



Mål & middel

2022

WORLD HAPINESS REPORT
World Happiness Report

1. Politikere over hele verden ser i økende grad livskvalitet som et overordnet mål for politikken
2. Livskvalitet kan måles
3. Vi vet nå mye om hva som forårsaker den

John F. Helliwell, Richard Layard, Jeffrey D. Sachs,
Jan-Emmanuel De Neve, Lara B. Aknin, and Shun Wang

Increasing interest in new and subjective measures of well-being

Research on happiness



World Happiness Report 2022

This is the tenth anniversary of the World Happiness Report. From its first year, the report has had a large and growing readership – reaching over 9 million in 2021. It has been widely cited. But more important has been the message the Report has carried. The true measure of progress is the happiness of the people; that happiness can be measured; and that we know a lot about what causes it. Given this knowledge, it is now possible for policy-makers to make people's happiness the goal of their policies. And each of us can live a wiser life.

We take the tenth anniversary as an opportunity to consider how far happiness research has come, where it stands, and the promising opportunities that lie ahead.

Looking back

Over the last ten years, there has been a transformation of public interest in happiness (see Chapter 3). Policy-makers worldwide increasingly see it as an important and overarching objective of public policy. With encouragement from the OECD, nearly all its member countries now measure the happiness of their people annually. The European Union asks its member countries to put well-being at the heart of policy design.

While interest in happiness has mushroomed over the ten years of World Happiness Reports, the global average of national life evaluations has been relatively stable. This average stability masks a great variety of national and regional experiences. As Chapter 2 demonstrates, life evaluations have risen by one full point or more in some countries (led by three Balkan countries, Romania, Bulgaria, and Serbia) and fallen this much or more in other countries in deep trouble, with Venezuela, Afghanistan, and Lebanon dropping the most. There has, on average, been a long-term moderate upward trend in stress, worry, and sadness in most countries and a slight long-term decline in the enjoyment of life.

Happiness, benevolence, and trust during COVID-19 and beyond (Chapter 2)

Chapter 2 contains the national happiness rankings, explores trends over the past ten years, and provides a deeper examination of emotions, behaviour, and life in general during 2020 and 2021. The 2021 data confirm the 2020 finding that average life evaluations, reflecting the net effects of offsetting negative and positive influences, have remained remarkably resilient during COVID-19. For the young, life satisfaction has fallen, while for those over 60, it has risen – with little overall change. Worry and stress have risen – by 8% in 2020 and 4% in 2021 compared with pre-pandemic levels.

On the positive side, the most remarkable change seen during COVID-19 has been the global upsurge in benevolence in 2021. This benevolence has provided notable support for the life evaluations of givers, receivers, and observers, who have been gratified to see their community's readiness to reach out to help each other in times of need. In every global region, there have been large increases in the proportion of people who give money to charity, help strangers, and do voluntary work in every global region. Altogether the global average of these three measures was up by a quarter in 2021, compared with before the pandemic.

COVID-19 has also demonstrated the crucial importance of trust for human well-being. Deaths from COVID-19 during 2020 and 2021 have been markedly lower in those countries with higher trust in public institutions and where inequality is lower.

Looking forward

For the future, the prospects for happiness will depend on a whole range of factors, including the future course of the pandemic and the scale of military conflict. But an important contribution will come from improvements in the science of happiness. In this tenth anniversary issue, we celebrate three major promising developments in our ability to measure and explain happiness.

3

Tilrettelegge for gode liv og jevnere fordeling - lokalt, regionalt, nasjonalt – og globalt

Politikkens mål er ikke høyest mulig nasjonalbudsjett, men høyest mulig livskvalitet. Hvis det oppstår kollisjon, må det siste vinne





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Ny nasjonal strategi for livskvalitet

Nyhet | Dato: 27.07.2021

Regjeringen vil utvikle en nasjonal strategi for livskvalitet, og at livskvalitet skal være et supplerende mål på samfunnsutviklingen i Norge.



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1. Hedonismeteori
2. Ønske/preferanse teori
3. Objektive lister







Photo by [Charlein Gracia](#) on [Unsplash](#)













Photo by [Daniel Jiménez](#) on [Unsplash](#)





A close-up photograph of a child's bare feet standing on a mossy log in a forest. The child is wearing purple ribbed pants that are rolled up at the ankles. The background is a soft-focus green forest floor.

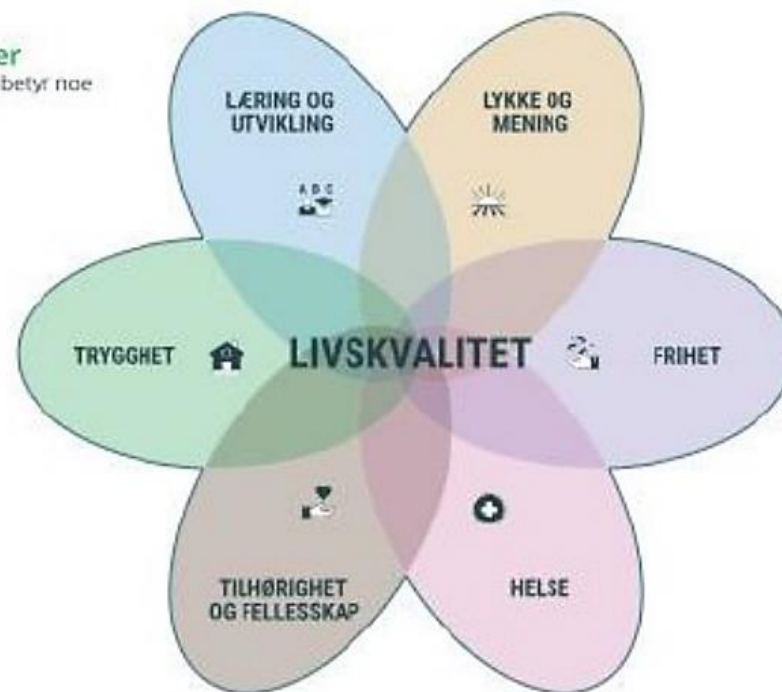
handler om å være rik – ikke *primært* på materielle goder, men på glede og tilfredshet, menings- og mestringsopplevelser, fellesskap, helse, trygghet, handlefrihet og muligheter for utvikling.

Om rettferdige og verdige liv med muligheter
Tilfredsstillelse av fellesmenneskelige behov

