

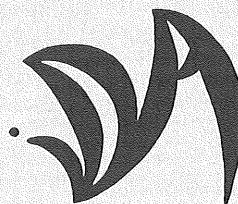
Reports from the project

Individual Development and Adaptation

**COMPONENTS OF SUBJECTIVE WELL-BEING
IN SWEDISH WOMEN**

**Daiva Daukantaite
Lars R. Bergman**

**Number 83
January 2003**



**IDA / Department of Psychology
STOCKHOLM UNIVERSITY
106 91 STOCKHOLM, SWEDEN**

ISSN 1651-0542

Viera Dornic, Copy Editor

TEL +46 8 16 3962
FAX +46 8 15 9342

Principal investigator: **Professor Lars R. BERGMAN**

The research program Individual Development and Adaptation (IDA) was initiated by David Magnusson in 1964 and was led by him until 1996 when Lars R. Bergman became the principal investigator.

Reports from the project Individual Development and Adaptation published from 2000 and onwards:

- No. 70 Bergman, L.R. Women's health, work, and education in a life-span perspective. Technical report 1: Theoretical background and overview of the data collection. (*January 2000*)
- No. 71 Isaksson, K., Johansson, G., Lindroth, S., & Sverke, M. Women's health, work, and education in a life-span perspective. Technical report 2: The coding of work biographies. (*November 2000*)
- No. 72 Publications 1961 - 2000. (*December 2000*)
- No. 73 Zettergren, P. Peer rejection and future school adjustment. A longitudinal study. (*October 2001*)
- Nr. 74 Wulff, C. Begåvningsprofiler som avviker från vad som anses könstypiskt. Betydelse för anpassning och yrkespreferenser. (*Oktober 2001*)
- No. 75 Wångby, M., & Stattin, H. Self-perceived psychological health among Swedish teenage girls: 1. Adjustment problems in a 1996 school cohort. (*November 2001*)
- No. 76 Magnusson, D., & Mahoney, J.L. A holistic person approach for research on positive development. (*November 2001*)
- Nr. 77 Lindroth, S. IDAs och hennes systrars väg ut i arbetslivet. En studie om yrkesplaner, yrkesutveckling och yrkesval hos flickor i tonåren och i tidig vuxenålder. (*December 2001*)
- No. 78 Crafoord, K., & Magnusson, D. Symptom questionnaire: Early adolescence. Female version. (*December 2001*)
- No. 79 Wångby, M., Magnusson, D., & Stattin, H. Self-perceived psychological health among Swedish teenage girls: 2. Time trends in frequencies of adjustment problems between 1970 and 1996. (*March 2002*)
- Nr. 80 Näswall, K., Sverke, M., Isaksson, K., Johansson, G., & Lindroth, S. Arbete, utbildning, familj: Beskrivande statistik från den personliga intervjun i IDA-II. Teknisk rapport. (*Augusti 2002*)
- Nr. 81 Grip, A. Linjära statistiska kontra icke linjära dynamiska modeller av individuell utveckling. (*Oktober 2002*)
- No. 82 Isaksson, K., Johansson, G., Lindroth, S., & Sverke, M. Women's health, work, and education in a life-span perspective. Timing of childbirth and education: A life event approach to female career patterns. (*November 2002*)
- No. 83 Daukantaite, D., & Bergman, L.R. Components of subjective well-being in Swedish women. (*January 2003*)

Foreword

The enclosed report contains basic analyses of subjective well-being and its relationship to other factors. The authors are Daiva Daukantaite and Lars R. Bergman. Data are used from the longitudinal research program Individual Development and Adaptation (IDA) for the females, aged 43.

This research has been supported by the Research Council for Working Life and Social Sciences and by the Swedish Council for Social Research. The data collection was supported by grants to Lars R. Bergman from the Swedish Council for Social Research, the Swedish Council for the Planning and Coordination of Research, and the County Council of Örebro.

Stockholm, February 6, 2003

Lars R. Bergman
Professor
Director of IDA

Abstract

The purpose of the study was to contribute to our knowledge about (a) the relationships among different SWB components, and (b) their relationships to personality and sociodemographic factors. Data were taken from the longitudinal research program Individual Development and Adaptation (IDA, Magnusson, 1988). The sample comprised 569 Örebro women, aged 43, who took part in a personal interview (including hand-outs) in 1998. Data were also used from an intensive psychological-medical examination (N=369). Both variable-oriented and person-oriented methods were used for analyzing the data. Most of the variable-oriented results we presented can be regarded as largely replications of results obtained by other researchers. Our results confirmed the often reported finding that the predictive power of sociodemographic factors is low. Marital status and income were the strongest predictors. With regard to personality variables, we found that personality factors tend to be the strongest and most consistent predictors of SWB. Optimism and the Negative Emotionality (neuroticism) related KSP scales were found to be the strongest predictors of SWB components. The person-oriented analyses, searching for general SWB types and domain-specific types of satisfaction, indicated several interesting results. With regard to general SWB types, we claim to have identified a typology that we believe to some extent can be generalized. Two clusters with generalized very low SWB emerged. Compared to a reference cluster, women in these clusters reported significantly higher negative emotionality, aggressive nonconformity, and significantly lower optimism. One fairly large cluster with generalized high SWB also emerged. Compared to a reference cluster, the women scored significantly higher on Optimism and the Extraversion related composite scale and significantly lower on Negative Emotionality and Aggressive Nonconformity. With regard to types of domain-specific satisfaction, the results are less clear-cut.

Introduction

It is probably fair to say that almost all research efforts to understand the process of adaptation has been directed to the negative side - to understand problems like criminality, conduct disorders, ADHD, depression, anxiety, and the like. Seligman and Csikszentmihalyi (2000) say as follows:

Psychology has, since World War II, become a science largely about healing. It concentrates on repairing damage with a disease model of human functioning. This almost exclusive attention to pathology neglects the fulfilled individual and the thriving community (p. 5).

The limitation of the risk-resilience perspective is now recognized. During the last decade it has become increasingly clear that a strong effort is needed to understand the mechanisms behind favorable outcomes and that they should be studied in their own right, not as “non-negative” outcomes (Cowen, 1991; Ryff & Singer, 1998). The importance of the area is underlined by the 1998 American Psychological Association presidential address by Martin Seligman in which he puts forward that psychology should reorient itself from being a victimology to becoming a positive social science for the 21st century (APA, 1998).

Two main aspects of positive adaptation are the following:

1. *The objective perspective* includes such aspects as the person’s performance at work and at school, social relations, fulfillment of obligations, excellence, contributions to society, appropriate behavior in different situations and the like, but also aspects like good physical and even mental health.
2. *The subjective perspective* includes such aspects as the person’s own experience of well-being, happiness, flow, fulfillment, optimism, self-esteem, security, contentment, etc. Although these experiences tend to be related, but they are, of course, not the same thing.

In this article we will focus on one important subjective aspect, namely subjective well-being.

Subjective Well-Being

Subjective well-being (SWB) refers to how people evaluate their lives. The phenomenon has been studied for a long time within both Psychology and Sociology, see Diener, Suh, Lucas, and Smith (1999) for a review. An example of a formulation of SWB measuring global life satisfaction is the following question used by Andrews and Withey (1976): “How do you feel about your life as a whole?” with answers given on a 7-points scale ranging from “delighted” to “terrible”. The majority of researchers now agree that SWB is composed of three partially separable cognitive and affective components: (1) life satisfaction which includes global life satisfaction and satisfaction with specific domains such as job satisfaction, marital satisfaction, etc.; (2) positive affect; and (3) negative affect. These three components correlate sufficiently highly to

make it defensible to regard them as parts of a higher order construct (Argyle, Martin, & Crossland, 1989; Diener, 2000).

Subjective well-being is likely to have both stable and changeable components. Life satisfaction might change if a person's life circumstances change dramatically. Similarly, emotions also might change. But at the same time, appraisal of one's life and emotions are likely to return to an average baseline, which is set by one's personality and general life circumstances (Diener, 1994).

In this context, three important aspects of SWB should be mentioned. (1) SWB is not primarily a measure of momentary mood or momentary life satisfaction. It is more of a global judgment of longer time periods. State and trait life satisfaction are related but they are different phenomena (Thomas and Diener, 1990). (2) Unfortunately, method artifacts exist that can create bias in these ratings (e.g. the ordering of items and the labeling of response alternatives; Schwarz & Strack, 1999). It is hoped that the effects on the results of such artifacts are diminished when relationships are studied which will be the focus in this study. It is more hazardous to, for instance, report on levels of happiness or percentages of happy persons and to compare such figures between different samples. (3) SWB is not a sufficient condition for psychological well-being or mental health (Diener et al, 1997). According to them, a delusional person also might say that she/he is happy and satisfied with life, but we would not say that she/he possesses mental health. For instance, Ryff (1989; Ryff & Keys, 1995) outlined six subscales to assess psychological well-being: Autonomy, Environmental Mastery, Positive Relations with Others, Purpose in Life, Personal Growth, and Self-Acceptance. Obviously these scales are not identical to SWB, which is best regarded as one aspect of psychological well-being.

Positive and Negative Affect

Global life satisfaction is a cognitive judgmental evaluation of one's life and, as such, it may be indirectly influenced by affect but it is not itself a direct measure of emotion (Diener, 1984). Moods and emotions, which together are labeled affect, represent people's on-line evaluations of the events that occur in their lives. A number of investigators have viewed positive affect and negative affect as orthogonal dimensions (Bradburn, 1969; Diener & Emmons, 1985; Zevon & Tellegen, 1982), but this standpoint is disputed. Current evidence indicates that the two dimensions are not completely independent, but at least clearly separable, especially across longer time spans (Diener et al., 1995; Watson et al., 1999). There is a convergence between these two dimensions of affect and broad dimensions of temperament and personality. Positive affect is similar to extraversion and behavioral activation, whereas negative affect is similar to neuroticism, behavioral inhibition, and withdrawal (Costa & McCrae, 1980; Watson et al., 1999). Positive emotions were found to foster creative thinking, motivate individuals to engage in activities that enhance their personal skills, aid in recovery from negative emotions, and strengthen social bonds, whereas stable negative emotions were found to bring a pattern of negative life outcomes in work and family (Harker & Keltner, 2001).

Domain-Specific Satisfaction

Life satisfaction can be broken down into global life satisfaction and satisfaction with specific domains. Cutler (1979) found that there was no a universal structure of domain satisfaction, because it varied for different age and cultural groups. But the domains that are closest to people's personal lives are those that most influence SWB (Andrews & Withey, 1976; Campbell et al., 1976). What domains are most important for women in midlife? In adulthood, happiness had been linked to marital status or having a close romantic relationship. Diener et al. (1999) reported that people who are married have higher levels of happiness than people who have never married, or are divorced, separated, or widowed. In addition, unmarried people who live with a romantic partner report higher levels of happiness than unmarried people who live alone. Hence, there are strong arguments for that the domain of family life, especially the relation to one's partner and children, would be central for most women in midlife.

Mastekaasa (1994) offers three different explanations why a difference between the married and the unmarried exists. The first one is that divorce or separation can be both stressful and unpleasant. The second explanation is that being married provides benefits to the individual that they would not otherwise receive if they were single. The third explanation is related to social selection that implies that personality traits that are related to well-being have a positive effect on the likelihood of staying or getting married.

Work tends to be an integral and defining aspect in adult life and, therefore, job satisfaction must surely be another domain that has an important connection with happiness in adulthood. Tait, Padgett, & Baldwin (1989) examined 34 studies and reported that the average correlation between life satisfaction and job satisfaction was .44.

Summing up, domains such as satisfaction with relations, job satisfaction, satisfaction with self and health are probably the major ones that have been shown to be associated with happiness at midlife (Diener et al., 1999; Howell, 2001; Lippert, 1997).

SWB and Sociodemographic Factors

The relations of SWB to sociodemographic factors are often surprisingly weak. Some relations have been found with, for instance, self-reported health (George & Landerman, 1984), income (Haring, Stock & Okun, 1984), religion (Gartner, Larson & Allen, 1991), marriage/divorce (Gove & Shin, 1989), and job morale (Tait, Padgett & Baldwin, 1989). Different explanations are possible for this surprising lack of strong relations between important sociological factors and SWB. One important set of explanations center around so called discrepancy theories (Michalos, 1985). Different people compare themselves to different standards and a person may compare him-/herself with multiple standards, such as a reference group of other persons, past circumstances, and so on. These comparisons are influenced not only by the socioeconomic group a person belongs to but they also interact with the individual's personality (McFarland & Miller, 1994). The other possible explanation was suggested by Diener (2000). Following Brickman and Campbell's (1971) concept of "hedonic treadmill", Diener explains the low predictive power of objective aspects by a process of adaptation by which he means

that after a change the individual quickly adapts to the new situation and returns to his/her basic level of happiness. It was found that even dramatic events, such as a spinal cord injury, seem to have a short-lived effect on people's SWB (Suh et al., 1996).

