



**CALIFORNIA SCIENCE & ENGINEERING FAIR
2018 PROJECT SUMMARY**

Name(s) Avery P. Kalafatas	Project Number J0411
Project Title Who's Happy?	
Abstract Objectives/Goals The purpose of my investigation was to find which groups of people (age, gender, ethnicity, relationship status, education levels, income, and the number of children in the household) are struggling with happiness. And, to help educate our society on which groups of people are in need of the most love, support, and help. Methods/Materials I conducted my experiment by creating a survey of 14 questions from five happiness surveys created by scientists who study happiness and depression levels. I took the questions that weren't as specific to a certain lifestyle because I was testing all ages. It wouldn't be fitting to ask a 13-year-old about their previous career experiences. I managed to get responses from over 1,000 people throughout the United States. Results I came to the conclusion that gender doesn't have much of an impact on happiness levels. But, relationship status, education level, income, age, and the number of children in the household do indeed have a great impact on one's happiness. My results showed that widowed people are happier than single, married, or divorced people. This was the opposite of what I hypothesized. I also found that the higher your income rate is the happier you generally are. So, in my project money does buy happiness. And, for all the parents out there, those without children in the household were the happiest group of people. Their happiness scores measured significantly higher than those with children. And, finally, for all the young people, you get happier with age. So, your life will only get better! Conclusions/Discussion I found that the people we think are the most unhappy and need the most support are those who are actually happier. Although we shouldn't drop everything and stop supporting widows, older people, people without children, and those with a higher monthly income, we should take some of the love we provide for them and begin to show it towards young people, divorced and married people, and low-income families. These are a few groups of people who are truly struggling in our society today. The people who need the most love and support are often overlooked, causing more unhappiness.	
Summary Statement I found that the groups of people we believe are struggling (widows, older people, divorced people, etc.) are happier than those we think are doing alright (young children, married people, etc.)	
Help Received Adam Dear (working at Research Now) Theresa Hall (School therapist)	