Section on a specific subject from:

DATABOOK OF HAPPINESS

A complementary reference work to
Conditions of Happiness

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H 1 HAPPINESS

see also 'Life quality' (L 2)
      'Satisfaction with ...' (S 1)
      'Affect' (A 2)

H 1.1   Overall happiness or life satisfaction
1.1.1 – Happiness and happiness
1.1.2 – Happiness and hedonic level of affect . . . . . see H.1.2.1
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H 1.1 – OVERALL HAPPINESS OR LIFE SATISFACTION

H 1.1.1 – HAPPINESS AND HAPPINESS

SATISFACTION WITH LIFE	Closed question rated on an 11–point self–anchoring scale (Cantril satisfaction with life rating) (HAPP 2.1)	See second instrument (happiness measure presented in the second column) resp. first instrument (happiness measure mentioned in next column) in excerpt (Part II).	HAPP 3.1	r_{pm}	+.36	National adult population, U.S.A. Probability sample N: 1549, date: 1960	CANTR 65/2 p. 415
LIFE SATISFACTION	Closed question rated on an 11–point self–anchoring scale (Cantril satisfaction with life rating; see above) (HAPP 2.1)	See first, resp. second instrument in excerpt (Part II).	HAPP 3.1	r	+.43	National adult population, U.S.A. Cantril (1965) modified probability sample N: 1406, date: 1959	BORTN 70 p. 44
HAPPINESS	Closed question: not too happy / pretty happy / very happy (HAPP 1.1) (see Gurin et al., 1960)	See fourth, resp first instrument in excerpt (Part II).	HAPP 3.1	r_{pm}	+.53	National adult population, U.S.A. Probability area sample (first sample) N: 1297, date: May, 1972	ANDRE 74 p. 15
SATISFACTION WITH LIFE AS A WHOLE	Closed question rated on a 7–point scale raging from 'completely dissatisfied' to 'completely satisfied' (HAPP 2.1)	See second resp. first instrument	HAPP 3.1	r_{pm}	+.56	National adult population, U.S.A. Probability area sample (second sample) N: 1118, date: November, 1972	ANDRE 74 p. 15
FEELING WARM ABOUT LIFE	Closed question rated on a graphic scale ranging from 'very cold' to 'very warm' (COMP 1.1)	See third resp. first instrument	HAPP 3.1	r_{pm}	+.49	See above	ANDRE 74 p. 15
		See third resp. second instrument	HAPP 2.1	r_{pm}	+.46		
SATISFACTION WITH LIFE AS A WHOLE	Closed question rated on a 7–point scale ranging from 'completely dissatisfied' to 'completely satisfied' (HAPP 2.1)	See second resp. first instrument	HAPP 3.1	r_{pm}	+.70	National adult population, U.S.A. Probability area sample (third sample) N: 1072, date: November, 1972	ANDRE 74 p. 15
FEELING WARM ABOUT LIFE	Closed question rated on a graphic scale ranging from 'very cold' to 'very warm' (COMP 1.1)	See third resp. first instrument	HAPP 3.1	r_{pm}	+.53	See above	ANDRE 74 p. 15
		See third resp. second instrument	HAPP 2.1	r_{pm}	+.47		
HAPPINESS	Closed question: not too happy / pretty happy / very happy (HAPP 1.1) (see Gurin et al., 1960)	See fourth resp. first instrument	HAPP 3.1	r_{pm}	+.59	See above	ANDRE 74 p. 15
		See fourth resp. second instrument	HAPP 2.1	r_{pm}	+.49		
		See fourth resp. third instrument	COMP 1.1	r_{pm}	+.39		

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Concept	Instrument	Finding	Code	Stat.	Value		Code	Population	Reference
HAPPINESS	Closed question on feelings about own happiness: terrible / unhappy / mostly dissatisfied / mixed/ mostly satisfied / pleased / delighted (HAPP 3.1)	See fifth resp. first instrument in excerpt (Part II).	HAPP 3.1	r_{pm}	+.77			National adult population, U.S.A. (see last page)	ANDRE 74 p. 15
		See fifth resp. second instrument	HAPP 2.1	r_{pm}	+.63				
		See fifth resp. third instrument	COMP 1.1	r_{pm}	+.50				
		See fifth resp. fourth instrument	HAPP 1.1	r_{pm}	+.57				
QUALITY OF AFFECT	2-item index of closed questions on enjoying life and feeling downcast or dejected (COMP 1.2) (Two Component Quality of Affect Scale)	See second resp. first instrument in excerpt (Part II). Unaffected by sex, age and educational level	HAPP 1.1	G	+.59		001	Local population, Washington County, U.S.A. Probability cluster sample of households N: 916, date: summer, 1973 – summer, 1974	BRENN 75A p. 324
QUALITY OF AFFECT	3-item index of closed questions on enjoying life, feeling downcast or dejected, and usual affect (question on spirits) (COMP 1.2) (Three Component Quality of Affect Scale)	See third resp. first instrument Unaffected by sex, age and educational level	HAPP 1.1	G	+.62		001	See above	BRENN 75A p. 324
ENJOYING LIFE	Closed question: never / rarely / occasionally / fairly often / very often	Item of second and third instrument (see above) Unaffected by sex, age and educational level When feeling downcast or dejected and usual affect are kept constant: G_{pt} = +.79 (001)	HAPP 1.1	G	+.84		001	See above	BRENN 75A p. 324
HAPPINESS	Closed question rated on an 11-point self-anchoring scale (Cantril present personal rating; see Cantril, 1965) (HAPP 3.1)	See second resp. first instrument in excerpt (Part II). Lower among males : G = +.31 Stronger among females: G = +.43	HAPP 1.1	G	+			Adults, Metro Manila, Philippines Probability area sample N: 941, date: January – April, 1972	BULAT 73 p. 231

H 1.1.2 – HAPPINESS AND HEDONIC LEVEL OF AFFECT

see below   (H 1.2.1)

H 1.1.3 – HAPPINESS AND CONTENTMENT

see below   (H 1.3.1)

H 1.2 – HEDONIC LEVEL OF AFFECT

see also 'Elation' (A 2.2.5)

