
Happiness Survey

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 **tracking** happiness

Introduction

The aim of this large-scale study is to objectively compare data on happiness across different demographics and personality types. More specifically, this study aims to provide more objective data on topics that are often quoted throughout the internet.

For example, that 40% of our happiness is a result of our internal mindset.

Or that happiness is not something we can control.

This study is performed by the team of [Tracking Happiness](#), by conducting a large-scale survey on the email subscribers of the website. This document summarizes the general highlights of the study. Specific study results are posted in separate articles on the [Tracking Happiness](#) website.

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Method

We used our existing audience to conduct a survey, by sending out the email below to our subscribers.

Hello!

We at Tracking Happiness are conducting a [new and unique survey about happiness](#).

This survey aims to answer some simple yet important questions about defining happiness and what happiness really is. With just **2 minutes of your time**, your input will be part of the new and exciting results that this survey will give.

Better yet, by participating in this survey, you are in the race for a **\$100 Amazon gift card**, which will be randomly awarded to one of the participants after the research is finished.

Here is the survey:

<https://www.trackinghappiness.com/tracking-happiness-survey/>

In addition, the survey was shared across social media and additional email campaigns, to attract a large and diverse number of respondents.

In total, 1,155 responses were recorded, from 23 December 2019 to 19 June 2020.

The survey responses are anonymized. No names were collected, and email addresses have only been used to award the winner of the \$100 Amazon gift card.

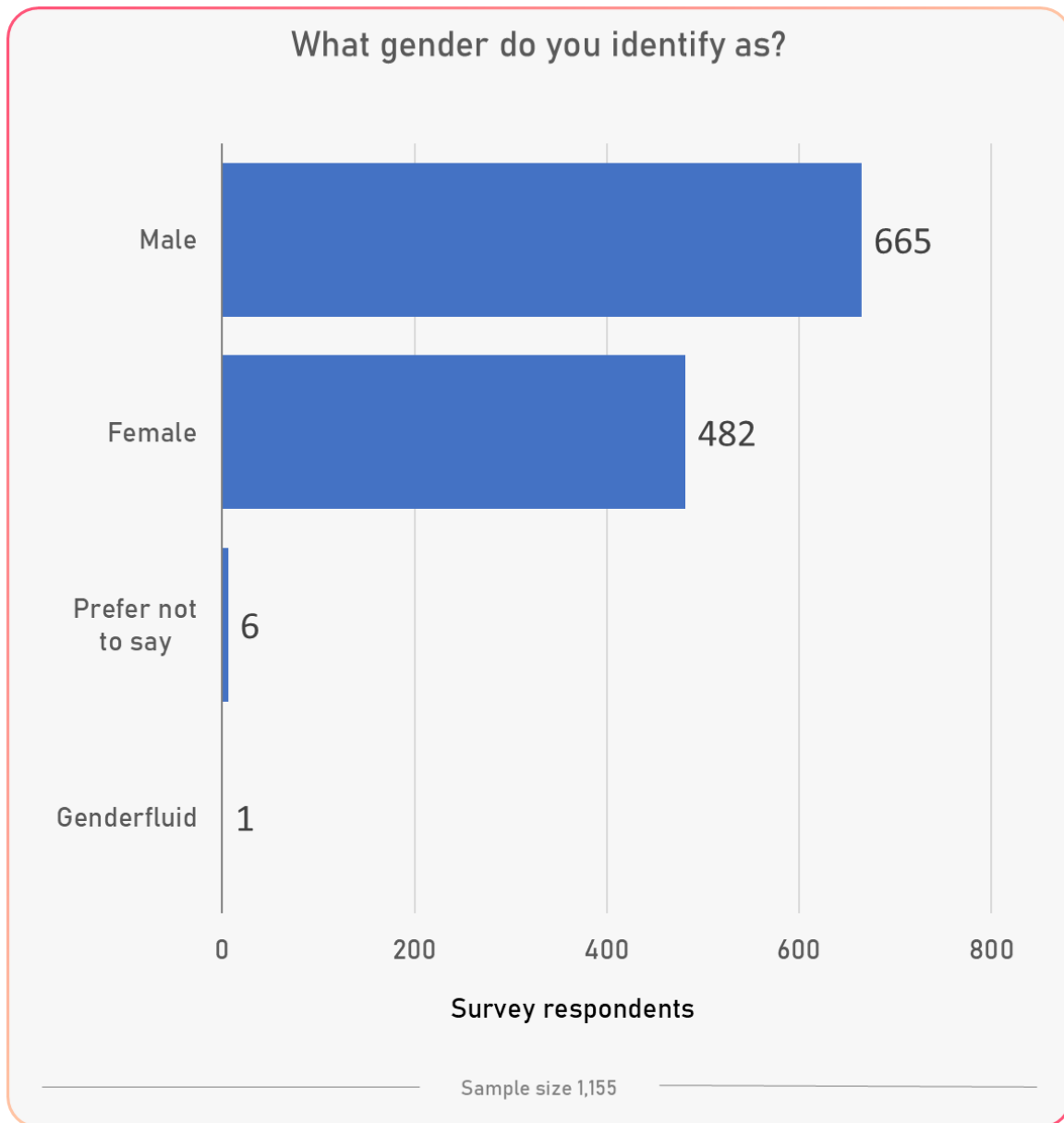
The responses are analyzed in bulk and visualized using statistical analysis software packages.

