

'How to measure happiness'

Cost Benefit Analysis of Provision for Children's Play
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The provocation

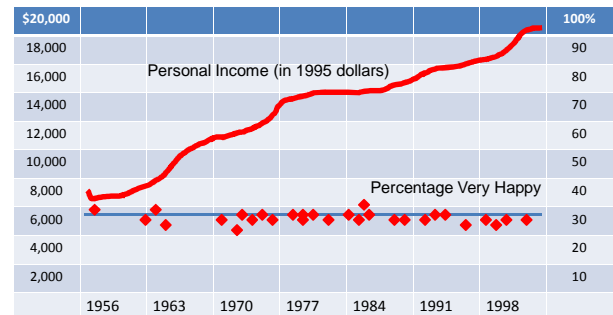
- Play England were working with a group of consultants (Matrix) who were preparing a cost-benefit assessment of playwork interventions
- As part of thinking about this issue, this series of formulae were prepared to put a 'value' on play and playwork

Case Study: Sheffield – Population 535,000 (approx 1% of UK)

- Cost of Education = £330,000,000
- Cost of Leisure Services = £5,000,000
 - Incl Sport at £4,000,000
 - 1.3% of Education
- Cost of Play Services = £500,000
 - 0.17% of Education

Sheffield Local Authority Rate Precept Figures 2006

Has economic growth affected 'happiness'?

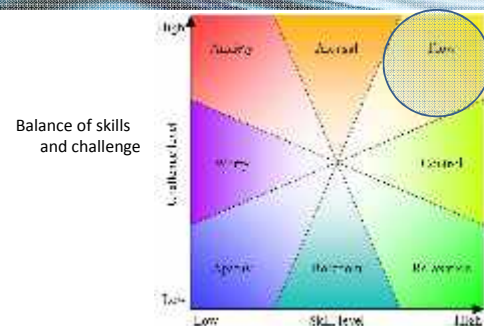


Income data from US Commerce Dept; Happiness data from General Social Surveys, U Chicago

Flow (Csikszentmihalyi 1990)

- Flow is a concept developed by Csikszentmihalyi ('Chicks send me high') during his work on happiness
- The term was first used by people he studied, to describe their optimal or peak experiences
- Csikszentmihalyi concluded that regularly being in a flow state leads to happiness
- And that flow is not a random event, but can be generated voluntarily

Flow (Csikszentmihalyi 1990)



Csikszentmihalyi 1998

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Flow (Csikszentmihalyi 1990)

- **Completely involved** in what we are doing – focused, concentrated
- A **sense of ecstasy** – of being outside everyday reality
- **Great inner clarity** – knowing what needs to be done, and how well we are doing
- Knowing that the **activity is doable** – that our skills are adequate to the task
- A **sense of serenity** – no worries about oneself, and a feeling of growing beyond the boundaries of the ego
- **Timelessness** – toughly focussed on the present, hours seems to pass by in minutes
- **Intrinsic motivation** – whatever produces flow becomes its own reward

Seems familiar??

- **Play is a process, requiring active engagement**
- **Play is freely chosen**
- **Play is personally directed**
- **Play is engaged in for its own sake**
- **Completely involved** in what we are doing – focused, concentrated
- A **sense of ecstasy** – of being outside everyday reality
- **Great inner clarity** – knowing what needs to be done, and how well we are doing
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...Near-play* quickly becomes compulsive
It can never satisfy our deepest urges for true play

Gwen Gordon

*competitive sports (Control)
video games (Arousal)
luxury cruises (Relaxation)
gambling on the stock market (Control)
drug use (Arousal)
shopping sprees (Control) (Arousal)

Measuring happiness

Happiness = S + C + V

Happiness =

- Set point; your genetic start, plus
- Circumstances; the world you are in, plus
- Voluntary control; the factors you influence – how you view your past, future and present

Circumstances; the world you are in

Voluntary control; the factors you influence

Seligman 2003

Happiness = P + (5xE) + (3xHO)

P

- P stands for Personal Characteristics, including outlook on life, adaptability and resilience
- E stands for Existence and relates to health, financial stability and friendships
- H represents Higher Order needs, and covers self-esteem, expectations, ambitions and sense of humour

people close to you immersion in actions meeting your expectations a sense of purpose

Cohen 2003

Happiness = P + (5xE) + (3xHO)

P

Answer the questions on a scale of one to ten, where one is "not at all" and ten is "to a large extent"

Personal = 1 and 2

1. Are you outgoing, energetic, flexible, open to change?
2. Do you have a positive outlook, bounce back quickly from setbacks, feel that you are in control of your life?

Existence = 3

3. Are your basic life needs met, in relation to personal health, finance, safety, freedom of choice and sense of community?

