

PART IV

PUBLIC HAPPINESS

**Distributions of Responses to Questions about Happiness in 121 Surveys in
32 Countries between 1940 and 1975**

INTRODUCTION.

This part contains distributions of happiness, hedonic level of affect and contentment in samples that can be considered as representative for the populations of specific countries or larger areas.

Data sources: The data were partly obtained from publications in Part II of this volume. Additionally, data from four other sources are presented. Although partly published after 1975, we decided to include them because they contain highly relevant data for the prior period. These sources are:

1. A publication by Tom W. Smith: 'Time trends, Seasonal Variations, Inter-survey Differences, and Other Mysteries', *Social Psychology Quarterly*, 1979, vol. 42, no. 1, p. 18-30;
2. A publication by Richard A. Easterlin: 'Does Economic growth Improve Human Lot? Some empirical evidence'. In 'Nations and Households in Economic Growth' by David, P.A. & Melvin, W.R. (eds), Stanford University Press, 1974, Palo Alto, California;
3. Data from the 'Human Needs and Satisfactions'-survey, performed by the Charles F. Kettering Foundation and Gallup International Research Institutes in 1975. These data were offered us by the Dutch participating research organization NIPO and are partly published in e.g. *The Public Opinion Quarterly*, winter 1976-1977, vol. 41, p. 459-467.
4. Partly unpublished data from an international inquiry performed by the Gallup Institutes in 1970, published by the Netherlands Institute for Public Opinion (NIPO report 1398).

We will refer to the data from the publications already presented in Part II by means of the usual codes (f.i. WESSM 56). Data from Smith will be referred to as SMITH 79, from Easterlin as EASTE 74, from the Gallup-Kettering survey as GALLU 76, and from the NIPO as NIPO 70. Some of the data are presented in more than one publication. In these cases we refer to the foremost publication(s) only.

Ordering the data: It was our aim to present all the data in such a way that both within-country and cross-national comparisons can be made. In order to facilitate comparison, we ordered the material according to type of happiness question. For this purpose we used the categorization of questions already presented in Part I (see exhibit 1, p. 14). Most data concern overall happiness (type HAPP). Hedonic level of affect (type AFF) and contentment (type CON) have been assessed in a few national samples only: mainly in US ones. Composite indicators of happiness did not figure in any national sample at all.

The happiness questions used in (cross) national studies are listed in the exhibit on the next page.

HAPPINESS INVESTIGATIONS IN NATIONAL POPULATIONS, BY TYPE OF QUESTION.

Table	Questions used	Regions / countries covered
<u>OVERALL HAPPINESS</u>		
Table a	Questions like: 'In general, how happy would you say you are - very happy, fairly happy, or not happy?' (type HAPP 1.1)	Anglo America; U.S.A., Canada Western Europe; France, W. Germany, Great Britain, Italy, Benelux, Scandinavia, Netherlands, Norway Latin America; Brazil, Mexico Africa Asia; India, Japan, Malaysia, Philippines, Thailand Australia
Table b	Questions like: 'Taken all together, how would you say things are these days - would you say that you are very happy, pretty happy, or not too happy?' (type HAPP 1.1)	U.S.A., Belgium, Denmark, France, W. Germany, United Kingdom, Ireland, Italy, Luxembourg, Netherlands
Table c	'How satisfied are you with the way you are getting on now - very, all right, dissatisfied, don't know?' (type HAPP 2.1)	U.S.A., France, W. Germany, Great Britain, Italy, Netherlands, Norway, Mexico, Australia
Table d	'All things considered, how satisfied or dissatisfied are you with your life as a whole these days - very satisfied, fairly satisfied, not satisfied at all, don't know?' (type HAPP 2.1)	Belgium, Denmark, France, W. Germany, United Kingdom, Northern Ireland, Ireland, Italy, Luxembourg, Netherlands
Table e	Questions on satisfaction with one's life as a whole, rated on 11-point scales (type HAPP 2.1)	Anglo America; U.S.A., Canada Western Europe; France, W. Germany, United Kingdom, Ireland, Italy, Benelux, Belgium, Netherlands, Luxembourg, Scandinavia, Denmark Latin America; Brazil, Mexico Africa Asia; India, Japan Australia
Table f	Questions on present situation compared with best and worst possible life, rated on 11-point self-anchoring scales based on Cantril (1965) (type HAPP 3.1)	Anglo America; U.S.A., Canada Western Europe; France, W. Germany, United Kingdom, Italy, Benelux Scandinavia, Yugoslavia, Poland Latin America; Brazil, Cuba, Dominican Republic, Mexico, Panama Africa; Egypt, Nigeria Asia; India, Israel, Japan, Philippines Australia
Table g	Various questions on overall happiness	U.S.A., Netherlands, Poland, Puerto Rico
<u>HEDONIC LEVEL OF AFFECT</u>		
Table h	Questions on perceived occurrence of specific affects, using Affect Balance Scales (type AFF 2.3)	U.S.A., Puerto Rico
<u>CONTENTMENT</u>		
Table i	Various questions on contentment (type CON 1.1)	U.S.A.

