

THINK PRODUCTIVE BE SOCIAL


Exploring the Link between Productivity and Social Connection



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The Data



- ◆ The dataset contains 15,977 survey responses with 24 attributes describing how we live our lives.
 - ◆ The dataset includes responses from 2015 until 14 March 2021.
 - ◆ The dataset was obtained from Kaggle and contains the survey responses from www.Authentic-Happiness.com.
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Key Variables

Productivity

TODO_COMPLETED

FLOW

IN A TYPICAL DAY, HOW MANY HOURS DO YOU EXPERIENCE "FLOW"? *

► 'Flow' is defined as the mental state, in which you are fully immersed in performing an activity. You then experience a feeling of energized focus, full involvement, and enjoyment in the process of this activity. ► Watch the youtube video from Mihaly Csikszentmihalyi "Flow, the secret to happiness"

0	1	2	3	4	5	6	7	8	9	10
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None ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ Hours per day or more

HOW WELL DO YOU COMPLETE YOUR WEEKLY TO-DO LISTS? *

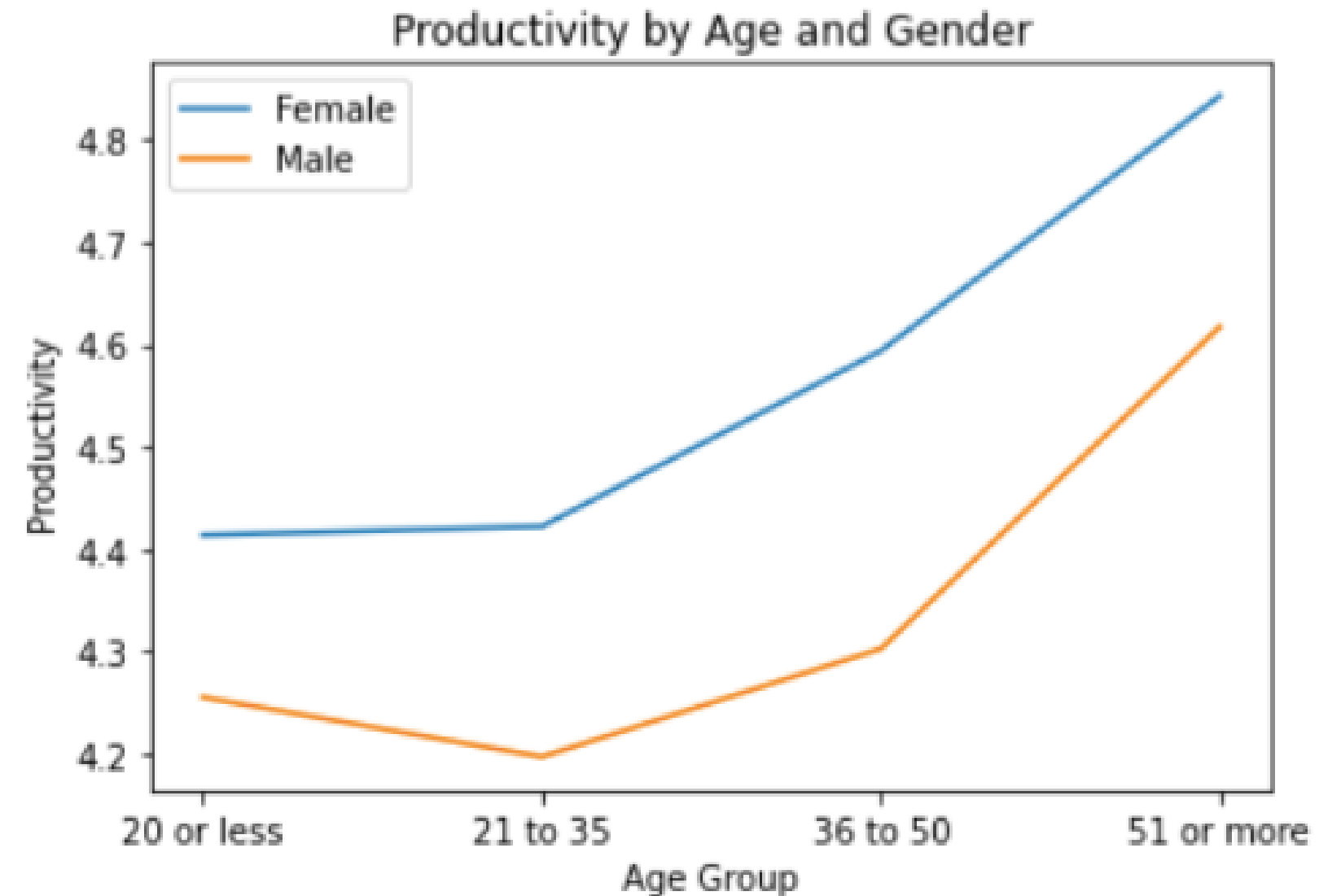
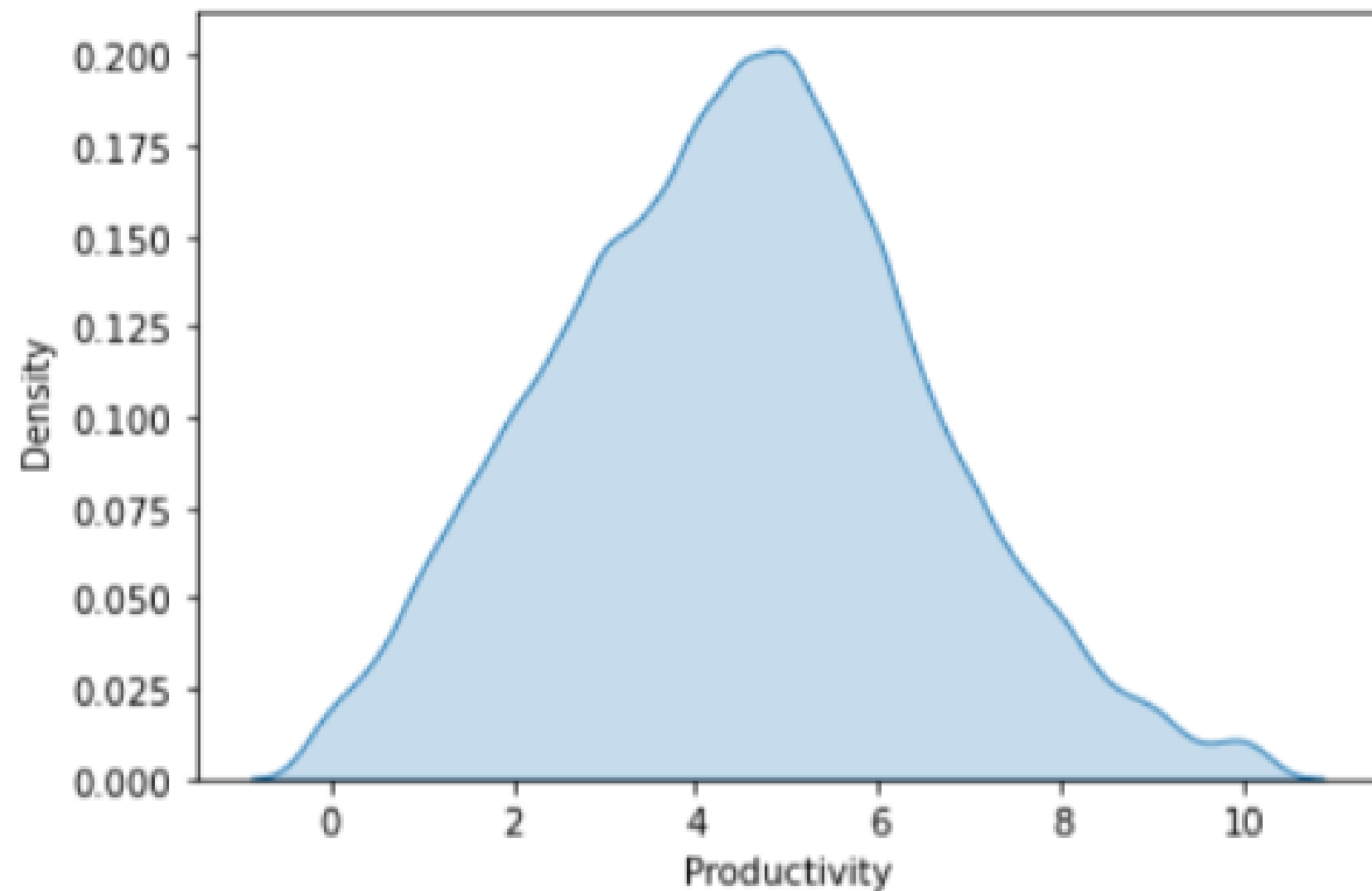
► Include your weekly goals, work- and personal-related tasks. ► On a scale of 0 = not at all to 10 = very well.

