

INEQUALITY-ADJUSTED HAPPINESS IN 149 NATIONS 2010-2018
How well nations combine level and differences in happiness

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

	Code	Nation	Standard deviation of 0-10 life satisfaction	Average level of life satisfaction mean 0 - 10	Inequality-adjusted index 0
1	AF	Afghanistan	2.12	4.0	
2	AL	Albania	2.15	5.3	
3	DZ	Algeria	2.67	5.9	
4	AO	Angola	2.34	4.6	
5	AR	Argentina	1.80	7.2	
6	AM	Armenia	2.83	4.7	
7	AU	Australia	2.28	6.9	
8	AT	Austria	1.91	7.7	
9	AZ	Azerbaijan	2.49	6.3	
10	BH	Bahrein	2.09	6.3	
11	BD	Bangladesh	2.17	5.0	
12	BY	Belarus	2.36	5.3	
13	BE	Belgium	1.71	7.5	
14	BZ	Belize	2.51	6.1	
15	BJ	Benin	2.04	3.7	
16	BO	Bolivia	2.13	6.3	
17	BA	Bosnia Herzegovina	2.30	5.2	
18	BW	Botswana	2.20	4.0	
19	BR	Brazil	2.33	7.4	
20	BG	Bulgaria	2.65	4.7	
21	BF	Burkina Faso	1.99	4.2	
22	KH	Cambodia	1.95	4.2	
23	CM	Cameroon	2.27	4.8	
24	CA	Canada	1.59	7.9	
25	CF	Central African Rep	2.00	3.4	
26	TD	Chad	1.97	4.1	
27	CL	Chile	2.02	7.0	
28	CN	China	2.20	6.5	
29	CO	Colombia	1.99	8.2	
30	KM	Comoros	1.92	4.0	
31	CG	Congo (Brazzaville)	2.20	4.5	
32	CR	Costa Rica	2.27	7.8	
33	CY	Cyprus	2.34	6.6	
34	CZ	Czech Republic	2.07	6.7	
35	DK	Denmark	1.55	8.3	

	Code	Nation	Standard deviation of 0-10 life satisfaction	Average level of life satisfaction mean 0 - 10	Inequality-adjusted index 0
36	DJ	Djibouti	2.43	4.6	
37	DO	Dominican Republic	2.71	5.5	
38	EC	Ecuador	1.93	7.7	
39	EG	Egypt	3.16	4.3	
40	SV	El Salvador	2.42	6.4	
41	EE	Estonia	2.25	6.4	
42	FI	Finland	1.53	8.0	
43	FR	France	2.35	6.7	
44	GA	Gabon	2.21	4.5	
45	GE	Georgia	2.19	4.5	
46	DE	Germany	1.98	7.3	
47	GH	Ghana	2.67	5.7	
48	GR	Greece	2.35	6.0	
49	GT	Guatemala	2.49	6.7	
50	GN	Guinea	2.05	4.1	
51	GY	Guyana	2.37	6.4	
52	HT	Haiti	2.05	4.3	
53	HN	Honduras	2.59	5.5	
54	HK	Hong Kong	2.14	6.9	
55	HU	Hungary	2.32	6.1	
56	IS	Iceland	1.65	8.0	
57	IN	India	2.16	4.8	
58	ID	Indonesia	1.97	5.6	
59	IR	Iran	2.48	5.1	
60	IQ	Iraq	2.42	5.5	
61	IE	Ireland	2.09	7.0	
62	IL	Israel	2.08	7.6	
63	IT	Italy	1.76	7.1	
64	JM	Jamaica	2.46	5.7	
65	JP	Japan	2.20	6.1	
66	JO	Jordan	2.49	6.2	
67	KZ	Kazakhstan	2.34	6.9	
68	KE	Kenya	2.04	4.6	
69	KR	Korea (South)	2.06	5.9	
70	KO	Kosovo	2.68	6.2	
71	KW	Kuwait	2.53	6.9	
72	KG	Kyrgyzstan	2.41	6.6	
73	LA	Laos	1.86	5.1	
74	LB	Lebanon	2.35	6.1	
75	LS	Lesotho	2.49	4.6	
76	LR	Liberia	2.03	4.5	

