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HAPPINESS IN NATIONS

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Section A

HIGH SCHOOL PUPILS (age 14-18)

table A.1	Feeling sad (Indicator type AFF 1.1)	3
table A.2	Enjoyment of life (Indicator type MIX 1.1)	5

The studies reported in this section are largely based on non-probability chunk samples

Table A1

Feeling sad*High School Pupils
(14 - 18 aged)*

Single direct question on how one feels generally (AFF 1.1)

I FREQUENTLY FEEL SAD**O DESCRIBES ME VERY WELL (6)****O DESCRIBES ME WELL (5)****O DESCRIBES ME FAIRLY WELL (4)****O DOES NOT DESCRIBE ME QUITE WELL (3)****O DOES NOT REALLY DESCRIBE ME (2)****O DOES NOT DESCRIBE ME AT ALL (1)**

This question figured in the 130 item Offer Self Image Questionnaire

Country	Year/ month	Question ¹⁾ type	% endorsement (score 6, 5, 4)	N ³⁾	Source Survey name ⁴⁾	Published in
Australia	±1983	A1	27	479	CNSASI	Offer 1988:78+148
Bangladesh	±1983	A7	37	392	CNSASI	Offer 1988:78+148
Germany (West)	±1983	A2	17	365	CNSASI	Offer 1988:78+148
Hungary	±1983	A4	24	1549	CNSASI	Offer 1988:78+148
Israel	±1983	A3	27	580	CNSASI	Offer 1988:78+148
Italy	±1983	A3	25	1250	CNSASI	Offer 1988:78+148
Japan ²⁾	±1983	A6	55	411	CNSASI	Offer 1988:78+148
Taiwan	±1983	A4	25	363	CNSASI	Offer 1988:78+148
Turkey	±1983	A5	33	450	CNSASI	Offer 1988:78+148
U.S.A.	±1983	A1	23	941	CNSASI	Offer 1988:78+148

REMARKS1. **Question wording** (precise translations)

- A1 I frequently feel sad
- A2 I feel unhappy a lot
- A3 I am frequently sad
- A4 I feel sad often
- A5 I feel sad very often
- A6 I am often sad
- A7 I am frequently weighted down with sadness

2. **Subjects**

Japan: 16 -18 aged only

3. **Sampling**

- Australia : non-probability chunk sample: pupils of high school in Melbourne
- Bangladesh : non-probability chunk sample: pupils of two high schools
- Germany (West) : non-probability chunk sample: pupils of four high schools
- Hungary : non-probability chunk sample: pupils of various high schools and participants of summercamps
- Israel : non-probability chunk sample: pupils of three highschool grades 9 through 11
- Italy : non-probability chunk sample: pupils of two schools
- Japan : non-probability chunk sample: pupils of a high school: 16 - 18 aged only
- Taiwan : probability area sample: pupils in grade 9 - 12 from all high school in a big city (Taichnua)
- Turkey : non-probability chunk sample: pupils of two high schools
- U.S.A. : pooled non-probability chunk sample: pupils of high schools, children of army personnel, volunteers

4. **Survey name**

CNSASI means Cross National Study of Adolescent Self Image

Table A2
Enjoyment of life

*high school pupils
 (14 -18 aged)*

Single direct question that concerns both affective and cognitive appraisal (MIX 1.1)

I ENJOY LIFE

O DESCRIBES ME VERY WELL (6)

O DESCRIBES ME WELL (5)

O DESCRIBES ME FAIRLY WELL (4)

O DOES NOT QUITE DESCRIBE ME (2)

O DOES NOT DESCRIBE ME AT ALL (1)

This question figured in the 130 item Offer Self Image Questionnaire

Country	Year/ month	Question ¹⁾ type	% endorsement (score 6, 5, 4)	N ³⁾	Source Survey name ⁴⁾	Published in
Australia	±1983	M1	83	479	CNSASI	Offer 1988:78+146
Bangladesh	±1983	M1	69	392	CNSASI	Offer 1988:78+146
Germany (West)	±1983	M1	85	365	CNSASI	Offer 1988:78+146
Hungary	±1983	M1	82	1549	CNSASI	Offer 1988:78+146
Israel	±1983	M1	88	580	CNSASI	Offer 1988:78+146
Italy	±1983	M2	91	1250	CNSASI	Offer 1988:78+146
Japan ²⁾	±1983	M3	69	411	CNSASI	Offer 1988:78+146
Taiwan	±1983	M3	71	363	CNSASI	Offer 1988:78+146
Turkey	±1983	M1	86	450	CNSASI	Offer 1988:78+146
U.S.A.	±1983	M1	92	941	CNSASI	Offer 1988:78+146

