



The truth about

# Happiness VS Loneliness

the definitive Qlik report



**Qlik** 

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*“You can't be happy unless you're  
unhappy sometimes”*

Lauren Oliver, *Delirium*



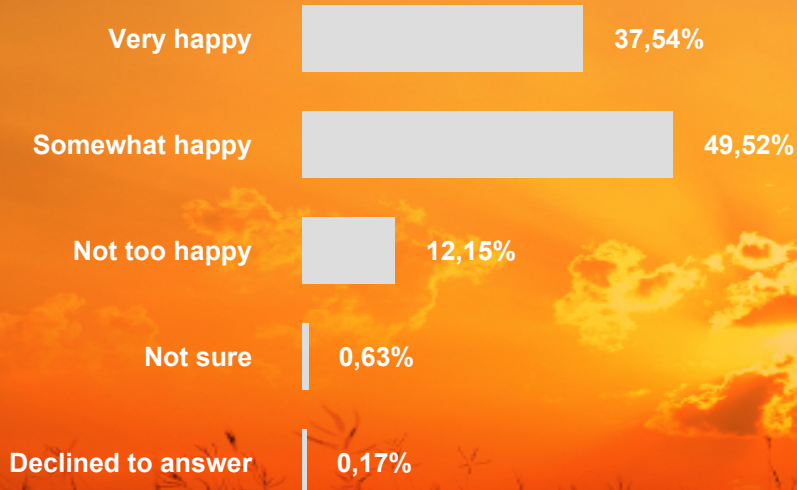
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Have you ever wondered if people feel **happy** overall? according to our data the answer is

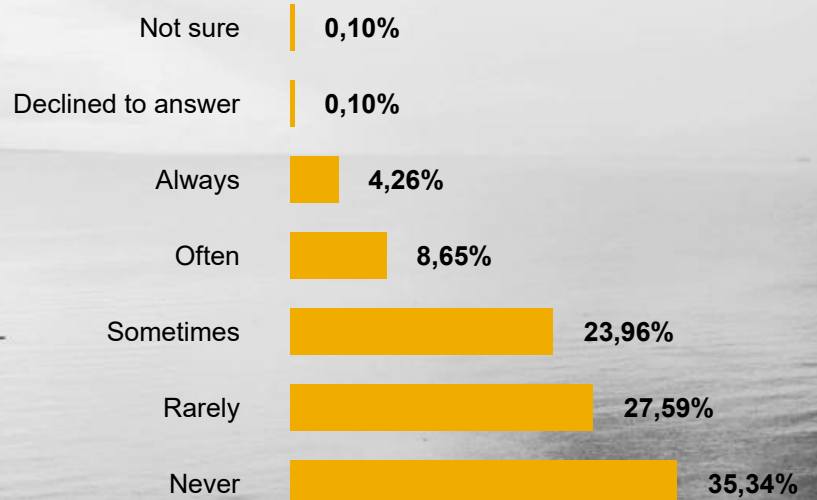


In this report we will discover what is behind this **YES** . We are using survey data collected from **3.005** responders in **3** countries; **Japan, UK and US**.

Let's start with **88%** of people who claim to be happy, how happy they are?



There is also a **10%** of people who feel lonely, how often?

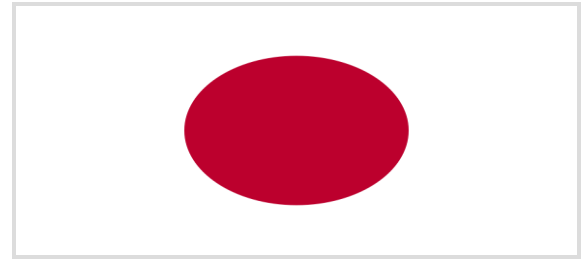


Let's drill in this data, which country is happier? and lonelier?

