

World Happiness Report

Happiness Trends and Contributing Factors (2011-2024)

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Introduction

This report analyzes the data from the 2025 World Happiness Report, which looks at global happiness trends and factors that contribute to national happiness levels from 2011 to 2024. The dataset contains happiness rankings and scores for 169 countries.

Global Happiness Trends

Overall Trends (2011-2024)

Global Average Happiness Over Time (2011-2024)

Average happiness has increased over the past 14 years.

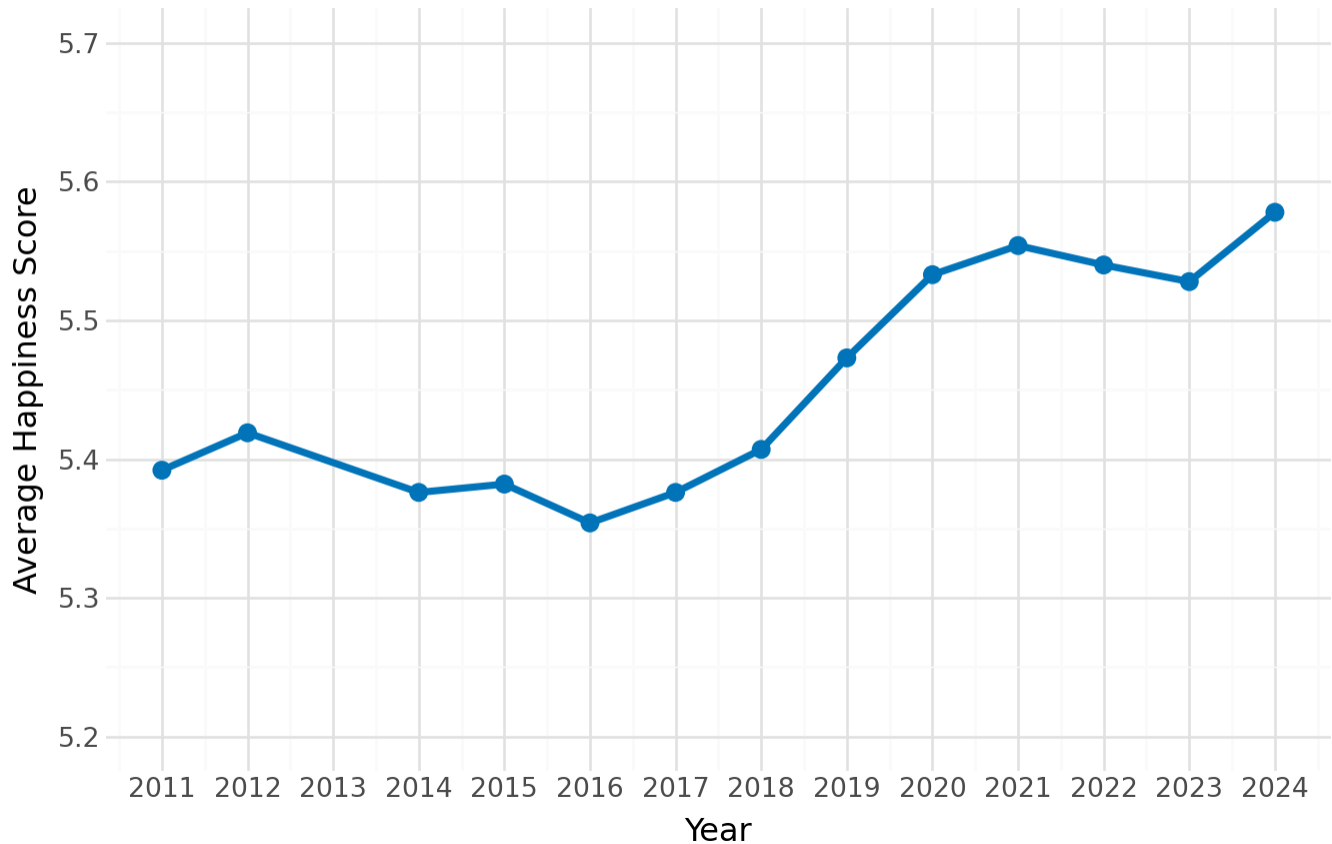


Figure 1: Global average happiness over time (2011-2024)