REMARKS

1. **Question Wording** (precise translation)
M1: I enjoy life
M2: I love to live
M3: I enjoy my life

2. **Subjects**
Japan: 16 -18 aged only

3. **Sampling**

Australia	: non-probability chunk sample:	pupils of high school in Melbourne
Bangladesh	: non-probability chunk sample:	pupils of two high schools
Germany (West)	: non-probability chunk sample:	pupils of four high schools
Hungary	: non-probability chunk sample:	pupils of various high schools and participants of summercamps
Israel	: non-probability chunk sample:	pupils of three highschool grades 9 through 11
Italy	: non-probability chunk sample:	pupils of two schools
Japan	: non-probability chunk sample:	pupils of a high school: 16 - 18 aged only
Taiwan	: probability area sample:	pupils in grade 9 - 12 from all high schools in a big city (Taichnua)
Turkey	: non-probability chunk sample:	pupils of two high schools
U.S.A.	: pooled non-probability chunk sample:	pupils of high schools, children of army personel, volunteers

4. **Survey name**
CNSASI means: Cross National Study of Adolescent Self Image

Section B

YOUNG ADULTS (age 18-24)

table B1 **Satisfaction with life**
(Indicator type HAP 2.1)

table B2 **Feelings about life**
(Indicator type MIX 1.1)

Table B1

Satisfaction with life

Single direct question on life satisfaction (type HAP 2.1)

Item (S4)

'How satisfied are you with the life you lead?'

Country	Year/ month	Mean ¹	Source ²	
		% Satisfied (very + fairly)	Survey name	Published in
Belgium	1982	87	Eurobarometer	Braungart 1986:354
Britain	1982	90	Eurobarometer	Braungart 1986:354
Denmark	1982	96	Eurobarometer	Braungart 1986:354
France	1982	82	Eurobarometer	Braungart 1986:354
Germany	1982	86	Eurobarometer	Braungart 1986:354
Greece	1982	70	Eurobarometer	Braungart 1986:354
Ireland	1982	87	Eurobarometer	Braungart 1986:354
Italy	1982	76	Eurobarometer	Braungart 1986:354
Luxembourg	1982	91	Eurobarometer	Braungart 1986:354
Netherlands	1982	95	Eurobarometer	Braungart 1986:354

Table B2
Feeling about life

Young Adults (age 18 to 24)

Question that concerns both affective and cognitive appraisals (type MIX 1.1)

Single direct question:

'NOW, I WOULD LIKE TO ASK YOU HOW YOU FEEL ABOUT LIFE, IN GENERAL. PLEASE LOOK AT THIS CARD CAREFULLY AND PICK OUT THE ANSWER THAT COMES CLOSEST TO YOUR OWN FEELING:

- O I AM VERY HAPPY AND HOPEFUL (5)**
O I AM MORE HAPPY AND HOPEFUL THAN SAD AND WORRIED (4)
O I AM NEITHER HAPPY AND HOPEFUL, NOR SAD AND WORRIED (3)
O I AM MORE SAD AND WORRIED THAN HAPPY AND HOPEFUL (2)
O I HAVE SOMETIMES BEEN HOPELESS OF LIFE AND EVEN THOUGHT ABOUT COMMITTING SUICIDE (1)

Country	Year/ month	Proportions						Mean ¹		N	Source ²	
		5	4	3	2	1	DK NA	1-5	0-10		Survey name	Published in Japan
<u>ANGLO-AMERICA</u>												
U.S.A.	1977	34.5	51.2	6.3	5.8	1.6	0.7	4.12	7.28	2116	World Youth Survey 2	PMO 1985
	1983/2-3	31.7	54.6	6.3	5.1	1.9	0.4	4.10	7.22	1134	World Youth Survey 3	PMO 1985
<u>ASIA</u>												
Japan	1977	16.4	43.0	9.1	15.0	1.8	14.8	3.67	6.43	2010	World Youth Survey 2	PMO 1985
	1983/2-3	15.3	49.5	6.8	14.7	1.1	12.7	3.72	6.53	1021	World Youth Survey 3	PMO 1985
Korea (South)	1983/2-3	11.1	40.1	9.3	35.5	2.9	1.2	3.21	5.66	1013	World Youth Survey 3	PMO 1985
Philippines	1977	56.4	29.2	9.2	3.2	1.3	0.7	4.37	7.82	1995	World Youth Survey 2	PMO 1985
	1983/2-3	48.3	32.2	4.9	0.3	13.9	0.3	4.01	7.07	993	World Youth Survey 3	PMO 1985

