

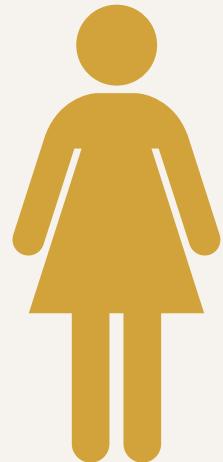
Wellbeing Data Analytics Study

by Isabel Jabs



Survey Group

GENDER



9.858
62%

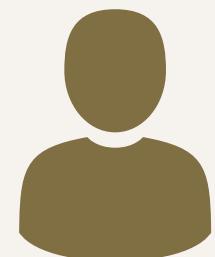


6.113
38%

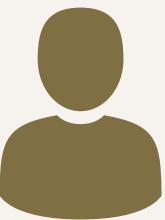
AGE



under 21
12%



21-35
38%



36-50
29%



50+
21%

Positive Psychology Website
www.authentic-happiness.com

20 Wellbeing & Lifestyle Questions

15k+ survey answers

Timeframe 07/2015 - 03/2021

No information about location

Body



BMI
Overweight Yes/No

Food
Servings Fruits/Veggies

Daily Steps
1.000-10.000

Sleep Hours
per night

Mind



Income
Sufficient Yes/No

Stress
Scale 1-5

Negative Emotions
times per week

Me-Time
hours per week

Connection



Social Network
No.of people

Core Circle
No. of close people

Places Visited
New per year

Lost Vacation
Days per year

Achievement



Personal Awards
Success in life

Achievements
last 12 months

To Do Completed
Scale 0-10

Flow
Hours per day

Meaning



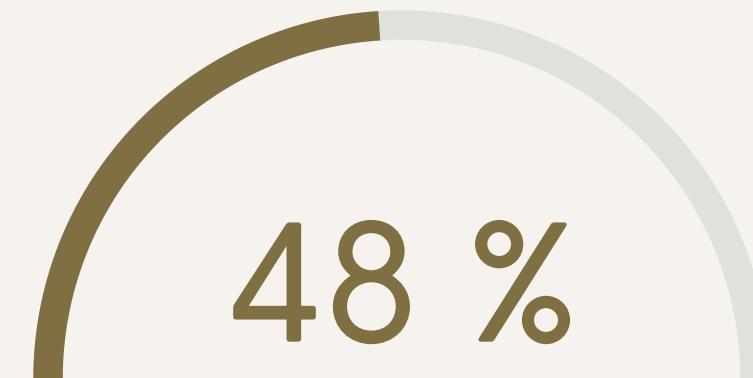
Donation
Times per year

Supporting Others
People/Year

Live Vision
Years

Time for Passion
Hours per day

Category	Score
Body	Low
Mind	Medium
Connection	High
Achievement	High
Meaning	High



Highest Correlation
Achievement & Meaning

Do people with
high meaning in
their life have high
achievements?

