

# Association between First-Generation Low-Income Graduates and Happiness



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# Introduction

- The relationship higher income people have with their money is more likely to heighten their independence to where they are less likely to reach out for help and to help others (Vohs, 2006)
- Acquiring more money alone isn't enough of a factor to change the behavior of individuals, seeing themselves in a more powerful position with social prestige along with the money they earn is the main distinction (Galinksy et al., 2011).
- The current research around income and social interaction also shows rejection of social capital being the main catalyst for acquiring more money (Zhou and Vohs, 2009).
- Negative associations with money persist even when acquiring more money as they often lead to less time, however, people who think of wealth in time are more likely to be happier (Mogilner, 2010).

# **Research Questions**

- Is there a relationship between FGLI who've acquired wealth and happiness?
- Is there an association between FGLI status post-grad and lower levels of happiness? Does level of happiness differ when controlling for other variables such as social relationships, income, level of education?

## Methods

#### Sample

 Respondents (n=466) were drawn from the General Social Survey (GSS), with 32 years of data ranging from 1972-2018. GSS is a nationally representative sample of English-speaking, non-institutionalized adults in the U.S.

#### Measures

- To create FGLI works as an independent variable FGLI status, it is coded as 0=non FGLI and 1=FGLI.
- Happy as the response variable was originally coded as very happy (1=not too happy, 2=pretty happy, 3=very happy).
- Other explanatory variables in evaluating the relationship between happiness and FGLI include satisfaction of finances (1=not satisfied to 3=satisfied), class (1=lower class to 4=upper class), health status (1=poor to 4=excellent), and income (1=below 1000 a year to 26=170000). Frequencies of meeting friends and relatives were also considered (1=almost everyday to 7=once a year).

### Results

#### Univariate

- 5% of respondents are First Generation and Low Income
- The mean happiness for participants is 2
- 226 participants responded they were more or less satisfied with their finances
- 148 participants responded they were satisfied with their finances

#### Bivariate

- An ANOVA test showed that **FGLI** status and **Happiness** has a positive relationship, however, they are not significantly associated (F=1 and p-value .318).
- A Pearson correlation test showed Satisfaction of Finances and Happiness are statistically significant (T=7.93, p-value=.000)

Figure 1. Measures the Average Happiness Score between FGLI post-grades and non-FGLI post grads.



As shown in the Figure 1, the ANOVA analysis shows there isn't a significant relationship between **FGLI** participants and **happiness**. This is largely in part due to the sample size was incredibly small.

#### Multivariate

- FGLI and Satisfaction of Finances work as independent variables to explain happiness (Figure 2).
- Compared to participants who were not satisfied, FGLI surveyors who were more or less satisfied, had a p-value is .008 and on average positively increased by .186.
- For participants who were satisfied, their p-value showed high significance with a value of 0. There was also a positive increase of .404

Figure 2. Measuring of the Average Happiness Score between FGLI post-grads and non-FGLI post grads by Satisfaction of Finances



# Discussion

- · Income was not a significant factor in evaluating the happiness score between FGLI and non-FGLI graduates
- Compared to participants who ranked their health as poor, FGLI participants who rated their health as "excellent" had their happiness score increase by .417 with a p-value of .002
- Compared to those who said "never", FGLI participants who rated the frequency of their emotional problems as "sometimes" (coefficient= -0.255, p-value= .003) and "often" (coefficient= -0.418, p-value= 4.02e-05). This shows a significantly negative relationship between happiness and frequency of emotional problems
- If doing the study again, the sample size would consist of a select few colleges' graduates to evaluate the happiness of their FGLI and non-FGLI. Hopefully, the data would take into account the frequency of how their social relationships changes before and after college.

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