0	1	2	3	4	5	6	7	8	9	10
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Not at all ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ Very well

Key Variables

Productivity



Key Variables

Social Connection

WITH HOW MANY PEOPLE DO YOU INTERACT WITH DURING A TYPICAL DAY? *

► True interactions and dialogues at home, at work, at the gym, ... ► Average of workdays and weekends

SOCIAL_NETWORK

0 1 2 3 4 5 6 7 8 9 10

None

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Persons or more

CORE_CIRCLE

HOW MANY PEOPLE ARE VERY CLOSE TO YOU? *

► i.e. close family and friends ready to provide you with a long-term unconditional support.

0	1	2	3	4	5	6	7	8	9	10
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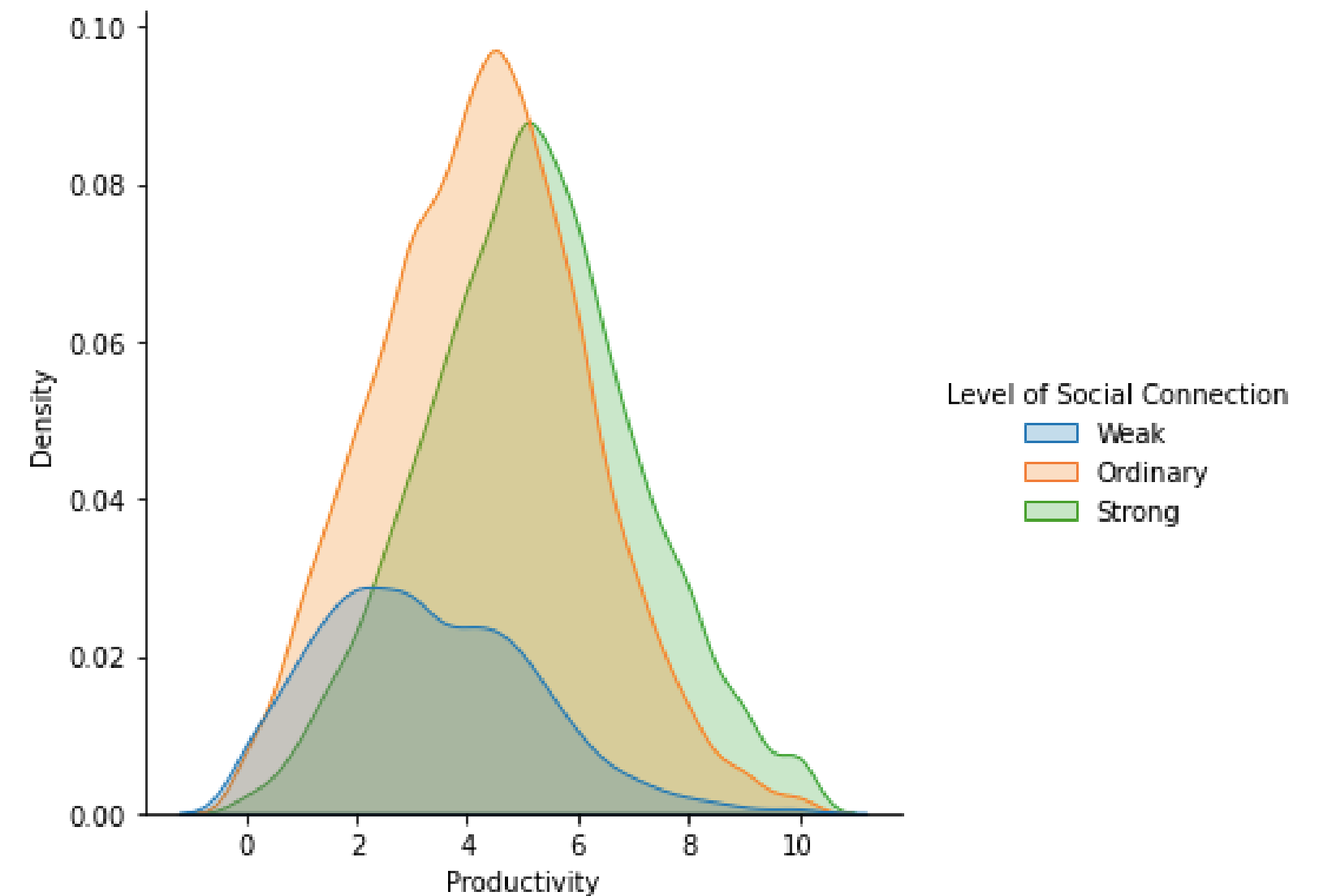
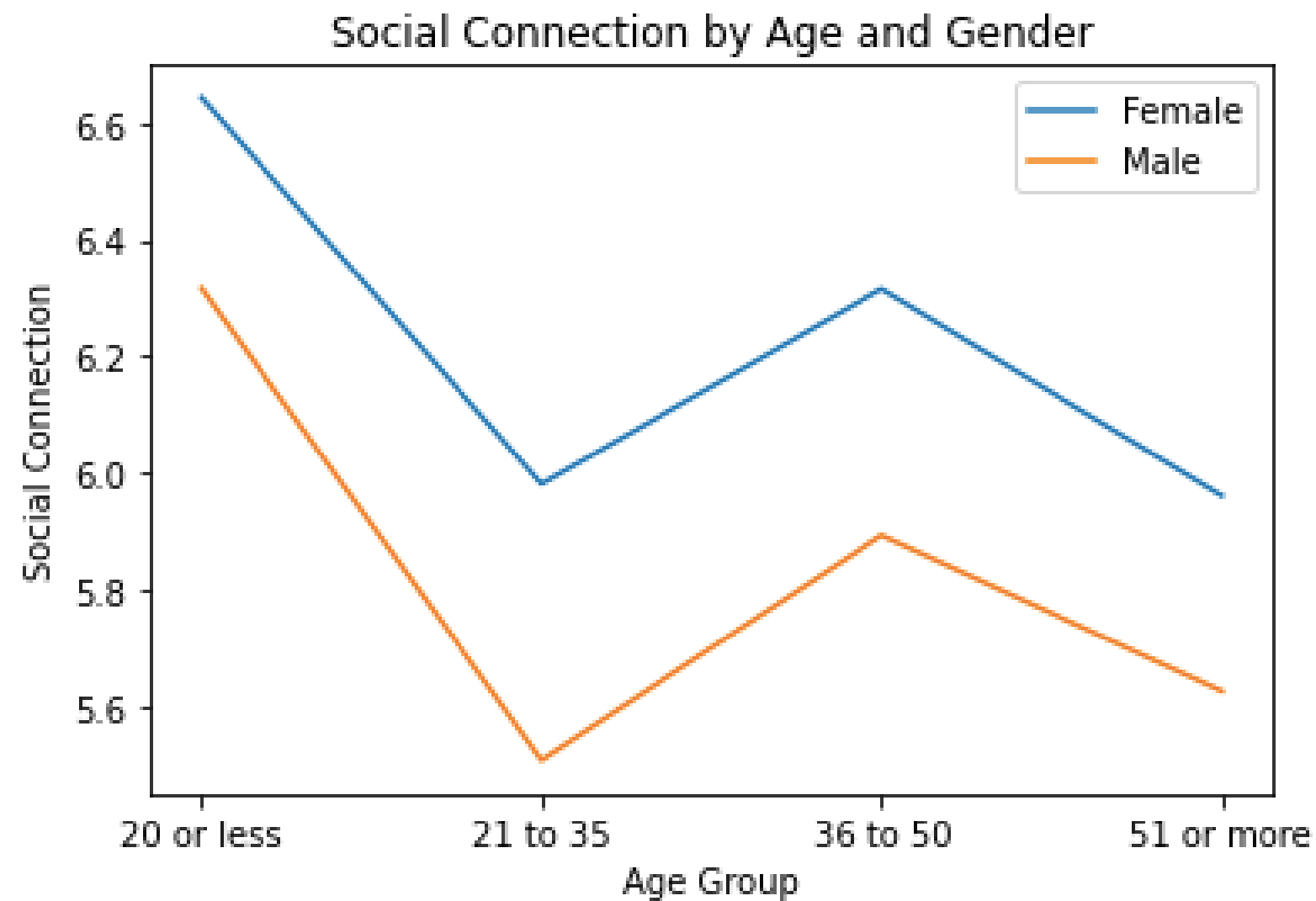
None

