



A RECIPE FOR HAPPINESS

How socio-political and economic factors affect worldwide happiness scores



“

Happiness ain't a thing in itself, it's only a contrast with something that ain't pleasant.

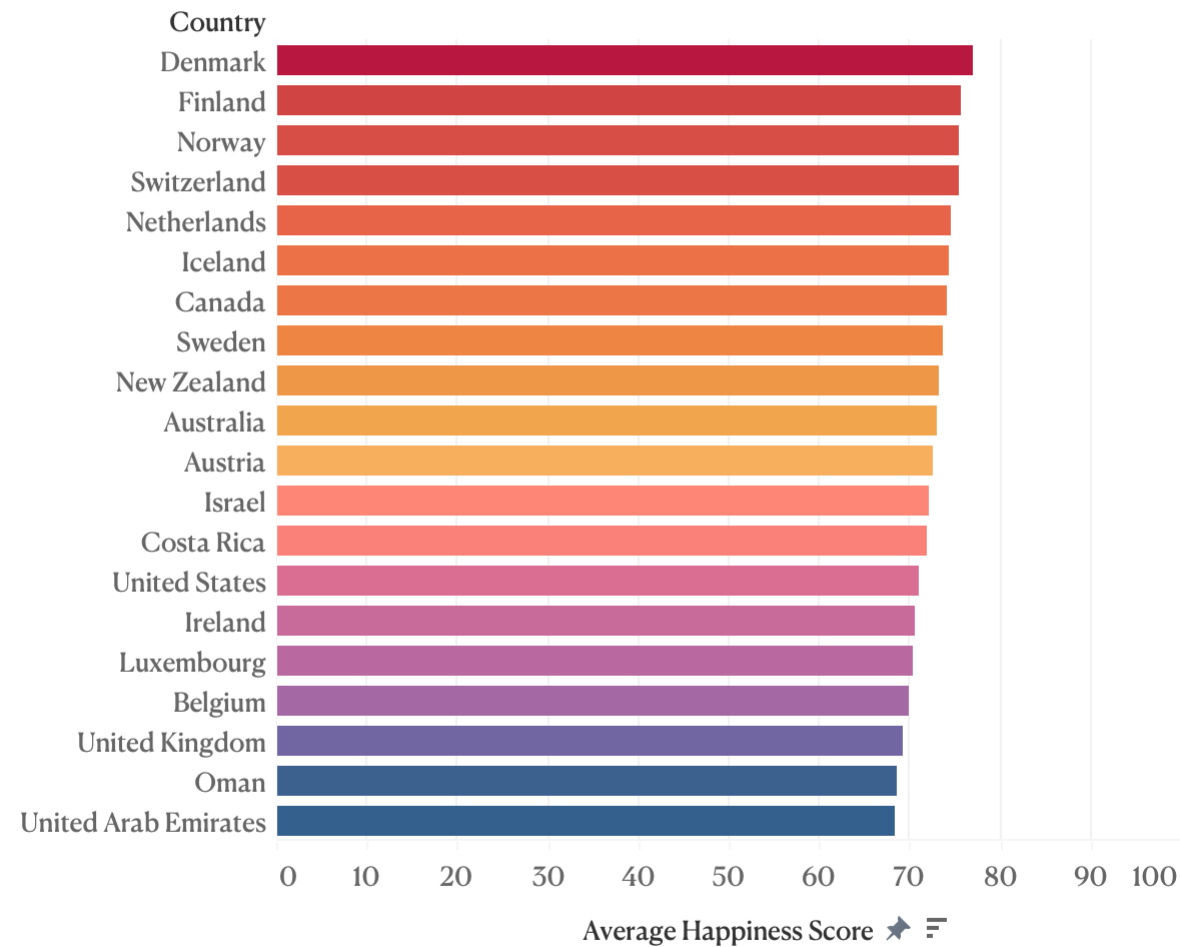
- *Mark Twain*



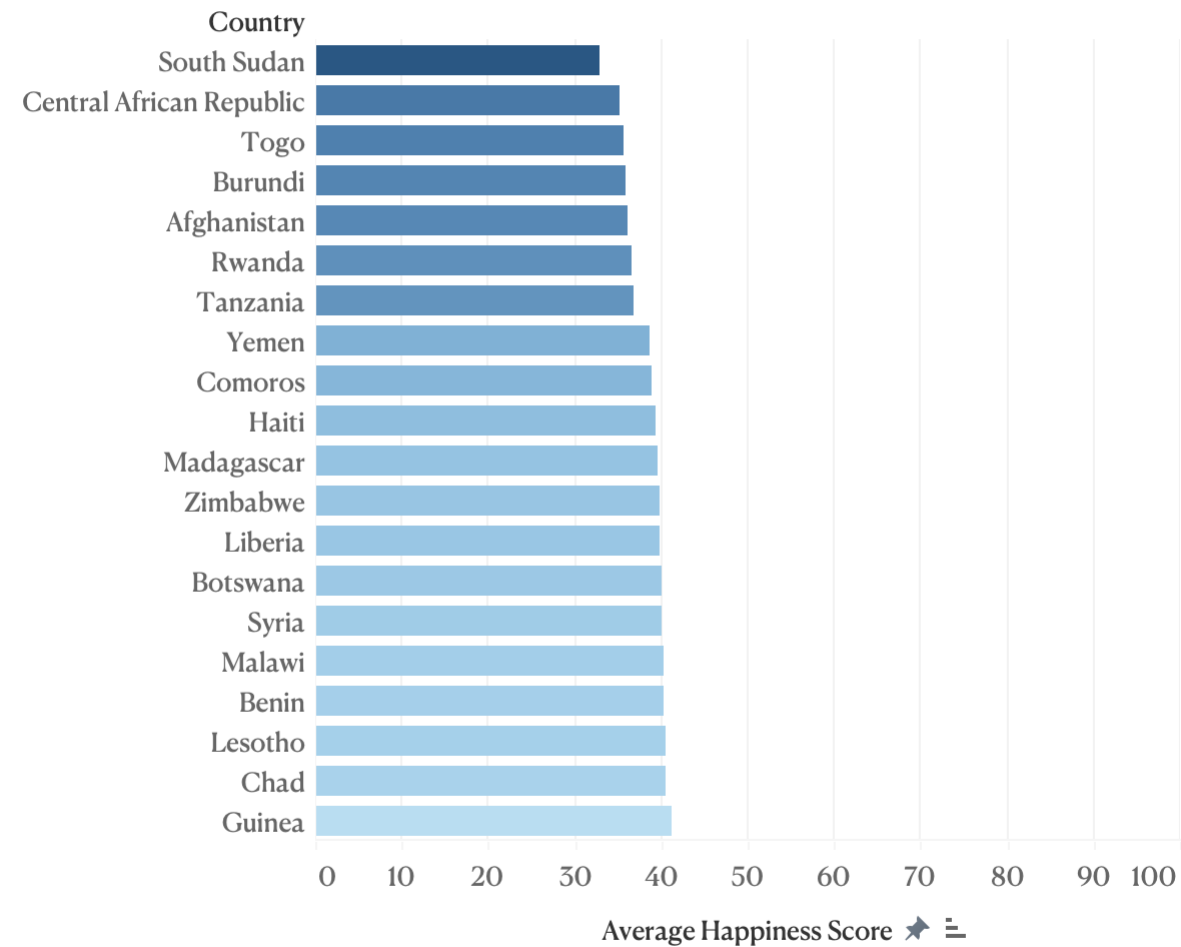
- ☺ Happiness can be predicted by looking at a handful of statistics. These measurements can be used to develop a **‘recipe for happiness’** that governments can work towards, in order to ensure their citizens have the best possible quality of life.
- ☺ There are many other motivations driving governments besides the general happiness level of their residents; **greed, power, religious motivations, throwing off the shackles of colonialism**, the list goes on.
- ☺ However, for the purpose of this study, we’ll proceed under the delightful delusion that **universal happiness is the goal!**

Who's happy, and who isn't?

