difference of the percentages happy people at two correlate levels.  

DM | DIFFERENCE of MEANS  
Type: descriptive statistic only.  
Measurement level: Correlate: dichotomous, Happiness: metric  
Range: depending on the happiness rating scale of the author; range symmetric about zero.  
Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.  

G | GOODMAN & Kruskal's GAMMA  
Type: test statistic  
Measurement level: Correlate: ordinal, Happinessl: ordinal  
Range: [-1; +1]  
Meaning:  
G = 0 « no rank correlation  
G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings.  
G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.  

r | PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')  
Type: test statistic.  
Measurement level: Correlate: metric, Happiness: metric  
Range: [-1; +1]  
Meaning:  
r = 0 « no correlation ,
Findings on Happiness & SPORTS

Correlate Code: S 12

\[ r = 1 \] « 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.

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

Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores.

Under that conditions
\[ rpc > 0 \] « a higher correlate level corresponds with a higher happiness rating,
\[ rpc < 0 \] « a higher correlate level corresponds with a lower happiness rating,

SNR Statistic Not Reported

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. Literature on happiness
   - **Selection** on subject
   - **Bibliography** (1)
   - **Directory** (2)
   - **Happiness Queries** (3)

2. **Distributional Findings**
   - How happy people are
   - **o Happiness in Nations** (4)
   - **o Happiness in Publics** (6)