H 1.2.1 – HEDONIC LEVEL AND HAPPINESS

Concept	Instrument	Finding	Code	Stat.	Value	Stat2	Code	Population	Reference
RELATIVE BALANCE OF POSITIVE AND NEGATIVE FEELINGS (AFFECT BALANCE)	9-item index of closed questions on specific affects (Bradburn & Caplovitz Affects Balance Score) (AFF 2.3).	See second instrument (measure of hedonic level presented in second column) resp. first instrument (happiness measure mentioned in next column) in excerpt (Part II). Association with Index of Positive Affects: G' = +.38 (01) Stronger among males Association with Index of Negative Affects: G' = -.49 (01)	HAPP 1.1	G'	+.50	Gt'	01	Inhabitants of four small communities, Illinois, U.S.A. Probability multi stage samples N: 2006, date: March, 1962	BRADB 65/1 p. 18–20

PSYCHOLOGICAL WELL-BEING	10-item index of closed questions on specific affects (Bradburn Affect Balance Score) (AFF 2.3)	See first resp. second instrument in excerpt (Part II). Association with Index of Positive Affects: G = +.34 (05) Association with Index of Negative Affects: G = -.33 (05)	HAPP 1.1	G	+.45		05	Adults, urban areas, U.S.A. Probability area samples N: 2787, date: January, 1963 – January, 1964	BRADB 69 p. 63-68
AFFECT BALANCE	10-item index of closed questions on specific affects (Bradburn Affect Balance Score) (AFF 2.3)	See sixth resp. first instrument in excerpt (Part II). Correlation with Index of Positive Affects: r = +.36 Correlation with Index of Negative Affects: r = -.32	HAPP 3.1	r_{pm}	+.48			National adult population, U.S.A. Probability area sample (third sample) N: 1072, date: November, 1972	ANDRE 74 p. 15
		See sixth resp. second instrument Index of positive Affects: r = +.30 Index of Negative Affects: r = -.31	HAPP 2.1	r_{pm}	+.43				
		See sixth resp. third instrument Index of Positive Affects: r = +.25 Index of Negative Affects: r = -.20	COMP 1.1	r_{pm}	+.32				
		See sixth resp. fourth instrument Index of Positive Affects: r = +.34 Index of Negative Affects: r = -.31	HAPP 1.1	r_{pm}	+.50				
		See sixth resp. fifth instrument Index of Positive Affects: r = +.36 Index of Negative Affects: r = -.30	HAPP 3.1	r_{pm}	+.47				
AFFECT BALANCE	10-item index of closed questions on specific affects (Bradburn Affect Balance Score) (AFF 2.3)	See second resp. first instrument in excerpt (Part II).	HAPP 1.1	G'	+.55	Gt'	01	Adults, New Hampshire, U.S.A. Probability sample N: 600, date: —	PHILL 67A p. 483
PSYCHOLOGICAL WELL-BEING	10-item index of closed questions on specific affects (Bradburn Affect Balance Score) (AFF 2.3)	See first resp. second instrument in excerpt (Part II). Index of Positive Affects: r = +.19 (01) Index of Negative Affects: r = -.32 (01)	COMP 1.1	r_{pm}	+.36	Chi^2	01	Adults, Houston, Texas, U.S.A. Non-probability purposive quota sample, stratified by age, sex, occupational skill level and ethnicity N: 1441, date: autumn, 1969	GAITZ 72 p. 65
AFFECT BALANCE	10-item index of closed questions on specific affects (adapted Bradburn Affect Balance Score) (AFF 1.3)	See first resp. second instrument in excerpt (Part II). Computed for normals only (N=19) Index of Positive Affects: G = +.49 (05) Index of Negative Affects: G = -.20 (ns)	HAPP 1.1	G	+.40		ns	Aged persons, Los Angeles County, U.S.A. Non-probability purposive samples by expert choice of psychiatric out-patients and normal community subjects N: 27, date: 1971	MORIW 74 p. 76
PSYCHOLOGICAL WELL-BEING	10-item index of closed questions on specific affects (Bradburn Affect Balance Score) (AFF 2.3)	See first resp. second instrument in excerpt (Part II).	HAPP 1.1	G'	+.76	Gt'	01	Catholic sisters, U.S.A. Non-probability chunk sample N: 183, date: —	LEWIS 72 p. 66
AFFECT BALANCE	8-item index of closed questions on specific affects (adapted Bradburn & Caplovitz Affect Balance Score) (AFF 2.3)	See second resp. first instrument in excerpt (Part II). Index of Positive Affects: r > +.18 (05) Index of Negative Affects: r > -.18 (05)	HAPP 1.1	r_{pm}	>+.18		05	People in transition, U.S.A. Stratified random sample N: 216, date: —	CHIRI 71 p. 603

AFFECT BALANCE	10-itm index of closed questions on specific affects (adapted Bradburn & Caplovitz Affect Balance Score) (AFF 2.3)	See second resp. first instrument in excerpt (Part II).
		
		When all 'pretty happy' Ss were deleted: G = +.89
		
		Index of Possitive Affects: tau = +.30 : G =+.42
		Index of Negative Affects : tau = -.29 ; G = -.42
		
		When happiness is used as a dependent variable
		  affect balance : d = +.34
		  positive affect: d = +.24
		  negative affect: d = -.25
			HAPP 1.1	tau
				G
					+.39
					+.56
							001	Non-hospitalized schizophrenic males, Monroe County, New York, U.S.A.
								Probability sample, drawn form the Monroe County Psychiatric Case Register
								N: 178, date: 1964 - 1965
									ALEXA 68
									p. 49-53/84