Key findings

From Figure 1, we observe the following trends in global happiness scores over the years:

- **Gradual Improvement:** Average global happiness has increased from ~5.39 (2011) to ~5.58 (2024)
- **2011-2016:** Relatively stable around 5.35-5.40
- **2017-2019:** Beginning of upward trend
- **2019-2024:** Higher plateau around 5.50-5.58

Country-Level Analysis

Countries with Largest Changes in Happiness

National Happiness Over Time

Countries with the largest increases in happiness since 2011

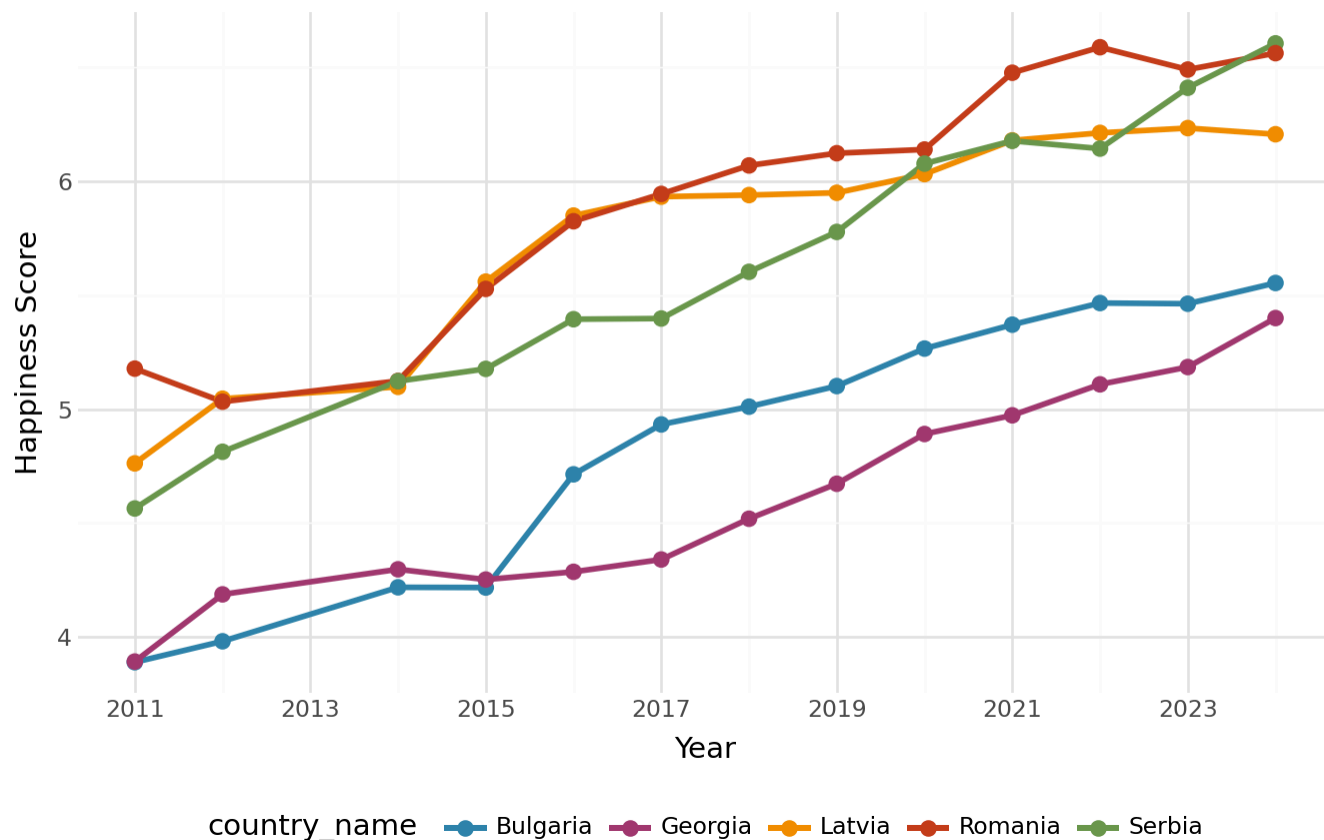


Figure 2: Countries showing the largest increases in happiness (2011-2024)