Top 20 Happiest Countries

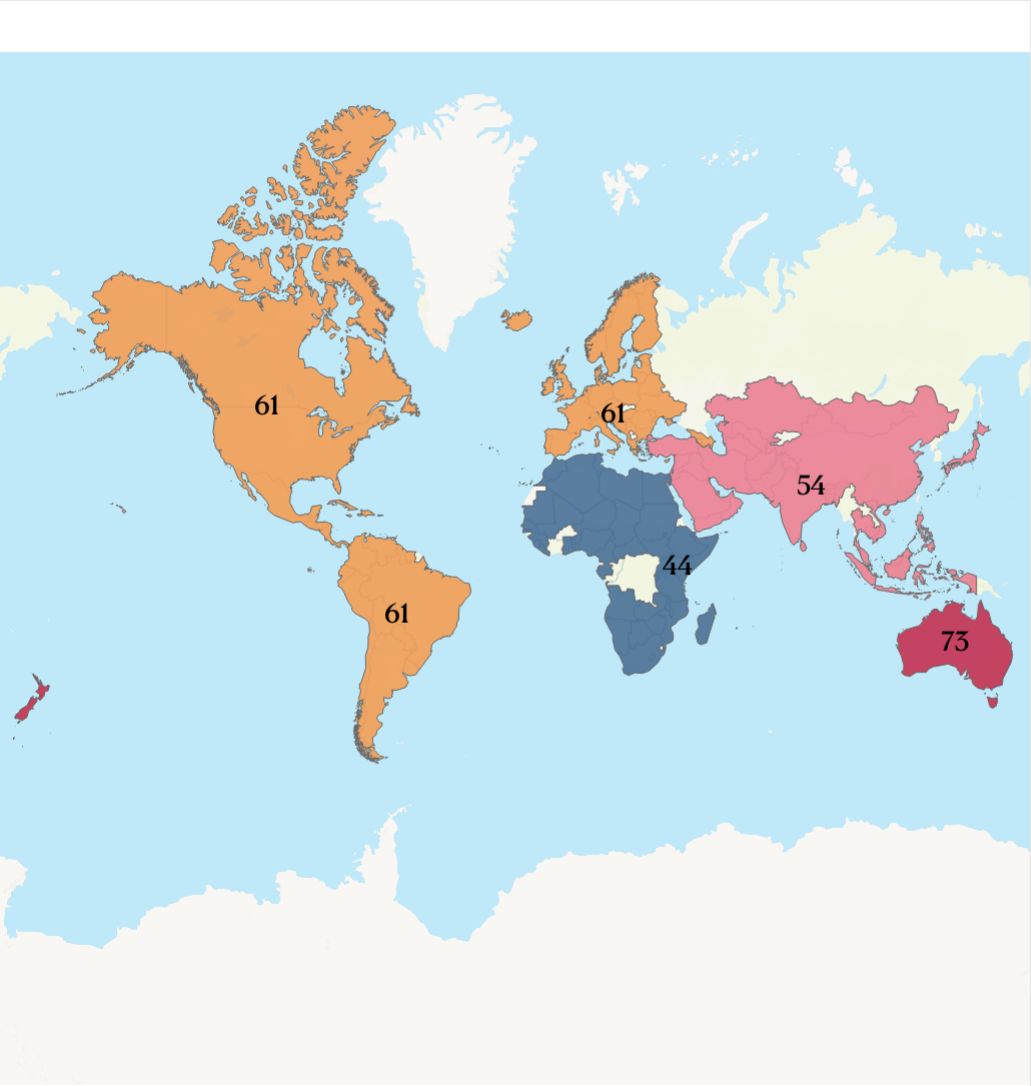


