A personal concept, happiness has a varied meaning for each person. It is a complicated and multifaceted feeling that is impacted by a variety of things, including individual circumstances, cultural beliefs, and personal experiences. People have diverse perspectives on what makes them happy; for some, it may be possessing material goods or having financial security; for others, it might be spending quality time with loved ones or following one's hobbies.

An yearly publication, the World Happiness Report, gauges the level of happiness around the world. Finland was named the happiest nation in the 2022 World Happiness Report, ahead of Denmark, Switzerland, Iceland, the Netherlands, and Denmark. Income, freedom, trust, healthy life expectancy, social assistance, and generosity are the six pillars on which the study is built.

The 2022 World Happiness Report emphasizes the importance of mental health and social support in determining happiness. According to the study, access to mental health care, having strong social ties, and a sense of belonging all have a significant role in predicting happiness. The study also discovered that nations with higher levels of social support, trust, and charity frequently had happier populations.

The World Happiness Report also highlights the disparity in how happy people are distributed over the globe. The study demonstrates that despite improvements made throughout the world in categories like wealth and health, happiness is still elusive for many people in some places, especially in Africa and the Middle East.

The World Happiness Report offers a thorough understanding of how individuals experience happiness and the elements that influence it. The study emphasizes the significance of generosity, mental health, and social support in influencing happiness, but it also emphasizes the need for further efforts to make sure that happiness is more fairly spread around the world.