

Ensuring Happiness and Quality of Life in Retirement

MEIK WIKING

CEO

THE HAPPINESS RESEARCH INSTITUTE

HAPPINESS RESEARCH
INSTITUTE



THE HAPPINESS RESEARCH INSTITUTE



THE HAPPINESS RESEARCH INSTITUTE

- Where is happiness on the political agenda?
- How do we measure happiness?
- Why are Danish seniors among the happiest in the world?


**THE UNITED NATIONS:
THE HAPPINESS RESOLUTION**

“The pursuit of happiness lies at the core
of human endeavors.”
Ban Ki Moon, Secretary-general, UN



BHUTAN: GROSS NATIONAL HAPPINESS

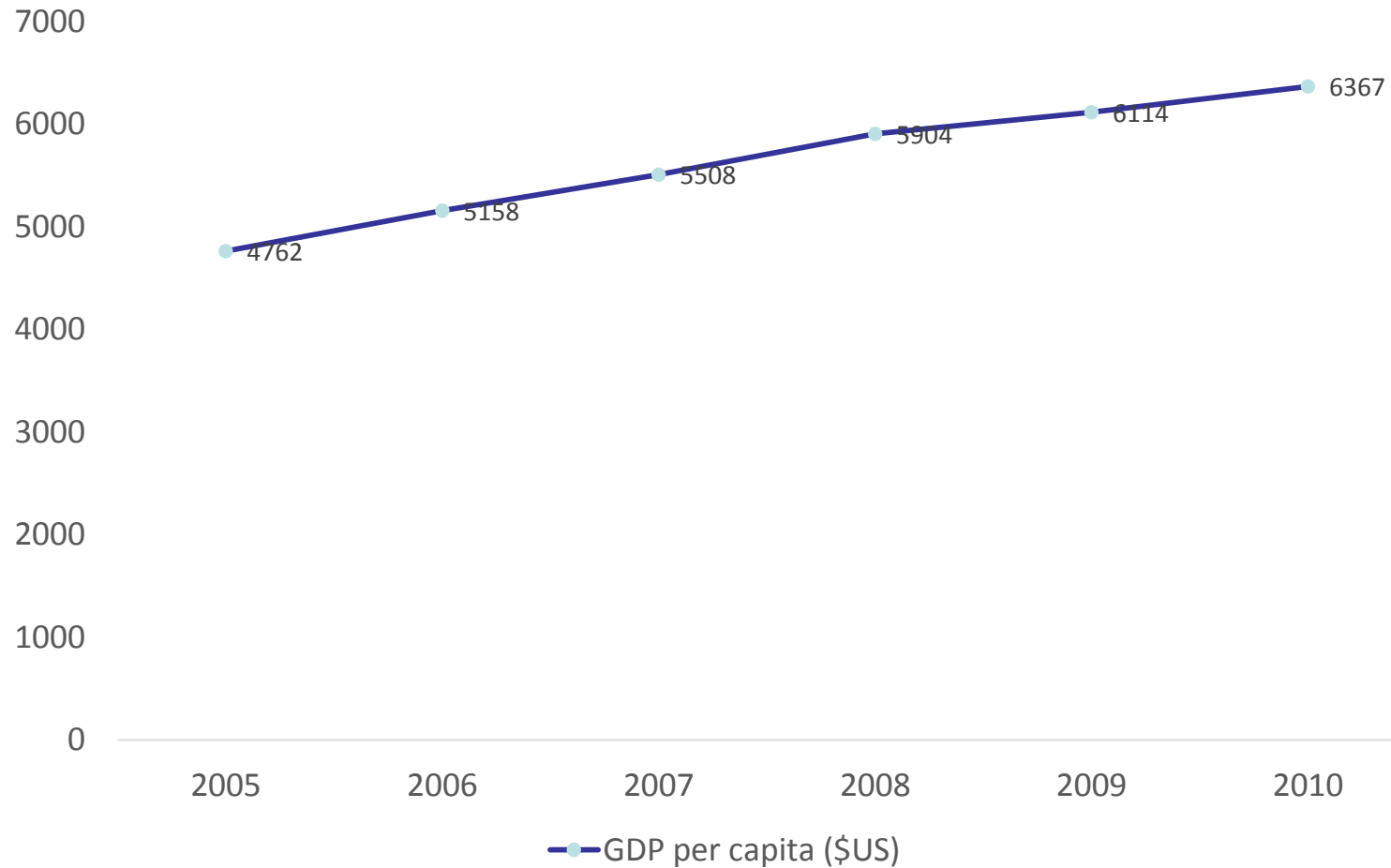


A woman wearing a blue hijab and a black dress with gold jewelry is speaking at a podium. In the background, several men in white traditional attire are visible. The setting appears to be a formal event or conference.

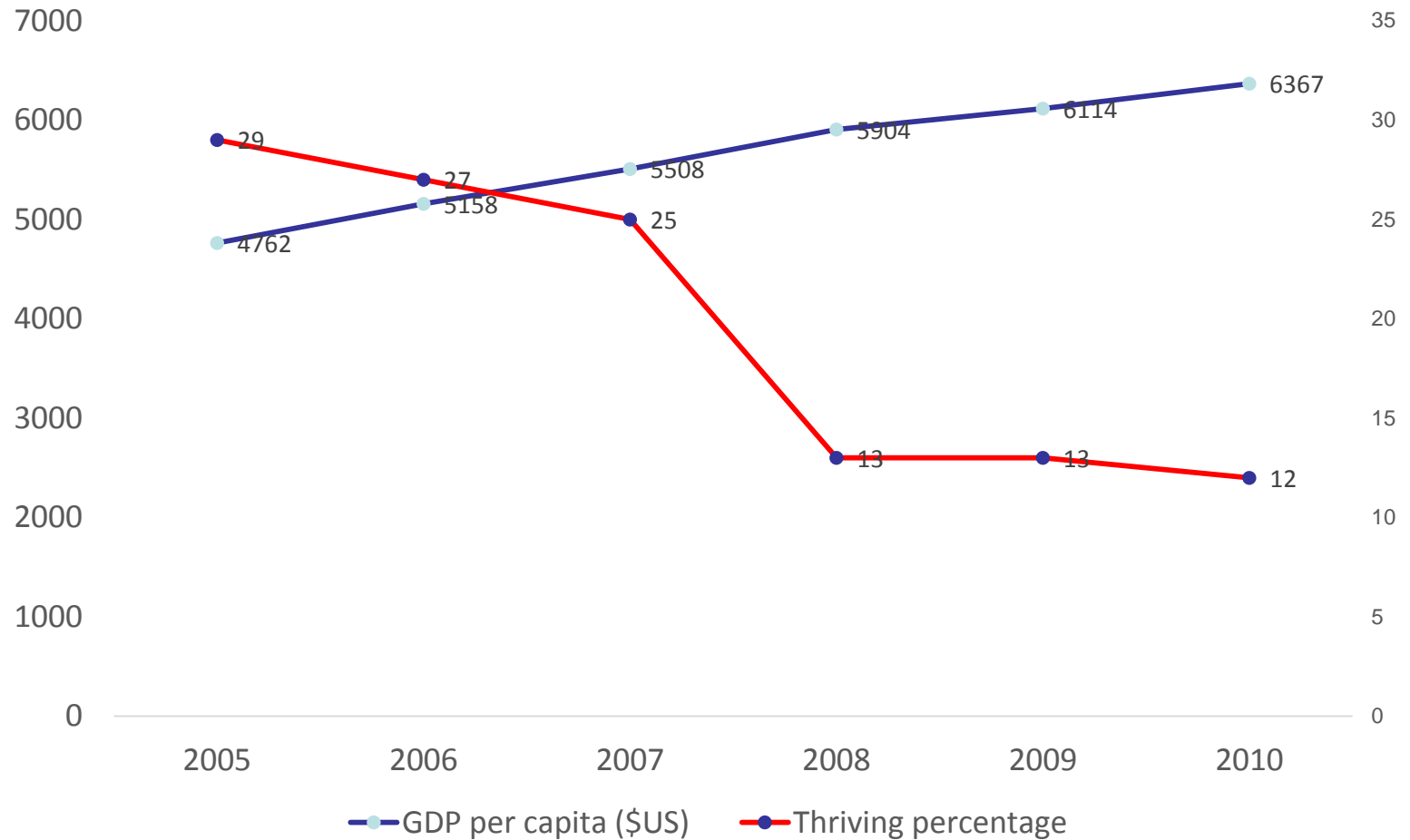
“The main job for the government is to create happiness.”

