

Happiness Report Score Snapshot

2025

Executive summary

The World Happiness Report 2025 assesses life evaluation across more than 140 countries, considering factors such as social support, healthy life expectancy, freedom, generosity, perceptions of corruption, and prosocial behaviours. Northern Europe continues to lead global scores with Finland (7.74), Denmark (7.58), and Iceland (7.53) at the top. Their success is supported by strong institutions, social cohesion, and community engagement. Non-European leaders, including Israel and Australia, demonstrate that high well-being can also be achieved through stability and civic participation.

Low-scoring countries, such as Afghanistan (1.72), Lebanon (2.71), and several African nations face structural challenges including low income, weak governance, limited social support, and high corruption, which constrain life satisfaction.

Across Africa, improvements in Namibia, Mozambique, and Senegal reflect stronger social support, healthy life expectancy, and prosocial behaviors. In contrast, Zambia, Malawi, Lesotho, and Sierra Leone illustrate the limitations imposed by economic and social stress. The report highlights that sustainable happiness requires addressing both material and social conditions globally.

Introduction

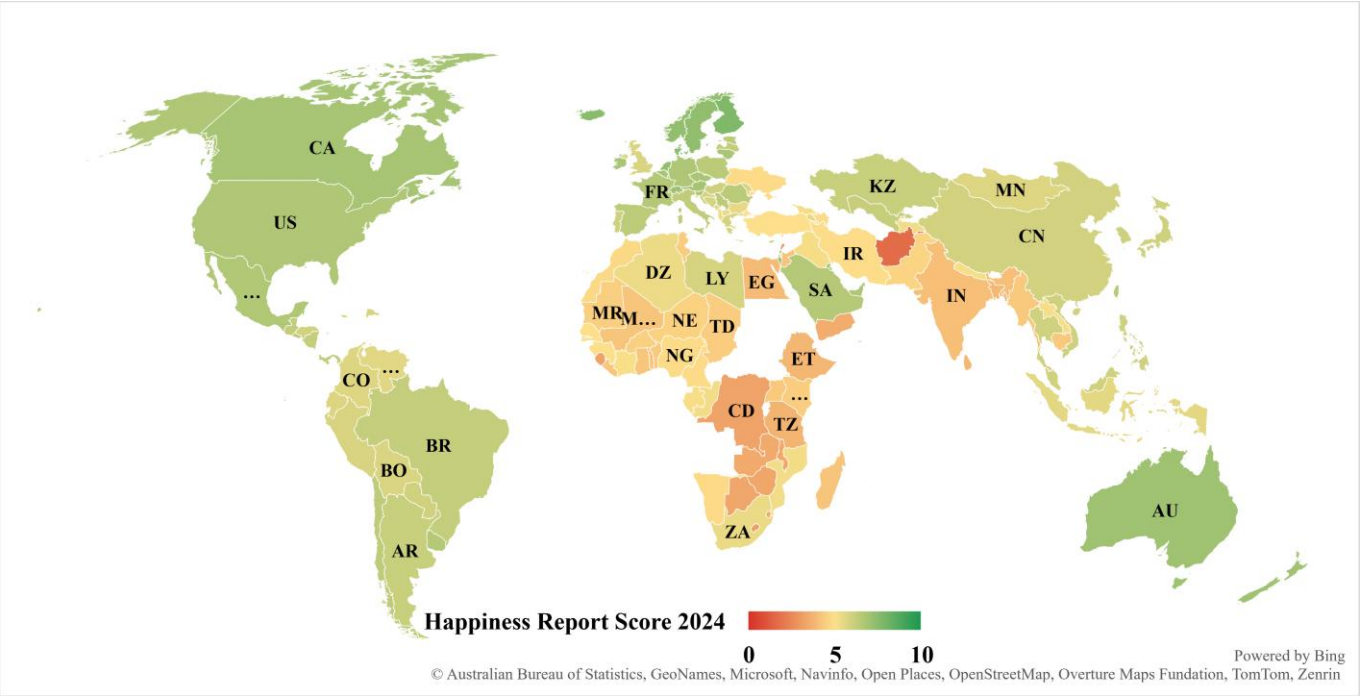
The World Happiness Report 2025 is the leading publication on global well-being, assessing subjective happiness across more than 140 countries using Gallup World Poll data. Unlike purely economic measures, happiness is influenced by income, health, social support, freedom, generosity, and perceptions of corruption. Rankings are based on the Cantril Self-Anchoring Striving Scale, where respondents rate their current life on a scale from 0 (worst possible life) to 10 (best possible life).

The report combines rigorous data analysis with insights from leading researchers, providing evidence to inform policy, research, and public understanding of well-being. It is published by the University of Oxford's Wellbeing Research Centre in partnership with Gallup, the UN Sustainable Development Solutions Network, and the Editorial Board.

