

Section on a specific subject from:

DATABOOK OF HAPPINESS

A complementary reference work to
Conditions of Happiness

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D.Reidel Publishing Company
Member of Kluwer Academic Publishers Group
1984
Dordrecht/Boston/Lancaster

ISBN 90-277-1793-1

L 2 LIFE QUALITY

- L 2.1 Subjective life quality
 - 2.1.1 - Overall judgments of life see also H 1
 - 2.1.2 - Aspect judgments of life see also A 2.2, P 5, S 1
- L 2.2 Objective life quality
 - 2.2.1 - Personal indicators see also H 2, P 1, S 2
 - 2.2.2 - Social indicators see also E 1.1.1, I 1, S 5, W 2, and F 1, M 1, S 4
- L 2.3 Various factors concerning life quality. see also H 3.1

L 2.1 - SUBJECTIVE LIFE QUALITY

This category contains among others invalid indicators of Happiness

L 2.1.1- OVERALL JUDGMENTS OF LIFE

see also 'Happiness' (H 1)

PROJECTIVE HAPPINESS	Over-all score on a scheme of 15 positive and 15 negative variables indicative of happy - unhappy themes, using stories that were told to the Standard Thematic Apperception Test cards (see Murray, 1943)		AFF 3.1	r _{pm}	+27	t	ns	Male college students, U.S.A. Non-probability chunk sample N: 17, date: ± 1960	WESSM 66/2 p. 120
HAVING A GOOD LIFE	Closed question: bad / fair / good		HAPP 1.1	G'	+54	Gt'	01	National adult population, The Netherlands N: at least 1000, date: 1948	NIPO 49 p. 3
HAVING A GOOD LIFE	Closed question: other answers (less than good) / good / very good		HAPP 1.1	r _{pm}	+29			Housewives, The Netherlands Probability area sample N: 450, date: autumn, 1964	PHILI 66 p. 66
HEDONIC LEVEL OF FEELINGS ABOUT THE GOOD AND PLEASANT PARTS OF LIFE	Closed question: terrible / unhappy / mostly dissatisfied / mixed / mostly satisfied / pleased / delighted		HAPP 3.1 (1st instr.)	r _{pm}	+37			National adult population, U.S.A. Probability area sample (second sample) N: 1118, date: November, 1972	ANDRE 74 p. 15
HEDONIC LEVEL OF FEELINGS ABOUT THE POOR ASPECTS OF LIFE (annoying, worrying things)	Closed question: terrible / unhappy / mostly dissatisfied / mixed / mostly satisfied / pleased / delighted		HAPP 3.1 (1st instr.)	r _{pm}	+25			See above	ANDRE 74 p. 15
			HAPP 2.1	r _{pm}	+27				
			COMP 1.1	r _{pm}	+23				
ENJOYING LIFE	Closed question on enjoying life compared with other people of the same age: less / about the same / more	Index of Positive Affects: G' = +.15 (01) Index of Negative Affects: G' = -.83 (01)	AFF 2.3	G'	+38	Gt'	01	National adult population, Puerto Rico Probability simple random sample N: 1417, date: November, 1963 - January, 1964 and August - October, 1964	MATLI 66 p. 13
ENJOYMENT OF PREVIOUS DAY	Direct question rated on an 11-point self-anchoring scale		HAPP 3.1	r _{pm}	+25			National adult population, U.S.A. Probability sample N: 1549, date: 1959	CANTR 65/2 p. 268/415

ENJOYMENT OF PREVIOUS DAY

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

SATISFACTION WITH OWN SATISFACTION LEVEL

Difference between level of satisfaction with life and level of satisfaction one thinks people like oneself are entitled to

Both questions were rated on an 11-point self-anchoring scale.
See also instrument in excerpt (Part II).

