

What makes people Happy

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The data

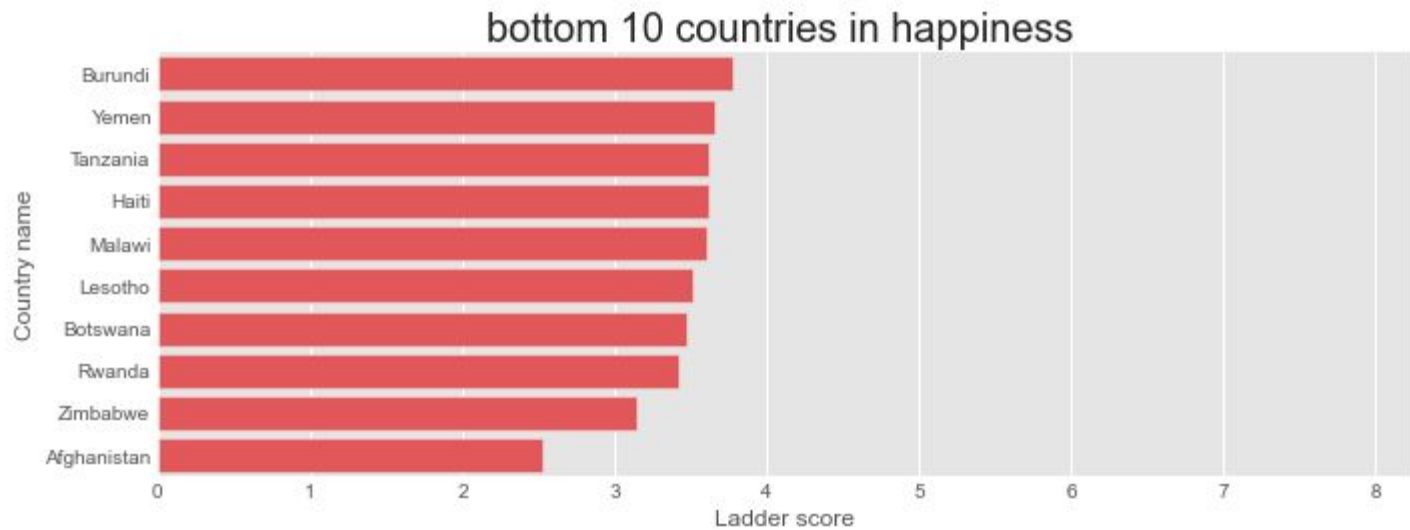
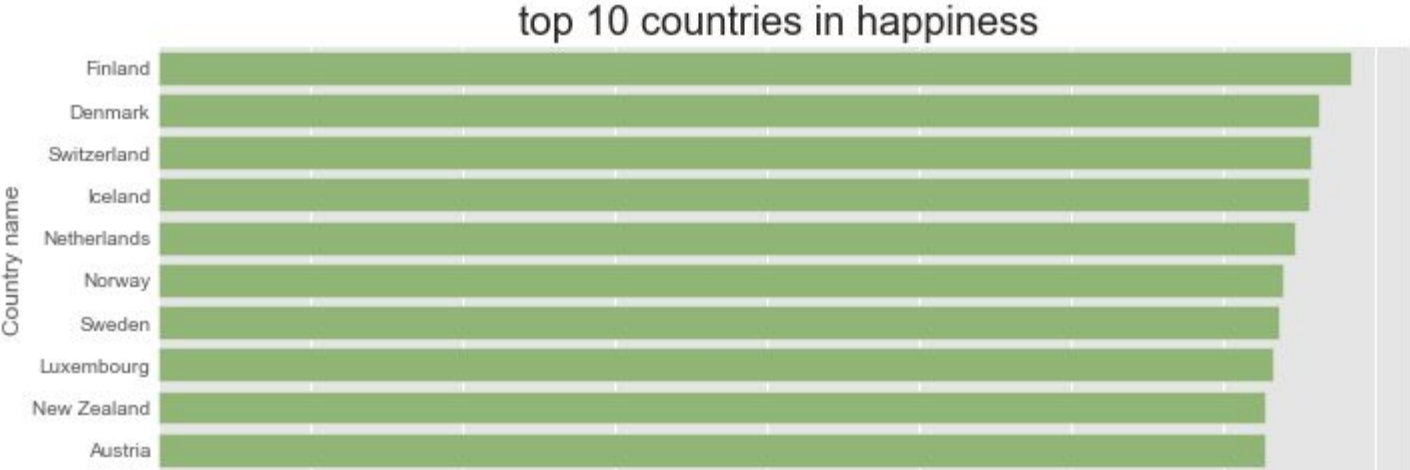
The data used in this presentation is the World Happiness Report that was released at the United Nations at an event celebrating International Day of Happiness on March 20th. It is a survey of the state of global happiness and includes happiness scores and rankings, which is obtained from the Gallup World Poll. This report continues to gain global recognition as governments, organizations and civil society increasingly use happiness indicators to inform their policy-making decisions. The data measures happiness , GDP per capita , social support, healthy life expectancy, freedom to make life choices, and perceptions of corruption

