

World Happiness Report

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World Happiness Report Latest News

According to a U.N.-backed World Happiness report 2026, heavy social media use is harming young people's well-being in many countries.

About World Happiness Report

- It is the world's foremost publication on global **wellbeing and how to improve it**.
- **Published by:** It is an **annual report** published by the **University of Oxford's Wellbeing** Research Centre in partnership with Gallup, the UN Sustainable Development Solutions Network
- It asks people to **rate their life on a 0-10 scale**, from the worst possible life (0) to the best possible life (10).
- Country rankings were based on answers given by **around 100,000 people in 140 countries** and territories who were asked to rate their own lives.
- **Factors for evaluation of happiness ranking**
 - GDP per capita

- Life expectancy
- Social support
- Freedom to make life choices
- Generosity
- Perceptions of corruption

Highlights of World Happiness Report 2026

- **Top 5 Happiest Countries:** **Finland**, Iceland, Denmark, Costa Rica, Sweden.
- **Unhappy Countries:** **Afghanistan**, Sierra Leone, Malawi, Zimbabwe
- **India** improved its ranking from **126th in 2024 to 118th in 2025.**

Source: **TH**

Source: <https://vajiramandravi.com/current-affairs/world-happiness-report/>

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