

# 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? much time on this, already today >30min
- passionate (and knowledgeable) about
- quality/quantity data easily available
- career advancement [data from current/future workplace]
- sth you've experienced that made you happy or unhappy
- start figuring out topics and collaborations asap
- check out my research: [theaok.github.io](https://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?