SWB and Personality

People react differently to the same circumstances, and they evaluate conditions based on their unique expectations, values, and previous experiences. We have already mentioned above that objective aspects of positive adaptation are normally not strongly correlated to SWB at the individual level. A process of adaptation as one of the possible explanations to this low correlation points to the importance of personality and temperament for SWB for which there is some evidence (Headey and Wearing, 1992). In a recent review by Diener and Lucas (1999), they conclude that personality variables are often the strongest and most consistent predictors of SWB. Major personality traits that are associated with SWB are extraversion (related to positive affect, Costa & McCrae, 1980) and neuroticism (related to negative affect, Costa & McCrae, 1980; Watson & Clark, 1984), optimism (Scheier and Carver, 1993), and self-esteem (Campbell, 1981; Diener & Diener, 1995).

Optimism, a disposition inclining one to positive expectations, usually is possessed by happy people (Helton et al., 2000). Scheier and Carver (1985) developed a theory of dispositional optimism in which a person's characteristic thoughts about the future affect his/her circumstances and therefore his/her objective and subjective well-being. Optimists and pessimists have different patterns of behavior and expectations in relation to the achievement of goals. Optimists tend to expect positive outcomes when they work for their goals whereas pessimists tend to expect negative outcomes. Focusing on reactions to stress, Scheier and Carver (1987) have offered a somewhat different explanation of performance differences between optimists and pessimists. They proposed that optimists tend to use a problem-focused coping strategy in stressful situations where one confronts and attempts to deal directly with the source of the stress, and pessimists tend to use an emotion-focused coping strategy where one avoids directly confronting the problem itself (Lazarus & Folkman, 1984). The reported theories underline the close relationship between SWB and optimism but also the distinctiveness of the two concepts.

A Person-Oriented Approach

In the present study the ordinary variable oriented approach will be complemented by a person-oriented approach, based on a model of individual functioning where the individual is seen from a holistic perspective. In this perspective, factors both intrinsic and extrinsic to the individual interact in lawful ways in order to optimize individual functioning (Magnusson, 1988). This naturally leads to an approach where the interest is on the studied system as a whole as it is mirrored by the variables under study (Bergman & Magnusson, 1997). Then the value profile in relevant variables is focused upon and in the person-oriented approach this profile is treated as an indivisible whole in the statistical analyses. In this way, interactions and nonlinear relationships between the studied variables are taken into account. This perspective is relevant in the present context as explicated by Diener et al. (1999). Based on the work by Emmons et al. (1986), they emphasize the importance of considering various forms of interaction

effects and underline the importance of a more sophisticated methodology to take into account dynamic reciprocal interactions.

Aims of the Study

The major aim of the present investigation is to study components of SWB in a representative sample of Swedish women. The interest is focused on:

- I. The relationships among the studied components of SWB. We expect that the strongest relationships among the different components of SWB are between global life satisfaction, on the one hand, and, on the other, positive and negative affect.
- II. The relationship between SWB and important sociodemographic factors. We expect that the predictive power of sociodemographic factors is rather low.
- III. The relationships between SWB and personality. We expect that personality variables, especially optimism, are strong predictors of SWB.

In doing this, a standard variable-oriented correlational perspective will be applied, but also, as discussed above, a person-oriented interactional perspective where the focus is on each woman's SWB profile as a whole. The aim is then to search for SWB types.

The present study should be considered as a basic study, providing a broad overview and a starting point for more specialized studies.

Method

Sample

Data were used for women aged 43, taken from the longitudinal research program Individual Development and Adaptation (IDA, Magnusson & Bergman, 2000). The original cohort was a complete school grade cohort of Örebro children (all children who attended grade 3 in 1965). IDA was initiated by David Magnusson in the beginning of the sixties and he has led it until 1996 when Lars Bergman became the principal investigator. The sample comprised 569 Örebro women who took part in a personal interview (including hand-outs) in 1998. In the context of the personal interview, five hand-out questionnaires and nine leave-after questionnaires were administered. The sample comprised 89.0 percent of the eligible women in the cohort which can be described as being reasonably representative of Swedish women of that age living in urban communities (Bergman, 2000). Data were also used from an intensive psychological-medical examination directed to those women in the cohort who either lived in the Örebro region or lived elsewhere but belonged to the biomedical subsample. In the context of the intensive psychological-medical examination, five questionnaires were filled out by the medical staff and eight questionnaires were filled out by women themselves. The sample comprised 369 women (77.0 percent of the eligible women in the cohort).

Variables

SWB variables.

The majority of the work on subjective well-being has been based on self-report assessment. For this investigation, items from seven self-reported questionnaires were used. Information about the different SWB variables is given below and is summarized in Table 1.

Global Life Satisfaction was measured by four items from different questionnaires (see Table 1) with, respectively, 7, 8, 8, 9 response options dealing with women's overall life satisfaction ("How do you like your current life?" "How meaningful is your life?" "How satisfied are you with your life?" "Think about your situation during the last half year. Have the positive or negative things outweighed?"). An index was formed based on the mean score of these four items. To carry out the computation, complete data were demanded. A higher total score indicates a higher level of global life satisfaction. The index mean was 6.21 (SD=1.00, minimum/maximum = 2.75/ 8.00, N=314). The average inter-item correlation was .51 and the internal consistency reliability (Cronbach's alpha) was .80.

Satisfaction with important domains was measured in five different areas, namely (1) job, (2) relations to mother, (3) relations to partner, (4) relations to friends and relatives, and (5) leisure.

(1) *General Job Satisfaction, Intrinsic Job Satisfaction and Extrinsic Job Satisfaction.* General job satisfaction was measured by the Swedish translation of the Minnesota Satisfaction Questionnaire (Weiss, Dawis, England and Lofquist, 1967). It consists of 20 items (12 of them represent intrinsic job satisfaction, e.g., "The chance to work alone on the job", "The chance to do things for other people", etc., and six items represent extrinsic job satisfaction, e.g., "My pay and the amount of work I do", "The chances for advancement on this job", etc). Participants rated on a 5-point scale ranging from 1 (*very dissatisfied*) to 5 (*very satisfied*). The *General Job Satisfaction* scale is based on the mean score of the sum of all 20 item scores. A higher total score indicates a higher level of general job satisfaction. Persons with missing data in more than four items were excluded from the computation of the scale. The scale mean was 3.65 (SD= .59, minimum/maximum = 1.70/5.00, N=480). The average inter-item correlation was .32 and the internal consistency reliability (Cronbach's alpha) was .89. The *Intrinsic Job Satisfaction* sub-scale is based on the mean score of the sum of 12 item scores. A higher total score indicates a higher level of intrinsic job satisfaction. Persons with missing data in more than three items were excluded from the sub-scale. The sub-scale mean was 3.89 (SD=.58, minimum/maximum = 1.50/5.00, N=488). The average inter-item correlation was .33 and the internal consistency reliability (Cronbach's alpha) was .85. The *Extrinsic Job Satisfaction* sub-scale is based on the mean score of the sum of six item scores. A higher total score indicates a higher level of extrinsic job satisfaction. Persons with missing data in more than two items were excluded from the sub-scale. The sub-scale mean was 3.15 (SD=.84, minimum/maximum = 1.00/5.00, N=477). The average inter-item correlation was .44 and the internal consistency reliability (Cronbach's alpha) was .83.

Table 1. Overview of variables measuring SWB.

Scale	Questionnaire	Cronbach's alpha
Global Life Satisfaction (4 items):		.80
5a How do you like your current life?	Life satisfaction	
5b How meaningful is your life?	Life satisfaction	
8. How satisfied are you with your life?	Life goals and questions about the future	
2. Think about your situation during the last half year. Have the positive or the negative things outweighed?	Life line	
General Job Satisfaction (20 items):		.89
Intrinsic job satisfaction sub-scale (12 items)	Job related attitudes and experiences	.85
Extrinsic job satisfaction sub-scale (6 items)	Job related attitudes and experiences	.83
Satisfaction with Leisure (1 item):		
2a What do you think about your leisure?	Life satisfaction	
Relations to Mother (5 items)	Social relations	.83
Relations to Partner (9 items)	Social relations	.86
Relations to Friends & Relatives (5 items)	Social relations	.56
Positive Affect (10 items)	Feelings and emotions	.84
Negative Affect (10 items)	Feelings and emotions	.87

(2) *Relations to Mother*. In the preparation for the construction of the *Relations to Mother* scale, factor analysis (principal component analysis with varimax rotation) was performed on six items from a hand-out questionnaire "Social relations" (questions 4*, 5*, 6*, 7, 8, 9). Two components with an eigenvalue >1 were extracted (see Appendix A, Table A1) that accounted for 72.2% of the total variance. Factor 1 had higher than .40 loadings in items measuring close emotional relations to mother (e.g., "How warm are your feelings towards your mother?") and Factor 2 had higher than .40 loadings in items measuring agreement with mother (e.g., "Do you have heated discussions or quarrels with your mother?"). Both factors had higher than .40 in the item "How do you agree with your mother nowadays?" The Relations to Mother scale was based on Factor 1 that accounted for 54.1% of the total variance. The mean score of the sum of the five relevant items (4*, 5*, 6*, 7, 8) were computed using only complete data. A higher total score indicates a higher level of satisfaction with relations to mother. The scale mean

was 3.89 (SD=.86, minimum/maximum = 1.00/5.20, N=446). The average inter-item correlation was .53 and the internal consistency reliability (Cronbach's alpha) for the scale was .83.

(3) *Relations to Partner*. Preparing to construct the *Relations to partner* scale, factor analysis (principal component analysis with varimax rotation) was performed on 16 items from the hand-out questionnaire "Social relations" (questions 16a*, 16b*, 16c*, 16d*, 17*, 18*, 19, 20*, 21, 22, 23, 24*, 25, 26, 27, 28). Three factors with an eigenvalue >1 were extracted (see Appendix A, Table A2) accounting for 53.6% of the total variance. Factor 1 (relations to partner) accounted for 37.1% of the total variance and had higher than .40 loadings in the items measuring partner satisfaction (items 21, 22, 23, 24), close emotional relations to the partner (items 17, 18, 19, 20), and agreement in different issues (item 27). Items 16d and 26 had higher than .40 loadings in two factors. The Relations to Partner scale was based on the items that loaded highly in Factor 1, except for items 16d and 26. The mean score of the sum of the nine relevant items (17*, 18*, 19, 20*, 21, 22, 23, 24*, 27) were computed using only complete data. A higher total score indicates a higher level of satisfaction with relations to partner. The scale mean was 3.94 (SD=.62, minimum/maximum = 1.22/4.89, N=428). The average inter-item correlation was .43 and the internal consistency reliability (Cronbach's alpha) was .86.

(4) *Relations to Friends and Relatives*. Factor analysis (principal component analysis with varimax rotation) was performed on five items from the hand-out questionnaire "Social relations" (questions 31*, 32*, 33*, 34*, 35*) to prepare for the construction of the *Relations to Friends and Relatives* scale. Two factors with an eigenvalue >1 were extracted (see Appendix A, Table A3) accounting for 61.0% of the total variance. Factor 1 (relations to friends) had higher than .40 loadings in three items and Factor 2 (relations to relatives) had higher than .40 loadings in two items. The Relations to Friends and Relatives scale is a composite scale based on both Factor 1 (relations to friends) and Factor 2 (relations to relatives) items. The mean score of the sum of the five relevant items (31*, 32*, 33*, 34*, 35*) were computed using only complete data. A higher total score indicates a higher level of satisfaction with relations to friends and relatives. The scale mean was 3.73 (SD=.69, minimum/maximum = 2.00/5.40, N=537). The average inter-item correlation was .22 and the internal consistency reliability (Cronbach's alpha) was .56.

(5) *Satisfaction with Leisure*. Satisfaction with leisure was assessed by a single question "How satisfied are you with your leisure?" from the self-administered questionnaire "Life satisfaction". Participants rated on a 8-point scale ranging from 1 (*I am not satisfied at all with it*) to 8 (*I am totally satisfied with it*). The item mean was 5.97 (SD=1.60, minimum/maximum = 1.00/8.00, N=365)

Positive Affect and Negative Affect. Positive affect and negative affect were measured by the Swedish translation of the Positive Affect and Negative Affect Schedule (PANAS, Watson, Clark, & Tellegen, 1988). Participants rated on a 5-point scale ranging from 1 (*not at all*) to 5 (*very often*) how often they felt each of 10 positive affect states (e.g., *interested, strong, inspired, etc.*) and each of 10 negative (e.g., *nervous,*

* The item was reversed-scored.

guilty, scared, etc.) over the past year. A higher total score on Positive Affect vs. Negative Affect indicates a higher level of positive affect vs. negative affect. The scale mean for Positive Affect was 3.67 (SD= .45, minimum/maximum =1.90/4.90, N=350) and the scale mean for Negative Affect was 1.75 (SD= .60, minimum/maximum =1.00/4.00, N=346). The average inter-item correlation was .34 for Positive Affect and .40 for Negative Affect. The internal consistency reliability (Cronbach's alpha) was .84 and .87 for Positive Affect and Negative Affect, respectively.

Demographic factors.

Marital status was assigned on the basis of the item "Relation to you of the person who you live with" reported in the personal interview. Three hundred and fifty-seven (63.0%) women were married, one hundred and six (18.7%) lived with a partner and one hundred and four (18.3%) were single. Data were available from 567 women.