Et rammeverk for livskvalitet

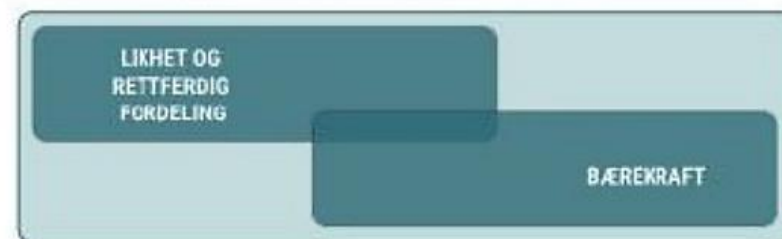
Verdidimensjoner

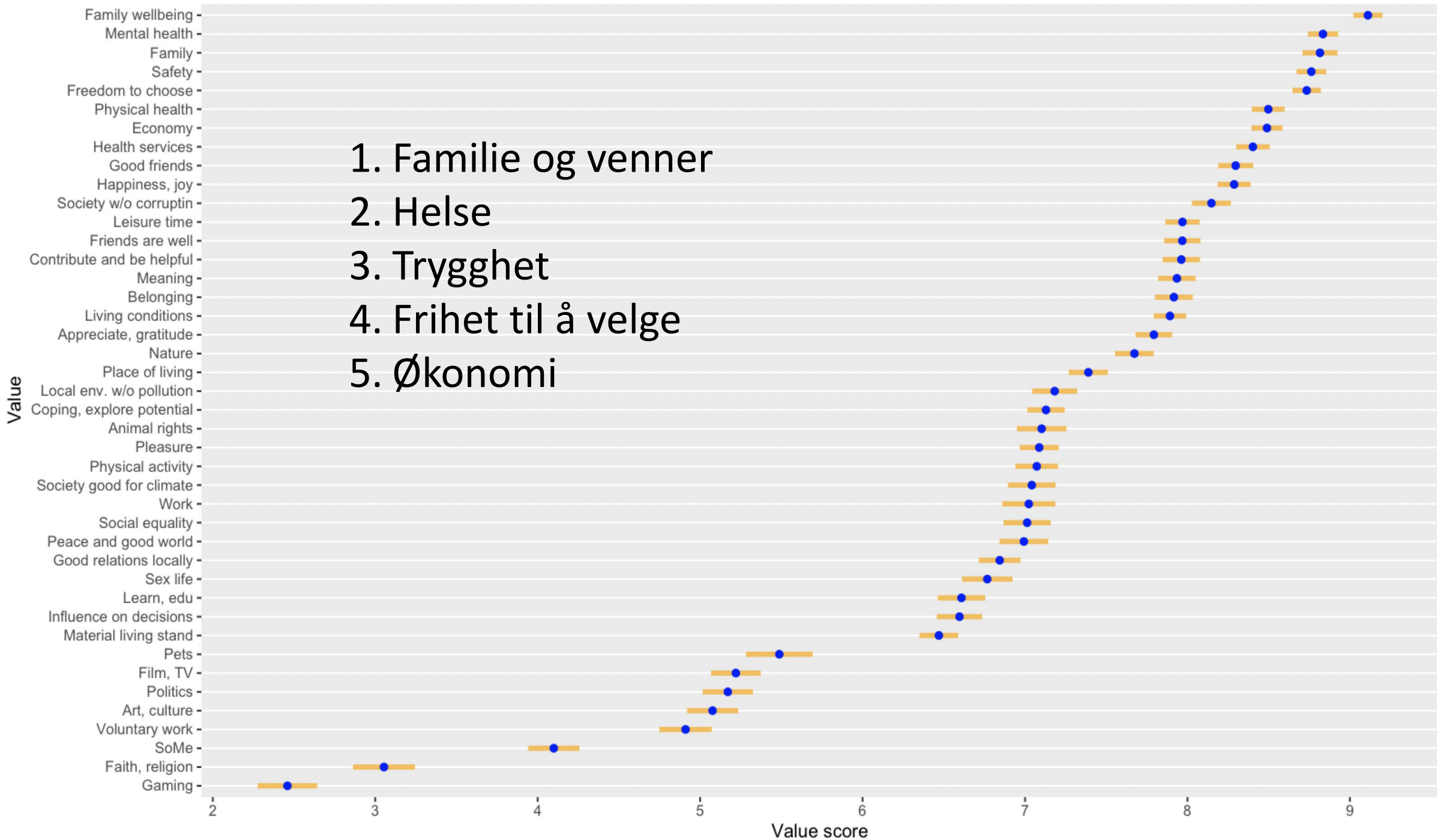
Kvaliteter som virkelig betyr noe



Tverrgående verdidimensjoner

Livskvaliteten må vurderes og avveies i forhold til disse tverrgående dimensjonene







A low-angle photograph of a forest, looking up at tall trees. The foreground features a large, moss-covered tree trunk on the right. The background is filled with numerous tall, thin trees reaching towards a bright sky. The lighting is bright, creating a sense of height and depth.

- Nært og ofte
prospektivt forbundet
med en rekke
individuelle og
samfunnsmessige
gevinster....

Photo by [Mitsuo Komoriya](#) on [Unsplash](#)



News > World > Europe

Norway is the best place to live in the world, according to the UN

Two billion people have moved out of low human development levels in the last 25 years, but 830 million people are still classified as “working poor”, earning under \$2 a day

