

Does social participation make us happier?

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Recent studies on self-declared happiness show that higher income does not always lead to happiness; happiness depends on several other factors. Voluntary social participation, among several other factors, has a potential to contribute to greater happiness. In this study we use survey data (n=1200) from Kathmandu, Nepal to examine if individuals who participated in social activities are happier and more satisfied. More specifically, we hypothesize that social participation has positive impact on happiness and satisfaction. Impacts of other demographic and socioeconomic characteristics are also examined. We use an ordered probit model for this purpose. Our results indicate that social participation is indeed an important component of happiness and satisfaction.