

## Trend Report Average Happiness in Nations 1946-2021

Changes in how much people like the life they live

Ruut Veenhoven<sup>1</sup> & Silke Kegel<sup>2</sup>

This report draws on the [World Database of Happiness](#), Collection [Happiness in Nations](#). Links in this text lead to standardized descriptions of research findings in that [Finding Archive](#). Data taken from that source were entered in the datafile *TrendsInNations\_2022* a version in Excel can be downloaded from <https://worlddatabaseofhappiness.eur.nl/related-sources/data-set-trends-in-nations/what-is-this-data-file-trends-in-nations/>

This report is based on responses to questions about happiness representative surveys of the general population in nations. The report limits to questions on happiness in the sense of 'the [subjective enjoyment of one's life as a whole](#) that have passed a [check](#) for fit with that concept.

This report limits to timeseries that cover at least 20 years and involve minimally 10 datapoints.

Trend data are presented in two ways:

1. On [Table 1](#) we present difference between first and last observation in points on numerical scale 0-10.
2. On [Table 2](#) we express the trend in a linear regression unstandardized coefficient, which can be interpreted as % rise or decline per year.

This report encompasses findings reported in earlier trend reports over the years [1946-2006](#), [1946-2008](#), [1946-2010](#) and [1946-2015](#)

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<sup>1</sup> Emeritus professor of social conditions for Human Happiness, Erasmus University Rotterdam Netherlands; e-mail: veenhoven@ese.eur.nl

<sup>2</sup> Student of psychology at Konstanz University, Germany, who worked on this report as an intern. E-mail s.johanna2803@gmail.com

Netherlands. Assessed at (date) on [https://worlddatabaseofhappiness.eur.nl/wp-content/uploads/2020/07TrendReport\\_AverageHappiness\\_1946-2019.pdf](https://worlddatabaseofhappiness.eur.nl/wp-content/uploads/2020/07TrendReport_AverageHappiness_1946-2019.pdf)

Table 1

### Change average happiness expressed in points on scale 0-10.

Difference between first and last assessment

| <i>Rise</i>               |         |           |        | <i>Decline</i>               |           |           |        |
|---------------------------|---------|-----------|--------|------------------------------|-----------|-----------|--------|
| Nation                    | Measure | Period    | Change | Nation                       | Measure   | Period    | Change |
| <a href="#">Argentina</a> | ls4     | 1997-2018 | +0,10  | <a href="#">Belgium</a>      | ls4       | 1973-2019 | -0,59  |
| <a href="#">Austria</a>   | ls4     | 1995-2019 | +0,05  |                              | ls11      | 1975-2018 | -0,28  |
| <a href="#">Brazil</a>    | ls11    | 1960-2019 | +1,89  | <a href="#">Bolivia</a>      | ls4       | 1997-2018 | -0,18  |
| <a href="#">Canada</a>    | bw11    | 1975-2019 | +0,11  | <a href="#">Canada</a>       | ls10      | 1982-2020 | -0,98  |
| <a href="#">China</a>     | bw11    | 1999-2019 | +1,03  | <a href="#">Chile</a>        | ls4       | 1997-2018 | -1,08  |
| <a href="#">Colombia</a>  | ls4     | 1997-2018 | +0,36  | <a href="#">Costa Rica</a>   | ls4       | 1990-2018 | -1,34  |
| <a href="#">Croatia</a>   | ls10+11 | 1995-2018 | +0,54  | <a href="#">El Salvador</a>  | ls4       | 1991-2018 | -1,55  |
| <a href="#">Denmark</a>   | ls4     | 1973-2019 | +0,70  | <a href="#">Egypt</a>        | bw11      | 1960-2019 | -1,20  |
|                           | ls11    | 1975-2018 | +0,24  | <a href="#">Greece</a>       | ls4       | 1981-2019 | -0,42  |
| <a href="#">Ecuador</a>   | ls4     | 1997-2018 | +0,33  | <a href="#">Ireland</a>      | ls4       | 1973-2019 | -0,40  |
| <a href="#">Finland</a>   | ls4     | 1990-2019 | +0,59  |                              | ls11      | 1975-2018 | -0,07  |
| <a href="#">France</a>    | ls4     | 1973-2019 | +0,30  | <a href="#">Luxembourg</a>   | hl3       | 1975-2008 | -0,07  |
|                           | hl3     | 1946-1986 | +2,05  |                              | ls10+11   | 1975-2018 | -0,07  |
|                           | ls11    | 1975-2018 | +0,65  | <a href="#">Mexico</a>       | ls4       | 1997-2018 | -0,20  |
| <a href="#">Germany</a>   | ls11    | 1990-2018 | +0,35  | <a href="#">Nicaragua</a>    | ls4       | 1991-2018 | -0,94  |
|                           | ls4     | 1990-2019 | +0,46  | <a href="#">Nigeria</a>      | bw11      | 1963-2019 | -0,43  |
| <a href="#">Honduras</a>  | ls4     | 1997-2018 | +0,62  | <a href="#">Netherlands</a>  | ls5       | 1974-2012 | -1,02  |
| <a href="#">Hungary</a>   | ls11    | 1992-2018 | +0,37  | <a href="#">Paraguay</a>     | ls4       | 1996-2018 | -2,02  |
| <a href="#">India</a>     | bw11    | 1962-2019 | +0,48  | <a href="#">South Africa</a> | ls5       | 1983-2015 | -0,02  |
| <a href="#">Italy</a>     | ls4     | 1973-2019 | +0,20  |                              | ls10+11   | 1981-2013 | -0,13  |
|                           | hl3     | 1965-1986 | +0,24  | <a href="#">Sweden</a>       | ls11      | 1999-2018 | -0,01  |
|                           | bw11    | 1975-2019 | +0,86  | ls10                         | 1982-2017 | -0,41     |        |

