

Figure 7 The drivers of happiness.

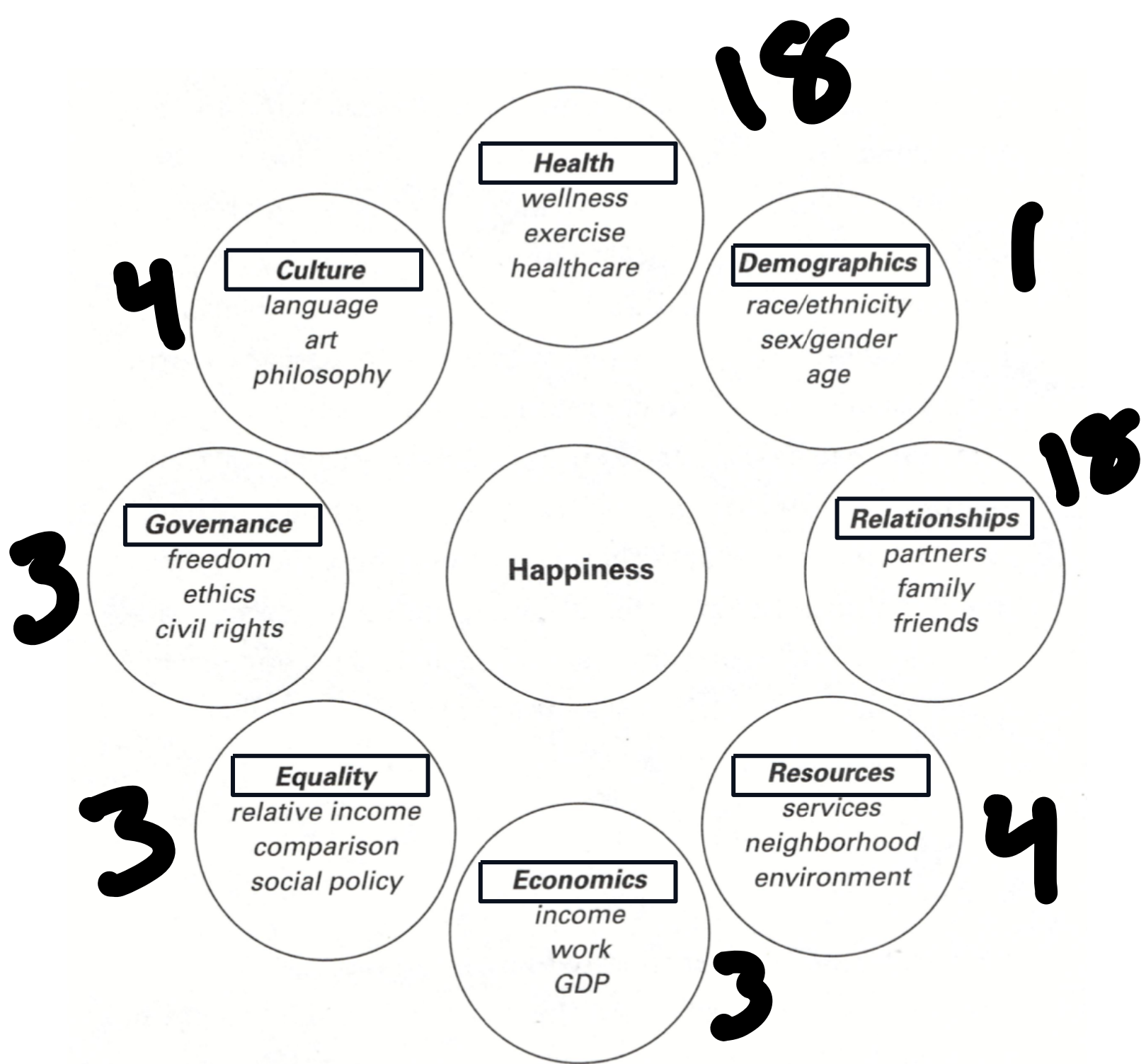


Figure 7 The drivers of happiness.

The numbers correspond to the number of students who chose the given happiness driver as one of the three most important to them personally.

Health

Health refers to both physical and mental health. If people have poor health, they are less likely to be happy!! Health is the most significant indicator of happiness, and from a societal standpoint it was the 3rd most important factor in Country rankings in the World Happiness Rankings. [People who are relatively healthy take it for granted & don't appreciate it as much as someone less healthy.]

Demographics

Happiness is shaped by a person's characteristics and how it is reflected by culture and society.

Education generally improves happiness but its effects on black people are reduced due to systemic inequities and racism. Age also affects happiness in a sort of U-turn with happiness declining in a person's middle ages before rising back up in their 50s & 60s.

Sex and gender overall affect happiness in all aspects, women = greater life satisfaction and experience more intense emotions.

Relationships

Relationships are one of the top drivers of happiness because under societal dynamics bring health benefits. There are multiple forms for example marriage, close friends, family, etc. Networks of relationships allow for strong tightknit circles & similar ppl to grow and challenge one another. One of the strongest forms is marriage, having the most prominent effects. It isn't just a romantic relationship, but one of trust, give/take and challenge. Diverse forms of relationships bring different benefits.

Resources

★ All amenities that are ^{available in a given area} ~~available in a given area~~ ~~to satisfy essential needs~~ to satisfy essential needs

- Facilities : Resources
- Community Support : Trust

★ Lack of negative situations/circumstances

- crime
- poverty

Economics

The idea that "money can't buy happiness" is wrong due to money helping people meet their fundamental needs. Such as food, clothing, and housing. Increases in income/wealth alleviates mental illness and enhances happiness. Along side an increasing income in work is also shown to provide happiness benefits. Although this form of happiness isn't necessarily equal, it does help bring more happiness to those of lower income.

Equality

There is two types of wealth: absolute wealth is how much money one has regardless of others. On the other hand, relative wealth is your wealth compared to others. As the country gets richer, the expectation goes up as well, leading to relatively low happiness.

Epidemiologists argued that society's inequality is a determinant of well being. Richest country is not ranked highest in WHR.

The ratio of ^{US} CEO's remuneration to their employee's pay was 320:1 in 2019, compared to that of Finland 48:1 - the smaller the gap leads to higher happiness.

Wealthier people may fare better in terms of social comparison

Governance

- Governance encapsulates the way people's lives are shaped by top-down societal power structures + dynamics

- Sociologist Ruut Veenhoven defines freedom as "the possibility to choose". It's divided further into 2 components:

* Veenhoven calculating that differences in this area explain 44% of the variation in happiness among nations

- the capacity to choose: an individual quality (as per theories of self-efficacy)
- the opportunity to choose: a governance issue, dependent on regulations, norms, + structures in society

- 3 main types of freedom relating to governance:

- economic freedom

- rule of law, government size, regulatory efficiency, market openness

- political freedom

- electoral process, political pluralism + participation, government functioning

- civil freedom

- freedom of expression + belief, associational + organizational rights, the rule of law, and personal autonomy + individual rights

Culture

= Interdynamics of people

that share traditions and practices

- Economics / Governance reflect the cultural values
- Individualism and Collectivism influence how happiness is viewed
 - Collectivism is more conducive to happiness
- Religion / Spirituality promotes health behaviors and outcomes such as alcohol prohibition
 - BUT, culture causes conflict as well b/c of the act of being unwelcoming for example, sexuality.