ED DIENER’S 2001 ISQOLS CONFERENCE KEYNOTE ADDRESS:

THE BENEFITS OF HAPPINESS, SATISFACTION, AND POSITIVE AFFECT:

SUBJECTIVE WELL-BEING IS MOVING FROM INFLUENTIAL TO NECESSARY FOR QUALITY OF LIFE

Ed Diener (Alumni Professor of Psychology, Department of Psychology, University of Illinois, 603 E. Daniel Street, Champaign, IL 61820, USA, Email: eddiener@psych.uiuc.edu) delivered the Keynote Address at the Fourth Conference of the International Society for Quality-of-Life Studies, November 29, 2001, in Washington, D.C. The following is a brief summary of some of the main points of Diener’s Address.

Diener noted that (based on his research with Seligman) the happiest 10 percent of people are not 10’s (in terms of Positive Affect (PA), Happiness or Satisfaction with Life); they are 8’s and 9’s. Nobody stays at a 10 (a 10 can’t go up). The happiest people get unhappy sometimes. This is functional. Their moods go up and down (although usually in the positive range); this too is functional.

Diener examined the question: Is Subjective Well-Being (SWB) Necessary or Sufficient for Quality of Life? His conclusions:

It is Necessary based on:

- Importance ratings around the globe
- Can’t imagine an ideal life with low SWB

But Not Sufficient:

- There are other values, such as fairness and justice
- Nozick’s brain in a jar
- The happy Mafia or psychopath

Diener also reviewed experimental and survey research evidence that high SWB is related to:

- Increased Sociability
- More Success in Life
- Better Health
- More Creativity
- More Helping Behavior
- Better Self-Regulation
- More Productivity at Work
- Better Human Judgment

One of the more striking strands of empirical data cited by Diener came from the Kentucky Nun’s Study of Health and Longevity by Danner, Snowden and colleagues. This study has searched for the physiological and psychological correlates of longevity (the socioeconomic environment being held relatively constant) in a sample of Catholic nuns followed longitudinally for decades. Examining essays written by the women as part of their applications to join the Catholic Order when they were young (mostly in their 20’s) for the present of positive words, these researchers found differences in survival rates at ages 85 and 94 as shown in the following table:

<table>
<thead>
<tr>
<th>The Nun Study</th>
<th>Survival Rate at Age: 85</th>
<th>94</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiest Quartile</td>
<td>90%</td>
<td>54%</td>
</tr>
<tr>
<td>Least Happy Quartile</td>
<td>34%</td>
<td>11%</td>
</tr>
</tbody>
</table>

In brief, those nuns who were in the happiest quartile in their 20’s were 2.65 times more likely to survive to age 85 than those who were in the least happy quartile; by age 94, the corresponding relative survival ratio was 4.9 to 1. Based on these findings, Diener argued that a patient’s state of happiness/unhappiness should be added to the list of risk factors regularly examined by family physicians in clinical practice. In particular, he noted that, in the Nun’s study, being in the top versus bottom quartile in positive words

(Continued on next page.)
in the entry essays added 9.4 years to the nun’s life expectancy. This compares favorably with the reduction in life expectancy of about 3 years associated with smoking a pack of cigarettes a day and a reduction of about 7 years associated with high levels of alcoholic beverage consumption.

In brief, the Old Conclusion was that happy is bad; depressed is good, based on such arguments as that depressive folks are more realistic and happy people ignore the logical strength of arguments.

But the New Conclusion is that happy sometimes is superior. Happy is worse when unmotivated, and a heuristic (accessible) answer is wrong. High PA people assume all is well, and use heuristics unless alerted. In contrast, unhappy people are chronically vigilant.

But happy people can perform better when:

- Dual tasking (can use heuristics)
- A task is complex (can use heuristics)
- Sometimes superior when motivated

Diener’s Conclusions:

1. Positive affect and happiness appear beneficial, but
2. We do not know if this is true across cultures
3. Happiness does not mean euphoria and never having unpleasant emotions. To be stuck in high PA is bad—even the happiest people have down moods.
4. The value of happiness depends on people being socialized for humane values so that they are effective at achieving desirable goals. Thus, SWB is necessary for quality of life, but not sufficient for it.
5. We need much more research on the outcomes of happiness, for example, longitudinal studies.