|                                |         |           |               |                                |         |           |               |
|--------------------------------|---------|-----------|---------------|--------------------------------|---------|-----------|---------------|
|                                | ls11    | 1975-2018 | +0,77         | <a href="#">United Kingdom</a> | hl3     | 1965-1986 | -1,1          |
| <a href="#">Japan</a>          | ls10+11 | 1958-2013 | +0,35         |                                | ls11    | 1971-2018 | -0,49         |
|                                | ls4     | 1958-2013 | +0,41         | <a href="#">USA</a>            | hl3     | 1946-2010 | -0,24         |
|                                | ls5     | 1978-2005 | +0,80         |                                | hl4     | 1946-2017 | -0,07         |
|                                | bw11    | 1962-2019 | +0,71         |                                | ls10+11 | 1959-2017 | -0,68         |
| <a href="#">Korea (South)</a>  | bw11    | 1981-2019 | +1,64         |                                | bw11    | 1955-2019 | -0,12         |
| <a href="#">Luxembourg</a>     | ls4     | 1973-2019 | +0,09         | <a href="#">Uruguay</a>        | ls4     | 1997-2018 | -0,47         |
| <a href="#">Mexico</a>         | bw11    | 1975-2019 | +0,22         | <a href="#">Venezuela</a>      | ls4     | 1997-2018 | -0,89         |
| <a href="#">Netherlands</a>    | ls4     | 1973-2019 | +0,60         |                                |         |           |               |
|                                | ls10    | 1981-2019 | +0,27         |                                |         |           |               |
|                                | ls11    | 1974-2018 | +0,26         |                                |         |           |               |
| <a href="#">Norway</a>         | ls10+11 | 1981-2018 | +0,19         |                                |         |           |               |
|                                | hl4     | 1981-2018 | +0,32         |                                |         |           |               |
| <a href="#">Panama</a>         | ls4     | 1997-2018 | +0,56         |                                |         |           |               |
|                                | bw11    | 1962-2019 | +1,27         |                                |         |           |               |
| <a href="#">Peru</a>           | ls4     | 1997-2018 | +1,15         |                                |         |           |               |
| <a href="#">Philippines</a>    | bw11    | 1959-2019 | +1,37         |                                |         |           |               |
| <a href="#">Poland</a>         | bw11    | 1962-2019 | +1,81         |                                |         |           |               |
| <a href="#">Portugal</a>       | ls4     | 1985-2019 | +0,79         |                                |         |           |               |
| <a href="#">Romania</a>        | ls4     | 1998-2019 | +0,97         |                                |         |           |               |
|                                | ls10+11 | 1990-2018 | +1,81         |                                |         |           |               |
| <a href="#">Russia</a>         | ls10+11 | 1990-2017 | +1,13         |                                |         |           |               |
| <a href="#">South Africa</a>   | hl5     | 1983-2015 | +0,16         |                                |         |           |               |
| <a href="#">Spain</a>          | ls4     | 1985-2019 | +0,62         |                                |         |           |               |
|                                | ls10+11 | 1981-2018 | +1,08         |                                |         |           |               |
| <a href="#">Sweden</a>         | ls4     | 1995-2019 | +0,21         |                                |         |           |               |
| <a href="#">Switzerland</a>    | ls11    | 1976-2018 | +0,03         |                                |         |           |               |
| <a href="#">United Kingdom</a> | ls4     | 1973-2019 | +0,46         |                                |         |           |               |
| <b>Number rise</b>             |         |           | <b>50</b>     | <b>Number decline</b>          |         |           | <b>30</b>     |
| <b>Average rise</b>            |         |           | <b>+0,652</b> | <b>Average decline</b>         |         |           | <b>-0,582</b> |

### Technical details

1. The years 2020 and 2021 are left out in this comparison because of the COVID-19 pandemic, which lowered average happiness substantially in most nations (up to one point). Since score for these years are not available for all countries, comparison would flaw

2. Measure codes refer to a equivalent of survey questions on happiness:

[Best-Worst possible life](#)

Bw11 question on how one rated one's current life on a numerical scale ranging from best possible to worst possible

[Happiness](#)

hl4 question on happiness answer rated on 4-step verbal response scale

hl5 question on happiness answer rated on 5-step verbal response scale

hl3 question on happiness answer rated on 3-step verbal response scale

[Life-satisfaction](#)

ls4 question on life-satisfaction answer rated on 4-step verbal response scale

ls5 question on life-satisfaction answer rated on 5-step verbal response scale

ls10 question on life-satisfaction answer rated on 10-step numeral response scale

ls11 question on life-satisfaction answer rated on 11-step numeral response scale

ls10+11 question on life-satisfaction answer rated on 10 and 11-step numeral response scale

3. Scores on questions using verbal response options on range 5 or less were transformed to numerical scales on range 0-10 using linear transformation. This procedure is explained in [chapter 6](#) of the introductory text to the collection of happiness measures section 6.1.1.

4. Within series of responses to *equivalent* questions not all questions are fully *identical*, variations in wording being indicated with a, b, c ... at the end of the measure code. See [chapter 5](#) of the introductory text to the collection of happiness measures, scheme 5. When assessing the difference between the first and last score of questions using verbal response scales, we limited to identical questions, since differences in wording can bias the trend. In the case of responses to 10 and 11-step numerical rating scales we accepted equivalent questions, assuming that respondents will have focused on scale numbers, rather than on the verbal labels of scale extremes.

