Relationship between religiosity and happiness among Polish students

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Introduction

Religion has been present in people’s life since ancient times and it is obvious that even now the majority of people all around the world would claim that religion is important in their lives. What is more, several studies conducted in different parts of the world suggest that there is a positive correlation between happiness and religiousness, which means that people who are religious are also happier than others because of different factors connected with religion.

Poland is a country with a strong religious tradition where the majority of citizens would describe themselves as Christians. However, does it mean that the Polish people are happier than other nations? Which aspects of religiousness would make them so happy? Why would then more and more young adults tend to leave organized forms of religion, claiming they do not need it? Does it mean that religiosity does not influence the happiness of young people?

The aim of this research proposal is to describe the research we are planning to conduct among students in Poland, trying to learn which dimensions of religiousness are present in their life and if they influence their happiness understood as a combination of several factors.

Literature review

There is a number of scientific articles concerning the relationship between religiosity and happiness. Having searched for them in databases proposed during one of the lectures, we selected two that matched our idea to the biggest extent and decided to look for another articles explaining the methods employed in those studies that we considered useful for our research.

The first article is called "The Relationship Between Religion and Happiness Among German Students" (Francis, Ziebertz, Lewis, 2003). The research held in Germany is a replication of original studies conducted in the UK, the USA and Israel which demonstrated positive correlation between happiness and attitude toward Christianity (in case of Israel - toward Judaism). The aim of the study in Germany was to explore if the same pattern of relationships exists also in case of personality, religion and happiness among students in Germany. The sample comprised 311 students attending University of Würzburg. The researchers used the following questionnaires: The Oxford Happiness Inventory, The Francis Scale Of Attitude toward Christianity and The Short Form Revised Eysenck Personality Questionnaire. The first one is a 29-item instrument containing four options - the respondents were asked to "pick out the one statement in each group which best describes the way you have been feeling over the past week". The second questionnaire is a 24-item Likert-type instrument concerning affective response toward God, Jesus, bible, prayer and church. Each item is rated
on a five-point scale (from "agree strongly", through "agree", "not certain", "disagree", to "disagree strongly"). The third test produces 12-item indices of extraversion, neuroticism, psychoticism and a lie scale. The data were analyzed in the SPSS using routines such as frequency, correlation and regression. The study revealed no significant sex differences in mean scores of the Oxford Happiness Inventory. The data demonstrated the positive correlation between the scores on the OHI and the scores on the scale of attitude toward Christianity. However, all correlations disappeared after controlling for personality.

The second article is called "The Affective Dimension of Religion and Personal Happiness Among Students in Estonia" (Francis, Elken, Robbins, 2012) and is another replication of the previously mentioned original study. The sample consisted of 150 - 79% of the respondents were female. The study employed two tests: The Francis Scale of Attitude (described above) and the Oxford Happiness Measure which is a new version of the previously mentioned OHI. The OHM is a 29-item Likert-type instrument in which each item is assessed on a five-point scale mentioned before. The higher is the score of the test, the greater is the happiness of a respondent. The data was analyzed by the use of SPSS and employed the following routines: frequency, reliability as well as regression. The correlation between the two variables did not reach a level of statistical significance which means that in case of the researched Estonian students there was no significant association found between the affective dimension of religion and personal happiness, even though the sample included students attending secular university and a theological institute. Both, the Estonian and German results suggest that in some cultural contexts the above mentioned correlation does not hold true. However, the authors claim that the results obtained in Estonia might be caused by the decision to employ the Oxford Happiness Measure instead of another questionnaire from the Oxford family of happiness measures.

The article called “The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being” (Hills, Argyle, 2002) presents an improved instrument “The Oxford Happiness Questionnaire” which has been derived from the Oxford Happiness Inventory. The OSQ consists of single items that can be answered on a six-point Likert scale (from “strongly disagree” to “strongly agree”). Polish adaptation of the OHQ is available in the article called “Oksfordzki Kwestionariusz Szczęścia. Polska adaptacja The Oxford Happiness Questionnaire” (Poprawa, 2012).

Although the Francis Scale of Attitude towards Christianity was employed in many studies concerning the link between happiness and religion, we find it too
simplistic and rather too superficial. We also think it does not take into account all dimensions of religiosity, as opposed to another scale described in an article called “The Centrality of Religiosity Scale” (Huber, 2012). The CRS is a measure of the centrality, importance and salience of religious meanings in personality. What is really interesting about this approach is that the authors created a five-dimensional model of religiosity consisting of:

- Intellectual dimension
- Ideology dimension
- Dimension of public practice
- Dimension of private practice
- Religious experience dimension

The construction of the CRS follows a probabilistic logic which means that individuals with higher scores have a more central religious construct system. The CRS is a Likert-type questionnaire with different scales depending on the question type. Polish adaptation of the questionnaire is available in the article called “Skala centralności religijności Stefana Hubera” (Zarzycka, 2007).

