

WHAT MAKES LIFE MEANINGFUL ?

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“I always feel that life itself should have a meaning, and we are definitely not doing it in vain.”

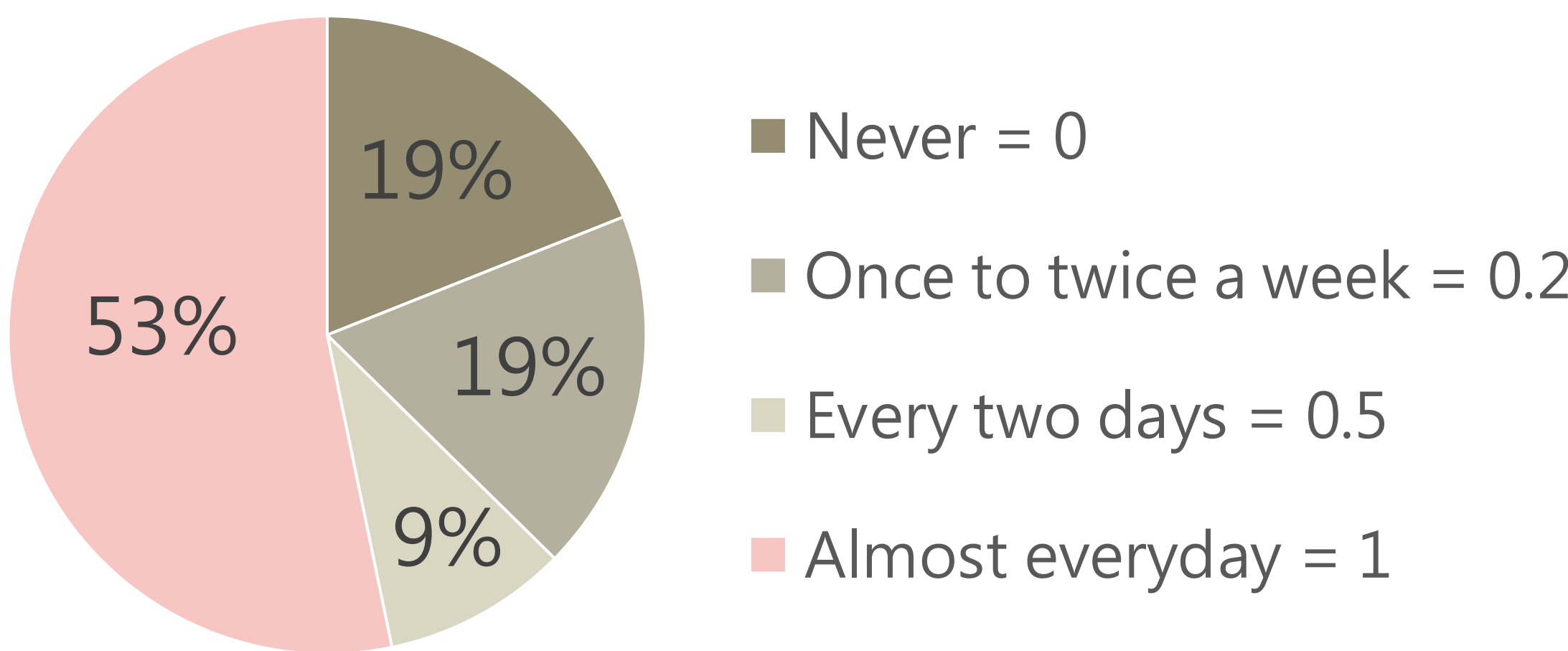
— Mu-Jung Hsi —



2007 Taiwan Social Change Survey (Round 5, Year 3): Social Stratification

Frequency of Feeling Life is Meaningful in a Week

$$\begin{aligned} &= \beta_0 + \beta_1 \text{Gender} + \beta_2 \text{Age} + \beta_3 \text{North} + \beta_4 \text{Live with Spouse} + \beta_5 \text{Taiwanese} + \beta_6 \text{Part-time} \\ &+ \beta_7 \text{Social Class} + \beta_8 \text{Head of Household} + \beta_9 \text{Mortgage} + \beta_{10} \text{Insomnia} + \beta_{11} \text{Taiwanese Opera} \\ &+ \beta_{12} \text{Chicken Soup for the Soul} + \beta_{13} \text{Camera} \end{aligned}$$