5. Data were rounded up to three decimal places.

Table 2

## Change average happiness expressed in average annual increase/decline 1946-2021

Change expressed in linear regression coefficients

| Nation                      | Measure | Years     | Trend average happiness |                                |                                 |                                |
|-----------------------------|---------|-----------|-------------------------|--------------------------------|---------------------------------|--------------------------------|
|                             |         |           | Up to 2019              |                                | Including COVID years 2020-2021 |                                |
|                             |         |           | <i>Trend over time</i>  | <i>95% confidence interval</i> | <i>Trend over time</i>          | <i>95% confidence interval</i> |
| <b>Since 1940s</b>          |         |           |                         |                                |                                 |                                |
| <a href="#">France</a>      | hl3     | 1946-1986 | <b>+0,046</b>           | +0,028 - +0,065                |                                 |                                |
| <a href="#">USA</a>         | hl3     | 1946-2010 | +0,002                  | -0,002 - +0,006                |                                 |                                |
| <a href="#">USA</a>         | hl4     | 1946-2017 | +0,001                  | -0,004 - +0,006                |                                 |                                |
| <i>N rise</i>               |         |           | 1                       |                                |                                 |                                |
| <i>N decline</i>            |         |           | 0                       |                                |                                 |                                |
| <i>N no change</i>          |         |           | 2                       |                                |                                 |                                |
| <b>Since 1950s</b>          |         |           |                         |                                |                                 |                                |
| <a href="#">Japan</a>       | ls4     | 1958-2013 | +0,004                  | 0,000 - +0,008                 |                                 |                                |
| <a href="#">Philippines</a> | bw11    | 1959-2020 | +0,014                  | -0,004 - +0,031                | +0,013                          | -0,004 - +0,029                |
| <a href="#">USA</a>         | hl3     | 1952-2010 | +0,001                  | -0,003 - +0,006                |                                 |                                |
| <a href="#">USA</a>         | hl4     | 1952-2017 | -0,001                  | 0,008 - +0,006                 |                                 |                                |
| <a href="#">USA</a>         | ls10+11 | 1959-2017 | <b>-0,011</b>           | -0,021 - -0,001                |                                 |                                |
| <a href="#">USA</a>         | bw11    | 1955-2021 | <b>+0,013</b>           | +0,009 - +0,017                | <b>+0,012</b>                   | +0,009 - +0,016                |
| <i>N rise</i>               |         |           | 1                       |                                | 1                               |                                |
| <i>N decline</i>            |         |           | 1                       |                                | 0                               |                                |
| <i>N no change</i>          |         |           | 4                       |                                | 1                               |                                |
| <b>Since 1960s</b>          |         |           |                         |                                |                                 |                                |
| <a href="#">Brazil</a>      | bw11    | 1960-2020 | <b>+0,028</b>           | +0,014 - +0,042                | <b>+0,026</b>                   | +0,011 - +0,04                 |
| <a href="#">Egypt</a>       | bw11    | 1960-2020 | <b>-0,029</b>           | -0,055 - -0,004                | <b>+0,058</b>                   | +0,044 - +0,072                |

|                         |      |           |               |                 |               |                 |
|-------------------------|------|-----------|---------------|-----------------|---------------|-----------------|
| <a href="#">India</a>   | bw11 | 1962-2020 | +0,009        | -0,015 - +0,033 | +0,008        | -0,015 - +0,030 |
| <a href="#">Italy</a>   | hl3  | 1965-1986 | +0,020        | -0,003 - +0,042 |               |                 |
| <a href="#">Japan</a>   | bw11 | 1962-2020 | <b>+0,010</b> | +0,002 - +0,018 | <b>+0,010</b> | +0,002 - +0,018 |
| <a href="#">Japan</a>   | ls4  | 1961-2013 | +0,001        | -0,002 - +0,003 |               |                 |
| <a href="#">Nigeria</a> | bw11 | 1963-2020 | +0,002        | -0,015 - +0,019 | +0,004        | -0,012 - +0,02  |
| <a href="#">Panama</a>  | bw11 | 1962-2019 | <b>+0,029</b> | +0,008 - +0,051 |               |                 |
| <a href="#">Poland</a>  | bw11 | 1962-2020 | <b>+0,033</b> | +0,025 - +0,041 | <b>+0,033</b> | +0,025 - +0,041 |
| <a href="#">UK</a>      | hl3  | 1965-1986 | -0,031        | -0,071 - +0,009 |               |                 |
| <a href="#">USA</a>     | hl3  | 1963-2010 | +0,005        | 0,000 - +0,010  |               |                 |
|                         | bw11 | 1964-2021 | <b>+0,015</b> | +0,011 - +0,019 | <b>+0,014</b> | +0,010 - +0,019 |
| <i>N rise</i>           |      |           | 5             |                 | 5             |                 |
| <i>N decline</i>        |      |           | 1             |                 | 0             |                 |
| <i>N no change</i>      |      |           | 6             |                 | 2             |                 |
| <b>Since 1970</b>       |      |           |               |                 |               |                 |
| <a href="#">Belgium</a> | ls4  | 1973-2021 | -0,003        | -0,010 - +0,004 | -0,003        | -0,009 - +0,004 |
|                         | ls11 | 1975-2018 | -0,004        | -0,014 - +0,006 |               |                 |
| <a href="#">Brazil</a>  | bw11 | 1975-2020 | +0,009        | -0,009 - +0,027 | +0,006        | -0,013 - +0,024 |
| <a href="#">Canada</a>  | bw11 | 1975-2020 | +0,006        | -0,004 - +0,017 | +0,004        | -0,006 - +0,015 |
| <a href="#">Denmark</a> | ls4  | 1973-2021 | <b>+0,013</b> | +0,010 - +0,016 | <b>+0,013</b> | +0,010 - +0,016 |
|                         | ls11 | 1975-2018 | +0,011        | -0,002 - +0,025 |               |                 |
| <a href="#">Finland</a> | ls11 | 1976-2018 | <b>+0,011</b> | +0,007 - +0,015 |               |                 |
| <a href="#">France</a>  | ls4  | 1973-2021 | <b>+0,017</b> | +0,013 - +0,020 | <b>+0,017</b> | +0,013 - +0,020 |
|                         | ls11 | 1975-2018 | +0,014        | -0,005 - +0,034 |               |                 |
|                         | bw11 | 1975-2020 | <b>+0,015</b> | +0,002 - +0,029 | <b>+0,015</b> | +0,002 - +0,028 |
| <a href="#">India</a>   | bw11 | 1975-2020 | -0,001        | -0,037 - +0,036 | -0,037        | -0,037 - +0,032 |
| <a href="#">Ireland</a> | ls4  | 1973-2021 | <b>+0,007</b> | +0,001 - +0,014 | +0,006        | 0,0 - +0,012    |
|                         | ls11 | 1975-2018 | -0,012        | -0,036 - +0,012 |               |                 |
| <a href="#">Italy</a>   | ls11 | 1975-2018 | <b>+0,013</b> | +0,001 - +0,025 |               |                 |
|                         | ls4  | 1973-2021 | +0,003        | -0,004 - +0,010 | +0,002        | -0,004 - +0,009 |
|                         | bw11 | 1975-2020 | +0,008        | -0,011 - +0,027 | +0,009        | -0,009 - +0,027 |