Emma Henderson | Tuesday 15 December 2015 |  15 comments

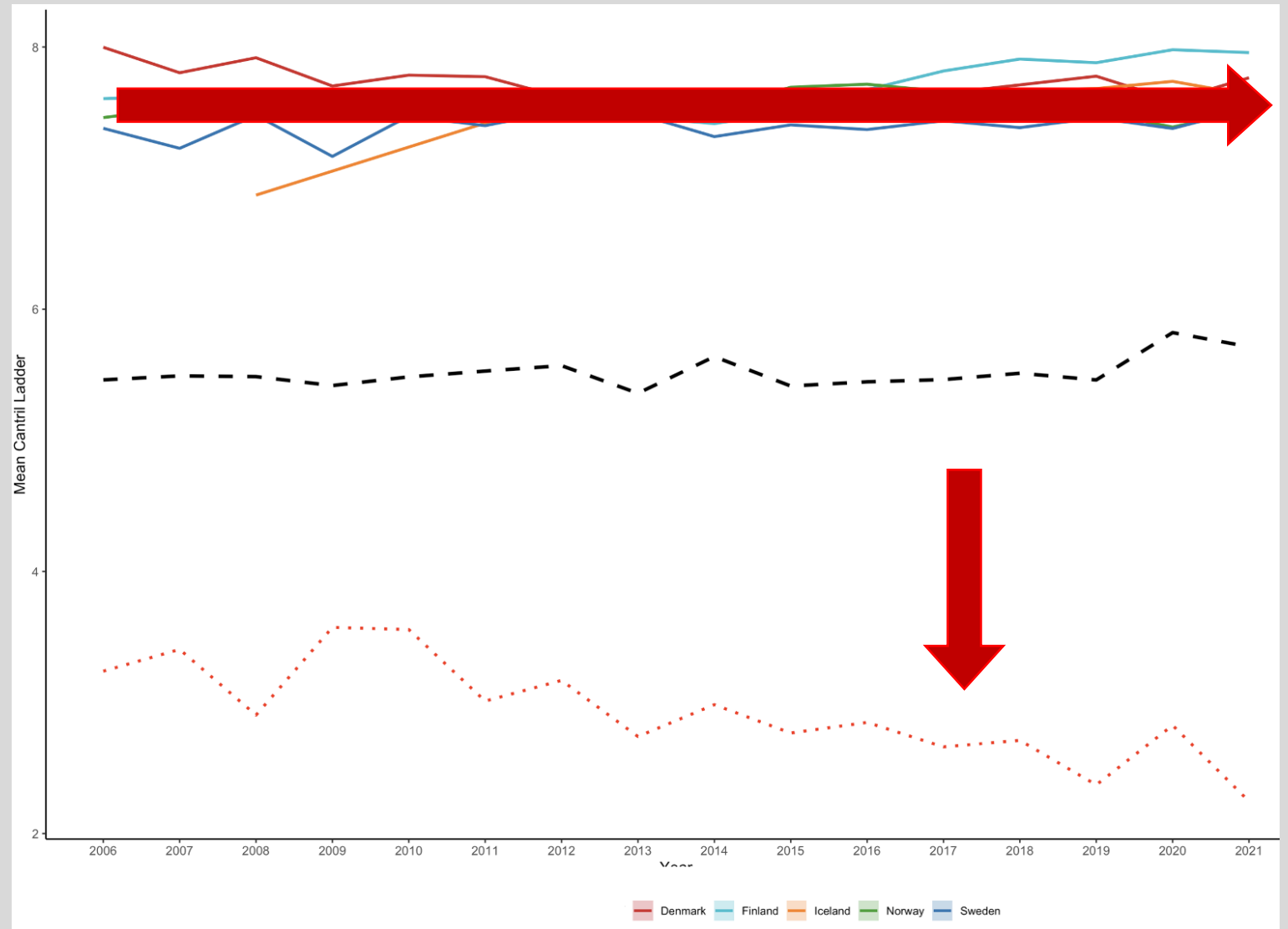


19K
shares



Livsevalueringer i verden 2006-2023

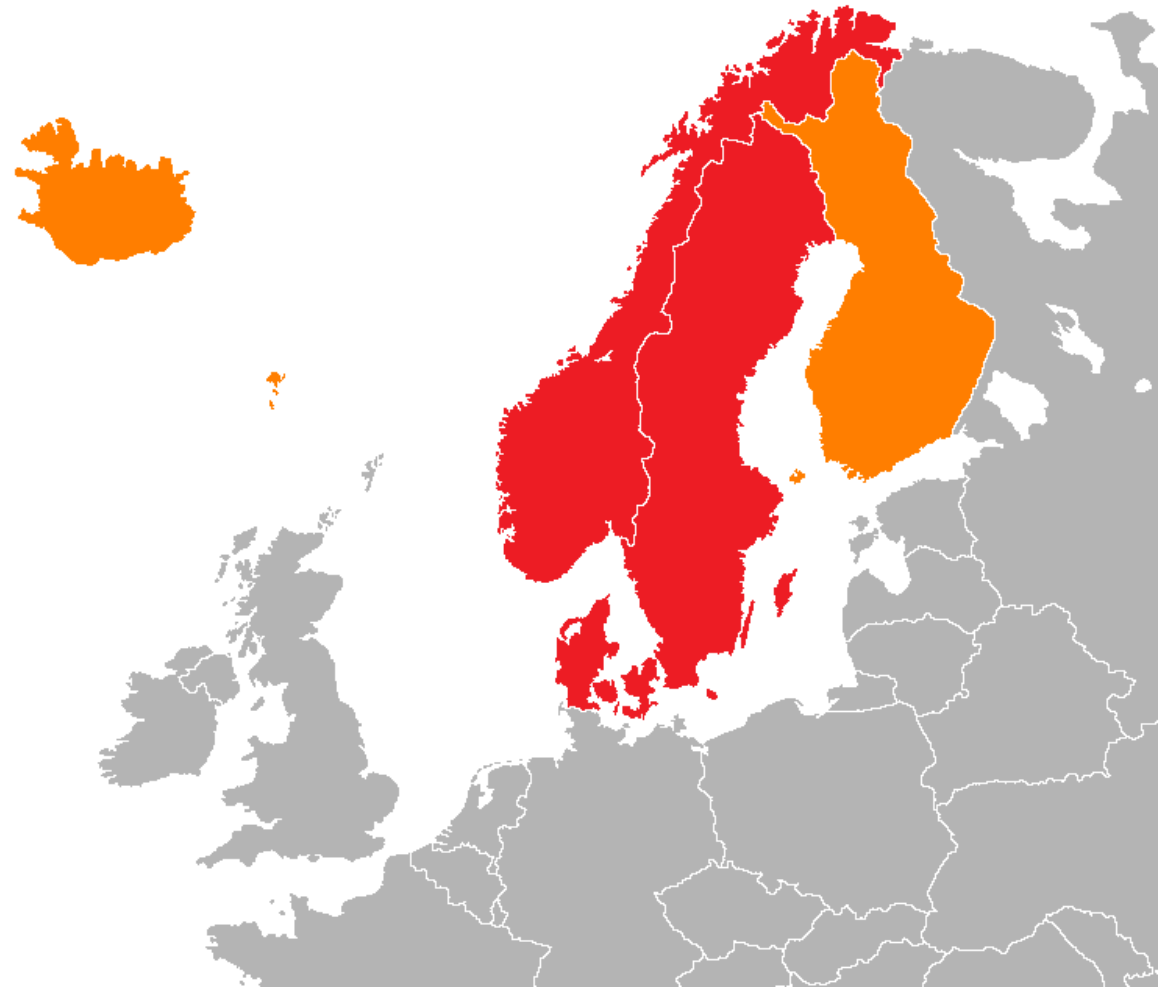
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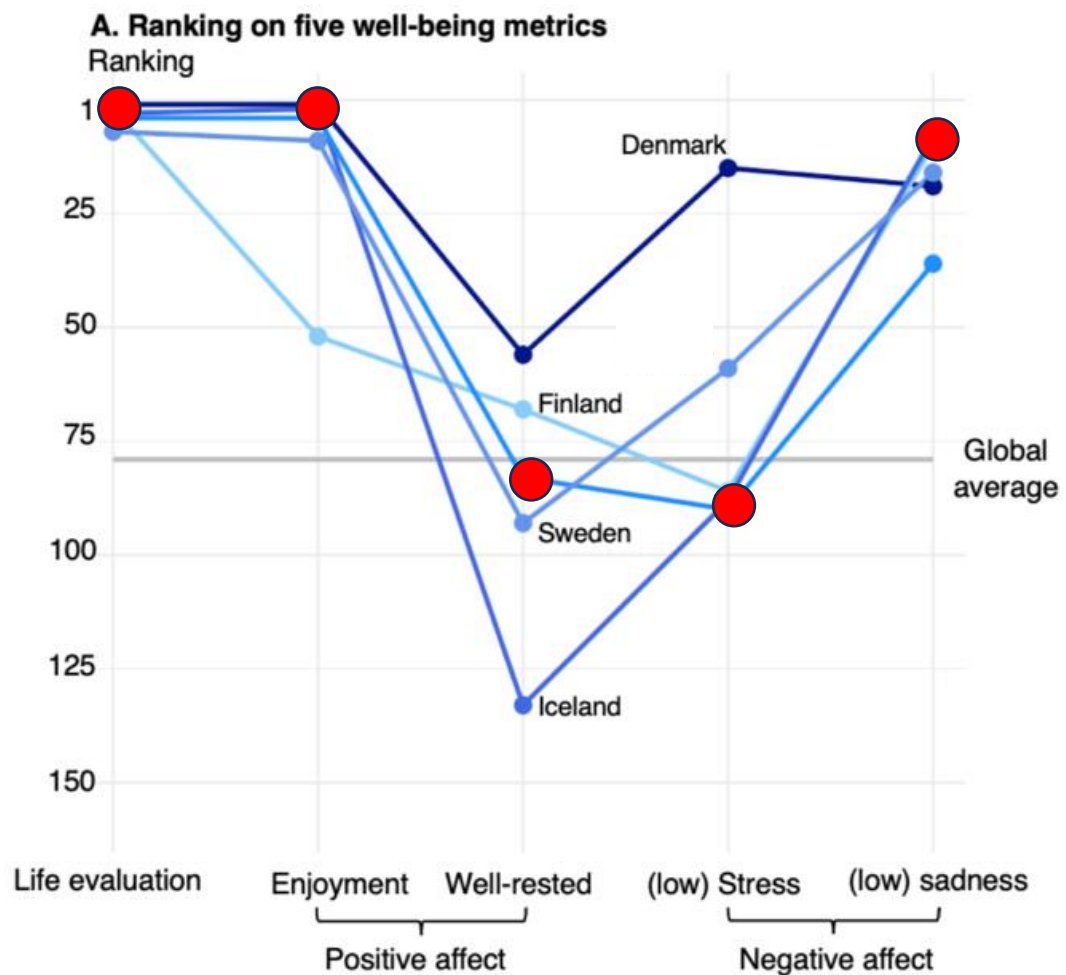


