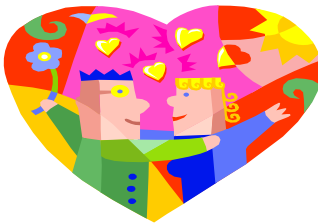


# Notre Dame de Namur university



## Student Survey

San Mateo Happiness Index  
2006

# City Of San Mateo

City of San Mateo, California is located in the heart of the San Francisco Peninsula. A community comprising of about 93, 000 people, San Mateo boasts of over 58,000 jobs. San Mateo is known for its commercial centers, great climate and a diverse community, which makes it a desirable place to live and work. The age distribution of the residents is as follows; 38% of the residents are below 29 years, 47% are between 30-64 years and 16 % of the residents are more than 65 years in age. More than 63% of the residents are college educated. The median household income is \$84,500.

## City of San Mateo Happiness Index

The following students of the School of Business and Management, Notre Dame de Namur University, conducted the San Mateo Happiness 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 San Mateo community. The data collected by the students provides some interesting insights into how San Mateo residents feel about their own well-being. The students would like to thank the community for their time and support.

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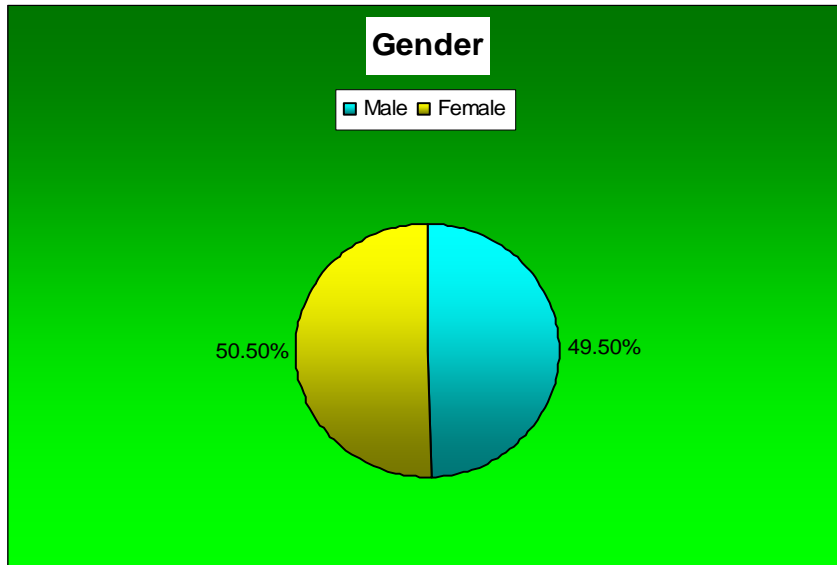
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## **I. SOME ATTRIBUTES OF THE SURVEY POPULATION**

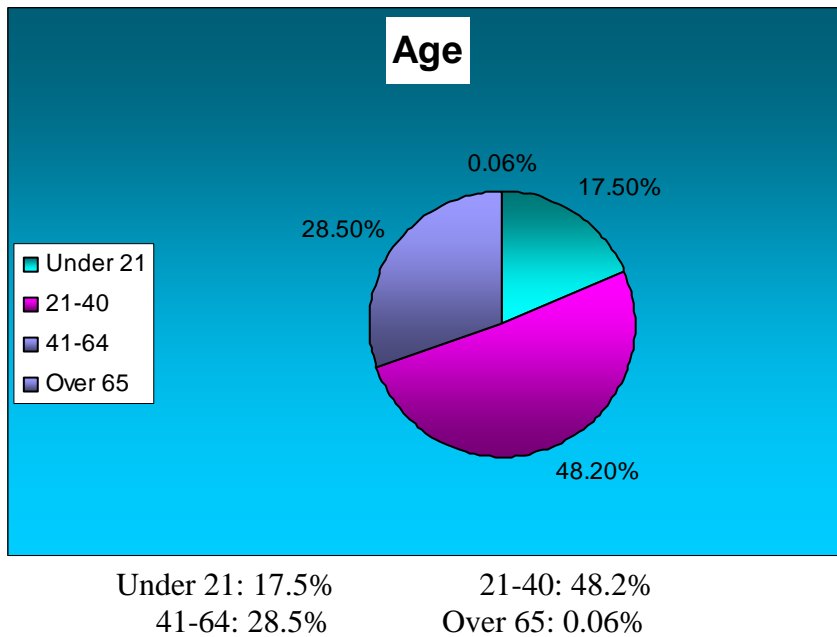
A total of 138 San Mateo City residents participated in the written survey on San Mateo City Happiness index. The following charts are a look at the attributes of the survey population.

### GENDER



Of the total population surveyed, 49.5% were males and 50.5% were females.

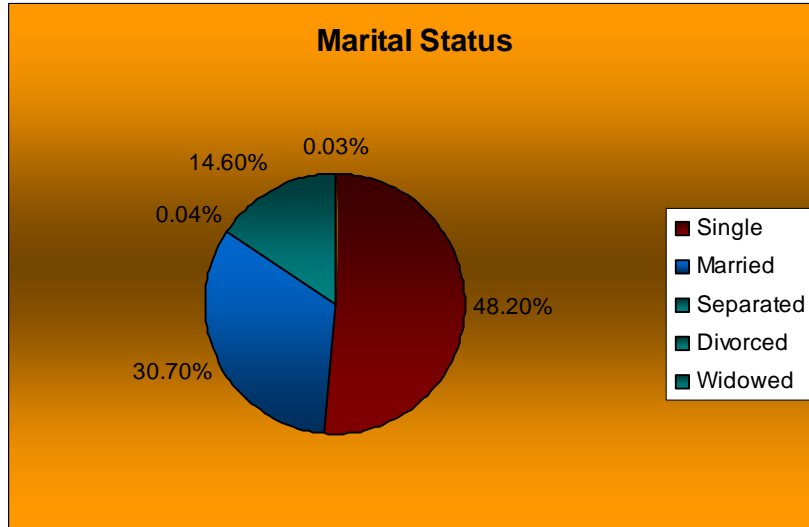
### AGE



Overall, the majority of the participants were between the ages 21-40. The second largest group of people surveyed were between the ages of 41-64, followed by the

third largest group of people surveyed were under 21. The smallest group of people surveyed were those who were 65 years and older.

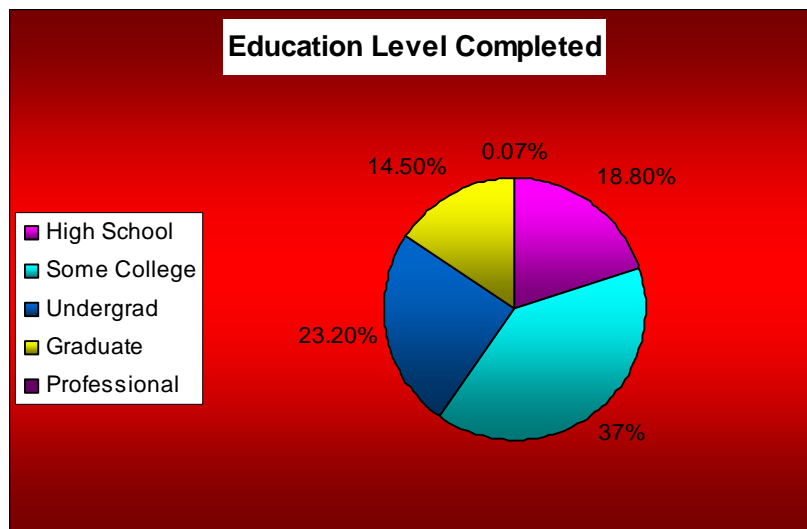
### MARITAL STATUS



Single: 48.2% Married: 30.7% Divorced: 14.6%  
Separated: 0.04% Widowed: 0.03%

Of those surveyed, the majority of the participants were single at 48.2%. The second highest majority of the participants were married at 30.7%. The third highest majority of the participants were divorced at 14.6%. The participants who were separated or widowed were close in percentage at 0.04% for those who were separated, and 0.03% for those who were widowed.

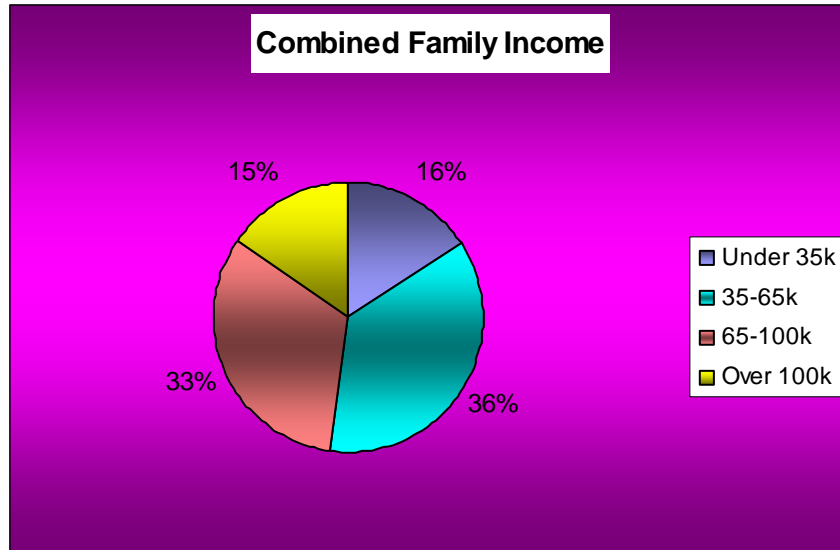
### EDUCATION LEVEL COMPLETED



Some College: 37% Undergrad: 23.2% High School Diploma: 18.8%  
Graduate: 14.5% Professional: 0.07%

Of the total population surveyed, the majority of the population had completed some college at 37%. The second largest population surveyed obtained at least an undergraduate degree at 23.2%. The third largest population surveyed earned their high school diploma. Graduates were the fourth largest group at 14.5%, and only 0.07% of the participants earned a professional degree.

### COMBINED FAMILY INCOME



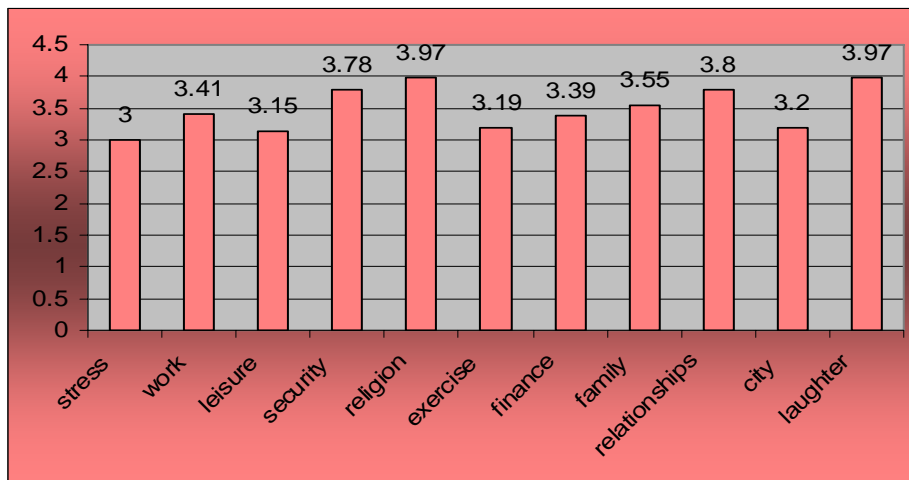
Overall the highest percentage (36%) of individuals made between \$35,000 to \$65,000. The second highest percentage (33%) of individuals made between \$65,000 to \$100,000. The percentage of respondents having a combined family income of less than \$35,000 was 16%. 15% of the respondents had a family income of over \$100,000.

## II. OVERVIEW OF THE SURVEY RESULTS

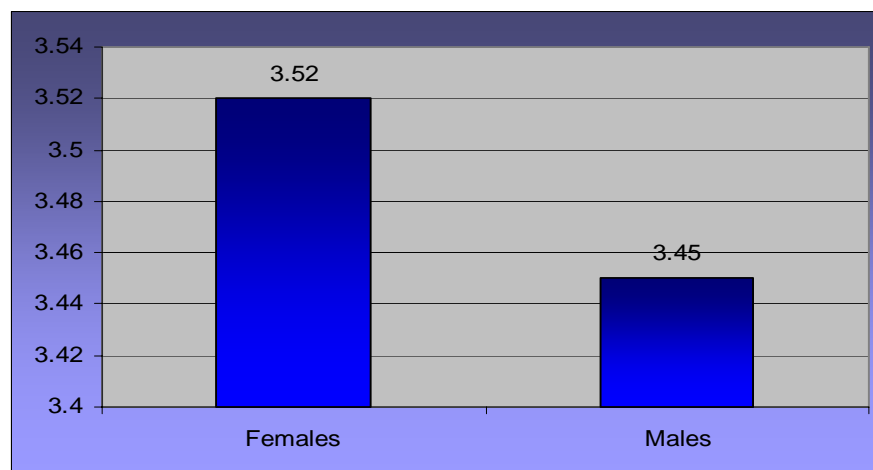
The Happiness Survey consisted of 11 questions that showed the overall level of happiness of residents in San Mateo. The questions in the survey aimed to show each participants level of happiness. Scores were based on a scale of 1-5 where participants with a higher score were more satisfied. Overall our findings conclude that residents of San Mateo are moderately happy, indicated by an overall Happiness Index of 3.49, out of a possible 5.