Questions to be Explored

- What do people need to be happy
- Which countries are happiest and which are least happy
- what factors contribute to the feeling of happiness and well being in these countries.

Here is a graph of

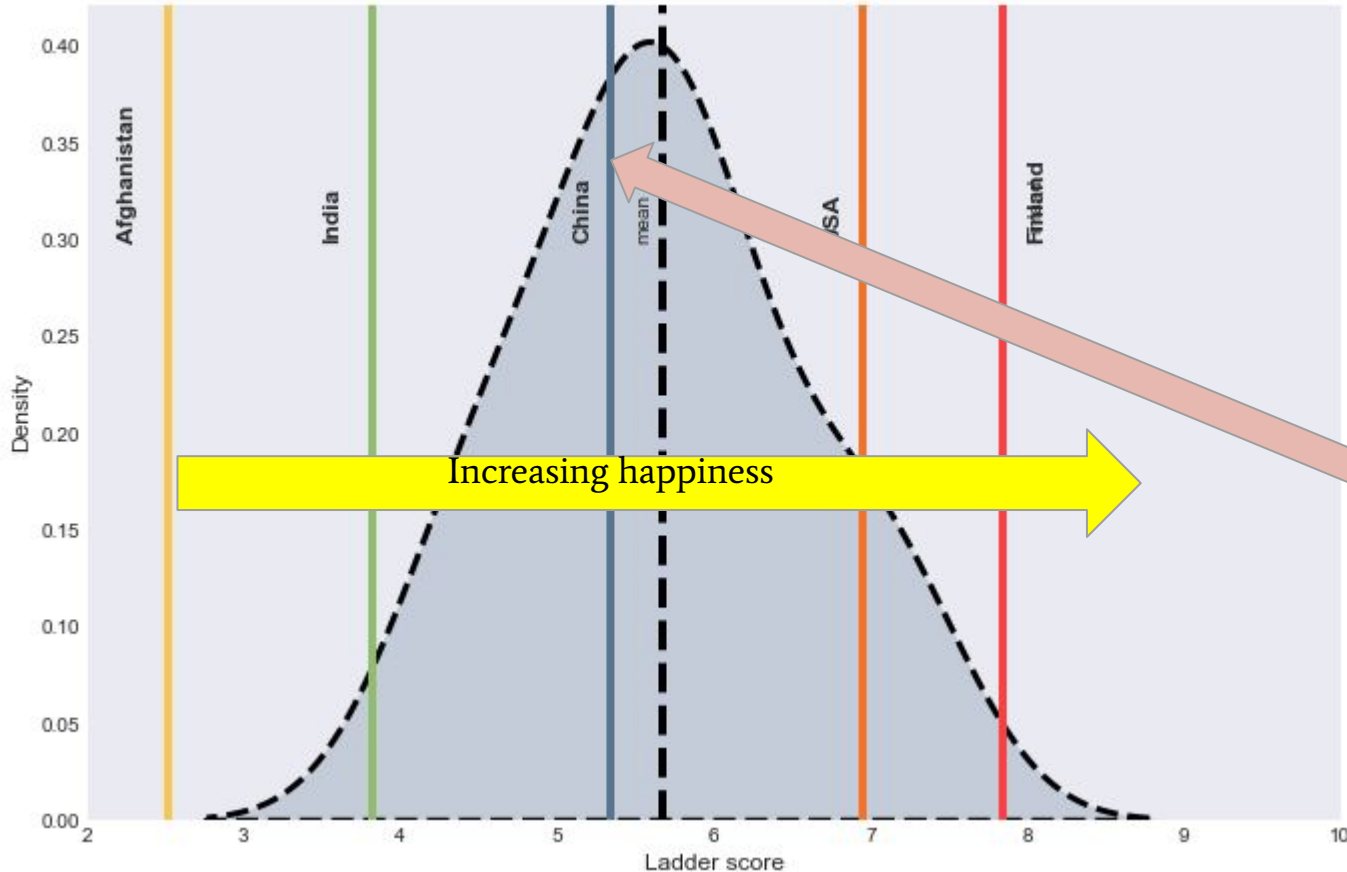
the 10 happiest
countries



And the 10
unhappiest
countries

