

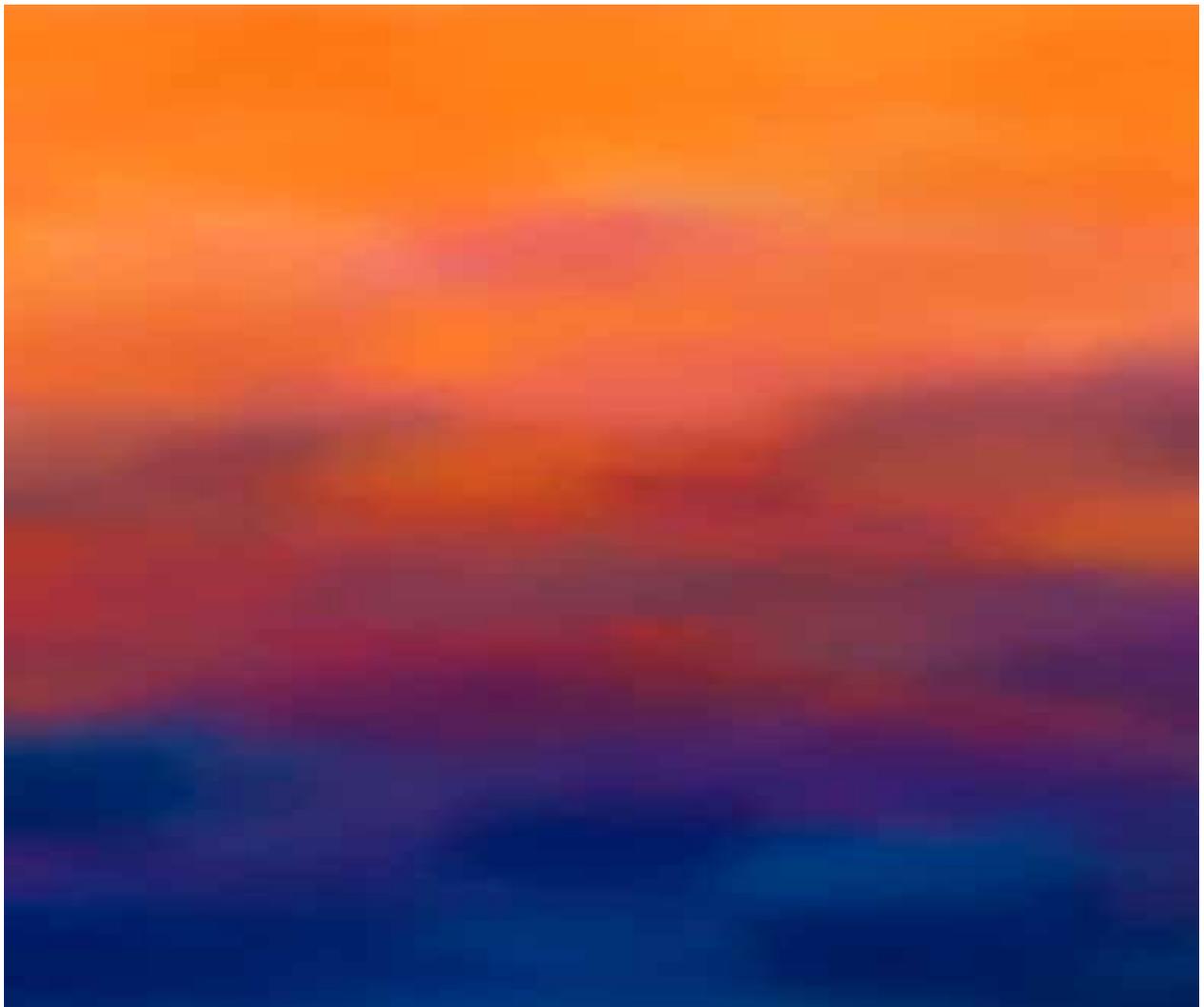


BUILDING A JUST SOCIETY

Marking 35 Years in 2012

LIFE SATISFACTION AND HAPPINESS

Professor Tony Vinson AM & Dr. Matthew Ericson



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TITLE

Life Satisfaction and Happiness

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AUTHORS

Ericson, Matthew

Vinson, Tony

ABSTRACT

This publication contains the analysis and conclusions of research into life satisfaction and happiness of Australians. 1400 survey responses given by Australians to the 2005 World Values Survey, and kindly made available to the researchers, are analysed through statistical methods of cross tabulation and regression analysis. This analysis provides insight into the variables which are likely determinants of levels of happiness and life satisfaction in Australians.

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326 Church Street
PO Box 271
Richmond VIC 3121
Australia
Tel: +61 3 94217600
Email: jss@jss.org.au

www.jss.org.au

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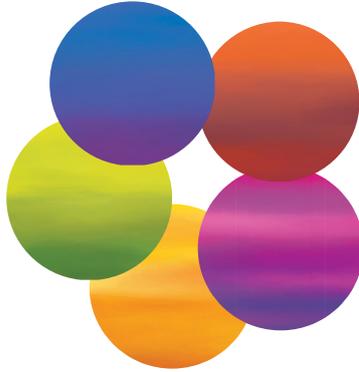
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EXECUTIVE SUMMARY

The question of what makes one happy and satisfied with their life might seem like a deeply individual inquiry. However, in recent years, the question of happiness and life satisfaction has been considered in a much broader societal context. This is due, in some part, to the realisation of the limits of notions of progress grounded in material development such as GDP. The clearest example of this trend is Bhutan, which has a formal measure of Gross National Happiness. In addition to this, a body of literature has emerged which has sought to identify the variables that influence happiness and life satisfaction in societies throughout the globe.

Notions of happiness and life satisfaction are directly relevant to organisations working in the field of human services as much of the work undertaken in this sector focuses on increasing clients' contentment and encouraging some sense of the worth of clients' lives. This element of the sector's work finds its basis in both secular and non-secular principles that guide human services organisations. An example

is the Jesuit Social Apostolate which speaks of the goal of building *'by means of every endeavour, a fuller expression of justice and charity into the structures of human life in common'*.

The present study attempts to identify some of the key variables that influence the happiness and life satisfaction of Australians. This is achieved by analysing data from the World Values Survey 2005, an international study of national values. An attempt is also made to determine whether the findings of international studies hold true to Australia. Particular attention is directed to the link between income and life satisfaction that has been identified in literature exploring happiness in other countries. This study does not attempt to identify a single elixir for transforming the human lot. Instead, the findings allow us to identify variables that contribute to, or detract from, happiness and life satisfaction. These variables can inform critical reflection on, and development of, human services policy and programs.

EXECUTIVE SUMMARY

- 01. Methodology
 - 02. Summary of Findings
 - 03. Conclusions
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01. This study is comprised of two distinct elements. The first is a survey of existing research on notions of happiness and life satisfaction. Different approaches to measuring happiness and life satisfaction are considered and common themes are identified. This research makes it clear that the definition and use of notions such as happiness and satisfaction is contested. However, definitional problems are not of great concern to researchers who use a relatively consistent set of tools and measures in conducting their surveys. These, for the most part, have produced consistent results across different countries. The second element of the study involves statistical modelling and analysis of data from the 2005 World Values Survey. The World Values Survey collected a comprehensive body of data on perceptions of happiness, life satisfaction, and a range of other variables from 1400 Australians. The data was analysed in the Jesuit Social Services' project through a two stage process.

The first stage of data analysis involved a cross tabulation of variables and the determination of whether significant association existed between variables and measures of happiness or satisfaction. The findings of this analysis are outlined in section II of this article. The second stage of data analysis undertook a more rigorous form of testing using a statistical technique, regression analysis, which enabled assessment of the degree of association between separate variables and happiness and life satisfaction. Through this it was possible to get a statistically

accurate picture of which variables had the greatest influence on individual life satisfaction and happiness.

02. The statistical analysis undertaken in part II looked at key variables and their influence upon the happiness and life satisfaction of Australians. These were:

Gender and Age: Women and men are equally likely to be happy but life satisfaction is not a constant throughout life with a dip in mid-life then a resurgence as people grow older.

Family: People who were married had a high degree of life satisfaction with 60.9% of married respondents describing themselves as highly satisfied compared to 47.2% of individuals in de facto relationships and 38.4% of respondents who were single/never married. Further to this, having a larger family, children, and possessing a high degree of trust in one's family were all factors that enhanced life satisfaction and happiness.

Health: Being in good health predisposes individuals to a higher degree of life satisfaction and happiness. Respondents who identified as very happy were 26 times more likely to describe their health as very good rather than poor.

Pondering the meaning of life: People who thought about the meaning and purpose of life were less likely to be satisfied with their life than those who rarely or never engaged in such reflection.

Education: There are small but significant correlations between education and happiness, and education and life satisfaction.

Beliefs: Both political and religious views can impact upon levels of happiness. The statistical analysis uncovered significant associations between religious identity and levels of happiness with 'religious people' generally happier and more satisfied than non-believers and atheists. Political orientation also has an influence on both life satisfaction and happiness with a greater tendency for those on the right of the political spectrum to express a higher degree of happiness.

Income: There was a highly significant association between income and life satisfaction. 61.8% of high income earners reported a high level of life satisfaction compared with 48.3% of low income earners. Income was also significantly associated with happiness although to a lesser degree than was the case with life satisfaction.

Community: Individuals who strongly identified with their local community were happier. There was also a tendency for happier and more satisfied individuals to have a higher degree of trust in others and a belief that other people were fair and not taking advantage of them.

Volunteering and Rights: Living in an environment where human rights are perceived to be respected can enhance happiness and life satisfaction. There was also a statistically significant link between volunteering for humanitarian organisations and charities and life satisfaction.

Social Class: Individuals were asked to self identify their social class. Interestingly, levels of happiness and life satisfaction declined as one moved to 'lower' social classes. 40% of individuals who identified as 'upper middle class' were very happy compared to 29.5% of individuals who identified as 'working class'.

Individual choice: Levels of life satisfaction and happiness increase according to how much choice an individual feels they have in their life.

Confidence in institutions: Levels of confidence in institutions such as parliament, political parties, the press, courts and the church are positively correlated with both happiness and life satisfaction.

Regression analysis made it possible to identify key variables which have the greatest level of influence on respondents' happiness and life satisfaction levels.

The most influential factors for an individuals level of life satisfaction are:

The level of choice and control that they have over their life

Their level of health

Whether they are married or not

The extent to which they see themselves as a part of a local community

The most influential factors for an individuals level of happiness are:

Their level of Health

The level of choice and control that they have over their life

Whether they are married or not

Their level of confidence in the press

Whether they trust their family or not

03. The analysis in this study has identified variables that are –

at least statistically – more likely to influence individual levels of happiness and life satisfaction. The significance of these variables has some interesting implications for human services policy and practice.

The importance of individual choice and control over life presents a challenge to current approaches taken in human services policy. If an aim of human services is to improve individual happiness and self worth, then strengthening the capacity and self sufficiency of individuals must be an objective. Assistance should be rendered with an emphasis on maintaining and strengthening people's management of their lives, a capacity found in the present study to be linked to both happiness and life satisfaction.

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Regardless of good intentions our findings discourage the unreflective and non-participatory imposition of goals and practices on clients. The employment of such an approach does nothing to encourage the growth of that autonomy we have found to be associated with happiness and life satisfaction. In work with individuals and families and more generally at a social policy level, attempting to impose changes by the use of sanctions such as the threatened withdrawal of assistance or benefits - the so-called conditionality approach - does nothing to build sustained change and self-management.

The results of this study also emphasise the importance of communities and individuals' connections to them. Models of human services that focus on intensive assistance to individuals are probably not as effective where they fail to connect individuals and families to communities. This has implications for existing services and programs which have as their aim the strengthening of community cohesion. There is evidence that these types of programs have the potential to raise levels of happiness and life satisfaction for individuals within communities. Finally, this research has made clear that family relationships and marital status are key determinants of happiness. Human services that focus on strengthen-

ing family relationships address a factor that is likely to improve a client's levels of happiness. Within the context of families, the status of being married is associated with a higher level of life satisfaction and happiness than other similar forms of relationships. The scope of data collected by the World Values Survey means the dynamics of individual relationships and the nature of the causal linkages between marital status and happiness were not able to be analysed in great depth. However, the present analysis treats (separately) life satisfaction and happiness as general features of people's overall lives and then examines the extent to which a wide range of attitudes and circumstances are independently predictive of their dispositional states. In this context marital status, not one's contentment with the state of the relationship with a partner was found to be predictive of overall life satisfaction and happiness. This is significant for contemporary debate on the nature of marriage. Whatever one's belief is on the nature and purpose of marriage, it appears that for some same sex partners refusing to accord the equal status of marriage denies them access to one of the most significant determinants of happiness and life satisfaction.



RESEARCH INTO PEOPLE'S SATISFACTION WITH THEIR LIVES

The musings of philosophers over thousands of years on the nature of a 'good life' are echoed in the contemporary evaluation of many ordinary people of their degree of satisfaction with their lives. Social researchers have extended the sphere of contemplation of this subject from personal reflection and scholarly discourse to survey appraisal and measurement under the rubric Quality of Life (QOL). Today those appraisals involve comparisons between different groups within societies and also comparisons across nations. The more sophisticated projects distinguish between an emotional state – 'happiness' – and 'life satisfaction', the latter requiring respondents to make an overall evaluation of their lives.

Stimulating current interest in finding alternative measures of societal progress is unease about excessive reliance on existing measures of economic progress such as Gross Domestic Product (GDP). As is illustrated in this paper, many economists and other

researchers have brought the tools of contemporary statistical analysis to bear on a fundamental question: "Does economic growth improve the human lot?" There are social commentators who believe that our present Australian way of life is too pressured, too materialistic and 'excessive.' Richard Eckersley writing a little over a decade ago put it this way:

"Deep down, beneath the satisfaction of everyday life, Australians are looking for a different paradigm, a new story to define who they are and where they want to go. Instead of one narrowly focused on material progress, they want a coherent vision that expresses a better balance between economic welfare, social equity and environmental sustainability...what is different is the extent to which social institutions and Western culture are contributing to the tension by promoting and encouraging – even demanding – a fast-paced, high-pressure, hyper-consumer lifestyle."

(Eckersley, 1999: p.34)

01.

01. Assessing Gross National Happiness

02. A field of international research

03. Summary: relationship between income and subjective well-being

04. Australian findings

01. Among people with a less technical background in the field, interest has been stimulated by more general reports of the efforts of a small Himalayan state, Bhutan, to promote and assess the goal of Gross National Happiness (GNH). The adoption of that measure reflects a desire to meet basic needs (including improved health care, reduced maternal and child mortality, and greater educational achievement) and improve infrastructure (including water, electricity and sanitation). However, in addition to these more tangible objectives, the GNH indicators also cover more subtle aspects of life including psychological well-being, time use, community vitality and cultural diversity and resilience. The prominence given to GNH reflects a desire to reconcile a degree of modernisation with personal well-being by producing sustainable happiness and certain attributes upon which it is based (Sachs, 2010).

02. The ultimate intention behind the present project is to take advantage of existing QOL data derived from international studies and consider how variations in people's state of happiness and life satisfaction are connected with differences in their circumstances, involvements and personal dispositions. The tools used in large scale international research are necessarily blunter than those used to capture the happiness and general well-being of residents in a single state. Much of the international scientific research into quality of

life could be said to have been prompted by Easterlin's (1974) seminal work that revolved around the issue of whether economic growth improves the lot of humans. Easterlin's answer was that within a particular country those people who had higher incomes were more likely to report being happy. What has been called the Easterlin Paradox arose because that researcher found in international comparisons that the average reported level of happiness varied little with national income per person.

Deaton (2008) stated the basic research question in this way: which of life's circumstances are important for life satisfaction and which, if any, have permanent as opposed to merely transitory effects? The issue is enlivened by some research suggesting that income is both relatively unimportant and relatively transitory compared with family circumstances, unemployment, or health (Easterlin, 1995). One version of the continuing controversy is that across individuals and across countries more income improves life satisfaction only until basic needs are met. Thereafter additional gains in income no longer matter for happiness (Veenhoven, 1991). An alternative view is that only after basic needs have been met can the possibilities for intellectual and cultural development be fully explored.

The empirical evidence, at least in the early stages of Quality of Life research, was generally that high-income countries fare better on life satisfaction



People with above average income were relatively satisfied with their lives but were only marginally happier than others in "moment-to-moment experience."

