

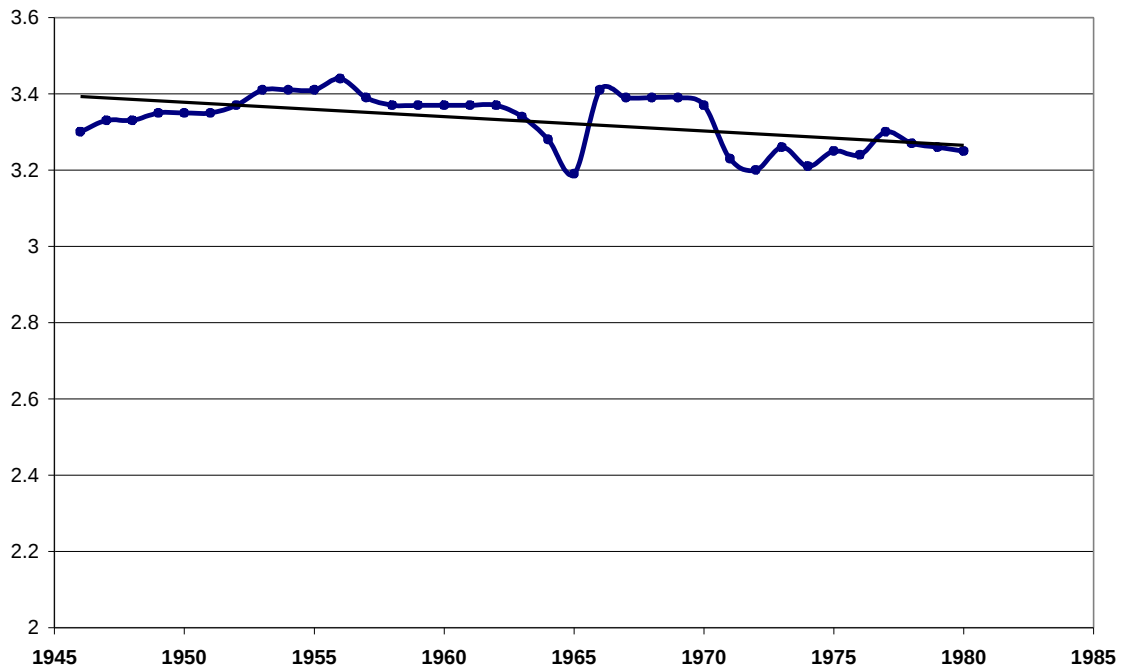
Happiness trends in 24 countries, 1946-2006

The following graphs shows the trends in happiness levels found in 24 countries, using comparable data from all available surveys for countries having at least xx datapoints from 1946 to 2007. These data are from Ruut Veenhoven’s World Database of Happiness, which include the data from the first four waves of the Values Surveys. These data were downloaded from <http://worlddatabaseofhappiness.eur.nl/> and updated to include the results from the 2005-2007 World Values Survey.

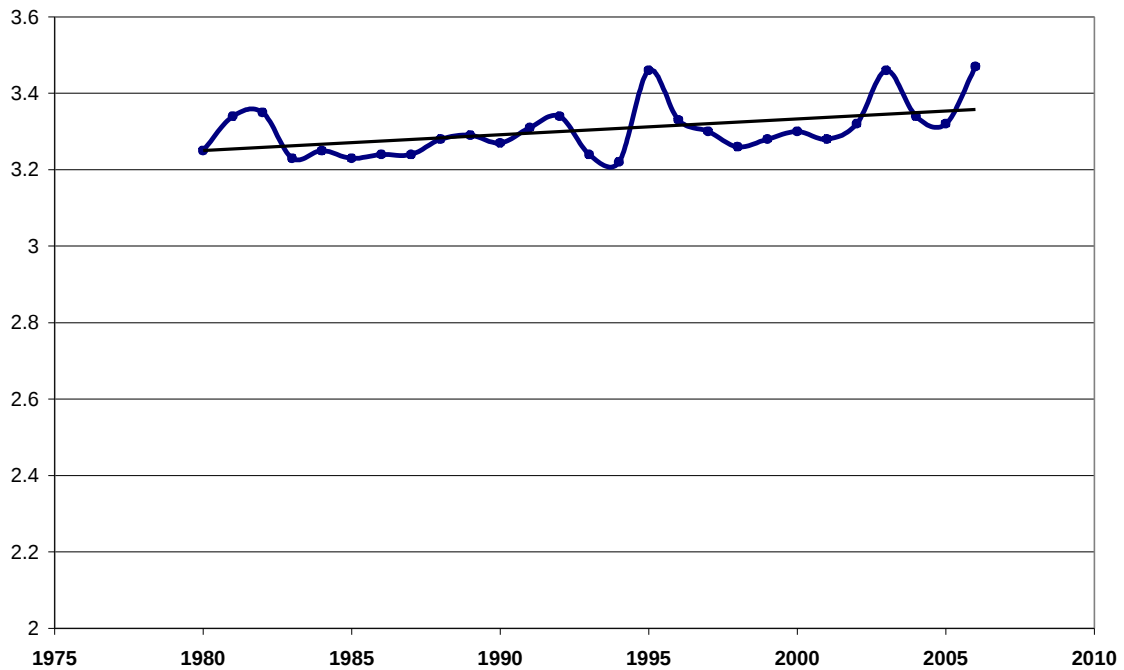
These graphs provide a detailed picture of happiness trends in countries from which we have a relatively long and detailed time series, based on results from 4-point scales and the 3-point scales, which Veenhoven has converted into 4-point scales. The scale has been reversed so that high scores indicate high levels of happiness.

In many cases, the results contradict the assumption that, despite economic growth and other changes, the publics of given societies have not gotten any happier. By far the most extensive and detailed time series comes from the U.S., and the full series covering the 60 years from 1946 to 2006 shows a flat trend. But the subset from 1946 to 1980 shows a downward trend, while the series from 1980 to 2006 shows a rising trend. A similar picture appears from the much scantier British dataset (the second fullest time series). The entire series from 1946 to 2006 shows a downward trend, but the series from 1980 to the present shows a clear upward trend.

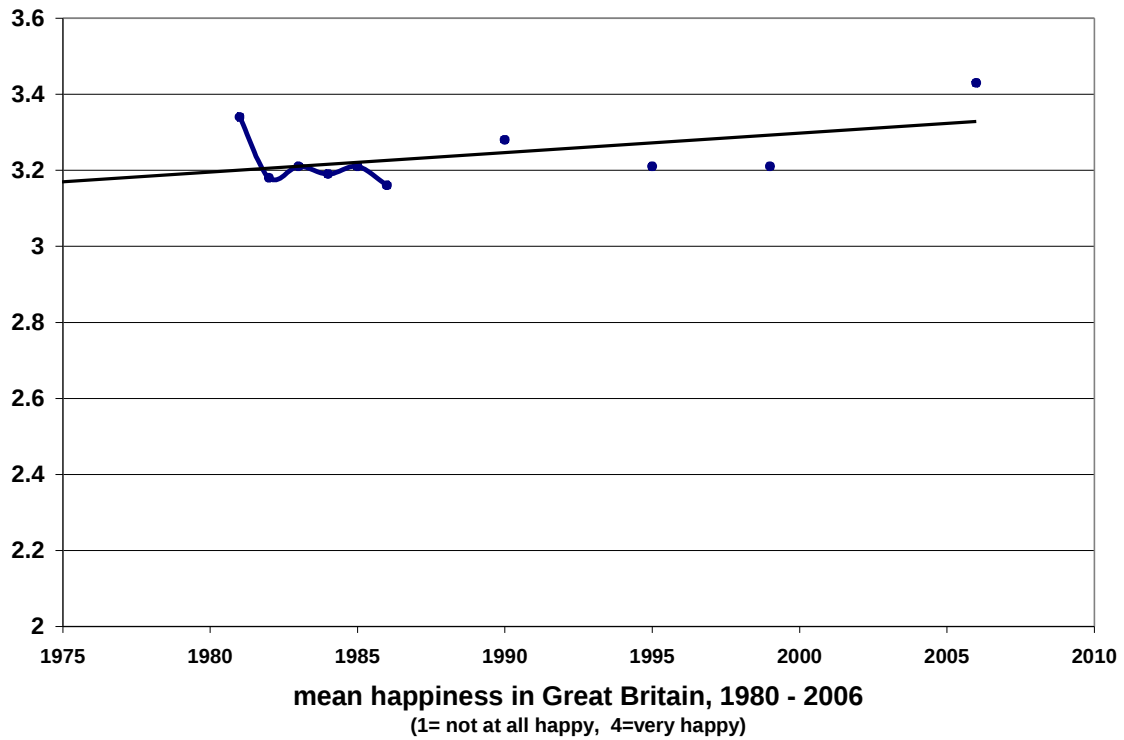
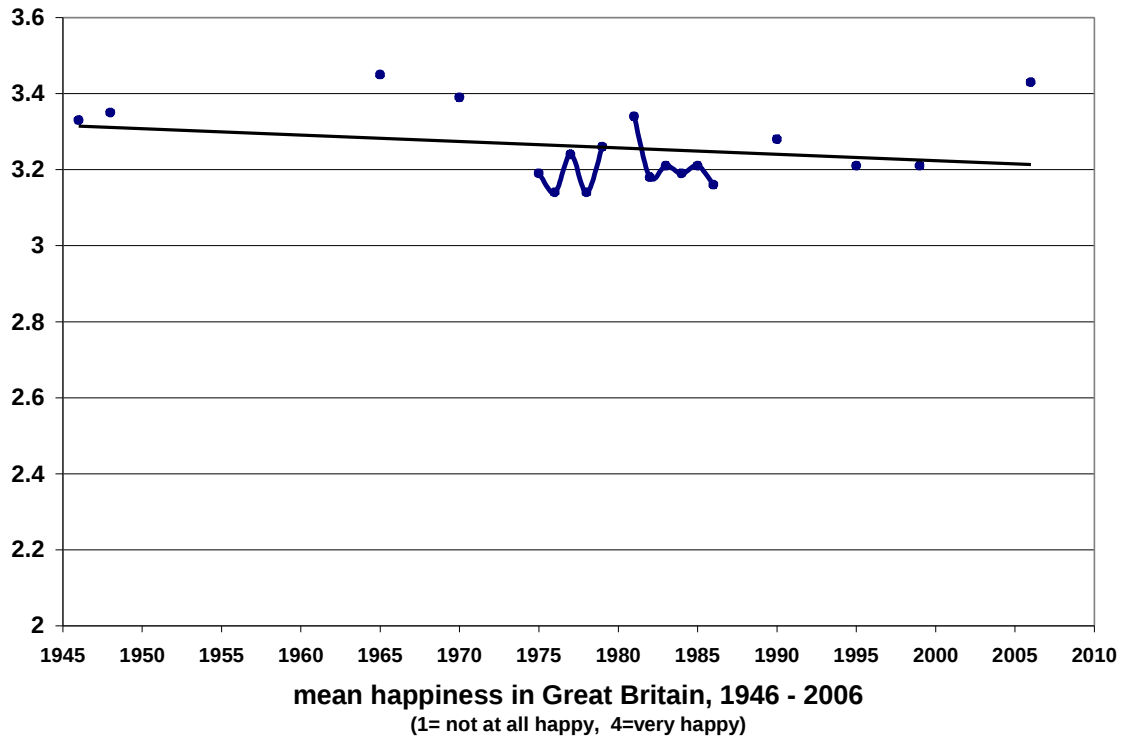
Many other countries show clear trends toward rising happiness. Indeed, among the countries for which we have long-term data, 19 of the 26 countries show *rising* happiness levels. In several of these countries— India, Ireland, Mexico, Puerto Rico and South Korea—there are *steeply* rising trends. The other countries with rising trends are Argentina, Canada, China, Denmark, Finland, France, Italy, Japan, Luxembourg, the Netherlands, Poland, South Africa, Spain and Sweden. Three countries (the U.S., Switzerland and Norway) show flat trends from the earliest to latest available survey. Only four countries (Austria, Belgium, the U.K. and West Germany) show downward trends. Almost five times as many countries show rising trends as downward trends. Thus, even if we choose to read the U.S. data as flat rather than curvilinear, it cannot be taken as a universal model: happiness actually rose in most countries for which long-term data are available.