EUROPE

Britain (Great)	1977	50.2	32.5	10.6	4.3	1.8	0.7	4.26	7.58	1994	World Youth Survey 2	PMO 1985
	1983	46.0	36.5	7.6	7.1	1.4	1.4	4.20	7.49	1053	World Youth Survey 3	PMO 1985
France	1977	15.8	45.0	18.2	12.7	5.0	3.3	3.56	6.13	2003	World Youth Survey 2	PMO 1985
	1983/2-3	17.4	50.9	16.0	11.4	3.1	1.2	3.69	6.39	1000	World Youth Survey 3	PMO 1985
Germany (West)	1977	24.4	51.2	13.1	2.6	8.7	2.6	3.80	6.57	2002	World Youth Survey 2	PMO 1985
	1983/2-3	19.5	54.5	9.1	13.5	2.6	0.9	3.75	6.56	1032	World Youth Survey 3	PMO 1985
Sweden	1977	14.7	69.0	8.9	4.5	0.8	2.0	3.94	6.85	2001	World Youth Survey 2	PMO 1985
	1983/5-6	18.7	69.0	7.6	3.1	1.1	0.5	4.02	6.99	1022	World Youth Survey 3	PMO 1985
Switzerland	1977	23.9	58.5	7.7	6.1	2.2	1.8	3.97	6.95	1999	World Youth Survey 2	PMO 1985
	1983/5-6	20.3	57.6	8.8	4.5	2.0	6.8	3.96	6.91	1013	World Youth Survey 3	PMO 1985
Yugoslavia	1983/5-6	24.4	43.9	22.8	6.3	1.0	1.6	3.86	6.68	1033	World Youth Survey 3	PMO 1985

LATIN-AMERICA

Brazil	1977	43.5	39.1	3.5	9.8	2.1	1.9	4.14	7.40	1986	World Youth Survey 2	PMO 1985
	1983/5-6	36.6	39.0	7.1	13.1	3.1	1.2	3.94	6.99	1033	World Youth Survey 3	PMO 1985

REMARKS**1. Means**

Means 1-5 calculated by attributing:

- 5 points to: I am happy and hopeful
- 4 points to: I am more happy and hopeful than sad and worried
- 3 points to: I am neither happy and hopeful nor sad and worried
- 2 points to: I am more sad and worried than happy and hopeful
- 1 point to: I have sometimes been hopeless of life and even thought about committing suicide.

Means 0-10 calculated by us. Experts rated the values of the various response categories on a scale ranging from 0 (most negative to 10 (most positive). This procedure is described in more detail in chapter 6.2.3. The average ratings were as follows:

- I am happy and hopeful	9.2
- I am more happy and hopeful than sad and worried	6.9
- I am neither happy and hopeful nor sad and worried	4.6
- I am more sad and worried than happy and hopeful	3.8
- I have sometimes been hopeless of life and even thought about committing suicide.	1.0

2. Source

PMO = Prime Minister Office, Youth Affairs Administration. Booklet published on the occasion of the UN Year of the Child.

3. Regions

Britian (Great) also referred to as "United Kingdom". It involves England, Scotland, Wales and Northern Ireland.

