

Conference

A World To Win

Book of Abstracts

EHERO

The Happy Economy



The Good Economy



Rotterdam - March 20 to March 22 - 2017

Erasmus Happiness Economics Research Organisation

Erasmus University Rotterdam
Make it happen.

The Erasmus University logo, featuring the word 'Erasmus' in a white, cursive script font.

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Map campus Woudestein



Legend

	Bus		Pay station		Road
	Metro		Cash station		Water
	Tram		Bicycle parking		Under construction
	Parking		Information		Buildings
	Tennis courts		Sport Centre		Footpaths
	Library		Graduates		Main entrance
	Food & drinks		Shops		

Building codes

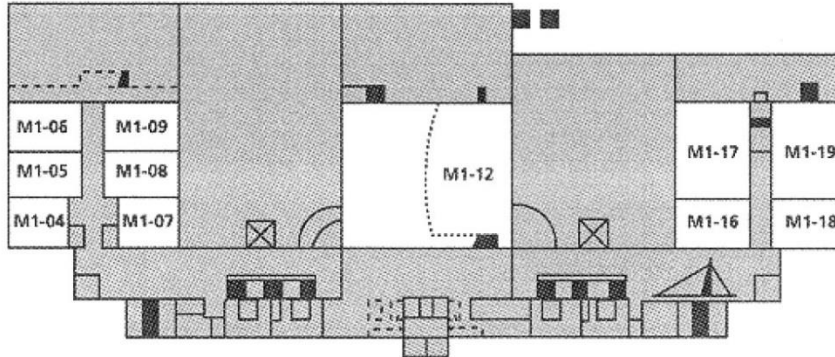
A	Erasmus	M	Van der Goot
C	Theil	T	Mandeville
H	Tinbergen	POLAK	Polak
J	Bayle		

Buildings E, F, G, N, P, Q and V only have a building code, not a name.

Emergency: +31 10 408 11 00

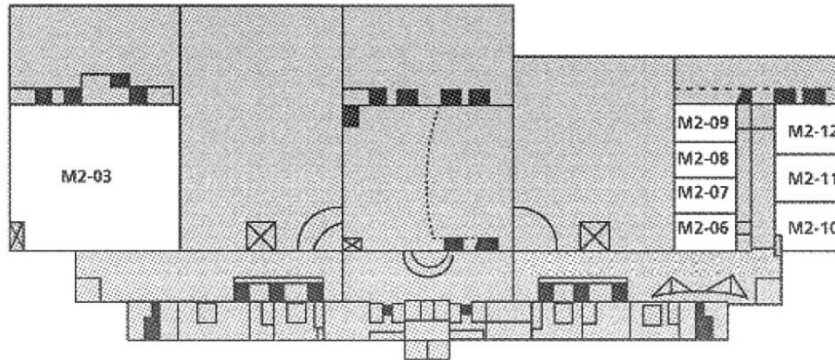
Map M-Building

FIRST FLOOR



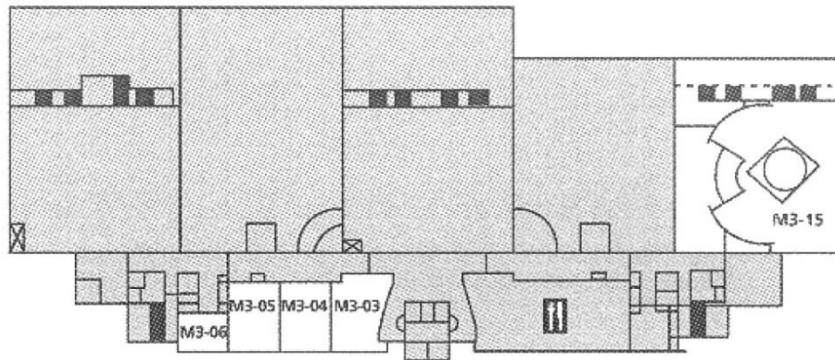
- M1-04 MONTREAL
- M1-05 HULL
- M1-06 BALTIMORE
- M1-07 FRANEKER
- M1-08 LEUVEN
- M1-09 BERGEN
- M1-12 OXFORD
- M1-16 HEIDELBERG
- M1-17 TOKYO
- M1-18 LUND
- M1-19 ATHENE

SECOND FLOOR



- M2-03 SORBONNE
- M2-06 GALWAY
- M2-07 BASEL
- M2-08 HARVARD
- M2-09 MELBOURNE
- M2-10 ROCHESTER
- M2-11 SANTANDER
- M2-12 SHANGHAI

THIRD FLOOR



- M3-15 FORUM
- M3-03 ABERDEEN
- M3-04 AUCKLAND
- M3-05 PRAAG
- M3-06 LUXEMBURG

Monday March 20: The Happy Economy

09:15 - 09:30

Opening

Van der Goot Building
(M-Building)
Registration desk 3rd floor

09:30 – 10:45

Plenary Session: Peter van Rompuy & Tex Gunning

Forumzaal

10:45 - 11:15

Coffee Break

11:15 – 12:30

Plenary Session: Leo Bormans

Forumzaal

12:30 – 14:00

Lunch

14:00-15:30: Parallel Sessions

Workshop: Action for Happiness

Forumzaal

World Book of Happiness Series: Bartels, Mikucka, Brulé

M2-10 Rochester

1A: Employment, Unemployment and Happiness

M3-03 Aberdeen

1B: Happiness, Love and Romantic Relationships

M3-04 Auckland

1C: Education and Happiness

M1-08 Leuven

1D: Happiness in Transition Economies

M1-09 Bergen

16:00-17:30: Parallel Sessions

Workshop: Action for Happiness

Forumzaal

WBH: Boyce, Sarracino, Burger

M2-10 Rochester

2A: Occupation, Skills and Happiness

M3-03 Aberdeen

2B: Happiness and Social Comparisons

M3-04 Auckland

2C: Happiness across the Life Course

M1-08 Leuven

2D: Measurement of Happiness I

M1-09 Bergen

Tuesday March 21: The Happy Economy

09:15 - 10:00

Opening

09:30 – 10:45

Plenary Session: Alexander Rinnooy Kan & Ruut Veenhoven Forumzaal

10:45 - 11:15

Coffee Break

11:15 – 12:30

Plenary Session: Dóra Guðmundsdóttir Forumzaal

12:30 – 14:00

Lunch

14:00-15:30: Parallel Sessions

Workshop: Action for Happiness	Forumzaal
WBH Series: Baltatescu, Bartram, Bartolini	M2-10 Rochester
3A: Work Time and Happiness	M3-03 Aberdeen
3B: Happiness, Income and Economic Development	M3-04 Auckland
3C: Life Events and Happiness	M1-08 Leuven
3D: Measurement of Happiness II	M1-09 Bergen

16:00-17:30: Parallel Sessions

Workshop: Action for Happiness	Forumzaal
Workshop: Exploring Gross National Happiness	M2-10 Rochester
4A: Happiness at the Workplace	M3-03 Aberdeen
4B: Freedom, Governance and Happiness	M3-04 Auckland
4C: Consumption and Happiness	M1-08 Leuven
4D: Livability and Happiness: Personality and Health	M1-09 Bergen

19:00 Conference Dinner

Euromast

Wednesday March 22: The Good Economy

09:15 - 09:30

Opening

09:30 - 11:00

Plenary Session: Jan Peter Balkenende & Raj Sisodia

Forumzaal

11:00 - 11:30

Coffee Break

11:30-13:00: Parallel Sessions

Workshop: Circle Economy

Forumzaal

5A: Happiness and the Good Life

M3-03 Aberdeen

5B: Happiness, Policy and Human Development

M3-04 Auckland

5C: Social Relations and Happiness

M1-08 Leuven

5D: Expectations, Hope and Happiness

M1-09 Bergen

13:00-14:00

Lunch

14:00-15:15

Plenary Session: Erik Angner

Forumzaal

15:15-15:45

Coffee Break

15:45-17:15: Parallel Sessions

6A: Happiness, Welfare and the Good Economy

M3-03 Aberdeen

6B: Environment and Happiness

M3-04 Auckland

6C: Participation, Volunteering and Happiness

M1-08 Leuven

6D: Migration and Happiness

M1-09 Bergen

Biographies Plenary Speakers

Peter Van Rompuy

Peter Van Rompuy is senator at the Flemish Parliament and author of the book *Economie zoekt Geluk* (*Economy seeks Happiness*; 2016). Peter states that the last years we did not prosper and even more we did not get any happier: a lost decade! To turn the tide Peter is convinced that we need a more human based economy and quality of life is of more importance than ever. This way, Peter steps into the shoes of his father Herman who, at the time President of the EC, sent Leo Bormans' *World Book of Happiness* to all world leaders as a new year's message.

Tex Gunning

Tex Gunning is CEO of LeasePlan since September 2016. Prior to Leaseplan, Tex worked in global positions for Unilever for more than 25 years. His last role at Unilever was Business Group President in Asia. After Unilever Tex held several leadership roles as the CEO of Vedior (overseeing its acquisition by Randstad), as Managing Director of the Decorative Paints division of AkzoNobel (2008-2013) and as the CEO of TNT Express (2013-2016), guiding its merger with FedEx. Tex graduated from the Erasmus School of Economics and is seen by many as a visionary leader.

Leo Bormans

Leo Bormans is global Ambassador of Happiness & Quality of Life. He is a writer and a source of inspiration. He has a master in Languages and Philosophy and is the initiator and editor of the international bestsellers *World Book of Happiness*, *World Book of Hope* and *World Book of Love*. His initiatives on active citizenship and positive communication have inspired many organizations and policymakers. He supports the international movement for Happiness and Quality of Life and is ambassador of various organizations in East and West, including Action for Happiness founded by LSE's Richard Layard and the idea of Gross National Happiness of the government of Bhutan.

Ruut Veenhoven

Ruut Veenhoven studied sociology and is also accredited in social psychology and social-sexology. He is emeritus-professor Social Conditions for Human Happiness at Erasmus University Rotterdam and professor by special appointment at North-West University in South Africa. Ruut's current research is on subjective quality of life. Major publications are: 'Conditions of happiness' (1984), 'Happiness in nations' (1993), 'The four qualities of life' (2000) and 'Greater happiness for a greater number: Is that possible and desirable?' (2010). Ruut is founder and director of the World Database of Happiness, founding editor of the Journal of Happiness Studies and co-founder of the Erasmus Happiness Economics Research Organisation (EHERO).

Alexander Rinnooy Kan

Alexander Rinnooy Kan is a Dutch mathematician, business leader and member of the Senate. As of September 2012 he is a professor of Economics and Business Studies at the University of Amsterdam. The Dutch newspaper de Volkskrant named him the most influential person in the Netherlands in 2007, 2008, and 2009. Becoming a full professor at the Erasmus University at the age of 30, he was appointed head of the Econometric Institute at the age of 33 and Rector Magnificus of the Erasmus University Rotterdam at the age of 36. In the meantime, he was

amongst others visiting professor at the University of California at Berkeley and MIT. In his career he has been president of the employers federation VNO-NCW, member of the board of directors of ING Group, and president and crown-appointed member of the Dutch Social-Economic Council (SER). During his farewell party at the SER, he was appointed Commander in the Order of the Netherlands Lion.

Dóra Guðmundsdóttir

Dora Gudmundsdottir is a psychologist located in Reykjavik and was director of the National Health Institute of Iceland. Her research topics are happiness, psychological wellbeing and the interaction between psychological, physical and social wellbeing.

Jan Peter Balkenende

Jan Peter Balkenende was the Prime Minister of the Netherlands from 2002 until 2010. He retired from active politics in 2010 and became a Partner Corporate Responsibility for Ernst & Young and professor of Governance, Institutions and Internationalisation at the Erasmus University Rotterdam. Currently he is chairman at the Major Alliance, the organisation that aims to create a higher return for society by taking the initiative to align ideas, join forces and remove implementation barriers.

Raj Sisodia

Raj Sisodia is the FW Olin Distinguished Professor of Global Business and Whole Foods Market Research Scholar in Conscious Capitalism at Babson College. He is also co-founder and co-chairman of Conscious Capitalism, Inc. He has a Ph.D. in marketing from Columbia University. Raj is the co-author of The New York Times bestsellers *Conscious Capitalism: Liberating the Heroic Spirit of Business* (2013) and *Firms of Endearment: How World-Class Companies Profit from Passion and Purpose* (2007, 2014). He was cited as one of "50 Leading Marketing Thinkers" by the Chartered Institute of Marketing, named among the "Ten Outstanding Trailblazers of 2010" by Good Business International, and one of the "Top 100 Thought Leaders in Trustworthy Business Behavior" by Trust Across America for 2010 and 2011. Raj has published seven books and over 100 academic articles. He has consulted with and taught executive programs for numerous international companies.

Erik Angner

Erik Angner is a Swedish associate professor of Philosophy, Economics, and Public Policy. His research bridges philosophy and economic fields. Philosophically, he studies rationality and wellbeing, particularly in the context of decision theory and behavioural decision research. Economically, he studies the relationships between happiness and health as well as the links between happiness and poverty along with ways to quantify happiness.

World Book of Happiness Series

Session 1

Monday March 20, 13:00-15:30, M2-10 Rochester

Happiness genes

Meike Bartels

“Happiness is genetically determined”, states prof. dr. Meike Bartels. She combines the scientific field of positive psychology and wellbeing with behavioral sciences and molecular genetics to gain insights into the complex interplay between nature and nurture. Some people are born with a genetic make-up which causes them to feel happy easily, while others are born with a genetic make-up which causes them to be more or less sensitive to environmental conditions. With one generic approach, happiness interventions will therefore not succeed.

Marriage and happiness

Malgorzata Mikucka

In the last 50 years, the number of marriages dropped by almost 50% in Europe, while the number of divorces more than doubled. Every year, about 2 million marriages and 1 million divorces take place in Europe. Sociologist Malgorzata Mikucka studies the relation between marriage and happiness worldwide. Are married people really happier? She discovered several important preconditions.

Room for growth

Gaël Brulé

Their approaches may differ, but most parents, teachers and caretakers want children to grow up to be balanced and happy people. Gaël Brulé is looking for the most successful educational methods to achieve this. The most important determinants of happiness seem to be ‘locus of control’ and a feeling of freedom. How can we improve these?

Session 2

Monday March 20, 16:00-17:30, M2-10 Rochester

Money may buy happiness, but often so little that it doesn’t matter

Christopher Boyce

Does money make you happier? This question is often discussed in daily conversations, but it is also a matter which has attracted interest from happiness researchers. Probably because there is no simple and straightforward answer to this question and because the different answers often contradict laymen’s ideas. Dr. Christopher Boyce wants to understand why people believe that money will increase their wellbeing dramatically – and why they act accordingly.

Recipes for long-lasting wellbeing

Francesco Sarracino

While governments worldwide try to improve their citizen’s wellbeing by boosting economic growth, scientists are divided on the merit of this strategy. The result is that governments that

want to improve their citizen's wellbeing, have little guidance for policy-making. What should they do to provide a better life for their citizens? Economist Francesco Sarracino is working on an international study to come to a recipe for sustainable wellbeing: a matter of promoting economic growth; protecting and promoting social trust; and reducing income inequality.

The puzzle of unhappy development

Martijn Burger

The Arab spring was a complete surprise to most scientists and policy makers. The conventional economic indicators showed economic and social progress during the last decades, while data on life satisfaction indicated that most Arab countries were relatively unhappy places. "To understand this paradox of 'unhappy development', we have to study the subjective indicators that tell us about dissatisfaction with the quality of government, and corruption, states dr.

Martijn Burger.

Session 3

Tuesday March 21, 13:00-15:30, M2-10 Rochester

Butterfly-questions

Sergiu Baltatescu

"Happiness is like a butterfly. If you hunt it, it flies away, but if you sit still, it will land on your shoulder." These kinds of sayings can be found anywhere. But how often has a butterfly landed on your shoulder? There's an important reason for this: people don't contain nectar. Sergiu Baltatescu debunks three other 'butterfly questions': common ideas which might not be correct after all.

Migrants: winning or losing?

David Bartram

One of the most important conclusions drawn from happiness research is that it is a typical mistake to pursue increased wealth, especially when you already have a reasonably comfortable life standard. An intriguing question therefore arises about international migration. If money is usually the main reason for migration, does this mean that migrants make the same capital error? Perhaps specialist David Bartram, himself a migrant, will know the answer.

