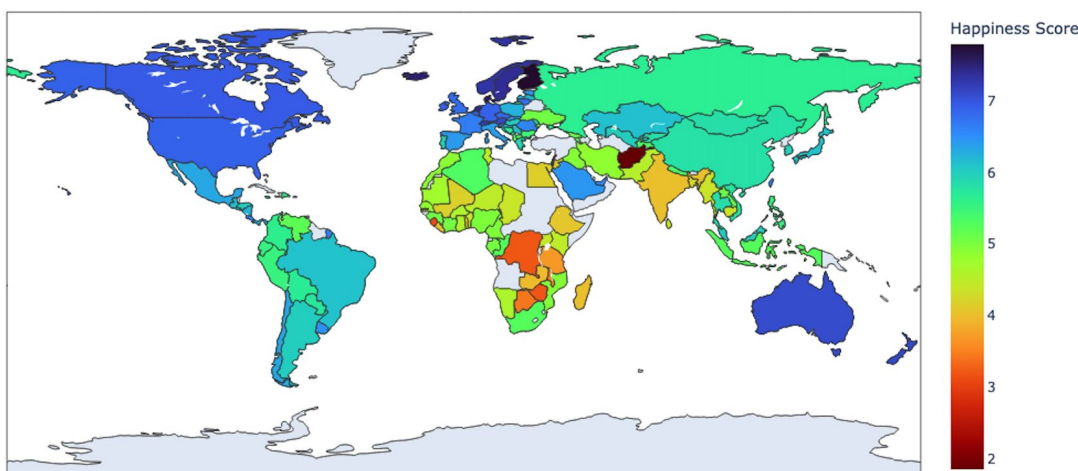


World Happiness Report 2023

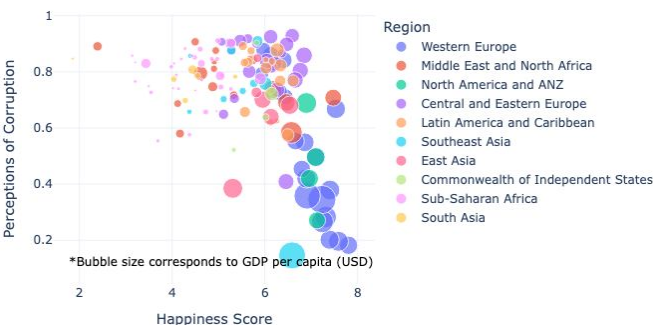
Key Predictors of Happiness

Happiness Scores by Country (2023)



The World Happiness Report takes into consideration various factors while calculating the happiness of a country such as GDP per capita, perceptions of corruption, freedom choice etc. In its 2023 edition all these factors were calculated over 138 countries. An overview of the resultant happiness scores can be seen in the figure above. In the upcoming sections, it will be interesting to see whether a certain factors influence the happiness score to a greater extent and can be termed as ‘predictors’ of happiness.

Perceptions of Corruption vs Happiness with GDP per capita (USD)



- Countries with high perceptions of corruption suffer in the happiness index.

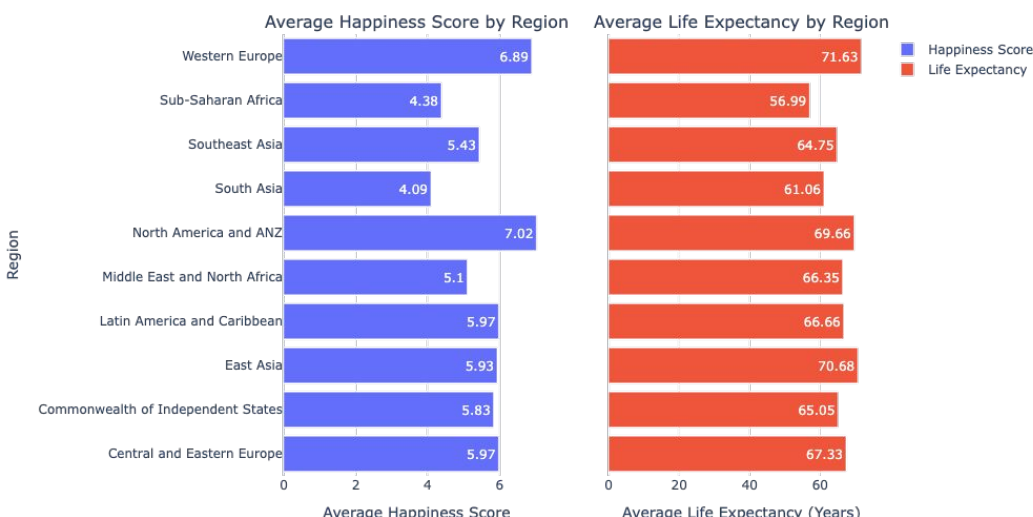
- Countries with higher GDP tend to have lower perceptions of corruption.

- Countries with high GDP also have high happiness scores.

- Countries from Western European score high in happiness and low in corruption perception.

The figure below shows the averages of happiness score and life expectancy of ten regions around the globe. At first glance it might seem that they both go hand-in-hand, yet on a closer look it can be seen that it's not always the case. Regions with similar life expectancy have different happiness scores.

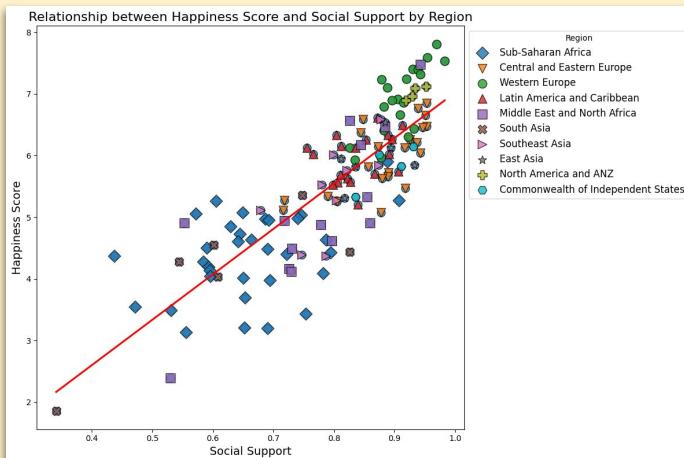
Average Happiness and Life Expectancy by Region



- Social support and Happiness Scores are directly proportional to each other.

- Countries from Western European score high in social support and thereby have higher happiness scores.

- Countries from Sub-Saharan Africa have very low social support and thus also perform poorly on the happiness scores.



Conclusion:

From the World Happiness Report 2023, the key predictors of happiness—GDP, life expectancy, social support, and low corruption—together paint a comprehensive picture of what drives global well-being. While economic wealth matters, it is the quality of social systems, and public trust that have the most significant influence on a nation’s overall happiness. Similarly, a long lifespan doesn’t guarantee happiness and thus further solidifies that a more holistic approach with growth and welfare in other avenues of life matter significantly.