3. **Correlational Findings**
   - What goes with happiness

---

**BIBLIOGRAPHY OF HAPPINESS** Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.

**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.

**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.

**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.

**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.

**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

<table>
<thead>
<tr>
<th>Main Category’s</th>
<th>Category Name</th>
<th>Number of Studies in this Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>A 1</td>
<td>ACTIVITY LEVEL (how much one does)</td>
<td>53</td>
</tr>
<tr>
<td>A 2</td>
<td>ACTIVITY PATTERN (what one does)</td>
<td>7</td>
</tr>
<tr>
<td>A 3</td>
<td>AFFECTIVE LIFE</td>
<td>31</td>
</tr>
<tr>
<td>A 4</td>
<td>AGE</td>
<td>279</td>
</tr>
<tr>
<td>A 5</td>
<td>AGGRESSION</td>
<td>11</td>
</tr>
<tr>
<td>A 6</td>
<td>ANOMY</td>
<td>30</td>
</tr>
<tr>
<td>A 7</td>
<td>APPEARANCE (good looks)</td>
<td>8</td>
</tr>
<tr>
<td>A 8</td>
<td>ATTITUDES</td>
<td>4</td>
</tr>
<tr>
<td>A 9</td>
<td>AUTHORITARIANISM</td>
<td>4</td>
</tr>
<tr>
<td>B 3</td>
<td>BODY</td>
<td>66</td>
</tr>
<tr>
<td>C 1</td>
<td>CHILDREN 1:</td>
<td>4</td>
</tr>
<tr>
<td>C 10</td>
<td>CREATIVENESS</td>
<td>6</td>
</tr>
<tr>
<td>C 11</td>
<td>CULTURE (Arts and Sciences)</td>
<td>6</td>
</tr>
<tr>
<td>C 2</td>
<td>CHILDREN: WANT FOR (Parental aspirations)</td>
<td>6</td>
</tr>
<tr>
<td>C 3</td>
<td>CHILDREN: HAVING (parental status)</td>
<td>145</td>
</tr>
<tr>
<td>C 4</td>
<td>CHILDREN's CHARACTERISTICS</td>
<td>19</td>
</tr>
<tr>
<td>C 5</td>
<td>CHILDREN: RELATION WITH</td>
<td>8</td>
</tr>
<tr>
<td>C 6</td>
<td>CHILDREN: REARING (parental behavior)</td>
<td>11</td>
</tr>
<tr>
<td>C 7</td>
<td>COMMUNAL LIVING</td>
<td>1</td>
</tr>
<tr>
<td>C 8</td>
<td>CONCERNS</td>
<td>15</td>
</tr>
<tr>
<td>C 9</td>
<td>COPING</td>
<td>27</td>
</tr>
<tr>
<td>D 1</td>
<td>DAILY JOYS &amp; HASSLES</td>
<td>4</td>
</tr>
<tr>
<td>E 1</td>
<td>EDUCATION</td>
<td>243</td>
</tr>
<tr>
<td>E 2</td>
<td>EMPLOYMENT</td>
<td>180</td>
</tr>
<tr>
<td>E 3</td>
<td>ETHNICITY</td>
<td>63</td>
</tr>
<tr>
<td>E 4</td>
<td>EXPRESSIVE BEHAVIOR</td>
<td>10</td>
</tr>
<tr>
<td>F 1</td>
<td>FAMILY OF ORIGIN (earlier family for adults, current for young)</td>
<td>195</td>
</tr>
<tr>
<td>F 2</td>
<td>FAMILY OF PROCREATION</td>
<td>42</td>
</tr>
<tr>
<td>F 3</td>
<td>FAMILY OF RELATIVES</td>
<td>145</td>
</tr>
<tr>
<td>F 4</td>
<td>FARMING</td>
<td>30</td>
</tr>
<tr>
<td>F 5</td>
<td>FREEDOM</td>
<td>24</td>
</tr>
<tr>
<td>F 6</td>
<td>FRIENDSHIP</td>
<td>123</td>
</tr>
<tr>
<td>G 1</td>
<td>GENDER</td>
<td>252</td>
</tr>
<tr>
<td>G 2</td>
<td>GRIEF</td>
<td>1</td>
</tr>
<tr>
<td>H 10</td>
<td>HOPE</td>
<td>3</td>
</tr>
<tr>
<td>H 11</td>
<td>HOUSEHOLD: COMPOSITION</td>
<td>90</td>
</tr>
<tr>
<td>H 12</td>
<td>HOUSEHOLD: WORK</td>
<td>10</td>
</tr>
<tr>
<td>H 13</td>
<td>HOUSING</td>
<td>75</td>
</tr>
<tr>
<td>H 2</td>
<td>HANDICAP</td>
<td>13</td>
</tr>
<tr>
<td>Code</td>
<td>Category</td>
<td>Code</td>
</tr>
<tr>
<td>------</td>
<td>--------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>H 3</td>
<td>HAPPINESS: ATTITUDES</td>
<td>39</td>
</tr>
<tr>
<td>H 5</td>
<td>HAPPINESS CAREER</td>
<td>144</td>
</tr>
<tr>
<td>H 6</td>
<td>HAPPINESS: CURRENT LEVEL</td>
<td>260</td>
</tr>
<tr>
<td>H 8</td>
<td>HEALTH-BEHAVIOR</td>
<td>15</td>
</tr>
<tr>
<td>H 9</td>
<td>HELPING</td>
<td>4</td>
</tr>
<tr>
<td>I 1</td>
<td>INCOME</td>
<td>415</td>
</tr>
<tr>
<td>I 2</td>
<td>INSTITUTIONAL LIVING</td>
<td>28</td>
</tr>
<tr>
<td>I 3</td>
<td>INTELLIGENCE</td>
<td>63</td>
</tr>
<tr>
<td>I 4</td>
<td>INTERESTS</td>
<td>5</td>
</tr>
<tr>
<td>I 5</td>
<td>INTERVIEW</td>
<td>49</td>
</tr>
<tr>
<td>I 6</td>
<td>INTIMACY</td>
<td>70</td>
</tr>
<tr>
<td>L 1</td>
<td>LANGUAGE</td>
<td>1</td>
</tr>
<tr>
<td>L 10</td>
<td>LOCAL ENVIRONMENT</td>
<td>270</td>
</tr>
<tr>
<td>L 11</td>
<td>LOTTERY</td>
<td>7</td>
</tr>
<tr>
<td>L 12</td>
<td>LOVE-LIFE</td>
<td>26</td>
</tr>
<tr>
<td>L 2</td>
<td>LEADERSHIP</td>
<td>8</td>
</tr>
<tr>
<td>L 3</td>
<td>LEISURE</td>
<td>128</td>
</tr>
<tr>
<td>L 4</td>
<td>LIFE APPRAISALS: OTHER THAN HAPPINESS</td>
<td>290</td>
</tr>
<tr>
<td>L 5</td>
<td>LIFE-CHANGE</td>
<td>26</td>
</tr>
<tr>
<td>L 6</td>
<td>LIFE-EVENTS</td>
<td>63</td>
</tr>
<tr>
<td>L 7</td>
<td>LIFE-GOALS</td>
<td>52</td>
</tr>
<tr>
<td>L 8</td>
<td>LIFE HISTORY</td>
<td>1</td>
</tr>
<tr>
<td>L 9</td>
<td>LIFE STYLE</td>
<td>4</td>
</tr>
<tr>
<td>M 1</td>
<td>MARRIAGE: MARITAL STATUS CAREER</td>
<td>32</td>
</tr>
<tr>
<td>M 10</td>
