An Economic Assessment of Happiness Indicators and Policy Implementation in India with Special Reference to Rajasthan

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This is to certify that **Anudesh Gautam,** the research scholar in the Department of Economics, Vardhman Mahaveer Open University, Kota, has completed his Ph.D. thesis entitled '**An Economic Assessment of Happiness Indicators and Policy Implementation in India with Special Reference to Rajasthan**' under my guidance and supervision with the UGC Regulations on Minimum Standards and Procedure for the award of M.Phil./Ph.D. Degree Regulations, 2009. As per the best of my knowledge and belief, his work is original and the product of self-acquired knowledge. This Ph.D. thesis is being forwarded to the Vardhman Mahaveer Open University, Kota, for the award of the degree of Doctor of Philosophy in Economics.

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Declaration

I, **Anudesh Gautam**, solemnly declare that this Ph.D. thesis entitled '**An Economic Assessment of Happiness Indicators and Policy Implementation in India with Special Reference to Rajasthan**' is my own written work and that the work of others used in this Ph.D. thesis has been ample acknowledged and referred. This Ph.D. thesis does not consist of any material that has been submitted previously for the award of any other academic diploma, degree or fellowship.

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List of Abbreviations

GNH   Gross National Happiness

GDP   Gross Domestic Product

GNP   Gross National product

NEP   New Economic Paradigm

DRM   Day Reconstruction Method

OECD   Organisation for Economic Co-operation and Development

PQLI   Physical Quality of Index

HDI   Human Development Index

UNDP   United Nations Development Programme

GPI   Genuine Progress Indicator

HI   Happiness Index

UN   United Nations

WHR   World Happiness Report

WHI   World Happiness Index

IHR   India Happiness Report

HBMT   Happiness Based Measuring Techniques

EOH   Economics of Happiness

NHPW   National Programme for Happiness and Wellbeing

GWP   Gallup World Poll

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Preface

The concept of GDP emerged out of the crisis. A crisis of the economic measurement where governments could know the amount of goods and services with a country so that they could manage resources for their wartime needs. It was the 1940s, which trigged the measurement crisis. Today, in 2020, we are facing a similar crisis but for sustainable needs. Our climate is changing rapidly, our fisheries are depleted, our soils are degraded, our water supplies are overextended, our psychological well-being is unknown and somewhere our culture is getting affected by this modernity. Today we are truly in a dire of measurements which can go beyond the annual output of a country (GDP). We are dire for measurements which look at wealth in its entirety- combining social, human, natural, mental, physical and economic capital.

The discourses on the development paradigm make way for the happiness model to emerge as a third way, it is potentially transformative. It is the combination of the welfare states' commitment to provide the primary social goods and enhance the capabilities of its citizens. This method puts humans and their basic needs at the center of development, defying the contemporary development theories that growth can also be achieved the other way along with the proposed materialistic measurement. It also engraves the importance of values and spiritualism (means secular) in this vast literature of development.

From the evolution of welfare economics, from smith to Amartya, Bruno Frey, the economics of happiness become the comprehensive research programme which involved other philosophers, psychologists and social scientists also. An isolated and backward nation Bhutan within four decades of planned development, witnessed a tremendous improvement in the quality of life of the people and also raising awareness

about globalisation and its contradictions so that a human can have a peaceful and happy life which is based on the philosophy of GNH.

Religion, culture and polity have largely influenced us throughout the centuries; this is something very unique about India today. Fundamental values such as compassion and faith, respect for all life forms as well as nature, social harmony, the true spirit of community participation and the prevalence of spiritual development over material achievements have played a magnificent role in shaping India. This philosophy of life that is deeply rooted need to be added to such a paradigm that not only measure the economic progress of the country but also the happiness of the people of the nation as a whole. The notion of universal primary education, a poverty-free society, health facilities for all, sustainable environment, homogenous culture and balance of spiritual and material needs advocates for measurement of progress in the country that informs the aggregate development of the country.

In every part of the world, scientist, researchers, economists, political and social persons are using every aspect of their potential to free mankind from the miseries, brought in it by itself. GNH is more of a value-based concept which is hard to operationalise but not insufficient to be an alternative system. The objective is to analyse happiness measuring techniques and estimate the happiness through data and way towards a better policy. This research is divided into chapters, which are described as follows.

Chapter first deals with the discussion of going beyond the GDP agenda. **Chapter second** elaborates the review of work on happiness techniques and policies around the globe. Various research papers, books, dissertations, doctoral thesis are reviewed in this chapter. **Chapter third** for research design of the study where the selection of proper methodology, selection of sample using appropriate sampling

technique, development and construction of research tools, the process of data collection, coding and its interpretation has been discussed. **Fourth Chapter** describes the objective wise analysis of happiness policies of Bhutan, UAE and other reports. **Fifth** for the percentage analysis of happiness data on the basis of occupation, income group, gender, marital status, Region in Rajasthan. The different challenges as well as problems, the steps in happiness policymaking, the mechanism and the kind of framework adopted, targeted by various countries across the globe is presented in **Chapter Sixth**. **Last Chapter** is about findings**,** implications of the study, Conclusive Discussion and suggestions for future research.

Abstract

Maxim for maximisation, happiness such notions been the centre point of economic theories for years. The happiness movement represents a new paradigm where social, economic and environmental systems are structured to encourage human well-being through traditional indicators towards sustainable development. Happiness indicators are being used throughout the world to collect data and the government is starting to explore its application to policy. This Himalayan nation of Bhutan has been an inspirer and leader in devising and promoting an alternative development paradigm called gross national happiness which aimed to be a holistic approach in determining what should be prioritized in order to maximize happiness for both individual and society. As this idea of happiness research in economics increasingly evolves, it is important for Indian policymakers to engage with it in a pro-active manner. This study is "An Economic Assessment of Happiness Indicators and Policy Implementation in India with Special Reference to Rajasthan." In this study different work on happiness measuring techniques and policies across the globe have been analysed.

On the other hand, all seven divisional headquarters (Ajmer, Bharatpur, Bikaner, Jaipur, Jodhpur, Kota and Udaipur) of Rajasthan selected and from these all seven divisional headquarters, the data of 392 Respondents is collected using happiness scale survey. In this study, the researcher uses a mix method approach where sequential exploratory research design has used. In this study, percentage analysis is done using SPSS.

The discussion in this study provides a starting point for the consideration of income and happiness in the context of our economic future. To continue this

discussion, one needs to place the issues raised by Keynes' essay "Economic Possibilities for our Grandchildren" within a broader discussion of the possibilities facing humanity in the next 100 years (Keynes, 2010). One also needs to turn back here and ask whether our so-called present available measurement provides an adequate framework for a discussion on well-being or whether a broader notion of well-being is needed. And, of course, one needs to address the question of value shift in a systematic and thorough fashion.

CHAPTER-1: INTRODUCTION

1.1. Introduction

> *"Sarve bhavantu sukhinaha, sarve santu niramaya ,*
> *Sarve bhadrani pasyantu,ma kaschid dukhabhaga bhavet."*

(May we all be happy and may all be free from all disease, may all perceive good and may not suffer from sorrow). The happiness has its origins most probably in the Vedic age much before Buddha. This famous saying from the Bṛhadāraṇyaka Upaniṣad, which is the one of Principal Upanishads and the first Upanishadic scripture of Hinduism. **"***yavat jivet sukham jivet, bhasmibutasya dehasya punaragamanam kutah."* (Charvaka philosophy) means "as long as you live, always live happily, once the body is reduced to ashes, how can it come back again!" According to Aristotle, happiness is the ultimate goal of humans because it is the only goal that is sought "for itself and never for the sake of the something else" (Uotinen, 2015). The Prarabdha Karma as per Hindu philosophy intensifies the very much importance of happiness by stating that happiness is in totality consequence both of actions done in the present and past lives (Srivastava and Misra, 2003). In addition, the Buddha taught that happiness (Sukkha) is not derived from an escalating spiral of consumption but from a pervasive state of mind that emerges when the trials, tribulations and events that confront us in our lives can be borne with ease. Happiness is becoming more and more significant today and gross national happiness is becoming a scale of promotion and prosperity at rapid growth, substituting gross domestic product. In western countries, somewhere in the eighteenth century these values of enlightenment presented or shown in such a way with this notion that this happiness was the sole attainment of graceful life. Since then, the pursuit of happiness has gained momentum and spread to every aspect of behaviour from religion and politics to work and parenting (Stearns, 2012).

The responsibility of the nation is said to be looking after the happiness as well as the welfare of its citizens through effective policies. The world where we are living in today strives to achieve economic growth, which is assumed to result in providing enough finances to the state to fund various welfare schemes and to develop a more humane society on the principle of equity and justice. This is where the model of economic growth, which dominates the thought of growth of the greater mass on this planet, aims to provide solutions. It is experienced that as we continue to concentrate on economic growth and develop economic parameters, we start to fall into the grasp of the market and as a result, market forces begin to control all our choices. Then if it is an individual or an agency or a country, all fall trap on the drive to do more and more, work harder and harder, gain more and more, contribute more and more and this ruins a nation's social fabric. This is the root cause of worry in brief.

Its high time that we need to think about another path to holistic development; we need to think towards the betterment of human development and not just infrastructural development. The measure of gross domestic product, which is the differentiator is slowly losing its importance, more so in the world where production-based or economic growth approach has landed them with a huge capital base but broken family ties.

1.2. Indian Conception of Well Being

Indian sage and seers have been holding exactly such beliefs and hence they always gave priority to go within for happiness. The Indian ethos is very much influenced by this approach.

A worldview that provides the perspective on the nature of man and his place in the universe is the basis of any concept of happiness, quality of life and well-being.

For example, there is a materialistic view in Indian tradition, according to which fulfilment of desires, especially of sensory nature, is the sole criterion of well-being that leads to the orientation of pleasure (Kiran, 2003). In ancient India, the extreme protagonist of this view was Brhaspathi, also known as Lokaayata, which means 'one who goes the worldly way' and as Chaarvaaka, 'sweet-tongued,' probably because he supported that pleasure is the ultimate aim of life (Raju, 1992). He lived around 600 B.C. and his conceptual system is also known as the Philosophy of Lokaayata and Chaarvaaka. The epistemology of Chaarvaaka is full of positivism, which acknowledges the reality of anything that we can perceive with our senses and denies the reality that we can't perceive (Raju, 1992, p.90-92).

In ancient India, this system of ideology never achieved popularity. In contemporary times, nowadays, we find that there are many indicators to say that it is taking hold of the Indian psyche. Under the influence of technological and scientific innovations, modernization, industrialisation, open trade policy, globalization and westernisation, there is a growth in consumerism and 'credit' cards are becoming popular. It reminds the statement of Chaarvaaka statement: "rnam krtva grtam pibheth", which means one should drink ghee (clarified butter) even if one has to take credit. In ancient India and even today by some, using ghee is associated with luxury and richness. A Second transcendent perspective is totally opposed to this and lying on the other end of the spectrum. It is the ideal upheld by the Indian tradition as the ultimate. Happiness and well-being, according to this view are subjective in the sense that they do not depend on any objective conditions of reality including one's state of body-mind also. Such is the essence of the Upanishadic and Vedic traditions of India. In a collectivist perspective, it takes into account the fact that there are many individual

differences in the needs and aspirations of people. Some are simply hedonistic while others are philosophical in nature; the most of fall in between (Dandekar, 1981).

During the explanation of the development of different concepts of well-being and happiness in Indian culture and tradition, Seligman and Ciskszentmihalyi (2000) noted that only when cultures are constant, wealthy and at peace, they begin to consider issues related to the quality of human existence as happened in Florence in the 15th century, Athens in the 5th century B.C. and Victorian England.

Likewise, we also find a lot of the concepts of quality of life and well-being in Indian culture in the Vedic and Upanishadic periods that can still be seen in the present era. That was a period when diviners, sages lived with a well-conceived and developed social system in the midst of beautiful nature and abundance full of natural wealth (Kuppuswamy, 1977).

Instead of pursuing temporary, the Vedic and Upanishadic mystic and sages stressed on the realisation of that which is immortal, lasting that is likely to undergo the deterioration and degradation or impermanent. So, they followed the same concept in the process of defining well-being and satisfaction. Their quest for the infinite and permanent leads to the formulation of Brahman also known as Shuddha Chaitanya, the supreme concept.

1.3. The Pursuit of Happiness in Economics

Maxim for maximisation, certain notions of satisfaction became the focal point of economic theory. Later on, with the evolution of welfare economics things shifted dramatically, from Adam Smith to Arthur Cecil, Alfred Marshall, Vilfredo Pareto, Paul Samuelson all in their philosophies, study or opinions, many economists have given priority to happiness (Cooter, 1984).

Happiness is the core of an extensive research initiatives which includes not just economists but also philosophers, psychologists and social scientists in particular. Beginning in the early 1970s, Richard Easterlin was the first modern economist to re-visit the concept of happiness; more generalized interest took hold in the late 1990s by various economists Bruno Frey, Richard Layard, Med Jones, Benjamin Radcliff, Amartya Sen, Blanch flower, Oswald (Bruni, 2004).

This happiness economics is a study of quantitative and theoretical analysis of happiness, positive and negative consequences, quality of life, well-being, satisfaction with life and other similar topics. This integrates economics with other disciplines such as sociology and psychology. It normally deals with certain happiness-related interventions rather than other monetary benefits or profits (Bruni, 2007).

What makes individuals happy with their lives? This is a significant issue that has the power to shake up the economy. This discontentment with the perception of welfare in economics along with the latest possibilities to empirically research the subjective well-being of individuals has impressively stimulated in recent years. The economics of happiness has appeared as one of the most sought and important areas of research in economics (Weimann, 2015).

1.4. The Reception of a New Approach in Economics

Economics of happiness as an area in economics developed so far as a highly scientific endeavour. It is being spurred by the direct and indirect measurement of individuals' happiness as well as their well-being. Thereby, many economists built this on instruments tested in psychology and included this in many surveys by surveyors. While the various so-called available self-reported measures are the base for the particular area's academic success, they are still subject to so many controversial

debates and discussions about the worthiness and merits of this new perspective in economics. Generally, we find that all criticism is not equally productive. Underlying rejections of the new research now tend to neglect the comparative perspective with past research and ignore the possible outcomes of happiness research to provide valuable inputs and insights. Nevertheless, the skepticism has also inspired many productive studies on the validity of these empirical measures (Frey, 2010). There are mainly two approaches exist for the experienced well-being of effect. Many psychologists have been applying the experience sampling method for so many years. Basically, it collects information on individuals' actual experiences in their real-time in the available natural environments. Recently, a new and better approach has been developed in collaboration between economists and psychologists. It's the Day Reconstruction Method (DRM). In this method, People are generally asked to reflect on how they felt during all the life events they went through the last previous day (Kahneman, 2006). In comparison to the other available life satisfaction evaluation, the primary and foremost goal of the DRM is to get the depiction of emotional states and measures of well-being that cannot be easily formed by the processes of retrospection. Now, when we talk about the time use information, the DRM mainly aims to set a beneficial cardinal indicator of our well-being by considering the time spent in a mainly negative affective state. Numerous works, recent studies regarding subjective well-being are discussed that DRM is a useful concept for well-being and national accounts of time use (Kahneman and Krueger, 2006).

1.5. Welfare in the Economics

Different interventions listed thus capture very different facets of individual happiness as well as well-being. When we measure reported subjective well-being, especially to serve as a proxy for individual happiness and welfare, there is an important

assumption and that is somehow very necessary: The good standards underlying people's opinion are those which an individual would like to follow in realizing her or his ideal of the good life. People's perception of their lives can then serve as a proxy for their individual happiness. Generally, people are supposed to pursue individual happiness and welfare based on some balanced evaluation standards. Besides this, the identification of individual welfare depends on whether the evaluation metric fits people's judgments about their lives or not. In this way, the normative basis of the so-called happiness approach goes beyond assuming the pursuit of happiness and also involves choosing the precise evaluation metric to bring out people's judgments, in "Hedonic Psychology and the Ambiguities of Welfare" Kelman offers an outstanding narrative of the ambiguities of welfare, this is offered in the sense of the psychology of hedonism and economics. Such ambiguities can be conveniently articulated in a subtle manner. Some individuals may embrace a detached look that focuses on their lives after reality, whereas others have their own way of thought. For those people who tend to equate individual welfare with much moment-to-moment effect, for them experience sampling method or the DRM is the best approach to measure individual welfare (Kelman, 2005).

1.6. Beyond GDP: A Need for the Alternatives

The concept of gross domestic product emerged out of the crisis. The crisis of economic measurement where governments could know the number of services and goods with a nation so that they could well manage the required resources for their needs at wartime. It was the 1940s, where this measurement crisis emerged out. Today, in 2019-20, we are facing a similar crisis but this time this is for sustainable needs.

Our climate is shifting tremendously, our fisheries are dwindling, soils are degraded, our sources of water are overextended, our psychological well-being is

uncertain and vast modernity influences our society. Today, we do need metrics that can go beyond a nation's annual production (GDP) to look at its resources as a whole. This whole incorporates individual, psychological, natural, fiscal, physical, social and diverse capital.

In recent years, many social scientists and economists have done excellent efforts in this area to establish happiness, well-being and many other complex metrics of development. Starting from physical quality of life index (PQLI) by Morris D. Morris to human development Index (HDI) by Mahbub ul Haq and Amartya Sen, green GDP by Joseph Stiglitz, these diverse kinds of analytical methods have expanded our perception of fulfilment and happiness further than conventional and normative wealth dimensions (Gasper, 2005). Basically, gross national happiness by the Bhutanese government gives us another viewpoint to look at the development of the nation. The different realms vary from fitness, schooling, culture, use of resources to government, ecology, society and standards of living are there. GNH's main goal is to improve happiness and create those institutions, which can promote such an endeavour. Still, there is a great debate on how to move beyond GDP.

1.7. Idea of the GDP:

The GDP was introduced in the late 1940s, when the great depression and then World War II that pushed Washington to start counting government spending on services and war as a net positive for the economy. The construction of GDP statistics was not very simple; it took decades for more than a handful of nations to create national accounts and for statisticians and economists to create methods for comparing GDP over time and across nations. Till the late 60s, the economic characteristics of a country were not the measures of a nation's development (Higgs, 1997).

Basically, GDP is a well composite index that is based on some formula that clearly shows indicates us that whether an economy is shrinking or growing. Although it is just a number, yet in the relatively obscure world full of economic indicators, GDP became one of 'the dominating and defining indicators of the last century, of course, a celebrity among statistics (Salvaris, 2013).

Economists and statisticians are interested in a number of indicators of measurement such as per capita GDP, per capita energy use, agricultural labour force percentage, GDP growth to easily define and categories the economy of the state or territory or country. These days almost every single nation on this planet that somehow uses GDP as a vital measure and indicator of economic health.

Thus, the measurement of GDP is not only vital for policymakers but also for consumers since it equals the total income within an economy. It has become so relevant that the fundamental principles and derivatives of gross domestic product are well elaborated by macroeconomics classes today.

The pursuit of the need for additional GDP measurements started back in 1973. This was the moment when, the workpiece by Alexander Drenowski on the measurement of living standards and welfare was developed, an "Organisation for Economic Co-operation and Development" (OECD) research programme on the measurement of social well-being and growth was also started at that time. Still, the physical quality index of Morris David Morris gained some fame. Later, in the mid-'80s, when Amartya Sen, the Nobel laureate, developed a firm theoretical basis (deriving from PQLI) for the use of some social indicators to be employed in assessing well-being. Amartya supported the idea of focusing on the capacity to work, that is on what an individual can do or can be (Costanza, 2009).

1.8. Human Development Index:

Both Amartya Sen and Mahbub ul Haq came with a substantial and ongoing commitment as well as input in the '90s to measure the status of well-being and growth. The human development index emerged as a critic of GDP's old and traditional standard wisdom that the faster it develops, the healthier it is for a country and its inhabitants. The human development index also known as the HDI is not an index of the total economic output of a country.

HDI, which is technological like PQLI, seeks to rate all nations on a scale from zero to one (lowest HD) (highest HD). It is usually based on three growth targets or end products: first-knowledge, second-longevity as measured by life expectancy at birth and third -actual income. Using all these three measures of development and applying a formula to data for different countries, the human development index ranks all countries into three groups: from low HD (0.0 to 0.50), then medium HD (0.51 to 0.79) and lastly, high HD (0.80 to 1). However, critics later came out saying HDI measures relative not the absolute levels of human development. Instead of emphasizing 'means,' which has been the case for GNP per capita. It emphasizes 'ends of development' such as knowledge, longevity and material choice (McGillivray, 1993).

One of the fascinating things about HDR is that it has updated the opinion of the government and the world community that only one metric that is the gross domestic product indicator alone does not really demonstrate whether things appear to get worse or better. This was one of the best reasons why in 2008, Nobel laureates Joseph Stiglitz, Amartya Sen, Jean-Paul Fitoussi, a French economist, formed a commission set up by France's former President Nicolas Sarkozy. This has been connected to the consideration and development of an alternate GDP structure.

1.9. The Stiglitz-Sen-Fitoussi Commission

The world has changed dramatically after the excellent work on the development map. There have been much clearer results from the census, allowing new types of social and economic measurements. Financial, climate change and sustainability related concerns have now become more relevant than ever before.

Then in September 2009, the Stiglitz-Sen-Fitoussi Commission formally concluded the commission by releasing a 300 pages long report which offered a comprehensive list of suggestions, some philosophical and some methodological, for measuring the progress of nations in this 21st century. Also, at that time, the commission recognized both the main criticisms of the GDP. First, to work with the economic indicator to best reflect the conditions of individuals today and second, each country should also apply other indicators to catch and gain the real details of what is going on socially, politically and environmentally (Fitouss, 2011).

Stiglitz-Sen-Fitoussi commission found that assessing a population's quality of life will always require metrics from at least seven categories: education, environment, health, material well-being, employment, political engagement and interpersonal connectedness. They also concluded this assessment that any nation that was serious about progress should start measuring its 'equity' that is, basically, the distribution of its material wealth and other available social goods as well as its environmental and economic sustainability.

Rationally, one challenge the commission puts in for countries is that it does not tell how they should measure progress but rather talks about how they should think about measuring progress. In other words, it is recommending to use a new set of indicators to measure different endeavors but not expressing how to do it. For instance,

environment and sustainability can be examples of measuring different endeavors but measuring them remained a challenge.

1.10. Green GDP

Quite soon after the Stiglitz-Sen-Fitoussi commission, Joseph Stiglitz started to create a remarkable indicator that could calculate externalities in order to distinguish them from the economic development of the gross domestic product. In other words, to quantify the gains or losses that are not reported in market rates, which means that they are not included in our GDP calculations (Gertner, 2010).

There are so many instances of such externalities that we would usually wish to take into account if trying to assess the quality of life. Congestion and pollution are among the some of the examples. For instance, congestion sometimes during traffic jams may increase GDP as a result of the high use of gasoline, while on the other hand, it does not increase the quality of life. Besides this, if citizens are more concerned about the quality of air, then these measures, which ignore air pollution, provide a completely inaccurate estimate of what is happening to citizens' wellbeing. Hence, there is a need to differentiate such available results from GDP. And reasonably, pollution can be monitored and we can collect the data for emissions of key pollutants such as CO_2 and we can then compare between countries. We know such measures cannot readily be incorporated into the GDP measure but must put alongside it (Fitouss, 2011).

On the other hand, while seeking to monitor the quality of life or sustainable development, governments usually need to focus on a wide range of available indicators covering the various aspects of well-being. Hence, the green GDP helps in taking account of consequences caused by resource depletion and the environment. This is mainly important in developing countries like India, Indonesia and China, where huge

numbers of trees as well as forests are being cut and nothing conclusive sustainable is being done. Normally Green GDP tries to take externalities and harm done to be public goods into the account. However, the problem with the green GDP approach is that it becomes almost impossible to make use of data for international comparisons. Moreover, monitoring the overall change in a country over some time also becomes challenging in this.

1.11. Genuine Progress Indicator (GPI)

It is expressed in monetary units, making it more readily comparable to GDP. Specifically, it considers net savings, annual income, environmental costs, benefits and wealth. The metrics are constructed by consolidating 26 indicators, environmental, critical economic and social factors into a single framework in order to give an accurate picture of the progress and the setbacks a country has made.

From the costs of pollution, crime, commuting and inequality to the value of education, leisure time and infrastructure, volunteer work, GPI usually tires of portraying the actual impacts of policies and gives a clear picture of adjusted economic measures. Crucially, GPI somehow also considers the distribution of income. In other words, an increased income of one rupee for a poor person actually increases welfare more than an increased income of one rupee for a rich person. There is a massive gap between the poorest and the richest and in a country as in the United States of America and fastly increasingly, in India and china correlates with social problems. The two states in the United States -Vermont and Maryland have specifically implemented policies aimed at improving GPI (Daga, 2014).

