

THE EXTRA POINT

BY JERRY ROBERTS



1267 Are We As Happy Now As in Most Years Past?

The folks at Gallup are back. They've just released their 2023 survey on how personally satisfied Americans are with key aspects of their lives. Are they as happy now as in, say, 2019? I'm Jerry Roberts and we'll do the reveal on personal satisfaction, next on The Extra Point.

So, how are we feeling about life? Are we as personally satisfied now as we were in 2019, when you know who was the President of The United States?

The Gallup Organization is the world's largest polling company, and they ask questions like this every year to check America's pulse on key issues. This survey was conducted from January 2nd through the 22nd.

Okay, personal satisfaction, here we go.

Gallup says that 83% of Americans are at least somewhat satisfied with their personal life, and that matches the historical average since 1979.

Between 81% and 90% of U.S. adults are either "very" or "somewhat" satisfied with their family life, current housing, education, job, community and personal health, while 71% to 77% express the same degree of satisfaction with the amount of leisure time they have, their standard of living and their household income.

Leisure time and income have a direct connection to employment.

Since 1979, the overall personal life index has ranged from 79% to 90%. The record high was in 2020, two months before COVID-19 swept across America. The number fell to 82% in 2021, last year it increased slightly to 85%.

You might ask the question, "Is anybody *really* happy?" Actually, 50% of the respondents said they are. That's about the same as the 51% from the two previous years, but well below the 65% high in 2020. To give some

perspective on this, the only time Gallup found a lower percentage of people very satisfied with their life was in December 2008 during the global economic crisis; and in 2011, as the U.S. was still recovering from it.

General satisfaction with life is down from 2019. The numbers are slightly down in leisure time, education, and housing. However, they are significantly lower in personal health, family life, the community as a place to live, standard of living, job or the work you do, and household income.

The majority of Americans believe things were better four years ago. You might expect that conservatives would be nearly unanimous in that opinion. Because Gallup is known for being balanced in their polling criteria, it's reasonable to suggest that a lot of liberals also see the reality of where America is now. No doubt, both sides will politicize the survey to match up to their specific narratives.

Digging a bit deeper into the numbers, older adults are generally more satisfied than middle-aged and younger adults. Married folks are significantly more satisfied than the unmarried.

To sum up, the American public is now largely dissatisfied with the way things are going in the U.S., yet they are satisfied with the direction their personal life is taking. That being said, they are now slightly less satisfied with their overall personal life than they were before the COVID-19 pandemic. How do you feel about things?

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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