

Factors influencing happiness across countries



HAPPINESS

HOW DOES HAPPINESS APPEAR IN DATA?

*Happiness now is not just a feeling, but
it is a new pivotal indicator of a
country's overall success and well-
being.*



Overview



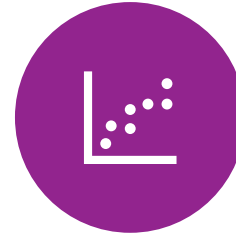
About dataset



**Happiness
evolved over
time**



**Trends & Key
differences in
happiness score
across globe**



**Correlation
between
government
policies and
happiness
scores**



**Key
takeaway**

About Data set

From the **World Happiness Report** by the Sustainable Development Solutions Network

Reflects a demand for **attention to happiness** and well-being **for government policy**.

Reviews **personal and national variations** in happiness in the world.

About Data set

Based on **6 factors**, the Happiness score for a country is a composite of :

- **Subjective survey responses**

(respondents rate their own current lives on a 0 to 10 scale).

- **Objective data**

(some factors, like GDP per capita and healthy life expectancy,...)



About Data set - Definitions

GDP: average income per person in a country.

Healthy life expectancy: number of years a person can live in good health.

Social support: presence of social networks and supportive relationships.

Freedom: degree of political freedoms and civil liberties in a country.

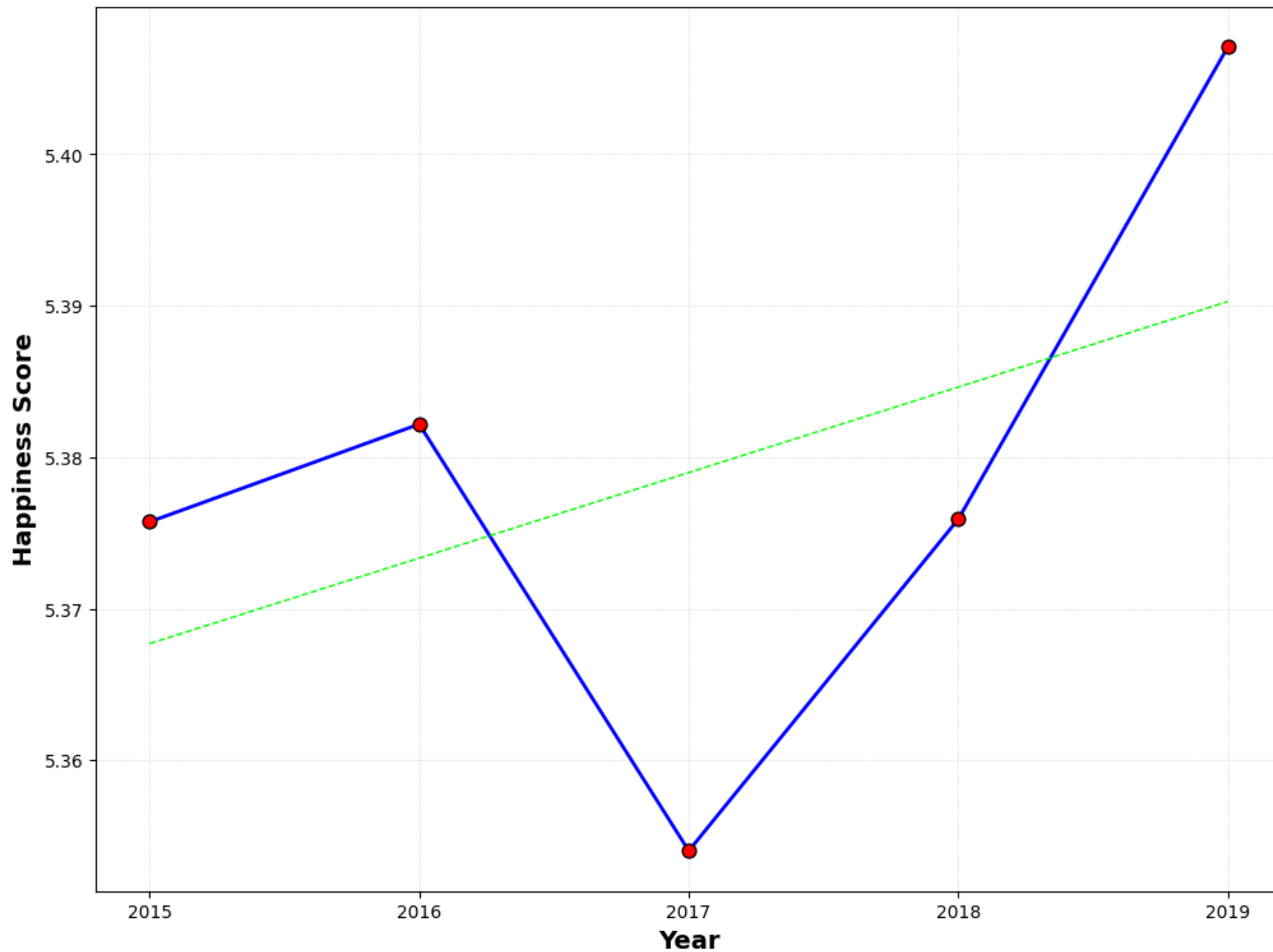
Trust: absence of corruption in government and business.