Child status. The women were assigned to one of four groups: (1) women who had at least one child 0-7 years who lived with them (N=112, 19.8%); (2) women with at least one child older than 7 years who lived with them and no child younger than 7 (N=340, 60.0%); (3) women with at least one child but where none lived with them (N=36, 6.3%); and (4) women who had no children at all (N=79, 13.9%). Data were available from 567 women.

Employment status. The women were assigned to one of three groups: (1) women who were full-time employees (N=291, 51.4%); (2) women who were part-time employees (N=187, 33.0%); and (3) women who were not employees (N=88, 15.5%). Data were available from 566 women.

Unemployment status. The women were assigned to one of three groups: (1) women who were unemployed, but participated in project works/studies (N=21, 3.9%); (2) women who were unemployed, no project works/studies (N=28, 5.2%); and (3) women who were not unemployed (N=487, 90.9%). Data were available from 536 women.

Disablement pension. The women were assigned to one of two groups: (1) women who were retired (drew pensions) (N=24, 4.5%); and (2) women who were not retired (did not draw pensions) (N=510, 95.5%). Data were available from 534 women.

Self-employment. The women were assigned to one of three groups: (1) full-time self-employed women who worked in their own or joint company \geq 35 hours/week (N=25, 4.7%); (2) part-time self-employed women who worked in their own or joint company 5-34 hours/week (N=15, 2.8%); and (3) women who were not self-employed (N=495, 92.5%). Data were available from 534 women.

Current studies. We were interested in whether the women were studying or not at the time the data were collected. That was assigned on the basis of two items "Do you study at adult education ("komvux")?" and "Do you study at the university/college?" reported in the personal interview. The women were assigned to one of three groups: (1) women who were studying at adult education ("komvux") (N=24, 4.2%); (2) women who were studying at the university/high school (N=16, 2.8%); and (3) women who were not studying (N=527, 92.9%). Data were available from 567 women.

Off work due to illness. On the basis of the answers to questions about being off work due to illness during the last three months, women were assigned to one of five groups: (1) women who were not off work due to illness (N=220, 74.1%); (2) women who were off work 1-5 days (N=58, 19.5%); (3) women who were off work 6-10 days (N=10, 3.4%); (4) women who were off work 11-20 days (N=4, 1.3%); and (5) women who were off work more than 20 days (N=5, 1.7%). Data were available from 297 women.

Educational level was assigned on the basis of the items reported in the personal interview. Each woman was assigned to one of seven educational levels in the following way: (1) women who had compulsory school competence (N=122, 21.4%); (2) women who had two-year vocational upper secondary school competence (N=88, 15.5%); (3) women who had begun but not completed two-year theoretical upper secondary school (N=8, 1.4%); (4) women who had two-year theoretical upper secondary school competence (N=55, 9.7%); (5) women who had three-four year upper secondary school competence (N=40, 7.0%); (6) women who had studied but not graduated from university/college (N=66, 11.6%); and (7) women who had graduated from university/college (N=190, 33.4%). A few women did not complete their education and were assigned to the educational level immediately below the one they studied at. Data were available from 569 women.

Personal income was assigned on the basis of the item "How much do you usually earn per month before tax deduction?" reported in the personal interview. The income mean was 15 502 SEK/month (SD=5197, minimum/maximum = 3000/45 000, N=452).

Household income was assigned on the basis of the item "How large is the income of your entire household after tax deduction?" reported in the personal interview. The income mean was 22 058 SEK/month (SD=8344, minimum/maximum = 6300/93 500, N=415).

Personality variables.

The Karolinska Scales of Personality Questionnaire (KSP; Schalling, 1986) was used to measure personality traits. It consists of 15 scales that can be grouped into three broader classes: (1) Negative Emotionality scales: Psychic Anxiety, Somatic Anxiety, Muscular Tension, Inhibition of Aggression, Socialization, Psychastenia, Irritability, Suspicion, and Guilt; (2) Aggressive Nonconformity scales: Verbal Aggression, Indirect Aggression, Irritability, Social Desirability; (3) Extraversion related scales: Impulsiveness, Monotony Avoidance, and Detachment (af Klinteberg et al., 1986). Participants rated on a 4-point scale ranging from 1 (*does not apply at all*) to 4 (*applies completely*). The score for each scale was formed by summation of the relevant items and dividing by the number of items in the sum. The Socialization scale includes 20 items. Persons with missing data in more than three items were excluded from this scale. Each of the aggression-related scales includes five items. Persons with missing data in more than one item were excluded from these scales. The rest of the scales consist of 10 items. Persons with missing data in more than two items were excluded from these scales. The Negative Emotionality composite scale was based on the mean score of the sum of the nine above mentioned scales scores. Before summing the composite scale, the Socialization scale was reversed-scored.

Table 2. Means, standard deviations, min and max scores and valid n of KSP scales.

KSP scale	M	SD	Min	Max	N	n of items	Cronbach's α
1. Negative Emotionality:							
Psychic Anxiety	2.12	.52	1.00	3.90	355	10	.85
Somatic Anxiety	1.75	.53	1.00	3.50	355	10	.84
Muscular Tension	1.82	.57	1.00	3.50	363	10	.86
Inhibition of Aggression	2.32	.44	1.20	3.70	355	10	.74
Psychastenia	2.11	.45	1.10	3.60	363	10	.79
Irritability	2.09	.43	1.00	3.20	367	5	.48
Suspicion	1.77	.44	1.00	3.40	361	5	.54
Guilt	2.25	.42	1.20	3.80	359	5	.33
Socialization	3.29	.41	1.85	3.95	355	20	.86
Composite scale	1.88	.33	1.16	2.94	349	85	.94
2. Aggressive Nonconformity:							
Verbal Aggression	2.33	.46	1.20	3.80	364	5	.58
Indirect Aggression	2.42	.49	1.20	3.60	359	5	.54
Irritability	2.09	.43	1.00	3.20	367	5	.48
Social Desirability	2.89	.34	2.00	3.90	358	10	.63
Composite scale	1.99	.32	.97	2.78	356	25	.80
3. Extraversion (related scales):							
Impulsivity	2.29	.40	1.30	3.50	354	10	.71
Monotony Avoidance	2.32	.46	1.20	3.70	354	10	.81
Detachment	1.90	.40	1.00	3.30	363	10	.74
Composite scale	2.24	.29	1.33	3.13	353	30	.81

The Aggressive Nonconformity composite scale was based on the mean score of the sum of the four above mentioned scales scores. Before summing the composite scale, the Social Desirability scale was reversed-scored. The Extraversion composite scale was based on the mean score of the sum of three scales scores. Before summing the composite scale, the Detachment scale was reversed-scored. For each scale a high score indicates a high degree of the characteristic indicated by the scale label. Descriptive statistics for the scales are given in Table 2.

The *Optimism scale* was taken from the questionnaire "How do I usually feel?" It is a Swedish translation of the P.I.S.I. questionnaire (Olah, 1995). The Optimism scale consisted of five items (e.g., "I am a person that has a very positive view toward life"). Participants rated on a 4-point scale ranging from 1 (*does not apply at all*) to 4 (*applies completely*). Principal component analysis with varimax rotation of all 80 items did not reproduce the original factor structure (only two of the five items of the original optimism scale had higher than .40 loadings in the same factor). Nevertheless, because we thought that the items constituting the original optimism scale certainly were dealing with optimism and the average inter-item correlation was rather substantial (ranging

from .21 to .54), we decided to use this scale in our study. The Optimism scale is based on the mean score of the sum of five item scores. A higher total score indicates a higher level of optimism. Persons with missing data in more than one item were excluded from the scale. The scale mean was 3.04 (SD=.44, minimum/maximum = 1.80/4.00, N=349) and the internal consistency reliability (Cronbach's alpha) was .75.

Statistical Analyses

Ordinary product moment correlations were computed and exploratory factor analyses were carried out using principal component analysis within the statistical package SPSS (2000). Stepwise regression was performed to develop a subset of independent variables that was useful in predicting a dependent variable. Forward selection was used where predictor variables were added one at a time if they met a statistical criterion (a probability level for entry of .05), but they might also be deleted at any step if they no longer contributed significantly to the regression.

Person-oriented analyses were carried out to find SWB types. The theoretical basis for this was briefly indicated in the introduction. This approach leads to an interest in the classification of the observed patterns into types of patterns where all subjects belonging to a type have a similar typical pattern. For this purpose, cluster analysis within the framework of the LICUR procedure was used (Bergman, 1998). First a residue of multivariate outliers was removed and then the remaining subjects were cluster analyzed using Ward's (1963) agglomerative hierarchical method.

Four criteria guided in finding an appropriate number of clusters to extract: (1) theoretical meaningfulness of the cluster solution; (2) the number of clusters extracted; (3) if a pronounced drop in the explained error sum of squares (EESS) occurs when a cluster solution with one less cluster is extracted; and (4) the size of EESS for the chosen cluster solution (it should, preferably, reach 67%). The usefulness of a cluster solution was evaluated with regard to: (a) EESS as explained above; (b) whether the found cluster solution was significantly better than what could be expected from analyzing a "similar" random set of data (analogous to the significance test of a correlation coefficient); (c) whether the homogeneity coefficients for the clusters were acceptably low (preferably this coefficient should be less than one for standardized data); and (d) the verification of that the clusters discriminate in important validation variables.

Results

Relationships Among the Different SWB Scales

In Table 3 the correlations among the different SWB scales are given. As it was expected, Global Life Satisfaction is substantially related to Positive and Negative Affect, and Relations to Partner. The relation to Satisfaction with Leisure was also strong. Intrinsic and Extrinsic Job Satisfaction are fairly highly related. The other relations are weaker.

Table 3. Correlations among the SWB scales.

Indicator	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
1. Global Life Satisfaction	--	.31*** (280)	.31*** (285)	.19** (277)	.02 (255)	.56*** (248)	.09 (306)	.51*** (311)	.50*** (311)	-.49*** (307)
2. General Job Satisfaction		--	.92*** (480)	.85*** (477)	.01 (388)	.08 (379)	.04 (468)	.13* (317)	.24*** (307)	-.25*** (302)
3. Intrinsic Job Satisfaction			--	.60*** (477)	.03 (396)	.04 (386)	.06 (476)	.14* (324)	.29*** (314)	-.30*** (299)
4. Extrinsic Job Satisfaction				--	.00 (386)	.10 (376)	.00 (465)	.06 (314)	.09 (304)	-.09 (309)
5. Relations to Mother					--	-.01 (354)	.17*** (433)	-.01 (289)	-.05 (277)	-.00 (275)
6. Relations to Partner						--	.09 (420)	.32*** (277)	.26*** (270)	-.19** (267)
7. Relations to Friends & Relatives							--	.18*** (348)	.17*** (334)	-.15** (330)
8. Satisfaction with Leisure								--	.27*** (346)	-.27*** (342)
9. Positive Affect									--	-.38*** (344)
10. Negative Affect										--

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.
The number of subjects is presented within parenthesis.

Relations between SWB and Sociodemographic Factors

In Appendix B (Tables B1-B10) we give detailed results concerning the relationships between various sociodemographic variables and SWB and in Table 4 we present only the main summarized findings.

Table 4. Significant differences between sociodemographic groups in SWB.

Demographic SWB indicator	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Global Life Satisfaction	***			*						*
General Job Satisfaction			**	*	***		***	*	*	*
Intrinsic Job Satisfaction			***		***		*	*	**	*
Extrinsic Job Satisfaction			**	**	*		***	**	*	
Relations to Mother								*		*
Relations to Partner		***								
Relations to Friends & Relatives			***							**
Satisfaction with Leisure								***		
Positive Affect				*				*		
Negative Affect								**		

Note. Demographic indicators: 1. Marital status; 2. Motherhood status; 3. Employment status; 4. Unemployment Status; 5. Self-employment status; 6. Disablement pension; 7. Current studies; 8. Off work due to illness; 9. Educational level; 10. Personal income.

* $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Most significant differences in SWB were found for the indicator off work due to illness. Significant differences were found in seven of ten SWB scales in the direction that those with much absence were lower in SWB than those with little absence. Interesting differences were found among the three marital status groups and among women with different motherhood status. Single women had lower life satisfaction than married women or women who lived with a partner and women who had at least one child but no one at home were most satisfied with relations to their partners. Groups that often had higher than average SWB were self-employed and not unemployed. Women with low income were less satisfied with life and job and women with high income were less satisfied with their relations to friends and relatives. Finally, no significant differences in SWB were found among women who were retired on a disablement pension and women who were not retired.

Relationships between SWB and Personality Variables

Statistical analysis of the relations between SWB and personality variables, using Pearson correlations showed several significant correlations and the range in magnitude of the coefficients is shown in Table 5. Most of the correlations between, on the one hand, Global Life Satisfaction, Positive Affect, Negative Affect, and, on the other hand, personality variables were significant at the .1%-level. The strongest correlations were between Global Life Satisfaction and Optimism (.59) and Somatic Anxiety (-.44); between Positive Affect and Optimism (.59) and Psychastenia (-.44); and between Negative Affect and Psychic Anxiety (.57). Intrinsic Job Satisfaction was substantially negatively related to Psychic Anxiety and Somatic Anxiety (-.35 and -.31). The highest correlations between satisfaction with different relations and personality variables were: between Relations to Mother and Socialization (.40), between Relations to Partner and Optimism (.32). The strongest correlations between Satisfaction with Leisure and personality variables were its correlation with Optimism (.33) and Psychastenia (-.30). All mentioned correlations were significant at the .1%-level.