Having done the literature review, we decided to choose two questionnaires – the Oxford Happiness Questionnaire and the Centrality of Religiosity Scale as, in our opinion, they suit best to measure if the above mentioned correlation exists also in Poland.
Conceptual framework of the research

Research problem

The study aims to identify and describe the relationship between religiosity and happiness among students in Poland. Since both studied concepts are multidimensional, mediating factors: sense of purpose in life, feeling respected and having social support will be also taken into account.

Why it is important to address the problem

The studies conducted in the United Kingdom and United States have shown positive correlation between religiosity and happiness. Considering the proceeding secularization of the British and American society we reckon this finding really intriguing. It seems that this relationship may turn out to be stronger in countries whose inhabitants are thought to be more religious. That is why we decided to conduct a similar research in Poland, where according to the Eurobarometer Poll 2010 79% of citizens responded that “they believe there is a God”. It is worth mentioning that with more than 33 million adherents Poland is the most Catholic country in Europe. What makes our study interesting is also the fact that Polish people consider themselves not to be very optimistic and generally speaking are thought to be less satisfied with their lives than the inhabitants of other developed countries. So the question is: if relatively higher proportion of people believing in God really influences the level of happiness of Polish people.

Definitions of variables

Both variables studied in this paper are elusive concepts. Each scientist dealing with these concepts explained and operationalized them in a different, highly subjective way. In this study we assume that religiosity is defined by and comprises of five core elements, namely: intellectual dimension understood as the frequency of thinking about religious issues, ideology – beliefs regarding the existence of God and his relations to human, public practice-participation in religious services, private practice – prayer and religious experience – experiencing the presence of God (Huber, 2012). To measure all the aspects of religiosity the Centrality of Religiosity Scale will be used.

Happiness comprises of two components: 1) subjective satisfaction with life and oneself and 2) psychological resources understood as being optimistic, having good relations with other people, feeling control over life and purpose of living, feeling healthy and experiencing positive emotions (Argyle, Hills, 2002). Whole
concept of happiness will be measured using Oxford Happiness Questionnaire and only the first element will be measured with the short version of the above mentioned test.

Also included in the analysis are: singled out from the Oxford Happiness Questionnaire – **sense of purpose in life, feeling respected** by people around and having **social support**, each measured by a single direct question with yes-no answer.

**Graphical model**

**Target population**

We intend to draw a non-random sample of 150 respondents – students from Polish universities, both female and male.
Research questions and hypotheses. Research method.

Q.1. What is the pattern of the direct relationship between religiosity and happiness?
   H.1. There is a positive direct relationship between religiosity and happiness. (Pearson’s r)

Q.2. What are the relationships between religiousness and mediating factors?
   H.1. There is a positive relationship between religiousness and sense of purpose in life.
   H.2. There is a positive relationship between religiousness and feeling respected.
   H.3. There is a positive relationship between religiousness and having social support. (for all 3: Pearson’s r)

Q.3. What are the relationships between mediating factors and happiness?
   H.1. There is a positive relationship between sense of purpose in life and satisfaction with own life and oneself.
   H.2. There is a positive relationship between feeling respected and happiness.
   H.3. There is a positive relationship between having support and happiness. (for all 3: Pearson’s r)

Q.4. Which relationship between religiosity and happiness: direct or indirect is stronger?
   H.1. Indirect relationship is stronger. (single level mediation analysis)

Q.5. What characteristic subgroups can be identified when it comes to the different levels of particular elements of religiosity?
   H.1. There is a group with all elements at a high level – multidimensional religious.
   H.2. There is a group with all elements at a low level – nonbelievers.
   H.3. There is a group with all elements except public and private practice at a high level – believers not engaging.
   H.4. There is a group with all aspects except public and private practice at a low level – engaging nonbelievers. (for all 4: cluster analysis)

Q.6. What are the differences in the level of happiness between the members of different subgroups?
   H.1. Multidimensional religious are happier than members of other groups
   H.2. Nonbelievers are less happy than members of all the other groups.
H.3. Engaging nonbelievers are happier than believers not engaging.
(for all 3: ANOVA)

Q.7. Which dimension of religiosity determines happiness the most?
H.1. Public practice determines happiness the most. (linear regression)

Q.8. What socio-demographic factors influence the relationship between religiosity and happiness?