**Ohoud Al Roumi,
Minister of Happiness,
United Arab Emirates**

EGYPT BEFORE THE ARAB SPRING



EGYPT BEFORE THE ARAB SPRING



- Where is happiness on the political agenda?
- How do we measure happiness?
- Why are Danish seniors among the happiest in the world?

KEY CHALLENGES

1. HAPPINESS IS MULTIDIMENSIONAL
2. HAPPINESS IS SUBJECTIVE
3. CAUSE AND EFFECT

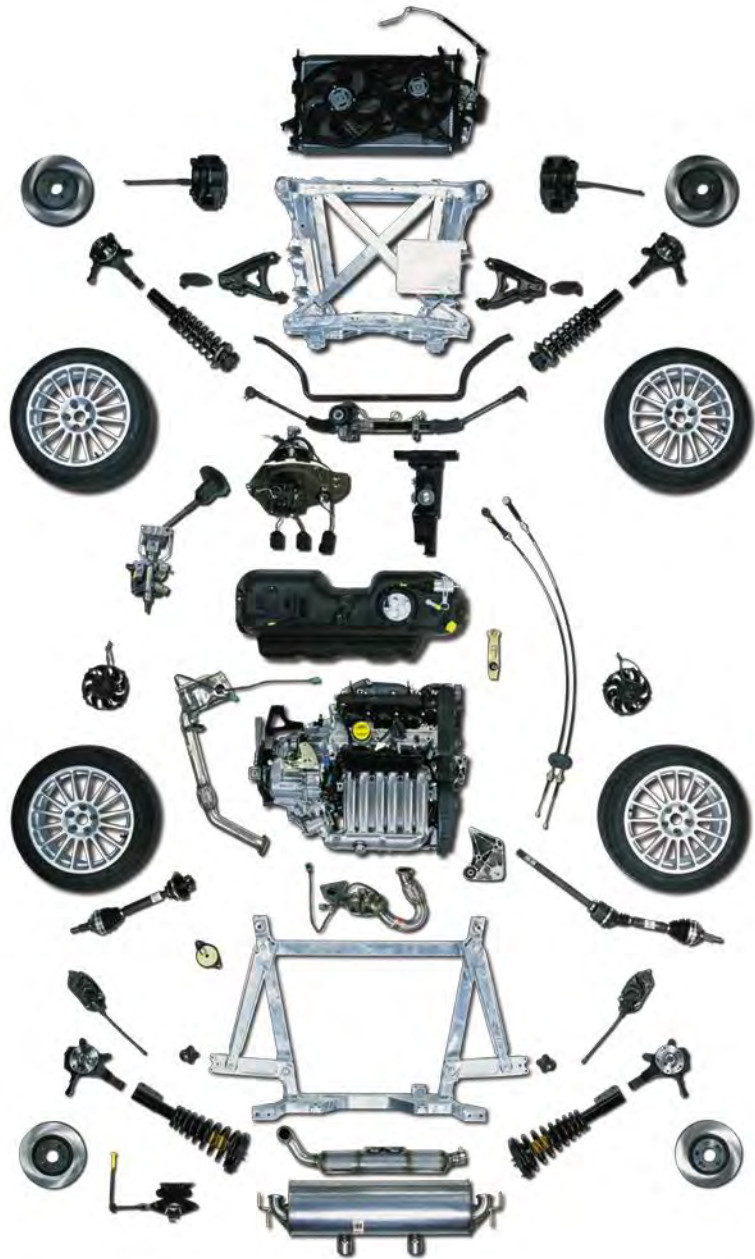
1. HAPPINESS IS MULTIDIMENSIONAL

Quality of life

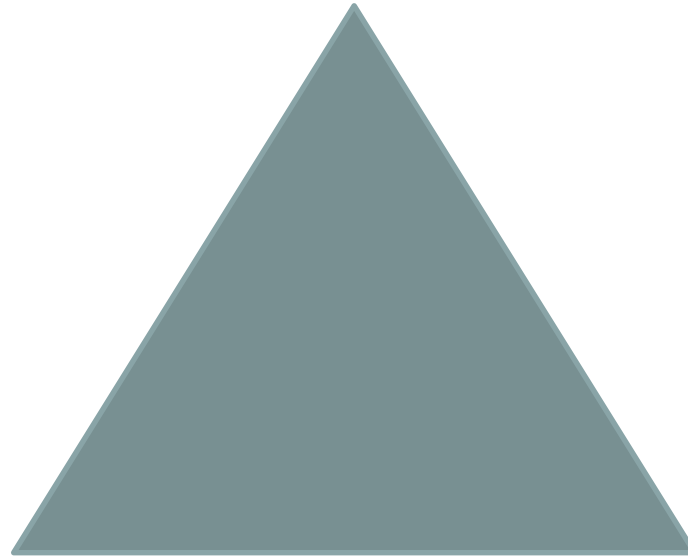
“The general well-being of a person or society, defined in terms of health and happiness, rather than wealth”

Happiness

“The experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”



COGNITIVE
(LIFE SATISFACTION)

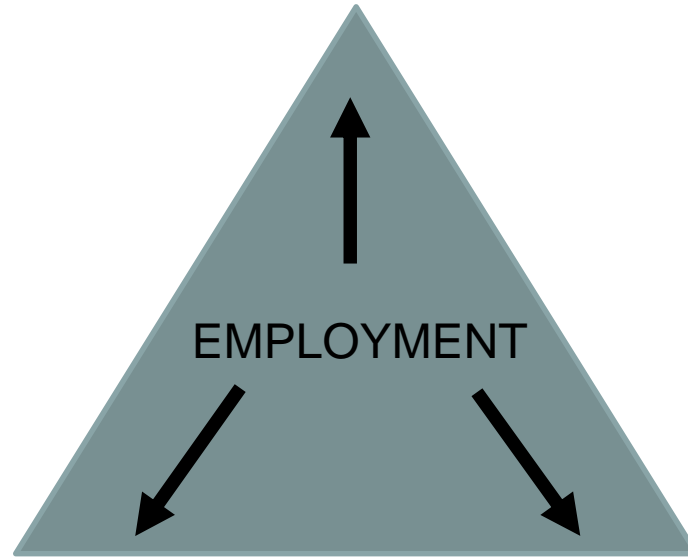


AFFECTIVE
(MOOD)

EUDAIMONIC
(PURPOSE)