DISTRIBUTIONS OF OVERALL HAPPINESS

Table a: RESPONSES TO QUESTIONS LIKE: 'IN GENERAL, HOW HAPPY WOULD YOU SAY YOU ARE - VERY HAPPY, FAIRLY HAPPY, OR NOT HAPPY?' (TYPE HAPP 1.1, AIPO VERSION)¹

Countries ²	Date	Code ¹	Proportions ³				N	Source
			'very happy'	'fairly happy'	'not very', 'not (too)', and/or 'not at all happy'	don't know/ no answer		
<u>ANGLO-AMERICA</u>	1975	A8	40	51	8	1	2046	GALLU 76
- U.S.A.	46/2	A2	46	45	8	1	2377	WESSM 56, p. 170 (POS-417)
	46/4	A2	39	50	9	2	3152	WESSM 56, p. 170 (AIPO-369)
	46/6	A3	38	57	4	1	3089	WESSM 56, p. 170 (AIPO-399)
	47/9 - 48/1	A1	43	47	10		1416	SMITH 79, p. 22 (AIPO-410T)
	48/5	A5	36	54	9	1	1627	WESSM 56, p. 170 (AIPO-418)
	48/9	A6	43	44	12	1	+1500	NIPO 49, p. 3 (AIPO-425K)
	52/11	A7	47	43	9	1	2862	WESSM 56, p. 170 (AIPO-508)
	56/8	A5	50	44	6		2240	SMITH 79, p. 22 (AIPO-569)
	56/9	A6	54	41	5		1969	SMITH 79, p. 22 (AIPO-570)
	56/9	A6	53	42	5		2184	SMITH 79, p. 22 (AIPO-571)
	57/3	A4	54	43	3		1606	SMITH 79, p. 22 (AIPO-580)
	63/7	A6	47	49	4		1555	SMITH 79, p. 22 (AIPO-675)
	66/9-10	A6	52	45	3		1569	SMITH 79, p. 22 (AIPO-735)
	66/10	A6	46	47	7		1588	SMITH 79, p. 22 (AIPO-736)
	77/12	A6	43	48	6	3	+1500	NIPO 70
	1975	A8	40	50	9	1	1014	GALLU 76
- Canada	46/10	A2	32	55	13	0		WESSM 56, p. 166
	1975	A8	36	59	4	1	1032	GALLU 76
<u>WESTERN EUROPE</u>	1975	A8	20	60	18	2	2241	GALLU 76
- France	46/7	A2	8	44	40	8		WESSM 56, p. 166
	48/fall	A?	11	52	33	4		NIPO 49, p. 3
	1965	A1/2	12	65	18	5	1228	EASTE 74, p. 107
	1975	A8	22	66	10	2	330	GALLU 76
- W. Germany	1965	A1/2	20	66	11	3	1255	EASTE 74, p. 107
	1975	A8	12	63	19	6	303	GALLU 76
- Great Britain	46/12	A2	38	56	6	0		WESSM 56, p. 166
	48/fall	A?	39	53	5	3		NIPO 49, p. 3
	1965	A1/2	53	42	4	1	1179	EASTE 74, p. 107
	70/fall	A?	47	47	6	0		NIPO 70
	1975	A8	38	54	7	1	707	GALLU 76
- Italy	1965	A1/2	11	52	33	4	1166	EASTE 74, p. 107
	1975	A8	9	59	31	1	309	GALLU 76
- Benelux	1975	A8	34	58	8	0	300	GALLU 76
- Scandinavia	1975	A8	28	67	4	1	330	GALLU 76
- Netherlands	48/fall	A?	43	44	6	7		WESSM 56, p. 166; NIPO 49, p. 3
	70/fall	A?	78	19	2	1		NIPO 70
- Norway	48/fall	A?	26	54	10	10		NIPO 49, p. 3
<u>LATIN AMERICA</u>	1975	A8	32	38	28	2	2059	GALLU 76
- Brazil	1975	A8	36	45	18	1	382	GALLU 76
- Mexico	1975	A8	26	34	37	3	350	GALLU 76

(to be continued on next page)