1.12. The New Approach Gross National Happiness

In 1972 the gross national happiness or (GNH) was presented by Bhutan's fourth Dragon King, Jigme Singye Wangchuck, at a conference1972. Later in January 2010, the Centre of Bhutan Studies launches the Bhutan GNH Index that was happily accepted by 193 countries presented in the United Nations (2011) as per the new economic paradigm. The gross national happiness is a total measure of a country's national production, similarly to gross domestic product of any nation (Ura, 2015).

In such process gross domestic product measures the production, the fast speed of consumption leads to increase in GDP however it is on cost of depletion of natural resources, that is a limited stock for future generations. On the other hand, GNH is not exclusively based on materialistic views. It communicates nature, environment, the growth of individual, the cultural growth, spiritual growth, it talks about the physical and mental health, in totality it measures all in GNH, even the social, corporates well as political systems.

GNH is the premised on the notion that happiness is an ultimate desire of every individual, and by extension, the responsibility, duty and purpose of the state is to create the required conditions that enable its citizens to lead a happy and good life.

It is based on this conviction that only material wealth alone does not bring happiness or ensures the contentment and wellbeing of the people and that the modernization and economic growth should not be at the amount of the people's traditional values or quality of life (Ura, 2004).

Basically, the original four pillars of GNH philosophy are –

1. Focus on sustainable development

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2. Preservation of cultural values

3. Conservation of nature

4. Good governance

All are split down into nine general contributors. Furthermore, these are grouped into 33 metrics that present all its components correctly. It shows how it is organised and functional (Thinley, 1999).

- Education

- Health

- Living Standards

- Environment

- Community Vitality

- Time-Use

- Psychological Well-being

- Good Governance

- Cultural Resilience and Promotion

From 2007 to 2014, Thailand, Canada, South Korea, United Kingdom, Dubai, Seattle in Washington, Singapore, China, Canada launched its happiness index. Different governments around the world are considering measures of happiness as an alternative to gross domestic product (GDP) for the sole purpose of guiding and inspiring economic and other policymaking activities.

1.13. Definition, Rationale and Scope of the Study

Happiness approach is based on the conviction that material wealth alone does not bring happiness or ensure the contentment and wellbeing of the people and that

economic growth and modernization should not be at the expense of the people's quality of life or traditional values.

It is a holistic development philosophy which balances the physical and spiritual wellbeing of the people and values both objective and subjective measures of progress. The current measures of development (GDP, GNP etc.) account for the quantifiable aspects and neglect those unquantifiable components which cannot be exchanged for money. The approach to happiness takes all objective, subjective aspects of growth into account.

. While mainstream sustainable development framework focuses on environment and resource management or supply side, this happiness approach focuses on human behaviour or consumption management, which is the demand side of sustainable development. The existing framework of sustainable development emphasizing only compromising needs of inter-generations may be difficult to achieve as long as individuals normally concern for their own happiness at a low level. Unless people are developed to be able to enjoy their higher or inner happiness, they would not care for others or future generations. Such growth can improve people's subjective well-being, which contributes to society's longevity and satisfaction.

These happiness measures as a guide to economic and other policy-making stuff that leads to prosperity, sustainable development found by many governments as an important tool as an alternative to gross domestic product.

1.14. The Need of the Study

There is no scintilla of any doubt that India is an ancient civilisation and a vast reservoir of the world's major cultures, religions, and environmental heritage. It also has the marvelous technological, scientific and economic strength. As India is turning

into a superpower, the changes that are likely to come in the next few decades are probably unbelievable. When such events happen, the use of traditional and basic measures for progress and development for such diversity, population, vast area and may not be sufficient. The pockets of people of this nation, who are very disaffected, somehow isolated, or caught in various cycles of hardship and extreme poverty, may remain concealed even as India ascends the global economic pedestal. Today We are still deeply rooted with many social problems like poverty, illiteracy, unemployment, child labour, population, lack of various healthcare facilities, and other issues like people are not happy with the policies, a lot of anxiety, unhappiness, lack of inner peacefulness of people, corruption, the controversies, race to the richness, losing work culture, losing identity. Also, ecological degradation many more such problems exist here. population of more than forty percent suffers from "multi-Dimensional" poverty. India suffers from a vast depletion of natural resource at a rate that equals five percent of gross national income. India may need its own version of happiness indicators and model that incorporates the unique character and composition of its people in totality. Such a measure may help to ensure that India's immense diversity is addressed, so that the promising advantages and benefits of development can be shared equally, social capital conserved, ecological and cultural heritage strengthened and the nation becomes stronger and more united, even as it undergoes an explosion of fast change and economic growth.

The world happiness index (WHI) has placed India in the 133rd position, which measures the happiness of 156 countries. India in the year 2016 was ranked 118th. Its ranking is too far behind from our other neighbouring nations such as China, Nepal, and Pakistan, to name a few (Helliwell, 2020). The UN Sustainable Development Solutions Network's (SDSN) in the year 2018 in world happiness report ranks around

156 countries on the basis of GDP per capita, healthy life, social support, expectancy, social freedom, generosity and absence of corruption. It is essential that in the present perspective, the role of the economics of happiness should be increased, the pre-determined happiness indicators should be looked at in a new way and the facts derived from them should be kept in mind at the time of policy formulation.

1.15. India: Practice of GNH and Policy

At the moment, the understanding of GNH remains indefinite in India. Ideas somehow play an important part in influencing policies. India is an ancient civilization and a large repository of the prominent religion, traditions, and ecological heritage. Presently a few key initiatives are being taken towards the happiness movement.

- ✓ Meghalaya government planned to adopt the GNH concept

- ✓ While Goa government, in their vision document 2035, decided to work on GNH concept along with its four pillars as cultured Goa, sustainable Goa, well governed Goa and happy Goa.

- ✓ Indian government is taking various policy initiative towards environment cleanness, to present a better picture of India and to make it a good place to live, like swachhata abhiyan, odd-even formula.

- ✓ In April 2016 Madhya Pradesh government also had shown interest in working on the gross national happiness concept and created an Ananda (Rajya Anand Sansthan) ministry with the objective of enabling the people of state to live a more fulfilling life. The vision of Rajya Anand Sansthan includes developing indices and tools of happiness, conduct training to disseminate tools of internal wellbeing and create necessary eco-system which would enable people to realise their own potential of a living happier life. Later on, in December 2019, it is merged in a new

spiritual department (Religious Trusts and Endowments), which aims to establish harmony in all communities and sarvadharma sambhav in State.

✓ A few private spiritual organisations are solely working in this direction like Paavan chintan dhara by Pawan Sinha, art of living, patanjali yoga piitha, ishayog foundation, brahmkumari university, Gandhian peace foundation, Jaipur peace foundation.

✓ The concept of Rajasthan government "Of the people and for the people," the very fascinating idea of "Sarkar Aapke Dwar" to fill the gap between the gand people by letting the government know what is not happening and what is required to make it done, is a step taken by government closer towards a happy state.

✓ Former C.M. of Rajasthan, Vasundhara Raje initiated work in the direction of enhancing the (khushhali) happiness by adopting public friendly policies. Toy bank, cloth bank and food stores for the poor are a few initiatives in this direction by government .It focuses on monitoring development work in tribal and desert areas to find whether people are happy with the progress or not.

✓ Rajasthan government with high Khushhali index as primary objective wants to achieve the vision of a prosperous, educated, healthy State.

✓ Andhra Pradesh government as per "Government vision -2029 document" will set up a happiness commission and evolve a standardised index to measure happiness.

✓ Maharashtra government has come up with a committee of seven members to strategize the formation of a department of happiness.

While Venezuela, Ecuador, UAE, Bhutan has happiness ministries, we officially haven't given priority on this important aspect. This is the right time to efficiently work on this for the government of India.

1.16. Significance of the Study

This study emphasis the conceptual notion of happiness concerning India. It may help to explore the importance and relevance of gross national happiness in the incorporation of policy formation to aggregate growth and development of India. This study suggests different means and ways to improve and adopt key initiatives in policies of the Indian government as it is high time to reconstruct indicators to measure happiness, the well-being of people, and the economy of India. Not only the central government, as well as state government and panchayat level, but the policies can also be implemented according to what people are looking for happy with. At the same time, they can test the policies by taking feedback on their happiness survey. This study may somehow help the policymakers to teach, to train, and to explore new ideas in different areas. The researcher attempts to analysis other happiness measuring techniques in different nations and finds domains as well as indicators that help to construct a happiness tool with special reference to Rajasthan.

1.17. Objectives of this Study

Here the researcher intends to accomplish these presented objectives through the proposed study.

- To analyze happiness measuring techniques of different countries.
- To estimate the happiness of Rajasthan state on the basis of a different occupation.
- To estimate the happiness of Rajasthan state on the basis of different

Region, Gender, Marital Status and income group.

1.18. Research Questions

The research questions are as follows:

- What is the happiness measuring techniques of different countries?

- How to estimate the happiness of Rajasthan state on the basis of different occupation?

- How to estimate the happiness of Rajasthan state on the basis of different Region, Gender, Marital Status and income group.

CHAPTER-2: REVIEW OF LITERATURE

2.1. Introduction

"Here is, in this real world, nothing is desired except the happiness. And Whatever is desired otherwise than as a means to some end beyond itself, and eventually to the true happiness, is desired as itself a part of this happiness, (Mill, 1901)".

The notion of happiness transcends culture, geography & time. The above quote of John Stuart Mill (2009) is reflective of the importance of nineteenth-century British society placed upon happiness. The United Nations found it so important that they passed resolution 65/309 on happiness as a "New Economic paradigm," which was co-sponsored by 68 countries and was adopted by consensus in July 2011. The 'happiness resolution' states that gross domestic product (GDP) alone is not an adequate measure of human prosperity. A lot of work that has been studied can be classified into six sections.

1. Happiness across the Humanities and Social Sciences

2. The Rise of Economics of Happiness

3. The Core of Gross National Happiness

4. GNH and Its Operationalization

5. Factors Affecting Happiness

6. Happiness Policy Research and Implementation across World and India

2.2. Happiness across the Humanities and Social Sciences

Happiness is classified into three specific categories, according to (Davis, 2008): 1) eudemonia, 2) achievement and 3) pleasure. There are too many scholars in all fields of literature who analyse and argue that these principles or theories are either

directly or indirectly somewhere attached to happiness. These notions of happiness accept that it is a long-term emotion that an individual feels when he perceives his life in manner that is blessed or full of positivity.

Davis (2008) argued that the product of gratification that accumulates in itself is happiness. This principle of pleasure is categorised into lower and higher pleasures, where the former contributes more to satisfaction and less to happiness afterwards.

Deiner and Seligman (2004) In the field of sociology, conducted a study based on the interplay between socioeconomic and socio-political determinants of happiness and the balance between these two. This is much debated and argued somewhere in literature. Despite all the variations that existed, all researchers argued that politics, the economy and social situations are somehow related and influence happiness to some degrees. The position of socioeconomic standing was discovered by other researchers because of the way that status is related to happiness by marriage, family, jobs, fitness, and productive work. They backed this declaration by arguing that happiness is determined by both social and economic aspects of status.

Ye, D. *et al.* (2015) in his paper. "*Culture and happiness. Social indicators research*", Studied on social measures, analysed the predictive influence of various cultural variables on cross-country disparities in happiness and examined how the different aspects of different cultural indexes differed in their actual impact on happiness. The longitudinal findings suggest that global leadership, interpersonal behaviour and markers of successful Culture are all closely linked to happiness. Of these nine indices, while the most prominent and stable function in assessing subjective well-being is power distance and gender equality (SWB).

Frey and Stutzer (2002) concluded that employment is one of the most significant criterion and determinants of happiness, but their key argument is that there

is no influence on happiness from other opportunities gained from employment. This is because the greatest facets of formal and informal work that contribute to happiness are a sense of identity and a belief that one contributes to society. Individuals enjoyment can be thought of as either joy, success or pleasure. In addition, happiness determinants include political, social and economic dimensions.

2.3. The Rise of Economics of Happiness

Norberg-Hodgeand H. (2011) merged scenes from different areas influenced by globalisation in her documentary work "The Economics of Happiness". Here she depicted the Ladakh area in northern India whose culture has been thoroughly researched. She also got so many remarks by other influential and so-called proponents of a great alternative approach to economics that is both culturally sensitive and very local.

Social scientists and advocates such as Vandana Shiva, Juliet Schor, Andrew Simms, Rob Hopkins, Bill McKibben shared their thought-provoking observations to give a sharp image of the complexities and changes of a 'modern economy' focused on localisation today.

The film begun in Ladakh, a very small place in northern India where she had been doing this valuable research for years. Helena suggested that Ladakh was almost a perfect world due to its transition to Western civilisation in the 1970s. Ladakh most likely had a truly localised economy where unemployment was not a problem as everyone was undeniably satisfied and very well. However, later on, Hodge observed the developments that led to a huge loss of well-being since the imposition of western culture in this area. Therefore, this Ladakh case had taken into account the dramatic critisism of globalisation and the narration of eight over-simplified "inconvenient truths: "Globalisation" ...

1. Makes Unhappy

2. Breeds the Insecurity

3. Wastes the Natural Resources

4. Accelerates Climate Change

5. Destroys Livelihoods

6. Increases Conflicts

The filmmaker interviewed a number of individuals from around the world and found the negative impacts of globalisation every day to. Her first big issue with this film has been identified here. It came to her notice that neither of them had a very serious academic experience in economics when she started investigating the histories of the filmmakers and interviewees.

This film economics of happiness deals with the central and important impacts of globalisation on local economies, communities, environments and cultures around the world, with a special emphasis on the impacts of recent shifts in food consumption and development.

It offers ample proof of the environmental and social costs of developed agriculture and the carbon-intensive global flow of food, primarily for farmers in developing countries. Throughout the documentary, urgent economic problems such as taxation, forced competitiveness, rising indebtedness and the ongoing subsidisation of inefficient agricultural activities are illustrated. This documentary questions the incessant use of economic growth as the metrics for evaluating human progress, encouraging a shift of focus to cultural dignity, well-being and happiness of individual's and society.

Multiple experts in the documentary found education as a central and valuable catalyst of progress. The need for preservation of local knowledge, localized system,

food production has been discussed in this documentary. For instance, to ensure the longevity of local traditions and awareness, Vandana Shiva indicates the need to engage these older individuals in education.

In addition, this documentary introduces the principle of 'reality tours' to audiences, that is, it offers representatives of non-Western communities the chance once in a lifetime to encounter the primary institutions and lifestyle in the West and that encourages a critical understanding of cultural disparities and cultural reflexivity. Two Ladakhi women on a 'reality tour' with Helena Hodge that includes trips to a bakery, a municipal waste dump and a nursing home are both very fascinating videos. Adaptability to the adverse consequences of globalisation and cultural diversity is one of the characteristics that this documentary highlights and this is one of the most attractive features of happiness economics. This is an often-neglected field of scholarly and mainstream literature that needs much further coverage.

Footage from Ladakh demonstrates that modern customs and cultural norms will equip societies with rituals and techniques that will also enable and sustain them to protect their cultural identity. On the other hand, in several areas the documentary reveals that they have suffered from the adverse effects of cultural and economic globalization. It's like rural communities in India that have been under pressure to either modernise their agricultural system or abandon agriculture entirely.

The economics of happiness is a very interesting contribution to the current series of recent films that explore not just the fiscal, social and ecological ramifications of globalization but also potential approaches to sustainability. This is one of the most appropriate and suitable training methods for sustainability and growth courses in

schools, institutions of higher learning and institutions. The content is delivered in a rather succinct, simple and engaging way.

Bruni, L. (2007), in his "*Handbook on the Economics of Happiness,*" published by Edward Elgar, wrote that the economics of happiness is one of the most promising fields in economics. This handbook represents a substantial overview from the editors and 24 articles, a majority of which were discussed at a conference at the Bicocca University of Milan. This handbook is divided in four parts.

Past contributions on the subject such as those by the old Romans, Genovese and other Italian economists, the late pre classical and classical economists such as Smith, Marshall, Bentham and Kant. These all are discussed in the first section and then compared different modern approaches on happiness. The next two sections concentrate on observational studies which demonstrate that, considering the commonly presumed correlation of happiness with material well-being, self-reported or subjective happiness at least above a certain degree over time and across countries. It is not substantially and explicitly associated with wealth. The second section reflects on factors that economist's emphasis such as the tension between relaxation and stimulation, time distribution difficulties.

Here focus is given on the idea that individual satisfaction or utility depends on relative income or consumption; that is relative to other people's income and consumption. The third section begins with examples of the paradox of income and satisfaction but highlights the role of interpersonal interactions or "relational goods." It discusses topics such as relational recreation, relationship disappointments, the fragility of interpersonal relationships, the role of environmental and community-created externalities.

And then the last section of this book deals with satisfaction and policy problems through their scientific determinants.

Frey, B. S. (2008), in his book "*Happiness: A revolution in economics,*" mentioned that happiness is "a remarkable new development or transformative." Based on the Munich Lectures in Economics that Bruno S. Frey delivered in 2005, this book, "Happiness: A Revolution in Economics" aims to offer a general and open description of the entire topic in that context.

In fact, the first few chapters of this book demonstrate that this modern approach can be used to examine some very traditional economic issues. Probably the most noticeable contribution to conventional economics from happiness research has been on the cost of unemployment. Indeed, there is a strong theme in the economics of happiness that focuses on the importance of the nonmaterial. Whereas the traditional focus of economics has been on growth as the means to increase welfare, chapters 6-10 of Frey's book look at other factors that affect happiness. This ranges from the public-volunteering, political participation to the domestic marriage, watching television. This is where the research of Frey and his collaborators has been concentrated and where the book is at its most interesting.In summary, Happiness: A Revolution in Economics addresses a very timely topic. It is written in an open and accessible manner.

2.4. The Core of Gross National Happiness

Being a Buddhist country, Mahayana Buddhism primarily influences Bhutan's development policy. The idea of the middle road is drawn from the ideals of Buddhism. It means "neutral, upright and focused" (Rong, 2004). It is about avoiding extremism but it does not mean mediocrity. The key features of the 'Middle Path' are divided into four parts: the balance between materialism and spiritualism, the emphasis on particular

possible opportunities for creation, the allocation of roles and integrated management (RGoB, 1998).

Researchers have defined happiness as an integral aspect of GNH to conceptualise gross national happiness. Consequently, concerns have been raised as to whether it is appropriate to describe the happiness and if so, how it can be interpreted in the sense of GNH. The GNH solution is somewhat defying the Western. The orthodox concept of development based on materialistic principles. As a result, this novel idea has sparked international discussion among GNH scholars.

A few schools of thought have emerged concerning this issue; one school of thought is taking the position of the philosophical perspective and the other school takes the scientific, theoretical approach of describing and evaluating GNH.

Happiness is commonly understood as the subjective well-being of the individual's state of mind. They think satisfaction should be calculated since a firm scientific approach has been developed to assess subjective well-being. GNH was obtained by replacing 'product' in GDP with 'happiness,'. GNH can be defined similarly to GDP which could be the sum total of individual per capita happiness that can constitute collective happiness or GNH (Hirata, 2003).

The other route stresses the societal determinants of happiness; it emphasizes the need to provide fair and equal opportunities (Stehlik, 1999). Adding to the notion of equal opportunities, Mancall (2004) discussed the concept of "GNH State," whereby the state assumes primary responsibility for the creation of a society in which the individuals' progress towards enlightenment is not impeded by unnecessary suffering,

material or mental. This suffering, according to Mancall, can be avoided by ensuring that all citizens obtain adequate livelihood through equal distribution of wealth.

However, McDonald (2005) observed that while there is evidence that there is a strong connection between happiness and material income and above a certain threshold economic prosperity does not translate into individual happiness. Similarly, poverty reduction doesn't make any difference beyond a particular stage of growth. The condition of the ecosystem or biodiversity cannot be the measure of GNH on this base. Some authors such as Stehlik (1999) and Mancall (2004) argued that GNH should be regarded as a theory of growth and should thus remain a leading inspiration. There is no need to precisely describe happiness from this kind of viewpoint.

Buddhist economists such as Payutto (1988) and Zadek (1993) concluded that the lifestyle of a Buddhist society is highly influenced by the Buddhist way of life based on the ideals of the Virtuous Eightfold Path preached by the Buddha. The fifth path that is about right to live touches on the economic facets of Buddhist life and forms the foundation of economic values (Schumacher, 1966). It includes the interaction between the three intertwined components of human existence: human beings, culture and the natural world. Once we start maintaining the level of harmony among these, it also enhances the quality of life for people, culture and the environment (Payutto, 1988).

In essence, the Buddhist view is that development is a holistic mechanism aimed at fulfilling the material, social and spiritual needs of human beings (Wickramasinge, 2000). The Bhutanese approach to development is deeply rooted in the Buddhist system of beliefs, principles and practices. He also found that the Bhutanese political system is strongly interlinked with its religious past.

Other exponents, such as Hirata (2003) stated that GNH should be related to Buddhist philosophy to capture the spiritual dimension. Tashi (2004) and Parkke (1999) clarified the similarities between Teachings of buddha on the so-called "eightfold path" and the four components of GNH. All universal approaches share the idea of happiness including the spiritual or 'inner growth' nature of human happiness.

This buddhist view considers the role of work to be at least threefold; first, to give a chance to use as well as grow his or her faculties; second, to allow him or her to transcend his or her ego-centredness by joining others in a common task and third, to put forth the services and goods required to become an existence (Schumacher, 1996).

Billo (2016) in his report concluded the input of senior officials' dialogues at the United Nations on the latest economic model of happiness in Manhattan's booming midtown. He argued that "assessing development purely in economic terms is not sustainable," "Maximizing GDP is not the same as maximizing well-being. "The level of gross domestic product", a commonly used metric of economic development inevitably suffers too many times from increased leisure. Bhutan Prime Minister Jigmi Y. Thinley's latest economic model uses " social capital and natural values to assess the true costs and gains of various economic activity" that can offer an effective solution to prevent rising tension in the fastest-growing nation in the world. Well-being will now only be accomplished by preventing the depletion of resources which in turn would boost overall regional stability.

Giannetti (2015) addressed the misuse of gross domestic product as an indicator of public well-being. It came from the thought that economic prosperity is often associated with increased quality of life missing the important fact that the economy benefits from natural, social and human resources. He argues that progress

indicators based on monetary or social terms express low sustainability as biophysical indicators are strongly related to a robust sustainability paradigm. Such indicators must be used in the measure of development.

Costanza R. *et al.* (2009) opposed the improper use of the gross domestic product as an indicator of national well-being, something for which it has never been planned. They also criticised the assumption that economic development is often associated with the better well-being of a country. Normally Useful indicators of development and well-being must be good measures to the degree to which the aims of society (i.e., to sustainably satisfy essential human needs for housing, food, participation, equality etc.) are fulfilled rather than measures of a particular amount of marketed economic activity which is merely one means to that end. They stated that there is a need for measures to encourage genuinely sustainable development that improvise the quality of human life when living within the supportive resources of ecosystems. They exemplified gross national happiness.

Priesner (1999) concluded that GNH had developed organically from the particular historical, technological, socio-economic and political circumstances of the region. He also argued that the proposed growth was not the result of a philosophical paradigm change. Therefore, the idea of cultural protection was simply an extension of the prevailing paradigm of the conventional system. The explanation for the concept's survival to date was the strongly imprinted sense of identity that completely equipped Bhutanese to identify growth goals according to their cultural expectations. Finally, he claimed that the additional conceptual elements of GNH that is the general purpose of well-being and the aim of environmental protection was derived and taken from

Buddhist moral values, whereas the concepts of self-reliance and paternalism were the fundamental features of traditional society.

Thinley (1999) explained that the roots of GNH were rooted in Bhutan's philosophical and political thinking and that lessons had been learnt from the experience of other developing countries. The author illustrated the Bhutanese culture of inner spiritual growth, the awakening of the person by intentionally establishing a harmonious psychological, social and sound ecosystem based on the assumption that the achievement of happiness is the innermost wish of any human being. Essentially, the State has to understand that the fulfilment of this universal quest of life must be the primary business of government.

2.5. GNH and its Operationalization

In his policy article, **Givel (2015)** looked at Bhutan's current historical and political development from the formation of Bhutan in the 1600s to 2014.He studied the analysis of the overall policy intentions of gross national happiness as well as how current democratic institutions are adopting it. He ends by noting that GNH is balanced by contemporary fiscal, governmental and social factors.

Singh (2014) in his article attempted to provide insights of GNH and its association with the growth of the economy. He defined the GNH as a method to quantify the prosperity of the nation and also calculated the factors relevant to the economics of happiness. In a survey conducted. He observed that there is a high degree of happiness for those who are married, well educated, working or even self-employed, mothers, young people and senior citizens.

Kristensen (2014) studied the particular growth theory of gross national happiness and clarified how it was used to manage positive social progress in Bhutan. He reviewed the official state records, the basic mechanisms and premises of GNH, both in terms of specific implementation plans and terms of a more considerable debate on the calculation of satisfaction as a method of public policy. He found that GNH functions effectively as an efficient instrument for the administration of the society sustained by the vision of the country as a community of purpose.

