

Measuring Well-being: WHO5

- ☀ *Please indicate for each of the following five statements which is closest to how you have been feeling over the last two weeks:-*
- ☀ 'I have felt cheerful and in good spirits'
- ☀ 'I have felt calm and relaxed'
- ☀ 'I have felt active and vigorous'
- ☀ 'I woke up feeling fresh and rested'
- ☀ 'My daily life has been filled with things that interest me'

The socio-environmental model

- Jahoda (1982) argues that unemployed people who are deprived of these functions have poor mental health.

Jahoda's (1982) functions provided by employment

| | Functions |
|----------|---------------------------------|
| Manifest | Income |
| Latent | Time structure |
| | Regular enforced activity |
| | Social contact (outside family) |
| | Collective purpose |
| | Status and identity |

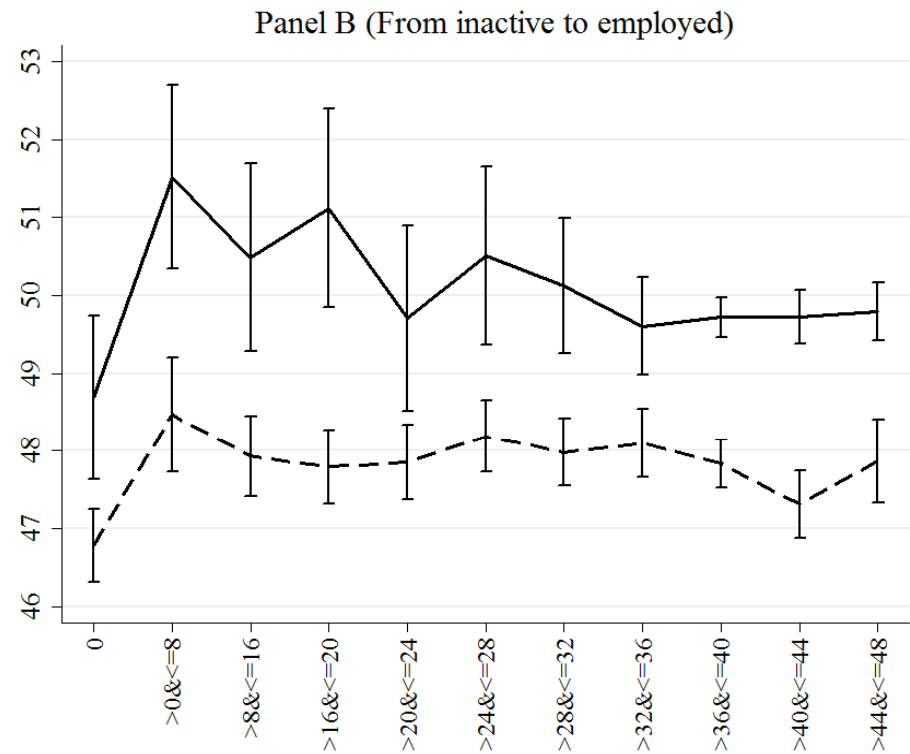
Paid Working Hours and Wellbeing

Fixed Effects. UKHLS

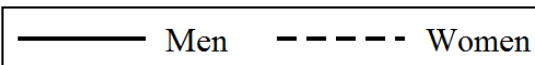
Mental Functioning

Kamerade, Wang, Burchell, Balderson & Coutts

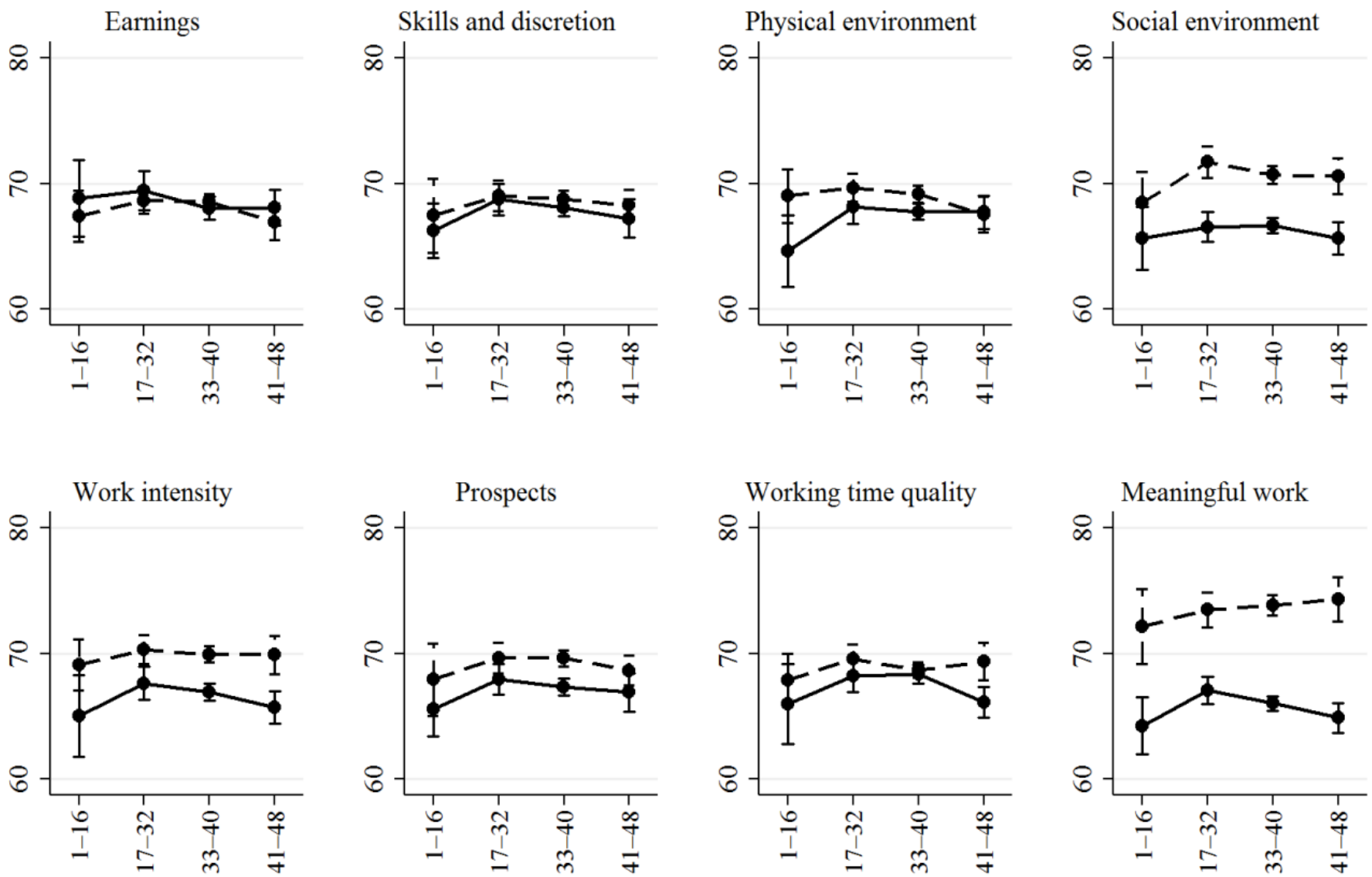
Social Science and Medicine, 2019



Work hours per week (including over time and second job)



WHO-5 mental health 0-100



Working hours per week (including over time and second job)

