



SUBJECTIVE WELLBEING AND SOCIAL VALUES IN THE CONTEXT OF THE MACRO-LEVEL BEHAVIOURS.

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WELLBEING & WEALTH

Wellbeing often analysed in the context of the **country's economic situation** (Lane, 2000; Frey and Stutzer, 2002) as well as **relative income** (Stevenson and Wolfers, 2008; Wilkinson and Pickett, 2010)

Easterlin Paradox: Happiness levels remain constant despite increase in wealth (Easterlin, 1995)

Individual happiness related to income only to a **limited extent** (Kahneman et al., 2006)

WELLBEING & SOCIAL RELATIONS

Other aspects of life (e.g., **being in a relationship**) strongly related to happiness (Hellwell, 2006)

People who engage in **social activities** often are happier than those who do it infrequently (Lloyd and Auld, 2002)

'To be social seems to pay off in terms of happiness' (Muffels, Skugor, Dingemans, 2012)

SO?

*'If **money** does not make
you happy, consider **time**'
(Aaker et al., 2011)*

TIME

The **overlooked dimension** of transition in post-socialist societies.

Time allocation is not the focus in analysis of happiness/wellbeing, with few exceptions (e.g., Kahneman & Krueger, 2006).

Time-use studies are not linked with survey studies.

OBJECTIVE

Use aggregated measures of time-use (on the population level) as contextual variables alternative/ complementary to income.

- Average time spent on 'SIMPLE' SOCIALIZING (mostly conversations with HH members)
- Average time spent on VISITS AND FEASTS
- Average LEISURE DURATION (i.e. also a function of duration of working time)

INDIVIDUAL LEVEL: SOCIAL VALUES

Individual level variables

(1) Importance of family

(2) Importance of friends and acquaintances

Control variables: (3) Relationship status(dummy); (4) Age; (5) Gender; (6) Educational attainment; (7) monthly HH income