	Code	Nation	Standard deviation of 0-10 life satisfaction	Average level of life satisfaction mean 0 - 10	Inequality-adjusted index 0
77	LY	Libya	2.18	5.8	
78	LT	Lithuania	2.33	6.0	
79	MK	Macedonia	2.34	5.2	
80	MG	Madagascar	1.91	3.9	
81	MW	Malawi	2.60	4.2	
82	MY	Malaysia	2.00	6.8	
83	ML	Mali	2.10	4.3	
84	MR	Mauritania	1.96	4.7	
85	MU	Mauritius	2.19	5.9	
86	MX	Mexico	2.16	8.3	
87	MD	Moldova	2.19	6.3	
88	MN	Mongolia	2.03	5.2	
89	ME	Montenegro	2.24	5.6	
90	MA	Morocco	2.76	5.5	
91	MZ	Mozambique	2.28	5.3	
92	MM	Myanmar	2.07	4.8	
93	NP	Nepal	2.11	5.0	
94	NL	Netherlands	1.41	7.6	
95	NZ	New Zealand	2.16	7.4	
96	NI	Nicaragua	2.53	6.2	
97	NE	Niger	1.85	4.2	
98	NG	Nigeria	2.64	5.8	
99	NO	Norway	1.65	8.0	
100	OM	Oman	2.28	7.5	
101	PK	Pakistan	2.33	7.3	
102	PS	Palestina	2.77	5.1	
103	PA	Panama	2.30	7.4	
104	PY	Paraguay	2.21	6.1	
105	PE	Peru	2.44	6.8	
106	PH	Philippines	3.16	7.0	
107	PL	Poland	2.21	7.0	
108	PT	Portugal	2.29	6.0	
109	QA	Qatar	2.14	7.8	
110	RO	Romania	2.66	6.8	
111	RU	Russia	2.37	5.7	
112	RW	Rwanda	1.79	6.1	
113	SA	Saudi Arabia	2.32	7.0	
114	SN	Senegal	2.02	4.3	
115	SL	Sierra Leone	2.54	4.8	
116	SG	Singapore	1.81	6.6	
117	SK	Slovakia	2.13	6.9	
118	SI	Slovenia	2.22	6.9	

	Code	Nation	Standard deviation of 0-10 life satisfaction	Average level of life satisfaction mean 0 - 10	Inequality-adjusted index 0
119	SO	Somalia	2.13	5.4	
120	ZA	South Africa	2.44	6.0	
121	ES	Spain	2.02	7.0	
122	LK	Sri Lanka	2.11	4.5	
123	SD	Sudan	2.09	4.6	
124	SR	Surinam	2.16	6.7	
125	SZ	Swaziland	2.29	5.2	
126	SE	Sweden	1.74	7.8	
127	CH	Switzerland	1.63	8.1	
128	SY	Syria	2.43	3.7	
129	TW	Taiwan	2.29	6.6	
130	TJ	Tajikistan	1.85	5.1	
131	TZ	Tanzania	2.16	3.7	
132	TH	Thailand	2.15	7.3	
133	TG	Togo	2.19	3.4	
134	TT	Trinidad and Tobago	2.34	7.2	
135	TN	Tunisia	1.82	5.2	
136	TR	Turkey	2.34	6.2	
137	TM	Turkmenistan	2.10	6.1	
138	UG	Uganda	2.18	4.3	
139	UA	Ukraine	2.65	5.1	
140	AE	United Arab Emirate	2.09	7.5	
141	GB	United Kingdom	2.03	7.3	
142	US	United States of Am	2.14	7.1	
143	UY	Uruguay	2.25	7.3	
144	UZ	Uzbekistan	2.13	6.2	
145	VE	Venezuela	2.35	6.8	
146	VN	Viet Nam	1.96	5.6	
147	YE	Yemen	2.36	4.0	
148	ZM	Zambia	2.20	5.2	
149	ZW	Zimbabwe	2.54	5.3	

Technical details

1. Happiness assessed by means of surveys in general public samples.
 - This list is based on responses to a single question on life-satisfaction.
 - Data on *average* happiness in nations are taken from [Rank Report Average Happiness](#).
 - Data on *standard deviation* of happiness in nations are taken from [Rank Report Inequality of Happiness](#).

2. In this ranking the focus is not only on the *level* of happiness in the country, but also on *inequality* in happiness among citizens.
 - Inequality in happiness can be measured by the dispersion of responses to survey-questions. The degree of dispersion can be expressed statistically in the standard deviation.
 - This choice of statistic is explained in more detail in Kalmijn, W. & Veenhoven, R, [Measuring Inequality of Happiness in Nations. In Search for Proper Statistics](#) in: Journal of Happiness Studies, 2005, vol. 6, pp. 357-396 .

3. Inequality-Adjusted-Happiness (IAH) is measured as a linear combination of the mean and the standard deviation of the distribution of happiness in a nation. The IAH values in this report are based on the choice to give equal weight to level and dispersion of happiness.
 - This index is expressed in the following formula: $IAH = 8.28 (m - s) + 17.2$, where m is the mean response to a question on happiness in a nation and s is the sample standard deviation of the responses, happiness being measured with a 0 to 10 scale ranging from most unhappy (0) to most happy (10).
 - On this index a score of 100 means that everybody is completely happy; e.g. that all respondents in the sample rated their happiness 10 on a 0 to 10 scale.
 - This measure was first presented at the conference of the International Society for Quality Of Life Studies (ISQOLS) in Frankfurt, July 2003. It is presented in more detail in Veenhoven, R. & Kalmijn, W. [Inequality-Adjusted Happiness \(IAH\) in Nations. Egalitarianism and Utilitarianism Married in a New Index of Societal Performance.](#) in: Journal of Happiness Studies, 2005, in. 6, pp. 421-455 .
 - A more elegant computation was proposed in 2011 in the paper Index of Inequality Adjusted happiness (IAH) improved. This latter method is applied in this rank list.

4. This list is included in SPSS datafile [States of Nations](#) as variable IAH_LSBW10.11_2005.14 .

Cite as:

Veenhoven, R., *Inequality-Adjusted Happiness in 149 nations 2010-2018* . World Database of Happiness, Rank report Inequality of Happiness, Internet: worlddatabaseofhappiness-archive.eur.nl/hap_nat/findingreports/RankReport_InequalityHappiness.php