

Happiness

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@ Keio symposium
4th March 2013

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JIGME SINGYE WANGCHUCK

PP

Gross National Happiness
is more important than Gross
National Product.”

By: HM Jigme Singye Wangchuk.

At present, we are stealing the future,
selling it in the present, and calling it GDP.

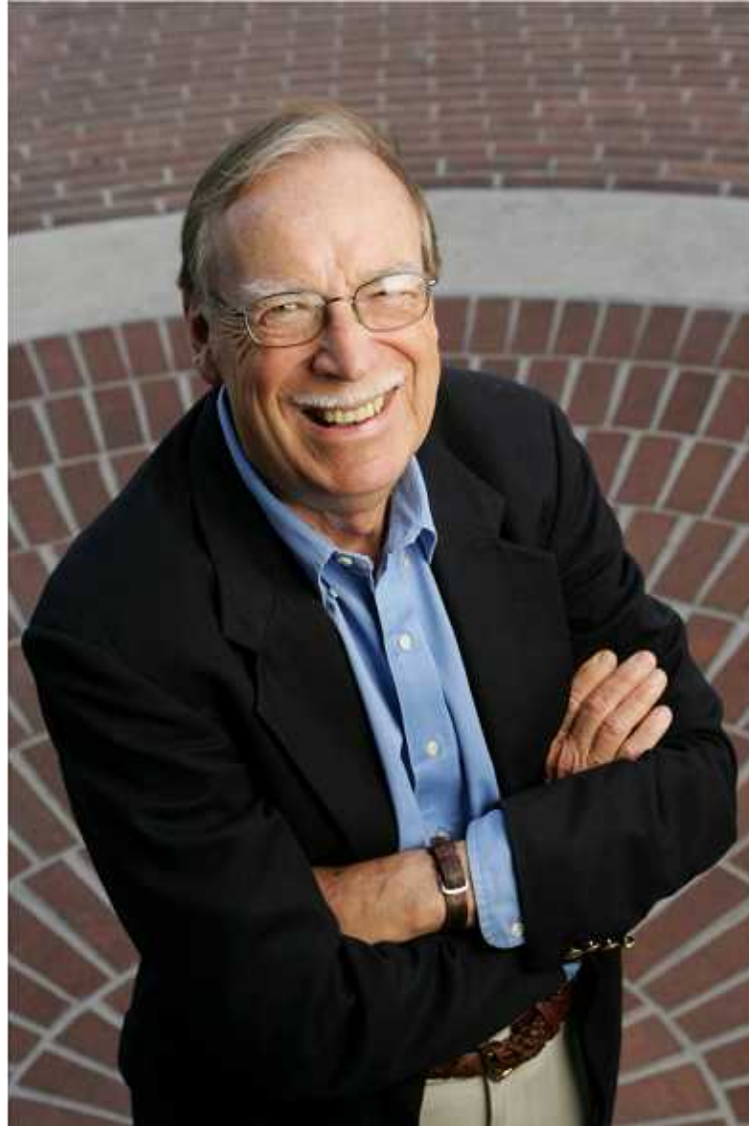
“

”

-[Paul Hawken\[2\]](#), at the [Commencement speech at the University of Portland](#)

Experienced Utility

Decision Utility

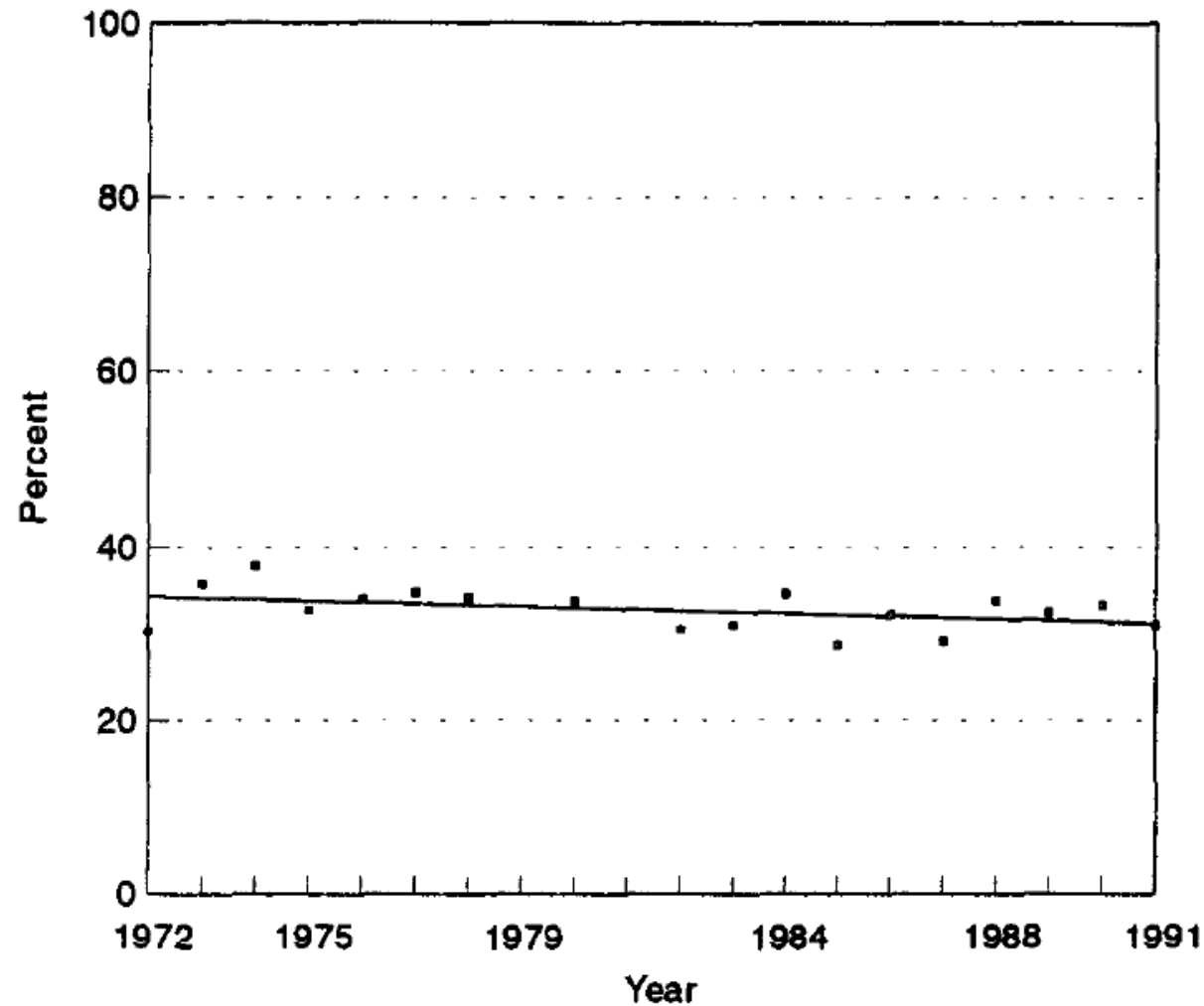


Richard Easterlin (1929-)

Easterlin Paradox.

Economic growth does not necessarily lead to increased happiness.

(Easterlin 1974)



Source and notes: National Opinion Research Center, 1991. The question is, "Taken all together, how would you say things are these days -- would you say that you are very happy, pretty happy, or not too happy?" An ordinary least squares regression line is fitted to the data; the time trend is not statistically significant.

Fig. 1. Percent very happy, United States, 1972–1991.

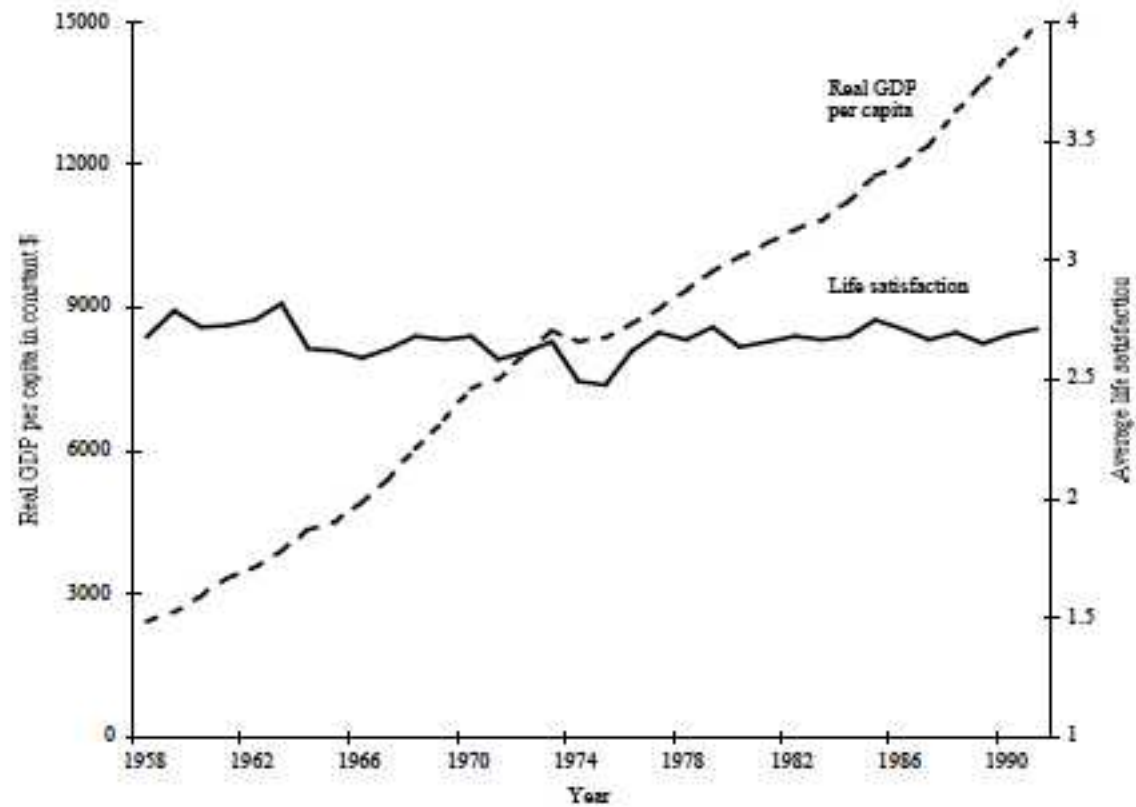
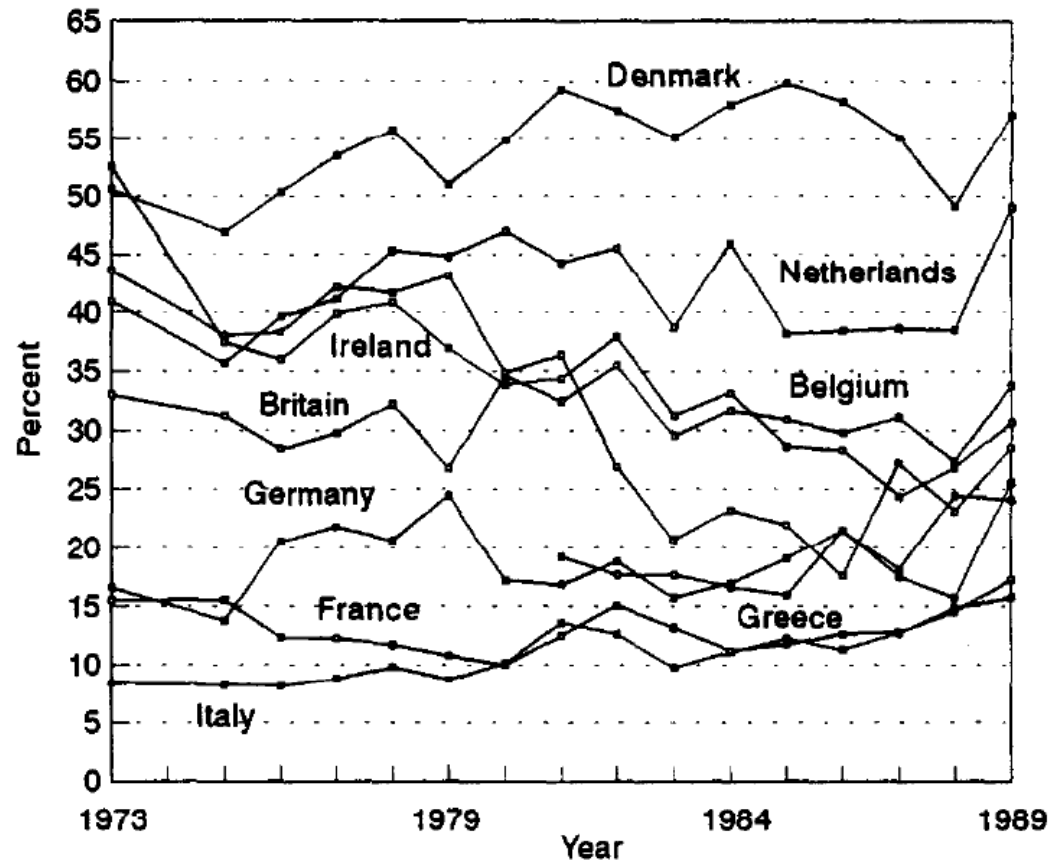