PLEASURE INVOLVEMENT	4-item index of closed questions on specific positive affects (adapted Bradburn Index of Positive Affects) (AFF 2.3)	See first resp. second instrument in excerpt (Part II). When controlled for 'negative affect' and 'long-term satisfaction': r_{pc} = +.31 (001)	HAPP 1.1	r_{pm}	+.38		001	Residents of Stirling County, Maritime, Canada Probability sample, stratified by sex, age, socio-environmental circumstances and mental health N: 112, date: 1963 - 1968	BEISE 74 p. 325
NEGATIVE AFFECT	5-item index of closed questions on specifec negative affects (adapted Bradburn Index of Negative Affects) (AFF 2.3)	See first resp. second instrument in excerpt (Part II). When controlled for 'pleasure involvement' and 'long-term satisfaction': r_{pc} = -.30 (001)	HAPP 1.1	r_{pm}	-.44		001	See above	BEISE 74 p. 325
AFFECT BALANCE	9-item index of closed questions on specific affects (adapted Bradburn & Caplovitz Affect Balance Score) (AFF 2.3)	See second resp. first instrument in excerpt (Part II). Index of Positive Affects: G' = +.19 (01) Index of Negative Affects: G' = -.54 (01)	HAPP 1.1	G'	+.52	Gt'	01	National adult population, Puerto Rico Probability simple random sample N: 1417, date: November, 1963 - January, 1964 ; August - October, 1964	MATLI 66 p. 10-13
PSYCHOLOGICAL WELL-BEING	13-item index of closed questions on specific affects (based on Bradburn & Caplovitz Affect Balance Score) (AFF 2.3)	See first resp. second instrument in excerpt (Part II). Index of Positive Affects: G = +.06 Index of Negative Affects: G = -.22	HAPP 1.1.	G	+			Employed males, England Non-probability purposive quota sample N: 192, date: —	PAYNE 74 p. 17
ENHANCEMENT	4-item index of closed questions on specific positive affects (based on Bradburn & Caplovitz Index of Positive Affects) (AFF 2.3)	See third resp. first instrument in excerpt (Part II). See third resp. second instrument in excerpt (Part II).	HAPP 1.1 HAPP 3.1	r r	+.24 +.24			Adults, Metro Manila, Philippines Probability sample N: 941, date: January - April , 1972	BULAT 73 p. 233
DISCOMFORT	4-item index of closed questions on specific negative affects (based on Bradburn & Caplovitz Index of Negative Affects) (AFF 2.3)	See third resp. first instrument in excerpt (Part II). See third resp. second instrument in excerpt (Part II).	HAPP 1.1 HAPP 3.1	r r	-.20 ± 0			See above	BULAT 73 p. 233
HAPPINESS	Overall composite clinical rank on 'happiness - unhappiness'; using all clinical data and know-ledge over a period of three years, including evidence of possible repressed or latent problems at deeper levels of the personality. (COMP 5)	This clinical rank on happiness was made a half year after the Elation-Depression Scale (see in-strument in excerpt, Part II) was employed. Correlations between this clinical rank on happi-ness and hedonic level, as assessed by the Elation-Depression Scale, were as follows: —with mean daily average mood: r = +.69 —with mean daily highest mood: r = +.48 —with mean daily lowest mood : r = +.42	AFF 3.1	r_{pm}	+.69			Male college students, U.S.A. Non-probability chunk sample N: 17, date: ± 1960	WESSM 66/2 p. 104
ELATION vs depression	Repeated closed question rated on a 10-point scale, scored every night for 28 consecutive days (Wessman & Ricks Elation - Depression Scale; see above) (AFF 3.1)	See first resp. second instrument in excerpt (Part II). Correlations were as follows: —with mean daily average mood: r = +.26 (05) —with mean daily highest mood: r = +.29 (05) —with mean daily lowest mood : r = +.16 (ns)	HAPP 3.1	r_{pm}	+.26			Undergraduate students, U.S.A. Non-probability chunk sample N: 67, date: summer , 1970	GORMA 71 p. 216

USUAL MOOD	Closed question on spirits: very low spirits / fairly low spirits / neither good spirits nor low spirits / fairly good spirits / very good spirits (AFF 1.1)	See second resp. first instrument in excerpt (Part II). When standardized on: – having fun in life, and frequency of low mood : G_s = +.62 – having fun in life : G_s = +.68 – frequency of low mood : G_s = +.74 – tending to be a discouraged person: G_s = +.73 – tending to be a lonely person : G_s = +.72 – anxiety symptoms : G_s = +.77 Unaffected by sex	HAPP 1.1	G V	+.78 .39	 Chi^2	01	Juniors and seniors attending public high schools in New York State, U.S.A. Probability cluster sample of 10 public high schools N: sample A: 1682, sample B: 1664, sample C: 1878 date: 1960	BRENN 70 p. 64/71/75/87–88/262
USUAL AFFECT	Closed question on spirits: very low spirits / fairly low spirits / neither good nor low spirits / fairly good spirits / very good spirits (AFF 1.1)	Third item of third instrument (see excerpt, Part II). When enjoying life and feeling downcast or dejected are kept constant: G_{pt} = +.64 (001) Unaffected by sex, age and educational level	HAPP 1.1	G	+.75		001	Local population, Washington County, U.S.A. Probability cluster sample of households N: 916, date: summer, 1973 – summer, 1974	BRENN 75A p. 324
QUALITY OF AFFECT	2–item index of closed questions on feeling that things were going your way, and feeling depressed or unhappy (Going–Your–Way / Depressed–or–Unhappy Scale) (AFF 2.3)	See fourth resp. first instrument in excerpt (Part II). See fourth resp. third instrument	HAPP 1.1 COMP 1.2	G G	+.60 +.60		001 001	See above	BRENN 75A p. 327
QUALITY OF AFFECT	2–item index of closed questions on enjoying life and feeling depressed (Enjoyed / Depressed Scale) (AFF 2.3)	See fifth resp. first instrument See fifth resp. third instrument	HAPP 1.1 COMP 1.2	G G	+.61 +.68		001 001	See above	BRENN 75A p. 328
QUALITY OF AFFECT	2–item index of closed questions on feeling happy and feeling sad (Happy/Sad Scale) (AFF 2.3)	See sixth resp. first instrument See sixth resp. third instrument	HAPP 1.1 COMP 1.2	G G	+.61 +.59		001 001	See above	BRENN 75A p. 328
MOOD	Closed question on mood–level, rated on a 5–point scale ranging from 'not good almost all the time' to 'very good all the time' (AFF 1.1)	See second resp. first instrument in excerpt (Part II).	HAPP 1.1	mc	+.77			Urban adult Jewish population, Israel Probability area sample, using dwelling units N: 1940, date: spring, 1973	LEVY 75/1 p. 372
MOOD	Closed question on mood–level (see above)	See above	HAPP 1.1	mc	+.71			Urban adult Jewish population, Israel Probability area sample, using dwelling units N: 1830, date: summer, 1973	LEVY 75/2 p. 373

