

# Happiness Report Card Youth Happiness Check-In



  
Happiness  
Alliance



# Are Youth Happy?

Over the years we have reported on the happiness of youth.

Scientific research tells us that happiness comes in a U-shape.\* You should be happiest in your youth and in your old age.

Our data has consistently shown that youth are not as happy as scientific research says they should be. Our data comes from a convenience sample, so while it may not represent the entire population of youth, a geographic area, or other dimension of demographics, it does represent the people who took it. When you take the Happiness Index, your scores represent your happiness.

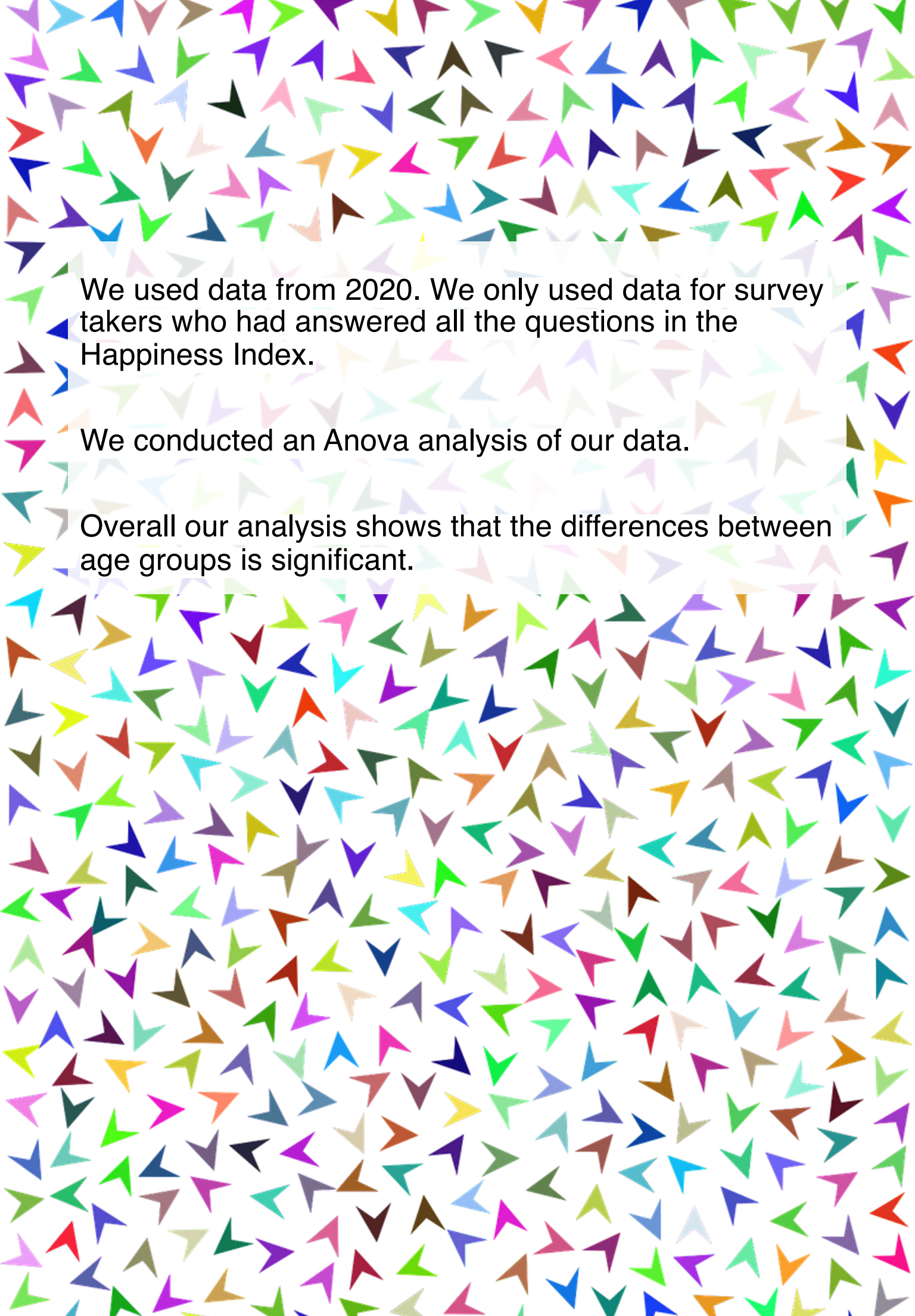
We analyzed our data to find out if the differences between youth and other ages are significant.

