

Psychological distress consequences over the pursuing happiness of Venezuelan people- Sentiment Analysis





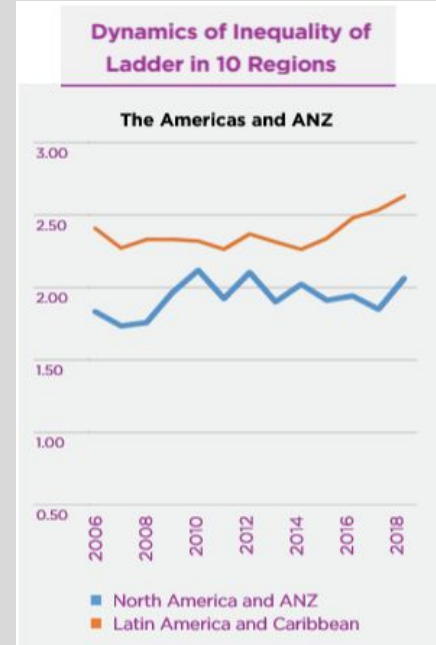
In 2012 the United Nations (UN) by a resolution adopted the pursuit of happiness as a **“universal goal.”**

The **UN's World Happiness Report** presents a global index of happiness, where the countries that figured in the top in the list have a participative and robust democracy, welfare, freedom, low inequality, low corruption, and moderate poverty.

Since 2013 the **Latin America and the Caribbean** region have been losing ladders of happiness, about 1 point, depicts on the next timelines. At the same time in this region, the inequality of happiness has been rising, approximately 1 point. Thus, happiness well-being is low while the income inequalities are high.



Source: World Happiness Report 2019. Figure 2.2: Dynamics of Ladder in 10 Regions.



Source: World Happiness Report 2019. Figure 2.6: Dynamics of Inequality of Ladder in 10 Regions.

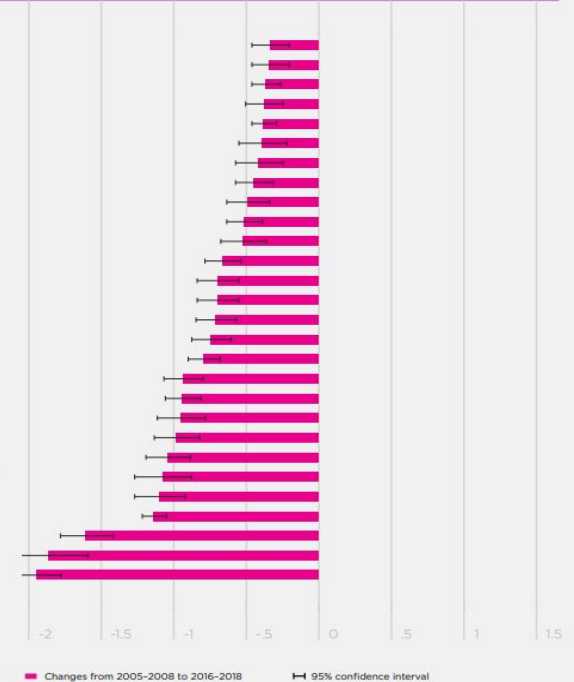
In the last five years, the **Humanitarian Crisis in Venezuela** has been causing destabilization and internal conflicts in the region. Venezuela is in the latest position worldwide of Changes in happiness metric, that means minus 2 points. Also, in the world ranking happiness index, Venezuela is at one hundred-eighth ladder (lower numbers depicts ameliorate performance.)

Source: Pictoline, The New York Times, <https://nvti.ms/31VB1U9>



Figure 2.8: Changes in Happiness from 2005-2008 to 2016-2018 (Part 3)

105. Ireland (-0.337)
106. Denmark (-0.341)
107. Laos (-0.365)
108. Madagascar (-0.377)
109. Singapore (-0.379)
110. Croatia (-0.389)
111. Zambia (-0.413)
112. United States (-0.446)
113. South Africa (-0.490)
114. Italy (-0.512)
115. Afghanistan (-0.520)
116. Saudi Arabia (-0.666)
117. Malaysia (-0.697)
118. Jordan (-0.697)
119. Iran (-0.713)
120. Ukraine (-0.741)
121. Spain (-0.793)
122. Egypt (-0.936)
123. Rwanda (-0.940)
124. Malawi (-0.951)
125. Tanzania (-0.982)
126. Greece (-1.040)
127. Central African Republic (-1.077)
128. Yemen (-1.097)
129. India (-1.137)
130. Botswana (-1.606)
131. Syria (-1.861)
132. Venezuela (-1.944)



Source: World Happiness Report 2019. Figure 2.8: Changes in happiness from 2005-2008 to 2016-2018.