Generosity: frequency of charitable donations and volunteering.

**HAPPINESS
EVOLVED
OVER TIME**



GLOBAL HAPPINESS SCORE OVER TIME



2015-2016: increased

mid-2016-2017: slightly declined

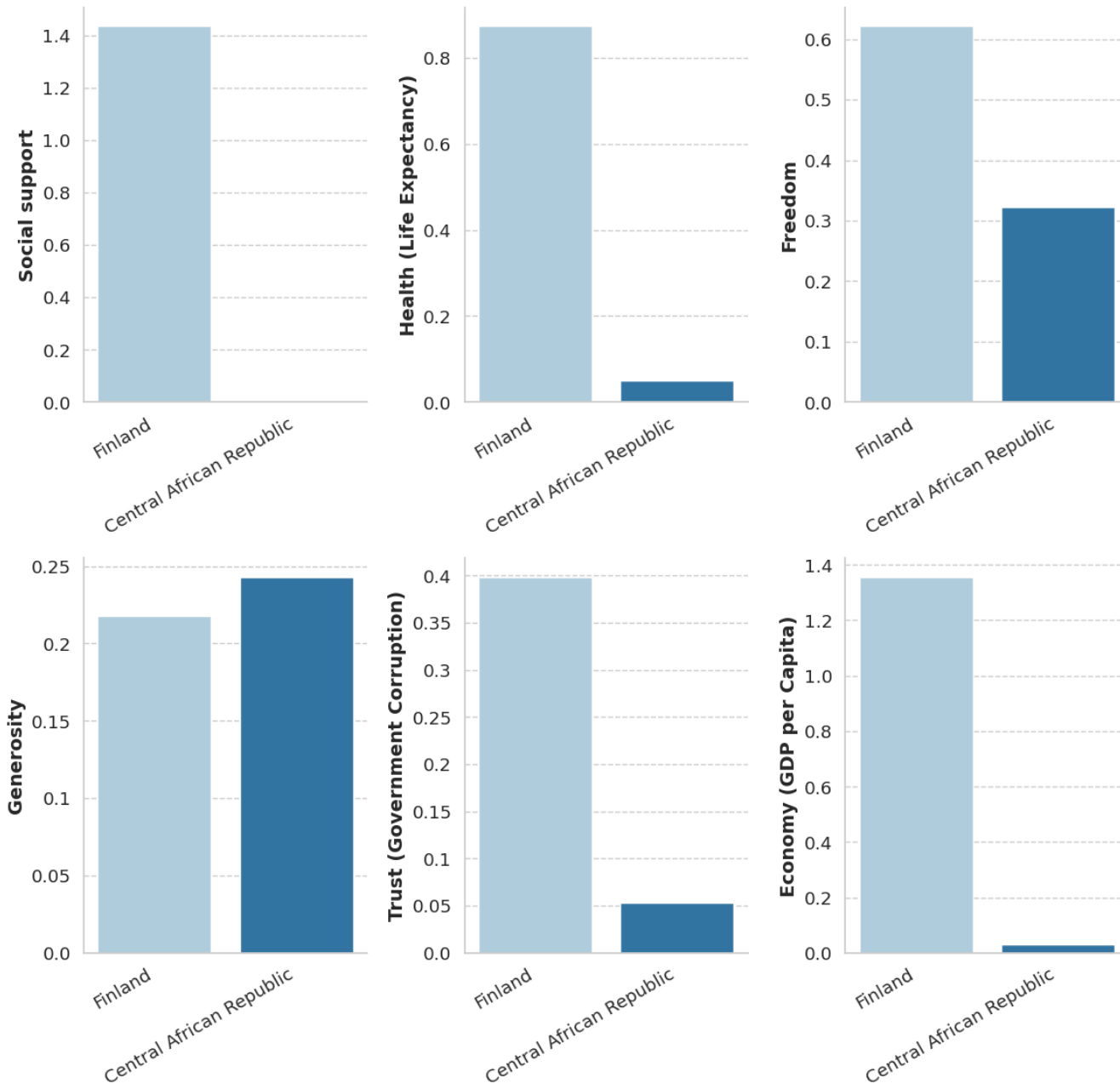
2018-2019: significantly increased

This may indicate an **improvement**
in the quality of life and
