# HAPPINESS

Data Story on Happy Moments

Introduction

What is happiness? How to know we are happy? How can I have happy moments? All these topic called Happiness theory in philosophy . This everlasting topic was discussed millions of times by philosophers,politicians, ethicists, etc. Two thousands of years ago, Plato already begun consider this extremely important topic, he came to the conclusion that happiness is virtue. We want to be happy, we must depend on our mind and virtue so that we can create a peaceful and beautiful world. Everybody shows their wisdom and be kind to others with smile, we can't say living in this situation will not be happy. Epicurus may have different view to happiness, he thinks enjoying is happy. We enjoy delicious foods, watching beaties, handsome men, listening mellifluous voices, all these senses are types of happiness. For Epicurus It's better to have sensory enjoyment rather than seek a   virtue society depending unreliable demos.In later, most of philosophers also give their ideas, including Feuerbach,Schopenhauer,Nietzsche. However, today, we are going to discuss happy Moments by a totally new view------ Happy Moments under data analysis.

WordCloud

By a modern statistical technique----WordCloud, we can have a directly way to get the frequencies of what's make the happy moment. Some high frequency are verbs like got, went, work. Some high frequency words are about relationships,like friend, husband, son,etc. other high frequency are about affection, activities, meanings. Though a detailed observation about the picture, we may recalled Martin E.P. Seligman's PERMA theory. Just like the categories given by the WordCloud, there are five ways can make us happy: Positive emotion,engagement,relationship,meaning,achievement. We can see lots of relationship make people happy.From the verbs, we may infer that people achieve something. Like you got A, so you have a excellent achievement in academic courses. By the achievements, people get positive emotion and meaning.Of course, engagement is a necessary ability to arrive to success.
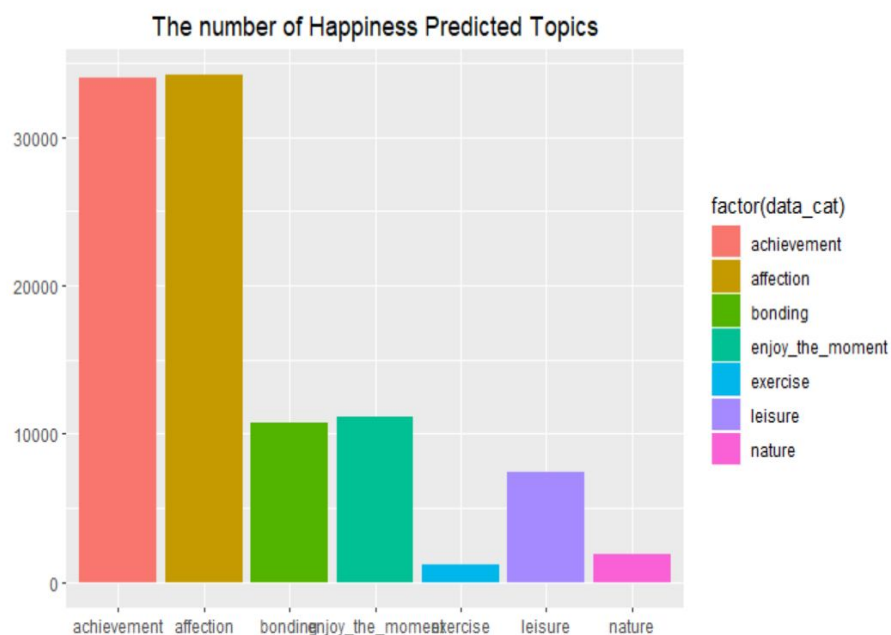
Histogram 1

In this histogram,we can get the diversities of things make people happy. The highest diversity one is food. There are more than 600 types of foods make people happy. The decreasing order is food,people,exercise,family,work,pets,school,shopping. It means usually material stuff and Subjective actives are more diversity than abstract things. And it can also be explained by degree of difficulty to complete by people themselves . A good idea born here is that if you want to make others happy, just treat him/her a really really really delicious foods. There is a big probability to make them better. Go quick try on your girlfriend or boyfriend!

The types of Happiness things in each topic
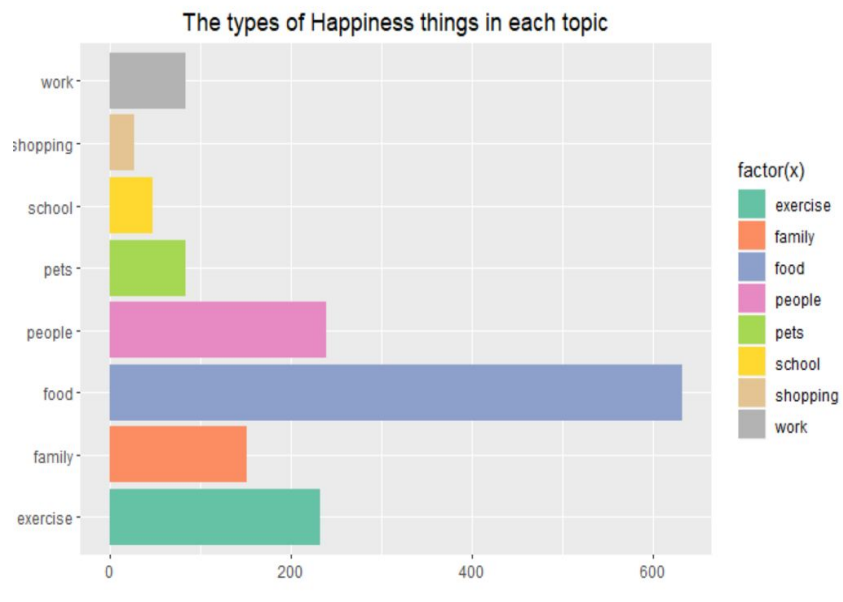
Histogram 2

The second histogram is to measure the number of each topic that make people happy. Just like PERMA theory we talked before, positive emotion and achievements make people feel happy. Without any doubts, here are lots of data to prove this idea. The following are enjoying the moment,bonding,leisure, exercise and nature. If you feel unhappy, I hope this picture can give you a idea about what you can do, do meaningful things, have fun with family,friend , go to outside, or just work out.

Summary

The main point for the common people to discuss happiness moment is never to get academic views.(Unless you study philosophy) We may do not need know how Aristoteles,Kant,Marx think about it, but we have to know how can you and people around you be happy. Analyse data, we can snoop other's happy moment, so that we can use these ways to create a happy moment, staying with family and friends, share flavorful foods, go outside to exercise together. If one day, you feel unhappy, just open this days, it is like a happiness reference book , just look up our data, you may find some fully surprised, amazing, wonderful ways to make you happy, but just remember keep away from weeds.