

**Section on a specific subject from:**

# **DATABOOK OF HAPPINESS**

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

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# T 1 TIME PERSPECTIVE

- T 1.1 Time competence
- T 1.2 Time span
- T 1.3 Attitudes towards time

## T 1.1 - TIME COMPETENCE

### ORGANIZATION OF TIME:

Temporal Behavior Questionnaire, in which 201 ways of experiencing, arranging, and estimating time in work, daily activities, and fantasies were rated in terms of the degree to which the subject was characteristically disposed or not disposed to engage in them

The instrument was scored on a number of a priori and factorially derived scales.

The group of subjects was divided into two, according to their mean 'daily average mood' (see instrument in excerpt, Part II).

Only significant correlations with average mood level were presented.

Male college students, U.S.A.  
Non-probability chunk sample  
N: 17, date: + 1960

WESSM 66/2  
p. 117-119

### - UNFILLED VS FILLED TIME PERSPECTIVE

The happy men commit and hold themselves to responsibilities and they plan and schedule their time far in advance.  
The unhappy men shy away from long-term responsibilities and keep the future open and uncommitted. They are anxious about the unknown future.

AFF 3.1  $r_{pm}$  + t 05

### - LIFE IS FELT AS DISCRETE VS CONTINUOUS

The happy men are aware of enduring themes and patterns in their life, and have a strong sense of their own identity.  
The unhappy men experience events as discrete, and life as a series of abrupt transformations. For them time is broken, chopped up, and without direction.

AFF 3.1  $r_{pm}$  + t 05

### - PROCRASTINATING AND INEFFICIENT VS PUNCTUAL AND EFFICIENT USE OF TIME

The happy men work efficiently without wasting time and energy. They can manage each day to do everything they want to do.  
The unhappy men never begin or finish a task on time. They procrastinate too long, and feel themselves working below capacity.

AFF 3.1  $r_{pm}$  + t 05

### EXPERIENCE AND USE OF TIME:

80-item questionnaire, representing the 10 most positively and 10 most negatively loaded items on each of 4 orthogonal bi-polar factors (Ricks - Epley - Wessman Temporal Experience Questionnaire)

The factors were extracted from the 201-item Temporal Behavior Questionnaire, using a sample of 110 Ss. (see above)

Male college students, U.S.A.  
Wessman & Ricks (1966) sample (see above)

WESSM 73  
p. 109-111

### - IMMEDIATE TIME PRESSURE

20-item index measuring relaxed mastery and adaptive flexibility vs harassed lack of control

AFF 3.1 ns  
COMP 5 ns

### - LONG-TERM PERSONAL DIRECTION

20-item index measuring discontinuity and lack of direction vs continuity and steady purpose

AFF 3.1  $r$  > +.48 05  
GOMP 5  $r$  > +.48 05

- EFFICIENT TIME UTILIZATION	20-item index measuring procrastination and inefficiency vs efficient scheduling		AFF 3.1				ns		
			COMP 5				ns		
- PERSONAL INCONSISTENCY	20-item index measuring consistency and dependability vs inconsistency and changeability		AFF 3.1				ns		
			COMP 5				ns		
HAVING PROBLEMS WITH DAILY SCHEDULE	Closed question	High school students only U-shaped curve: students of 'average' happiness having least problems with their daily schedule	COMP 4.1		-		s	Students, U.S.A. Non-probability chunk sample N: 1651, date: —	SYMON 37 p. 292
TIME COMPETENCE	23-item index measuring whether one 'lives fully in the here and now and is able to tie past and future to the present in meaningful continuity' (Time Competence scale, from Shostrom's Personal Orientation Inventory; see Shostrom, 1964)		AFF 2.1	r <sub>pm</sub>	+10		ns	Married females, U.S.A. Non-probability purposive sample by expert choice N: 62, date: —	HARDE 69 p. 50

### T 1.2 - TIME SPAN

LENGTH OF PROSPECTIVE TIME SPAN	Score obtained from a set of 30 stories, using Thematic Apperception Test cards (see Ricks & Epley, 1960)		AFF 3.1	r <sub>pm</sub>	+54	t	05	Male college students, U.S.A. Non-probability chunk sample N: 17, date: ± 1960	WESSM 66/2 p. 120-121
LENGTH OF RETROSPECTIVE TIME SPAN	See above		AFF 3.1	r <sub>pm</sub>	+44	t	10	See above	WESSM 66/2 p. 120-121
DEGREE IN WHICH ONE WORKS WITH DISTANT OBJECTS IN VIEW (as opposed to living 'from hand to mouth')	Trained peer rating on a 7-point scale on the basis of observation		AFF 5.2	r <sub>pm</sub>	-08			Male students, England Non-probability chunk sample N: 194, date: 1912 - 1913	WEBB 15 p. 26
FUTURITY	Closed question on how much one looks forward to next month not at all / very little / somewhat / considerably / very much	Stronger among normals: r = +.43 (01) Lower among handicapped: r = +.28 (01)	HAPP 2.1	r	+		01	Physically defective and normal persons, Detroit, U.S.A. Non-probability purposive samples N: 295, date: —	CAMER 73/1 p. 209
FUTURITY	Number of items mentioned on open-ended question on personal wishes and hopes for the future	Computed by us on the basis of data available in book See also 'Personal Hopes, Aspirations and Goals' (Part III, H 3.2.1).	HAPP 3.1	G'	+07	Gt'	05	Adult population of 5 Westernized nations, 3 underdeveloped giants, 2 countries in the Middle East, 3 Caribbean nations. & The Philippines Representative samples N: 18,653, date: ± 1960	CANTR 65/1 p. 263
FUTURITY	Number of items mentioned on open-ended question on personal worries and fears for the future	Computed by us on the basis of data available in the book See also 'Personal Worries and Fears' (Part III, P 5.2.2.1)	HAPP 3.1	G'	+07	Gt'	05	See above	CANTR 65/1 p. 263