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measures than low income countries but that among the high-income countries there is no relationship between national income and national happiness (Deaton, 2008: p.32; citing Layard, 2005). Kahneman, et al (2006) acknowledged a widespread conviction that high income is associated with happiness but argued that this perception was mostly illusory. The evidence, according to these researchers, was that people with above average income were relatively satisfied with their lives but were only marginally happier than others in "moment-to-moment experience." They tended to be tense and did not spend more time in particularly enjoyable activities. The authors offered an interesting explanation for why people mention the contribution of income to their happiness. They believed that in making their evaluations respondents focused, in part, on conventional achievements.

As often happens in social research, a point has been reached where varying results are seen to be a function of the way concepts are defined and expressed in survey questions. Diener, et al (2010) in a recent paper acknowledge that 'happiness' is not a single entity and can be divided into elements that differ from each other. Following Kahneman's (1999) proposition that global judgments such as an evaluation of "life satisfaction" computed and reported at a single moment in time are fundamentally different from the pleasantness of people's emotional lives, Diener et al (2009) suggest that the various self-report measures of subjective well-being are saturated to varying degrees with judgment and emotion. Diener and colleagues have explored the inter-correlations between measures reflecting different admixtures of these qualities at the individual and national levels. Their starting point was Inglehart's,

(2010) suggestion that life satisfaction might be more influenced by economic conditions than is happiness.

Before proceeding to outline Diener et al's findings it is necessary at this point to interpose some explanation of the types of questions upon which they relied. Leading international research has incorporated two main measures (Helliwell, et al, 2009). The first is known as the Cantril Ladder which asks respondents to evaluate their lives at present using steps numbered from zero at the bottom (the worst possible life) to 10 at the top (the best possible life). This measure has been used in the Gallup World Poll (GWP, Gallup Organization, 2007) over a long period. The second measure is an assessment of satisfaction with life (SWL) used over many years in the World Values Survey (World Values Survey Association, 2011) and other national and international surveys and more recently incorporated in waves of the Gallup World Poll. These and related measures have also been scaled by Gallup from 0 to 10 and they include 'friends to count on', 'food security', 'perceptions of level of corruption', 'freedom to choose', 'donation of time and/or money', 'helping a stranger', and 'importance of and participation in religion'. The use of either measure of life satisfaction tends to produce similar results although Helliwell et al (2009), data considerations aside, prefer to employ both measures on technical grounds.

Equipped with a general understanding of the tools favoured by researchers let us consider Diener et al's findings with respect to influences upon life satisfaction and happiness. They found that responses to the Ladder life satisfaction question were more closely associated with variables such as income and possession of modern conveniences. On the other hand, there was a significantly weaker association

between 'happiness' and possession of material assets. Feelings of autonomy in everyday life were more strongly associated with emotions and less strongly associated with responses on the Ladder scale. The researchers conclude that material prosperity is strongly associated with judgments of life but much less correlated with affective or emotional well-being. Consideration of changes in well-being and income over time served to confirm the importance of the distinction between judgments of life satisfaction and emotional well-being. Variations in the Ladder scores over time showed a clear association with changes in income, whereas the strength of the income/happiness association was weaker. Diener et al concluded that in judging the lot of human beings "other factors in societies besides income must be considered, such as social trust and urbanization, and psychological factors such as rising aspirations might also play a role... Whether rising income improves the human lot appears to depend at least in part on the types of well-being being assessed."

Helliwell et al's (2009) findings take us one step further towards a summary statement of the present state of knowledge in this field. They found that "large international differences in life evaluations are not due to differences in underlying preferences but rather to identifiable differences in life circumstances"

(Helliwell, et al, 2009: p.2). Using the larger samples afforded by recent Gallup World Polls (GWP) the researchers have found that the satisfaction with life (SWL) and 'ladder' responses, individually and averaged, correlate with structural factors presumed to relate to well-being. Household income is a very strong correlate of individual life satisfaction and appears, if anything, to be higher in richer countries. Food insecurity increases as the inequality of income increases. The availability of social support, if and when needed, is closely connected with life satisfaction, especially in Western Europe, and the US + Canada + Australia + New Zealand compared to Asia and to Africa. A belief that corruption is widespread is associated with a significant and sizeable diminution in life satisfaction across all regions. "It would appear from the regional differences in the data ... that respondents in Western Europe, North America, Australia and New Zealand are richer in social as well as economic terms than those living elsewhere..." However, Helliwell et al (2009: p.9-11) consider it remarkable that their study of 125 different national societies shows the same factors coming into play in much the same way and to much the same degree. The implication is that differences in life satisfaction are due to differences in the content of life rather than in the basis upon which evaluations are made.

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03. One of the most up-to-date and sophisticated inquiries into these issues is a paper by Sacks, et al (2010) and for present purposes their findings can be taken as a summary of where scholarship is at with regard to the income/subjective well-being relationship. The researchers acknowledge the loose use of terminology by economists working in the field of human happiness but in the first instance, settle on the notion of 'life satisfaction.' Their emphasis is on the estimation of life satisfaction as a function of log income. They start by re-visiting the basic question that stimulated Easterlin's (1974) seminal work and trace the path of empirical evidence that has progressively cast doubt on Easterlin's paradox. That path culminates in many respects in Sacks et al's analysis of several data sets collectively covering 140 countries and representing nearly the entire world's population. The results confirm the finding that within a given country richer people report statistically higher levels of life satisfaction; richer countries on average report higher levels of life satisfaction; and the citizens of those countries growing economically report higher levels of life satisfaction. They conclude that on this evidence it seems that absolute income, expressed as the log of GDP per capita plays a large role in determining subjective well-being. The finding that well-being rises with absolute income appears to assign less importance than has recently been

claimed for three factors, namely, relative income, adaptation of expectations and satiation.

Since life satisfaction is not the only measure of subjective well-being, the researchers have turned their attention to assessing the relationship between income and various other measures. For reasons of brevity and data availability, they concentrate on cross-country comparisons using the fourth wave of the World Values Survey. The important point is that the results are similar to those obtained with the 'ladder' question but the estimated happiness-income gradient is not quite as large as the previously discussed life satisfaction-income gradient largely because of two extreme outliers, Tanzania and Nigeria. The researchers found the results for these countries particularly puzzling because they were the poorest in the sample but they reported the highest levels of happiness. At the same time they also have much lower average life satisfaction.

Using data yielded by the Gallup World Poll, Sacks et al (2010) examined respondents' commentaries on many facets of their emotional health and daily experiences such as enjoyment, physical pain, worry, sadness, boredom, depression, anger or love. They believe that the items used have enabled them to sketch a psychological profile of hundreds of thousands of people spanning the world's income distribution. The results indicate that citizens of richer

countries are more likely to experience positive emotions and are less likely to experience negative emotions. They report "Enjoyment is very highly correlated with GDP, while love is moderately correlated. Physical pain, depression, sadness and anger all decline moderately with GDP. ..People in richer countries were more likely to report feeling better rested and respected, smiling more, and eating good tasting foods than people in poorer countries although they are no more likely to take pride in what they did (yesterday) or to have learned something interesting (Sacks et al., 2010)."

Amidst the burgeoning international literature on the determinants of happiness and well-being there remains a fundamental research question which two leading researchers, Blanchflower and Oswald (2008) believe is poorly understood. It is: What is the relationship between well-being (satisfaction with life and happiness) and one's age (p. 1733)? Early investigations of this question indicated that happiness is either flat or slightly increasing with age. Blanchflower and Oswald argue that even after allowing for confounding influences more recent studies suggest a convex link between reported well-being and age. These authors' research offers evidence that the curvilinear relationship is robust to cohort effects. Using very large scale data cutting across cohorts and controlling for them, they show that well-being reaches its minimum around the middle of life. The pattern is consistent across 72 nations, including Australia, and is similar for females and males. Their study controlled for possibly confounding factors such as income and marital status that alter over a person's life time and have an effect upon well-being. The questions which provided the basis of the analysis took two forms. The first was a question from

the US General Social Surveys (GSS): "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?" The second question taken from the Eurobarometer Survey was: "On the whole are you very satisfied, fairly satisfied, not very satisfied, or not at all satisfied with the life you lead?"

The authors conclude that on the basis of their international evidence, well-being is approximately U-shaped through the life course with mental distress tending to reach a maximum in middle age. There is some evidence for a further flattening, and a turn-down, towards the end of a person's life. However, the overall U-shape finding with respect to happiness is fairly similar across different parts of the world. Deaton (2008) has used Gallup Poll data to examine the relationship between the 'ladder' findings and health satisfaction (Are you satisfied or dissatisfied with your personal health?). The results provide another perspective on the meaning of life satisfaction ratings and the self-appraisal of specific attributes like health. It was found that measurable conditions of a society, like life expectancy, have no relationship with life satisfaction or satisfaction with health leading to the conclusion that it is changes in the expectation of life that have an effect on life satisfaction. In high-income countries it is more likely to be people in their fifties rather than their sixties or seventies, experiencing the first reminders of their mortality, who report least satisfaction with their health. Deaton says that self-reported health measures are often better in places where people are sicker. Nevertheless Deaton (2008: p.55) concludes that high-income countries have greater life satisfaction than low-income countries, and when income is measured in logarithmic terms that effect persists as countries increase their income.

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04. How do these considerations apply in Australia? Blanchflower and Oswald (2005) have claimed that Australia presents a paradox: it ranks very highly in the United Nations' Human Development Index (HDI) but its citizens are not particularly happy. Leigh and Wolfers (Leigh and Wolfers, 2006) say this view is to be queried in light of the fact that in the World Values Survey only one country had levels of both happiness and life satisfaction that are higher than Australia by a statistically significant margin. Leigh and Wolfers do not question Blanchflower and Oswald's data on happiness and incorporate it in their own analysis. They simply find the ordinal comparison to be not particularly informative. Australia's level of development is representative of that among industrialised nations and its happiness score is at the upper end of these countries. They employ regression analyses to examine the relationships between the mean levels of happiness in the respective countries participating in the 2002 round of the International Social Survey program and HDI, GDP and Life satisfaction scores. The HDI score comprised indexes of life expectancy and education and a GDP per capita at purchasing power parity index. The happiness assessment was based on a seven step Likert-type scale. Australia's happiness score appeared entirely appropriate (that is, non-paradoxical) the problem with Blanchflower and Oswald's earlier analysis being that there were almost no differences in the HDI scores across industrialised nations. Australia's high ranking on that index did not indicate that it should be an

outlier on happiness. In a further analysis Leigh and Wolfers (2006) employed the World Values Survey data concerning life satisfaction (based on the previously described 'ladder' approach) and happiness, using a four point (Likert-type) scale. They found a very robust relationship existed between average responses to the life satisfaction question and the HDI, a finding which they judged to be something of a cross-validation of the two measures – both appear to be picking up related outcomes. The relationship between the HDI and happiness was much more tenuous. They cite some cases of a clear divergence between a country's ranking on life satisfaction and happiness: Nigeria was ranked as the happiest country in the world on the survey but was only 37th on life satisfaction; Tanzania was second happiest but last on life satisfaction. In Australia's case happiness accords with GDP per capita and relates positively to both HDI and life satisfaction. The relationship between the last two variables was even more robust than the HDI/ happiness connection.

Leigh and Wolfers (2006: p.183) conclude that the data indicates that Australia is not unhappy relative to its level of development and, if anything, its citizens are happier than might be expected given the country's HDI and GDP per capita. They say that this should hardly be surprising given that national surveys conducted from the 1940s to the 1980s showed Australians have consistently ranked themselves highly on measures of subjective well-being.

02

AUSTRALIA: FACTORS ASSOCIATED WITH LIFE SATISFACTION AND HAPPINESS

The findings of the World Values Survey in 2005 included an Australian sample of 1400 respondents and afford an opportunity to consider the contexts in which people describe themselves as being either happy and/or satisfied with their lives. In keeping with most large scale surveys, the total number of participants varies slightly across a range of items but approximates in most instances to 1400. Few of the respondents placed themselves on the lower rungs of the ten-step life satisfaction ladder. Indeed, the first five steps accounted for 16% of the entire sample with a further 427 or 30% occupying steps six and seven on the scale and 760 or 54% declaring they were on the 8th, 9th or 10th rungs. This last-mentioned combined category is frequently cited in the literature as a criterion group and in this presentation the findings with respect to it are frequently compared with the aggregated responses at or below the mid-point on the 'satisfaction' scale (ranks 1-5, inclusive). The findings with respect to happiness and their use for purposes of analysis are rather more

straight-forward: approximately a third (35.5%) of the Australian respondents declared that they are 'very happy' and in the cross-tabulations that follow the results for this group, either alone or in combination with those describing themselves as 'quite happy,' are compared with those experiencing less agreeable states, ranging from 'not very happy' (7%) to 'not at all happy' (1%).

Before examining the connections between each of the two states of primary interest and a wide range of personal attributes and circumstances, a degree of overlap between the two needs to be acknowledged. For example, within the group of 761 respondents who constitute what we will refer to as the 'high satisfaction with life group' – rungs 8-10 on the ladder – more than half (421 or 55.3%) considered themselves 'very happy.' Those 421 people represented 83% of the total of 499 respondents who said they were very happy. These results are presented in Table 1 and illustrated in Figure 1.

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Table 1: Life satisfaction by happiness (n = 1408)a

		HAPPINESS				
		NOT AT ALL	NOT VERY	RATHER	VERY	TOTAL
LIFE SATISFACTION	1	0	17	22	1	40
	2	1	18	9	2	30
	3	4	10	2	2	18
	4	5	5	1	7	18
	5	1	29	74	10	114
	6	0	13	97	10	120
	7	0	5	256	46	307
	8	0	2	257	197	456
	9	0	0	60	130	190
	10	0	0	21	94	115

1 = complete dissatisfaction 10 = complete satisfaction

Figure 1: Life satisfaction by happiness (weighted)



01. Our literature review indicated that there are certain attributes, like income, that warrant close examination in any attempt to understand the bases for life satisfaction and happiness. Before proceeding to consider the importance of those variables in the Australian context we wish to take advantage of the comprehensive body of data yielded by the 2005 World Values Survey to explore the possible contribution of additional variables, starting with commonplace information often thought of as demographic background. In doing so it needs to be acknowledged that many of the variables examined are interwoven with others thereby clouding the identity of possible causal factors. In this chapter, which we regard as a preliminary sifting exercise, we rely on the simple cross-tabulation of variables and when we report a 'significant association' we imply that the minimum conventional chi-square criterion of significance has been met. In the detailed statistical analysis section (page 40) we use statistical techniques that help to tease apart linked attributes and the present section is intended as a foundation for that exercise.

02. *On the present evidence, women and men are equally likely to be happy.* The survey of 1400

respondents comprised 763 (54.5%) females and 637 (45.5%) males. A little over one-third (approximately 35%) of both groups were 'very happy' and the sexes were equally represented within the combined three highest steps on the life satisfaction ladder (males 54.5%; females 53.5%).

Life satisfaction is not a constant throughout life. The simple cross-tabulation of age and life satisfaction reveals a pattern similar to that reported in the international literature. That is, there is a dip in the proportion of people in mid-life who express a high degree of life satisfaction and then resurgence in life satisfaction as people grow older. Considered on the basis of three age groupings (15-34, 35-54 and 55+) the differences between the categories are statistically significant. A similar but less marked trend is apparent with regard to the proportion of people stating that they are 'very happy' but the differences are not statistically significant. These respective happiness and life satisfaction results by age are presented in Table 2 and Table 3. The average happiness and life satisfaction reported is illustrated in Figure 2 and Figure 3 respectively.

