

Which Makes You Happier: Money or Respect?

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Shape Magazine:

They say money can't buy happiness, and "they" would be right. According to a new study, a little R-E-S-P-E-C-T goes a lot further than a paycheck when it comes to being happy for the long haul.

Published recently in the journal Psychological Science, researchers did a total of four studies examining the reasons why higher socioeconomic status such as higher income, wealth or education does not boost subjective wellbeing. The first smaller study surveyed college students' sociometric status (how much they were respected and admired by those around you) and socioeconomic status, and predicted students' social well-being scores. Scientists found that respect was more closely linked with happiness than wealth. The second and third studies went on to confirm the first study in a larger group, and in the final study, researchers followed MBA program students and learned that changes in sociometric status from pre-graduation to post-graduation corresponded to changes in the students' levels of happiness. In fact, post-graduation, perceived-respect predicted happiness more strongly than post-graduation socioeconomic status did, according to ScienceDaily.

Read the whole story: [Shape Magazine](#)