T 1.3 - ATTITUDES TOWARDS TIME

EXPERIENCE OF TIME:

Time Metaphor Test, in which 214 metaphors concerning time were rated in terms of their closeness or distance from the subject's experience of time

The instrument was scored on a number of a priori and factorially derived scales.

The group of subjects was divided into two according to their mean 'daily average mood' (see instrument in excerpt, Part II).

Only significant correlations with average mood level were presented.

Male college students, U.S.A.  
Non-probability chunk sample  
N: 17, date: ± 1960

WESSM 66/2  
p. 117-119

- DESCENDING VS ASCENDING

The happy men experience time in terms of ascending, upwardly soaring images: 'a soaring bird', 'a mountain flame of hope'.  
The unhappy men experience time in terms of descending, declining images: 'a flower falling to the mold', 'the grave of aspiration'.

AFF 3.1 r<sub>pm</sub> + t 05

- DECOMPOSITION VS COMPOSITION

The happy men experience time as organic composition, growth and fertility: 'a succession of new forms', 'pregnancy and birth'.  
The unhappy men experience time as decomposition, deterioration, corruption, and decay: 'a rotting tree trunk', 'dust setting in an ancient house'.

AFF 3.1 r<sub>pm</sub> + t 05

- A BAD VS A GOOD PERSON

The happy men personify time as a good person, a beneficent friend and wise teacher: 'the voice of encouragement', 'the wisest of counselors'.  
The unhappy men personify time as a bad person, a malevolent adversary and opponent: 'the old bad cheater', 'a chronic thief', 'a relentless antagonist'.

AFF 3.1 r<sub>pm</sub> + t 05

- A DARK VS BRIGHT FUTURE

For the happy men a bright future lies ahead, with favorable anticipation of gain and increase: 'a promising career', 'good prospects'.  
For the unhappy men a dark future lies ahead, with unfavorable anticipation, and dreaded foreboding: 'future misfortune', 'increasing darkness'.

AFF 3.1 r<sub>pm</sub> + t 05

- MONOTONOUS, BARREN AND EMPTY VS HARMONY AND COMPLEXITY

The happy men experience a sense of harmony in time, with active order and rhythmic pace in its complexity: 'the order of nature', 'a harmony of wishes'.  
The unhappy men experience a sense of monotony in time. It is slow, tedious, barren and empty: 'the marching of tired feet', 'a retarded clock', 'an empty room'.

AFF 3.1 r<sub>pm</sub> + t 05

- PASSIVE VS ACTIVE

The happy men experience time as the setting for active oriented effort: 'the thrust of forward purpose', 'continuity of aim'.  
The unhappy men express a feeling of passive subjection to time; it is something they cannot master or control to their own purposes: 'boredom unrelieved', 'something you can never stop', 'something you are never ready for'.

AFF 3.1 r<sub>pm</sub> + t 05

TEMPORAL ORIENTATION:

- TIME ANXIETY

16-item index referring to anxiety about the flow of time, fear of the future, longing for the past  
(Time Anxiety Scale; see Calabresi & Cohen, 1968)

AFF 3.1  $r_{pm}$  -.31 05  
HAPP 3.1  $r_{pm}$  -.31 05

- TIME SUBMISSIVENESS

9-item index referring to a conforming, pedantic attitude towards punctuality  
(Time Submissiveness Scale; see Calabresi & Cohen, 1968)

AFF 3.1  $r_{pm}$  -.03 ns  
HAPP 3.1  $r_{pm}$  +.07 ns

- TIME POSSESSIVENESS

5-item index referring to a greedy and possessive attitude towards time  
(Time Possessiveness Scale; see Calabresi & Cohen, 1968)

AFF 3.1  $r_{pm}$  -.15 ns  
HAPP 3.1  $r_{pm}$  -.30 05

- TIME FLEXIBILITY

8-item index referring to an accepting and flexible attitude towards time  
(Time Flexibility Scale; see Calabresi & Cohen, 1968)

AFF 3.1  $r_{pm}$  +.24 ns  
HAPP 3.1  $r_{pm}$  +.09 ns

BEING INTERESTED IN DAILY SCHEDULE

Closed question

High school students only.

COMP 4.1 - s

Undergraduate students, U.S.A.  
Non-probability chunk sample  
N: 63, date: summer, 1970

GORWA 71  
p. 215-218

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

SYMON 37  
p. 292