The US came in at number 18 on the happiness scale

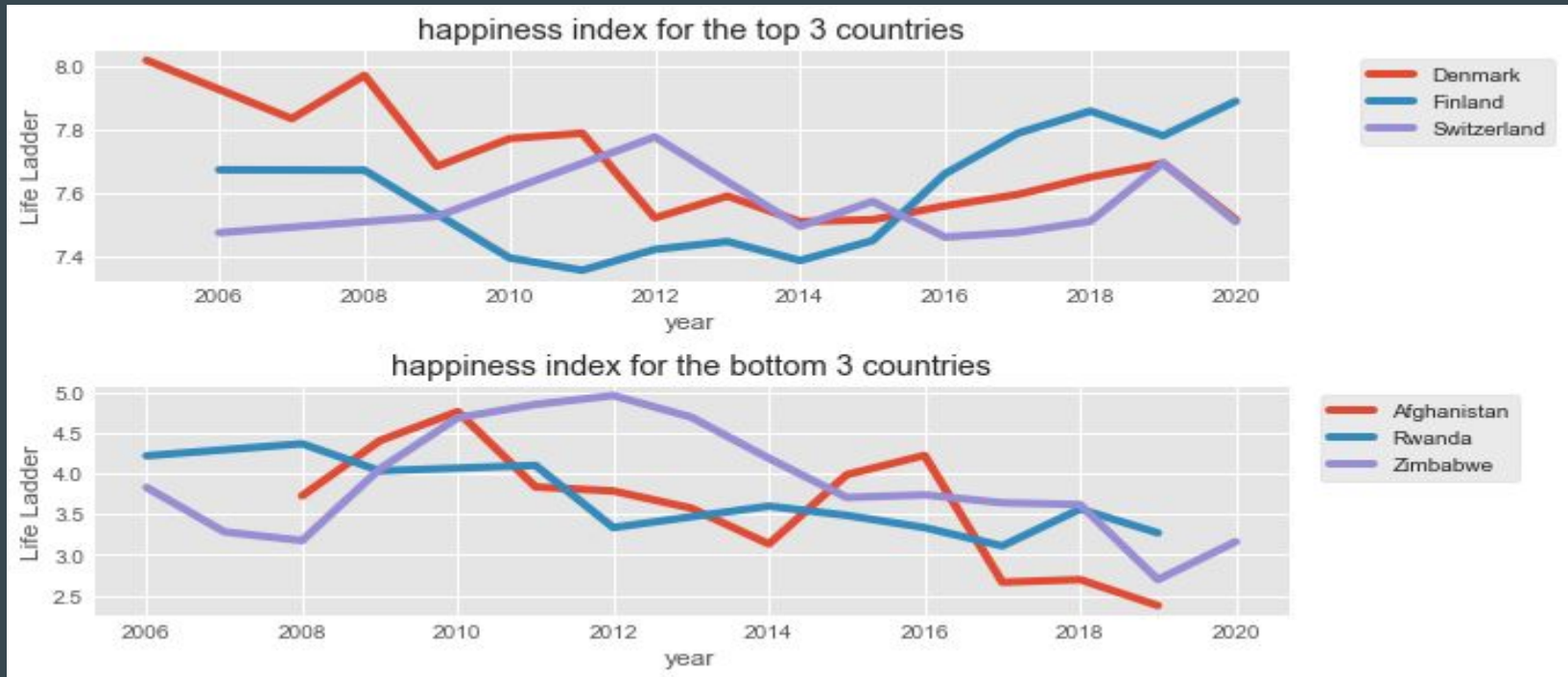
Ladder Score Distribution and Mean



This is how the happiest country, the unhappiest and USA measure against the mean.

It is interesting to observe that china is below the mean.

But How did happiness change for the most happiest and least happiest countries over the last 15 years



