Notre Dame de Namur University
Student Survey

The City of Belmont
Happiness Index

Belmont
"Beautiful Mountain"

Ralston Hall, Belmont: A National and State Historic Landmark

The City of Belmont, California was founded in 1854 as a part of San Mateo County. Belmont's established sister city is Namur, Belgium. Belmont is known for its tree-covered hills reaching altitudes of 750 feet with spectacular views of the San Francisco Bay. Belmont's population size is approximately 26,000 people, comprising a unique community rich in diversity.

The City of Belmont Happiness Index

Composed by:
The Students of
GB161, Business Analysis Using Spreadsheets

Instructed by:
Sujata Verma Ph. D.

The students of the School of Business and Management, Notre Dame de Namur University, conducted this survey as a part of the course titled Business Analysis Using Spreadsheets. Besides enhancing student learning of data analysis, it gave them an opportunity to reflect on the attributes of a whole person and to make connections with the Belmont community. The data collected by the students provides some interesting insights into how Belmont residents feel about their own well-being. The students would like to thank the community for their time and support.

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I. SOME ATTRIBUTES OF THE SURVEY POPULATION

A total of 174 Belmont residents participated in the written survey on Belmont Happiness Index. The following is a look at the attributes of the survey population.

Age

Under 20:   7%
20-39:   35%
40-59:   39%
60 and over: 19%
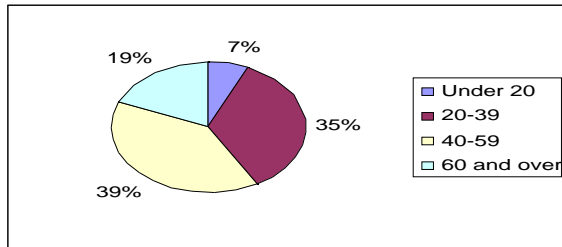
Overall, majority of the participants were between the ages of 20-59. 19% of the people surveyed were 60 years old or older, and the smallest age group that participated in the survey was under the age of 20.
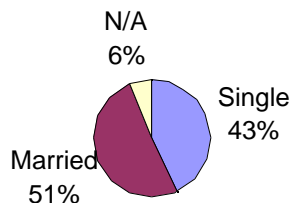
Gender

The female/male distribution was 50/50.
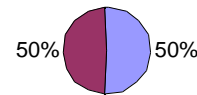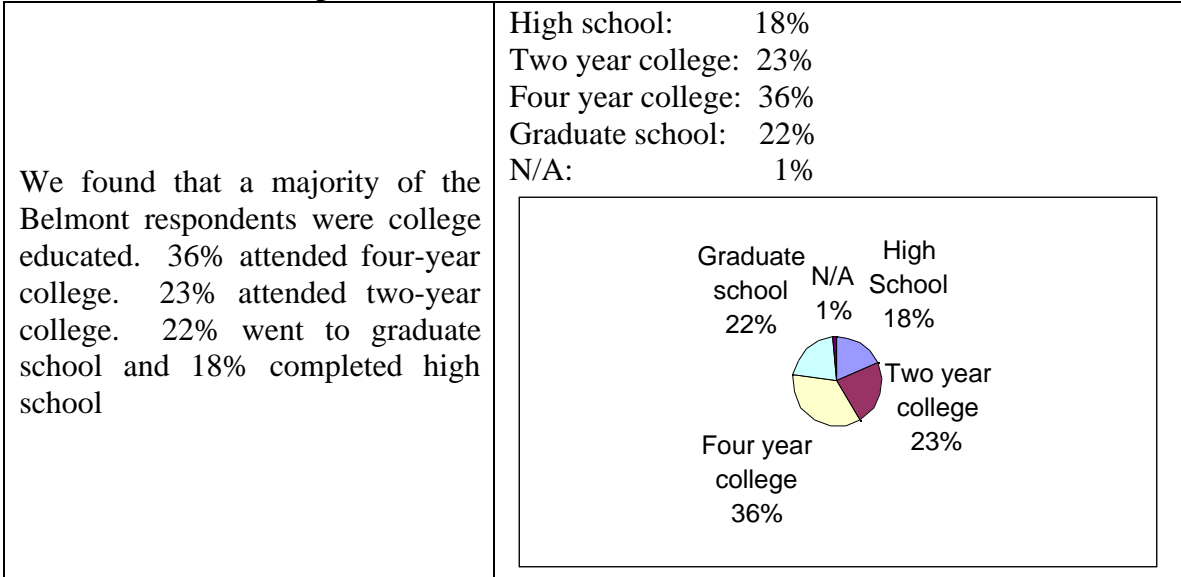

Female: 50%
Male: 50%
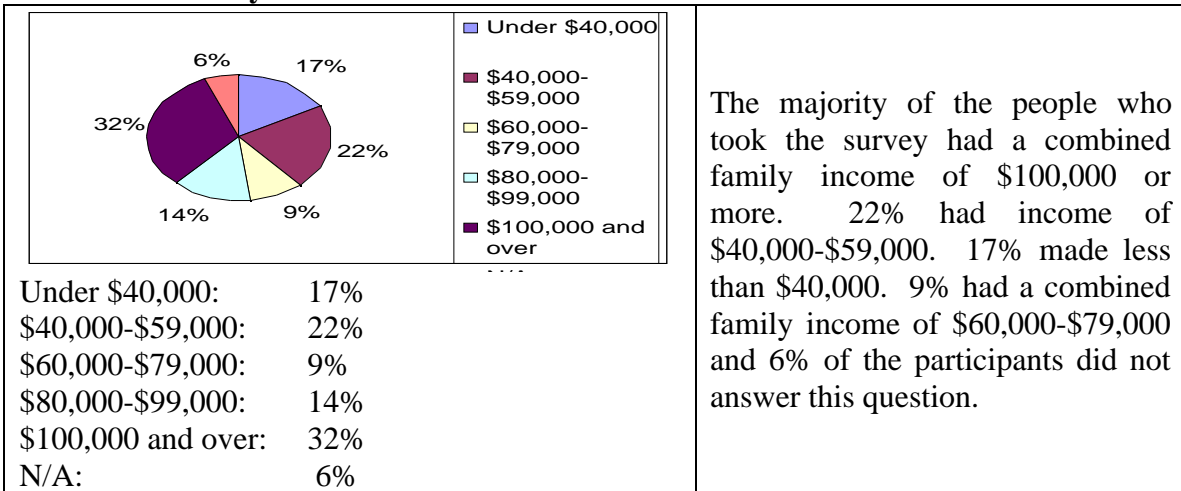
Marital Status

Single:
43%
Married:
51%
N/A:
6%

Of those surveyed, 43% were single, 51% were married and 6% chose not to answer the question.

Education Level Completed

We found that a majority of the Belmont respondents were college educated. 36% attended four-year college. 23% attended two-year college. 22% went to graduate school and 18% completed high school	High school: 18% Two year college: 23% Four year college: 36% Graduate school: 22% N/A: 1%

Combined Family Income

Under $40,000: 17%
$40,000-$59,000: 22%
$60,000-$79,000: 9%
$80,000-$99,000: 14%
$100,000 and over: 32%
N/A: 6%

The majority of the people who took the survey had a combined family income of $100,000 or more. 22% had income of $40,000-$59,000. 17% made less than $40,000. 9% had a combined family income of $60,000-$79,000 and 6% of the participants did not answer this question.