\*Graham, C., Pozuelo, J. ((2017). Happiness, stress, and age: how the U curve varies across people and places. *Journal of Popular Economics* **30**, 225–264 (2017). doi:10.1007/s00148-016-0611-2; Blanchflower, D. & Oswald, A. (2008). Is well-being U-shaped over the life cycle? *Social Science & Medicine* **66** (8): 1733-1749. doi:10.1016/j.socscimed.2008.01.030

# How We Measure Happiness: The Happiness Index

a scientifically valid measure of wellbeing





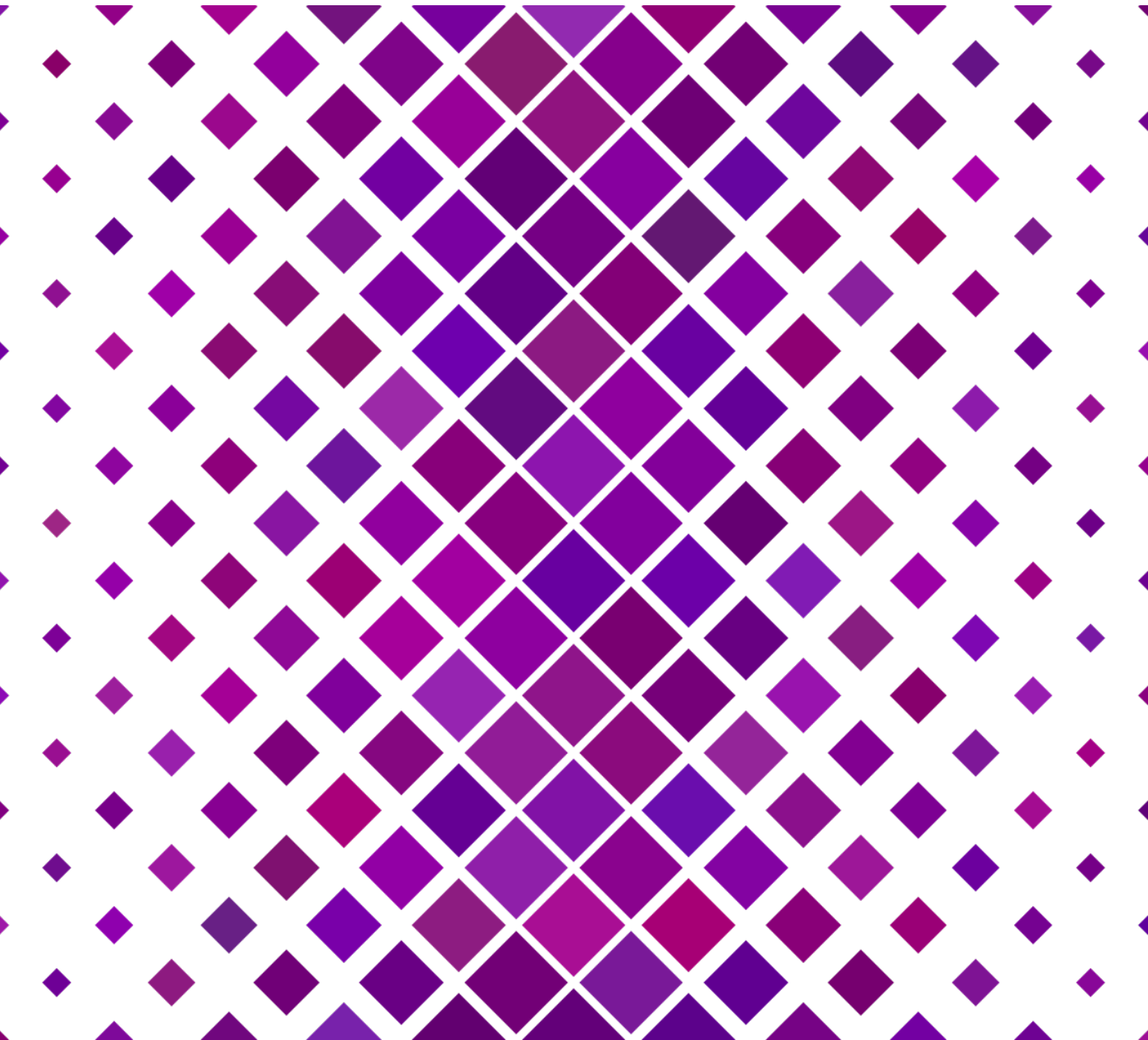
We used data from 2020. We only used data for survey takers who had answered all the questions in the Happiness Index.