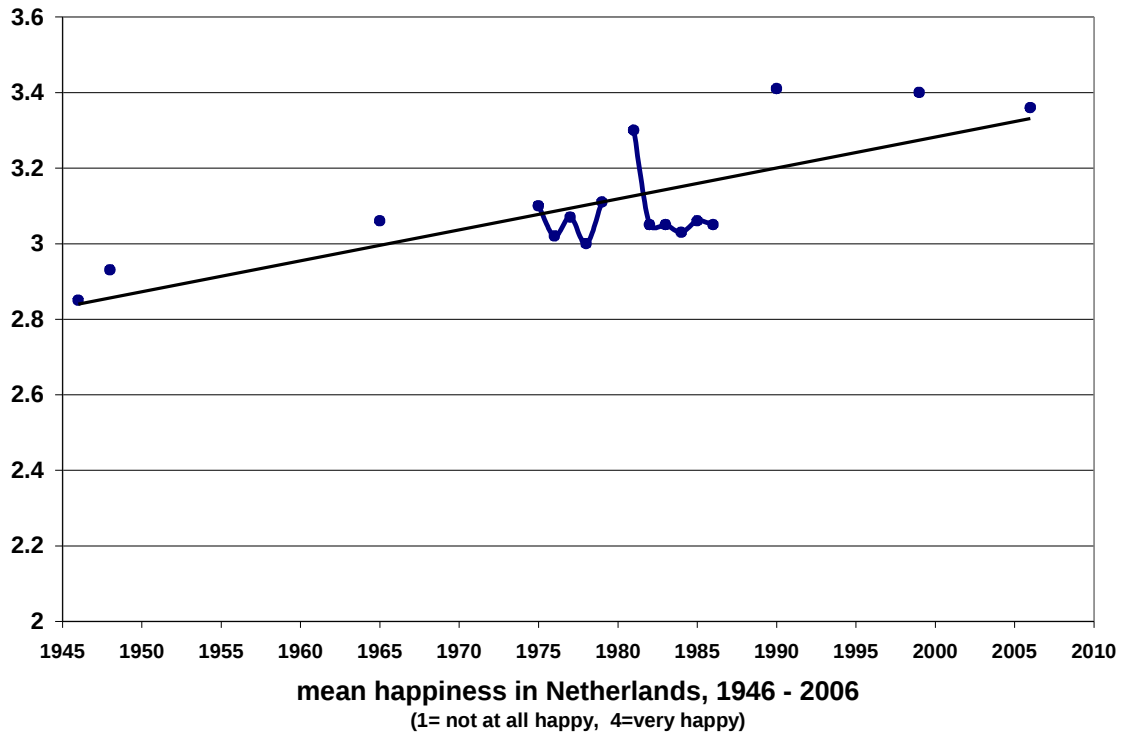
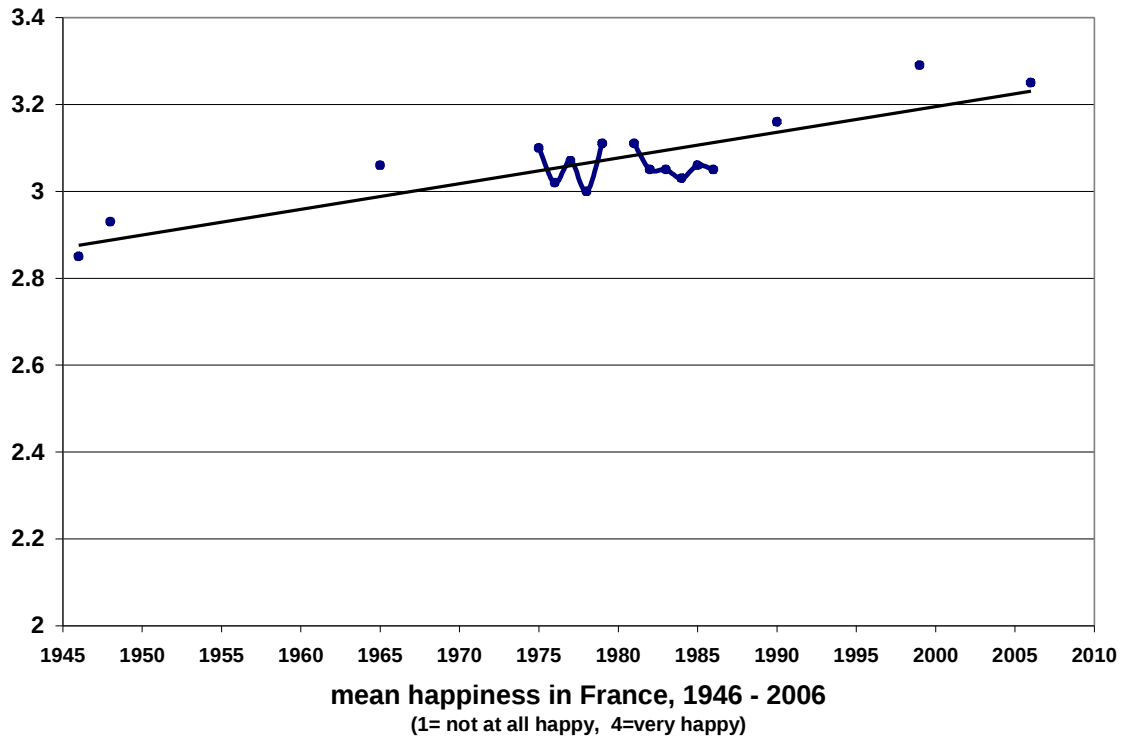


mean happiness in U.S., 1946 - 1980
(1= not at all happy, 4=very happy)