Specific survey results are published in separate articles, and link back to this document for reference.

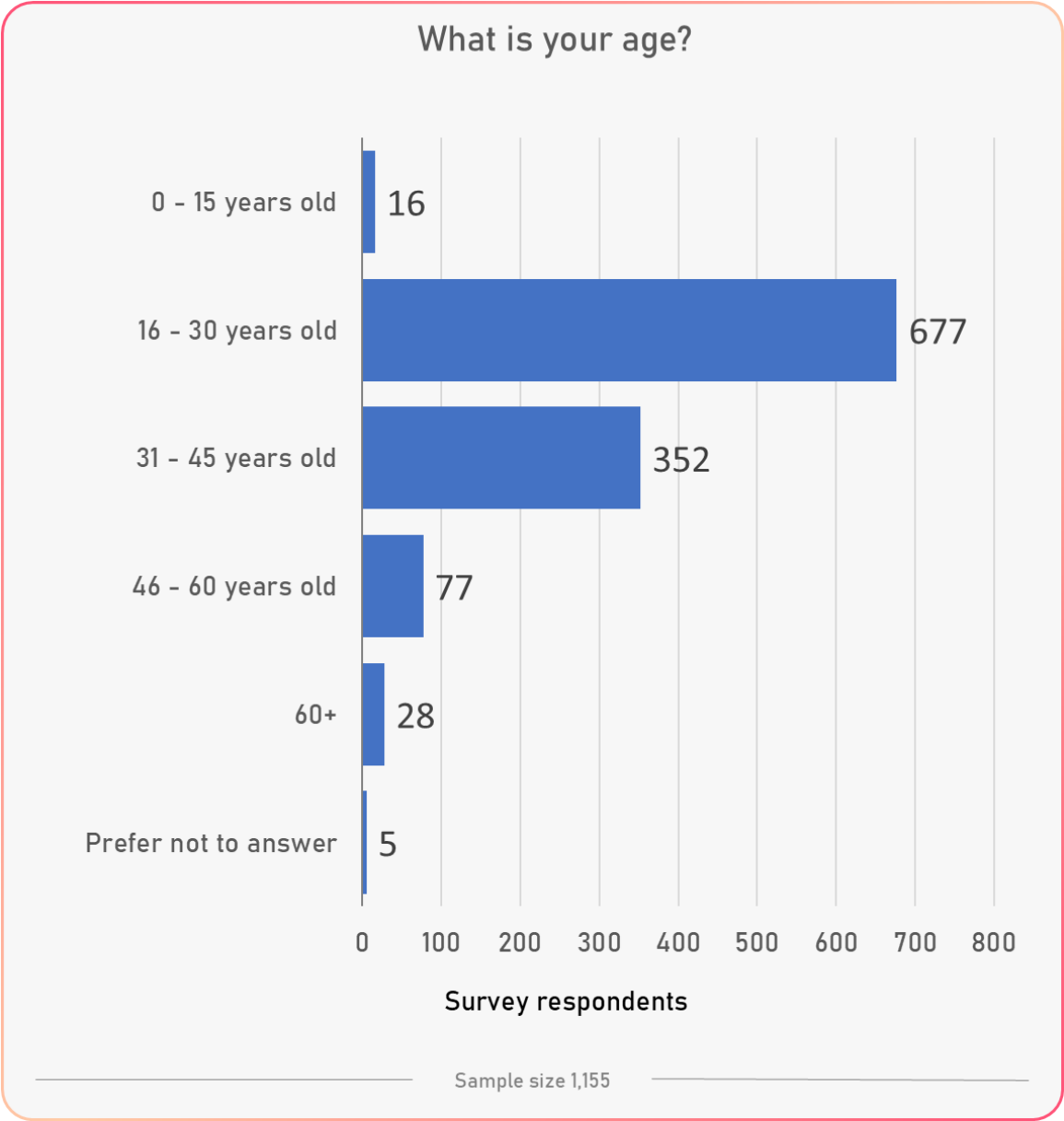
Demographics of the respondents

This chapter contains a basic analysis of the demographics of the survey participants.