(Based in part on “The Benefits of Positive Affect” by Sonja Lyubomirsky, UC Riverside, Laura King, Southern Methodist University, and Ed Diener, University of Illinois.)

~ Kenneth C. Land
Eunkook M. Suh won the 2001 Best Dissertation Award for his thesis entitled *Identity Consistency, Culture, and Subjective Well-Being*. Eunkook Suh is a student of Ed Diener in the Department of Psychology at the University of Illinois, Urbana-Champaign. Suh begins with the premise that all individuals have multiple views of themselves. Whereas the consistency among these multiple selves is traditionally emphasized in North American cultures, the different aspects of the self are more often viewed as coexisting realities rather than as contradictions in East Asian cultures. Two pilot studies were conducted to provide groundwork for the main study in which the cross-situational consistency of 123 Korean and 84 American college student’s self-view was examined, in relation to their subjective well-being. Data were collected through self- and informant-reports (1 friend and 1 family member). The three key findings of the study are that compared to North Americans, the Koreans view themselves less consistently across social roles, experience subjective well-being that is less dependent on identity consistency, and are less likely to receive positive social feedback from others for being self-consistent. A similar pattern of results, albeit weaker, emerged between genders in the U.S. The results underscore the importance of taking social and cultural factors into account in understanding the psychological ingredients of human well-being.

Honorable mentions were also given to the following dissertations (in alphabetical order):

- **Boling, Whitney.** *The Caregiver Quality of Life Cystic Fibrosis (CQOLCF) Scale: Development and Validation.* M.D. Anderson Cancer Center, Division of Cancer Prevention, Department of Behavioral Science, The University of Texas.
- **Neal, Janet Davis.** *The Effects of Different Aspects of Tourism Services on Travelers Quality of Life: Model Validation, Refinement, and Extension.* Virginia Polytechnic Institute and State University (Virginia Tech).
- **Park, Jiyeon.** *How to Define and Measure Outcomes of Early Intervention: An Examination of Family Quality of Life.* Beach Center on Families and Disability, The University of Kansas.
- **Park, Nan-Sook.** *Life Satisfaction among Children and Adolescents: Cross-cultural and Developmental Comparisons.* Department of Psychology, University of South Carolina.

~ Aaron Ahuvia and Joar Vitterso, ISQOLS Vice-Presidents of Academic Affairs
2001 ISQOLS MAJOR AWARDS

At the 2001 Conference of the International Society for Quality-of-Life Studies (ISQOLS) held in Washington, DC, USA, November 28th-December 2nd, the following Major Awards and Winners were announced:

**Fellow of ISQOLS.** The basic requirement for eligibility to be designated a Fellow is evidence of a substantial contribution of the accomplishment of the objectives of the Society. **Winners:** Scott E. Huebner, Michael Frisch, Alice Rossi, and Andrew Sharpe

**Dr. Scott Huebner**, a professor in the University of South Carolina nationally ranked school psychology program, has nearly 100 publications and about 80 presentations in his career to date. He has conducted numerous studies of the antecedents, correlates, and implications of life satisfaction with students in (US) grades 3-12. He has played a major role in bringing quality of life issues to the attention of researchers and practitioners in the school psychology arena. Dr. Huebner has been recognized for his research contributions through being awarded the status of Fellow in Division 16 of the American Psychological Association.

**Dr. Michael Frisch,** Professor, Department of Psychology and Neuroscience at Baylor University, has made a lifetime and substantial contribution to quality of life research. He, more than any other researcher in the past 30 years, has introduced quality of life concerns to the field of mental health care, in general, and clinical psychology and psychiatry, in particular.

