

AVERAGE HAPPINESS IN 162 NATIONS 2010-2018
How much people enjoy their life-as-a-whole on scale 0 to 10

[Technical details](#) [Map](#) [Cite as](#) Note: sort the table by mouse clicking a column heading.

	Code	Nation	Satisfaction with life (scale 0 - 10)	Number of surveys
1	AF	Afghanistan	4.0	6
2	AL	Albania	5.3	7
3	DZ	Algeria	5.9	1
4	AO	Angola	4.6	4
5	AR	Argentina	7.2	1
6	AM	Armenia	4.7	1
7	AU	Australia	6.9	1
8	AT	Austria	7.7	4
9	AZ	Azerbaijan	6.3	1
10	BH	Bahrein	6.3	7
11	BD	Bangladesh	5.0	7
12	BY	Belarus	5.3	1
13	BE	Belgium	7.5	4
14	BZ	Belize	6.1	2
15	BJ	Benin	3.7	6
16	BT	Bhutan	5.6	3
17	BO	Bolivia	6.3	8
18	BA	Bosnia Herzegovina	5.2	5
19	BW	Botswana	4.0	6
20	BR	Brazil	7.4	7
21	BG	Bulgaria	4.7	3
22	BF	Burkina Faso	4.2	7
23	BI	Burundi	3.8	1
24	KH	Cambodia	4.2	7
25	CM	Cameroon	4.8	7
26	CA	Canada	7.9	4
27	CF	Central African Rep	3.4	3
28	TD	Chad	4.1	7
29	CL	Chile	7.0	1
30	CN	China	6.5	1
31	CO	Colombia	8.2	1
32	KM	Comoros	4.0	4
33	CG	Congo (Brazzaville)	4.5	5
34	CD	Congo (Kinshasa).	4.6	6
35	CR	Costa Rica	7.8	7

	Code	Nation	Satisfaction with life (scale 0 - 10)	Number of surveys
36	CI	Cote d Ivoire	4.1	3
37	HR	Croatia	6.3	1
38	CY	Cyprus	6.6	3
39	CZ	Czech Republic	6.7	5
40	DK	Denmark	8.3	4
41	DJ	Djibouti	4.6	1
42	DO	Dominican Republic	5.5	6
43	EC	Ecuador	7.7	1
44	EG	Egypt	4.3	1
45	SV	El Salvador	6.4	7
46	EE	Estonia	6.4	6
47	ET	Ethiopia	4.7	5
48	FI	Finland	8.0	4
49	FR	France	6.7	4
50	GA	Gabon	4.5	7
51	GE	Georgia	4.5	6
52	DE	Germany	7.3	8
53	GH	Ghana	5.7	1
54	GR	Greece	6.0	2
55	GT	Guatemala	6.7	7
56	GN	Guinea	4.1	7
57	GY	Guyana	6.4	2
58	HT	Haiti	4.3	6
59	HN	Honduras	5.5	6
60	HK	Hong Kong	6.9	1
61	HU	Hungary	6.1	4
62	IS	Iceland	8.0	3
63	IN	India	4.8	7
64	ID	Indonesia	5.6	7
65	IR	Iran	5.1	5
66	IQ	Iraq	5.5	1
67	IE	Ireland	7.0	5
68	IL	Israel	7.6	4
69	IT	Italy	7.1	5
70	JM	Jamaica	5.7	2
71	JP	Japan	6.1	2
72	JO	Jordan	6.2	1
73	KZ	Kazakhstan	6.9	1
74	KE	Kenya	4.6	6
75	KR	Korea (South)	5.9	2
76	KO	Kosovo	6.2	1