THE HAPPINESS RESEARCH INSTITUTE

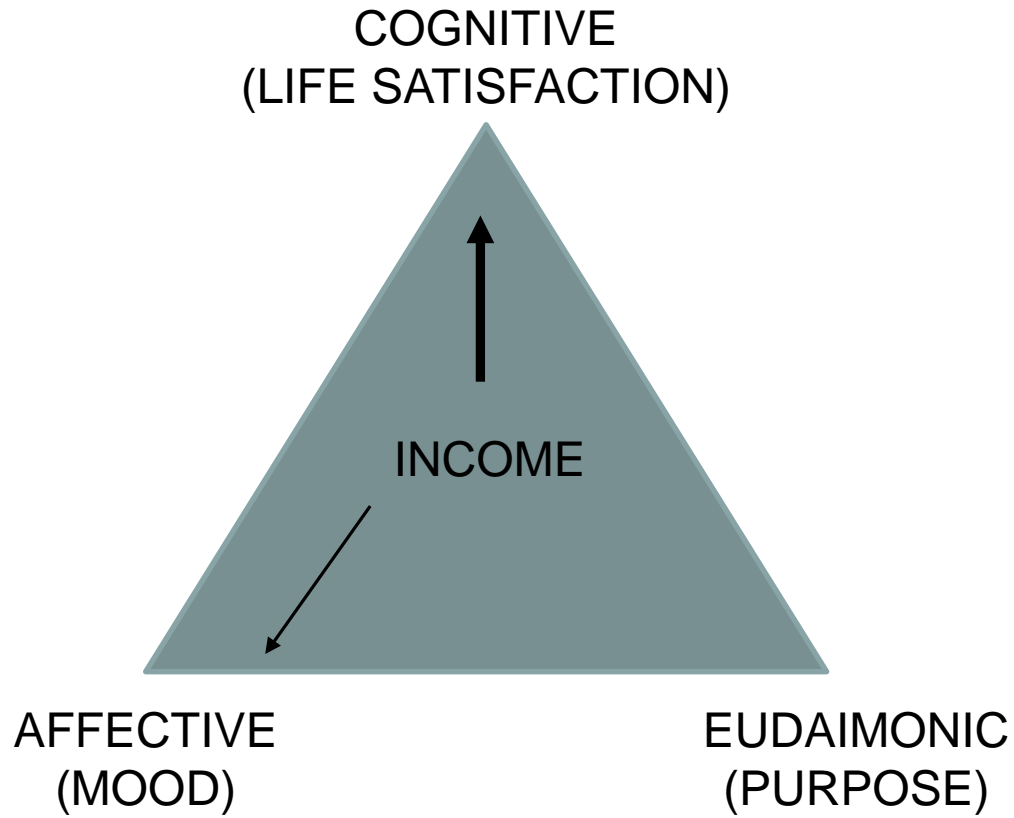
COGNITIVE
(LIFE SATISFACTION)



AFFECTIVE
(MOOD)

EUDAIMONIC
(PURPOSE)

THE HAPPINESS RESEARCH INSTITUTE



WHAT DO HEALTHY PEOPLE HAVE IN COMMON?



THE HAPPINESS RESEARCH INSTITUTE

WHAT DO HAPPY PEOPLE HAVE IN COMMON?



THE HAPPINESS RESEARCH INSTITUTE

2. HAPPINESS IS SUBJECTIVE

- WONDERFUL!
- IT HAS NOT STOPPED US BEFORE

“The most fundamental indicator of your happiness is how happy YOU feel, not whether others see you smiling, your family thinks you are happy, or you have all the presumed material advantages of a good life.”