We conducted an Anova analysis of our data.

Overall our analysis shows that the differences between age groups is significant.



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Young people are more satisfied with their lives than middle aged people, but not as satisfied as older people. The U-shape in satisfaction with life is not as high as we would expect for younger people.

Satisfaction with Life				
Ages	Count	Sum	Average	Variance
12 -- 17	1075	6097	5.671628	6.684436
18 -- 29	1714	9568	5.582264	5.789201
30 -- 39	478	2492	5.213389	6.512022
40 -- 49	370	2024	5.47027	6.721336
50 -- 59	287	1623	5.655052	6.506469
60 -- 74	160	964	6.025	6.250943
Scale: 0 -10. 0 very unsatisfied. 10 very satisfied				

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	110.9296	5	22.18591	3.542845	0.003372	2.216292
Within Groups	25537.14	4078	6.262173			
Total	25648.07	4083				

Satisfaction with life is the measure used for the U-Shape curve. It is the primary measure for happiness and wellbeing. In scientific terms, it is the dependent variable, meaning when other domains of happiness change, satisfaction with life may also change.



Young people are more lonely than older people. Their scores are closer to middle aged people than to older people.

Feeling Lonely				
Groups	Count	Sum	Average	Variance
12 -- 17	1082	2883	2.66451	1.647749
18 -- 24	1422	3715	2.612518	1.378957
25 -- 29	302	751	2.486755	1.55298
30 -- 34	257	684	2.661479	1.560737
35 -- 39	223	643	2.883408	1.76112
40 -- 44	207	592	2.859903	1.839501
45 -- 49	165	481	2.915152	1.712269
50 -- 54	169	511	3.023669	1.785151
55 -- 59	124	388	3.129032	1.771833
60 -- 74	161	504	3.130435	1.72663
Scale 1-5. 1 is frequently feel lonely. 5 is rarely feel lonely				

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	116.5521	9	12.95023	8.232716	3.13E-12	1.88216
Within Groups	6452.53	4102	1.57302			
Total	6569.082	4111				





Lonely people are more apt to get sick and have a shorter life span. They are also more likely to consume more, contributing to an unsustainable planet. The ability to have strong and health relationships is something that can be learned. This is one aspect of emotional intelligence.

Young people are more optimistic about their future than middle aged and older people

Feeling Optimistic about the Future				
Groups	Count	Sum	Average	Variance
12 -- 17	1079	3951	3.661724	1.357634
18 -- 24	1419	5332	3.757576	1.319186
25 -- 29	301	1045	3.471761	1.6367
30 -- 34	257	845	3.287938	1.682393
35 -- 39	221	766	3.466063	1.522707
40 -- 44	205	703	3.429268	1.697178
45 -- 49	162	540	3.333333	1.391304
50 -- 54	168	577	3.434524	1.325029
55 -- 59	122	404	3.311475	1.604661
60 -- 74	160	524	3.275	1.533962
Scale 1-5. 1 is not at all optimistic. 5 is very optimistic				

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	128.2853	10	12.82853	8.993091	8.28E-15	1.833009
Within Groups	5840.038	4094	1.426487			
Total	5968.323	4104				

Optimism is important for life decisions. When you are optimistic about your future, you are willing to invest in your life and your happiness. When you are not optimistic, you are more susceptible to anxiety, depression and addiction. Optimism comes from within and without. You need to feel like there is a place for you in the world where you can realize your life's purpose.



Young people feel a less sense of discrimination than middle aged people but more than older people.



