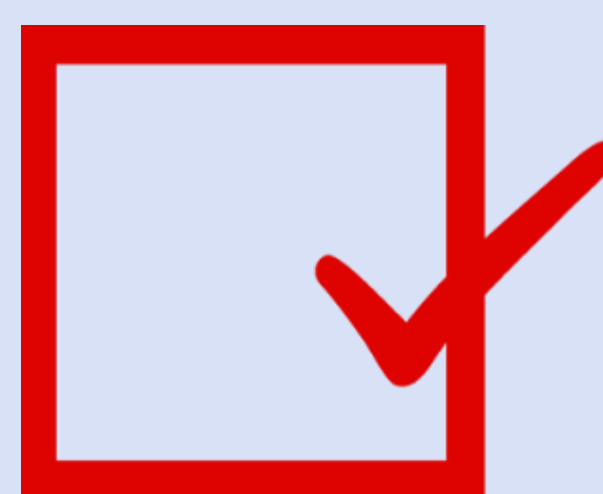


CRO-WELL: Well-being and life events - preliminary analyses



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Background and Aims:

More research is needed to gain better insight on well-being and positive and negative life events. This study is initial survey which is a part of the longitudinal survey on well-being and life events in Croatia (CRO-WELL project, financed by Croatian science foundation).

The main aim of the survey is to investigate whether well-being can be considered not only an indicator of good life, but also an ingredient for positive outcomes and favorable life events.

Participants:

The sample consists of adult internet users in Croatia who voluntarily decided to participate in the study.

N=4634 (Male=1129, Female=3505)