Musikanski (2014) in an essay provided us tools, motivation and the means to pursue the movement of happiness. Happiness is a modern model in which social, economic and environmental processes are designed to facilitate human well-being in a balanced world. He mentioned Bhutan's adoption of Gross National Happiness. The promulgation of Bhutanese legislation requires the uses of a GNH screening instrument. Happiness metrics are being used now in the United Kingdom to gather evidence, and the government is beginning to examine their application to policy.

Ura (2008) described that the Government of Bhutan recognises happiness as a collective good and that it cannot be left entirely to the machines and chains of private individuals. GNH encourages individuals to see all things as being interdependent with all those things. In order to attain peace in a mutual manner, the universal concept of interdependence must be accepted by each and every one. Multiple members of a GNH society will cultivate a third eye that would lift their view above human self-interest in order to address the happiness of all as a common aim. The third eye symbolically suggests the ability to view all aspects as interdependent through space and time. Equity is still at the heart of GNH. The concept of happiness that does not take into consideration the interests of the happiness of others is self-centered and reckless. The

achievement of such happiness is impossible to be ethical. Happiness often blossoms from improved relationships, unbidden as relationships strengthen.

Willenswaard (2004) Focused on gross national happiness as a medium for good governance, innovative policy formulation and international collaboration with significant transformational potential. He said it could be constructive as a forum for integration for global change. In general, GNH can be an efficient and constructive instrument for developing improved policies with the aid and encouragement of indicators aimed at optimising the number of services to common goods with particular indicators to minimising the degree of social inequality, oppression and environmental degradation with 'discontentment indicators' to be developed. Happiness should not be understood as joy, euphoria but rather equanimity.

Ewing (2014) In his study explained in detail that Bhutan introduced a method called Gross National Happiness. It was meant to be a systematic approach in determining what should be prioritised in order to optimise satisfaction for both society and individuals. Bhutan has examined a number of considerations in deciding this such as the quality of leadership, the quality of the environment and the role of culture. In this journey, the strategy has proven very successful, their economic development accelerated alongside the anti-corrupt regime and the protection of the environment in Bhutan. With the kind of success that Bhutan has had, others are catching on. The principles of GNH are spread across the world. So many countries around the world have begun to follow GNH in some way they have modified it and developed functional metrics that account for improved indicators such as GDP.

Kristensen (2014) investigated the particular growth theory of Gross National Happiness (GNH) and saw how it is used to manage positive social transformation in

Bhutan. He reviewed the official state records, the basic mechanisms and premises of the GNH both in terms of specific development plans and concerning a larger debate on the calculation of happiness as a public policy instrument. He found that GNH acts as an outstanding and efficient instrument for the government of the society maintained by the proper picture of the country as a community of intention. In addition, an alternate set of requirements for social justice and sustainable growth has been clarified in systematic communication with essential Bhutanese cultural needs and values. A broad understanding of happiness and well-being is advocated which takes the interpersonal relationship, the local context and spiritual attitudes deeply. The GNH index very often encourages extensive data collection across the population which is intended to guide the government towards carefully targeted action on the most urgent barriers to people's happiness.

In a research paper **Kahneman (2006)** identified the quest of higher income as a focusing illusion – the fact that people tend to want higher income because they identify it with happiness, even though higher incomes later do not produce that happiness. He stated that even after the correlation between life satisfaction and household income the increase in income mainly had a temporary effect on reported life satisfaction.

2.6**. Factors Affecting Happiness**

Scitovsky (1976) in his book "An Inquiry into Human Satisfaction and Consumer Dissatisfaction, provided further explanation as to why money does not contribute to more happiness which drew the interest of many economists. The research referred to above as the "paradox of happiness" hypothesis. He concluded that on the one side at a certain stage and in a certain country, income and happiness are indeed

positively associated. Although, on the other hand, there is no proof from nations or individuals that happiness is substantially growing with income growth in time series. This inconsistent phenomenon deserves a clear explanation.

One probable explanation is the "relative income hypothesis. " It is simply argued that relative income is the primary determinant of happiness rather than absolute income. Relative income implies a comparison between individuals rather than an actual sum of money. In truth, we can split the theory of RIH into two forms. One is focused on interdependent choice, which highlights the comparison between individuals within the same time. The other is based on the development of behaviours, which focuses the comparison with their previous experiences. Later, several academics accepted this RIH hypothesis, so many more economists such as Frank in the year (1984), Oswald in the year (1997) claim that both relative income and absolute income can influence happiness; the fact that absolute income has only a minimal effect. As a result, the effect of income on happiness is still not definitive in any way.

The theory of labour supply is based on the assumption that work gives rise to individual utilities, while leisure provides some kind of utilities. Unemployment moreover, decreases satisfaction both for the person involved and for society as a whole. High unemployment influences the frequency of crime; income inequality brings economic instability, more challenging working conditions and so on. Thus, unemployment decreases the usefulness of workers who are still working which is not necessarily due to lack of revenue.

Unemployment is also linked to loss of confidence, self-esteem, increased mental distress anxiety, increased psychological stress, unhappiness and reduced consumption. Unemployed individuals are more prone to alcoholism. They are

psychologically depressed, commit suicide more often and are subject to lower life expectancy. Different Well-being research has found that unemployed people are less happy.

Self-employed people experience lower emotional illness and are happy (Oswald 1997) as they have more independence and less bureaucratic burden at their place of employment. At the same time, Part-time employees are less happy because of the natural causes for reduced wages and workplace instability. It has been shown in so many surveys that unemployment has the most significant negative effect among the main determinants of happiness (Frey and Stutzer 2000). It has a more negative impact on men than on women, as women can expect less to work than men (Frey and Stutzer 2002, Blanchflower and Oswald 2004); older and younger people struggle less than middle-aged people if they are unemployed (Frey and Stutzer 2002); skilled women who are unemployed display slightly lower levels of well-being has higher ambitions. Commonly, young people worry the least from leaving a job so they have a better chance of finding a new job (Clark and Oswald 1994).

Oswald and Clark (1994) used evidence from the British Household Panel Research to show that unemployed people had a lower sense of happiness than those working. In comparison, unemployment has a larger effect on the reduction of happiness than divorce. They found that as the unemployment rate in Europe improved by one point (from 9 percent to 10 percent), overall life satisfaction would decline by 0.28 units. Is the impact of unemployment relative as income? Is the agony of unemployment less when an unemployed person finds a general unemployment scenario? Will the suffering of the unemployed rise as he sees out others are usually employed? Oswald and Clark (1994) observed that while the comparison population is

predominantly unemployed, the unemployed individual experiences less. An indication of partial tolerance to the unemployment condition is seen when people who have been unemployed for a long time are less emotionally depressed than people who have just lost their jobs. People who suffer from unemployment many times in their lifetime are less unhappy than people unemployed for the first time. A very high unemployment rate in the economy or the nation depresses happiness for both the unemployed and the jobs **(Tella *et al*., 2003)**. This may be due to the concern that unemployment may be faced in the near future, or that higher unemployment will result in higher taxes on employers.

Blanchflower (2007) published a systematic study of 25 OECD countries using macroeconomic metrics such as unemployment, GDP per capita, interest rates and inflation, using various model parameters. He observed that national happiness continues to decline with rising interest rates, inflation and unemployment.

Tella *et al*. (2003) in their "Unhappiness and unemployment," report, indicated that there are essentially two key reasons why unemployment decreases people's happiness. The first is a direct effect, which means that those who are currently unemployed decrease their sense of happiness; the second is an indirect effective higher unemployment rates make people feel very insecure and angry because higher unemployment rates typically indicate a higher risk of being fired in the immediate future.

In another report **Winkelmann (2005)** in his essay "Subjective Wellbeing and the Families," found and proposed that we ought to increase the wages of unemployed people seven times higher than before to compensate for unemployment. The impacts

of unemployment are also primarily attributed to monetary costs; the deteriorating mental health of the unemployed contributes to higher mortality and suicide rates.

Perovic and Golem (2010) observed that unemployment had flipped U curves toward satisfaction. This basically means that the nominal and original rate of inflation and unemployment make people happier but at a certain threshold they are still dissatisfied. The primary rationale is that there are nominal levels of unemployment and inflation. It demonstrates that the nation is not producing on the boundary of demand but more below of it.

In his essay "Urban-rural divide, employment and subjective well-being," **Cheung (2004)** used evidence from the China Social Sciences Academy to find subjective well-being between rural people and inhabitants. In his research, he observed that urban people had a higher level of happiness. Apart from this, in another study he collected data from rural households in the provinces of Hebei and Hunan during his study cycle "Wealth Gap and Life Satisfaction in Rural Area," to examine the relationship between life satisfaction and income gap between farmers. The result revealed that the higher income difference would lead to a life of lower happiness.

Ming (2008) "Government Intervention and Entrepreneurs' Happiness "in this analysis that was empirical in nature, he found that in Guangxi region entrepreneur never find government intervention good enough as this left them less satisfactory. Government always put heavy burden. He used the available set of data from the survey of enterprises.

Health status is one of the most significant variables that describe the difference in happiness. Both self-rated health status and approximate health parameters were used

as explanatory variables in happiness research. Whatever the manner in which the health element is usually used; the effect is somewhat unforgettable. People with improved health status show higher life happiness, whereas people with bad health are less happy.

Blanchflower and Oswald (2004) examined happiness results from 16 nations. They reported that people from happier nations typically show lower levels of hypertension. In another study he found that obese people are more stressed and less happy and observed that people with a high body mass index (BMI) score found their fitness to be poor and showed a lower degree of satisfaction.

Gerdtham and Johannesson (2001) measured the health status both as self-ratedand dummy variable for overweight BMI over 30 and observed that people who score their health as low and overweight are less satisfied. While **Binder (2011)** and **Freedman *et al*. (2012)** noticed that disabled people had a lower degree of satisfaction. He also found that respondents who had to see their doctor three or more times a year were less happy than those who had not visited all year found happier.

Rayo and Becker (2010) in the essay "Happiness, Income and Economic Policy," observed that many other forms of non-economic variables, such as resources, human actions etc., should also be weighed when trying to optimise utility. According to them, human resources, market products and time such inputs are too important for the development of happiness.

They also clarified why these happiness polls are unlikely to demonstrate a clear and robust association between happiness and income growth. The real truth is that the survey of happiness has not found a real, apparent and robust correlation between

income growth and average happiness; this does not mean that income growth is useless. They assume that this relation is weak because we are just beginning to understand how happiness can and cannot be created. In current years, as the science of happiness matures and its results are now being transmitted to the general public it is also fair to expect a clear correlation to appear. Also, Becker proposed an economic justification that government interference should be held to a minimum.

From the viewpoint of macro-economic factors, economists generally research primarily these aspects: absolute number and growth rate. **Di Tella and Oswald (2003)** concluded in their report that much attention should be given to studies on happiness; they observed that per capita GDP grew by $1,000 (based on the purchasing power of 1985) and that the result was a "very happy" rise from 27.3 percent to 30.9 percent. This made them firmly suspect that GDP and the Happiness of the inhabitants are very positively linked. In addition, they incorporated the GDP growth rate into the regression model and observed that the GDP growth rate had a substantial effect on happiness.

Personality variables, which often play a significant role in satisfaction studies are an essential in-depth study by psychologists. In his essay "Further validation of Satisfaction with life scale," **Pavot (1991)** revealed the strong conviction that innate personality is one of the deciding factors influencing the level of happiness. This indicated that cheerful people typically have a better chance of responding that they are satisfied. Given the fact that innate disposition has a clear and beneficial effect on satisfaction, external influences often have a substantial impact, such as marital status, friendship with relatives and friends, health status, etc. Based on another the investigation he claimed in his article that wellbeing is the most important factor

influencing the happiness of residents. **Lucas *et al*. (2003)** observed in their research that married people appear to have a greater sense of pleasure.

Furthermore, in their experiment in China, **Cheung (2004)** suggested that people who regularly engage in social interactions will have a higher sense of satisfaction. If it comes to demographic variables it comes primarily to worrying about how age and gender actually influence the degree of satisfaction. Is it female or male? Who are you happiest with? Middle-aged, teenage, or elderly people? Both of these variables have been found to be important in different studies.

Clark (1997) used a large-scale British survey in his essay "Why Are Women So Happy at Work," to document the extent of this gender gap for eight indicators of job satisfaction, he provided a few bits of evidence to prove that females had some innate capacity to self-cure when they faced some difficulties at work.

Blanchflower *et al*. (2004) in their paper "wellbeing over time in Britain and the USA, " analysed happiness in the United States and the United Kingdom. They used the information collected in the United States and the United Kingdom to carry out an observational study. The result found that age had a non-linear effect on happiness. There is a U-shaped inverted relationship between pleasure and age. These results are very much in accordance with the Easterlin hypothesis.

Environmental aspects always have an effect on well-being. Respondents living in regions with high air emissions or reduced water quality is projected to express a lower degree of well-being. Pollution parameters or perceived levels of pollution describe differences in pleasure. **Cunado and Gracia (2012)** found that emission variables influence happiness. Environment factors impacting Satisfaction have been

described by **Rehdanz and Maddison (2005)**. He noted that our ecosystem is facing constant deterioration and our anxiety over biodiversity loss impacts pleasure.

In the essay "Happiness, Economy, and Institutions," **Frey and Stutzer (2000)** observed that democracy has a positive effect on happiness in Switzerland. Unemployment has an extremely depressive effect on happiness. In his comparative analysis of forty-four nations, "Freedom and Happiness", **Veenhoven (2000)** found that political and personal freedom could improve happiness in wealthy nations.

Dunn *et al*. (2011) discovered in their research "If money doesn't make you happier then you obviously don't spend it right. "After reviewing several scholarly articles in reaction to a potential contradiction: "When asked to take stock of their lives, people with more money found themselves more comfortable, but when asked how happy they are at the moment, people with more money are barely different. They revealed that the correlation between money and satisfaction was surprisingly small, which may be partially attributed to the way people spend it. The empirical study suggests eight concepts that are well crafted to make consumers value their money more. Specifically, they proposed that customers should (1) purchase more experience and less material goods; (2) use their resources to help people rather than themselves;(3) purchase many little pleasures rather than less big ones; (4) do not waste money on 'extended guarantees and other types of overpriced protection.' (5) Change one's mind to 'pay now, spend later,' instead of 'consume now, pay later.' (6) Practice circumspection of the day-to-day effects of purchasing beforehand. (7) Instead of buying goods that offer the 'perfect value,' making decisions on the basis of what promotes well-being. (8) Hear from other customers who have prior experience with the product before buying it.

Bennett (2016) observed in his article 'Institutions and Well-being' that the right to engage in the whole electoral process calculated by the degree of direct democratic rights across territories is closely correlated with subjective well-being. Organizations and well-being, democracy and federalism are somehow linked with a healthier community.

In their study "Participation: The Happiness Connection, " **Barker and Martin, Brian (2011)** examined that engagement in decision-making has the propensity to lead to greater happiness. They looked at these three areas: the office, the home, and politics. In both of these fields this analysis of happiness indicated that greater engagement could increase happiness mainly through the different networks of personal relationships. Here some observational evidence shows that engagement leads to satisfaction in some way. It is useful to consider the relations between the three regions. In particular, the analysis of participation-happiness relations between communities and workplaces will offer some perspectives to promote a deeper relationship at the political level.

Though some of the non-democratic countries such as Saudi Arabia and China are at the top of the Ipsos list of countries where voters are most satisfied with the direction of their government, this recent Ipsos poll called 'What concerns the world in 2018 indicates that voting priorities or choices may not always represent general satisfaction along with the direction of the government. In any event, instead of the general subjective well-being, both of these variables reveal domain-specific happiness and choice.

Seligman (2011) Stated that pursuing a meaningful and good life is always a way to promote happiness. This denotes that using one's own strengths in the service of something other, values that are larger than oneself. Usually, People have different

strengths and values so what constitutes a "good and meaningful life" is context-dependent. Moreover, what is universal and crucial is that a good and meaningful life must be based on a person's own values and strengths. To become happy, people need to feel that they are involved and not simply under the direction of others. Happiness studies suggest that helping others is a major source of meaning and happiness.

There is a great deal of evidence of the connection between satisfaction and social engagement. **Phillips (1967) in "Social Participation and happiness "** reported in a survey that self-reporting of happiness is very closely connected to the level of social participation which indicates that research has shown that social participation and links to experiences with others are in some way critical factors in fostering happiness. Thus, it can be happily claimed that political engagement can foster satisfaction. Moreover, as happiness research shows that happy people are more altruistic and have a stronger friendship with others. We may also argue that engagement in political and social affairs offers at least some people a joyous life which the evidence suggests is the secret to happiness.

Borooah (2006) in his paper "How much happiness in the world? Across the country study" found that happiness is declining more in countries with higher disparities. Happiness has generally fallen significantly in transitional economies when the Sen approach is used due to vast disparities. However, Borooah (2006) in "What makes people happy? Some evidence from Northern Ireland noticed that nations that registered lower levels of satisfaction are often the most unequal.

Blanchflower (2007) found that per capita GDP only impacts the satisfaction of impoverished countries. He indicated that the impact of per capita income on satisfaction declines as income increases. In short, that is to say per capita GDP

satisfaction typically rises at a diminishing rate. However, over time, the growth in wages appears to have little effects on the individual and national levels. Despite the overall rise in world wages, the Global Satisfaction Index has remained stagnant. This is the reaction to expectations as income increases, as well as perceptions and thus expected satisfaction does not emerge. **Kahneman *et al*. (2006)** in "would you be happier if you were richer? A focusing illusion" and **Tella *et al*. (2003)** in "the macroeconomics of happiness" drawn the same findings and assumptions in their papers.

Inflation has a profound psychological influence on the so-called satisfaction of individuals**. Frey and Stutzer (2002)** in their study "What can economists learn from happiness research?" surveyed 12 European countries between 1975 and 1991 finding that only a small 5 percent rise in inflation moved 5 percent of the overall population to a lower degree of satisfaction.

Perovic and Golem (2010) in "Investigating macroeconomic happiness determinants in transition countries: " noticed an inverted U association noting that people are happy as inflation rises and so on. The interpretation of this aspect is that the nominal levels of inflation and unemployment indicate that the country does not produce entirely at the frontier of output capacity but preferably below it giving the nation an incentive to expand production; otherwise, the non-inflationary economy would not have existed thereby opening up prospects for further jobs.

Higher education can ensure economic stability by more jobs and higher wages. Education may add prosperity to the marriage market, wellbeing and other variables. On the opposite, higher education may lead to expectations and a highly educated

person could have more unmet goals. Generally, more educated people are shown to be much happier in happiness surveys.

Cuñado and Gracia (2012), in their research, "Does education really affect happiness?" found that education tends to have both indirect and direct effects on happiness. The indirect influence is by wages; education raises the amount of income of people, gradually making them happy. And after monitoring income and job status research in Spain showed that education had a profound self-confidence or self-esteem effect on happiness. The other influence is by improved social networks and proximity to outside nations.

Corruption, lack of law and order typically make people worse off because it limits people's daily lives. A disruption of the existing and defined civil order upsets citizens and it should also be agreed that corruption often makes people unhappy to a degree.

Heukamp and Arino (2011) " Does country matter for subjective well-being?" found that corruption is shown to have a detrimental impact on subjective well-being despite its economic implications.

Marriage is beneficial and mutually satisfying for a number of purposes. Sociologists concentrate on monogamy, psychologists emphasise emotional encouragement, stability, affection and companionship. Economists emphasise the division of labour, specialisation and financial gains as a couple can live as cheaply as a single individual. Marriage supports safe activities and thereby guarantees physical well-being. Marriage advantages are found as married individuals usually have higher levels of happiness than single individuals and as widowed or divorced persons.

Helliwell and Putnam (2004)) found that married women and married men had equal degrees of satisfaction with their lives. There is no indication that one gender benefited more than the other due to marriage. **Powdthavee (2009)** studied that one partner's life satisfaction has a positive effect on the life satisfaction of the spouse. Couples with strong contact between themselves have greater marital happiness and couples with a higher disparity in happiness are more likely to divorce. Second and subsequent marriages offer less marital satisfaction than the first and children who have had their parents divorced are less happy (Blanchfl and Oswald 2004).

Children in a family can sometimes become base for a greater sense of family stability and thereby improve their happiness. Although the child's upbringing can be traumatic may inflict psychological strain and hence can minimise the level of satisfaction.

Powdthhavee (2005) analysed that the rise in family size results in a lower standard of life and satisfaction. This was attributed to a decline in per capita spending.

2.7. Happiness, Policy Research and Implementation across World and India

In his blog, **Bergink (2016) s**hared his views on the modern paradigm: GNH. He said that in general, policymakers should make us happy and that they can try to do something like that. There are numerous current regimes across the globe that take into account happiness-based data as used to lay down too many policies. Gross national happiness in Bhutan is somehow more of a philosophic guide than just a realistic policy tool; it forms the narrative of the government's different acts. Furthermore, he concluded that GDP is an increasingly weak indicator of prosperity.

White, M. (2016) described that many governments across the globe were taking different indicators of pleasure or subjective well-being. There were alternatives to the gross domestic product with the clear goal of directing economic policymaking. Compared to GDP the other available so-called surveys have somehow a promise to enhance the quality of life of the nation's people.

Even, there are so many issues with this definition of happiness. Before implementing this policy, instrument policymakers should be even more aware of it. In this research paper the researcher focused primarily on three interrelated facets of the concept of happiness, its calculation and execution, and interprets that each of them makes happiness a weak policy guide. He concluded that happiness is an ambiguous and somewhat subjective concept.

Singh and Khanna (2016) in their study, reported on how Shiv Raj Singh Chouhan influenced by the example of Bhutan. The first chief minister of India started working on Ananda Vibhaga. It's a full-fledged ministry of happiness under his watch in Madhya Pradesh to promote value-based development and propagate spiritual progress and happiness model. Madhya Pradesh a rural state plagued by poverty, hunger, disease, malnutrition and high rates of infant and maternal mortality. It further stated that GNH complements the principle of gross domestic product (GDP) with a more holistic measure of growth. There are several facets of happiness in a society that needs to be pulled together favourably. Per capita GDP, jobs, working conditions, welfare, schooling, emissions, values all play a role as good governance, awareness-raising, close social relations and personal rights.

Ura, K. (2015) discussed GNH as a mechanism for socio-economic growth in Bhutan by clarifying the concepts of GNH that influence the manner in which Bhutan

society and the state communicate. It reflects more on how Bhutan does in practice-by evaluating policy intentions vs policy consequences and comments. In the first instance, the author defined the drawbacks of GDP as a measure of success. He said that harmonising and balancing NH and GDP involves growing governance skills. It concluded that Bhutan's experiment with GNH remained innovative and proposed that this whole policy mechanism could also be of interest to all those in the original idea of GNH. It concluded that the outlook as to whether GNH provides any practical solution to higher well-being and less unsustainable conditions in Bhutan.

Ward, G. (2015). In his article, "Is happiness a predictor of election results?" concluded the issue that many nations and foreign institutions have lately started to evaluate development, at least partially because of the "happiness." of the population. With the support of cross-country panel results, the study found that the electoral fate of the ruling parties was related not only to the macroeconomy condition (as the extensive literature on 'economic voting' suggests) but also to the greater well-being of the electorate. The aggregate amount of the SWB could be responsible for more variation in the share of government votes than for the normal macro-economic variables. This is routine for a basic government organisation model that has recommendations for benefits seen by different politicians to behave in the electorate's interests.

In its article "Be more sensitive in drought relief work," **The Hindu (2016)** reported how Rajasthan CM Vasundhara Raje ordered collectors to focus on the welfare of the elderly and children. She said that her government is committed to raising the Rajasthan'Khushhali (Happiness) Index' and bringing it to the top-performing League of States. The government was influenced by the gross national model of happiness.

Indian Express (2016) in its article 'Make Khushhali Index Your Primary Goal' described that Vasundhara Raje ordered District Collectors and Police Superintendents in the state to concentrate on raising Rajasthan's 'Happiness Index.' In addition, the Minister said that 'khushhali' (happiness) could be accomplished by providing benefits to all residents through the Health Insurance System, the Aarogya Rajasthan scheme, the provision of clean water, increased power supply, the prevention of seasonal diseases as well as the welfare of senior citizens and children.

Helliwell (2020) in world happiness report described that Finland is the happiest country in the world, followed by Norway, Denmark, Iceland and Switzerland According to the World Happiness Survey (2018) of the United Nations Sustainable Development Solutions Network which is focused solely on 156 countries for their happiness ratings and 117 countries for the happiness of their immigrants. These rankings of satisfaction are based on a study of cantril ladders.

In this scenario, globally representative surveys of voters are usually asked to conceive of the ladder with the best life open to them being the ten and the worst possible being the 0. Then they asked to score their own current lives on a scale of 0 to 10. The study compares the available findings with a number of life variables. The data used were taken from the Gallup World Poll. Nationally representative surveys of voters are usually asked to conceive of the ladder with the best possible life available to them being ten and the worst possible 0. The findings of this report are associated with different life variables. The available data used to rate the countries in each report is taken from the Gallup World Poll.

