

Happiness Report Card 2019 Second Half




Trust, Giving & Happiness

Trust





How Important Is It?



With election season a few seasons away, we wanted to look at data related to government and happiness.

We also wanted to reflect on ways to safeguard – or even improve – happiness once election season is in full swing.

We looked at data from 5870 people who elected to take the Happiness Index between January and August in 2019.

We separated them by their response to the question, Overall how satisfied are you with your life these days.

100 means completely satisfied. 0 means completely unsatisfied. 50 means neither satisfied nor unsatisfied.

Scores for Satisfaction with Life	Sample Size
100	192
90	401
80	736
70	920
60	749
50	788
40	619
30	558
20	368
10	206
0	333
Total	5870

It is not a surprise that people with higher life satisfaction have a higher level in trust in national government than people with lower life satisfaction.

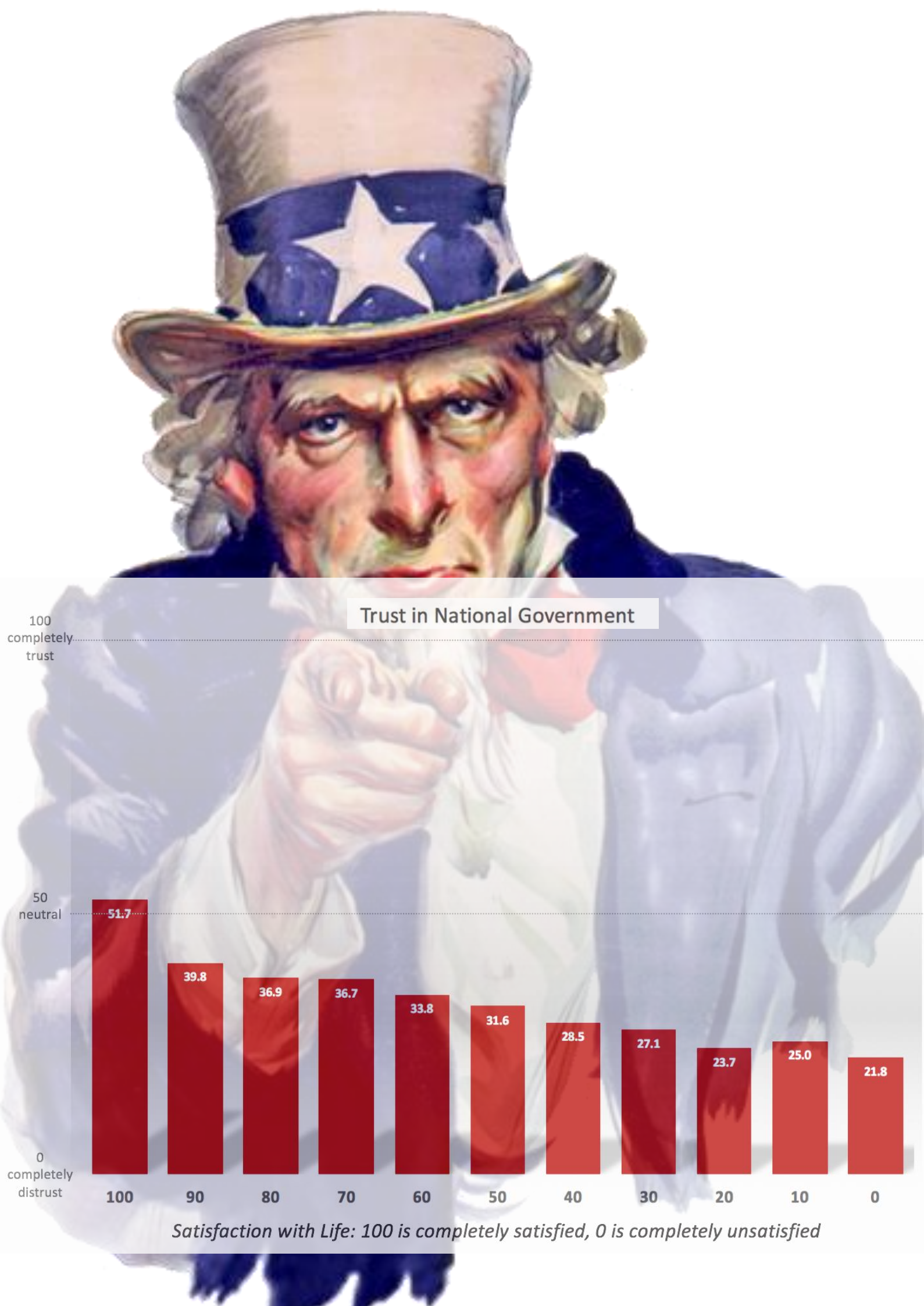


After all, people with higher life satisfaction may have many advantages, from a predisposition for happiness (i.e. their genetic setpoint) to other advantages like higher incomes, education and steady employment,