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

People or more

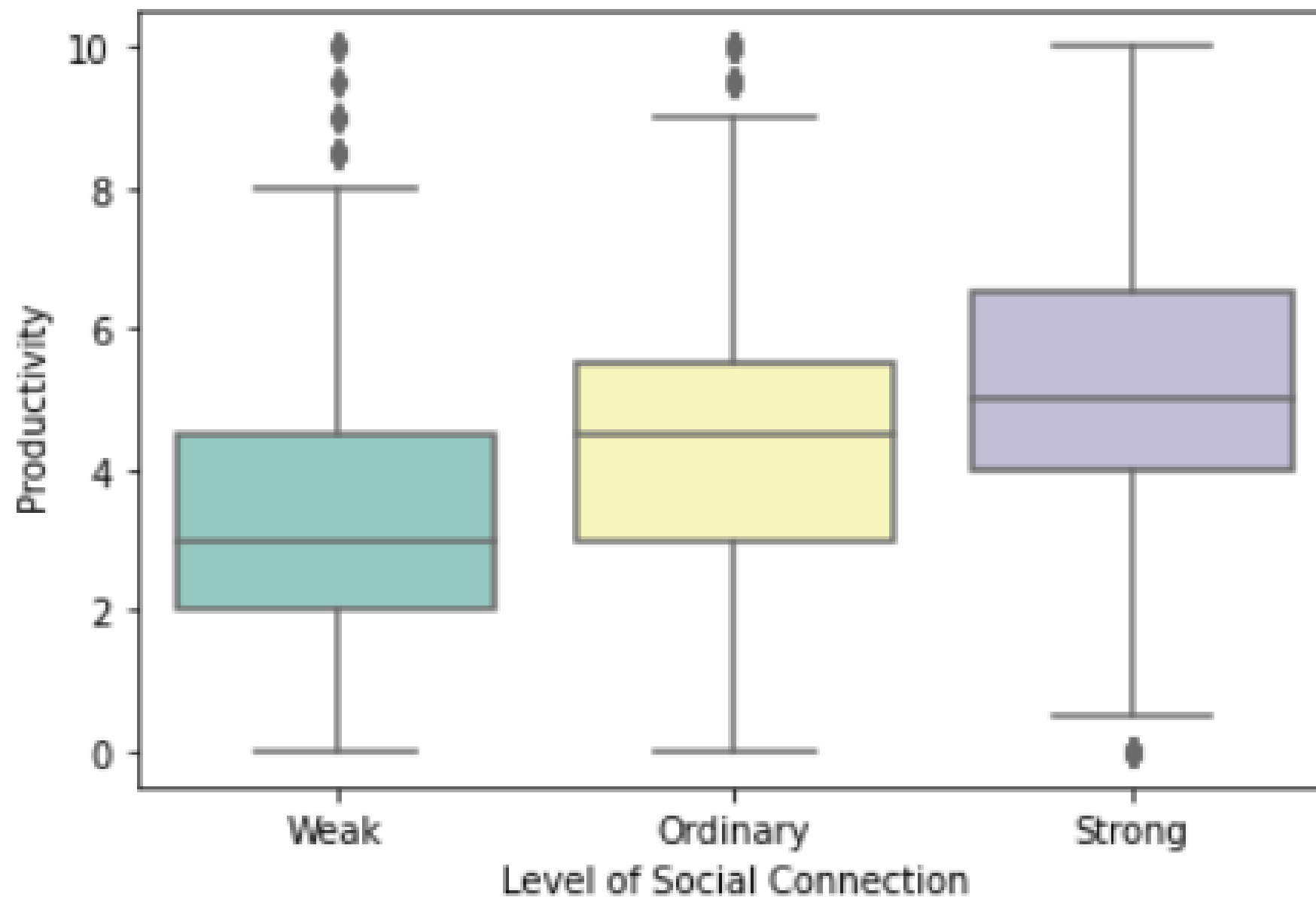
Key Variables

Social Connection



Findings

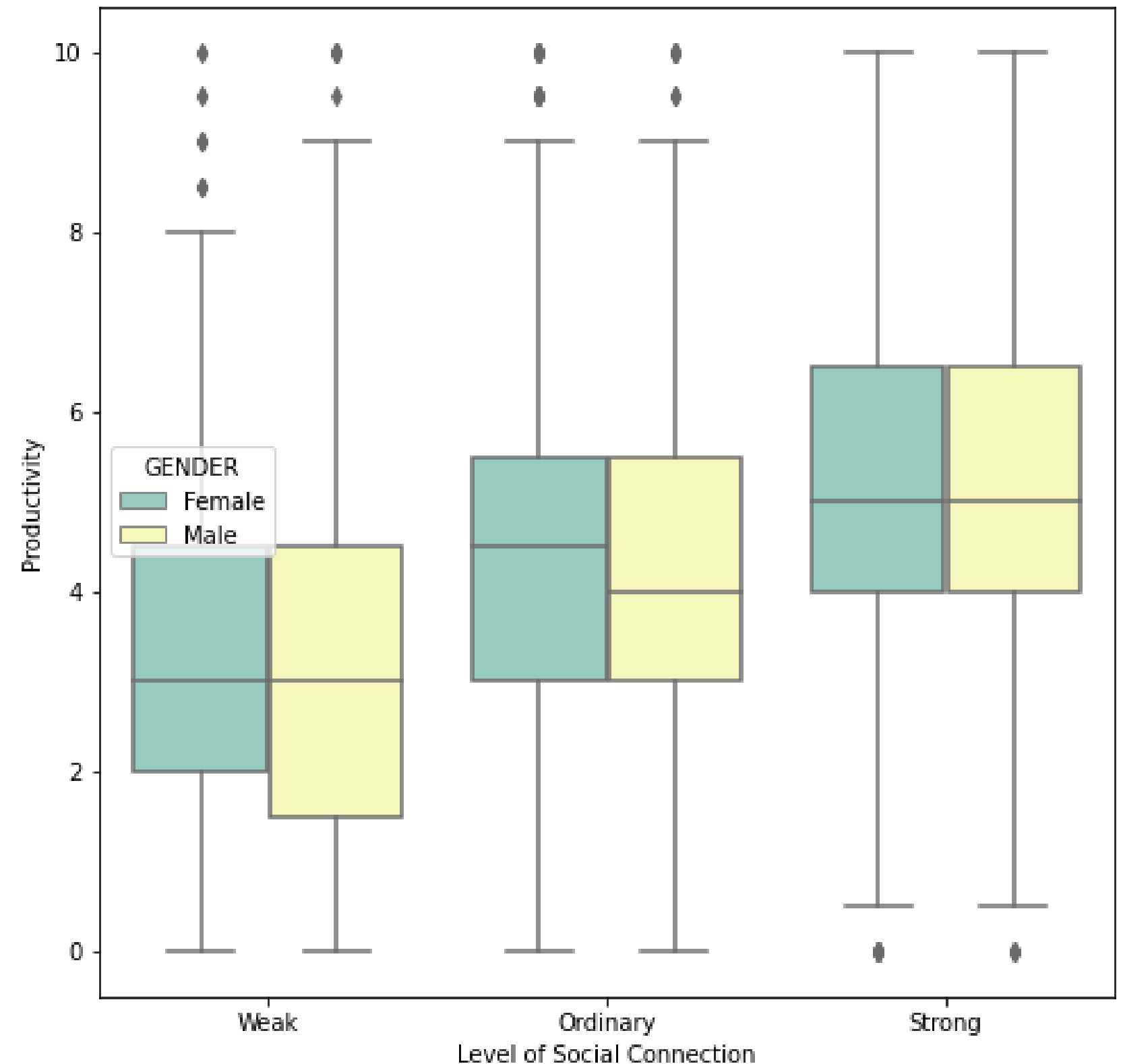
Social Connection And Productivity Are Positively Correlated



Findings By Gender

Social connection and productivity are positively correlated for both gender groups.

The productivity gender gap is present only in the two lower levels of social connection.

