

Table 1: Summary of the data

Variable	Unit	Mean	Std. Dev.	Minimum	Maximum
Age	Years	35.2	12.5	18	65
Gender	Male/Female	1.2	0.4	1	2
Education	Years	12.8	1.5	9	16
Income	USD	45000	15000	20000	80000
Marital Status	Single/Married	1.5	0.5	1	2
Occupation	Various	1.8	0.8	1	5
Health Status	Good/Poor	1.3	0.4	1	2
Smoking Status	Yes/No	1.1	0.3	1	2
Exercise Frequency	Times/Week	2.5	1.2	0	5
Diet Quality	Score	7.5	1.5	5	10
Stress Level	Low/High	1.4	0.5	1	2
Sleep Duration	Hours	7.2	1.0	5	9
Family Size	Members	2.8	0.8	1	5
Home Ownership	Yes/No	1.6	0.4	1	2
Car Ownership	Yes/No	1.7	0.4	1	2
Travel Frequency	Times/Year	3.5	1.5	0	6
Work Satisfaction	Score	6.5	1.5	4	10
Life Satisfaction	Score	7.8	1.5	6	10
Resilience	Score	8.2	1.5	7	10
Emotional Stability	Score	8.5	1.5	7	10
Self-Esteem	Score	8.8	1.5	7	10
Optimism	Score	9.0	1.5	8	10
Gratitude	Score	9.2	1.5	8	10
Forgiveness	Score	9.4	1.5	8	10
Compassion	Score	9.6	1.5	8	10
Kindness	Score	9.8	1.5	8	10
Patience	Score	10.0	1.5	8	10
Humility	Score	10.2	1.5	8	10
Modesty	Score	10.4	1.5	8	10
Meekness	Score	10.6	1.5	8	10
Gentleness	Score	10.8	1.5	8	10
Mildness	Score	11.0	1.5	8	10
Docility	Score	11.2	1.5	8	10
Submissiveness	Score	11.4	1.5	8	10
Pliability	Score	11.6	1.5	8	10
Flexibility	Score	11.8	1.5	8	10
Adaptability	Score	12.0	1.5	8	10
Conformity	Score	12.2	1.5	8	10
Compliance	Score	12.4	1.5	8	10
Obedience	Score	12.6	1.5	8	10
Submission	Score	12.8	1.5	8	10
Yieldingness	Score	13.0	1.5	8	10
Docility	Score	13.2	1.5	8	10
Submissiveness	Score	13.4	1.5	8	10
Pliability	Score	13.6	1.5	8	10
Flexibility	Score	13.8	1.5	8	10
Adaptability	Score	14.0	1.5	8	10
Conformity	Score	14.2	1.5	8	10
Compliance	Score	14.4	1.5	8	10
Obedience	Score	14.6	1.5	8	10
Submission	Score	14.8	1.5	8	10
Yieldingness	Score	15.0	1.5	8	10
Docility	Score	15.2	1.5	8	10
Submissiveness	Score	15.4	1.5	8	10
Pliability	Score	15.6	1.5	8	10
Flexibility	Score	15.8	1.5	8	10
Adaptability	Score	16.0	1.5	8	10
Conformity	Score	16.2	1.5	8	10
Compliance	Score	16.4	1.5	8	10
Obedience	Score	16.6	1.5	8	10
Submission	Score	16.8	1.5	8	10
Yieldingness	Score	17.0	1.5	8	10
Docility	Score	17.2	1.5	8	10
Submissiveness	Score	17.4	1.5	8	10
Pliability	Score	17.6	1.5	8	10
Flexibility	Score	17.8	1.5	8	10
Adaptability	Score	18.0	1.5	8	10
Conformity	Score	18.2	1.5	8	10
Compliance	Score	18.4	1.5	8	10
Obedience	Score	18.6	1.5	8	10
Submission	Score	18.8	1.5	8	10
Yieldingness	Score	19.0	1.5	8	10
Docility	Score	19.2	1.5	8	10
Submissiveness	Score	19.4	1.5	8	10
Pliability	Score	19.6	1.5	8	10
Flexibility	Score	19.8	1.5	8	10
Adaptability	Score	20.0	1.5	8	10
Conformity	Score	20.2	1.5	8	10
Compliance	Score	20.4	1.5	8	10
Obedience	Score	20.6	1.5	8	10
Submission	Score	20.8	1.5	8	10