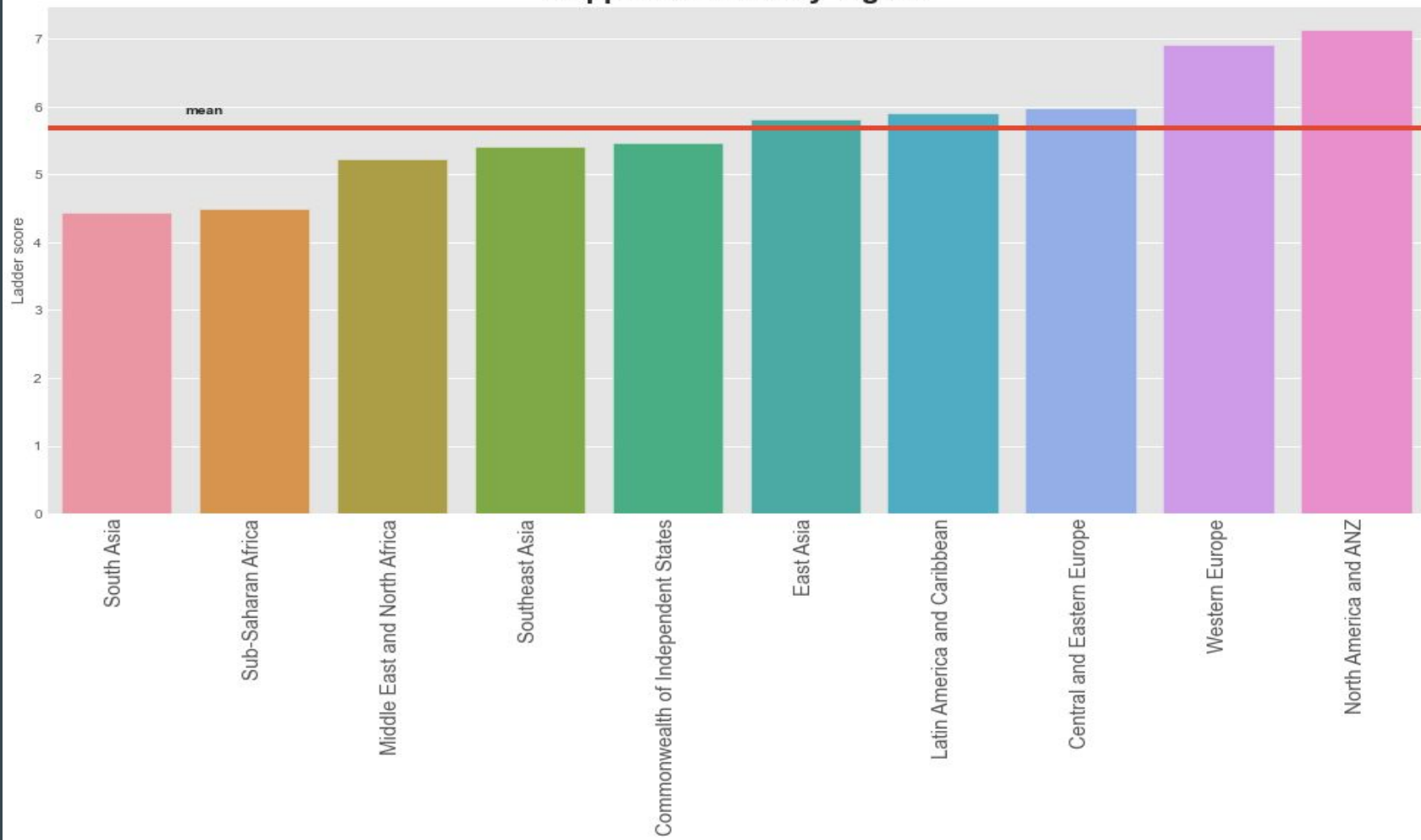
Observation

- Denmark was the top happiest place before 2006, however it is been decreasing ever since with a sharp decrease at 2019. Probably because of covid. Finland on the other hand seems to be increasing in happiness.
- Afghanistan, however we can see there was a significant drop in 2016 and up, interestingly right before Trump. This downward trend continued even more after 2019. It is obvious that the war took its toll on Afghanistan and brought the happiness level down.
- But which region is happiest. It would seem that the happiest people are in Europe. Let us look at happiness by region.

