

Smiling Across Borders

The *World Happiness Report* reflects a worldwide demand for more attention to happiness and well-being as criteria for government policy. It reviews the state of happiness in the world today and shows how the science of happiness explains personal and national variations in happiness. “Smiling Across Borders” focusing on SDG 3: “Good Health and Well-Being”, which aims to ensure healthy lives and promote well-being for people of all ages.

Section 1: Map

In today's fast-paced world, the numerous demands and hectic schedules often cause individuals to overlook activities that contribute to their happiness. This neglect can diminish overall well-being and work performance, ultimately affecting their quality of life.

From the first visualization, we can observe a global happiness map where countries are color-coded: yellow indicates the happiest countries, while deep blue represents the saddest ones.

The map reveals that numerous countries are experiencing significant levels of unhappiness, influenced by a diverse range of factors.

By examining the colors on the map, we can gain insights into the factors shaping global well-being. This visualization highlights the stark contrasts between the happiest and saddest nations, encouraging us to explore the root causes of unhappiness and consider potential solutions for enhancing global well-being.

Section 2: Bar Chart

From this section, we can see the happiness scores among ASEAN countries. Singapore stands out as the happiest country in the region, ranking 30th globally. In contrast, Indonesia is the least happy in ASEAN, positioned at 80th in the world.

How can Indonesia be the least happy country in the region?

Indonesia is an archipelago state that has thousands of islands and 38 provinces, offering a rich variety of religions, languages, and cultures. This diversity leads to different life experiences and levels of stability across the nation. Understanding this helps us appreciate the complex social and economic challenges Indonesia faces.

Indonesia ranks as the least happy country in ASEAN due to several contributing factors. Economic challenges, including income inequality and high unemployment rates, play a significant role. Additionally, social issues such as inadequate healthcare and education, coupled with environmental problems like pollution and natural disasters, further impact overall happiness. Political instability and corruption also contribute to a sense of dissatisfaction among

the population. All these factors combined create an environment where many Indonesians struggle to find consistent well-being and happiness.

Section 3: Factors that Affect Happiness

There are several factors that affects happiness:

- Social support. A healthy and supportive environment around us can boost our endorphin levels, leading to increased happiness and a clear mind. This positive state can significantly enhance our daily activities.
- Freedom of choices. Freedom of choice can affect happiness because it gives individuals a sense of autonomy and control over their lives. This sense of empowerment can lead to higher levels of happiness and well-being. On the other hand, when choices are limited or imposed, individuals may feel constrained and less satisfied with their lives, which can negatively impact their happiness.
- GDP per capita. GDP per capita can affect happiness because it is often linked to material well-being and access to resources. Countries with higher GDP per capita generally have better infrastructure, healthcare, education, and standard of living, which can contribute to overall life satisfaction.
- Lifestyle. Lifestyle involves the daily routines and decisions that impact our overall well-being. A healthy lifestyle, characterized by regular exercise, a balanced diet, and adequate rest, can enhance both physical health and mental acuity, ultimately boosting happiness. Similarly, achieving a harmonious balance between work and personal life, along with effective stress management and relaxation practices, can also promote a sense of satisfaction and well-being.

Section 4: Scatter Plot

According to Harvard studies, happiness significantly impacts longevity, with happier individuals having a **30% lower risk of early death**. This compelling statistic underscores the profound connection between emotional well-being and physical health. Embracing joy and positivity not only enhances our daily lives but also extends our lifespan.

Section 5: Quotes

Based on these explanations, we can say that happiness has a significant impact, leading to success, health, and longer life. Happiness is not just a fleeting emotion, but a state of being that we can actively cultivate. Prioritizing happiness is crucial as it not only enhances our quality of life but also positively impacts our physical and mental health. By recognizing and actively pursuing the factors that contribute to happiness and overall well-being, we can lead more fulfilling and satisfying lives.

References:

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<https://time.com/collection/guide-to-happiness/4217052/do-happy-people-really-live-longer/>

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Home. Home | The World Happiness Report. (n.d.). <https://worldhappiness.report/>

Link Dataset:

<https://www.kaggle.com/datasets/ajaypalsinghlo/world-happiness-report-2021?select=world-happiness-report-2021.csv>