



The Happiness Line Measure (HLM)

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3rd European conference – Emotional well-being in
educational settings

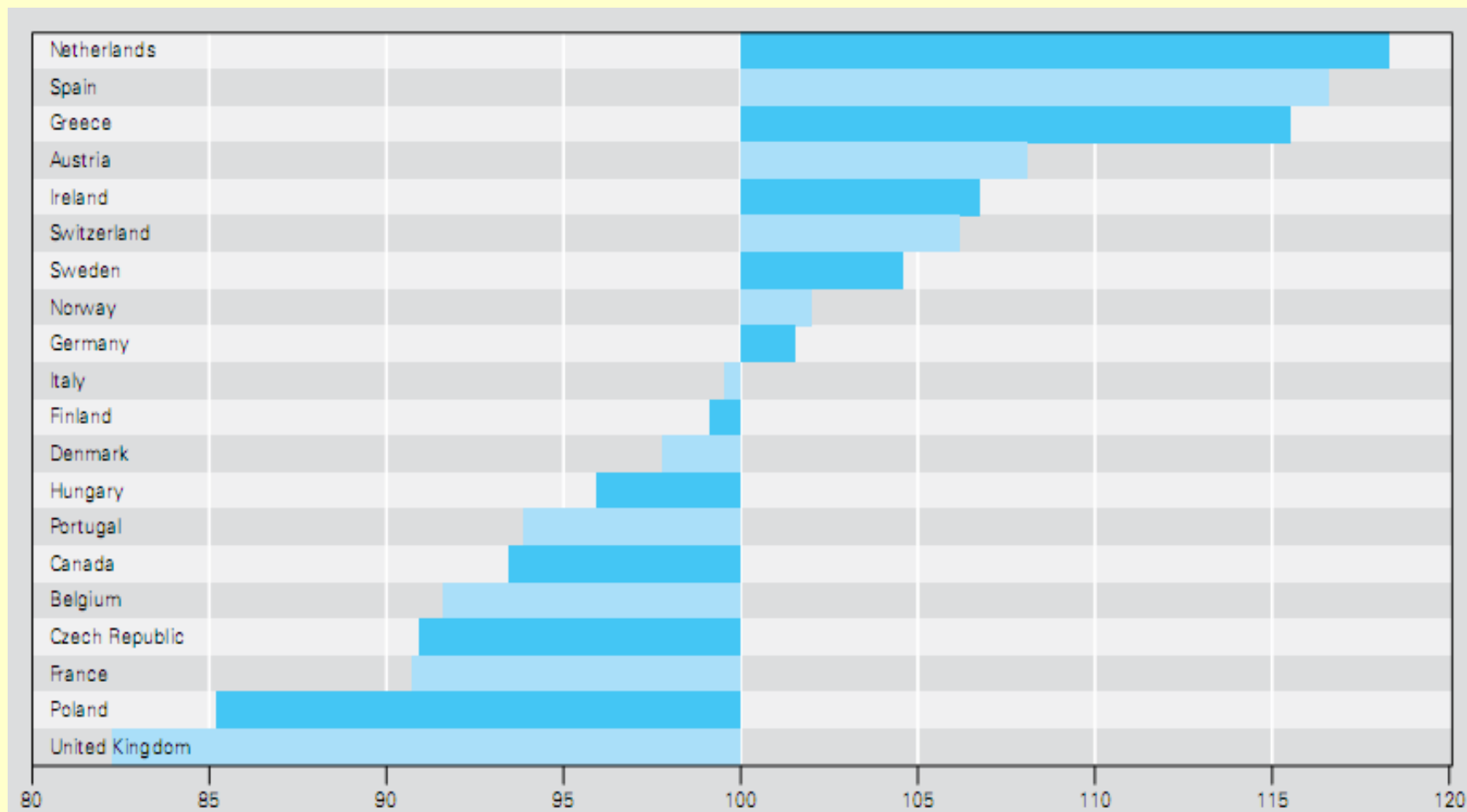
Happiness, what is it?

- Hedonic or pleasure-based views of happiness, happiness related in the 'here and now'.
- Eudemonia, which concerns the evaluation of an individual's life over time: happiness in terms of good fortune, worthy behaviour and of engagement with activity, or learning, for its own sake.

How are we doing in the
UK?

UNICEF - An overview of child well-being...