Investigating more the UN report mentioned above, the metrics Social support, Freedom, Corruption, Generosity, and Health life expectancy are using to calculate the **Happiness index**.

All these metrics summary negative and positive consequences; **for Venezuela is predominant the negative aspect - 135**, representing a high value and bad performance (world ranking worst number is 155.)

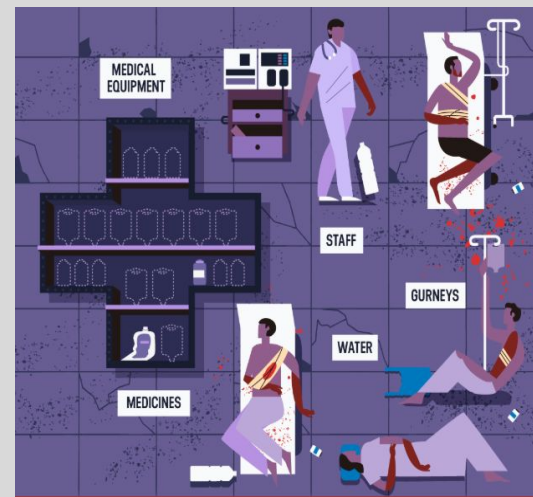
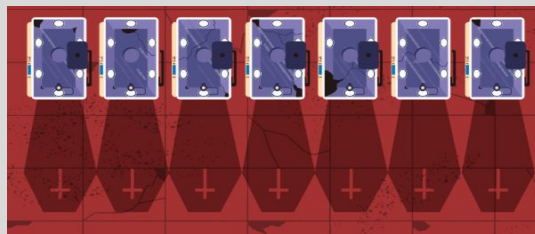
Happiness League Tables

Country (region)	Ladder	SD of ladder	Positive affect	Negative affect	Social support	Freedom	Corruption	Generosity	Log of GDP per capita	Healthy life expectancy
Venezuela	108	141	77	135	49	145	110	139	78	71

Thus it's time to dig a little deeper into the **effect of the crisis over the Venezuelan mental and physical well-being, like depression, suicide, anxiety, and precarity health.**



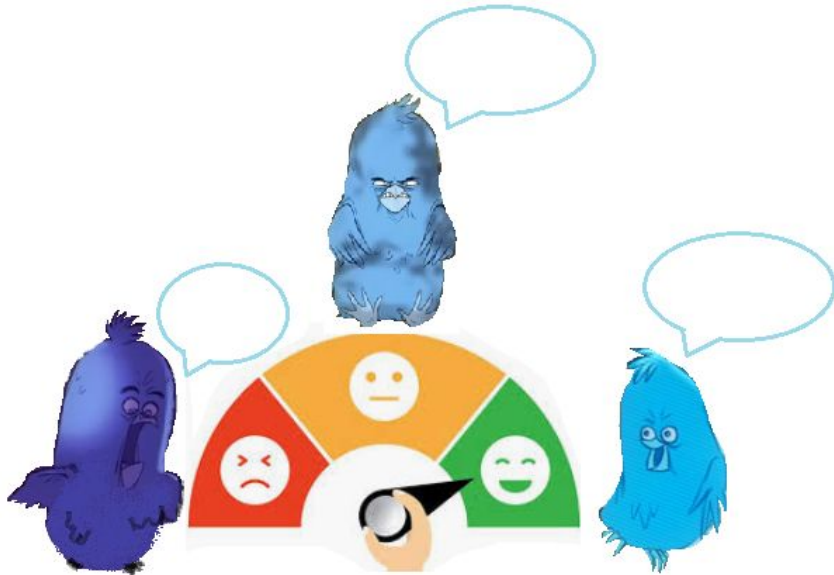
Source: Pictoline.The New York Times, <https://nvti.ms/31VBLI9>



Now, the situation is worse about **scarce medicines**, triggering more situations of mental instability. Due to crisis, chaos, and uncertainty, the **Venezuelan are at higher risk for psychological distress and mental health conditions**, adding the grief of families for the forced separation due to enormous exodus



```
1 #pip install textblob
2
3 #import TextBlob
4 from textblob import TextBlob
5
6 text = "Python is a very good language to learn"
7
8 obj = TextBlob(text)
9
10 #returns the sentiment of text
11 #by returning a value between -1.0 and 1.0
12 sentiment = obj.sentiment.polarity
13
14 #print(sentiment)
```



In light of this theme that touches the mood and emotions, we used the **Sentiment approach** as a valuable tool to have direct access to the feeling of Venezuelan people.

