



TOD and Shared Happiness in Cities

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Smart and Empathic Cities: Can urban spaces enable positive and shared emotional experiences?



Understanding Individual- and population-level differences.



Designing policies and interventions that promote shared experiences and unite people.

The role of public transportation and TOD?



Auto-dominant cities can lead to social exclusion

When car is the dominant mode, some groups are favored and some are insulted.



Arlington, Texas



Figure 1. The Tom J. Vandergriff Bronze Statue seen from the front entrance (left) and the Statue seen from the back entrance by the parking lot (right). Photo Credit: Yingling Fan (left) and www.arlington-tx.gov (right)

A troubling tradition

- Reducing human experience to the single-dimension of efficiency.
- This is kind of the Tech Bros' ultimate transportation solution to maximize efficiency.



Theory of Positive Emotions

Fredrickson, Barbara L., et al. "Open hearts build lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources." Journal of personality and social psychology 95.5 (2008): 1045.

- Positive emotions can be shaped by human behavior.
- Positive emotions contribute to long-term human development.
- Urban planners can contribute to human development by leveraging the environment-behavior-emotion connections.

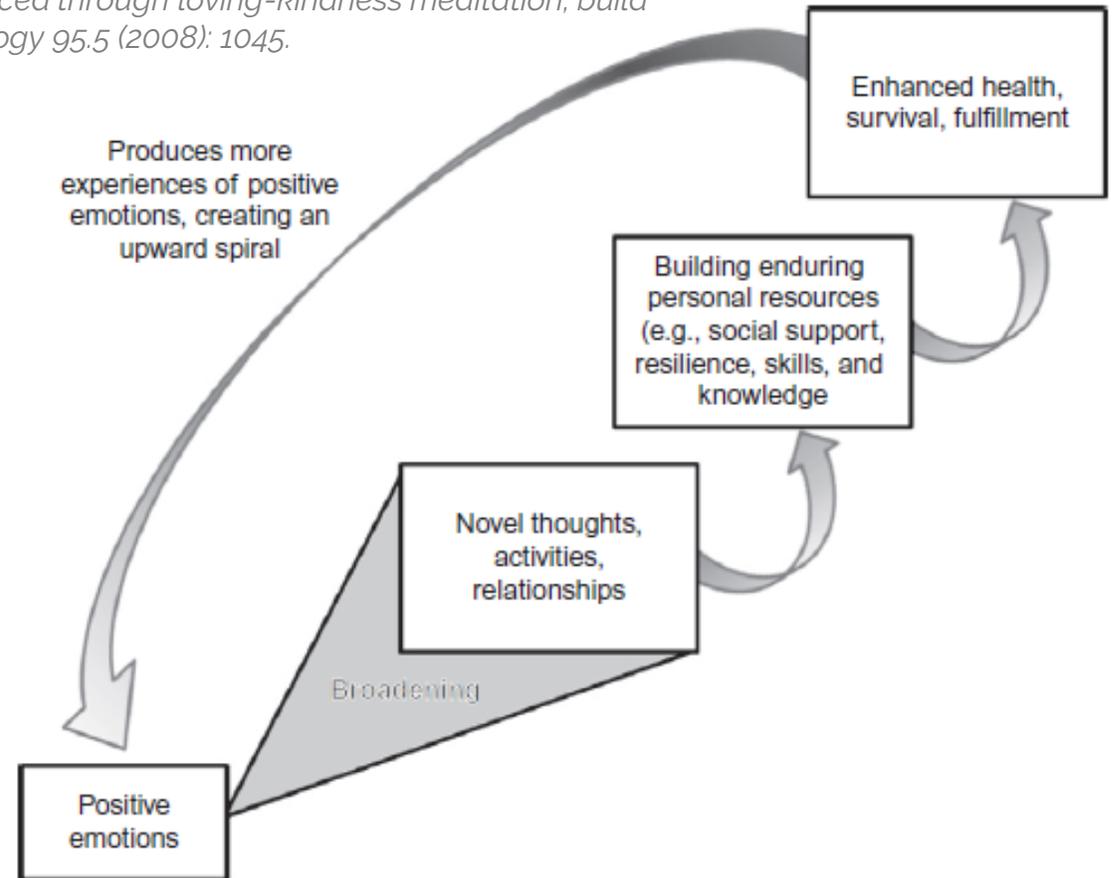
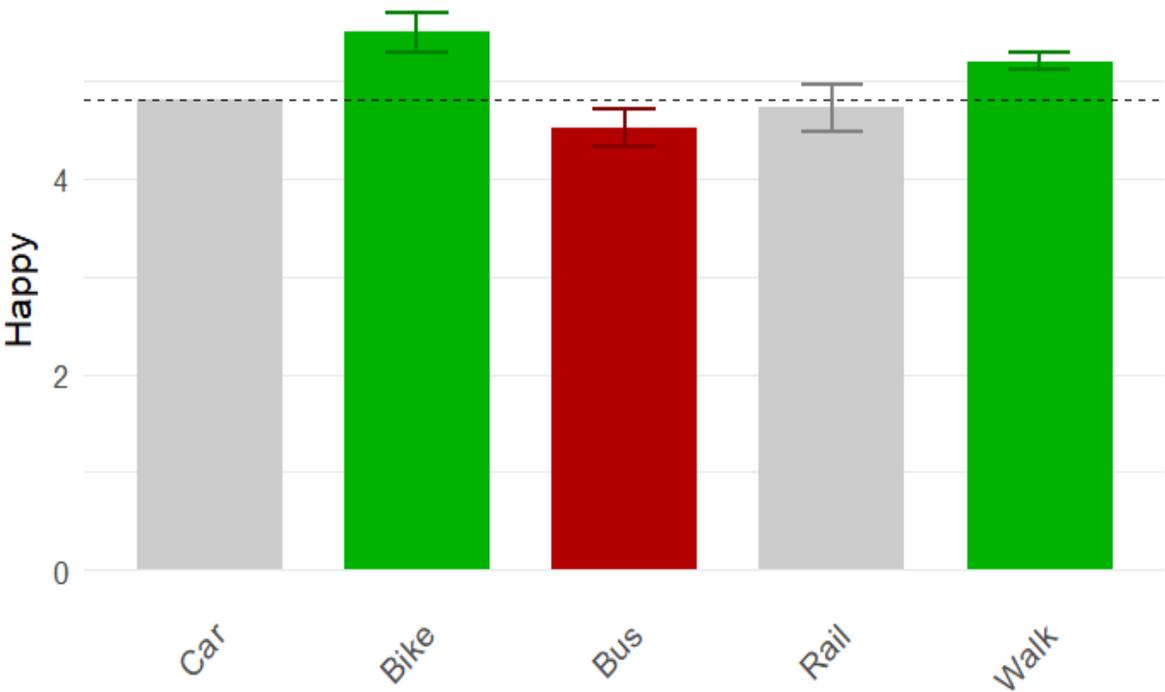