Table a: CONTINUED

Countries ²	Date	Code ¹	Proportions ³				N	Source
			'very happy'	'fairly happy'	'not very', 'not (too)', and/or 'not at all happy'	don't know/ no answer		
<u>AFRICA</u>	1975	A8	18	50	31	1	914	GALLU 76
<u>ASIA</u>	1975	A8	7	41	50	2	872	GALLU 76
- India	1975	A8	6	31	62	1	354	GALLU 76
- Japan	1975	A8	9	56	23	12	337	GALLU 76
- Malaysia	1965	A1/2	17	64	15	4	502	EASTE 74, p. 107
- Philippines	1965	A1/2	13.5	73	13.5	0	500	EASTE 74, p. 107
- Thailand	1965	A1/2	13	74	12	1	500	EASTE 74, p. 107
<u>AUSTRALIA</u>	48/fall	A?	53	39	3	5		NIPO 49, p. 3
	70/fall	A?	53	42	2	3		NIPO 70
	1975	A8	37	57	6	0	301	GALLU 76

Remarks: 1. Questions: - Question wordings:

A1: "In general, how happy would you say you are - very happy, fairly happy, or not very happy?" ("Not at all" additional precoded response)

A2: "In general, how happy would you say that you are - very happy, fairly happy, or not very happy?" ("Not at all" additional precoded response)

A3: "In general, how happy would you say you are - very happy, fairly happy, or not at all happy?"

A4: "In general, how happy would you say you are - fairly happy, very happy or not very happy?"

A5: "In general, how happy would you say you are - very happy, fairly happy, not very happy, or not at all happy?"

A6: "In general, how happy would you say you are - very happy, fairly happy, or not happy: ("Not at all" additional precoded response)

A7: "In general, how happy would you say you are - very happy, fairly happy, or not happy?"

A8: "Generally speaking, how happy would you say you are - very happy, fairly happy, or not too happy?"

- Smith demonstrated that in the U.S.A. happiness questions offering the 'fairly happy' answer category cause different answer patterns than questions offering the 'pretty happy' category. He concludes that "... the substitution of 'fairly' for 'pretty' leads more people to classify themselves as 'very' happy. Apparently 'fairly' is perceived as a less positive ranking than 'pretty'. When forced to choose between 'fairly' vs 'very', rather than 'pretty' vs 'very', more people switch to the 'very' category, since the middle choice does not appear sufficiently positive. This effect is reasonably stable across time." (SMITH 79, p. 23). Following Smith, we distinguished both types of questions (compare table a and b). However, we do not know whether the subtle differences between 'fairly happy' and 'pretty happy' are translatable into other languages. Since most data of 'from outside the U.S.A.' are reported in English, and because not all investigators are aware of these differences, it is not possible to distinguish these data properly. We divided the data from outside the U.S.A. on the basis of the (English) information offered.

2. Countries: - The data presented by GALLU 76 contain six major regions:

- Anglo America : U.S.A., Canada;

- Latin America : Brazil, Colombia, Mexico, Puerto Rico, Argentina, Peru, Venezuela, Chile, Ecuador, Guatemala, Bolivia, Uruguay, El Salvador, Paraguay, Nicaragua;

- Western Europe : France, Italy, United Kingdom, Western Germany, the Netherlands, Spain, Denmark, Switzerland, Finland, Belgium, Sweden, Norway, Portugal, Greece, Austria, Ireland, Luxembourg;

- Africa (Sub-Sahara): Nigeria, Tanzania, Kenya, South Africa, Uganda, Upper Volta, Mali, Malawi, Ivory Coast, Senegal, Rhodesia;

- Asia : India, Japan, Indonesia, the Philippines, Thailand, South Korea, Rep. of China, Sri Lanka, Malaysia, Singapore;

- Australia

When reliable also data from separate countries are offered.

- Great Britain: the NIPO publications refer to 'England', WESSM and EASTE to 'great Britain' and GALLU to 'United Kingdom'.

3. Proportions: - In all cases we rounded the proportions to obtain a total of 100%.

- U.S.A. data were most extensively reported by SMITH. Unfortunately he omitted the proportions 'don't know/no answer'. By reasons of comparability we presented the data including the non-response from other sources when available.

4. Source: - AIPO = American Institute of Public Opinion (Gallup)

POS = Public Opinion Survey (Gallup)

The data for the European and Asian countries presented by EASTE are from World Survey III, 1965 (Gallup).

- A number of studies are presented in more than one publication. Sometimes, minor differences existed in the information offered. In these cases we included those data that seemed most reliable.

