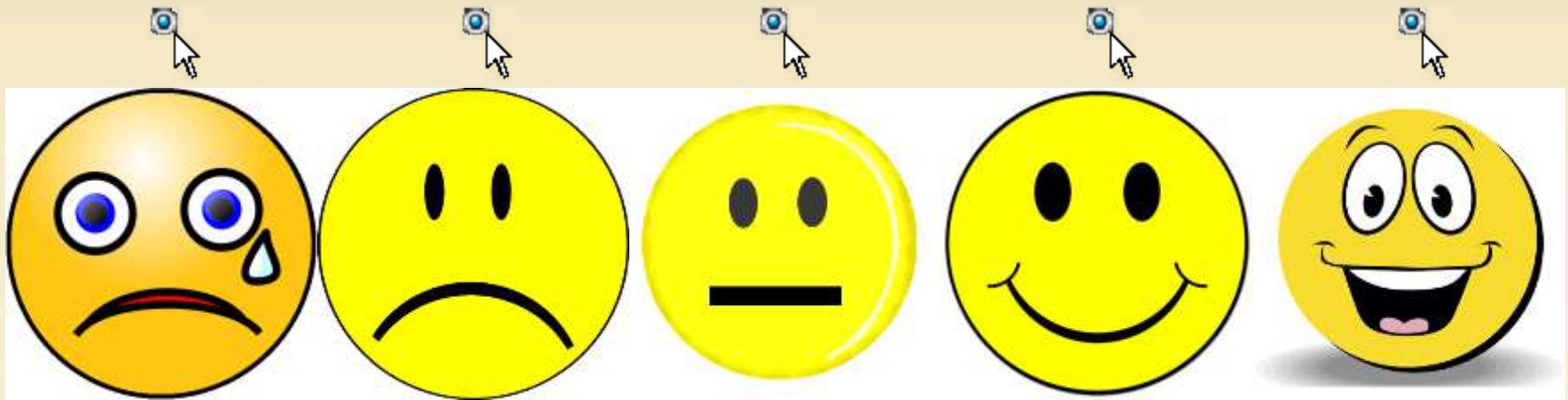


A Measure of Happiness

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Goals

Discover what contributes to happiness in students

Create and distribute a survey to 30-40 students to collect data

Analyze data through SPSS and Excel to reach a meaningful conclusion

Survey

Conducted on Google Documents

Sent via facebook

20 questions to discover what contributes to happiness in students

Questions were asked about family relationships, friendships, stress, religious life and health

Hypothesis

Adds to happiness:

- ▣ Time with family, friends
- ▣ Good feelings of personal health
- ▣ Relaxation
- ▣ Faith

Detracts from happiness

- ▣ Stress
- ▣ Bad relationships
- ▣ Negative self-image

Responses

24 females
~65%

13 males
~35%

70% of respondents consider themselves generally happy

5 Freshman

4
Sophomores

16% consider themselves neutral

23 Juniors

5 Seniors

8% consider themselves very happy

6% consider themselves very unhappy

Personal Health

- ▣ 51% of respondents feel happy or very happy with their personal health
- ▣ 31% of respondents feel neutral with their personal health
- ▣ 18% of respondents feel unhappy or very unhappy with their personal health

Family Relationships

76%

- Feel happy or very happy with their family relationships

19%

- Feel neutral toward their family relationships

5%

- feel unhappy or very unhappy with their family relationships

Spiritual life

- ▣ 43% of respondents are happy or very happy with their spiritual life
- ▣ 41% of respondents feel neutral about their spiritual life
- ▣ 5% of respondents feel very unhappy with their spiritual life

Friendships

- ▣ 27% of respondents are very happy with their friendships
- ▣ 63% of respondents are happy with their friendships
- ▣ 5% of respondents are neutral about their friendships
- ▣ 5% of respondents are unhappy or very unhappy with their friendships

Effects of Exercise

- On feelings of personal health

Report			
PersonalHealthFeeling			
ExerciseHrs	Mean	N	Std. Deviation
0-1	2.56	9	1.130
1-3	3.44	16	.814
3-7	3.56	9	.726
7+	4.00	2	1.414
Total	3.28	36	.974

- On feelings of self-image

Report			
SelfImageFeeling			
ExerciseHrs	Mean	N	Std. Deviation
0-1	2.89	9	1.054
1-3	3.19	16	.834
3-7	3.33	9	.866
7+	4.50	2	.707
Total	3.22	36	.929

Effects of Relaxing

- On stress levels

Report			
StressLevels			
RelaxHrs	Mean	N	Std. Deviation
0-1	3.75	8	1.165
1-2	3.75	8	.707
2-4	3.36	14	.745
4+	3.00	6	.894
Total	3.47	36	.878

- On overall happiness

Report			
Happiness			
RelaxHrs	Mean	N	Std. Deviation
0-1	3.13	8	1.458
1-2	3.75	8	.463
2-4	3.93	14	.616
4+	3.83	6	.408
Total	3.69	36	.856

Effect of Being in a Relationship

- On stress levels

Report			
StressLevels			
Relationship	Mean	N	Std. Deviation
Yes	3.40	10	.966
No	3.50	26	.860
Total	3.47	36	.878

- On overall happiness

Report			
Happiness			
Relationship	Mean	N	Std. Deviation
Yes	3.50	10	.972
No	3.77	26	.815
Total	3.69	36	.856

Open Ended Response

- ▣ Students were asked what they would do with a Saturday to themselves
- ▣ Most people responded that they would like to spend time with family and friends
- ▣ Some interesting responses:
 - “I would spend the day relaxing or shopping or drinking with my friends or family, Generally being around my friends and family make me happy, sometimes just being by myself, sometimes hearing stories of or seeing people doing exceptionally nice things can make me very happy”
 - “Read books, do spontaneous things, see old friends, go on adventures, spend time outside.”
 - “wake up early, go out to breakfast, go to the beach for a walk or a walk in the woods, cook dinner on the barby, have a bonfire with friends”

Synthetic Happiness?

- ▣ http://www.ted.com/talks/lang/eng/dan_gilbert_asks_why_are_we_happy.html
- ▣ 5:44 – 9:34



Conclusion

- ▣ Most conclusive results came from the effects of exercise:
Respondents who exercise more had better feelings of personal health and self-image and were happier with themselves.
- ▣ Respondents who spend more time relaxing have less stress and are happier
- ▣ Respondents who are in a relationship have higher levels of stress and are actually less happy than those who are not in a relationship