<td>MIGRATION: MIGRANT WORK</td>
<td>3</td>
</tr>
<tr>
<td>M 11</td>
<td>MILITARY LIFE</td>
<td>5</td>
</tr>
<tr>
<td>M 12</td>
<td>MODERNITY</td>
<td>5</td>
</tr>
<tr>
<td>M 13</td>
<td>MOOD</td>
<td>181</td>
</tr>
<tr>
<td>M 2</td>
<td>MARRIAGE: CURRENT MARITAL STATUS</td>
<td>315</td>
</tr>
<tr>
<td>M 3</td>
<td>MARRIAGE: RELATIONSHIP</td>
<td>99</td>
</tr>
<tr>
<td>M 4</td>
<td>MARRIAGE: PARTNER</td>
<td>34</td>
</tr>
<tr>
<td>M 5</td>
<td>MEANING</td>
<td>18</td>
</tr>
<tr>
<td>M 6</td>
<td>MEDICAL TREATMENT</td>
<td>49</td>
</tr>
<tr>
<td>M 7</td>
<td>MENTAL HEALTH</td>
<td>99</td>
</tr>
<tr>
<td>M 8</td>
<td>MIGRATION: OTHER COUNTRY</td>
<td>9</td>
</tr>
<tr>
<td>M 9</td>
<td>MIGRATION: MOVING WITHIN COUNTRY (residential mobility)</td>
<td>17</td>
</tr>
<tr>
<td>N 1</td>
<td>NATIONALITY</td>
<td>5</td>
</tr>
<tr>
<td>N 2</td>
<td>NATION: TIME &amp; PLACE</td>
<td>20</td>
</tr>
<tr>
<td>N 3</td>
<td>NATIONAL CHARACTER (modal personality)</td>
<td>2</td>
</tr>
<tr>
<td>N 4</td>
<td>NATION'S CONDITION</td>
<td>52</td>
</tr>
<tr>
<td>N 6</td>
<td>ATTITUDES TO THE NATION</td>
<td>111</td>
</tr>
<tr>
<td>N 7</td>
<td>LIVABILITY OF THE NATION</td>
<td>5</td>
</tr>
<tr>
<td>N 8</td>
<td>NUTRITION</td>
<td>18</td>
</tr>
<tr>
<td>O 1</td>
<td>OCCUPATION</td>
<td>133</td>
</tr>
<tr>
<td>Code</td>
<td>Variable</td>
<td>Value</td>
</tr>
<tr>
<td>------</td>
<td>----------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>O 2</td>
<td>ORGAN TRANSPLANTATION</td>
<td>11</td>
</tr>
<tr>
<td>P 1</td>
<td>PERSONALITY: HISTORY</td>
<td>44</td>
</tr>
<tr>
<td>P 10</td>
<td>POSSSESSIONS</td>
<td>26</td>
</tr>
<tr>
<td>P 12</td>
<td>PROBLEMS</td>
<td>20</td>
</tr>
<tr>
<td>P 13</td>
<td>PSYCHO-SOMATIC COMPLAINTS</td>
<td>53</td>
</tr>
<tr>
<td>P 2</td>
<td>PERSONALITY: CHANGE</td>
<td>7</td>
</tr>
<tr>
<td>P 3</td>
<td>PERSONALITY: CURRENT ORGANIZATION</td>
<td>7</td>
</tr>
<tr>
<td>P 4</td>
<td>PERSONALITY: CURRENT TRAITS</td>
<td>392</td>
</tr>
<tr>
<td>P 5</td>
<td>PERSONALITY: LATER</td>
<td>23</td>
</tr>
<tr>
<td>P 6</td>
<td>PHYSICAL HEALTH</td>
<td>286</td>
</tr>
<tr>
<td>P 7</td>
<td>PLANNING</td>
<td>7</td>
</tr>
<tr>
<td>P 8</td>
<td>POLITICS</td>
<td>197</td>
</tr>
<tr>
<td>P 9</td>
<td>POPULARITY</td>
<td>22</td>
</tr>
<tr>
<td>R 1</td>
<td>RELIGION</td>
<td>198</td>
</tr>
<tr>
<td>R 2</td>
<td>RESOURCES</td>
<td>8</td>
</tr>
<tr>
<td>R 3</td>
<td>RETIREMENT</td>
<td>46</td>
</tr>
<tr>
<td>R 4</td>
<td>ROLES</td>
<td>13</td>
</tr>
<tr>
<td>S 1</td>
<td>SCHOOL</td>
<td>92</td>
</tr>
<tr>
<td>S 10</td>
<td>SOCIAL SUPPORT: RECEIVED</td>
<td>26</td>
</tr>
<tr>
<td>S 11</td>
<td>SOCIAL SUPPORT: Provided</td>
<td>3</td>
</tr>
<tr>
<td>S 12</td>
<td>SPORTS</td>
<td>32</td>
</tr>
<tr>
<td>S 13</td>
<td>STIMULANTS</td>
<td>33</td>
</tr>
<tr>
<td>S 14</td>
<td>SUICIDE</td>
<td>4</td>
</tr>
<tr>
<td>S 15</td>
<td>SUMMED EFFECTS ON HAPPINESS</td>
<td>71</td>
</tr>
<tr>
<td>S 2</td>
<td>SELF-IMAGE</td>
<td>193</td>
</tr>
<tr>
<td>S 3</td>
<td>SEX-LIFE</td>
<td>54</td>
</tr>
<tr>
<td>S 4</td>
<td>SLEEP</td>
<td>10</td>
</tr>
<tr>
<td>S 5</td>
<td>SOCIAL MOBILITY</td>
<td>16</td>
</tr>
<tr>
<td>S 6</td>
<td>SOCIAL PARTICIPATION: PERSONAL CONTACTS</td>
<td>16</td>
</tr>
<tr>
<td>S 7</td>
<td>SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS</td>
<td>111</td>
</tr>
<tr>
<td>S 8</td>
<td>SOCIAL PARTICIPATION: TOTAL (personal + associations)</td>
<td>25</td>
</tr>
<tr>
<td>S 9</td>
<td>SOCIAL STATUS (Socio-Economic Status)</td>
<td>140</td>
</tr>
<tr>
<td>T 1</td>
<td>TIME</td>
<td>27</td>
</tr>
<tr>
<td>T 2</td>
<td>THERAPY</td>
<td>9</td>
</tr>
<tr>
<td>T 3</td>
<td>TOLERANCE</td>
<td>37</td>
</tr>
<tr>
<td>V 1</td>
<td>VALUE CAREER</td>
<td>8</td>
</tr>
<tr>
<td>V 2</td>
<td>VALUES: CURRENT PREFERENCES (own)</td>
<td>49</td>
</tr>
<tr>
<td>V 3</td>
<td>VALUES: CLIMATE (current values in environment)</td>
<td>4</td>
</tr>
<tr>
<td>V 4</td>
<td>VALUES: SIMILARITY (current fit with others)</td>
<td>5</td>
</tr>
<tr>
<td>V 5</td>
<td>VICTIM</td>
<td>11</td>
</tr>
<tr>
<td>W 1</td>
<td>WAR</td>
<td>5</td>
</tr>
<tr>
<td>W 2</td>
<td>WORK CAREER</td>
<td>1</td>
</tr>
<tr>
<td>W 3</td>
<td>WORK CONDITIONS</td>
<td>34</td>
</tr>
<tr>
<td>W 4</td>
<td>WORK-ATTITUDES</td>
<td>313</td>
</tr>
<tr>
<td>Code</td>
<td>Description</td>
<td>Value</td>
</tr>
<tr>
<td>------</td>
<td>------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>W 5</td>
<td>WORK-PERFORMANCE (current)</td>
<td>6</td>
</tr>
<tr>
<td>W 6</td>
<td>WORRIES</td>
<td>27</td>
</tr>
<tr>
<td>X</td>
<td>UNCLASSIFIED</td>
<td>22</td>
</tr>
</tbody>
</table>
## Appendix 5  Related Topics

