The (un)Happiness Report Card

Half-Yearly Report 2020

Happiness Alliance
Happiness Scores went down in 2019, and continued to creep down between January and April 2020.

It comes as no surprise.
The Happiness Movement is not just about happiness.

It’s about sadness, anxiety, inequality and the hard things in life.
Novel Covid-19 has affected the lives – and happiness – of every human on the planet.

In this report, we explore happiness and unhappiness in the face of Covid-19.
As a group, the Happiness Alliance Board of Directors also asked ourselves two questions:
What is Covid-19 telling you about your own happiness?
What is Covid-19 telling the Happiness Movement?
Our wisdom:
Stop.
Think.
Value what is present.
Reflect.
Enjoy quiet.

Take time to be still.

See the beauty of being alive.

Appreciate the beauty of you.
Do not worry about what you cannot change.

Make plans but also live in the moment.

Enjoy being spontaneous.
In life, have:
Someone to love.
Something to look forward to.
Something to do.
Never before has the need for a well-being based society been so clear.
Our economy, society, environment, government & lives are deeply interdependent.

We choose our future based on what we believe in.
Value what we have gained from this time.

Clean air.

A view of the stars.

No traffic or commutes.

Communication with loved ones.

Closeness of families and friends.
We believe happiness, well-being and ecological sustainability are the building blocks for physical health and a healthy economy and society as well as a trustworthy government.
Happiness Index
Annual Scores
2019 &
Jan – April 2020
Sometimes good comes from lows.

Is our future in our hands?
Happiness Index Scores for 2019 are not looking so good.
Our happiness went down from an already low point.
We put together more data stories for you with the averages for each question for 2018 and 2019 in the Happiness Index here.
Happiness Index Indicators are arranged by domain, such as here for the domain of psychological well-being.
In 2020, Happiness Scores continued to decline, except in one domain.
Time to despair?
No.

But it is time for a change.
We asked you: What do we need for happiness?
Here is what you said...
Your Wisdom:
Improve housing opportunities for the poor.
Inviting and welcoming leaders of the community.
Raise the minimum wage.
Making single-payer health care as the law of the land with access to quality health care without fear of medical catastrophe.
Positive media (television, papers, etc.) that reports news about the world we want.
Access to green spaces.
No more communing.
Trusting relationships.

More connection.
Spend more time with family and friends.
Opportunities for spending time finding one’s personal values.
Phone-free zones.
More planned community activities (and better advertising for these events and gatherings).
A glimmer of hope?
Jan – April 2020 score in the domain of community increased.
Community is the key to individual happiness.

Community is the key to social change.
Our scores are similar to what Gallup found for 2019 (here) and first quarter 2020 (here). Our data comes from a convenience sampling.
In the face of Covid-19 & Self-Quarantine
We compared data for those who consider themselves healthy vs. those who do not.
Self Perception of Health
Those who perceive themselves to be healthy are much happier as well. When compared, those with a very good or excellent perception of their health scored higher in each of the other domains of happiness, by a wide margin of 14.2 points on a 100 point scale.
What does the visualization say?
People who perceive themselves to be in very good or excellent health are more satisfied with their exercise and feel they live in a healthy environment.

These are findings that science backs up (White et al, 2019).
This indicates that a connection to nature and spending time in nature, when the environment is healthy, is good for your health.
People who perceive themselves to be physically healthy are psychologically healthy. They are more satisfied with their lives, more likely to feel their lives are worthwhile, more optimistic and more likely to feel their lives have a purpose and meaning. They are also happier.
People who perceive themselves to be healthy are less lonely and feel more of a sense of belonging to their community.
With Covid-19 affecting your life, we asked you:
What are you doing for your happiness and health these days?
Play games with family.
Watch comedies.
Avoid the news.
Maintain a sense of normalcy by keeping up the routines.
Channel extra energy into being creative.
Connect virtually with friends.
Spend lots of time outdoors.
Take lots of walks in nature in my neighborhood - look up at birds and the sky, look down for cats and foxes.
Adapt work to the changing times.
Sleep in late and go to bed early.
Have gratitude for what you have.
Make more phone calls rather than just sending text messages.

Send good humor and funny videos to friends and family.
Gardening.
Reading.
The Loneliness, Happiness and Health Connection
Covid-19 & Loneliness

A deadly connection?

A healthy connection?

A confusing connection.
We do not know how long social distancing will be necessary.

Self-quarantining may be necessary for a long time for those who are vulnerable.

We also do not know if we or our loved ones will survive.

This is so scary.
Let's not bear this fear alone or let it rob us of our happiness and the enjoyment of our lives.

