

be welcome as another weapon in the battle to reform public assistance. Only adequate aid to the working poor will make such decisions unprofitable.

FRANK R. BREUL

University of Chicago

The Structure of Psychological Well-Being. By

NORMAN M. BRADBURN. Chicago, Ill.: Aldine Publishing Co., 1970. Pp. xvi+318. \$9.75.

Happiness, its nature and its source, has been the concern of mankind throughout recorded history. Philosophers, theologians, and academic psychologists have traditionally debated the meaning of the construct and the ways of achieving the experience. Religious counselors, social workers, mental health practitioners, and others have devoted themselves to helping individuals toward this goal in one of its forms. Given this traditional concern, is it any wonder that now the social scientist with all his empirical tools has taken happiness as an object of study? To those not empirically minded the attempts to examine happiness with quantitative and statistical devices will seem simplistic. Yet, to the scientist, empirical study is viewed as a valid source for increasing our knowledge of this most basic of experiences. For those interested in increasing their understanding of happiness, able to accept the empirical perspective as appropriate, and comfortable with a monograph replete with statistics, Bradburn's book will be intellectually enriching. For the mental health researcher it will be seen as not only a contribution to knowledge but a valuable source for additional hypotheses.

The study reported in this monograph had as its general objective development of a model of psychological well-being (happiness). The specific objective was to elaborate the conceptual framework developed in a pilot study and to refine operational measures of the variables that emerged as important. The ultimate goal of this ongoing program of research is to determine the nature of interaction between dimensions of psychological well-being and social processes.

The model specifies that one's position on the dimension of psychological well-being is a function of his position on (a) positive affect and (b) negative affect. It further proposes that an individual will be found to be high in psycho-

logical well-being in the degree to which he has an excess of positive over negative affect and will be low in the degree to which negative predominates over positive.

In the pilot study respondents were asked whether they had experienced a number of feelings. The responses led to the conclusions that (a) persons varied along the two independent dimensions of positive and negative affect; (b) the dimensions were related to overall self-ratings of happiness; and, (c) the best predictor of the self-rating was the discrepancy between the two scores.

A striking finding of the pilot study was that the two dimensions not only were uncorrelated but were associated with different variables. It was found that variables related to the presence or absence of positive affect were unrelated to the presence or absence of negative affect, and vice versa. The investigators report that the correlates of negative affect were found to be variables dealt with by the traditional "mental-illness" approaches, while the correlates of positive affect were indicators of environmental involvement.

The follow-up study used a panel survey design with area probability samples selected from four communities. Nonprofessional interviewers conducted structured interviews with randomly selected household members who were in their "prime employable years." The questionnaire elicited information concerning the respondent's felt concerns and worries, feeling states, role adjustment, patterns of social participation, and so forth.

In order to achieve the long-range objectives of the study (adding to knowledge about how "macrosocial forces" affect psychological well-being) four communities that were expected to undergo major social change were selected for comparison purposes. In addition a fifth sample of residents from the ten largest metropolitan areas in the country was included to serve as a base line against which fluctuations in mood in the other samples could be studied. Over the course of a year four interviews were conducted with one sample, and two interviews with the other.

Bradburn presents the findings of the study systematically and thoroughly. A reviewer cannot begin to do justice to the richness and complexity of the findings as presented. However, a number of general conclusions arrived at by the investigators can be noted.

In general, the model of psychological well-

being developed during the pilot study was supported. In addition, the investigators found that (a) those who had considerably below-average incomes, and especially those who combined low incomes with heavy family responsibilities, were likely to have a low sense of well-being; (b) generally, the social-structure variables were more highly related to positive affect than to negative affect; (c) the measures of negative affect correlated with other measures frequently used in mental health and illness studies; (d) level of feeling was not related to the quality of feeling; that is, people who reported many feelings were not happier than those who reported few feelings.

The question of the effect of macrosocial forces on psychological well-being remains for the most part unanswered. Data for this question were to have come from the social and economic changes that were expected to occur in the communities studied. The expected changes did not occur during the time limits of the study. Instead, a wholly unanticipated event occurred that affected all the communities, the assassination of President Kennedy. The response of the subjects to this tragic event is reported in some detail, as are the relationships between psychological well-being and adjustment in the marital and work roles.

This study serves as an excellent example of how basic research, while not necessarily action-oriented, can be of major value to those concerned with action and policy development. Mental health practitioners, social activists, and those responsible for the development of social policy would do well to consider the findings of this study, which vividly illustrate the depressing effects of poverty and low education on happiness, the negative and complex impact of unemployment and underemployment on mental health, and the serious effects of marital separation on psychological well-being.

Research at times contributes to knowledge by answering critical questions. At other times its contribution comes from the questions raised rather than the answers given. The long-range issue originally addressed in this study, the impact of social forces on a population's sense of psychological well-being, remains unexplored. However, raising it as an area for inquiry has been one of the major contributions of this monograph. As we increase our knowledge about this relationship and make that knowledge available to social planners, we will be in a better position to formulate and execute more

effective social policies. Bradburn has made a most valuable contribution to the field of mental health by the findings he presents and the questions he raises.

EDWARD J. MULLEN

*Institute of Welfare Research
Community Service Society
and
School of Social Service
Fordham University*

Social Work through Group Process. By ALAN F. KLEIN. Albany: School of Social Welfare, State University of New York at Albany, 1970. Pp. 215. \$4.95 plus \$0.50 handling. Paper.

Social workers familiar with Alan Klein's earlier writings will recognize in this book reaffirmation of the author's consistent belief that democratic group process is the essence of social work help through the group. The concern is not with imparting a political ideology or with creating a social unit patterned to conform to democratic structure and procedures. Rather, it is with the nature and the style of human relationships and the facilitation of group interaction characterized by freedom of choice, absence of domination, egalitarianism, and social responsibility. Klein views the democratic ethos as a belief system closely related to "how people live and treat each other, the goals they have and what they prize."

Although the claim is made that traditional formulations of social group work practice theory incorporate these ideas, the author goes further. Democratic concepts in this volume are rewoven and recast within a framework of humanistic social thought and contemporary existential group practice. The synthesis arrived at is not a consequence of a transitory flirtation with current intellectual faddism.

Klein has contributed richly to the development of social work theory with groups. His wealth of knowledge and experience is incorporated in this book, as is his insistence that dogma or nontransmissible knowledge, no matter how prestigious the source, cannot inform practice. Particularly striking is the fact that the author is "his own man" in this book. If he seems hard on the caseworker justifying casework treatment with groups and on the community organizer manipulating groups in