



World Happiness Report 2024

How do we measure happiness? WHR 2023

<https://www.youtube.com/watch?v=VMbaOcyDtsQ>

The World Happiness Report is a publication that contains articles and rankings of national happiness, based on respondent ratings of their own lives, which the report correlates with six quality of life factors.

The World Happiness Report is a partnership of Gallup, the Oxford Wellbeing Research Centre, the UN Sustainable Development Solutions Network.

World Happiness Report: What factors impact happiness?

- 1. Social Support-** This is the best predictor of happiness. If people feel like they have at least one person they can reach out to when they're in need, they are more likely to feel secure.
- 2. GDP per capita-** This is how much a country produces divided by its population.
- 3. A healthy life expectancy-** The researchers look at the physical and mental health of a country's population.
- 4. Freedom to make life choices-** This plays a key role in how happy one feels.
- 5. Generosity-** This factor looks at how charitable a country's people are.
- 6. Perception of Corruption-** How corrupt are a country's government and business policies?

World Happiness Report 2024 Top Ten Countries

1. Finland
2. Denmark
3. Iceland
4. Sweden
5. Israel
6. Netherlands
7. Norway
8. Luxembourg
9. Switzerland
10. Australia

Other Countries of Interest

23. U.S.
25. Mexico
31. Taiwan
44. Brazil
48. Argentina
51. Japan
52. South Korea
54. Vietnam
58. Thailand
60. China

DISCUSSION QUESTIONS:

1. What makes you happy?
2. In your opinion, is happiness a choice or a result of circumstances?
3. How do cultural differences influence happiness?
4. How does social connection contribute to happiness?
5. Can happiness be sustained, or is it temporary?
6. How does age influence happiness?
7. Can money buy happiness? Why or why not?
8. What are some practical ways to increase happiness in one's life?
9. How does social media affect happiness?
10. In what ways can people find purpose and meaning in their lives, and how does this relate to happiness?
11. Is happiness a skill that can be learned?
12. If you could live in any country, assuming that language and money are no problem, which country would you choose?

Ann Hillen
eslann.com

Notes:

1) The top countries no longer include any of the largest countries. In the top ten countries only the Netherlands and Australia have populations over 15 million. In the whole of the top twenty, only Canada and the United Kingdom have populations over 30 million.

2) "The World Happiness Report reflects a worldwide demand for more attention to happiness and well-being as criteria for government policy," states its website. "It reviews the state of happiness in the world today and shows how the science of happiness explains personal and national variations in happiness."

3) The poll gathers responses from over 100,000 people from all around the world. People in different countries rank their happiness by imagining a ladder with 10 steps. The first and lowest step of the ladder represents the worst of the worst a person's life can be. The tenth and highest step represents a person's best life. Researchers then ask people which step they believe they're on.

Read the full report at
<https://worldhappiness.report>