H 1.2.2 – HEDONIC LEVEL AND HEDONIC LEVEL

RELATIVE AFFECT BALANCE	Ratio of percent of day in happy moods over percent of day in unhappy moods (AFF 3.1)	This ratio was based on repeated open–ended questions on percentage of day in happy, neutral and unhappy moods (see second instrument in excerpt, Part II)
		The ratio and the separate questions were correlated with the Elation–Depression Scale (see first instrument in excerpt, Part II).
		Correlations with the separate questions were as follows: % happy moods : r = +.83 (01)
		                % neutral moods: r = –.40 (01)
		                % unhappy moods: r = –.77 (01)
			AFF 3.1	r_{pm}	+.57		01	Undergraduate university students, California, U.S.A.
								Non–probability chunk sample
								N: 86, date: November – December, 1971
									FORDY 72
									p. 149

ABSOLUTE AFFECT BALANCE	Difference score between percent of day in happy moods and percent of day in unhappy moods (AFF 3.1)	This difference–score was based on the same questions as the above–mentioned ratio (relative affect balance)	AFF 3.1	r_{pm}	+.87		01	See above	FORDY 72 p. 149
BEING IN GOOD SPIRITS	Closed question: very low spirits / low spirits / good spirits / very good spirits most of the time (AFF 1.1)	Index of Positive Affects: G' = +.09 (ns) Index of Negative Affects: G' = –.59 (01)	AFF 2.3	G'	+.56	Gt'	01	National adult population, Puerto Rico Probability simple random sample N: 1417, date: winter, 1963/64 + autumn, 1964	MATLI 66 p. 13

ELATION vs depression	Repeated closed question rated on a 10-point scale, scored every night during three weeks (Wessman & Ricks Elation-Depression Scale) (AFF 3.1)	See second resp. first instrument in excerpt (Part II). Correlations were as follows: - with mean daily average mood: r = +.21 (ns) - with mean daily highest mood: r = +.29 (05) - with mean daily lowest mood : r = +.22 (ns)	AFF 2.1	r_{pm}	+.21		ns	Married females, U.S.A. Non-probability purposive sample by expert choice N: 62, date: —	HARDE 69 p. 83

H 1.2.3 - HEDONIC LEVEL AND CONTENTMENT

see below (H 1.3.2)

H 1.3 - CONTENTMENT

H 1.3.1 - CONTENTMENT AND HAPPINESS

HAVING NO UNFULFILLED ASPIRATIONS	Open-ended direct question on unfulfilled aspirations (CON 1.3) mentions unfulfilled aspirations vs says to have no unfulfilled aspirations	See also under 'Perceived unfulfilled aspirations' (Part III, H 3.3.2)	HAPP 1.1	G'	+.23	Gt'	01	National adult population, U.S.A. Non-probability quota sample N: 2377, date: February, 1946	WESSM 56 p. 210
SUCCESS IN ACHIEVING GOALS	Closed question rated on an 11-point self-anchoring scale (CON 1.1)	See third instrument (measure of contentment presented in the second column) resp. first instrument (happiness measure mentioned in the next column) in excerpt (Part II). See third resp. second instrument	HAPP 3.1 HAPP 2.1	r_{pm} r_{pm}	+.39 +.45			National adult population, U.S.A. Probability sample N: 1549, date: 1960	CANTR 65/2 p. 268/415
SUCCESS IN ACHIEVING GOALS	Closed question rated on an 11-point self-anchoring scale, based on Cantril (see above) (CON 1.1)	See third resp. first instrument in excerpt (Part II). See third resp. second instrument	HAPP 2.1 HAPP 3.1	r r	+.45 +.41			National adult population, U.S.A. Cantril (1965) modified probability sample N: 1406, date: 1959	BORTN 70 p. 44
SATISFACTION OF WANTS (doing well)	Closed question: not doing too well vs doing pretty well (CON 1.1)	See second resp. first instrument in excerpt (Part II).	HAPP 1.1	G'	+.66	Gt'	01	Non-institutional adult population, U.S.A. Probability multi stage sample N: 1453, date: summer, 1963	BRENN 67 p. 671
GETTING WHAT ONE WANTS FROM LIFE	Closed question: doing not too well / pretty well / very well (CON 1.1)	See third resp. second instrument in excerpt (Part II). Unaffected by sex: males : G = +.69 females: G = +.70	HAPP 1.1	G	+			Adults, urban areas, U.S.A. Probability area sample N: 2787, date: January, 1963 - January, 1964	BRADB 69 p. 51
CONGRUENCE BETWEEN DESIRED AND ACHIEVED GOALS	Content analysis of interview records by two independent judges (component of Life Satisfaction Rating) (CON 1.4)	See first resp. second instrument in excerpt (Part II). See also remarks in excerpt (Part II).	COMP 1.4	r	+.57			White adult population, Kansas City, U.S.A. Stratified probability sample and non-probability quota sample N: 177, date: —	NEUGA 61 p. 139

H 1.3.2 - CONTENTMENT AND HEDONIC LEVEL

GETTING WHAT ONE WANTS FROM LIFE	Closed question: not doing too well / pretty well / very well (CON 1.1)	See third resp. first instrument in excerpt (Part II). Index of Positive Affects: G = +.37 (05) Index of Negative Affects: G = -.35 (05)	AFF 2.3	G	+.47		05	Adults, urban areas, U.S.A. Probability area samples N: 2787, date: January, 1963 - January, 1964	BRADB 69 p. 63/68