Subjective Well Being 2007



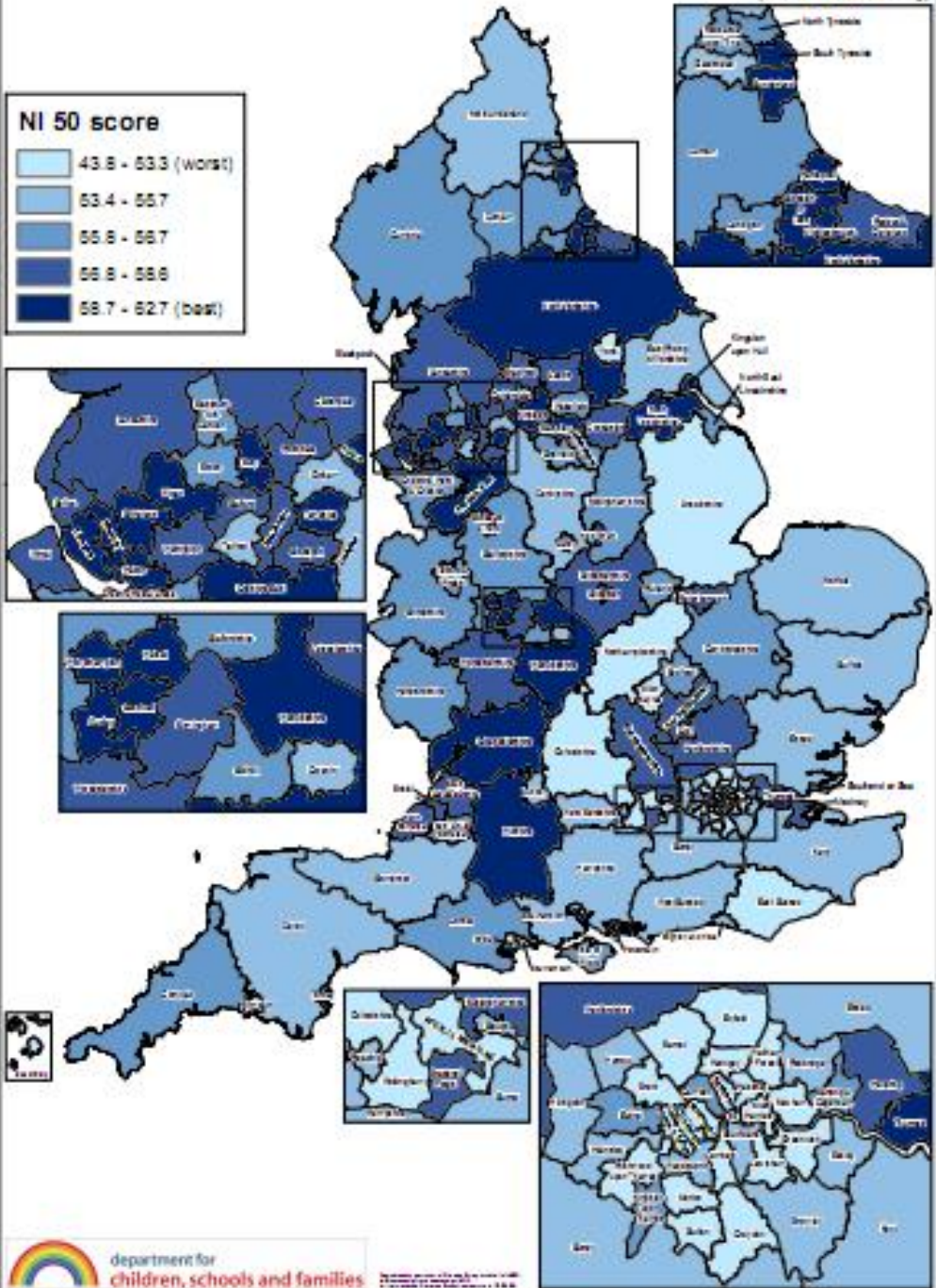
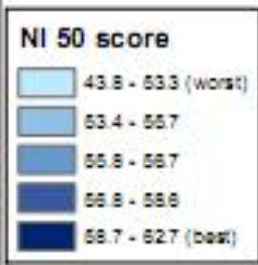
NI 50: Emotional health of children

“The aim of this indicator is to capture one of the key elements of children’s emotional health: the quality of their relationships with significant others.