Figure 2. Satisfaction with Life and Income per Capita in Japan between 1958 and 1991

Sources: Penn World Tables and World Database of Happiness.



Source and notes: Inglehart et al. 1992. The question asked is, "Generally speaking, how satisfied are you with your life as a whole? Would you say that you are very satisfied, fairly satisfied, not very satisfied, or not at all satisfied?" Ordinary least squares regressions (not shown) yielded time trends that were not significant for five countries, significant and positive for two, and significant and negative for two.

Fig. 2. Percent very satisfied with their lives in general, nine European countries, 1973–1989.

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Table 1

Correlates of High Life Satisfaction and Happiness

Smiling frequency

Smiling with the eyes (“unfakeable smile”)

Ratings of one’s happiness made by friends

Frequent verbal expressions of positive emotions

Sociability and extraversion

Sleep quality

Happiness of close relatives

Self-reported health

High income, and high income rank in a reference group

Active involvement in religion

Recent positive changes of circumstances (increased income, marriage)

Sources: Diener and Suh (1999), Layard (2005) and Frey and Stutzer (2002).

Larson, R., & Csikszentmihalyi, M. (1983). "The experience sampling method". *New Directions for Methodology of Social and Behavioral Science*, 15, 41-56.

**“A Survey Method for Characterizing Daily
Life
Experience: The Day Reconstruction Method”**

Daniel Kahneman, Alan B. Krueger, David A.
Schkade,
Norbert Schwarz, Arthur A. Stone
Science Vol. 306. no. 5702, pp. 1776 - 1780

Figure 2

Comparison of Tiredness by Average Hours of Sleep per Night, Day Reconstruction Method

(points are hourly averages on a scale from 0 to 6)

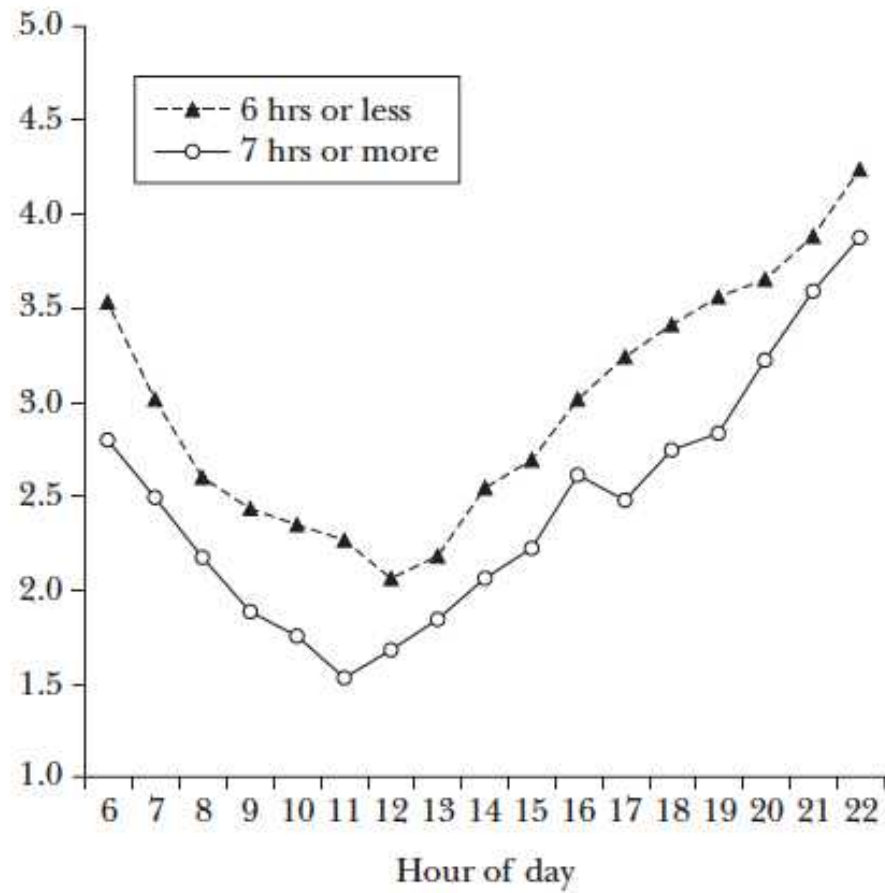
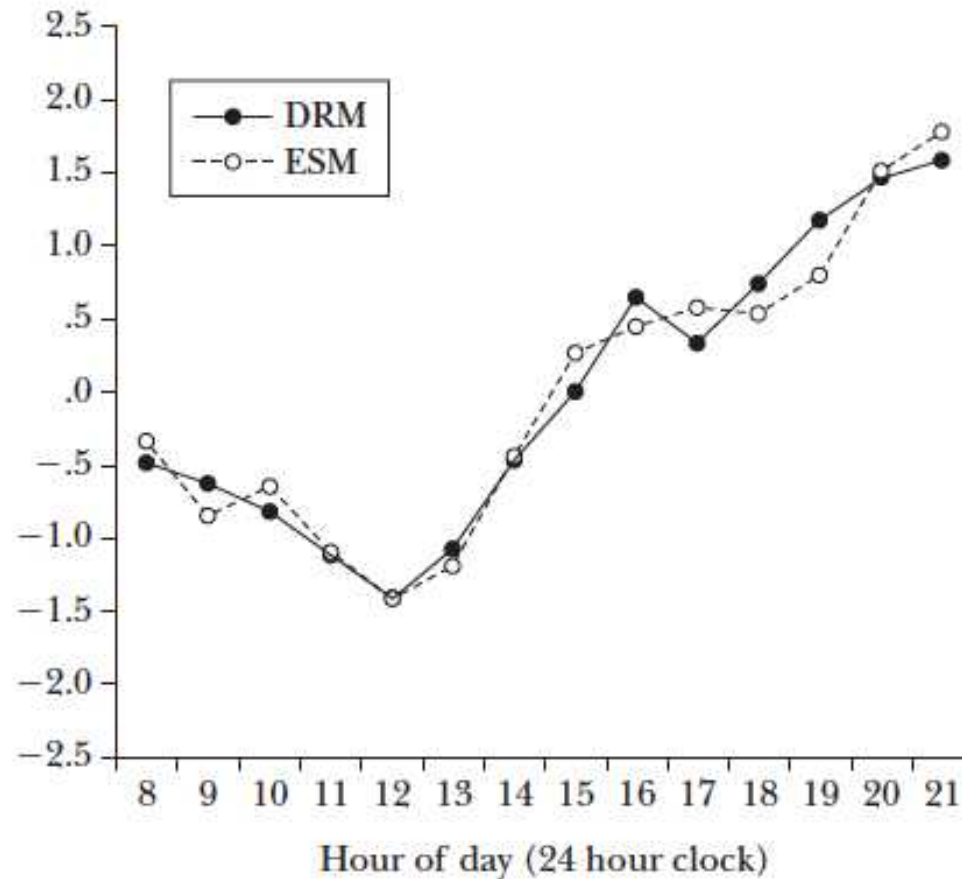


Figure 1

Tiredness Over the Day Based on Experience Sampling Method and Day Reconstruction Method

(points are standardized scores computed across hourly averages)



focusing illusion



One swallow does not a summer make, nor one fine day; similarly one day or brief time of happiness does not make a person entirely happy.

(Aristotle, Nichomachean Ethics)

Table 2
Mean Net Affect by Activity

<i>Activity</i>	<i>Percentage of sample</i>	<i>Time spent (hours)</i>	<i>Net affect</i>	<i>U-Index</i>
Intimate relations	12	0.23	4.83	0.040
Socializing after work	49	1.14	4.15	0.073
Relaxing	77	2.17	3.96	0.078
Dinner	69	0.81	3.94	0.074
Lunch	67	0.57	3.91	0.078
Exercising	16	0.22	3.85	0.088
Praying/worship	23	0.45	3.78	0.105
Socializing at work	41	1.12	3.78	0.100
Watching TV	75	2.19	3.65	0.095
Phone at home	43	0.93	3.52	0.126
Napping	43	0.89	3.35	0.131
Cooking	63	1.15	3.27	0.138
Shopping	30	0.41	3.23	0.157
Computer (non-work)	29	0.51	3.22	0.165
Housework	49	1.12	2.99	0.161
Childcare	36	1.10	2.99	0.199
Evening commute	63	0.61	2.77	0.209
Working	100	6.89	2.68	0.211
Morning commute	68	0.47	2.09	0.287

Source: Kahneman, Krueger, Schkade, Schwarz and Stone (2004) and authors' calculations.