COUNTRY LEVEL: BEHAVIORS

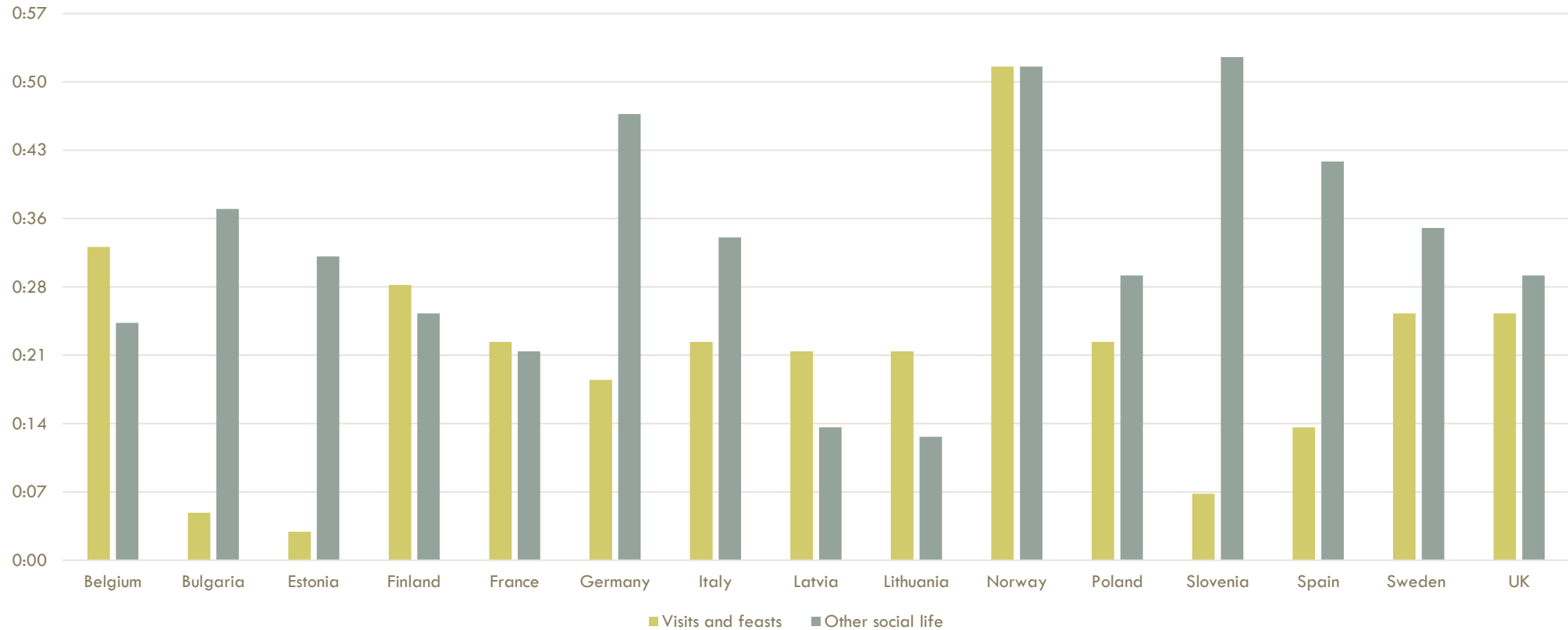
Country-level variables

(1) Average time spent on 'visits and feasts'

(2) Average time spent on 'simple socializing' (socializing with household members, conversations)

Control variables: (3) Mean duration of leisure time; (4) GDP pc

TIME IN SOCIAL ACTIVITIES (NATIONAL AVERAGES)