	Operationalization	Observed relation with happiness	Code	Statistic	Value		Sign.	Population/Sample	Source
FEELINGS OF FAILURE TO FULFILL AMBITIONS	Content analysis of a 60–item Q sort, filled out both in very elated and in very depressed moods for self–concept ('an accurate picture of yourself as you honestly feel and believe you are'). (CON 1.3). See also 'Content of real self–image' (Part III, S 2.2.1)	Analysis on the basis of comparison between 9 relatively happy and 8 relatively unhappy males, both in elation and in depression. The unhappy men appeared to be more ambitious, but are also less able to fulfill their ambitions. Especially in depression they feel ineffective, unable to get what they want, pessimistic, and unable to absorb frustration.	AFF 3.1	r_{pm}	–	t	05	Male college students, U.S.A. Non–probability chunk sample N: 17, date: ± 1960	WESSM 66/2 p. 110
GETTING WHAT ONE WANTS FROM LIFE	Closed question: not doing too well now / doing pretty well now (CON 1.1) (based on Bradburn; see last page under BRADB 69)	See third resp. first instrument in excerpt (Part II). Index of Positive Affects: G = –.19 Index of Negative Affects: G = –.15	AFF 2.3	G				Employed males, England Non–probability purposive quota sample N: 192, date: —	PAYNE 74 p. 17

H 1.3.3 – CONTENTMENT   AND   CONTENTMENT   no research on this matter as yet

H 1.4 – PAST HAPPINESS

H 1.4.1 – PERCEIVED PAST HAPPINESS

	Operationalization	Observed relation with happiness	Code	Statistic	Value		Sign.	Population/Sample	Source
PERCEIVED LIFE SATISFACTION	Closed question rated on an 11–point self–anchoring scale (Cantril past personal rating; see Cantril, 1965)	The question on 'best possible life' (see instrument in excerpt of CANTR 65/1, Part II) was scored here for 5 years ago.	HAPP 2.1 / HAPP 3.1 / CON 1.1	r / r / r	+.11 / +.36 / +.18			National adult population, U.S.A. Cantril (1965) modified probability sample N: 1406, date: 1959	BORTN 70 p. 44
PERCEIVED HAPPINESS 5 YEARS AGO	Closed question rated on an 11–point self–anchoring scale (Cantril past personal rating; see above).		AFF 3.1 / HAPP 3.1	r_{pm} / r_{pm}	+.00 / +.27		ns / 05	Undergraduate students, U.S.A. Non–probability chunk sample N: 67, date: summer, 1970	GORMA 71 p. 215–216

H 1.4.2 – ACTUAL PAST HAPPINESS

	Operationalization	Observed relation with happiness	Code	Statistic	Value		Sign.	Population/Sample	Source
AVOWED HAPPINESS	Questionnaire items indicative of avowed happiness – unhappiness	This happiness measure was employed two years before hedonic level was assessed by means of the Elation – Depression Scale (see instrument in excerpt, Part II). Correlations were as follows: – with mean daily highest mood: r = +.66 – with mean daily average mood: r = +.67 – with mean daily lowest mood : r = +.32	AFF 3.1	r_{pm}	+.67			Male college students, U.S.A. Non–probability chunk sample N: 17, date: ± 1960	WESSM 66/2 p. 103
HAPPINESS	Composite clinical rank order of happiness by 6 staff psychologists, based on two years of experience with the subjects	This clinical rank was made 6 months before hedonic level was assessed (see above). Correlations were as follows: – with mean daily highest mood: r = +.44 – with mean daily average mood: r = +.71 – with mean daily lowest mood : r = +.63	AFF 3.1	r_{pm}	+.71			See above	WESSM 66/2 p. 103

HAPPY LIFE HISTORY	Clinical rank on 'happy – unhappy life story', stressing auto-biographic reports and information for three years, concerning past life experiences up to the time of entering college	This clinical rank was made half a year after hedonic level was assessed (see above). Correlations were as follows: – with mean daily highest mood: r = +.42 – with mean daily average mood: r = +.48 – with mean daily lowest mood : r = +.34	AFF 3.1	r_{pm}	+.48	t	05	Male college students, U.S.A. (see last page)	WESSM 66/2 p. 104

H 1.5 – FUTURE HAPPINESS

EXPECTED LIFE SATISFACTION 5 YEARS FROM NOW	Closed question rated on an 11-point self-anchoring scale (Cantril future personal rating; see Cantril, 1965)	The question on 'best possible life' (see instrument in excerpt of CANTR 65/1, Part II) was scored here for 5 years from now	HAPP 2.1	r	+.28			National adult population, U.S.A. Cantril (1965) modified probability sample N: 1406, date: 1959	BORTN 70 p. 44
			HAPP 3.1	r	+.58				
			CON 1.1	r	+.27				
EXPECTED HAPPINESS 5 YEARS FROM NOW	Closed question rated on an 11-point self-anchoring scale (Cantril future personal rating; see above)		AFF 3.1	r_{pm}	+.23		ns	Undergraduate students, U.S.A. Non-probability chunk sample N: 67, date: summer, 1970	GORMA 71 p. 215-216
			HAPP 3.1	r_{pm}	+.44		01		
HAPPINESS	Clinical rank on present happiness – unhappiness, stressing possible aware subjective feelings	This clinical rank was made half a year after hedonic level was assessed by means of the Elation – Depression Scale (see instrument in excerpt, Part II). Correlations were as follows: – with mean daily highest mood: r = +.57 – with mean daily average mood: r = +.76 – with mean daily lowest mood: r = +.56	AFF 3.1	r_{pm}	+.76			Male college students, U.S.A. Non-probability chunk sample N: 17, date: ± 1960	WESSM 66/2 p. 104

H 1.6 – CHANGES IN HAPPINESS

H 1.6.1 – PAST CHANGES IN HAPPINESS

BEING MORE SATISFIED WITH LIFE THAN 5 YEARS AGO (retrotension)	Actual difference in scores on questions on satisfaction with life now, and 5 years ago (Cantril present and past personal ratings; see Cantril, 1965)	For present and past personal ratings, see resp. second instrument in excerpt (Part II), and under 'Perceived past happiness' (Part III, H 1.4.1).	HAPP 3.1	r	+.24			National adult population, U.S.A. Cantril (1965) modified probability sample N: 1406, date: 1959	BORTN 70 p. 44
			HAPP 2.1	r	+.45				
			CON 1.1	r	+.16				
PERCEIVED IMPROVEMENT OF LIFE	Actual difference in scores on questions on satisfaction with life now, and 5 years ago (Cantril present and past personal ratings; see Cantril, 1965)	See resp. second instrument in excerpt (Part II), and under 'Perceived past happiness' (Part III, H 1.4.1)	AFF 3.1	r_{pm}	+.03		ns	Undergraduate students, U.S.A. Non-probability chunk sample N: 67, date: summer, 1970	GORMA 71 p. 215-216
			HAPP 3.1	r_{pm}	+.09		ns		