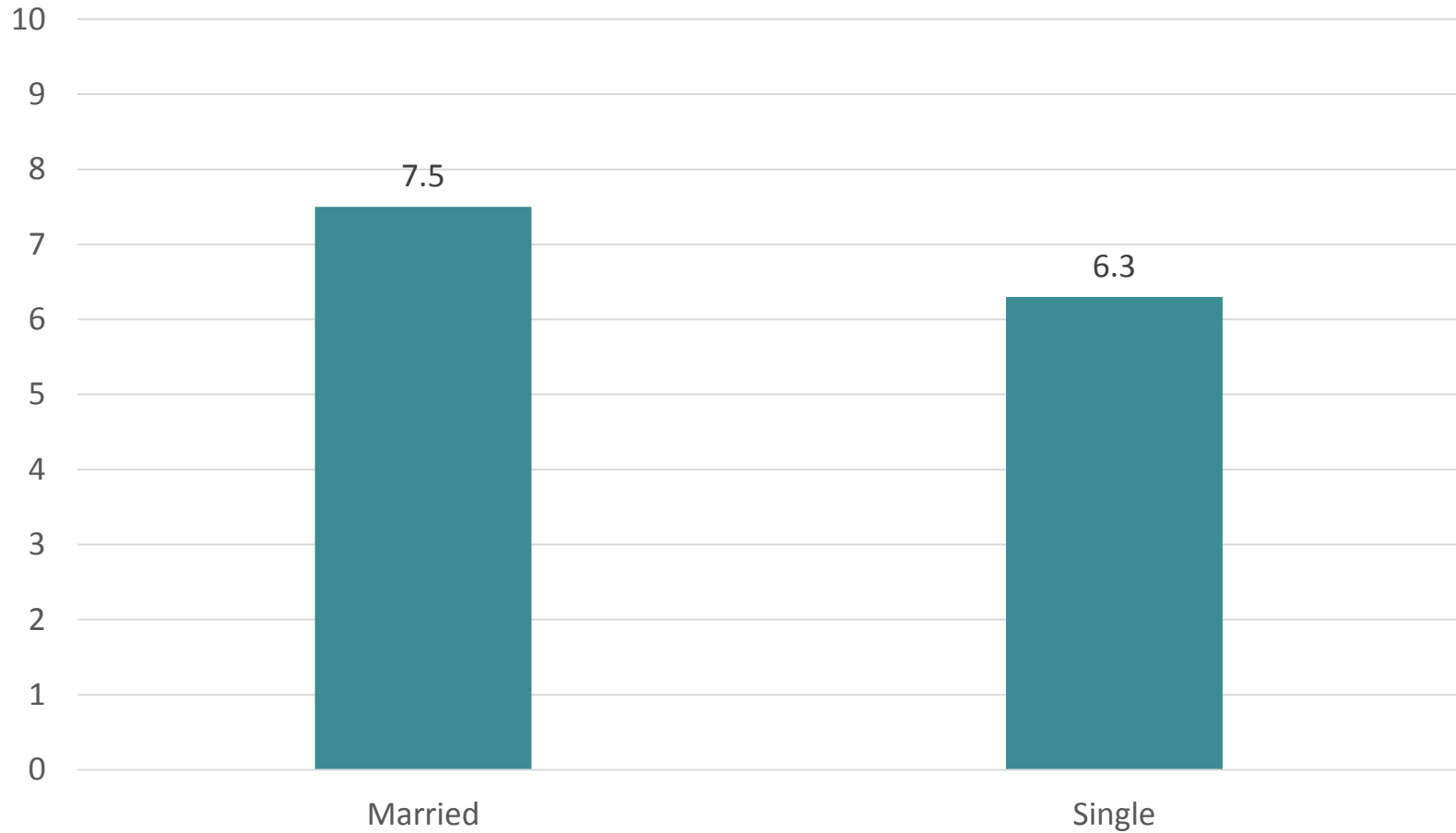
UN, World Happiness Report

DEPRESSION IS SUBJECTIVE

HAPPINESS IS SUBJECTIVE

THE HAPPINESS RESEARCH INSTITUTE

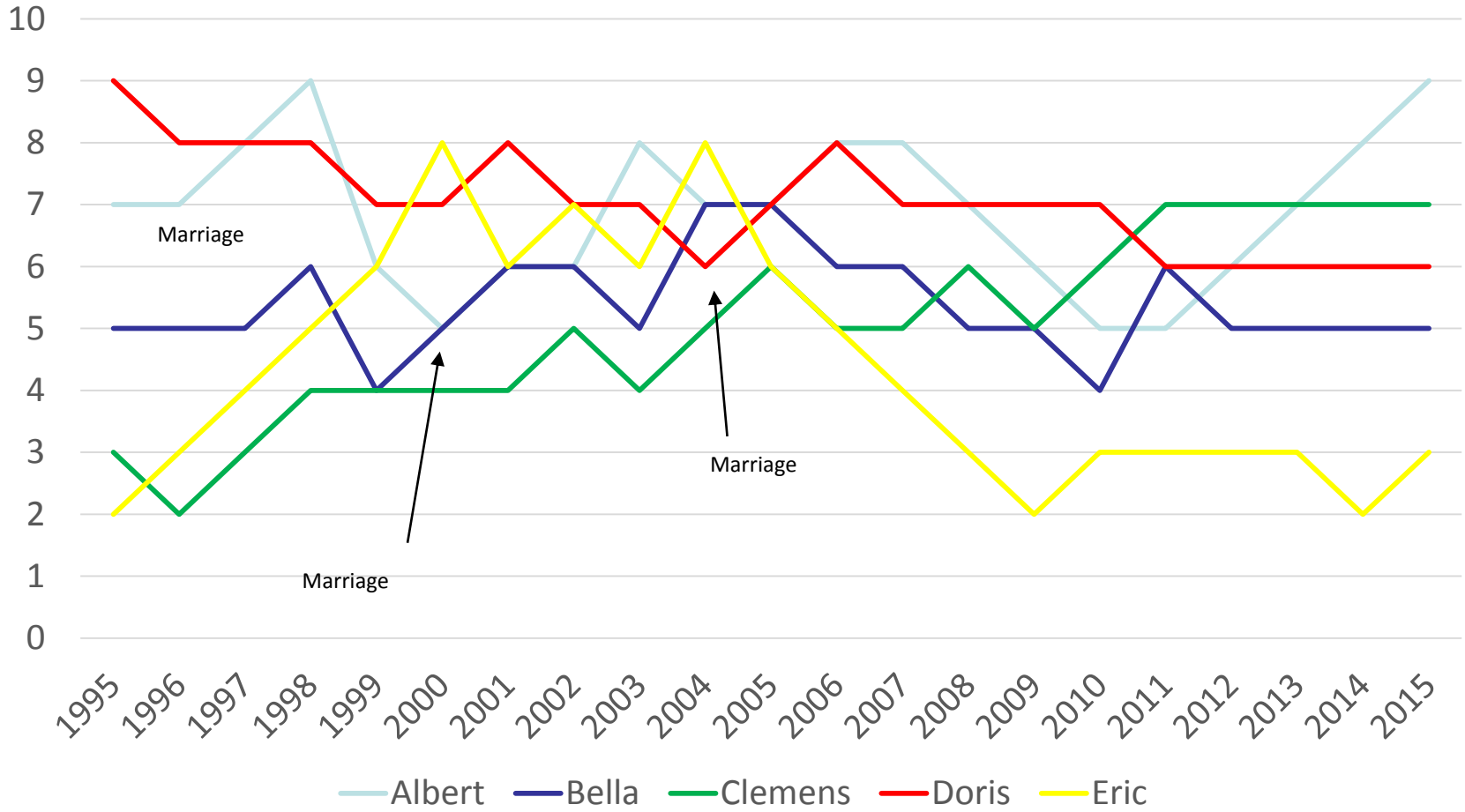
3. WHAT IS CAUSE AND WHAT IS EFFECT



3. WHAT IS CAUSE AND WHAT IS EFFECT

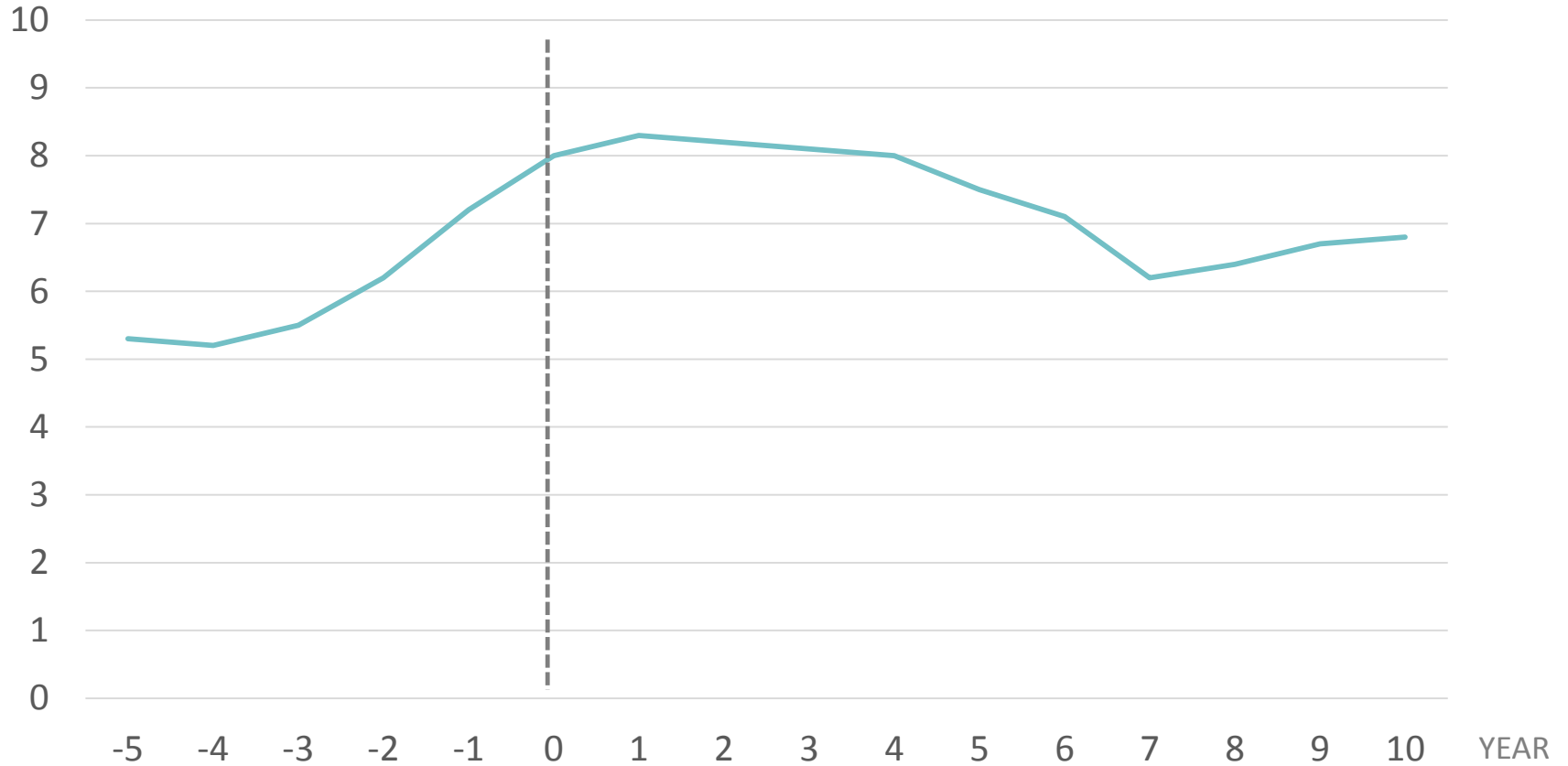
DO WE GET **HAPPIER** FROM MARRIAGE
OR DO **HAPPY PEOPLE** GET MARRIED?

PANEL STUDY



THE EFFECT OF INTERVENTION X

HAPPINESS



THE HAPPINESS RESEARCH INSTITUTE

- Where is happiness on the political agenda?
- How do we measure happiness?
- Why are Danish seniors among the happiest in the world?



