

**Section on a specific subject from:**

# **DATABOOK OF HAPPINESS**

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

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# P 5 PROBLEMS, WORRIES AND FEARS

see also 'Concerns, Interests' (C 2)  
'Life quality' (L 2)

- P 5.1 Problems
  - 5.1.1 - Amount of problems
  - 5.1.2 - Specific problems
- P 5.2 Worries and fears
  - 5.2.1 - Amount of worries and fears
  - 5.2.2 - Specific worries and fears
    - 5.2.2.1 - Personal worries and fears
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    - 5.2.2.3 - Worries and fears concerning one's country

## P 5.1 - PROBLEMS

### P 5.1.1 - AMOUNT OF PROBLEMS

FEELING THAT LIFE IS FULL OF TROUBLES AND OBSTACLES

Closed question rated on an 11-point self-anchoring scale

HAPP 3.1 r<sub>pm</sub> -.25  
HAPP 2.1 r<sub>pm</sub> -.35  
CON 1.1 r<sub>pm</sub> -.26

National adult population, U.S.A.  
Probability sample  
N: 1549, date: 1960

CANTR 65/2  
p. 268/415

EXTENT OF PERCEIVED TROUBLES AND OBSTACLES IN LIFE

Closed question rated on an 11-point self-anchoring scale  
(see above)

HAPP 2.1 r -.35  
HAPP 3.1 r -.29  
CON 1.1 r -.23

National adult population, U.S.A.  
Cantril (1965) modified probability sample  
N: 1406, date: 1959

BORTN 70  
p. 44

### P 5.1.2 - SPECIFIC PROBLEMS

For problems with health see 'Health and Health Care' (H 2)

PROBLEMS WITH:

15-item inventory of closed questions

- HEALTH

COMP 4.1 ns

Students, U.S.A.  
Non-probability chunk sample  
N: 1651, date: —

SYMON 37  
p. 292

- SEX

High school students only  
L-shaped curve: significant negative relationship among happier students only

COMP 4.1 -

- SAFETY

COMP 4.1 ns

- MONEY

High school students only  
L-shaped curve: stronger negative relationship among happier students

COMP 4.1 - s

- MENTAL HYGIENE

High school students: significant positive relationship  
College students: significant negative relationship  
L-shaped curve: stronger negative relationship among happier students  
Graduate students: negative relationship  
L-shaped curve: significant negative relationship among happier students only

COMP 4.1

- STUDY HABITS		High school students only L - shaped curve: significant positive relationship among happier students only	COMP 4.1		+		Students U.S.A. (See last page)	SYMON 37 p. 292
- RECREATION			COMP 4.1			ns		
- PERSONAL AND MORAL QUALITIES		College students only L - shaped curve: significant positive relationship among happier students only	COMP 4.1		+			
- FAMILY RELATIONSHIPS		High school students only L - shaped curve: significant negative relationship among happier students only	COMP 4.1		-			
- MANNERS		High school students only L - shaped curve: significant positive relationship among happier students only	COMP 4.1		+			
- PERSONAL ATTRACTIVENESS		High school students only L - shaped curve; significant positive relationship among happier students only	COMP 4.1		+			
- DAILY SCHEDULE		High school students only U - shaped curve: students of average happiness having least problems with their daily schedule	COMP 4.1		-	s		
- CIVIC INTERESTS		Graduate students only L - shaped curve: significant positive relationship among happier students only	COMP 4.1		+			
- GETTING ALONG WITH OTHERS		College students only L - shaped curve: significant negative relationship among happier students only	COMP 4.1		-			
- PHILOSOPHY OF LIFE			COMP 4.1			ns		
FAMILY PROBLEMS	Closed question: no vs yes		HAPP 2.1	G	-.55	Chi <sup>2</sup> 000	Male employees of age 40+, The Netherlands Non-probability chunk sample N: 13,000, date: —	SONDE 75
PROBLEMS IN MARRIAGE (in the past)	Open-ended question on problems getting along with each other. S never had problems vs mentions problems	Stronger among females: $t_k = -.24$ (01) Lower among males : $t_k = -.14$ (01)	HAPP 1.1	$t_k$	-	01	Adult married population with children, U.S.A. Probability area sample N: 797, date: spring 1957	VEROF 62 p. 196
MARITAL TENSION	14-item index of closed questions on marital problems concerning time spent with friends, how the house looks, household expenses, being tired, being away from home too much, disciplining children, in-laws, not showing love, work, how to spend leisure time, work around the house, religion, irritating personal habits, other	Index of Positive Affects: $G' = +.04$ (ns) Index of Negative Affects: $G' = +.43$ (01)	HAPP 1.1	$G'$	-.22	$Gt'$ 01	Males in the age of 25 - 49, 4 small communities, Illinois, U.S.A. Probability multi-stage samples N: 393, date: March, 1962	BRADB 65/1 p. 37
MARITAL TENSION	11-item index of yes/no questions on differences in opinion or problems concerning time spent with friends, household expenses, being tired, being away from home too much, disciplining children, in-laws, not showing love, your (husband's) job, how to spend leisure time, religion, irritating personal habits	Stronger among females : $G = -.32$ Lower among males : $G = -.16$ Index of Positive Affects: Stronger among males : $G = +.10$ Not among females : $G = +.00$ Index of Negative Affects: Slightly stronger among females: $G = +.43$ Lower among males : $G = +.37$ Unaffected by S.E.S.	AFF 2.3	$G$	-		Adults, urban areas, U.S.A. Probability area samples N: 2787, date: January, 1963 - January, 1964	BRADB 69 p. 164

