

2019

# FUN.<sup>®</sup> REPORT

Carnival Cruise Line in partnership  
with The Happiness Institute



# FORWARD FROM DR HAPPY.



## WORK TO PLAY OR PLAY TO WORK? THAT WAS ONE OF THE QUESTIONS WE ASKED AUSTRALIANS IN JULY 2019 AS PART OF THE FIRST FUN REPORT.

The report was commissioned by Carnival Cruise Line and The Happiness Institute to understand if Australia really is still a laid-back, fun loving nation. Or has modern life impacted our ability to choose fun?

Contrary to popular stereotypes, the report highlights that the nation isn't having as much fun as we'd expect, with respondents giving a mere 5.6/10 'fun rating'.

What's more, 3 in 4 Aussies feel guilty when they have fun and only 4 in 10 Aussies say they try to find a balance between work and play.

But were we more 'fun' in the past? Yes, according to many Australians, with almost half of respondents stating that life used to be more enjoyable a generation ago when life was simpler.

Australians reported a number of barriers, from the cost of living to being burnt out and needing a holiday, to lacking time to connect with the family.

Overall, this tells us that, plain and simple, Australians have forgotten how to have fun. It's not that we're not fun people, but more so that with life getting busier and busier, we're not making time for it.

However, setting time aside for fun activities or booking a holiday can have tremendous benefits and enable people of all ages to perform better and, ultimately, to enjoy life more.

The following outlines some of the key findings from our research.

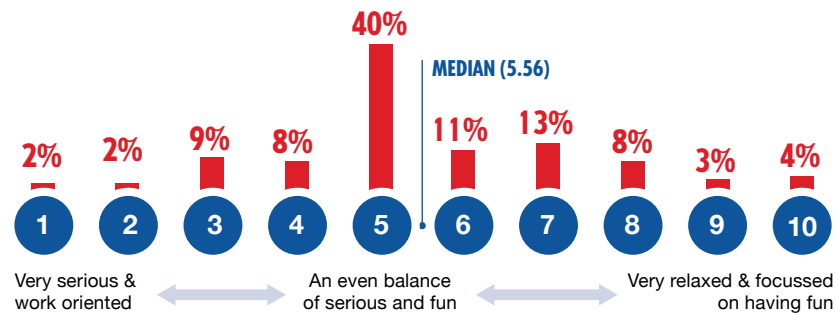
*Research conducted in July 2019 by YouGov Galaxy, commissioned by Carnival Cruise Line in partnership with The Happiness Institute. The sample comprises of 1,321 Australians 18 years and older, distributed throughout Australia including capital city and non-capital city areas.*

**Dr Tim Sharp** – Dr Happy

# ARE AUSTRALIANS HAVING FUN?



HOW WOULD YOU RATE THE AUSTRALIAN PEOPLE ON A SCALE OF 1 TO 10, WHERE 1 IS VERY SERIOUS AND WORK ORIENTED, AND 10 IS VERY RELAXED AND FOCUSED ON HAVING FUN?



**4 in 10 Aussies**  
say they try to find a balance between work and play.

WHEN IT COMES TO HAVING FUN, WHICH OF THESE STATEMENTS DO YOU AGREE WITH?

- Life is only fun if you make it that way **53%**
- I feel people spend more time on social media instead of having face to face fun with others **47%**
- Life used to be more fun when I was younger and life was simpler **45%**

**3 in 4 Aussies**  
say they feel guilty when they have fun.

HOW OFTEN DO YOU FEEL GUILTY ABOUT HAVING FUN BECAUSE YOU THINK YOU SHOULD BE SPENDING YOUR TIME MORE PRODUCTIVELY?