**WORLD HAPPINESS
REPORT 2012**

1. **DENMARK**
2. **FINLAND**
3. **NORWAY**
4. NETHERLANDS
5. CANADA
6. SWITZERLAND
7. **SWEDEN**
8. NEW ZEALAND
9. AUSTRALIA
10. IRELAND

**WORLD HAPPINESS
REPORT 2013**

1. **DENMARK**
2. **NORWAY**
3. SWITZERLAND
4. NETHERLANDS
5. **SWEDEN**
6. CANADA
7. **FINLAND**
8. AUSTRIA
9. **ICELAND**
10. AUSTRALIA

**WORLD HAPPINESS
REPORT 2015**

1. SWITZERLAND
2. **ICELAND**
3. **DENMARK**
4. **NORWAY**
5. CANADA
6. **FINLAND**
7. NETHERLANDS
8. **SWEDEN**
9. NEW ZEALAND
10. AUSTRALIA

**WORLD HAPPINESS
REPORT 2016**

1. **DENMARK**
2. SWITZERLAND
3. **ICELAND**
4. **NORWAY**
5. **FINLAND**
6. CANADA
7. NETHERLANDS
8. NEW ZEALAND
9. AUSTRALIA
10. **SWEDEN**

WORLD HAPPINESS REPORT 2016

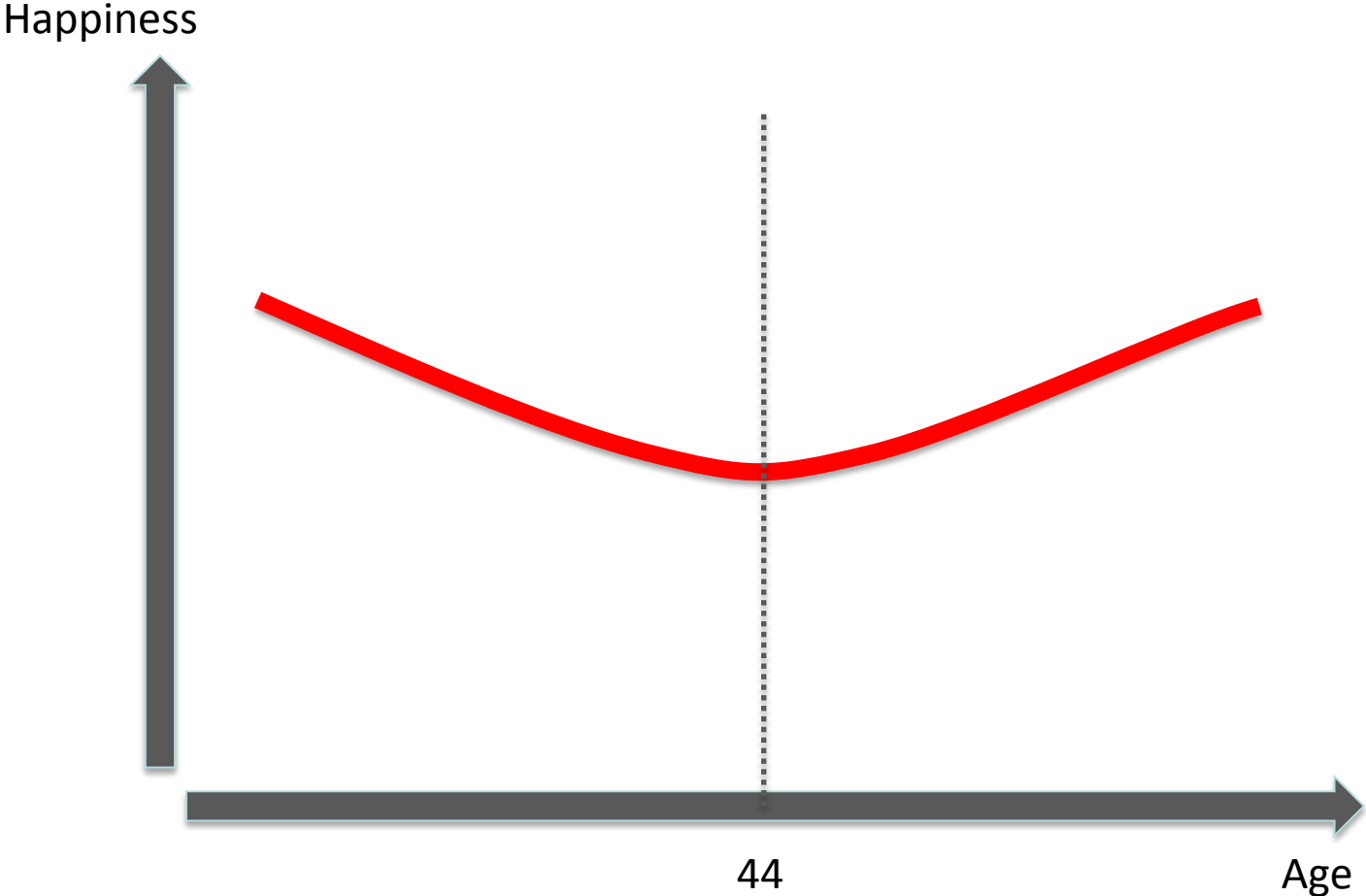
1. DENMARK	(7.526)	53. JAPAN	(5.921)
2. SWITZERLAND	(7.509)	58. SOUTH KOREA	(5.835)
3. ICELAND	(7.501)	75. HONG KONG	(5.458)
4. NORWAY	(7.498)	79. INDONESIA	(5.314)
5. FINLAND	(7.413)	82. PHILIPPINES	(5.279)
6. CANADA	(7.404)	83. CHINA	(5.245)
7. NETHERLANDS	(7.339)	84. BHUTAN	(5.196)
8. NEW ZEALAND	(7.334)	96. VIETNAM	(5.061)
9. AUSTRALIA	(7.313)	102. LAOS	(4.876)
10. SWEDEN	(7.291)	107. NEPAL	(4.793)
22. SINGAPORE	(6.739)	110. BANGLADESH	(4.643)
33. THAILAND	(6.474)	117. SRI LANKA	(4.415)
35. TAIWAN	(6.379)	118. INDIA	(4.404)
47. MALAYSIA	(6.005)	119. MYANMAR	(4.395)



