

調査番号 0859

調査名 幸福感国際比較研究, 2009-2011

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English Questionnaire

Survey Number: 0859

Survey Title: A cross-national study on happiness, 2009-2011

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Survey on Personal Views of Life

The attached questionnaire is being carried out as part of a cross-cultural psychological research. There is no time limit and there are no right or wrong answers to this questionnaire. This is not a test. You should answer each item as carefully and truthfully as possible. All your responses are anonymous and will be used only to the purpose of this study.

There are three types of items in this survey.

Please answer them according to the examples below:

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Example 1: I like to wake up early in the morning.	1	2	3	④	5

Example 2:

The music style that I like the most is: Rock Classical Reggae HipHop Jazz

Example 3:

I like to listen to music when I'm together with my friends.

I. Read each of the following statements and indicate the degree to which you agree or disagree on a scale from 1 (Strongly Disagree) to 5 (Strongly Agree).

		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Q1D_32	1. People can establish rich personal relationships even without formal education.	1	2	3	4	5
Q1B_10	2. It makes no difference to the world whether I am here or not.	1	2	3	4	5
Q1E_40	3. Once I make a decision, I don't look back.	1	2	3	4	5
Q1D_35	4. The education that I've received makes me a happy person.	1	2	3	4	5
Q1E_43	5. When I decide to do something, I can't wait to get started.	1	2	3	4	5
Q1D_37	6. People can be happy even without formal education.	1	2	3	4	5
Q1C_25	7. I often think about how I am feeling at the moment.	1	2	3	4	5
Q1F_59	8. I feel that I'm a person of worth, at least on an equal plane with others.	1	2	3	4	5
Q1C_27	9. I know exactly what I have to do to cheer me up.	1	2	3	4	5
Q1H_70	10. My life is just as happy as that of others around me.	1	2	3	4	5
Q1F_50	11. I feel that I have a number of good qualities.	1	2	3	4	5
Q1A_1	12. I am satisfied with my life.	1	2	3	4	5
Q1A_6	13. Some people wander aimlessly through life, but I am not one of them.	1	2	3	4	5
Q1H_71	14. I feel that I have attained the same level of happiness as those around me.	1	2	3	4	5
Q1B_9	15. I make a contribution to society.	1	2	3	4	5
Q1H_72	16. I generally believe that things are going as well for me as for others around me.	1	2	3	4	5
Q1D_33	17. The education that I've received enhances my overall capabilities.	1	2	3	4	5
Q1C_18	18. My sense of happiness depends on how I think about my given situation.	1	2	3	4	5
Q1D_34	19. The education that I've received enriches my personal relationships.	1	2	3	4	5
Q1F_51	20. I am able to do things as well as most other people.	1	2	3	4	5
Q1E_38	21. When I think about how I'm doing in life, I often assess opportunities I have passed up.	1	2	3	4	5
Q1G_60	22. I enjoy being at home with my family.	1	2	3	4	5

		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Q1C_19	23. I know exactly what it takes to make me feel happy.	1	2	3	4	5
Q1G_61	24. My family gets along well together.	1	2	3	4	5
Q1C_20	25. I often think about whether I should be feeling more or less happy than I am.	1	2	3	4	5
Q1G_62	26. I like myself.	1	2	3	4	5
Q1C_21	27. I feel happy when I make other people feel happy.	1	2	3	4	5
Q1G_52	28. All in all, I am inclined to feel that I am a failure.	1	2	3	4	5
Q1E_39	29. Happiness is the absence of risks.	1	2	3	4	5
Q1F_53	30. I feel I do not have much to be proud of.	1	2	3	4	5
Q1A_2	31. The conditions of my life are excellent.	1	2	3	4	5
Q1B_11	32. I have not done anything really productive in my life.	1	2	3	4	5
Q1A_3	33. In most ways my life is close to my ideal.	1	2	3	4	5
Q1E_41	34. I'm ready to take risks in order to be happy.	1	2	3	4	5
Q1B_12	35. I get along well with everybody.	1	2	3	4	5
Q1C_22	36. When I feel unhappy, I try to think objectively about what is making me feel that way.	1	2	3	4	5
Q1H_73	37. I live a life of ease with family and friends.	1	2	3	4	5
Q1B_13	38. I am satisfied with the things I have done in my life.	1	2	3	4	5
Q1G_63	39. I wish I had different friends.	1	2	3	4	5
Q1B_14	40. The world would be better off without me.	1	2	3	4	5
Q1H_74	41. I make those who are most important to me happy.	1	2	3	4	5
Q1E_42	42. I feel happiness even in the small exchanges I have with my neighbors.	1	2	3	4	5
Q1F_54	43. I take a positive attitude toward myself.	1	2	3	4	5
Q1H_75	44. Although it is quite average, I live a stable but average life.	1	2	3	4	5
Q1D_36	45. People are capable of many things even without formal education.	1	2	3	4	5
Q1C_23	46. Words such as "unhappy", "sad", "sorrowful" clearly have different meanings to me.	1	2	3	4	5