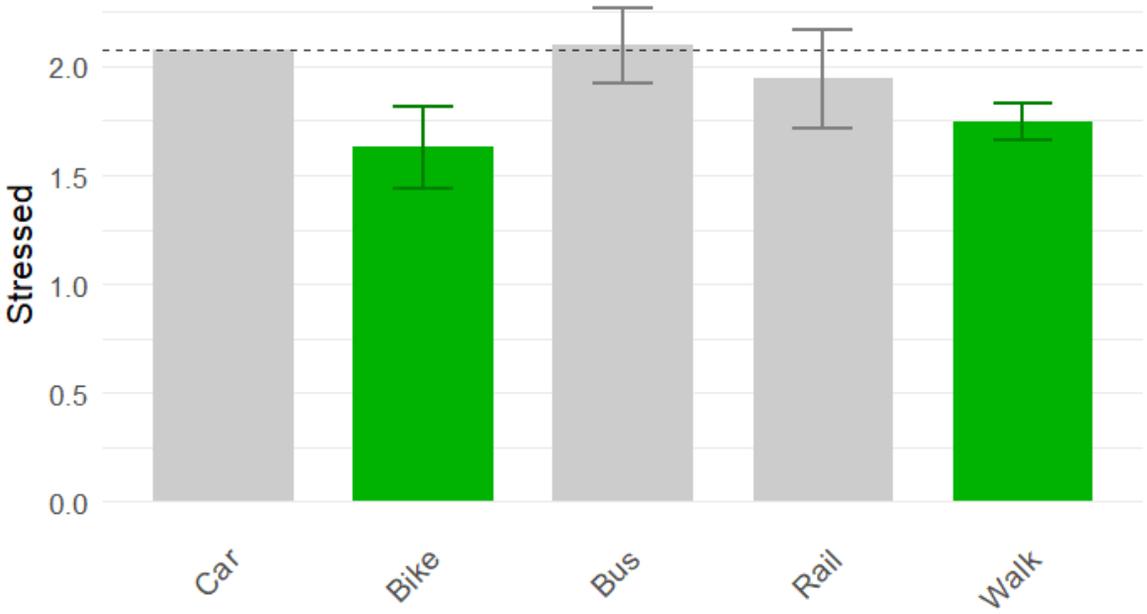
Figure 1.1 The broaden-and-build theory of positive emotions. *Adapted from Fredrickson and Cohn (2008, Fig. 48.1)*