|                                |         |           |               |                 |               |                 |
|--------------------------------|---------|-----------|---------------|-----------------|---------------|-----------------|
| <a href="#">Japan</a>          | bw11    | 1975-2020 | +0,001        | -0,010 - +0,012 | +0,002        | -0,008 - +0,012 |
|                                | ls4     | 1970-2013 | +0,012        | 0,000 - +0,024  |               |                 |
|                                | ls5     | 1978-2005 | -0,002        | -0,013 - +0,026 |               |                 |
|                                | ls10+11 | 1975-2019 | +0,012        | 0,000 - +0,024  |               |                 |
| <a href="#">Luxembourg</a>     | ls4     | 1973-2021 | <b>+0,007</b> | +0,003 - +0,01  | +0,004        | 0,000 - +0,008  |
|                                | hl3     | 1975-2008 | -0,001        | -0,018 - +0,016 |               |                 |
|                                | ls10+11 | 1975-2018 | +0,003        | -0,006 - +0,011 |               |                 |
| <a href="#">Mexico</a>         | bw11    | 1975-2020 | +0,008        | -0,011 - +0,027 | -0,002        | -0,031 - +0,026 |
| <a href="#">Netherlands</a>    | ls4     | 1973-2021 | <b>+0,010</b> | +0,007 - +0,014 | <b>+0,01</b>  | +0,007 - +0,013 |
|                                | ls5     | 1974-2012 | 0,0           | -0,010 - +0,010 |               |                 |
|                                | ls11    | 1974-2018 | +0,004        | -0,004 - +0,012 |               |                 |
|                                | hl5     | 1977-2019 | <b>-0,010</b> | -0,015 - -0,004 |               |                 |
| <a href="#">Switzerland</a>    | ls11    | 1976-2018 | +0,001        | -0,006 - +0,007 |               |                 |
| <a href="#">UK</a>             | ls11    | 1971-2018 | -0,006        | -0,012 - 0,000  |               |                 |
|                                | ls4     | 1973-2020 | <b>+0,014</b> | +0,01 - +0,017  | <b>+0,013</b> | +0,01 - +0,016  |
| <a href="#">USA</a>            | hl3     | 1970-2010 | <b>+0,007</b> | +0,001 - +0,013 |               |                 |
|                                | hl4     | 1974-2017 | +0,003        | -0,010 - +0,016 |               |                 |
|                                | ls10+11 | 1974-2017 | -0,013        | -0,025 - 0,000  |               |                 |
|                                | bw11    | 1971-2021 | <b>+0,017</b> | +0,013 - +0,021 | <b>+0,016</b> | +0,013 - +0,020 |
| <i>N significant rise</i>      |         |           | 11            |                 | 6             |                 |
| <i>N significant decline</i>   |         |           | 1             |                 | 0             |                 |
| <i>N significant no change</i> |         |           | 23            |                 | 10            |                 |
| <b>Since 1980s</b>             |         |           |               |                 |               |                 |
| <a href="#">Belgium</a>        | ls4     | 1980-2021 | <b>+0,008</b> | +0,001 - +0,015 | +0,007        | 0,0 - +0,014    |
|                                | ls11    | 1981-2018 | -0,001        | -0,013 - +0,012 |               |                 |
| <a href="#">Denmark</a>        | ls4     | 1980-2021 | <b>+0,014</b> | +0,011 - +0,017 | <b>+0,011</b> | +0,008 - +0,015 |
|                                | ls11    | 1983-2018 | <b>+0,022</b> | +0,004 - +0,040 |               |                 |
| <a href="#">France</a>         | ls4     | 1980-2021 | <b>+0,019</b> | +0,015 - +0,024 | <b>+0,019</b> | +0,015 - +0,023 |

|                               |         |           |               |                 |               |                 |
|-------------------------------|---------|-----------|---------------|-----------------|---------------|-----------------|
|                               | ls11    | 1983-2018 | <b>+0,033</b> | +0,013 - +0,052 |               |                 |
| <a href="#">Canada</a>        | ls10    | 1982-2020 | +0,003        | -0,018 +0,023   | -0,015        | -0,041 - +0,012 |
| <a href="#">Greece</a>        | ls4     | 1981-2021 | <b>-0,032</b> | -0,044 - -0,020 | <b>-0,026</b> | -0,038 - -0,014 |
| <a href="#">Ireland</a>       | ls4     | 1980-2021 | <b>+0,015</b> | +0,008 - +0,022 | <b>+0,012</b> | +0,006 - +0,019 |
|                               | ls11    | 1980-2018 | +0,003        | -0,030 - +0,036 |               |                 |
| <a href="#">Italy</a>         | ls11    | 1983-2018 | +0,009        | -0,013 - +0,030 |               |                 |
|                               | ls4     | 1980-2021 | -0,006        | -0,014 - +0,001 | -0,006        | -0,013 - 0,0    |
| <a href="#">Japan</a>         | ls4     | 1980-2013 | -0,003        | -0,008 - +0,003 |               |                 |
|                               | ls5     | 1981-2005 | -0,006        | -0,046 - +0,034 |               |                 |
|                               | ls10+11 | 1981-2019 | +0,029        | -0,005 - +0,028 |               |                 |
| <a href="#">Korea (South)</a> | bw11    | 1981-2020 | <b>+0,046</b> | +0,015 - +0,076 | -0,015        | -0,41 - +0,012  |
| <a href="#">Luxembourg</a>    | ls4     | 1980-2021 | +0,003        | -0,001 - +0,007 | 0,0           | -0,005 - +0,004 |
|                               | hl3     | 1982-2008 | -0,013        | -0,035 +0,009   |               |                 |
|                               | ls10+11 | 1983-2018 | +0,008        | -0,004 - +0,019 |               |                 |
| <a href="#">Netherlands</a>   | ls10    | 1981-2019 | +0,002        | -0,006 - +0,011 | <b>+0,043</b> | +0,014 - +0,072 |
|                               | ls4     | 1980-2021 | <b>+0,011</b> | +0,007 - +0,016 | <b>+0,011</b> | +0,007 - +0,014 |
|                               | ls5     | 1980-2012 | -0,005        | -0,018 +0,008   |               |                 |
|                               | ls11    | 1983-2018 | +0,004        | -0,010 - +0,017 |               |                 |
|                               | hl5     | 1980-2019 | -0,005        | -0,018 +0,008   |               |                 |
| <a href="#">Norway</a>        | ls10+11 | 1981-2018 | +0,008        | -0,003 - +0,019 | +0,002        | -0,006 - +0,011 |
|                               | hl4     | 1981-2018 | 0,0           | -0,020 - +0,021 |               |                 |
| <a href="#">Portugal</a>      | ls4     | 1985-2021 | <b>-0,016</b> | -0,030 - -0,001 | <b>-0,015</b> | -0,029 - -0,001 |
| <a href="#">South Africa</a>  | hl5     | 1983-2015 | -0,006        | -0,039 - +0,026 |               |                 |
|                               | ls5     | 1983-2015 | -0,015        | -0,048 - +0,018 |               |                 |
|                               | ls10+11 | 1981-2013 | +0,009        | -0,026 - +0,043 |               |                 |
| <a href="#">Spain</a>         | ls4     | 1985-2021 | +0,002        | -0,008 - +0,012 | +0,005        | -0,004 - +0,014 |
|                               | ls10+11 | 1981-2018 | <b>+0,024</b> | +0,007 - +0,041 |               |                 |
| <a href="#">Sweden</a>        | ls10    | 1982-2017 | +0,001        | -0,010 - +0,012 |               |                 |
| <a href="#">UK</a>            | ls11    | 1983-2018 | <b>+0,010</b> | +0,003 - +0,016 |               |                 |

