## Welcome Everyone

# **Global Happiness Report**

### Easterlin Paradox

### Or Easterlin Noted:

- From 1946 to 1970 in US
- Wealth per person continually increasing
- Happiness remained unchanged
- Beginning of Studies into Society
  - Well Being
  - Happiness
- Paradox is continuing right up to Now
- In Fact US happiness is going down
  - Since 2000 and from 2012

### New Economic Science

Developed by United Nations (UN)

- Taking input from Global experts
- Specialists in Universities, etc
- 1<sup>st</sup> Report in 2012
  - A New Economic Paradigm
- T th Report Released March 20<sup>th</sup>
  - Today take a look at parts of report
- Sased on extensive research
  - Analysis of Results

### **Global Happiness Report**

- Studies cover 156 Countries
- Measures Happiness levels in Society
- Seeks to Understand
  - Factors impacting Happiness + or –
  - Aspects of Society effecting Happiness

How do Different levels of Happiness
Impact how people act

### **Special Reports**

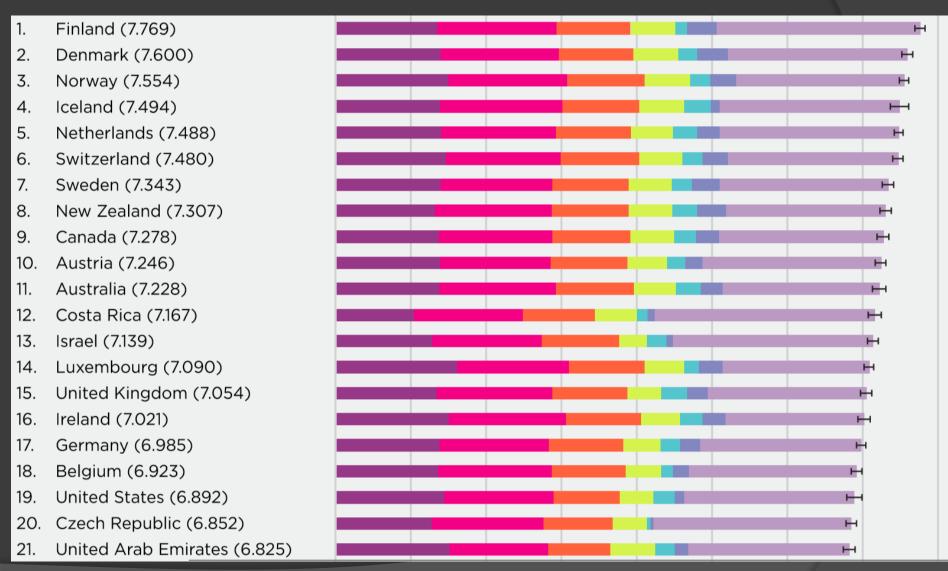
• How Happiness is changing in the World

• Happiness and Voting behavior

Role of Digital Media and Happiness

Addiction and Unhappiness

### Top Countries



- Explained by: GDP per capita
- Explained by: social support
- Explained by: healthy life expectancy
- Explained by: freedom to make life choices

- Explained by: generosity
- Explained by: perceptions of corruption
- Dystopia (1.88) + residual
- ➡ 95% confidence interval

# Finland

- Not just Finish Born who are Happiest
- Have Happiest Immigrants in the World
- Way of life that makes them Happiest
- Pay High Taxes
- Provides Strong Social Safety Net
- They Trust Government
- Live in Freedom
- Generous with each Other
  - Truly Care about Each Other

## New Zealand

- New Zealand at # 8
- 2011 Christchurch Earthquake
- Recent Right Extremist Terrorist attack
- Happiness remains high
- High Social Capital
- People are tightly connected
- Rally to Help Each Other
- Rebuild Immediately
- High happiness Countries Have Strength in their Societies

## USA

- USA at # 19 • Down 5 places since 2017 • Fallen From # 14 • 10<sup>th</sup> Income • 12<sup>th</sup> Generosity 37<sup>th</sup> Social Support ● 61<sup>st</sup> Freedom ● 42<sup>nd</sup> Corruption • Epidemic of Addiction -ve on Happiness
- Richest Country in World
- Happiness Declining

### Some Countries

Top 10 minor change Australia dropped from 10 to 11 Looking at Super Power Countries 18 up from 15 down from Germany 17 15 17  $\odot$  US 19 down from 58 down from Japan 54 68 59 Russia down from down from 86 China 93