	Code	Nation	Satisfaction with life (scale 0 - 10)	Number of surveys
77	KW	Kuwait	6.9	1
78	KG	Kyrgyzstan	6.6	1
79	LA	Laos	5.1	2
80	LV	Latvia	6.5	1
81	LB	Lebanon	6.1	1
82	LS	Lesotho	4.6	2
83	LR	Liberia	4.5	3
84	LY	Libya	5.8	4
85	LT	Lithuania	6.0	4
86	LU	Luxembourg	7.5	1
87	MK	Macedonia	5.2	6
88	MG	Madagascar	3.9	6
89	MW	Malawi	4.2	6
90	MY	Malaysia	6.8	1
91	ML	Mali	4.3	7
92	MT	Malta	7.1	1
93	MR	Mauritania	4.7	6
94	MU	Mauritius	5.9	2
95	MX	Mexico	8.3	1
96	MD	Moldova	6.3	7
97	MN	Mongolia	5.2	6
98	ME	Montenegro	5.6	7
99	MA	Morocco	5.5	1
100	MZ	Mozambique	5.3	1
101	MM	Myanmar	4.8	6
102	NA	Namibia	5.2	1
103	NP	Nepal	5.0	5
104	NL	Netherlands	7.6	11
105	NZ	New Zealand	7.4	1
106	NI	Nicaragua	6.2	7
107	NE	Niger	4.2	7
108	NG	Nigeria	5.8	1
109	NO	Norway	8.0	5
110	OM	Oman	7.5	1
111	PK	Pakistan	7.3	1
112	PS	Palestina	5.1	1
113	PA	Panama	7.4	7
114	PY	Paraguay	6.1	8
115	PE	Peru	6.8	1
116	PH	Philippines	7.0	1
117	PL	Poland	7.0	6
118	PT	Portugal	6.0	4

	Code	Nation	Satisfaction with life (scale 0 - 10)	Number of surveys
119	PR	Puerto Rico	7.4	2
120	QA	Qatar	7.8	1
121	RO	Romania	6.8	2
122	RU	Russia	5.7	4
123	RW	Rwanda	6.1	1
124	SA	Saudi Arabia	7.0	7
125	SN	Senegal	4.3	7
126	RS	Serbia	4.9	1
127	SL	Sierra Leone	4.8	5
128	SG	Singapore	6.6	1
129	SK	Slovakia	6.9	2
130	SI	Slovenia	6.9	5
131	SO	Somalia	5.4	6
132	ZA	South Africa	6.0	2
133	SS	South Sudan	3.4	2
134	ES	Spain	7.0	6
135	LK	Sri Lanka	4.5	6
136	SD	Sudan	4.6	2
137	SR	Surinam	6.7	2
138	SZ	Swaziland	5.2	1
139	SE	Sweden	7.8	6
140	CH	Switzerland	8.1	6
141	SY	Syria	3.7	5
142	TW	Taiwan	6.6	1
143	TJ	Tajikistan	5.1	6
144	TZ	Tanzania	3.7	4
145	TH	Thailand	7.3	1
146	TG	Togo	3.4	4
147	TT	Trinidad and Tobago	7.2	1
148	TN	Tunisia	5.2	6
149	TR	Turkey	6.2	2
150	TM	Turkmenistan	6.1	6
151	UG	Uganda	4.3	5
152	UA	Ukraine	5.1	2
153	AE	United Arab Emirate	7.5	7
154	GB	United Kingdom	7.3	6
155	US	United States of Am	7.1	1
156	UY	Uruguay	7.3	1
157	UZ	Uzbekistan	6.2	6

	Code	Nation	Satisfaction with life (scale 0 - 10)	Number of surveys
158	VE	Venezuela	6.8	7
159	VN	Viet Nam	5.6	5
160	YE	Yemen	4.0	7
161	ZM	Zambia	5.2	4
162	ZW	Zimbabwe	5.3	1

