

AIDM7420 News and Feature Writing for Digital Media

Spot News #2

Man Tsz Shan (22467661)

Pretend that this is a live event that you are attending and write a 4-500 word spot news piece on it following the journalistic conventions we learned in class. Please recall my feedback from the last assignments.

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en

In response to a world that often prioritizes wealth, fame, and professional success as the hallmarks of a fulfilled life, Dr. Robert Waldinger, the director of the Harvard Study of Adult Development, presented key insights on what contributes to a happier and longer life. He shared the findings from the world's longest study on adult development in a TED Talk organized in the USA yesterday.

"The good life is built with good relationships," said Dr. Robert Waldinger. As an American psychiatrist, psychoanalyst, and Zen priest, he is the fourth director of the study that began in 1938. The research has tracked the lives of 724 men from diverse backgrounds for more than 75 years, one of the longest-running studies of adult life ever conducted, that continues even today.

The study focused on two distinct groups: one group comprising Harvard College sophomores and another from Boston's most disadvantaged neighborhoods. Investigators surveyed the participants every two years, gathering information on their physical and mental health, professional lives, friendships, and marriages. They also conducted periodic in-person interviews, medical exams, blood tests, and brain scans.

These men embarked on vastly different paths, stepping into roles as varied as

factory workers, lawyers, bricklayers, and doctors. Despite these divergent paths, the study's findings reveal one crucial point: the quality of relationships is the most significant predictor of overall happiness and health. As the research continues, the team is now beginning to study the children of these men, numbering over 2,000.

Dr. Waldinger pointed out that the study unveils three insights into the impact of relationships on our well-being. It emphasizes that social connections are crucial, and that the quality of relationships matters more than quantity. Conflict within relationships can significantly harm health, while strong, supportive bonds are shown to not only enhance physical health but also protect cognitive functions into old age. These findings highlight the profound influence of meaningful connections on both our physical and mental well-being, advocating for the nurturing of deep, positive relationships.

"As someone who is under great pressure to earn money and pursue a career, hearing Dr. Waldinger's research insights was enlightening. His talk was a big reminder for me to look at what I value and spend more time and effort on the friendships and family relationships that are really important but which I have neglected for a long time," said Alan Leung, one of the audience members joining the talk.

"Good relationships keep us happier and healthier," concluded Dr. Waldinger. His insights, distilled from decades of meticulous research, shine a light on the essence of human happiness and health — the strength and quality of our relationships.