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URL of video:

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Transcripts of Narration:

Who is happy?

One of the most difficult questions. Right? Let's talk about it in a general way, how can we tell which country's people are happy? So, to answer this question United Nations Sustainable Development Solutions Network has started to measure happiness based on six factors:

Let's discuss these factors one by one :

1. GDP stands for gross domestic product which means the total monetary value of the goods and services produced within a country during a specific period of time. In simple words, we can say higher the GDP, the wealthier the nation.

Second point is:

2. Healthy life expectancy: Happiness is directly proportional to a healthy lifestyle. Happiness is measured by estimating how many years a person lives in a healthy state or can say person's average life in good health. Moreover, when people are healthy, they enjoy more aspects of their life.

The next point is:

3. Freedom of speech: What you want, what to do with your life is totally up to you. Nobody has a right to control other's decisions. People can share their views, and can give a piece of advice, but cannot pressurize anyone for anything. Therefore, happiness lies there where people have the liberty to make pearls or choices.

One of the most important points

4. Social support: Supporting each other makes our life easy. Support can be emotional, informational, tangible, and intangible. According to the researchers, social support is a perfect medicament for stress. It releases tension and promotes a positive and cheerful environment.

Supporting each other is a key to happiness.

5. Generosity: Generous people are the prettiest people, Sharing, loving, and caring makes us generous. People who share and love others tend to live happier than those who don't.

And the last point is:

6. Perception of corruption: As we know that honest people are respected everywhere, happiness comes where there is honesty. Corruption drowns the country. Therefore, a country where there is corruption can never move forward.

By considering all above all six factors United Nations Sustainable Development Solution Network conducted a survey in which 149 countries are covered.

Here on the map, the color scale is showing the scores. Darker the color, the higher the score. And higher the score happier the nation. So, it is being observed that Finland has the highest Score and happiest nation. In general North American countries are happier than Asia pacific countries.

This image depicts the information of the world's 10 happiest countries.

Finland has been marked as the happiest country for four consecutive year, followed by other nations like Denmark, Switzerland, Iceland Netherlands, Norway, Sweden, Luxembourg, New Zealand, and Austria.

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