Section C

UNIVERSITY STUDENTS

table C.1	7-step Happiness (Indicator type HAP 1.1)	<i>12</i>
table C.2	7-step Delighted-Terrible (Indicator type HAP 3.1)	<i>16</i>

The studies reported in this section are based on non-probability chunk samples

Table C1

7-step Happiness

Single direct question on overall happiness (indicator type HAPP 1.1)

Only item

'CONSIDERING YOUR LIFE AS A WHOLE, WOULD YOU DESCRIBE IT AS

- O VERY UNHAPPY (1)**
O UNHAPPY (2 OR 3)
O MIXED (4)
O HAPPY (5 OR 6)
O VERY HAPPY (7)

Country¹	Year/ month	Mean	SD	N	Source	
		<i>1-7</i>			<i>Survey name</i>	<i>Published in</i>
<u>AFRICA</u>						
Cameroon	± 1985	4.02	0.96	187	Student Wellbeing Survey	Michalos 1991: 83
Egypt	± 1985	4.44	1.12	281	Student Wellbeing Survey	Michalos 1991: 83
Kenya	± 1985	4.46	1.11	274	Student Wellbeing Survey	Michalos 1991: 83
South Africa	± 1985	4.37	1.17	298	Student Wellbeing Survey	Michalos 1991: 83
Tanzania	± 1985	4.95	1.22	230	Student Wellbeing Survey	Michalos 1991: 83

ANGLO-AMERICA

Canada	± 1985	5.06	1.20	1640	Student Wellbeing Survey	Michalos 1991: 83
U.S.A.	± 1985	5.27	1.20	1354	Student Wellbeing Survey	Michalos 1991: 83
 <u>ASIA</u>						
Bahrain	± 1985	4.86	1.30	284	Student Wellbeing Survey	Michalos 1991: 83
Bangladesh	± 1985	5.00	1.16	321	Student Wellbeing Survey	Michalos 1991: 83
India	± 1985	4.82	1.43	263	Student Wellbeing Survey	Michalos 1991: 83
Israel	± 1985	4.58	1.39	317	Student Wellbeing Survey	Michalos 1991: 83
Japan	± 1985	4.49	1.11	1213	Student Wellbeing Survey	Michalos 1991: 83
Jordan	± 1985	4.53	1.19	300	Student Wellbeing Survey	Michalos 1991: 83
Korea (South)	± 1985	4.38	1.17	451	Student Wellbeing Survey	Michalos 1991: 83
Philippines	± 1985	4.90	1.11	1008	Student Wellbeing Survey	Michalos 1991: 83
Singapore	± 1985	4.73	1.00	256	Student Wellbeing Survey	Michalos 1991: 83
Taiwan	± 1985	4.56	1.21	2483	Student Wellbeing Survey	Michalos 1991: 83
Thailand	± 1985	4.07	1.05	584	Student Wellbeing Survey	Michalos 1991: 83
Turkey	± 1985	4.61	1.09	289	Student Wellbeing Survey	Michalos 1991: 83

AUSTRALIA

New Zealand	± 1985	5.07	1.22	324	Student Wellbeing Survey	Michalos 1991: 83
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EUROPE

Austria	± 1985	4.48	1.12	345	Student Wellbeing Survey	Michalos 1991: 83
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Belgium	± 1985	4.99	1.07	151	Student Wellbeing Survey	Michalos 1991: 83
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Britain (Great)	± 1985	5.22	1.11	224	Student Wellbeing Survey	Michalos 1991: 83
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Finland	± 1985	5.01	1.16	272	Student Wellbeing Survey	Michalos 1991: 83
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Germany (West)	± 1985	4.97	1.11	800	Student Wellbeing Survey	Michalos 1991: 83
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Greece	± 1985	4.42	0.92	266	Student Wellbeing Survey	Michalos 1991: 83
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Hungary	± 1985	4.52	0.96	228	Student Wellbeing Survey	Michalos 1991: 83
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Netherlands	± 1985	5.23	1.08	357	Student Wellbeing Survey	Michalos 1991: 83
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Norway	± 1985	4.96	1.02	235	Student Wellbeing Survey	Michalos 1991: 83
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Portugal	± 1985	2.25	1.66	386	Student Wellbeing Survey	Michalos 1991: 83
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Spain	± 1985	4.52	0.94	280	Student Wellbeing Survey	Michalos 1991: 83
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Sweden	± 1985	5.19	1.21	267	Student Wellbeing Survey	Michalos 1991: 83
Switzerland	± 1985	4.95	1.06	341	Student Wellbeing Survey	Michalos 1991: 83
Yugoslavia	± 1985	4.54	1.22	334	Student Wellbeing Survey	Michalos 1991: 83

