

(Class No. Name)

Goal: What is happiness? What country do you want to live in to become happier?

Day 1: Do research on statistics and data related to happiness.
 Day 2: Organize information and write an essay. (100 - 200 words) Finish it in class.

Day 1

STEP 1: Warm-Up / Sharing Ideas

Q1. Which world do you choose? Why?

- 1) You would get \$50,000 a year, compared with an average income of \$25,000.
- 2) You would get \$100,000 a year, compared with an average income of \$250,000.

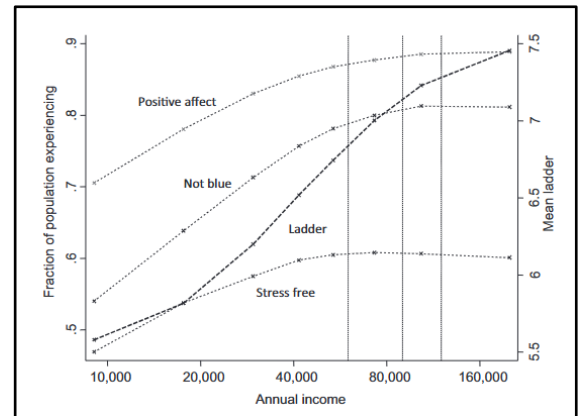
Q2. What is necessary to become happier?

Reference

Kahneman, D., & Deaton, A. (2010): *High income improves evaluation of life but not emotional well-being*

Abstract

Recent research has begun to distinguish two aspects of subjective well-being. Emotional well-being refers to the emotional quality of an individual's everyday experience—the frequency and intensity of experiences of joy, stress, sadness, anger, and affection that make one's life pleasant or unpleasant. Life evaluation refers to the thoughts that people have about their life when they think about it. We raise the question of whether money buys happiness, separately for these two aspects of well-being. We report an analysis of more than 450,000 responses to the Gallup-Healthways Well-Being Index, a daily survey of 1,000 US residents conducted by the Gallup Organization. We find that emotional well-being (measured by questions about emotional experiences yesterday) and life evaluation (measured by Cantril's Self-Anchoring Scale) have different correlates. Income and education are more closely related to life evaluation, but health, care giving, loneliness, and smoking are relatively stronger predictors of daily emotions. When plotted against log income, life evaluation rises steadily. Emotional well-being also rises with log income, but there is no further progress beyond an annual income of ~\$75,000. Low income exacerbates the emotional pain associated with such misfortunes as divorce, ill health, and being alone. We conclude that high income buys life satisfaction but not happiness, and that low income is associated both with low life evaluation and low emotional well-being.



You can read the whole article:



STEP 2: Deepen Your Own Ideas / Gathering Information

Q1. Look at *World Happiness Report 2024*. What do you think happiness is?



1) You can download the report here.

2) See three figures:

Figure 1 (pp. 16-18)

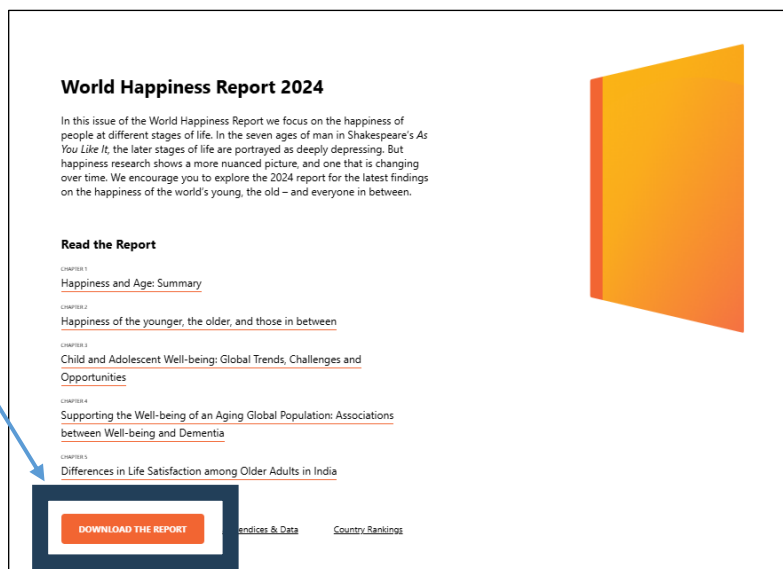
Country Ranking by Life Evaluations

Figure 2 (pp. 25-27)

The Young (age below 30)

Figure 3 (pp. 28-30)

The Old (age 60 and above)



3) What do these figures tell us about happiness?

Q2. What is happiness for you? What country do you want to live in to become happier?

※In Day 2, you have a 25-minute essay training session. You can prepare for that in advance. See Step 3.

Day 2 Essay Training Session – 25 minutes

STEP 3: Organizing Information and Use Evidence and Data

Are you ready for the training? Before Day 2, you can do more research, brainstorm, make an outline, etc.

The outline of your essay is as follows:

Paragraph 1 (Introduction)

Introduce what country you want to live in to become happier.

Paragraph 2 (Body)

Why do you choose that country? Clear opinion, reasons are necessary in your essay.

Paragraph 3 (Conclusion)

Restate your idea briefly.

- * In your essay, **you should use evidence or data** from *World Happiness Report 2024* or other reference. Of course, when you use evidence or data, you can put some examples in your essay.

<Note / Outline>

