



Figure 7 The drivers of happiness.

Health

Connections between physical and mental well-being present as psychosomatic (mind on body) and somatopsychic (body on mind). Psychosomatic connections are exemplified through stress, highly common in college students, where the long-term effects can lead to illness. Vis versa, good health can facilitate happiness, as seen in exercise, both directly and indirectly (runner's high). The management of stress and maintaining good health allows college aged students to experience increased rates of happiness.

Demographics

Demographic dynamics reflect how culture and society interact with people's particular characteristics. The "boosting effect" of happiness on people is unequal based on their socioeconomic indicators that affect their economic and psychological processes. The happiness gap between men and women more complex as they express and present their mental health differently. Across the life span, happiness is U-shaped, as happiness tends to decline into people's middle ages and rises back up as they grow old.

Relationships

Relationships are one of the most important influences on happiness as it is applicable to intimate familial bonds and wider social dynamics. Finding a spouse causes happiness through romanticism (feeling loved) and practicality (division of household chores). Having strong relationships and active social lives and a relationship with a community affects health (living longer). Additionally, building those relationships provides support in stressful situations, which college students often find themselves in.

Resources

Resources refer to how your environment meets your essential needs. Accessibility to human and social services (health care) neighborhood support and composition (social trust & mix of people) are all influential factors of resources. Happiness is dependent on your access to these resources and how the processes of your daily life in your environment play out. As students here, a lot of these resources are provided for and are accessible, leading to an overall happier student population. There is a strong, supportive community, we have health services on campus, and are surrounded by a natural environment.

Economics

Money allows people to meet their fundamental needs and sustain their living. This undoubtedly increases the happiness of the individual, as poverty is a large catalyst for stress. This relationship can't be extrapolated beyond lower to middle classes and researchers found the point where correlation weakens at \$ 95,000 for life evaluation. Work (and in our case school) is also associated with happiness due to being occupationally engaged and may be a form of meaningful and absorbed happiness. "Money can't buy happiness" is likely to be believed true by high- income bracket individuals.

Equality

Equality is an interpretive phenomenon, and one reason held as particularly relevant includes the distinction between absolute and relative wealth. Absolute wealth refers to how much money someone or a country has irrespective to others, while relative wealth is how affluent we are compared to others. As humans in this generation, our main Judging point is now we are doing compared to others, and not comparing to earlier generations. Katie Plckett argues that a societies' inequality, rather than wealth, is determinant of well-being.

Governance

Important factors of happiness such as freedom, corruption and opportunity can be determined by the government's power structure, dynamics and policies. There are three freedoms relayed by the government; economic, political & civil. Economic Freedom includes specific laws enforced and market openness. Political freedom includes the ability to choose whom we elect and civil freedom grants one the ability to express their beliefs as individuals.

Culture

Culture refers to how ones surroundings and shared values, traditions, practices, languages etc. in their environment drive happiness. There are different levels of culture ranging from family to bigger macrosystems like your part of the world. Culture, and often the religions and spiritual aspects associated with it, are often central to happiness because it not only drives happiness but also affects how we view happiness ourselves. At our age, we are all being immersed in a new culture that is likely very different from that we were raised in, which will have a huge impact on how we pursue and perceive happiness.