I. Abstract

Under the phenomenon that technology is becoming more and more available to the general public, this study wants to measure how technology usage impacts happiness. I collected survey data from Weber State University students. Using OLS regression on hardware and software usage, I find that there is a significant positive impact of hardware frequency on happiness, and there is no significant impact of software usage on happiness. However, demographic factors seem to play less important roles in this study. These findings contribute to the debate on the relationship between technology usage and happiness.

II. Literature Review

1. Positive effect of technology usage (hardware & software)
   - Hong (2007) —— points out the applications and services are easy for people to use, which could make them attain a higher level of happiness and utility.
   - Kavetsos (2011) —— finds that not only hardware such as mobile phones and laptops, but also software like the internet, can increase people’s subjective well-being.

2. Negative effect of technology usage (hardware & software)
   - Kraut (1998) —— finds that using the internet frequently or for a long time reduces communication with family and friends, which will increase people’s loneliness and depression.

III. Theory

Utility Maximization Theory

IV. Data & Methods

Data used for this study come from surveys. The population is Weber State University (WSU) students, which is random to choose from 30th to 31th March.

Questionnaire

H-1: In general, I consider myself: (Tick one)

- Not a very happy person
- a very happy person

H-2: Compared to most of my peers, I consider myself: (Tick one)

- Less happy
- more happy

H-3: Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you? (Tick one)

- Not at all
- a great deal

H-4: Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you? (Tick one)

- Not at all
- a great deal

V. Results

<table>
<thead>
<tr>
<th>Dep var</th>
<th>H-1</th>
<th>H-2</th>
<th>H-3</th>
<th>H-4</th>
<th>H-total</th>
</tr>
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<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
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<tr>
<td>H-hard</td>
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<td>-0.910***</td>
<td>-0.076</td>
<td>-0.057</td>
<td>0.015</td>
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<td>F-hard</td>
<td>0.116***</td>
<td>0.120***</td>
<td>0.106***</td>
<td>0.120***</td>
<td>0.104***</td>
</tr>
</tbody>
</table>

VI. Conclusion

- In this research paper, my study collected survey data from college students.
- I find that hardware usage and hardware frequency impacts measurements positively, while software usage do not have any impacts on happiness.
- These findings may contribute to the current literature debate, and it may help people to decide whether they want to adopt technology more (hardware or software).
- Future study may benefit from collecting more accurate Happiness measurements by incentive tasks.

VII. References