**Dr. Alice Rossi,** over the course of some 50 years, has published some 70 papers and authored or edited 12 books, the latest to be published in the spring 2001, “Caring and Doing for Others: Social Responsibility in the Domains of Family, Work, and Community” (University of Chicago Press). Although trained in sociology, her intellectual interests in the major variables of sex, age, and human development required incorporating psychology and biology into the theoretical framework that has guided her research as well as her political activity.

**Dr. Andrew Sharpe** holds a Ph.D. and M.A. in economics from McGill University. He serves on a number of advisory committees, including Statistics Canada’s Advisory Committee on Service Sector Statistics and the International Society for Quality-of-Life Studies. He is the founder and Executive Director of the Ottawa-based Centre for the Study of Living Standards (CSLS). Working with Lars Osberg of Dalhousie University, in recent years he has developed a new QOL index called the Index of Economic Well-being. In addition, he has written and published widely on labor market and productivity issues that have direct bearing on QOL.

**Distinguished ISQOLS Researcher Award.** The basic requirement for eligibility to be designated a Distinguished ISQOL Researcher is evidence of a lifetime and substantial contribution of the accomplishment of the objectives of the Society. **Winner: Ruut Veenhoven**

**Dr. Ruut Veenhoven** is an associate professor of sociology at Erasmus University Rotterdam, Social Science Department. He is also professor of humanism at the University of Utrecht (both in the Netherlands). Veenhoven’s current research is on subjective quality of life. He is director of the World Database of Happiness. Major publications are: ‘Conditions of happiness’ (1984), ‘Happiness in nations’ (1993) and ‘Happy Life-expectancy’ (1997). Veenhoven also published on love, marriage and parenthood. Veenhoven is Editor-in-Chief of the *Journal of Happiness Studies*.

**Award for the Betterment of the Human Condition.** The basic requirement for eligibility for this award is significant accomplishment by an organization (private or public sector) in the development and use of QOL measures in serving its constituency. **Winner: Statistics Sweden**

Statistics Sweden has been conducting the Swedish surveys of living conditions (ULF) annually since 1974. Today, ULF is one of the oldest and most extensive information systems in the world in this field, both in terms of the dimensions of the data material (180,000 interviews 1974-99), and in terms of the variable quantity (700 variables). The general design of the Swedish system deviates much from that of most other countries, which is explained by the special historical context (the expanding welfare state of the early 1970s demanding new statistical information for its administration), as well as the early ambitions of Statistics Sweden to respond to this transformation process, and to incorporate the major users (in social planning and social research) into the work of designing a large scale information system in the vein of the social indicator movement.

~ Elaine Sherman and Leon Schiffman, ISQOLS Vice-Presidents of External Affairs
REPORT ON THE 2001 CONFERENCE OF THE INTERNATIONAL SOCIETY OF QUALITY OF LIFE STUDIES

The Fourth International Society of Quality of Life Studies Conference was held from 29 November to 1 December 2001 at The Wyndham Hotel in Washington DC, USA. The Conference Theme was How to Measure Quality of Life in Diverse Populations. Don Rahtz, Joe Sirgy, and Josh Samli were the Conference Program Co-Chairs.

The Program consisted of over 60 sessions. Some 300 individuals registered for the Program and over 200 attended the four-day conference. Given the infancy of this international society (ISQOLS was formed in the mid-1990s) and the reductions in attendance that all professional societies have experienced since the events of September 11, 2001, my assessment is that this Conference was quite successful. As both the current President of ISQOLS and the Editor of SINET, I would like to take this opportunity to once again express my gratitude to the Conference Organizers and all of the track chairs, session organizers, session chairs, presenters, panel members, discussants, and attendees who participated in the Conference. The Conference would not have come together as it did without your efforts.

In the following pages, I have pulled together several pieces for the written record of this Conference. First, I give a brief summary of the Conference Keynote Address on The Benefits of Happiness, Satisfaction, and Positive Affect by Ed Diener. This is followed by announcements of the ISQOLS Major Awards for 2001 by ISQOLS Vice-Presidents of External Affairs Elaine Sherman and Leon Schiffman and of the Best Dissertation Award and Honorable Mentions by ISQOLS Vice-Presidents of Academic Affairs Aaron Ahuvia and Joar Vitterso. A number of photographs taken by ISQOLS Executive Director Joe Sirgy then are reproduced.