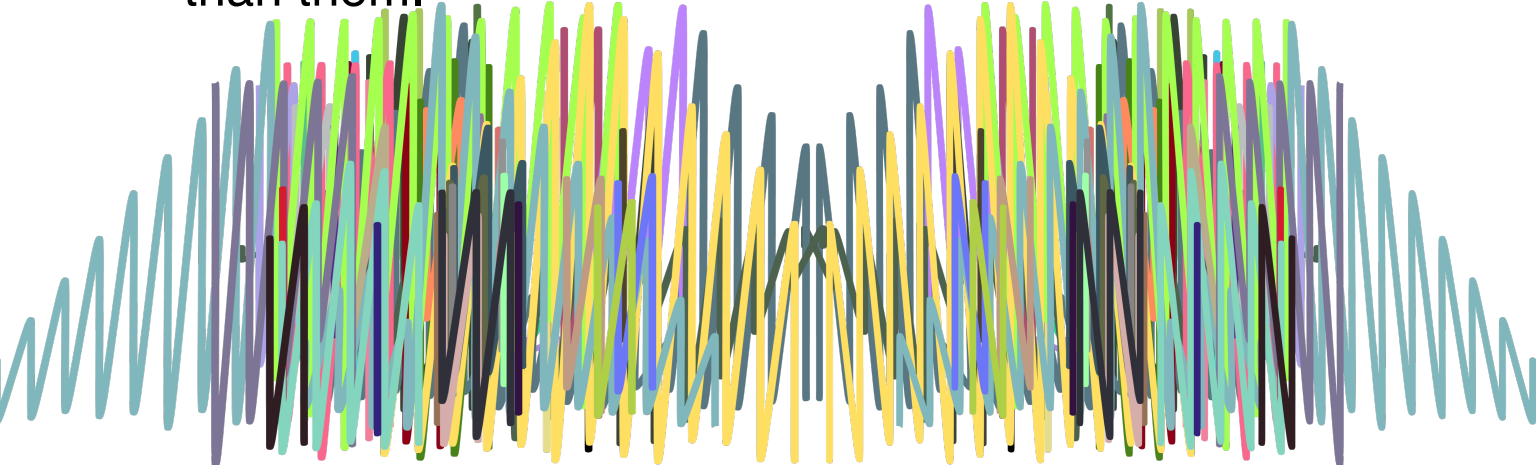
Discrimination - uncomforable due to race, age, nationality				
Groups	Count	Sum	Average	Variance
12 -- 17	1080	4333	4.012037	1.2760366
18 -- 24	1422	5518	3.88045	1.196113
25 -- 29	301	1173	3.89701	1.232691
30 -- 34	256	1013	3.957031	1.3589308
35 -- 39	222	902	4.063063	1.2086747
40 -- 44	205	848	4.136585	1.0106648
45 -- 49	163	683	4.190184	0.9697796
50 -- 54	167	692	4.143713	1.0515114
55 -- 59	122	519	4.254098	0.8853136
60 -- 74	157	663	4.22293	0.9563939
Scale 1- 5. 1 is frequently uncomfortable 5 is rarely				

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	53.56051	9	5.951168	5.008221	9.77E-07	1.88217
Within Groups	4854.123	4085	1.18828			
Total	4907.684	4094				



Discrimination leaves people feeling unvalued, angry and hopeless. It disables people from realizing their full potential. All people, no matter their race, gender, age, economic status, or ideology, have potential. Intolerance of any aspect of being a person – including race and gender identification as well as political ideology or age – hurts everybody and our future on the planet. We need tolerance for all except intolerance.

Young people are less satisfied with their safety – meaning they feel less safe – than people who are older than them.



Satisfaction with Safety				
Groups	Count	Sum	Average	Variance
12 -- 17	1078	3995	3.705937	0.867021
18 -- 24	1418	5162	3.640339	0.90231
25 -- 29	301	1072	3.561462	0.967043
30 -- 34	257	952	3.70428	0.943458
35 -- 39	222	847	3.815315	0.956687
40 -- 44	206	795	3.859223	1.009354
45 -- 49	164	655	3.993902	0.791374
50 -- 54	169	683	4.04142	0.789941
55 -- 59	119	488	4.10084	1.040593
60 -- 74	162	642	3.962963	0.855763
Scale 1-5, 1 is very dissatisfied. 5 is very satisfied				

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	78.7277	9	8.747522	9.70045	8.34E-15	1.882169
Within Groups	3684.61	4086	0.901765			
Total	3763.338	4095				



Feeling safe is something you take for granted until you no longer feel safe on your streets or in your home. Then it becomes clear how important feeling safe is to your happiness. Everybody deserves to feel safe. It is worth fighting for the safety of all, but when people do not feel safe, they are more apt to do things leave everybody feeling unsafe. This can lead to situations that put everyone in harms way.