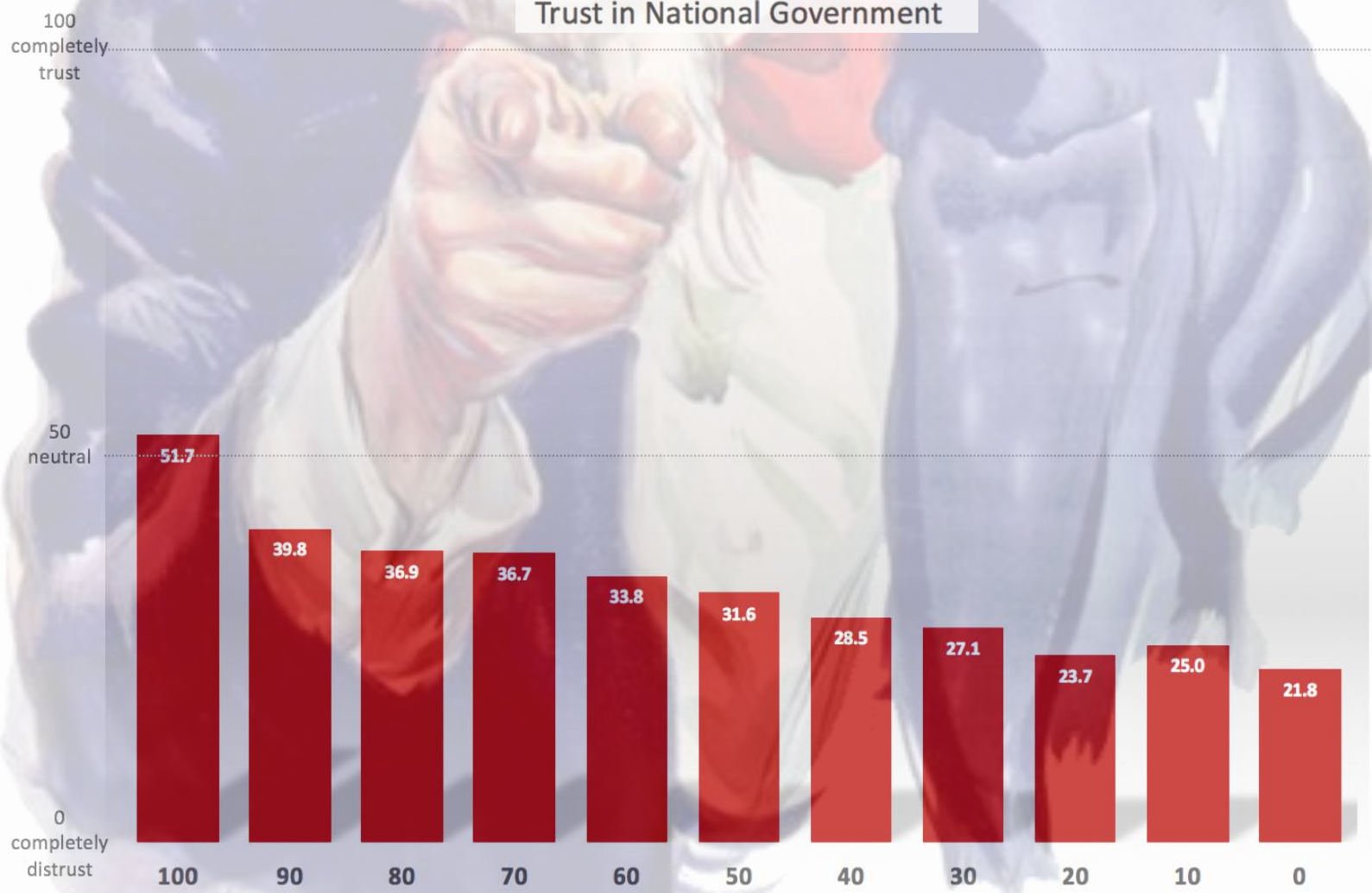
That is all kind of obvious.

What can the data tell us that we can do something about?





Trust in National Government



Satisfaction with Life: 100 is completely satisfied, 0 is completely unsatisfied

Building trust makes you happier.*



Stepping back -

Note that the average trust in government is only 32 out of 100.

In other words, across the boards, there is not much trust in national government.



What about local government?





We looked at trust in local government.

What are the differences for people who are highly satisfied in live versus people who are not satisfied.

While there is a pretty large spread – 33 % - the average is only 40 out of 100. Overall, people are on the side of not trusting over trusting in local government.



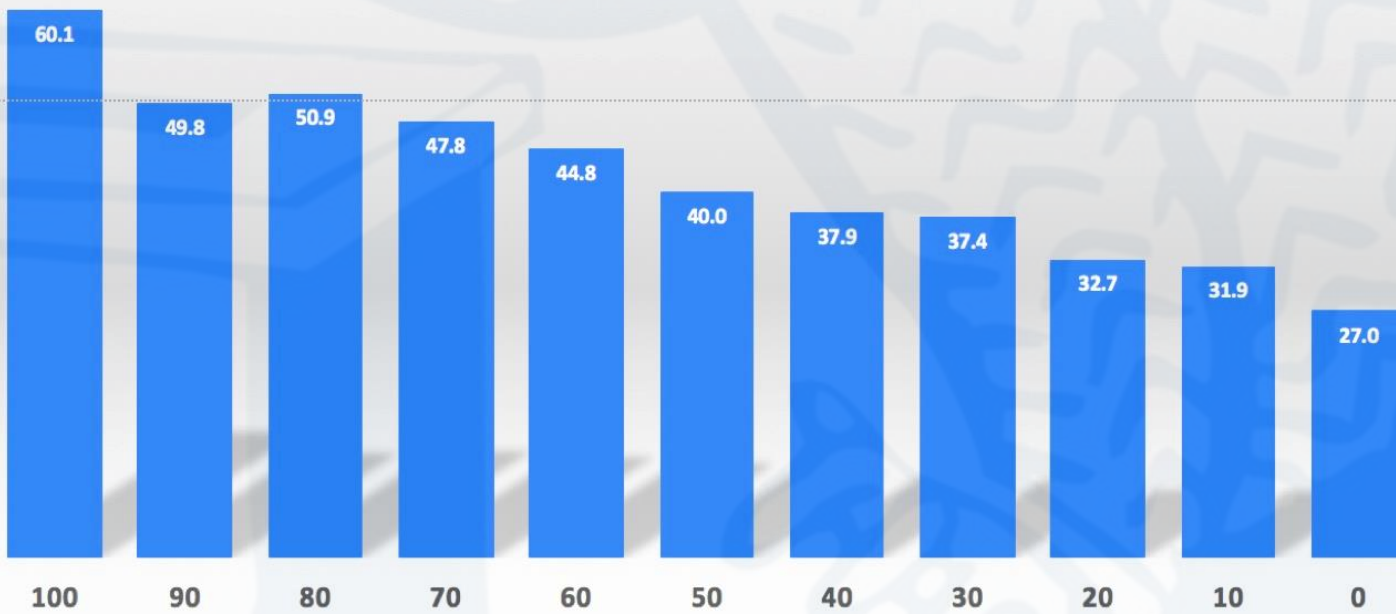


Trust in Local Government

100
completely
trust

50
neutral

0
completely
distrust



Satisfaction with Life: 100 is completely satisfied, 0 is completely unsatisfied

So what?