HAPP 2.1 r_{pm} +.38
CON 1.1 r_{pm} +.28
HAPP 2.1 r +.33
HAPP 3.1 r +.27
CON 1.1 r +.31

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

BORTN 70
p. 44

HAPP 2.1 r_{pm} +.59

National population, Britain
Non-probability quota sample
N: 213, date: March, 1971

ABRAM 73
p. 21

L 2.1.2 - ASPECT JUDGMENTS OF LIFE

see also 'Satisfaction with ...' (S 1), 'Types of Affect' (A 2.2), 'Problems, Worries and Fears' (P 5)

MULTIPLE ASPECT JUDGMENTS

LONG-TERM SATISFACTION

3-item index of closed questions on like to continue one's life in much the same sort of way or like to change parts of it, success at planning one's life, and accomplished most of the things one would have liked to

Index of Positive Affects: $r = +.21$ (05)
Index of Negative Affects: $r = -.33$ (01)

When controlled for positive and negative affect:
 $r_{pc} = +.30$ (001)

AFF 2.3 r_{pm} +

s

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. 323/325

SATISFACTION WITH LIFE

20-item index of agree / disagree statements; e.g. 'I've gotten pretty much what I expected out of life'
(adapted Neugarten Life Satisfaction Index A; see Neugarten et al., 1961)

HAPP 1.1 r_{pm} +.45

001

COMP 5 t_k +

ns

Male residents of a chronic care Veterans Administration nursing home, age 46-89, U.S.A.
N: 20, date: —

SCHNE 71
p. 63

SATISFACTION WITH LIFE

12-item index including 6 open-ended questions and 6 checklist items; e.g. 'How happy would you say you are right now compared with earlier periods of your life ?'
(adapted Neugarten Life Satisfaction Index B; see above)

COMP 5 t_k +.28

05

See above

SCHNE 71
p. 63

SATISFACTION WITH LIFE

Combined Neugarten Life Satisfaction Indices A and B
(see above)

COMP 5 t_k +.23

10

See above

SCHNE 71
p. 63

POSITIVE INNER WELL-BEING

17-item index of closed questions on pleasure, feeling happy, having life-goals, laughing, energy level, self-consciousness, trust in others, activity level, satisfaction with social participation, positive outlook on life, self-confidence, trust in own feelings, health, satisfaction with hobbies, love for children, sense of freedom, and interest in environment
(selected items from the Inner Well-Being questionnaire)

COMP 1.1 r_{pm} +.55
(1st instr.)

Secondary school pupils, The Netherlands
Non-probability chunk sample
N: 291, date:—

HERMA 73
p. 738/740

COMP 1.1 r_{pm} +.40
(2nd instr.)

NEGATIVE INNER WELL-BEING	19-item index of closed questions on feelings of worthlessness, inferiority, powerlessness, anxiety, inner emptiness, loneliness, guilt, boredom and jealousy, degree of depressiveness, unhappiness, self-alienation, worries, self-dislike and lack of confidence, and perceived distance between oneself and others (selected items from the Inner Well-Being questionnaire)		COMP 1.1 (1st instr.)	r_{pm}	-.36			Secondary school pupils, The Netherlands (see last page)	HERMA 73 p. 738/740
			COMP 1.1 (2nd instr.)	r_{pm}	-.60				
HAPPINESS	Ss with many negative feelings and few positive feelings (N = 58) vs Ss with few negative feelings and many positive feelings (N = 28) as assessed by the Inner Well-Being questionnaire (see above)		AFF 3.1		+			Secondary school pupils, The Netherlands Non-probability accidental sample N: 89, date: after 1970	RAMZY 73 p. 77
NEGATIVE AFFECT STATES	40-item index of closed questions on irritability (7 items), general anxiety (7 items), anxiety and tension (5 items), depression (6 items), anxiety (8 items) and resentment (7 items)		COMP 1.2	r_{pm}	-.51	001		Public high school boys, U.S.A. Probability multi-stage sample N: 2213 in 1966, 1886 in 1968 and 1799 in 1969 date: fall, 1966; spring, 1968 and spring 1969	BACHM 67/70 p. 122
OPTIMISM	Factor Optimism - Pessimism, based on indirect agree/disagree questionnaire items, e.g. chances of success in life, most endeavors are worthwhile, life consists of a procession of disillusionments, the future looks black as pitch	This questionnaire was filled up 2 years before hedonic level was assessed	AFF 3.1	r_{pm}	+ .58	t	05	Male college students, U.S.A. Non-probability chunk sample N: 17, date: + 1960	WESSM 66/2 p. 116