### Happiness & Voting

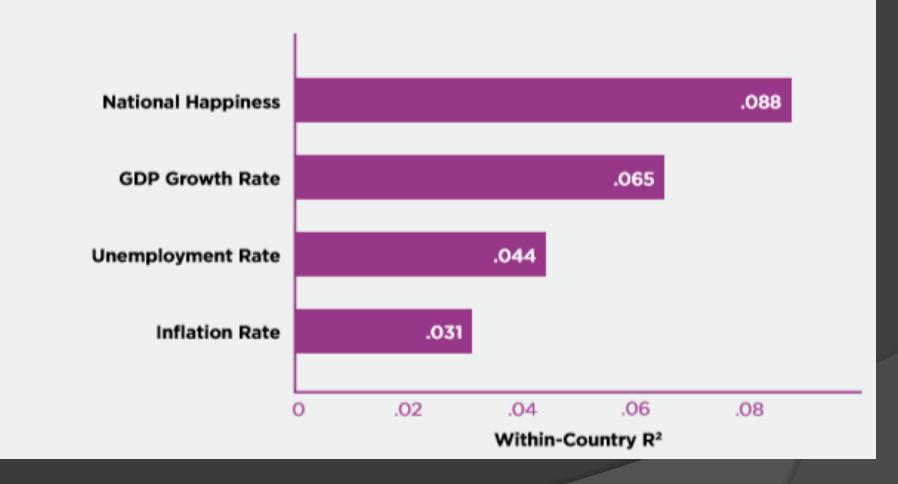
#### **Happiness and Political Interest**



#### **Happiness and Government Vote Share in Europe**



#### Figure 3.3: Predictors of Government Vote Share in Europe



## Far Right

- Significant increase
- Across many countries
- Trump Election ?
- France yellow Vests ?
- Far Right terror attack in NZ
- What is the cause ?
  - Complex subject

#### Figure 3.5: Life Satisfaction and Voting in the French 2017 Presidential Election



17

## Happiness & Digital Media

Study based on US dataUS

- Lowest Unemployment for 49 Years
- Income per person steadily growing
- Lowest violent crime rate for decades
- Happiness should be rising
- US Happiness Steadily Falling
  - Since 2000
- Why ??

## In US Adolescents

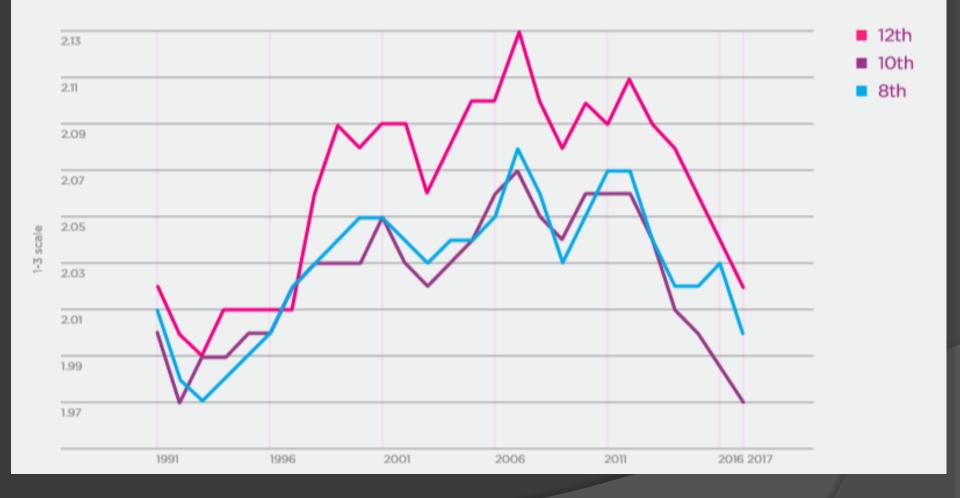
- Happiness & Wellbeing
- Strongly increased 1991 to 2011
- 2012 Suddenly declined
- Sychological Wellbeing Falling
  - High Depression
  - Self Harm
  - Suicidal Thoughts
- Particularly in Girls & Young women
- Same in UK

