

**Psyc 304**

**Module 14 Archive**

**Subjective Happiness Scale (SHS)**

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

1	2	3	4	5	6	<u>7</u>
not a very						a very
happy						happy
person						person

2. Compared to most of my peers, I consider myself a:

1	2	3	4	5	<u>6</u>	7
less						more
happy						happy
person						person

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	<u>6</u>	7
not						a
at						great
all						deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	<u>6</u>	7
not						a
at						great
all						deal

Note: Item #4 is reverse coded

### Scoring:

To score the scale, reverse code the 4th item (i.e., turn a 7 into a 1, a 6 into a 2, a 5 into a 3, a 3 into a 5, a 2 into a 6, and a 1 into a 7), and compute the mean of the 4 items.

I scored a 5.

The maximum score is 7. The average happiness score runs from about 4.5 to 5.5. College students tend to score lower (averaging a bit below 5) than working adults and older, retired people (who average 5.6).

### Your Takeaway:

The SHS is one avenue of measuring happiness in social psychological research. Discuss your thoughts on what happiness is and whether measures such as this truly capture it. How do cultural expectations influence the perception of whether one has had a happy life?

Happiness is about perseverance and being able to make the most out of every situation. In life we are often dealt with circumstances that can be difficult. Society makes us believe that there are so many horrible things happening that it is hard to be happy. If you watch five minutes of the news it can become depressing. Society also tries to influence us on what will make us happy getting a high paying job, getting married, and having kids. This has been the standard for happiness for centuries. I think the fact that many people are not marrying until they are ready, whether that be 40 or 50, is simply amazing. People are now taking the time to pursue passion over corporate and realizing that money means nothing if you hate your job. Perseverance means that you will not let society dictate what will make you happy as a person. It means that no matter how difficult things get you look towards a better tomorrow.

**Visual artifact idea:** include an image that you feel encompasses happiness



This image always makes me smile, I adore my daughter and I love watching her grow. Although life is hectic and often overwhelming, I try my best to make every day memorable for her. She makes me

laugh when I want to cry.

Reference:

Lyubomirsky, S., & Lepper, H. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155. The original publication is available at [www.springerlink.com](http://www.springerlink.com).