|                                |         |           |               |                 |               |                 |
|--------------------------------|---------|-----------|---------------|-----------------|---------------|-----------------|
|                                | ls4     | 1980-2020 | <b>+0,016</b> | +0,012 - +0,021 | <b>+0,015</b> | +0,011 - +0,019 |
| <a href="#">USA</a>            | ls10+11 | 1981-2017 | -0,018        | -0,037 - +0,001 |               |                 |
|                                | bw11    | 1980-2021 | <b>+0,018</b> | +0,011 - +0,025 | <b>+0,016</b> | +0,010 - +0,023 |
|                                | hl3     | 1980-2010 | +0,007        | -0,003 - +0,018 |               |                 |
|                                | hl4     | 1981-2017 | -0,004        | -0,019 - +0,011 |               |                 |
| <i>N significant rise</i>      |         |           | 12            |                 | 7             |                 |
| <i>N significant decline</i>   |         |           | 2             |                 | 2             |                 |
| <i>N no significant change</i> |         |           | 25            |                 | 7             |                 |
| <b>Since 1990s</b>             |         |           |               |                 |               |                 |
| <a href="#">Argentina</a>      | ls4     | 1997-2020 | <b>+0,018</b> | 0.0 - +0,037    | +0,012        | -0,006 - +0,030 |
| <a href="#">Austria</a>        | ls4     | 1995-2021 | +0,005        | -0,010 - +0,021 | +0,005        | -0,008 - +0,019 |
| <a href="#">Belgium</a>        | ls4     | 1990-2021 | +0,008        | -0,002 - +0,018 | +0,007        | -0,003 - +0,017 |
|                                | ls11    | 1990-2018 | <b>-0,013</b> | -0,028 - +0,001 |               |                 |
| <a href="#">Bolivia</a>        | ls4     | 1997-2020 | -0,014        | -0,055 - +0,028 | -0,010        | -0,046 - +0,027 |
| <a href="#">Brazil</a>         | ls4     | 1997-2020 | -0,047        | -0,116 - +0,023 | -0,043        | -0,104 - +0,018 |
| <a href="#">Canada</a>         | ls10    | 1990-2020 | +0,004        | -0,032 - +0,039 | -0,026        | -0,064 - +0,012 |
| <a href="#">Chile</a>          | ls4     | 1997-2020 | <b>-0,031</b> | -0,059 - -0,003 | <b>-0,031</b> | -0,056 - -0,006 |
| <a href="#">China</a>          | bw11    | 1999-2020 | <b>+0,034</b> | +0,002 - +0,066 | <b>+0,040</b> | +0,010 - +0,070 |
| <a href="#">Colombia</a>       | ls4     | 1997-2020 | +0,024        | -0,004 - +0,051 | +0,022        | -0,002 - +0,046 |
| <a href="#">Costa Rica</a>     | ls4     | 1990-2020 | -0,020        | -0,051 - +0,011 | -0,018        | -0,046 - +0,010 |
| <a href="#">Croatia</a>        | ls10+11 | 1995-2018 | +0,027        | -0,009 - +0,063 |               |                 |
| <a href="#">Denmark</a>        | ls4     | 1990-2021 | <b>+0,011</b> | +0,008 - +0,014 | <b>+0,007</b> | +0,002 - +0,013 |
| <a href="#">Ecuador</a>        | ls4     | 1997-2020 | +0,018        | -0,023 - +0,06  | +0,022        | -0,002 - +0,046 |
| <a href="#">El Salvador</a>    | ls4     | 1991-2020 | <b>-0,042</b> | -0,073 - -0,011 | -0,030        | -0,061 - +0,001 |
| <a href="#">Finland</a>        | ls4     | 1990-2021 | <b>+0,016</b> | +0,009 - +0,023 | +0,021        | -0,015 - +0,057 |
| <a href="#">France</a>         | ls4     | 1990-2021 | <b>+0,024</b> | +0,018 - +0,030 | <b>+0,023</b> | +0,017 - +0,028 |
| <a href="#">Germany</a>        | ls4     | 1990-2021 | <b>+0,027</b> | +0,016 - +0,039 | <b>+0,011</b> | +0,003 - +0,019 |
|                                | ls11    | 1990-2018 | +0,006        | -0,014 - +0,026 | <b>+0,029</b> | +0,019 - +0,039 |
| <a href="#">Greece</a>         | ls4     | 1990-2021 | <b>-0,038</b> | -0,057 - -0,019 | <b>-0,028</b> | -0,047 - -0,009 |
| <a href="#">Honduras</a>       | ls4     | 1997-2020 | -0,005        | -0,045 - +0,036 | -0,002        | -0,037 - +0,034 |
| <a href="#">Hungary</a>        | ls11    | 1992-2018 | +0,012        | -0,005 - +0,028 | -0,002        | -0,037 - +0,034 |

