

World's happiest country for the year 2022

Which is the happiest country in the world?

According to the 2022 World Happiness Report, Finland is the happiest country in the world for the fifth year in a row. It's followed by Denmark, Iceland, Switzerland, and the Netherlands in the annual survey released on Friday, March 18, 2022, that ranks countries by how happy their citizens perceive themselves to be. European countries, including Norway, Sweden, and Luxembourg dominate the rest of the top 10.

In fact, the only countries outside of Europe to make the top 10 in 2022 are Israel and New Zealand, which ranked ninth and tenth respectively. The United States gained three spots, coming in at 16 in the rankings this year, while the United Kingdom maintained its spot at 17 since last year. Meanwhile, China jumped from 84 to 72 in this year's report, showing that people's perception of how their country handled the pandemic could have also contributed to an overall rise in well-being.



“In Finland as well, of course, people have been suffering,” Anu Partanen, author of the nortic theory of everything told the Associated Press. “But again in Finland and the Nordic countries, people are really lucky because society still supports a system buffering these sorts of shocks.”

Why is Finland the happiest country in the world?

The World Happiness Report bases its annual rankings of 146 countries using data from the main life evaluation question in the Gallup World Poll.

In it, respondents are asked to rate their current lives on a 0 to 10 scale, with 10 being the best possible life for them and 0 being the worst possible life. The countries that made the top 10 this year ranged from New Zealand's 7.2 up to 7.821 for Finland at the top. Afghanistan had the lowest score at 2.404.

While these results are based entirely on self-perception, factors that the Happiness Report says contribute to making these life evaluations better in each country include a high GDP per capita, a strong social support system among friends and family, healthy life expectancy, freedom to make life choices, absence of corruption in government and the business world, and generosity when it comes to donating to charity.



What are the Factors that contribute into happiness in a country?

Data is collected from people in over 150 countries. Each variable measured reveals a populated-weighted average score on a scale running from 0 to 10 that is tracked over time and compared against other countries. These variables currently include:

- real GDP per capita
- social support
- healthy life expectancy
- freedom to make life choices
- generosity
- perceptions of corruption

Each country is also compared against a hypothetical nation called Dystopia. Dystopia represents the lowest national averages for each key variable and is, along with residual error, used as a regression benchmark. The six metrics are used to explain the estimated extent to which each of these factors contribute to increasing life satisfaction when compared to the hypothetical nation of Dystopia, but they themselves do not have an impact on the total score reported for each country.





Is Europe the happiest Continent?

Northern Europeans' high levels of reported happiness likely comes from the stability in their European countries and their trust in government, even during a pandemic. "People feel secure in those countries, so trust is high," Jeffrey Sachs an economist at Columbia University and one of the reports' co-authors, told the Associated Press. "The government is seen to be credible and honest, and trust in each other is high."

Countries at the bottom of the scale disproportionately represented Africa and the Middle East. Those places tended to fare worse because of their lower levels of GDP per capita, social support, and life expectancies.

The absence of stress about employment, finances, food, and health are some of the things that contribute to happiness—which is more of a result all-around contentment rather than a fleeting feeling, Ingrid Fetell Lee, the author of the book *Joyful*. The countries that dominated the list in 2020 had also been top contenders in previous years, likely due to relatively stable living conditions there.

Where does India Stand?

India ranked 136th on the World Happiness Report compiled and released by the United Nations Sustainable Development Solutions Network on Saturday. It has ranked a total of 150 countries.

India's position improved by three notches from last year's 139th rank. The Happiness Index considers positive and negative effects: positive effect measured in happiness, laugh and enjoyment, whereas negative effect measured in worry, sadness and anger. On both these factors, India's ranking has slipped.

