

# Correlates of Happiness

Lecture 5  
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## Subjective Wellbeing Scale

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1	In general, I consider myself:	1 not a very happy person	2	3	4	5	6	7 a very happy person
2	Compared with most of my peers, I consider myself:	1 less happy	2	3	4	5	6	7 more happy
3	Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?	1 not at all	2	3	4	5	6	7 a great deal
4	Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?	1 not at all	2	3	4	5	6	7 a great deal

## Conceptualising & Measuring Happiness

Happiness is not an easy construct to define. However, in measuring the state of happiness following points are important:

- **Avowed happiness:** often psychological studies are based on self-reported measures, hence it only reports what people say!
- **Subjective happiness:** Related to the above; the individual's experience and perception of how happiness is.

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## Measuring Happiness

### One item scale:

"Taken all together, how would you say things are these days—would you say you are very happy, pretty happy, or not too happy?"

### Multiple-items scales examine:

- "cognitive" component of happiness (i.e., judgments of high life satisfaction)
- "affective" component (i.e., the experience of frequent positive emotions and relatively infrequent negative emotions).

### Examples of multiple-items scales:

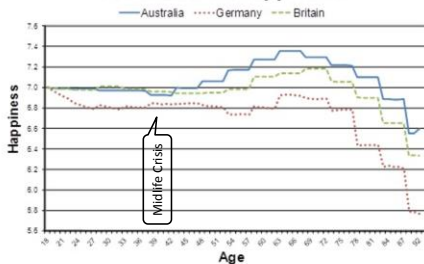
- Satisfaction with Life Scale (Diener et al, 1985).
- Affect Balance Scale (Bradburn, 1969).
- Subjective Happiness Scale (Lyubomirsky, 1999)
- Experience Sampling Method - using pager to monitor the subjective state of happiness

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## Age & Happiness

### A Lifetime of Happiness



[http://sep.ise.ac.uk/\\_new/stat/#/person.asp?id=970](http://sep.ise.ac.uk/_new/stat/#/person.asp?id=970)

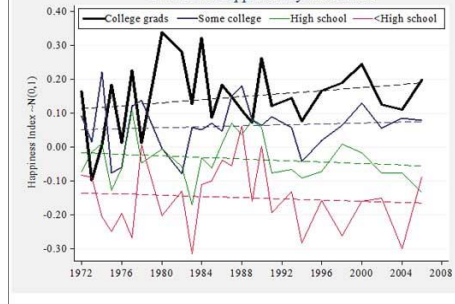
Frijters, P., & Beaton, T. (2012). The mystery of the U-shaped relationship between happiness and age. *Journal Of Economic Behavior & Organization*, 82(2/3), 525-542.

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## Education & Happiness

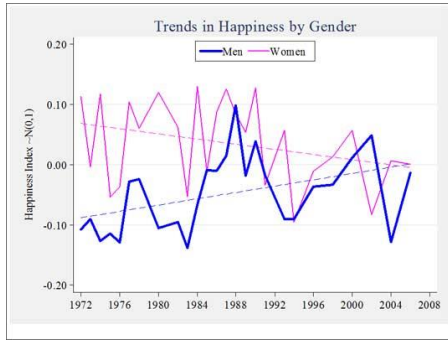
### Trends in Happiness by Education



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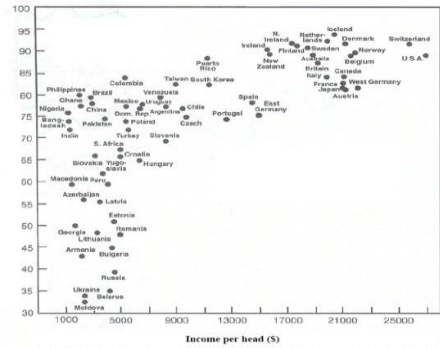
## Gender & Happiness



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## Happiness (index) Income and happiness



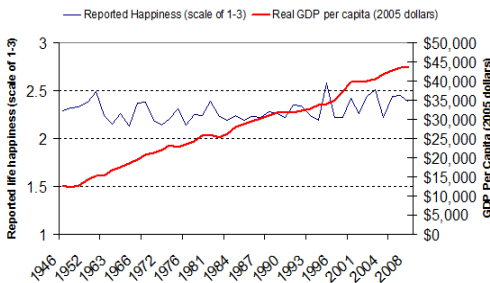
Source: Inglehart and Klingemann (2000). Figure 7.2 and Table 7.1. Latest year (all in 1990s).

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## Effect of Money on Happiness - Threshold

### United States: Life Happiness vs. Real GDP Per Capita



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## Other predictors of Happiness

- *The traits of happy people:* Extraversion, self-esteem, optimism, and a sense of personal control are among the marks of happy lives.
- *The work and leisure of happy people:* Mihaly Csikszentmihalyi reports increased quality of life when work and leisure engage one's skills.
- *The relationships of happy people:* Humans are social animals, with an evident *need to belong*. Having close friends, and being with them, contributes to happiness.
- *The faith of happy people:* The National Opinion Research Center surveys (1972) reveal that 23 percent of those never attending religious services report being very happy, as do 47 percent of those attending more than weekly.

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