There is a relationship between trust in government and satisfaction with life, and more importantly, governments can make a difference.*

*Sharma, S. (2019). Democratic Values, Freedom, Control and Life Satisfaction, *Economic Affairs*, Vol. 64, No. 1, pp. 217-231, March 2019, DOI: 10.30954/0424-2513.1.2019.26

https://www.researchgate.net/profile/Suraj-Sharma24/publication/332384888_Democratic_Values_Freedom_Control_and_Life_Satisfaction/links/5ce1a72e4585156cd7b01a91/Democratic-Values-Freedom-Control-and-Life-Satisfaction.pdf

What
governments
can do:





Engage people in policy
decision making.

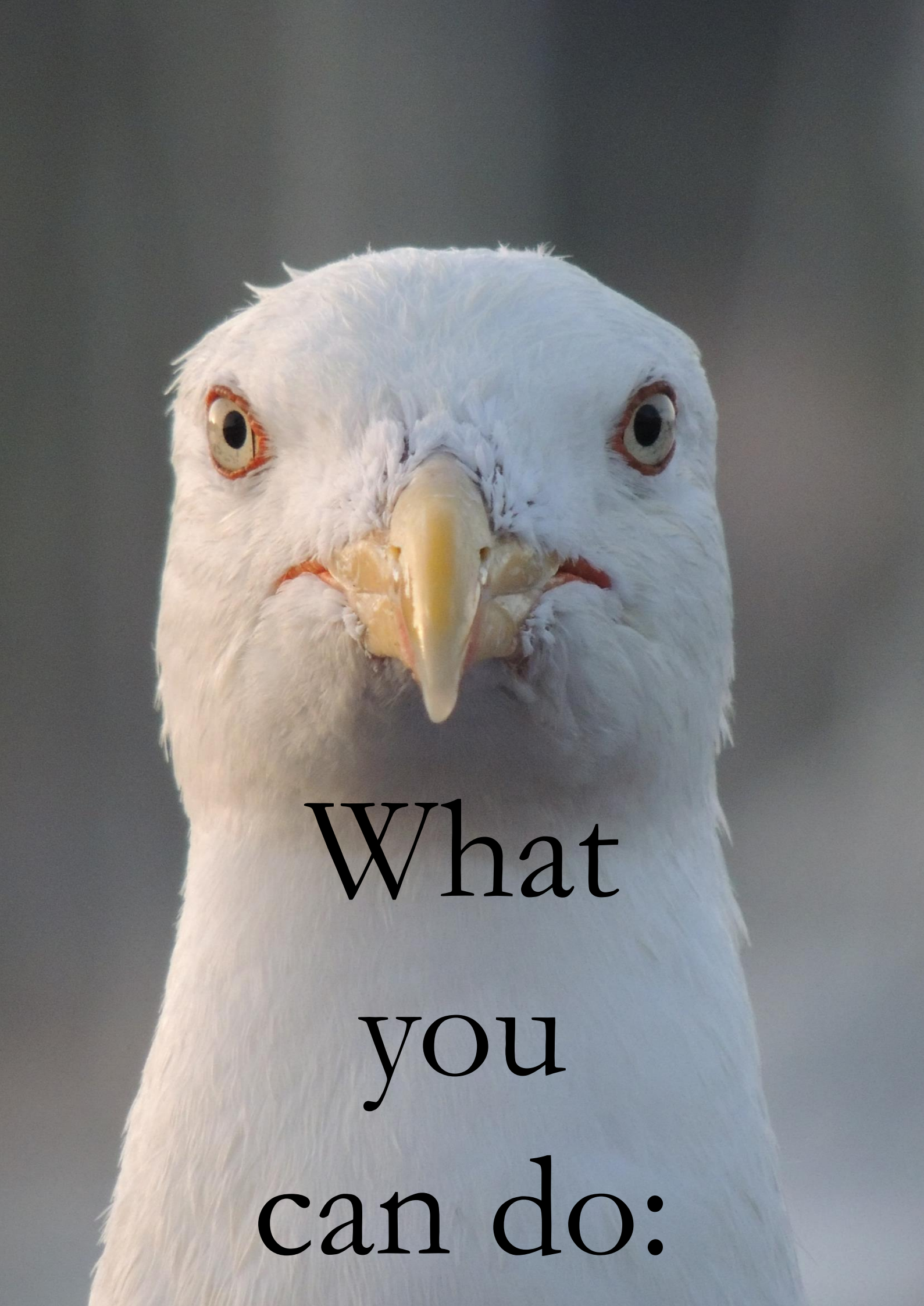
Ensure the conditions for
control over life decisions.

Promote creativity in life
decisions.


Invest in education.

*Sharma, S. (2019). Democratic Values, Freedom, Control and Life Satisfaction, *Economic Affairs*, Vol. 64, No. 1, pp. 217-231, March 2019, DOI: 10.30954/0424-2513.1.2019.26

https://www.researchgate.net/profile/Suraj_Sharma24/publication/332384888_Democratic_Values_Freedom_Control_and_Life_Satisfaction/links/5cc1a72c4585156cd7b01d91/Democratic-Values-Freedom-Control-and-Life-Satisfaction.pdf



What
you
can do:



Participate in cultural
activities in your area.