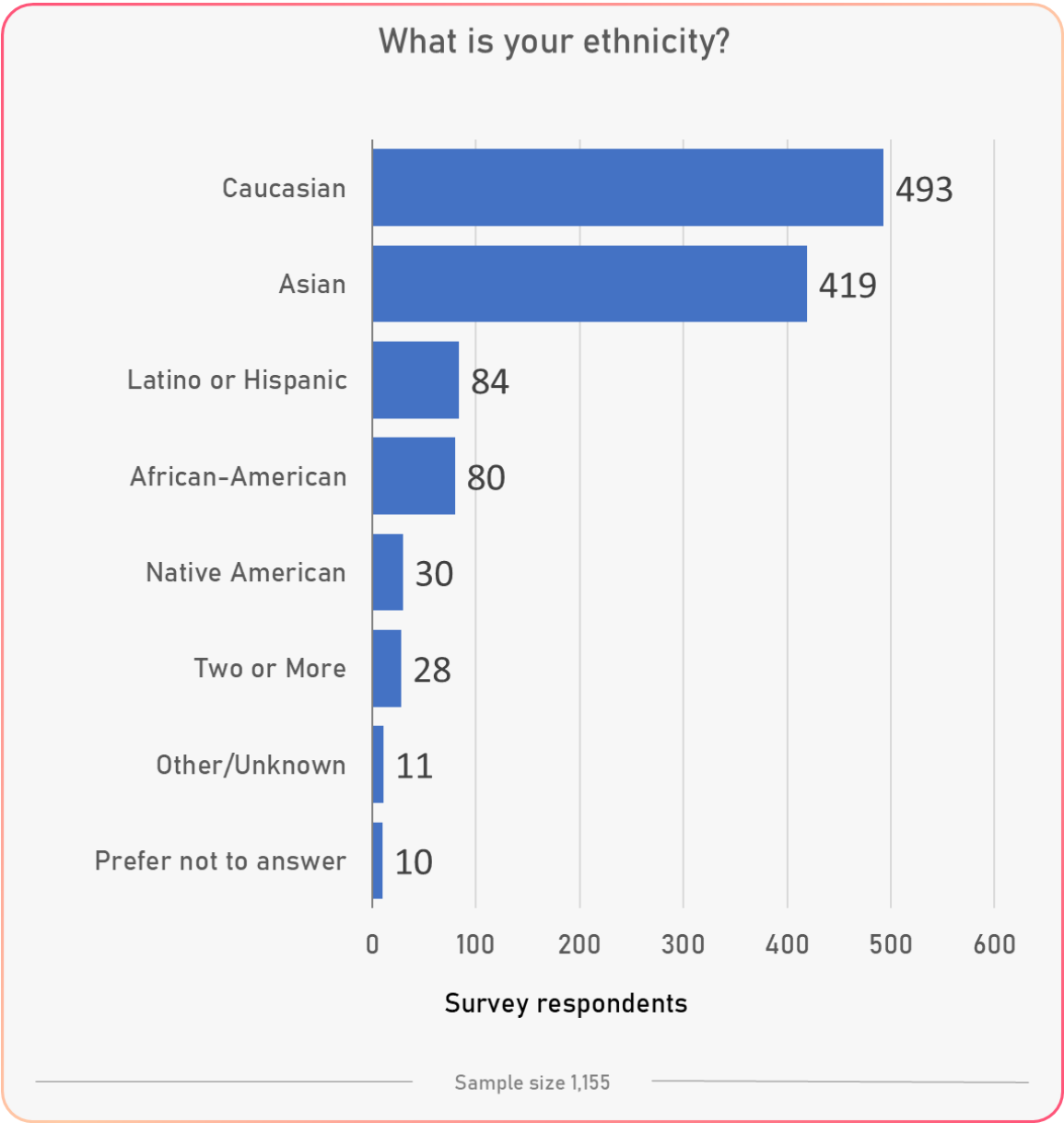
Gender



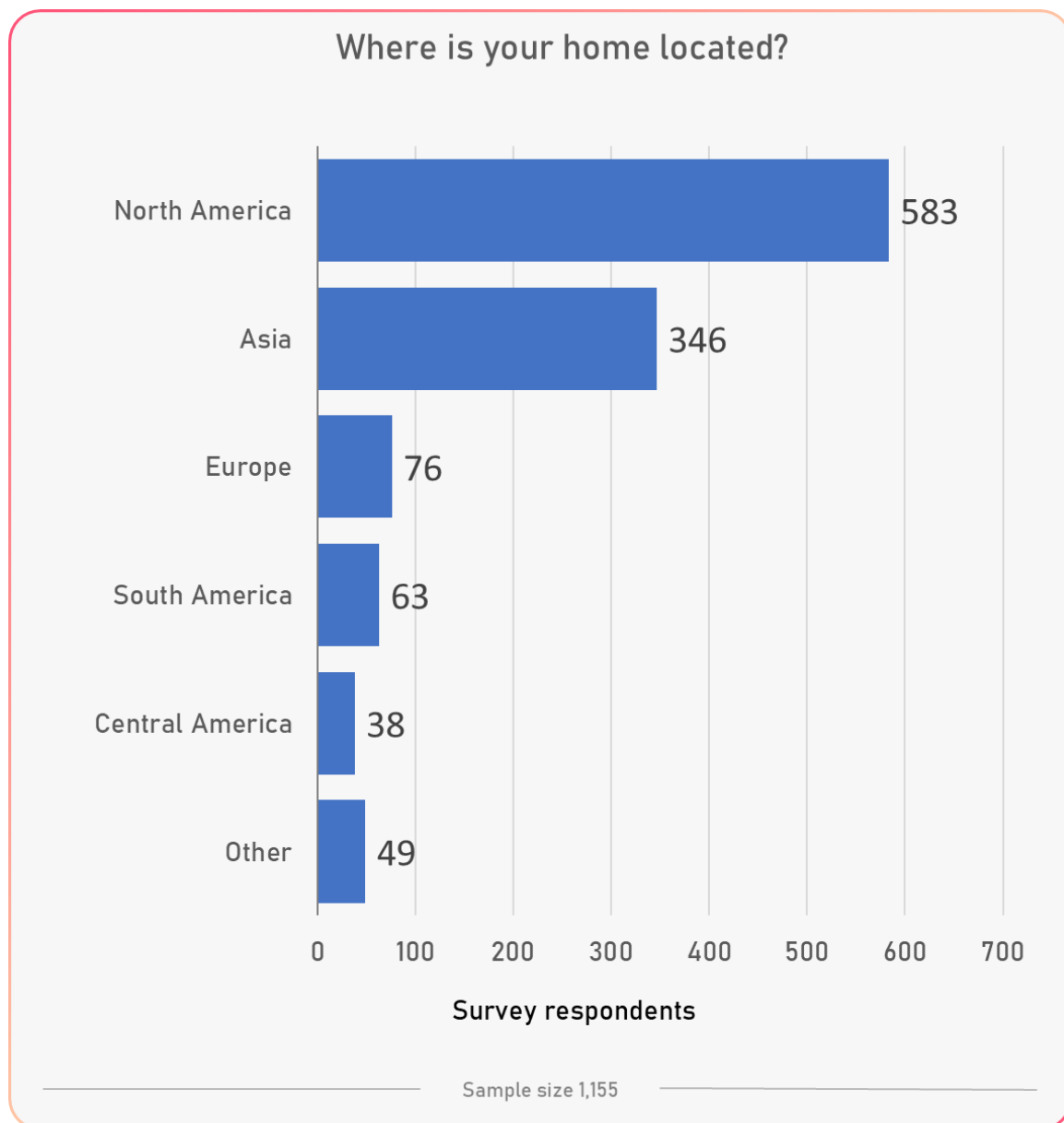