INCREASE IN SATISFACTION DURING 4 – 5 YEARS	Actual difference in scores on questions on satisfaction with life now, and 5 years ago (based on Cantril, 1965)	See first instrument in excerpt (Part II). The same scale was also scored for 'yourself as you were about 4 or 5 years ago'	HAPP 2.1	r_{pm}	+.62			National population, Britain Non-probability quota sample N: 213, date: March, 1971	ABRAM 73 p. 21
PERCEIVED INCREASE IN SATISFACTION DURING 4 – 5 YEARS	Closed question on satisfaction now compared with 4 or 5 years ago lot less / little less / same / little more / lot more		HAPP 2.1	r_{pm}	+.40			See above	ABRAM 73 p. 21

H 1.6.2 – EXPECTED CHANGES IN HAPPINESS

EXPECTED IMPROVEMENT IN LIFE SATISFACTION DURING NEXT 5 YEARS (protension)	Actual difference in scores on questions on satisfaction with life now, and expected satisfaction 5 years from now (Cantril present and future personal ratings; see Cantril, 1965)	For present and future personal ratings see resp. second instrument in excerpt (Part II), and under 'Future Happiness' (Part III, H 1.5)	HAPP 2.1	r	+.10			National adult population, U.S.A. Cantril (1965) modified probability sample N: 1406, date: 1959	BORTN 70 p. 44
			HAPP 3.1	r	+.08				
			CON 1.1	r	+.04				
EXPECTED IMPROVEMENT OF LIFE	Actual difference in scores on questions on satisfaction with life now, and expected satisfaction 5 years from now (Cantril present and future personal ratings; see Cantril 1965)	See resp. second instrument in excerpt (Part II), and under 'Future Happiness' (Part III, H 1.5).	AFF 3.1	r_{pm}	-.11		ns	Undergraduate students, U.S.A. Non-probability chunk sample N: 67, date: summer, 1970	GORMA 71 p. 215-216
			HAPP 3.1	r_{pm}	-.74		01		
SUBJECTIVE CONFIDENCE AND HOPE	Actual difference in scores on questions on satisfaction with life 5 years ago, and expected satisfaction 5 years from now (Cantril past and future personal ratings; see Cantril, 1965)	For past and future personal ratings see resp. under 'Perceived Past Happiness' (Part III, H 1.4.1) and under 'Future Happiness' (Part III, H 1.5).	AFF 3.1	r_{pm}	+.11		ns	See above	GORMA 71 p. 215-216
			HAPP 3.1	r_{pm}	-.06		ns		
EXPECTED INCREASE IN SATISFACTION DURING NEXT 4 – 5 YEARS	Actual difference in scores on questions on satisfaction with life now, and 4 or 5 years from now (based on Cantril, 1965)	See first instrument in excerpt (Part II). The same scale also was scored for 'yourself as you expect to be about 4 or 5 years from now'.	HAPP 2.1	r_{pm}	-.25			National population, Britain Non-probability quota sample N: 213, date: March, 1971	ABRAM 73 p. 21
EXPECTED FUTURE HAPPINESS	Closed question on anticipation of happiness 5 or 10 years from now, compared with present life less happy / about the same / happier	Unaffected by age	HAPP 1.1	G'	+.16	Gt'	01	Non-institutionalized adults, U.S.A. Probability multi-stage area sample N: 2460, date: spring, 1957	GURIN 60 p. 34
EXPECTED FUTURE HAPPINESS	Closed question on anticipation of happiness 5 or 10 years from now, compared with present life not as happy / about the same / happier	Positieve among males : $t_k = +.04$ (ns) Negative among females: $t_k = -.04$ (ns)	HAPP 1.1	t_k			ns	Adult married population with children, U.S.A. Probability area sample N: 797, date: spring, 1957	VEROF 62 p. 196
EXPECTED FUTURE HAPPINESS	Closed question on anticipation of happiness 5 or 10 years from now, compared with present life less happy / about the same / happier		HAPP 1.1	G'	-.43	Gt'	05	Student teachers, Chapel Hill, U.S.A. Probability sample, proportionally stratified by teaching level N: 75, date: spring, 1967	GONZA 67 p. 75

H 1.7 – HAPPIEST PERIOD

PERCEIVED HAPPIEST PERIOD:	Open-ended direct question Other periods vs period mentioned							National adult population, U.S.A. Non-probability quota sample N: 2377 date: February, 1946	WESSM 56 p. 220
– CHILDHOOD, SCHOOL DAYS, COLLEGE, WHEN I WAS SINGLE			HAPP 1.1	G'	–.32	Gt'	01		
– NOW, RECENTLY, UNTIL NOW			HAPP 1.1	G'	+.23	Gt'	01		
– MARRIED LIFE			HAPP 1.1	G'	+.36	Gt'	01		
– HAVING BABIES, RAISING CHILDREN, WHEN CHILDREN WERE SMALL			HAPP 1.1	G'	+.10	Gt'	ns		
– FALLING IN LOVE, GETTING MARRIED, EARLY MARRIED LIFE			HAPP 1.1	G'	–.07	Gt'	ns		
– WHEN FAMILY WAS TOGETHER, BEFORE HUSBAND OR WIFE DIED			HAPP 1.1	G'	–.16	Gt'	ns		
– EARLY WORKING DAYS			HAPP 1.1	G'	–.48	Gt'	01		
– ALWAYS HAPPY			HAPP 1.1	G'	+.47	Gt'	01		
– NEVER HAPPY			HAPP 1.1	G'	–1.00	Gt'	01		
– NO OPINION			HAPP 1.1	G'	–.37	Gt'	01		
PERCEIVED HAPPIEST PERIOD:	Open-ended direct question (see above) Other periods vs period mentioned	Closely related code categories were combined here.						See above	WESSM 56 p. 221
– MARRIAGE AND FAMILY LIFE			HAPP 1.1	G'	+.17	Gt'	01		
– CHILDHOOD, YOUTH, AND EARLY ADULTHOOD			HAPP 1.1	G'	–.35	Gt'	01		
– PRESENT, NOW			HAPP 1.1	G'	+.23	Gt'	01		
– ALWAYS HAPPY			HAPP 1.1	G'	+.49	Gt'	01		
– NEVER HAPPY			HAPP 1.1	G'	–1.00	Gt'	01		
– OTHER AND NO OPINION			HAPP 1.1	G'	–.05	Gt'	ns		