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Table 2: Distribution of happiness and life satisfaction by age (n = 1399)^a

AGE	VERY HAPPY	HIGH LIFE SATISFACTION (LEVELS 8-10)
	18-24 years	30.4%
25-34 years	36.4%	58.00%
35-44 years	36.1%	49.30%
45-54 years	30.9%	47.40%
55-64 years	36.3%	56.60%
65 or older	39.7%	64.30%

^a: weighted

Table 3: Distribution of life satisfaction by age (n = 1399)^a

LIFE SATISFACTION	AGE						TOTAL
	18-24	25-34	35-44	45-54	55-64	65 or older	
1	5.9%	2.7%	2.6%	3.4%	2.7%	1.7%	2.9%
2	3.0%	1.3%	2.2%	3.1%	2.4%	1.0%	2.1%
3		.7%	.4%	2.5%	1.7%	1.3%	1.4%
4	1.0%	.7%	.4%	.9%	1.7%	1.7%	1.1%
5	5.0%	8.0%	9.5%	9.9%	6.8%	7.0%	8.0%
6	11.9%	6.0%	12.6%	9.6%	5.1%	8.0%	8.6%
7	31.7%	22.7%	22.9%	23.2%	23.1%	15.1%	21.9%
8	30.7%	46.7%	29.4%	26.6%	33.2%	33.8%	32.5%
9	6.9%	9.3%	16.0%	15.2%	13.9%	13.4%	13.4%
10	4.0%	2.0%	3.9%	5.6%	9.5%	17.1%	8.1%

^a: weighted 1 = completely dissatisfaction 10 = complete satisfaction

Figure 2: Distribution of age and happiness (weighted)

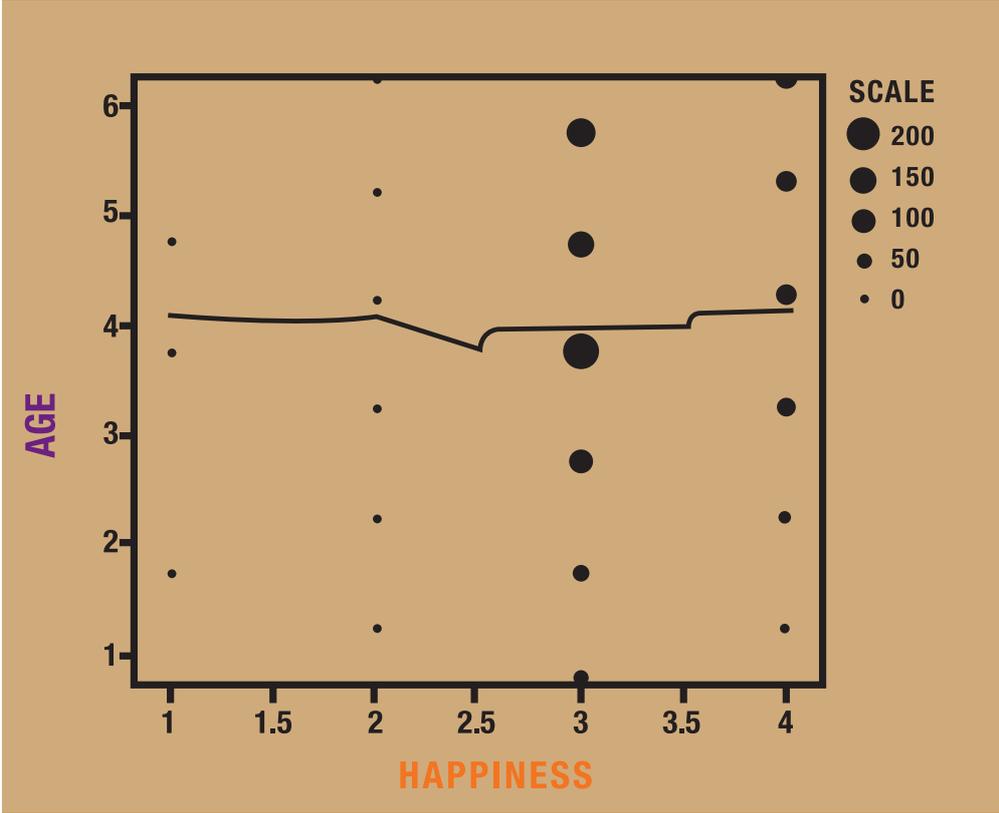


Figure 3: Distribution of age and life satisfaction (weighted)



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03. Marital status and a comparatively high level of life satisfaction appear to be linked. Again using the three highest rungs on the satisfaction ladder as the criterion, 60.9% of the respondents who were married described themselves as being highly satisfied with their lives, the next highest concentrations of life satisfaction occurring within the categories 'widowed' (55.8%) and 'living together as married' (47.2%) followed by 'divorced' (39.8%) and 'separated' (33.3%). There is a need to disentangle the influence of interwoven factors before concluding that the fact that only 38.4% of people in the 'single/never married' category enjoyed high life satisfaction is attributable to marital status per se.

So far as *happiness* is concerned, the highest proportion declaring they were 'very happy' was the married group (42%); the next highest concentrations occurring within the categories widowed (30.9%) and living together as married (28.2%), followed by divorced (22.8%) and separated (13.3%). A further

question in the survey sought opinions on the benefits or otherwise of there being more emphasis on family life in the future. Unfortunately the results did not add to our understanding of factors associated with a high level of happiness because an overwhelming proportion of respondents at each level of declared happiness favoured the prospect of more emphasis being placed on family life.

Having a larger family may enhance life satisfaction and happiness. A little over a fifth (22.5%) of the sample did not have a child, with 62.7% having between one and three children and a further 14.8% having four or more children. Almost identical proportions of these three categories – approximately 90% – declared themselves to be very/quite happy. However, the same three categories of offspring – no children, 1-3 children and four or more children, saw a progressive increase in the proportion of respondents in the high 'life satisfaction' category and the differences were statistically significant.

Figure 4: Happiness by average number of children (weighted)



Figure 5: Life satisfaction by average number of children (weighted)



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04. The standard World Values Survey (2005) sought responses to 114 categories of items embracing 271 specific questions on a wide range of matters beyond those of central importance to this paper. In deciding which items to include in the analyses that follow regard was had to the predecessor studies of life satisfaction and happiness reviewed in the preceding chapter.

HEALTH

How would you describe your state of health these days?

Being in good health appears to predispose people to enjoy a high degree of life satisfaction and happiness. Of course, health and perceptions of how one is travelling in life can be a two-way street – but respondents who were very happy were 26 times more likely to describe their health as ‘very good’ rather than poor (a ratio of 25.8:1, see Table 4).

These differences are highly statistically significant ($\chi^2 = 250.085$ (9), $p = <.000$).

The difference with respect to life satisfaction was similar (Table 5). Respondents who described their health as ‘very good’ were more than five times likely to be in the high life satisfaction category as those

who said their health was ‘poor’ (a ratio of 5.1:1). These differences were also highly statistically significant ($\chi^2 = 347.973$ (27), $p = <.000$).

THINK ABOUT THE MEANING OF LIFE

Do you think about the meaning and purpose of life?

Socrates may have rightly asserted the importance of a reflective life but it carries no guarantee of achieving happiness. If the favourable state of one’s health predisposes a person to higher life satisfaction, musing on the meaning and purpose of life apparently does not. Indeed, responses to a question about the frequency with which respondents thought about the meaning and purpose of life produced probably the most counter-intuitive findings of the survey (Figure 6). A higher proportion (58.6%) of the 239 people who ‘never’ or ‘rarely’ engaged in such reflection were in the highest life satisfaction category compared with the 48.5% of the 1143 who so engaged ‘sometimes’ or ‘often.’ The difference was statistically significant ($\chi^2 = 53.802$ (27), $p = .002$). When the focus shifted to reported happiness, there was less difference between those who reflected rarely or never and those who did so often or sometimes ($\chi^2 = 18.767$ (9), $p = .027$).

Table 4: Health by happiness (% within happiness, N = 1421.29)^a

		HEALTH				
		POOR	FAIR	GOOD	VERY GOOD	TOTAL
HAPPINESS	NOT AT ALL	45.5%	54.5%			100%
	NOT VERY	15.8%	45.5%	34.7%	4.0%	100%
	RATHER	4.5%	22.4%	54.3%	18.9%	100%
	VERY	1.6%	11.6%	42.8%	44.0%	100%
	TOTAL	4.6%	20.5%	48.4%	26.5%	100%

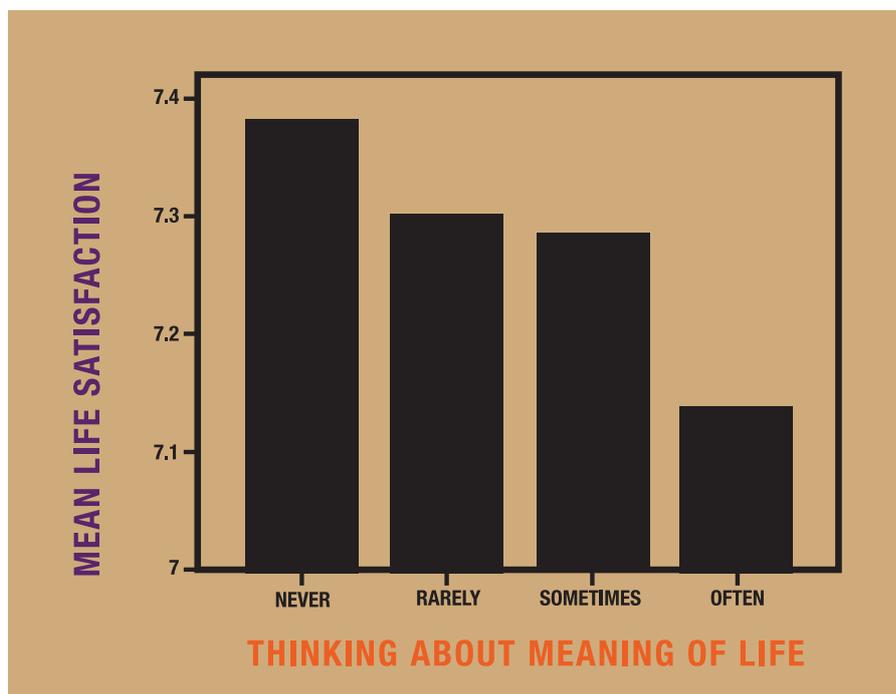
a: weighted

Table 5: Health by life satisfaction (% within life satisfaction, N = 1421.30)^a

		HEALTH				
		POOR	FAIR	GOOD	VERY GOOD	TOTAL
LIFE SATISFACTION	1	17.9%	43.6%	25.6%	12.8%	100%
	2	19.4%	41.9%	35.5%	3.2%	100%
	3	10.5%	52.6%	36.8%		100%
	4	50.0%	16.7%	16.7%	16.7%	100%
	5	11.4%	31.6%	48.2%	8.8%	100%
	6	5.8%	30.8%	54.2%	9.2%	100%
	7	3.6%	26.9%	53.1%	16.5%	100%
	8	1.3%	12.5%	52.2%	34.0%	100%
	9	1.1%	5.8%	42.9%	50.3%	100%
	10	1.7%	19.1%	40.0%	39.1%	100%
	TOTAL	4.6%	20.5%	48.2%	26.7%	100%

a: weighted 1 = completely dissatisfaction 10 = complete satisfaction

Figure 6: Think about the meaning of life by life satisfaction (weighted)



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TRUST IN ONE'S FAMILY

How much do you trust your family?

Having a high degree of trust in one's family was associated with both a high measure of life satisfaction and being happy. People's standing on both dispositional states generally declined as the degree of trust decreased from 'completely,' to 'somewhat,' to 'not much.' The variance was only statistically significant for happiness ($\chi^2 = 55.257$ (9), $p = <.000$). There was very marginal but ultimately non-significant variance for trust in one's family and life satisfaction ($\chi^2 = 39.44$ (27), $p = .058$). However, Table 6 presents the distinct increase in trust in the family with correlated increases in the mean of both happiness ($r = .157$, $p = <.000$) and life satisfaction ($r = .099$, $p = <.000$), with the obvious exception of the single respondents who reported to have no trust at all in their family.

EDUCATION

Education is a variable which is positively associated with both happiness and life satisfaction, but its effect is tempered by age. There are small but significant correlations between education and happiness, and education and life satisfaction.

There is a statistically significant correlation between education and happiness ($r = .083$, $p = .002$), and no significant association measured by the chi square test ($\chi^2 = 40.226$ (30), $p = .101$). However, when we factored in age as a variable (Table 7), we found that both the correlation and significance increased (to $r = .101$, $p = <.000$). This is almost cer-

tainly because age is inversely correlated with education level ($r = -.310$, $p = <.000$). That is, younger people are achieving higher levels of education, while older people are reporting higher levels of happiness.

This effect can also be seen when we compare the direct correlation of education level and life satisfaction ($r = .069$, $p = .10$) and when we control for age ($r = .109$, $p = <.000$). Indeed, the effect of controlling for age when testing the correlations with education is greater for the life satisfaction variable than the happiness variable. One explanation for this may be because of the statistically significant variance in the life satisfaction and education variables ($\chi^2 = 157.199$ (90), $p = <.000$).

POLITICAL ORIENTATION

In political matters, people talk of "the left" or "the right". How would you place your views on this scale, generally speaking?

Political orientation has an influence on both life satisfaction and happiness. When people were asked to characterise their position on a ten point political scale ranging from 'left' (1) to 'right' (10), there was a greater tendency for those on the right to express a higher degree of happiness ($r = .087$, $p = .001$) and life satisfaction ($r = .124$, $p = <.000$). The trend is not linear, as illustrated in Figure 7 and Figure 8. Of course political orientation may be interwoven with considerations like income, so it will later be necessary to tease apart the factors influencing these results.

Table 6: Happiness and life satisfaction by trust in the family^a

	HAPPINESS		LIFE SATISFACTION	
	N	MEAN	N	MEAN
NOT AT ALL	1	4.00	1	8.00
NOT VERY MUCH	12	2.90	12	5.98
SOMEWHAT	223	3.05	223	6.85
COMPLETELY	1166	3.31	1164	7.30
TOTAL	1401	3.26	1399	7.22

a: weighted

Table 7: Correlation of happiness and life satisfaction by education level (r/p)^a

	HAPPINESS	LIFE SATISFACTION	EDUCATION LEVEL
DIRECT CORRELATION			
HAPPINESS	1	.568** (<.000)	.083** (.002)
LIFE SATISFACTION	.568** (<.000)	1	.069* (.010)
EDUCATION LEVEL	.083** (.002)	.069* (.010)	1
CONTROL FOR AGE			
HAPPINESS	1	.575** (<.000)	.101** (<.000)
LIFE SATISFACTION	.575** (<.000)	1	.109** (<.000)
EDUCATION LEVEL	.101** (<.000)	.109** (<.000)	1

*a: weighted; *p<.05, **p<.01*

Figure 7: Mean happiness by left-right (weighted)

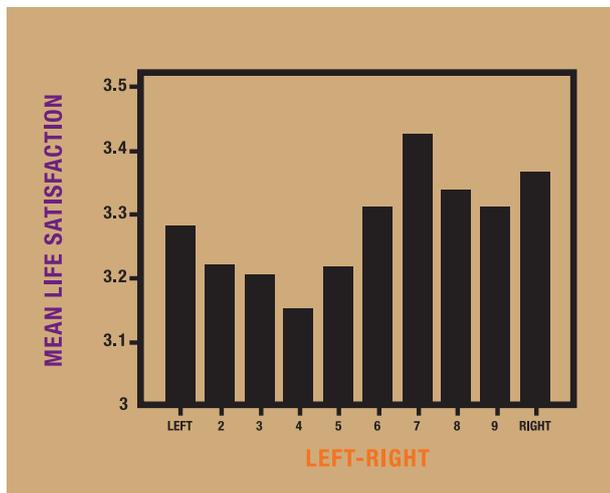
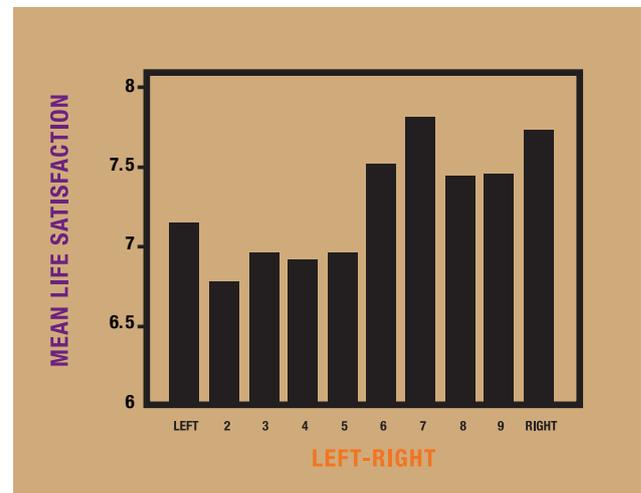


Figure 8: Mean satisfaction by left-right (weighted)



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INCOME

The relationship documented in the literature between income and life satisfaction is sustained within the present national survey.

There is a highly significant association between income and happiness ($\chi^2 = 64.098$ (27), $p < .000$), and income and life satisfaction ($\chi^2 = 188.579$ (81), $p < .000$). The positive correlation between happiness and income is statistically significant ($r = .120$, $p < .000$), although the correlation between life satisfaction and income is greater ($r = .147$, $p < .000$). These relationships are illustrated in Figure 9 and Figure 10 respectively.

