

Very Quick Introduction, Quick Look at Data, Discussion of Your Happiness Research

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outline

discussion

- first syllabus then these slides here
- and once we have basic idea about the class
- lengthy introductions and discussion of planned research
- no pre-requisites, go as fast as possible
- more conversation than lecture: do interrupt and ask questions
- proper intro to swb next week
- today very quick intro and quick overview of data,
- so you can get research going from day 1

happiness, what is it?

- super-interdisciplinary:
 - social psychology, geography, and sociology
- cognitive evaluation of one's life as a whole
 - not domain (say neighb, financial satisfactions)
 - not affective (happy at a moment)
- so technically properly called “life satisfaction”
 - but typically used interchangeably with “happiness”, and the scientific term is SWB: Subjective Wellbeing

how do we study it?

- just download survey data with swb item
- a typical survey question:
 - “are you satisfied with your life as a whole”
 - on a Likert scale say from 1 to 5 or 1 to 10
 - reasonably valid/reliable
- then regress it on what you're interested in, say:
 - age, edu, inc, ine, pov, etc

outline

discussion

publish, not perish

- what to study?
 - passionate (and knowledgeable) about
 - quality/quantity data easily available
 - career advancement [data from current/future workplace]
 - much time on this, already today ;30min
 - start figuring out topics and collaborations asap
- first, check out my research: theaok.github.io
- 2 questions about you:
 - what do you study?
(we'll be able to link just about anything to SWB)
 - what data are you using?