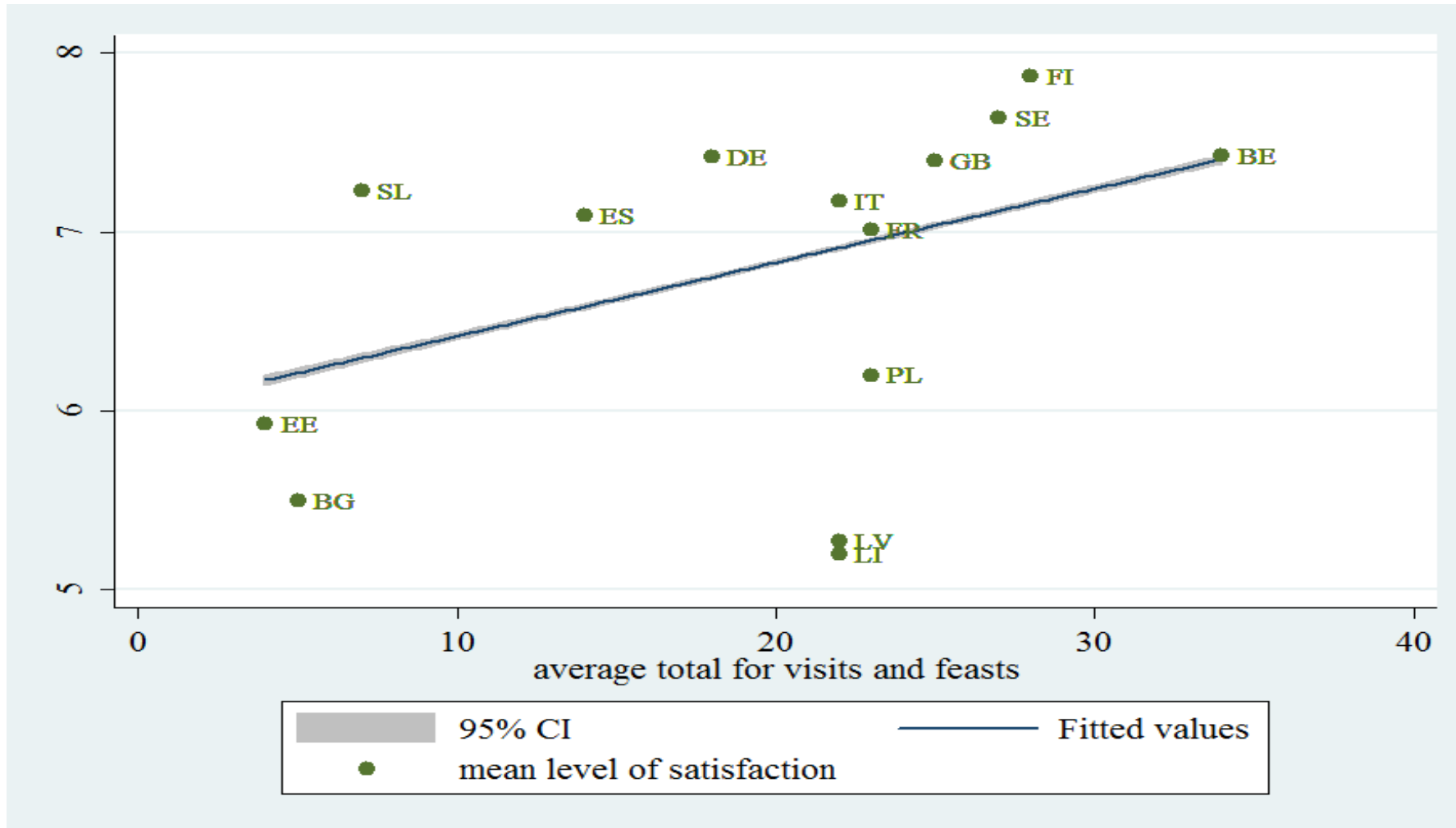
DURATION OF LEISURE TIME & SUBJECTIVE WELLBEING



DURATION OF 'SIMPLE' SOCIALIZING & SUBJECTIVE WELLBEING



DURATION OF VISITS & FEASTS AND SUBJECTIVE WELLBEING



DV: SUBJECTIVE WELLBEING (0-10)

	Coef.	SE
Family is (ref. very important)		
quite	-.29***	.05
not	-.71***	.12
not at all	-1.15***	.24
Friends (ref. important)		
quite	-.21***	.04
not	-.57***	.06
not at all	-.96***	.19
Female	.034	.04
Not in a stable relationship	-.45***	.042
Education (ref. lower)		
middle	.03	.04
higher	.26***	.05
Year of birth	-3.28***	.25
HH income (ref. lower)		
middle	.45***	.04
high	.83***	.05
Std average duration of 'simple' socializing	.23***	.07
Std average duration of leisure time	.25**	.09
Std GDP	.52***	.08

DV: SUBJECTIVE WELLBEING (0-10)

	Coef.	SE
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quite	-.29***	.05
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not at all	-1.15***	.24
Friends (ref. important)		
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Not in a stable relationship	-.45***	.04
Education (ref. lower)		
middle	.04	.04
higher	.26***	.05
year of birth	-3.28***	.25
HH income (ref. lower)		
middle	.45***	.04
high	.83***	.05
Std average duration of visits & feasts	-.19	.09
Std average duration of leisure time	.35***	.10
Std GDP	.62***	.11

DV: SUBJECTIVE WELLBEING, WITH INTERACTION

	Coef.	SE
Family is important (dummy)	0.77***	0.11
Friends are important (dummy)	0.51***	0.06
Female	.05	.04
Not in a stable relationship	-.46***	.04
Education (ref. lower)		
middle	.04	.04
higher	.28***	.05
Year of birth	-3.31***	.25
Age2	.00***	.00
HH income (ref. lower)		
middle	.46***	.04
high	.84***	.05
Std average duration of 'simple' socializing	-.03	.12
Std average duration of leisure time	.25**	.09
Std GDP	.55***	.07
Int: Duration of 'simple' socializing * family is important	.25**	.09

CONCLUSIONS

Macro-level behavioural context matters for individual wellbeing.

