Pursuit of Happiness

—

Marcos Quintero
Professor Ramos
English 1A 3:30

At what cost does happiness come?

To many people this can be seen as either an unanswerable question, or a very easy one to answer. After presenting you with some research on the subject, I hope to at least provoke some thought as well as to start a conversation on how our society, state, country, etc. views happiness and how we may or may not be able to all become more happy.

Does money equate to happiness?

Research has shown that at times of economic turmoil such as the Great Recession of 2008 suicide rates inflate as well as murder suicides. Does this mean that money equates to happiness and vice versa? Some people would agree with that sentiment, but a lot of other people including those with money will tell you that the more money you have, the more problems you will have and you'll even become more sad.



Table 3. Suicides data from the National Violent Death Reporting System (2005–2016*). The sixteen states participating in the NVDRS (of the CDC) are Alaska, Colorado, Georgia, Kentucky, Maryland, Massachusetts, New Jersey, New Mexico, North Carolina, Oklahoma, Oregon, Rhode Island, South Carolina, Utah, Virginia, and Wisconsin. Note the higher suicide incidence rates for the years 2008, 2009 and 2010 [3]. The data is available up to 12/2013, but recorded as of 10/2016, due to reporting lags. The last row in Table 3 also shows the percentage of suicides triggered by financial problems affecting the agent. Information similar to Table 2 shows the occurrence of murder-suicides as a joint event and can be found in the supporting information S2 Table.

Total Suicides									
Year	**2005**	**2006**	**2007**	**2008**	**2009**	**2010**	**2011**	**2012**	**2013**
Male	6843	6719	7205	7400	7827	7974	8139	8374	8711
Female	1850	1878	2027	2070	2122	2201	2328	2474	2533
TOTAL	8694	8597	9233	9471	9949	10176	10467	10848	11244
Total Suicides per 100,000 People									
Male	17.95	17.38	18.42	18.69	19.56	19.78	19.97	20.37	21.02
Female	4.67	4.68	4.99	5.03	5.10	5.26	5.51	5.81	5.90
TOTAL	**11.16**	**10.91**	**11.57**	***11.72***	***12.19***	***12.38***	***12.61***	***12.96***	***13.33***
Suicides with Firearms									
Male	4029	3834	4044	4249	4437	4366	4709	4853	4948
Female	579	591	651	651	720	650	784	764	825
TOTAL	4608	4425	4695	4900	5157	5016	5493	5617	5773
Suicides with Firearms per 100,000 People									
Male	10.53	9.88	10.29	10.69	11.04	10.83	11.56	11.81	11.94
Female	1.46	1.47	1.60	1.58	1.73	1.55	1.85	1.79	1.92
TOTAL	5.91	5.61	5.87	6.06	6.31	6.10	6.62	6.71	6.84
Percentages of Events Where Conditions / Location Known									
Job problem*	*11.21*	*11.29*	*11.48*	13.4	14.63	15.37	13.99	12.68	12.4
Financial problem*	*11.20*	*11.77*	*11.69*	***13.41***	***13.76***	***13.55***	11.98	10.8	10.95
Eviction or loss of home **						4.18	4.31	3.59	3.77

* Events may be included in multiple categories.

** Category added in 2010. Figures from earlier years considered unreliable.

Quote (neg.)

“Thought money would make me happy but it only made my pain worse,
It hurts when you see your friends turn their back on you dawg
When you ain’t got nothing left but your word and your balls
And you’re stressed from the calls of your new friends
Beggin’ with they hands out
Checking for your record when it’s selling
When it ain’t, that’s the end, no laughs
No friends no girl
Just the gin you drink till your car spin, you think
Damn!
You slam into the wall and you fall
Out the car, trying to crawl with one arm
About to lose it all in a pool of alcohol
If my funeral’s tomorrow, wonder if they would even call when the music stops”

- Kon Artis When the Music Stops

Quote continued (pos.)