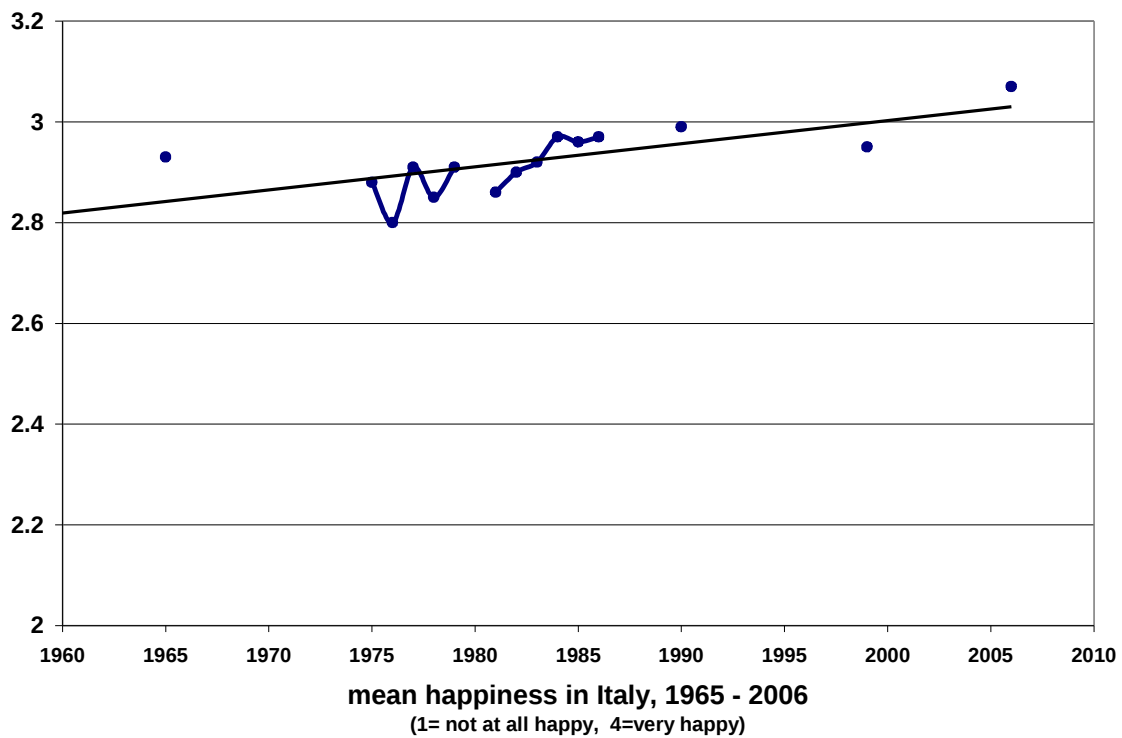
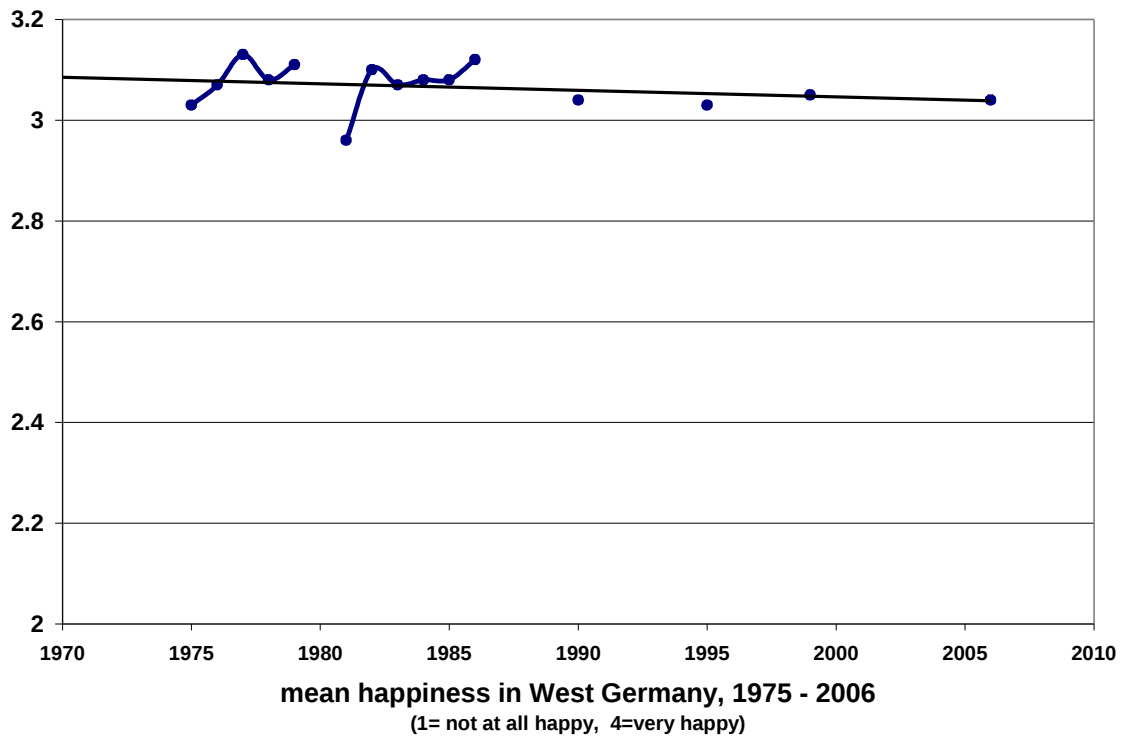


mean happiness in U.S., 1980 - 2006
(1= not at all happy, 4=very happy)