CHAPTER-3: RESEARCH DESIGN AND METHODOLOGY

3.1. Introduction

Different textbooks usually place different meaning on research design. At the same time, some authors consider research design as the choice between quantitative qualitative and research methods and argue that research design refers to the available choice of specific methods of collection of data and its analysis. In the Research, one can easily define the research design as a general plan about what he will do to answer the research question (Saunders, 2012). Valuable elements of research design include research strategies and methods related to data collection and analysis. The researcher may even shift the direction of the study to a certain extent, however not fundamentally according to newly available pieces of evidence gained during the research process.

The following discussion in this third chapter focuses on the research problem and the methodology of research, which is used in the present study. The chapter starts with the statement of the problem, research design, population and sample drawn from the population. In the present chapter, the research tool, its standardization, procedure of data collection has also been discussed.

3.2. Statement of the Problem

Happiness is the supreme goal of man and it is the only goal to be found "for himself and never for anything else" (Uotinen, 2015). Indian mystics and wise men have held exactly such views for 5000 years and hence they have often given priority to searching inside for a source of happiness rather than outside of themselves. This method has had a significant effect on the Indian ethos.

Through the present study, the researcher has tried to assess the indicators of happiness and status of implementation of the policy of happiness with the following title – "An Economic Assessment of Happiness Indicators and Policy Implementation in India with Special Reference to Rajasthan"

3.3. Research Methodology

"Methodology involves the philosophy of the research approach that provides values and assumptions that function as a rationale for research as well as the parameters used for analysis (Hagan, 2000). Methodology involves more than basically the technique you plan to use for collecting data. It is often necessary to embrace a concern of the notions, opinions and theories which inspire the methods. For example, if you aim to draw attention to a specific aspect of a sociological presumption or test an algorithm for some aspects of information betterment, or test the validity of a particular method, you have to prove that you know the basic concepts of the methodology. For the rationale of the current study mixed methodology of the research is adopted. "Mixed methods research is a research design with philosophical assumptions as well as methods of inquiry. As a methodology, it involves philosophical assumptions that guide the direction of the collection and analysis and the mixture of qualitative and quantitative approaches in many phases of the research process. As a method, it focuses on collecting, analyzing and mixing both quantitative data in a single study or series of studies. Its central premise is that the use of quantitative and qualitative approaches, in combination, provides a better understanding of research problems than either approach alone" (Creswell, 2007).

The research methodology consists of population, sample, sampling, research design of the study. In this research following methodology has been used.

3.3.1. Population

Population refers to the aggregate or totality of those conforming to a set of specifications. (Polit, 2008). In this research study, respondents of Rajasthan state are treated as population.

3.3.2. Sample and Sampling Technique

In this research Random sampling technique has been employed for drawing samples from the population. In statistics, the term random has a much more specific meaning than the common usage of the term. It does not mean haphazard. In statistical jargon, random means that every member of a population which has an equal chance of being selected into a sample. The major benefit of random sampling is that any differences between the sample and the population from which the sample was selected will not be systematic (Urdan, 2011). Random sampling is defined as selecting cases from a population in a manner that ensures each member of the population has an equal chance of being selected into the sample.

In this research, 392 Respondents are used as a sample for collecting the data. These 392 Respondents are selected from the seven randomly selected districts of all seven divisional Headquarters of Rajasthan. These are Ajmer, Bharatpur, Bikaner, Jaipur, Jodhpur, Kota and Udaipur. Each one is classified into urban and rural areas. All samples are selected through a random sampling method. The following chart is showing the sampling process.

Figure 1 Sampling
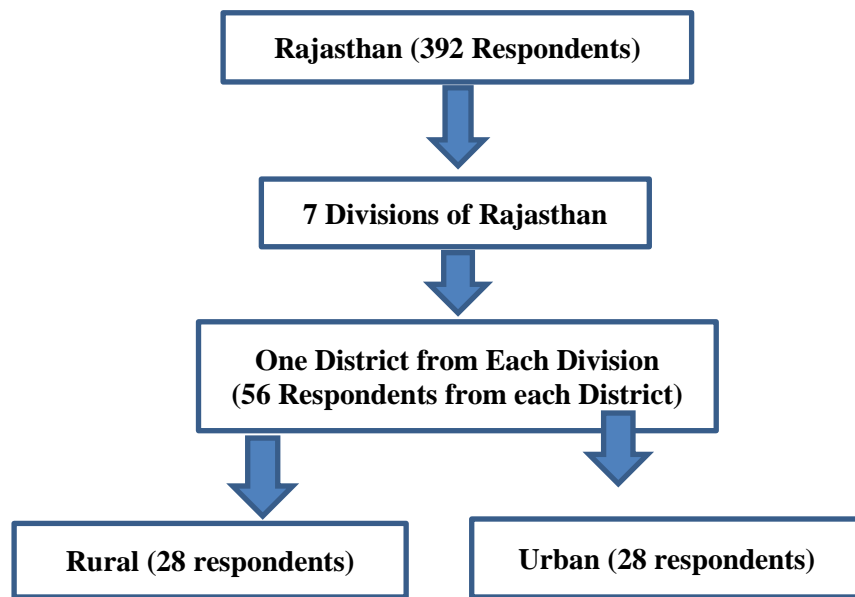
3.3.3. Sample Size Estimation

For calculating the sample size, three criteria are needed, which are -

i. Margin of error: It refers to the range in which the true value of the population is to be estimated. Generally acceptable margin of error in *social sciences* is 5 percent or 0.05 for categorical data and 3 percent or 0.03 for continuous data (Kotrlik, 2001). In this research, the researcher used 8 or 0.08 percent or margin of error.

ii. Level of confidence: It is based on ideas included under the Central Limit Theorem that when a population is repeatedly sampled, the average value of the attribute obtained by those samples is equal to the true population value It is also called the *alpha level*. The *alpha level* used in determining sample size in most educational research studies is either 0.05 or 0.01 (Kotrlik, 2001).

iii. The degree of variability: The degree of variability in the attributes being measured refers to the distribution of attributes in the population.

Generally, the highest value of the degree of variability is 50 percent, which is used in this research.

The researcher calculated the sample size using the formula of Cochran. (Cochran, 1977).

A minimum sample size of **392** Respondents of Rajasthan is a sample. In this research, the researcher circulated the 425 rating scales to collect the data. Finally, he receives only 392 rating scales.

3.3.4. Research Design and Chart

The research design refers to the overall strategy that you choose to integrate the different components of the study in a coherent and logical way, thereby, ensuring you will effectively address the research problem; it constitutes the blueprint for the collection, measurement and analysis of data. In the Research, one can easily define the research design as a general plan about what he will do to answer the research question (Saunders, 2012). Valuable elements of research design include research strategies and methods related to data collection and analysis.

In this research, Sequential Exploratory Research Design is used. Here on the basis of qualitative data, a research tool is prepared and then quantitative analysis has been done.

Figure 2 Systematic overview of research work

```
┌─────────────────┐     ┌──────────────────┐     ┌──────────────────┐
│ Identified Area │────▶│ Consulting Several│────▶│ Formulate a      │
│ of Interest     │     │ Relevant Literature│    │ research Question│
└─────────────────┘     └──────────────────┘     └──────────────────┘
                                                            │
                                                            ▼
┌─────────────────┐     ┌──────────────────┐     ┌──────────────────┐
│ Selecting       │◀────│ Formulating the  │◀────│ Intensive        │
│ required        │     │ Objective        │     │ Literature Review│
│ Research Design │     └──────────────────┘     └──────────────────┘
└─────────────────┘
        │
        ▼
     ┌──────────────────┐     ┌──────────────────┐
     │ Sequential       │◀────│ Mix Method       │
     │ Exploratory      │     │ Approach         │
     │ Research Design  │     └──────────────────┘
     └──────────────────┘
```

To analyze happiness measuring techniques of different countries.

To estimate the happiness of Rajasthan state

Content Analysis (Qualitative Approach)

Purposive Random Sampling

Preparation and Standardisation of Happiness Scale

Data Collection using Happiness Scale

Analysis of Data

Interpretation

Conclusion and Suggestions

Future Scope for the Research

3.4. Research Tools and its Standardisation

In this study, the data for research collected from the selected sample. Also, the self-made 'Happiness Scale' is used. This rating scale is standardised by estimating '*Cronbach Alpha*' for estimating inter-item correlation. The following steps are used to standardise the tool.

(a). Preparing the items for the rating scale

(b). Validation of the rating scale (Content Validity)

(c). Pilot study of the rating scale

(d). Estimation reliability of rating scale

(e). Item correction or item deletion

(f). Finalisation of the rating scale

(a). Item writing for the Rating Scale

For preparing the rating scale, 34 items for the scale are written, which are drawn from the review of the related literature. These items are related to checking the happiness.

(b). Validation of the Rating Scale (Content Validity)

For the validation of the rating scale, content validity is established by circulating the scale to the seven experts in the area of Economics. On the basis of calculating quartile deviation, five scales are finalised as Strongly Agree, Agee, Neutral, Disagree, Strongly Disagree in the continuum of 5, 4, 3, 2, 1 for the positive items and Strongly Disagree, Disagree, Neutral, Agree, strongly agree in the continuum of 5,4,3,2,1 for negative items.

(c). Pilot Study of the Rating Scale

The prepared rating scale is used to pilot study by application on 30 Respondents from the sample selected from the population.

(d). Estimation Reliability of Rating Scale

For estimating the reliability of the rating scale, the inter-item correlation of the rating scale is calculated where *Cronbach alpha* is estimated using SPSS.

(e). Item correction or Item Deletion

On the basis of Table-1 (**Overall Statistics**), the Corrected item-overall Correlation having a negative correlation or correlation < 0.230 is deleted. Therefore, 21 items are deleted out of 34 items. Thus 13 items remained on the rating scale. The following table shows the value of Cronbach alpha –

Table 1 Overall Statistics

Item Code	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted	Item Selected, Deleted, or Corrected
A1	260.16	348.363	.187	.840	Deleted
A2	258.32	334.673	.631	.832	Selected
A3	259.42	355.924	.001	.846	Deleted
A4	259.79	354.398	.056	.843	Deleted
A5	258.47	368.374	-.331	.848	Deleted
A6	259.47	344.596	.258	.839	Selected
A7	259.95	340.608	.436	.835	Selected
A8	259.42	350.257	.123	.842	Deleted
A9	259.58	342.591	.243	.840	Selected
A10	258.47	346.152	.294	.838	Selected
A11	257.84	355.696	.107	.841	Deleted
A12	258.21	349.509	.277	.839	Selected
A13	258.84	363.029	-.178	.846	Deleted
A14	258.21	352.287	.238	.839	Selected
A15	259.32	347.228	.186	.841	Deleted
A16	258.05	344.386	.615	.835	Selected

A17	257.84	343.029	.645	.835	Selected
A18	258.58	342.257	.578	.835	Selected
A19	258.16	344.918	.645	.835	Selected
A20	258.68	340.561	.475	.835	Selected
A21	258.58	361.146	-.114	.845	Deleted
A22	258.63	356.246	.017	.843	Deleted
A23	258.37	337.468	.502	.834	Selected
A24	258.84	356.474	-.003	.845	Deleted
A25	259.00	353.444	.079	.843	Deleted
A26	258.26	351.538	.147	.841	Deleted
A27	258.68	354.561	.072	.842	Deleted
A28	259.00	359.667	-.069	.845	Deleted
A29	258.84	356.251	.040	.842	Deleted
A30	259.58	365.702	-.231	.847	Deleted
A31	258.79	350.287	.189	.840	Deleted
A32	259.53	350.596	.139	.841	Deleted
A33	258.63	355.801	.038	.843	Deleted
A34	260.16	348.363	.187	.840	Deleted

Table-1 shows that if the item having from the column of Corrected item-total Correlation are deleted, the value of Cronbach Alpha increases. Finally, on the rating scale 13 items remained. The Cronbach Alpha of the whole rating scale after item deletion is 0.796, as shown in the Table-2 (test results).

Table 2 Test Result

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.796	.703	34

(f). Finalisation of the Rating Scale

After the correction and deletion of the items having a value of Cronbach Alpha < 0.70, the standardised rating scale was ready to collect data from the sample for analysing the happiness of the stakeholders.

3.5. Limitations

This study has a number of limitations: happiness survey questionnaire specially made according to the applicability to districts of Rajasthan, sample representativeness, the ability of respondents to respond to survey questions and the interpretation of result and secondary data available across India. The study, in particular chapter is applied to all study in this thesis.

3.6. Coding of Variables defined in SPSS

In this study, coding for analysing data is done on the following basis –

Table 3 Occupation-wise Coding

Code	Variable of Occupation
1	Doctor
2	Engineer
3	Advocate
4	Teacher
5	Businessman or Self-Employed
6	Corporate or Salaried
7	Student

In this research, coding for Gender is done. 1 is assigned for Doctor, 2 for Engineer, 3 for Advocate, 4 for Teacher, 5 for Businessman or Self-Employed, 6 for Corporate or Salaried and 7 for Student.

Table 4 Gender-wise Coding

Code	Variable of Gender
1	Female
2	Male

In this research, coding for Gender is done. 1 is assigned for Female and 2 for Male.

Table 5 Religion-wise Coding

Code	Variable of Religion
1	Hindu
2	Muslim

In this research, coding for religion variable is done. 1 is assigned for Hindu and 2 for Muslim.

Table 6 Income Group-wise Coding

Code	Variable of Income
1	Up to Rs. 2 Lacs
2	Rs. 2 Lacs to 4 Lacs
3	Rs. 4 Lacs to 5 Lacs
4	Above Rs. 5 Lacs

In this research, coding of Income is done. 1 is assigned for the sample having income Up to 2 Lacs rupees; 2 for income to 2, 00,000 to 4, 00,000 rupees; 3 for income 4, 00,000 to 5, 00,000 rupees and 4 for income Above 5, 00,000 rupees annually.

Table 7 Marital Status-wise Coding

Code	Variable of Marital Status
1	Married
2	Single

In this research, coding of marital status is done. 1 is assigned for married and 2 for single status.

CHAPTER-4: ANALYSIS OF HAPPINESS MEASURING TECHNIQUES IN DIFFERENT COUNTRIES

4.1. Introduction

"yat tad agre viṣham iva pariṇāme 'mṛitopamam
tat sukhaṁ sāttvikaṁ proktam ātma-buddhi-prasāda-jam"

(Bhagavad Gita, Chapter 18, Verse 37)

"Satvik or Pure happiness which in the beginning maybe just like poison at all but at the end is just like nectar which awakens one to self-realization is said to be happiness in the mode of goodness." Bhagavad Gita, Chapter 18, Verse 37.

The mental state of well-being defined by pleasant emotions ranging from contentment to intense joy is happiness (Sundriyal, 2014). The happiness movement represents a new paradigm where social, economic and environmental systems are structured to encourage human well-being in a sustainable environment to measure happiness (Musikanski, 2014).

The happiness index is an essential as well as a useful tool for the use of researchers, community organizers, policymakers seeking to understand and enhance community well-being, individual happiness, economic equality, environmental sustainability and social justice. The index is formed with the purpose of promoting social change by creating the survey instrument and data freely and widely available to community organizers, educators, researchers, students, organizations, government and more. This index has uniqueness in it means it is the only widely comprehensive index available. It not only allows survey-takers to access their own scores but also allowing users to customize the tool for a target population; they can add their own questions to the survey instrument and fastly access the data for their own sample and can make a comparison of the data with the entire data set (Kahneman, 2006).

Different nations around the globe including the United States have started experimenting with their own ideas about GNH. While GNH derived from Buddhist roots in Bhutan (Givel, 2015). It aligns closely with the science of well-being as well as recent studies of positive psychology and the economics of happiness.

This paradigm of GNH and its philosophy is deeply rooted in the Vajrayana Buddhist philosophy and Bhutanese have been following it for many centuries (Dorji, 2005). According to the centre for Bhutan Studies, which is the leading agency that manages and supervises research on GNH in Bhutan, the basic concept of GNH is a primary collective goal of happiness and well-being. GNH was initiated in Bhutan somewhere in the 17th Century with the arrival of Shabdrung Ngawang Namgyal. This Buddhist monk came from Tibet. His role in shaping up the sociological narrative and subsequent culture in Bhutan became very crucial. On the one hand, new developmental models were rising to prominence around the world. Bhutan was initiating to undergo a profound change in the early year of the 1970s and this was the time when the Fourth King stepped in and re-started the GNH concept in an institutionalized format within own government so that it became a part of that governance in Bhutan.

4.2. Gross National Happiness in Bhutan:

Bhutan is a landlocked, small country bordered by India in the south and China in the north. It encompasses an area of 38,394 square kilometers with forest areas covering 72.5 percent and arable land 7.8 percent. It has 20 districts and 205 blocks with the Thimphu city as its capital. Its population in 2011 was 738,300 (Samdup, 2014), while it is 7,71,608 in year 2020 (Dikshit, 2020). A constitutional monarchy since 1907, Bhutan adopted in 2008 a democratic constitutional monarchy type of government with a decentralized system of governance (Samdup, 2014). The constitution of Bhutan (2008, Article 9) advises the State to promote those conditions

that will enable the pursuit of gross national happiness (Munro, 2016). In this way, we can summarize the GNH philosophy as holistic, balanced, collective, sustainable and egalitarian.

The word GNH was first invented by the fourth King of Bhutan when he proclaimed that it was somehow more significant than the gross national product (Ura and Galay 2004). International participation in the GNH idea and international conferences on GNH were initiated. Center for Bhutan studies describes "GNH measures the quality of life of a country in a more holistic way than GNP and believes that beneficial development of human society takes place when material and spiritual development occurs side by side to complement and reinforce each other." (Ura, K., 2012). It is a development approach that seeks to "achieve a harmonious balance between material well-being and the spiritual, emotional and cultural needs of an individual and society" (Ura, 2015).

The GNH concept guides the five-year planning process in Bhutan. At the nationwide level, the erstwhile planning commission was designated as the GNH commission of Bhutan to operationalize GNH. After that, all ministries formed a GNH committee to review all policies and projects so that these will be in tune with the four GNH pillars.

Bhutan studies center has developed a GNH index to assess human well-being and progress at the national level. The index aims to provide an overall picture of how GNH is distributed in Bhutan and can help in to identify who is "happy" and who is "not yet happy." Since this index can be unpacked into subgroups such as districts, age groups and gender, policymakers can use it as a tool to address questions like how to increase GNH and to track changes over time (Braun, 2009).

The four GNH pillars are further classified into nine domains or areas and 33 indicators (Figure-3) to have a better understanding of GNH and to reflect its holistic range. The socioeconomic pillar has three domains (health, education and living standard) with 11 indicators; the environment pillar has one domain (ecological diversity and resilience) with four indicators; the cultural pillar has four domains (psychological well-being, time use, community vitality and culture) with 14 indicators; and the good governance pillar has one domain (good governance) with four indicators. These four pillars are connected; progress in one indicator can influence another indicator in another domain (Rinzin and Glasbergen, 2007).

Officially, the constitution of Bhutan (2008, Article 9) directs the State 'to promote those conditions that will enable the pursuit of gross national happiness' (Ura, 2013). In another words, if the government cannot create happiness for its people, then there is no purpose for that government to exist. In 2008, after the establishment of a constitutional monarchy and the coronation of the fifth king, the government of Bhutan was legally obliged to specify this objective such that policies and programmes advanced by the new democracy continue to be coherent with it.

In principle,

- GNH aims to be responsive to legislation, to adapt and update itself over the time in response to public action and input.

- Its indicators directly try to reflect public priorities.

- It always tries to address the strengthening or deterioration of cultural, environmental and social achievements, whether or not they are the best direct objective of the policy.

- These GNH indicators are very carefully chosen so that they stay very relevant in future periods as well as at the present time in order to measure progress across time.

- Finally, the GNH Index consists of sub-group and thus decomposable by regions and groups.

Thus, a Carbone negative nation promoted and made happiness as a visionary tool to create a place where nations growth complements its individual's growth. Starting from psychological wellbeing to all other existing indicators inter woven with each other are not only necessary for the real state of the nation but also work as a feedback tool for its government to find out the areas to work on.

Figure 3 GNH Indicators (Ura, 2013)

4.2.1. Psychological Wellbeing:

Psychological well-being is a characteristically meaningful and strongly desired state of being. Ura (2012) described the various indicators of psychological well-being. With hedonic experiences and reflective life evaluations, GNH considers spirituality as one of the important indicators that need to be emphasized in a good manner. Life satisfaction, positive, negative emotions and Spirituality are other indicators in this.

4.2.2. Health

In the GNH system, health has always been associated with both physical health and mental health. Considering it as an outcome of the relational balance between mind and body between persons and the environment, here four indicators are –

- ✓ Self-reported health status: a proxy measure to complement other health indicators -healthy days, mental health and disability. A person who wants to be sufficient in self-reported health status she or he must have a rating of or 'very good or 'excellent.'

- ✓ The Healthy days- basically, this indicator reports the number of 'healthy days' usually a respondent enjoyed within the very last month. For instance, answers can be 27 days health days, so it allows for deviants from normality. There is a Similarly pattern for mental health indicators.

- ✓ The Long-term disability checks an individual's ability to perform functional activities of daily living that are performed without any restriction. Here Citizens are asked if they had any longstanding illness that has lasted over six months to trace out any kind of causality. The threshold is set in such a manner that disabled individuals but can do their work on their own 'rarely' is classified as sufficient. On the other hand, individuals with a disability with restricted daily activities 'sometimes' are classified as deprived.

4.2.3. Education

Here, GNH aims to emphasise the relevance of the new holistic approach to education, which guarantees that people have a strong and solid foundation in

conventional understanding, shared values and skills. It aims to engage students in different activities like studying, writing, creative learning and their exposure towards technology and science. The metrics shall include literacy, professional credentials, knowledge and values.

- ✓ For knowledge– in this, the indicator aims to catch one's learning that may have taken place either outside or within some formal organisation. Five knowledge factors are available to select from 1) knowledge of local traditions and knowledge of local festivals, 2) knowledge of traditional songs, 3) knowledge of HIV-AIDS propagation and 5) knowledge of the Law. Each query follows a five-point answer from 'very good knowledge' to 'very bad knowledge.' In this, the threshold is set at 19, which states that, over the five variables, people should have an average of 'good' knowledge.
- ✓ With values indicator –respondents are asked if they considered five harmful acts to be justifiable: cheating, lying, murdering, disharmonizing relationships and sexual assault.

4.2.4. Culture

Promotion and Preservation of culture should be highly valued both by the government and the people. GNH rightly tires to capture it. Culture is not only viewed as is the source for establishing identity but also for mitigating it from negative impacts such as its effects on forms of language, traditional arts, crafts, festivals, events, ceremonies, drama, music, dress and etiquette (Helliwell, 2012). To find and analyse the strength of various aspects of culture, four indicators have been considered: language, artisan skills, cultural participation and the way of harmony.

- ✓ Language-it is a very self-reported indicator, which is usually measured by a normal fluency level in one's mother tongue on a point scale of four. These ratings vary from 'very well' to 'not at all. 'It assumes that since one must be fluent in their mother tongue, a high threshold is necessary to maintain standards.

- ✓ Artisan skills- this indicator finds people's interest and knowledge in thirteen types of arts and crafts and then reports on the number of skills possessed by each respondent. These skills and vocations are among the basis of the historical and material culture of Bhutan.

- ✓ For this indicator, people are asked if they possessed any of the 13 [weaving, embroidery, painting, carpentry, carving, sculpture, casting, blacksmithing, bamboo works, goldsmithing and silversmithing, masonry, leather works and paper-making] arts as well as crafts skills. Here a sufficiency threshold is set at one, which states that a person must obtain at least one skill to be identified as sufficient.

- ✓ Socio-cultural participation- in order to find people's participation in cultural-socio activities from each respondent, the average number of days within the past 12 months is recorded. The days are given on a five-point scale starting from 'none,' and 1 to 5 and+20 days. The threshold is set at six days to 12 days per year with 33.2 percent for sufficiency.

- ✓ In this, the Way of Harmony is expected to rate citizens' behaviour of consuming, clothing, moving especially in formal occasions and informal spaces. Then respondents are asked to rate its importance on a point scale of three from very important to not important.

4.2.5. Time Use

The balance of time between unpaid and paid work and leisure are important for one's wellbeing. In the same way, flexible working life is vital for the well-being of various individual workers, their families and communities. Here in this people are asked to recall past day activities and then respond according to that on scale. Here sleeping hours, working hours are documented (Tella, 2008).

- ✓ Working hours-the GNH definition of working hours includes even unpaid work such as childcare, labour contribution to community works, voluntary works and informal help. Accordingly, to Bhutanese law, eight hours is also the legal limit applied to the formal sector for a standard workday. The main objective of this indicator is to find people who are overworked; those who work for more than eight hours are identified as time-deprived.

- ✓ Sleeping hours-sleep is clearly beneficial for a person's health and impacts nearly every area of daily life. However, sleep requirements can vary substantially with different human beings. Basically, those most healthy adults need seven to eight hours of sleep on an average. Hence, eight hours is considered the amount necessary for a well-functioning body for everyone.