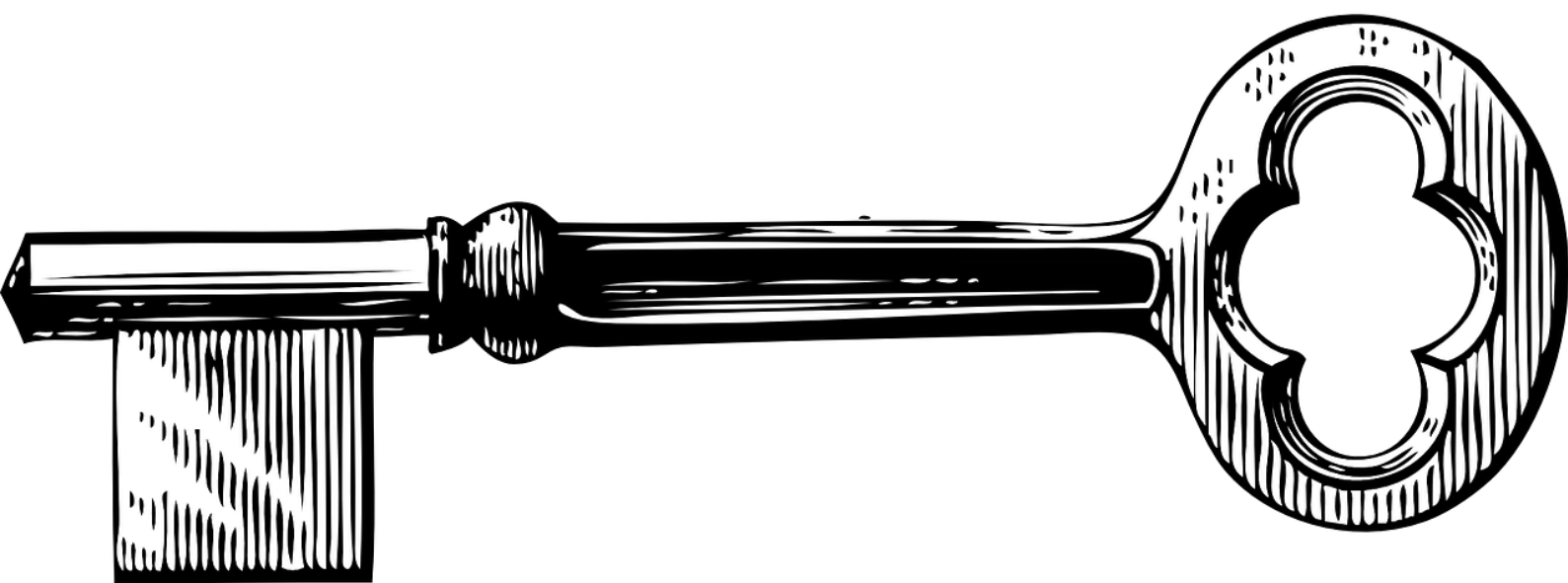
Get involved in local
groups.*



Do you trust your neighbor?



Would you feel comfortable giving them your key or could you ask them to watch over your place when you are on vacation?



It turns out our trust in our neighbors is not that much better than our trust in government.



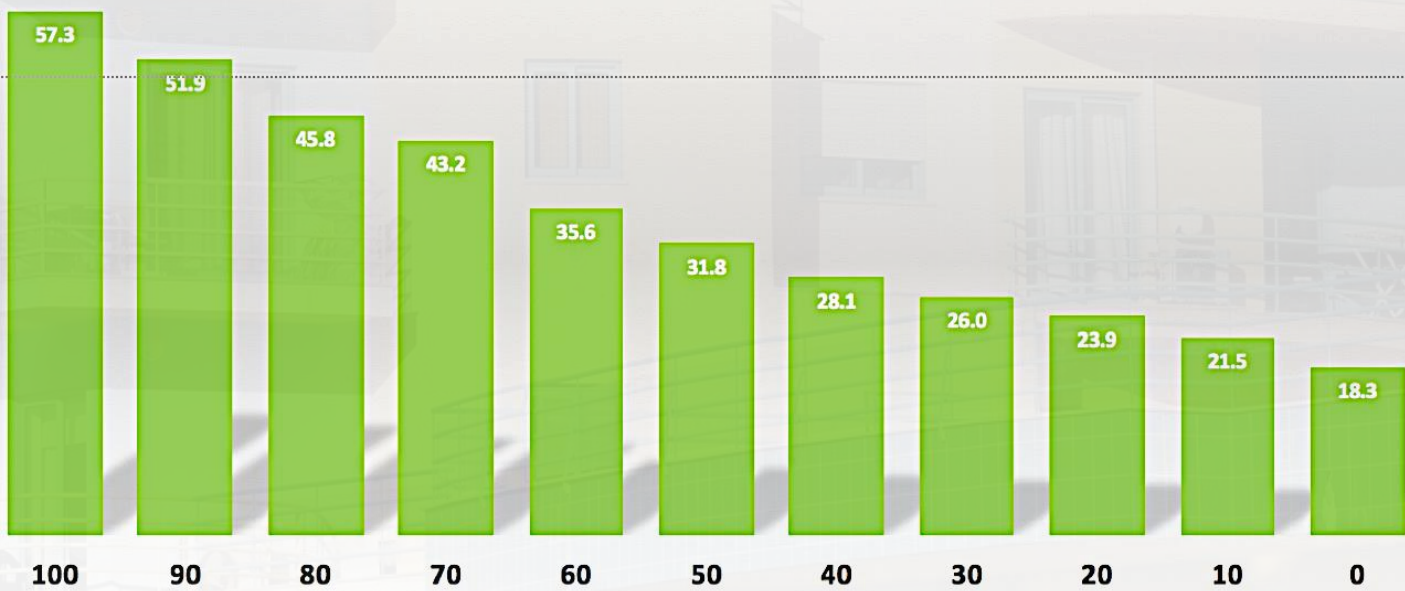


Trust in Neighbors

100
completely
trust

50
neutral

0
completely
distrust



Satisfaction with Life: 100 is completely satisfied, 0 is completely unsatisfied

Surprisingly, we trust local businesses a little bit more than our neighbors, but not that much more.