happiness of people.

THE TOP & BOTTOM RANK



DIFFERENCES BETWEEN TOP & BOTTOM-RANKED COUNTRIES



- **Top-ranked** country: Finland
- **Bottom-ranked** country: Central African Republic (CAR).

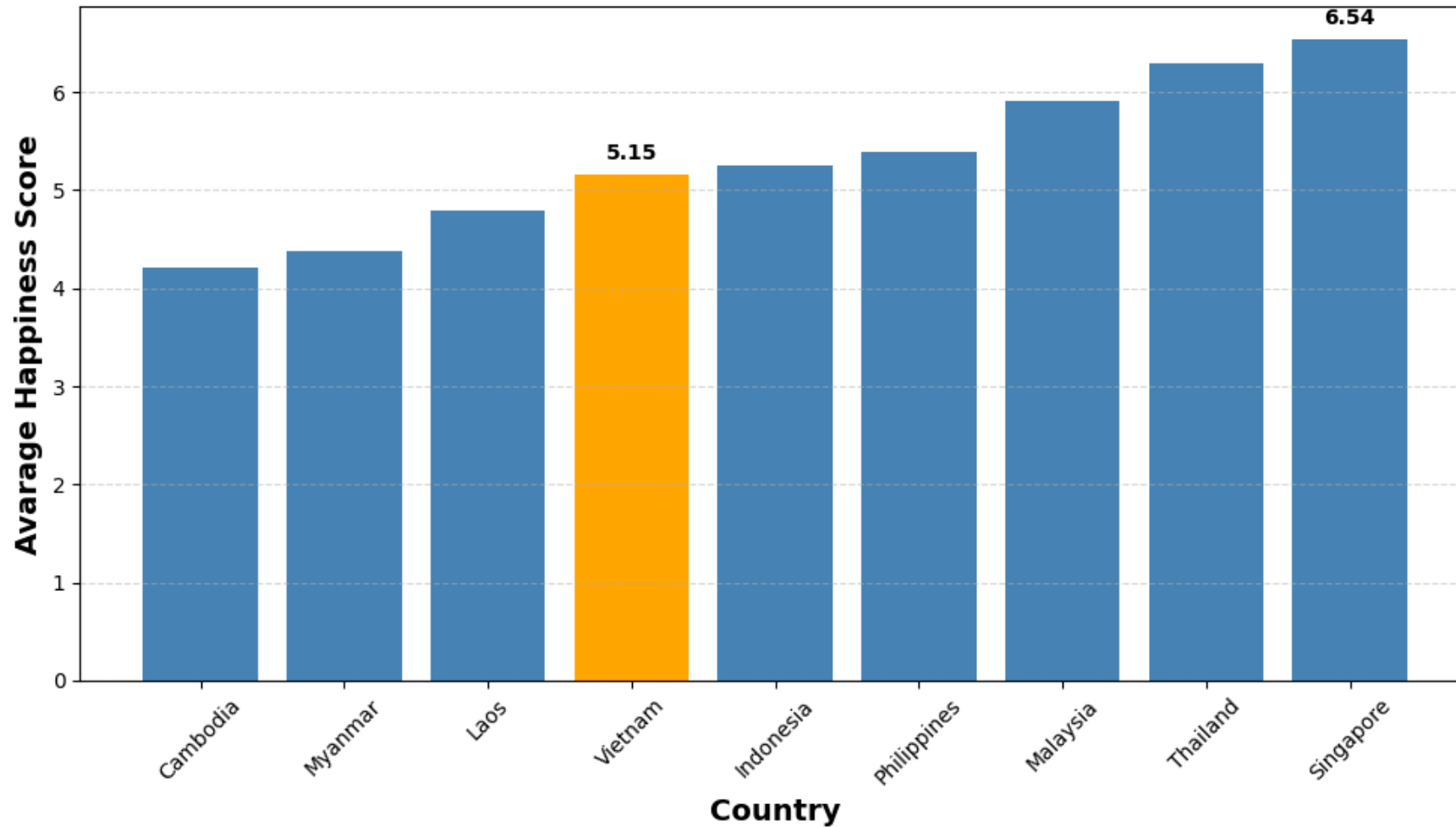
Finland, a **well-established** Nordic country, scored **7.82** out of 10 in 2019 and performed well in all factors.