Top 20 Saddest Countries

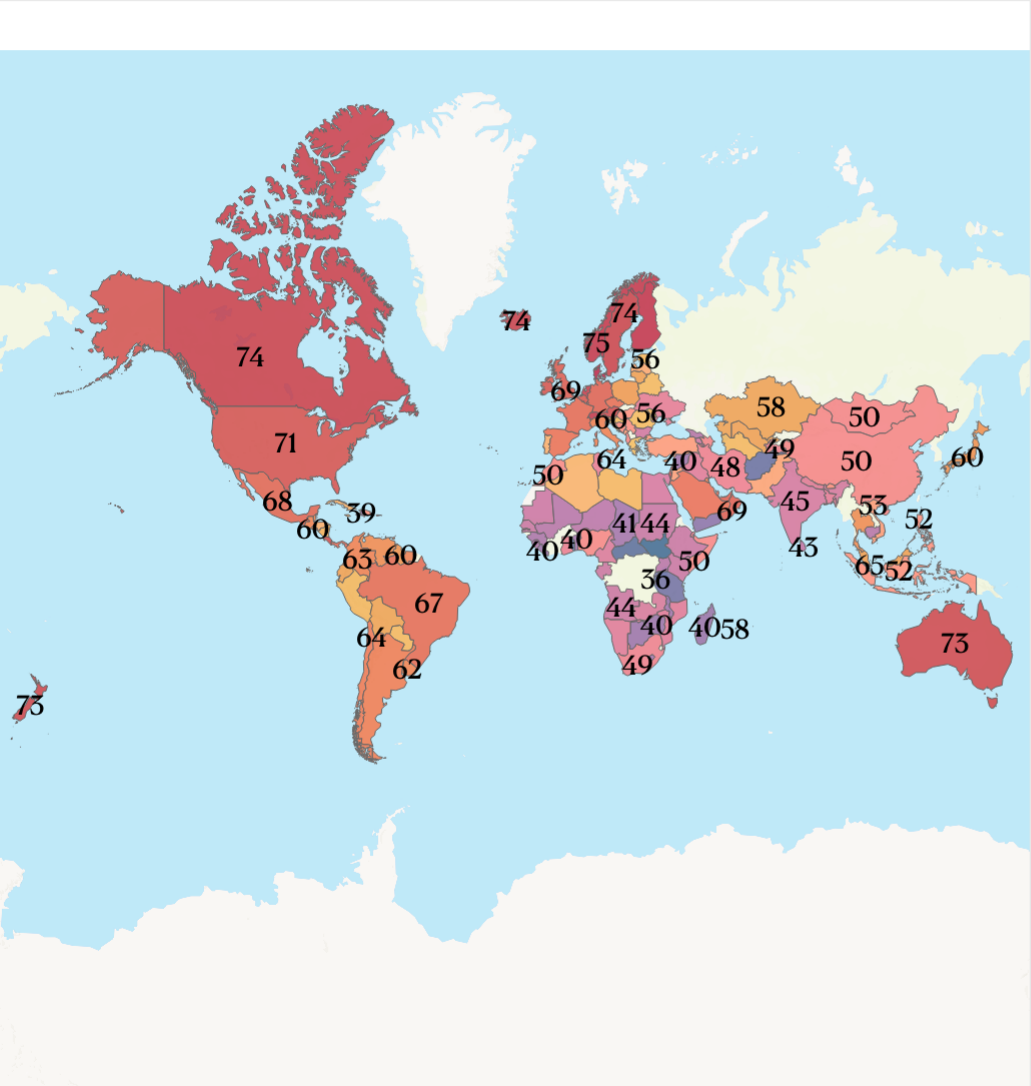


Where are they?