Prediction of SWB by Sociodemographic Variables

In Appendix C the results of stepwise regression analyses are presented for each measure of SWB (dependent variable) separately. Before the analyses, categorical variables were dichotomized. Sociodemographic factors were entered stepwise as the independent variables. It is seen that the predictive power of the sociodemographic variables was generally very low with the squared multiple correlation varying between .02 and .07. Sociodemographic variables that predicted SWB included Marital status, Unemployment, Current studies, Personal and Household income, Off work due to illness, and Educational level.

Prediction of SWB by Personality Variables

In Appendix D the results of stepwise regression analyses are presented for each measure of SWB (dependent variable) separately. Personality variables were entered stepwise as the independent variables. The results indicated that personality variables were much stronger predictors of SWB than sociodemographic variables were with the squared multiple correlations varying between .03 and .48. It was highest when Negative Affect was the dependent variable and Somatic Anxiety, Psychic Anxiety, Irritability, Optimism and Socialization were then the strongest predictors.

Table 5. Correlations between SWB and personality variables.

SWB scale	Personality scale									
	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Global Life Satisfaction	-.39*** (305)	-.44*** (305)	-.37*** (310)	-.23*** (305)	-.39*** (310)	-.39*** (314)	-.22*** (310)	-.09 (309)	.38*** (305)	-.07 (312)
General Job Satisfaction	-.28*** (307)	-.26*** (307)	-.21*** (315)	-.15** (307)	-.23*** (315)	-.24*** (319)	-.26*** (313)	-.08 (313)	.25*** (307)	-.04 (317)
Intrinsic Job Satisfaction	-.35*** (314)	-.31*** (314)	-.24*** (322)	-.19*** (314)	-.23*** (322)	-.23*** (326)	-.27*** (320)	-.09 (320)	.27*** (314)	.03 (324)
Extrinsic Job Satisfaction	-.13* (304)	-.09 (304)	-.10 (312)	-.06 (304)	-.15** (312)	-.16** (316)	-.14* (310)	-.02 (310)	.13* (304)	-.07 (314)
Relations to Mother	-.08 (281)	-.05 (281)	-.10 (287)	-.08 (281)	-.11 (287)	-.14* (291)	-.11 (285)	-.02 (285)	.40*** (281)	-.08 (289)
Relations to Partner	-.13* (269)	-.10 (269)	-.13* (277)	-.06 (269)	-.21*** (277)	-.17** (280)	-.02 (277)	-.07 (275)	.20*** (269)	-.11 (279)
Relations to Friends and Relatives	-.05 (337)	-.15** (337)	-.12* (345)	-.08 (337)	-.13* (345)	-.11* (349)	-.04 (343)	.04 (343)	.11 (337)	-.12* (348)
Satisfaction with Leisure	-.24*** (351)	-.22*** (351)	-.20*** (358)	-.17** (351)	-.30*** (358)	-.25*** (362)	-.10 (356)	-.03 (354)	.22*** (351)	-.06 (359)
Positive Affect	-.42*** (338)	-.33*** (338)	-.25*** (344)	-.25*** (338)	-.44*** (344)	-.29*** (348)	-.17** (342)	-.01 (341)	.20*** (338)	-.01 (346)
Negative Affect	.57*** (334)	.59*** (334)	.52*** (340)	.30*** (334)	.49*** (340)	.46*** (344)	.42*** (338)	.29*** (338)	-.46*** (334)	.14** (342)

(table continues)

Table 5. (continued)

Personality scale SWB scale	11.	12.	13.	14.	15.	16.	17.	18.	19.
Global Life Satisfaction	-.24*** (309)	.24*** (309)	.09 (305)	.05 (305)	-.22*** (310)	-.48*** (304)	-.32*** (307)	.17** (305)	.59*** (309)
General Job Satisfaction	-.14* (311)	.20*** (311)	.03 (307)	.11* (307)	-.20*** (315)	-.32*** (303)	-.20*** (309)	.16** (307)	.26*** (305)
Intrinsic Job Satisfaction	-.11 (318)	.19*** (318)	.04 (314)	.17** (314)	-.23*** (322)	-.36*** (310)	-.16** (316)	.21*** (314)	.30*** (312)
Extrinsic Job Satisfaction	-.12* (308)	.13* (308)	.02 (304)	.03 (304)	-.10 (312)	-.16** (300)	-.16** (306)	.07 (304)	.14* (302)
Relations to Mother	-.09 (285)	.19*** (285)	.04 (281)	.01 (281)	-.17** (287)	-.17** (277)	-.16** (283)	.10 (281)	.10 (279)
Relations to Partner	-.21*** (272)	.13* (272)	.01 (269)	.08 (269)	-.10 (277)	-.15* (267)	-.20*** (271)	.09 (269)	.32*** (269)
Relations to Friends & Relatives	-.12* (341)	.12* (341)	.02 (337)	.13* (337)	-.20*** (345)	-.12* (333)	-.16** (340)	.18*** (337)	.18*** (334)
Satisfaction with Leisure	-.20*** (355)	.19*** (354)	.07 (350)	.07 (351)	-.12* (358)	-.28*** (345)	-.23*** (352)	.13* (350)	.33*** (344)
Positive Affect	-.18*** (342)	.33*** (342)	.16** (338)	.30*** (338)	-.33*** (344)	-.40*** (333)	-.26*** (340)	.38*** (338)	.59*** (339)
Negative Affect	.29*** (338)	-.27*** (338)	-.01 (334)	-.05 (334)	.21*** (340)	.66*** (330)	.38*** (336)	-.13* (334)	-.43*** (335)

Note. KSP scales: 1.Psychic Anxiety; 2.Somatic Anxiety; 3.Muscular Tension; 4.Inhibition of Aggression; 5.Psychastenia; 6.Irritability; 7.Suspicion; 8.Guilt; 9.Socialization; 10.Verbal Aggression; 11.Indirect Aggression; 12.Social Desirability; 13.Impulsivity; 14.Monotony Avoidance; 15.Detachment; KSP composite scales: 16.Negative Emotionality; 17.Aggressive Nonconformity; 18. Extraversion; P.I.S.I. scale: 19. Optimism.

* $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

SWB Types

Hierarchical cluster analyses were performed separately for (a) three indicators covering the three main areas of SWB, and (b) five indicators covering five specific domains of satisfaction. The purpose was to find typical profiles of SWB separately within these two variable sets. The used method is explained in the Methods section.

General SWB types.

With regard to the analysis of general SWB types the variable profile to be analyzed comprised the following three variables: Global Life Satisfaction, Positive Affect, and Negative Affect. First a residue of three subjects was removed before the analysis and then a cluster analysis was carried out on the remaining 302 subjects. A seven clusters solution was chosen that is described in Table 6. It had an explained error sum of squares of 70%, which indicated a reasonably homogenous cluster solution. The cluster solution was significant. Two clusters with generalized low SWB were found (clusters 1 and 5) with the first one being very high in Negative Affect, and the second one being extremely low in Global Life Satisfaction and Positive Affect. Cluster 7 included women with low Global Life Satisfaction and low Positive Affect. One cluster with generalized high SWB was found (cluster 6). In addition, three other clusters were found with uneven typical profiles, often not so far away from the average levels for the whole sample.

Types of domain-specific satisfaction

With regard to the analysis of domain-specific satisfaction, the variable profile to be analyzed comprised the following five variables: Intrinsic Job Satisfaction, Extrinsic Job Satisfaction, Relations to Mother, Relations to Partner, and Relations to Friends and Relatives. Thirteen residue cases were removed and a cluster analysis was carried out on the remaining 293 subjects. A nine clusters solution was chosen (see Table 7). It had an explained error sum of squares of 55.7%, which is not completely satisfactory, indicating a fairly heterogeneous cluster solution. The cluster solution was significant. One cluster with generalized low satisfaction in all domains and one cluster with generalized high satisfaction in all areas were found (clusters 2 and 4, respectively). Three other clusters (clusters 1, 8 and 9) with rather distinct profiles were found. Cluster 1 included women with high satisfaction with relations to their partners and low job satisfaction and very low satisfaction with relations to their mothers. This cluster is very heterogeneous. Cluster 8 included women with very low extrinsic job satisfaction and very low satisfaction with relations to mother and extremely low satisfaction with relations to partner. Cluster 9 included women with high job satisfaction and very low satisfaction with relations to their mothers. The other clusters included women with uneven typical profiles, often not so far away from the average levels for the whole sample.

Table 6. General SWB types. A final 7-cluster solution of three indicators related to the three main areas of SWB (N=302).

Cluster description	Cluster mean in			N	Hom. coeff.
	Global Life-Satisfaction	Positive Affect	Negative Affect		
Cluster 1. Generalized low SWB, very high in Negative Affect;	4.81	3.21	3.03	23	.96
Cluster 2. Average SWB, above the mean in Negative Affect;	5.72	3.77	2.27	46	.90
Cluster 3. Average SWB, somewhat low in Negative Affect;	6.70	3.58	1.41	77	.40
Cluster 4. High in Positive Affect;	6.14	4.01	1.61	49	.67
Cluster 5. Generalized low SWB, especially low in Global Life Satisfaction;	3.69	2.93	1.90	9	.59
Cluster 6. Generalized high SWB;	7.25	4.12	1.30	58	.38
Cluster 7. Low in Global Life Satisfaction and in Positive Affect.	5.63	3.15	1.82	40	.76
All	6.19 SD=1.00	3.68 SD=0.43	1.75 SD=0.58	302	2.00

Note. Before the cluster analysis was performed, three residue cases were removed. The explained error sum of squares is 70.0%.

Table 7. A final 9-cluster solution of five indicators related to domain-specific satisfaction (N=293).

Cluster description	Cluster mean in					N	Hom. coeff.
	Intrinsic Job Satisfaction	Extrinsic Job Satisfaction	Relations to Mother	Relations to Partner	Relations to Friends & Relatives		
Cluster 1. High sat. with rel. to partner, low job sat. & sat. with rel. to mother;	3.42	2.23	2.65	4.41	3.67	20	1.55
Cluster 2. Generalized below average satisfaction in all domains;	3.39	2.91	3.59	3.52	3.23	34	.85
Cluster 3. Below average in job satisfaction, slightly above in relations;	3.62	2.51	4.30	3.92	4.03	79	.99
Cluster 4. Generalized high satisfaction in all domains;	4.41	4.02	4.29	4.27	4.22	61	.93
Cluster 5. High job satisfaction, low sat. with rel. to partner and friends & relatives;	4.25	3.81	4.23	3.67	2.76	25	.97
Cluster 6. Normal levels of sat.;	4.21	3.49	3.76	3.78	3.75	32	.59
Cluster 7. High sat. with rel. to partner, low sat. with rel. to friends & relatives;	3.60	3.09	4.28	4.46	3.26	24	.56
Cluster 8. Low extr. job sat. and sat. with rel. to mother, extremely low sat. with rel. to partner;	3.78	2.14	3.07	2.20	3.67	6	.87
Cluster 9. High intr. & extr. job sat., very low sat. with rel. to mother.	4.49	4.25	2.27	4.34	3.42	12	.88
All	3.90 SD=. 54	3.18 SD=. 84	3.92 SD=. 75	3.97 SD=. 56	3.71 SD=. 66	293	2.00

Note. Before the cluster analysis was performed, 13 residue cases were removed. The explained error sum of squares is 55.7%.

Relations between General SWB Types and Types of Domain Specific Satisfaction

To study the relations between the general SWB types and the domain-specific satisfaction types, we cross-tabulated cluster membership across these two classifications for the 164 subjects who had complete data. Only one cluster membership combination was a strong type in the sense that the combination occurred much more frequently than expected by chance. Fifteen subjects were characterized by belonging to the generalized high SWB cluster (cluster 6) and belonging to the corresponding cluster with regard to domain-specific satisfaction (cluster 4) ($p < .0001$, expected frequency 6.1).

Validation of the types

For validation and comparison purposes we defined a reference cluster with “normal” general SWB in the 7-cluster solution (cluster 3) and a reference cluster with average scores in domain-specific satisfaction in the 9-cluster solution (cluster 6). Then the cluster mean of each cluster was compared to the corresponding mean of the reference cluster in six comparison variables. The cluster differences in three KSP composite scales, Optimism, Educational level, and Personal income were tested using a two-tailed t-test for two independent samples. The difference in the percentage of married women was tested using a χ^2 test of a 2X2 table. The results are presented in Tables 8 and 9.

Large differences among the general SWB types were found for all KSP composite scales (see Table 8). Clusters 1 and 5 that included women with generalized low SWB had significantly higher scores on Negative Emotionality and Aggressive Nonconformity, and significantly lower scores on Optimism. Cluster 6 that included women with generalized high SWB scored significantly lower on Negative Emotionality and Aggressive Nonconformity, and significantly higher on Extraversion and Optimism. In addition, the percentage of married women in Clusters 1 and 5 was significantly lower than in the reference cluster. The differences were often large and in the expected direction, supporting the validity of the 7-cluster solution.