CAR known as one of the **poorest countries** globally with a **low human development** index has been plagued by **armed conflicts** for years. CAR's generosity emerges from a context of adversity, where **people still extend help** despite their own challenges.

VIETNAM IN SOUTHEAST ASIA



SOUTHEAST ASIA'S HAPPINESS RANKING 2015-2019



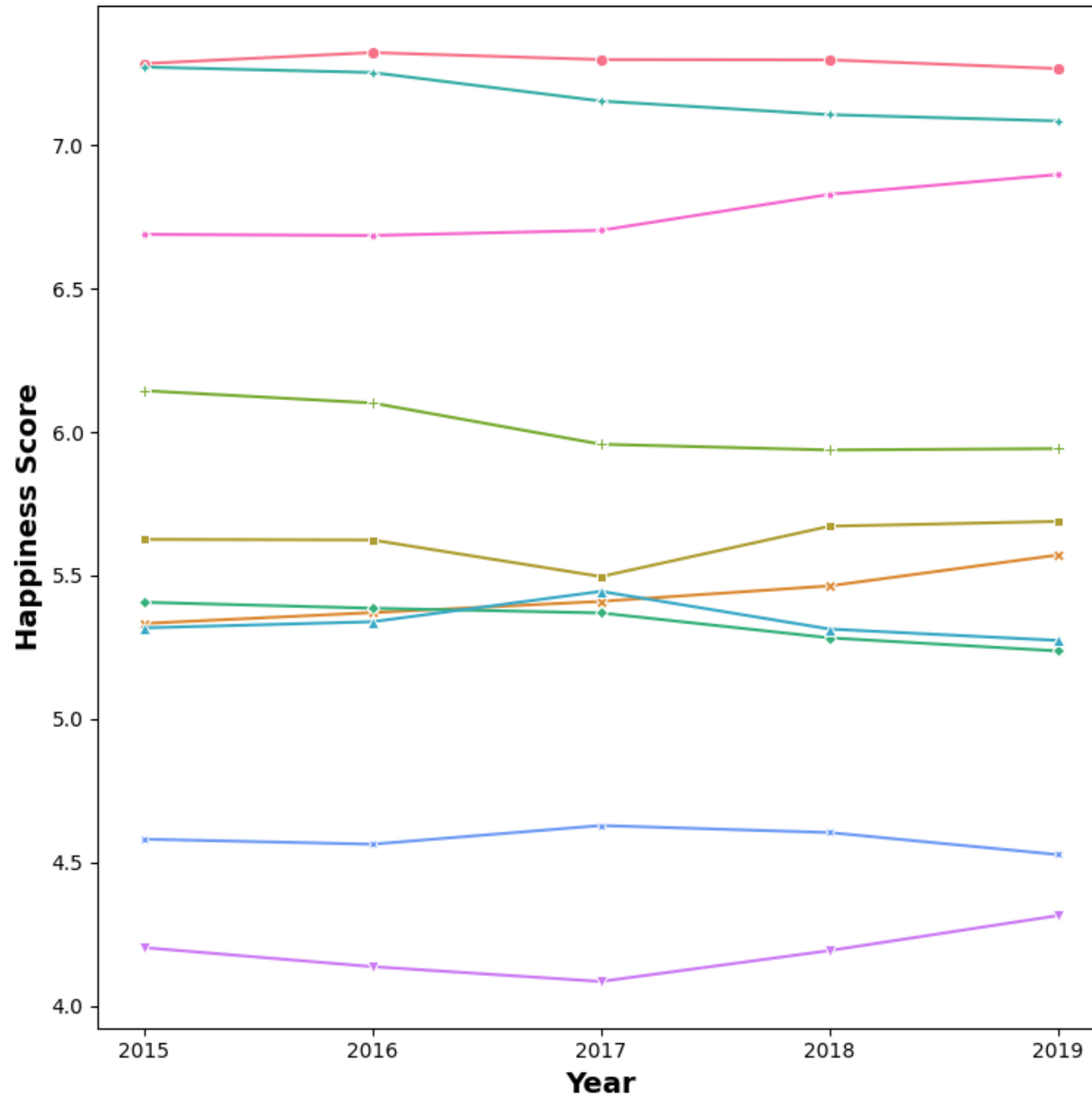
Singapore, **a major player** in the global economy, was **the sole representative** from SEA in the **top 30** rankings with a score of 6.54.