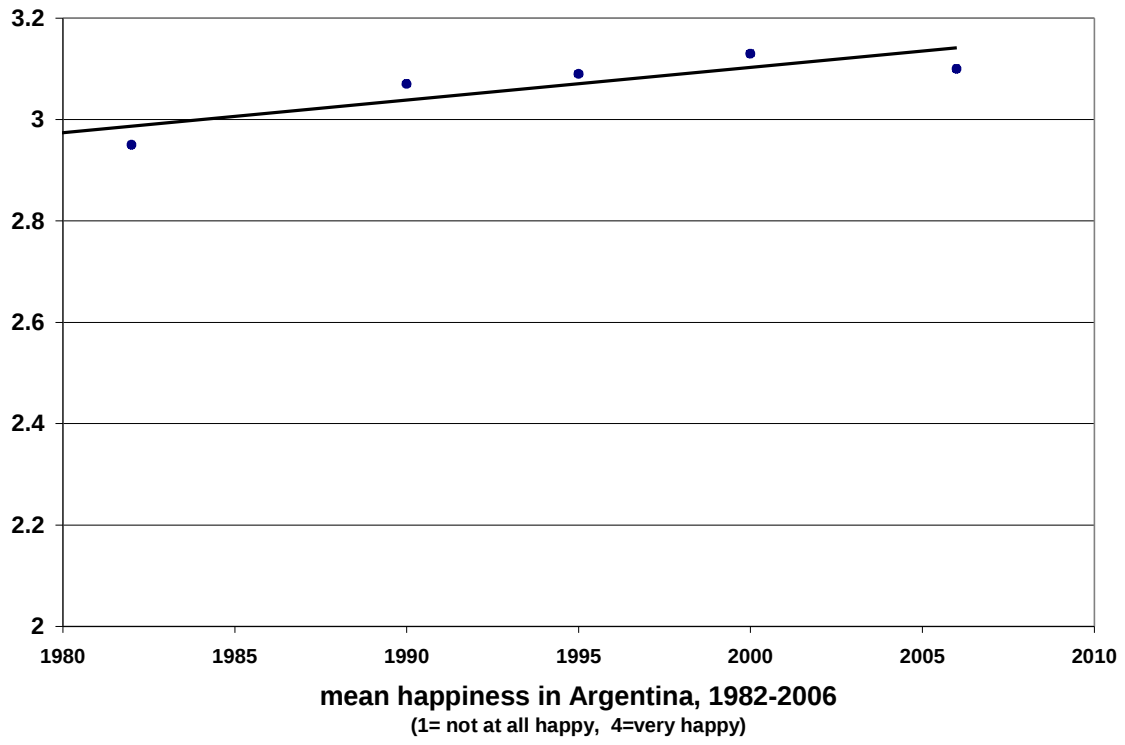




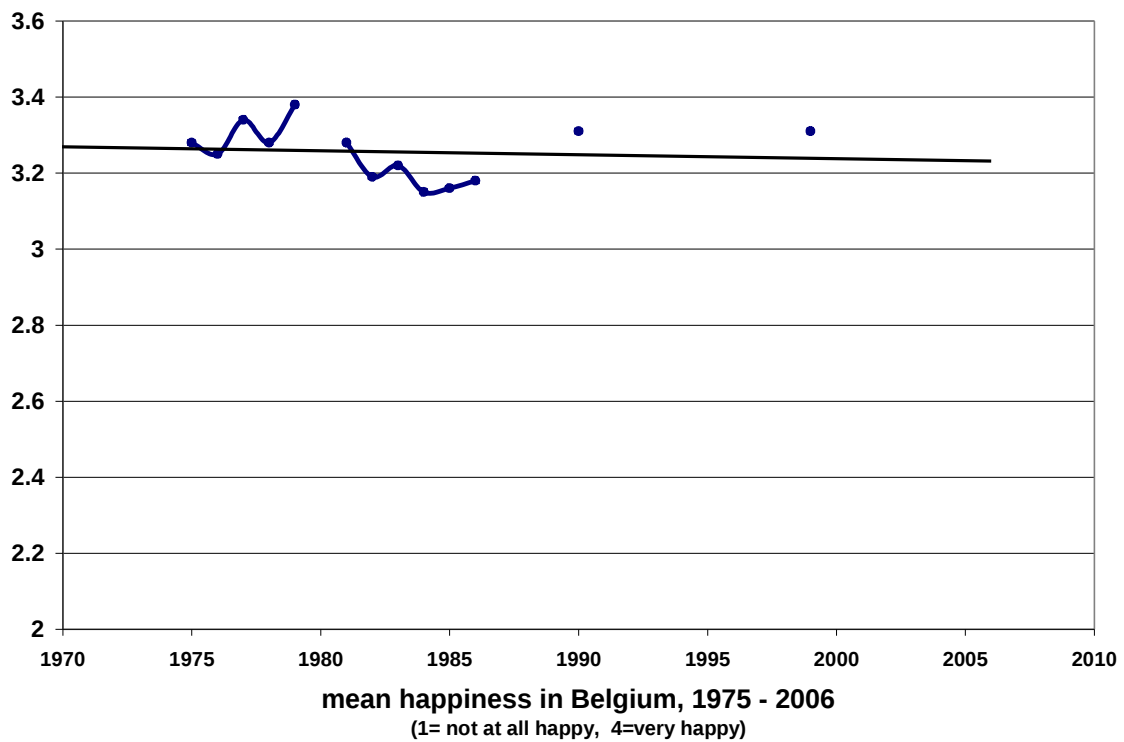
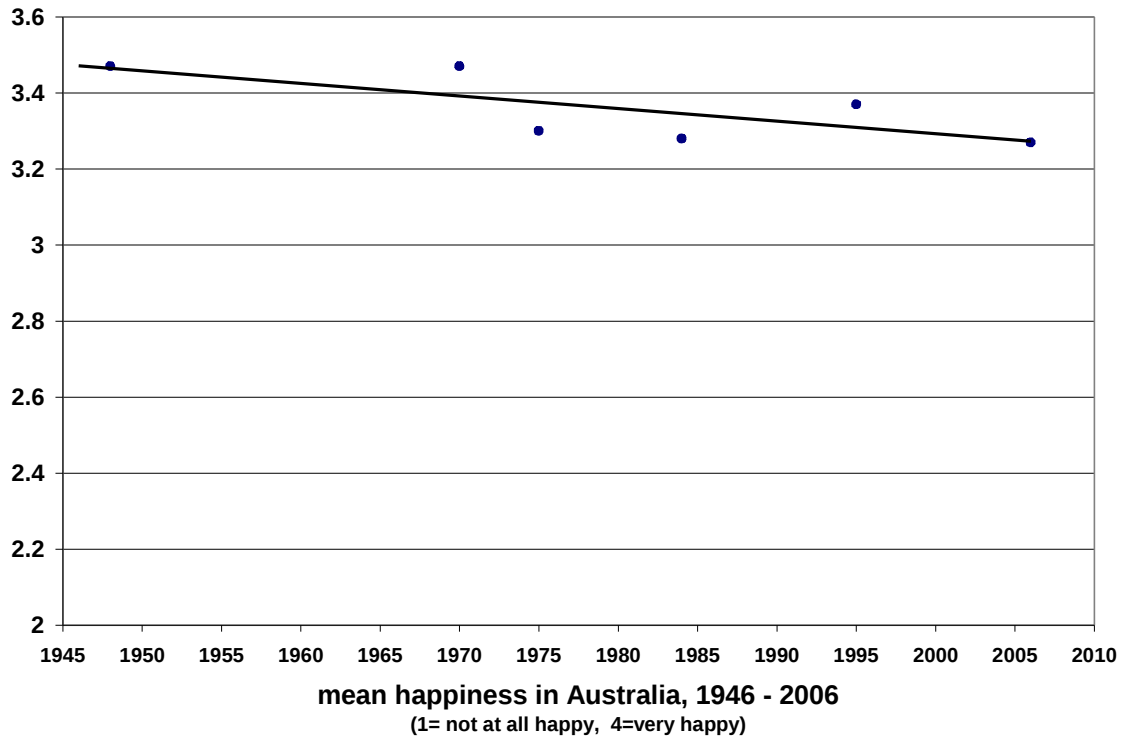
Internet appendix to Inglehart, Foa and Welzel,
“Social Change, Freedom and Rising Happiness,” *Journal of Personality and Social Psychology*



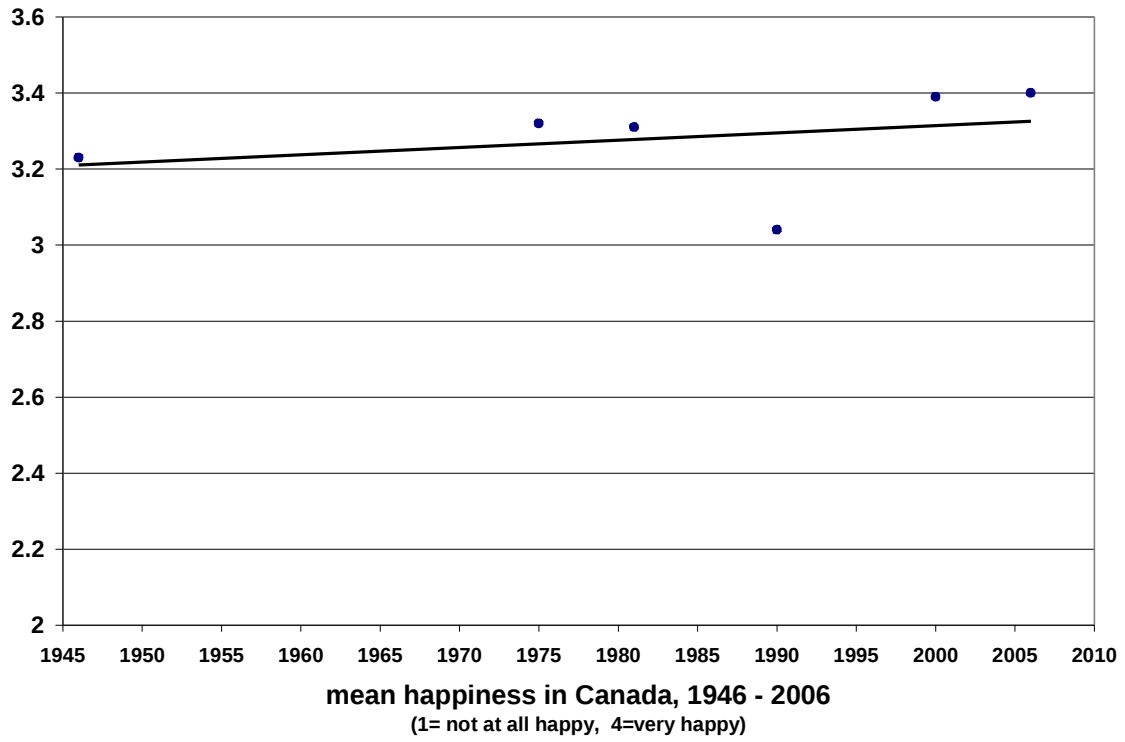
Happiness over Time, 2

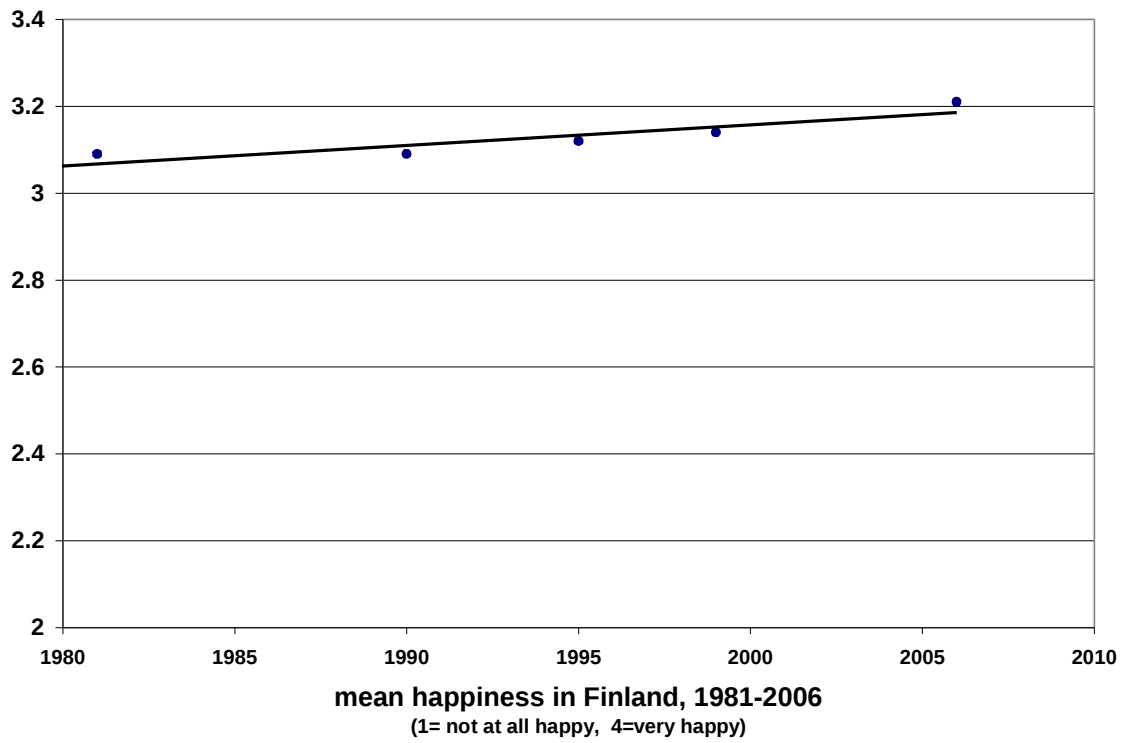
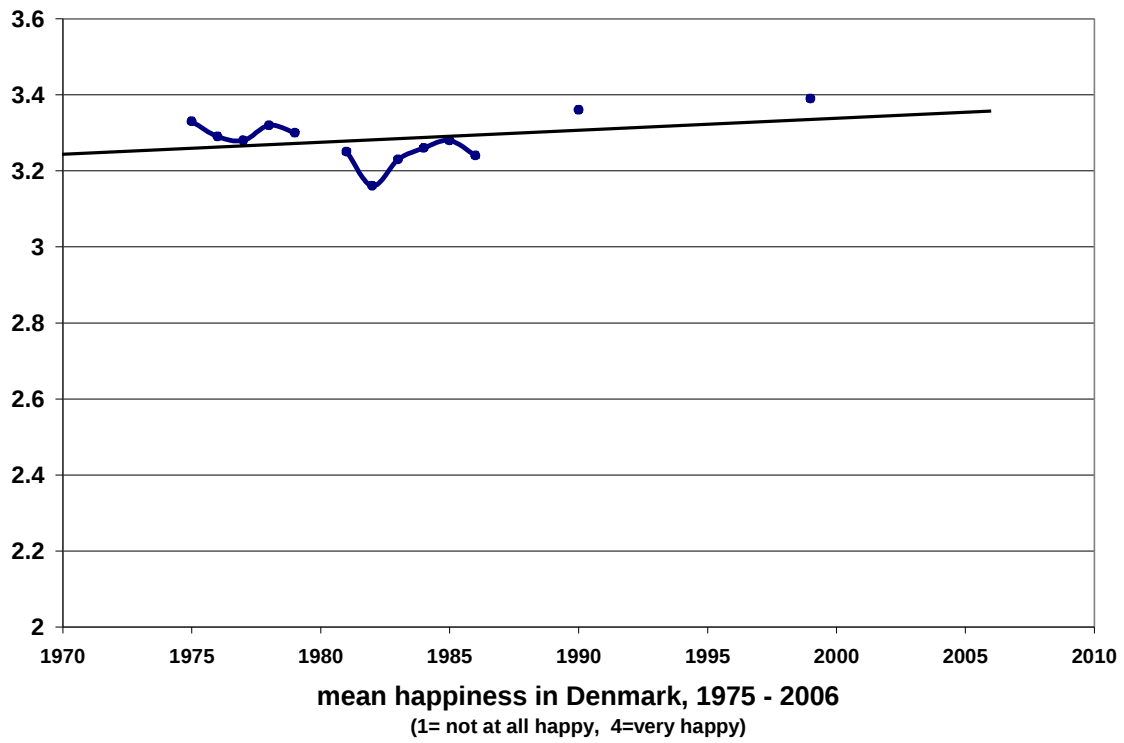