Five domains for 360° happiness

Stefano Bartolini

"Many things – including material gain – can improve people's happiness, but there is only one factor which determines the majority of wellbeing: other people. The quality and quantity of social and intimate relations play an important role as determinants of happiness. Lonely people are usually very unhappy. However, loneliness spreads quickly worldwide", states prof. Stefano Bartolini. How can we increase happiness? Five domains are responsible for 360° of happiness.

Workshops

Workshop: Action for Happiness

T.b.a.

Workshop: Bhutan

Exploring Gross National Happiness: What Bhutan can teach us about an economy of wellbeing

Bas Bruggeman and Florence Scialom (Network of Wellbeing)

As a small country Bhutan implemented a grand vision to measure the progress of their society, in terms of Gross National Happiness (GNH) rather than in GDP. GNH was pioneered as a vision for change that developed into an effective strategy for measuring progress and screening policy. Bhutan started to promote a new direction for development, that is led by values rather than by economic growth at all costs. As GNH is practiced in government, society and business, it seeks to deliver wellbeing, not just in the form of economic development, but also through increased environmental resilience, good governance and the promotion of a vibrant culture. GNH can therefore be seen as a shift in mindset and values: it calls us to reconsider how we practice economics if we want life to flourish on our planet.

Workshop outline:

In this workshop, Bas and Florence will introduce the theoretical framework of Gross National Happiness and how it is put in practice in Bhutan. Using Bhutan as a case study, this workshop will explore how to centre an economy and a society around different values, demonstrating a new approach to economics that pursues the wellbeing of people, living beings and the planet. It will explore GNH as a vision for development with values and examine GNH as a measuring tool and policy framework.

GNH can be understood as an example of a new economic paradigm. As we hit the ecological limits of our planet, business as usual is no longer sustainable, but what are the alternatives? By connecting insights from Bhutan to some of the urgent questions of our time, this workshop will explore how GNH can help us to reflect on implementing a vision for a new economy, that can sustain life and promote wellbeing.

This workshop will look at how GNH works as a framework and as a living example in Bhutan. Through different group and contemplative exercises the workshop will also explore how to implement GNH values in different contexts. Join for a practical and engaging exploration of what it could mean if we put happiness at the centre of our economy and society.

Bas Bruggeman

Bas spent one year with the Gross National Happiness (GNH) Centre in Bhutan, leading retreats and workshops on how to make happiness a practice that brings more connection and sustainability into our lives. Inspired by the exciting idea (and Bhutan's reality) of what happens when we put wellbeing at the centre of society's aim, he is passionate about bringing a new story of development into the world. Bas's current work continues to be centred around retreats, workshops and talks on GNH Bhutan, deep ecology and meditation. He trained in philosophy and anthropology and practiced meditation under Zen Master Thich Nhat Hanh for over a decade.

Florence Scialom

Florence is currently the Communications Manager at the [Network of Wellbeing](#). Through this role, she aims to inspire people to explore what the world could look like if we put the wellbeing of people and planet before GDP and profit. Florence's background is in both communications and the social sciences. She holds her MA in Anthropology and Development from Leiden University in the Netherlands, where her research focused on [embodying economic change, through de-growth and localisation practices in Totnes, United Kingdom](#). More recently, Florence travelled to Bhutan, [where she learned more about Gross National Happiness](#) and the inspiring example it provides for re-shaping our economies and societies.

Workshop: Circle Economy

Putting the circular economy to work: Circular jobs in the Netherlands

A transition to the circular economy is essential to fight climate change and achieve sustainable growth. Cities play a pivotal role in adopting the circular economy and to create wellbeing for people and the planet. To ensure that policy makers and governments know how and where to implement the circular economy and focus and monitor circular economy policy, there is a need for practical tools to measure it. In light of this, the Erasmus Happiness Economics Research Organisation and Circle Economy are spearheading research to define key jobs and skills in the circular economy.

First, the participants are introduced to the basics of the circular economy and what it can mean for our society. Such basic understanding of circularity enables deeper insight in what constitutes a circular job, which will be explained in terms of seven key strategies that constitute the circular economy. By means of interactive sessions, the participants are subsequently walked through the build-up of the circular labour market. We will explore the circular economy from the bottom up by connecting skills to key circular strategies and considering occupations that are relevant to these strategies and skills.

One level up, we will present the method to measure circular jobs based on the different industry sectors of the Dutch economy. The results for the Netherlands are mapped out over time, showing geographical spread and differentiated growth of the Dutch circular economy. The complex results are illustrated with practical and on the ground examples, through which participants will gain insight in different businesses' level of circularity in terms of jobs.

Participants will acquire a step by step understanding of the circular labour force, during which they are enabled to build a framework through which to assess the level of circularity of (their own) businesses, organisations and institutions in terms of jobs.

Conference Dinner: How To Get There

The official conference dinner will be held on Tuesday evening at the Euromast, overlooking the city and port of Rotterdam.

By public transport

Public transport takes you to the Euromast fast and efficiently. More information can be found on the website 9292.nl or on the website of [RET](http://www.ret.nl) (www.ret.nl). Walking is of course the best way to enjoy the area. We recommend a walking route through Het Park, or through the city from Central Station.

Tram

- Starting at *Central Station*, tram 8 ('Spangen') will take you directly to the Euromast. You need to get off at the 'Euromast' stop.
- Starting at *campus Woudestein*, you can take tram 21 ('Schiedam Woudhoek') or 24 ('Holy') to the stop 'Beurs', and change to tram 8 ('Spangen'), which will take you to the Euromast.

Metro

- From *Central Station* and *Station Blaak*, you can also take metro A (to Schiedam Centrum) or B (Schiedam Centrum) to metrostation Dijkzigt or Coolhaven. From there, it is about a 10 minute walk to the Euromast. You have to change at the metrostation 'Beurs'.
- From metrostation *Kralingse Zoom*, near campus Woudestein, you can take metro A (to Schiedam Centrum) or B (Schiedam Centrum) directly to the metrostations Dijkzicht or Coolhaven.

Taxi

There are several taxi-companies operating in Rotterdam, some well-known companies are [RTC](http://www.rtc.nl) (010-4626060) and [St. Job](http://www.st.job.nl) (010-425700). Most taxi-drivers will know the location of the Euromast. The address is Parkhaven 20, 3016 GM Rotterdam.

Water taxi

You can reach the Euromast very easily by water taxi. Plan your trip at: http://www.watertaxirotterdam.nl/plan_uw_reis/ or call with +31 (0)10- 4030303.

Parallel sessions

Session 1A: Employment, Unemployment and Happiness

Monday March 20, 14:00-15:30, M3-03 Aberdeen

Chair: Kelsey O'Connor

Effect of Job Displacement on Subjective Well-being

Younghwan Song (Union College and IZA)

Using matched data drawn from the 2010 and 2012 Displaced Workers Supplements of the Current Population Surveys and the 2010, 2012, and 2013 American Time Use Survey Well-Being Modules, this paper examines the effect of job displacement on subjective well-being. Various measures of subjective well-being based on time-diary data—U-index, net affect, meaningfulness, happiness, pain, sadness, and stress—as well as a standard life evaluation question using the Cantril ladder and self-rated health status are analyzed. The results indicate that the effect of job displacement on subjective well-being varies by sex and by measure of subjective well-being: among men job displacement does not affect moment-to-moment subjective well-being but lowers their life evaluation through changes in employment, marital status, and earnings, whereas among women job displacement decreases net affect, mostly by decreasing happiness and increasing pain, sadness, and stress, but does not affect their life evaluation. Among men, those displaced by layoffs, not by plant closings, express lower levels of the Cantril ladder than those not displaced but there is no such difference by cause of displacement among women. The negative effects of job displacement on subjective well-being decrease over time for both men and women.

Your Spouse is Fired! How Much Do You Care?

Milena Nikolova (IZA and Brookings) and Sinem Ayhan (IZA)

This study is the first to provide a causal estimate of the subjective well-being effects of spousal unemployment at the couple level. Using German panel data on married and cohabiting partners for 1991-2013 and information on exogenous job termination induced by workplace closure, we show that spousal unemployment reduces the life satisfaction of indirectly-affected spouses. The impact is equally pronounced among female and male partners. Importantly, the results are not driven by an income effect, but likely reflect the psychological costs of unemployment. Our findings are robust to a battery of sensitivity checks and imply that public policy programs aimed at mitigating the negative consequences of unemployment need to consider within-couple spillovers.

Happier people are less likely to be unemployed: Evidence from longitudinal data in the United States and Germany

Kelsey J. O'Connor (University of Southern California)

Psychological measures, such as the Big-Five personality traits, are gaining recognition as important determinants of labor performance. This paper shows that subjective well-being (SWB) can also serve this purpose. In particular, the results show that people reporting higher SWB are less likely to be unemployed. In the German sample, a one standard deviation increase in lagged SWB is associated with a 0.3 percentage point decrease in the probability of being unemployed, based on an instrumental variable (IV) analysis. A second method is also used that relies on residual SWB and fixed effects. Using residual SWB, the results show that higher SWB is associated with

lower unemployment in both countries, with meaningful magnitudes, and personality is demonstrated to be one of the mechanisms. Residual SWB is the portion of SWB that is unexplained by socio-economic and demographic variables. It is often interpreted as relating to personality, and indeed, additional analysis in this paper shows that residual SWB is significantly related with the Big-Five personality traits. Within-person increases in extraversion or emotional stability, for example, are associated with increases in residual SWB. The data come from the U.S. General Social Survey Panel (2006-2014) and German Socio-Economic Panel (1984-2013).

Session 1B: Happiness, Love and Romantic Relationships

Monday March 20, 14:00-15:30, M3-04 Auckland

Chair: Shuai Chen

Family traditionalism, marriage, and well-being.

Josje ten Kate (Erasmus University Rotterdam)

How and why the extent to which marriage leads to greater subjective well-being depends on countries' family traditionalism The positive relationship between marriage and subjective well-being is a robust finding in the academic field. There is, however, a growing demand for contextualization of this relationship. It is for instance suggested that the influence of marriage on well-being varies across cultures. Different scholars find indications that a variety of societal factors revolving around attitudes towards traditional and non-traditional configurations of the family are relevant here. Taken together, these findings suggest that a national level of family traditionalism plays a role in the relationship between marriage and well-being. We investigate *if* and *how* family traditionalism plays a role by proposing and empirically testing two ways in which the role of family traditionalism can be understood. First, a cultural interpretation based on the normative nature of marriage is proposed based on sociological literature on social norms and conformity. Second, adopting a different theoretical approach, marriage is interpreted as a source of social support, resulting in a structural interpretation of the role of family traditionalism. We construct a comprehensive measure of family traditionalism to empirically test both interpretations, using all available rounds (2002-2014) of the European Social Survey (N = 239,828). Preliminary multilevel analyses suggest that the relationship between marriage and well-being is *weaker* in more traditional countries, demonstrating the importance of taking cross-cultural variations into account.

Is Marriage good for Happiness among Employed People in Thailand?

Sirinan Kittisuksathit* Chalermopol Chamchan, Supond Jaratsit and Wannee Hutapheat (Mahidol University, Thailand)

This paper investigates employed people in relation to marriage and happiness. Marriage in this study refers to married and living together and married and living apart. Happiness is developed upon the concept of quality of life which is comprised of nine dimensions such as Happy Body, Happy Relax, Happy Heart, Happy Soul, Happy family, Happy Society, Happy Brain, Happy Money, and Happy Work-life (WHOQOL Group, 1995; Maslow's Hierarchy of Need Theory, 1953). Happiness level is divided into 4 levels of average happiness scores; 1.00 – 24.99 is very unhappy, 25.00 – 49.99 is unhappy, 50.00 – 74.99 is happy, and 75.00 – 100 is very happy. This study uses secondary data from a project entitled "Happiness Watch among Working People in Thailand". The total sample of employed people is 3,728 who were working in 51 organizations in Thailand, while the tool of data collection used is called "HAPPINOMETER", which is a Happiness Self-Assessment Tool developed by the Institute for Population and Social Research,

Mahidol University and the National Electronic and Computer Center (NECTEC). The preliminary findings show that overall happiness average scores in the organization is at the happy levels, with Happy Soul at the highest level and Happy Relax at the lowest level. However, when compare between employed people who were married and living together and married and living apart results show the one who were married and living together are more likely to obtain higher happiness average score in Happy Body, Happy Relax, Happy Family, and Happy Money while they do the same happiness average scores in Happy Soul, Happy Society, Happy Heart, Happy Brain and Happy Work-life.

Subjective Well-being and Partnership Dynamics; Are Homosexual Relationships Different?

Shuai Chen, Jan C. van Ours (Tilburg University, Erasmus School of Economics)

Partnered individuals are happier than singles. This could be because partnership leads to more satisfactory subjective well-being or because happier people are more likely to find a partner. We analyze Dutch panel data to investigate whether or not there is a causal effect of partnership on subjective well-being. Our data allow us to distinguish between marriage and cohabitation and between heterosexual partnerships and homosexual ones. We find that partnership formation improves well-being and find that these benefits are the same for homosexuals and heterosexuals. The well-being gains of marriage are larger than the gains of cohabitation for straight women, while they are identical for lesbians and straight and gay men. Investigating partnership formation and disruption, we discover that the well-being effects are symmetric. Finally, we find that marriage improves well-being for both younger and older cohorts while cohabitation only benefits younger cohorts.

Session 1C: Education and Happiness: Evidence and Practice

Monday March 20, 14:00-15:30, M1-08 Leuven

Chair: Anne Sallaerts

Unhappy Vocation? Wellbeing and Vocational Education in the UK

Marina Della Giusta and Sarah Jewell (University of Reading)

There is increasing interest by policy makers in the UK in transforming vocational education both in terms of the skills developed but also in terms of its social status, but little is understood on how vocational education impacts on well-being. Studies of the impact of education on well-being have produced mixed results in past research, with recent work by Clark suggesting the effect of education on wellbeing in the Australian, British and German panels may even be negative overall at least at the individual level, due to the negative effects of others' education overriding both the direct positive impact and that of compensating effects through income, health and partnership. Our estimated results from the UK Annual Population survey suggest that both individuals who have gained vocational GCSEs and education beyond standard GCSE has negative impacts on well-being. The latter result is consistent with results from UK panel studies but also that disadvantages increase beyond the age of 16 (as suggested by the educational endowment foundation). We explore two longitudinal surveys examining UK youth – The Longitudinal Study of Young People in England and The Youth Panel from the UK Understanding Society Survey - particularly to see whether there is selection into vocational education of under-performing and already unhappy children, and what roles play non-cognitive skills, well-being, expectations and performance in the selection into vocational education.

Does Compulsory Schooling Affect Happiness? New Evidence from a Natural Experiment

Asena Caner, (TOBB University of Economics and Technology)

This study investigates the causal effect of schooling on self-stated happiness for young adults in Turkey, using the nationwide reform in 1997 as the source of exogenous change in educational attainment. The econometric technique used is two-stage least squares, where the compulsory schooling reform is used as an instrument. The results are as follows: First, it finds that the reform substantially increased junior high school completion rates. The change corresponds to a 46-53% and 17-20% increase over the mean in the pre-reform cohorts for women and men, respectively. Second, there is no strong evidence for a causal effect of education on overall happiness among young adults. Third, investigating the channels of interaction, I find strong evidence for several channels of interaction. In particular, women in the post-reform cohorts have higher satisfaction in several life domains and are more hopeful; however, they do not have more favorable expectations for the future. Men in the post-reform cohorts have less favorable expectations for better working conditions. For both men and women, the reform reduced marriage rates. Evidence suggests that education causally affects happiness through several channels, but eventually generates a net zero effect on overall happiness. It is likely that the Great Recession disproportionately affected youth unemployment and had long-lasting effects that interfered with the potential benefits of extended schooling.

Learning goal well-being – conceptual development of ‘Schulfach Glück’ for operationalizing and realizing health and educationally relevant goal categories”

Anna Löffler-Gutmann, Ernst Fritz-Schubert (Ludwig-Maximilians-Universität München)

This work constitutes the scientific continuation of Ernst Fritz-Schubert’s innovative educational offer developed in 2007, Schulfach Glück, which aims at both fostering children’s and young adolescents’ mental well-being and enabling them to acquire self-determined responsibility.