4.2.6. Good Governance

Four areas of measures are developed to signify effective and efficient governance. These include the domain of fundamental rights, trust in institutions, the performance of the governmental institutions and political participation. The good governance indicators try to combine political activities with access to government services. The fundamental rights indicator includes –right to vote, freedom of speech,

join a political party, to be free of discrimination and a perceptual indicator of government performance. The political participation indicator seeks to ask two questions based on-

- ✓ This is about the possibility of voting in the upcoming election and the frequency of attendance in meetings held by the community. In this, the respondents are asked if they would like to cast a vote in the next general election and categories of the response are simply 'yes' or 'no' or 'don't know.' An individual has to report 'yes' in the voting criteria and has to attend at least one meeting in a year to be classified as sufficient in political participation.

- ✓ For voting, the threshold is very clear as everybody accepts this fact that developing true democratic processes always needs active participation from its citizens by voting. Then the threshold has been set to one time for an attendant in meetings.

- ✓ Third, the government performance indicator captures the performance of the government at the national and local levels. It asks questions related to employment, inequality, health services, environment, essential services, agriculture, sanitation, education and so on. It even attempts to understand people's viewpoint about the human rights functioning in the country, as mentioned in the constitution of Bhutan. These seven questions ask people about their thinking on political freedom and they need to tell how they feel about this all-freedom of opinion and speech, the right to vote, the right to join the political party, the right to form an association or to become a member of some, the right to get an opportunity to join public service and equal access, the

right to equal pay for work and freedom from discrimination based on race, sex and so on. All have three possible responses of don't know, 'yes' and 'no.' The thresholds for all rights are set to 'yes.' So, if a person has all seven rights fulfilled, means has a sufficient condition.

✓ Lastly, the Service delivery-this indicator is made to check people's perceptions about the overall delivery of services in the country. Respondents need to rate the performance of the government in the past twelve months on the basis of these seven major objectives of good governance: employment, equality, education, health, anti-corruption, environment, media, law, culture and many more. Respondents to rank the services on a five-point scale from 'very good' to 'very poor.' The whole indicator has a maximum value of 35 and a minimum value of 7. A threshold of 28 is adopted which means that a person has to perceive that public services are 'very good' or 'good' in at least five of the seven objectives.

4.2.7. Community Vitality

From a GNH point, a community must have a good bond as well as relationships amongst the community members and within families must hold values that are socially constructive, must volunteer and donate time, money and eventually must be safe from violence and crime. These subjective indicators in this domain are -

1. Social support.
2. Relationship among communities.
3. Family relationships.
4. Awareness and safety.

4.2.8. Ecological Diversity and Resilience

The constitution of Bhutan describes that every Bhutanese citizen shall '...contribute to the protection of the natural environment, conservation of the rich biodiversity of Bhutan and prevention of all forms of ecological degradation including noise, visual and physical pollution...'(Burns,2011).

- ✓ The environmental domain has three subjective indicators; these relate to perceptions regarding urban issues and responsibilities, ecological challenges and question-related to wildlife damage to crops.

- ✓ The pollution indicator tries to find citizens awareness of the environment and their ability to perceive problems related to the environment. Seven issues of concern with the response of the four-point scale is shared with respondents.

- ✓ An individual is insufficient here if he or she has rated 'major concern' or 'some concern' in at least five of the seven issues.

- ✓ The environmental responsibility indicator tries to measure the feelings of personal responsibility; in this four-point scaling system, the threshold is set at 'highly responsible.

- ✓ Wildlife-the wildlife indicator incorporates information on damage to crops. It is rural-specific since it pertains to farmers.

- ✓ Urban issues-since urbanization has both positive impacts on human wellbeing. in such a scenario, respondents are asked to submit their worries about these four urban issues: traffic congestion, inadequate green spaces, lack of pedestrian streets and urban sprawl.

4.2.9. Living Standards

It refers to the material wellbeing of the Bhutanese people. It ensures the fulfillment of basic material needs for a comfortable living. There are wide ranges of indicators used in the literature to assess standards of living. The three indicators to assess people's standards of living are household per capita income, housing conditions and assets.

- ✓ Household income–indicates the income earned by all the individuals in a household from varied sources within or outside of the nation. Then household income here has been adjusted for in-kind payments received.
- ✓ The assets-indicator uses the appropriate data on selected household assets, such as semi-durable and durable goods of everyday use to describe the household welfare. This concept is based on evidence that income or expenditure measures are incomplete measures of the material wellbeing of households, especially in developing countries where such data may have higher measurement errors. Further, asset data are found to be more reliable and easier to collect. Commonly, appliances such as a mobile phone, radio or TV or bicycle defined as asset indicators; however, because of the socio-cultural context, land ownership and livestock are also considered assets. Livestock is understood as an integral part of rural economies and agriculture in Bhutan. Even animals are included in the asset list.
- ✓ The asset indicator is created consisting of three major components:1) appliances (mobile phone, fixed-line telephone, personal computer, refrigerator, color television and washing machine), 2) livestock ownership and 3) land ownership. The thresholds are applied at two

levels: they are set initially on each of the three indicators and then later, an overall threshold is applied to classify insufficiency in the asset indicator.

✓ Housing quality indicator –it includes the housing space, size, conditions and so on from the perspective of an individual and community. On the individual level, personal space is considered fundamental for one's biological, psychological and social needs. And from the community level, roofing and toilet in a house are considered important. The quality of the housing indicator is made of three indicators: type of toilet, the type of roofing and the ratio of room.

4.3. Methodology

The gross national happiness Index is constructed by building innovatively upon the rigorous, simple and decomposable methodology for measuring poverty developed by Alkire and Foster. This can be used to measure poverty or wellbeing. It is a robust method that identifies a group –in this case, those people who are not yet happy vs. those who are happy by considering the 'sufficiencies' they enjoy (Alkire and Foster, 2011). It is a flexible method that has been fully tailored to the needs and context in Bhutan. This includes identifying the happiness gradient –the four population subgroups according to the percentage of weighted indicators in which they have sufficiency (Alkire and Foster, 2011).

The centre for Bhutan studies (CBS) involved nine researchers in developing the GNH indicators. CBS created a detailed pre-pilot questionnaire covering the nine key areas, these critical areas of GNH fall within the domains of psychological wellbeing, health, time use, education, culture, good governance, ecology, community vitality and living standard.

The center for Bhutan studies performed an exceptionally a comprehensive pilot study of 350 respondents in 2006.The pilot was used to develop both the survey questionnaire and the proses of data collection. The pilot questionnaire had taken five to nine hours in execution. The outcomes of the survey were evaluated and discussed with researchers, leaders and further meetings arranged at the level of directors and government secretariats to revise the indicators.

In 2010, GNH survey implemented a revised questionnaire containing over 750 variables. It was built on the 2007 study and repeated many questions. in the year 2010, the gross national happiness survey was conducted nationwide with representative samples from strata (rural and urban).

The initially targeted sample was 8700, it covered all 20 dzongkhags (districts of Bhutan) and 202 gewogs in Bhutan. At the initial stage, the sample was 8700 included all twenty dzongkhags (Bhutan districts) and 202 gewogs in Bhutan. The study was chosen by the national bureau of statistics (NBS) as a pre pilot study survey in 2010. The final GNH survey included 7142 respondents and having representation of both (rural region and urban region) and from all dzongkhags.

Since indicators need to reflect all the relevant aspects of life, that are vital to the concept and practice of GNH, the GNH index included 33 indicators for the nine domains, which have been constructed using 124 variables, each indicator is given weightage separately (Ura, 2013).

Table 8 Weights of the 33 indicators

Equal Weights within the indicators in 3 domains

Domain	Indicators	Weight	Domain	Indicators	Weight
Psychological wellbeing	Life satisfaction	33%	Good Governance	Political participation	40%
	Positive emotions	17%		Services	40%
	Negative emotions	17%		Governance performance	10%
	Spirituality	33%		Fundamental rights	10%
Health	Self reported health	10%	Community vitality	Donation (time & money)	30%
	Healthy days	30%		Safety	30%
	Disability	30%		Community relationship	20%
	Mental health	30%		Family	20%
Time use	Work	50%	Ecological diversity & resilience	Wildlife damage	40%
	Sleep	50%		Urban issues	40%
Education	Literacy	30%		Responsibility towards er	10%
	Schooling	30%		Ecological issues	10%
	Knowledge	20%	Living Standard	Per capita income	33%
	Value	20%		Assets	33%
Cultural diversity & resilience	Zorig chusum skills (	30%		Housing	33%
	Cultural participatio	30%			
	Speak native langua	20%			
	Driglam Namzha (Eti	20%			

The GNH index uses the two kinds of thresholds, sufficiency thresholds and one happiness threshold; sufficiency thresholds show how much a person needs in order to enjoy sufficiency in each of the 33 cluster indicators. It asks how much is enough to be happy. Each of the 33 cluster indicators has a sufficiency threshold and each person in the survey is identified as enjoying sufficiency or not in each indicator. This second is the happiness threshold. It is set across the nine domains and the 33 cluster indicators.

The GNH index is formulated to provide an incentive to increase happiness. Its aim is not only to assess the status of happy people in a society. It is also concerned with the status of not-yet-happy people. This concern for unhappiness is in line with the nation's vision of Bhutan. His Majesty Jigme Khesar Namgyel Wangchuk, 5th King of Bhutan, clearly says that: "the nation's Vision can only be fulfilled if the scope of our dreams and aspirations are matched by the reality of our commitment to nurturing our future citizens." Increasing happiness is a policy concern that involves civil servants, business leaders and all citizens of Bhutan.

The mainstreaming of this GNH has been orchestrated through the Bhutanese policymaking process. As part of this process, usually the individual agencies within the government formulate and create a concept note that further submit to cabinet for its consideration and acceptance. This whole concept note is subsequently run through the GNHC secretary, who goes through and evaluates the note and the extent of its adherence to the GNH framework, using the GNH tool, its indicators as a reference point. Based on the various suggestions and feedback provided by the GNHC secretary, an updated draft note is then formulated. This draft is then evaluated by a group of 16 members from a wide range of stakeholders across various Bhutanese industries and ministries. Each of these stakeholders gives a score of 1–4 for the available 22 variables. Based on these given scores, the note is then passed onto the GNHC committee and eventually then the cabinet for approval. Once this approval is completed, there is a plan set in motion for the implementation of the concerned policies.

Gross national happiness is a much richer goal than GDP or economic development. In this sense, material well-being is important but there is also a need to enjoy adequate well-being in knowledge, government, society, culture, wisdom, spirituality, psychological well-being, peace with the world and healthy use of time. The gross national happiness index (2015) is a purpose-built survey of more than 7154 Bhutanese in every Dzongkhag. These researchers create a GNH profile for each person, displaying their well-being across nine realms. This national GNH index builds on the image of each person in order to include a national scale.

- ✓ 91.19 percent of Bhutanese are extensively, narrowly, or deeply happy.
- ✓ Across all districts, GNH was highest in Bumthang, Gasa, Thimphu, and Paro and lowest in Mongar, Dagana, Trongsa and Tashi Yangtse.

- ✓ The 43.39 percent of Bhutanese are extensively or deeply happy, much more from 40.85 percent in 2010.

- ✓ Men are happier than women.

- ✓ People living in urban areas are much happier than residents from rural.

- ✓ Married and single people are happier than widowed divorced or separated or educated people with higher education are much happier.

- ✓ Farmers are less happy in comparison with other occupational groups.

4.4. Advantages of GNH

A. Setting a different and alternative framework of development: The GNH vision of Bhutan development is distinctively holistic. The nine domains of GNH taken together portraits more about citizen's life and well-being than the standard welfare measure of GDP per capita.

B. Allocating resources in accordance with the need of people: The index provides an overall picture of how GNH is distributed across the population and also gives an ability to zoom in to look at who is happy, unhappy, narrowly happy, extensively happy and deeply happy. It also tells us about wellbeing by different subcategories of gender, rural-urban area, districts, age and so on. These various kinds of functions make it a useful tool for policymakers to address the question of 'how can GNH be increased? and also, it allows them to compare problems across subcategories.

C. Providing indicators for sectors to guide development: The GNH index helps policymakers provide certain indicators that can guide development by monitoring activities in a particular domain.

D. Usage of GNH screening tools: Bhutanese government rightly understands that while the composition of the GNH may not be a sufficient guide for policy, a clear understanding of how the achievements and shortfalls in different dimensions of GNH vary over time and space is necessary. Hence, it's screening tools mechanism which uses the GNH indicators as a checklist to convey if a particular policy can be implemented or not.

E. Measuring people's happiness and well-being: The index and its component aim to put human well-being in a more deep and profound way than traditional GDP, socio-economic measures of economic development, human development, or social progress have done. One of the important aims of the measurements is to make the general public understand what it is for. And rightly, GNH provides case studies of differently happy citizens so that they can assess whether this GNH index broadly seems intuitive and has room for their own aspirations and values.

F. Measuring progress over time: The indicators of the GNH are to be sensitive to changes taking place over time. In other words, it tries to be responsive to relevant changes in policy action.

G. Sustainable development: At a time when countries like China are moving towards market-friendly policies, it is compelling to see that Bhutan is pursuing more environmental, ecological, well-being-based policies. Furthermore, GNH also tries to give people more voice and information so that the policies are made in line with the recommendations made by the public.

H. GNH is not only an outcome indicator but also a process indicator. That is, it helps administrators to identify the link between processes and outcomes. Accordingly, it helps in modifying, examining and implementing policies.

4.5. Shortcomings of GNH

✓ First, the GNH index neglects negative emotions. Watson Tellegen and Clark (1988) claim that negative emotions are not necessarily harmful to every individual, although these emotions can be easily categorized into negative or positive ones. Both negative and positive emotions are necessary for the betterment of the human experience. However, as the Buddhist view reflects in the GNH Index in Bhutan, it shows that developing emotions that are positive in nature from reducing negative emotions can increase well-being and happiness (Tashi 2004, Ura *et al.,*2012). This argument that society with a low frequency of negative emotions can easily be shaped by slowly overcoming negative emotions is inspired by Buddhist philosophy. The Buddhists usually aim for a suffering-free existence (Ura *et al.*, 2012). People who are basically not Buddhist may think detachment from anger, jealousy, worry and fear and negative emotions for GNH leads to a better and more satisfying life. Although on the other hand, for Nussbaum (2011), some negative emotions like justified grief and anger, need to be included in this.

✓ The cultural domain of the GNH model has inclinations to Bhutanese traditional culture. On the one hand, such indicators are necessary to see the effects of modernity on culture. However, it somehow ignores the

cultural values of 25 percent Hindus and 5percent of others (Muslims and Christians) who live in Bhutan.

4.6. The UAE's National Program for Happiness

The United Arab Emirates is amongst the fastest growing country, isn't leaving the happiness of its all citizens to chance. To promote this, the government started a happiness initiative, an indispensable feature of the country's national agenda. The so-called initiative of happiness in Dubai and the rest part of the UAE aims to make the nation among one of the top fourth happiest in the world by 2021. With such thought to promote positivity and optimism amongst its citizens, the government of UAE appointed a "Ministry of Happiness" (Lootah, 2018).

The government's programmes, services and policies should contribute to creating a happy and positive community. According to Sheikh Mohammed, the government's main task is to make sure that conditions should be favourable for delivering happiness to families, individuals, employees and promoting the positivity as a core value in the community (Haziq,2017).

The UAE's "National Programme for Happiness" is an initiative of the Emirates government to bring happiness to a great extent in the lives of its citizens. It is led by the Minister of State for happiness and well-being. Her Excellency in the year 2016 started the great work in this direction to achieve the government's aim.

The programme has three focal areas –

1. Inclusion of happiness in the government strategies and policies, services and programmes in all government departments.

2. Promotion of happiness and wellbeing as a lifestyle in the community.

3. Development of metrics and methods and tools for assessing happiness among people.

The UAE's 'Happiness Policy Manual' is the first and foremost tool of its own kind on this globe, according to the Minister of State for Happiness and Well-being, Ohood bint Khalfan Al Roumi, this is a benchmark for all government agencies.

It ensures that government policies to prioritize happiness as per the manual guidelines. The manual states to present the "science of happiness" to the government's policy-making process, suggesting very innovative techniques to integrate it into future, current existing public policies and then evaluate their effect on the happiness of society (Umar, 2020).

This manual of happiness balances the societal aspects of personal happiness. It accomplishes the efforts of the National Program for Happiness and Positivity (NPHP) to encourage the present institutions by prescribing functional instruments to synchronise their policies and direct them towards the achievement of happiness across the country. These few projects have been implemented as part of this programme.

Figure 4 Happiness and wellbeing framework in UAE

A FRAMEWORK FOR HAPPINESS & WELLBEING

UAE VISION: TO BE AMONG THE HAPPIEST COUNTRIES IN THE WORLD

⟱

Positive Individual

↓

Positive Institution

↓

FUNDAMENTAL PILLARS

Instilling Purpose «·» Promoting Health «·» Building Relationships «·» Fulfilling Potential

↓

INSTITUTIONAL ENABLERS

⟱

Policies   Programmes   Practices

⟱

OUTCOMES

⟱

Happy & Positive Institution   **Engaged, Loyal & Productive Employee**

↓

Happy Society «·» **Happy Customer**

4.6.1. Initiatives of Community:

(a) **The Happiness Metre:** as part of its portfolio in the happiness measuring agenda, Smart Dubai has made a very powerful tool to measure city experiences' happiness across thousands of touchpoints. A meter designed to rate the level of satisfaction of customers with available government services. These meters are furthermore connected to a network which is operated by the Smart Dubai government establishment, which assesses the reports and then forwards them to the Dubai executive council. It is a simple happiness measurement tool which collects data from various points in the city instantly to show city visitors' and residents' and experiences in Dubai. It is a plain tool with

three options to choose from neutral, happy and unhappy. The mainly aim of this whole process is to find whether customers are happy with the services offered to them. It's among the one-of-a-kind initiatives that are proposed to measure experiences across the entire city. The happiness metre includes not only the government but also private entities that are part of this initiative (Azzawi, 2019).

(b) **Data collected through Happiness Meter:** Smart Dubai collects the data through the happiness meter.

(c) **Happiness Score** here, respondents can select either of the three options; unhappy, neutral and happy. The entity for which the happiness score was given) the channel for which happiness score was collected (e.g., web, mobile app, service center and counter etc.) and lastly, the time of the transaction. Besides this, customers can give their comments or feedback about the service, i.e., what makes them most happy, what features can be changed or improved etc.

(d) **Results from Happiness Metre:** Since its launching year in 2015 until the end of 2018, more than millions of votes have been collected from the customers of various city services in Dubai.

    i. The overall happiness rating reached 90 percent in year 2018.

    ii. By the end of the year 2018, This Meter is rolled-out to 172 entities, both private and public. Out of these 172 entities, 119 are private sector entities and 53 are the public sector.

iii. The happiness meter has been reached to more than 4400 customer touchpoints in 192 entities.

iv. More than 4400 consumer touchpoints, from different agencies, wireless platforms such as smartphone applications, websites, kiosks used and other forms such as physical, face-to-face channels such as customer service centres and their individual counters have also been used.

v. Happiness meter presents the city leadership with real-time access to results of meter, from its implementation to creation of a transparent system and get a good feedback tool. It enhances city experience.

(e) Impacts and Benefits: With its versatility, the happiness meter has become a very valuable policy instrument for gathering happiness data in a timely and detailed way, with broad coverage of city-level touchpoints.

(f) UAE's National Survey for Happiness and Wellbeing: A broad survey of more than 15,900 people around the UAE was undertaken to figure out how to encourage well-being and satisfaction in societies and to share findings with government agencies.

(g) Happiness Policy Bundle: A set of policies are designed to enhance happiness among groups in the society. The examples include the "Back to School Policy," which allows employees flexible working hours in offices so that they can accompany their kids to schools when they

reopen. This policy reflects government efforts to strengthen the family's role and to achieve a balance between work and social life.

4.6.2. Initiatives by Governments:

Some of the steps implemented by the government as a core part of the NPHW to promote and increase happiness and satisfaction are:

- **The Happiness and Positivity Talks:** a series of seminars are conducted and being conduct to align the work of the government along with employee wellbeing.

- **The Happiness and Positivity Champions Medal:** an award is instituted by His Highness Sheikh Mohammed bin Rashid Al Maktoum to boost morale and to pays tribute to employees with outstanding performances at various customer happiness centres across the city.

- **Customer Happiness Trainers Program:** This certified training program is conceptualised to provide the basic necessary teaching and training in customer happiness centres to boost citizen satisfaction for various available government services.

4.6.3. The National Charter for Happiness:

UAE launched the initiative of the national program for happiness. The national charter for happiness was started in March 2016. The charter simply specifies the nation's commitment to start and create the productive and best happy work environments and nature at federal government bodies. A few initiatives introduced by the charter are as follows.

- Designating the schedule for different events and services that encourage satisfaction.

- Appointing the CEO for positivity and happiness in all governmental bodies.

- Establishing councils to make sure that all services and plans follow a unified and timely approach to create happiness and positivity.

- Transforming various customer service centres to customer happiness centres.

Figure 5 Framework for Happiness and Wellbeing in the UAE
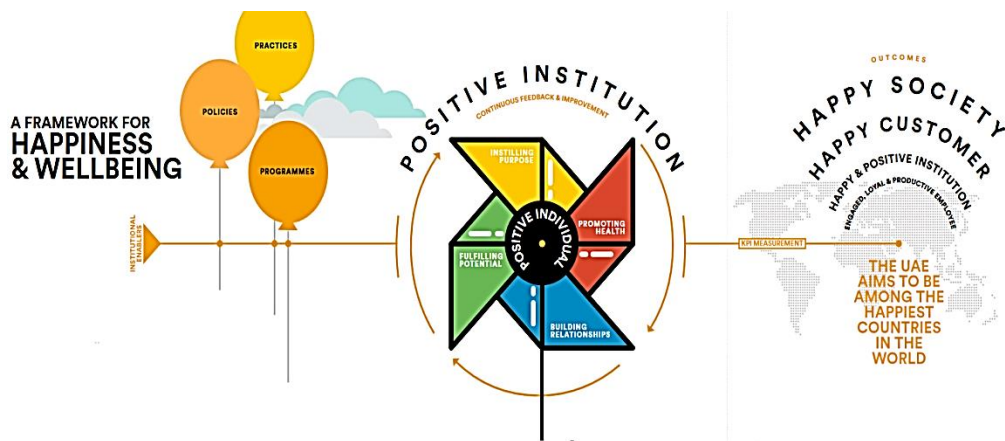
4.6.4. Friends of Happiness, a Platform:

It was Launched in April 2017; the friends for happiness platform is an electronic portal that encourages the public to involve themselves in the various initiatives put forth by the national happiness and positivity program.

4.6.5. Institute of Happiness Research:

In collaboration with the national programme for positivity and happiness, the UAE university in 2017 established the Emirates centre for happiness research. Composing of the few board of trustees supervised by a director-general, the centre conducts various studies regarding the science of happiness and measure related indices.

4.6.6. Labour and Happiness Programme:

The Ministry of Human Resources and Emiratization (MoHRE) has also initiated a series of actions to encourage happiness in the country's working-class with the national positivity and happiness initiative project.

- The happiest work environment culture
- Best labour accommodation availability
- Happiest bus around the city
- Happiness sim

Amongst these, the basic aim of best labour accommodation is to comply with the mentioned manual of the general criteria for worker's accommodation. This manual sets the standard for the minimum facilities that all businesses are expected to provide labourers in terms of established safety, health and environmental laws in addition to recreational amenities.

- ✓ Direct linkage to vision by gauging happiness of the city through happiness meter.
- ✓ Instant feedback of the public as opposed to delayed mechanisms.
- ✓ Participation and engagement of the people in government policy feedback.
- ✓ Cost savings through operational efficiencies.
- ✓ The developed happiness meter is versatile and modular enough to support potential growth in terms of economies of scale (adding additional entities) and even in terms of economies of scale (implementing enhancements).
- ✓ Transparency in the system as the happiness meter data stored in centralized systems and repositories has allowed predictive analytics and business

intelligence for numerous public and private sector organizations responsible for policymaking, services delivery and decision making.

✓ It is designed to be resilient to multiple natural or man-made disasters, etc. The centralised design of the deployment of the happiness meter as an ICT utility and its related technology has allowed disaster recovery and stability elements to be introduced as part of its overall shared resources strategy.

4.7. World Happiness Index

The world happiness index was first developed by Pierre le Roy. Only since the year 2000, the world happiness index is calculated to quantify world happiness per nation. It focuses on collective, country-level happiness and purposes of capturing development and not only the statistical situation of the country.

The WHR is an annual publication of the UN Sustainable Development Strategies Network. It has too many papers and rankings of the nation's happiness based on the respondents' scores of their very own lives, which co-relates with different life variables.