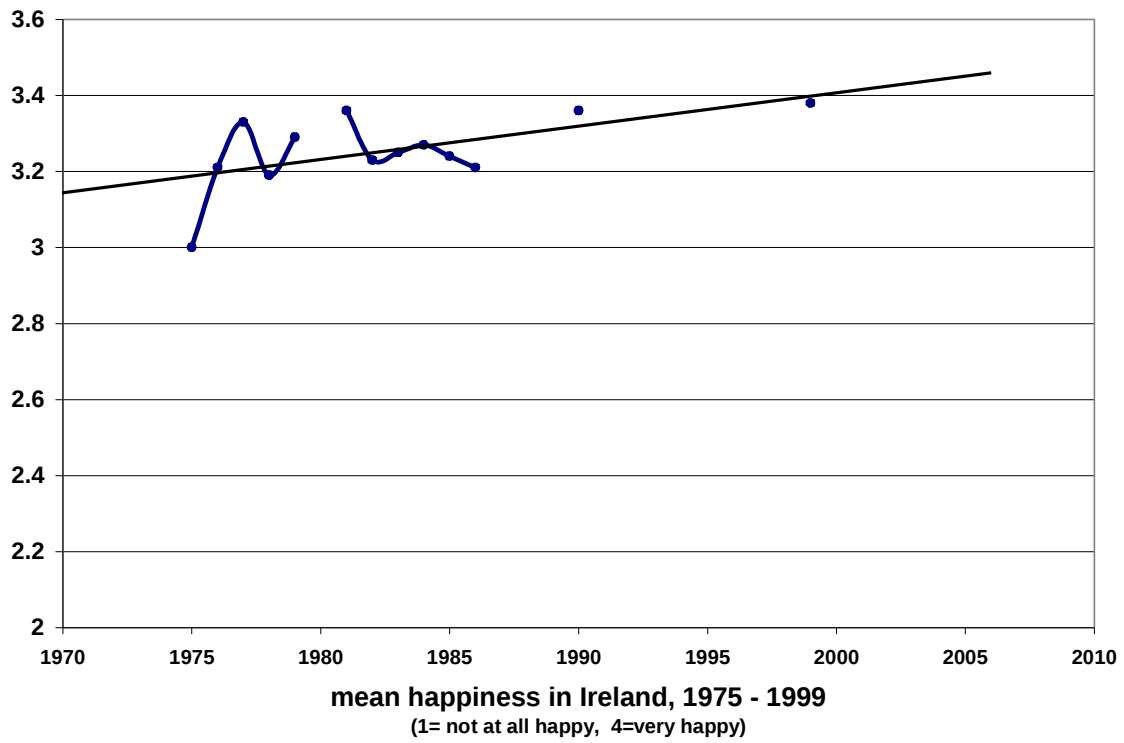
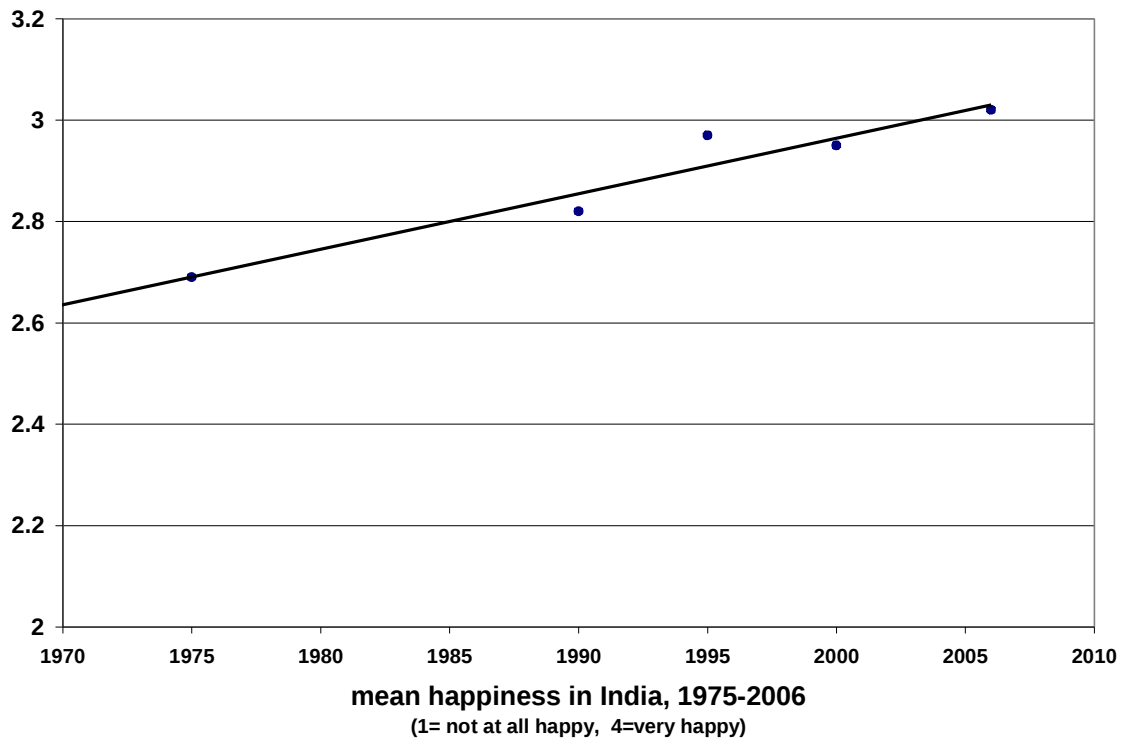
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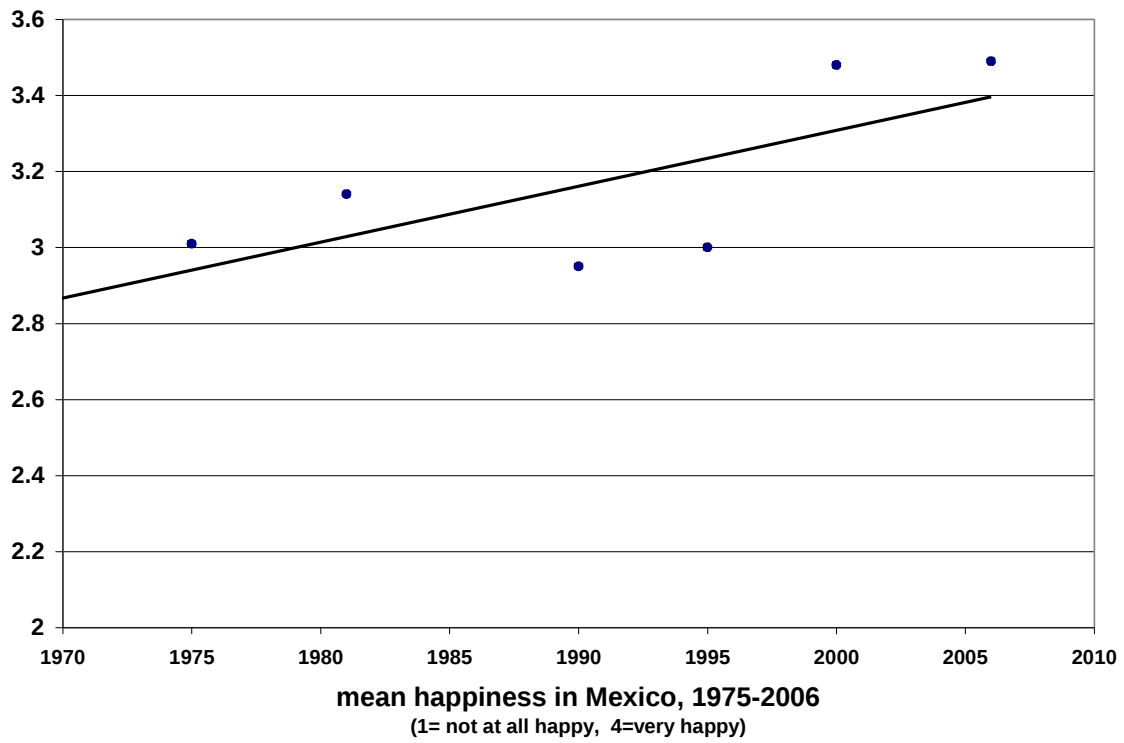
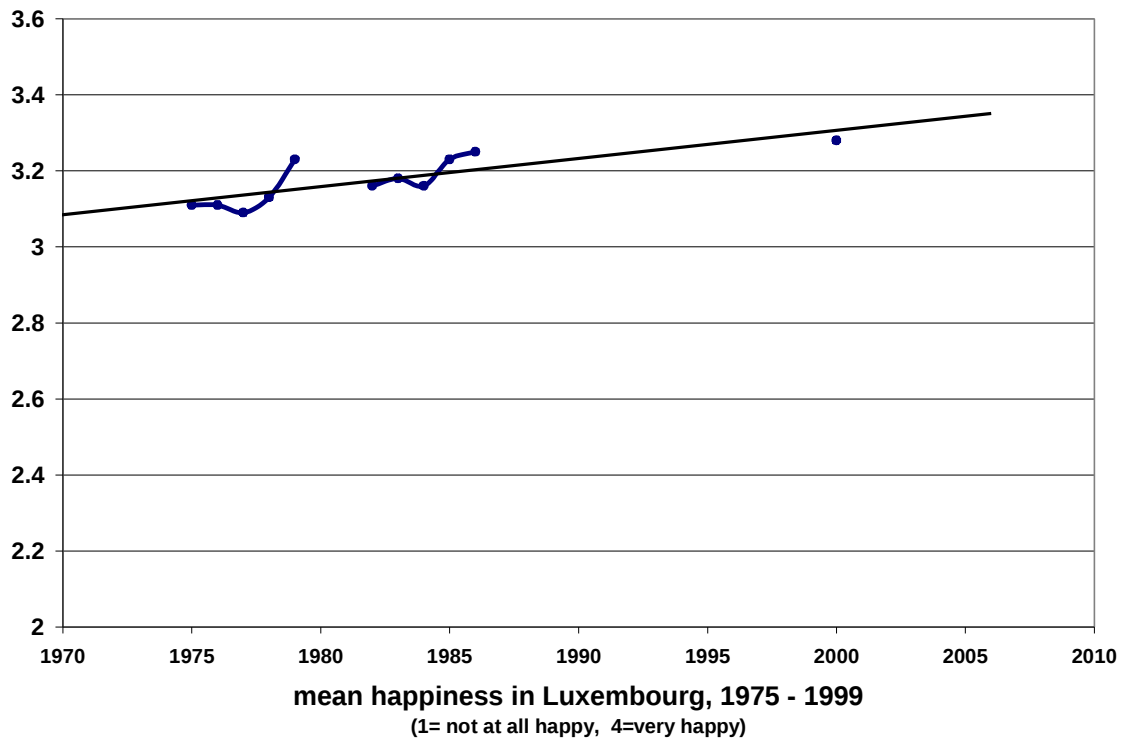