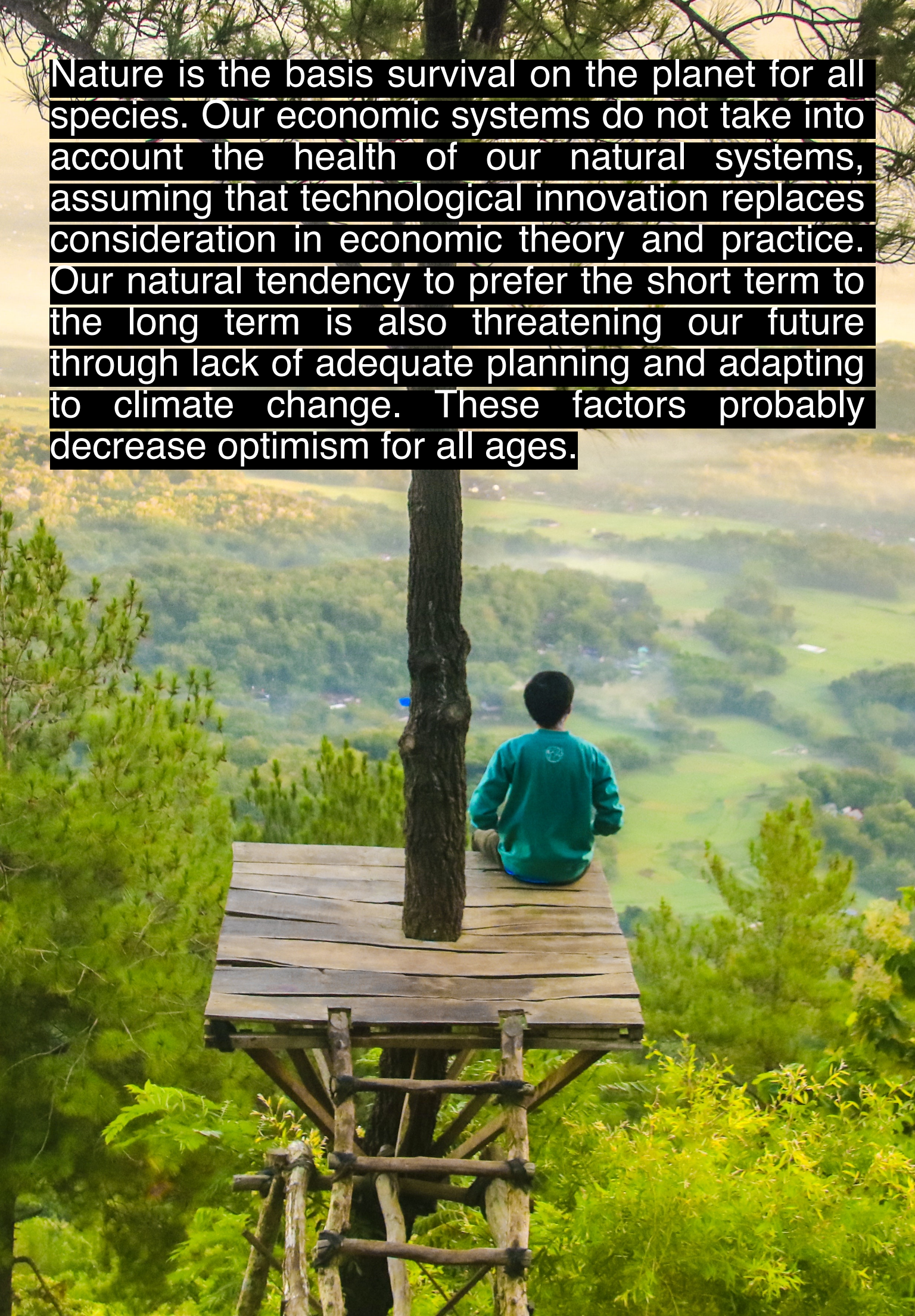
Young people are less satisfied with their access to nature than people who are older than them.