- Always **7%**
- Mostly **43%**
- Rarely **25%**
- Never **25%**



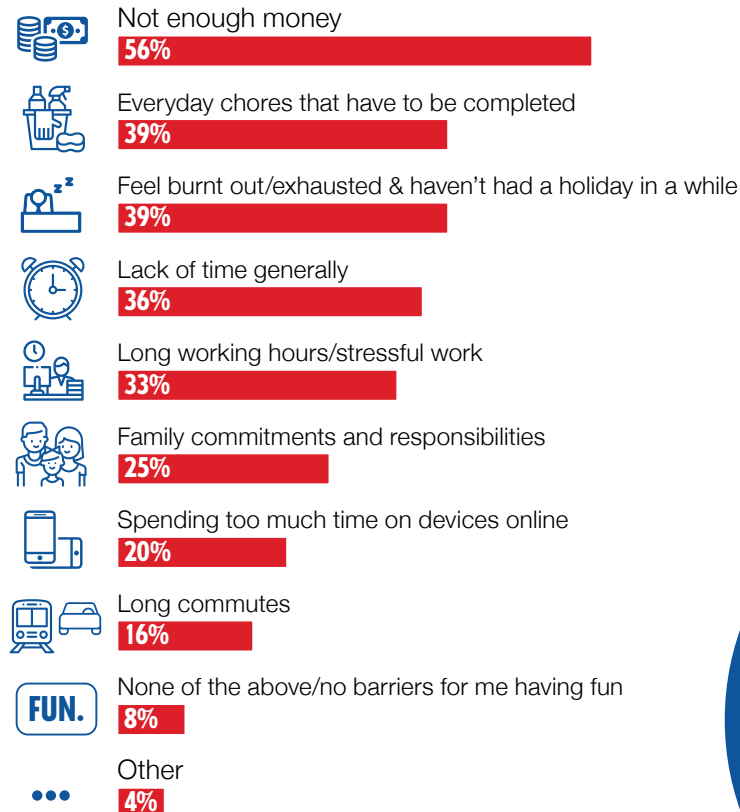
# WHAT'S STOPPING US FROM HAVING FUN?

*“There are so many benefits to letting your hair down at no matter what age – it’s great for your mental wellbeing and it’s proven to enhance productivity. Doing an activity that you enjoy or getting away on holiday is a terrific way to get some good times back in your life. For kids specifically, fun and playtime is especially important for cognitive growth.”*

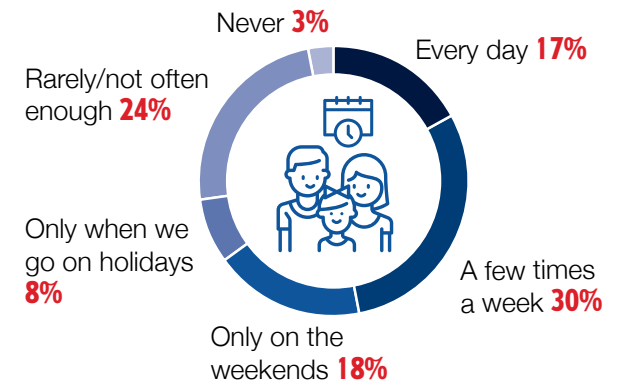
**Dr Happy**



## WHAT DO YOU THINK ARE THE BIGGEST BARRIERS FOR YOU HAVING FUN IN YOUR LIFE?



## HOW OFTEN DO YOU SPEND FUN, QUALITY TIME WITH YOUR FAMILY?



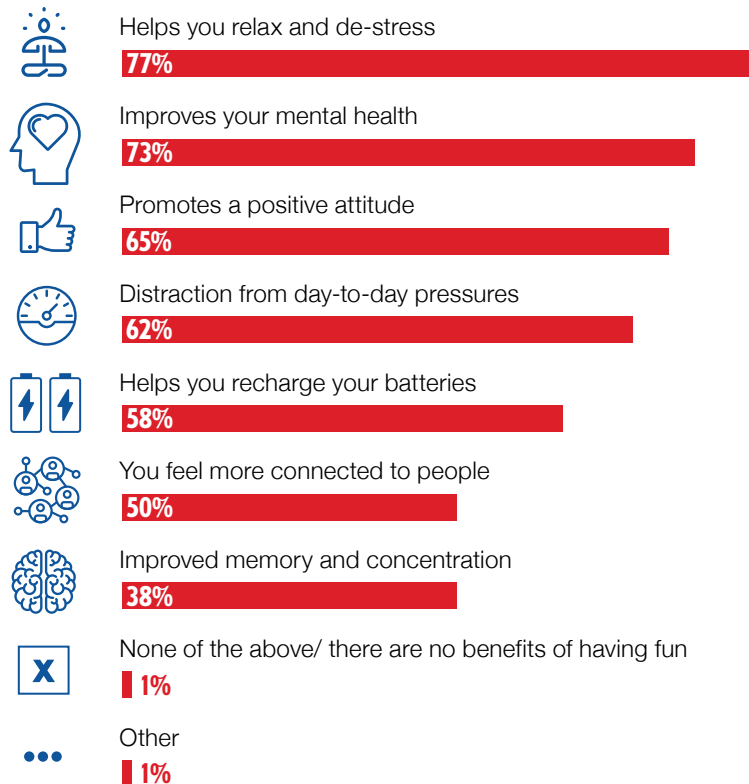
**1/4 of Aussies**  
say they are not spending enough or never spending fun, quality time with family.