While 857 (69.3%) respondents reported incomes less than \$64,001 per year, 437 respondents (33.9%) had incomes of \$64,001 per year or more. That is, the higher incomes group were within the seventh and tenth deciles. When this threshold is used to define the 'upper income' category then 270 or 61.8% of those with upper incomes were also in the group more satisfied with life.

Again consistent with the general results presented in the literature, the association between income and happiness was less decisive (Table 8). Repeating the comparison between the four highest and four lowest income categories, the proportion of 'very happy' respondents in the upper income group (38.2%) exceeded the number in the lowest income category (33%).

When viewed from the vantage point of least life satisfaction – steps 1 to 4 on the ladder – 21.7% of the low income group were in that category compared with 7.9% of the high income group. A slightly less pronounced trend was revealed by the cross-tabulation of income decile and the lower levels of happiness ('not at all' and 'not very' happy combined). Fewer among the highest four income categories (4.8%) reported being less happy compared with 10.7% of the four lowest income categories. It will require later, more sophisticated analyses to separate the influence of income per se, but already the relationship of income and happiness appears less straight forward than the income /life satisfaction association.

Figure 9: Happiness by income decile (weighted)

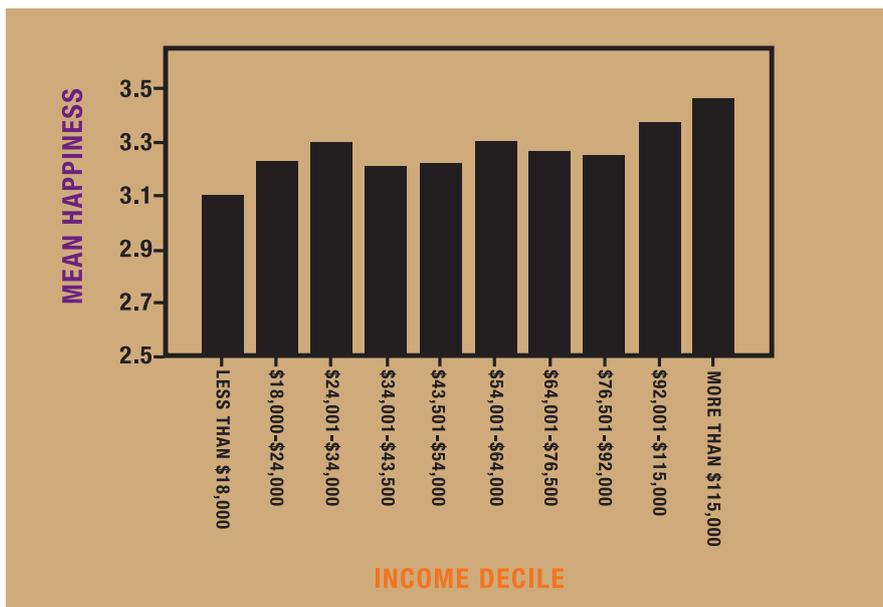


Figure 10: Life satisfaction by income decile (weighted)

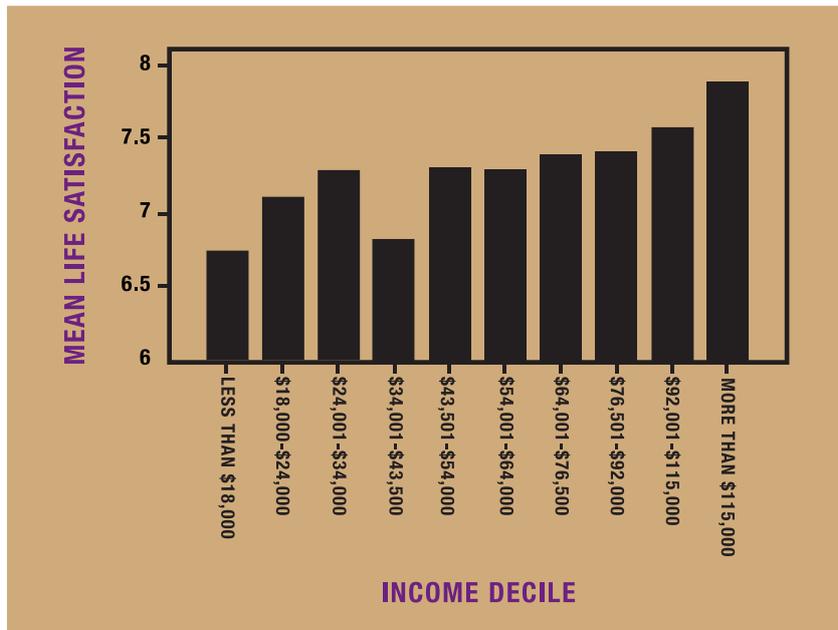


Table 8: Happiness and life satisfaction by income decile (compressed)^a

		INCOME DECILE n(%)		
		LOWEST FOUR CATEGORIES	MIDDLE TWO CATEGORIES	HIGHEST FOUR CATEGORIES
HAPPINESS (n=1295)	NOT AT ALL	10(1.62)	1(.41)	0(0)
	NOT VERY	56(9.06)	15(6.2)	21(4.83)
	RATHER	348(56.31)	147(60.74)	248(57.01)
	VERY	204(33.01)	79(32.64)	166(38.16)
	TOTAL	618(100)	242(100)	435(100)
	<hr/>			
LIFE SATISFACTION (n=1294)	LESS SATISFIED WITH LIFE (STEPS 1-5)	133(21.66)	27(11.11)	26(7.88)
	MID SATISFIED WITH LIFE (STEPS 6-7)	184(29.97)	83(34.16)	92(27.88)
	MORE SATISFIED WITH LIFE (STEPS 8-10)	297(48.37)	133(54.73)	212(64.24)
	TOTAL	614(100)	243(100)	330(100)
	<hr/>			

a: weighted

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05.
RELIGION *Independently of whether you attend religious services or not, would you say you are a religious person, not a religious person, or an atheist?*
Being religious can have its rewards, even in this life. There were significant associations measured by the chi square tests between the respondents' religious identity and happiness ($\chi^2 = 26.149 (6), p = <.000$) and life satisfaction ($\chi^2 = 48.592 (18), p = <.000$). The correlation is illustrated in Figure 11 ($r = .070 p = .009$) and Figure 12 ($r = .074 p = .005$).

In terms of happiness, the 139 (10%) respondents who described themselves as 'not a religious person' were equally likely to report they are very happy when compared to a religious person. However, when average happiness is calculated, respondents who identified as religious had a higher average happiness (a mean of 3.31 on the happiness scale where 1 is not at all happy, and 4 is very happy). By contrast, atheists reported the lowest average happiness (3.2) and respondents who were not religious were in the middle with a happiness mean of 3.22.

Table 9: Happiness and life satisfaction by religious person^a

		RELIGIOUS PERSON			
		AN ATHEIST	NOT A RELIGIOUS PERSON	A RELIGIOUS PERSON	TOTAL
HAPPINESS (n=1295)	NOT AT ALL	5(.36)	5(.36)	1(.07)	11(.79)
	NOT VERY	9(.65)	35(2.51)	54(3.87)	98(7.03)
	RATHER	79(5.67)	325(23.31)	391(28.05)	795(57.03)
	VERY	46(3.3)	165(11.84)	279(20.01)	490(35.15)
	TOTAL	139(9.97)	530(38.02)	725(52.01)	1394(100)
LIFE SATISFACTION (n=1294)	1	4(.29)	17(1.22)	17(1.22)	38(2.73)
	2	5(.36)	6(.43)	19(1.36)	30(2.15)
	3	4(.29)	5(.36)	10(.72)	19(1.36)
	4	4(.29)	5(.36)	9(.65)	18(1.29)
	5	18(1.29)	41(2.94)	54(3.88)	113(8.11)
	6	8(.57)	48(3.45)	64(4.59)	120(8.61)
	7	27(1.94)	143(10.27)	135(9.69)	305(21.9)
	8	45(3.23)	175(12.56)	230(16.51)	450(32.3)
	9	18(1.29)	68(4.88)	102(7.32)	188(13.5)
	10	6(.43)	24(1.72)	82(5.89)	112(8.04)
TOTAL	139(9.98)	532(38.19)	722(51.83)	1393(100)	

a: weighted *1 = complete dissatisfaction 10 = complete satisfaction*

The same pattern was observed with being religious and the respondents' reported life satisfaction: religious people had the highest average life satisfaction (7.34), followed by non-religious respondents (7.16) and atheists had the lowest average life satisfaction (6.85).

Table 9 indicates that a higher proportion of respondents who identified as religious reported themselves to be very happy (38.5%) compared to atheists (33.1%). A somewhat higher percentage (57.3%) of those who said they were religious had a high level of life satisfaction compared to atheists (49.6%).

COMMUNITY CONNECTIONS

People have different views about themselves and how they relate to the world. How strongly do you see yourself as part of your local community?

Being connected with a community, large or small, is associated with life satisfaction and happiness. The degree to which respondents saw themselves as a member of their local community was strongly correlated with a high level of both happiness ($r = .165$, $p = <.000$) and life satisfaction ($r = .168$, $p = <.000$). The respondents' mean happiness increased with the extent to which they agreed that they identified with their local community (Table 10).

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Figure 11: Mean happiness by religious person (weighted)

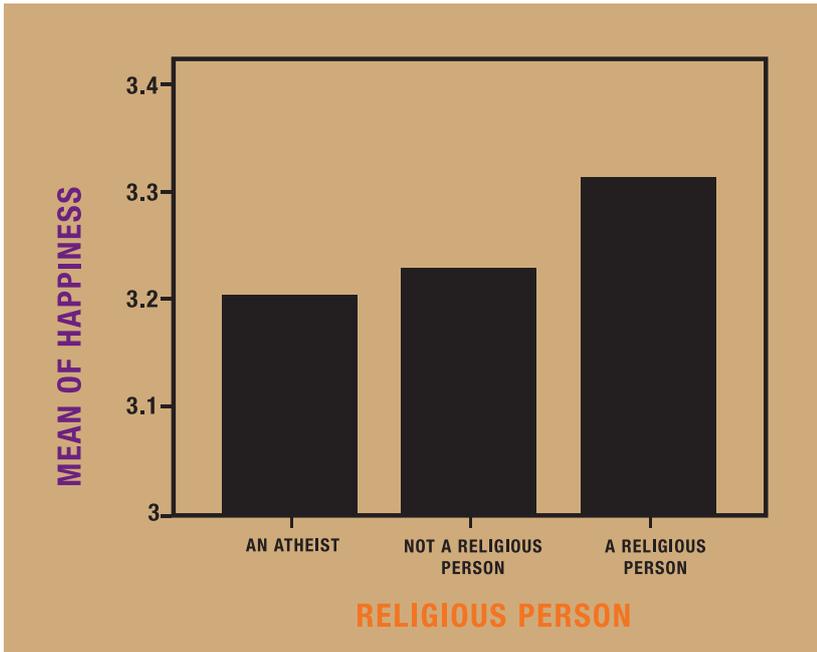


Figure 12: Mean life satisfaction by religious person (weighted)

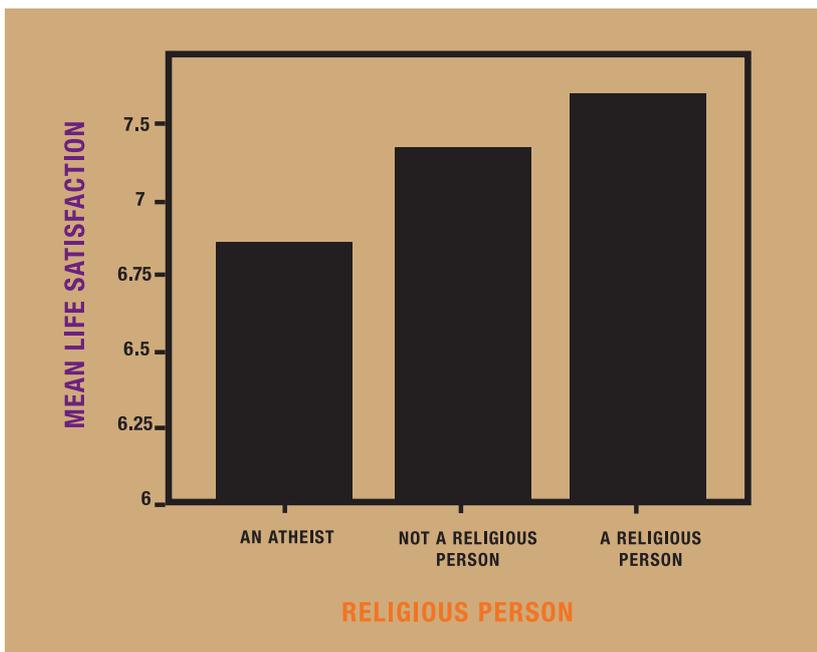


Table 10: Mean happiness and life satisfaction by identity: local community^a

	HAPPINESS	LIFE SATISFACTION
STONGLY DISAGREE	2.28	3.91
DISAGREE	3.02	6.54
AGREE	3.25	7.16
STRONGLY AGREE	3.37	7.59
TOTAL	3.27	7.22

a: weighted

Table 11: Happiness and life satisfaction by identity: world citizen^a

		STRONGLY DISAGREE	DISAGREE	AGREE	STRONGLY AGREE	TOTAL
HAPPINESS	NOT AT ALL	5.00%	1.20%	.10%	1.70%	.70%
	NOT VERY	10.00%	10.50%	6.20%	7.40%	7.30%
	RATHER	55.00%	60.90%	59.60%	47.00%	57.00%
	VERY	30.00%	27.30%	34.10%	44.00%	34.90%
	TOTAL	3.50%	2.80%	3.10%	2.90%	
LIFE SATISFACTION	1	.	3.50%	2.80%	3.10%	2.90%
	2	5.30%	3.10%	1.80%	2.40%	2.20%
	3	5.30%	1.60%	1.10%	1.70%	1.40%
	4	10.50%	1.60%	.90%	1.40%	1.20%
	5	10.50%	8.20%	7.30%	8.80%	7.90%
	6	10.50%	10.60%	9.40%	4.80%	8.70%
	7	31.60%	23.10%	23.70%	15.00%	21.80%
	8	21.10%	31.40%	32.60%	33.00%	32.30%
	9	5.30%	11.40%	14.10%	14.30%	13.50%
	10	5.30%	11.40%	14.10%	14.30%	13.50%
	TOTAL	.	5.50%	6.30%	15.60%	8.10%

a: weighted *1 = complete dissatisfaction 10 = complete satisfaction*

WORLD CITIZEN

People have different views about themselves and how they relate to the world. How strongly do you see yourself as a world citizen?

If a link to one's community is associated with life satisfaction, seeing oneself as "a world citizen" appears less connected with this emotional state. There was nonetheless a significant variance measured by the chi square test between respondents' identity as a world citizen and reported happiness ($\chi^2 = 37.009$ (9), $p = <.000$). This effect was more pronounced in the case of

life satisfaction ($\chi^2 = 67.452$ (27), $p = <.000$).

Those with an internationalist outlook (strongly agree/ agree = 28.4%) were more likely than those who denied this disposition (strongly disagree/ disagree = 16.7%) to be in the highest life satisfaction category (Table 11). On the other hand, agreement regarding respondents' identity as a world citizen was significantly associated with being happy: 78.1% of those who strongly agreed or agreed with the proposition were 'very happy' compared with 57.3% of respondents who rejected it.

02.