#### General happiness, U.S. adults, General Social Survey, 1973-2016



1-3 scale

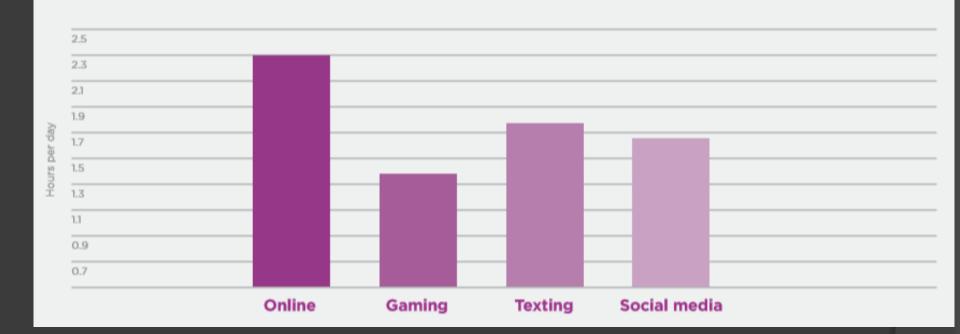
#### Figure 5.2: General happiness, U.S. 8th, 10th, and 12th graders (ages 13 to 18), Monitoring the Future, 1991-2017



## Why?

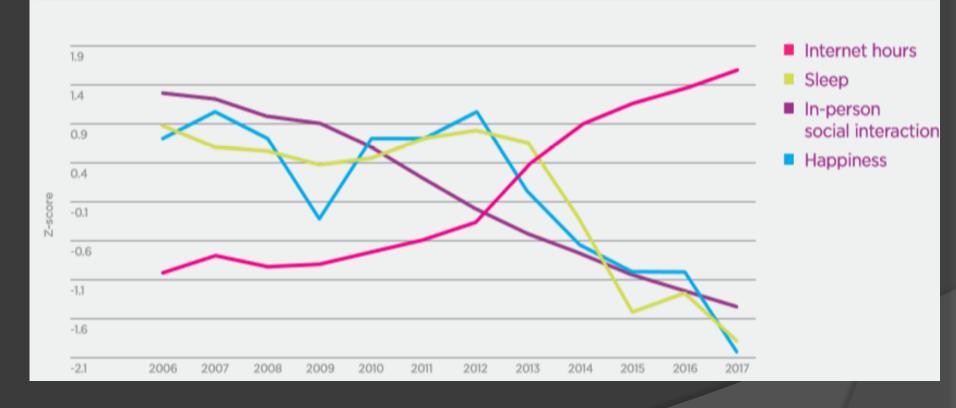
### Time on Electronic Media

### Figure 5.3: Hours per day U.S. 12th graders spent online, playing electronic games, texting, and on social media, Monitoring the Future, 2017.



### Total 7.2 Hours per Day

2018 - 95 % Had Smartphones 45 % Online almost Constantly Figure 5.4: Time spent on the internet, sleeping more than 7 hours a night most nights, frequency of in-person social interaction across 7 activities, and general happiness, standardized (Z) scores, 8th and 10th graders, Monitoring the Future, 2006-2017



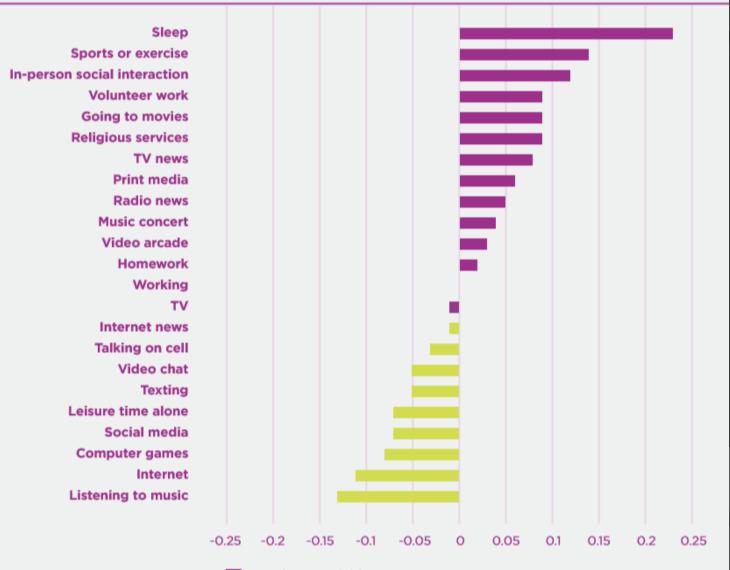
### What is happening

Internet time is replacing

SleepSocial Interaction

Happiness crashing

Figure 5.5: Correlation between activities and general happiness, 8th and 10th graders, Monitoring the Future, 2013-2016 (controlled for race, gender, SES, and grade level)



nonphone activities phone activities

### Experiments

- 1000 Adults
  - Half continue normal Facebook use
  - Half stopped for 1 week
- Those who stopped for 1 week
  - Reported being happier
  - Less Depressed
- Students over 3 weeks
  - Limit use to 10 min / day per platform
  - Max 30 min / day all platforms
- Reported being
  - Less Lonely
  - Less Depressed.