|                              |         |           |               |                 |               |                 |
|------------------------------|---------|-----------|---------------|-----------------|---------------|-----------------|
| <a href="#">Ireland</a>      | ls4     | 1990-2021 | +0,009        | -0,001 - +0,019 | +0,005        | -0,004 - +0,015 |
|                              | ls11    | 1990-2018 | +0,001        | -0,067 +0,070   |               |                 |
| <a href="#">Italy</a>        | ls11    | 1991-2018 | -0,012        | -0,032 - +0,008 |               |                 |
|                              | ls4     | 1990-2021 | <b>-0,026</b> | -0,035 - -0,018 | <b>-0,024</b> | -0,032 - -0,016 |
| <a href="#">Japan</a>        | ls10+11 | 1990-2019 | +0,014        | -0,012 - +0,039 |               |                 |
|                              | ls4     | 1990-2013 | -0,011        | -0,025 - +0,003 |               |                 |
| <a href="#">Luxembourg</a>   | ls4     | 1990-2021 | -0,001        | -0,008 - +0,005 | -0,006        | -0,013 - +0,001 |
| <a href="#">Mexico</a>       | ls4     | 1997-2020 | -0,003        | -0,032 - +0,025 | 0,000         | -0,025 - +0,026 |
| <a href="#">Netherlands</a>  | ls4     | 1990-2021 | <b>+0,013</b> | +0,007 - +0,020 | <b>+0,012</b> | +0,006 - +0,017 |
|                              | ls5     | 1990-2012 | <b>-0,023</b> | -0,043 - -0,003 |               |                 |
|                              | ls11    | 1991-2018 | -0,008        | -0,024 - +0,008 |               |                 |
|                              | hl5     | 1990-2019 | <b>-0,016</b> | -0,023 - -0,008 |               |                 |
|                              | ls10    | 1990-2019 | +0,001        | -0,011 - +0,014 |               |                 |
| <a href="#">Nicaragua</a>    | ls4     | 1991-2020 | -0,011        | -0,038 - +0,016 | -0,005        | -0,030 - +0,020 |
| <a href="#">Norway</a>       | ls10+11 | 1990-2018 | +0,008        | -0,008 - +0,024 |               |                 |
|                              | hl4     | 1990-2018 | +0,021        | -0,010 - +0,052 |               |                 |
| <a href="#">Panama</a>       | ls4     | 1997-2020 | <b>+0,046</b> | +0,007 - +0,086 | <b>+0,040</b> | +0,004 - +0,075 |
| <a href="#">Paraguay</a>     | ls4     | 1996-2020 | <b>-0,056</b> | -0,093 - -0,019 | <b>-0,049</b> | -0,083 - -0,015 |
| <a href="#">Peru</a>         | ls4     | 1997-2020 | <b>+0,056</b> | +0,024 - +0,088 | <b>+0,040</b> | +0,004 - +0,075 |
| <a href="#">Poland</a>       | hl4     | 1990-2017 | +0,032        | -0,004 - +0,068 |               |                 |
|                              | bw11    | 1991-2020 | <b>+0,041</b> | +0,028 - +0,053 | <b>+0,040</b> | +0,029 - +0,052 |
|                              | ls10+11 | 1990-2018 | <b>+0,055</b> | +0,033 - +0,077 |               |                 |
| <a href="#">Portugal</a>     | ls4     | 1990-2021 | <b>-0,020</b> | -0,038 - -0,001 | -0,018        | -0,036 - +0,001 |
| <a href="#">Romania</a>      | hl4     | 1990-2018 | +0,042        | -0,004 - +0,089 |               |                 |
|                              | ls4     | 1998-2021 | <b>+0,065</b> | +0,04 - +0,089  | <b>+0,059</b> | +0,031 - +0,087 |
|                              | ls10+11 | 1990-2018 | <b>+0,096</b> | +0,045 - +0,148 |               |                 |
| <a href="#">Russia</a>       | ls10+11 | 1990-2017 | <b>+0,050</b> | +0,013 - +0,086 |               |                 |
| <a href="#">South Africa</a> | hl5     | 1994-2015 | 0,0           | -0,049 - +0,050 |               |                 |
|                              | ls5     | 1994-2015 | -0,012        | -0,064 - +0,041 |               |                 |
|                              | ls10+11 | 1990-2013 | +0,023        | -0,028 - +0,074 |               |                 |
| <a href="#">Spain</a>        | ls4     | 1990-2021 | +0,002        | -0,011 - +0,015 |               |                 |
|                              | ls10+11 | 1990-2018 | +0,021        | -0,003 - +0,045 |               |                 |