Satisfaction with Opportunities to Enjoy Nature				
Groups	Count	Sum	Average	Variance
12 -- 17	1079	3954	3.664504	0.942997
18 -- 24	1423	5077	3.567814	1.08383
25 -- 29	302	1058	3.503311	1.200986
30 -- 34	257	893	3.474708	1.203459
35 -- 39	222	801	3.608108	1.126269
40 -- 44	207	772	3.729469	1.101215
45 -- 49	164	592	3.609756	1.171929
50 -- 54	168	658	3.916667	0.891218
55 -- 59	122	464	3.803279	1.299824
60 -- 74	161	627	3.89441	0.995031
Scale 1-5 1 is very dissatisfied, 5 is very satisfied.				

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	48.77231	9	5.419145	5.090429	7.15E-07	1.882164
Within Groups	4359.436	4095	1.064575			
Total	4408.208	4104				



Nature is the basis survival on the planet for all species. Our economic systems do not take into account the health of our natural systems, assuming that technological innovation replaces consideration in economic theory and practice. Our natural tendency to prefer the short term to the long term is also threatening our future through lack of adequate planning and adapting to climate change. These factors probably decrease optimism for all ages.



Young people are having an easier time getting by financially than people older than them, except people who are sixty and above.

Getting By Financially / Living Paycheck to Paycheck

Groups	Count	Sum	Average	Variance
12 -- 17	1046	4169	3.98566	1.512713
18 -- 24	1416	4652	3.285311	1.849282
25 -- 29	301	855	2.840532	1.981152
30 -- 34	257	709	2.758755	2.082198
35 -- 39	223	674	3.022422	2.193189
40 -- 44	206	613	2.975728	1.935993
45 -- 49	165	518	3.139394	1.864597
50 -- 54	169	534	3.159763	2.182657
55 -- 59	124	399	3.217742	2.041634
60 -- 74	161	581	3.608696	1.702174

Scale 1- 5. 1 is often or always just getting by financially.  
5 is rarely living paycheck to paycheck

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	674.2793	9	74.91992	41.05881	8.88E-71	1.882185
Within Groups	7404.623	4058	1.824698			
Total	8078.903	4067				