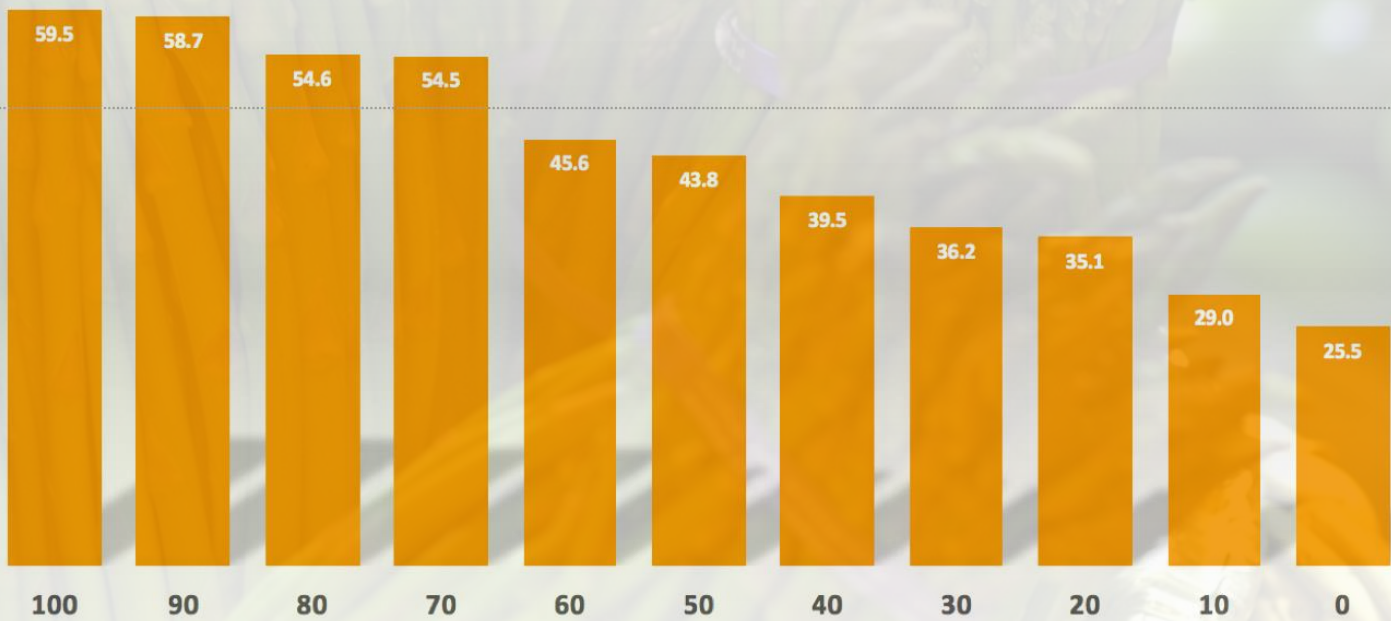


Trust in Local Businesses

100
completely
trust

50
neutral

0
completely
distrust

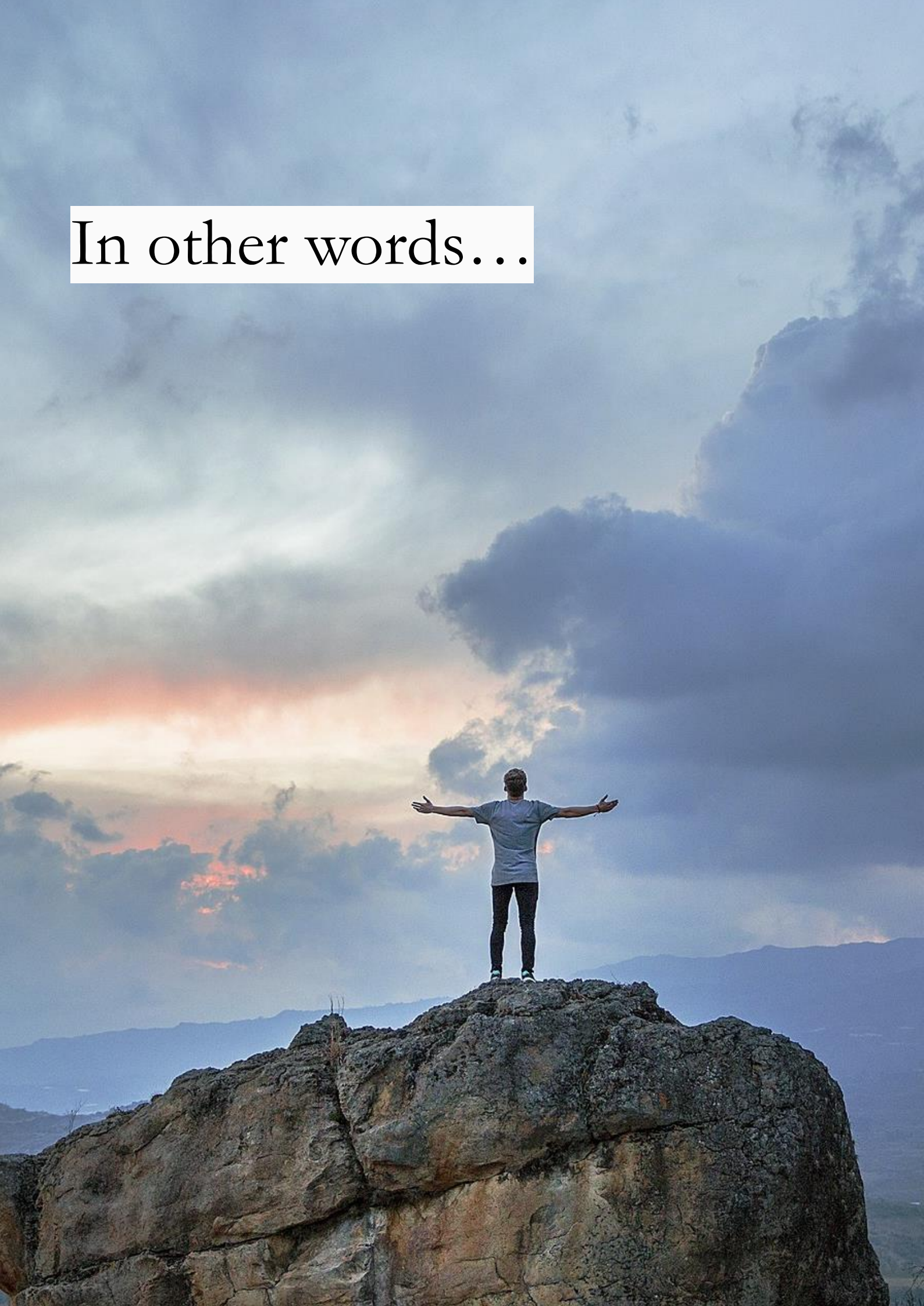


Satisfaction with Life: 100 is completely satisfied, 0 is completely unsatisfied

On average we trust our neighbors at about 35 out of 100 and our local businesses at 44 out of 100. (100 means we have absolute trust. Zero means we have no trust.)



In other words...



We do not really trust our neighbors, local businesses, local government or national government much.



A pair of hands is shown from the bottom, cupping a small, vibrant green seedling with several leaves and a mound of dark, rich soil. The background is a soft, out-of-focus blue with a subtle, repeating pattern. The overall mood is one of care and nurturing.

Is there hope?



Trust increases
happiness.

We can increase our
trust by our
decisions & actions
(both).



What you can do:





Learn about and develop tolerance.

Take action to overcome income inequalities in your personal life.