Mean age = 35.1 years

Range = 18 - 85 years

Education: 40% participants have master's degree or higher

Monthly income: 55% participants have ≤ 650 Euro

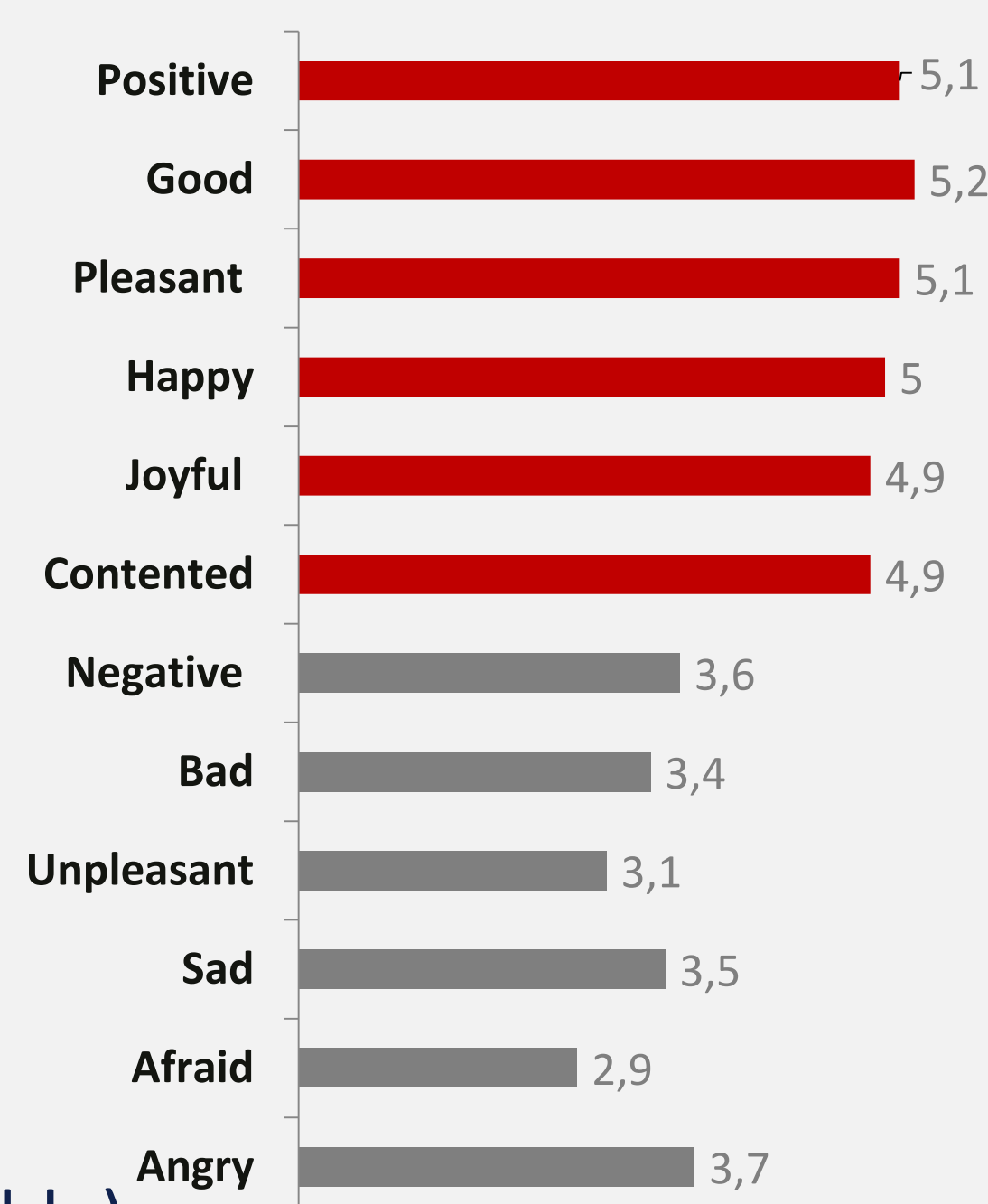
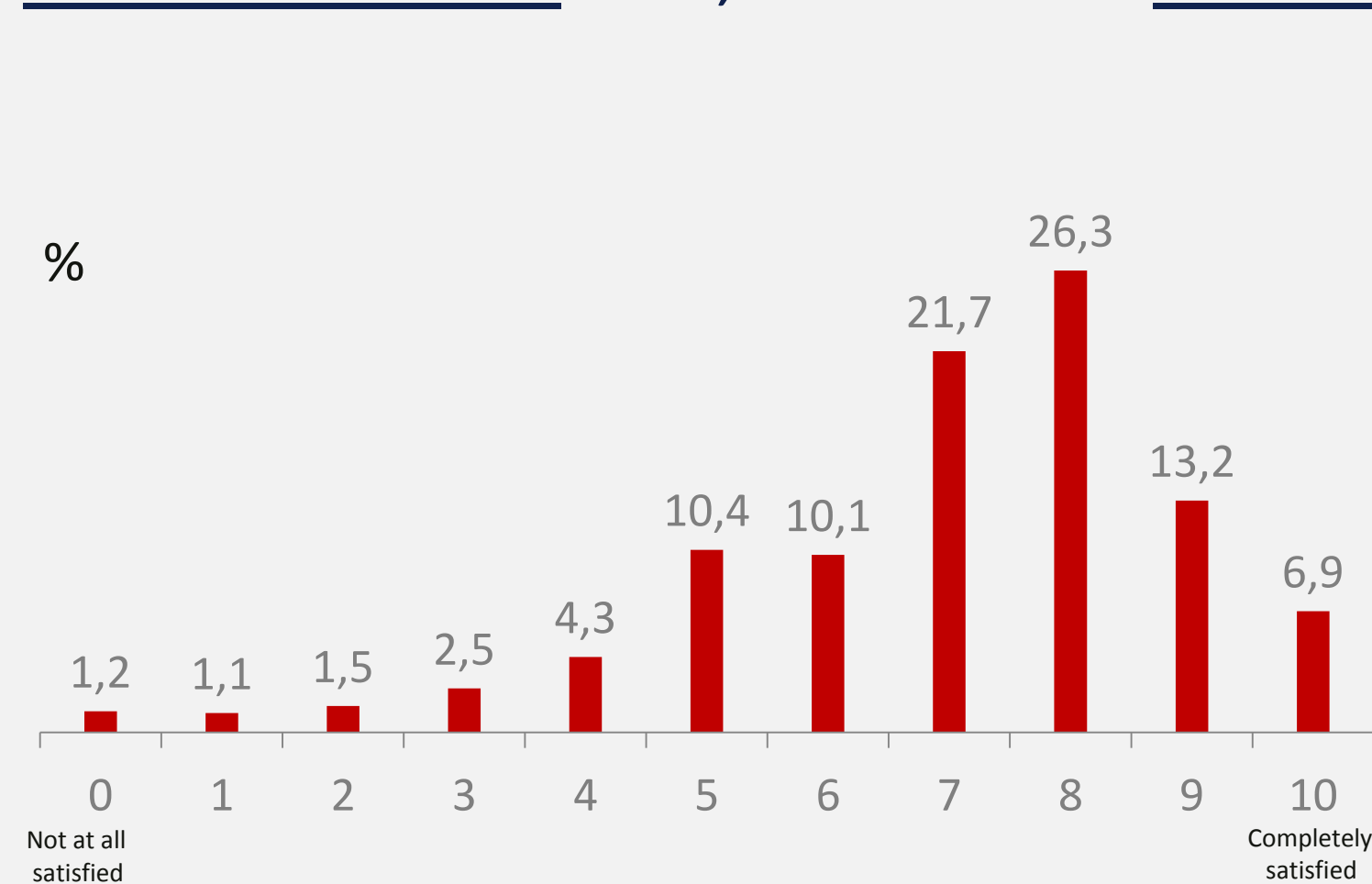
Questionnaire Development:

- Well-being scales: *Scale of Positive and Negative Experience* (Diener et al., 2010) - assesses positive and negative feelings generally felt in life. *Life satisfaction* - measures global cognitive judgments of satisfaction with one's life. *Flourishing Scale* (Diener et al., 2010) - measures of human functioning ranging from positive relationships, to feelings of competence, to having meaning and purpose in life.
- Affect regulation strategies: *Measure of Affect Regulation Styles* (Larsen & Prizmic, 2004) – measures use of affect regulation strategies, i.e. active distraction, cognitive engagement, behavioral engagement, venting and expressing affect, passive distraction and acceptance, rumination, withdrawal and waiting.
- Personality traits: *IPIP-International Personality Item Pool* (Goldberg, 1999) - measures the five personality dimensions of Extraversion, Emotional Stability, Conscientiousness, Agreeableness and Intellect.
- Life events: *List of positive and negative events* were constructed using life event repertoires that have been used in previous studies (Leist et al., 2010). The list of Life events contains 69 positive and negative events. It captures the major and minor life events, and participants report the level of events' frequency, experienced positivity-negativity, significance and the degree of expectancy.
- Socio-demographics variables: age, sex, education level, income level, vocation, occupation, place where person lives, marital status and number of children

Results:

Life satisfaction M=7; SD=2

SPANE – positive and negative feelings



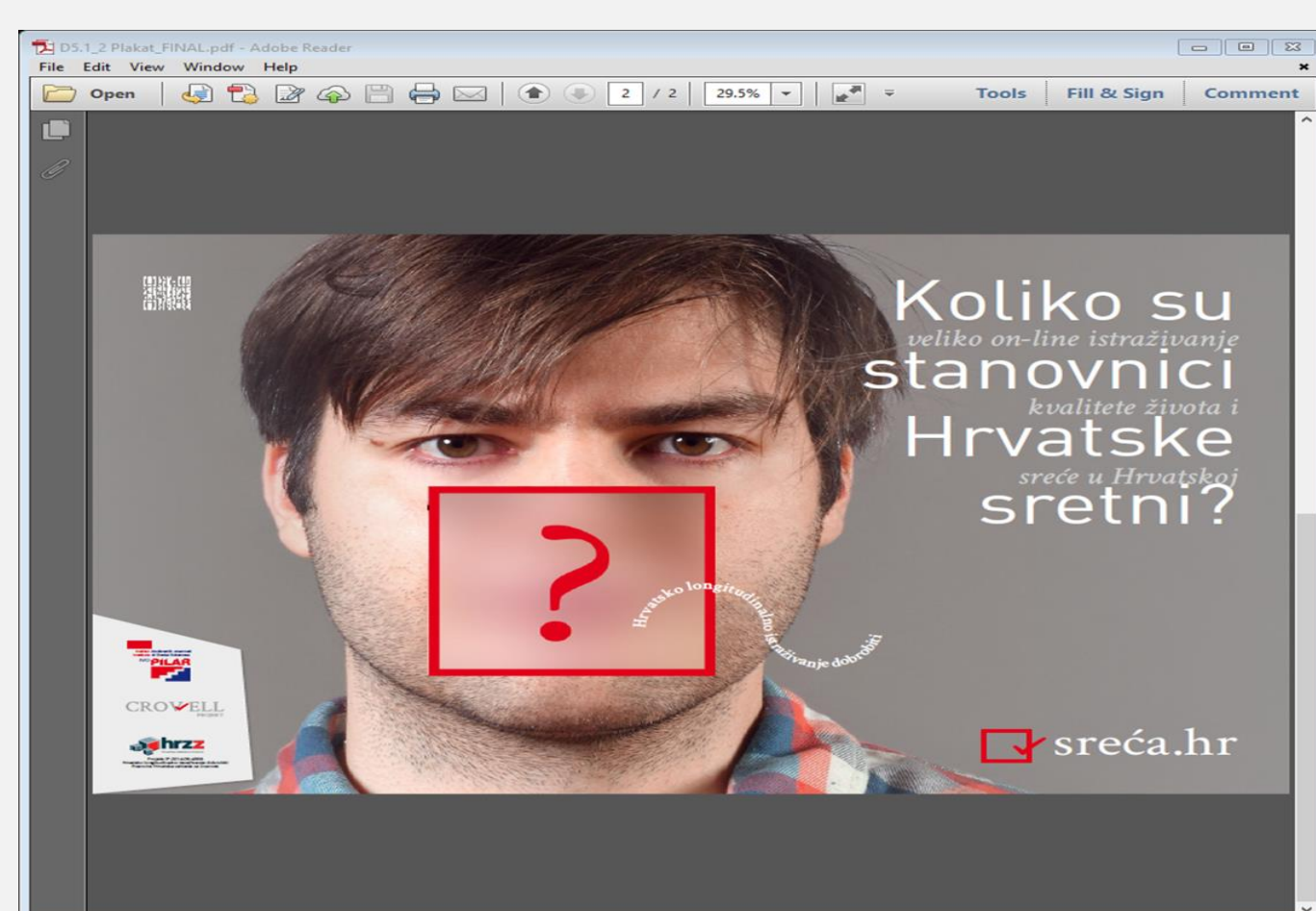
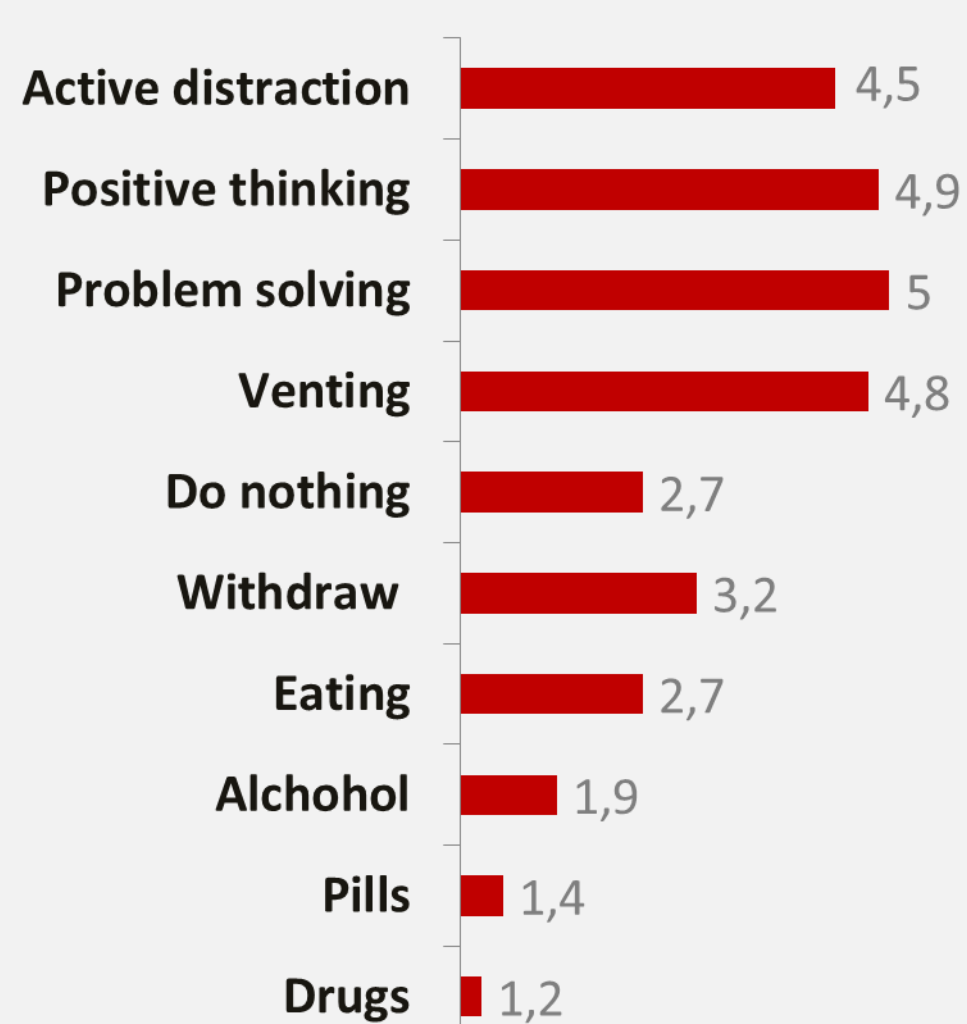
Flourishing scale