Overall, we found that a typical person who participated in the survey was between the ages of 20-59 years. They were likely to be at least college educated and had a combined family income of $100,000 or more.

II. OVERVIEW OF THE SURVEY RESULTS

The twelve questions that were asked of the Belmont residents depict the overall level of happiness. Each question measures a level of happiness based upon the participants' satisfaction with each question. The more satisfied the participant, the higher the score. All scores were based on a 1 to 5 scale, with 5 representing happiness and 1 representing unhappiness. Our overall findings were that people of Belmont are moderately happy, indicated by an overall Happiness Index of 3.86, out of a possible 5.

Survey Results…

A sample of 174 respondents was used to analyze how happy the citizens of Belmont were. Comparing the average scores, we found that men were happier than women. They scored higher in 7 out of 12 questions. The average scores were 3.86 for women and 3.87 for men.
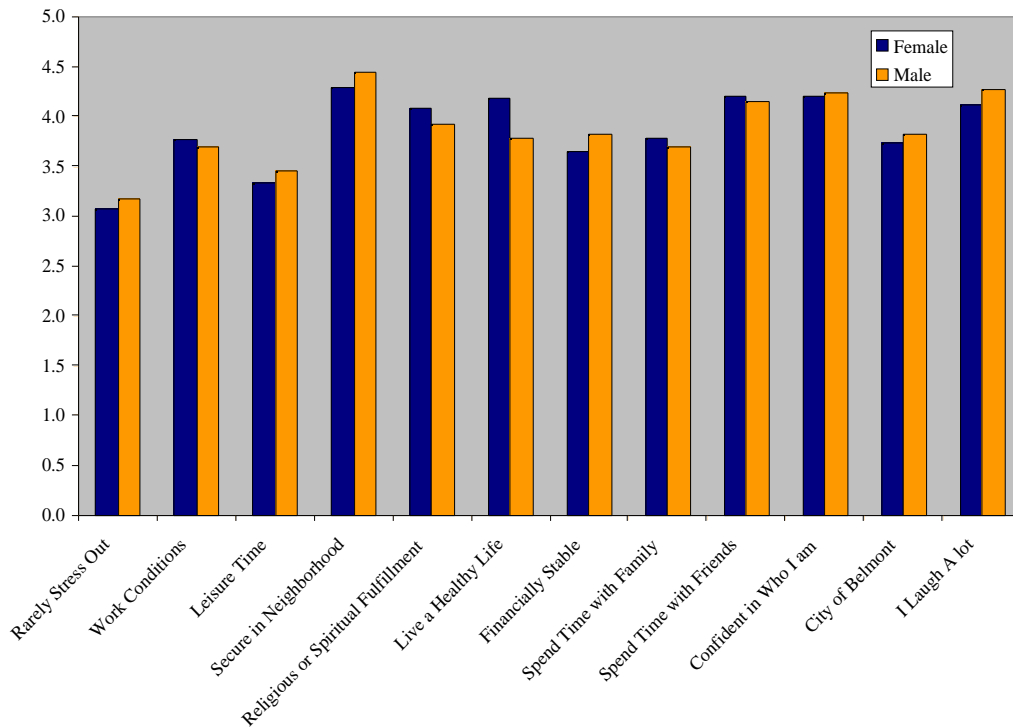
The next graph shows the average score per question. On an average the highest scoring question was that the residents felt secure in their neighborhood with a score of 4.4. Following closely behind at 4.2, they felt that they were happy with their relationships, satisfied with family time, and they were confident in who they were and where they were going in life. The lowest scoring question, at 3.1 was that they rarely stress out.
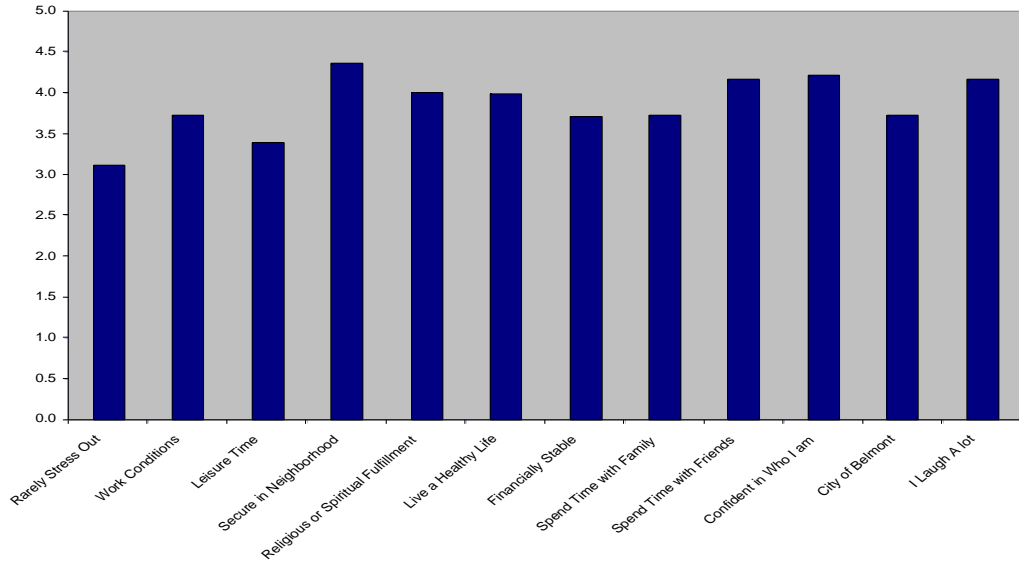
The next graph shows the average score for each question based on their family income. Overall, the families that were making over $100,000 per year were the happiest at 3.9.
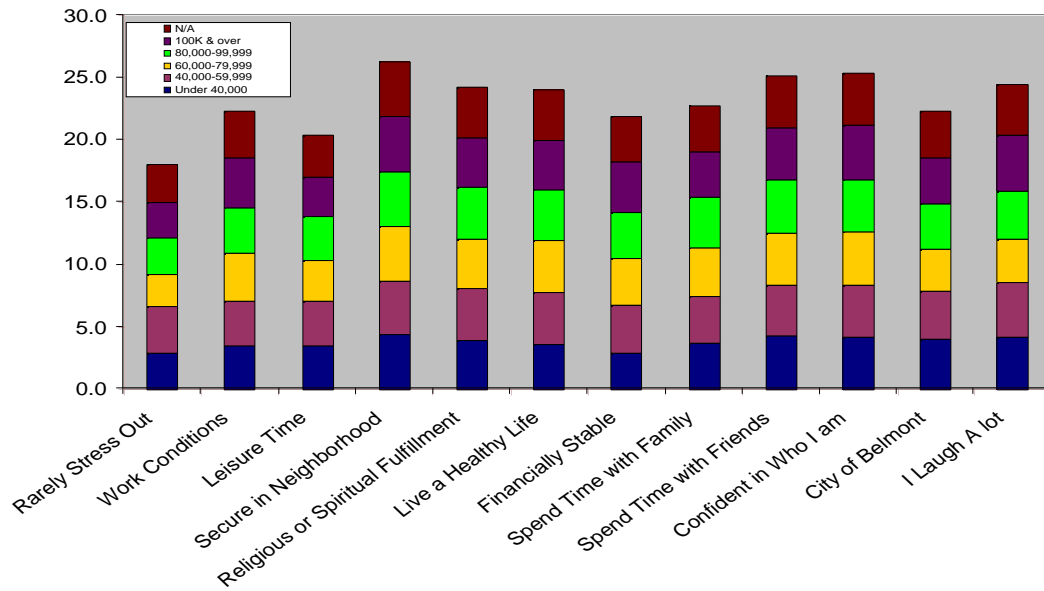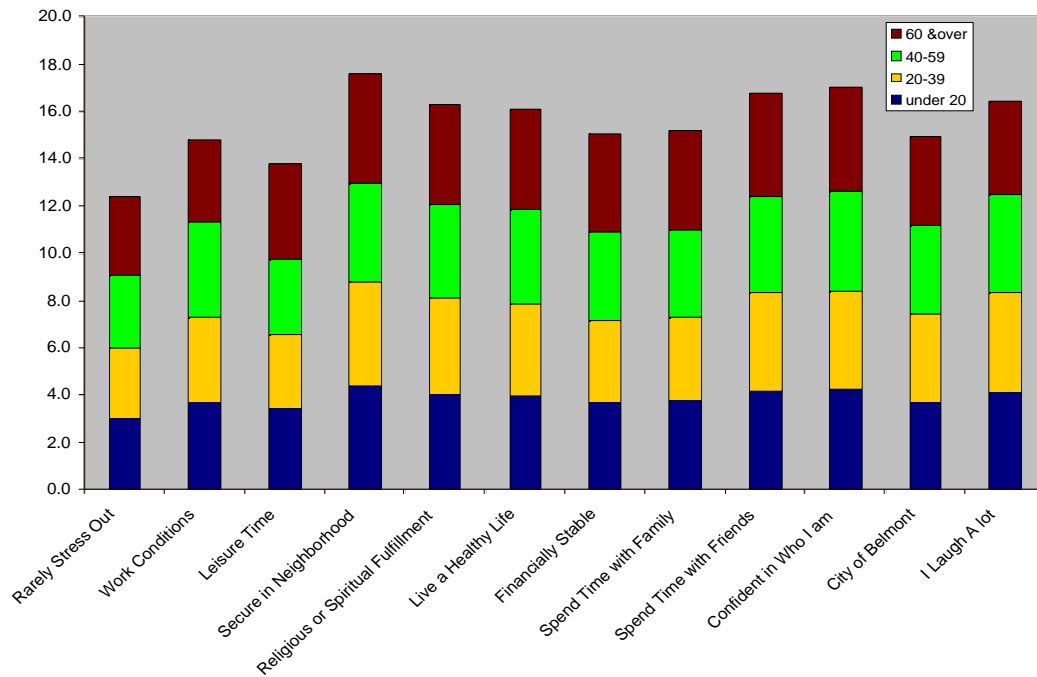
The above graph shows the average score for each question based on their age group. Overall, the age group of 60 and over was the happiest with a total score of 4.1. The biggest gaps in scoring among the 60 plus group were they were happier with having an adequate amount of leisure time with a score of 4.0 and they felt financially stable with a score of 4.1, the rest of the age groups only scored in the 3's for both questions. In total, all groups scored about the same for the rest of the questions.
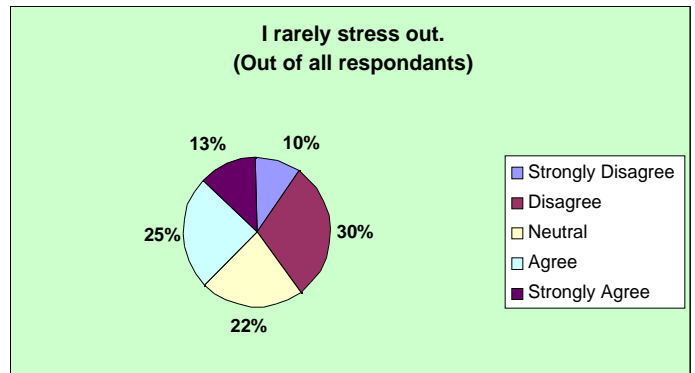
III. DETAILED ANALYSIS OF THE SURVEY QUESTIONS:

1. Stress Level and Happiness

Why is it relevant?

Stress is an important indicator of happiness and that is why we included the statement "I rarely stress out". Stress is directly related to both physical and emotional health. If one reduces stress in their life, they will most likely become happier and healthier. Relaxation and anti-stress exercises usually make one feel more joyful. We will have a hard time achieving true happiness if we are anxious and stressed.

Survey Results...

We can see on the graph shown to the right

**I rarely stress out.
(Out of all respondants)**

- Strongly Disagree — 10%
- Disagree — 30%
- Neutral — 22%
- Agree — 25%
- Strongly Agree — 13%

**I Rarely Stress Out
By Age Group**

1=Strongly Disagree 5=Strongly Agree

Below 20	20-40	40-60	60-over
2.83	2.86	2.96	3.28

that 38% of the people said that they agreed or strongly agreed with the statement "I rarely stress out". 40% of the respondents feel stressed out.
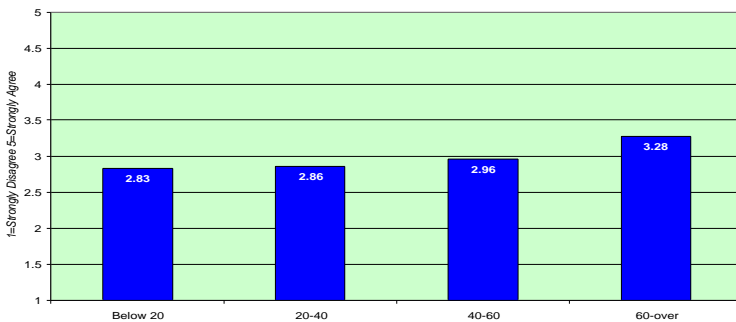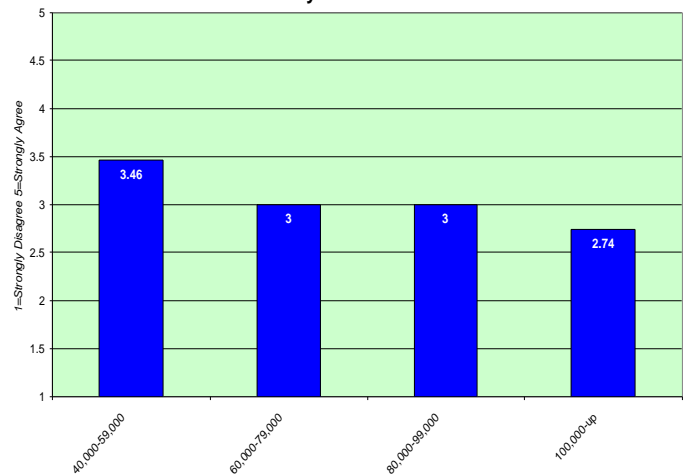
Another observation was that people get less stressed the older they get. (See graph above left). We explained this by looking at the daily life of two different age groups. The younger group usually goes to school, tends to do chores at home, juggles lots of activities and sometimes even has a job. The older age group is usually retired and leads a more relaxed life. They are also more financially stable and can therefore take more time off.