Take action to help someone in your life who is suffering from health inequalities.

Crowley, F. & Walsh, E. (2018). How important are personal ties, trust and tolerance for life satisfaction in Europe? SRERC Working Paper Series SRERCWP2018-1, <http://hdl.handle.net/10419/195053>

Back to politics





What about trust in government and the impending political season?



Synthesizing what science and
common sense have to say
about happiness and politics...



Get active in your neighborhood.

Take a class or participate in an event at your local community center or gathering place.

Take walks and when the opportunity arises, talk to your neighbors.

Get to know the people who live next door.

Don't give up if one way does not work! Keep trying.

Get to know a neighbor.

Say hello!

Smile when you see your neighbor.

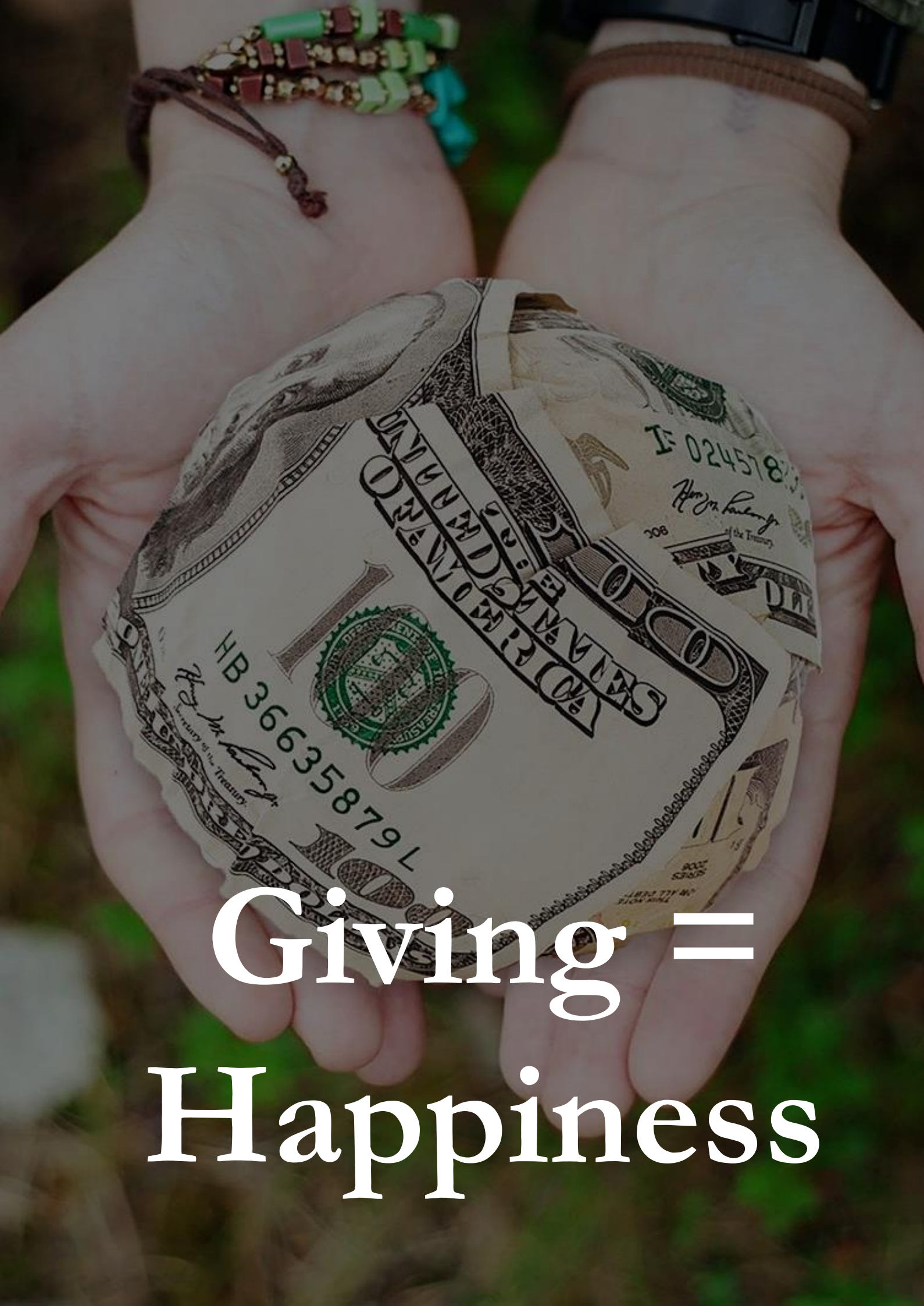
Bake a neighbor cookies or give them a small gift of seasonal fruit, with a card that says hello! I am your neighbor or something like that.