### **Other Effects**

Feeling of Inferiority Comparing to "Glamorous Highlights" of others Cyberbullying Significant depression risk factor Smartphones Reduce Quality • of Social Interactions Students Dinner out Strangers in waiting room

### All Society ?

Less Data on Adults

- Suspect similar results though
- What Happens as Depressed Students
  - Become Adults ?
  - Continue Social media consumption ?

### Addiction and Happiness

### US – A Mass Addiction Society

- Marijuana
- Orugs
- Tabaco
- Alcohol
- Gambling
- Internet
- Exercise
- Work
- Shopping
- Food

Sex

7 % 18	Yr Olds, 2 % 50 Yr Olds
8 %	" 5 % "
15 %	Adult population
10 %	"
1-3 %	"
2 %	"
3-5 %	" (22-26 % College)
10 %	"
6 %	"
10 %	" (35 % Obese)
3-6 %	"

### About half of Population Addicted at any point in Time

### Table 7.1: DALYs (Rate per 100,000, 2017) for Various Mental Disorders and Substance Abuse

Disorders	U.S. DALYs (rank per 195 countries in parenthesis)	Europe DALYs	Global DALYs
Mental disorders	2220.5 (4)	1814.9	1606.8
Drug Use	1703.3 (2)	340.5	355.8
Amphetamines	64.9 (2)	17.7	15.5
Cocaine	131.1 (1)	20.3	13.0
Opioids	1220.2 (3)	231.6	281.2
Alcohol	339.8 (39)	515.6	228.6
Anxiety disorders	606.7 (5)	420.6	355.0
Depressive disorders	779.2 (11)	659.5	429.9

### Cause of Addictions 4 Groups of Theories

- Opamine (DA) related
  - Heightens Stimuli in Dopamine brain pathways
- Opponent process
  - Neural reward Pleasure Pathways stimulated
  - Then anti-reward system kicks in
- Self Control failure
  - Self Control is exhaustible resource
  - Stress, exhaustion consume resource
  - Then Short term decision making occurs
- Dual Decision
  - PFC Frontal cortex
  - Complex problem solving, Future planning decisions
  - Dopamine circuits Immediate reward system
  - DA circuits gain control, decisions become short term

### **Cost of Addiction - Personal**

- Olinical Depression
- Loss of happiness
- Economic
- Mood & Anxiety disorders
- Poor decision Making
- Social Isolation, Stigmatization
- Oriminal Activities
- Personal Shame, distress
- Acute Stress

### **Cost of Addiction - Economic**

### Annual US Cost ~ \$820 Billion

### ● 4 % of GDP

# Possible Reasons

- Income Inequality
  - Struggle maintaining self esteem, status
  - Leads to stress
  - Desire to feel better
- Companies
  - Deliberately making addictive products
    - Food, drinks, drugs
  - Advertising targeted at human emotions
    - Driving addictive emotions
  - Tech companies designing systems for Dopamine hits
- Peer pressure social networks
- Causes often reinforce each other

## **Government Action**

#### Almost <u>Zero</u>

Large Corporates actively stop action

- Food
- Drugs
- Tech companies (eg: Facebook, Gaming)