The connection between the subjective description of current well-being and the dynamic aspects of psychological well-being is established in part A. The model’s foundation is described in part B. In part C. a tetrahedron was chosen as a model by way of illustration with the four sides representing the psychological needs, the competencies and the two resources consistence and coherence. By means of this three-dimensional model the author succeeded in showing that academic and non-academic objectives can complement each other within the school context if, in the sense of constructivist didactics, teachers are being offered realms of experience.

Subsequently, a core curriculum is developed on the basis of the elements of mental well-being and flourishing, which takes the constructs’ crucial factors into account and operationalizes them. The curricular structure is based on the course of action, which divides Schulfach Glück into six phases aiming at fostering resources and competence, starting from the individual strengths and the innate and internalized needs.

Different scientific studies on Schulfach Glück are being referred to which have emerged during the last few years in different contexts. The studies’ data material attests to the subjects’ positive effect concerning the indicators of well-being.

Young Happy Minds (YHM)

Anne Sallaerts (Young Happy Minds)

YHM believes in a possible better future for young people, where wellbeing is valued as highly as academic success. Through programs that provide roots and wings for young people to thrive and flourish.

Research has shown that:

1. emotional well-being is a better predictor for success than academic results
2. happiness levels are not fixed and can be influenced by intentional activity

Therefore we developed workshops and programs for young people (11- 24 years), teachers and parents that are rooted in the science of wellbeing and positive psychology. Our theory of change is that supporting students in building confidence, self-esteem, self-efficacy and resilience will close the attainment gap and increase their aspirations.

Through our signature programs we teach young people that their wellbeing is largely within their own control and that it can be improved through intentional activities. We cover the basics of Positive Psychology by teaching the 5 elements of PERMA (M. Seligman). We give them practical tools and 'happy hacks' including positive failure to experiment with that are evidence based

Our program has the following impact so far*:

20% increase in overall life satisfaction

14% increase in self esteem

12% increase in emotional wellbeing

12% increase in resilience

Needless to say how valuable this program is in a world where there has never been a higher depression rate amongst young people than today. Young Happy Minds currently operates in U.K, Norway and The Netherlands and is a partner of IPEN.

*Students who have been through our ten week program were measured against a control group before and after the 10 weeks using a wellbeing measure tool developed by New Philanthropy Capital.

Session 1D: Happiness in Transition Economies

Monday March 20, 14:00-15:30, M1-09 Bergen

Chair: Gohar Shahnazaryan

The Impact of Transition on Well-being

Alicia Adsera, Francesca Dalla Pozza, Sergei Guriev, Lukas Kleine Rueschkamp and Elena Nikolova, (European Bank for Reconstruction and Development)

The transition from planned to market economy in post-communist countries led to a complete overhaul of political, social and economic institutions and a protracted period of recession. We re-evaluate the impact of this transition on two measures of subjective and objective well-being: life satisfaction and height. We utilise the third round of the EBRD/World Bank Life in Transition Survey (LITS), a household survey administered in 2016 in 29 post-communist and 5 non-transition countries. Previous studies demonstrated the existence of a "transition happiness gap": residents of postcommunist countries used to report lower levels of life satisfaction than their

counterparts from non-transition countries with similar income levels. Using fresh LiTS data, we show that the gap has finally closed: in 2016, residents of post-communist countries are as satisfied with their lives as their peers from other countries. This finding comes with three caveats. First, the “happiness convergence” is only partially explained by the increase in life satisfaction in post-communist countries; the decline of life satisfaction in non-transition countries also plays a role. Second, we provide evidence that transition was accompanied by substantial hardship: cohorts born around the start of transition are today 1.1 centimetres shorter than their older or younger peers. However, we also find that those cohorts are better educated and more satisfied with their lives than their counterparts. Third, while these findings hold on average, we show that individuals born in disadvantaged families were disproportionately affected and are today still lagging behind in terms of both life satisfaction and height.

Revisiting the Paradox of Declining Female Happiness for Russia

Yulduz Yakubova, (Westminster International University), Raufhon Salahodjaev (Westminster International University)

Over the past decades, the economic growth in Russia was very volatile followed by decline in the early 1990's and improvements in the period of rising oil prices. Despite blessed with natural resources, the improvements in quality of life across a number of dimensions in Russia was very heterogeneous. For example, life expectancy since 1960 has improved by only 4 years and suicide rates remain rampant. In this study, following extant literature we revisit whether the measures of subjective life satisfaction in Russia signal that women's happiness has declined both absolutely and relative to men (the so-called The Paradox of Declining Female Happiness). As suggested by Stevenson & Wolfers “the paradox of women's declining relative well-being is found across various datasets, measures of subjective wellbeing, and is pervasive across demographic groups and industrialized countries.”. Moreover, Andreenkova & Scherpenzeel (1995) argues that ‘people in Russia are in general satisfied with their life although the percentage (completely) dissatisfied is considerable higher than in most West European studies’. Therefore, it is important to explore whether we can observe the so-called The Paradox of Declining Female Happiness in case of Russia.

trust. The main aim of this paper is to examine which social ties make people happy in transition countries and how perceived corruption and perceived income inequality effect the social capital and life satisfaction.

Balanced Socio-economic Development and Happiness in Time of Uncertainty, Poland 1999-2018 – Past trends and Predictions

Andrzej K. Kozminski, Adam Noga Katarzyna Piotrowska, Krzysztof Zagórski (Kozminski University)

Poland is the only European country which has experienced growth of GDP during the last financial crisis. Despite growing awareness that national income is not the final aim of economic development and despite criticism of GDP as a measure oversimplifying the state of economy and not considering its social aspects, GDP is still most often used by economists and politicians to assess the economy. Our aim is to construct and to apply a composite index of both economic and social aspects of development. While many similar projects either overemphasize social aspects or neglect economic ones at all, we assume equal importance of four indexes of a lower level, collapsed later into a general “Balanced Development Index” (“BDI”): functioning of economy in external (international) context, internal economic conditions, social expectations and objective as well as subjective current social conditions. We have also developed a statistical model which very well estimates the past developmental trend and predicts its changes for a few years ahead. BDI provides more realistic picture of socio-economic development in crisis and post-crisis times than

GDP. Moreover, it is a very strong determinant of happiness measured by life satisfaction, good psychological functioning and number of suicides (inverted). Changes in happiness correspond to changes in BDI but not GDP.

Gender Aspects of Life Satisfaction and Happiness

Gohar Shahnazaryan, (Yerevan State University)

The question of whether gender plays significant role in the overall perception of happiness and well-being or not is quite debatable in the literature on happiness and subjective well-being. Sociologist J. Zweig compared 73 countries using Gallup World Poll and found out that despite the fact that women are poorer, less educated and occupied less prestigious jobs compare to men, overall women seem to be happier than men. But other surveys show that women are more likely to feel unhappy about their status and role in the society. For example, economists J. Wolfers and B. Stevenson analyzed data from various nation-wide surveys since 1972 and found that women's happiness level had been decreased over time. Data of nationwide survey called *Gender Barometer* allowed to analyze a level of happiness in Armenian society from gender perspective and make some correlations between happiness and various socio-demographic, economic and even social-psychological characteristics of respondents. According to data of Gender Barometer survey overall women are less happy than men are (23% and 30% accordingly). The data also showed that a level of happiness correlates with marital, socio-economic, educational and professional status and with a system of value.

Session 2A: Occupation, Skills and Happiness

Monday March 20, 16:00-17:30, M3-03 Aberdeen

Chair: Niels Rietveld

Self-employment and satisfaction with life, work, and leisure

Jolanda Hessels, Peter van der Zwan, Niels Rietveld (Erasmus University Rotterdam)

Self-employed individuals comprise a considerable share of the total labour force at approximately 16% in the European Union, and they are responsible for a large portion of employment and job creation. Despite the fact that the self-employed are more satisfied with their work than the paid employed, they are not more satisfied with their life. In this study, we show that decreased satisfaction with the non-working dimension of life explains why the self-employed are more satisfied with their work than the paid employed but not more satisfied with their life. We use longitudinal data from the German Socio-Economic Panel and follow self-employed and paid employed individuals in Germany over a period of almost 30 years (1984-2012). The empirical results show that switching from paid employment to self-employment leads to a small short-term increase in life satisfaction, whereas a much stronger and longer-term increase in work satisfaction can be observed at least five years after the switch to self-employment has occurred. By contrast, the results for leisure satisfaction are strikingly negative. That is, one's dissatisfaction with leisure outweighs one's satisfaction with work, and the pattern becomes more pronounced as the duration of self-employment increases. Hence, a switch to self-employment has positive influences on one's work satisfaction for several years but clearly exerts pressure on one's work-life balance. This result provides an explanation for why increases in life satisfaction are not persistent for those switching to self-employment.

Who is the most satisfied with the job and which jobs bring the greatest satisfaction? An analysis of PIAAC results for selected European countries

Maja Rynko, Anita-Abramowska Kmon, (University of Warsaw)

We examine the determinants of job satisfaction in selected European countries taking into account both individual and job characteristics. Job satisfaction is an important facet of our overall well-being (e.g. Near et al. 1987). But job satisfaction matters also from an macroeconomic and social policy points of view: individuals less satisfied with their jobs are more likely to become unemployed or retire (e.g. Siegrist et al. 2007, Hansson et al., 1997). We use the OECD's Programme for the International Assessment of Adult Competencies (PIAAC) data and analyze 18 European countries. The dataset covers around 6,5 thous. individuals and a broad range of information on their socio-demographic and jobs characteristics. The multidimensional statistical analysis shows that, in general, women, individuals living with a partner, having children, of greater age and with higher levels of education are more satisfied with their jobs. Using reading skills, cooperating with others, learning, task discretion and planning own's time are related to higher job satisfaction scores. The opposite holds for using numeracy, ICT and influencing skills, solving complex problems and working physically. Another interesting insight is gained when different age groups are analyzed separately: it seems that actions aiming at an increase in job satisfaction among younger people should provide positive stimuli, while among the older ones – decrease the potential negative stimuli.

Happiness Differences in the Netherlands

Jeroen Boelhouwer, (The Netherlands Institute for Social Research | SCP)

The Netherlands is a happy country – that is: compared to other countries the Dutch are satisfied with their lives. Also the Netherlands is an equal society compared to lots of other countries. In some respects though, differences seem to be growing: especially when we look at the mood of the population for example about immigration or the EU. What about differences in happiness? Are they growing too? We use several waves of the Dutch survey “Cultural Changes / SLI “ to answer this question. We look at personal characteristics (like age, household composition, ethnicity) and personal ‘resources’ (income, education, work and health) and describe differences between these groups.

Then we go beyond these group means and use chaid-analysis (a decision tree technique) to see to what extent the same variables play a role for differences in happiness within groups. In this step we also look at capabilities that are important in nowadays societies: mastery and computer skills. We then see much larger differences in happiness.

Happiness in Their Own Context: Workers in the Formal and Informal Sectors

Rossarin Soottipong Gray and Umaporn Pattaravanich (Institute for Population and Social Research, Mahidol University Thailand)

Unemployment has been used as a misery index. Employee happiness has a positive impact on labor productivity, economic and social behavior. Their level of happiness depends on types of work. The objectives of this study are 1) To explore the level of happiness based on the labour force statuses and 2) To explore the determinants of worker's happiness in the formal or informal sectors. The mixed method is used. The quantitative data were from the Labour Force Survey 2013, a national representative survey. Focus group discussions were conducted with homeworkers (informal sector workers) and teachers from government secondary schools (formal sector workers). The results show that unemployed people were least happy. Over 60 percent of employee were workers in the informal sector. Logistic regressions show that controlling for demographic and socio-demographic variables, the happiness level of workers in the formal sector was not significantly higher than the ones of workers in the informal sector. This finding is partly explained by the results from focus group discussions. It reveals that those working in either formal

or informal sectors were happy with their work in their context. The homeworkers felt having enough time for their families, freedom, pride and flexibility. In addition, they had access to universal health coverage and microfinance. While the teachers enjoyed the success of their students, respect from their communities and better social and health security from the government. They are not, however, satisfied with their work life balance. Limitations of the study and policy recommendation are discussed.

Session 2B: Happiness and Social Comparison

Monday March 20, 16:00-17:30, M3-04 Auckland

Chair: Marcin Piekalkiewicz

Subjective Well-Being in Transition: The Role of Income Aspirations and Comparisons

Marcin Piekalkiewicz, (*University of Siena*)

What is the role of income aspirations and comparisons in shaping the well-being trend during transition from socialism to capitalism? Using an unexplored data set coming from Poland for the years 1992-2010, covering more than 13,000 observations, the paper investigates the impact of income aspirations and income comparisons on reported happiness and financial satisfaction. The results show that individual well-being is negatively associated with the level of income aspirations and positively with the level of comparison income (i.e. own income compared to the income of others and to one's income in the past), whereas both effects are stronger in case of financial satisfaction and have remained stable in time throughout the transition period. The average happiness and financial satisfaction have followed the positive movements of GDP per capita in all the years except the period of soaring unemployment. The average level of actual income relative to income aspirations (i.e. fulfillment of aspirations) has been increasing, positively contributing to happiness and financial satisfaction trends. The analysis additionally shows that the level of income aspirations is determined by the self-evaluated relative position in the society.

Life Satisfaction and Economic Position Relative to Neighbors: Perceptions versus Reality

Muhammad Faress Bhuiyan (*Carleton College*)

I examine the relationship between economic position relative to local neighbors and life satisfaction in rural Bangladesh. In particular, I exploit a novel household level census of three villages that includes the geospatial coordinates of every household and a perception measure of economic position relative to neighbors. This allows for exploring the sensitivity of the aforementioned relationship to (i) different objective definitions of neighborhood, and (ii) the type of positional measure used, objective or perceived. I find that a higher perceived position improves life satisfaction while objective position has no statistically significant effect. This difference stems from a very low correlation between the objective and perceived positional measures. The low correlation can be explained by individual specific heterogeneity in definitions of neighbor. However, observable socioeconomic and demographic variables cannot explain the difference.

Effect of exposure to peers' luxuriously looking Instagram accounts on state self-esteem

Marijke De Veirman, Liselot Hudders, Veroline Cauberghe (*Ghent University*)

Previous studies suggest that spending money on luxury brands may positively affect an individual's self-esteem by signaling value to significant reference groups hereby increasing one's social standing with respect to these groups. Social comparison theory suggests that peers' luxurious lifestyles may impose a self-threat among those who are not consuming the same level of luxury. With the current ubiquity of social network sites, the likelihood of exposure to peers' luxury spending has only increased. As these sites allow for careful management of impressions, they may cause the idea that others are living better lives, which has been referred to as negative social comparison. Following social comparison theory, how people think they are doing compared to others is crucial in determining self-perceptions. Thus, perceiving the self as doing worse might be detrimental. Hence, we investigated the influence of exposure to a peer's Instagram account portraying a luxurious lifestyle on state self-esteem, using 2 experimental studies (Nstudy 1 = 161, Nstudy 2 = 160). Results show that exposure to peers' Instagram accounts portraying a luxurious lifestyle negatively affects state self-esteem, due to negative social comparison. Moreover, these negative effects are stronger for highly materialistic individuals. However, luxuriously looking Instagram accounts may also cause inferences of the signaler being a braggart. Peers with luxurious accounts are more perceived as braggarts compared to peers with less luxurious accounts, but this bragging only leads to negative effects on state self-esteem for highly materialistic individuals.

Envyng Alone. Social Poverty as an Engine of Social comparisons and Unhappiness

Stefano Bartolini (University of Siena), Francesco Sarracino, Marcin Piekalkiewicz (University of Siena)

Using different sources of survey data, we show that the lower is individuals' social capital, the more their subjective well-being is affected by relative and absolute income. Social capital moderates more sharply the impact of relative income on well-being than the impact of absolute income. High individual levels of social capital wipe out the relationship between relative income and well-being.

Tests of causality suggest that social capital affects the impact of income on well-being, particularly the impact of relative income. These results bring new insights to the explanation of the Easterlin paradox – the failure of economic growth to increase well-being. Indeed, the time series of the countries that experienced the Easterlin paradox show that well-being growth was prevented by the increasing importance of relative income and the declining social capital. Our results suggests that these two phenomena may be two sides of the same coin and that policies for social capital may be the therapy able to reconcile greater well-being and economic growth. Finally, we show that in countries where social capital is higher, the distribution of well-being among income classes is less affected by income inequality.

