

Happiness? We can't forget our troubles, prof says

The quality of American life has declined over the past 20 years even as the standard of living continued to rise, young Americans believe.

Prof. Angus Campbell of the University of Michigan Institute for Social Research (ISR) offers evidence of "a general decline in professed happiness among the American people during the 1960s and early 1970s."

It was observed "primarily among the educationally and economically advantaged segments of the population... and also most prominent in the younger generations."

The former ISR director discussed these findings and results of life-cycle research recently in a lecture titled "Psychological Well-Being Through the Life Span."

When GERALD Gurin and ISR associates first asked their questions about happiness over 20 years ago, "Young people were clearly more likely to describe themselves as 'very happy' than older people, and the least happy of all were people over 60," said Campbell.

"When the happiness question was asked in the 1970s, this age difference had greatly diminished. People in their 20s and 30s, who in 1957 had been so much more positive than people over 60, were no longer so in 1978."

"Older people had moved up marginally over two decades in their estimates of their happiness, and the young people had declined quite substantially in theirs."

The lives of young people lost something in quality during the 1960s and 1970s, he said.

WHILE YOUTH is generally thought of in our society as a period of fun and good times, it is also a period of psychological strain, Prof. Campbell said.

"People under 30 are more likely than people of older ages to describe their lives as hard rather than easy, to feel themselves tied down rather than free, to worry about financial and other difficulties, and to be concerned that they might have a nervous breakdown."

"In all of these respects, people over 65 are more serene and less worried than any of the generations younger than themselves."

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CAMPBELL'S discussion of life-cycle stages offered these highlights:

- Early unmarried adulthood: The one-half of people under 30 who are un-

married are consistently less positive in their feelings of well-being than the rest of the age group: "Carefree bachelors" are no more positive than the women.

- Early childless marriage: Where only one young single woman in four considers her life "very happy," fully half of young married women do — the highest level of any life stage. Survey evidence indicates that before the first child has arrived is a particularly favorable time in the lives of women.
- Marriage with preschool child: The presence of a small child in the home has rewarding aspects, but the total

impact is not entirely positive. Young parents, compared to young non-parents, are less likely to describe their lives as very happy or to report positive experiences, especially young mothers whose "euphoric period as childless wives comes to an abrupt end." Both men and women express more feeling of strain at this stage than at other periods.

- Married with youngest child over 17: Despite the "empty nest" label, people find this stage of life more satisfying and free of strain than either the years of early marriage or the long period of child-raising.

OU planning first housing for marrieds

Construction of Oakland University's first married student housing units is a step closer to reality following recent, board of trustee action.

The board authorized the university to accept the architectural plans submitted for the project by Straub, Van

Dine and Dismar and to obtain low bids on the project.

Total cost of the married student housing is not to exceed \$2.2 million. Some 48 units will be constructed on the north central portion of the campus with \$1.8 million of the funds to come

from a low interest HUD loan. The remainder of the cost will come from a commercial loan to be obtained by the institution.

University officials say that of the 13 public colleges and universities in the state, OU is the only one with no married student housing.

OU internships get \$320,000 county grant

Oakland County government has announced a \$320,000 grant to the Urban Affairs Center of Oakland University to expand a four-year internship agreement between the county and university.

The program provides part-time internships for OU students in various areas of county government. Funds come to the county through the U.S. Department of Labor.

The three previous county grants had supported from 30 to 35 students a year. The new contract allows the university to place 50 to 55 students in internships.

Over the past three years, more than 200 junior, senior and graduate students have been placed in county offices. Services have included preparing major reports for county and state committees, counseling inmates, developing public training programs, and

writing computer programs.

Participants must be in good academic standing with at least 59 credits (junior standing level), live in Oakland County or in an OU residence hall, and meet CETA eligibility requirements.

Placements are available with the circuit court, probation department, community and minority affairs, personnel, parks and recreation, facilities and operations and the sheriff's department.

Harvey Robauser, urban affairs, explains that students from all areas of study including engineering, economics and management, the sciences, and liberal arts, have had an opportunity to expand their training with job experiences and provide a service to the county. A number of students have taken jobs with the county or in the area following graduation.

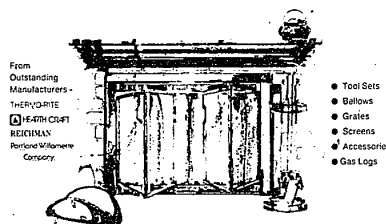
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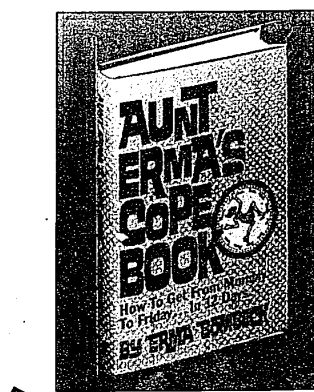
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