

# STA304H5F Relationship between Happiness and Time Spent on Hobbies/Studies Questionnaire

Dear Participant,

All of your data will be kept anonymous and confidential within our group. You are not forced to fill out this survey; you may exit any time if you feel there is intrusion in your personal information. Thank you.

---

\* Indicates required question

1. Which lecture section are you in? \*

*Mark only one oval.*

☐ LEC0101

☐ LEC0102

2. Please share your nickname to distinguish you! \*

---

3. Which categories do your hobbies fall under? \*

*Check all that apply.*

- ☐ None
- ☐ Exercise (Working out, Sports, etc)
- ☐ Seeing friends
- ☐ Video games
- ☐ Social Networking Services (Instagram, Facebook, etc)
- ☐ Television or Streaming (YouTube, Netflix, Disney+, Apple TV, etc)
- ☐ Creative or Performative Arts (Writing, Instrument, etc.)
- ☐ Culinary Arts
- ☐ Other: \_\_\_\_\_

4. If you have hobbies, how many hours do you spend on hobbies on a daily basis? \*

\_\_\_\_\_

5. How many hours do you spend on your studies on a daily basis? \*

\_\_\_\_\_

6. How would you rate your happiness from 1 to 10? 1 - very unhappy, 10 - very happy \*

*Mark only one oval.*

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ 8

☐ 9

☐ 10

7. How do you believe allocating more time to your hobbies might influence your happiness? \*

*Mark only one oval.*

- ☐ Would significantly increase my happiness
- ☐ Would somewhat increase my happiness
- ☐ No significant impact on my happiness
- ☐ Would somewhat decrease my happiness
- ☐ Would significantly decrease my happiness
- ☐ I'm unsure/not certain

8. How do you believe allocating more time to your studies might influence your happiness? \*

*Mark only one oval.*

- ☐ Would significantly increase my happiness
- ☐ Would somewhat increase my happiness
- ☐ No significant impact on my happiness
- ☐ Would somewhat decrease my happiness
- ☐ Would significantly decrease my happiness
- ☐ I'm unsure/not certain

9. How close do you feel you are to your ideal academic performance?

*Mark only one oval.*

- ☐ Very close to my ideal
- ☐ Somewhat close to my ideal
- ☐ Neutral - neither close nor far
- ☐ Somewhat far from my ideal
- ☐ Very far from my ideal
- ☐ I haven't defined an ideal academic performance for myself

10. What do you think contributes more to your happiness? \*

*Mark only one oval.*

- ☐ Time spent on hobbies
- ☐ Time time spent on studies

---

This content is neither created nor endorsed by Google.

Google Forms