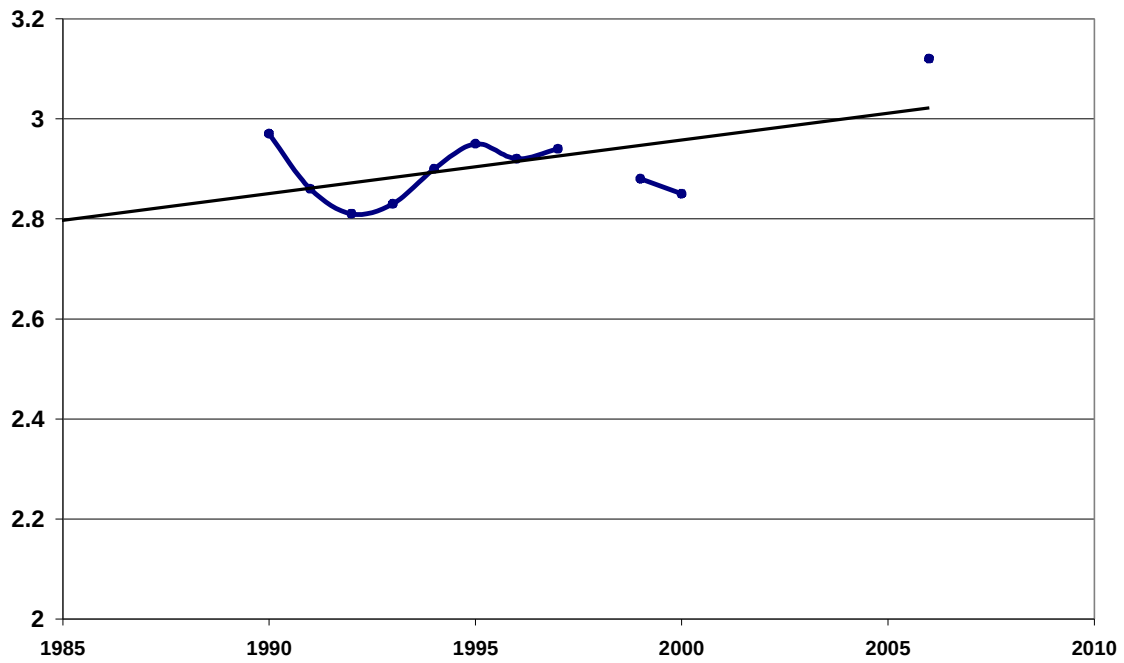
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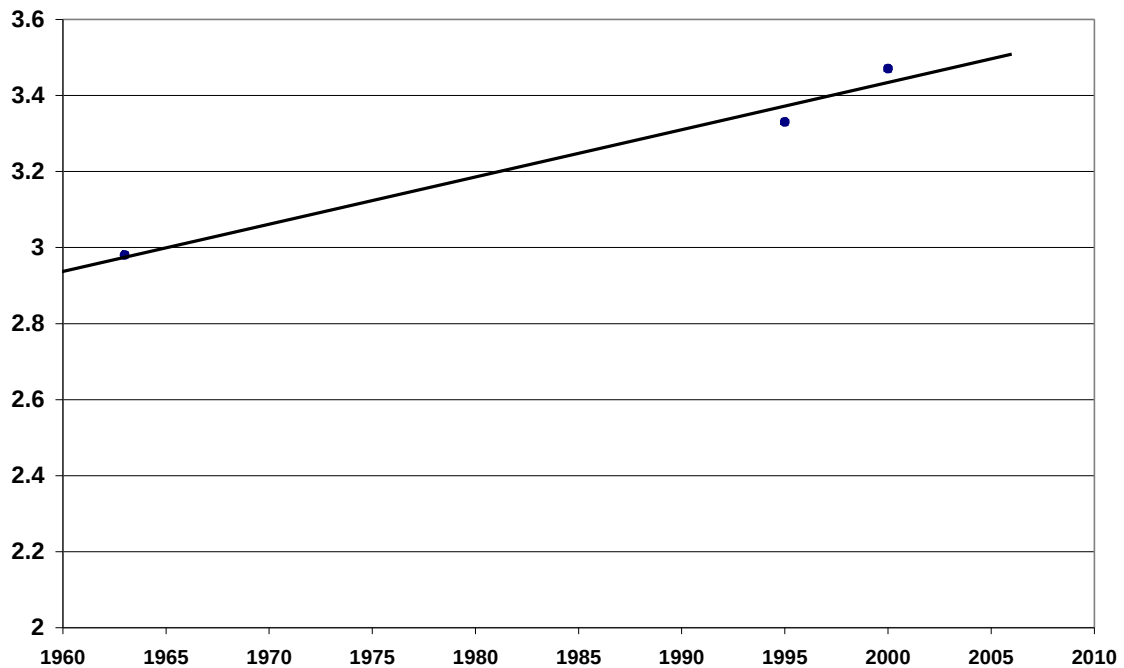