National Happiness Over Time

Countries with the largest decreases in happiness since 2011

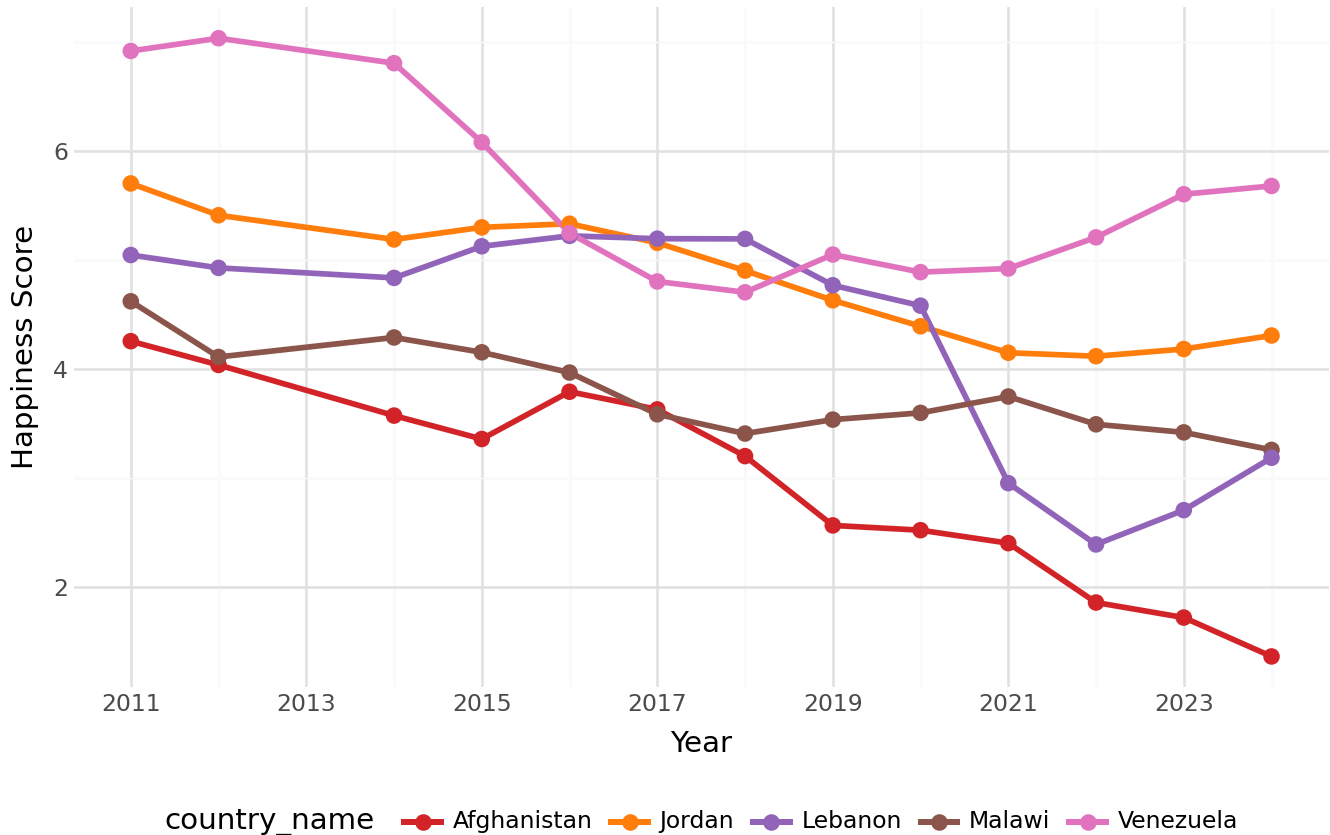


Figure 3: Countries showing the largest decreases in happiness (2011-2024)