The World Happiness Report was initiated following Bhutan's sponsorship of UN Resolution 65/3091 in 2011, which encouraged governments to prioritize happiness in measuring development. The first report was presented in 2012 at a high-level meeting on well-being, and the UN subsequently designated 20 March as the International Day of Happiness. Since its inception, the report has examined themes such as age, gender, migration, sustainable development, benevolence, and the effects of the COVID-19 pandemic, establishing itself as a critical tool for understanding and improving global happiness.

¹ The resolution recognizes happiness as a fundamental human goal, encourages member states to develop measures that better capture well-being, and invites sharing of relevant initiatives to guide public policy and the United Nations development agenda.

Figure 1: Global Happiness Scores 2024



Source: World Happiness Report 2025

The 2025 report highlights Northern Europe as the leading region for global happiness, with Finland maintaining the top spot at 7.74, followed by Denmark (7.58) and Iceland (7.53). Sweden rises to 4th place (7.34), while Israel ranks 5th (7.34), representing the highest-ranked non-European country. The remaining top ten include the Netherlands (6th, 7.32), Norway (7th, 7.30), Luxembourg (8th, 7.12), Switzerland (9th, 7.06), and Australia (10th, 7.06), which is the only other non-European nation in the top ten.

Table 1: Highest Ranking Countries 2024 vs Rankings in 2023 & 2022

Country	2024 Rank	2024 Score	2023 Rank	2023 Score	2022 Rank	2022 Score
Finland	1 st	7.74	1 st	7.80	1 st	7.82
Denmark	2 nd	7.58	2 nd	7.59	2 nd	7.64
Iceland	3 rd	7.53	3 rd	7.53	3 rd	7.56
Sweden	4 th	7.34	6 th	7.40	7 th	7.38
Israel	5 th	7.34	4 th	7.47	9 th	7.36
Netherlands	6 th	7.32	5 th	7.40	5 th	7.42
Norway	7 th	7.30	7 th	7.32	8 th	7.37
Luxembourg	8 th	7.12	9 th	7.23	6 th	7.40
Switzerland	9 th	7.06	8 th	7.24	4 th	7.51
Australia	10 th	7.06	12 th	7.10	12 th	7.16

Source: World Happiness Report 2025

Northern European countries maintain top positions due to strong social cohesion, robust welfare systems, high GDP per capita, and long healthy life expectancy. High levels of trust and low perceptions of corruption further reinforce well-being. Widespread participation in donating, volunteering, and helping strangers highlights the role of prosocial behaviour.

Non-European leaders, including Israel, Australia, and Costa Rica, demonstrate that high subjective well-being is also achievable outside Europe, driven by institutional stability, prosocial behaviour, and supportive social networks.

Incremental gains in countries such as Sweden, Luxembourg, and Australia suggest that targeted improvements in social support, health, and benevolent behaviour can further enhance life satisfaction.

The lowest-ranking countries in the 2024 World Happiness Report include Afghanistan (143rd, 1.72), Lebanon (142nd, 2.71), Lesotho (141st, 3.19), Sierra Leone (140th, 3.25), DR Congo (139th, 3.30), Zimbabwe (138th, 3.34), Botswana (137th, 3.38), Malawi (136th, 3.42), Eswatini (135th, 3.50), and Zambia (134th, 3.50). Persistent low-income levels, political instability, and weak social institutions constrain well-being across these countries. Life evaluations in Afghanistan and Lebanon have declined sharply compared to previous years, reflecting ongoing conflict, economic hardship, and low social support. Many of these countries also exhibit high inequality, limited access to healthcare, and poor perceptions of governance, which exacerbate negative emotions and reduce overall life satisfaction.

Table 2: Lowest Ranking Countries 2024 vs Ranking in 2023 & 2022

Country	2024 Rank	2024 Score	2023 Rank	2023 Score	2022 Rank	2022 Score
Afghanistan	143 rd	1.72	137 th	1.86	146 th	2.40
Lebanon	142 nd	2.71	136 th	2.39	145 th	2.96
Lesotho	141 st	3.19	N/A	N/A	141 st	3.51
Sierra Leone	140 th	3.25	135 th	3.14	140 th	3.57
DR Congo	139 th	3.30	133 rd	3.21	N/A	N/A
Zimbabwe	138 th	3.34	134 th	3.20	144 th	3.00
Botswana	137 th	3.38	132 nd	3.44	142 nd	3.47
Malawi	136 th	3.42	131 st	3.50	138 th	3.75
Eswatini	135 th	3.50	N/A	N/A	125 th	4.40
Zambia	134 th	3.50	128 th	3.98	137 th	3.76

