

Questionnaire for the project Destination:Happiness

1.You are a man/a woman. (Circle the correct answer)

2.Your exact age:

3.What makes you happy? (You can include several answers)

.....
.....
.....

4.Are you happy? Rate 1-10 (10 is the maximum).....

5.What do you lack to happiness?.....

The project Erasmus+ included a questionnaire for the adults in our surrounding, including our parents, friends, teachers and others. We asked them questions related to happiness. The number of participants was 101 where 57 of them were woman and 44 were men. Here are the answers for the survey included above:

WOMEN

1st. question: "What makes you happy?"

- Having a satisfied family, children, grandchildren 34x
- Love 10x
- Health 8x
- Friends 6x

Others often responded: relaxation, freedom, hobbies, the fact that I can wake up every morning.

2nd. question: "Are you happy? Rate 1-10"

- Grade 8- 13x
- Grade 9- 12x
- Grade 10- 10x

No woman responded with the grade 1-3.

3rd. question: "What do you lack to happiness?"

- Health 9x
- Money 6x
- Friends 3x

Other answers: family, a job, sleep, being young, pension, love etc.

MEN

1st. question: "What makes you happy?"

- Having a satisfied family, children 23x
- A good job 10x
- Sport, hobbies 8x
- Friends 4x

Others often responded: humor, a vacation, food, cigarettes etc.

2nd. question: "Are you happy? Rate 1-10"

- Grade 10- 10x
- Grade 7 & 9- 9x
- Grade 8- 7x

3rd. question: "What do you lack to happiness?"

- Nothing 17x
- Money 7x
- Free time 5x
- Health 3x

Other answers: a job, sleep, a woman, experiences from youth, love etc.

In conclusion, we can say that adults mostly associate family and healthy relationships with happiness.

On the scale from 1-10 , the grade 8-10 were the most frequent answers.

The survey took place in December 2019 and in January 2020.

Created by the class of S2B under the leadership of Ing. Lenka Vašků.