



SPCRD GLOBAL
PUBLISHING
Sustainable Solutions

RAMSS Review of Applied Management
and Social Sciences

Journal homepage: <http://ramss.spcrd.org>

ISSN (Print): 2708-2024

ISSN (Online): 2708-3640

Family, Autonomy, Health, Financial Satisfaction, and Luck as key predictors of Happiness: Evidence from secondary analysis of World Values Survey Pakistan 2018

^a Shamaila Athar, ^b Athar Azeem, ^c Jawad Tariq, ^d Sana Shahid

^a Assistant Professor, Department of Sociology, Forman Christian College (A Chartered University), Lahore, Pakistan

^b Assistant Professor, Department of Sociology, Forman Christian College (A Chartered University), Lahore, Pakistan

^c Assistant Professor, Department of Sociology & Coordinator, Population Research Center, Forman Christian College (A Chartered University), Lahore, Pakistan

^d Lecturer Sociology, Lahore Business School, University of Lahore, Lahore, Pakistan

ARTICLE DETAILS

History:

Accepted 26 June 2023

Available Online June 2023

Keywords:

Happiness; Autonomy; Family; Health; Luck

JEL Classification:

P36

DOI: 10.47067/ramss.v6i2.345

ABSTRACT

The study investigated the factors that are related to happiness by performing secondary data analysis of World Values Survey Pakistan 2018 ($n = 1937$). Specifically, the role of family, health, autonomy, financial satisfaction, and luck in determining happiness was investigated along with other socio-demographic variables. Data was analyzed using SPSS (v. 25) and ordinal logistic regression was conducted to assess the relationship of key predictors with happiness. It was found, in the multivariate model that the odds of happiness were lower in respondents belonging to rural areas ($p < .001$), who were illiterate ($p < .01$), who did not consider family to be very important ($p < .05$), who reported very poor health ($p < .001$), and who believed in luck ($p < .001$). The odds of happiness increased with higher autonomy ($p < .01$) and higher financial satisfaction ($p < .001$).

© 2023 The authors. Published by SPCRD Global Publishing. This is an open-access article under the Creative Commons Attribution-NonCommercial 4.0

Corresponding author's email address: jawadtariq@fccollege.edu.pk

1. Introduction

Happiness is a basic right of every human being and an important Sustainable Development Goal (SDG-3) as happiness has been considered a key factor of well-being. What makes a person happy or how happy they are is quite subjective. Behaviorists are keen to know the answer to this phenomenon of happiness. There is no denial to the fact that human beings have the desire to be happy. Are feelings a good determinant of happiness? A wide variety of definitions exist when trying to understand the concept. However, no clear definition exists. A lot of time subjective well-being seems to be a synonym for the term happiness (Haybron, 2008). The whole phenomenon is

subjective in nature as the one who determines it, seems to be living inside that very person's skin (Diener, 1984). Happiness is the degree to which a person thinks favorably about the overall quality of his or her existence (Veenhoven, 1991). Many times happiness is being used interchangeably with subjective well-being. This is the most widely used and recognized conception of happiness in contemporary psychology (Diener, 2000)

There are many elements of happiness for example positive emotions and life satisfaction etc. This happiness could result because of good health or the presence of good social capital around you. In fact the main source to harmony seems to be stemming from happiness. The two possible components to happiness comprise of satisfaction with life that could either be satisfaction as a whole or in parts. Second component is a state of experiencing positive emotions such as joy (Lu & Shih, 1997). There's an axiom that an individual's happiness and their well-being are inseparable from their experience of motivational and personal autonomy in pursuit of their freely chosen actions, life-goals and behaviors. When there is an element of satisfaction among people for their need of autonomy than their perception regarding their actions as volitional and self-congruent is strengthened (Ryan and Deci, 2010). The study of well-being has long debated whether culturally particular socialization processes or universal needs that are created in the course of evolution govern human happiness (Tay & Diener, 2011).