SINGLE ASPECT JUDGMENTS

HAVING FUN IN LIFE	Agree / disagree statement: 'I get a lot of fun out of life'	Stronger among females: $G = +.88$ Lower among males : $G = +.83$	HAPP 1.1	G V	+ .85 .46	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 date: 1960	BRENN 70 p. 64/71/75/87/88/262/263
		When standardized on: - usual mood and frequency of low mood: $G_s = +.65$ - usual mood : $G_s = +.76$ - frequency of low mood : $G_s = +.80$ - tending to be a discouraged person : $G_s = +.80$ - tending to be a lonely person : $G_s = +.73$ - anxiety symptoms : $G_s = +.83$ - participation in extracurricular activities : $G_s = +.85$ - social class : $G_s = +.85$							
		Unaffected by sex	AFF 1.1	G V	+ .68 .36	Chi ²	01		
LIFE FRUSTRATION	Closed question: 'Do you find life frustrating?' never / infrequently / sometimes / frequently / constantly	Stronger among normals : $r = -.44$ (01) Lower among the handicapped: $r = -.29$ (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
APPRAISED EASE OF LIFE	Closed question: 'How has your life been so far?' very difficult / difficult / average / easy / very easy	Stronger among normals : $r = +.38$ (01) Lower among the handicapped: $r = +.17$ (05)	HAPP 2.1	r	+			See above	CAMER 73/1 p. 209
TIME SPENT IN DISLIKED ACTIVITIES	2 direct questions on disliked activities and on amount of time spent doing these things		HAPP 1.1	G'	-.18	Gt'	01	National adult population, U.S.A. Non-probability quota sample N: 2377, date: February, 1946	WESSM 56 p. 212

DOING THINGS ONE LIKES	Total number of activities engaged in during the past day, as assessed by a personal 160-item activity schedule for each S, administered for 30 days (160 most pleasant events from the Pleasant Events Schedule Form II; see MacPhillamy & Lewinsohn, 1971) Two scores were deducted: a raw activity score (= number of activities) and a weighted activity score (= number of activities with each activity weighted for its pleasantness rating).	See instrument and remarks in excerpt (Part II). Stronger for Depression score 1, than for score 2 (001) or score 3 (001) Slightly stronger correlations with the weighted activity score than with the raw score (05) Non-significant differences between the depressed, the psychiatric controls and the normal controls, and between males and females Depression is more strongly related to pleasant activities engaged in during the same day than to activities during the previous or during the next day(s) (001). Depression is not more strongly related to pleasant activities during previous day(s) than to activities during the next day(s) and vice versa	AFF 3.3	r _{pm}	+	t	001	College undergraduates, Oregon, U.S.A. Non-probability purposive sample by expert choice stratified by psychic status and sex N: 30, date: February - March, 1971	LEWIN 72 p. 293
DOING THINGS ONE LIKES	Raw activity score (see above under LEWIN 72) The Pleasant Events Schedule Form III was used here (see MacPhillamy & Lewinsohn, 1971)	See remarks in excerpt (Part II) The mean correlation between the activity score and the depression score of the same day for a period of 30 days was used. Stronger among the depressed and psychiatric controls than among the normal controls (05): depressed : r = +.36 psychiatric controls: r = +.43 normal controls : r = +.25 Stronger among females than among males (05): females : r = +.39 males : r = +.29 Unaffected by age: age 18-29 : r = +.30 age 30-49 : r = +.40 age 50+ : r = +.32	AFF 3.3	r _{pm}	+			Adults, Oregon, U.S.A. Non-probability purposive sample by expert choice stratified by psychic status and sex N: 90, date: —	LEWIN 73 p. 264
LONELINESS	6-item index of statements on feeling lonely, nobody cares for you, difficulty making lasting contacts, coping with things alone, hard to find real friends, and alone in the world.	Unaffected by sex Lower among married persons: G' = -.36 (01) Stronger among singles : G' = -.50 (01)	HAPP 2.1	G'	-.48	Gt'	01	Adults, Amsterdam, The Netherlands Probability systematic random sample stratified by sex and marital status N: 600, date: September - December, 1965	JONG 69 p. 197
TENDING TO BE A LONELY PERSON	Closed question: not lonely / fairly lonely / very lonely	Unaffected by sex When standardized on: - usual mood : G _S = -.56 - having fun in life : G _S = -.50 - frequency of low mood : G _S = -.62 - tending to be a discouraged person: G _S = -.60 - anxiety symptoms : G _S = -.66 Stronger among males: G = -.55 Lower among females : G = -.49	HAPP 1.1	G V	-.68 .32	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, date: 1960	BRENN 70 p. 71/75/87/ 88/268
TENDING TO BE A DISCOURAGED PERSON	Direct agree/disagree statement	Unaffected by sex When standardized on: - usual mood : G _S = -.59 - having fun in life : G _S = -.47 - frequency of low mood : G _S = -.57 - tending to be a lonely person : G _S = -.53 - anxiety symptoms : G _S = -.63 Unaffected by sex	HAPP 1.1 AFF 1.1	G V	-.67 .35	Chi ²	01 01	See above	BRENN 70 p. 71/75/265
		Unaffected by sex	AFF 1.1	G V	-.56 .29	Chi ²	01		

