

Introduction

- The day can be seen as a way of partitioning lives. It has a beginning and end which are experienced by most people, it is a natural unit of time.
- Researchers interested in daily behavior have taken a more molecular approach, sampling aspects of the day (e.g. the Day Reconstruction Method; Kahneman, Krueger & Schkade, 2004).
- Assessing the day as a unit is a common practice in our culture (“How was your day?”).
- The present research attempts to understand the day as a single unit.

Methods

- 225 undergraduates (age 17-24; 62.5% female).
 - Ethnicity: 39% Asian, 35% Hispanic, 10% Caucasian, 6% Middle Eastern, 6% mixed race and 3% African American.
- Participants completed the following online:
 - BFI-2 (Soto & John, 2015).
 - Subjective Happiness Scale (SHS; Lyubomirsky & Lepper, 1999).
 - Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen & Griffin, 1985).
 - In the evening, participants evaluated the extent to which their day was Positive and Productive.

Results

- Day Positivity:
 - Items: “Today was a good day”, “Today was a bad day” (reverse-coded), “Today was a fun day”, “today was a relaxing day”, “Today was a stressful day” (reverse-coded), alpha reliability of 0.79.
- Day Productivity:
 - Items: “Today was a productive day”, “I was successful in completing what I set out to accomplish today”, “Today was a busy day”, and “Today was a day of self-improvement” alpha reliability of 0.73.

Regression of Day Positivity and Productivity on Big Five, Happiness and Satisfaction with Life

Variables	Positivity	Productivity
Extraversion	-0.08	0.05
Agreeableness	-0.06	0.02
Conscientiousness	-0.01	0.11
Openness	0.01	0.07
Neuroticism	-0.28***	-0.01
SHS	0.14	0.18*
SWLS	0.16*	-0.02
R ²	0.17***	0.07*

Note. $N = 225$. * $p < .05$, ** $p < .01$, *** $p < .001$

Conclusion

- Results indicate that rating a day as positive is associated with low neuroticism and high satisfaction with life.
- While productive day ratings are associated with high subjective happiness.
- Ongoing projects:
 - Investigating the extent to which daily activities and perceptions of activities relate to these day level predictors.
 - Development of a measure to describe how individuals make day level evaluations.

References

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For further information:

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