H I.8 - PERCEIVED SOURCES OF HAPPINESS

PERCEIVED SOURCES OF HAPPINESS:	Open-ended question: 'What are some of the things you feel pretty happy about these days?'	If a specific source of satisfaction is mentioned more often by the 'very happy' than by the 'not too happy' a positive relationship is assumed, if reversed a negative one.						Non-institutionalized adults, U.S.A. Probability multi-stage area sample N: 2460, date: spring, 1957	GURIN 60 p. 31-32
—FAMILY			HAPP 1.1		+				
– MARRIAGE			HAPP 1.1		+				
– ECONOMIC AND MATERIAL FACTORS			HAPP 1.1		± 0				
– HEALTH			HAPP 1.1		–				

PERCEIVED SOURCES OF UNHAPPINESS:	Open-ended question: 'What are some of the things you're not too happy about these days?'	If a specific source of dissatisfaction is mentioned more often by the 'very happy' than by the 'not too happy' a positive relationship is assumed, if reversed a negative one.						Non-institutionalized adults, U.S.A. (see last page)	GURIN 60 p. 31-32
− CHILDREN			HAPP 1.1		−				
− MARRIAGE			HAPP 1.1		−				
− ECONOMIC AND MATERIAL FACTORS			HAPP 1.1		± 0				
− HEALTH			HAPP 1.1		−				
NUMBER OF SOURCES OF HAPPINESS MENTIONED	Less than 2 vs 2 or more sources mentioned on open-ended direct question (see above)		HAPP 1.1	G'	+.38	Gt'	01	See above	GURIN 60 p. 33
NUMBER OF SOURCES OF UNHAPPINESS MENTIONED	Less than 2 vs 2 or more sources mentioned on open-ended direct question (see above)		HAPP 1.1	G'	−.33	Gt'	01	See above	GURIN 60 p. 33
PERCEIVED MAJOR FACTOR IN PEOPLE'S HAPPINESS:	Open-ended question: 'What one thing would you say makes people happy more than anything else?' Other factors vs factor mentioned							National adult population, U.S.A. Non-probability quota sample N: 2377, date: February, 1946	WESSM 56 p. 215-216
− MARRIAGE, FAMILY, CHILDREN, HAVING HAPPY HOME LIFE			HAPP 1.1	G'	+.10	Gt'	ns		
− UNDERSTANDING PEOPLE, MAKING OTHER PEOPLE HAPPY, BEING UNSELFISH			HAPP 1.1	G'	+.20	Gt'	01		
− CONTENTED, BEING ADJUSTED TO ONE'S SURROUNDINGS, FREEDOM FROM WORRY			HAPP 1.1	G'	−.00	Gt'	ns		
− HEALTH			HAPP 1.1	G'	−.11	Gt'	05		
− MONEY, HAVING ENOUGH TO GET ALONG ON			HAPP 1.1	G'	−.41	Gt'	01		
− GETTING ALONG WITH PEOPLE, CONGENIALITY GOOD FRIENDS			HAPP 1.1	G'	+.11	Gt'	ns		
− SUCCESS IN CHOSEN WORK, ACHIEVEMENT, SECURITY			HAPP 1.1	G'	−.03	Gt'	ns		
− RELIGION, OBEYING GOD'S WILL			HAPP 1.1	G'	+.25	Gt'	01		
− LOVE, AFFECTION			HAPP 1.1	G'	+.10	Gt'	ns		
− HAVING FUN, ENJOYMENT			HAPP 1.1	G'	−.24	Gt'	ns		
− NO OPINION			HAPP 1.1	G'	−.21	Gt'	05		
PERCEIVED MAJOR FACTOR IN PEOPLE'S UNHAPPINESS:	Open-ended question: 'What one thing would you say makes people unhappy more than anything else?' Other factors vs factor mentioned							See above	WESSM 56 p. 217
− LACK OF MONEY, DESIRE FOR MONEY			HAPP 1.1	G'	−.13	Gt'	01		
− UNHAPPY HOMELIFE, ARGUMENTS, INLAWS			HAPP 1.1	G'	−.05	Gt'	ns		