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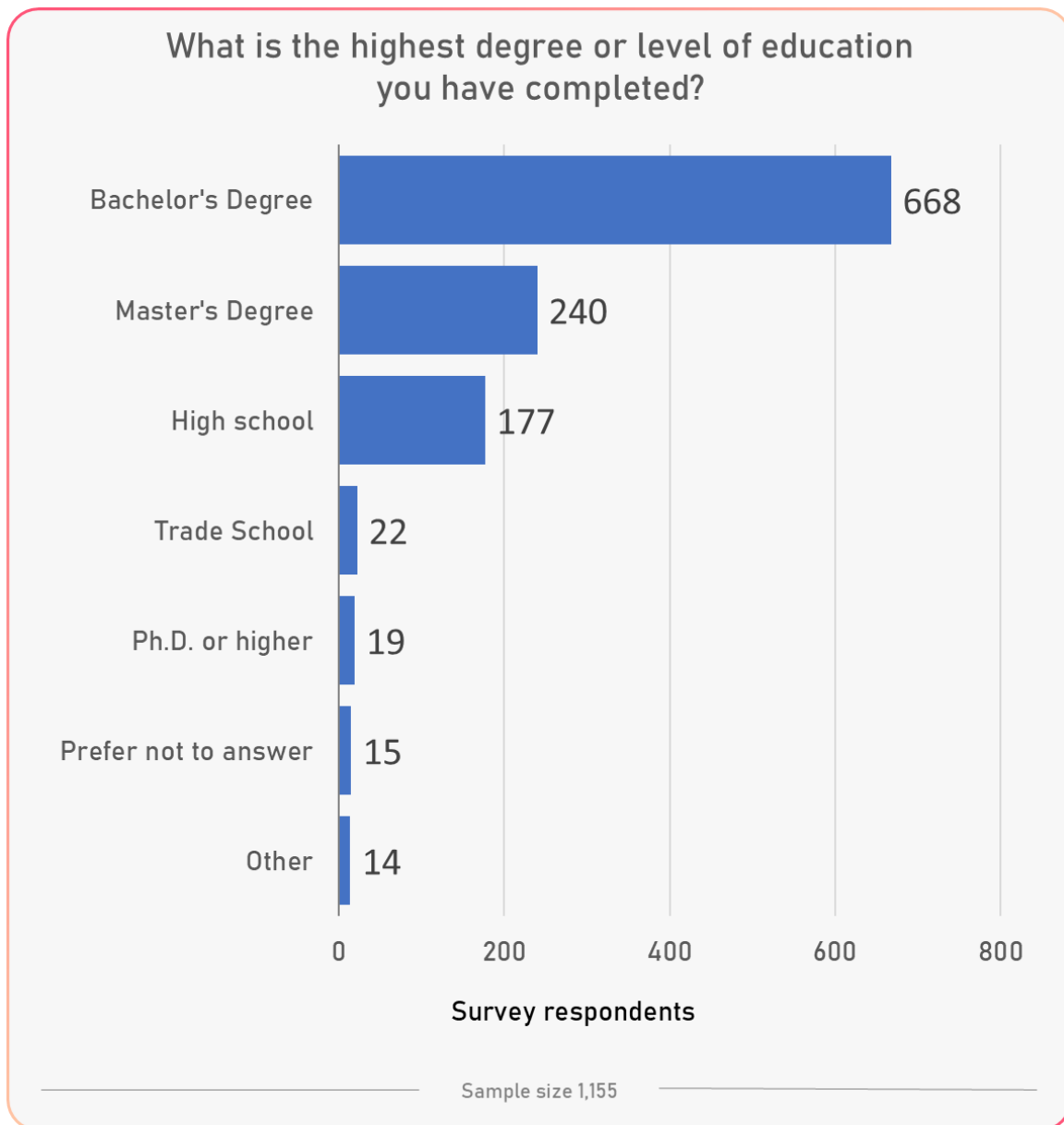