Public Health Responses ... Zero



# Country Rankings

1.	Finland (7.769)			_	H
2.	Denmark (7.600)				H
3.	Norway (7.554)				H
4.	Iceland (7.494)				
5.	Netherlands (7.488)				H
6.	Switzerland (7.480)				H
0. 7.	Sweden (7.343)				FH I
8.	New Zealand (7.307)				н
o. 9.	Canada (7.278)				H
9. 10.	Austria (7.246)				H
10.	Australia (7.228)				H
12.	Costa Rica (7.167)				<b>B</b> -4
13.	Israel (7.139)				
14.	Luxembourg (7.090)				
15.	United Kingdom (7.054)				
16.	Ireland (7.021)				
17.	Germany (6.985)			F	1
18.	Belgium (6.923)				
19.	United States (6.892)				
	Czech Republic (6.852)			н	
21.	United Arab Emirates (6.825)			H	
22.	Malta (6.726)			<b>H</b>	
23.	Mexico (6.595)			H	
24.	France (6.592)			<b>H</b> -1	
25. 26.	Taiwan Province of China (6.446)			H	
26.	Chile (6.444) Guatemala (6.436)			I I	
27.	Saudi Arabia (6.375)			<b>F</b>	
	Qatar (6.374)				
	Spain (6.354)			<b>F</b>	
31.	Panama (6.321)				
32.	Brazil (6.300)			<b>H</b>	
	Uruguay (6.293)			<b>F</b>	
	Singapore (6.262)			H	
35.	El Salvador (6.253)			H-1	
36.	Italy (6.223)			<b>F</b> +1	
37.	Bahrain (6.199)			<b>H</b>	
38.	Slovakia (6.198)			H	
	Trinidad and Tobago (6.192)				
	Poland (6.182)			H-	
41.	Uzbekistan (6.174)			<b>H</b>	
	Lithuania (6.149)			<b>H</b>	
	Colombia (6.125)			-	
	Slovenia (6.118)			-	
45.				<b>—</b>	
	Kosovo (6.100)			-	
	Argentina (6.086)				
47.					
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50.	Ecuador (6.028)				
50.	Kuwait (6.021)				
52.	Thailand (6.008)				
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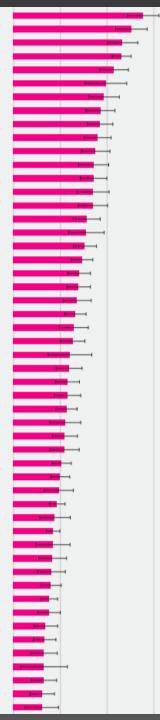
53.	Latvia (5.940)	F
54.	South Korea (5.895)	H
55.	Estonia (5.893)	H
56.	Jamaica (5.890)	
57.	Mauritius (5.888)	H
58.	Japan (5.886)	H
59.	Honduras (5.860)	-
60.	Kazakhstan (5.809)	H
61.	Bolivia (5.779)	H
62.	Hungary (5.758)	E-I
63.	Paraguay (5.743)	H-1
64.	North Cyprus (5.718)	FH4
65.	Peru (5.697)	<b>F</b> -1
66.	Portugal (5.693)	<b>F</b>
67.	Pakistan (5.653)	H
68.	Russia (5.648)	FH.
69.	Philippines (5.631)	<b>F</b>
	Serbia (5.603)	<b>F</b> -1
71.	Moldova (5.529)	<b>F</b> -1
72.	Libya (5.525)	<b>H</b>
73.	Montenegro (5.523)	<b>F</b>
74.	Tajikistan (5.467)	<b>H</b> -1
75.	Croatia (5.432)	H
76.	Hong Kong SAR, China (5.430)	<b>F</b> -1
77.	Dominican Republic (5.425)	<b>F</b>
78.	Bosnia and Herzegovina (5.386)	H
79.	Turkey (5.373)	<b>H</b> -1
80.	Malaysia (5.339)	<b>H</b>
81.	Belarus (5.323)	H
82.	Greece (5.287)	
83.	Mongolia (5.285)	H
84.	Macedonia (5.274)	H-1
85.	Nigeria (5.265)	<b>H</b>
86.	Kyrgyzstan (5.261)	H-1
87.	Turkmenistan (5.247)	H
88.	Algeria (5.211)	-
89.	Morocco (5.208)	H-1
	Azerbaijan (5.208)	H
91.	Lebanon (5.197)	<b>F</b> -1
92.	Indonesia (5.192)	H-1
93.	China (5.191)	н
	Vietnam (5.175)	
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97.	Bulgaria (5.011)	
98.	Ghana (4.996)	E
104.	Gabon (4.799)	