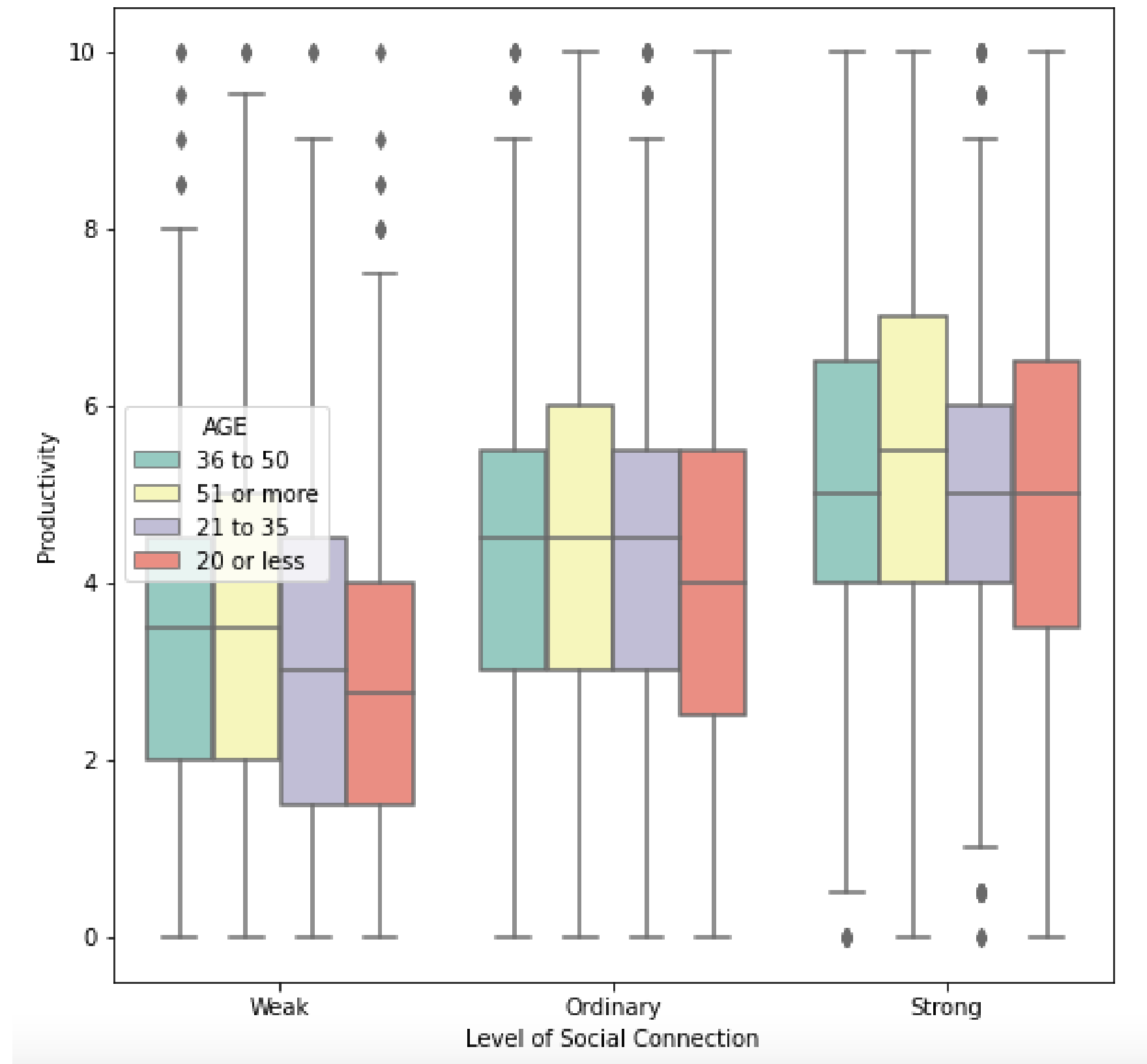


Findings By Age

Social connection and productivity are positively correlated for all age groups.

Individuals of age 51 or more are, on average, the most productive for all levels of social connection.