Income level seems to have an effect on stress level. (See graph on the right.) It was surprising to see that people that have more money are more stressed. One would think that it would be the other way around.
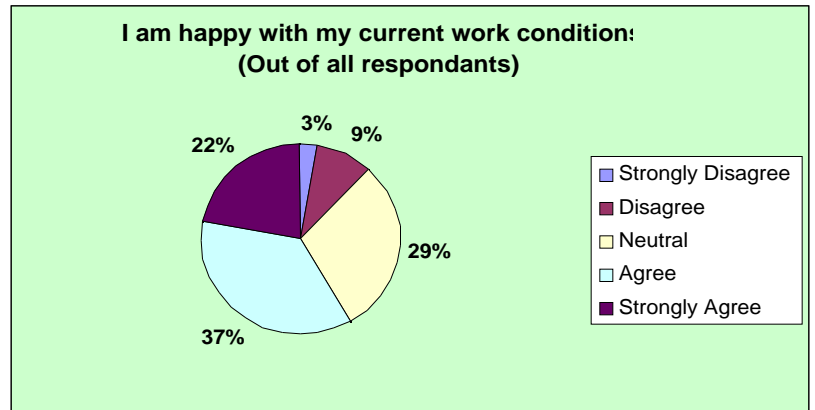

**I Rarely Stress Out
By Income**

1=Strongly Disagree 5=Strongly Agree

40,000-59,000	60,000-79,000	80,000-99,000	100,000-up
3.46	3	3	2.74

2. Work Conditions and Happiness
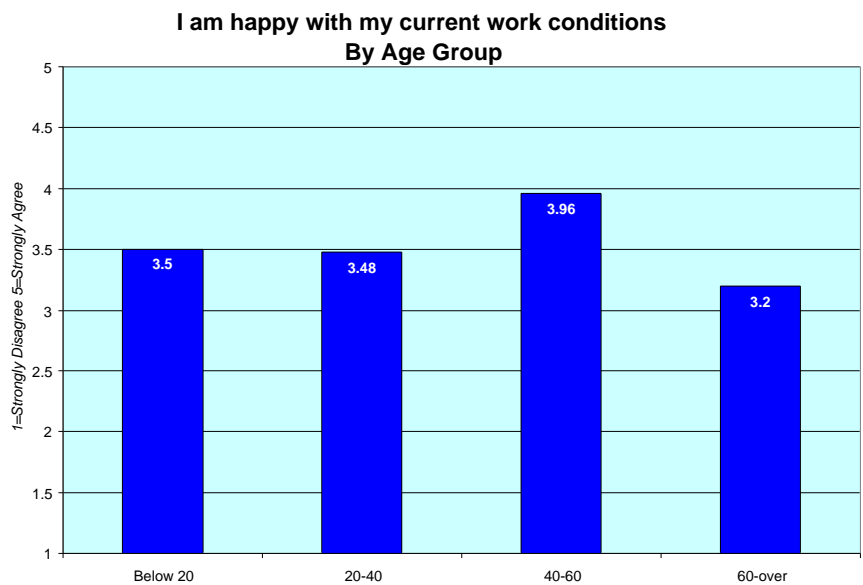
Why is it relevant?

We included "I am happy with my current work conditions" in our survey. The reason is that one spends a lot of time working so it is important to the overall happiness of a person if they are satisfied with their work situation. Being happy with work affects all parts of life.

Survey Results...

People in Belmont are mostly happy with their work conditions. 59% are happy and only 12% percent are unhappy.

I am happy with my current work conditions
(Out of all respondants)

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

3%
9%
22%
29%
37%

The results didn't show any significant differences between work conditions and happiness for males versus females, or for married versus single people in Belmont. When we compared different age groups, we found that people are the happiest with their jobs when they are between forty and sixty years old. (See graph on the right.) When we compared by income, we found no significant correlation.

I am happy with my current work conditions
By Age Group

Age Group	Value
Below 20	3.5
20-40	3.48
40-60	3.96
60-over	3.2

1=Strongly Disagree 5=Strongly Agree
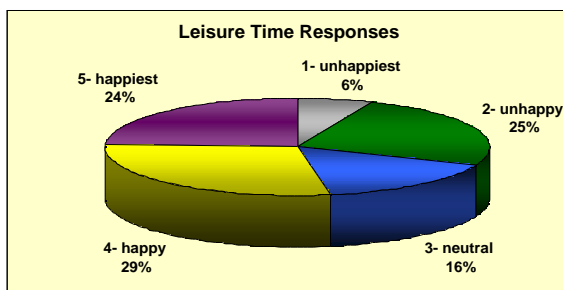
3. Leisure Time and Happiness

Why is it relevant?

Leisure time is an individual's personal time to do whatever makes him or her happy. Whether a person chooses to spend his/her leisure time with family and friends, exercising, or simply reading a book, the activities usually relieve stress and provide personal fulfillment. Leisure time is integral to a happy life; therefore, it is important to study the Belmont citizens' satisfaction with leisure time.

Survey Results...

A sample of 174 respondents was used to analyze how happy the citizens of Belmont are with their leisure time. On a scale of 1 to 5, 1 being the unhappiest and 5 being the happiest, the citizens of Belmont averaged an index of 3.40. A score of 3.40 reflects an overall happiness between the neutral and happy levels.

The pie chart pictured below reflects the percentage of the respondents' reported levels of happiness. 29% of the sample answered that they were happy with their leisure time, while 25% said they were unhappy.

Leisure Time Responses

5- happiest 24%
1- unhappiest 6%
2- unhappy 25%
4- happy 29%
3- neutral 16%

After further analysis of the data in regards to each demographic factor, we found that there was no correlation between a person's satisfaction with leisure time (i.e. happiness in this particular area) and his/her combined family income. The highest income-earning group, $100,000 or more averaged a 3.18 index. The lowest income-earning group, under $40,000, averaged a 3.61. This means at every amount of income, the citizens of Belmont feel neutral to happy with their leisure time.

A relationship, however, was discovered between age and satisfaction with leisure time. The graph shown to the right demonstrates that the people within the under 20 and over 60 age groups tend to be happier with their leisure time than the 20 to 39 and 40 to 59 age groups. One possible explanation for this finding is that the people in the youngest and oldest age groups are least likely to work full time. These groups may have more opportunity to enjoy their leisure time. The graph also shows what percentage of each age group contributes to the total sample. Only 7% of Belmont citizens polled were under twenty years.

Leisure Time Happiness vs. age & the % of Sample for Each Age Group
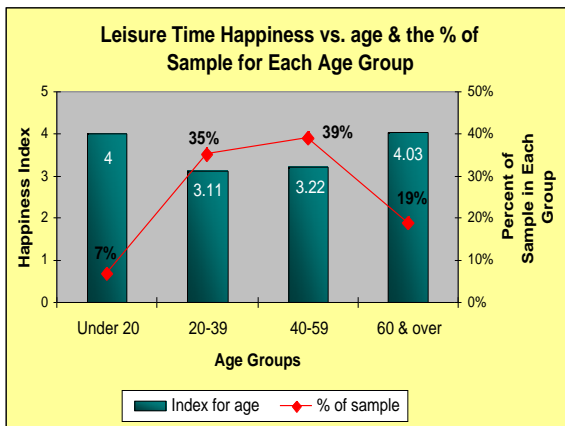
# 4. Feeling Safe in the Neighborhood and Happiness

Why is it relevant?