LATIN AMERICA

Brazil	± 1985	5.04	1.11	281	Student Wellbeing Survey	Michalos 1991: 83
Chile	± 1985	4.70	1.03	264	Student Wellbeing Survey	Michalos 1991: 83
Colombia	± 1985	5.02	1.10	91	Student Wellbeing Survey	Michalos 1991: 83
Mexico	± 1985	5.17	1.09	246	Student Wellbeing Survey	Michalos 1991: 83
Puerto Rico	± 1985	5.02	1.17	306	Student Wellbeing Survey	Michalos 1991: 83

REMARKS

- 1. Population**
Non probability chunk samples of students. Questionnaires were administered in classroom, mostly in the context of undergraduate courses.
- 2. SD**
Standard Deviation

Table C2

7-step Delighted-terrible

Single direct question on appreciation with life (indicator type HAPP 3.1)

Typical item (DT)

'HOW DO YOU FEEL ABOUT YOUR LIFE AS A WHOLE RIGHT NOW?'**O DELIGHTFUL (7)****O VERY SATISFYING (6)****O SATISFYING (5)****O MIXED (4)****O DISSATISFYING (3)****O VERY DISSATISFYING (2)****O TERRIBLE (1)**

Country ¹	Year/ month	Mean	SD	N	Source	Published in
		<i>1-7</i>			<i>Survey name</i>	
<u>AFRICA</u>						
Cameroon	± 1985	4.12	0.90	187	Student Wellbeing Survey	Michalos 1991: 83
Egypt	± 1985	4.55	1.06	281	Student Wellbeing Survey	Michalos 1991: 83
Kenya	± 1985	4.46	1.01	274	Student Wellbeing Survey	Michalos 1991: 83
South Africa	± 1985	4.53	1.14	298	Student Wellbeing Survey	Michalos 1991: 83
Tanzania	± 1985	4.97	1.23	230	Student Wellbeing Survey	Michalos 1991: 83

ANGLO-AMERICA

Canada	± 1985	5.11	0.94	1640	Student Wellbeing Survey	Michalos 1991: 83
U.S.A.	± 1985	5.28	1.00	1354	Student Wellbeing Survey	Michalos 1991: 83

ASIA

Bahrain	± 1985	4.96	1.22	285	Student Wellbeing Survey	Michalos 1991: 83
Bangladesh	± 1985	4.31	1.10	321	Student Wellbeing Survey	Michalos 1991: 83
India	± 1985	4.72	1.09	263	Student Wellbeing Survey	Michalos 1991: 83
Israel	± 1985	4.98	0.85	317	Student Wellbeing Survey	Michalos 1991: 83
Japan	± 1985	4.09	1.05	1213	Student Wellbeing Survey	Michalos 1991: 83
Jordan	± 1985	4.49	1.12	300	Student Wellbeing Survey	Michalos 1991: 83
Korea (South)	± 1985	4.21	1.50	451	Student Wellbeing Survey	Michalos 1991: 83
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AUSTRALIA

New Zealand	± 1985	5.06	0.96	324	Student Wellbeing Survey	Michalos 1991: 83
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EUROPE

Austria	± 1985	4.92	1.01	345	Student Wellbeing Survey	Michalos 1991: 83
Belgium	± 1985	5.21	0.80	151	Student Wellbeing Survey	Michalos 1991: 83
Britain (Great)	± 1985	5.20	0.87	224	Student Wellbeing Survey	Michalos 1991: 83
Finland	± 1985	5.44	0.99	272	Student Wellbeing Survey	Michalos 1991: 83
Germany (West)	± 1985	4.84	0.96	800	Student Wellbeing Survey	Michalos 1991: 83
Greece	± 1985	4.83	0.90	266	Student Wellbeing Survey	Michalos 1991: 83
Hungary	± 1985	4.77	0.72	228	Student Wellbeing Survey	Michalos 1991: 83
Netherlands	± 1985	5.17	1.02	357	Student Wellbeing Survey	Michalos 1991: 83
Norway	± 1985	5.14	0.89	235	Student Wellbeing Survey	Michalos 1991: 83
Portugal	± 1985	3.26	1.52	386	Student Wellbeing Survey	Michalos 1991: 83
Russia	± 1990	4.15	1.48	116		Balatski & Diener 1993:
230						
Spain	± 1985	4.55	0.89	280	Student Wellbeing Survey	Michalos 1991: 83
Sweden	± 1985	4.96	1.09	267	Student Wellbeing Survey	Michalos 1991: 83
Switzerland	± 1985	5.08	0.83	341	Student Wellbeing Survey	Michalos 1991: 83
Yugoslavia	± 1985	4.70	1.14	334	Student Wellbeing Survey	Michalos 1991: 83