(to be continued on next page)

PARENTAL WORRIES	Score derived from an agree/disagree statement on children giving their parents more trouble than pleasure, and a 13-item inventory of parental problems	Stronger among females : G = -.37 Lower among males : G = -.25	HAPP 1.1	G	-				
HAVING PROBLEMS IN RAISING CHILDREN	Open-ended question on main problems never had problems vs mentions problems	Stronger among males: $t_k = -.20$ (01) Lower among females: $t_k = -.05$ (ns)	HAPP 1.1	$t_k$	-		05	Adults, Alameda County, U.S.A. Probability sample N: 6928, date: between 1965 and 1971	BERKM 71 p. 42
PROBLEMS WITH JOB (in the past)	Open-ended direct question S never had problems vs mentions problems	Computed for males only	HAPP 1.1	$t_k$	-.03		ns	See above	VEROF 62 p. 196
HAVING DIFFICULTIES IN KEEPING OCCUPIED	Closed question: no vs yes	See remarks in excerpt (Part II). Lower among the gainfully employed: $G' = -.43$ (01) Lower among retirees who had a positive orientation to retirement before they were retired : $G' = -.38$ (05) Stronger among retirees who had a negative orientation to retirement: $G' = -.64$ (01)	COMP 1.2	$G'$	-.49	$Gt'$	01	Aged males, U.S.A.(Those satisfied in 1952) Non-probability accidental sample N: 787, date: 1952 - 1954	THOMP 60 p. 168
HAVING PROBLEMS DUE TO DRINKING	5-item index of closed questions on specific problems due to drinking: with health, employer, spouse or other family members, police no problems vs problems	Computed for alcohol users only Stronger among those who use medium or large amounts : $G' = -.53$ (01) Lower among those who use small amounts : $G' = -.09$ (ns) Stronger among those not doing too well in getting the things they want : $G' = -.31$ (05) Lower among those doing pretty well: $G' = -.14$ (ns) Stronger among those who use medium or large amounts : $G' = -.64$ (01) Lower among those using small amounts : $G' = -.38$ (05) Stronger among not too happy Ss : $G' = -.59$ (01) Lower among pretty happy Ss : $G' = -.39$ (01) Not among very happy Ss	HAPP 1.1	$G'$	-.31	$Gt'$	01	Non-institutionalized adult population, U.S.A. Probability multi-stage sample N: 1453, date: summer, 1963	BRENN 67 p. 671
			CON 1.1	$G'$	-.51	$Gt'$	01		

## P 5.2 - WORRIES AND FEARS

### P 5.2.1 - AMOUNT OF WORRIES AND FEARS

AMOUNT OF WORRYING	Closed question: a little / a fair amount / a lot		HAPP 1.1	$G'$	-.32	$Gt'$	01	National adult population, U.S.A. Non-probability quota sample N: 2377, date: February, 1946	WESSM 56 p. 213
EXTENT OF WORRIES	Closed question: never / not very much / sometimes / a lot / all the time		HAPP 1.1	$G'$	-.28	$Gt'$	01	Non-institutionalized adults, U.S.A. Probability multi-stage area sample N: 2460, date: spring, 1957	GURIN 60 p. 29