~ Kenneth C. Land
New Zealand Launches Six-City Social Indicator Monitoring

Kath Jamieson has initiated a QOL assessment of six New Zealand cities, covering eight sectors that include both subjective and objective indicators. The first report, Quality Life in New Zealand’s Six Largest Cities, is available on line at www.bigcities.govt.nz. She also has started a QOL survey in Christchurch City under the auspices of an independent charitable trust under the title, Canterbury Dialogues Indicate Project, which employs both survey methodology and focus groups. The latter may be accessed at www.canteburydialogues.org.nz.

Kath Jamieson reported the above in issue 23, Fall 2001, of Urban Quality Indicators. The newsletter is edited by Cy Yoakam, who may be reached at cyoakam@mediaone.net.

The six cities in the survey are Christchurch, Wellington, North Shore, Auckland, Manukau, and Waitakere. The project was initiated as a response by the councils and Chief Executives of the cities to growing concerns of the effects of urbanization on the well being of citizens. The cities encompass about four tenths of the 3.8 million population of the country and are diverse culturally. After the first survey, “the next step is to work in partnership with central government and other agencies to address the issues raised in the report and to continue the process of indicator monitoring.” A second report is planned for 2003.

The Prime Minister has set up a working group of government agency officials and local officials to consider the issues raised in the report. “The aim is to identify what is currently working well and why and to assess the suitability of these initiatives for other areas.” The Prime Minister will meet again with the Mayors in early 2002.

Eight sectors of indicators each have four to nine indicators. The areas are Community Cohesion, Democracy, Education, Employment and Economy, Health, Housing, Safety and Urban Environment. These sectors consist of some items from a questionnaire survey and others are objective data evidently from public agency data.

Urban Quality Communications issues the newsletter. It may be addressed at 1816 Pontiac Trail, Ann Arbor, MI 48105.

Abbott L. Ferriss

Gleaning the Benefits of Longitudinal Surveys: Educational Achievement and Black-White Inequality in the United States

Blacks’ educational and labor force attainment seven to twelve years after high school is assessed in a monograph recently released by the National Center for Educational Statistics. It shows that blacks, whose school standing is similar to that of whites, achieve post-high school standings sometimes superior to that of whites. The key is the school achievement level.

Four longitudinal studies are employed to trace the educational and labor force outcomes of blacks and whites. These are:
1. National Longitudinal Study of the High School Class of 1972 (the 1979 sample), which provided a sample of young adults in high school seniors in 1972 and were followed up 7 years later.
2. The National Longitudinal Stuffy of Youth (1983-1989 sample), which were high school seniors between 1976 and 1982 and were followed up 7 years later.
4. The High School and Beyond Survey, consisting of young adults who were high school sophomores in 1980 and who were observed 12 years later (the 1992 sample).

Figure 1—Unemployment rates for black and white young adults, 1979-1992.

Outcome
“...In general, the findings show that, for children and young adults with similar levels of prior educational achievement, the educational and economic performance of blacks relative to whites was substantially greater than the performance of blacks relative to whites as a whole. While blacks have lower levels of educational achievement, educational attainment and earnings than whites, these disparities are frequently smaller, and are sometimes entirely absent, for individuals with similar levels of prior educational achievement. Factors other than difference in prior educational achievement may contribute to black-white gaps in achievement, employment, and earnings, nonetheless, blacks’ relative educational achievement during elementary and secondary school appeared to be highly correlated with their relative success in the academy and the economy.” (p.v-vi)

The accompanying graphs illustrate the findings for unemployment rates, average annual earnings, college attendance, college completion, and average mathematics achievement for various of the longitudinal samples.