Emotional Experiences by travel mode

Happy by travel mode

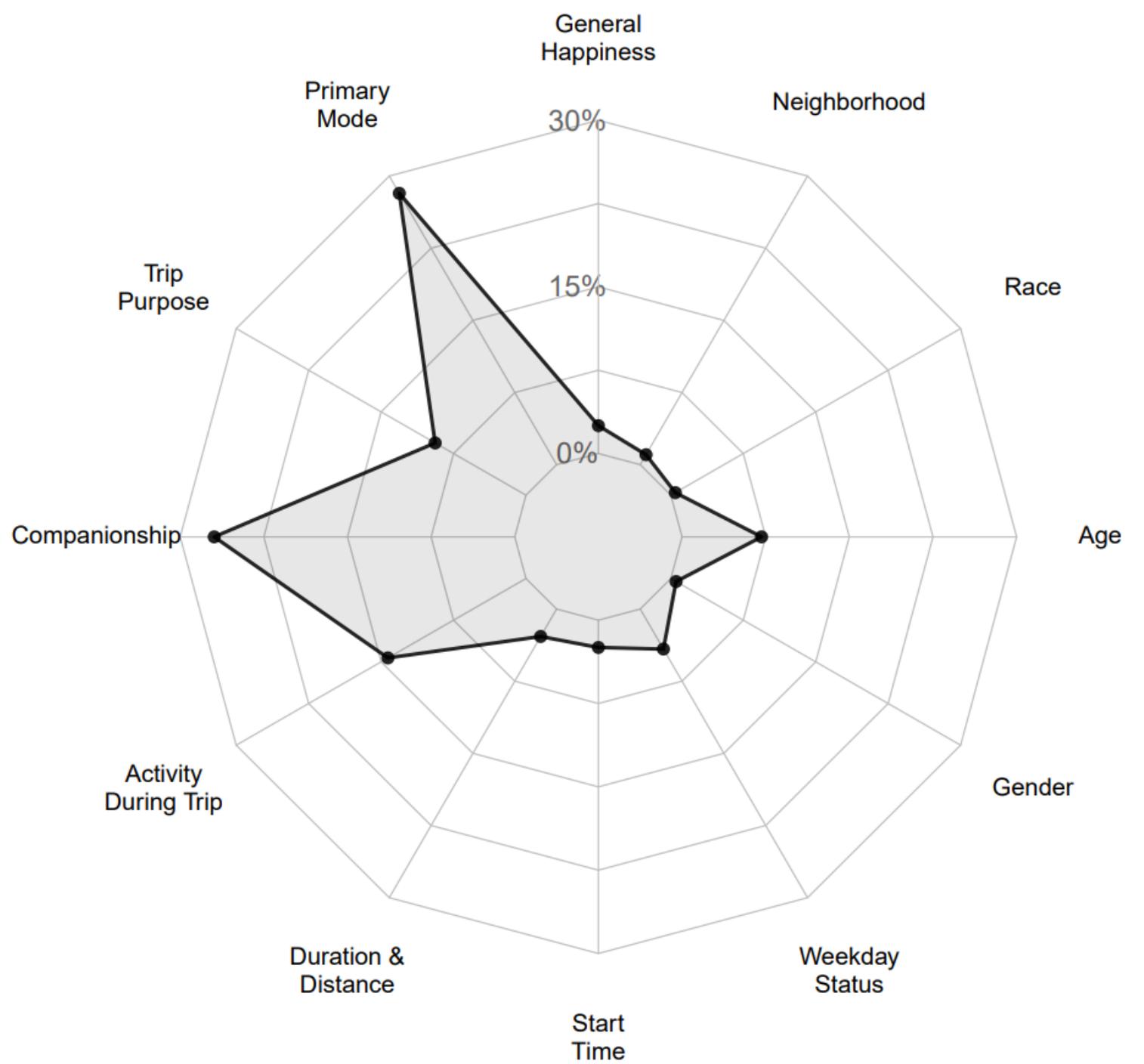


Stressed by travel mode

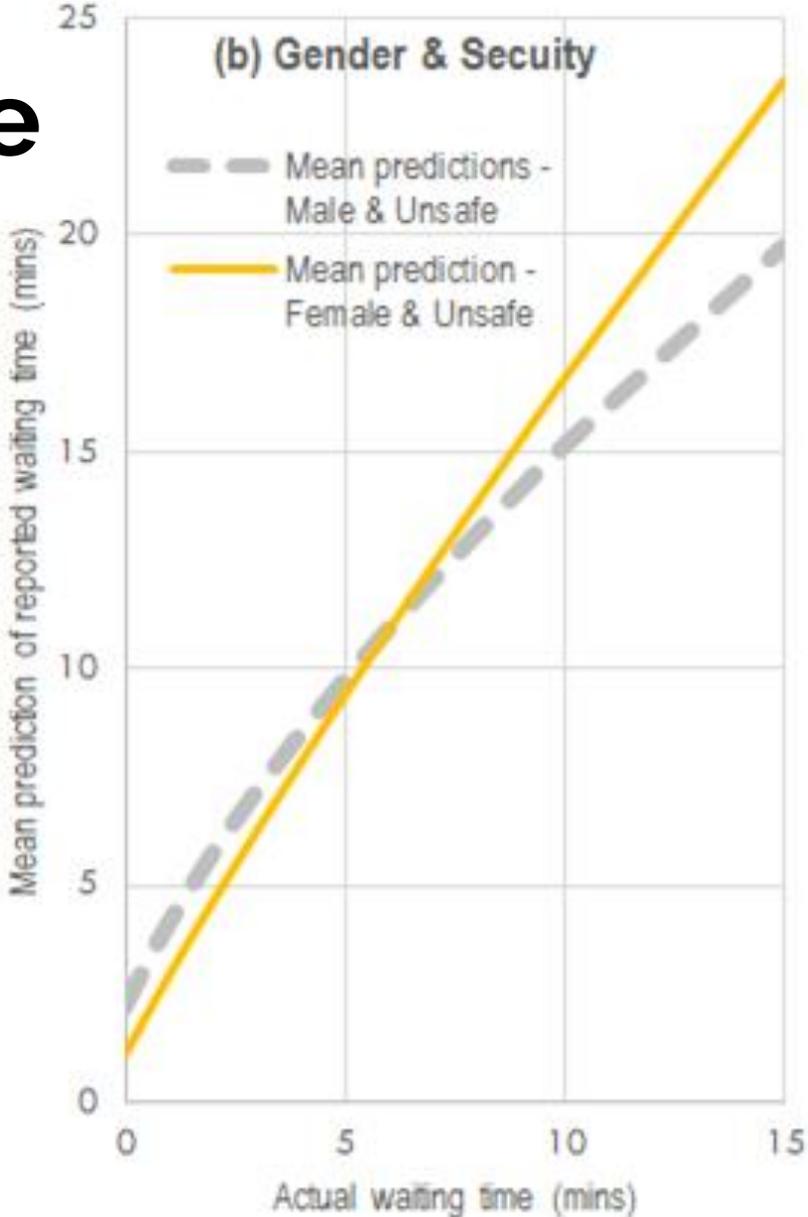


Adjusted for age, sex, race, employment status, income, family status, general health, life satisfaction, optimism/pessimism, disability, neighborhood characteristics, and trip duration.

Which factors most important?