		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Q1G_64	47. I wish I didn't have to go to school.	1	2	3	4	5
Q1C_24	48. If everybody else around me is feeling happy, that's a good sign that I should be happy too.	1	2	3	4	5
Q1D_28	49. If I receive a proper explanation, I can understand practically anything.	1	2	3	4	5
Q1A_7	50. I live life one day at a time without really think about the future.	1	2	3	4	5
Q1E_44	51. I enjoy actively doing things, more than just watching and observing.	1	2	3	4	5
Q1H_76	52. I do not have any major concerns or anxieties.	1	2	3	4	5
Q1E_45	53. I can find many pleasant things in the natural environment where I live.	1	2	3	4	5
Q1A_4	54. If I could live my life over, I would change almost nothing.	1	2	3	4	5
Q1H_77	55. Compared to those around me, I feel that I am the only unhappy one.	1	2	3	4	5
Q1D_29	56. I am useful to society.	1	2	3	4	5
Q1D_30	57. We can make society better if we have the will to do so.	1	2	3	4	5
Q1D_31	58. I feel happy when I accomplish something on my own.	1	2	3	4	5
Q1B_15	59. I can do something good for the Earth.	1	2	3	4	5
Q1B_16	60. I live in harmony with the living creatures around me.	1	2	3	4	5
Q1H_78	61. I believe I have achieved the same standard of living as those around me.	1	2	3	4	5
Q1E_46	62. I am a critical person.	1	2	3	4	5
Q1F_55	63. I wish I could have more respect for myself.	1	2	3	4	5
Q1E_47	64. I spend a great deal of time thinking of my positive and negative sides.	1	2	3	4	5
Q1G_65	65. I like where I live.	1	2	3	4	5
Q1F_56	66. I certainly feel useless at times.	1	2	3	4	5
Q1E_48	67. Whenever I'm faced with a choice, I try to imagine what all the other possibilities are, even ones that aren't present at the moment.	1	2	3	4	5
Q1E_49	68. I never settle for second best.	1	2	3	4	5
Q1B_17	69. So far in my life, I have made everything around me happy.	1	2	3	4	5
Q1F_57	70. On the whole, I am satisfied with myself.	1	2	3	4	5

		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Q1G_66	71. I wish there were different people in my neighborhood.	1	2	3	4	5
Q1C_26	72. I can tell from my behaviors that I am feeling unhappy.	1	2	3	4	5
Q1F_58	73. At times I think I am no good at all.	1	2	3	4	5
Q1G_67	74. I am happy that I can contribute financially to my household.	1	2	3	4	5
Q1A_5	75. So far I have gotten the important things I want in life.	1	2	3	4	5
Q1G_68	76. My friends are nice to me.	1	2	3	4	5
Q1A_8	77. I sometimes feel as if I've done all there is to do in life.	1	2	3	4	5
Q1G_69	78. School is interesting.	1	2	3	4	5

II. How do you feel when you find yourself in a trouble? Read each of the following statements and indicate the degree

Q2_1	1. I am capable of overcoming any challenge on my own.	1	2	3	4	5
Q2_2	2. I should suffer alone.	1	2	3	4	5
Q2_3	3. I am not good enough.	1	2	3	4	5
Q2_4	4. There is always someone to help me out of trouble.	1	2	3	4	5
Q2_5	5. All my efforts will be rewarded eventually.	1	2	3	4	5
Q2_6	6. I fear that my endeavors will end up in failure.	1	2	3	4	5

III. There are various goals in life. What is your primary goal of life? Please circle one closest answer from the list below.

Q3

1. Enjoy each day freely.
2. Create a precise plan in order to enrich my life.
3. Spend time peacefully with my friends.
4. Make the world better by cooperating with others.
5. Other: Please specify. (Q3_TXT)
6. I don't know / no goal.

IV. Answer the following questions by circling one number on the scale.

Q4A

1. How much happiness do you feel at home?

A little happiness 1 2 3 4 5 A lot of happiness

Q4B

2. How much happiness do you feel at school?

A little happiness 1 2 3 4 5 A lot of happiness Not applicable

6

Q4C

3. How much happiness do you feel at work?

A little happiness 1 2 3 4 5 A lot of happiness Not applicable

6

Q4D

4. How much happiness do you feel outside of home, school, or work?

A little happiness 1 2 3 4 5 A lot of happiness

V. Complete the following sentences.

Q5_1

1. I feel happy when _____

Q5_2

2. I feel unhappy when _____

Q5_3

3. For me, happiness means _____

VI. Next, we will ask a few questions about yourself.

S1 1. Place of birth: _____

S2_C_97: would rather not say
(0 or Blank :Not selected, 1:Selected)

S2 2. Ethnicity: _____

1 2

S3 3. Gender: Male Female

S4 4. Age: _____ years

S5_1~S5_7
(0:Not selected, 1:Selected)

5. Check all items which you finished or graduated from:

S5_1

S5_2

S5_3

S5_4

1. Elementary school

2. Junior high school

3. High school

4. Technical school

S5_5

S5_6

S5_7

S5_TXT_7

5. College/University

6. Graduate school

7. Other (_____)

S6A

S6B

6. Years of education: _____ years _____ months (including the one which you are at)

1

2

S7FAMILY

3

S7OTHER

S7 7. You currently live: Alone With family (_____ people) Other (_____ people)

S8 8. Check the item which you think is most appropriate: Do you have any personal religious faith?

1

2

3

Yes

No

Don't know

S9 9. Check the item which you think is most appropriate: Without reference to any of the established religions, I believe a spiritual attitude is important?

1

2

3

4

S9_TXT

Yes

No

Don't know

Other (please specify:_____)

S10 10. Occupation: Check the item which you think is most appropriate:

1

2

3

4

Student

Graduate student

Full-time worker

Part-time worker

5

S10_TXT

Other (_____)

11. Parent(s)' highest education: *Please fill in using the numbers of question 5 above.*

S11A Your father: _____

S11B Your mother: _____

S11C Other foster parent: _____

Before you return this questionnaire, please double check that you have answered all the items included.
Thank you very much for your cooperation!