Studies on happiness have considered autonomy to be an important predictor however, much conjecture but limited empirical knowledge makes the association worth reviewing (Collet-Sabé & Tort, 2015; O'Donnell et al., 2013; Ali & Haq, 2006). The term autonomy seems to be complex as it carries a number of interpretations. For some it might be related to control in terms of their power to make decisions while other might see it as having some kind of control. It becomes confusing sometimes as to which concept one is referring to while using it. However, the term is usually equated with individuality, integrity, dignity and self-knowledge (Dworkin, 1981). The term might be understood as a capacity to think and being able to act independently in any situation. An autonomous individual is one who has the potential to independently make and carry out the decisions that direct his or her behavior. This again is independent on two key components i.e. willingness and ability (Littlewood, 1996). Sometimes a person's role in a specific situation creates the feeling of not willing to do something in spite the fact that they have the ability. Contrariwise, a person could be motivated to make independent decisions yet lack the required ability to do so (Littlewood, 1996).

In addition to autonomy, scholars have also explored the relation of happiness with culture. Culture plays a significant role by influencing our lives in various ways. It influences our cognitive abilities (Nisbett, 2003) it influences the way we behave (Brislin, 1999) along with how we manage to cope up with these (Wong & Wong, 2006). In short culture of a person has a significant impact on their behaviors, thoughts and feelings (Lehman, Chiu, & Schaller, 2004). Culture has its own definition of concepts and values regarding happiness. For example, in a Pakistani context the focus would be more towards the importance of family, role of patriarchy, good relationships, ageing, gender, better health and success. However, the worldview of happiness is socially constructed over a lifetime and is largely based on a person's life experiences and their culture (Wong, 2013). Within culture, the most important social institution is family and one's relationship to family has been considered an important indicator of happiness and wellbeing (North et al., 2008). Scholars have also considered health as an important determinant of happiness and have also explored the dialectic relationship between health and happiness as higher happiness can result in positive emotions which

can result in a better health (Crivelli & Lucchini, 2017). A unique study hypothesized that belief in hard work can also be related to one’s level of happiness (Tongeren & Burnette, 2018).

The present study, keeping in view the above debate, investigated the relationship of importance given to family, health, autonomy, financial satisfaction, and belief in luck with happiness while taking into account other socio-cultural and demographic aspects within context of Pakistan.

2. Methods

2.1 Data and Sample

This study was based on secondary data analysis of World Values Survey (WVS) Pakistan 2018. WVS Pakistan 2018 collected data from 1995 adults who were between the ages of 18 and 85 years. The complete details of WVS including methods, sample design, and datasets can be found on WVS website. The data was analyzed using Statistical Package for Social Sciences (SPSS), version 25. The final sample used in this study after removing cases with missing values was 1937 respondents.

2.2 Measures

2.2.1 Dependent variable

Level of happiness was the dependent variable in this study. This variable in WVS was measured using a single item and the response categories were ordinal (1 = Very happy, 2 = Quite happy, 3 = Not very happy, 4 = Not at all happy). The responses were reverse coded for this study (1 = Not at all happy, 2 = Not very happy, 3 = Quite happy, 4 = Very happy).

2.2.1 Independent variables

The five independent variables used in the study were importance of family, self-rated health, autonomy, financial satisfaction, and success as an outcome of luck. All these variables in WVS were measured through single items, respectively. The original response categories for these variables and the recoded categories for this study (if any) are given in Table I.

Table I. Constructs to measure independent variables, original response categories, and recoded categories, World Value Survey Pakistan 2018		
Items	Response Categories	Recoded Categories
Importance of Family	Ordinal: 1 (Very Important), 2 (Rather Important), 3 (Not very important), 4 (Not at all important)	Ordinal: 1 (Not at all important), 2 (Not very important), 3 (Rather important), 4 (Very important)
Self-Rated Health	Ordinal: 1 (Very Good), 2 (Good), 3 (Fair), 4 (Poor), 5 (Very Poor)	Ordinal: 1 (Very Poor), 2 (Poor), 3 (Fair), 4 (Good), 5 (Very Good)
Autonomy	Ordinal: 1 (Low Autonomy) to 10 (Complete Autonomy)	Scale: 1 – 10
Financial Satisfaction	Ordinal: 1 (Very unsatisfied) to 10 (Highly satisfied)	Scale: 1 – 10
Success outcome of Luck	Ordinal: 1 (Hard Work) to 10 (Luck)	Scale: 1 – 10

2.2.3 Socio-Demographic Variables

The socio-demographic variables used in the study were Province (1 = Punjab, 2 = Sindh, 3 = Khyber Pakhtunkhwa, 4 = Balochistan), age in years, gender (1 = Male, 2 = Female), social Organization (1 = Rural, 2 = Urban), respondent as chief wage earner (0 = No, 1 = Yes), currently married (recoded as 0 = Others (Single, Separated, Widowed, Divorced), 1 = Married), number of children (continuous variable), and Literacy (0 = Illiterate, 1 = Literate).