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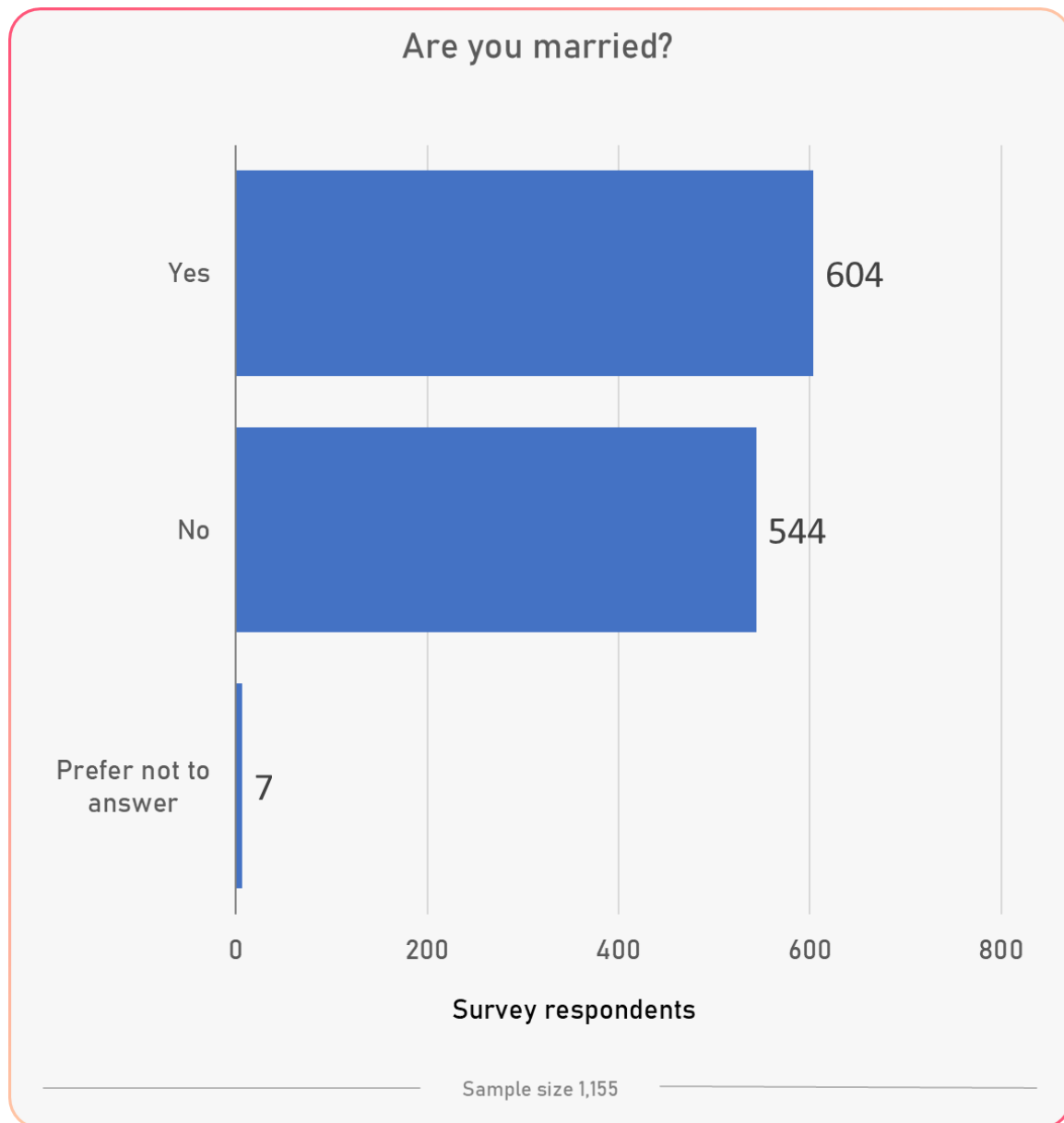
Home



