

Does a higher IQ lead to a better, happier life?

[In] a [new study](#) conducted by Ana Dimitrijevic and colleagues, [the researchers] attempted to assess the relationship between multiple indicators of intelligence and multiple indicators of well-being. They relied on the following definition of intelligence: “the ability to understand complex ideas, to adapt effectively to the environment, to learn from experience, to engage in various forms of reasoning, and to overcome obstacles by taking thought.”

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The researchers found that both IQ and emotional intelligence were independently correlated with well-being. IQ was positively correlated with personal relationships, self-acceptance, personal growth, mastery, and purpose in life. Emotional intelligence was correlated with the same well-being measures, but was additionally related to a sense of autonomy in life.

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Once socioeconomic status (SES) was taken into account (reflecting higher education and income), however, there was no relationship between IQ and well-being. According to the researchers, this suggests that IQ leads “to greater contentment with oneself and life primarily by enabling one to acquire the social status and financial means which ensure better opportunities and quality of life.”

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I believe a great responsibility we have as a society is to ensure that all people— regardless of their IQ score— are able to self-actualize and lead a life of self-acceptance, autonomy, meaning, and positive social relationships.

Read full, original post: [Can Intelligence Buy You Happiness?](#)