2.2.4 Statistical Analysis

Descriptive statistics, frequencies and percentages for categorical variables and mean, standard deviations, and range for continuous variables, were calculated (see Table II). For inferential statistics, two separate models were generated using ordinal logistic regression to predict happiness using key independent variables and socio-demographic variables. In the first model, only the socio-demographic variables were entered as independent variables along with happiness as dependent variable. The results are summarized in Table III as Model 1. In the second model, key independent variables (importance of family, self-rated health, autonomy, financial satisfaction, and success as outcome of luck) were also entered along with socio-demographic variables to predict happiness. The results are summarized in Table 3 as Model 2.

3. Results

3.1 Descriptive Statistics

Descriptive statistics of socio-demographics, independent variables (importance of family, self-rated health, autonomy, financial satisfaction, and belief in luck), and dependent variable (happiness) are presented in Table II. Mean age of the respondents in the sample was 35.6 ± 11.4 years (Range = 18 - 85 years). The results show that 67.1% of the respondents belonged to rural areas, 47.5% were females, and 82.8% were currently married. Mean number of children was 2.7 ± 2.1 children, 71.9% of the respondents were literate, and 49.8% were primary wage earners in the household. With respect to key independent variables, 92.6% held that family is very important and 69.2% rated their health as good. The means and standard deviations for autonomy, financial satisfaction, and success as an outcome of luck were 7.7 ± 2.6 , 7.3 ± 2.5 , and 4.2 ± 3.4 , respectively, which shows that majority of the respondents scored average to high on autonomy and financial satisfaction and low to average on success as an outcome of luck. With respect to dependent variable, 89.4% of the respondents were happy.

Table II. Descriptive statistics of variables used in the study, World Value Survey Pakistan 2018 (N = 1937)

Variables	f	Range
Province		
Punjab	1114	
Sindh	477	
Khyber Pakhtunkhwa	257	
Balochistan	89	
Social Organization		
Rural	1300	
Urban	637	
Gender		
Male	1017	
Female	920	

Age (years)		18 – 85
Currently Married		
No	333	
Yes	1604	
Number of Children		0 – 12
Literacy		
Illiterate	544	
Literate	1393	
Chief Wage Earner		
No	973	
Yes	964	
Importance of Family		
Not at all important	08	
Not very important	18	
Rather important	117	
Very important	1794	
Self-Rated Health		
Very poor	20	
Poor	84	
Fair	492	
Good	703	
Very good	638	
Autonomy		1 – 10
Financial Satisfaction		1 – 10
Success outcome of Luck		1 – 10
Feelings of Happiness		
Not at all happy	48	
Not very happy	158	
Quite happy	803	
Very happy	928	

3.2 Ordinal Logistic Regression results

The results of ordinal logistic regression are given in Table III. The findings of Model 1 showed that age ($p < .01$), social organization ($p < .05$), and literacy ($p < .01$) significantly contributed to the model. The remaining socio-demographic variables (province, gender, chief wage earner, current marital status, and parity) were statistically insignificant ($p > .05$). The odds of higher happiness were 0.80 times (95% CI: 0.66 – 0.96, $p < .05$) less in rural areas compared to urban areas. The odds of higher happiness decreased by 0.98 times (95% CI: 0.97 – 0.99, $p < .01$) with increase in age. The results for Model 1 further showed that the odds of higher happiness were 0.73 times (95% CI: 0.60 – 0.89, $p < .01$) lower in illiterate respondents compared to those who were literate. The findings of Model 2 showed that social organization ($p < .001$), gender ($p < .05$), literacy ($p < .01$), importance of family ($p < .001$), self-rated health ($p < .001$), autonomy ($p < .01$), financial satisfaction ($p < .001$), and success as an outcome of luck ($p < .001$) significantly contributed to the model. The remaining variables (province, age, chief wage earner, current marital status, and parity) were statistically insignificant ($p > .05$). The odds of higher happiness were 0.64 times (95% CI: 0.52 – 0.78, $p < .001$) less in rural areas compared to urban areas. The odds of

