

# Talking point 14 *How happy are you?*

## Who are the happiest people in the world?

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According to a survey from the global market research company GfK NOP, Australians are the happiest people in the world. In the survey, the company interviewed 30,000 people ages 13 and older in 30 different countries. The survey asked people to rate their levels of happiness, and to say what is most important to them in life. Forty-six percent of Australians said they were “very happy,” followed by the U.S. at 40%. Third and fourth on the list were Egypt (36%), and India (34%). The U.K. and Canada came in fifth with 32% of the population saying they are “very happy.”

The study reported that Hungary is the least happy country, with 35% of the people surveyed saying they are either “disappointed” or “very unhappy,” followed by Russia (30%), Turkey (28%), South Africa (25%), and Poland (24%).

The main factors shown to affect people's happiness were age and financial status. Across the globe, teenagers are the happiest people. The least happy people are ages 50–59, with only 16% reporting that they were very happy. Happier people tended to be professionals with full-time jobs, while unhappy people had lower incomes or were unemployed.

The research found that people around the world have common attitudes about what makes them happy. Good health, owning a home, and having children topped the list of factors contributing to a good life, while expensive clothing, cars, and gadgets ranked low.

**Source:** [www.prnewswire.com](http://www.prnewswire.com)

1. What did you find interesting about this article?
2. What surprised you about the study?
3. Do you think age and money are linked to personal happiness? Why or why not?
4. How happy do you think the people in your country are? What do you think makes them happy or unhappy?
5. How would you rate your own level of happiness?
6. What makes you particularly happy or unhappy?
7. What three factors do you think are most important for having a happy life?