“It's funny
I remember back one year when daddy had no money
Mommy wrapped the christmas presents up
And stuck 'em under the tree and said some of 'em were from me
'Cause daddy couldn't buy 'em
I'll never forget that christmas I sat up the whole night crying
'Cause daddy felt like a bum, see daddy had a job
But his job was to keep the food on the table for you and mom
And at the time every house that we lived in
Either kept getting broke into and robbed
Or shot up on the block and your mom was saving money for you in a jar
Tryin' to start a piggy bank for you so you could go to college
Almost had a thousand dollars till someone broke in and stole it
And I know it hurt so bad it broke your momma's heart
And it seemed like everything was just startin' to fall apart
Mom and dad was arguin' a lot so momma moved back
On the chalmers in the flat one bedroom apartment
And dad moved back to the other side of 8 mile on Novara”

- Eminem Mockingbird

Can drugs help me achieve happiness?

According to recent studies and data, opioid overdoses have increased in almost every state at an alarming rate. Many people will tell you that the reason they do drugs is to achieve some sort of high that takes them out of reality and makes them feel good. The problem with that is that a lot of people become addicted to this feeling of being high and are dependent on it to feel any sort of happiness. This sort of behavior leads to so many horrible things such as; families being torn apart, murder, suicide, children growing up in terrible conditions, etc.



Event, period	National	U.S. Census region*			
		Northeast	Midwest	South	West
	Rate change (95% CI)	Rate change (95% CI)	Rate change (95% CI)	Rate change (95% CI)	Rate change (95% CI)
Total deaths involving heroin					
2006–2009	0.13 (0.01–0.26)†	0.11 (-0.04–0.27)	0.26 (0.00–0.53)†	0.08 (-0.10–0.26)	0.10 (0.02–0.18)†
2010–2015	0.62 (0.55–0.68)†,§	1.02 (0.93–1.10)†,§	0.89 (0.74–1.03)†,§	0.49 (0.39–0.59)†,§	0.28 (0.24–0.33)†,§
Heroin drug reports¶					
2006–2009	2.24 (0.51–3.96)†	4.49 (-0.55–9.52)	4.88 (1.46–8.30)†	0.24 (-0.77–1.26)	1.40 (-0.09–2.88)
2010–2015	4.52 (3.60–5.44)†,§	8.51 (5.81–11.20)†	6.00 (4.17–7.83)†	2.74 (2.20–3.28)†,§	3.33 (2.53–4.12)†,§
Total deaths involving synthetic opioids					
2006–2012	0.01 (-0.05–0.06)	0.02 (-0.08–0.12)	-0.06 (-0.18–0.07)	0.03 (-0.02–0.08)	0.02 (-0.01–0.06)
2013–2015	0.98 (0.78–1.18)†,§	2.15 (1.77–2.52)†,§	1.35 (0.88–1.81)†,§	0.81 (0.63–0.98)†,§	0.07 (-0.07–0.20)
Fentanyl drug reports¶					
2006–2012	-0.10 (-0.29–0.08)	-0.20 (-0.64–0.24)	-0.31 (-0.75–0.13)	-0.002 (-0.053–0.049)	0.017 (-0.002–0.037)
2013–2015	2.09 (1.40–2.79)†,§	5.08 (3.42–6.75)†,§	3.64 (1.99–5.29)†,§	1.08 (0.89–1.27)†,§	0.11 (0.03–0.18)†,§
Deaths involving heroin without synthetic opioids					
2006–2012	0.17 (0.09–0.25)†	0.26 (0.07–0.44)†	0.33 (0.25–0.41)†	0.08 (0.02–0.14)†	0.10 (0.04–0.15)†
2013–2015	0.33 (0.03–0.62)†	0.31 (-0.37–0.99)	0.23 (-0.07–0.53)	0.43 (0.20–0.67)†,§	0.27 (0.05–0.49)†
Deaths involving synthetic opioids without heroin					
2006–2012	0.01 (-0.03–0.05)	0.02 (-0.05–0.08)	-0.05 (-0.14–0.04)	0.03 (-0.01–0.07)	0.02 (-0.01–0.06)
2013–2015	0.60 (0.45–0.75)†,§	1.31 (1.07–1.55)†,§	0.73 (0.38–1.07)†,§	0.54 (0.38–0.69)†,§	0.05 (-0.08–0.19)
Deaths involving use of both heroin and synthetic opioids					
2006–2012	-0.001 (-0.021–0.020)	0.001 (-0.037–0.039)	-0.008 (-0.055–0.040)	0.002 (-0.010–0.013)	0.001 (-0.001–0.003)
2013–2015	0.384 (0.307–0.460)†,§	0.842 (0.701–0.982)†,§	0.622 (0.444–0.800)†,§	0.269 (0.228–0.311)†,§	0.014 (0.005–0.023)†,§