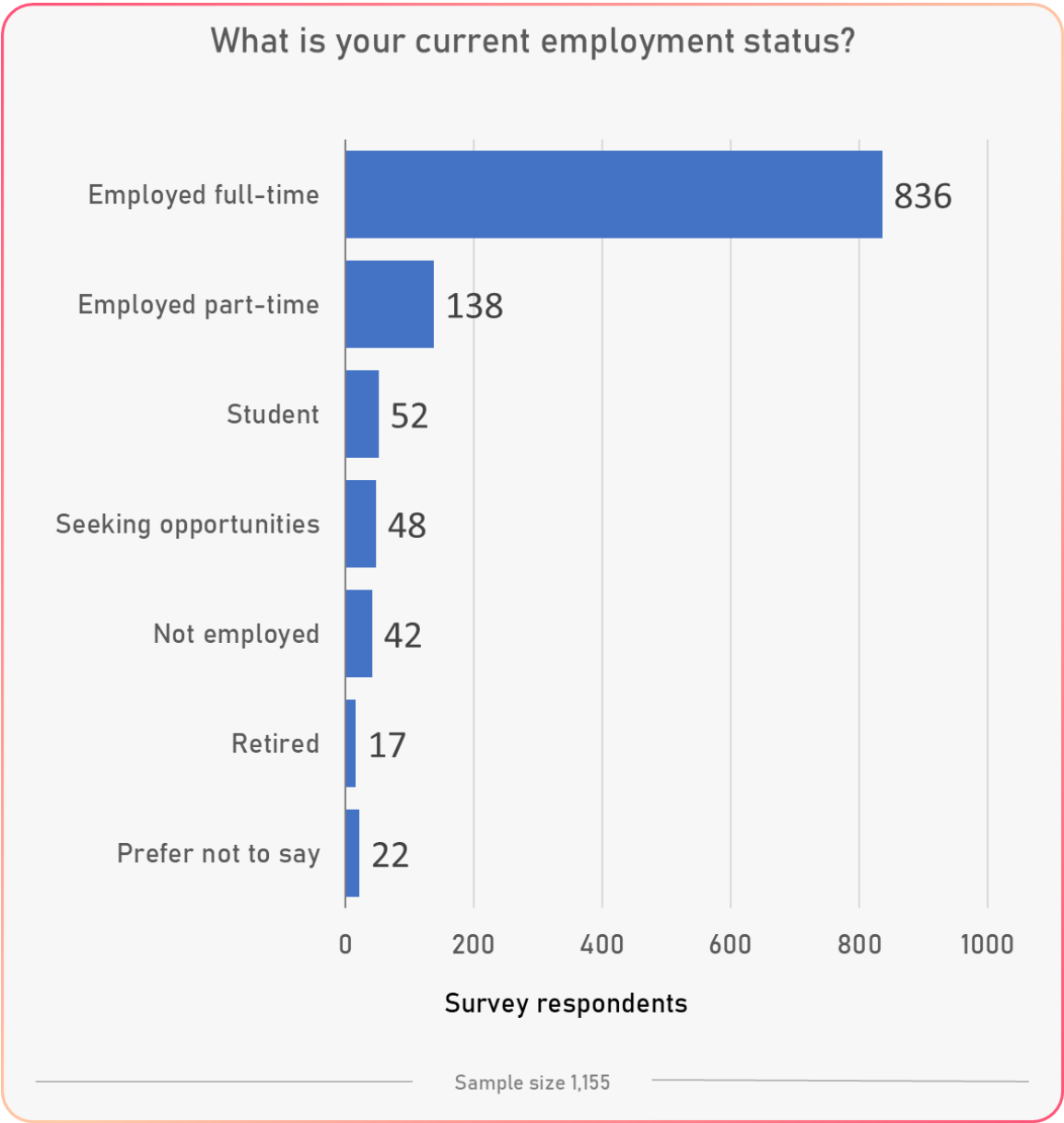
Education



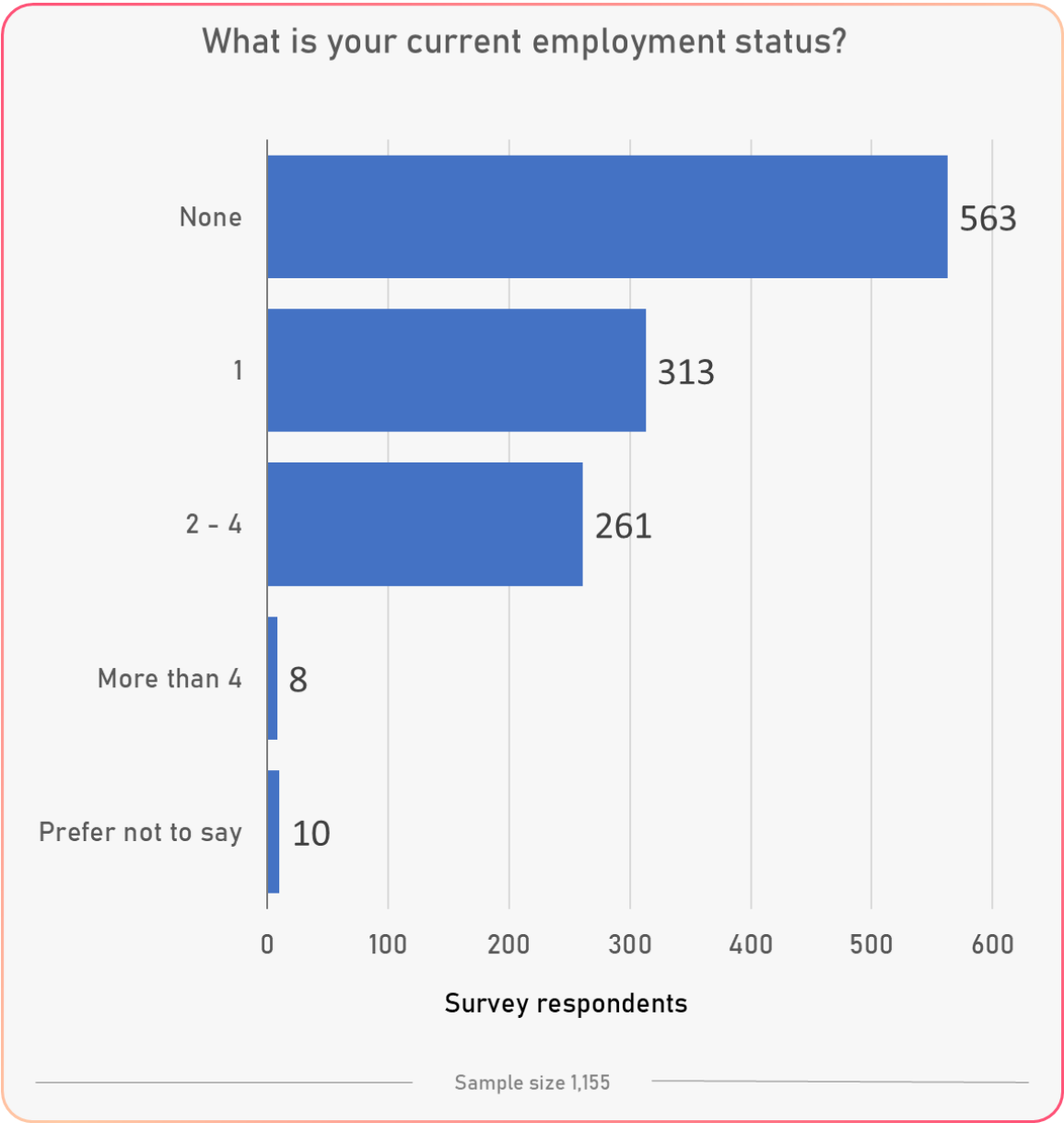
Marital status



Employment status



Children



Survey questions and multiple choice answers

Here is the survey that was sent to the participants, including the possible multiple choice answers.

Small happiness survey (by Tracking Happiness)

This is a small survey that aims to provide more data about one thing: happiness.

Everybody knows that happiness is subjective. But how subjective is it really? How much sense does it make to measure something as subjective as happiness? This is a widely discussed topic, but research is making surprisingly slow progress.

This survey is a simple and elegant way to quantify just how subjective happiness really is.

So whatever your answer is, please know that there are no wrong answers. Your definition of happiness is as unique as you are yourself.

Have fun, and I'm looking forward to sharing the results with you!

Thank you,

Hugo from Tracking Happiness

* Required

1. Is happiness something that you can control? *

If you feel like you can control a part of your happiness, answer "Yes".

☐ Yes

☐ No

2. Of the following words, which 5 words do you associate most with "happiness"? *