Authors of the Monograph

The report is catalogued, as follows: U. S. Department of Education, National Center for Education Statistics, Educational Achievement and Black-White Inequality, NCERS 2001-061. By the authors listed above, Washington, DC 2001. To order the report, contact: U. S. Dept. of Education, ED Pubs, P. O. Box 1398, Jessup, MD 20794-1398. If you are interested in the content, contact John Ralph, the project officer, at 202 502-7441.

Abbott L. Ferriss
TWENTY-SEVEN YEARS OF THE EUROBAROMETER

The autumn 2000 survey of the 15 member states of the European Commission reports that 83 percent are satisfied with life in general. This hearty satisfaction level returns to the previous peak of 1989-1991 period. The current peak results from an upward trend since the low in 1997 of 77 percent.

Denmark with 96 percent expressing general life satisfaction leads Europe. It is followed by Sweden (95%), the Netherlands (93%) and the UK (90%) Dragging up the rear in satisfaction are Greece (61%), Portugal (68%), and Italy (79%). Only Greece (39%) and Portugal (31%) are notably “not satisfied.”

Separate Survey Groups Use a Common Questionnaire

Using a common questionnaire, the survey is conducted by separate organizations in each state. A representative sample of persons 15 years and older is questioned, usually twice a year. Each state’s data are weighted by sex, age, region and size of locality. Although there are variations, the standard sample size for a country is 1,000 interviews. The Directorate-General Press and Communication of the European Commission, Opinion Poll, draw up the report (Head of Unit: Mr. Thomas Christensen).

Fear of crime appears associated with life satisfaction. “How safe do you feel walking in the area where you live after dark?” In Greece (51%), Italy (39%) and Poland (37%) responded “a bit or very unsafe”. At the upper extreme, Denmark (84%), Austria (84%), and Finland (81%) expressed “very or fairly safe.”

The survey chiefly covers topics of general policy concern, such as currency, foreign policies, knowledge of EU affairs, and the like.

Euro Is Supported

Support for the Euro drifted slightly lower from the previous survey, but still 62 percent of the public support the currency. Forty-four percent of EU citizens favor enlarging the member states, while 35 percent are against it. There are 13 applicants. Thirty percent would support Turkey’s entry and 48% favor Malta. However, enlargement is given fairly low priority, only 26 percent world favor it.

The survey includes several items that peer into the future: the role of EU in five years, expectation of life in the future, the country’s economic situation “in the year to come,” expectation of one’s personal job situation in 2001, and others. Watching the impact of the September 11 terror upon these expectations will be of interest.

Report No. 54 was released in April 2001. Copies are available from the Directorate-General Press and Communication, Rue de la Loi 200 (VM18 – 1/54), B – 1049 Brussels, Belgium; tel. (32.2) 299.02.59; e-mail: eurobarometer@cec.eu.int. It is on the internet: http://europa.eu.int/comm/dg10/epo/.

~ Abbott L. Ferriss

---

<table>
<thead>
<tr>
<th>Country</th>
<th>Very satisfied</th>
<th>Fairly satisfied</th>
<th>Not satisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>DK</td>
<td>59</td>
<td>41</td>
<td>1</td>
</tr>
<tr>
<td>NL</td>
<td>44</td>
<td>49</td>
<td>6</td>
</tr>
<tr>
<td>S</td>
<td>19</td>
<td>52</td>
<td>5</td>
</tr>
<tr>
<td>L</td>
<td>37</td>
<td>52</td>
<td>5</td>
</tr>
<tr>
<td>IRL</td>
<td>34</td>
<td>52</td>
<td>12</td>
</tr>
<tr>
<td>UK</td>
<td>32</td>
<td>56</td>
<td>10</td>
</tr>
<tr>
<td>B</td>
<td>24</td>
<td>62</td>
<td>12</td>
</tr>
<tr>
<td>FIN</td>
<td>24</td>
<td>64</td>
<td>12</td>
</tr>
<tr>
<td>A</td>
<td>23</td>
<td>58</td>
<td>15</td>
</tr>
<tr>
<td>E</td>
<td>17</td>
<td>65</td>
<td>17</td>
</tr>
<tr>
<td>D</td>
<td>16</td>
<td>65</td>
<td>18</td>
</tr>
<tr>
<td>GR</td>
<td>16</td>
<td>65</td>
<td>19</td>
</tr>
<tr>
<td>F</td>
<td>15</td>
<td>67</td>
<td>21</td>
</tr>
<tr>
<td>I</td>
<td>14</td>
<td>66</td>
<td>21</td>
</tr>
<tr>
<td>P</td>
<td>12</td>
<td>63</td>
<td>31</td>
</tr>
</tbody>
</table>