Question

But which region is happiest. It would seem that the happiest people are in Europe. Let us look at happiness by region

Happiness score by region



Observations

As expected, happiness index for people in Africa, Middle East and SouthEast Asia is below the mean, whereas it is above the mean for western Europe and North America. Again it is interesting to note that even though China is below the mean, East Asia is actually above.

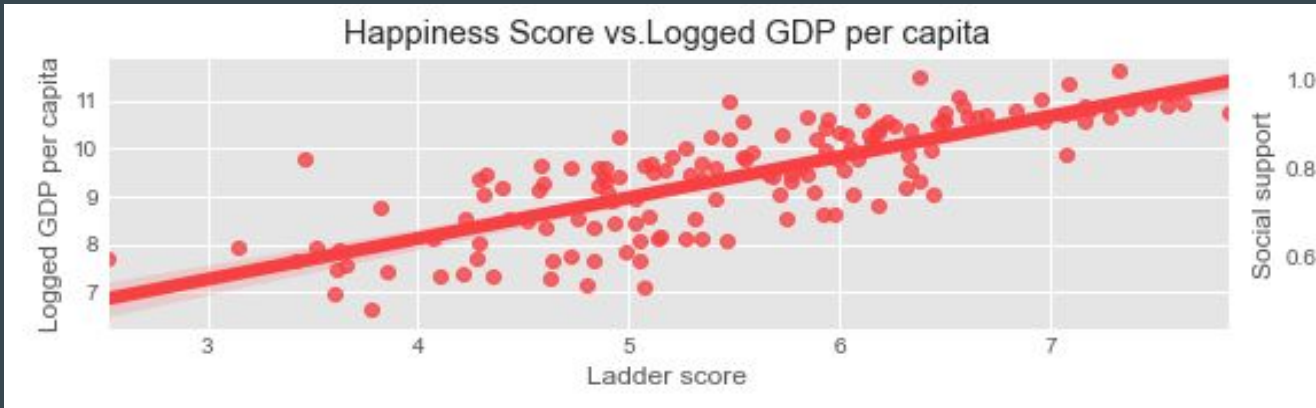
More questions to answer

But what increases happiness and what decreases it and how does happiness affect life expectancy.