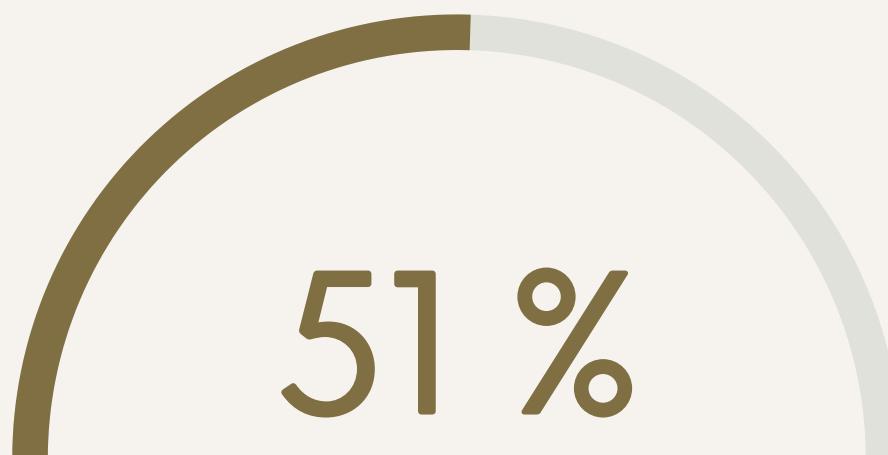


Machine Learning

Predicting High Achievers by the other 4 Categories

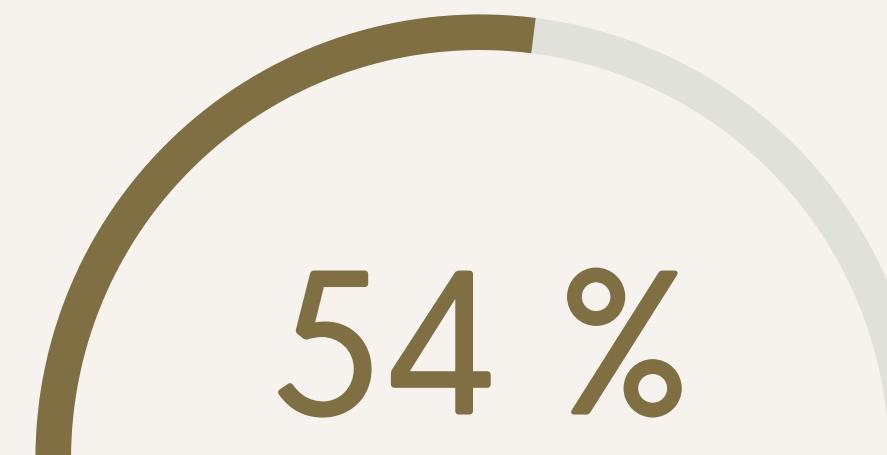
18% (2863 of 15971 total)

Random Forest Classification



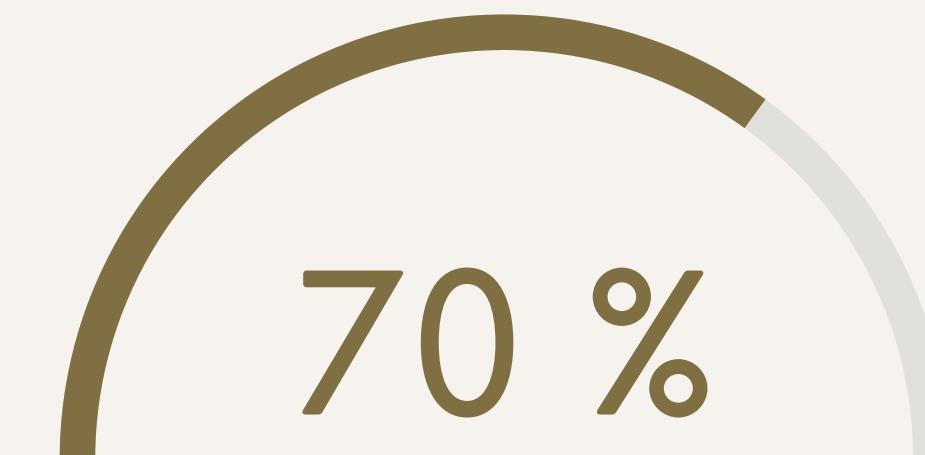
Precision 51%
Recall 33%

Logistic Regression
Imbalanced Data



Precision 54%
Recall 31%

Logistic Regression
SMOTE



Recall 75%
Precision 70%

Precision: % of the high achievers predicted, who actually are high achievers
Recall: Out of all true high achievers the % that was predicted correctly

