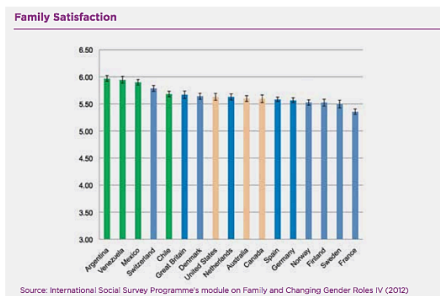


marri Findings

FAITH & FAMILY

UN 2018 World Happiness Report: **Strong Family Ties can Overpower Negative Emotions from Economic or Political Turmoil**



The [UN 2018 World Happiness Report](#) explains that Latin Americans report relatively high levels of happiness, despite economic and political hardships, due to their high regard for interpersonal relationships and their [strong ties to family and friends](#).

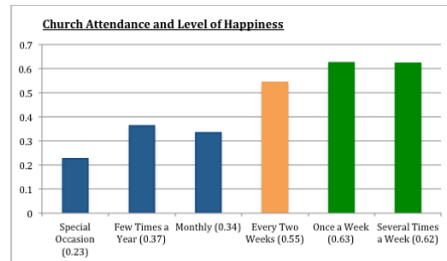
Marital Status and Happiness: **Married Couples are Happier Around the World**



Two cross-national assessments, involving [27 countries](#) and [24 countries and regions](#), respectively, indicate that [married couples are happier than cohabiting couples](#) and that the long-term commitment of [marriage is especially beneficial to men's wellbeing](#).

Having a Meaningful Life Increases Wellbeing

Religion and Happiness: Those who Attend Church Regularly and who Report Affiliation to a Denomination are Happier



Source: Steiner, Lasse, Lisa Lainert, and Bruno S. Frey. "Economics, religion and happiness." *Zeitschrift für Wirtschafts- und Unternehmensethik* 11, no. 1 (2010): 9-24.

In Switzerland, findings from a [national assessment of religion and happiness](#) reveal that affiliation to a denomination and religious practice has a substantial positive effect on happiness.

With an eye to meaning, marriage, happiness and the God from Whom they all flow,

Pat Fagan, PhD.

Director, MARRI

Catholic University of America

Meaning in Life is Associated with the Following Indicators of Wellbeing:

- Positive Affect and Emotions
- Global Measures of Happiness
- Positive Personality Traits
- Self-Empowering Traits
- Improved Psychological Adjustment
- Life Satisfaction
- Satisfaction with Self
- Desirable Perspectives and Outlooks

A four-decade [review](#) of findings about meaning in life reveals that “greater meaning in life” is associated with greater wellbeing: those who have greater meaning in life are fairly happy, are satisfied with their lives, and experience less psychological distress, disruptive behaviors and substance-related problems.