## SURVEY RESULTS

Of the 11 questions analyzed, San Mateo residents were unhappiest when experiencing a stressful lifestyle. They also experienced unhappiness with their amount of leisure time. San Mateo residents seemed to be happiest with their religious/spiritual life and also admitted to laughing a lot. The following graph shows the average scores for all the questions on the survey.



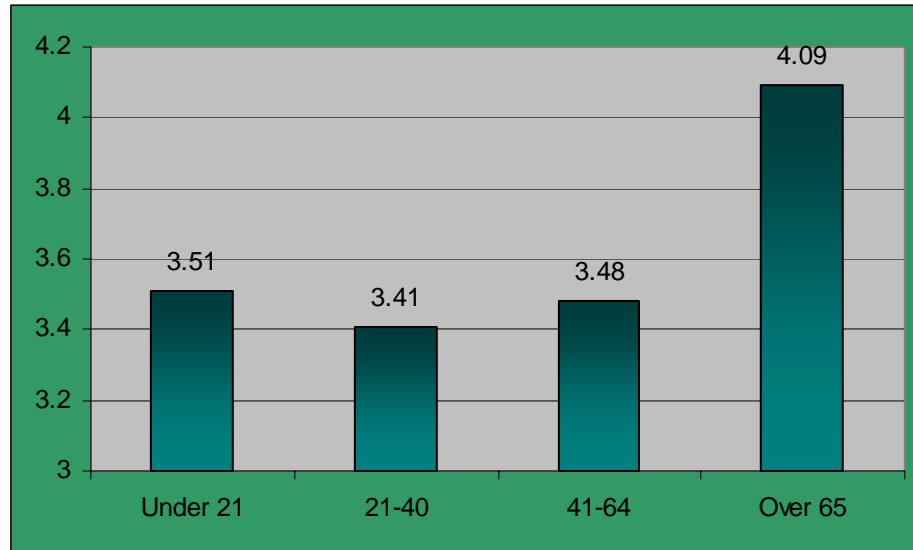
### A. GENDER AND HAPPINESS INDEX



In terms of gender, females scored marginally higher with a score of 3.52 compared to males who scored 3.45.

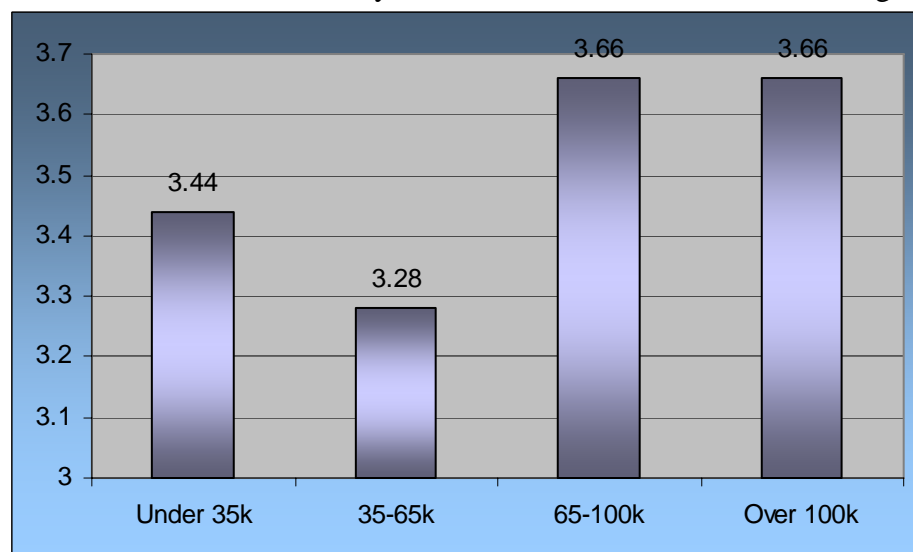
### **B. AGE AND HAPPINESS INDEX**

Age-wise, the happiest people in San Mateo are those over 65 years of age with an average score of 4.09. In the graph shown below, those between 21-40 years in age represent the unhappiest group.



### **C. COMBINED FAMILY INCOME AND HAPPINESS INDEX**

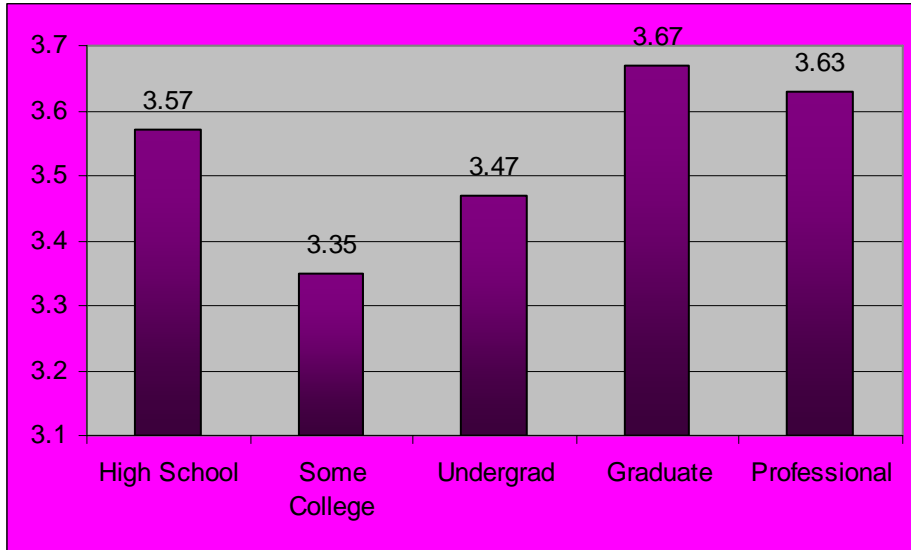
Can money really make people happier? According to the income distribution shown below, those with a combined family income of over \$65,000 scored the highest.





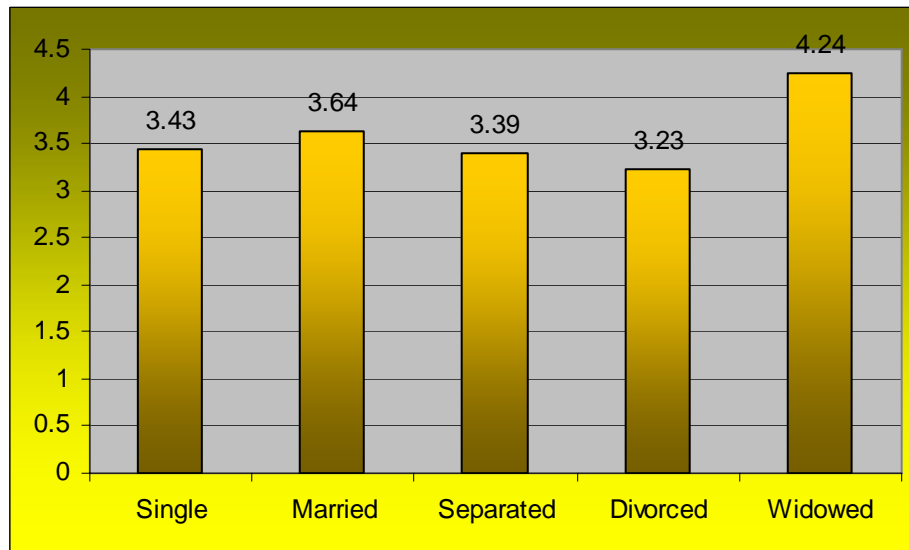
#### D. EDUCATION LEVEL AND HAPPINESS INDEX

Participants who have completed some college are the unhappiest section among the San Mateo survey participants, as shown in the following graph. The happiest participants were graduates followed by those with a professional degree.



#### E. MARITAL STATUS AND HAPPINESS INDEX

In terms of marital status, the widowed were the happiest participants with average scores of 4.24. However, there were only four widowed persons in the sample. The least happy participants were divorced with average scores of 3.23.



### III. Detailed Analysis of the Survey Questions

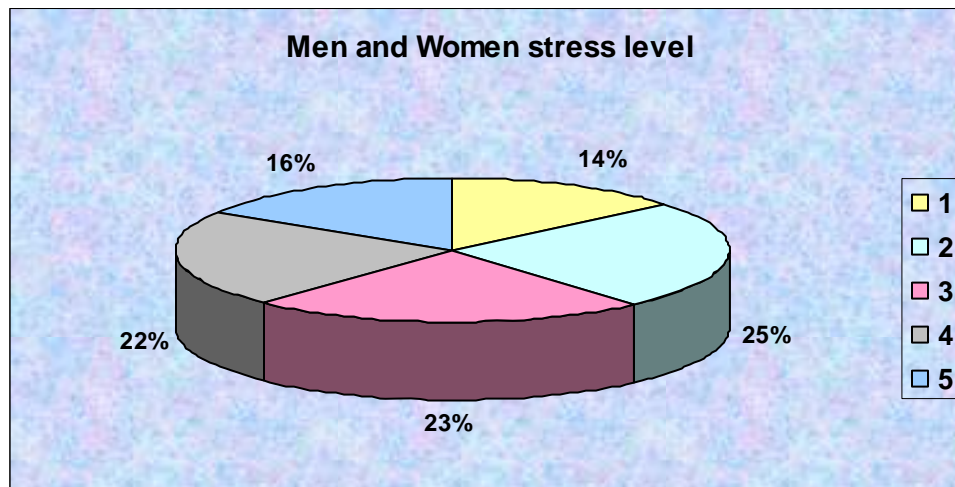
#### 1. Stress Level and Happiness

##### Why is it relevant?

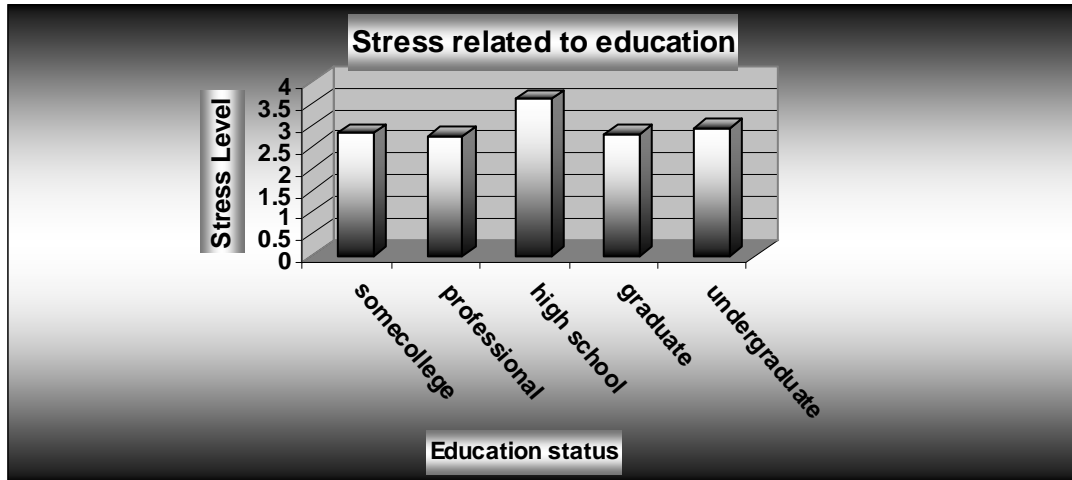
Stress plays an important role in determining how happy an individual is. If an individual is under a lot of stress, they are most likely not going to be the happiest person in the world. If the individual is under no stress then that individual will be extremely happy.

##### Survey Results

The graph below shows the overall stress levels for all respondents. 1 represents highest stress level and 5 represents low stress. 25% of the population surveyed has a high stress level while 14% of the population is completely stressed out. Only 16% of the population has lowest stress level while 22% have a moderate stress level. 23% of the population answered 3, neutral on the stress level.

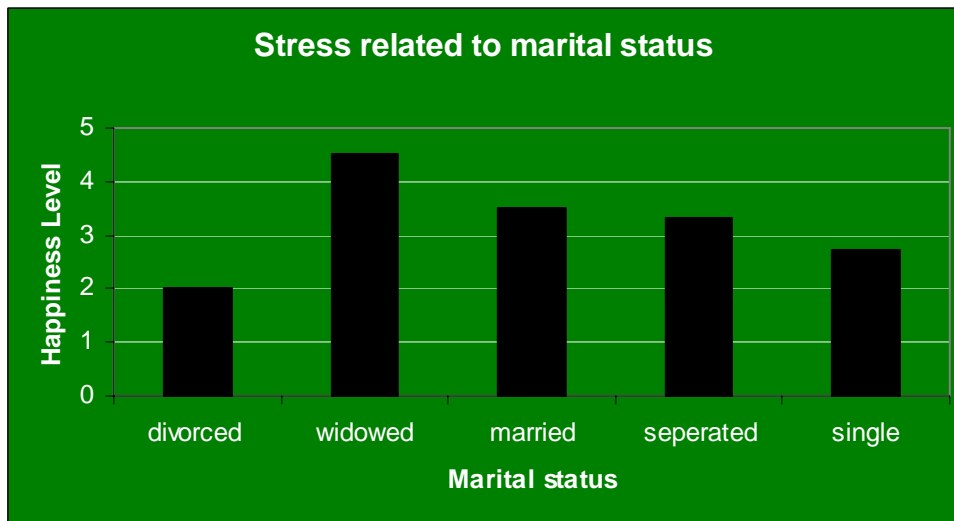


## EDUCATION AND STRESS



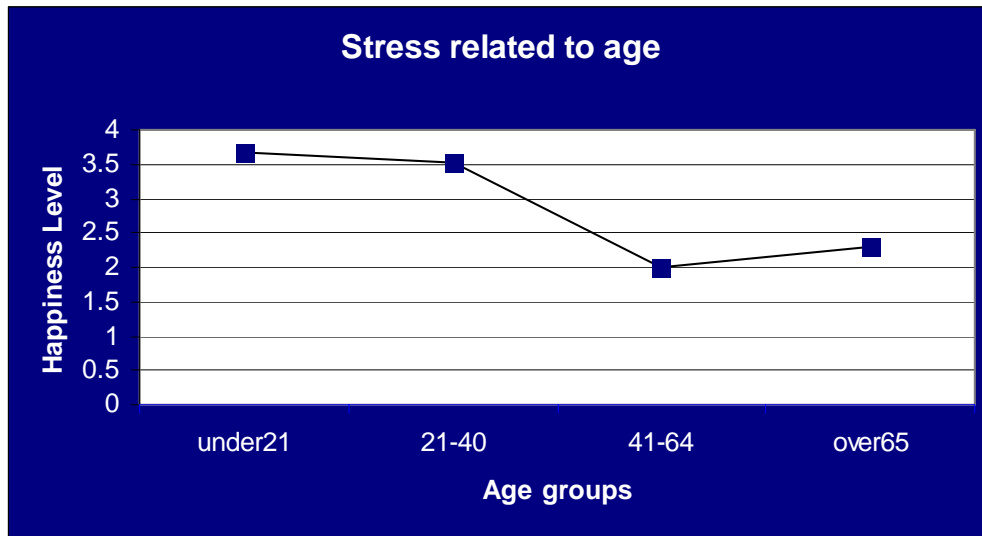
The graph above represents the different stress levels based on a person's educational level. The highest stress level was at 2.7, which represents a moderate stress level and those with a professional degree fell into this area. Those with the least amount of stress were those with just a high school degree and their stress level is at 3.61 which is average stress. This probably relates to the amount of work professionals have to deal with along with the financial worries of men and women caring for their families.