higher happiness decreased by 0.71 times (95% CI: 0.53 – 0.96, $p < .05$) in males when compared to females. It is pertinent to mention here that gender was insignificant in Model 1 but turned out to be a significant variable in final model (Model 2). Likewise, the odds of higher happiness were 0.74 times (95% CI: 0.60 – 0.91, $p < .01$) lower in illiterate respondents compared to those who were literate.

The odds of higher happiness, compared to respondents who considered family to be very important, were 0.32 times (95% CI: 0.13 – 0.78, $p < .05$) less in respondents who considered family to be rather important and 0.49 times (95% CI: 0.34 – 0.71, $p < .001$) less in respondents who considered family to be not very important. The odds of higher happiness were less in respondents who rated their health as good (aOR = 0.12, 95% CI: 0.05 – 0.29, $p < .001$), fair (aOR = 0.12, 95% CI: 0.07 – 0.18, $p < .001$), poor (aOR = 0.15, 95% CI: 0.12 – 0.20, $p < .001$), and very poor (aOR = 0.22, 95% CI: 0.17 – 0.28, $p < .001$), when compared to the respondents who rated their health as very good. The odds of higher happiness increased by 1.06 times (95% CI: 1.02 – 1.10, $p < .01$) in respondents with increase in level of autonomy. The odds of higher happiness increased by 1.24 times (95% CI: 1.19 – 1.29, $p < .001$) with increase in financial satisfaction. The odds of higher happiness decreased by 0.95 times (95% CI: 0.92 – 0.98, $p < .001$) with increase in belief in luck, that is, respondents who considered success to be an outcome of luck rather than hard work.

Table III. Ordinal Logistic Regression to predict Happiness from socio-demographic and independent variables, World Value Survey Pakistan 2018 (N = 1937)						
	Model 1			Model 2		
Variables	aOR	95% CI	p-value	aOR	95% CI	p-value
Socio-Demographic						
Province						
Punjab	0.92	0.60 – 1.40	.70	1.05	0.66 – 1.65	.84
Sindh	0.78	0.50 – 1.22	.28	0.92	0.57 – 1.48	.73
Khyber Pakhtunkhwa	0.94	0.59 – 1.50	.79	1.04	0.62 – 1.73	.89
Balochistan	1			1		
Social Organization						
Rural	0.80	0.66 – 0.96	.017	0.64	0.52 – 0.78	<.001
Urban	1			1		
Gender						
Male	1.05	0.80 – 1.38	.73	0.71	0.53 – 0.96	.025
Female	1			1		
Age (years)	0.98	0.97-0.99	.001	0.99	0.98 – 1.00	.09
Chief Wage Earner						
No	0.86	0.65 – 1.14	.30	0.84	0.63 – 1.13	.26
Yes	1			1		
Currently Married						
No	0.81	0.62 – 1.06	.13	1.02	0.76 – 1.36	.91
Yes	1			1		
Parity (number of children)	0.96	0.91 – 1.01	.15	1.00	0.95 – 1.06	.90
Literacy						
Illiterate	0.73	0.60 – 0.89	.002	0.74	0.60 – 0.91	.005
Literate	1			1		

Independent						
Importance of Family						
Not at all important				0.70	0.18 – 2.75	.61
Not very important				0.32	0.13 – 0.78	.012
Rather important				0.49	0.34 – 0.71	<.001
Very important				1		
Self-Rated Health						
Very poor				0.12	0.05 – 0.29	<.001
Poor				0.12	0.07 – 0.18	<.001
Fair				0.15	0.12 – 0.20	<.001
Good				0.22	0.17 – 0.28	<.001
Very good				1		
Autonomy				1.06	1.02 – 1.10	.003
Financial Satisfaction				1.24	1.19 – 1.29	<.001
Success outcome of Luck				0.95	0.92 – 0.98	<.001