Range from 8 (lowest possible) to 56 (highest possible)

M= 45.1 SD=7.52 range 8-56

Happiness M=6.8; SD= 2.1

Affect regulation strategies



Life events

69 life events covering event repertoires from family, work, health, leisure activities and legal areas of one's life

Check list: Did event occur during the past year? Yes No

If it occurred than ratings:

How positive was the event? 0=not at all 10=completely

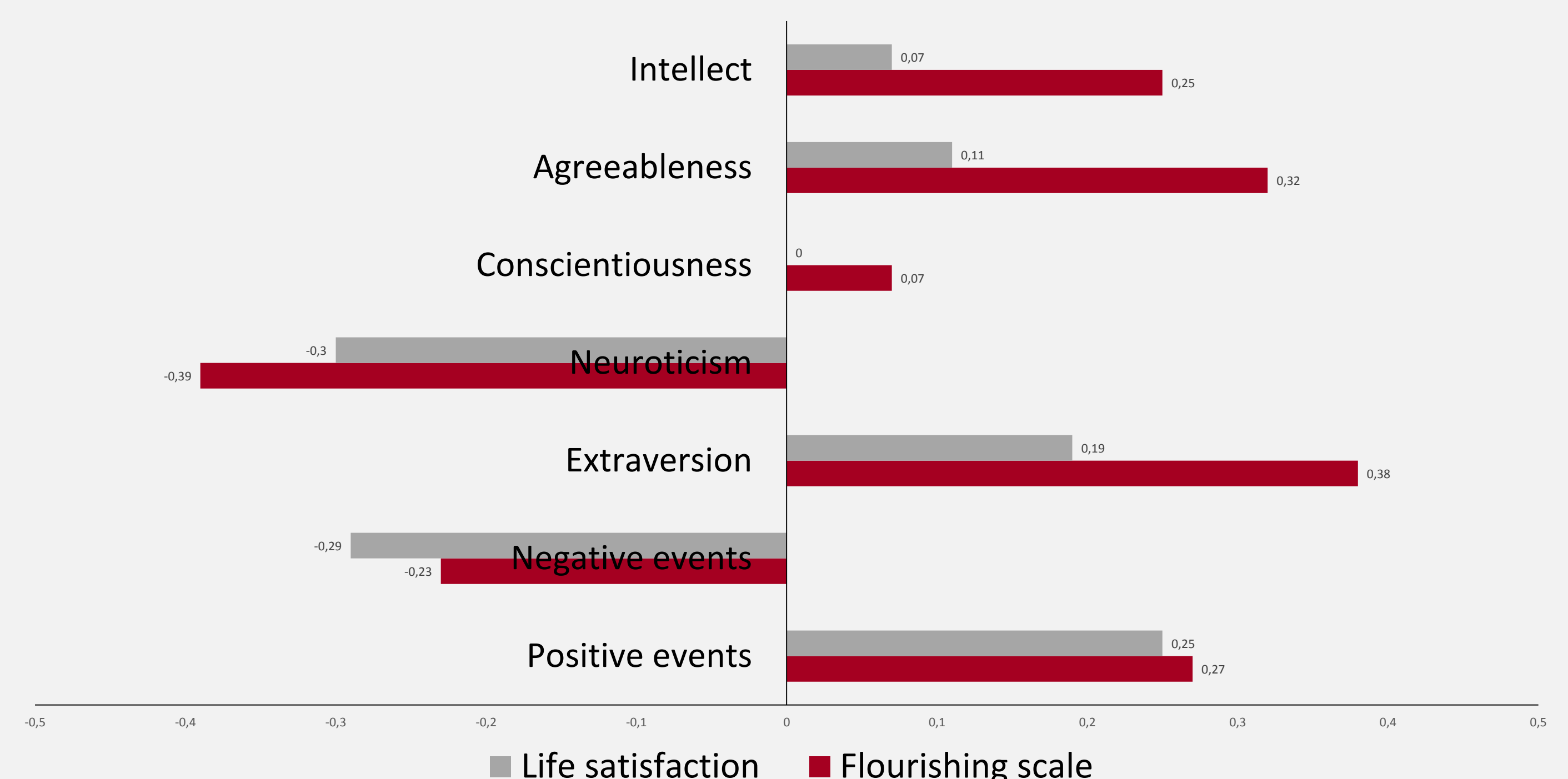
How negative was the event? 0=not at all 10=completely

The most positive events: adoption, birth of child, birth of grandchild, marriage

The most negative events: death of partner, illness of the close person, financial loss, death of parent, diagnosis of illness, death of child

	f	M	SD
Frequency of Positive events	4499	6.1	3.21
Frequency of Negative events	3239	2.6	1.94

Intercorrelation of the five personality dimensions, life events and measures of well-being



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Conclusion

Preliminary analysis of initial battery of questionnaires showed that participants were relatively happy and satisfied with their life, they experienced more frequently positive than negative affects and use more active strategies for regulation of negative states. Among various life events they rated the birth of a child as the most positive event, the beginning of the friendship as the most frequent event and completing the education as the most expected life event. Positive events happened more often than negative events over year. Measures of well-being were positively correlated with number of positive live events, extraversion, agreeableness and intellect and negatively with number of negative life events and neuroticism. In our 4 year project with annual follow-up surveys we will examine if high levels of well-being enable the creation of later favourable life events.