- 01. Personal attributes
- 02. Gender and age
- 03. Marital status
- 04. Selected variables

- 05. Potential meaning-conferring affiliations
- 06. Confidence in people and institutions
- 07. Statistical overview to this point

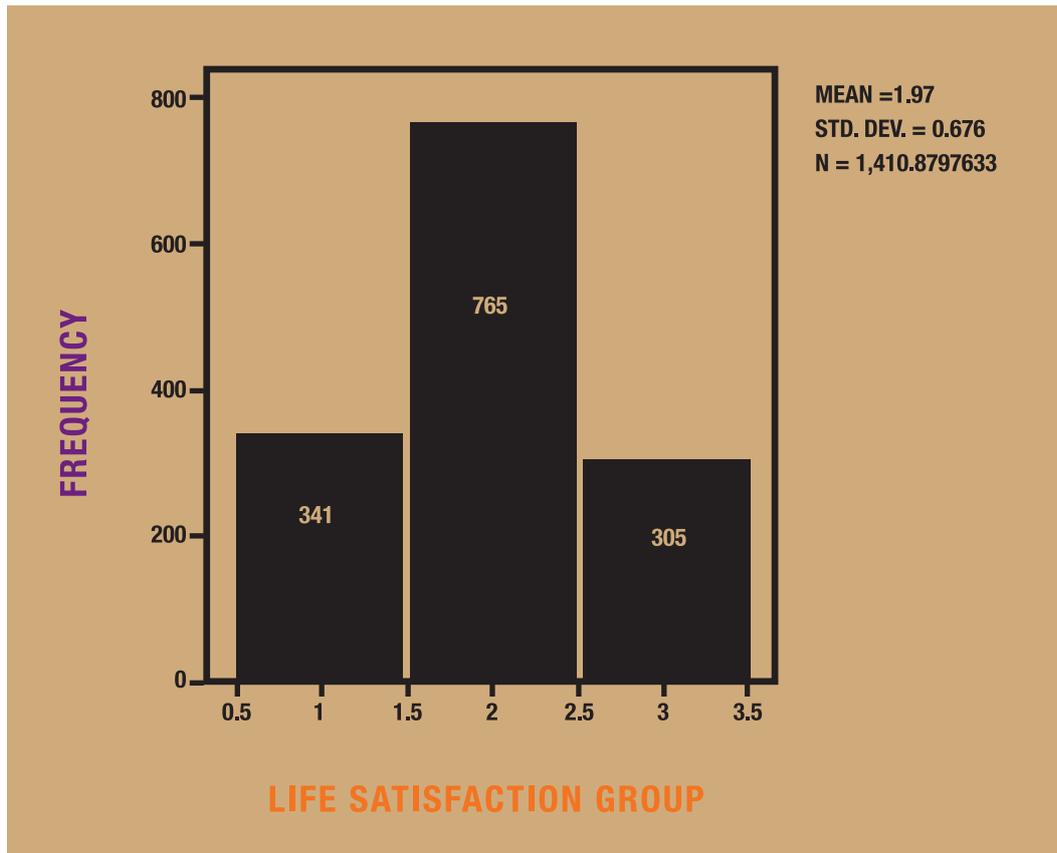
Figure 13: Happiness by respect for human rights (weighted)



Figure 14: Life satisfaction by respect for human rights (weighted)



Figure 15: Life satisfaction histogram (weighted tertiles)



HUMAN RIGHTS

How much respect is there for individual human rights nowadays in this country?

Living in an environment where human rights are perceived to be respected can enhance happiness and life satisfaction. A person's perception of the prevalence of respect for human rights is positively correlated with happiness ($r = .146$, $p = <.000$) and life satisfaction ($r = .104$, $p = <.000$). The correlations are illustrated in the happiness and life satisfaction averages illustrated in Figure 13 and Figure 14.

When we divide the life satisfaction responses into three tertiles (Figure 15), we find that 341 (24.1%) respondents are in the lower life satisfac-

tion group, 765 (54.3%) in the middle group, and 305 (21.6%) in the higher life satisfaction group.

Among respondents who endorsed the view that there is a great deal or fair amount of respect for human rights, 81.2% reported being very happy compared with 41.9% of those who declared that there is 'not much' or 'no respect at all' for individual human rights (Table 12). Similarly, among respondents who perceived a greater amount of respect for human rights, 46.4% reported higher life satisfaction compared with 43.5% of those who declared that there is 'not much' or 'no respect at all' for individual human rights. There was significant variance measured by the chi square test for both happiness ($\chi^2 = 57.92$ (9), $p = <.000$) and life satisfaction ($\chi^2 = 74.875$ (27), $p = <.000$).

02.

- 01. Personal attributes
- 02. Gender and age
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SOCIAL CLASS

People sometimes describe themselves as belonging to the working class, the middle class, or the upper or lower class. Would you describe yourself as belonging to the upper class, upper middle class, lower middle class, working class or lower class?

Self-identified social class is associated with life satisfaction and happiness. The proportion of respondents describing themselves as very happy progressively declines as one moves from a combined upper and upper-middle class category (40%), to a lower middle (31.9%), working class (29.5%) and 'lower' class category (2.6%). Similarly, the proportion of respondents within the higher satisfaction tertile declined with self-identified class: from 40% for the combined upper and upper-middle class category, to 31.8% in the lower middle (31.8%), 30.4% for working class and 1.7% amongst the lower class. Notably, only 10 (.7%) respondents described themselves as upper class. This variance was significant for both happiness ($\chi^2 = 84.58$ (12), $p = <.000$) and life satisfaction

($\chi^2 = 160.573$ (36), $p = <.000$).

The statistically correlation between subjective social class and happiness ($r = .191$, $p = <.000$) and life satisfaction ($r = .184$, $p = <.000$) is illustrated in Figure 16 and Figure 17 respectively.

ENVIRONMENTAL ORGANISATION

Are you an member of an environmental organisation?

Participating in an environmental organisation appears to be unrelated to happiness or life satisfaction, although the relationship between the variables may be handicapped by the low percentage of respondents who were active members of an environmental organisation – just 56 respondents or 4.3% of the total. While there is a small increase in the proportion of environmental organisation member who were happier and more satisfied with life (Table 13), the differences in variance are not significant for either happiness ($\chi^2 = 5.221$ (6), $p = .516$) or life satisfaction ($\chi^2 = 20.333$ (18), $p = .314$).

Table 12: Happiness and life satisfaction by respect for human rights^a

		NO RESPECT	NOT MUCH	FAIR AMOUNT	GREAT DEAL	TOTAL
HAPPINESS	NOT AT ALL	6.70%	1.60%		.80%	0.60%
	NOT VERY	20.00%	9.20%	5.90%	7.00%	7.10%
	RATHER	60.00%	60.50%	58.40%	46.70%	56.80%
	VERY	13.30%	28.60%	35.70%	45.50%	35.40%
LIFE SATISFACTION GROUP	LOW	46.70%	32.00%	20.80%	22.70%	24.10%
	MID	46.70%	48.20%	57.20%	52.90%	54.30%
	HIGH	6.70%	19.80%	22.00%	24.40%	21.60%

a: weighted

Figure 16: Happiness by subjective social class (weighted)

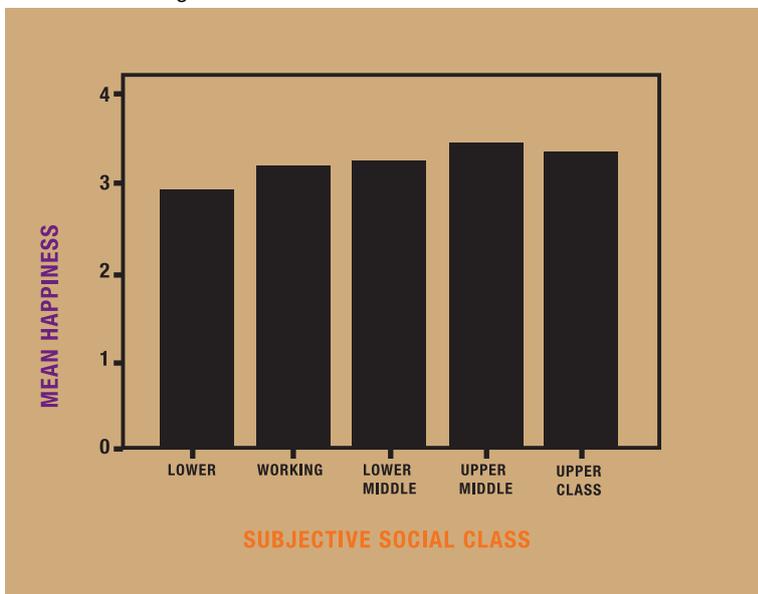


Figure 17: Life satisfaction by subjective social class (weighted)



02.

01. Personal attributes
 02. Gender and age
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Table 13 Happiness and life satisfaction by member: environmental org^a

		NO MEMBER	INACTIVE MEMBER	ACTIVE MEMBER
HAPPINESS	NOT AT ALL	90.90%	9.10%	
	NOT VERY	88.70%	6.20%	5.20%
	RATHER	86.10%	9.60%	4.30%
	VERY	83.30%	12.50%	4.20%
	TOTAL	85.30%	10.40%	4.30%
LIFE SATISFACTION GROUP	LOW	87.50%	7.50%	5.00%
	MID	85.60%	10.60%	3.80%
	HIGH	81.80%	13.10%	5.10%
	TOTAL	85.30%	10.40%	4.40%

a: weighted

HUMANITARIAN ORGANISATIONS

Are you an member of a humanitarian or charitable organisation?

Attempting to enhance the life satisfaction of others may contribute to your own. The number of active members of charitable or humanitarian organisations was somewhat larger than in the case of environmental organisations constituting 14.9% (n = 211) of the sample (Table 14). The proportion of that group with higher life satisfaction ratings was 26.5% compared with 19.7% in the case of non-members and that difference was statistically significant ($\chi^2 = 33.418$ (18), $p = .015$).

There was no significant variance in the relationship between happiness and membership of a charitable or humanitarian organisation ($\chi^2 = 8.593$ (6), $p = .198$), yet there were positive correlations between membership and happiness ($r = .079$, $p = .004$) and life satisfaction ($r = .077$, $p = .005$) as illustrated in Figure 18 and Figure 19.

Table 14: Happiness and life satisfaction by member: humanitarian org^a

		NO MEMBER	INACTIVE MEMBER	ACTIVE MEMBER	TOTAL
HAPPINESS	NOT AT ALL	1.00%	.50%	.50%	.80%
	NOT VERY	7.90%	6.60%	5.70%	7.40%
	RATHER	58.60%	54.60%	51.90%	57.00%
	VERY	32.50%	38.30%	41.90%	34.80%
	TOTAL	100%	100%	100%	100%
LIFE SATISFACTION GROUP	LOW	26.70%	18.00%	20.40%	24.50%
	MID	53.60%	62.80%	53.10%	54.80%
	HIGH	19.70%	19.10%	26.50%	20.70%
	TOTAL	100%	100%	100%	100%

a: weighted

Figure 18: Happiness by member: humanitarian org (weighted)

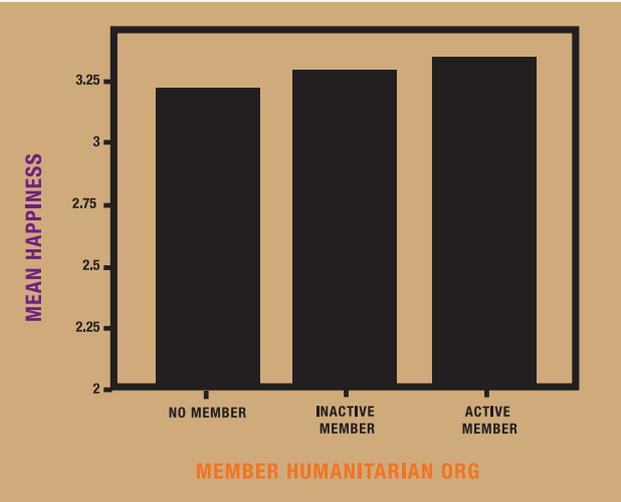
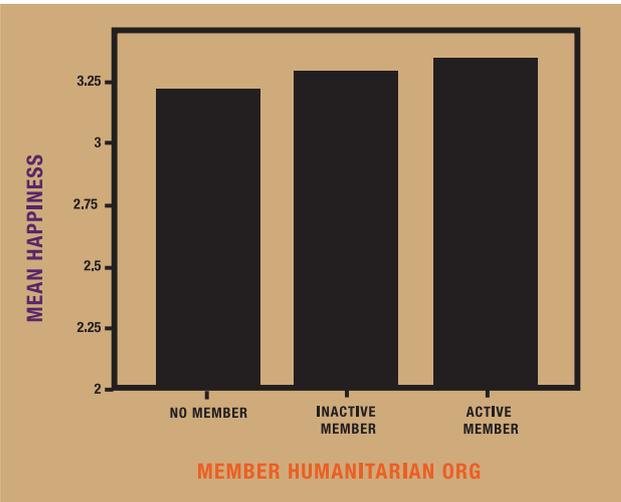


Figure 19: Life satisfaction by member: humanitarian org (weighted)



02.

- 01. Personal attributes
- 02. Gender and age
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- 05. Potential meaning-conferring affiliations
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- 07. Statistical overview to this point

Table 15: Happiness and life satisfaction by choice in life^a

	HAPPINESS	LIFE SATISFACTION GROUP
1	2.44	1.24
2	2.15	1.00
3	2.83	1.29
4	2.76	1.26
5	2.97	1.50
6	3.10	1.62
7	3.24	1.93
8	3.32	2.03
9	3.42	2.22
10	3.50	2.32
TOTAL	3.27	1.97

a: weighted 1 = no choice at all 10= great deal of choice

AUTONOMOUS ACTION

Do you decide goals in life by yourself?

Asked for their response to the statement “I decide my goals in life by myself,” approximately equal proportions of those who agreed or disagreed were within the higher happiness and life satisfaction categories. There was no significant variance measured by the chi square test between respondents’ intrinsic goal orientation and happiness ($\chi^2 = 5.906$ (9), $p = .749$) or life satisfaction ($\chi^2 = 41.734$ (27), $p = .035$), nor were there any statistically significant correlations ($r = .006$, $p = .822$ and $r = .032$, $p = .232$ respectively).

Some people feel they have completely free choice and control over their lives, while other people feel that what they do has no real effect on what happens to them. How much freedom of choice and control do you feel you have over the way your life turns out?

People’s perceptions of how much ‘freedom of choice and control they feel they have over the way their lives turn out’ was statistically significantly associated with their degree of happiness ($\chi^2 = 319.949$ (27), $p = <.000$) and degree of life satisfaction ($\chi^2 = 917.879$ (81), $p = <.000$).

Of the respondents stating the greatest choice in life on a one-to-ten Likert-type scale, 44.4% were in the highest life satisfaction group, while only 6.5% were in the lower satisfaction group (Table 15). By contrast, 31.7% of respondents who reported they were very happy reported the greatest choice in life, while 18.2% of respondents who were not at all happy reported no choice at all. The correlations between choice in life were highly pronounced for both happiness ($r = .353$, $p = <.000$) and life satisfaction ($r = .465$, $p = <.000$).

Table 16: Happiness and life satisfaction by trust^a

		BE CAREFUL	CAN TRUST
HAPPINESS	NOT AT ALL	91.7%	8.3%
	NOT VERY	73.5%	26.5%
	RATHER	53.7%	46.3%
	VERY	49.4%	50.6%
	TOTAL	53.9%	46.1%
LIFE SATISFACTION GROUP	LOW	69.5%	30.5%
	MID	49.7%	50.3%
	HIGH	46.5%	53.5%
	TOTAL	53.8%	46.2%

a: weighted 1 = no choice at all 10= great deal of choice

06. TRUSTING INDIVIDUALS

Would you say that most people can be trusted or that you need to be very careful in dealing with people?

Happy and satisfied people have a higher degree of trust in other people. A little over half (53.2%) of the respondents said you need to be careful when asked whether 'most people can be trusted or that you need to be very careful in dealing with people.' By a rather small margin, respondents who reported being very happy were slightly more trusting (50.6%) as opposed to careful (49.4%). However, 91.7% of respondents who were not at all happy responded that they must be careful in trusting other people. In

terms of higher life satisfaction, there was a larger margin amongst the higher life satisfaction group who responded that they could trust other people (53.5%). However, the difference amongst respondents within the lowest life satisfaction group was less marked with 69.5% of the least satisfied respondents stating they need to be careful in trusting other people (Table 16). This variance was highly significant for both happiness ($\chi^2 = 26.069 (3), p = <.000$) and life satisfaction ($\chi^2 = 51.472 (9), p = <.000$). Moreover, there was a highly significant positive correlation between trust and happiness ($r = .117, p = <.000$), while the correlation between trust and life satisfaction was even more pronounced ($r = .146, p = <.000$).

02.

01. Personal attributes
02. Gender and age
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MOST PEOPLE TRY TO TAKE ADVANTAGE

Do you think most people would try to take advantage of you if they got a chance, or would they try to be fair?

Further evidence supporting the importance of trust to people's happiness and life satisfaction was provided by answers to a question about whether 'most people try to take advantage of you if they get a chance or if they try to be fair'

Among the 338 respondents who were in the lowest tertile of life satisfaction, 54.1% responded that people were more likely to take advantage of

them. However, amongst the 301 respondents in the highest tertile of life satisfaction, 79.4% believed that people were more likely to be fair. These variances are highly statistically significant for both happiness ($\chi^2 = 175.102$ (27), and life satisfaction ($\chi^2 = 490.603$ (81), $p = <.000$).