EXTENT OF WORRIES AND FEARS THAT THINGS MIGHT GET WORSE FOR ONE-SELF AND FAMILY	Closed question rated on an 11-point self-anchoring scale		HAPP 3.1 r <sub>pm</sub> -0.27 HAPP 2.1 r <sub>pm</sub> -0.24 CON 1.1 r <sub>pm</sub> -0.23			National adult population, U.S.A. Probability sample N: 1549, date: 1960	CANTR 65/2 p. 268/415
EXTENT OF WORRIES AND FEARS THAT THINGS MIGHT GET WORSE FOR ONESELF AND FAMILY	Closed question rated on an 11-point self-anchoring scale (see above)		HAPP 2.1 r -0.28 HAPP 3.1 r -0.30 CON 1.1 r -0.23			National adult population, U.S.A. Cantril (1965) modified probability sample N: 1406, date: 1959	BORTN 70 p. 44
AMOUNT OF WORRYING	Closed question: never / a little / sometimes / a lot / all the time		HAPP 3.1 (1st instr.) r <sub>pm</sub> -0.21 HAPP 2.1 r <sub>pm</sub> -0.24 COMP 1.1 r <sub>pm</sub> -0.13			National adult population, U.S.A. Probability area sample (second sample) N: 1118, date: November, 1972	ANDRE 74 p. 15
AMOUNT OF WORRYING	Closed question: never / a little / sometimes / a lot / all the time	first questioning: r = -0.24 second questioning: r = -0.27	HAPP 3.1 (1st instr.) r <sub>pm</sub> -0.28 HAPP 2.1 r <sub>pm</sub> -0.27 COMP 1.1 r <sub>pm</sub> -0.16 HAPP 1.1 r <sub>pm</sub> -0.24 HAPP 3.1 (5th instr.) r <sub>pm</sub> -0.30 AFF 2.3 r <sub>pm</sub> -0.31			National adult population, U.S.A. Probability area sample (third sample) N: 1072, date: November, 1972	ANDRE 74 p. 15
WORRYING	Closed question: not very much vs a lot	Index of Positive Affects: r = -0.12 Index of Negative Affects: r = +0.32	HAPP 1.1 G' -0.58 AFF 2.3 G' -	Gt'	01	Males in the age of 25-49 of 4 small communities, Illinois, U.S.A. Probability multi-stage samples N: 393, date: March, 1962	BRADB 65/1 p. 51
INTENSITY OF WORRYING	Closed question: never / not very much / a lot	Index of Positive Affects: first interview: males: G = +0.05 females: G = -0.08 second interview: males: G = -0.07 females: G = -0.13 Index of Negative Affects: first interview: males: G = +0.43 females: G = +0.42 second interview: males: G = +0.53 females: G = +0.52	AFF 2.3 G -			Adults, urban areas, U.S.A. Probability area samples N: 2787, date: January, 1963 - January, 1964	BRADB 69 p. 110
AMOUNT OF WORRIES	12-item index of yes/no questions on worries during the past few weeks about not having enough money, financial debts, work, getting along with wife/husband/girlfriend/boyfriend, moving ahead in the world, one's children, sexual problems, people one has troubles with, health, things that happen in one's neighborhood, world situation, growing old (adapted from Srole et al., 1962)	Index of Positive Affects: males: G = +0.00 females: G = -0.03 Index of Negative Affects: males: G = +0.40 females: G = +0.41 Unaffected by expecting a nervous breakdown	AFF 2.3 G -			See above	BRADB 69 p. 110
INCREASING AMOUNT OF WORRIES	Stable vs increasing worries, as measured by a 12-item worry index (see above) The index was filled out twice with an interval of 10 months.	Computed for the Index of Negative Affects only: DR = +0.06	AFF 2.3 DR -			See above	BRADB 69 p. 111