Abbreviation: CI = confidence interval.

* *Northeast:* Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont; *Midwest:* Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin; *South:* Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, and West Virginia; *West:* Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming.

† Slope estimates are statistically significantly different from zero ($p<0.05$).

§ Slope for the later period is statistically significantly different from that of the earlier period ($p<0.05$).

¶ Drug exhibits (i.e., drug products) obtained by law enforcement that tested positive for heroin or fentanyl and were reported to the Drug Enforcement Administration's National Forensic Laboratory Information System.

Song about the effects of drugs (neg.)

https://www.youtube.com/watch?v=ru-LgSvOCrE Macklemore Otherside

Song about the effects of drugs (pos.)

https://youtu.be/WrsFXgQk5UI Lil Uzi XO TOUR Llif3

Suicide and other permanent solutions to temporary problems

Throughout this powerpoint I have discussed a few “solutions” people resort to, to achieve happiness. I along with many other people, maybe even yourself see these things as permanent solutions to temporary problems. You can always pull through the hard times, you’ve got a life to live. I have seen what these things can do to people, friendships, relationships, and families first handed. Almost every time somebody resorts to outlets such as the ones I listed, nothing good ever comes from it. I myself have even dipped my toe in the water, and I’m glad that I had friends like Jose to help me through it. If you can’t take it from people on the streets, on the internet, or even celebrities and politicians, please at least consider taking it from me. Thank you for your time

Bibliography

Agrrawal, Pankaj, et al. "Suicides as a Response to Adverse Market Sentiment (1980-2016)." *Plos ONE*, vol. 12, no. 11, 02 Nov. 2017, pp. 1-10. EBSCO*host*, doi:10.1371/journal.pone.0186913.

This article is about the relationship between times of economic turmoil and the rate of suicides.It shows data and studies on how male and female suicide rates, as well as murder suicide rates rise. I am using the data in my report by showing off the graph so that my peers can easily understand it without having to hear me paraphrase it and possibly leave out crucial points.The reason I chose this article is because it shows the rates of suicide through a large amount of years and does a great job at proving the point that economic turmoil has at least a small connection to suicide rates. The reliability of the source must be high because it is logged in the schools library academic search engine. I trust that the school I'm paying to attend will give me the proper tools to succeed.

O'Donnell, Julie K., et al. "Trends in Deaths Involving Heroin and Synthetic Opioids Excluding Methadone, and Law Enforcement Drug Product Reports, by Census Region - United States, 2006-2015." *MMWR: Morbidity & Mortality Weekly Report*, vol. 66, no. 34, 9/1/2017, pp. 897-903. EBSCO*host*, doi:10.15585/mmwr.mm6634a2.

This article is about the alarming rise of opioid and heroin overdoses that are consistently rising throughout each section of the United States. Data is shown over many years and separates two time frames so that the reader can easily view the large increase from one period of time to the other. I am using the data by presenting it in the graph they show. The reason for this is because it would take far too long for me to explain each number for each set of years and exactly how much it increases as well as where the info was given to. The reason I chose this article is because it very beautifully explains all of its data and presents it in a neat manner. The article also gives some insight to a very difficult data to process and simplifies it. Once again, the reliability of this source has to be high because it was logged into the library's academic search engine and I do not believe my professors and school would lie to me about the credibility of their own web tools.