Despite facing economic and societal challenges as **a developing country**, Vietnam managed to secure a place in the **top 100** out of 155 surveyed countries.

TRENDS & KEY DIFFERENCES IN HAPPINESS SCORE ACROSS GLOBE



HAPPINESS SCORE BY REGION OVER TIME



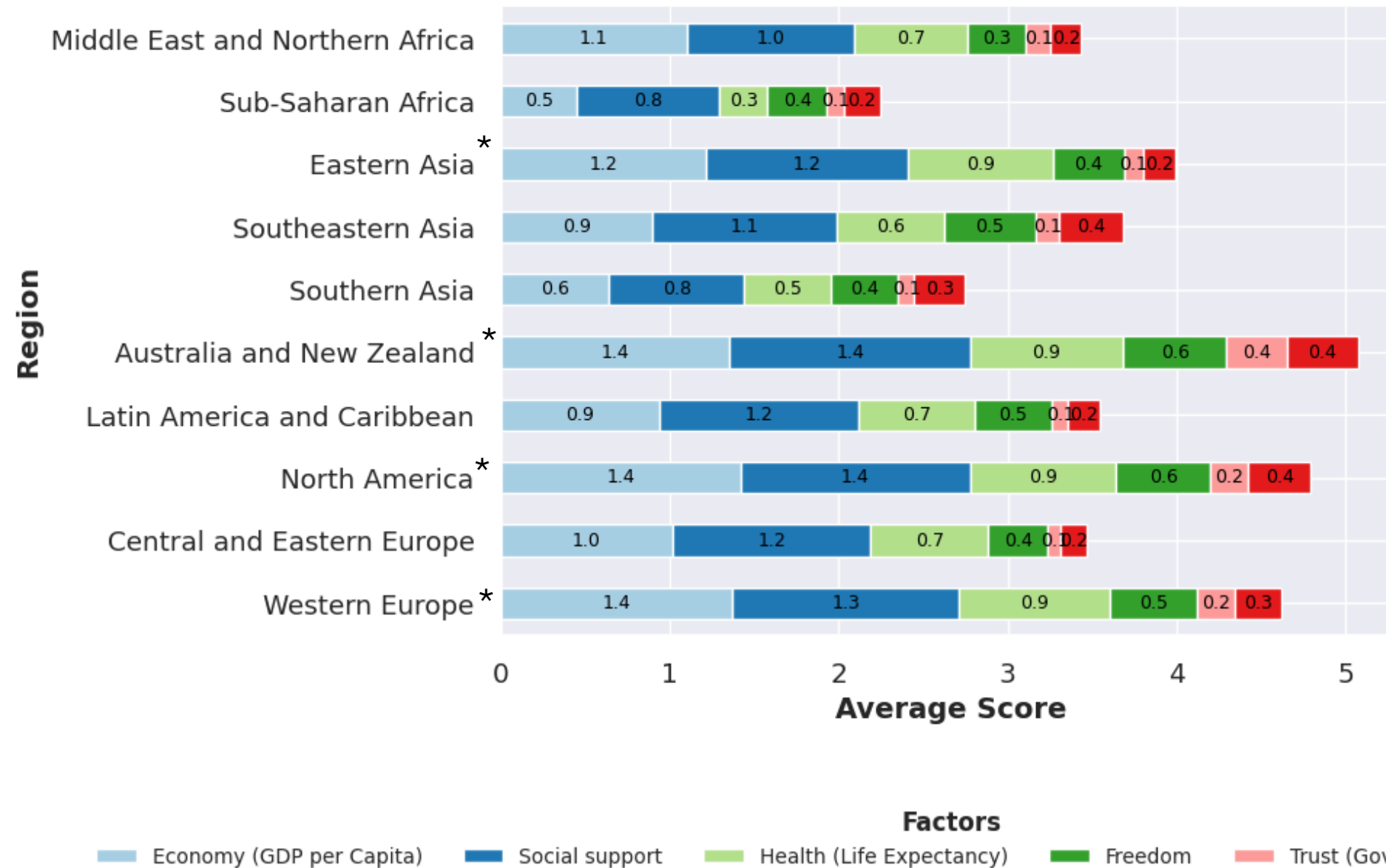
Leading: Australia & New Zealand, North America, and Western Europe.

