

# Quick Introduction to Happiness

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# outline

intro

discussion

## course policies

- no pre-requisites, but we will go as fast as possible
- want this to be more conversation than lecture
- do interrupt us and ask questions

## happiness, what is it?

- super-interdisciplinary; in this class:
  - social psychology, geography, and sociology
- it's a 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 there is also a scientific term
  - SWB: Subjective Wellbeing

## how do we study it?

- a typical survey question reads:
  - “are you satisfied with your life as a whole”
  - and is answered on a Likert scale say from 1 to 5 or 1 to 10
  - it's reasonably valid/reliable
- and then we regress it on what we're interested in  
say age, education, income, inequality, poverty, etc

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## this will be a great class!

- you'll become happier (really)
- this is my area of research, so i know a lot here
- and we can publish something together
- i want to spend much time on this, and already today have a discussion like 30min
- so that we can start figuring out topics and collaborations asap
- first, lets check out my research `theaok.github.io` and then each of you will discuss yours

## a question for you

- what do you study or want to study?  
(we'll be able to link just about anything to SWB)



## pictures

- lets finish up with quick intro to my research
- in pictures
- [https://theaok.github.io/junk/extracted\\_figures.pdf](https://theaok.github.io/junk/extracted_figures.pdf)