

World Happiness Report 2025

Posted at: 21/03/2025

World Happiness Report 2025: Key Insights and India's Performance

The **World Happiness Report 2025**, published by the **Wellbeing Research Centre, University of Oxford**, ranks **Finland as the happiest country for the 8th consecutive year**. While **India's ranking has improved**, it still lags behind **Pakistan and Nepal** despite having stronger economic and governance indicators.

The report is based on **Gallup surveys** and the **UN Sustainable Development Solutions Network**, evaluating **life satisfaction across 147 countries**.

Methodology of the Report

- **Based on Gallup World Poll** - People rate their lives on a **0-10 scale (Cantril Ladder method)**.
- **Three-year average** - Data from **2022-2024** is considered.
- **Key factors influencing happiness:**
 - **GDP per capita**
 - **Healthy life expectancy**
 - **Social support**
 - **Freedom to make life choices**
 - **Generosity**
 - **Perception of corruption**

Global Trends and Key Highlights

- **Top-ranked countries** - **Finland, Denmark, Iceland, Sweden** dominate the top four.
- **New entries in top 10** - **Costa Rica (6th)** and **Mexico (10th)**.
- **Declining happiness in the West** -
 - **USA (24th)** - Dropped from **11th in 2012** due to rising isolation.
 - **UK (23rd)** - Recorded **lowest happiness level since 2017**.
- **Least happy nations** - **Afghanistan, Sierra Leone, Lebanon**.

India's Performance

- **Ranking improved** – Moved from **126th (2024) to 118th (2025)**.
 - **Happiness score** – Increased from **4.054 to 4.389** (on a 10-point scale).
 - **Sub-indicator rankings:**
 - **10th in volunteering**
 - **57th in donations**
 - **74th in helping strangers**
 - **Comparison with neighbors** – Ranks **below Pakistan (109th) and Nepal** despite better economic indicators.
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Discrepancies in India's Rankings

- **India's per capita income** (\$2,480.8 in 2023) is much higher than **Pakistan's** (\$1,365.3).
 - **India's healthy life expectancy** (58.1 years) is slightly better than **Pakistan's** (56.9 years).
 - **India ranks 96th in Corruption Perceptions Index 2024**, whereas **Pakistan ranks 135th**.
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Conclusion

While **India's ranking has improved**, the **report's methodology raises concerns**, as it does not fully reflect **economic strength and governance quality**. The findings suggest **social trust and well-being perceptions** play a larger role in happiness than material prosperity.

As **Gallup CEO Jon Clifton** states:

"Happiness isn't just about wealth; it's about trust, connection, and knowing people have your back."