DOUBT ABOUT MEANINGFULNESS OF OWN EXISTENCE

Direct question rated on a graphic scale ranging from 'never' to 'very often'

Stronger among those of age 25-40
Stronger among those of lower education
Unaffected by S.E.S.
Unaffected by sex

ASPECT JUDGMENTS CONCERNING THE FUTURE

PERSONAL HOPES: WANT STATUS QUO

Open-ended question on personal wishes and hopes for the future
Responses indicative of happiness with things as they are now

EXPECTED EASE OF LIFE IN FUTURE

Closed question: very difficult / difficult / average / easy / very easy

Unaffected by physical status:
normals : $r = +.44$ (01)
handicapped: $r = +.46$ (01)

CHANGE ORIENTATION

2-item index of closed questions on optimism about the future, and yearning for change

L 2.2 - OBJECTIVE LIFE QUALITY

L 2.2.1 - PERSONAL INDICATORS

see also 'Health and Health Care' (H 2),
'Personality' (P 1), 'Self-Image' (S 2)

WELL-BEING

Ratings by two psychologists on a 5-point scale. The raters were instructed to rate on a dimension of well-being that ranged from spent, played out, almost senile in manner, to alive, zestful, vital even enthusiastic

HAVING EVER CONTEMPLATED SUICIDE

Closed question: no vs yes

Stronger among normals : $r = -.28$ (01)
Lower among the handicapped: $r = -.11$ (ns)

HAVING CONTEMPLATED SUICIDE DURING PAST MONTH

Closed question: no vs yes

Stronger among normals : $r = -.34$ (01)
Lower among the handicapped: $r = -.21$ (05)

HAPP 1.1	G	-56		05	National adult population, The Netherlands Probability area sample N: 1552, date: June, 1968	BAKKE 74 p. 29
HAPP 3.1	G'	+49	Gt'	05	Adult population of 14 countries Representative samples N: 18,653, date: + 1960	CANTR 65/1 p. 263
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
HAPP 1.1	r	-.12			Adults, Metro Manila, Philippines Probability area sample N: 941, date: January - April, 1972	BULAT 73 p. 233
HAPP 3.1	r	+ 0				
HAPP 2.1		+		ns	Aged residents of an apartment building for the elderly, U.S.A. Non-probability accidental sample N: 122, date: —	STORA 75 p. 99
HAPP 2.1	r	-			Physically defective and normal persons, Detroit, U.S.A. Non-probability purposive samples N: 295, date: —	CAMER 73/1 p. 209
HAPP 2.1	r	-		05	See above	CAMER 73/1 p. 209

L 2.2.2 - SOCIAL INDICATORS

see also 'Level of Education' (E1.1),
'Income' (I 1), 'Socio-Economic Status' (S5),
'Work' (W 2); and 'Family' (F 1), 'Marital Status'
(M 1), 'Social Participation' (S 4)