Session 2C: Happiness across the Life Course

Monday March 20, 16:00-17:30, M1-08 Leuven

Chair: Sergiu Bălătescu

Long-term effects of risk and resilience factors on satisfaction over 30 years

Kai Schudel, (Universität Zuerich)

Educational and nurturing practice and research claim that different vulnerability, risk, and resilience factors in childhood are important for later development (Wustmann, 2009). Among others, there are vulnerability factors of the children such as bad health, low cognitive abilities, and

low emotion regulation. There are parental risk factors such as low educational background of parents, dysfunctional parenting styles, and young parenthood. But there are also protective resilience factors of the children such as positive self concept, high self-efficacy, high action control, high social competencies, and social integration (Wustmann, 2009; Fröhlich-Gildhoff & Rönnau-Böse, 2011).

The present paper investigates whether these vulnerability, risk, and resilience factors are also important in adolescence. And it does so in reference to overall life satisfaction in middle adulthood. With the data of the unprecedented longitudinal Life Study, of a German sample of 1,600 participants ranging over 30 years, it is possible to examine long term effects of these factors at age 15 in 1982 on life satisfaction at age 45 in 2012.

Multiple regression reveals that these factors at age 15 explain only $R^2=.123$ of the variance of life satisfaction at age 45. Adolescent vulnerability factors and parents risk factors have no effects on the long-run – except of adolescents somatic indicators ($Beta=-.092^*$). But, resilience factors at age 15 are more important for life satisfaction at age 45. Action control ($Beta=.098^*$) and peer integration ($Beta=.127^{***}$) have a long-term effect on life satisfaction in middle adulthood

Are economic conditions related to non-normative life satisfaction development? Evaluating the relative impact of economic conditions, personality, and subjective health

Heike Heidemeier (Aachen University)

This study examined the relative contribution of psychological and socioeconomic resources to explaining qualitative individual differences in life satisfaction development. We used growth mixture modeling and a cohort-sequential design to investigate life satisfaction development from age 25 to 65, in a nationally representative panel (the SOEP). 83% of the participants experienced stability in life satisfaction. In a subgroup of individuals (10%) life satisfaction declined. This subgroup lived under less favorable economic conditions, and reported downward moves on an index of socioeconomic status. In another subgroup (7%) life satisfaction was low at age 25, and increased up to age 65. This group was also socioeconomically disadvantaged, but scored higher on adaptive personality traits and experienced upward social mobility. Generally, personality traits explained level differences in life satisfaction better than economic conditions. However, economic conditions explained non-normative life satisfaction development better than generalized control beliefs and the Big Five traits.

National-level correlates of children's subjective well-being. Alternative explanatory hypotheses

Sergiu Bălăţescu

In this presentation I will address the puzzle of national-level correlates of children subjective well-being. As the results of the first global study on children's well-being (Children's World (www.isciweb.org), financed by Jacobs foundation, $n>35.000$ within 15 countries, age 8-13) show, there is no correlation at national level between GDP and other development indicators and children's subjective well-being (Rees & Main, 2015). For example, it was found that children in medium-income countries (such as Romania, Columbia, and Turkey) have the highest levels of measured happiness within the whole sample while children from some wealthy societies (South Korea, Great Britain) are among the unhappiest. These results are frustrating because for adult population the correlations between the objective and the subjective indicators of well-being are very strong.

In order to explain such findings I followed the implications of the main explanatory theories of happiness, outlined by Diener (2000). On one hand, the evaluation and the relative standard theories would indicate that the assessment that children make of the own well-being are influenced by their different position compared to adults, and by their different standards. On the other hand, children's happiness may be influenced by a larger array of societal factors (considered by Veenhoven (1993) under the name 'livability'). This would imply that not only what society offers to the children matters for their subjective well-being, but what it requests from them (Veenhoven, 2000). Thus, in countries with highly challenging and competitive school systems, children are under strong pressure to achieve and this lowers their happiness, despite their relative better objective well-being.

In this paper I propose and discuss several variables that can be included in models for testing these alternative theories.

Session 2D: Measurement of Happiness and Other Indicators I

Monday March 20, 16:00-17:30, M1-09 Bergen

Chair: Jan Bernheim

Well-being Inequality in the Netherlands

Jacqueline van Beuningen (Statistics Netherlands)

Levels of well-being have been reported over the years for many countries and for various population groups. Recently, well-being inequality or the divergence of well-being has been subject of international debates. It is relevant for policy makers to have information on well-being inequality to be able to better interpret the level of well-being in a country and to identify groups that lag behind.

In this paper we select a well-known inequality measure, the standard deviation (SD), and develop a formal test to determine differences in well-being inequality. By using bootstrapping, the confidence intervals around the SD are determined. We compare groups based on gender, age, level of education and ethnicity in the Netherlands to see which groups are more unequal in terms of happiness. We use 2014 to 2016 data from the social cohesion and well-being survey of Statistics Netherlands. This is an annual mixed-mode survey with around 7 500 respondents each year.

The results show that people with a primary education are more unequal in terms of happiness than highly educated people, with the latter group also reporting higher average happiness. Further, people with a non-western background are more unequal in terms of their happiness than people with a native Dutch background. The same pattern occurs here: the group that scores lowest on happiness experiences the highest inequality. There are no significant differences between men and women or between age groups.

Flourishing in Croatia: The Validation of the Croatian versions of the Flourishing Scale and the Scale of Positive and Negative Experience

Maja Tadić Vujčić, (Institute of social sciences Ivo Pilar), Ljiljana Kaliterna Lipovčan, (Institute of social sciences Ivo Pilar) Zvezdana Prizmić Larsen, (Washington University in St. Louis), Andreja Brajša-Žganec, (Institute of social sciences Ivo Pilar), Renata Franc, (Institute of social sciences Ivo Pilar) I

Although the field of well-being measurement has developed considerably over the last two decades, the measurement of flourishing—a construct that refers to high levels of well-being—is still new. In order to effectively promote high levels of well-being, further work is required to add greater precision to the psychometric characteristics of the flourishing measures. Thus, the aim of this study was to investigate the psychometric properties of the two scales assessing optimal experience and functioning: The Flourishing Scale (Diener, et al., 2010) and The Scale of Positive and Negative Experience (SPANE) (Diener, et al., 2010) in a large sample of Croatian adults. The study was conducted within a Croatian Longitudinal Study of Well-Being (CRO-WELL) project among 2090 participants (age range 18-85 years; average age $M=34.92$, $SD=11.65$; $N_{male}=482$, $N_{female}=1662$). Using confirmatory factor analysis (CFA), we evaluated the factor structure of the two scales, and examined their reliability, criterion, and convergent validity against other commonly used well-being measures. Results revealed that the hypothesized one-factor structure of the Flourishing scale and two-factor structure of the SPANE (including positive and negative experiences) provided a good fit to the data. Moreover, both scales also showed high reliabilities and high convergence with similar scales. These findings strengthen empirical evidence for the use of the Flourishing Scale and the SPANE as a reliable and valid tool for assessing well-being in the general population.

Happy Workplace – Going beyond the Figures

Ilona Suojanen, (University of Edinburgh Business School)

Workplace happiness and job satisfaction studies have mainly been using quantitative self-report fixed questionnaire surveys to address the topic. Even though they reveal many aspects of the ambivalent topic and provide important findings that may be generalizable to many different situations, a qualitative approach could complement these by telling the stories behind the numbers. As the current world is very visual and people share their thoughts and experiences through images, and as other forms than writing and surveys are needed in happiness studies, this paper proposes an alternative approach to study happiness. 24 young professionals based in Edinburgh, took part in this study. They were requested to take photos when experiencing work-related happiness during a two-week period. Afterwards they were asked to talk through their photos. Narratives were supported by semi-structured interviews. Collected data revealed insights into the happiness definitions, happiness expectations and happiness responsibility. It allowed access into variety of workplace settings and literally showed the main enablers for happiness to occur at work. Some of the strengths of the method lay in capturing happiness moments and in helping to recall them later. Interestingly some of the challenges were also about capturing the fleeting moments and analysing the data. This paper supplies new insights into understanding happiness, by explaining the advantages (but also limitations and challenges) of using narrative methods and visual data in elucidating employee happiness in the workplace. It also shows how the combination of narrative and visual methods conceptualises happiness studies in a new way.

Circumventing relativity biases in felictometrics by anamnestic comparative self-assessment.

Jan L Bernheim, Peter Theuns, Valerie Møller, Habib Tiliouine

Background: Felictometrics, the measurement of subjective wellbeing (SWB), is rife with philosophical and psychometric dilemmas. Problems of conventional “*How are you?*”- questions (CQ) include trivialisation, peer-relativity, cultural bias and failure to reflect major objective improvements (the Easterlin paradox).

Objective: ACSA endeavours to circumvent these problems.

Methods: With ACSA, respondents define their individual scale of SWB by referring to the best and the worst periods in their life experience as the +5 and -5 scale anchors. These are internal

rather than external standards. ACSA is universalistic if all people have had excellent and terrible times.

Results: ACSA was found more discriminating, more responsive to objective changes and less trait-sensitive than the CQ. In Locked-in Syndrome it overcame the ‘disability paradox’ (SWB of disabled not distinguishable from healthy people).

European respondents’ stated best periods in life were experiences of love, childbirth or career milestones. The worst were typically bereavement, divorce or a serious disease. In line with Maslow’s model of human needs, black-Africans’ anchors were often related to income. In an interview format, ACSA promotes an empathic investigator/respondent report. Its briefness makes it suitable for longitudinal studies. ACSA could be used together with multi-dimensional instruments to quantify, by multivariate analysis, the contributions of items and dimensions to overall SWB, thus identifying those whose improvement would likely have the greatest utility.

Conclusion: The biographical frame of reference against which SWB is assessed circumvents superficial and relativity-biased responses. Philosophically, ACSA allows respondents to privilege a hedonistic or eudaimonic perspective or any other personal view on life.

Session 3A: Work Time and Happiness

Tuesday March 21, 14:00-15:30, M3-03 Aberdeen

Chair: Anthony Lepinteur

The impact of weekend working on well-being in the UK

Andrew Bryce (University of Sheffield)

The seven-day week, consisting of five work days and two weekend days, has governed our work and home lives for generations but the emergence of the 24/7 service economy has meant that traditional work schedules have become increasingly eroded for many people in recent decades. This paper investigates the extent to which weekend working is a significant determinant of well-being. Using UK data from the Labour Force Survey and Understanding Society, I estimate a fixed effects model to test whether transitions into or out of weekend working are associated with changes in happiness and other subjective well-being measures. I find that working at the weekend is significantly associated with reduced happiness but there are no effects when looking at anxiety, life satisfaction or eudaimonic well-being. Weekend working is also associated with reduced satisfaction with leisure time and worse mental health, as measured by the General Health Questionnaire (GHQ).

Work-Life Balance: Does it really matter to Happiness and Stress of Thai Workforce?

Charamporn Holomyong, Sirinan Kittisuksathit, and Supanee, (Mahidol University, Thailand)

Developed countries has placed high important on work-life balance as it helps ensure psychological well-being of workers. However, for a developing country suffering economic downturn like Thailand, work-life balance could easily be viewed as an inferior. The objective of this paper is investigating how work-life balance is related to happiness and stress of Thai workforce. Employing the concept of Greenhaus (2003), two measures of work-life balance (time balance and satisfaction balance) were tested for association with happiness and stress. Data were drawn from a survey of 56,335 workers age 15- 70 in 77 organizations in Thailand in 2016. Workers with work-life balance were significantly underrepresented among those reported with high stress and highest stress. However, work-life balance vaguely related to their happiness. The happiest

group is workers who weighed either more time or satisfaction on family comparing to that on jobs. Workers who weighed either more time or satisfaction on jobs comparing to that on family ranked the 2nd on their happiness scores. However, those with work-life balance granted the least happiness score. In Thailand, merely work-life balance would not be enough to ensure happiness of workers. Other factors beyond balancing time and satisfaction of job and family such as good remuneration and advances in career may influence workers' happiness. Still, work-life balance is important to Thai workforce. It is a special vitamin that well developed psychological immune system of workers to be away from stress.

Did part-time work make the family happier in the Netherlands?

Dillenseger L. and Munier F. (University of Strasbourg - BETA), Burger M. (EHERO – Erasmus University Rotterdam),

Since the seminal works of Booth and Van Ours (2008, 2009 & 2013), Gash, Mertens and Gordo (2010), Higgins, Duxbury and Johnson (2000), the impact of part-time work on Subjective Well-being (SWB) is a crucial issue. The research has mainly focused on a gender approach explaining that women and men experienced part-time work differently because of an asymmetric specialization between domestic and market work. The aim and the originality of our research is to highlight how social context, such as occupational value may explain the difference of SWB between men and women working part-time. Using LISS panel data for the Netherlands for the period 1994 to 2015, we examine empirically this question of gender. We also look at the impact of partner working hours on SWB. Using fixed effect model, we provide robust evidence that women are happier when they work part-time rather than full-time while for men it is the opposite. In addition, we find that men are happier when their partner work part-time rather than when she works full-time and women are happier when their partner work full-time. According to those results, we attempt to elaborate experienced utility function for men and women (using the marginal impact of income loss associated with reducing working hours on happiness). These results lead to rethink how labour policies may give incentives to impact on labour supply.

The shorter workweek and worker wellbeing: Evidence from Portugal and France

Anthony Lepinteur (Paris School of Economics)

Mandatory reductions in the workweek can be used by governments to attempt to reduce unemployment, and are usually assumed to improve the well-being of workers. Nevertheless, the net impact of shorter workweeks on worker welfare is ambiguous ex ante and little empirical effort has been devoted to identify how worker satisfaction changes with mandatory reductions in working time. Using data from the European Community Household Panel, this paper evaluates the impact of the exogenous reductions in weekly working hours induced by reforms implemented in Portugal and France. Difference-in-difference estimation results suggest that reduced working hours generated significant and robust increases in job and leisure satisfaction of the workers affected in both countries, with the rise in the former mainly being explained by greater satisfaction with working hours and working conditions.

Session 3B: Happiness, Income and Economic Development

Tuesday March 21, 16:00-17:30, M3-04 Auckland

Chair: Maarten Vendrik

The Easterlin Paradox revisited: Who is right?

Maarten Vendrik (Maastricht University, EHERO), Caspar Kaiser (Oxford University)

This paper assesses the current controversy on the empirical validity of the Easterlin Paradox between on the one hand Easterlin and several prominent happiness economists and on the other hand Sacks, Stevenson, and Wolfers, and Veenhoven and co-workers. While Easterlin has found consistently insignificant long-term correlations between GDP per capita and life satisfaction over time for the world as a whole as well as for subsamples of developed, less developed, and transition (mainly ex-communist) countries, the latter authors find significant positive correlations between GDP per capita and subjective well-being for the world as a whole in various country panel data sets separately as well as combined. Furthermore, for developed countries several other country-panel studies (e.g. Layard et al., 2010; De Neve et al., 2015; Kaiser and Vendrik, 2016) confirm the validity of the Easterlin Paradox.

We investigate this issue by conducting own estimations on country panel models like those of Layard et al. (2010) and Sacks et al. (2013) for updated datasets. In addition to the Hodrick-Prescott filter for correcting the GDP data for business cycles used in these studies, we also use a linear trend filter (the HP-filter for $\lambda = \infty$) that filters out longer cycles in the GDP data as well and that is close to the methodology used by Easterlin et al and Veenhoven et al. This allows us to compare our results with those of Layard et al. (2010) and Sacks et al. (2013) as well as those of Easterlin (2016) and Veenhoven and Vergunst (2014) and to discuss which approach seems the most appropriate.

The Influence of Central Bank Interest Rates Decisions on Mental Health and Well-Being in the Heavily Indebted

Christopher Boyce

Central banks currently set economy-wide interest rates to meet exclusively economic objectives. There is a strong link between indebtedness and well-being at the individual level, with interest rates being an important factor determining ability to repay debt. However, no prior research has explored how economy-wide interest rate changes made by central banks might directly influence mental health and well-being, nor whether this varies by levels of indebtedness. We use a longitudinal sample of British households from 1995 to 2009 ($N = 93,255$) to show that a 1% increase in the Bank of England base-rate was associated with a 2.6% increase in someone with a heavy debt burden experiencing psychiatric morbidity. Changes in economy-wide interest rates may pose a threat to mental health. Adequate support is needed for those in debt and central bankers need to actively consider how their decisions might influence population mental health and well-being more broadly.