For example, if you had to describe your meaning of happiness without actually using the word "happiness", which 5 words would you use instead? You must select 5 words. No more, no less.

☐ Laughter/Cheer

☐ Health/Well-being

☐ Love

☐ Purpose in life

☐ Freedom/Independence

☐ Joy

☐ Relationships

☐ Safety/Security

☐ Contentment

☐ Enlightenment

☐ Pleasure

☐ Satisfaction

☐ Sex

☐ Family

☐ Wealth

☐ Other: _____

3. If you look back at the last year of your life, how would you rate your happiness on a scale from 1 to 10? *

1 2 3 4 5 6 7 8 9 10

Completely miserable ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Completely happy

4. If you look back at the last year of your life, how much of your happiness was dependent on genetics, circumstances and your internal state of mind? *

One of the most quoted "facts" about happiness is that 50% of our happiness is determined by genetics, 10% by our circumstances and 40% by our internal state of mind. How would you divide the significance of these factors? (this should add up to 100%)

	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Genetics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Circumstances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internal state of mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In order to learn more about the (anonymous) answers to you provided, we would like to learn more about your key demographics.

What gender do you identify as? *

- ☐ Female
- ☐ Male
- ☐ Genderfluid
- ☐ Prefer not to say
- ☐ Other: _____

What is your age? *

- ☐ 0 - 15 years old
- ☐ 16 - 30 years old
- ☐ 31 - 45 years old
- ☐ 46 - 60 years old
- ☐ 60+
- ☐ Prefer not to answer

Please specify your ethnicity. *

- ☐ Caucasian
- ☐ African-American
- ☐ Latino or Hispanic
- ☐ Asian
- ☐ Native American
- ☐ Two or More
- ☐ Other/Unknown
- ☐ Prefer not to answer

Where is your home located? *

- ☐ North America
- ☐ Central America
- ☐ South America
- ☐ Europe
- ☐ Africa
- ☐ Asia
- ☐ Australia
- ☐ Caribbean Islands
- ☐ Pacific Islands
- ☐ Prefer not to answer
- ☐ Other: _____

What is the highest degree or level of education you have completed? *

- ☐ High school
- ☐ Bachelor's Degree
- ☐ Master's Degree
- ☐ Ph.D. or higher
- ☐ Trade School
- ☐ Prefer not to answer
- ☐ Other: _____

Are you married? *

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

What is your current employment status? *

- ☐ Employed full-time
- ☐ Employed part-time
- ☐ Seeking opportunities
- ☐ Not employed
- ☐ Retired
- ☐ Student
- ☐ Prefer not to say

How many children do you have? *

- ☐ None
- ☐ 1
- ☐ 2 - 4
- ☐ More than 4
- ☐ Prefer not to say