WORLD HAPPINESS REPORT 2016

153. Benin	(3.484)
154. Afghanistan	(3.360)
155. Togo	(3.303)
156. Syria	(3.069)
157. Burundi	(2.905)

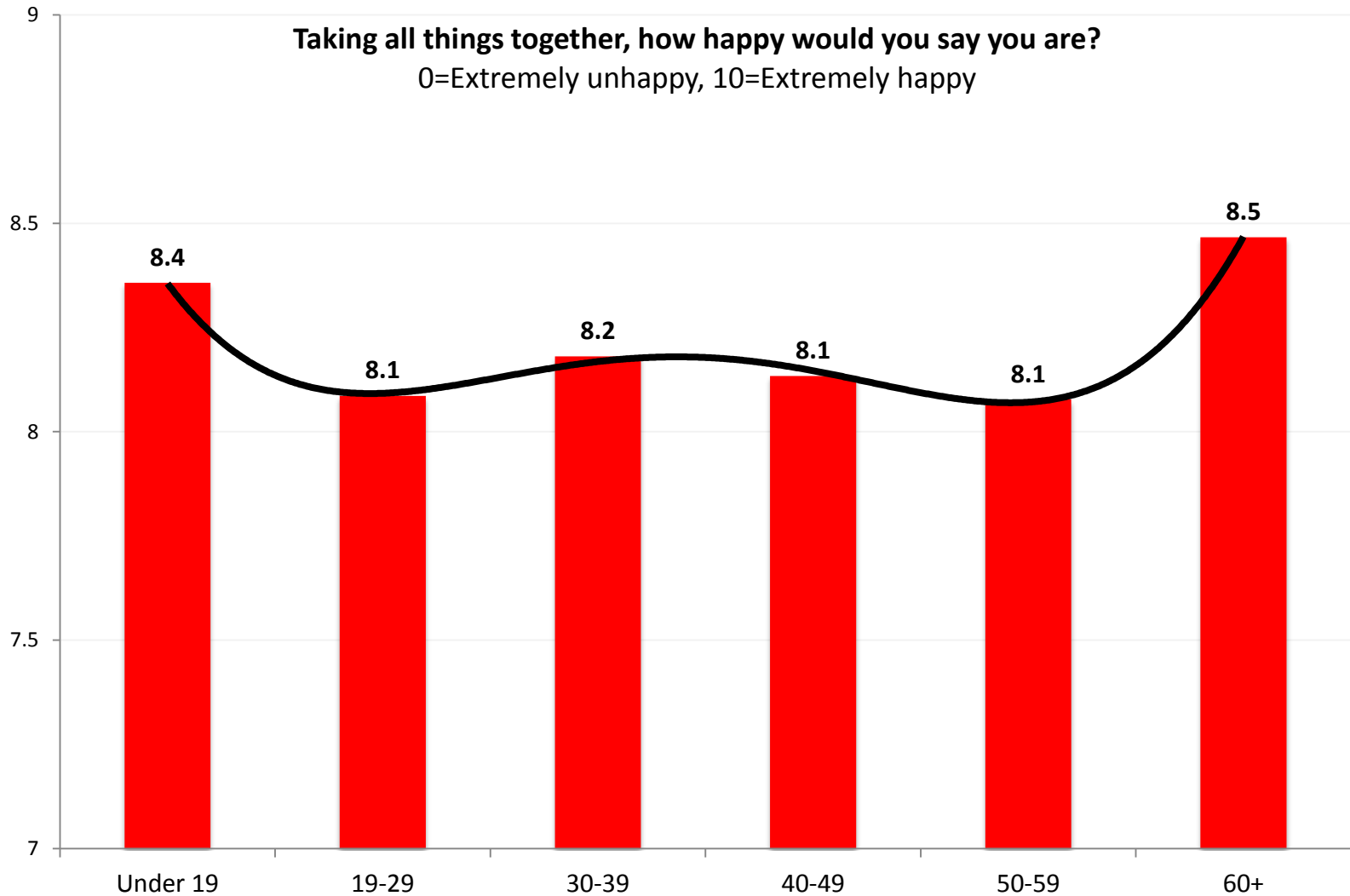
AGE AND HAPPINESS



Source: Blanchflower & Oswald: Is well-being U-shape over the life cycle, 2008

AGE AND HAPPINESS

DENMARK



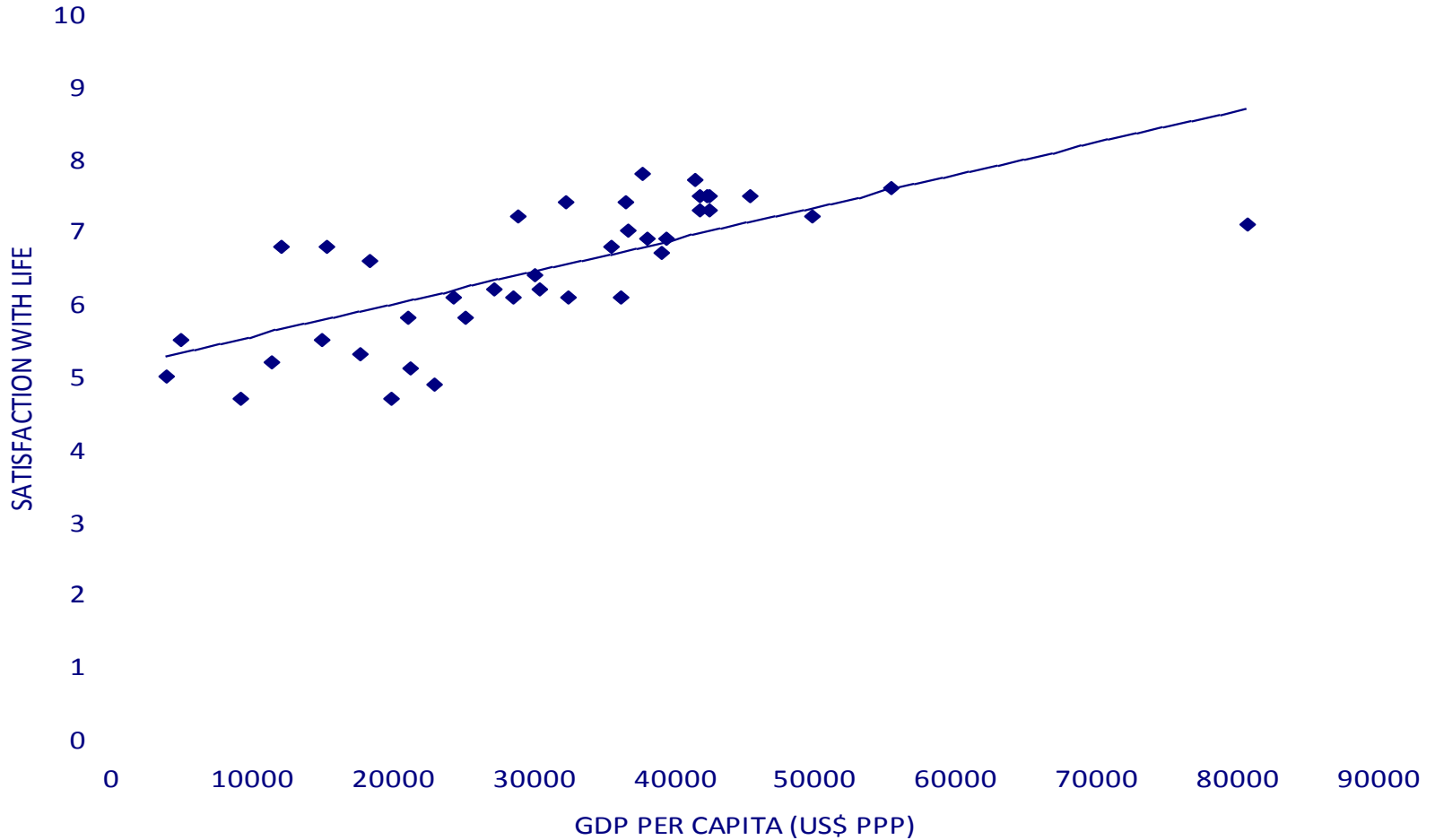
Source: European Social Survey 2014



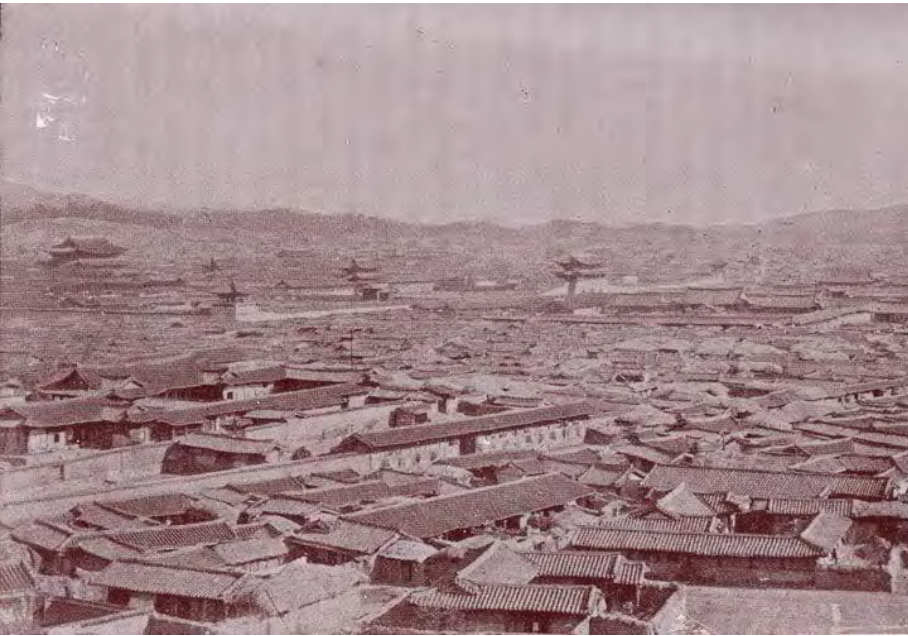
Does wealth
lead to well-being?

