Introduction:

We want to explore what makes us happy, before even starting, I need to preface that the answer is too complex, there has been multiple studies done with more depth by actual scholars, so attempting to answer this in a short article is futile. But what we can do is analyse some easily available data to see if we can draw some conclusions.

But before we even decide to explore any data, we need to explore happiness as a concept.

For this we need to travel to ancient Greece, Aristotle made a critical differentiation, when it comes down to happiness there are two types Hedonia, which refers to pleasure or happiness from pleasure seeking activities, this can be donating to charity or winning a competition. The second type is Eudaimonia, this comes from seeking virtue, a more casual way of explaining it is meaning so Eudaimonic happiness is linked to self fulfilment. If you have ever taken any type of business management class this might sound familiar since Marslows hierarchy (or pyramid) of needs is based on this concepts.

In a study, titled Being good by doing good: Daily eudaimonic activity and well-being. Journal of Research in Personality, by (Steger, Michael & Kashdan, Todd & Oishi, Shigehiro. (2008)), the researchers conclude that there is a difference between the satisfaction that people obtained in engaging in hedonic behaviors and eudemonic. “Contrary to the prevalent popular cultural support for pleasure-seeking, those who engaged in more hedonic behaviors did not consistently report more well-being.” For clarity, hedonic behavior or happiness exists in the lower half of Maslow’s pyramid, and it covers the basic necessities of a person, while eudaimonic happiness or behavior often relates to the top of the aforementioned pyramid and where self-actualization reside.

In economics we have a bad habit of quantifying happiness, we camouflage by calling it utility so that we don’t attract attention to our strange models. To understand utility as a general concept we need to understand Opportunity cost, it is defined by the Concise Encyclopedia of Economics as: “the value of the next-highest valued alternative use of that resource”. In lame man’s words what we miss out by doing something other than what we are currently doing or going to do.

Most economic theories are based around consumers will try to maximize their utility. So, if we already determined that eudaimonic actions bring satisfaction, therefore when the consumer is presented with a choice, he will pick the one that will bring them more utility. This will be different for every consumer since not everyone will derive the same utility of consuming a certain good and hence cannot be accurately measured.

So why is this important when looking at data? Well we need to be able to interpret our data and why it might be biased, without introducing any concepts you probably already know what countries are the happiest on earth. You are most likely thinking of Scandinavia or some extremely rural country in Asia or the amazon. Trying to interpretate this is above our current scope for this article sadly, but we can use the conclusions drawn by on David Myers in his Lecture on the Science and Craft of Teaching Psychology where he explained some of the basic findings of research into well-being.

Diener identifies five factors that contribute to happiness: social relationships, temperament/adaptation, money, society and culture, and positive thinking styles.

This are what we will be focusing most of our attention on, we will include some other connections that can come to mind but this will be what our analysis of the data will revolve around

Finally, it’s time to introduce our data, this study revolves around the results of a survey about the state of global happiness, this survey is conducted every year by Gallup and its known as the Gallup World Poll. The main number we will focus here is the “Happiness Score”. We will not focus on exploring so much where it comes from and dissecting it looking for a fault on it but we will explore why are countries like Finland or Norway at the top.

Graph (Figure 1 )

Body:

The main identifier in Diener is money, and here comes our first main comparison.

* Do taxes make us happier (GDP vs Happiness (per country))(Taxes vs Happiness

For this we will take the places of the world with the maximum individual tax rates and the happiest paces places in earth and try to identify if there is a correlation between one and the other.

We will also just look at the levels of GDP per capita and compare them with happiness, GDP per capita is a really good indicator of individual wealth since it comes down to per person basis otherwise countries like china where individual rights are more of a suggestion than a reality would be at the top of the chart and we have already determined that society and culture, and positive thinking styles are crucial for individual happiness.

Graphs

The next focal point of our analysis is Society, data for this is less robust than taxes or GDP. There is no taxes on social relationships so determining them is tougher.

That Being said, the happiness report includes some statistics such as Social Support, Life expectancy, Fredom to make choices, corruption and generosity.

This are all part of the Gallup survey and they are values with a strange concept behind them, that is that they all are benchmarked against a dystopian country named Dystopia where everything is the minimum it could be or the worst it could be .

Quantifying subjective results such as the freedom to make choices is strange, for example Uzbekistan and Cambodia lead this particular statistic. This presents an interesting chance to see how maybe wealthier countries less freedom and poorer ones might have. Or how freedom might play a role in life expectancy, maybe the less free we are to choose the happier we become?