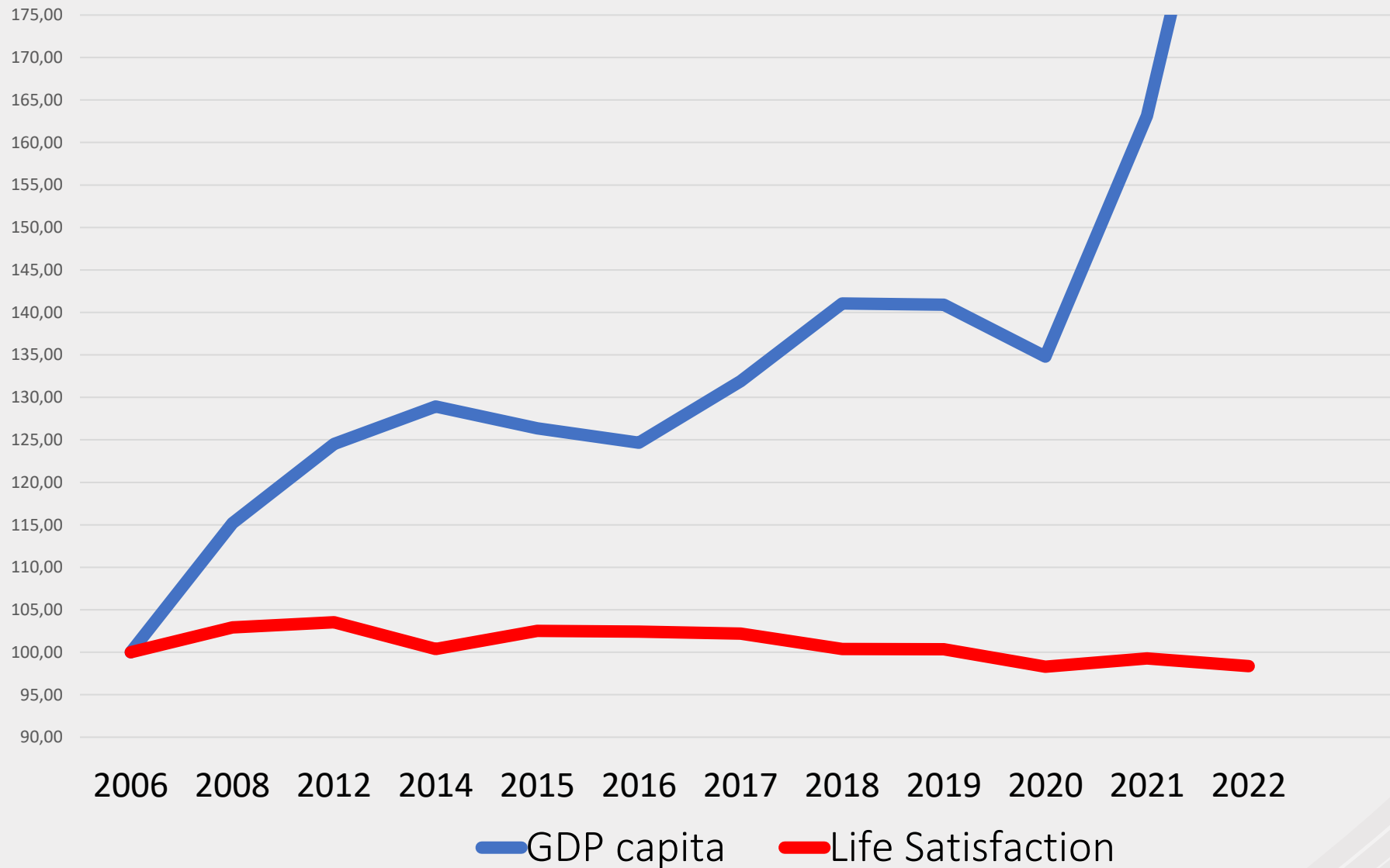
Figur: August Nilsson

Nordisk eksepsjonalisme

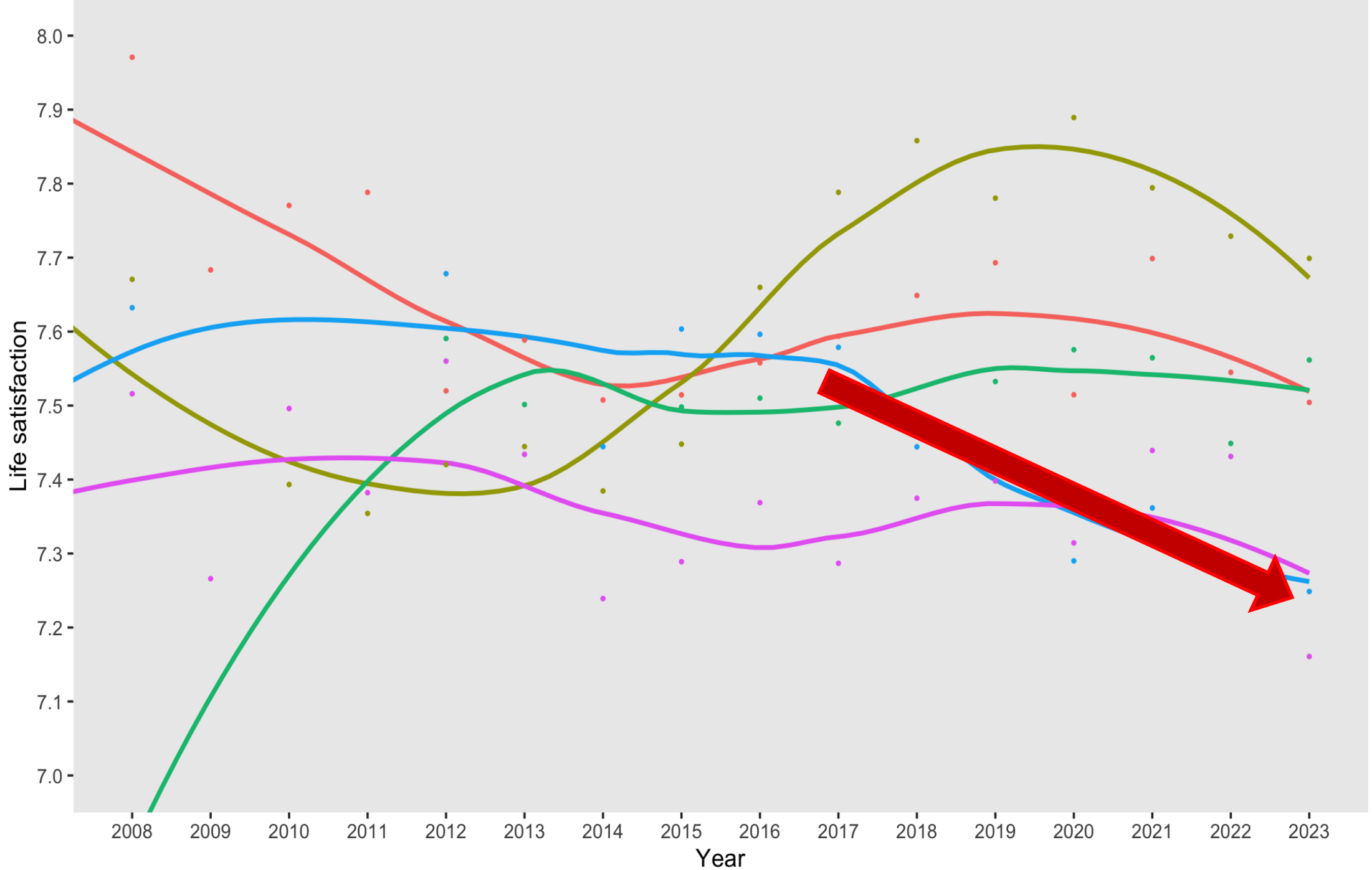
- Velfungerende demokrati
- Omfordeling av velstand
- Sjenerøse og effektive velferdsordninger
- Lave nivåer av kriminalitet og korrupsjon
- Høy tillit til andre mennesker og institusjoner