In July 2011, the general assembly of the United Nations adopted resolution 65/309, inviting member nations to ensure and quantify the happiness of their people and to use the data to help direct and guide public policy. This was followed in April 2012 by the first UN high-level meeting on "Well-being and Happiness: Establishing a New Economic Paradigm", chaired by UN Secretary-General Ban Ki-moon and UN Prime Minister Jigme Thinley of Bhutan, a nation that adopted gross national happiness instead of GDP as its crucial measure of development (Clark, 2012).

This first WHR was launched on April 1, 2012, the study addressed the causes of happiness and suffering, the status of world happiness and the various policy

consequences of case studies. Since then, these reports have been published on an annual basis with the exception of 2014. This research is using data from the gallup world survey.

The WHR is a pioneering study of global happiness that rates a total of 156 countries on how happy their people consider themselves to be. The study rates nations using the gallup world poll and six other factors: life expectancy, GDP ratings, generosity, social support, freedom and income from corruption.

The subject theme of this year's study was the climate of happiness, with a specific emphasis on the social environment, happiness in both urban and rural areas and the natural environment, including the connection between happiness and sustainable growth.

Recently, the United Nations' Sustainable Growth Strategies Network published the global happiness study 2020 on the annual United Nations Day of happiness. Happiness day has been observed by the UN general assembly every year since 2012 on March 20.

The WHR (2020) includes the period of 2017 to the year 2019 and analyses the various countries on these following **6 variables**:

- ✓ GDP Per Capita
- ✓ Social Support
- ✓ Healthy Life Expectancy
- ✓ Freedom to Make Life Choices
- ✓ Generosity
- ✓ Perceptions of Corruption

4.7.1. Methodology:

The national happiness rankings listed in the WHR are based on a survey of cantril ladders. In this method, its nationally representative surveys of those respondents who are asked to think of a ladder, with the best life available for them being ten and the worst possible life being 0 are asked to score their own current lives on a scale of 0 to 10. The study compares the findings with a number of life variables.

The WHR is basically an alteration of the human development index as it adopts and accepts the same discussed statistical aggregation method. It is made to measure the happiness of various available countries and it defines the various themes as preconditions for a very happy nation.

The WHR have been proposed on a wide variety of data. The most crucial source has always been the gallup world poll, which is unique in the comparability of its worldwide series of annual surveys. The life evaluations from the GWP provide the basis for the yearly happiness rankings. The ranking of various cities' happiness around the globe depends on the GWP, its first annual survey that started in 2005, covered 99 percent of the world's population, it conducted in more than 160 countries.

This survey includes at least 1,000 observations per nation per year, which covers both rural as well as urban areas with a tendency to oversample significant cities. The survey is representative of the resident population aged 15 and above in each nation. To increase the sample size for the US, WHR complemented the data with the gallup US Poll and asked respondents a similar set of questions as does the GWP.

As per the methodology of the WHR, the main outcome is current life evaluation, resulted from the so-called Cantril ladder, which is basically an item asking from the respondents to imagine themselves on a ladder with the steps numbered from

zero to ten, from bottom to top, where zero represents the worst ten the best possible life.

To do so, in line with the methodology applied in the Poll, it includes various items on negative as well as positive affect, constructed from batteries of no and yes questions that ask respondents about their experiences that are emotional in nature on the previous day. For positive affect, they include whether respondents experienced enjoyment and whether they smiled or laughed a lot. For negative affect, if respondents often experienced feeling anger, sadness or worry. Then Indices are then created by averaging across items and are bound between zero and one. Finally, to elicit respondents' expectations about their future here is future life evaluation, which is a future-oriented Cantril ladder survey with an item asking respondents where they think that they will stand in terms of their quality of life in five years from now.

The analysis is limited to the period 2014 to 2018 and to reduce statistical noise, the cities with at least 300 observations recorded during this five-year period. When it comes to the U.S. poll, ten major American cities are added.

4.7.2. Key Highlights:

- It Ranks 156 countries

- It is about the citizens of the country to feel how much happy.

- The rankings are based on polling

The report 2020, for the first-time, ranked different cities of the nations around the globe by their subjective well-being and looked into how the urban, social and the natural environments combine to affect happiness.

- ✓ Finland is ranked as the world's happiest nation for the third consecutive year. The residents in The Finland enjoy a high quality of life, security and public services with a low level of inequality and poverty than OECD countries.

- ✓ Nordic states dominate in the top 10 states, along with other countries such as New Zealand, Austria and Switzerland.

- ✓ Luxembourg got 10th spot for the first time this year.

- ✓ Those countries which are at the bottom are afflicted by violent conflicts and extreme poverty such as Zimbabwe, South Sudan and Afghanistan – the world's least happy nations.

- ✓ For the first time; cities are ranked, the happiest city in the world is Helsinki

- ✓ The report also explores how social, urban and natural environments combine to affect our happiness.

- ✓ India, which is ranked at 140, dropped to 144.

- ✓ Its rank is way a bit lower than its neighbours.

- ✓ Bangladesh at 107, Pakistan is at 66, Nepal is ranked 92 and Sri Lanka ranks at 130

4.8. India Happiness Report 2020

India happiness report 2020 (Pillania, 2020) shows a strong argument for supporting gross domestic product (GDP) with measures of subjective well-being and happiness.

In this analysis, the researcher used six components, namely employment and other related topics such as growth and earnings, relationships between friends and families, wellbeing, including physical and mental health; philanthropy, including

social concerns; moral and religious orientation; and the effect of covid-19 on happiness. All of these components are not only important in the regression analysis, but somehow, they also describe variations in happiness ratings. The ranking for these six elements varies across states and union territories.

4.8.1. Methodology

For this India happiness report 2020, a collection of questionnaires with eight questions was created with a certain set. The first two questions were on the famous cantril ladder, which was also included in the United Nations world happiness survey. In these, participants were asked to visualise a ladder with steps numbered from 1 below to 5. The top of the ladder represents the best possible life for the participant and, on the other hand, the bottom of the ladder is the worst possible life for the participant.

The researchers formulated the remaining five questions for the five components of happiness. These five components of happiness were defined by asking people of different backgrounds: what makes you happy? The answer to this question resulted in the clustering of responses into five groups, namely employment and related topics such as earnings and growth; relationships, including family and friends; fitness, including physical and mental wellbeing; philanthropy, including social concerns; and faith and spiritual inclination.

These five elements of happiness have been evaluated on different demographic populations and they cover what makes a person happy. The five elements are first included and published in the happiness plan (Pillania, 2019). Research findings on happiness like the United Nations world happiness survey, illustrate individual categories from these five elements. A concern on the effect of covid-19 on happiness has also been included.

The questionnaire is pre-tested for different classes of individuals. After small changes to the items based on their input, the questionnaire was presented to the respondents. The final survey was completed between March and July 2020.A total of 16,950 responses from all over India were received consisting of more than 400 responses from each state and union territory, meeting the sample size criteria for the generally followed statistical requirement of 95 percent confidence interval and a margin of error of 0,05 percent. The limitation of this work is that, this is an exceptional year due to covid-19 and there is a requirement for evidence for regular years to be given for corresponding annual reports.

4.8.2. Key Highlights:

- ✓ In the various kind of happiness rankings of states and union territories, Mizoram, Punjab and Nicobar and Andaman the Islands are among the three from the top, while Uttarakhand, Chhattisgarh and Odisha are there at the bottom.

- ✓ Among the big states, Telangana, Punjab and Gujrat are there among the top three states in the rankings.

- ✓ Among smaller states, Arunachal Pradesh, Sikkim and Mizoram are the top three states in the rankings.

- ✓ Due to the covid-19 pandemic, Haryana, Delhi and Maharashtra have demonstrated the worst possible effect of covid-19 on happiness. At the same time, Jammu and Kashmir and Puducherry remained neutral. These findings suggest that married people are happier than single people. People are optimistic about the future and usually ranked higher on optimism after five years compared to today's scores. This study included 16,950 people in all thirty-six states and union territories of India from March to July 2020.

4.9. Happiness Measurement Initiatives of Other Nations

Simultaneously other nations are working on happiness measurement initiatives. Here is a brief description of the initiation in this direction.

Belgium

In 2014, the national accounting institute released and submitted an annual report as an alternative solution to the gross domestic product in Belgium, which later comprised 67 indicators representing thirteen themes in 2016. These dimensions reflect on future, current generations and other countries (Durand.2018).

Austria

The annual report has been published by the Austrian Department of Statistics since 2010. It consists of 30 core metrics classified into three dimensions: environmental resilience, quality of life and material resources. There is a method to analyse past trends and compare metrics (Durand.2018).

Wales

In 2015, the chief statistician of the government of Wales approved and created happiness act for its future generations. Its aim is to provide physical, environmental, cultural and social well-being. This act lays out various goals of happiness and well-being for a healthier, stable, resilient and cohesive society. Forty-six indicators are identified here to measure the growth of the nation in coming years (Jones,2019).

Australia

In 2019, the Statistics Bureau in Australia proposed a report having 26 indicators to measure growth in the country. These are further classified in dimensions

like governance, economy and society. Five factors of happiness and well-being are part of the structure: the level of the possibilities for consumption, their allocation, distribution, the degree of uncertainty we choose and the degree of risk taken by people and societies (OCED,2018).

Slovenia

In 2015, the Slovenian Government created a shared vision for the future of Slovenia, intending to develop indicators of happiness for the well-being of its individuals. Department of macroeconomic analysis, health institute, environment agency and statistical department all together working on it. These indicators are presented in three categories: Ecological, Social and Material well-being (OCED,2013).

Netherlands

In 2017, the Netherlands Cabinet started working on an annual health monitor to promote public and political discussion on well-being and happiness. Later on, the department of economic policy analysis and environmental assessment agency carried out a comprehensive review of well-being based on the monitor. This monitor aims for Sustainability goal, which records and analyse the whole development on various themes like resources for the future and quality of life (Exton, 2018).

Japan

With the support of experts, the central government of Japan introduced in 2010 a commission to assess happiness and well-being. It related to the development of research work on growth strategies to promote the happiness of the nation.

Israel

In April 2012, after two years of long-anticipated process and efforts, the government of Israel adopted a resolution to publish a series of indices of well-being. Personal protection, facilities and accommodation, civil participation and governance, society and culture were among the domains that classified into eight indicators.

Germany

The German federal government started the initiative "Wellbeing in Germany-what matters to us" as a commitment in the year 2013 to identify the issues that are most important for the quality of life and the measures that could be used to describe them. The framework has 12 dimensions and 46 indicators to describe and measure the current trends and status of happiness and wellbeing in Germany (Exton, 2018).

Conversely, the differences among these global initiatives are concerned with their leadership and motivation. While in some nations, responsibility is with national statistical office or other similar agencies (e.g., the Netherlands, Austria), suggesting that the so-called underlying rationale of these initiatives is mainly that of providing additional metrics beyond GDP, without any necessarily embedding these measures into policy. However, in other cases, measurement frameworks are developed by a center-of-government agency (e.g., centre for Bhutan studies, ministry of happiness UAE, the Prime Minister's office in Sweden and Israel; or by a combination of policy-related agencies (e.g., Italy, Slovenia, Finland, France), with a crisp and clear motive to use these metrics in policy settings.

CHAPTER-5: DIFFERENT CATEGORY WISE ANALYSIS OF HAPPINESS IN RAJASTHAN

5.1. Introduction

Generally, happiness is philosophically and psychologically inter-woven as a sense of living defined as complete and long-lasting satisfaction with a dominance of positivity over negative feelings. Further evidence shows that familiar scales of neuroticism and depression measure the same well-being and happiness dimension if only in the negative form. This chapter correlates with the different category wise analysis of happiness indicators in Rajasthan. In this research, 392 respondents are used as a sample for collecting the data. These 392 respondents are selected from the seven districts which are divisional Headquarters of Rajasthan. These are Ajmer, Bharatpur, Bikaner, Jaipur, Jodhpur, Kota and Udaipur. Each one is classified into urban and rural areas. All samples are selected through a random sampling method. Furthermore, the self-made 'Happiness Scale' is used.

5.2. Methodology

For preparing this rating scale, the 34 items for the happiness tool are written which are drawn from the review of the related literature. These items are related to checking the happiness of different states of Rajasthan. For the validation of the rating scale, content validity is established by circulating the scale to the seven experts in the area of Economics. On the basis of calculating quartile deviation, five scales are finalised as Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree in the continuum of 5, 4, 3, 2, 1 for the positive items and Strongly Disagree, Disagree, Neutral, Agree, strongly agree in the continuum of 5,4,3,2,1 for negative items. To estimate the happiness of people, the category of occupation is assigned as Doctor, Engineer, Advocate, Teacher, Businessman or Self-Employed, Corporate or Salaried

and Student. The analysis is done on the basis of occupation, income group, Gender, Marital Status and Region. Here is the response is analyzed; the relation between all aspects has been described and presented in the table as well as figure form.

5.3. Occupation-wise Analysis of Happiness in Rajasthan

Occupation is a key factor to identify happiness, so there are many qualitative variables which can play a crucial role to identify the happiness such as physical exercise, sound sleep, self-likeness, optimism, attitude, depress behavior, importance of laughter, participation in social activities, usefulness of current education system, earnings etc. These variables are inter-related so this chapter has taken all variables to know the occupation wise, income wise, gender wise, marital status wise, region wise relationship between different qualitative variables.

Table 9 Relationship between Occupation and Physical Exercises

			Physical Exercises keep me happy					
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Occupation	Doctor	Count	5	10	13	15	13	56
		%	1.3%	2.6%	3.3%	3.8%	3.3%	14.3%
	Engineer	Count	5	14	5	16	16	56
		%	1.3%	3.6%	1.3%	4.1%	4.1%	14.3%
	Advocate	Count	1	7	11	16	21	56
		%	0.3%	1.8%	2.8%	4.1%	5.4%	14.3%
	Teaching	Count	1	0	4	21	30	56
		%	0.3%	0.0%	1.0%	5.4%	7.7%	14.3%
	Business/Self Employed	Count	3	0	13	19	21	56
		%	0.8%	0.0%	3.3%	4.8%	5.4%	14.3%
	Corporate Job/Salaried	Count	1	3	14	25	13	56
		%	0.3%	0.8%	3.6%	6.4%	3.3%	14.3%
	Student	Count	1	5	10	22	18	56
		%	0.3%	1.3%	2.6%	5.6%	4.6%	14.3%
Total		Count	17	39	70	134	132	392
		%	4.3%	9.9%	17.9%	34.2%	33.7%	100.0%

Physical exercise is one of the key variables to find the happiness in different occupation. It is clearly found from the Table-9 and Figure-6 that people in the teaching profession are more strongly agree that physical exercise keeps them happy. The teaching community is an educated community and they have knowledge regarding health. As compare with teachers, the other professionals like engineers, doctors, self-employed, corporates are less agreed with it. Normally, when we exercise, it increases dopamine, endorphins and adrenaline. These are all brain chemicals associated with feeling happy. It makes us feel more confident, capable, less anxious and stressless. In totality, it gives more happiness (Glidden, 2019).

Figure 6 Relationship between Occupation and Physical Exercises
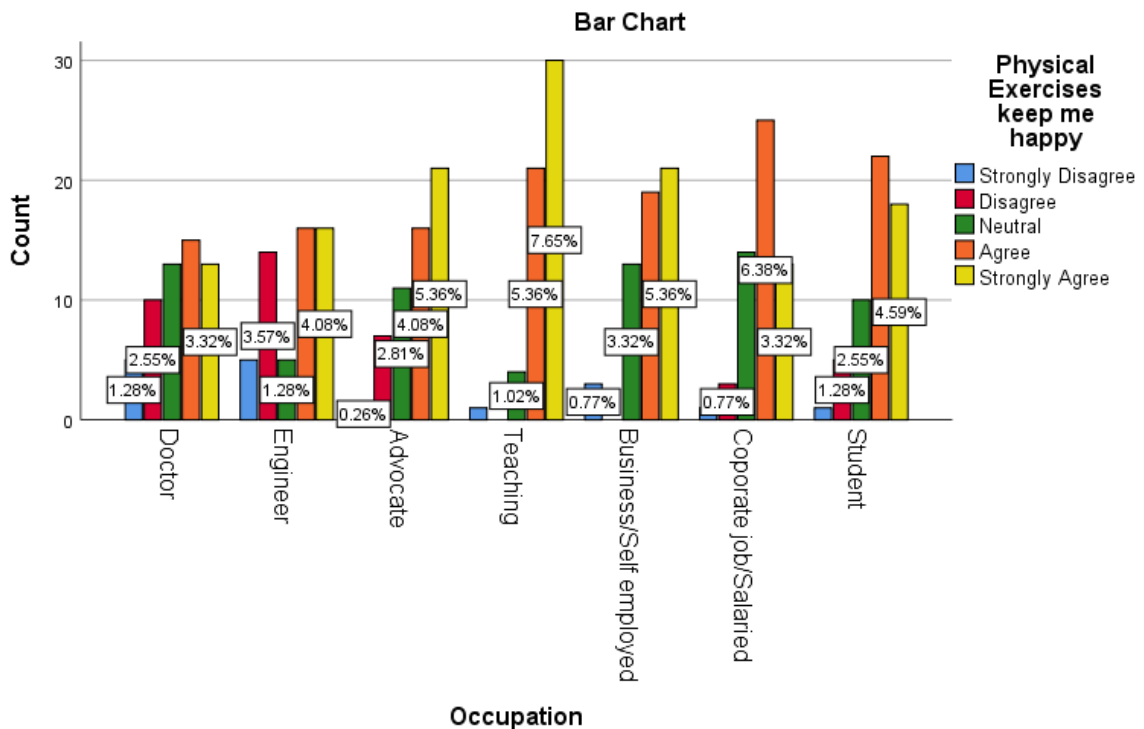
Table 10 Relationship between Occupation and Sound Sleep

			\multicolumn{5}{c}{I get a sound sleep}		Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Occupation	Doctor	Count	1	6	12	19	18	56
		%	0.3%	1.5%	3.1%	4.8%	4.6%	14.3%
	Engineer	Count	4	16	5	16	15	56
		%	1.0%	4.1%	1.3%	4.1%	3.8%	14.3%
	Advocate	Count	1	9	12	18	16	56
		%	0.3%	2.3%	3.1%	4.6%	4.1%	14.3%
	Teaching	Count	1	2	4	22	27	56
		%	0.3%	0.5%	1.0%	5.6%	6.9%	14.3%
	Business/Self Employed	Count	2	1	14	20	19	56
		%	0.5%	0.3%	3.6%	5.1%	4.8%	14.3%
	Corporate Job/Salaried	Count	6	8	13	17	12	56
		%	1.5%	2.0%	3.3%	4.3%	3.1%	14.3%
	Student	Count	1	5	11	21	18	56
		%	0.3%	1.3%	2.8%	5.4%	4.6%	14.3%
Total		Count	16	47	71	133	125	392
		%	4.1%	12.0%	18.1%	33.9%	31.9%	100.0%

Nature of jobs plays a crucial role in sound sleep as it is indicated from Table-10 and Figure-7 that the more than 12 percent of People in the teaching profession found to get more sound sleep as they are more strongly agree with this statement, while people in corporate job / salaried and engineers are less strongly agreed. This study shows that the nature of the occupation, work, lifestyle reason behind the sound sleep that somehow affect the happiness of any person.

Figure 7 Relationship between Occupation and Sound Sleep
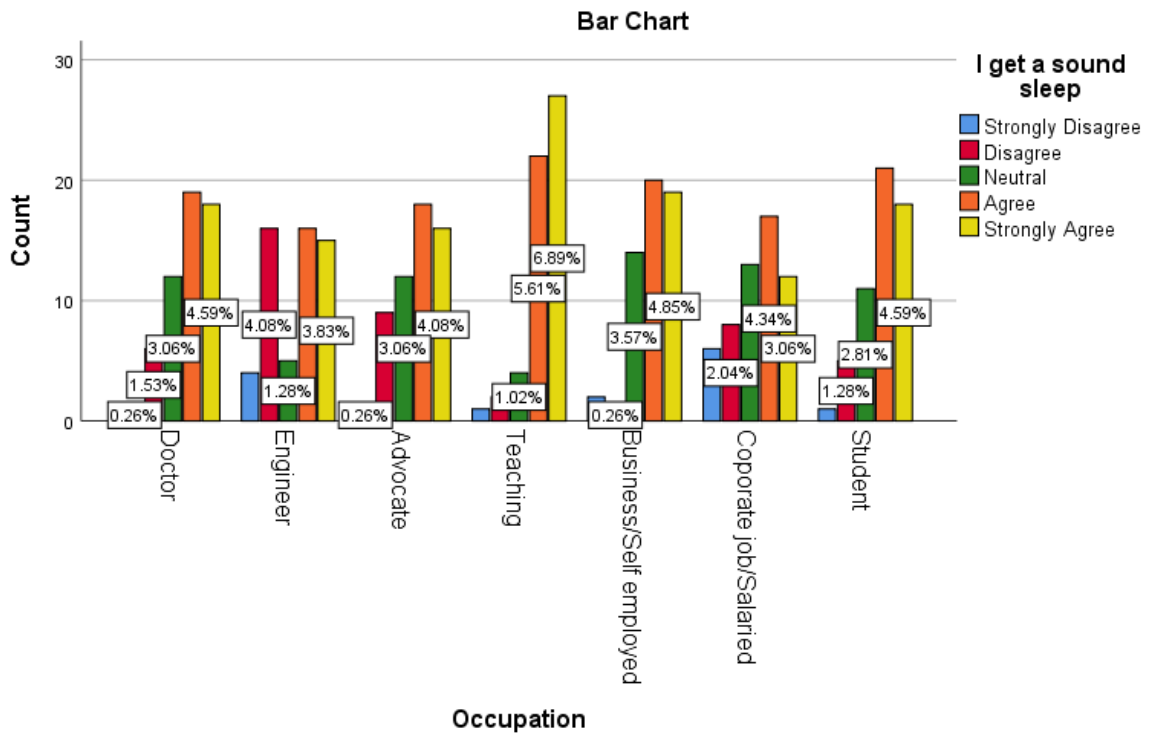
Table 11 Relationship between Occupation and Self-Likeness

			I like myself					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Occupation	Doctor	Count	1	4	11	22	18	56
		%	0.3%	1.0%	2.8%	5.6%	4.6%	14.3%
	Engineer	Count	2	8	5	24	17	56
		%	0.5%	2.0%	1.3%	6.1%	4.3%	14.3%
	Advocate	Count	1	7	12	19	17	56
		%	0.3%	1.8%	3.1%	4.8%	4.3%	14.3%
	Teaching	Count	1	2	4	21	28	56
		%	0.3%	0.5%	1.0%	5.4%	7.1%	14.3%
	Business/Self Employed	Count	2	1	14	20	19	56
		%	0.5%	0.3%	3.6%	5.1%	4.8%	14.3%
	Corporate Job/Salaried	Count	4	6	13	18	15	56
		%	1.0%	1.5%	3.3%	4.6%	3.8%	14.3%
	Student	Count	1	5	11	21	18	56
		%	0.3%	1.3%	2.8%	5.4%	4.6%	14.3%
Total		Count	12	33	70	145	132	392
		%	3.1%	8.4%	17.9%	37.0%	33.7%	100.0%

Teaching community like themselves more than other professions as reveled through Table-11 and Figure-8 that people in the teaching profession like themself more than the persons in other professions. This indicates how happy they are. than others. This table shows that more than 21 percent teachers strongly agree that they like themselves. While business/self-employed, student, engineers, advocate have almost same tendency of likeness.