Feeling safe in your neighborhood is very important to your happiness because having a sense of security for your family and neighbors will justify happiness. Knowing that your kids can play outside safely will make any parent happy. The feeling that your house is safe at night and your family doesn't worry about intrusion grants people happiness.

Survey Results...
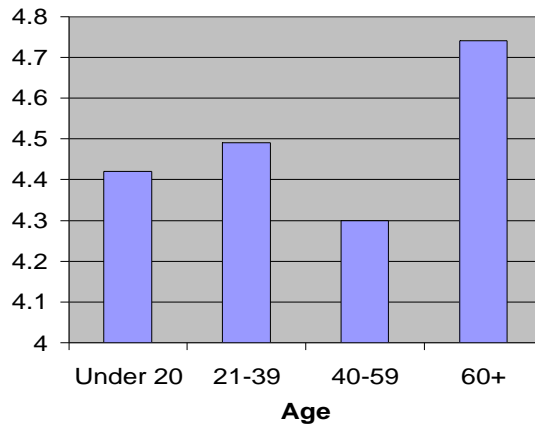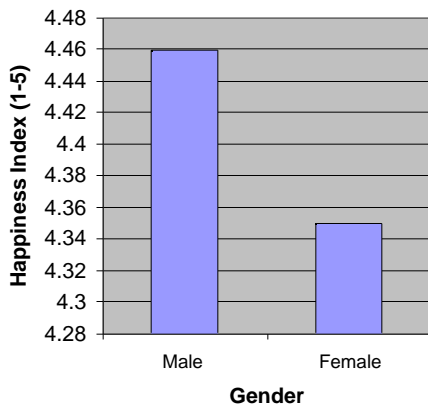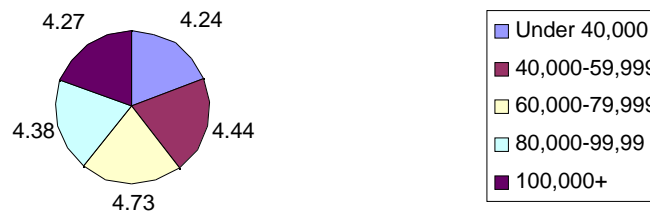
Our results showed that men living in Belmont felt safer than women by a margin of 4.46 to 4.35. As far as age is concerned, people over the age of 60 felt the safest in Belmont and people between the ages of 40-59 felt safe but not as safe as the other age groups. In terms of family income, people who made between $60,000-79,999 felt the happiest with the safety of their neighborhood. This index was based on a scale of 1-5, 5 being the happiest. Overall, the scores were very high and this showed that people living in Belmont feel very happy with the safety of their neighborhood

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5. Religious and Spiritual Fulfillment

Why is it relevant?

Being religiously and/or spiritually fulfilled plays a large role in how happy a person feels. Connecting with your inner self brings balance and meaning to the life you're living. Feeling fulfilled is the main component contributing to how religiously happy or spiritually happy a person is. Therefore, no matter how much time a person spends practicing religion or concentrating on spirituality, as long as that person feels good about the amount of time invested, fulfillment should be accomplished, which, in turn, contributes to a happy life.

Survey Results…

A sample of 174 Belmont residents was surveyed and they were questioned about how happy they were with their spiritual or religious fulfillment. Answers were graded on a scale of 1 to 5, with 1 being the highly unsatisfied and 5 being extremely happy.
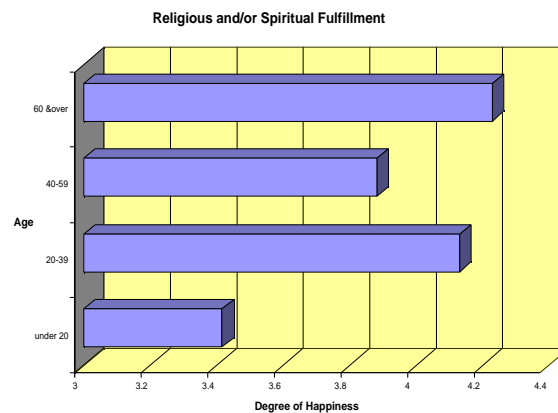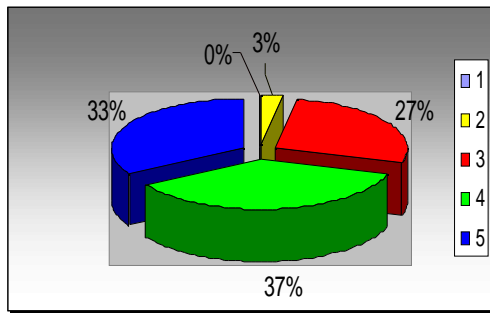
The pie chart (above left) reflects the percentage of sample respondents' happiness level. With 33% being extremely happy, 37% being happy, 27% being neutral, 3% being unhappy and 0% being totally unsatisfied with the spiritual and religious fulfillment. We then further analyzed the data by the respondent's sex, age, income, marital status and education. We found out that females are slightly more satisfied then males, with an average score of 4.10 and 3.97 respectively. According to age, we found out that residents 60 and over are slightly happier than those of the younger age groups. (See chart above right.)

According to marital status, single and married respondents show the same average of 4.05, and have a higher level of happiness than those who are divorced or unwilling to disclose their marital status. There is no significant difference between family income and their religious and spiritual fulfillment level. There is also no significant correlation between education and their happiness level in regards to spiritual or religious fulfillment.

6. Living a Healthy Life

Why is it relevant?

Feeling healthy and living a healthy life is very important to one's happiness. Being in good health and taking good care of your body plays a large role in your everyday activities, determines your boundaries, your energy level and overall aspects of your life and future goals. Therefore, if you take the time to take good care of yourself, you will have a more positive attitude about yourself and life in general. It also helps with confidence; if you feel good about yourself, you will always have more confidence in your abilities.

Survey Results….

Belmont residents were asked whether they agreed with the statement that they were living a healthy life. Answers were graded on a scale of 1 to 5, with 1 being the highly unhappy and 5 being extremely happy.
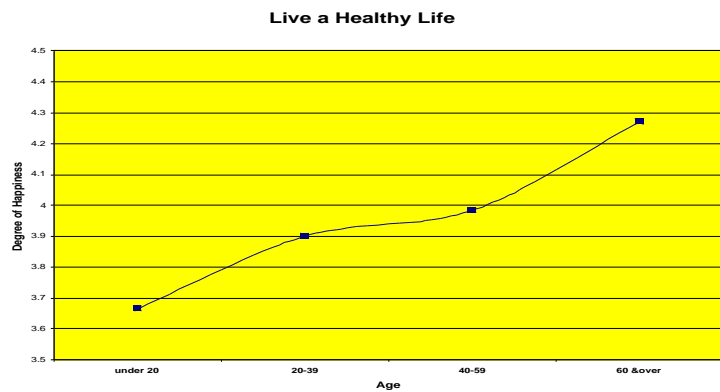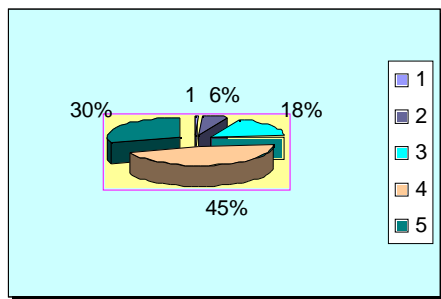
The pie chart above reflects the percentage of sample respondents' happiness level. With 30% being extremely happy, 45% being happy, 18% being neutral, 6% being unhappy and 1% being totally unsatisfied with their life style.