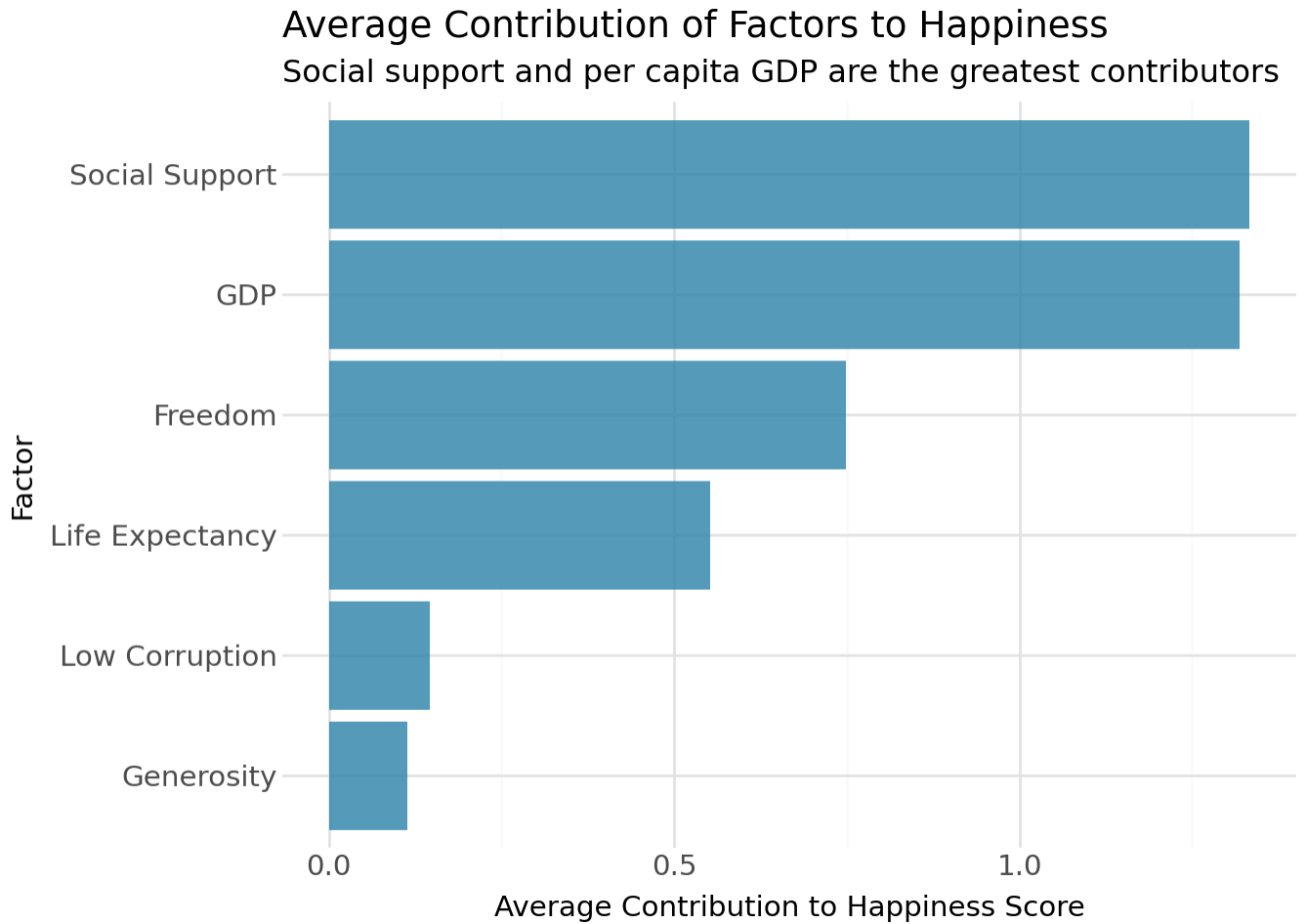
Key findings

From Figure 2 and Figure 3, we observe:

- Post-Soviet and eastern European countries showed improvement trends, with Serbia, Bulgaria, and Georgia having the largest improvements in happiness.
- Afghanistan, Lebanon, and Jordan had the most severe declines in happiness, coinciding with major political and economic events.

Happiness Contributing Factors

Contributing factors 2024



The top contributors to happiness worldwide in 2024 were social support, GDP per capita, and having a sense of freedom.

Happiness Factor Breakdown for Top 10 Countries (2024)

Country Happiness vs. Global Average

Black bar indicates global average (5.63)