Inflation - Unemployment and Subjective Well-Being: the Contribution of Economic Growth for a new interpretation

Jalal el Ouardighi and Francis Munier (University of Strasbourg – BETA)

Since notably the work of Di Tella et al. (2001; 2003) and Blanchflower (2007), a consensual outcome is that the impact on subjective well-being of inflation is significantly less damaging than the one of unemployment. The aim of the paper is to analyse this trade-off by introducing a new variable: GDP. To our knowledge, most empirical studies are basically based only the simple interaction between unemployment and inflation. The originality of our approach is to focus on the interactions between these three variables for a new interpretation of the respective impact on well-being. We also test the heterogeneity/non-linearity of this relation, meaning that the impact of the macroeconomic variables on well-being differs according to the country average of GDP

growth rate; and also the spread between the observed growth of GDP and the estimation of the potential growth. The empirical analysis examines Life Satisfaction (LS) as a measure of Subjective well-being in the European Union (EU) over the 1995-2015 period of time. The data on LS are based of the Eurobarometer Survey. The main finding can be summarized as follows. (i) All specification points out that unemployment and GDP growth rates have significant impact on well-being. In contrast, inflation seems to have no influence on well-being during the period. (ii) The results show that a higher average GDP growth rate reduces the negative effect of unemployment. These results exhibit some relevant arguments for the monetary policy to boost growth in Europe, rather to limit the mandate of price stability.

Unraveling the paradox: The moderating role of collectivism on the relationship between adversity and happiness

Silvio Borrero, Lina M. Martínez, (Universidad Icesi)

Evidence on the relationship between wealth and happiness is mixed, hinting that there are situational or individual factors that account for the results' variability. Rather than trying to explain happiness as predicted by prosperity, we attempt to explain unhappiness as predicted by adversity. We suggest that the undermining effect of adversity on happiness is attenuated by a collectivistic orientation. We tested these assertions by means of three studies that contrasted happiness with wealth, environmental turmoil, and collectivist orientation at the world, city, and individual levels. The objective was to test whether international patterns held in more culture-specific contexts and across individuals. We conducted our local and individual studies in Colombia, which we consider an appropriate choice given this country's paradoxical, consistently high, measures of environmental distress and happiness. On the first study, we conducted analyses of variance on happiness, wealth, violence and collectiveness data from 268 countries throughout the world. On a second study, we contrasted data of individual life satisfaction with self-perceptions of wealth, safety, violence and social networking, collected amongst inhabitants in Cali, the third largest city in Colombia. On a third study, we tested our hypothesis at a private university in Colombia, where we surveyed 697 respondents on their perceptions of happiness, economic status, environmental turmoil, and collectiveness orientation. Taken together, our results support the hypothesized negative relationship between adversity and happiness, and the moderating effect that collectivism has on such relationship.

Session 3C: Life Events and Happiness

Tuesday March 21, 14:00-15:30, M1-08 Leuven

Chair: Gaël Brulé

The Costs of Parenthood and Parental Well-being. The Case of Switzerland.

Malgorzata Mikucka (MZES, Mannheim University), Ester Rizzi (Centre for Demographic Research, Université Catholique de Louvain)

Well-being literature accumulated the evidence that parenthood does not increase people's well-being. The dominating explanation are costs associated with parenthood: having children does not make people happy, because the intrinsic gains of parenthood are counterbalanced by financial burdens and the lack of free time. This study investigates a less studied social context, i.e. Switzerland, to analyze how the perceived financial burdens and time constraints change over the course of parenthood. This context is especially informative, because the state support to parenthood in Switzerland is low, therefore the costs of parenthood should affect parents especially strongly. We use Swiss Household Panel data (16 waves) and fixed-effects models to

study the within-person changes of financial satisfaction and satisfaction with free time experienced during parenthood. The satisfaction measures are particularly useful tools in the analysis, because they focus on the perceived, and not objective burdens, and should therefore particularly strongly correlate with changes of parental life satisfaction. Our results show, that financial satisfaction systematically increases during parenthood in Switzerland. The increase is especially high after the birth of the second (i.e. typically the last) child in the family, and is stronger among men than among women. In other words, financial satisfaction of parents increases faster than the financial satisfaction of otherwise similar childless people. We also show that men's satisfaction with their free time is temporarily and negatively affected by the birth of the first child. The negative effect among women is much stronger than among men, but it is also temporary. By the time a child reaches the age of 10-12 years, women's satisfaction with their free time is systematically higher than in the period before the birth of a child. This suggests that our understanding of the role played by the costs of parenthood for parental life satisfaction is still limited. We call for further research, especially those using other theoretical perspectives, such as the selection approach.

The impact of retirement on happiness in Poland – Evidence from panel data

Wojciech Łatkowski and Anita Abramowska-Kmon, (Warsaw School of Economics)

The main aim of the paper is to examine the impact of retirement on individual's life satisfaction in Poland. We analyze 7 waves of panel survey 'Social Diagnosis' conducted in Poland between 2003 and 2015. The final sample was limited to individuals aged 50-69 who experienced the retirement transition during the survey. The random-effects ordered logit model was employed. Life satisfaction is expressed in terms of happiness. In the model we included not only the basic socio-demographic individual characteristics (sex, age, marital status, place of residence, level of education, employment status), but also living arrangements, satisfaction with family financial situation, satisfaction with health, engagement in social activities, religiosity and variable describing retirement. In general, the results are in line with those described in the literature. We found that retirement has no influence on life satisfaction. As expected higher education and better financial situation increase happiness, while health problems and living without partner decrease life satisfaction. Individual's engagement in social activity was found having no statistically significant impact on satisfaction with one's life but higher participation in religious activities was found an enhancing factor. This work contributes to the research on retirement through its focus on Poland, a Central European country with early exit culture.

Which factors reduce adverse effects from life events on subjective well-being? Focus on the role of wealth and religion

Gaël Brulé, Laura Ravazzini, Ursina Kuhn, Christian Suter (Erasmus University Rotterdam and University of Neuchâtel)

The substantial impact of life events on subjective well-being (SWB) is relatively well documented in the literature. Some of these changes, such as disability, persist in the years following the event, whereas others such as marriage have temporal effects. In addition, there is considerable variability in the degree of the reaction and adaptation to the events among individuals. This contribution addresses the role of moderators regarding reaction and adaptation to adverse life events effect on SWB, with a focus on wealth and religious participation. We analyse the effects of divorce, termination of a close relationship, accident or illness, death of a closely related person and unemployment) using data of the SHP from 2000-2015. Models are estimated using fixed effects regression. We find some weak support that wealthy individuals suffer less from adverse effects in terms of well-being for some life events. For other events, being wealthy or not does not seem to make a difference. Considering the limited number of individuals who experience the specific

event and having a measure on wealth in the SHP, this potential moderation effects deserves additional attention. As far as religion is concerned, we find a protective effect for some life events (unemployment, illness or accident). At the same time, divorce seems to have a stronger negative impact on religious individuals compared to others.

Why Is It So Difficult to Change? How to Overcome the Barriers?

Ales Neusar

People often know that if they want to live better they have to change somehow. However, change is always difficult and “knowing” that we should change is not enough. We have to do something in order to change and doing “something” out of our comfort zone may seem too dangerous. As we know from our own lives, it is often easier to suffer than to change, because “change” also brings something new and potentially risky and we always lose something. The paper will present an analysis of hundreds “change stories” that the author has collected over the last few years and will also draw from authors’ counselling practice.

Session 3D: Measurement of Happiness and Other Indicators II

Tuesday March 21, 14:00-15:30, M1-09 Bergen

Chair: Bart Defloor

Reversing the Gender Gap in Happiness: Validating the Use of Life Satisfaction Self-Reports Worldwide

Mallory Montgomery (University of Southern California)

Life satisfaction surveys are increasingly being used as a measure of welfare (Stiglitz et al., 2009), and even proposed as a primary measure (Layard, 2005). On average worldwide, surveys consistently find that women report higher life satisfaction than men. Yet, women are worse off in many ways: less educated, lower incomes, worse self-reported health, fewer opportunities, etc. Why do they report higher life satisfaction? Using recent data from the Gallup World Poll, I show that women are not happier than men; using anchoring vignettes, I show that the gap is due to women and men systematically using different response scales, and that once these scales have been normalized, women are less happy than men on average. On the other hand, the effects of other characteristics commonly studied (income, education, marital status, etc.) are robust to vignette adjustment, reinforcing previous findings. Before we can use life satisfaction to evaluate welfare and policy, we need to be sure our measures are well suited to the task.

The Association between Life Satisfaction and Affective Well-Being

Martin Berlin (Stockholm University), Filip Fors (Umeå University)

We estimate the correlation between life satisfaction and affective (emotional) well-being – two conceptually distinct dimensions of subjective well-being. We propose a simple model that distinguishes between a stable and a transitory component of affective well-being, and which also accounts for measurement error in self-reports of both variables, including current mood-bias effects on life satisfaction judgments. The model is estimated using momentarily measured well-being data, from an experience sampling survey that we conducted on a population sample of Swedes aged 18–50 ($n=252$). Our main estimates of the correlation between life satisfaction and

long-run affective well-being range between 0.78 and 0.91, indicating a stronger convergence between these variables than many previous studies that do not account for measurement issues.

Hedonic Recall Bias: Why You Should Not Ask People How Much They Earn

Alberto Prati (Aix-Marseille School of Economics)

The empirical literature on job satisfaction typically uses data drawn from social surveys: directly asking people is arguably the best way to know their satisfaction with regards to different aspects of their work. Matching these answers with observable characteristics can provide useful information on what matters to workers. However, when these characteristics are self-reported by the respondents, their imprecision may lead to severe misestimations of satisfaction determinants. To test this hypothesis on wage satisfaction, we use a matched data set which contains for each individual: reliable administrative data on wages, self-reported wages in a survey and a declarative measure of wage satisfaction. Our paper shows that the use of survey data leads to considerable over-estimation of the importance of wage as a determinant of wage satisfaction. The upward bias in the estimated coefficients suggests some endogeneity of the measurement error. In particular, responses seem to be affected by a recall bias: people who are satisfied with their wage are more likely to over-report their wage in questionnaires. The more satisfied they are, the larger the over-estimation is (and vice-versa for less satisfied people). We designate this behavioral bias as "hedonic" and we describe it in a simple non-linear model. These results meet the recommendation by Eurostat to further integrate administrative and survey records, in order to enhance data quality. For further research paths, we can reasonably conjecture that the hedonic recall bias affects satisfaction variables other than wage satisfaction.

Three Times Happy?

Bart Defloor, (Ghent University)

Three commonly used approaches to measure subjective well-being (SWB) are satisfaction with life, happiness and eudemonic happiness. A vast body of research has investigated the determinants of SWB, yet much less attention has been devoted to the analysis of the differences between the answers people provide. For instance, some respondents report a high level of satisfaction, but a low level of happiness, while others report a high level of eudemonic happiness but report to be dissatisfied. If SWB is to be used to judge and compare individuals' well-being, it is important to gain insights in the reasons why respondents provide different answers, as it might influence the choice of question to be used in policy analysis. We relate the differences to individual characteristics of the respondents. Our dataset is based on a yearly survey carried out in Belgium and consists of three waves with in total over 4000 respondents. The survey contains, apart from the three SWB questions (on a 10-point scale), personality related and socio-demographic information, and information on the individuals' achievements in a number of life domains. Around 13% of the respondents report two points of difference between their reported happiness and their satisfaction with life. For eudemonic happiness, this percentage is even higher, as around 25% of the respondents reports at least two points of difference on their eudemonic happiness their happiness or satisfaction. We provide insights into whether the differences in the scores are due to socio-demographic or personality related information, or to unobserved factors.

Session 4A: Happiness at the Workplace

Tuesday March 21, 16:00-17:30, M3-03 Aberdeen

Chair: Ilona Suojanen

Working at Home and Subjective Well-being

Younghwan Song (Union College and IZA)

According to the 2003 through 2014 American Time Use Surveys, the percent of workers worked at home among the wage/salary workers worked on the diary day has increased from 15 percent in 2003 to 20 percent in 2014. While some people work at home on a regular daytime schedule, many others work at home in the evening after a day's work in the workplace. Thus for some workers working at home seems to represent another perk of flexibility in workplace, while for others it seems to simply mean extending work hours into the evening and home. Using data drawn from the 2010, 2012, and 2013 American Time Use Survey Well-Being Modules, this paper examines how subjective well-being among wage/salary workers vary between working at home and working at one's workplace or other places. Various measures of subjective well-being based on time-diary data—meaningfulness, happiness, pain, sadness, tiredness, and stress—are analyzed. The results indicate that the effect of working at home on subjective well-being varies by time and by measure of subjective well-being: working at home in the evening decreases meaningfulness and happiness but increases tiredness, while working at home, in comparison with working in the workplace, over the weekend and holidays decreases pain. There is no substantial difference in subjective well-being between working at home during the day and working in the workplace during the week.

Are Happy Employees More Engaged? : A Case Study from Thailand

Chalermpol Chamchan, Sirinan Kittisuksathit, Suporn Jaratsit, Wannee Hutaphat (Mahidol University)

This study is aimed to assess possible associations between happiness of workers and their engagement with the workplace. Key hypothesis to be tested was whether a happier worker is a more engaged one. Happiness is defined based on a concept of quality of life in nine dimensions - including Happy Body, Happy Relax, Happy Heart, Happy Soul, Happy Family, Happy Society, Happy Brain, Happy Money and Happy Worklife, while the employee engagement is defined to include three components – which are Say, Stay and Strive. The level of happiness and engagement are measured by a tool named “Happinometer” developed by the Institute for Population and Social Research of Mahidol University with a support from the Thai Health Promotion Foundation. Data employed in the analysis were from a survey in 2016 among 51 workplaces in Thailand including in total 30,393 respondents. Preliminary findings show that happiness level is significantly associated with the worker's engagement level with the workplace. The associations are positive for all engagement components, with the highest magnitude for “say” followed by “stay” and then “strive”, respectively. Considering by dimensions of happiness, unsurprisingly, Happy Worklife is the most correlated with the engagement level followed by Happy Heart, Society, and Soul, respectively. Happy Body, Relax, Family and Money are dimensions of happiness that seems more highly associated with “Stay”. Happy Heart, Soul and Brain are more highly related with “Strive” while Happy Worklife is more associated with “Say”. Keywords: Happiness, Engagement, Employee, Worklife, Thailand

Developing and Testing the Team Flow Monitor (TFM)

Jef van den Hout (Eindhoven University of Technology)

Research has shown that the psychological state of flow delivers great benefits, also in work settings. But, whereas flow is typically studied at the individual level in work environments, complex tasks are often allocated to teams. Therefore, the focus of the present study is on team flow, defined as a shared experience of flow during the execution of interdependent personal tasks in the interest of the team, originating from an optimized team dynamic and typified by seven

prerequisites and four characteristics. We developed and tested the Team Flow Monitor as an instrument to assess team flow and related scores on the Team Flow Monitor to individual-level and team-level work outcomes. The empirical findings of 110 teams (student project teams and real world business teams) support the operationalization of team flow as a second-order model that consists of two factors. Moreover, team flow related positively to positive work experiences, subjective well-being, and team effectiveness. These findings suggest that team flow can thus serve as an important indicator in the management of work teams.

Who is Responsible for Workplace Happiness?