DEPRIVATION	3-item index on compulsory retirement, widowhood and physical disability	See remarks in excerpt (Part II) Stronger among withdrawn Ss (those reporting reduction in family participation, in extra-family participation and/or in organizational activity during past year) : G' = -.90 (01) Lower among not-withdrawn Ss: G' = -.51 (05) Unaffected by social withdrawal: withdrawn Ss : G' = -.70 (01) not-withdrawn Ss: G' = -.65 (01) Stronger among withdrawn Ss : G' = -.64 (01) Lower among not-withdrawn Ss: G' = -.40 (ns)	HAPP 1.1	G'	-.70	Gt'	01	Non-institutionalized aged persons, San Francisco, U.S.A. Probability sample stratified by sex, age and social living arrangement N: 269, date: 1960 - 1964	LOWEN 65 p. 367
			HAPP 2.1	G'	-.70	Gt'	01		
			AFF 1.1	G'	-.55	Gt'	01		
CHILDHOOD STRESS	4-factor score containing broken homes in childhood, evaluation of mother and father as parents, happiness of parents' marriage during childhood, illness of family members during childhood.		AFF 1.3	DR	-.09		s	Adults, Alameda County, U.S.A. Probability sample N: 6928, date: 1965	BERKM 71 p. 43
ADULT STRESS	5-factor score containing poor physical health, poor interpersonal relations, self-evaluated comparative financial status, marital satisfaction, parental worries		AFF 1.3	DR	-.22		s	See above	BERKM 71 p. 43
STRESS	9-factor score containing stress both in adult and in childhood (see above)		AFF 1.3	DR	-.22		s	See above	BERKM 71 p. 43
SOCIAL HEALTH	Index containing - employability (including educational level, occupational level, and job stability) - marital satisfaction - sociability (including number of close relatives and friends, and frequency of contacts) - community involvement (including church attendance, political activity, and organizational memberships)		AFF 1.3	DR	+.26	BCI	05	See above (BERKM 71 sample)	RENNE 74 p. 42
OVER-ALL ROLE ADJUSTMENT	Combined 13-item marital tension index and 3-item job satisfaction index	For indices of marital tension and job satisfaction see resp. 'Marriage: Characteristics of the Relationship' and 'Satisfaction with Work, Job in general' (Part III; M 2.4 and S 1.9.1)	HAPP 1.1	G'	+.43	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. 38

L 2.3 - VARIOUS FACTORS CONCERNING
LIFE QUALITY

see also 'Aspired Life Change' (H 3.1)

PERCEIVED HAPPY IMAGE

Estimate of how friends would rate one's happiness: most miserable of all / about three-fourths of the population happier than you are / the average person of your own sex and age / happier on the whole than three-fourths of the population of similar age and sex / happiest of all

Stronger among females: $r = +.35$
Lower among males : $r = +.22$

Stronger among females: $r = +.49$
Lower among males : $r = +.26$

Unaffected by sex:
males : $r = +.39$
females: $r = +.39$

COMP 4.1

r

pm

+

COMP 4.3

r

pm

+

AFF 1.3

r

pm

+

Graduate students of education, U.S.A.
Non-probability chunk sample
N: 388, date: —

WATSO 30
p. 88

WISH TO HAVE LIVED IN AN OTHER
WAY IN THE PAST

Closed question on number of things one wants to change if one could relive one's life not change any of it / change some parts / change many parts

HAPP 2.1

r

pm

+.06

National population, Britain
Non-probability quota sample
N: 213, date: March, 1971

ABRAM 73
p. 21

SATISFACTION

Two closed questions on whether and how much one is closer in general satisfaction to the person one would most or to the person one would least like to be

HAPP 2.1

r

pm

+.09

See above

ABRAM 73
p. 21

TYPE OF SUBJECTIVE AGE RELATED
DEPRIVATION

Ss were classified on the basis of present-self, past-self and future-self ratings using the Cantril (1965) question on 'best possible life' (see sample construction in excerpt, Part II).

In the second column, the types of deprivation are ordered from lowest to highest mean scores on the contentment measure resp. the life satisfaction measure.

National adult population, U.S.A.
Cantril (1965) national probability sample
N: 1294, date: 1959

BORTN 74A
p. 539

(temporary deprivation (TD) / continuous deprivation (CD) / great expectations deprivation (GED) / stereotyped non-deprivation (SND) / anticipatory deprivation (AD)

Non-significant differences between TD and CD, between CD and GED and between SND and AD. Other differences are significant (05).

CON 1.1

DM

+

DMRT

temporary deprivation (TD) / continuous deprivation (CD) / great expectations deprivation (GED) / stereotyped non-deprivation (SND) / anticipatory deprivation (AD)

Non-significant differences between TD and CD, and between GED, SND and AD. Other differences are significant (05).

HAPP 2.1

DM

+

DMRT