|                                |         |           |               |                 |               |                 |
|--------------------------------|---------|-----------|---------------|-----------------|---------------|-----------------|
| <a href="#">Sweden</a>         | ls11    | 1999-2018 | +0,001        | -0,010 - +0,012 |               |                 |
|                                | ls4     | 1995-2021 | <b>+0,017</b> | +0,011 - +0,024 | <b>+0,012</b> | +0,004 - +0,019 |
| <a href="#">UK</a>             | ls4     | 1990-2020 | <b>+0,025</b> | +0,021 - +0,030 | <b>+0,023</b> | +0,018 - +0,028 |
|                                | ls4     | 1990-2020 | <b>+0,025</b> | +0,021 - +0,030 | <b>+0,023</b> | +0,018 - +0,028 |
| <a href="#">USA</a>            | hl3     | 1990-2010 | -0,007        | -0,016 - +0,030 |               |                 |
|                                | hl4     | 1990-2017 | -0,007        | -0,026 - +0,013 |               |                 |
|                                | ls10+11 | 1990-2017 | -0,016        | -0,049 - +0,018 |               |                 |
|                                | bw11    | 1998-2021 | +0,003        | -0,012 - +0,018 | +0,002        | -0,011 - +0,014 |
| <a href="#">Uruguay</a>        | ls4     | 1997-2020 | +0,001        | -0,031 - +0,034 | +0,008        | -0,021 - +0,038 |
| <a href="#">Venezuela</a>      | ls4     | 1997-2020 | <b>-0,075</b> | -0,120 - -0,029 | <b>-0,074</b> | -0,113 - -0,034 |
| <i>N significant rise</i>      |         |           | 17            |                 | 13            |                 |
| <i>N significant decline</i>   |         |           | 10            |                 | 5             |                 |
| <i>N no significant change</i> |         |           | 37            |                 | 20            |                 |
| <b>Since 2000s</b>             |         |           |               |                 |               |                 |
| <a href="#">Argentina</a>      | ls4     | 2000-2020 | <b>+0,023</b> | +0,002 - +0,044 | +0,015        | -0,006 - +0,035 |
| <a href="#">Austria</a>        | ls4     | 2000-2021 | <b>+0,022</b> | +0,001 - +0,042 | <b>+0,019</b> | +0,002 - +0,036 |
| <a href="#">Belgium</a>        | ls4     | 2000-2021 | +0,018        | 0,0 - +0,036    | <b>+0,014</b> | -0,002 - +0,031 |
| <a href="#">Bolivia</a>        | ls4     | 2000-2020 | -0,001        | -0,051 - +0,049 | +0,003        | -0,041 - +0,046 |
| <a href="#">Brazil</a>         | ls4     | 2000-2020 | -0,039        | -0,120 - +0,042 | -0,036        | -0,106 - +0,034 |
| <a href="#">Canada</a>         | bw11    | 2000-2020 | -0,002        | -0,024 - +0,019 | -0,008        | -0,027 - +0,012 |
| <a href="#">Chile</a>          | ls4     | 2000-2020 | -0,025        | -0,057 - +0,007 | -0,026        | -0,054 - +0,002 |
| <a href="#">China</a>          | bw11    | 2000-2020 | +0,020        | -0,015 - +0,055 | +0,029        | -0,004 - +0,062 |
| <a href="#">Colombia</a>       | ls4     | 2000-2020 | +0,024        | -0,008 - +0,056 | +0,022        | -0,005 - +0,050 |
| <a href="#">Costa Rica</a>     | ls4     | 2000-2020 | -0,009        | -0,023 - +0,005 | -0,008        | -0,020 - +0,004 |
| <a href="#">Croatia</a>        | ls4     | 2004-2021 | +0,004        | -0,008 - +0,016 | <b>+0,018</b> | +0,003 - +0,032 |
| <a href="#">Denmark</a>        | ls4     | 2000-2021 | <b>+0,021</b> | +0,017 - +0,025 | +0,011        | 0,0 - +0,023    |
| <a href="#">Ecuador</a>        | ls4     | 2000-2020 | +0,019        | -0,029 - +0,066 | <b>+0,021</b> | -0,020 - +0,063 |
| <a href="#">El Salvador</a>    | ls4     | 2000-2020 | -0,013        | -0,060 - +0,034 | +0,003        | -0,042 - +0,048 |
| <a href="#">Estonia</a>        | ls4     | 2001-2021 | <b>+0,064</b> | +0,045 - +0,083 | <b>+0,055</b> | +0,038 - +0,072 |
| <a href="#">Finland</a>        | ls4     | 2000-2021 | <b>+0,029</b> | +0,016 - +0,042 | +0,013        | -0,004 - +0,030 |
| <a href="#">France</a>         | ls4     | 2000-2021 | <b>+0,018</b> | +0,007 - +0,028 | <b>+0,016</b> | +0,007 - +0,025 |