Table b: RESPONSES TO QUESTIONS LIKE: 'TAKEN ALL TOGETHER, HOW WOULD YOU SAY THINGS ARE THESE DAYS - WOULD YOU SAY THAT YOU ARE VERY HAPPY, PRETTY HAPPY, OR NOT TOO HAPPY?' (TYPE HAPP 1.1, SCR/NORC VERSION)¹.

Countries ²	Date	Code ¹	Proportions				N	Source
			'very happy'	'pretty happy'	'not too happy'	don't know/ no answer		
U.S.A.	57/3	S1	35	54	11		2451	GURIN 60; SMITH 79, p.22 (SRC-422)
	63/5	S2	32	51	17		1501	SMITH 79, p. 22 (NORC-160)
	64/5	S2	38	48	14		1489	SMITH 79, p. 22 (NORC-630)
	64/10	S2	37	52	11		1966	SMITH 79, p. 22 (NORC-760)
	65/6	S2	30	53	17		1468	SMITH 79, p. 22 (NORC-857)
	71/7-8	S3	29	61	10		2147	SMITH 79, p. 22 (SRC-811)
	72/2-3	S2	30	53	17		1599	SMITH 79, p. 22 (GSS-72)
	72/4-5	S3	27	65	8		1254	SMITH 79, p. 22 (SRC-OMNI)
	72/11-73/2	S2	27	59	14		1459	SMITH 79, p. 22 (NORC-5046)
	72/11-73/2	S3	22	67	11		1056	SMITH 79, p. 22 (SCR-ELEC)
	73/3	S2	36	51	13		1496	SMITH 79, p. 22 (GSS-73)
	73/4-5	S2	33	54	13		723	SMITH 79, p. 22 (CNS-1)
	73/5-6	S2	33	55	12		647	SMITH 79, p. 22 (CNS-2)
	73/6-7	S2	33	50	17		642	SMITH 79, p. 22 (CNS-3)
	73/7-8	S2	29	53	18		615	SMITH 79, p. 22 (CNS-4)
	73/8-9	S2	31	50	19		639	SMITH 79, p. 22 (CNS-5)
	73/9-10	S2	29	55	16		630	SMITH 79, p. 22 (CNS-6)
	73/10-11	S2	32	54	14		681	SMITH 79, p. 22 (CNS-8)
	73/11-12	S2	29	55	16		696	SMITH 79, p. 22 (CNS-8)
	74/1	S2	27	55	18		696	SMITH 79, p. 22 (CNS-9)
	74/2	S2	23	57	20		692	SMITH 79, p. 22 (CNS-10)
	74/3	S2	38	49	13		1496	SMITH 79, p. 22 (GSS-74)
	74/3-4	S2	28	57	15		610	SMITH 79, p. 22 (CNS-11)
	74/5	S2	33	55	12		656	SMITH 79, p. 22 (CNS-12)
	75/3	S2	33	54	13		1481	SMITH 79, p. 22 (GSS-75)
	75/7	S2	32	50	18		581	SMITH 79, p. 22 (NORC-5059)
	76/2-4	S2	34	53	13		1499	SMITH 79, p. 22 (GSS-76)
	76/4-5	S3	29	60	11		1520	SMITH 79, p. 22 (SRC-OMNI)
	76/6-8	S3	31	58	11		2207	SMITH 79, p. 22 (SRC-MH)
	76/9	S2	36	52	12		1317	SMITH 79, p. 22 (NORC-4239)
77/2-3	S2	35	53	12		1524	SMITH 79, p. 22 (GSS-77)	
<u>WESTERN EUROPE</u>	75/5	S3	16	54	27	3	9651	COMMI 75
- Belgium	75/5	S3	36	51	10	3	1555	COMMI 75
- Denmark	75/5	S3	38	49	6	7	1073	COMMI 75
- France	75/5	S3	16	55	27	2	1196	COMMI 75
- W. Germany	75/5	S3	11	63	21	5	1039	COMMI 75
- United Kingdom	75/5	S3	22	50	27	1	1328	COMMI 75
- Ireland	75/5	S3	17	53	29	1	1000	COMMI 75
- Italy	75/5	S3	6	48	44	2	1043	COMMI 75
- Luxembourg	75/5	S3	24	50	21	5	324	COMMI 75
- Netherlands	75/5	S3	31	54	10	5	1093	COMMI 75

Remarks: See next page.

Table b: CONTINUED

Remarks: 1. Questions: - Question wordings:

S1: "Taking things all together, how would you say things are these days - would you say you're very happy, pretty happy or not too happy these days?"

S2: "Taken all together (altogether), how would you say things are these days - would you say that you are very happy, pretty happy, or not too happy?"