Ilona Suojanen, (University of Edinburgh Business School)

Happiness has recently gained interest as an influential variable in managing the employment relationship. Workplace happiness is an important facet of the wellbeing debate aiming for more sustainable working environments and longer working lives. Several studies have shown a correlation between happiness and desirable work outcomes, such as high quality work and results. In addition, increased commitment, motivation, problem solving and energy, decreased incidence of sick leave and improved understanding of work have been detected. As a result, some companies have started to invest in creating happiness. However, there is a concern that this can be used against employees, as resources are given for them to be happy and if they then are not happy, they are the ones to blame. 24 young professionals based in Edinburgh, took part in this study. The approach was experimental as the participants were asked to take photos when experiencing work-related happiness during a two-week period. Photos were supported by narratives and semi-structured interviews. The purpose of the study was to give employees a voice to provide their insights into happiness at work. The importance of happiness at work was highlighted by the participants, as they all wanted to be happy at work. However, they did not have high expectations for employers. Instead they repeatedly emphasized their own responsibility in creating and maintaining happiness at work, through their own choices and actions. Happiness was also seen as part of being a good employee

Session 4B: Freedom, Governance and Happiness

Tuesday March 21, 16:00-17:30, M3-04 Auckland

Chair: Jan Ott

Measuring Economic Freedom: Better Without Size of Government

Jan Cornelis Ott (Erasmus University Rotterdam, Erasmus Happiness Research Organization)

The Heritage Foundation and the Fraser Institute measure economic freedom in nations using indices with ten and five indicators respectively. Eight of the Heritage-indicators and four of the Fraser-indicators are about specific types of institutional quality, like rule of law, the protection of property, and the provision of sound money. More of these is considered to denote more economic freedom. Both indices also involve indicators of 'big government', or levels of government activities. More of that is seen to denote less economic freedom. Yet, levels of government spending, consumption, and transfers and subsidies appear to correlate positively with the other indicators related to institutional quality, while this correlation is close to zero for the level of taxation as a percentage of GDP. Using government spending, consumption transfers and subsidies as positive indicators is no alternative, because these levels stand for very different government activities, liberal or less liberal. This means that levels of government activities can better be left out as negative or positive indicators. Thus shortened variants of the indices create a better convergent validity in the measurement of economic freedom, and create higher correlations

between economic freedom and alternative types of freedom, and between economic freedom and happiness. The higher correlations indicate a better predictive validity, since they are predictable in view of the findings of previous research and theoretical considerations about the relations between types of freedom, and between freedom and happiness.

Economic Freedom, Income Inequality and Life Satisfaction in OECD Countries

Johan Graafland (Tilburg University)

Since Piketty's *Capital in the 21st Century* in 2014, scientific interest into the impact of income inequality on society has been on the rise. However, little is known about the mediating role of income inequality in the relationship between market institutions and subjective well-being. Using panel analysis on a sample of 21 OECD countries to test the effects of five different types of economic freedom on income inequality, we find that fiscal freedom, free trade and freedom from government regulation increase income inequality, whereas sound money decreases income inequality. Income inequality is found to have a negative effect on life satisfaction. Mediation tests show that income inequality mediates the influence of fiscal freedom, free trade and freedom from government regulation on life satisfaction.

Does Corruption Hurt Happiness? Evidence Based on Perceptions across the World

Amanina Abdur Rahman, Spyridon Stavropoulos, Martijn Burger, Elena Ianchovichina

While much is known about the relationship between corruption and the economy, an aspect of corruption that is less widely studied is its effect on life satisfaction. Given its effects on economic growth, to what extent does corruption pervade into private spheres of life? The World Happiness Report identifies freedom from corruption as one of the variables that explain variation in subjective well-being worldwide (Helliwell et al., 2016). In related literature, a negative relationship between corruption and subjective well-being has been found (Arvin & Lew, 2014; Tay et al, 2014;), which is moderated by the level of economic development. In this regard, Arvin and Lew (2014) concluded that corruption only has a significantly negative effect on happiness after real GDP per capita increases above approximately \$10,000. This finding implies that at low levels of economic development, corruption may not have a negative effect on subjective well-being, indicating that there are gains to be made from corruption. This study extends the literature by analysing the relationship between perceived corruption and subjective well-being within countries, in order to provide a further understanding of the corruption-happiness relationship. We show that perceived corruption has a significant negative effect on happiness. When the same analysis is conducted within each country, we find that when there is a significant relationship between perceived corruption and happiness, the relationship is also negative. The negative relationship between perceived corruption and life satisfaction is larger in more developed countries and regions, relative to that in developing areas. An implication of our findings is that in societies with higher levels of perceived corruption, such as developing countries and countries with lower levels of governance, happiness is not greatly affected by individual perceptions of corruption.

Session 4C: Consumption and Happiness

Tuesday March 21, 16:00-17:30, M1-08 Leuven

Chair: Jeroen Nawijn

Mechanisms of enjoyment: What makes tourism experience emotional?

Ondrej Mitas, Jeroen Nawijn, (NHTV Breda University of Applied Sciences)

It is well documented that tourism experiences feature heightened emotional states. Most produce peaks of positive emotion components of happiness. Even experiences such as concentration camp memorial visits produce complex blends of heightened emotions and build personal meaning (Nawijn, Isaac, Liempt, & Gridnevskiy, 2016). An important question is what mechanisms give tourism experiences emotional power. The purpose of this contribution is to propose a model explaining this effect. There is widespread agreement that a tourism experience involves travel away from one's usual surroundings (home or work), and is thereby novel and different from daily life. Studies have shown that this novelty, as well as relationships with co-travelers, photographing, and social media use may act as emotion mechanisms (Nawijn, 2011; Mitas, Yarnal, & Chick, 2012; Konijn, Sluimer, & Mitas, 2016). Only a single narrative interview study of day trips attempted to uncover all possible mechanisms at once (Peperkamp et al., in review). This study showed that social interactions, removal from daily life, and absorption into content are crucial. In sum, these findings suggest a model wherein three important mechanisms spur heightened, often positive, emotions in tourists: social interaction during the experience, especially with co-travelers; novelty or change from daily life and routine, including interactions with novel stimuli; and personal technology use. Testing this model and differences in its mechanisms across a range of tourism contexts is an intriguing possibility for future research.

Happiness and Cultural Practices

Andries van den Broek (Netherlands Institute for Social Research / SCP)

In *Joyless Economy* Scitovsky (1976) draws a distinction between joyful and joyless consumption, based on the amount of happiness derived from it, which he relates to the levels of challenge, risk and accomplishment involved. In *Finding Flow*, Csikszentmihalyi (1997) introduces the concept of flow, which he relates to creativity of all sorts: "Flow tends to occur when a person's skills are fully involved in overcoming a challenge that is just about manageable". Along similar lines, Layard (2005) in *Happiness* mentions vital experiences that save us from boredom, such as "playing tennis, singing in a choir, painting a picture, watching football, writing a book or making love".

The common thread is that consumption that prevents boredom, but instead fascinates and fulfils, makes for happiness. And that cultural practices belong to this category. This paper investigates whether this holds true for cultural practices such as attending a concert or a museum, playing an instrument or creating an object. Based on surveys of the Dutch population, little evidence is found that such a relationship exists.

How come? Maybe there is a much wider range of challenging and rewarding consumption to make someone tick, whether that is cultural or not. There may be an elitist bias in what theorists specified as activities that make for happiness. Or people adapt to their situation, being roughly equally happy despite their level of boredom, in which case any consumption does the job.

An Examination of Consumption, Savings, Personality and Happiness

Devrim Duamludag (Marmara University, Maastricht University), Ozge Gokdemir (Marmara University, Maastricht University), Ruut Veenhoven, (Erasmus University)

This study aims to examine the impact of detailed consumption categories, savings and financial situation on life satisfaction for a representative sample of 3006 respondents in Turkey in 2016.

The data for this sample was mainly collected a part of a project financed by the scientific research program at Marmara University, Istanbul. The survey was held in twelve main regions in Turkey. In the survey, besides questions about demographic and socio-economic characteristics of the respondents, questions were asked about their levels of life satisfaction at the time of the interview, money spent on detailed (thirty five items) consumption categories (annually/monthly), financial situations such as borrowing, savings etc., wealth situation (questions about assets such as gold, house etc.). This yielded rich data which was employed in a regression model for life satisfaction in terms of detailed consumption items, financial aspects and a large set of control variables which also include personal characteristics (Big Five). The model was estimated with ordinary least squares and White-heteroscedasticity-consistent standard errors for variables jointly. The main results reveal that rather than consumption, saving has a positive impact on life satisfaction. In addition among financial assets being ownership of a house, gold and foreign exchange increase satisfaction levels significantly.

Conspicuous Consumption and Subjective Well-being: A survey study of Mexico

Humberto Charles-Leija, Gilberto Aboites, Ignacio Llamas, (Universidad Autónoma de Coahuila)

This paper identifies the impact of conspicuous consumption on several domains of life. It uses a survey that includes questions about self-reported wellbeing and family expenses so it was possible to determine the consumption's impact on people's satisfaction. This study shows that the conspicuous consumption, measured by the expenses of visible goods, increases the economic satisfaction but impacts negatively in terms of affective and social satisfaction. In the end, the impact of the conspicuous consumption on happiness turns out to be negative.

Session 4D: Happiness and Livability: Personality and Health

Tuesday March 21, 16:00-17:30, M1-09 Bergen

Chair: Agnieszka Bojanowska

Happy Temperament - Individual Differences in Energetic Regulation and Subjective Well-being

Agnieszka Bojanowska, Anna M. Zalewska, (Uniwersytet SWPS)

People differ in terms of their subjective well-being baseline (positive affect, negative affect and life satisfaction) - some are generally happier, while others tend to experience deficits in that area. We identified links between temperament types (different configurations of traits responsible for energetic regulation) and subjective well-being structures. Our questionnaire data, collected among 800 Poles showed that four temperament types are linked to four subjective well-being structures. Firstly, people who are active and who are able to cope well with incoming stimulation ('Sanguine' type) have consistently high subjective well-being. Secondly, people who are less active and do not cope well with stimulation ('Melancholics') have consistently low subjective well-being. Thirdly, those who are active but do not cope well with stimulation ('Cholerics') are satisfied but experience a rather negative affective balance, suggesting they may tend to feel overstimulated but their activity gives them opportunity to experience satisfaction. Finally, people with low activity but high ability to cope with stimulation tend to have a good affect balance but low levels of satisfaction, suggesting that they feel understimulated - their emotional experience is positive, but they do too little to feel satisfied. These patterns, however, are not identical among adolescents and adults. To conclude, efficient diagnosis of individual energetic regulation tendencies (temperament) may help better help identify risk groups with potentially low subjective well-being. Consequently, we may

be able to understand subjective well-being underlying mechanisms and allocate resources to support individuals in their search of happiness.

Alleviating Mental Suffering in Rural Bangladesh: Evidence from a Survey of Three Villages

Muhammad Faress Bhuiyan (Carleton College)

The empirical literature on the correlates of mental suffering, especially in the context of developing countries, is scant. I use data from three Bangladeshi villages to explore the sources of two types of self-reported mental suffering: feeling worried and feeling depressed. There are three primary findings. First, standard socioeconomic and demographic dimensions do not predict self-reported mental suffering, specifically worry and depression. Second, physical health, age, and marital status are statistically significant contributors. Middle-aged, unhealthy, and never married household heads tend to worry and feel depressed more. Third, perceived relative economic standing compared to neighbors and siblings affects mental suffering. In particular, individuals who are relatively much better or worse off compared to their neighbors and siblings tend to suffer more. From a policy standpoint, improving health amenities will alleviate mental suffering as well as physical suffering. This study also finds evidence that reducing income inequality alleviates mental suffering. Further research is warranted on how and when mental suffering may follow social comparison.

Considering well-being promotion as alternative for depression prevention: Unraveling the relationship between well-being and depression throughout the lifespan

Baselmans, B.M.L., Willems, Y.E., van Beijsterveldt, C.E.M., Ligthart, L., Willemsen, G., Dolan, C.V., Boomsma, D.I. & Bartels, M (VU University)

Background: Based on their substantial phenotypic correlation, promotion of well-being and prevention of depression is suggested to go hand in hand. However, more information on the nature of this association throughout the lifespan is warranted to identify and quantify shared influences that justify the development of well-being promotion programs for depression prevention. **Methods:** We used a cohort-sequential design combining data from 43,427 twins in seven age groups (7, 10, 12, 14, 16, 18-27, 27-99 years old) covering the lifespan. Proportions of the phenotypic correlation between well-being (assessed with the cantril ladder) and depression (assessed with the age-appropriate ASEBA anxious/depression subscale) explained by genetic and environmental effects and genetic and environmental correlations were obtained using OpenMx. Direction of causation was tested with within-pair difference score associations in identical twins. **Results:** In adolescence and young adults, genetic effects explained the majority of the phenotypic correlation between well-being and depression (range 60% to 77%). Environmental effects were more important in childhood and adults over 27 (range 51% to 59%). Causal analyses revealed a bidirectional relationship between well-being and depression. Finally, moderate genetic and environmental correlations were observed in childhood (-0.26 to -0.5). With increasing age, genetic correlations between well-being and depression increased (range -0.59 to -0.7), while environmental correlations decreased. **Conclusions:** The results indicate that it might be feasible to screen on indices of well-being to identify those at risk for depression before onset of symptoms. It furthermore indicates that promotion of well-being could be a valuable alternative for depression prevention.

Pain in the pump: Chronic heart disease and life satisfaction

Anastasiya Zdraykovskaya, (Westminster International University), Raufhon Salahodjaev, (Westminster International University)

In this study, we explore the association between chronic heart disease and life satisfaction in Russia, using RLMS survey. The dependent variable in our study is life satisfaction. Individual's life satisfaction was measured using the following question "To what extent are you satisfied with your life in general at the present time?" with responses ranging from 5 (fully satisfied) to 1 (not at all satisfied). The average value of life satisfaction in our sample is 3.28, the modal response value is 4, and the distribution is left-skewed as found in related literature. A simple bivariate correlation analysis suggests that having a chronic heart disease is negatively associated with life satisfaction ($r = .09$, $p < .001$). This link remains significant and robust even after we control for age, religion, overall health status, marital status and number of kids, wage and gender. The results remain robust even when we apply bi-probit estimator.

Session 5A: Happiness and the Good Life

Wednesday March 22, 11:30-13:00, M3-03 Aberdeen

Chair: Martin Cieslik

Happiness is the Wrong Metric

Amitai Etzioni (George Washington University)

People are motivated not only by a quest for satisfaction but also by trying to live up to their sense of what is moral. This sense cannot be reduced to a form of satisfaction, among other reasons because it often engenders pain and sacrifice rather than pleasure. Analysis is enriched when we realize people are moral wrestlers who are pulled by both kinds of motivations. Such a recognition is also useful for public policy. The concept of well-being is a step forward but one must take into account that people can find meaning and purpose in bad behavior from gang-like activities to serving in ISIS.

Happiness on Demand

Anat Noa Fanti, (Bar Ilan U., Israel)

The modern Western world, used to view happiness as a subjective, elusive and intangible experience, something in the lines of "feeling good". However, in the past couple of decades we see a shift with regard to happiness, a shift in the attention given to the subject as well as in the way we understand and relate to happiness. This presentation seeks to explore the new concept of happiness as a shift from an abstract human emotion to a concrete scientific artefact. It will discuss how these new concepts of happiness are theorized, defined, measured, quantified, and inscribed in scientific and technological practices and are coproduced (Jasanoff, 2004) with new realities, discourses and rhetoric in academia, the business world and the political arena. This new concept, I will claim, enables happiness to become an essential goal and necessary practice of the Western individual, corporation and government, and thus, it may lead to the constitution of new categories of people. The possibility of the emergence of such a new category and of its positive and negative ramifications, presents an interesting and ethical dilemma regarding the "inevitability" of categorizing people through scientific, economic and governmental processes. In this presentation I will illustrate my claims with three examples, a commercial app that uses scientific research (mostly positive psychology) and trains its users to increase their happiness, a UK government attempt to nudge the unemployed to look for work, and the program of the happy and positive citizens of Dubai.

Shared Responsibility: A Way for a Good and Happy Life

Mateusz Kucz

Happiness and good are two phenomena that are strongly intertwined. The discussions on their relation however seem to be never concluded. The subject of my paper is an idea that may serve as a roadmap how to introduce both happiness and good into the contemporary society by overcoming two of the current major moral challenges, i.e. (neo-) liberal understanding of the self and a quantitative approach to life. I rely here and refer to the research carried out by Charles Taylor, Michael Sandel and Michael Walzer. As a way of overcoming challenges generated by what is commonly understood as *homo oeconomicus* I propose an idea of shared responsibility, which could be conceived as a conscious, future-oriented moral act of taking (collective) duty. For an act to be considered a realisation of shared responsibility it has to comply with several conditions, namely: (i) it needs to be an expression of goodwill, (ii) it should express a conscious involvement in moral activity, (iii) the engaged actors need to willingly take the responsibility for the implementation and results of the undertaken actions, and (iv) other people should be let to get involved in the activity and take their part of responsibility. In my presentation I will also discuss examples of work, food acquiring, and parenting that will demonstrate both, the practical application of the concept, as well as the limitations of its implementation in policy-making and economics.