## MARITAL STATUS AND STRESS



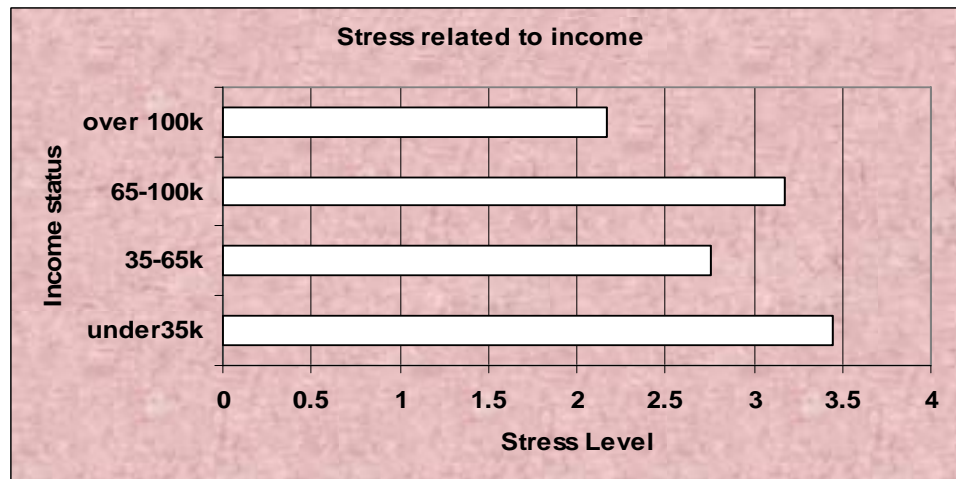
The graph above relates stress to a person's marital status. The graph below shows that the divorced have the highest stress level. Their average stress level is at 2 which is a high stress level. This probably is because of the break up of a family is a very stressful situation. Those with the lowest average of stress are the widowed. There average is at 4.5 which is extremely low stress and almost at a complete relaxed state. This is probably due to the fact that these people are mostly retired and living a care free lifestyle. (In the population surveyed, only 4 people in the entire population were widowed, so the data may be skewed)

## AGE AND STRESS



The graph above shows the relationship between stress and age. The graph shows that those in the 41-64 age group have a high stress level of 2 which is most likely based on their working conditions and the stress of providing for their families. The age group with the lowest level of stress is under 21. Their stress level is at 3.87 which is fairly low level of stress and this probably is because those under 21 usually have their parents still supporting them.

## INCOME AND STRESS



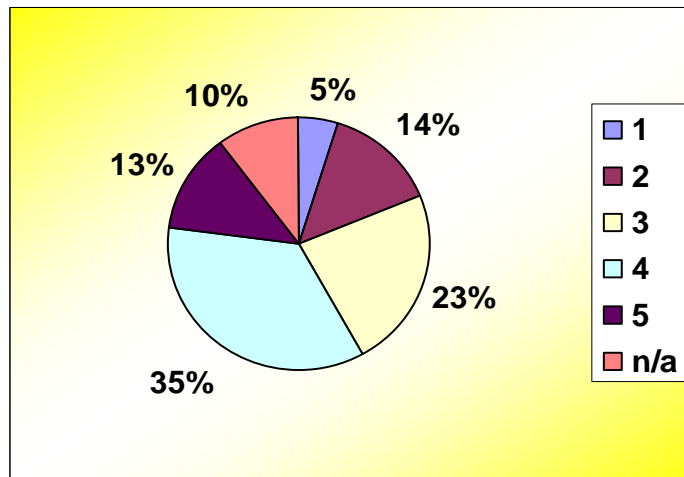
The graph above shows the relationship between stress and income. The group with the highest stress level is over \$100,000. They have a stress level of 2.17 which is fairly high and is most likely due to the work load that they carry. The income group with the least amount of stress is under \$35,000. This is probably due to an easier work load and less stressful working conditions. Their stress level is at 3.45 which is quite low considering that those under \$ 35,000 don't have the financial freedom that those making over \$100,000.

## 2. Work and Happiness

### Why is it relevant?

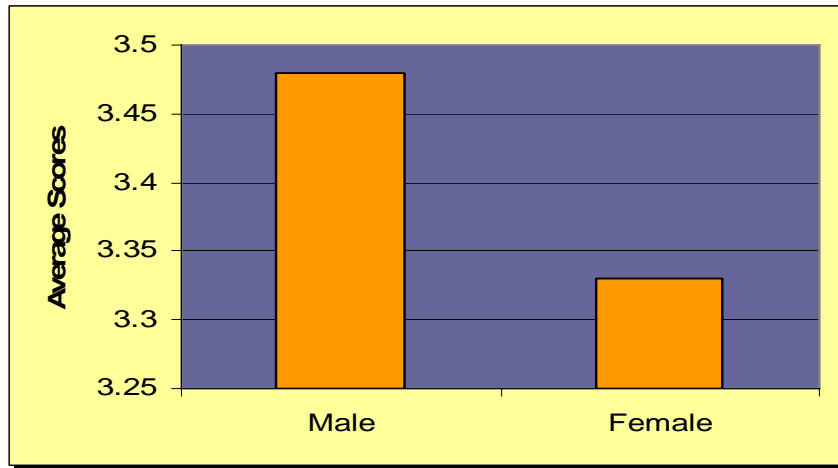
One of the biggest concerns for working people is their job and their ability to enjoy what they do for a living. Being happy at work could be linked to how much money you make or the importance of your job or maybe even if you have a corner office. We asked a question that appeared on the survey as, "I am happy with my work conditions" with the answers 1 and 2 for being dissatisfied, 3 being neutral and 4 and 5 being happy with your current job.

### Survey Results



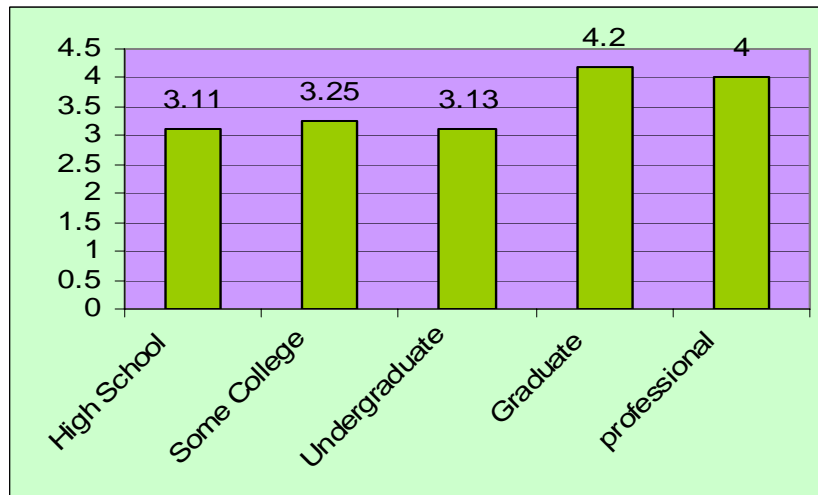
When it comes to the question of current wage at their job only 48% are satisfied with their work conditions, with a score of 4 or 5. But on the other end, 29% were dissatisfied with their current work conditions, with a score of 1 or 2. 23% scored a 3. Thus the evidence shows that the majority of people are happy with their work conditions with room for possible improvement. Around 10% of the respondents did not work.

## GENDER AND WORK CONDITIONS



From the above graph, males seem slightly happier than females with their work conditions.

## EDUCATION AND WORK CONDITIONS



From our survey, it seems that people with a graduate degree and professional degree are the happiest with their work conditions. Respondents with high school diploma, some college and undergraduate degrees scored lower on an average.

### 3. Leisure Time and Happiness

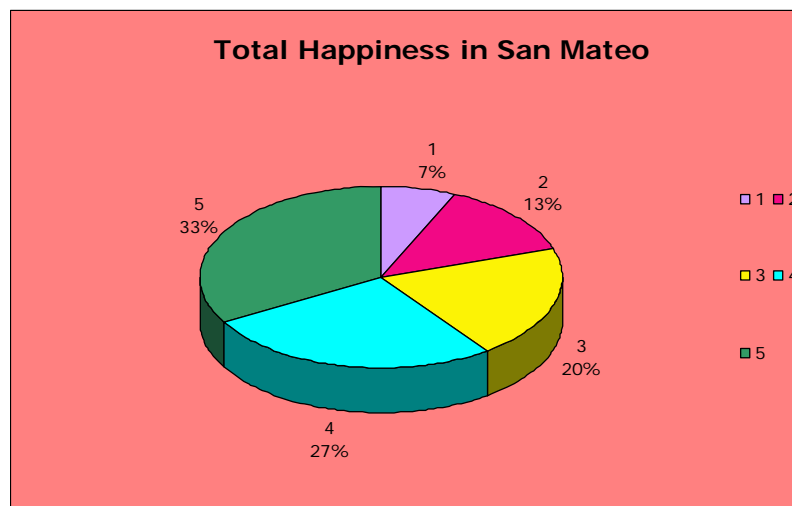
Why is it relevant?

Leisure is defined as time spent free of obligation and necessity. This can mean that we are free of our obligation to society concerning such things as work, family, and religion. And with this freedom comes ease and relaxation whether in time or state of mind and body. Leisure time is usually spent doing activities that are most enjoyed by a person, or can be other items that are considered hobbies. In order to get a good grasp on ones happiness we must evaluate ones happiness with their leisure time.

#### Survey results

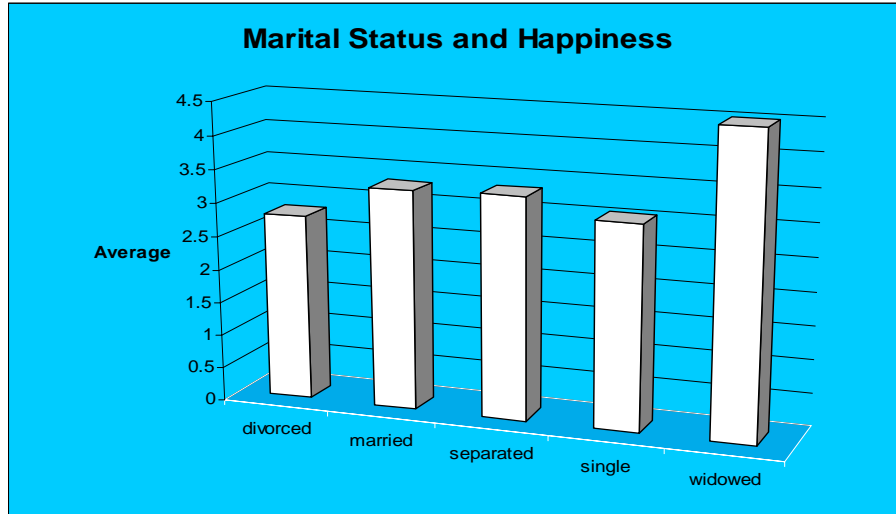
From the 138 Happiness surveys administered to San Mateo residents, we have found the following results when dealing with satisfaction of leisure time.