Invite a neighbor for coffee or tea.

If you are rebuffed, reach out to someone else.

Donating & Happiness





Giving =
Happiness

Happiness Researchers find that donating makes you happy.*



* Dunn, E., Aknin, L. & Norton, M. (2008). Spending Money on Others Promotes Happiness, *Science*, 319 (5870), 1687-1688. doi: 10.1126/science.1150952;

Nadeem, M., (2009). Purchasing Equals Happiness Equals Giving! How Do You Plan to Spend Your Weekend? *The Journal of American Academy of Business, Cambridge*, 15 (1), SSRN: <https://ssrn.com/abstract=3018206>



In particular, if you give to a cause you believe in, the happiness benefits are lasting.*

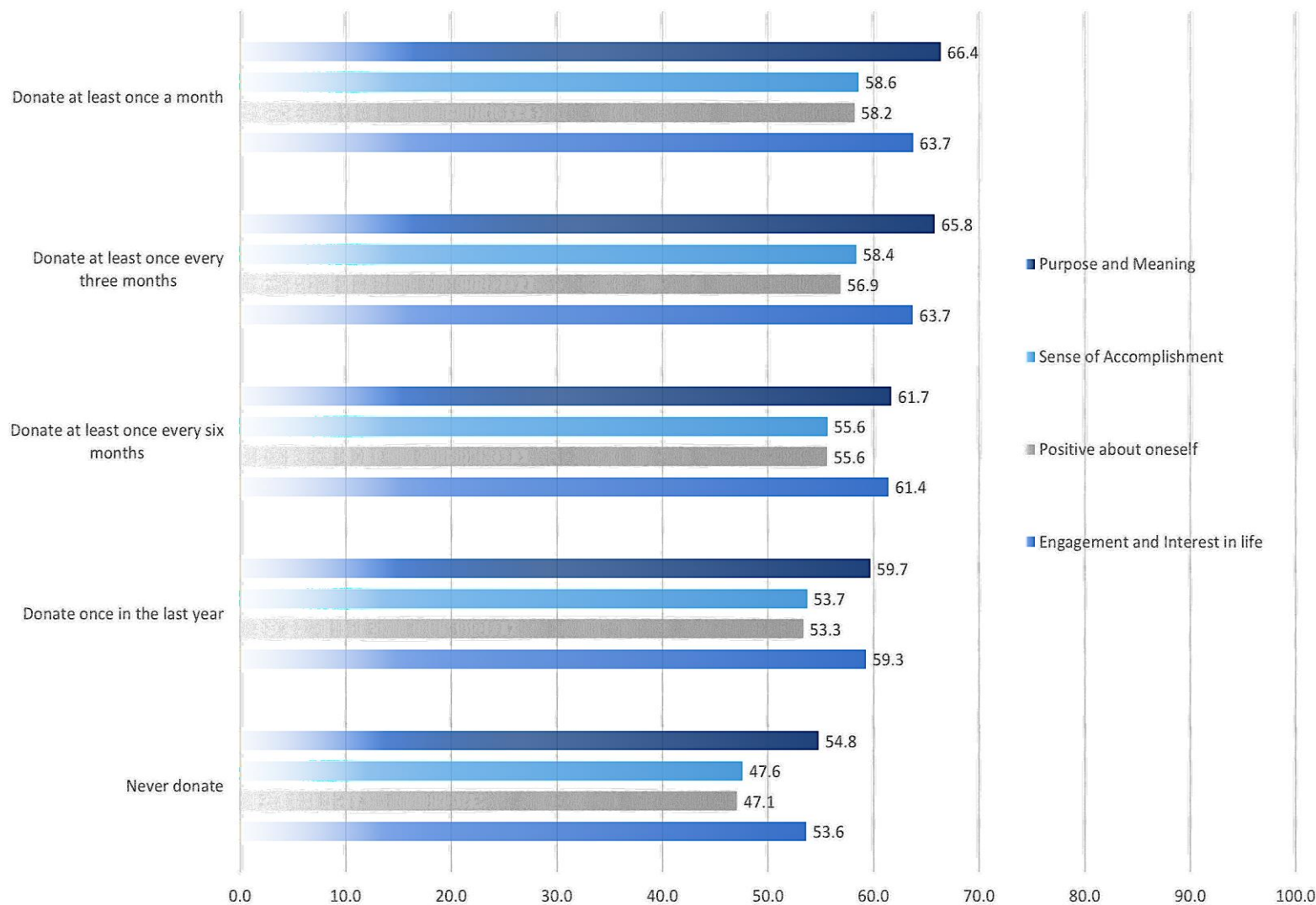
*Rudd, M., Aaker, J. & Norton, M. (2014). Getting the most out of giving: Concretely framing a prosocial goal maximizes happiness, *Journal of Experimental Social Psychology*, 54, 11-24. doi 10.1016/j.jesp.2014.04.002

There are connections between generosity, donating, purpose and sense of accomplishment.