Notes: Percentage of sample is the percentage of individuals who engaged in the activity, and time spent is not conditional on engaging in the activity. If an episode involved more than one activity, it enters more than once, so total hours in a day are not constrained to sum to 24. Net affect is the average of three positive adjectives (happy, warm/friendly, enjoying myself) less the average of six negative adjectives (frustrated/annoyed, depressed/blue, hassled/pushed around, angry/hostile, worried/anxious, criticized/put down). All of the adjectives are reported on a 0 to 6 scale, ranging from 0 = "not at all" to 6 = "very much." The U-Index is the proportion of each person's time engaged in an activity in which the dominant emotion was negative, averaged over individuals. Sample consists of one day in the life of 909 employed women in Texas.

Table 2. Distribution of self-reported global happiness by family income, 2004. The GSS question posed was “Taken all together, how would you say things are these days—would you say that you are very happy, pretty happy, or not too happy?” Sample size was 1173 individuals.

Response	Percentage indicating global happiness at family income of			
	Under \$20,000	\$20,000–\$49,999	\$50,000–\$89,999	\$90,000 and over
Not too happy	17.2	13.0	7.7	5.3
Pretty happy	60.5	56.8	50.3	51.8
Very happy	22.2	30.2	41.9	42.9

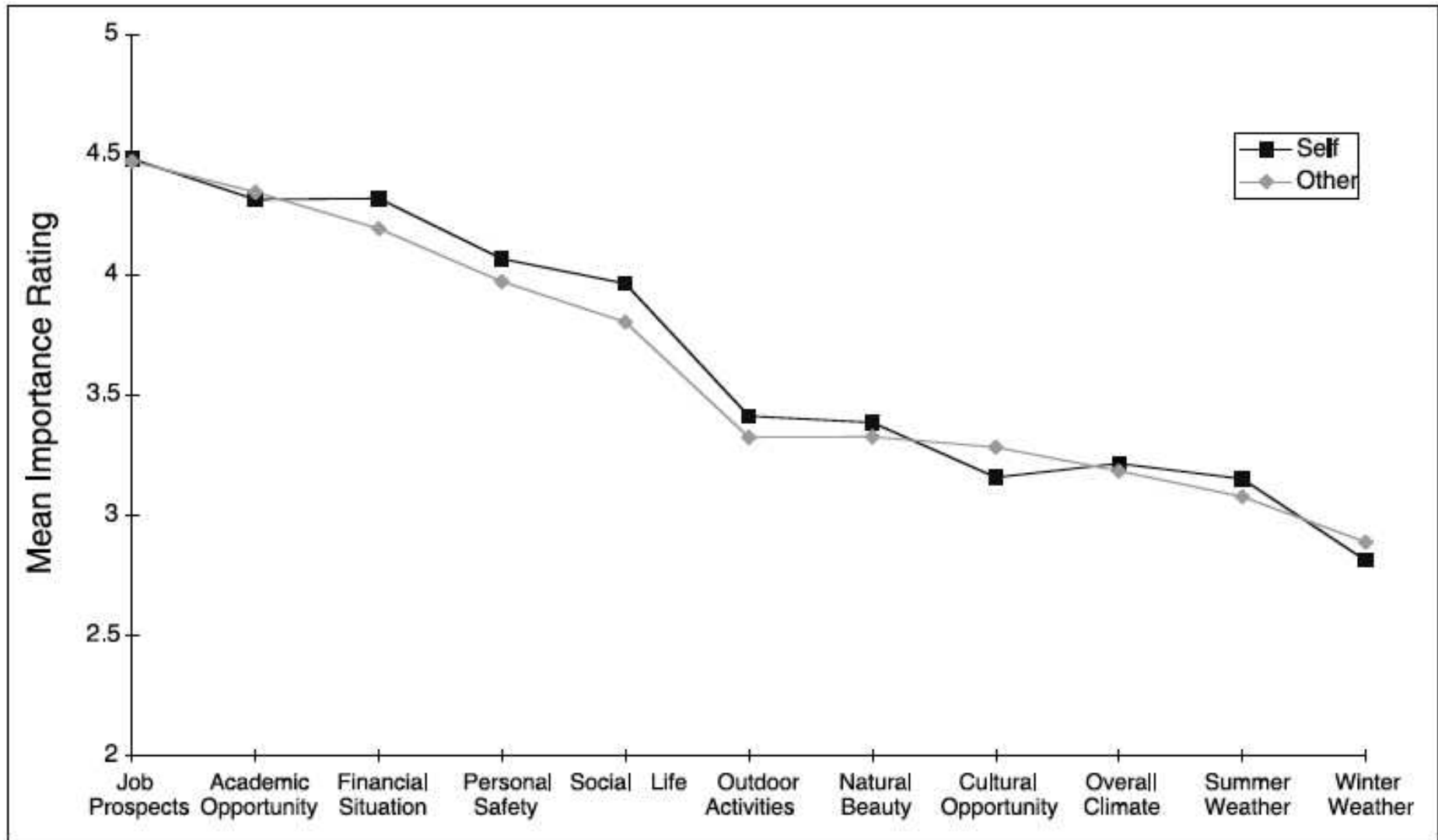


Fig. 1. Rated importance of aspects of life to well-being, for respondents in the *self* and *other* conditions. Higher scores indicate greater importance.