DECREASING AMOUNT OF WORRIES	Stable vs decreasing worries, as measured by a 12-item worry index (see last page) The index was filled out twice with an interval of ten months.	Computed for the Index of Negative Affects only: $\bar{DR} = -.08$	AFF 2.3	$\bar{DR}$	+		Adults, urban areas, U.S.A. (See last page)	BRADB 69 p. 111	
WORRYING	Closed question: never / sometimes / all the time	Unaffected by sex: males: $t_k = -.19$ (01) females: $t_k = -.18$ (01)	HAPP 1.1	$t_k$	-	01	Adult married population with children, U.S.A. Probability area sample N: 797, date: spring 1957	VEROF 62 p. 196	
EXTENT OF WORRIES	Closed question: never / not very much / a lot / all the time		HAPP 1.1	G'	+.00	Gt'	ns	Student teachers, Chapel Hill, U.S.A. Probability sample proportionally stratified by teaching level N: 75, date: spring, 1967	GONZA 67 p. 73
HAVING NO WORRIES AND FEARS	Open-ended question on personal worries and fears for the future  Responses indicating that the respondent cannot think of any fears or worries.	See also 'Personal Worries and Fears' (Part III, P 5.2.2.1)	HAPP 3.1	G'	+.29	Gt'	01	Adult populations of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263

P 5.2.2 - SPECIFIC WORRIES AND FEARS

For worries and fears concerning health see 'Health and Healthcare' (H 2)

P 5.2.2.1 - PERSONAL WORRIES AND FEARS

<u>PERSONAL WORRIES AND FEARS:</u>	Content analysis on the basis of an open-ended question on personal worries and fears for the future						Adult populations of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines. Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
- VALUES AND CHARACTER	Responses rated as concerning emotional instability and immaturity; become anti-social; no self-development or improvement; not be accepted by others; no sense of personal worth; be a person without character; etc.		HAPP 3.1	G'	+.17	Gt'	01	
- ECONOMIC CONDITIONS	Responses rated as concerning deterioration in or inadequate standard of living for self or family; etc.		HAPP 3.1	G'	-.29	Gt'	01	
- JOB OR WORK SITUATION	Responses rated as concerning poor job, uncongenial work, unemployment, failure in one's work, etc.; for self, spouse, or other family members		HAPP 3.1	G'	-.05	Gt'	ns	
- HEALTH OF SELF OR FAMILY	Responses rated as concerning ill health, accident, death for self or for members of the family		HAPP 3.1	G'	+.22	Gt'	01	
- FAMILY REFERENCES	Responses rated as concerning no or unhappy family life; worries and fears regarding relatives, children; etc.		HAPP 3.1	G'	+.08	Gt'	01	

- POLITICAL REFERENCES	Responses rated as concerning lack of freedom; political instability; no improvement in present government; etc.		HAPP 3.1	G'	+22	Gt'	01	Adult population of 14 countries (See last page)	CANTR 65/1 p. 263
- SOCIAL REFERENCES	Responses rated as concerning social injustice; future generations; no social security; etc.		HAPP 3.1	G'	+27	Gt'	01		
- INTERNATIONAL REFERENCES	Responses rated as concerning war; militarism and armaments; misuse of nuclear energy; threat, aggression, domination by a Communist power; etc.		HAPP 3.1	G'	+47	Gt'	01		
- HAVE NO FEARS	Responses indicating that the respondent cannot think of any fears or worries		HAPP 3.1	G'	+29	Gt'	01		
WORRIES ABOUT FUTURE OF FAMILY MEMBERS	Direct question rated on an open graphic scale ranging from 'not worried' to 'very worried'		HAPP 1.1	G	+30		ns	National adult population, The Netherlands Probability area sample N: 1552, date: June, 1968	BAKKE 74 p. 28
WORRIES ABOUT RELATIONSHIP WITH FAMILY MEMBERS	See above	Lower among those of age 40 - 50 Stronger among those of low S.E.S. Not among those of higher education Unaffected by sex	HAPP 1.1	G	+45		05	See above	BAKKE 74 p. 28
PARENTAL WORRIES	Score derived from an agree/disagree statement on children giving their parents more trouble than pleasure, and a 13-item inventory of parental problems		AFF 1.3	DR	-		05	Adults, Alameda County, U.S.A. Probability sample N: 6928, date:	BERKM 71 p. 42
ANXIETY ABOUT FUTURE OF FARM	Closed question: not anxious at all / rather not anxious / little anxious / very anxious		HAPP 2.1	T <sup>2</sup>	-16	Chi <sup>2</sup>	001	Individual farm owners and their families, Poland Non-probability purposive quota sample N: 1002, date: June - July, 1960	MAKAR 62 p. 113
WORRY ABOUT DEBTS	Closed question: no vs yes	Lower among those with incomes of \$ 10.000 or more	AFF 2.3	DR	-11	BCI	05	Adults, urban areas, U.S.A. Probability area samples N: 2787, date: January, 1963 - January, 1964	BRADB 69 p. 102