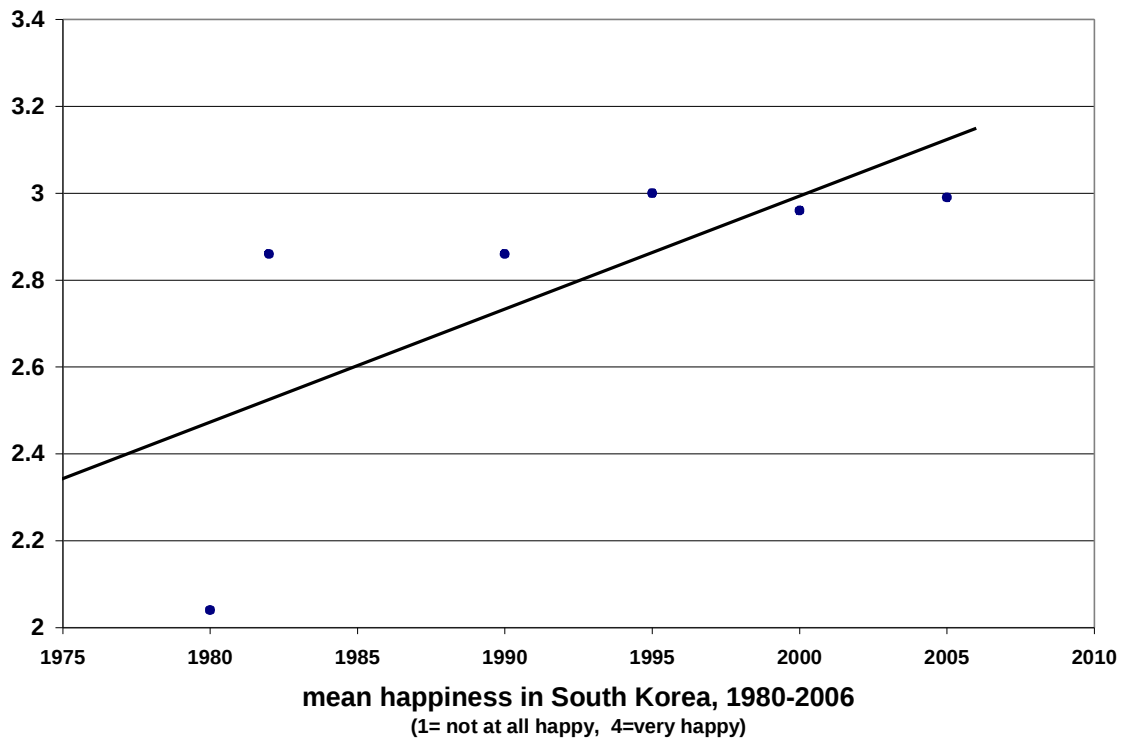
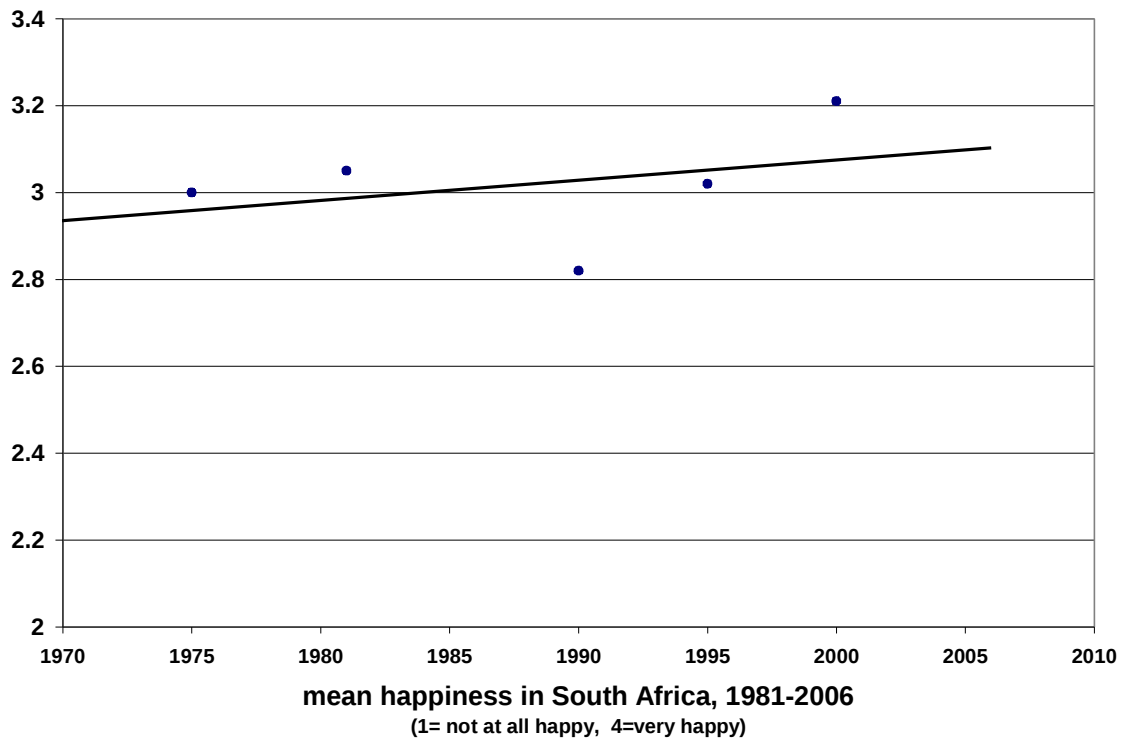


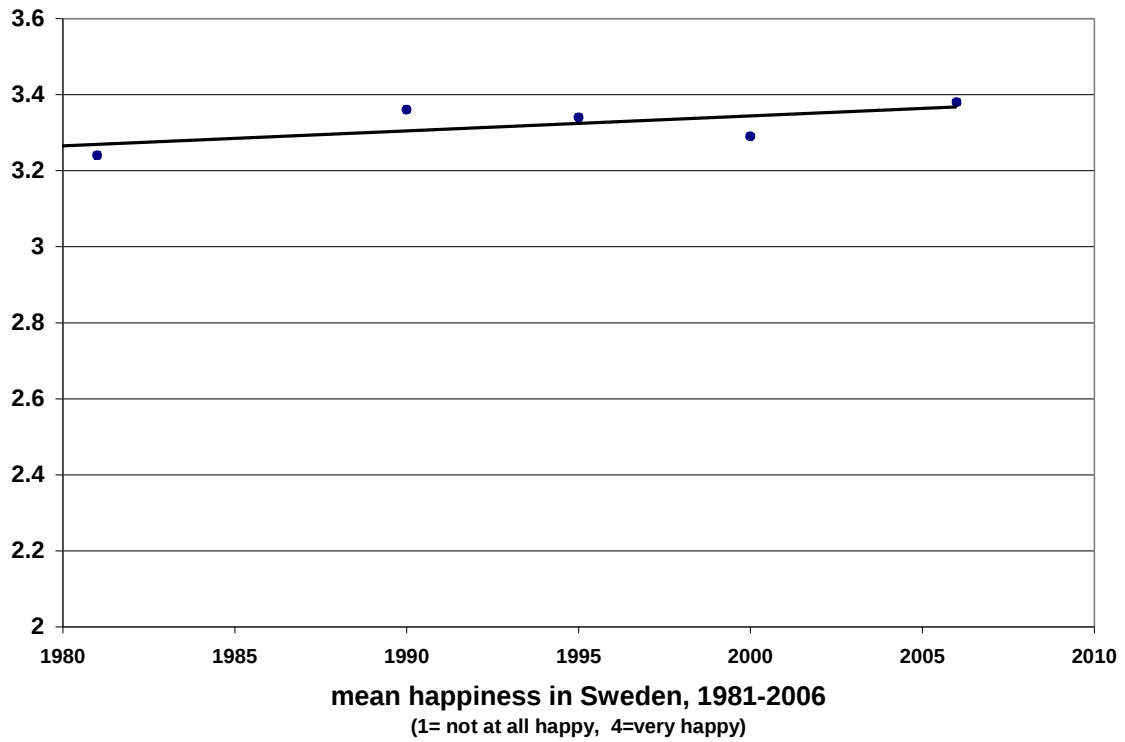
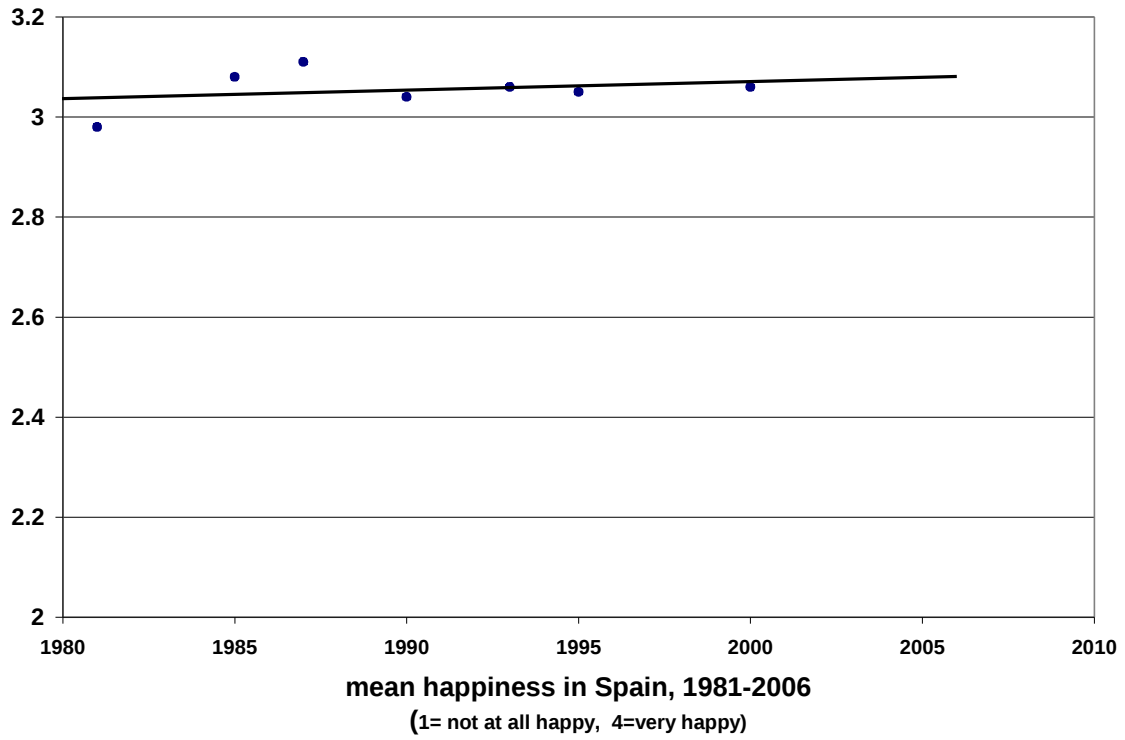


mean happiness in Poland, 1990-2006
(1= not at all happy, 4=very happy)