Several differences among the types of domain-specific satisfaction in the 9-cluster solution were found for Extraversion, Optimism, Educational level, and Personal income (see Table 9). Cluster 2 included women with general low satisfaction in all specific domains, and they scored significantly lower on Extraversion, and earned significantly less than the women in the reference cluster. The mean of personal income of women in Cluster 3 was the lowest compared to other clusters. Women in Cluster 8 with low extrinsic job satisfaction, low satisfaction with relations to mother and extremely low satisfaction with relations to partner, scored significantly lower on Extraversion and Optimism. Besides that, their educational level was significantly lower. Women in Cluster 4 with generalized high satisfaction in all domains scored significantly higher on Optimism, but their educational level was significantly lower than the women in the reference cluster. These results are perhaps best summarized as indicating only partial support for the validity of the types of domain-specific satisfaction.

Table 8. Means/percentages for personality and sociodemographic variables for the different general SWB types.

Variable	Cluster						
	1	2	3#	4	5	6	7
KSP composite scales:							
Negative Emotionality	2.31***	2.08***	1.75	1.82	2.20***	1.63**	1.97***
Aggressive Nonconformity	2.24***	2.09*	1.95	2.05	2.23*	1.77**	2.03
Extraversion	2.09	2.29	2.23	2.30	2.21	2.34*	2.13
Optimism	2.50***	2.97	3.05	3.10	2.36***	3.44***	2.82***
Sociodemographic variables:							
Educational level	3.87	4.15	4.51	5.00	4.00	4.10	3.93
Personal income, SEK/month	13649	15582	14802	16371	16985	14714	14225
Percentage married	47.8% [†]	80.0%	70.1%	53.1%	33.3% [†]	63.8%	67.5%

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, when the mean of a clusters was compared to the mean of the reference cluster and tested using a two-tailed t-test for two independent samples.

[†] $p < .05$, when significance testing the difference between two independent proportions.

Reference cluster

Table 9. Means/percentages for personality and sociodemographic variables for the types of domain-specific satisfaction.

Variable	Cluster								
	1	2	3	4	5	6#	7	8	9
KSP composite scales:									
Negative Emotionality	1.94	1.95	1.82	1.70	1.85	1.77	1.73	2.00	1.90
Aggressive Nonconformity	2.07	2.10	1.98	1.79	1.97	1.93	1.90	2.18	2.07
Extraversion	2.18	2.18*	2.22	2.34	2.20	2.33	2.23	1.93*	2.28
Optimism	3.09	2.86	3.06	3.35*	3.30	3.11	3.02	2.45**	2.91
Sociodemographic variables:									
Educational level	4.85	4.50	4.84	4.31*	4.52	5.44	4.13*	3.33*	4.17
Personal income, SEK/month	15072	15850*	13715***	15561	16782	17232	15018	15467	19291
Percentage married	80.0%	73.5%	81.0%	78.7%	76.0%	75.0%	91.7%	66.7%	75.0%

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, when the mean of a cluster was compared to the mean of the reference cluster and tested using a two-tailed t-test for two independent samples.

Reference cluster

Discussion

In the present investigation the major components of SWB were studied in a representative sample of Swedish women. The aim was to contribute to our knowledge about (a) the relationships among different SWB components, and (b) their relationships to personality and sociodemographic factors. Both variable-oriented and person-oriented analyses were used for elucidating this issue.

Relationships among SWB Components

Interrelations among SWB components varied from non-significant to substantially strong. Relationships between the cognitive and the affective SWB components, i.e. Global Life Satisfaction, on the one hand, and Positive Affect, and Negative Affect, on the other hand, were substantial. The result is rather consistent with the statement that these components are likely to be correlated because both are influenced by evaluations of life events and circumstances (Diener, 1994). However, the correlations were far from perfect giving some support to the position that the cognitive and affective components are relatively separable. According to Diener (1984), global life satisfaction as a cognitive judgmental evaluation of one's life may be indirectly influenced by affect but it is not itself a direct measure of emotion.

The relationship between the two affective components was moderate, but highly significant. The result is consistent with findings reported by others that the components tend to be moderately negatively related but are clearly separable (Diener & Diener, 1995). The view that Positive and Negative Affect are orthogonal dimensions was not supported by our results. In our study positive affect and negative affect were measured simultaneously and it is perhaps rare for people to experience high positive affect and high negative affect at the same time. Findings from other studies seem to indicate that only across longer time spans the independence of the two dimensions of affect might emerge (Diener & Emmons, 1984; Watson et al, 1999).

The relations among different specific domains of satisfaction were fairly low, except that a strong correlation was found between Intrinsic Job Satisfaction and Extrinsic Job Satisfaction, and a moderate correlation was found between Relations to Partner and Satisfaction with Leisure. This seems to indicate that satisfaction with specific domains are quite distinct components. Several substantial relationships were found between general SWB components and domain components. The strongest correlation emerged between Global Life Satisfaction and Relations to Partner. The result is consistent with findings that people who are married or have close romantic relationships report higher levels of life satisfaction (Diener et al., 1999). The strong correlation between these components points to that satisfaction with relations to one's partner is probably one of the most important domains of life satisfaction in adulthood, because the domains that are closest and most immediate to people's personal lives can be expected to influence SWB most (Andrews & Withey, 1976; Campbell et al., 1976). The next strongest correlation was found between Global Life Satisfaction and Satisfaction with Leisure. Several studies have pointed out the benefits of a satisfactory leisure time for health and well-being. For instance, among aging persons, life satisfaction was positively

associated with participation in leisure activities (Hersch, 1990; Patterson & Carpenter, 1994), and among women attending groups of mothers, time spent in leisure activities was also positively related to mental health and life satisfaction (Wearing, 1989).

Relationships between SWB and Sociodemographic Factors

The results concerning the relationships between SWB and important sociodemographic factors reported in the present study are rather consistent with results from other studies. Our stepwise regression analysis confirmed the often reported finding that the predictive power of sociodemographic factors is low. For instance, Campbell et al. (1976) reported that 10 resources, including income, number of friends, religious faith, intelligence, and education, together accounted for only 15% of the variance in happiness. Costa & McCrae (1980) also predicted a weak relationship between living conditions and life satisfaction. They suggested that satisfaction is largely a stable personality trait that is only minimally affected by objective factors. In our study, marital status and income were the strongest predictors, but the explained variance was very low. Marital status was the only predictor that significantly contributed to predicting Global life satisfaction in the present study whereas income was found to be the only predictor significantly contributing to predicting job satisfaction, satisfaction with relations to friends and relatives, and satisfaction with leisure. These demographic factors and some other, as for instance, health, are often named as the strongest objective factors influencing SWB. Diener et al. (1999) found that wealth can contribute to SWB by providing the means to meet certain basic needs. Once basic needs are met, the process of adaptation may take over. This might lead us to expect that relationships between SWB and certain sociodemographic variables are nonlinear. For this assumption some support was found in our analyses of variance but further analyses are here necessary.

Relationships between SWB and Personality

Personality factors are pointed out as the strongest and most consistent predictors of SWB (for a review, see Diener and Lucas, 1999) and, already in 1967, Wilson stated that the happy individual is the one who is extraverted, optimistic, and worry-free. The correlations we found and the results of our stepwise regression analysis confirmed this assertion. Optimism and the Negative Emotionality (neuroticism) related KSP scales were the strongest predictors of SWB components. As pointed out in the introduction, it has been suggested that optimists tend to deal with the source of the stress using problem-focused coping strategies (Scheier & Carver, 1987) and experience less negative affect. They also tend to expect favorable outcomes in their life, and therefore their evaluations of life are more positive. According to Helton et al. (2000), optimism usually is possessed by happy people.

Results of the present study on the relationships between SWB components and personality variables indicated that the Negative Emotionality (neuroticism) related KSP scales had the strongest correlations to Negative Affect whereas Extraversion related KSP scales were moderately significantly related to Positive Affect. The results are rather consistent with the findings from other studies (Costa & McCrae, 1980; Watson & Clark, 1984). Our findings revealed that Monotony Avoidance and

Detachment, which are aspects of Extraversion, correlate stronger with positive mood than the Impulsivity component. Because one of the initial aims of the development of the KSP questionnaire was to measure personality correlates of some psychiatric disorders (af Klinteberg et al., 1986), it is not surprising that the relations of KSP to SWB are strongest for scales designed to measure degrees of psychiatrically relevant problematic symptom related behavior and feelings.

SWB Types

Another way of looking at the relationships among the SWB variables than studying correlations is to search for SWB types using a person-oriented approach. This was done and these results paint a somewhat different picture than was reported above; a picture that emphasizes that both positive and negative SWB, at least in its pronounced form, tend to generalize over all studied indicators.

A 7-cluster solution of three general SWB indicators specified rather different and reasonably homogeneous SWB types. In two clusters, the women were characterized by generalized very low SWB, with the first one being extremely high in Negative Affect and the second one being extremely low in Global Life Satisfaction and Positive Affect. Compared to a reference cluster, women in these clusters reported significantly higher negative emotionality, aggressive nonconformity, and significantly lower optimism. In addition, the percentages of married women in these clusters were significantly lower. Together these clusters comprised 10.6% of the sample. In one fairly large cluster, the women were characterized as having generalized high life satisfaction (19.2% of the sample). Compared to a reference cluster, these women scored significantly higher on Optimism and the Extraversion related composite scale and significantly lower on Negative Emotionality and Aggressive Nonconformity. The findings indicate an interesting non-linearity and support the existence of three clear types: two with generalized low SWB and one with generalized high SWB. The substantial and highly significant differences among clusters in the expected direction for the validation variables, the homogeneity of the clusters, and the statistical significance of the cluster solution give some support to our conclusion that we have found a typology that can be generalized.

With regard to types of domain-specific life satisfaction, the results are less clear-cut and we found no real support for a trustworthy typology since the explained variance of the cluster solution in this case was not high and differences in validation variables between clusters were often small. Nevertheless, some clusters were found that might merit further attention. In one relatively large cluster (20.8% of the sample), the women were found to have generalized high satisfaction in all domains. Compared to a reference cluster, these women reported also significantly higher optimism. A cluster with generalized low satisfaction in all domains was found (11.6% of the sample). The women in the cluster scored significantly lower on the Extraversion related composite scale and Optimism. One cluster was found with the members characterized by extremely low satisfaction with relations to their partners. Of all clusters, these women had the highest means in negative emotionality and aggressive nonconformity and the lowest means in extraversion and optimism. This is a risk cluster and should be followed up.

Final Comments

As pointed out above, the purpose of this study was to provide an overview of the relationships among SWB components as well as their relationships to personality and sociodemographic factors. Most of the variable-oriented results we presented can be regarded as largely replications of results obtained by other researchers. However, two aspects of our results are more new:

1. The presentation of a coherent picture of relationships, all based on the same sample (no other study seems to cover all aspects we covered in one and the same study);
2. The study of a representative sample of middle-aged women. We have not found a similar study of SWB for a corresponding sample.

The person-oriented analyses, searching for general SWB types and domain-specific types of satisfaction, contribute to our knowledge about how the components of SWB operate together. In the case of general SWB types, we claim to have identified a typology that we believe to some extent can be generalized. This finding needs replication on other samples. In future studies, using the same database we used, it is of interest to probe further into the typical patterns of SWB across the general and the domain-specific areas. On a pattern level, we found only one strong connection across areas (for generalized high SWB). It is possible, even probable, that more connections exist but to find them we might need to create a better classification structure for domain-specific SWB. Other methods, like configural frequency analysis (Krauth & Lienert, 1982; von Eye, 1990), should also be used to ascertain that the results are invariant across methods. A more consequent use of the person-oriented approach is also called for in which, for instance, typical SWB patterns are related to typical patterns of personality and sociodemographic factors.

In line with the holistic-interactionistic paradigm we believe that a useful first step in a new area of research is to first get an overview of the relationships between important operating factors (Bergman & Magnusson, 1997). We believe this study has contributed to that purpose. In the future we intend to carry out more specialized studies on this sample, using both a person-oriented and a variable-oriented approach. Some examples of relevant scientific questions have been given. What interests us most is the longitudinal perspective, addressing questions like the stability over 30 years of SWB components and the long-time impact of important life events on SWB.

References

- Andrews, F. M., & Whitey, S. B. (1976). *Social indicators of well-being*. New York: Plenum Press.
- Argyle, M., Martin, M., & Crossland, J. (1989). Happiness as a function of personality and social encounters. In J. P. Forgas & J. M. Innes (Eds.), *Recent advances in social psychology: An international perspective* (pp. 189-203). Amsterdam: Elsevier.