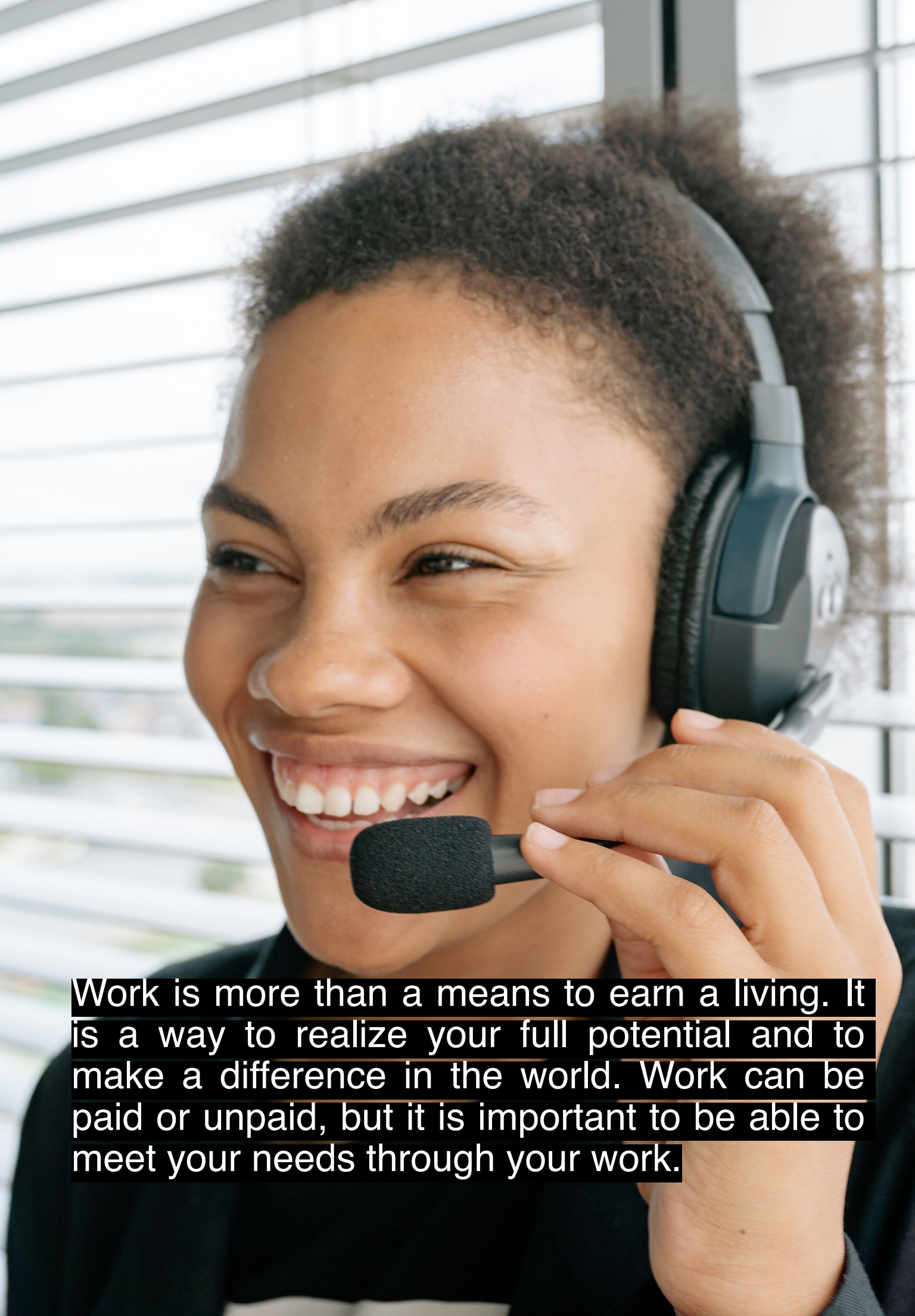
Getting by financially is harder when you meet your needs primarily through financial exchange. It is also harder when your society sees wealth as the avenue to happiness. In a resource constrained world, we need to find ways to meet our needs through sustainably caring for each other and the planet. This is part of a new economic paradigm that is our mission and the reason we provide the Happiness Index and these Happiness Report Cards for you.

Young people are a little more satisfied with their work than older people, but not middle aged people.

Satisfaction with Work				
Groups	Count	Sum	Average	Variance
18 -- 24	1348	4361	3.235163	1.133224
25 -- 29	299	889	2.973244	1.334852
30 -- 34	247	706	2.8583	1.52862
35 -- 39	220	705	3.204545	1.441988
40 -- 44	204	637	3.122549	1.319883
45 -- 49	165	526	3.187879	1.458389
50 -- 54	166	536	3.228916	1.316977
55 -- 59	120	375	3.125	1.370798
60 -- 74	148	507	3.425676	1.266547

Scale 1-5. 1 is very dissatisfied. 5 is very satisfied

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	52.57283	9	5.841426	4.837052	1.88E-06	1.882314
Within Groups	4639.759	3842	1.207642			
Total	4692.332	3851				




Work is more than a means to earn a living. It is a way to realize your full potential and to make a difference in the world. Work can be paid or unpaid, but it is important to be able to meet your needs through your work.

