

**Section on a specific subject from:**

# **DATABOOK OF HAPPINESS**

A complementary reference work to  
***Conditions of Happiness***

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# A1 ACTIVITY

- A 1.1 General activity
- A 1.2 Work activity . . . . . see W 2, H 4.2
- A 1.3 Leisure activity . . . . . see L 3.3
- A 1.4 Social activity . . . . . see S 4
- A 1.5 Physical activity . . . . . see also S 6

- A 1.6 Mental activity . . . . . see also C 1
- A 1.7 Energy level . . . . . see A 2.2.6
- A 1.8 Various factors concerning activity

## A 1.1 - GENERAL ACTIVITY

PRODUCTIVITY	Number of hours spent during the last typical week working or doing housework, doing volunteer work for church, relatives, yard care, repairing, and other such activities		HAPP 3.1	r	+ .12			People of 46 and older, Duke, U.S.A. Probability systematic random sample stratified by age and sex N: 502, date: 1968	PÁLMO 72 p. 70
ACTIVITY LEVEL	32-item inventory of daily activities (Daily Activities List). The DAL was scored for the number of activities engaged in on the preceding day. Whenever possible it was administered each weekday during the first 4 weeks of treatment.	Analysis on the basis of a comparison between the 10 Ss with the lowest DAL scores and the 10 Ss with the highest scores	AFF 3.3	r <sub>pm</sub>	+ .53	t	05	Adult cancer patients, U.S.A. Non-probability accidental sample N: 21, date: —	STANF 71 p. 696

## A 1.2 - WORK ACTIVITY

see 'Work' (W 2), 'Household Work' (H 4.2)

## A 1.3 - LEISURE ACTIVITY

see 'Use of Leisure Time' (L 3.3)

## A 1.4 - SOCIAL ACTIVITY

see 'Social Participation' (S 4)

## A 1.5 - PHYSICAL ACTIVITY

see also 'Sports' (S 6)

<u>NEWBORN ACTIVITY:</u>	Observation of movements of hands and feet (by method of Kessen et al., 1961), using motion pictures of four observations on two consecutive days	Newborn activity was correlated with hedonic level at eight months.						8 months old infants, U.S.A. Non-probability quota sample N: 24, date: —	MCGRA 68 p. 1249
- NEWBORN ACTIVITY	Observation of movements of hands and feet		AFF 5.1	r <sub>pm</sub>	+ .06			ns	
- NEWBORN REACTIVITY	Difference between unstimulated activity and activity after S's forehead was rubbed		AFF 5.1	r <sub>pm</sub>	- .09			ns	

- NEWBORN REACTIVITY	Difference between unstimulated activity and activity after removal of nipple		AFF 5.1	r <sub>pm</sub>	-.51	01		
ACTIVITY	Examination by a psychologist using a 9-point scale (Activity: inactive-vigorous rating scale; from Bayley Infant Behavior Profile; see also below)	Both activity and hedonic level were assessed at 8 months	AFF 5.1	r <sub>pm</sub>	+.59	01	8 months old infants, U.S.A. (see last page)	MCGRA 68 p. 1249
ACTIVITY	Repeated expert rating on the basis of observation of expressive behavior on a bipolar 7-point 'inactive - vigorous' scale	Each child was rated 12 times between the ages of 10 and 36 months on both hedonic level and the variable mentioned. Ratings at the ages of 10, 11 and 12; 13, 14 and 15; 18, 21 and 24; 27, 30 and 36 months were combined. See also instrument and remarks in excerpt (Part II) and 'Various Personality Traits during Childhood' (Part III, P 1.9).					Children, Berkeley, California, U.S.A. Non-probability chunk sample N: 54, date: 1928 - 1943	SCHAE 63 p. 29
		boys: 10-12 13-15 18-24 27-36	AFF 5.1	r <sub>pm</sub>				
		10-12 -.08 -.18 -.06 -.27						
		13-15 -.02 +.03 -.01 -.17						
		18-24 +.19 +.24 +.65 <sup>x</sup> +.29						
		27-36 +.25 +.07 +.21 +.14						
		girls: 10-12 13-15 18-24 27-36						
		10-12 +.03 +.11 +.07 -.07						
		13-15 +.01 +.09 +.29 +.10						
		18-24 +.07 +.12 +.34 +.01						
		27-36 +.06 +.02 +.20 +.23						
SPEED OF MOVEMENTS	Repeated expert rating on the basis of observation of expressive behavior on a 7-point 'slow - rapid' scale	See above					See above	SCHAE 63 p. 29
		boys: 10-12 13-15 18-24 27-36	AFF 5.1	r <sub>pm</sub>				
		10-12 -.18 -.31 -.26 -.39 <sup>x</sup>						
		13-15 -.05 -.13 -.07 -.29						
		18-24 +.06 -.06 +.35 -.02						
		27-36 +.10 +.05 +.13 +.02						
		girls: 10-12 13-15 18-24 27-36						
		10-12 -.02 +.10 +.11 -.07						
		13-15 -.05 +.10 +.28 -.01						
		18-24 +.01 -.04 +.06 -.27						
		27-36 +.02 -.03 -.04 -.27						
BODILY ACTIVITY IN PURSUIT OF PLEASURES (games, etc.)	Class-master rating on a 7-point scale on the basis of observation		AFF 5.3	r <sub>pm</sub>	+.47		Schoolboys, England Non-probability chunk sample N: 140, date: 1912 - 1913	WEBB 15 p. 27
BODILY ACTIVITY IN PURSUIT OF PLEASURES (games etc.)	Trained peer rating on a 7-point scale on the basis of observation		AFF 5.2	r <sub>pm</sub>	+.36		Male students, England Non-probability chunk sample N: 194, date: 1912 - 1913	WEBB 15 p. 26
BODILY ACTIVITY DURING SCHOOL HOURS	Class-master rating on a 7-point scale on the basis of observation		AFF 5.3	r <sub>pm</sub>	+.59		Schoolboys, England Non-probability chunk sample N: 140, date: 1912-1913	WEBB 15 p. 27
BODILY ACTIVITY DURING BUSINESS HOURS	Trained peer rating on a 7-point scale on the basis of observation		AFF 5.2	r <sub>pm</sub>	+.44		Male students, England Non-probability chunk sample N: 194, date: 1912 - 1913	WEBB 15 p. 26

