



## RACE IAS

### World Happiness Report 2022

- **Published by:** United Nations Sustainable Development Solutions Network.
- **About the report:** This year marks the 10th anniversary of the World Happiness Report, it is published since 2012.
  - It uses global survey data to report how people evaluate their own lives in more than 150 countries worldwide.
- **Indicators:** There are three main well-being indicators: life evaluations, positive emotions, and negative emotions (described in the report as positive and negative affect).
- **Basis:** The Report is based on two key ideas, (1) happiness or life evaluation measured through opinion surveys and (2) identifying key elements that determine well-being and life evaluation across countries.
- **World Happiness Report 2022:** Special attention given to specific daily emotions (the components of positive and negative affect) to better track how COVID-19 has altered different aspects of life.
- **Ranking:** Finland occupy the top spot, followed by Denmark while Iceland and Switzerland stood at third and fourth rank. Netherlands, Luxembourg, Norway, Israel, and New Zealand were the remaining countries in the top 10.
  - Afghanistan held the last position of 146th in the list, with Lebanon (145th), Zimbabwe (144th), Rwanda (143rd), and Botswana (142nd) following.
- **India:** India ranks 136th.
- **Calculation:** It rates 150 nations (146 in 2022) based on personal well-being, levels of GDP, life expectancy, and other quality of life measures. Based on an average of data collected over three years and a mathematical formula, the list awards a score from 0 to 10.

#### Highlights of the Report:

- Positive emotions are more than twice as frequent as negative emotions. As per the last year's data, the global average of positive emotions was 0.66 (i.e.,

the average respondent experienced 2 of the 3 positive emotions the previous day) compared to the global average of 0.29 for negative emotions.

- Finland has been named the world's happiest country for the fifth year consecutively.
- The biggest gains in happiness have taken place in Serbia, Bulgaria and Romania.
- India's ranking improved from 139 to 136 in 2022.
- Life evaluations in Asia show some growth in East and Southeast Asia and drops since 2010 in South Asia.



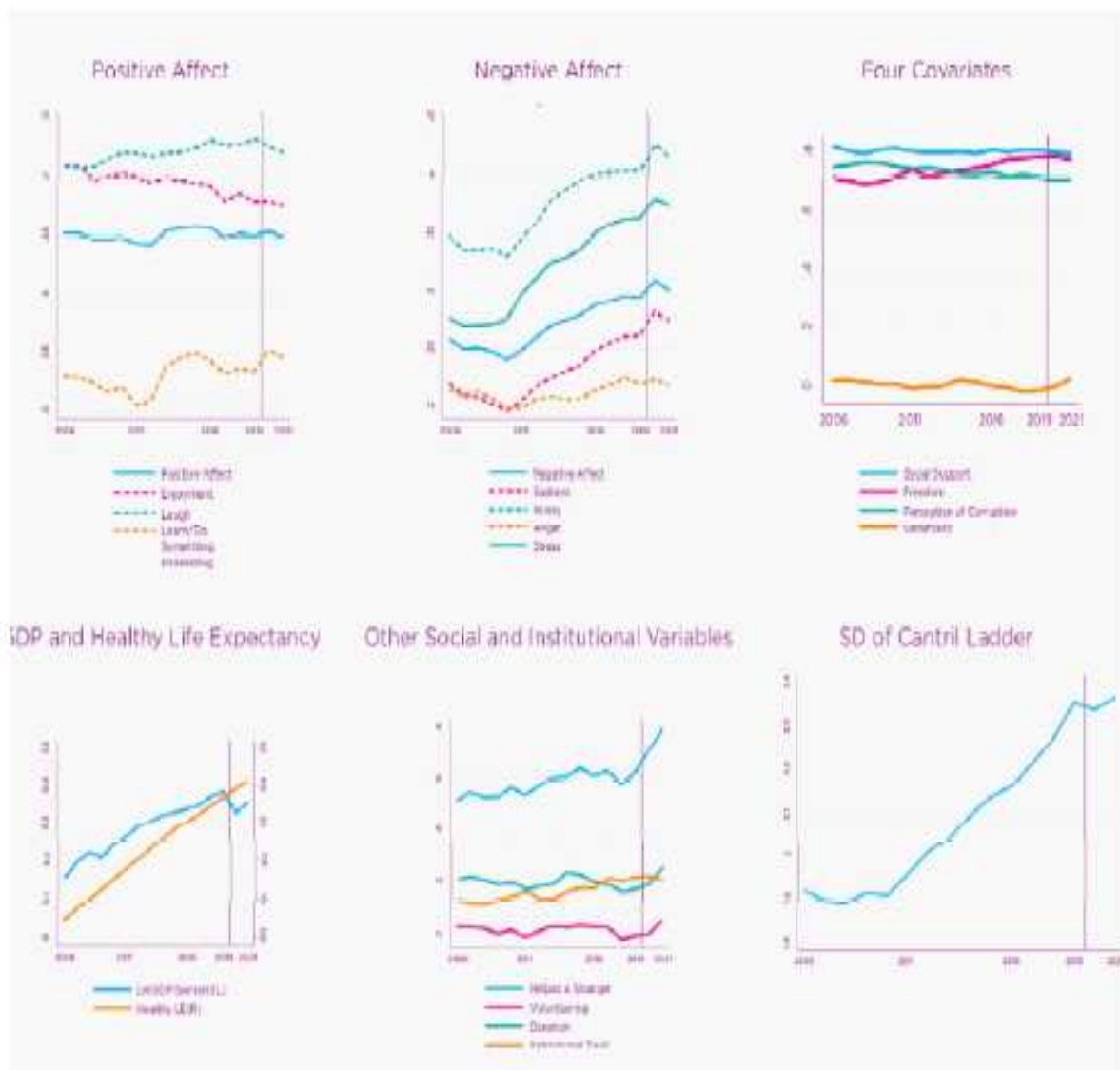
### Happiness during COVID- 19 and beyond:

- Countries where people trusted their governments and each other experienced lower COVID-19 death tolls and set the stage for maintaining or rebuilding a sense of common purpose to deliver happier, healthier and more sustainable lives.
- COVID-19 has reduced the effect of income on life satisfaction, increased the benefits of having someone to count on in times of trouble, and increased the

negative effects of having a health problem or being unemployed.

- Individual-level data for emotions and life evaluations reveal that COVID-19 has worsened the well-being costs of unemployment and ill health.
- The pandemic has also exposed, but not increased, pre-existing differences between males and females and between those with low and high incomes.

### Global trends from 2006 through 2021:



### About UN Sustainable Development Solutions Network:

- It is a nonprofit made by the United Nations in 2012 to advance the Sustainable Development Goals (SDGs).
- SDSN networks around the world are platforms to promote and share sustainable development solutions that can be put into practice.

- They are crucial for the continued improvement of emerging economies in ASEAN in a way that minimizes negative impact on the environment, generates employment and inclusive growth, and helps to eradicate poverty.
- The Sustainable Development Report is prepared by independent experts at the Sustainable Development Solutions Network (SDSN) and the Bertelsmann Stiftung.

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