- Bergman, L. R. (1998). A pattern-oriented approach to studying individual development: Snapshots and processes. In R. B. Cairns, L. R. Bergman, & J. Kagan (Eds.), *Methods and models for studying the individual* (pp. 83-121). Thousand Oaks, CA: Sage.
- Bergman, L. R. (2000). A person approach in research on adolescence: Some methodological challenges. *Journal of Adolescent Research, 16*, 28-53.
- Bergman, L.R., & Magnusson, D. (1997). A person-oriented approach in research on developmental psychopathology. *Development and Psychopathology, 9*, 291-319.
- Bradburn, N. M. (1969). *The structure of psychological well-being*. Chicago, IL: Aldine.
- Brickman, P., & Campbell, D. T. (1971). Hedonic relativism and planning the good society. In M. H. Appley (Ed.), *Adaptation-level theory* (pp. 287-305). New York: Academic Press.
- Campbell, A. (1981). *The sense of well-being in America: Resent patterns and trends*. New York: McGraw-Hill.
- Campbell, A., Converse, P. E., & Rodgers, W. L. (1976). *The quality of American life*. New York: Russell Sage Foundation.
- Costa, P. T., & McCrae, R. R. (1980). Influence of extraversion and neuroticism on subjective well-being. Happy and unhappy people. *Journal of Personality and Social Psychology, 38*, 668-678.
- Cowen, E. L. (1991). In pursuit of wellness. *American Psychologist, 46*, 404-408.
- Cutler, N. E. (1979). Age variations in the dimensionality of life satisfaction. *Journal of Gerontology, 34*, 573-578.
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin, 95*, (3), 542-575.
- Diener, E. (1994). Assessing subjective well-being: Progress and opportunities. *Social Indicators Research, 103*-157.
- Diener, E. (2000). Subjective well-being. The science of happiness and a proposal for a national index. *American Psychologist, 55*, 34-43.
- Diener, E., & Emmons, R. A. (1984). The independence of positive and negative affect. *Journal of Personality and Social Psychology, 47*, 1105-1117.
- Diener, E., & Diener, M. (1995). Cross-cultural correlates of life satisfaction and self-esteem. *Journal of Personality and Social Psychology, 68*, 653-663.
- Diener, E., Suh, E. M., & Oishi, S. (1997). Resent findings on subjective well-being. *Indian Journal of Clinical Psychology, 24* (1), 25-41.
- Diener, E., & Lucas, R. E. (1999). Personality and subjective well-being. In D. Kahneman, E. Diener, & N. Schwarz (Eds.), *Well-being: The foundations of hedonic psychology* (pp. 213-230). New York: Russell-Sage.
- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: three decades of progress. *Psychological Bulletin, 125* (2), 276-302.
- Emmons, R. A., Diener, E., & Larsen, R. J. (1986). Choice and avoidance of everyday situations and affect congruence: Two models of reciprocal interactionism. *Journal of Personality and Social Psychology, 51*, 815-826.
- von Eye, A. (1990). Configural frequency analysis of longitudinal multivariate responses. In A. von Eye (Ed.), *Statistical methods in longitudinal research* (Vol. 2, pp. 545-570). New York: Academic Press.
- Gartner, J., Larson, D. B., & Allen, G. D. (1991). Religious commitment and mental health: A review of the empirical literature. *Journal of Psychology and Religion, 19*, 6-25.

- George, L. K., & Landerman, R. (1984). Health and subjective well-being: A replicated secondary data analysis. *International Journal of Aging and Human Development*, *19*, 133-156.
- Gove, W. R., & Shin, H. (1989). The psychological well-being of divorced and widowed men and women. *Journal of Family Issues*, *10*, 122-144.
- Haring, M. J., Stock, W. A., & Okun, M. A. (1984). A research synthesis of gender and social class as correlates of subjective well-being. *Human Relations*, *37*, 645-657.
- Headey, B., & Wearing, A. (1992). *Understanding happiness: A theory of subjective well-being*. Melbourne: Longman Cheshire.
- Helton, W. S., Dember, W. N., Warm, J. S., & Matthews, G. (2000). Optimism, pessimism, and false failure feedback: effects on vigilance performance. *Current Psychology*, *18* (4), 311-326.
- Hersch, G. (1990). Leisure and aging. *Physical & Occupational Therapy in Geriatrics*, *9*, 55-78.
- Howell, L. C. (2001). Implications of personal values in women's midlife development. *Counseling and Values*, *46*, 54-65.
- af Klinteberg, B., Schalling, D., & Magnusson, D. (1986). Self-report assessment of personality traits. *Reports from the Department of Psychology*, Stockholm University, No. 64.
- Krauth, J., & Lienert, G. A. (1982). Fundamentals and modifications of configural frequency analysis (CFA). *Interdisciplinaria*, *3* (1).
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. New York: Springer.
- Lippert, L. (1997). Women at midlife: Implications for theories of women's adult development. *Journal of Counseling & Development*, *76* (1), 16-23.
- Magnusson, D. (1988). *Individual development from an interactional perspective*. Hillsdale, NJ: Erlbaum.
- Magnusson, D., & Bergman, L. R. (2000). Individual development and adaptation: The IDA program. In C.-G. Janson (Ed.), *Seven Swedish longitudinal studies in the behavioral sciences* (pp. 115-139). Stockholm: FRN.
- Mastekaasa, A. (1994). Psychological well-being and marital dissolution. *Journal of Family Issues*, *15* (2), 208-228.
- McFarland, C., & Miller, D. T. (1994). The framing of relative performance feedback: Seeing the glass as half empty or half full. *Journal of Personality and Social Psychology*, *66*, 1061-1073.
- Michalos, A. C. (1985). Multiple discrepancies theory (MDT). *Social Indicators Research*, *16*, 347-413.
- Patterson, I., & Carpenter, G. (1994). Participation in leisure activities after the death of a spouse. *Leisure Sciences*, *16*, 105-117.
- Ryff, C.D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, *57*, 1069-1081.
- Ryff, C.D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, *69*, 719-727.
- Ryff, C.D., & Singer, B. (1998). The contours of positive human health. *Psychological Inquiry*, *9*, 1-28.
- Scheier, M. F., & Carver, C. S. (1985). Optimism, coping, and health: assessment and implications of generalized outcome expectancies. *Health Psychology*, *4*, 219-247.

- Scheier, M. F., & Carver, C. S. (1987). Dispositional optimism and physical well-being: the influence of generalized outcome expectancies on health. *Journal of Personality*, 55 (2), 169-210.
- Scheier, M. F., & Carver, C. S. (1993). On the power of positive thinking: The benefits of being optimistic. *Current Directions in Psychological Science*, 2, 26-30.
- Schwarz, N., & Strack, F. (1999). Reports of subjective well-being: Judgmental processes and their methodological implications. In D. Kahneman, E. Diener, & N. Schwarz (Eds.), *Well-being: The foundation of hedonic psychology* (pp. 61-84). New York: Russell Sage Foundation.
- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology. *American psychologist*, 55 (1), 5-14.
- Suh, E., Diener, E., & Fujita, F. (1996). Events and subjective well-being: Only recent events matter. *Journal of Personality and Social Psychology*, 70, 1091-1102.
- Tait, M., Padgett, M. Y., & Baldwin, T. T. (1989). Job and life satisfaction: a reevaluation of the strength of the relationship and gender effects as a function of the date of the study. *Journal of Applied Psychology*, 74 (3), 502-507.
- Thomas, D., & Diener, E. (1990). Memory accuracy in the recall of emotion. *Journal of Personality and Social Psychology*, 59, 291-297.
- Watson, D., & Clark, L. A. (1984). Negative affectivity: The disposition to experience negative affective states. *Psychological Bulletin*, 96, 465-490.
- Watson, D., Wiese, D., Vaidya, J., & Tellegen, A. (1999). The two general activation systems of affect: Structural findings, evolutionary considerations, and psychobiological evidence. *Journal of Personality and Social Psychology*, 76, 820-838.
- Wearing, B. (1989). Leisure, unpaid labour, lifestyles and the mental and general health of suburban mothers in Sydney, Australia. *Australian Journal of Sex, Marriage and Family*, 10, 118-132.
- Zevon, M. A., & Tellegen, A. (1982). The structure of mood change: An idiographic/nomothetic analysis. *Journal of Personality and Social Psychology*, 43, 111-122.

Appendix A

Table A1. Factor loadings from a varimax-rotated principal components analysis of items measuring satisfaction with relations to mother (N=446).

Item	Factor	
	I	II
4. How often do you meet your mother? (Hur ofta träffar du din mor?)	.65	.32
5. How warm are your feelings towards your mother? (Hur varmt känner du för din mor idag?)	.87	-.14
6. How often does it happen that you ask your mother for advice? (Om du behöver råd, hur ofta händer det att du vänder dig till din mor?)	.75	-.07
7. How much interest does your mother show for you? (Hur stort intresse visar din mor för dig idag?)	.85	-.10
8. How do you agree with your mother nowadays? (Hur kommer du överens med din mor nuförtiden?)	.81	-.44
9. Do you have heated discussions or quarrels with your mother? (Har du häftiga diskussioner eller gräl med din mor?)	-.09	.93

Table A2. Factor loadings from a varimax-rotated principal components analysis of items measuring satisfaction with relations to partner (N=428).

Items	Factor		
	I	II	III
16a. How often do you talk to your partner about what has happened at your work? (Hur ofta brukar du prata med din partner om vad som hänt på din arbetsplats?)	.19	.63	.15
16b. How often do you talk to your partner about current events? (Hur ofta brukar du prata med din partner om aktuella händelser?)	.20	.79	.16
16c. How often do you talk to your partner about politics? (Hur ofta brukar du prata med din partner om politik?)	.06	.76	-.10
16d. How often do you talk to your partner about personal things? (Hur ofta brukar du prata med din partner om personliga saker?)	.57	.52	.08
17. Does your partner talk to you about his problems? (Talar din partner med dig om sina problem?)	.61	.26	-.02
18. How warm are your feelings for your partner? (Hur varmt känner du för din partner?)	.75	.26	.02
19. How well do you and your partner agree? (Hur kommer du och din partner överens?)	.83	.18	.15
20. How often does it happen that you get really angry with your partner? (Hur ofta händer det att du blir verkligt arg på din partner?)	.66	-.14	.29
21. Do you have any particular interests, which hold you together? (Har ni några speciella gemensamma intresse som samlar er?)	.57	.26	.10
22. Give an overall impression of your relationship. (Ge helhetsbild av ert förhållande)	.83	.12	.19

(table continues)

Table A2. (continued)

Items	Factor		
	I	II	III
23. How often does it happen that you spontaneously cuddle or caress each other? (Hur ofta förekommer det kel och smek mellan er?)	.75	.23	-.07
24. How often do you and your partner plan doing funny things together? (Hur ofta planerar du och din partner att göra roliga saker tillsammans?)	.57	.18	-.15
25. Who decides in your family? (Vem är det som bestämmer hemma hos er?)	-.25	-.01	-.54
26. Do you and your partner agree in how you should you use your money? (Är du och din partner överens om vad pengarna ska gå till?)	.45	.11	.60
27. Do you and your partner think similar concerning child raising? (Tycker du och din partner lika när det gäller barnuppfostran?)	.53	.00	.30
28. Do you quarrel about alcohol? (Har ni konflikter om alkoholförtäring?)	.22	.16	.63

Table A3. Factor loadings from a varimax-rotated principal components analysis of items measuring satisfaction with relations to friends and relatives (N=537).

Items	Factor	
	I	II
31. How much do your friends mean to you? (Hur mycket betyder vänner för dig?)	.64	-.19
32. How often do you meet your relatives? (Hur ofta träffar du släktingar?)	-.05	.81
33. How many times have your friends been visiting you during the last month? (Hur många gånger har du haft vänner på besök i hemmet under den senaste månaden?)	.78	.30
34. How many times have you been visiting your friends during the last month? (Hur många gånger har du varit på besök hos vänner i deras hem den senaste månaden?)	.80	.22
35. How often have you talked to your relatives or friends on telephone during the last month? (Hur ofta har du talat med släkt eller vänner på telefon den senaste månaden?)	.22	.70

Appendix B

Table B1. Mean scores in SWB and summary of the results of one-way analysis of variance for women from different marital status groups.

SWB scale	Marital status			One-way ANOVA	
	married	partner	single	<i>F</i>	<i>p</i>
Global Life Satisfaction	6.33 (N=199)	6.30 (N=60)	5.66 (N=54)	10.26	.00
General Job Satisfaction	3.67 (N=309)	3.66 (N=86)	3.57 (N=84)	.95	.39
Intrinsic Job Satisfaction	3.90 (N=314)	3.90 (N=89)	3.80 (N=84)	1.07	.35
Extrinsic Job Satisfaction	3.16 (N=307)	3.17 (N=85)	3.06 (N=84)	.50	.61
Relations to Mother	3.89 (N=286)	3.88 (N=79)	3.94 (N=80)	.11	.89
Relations to Partner	3.96 (N=328)	3.87 (N=90)	3.67 (N=10)	1.75	.18
Relations to Friends & Relatives	3.73 (N=344)	3.69 (N=96)	3.78 (N=96)	.43	.65
Satisfaction with Leisure	5.99 (N=225)	6.17 (N=72)	5.77 (N=66)	1.07	.34
Positive Affect	3.68 (N=218)	3.67 (N=70)	3.67 (N=60)	.02	.99
Negative Affect	1.72 (N=216)	1.73 (N=68)	1.86 (N=60)	1.34	.26

A one-way ANOVA indicated significant differences for Global Life Satisfaction, $F(2, 310)=10.26, p<.001$, among the three marital status groups (see table above).

Table B2. Mean scores in SWB and summary of the results of one-way analysis of variance for women with different motherhood status.