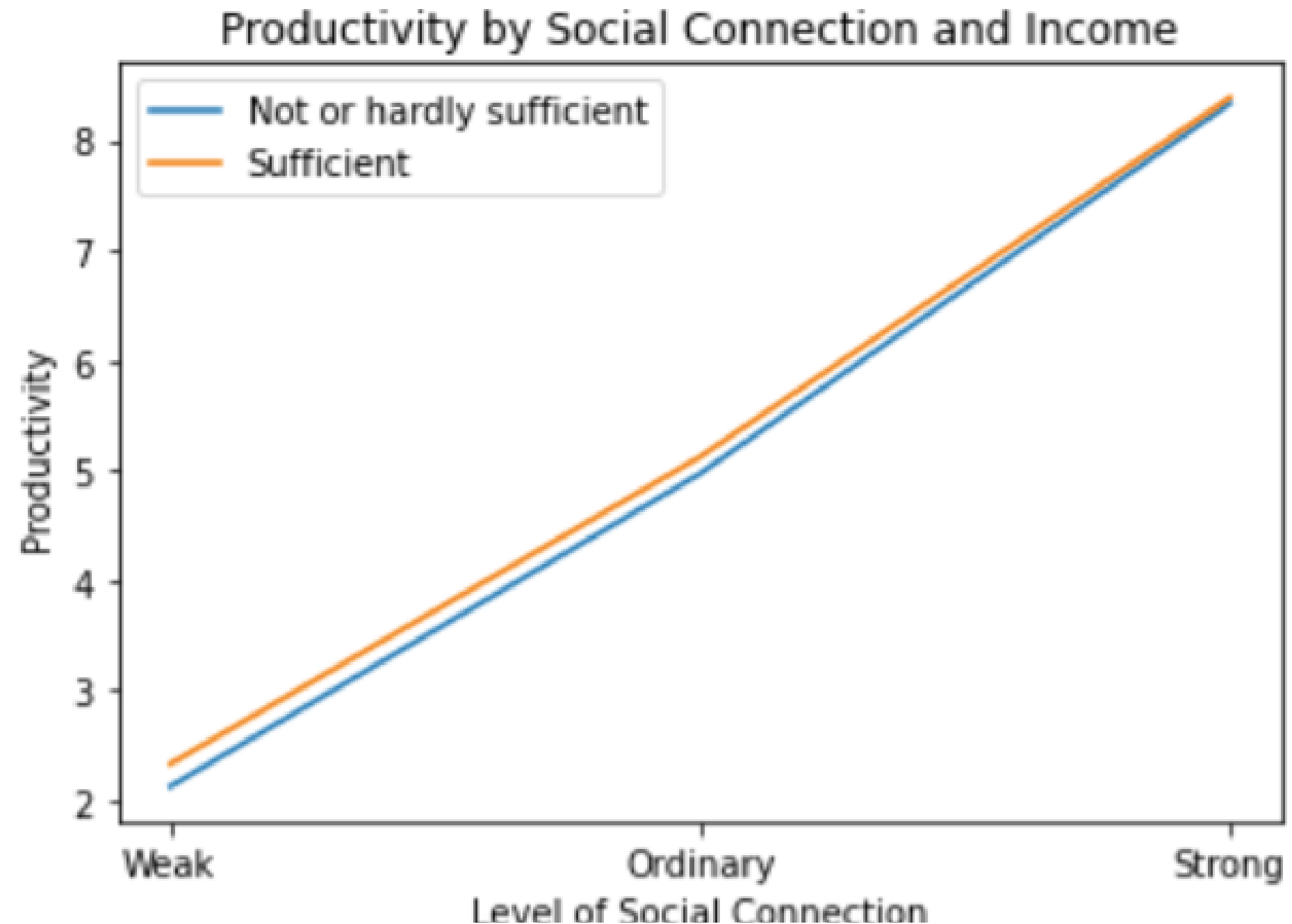
Individuals of age 20 or less are, on average, the least productive age group among the two lowest levels of social connection.



Findings By Income

Social connection and productivity are positively correlated for both income groups.

Individuals who reported to have sufficient income, on average, are slightly more productive for all levels of social connection.



Limitations



Self-Report Bias

People are often biased when they report on their own experiences.



Sampling Bias

Some members of the intended population have a lower or higher sampling probability than others.



Correlation != Causation

The correlation between Productivity and Social Connection does not automatically mean that the change in one variable is the cause of the change in the values of the other variable.

Next Steps

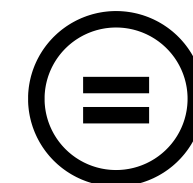
Randomized Controlled Trial

Treatment Group

SOCIAL_NETWORK

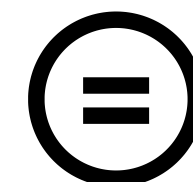


CORE_CIRCLE

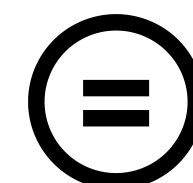


Control Group

SOCIAL_NETWORK



CORE_CIRCLE





Thank you!

Questions?