Source: Eurobarometer 54, Op. 4.1b

---

General Social Survey

Student Paper Competition

The National Opinion Research Center (NORC) at the University of Chicago announces the latest annual General Social Survey (GSS) Student Paper Competition. To be eligible papers must: 1) be based on data from the 1972-2000 GSS’s or from the GSS’s cross-national component, the International Social Survey Program (any year or combination of years may be used), 2) represent original and unpublished work, and 3) be written by a student or students at an accredited college or university. Both undergraduates and graduate students may enter and college graduates are eligible for one year after receiving their degree. Recent college graduates who completed an appropriate undergraduate or senior honors thesis are encouraged to consider submitting such research. Professors are urged to inform their students of this opportunity.

The papers will be judged on the basis of their: a) contribution to expanding understanding of contemporary American society, b) development and testing of social science models and theories, c) statistical and methodological sophistication, and d) clarity of writing and organization. Papers should be less than 40 pages in length (including tables, references, appendices, etc.) and should be double spaced.

Papers will be judged by the principal investigators of the GSS (James A. Davis and Tom W. Smith) with assistance from a group of leading scholars. Separate prizes will be awarded to the best undergraduate and best graduate-level entries. Entrants should indicate in which group they are competing. Winners will receive a cash prize of $500, a commemorative plaque, and SPSS Base, the main statistical analysis package of SPSS. SPSS Base is donated by SPSS, Inc. of Chicago, Illinois. Honorable mentions may also be awarded by the judges.

Two copies of each paper must be received by February 15, 2002. The winner will be announced in late April, 2002. Send entries to:

Tom W. Smith
General Social Survey
National Opinion Research Center
1155 East 60th St.
Chicago, IL 60637

For further information:
Phone: 773-256-6288 Fax: 773-753-7886
Email: smitht@norcmail.uchicago.edu
THE INTERNATIONAL SOCIETY FOR QUALITY-OF-LIFE STUDIES

The International Society for Quality-of-Life Studies (ISQOLS) was formed in the mid-1990s. The objectives of ISQOLS are: 1) to stimulate interdisciplinary research in quality-of-life (QOL) studies within the managerial (policy), behavioral, social, medical, and environmental sciences; 2) to provide an organization which all academic, business, nonprofit, and government researchers who are interested in QOL studies can coordinate their efforts to advance the knowledge base and to create positive social change; and 3) to encourage closer cooperation among scholars engaged in QOL research to develop better theory, methods, measures, and intervention programs. The year 2000 membership fees are US$35 for regular members and $25 for students or retired persons. Prof. M. JOSEPH SIRGY (Virginia Tech and State University) is Executive Director of ISQOLS. Anyone interested in knowing more about ISQOLS should contact Prof. Sirgy at the central office: International Society for Quality-of-Life Studies, Dept. of Marketing, Pamplin College of Business, Virginia Tech, Blacksburg, VA 24061-0236; tel.: 540-231-5110; fax: 540-231-3076; e-mail: sirgy@vt.edu. The Society’s homepage on the Internet also can be accessed at http://www.cob.vt.edu/market/isqols/.

Back Issues of SINET offered to Libraries and Research Institutes

A SINET admirer has donated funds to facilitate the delivery of back issues of SINET from Number Zero (Fall 1984) to Number 44 (Fall 1995). If you would like your institutional or research institute library to have a set for free, while they last, send a request with your name and address to Abbott L. Ferriss, 1273 Oxford Road, NE, Atlanta, GA 30306; or send an email message aferris@emory.edu.