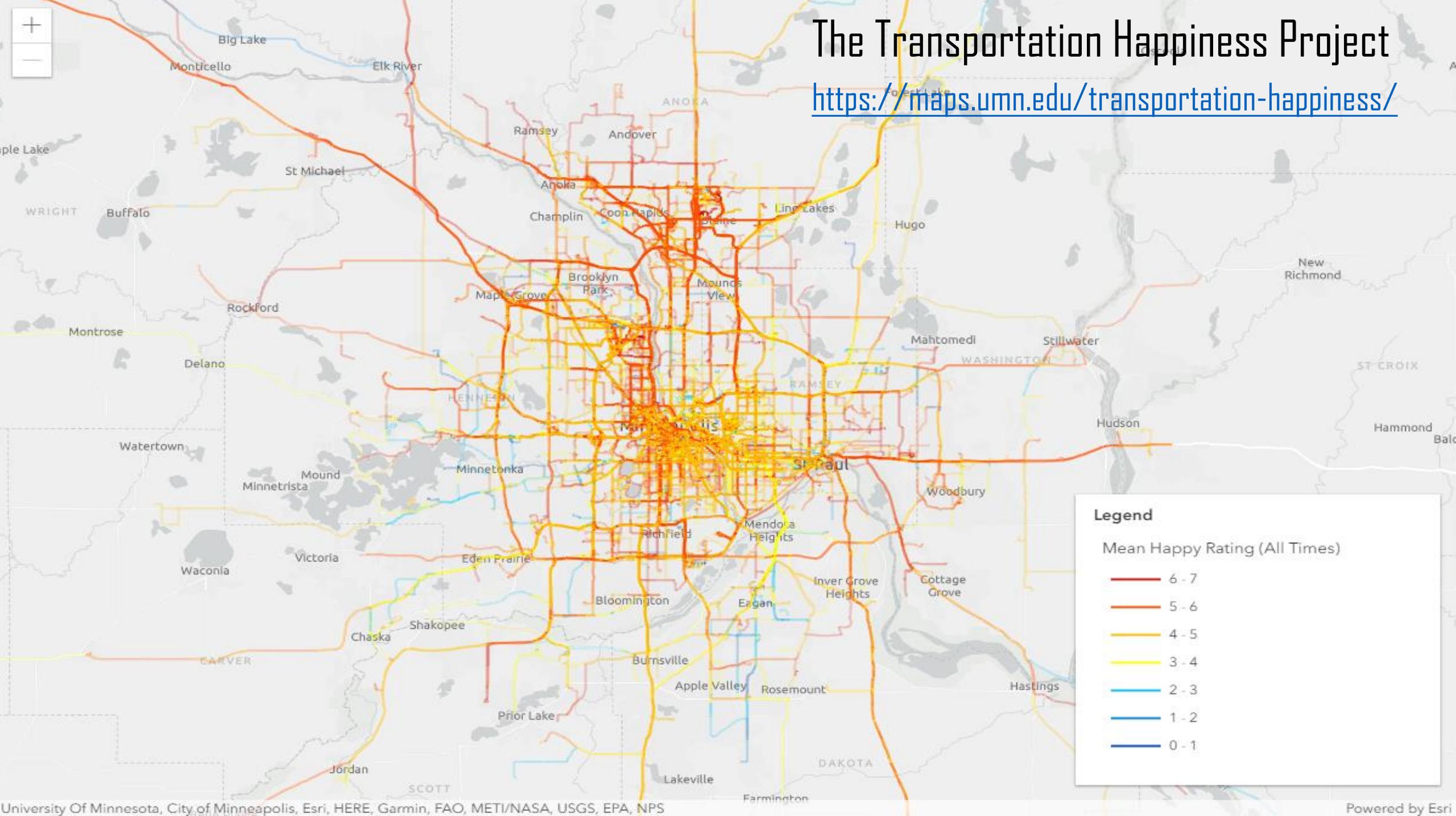


Gender and Waiting Experience



The Transportation Happiness Project

<https://maps.umn.edu/transportation-happiness/>



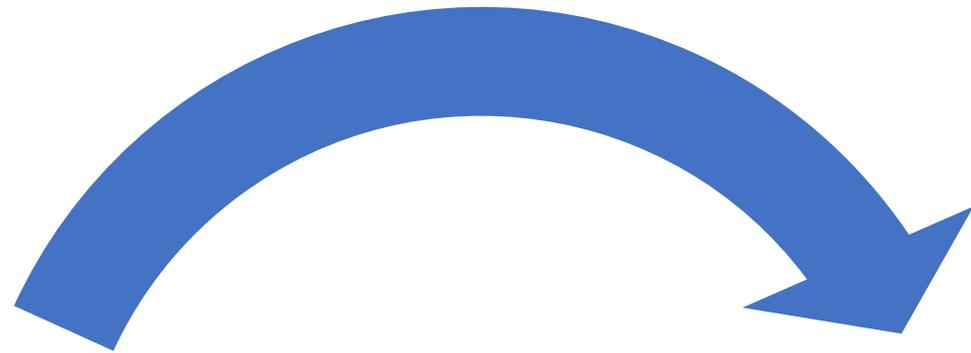
Shared Happiness

- It's about “we”—the public.
- The quality and inclusiveness of public transportation is essential for building equitable and empathic cities promoting shared happiness.

Equity
the quality of being fair and impartial



Empathy
the ability to understand and share the feelings of another





Thank you.

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