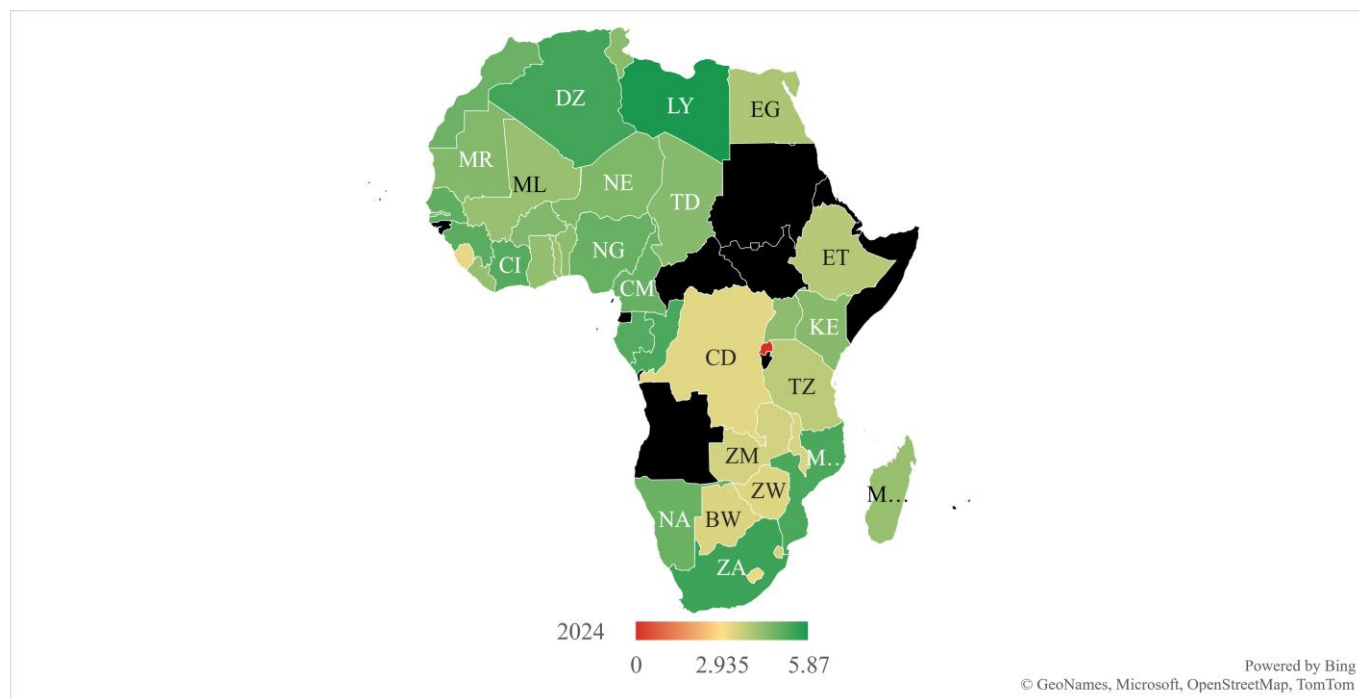
Source: World Happiness Report 2025

Social support, prosocial behaviour, and freedom are consistently low in this group, while generosity and positive social interactions, such as helping strangers or volunteering, remain limited. Countries like Malawi and Eswatini, despite modest economic or health improvements, continue to face structural challenges that prevent substantial gains in subjective well-being. Low GDP per capita, short healthy life expectancy, and high perception of corruption underscore the systemic barriers that these nations must address to improve both the objective and subjective conditions of their populations.

Africa Focus

Africa displays a broad range of life evaluation scores, mostly between 3.2 and 5.9, well below global averages. Differences in social support, GDP per capita, healthy life expectancy, freedom, generosity, and perceptions of corruption heavily influence these scores. Prosocial behaviour, measured by donations, volunteering, and helping strangers, also contributes to higher life evaluation in some countries.

Figure 2: Africa Happiness Scores 2024



Source: World Happiness Report 2025

NORTHERN AFRICA

North Africa exhibits moderate life evaluation scores:

- **Libya:** 66th, 5.87 (not recorded in 2023)
- **Algeria:** 85th, 5.36 (+0.03 vs 2023)
- **Egypt:** 127th, 3.98 (−0.19 vs 2023)
- **Morocco:** 107th, 4.80 (−0.10 vs 2023)
- **Tunisia:** 115th, 4.42 (−0.08 vs 2023)

Libya and Algeria benefit from higher social support, life expectancy, and perceptions of freedom. Egypt's lower score reflects weaker social support, lower healthy life expectancy, and higher perceptions of corruption.