- I have one or more good friends
- When I’m worried about something I can talk to my mum or dad
- When I’m worried about something I can talk to my friends
- When I’m worried about something I can talk to an adult other than my mum or dad”

NI 50: Emotional Health of Children 2009-10

(From the Tellus4 survey)



Happiness measures: selection criteria

- Be multi-faceted
- Be sensitive to change; able to measure the effects of interventions
- Be able to show that they measure:
 - what they purport to measure (construct validity);
 - compare well to existing measures (convergent validity)
 - and that they are consistent (reliability).
- Be explicit about sources of measurement error; reveal any issues with accuracy
- Be valuable when used alongside other sources of information when planning change

Enjoyment and well-being assessments

multiple item scales

- The Multidimensional Student's Life Satisfaction Scale Full (MSLSS) and Brief (BMSLSS) versions
- KIDSCREEN – 52, 27 and 10 item versions
- **SCHI** (School Children's Happiness Inventory)

Assessing happiness - the influence of time and place

- Shared context - shared influences
- Recent time frame - the previous week

The Happiness Line Measure



Hopes

The best it's been



How it is now



What would be different if you were here now?

The worst it's been

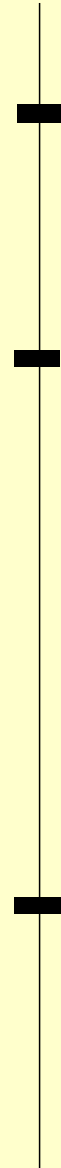
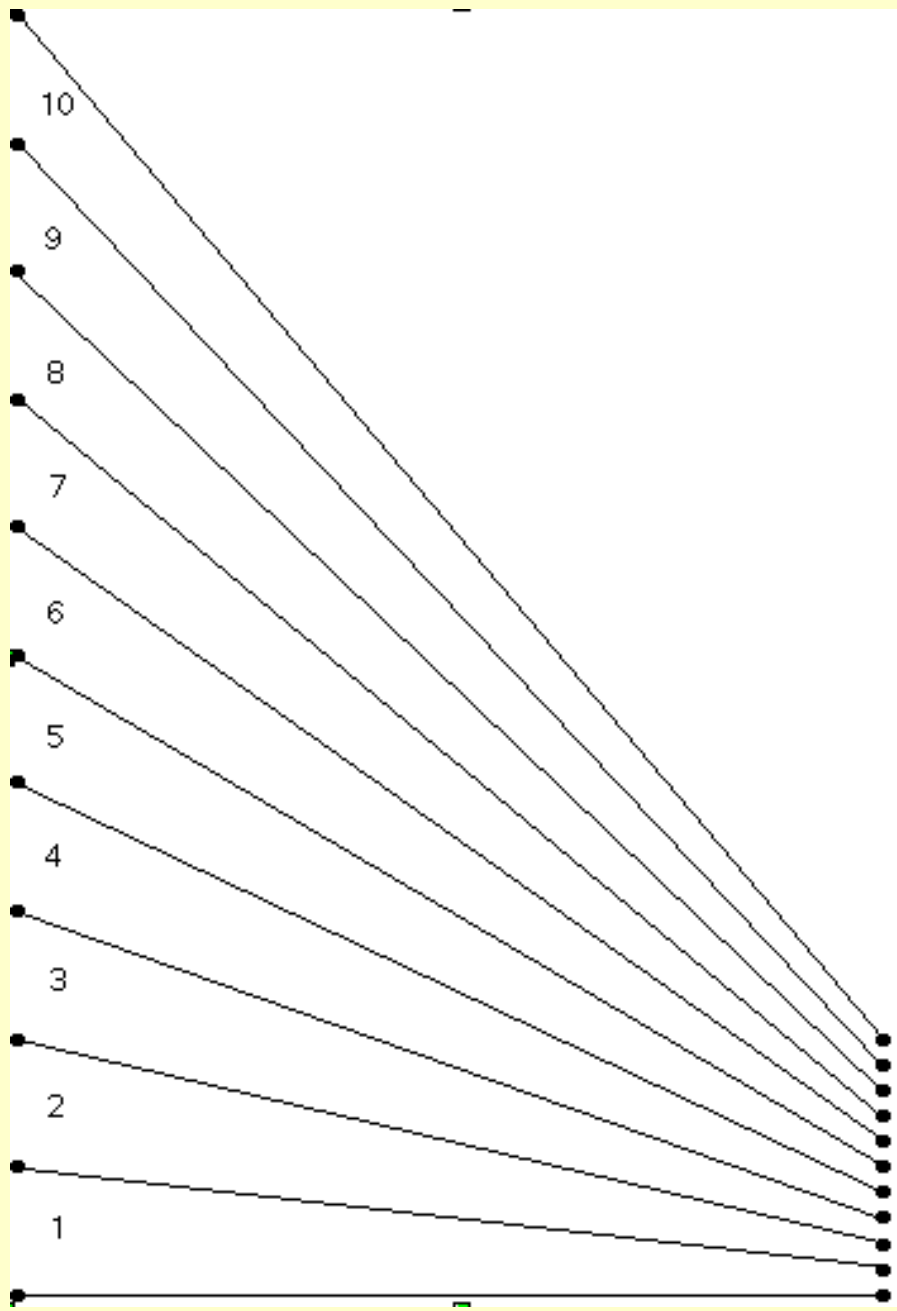