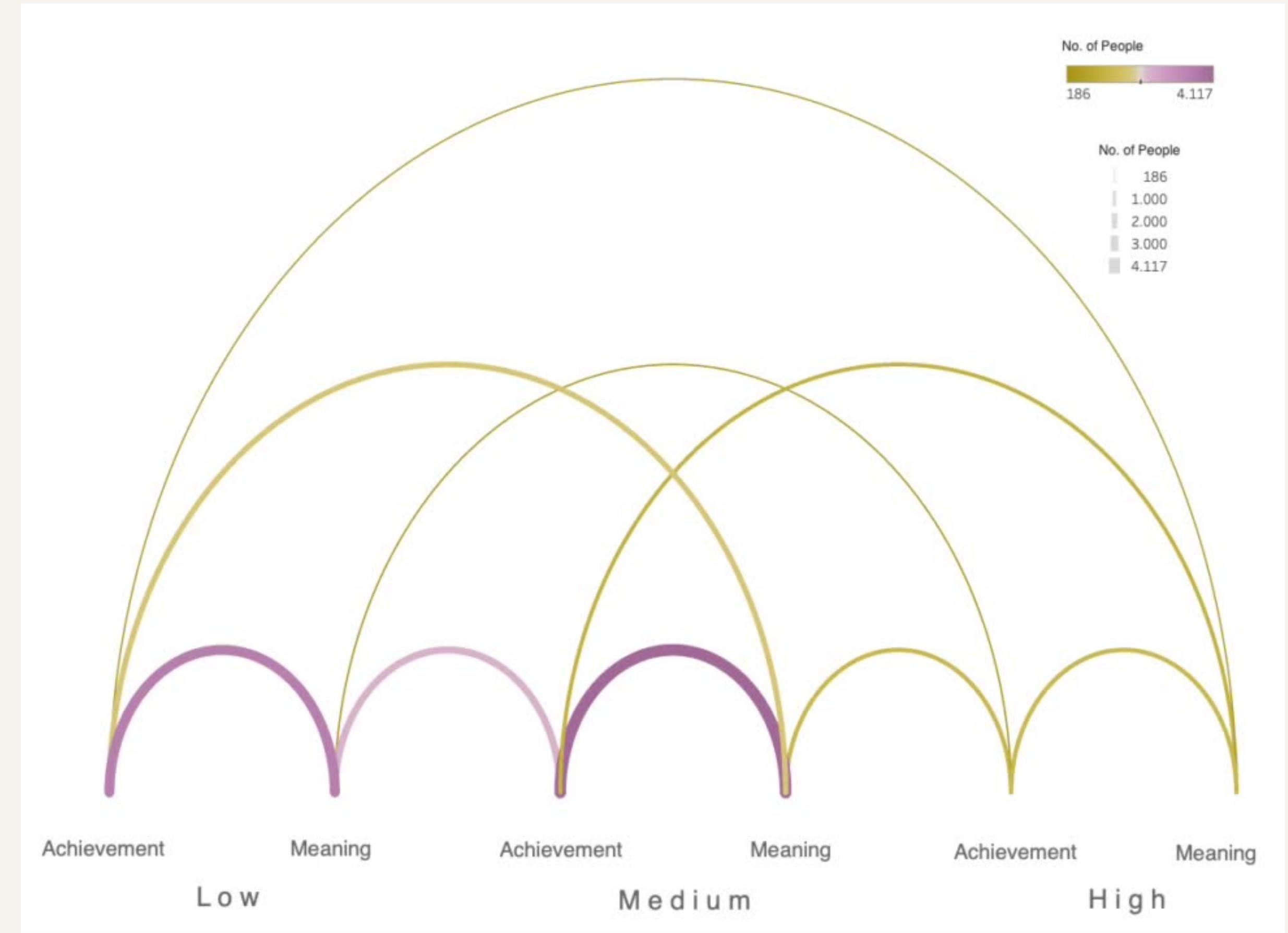
Achievements & Meaning

Achievement
<input type="checkbox"/> (All)
<input type="checkbox"/> 1
<input type="checkbox"/> 2
<input checked="" type="checkbox"/> 3
Meaning
<input type="checkbox"/> (All)
<input type="checkbox"/> 1
<input type="checkbox"/> 2
<input type="checkbox"/> 3
Meaning Score