The ranges were: *Strongly Disagree* = 7% *Disagree*=31% *Neutral*=18%  
*Agree*=33% *Strongly Agree*=11%



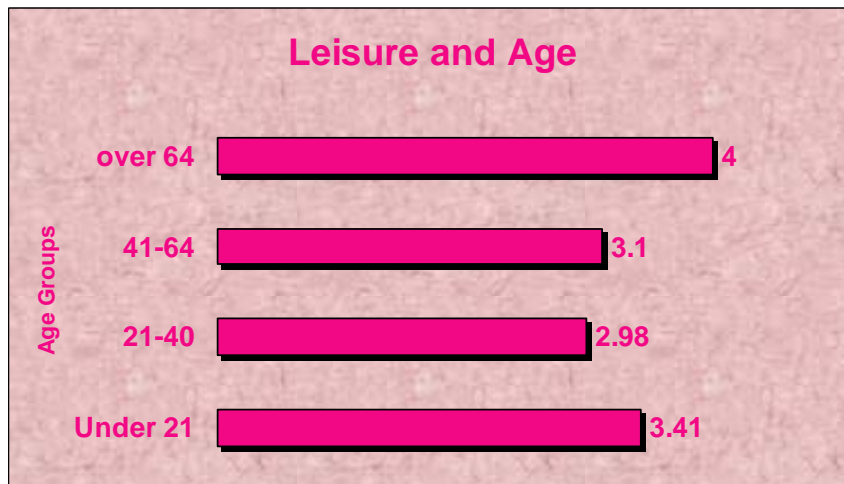
This graph above displays the happiness with San Mateo residents. Our scale was in a range of 1 equaling very unhappy and 5 equaling very happy. As it is clearly shown in the graph above 60% of the people surveyed in San Mateo are generally happy. 20% are neutral and 20% of the people here are unhappy

## MARITAL STATUS AND LEISURE TIME



Here we find that the average widowed person is the happiest with their leisure time. This could have to do with the fact that they only have to worry about themselves. These are probably people who have been widowed for some time, and are past the grieving stage. Also, we found when looking back on the survey results, only 4 widowed people completed the survey and thus the findings might be skewed. Yet the second highest happiness level is separated people in San Mateo. This could be because they now have free time to go out with friends and meet new people because they do not have a significant other. The least happy with their leisure time are people in San Mateo that are divorced. This is obviously due to the stress that they are overcoming and now have to find things to fulfill their leisure time with.

## AGE AND LEISURE



The above graph shows that respondents above the age of 64 are the happiest with their amount of leisure time and the respondents in the age groups 21-40 are the unhappiest with their leisure time.



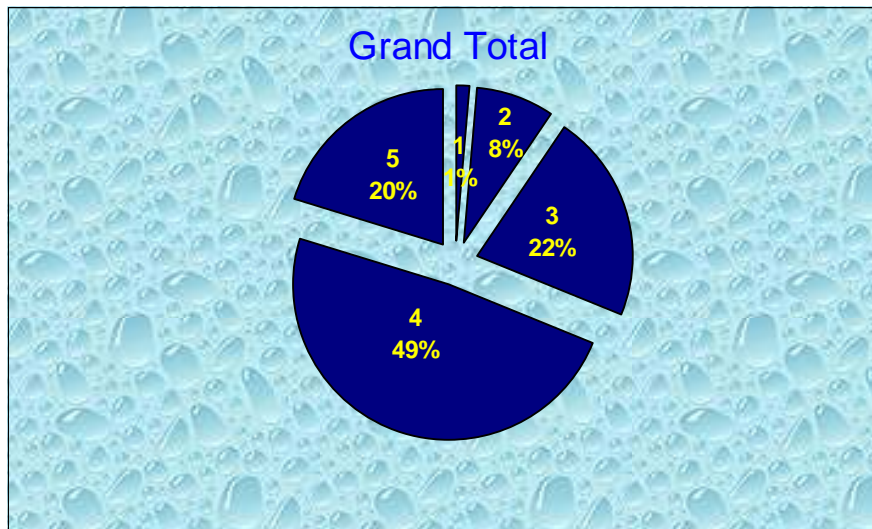
## 4. Security within the Community and Happiness

### Why is it relevant?

Happiness is a feeling that people feel when they are secure with all attributes or most attributes in their lives. Security can be different things for different people, but for most it means being financially well off. In the survey conducted for the city of San Mateo we had a question that asked people the satisfaction of their security on a scale of 1 to 5; 1 being not satisfied and 5 being most satisfied.

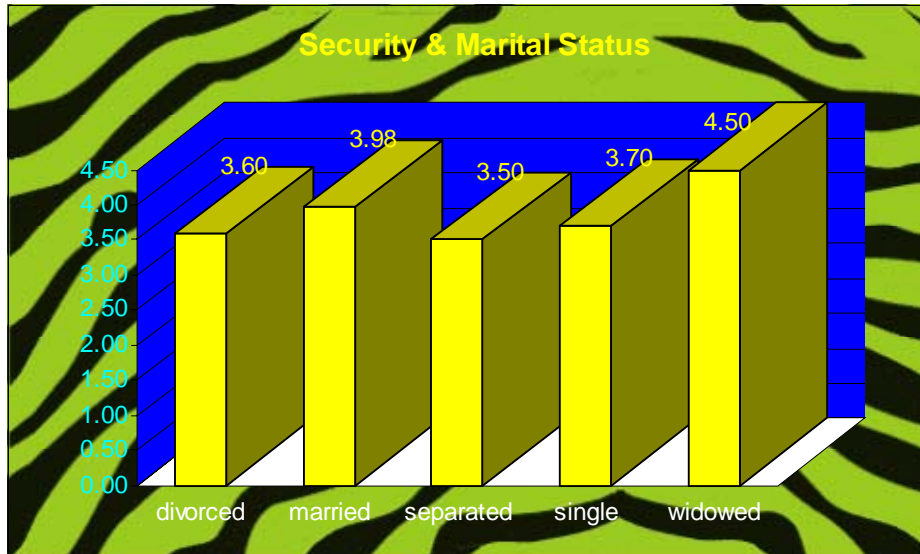
### Survey Results

One important question asked when dealing with happiness was whether they were satisfied with their security. We asked a total of 138 people and the results showed that 20% were very satisfied, 49% were satisfied, 22% of people were neutral, 8% were dissatisfied and 1% was very dissatisfied. The average score was a 3.78, showing that respondents felt secure.

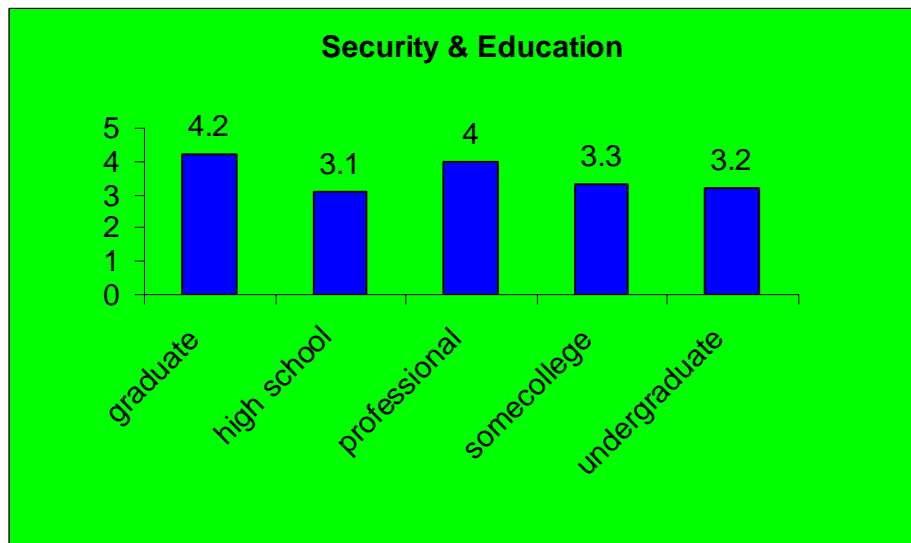


### SECURITY AND MARITAL STATUS

The next results show the security and happiness relationship in marital status. The graph shows that widowed people feel the most secure as opposed to separated people who are the least secure. The average answer for widowed people was a 4.5 and the average answer for separated people was 3.5. But there were only four people that were surveyed who were widowed so this can be a little inaccurate. Whereas when you are separated you may feel more depressed and insecure.



### SECURITY AND EDUCATION



The next survey results deals with education level and security. It shows how people who are a professional are secure as opposed to people who only finished high school that do not feel secure. With regard to security, education has a major part in determining it because if you are not educated you are less likely to get a good job and be financially stable and secure.

## 5. Religious Fulfillment and Happiness

### Why is it relevant?

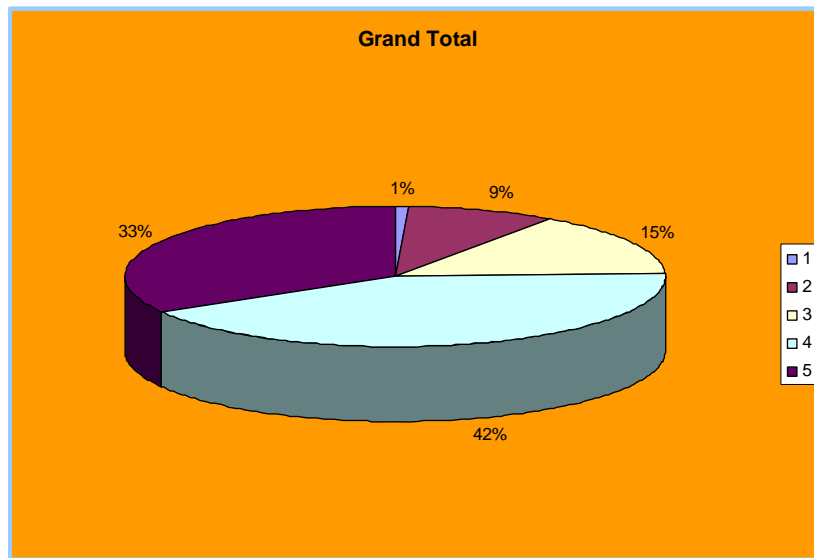
Religion is a major part of most people's lives. Religion may mean a wide variety of things. For some people it could mean just going to church every Sunday while for others it could mean time they devote to their church and also serving the community. We included a question on the survey that asked the people of San Mateo County if they are satisfied with their religious life. They answered on a scale of 1-5 with 1 being not satisfied and 5 being very satisfied.

### Survey Results

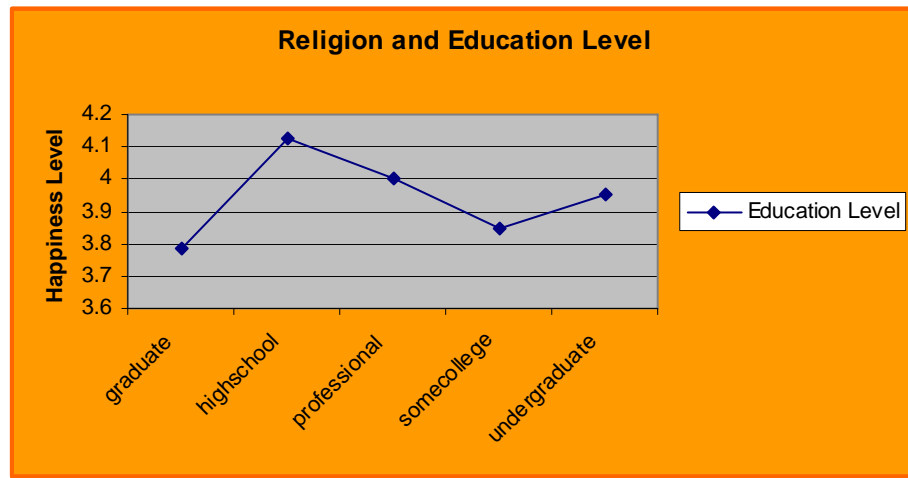
A total of 138 citizens of San Mateo were asked if he/she were satisfied with their religious life. The average of the citizens surveyed in San Mateo was 3.98. This shows that San Mateo for the most part is satisfied with their religious life. The females had a slightly higher average of exactly 4 while the male's average was 3.96.

From the 138 Happiness surveys administered to San Mateo residents, we have found the following results when dealing with satisfaction people have with their religious lives.

The ranges were: *Strongly Disagree* = 1% *Disagree*=9% *Neutral*=15%  
*Agree*=42% *Strongly Agree*=33%

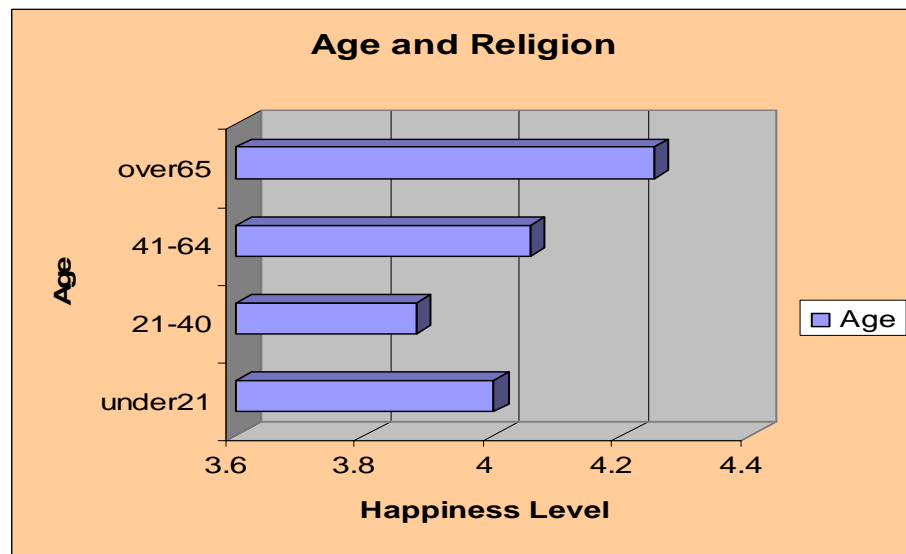


## EDUCATION AND RELIGIOUS FULFILLMENT



This graph shows that people with high school diploma are the most satisfied group with their religion. This might be true because these people might have more time on their hands and they are able to dedicate more time to religion. It is interesting that people who have professional degrees finished in second because it would seem like these people would have the least amount of time to dedicate to religion.