WEALTH AND HAPPINESS

SOURCE: OCED OG CIA WORLD FACTBOOK



INCREASED WEALTH

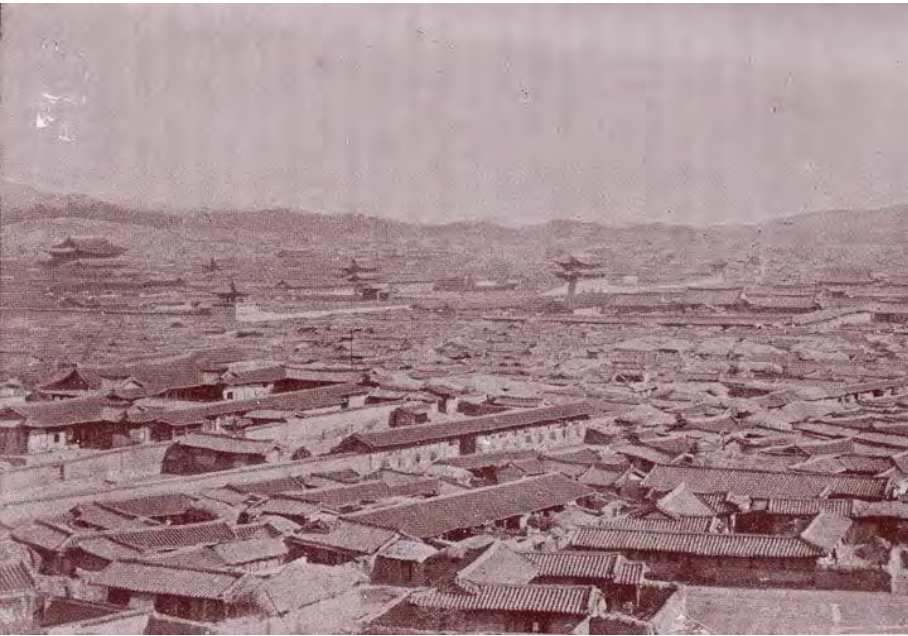


Seoul 1960



Seoul 2016

INCREASED WEALTH



Seoul 1960



Seoul 2016

BUT DECOUPLED WEALTH AND WELLBEING

Funerals for the living in bid to tackle South Korea's high suicide rate

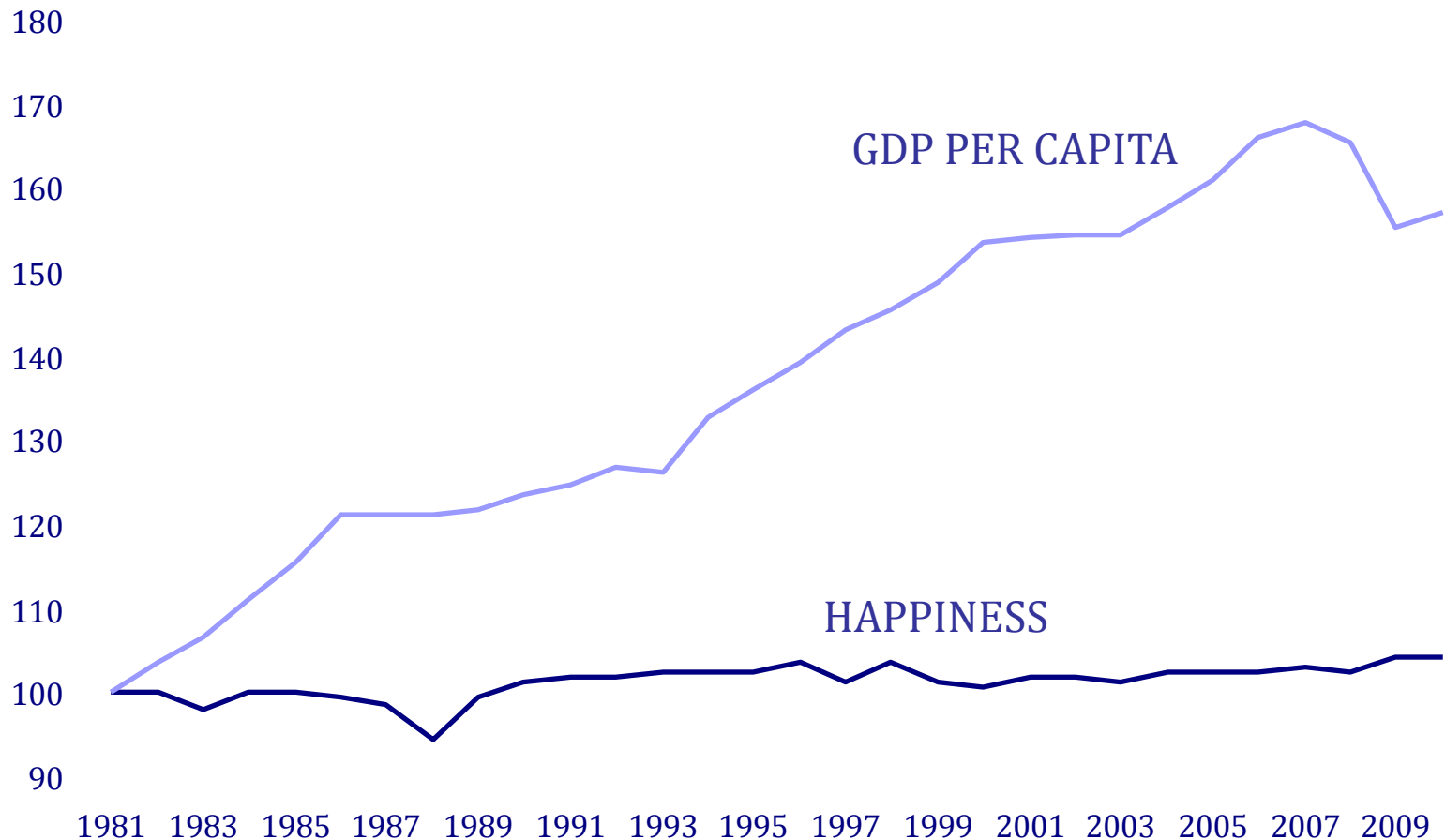
Workers shut into caskets to contemplate their mortality in country with highest suicide rate in developed world



Images are displayed along a bridge in Seoul in an attempt to dissuade potential suicides. Photograph: Jung Yeon-Je/AFP/Getty Images

GDP PER CAPITA DENMARK (INDEX 1981)

SOURCE: WORLD HAPPINESS DATABASE AND WORLD BANK



RICHER COUNTRIES ARE HAPPIER

RICHER PEOPLE ARE HAPPIER

THEN WHY DON'T WE GET HAPPIER WHEN WE
GET RICHER AS A COUNTRY?