S3: "Taking all things together, how would you say things are these days - would you say that you're very happy, pretty happy, or not too happy these days?"

- See remark 1, below table a (second part).

2. Countries: - the distribution for Western Europe is based on the proportions for the countries presented.

- United Kingdom including Northern Ireland.

3. Proportions: - In all cases we rounded the proportions to obtain a total of 100%.

- U.S.A.-data were most extensively reported by SMITH. Unfortunately he omitted the proportions 'don't know/no answer'. These data were not to be found in other publications either.

SMITH also offered happiness distributions after our cut-off date of 1975. However, we could not think of a good reason for not presenting them here.

- The distribution for Western Europe is based on the proportions for the countries presented.

4. Source: - SRC : Survey Research Center, University of Michigan

SRC-OMNI: SRC Omnibus Survey

SRC-ELEC: SRC Election Survey

SRC-MH : SRC Mental Health Survey

NORC : National Opinion Research Center

GSS : General Social Survey, NORC

CNS : Continuous National Survey, NORC

- The U.S.A.-data are partly presented in other publications as well (e.g. BRADB 69).

- The European data were not presented in the publication of the Commission of the European Communities, but were offered to us by the Belgian Archives for the Social Sciences (BASS).

Table c: RESPONSES TO THE QUESTION: 'HOW SATISFIED ARE YOU WITH THE WAY YOU ARE GETTING ON NOW - VERY SATISFIED, ALL RIGHT, DISSATISFIED, DON'T KNOW?' (TYPE HAPP 2.1)¹.

Countries ²	Date	Proportions				N
		'very satisfied'	'all right'	'dis-satisfied'	'don't know'/ no answer	
		3	2	1		
<u>U.S.A.</u>	48/9-10	15	57	26	2	1015
<u>WESTERN EUROPE</u>	1948-49	7	50	39	4	8616
- France	48/6-7	2	27	56	15	1000
- Western Germany	48/8	2	51	44	3	3371
- Great Britain	48/7	12	52	33	3	1195
- Italy	48/7	5	45	46	4	1078
- Netherlands	1948	8	54	34	4	942
- Norway	48/4	21	67	10	2	1030
Mexico	48/12-49/1	20	18	61	1	1752
<u>AUSTRALIA</u>	1948	22	57	20	1	945

Remarks: 1. Source: BUCHA 53; Appendix D, p. 125-126.

2. Countries: The distribution for Western Europe is based on the proportions for the countries presented.

Table d: RESPONSES TO THE QUESTION: 'ALL THINGS CONSIDERED, HOW SATISFIED OR DISSATISFIED ARE YOU WITH YOUR LIFE AS A WHOLE THESE DAYS -- VERY SATISFIED, FAIRLY SATISFIED, NOT VERY SATISFIED, NOT SATISFIED AT ALL, DON'T KNOW?' (TYPE HAPP 2.1)^{1,2}.

Country	Date	Proportions ³					N
		'very satisfied'	'fairly satisfied'	'not very satisfied'	'not at all satisfied'	don't know/ no answer	
<u>WESTERN EUROPE</u>	73/9	41	52	5	1	1	13484
	75/5	33	52	7	2	6	9605
- Belgium	73/9	43	49	6	2	0	
	75/5	39	52	5	2	2	1555
- Denmark	73/9	51	44	4	1	0	
	75/5	51	41	4	0	4	1039
- France	73/9	15	62	17	4	2	
	75/5	16	59	16	7	2	1196
- Western Germany	73/9	16	66	15	2	1	
	75/5	13	66	16	2	3	1039
- United Kingdom (incl. N. Ireland)	73/9	33	52	11	3	1	
	75/5	33	53	9	3	2	1317
Northern Ireland	75/5	37	49	8	3	3	
- Ireland	73/9	53	39	6	2	0	
	75/5	36	52	9	3	0	999
- Italy	73/9	8	57	27	7	1	
	75/5	7	52	28	10	3	1043
- Luxembourg	73/9	40	49	9	2	0	
	75/5	26	45	15	7	7	324
- Netherlands	73/9	41	52	5	1	1	
	75/5	33	52	7	2	6	1093

Remarks: 1. Source: COMMI 75, p. 139-141.

2. Questions: The same question was also answered by means of an 11-point scale (see table e).

3. Proportions: The distribution for western Europe is based on the proportions for the countries presented.

Table e: RESPONSES TO QUESTIONS ON SATISFACTION WITH ONE'S LIFE AS A WHOLE, RATED ON 11-POINT SCALES, RANGING FROM 0 TO 10 (TYPE HAPP 2.1)¹.