# THE BENEFITS OF FUN.

*“I would encourage everyone to plan opportunities for fun in their lives – it doesn’t have to break the bank or be extravagant. It can be as simple as taking the kids to the park with a football. Change your mindset to prioritising fun, and you’ll reap many of the rewards.”*

**Dr Happy**

## WHAT DO YOU THINK ARE THE MOST IMPORTANT BENEFITS OF HAVING FUN?



**IN GOOD NEWS, WHILE AUSTRALIANS AREN'T PRIORITISING HAVING FUN, THEY DO AGREE ON ITS BENEFITS.**

**3/4 OF AUSSIES BELIEVE THAT HAVING FUN...**





# CHOOSING FUN.

## DR HAPPY'S TIPS

...FOR GETTING SOME  
FUN IN YOUR LIFE.

### TIP #1

Always have something in the diary to look forward to – whether it be a family holiday, or a weekend away.

### TIP #2

Allocate time for chores and allocate time for personal or family time.

### TIP #3

Schedule in some quality 'family time' once a week.

### TIP #4

Do something different with friends or family to break out of your comfort zone.

AUSSIES SAY TAKING A HOLIDAY  
IS THE BEST WAY TO HAVE FUN.

64%  
of Aussies

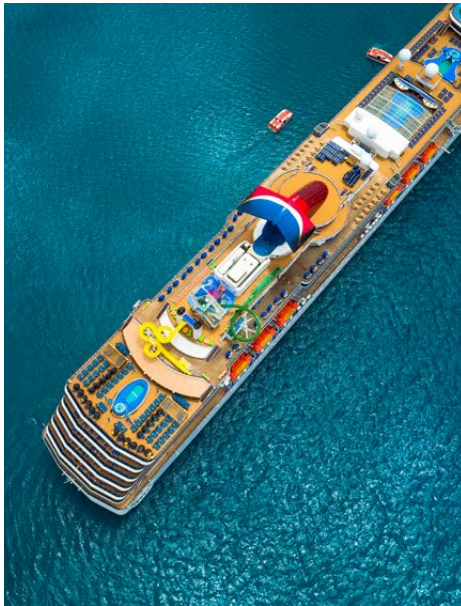
say that the activity that they would find the most fun would be taking a holiday or travelling to a new destination.

Followed by:

- hanging out with friends and family (57%)
- having the time to read a good book or watch a movie or TV (47%)
- going out to dinner or a bar (39%)



## ABOUT CARNIVAL CRUISE LINE.



### **CARNIVAL OFFERS FAMILIES AND COUPLES FUN, MEMORABLE HOLIDAYS AT GREAT VALUE.**

In today's hectic world, making time for fun is more important than ever. With the arrival of Carnival Splendor in December, Carnival will be taking fun to a whole new level.

Designed with this in mind, all Carnival ships offer over 45 activities to enjoy each day, plus Carnival Splendor will feature an adrenaline-packed Green and Gold WaterWorks with two slides that tower 50 metres above the waterline.

When sailing onboard Carnival Splendor, guests can leave those nagging worries and boring chores on land and re-fun themselves with days of endless good times shared with family and friends.



## ABOUT DR HAPPY.



### **DR TIM SHARP IS AUSTRALIA'S VERY OWN 'DR HAPPY', AT THE FOREFRONT OF THE POSITIVE PSYCHOLOGY MOVEMENT AND FOUNDER OF THE HAPPINESS INSTITUTE.**

With three degrees in psychology (including a Ph.D) and an impressive record as an academic, clinician and coach, Dr Happy has run one of Sydney's most respected clinical psychology practices.

He has a highly regarded executive coaching practice, and is founder and CHO (Chief Happiness Officer) of The Happiness Institute, Australia's first and largest organisation devoted to enhancing happiness.

After more than 10 years of formal psychology study, and another decade lecturing in and researching human behaviour and emotion, he has taught at most of the major universities in Australia and is currently Adjunct Professor at both UTS and RMIT.

Actively involved in research, his key areas of interest include enhancing happiness at work and promoting healthy living via positive psychology principles.



THE HAPPINESS INSTITÜTE