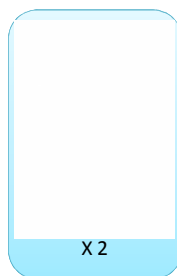
Higher Order = 4

4. Can you call on the support of people close to you, immerse yourself in what you are doing, meet your expectations and engage in activities that give you a sense of purpose?

people close to you
immersion in actions
meeting your
expectations
a sense of purpose

Cohen 2003

Value of Free Play % = 2(F1 + F2 + (3xF3)) – 'The 3 Fs' (Eise 2006)



- F1 = Free at point of access
- F2 = Free to come and go
- F3 = Free to choose what to do

The factors should be rated on a scale of one to ten, where one is "not at all" and ten is "to a large extent"

X 2

Value of Staffed Play Provision % = S + R1((R1c + R1i + R1p + R1s)x1.5) + (3xF3)

- S = Staff, a play-aware, supportive adult (See Playwork Principles)
- R1 = A rich environment, offering a very wide range of cultural (R1c), intellectual (R1i), physical (R1p), and social (R1s) experiences for children
- F3 = Free to choose what to do

The factors should be rated on a scale of one to ten, where one is "not at all" and ten is "to a large extent"

Playfulness Value % = (3xL) + (3xC1) + (3xC2) + E

- L = Ludido; desire or drive to play; free immersion in the activity
- C1 = Choice of activity
- C2 = Control of activity
- E = Ending the activity

The factors should be rated on a scale of one to ten, where one is "not at all" and ten is "to a large extent"

The benefits of play for children Best Play

Benefits that are experienced at the time that the child is playing

Play:

- Provides children with opportunities to enjoy freedom, and exercise choice and control over their actions
- Offers children opportunities for testing boundaries and exploring risk
- Offers a very wide range of physical, social and intellectual experiences for children

Benefits that develop over time

Play:

- Fosters children's independence and self-esteem
- Develops children's respect for others and offers opportunities for social interaction
- Supports the child's well-being, healthy growth and development
- Increases children's knowledge and understanding
- Promotes children's creativity and capacity to learn

NPFA 2000

The benefits of play for children Best Play

Benefits that are experienced at the time that the child is playing:

Play Benefit % = 2L + (2xC1) + C2 + R1(R1c + R1i + R1p + R1s) + R2

- L = Ludido; desire or drive to play; free immersion in the activity
- C1 = Provides children with opportunities to exercise choice of activity
- C2 = Provides children with opportunities to exercise control of activity
- R1 = A rich environment, offering a very wide range of intellectual (R1i), cultural (R1c), physical (R1p) and social (R1s) experiences for children
- R2 = Offers children opportunities for testing boundaries and exploring risk

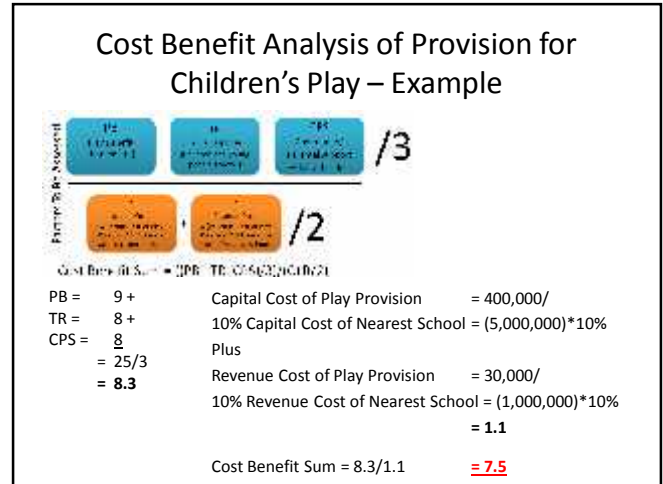
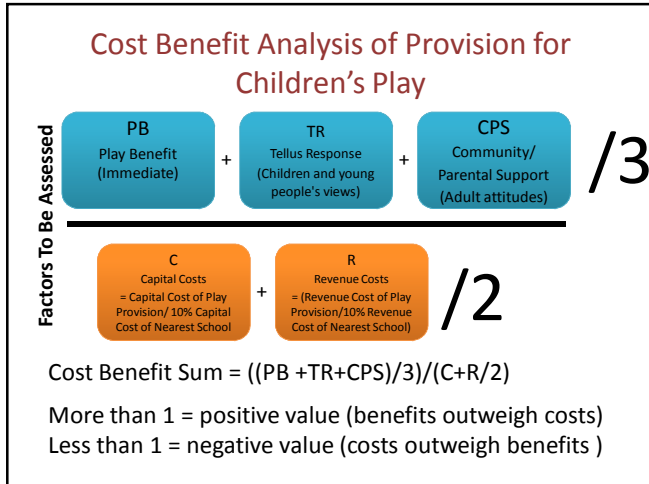
NPFA 2000

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