Middle: Latin America & the Caribbean, Eastern Asia, Central and Eastern Europe, Southeastern Asia, Middle East and Northern Africa.

Lower: Southern Asia and Sub-Saharan Africa.

Over five years, **there hasn't been a significant change** in the overall happiness trends.

FACTOR AFFECTING HAPPINES ACROSS REGIONS



High levels of happiness are found **in regions*** with **thriving economies**, a **strong social support** system, and **healthy life expectancy**.

However, **in all regions**, **other factors contribute quite low** to the overall happiness score.

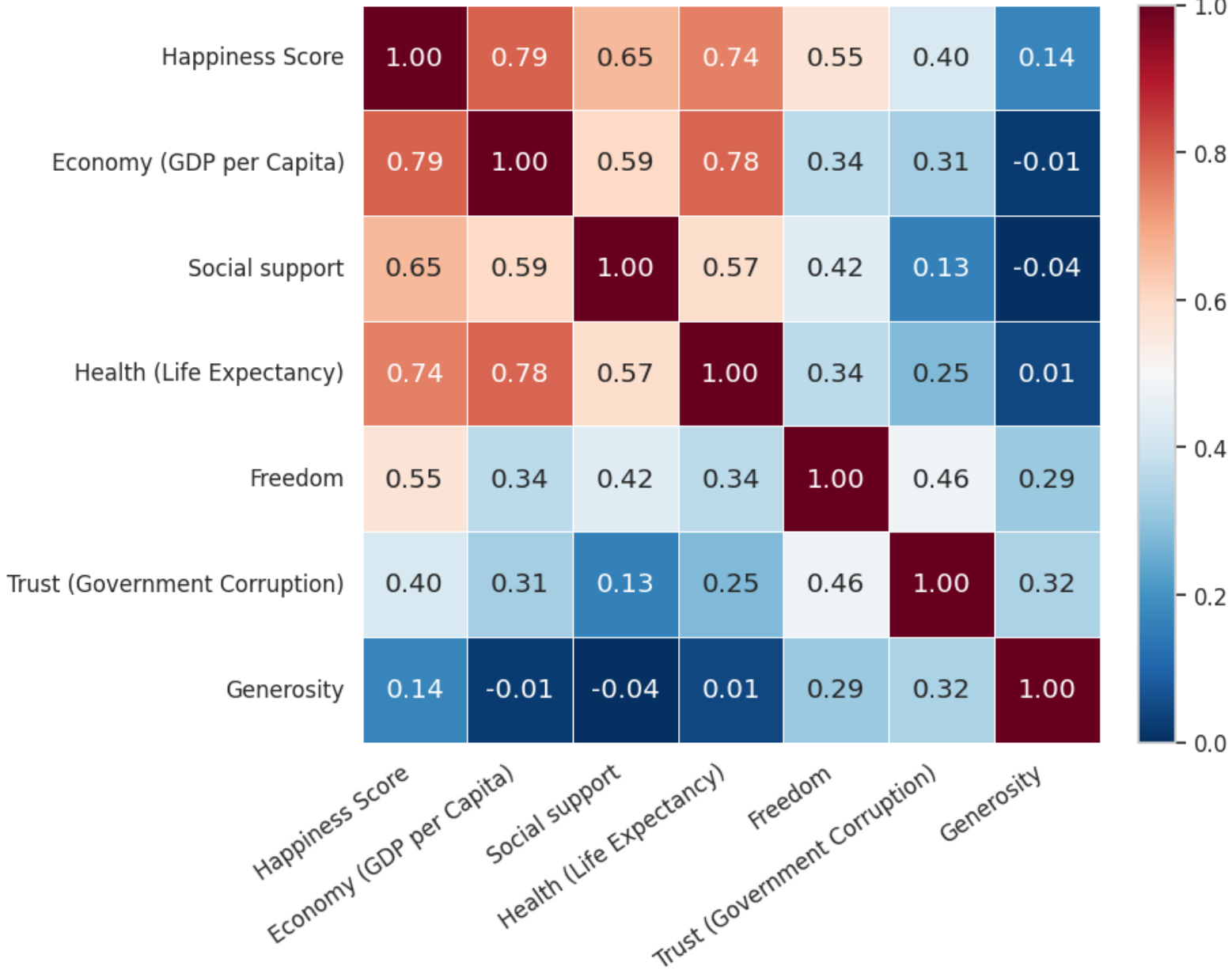
KEY
DIFFERENCES
IN
HAPPINESS
BETWEEN
THE TOP &
BOTTOM
RANK

	Higher-ranked countries	Lower-ranked countries
Living quality (GDP)	good	poor
Healthcare system and healthy lifestyle (healthy life expectancy)	good	poor
Social support from family, community and government	strong	poor
Freedom of choice	more	limited
Donations & volunteer work (generosity)	more	limited
Corruption	low	high