Thinking of a presentation:

What are my take away messages:

* Where you live will not necessarly determine your level of happiness but it will have an inpact on it.
* Scandinavia shows a very strong presence on the happiness index, even after scoring rather mediocrely in the different indicators, always near the top but not necessarily
* Ultimately happiness is down to the individual person and trying to measure it with a number can only be an estimation

Maybe I can help you where to find a job after Ironhack based on data

---------------------------------------------------------------------- slide 1

Hello, Im Alex

My objective for this short presentation is to present some data and maybe help you figure out if you want move or not when your bootcamp ends.

----------------------------------------------------------------------slide2

Happiness is a delicate topic,

---------------------------------------------------------------animation1

so outlining the objectives is probably the best way to go about it.

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Our objectives are:

Outlining what makes people happy

Interpreting our data to see the happiest places on earth overall from a purely statistical point of view

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I will not try to define happiness, happiness is extremely subjective to the individual

I will sadly not be able to provide an answer on how to find happiness some things data analysis can’t answer.

If you want to explore happiness as a case study I suggest looking into Aristotle and his teachings on the types of happiness as a start.

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SO our data,

It is the results of a survey about the state of global happiness,

this survey is conducted every year by Gallup and its known as the Gallup World Poll.

To compliment this index and its components for our analysis we will be looking at gdp per capita

----------------------------------------------------------------------------Slide 4

Before I go any further let me show the results of the survey

The charge is led by Scandinavia,

Finalnd is numb1 scoring a 7.6 but its closely followed by Norway and Denmark.

Some notable or rather surprising results would be Canada at number 7 and Costa Rica at 13.

Spain comes in at 36 with a score of 6.3

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I said I wouldn’t try to explain happiness, but we can use the conclusions drawn by Ed Diener

Diener identifies five factors that contribute to happiness: money,

social relationships, temperament/adaptation, society and culture.

For our analysis we will only be able to focus on four aspects

------------------ animation 1

, money,

------------------Animation 2

social relationships,

----------------animation 3

society

-------------------------animation 4

and culture.

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Money:

We can’t go around asking everyone what they earn, what we can look at is Gdp per capita.

For social relationships society and culture:

We grabbed five different markers that represent the outlined aspects. Since finding data on such subjective topics is nearly impossible.

-------------------------------------------------------------------------------------slide 7

So this is the relationship between gdp per capita and the happiness index.

As you can probably see there is a pretty obvious positive or direct correlation between the average income and the happiness of the individual

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For a better insight I decided to separate the countries by continents.

--------------------------------------------first anim

We have some extreme outliers in the x axis Qatar, Luxemburg and Singapore have the highest Gdp per capita This could be due to population density.

Its pretty telling that Europe Oceania and some countries in Asia are extremely dominant in both GDP per capita and in the happiness score

From the Americas there is three countries outside of the pack.

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Canada and the Us shouldn’t be surprising, but what is surprising is that costa rica which still scores really well in happiness but not on GDP per capita

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We now look at society and the parameters we have previously defined.

I will not show all the graphs and comparisons since there is one

for each variable and we could be here all afternoon.

But I will invite u to play around with the data at the end of the presentation

For this I built an interactive dashboard in an online app.

I will showcase a quick demo now so you know what to expect if you are still interested

Keep in mind that I have included other variables that I didn’t mention in this presentation to give you more freedom to play around.

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The main takeaways I got from my exploration where:

1. Asian countries have a longer life expectancy and surprisingly happier countries do not.

Countries with more longevity are in the middle on the pack perhaps suggesting it doesn’t play a strong role in happiness after a certain age.

--------------------------------------------slide 11

1. Apparently, Myanmar was a huge outlier in the generosity index, probably not anymore due to the current political climate.

Countries that scored lower in happiness sometimes scored higher in generosity than richer countries.

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1. Corruption has a direct relationship with the happiness index, meaning the lower the corruption the happier the people.

The main outlier in this case is Rwanda, but who knows this might be due to a lack of subjective data

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Hopefully this little explanation and tool to play around can help you make a decision or not.

But

Remember we talked about adaptability, in the context of factors contributing to happiness

Adaptability refers to how everything from the weather,

to moving and how it impacts a person.

Being aware of this and preparing for it should ease the process in the even that you do consider moving.

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I will now send the dashboard app link on the zoom chat in case you want to play around with the data. There is a lot more there than what I have explained and its very interactive. If not you can always spin the glove around, I have spent an embarrassing amount of time doing that

Thank you for your attention.

Now staying on topic of travel and moving, here is Carlos to talk to you Airbnb.

<https://interactive-dash-ironhack.herokuapp.com/> here is the dash app!