Shkade and Kahneman 1998

JOSEPH E. STIGLITZ

WINNER OF THE NOBEL PRIZE IN ECONOMICS

**T
H
E** **PRICE OF**

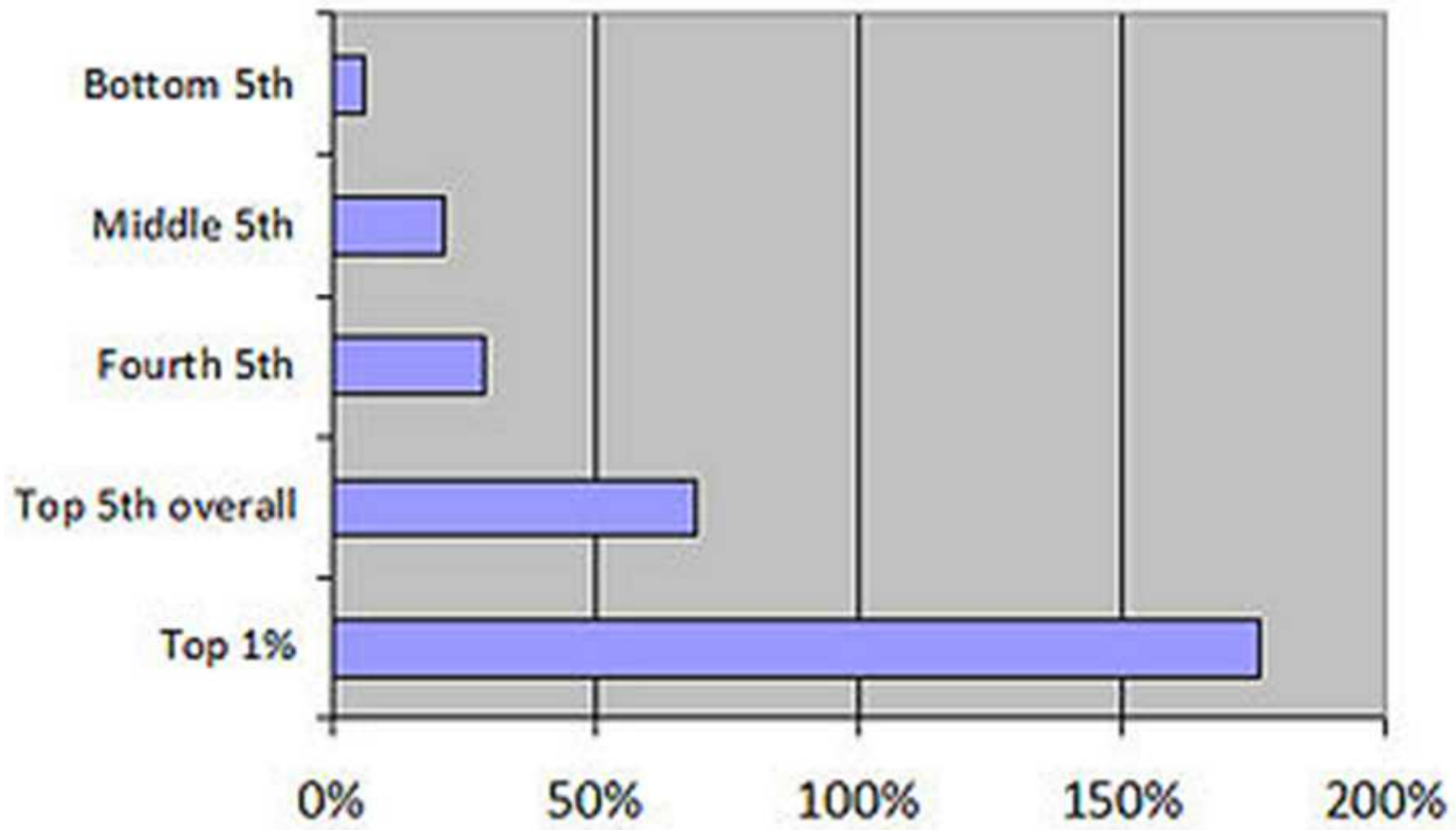
INEQUALITY

**HOW TODAY'S DIVIDED SOCIETY
ENDANGERS OUR FUTURE**

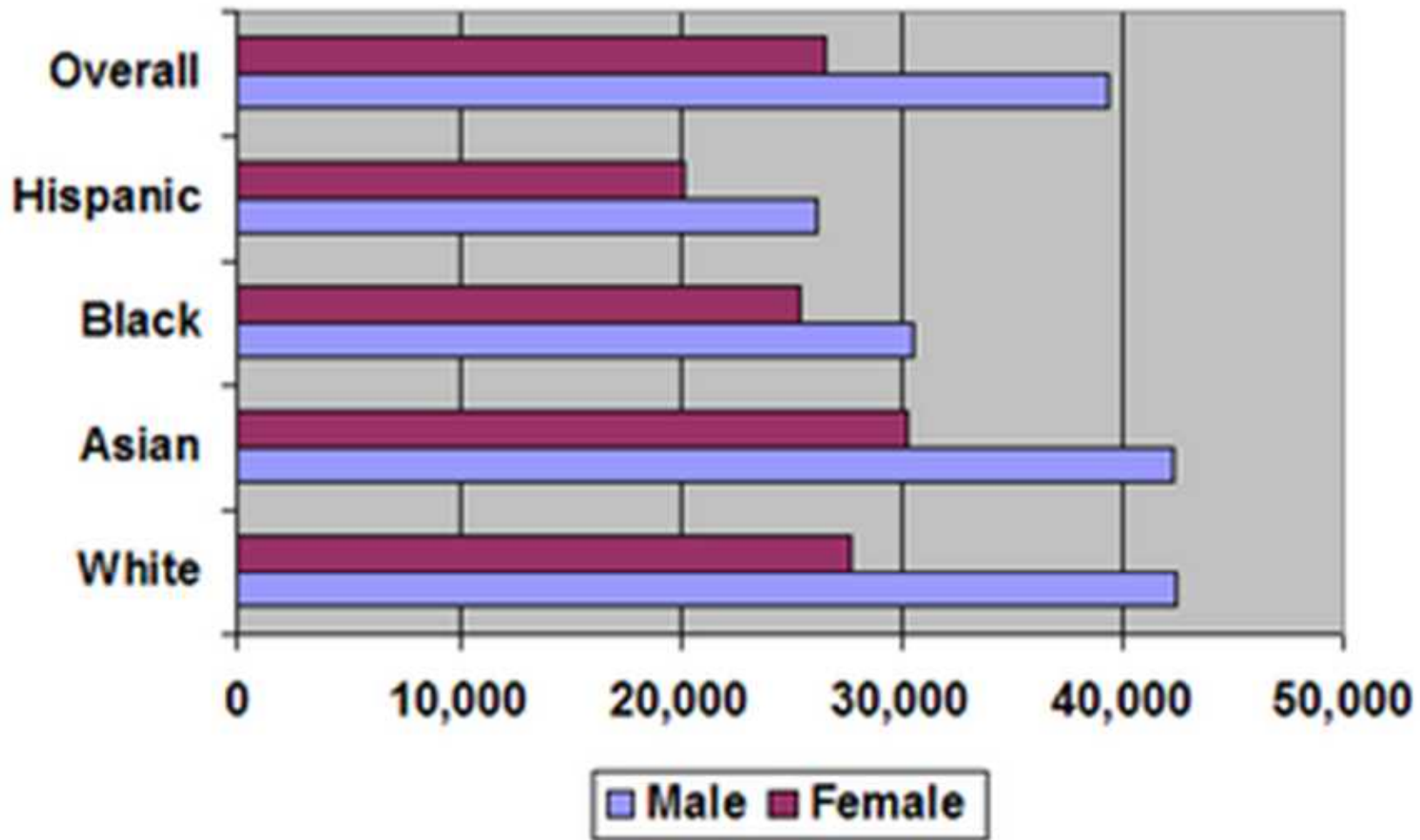


Share of pre-tax household income received by the top 1 percent, top 0.1 percent and top 0.01 percent, between 1917 and 2005.

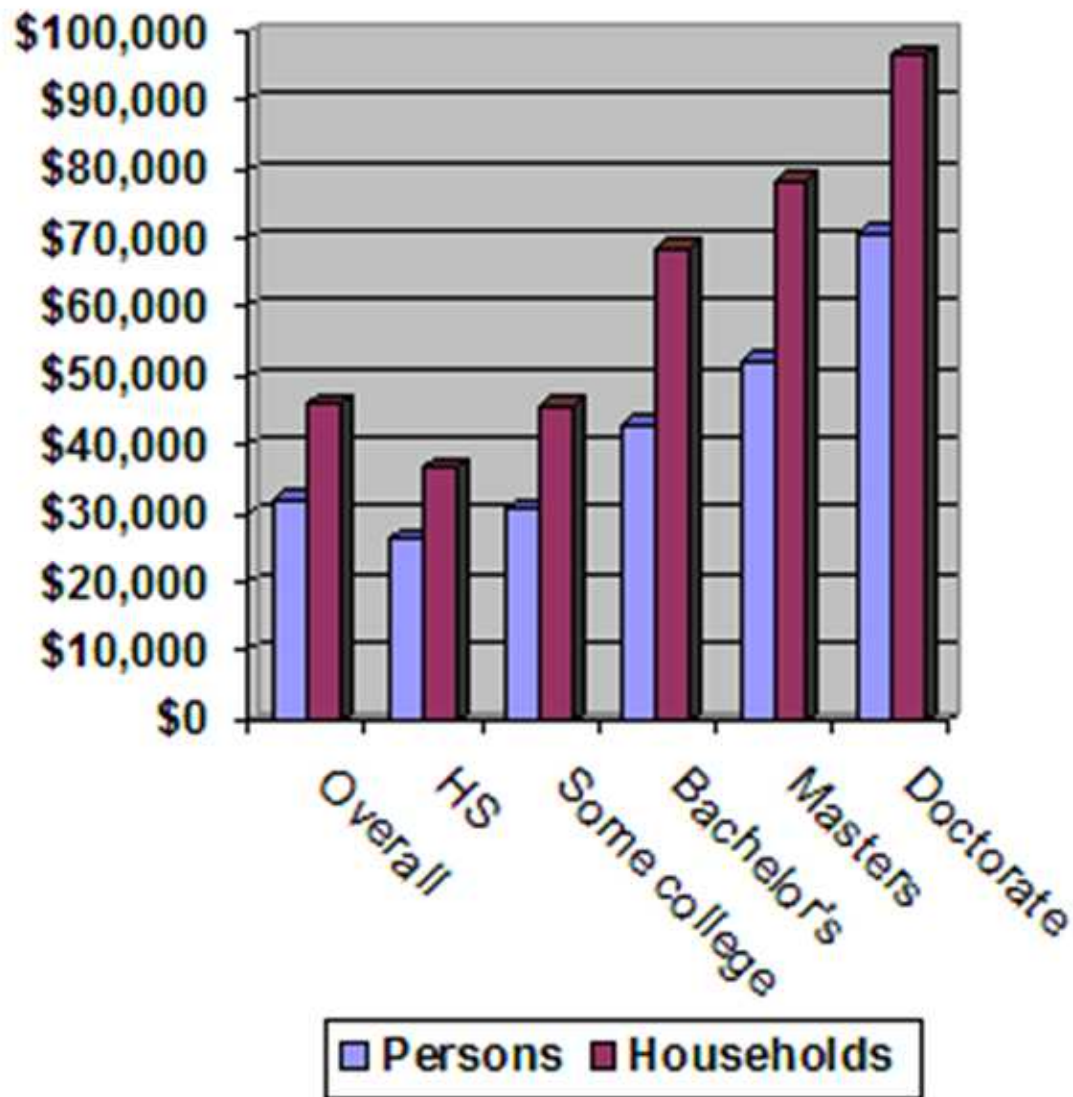
Saez, E. & Piketty, T. (2003). Income inequality in the United States: 1913–1998. *Quarterly Journal of Economics*, 118(1), 1–39.



Inflation adjusted increase in after-tax household income in the United States between 1979 and 2005 for the top 1% and the four of the five quintiles.



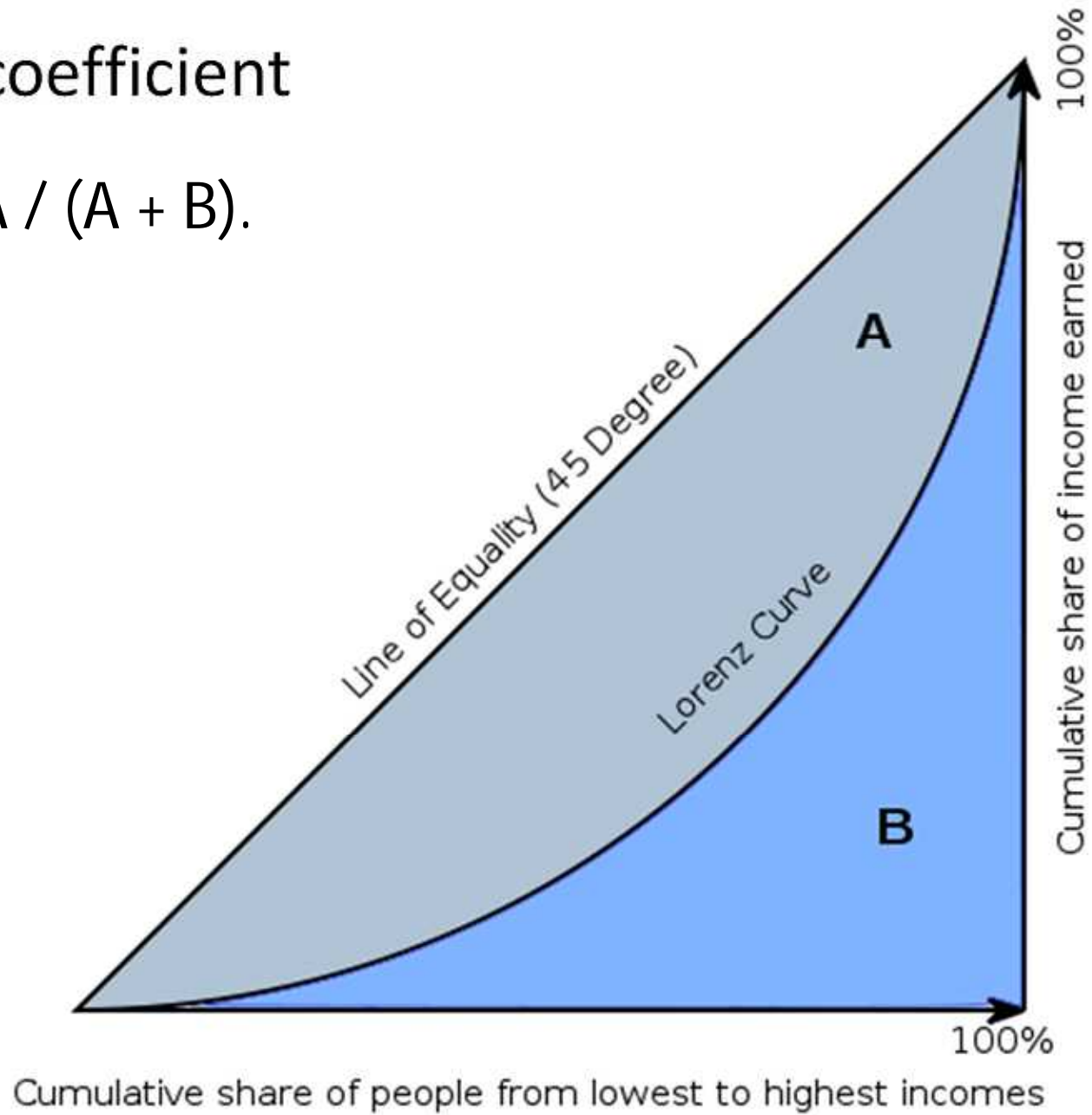
Median personal income by gender and race in the United States (2005)



