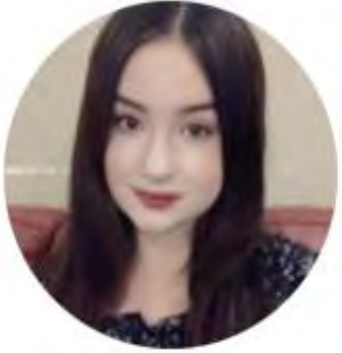




Reuben Armitage



D.J. Joseph

HAPPINESS IN AMERICA

Group 8:

Amanda Mackey, D.J. Joseph,

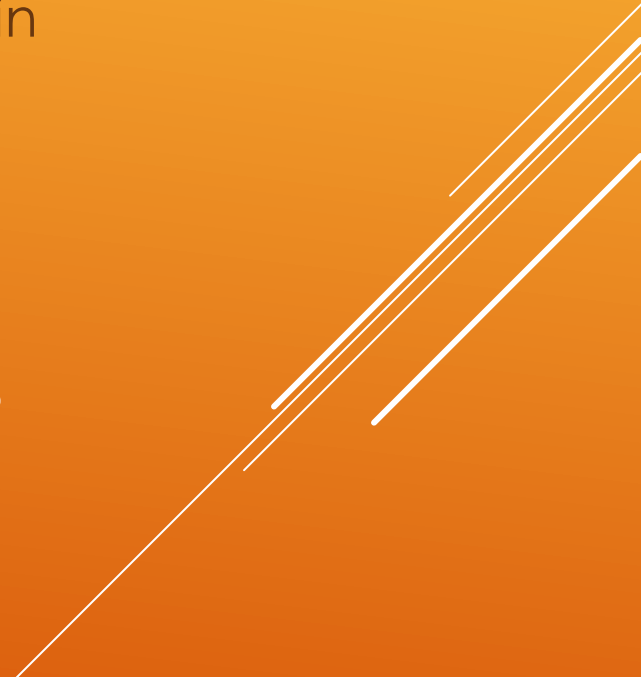
G. Forest Melchert(林), Reuben Armitage, Stephanie Serdar





- ▶ Americans value close connections with others and strong social support networks.
- ▶ Americans are happiest when they are spending time with friends and family.
- ▶ Americans believe happiness is "achievable"
- ▶ In America, happiness is largely measured not by mental wellbeing but by meeting certain culturally imposed ideals. (Explain).

FUNDAMENTAL ELEMENTS OF HAPPINESS IN AMERICAN CULTURE





ESPECIALLY SINCE THE RISE OF INFLUENCER CULTURE, WE ARE CONSTANTLY COMPARING OURSELVES TO AN IDEAL THAT DOES NOT EXIST IN REAL LIFE, WHICH CREATES A FALSE SENSE OF FAILURE



DUE TO THE AMERICAN ECONOMY BEING IN LATE-STAGE CAPITALISM AND THE SOCIETAL RAMIFICATIONS OF THAT, PEOPLE ARE MADE TO SEE THEMSELVES AS CAPITAL, AND SO WHEN WE DO NOT MEET ARBITRARY AND UNREALISTIC STANDARDS OF PRODUCTIVITY, WE FEEL SHAME

INFLUENTIAL FACTORS



- ▶ In 2024, America has been ranked the 23rd happiest country in the world. Whereas last year Americans ranked 15th happiest country in the world. This is due to the significant reports of declining well-being among persons under the age of 30 in America.
- ▶ 78% of Adults in America have reported they are unhappy with their lives.
- ▶ Americans spend most of their time working. When they are not working, they are commonly known to be watching TV.
- ▶ Americans are "Hobby oriented", with a rise in anxiety and a drop in employment, hobbies have been at the forefront of Americans' search for life satisfaction.
- ▶ Americans 40 - 59 report a lack of happiness and satisfaction.
- ▶ Currently the happiest age in America is 60 years old.
- ▶ Americans value their time. Time best used in connection with others to achieve a mutual goal is a common core value of Americans.

STATISTICS/COMPARISON

- ▶ Cost of living for the average American is out of reach.
- ▶ Crippling cost of inflation.
- ▶ Americans have the lowest life expectancy at birth among developed countries.
- ▶ America has one of the highest death rates for preventable or treatable conditions among developed countries.
- ▶ For many Americans, their happiness relies on consumer capitalism, which prevents us from emotional fulfillment.
- ▶ It is strongly believed that in order to achieve happiness, one must have money.
- ▶ Americans have one of the highest Suicide rates among developed countries.

CHALLENGES AND COUNTERARGUMENTS



- ▶ America is a nation of strong individuals. Each having their own set of trials and tribulations. Although the mental health epidemic is at an all-time high. American seek happiness and comfort in spending time with family and friends.
- ▶ Americans may be hindered by the artificial image of success that holds our attention and cultivates a false sense of failure.
- ▶ Americans find the greatest sense of happiness in the small things. (Tender moments shared with ones we love. That perfect cup of coffee. The sun still being out when we get out of work at the end of the day. Hitting every green light on the way home. Etc..).

CONCLUSION

- ▶ "Happiest Countries | World like 2024"
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Accessed 21 May 2024.
- ▶ "Why Are Americans Not a Very Happy Group of People? | Psychology Today." www.psychologytoday.com,
www.psychologytoday.com/us/blog/psychology-yesterday/202403/why-are-americans-a-not-very-happy-group-of-people. Accessed 21 May 2024.

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