The highly significant correlation between the perceived fairness of people and happiness ($r = .227$, $p = <.000$) is illustrated in Figure 20. The correlation between perceived fairness and life satisfaction (Figure 21) is even stronger ($r = .295$, $p = <.000$).

Figure 20: Mean happiness by fairness of people (weighted)

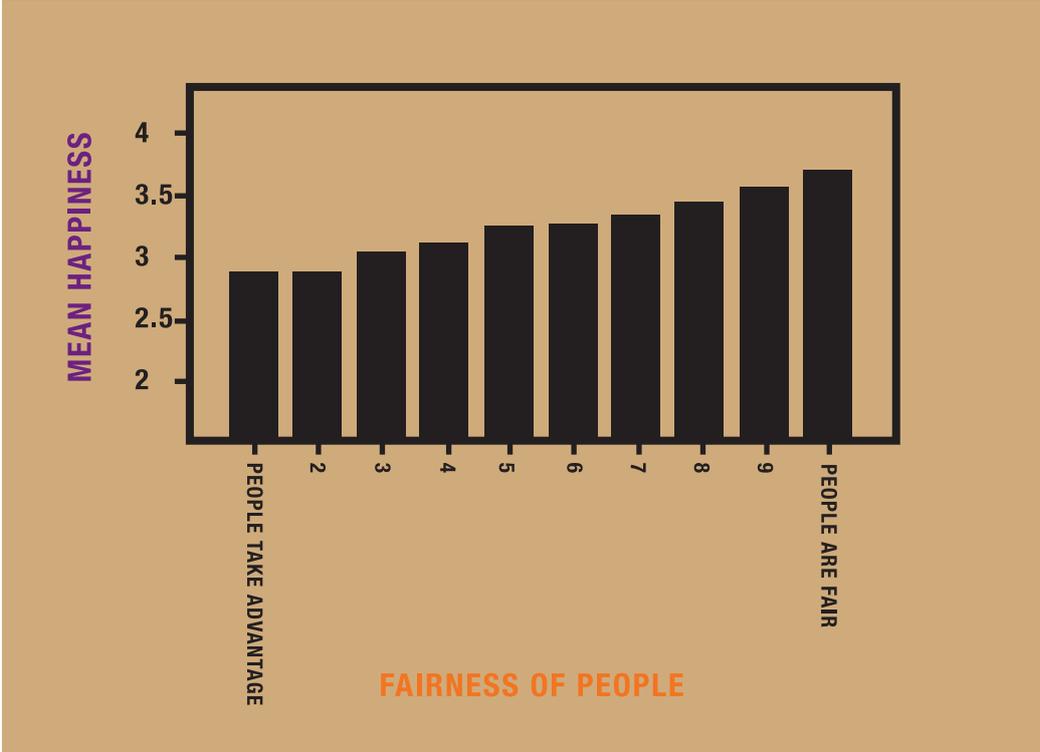


Figure 21: Mean life satisfaction by fairness of people (weighted)



02.

- 01. Personal attributes
- 02. Gender and age
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- 05. Potential meaning-conferring affiliations
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- 07. Statistical overview to this point

CONFIDENCE IN INSTITUTIONS

How much confidence you have in the church, parliament, political parties, the press, and the courts?

The World Values Survey questionnaire assessed people's confidence in a wide range of institutions a sample of five of which are considered below. The five variables analysed here are confidence in the institutions of the church, parliament, political parties, the press, and the courts (Table 17).

There were also strong positive correlations between trust in various institutions (for details see Table 29 on page 52 of the appendices). The strength of the correlations was most pronounced in the positive relationship between confidence in political parties and confidence in parliament ($r = .654$, $p = <.000$). There was also significant variance measured by the chi square test for happiness against confidence in all five institutions (for details see Table 28 on page 51 of the appendices).

Confidence in institutions is positively correlated with both happiness and life satisfaction. Yet it might be questioned whether having a sense of life satisfaction colours one's perception of major institutions rather than the other way around.

However, there was a degree of flexibility in the way people chose to respond to these questions. For instance 146 of 1392 (10.5%) respondents said they had a great deal of confidence in the justice system,

and 91 of 1386 (6.6%) said they had a great deal of confidence in the churches. However, the press and political parties attracted an equal rating from just nine (0.6%) and thirteen (1%) respondents respectively.

The results for all categories are displayed in Table 17 (below) but for the purposes of analysis there is merit in combining the results for the 'great deal' and 'quite a lot' responses. Respondents in the combined unweighted category were more likely by a margin of 16 to 18 percentage points over those expressing 'no confidence' in their assessment of churches, parliament and political parties, to also rate their life satisfaction highly. The difference was less marked for confidence in the press and virtually non-existent for the courts. While the chosen happiness criterion – the single category 'very happy' – contained a smaller number (34.5%) of respondents than the three highest steps on the 'satisfaction' ladder (53.5%), the results resembled each other in several respects. First, there was virtually no difference on the justice system item between the results for the combined and 'no confidence' categories – both groups were equally happy. The difference was most marked on the political parties and press items (15 percentage points) followed by parliament (12 percentage points). The contrast was slightly less pronounced with respect to the churches (8 percentage points).

Table 17: Happiness and life satisfaction by confidence in institutions, n(%)^a

	HAPPINESS					LIFE SATISFACTION				
	NOT AT ALL	NOT VERY	RATHER	VERY	TOTAL	LOW	MID	HIGH	TOTAL	
CHURCH										
NONE AT ALL	6(60%)	17(16.8%)	117(14.8%)	68(14%)	208(15%)	65(19.2%)	109(14.5%)	35(1.7%)	209(15.1%)	
NOT MUCH	2(20%)	51(50.5%)	395(50.1%)	199(40.9%)	647(46.7%)	168(49.7%)	347(46.3%)	130(43.6%)	645(46.5%)	
QUITE A LOT	2(20%)	29(28.7%)	236(29.9%)	173(35.5%)	440(31.7%)	87(25.7%)	245(32.7%)	109(36.6%)	441(31.8%)	
GREAT DEAL	0(0%)	4(4%)	40(5.1%)	47(9.7%)	91(6.6%)	18(5.3%)	49(6.5%)	24(8.1%)	91(6.6%)	
TOTAL	10(100%)	101(100%)	788(100%)	487(100%)	1386(100%)	338(100%)	750(100%)	298(100%)	1386(100%)	
PARLIAMENT										
NONE AT ALL	6(54.5%)	20(20.2%)	101(12.8%)	51(10.5%)	178(12.8%)	65(19.3%)	77(10.3%)	34(11.4%)	176(12.7%)	
NOT MUCH	1(9.1%)	23(23.2%)	221(28%)	167(34.2%)	412(29.7%)	79(23.4%)	221(29.5%)	111(37.4%)	411(29.7%)	
QUITE A LOT	1(9.1%)	23(23.2%)	221(28%)	167(34.2%)	412(29.7%)	79(23.4%)	221(29.5%)	111(37.4%)	411(29.7%)	
GREAT DEAL	0(0%)	3(3%)	30(3.8%)	26(5.3%)	59(4.3%)	11(3.3%)	31(4.1%)	17(5.7%)	59(4.3%)	
TOTAL	11(100%)	99(100%)	788(100%)	488(100%)	1386(100%)	337(100%)	750(100%)	297(100%)	1384(100%)	
POLITICAL PARTIES										
NONE AT ALL	6(54.5%)	20(20%)	150(19%)	67(13.7%)	243(17.5%)	93(27.6%)	104(13.9%)	45(15.1%)	242(17.5%)	
NOT MUCH	4(36.4%)	65(65%)	547(69.2%)	337(69.1%)	953(68.6%)	200(59.3%)	556(74.3%)	194(64.9%)	950(68.6%)	
QUITE A LOT	1(9.1%)	15(15%)	87(11%)	76(15.6%)	179(12.9%)	41(12.2%)	82(11%)	55(18.4%)	178(12.9%)	
GREAT DEAL	0(0%)	0(0%)	6(0.8%)	8(1.6%)	14(1%)	3(0.9%)	6(0.8%)	5(1.7%)	14(1%)	
TOTAL	11(100%)	100(100%)	790(100%)	488(100%)	1389(100%)	337(100%)	748(100%)	299(100%)	1384(100%)	
PRESS										
NONE AT ALL	5(45.5%)	26(25.7%)	185(23.4%)	96(19.6%)	312(22.4%)	84(24.8%)	168(22.3%)	59(19.9%)	311(22.4%)	
NOT MUCH	4(36.4%)	70(69.3%)	527(66.7%)	318(65%)	919(66.1%)	218(64.3%)	511(67.8%)	190(64%)	919(66.1%)	
QUITE A LOT	2(18.2%)	5(5%)	75(9.5%)	69(14.1%)	151(10.9%)	35(10.3%)	71(9.4%)	45(15.2%)	151(10.9%)	
GREAT DEAL	0(0%)	0(0%)	3(0.4%)	6(1.2%)	9(0.6%)	2(0.6%)	4(0.5%)	3(1%)	9(0.6%)	
TOTAL	11(100%)	101(100%)	790(100%)	489(100%)	1391(100%)	339(100%)	754(100%)	297(100%)	1390(100%)	
COURTS										
NONE AT ALL	1(9.1%)	15(14.7%)	61(7.7%)	44(9%)	121(8.7%)	38(11.2%)	59(7.9%)	22(7.4%)	119(8.6%)	
NOT MUCH	8(72.7%)	40(39.2%)	324(41.1%)	177(36%)	549(39.4%)	143(42.3%)	281(37.4%)	125(41.9%)	549(39.6%)	
QUITE A LOT	1(9.1%)	34(33.3%)	346(43.9%)	195(39.7%)	576(41.4%)	120(35.5%)	343(45.7%)	109(36.6%)	572(41.2%)	
GREAT DEAL	1(9.1%)	13(12.7%)	57(7.2%)	75(15.3%)	146(10.5%)	37(10.9%)	68(9.1%)	42(14.1%)	147(10.6%)	
TOTAL	11(100%)	102(100%)	788(100%)	491(100%)	1392(100%)	338(100%)	751(100%)	298(100%)	1387(100%)	

a: weighted
1 = completely dissatisfaction 10 = complete satisfaction

02.

01. Personal attributes
02. Gender and age
03. Marital status
04. Selected variables

05. Potential meaning-conferring affiliations
06. Confidence in people and institutions
07. Statistical overview to this point

07. Our purposes in conducting the foregoing preliminary analyses have been two-fold, namely, to learn what we can about the personal attributes and circumstances associated with life satisfaction and happiness, and to identify the variables that should be tested more rigorously to assess their independent influence. The latter objective will be pursued in the next chapter using a statistical technique, regression analysis, which enables us to assess, for example, the degree of association between separate variables and self-rated happiness in the presence of controls for the other factors. The same procedure can be applied in relation to life satisfaction. Part of what we need to establish is which variables are differentially associated with happiness and life satisfaction or associated with both.

On the evidence to date which variables warrant inclusion in the next phase of our analysis? Our choice has been heavily, but not entirely, influenced by the presence or absence of statistical significance in the degree of association between variables and people's declared states of happiness and life satisfaction. However, where that association approaches

significance for the sake of completeness the variables have been included in the next stage of the analysis. The table that follows serves to summarise the interim conclusions that emerge from the preliminary analysis. An asterisk signifies an association between a variable and either or both 'life satisfaction' and 'happiness.'

The relatively normal distribution of the sample variance suggests that a number of predictor variables are unrelated to happiness, including age ($\chi^2 = 18.708$ (15), $p = .227$) gender ($\chi^2 = 4.93$ (3), $p = .177$) education ($\chi^2 = 40.226$ (30), $p = .101$) and number of children ($\chi^2 = 29.462$ (24), $p = .203$), being together as married ($\chi^2 = 2.705$ (3), $p = .439$) and being widowed ($\chi^2 = 1.807$ (3), $p = .613$). However, the results are different when we compare life satisfaction, where there is a substantial variance in the distribution of education level ($\chi^2 = 157.199$ (90), $p = <.000$), age ($\chi^2 = 113.578$ (45), $p = <.000$) and gender ($\chi^2 = 24.847$ (9), $p = .003$). For more detailed results, see the Chi square tests section on page 46 for an alphabetical list of distribution results.

Table 18: Summary of apparent associations between variables (weighted Pearson correlations)

	HAPPINESS	LIFE SATISFACTION	BOTH
HAPPINESS	1	.568**	
LIFE SATISFACTION	.568**	1	
GENDER	.033	.006	
AGE	.035	.103**	
HEALTH	.374**	.383**	*
EDUCATION LEVEL	.083**	.069*	*
INCOME DECILE	.120**	.147**	*
NO OF CHILDREN	.063*	.083**	*
MARRIED	.199**	.187**	*
TOGETHER AS MARRIED	-.031	-.023	
DIVORCED	-.080**	-.077**	*
SEPARATED	-.150**	-.078**	*
WIDOWED	-.011	.014	
SINGLE	-.111**	-.156**	*
LEFT-RIGHT	.087**	.124**	*
POLITIC INTEREST	.041	.037	
SUBJECTIVE SOCIAL CLASS	.191**	.184**	*
THINK ABOUT MEANING OF LIFE	-.054*	-.037	
RELIGIOUS PERSON	.070**	.074**	*
RESPECT HUM RIGHTS	.146**	.104**	*
TRUST: PEOPLE OF DIFF NATION	.113**	.087**	*
IDENTITY: WORLD CITIZEN	.102**	.096**	*
IDENTITY: LOCAL COMMUN	.165**	.168**	*
TRUST: FAMILY	.157**	.099**	*
MEMBER: ENVIRONM ORG	.033	.052	
MEMBER: HUMANIT ORG	.079**	.077**	*
INTRINSC ORIENT: GOALS	.006	.032	
CHOICE IN LIFE	.353**	.465**	*
FAIRNESS OF PEOPLE	.227**	.295**	*
TRUST	.117**	.146**	*
CONFIDNC: CHURCH	.115**	.098**	*
CONFIDNC: PARLMNT	.124**	.112**	*
CONFIDNC: POL PARTIES	.097**	.090**	*
CONFIDNC: PRESS	.094**	.070**	*
CONFIDNC: COURTS	.083**	.076**	*

* P<.05, ** P<.01



STATISTICAL ANALYSIS

03.

01. Preview of findings

02. Life satisfaction

03. Happiness

01. The statistical analysis that follows in Section 4 spells out in technical detail the ultimate findings of our investigation but in this section we provide a broad, less technical overview of our findings. Before coming to the heart of the matter we note that some of the variables that are associated with one of the two states of primary interest (either life 'satisfaction' or 'happiness') bear no significant relationship to the other state. For example, based on the relatively straight forward chi-square test of association, education level, age, number of children and gender are linked with life satisfaction but not with happiness. The full range of associations between the predictor variables and 'happiness' and 'life satisfaction' is presented in Table 21 with chi-square values equating to a probability (p) of .05 or less meeting the minimum conventional requirement for statistical significance. But, as earlier stated, our intention has been to see whether the surface connections between variables stand up in the presence of statistical controls. For example, does the statistical association between income and life satisfaction that is so prominently documented in the international literature and reviewed in earlier chapters, remain equally strong in Australia after account is taken of other variables with which income is known to be associated? One clear contender for the role of confounding factor is health. The most recently published account of How Australia is Faring reports

Self-assessed health improves strongly with income. Of those in the lowest income quintile (the bottom 20% of all gross weekly equivalised household incomes), 35% report fair or poor health compared with only 7% in the highest quintile...
(Australian Social Inclusion Board, 2010: p.48)

Another section of *How Australia is Faring* covers participation in community groups, a consideration not identical with, but related to the predictor vari-

able in the present study 'see oneself as part of the local community.' The nation-wide evidence is that community group participation increases with income (Australian Social Inclusion Board, 2010: p.35)

For the technical reasons outlined in Section 4, Pearson correlation and stepwise regression have been employed in disentangling the contribution made by a selected range of factors to predicting life satisfaction scores and happiness scores. Stepwise regression is a means of sifting the predictive value of potential independent variables from which one wishes to extract the best subset for forecasting identified outcomes (like life satisfaction scores). The procedure takes into account the correlations between the predictor variables.

02. Four variables were found to be major predictors of life satisfaction. They can be identified by the relative size of their β values in Table 24:

Free choice and control over life

Health

Being married, and

Seeing oneself as part of a local community.

Supporting contributions were made by the items 'most people can be trusted,' age, having confidence in the press, and being on the 'right' politically. The significance widely attributed to income contracted when account was taken of the range of variables examined in the analysis, including circumstances and dispositions to which higher income provides access.

