# Pitch-Text Praxisseminar Data Analytics for Business and Psychology

**Methods and Analysis**

To analyse the effect of Stringency measures on Happiness worldwide, we gathered the relevant data from different open-source platforms. In total, we obtained happiness and stringency data for 115 countries. Happiness is the composite score of several indicators of happiness, such as freedom-to-make choices, health expectancy and others. The stringency is the composite measure of nine indicators, including restrictions to movement, physical social gatherings and other stay-at-home requirements.

Our visual output consisted of three sets of graphs, one for each year between 2020 and 2022 showing the relationship between happiness and stringency. To account for countries being inherently “less happy” than others even before the pandemic, we calculated the average happiness pre-pandemic and analysed the change in from pre to during the pandemic across countries worldwide.

As a result, you will see that happiness ratings centre around 0. For each year, yountries above 0 mean that they were happier than before the pandemic and vice versa when happiness is below 0. For the stringency variable, the higher the score, the higher the stringency measures were.

We predicted that happiness ratings in countries that applied more stringent methods to contain the spread of Covid would in turn have lower happiness ratings and that this effect would be particularly evident as the pandemic went on.