Figur: Henrik Lindhjem

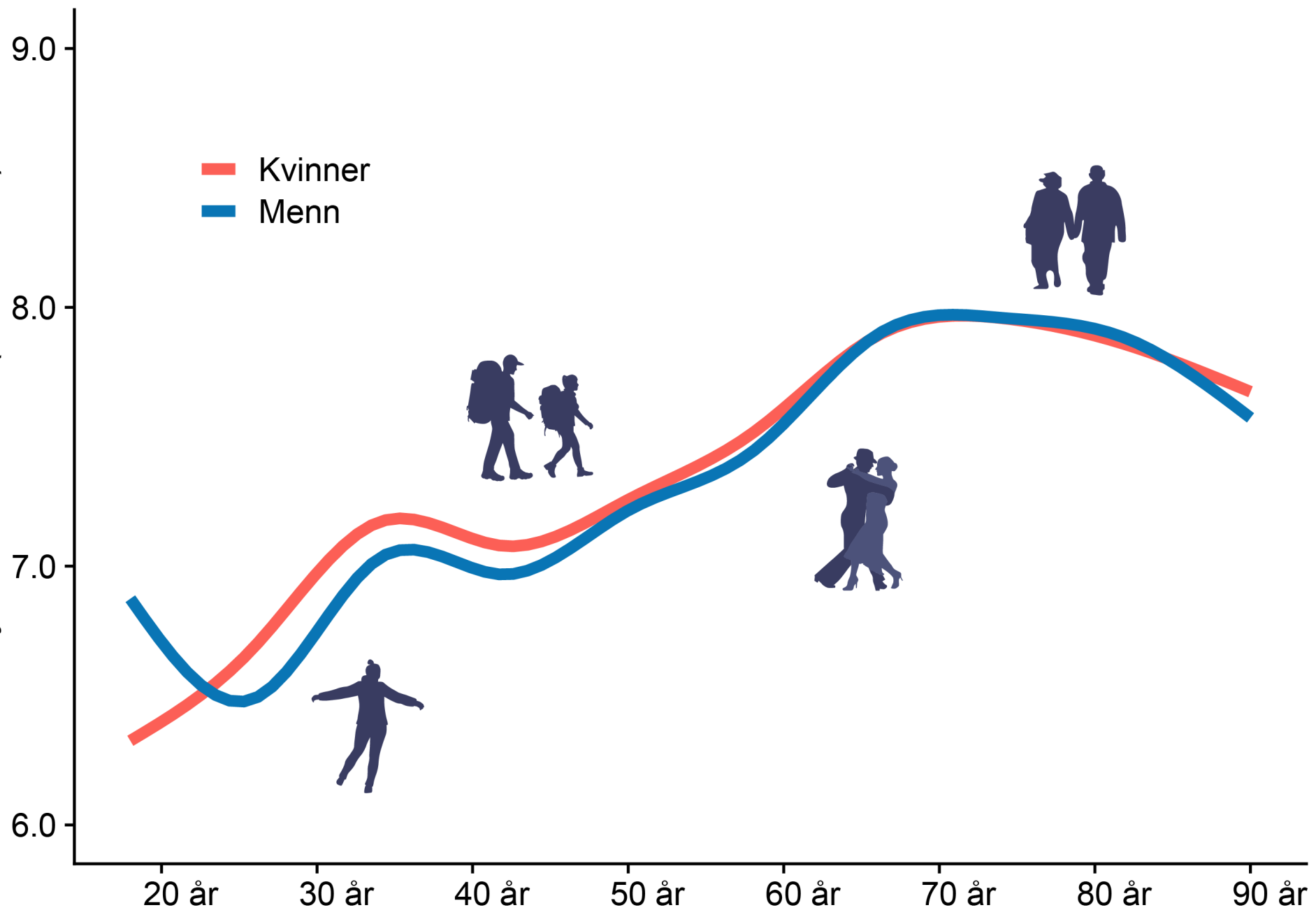


- Country
- Denmark
 - Finland
 - Iceland
 - Norway
 - Sweden



Fornøydhet med livet (skala 0-10)