We humans are social creatures, even the most introverted of us needs connection with others.

Loneliness is not good for us.

Right now, quality of life - our happiness - is really important.
We looked at data for people who are often or always lonely and people who are rarely or never lonely, and found a few similarities and a few differences.
Loneliness:
The Lonely (3610) & The Not Lonely (2414)

- Having spare time: Lonely 46.6, Not lonely 49.8
- Feeling positive about self: Lonely 34.8, Not lonely 73.8
- Satisfaction with opportunities to enjoy nature: Lonely 58.8, Not lonely 73.5
- Health: Lonely 43.0, Not lonely 62.7
- Satisfaction with Life - Cantril Ladder: Lonely 46.3, Not lonely 72.0
- Sense of feeling lonely: Lonely 14.0, Not lonely 85.4
Self-perceived health is one place where there is a big difference, as well as feeling positive about oneself, satisfaction with life, and satisfaction with opportunities to enjoy nature.
People who are not lonely feel more positively about themselves, are more satisfied with life, are more satisfied with their opportunities to enjoy nature, and feel that they are healthier.
Who Trusts Government?
Trust in government, sense of corruption and sense that public officials pay attention to what people think are more important to happiness than most people think (Ott, 2011).
One of the six factors that the World Happiness Report examines to understand what makes people happy is the perception of corruption in government.

Our Happiness Index measures perception of corruption, sense that public officials pay attention to what people think, as well as trust in national and local government.
Data for trust in local and national government is gathered from a convenience sampling gathered in 2019 for people who responded that they live in the US. This comes to 4,687 people.
In Most States People Think Local Government is Not Corrupt
Scores for **sense that local government is corrupt** are, for the most part a bit above neutral, meaning people generally do not think government is corrupt, but would not say with certainty that it is *not* corrupt. The average score for all states is 51.9- **not bad, but not good.**
For trust in national government, the average score is 30.03, meaning **people do not have confidence in national government.**
State by State, Trust in National Government is Low
The Wealthy Think A Bit Better of Local Government than Those who are not Wealthy
Wealthy or Poor, Trust in National Government is not Great
The average score for trust in government across all income levels is 30 out of 100.
Avg. Sense of corruption in one's city or town government.

Income

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Sense of Corruption</th>
</tr>
</thead>
<tbody>
<tr>
<td>$10,000 - $19,999</td>
<td>50.82</td>
</tr>
<tr>
<td>$20,000 - $29,999</td>
<td>47.00</td>
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<td>$30,000 - $39,999</td>
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<tr>
<td>$250,000 - $259,999</td>
<td>62.91</td>
</tr>
</tbody>
</table>
Income level does not make a big difference when it comes to trust in national government or sense that local government is corrupt.

There is a slight trend up, meaning as your income goes up, your trust goes up a little, and your sense of corruption in local government goes down.
The average score for sense of corruption across all income levels is 56 out of 100.
Men Trust National Government a Bit More than Women

![Bar Chart]

- Male: 33.533
- Female: 29.360
- Other: 25.625
All Genders Are Fairly Neutral About the Question of Whether Local Government is Corrupt

Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Avg. Sense of Corruption in one's city or town government</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>53.998</td>
</tr>
<tr>
<td>Female</td>
<td>53.082</td>
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<tr>
<td>Other</td>
<td>55.000</td>
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Who cares?

A few propositions why good government is important to happiness:
Trust in government sets a tone. When you can trust your government, you are more likely to trust other institutions: businesses, schools and colleges, nonprofits.

When you live in a nation where you feel you can trust institutions, you are more likely to be trustworthy yourself and more likely to trust other people.
Honesty (as opposed to Corruption) allows people to feel safe and secure. We all know that safety and security are basic human needs.

Safety in our personal lives is tied to safety in our systems, including governmental, economic and social.
Paying attention to what you think is an important aspect of esteem. **Esteem and respect** are also basic human needs.

A government that cares about what you think has the information it needs to secure and protect your inalienable right to life, liberty and the pursuit of happiness.
Give to the Happiness Alliance
Your gift helps fuel the Happiness Movement
About the Data

All of our data is from a convenience sampling. It reflects the people who took the survey, and may or may not reflect the general population. The more data we have, the better picture we get of the state of happiness.

In some states, we have very little data.

How can you help? Encourage people to take the Happiness Index.
Take exquisite care of yourself.

May You Be at Ease.

May You Be Happy.

May You Be Healthy.
The Happiness Alliance provides tools, resources and knowledge for a new economic paradigm and personal happiness.

Our mission is to awaken happiness in all beings.

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