Our data shows that people who donate have a stronger sense of purpose and meaning in life and feel more engaged by over 10 on a 100 point scale.

PEOPLE WHO DONATE HAVE MORE OF A SENSE OF PURPOSE AND FEEL MORE ENGAGED IN LIFE



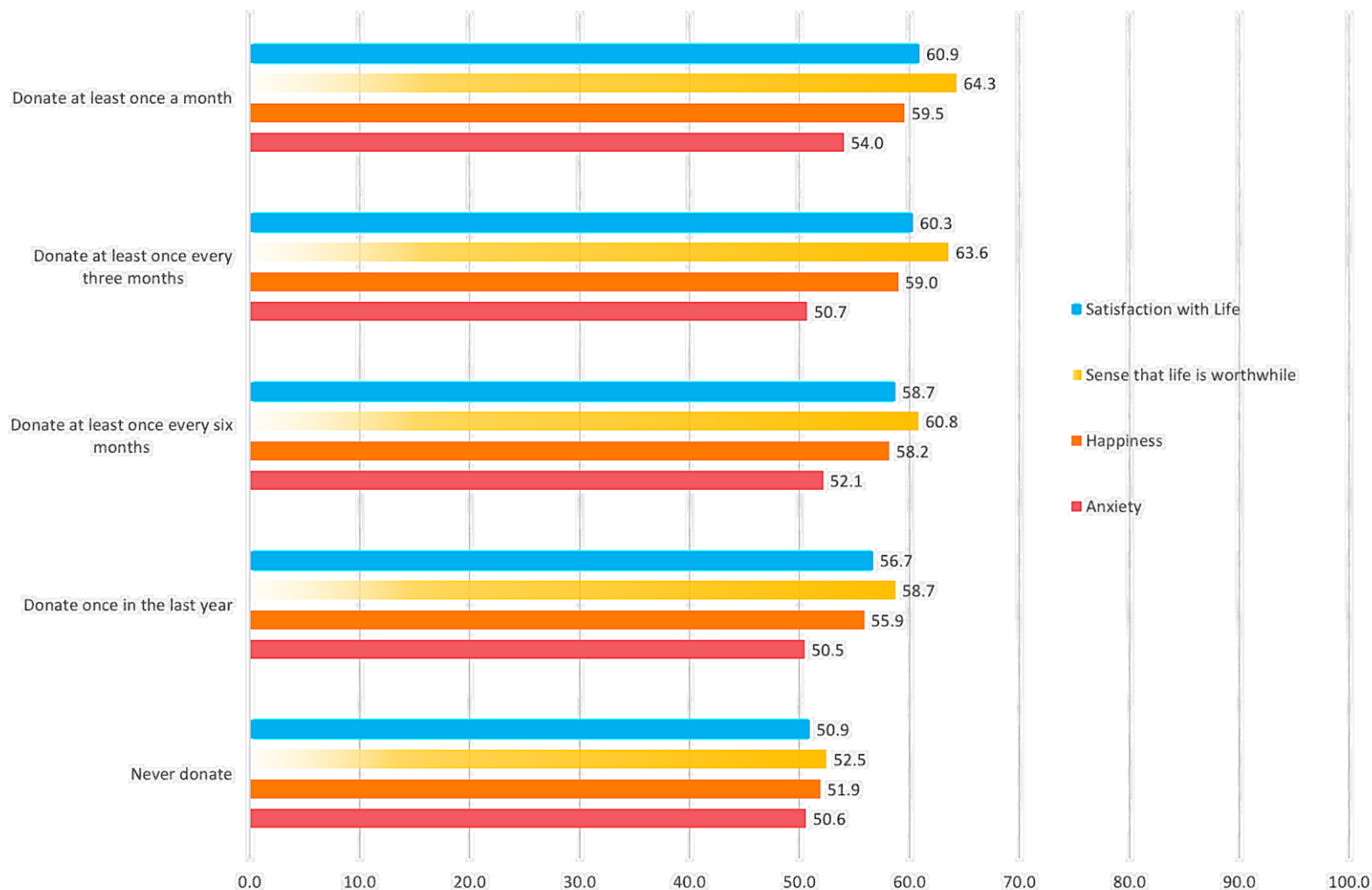


There are connections satisfaction with life, donating and sense of worthiness.



Our data also shows that people who donate have a higher satisfaction with life by 9.7 and sense that life is worthwhile by 11 points on a 0-100 point scale.

PEOPLE WHO DONATE ARE HAPPIER & FEEL THAT LIFE IS MORE WORTHWHILE



Our reports come from 8490 surveys taken by people who answered the questions for donations between January and November 23, 2019.

All of the surveys taken were gathered through a convenience sampling, meaning people chose to take the [Happiness Index](#).

	Survey takers
Never donate	2668
Donate once in the last year	2173
Donate at least once every six months	1247
Donate at least once every three months	1005
Donate at least once a month	1357



A close-up photograph of a Komodo dragon's head, showing its textured scales in shades of green, yellow, and brown. The dragon's eye is prominent, and its sharp, yellow teeth are visible at the bottom. A white text box is overlaid at the top.

Give to the Happiness Movement.

Give for your Happiness.

Donate

today

www.happycounts.org/donate.html





Give for system
change.

The Happiness Alliance provides tools, resources and knowledge for a new economic paradigm and personal happiness. Our mission is to the awaken happiness in all beings.



For attribution, please cite:

Musikanski, L., & Bradbury, J. (2019). The Happiness Report Card 2019 Second Half *Happiness Alliance*
happycounts.org