4. Discussion

Happiness is significantly influenced by how much freedom of choice is permitted in a community (Inglehart, Foa, Peterson, & Welzel, 2008). The ability of individuals to keep their uniqueness in many contexts and circumstances is referred to as autonomy, which is seen as a key component of happiness. As a result, several academic fields have contributed to the study of autonomy. Importantly, everyone acknowledges that autonomy is a complicated idea in which several viewpoints may be found and categorized. One such group focuses on the study of a person's capacity to decide or control their behavior in accordance with their own standards, which are independent of other pressures (Garberoglio et al., 2017). In another study it is established that the ability to ask oneself questions, analyze one's life in reference to others, make interdependent decisions and accept the consequences, and organize oneself in relation to others and society is believed to be a key component of autonomy (Bernal Romero, Melendro, & Charry, 2020). Apart from autonomy the role of family is enormous when it comes to one's happiness. A person has no control over the family that they are born into. However, it is an influential factor which still needs to draw attention of the researchers. Not many researches have been conducted to see its role in making one happy. Though a few researches which are not directly related to happiness but focus on an individual's well-being are available as mostly use the terms happiness and well-being interchangeably (Winkleman, 2005; Molina, Navarro, and Walker, 2011). Individual happiness is dependent upon sufficient social support within the family (Adams et al. 1996; North et al. 2008). Families that are well-functioning tend to ensure optimal individual productivity and performance; this contributes in their increased happiness level. Nonetheless, when it comes to personal happiness, family appeared to be one of the most important life domains across all cultures.

At the same time gender is also highly significant in determining the happiness especially in a patriarchal society like Pakistan. Gender is an essential characteristic of a person's identity as well as fundamental element of social structure (Aldous & Ganey, 1999). In most of the cultures the socialization pattern for males and females are different from their early life. This eventually leads to a divergence among them (Lu & Lin, 1998). This gender disparity in happiness may have its roots in the social lives of women, in part. Research indicates that happiness, social support, and gender are all significantly correlated. However, social support is the only way that gender is connected to happiness directly (Lu & Shih, 1997). Due to the prevalence of strict gender role practices men seem

to be happier as compared to women as women might have increased expectation of gender equality which is unfortunately unmet within the family making women worse off (Mencarini & Sironi, 2012). Another research indicates that the level of happiness among men is higher than females despite the phenomenon of diversity and overlaps of opportunities and outcomes among both genders as gender hierarchy plays an important role and continues to favor men (Kominski & Adams, 1994). While health is important in determining happiness the role of ageing is equally important. What connection exists between happiness and ageing? Is our happiness essentially constant throughout our lives, with just the odd major life event (marriage, a child's birth, a promotion, or sickness) having the ability to momentarily increase or decrease it, or do we truly get happier as we age (Frijters & Beaton, 2012)? Personal autonomy has been examined as a process that develops over the course of a person's lifetime and as a crucial component of quality of life. Therefore, several researches in this area demonstrate that a person's level of autonomy increases with age (Barbosa & Wagner, 2015). While the pursuit of happiness and health has once again become a universal common goal that all people and cultures are expected to pursue, empirical study on the factors that influence health and happiness has mostly remained distinct (Subramanian, Kim, & Kawachi, 2005). Much of the available literature suggests that good health is directly related to one's happiness (Rosenkranz et al., 2003; Ryff & Singer, 2001; Subramanian, Kim, & Kawachi, 2005). Those who enjoy good mental and physical health are more likely to reflect higher level of happiness (Musick & Wilson, 2003; Thoits & Hewitt, 2001; Wheeler, Gorey, & Greenblatt, 1998, Whiteley, 2004).

Sometimes, hard work is very important component of happiness however many still believe in the phenomenon of luck. A lot of studies on luck have been conducted specifically in the areas achievement situations or in gambling. However, luck is apparently a phenomenon of major importance (Wagenaar, 1998) whereas the tasks related to achievements are typically perceived as being more dependent upon, effort, ability and task characteristics. The greater an inclination towards belief in hard work the happier an individual would be as luck is beyond one's control that eventually lead to unhappiness. There is also an extensive discussion in the academic literature on the relation between financial satisfaction and happiness (Easterlin 1974, 1995). There are numerous studies that demonstrate a positive relationship between financial growth and happiness (Killingsworth 2021; Diener et al. 2018; Steel et al. 2018; Stevenson and Wolfers 2008; Ferrer-i-Carbonell, 2005; Hagerty & Veenhoven 2003). Mostly the literature focuses on correlation between the two with a focus on developed countries whereas this study specifically looked at it with a perspective from a developing country.