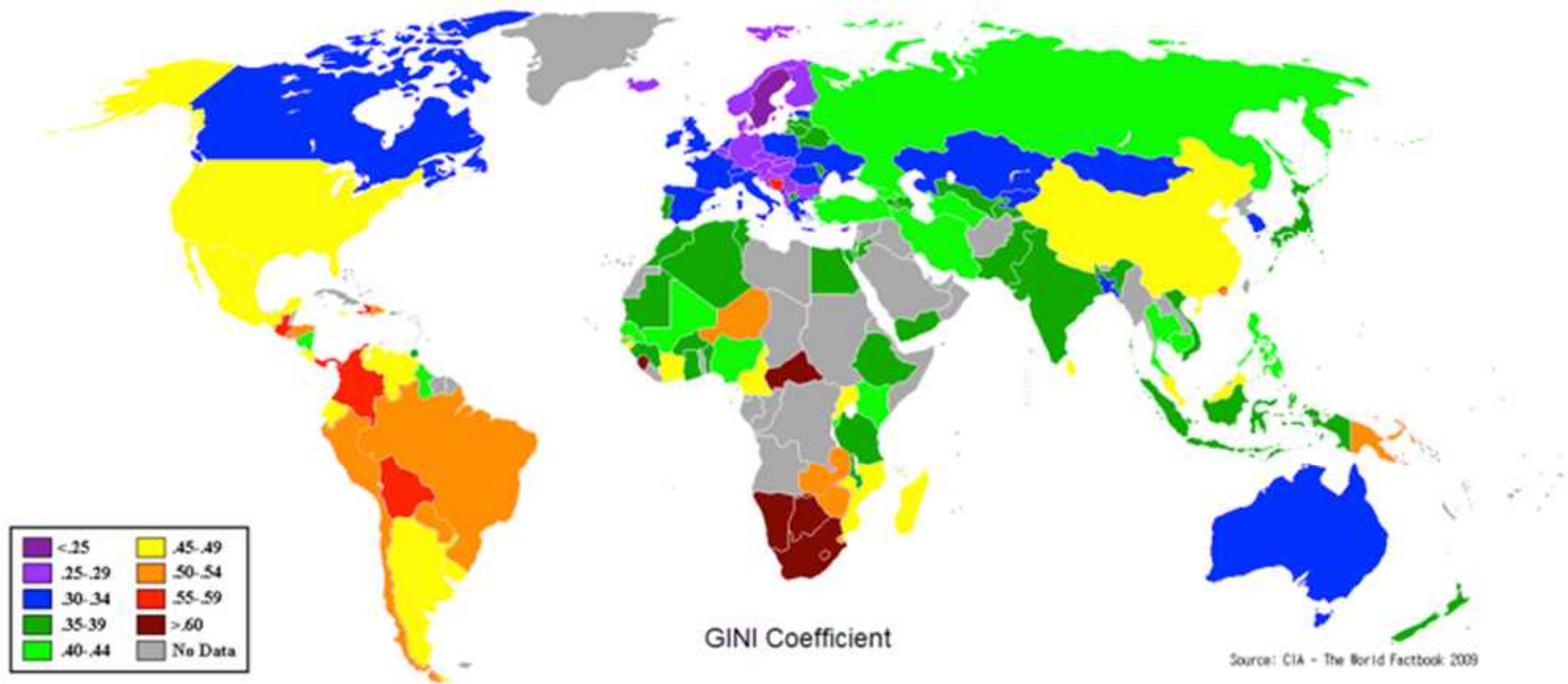
Median personal and household income according to different education levels. (United States 2006)

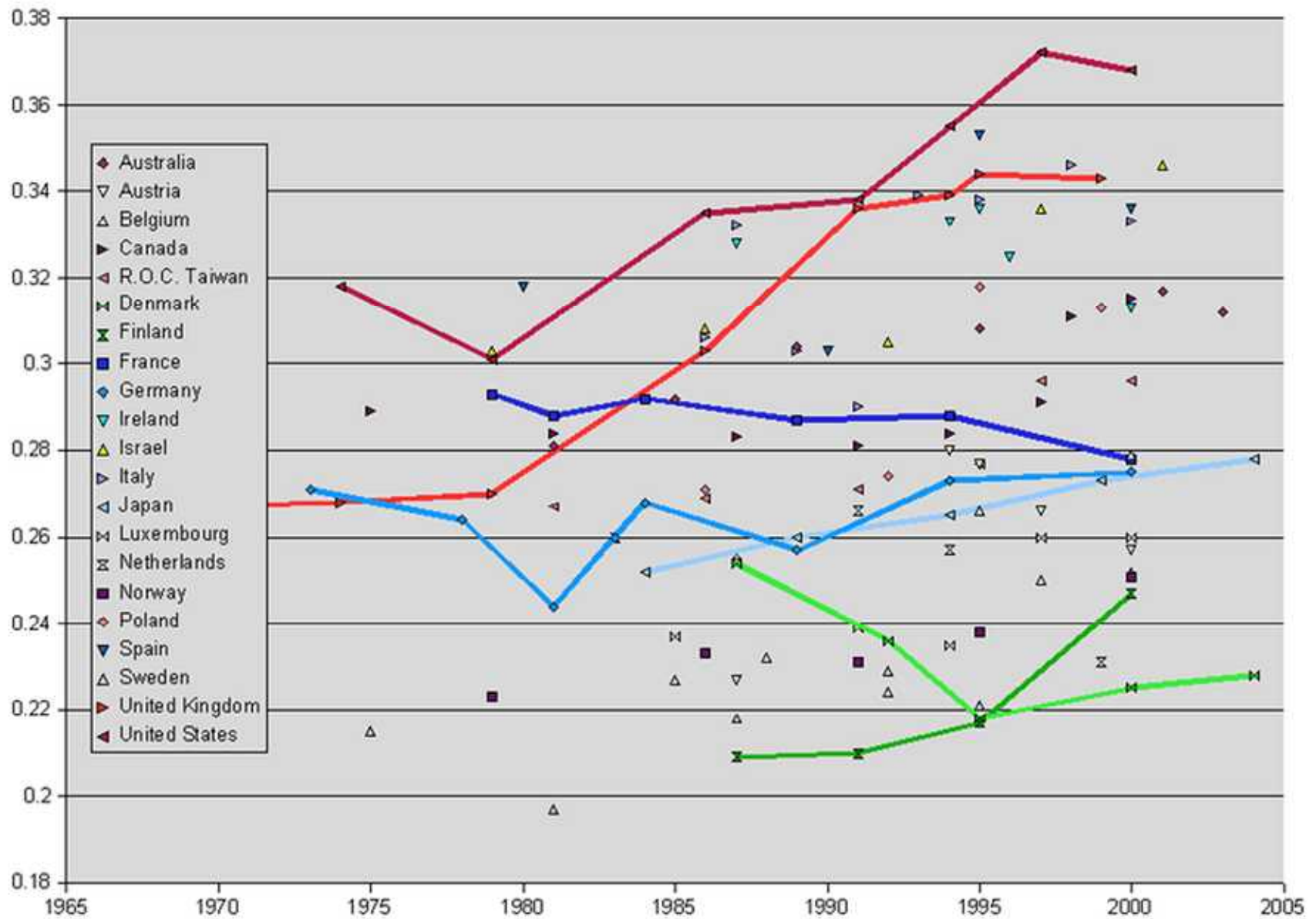
Gini coefficient

$$G = A / (A + B).$$



Gini coefficient of the world nations

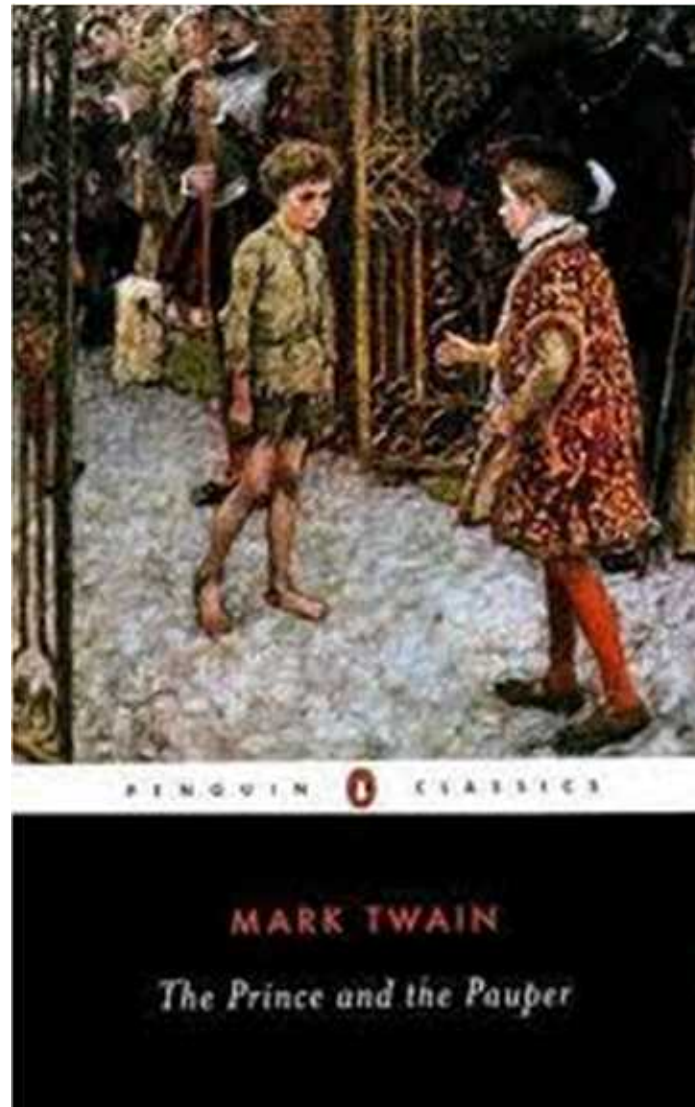




The concept of Class Struggles start from the assumption that people are selfish.