SOUTHERN AFRICA

Southern Africa shows substantial disparities in life evaluation:

- **Mauritius:** 70th, 5.82 (−0.08 vs 2023)
- **South Africa:** 83rd, 5.42 (+0.15 vs 2023)
- **Namibia:** 106th, 4.83 (+0.20 vs 2023)
- **Madagascar:** 123rd, 4.23 (+0.21 vs 2023)
- **Zambia:** 134th, 3.91 (−1.09 vs 2023)
- **Eswatini:** 135th, 3.77 (not recorded in 2023)
- **Malawi:** 136th, 3.26 (−0.85 vs 2023)
- **Botswana:** 137th, 3.44 (−0.53 vs 2023)

- **Zimbabwe:** 138th, 3.40 (+0.14 vs 2023)
- **Lesotho:** 141st, 3.19 (not recorded in 2023)

Namibia's improvement is supported by higher social support, moderate freedom, and prosocial behaviour metrics (donations and helping strangers). In contrast, Zambia, Malawi, and Botswana face low social support, limited healthy life expectancy, and weaker prosocial indicators.

WESTERN AFRICA

West Africa demonstrates modest improvements in some countries:

- **Ivory Coast:** 96th, 5.08 (+0.03 vs 2023)
- **Senegal:** 99th, 4.97 (+0.12 vs 2023)
- **Niger:** 109th, 4.73 (+0.57 vs 2023)
- **Burkina Faso:** 110th, 4.55 (-0.09 vs 2023)
- **Mauritania:** 111th, 4.51 (-0.24 vs 2023)
- **Gambia:** 112th, 4.49 (+0.21 vs 2023)
- **Benin:** 116th, 4.38 (+0.01 vs 2023)
- **Ghana:** 120th, 4.29 (-0.32 vs 2023)
- **Liberia:** 121st, 4.28 (+0.08 vs 2023)
- **Mali:** 122nd, 4.23 (0.03 vs 2023)
- **Togo:** 124th, 4.21 (+0.07 vs 2023)
- **Sierra Leone:** 140th, 3.25 (+0.11 vs 2023)

Senegal and Ivory Coast show relatively higher social support, healthy life expectancy, and positive emotions. Sierra Leone and Liberia are constrained by low life evaluation, limited social support, and weak prosocial behaviour.

EASTERN AFRICA

East Africa presents a mix of gains and challenges:

- **Mozambique:** 90th, 5.19 (+0.22 vs 2023)
- **Kenya:** 114th, 4.51 (+0.11 vs 2023)
- **Uganda:** 117th, 4.46 (+0.02 vs 2023)
- **Ethiopia:** 130th, 3.90 (-0.66 vs 2023)
- **Tanzania:** 131st, 3.80 (+0.03 vs 2023)

Mozambique's gains are supported by improvements in social support, healthy life expectancy, and generosity. Ethiopia continues to face economic and governance challenges, reflected in declines in life evaluation, social support, and positive emotions.

CENTRAL AFRICA

- **Republic of Congo:** 89th, 5.22 (-0.05 vs 2023)
- **Gabon:** 95th, 5.11 (+0.08 vs 2023)
- **Chad:** 113th, 4.47 (+0.07 vs 2023)

The Republic of the Congo and Gabon show gains supported by social support, generosity, and freedom. Chad continues to face economic and social challenges, reflected in lower life evaluation, limited healthy life expectancy, and higher perceptions of corruption.

AFRICAN OVERVIEW

Gains in life evaluation correlate with stronger social support, higher healthy life expectancy, perceived freedom, and prosocial behaviour (donating, volunteering, helping strangers). Declines are often associated with economic stress, low social support, political instability, and higher perceptions of corruption. Namibia, Mozambique, and Senegal illustrate that incremental improvements in these WHR indicators can measurably increase life evaluation, whereas Zambia, Malawi, Lesotho, and Sierra Leone highlight the constraining effects of structural and social challenges.

Sentiment

The 2025 report emphasizes that well-being extends beyond income, relying heavily on social environments, trust, and benevolence. Prosocial behaviours, such as sharing meals, helping others, and maintaining family networks strongly enhance happiness and reduce inequality. Political stability and institutional trust support social cohesion, while strategic, evidence-based charitable giving can dramatically amplify well-being impact.

In Africa, gains in countries like Mozambique, Namibia, and Liberia reflect improvements in social support, governance, and benevolence. Declines in Ghana, Zambia, and Mauritania are linked to economic stress and political instability. Policies and interventions that strengthen social connections, family cohesion, benevolent behaviour, and institutional trust are likely to produce the greatest improvements in subjective well-being. Aligning philanthropy, governance, and research with these insights offers a clear path to enhancing societal happiness across diverse contexts.