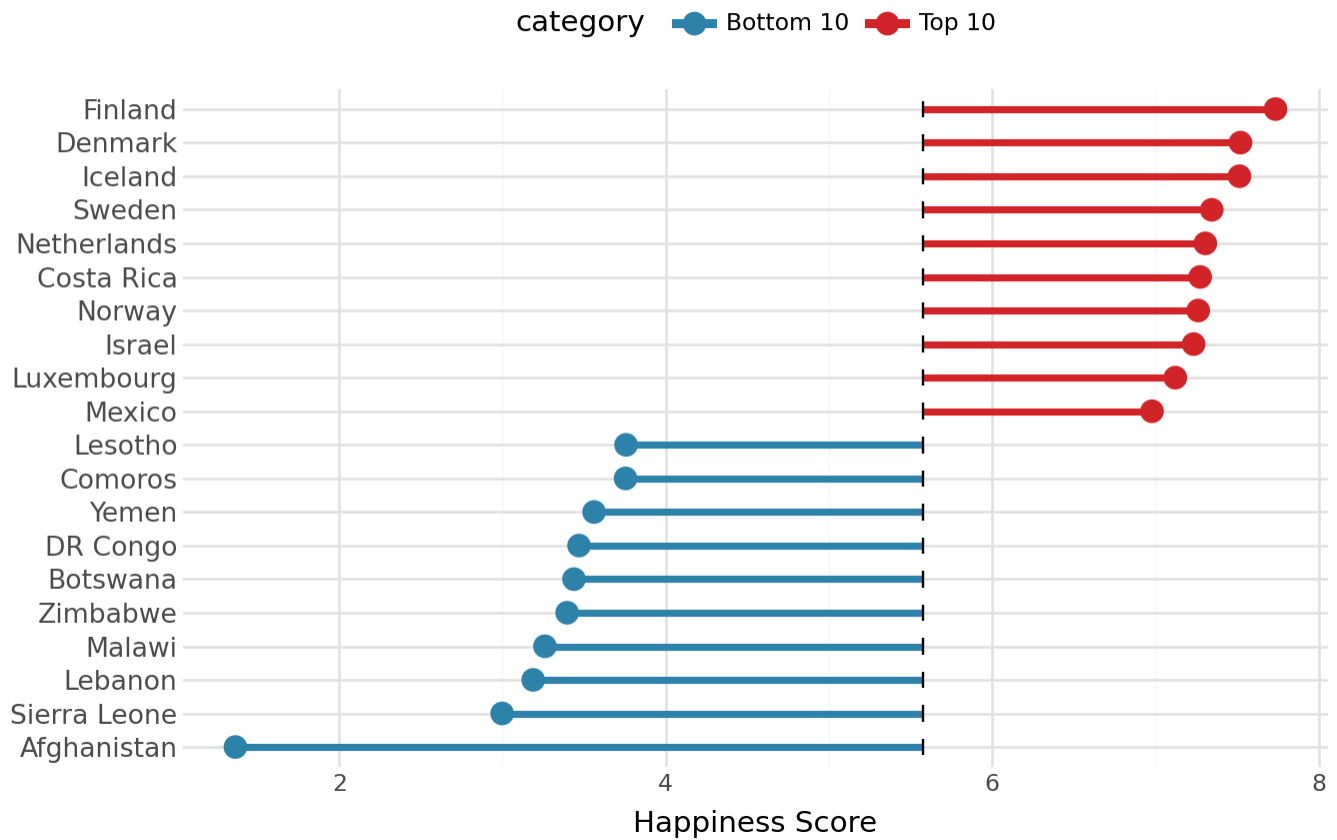


Figure 4: Happiest and least happy countries in 2024

Table 1: Top 10 happiest countries in 2024

Top 10 happiest countries in 2024

Based on the World Happiness Report ladder scores

Rank	Country	Happiness Score	GDP per Capita	Social Support	Healthy Life
1	Finland	7.736	1.749	1.783	0.824
2	Denmark	7.521	1.825	1.748	0.820
3	Iceland	7.515	1.799	1.840	0.873
4	Sweden	7.345	1.783	1.698	0.889
5	Netherlands	7.306	1.822	1.667	0.844
6	Costa Rica	7.274	1.492	1.600	0.680
7	Norway	7.262	1.902	1.711	0.863
8	Israel	7.234	1.695	1.743	0.824
9	Luxembourg	7.122	2.028	1.558	0.864
10	Mexico	6.979	1.435	1.504	0.550

Source: World Happiness Report 2025

Patterns Among Top Countries

From Figure 4 and Table 1, we observe:

- **Nordic countries tend to be happy:** Finland (7.74), Denmark (7.52), Iceland (7.51), Sweden (7.34), and Norway (7.26) show similar balanced patterns.
- **Effect of GDP varies:** Luxembourg has the highest GDP contribution, while Costa Rica has high happiness with lower GDP contribution, but strong social factors.
- **Balanced Approach:** No single happiness factor dominates.

Country Spotlight: 2020 vs 2024

Table 2: Happiness score changes between 2020 and 2024 for selected countries

Country Happiness Trends

Comparing happiness scores between 2020 and 2024