Karl Marx (1818-1883)

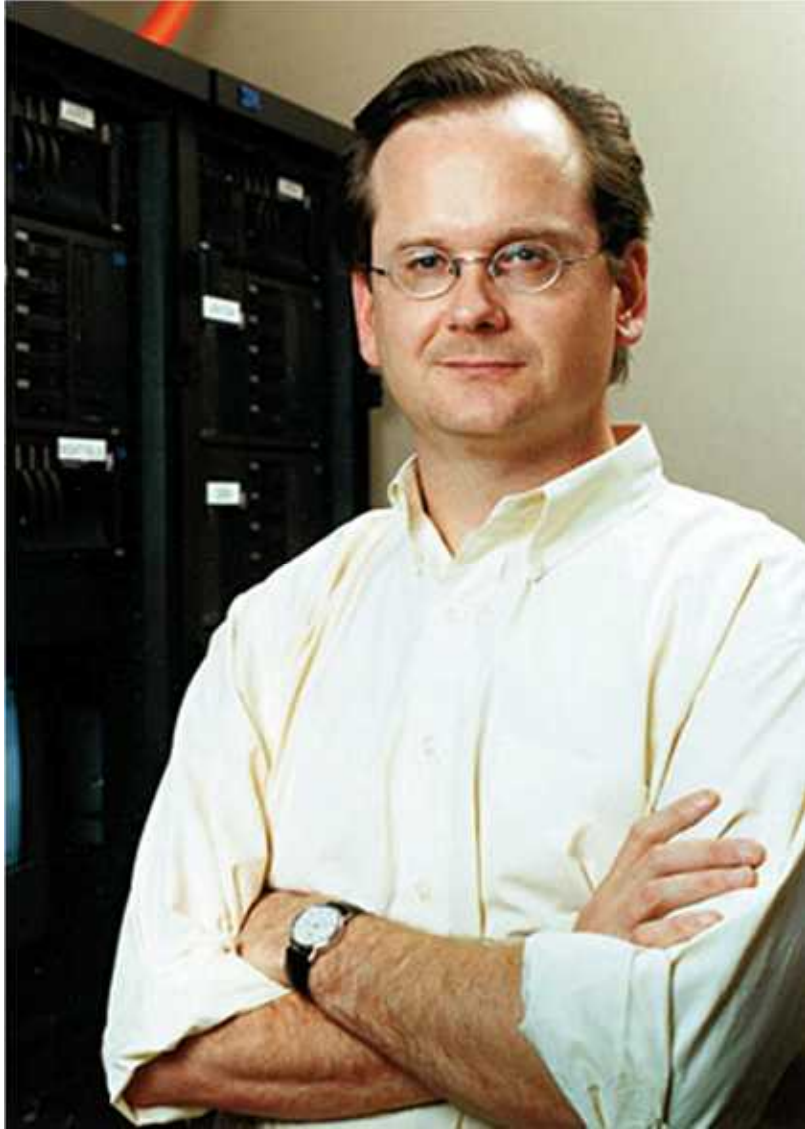


Mark Twain *The Prince and the Pauper* (1881)

Potlatch



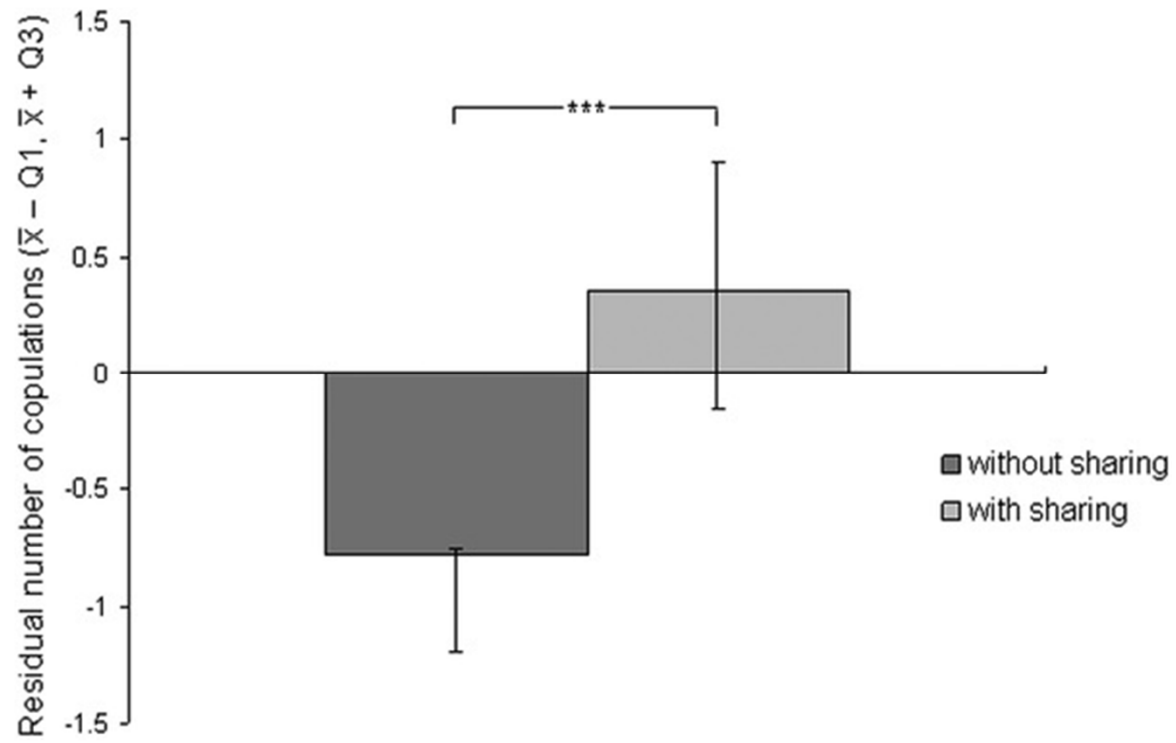
Watercolor by James G. Swan depicting the Klallam people of chief Chetzemoka at Port Townsend, with one of Chetzemoka's wives distributing potlatch



Lawrence Lessig



Gomes and Boesh (2009)



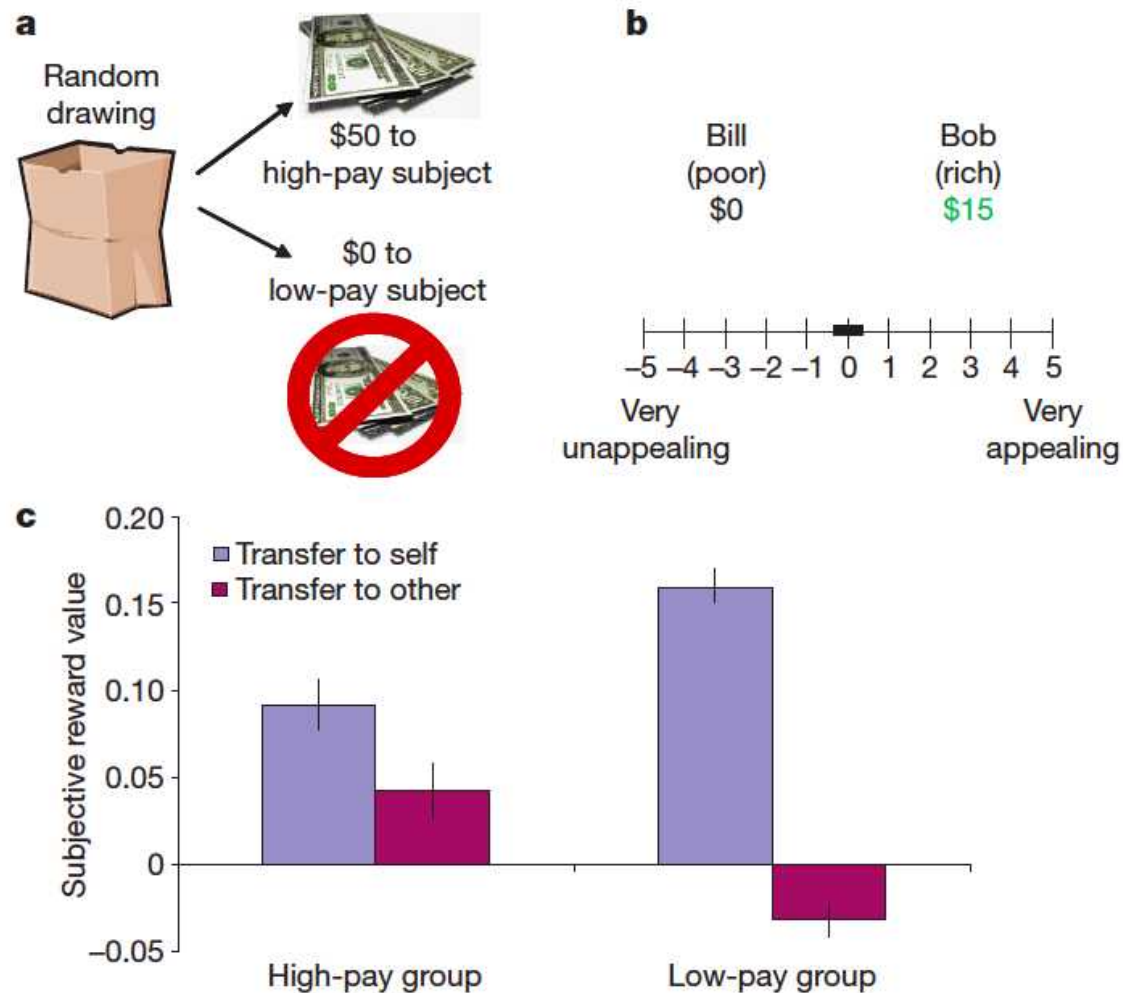


Figure 1 | Effect of inequality manipulation on behaviour. **a**, Two participants each drew a ball from hat. One, labelled ‘rich’, led to a bonus payment of \$50. The other, labelled ‘poor’, entailed no bonus. **b**, Each participant was then scanned while they rated further potential monetary transfers to themselves and the other player on a scale from -5 to 5 . **c**, Estimated coefficients from a linear regression of the behavioural ratings on the transfers to self and other. The high-pay group rated transfers to themselves less highly than the low-pay group did, while rating transfers to the other player more highly. Error bars represent s.e.m.