## AGE AND RELIGIOUS FULFILLMENT



This graph shows the correlation between age and religion. It shows that the older people are more satisfied with their religious life. This is the way it should be because once people become older they start to think about death more and they want to get closer to God as they get older. People under the age of 21 are also very satisfied with their religious life and this is true because they are influenced by their parents or by their teachers if they go to a catholic school.

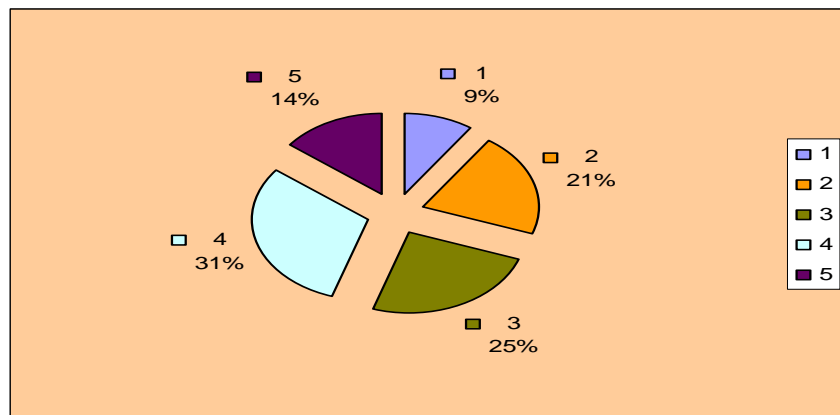
## 6. Exercise and Happiness

Why is it relevant?

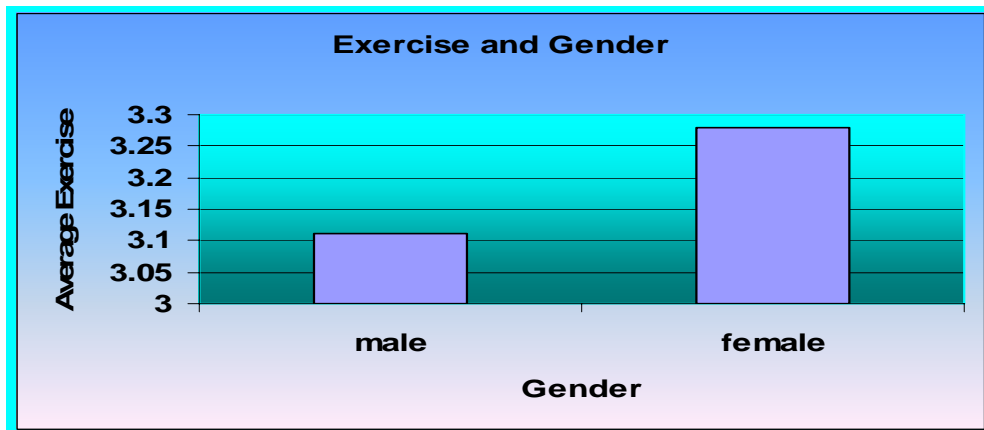
Exercise is a crucial part of a person's life and contributes to the mental, physical, and psychological state of the individual. When a person exercises their body releases endorphin, a liquid chemical that is released from the brain. These endorphins make the person 'feel satisfied,' relatively similar to a hungry person eating a meal. Exercise lowers stress, increases energy, and balances hormonal activity. Aside from other contributing factors, the more one exercises, generally, the happier they are.

### Survey Results

San Mateo residents were asked whether they agreed with the statement I exercise often. Answers were rated on a scale of one to five, with one being strongly disagreed and five being strongly agree. The pie chart shows the percentage of sample respondents' frequency of exercise, with 9% strongly disagreeing, 21% disagreeing, 25% neutral, 31% agreeing, and 14% strongly agreeing.

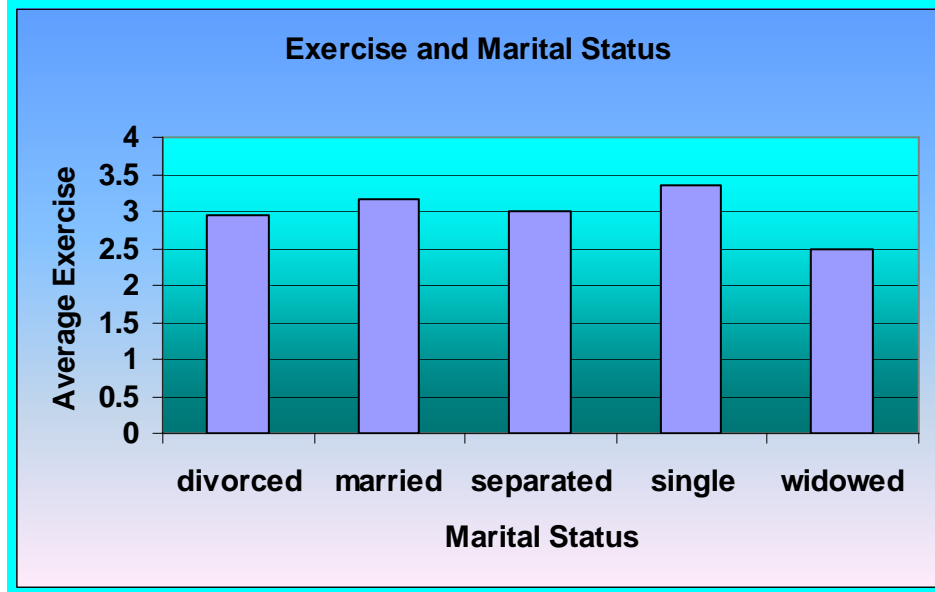


### EXERCISE AND GENDER



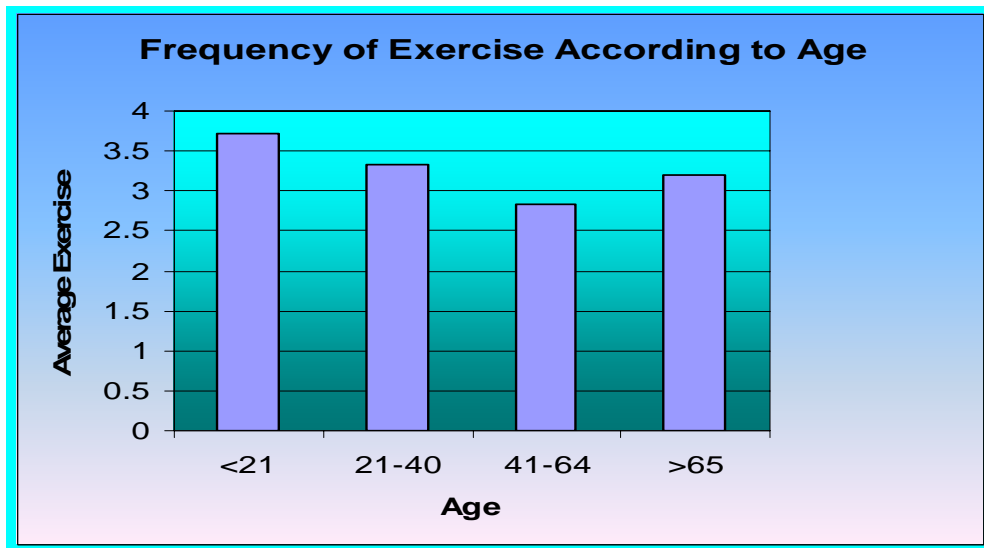
When we look at gender, the survey shows us that females exercise more than men do, with a weighted average of 3.28 compared to 3.11.

## EXERCISE AND MARITAL STATUS



When analyzing exercise and marital status we find that single people exercise the most, showing a weighted average of 3.35, followed by married, separated, divorced, and widowed. See the following graph.

## EXERCISE AND AGE



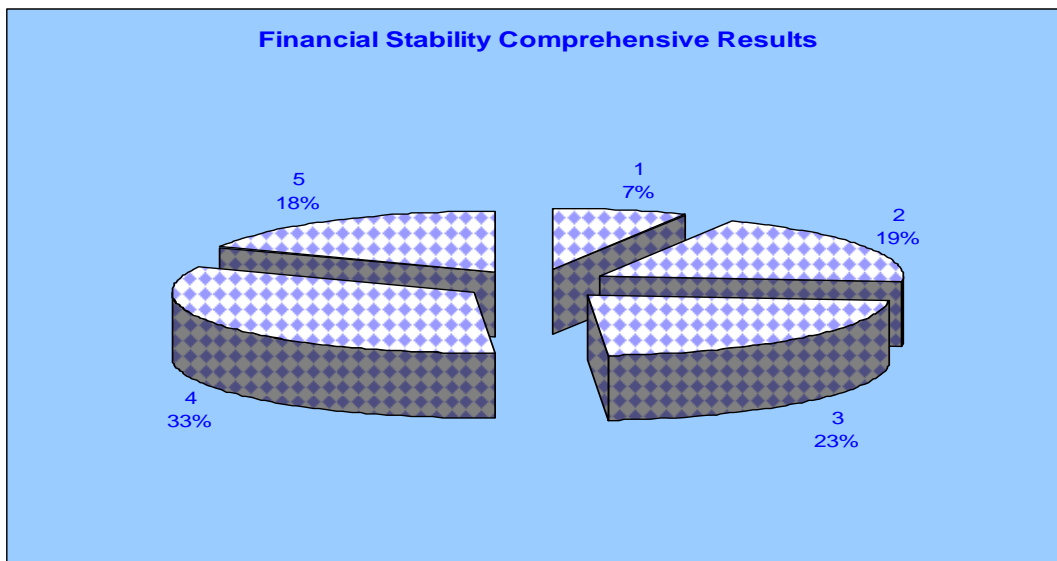
Then when analyzing the data across the respondents' marital status, age, and gender. According to the data that was collected, the class found that respondents under the age of 21 exercise the most, with an average of 3.71. The age group that exercised the least was ages 41-64, with an average of 2.825. The average exercise among all the age groups was 3.19, which indicates that almost all groups exercise often.

## 7. Financial Stability and Happiness

### Why is it Relevant?

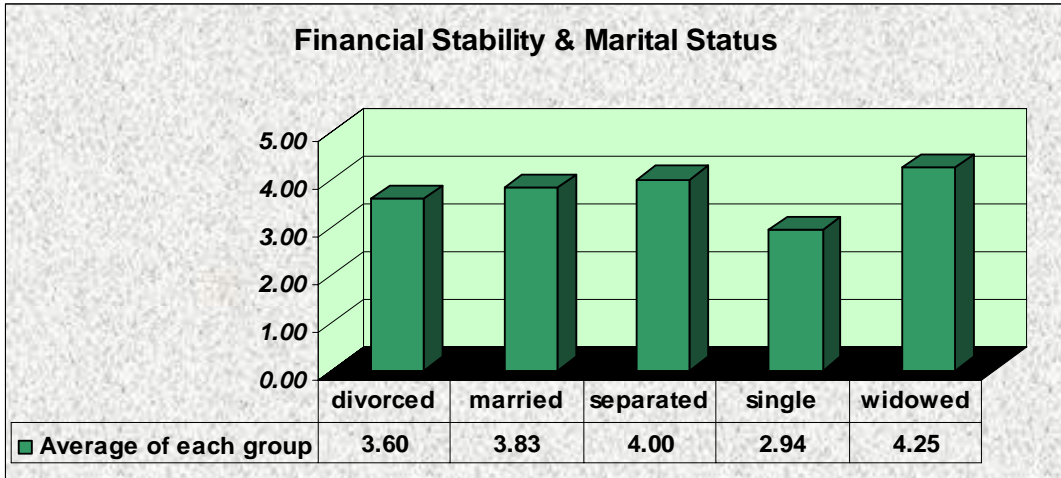
Financial stability has a strong influence on a person's happiness, because it gives them a sense of security. Security in a number of senses is a crucial prerequisite for happiness to exist. Hence, financial security is especially important in a city like San Mateo which is one of the most expensive areas to live in the whole country! The results were based on several demographics; the ones that impacted the results of our findings were marital status, age, education level, and income as can be seen in the following graphs.

### Survey Results...



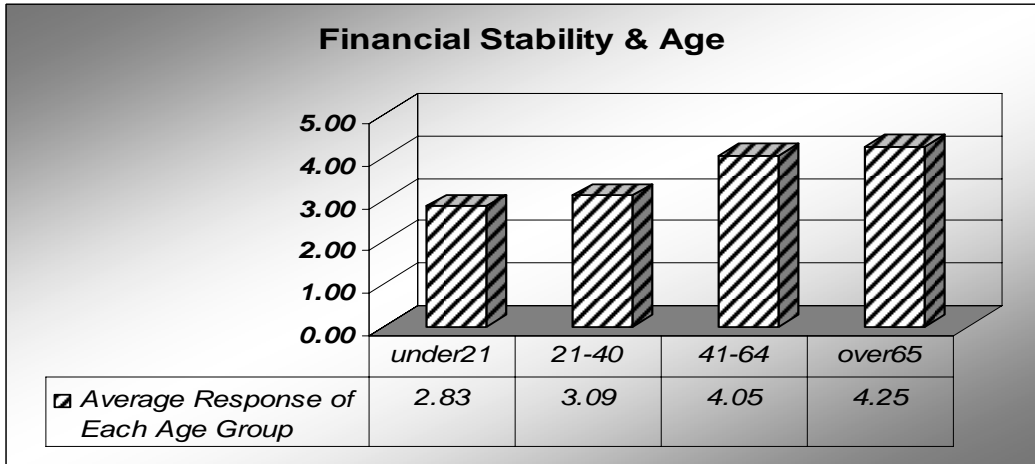
In the graph above we can see the overall percentage of each category response. As we can see the total percentage of people surveyed who responded 4 or 5 to this question was 51%. In contrast the total percentage of people surveyed who responded 1 or 2 was 26%. In general the results indicate that the majority of the people surveyed feel financially stable and hence happy with their financial status.