LATIN AMERICA

Brazil	± 1985	4.94	1.02	281	Student Wellbeing Survey	Michalos 1991: 83
Chile	± 1985	4.97	0.84	264	Student Wellbeing Survey	Michalos 1991: 83
Colombia	± 1985	5.12	0.86	91	Student Wellbeing Survey	Michalos 1991: 83
Mexico	± 1985	5.12	0.79	246	Student Wellbeing Survey	Michalos 1991: 83
Puerto Rico	± 1985	5.18	0.94	306	Student Wellbeing Survey	Michalos 1991: 83

REMARKS**1. Population**

Non probability chunk samples of students. Questionnaires were administered in classroom, mostly in the context of undergraduate courses.

2. SD

SD is standard deviation.

Section D

YOUNG AND MIDDLE ADULTS

(age 15-40)

table D **9-step Best-Worst Possible life**

(Indicator type HAP 3.1)

Table D

9-step best-worst possible life*(age 15-40)*

Single direct question on appreciation of life (type HAPP 3.1):

only item (adapted) BW Cantil (ladder of present life)

'HERE IS A PICTURE OF A LADDER WHERE THE TOP, RUNG 9, REPRESENTS THE BEST POSSIBLE LIFE FOR YOU AND THE BOTTOM, RUNG 1, THE WORST POSSIBLE LIFE FOR YOU. WHEN YOU LOOK AT THIS LADDER, WHERE DO YOU FEEL YOU ARE STANDING AT THE PRESENT TIME?'

Country ¹	Year/ month	Proportions ²				Mean ³		SD	N	Source	Survey	name	Published in
		high (7-9)	medium (4-6)	low (1-3)	DK/ NA	1-9	0-10						
<u>ASIA</u>													
India ¹	1968/3-10	11	48	31	10	4.26	4.08	2.05	267	Image year 2000 Survey	Ornauer et al., 1976: 643		
Japan	1969/9,10	24	64	10	2	5.40	5.50	1.48	1291	Image year 2000 Survey	Ornauer et al., 1976: 643		
<u>EUROPE</u>													
Britain (Great) ¹	1967/8,9	31	64	5		5.77	5.96	1.51	1000	Image year 2000 Survey	Ornauer et al., 1976: 643		
Czechoslovakia	1967/6	17	75	8		5.28	5.35	1.38	1178	Image year 2000 Survey	Ornauer et al., 1976: 643		
Finland	1967/12	32	61	6	1	5.77	5.96	1.54	485	Image year 2000 Survey	Ornauer et al., 1976: 643		
Germany (W)	1970/6	22	65	12	1	5.32	5.40	1.54	760	Image year 2000 Survey	Ornauer et al., 1976: 643		
Netherlands	1967/5	52	44	4		6.43	6.79	1.60	708	Image year 2000 Survey	Ornauer et al., 1976: 643		

Norway	1967/8	55	42	2	1	6.63	7.04	1.54	539	Image year 2000 Survey	Ornauer et al., 1976: 643
Poland	1968/1	10	62	27	1	4.52	4.40	1.64	991	Image year 2000 Survey	Ornauer et al., 1976: 643
Slovenia	1967/9	11	80	9		5.06	5.08	1.20	600	Image year 2000 Survey	Ornauer et al., 1976: 643
Spain	1967/11,12	19	62	12	7	5.28	5.35	1.64	1836	Image year 2000 Survey	Ornauer et al., 1976: 643

REMARKS**1. Regions**

India : an elite sample from Uttar Pradesh, a state in North-Central India

Britain (Great) : also referred to as "United Kingdom". It involves England, Scotland, Wales and Northern Ireland

2. Proportions

Proportions are rounded off in order to make the sum 100%

3. Means

Original means on range 1-9. The means on range 0-10 are computed by linear transformation, in order to allow comparison with the general population data reported in table 1.3.1.. Linear transformation is described in chapter 7/3.3.3.