We then further analyzed the data across the respondent's age, sex, marital status, family income and education level. According to the data we collected we found out that females consider themselves living a healthier life then male, with an average of 4.2 to 3.8 respectively. Survey result also reveals that the older the people are the happier they are with their lifestyle and believe that they are living a healthy life. The correlation between marital status and happiness level of living a healthy life was not really significant. Also, there were no significant correlation between family income and educational level and response to the question asked.

7. Satisfaction with the City of Belmont and Happiness

Why is it relevant?

Feeling satisfied with the city in which you live is very important. It is important to your security, leisure time and leisure activities, for example, whether you conduct them close to home or have to go elsewhere to relax and have fun. Also, being comfortable with your surroundings is crucial to how you feel in your life. Feeling satisfied with your community gives a sense of belonging and ease.   If you like the community in which you live, you will be happier to go home after work, participate in community activities, and be more willing to expand your social group to include other Belmont residents.

Survey Results….

A sample of 174 Belmont residents were surveyed and asked how happy they were with the city of Belmont. Answers were graded on a scale of 1 to 5, with 1 being the highly unhappy and 5 being extremely happy.
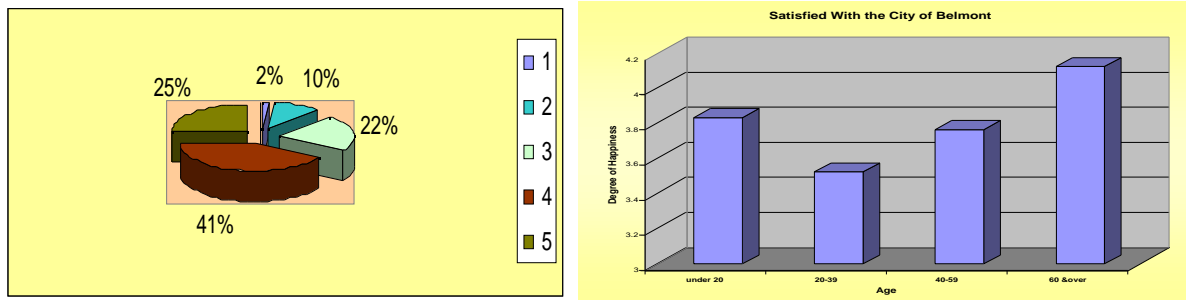
The pie chart above reflects the percentage of sample respondents' happiness level. With 25% being extremely happy, 41% being happy, 22% being neutral, 10% being unhappy and 2% being totally dissatisfied with the City of Belmont.

We then further analyzed the data across the respondent's age, sex, marital status, family income and education level. We found out that males are slightly happier with the city than females, with an average of 3.8 and 3.7 respectively. Survey data also reveals that people who are age 60 or over are happier than others, while the lowest average is for those between ages 20 to 39, averaging at 4.12 and 3.5 respectively.

Survey findings reveal that there is a slightly higher happiness level in divorced and single respondents compared to married respondents. However, the survey also reveals that the more educated a person is the less satisfied they are with the City of Belmont.
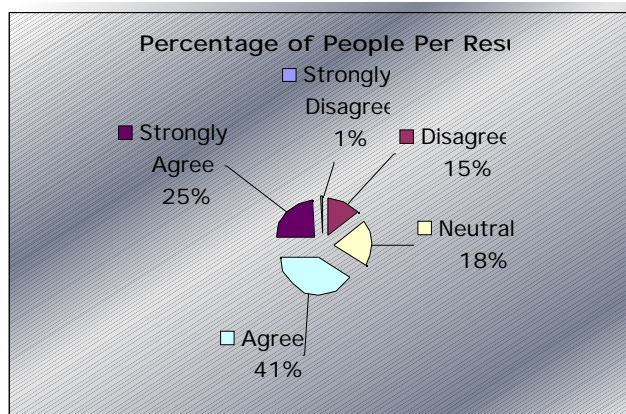
8. Spending Adequate Amount of Time with Family and Happiness

Why is it relevant?

Making time for everything in life is important, especially family. Having a family and being able to spend and make time for them can contribute to how happy they are in their life and in other aspects of their life. Happiness can then lead to how they approach their everyday activities.

Survey Results...

In a written survey, 174 local Belmont residents answered 12 questions. The survey was based on a ranking system from 1-5. The ranks were: (1) strongly disagree, (2) disagree, (3) neutral, (4) agree, and (5) strongly agree. In response to the statement "I spend adequate amount of time with my family," the overall average from the survey was 3.74, which is between the neutral to agreeable rank. The overall average tells us that Belmont residents are happy with the amount of time they spend with their family.

The pie chart at the left is the total percentage of the results from the surveys. From this pie chart, one can see that 66% of those who responded felt that they do spend an adequate amount of time with their families. Approximately 16% felt that they do not spend an adequate amount of time with their family. One can safely assume that this could be due to marital status, jobs, and age. In the following graph, marital status was analyzed.

The bar graph on the right shows the average happiness according to marital status. The married population showed an average happiness of 3.8, which means that they averaged between the neutral to agreeable ranks. The unknown are those individuals who did not respond to marital status or were divorced. Those who were single scored an average happiness of 3.7. From this data, there is no real correlation between the marital status of an individual and their happiness.
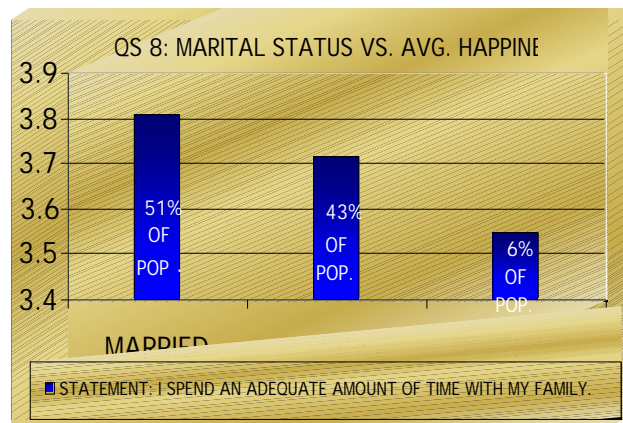
According to the data, one can see that the marital status of local residents of Belmont does not have an effect on the way they responded to the statement of "I spend adequate amount of time with my family." It's interesting that 66% of population agreed with the statement, while 16% of the total population disagreed.
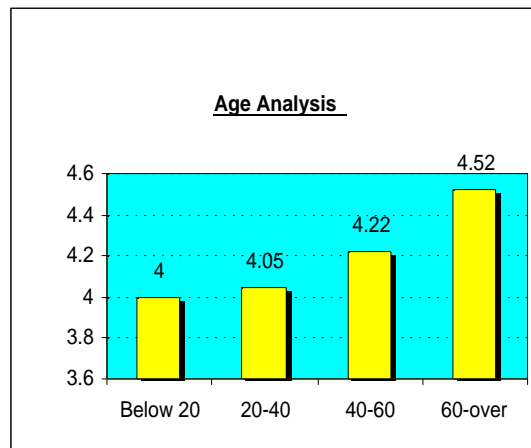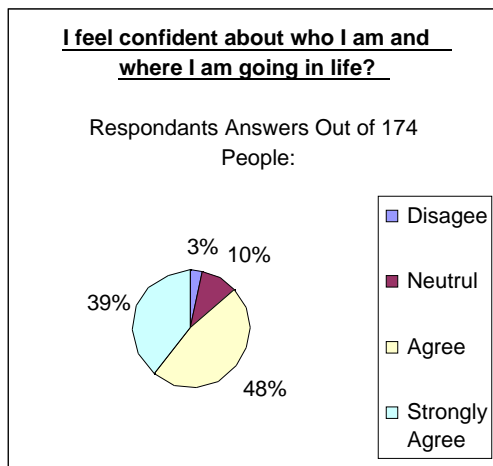
9. Confidence in Yourself and Where You Are Going In Life And Happiness