Countries ²	Date	Code ¹	Proportions ³				Mean	N	Source
			high (7-10)	medium (4-6)	low (0-3)	don't know/ no answer			
<u>ANGLO AMERICA</u>	1975	M	75	21	3	1	7.6	2046	GALLU 76
- U.S.A.	59/8	L1					7.6	1549	CANTR 65/2
	1975	M	75	21	3	1	7.6	1014	GALLU 76
- Canada	1975	M	79	18	2	0	7.6	1032	GALLU 76
<u>WESTERN EUROPE</u>	1975	M	64	31	5	0	7.0	2242	GALLU 76
	75/5	C					7.4	9605	COMMI 75, p. 208
- France	1975	M	57	37	5	1	6.6	330	GALLU 76
	75/5	C					6.7	1196	COMMI 75, p. 208
- W. Germany	1975	M	71	27	2	0	7.3	303	GALLU 76
	75/5	C					7.0	1039	COMMI 75, p. 208
- United Kingdom	71/3	L2	24	27	29	20	5.5	213	ABRAM 73, p. 3
	1975	M	(58 74	29 26	13 0	0 0	7.5	307	GALLU 76
	75/5	C					7.5	1317	COMMI 75, p. 208
- Ireland	75/5	C					8.2	999	COMMI 75, p. 208
- Italy	1975	M	48	43	9	0	6.3	309	GALLU 76
	75/5	C					6.3	1043	COMMI 75, p. 208
- Benelux	1975	M	63	31	6	0	6.9	300	GALLU 76
- Belgium	75/5	C					7.8	1555	COMMI 75, p. 208
- Netherlands	75/5	C					7.5	1093	COMMI 75, p. 208
- Luxembourg	75/5	C					7.7	324	COMMI 75, p. 208
- Scandinavia	1975	M	86	13	1	0	8.0	330	GALLU 76
- Denmark	75/5	C					8.3	1039	COMMI 75, p. 208
<u>LATIN AMERICA</u>	1975	M	58	32	9	1	6.8	2059	GALLU 76
- Brazil	1975	M	63	29	7	1	7.0	382	GALLU 76
- Mexico	1975	M	69	22	9	0	7.0	350	GALLU 76
<u>AFRICA</u>	1975	M	25	46	29	0	4.9	914	GALLU 76
<u>ASIA</u>	1975	M	16	45	37	1	4.3	872	GALLU 76
- India	1975	M	8	36	54	2	3.5	354	GALLU 76
- Japan	1975	M	41	52	7	0	6.0	337	GALLU 76
<u>AUSTRALIA</u>	1975	M	83	15	1	1	7.9	301	GALLU 76

Remarks: 1. Question wordings: C : 11-point scale. 0 = not satisfied at all, 10 = very satisfied:

"All things considered, how satisfied or dissatisfied are you with your life as a whole these days?" (This question was also answered by means of fixed answer categories; see table d).

L1: 11-point Ladder Rating (Cantril Satisfaction with Life rating; see CANTR 65/2):

"Some people seem to be quite happy and satisfied with their lives, while others seem quite unhappy and dissatisfied. Now look at the ladder again. Suppose that a person who is entirely satisfied with his life would be at the top of the ladder (step 10) and a person who is extremely dissatisfied with his life would be at the bottom of the ladder (step 0). 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 own personal life?"

L2: 11-point Ladder Rating, based on CANTR 65:

"How satisfied would you say you are with things in general today? This is a scale with complete satisfaction at the top (10) and complete dissatisfaction at the bottom (0). Whereabouts on the ladder would you put yourself?"

M : 11-point Mountain Rating, based on CANTR 65 (a mountain with 11 ascending steps instead of a ladder was used):

"Now taking everything about your life into account, how satisfied or dissatisfied are you with your life today?"

Table e: CONTINUED

2. Countries: - for countries used in GALLU-study see remark no. 2 (first part) below table a.
- the distribution for western Europe from the COMMI-study is based on the proportions for the nine countries presented in the table, while in the GALLU-study it is based on the scores for 17 countries.
 - United Kingdom: the COMMI-data include Northern Ireland. In the case of the GALLU-data this is uncertain. They refer to the 'United Kingdom'. The ABRAM-sample covers the 'British population as a whole'.
3. Proportions: - In all cases we rounded the proportions to obtain a total of 100%.
- For the United Kingdom ABRAM offers the following proportions: 24% score 8-10; 27% score 6-7; 29% score 4-5; 20% score 0-3. To facilitate comparison we also presented proportions based on the same division for the British sample from the GALLU-study.