Kvinner
Menn



Gjennomsnitt



Lav skår

Andel med

Høy skår



Skår

Tilfredshet med livet alt i alt. 2023



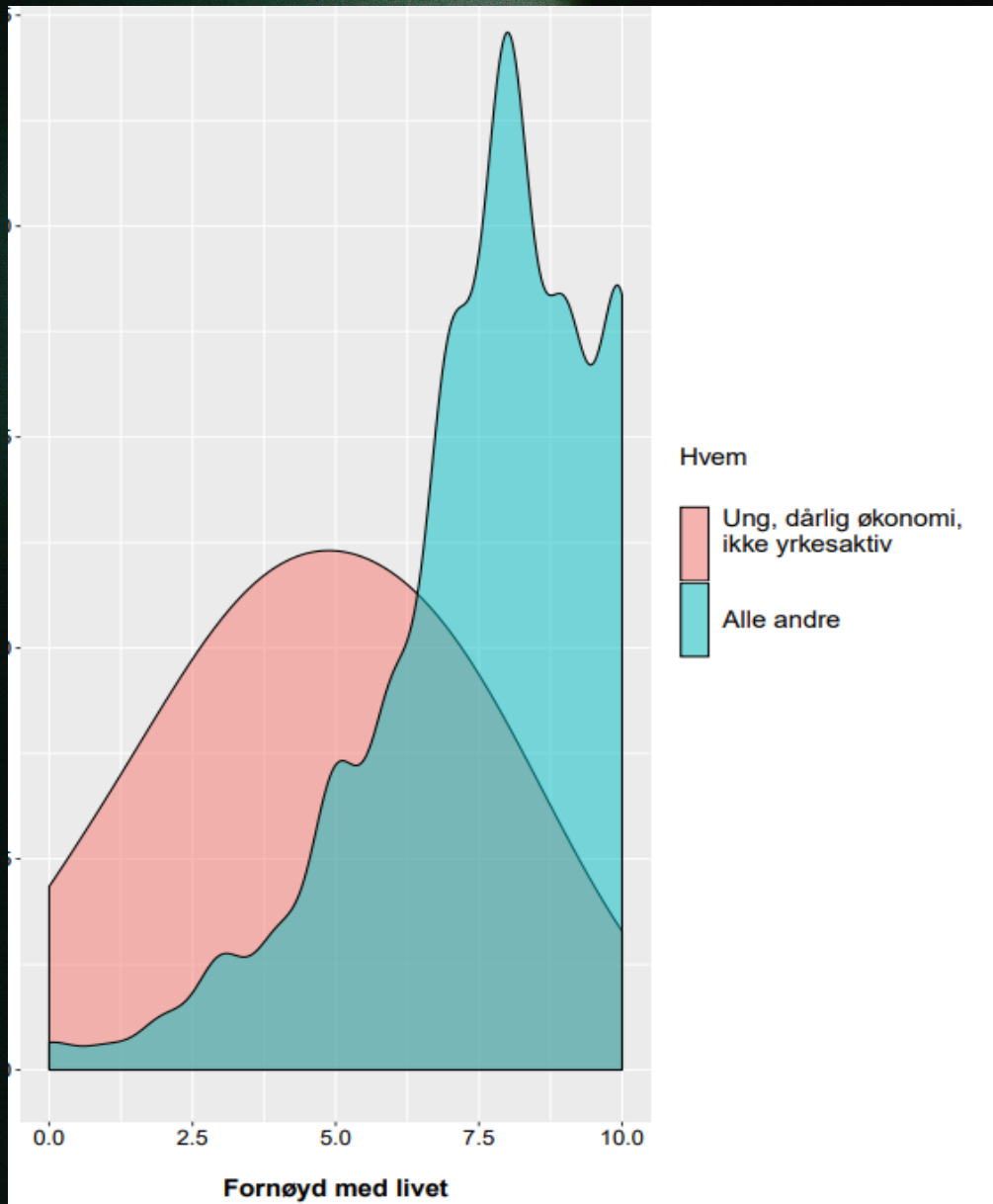


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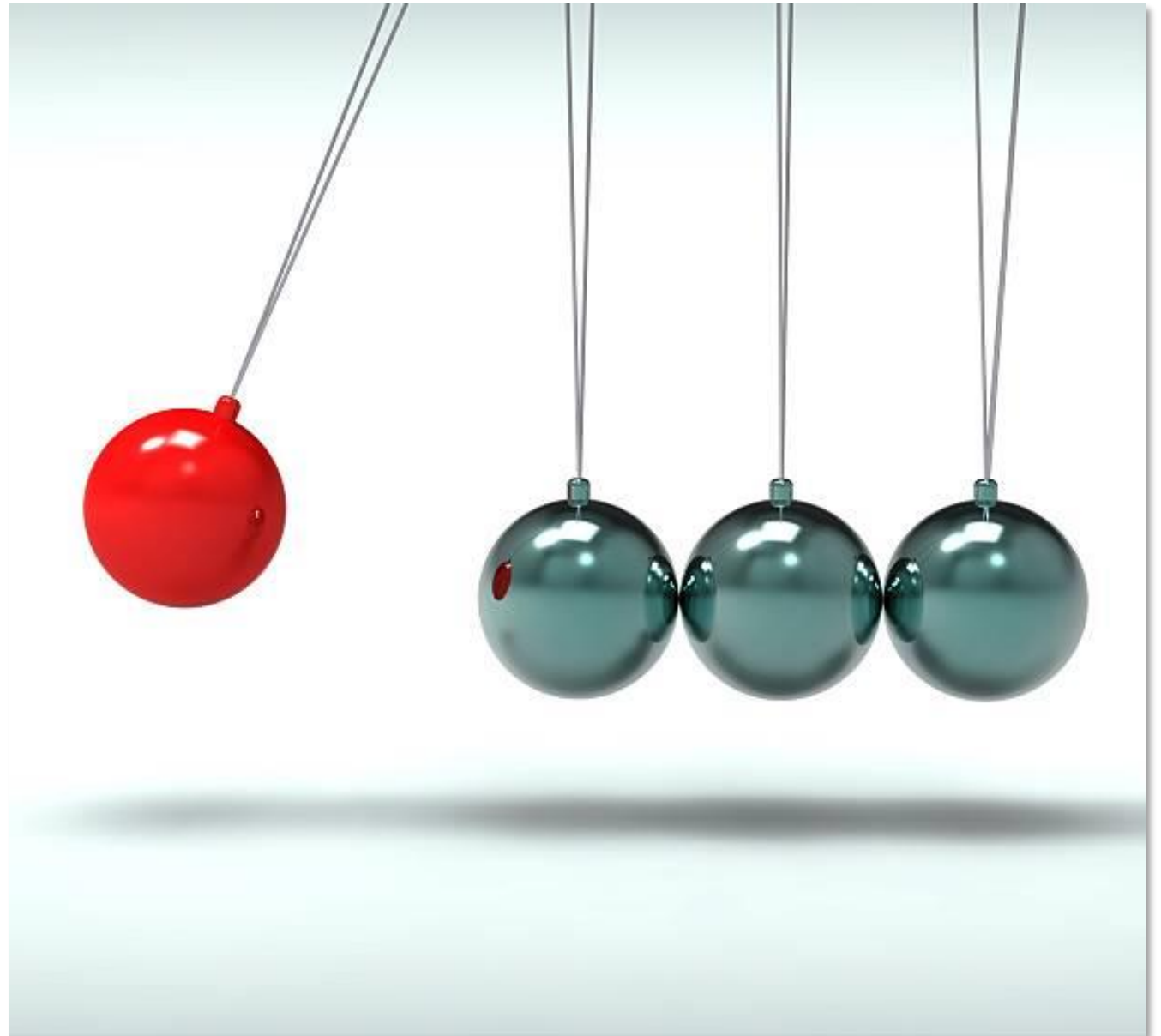
Photo by [Ramiro Pianarosa](#) on [Unsplash](#)





EXECUTIVE SUMMARY

**RAPID REVIEW OF INEQUALITIES
IN HEALTH AND WELLBEING
IN NORWAY SINCE 2014**



Progressive Taxation, Income Inequality, and Happiness

Shigehiro Oishi and Kostadin Kushlev
University of Virginia

Ulrich Schimmack
University of Toronto at Mississauga

RESEARCH REPORT

Income inequality and depression: a systematic review and meta-analysis of the association and a scoping review of mechanisms

Vikram Patel¹, Jonathan K. Burns², Monisha Dhingra³, Leslie Tarver⁴, Brandon A. Kohrt⁵, Crick Lund^{6,7}

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The impact of a poverty reduction intervention on infant brain activity

Sonya V. Troller-Renfree^a, Molly A. Costanzo^b, Greg J. Duncan^{c,1}, Katherine Magnuson^{b,d}, Lisa A. Gennetian^e, Hirokazu Yoshikawa^f, Sarah Halpern-Meekin^g, Nathan A. Fox^h, and Kimberly G. Noble^{a,i,1}