Technical details

1. Life-satisfaction is assessed by means of surveys in general population samples. Mean scores may be inflated in some countries due to under sampling of rural and illiterate population. This distortion is partly corrected by weighting afterwards. but may still affect the scores. This means that the real differences in life-satisfaction are probably somewhat greater than appears in these data.
2. Data from 2010 up to and including 2018. If the below mentioned questions had been used more than once in this era. the average score is used. Ten-year averages are used for two reasons: a) To cover a considerable number of nations. Since data is not available every year for most nations, presentation by one-year periods would leave us with small numbers of mostly western nations. b) To reduce measurement bias. Random effect on responses in particular to surveys, such as the weather during the interview, will balance in an average of multiple surveys..
3. The scores are based on responses to a question about satisfaction with life. The answers to which were rated on a numerical scale ranging from 'dissatisfied' to 'satisfied'. The questions differ slightly in wording and answer format. Most questions are type O-SLW/c/sq/n/10/a (used in the World value Surveys) and O-SLW/c/sq/n/11/a (used in the Gallup World Poll). This classification is explained in section 4/3 of the introductory text. Data were taken from the two tables with measure types regarding the [10-step numeral LifeSatisfaction](#) and the [11-step numeral LifeSatisfaction](#) from this collection of distributional findings on Happiness in Nations. Rating scales ranged from 1 to 10 or from 0 to 10. Scores on this 1-10 scale were transformed linearly to range 0-10. This transformation is explained in the introductory text. chapter 7.3.
4. Scores of *a specific set of nations* are based on responses to a somewhat different question:

"Suppose the top of the ladder represents the best possible life for you and the bottom of the ladder the worst possible life. Where on this ladder do you feel you personally stand at the present time?".

The response was rated on a ladder scale ranging from 0 to 10 (question code C-BW/c/sq/l/11/a and c). Data were taken from the two tables with measure types regarding the [10-step Best-Worst possible life](#) and the [11-step Best-Worst possible life](#) from this database.

We transformed the scores using the information of nations in which both this item and the above question on life-satisfaction had been used in about the same years. There are 103 such cases. The scores on the two items appears to be highly correlated: $r = +.82$ and examination of the scatterplot shows a linear pattern. We computed the regression equation and used these to estimate the score on 0-10 life-satisfaction.

The formula is: Estimated 0-10 life satisfaction = $1.156 \times$ observed score on the Best-Worst item - 0.457 . For the specific set of nations these estimates are reported. The 95% confidence interval around these estimated values is about 1.3 points. which means that these estimates are not very precise.

The specific nations are: Afghanistan; Albania; Angola; Bahrein; Bangladesh; Belize; Benin; Bhutan; Bolivia; Bosnia Herzegovina; Botswana; Brazil; Burkina Faso; Burundi;

Cambodia; Cameroon; Central African Republic; Chad; Comoros; Congo (Brazzaville); Congo (Kinshasa);, Costa Rica; Cote d Ivoire; Djibouti; Dominican Republic; El Salvador; Ethiopia; Gabon; Georgia; Guatemala; Guinea; Guyana; Haiti; Honduras; India; Indonesia; Iran; Jamaica; Kenya; Laos; Lesotho; Liberia; Libya; Macedonia; Madagascar; Malawi; Mali; Mauritania; Mauritius; Moldova; Mongolia; Montenegro; Mozambique; Myanmar; Namibia; Nepal; Nicaragua; Niger; Oman; Panama; Paraguay; Puerto Rico; Saudi Arabia; Senegal; Sierra Leone; Somalia; South Sudan; Sri Lanka; Sudan; Surinam; Swaziland; Syria; Tajikistan; Tanzania; Togo; Tunisia; Turkmenistan; Uganda; United Arab Emirates; Uzbekistan; Venezuela; Viet Nam; Yemen; Zambia;

This estimation technique is described in more detail in the Introductory Text, chapter 7 '[Comparability of the data](#)' in section 7/3.1 'Converting scores on measures of different happiness variants'.

5. On this list the following cases are left out: Puerto Rico (8.3). East Germany (6.4) and West Germany (7.0). These cases are included in the collection of Happiness in Nations but are no real 'nations'.
6. Cuba and Myanmar were involved in the 2006 Gallup WorldPoll. but are not included in this list since the sample was restricted to urban people.
7. The use for these data for estimating livability of nations is discussed in the Introductory Text to this section on 'Distributional Findings in Nations', chapter 5: [Validity of happiness as an indicator of livability](#) .
8. This list is included in the datafile '[States of nations](#)' as variable Happiness LSBW10.11_2005.14.

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