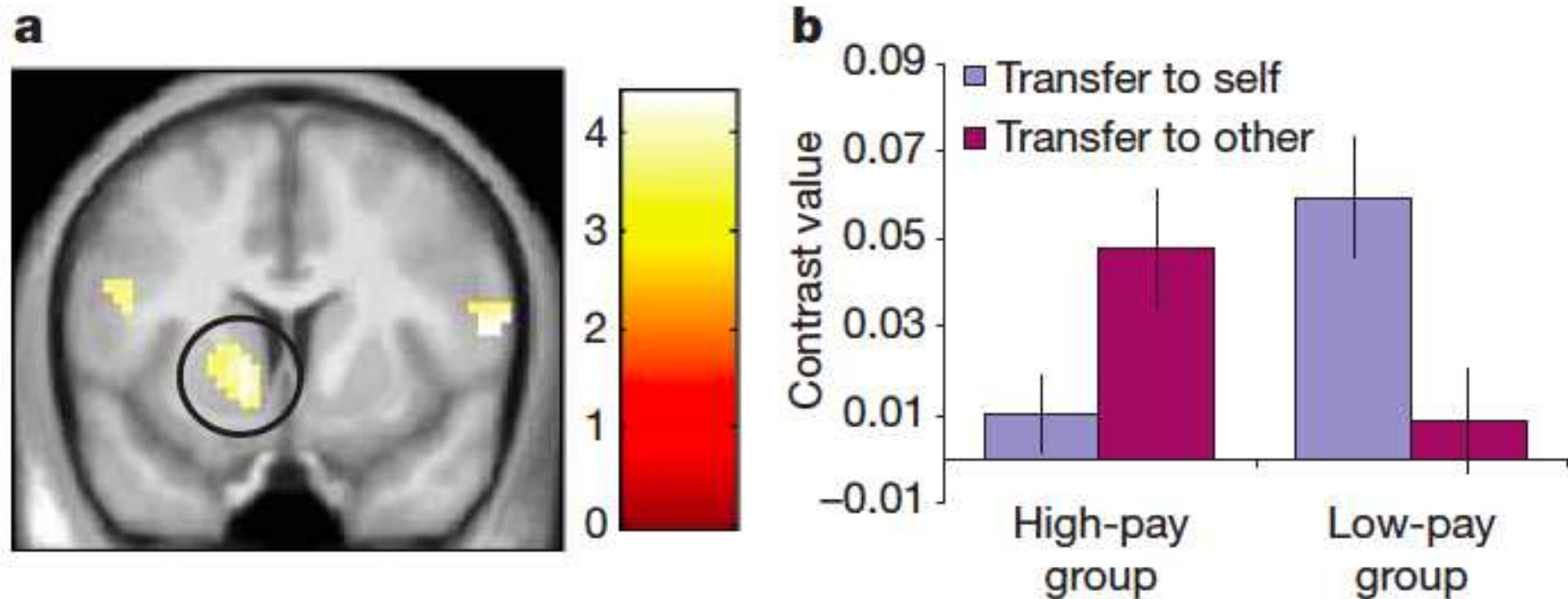
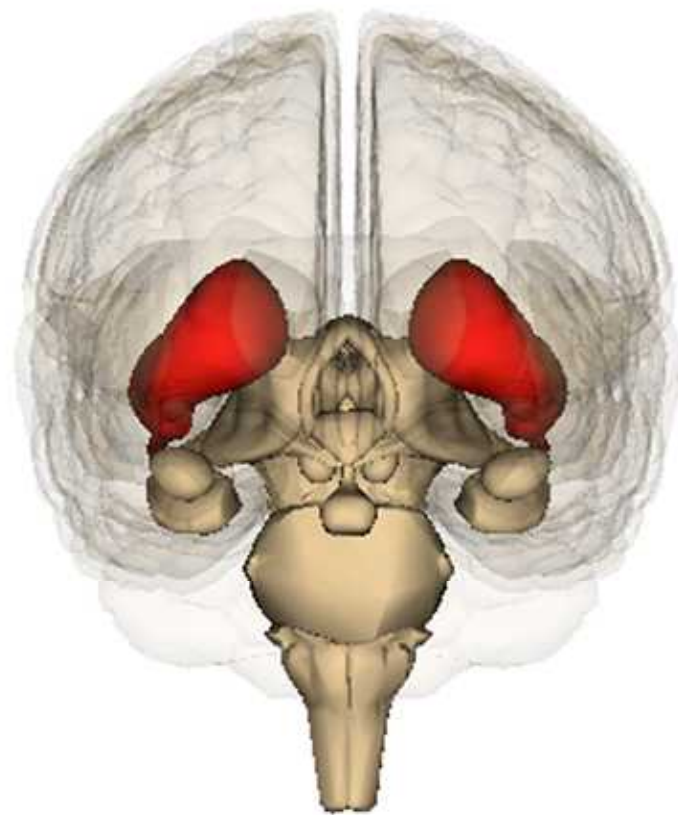
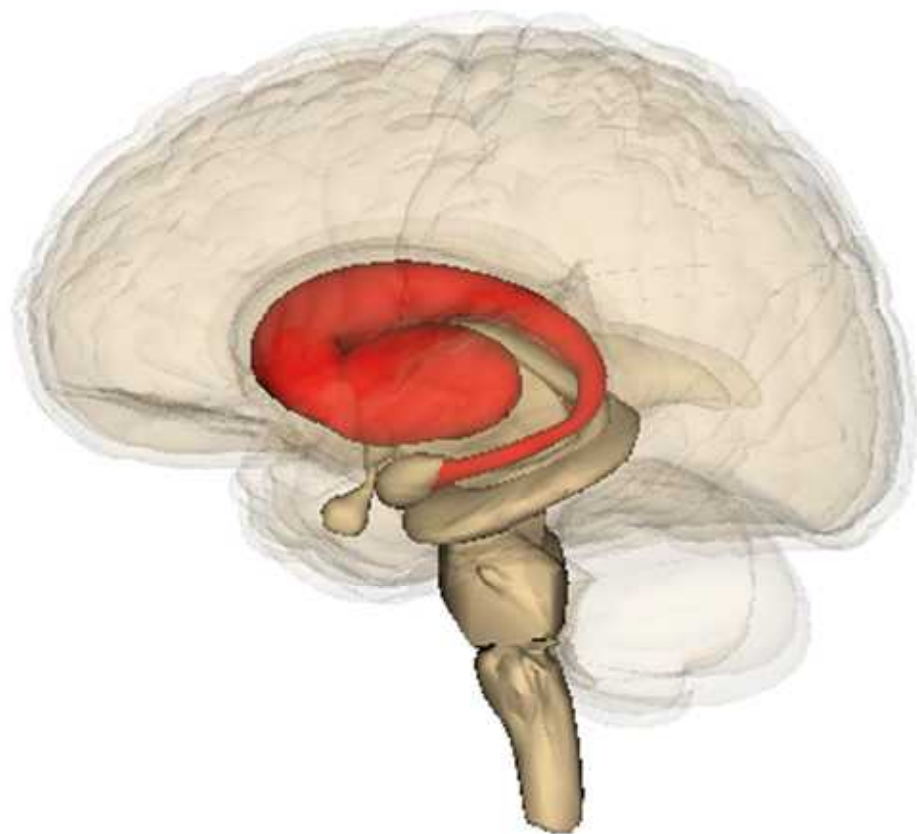


Figure 2 | Effect of inequality manipulation on activity in the ventral striatum. **a**, In the ventral striatum (circled), the summary statistic, ‘(transfer to self) minus (transfer to other)’, was significantly greater for the low-pay group than the high-pay group ($P < 0.05$, small-volume-corrected). The image is shown at $P < 0.001$, uncorrected. **b**, Parameter estimates for each of the parametric regressors in the general linear model. Error bars represent s.e.m.

. 腹側線条体 (ventral striatum)



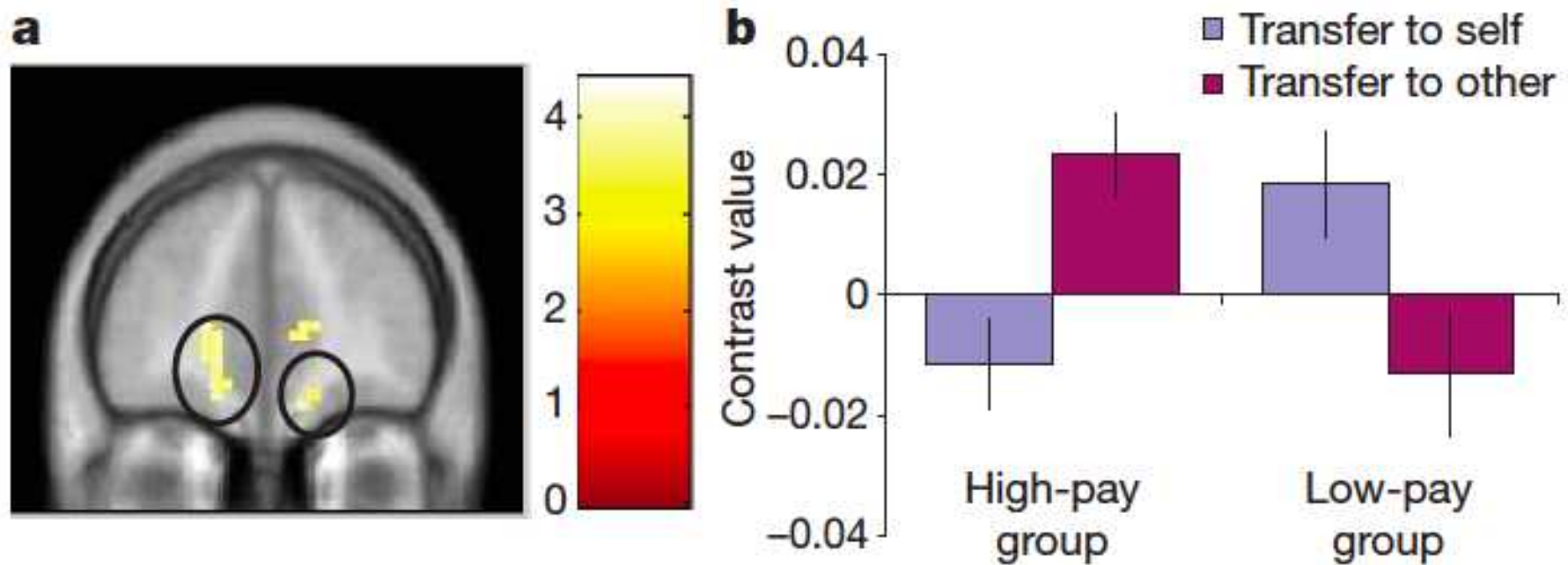
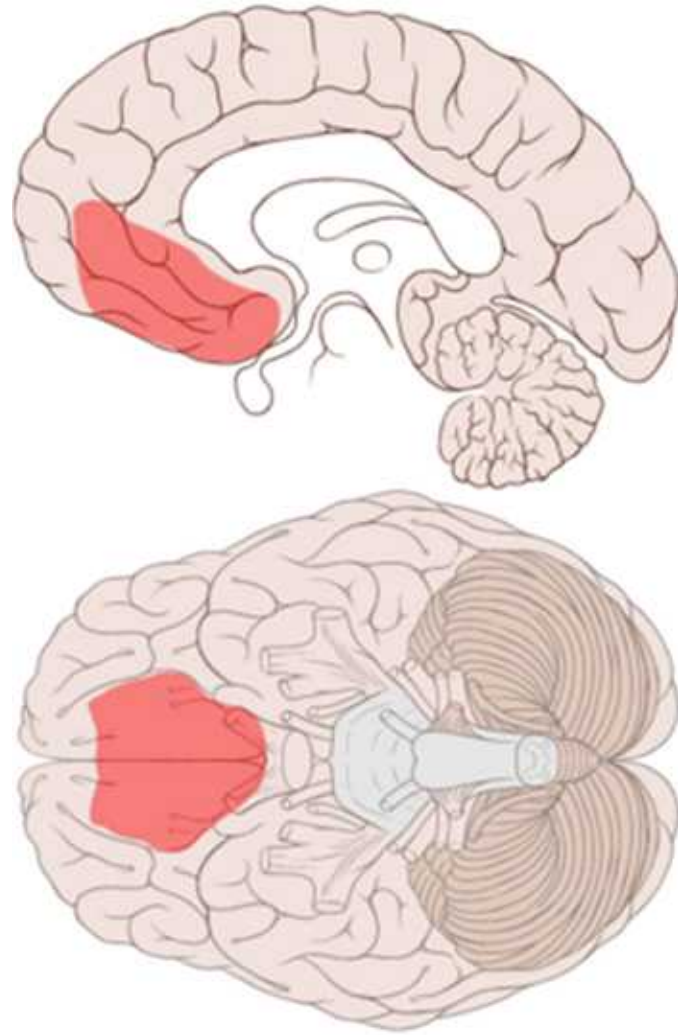


Figure 3 | Effect of inequality manipulation on activity in the vmPFC. **a**, In the vmPFC, bilaterally (circled regions), activity in the ‘(transfer to self) minus (transfer to other)’ contrast was also significantly greater for the low-pay group than high-pay group ($P < 0.05$, small-volume-corrected). The image is shown at $P < 0.001$, uncorrected. **b**, Parameter estimates for each of the parametric regressors in the general linear model. Error bars represent s.e.m.

ventromedial prefrontal cortex

前頭前野腹内側部



risk, fear, and in decision making.