	Happiness	Loneliness	Loneliness as mayor problem
Japan	87%	6%	5%
UK	86%	12%	5%
US	89%	11%	4%

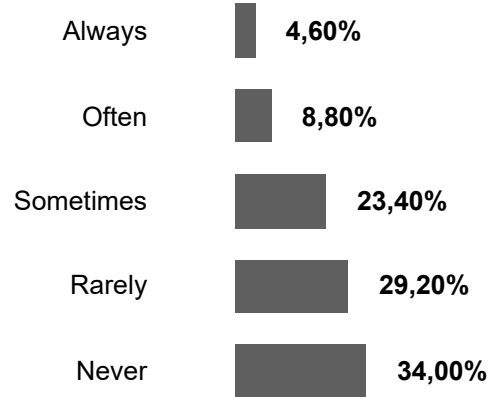
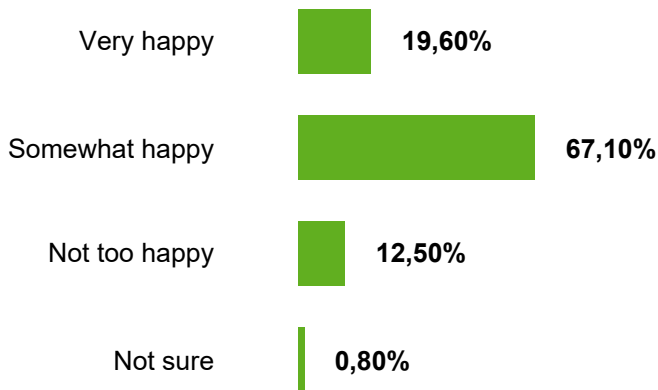


# Let's take a closer look at Japan



Feel happy? 87%

Feel Lonely? 6%



Additional info: Not many people are using unhealthy coping mechanisms to combat loneliness

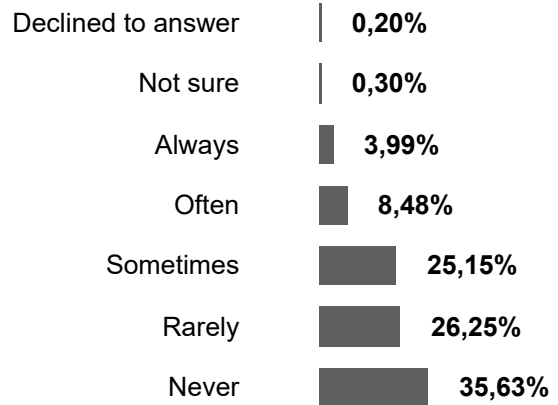
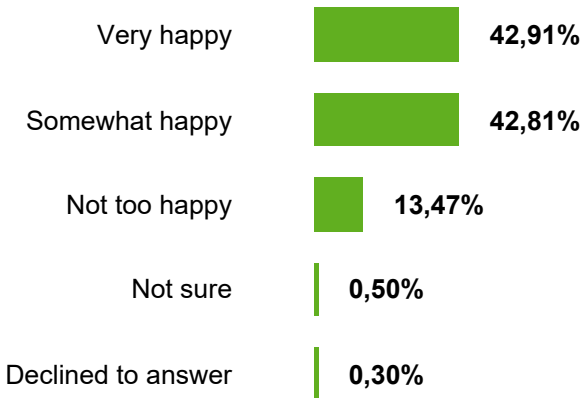
Let's take a closer look at

UK



Feel happy? 86%

Feel Lonely? 12%



Warning : Unhealthy coping mechanisms are being used to combat loneliness

[Click here to explore and analyze the information](#)



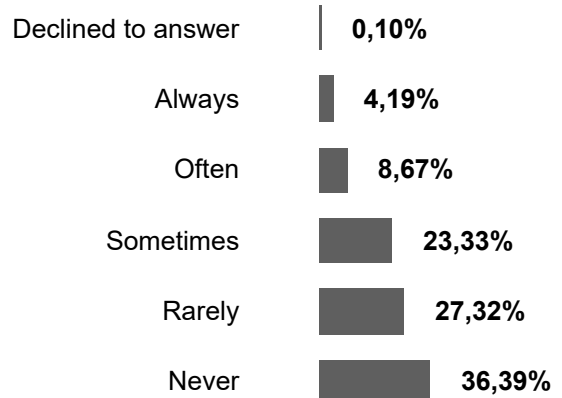
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# Let's take a closer look at US