Figure 8 Relationship between Occupation and Self-Likeness
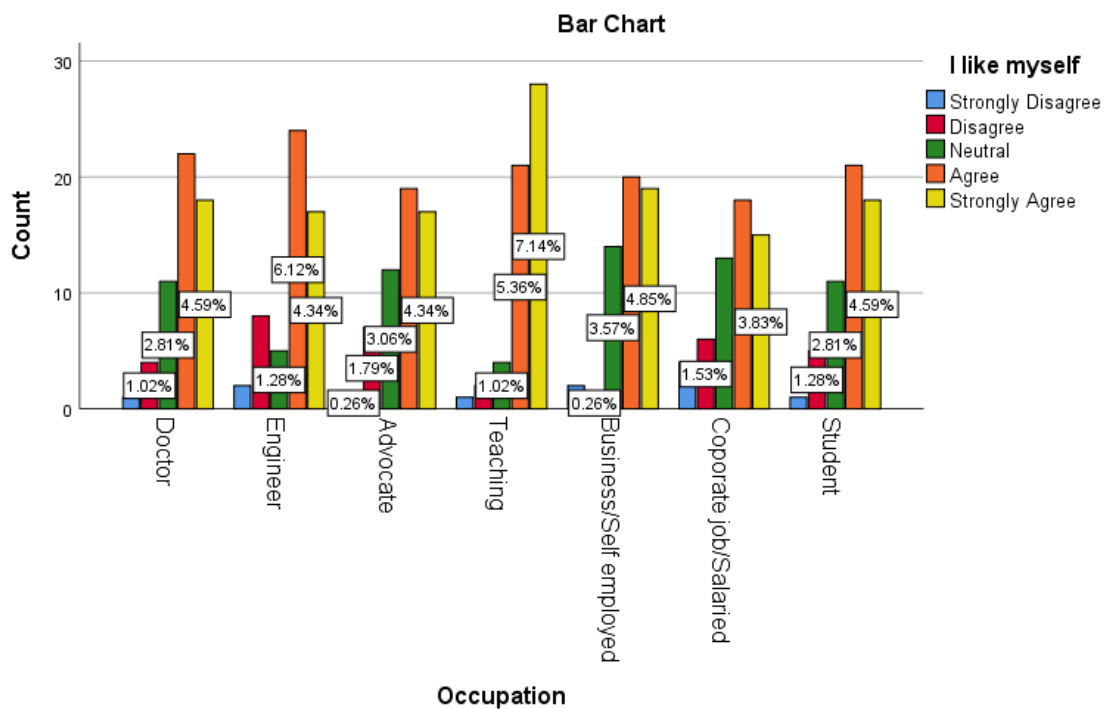
Table 12 Relationship between Occupation and Optimism

| | | | I am optimistic | | | | | |
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Occupation	Doctor	Count	1	3	12	20	20	56
		%	0.3%	0.8%	3.1%	5.1%	5.1%	14.3%
	Engineer	Count	1	5	5	22	23	56
		%	0.3%	1.3%	1.3%	5.6%	5.9%	14.3%
	Advocate	Count	1	4	13	21	17	56
		%	0.3%	1.0%	3.3%	5.4%	4.3%	14.3%
	Teaching	Count	0	2	5	18	31	56
		%	0.0%	0.5%	1.3%	4.6%	7.9%	14.3%
	Business/Self Employed	Count	1	1	6	25	23	56
		%	0.3%	0.3%	1.5%	6.4%	5.9%	14.3%
	Corporate Job/Salaried	Count	1	3	10	23	19	56
		%	0.3%	0.8%	2.6%	5.9%	4.8%	14.3%
	Student	Count	1	4	13	22	16	56
		%	0.3%	1.0%	3.3%	5.6%	4.1%	14.3%
Total		Count	6	22	64	151	149	392
		%	1.5%	5.6%	16.3%	38.5%	38.0%	100.0%

All occupations which are taken in sample such as doctors, engineers, advocates, teachers, business/self-employed all are somehow optimistic. Teachers are most optimistic persons as described in Table-12 and Figure-9 that people in the teaching profession strongly agree that they are optimistic. While doctors, engineers and advocates found less optimistic, this shows people in the teaching profession are happier than others. This table also reveals that somehow doctors and students have little concern regarding optimistic behaviour as 21 percent doctors and 23 percent of students are neutral regarding their optimistic behaviour.

Figure 9 Relationship between Occupation and Optimism
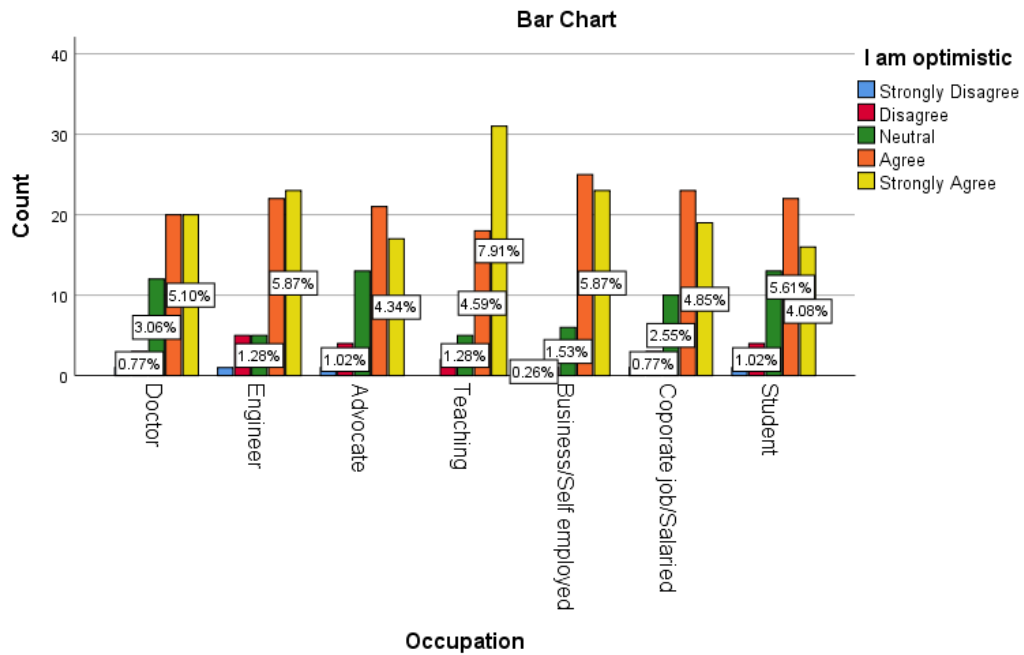
Table 13 Relationship between Occupation and Depression

			I feel depressed					Total
			Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Occupation	Doctor	Count	3	9	11	17	16	56
		%	0.8%	2.3%	2.8%	4.3%	4.1%	14.3%
	Engineer	Count	5	7	10	18	16	56
		%	1.3%	1.8%	2.6%	4.6%	4.1%	14.3%
	Advocate	Count	5	4	14	17	16	56
		%	1.3%	1.0%	3.6%	4.3%	4.1%	14.3%
	Teaching	Count	1	5	8	18	24	56
		%	0.3%	1.3%	2.0%	4.6%	6.1%	14.3%
	Business/Self Employed	Count	3	4	10	21	18	56
		%	0.8%	1.0%	2.6%	5.4%	4.6%	14.3%
	Corporate Job/Salaried	Count	3	10	7	21	15	56
		%	0.8%	2.6%	1.8%	5.4%	3.8%	14.3%
	Student	Count	3	9	12	19	13	56
		%	0.8%	2.3%	3.1%	4.8%	3.3%	14.3%
Total		Count	23	48	72	131	118	392
		%	5.9%	12.2%	18.4%	33.4%	30.1%	100.0%

The table 12 represents that teachers are most optimistic, in this order table 13 and Figure-10 represents that teachers are not feel depressed rather than other profession. Doctors, engineers, advocates, self-employed also not agree that they feel depression. The table also shows that most of advocated are neutral regarding depression.

Figure 10 Relationship between Occupation and Depression
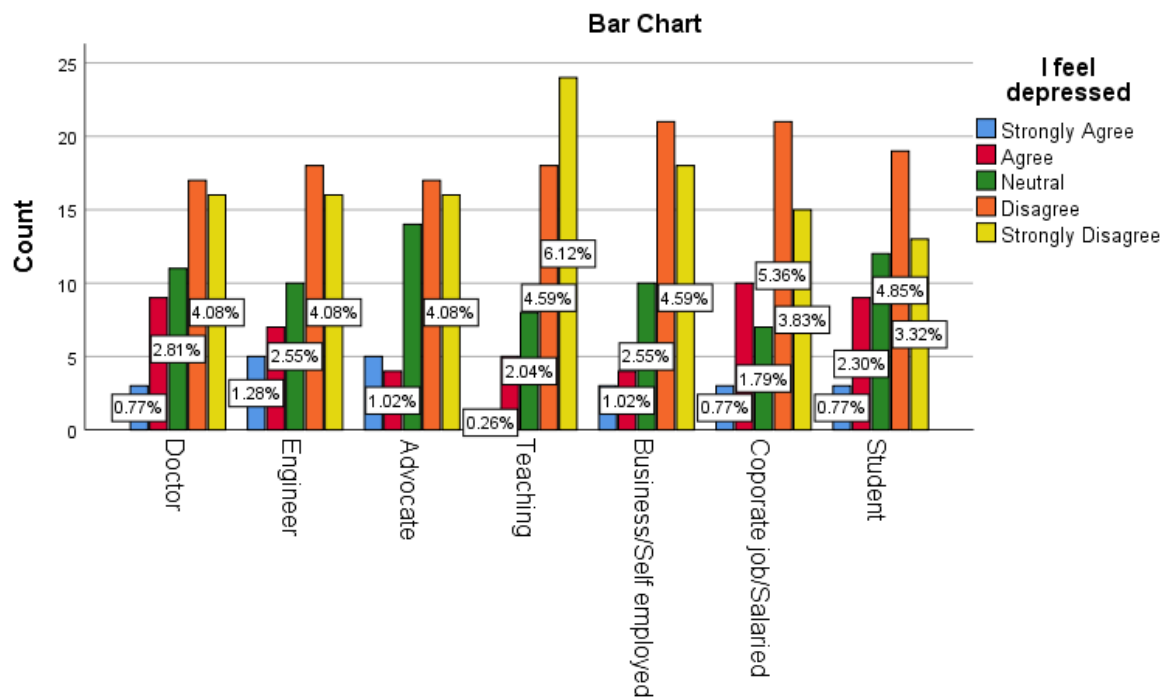
Table 14 Relationship between Occupation and Laughter

| | | | \multicolumn{5}{c|}{I laugh a lot} | Total |
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Occupation	Doctor	Count	2	5	9	21	19	56
		%	0.5%	1.3%	2.3%	5.4%	4.8%	14.3%
	Engineer	Count	4	10	7	16	19	56
		%	1.0%	2.6%	1.8%	4.1%	4.8%	14.3%
	Advocate	Count	1	3	12	19	21	56
		%	0.3%	0.8%	3.1%	4.8%	5.4%	14.3%
	Teaching	Count	1	2	4	21	28	56
		%	0.3%	0.5%	1.0%	5.4%	7.1%	14.3%
	Business/Self Employed	Count	3	1	8	22	22	56
		%	0.8%	0.3%	2.0%	5.6%	5.6%	14.3%
	Corporate Job/Salaried	Count	1	3	13	26	13	56
		%	0.3%	0.8%	3.3%	6.6%	3.3%	14.3%
	Student	Count	1	5	7	21	22	56
		%	0.3%	1.3%	1.8%	5.4%	5.6%	14.3%
Total		Count	13	29	60	146	144	392
		%	3.3%	7.4%	15.3%	37.2%	36.7%	100.0%

The teaching profession strongly agree that they laugh a lot followed by self-employed and students as indicated in Table-14 and Figure-11, whereas advocates and engineers are slightly less agreed on this. The table also reveals that 17 percent of engineers in their profession are disagree that they laugh a lot, this same with advocates as more than 21 percent of advocates in their profession are neutral on laughter and 23 percent of salaried or people from corporate jobs from their profession are neutral that they laugh a lot. This shows their concern regarding laughter. This also somehow affect their happiness.

Figure 11 Relationship between Occupation and Laughter
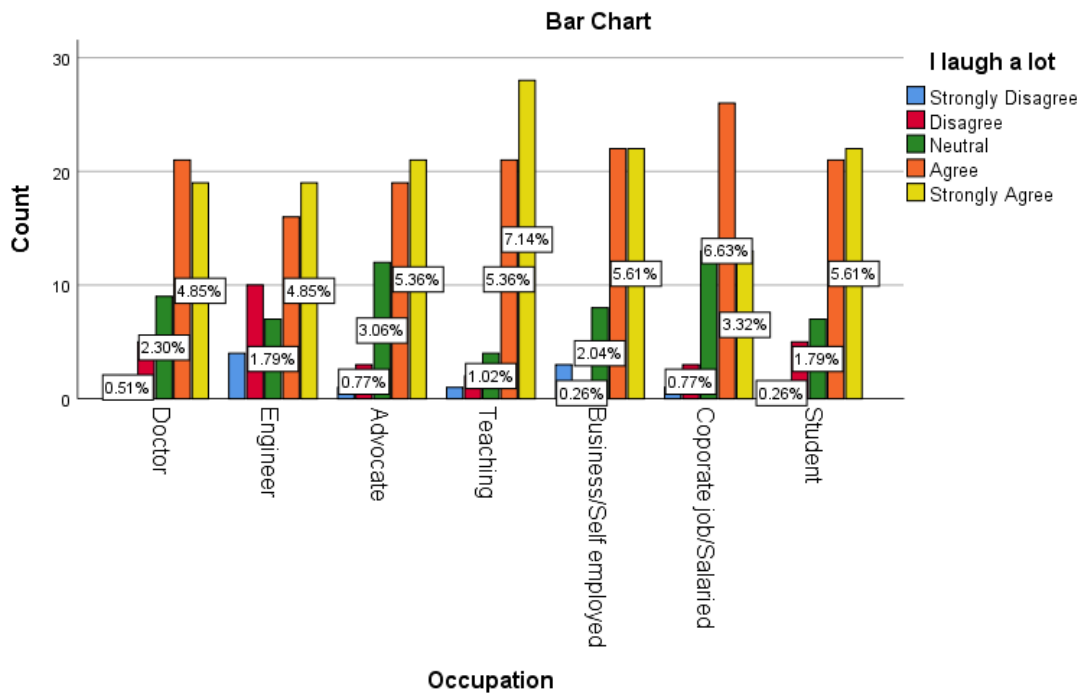
Table 15 Relationship between Occupation and Sense of Joy in Social Participation

			Social participation gives me sense of joy					
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Occupation	Doctor	Count	2	9	9	17	19	56
		%	0.5%	2.3%	2.3%	4.3%	4.8%	14.3%
	Engineer	Count	4	10	7	16	19	56
		%	1.0%	2.6%	1.8%	4.1%	4.8%	14.3%
	Advocate	Count	1	3	8	23	21	56
		%	0.3%	0.8%	2.0%	5.9%	5.4%	14.3%
	Teaching	Count	1	2	4	22	27	56
		%	0.3%	0.5%	1.0%	5.6%	6.9%	14.3%
	Business/Self Employed	Count	3	4	8	23	18	56
		%	0.8%	1.0%	2.0%	5.9%	4.6%	14.3%
	Corporate Job/Salaried	Count	2	5	13	21	15	56
		%	0.5%	1.3%	3.3%	5.4%	3.8%	14.3%
	Student	Count	1	5	7	21	22	56
		%	0.3%	1.3%	1.8%	5.4%	5.6%	14.3%
Total		Count	14	38	56	143	141	392
		%	3.6%	9.7%	14.3%	36.5%	36.0%	100.0%

The teaching community feel strongly agree that social participation gives them a sense of joys as reflected in Table-15 and Figure-12, while advocates, students and self-employed are also agree somewhere. In contrast, engineers are found less happy with social participation. It may be because of their nature of work and time. The table also shows that more than 23 percent salaried persons in their profession are neutral on the joy of social participation, this shows a bit concern.

Figure 12 Relationship between Occupation and Sense of Joy in Social Participation

Table 16 Relationship between Occupation and the Current Educational System

| | | | The current educational system is making me financially competent with the increase in my social values | | | | | Total |
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Occupation	Doctor	Count	3	9	11	17	16	56
		%	0.8%	2.3%	2.8%	4.3%	4.1%	14.3%
	Engineer	Count	5	7	10	18	16	56
		%	1.3%	1.8%	2.6%	4.6%	4.1%	14.3%
	Advocate	Count	5	4	14	17	16	56
		%	1.3%	1.0%	3.6%	4.3%	4.1%	14.3%
	Teaching	Count	1	5	8	18	24	56
		%	0.3%	1.3%	2.0%	4.6%	6.1%	14.3%
	Business/Self Employed	Count	3	4	10	21	18	56
		%	0.8%	1.0%	2.6%	5.4%	4.6%	14.3%
	Corporate Job/Salaried	Count	3	10	7	21	15	56
		%	0.8%	2.6%	1.8%	5.4%	3.8%	14.3%
	Student	Count	3	9	12	19	13	56
		%	0.8%	2.3%	3.1%	4.8%	3.3%	14.3%
Total		Count	23	48	72	131	118	392
		%	5.9%	12.2%	18.4%	33.4%	30.1%	100.0%

The teaching community strongly agree that the current educational system makes them financially competent as revealed in Table-16 and Figure-13, at the same time, self-employed and salaried are also agree with this. The table also shows that 17 percent of advocates in their own profession and more than 16 percent of students out of all students disagree that current education system is not making them financially competent as this shows that students have doubt for their future in this education system.

Figure 13 Relationship between Occupation and the Current Educational System
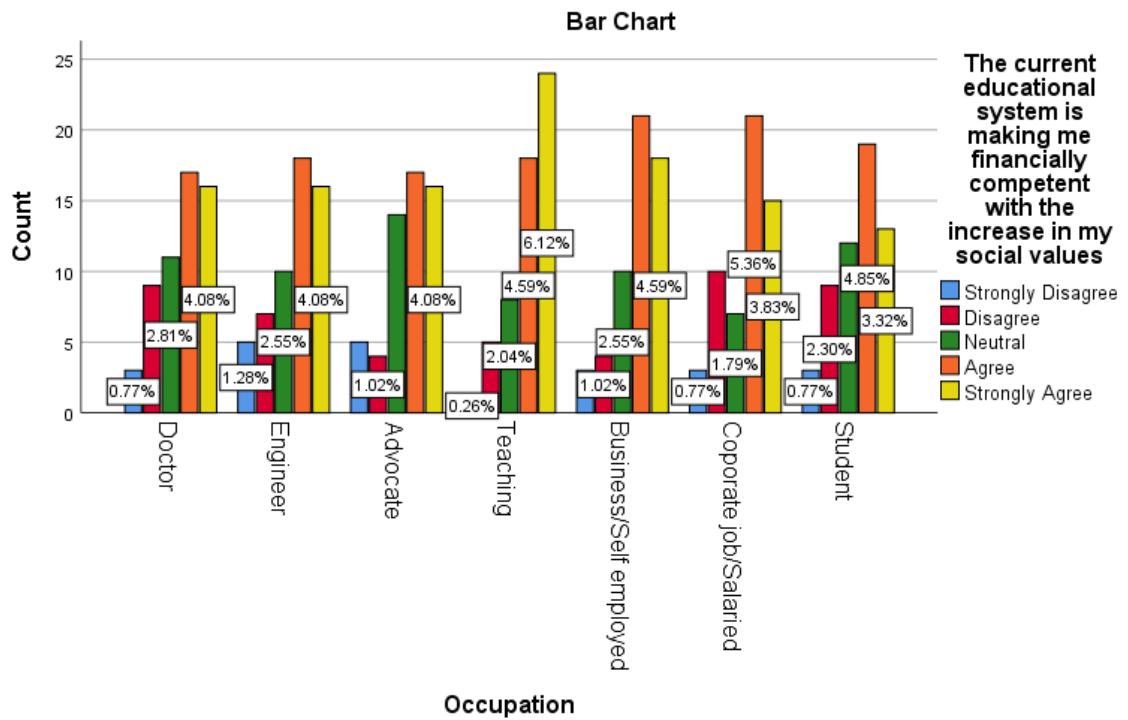
5.4. Income Group-wise Analysis of Happiness in Rajasthan

Table 17 Relationship between Income Group and Physical Exercises

			Physical Exercises keep me happy					
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Income Group in Rupees	Upto Rs. 2 Lacs	Count	3	12	24	26	33	98
		%	0.8%	3.1%	6.1%	6.6%	8.4%	25.0%
	Rs. 2 Lacs to 4 Lacs	Count	9	12	17	28	27	93
		%	2.3%	3.1%	4.3%	7.1%	6.9%	23.7%
	Rs. 4 Lacs to 5 Lacs	Count	4	7	8	41	35	95
		%	1.0%	1.8%	2.0%	10.5%	8.9%	24.2%
	Above Rs. 5 Lacs	Count	1	8	21	39	37	106
		%	0.3%	2.0%	5.4%	9.9%	9.4%	27.0%
Total		Count	17	39	70	134	132	392
		%	4.3%	9.9%	17.9%	34.2%	33.7%	100.0%

Figure 14 Relationship between Income Group and Physical Exercises
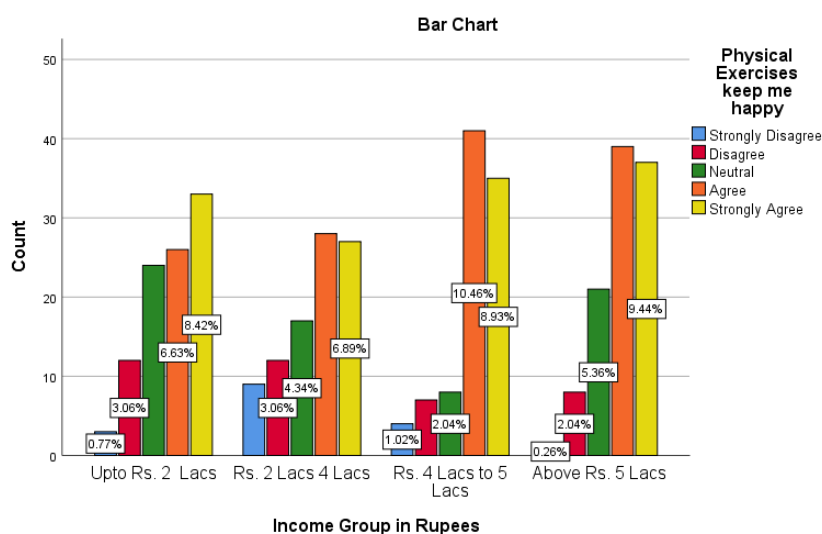
As income rises physical exercise become more attractive as defined in Table-17 and Figure-14 that higher-income group persons accept that physical exercise gives them happiness, while people with lower income groups are found to less agree with this. The reason may be people with higher income group has less time for leisure, focused, always busy with work, so to keep them fit, they tend to follow a regime of doing the

physical exercise that keeps them fit and happy. This table also shows that 9 percent of people in lower income group strongly disagree that they get sound sleep.

Table 18 Relationship between Income Group and Sound Sleep

			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Income Group in Rupees	Upto Rs. 2 Lacs	Count	2	12	24	30	30	98
		%	0.5%	3.1%	6.1%	7.7%	7.7%	25.0%
	Rs. 2 Lacs 4 Lacs	Count	7	12	17	31	26	93
		%	1.8%	3.1%	4.3%	7.9%	6.6%	23.7%
	Rs. 4 Lacs to 5 Lacs	Count	4	12	10	37	32	95
		%	1.0%	3.1%	2.6%	9.4%	8.2%	24.2%
	Above Rs. 5 Lacs	Count	3	11	20	35	37	106
		%	0.8%	2.8%	5.1%	8.9%	9.4%	27.0%
Total		Count	16	47	71	133	125	392
		%	4.1%	12.0%	18.1%	33.9%	31.9%	100.0%

Figure 15 Relationship between Income Group and Sound Sleep
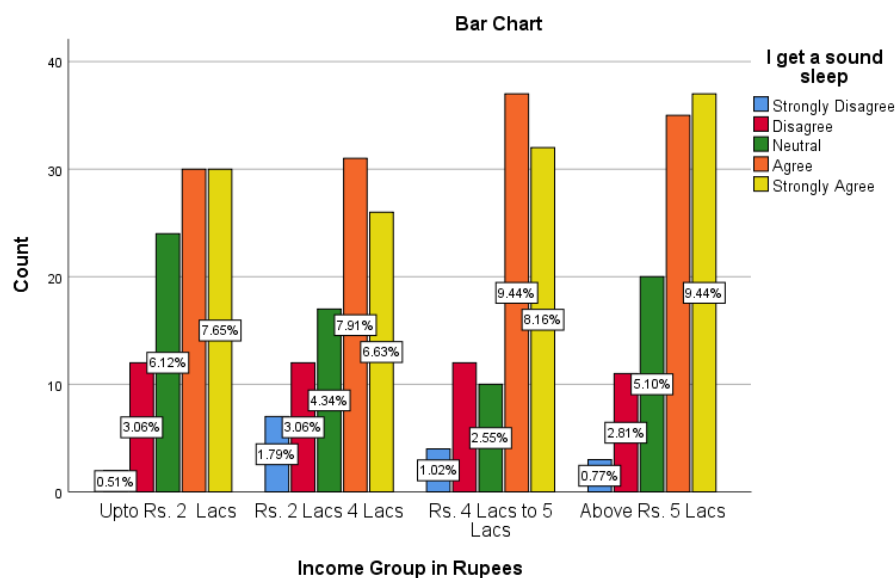
Income plays a key role for sound sleep as clear from Table-18 and Figure-15 that people with the higher-income group are more strongly agree that they get sound sleep than the people with the lower lower-income group. This table also shows that 30 percent people in lower income group strongly agree and this ration is increasing in higher income group as 34 percent people strongly agree that they get sound sleep.

