International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Finnish) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you: | 1. Lue jokainen väite ja valitse kohta asteikolla, joka mielestäsi kuvaa parhaiten sinua. |  |
| 1. Not a very happy person | 1. En kovin onnellisena ihmisenä |  |
| 1. A very happy person | 1. Erittäin onnellisena ihmisenä |  |
| 1. In general, I consider myself | 1. Yleisesti ottaen pidän itseäni: |  |
| 1. Compared to most of the people around me, I consider myself | 1. Verrattuna useimpiin vertaisiini, pidän itseäni: |  |
| 1. Less happy | 1. Vähemmän onnellisena |  |
| 1. More happy | 1. Enemmän onnellisena |  |
| 1. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything.   To what extent does this characterization describe you? | 1. Missä määrin tämä luonnehdinta kuvaa sinua? Jotkut ihmiset ovat yleensä hyvin onnellisia. He nauttivat elämästä riippumatta siitä, mitä tapahtuu, ja ottavat kaiken irti elämästä. |  |
| 1. Not at all | 1. Ei ollenkaan |  |
| 1. A great deal | 1. Täysin |  |
| 1. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be.   To what extent does this characterization describe you? | 1. Missä määrin tämä luonnehdinta kuvaa sinua? Jotkut ihmiset eivät yleensä ole kovin iloisia. Vaikka he eivät ole masentuneita, eivät he näytä olevan niin onnellisia, kuin he voisivat olla. |  |
| 1. Not at all | 1. Ei lainkaan |  |
| 1. A great deal | 1. Huomattavan paljon |  |

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Reference for the Subjective Happiness Scale:

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, *46*, 137-155.

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