Biographies and happiness across the life course: social practices and working at the good life

Martin Cieslik (Northumbria University)

This paper explores the experiences of wellbeing and the structuring of happiness across the life course of 19 individuals from the UK. Respondents were interviewed over several years and explores the subjective accounts of happiness in relation to social class, gender and age. The research used insights from positive psychology, sociology and psychoanalytical theory to investigate how happiness functions as a social practice across the life course. The narratives illustrate how interviewees pursued a good life, balancing nourishing and threatening experiences, whilst working with others to live well. At key points in the life course (through adolescence, establishing homes, becoming parents, retirement and so on) we witness the interplay of structuring processes such as shifting social policy, class and gender and how participants sought to adapt and manage the constraints on their wellbeing. As I have discussed elsewhere (Cieslik, 2015; 2017), the happiness of participants was influenced by the resources and opportunities available to individuals as well meaning, values and the quality of relationships that people have through life.

The data raises questions about existing approaches to happiness where traditionally sociologists have been skeptical about happiness research, or focus on the measurement of wellbeing or view happiness narrowly as an ideological phenomenon. A qualitative, biographical approach allows for a more nuanced empirical, investigation of the individual experiences and social processes that lie behind wellbeing in everyday life.

Session 5B: Happiness, Policy and Human Development

Wednesday March 22, 11:30-13:00, M3-04 Auckland

Chair: Efstratia Arampatzi

How Subjective is Subjective Wellbeing?

Joao Pedro Azevedo (The World Bank), William Seitz (The World Bank)

Policy-makers rarely use measures of subjective wellbeing (SWB) to address poverty and deprivation. A common criticism of traditional SWB measures is that they do not differentiate between effects caused by material conditions (such as access to electricity), and unobserved individual characteristics (such as personality). Using a fixed effects approach to account for unobserved time-invariant individual characteristics, we show that changes in SWB are strongly associated with changes in material wellbeing over time for a panel of 800 households in Tajikistan. We also find that variation in SWB is more strongly associated with indicators of material wellbeing than is the variation in contemporaneous measures of income. We apply these findings to develop a simple measure of the average change in SWB over time for the purposes of monitoring material wellbeing. We argue that such an indicator would be particularly useful in formulating policies that address non-monetary dimensions of poverty.

Financing the policies for happiness

Francesco Sarracino (STATEC, Luxembourg)

Policy-makers can promote people's well-being by adopting policies for happiness: promoting social capital, reducing income inequality, re-thinking the labor market, the urban organization, as well as the health and the educational systems. However, a key issue remains: how to finance such policies. In this presentation I argue that it is possible to finance policies for happiness using the productivity gains from happiness. I will present results from merged survey and registry data at industrial sector and national level to show that happiness contributes to productivity, and to quantify the economic resources made available by happiness. My conclusion is that happiness is not only a desirable goal per se, but it is also valuable to promote productivity. Allocating the resources made available by increased productivity to finance policies for happiness can promote prosperity and people's well-being.

Measuring Progress with Shared Prosperity using Subjective Well-Being Data

Martijn Burger (Erasmus University Rotterdam), Elena Ianchovichina (World Bank), Efstratia Arampatzis (Erasmus University Rotterdam), Shantayanan Devarajan (World Bank), Ruut Veenhoven (Erasmus University Rotterdam), and Caroline Witte (Erasmus University Rotterdam)

In 2013, the World Bank adopted the goal of promoting shared prosperity, formally defined as 'fostering income growth of the bottom 40 per cent of the welfare distribution in every country', and 'measured by annualized growth in average real per capita consumption or income of the bottom 40 per cent'. The concept of shared prosperity as defined and measured by the World Bank ignores important aspects of welfare, not captured well with the usual monetary measure of welfare. This has also been acknowledged in the most recent Global Monitoring Report (World Bank and International Monetary Fund, 2015).

In the spirit of the recent Stiglitz-Sen-Fitoussi Commission's 'Beyond GDP' report (Stiglitz et al., 2009) and the UN World Happiness Report (Helliwell et al., 2016), we argue that subjective well-being data can tell us more about shared prosperity than just income data or expenditures data do. Apart from the fact that prosperity has both monetary and non-monetary components, human preferences play a role in life evaluations. Second, objective indicators capture quantitative changes relatively well but even they may not give a complete picture of economic changes and developments.

Comparing progress with shared prosperity based on subjective well-being measures ('shared well-being') and progress with shared prosperity based on the monetary measures, reported in the Global Monitoring Report (World Bank and International Monetary Fund, 2015), we find qualitatively different results. In only 50% of the reported country cases similar conclusions can be reached with the two measures. Analysis of the factors associated with the discrepancy between

the shared prosperity and shared well-being indicators suggests that changes in satisfaction with standards of living and quality of governance have contributed to the discrepancy between monetary and subjective well-being measures observed in parts of the developing world, particularly Eastern Europe and the Middle East and North Africa.

Session 5C: Happiness and Social Relations

Wednesday March 22, 11:30-13:00, M1-08 Leuven

Chair: Jan Ott

Local segregation and subjective wellbeing among WEIRDs: The case of off-site university students

Salvatore Bimonte, Luigi Bosca e Arsenio Stabile, (University of Siena)

Combining two lines of investigation – into the economics of happiness and segregation outcomes - this study addresses a controversial and intriguing issue: does social integration impacts on self-reported happiness? Can (the feeling of) segregation overwhelm the effects of other determinants claimed to positively affect people's well-being? Abundant literature exists both on the relationship between subjective well-being and its determinants, and between racially-based residential segregation and economic, health, and social outcomes. On the contrary, scant attention has been paid to the relationship between segregation and self-reported happiness. Almost all papers that address this question focus on racial-based segregation. The approach of this paper is completely different and innovative: it calls the attention to what happens when (the feeling of) segregation involves WEIRD (western-white, educated, industrialized, rich and democratic) people. It explores the relationship between integration and self-reported happiness for a particular typology of individuals, i.e. off-site university students, a widespread phenomenon in Italy that involves in particular students born in the Southern regions. Using survey data, the paper regresses self-reported happiness on students' perceived integration, controlling for a set of individuals' characteristic. Results suggest that increased perceived segregation is associated with a reduction in happiness among offsite students. Building on these results, it discusses their implications within the context of current social and economic policies and, in particular, within the context of current right to education policies

Connecting Alone: Smartphone Use, Quality of Social Interactions and Well-being

Valentina Rotondi, Luca Stanca, Miriam Tomasuolo, (Catholic University of Milan and University of Milan Bicocca)

This paper investigates the role played by the smartphone for the quality of social interactions and subjective well-being. We argue that the intrusiveness of the smartphone reduces the quality of face-to-face interactions and their positive impact on well-being. We test this hypothesis in a large and representative sample of Italian individuals. We find that time spent with friends is worth less, in terms of subjective well-being, for individuals who use the smartphone. This finding is robust to the use of alternative empirical specifications or instrumental variables to deal with possible endogeneity. In addition, consistent with the hypothesis that the smartphone undermines the quality of face-to-face interactions, the positive association between time spent with friends and satisfaction with friends is less strong for individuals who use the smartphone.

Which Social Ties Make People Happy in Transition Economies?

Tugce Kayagil, (Marmara University), Devrim Dumludag (Marmara University, Maastricht University)

The aim of this study is to investigate the relationship between social capital and life satisfaction in transition economies by exploiting the Life in Transition Surveys I (with 29,000 people in 28 countries in 2006) and II (with 38,858 people in 34 countries in 2010) conducted by European Bank for Reconstruction and Development (EBRD). The second survey included five western European developed countries so that the impact of social capital on life satisfaction would be studied in a comparative way. Both rounds of the Life in Transition Survey (LITS I and II) contain a number of questions about social capital such as general trust, trust in family, neighborhoods, friends and acquaintances, people of another religion, and another nationality, people you meet for the first time, meeting frequency with relatives and friends, member of political party, voluntary organization, attend a lawful demonstration, participate in a strike, join a political party, sign petitions. Also Life in Transition Survey (LITS I and II) contains a number of questions about perceived corruption level and perceived income inequality. In the literature there are some clues about corruption and income inequality between social capital. Both of them decrease the level of

Perceptions of the Nature of Happiness: Cultural, but Related to the Dynamics of the Human Mind and the Gratification of General Needs

Jan Cornelis Ott (Erasmus University Rotterdam, Erasmus Happiness Research Organization)

In her book 'Happiness' Laura Hyman identifies some discourses, as defined by Foucault, about happiness among 19 middle-class respondents in the UK. A discourse is a way of thinking and communicating about some issue, and comparable to a 'perception' or a 'view'. The dominant 'Therapeutic Discourse', is based on the view that happiness is an individual and normative challenge; it is to be worked on by selfcare and self-knowledge. A somewhat contradictory discourse puts more priority on social relations, as a condition for happiness. Hyman explains the co-existence of these discourses as a consequence of individualization. Individualization puts more priority on individual responsibility, but can easily lead to a neglect of social relations. It is difficult to assess the universality of these discourses, because the sample of respondents is very homogeneous. If individualization is an important factor we might expect different discourses in more collectivistic cultures. There are, however, theoretical reasons to believe that these discourses are rather universal. We may expect that the gratification of general needs is important. If certain needs are not gratified they will get more attention, and more priority, in a discourse about happiness. The 'Therapeutic Discourse', more in particular, is apparently a logical consequence of the dynamics of the human mind. The characteristics of the human consciousness clearly support this discourse. We need more empirical research, about discourses in different cultures, to find out for sure!

Session 5D: Expectations, Hope and Happiness

Wednesday March 22, 11:30-13:00, M1-09 Bergen

Chair: Emma Pleeging

Do people care about future generations? Evidence from happiness data

Stefano Bartolini (University of Siena), Francesco Sarracino (STATEC, Luxembourg)

We investigate the very long-term time preference using subjective well-being data and people's expectations about the very long-term future. We use survey data to estimate a standard happiness regression augmented with people's expectation about the future. We account for possible

endogeneity between expectations about the future and current well-being using 2SLS. We find that expecting the worst (the best) for future generations has a very large negative (positive) impact on subjective well-being. This suggests that the very long-term discount rate is much lower than implied by most economic analysis.

Future Expectations and Happiness.

Mark Elchardus

The paper addresses two questions. First, do future expectations impact on happiness? Secondly, if they do, which kind of expectations have an impact, those related to personal life and/or those related to the society in which that life will be spent? Those questions are addressed on the basis of a pure probability sample of 2000 inhabitants of Belgium, aged 25 to 35, interviewed at the end of 2013. To answer the questions a multivariate regression model is used. It controls for a number of characteristics of the respondents (such as, income, health, social network, unemployment experience, gender, job security, linguistic group, SES of the parents, level of education, religion, and media preference). To that model four types of future expectations are added (personal socio-economic vulnerability, comparison of future life with the achievements of the parents, probability of realizing one's ambitions, expectations of societal decline or declinism). The main conclusions are: First, that even after controlling extensively for the present situation of the respondents, future expectations do have an important additional effect on happiness. Secondly, that only expectations with regard to personal life do have this effect. After controlling for them, declinism has no direct effect on happiness. A relationship between declinism and happiness certainly exists, but comes about through the impact of declinism on feelings of personal socioeconomic vulnerability.

Great Expectations: Education and Subjective Wellbeing

Ingebjørg Kristoffersen, (The University of Western Australia)

This paper examines the association between education and subjective wellbeing. The evidence on this relationship is scarce, inconsistent and poorly understood, and reports of a negative association are common. Such results may appear counter-intuitive, but are in fact consistent with the idea that education leads to higher expectations and aspirations with respect to life circumstances, as subjective wellbeing functions drift rightward. Consequently, education may be associated with greater subjective wellbeing only if expectations and aspirations are exceeded, and with lower wellbeing if they are not. This paper uses panel data from the Household Income Dynamics in Australia (HILDA) survey to evaluate whether drifts in subjective wellbeing functions are observed across education levels, and to capture the trajectory of these drifts to determine the overall association between education and subjective wellbeing. The results of the analysis confirm moderate rightward drifts across education levels for satisfaction with life in general, which are 'neutralised' by observed differences in actual circumstances. Other patterns emerge for more specific satisfaction scores. Most notably, significant and large rightward drifts are observed for satisfaction with leisure time, which are exacerbated by a strong downward trajectory, producing a very strong negative cost of education on satisfaction with leisure time.

Hope mediates the relation between income and life satisfaction

Emma Pleeging (Erasmus Happiness Economics Research Organisation)

The improved future prospects that are generated by a strong financial situation seem to partly explain the positive effect of income on life satisfaction. Recent studies show that moderately positive expectations and aspirations contribute to life satisfaction, but that if they are too high, they can lead to disappointment and decreased wellbeing. This study adds to the literature by

studying the mediating role of hope in the relation between income and life satisfaction. Hope differs from expectations and aspirations in being more agentic and process-focused. It is shown that hope indeed partially mediates the relation between income and happiness, but that the effect is particularly strong for individuals with low levels of hope. In short, the positive effect of income on life satisfaction can partly be explained by the fact that increased welfare generates positive hopes for the future. However, in line with previous research, it seems that overly optimistic hopes might lead to disillusionment and decreased happiness.

Session 6A: Happiness, Welfare and the Good Economy

Wednesday March 22, 15:45-17:15, M3-03 Aberdeen

Chair: Akshaya de Groot

Eudemonic Happiness and Economic Growth

Maurizio Pugno (Department of Economics and Law Campus Folcara 03034 Cassino – Italy)

The Economics of Happiness has questioned, since its origin, that people's happiness, as self-reported measure, increases with economic growth. However, the empirical evidence is inconclusive. The present paper will show that distinguishing 'eudemonic happiness' from 'hedonic happiness' can help to understand this puzzle, and to suggest new policies. The modern meaning of the Aristotelian terms 'eudemonic happiness' is human full functioning (Amartya Sen) and flourishing (Positive Psychology). It stands in contrast with 'hedonic happiness', which is usually conceived as pleasure and satisfaction (Positive Psychology and Daniel Kahneman). Our key argument starts by observing that while economic growth has extraordinarily increased the availability of market goods to satisfy people's needs, it has also raised great challenges to people's working and family lives. It will then be argued that market forces are more able to produce goods and promise 'hedonic happiness' than to provide the conditions for the development of individuals' inner functionings, so as to cope with those challenges, to flourish, and thus to take full enjoyment from economic growth. Since 'hedonic happiness' is especially vulnerable to the deflating effects of adaptation and comparison with others, measured happiness (reflecting both the eudemonic and hedonic happiness) may not increase with economic growth. Empirical evidence from economic and extra-economic literature will substantiate the arguments as well as the policy implications. In particular, Heckman's evidence on the development of both cognitive and socio-emotional skills in humans' lives suggests exploring the reverse link, i.e. one that runs from people's functioning to economic growth.

Subjective Well-Being and the Ecological Footprint

Elsy Verhofstadt, Luc Van Ootegem, Bart Defloor and Brent Bleys (Ghent University)

Sustainable development poses a major challenge to Western societies as many of their citizens have lifestyles with resource use beyond the earth's carrying capacity. Based on the ecological footprint (EF) of the average Belgian, around five planet Earths would be needed to support a global population with a similar lifestyle. This underlines the urgent need for a transition towards more sustainable lifestyles. However, it is not clear to what extent this transition might influence well-being, although one could argue that such a transition will be easier to implement if it is shown to be beneficial to individual well-being. Consequently, it is important to take individual well-being into consideration when deciding about policy measures. Research that ties subjective well-being (SWB) to the ecological footprint is scarce. We investigate the relation between individuals' ecological footprint (based on reported behaviour) and their subjective well-being (happiness and

satisfaction with life), using a questionnaire carried out in Belgium with 1286 respondents. First, we find a low correlation between the ecological footprint and subjective well-being. Next, we investigate the well-being effects of adopting a more sustainable lifestyle. For instance, switching to a more environmentally friendly diet is both related to a lower EF and a higher level of SWB. Finally, we also investigate the socio-demographic and personality-related determinants of both the EF and SWB.

Subjective Wellbeing and Welfare Analysis: Problems and Solutions for Adaptive Preferences

Antoinette Baujard, (The University of Western Australia, Ingebjørg Kristoffersen, (The University of Western Australia)

Happiness studies are often justified by the promise that they provide unique information about human wellbeing which is relevant for welfare analysis. Amartya Sen strongly rejects the use of subjective wellbeing in welfare economics, in particular because of moving reference points, and argues that we therefore must rely on objective measures of welfare, and particularly some measure of capabilities. Notwithstanding these ongoing criticisms, the literature around economic analysis of happiness continues to thrive. What results is that these two literatures, which ought to be strongly entwined, are becoming completely disconnected. A key aim of this paper is to provide a more nuanced and pragmatic approach, by outlining the possible contexts in which these concerns are and are not justified and whether and how they might be mitigated or remedied where they are.