Why it is relevant?

To be happy with your life and what you are doing requires self-esteem. If one is content with who they are as an individual, happiness will follow. They will be able to control their life and their goals. Life will not control them.

Survey Results…

After our class conducted our survey, we discovered the overall index of whether or not people felt confident about themselves and their life was 4.2 on a scale of 1-5. This is a high index considering 5 equals strongly agree and 4 equals agree. This means that on average most people in Belmont are quite satisfied with themselves.

I feel confident about who I am and where I am going in life?

Respondants Answers Out of 174 People:

- 3%
- 10%
- 39%
- 48%

Legend:
- Disagee
- Neutrul
- Agree
- Strongly Agree

Age Analysis

Below 20	20-40	40-60	60-over
4	4.05	4.22	4.52

According to the Age Analysis graph (above right), as people get older they seem to become more satisfied with themselves and their life. This makes sense because when you are young, you are striving to meet the goals you make for yourself. As you get older you accomplish these goals one by one and become happier with your life as a whole. Another interesting thing these surveys revealed was that overall people that have a higher household income are the least satisfied with their life. We also found out that males seem to feel more confident than women and that single people were less satisfied than married couples. In the United States some people just do not feel complete unless they are married and have a family. Most singles are still waiting to find their mate. Men are more confident than women because it is still a man's world. Women are still working hard to prove themselves; this is seen in women's pay, which is 76 cents to every dollar of a man's salary. Overall, none of these number's are lower than a four which means people in Belmont are confident in the lives they live.
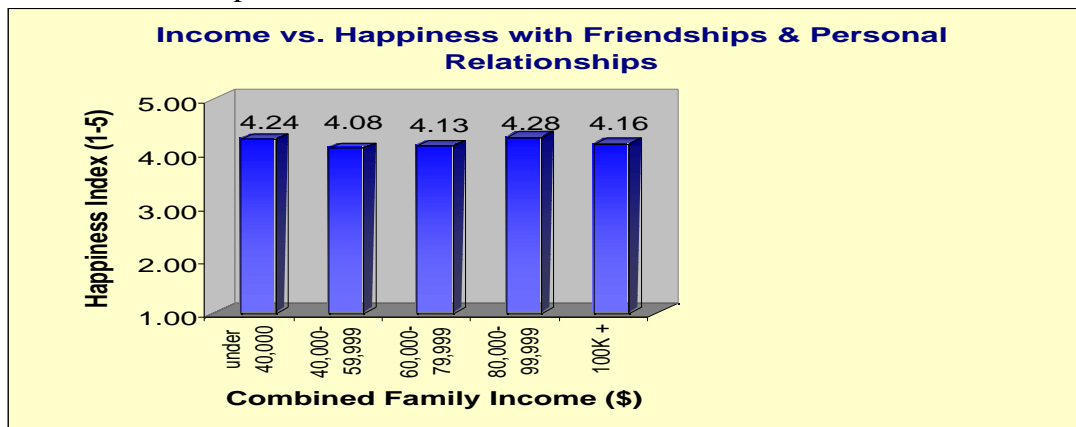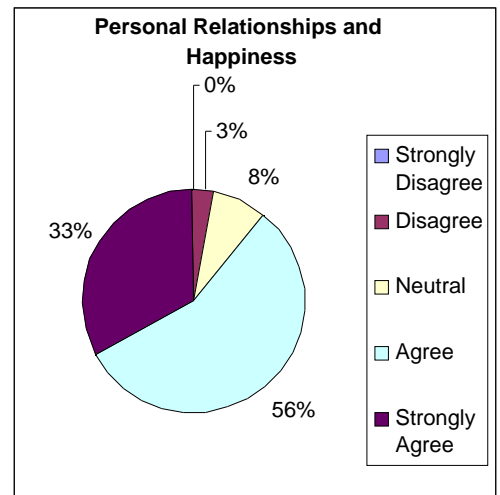
10. Friendships and/or Personal Relationships and Happiness

Why is it relevant?

Question number ten of the Belmont Happiness Survey read, "I feel happy with my friendships and/or personal relationships." From this question we can assume that if an individual is happy with his/her friendships and personal relationships then he/she lives a much more content life overall. Being happy with ones friendships and personal relationships gives a person a real sense of belonging and inner warmth. People who are having a rough time with their friendships and/or personal relationships tend to be less happy than those who have good friends and/or are part of a great relationship.

Survey Results...

From a sample of 174 Belmont residents, we determined the following information from the question "I feel happy with my friendships and/or personal relationships." On a scale of 1-5, once again, 1 being unhappiest and 5 being happiest, the residents of Belmont averaged a score of 4.18. The 4.18 average score represents a fairly happy crowd. The pie chart to the right shows how the sample of Belmont residents answered the question. 89% of the residents answered the question with a 5 or 4 demonstrating that the vast majority of the sample population is happy with their friendships and/or personal relationships. Only 3% of the people were unhappy, answering the question with a 2, while none of the participating residents answered with a 1. The data was further analyzed to see if we could find a correlation between income level and happiness in personal relationships. We compared the question with the different income levels but found no significant correlation. As you can see in the graph below, the average scores from each age group ranged from 4.08 to 4.28. The surveys reveal that overall, all individuals, regardless of their income levels, are happy with their friendships and/or personal relationships.