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119. Georgia (4.519) <ul> <li>Gambia (4.516)</li> <li>Kenya (4.509)</li> <li>Kenya (4.509)</li> <li>Mauritania (4.490)</li> <li>Mauritania (4.490)</li> <li>Mauritania (4.461)</li> <li>Marambique (4.466)</li> <li>Fraq (4.377)</li> <li>Gambia (4.370)</li> <li>Fraq (4.377)</li> <li>Siera Leone (4.374)</li> <li>Gambia (4.486)</li> <li>Gambia (4.486)</li> <li>Gambia (4.380)</li> <li>Gambia (4.380)</li> <li>Gambia (4.380)</li> <li>Gambia (4.380)</li> <li>Gambia (4.380)</li> <li>Gambia (4.389)</li> <li>Gambia (4.389)</li> <li>Gambia (4.189)</li> <li>Gambia (4.189)</li> <li>Gambia (4.189)</li> <li>Gambia (4.189)</li> <li>Gambia (4.189)</li> <li>Gambia (4.107)</li> <li>G</li></ul>					
120. Gambia (4.516)       Image: Comparison of the second of					
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125. Bangladesh (4.456)       Image (4.437)         126. Iraq (4.437)       Image (4.437)         127. Congo (Kinshasa) (4.418)       Image (4.390)         128. Mali (4.390)       Image (4.390)         129. Sierra Leone (4.374)       Image (4.374)         130. Sri Lanka (4.366)       Image (4.376)         131. Myanmar (4.360)       Image (4.350)         132. Chad (4.350)       Image (4.350)         133. Ukraine (4.332)       Image (4.350)         134. Ethiopia (4.286)       Image (4.189)         135. Swaziland (4.212)       Image (4.189)         136. Uganda (4.189)       Image (4.107)         137. Egypt (4.166)       Image (4.107)         138. Zambia (4.107)       Image (4.107)         139. Togo (4.085)       Image (4.107)         140. India (4.015)       Image (4.107)         141. Liberia (3.975)       Image (4.107)         142. Comoros (3.973)       Image (4.107)         143. Madagascar (3.933)       Image (4.107)         144. Lesotho (3.802)       Image (4.107)         145. Burundi (3.775)       Image (4.107)         146. Zimbabwe (3.663)       Image (4.107)         147. Haiti (3.597)       Image (4.107)         148. Botswana (3.488)       Image (4.107)					
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131. Myanmar (4.360)         132. Chad (4.350)         133. Ukraine (4.332)         134. Ethiopia (4.286)         135. Swaziland (4.212)         136. Uganda (4.189)         137. Egypt (4.166)         138. Zambia (4.107)         139. Togo (4.085)         140. India (4.015)         141. Liberia (3.975)         142. Comoros (3.973)         143. Madagascar (3.933)         144. Lesotho (3.802)         145. Burundi (3.775)         146. Zimbabwe (3.663)         147. Haiti (3.597)         148. Botswana (3.488)         149. Syria (3.462)         150. Malawi (3.410)         151. Yemen (3.380)         152. Rwanda (3.334)         153. Tanzania (3.231)         154. Afghanistan (3.203)         155. Central African Republic (3.083)	129. Sierra Le	one (4.374)			<b>H</b>
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139. Togo (4.085)         140. India (4.015)         141. Liberia (3.975)         142. Comoros (3.973)         143. Madagascar (3.933)         144. Lesotho (3.802)         145. Burundi (3.775)         146. Zimbabwe (3.663)         147. Haiti (3.597)         148. Botswana (3.488)         149. Syria (3.462)         150. Malawi (3.410)         151. Yemen (3.380)         152. Rwanda (3.334)         153. Tanzania (3.231)         154. Afghanistan (3.203)         155. Central African Republic (3.083)	137. Egypt (4	.166)			H
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142. Comoros (3.973)       Image: Comoros (3.973)         143. Madagascar (3.933)       Image: Comoros (3.973)         144. Lesotho (3.802)       Image: Comoros (3.975)         145. Burundi (3.775)       Image: Comoros (3.973)         146. Zimbabwe (3.663)       Image: Comoros (3.977)         147. Haiti (3.597)       Image: Comoros (3.982)         148. Botswana (3.488)       Image: Comoros (3.977)         149. Syria (3.462)       Image: Comoros (3.977)         150. Malawi (3.410)       Image: Comoros (3.977)         151. Yemen (3.380)       Image: Comoros (3.977)         152. Rwanda (3.334)       Image: Comoros (3.977)         153. Tanzania (3.231)       Image: Comoros (3.977)         154. Afghanistan (3.203)       Image: Comoros (3.977)         155. Central African Republic (3.083)       Image: Comoros (3.977)	140. India (4.	015)			н
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151. Yemen (3.380)       Image: Constraint of the second sec				<b>H</b>	
152. Rwanda (3.334)       Image: Constraint of the second se				<b>H</b>	
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154. Afghanistan (3.203)     155. Central African Republic (3.083)					
155. Central African Republic (3.083)					