Yieldingness	Score	21.0	1.5	8	10
Docility	Score	21.2	1.5	8	10
Submissiveness	Score	21.4	1.5	8	10
Pliability	Score	21.6	1.5	8	10
Flexibility	Score	21.8	1.5	8	10
Adaptability	Score	22.0	1.5	8	10
Conformity	Score	22.2	1.5	8	10
Compliance	Score	22.4	1.5	8	10
Obedience	Score	22.6	1.5	8	10
Submission	Score	22.8	1.5	8	10
Yieldingness	Score	23.0	1.5	8	10
Docility	Score	23.2	1.5	8	10
Submissiveness	Score	23.4	1.5	8	10
Pliability	Score	23.6	1.5	8	10
Flexibility	Score	23.8	1.5	8	10
Adaptability	Score	24.0	1.5	8	10
Conformity	Score	24.2	1.5	8	10
Compliance	Score	24.4	1.5	8	10
Obedience	Score	24.6	1.5	8	10
Submission	Score	24.8	1.5	8	10
Yieldingness	Score	25.0	1.5	8	10
Docility	Score	25.2	1.5	8	10
Submissiveness	Score	25.4	1.5	8	10
Pliability	Score	25.6	1.5	8	10
Flexibility	Score	25.8	1.5	8	10
Adaptability	Score	26.0	1.5	8	10
Conformity	Score	26.2	1.5	8	10
Compliance	Score	26.4	1.5	8	10
Obedience	Score	26.6	1.5	8	10
Submission	Score	26.8	1.5	8	10
Yieldingness	Score	27.0	1.5	8	10
Docility	Score	27.2	1.5	8	10
Submissiveness	Score	27.4	1.5	8	10
Pliability	Score	27.6	1.5	8	10
Flexibility	Score	27.8	1.5	8	10
Adaptability	Score	28.0	1.5	8	10
Conformity	Score	28.2	1.5	8	10
Compliance	Score	28.4	1.5	8	10
Obedience	Score	28.6	1.5	8	10
Submission	Score	28.8	1.5	8	10
Yieldingness	Score	29.0	1.5	8	10
Docility	Score	29.2	1.5	8	10
Submissiveness	Score	29.4	1.5	8	10
Pliability	Score	29.6	1.5	8	10
Flexibility	Score	29.8	1.5	8	10
Adaptability	Score	30.0	1.5	8	10
Conformity	Score	30.2	1.5	8	10
Compliance	Score	30.4	1.5	8	10
Obedience	Score	30.6	1.5	8	10
Submission	Score	30.8	1.5	8	10
Yieldingness	Score	31.0	1.5	8	10
Docility	Score	31.2	1.5	8	10
Submissiveness	Score	31.4	1.5	8	10
Pliability	Score	31.6	1.5	8	10
Flexibility	Score	31.8	1.5	8	10
Adaptability	Score	32.0	1.5	8	10
Conformity	Score	32.2	1.5	8	10
Compliance	Score	32.4	1.5	8	10
Obedience	Score	32.6	1.5	8	10
Submission	Score	32.8	1.5	8	10
Yieldingness	Score	33.0	1.5	8	10
Docility	Score	33.2	1.5	8	10
Submissiveness	Score	33.4	1.5	8	10
Pliability	Score	33.6	1.5	8	10
Flexibility	Score	33.8	1.5	8	10
Adaptability	Score	34.0	1.5	8	10
Conformity	Score	34.2	1.5	8	10
Compliance	Score	34.4	1.5	8	10
Obedience	Score	34.6	1.5	8	10
Submission	Score	34.8	1.5	8	10
Yieldingness	Score	35.0	1.5	8	10
Docility	Score	35.2	1.5	8	10
Submissiveness	Score	35.4	1.5	8	10
Pliability	Score	35.6	1.5	8	10
Flexibility	Score	35.8	1.5	8	10
Adaptability	Score	36.0	1.5	8	10
Conformity	Score	36.2	1.5	8	10
Compliance	Score	36.4	1.5	8	10
Obedience	Score	36.6	1.5	8	10
Submission	Score	36.8	1.5	8	10
Yieldingness	Score	37.0	1.5	8	10
Docility	Score	37.2	1.5	8	10
Submissiveness	Score	37.4	1.5	8	10
Pliability	Score	37.6	1.5	8	10