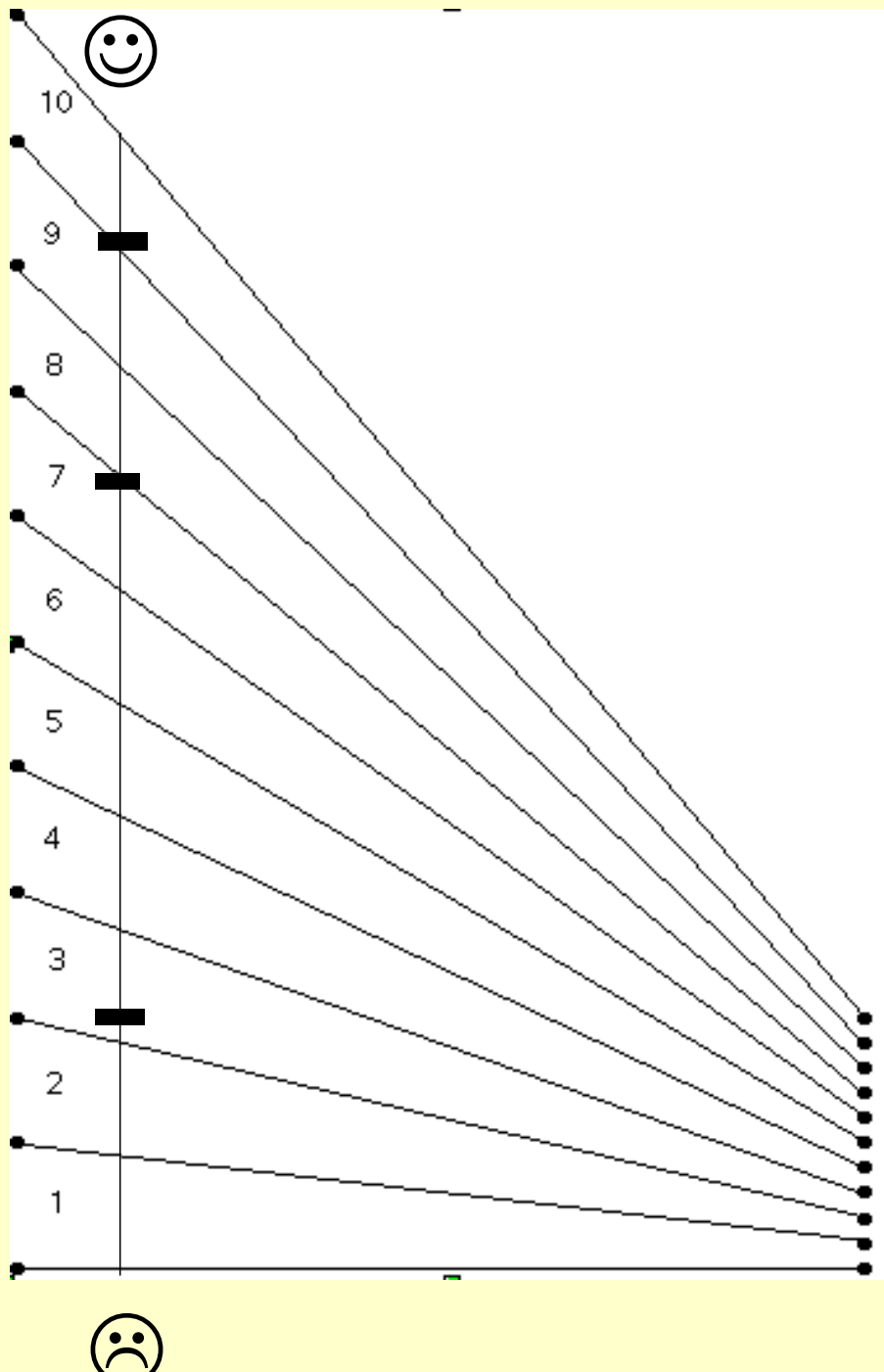
Fears

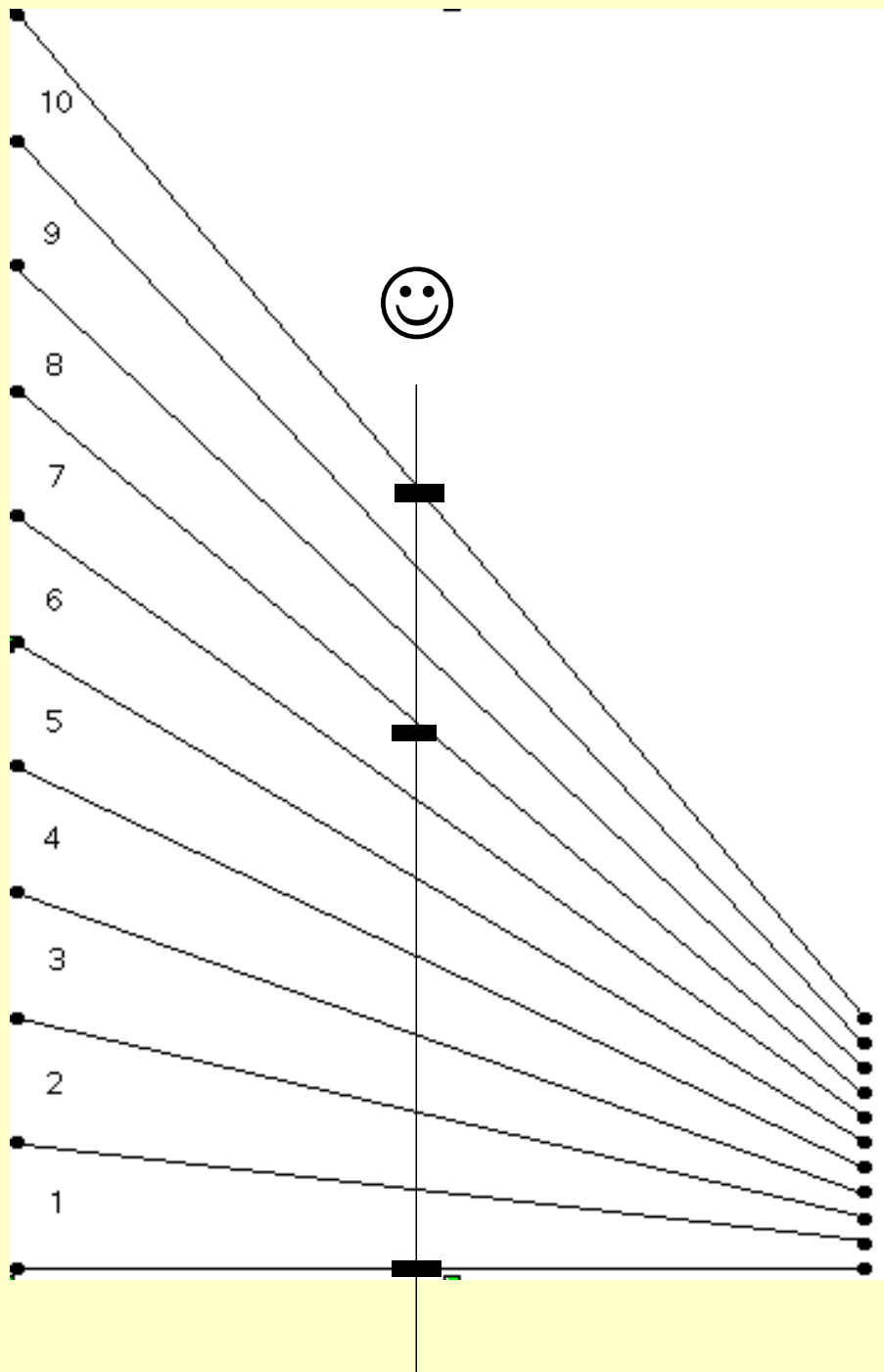


Happiness Line Measure – quick guide

- Draw the vertical line and put a smiley face at the top and a sad face at the bottom
- The smiley face represents the happiest person in school. Why are they happy? What makes them a success?
- The sad face represents the unhappiest person in school. Why are they sad? What makes things hard for them?
- Mark on the line the happiest you have ever been.
- What was happening when you were at that point?
- What got you to this place?
- Mark on the line the unhappiest you have ever been.
- What was happening when you were at this point?
- What got you to this place?
- Where are you now?
- Why?
- What would it take to get you a bit higher?







Happiness Line Measure - Purposes