## FINANCIAL STABILITY AND MARITAL STATUS



The graph above demonstrates that people who were widowed tended to respond more positively to this question, and so they feel more financially stable. It is important to note that there were only four widowed people surveyed meaning that our results were based on a small sample size of widowed people. In turn single people tended to respond the least positively to this question, indicating that they were less financially secure. People whose marital status was divorced or married had relatively similar results with both of the categories' responses being a bit higher than neutral, meaning that they somewhat feel financially stable. It is interesting to note that people who were separated felt more financially stable than both married and divorced people.

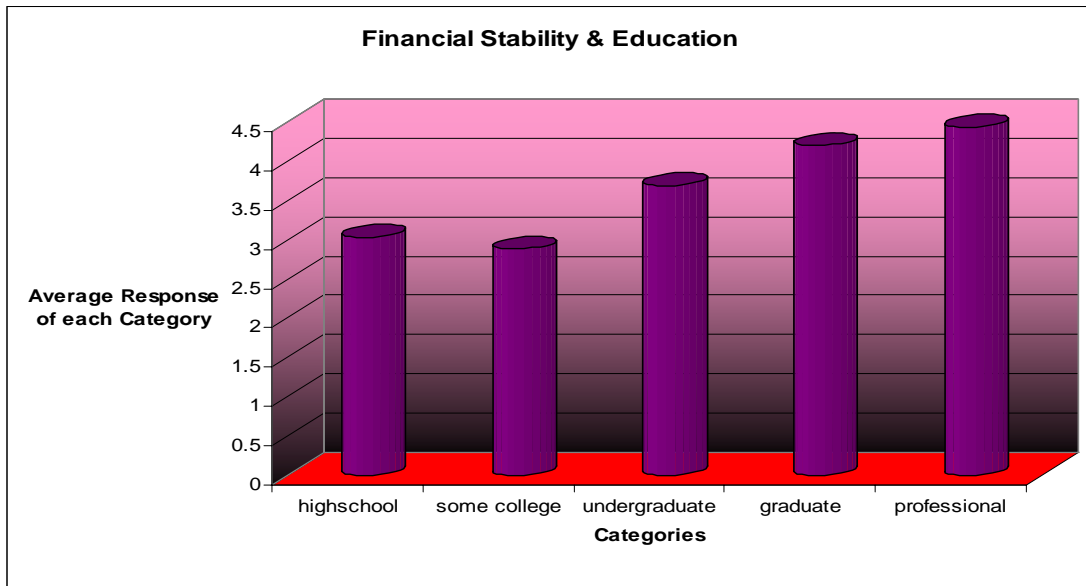
## FINANCIAL STABILITY AND AGE



In the graph above we can see that there is a direct relationship between age and financial stability. Those who were under 21 averaged the lowest response at 2.83, this makes sense because many people under this age generally don't work and they haven't started a career, the ones who do work simply have a part-time job. Older peoples' average response was much higher due to the fact that they have more time to pursue a career and accordingly accrue financial stability.

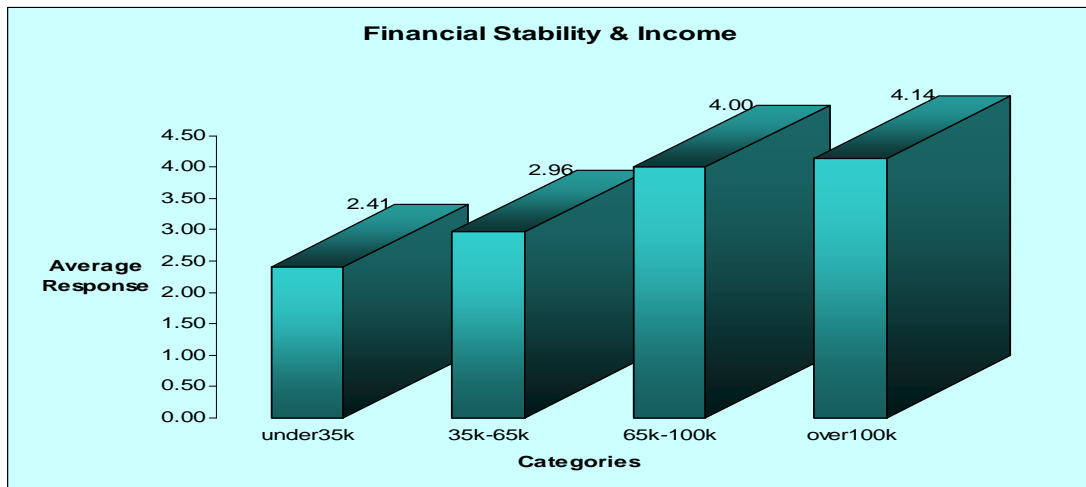


## FINANCIAL STABILITY AND EDUCATION



The graph above demonstrates the relationship between education and financial stability. The results indicate that the higher the level of education, the stronger the sense of financial stability. Out of the people surveyed those who received some college education but didn't obtain a degree, felt the least financially stable out of all the categories. It is interesting to note that those who received a high school education felt more financially stable than those with some college education, and perhaps in some cases this is due to the fact that they aren't completely financially independent yet.

## FINANCIAL STABILITY AND INCOME



The graph above helps to visualize the direct relationship between a higher income and financial stability. People with incomes of \$65,000 and up responded much more positively to this question than people whose incomes were lower. The results indicate that the higher a person's income is in San Mateo, the greater the feeling of financial stability.

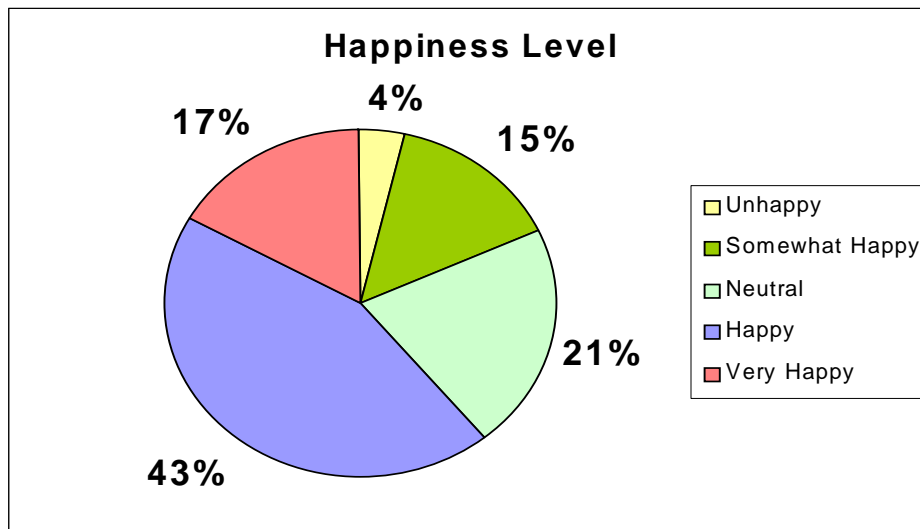
## 8. Time Spent with Family and Happiness

### Why is it relevant?

Family is one of the most intimate relationships a person has and for this reason, it can affect a person's happiness level. For the San Mateo Happiness Survey respondents were asked to respond to the statement, "I spend an adequate amount of time with family" in terms of their happiness level. Respondents rated the statement with a 1-5 scale, in which 1 represents strongly disagree and 5 represents strongly agree. The following two graphs depict how time spent with family affects the happiness of an individual.

### Survey Results

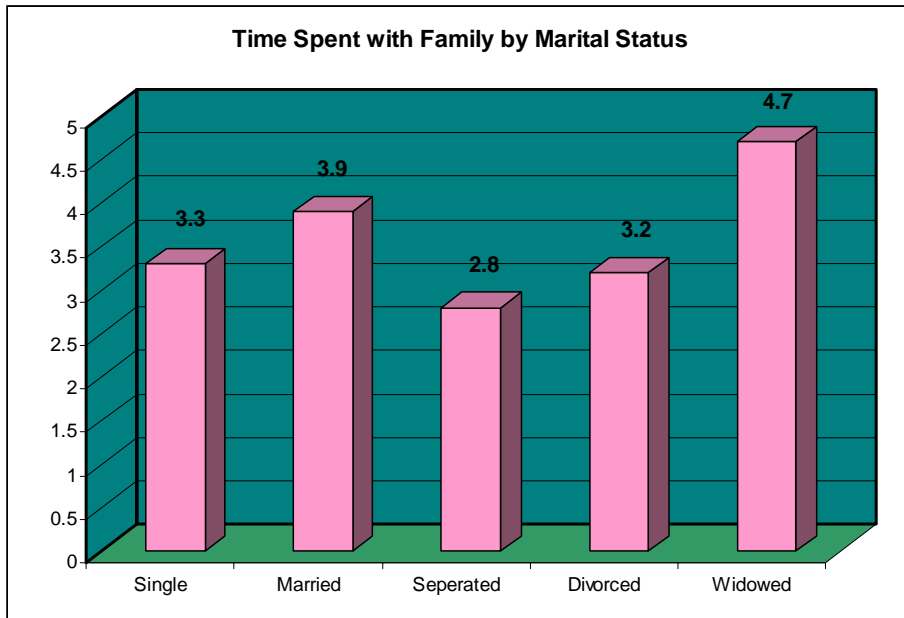
The following graph depicts the number of people who are happy or unhappy with the amount of time they spend with their families. Out of 138 people surveyed 4% are unhappy, 15% are somewhat happy, 21% are neutral, 43% are happy, and 17% are very happy with the amount of time they spend with their families. Over all, most of the San Mateo residents surveyed show to be relatively happy with the amount of time spent with family.



### TIME SPENT WITH FAMILY AND MARITAL STATUS

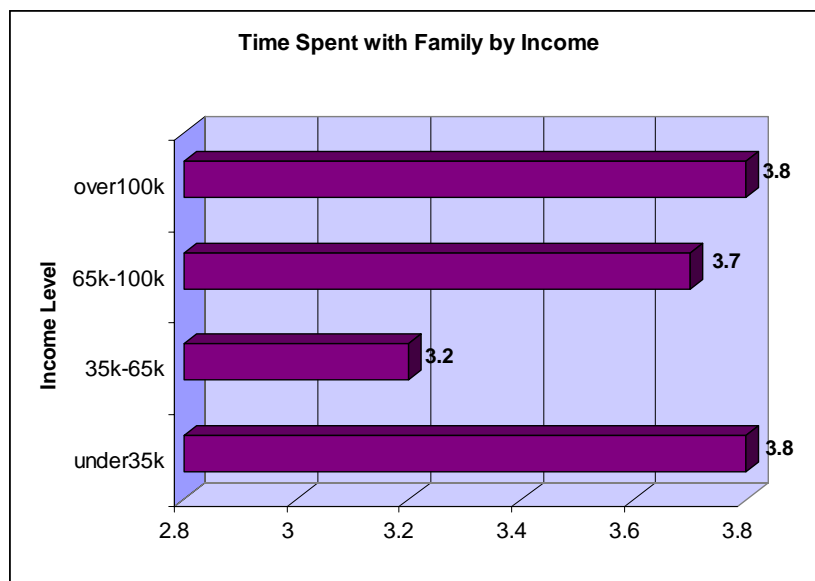
The following graph illustrates the relationship between marital status and the time spent with family. From the 67 single residents surveyed, results showed that single people feel neutral about the time spent with family. The average result for the 43 married respondents was 3.9, expressing that they are happy with the time spent with family. Out of the 7 separated respondents, they showed to be somewhat happy with the time spent with family, with the average response of 2.8. For the 20 divorced respondents, 3.2 was the average response expressing a neutral feeling. Surprisingly, widowed respondents expressed to be very happy with the time spent with family. However, there were only

four widowed respondents in our sample.



### TIME SPENT WITH FAMILY AND FAMILY INCOME

The graph shown below represents the relationship between income and time spent with family. Results show that San Mateo residents who make fewer than \$ 35,000 and over \$100,000 are very happy with the amount of time spent with their families with an average response of 3.8. People who make \$65,000-\$100,000 come second, with an average response of 3.7. Lastly, the residents with an income of \$35,000-\$65,000 resulted with an average of 3.2, expressing a neutral feeling towards the time spent with their families.



## 9. Satisfaction with Relationships and Happiness

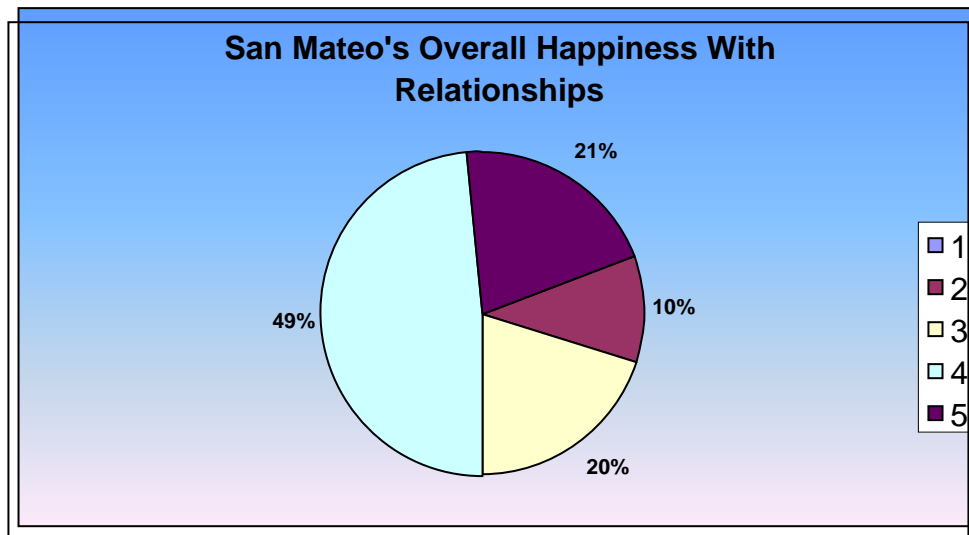
### Why Is It Relevant?

