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.

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.

For further information:

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References


