

Happiness Quiz Fall 2023

Iverson, "Science of Happiness" UGS 302

What four types of happiness contribute most to your overall happiness right now?

	respondents	%	
Hedonic	10 respondents	59 %	✓
Contented	3 respondents	18 %	
Mature	11 respondents	65 %	
Chaironic	2 respondents	12 %	
Vitalic	11 respondents	65 %	
Eudaimonic	3 respondents	18 %	
Accomplished	8 respondents	47 %	
Harmonic	2 respondents	12 %	
Relational	10 respondents	59 %	
Nirvanic		0 %	
Evaluative	1 respondent	6 %	
Meaningful	1 respondent	6 %	
Intellective	1 respondent	6 %	
Absorbed	5 respondents	29 %	

What four types of happiness do you think will contribute most to your overall happiness for your life overall?

	respondents	%	
Hedonic		0 %	✓
Contented	6 respondents	35 %	
Mature	10 respondents	59 %	
Chaironic	2 respondents	12 %	
Vitalic	5 respondents	29 %	
Eudaimonic	8 respondents	47 %	
Accomplished	7 respondents	41 %	
Harmonic	5 respondents	29 %	
Relational	9 respondents	53 %	
Nirvanic		0 %	
Evaluative	3 respondents	18 %	
Meaningful	10 respondents	59 %	
Intellective	1 respondent	6 %	
Absorbed	2 respondents	12 %	

Which three of the eight drivers of happiness are the most important for your own happiness right now?

	respondents	%	
Health	16 respondents	94 %	✓
Demographics	1 respondent	6 %	
Relationships	16 respondents	94 %	
Resources	9 respondents	53 %	
Economics	5 respondents	29 %	
Equality	2 respondents	12 %	
Governance		0 %	
Culture	2 respondents	12 %	

Which three of the eight drivers of happiness do you think will be the most important for your life overall?

	respondents	%	
Health	17 respondents	100 %	✓
Demographics	1 respondent	6 %	
Relationships	15 respondents	88 %	
Resources	3 respondents	18 %	
Economics	7 respondents	41 %	
Equality	2 respondents	12 %	
Governance	4 respondents	24 %	
Culture	2 respondents	12 %	