# Pitch-Text Praxisseminar Data Analytics for Business and Psychology

**Methods and Analysis**

To analyse the effect of Stringency measures on Happiness worldwide, we obtained happiness and stringency data for 115 countries. Happiness consists of several indicators, such as freedom-to-make choices, health expectancy and others. Stringency is the composite measure of nine indicators, including restrictions to movement 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 inherent pre-pandemic happiness differences, we compared the happiness changes per pandemic year relative to the average pre-pandemic happiness levels for each country.

In the graph, you will see that happiness ratings centre around 0. Countries above 0 mean that they were happier during than before the pandemic and vice versa for countries where happiness is below 0. For stringency, the higher the score, the higher the stringency measures were.

Our prediction was that happiness ratings in countries that applied more stringent measures would in turn have lower happiness ratings and that this effect would increase as the pandemic went on.