**Happiness, alcohol, and suicide**

I dedicated the first couple of projects in our class to this topic, and this final project was focused on it as well. As I have learned more data analysis tools and concepts, I tried to apply them to study the connection between happiness, alcohol, and suicide—a topic I find increasingly important these days. If I were to take another—more advanced bootcamp ☺—I would continue to dig into this question.

**Happiness** is that feeling that comes over you when you know life is good and you can't help but smile. It's the opposite of sadness. Happiness is a sense of well-being, joy, or contentment. When people are successful, or safe, or lucky, they feel happiness. This is just the definition.

Leading experts around the world across fields – economics, psychology, survey analysis, national statistics, health, public policy and more – describe how measurements of well-being can be used effectively to assess the progress of nations. The reports review the state of happiness in the world today and show how the new science of happiness explains personal and national variations in happiness.

In this project I try to investigate the difference in happiness between all countries in the world.

Another two branches of my research were dedicated to analysis of the **alcohol** **consumption** and level of **suicides** in the same country around the world. Why not? After all, suicide can apparently be regarded as the opposite concept of happiness.

**SLIDE 3**

In this entry, I discuss the data and empirical evidence that might answer these questions. My focus here will be on survey-based measures of self-reported happiness and life ladder (life satisfaction). Here is a preview of what the data reveals. Life satisfaction and happiness vary widely both within and among countries. It only takes a glimpse at the data to see that people are distributed along a wide spectrum of happiness levels.

Important life events such as marriage or divorce do affect our happiness, but have surprisingly little long-term impact. The evidence suggests that people tend to adapt to changes.

**SLIDE 3**

Nordic countries have the top ranking: Norway, Denmark, Iceland and so on have the highest scores (all with average above 7).

Richer countries tend to have higher average happiness levels; and across time, most countries that have experienced sustained economic growth have seen increasing happiness level

**SLIDE 7**

Suicide rates between countries can result in statistically unsound conclusions about [suicidal behavior](https://en.wikipedia.org/wiki/Suicidal_behavior) in different countries. In much of the world, suicide is condemned for religious or cultural reasons. In some countries, suicidal behavior is a criminal offence punishable by law. Suicide is therefore often a secretive act surrounded by taboo, and may be unrecognized, misclassified or deliberately hidden in official records of death. The results do not demonstrate clear relationship between happiness and suicide. At the same time we can see that most countries listed below report a higher male suicide rate, there are about 3 male suicides out of 4, or a factor of 3:1 (for example, in the United States was 3.36 in 2015, and 3.53 in 2016). It is illustrated very well in on my two maps…

**SLIDE 9-10**

The NVDRS ([National Violent Death Reporting System)](https://www.cdc.gov/violenceprevention/datasources/nvdrs/index.html) 2018 data showed that, among men of all races, men over 70 were the most likely to commit suicide (27.67 suicides per 100,000), closely followed by men **50-69** (27.10 suicides per 100,000). Men **15**–**49** (23.41 per 100,000) and **5–14** (13.81 per 100,000) were less likely to commit suicide.

Among females, the suicide rate was highest for those aged **45**-**54** (10.0 per 100,000).  
Suicide rates generally increase with age.

**SLIDE 12**

When an older adult has one or more of the following risk factors, his or her loved ones should be especially cognizant of the danger of suicide

**SLIDE -- Acknowledgements**

I couldn’t have done it without the help of …

**Sources:**

<https://public.tableau.com/profile/vadym.zhukhovytskyy#!/vizhome/Project_3_15638449982420/Story1?publish=yes>

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