



UPSC & STATE PCS CURRENT AFFAIRS · UJIYARI.COM

REPORTS & INDICES

# World Happiness Report 2025 – WHR

27 March 2026

SUBJECTS COVERED

SOCIAL ISSUES

CURATED & WRITTEN BY



**Bharat Choudhary**

UPSC Educator & Content Creator

[linkedin.com/in/epicbharat](https://www.linkedin.com/in/epicbharat)

ALSO FROM THE CREATOR

### BharatNotes

Free UPSC notes, MCQs, PYQ analysis. **100% Free.**

[bharatnotes.com](http://bharatnotes.com) →

ADVERTISE

### Advertise with Ujiyari

Reach thousands of UPSC aspirants daily.

[epicbharat@gmail.com](mailto:epicbharat@gmail.com)

**ISSUING BODY**
**UN Sustainable Development Solutions Network (SDSN) & Gallup**
**FREQUENCY**
**Annual**
**INDIA'S RANK**
**118 / 147**
**TOP PERFORMER**
**+8 Finland**
**KEY FINDINGS**

- India ranked 118th with a happiness score of 4.389 (2022-24 average)
- India improved from 126th (2024) to 118th (2025)
- Finland tops for the 8th consecutive year with score of 7.736
- Report covers 147 countries based on Gallup World Poll data
- Six key factors: GDP per capita, social support, life expectancy, freedom, generosity, corruption perceptions
- Afghanistan ranked last among all countries surveyed

**ABOUT THE INDEX**

The **World Happiness Report** is an annual publication by the **United Nations Sustainable Development Solutions Network (SDSN)** in partnership with **Gallup**, using data from the Gallup World Poll. First published on 20 March 2012 (International Day of Happiness), it ranks countries based on how happy their citizens perceive themselves to be.

**Methodology**

The report uses the **Cantril Self-Anchoring Scale** — respondents are asked to evaluate their current life on a scale of 0 (worst possible life) to 10 (best possible life). Each country's score reflects an average of life evaluations over a **three-year span** (2022-2024 for the 2025 edition).

Six factors are used to **explain** the variation in happiness scores (not to calculate them):

FACTOR	WHAT IT MEASURES
GDP per capita	Economic prosperity (PPP-adjusted)
Social support	Having someone to count on in times of trouble
Healthy life expectancy	Years of healthy life at birth
Freedom to make life choices	Satisfaction with freedom
Generosity	Charitable donations adjusted for GDP
Perceptions of corruption	Trust in government and business

## INDIA'S PERFORMANCE

India ranks **118th out of 147 countries** with a happiness score of **4.389** (average for 2022-2024), up from 4.054 (2021-2023 average) and 126th rank in the 2024 edition.

### Historical Trend

YEAR	RANK	SCORE
2020	144	3.573
2021	139	3.819
2022	136	3.777
2023	126	4.036
2024	126	4.054
2025	118	4.389

India has shown a consistent upward trajectory since its lowest ranking of 144th in 2020.

## Regional / South Asian Comparison

COUNTRY	RANK (2025)	SCORE
Nepal	92	~5.1
Pakistan	109	~4.6
India	118	4.389
Myanmar	126	~4.0
Sri Lanka	133	~3.8
Bangladesh	134	~3.7
Afghanistan	Last	~1.7

### KEY HIGHLIGHTS OF LATEST EDITION

- **Finland** tops the World Happiness Report for the **8th consecutive year** with a score of 7.736, followed by Denmark (2nd), Iceland (3rd), Sweden (4th), and Netherlands (5th)
- The **Nordic countries** dominate the top rankings, with all five Nordics in the top 7
- Costa Rica (6th) is the highest-ranked non-European country and the only Latin American nation in the top 10
- **Afghanistan** remains the least happy country in the world
- The 2025 report highlights growing disparities in subjective well-being between high-income and low-income nations
- India's improvement of 8 ranks is notable but the country still lags behind most South Asian neighbours except Sri Lanka and Bangladesh

### KEY OBSERVATIONS FOR INDIA

India's low ranking despite being the 5th largest economy (by nominal GDP) highlights that **economic growth alone does not translate into subjective well-being**. Key areas pulling India down include:

- **Social support networks:** Weakening joint family system and rising individualism
- **Freedom perceptions:** Concerns about civic freedoms
- **Corruption perceptions:** Public trust in institutions remains moderate
- **Healthy life expectancy:** India's average of ~67.7 years is below the global average

## UPSC RELEVANCE

*India's rank, top performers, six explanatory factors, issuing body (SDSN + Gallup), first published (2012)*

**Mains GS-1:** Social indicators of development, urbanisation and well-being, quality of life metrics beyond

**GDP Mains GS-2:** Government welfare schemes, social security, mental health policies, National Happiness

as a governance goal **Interview:** "India is the 5th largest economy but ranks 118th in happiness — does GDP adequately measure development?" — discuss Bhutan's GNH model, Amartya Sen's capabilities approach

### RELATED TERMS

[Well Being](#)[Quality Of Life](#)



CURATED &amp; WRITTEN BY

## Bharat Choudhary

UPSC Educator &amp; Content Creator

[in linkedin.com/in/epicbharat](https://www.linkedin.com/in/epicbharat)[Read Full Article on Ujiyari →](#)<https://ujiyari.com/reports/world-happiness-report-2025/>

### ALSO FROM THE CREATOR

## BharatNotes

Free UPSC study platform — subject-wise notes across all 4 GS papers, Prelims MCQs, Mains answer frameworks, PYQ analysis & progress tracking. **100% Free • No Login Required.**

[Start Preparing → bharatnotes.com](http://bharatnotes.com)

### 📌 OPPORTUNITY

## Advertise with Ujiyari

Reach **thousands of serious UPSC & State PCS aspirants** daily through our PDFs, website, and social channels.

**Ideal for:** Coaching institutes • EdTech platforms • Book publishers • Exam prep apps

[✉ epicbharat@gmail.com](mailto:epicbharat@gmail.com)

Write to us for rates & media kit

Free UPSC & State PCS Current Affairs · [ujiyari.com](http://ujiyari.com) · [bharatnotes.com](http://bharatnotes.com)