Happiness across continents



Happiness across the world

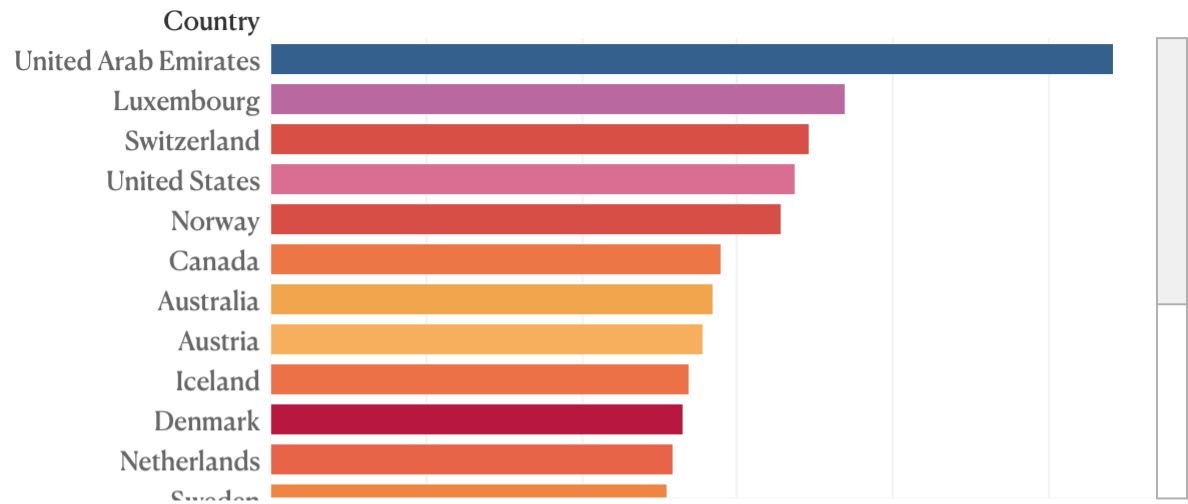


Average Happiness Score
33 77

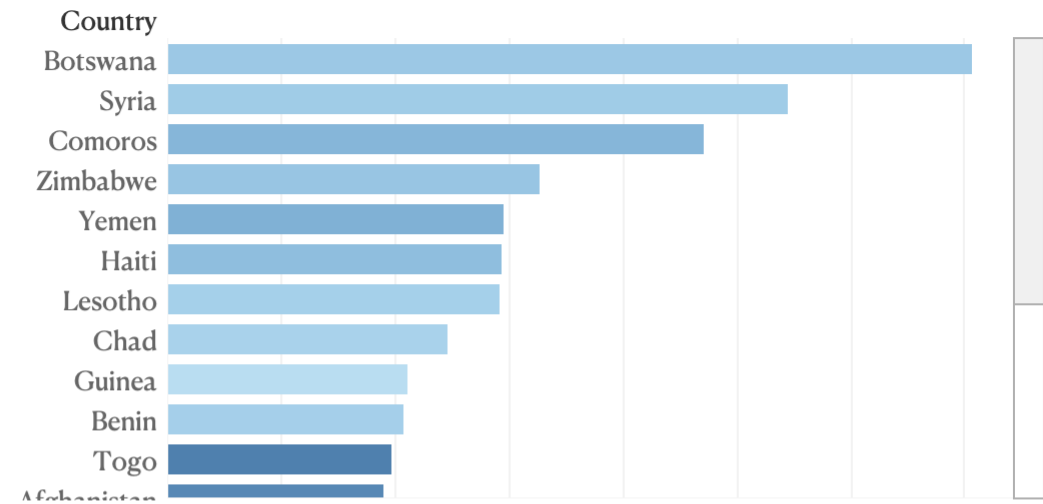
- Continent
- ✓ Africa
 - ✓ Asia
 - ✓ Australia and Oceania
 - ✓ Europe
 - ✓ North America
 - ✓ South America