The Changing Face of Utility – or the Renewed Centrality of Happiness in Economics

Akshaya de Groot, (Erasmus University Rotterdam, Erasmus Happiness Economics Research Organisation)

Especially in the concept of utility, wellbeing and happiness from the beginning have stood in the centre of economic thought. By and large we can discern three stages:

1. Utility as social wellbeing
2. Utility as (average) individual profit
3. Utility as (average) individual wellbeing

Utility has got a bad name, because of its use in the second meaning. Economic history shows that this has not always been the case and its second meaning is rather a perversion of the concept. (Economic) philosophy is now reconsidering utility's meaning in the original direction, but we should be aware that this is not exactly similar. In the current understanding we can see influences of both analytical philosophy and current happiness research. In the first part, I will briefly retrace this history as well as these recent influences. Against this background, the second part will be on measuring utility in politics. Utility or wellbeing has two sides, objective and subjective. A Dutch parliamentary commission recently chose to let develop an index that is a (unspecified) combination of both, whereas a British parliamentary commission opted for subjective wellbeing (or life satisfaction). I will compare these options and argue why the British choice is better, especially since it can be linked with a new approach to cost-benefit-analysis (Layard). Ideally though, it should be combined with a dashboard that also tracks the objective aspects of wellbeing. Something close to this has already been developed by the Netherlands Institute for Social Research (SCP).

Session 6B: Environment and Happiness

Wednesday March 22, 15:45-17:15, M3-04 Auckland

Chair: Kai Ludwigs

The Happiness Atlas Project

Kai Ludwigs (Happiness Research Organisation)

In 2012 the Happiness Research Organisation developed the Happiness Analyzer, a new app-based technique to measure subjective well-being (SWB). The Happiness Analyzer measures SWB in more detail using different questionnaires based on the OECD guidelines (OECD, 2013), the Day Reconstruction Method (Kahneman et al., 2006) and the Experience Sampling Method (Csikszentmihalyi & Hunter, 2003). Since July 2015 the Happiness Analyzer is used in two waves (each N = 3000) of the Innovation Sample of the German Socio-Economic Panel (GSOEP IS) to collect more detailed data on SWB in the German public and to investigate how representative an app-based data collection can be depending on different reward systems. The exact method, participation rates depending on different reward systems, first results of the first two data collections and the set-up of an ongoing representative panel starting in 2018 will be presented.

Well-being effects of natural hazards in a small-scale island society

Paul Lohmann (University of Cambridge), Andreas Pondorfer (University of Bonn) and Katrin Rehdanz (Kiel University)

It has long been identified that Small Island Developing States (SIDS) are among the most vulnerable to climate change and associated climate extremes. Although SIDS cannot be classified as a homogeneous group, they share common characteristics including smallness, remoteness, limited natural resources, relative isolation and proneness to natural disasters, resulting in a disproportionately high risk of being adversely affected by climate change and related natural hazards. With improving disaster monitoring since the 1950s, a general increasing trend in the annual number of disasters including extreme weather events has been observed in the Pacific Islands region.

The literature investigating the effect of natural hazards on individuals' subjective well-being (SWB) has so far focused on industrialized countries. In this paper we study for the first time the effects of natural hazards, in particular heavy storms and droughts, on SWB of a small-scale island society in the Pacific Ocean, using the life-satisfaction approach. Results indicate that the experience of drought markedly diminishes life satisfaction, whereas the experience of storms has only somewhat negative effects. Since regular cash-income does not exist for the majority of the population, the marginal effect cannot be calculated in monetary terms. To account for differences in wealth across respondents, we developed a wealth index in the form of a simple "asset score". Comparing the marginal effect of the hazard variables with our measure of wealth, the effect of household assets is comparatively small when compared with the impact of droughts on SWB.

Life Satisfaction and Environmental Conditions in Transition and Developed Economies

Gokhan Turgut (Marmara University), Devrim Dumludag (Marmara University, University)

This study investigates the relationship between environmental conditions and average self-reported subjective well-being in transition economies and developed countries. Moreover it allows us to compare the impact of pollution emissions on life satisfaction between transition economies and developed countries. To our knowledge, there have been few studies that explores

the impact of polluting emissions on life satisfaction for transition economies while there are a number of studies that examine for developed countries. Our choice of methodological approach and years is mostly based on data availability. This study is based on macro approach which uses an average subject well-being measure as dependent variable and environmental and socio-economic features as covariates measured at national level. We use a panel data methodological approach. Our analysis covers the 2001-2015 period. The happiness data for this study was collected from the World Happiness Database and World Values Survey. We use also data on environmental (PM₁₀, SO₂, NO₂) and socio-economic indicators from OECD and World Bank. The findings of this study tend to highlight the importance of environmental conditions and air pollution on well-being.

The Drivers of the Life Satisfaction of Pro-environment and Non-pro-environment People

Orose Leelakulthanit, (Graduate School of Business, National Institute of Development Administration, Thailand)

Happiness or life satisfaction tends to be the ultimate goal of human beings. It is the intention of this study to investigate the factors influencing the life satisfaction or values of pro-environment and non-pro-environment people. The data were collected from interviews with 320 adults, who were equally divided into pro-environment and non-pro-environment adults of at least 18 years of age and that had come to the randomly-selected shopping centers in Bangkok. The life satisfaction of the people, regardless of their environmentally-friendly condition, was assumed to be driven by the personal characteristics of optimism and internal locus of control, the domains of life of family, personal health, self-actualization, and material possessions, as well as the altruistic and biospheric value of the nature lover. The results from the t-test suggested that pro-environment people are likely to be more satisfied with their lives than non-pro-environment people. Moreover, the multiple regression analysis indicated that the life satisfaction of the pro-environment people was positively influenced by the biospheric value of the nature lover, self-actualization, and age, and was negatively influenced by education. The pro-environment people that were never married were more satisfied with their lives than those that were married. It is noteworthy that the value of altruism did not seem to play any role in influencing the life satisfaction of the pro-environment people. The life satisfaction of the non-pro-environment people was positively triggered by the personal characteristics of optimism and having an internal locus of control, as well as the domain of life of personal health and age.

Session 6C: Happiness, Participation and Volunteering

Wednesday March 22, 15:45-17:15, M1-08 Leuven

Chair: Marloes Hoogerbrugge

Happiness and participation: what is the chicken and what the egg?

Rixt Bijker, Paul Koster & Eveline van Leeuwen, (VU University, Amsterdam)

Happy people tend to focus more on others, they are more cooperative, prosocial, and charitable and are thus very valuable to the community. The relationship between local participation and happiness is well-established. While the direction of this relationship is still unresolved, there are indications that volunteering leads to greater happiness. Until now research often focuses on investigating which individual characteristics or motivations are related to participation. In this paper we take a different perspective by focusing on the choice people make whether to participate or not. Our aim is to gain more insight in which aspects influence the decision to participate with a particular focus on social networks. We use a discrete choice experiment (DCE) to study this

decision. In the experiment we ask the respondents to make a choice between several types of local activities (including the option to select none). A novelty is the inclusion of choice attributes referring to social interactions. Using a choice experiment has the major advantage that it enables to investigate causal relationships and to disentangle the importance of specific choice determinants. In addition, using a choice experiment makes it possible to study the considerations of people who currently do not participate together with their level of happiness. The data for this research are collected by means of an online questionnaire among a sample of residents of the Dutch municipality Utrechtse Heuvelrug. The survey will be carried out in February and March 2017

Volunteering and Subjective Well-being

René Bekkers and Arjen de Wit, (VU Amsterdam)

As the literature on volunteering clearly shows a higher level of well-being among volunteers, the exciting possibility emerges that volunteering may promote the well-being of participants. Volunteering may not only be good for society as a whole, but also for individual volunteers. Sceptics, however, dispute this possibility, arguing that the higher level of well-being among volunteers is not due to their volunteering activities, but merely reflects a higher willingness to volunteer among citizens who also report a higher level of well-being. The research question we answer in this paper is to what extent changes in volunteering are followed by changes in well-being.

To answer this question, we use five very large longitudinal panel surveys (GSOEP, BHPS/US, SHP, SHARE, LASA), including 836.803 survey responses from 152.175 different respondents over a period of 30 years from 15 countries in Europe. We find robust associations between volunteering and subjective well-being across countries. Throughout Europe volunteers are more satisfied with their lives than non-volunteers. This difference is to a large extent due to selection processes – persons with higher levels of subjective well-being are more likely to start volunteering and are less likely to stop volunteering after they have become engaged. In addition, however, changes in volunteering do affect well-being, although the contribution is quite small. Results from first difference models show that subjective well-being increases among citizens who start volunteering more strongly than among citizens who remain non-volunteers. On average, volunteering contributes to a 0.7% increase well-being.

Neighbourhood-Based Social Capital and Life Satisfaction: The Case of Rotterdam (NL)

Marloes Hoogerbrugge and Martijn Burger (Erasmus University Rotterdam, Erasmus Happiness Economics Research Organization)

In this study, we examine the relationship between neighbourhood-based social capital and residents' life satisfaction, taking into account resident heterogeneity. We find that social contacts and social cohesion in the neighbourhood have a small positive but significant effect on life satisfaction for inhabitants of the city of Rotterdam (The Netherlands). However, we also find considerable differences between residents; neighbourhood-based social capital is mainly important for people who are more likely to spend a lot of time in the neighborhood and/or are more neighbourhood-dependent. These residents include lower-educated people, people living on welfare, people with a poor health, retired people or people who are divorced or widowed.

A Question of Worth: the Quantification of Human Value

Chris Steed, Research Fellow, (Southampton University)

This paper advances a new concept in 'happiness' linked to human flourishing. It stems from combining the author's book, "A Question of Worth: the quantification of human value", where well-being is linked to the value and worth people, and his practitioner work developing a new model for addressing social isolation in our communities. The conceptual analysis is based on circumstances in which people report feeling devalued. Such negative experiences illuminate factors promoting a subjective sense of being valued. Happiness and well-being are closely linked to perception that one is of high worth, doing worthwhile tasks. It is applied to a distinctive approach to isolation that blights communities in western society. The charity Age Concern estimates that over one million UK old people experience loneliness. Feeling isolated shows up through the life course with many physical and psychological consequences.

Our model of community hubs can be scaled, offering both creativity and inter-generational exchanges. Young mentoring the elderly in IT, older people mentoring as a relational job club – is linked with participation in creative activity across the generations. The dominant model in both welfare and charity provision concerns those defined by their need. Yet that creates unintended consequences such as passivity. Co-production delivers public services in equal and reciprocal relations. Enlisting creativity in this new type of community hub helps achieve that by empowering people. Changing the tense from passive to active participation boosts self-worth as the conceptual analysis illuminates.

Session 6D: Migration and Happiness

Wednesday March 22, 15:45-17:15, M1-09 Bergen

Chair: Martijn Hendriks

Social cohesion and natives' happiness: What is the real 'threat' posed by immigration?

David Bartram (University of Leicester)

Social cohesion discourses/initiatives typically arise as a response to natives' discomfort with forms of 'social difference' introduced by large-scale immigration. The term itself (social cohesion) is sometimes a code-word for efforts intended to reduce social difference by inducing assimilation among immigrants. These initiatives (e.g. citizenship tests and community encounter programs) typically have limited success at best; they sometimes exacerbate immigrants' marginalization rather than overcoming it.

This paper explores an additional area of concern regarding possible outcomes. By raising expectations among natives that immigrants will become less different, social cohesion programs might have the unintended consequence of reinforcing natives' frustration. That possibility receives support in the main empirical findings of the paper (using data from the European Social Survey, analysing the UK, Germany and Hungary): natives who hold strong anti-immigrant attitudes are less happy than others (controlling for other determinants of happiness). That association is particularly strong among groups who generally feel the most threatened by immigration: older individuals with limited education and those who have experienced long-term unemployment. Political discourse in most European countries tends to blame immigrants for the economic difficulties of natives; this vote-getting strategy, however, appears to undermine the well-being of the natives themselves, by raising expectations that then go unmet.

These findings might imply that efforts to foster social cohesion would perhaps achieve greater

Why do immigrants not assimilate in subjective well-being? The role of a frame-of-reference effect.

Martijn Hendriks, (Erasmus University Rotterdam)

Immigrants in developed countries hardly assimilate in subjective well-being, meaning that immigrants' lower happiness and life satisfaction compared with natives does not substantially increase with the length of their stay and across generations. This contrasts the predictions of assimilation and adaptation theory along with immigrants' gradually improving objective quality of life. Why do immigrants not assimilate in subjective well-being? This article offers an explanation based on immigrants' declining appreciation of their situation in the host country. We argue that a frame-of-reference effect drives the declining appreciation, which means that immigrants from less developed countries gradually develop higher reference points and ensuing expectations because they habituate and increasingly compare themselves to others in the more developed host country. Using European Social Survey data, we find that migrants' declining appreciation of host country conditions – as measured by economic/institutional satisfaction and social/political trust – impairs their subjective well-being assimilation. Conversely, a frame-of-reference effect is absent for job and financial satisfaction. Corresponding to the logic of a frame-of-reference effect, the appreciation of the host country's conditions impairs the subjective well-being assimilation more for migrants whose macro-environment objectively improves more by migrating and for more acculturated immigrants. Comparisons to less developed home countries provide immigrants with a subjective well-being advantage compared with natives.

Does the perceived quality of institutions affect happiness? An application for immigrants

Ozge Gokdemir, (Istanbul University, Maastricht University), Songul Gul, (Marmara University)

It is known that the process of integration of immigrants into a host society has received increasing research attention from many perspectives. In some papers migration has been identified as a crucial channel of transmission between institutions and economic outcomes. On the other hand one of the major aspects in integration literature is the relation between life satisfaction of immigrants and economic aspect. Some studies indicate high quality of host country institutions may affect migrants' happiness positively. However in our point of view migration leading to settlement raises two situations. Since migrants still have emotional ties to the country of origin they will not only attach importance to the quality of institutions in the host country but also to the country of origins. In this study we investigate the hypotheses mentioned above for a representative sample of 1006 immigrants. Socioeconomic and economic factors like relative income and education were used in the study along with institutional factors like government performance and efficiency of democracy. Results indicate that perceived quality of host country and country of origin institutions have both impacts on life satisfaction. Especially high quality of education and health system, respect for human rights, good economic performance, and high quality of migration policies have positive effects on life satisfaction. On the basis of the results, recommendations can also be given to the government to increase the happiness levels of the immigrants.

Do the determinants of happiness differ between immigrants and home stayers? A comparison between Afghans in The Netherlands and Afghanistan

Nawid Ahmad Ahmadyar (Erasmus University Rotterdam)

Happiness is to a certain extent an abstract concept that has long been considered. The quality of life (QoL) for immigrant's, subjective well-being has resulted in the emergence of a new academic field, the happiness, and migration, which is nowadays developing swiftly. Much of the research on the determinants of happiness for home stayers or migrants have focused on individual or life circumstances while the QoL dimensions relating to the happiness of home stayers and migrants are less common. The main purpose of this study is to examine whether the determinants of

happiness differ between Afghan immigrants in the Netherlands and Afghans residing in Afghanistan. The relation of QoL in predicting SWB of Afghan homestayors and immigrants is also examined.

An OLS Regressions with interaction terms were used to demonstrate the main research question. The research provides strong evidence that the QoL-dimensions are significant and relate remarkably differently to happiness and life satisfaction for Afghan homestayors and immigrants at the individual level. The research findings provide insight into what are the key determinants of happiness for immigrants and homestayors. This information should be used to proactively support immigrants in enhancing their quality of life in host countries, as well as used to guide government policies aimed at retaining potential migrants. Furthermore, policy makers and non-profit organizations concerned with immigrant's welfare should include education about the changing nature of happiness determinants as part of their programs. Finally, this research is meant to inform potential migrants of the fact that their happiness determinants may change upon migration and the migration issues should be brought to the forefront of public and professional discussions in order to develop solutions for improving people's SWB and their choice of migration.

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The plenary conference hall is at the 3rd floor: Forum zaal