H.1. Relationship between religiosity and happiness is stronger among woman.

H.2. Relationship between religiosity and happiness is stronger among people from towns of 100 thousand inhabitants or less (for all 2: multiple regression)

Respondents will be approached with a CAWI questionnaire.
References


Lun V. M.-C., Bond M. H. (2013). Examining the Relation of Religion and Spirituality to Subjective Well-Being Across National Cultures, Psychology of Religion and Spirituality, online publication (15th May)


QUESTIONNAIRE
The following questionnaire is fully anonymous. Its purpose is to study religiosity and happiness.

Don’t take too long over individual questions; there are no ‘right’ or ‘wrong’ answers and no trick questions. The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

Your sincere and complete answers would be appreciated.

R.1. How often do you think about religious issues?

☐ never ☐ rarely ☐ occasionally ☐ often ☐ very often

R.2. To what extent do you believe that God exists?

☐ not at all ☐ not very much ☐ moderately ☐ quite a bit

☐ very much so

R.3. How often do you take part in religious services?

☐ more than once a week
☐ once a week
☐ one or three times a month
☐ a few times a year
☐ less often
☐ never

R.4. How often do you pray?

☐ several times a day
☐ once a day
☐ more than once a week
☐ once a week
☐ one or three times a month
☐ a few times a year
☐ less often
☐ never
R.5. How often do you experience situations in which you have feeling that God intervenes in your life?

☐ never  ☐ rarely  ☐ occasionally  ☐ often  ☐ very often

R.6. How interested are you in learning more about religious topics?

☐ not at all  ☐ not very much  ☐ moderately  ☐ quite a bit  ☐ very much so

R.7. To what extend do you believe in an afterlife-e.g. immorality of the soul, resurrection of the dead or reincarnation?

☐ not at all  ☐ not very much  ☐ moderately  ☐ quite a bit  ☐ very much so

R.8. How important is to take part in religious services?

☐ not at all  ☐ not very much  ☐ moderately  ☐ quite a bit  ☐ very much so

R.9. How important is personal prayer for you?

☐ not at all  ☐ not very much  ☐ moderately  ☐ quite a bit  ☐ very much so

R.10. How often do you experience situations in which you have the feeling that God wants to communicate or to reveal something to you?

☐ never  ☐ rarely  ☐ occasionally  ☐ often  ☐ very often

R.11. How often do you keep yourself informed about religious questions through radio, television, internet, newspapers, or books?

☐ never  ☐ rarely  ☐ occasionally  ☐ often  ☐ very often
R.12. In your opinion, how probable is that a higher power really exists?

☐ not at all  ☐ not very much  ☐ moderately  ☐ quite a bit
☐ very much so

R.13. How important is it for you to be connected to a religious community?

☐ not at all  ☐ not very much  ☐ moderately  ☐ quite a bit
☐ very much so

R.14. How often do you pray spontaneously when inspired by daily situations?

☐ several times a day
☐ once a day
☐ more than once a week
☐ once a week
☐ one or three times a month
☐ a few times a year
☐ less often
☐ never

R.15. How often do you experience situations in which you have the feeling that God is present?

☐ never  ☐ rarely  ☐ occasionally  ☐ often  ☐ very often

M.1. Do you think your life has an important purpose or meaning?

☐ yes  ☐ no

M.2. If you were in trouble, do you have relatives or friends you can count on to help you whenever you need them?

☐ yes  ☐ no
M.3. Do you feel respected by people around you?

☐ yes ☐ no

*Below are a number of statements about happiness. Please indicate to what extent you agree or disagree with them by checking the appropriate option next to each statement.*

