TRUSTING NATURE EXPLAINS 16.5% OF HAPPINESS VARIATION IN HUMANS

ZULFIKAR MOINUDDIN AHMED

> All I need is one
> One old man is enough
> Babe, you got it wrong
> Just turn your fears into
> trust, to trust
>
> _____
>
> LSD, "Thunderclouds"

1. Results

```
> summary(mod.haptrust)

Call:
lm(formula = Happy ~ trustMost, data = haptrust)

Residuals:
     Min       1Q   Median       3Q      Max
-28.9996  -3.5870   0.7568   4.4686  13.0354

Coefficients:
            Estimate Std. Error t value Pr(>|t|)
(Intercept) 80.51397    1.44953  55.545   <2e-16 ***
trustMost    0.18364    0.04701   3.906    2e-04 ***
---
Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
```

```
Residual standard error: 7.473 on 77 degrees of freedom
Multiple R-squared:  0.1654,Adjusted R-squared:  0.1546
F-statistic: 15.26 on 1 and 77 DF,  p-value: 0.0001998
```

2. INTERPRETATION

With $N = 79$ countries data from World Values Survey, we can be extremely confident $p = 0.0002$ that trusting all people will explain 16.5% of the variance of happiness. This implies that trusting people will make you happier. This is not a guess. It is *human nature*. Trusting all people is not enough, but do turn your fears into trust more often.