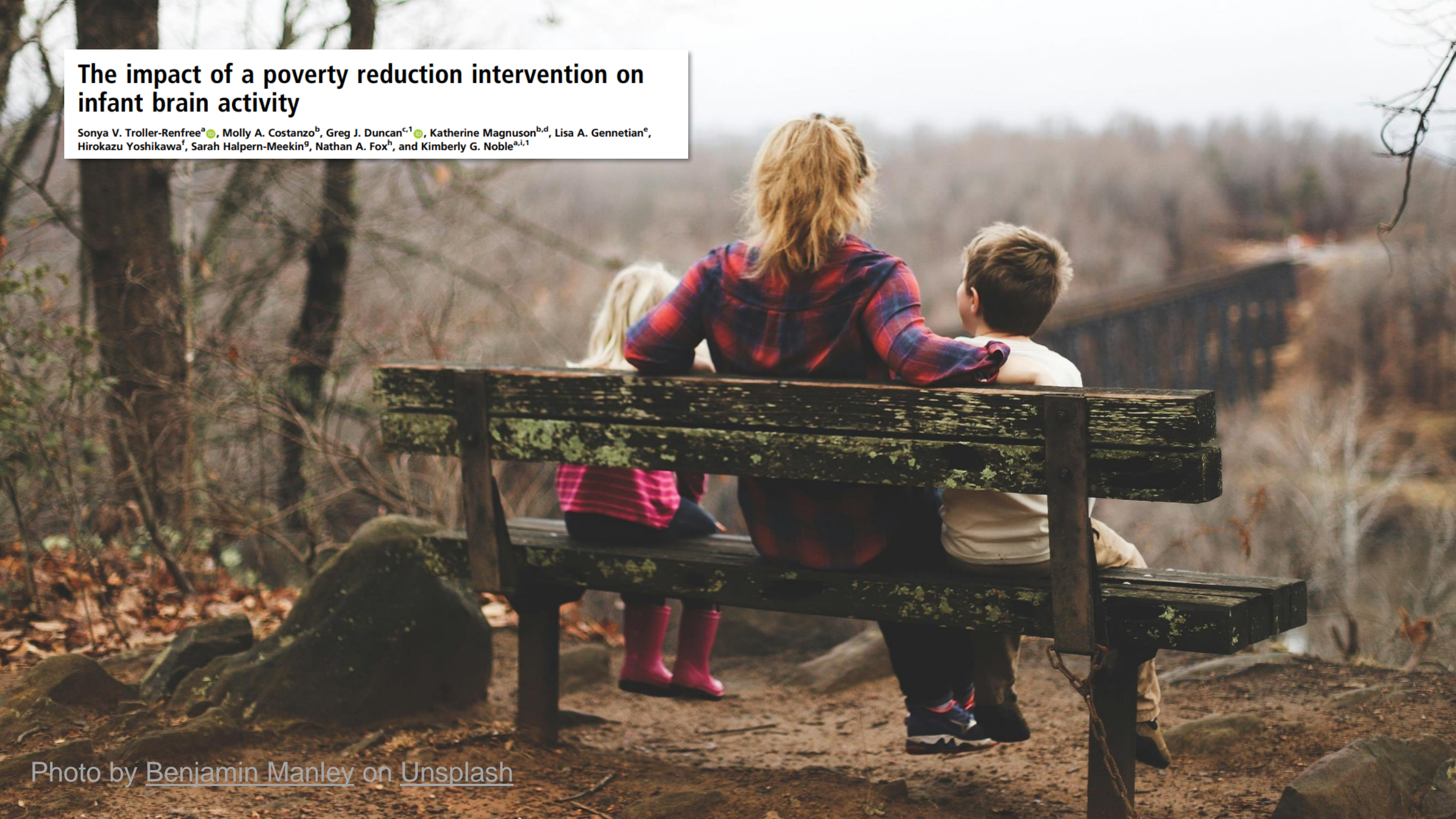
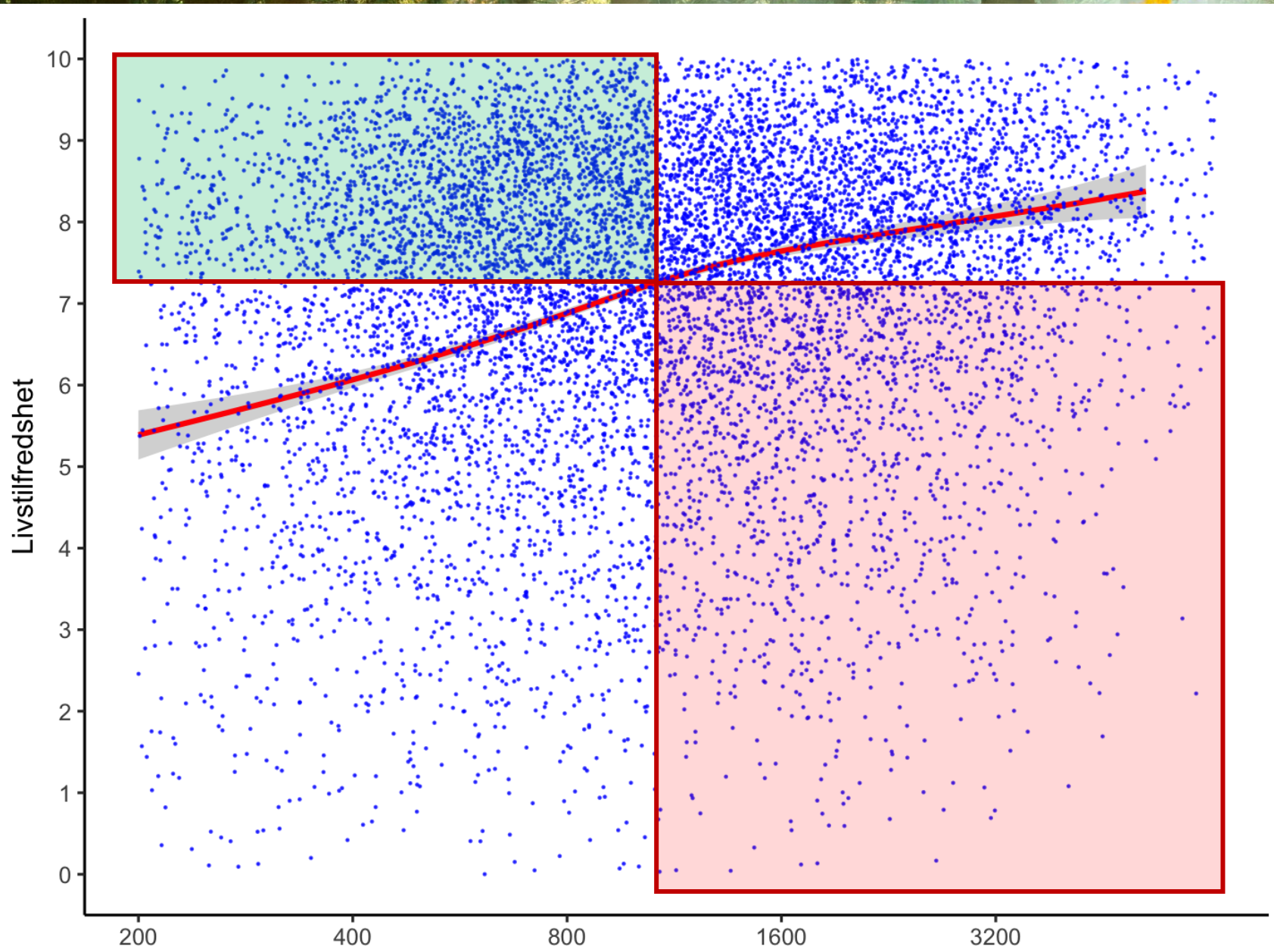



Photo by [Benjamin Manley](#) on [Unsplash](#)



Figur: Espen Røysamb



1. Et lands økonomiske forhold, målt ved BNP, påvirker ikke livskvaliteten når man tar hensyn til sosial samhörighet

2. Økonomiske forskjeller innad i et land (Gini-koeffisienten), synes ikke å påvirke livskvaliteten når sosial samhörighet er tatt i betraktning.