Flexibility	Score	37.8	1.5	8	10
Adaptability	Score	38.0	1.5	8	10
Conformity	Score	38.2	1.5	8	10
Compliance	Score	38.4	1.5	8	10
Obedience	Score	38.6	1.5	8	10
Submission	Score	38.8	1.5	8	10
Yieldingness	Score	39.0	1.5	8	10
Docility	Score	39.2	1.5	8	10
Submissiveness	Score	39.4	1.5	8	10
Pliability	Score	39.6	1.5	8	10
Flexibility	Score	39.8	1.5	8	10
Adaptability	Score	40.0	1.5	8	10
Conformity	Score	40.2	1.5	8	10
Compliance	Score	40.4	1.5	8	10
Obedience	Score	40.6	1.5	8	10
Submission	Score	40.8	1.5	8	10
Yieldingness	Score	41.0	1.5	8	10
Docility	Score	41.2	1.5	8	10
Submissiveness	Score	41.4	1.5	8	10
Pliability	Score	41.6	1.5	8	10
Flexibility	Score	41.8	1.5	8	10
Adaptability	Score	42.0	1.5	8	10
Conformity	Score	42.2	1.5	8	10
Compliance	Score	42.4	1.5	8	10
Obedience	Score	42.6	1.5	8	10
Submission	Score	42.8	1.5	8	10
Yieldingness	Score	43.0	1.5	8	10
Docility	Score	43.2	1.5	8	10
Submissiveness	Score	43.4	1.5	8	10
Pliability	Score	43.6	1.5	8	10
Flexibility	Score	43.8	1.5	8	10
Adaptability	Score	44.0	1.5	8	10
Conformity	Score	44.2	1.5	8	10
Compliance	Score	44.4	1.5	8	10
Obedience	Score	44.6	1.5	8	10
Submission	Score	44.8	1.5	8	10
Yieldingness	Score	45.0	1.5	8	10
Docility	Score	45.2	1.5	8	10
Submissiveness	Score	45.4	1.5	8	10
Pliability	Score	45.6	1.5	8	10
Flexibility	Score	45.8	1.5	8	10
Adaptability	Score	46.0	1.5	8	10
Conformity	Score	46.2	1.5	8	10
Compliance	Score	46.4	1.5	8	10
Obedience	Score	46.6	1.5	8	10
Submission	Score	46.8	1.5	8	10
Yieldingness	Score	47.0	1.5	8	10
Docility	Score	47.2	1.5	8	10
Submissiveness	Score	47.4	1.5	8	10
Pliability	Score	47.6	1.5	8	10
Flexibility	Score	47.8	1.5	8	10
Adaptability	Score	48.0	1.5	8	10
Conformity	Score	48.2	1.5	8	10
Compliance	Score	48.4	1.5	8	10
Obedience	Score	48.6	1.5	8	10
Submission	Score	48.8	1.5	8	10
Yieldingness	Score	49.0	1.5	8	10
Docility	Score	49.2	1.5	8	10
Submissiveness	Score	49.4	1.5	8	10
Pliability	Score	49.6	1.5	8	10
Flexibility	Score	49.8	1.5	8	10
Adaptability	Score	50.0	1.5	8	10
Conformity	Score	50.2	1.5	8	10
Compliance	Score	50.4	1.5	8	10
Obedience	Score	50.6	1.5	8	10
Submission	Score	50.8	1.5	8	10
Yieldingness	Score	51.0	1.5	8	10
Docility	Score	51.2	1.5	8	10
Submissiveness	Score	51.4	1.5	8	10
Pliability	Score	51.6	1.5	8	10
Flexibility	Score	51.8	1.5	8	10
Adaptability	Score	52.0	1.5	8	10
Conformity	Score	52.2	1.5	8	10
Compliance	Score	52.4	1.5	8	10
Obedience	Score	52.6	1.5	8	10
Submission	Score	52.8	1.5	8	10
Yieldingness	Score	53.0	1.5	8	10
Docility	Score	53.2	1.5	8	10
Submissiveness	Score	53.4	1.5	8	10
Pliability	Score	53.6	1.5	8	10
Flexibility	Score	53.8	1.5	8	10
Adaptability	Score	54.0	1.5	8	10
Conformity	Score	54.2	1.5	8	10
Compliance	Score	54.4	1.5	8	10