03. A similar result emerged from the stepwise regression results for all variables in relation to happiness. Five variables were major predictors of happiness. They can be identified by the relative size of their β values in Table 23:

Health

Free choice and control over life

Being married

*Confidence in the press
Trust in family, and
Thinking about life's meaning and purpose (a negative predictor of happiness).*

The supporting contributions in this case were made by 'people can be trusted,' and 'see oneself as a citizen of the world.' Again, the importance of income per se, appears to have diminished when account was taken of goals that it facilitates or which simply accompany its adequate possession.

So, health, exercising choice, being married and, to a slightly lesser extent, confidence in the press and the perceived trustworthiness of people, were predictors of both life satisfaction and happiness. Variables that were predictors of happiness but not life satisfaction were 'trust in family' and seeing oneself as a citizen of the world. Of course, seeking happiness is a common pursuit in life and the present findings indicate that it correlates highly with life satisfaction. However, some activities, like thinking about the meaning of life, are considered important for other reasons. Reflections upon life's purpose, undertaken for intellectual and deeply human reasons, can challenge personal happiness. Indeed, the present statistical analysis indicates that it has a negative bearing on one's experience of life satisfaction and happiness.

SOME IMPLICATIONS

The present analysis of Australians' perceptions and circumstances was never destined to identify a single elixir for transforming the human lot. Influential value obligations can be felt that lie beyond any

calculation of their consequences for the happiness or satisfaction of an individual. Doing the 'right thing' can in some circumstances be accompanied by an admixture of regret, resolve and sterile gratification born of compliance with the dictates of an ideal self. Frequently it is part of the challenge facing human service agencies to support people bent on such a course or required by others, including the state, to do so. However, in recognition of the enduring human need to relate one's life to some larger context of meaning, much of the work undertaken by helping agents focuses on increasing their clients' contentment, if not happiness, and encouraging some sense of the worth of clients' lives. From one point of view this amounts to an attempt to consolidate changes that have been initiated; from another it is motivated by the less frequently spoken of need we all have to feel that we are travelling in personally rewarding directions that bring life satisfaction.

The strengthening of happiness and life satisfaction can, at best, only be promoted to a limited degree by verbal exchanges in counselling. The most important and enduring influences are life enriching experiences and the circumstances that encourage them. Just as human service providers have acquired practice knowledge that guides (but does not rigidify) their work with clients in many areas, the present research has identified apparent sources of happiness and life satisfaction to be taken advantage of in appropriate circumstances. Moreover, if the sense of worth of individuals and their personal contentment are important, the present findings identify additional considerations that

03.

01. Preview of findings

02. Life satisfaction

03. Happiness

need to form part of the assessment of community service policies and actions.

Needless to say, material assistance is often a pre-requisite or accompaniment of substantial life adjustments. Our findings are a reminder of the crucial importance of health to people's sense of well-being. The results also underline the prospect of sustaining those life improvements achieved by direct services of various kinds by helping to connect individual and family clients to a community and a style of engagement in the life of that community that helps to build trust in local groups and individuals. This process can start with an involvement in local associations pursuing goals of immediate interest to clients and then extending that involvement to more general community strengthening and improvement initiatives.

There is an implication in our findings for the way in which human service providers should engage with clients. Assistance should be rendered with an emphasis on maintaining and strengthening people's management of their lives, a capacity we have found to be linked to both happiness and life satisfaction. Regardless of good intentions our findings discourage the unreflective and non-participatory imposition of goals and practices on clients. The employment of such an approach does nothing to encourage the growth of that autonomy we have found to be associated with happiness and life satisfaction. In work with individuals and families and more generally at a social policy level, attempting to impose changes by the use of sanctions such as the threatened withdrawal of assistance or benefits - the so-called conditionality approach - does nothing to build sustained change and self-management.

This research has made clear that family relationships and marital status are key determinants of happiness. The link between levels of trust in family and happiness challenges approaches to human services

delivery that focus on individuals and the issues they are effected by in isolation. Services working with disadvantaged and marginalised individuals that focus on building and strengthening family relationships are addressing a factor that's likely to influence their clients' levels of happiness.

Within the context of families, the status of being married is associated with a higher level of life satisfaction and happiness than other similar forms of relationships. It has been argued that in some cases the causal pathway runs in a different direction: the degree of satisfaction with their relationship serves to encourage – or discourage – couples from entering into marriage. This filtering effect, it is claimed, could have the result of increasing the association between happiness and life satisfaction and 'being married' in contrast to other forms of partnership and marital status. The WVS mass survey delved no further than to ask about marital status but it is safe to assume that the sub-category 'married' includes some people whose happiness and life satisfaction is constrained by an impaired relationship with partners. However, the more telling point is that the present analysis was so structured as to treat (separately) life satisfaction and happiness as general features of people's overall lives and then examine the extent to which a wide range of attitudes and circumstances are independently predictive of their dispositional states.

In this context marital status, not one's contentment with the state of the relationship with a partner was found to be predictive of overall life satisfaction and happiness. This is significant for contemporary debate on the nature of marriage. Whatever one's belief is on the nature and purpose of marriage, it appears that for some same sex partners, refusing to accord the equal status of marriage denies them access to one of the most significant determinants of happiness and life satisfaction.

04

DETAILED STATISTICAL ANALYSIS

We have cleaned and weighted the data, and reversed the happiness index so that it correlates positively with life satisfaction to make the analysis more intuitive for readers. We have also inverted a number of the other variables for the same reason. A third change to the dataset was to transform the marital status data to dummy variables.

Both the happiness and life satisfaction outcome variables have relatively normal distribution (Table 19), although the kurtosis of life satisfaction is

relatively high at 1.943. Consequently, parametric methods such as Pearson correlation and OLS regression are used here, and they also have the benefit of being a comparatively simple method of analysis.

The relatively normal distribution of both outcome variables is illustrated in Figure 22 and Figure 23.

Table 20 shows the descriptive for the other predictor variables.

04.

- 01. Correlation analysis
- 02. Regression analysis
- 03. Stepwise regression
- 04. Stepwise regression based on groups

Table 19: Weighted frequency statistics of predictor variables

		HAPPINESS	LIFE SATISFACTION
N	VALID	1413	1411
	MISSING	8	10
MEAN		3.27	7.22
MEDIAN		3.00	8.00
SKEWNESS		-.453	-1.291
STD. ERROR OF SKEWNESS		.065	.065
KURTOSIS		.350	1.943
STD. ERROR OF KURTOSIS		.130	.130

Figure 22: Happiness distribution (weighted)

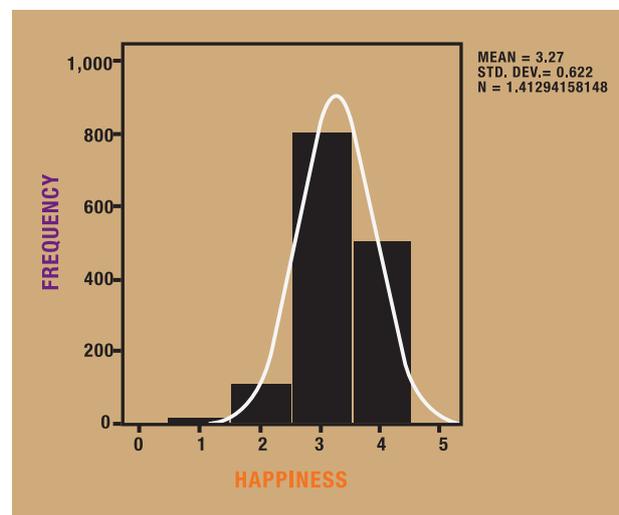


Figure 23: Life satisfaction distribution (weighted)

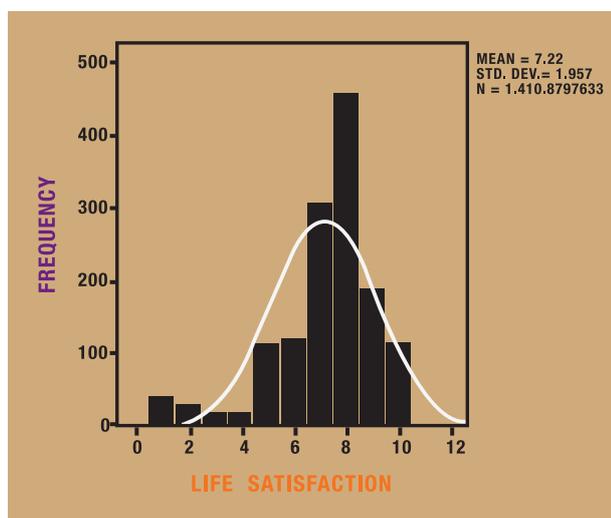


Table 20: Weighted descriptive statistics (valid n listwise = 1013)

	N	MEAN	MEAN SE	MINIMUM	MAXIMUM
HAPPINESS	1413	3.27	.017	1	4
LIFE SATISFACTION	1411	7.22	.052	1	10
GENDER	1411	1.55	.013	1	2
AGE	1410	4.05	.041	1	6
MARRIED	1407	.6024	.48957	0	1
TOGETHER AS MARRIED	1407	.0776	.26758	0	1
DIVORCED	1407	.0659	.24814	0	1
SEPARATED	1407	.0319	.17573	0	1
WIDOWED	1407	.0683	.25241	0	1
SINGLE	1407	.1539	.36101	0	1
NO OF CHILDREN	1413	2.02	.041	0	8
HEALTH	1412	2.97	.022	1	4
THINK ABOUT MEANING OF LIFE	1392	3.21	.021	1	4
EDUCATION LEVEL	1393	7.07	.064	1	11
LEFT-RIGHT	1346	5.57	.053	1	10
POLITIC INTEREST	1411	2.60	.023	1	4
INCOME DECILE	1302	4.96	.081	1	10
RELIGIOUS PERSON	1402	2.42	.018	1	3
IDENTITY: LOCAL COMMUN	1385	3.21	.016	1	4
IDENTITY: WORLD CITIZEN	1374	3.00	.018	1	4
RESPECT HUM RIGHTS	1400	2.91	.018	1	4
TRUST: FAMILY	1410	3.82	.011	1	4
SUBJECTIVE SOCIAL CLASS	1350	2.83	.024	1	5
MEMBER: ENVIRONM ORG	1310	1.19	.014	1	3
MEMBER: HUMANIT ORG	1334	1.45	.021	1	3
INTRINSC ORIENT	1399	3.12	.017	1	4
CHOICE IN LIFE	1406	7.64	.052	1	10
TRUST	1404	1.46	.013	1	2
FAIRNESS OF PEOPLE	1406	6.35	.061	1	10
TRUST: PEOPLE OF DIFF NATION	1395	2.77	.016	1	4
CONFIDNC: CHURCH	1396	2.30	.021	1	4
CONFIDNC: PARLMNT	1394	2.25	.020	1	4
CONFIDNC: POL PARTIES	1395	1.97	.016	1	4
CONFIDNC: PRESS	1401	1.90	.016	1	4
CONFIDNC: COURTS	1399	2.54	.021	1	4

04.

- 01. Correlation analysis
 - 02. Regression analysis
 - 03. Stepwise regression
 - 04. Stepwise regression based on groups
-

01. Table 21 presents the Pearson correlations. There is a strong correlation between happiness and life satisfaction ($r = .568, p = <.000$).

For both the happiness and life satisfaction outcomes, there is no significant correlation with gender, and while being married is significantly correlated with both happiness ($r = .199, p = <.000$) and life satisfaction ($r = .187, p = <.000$), being together as married or widowed is not correlated. Similarly political interest has no significant correlation as does member: environm org, yet member: humanit org is positively correlated with both happiness ($r = .079, p = .004$) and life satisfaction ($r = .077, p = .005$).

There are also some differences between correlations of happiness and life satisfaction. Notably, age is not significantly correlated with happiness ($r = .035, p = .185$) but life satisfaction is ($r = .103, p = <.000$). On the other hand, think about meaning of life is negatively associated with happiness ($r = -.054, p = .043$) while the correlation with life satisfaction is not significant ($r = -.037, p = .172$).

Finally, there are also differences in correlations when we analyse one outcome variable while controlling for the effects of the other outcome variable. Most notably, income decile is negatively but not significantly correlated with happiness when life satisfaction is controlled for ($r = -.043, p = .167$), although income decile is positively correlated with life satisfaction when controlling for happiness ($r = .112, p = <.000$), and with happiness ($r = .120, p = <.000$) and life satisfaction ($r = .147, p = <.000$) as separate outcomes. Similarly confidnc: press and confidnc: courts is positively and significantly correlated with both happiness ($r = .094, p = <.000$; and $r = .083, p = .002$ respectively) and life satisfaction ($r = .070, p = .009$; and $r = .076, p = .004$ respectively), as well as happiness when controlling for life satisfaction (respectively $r = .100, p = .001$; and $r = .081, p = .010$), but not life satisfaction when controlling for happiness ($r = .008, p = .800$; and $r = .021, p = .513$ respectively).

Table 21: Weighted Pearson bivariate and partial correlations

	HAPPINESS	LIFE SATISFACTION	HAPPINESS CONTROLLING LIFE SATISFACTION	LIFE SATISFACTION CONTROLLING FOR HAPPINESS
HAPPINESS	1	.568**	1	.
LIFE SATISFACTION	.568**	1	.	1
GENDER	.033	.006	.023	-.006
AGE	.035	.103**	-.042	.114**
HEALTH	.374**	.383**	.211**	.245**
EDUCATION LEVEL	.083**	.069*	.050	.022
INCOME DECILE	.120**	.147**	.043	.112**
NO OF CHILDREN	.063*	.083**	.009	.029
MARRIED	.199**	.187**	.123**	.103**
TOGETHER AS MARRIED	-.031	-.023	-.048	-.006
DIVORCED	-.080**	-.077**	-.048	-.029
SEPARATED	-.150**	-.078**	-.089**	-.005
WIDOWED	-.011	.014	-.018	-.003
SINGLE	-.111**	-.156**	-.036	-.106**
LEFT-RIGHT	.087**	.124**	-.008	.086**
POLITIC INTEREST	.041	.037	.000	.039
SUBJECTIVE SOCIAL CLASS	.191**	.184**	.092**	.104**
THINK ABOUT MEANING OF LIFE	-.054*	-.037	-.068*	-.005
RELIGIOUS PERSON	.070**	.074**	.026	.034
RESPECT HUM RIGHTS	.146**	.104**	.052	.072*
TRUST: PEOPLE OF DIFF NATION	.113**	.087**	.045	.054
IDENTITY: WORLD CITIZEN	.102**	.096**	.088**	.050
IDENTITY: LOCAL COMMUN	.165**	.168**	.049	.148**
TRUST: FAMILY	.157**	.099**	.140**	-.004
MEMBER: ENVIRONM ORG	.033	.052	.017	.044
MEMBER: HUMANIT ORG	.079**	.077**	.038	.048
INTRINSC ORIENT: GOALS	.006	.032	-.030	.031
CHOICE IN LIFE	.353**	.465**	.097**	.371**
FAIRNESS OF PEOPLE	.227**	.295**	.094**	.177**
TRUST	.117**	.146**	.038	.105**
CONFIDNC: CHURCH	.115**	.098**	.060	.029
CONFIDNC: PARLMNT	.124**	.112**	.068*	.062*
CONFIDNC: POL PARTIES	.097**	.090**	.059	.038
CONFIDNC: PRESS	.094**	.070**	.100**	.008
CONFIDNC: COURTS	.083**	.076**	.081*	.021

* $P < .05$, ** $P < .01$

04.

01. Correlation analysis

02. Regression analysis

03. Stepwise regression

04. Stepwise regression based on groups

02. Table 22 presents the OLS regression predictors for both life satisfaction and happiness. This model includes all the predictor variables. The most notable predictor of both happiness and life satisfaction is health ($r = .238, p = <.000$; and $r = .734, p = <.000$ respectively). Choice in life was also significantly and correlated with both outcomes ($r = .069, p = <.000$; and $r = .358, p = <.000$ respectively).

Being divorced ($r = -.211, p = .002$; and $r = -.532, p = .010$ respectively) or single ($r = -.208, p = .001$; and $r = -.563, p = .002$ respectively) are both negatively associated with happiness and life satisfaction.

Being further to the right on the left-right political continuum is significantly correlated with increased life satisfaction ($r = .061, p = .033$) but not happiness ($r = .009, p = .376$). However, think about meaning of life is negatively correlated with happiness ($r = -.057, p = .012$) while the correlation with life satisfaction was not significant ($r = -.085, p = .209$).