Duration of leisure

Duration of 'simple' social life, i.e. conversations with HH members

Visits and feasts do not matter (*better stay at home*)

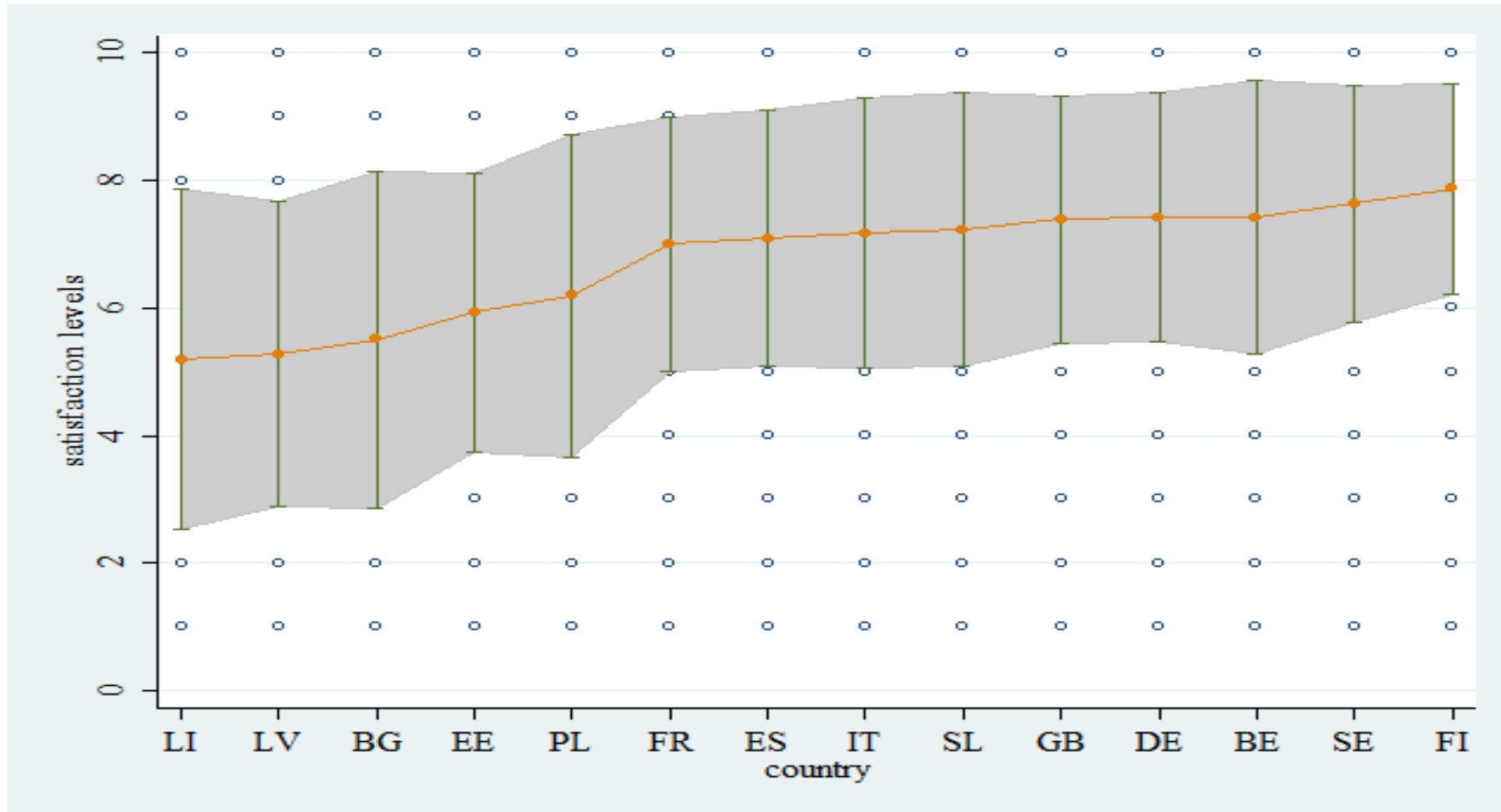
High importance of family matters more in countries with longer time spent in 'simple' socializing.

THANK YOU

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COUNTRY DIFFERENCES IN SUBJECTIVE WELLBEING (EVS 1999)



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