SWB scale	Women who had				One-way ANOVA	
	at least one child 0-7y.	at least one child older than 7y.	at least one child but no one at home	no children at all	<i>F</i>	<i>p</i>
Global Life Satisfaction	6.24 (N=57)	6.23 (N=202)	6.56 (N=18)	5.66 (N=36)	2.37	.07
General Job Satisfaction	3.67 (N=98)	3.64 (N=295)	3.53 (N=27)	3.57 (N=59)	.90	.44
Intrinsic Job Satisfaction	3.93 (N=100)	3.87 (N=298)	3.77 (N=29)	3.80 (N=60)	.70	.55
Extrinsic Job Satisfaction	3.14 (N=98)	3.11 (N=292)	3.09 (N=27)	3.06 (N=59)	1.33	.26
Relations to Mother	3.92 (N=91)	3.91 (N=274)	3.68 (N=23)	3.94 (N=57)	.63	.60
Relations to Partner	3.82 (N=97)	3.93 (N=283)	4.31 (N=32)	3.67 (N=16)	4.94	.00
Relations to Friends & Relatives	3.70 (N=109)	3.76 (N=322)	3.79 (N=34)	3.78 (N=71)	.99	.40
Satisfaction with Leisure	5.73 (N=70)	6.04 (N=227)	6.29 (N=21)	5.77 (N=45)	1.00	.40
Positive Affect	3.72 (N=67)	3.67 (N=219)	3.70 (N=21)	3.67 (N=41)	.50	.68
Negative Affect	1.74 (N=66)	1.70 (N=218)	1.81 (N=20)	1.86 (N=40)	2.56	.06

A one-way ANOVA indicated significant differences for Relations to Partner, $F(3,424)=4.94$, $p < .001$, among the women with different motherhood status (see table above).

Table B3. Mean scores in SWB and summary of the results of one-way analysis of variance for women from different employment status groups.

SWB scale	Women who were			One-way ANOVA	
	full-time employees	part-time employees	not employees	<i>F</i>	<i>p</i>
Global Life Satisfaction	6.19 (N=170)	6.33 (N=99)	6.00 (N=45)	1.70	.19
General Job Satisfaction	3.63 (N=278)	3.64 (N=179)	4.01 (N=22)	4.52	.01
Intrinsic Job Satisfaction	3.86 (N=279)	3.86 (N=179)	4.27 (N=29)	6.98	.00
Extrinsic Job Satisfaction	3.13 (N=278)	3.12 (N=179)	3.71 (N=19)	4.49	.01
Relations to Mother	3.91 (N=229)	3.94 (N=149)	3.76 (N=65)	1.06	.35
Relations to Partner	3.92 (N=207)	3.95 (N=155)	3.95 (N=64)	.15	.86
Relations to Friends & Relatives	3.63 (N=272)	3.89 (N=180)	3.73 (N=83)	8.08	.00
Satisfaction with Leisure	5.88 (N=194)	6.17 (N=118)	5.87 (N=53)	1.37	.26
Positive Affect	3.72 (N=190)	3.63 (N=111)	3.59 (N=49)	2.34	.10
Negative Affect	1.74 (N=189)	1.75 (N=107)	1.79 (N=50)	.17	.84

A one-way ANOVA indicated significant differences for General Job Satisfaction, $F(2, 476)=4.52$, $p < .01$, Intrinsic Job Satisfaction, $F(2, 484)=6.98$, $p < .001$, Extrinsic Job Satisfaction, $F(2, 473)=4.49$, $p < .01$, and for Satisfaction to Friends and Relatives, $F(2, 532)=8.08$, $p < .001$, among the women with different employment status (see table above).

Table B4. Mean scores in SWB and summary of the results of one-way analysis of variance for women in different unemployment status groups.

SWB scale	Women who were			<u>One-way ANOVA</u>	
	unemployed, but project works/studies	unemployed, no project works/studies	not unemployed	<i>F</i>	<i>p</i>
Global Life Satisfaction	6.03 (N=10)	5.55 (N=16)	6.25 (N=284)	4.02	.02
General Job Satisfaction	3.32 (N=18)	–	3.67 (N=435)	3.21	.04
Intrinsic Job Satisfaction	3.66 (N=18)	–	3.90 (N=443)	1.51	.22
Extrinsic Job Satisfaction	2.57 (N=18)	–	3.17 (N=432)	4.41	.01
Relations to Mother	3.67 (N=18)	3.69 (N=21)	3.93 (N=381)	1.48	.23
Relations to Partner	3.80 (N=16)	3.81 (N=20)	3.95 (N=371)	.87	.42
Relations to Friends & Relatives	3.79 (N=19)	3.68 (N=25)	3.74 (N=463)	.14	.87
Satisfaction with Leisure	6.17 (N=12)	5.72 (N=18)	5.98 (N=329)	.31	.73
Positive Affect	3.73 (N=11)	3.39 (N=16)	3.69 (N=317)	3.41	.03
Negative Affect	1.61 (N=11)	2.01 (N=17)	1.74 (N=312)	1.97	.14

A one-way ANOVA indicated significant differences for Global Life Satisfaction, $F(2, 307)=4.02$, $p < .02$, General Job Satisfaction, $F(2, 450)=3.21$, $p < .04$, Extrinsic Job Satisfaction, $F(2, 447)=4.41$, $p < .01$, and for Positive Affect, $F(2, 341)=3.41$, $p < .03$, among the unemployed women who participated in project works/studies, the unemployed women who did not participate in project works/studies, and women, who were not unemployed (see table above).

Table B5. Mean scores in SWB and summary of the results of one-way analysis of variance for the full-time self-employed women, the part-time self-employed women, and women who were not self-employed.

SWB scale	Women who were			<u>One-way</u> <u>ANOVA</u>	
	full-time self- employed	part-time self- employed	not self- employed	<i>F</i>	<i>p</i>
Global life Satisfaction	6.27 (N=11)	6.83 (N=10)	6.19 (N=289)	1.99	.14
General Job Satisfaction	4.09 (N=13)	3.96 (N=13)	3.63 (N=426)	5.88	.00
Intrinsic Job Satisfaction	4.39 (N=18)	4.17 (N=15)	3.86 (N=427)	9.45	.00
Extrinsic Job Satisfaction	3.62 (N=10)	3.66 (N=13)	3.12 (N=426)	4.14	.02
Relations to Mother	4.07 (N=19)	3.91 (N=13)	3.90 (N=388)	.35	.71
Relations to Partner	3.93 (N=21)	4.14 (N=13)	3.93 (N=372)	.72	.49
Relations to Friends & Relatives	3.70 (N=25)	3.69 (N=15)	3.74 (N=466)	.07	.94
Satisfaction with Leisure	5.15 (N=13)	6.36 (N=11)	5.99 (N=335)	2.07	.13
Positive Affect	3.69 (N=13)	3.65 (N=11)	3.68 (N=320)	.02	.98
Negative Affect	1.55 (N=13)	1.65 (N=11)	1.76 (N=316)	1.01	.37

A one-way ANOVA indicated significant differences for General Job Satisfaction, $F(2, 449)=5.88$, $p < .001$, Intrinsic Job Satisfaction, $F(2, 457)=9.45$, $p < .001$, and for Extrinsic Job Satisfaction, $F(2, 446)=4.14$, $p < .02$, among the full-time self-employed women, the part-time self-employed women, and the women who were not self-employed (see table above).

Table B6. Mean scores in SWB and summary of the results of one-way analysis of variance for women who were or were not retired on a disablement pension.

SWB scale	Women who		One-way ANOVA	
	were retired	were not retired	<i>F</i>	<i>p</i>
Global life Satisfaction	5.71 (N=14)	6.23 (N=296)	3.62	.06
General Job Satisfaction	3.38 (N=9)	3.66 (N=443)	2.11	.15
Intrinsic Job Satisfaction	3.69 (N=9)	3.90 (N=451)	1.08	.30
Extrinsic Job Satisfaction	2.63 (N=9)	3.16 (N=440)	3.45	.06
Relations to Mother	3.73 (N=17)	3.92 (N=402)	.79	.38
Relations to Partner	4.00 (N=11)	3.93 (N=394)	.13	.72
Relations to Friends & Relatives	3.77 (N=22)	3.74 (N=483)	.06	.81
Satisfaction with Leisure	6.14 (N=14)	5.97 (N=345)	.17	.69
Positive Affect	3.59 (N=14)	3.68 (N=330)	.61	.44
Negative Affect	1.95 (N=14)	1.74 (N=326)	1.62	.20

A one way ANOVA did not indicate any significant difference in SWB between the women who were retired on a disablement pension and the women were not retired on a disablement pension (see table above).

Table B7. Mean scores and summary of the results for one-way analysis of variance in SWB for the women who were or were not studying.

SWB scale	Women who were			<u>One-way</u> <u>ANOVA</u>	
	studying at adult education ("komvux")	studying at the university/ college	not studying	<i>F</i>	<i>p</i>
Global life Satisfaction	6.20 (N=14)	5.90 (N=13)	6.22 (N=287)	.62	.54
General Job Satisfaction	3.19 (N=16)	3.41 (N=11)	3.67 (N=452)	6.40	.00
Intrinsic Job Satisfaction	3.60 (N=16)	3.65 (N=11)	3.90 (N=460)	2.99	.05
Extrinsic Job Satisfaction	2.35 (N=16)	2.94 (N=11)	3.18 (N=449)	7.95	.00
Relations to Mother	3.98 (N=23)	3.61 (N=14)	3.90 (N=407)	.87	.42
Relations to Partner	3.89 (N=15)	3.89 (N=14)	3.94 (N=397)	.08	.92
Relations to Friends & Relatives	3.62 (N=24)	3.78 (N=16)	3.74 (N=496)	.39	.68
Satisfaction with Leisure	6.69 (N=16)	5.50 (N=12)	5.95 (N=337)	2.17	.12
Positive Affect	3.76 (N=15)	3.65 (N=13)	3.67 (N=322)	.32	.73
Negative Affect	1.69 (N=15)	1.69 (N=13)	1.76 (N=318)	.14	.87

A one way ANOVA indicated significant differences for General Job Satisfaction, $F(2, 476)=6.40, p < .001$, Intrinsic Job Satisfaction, $F(2, 484)=2.99, p < .05$, and for Extrinsic Job Satisfaction, $F(2, 473)=7.95, p < .001$, among the women who were studying at adult education ("komvux"), the women who were studying at the university/college, and the women who were not studying (see table above).

Table B8. Mean scores and summary of the results for one-way analysis of variance in SWB for the women who were off work due to illness on different number of days.

SWB scale	Off Work due to Illness					One-way ANOVA	
	0 days	1-5 days	6-10 days	11-20 days	20 and more days	<i>F</i>	<i>p</i>
Global life Satisfaction	6.20 (N=193)	6.17 (N=54)	5.79 (N=6)	6.13 (N=4)	6.15 (N=5)	.27	.90
General Job Satisfaction	3.61 (N=194)	3.73 (N=52)	3.94 (N=9)	2.93 (N=3)	3.32 (N=5)	2.94	.02
Intrinsic Job Satisfaction	3.86 (N=199)	3.91 (N=53)	4.05 (N=9)	3.08 (N=3)	3.52 (N=5)	2.43	.05
Extrinsic Job Satisfaction	3.08 (N=194)	3.36 (N=50)	3.74 (N=9)	2.44 (N=3)	2.90 (N=5)	3.21	.01
Relations to Mother	3.97 (N=174)	4.19 (N=45)	4.31 (N=7)	3.80 (N=4)	3.12 (N=5)	2.49	.04
Relations to Partner	3.91 (N=171)	3.91 (N=47)	3.57 (N=6)	4.06 (N=2)	3.40 (N=5)	1.33	.26
Relations to Friends & Relatives	3.76 (N=206)	3.77 (N=57)	4.20 (N=8)	4.20 (N=4)	3.92 (N=71)	1.19	.32
Satisfaction with Leisure	6.11 (N=216)	5.40 (N=58)	4.67 (N=9)	7.00 (N=4)	6.20 (N=5)	4.69	.00
Positive Affect	3.69 (N=217)	3.65 (N=56)	3.38 (N=10)	4.15 (N=4)	3.64 (N=5)	2.38	.05
Negative Affect	1.69 (N=216)	1.84 (N=54)	2.13 (N=10)	2.38 (N=4)	1.98 (N=5)	3.38	.01

A one way ANOVA indicated significant differences for General Job Satisfaction, $F(4, 258)=2.94$, $p < .02$, Intrinsic Job Satisfaction, $F(4, 264)=2.43$, $p < .05$, Extrinsic Job Satisfaction, $F(4, 256)=3.21$, $p < .001$, Relations to Mother, $F(4, 230)=2.49$, $p < .04$, Satisfaction with Leisure, $F(4, 287)=4.69$, $p < .001$, and for Positive and Negative Affect, $F(4, 287)=2.38$, $p < .05$, and $F(4, 284)=3.38$, $p < .01$, respectively, among the women who were off work due to illness for different number of days (see table above).

Table B9. Mean scores and summary of the results for one-way analysis of variance in SWB for the women with different educational levels.