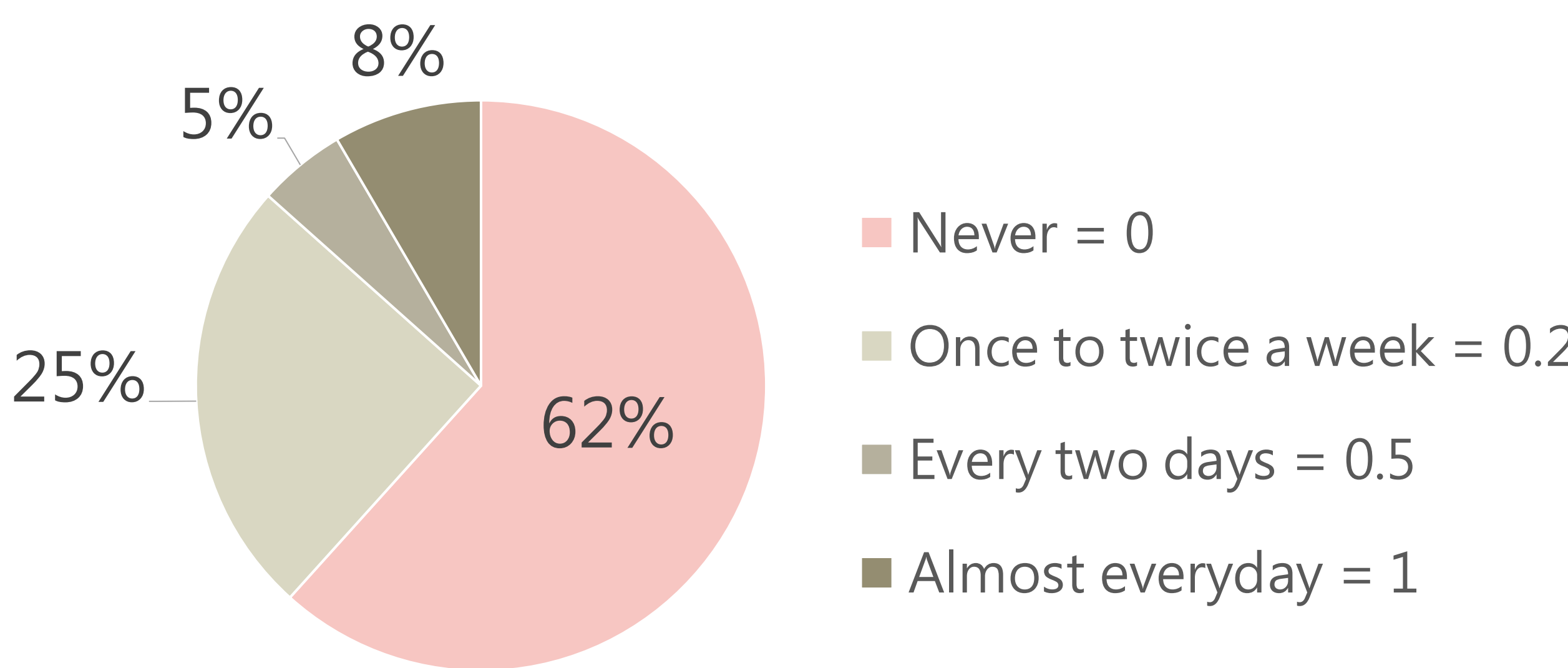


Meaningful	Regression Coefficient
Gender	-0.0322
Age	0.0004
North	-0.0400
Live with Spouse	0.1215**
Taiwanese	0.0143
Part-time	0.1153
Social Class	0.1871
Head of Household	0.1096***
Mortgage	-0.0722*
Insomnia	-0.2545***
Taiwanese Opera	0.0845
Chicken Soup for the Soul	0.0844**
Camera	0.0848**
Constant	0.1159
Pseudo R-squared	0.1135
N	522

t statistics in parentheses
*p < 0.1, **p < 0.05, ***p < 0.01

Frequency of Insomnia in a Week

$$\begin{aligned} &= \beta_0 + \beta_1 \text{Gender} + \beta_2 \text{Age} + \beta_3 \text{Marriage} + \beta_4 \text{Family Income} + \beta_5 \text{Loan} + \beta_6 \text{Air Conditioner} \\ &+ \beta_7 \text{Children(7-15)} + \beta_8 \text{Elders(over 65)} + \beta_9 \text{Social Class} + \beta_{10} \text{Change Job} + \beta_{11} \text{Lose Job} \\ &+ \beta_{12} \text{Chinese Song} + \beta_{13} \text{Taiwanese Opera} + \beta_{14} \text{Puppetry} + \beta_{15} \text{Arts Exhibition} \\ &+ \beta_{16} \text{Get Close to Nature} + \beta_{17} \text{Tennis} + \beta_{18} \text{Basketball} + \beta_{19} \text{Baseball} + \beta_{20} \text{Surfing} + \beta_{21} \text{KTV} \\ &+ \beta_{22} \text{Fantasy Novel} + \beta_{23} \text{Light Reading} \end{aligned}$$



Insomnia	Regression Coefficient
Gender	0.0272
Age	-0.0021
Marriage	-0.1196**
Family Income	-0.0039***
Loan	0.0031
Air Conditioner	-0.0298
Children (7-15)	-0.0496*
Elders (Over 65)	0.0422
Social Class	-0.1090
Change Job	-0.0156
Lose Job	0.0658*
Chinese Song	-0.0567**
Taiwanese Opera	0.0696*
Puppetry	-0.0531
Arts Exhibition	0.0014
Get Close to Nature	0.0357
Tennis	0.0321
Basketball	-0.0517
Baseball	0.0442
Surfing	0.0062
KTV	0.0510
Fantasy Novel	0.0341
Light Reading	0.0153
Constant	0.4262***
Pseudo R-squared	0.0983
N	522

t statistics in parentheses
*p < 0.1, **p < 0.05, ***p < 0.01

Family



4 Elements of

a Meaningful Life

Financial Status



Mental Health



Hobby



- ↑ Marriage
- ↑ Live with Spouse
- ↑ Children

- ↑ Head of Household
- ↑ Family Income
- ↓ Mortgage
- ↓ Lose Job

- ↓ Insomnia

- ↑ Chicken Soup for the Soul
- ↑ Camera
- ↑ Chinese Song
- ↓ Taiwanese Opera