CORRELATION BETWEEN GOVERNMENT POLICIES AND HAPPINESS SCORES



CORRELATION BETWEEN GOVERNMENT POLICIES & HAPPNISS SCORE

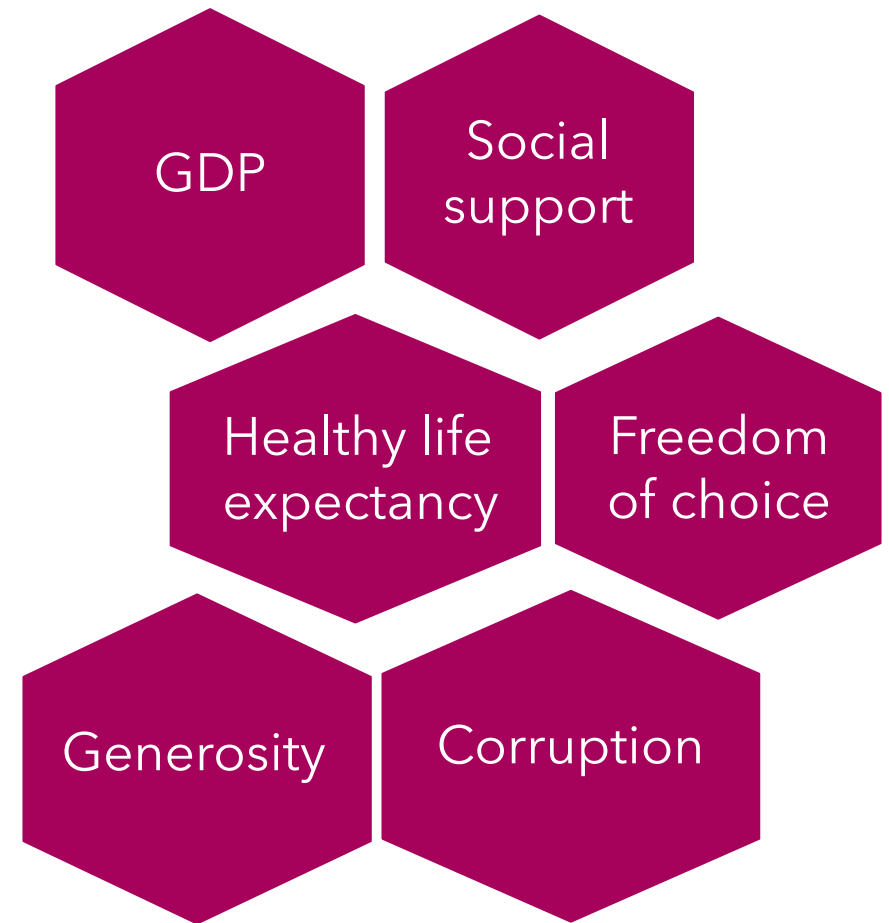


Cells that are bright or dark represent a high degree of correlation, indicating a strong relationship between policies and happiness scores.

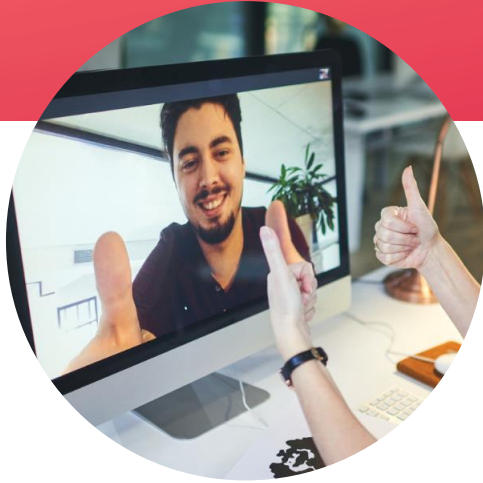
This chart provides a better **understanding** of which **policies** have a positive or negative **correlation with the happiness** of a country.

Conclusion

- Happiness was once an abstract concept but a quest for every human being now **has been measured** by certain factors.
- The success of a country is now judged by the **level of satisfaction** its people experience in their current lives.
- To make a **better country** is to make **happier citizens**.



KEY TAKEAWAY



On average, wealthier countries exhibit higher levels of happiness. However, achieving the highest levels of happiness is believed to rely on **a delicate balance** between subjective and objective factors.

In other words, happiness is based on the **quality of an individual's relationships with their outside world** - their surroundings, other people, their work, and a sense of connection to something greater than themselves.

WAYS TO BOOST HAPPINESS AS GOVERNMENT



Basic needs

Ensure a safe environment, quality public services and education, etc.

Social support

Encourage family & community assistance, and promote government welfare programs.

Healthcare and lifestyles

Improve healthcare services and raise awareness about healthy living.

Personal freedom

Support individual decision-making in self-identity, occupation, and other areas.

Giving and volunteering

Promote generosity, support charities, and provide volunteer opportunities.

Integrity and transparency

Establish honest and accountable policies to reduce corruption.

WAYS TO INCREASE HAPPINESS AS INDIVIDUAL



Cultivate strong social **connections** with family, friends, and community members.



Practice **gratitude** for the good things in life and maintain a positive outlook.



Engage in **activities that bring joy**: hobbies, interests, and experiences



Practice **self-care** through exercise, balanced nutrition, sufficient sleep, and stress management methods.



Contribute to the well-being of others by acts of **kindness**, volunteering, and helping others.

**THANK YOU FOR
LISTENING.**