<table>
<thead>
<tr>
<th>Statement</th>
<th>strongly disagree</th>
<th>moderately disagree</th>
<th>slightly disagree</th>
<th>slightly agree</th>
<th>moderately agree</th>
<th>strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t feel particularly pleased with the way I am.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>I am intensely interested in other people.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
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<tr>
<td>I feel that life is very rewarding.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
</tr>
<tr>
<td>I am not particularly optimistic about the future.</td>
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<td>☐</td>
<td>☐</td>
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<td>☐</td>
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<tr>
<td>I find most things amusing.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
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<tr>
<td>I am always committed and involved.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Life is good.</td>
<td>☐</td>
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<tr>
<td>I do not think that the world is a good place.</td>
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<td>☐</td>
<td>☐</td>
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<tr>
<td>I laugh a lot.</td>
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<td>☐</td>
<td>☐</td>
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<tr>
<td>I am very well satisfied about everything in my life.</td>
<td>☐</td>
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<tr>
<td>I don’t think I look attractive.</td>
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<tr>
<td>Statement</td>
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<tr>
<td>I am very happy.</td>
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<tr>
<td>I find beauty in some things.</td>
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<tr>
<td>I always have a cheerful effect on others.</td>
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<tr>
<td>I can fit in everything I want to.</td>
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<tr>
<td>I feel that I am not especially in control of my life.</td>
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<tr>
<td>I feel able to take anything on.</td>
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<tr>
<td>I feel fully mentally alert.</td>
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<tr>
<td>I often experience joy and elation.</td>
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<tr>
<td>I do not find it easy to make decisions.</td>
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<tr>
<td>I do not have a particular sense of meaning and purpose in my life.</td>
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<tr>
<td>I feel I have a great deal of energy.</td>
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<tr>
<td>I usually have a good influence on events.</td>
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<tr>
<td>I do not have fun with other people.</td>
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<tr>
<td>I don’t feel particularly healthy.</td>
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<tr>
<td>I do not have particularly happy memories of the past.</td>
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</tr>
</tbody>
</table>
DEMOGRAPHIC DATA

1. Gender
   □ female  □ male

2. How big is your hometown?
   □ <50 th.  □ 50-100 th.  □ 100-300 th.  □ >300 th.

3. Age
   .......................... 

THANK YOU FOR TAKING PART IN THE SURVEY!
ANKIETA

Poniższa ankieta jest w pełni anonimowa. Dotyczy religijności i zadowolenia z życia.

Nie zastanawiaj się zbyt długo nad poszczególnymi stwierdzeniami. Nie ma odpowiedzi dobrych czy złych ani podchwytliwych pytań. Pierwsza odpowiedź, która przychodzi Ci do głowy, jest prawdopodobnie tą właściwą. Jeżeli niektóre ze stwierdzeń wydają Ci się trudne, udziel odpowiedzi, która dotyczy Ciebie najbardziej.

Bardzo prosimy o szczère i wyczerpujące odpowiedzi.

R.1. Jak często myślisz o zagadnieniach religijnych?

☐ nigdy ☐ rzadko ☐ czasem ☐ często ☐ bardzo często

R.2. W jakim stopniu jesteś przekonany, że Bóg rzeczywiście istnieje i nie jest tylko ludzkim wymysłem?

☐ wcale ☐ mało ☐ średnio ☐ dość ☐ całkowicie

R.3. Jak często z reguły bierzesz udział w nabożeństwach—także za pośrednictwem radia lub telewizji?

☐ nigdy

☐ bardzo rzadko

☐ kilka razy w roku

☐ 1-3 razy w miesiącu

☐ raz w tygodniu

☐ więcej niż raz w tygodniu

R.4. Jak często zazwyczaj modlisz się?

☐ nigdy

☐ bardzo rzadko

☐ kilka razy w roku
□ 1-3 razy w miesiącu

□ raz w tygodniu

□ więcej niż raz w tygodniu

□ raz dziennie

□ kilka razy dziennie

R.5. Jak często przeżywasz sytuacje, w których masz poczucie, że Bóg interweniuje w Twoje życie?

□ nigdy □ rzadko □ czasem □ często □ bardzo często

R.6. W jakim stopniu zależy Ci na poszukiwaniu informacji o zagadnieniach religijnych?

□ zupełnie mi nie zależy □ nie za bardzo □ średnio □ dosyć □ bardzo

R.7. Jak silne jest Twoje przekonanie o istnieniu życia po śmierci?

□ nie wierzę w istnienie życia po śmierci □ słabe □ średnie □ mocne

□ bardzo mocne

R.8. Jak ważny jest dla Ciebie udział w nabożeństwach?

□ zupełnie nieważny □ raczej nieważny □ neutralny □ raczej ważny □ bardzo ważny

R.9. Jak ważna jest dla Ciebie modlitwa osobista?

□ zupełnie nieważna □ raczej nieważna □ neutralna □ raczej ważna □ bardzo ważna
R.10. Jak często przeżywasz sytuacje, w których masz poczucie, że Bóg chce Ci coś powiedzieć?

☐ nigdy ☐ rzadko ☐ czasem ☐ często ☐ bardzo często

R.11. Jak często szukasz informacji dotyczących problematyki religijnej w radiu, telewizji, prasie lub książkach?

☐ nigdy ☐ rzadko ☐ czasem ☐ często ☐ bardzo często

R.12. Jak silne jest Twoje przekonanie o istnieniu Boga?