Country	Happiness Score		
	2020	2024	pct_change
Finland	7.842	7.736	-1.4%
United States	6.951	6.724	-3.3%
France	6.690	6.593	-1.4%
Brazil	6.330	6.494	2.6%
Japan	5.940	6.147	3.5%

Detailed Country Profiles

Table 3: Comparative Analysis of National Happiness Indices

Comparative Analysis of National Happiness Indices

Temporal patterns and current status (World Happiness Report, 2011-2024)

Nation	2024		Historical (2011-2024)		
	Score	Rank	M	Δ	Range
Finland	7.74	1	7.65	+0.09	0.45
United States	6.72	24	6.97	-0.24	0.55
France	6.59	33	6.61	-0.02	0.32
Brazil	6.49	36	6.52	-0.02	0.86
Japan	6.15	55	6.00	+0.15	0.28

Note: M = mean; Δ = change from historical mean; Range = max-min across all years. All scores on 0-10 scale.

Conclusions

1. **Global happiness is gradually improving:** The world has become slightly happier over the past decade.

2. **Social connections and economic conditions are most important:** GDP per capita and social support are the strongest contributors to national happiness.
3. **Multiple pathways to happiness:** The top countries show that there are different combinations of factors that can lead to high happiness levels.
4. **Crises can severely affect happiness:** Countries experiencing political upheaval or economic crisis show dramatic happiness declines.