Question #9 of the San Mateo Happiness survey states: “I am satisfied with my friendship and/or my personal relationships.” This is relevant because if one is satisfied with friendships and/or relationships they tend to lead a happier life. Consequently, people not satisfied with relationships will most likely be unhappy.

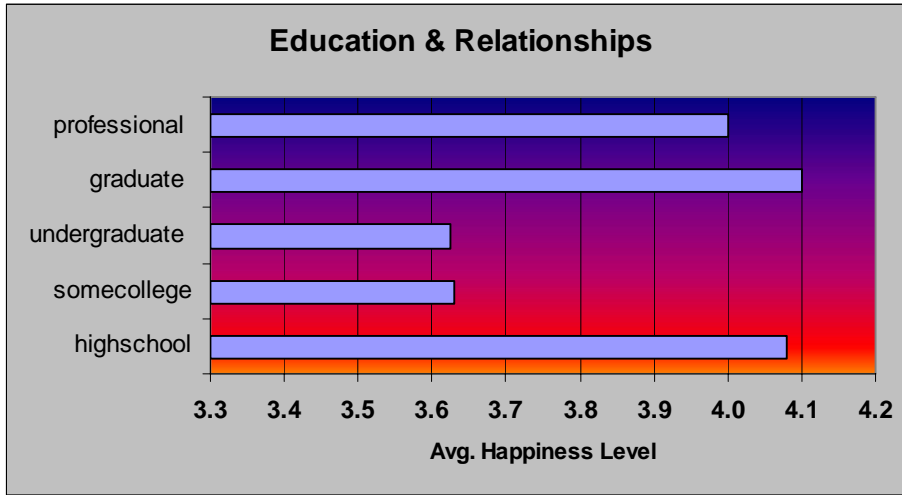
### Survey Results

138 San Mateo residents were surveyed, consisting of 69 men and 69 women. Each was asked to rank their satisfaction with relationships on a scale from 1-5 (1 being the least happy).

Here are the overall results: (1) *Strongly Disagree* = 0% (2) *Disagree*=10% (3) *Neutral*=20% (4) *Agree*=49% (5) *Strongly Agree*=21%

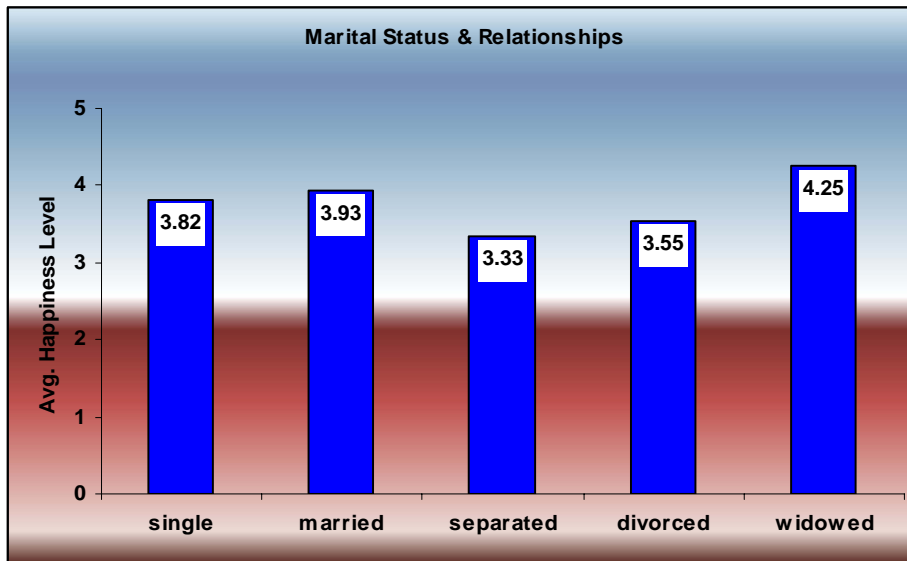


## RELATIONSHIPS AND EDUCATION LEVEL



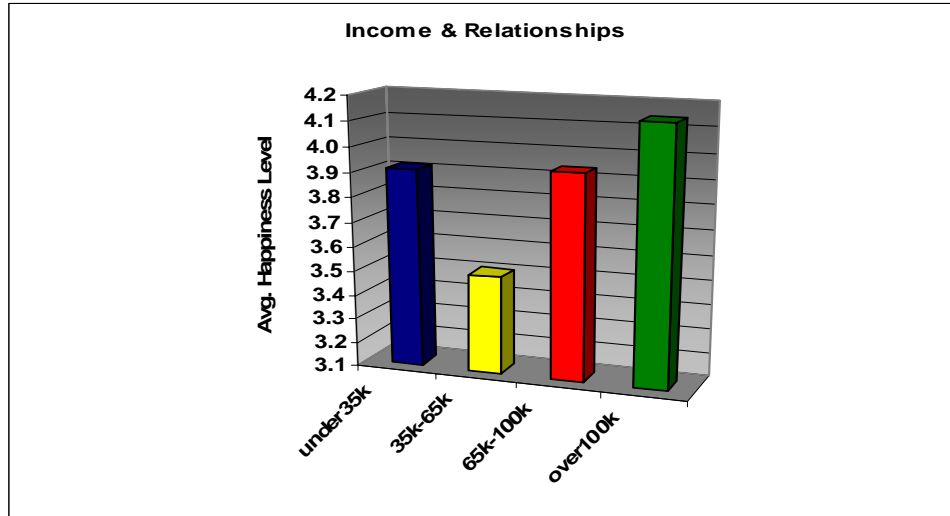
After analyzing the data and shown in the graph above, one can see that graduates are the happiest with their relationships in the survey with a happiness level of 4.1. Following closely in second is the high school group at 4.08. The next happiest are professionals at 4.0. Rounding out the bottom half, people with some college had a happiness level of 3.63, while undergraduates scored the lowest at 3.625.

## RELATIONSHIPS AND MARITAL STATUS



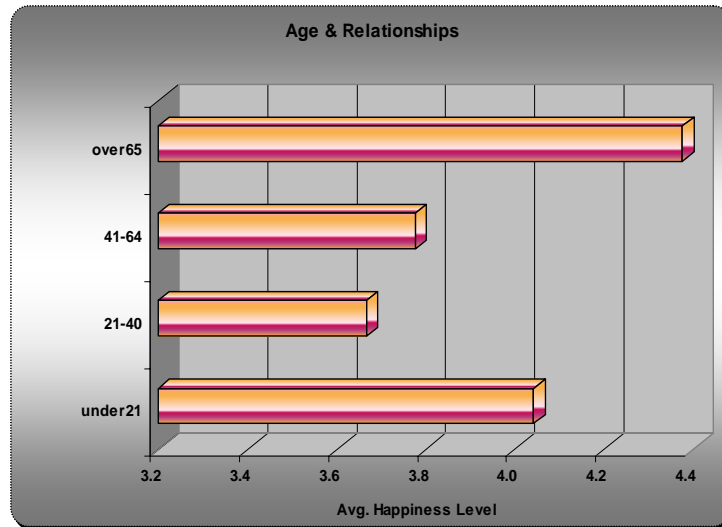
Amongst the San Mateo residents surveyed, the group that is happiest with their relationships had a marital status of widowed, averaging 4.25. However, it is important to note that there were only four widowed people surveyed. Married residents scored the second highest at 3.93, followed closely by single residents at 3.82. The low scorers were the divorced at 3.55 and the separated at 3.33

## RELATIONSHIPS AND INCOME



Above you can see the San Mateo residents whose income exceeded \$100,000 were the happiest with their relationships at 4.14. Residents that fell in the \$65,000-\$100,000 range were the next happiest at 3.93. Residents making under \$35,000 averaged a 3.90 on the happiness level. Lastly, the residents making \$35,000-\$65,000 were the least happy at 3.5.

## RELATIONSHIPS AND AGE



According to our survey, and illustrated by the graph above, San Mateo residents happiest with their relationships are over the age of 65, averaging 4.375 on the happiness level. The next happiest group is under 21, scoring 4.04. People whose age is between 41-64 have an average happiness level of 3.78. The residents falling in the 21-40 age range were found to be the least happy at 3.6.

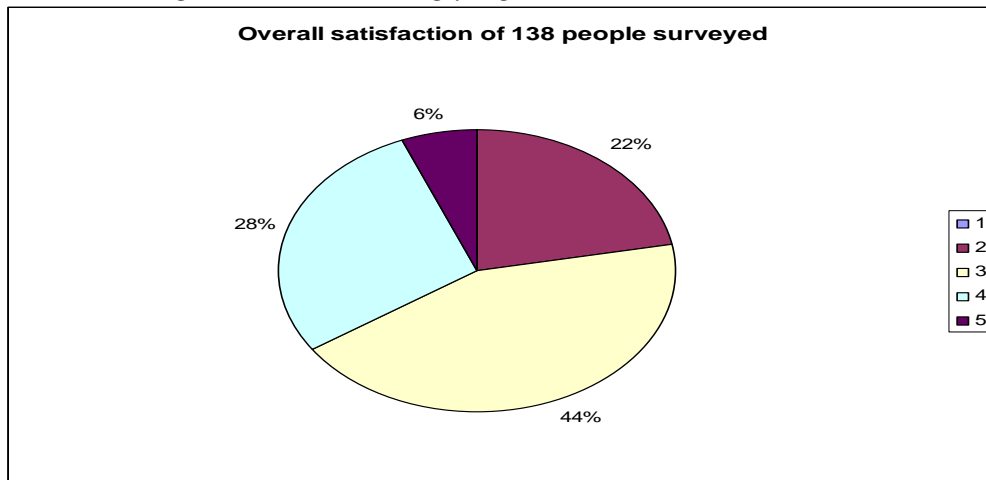
## 10. SATISFACTION WITH THE CITY AND HAPPINESS

### Why is it relevant?

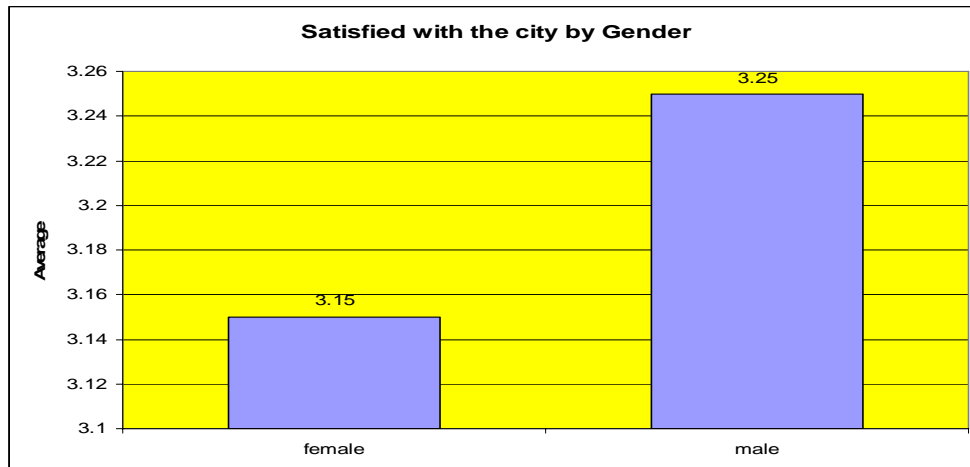
This question is important to the survey because it indicates how the people of San Mateo feel about their community and what the city provides for its residents. If you are not satisfied with where you live, or your community, this will affect how happy you are overall. By comparing the level of happiness from this question to the other survey questions we can have some sort of measurement to gauge how happy San Mateo's residents are.