|  |      |           |               |                 |               |                 |
|--|------|-----------|---------------|-----------------|---------------|-----------------|
| <a href="#">Germany</a>                | ls4  | 2000-2021 | <b>+0,056</b> | +0,047 - +0,065 | <b>+0,053</b> | +0,045 - +0,061 |
| <a href="#">Greece</a>                 | ls4  | 2000-2021 | <b>-0,078</b> | -0,113 - -0,042 | <b>-0,049</b> | -0,086 - -0,011 |
| <a href="#">Honduras</a>               | ls4  | 2000-2020 | -0,011        | -0,058 - +0,036 | -0,007        | -0,048 - +0,034 |
| <a href="#">Hungary</a>                | ls4  | 2000-2021 | +0,035        | 0,000 - +0,069  | <b>+0,050</b> | +0,019 - +0,081 |
| <a href="#">Ireland</a>                | ls4  | 2000-2021 | +0,016        | -0,007 - +0,038 | +0,007        | -0,013 - +0,027 |
| <a href="#">Italy</a>                  | ls4  | 2000-2021 | <b>-0,039</b> | -0,056 - -0,020 | <b>-0,031</b> | -0,046 - -0,015 |
| <a href="#">Japan</a>                  | bw11 | 2000-2020 | -0,018        | -0,039 - +0,003 | -0,013        | -0,033 - +0,006 |
| <a href="#">Latvia</a>                 | ls4  | 2001-2021 | <b>+0,058</b> | +0,043 - +0,072 | <b>+0,055</b> | +0,038 - +0,072 |
| <a href="#">Luxembourg</a>             | ls4  | 2000-2021 | +0,003        | -0,009 - +0,015 | -0,009        | -0,023 - +0,005 |
| <a href="#">Mexico</a>                 | ls4  | 2000-2020 | +0,006        | -0,025 - +0,038 | +0,009        | -0,018 - +0,037 |
| <a href="#">Netherlands</a>            | ls4  | 2000-2021 | <b>+0,028</b> | +0,018 - +0,038 | <b>+0,022</b> | +0,012 - +0,032 |
| <a href="#">Nicaragua</a>              | ls4  | 2000-2020 | +0,023        | -0,017 - +0,062 | +0,027        | -0,006 - +0,061 |
| <a href="#">Panama</a>                 | ls4  | 2000-2020 | <b>+0,050</b> | +0,004 - +0,097 | <b>+0,042</b> | +0,001 - +0,083 |
| <a href="#">Paraguay</a>               | ls4  | 2000-2020 | -0,024        | -0,060 - +0,013 | -0,018        | -0,051 - +0,014 |
| <a href="#">Peru</a>                   | ls4  | 2000-2020 | <b>+0,064</b> | +0,027 - +0,100 | <b>+0,066</b> | +0,035 - +0,098 |
| <a href="#">Poland</a>                 | ls4  | 2001-2021 | <b>+0,052</b> | +0,041 - +0,063 | <b>+0,051</b> | +0,042 - +0,060 |
| <a href="#">Portugal</a>               | ls4  | 2000-2021 | +0,003        | -0,038 - +0,045 | +0,003        | -0,035 - +0,041 |
| <a href="#">Romania</a>                | ls4  | 2000-2021 | <b>+0,061</b> | +0,035 - +0,087 | +0,008        | -0,002 - +0,018 |
| <a href="#">Spain</a>                  | ls4  | 2000-2021 | <b>-0,015</b> | -0,041 - +0,011 | -0,003        | -0,027 - +0,020 |
| <a href="#">Sweden</a>                 | ls4  | 2000-2021 | <b>+0,016</b> | +0,007 - +0,025 | +0,008        | -0,002 - +0,018 |
| <a href="#">UK</a>                     | ls4  | 2000-2020 | <b>+0,034</b> | +0,027 - +0,041 | <b>+0,028</b> | +0,019 - +0,038 |
| <a href="#">Uruguay</a>                | ls4  | 2000-2020 | +0,014        | -0,021 - +0,048 | +0,020        | -0,011 - +0,051 |
| <a href="#">USA</a>                    | bw11 | 2001-2021 | +0,005        | -0,012 - +0,022 | +0,003        | -0,011 - +0,017 |
| <a href="#">Venezuela</a>              | ls4  | 2000-2020 | <b>-0,044</b> | -0,146 - -0,061 | <b>-0,098</b> | -0,135 - -0,061 |
| <i>N significant rise</i>              |      |           | 15            |                 | 14            |                 |
| <i>N significant decline</i>           |      |           | 4             |                 | 3             |                 |
| <i>N no significant change</i>         |      |           | 22            |                 | 24            |                 |
| <b>Changes over all years together</b> |      |           |               |                 |               |                 |
| <b>Significant rise</b>                |      |           |               |                 |               |                 |
| • <i>Number of trends</i>              |      |           | <b>62</b>     |                 | <b>46</b>     |                 |
| • <i>Number of nations</i>             |      |           | <b>26</b>     |                 | <b>23</b>     |                 |

|                              |               |  |               |  |
|------------------------------|---------------|--|---------------|--|
| • Average rise               | <b>+0,028</b> |  | <b>+0,024</b> |  |
| <b>Significant decline</b>   |               |  |               |  |
| • Number of trends           | <b>19</b>     |  | <b>10</b>     |  |
| • Number of nations          | <b>11</b>     |  | <b>6</b>      |  |
| • Average decline            | <b>-0.028</b> |  | <b>-0,034</b> |  |
| <b>No significant change</b> |               |  |               |  |
| • Number of trends           | <b>119</b>    |  | <b>64</b>     |  |
| • Number of nations          | <b>35</b>     |  | <b>33</b>     |  |

**Technical details:**

1. Happiness assessed by means of surveys in general public samples. This list is based on standard surveys that used the same question over the years.
2. The trend lines in this report are based on slightly different questions  
Measure codes refer to a equivalent of survey questions on happiness

Best-Worst possible life

Bw11 question on how one rated one's current life on a numerical scale ranging from best possible to worst possible

Happiness

h14 question on happiness answer rated on 4-step verbal response scale

h15 question on happiness answer rated on 5-step verbal response scale

h13 question on happiness answer rated on 3-step verbal response scale

Life-satisfaction

ls4 question on life-satisfaction answer rated on 4-step verbal response scale

ls5 question on life-satisfaction answer rated on 5-step verbal response scale

ls10 question on life-satisfaction answer rated on 10-step numeral response scale

ls11 question on life-satisfaction answer rated on 11-step numeral response scale

ls10+11 question on life-satisfaction answer rated on 10 and 11-step numeral response scale

3. The original scores on these questions were transformed to a comparable 0-10 scale. See section /3.3.3 of the introductory text to this collection of distributional findings on happiness in nations, [chapter 7](#) how the data were homogenized.
4. Mean scores were taken from the country tables in this collection of [distributional findings on happiness in nations](#). In the nation reports look into: 'Methodological notes', '**All** distributional findings on happiness by measure and year in ...' (right bottom of the screen)

5. When happiness was assessed more than once in a year in a country, the average of the mean scores is used.
6. The variables used here are also described in the codebook of the data file 'Trend in nations', [variable trend average happiness in nations](#)
7. The average annual change is expressed in a regression coefficient that stands for the size of the slope of the linear regression line through the dots (averages) in the time charts. A positive coefficient denotes an average increase in average happiness, and a negative coefficient a decline. A regression coefficient of +.01 means 0.01-point increase on this 0-10 happiness scale per year, which implies that a one-point rise of happiness would take one hundred years at this pace of change.
8. The observed regression coefficient is based on a sample of assessments of happiness during this era and the coefficient in this sample may differ from the 'true' coefficient. The confidence interval gives an estimated range in which this true coefficient is likely to be included with 95% probability.
9. This report restricts to time series of at least 20 years involving 10 or more comparable data points.
10. Coefficients were rounded up to three decimal points.
11. More than one measure of happiness has been used in some nations and in some of these cases the trends are not identical, such as in the USA, where life-satisfaction declined but responses to the question on best-worst possible life rose.