Distribution

Adaptation

Relativism



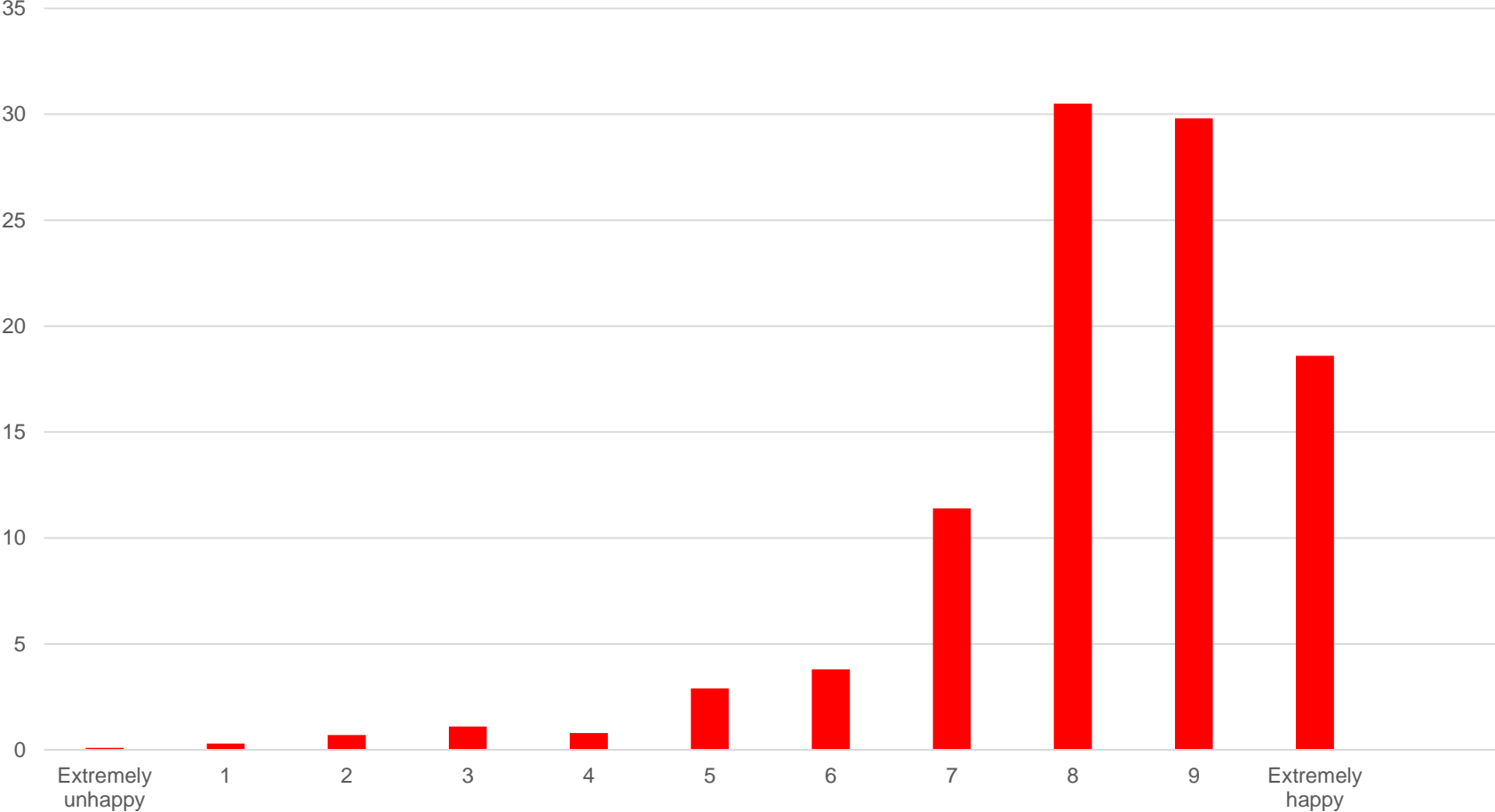
Social Security

SOCIAL SECURITY

- If you get sick - Universal and free health care.
- If you become disabled - Services provided to maintain daily life.
- When you retire - Universal pension.

Denmark is one of the countries in Europe with the lowest poverty rate for seniors

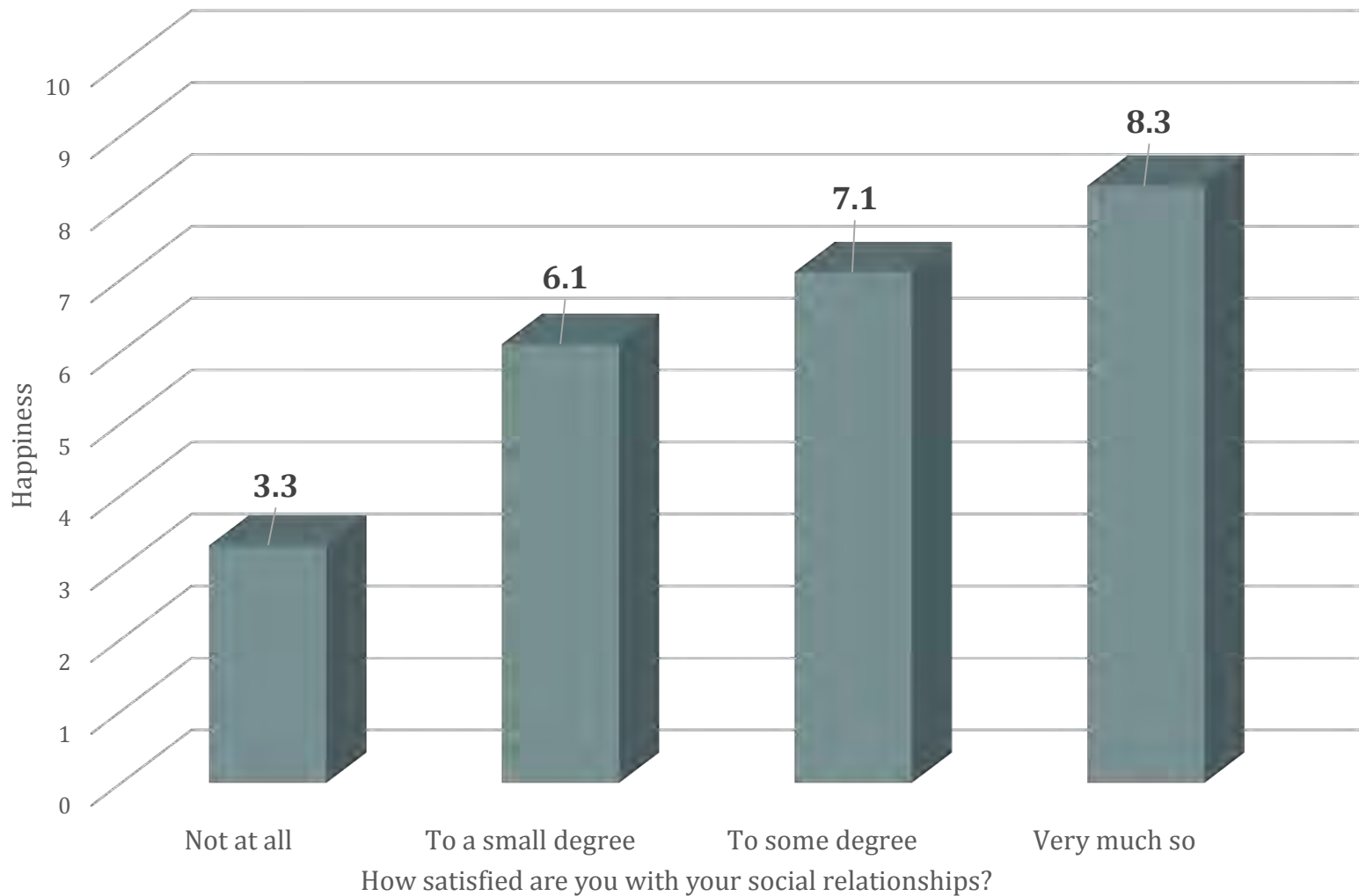
How happy are you all in all?



CIVIL SOCIETY



Relationships and happiness



SOCIAL RELATIONSHIPS & CIVIL SOCIETY

- **High level of social capital**
- **High level of volunteer work**
- **Abundance of associations**



GOOD GOVERNANCE

- Low level of corruption
- High level of trust in institutions
- Broad public support for high taxation

CORRUPTION PERCEPTIONS INDEX 2015

RANK	COUNTRY
1	Denmark
2	Finland
3	Sweden
4	New Zealand
5	Netherlands
5	Norway
7	Switzerland
8	Singapore
9	Canada
10	Germany

Source: Transparency International 2015

“The most successful countries will be the ones which most efficiently convert wealth into well-being.

In turn, they will convert well-being into wealth.”

Meik Wiking, CEO, The Happiness Research Institute

TIME FOR QUESTIONS

STAY IN TOUCH



The Happiness Research Institute



@MeikWiking



info@happinessresearchinstitute.com