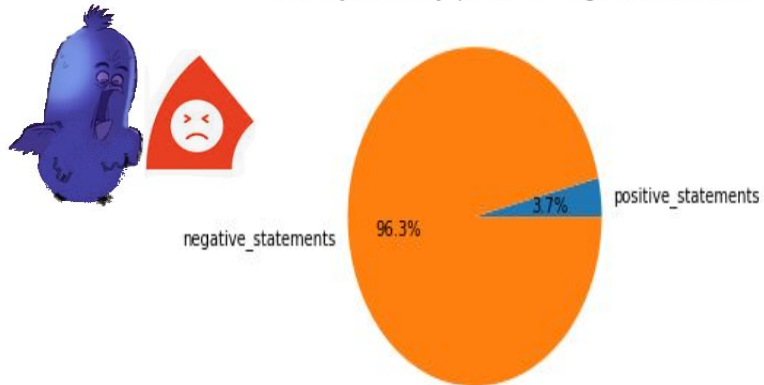
For three hours, we gathered 34166 tweets and using the keywords related to Venezuela, anxiety, depression, suicide, crisis, and scarce medicaments.

Then, we cleaned the dataset and classified by the sentiment function of Textblob into a pair of values, composed by polarity and subjectivity.

The **Polarity score** comprises a range from -1 to 1, being -1 a negative statement and 1 a positive statement. The graph below depicts our findings; **the majority of users 96.3% shared a negative comment, opinion, judgment, or feeling that could affect their mental health. Contrary, only 3.7% sent positive statements about it.**

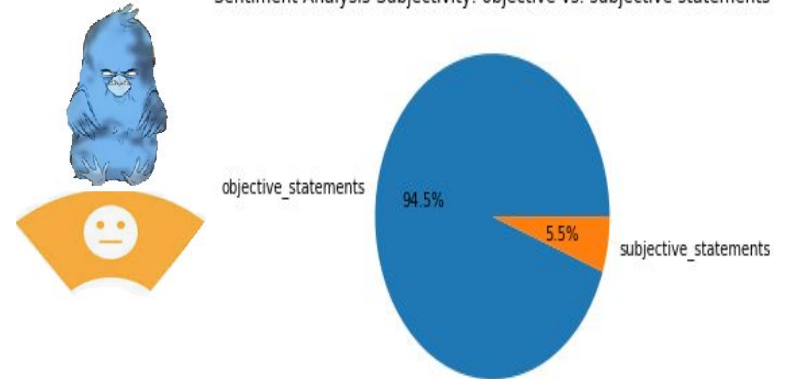
In sum, there is a high polarity with high negative feelings, because the people feel unsatisfied about the actual economic crisis in Venezuela.

Sentiment Analysis-Polarity: positive vs. negative statements



The **Subjectivity property** is a value within the range from 0.0 to 1.0; the extreme 0 represents very objective, rather than 1.0 represents very subjective. The pie chart below shows that **the majority of statements refers to factual information 94.5%, contrary to 5.5% applies to public opinion.** Thus, it confirmed several national and international reports of Venezuela about the precarious situation.

Sentiment Analysis-Subjectivity: objective vs. subjective statements



In brief, our **Sentiment approach determined a high number of negative reviews and objective statements**. Hence, the topics related to mental health conditions are sensitive, touching each individual in a factually way.

Consequently, the Venezuelan mental health and psychosocial needs should be treated for national and international organizations, who play a vital role in social intervention to relief and prevent depression, anxiety, suicide, fear, dependence, apathy, and scarce medicaments. Thus, while the crisis continues, the Pursuing of Happiness of Venezuelan people is far away.

Now, local organization and non-profits are running few **programs to bring mental support by free anonymous calls**, such as, **Psychologists without borders - Venezuela A.C** and **Venezuelan Federation of Psychologists**.

For medicines, there are international relief organizations **donating drugs**, such as the **International Red Cross**, within the **humanitarian aid movement**, but we do not obtain details about the refills and prescription of medication for mental health. Although, they have the program **Restoring Family Links (RFL)** it helps people separated from their families by immigration or violence, to restore contact with their relatives.



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 *federación de psicólogos de venezuela*

RESTORING FAMILY LINKS



ICRC

VRC volunteers provide connectivity services to people in the move at 15 locations throughout Venezuela, one of them located at Caracas bus terminal.



Works cited

- World Happiness Report 2019. Figure 2.2: Dynamics of Ladder in 10 Regions. Pg.15
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- 3 hours. Retrieve from <http://bit.ly/31UudVT>
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- Twitter bird: sad, neutral, and happy. Retrieve from <https://youtu.be/UKftOH54iNU>