03. Of course, there is a tendency for multicollinearity to cancel out the effect of correlated variables. So we have run a step-wise regression using the same variables. Table 23 and Table 24 present the respective OLS stepwise regression results for happiness and life satisfaction using all the predictor variables. The criteria for entering the stepping method at the 0.5 confidence level (95% probability of F), and removing the predictor variable at 0.10.

There are four statistically significant predictors common to both happiness and life satisfaction outcomes. The strongest predictors are choice in life (respectively, $\beta = .296, p = <.000$; and $\beta = .343, p = <.000$) and health ($\beta = .296, p = <.000$) for both happiness and life satisfaction outcomes. For both outcomes, being married was the third best predictor (respectively, $\beta = .142, p = <.000$; and $\beta = .113, p = <.000$), while the respondents perception of the fairness of people (respectively, $\beta = .083, p = .003$; and $\beta = .087, p = <.001$) was the fourth and final predictor common to both happiness and life satisfaction outcomes.

However, three predictors were significant predictors of happiness (Table 23) but not life satisfaction (Table 24). Specifically, trust: family ($\beta = .103, p = <.000$), identity: world citizen ($\beta = .078, p = .004$), were positive predictors of happiness, while think about meaning of life was an inverse predictor of happiness ($\beta = -.060, p = .026$).

There were five significant predictors of life satisfaction (Table 24) which were not significant for the model of happiness (Table 23). Increased happiness was associated with a stronger identity: local community ($\beta = .101, p = <.000$), greater age ($\beta = .068, p = .013$), being together as married ($\beta = .063, p = .021$), greater confidence: press ($\beta = .053, p = <.034$), as well as being further to right on the left-right political continuum ($\beta = .052, p = .043$).

Table 22: Weighted OLS regression results (B/SE)

	HAPPINESS ^a	LIFE SATISFACTION ^b
(CONSTANT)	.922*** (.256)	-.608 (.761)
GENDER	.022 (.035)	.079 (.105)
AGE	-.013 (.016)	.081 (.047)
HEALTH	.238*** (.024)	.734*** (.07)
EDUCATION LEVEL	-.002 (.009)	-.014 (.026)
INCOME DECILE	-.012 (.008)	.002 (.022)
NO OF CHILDREN	-.001 (.014)	-.042 (.043)
TOGETHER AS MARRIED	-.106 (.063)	-.011 (.188)
DIVORCED	-.211** (.069)	-.532* (.206)
SEPARATED	-.31** (.092)	-.417 (.275)
WIDOWED	-.087 (.093)	-.217 (.278)
SINGLE	-.208** (.061)	-.563** (.183)
LEFT-RIGHT	.009 (.01)	.061* (.029)
POLITIC INTEREST	-.015 (.021)	-.052 (.063)
SUBJECTIVE SOCIAL CLASS	.041 (.024)	.068 (.07)
THINK ABOUT MEANING OF LIFE	-.057* (.023)	-.085 (.067)
RELIGIOUS PERSON	.024 (.030)	.113 (.088)
RESPECT HUM RIGHTS	-.033 (.027)	-.115 (.081)
TRUST: PEOPLE OF DIFF NATION	.002 (.033)	.02 (.097)
IDENTITY: WORLD CITIZEN	.061* (.027)	.02 (.081)
IDENTITY: LOCAL COMMUN	.04 (.032)	.33** (.096)
TRUST: FAMILY	.152*** (.042)	.048 (.126)
MEMBER: ENVIRONM ORG	.039 (.037)	.153 (.11)
MEMBER: HUMANIT ORG	.008 (.025)	-.037 (.073)
INTRINSC ORIENT: GOALS	0 (.028)	.066 (.082)
CHOICE IN LIFE	.069*** (.01)	.358*** (.03)

04.

- 01. Correlation analysis
- 02. Regression analysis
- 03. Stepwise regression
- 04. Stepwise regression based on groups

FAIRNESS OF PEOPLE	.021*	.065*
	(.009)	(.026)
TRUST	.002	.134
	(.038)	(.112)
CONFIDNC: CHURCH	.022	.035
	(.026)	(.078)
CONFIDNC: PARLMNT	.022	.065
	(.033)	(.098)
CONFIDNC: POL PARTIES	-.012	-.035
	(.039)	(.116)
CONFIDNC: PRESS	.096**	.183*
	(.031)	(.092)
CONFIDNC: COURTS	.001	-.062
	(.024)	(.072)

a: $N = 1015$, $R = .556$, R^2 change = $.309$, F Change = 13.740 ($32,981$), $p = < .000$, b: $N = 1013$, $R = .623$, R^2 change = $.388$, F Change = 19.420 ($32,979$), $p = < .000$

Table 23: Weighted OLS stepwise regression results for all predictors of happinessa

	B	SE	β	t	Sig.
(CONSTANT)	.876	.194			
HEALTH	.237	.022	.296	10.571	.000
CHOICE IN LIFE	.068	.010	.207	7.068	.000
MARRIE	.181	.035	.142	5.220	.000
CONFIDNC: PRESSD	.107	.029	.100	3.764	.000
TRUST: FAMILY	.160	.042	.103	3.836	.000
FAIRNESS OF PEOPLE	.023	.008	.083	2.930	.003
IDENTITY: WORLD CITIZEN	.073	.025	.078	2.910	.004
THINK ABOUT MEANING OF LIFE	-.048	.021	-.060	-2.226	.026

a: $N = 1015$, $R = .543$, R^2 change = $.295$

Table 24: Weighted OLS stepwise regression results for all predictors of life satisfaction^a

	B	SE	β	t	Sig.
(CONSTANT)	-.713	.408		-1.747	.081
CHOICE IN LIFE	.357	.029	.343	12.523	.000
HEALTH	.748	.067	.296	11.104	.000
MARRIED	.455	.114	.113	3.975	.000
IDENTITY: LOCAL COMMUN	.345	.088	.101	3.912	.000
FAIRNESS OF PEOPLE	.076	.023	.087	3.229	.001
AGE	.090	.036	.068	2.486	.013
TOGETHER AS MARRIED	.434	.188	.063	2.309	.021
CONFIDNC: PRESS	.181	.085	.053	2.125	.034
LEFT-RIGHT	.054	.027	.052	2.022	.043

a: N = 1013, R = .615, R2 change = .378

04.

01. Correlation analysis

02. Regression analysis

03. Stepwise regression

04. Stepwise regression based on groups

04. Table 25 and Table 26 present the OLS stepwise regression group based results for happiness and life satisfaction respectively. The criteria for entering the stepping method at 0.5 (probability of F), and removing the predictor variable at 0.10. The five groups of predictor variables are: 1) Basic which consists of gender, age, health, education level, and income decile; 2) Family which consists of number of children and marital status; 3) Values which consists of predictors such as think about meaning of life, left-right, identity: local commun and so on; 4) Activity including member: environm org, choice in life and so forth; and the final group is 5) Confidence including fairness of people, confidnc: press and so on. For a full table of these group classifications, see Variable groupings section in the Statistical Appendices section.

The regression results show consistent results for four variables across both happiness (Table 25) and life satisfaction (Table 26). The predictors for health are strong across both happiness ($\beta = 10.030$, $p = <.000$) and life satisfaction ($\beta = 10.756$, $p = <.000$), as is married (respectively, $\beta = 4.616$, $p = <.000$) and life satisfaction ($\beta = 3.031$, $p = .002$). Choice in life (respectively, $\beta = 6.811$, $p = <.000$; and $\beta = 12.339$, $p = <.000$) and confidnc: press (respectively, $\beta = 3.673$, $p = <.000$; and $\beta = 2.230$, $p = .026$) were unexpected but consistent results for both the happiness and life satisfaction outcome.

Table 25: Weighted OLS stepwise regression group based results for happiness^a

	B	SE	β	t	Sig.
(CONSTANT)	.748	.209		3.579	.000
HEALTH	.232	.023	.289	10.030	.000
AGE	.000	.012	.000	-.012	.990
MARRIED	.169	.037	.132	4.616	.000
TRUST: FAMILY	.157	.042	.101	3.751	.000
IDENTITY: WORLD CITIZEN	.056	.026	.060	2.107	.035
IDENTITY: LOCAL COMMUN	.057	.031	.052	1.820	.069
THINK ABOUT MEANING OF LIFE	-.049	.022	-.061	-2.248	.025
SUBJECTIVE SOCIAL CLASS	.024	.020	.034	1.207	.228
CHOICE IN LIFE	.066	.010	.201	6.811	.000
CONFIDNC: PRES	.105	.029	.098	3.673	.000
FAIRNESS OF PEOPLES	.021	.008	.078	2.700	.007

a: N = 1015, R = .546, R2 change = .298

Table 26: Weighted OLS stepwise regression group based results for life satisfaction^a

	B	SE	β	t	Sig.
(CONSTANT)	-.642	.413		-1.556	.120
HEALTH	.740	.069	.293	10.756	.000
AGE	.098	.038	.074	2.595	.010
INCOME DECILE	.016	.019	.024	.844	.399
MARRIED	.337	.111	.084	3.031	.002
IDENTITY: LOCAL COMMUN	.344	.089	.100	3.887	.000
LEFT-RIGHT	.049	.027	.047	1.848	.065
CHOICE IN LIFE	.355	.029	.341	12.339	.000
FAIRNESS OF PEOPLE	.071	.023	.082	3.039	.002
CONFIDNC: PRESS	.190	.085	.056	2.230	.026

a: N = 1013, R = .613, R2 change = .376



STATISTICAL APPENDICES

05.

01. Variable groupings

02. Chi square tests

03. Correlation of confidence in institutions

01. Table 27: Grouping variables

GROUP	VARIABLE
Outcome	happiness
Outcome	life satisfaction
Base	gender
Base	age
Base	health
Base	education level
Base	income decile
Family	no of children
Family	married
Family	together as married
Family	divorced
Family	separated
Family	widowed
Family	single
Values	left-right
Values	politic interest
Values	subjective social class
Values	think about meaning of life
Values	religious person
Values	respect hum rights
Values	trust: people of diff nation
Values	identity: world citizen
Values	identity: local commun
Values	trust: family
Activity	member: environm org
Activity	member: humanit org
Activity	intrinsc orient: goals
Activity	choice in life
Confidence	fairness of people
Confidence	trust
Confidence	confidnc: church
Confidence	confidnc: parlmnt
Confidence	confidnc: pol parties
Confidence	confidnc: press
Confidence	confidnc: courts

02. *Table 28: Weighted χ^2 results in alphabetical order
(table continue on page 68)*

happiness	*	age	=	18.708	(15)	,	p =	.227
happiness	*	choice in life	=	319.949	(27)	,	p =	<.000
happiness	*	confidnc: church	=	36.598	(9)	,	p =	<.000
happiness	*	confidnc: courts	=	35.306	(9)	,	p =	<.000
happiness	*	confidnc: parlmnt	=	32.999	(9)	,	p =	<.000
happiness	*	confidnc: pol parties	=	24.757	(9)	,	p =	.003
happiness	*	confidnc: press	=	20.952	(9)	,	p =	.013
happiness	*	divorced	=	9.935	(3)	,	p =	.019
happiness	*	education level	=	40.226	(30)	,	p =	.101
happiness	*	fairness of people	=	175.102	(27)	,	p =	<.000
happiness	*	gender	=	4.93	(3)	,	p =	.177
happiness	*	health	=	250.085	(9)	,	p =	<.000
happiness	*	identity: local comun	=	70.946	(9)	,	p =	<.000
happiness	*	identity: world citizen	=	37.009	(9)	,	p =	<.000
happiness	*	income decile	=	64.098	(27)	,	p =	<.000
happiness	*	intrinsc orient: goals	=	5.906	(9)	,	p =	.749
happiness	*	left-right	=	46.89	(27)	,	p =	.010
happiness	*	married	=	57.483	(3)	,	p =	<.000
happiness	*	member: environm org	=	5.221	(6)	,	p =	.516
happiness	*	member: humanit org	=	8.593	(6)	,	p =	.198
happiness	*	no of children	=	29.462	(24)	,	p =	.203
happiness	*	politic interest	=	40.967	(9)	,	p =	<.000
happiness	*	religious person	=	26.149	(6)	,	p =	<.000
happiness	*	respect hum rights	=	57.92	(9)	,	p =	<.000 χ^2
happiness	*	separated	=	74.204	(3)	,	p =	<.000
happiness	*	single	=	17.842	(3)	,	p =	<.000
happiness	*	subjective social class	=	84.58	(12)	,	p =	<.000
happiness	*	think about meaning of life	=	18.767	(9)	,	p =	.027
happiness	*	together as married	=	2.705	(3)	,	p =	.439
happiness	*	trust	=	26.069	(3)	,	p =	<.000
happiness	*	trust: family	=	55.257	(9)	,	p =	<.000
happiness	*	trust: people of diff nation	=	72.982	(9)	,	p =	<.000
happiness	*	widowed	=	1.807	(3)	,	p =	.613

05.

01. Variable groupings

02. Chi square tests

03. Correlation of confidence in institutions

life satisfaction * age = 113.578 (45), p = <.000
life satisfaction * choice in life = 917.879 (81), p = <.000
life satisfaction * confidnc: church = 57.983 (27), p = <.000
life satisfaction * confidnc: courts = 80.204 (27), p = <.000
life satisfaction * confidnc: parlmnt = 55.577 (27), p = .001
life satisfaction * confidnc: pol parties = 85.858 (27), p = <.000
life satisfaction * confidnc: press = 32.042 (27), p = .231
life satisfaction * divorced = 30.196 (9), p = <.000
life satisfaction * education level = 157.199 (90), p = <.000
life satisfaction * fairness of people = 490.603 (81), p = <.000
life satisfaction * gender = 24.847 (9), p = .003
life satisfaction * health = 347.973 (27), p = <.000
life satisfaction * identity: local comun = 107.315 (27), p = <.000
life satisfaction * identity: world citizen = 67.452 (27), p = <.000
life satisfaction * income decile = 188.579 (81), p = <.000
life satisfaction * intrinsc orient: goals = 41.734 (27), p = .035
life satisfaction * left-right = 178.115 (81), p = <.000
life satisfaction * married = 67.619 (9), p = <.000
life satisfaction * member: environm org = 20.333 (18), p = .314
life satisfaction * member: humanit org = 33.418 (18), p = .015
life satisfaction * no of children = 98.084 (72), p = .022
life satisfaction * politic interest = 44.093 (27), p = .020
life satisfaction * religious person = 48.592 (18), p = <.000
life satisfaction * respect hum rights = 74.875 (27), p = <.000
life satisfaction * separated = 46.452 (9), p = <.000
life satisfaction * single = 45.597 (9), p = <.000
life satisfaction * subjective social class = 160.573 (36), p = <.000
life satisfaction * think about meaning of life = 53.802 (27), p = .002
life satisfaction * together as married = 7.198 (9), p = .616
life satisfaction * trust = 51.472 (9), p = <.000
life satisfaction * trust: family = 39.44 (27), p = .058
life satisfaction * trust: people of diff nation = 61.923 (27), p = <.000
life satisfaction * widowed = 15.585 (9), p = .076

03. Table 29: Correlations of confidence in institutions

	CONFIDNC: CHURCH	CONFIDNC: PARLMNT	CONFIDNC: POL PARTIES	CONFIDNC: PRESS	CONFIDNC: COURTS
CONFIDNC: CHURCH	1	.259**	.213**	.149**	.224**
CONFIDNC: PARLMNT	.259**	1	.654**	.266**	.431**
CONFIDNC: POL PARTIES	.213**	.654**	1	.304**	.329**
CONFIDNC: PRESS	.149**	.266**	.304**	1	.246**
CONFIDNC: COURTS	.224**	.431**	.329**	.246**	1

a: weighted

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Tony Vinson is the author of the 2007 groundbreaking national study *Dropping off the edge: the distribution of disadvantage in Australia*, commissioned by Jesuit Social Services and Catholic Social Services Australia. Tony is an Emeritus Professor at the University of New South Wales and an Honorary Professor in the Faculty of Education and Social Work at the University of Sydney. His career spans the disciplines of social work, social policy, psychology, education, public administration and social research.

DR MATTHEW ERICSON

BEd (Hons), MPP (Hons) Sydney, PhD Monash

Matthew Ericson is a senior lecturer at Monash University. He is a quantitative public policy specialist and a member of the Economics Society of Australia and the Public Health Association of Australia. He has worked in teaching, research and administration roles within the government, academic and non profit sectors in Australia and Asia.

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