- JEALOUSY, SUSPICION, LACK OF UNDER-STANDING			HAPP 1.1	G'	+.28	Gt'	01		
- FEAR, WORRY, DISCONTENT			HAPP 1.1	G'	+.02	Gt'	ns		
- SELFISHNESS, GREED, BAD CHARACTER, OR DISPOSITION			HAPP 1.1	G'	+.15	Gt'	05		
- SICKNESS, POOR HEALTH			HAPP 1.1	G'	-.32	Gt'	01		
- DRINKING, RUNNING AROUND			HAPP 1.1	G'	-.03	Gt'	ns		
- NOT GETTING ALONG WITH NEIGHBORS AND FRIENDS			HAPP 1.1	G'	+.15	Gt'	ns		
- FAILURE, LACK OF SUCCESS, LACK OF SECURITY, IDLENESS			HAPP 1.1	G'	-.15	Gt'	ns		
- LACK OF RELIGION, LEAVING OUT GOD, SIN			HAPP 1.1	G'	+.31	Gt'	01		
- NO OPINION			HAPP 1.1	G'	-.01	Gt'	ns		
POSITIVE ATTITUDE TOWARDS MARRIAGE	Closed question: 'In general, which do you think is happier - married people or single people?' single / no difference / married		HAPP 1.1	G'	+.32	Gt'	01	National adult population, U.S.A. (see last page)	WESSM 56 p. 191
PERCEIVED IMPORTANCE FOR OWN HAPPINESS OF:	31-item inventory. Each item was scored for its importance for the attainment of happiness by each subject	Analysis on the basis of a comparison of the 'happy' subjects and those reporting 'about as often happy and unhappy' or 'unhappy most of the time'.						Adult students, Denmark Non-probability chunk sample N: 113, date: 1946 - 1947	IISAG 48 p. 241
- ART			COMP 1.1			CR	ns		
- BEAUTY			COMP 1.1			CR	ns		
- CLEAR CONSCIENCE			COMP 1.1		+	CR	s		
- ECONOMIC INDEPENDENCE			COMP 1.1		-	CR	s		
- ENTERTAINMENTS (dance, cinema, restaurants)			COMP 1.1			CR	ns		
- EXCITEMENT AND THRILLS			COMP 1.1			CR	ns		
- FREEDOM (of speech and behaviour)			COMP 1.1			CR	ns		
- FRIENDS			COMP 1.1			CR	ns		
- GOOD FELLOWSHIP			COMP 1.1			CR	ns		
- GOOD FOOD			COMP 1.1			CR	ns		
- GOOD HEALTH			COMP 1.1			CR	ns		
- HELPING OTHERS			COMP 1.1			CR	ns		
- HUMOUR			COMP 1.1			CR	ns		
- JOY OF COLLECTING			COMP 1.1			CR	ns		

– JOY OF WORK	COMP 1.1		CR	ns
– KNOWLEDGE	COMP 1.1		CR	ns
– LIQUOR	COMP 1.1		CR	ns
– LITERATURE	COMP 1.1		CR	ns
– LOVE	COMP 1.1		CR	ns
– MONEY	COMP 1.1		CR	ns
– MUSIC	COMP 1.1		CR	ns
– NATURE	COMP 1.1		CR	ns
– POLITICS	COMP 1.1		CR	ns
– POPULARITY	COMP 1.1		CR	ns
– POWER	COMP 1.1		CR	ns
– PRESTIGE	COMP 1.1		CR	ns
– RELIGION	COMP 1.1		CR	ns
– SECURITY	COMP 1.1		CR	ns
– SPORTS	COMP 1.1		CR	ns
– THINKING	COMP 1.1		CR	ns
– TRAVELS	COMP 1.1	–	CR	s

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H 1.9 – MEANING ATTACHED TO THE WORD 'HAPPINESS'

MEANING ATTACHED TO THE WORD 'HAPPINESS'						National adult population, U.S.A.	WESSM 56
	Open-ended question: 'Will you tell me in your own words what the word 'happiness' means to you?' Other meanings vs meaning mentioned					Non-probability quota sample N: 2377, date: February, 1946	p. 214
– CONTENTED, BEING ADJUSTED TO ONE'S SURROUNDING, FREEDOM FROM WORRY		HAPP 1.1	G'	-.01	Gt'	ns	
– MARRIAGE, FAMILY, CHILDREN, HAVING A HAPPY HOME LIFE		HAPP 1.1	G'	+.19	Gt'	01	
– HEALTH		HAPP 1.1	G'	-.01	Gt'	ns	
– MONEY, HAVING ENOUGH TO GET ALONG ON		HAPP 1.1	G'	-.26	Gt'	01	
– SUCCESS IN CHOSEN WORK, ACHIEVEMENT, SECURITY		HAPP 1.1	G'	-.07	Gt'	ns	
– UNDERSTANDING PEOPLE, MAKING OTHER PEOPLE HAPPY, BEING UNSELFISH		HAPP 1.1	G'	+.08	Gt'	ns	
– GETTING ALONG WITH PEOPLE, CONGENIAL-ITY, GOOD FRIENDS		HAPP 1.1	G'	-.04	Gt'	ns	

– HAVING FUN, ENJOYMENT			HAPP 1.1	G'	–.11	Gt'	ns	National adult population, U.S.A. (see last page)	WESSM 56 p. 214
– RELIGION, OBEYING GOD'S WILL			HAPP 1.1	G'	+.41	Gt'	01		
– LOVE, AFFECTION			HAPP 1.1	G'	+.18	Gt'	ns		
– NO OPINION			HAPP 1.1	G'	–.26	Gt'	01		

H 1.10 – ATTITUDES TOWARDS HAPPINESS

HOLDING IDEA OF NATURAL HAPPINESS	Closed question: 'Would you say that by nature you are a happy person?' no vs yes	90% affirmative answers	HAPP 1.1	G'	+.76	Gt'	01	National adult population, U.S.A. Non-probability quota sample N: 2377, date: February, 1946	WESSM 56 p. 219
VALUATION OF HAPPINESS	Scale, containing agree / disagree statements	The happier men were more likely to agree with such statements as:'Happiness is one of the primary goals of life' and 'Find me a truly happy man and I'll show you a man who is mature and creative'. The less happy tended to agree with statements to the effect:'Only cows are contented', 'Most people who say they are happy close their eyes to the sufferings of the world', and 'I don't want to be happy: I want to be utterly alive'.	AFF 3.1	r_{pm}	+.48	t	05	Male college students, U.S.A. Non-probability chunk sample N: 17, date: ± 1960	WESSM 66/2 p. 116–117
PERCEIVED DESIRABILITY OF HAPPINESS AS A TRAIT	Rating of 'happiness' on a 9-point scale of desirability: low / medium / high desirability	Gamma's computed on the basis of proportions 'very happy ' answers Stronger among females: Q = +.40 Lower among males : Q = +.10 Stronger among those reporting a high need for social approval : G' = +.33 (ns) Also stronger among those with a medium need for social approval : G' = +.30 (05) Lower among those with a low need for social approval : G' = +.22 (ns)	HAPP 1.1	G'	+.28	Gt'	01	Adults in the New England and Mid-Atlantic States, U.S.A. Probability cluster sample N: 404, date: —	PHILL 7? p. 927