PHYSICAL ACTIVITY

Closed question: none or very little / little /  
neither much nor little / rather much / very  
much

A 1.6 - MENTAL ACTIVITY

see also 'Cognition' (C 1)

MENTAL WORK BESTOWED UPON  
PLEASURES (games etc.)

Class-master rating on a 7-point scale on the  
basis of observation

MENTAL WORK BESTOWED UPON  
PLEASURES (games etc.)

Trained peer rating on a 7-point scale on the  
basis of observation

MENTAL WORK BESTOWED UPON  
USUAL STUDIES

Class-master rating on a 7-point scale on the  
basis of observation

MENTAL WORK BESTOWED UPON  
USUAL STUDIES

Trained peer rating on a 7-point scale on the  
basis of observation

NECOUNTERED NEW STIMULATING IDEAS

Closed question; during last few weeks

Index of Positive Affects: G = +.22  
Index of Negative Affects: G = +.08

A 1.7 - ENERGY LEVEL

see 'Types of Affect: Energy' (A 2.2.6)

A 1.8 - VARIOUS FACTORS CONCERNING ACTIVITY

SELF-PERCEIVED OVERACTIVITY

Closed question: no vs yes

LIKE DOING VOLUNTARY ACTIVITIES

Don't like voluntary activities vs like volun-  
tary activities

Computed for those of age 60+ only  
Among those who like voluntary activities, 84%  
have life satisfaction, while among those who do  
not like voluntary activities, 66% have life  
satisfaction.

HAVING DIFFICULTIES IN KEEPING  
OCCUPIES

Closed question: no vs yes

See remarks in excerpt (Part II).  
Among the gainfully employed G' = -.43 (01)  
Among retirees who had a positive orientation to  
retirement before they were retired: G' = -.38 (05)  
Among retirees who had a negative orientation to  
retirement: G' = -.64 (01)

HAPP 1.1 G +.18

AFF 5.3 r<sub>pm</sub> +.43

AFF 5.2 r<sub>pm</sub> +.27

AFF 5.3 r<sub>pm</sub> +.41

AFF 5.2 r<sub>pm</sub> -.02

AFF 2.3 G

HAPP 2.1 G -.48 Chi<sup>2</sup> 000

HAPP 3.1 D% +

COMP 1.2 G' -.49 Gt' 01

National adult population, The Netherlands  
Probability area sample  
N: 1552, date: June, 1968

Schoolboys, England  
Non-probability chunk sample  
N: 140, date: 1912 - 1913

Male students, England  
Non-probability chunk sample  
N: 194, date: 1912 - 1913

Schoolboys, England  
Non-probability chunk sample  
N: 140, date: 1912 - 1913

Male students, England  
Non-probability chunk sample  
N: 194, date: 1912 - 1913

Employed males, England  
Non-probability purposive quota sample  
N: 192, date: —

Male employees of age 40+, The Netherlands  
Non-probability chunk sample  
N: 13000, date: —

Adults, Japan  
Probability sample  
N: 2000 or more, date: September, 1973

Aged males, U.S.A., (those satisfied in 1952)  
Non-probability accidental sample  
N: 787, date: 1952-1954

BAKKE 74  
p. 28

WEBB 15  
p. 27

WEBB 15  
p. 26

WEBB 15  
p. 27

WEBB 15  
p. 26

PAYNE 74  
p. 17

SONDE 75

PALMO 75  
p. 124

THOMP 60  
p. 168

ZEST vs apathy

Content analysis of interview records by 2 independent judges (Component of Life Satisfaction Rating)

See remarks in excerpt (Part II)

CON 1.4	r	+56
COMP 1.4	r	+84

White population of age 50+, Kansas City, U.S.A.  
Stratified probability sample and non-probability quota sample  
N: 177, date: —

NEUGA 61  
p. 139