Table f: RESPONSES TO QUESTIONS ON PRESENT SITUATION COMPARED WITH BEST AND WORST POSSIBLE LIFE, RATED ON 11-POINT SELF-ANCHORING SCALES, BASED ON CANTRIL (1965) (TYPE HAPP 3.1)¹.

Countries ²	Date	Code ¹	Proportions ³				Mean	N	Source
			high (7-10)	medium (4-6)	low (0-3)	don't know/ no answer			
<u>ANGLO AMERICA</u>	1975	M	56	37	6	1	6.7	2046	GALLU 76
- U.S.A.	59/8	L	51	41	7	1	6.6	1549	CANTR 65, p. 258
	1964	L					6.9		CANTR 71, p. 66
	1971	L					6.6	1588	CANTR 71, p. 66
	1975	M	56	37	6	1	6.7	1014	GALLU 76
- Canada	1975	M	63	34	3	0	7.0	1032	GALLU 76
<u>WESTERN EUROPE</u>	1975	M	45	46	8	1	6.3	2241	GALLU 76
- France	1975	M	36	52	12	0	5.8	330	GALLU 76
- Western Germany	57/9	L	24	59	14	3	5.3	480	CANTR 65, p. 258
	1975	M	50	43	3	4	6.6	303	GALLU 76
- United Kingdom	1975	M	53	45	2	0	6.8	307	GALLU 76
- Italy	1975	M	32	52	16	0	5.6	309	GALLU 76
- Benelux	1975	M	43	47	10	0	6.0	300	GALLU 76
- Scandinavia	1975	M	78	19	3	0	7.6	330	GALLU 76
- Yugoslavia	62/spring	L	21	57	21	1	5.0	1523	CANTR 65, p. 258
- Poland	62/spring	L					4.4	1464	CANTR 65, p. 258
<u>LATIN AMERICA</u>	1975	M	44	43	13	0	6.0	2059	GALLU 76
- Brazil	60/late - 61/early	L	18	35	28	19	4.6	2168	CANTR 65, p. 258
	1975	M	42	48	10	0	6.2	382	GALLU 76
- Cuba	60/4-5	L	45	43	9	3	6.4	992	CANTR 65, p. 258
- Dominican Republic	62/4	L	1	13	84	2	1.6	814	CANTR 65, p. 258
- Mexico	1975	M	42	51	7	0	6.2	350	GALLU 76
- Panama	62/3-1	L	18	54	26	2	4.8	642	CANTR 65, p. 258
<u>AFRICA</u>	1975	M	17	55	28	0	4.6	914	GALLU 76
- Egypt	60/fall	L	30	51	17	2	5.5	499	CANTR 65, p. 258
- Nigeria	62/9 - 63/spring	L	21	46	28	5	4.8	1200	CANTR 65, p. 258
<u>ASIA</u>	1975	M	12	43	44	1	4.1	872	GALLU 76
- India	62/summer	L	4	42	39	15	3.7	2366	CANTR 65, p. 258
	62/fall	L					3.4	2014	CANTR 65, p. 92
	1975	M	7	36	55	2	3.4	354	GALLU 76
- Israel	61/11-62/6	L	29	50	19	2	5.3	1170	CANTR 65, p. 258
- Japan	62/fall	L					5.2	972	CANTR 65, p. 258
	1975	M	32	58	10	0	5.8	337	GALLU 76
- Philippines	59/spring	L	21	54	24	1	4.9	500	CANTR 65, p. 258
<u>AUSTRALIA</u>	1975	M	62	35	3	0	7.0	301	GALLU 76

Remarks: see next page

Table f: CONTINUED

Remarks: 1. Question wordings: L: 11-point Ladder Rating (Cantril Present Personal Rating; see CANTR 65/1):

"Here is a picture of a ladder. Suppose we say that the top of the ladder (step 10) represents the best possible life for you and the bottom (step 0) represents the worst possible life for you. Where on the ladder do you feel you personally stand at the present time?"

M: 11-point Mountain Rating, based on CANTR 65 (A mountain with 11 ascending steps was used instead of a ladder):

"To indicate how you feel about your life at this time, would you use this card. Suppose the top of the mountain (step 10) represents the best possible life you can imagine, and the bottom step of the mountain (step 0) represents the worst possible life you can imagine. On which step of the mountain would you say you personally feel you stand at this time - assuming that the higher the step the better you feel about your life, and the lower the step the worse you feel about it? Just point to the step that comes closest to how you feel!"