### Change in Country Happiness

	D (1 700)	
1.	Benin (1.390)	
2.	Nicaragua (1.264)	
3.	Bulgaria (1.167)	
4.	Latvia (1.159)	
5.	Togo (1.077)	
6.	Congo (Brazzaville) (0.992)	
7.	Sierra Leone (0.971)	
8.	Slovakia (0.933)	
9.	Ecuador (0.926)	
10.	Uzbekistan (0.903)	
11.	Cameroon (0.880)	
12.	Philippines (0.860)	
13.	El Salvador (0.859)	
14.	Serbia (0.853)	
15.	Romania (0.851)	
16.	Kosovo (0.785)	
17.	Macedonia (0.780)	
18.	Tajikistan (0.764)	
19.	Mongolia (0.735)	
20.	Pakistan (0.703)	
21.	Burkina Faso (0.698)	
22.	Hungary (0.683)	
23.	Georgia (0.665)	
24.	Peru (0.645)	
25.	Cambodia (0.636)	
26.	Iceland (0.605)	
27.	Chile (0.597)	
28.	Uruguay (0.579)	
29.	Taiwan Province of China (0.578)	
30.	Kyrgyzstan (0.569)	
31.	Honduras (0.556)	
32.	Paraguay (0.551)	
33.	Niger (0.548)	
	Estonia (0.519)	
35.	Azerbaijan (0.502)	
36.	Bosnia and Herzegovina (0.487)	
37.	Germany (0.469)	
38.	Poland (0.445)	
30. 39.	China (0.426)	
	Dominican Republic (0.422)	
40.	Nigeria (0.418)	
42.	South Korea (0.404)	
43.	Moldova (0.401)	
44.	Russia (0.385)	
45.	Czech Republic (0.381)	
46.	Bolivia (0.346)	
47.	Lithuania (0.333)	
48.	Nepal (0.328)	
49.	Montenegro (0.327)	
50.	Mali (0.326)	
51.	Kenya (0.310)	
E2	Clouonia (0.706)	

52. Slovenia (0.306)



57	Mauritania (0.202)					
53.	Mauritania (0.292)				1	
54.	Lebanon (0.285) Palestinian Territories (0.279)					
55. 56						
56. 57	Chad (0.275)				1	
57.	Indonesia (0.240)					
58.	Zimbabwe (0.236) Thailand (0.227)					
59. 60						
60. 61	Guatemala (0.223)					
61. 62	Turkey (0.218)					
62. 67	Burundi (0.212)				-	
63.	United Kingdom (0.137)					
64. CF	Portugal (0.129)					
65. 66	Kazakhstan (0.118)					
66. 67	Hong Kong SAR, China (0.100)					
67.	Finland (0.097)					
68.	Austria (0.094)			•		
	Ghana (0.090)					
70.	United Arab Emirates (0.090)					
71.	Senegal (0.088)			•		
72.	Albania (0.084)					
73.	Costa Rica (0.046)			H <b>-</b>		
74.	Israel (0.045)					
75.	Norway (0.030)					
76.	Colombia (0.014)					
77.	Liberia (0.014)					
78.	Switzerland (0.007)					
79.	Netherlands (-0.028)					
	Argentina (-0.029)					
81.	Sri Lanka (-0.030)			<b>⊢</b> ∎-1		
82.	Sweden (-0.035)			H <b>-</b>		
83.	Armenia (-0.048)					
84.	Mexico (-0.051)			<b>⊢</b> ∎-1		
85.	Kuwait (-0.055)			<b>⊢</b> ∎		
86.	Uganda (-0.064)			<b>—</b>		
87.	Australia (-0.065)			<b></b> -		
88.	Trinidad and Tobago (-0.071)					
89.	New Zealand (-0.109)					
90.	Iraq (-0.153)			·		
91.	Canada (-0.179)					
92.	Cyprus (-0.192)					
93.	Bangladesh (-0.195)					
94.	Haiti (-0.203)					
95.	Japan (-0.215)			H		
96.	Vietnam (-0.225)					
97.	Mozambique (-0.227)					
98.	Namibia (-0.246)					
99.	Brazil (-0.250)					
100	. Belarus (-0.257)					
101.	Belgium (-0.276)					
102.	France (-0.282)					
103.	Jamaica (-0.318)		-			
104.	. Panama (-0.329)					