#### P 5.2.2.2 - MOST IMPORTANT WORRY

<u>MOST IMPORTANT WORRY:</u>	Open-ended direct question Other worries vs worry mentioned	Computed for those who have worries only (N = 2040)						National adult population, U.S.A. Non-probability quota sample N: 2377, date: February, 1946	WESSM 56 p. 213
- FAMILY AND CHILDREN			HAPP 1.1	G'	+10	Gt'	05		
- HEALTH (personal and family)			HAPP 1.1	G'	+15	Gt'	01		
- FINANCIAL WORRIES, MONEY			HAPP 1.1	G'	-23	Gt'	01		
- SECURITY, JOB, FUTURE			HAPP 1.1	G'	-09	Gt'	ns		
- POLITICS, WORLD AND NATIONAL CONDITIONS			HAPP 1.1	G'	+31	Gt'	01		
- WORK CONDITIONS			HAPP 1.1	G'	+05	Gt'	ns		
- PERSONAL TRAITS			HAPP 1.1	G'	-05	Gt'	ns		
- HOUSING, PLACE TO LIVE			HAPP 1.1	G'	-25	Gt'	ns		
- VAGUE ANSWERS (anything; everything)			HAPP 1.1	G'	-03	Gt'	ns		

P 5.2.2.3 - WORRIES AND FEARS CONCERNING ONE'S COUNTRY

NATIONAL WORRIES AND FEARS:	Content analysis on the basis of an open-ended question on fears and worries for the future of one's country	U-shaped curve: moderately happy people being least concerned with politics	HAPP 3.1	G'	-.04	Gt'	01	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
- POLITICAL	Responses rated as concerning dishonest government; inefficient government; communism; no democracy or representative government; fear country will become socialistic; lack or loss of freedom; lack of law and order; disunity among people of the nation; political instability, chaos, civil war; high or increased taxes; etc.	U-shaped curve: moderately happy people being least concerned with politics	HAPP 3.1	G'	-.04	Gt'	01	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
- ECONOMIC	Responses rated as concerning no improvement in or inadequate standard of living; no technological advances, economic backwardness, low productivity; failure to preserve present standard of living, economic instability; unemployment; etc.		HAPP 3.1	G'	-.08	Gt'	01	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
- SOCIAL	Responses rated as concerning social injustice; continued discrimination, prejudice or exploitation; inadequate educational facilities and schoolings; poor and unfair working conditions; abuses by labor; unlimited population growth; no sense of social and political responsibility or awareness; lack of morality, ethical standards, religion; too much mechanization and standardization, materialism, conformity; etc.		HAPP 3.1	G'	+.11	Gt'	01	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
- INTERNATIONAL	Responses rated as concerning war; continued armament, no control or banning of nuclear weapons; no lessening of cold war; isolation from other nations; inability to maintain neutrality; etc.		HAPP 3.1	G'	+.29	Gt'	01	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
- INDEPENDENT STATUS	Responses rated as concerning not to maintain or attain the position of a world power; lose or have no status or importance; failure to exert ideological or moral leadership; lack or loss of national independence; threat, aggression, domination by a communist power or any foreign power; etc.		HAPP 3.1	G'	+.11	Gt'	01	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
- HAVE NO FEARS FOR NATION	Responses indicating no fears or worries for the country		HAPP 3.1	G'	-.02	Gt'	ns	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations and the Philippines Representative samples N: 18653, date: + 1960	CANTR 65/1 p. 263
FEAR OF WAR	Item mentioned in open-ended question on fears and worries for one's personal future and/or for the future of one's country	The mean happiness rating for those who express fear of war is 5.1 and for those who do not express fear of war 4.8 (ns) In each of the separate countries the differences were non-significant	HAPP 3.1	DM	+		ns	See above	CANTR 65/1 p. 264