SWB scale	Educational level							One-way ANOVA	
	low 1	2	3	4	5	6	high 7	<i>F</i>	<i>p</i>
Global life Satisfaction	6.20 (N=69)	6.18 (N=48)	6.50 (N=4)	6.15 (N=33)	6.41 (N=25)	5.99 (N=34)	6.25 (N=101)	.54	.78
General Job Satisfaction	3.65 (N=87)	3.46 (N=73)	3.99 (N=6)	3.69 (N=50)	3.74 (N=34)	3.74 (N=55)	3.67 (N=175)	2.10	.05
Intrinsic Job Satisfaction	3.79 (N=90)	3.70 (N=75)	4.24 (N=6)	3.90 (N=51)	3.95 (N=34)	3.97 (N=56)	3.96 (N=176)	2.81	.01
Extrinsic Job Satisfaction	3.32 (N=87)	2.95 (N=73)	3.39 (N=6)	3.27 (N=50)	3.28 (N=33)	3.29 (N=55)	3.03 (N=173)	2.58	.02
Relations to Mother	4.03 (N=81)	3.72 (N=69)	4.03 (N=6)	4.00 (N=48)	3.95 (N=33)	3.63 (N=55)	3.94 (N=154)	1.88	.08
Relations to Partner	3.90 (N=81)	3.96 (N=68)	4.03 (N=4)	4.10 (N=45)	3.65 (N=31)	3.92 (N=50)	3.96 (N=149)	1.80	.10
Relations to Friends & Relatives	3.78 (N=111)	3.68 (N=84)	3.60 (N=6)	3.83 (N=55)	3.78 (N=40)	3.75 (N=63)	3.69 (N=178)	.52	.79
Satisfaction with Leisure	6.17 (N=83)	6.00 (N=56)	5.33 (N=6)	6.24 (N=37)	6.10 (N=29)	5.86 (N=37)	5.76 (N=117)	.95	.46
Positive Affect	3.66 (N=78)	3.59 (N=56)	3.45 (N=6)	3.67 (N=35)	3.74 (N=26)	3.73 (N=38)	3.70 (N=111)	.80	.57
Negative Affect	1.84 (N=77)	1.78 (N=55)	2.07 (N=6)	1.66 (N=35)	1.63 (N=25)	1.71 (N=38)	1.72 (N=110)	.98	.44

A one way ANOVA indicated significant differences for General Job Satisfaction, $F(6,473)=2.10, p < .05$, Intrinsic Job Satisfaction, $F(6, 481)=2.81, p < .01$, and for Extrinsic Job Satisfaction, $F(6, 470)=2.58, p < .02$, among the women with different educational level (see table above).

Table B10. Mean scores in SWB and summary of the results of one-way analysis of variance for women with different personal income.

SWB scale	Personal income			One-way ANOVA	
	low	medium	high	<i>F</i>	<i>p</i>
Global life Satisfaction	5.93 (N=25)	6.32 (N=227)	5.73 (N=12)	3.95	.02
General Job Satisfaction	3.52 (N=46)	3.63 (N=361)	3.84 (N=41)	3.58	.03
Intrinsic Job Satisfaction	3.69 (N=46)	3.86 (N=361)	4.02 (N=42)	3.57	.03
Extrinsic Job Satisfaction	3.08 (N=46)	3.11 (N=361)	3.43 (N=41)	2.91	.06
Relations to Mother	3.70 (N=35)	3.96 (N=301)	3.67 (N=34)	3.13	.05
Relations to Partner	3.96 (N=34)	3.96 (N=290)	3.69 (N=31)	2.55	.08
Relations to Friends & Relatives	3.93 (N=46)	3.74 (N=353)	3.47 (N=42)	5.13	.01
Satisfaction with Leisure	6.19 (N=32)	6.05 (N=255)	5.36 (N=14)	1.58	.21
Positive Affect	3.57 (N=29)	3.70 (N=248)	3.81 (N=13)	1.63	.20
Negative Affect	1.88 (N=28)	1.73 (N=244)	1.88 (N=13)	1.10	.34

A one-way ANOVA indicated significant differences for Global Life Satisfaction, $F(2, 261)=3.95$, $p < .05$, General Job Satisfaction, $F(2, 445)=3.58$, $p < .05$, Intrinsic Job Satisfaction, $F(2, 446)=3.57$, $p < .05$, Relations to Mother, $F(2, 367)=3.13$, $p < .05$, and for Relations to Friends and Relatives, $F(2, 438)=5.13$, $p < .01$, among the women with different personal income (see table above).

Appendix C

Table C1. Summary of stepwise regression analysis for sociodemographic variables predicting Global Life Satisfaction (N=212)

Predictor	Global Life Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.07***
Marital status	.68	.17	.27***	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table C2. Summary of stepwise regression analysis for sociodemographic variables predicting General Job Satisfaction (N=229)

Predictor	General Job Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.03*
Personal income	.00	.00	.16*	

Note. * $p < .05$, ** $p < .01$, two-tailed tests.

Table C3. Summary of stepwise regression analysis for sociodemographic variables predicting Intrinsic Job Satisfaction (N=230)

Predictor	Intrinsic Job Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.04**
Personal income	.00	.00	.20**	

Note. * $p < .05$, ** $p < .01$, two-tailed tests.

Table C4. Summary of stepwise regression analysis for sociodemographic variables predicting Extrinsic Job Satisfaction (N=229)

Predictor	Extrinsic Job Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.03**
Unemployment	-.74	.26	-.18**	
Step 2				.06**
Unemployment	-.77	.26	-.19**	
Current studies	-.47	.20	-.15*	
Step 3				.07**
Unemployment	-.79	.26	-.20**	
Current studies	-.51	.20	-.16*	
Marital status	.26	.13	.13*	

Note. * $p < .05$, ** $p < .01$, two-tailed tests.

Table C5. Summary of stepwise regression analysis for sociodemographic variables predicting Relations to Partner (N=181)

Predictor	Relations to Partner			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.03*
Off work due to illness	-.43	.19	-.17*	

Note. * $p < .05$, ** $p < .01$, two-tailed tests.

Table C6. Summary of stepwise regression analysis for sociodemographic variables predicting Relations to Friends and Relatives (N=222)

Predictor	Relations to Friends and Relatives			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.03**
Personal income	.00	.00	-.19**	

Note. * $p < .05$, ** $p < .01$, two-tailed tests.

Table C7. Summary of stepwise regression analysis for sociodemographic variables predicting Satisfaction with Leisure (N=226).

Predictor	Satisfaction with Leisure			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.04**
Personal Income	-.00	.00	-.20**	
Step2				.07***
Personal Income	-.00	.00	-.26***	
Household Income	.00	.00	.18**	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table C8. Summary of stepwise regression analysis for sociodemographic variables predicting Positive Affect (N=227).

Predictor	Positive Affect			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.02*
Educational Level	.02	.01	.13*	

Note. * $p < .05$, ** $p < .01$, two-tailed tests.

Table C9. Summary of stepwise regression analysis for sociodemographic variables predicting Negative Affect (N=223).

Predictor	Negative Affect			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.03**
Off work due to illness	.43	.16	.18**	
Step2				.06**
Off work due to illness	.37	.16	.16*	
Marital status	-.24	.10	-.15*	

Note. * $p < .05$, ** $p < .01$, two-tailed tests.

Appendix D

Table D1. Summary of stepwise regression analysis for personality variables predicting Global Life Satisfaction (N=298).

Predictor	Global Life Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.35***
Optimism	1.37	.11	.59***	
Step2				.41***
Optimism	1.22	.11	.53***	
Socialization	.61	.12	.24***	
Step3				.42***
Optimism	1.12	.11	.48***	
Socialization	.50	.12	.20***	
Irritability	-.36	.12	-.15**	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D2. Summary of Stepwise Regression Analysis for personality variables predicting General Job Satisfaction (N=291).

Predictor	General Job Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.08***
Optimism	.38	.08	.29***	
Step2				.12***
Optimism	.33	.08	.25***	
Suspicion	-.27	.08	-.21***	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D3. Summary of Stepwise Regression Analysis for personality variables predicting Intrinsic Job Satisfaction (N=298).

Predictor	Intrinsic Job Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.12***
Psychic Anxiety	-.38	.06	-.35***	
Step2				.16***
Psychic Anxiety	-.27	.07	-.25***	
Optimism	.29	.08	.22***	
Step3				.17***
Psychic Anxiety	-.28	.07	-.25***	
Optimism	.23	.08	.17**	
Social Desirability	.23	.10	.14*	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D4. Summary of stepwise regression analysis for personality variables predicting Extrinsic Job Satisfaction (N=288).

Predictor	Extrinsic Job Satisfaction			
	<i>b</i>	<i>SE</i>	β	R^2
Step 1				.03**
Optimism	.31	.11	.16**	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D5. Summary of stepwise regression analysis for personality variables predicting Relations to Mother (N=266).

Predictor	Relations to Mother			
	<i>b</i>	<i>SE</i>	β	<i>R</i> ²
Step 1				.17***
Socialization	.85	.12	.41***	
Step2				.21***
Socialization	1.12	.13	.55***	
Somatic Anxiety	.39	.10	.25***	
Step3				.23***
Socialization	1.07	.13	.52***	
Somatic Anxiety	.41	.10	.26***	
Social	.34	.13	.15**	
Desirability				
Step4				.25***
Socialization	1.12	.14	.55***	
Somatic Anxiety	.41	.10	.26***	
Social	.36	.13	.15**	
Desirability				
Impulsivity	.27	.11	.13*	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D6. Summary of stepwise regression analysis for personality variables predicting Relations to Partner (N=258).

Predictor	Relations to Partner			
	<i>b</i>	<i>SE</i>	β	<i>R</i> ²
Step 1				.10***
Optimism	.45	.08	.32***	
Step2				.12***
Optimism	.40	.09	.28***	
Socialization	.21	.09	.14*	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D7. Summary of stepwise regression analysis for personality variables predicting Relations to Friends and Relatives (N=321).

Predictor	Relations to Friends and Relatives			R^2
	b	SE	β	
Step 1				.04***
Detachment	-.37	.10	-.21***	
Step2				.06***
Detachment	-.30	.10	-.17**	
Optimism	.20	.10	.12*	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D8. Summary of stepwise regression analysis for personality variables predicting Satisfaction with Leisure (N=343).

Predictor	Satisfaction with Leisure			R^2
	b	SE	β	
Step 1				.12***
Optimism	1.22	.19	.34***	
Step 2				.14***
Optimism	.91	.21	.25***	
Psychastenia	-.66	.21	-.19***	
Step 3				.16***
Optimism	.79	.21	.22***	
Psychastenia	-.52	.22	-.15*	
Irritability	-.49	.22	-.13*	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D9. Summary of stepwise regression analysis for personality variables predicting Positive Affect (N=331).

Predictor	Positive Affect			R^2
	b	SE	β	
Step 1				.35***
Optimism	.62	.05	.60***	
Step2				.39***
Optimism	.52	.05	.50***	
Psychic Anxiety	-.18	.04	-.20***	
Step3				.40***
Optimism	.48	.05	.46***	
Psychic Anxiety	-.16	.04	-.18***	
Detachment	-.15	.05	-.13**	
Step4				.41***
Optimism	.46	.05	.44***	
Psychic Anxiety	-.20	.05	-.23***	
Detachment	-.16	.05	-.14**	
Guilt	.13	.05	.12*	
Step5				.42***
Optimism	.42	.05	.40***	
Psychic Anxiety	-.13	.05	-.15**	
Detachment	-.17	.05	-.15***	
Guilt	.14	.05	.13**	
Psychastenia	-.16	.06	-.15**	
Step 6				.43***
Optimism	.39	.06	.38***	
Psychic Anxiety	-.14	.05	-.16**	
Detachment	-.15	.05	-.13**	
Guilt	.14	.05	.13**	
Psychastenia	-.14	.06	-.14*	
Social Desirability	.14	.06	.10*	
Step 7				.44***
Optimism	.41	.06	.40***	
Psychic Anxiety	-.15	.05	-.18**	
Detachment	-.14	.05	-.13**	
Guilt	.14	.05	.13**	
Psychastenia	-.15	.06	-.15**	
Social Desirability	.19	.07	.14**	
Indirect Aggression	.11	.05	.11*	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.

Table D10. Summary of stepwise regression analysis for personality variables predicting Negative Affect (N=328).

Predictor	Negative Affect			R^2
	b	SE	β	
Step 1				.37***
Somatic Anxiety	.67	.05	.60***	
Step 2				.42***
Somatic Anxiety	.45	.06	.40***	
Psychic Anxiety	.35	.06	.31***	
Step 3				.45***
Somatic Anxiety	.37	.06	.33***	
Psychic Anxiety	.31	.06	.38***	
Irritability	.26	.07	.19***	
Step 4				.46***
Somatic anxiety	.35	.06	.32***	
Psychic anxiety	.26	.06	.24***	
Irritability	.22	.07	.16***	
Optimism	-.19	.06	-.14**	
Step 5				.48***
Somatic Anxiety	.28	.07	.25***	
Psychic Anxiety	.27	.06	.24***	
Irritability	.20	.07	.14**	
Optimism	-.18	.06	-.13**	
Socialization	-.19	.07	-.13**	

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, two-tailed tests.