Achievement & Meaning

People with low meaning in life often have low achievements

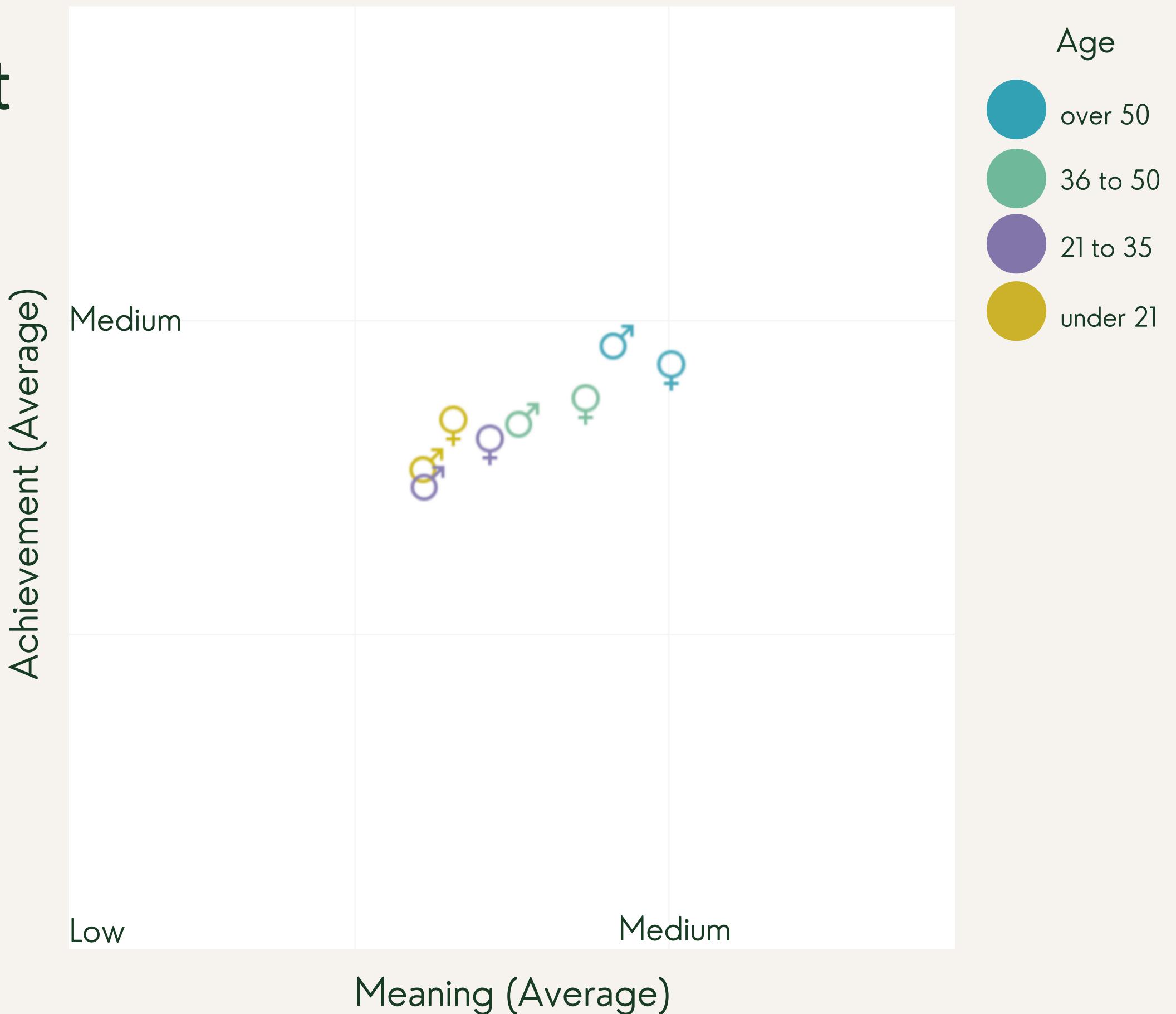
People with medium meaning in life often have medium achievements



Average achievement and meaning

Meaning in life and achievements increase with older age groups

Meaning increases more in female older age groups while achievements increase more in male older age groups



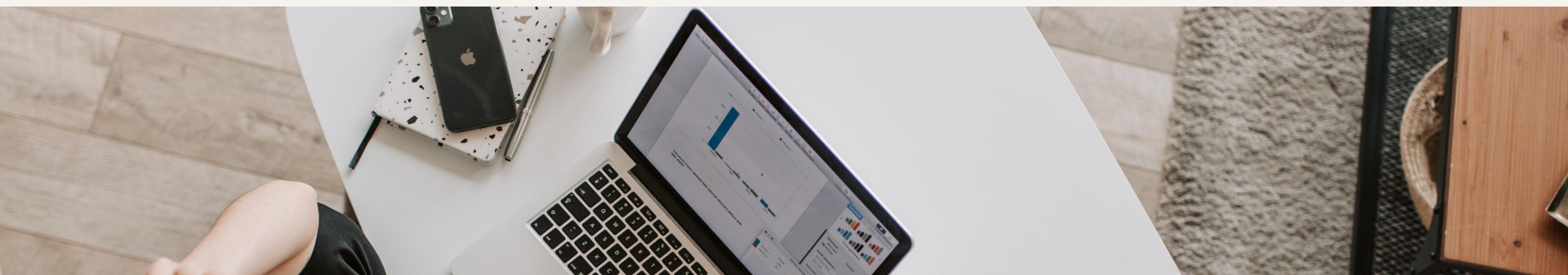
Conclusions

The expectation of the study to show that people with **high meaning** in their life also have **high achievements could not be seen in the data.**

People with **low meaning** in life often have **low achievements** (and/or vice versa) and people with **medium meaning** in life often have **medium achievements** (and or vice versa).

Meaning in life and achievements increase from young to older **age** groups.

Furthermore **meaning increases** more in **female** older age groups,
while **achievements increase** more in **male** older age groups.



Thank you for
your attention