1. Givende og støttende relasjoner

2. Ikke oppleve diskriminering

- Tillit til offentlig sektor
- Frykt/utrygghet i nærmiljøet



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Mental Health and Environmental Factors in Adults: A Population-Based Network Analysis

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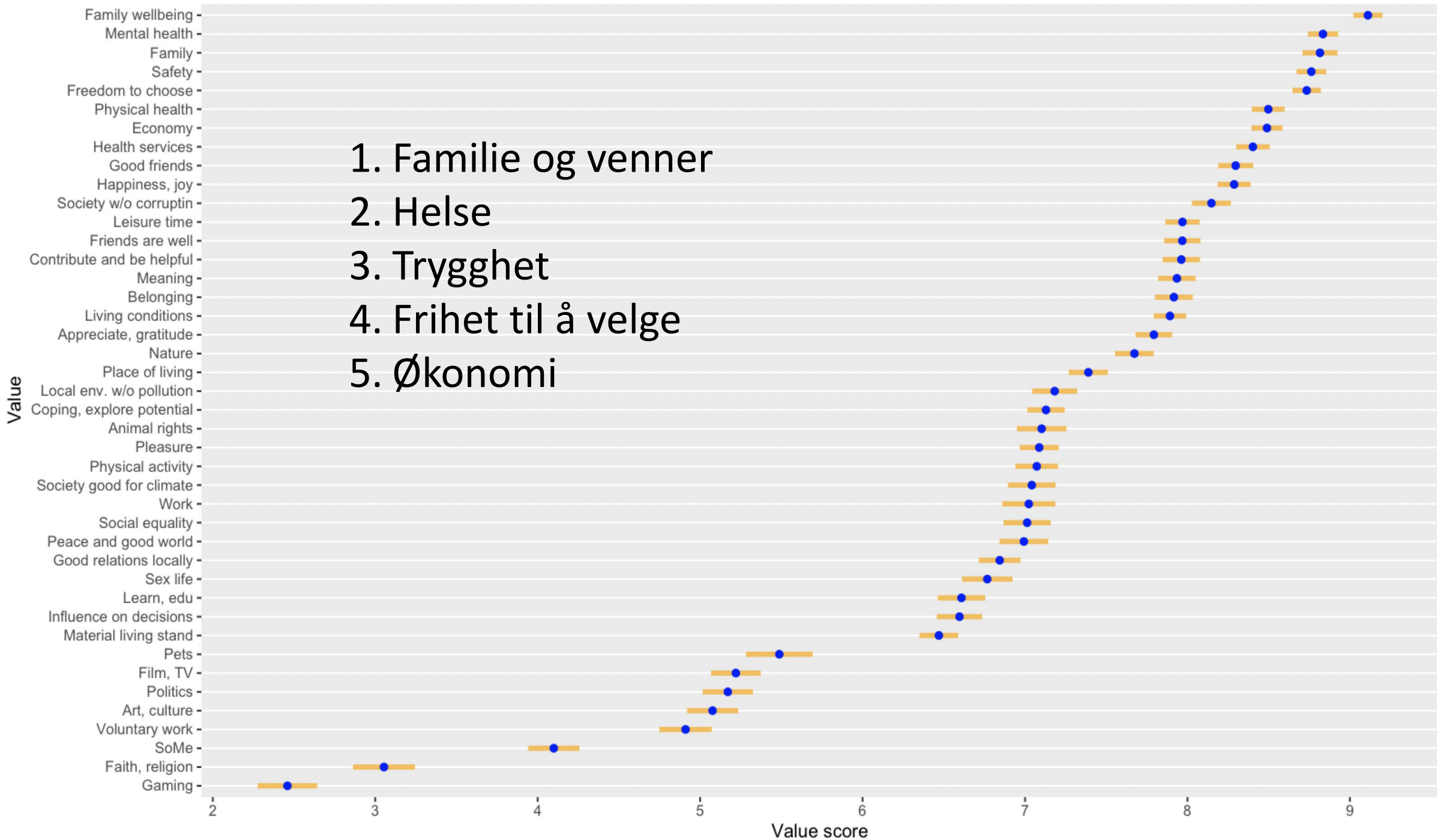
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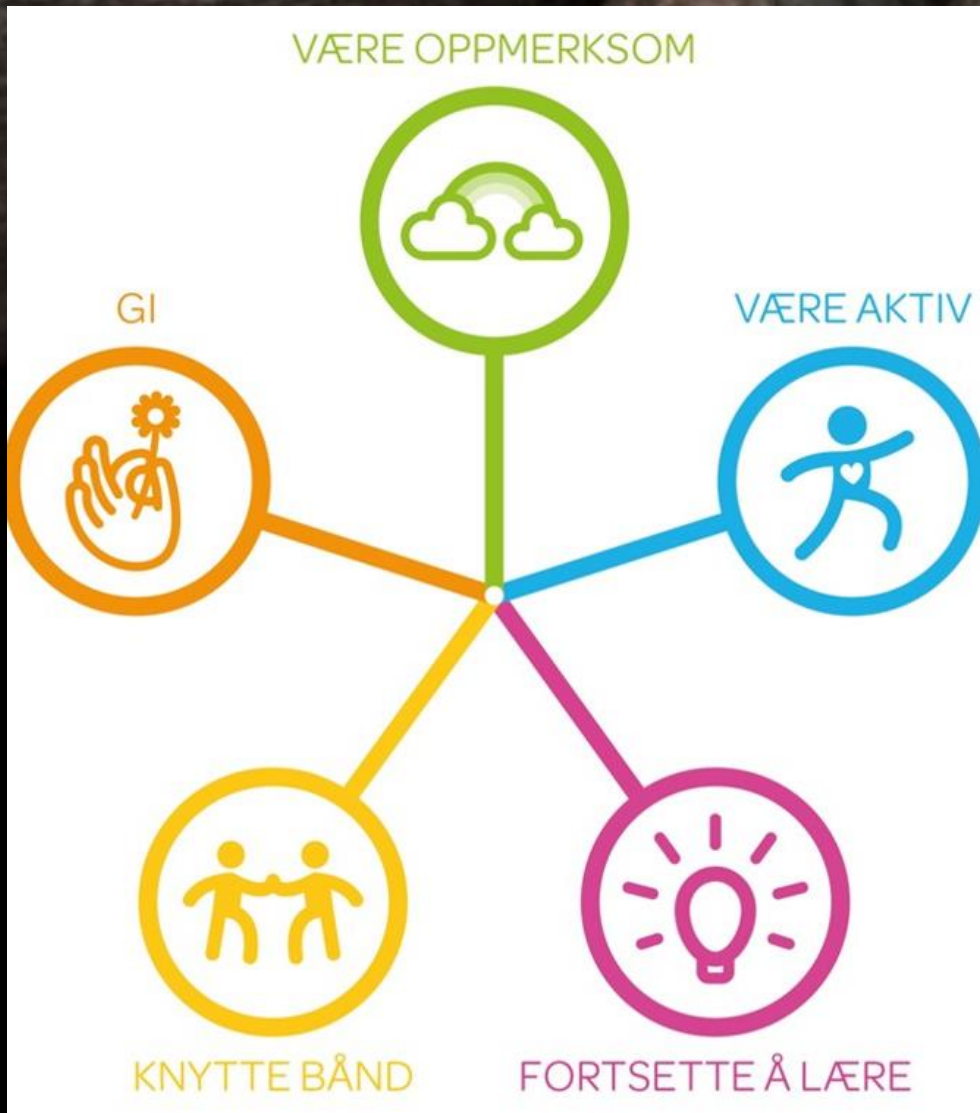
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Takk