5. Conclusion

The study investigated the effect of different variables on happiness and found that social organization, gender, age, literacy, importance of family, health, autonomy, financial satisfaction, and belief in luck as key determinants of happiness. Nevertheless, the study is limited as it was based on secondary data analysis of a cross-sectional study, that is, WVS 2018 only. It is also important to recognize that happiness can be affected by many other variables such as religiosity which should be explored by prospective studies. There is also a need for separate qualitative studies to understand the mechanisms through which each significant variable of this study relates to happiness.

References

Adams, G. A., King, L. A., & King, D. W. (1996). Relationships of job and family involvement, family social support, and work-family conflict with job and life satisfaction. *Journal of applied*

- psychology*, 81(4), 411.
- Aldous, J., & Ganey, R. F. (1999). Family life and the pursuit of happiness: The influence of gender and race. *Journal of Family Issues*, 20(2), 155-180.
- Ali, S. M., & ul Haq, R. (2006). Women's autonomy and happiness: the case of Pakistan. *The Pakistan Development Review*, 121-136.
- Bernal Romero, T., Melendro, M., & Charry, C. (2020). Transition to adulthood autonomy scale for young people: design and validation. *Frontiers in psychology*, 11, 457.
- Brislin, R. (1993). *Understanding culture's influence on behavior*. Harcourt Brace Jovanovich.
- Collet-Sabé, J., & Tort, A. (2015). What do families of the 'professional and managerial' class educate their children for? The links between happiness and autonomy. *British Journal of Sociology of Education*, 36(2), 234-249.
- Crivelli, L., & Lucchini, M. (2017). *Health and happiness: an introduction*. Springer
- Diener E. (1984). Subjective well-being. *Psychological Bulletin* 93, 542-575.
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. *American psychologist*, 55(1), 34.
- Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature Human Behaviour*, 2(4), 253-260.
- Dworkin, G. (1981). The concept of autonomy. *Grazer philosophischestudien*, 12, 203.
- Easterlin, R. A. (1974). Does economic growth improve the human lot? Some empirical evidence. In *Nations and households in economic growth* (pp. 89-125). Academic press.
- Easterlin, R. A. (1995). Will raising the incomes of all increase the happiness of all?. *Journal of economic behavior & organization*, 27(1), 35-47.
- Ferrer-i-Carbonell, A. (2005). Income and well-being: an empirical analysis of the comparison income effect. *Journal of public economics*, 89(5-6), 997-1019.
- Frijters, P., & Beaton, T. (2012). The mystery of the U-shaped relationship between happiness and age. *Journal of Economic Behavior & Organization*, 82(2-3), 525-542.
- Garberoglio, C. L., Schoffstall, S., Cawthon, S., Bond, M., & Caemmerer, J. M. (2017). The antecedents and outcomes of autonomous behaviors: Modeling the role of autonomy in achieving sustainable employment for deaf young adults. *Journal of Developmental and Physical Disabilities*, 29, 107-129.
- Hagerty, M. R., & Veenhoven, R. (2003). Wealth and happiness revisited—growing national income does go with greater happiness. *Social indicators research*, 64, 1-27.
- Haybron, D. M. (2008). Philosophy and the science of subjective well-being. *The science of subjective well-being*, 17-43.
- Inglehart, R., Foa, R., Peterson, C., & Welzel, C. (2008). Development, freedom, and rising happiness: A global perspective. *Perspectives on Psychological Science*, 3, 264-285. doi:10.1111/j.1745-6924.2008.00078.x
- Killingsworth, M. A. (2021). Experienced well-being rises with income, even above \$75,000 per year. *Proceedings of the National Academy of Sciences*, 118(4), e2016976118.
- Kominski, R., & Adams, A. (1994). Educational Attainment in the United States: March 1993 and 1992. *Current population reports*
- Lehman, D. R., Chiu, C. Y., & Schaller, M. (2004). Psychology and culture. *Annu. Rev. Psychol.*, 55, 689-714.
- Littlewood, W. (1996). "Autonomy": An anatomy and a framework. *System*, 24(4), 427-435.
- Lonner, W. J. (2006). *Handbook of multicultural perspectives on stress and coping* (pp. XXVI-636). P. T. Wong, & L. C. Wong (Eds.). New York: Springer.
- Lu, L., & Lin, Y. Y. (1998). Family roles and happiness in adulthood. *Personality and individual*