Quantitative information:

- Within person change (Time 2 – Time 1)
- An ideographic measure

Qualitative purposes:

- Self-evaluation
- Eliciting constructs
- Finding what makes happy (and sad):
- Identifying where,
- when and
- what was happening when happiest and unhappiest
- What happens next

- Helpful to both pupil and to the teacher
- Replaces more formal interviews
- Simple and unthreatening

Happiness Line Measure – Group administration

- “This line is like a ruler, but it measures happiness, not length.
- At one end of the line is a happy face, the happiest boy or girl in this school.
- At the other end is an unhappy face, the most unhappy boy or girl in this school.
- Make a mark **x** on the line to show how near you have ever got to being like the happiest boy or girl in the school.“
- “Make a mark **x** on the line to show how near you have ever got to being like the unhappiest boy or girl in the school
- **Looking at the bit of line between your two marks, decide how happy you are today, and make another mark to show if it’s nearer the happiest, or the unhappiest you’ve been, or somewhere in the middle.”**



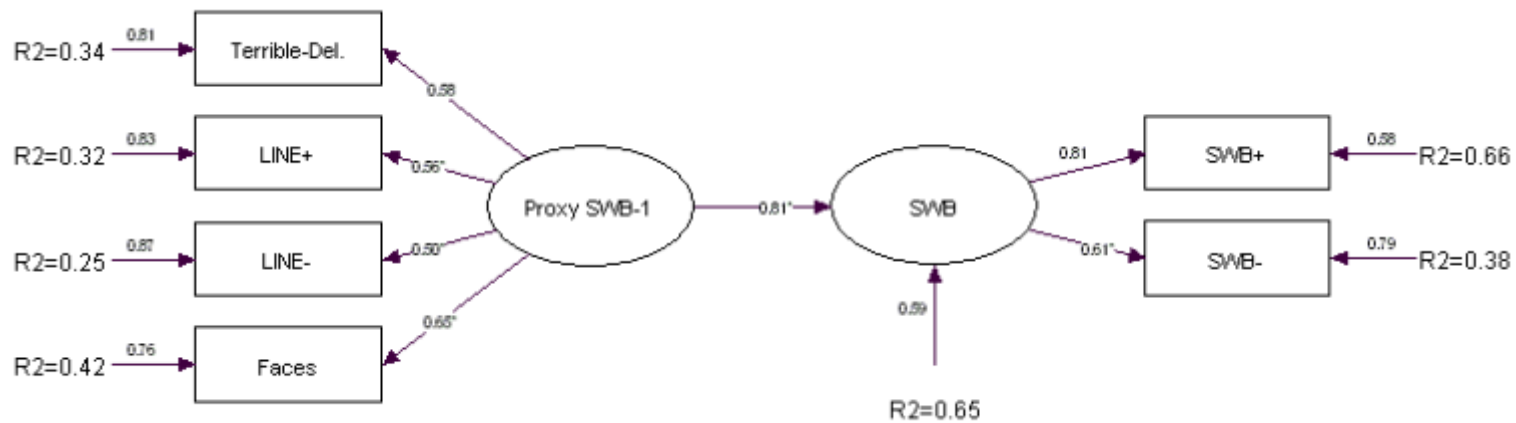
Delighted –Terrible Scale

- Terrible
- Unhappy
- A little unhappy
- Mixed...about equally pleased and unhappy
- A little pleased
- Pleased
- Delighted

Delighted –Terrible Scale - Faces

Put a circle around the face that comes closest to showing how you feel about school.





Alternative Happiness Assessments

FRY'S MILK CHOCOLATE



DESPERATION. PACIFICATION. EXPECTATION. ACCLAMATION. REALIZATION.
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