Is it personal wealth or freedom to express one's ideas without the fear of persecution, or having a social support system that people can lean on, or maybe how corrupt people think their country's government is.

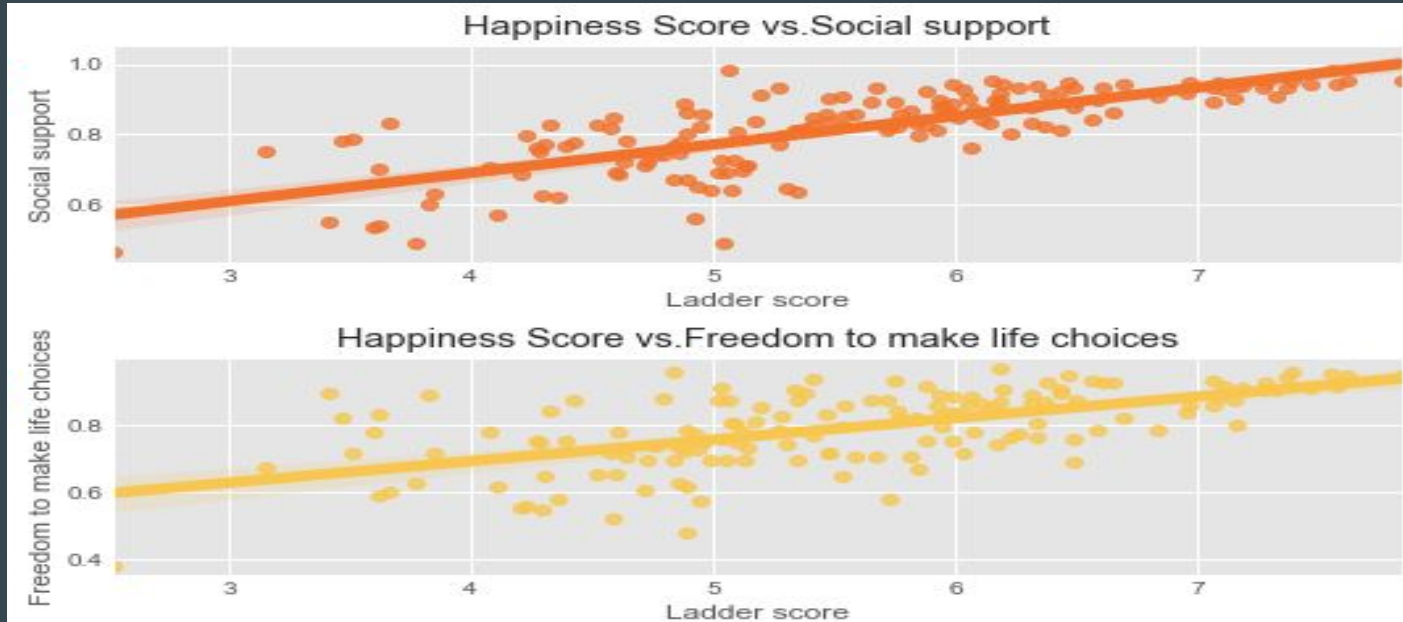
Happiness Score versus GDP per capita

There is a clear positive correlation between Happiness versus GDP. So yes personal wealth does indeed dictate people's happiness. The higher their wealth is the happier they are