Personal Relationships and Happiness

- 0%
- 3%
- 8%
- 33%
- 56%

Legend:
- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

Income vs. Happiness with Friendships & Personal Relationships

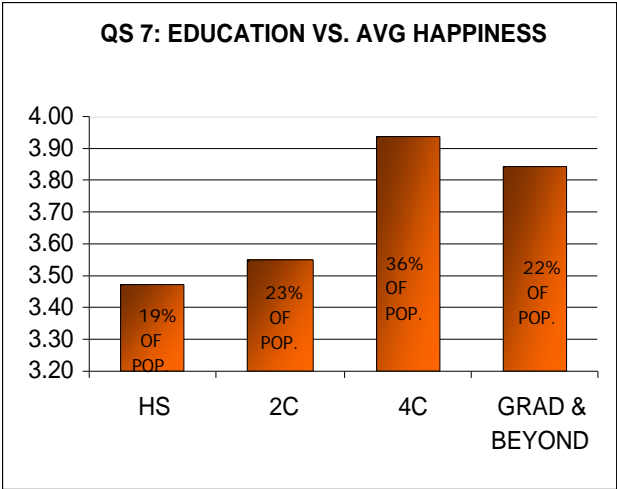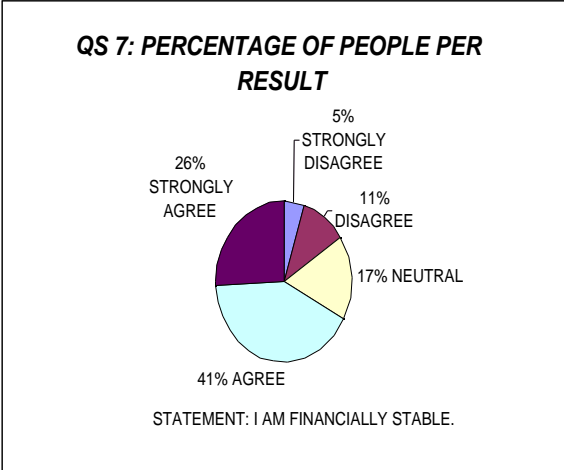| Combined Family Income ($)	Happiness Index (1-5)
under 40,000	4.24
40,000-59,999	4.08
60,000-79,999	4.13
80,000-99,999	4.28
100K +	4.16

11. Financial Stability and Happiness

Why is this relevant?

Question 11 of the survey covers the financial stability of the residents of Belmont. The statement is "I am financially stable." The theory that money brings happiness is the assumption being used in this analysis. The more financially stable a person is, the less inclined they are to worry about how they are going to live their day-to-day life. The less likely that people are to worry about such things, the happier they will be.

Survey Results...

Each graph was taken from a survey of 174 residents of Belmont who responded to the above statement with one of the five possibilities: (1) strongly disagree, (2) disagree, (3) neutral, (4) agree and (5) strongly agree. The overall index is 3.7, which is a little over half way between the responses neutral and agree.

The first graph on the left below is a pie graph that breaks down the percentage of people who answered each of the five possible responses to the statement. The percentage of people per result is relevant to happiness because the higher the percent of people who agree or strongly agree with the above statement, the happier the community will be, based on the above assumption. This graph displays the combined percentage of 67% of the population responded to this question with agree or strongly agree. This means that the community of Belmont is generally happy with their financial stability.

QS 7: PERCENTAGE OF PEOPLE PER RESULT

- 5% STRONGLY DISAGREE
- 11% DISAGREE
- 17% NEUTRAL
- 41% AGREE
- 26% STRONGLY AGREE

STATEMENT: I AM FINANCIALLY STABLE.

QS 7: EDUCATION VS. AVG HAPPINESS

|	HS	2C	4C	GRAD & BEYOND
% OF POP.	19%	23%	36%	22%

The second graph on the right above is a bar graph dividing up the number of people within the education categories-high school (HS), 2-year college (2C), 4-year college (4C), Graduate & Beyond and their average happiness responses. It seems to be a consistent range of happiness from 3 to 4 correlating with the neutral to agree responses of this statement. People who went to a 4-year college seemed to feel the most financially stable group, following slightly behind people who went to graduate school & beyond. This is interesting because one would think that people with a better education would feel more financially stable because after all, that is why they pursued more education in the first place. It is interesting to note this is as a precise observation because each group was represented evenly. It is also interesting to note that when analyzing question one previously about stress levels as compared to family income, people with more money seemed more stressed. This along with the above analysis, questions the theory that money brings happiness.

12. Laughter and Happiness

Why is it relevant?

Question 12 asked those surveyed to respond to the question, "I laugh a lot." This question is relevant to one's happiness because people who are happy tend to be cheerful and laugh a lot. Laughing is a gesture that shows happiness.
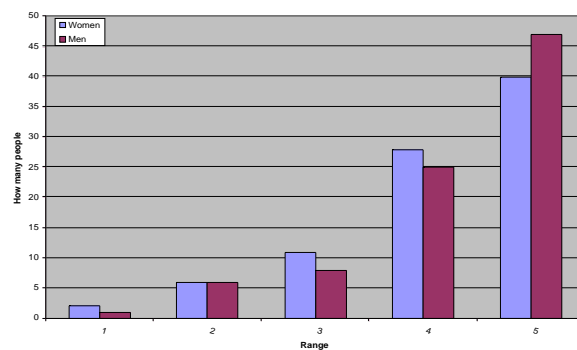
Survey Results...

80% of the respondents agreed with the statement, while 9% disagreed.
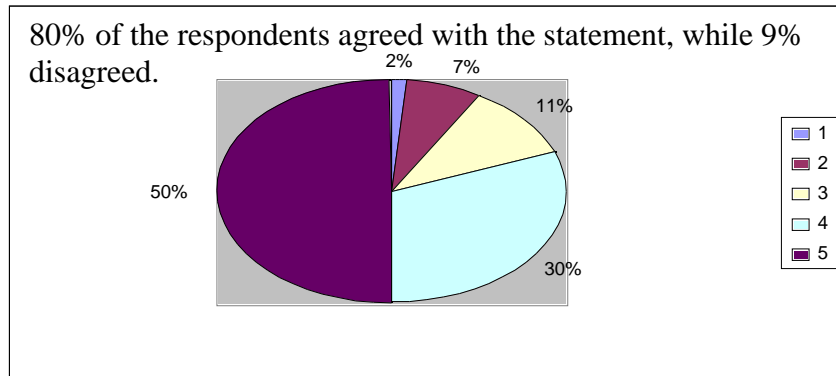
Graph one (below left) compares the age groups of the people surveyed to the amount that each group laughs. The results of this graph showed that people under the age of twenty tended to laugh the most. People under twenty scored a 4.57 on a scale from one to five. Five represented a strong agreement to the question and one represented strong disagreement. Even though the age group under twenty scored the highest, this is not an adequate representation of the survey, due to the fact that those under twenty were only seven percent of the population. The age group forty to fifty-nine scored a 4.25. This group represented the population at thirty-nine percent. The group forty to fifty-nine tended to be the group that laughed the most.
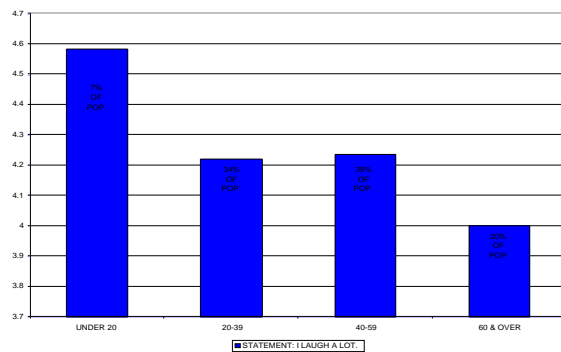
Graph 2

The second graph on the right above is a bar graph that divides the survey results by gender. Overall this graph shows that men tend to laugh more than women. Forty-seven men selected the category five, where as only forty women selected the category five. The beginning of the graph shows that more women scored in the one, two, three, and four ranges than the men did. Since more men tended to laugh more than women, this shows that men are happier than women.

This survey showed a variety of results. Question twelve overall reveals that the people of Belmont are happy and they convey their happiness by laughing a lot.