Average Happiness Score
44 73

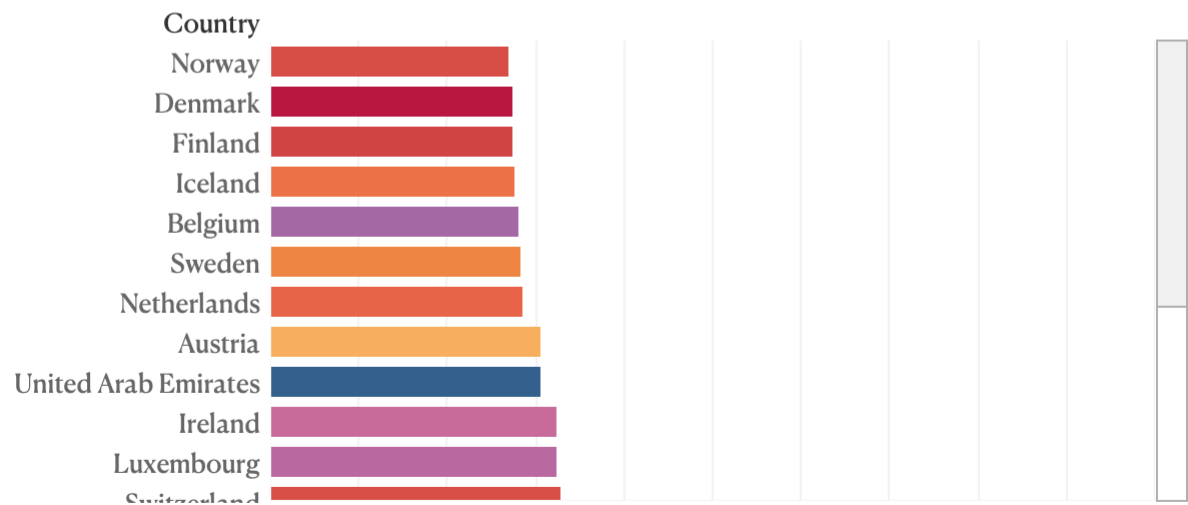
Top 20 vs Average Daily Income



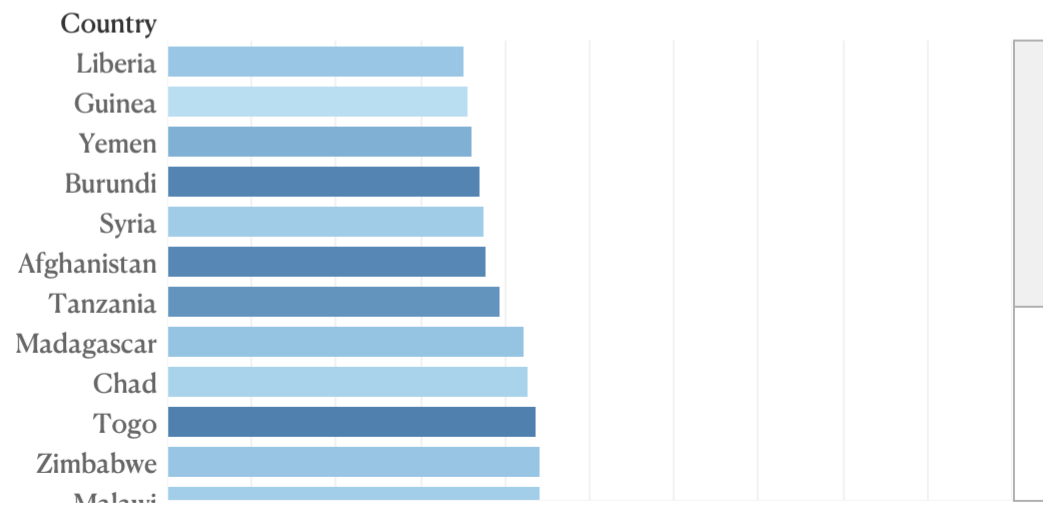
20 Saddest vs Average Daily Income



Top 20 vs Income Inequality



20 Saddest vs Income Inequality



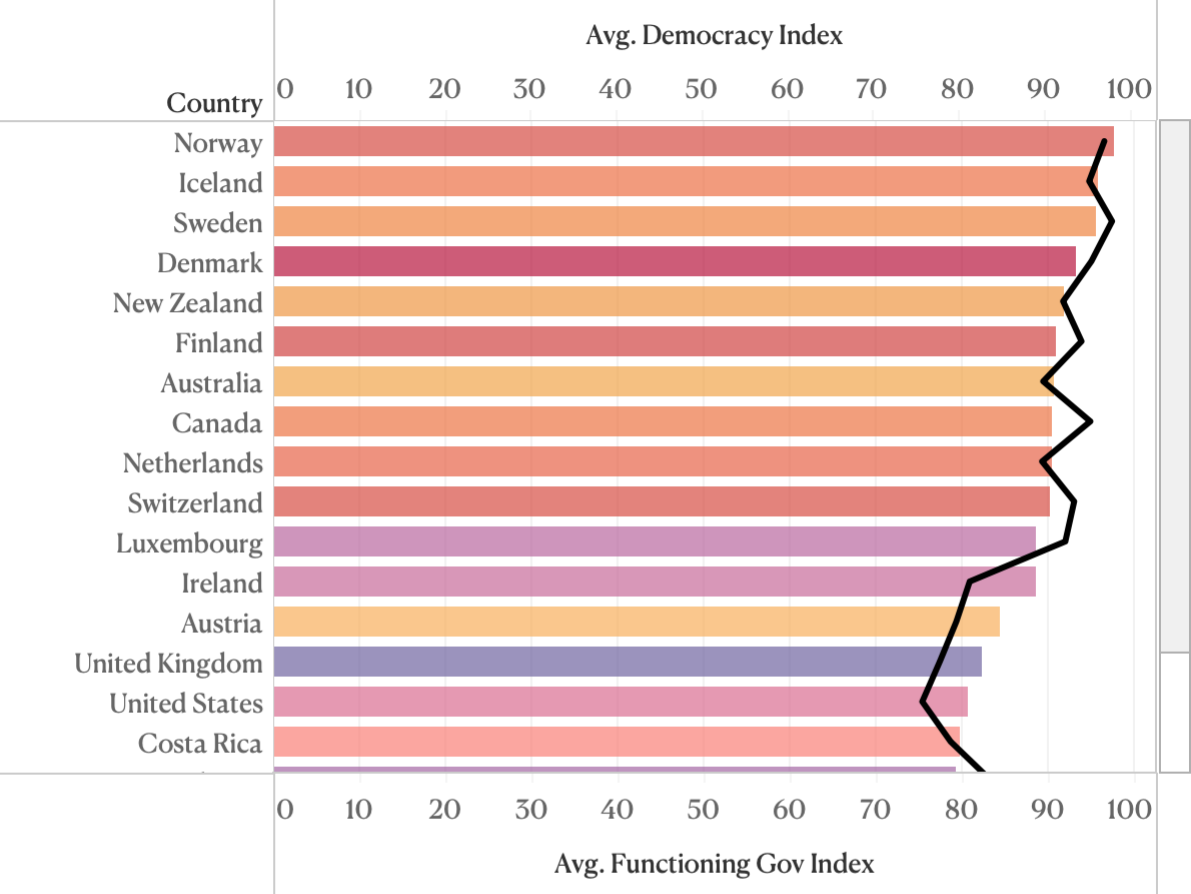
Average Happiness Score



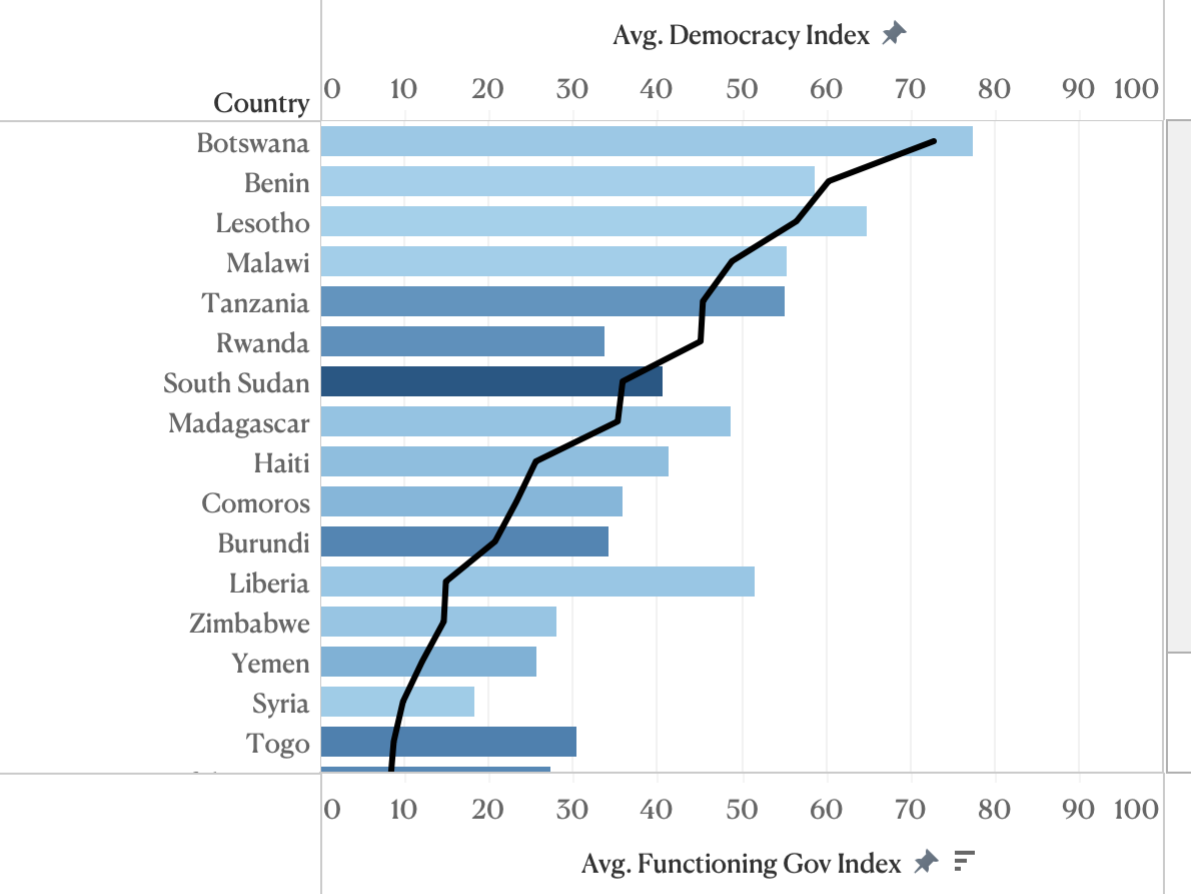
Average Happiness Score



Top 20 vs Government Factors



20 Saddest vs Government Factors



We can see matching patterns between functioning government (the black line) and democracy index (the bars). No big surprises there!

On the left, we can see that the oranges and reds (happy places!) are at the top of the scale.

score	1
population	-0.047
average_daily_income	0.74
democracy_index	0.6
functioning_gov_index	0.66
income_inequality_index	-0.25
parliament_percentage_women	0.29
	score

- ☺ How closely related are the ups and downs in happiness versus other factors? **Do they share a pattern?** The lighter orange boxes refer to the measures that match the most.
- ☺ Income inequality is being measured in a **reverse** scale, remember? So this means that countries with high happiness scores correlate 75% with **lower income inequality**.
- ☺ **Higher average daily income** also tends to match with higher happiness scores, as well as **higher democracy** and **higher functioning government**.
- ☺ **Women in parliament** also seem to have an affect, albeit smaller (29%). We'll need a sprinkling of gender equality in our recipe...
- ☺ Now we know which factors affect the score the most: these are our **ingredients!**



THE RECIPE

☺ **Low income inequality**

Interestingly, from our data we can see that happiness depends less on how much money people earn in general, and more on how well-distributed this money is.

☺ **High Average Daily Income**

Countries with a high ADI *and* low income inequality are the happiest.

☺ **Functioning Democratic Government**

Happier countries have a well-run democracy at the helm.

☺ A sprinkling of **Women in Parliament** indicates higher gender equality, more voices for representation, and therefore better democracy.



THANK YOU FOR YOUR ATTENTION!