Happiness in action and
"statistics of life".



Aristotle 384-322 BC

...the function of man is to live a certain kind of life, and this activity implies a rational principle, and the function of a good man is the good and noble performance of these, and if any action is well performed it is performed in accord with the appropriate excellence: if this is the case, then happiness turns out to be an activity of the soul in accordance with virtue.

(Aristotle, Nichomachean Ethics)

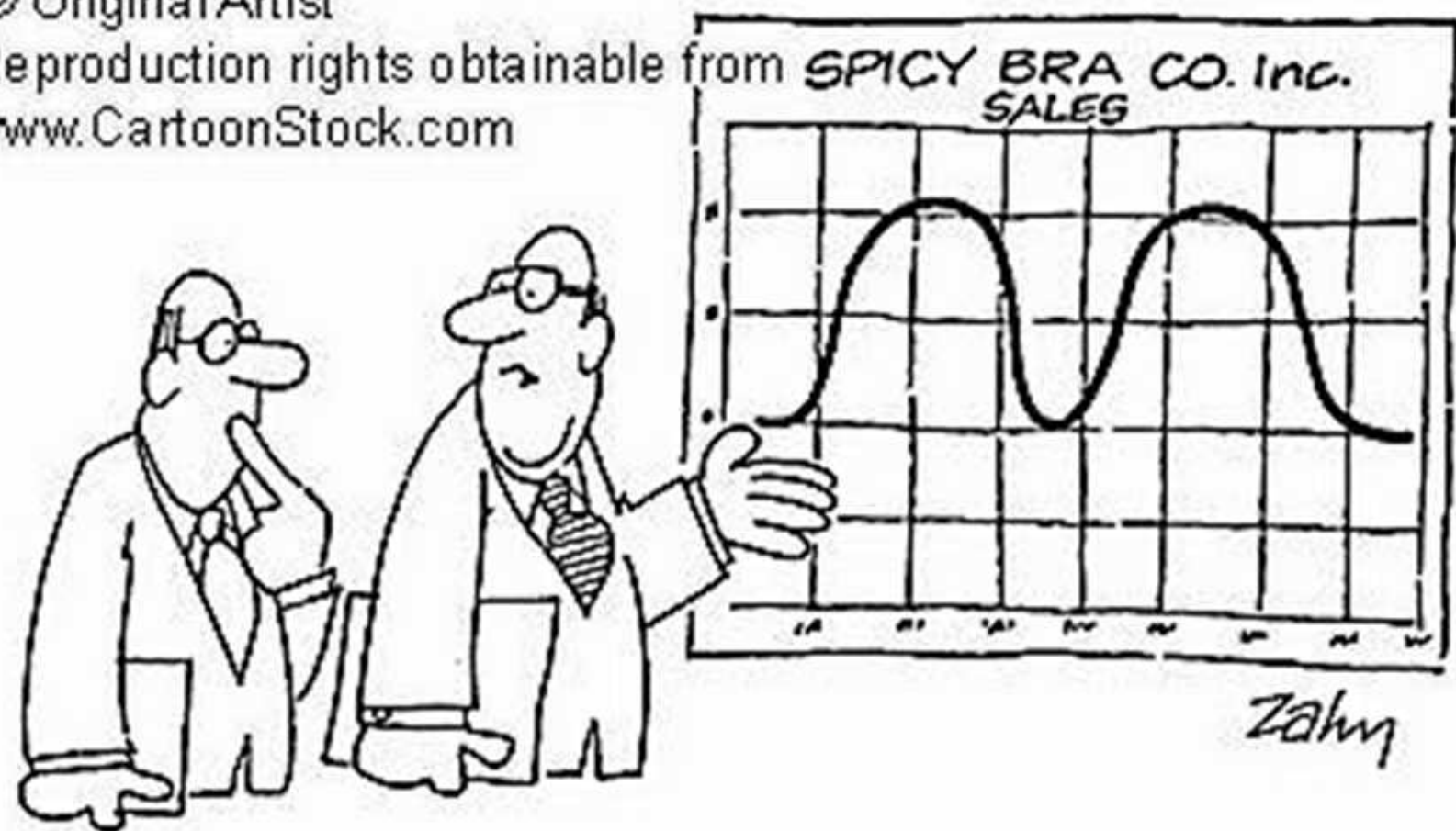
"Flow" is the way people describe their state of mind when consciousness is harmoniously ordered, and they want to pursue whatever they are doing for its own sake.

(Csikszentmihalyi, M. Flow: The Psychology of Optimal Experience. 1990)

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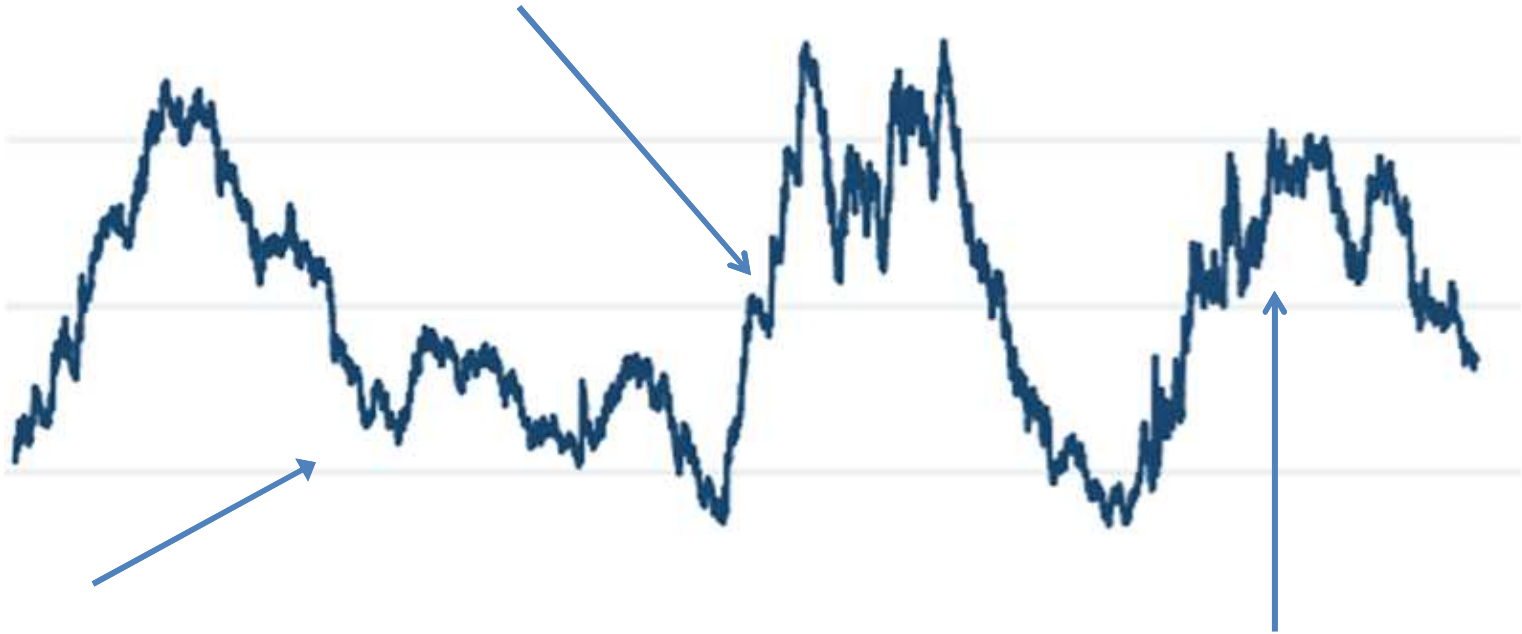
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"WHAT A CRAZY YEAR THIS HAS BEEN!"

decision utility



decision utility

decision utility

Happiness as a bridge.

Happiness (perceived utility) might have evolved to bridge discrepancies between local and global optimizations.

Conclusions: Economic growth does not necessarily result in happiness (Easterlin paradox). Too much emphasis might be put on certain perceived conditions for happiness (focusing illusion). Inequality affects the perceived happiness. In the brain, there are circuits which correlate with the aversion of inequality. Happiness consists in action for its own sake.

Yuai

友愛 (Brüderlichkeit)



Yukio Hatoyama giving a speech on East Asian Community (東アジア共同体) as Prime Minister in Singapore, 15th November 2009



Richard Nikolaus von Coudenhove-Kalergi

(青山栄次郎)

November 16, 1894 – July 27, 1972

Richard Nikolaus von Coudenhove-Kalergi's mother, Mitsuko Aoyama was related to Jiro Aoyama



Mitsuko Aoyama



Jiro Aoyama

The character "Victor Laszlo" in the film Casablanca (1942) was inspired by Richard Nikolaus von Coudenhove-Kalergi.



"Victor Laszlo" (next to Bergman here) in Casablanca, played by Paul Henreid.



The Fragrance "Mitsuko" by Guerlain was probably inspired by Mitsuko Aoyama, Richard Nikolaus von Coudenhove-Kalergi's mother.

von Coudenhove-Kalergi's collaborators



Winston Churchill
30 November 1874 – 24
January 1965



Charles de Gaulle
22 November 1890 – 9 November 1970

Nazis Germany: racially "pure"
community

Richard von Coudenhove-Kalergi:
ethnically heterogeneous and inclusive
nation based on a communality of culture.

The Paneuropean Union movement started with Count Richard Nikolaus von Coudenhove-Kalergi's manifesto Pan-Europa (1923).



Europe as a political concept does not exist. This part of the world includes nations and states installed in the chaos, in a barrel of gunpowder of international conflicts, in a field of future conflicts. This is the European Question: the mutual hate of the Europeans that poisons the atmosphere. (...). The European Question will only be solved by means of the union of Europe's nations. (...) The biggest obstacle to the accomplishment of the United States of Europe is the one thousand years old rivalry between the two most populated nations of Pan-Europe: Germany and France..."

Richard Coudenhove-Kalergi

Pan-Europa

1923

International Paneuropean Union



Richard Nikolaus von Coudenhove-Kalergi was the founder, and president for for 49 years (1923–1972). Albert Einstein, Thomas Man, and Siegmund Freud were members

The PanEuropean Union is still running.

Current President: Alain Terrenoire

Honorary President: Dr. Otto von Habsburg (1912-2011)

<http://www.paneuropa.org/>