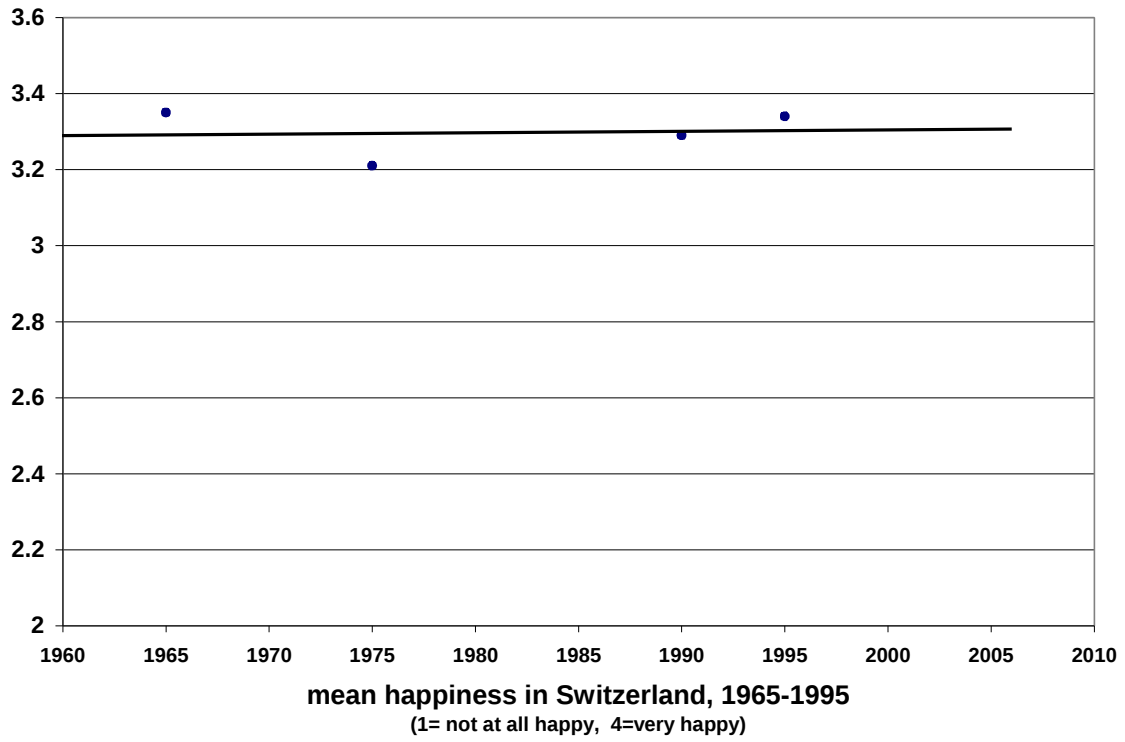


mean happiness in Puerto Rico, 1963-2000
(1= not at all happy, 4=very happy)

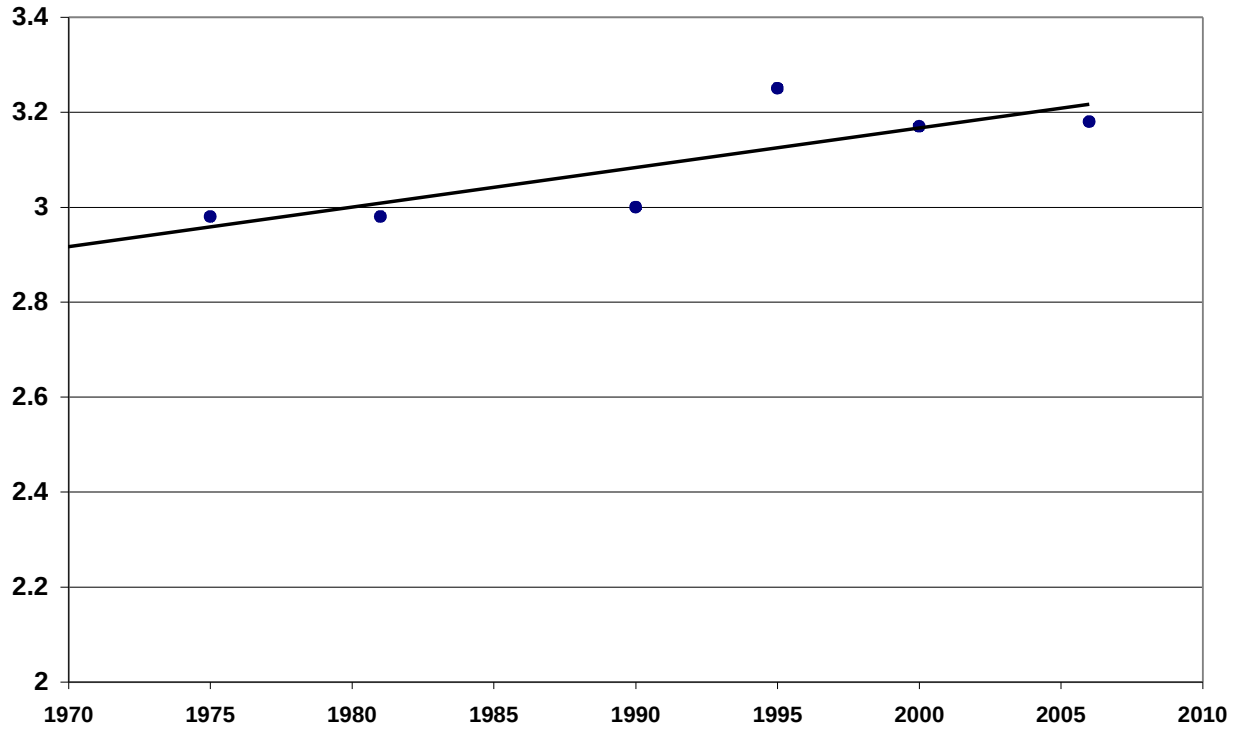




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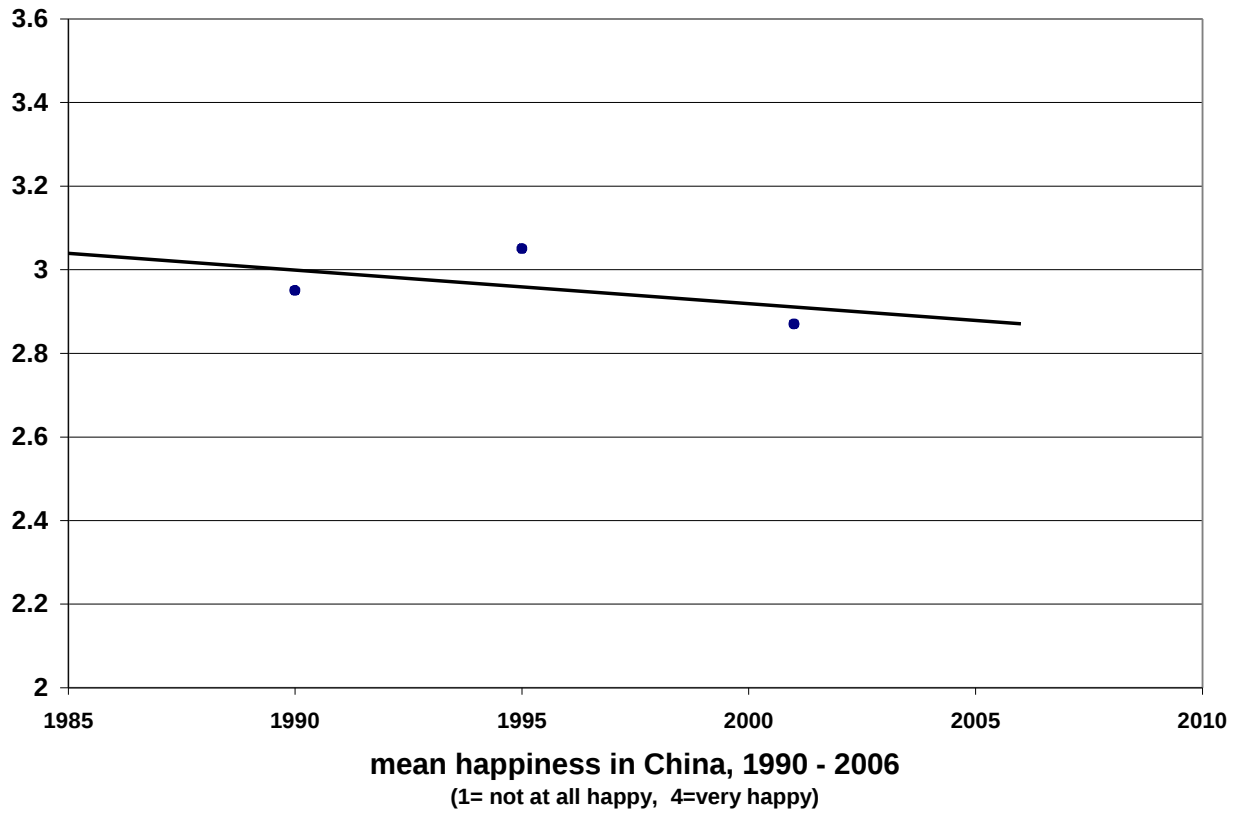


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mean happiness in Japan, 1975 - 2006
(1= not at all happy, 4=very happy)

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