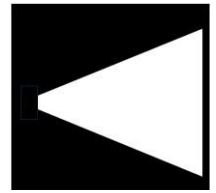


# Can You Learn Yourself Happy?



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## Research Paper

Leite, Â., Costa, A., Dias, P. C., & Veenhoven, R. (2024). The Effect of Education in Happiness: Lower at the Micro Level of Individuals than at the Macro Level of Nations. In Humanistic Perspectives in Happiness Research (pp. 141-160). Springer International Publishing

## Overview

This study explores the influence of education on happiness at both the micro and macro levels, showing a strong correlation between average education and happiness at the national level, but a weaker relationship within individual countries.

## Key Findings

Macro-level (nations): Average education levels strongly correlated with average happiness ( $r = +0.59$ ).

Micro-level (individuals): Education and happiness within countries had a weaker correlation ( $r = +0.09$ ).

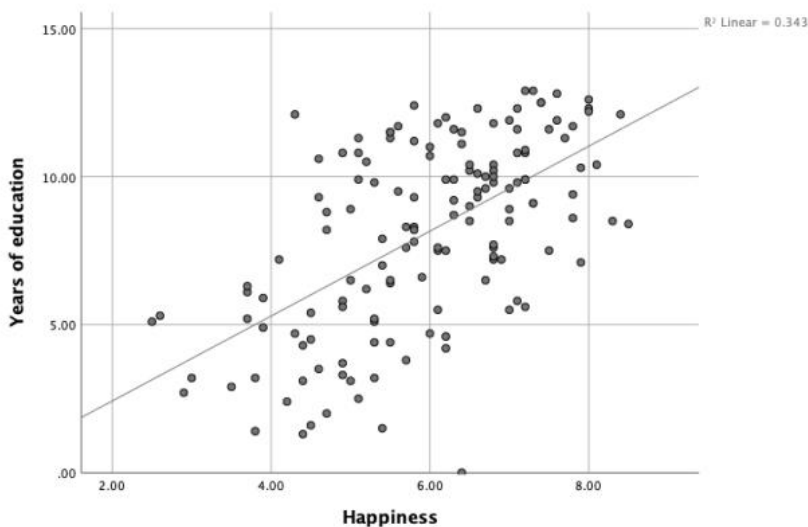
More educated nations may foster more inclusive values, boosting overall well-being and reducing disparities.

## Methods

The study analyzed data from 147 nations and correlated average education levels with average happiness levels. Individual-level analysis examined the years of schooling and their effects on subjective well-being.

## Results

Macro-level plot of happiness across countries



## Implications

The study suggests that while education has a modest direct impact on individual happiness, educated societies benefit from shared progressive values, leading to higher overall happiness. In short, we all benefit from our 'country smarts' !?

## Insight

For local relevance, focus on individual and cultural contexts when considering the effects of education. Remember that education still delivers essential benefits like life choices and improved critical thinking.