### Survey Results

In my part of the San Mateo Happiness survey my question was to show how satisfied the residents of San Mateo are with city and what it provides for its residents. 138 San Mateo residents were surveyed, consisting of 69 men and 69 women. Each was asked to rank their satisfaction with the city on a scale from 1-5 (1 being the least happy). Here are the overall results: (1) *Strongly Disagree* = 0% (2) *Disagree*=22% (3) *Neutral*=44% (4) *Agree*=28% (5) *Strongly Agree*=6%

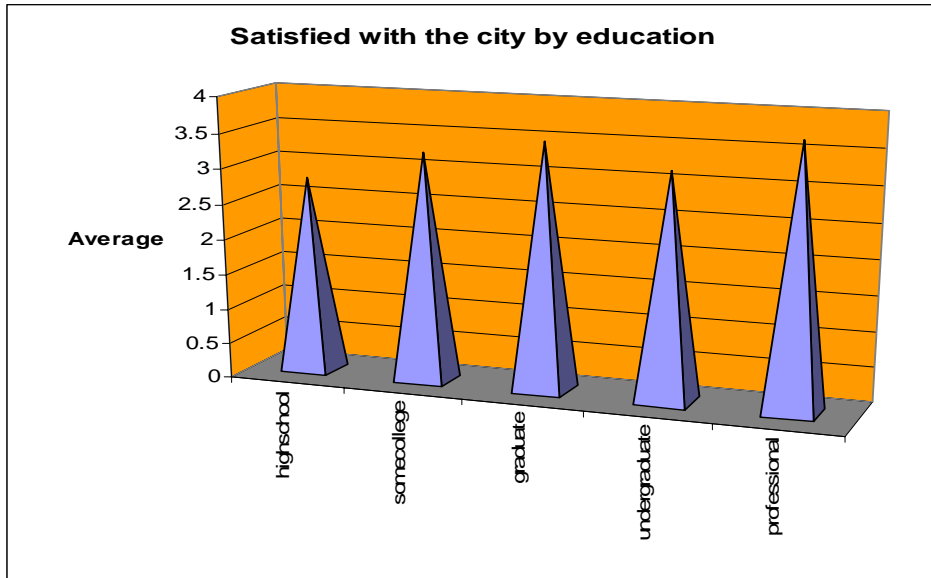


### SATISFACTION WITH CITY AND GENDER



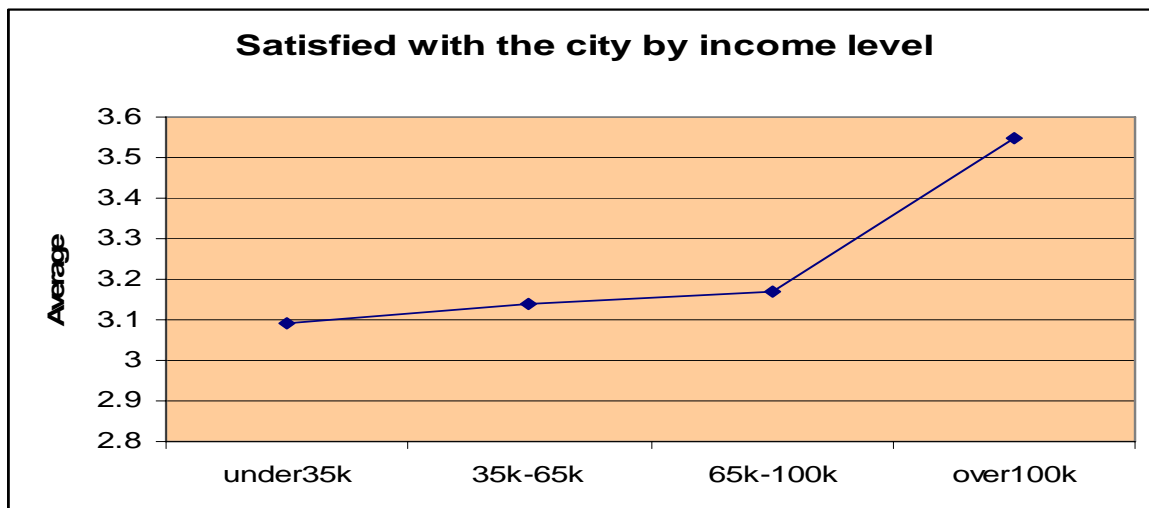
This graph totals all votes by gender and is a real basic gauge to see who really is overall more satisfied with the city. Males were more satisfied with the city but not by much, the females were only a .10% less satisfied, so I would say its almost equal satisfaction.

**SATISFACTION WITH CITY AND EDUCATION**



This graph here shows average levels of satisfaction with the city and what it provides by levels of education. It seems that the higher educated a person is the more satisfied with what the city provides its residents. This maybe due to the fact that the more educated a person it the better they can take advantage of the city and what it offers.

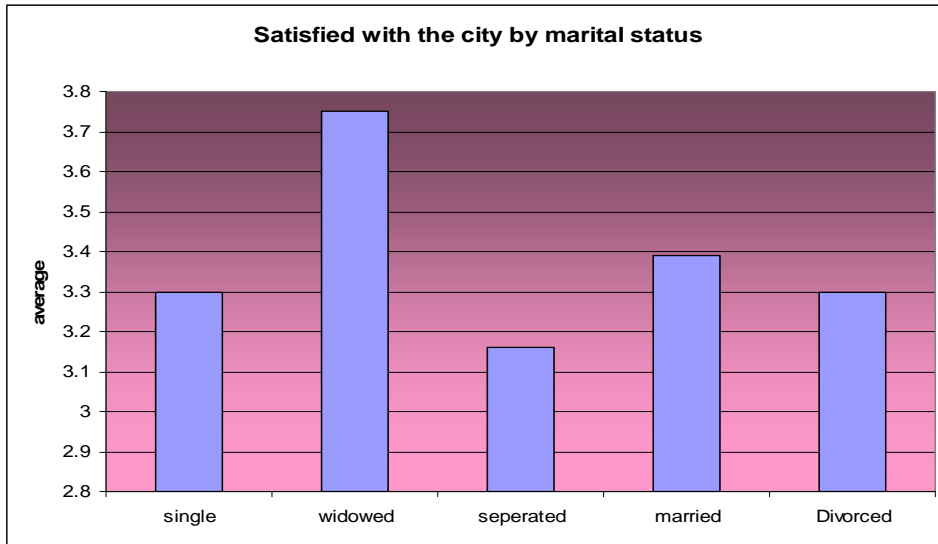
**SATISFACTION WITH CITY AND INCOME**



This graph averages levels of satisfaction by income level. It seems as income levels rise the more satisfied the people of San Mateo are with what the city provides. Maybe the people who don't make as much are not happy overall so they naturally would not be completely happy with the city and possibly expect more.



## SATISFACTION WITH CITY AND MARITAL STATUS



Here we have levels of happiness by marital status. It's obvious in this survey that widowed people are very happy with the city. But, there were only widowed persons in our sample, so the findings could be skewed. Married couples seemed to be very happy with the city and its provisions. This could be because married couples possibly have kids and are more involved with sports or after schools programs for the kids and their children may also attend public schools in San Mateo.

## SATISFACTION WITH CITY AND AGE



This last graph shows levels of happiness by age groups. Over 65 seem to be the happiest. With what the city provides because at that age the majority of that age group is possibly retired and they have more leisure time to get out and enjoy the city and what it offers to its citizens. The least happy is the younger group under 21. This is probably because they are all in school most of the time and going through different phases and changes like switching schools, going to college, or career planning phases in their lives and don't really have any time to enjoy the things the city offers its citizens.

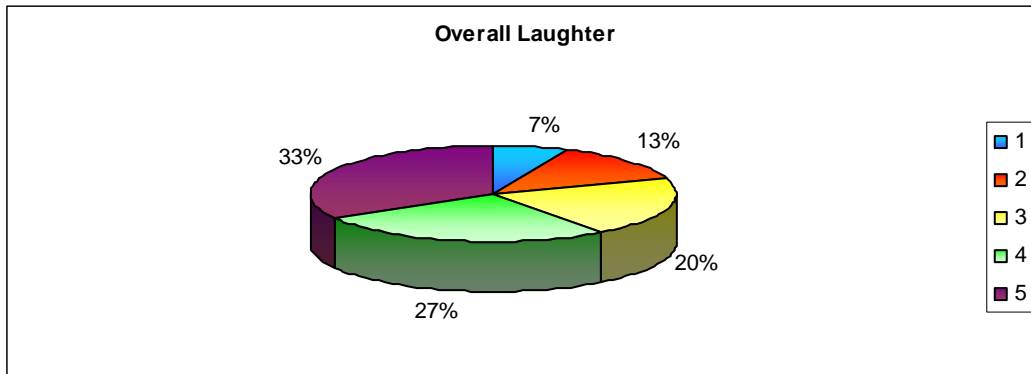
# 11. Laughter and Happiness

## Why is it Relevant?

The amount of laughter in a person’s life is a strong indicator of the amount of happiness in that person’s life. We included the statement “I laugh a lot” in the survey to generate a keen understanding of the overall happiness of the particular person.

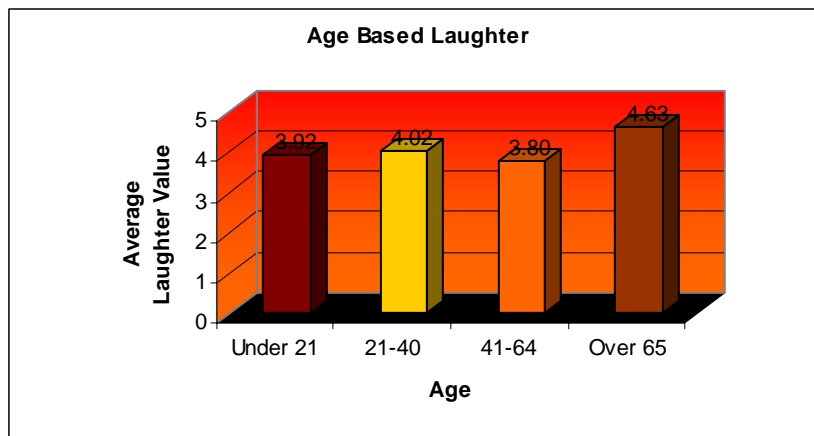
## Survey Results

A total of 138 citizens of San Mateo were asked if he/she laughed a lot. The citizen had five responses to choose from: (1) Strongly Disagree (2) Disagree (3) Neutral (4) Agree (5) Strongly Agree. The highest laughter percentage is 33% which goes to the highest number, 5. The city of San Mateo, as a whole, laughs a lot.

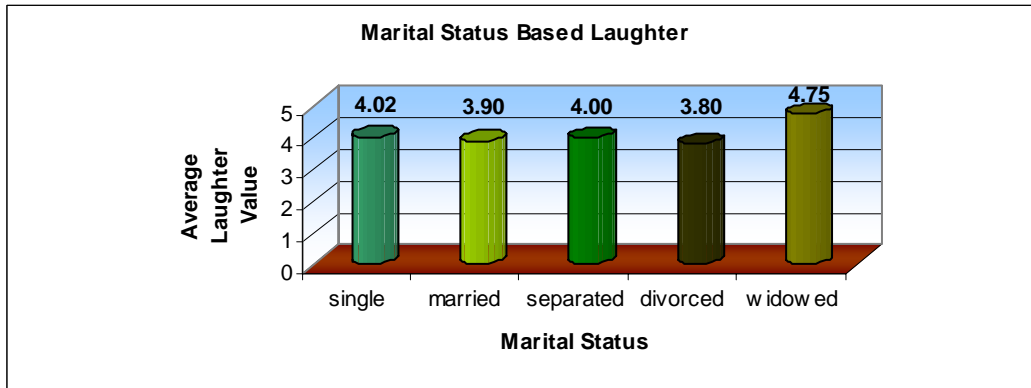


## AGE AND LAUGHTER

The graph below breaks down the age groups of the surveyed people of San Mateo. According to the graph, those who fall under the age of over 65 years old are the happiest. This result is attributed to the belief that these citizens have reached the part of life where worries no longer play a part in their life. These citizens have been to the end of the world and back, now they are settled with a smile on their faces looking to the future generations. Unfortunately, those who are 41-64 years old laugh the least and, therefore, are the least happy.

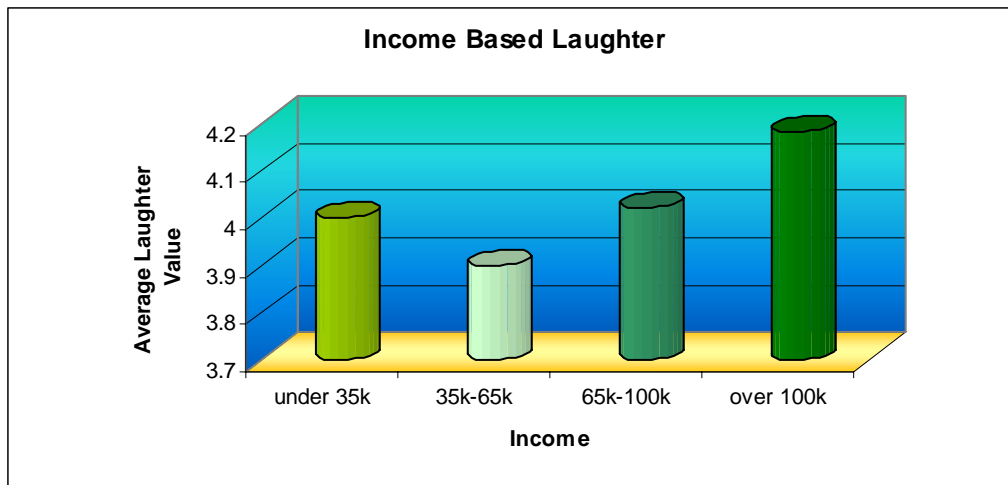


## LAUGHTER AND MARITAL STATUS



The next graph illustrates the effect of marital status on laughter. Marital status is taken into account when the question of happiness is asked because loneliness can be difficult. The graphs proves that the category of citizens in San Mateo who are single laugh the most. It seems as though loneliness isn't so bad after all. Being single gives the citizen a sense of freedom so laughter comes much easier. Those who are widowed have the highest score, but only four people of those surveyed were widowed.

## LAUGHTER AND INCOME



The next graph showed above bases the level of happiness of those who laugh a lot on income. The inference is: the more income, the more laughter, the more happiness. The graph confirms the preconceived idea of more income equals more laughter. The citizens of San Mateo, who make \$100,000 annually, laugh much more than any other group of citizens. Having an immense annual income makes many people smile, and there is no difference in San Mateo. Sadly, citizens who make the average amount of money are the least happy. This is rather surprising because this indicates the lowest class feels happier.