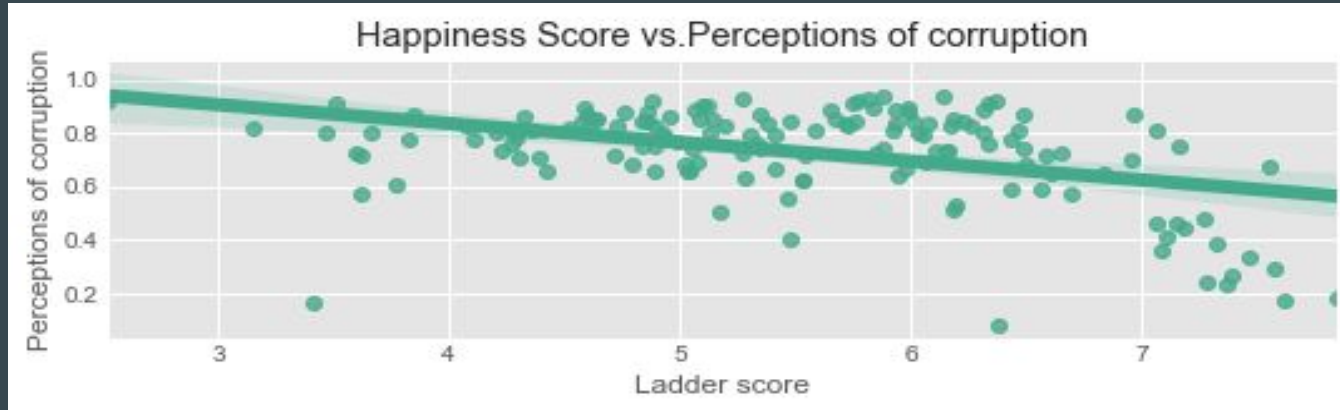
Happiness Score versus Social Support and Freedom to Make Choices

Same can be said about having social support and Freedom to make life choices, there is a clear positive correlation

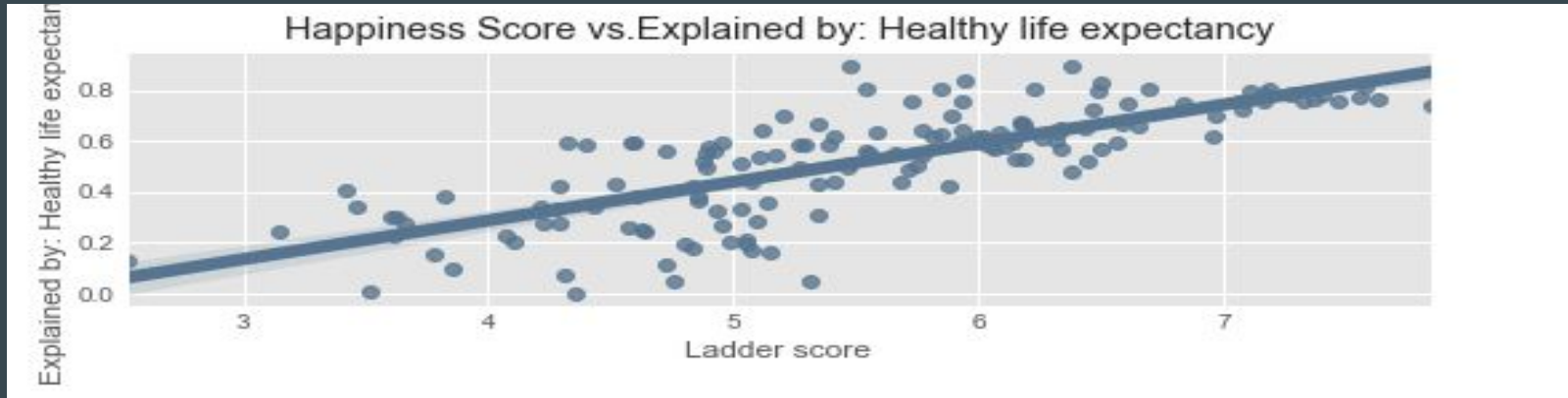


Happiness versus Corruption

A clear negative correlation is seen between happiness and corruption, the more corrupt the people perceive their country to be, the less happy they are.



Happiness versus Life Expectancy



A clear positive correlation is seen. People's life expectancy decreases the less happy they are and increases the happier they get.

Conclusions

The formula for people's happiness is simple. When they have enough personal wealth, are able to express themselves with no fear, have security with no war and no corruption, they would live a happier longer life.