Feel happy? 89%

Feel Lonely? 11%



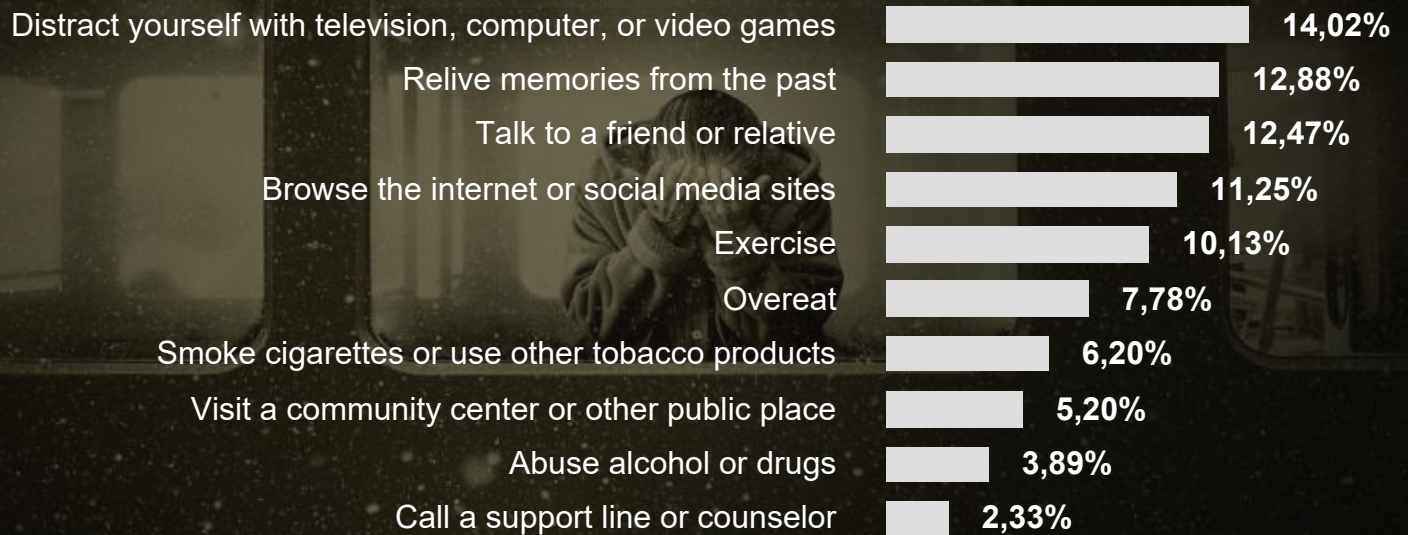
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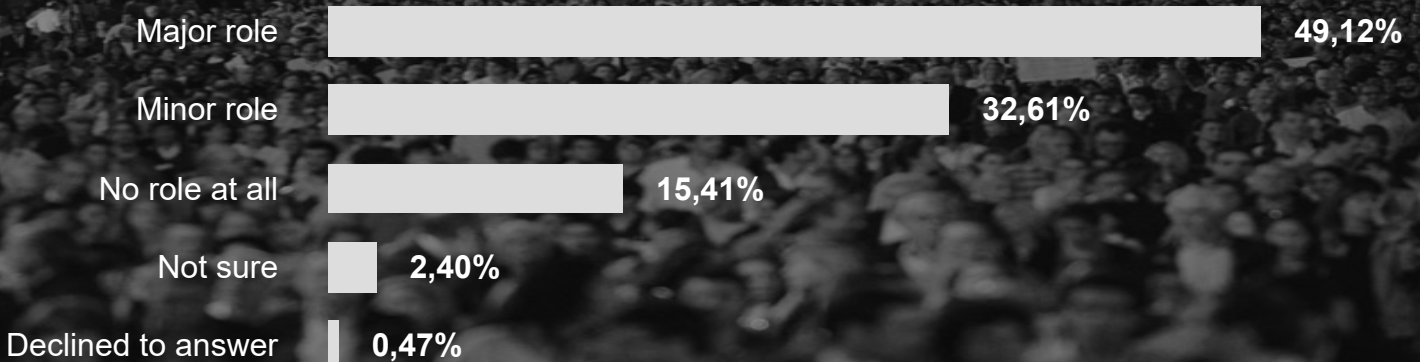


# Let's talk about loneliness

## Coping mechanism : things that responders always or sometimes do to combat loneliness



## How much of a role, if any, Government should play in helping to reduce loneliness



Some facts: **17,87%** of the responders take drugs, drink, overeat or smoke to fight loneliness.

**81,73%** of the responders want the government to help to reduce loneliness.

## So, what have we learned from our data?

People are happy!!

Also too many people feel lonely... they also want the government to help with that!!

Keep seeking happiness!! here are some advice that could help you;

1. Forget about obtaining happiness; aim for life satisfaction.
2. Money might rent happiness; it won't buy it.
3. Relationships matter.
4. Happiness and life satisfaction is often secured when you aren't the center of the universe.

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