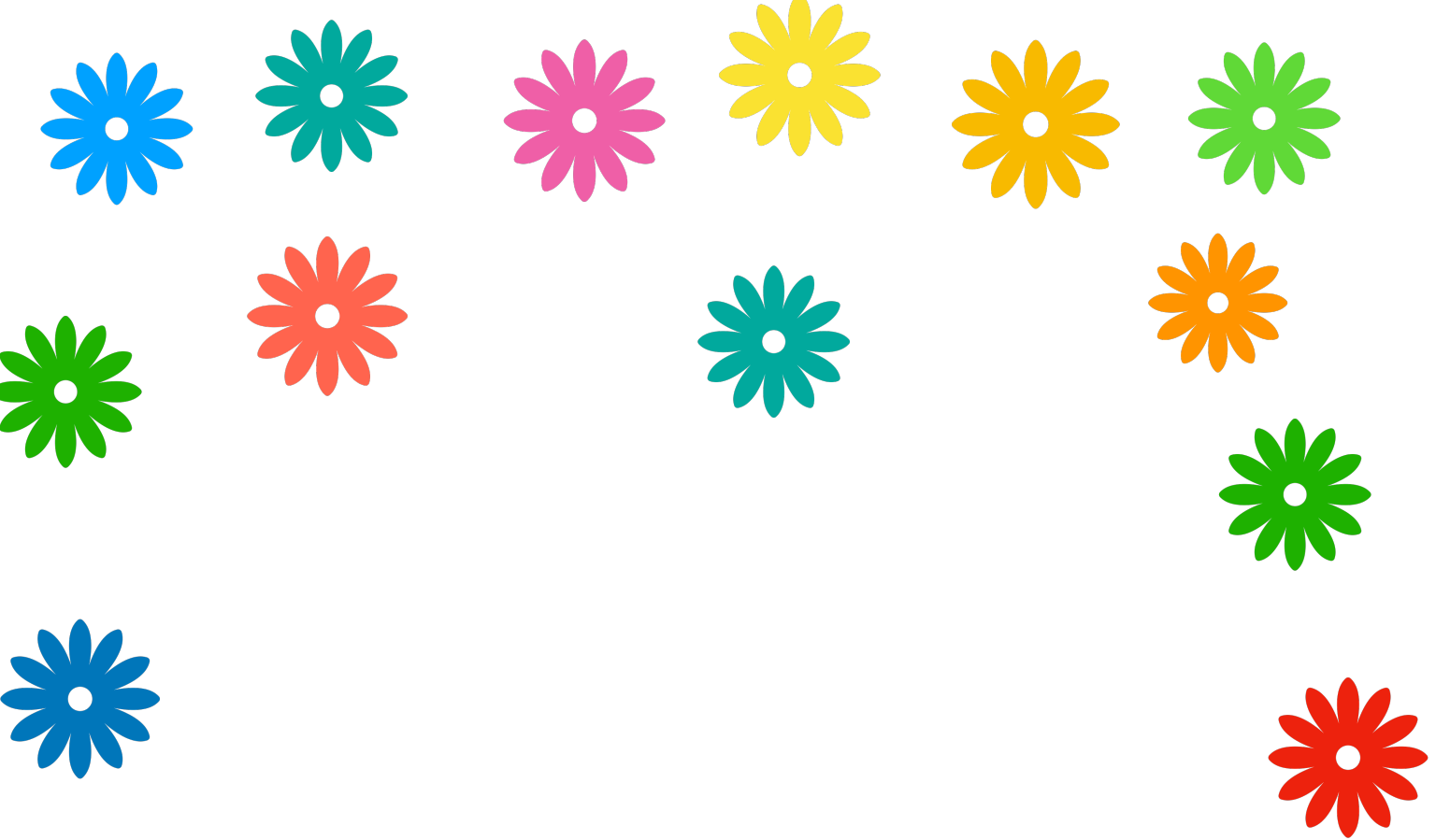
Young people trust their national government more than older people but not by much.

Trust in National Government				
Groups	Count	Sum	Average	Variance
12 -- 17	1075	2853	2.653953	1.017943
18 -- 24	1421	3281	2.308937	1.031955
25 -- 29	302	677	2.241722	1.014466
30 -- 34	257	560	2.178988	1.045963
35 -- 39	223	482	2.161435	1.000848
40 -- 44	206	472	2.291262	1.09524
45 -- 49	166	369	2.222892	0.962139
50 -- 54	170	355	2.088235	0.838322
55 -- 59	124	274	2.209677	1.17519
60 -- 74	164	350	2.134146	0.988029
Scale 1- 5. 1 Is no trust 5 is a great deal of trust				

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	145.733	9	16.19255	15.8578	8.49E-26	1.882162
Within Groups	4184.507	4098	1.02111			
Total	4330.24	4107				



When you trust in your government, you may not see the connection between government and happiness. When you do not trust in your government, the connection becomes clear. In a government that represents special interests rather than the people, campaign finance reform is needed. Until government represents the interests of its people instead of money, the majority of people of any political orientation are likely to feel less and less trust in government. The Happiness Alliance does its work to contribute to a transformation in the economy and in government where the happiness of people, the well-being of communities and the sustainability of the planet are the highest priorities.



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