<table>
<thead>
<tr>
<th>This Topic</th>
<th>Related Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classification Page 1</td>
<td>In Subject List on Appendix 4</td>
</tr>
<tr>
<td>S 12</td>
<td>SPORTS</td>
</tr>
<tr>
<td>S 12.1</td>
<td>Sports career</td>
</tr>
<tr>
<td>S 12.1.1</td>
<td>Earlier involvement in sports</td>
</tr>
<tr>
<td>S 12.1.2</td>
<td>Change involvement in sports</td>
</tr>
<tr>
<td>S 12.1.4</td>
<td>Later involvement in sports</td>
</tr>
<tr>
<td>S 12.2</td>
<td>Current involvement in sports</td>
</tr>
<tr>
<td>S 12.2.1</td>
<td>Active involvement in sports</td>
</tr>
<tr>
<td>S 12.2.2</td>
<td>Passive involvement in sports</td>
</tr>
<tr>
<td>S 12.2.3</td>
<td>Skilledness in sports</td>
</tr>
<tr>
<td>S 12.2.4</td>
<td>Kind of sport practiced</td>
</tr>
<tr>
<td>S 12.3</td>
<td>Attitudes to sports</td>
</tr>
<tr>
<td>S 12.3.1</td>
<td>Perceived usefulness of sports</td>
</tr>
<tr>
<td>S 12.3.2</td>
<td>Satisfaction with sporting</td>
</tr>
<tr>
<td>A 1.2.1</td>
<td>Physical activity</td>
</tr>
<tr>
<td>MEDIA ATTENDANCE</td>
<td></td>
</tr>
</tbody>
</table>

End of Report