2. Countries: For countries used in the GALLU-study see remark no 2 (first part) below table a.

3. Proportions: In all cases we rounded the proportions to obtain a total of 100%.

DISTRIBUTIONS OF HEDONIC LEVEL OF AFFECT

Table h: QUESTIONS ON PERCEIVED OCCURRENCE OF SPECIFIC AFFECTS, USING 'AFFECT BALANCE SCALES' (TYPE AFF 2.3)¹.

Countries	Date	Mean Scores ²			N	Source ³
		Positive affect	Negative affect	Affect balance		
U.S.A.	73/4-5	3.40	1.59	7.80	723	SMITH 79, p. 26 (CNS-1)
	73/5-6	3.23	1.58	7.66	647	SMITH 79, p. 26 (CNS-2)
	73/6-7	3.29	1.71	7.57	642	SMITH 79, p. 26 (CNS-3)
	73/7-8	3.05	1.65	7.40	615	SMITH 79, p. 26 (CNS-4)
	73/8-9	3.12	1.57	7.55	639	SMITH 79, p. 26 (CNS-5)
	73/9-10	3.15	1.50	7.64	630	SMITH 79, p. 26 (CNS-6)
	73/10-11	3.32	1.52	7.81	681	SMITH 79, p. 26 (CNS-7)
	73/11-12	3.18	1.48	7.70	696	SMITH 79, p. 26 (CNS-8)
	74/1	3.01	1.38	7.63	696	SMITH 79, p. 26 (CNS-9)
	74/2	3.02	1.39	7.65	692	SMITH 79, p. 26 (CNS-10)
	74/3-4	3.03	1.43	7.60	610	SMITH 79, p. 26 (CNS-11)
	74/5	3.26	1.46	7.79	656	SMITH 79, p. 26 (CNS-12)
Puerto Rico	63-64/winter and 64/fall	1.02	1.32	-0.3	1417	MATLI 66, p. 10-13

Distribution for Affect Balance:
14% score 2 or 3; 23% score 1, 29% score 0; 19% score -1 or -2, 15% score -3 or less.

Remarks: 1. Instruments used: U.S.A.-data: Bradburn Affect Balance Score (see BRADB 69):

"During the past few weeks, did you ever feel . . ." yes/no

1. particularly excited or interested in something?
2. so restless that you couldn't sit long in a chair?
3. proud because someone complimented you on something you had done?
4. very lonely or remote from other people?
5. pleased about having accomplished something?
6. bored?
7. on top of the world?
8. depressed?
9. that things were going your way?
10. upset because someone criticized you?

Positive affects: items 1,3,5,7,9 / Negative affects: items 2,4,6,8,10 / Affect Balance: Positive affect score minus Negative affect score plus 6.

Puerto Rico-data: adapted Bradburn Affect Balance Score:

"During the past week, did you ever feel . . ." yes/no

1. on top of the world?
2. pleased about having accomplished something?
3. proud because someone complimented you on something you had done?
4. very lonely or remote from other people?
5. depressed or very unhappy?
6. bored?
7. so restless you couldn't sit long in a chair?
8. vaguely uneasy about something without knowing why?
9. that you could not do anything simply because you could not start it?

Positive affects: items 1,2,3 / Negative affects: items 4,5,6,7,8,9 / Affect Balance: Positive affect score minus Negative affect score.

2. Mean scores: The U.S.A.-data and the Puerto Rico-data are not fully comparable. In the case of the U.S.A. 5 positive and 5 negative affect items were used, leading to a possible range from 0 to 5 for Positive and for Negative affect and from 1 to 11 for Affect Balance. In Puerto Rico 3 positive and 6 negative items were used, leading to a possible range from 0 to 3 for Positive affect, from 0 to 6 for Negative affect, and from -6 to 3 for Affect Balance.

3. Source: CNS = Continuous National Survey (NORC).

DISTRIBUTIONS OF CONTENTMENTTable 1: RESPONSES TO VARIOUS QUESTIONS ON CONTENTMENT (TYPE CON 1.1).¹

Date	Question/Distribution	N	Source
59/8	11-point Ladder-rating: "How would you rate yourself as to how successful or unsuccessful you have been in terms of achieving your own goals and aims in life? Think of the top of the ladder (step 10) as being completely successful, the bottom (step 0) as being entirely unsuccessful". Mean score: 6.7	1549	CANTR 65/2
63/5	"When you think of the things you want from life, would you say that you're doing pretty well or you're not doing too well now in getting the things you want?" 82% 'doing pretty well'; 18% 'doing not too well'.	1453	BRENN 67, p. 669 (NORC 160)

Remarks: 1. Both data are not fully comparable. We presented both questions in one table, because, as far as we know, no other information regarding contentment is published.