☐ nie wierzę w istnienie Boga ☐ słabe ☐ średnie ☐ mocne

☐ bardzo mocne

R.13. Jak ważna jest dla Ciebie więź ze wspólnotą religijną?

☐ zupełnie nieważna ☐ raczej nieważna ☐ neutralna ☐ raczej ważna

☐ bardzo ważna

R.14. Jak często podczas dnia powszedniego kierujesz krótką modlitwę do Boga?

☐ nigdy

☐ bardzo rzadko

☐ kilka razy w roku

☐ 1-3 razy w miesiącu

☐ raz w tygodniu

☐ więcej niż raz w tygodniu

☐ raz dziennie

☐ kilka razy dziennie
R.15. Jak często przeżywasz sytuacje, w których masz poczucie obecności Boga?

☐ nigdy ☐ rzadko ☐ czasem ☐ często ☐ bardzo często

M.1. Czy masz poczucie, że Twoje życie ma sens?

☐ tak ☐ nie

M.2. Czy masz rodzinę lub przyjaciół, na których mógłbyś/mogłabyś liczyć, gdybyś był/a w potrzebie?

☐ tak ☐ nie

M.3. Czy czujesz, że ludzie wokół Ciebie darzą Cię szacunkiem?

☐ tak ☐ nie
Poniżej znajduje się szereg stwierdzeń dotyczących szczęścia. Prosimy wskazać, jak bardzo zgadzasz się lub nie zgadzasz się z każdym z nich poprzez zakreślenie przy każdym stwierdzeniu odpowiedniej rubryki.

<table>
<thead>
<tr>
<th>Stwierdzenie</th>
<th>Zdecydowanie nie zgadzam się</th>
<th>Umiarkowanie nie zgadzam się</th>
<th>Raczej nie zgadzam się</th>
<th>Raczej zgadzam się</th>
<th>Umiarkowanie zgadzam się</th>
<th>Zdecydowanie zgadzam się</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nie czuję się szczególnie zadowolony/a z tego jaki/a jestem.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Jestem głęboko zainteresowany/a innymi ludźmi.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Czuję, że życie jest bardzo satysfakcjonujące.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Nie jestem zbyt optymistyczny/a, jeśli chodzi o przyszłość.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Wiele rzeczy mnie bawi.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Jestem zawsze zaangażowany/a w to, co robię i oddany sprawie.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
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<td>□</td>
</tr>
<tr>
<td>Nie sądzę, że świat jest dobrym miejscem.</td>
<td>□</td>
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<tr>
<td>Nie sądzę, że świat jest dobrym miejscem.</td>
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</tr>
<tr>
<td>Dużo się śmieję.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Jestem bardzo zadowolony/a ze wszystkiego w moim życiu.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
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</tr>
<tr>
<td>Nie sądzę, że byłam atrakcyjny.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
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</tr>
<tr>
<td>Jestem bardzo szczęśliwy/a.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Potrafię odnaleźć piękno w pewnych rzeczach.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Pozytywnie nastrajam innych.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Mogę dopasować się do wszystkiego, do czego chcę.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Czuję, że niezbyt kontroluję swoje życie.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
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</tr>
<tr>
<td>Czuję, że jestem w stanie podjąć się każdego zadania.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Czuję się aktywny umysłowo, w pełni świadomy.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Często przeżywam radość i uniesienie.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Podejmowanie decyzji nie przychodzi mi łatwo.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Nie mam szczególnego poczucia sensu i celu w życiu.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Czuję, że mam w sobie spore pokłady energii.</td>
<td>□</td>
<td>□</td>
<td>□</td>
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<td>□</td>
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</tr>
</tbody>
</table>
Zazwyczaj pozytywnie wpływam na wydarzenia.

| □ | □ | □ | □ | □ | □ | □ |

Nie cieszą mnie relacje z ludźmi.

| □ | □ | □ | □ | □ | □ | □ |

Nie czuję się zbytnio zdrowy/a.

| □ | □ | □ | □ | □ | □ | □ |

Nie mam szczególnie szczęśliwych wspomnień z przeszłości.

| □ | □ | □ | □ | □ | □ | □ |

### DANE DEMOGRAFICZNE

1. **Płeć**
   - □ kobieta  □ mężczyzna

2. Ile mieszkańców ma Twoje miasto rodzinne?
   - □ <50 tys.  □ 50-100 tys.  □ 100-300 tys.  □ >300 tys.

3. Wiek
   
   ................................   

   **DZIĘKUJEMY ZA UDZIAŁ W ANKIECIE!**