- differences, 25(2), 195-207.
- Lu, L., & Shih, J. B. (1997). Sources of happiness: A qualitative approach. *The Journal of Social Psychology, 137*(2), 181-187.
- Lu, L., & Shih, J. B. (1997). Personality and happiness: Is mental health a mediator?. *Personality and individual differences, 22*(2), 249-256.
- Mencarini, L., & Sironi, M. (2012). Happiness, housework and gender inequality in Europe. *European Sociological Review, 28*(2), 203-219.
- Molina, J. A., Navarro, M., & Walker, I. (2011). Intergenerational Well-Being Mobility in Europe. *Kyklos, 64*(2), 253-270.
- Musick, M. A., & Wilson, J. (2003). Volunteering and depression: The role of psychological and social resources in different age groups. *Social science & medicine, 56*(2), 259-269.
- Nisbett, R. (2003). *The Geography of Thought. How Asians and Westerners think differently... and why.* Ann Arbor: University of Michigan.
- North, R. J., Holahan, C. J., Moos, R. H., & Cronkite, R. C. (2008). Family support, family income, and happiness: a 10-year perspective. *Journal of Family Psychology, 22*(3), 475.
- O'Donnell, S., Chang, K., & Miller, K. (2013). Relations among autonomy, attribution style, and happiness in college students. *College Student Journal, 47*(1), 228-234.
- Ryan, R. M., & Deci, E. L. (2010). A self-determination theory perspective on social, institutional, cultural, and economic supports for autonomy and their importance for well-being. In *Human autonomy in cross-cultural context: Perspectives on the psychology of agency, freedom, and well-being* (pp. 45-64). Dordrecht: Springer Netherlands.
- Stevenson, B., & Wolfers, J. (2008). *Economic growth and subjective well-being: Reassessing the Easterlin paradox* (No. w14282). National Bureau of Economic Research.
- Steel, P., Taras, V., Uggerslev, K., & Bosco, F. (2018). The happy culture: A theoretical, meta-analytic, and empirical review of the relationship between culture and wealth and subjective well-being. *Personality and Social Psychology Review, 22*(2), 128-169.
- Subramanian, S. V., Kim, D., & Kawachi, I. (2005). Covariation in the socioeconomic determinants of self rated health and happiness: a multivariate multilevel analysis of individuals and communities in the USA. *Journal of Epidemiology & Community Health, 59*(8), 664-669.
- Tay, L., & Diener, E. (2011). Needs and subjective well-being around the world. *Journal of personality and social psychology, 101*(2), 354.
- Thoits, P. A., & Hewitt, L. N. (2001). Volunteer work and well-being. *Journal of health and social behavior, 115*-131.
- Tongeren, D. R. V., & Burnette, J. L. (2018). Do you believe happiness can change? An investigation of the relationship between happiness mindsets, well-being, and satisfaction. *The Journal of Positive Psychology, 13*(2), 101-109.
- Veenhoven, R. (1991). Is happiness relative?. *Social indicators research, 24*, 1-34.
- Wheeler, J. A., Gorey, K. M., & Greenblatt, B. (1998). The beneficial effects of volunteering for older volunteers and the people they serve: A meta-analysis. *The International Journal of Aging and Human Development, 47*(1), 69-79.
- Whiteley, P. (2004). *The art of happiness: Is volunteering the blueprint for bliss.* London: Economic and Social Research Council.
- Winkelmann, R. (2005). Subjective well-being and the family: Results from an ordered probit model with multiple random effects. *Empirical Economics, 30*, 749-761.
- Wong, P. T. (2013). Cross-cultural positive psychology. *Encyclopedia of Cross-cultural Psychology.* Oxford, UK: Wiley Blackwell Publishers. Retrieved from <http://www.drpaulwong.com/cross-cultural-positive-psychology>.