Table 19 Relationship between Income Group and Depression

			Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total
					I feel depressed			
Income Group in Rupees	Upto Rs. 2 Lacs	Count	5	12	20	36	25	98
		%	1.3%	3.1%	5.1%	9.2%	6.4%	25.0%
	Rs. 2 Lacs 4 Lacs	Count	4	6	19	31	33	93
		%	1.0%	1.5%	4.8%	7.9%	8.4%	23.7%
	Rs. 4 Lacs to 5 Lacs	Count	6	17	9	36	27	95
		%	1.5%	4.3%	2.3%	9.2%	6.9%	24.2%
	Above Rs. 5 Lacs	Count	8	13	24	28	33	106
		%	2.0%	3.3%	6.1%	7.1%	8.4%	27.0%
Total		Count	23	48	72	131	118	392
		%	5.9%	12.2%	18.4%	33.4%	30.1%	100.0%

Figure 16 Relationship between Income Group and Depression
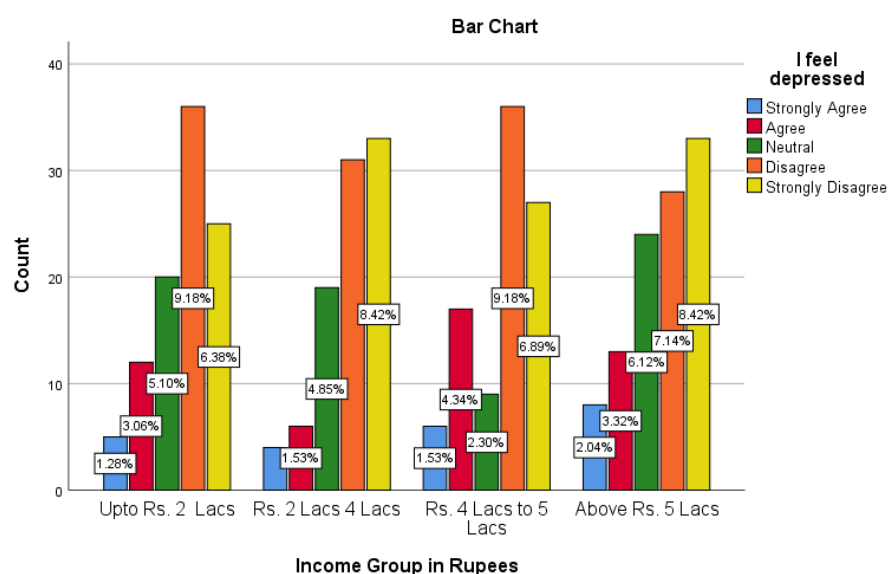
Depression is an important part for higher income group than lower income group as found in Table-19 and Figure-16 that people with the both income group are found with somewhere on depression. This table also shows that more than 7 percent of people in higher income group agree that they feel depressed and 22 percent of people in higher income group is neutral this shows their concern regarding view on depression.

Table 20 Relationship between Income Group and Family Life

			I have a happy family life					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Income Group in Rupees	Upto Rs. 2 Lacs	Count	0	7	13	24	54	98
		%	0.0%	1.8%	3.3%	6.1%	13.8%	25.0%
	Rs. 2 Lacs 4 Lacs	Count	2	7	13	31	40	93
		%	0.5%	1.8%	3.3%	7.9%	10.2%	23.7%
	Rs. 4 Lacs to 5 Lacs	Count	3	6	6	35	45	95
		%	0.8%	1.5%	1.5%	8.9%	11.5%	24.2%
	Above Rs. 5 Lacs	Count	1	8	13	26	58	106
		%	0.3%	2.0%	3.3%	6.6%	14.8%	27.0%
Total		Count	6	28	45	116	197	392
		%	1.5%	7.1%	11.5%	29.6%	50.3%	100.0%

Figure 17 Relationship between Income Group and Family Life
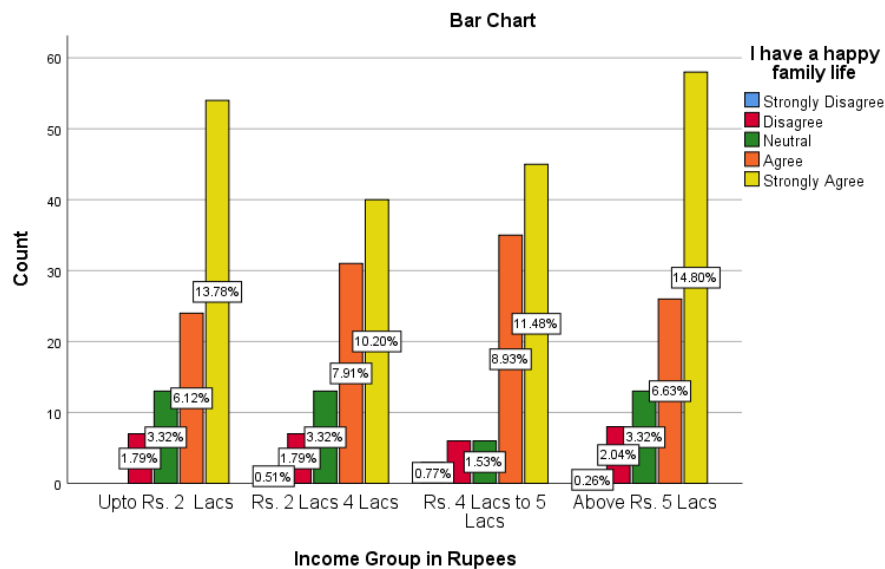
Middle class are neutral in terms of family well-being rather than upper income group as shown in Table-20 and Figure-17 that people with the higher-income group are found to live a happy life than people with the lower-income group, which shows families with higher income group are happier. Money may be a reason behind this.

Table 21 Relationship with Income Group and Satisfaction with the efforts of the Government towards a Sustainable Environment

			I am not satisfied with the efforts of the Government towards sustainable environment					Total
			Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Income Group in Rupees	Upto Rs. 2 Lacs	Count	3	7	18	28	42	98
		%	0.8%	1.8%	4.6%	7.1%	10.7%	25.0%
	Rs. 2 Lacs 4 Lacs	Count	7	7	16	34	29	93
		%	1.8%	1.8%	4.1%	8.7%	7.4%	23.7%
	Rs. 4 Lacs to 5 Lacs	Count	2	7	7	44	35	95
		%	0.5%	1.8%	1.8%	11.2%	8.9%	24.2%
	Above Rs. 5 Lacs	Count	1	8	19	40	38	106
		%	0.3%	2.0%	4.8%	10.2%	9.7%	27.0%
Total		Count	13	29	60	146	144	392
		%	3.3%	7.4%	15.3%	37.2%	36.7%	100.0%

Figure 18 Relationship with Income Group and People Satisfaction with the efforts of the Government towards a Sustainable Environment
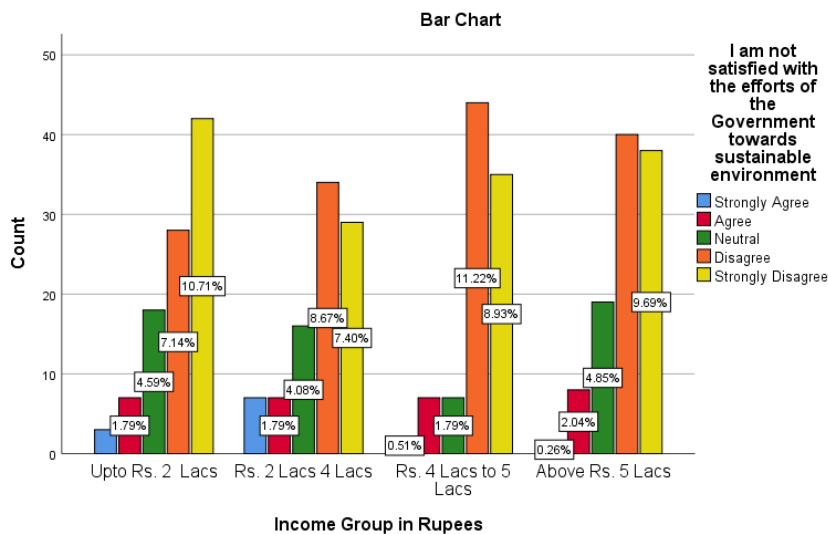
Middle class is not much satisfied with government efforts towards sustainable environment as explained in Table-21 and Figure-18 that as income increases, a sense of satisfaction also increases towards government efforts. The table also shows that 7 percent people in middle class income group are not much satisfied, on the other hand

more than 7 percent people in income group of 4 to 5 lakh rupees are neutral that shows their concern regarding it.

Table 22 Relationship between Income Group and Government Policies towards the Standard of Living

			Government policies are helpful in increasing my standard of living					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Income Group in Rupees	Upto Rs. 2 Lacs	Count	0	7	13	24	54	98
		%	0.0%	1.8%	3.3%	6.1%	13.8%	25.0%
	Rs. 2 Lacs 4 Lacs	Count	2	7	13	31	40	93
		%	0.5%	1.8%	3.3%	7.9%	10.2%	23.7%
	Rs. 4 Lacs to 5 Lacs	Count	3	6	6	35	45	95
		%	0.8%	1.5%	1.5%	8.9%	11.5%	24.2%
	Above Rs. 5 Lacs	Count	1	8	13	26	58	106
		%	0.3%	2.0%	3.3%	6.6%	14.8%	27.0%
Total		Count	6	28	45	116	197	392
		%	1.5%	7.1%	11.5%	29.6%	50.3%	100.0%

Figure 19 Relationship between Income Group and Government Policies towards the Standard of Living
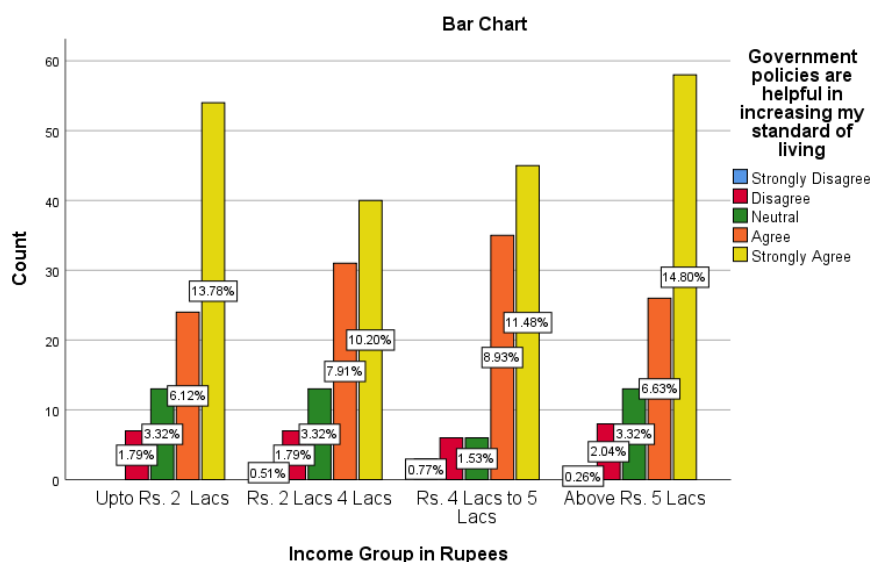
Lower income group are in favour of government policies as found from Table-22 and Figure-19 that no one from lower income group is disagree that government policies are not helpful in increase their standard of living. This table shows that middle class is somewhere satisfied with it. Although 6 percent people from 4 to 5 lakh Rs. Income

group are still neutral with it; however, we can find that as income rises the sense of satisfaction towards government policies are rises.

5.5. Gender-wise Analysis of Happiness in Rajasthan

Table 23 Relationship between Gender and physical Exercise

			Physical Exercises keep me happy					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Gender	Female	Count	9	21	43	61	62	196
		%	2.3%	5.4%	11.0%	15.6%	15.8%	50.0%
	Male	Count	8	18	27	73	70	196
		%	2.0%	4.6%	6.9%	18.6%	17.9%	50.0%
Total		Count	17	39	70	134	132	392
		%	4.3%	9.9%	17.9%	34.2%	33.7%	100.0%

Figure 20 Relationship between Gender and physical Exercise
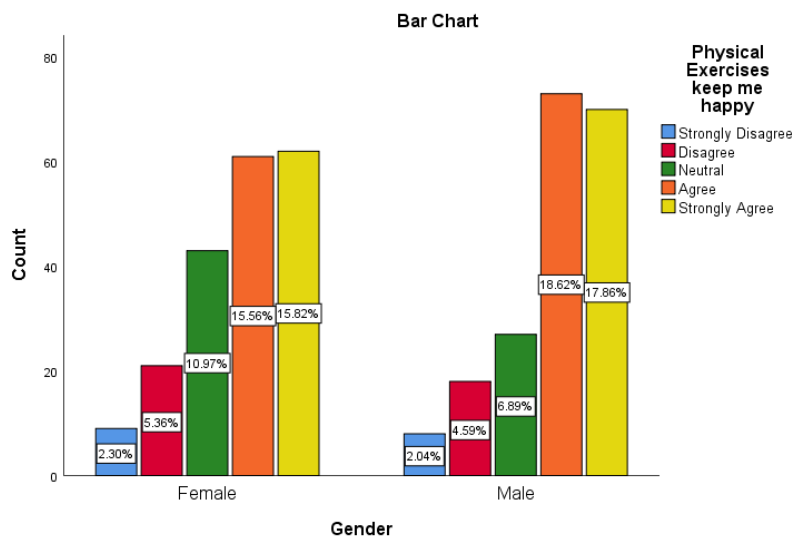
Females exhibit lower levels of physical exercise performance than males. It seems that gender factor motivates people differently (Kubaisy, 2015). The same findings indicated in Table-23 and Figure-20 that male is seen happier than females when it comes to physical exercise. Here 36.48 percent of males have agreed with the statement

that physical exercises keep me happy that is somehow more as we compare to females. This table shows that more than 21 percent females are neutral on that shows their concern regarding not happy.

Table 24 Relationship between Gender and Sound Sleep

			I get a sound sleep					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Gender	Female	Count	8	29	38	63	58	196
		%	2.0%	7.4%	9.7%	16.1%	14.8%	50.0%
	Male	Count	8	18	33	70	67	196
		%	2.0%	4.6%	8.4%	17.9%	17.1%	50.0%
Total		Count	16	47	71	133	125	392
		%	4.1%	12.0%	18.1%	33.9%	31.9%	100.0%

Figure 21 Relationship between Gender and Sound Sleep
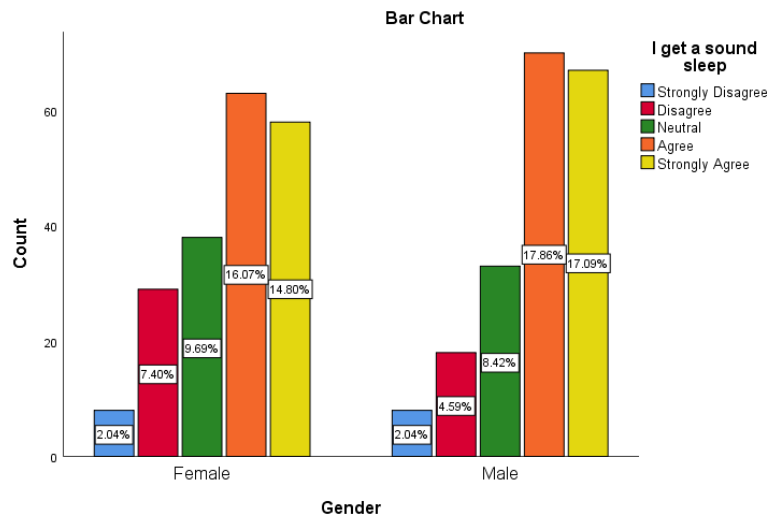
Regarding the sleep variable, women had reduced total sleep-in comparison with Men as they had a significantly higher percentage of sleep than women (Zimberg, 2011). The same finding is found in Table-24 and Figure-21 that males are strongly agreed that they get sound sleep than females. This table also shows that even a small part of

9 percent of males also disagree somewhere that they don't get sound sleep. The burden of household work and other responsibilities may be amongst the reason for less sound sleep for females.

Table 25 Relationship between Gender and Depression

			I feel depressed					Total
			Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Gender	Female	Count	16	23	42	63	52	196
		%	4.1%	5.9%	10.7%	16.1%	13.3%	50.0%
	Male	Count	7	25	30	68	66	196
		%	1.8%	6.4%	7.7%	17.3%	16.8%	50.0%
Total		Count	23	48	72	131	118	392
		%	5.9%	12.2%	18.4%	33.4%	30.1%	100.0%

Figure 22 Relationship between Gender and Depression
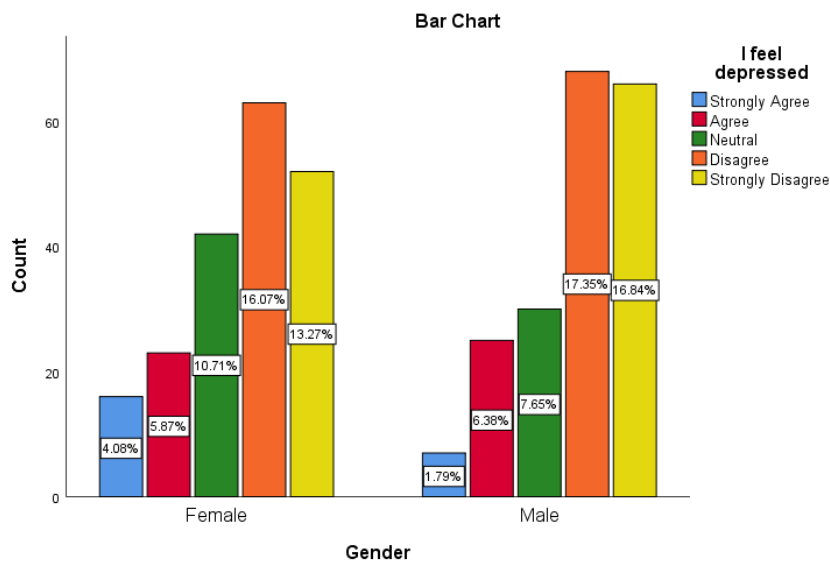
Depression is a prevalent mental illness that seriously affects physical and mental health (Krishnan, 2008). Women are more likely to suffer from depression (young, 1990). Basically, depression is affected by different hereditary, environmental and other risk factors (Duman, 2016). As explained in Table-22 and Figure-22 that the level of depression is found more in females than males, although 4 percent of male also

somewhere agree that they feel depressed. This directly affects the level of happiness among them.

Table 26 Relationship between Gender and Laughter

			I laugh a lot					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Gender	Female	Count	6	13	37	68	72	196
		%	1.5%	3.3%	9.4%	17.3%	18.4%	50.0%
	Male	Count	7	16	23	78	72	196
		%	1.8%	4.1%	5.9%	19.9%	18.4%	50.0%
Total		Count	13	29	60	146	144	392
		%	3.3%	7.4%	15.3%	37.2%	36.7%	100.0%

Figure 23 Relationship between Gender and Laughter
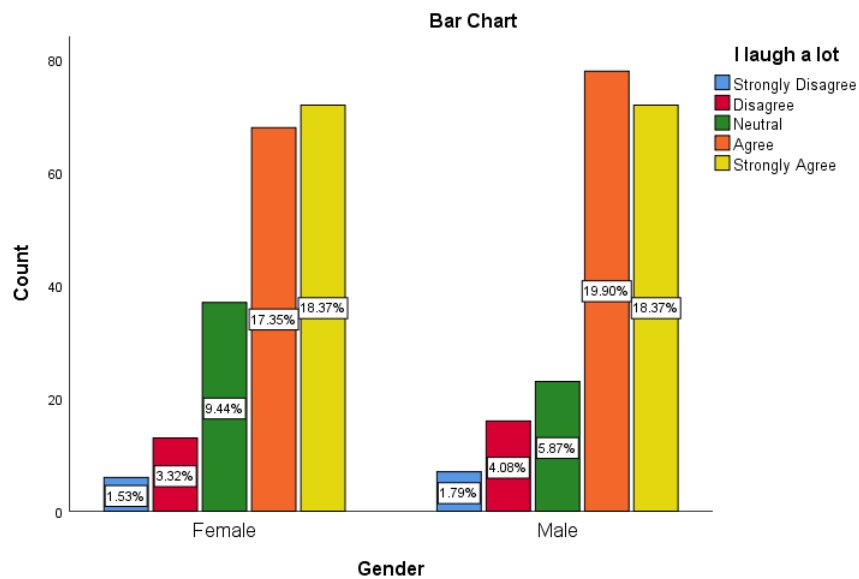
Men and women share much of the same laughter system; both use to a similar degree the part of the brain responsible for semantic knowledge and the part involved in language processing (Brandt, 2007). This table shows that on a wider level both are same while males are slightly full of laughter as 18 percent females in comparison to 11 percent males are neutral in laughter that shows a lot. As found in Table-26 and

133

Figure-23 that males strongly agree that they laugh a lot than females. This indicates that males are happier here. Laughing a lot not only makes healthier, release tension but also boosts the immune system.

Table 27 Relationship between Gender and Social Participation

			Social participation gives me sense of joy					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Gender	Female	Count	8	19	33	68	68	196
		%	2.0%	4.8%	8.4%	17.3%	17.3%	50.0%
	Male	Count	6	19	23	75	73	196
		%	1.5%	4.8%	5.9%	19.1%	18.6%	50.0%
Total		Count	14	38	56	143	141	392
		%	3.6%	9.7%	14.3%	36.5%	36.0%	100.0%

Figure 24 Relationship between Gender and Social Participation
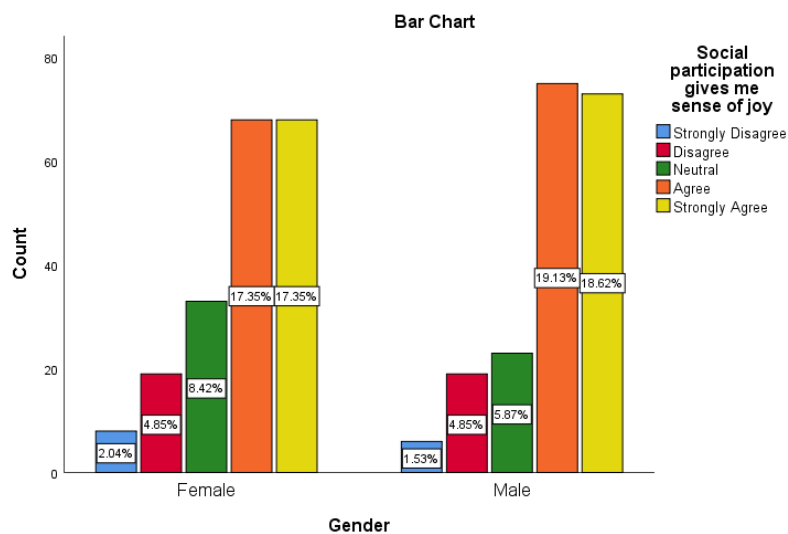
Males are more willingly admit that they find more sense of joy in social participation than females as indicated in Table-27 and Figure-24. Social participation gives more joy to males, brings happiness as it gives them more exposure to the world, society, thoughts and other things.

Table 28 Relationship between Gender and Social networking Sites/Apps

			Social networking sites/apps always provides me happiness					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Gender	Female	Count	4	14	37	70	71	196
		%	1.0%	3.6%	9.4%	17.9%	18.1%	50.0%
	Male	Count	2	8	27	81	78	196
		%	0.5%	2.0%	6.9%	20.7%	19.9%	50.0%
Total		Count	6	22	64	151	149	392
		%	1.5%	5.6%	16.3%	38.5%	38.0%	100.0%

Figure 25 Relationship between Gender and Social networking Sites/Apps
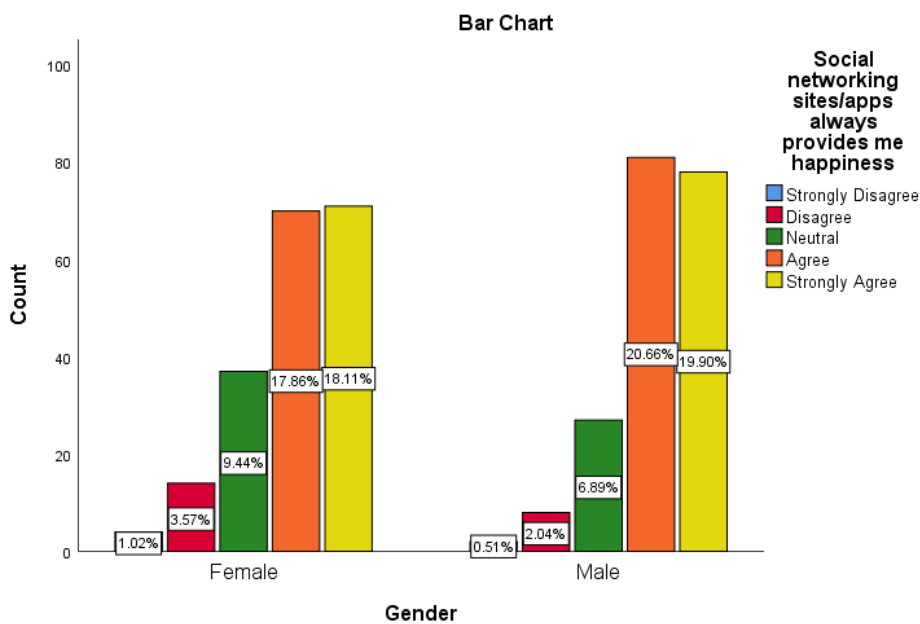
Males are more addicted to social media than females to social media networks (Alnjadat, 2019). As shown in Table-28 and Figure-25 that males strongly agree that social networking sites/apps give them more happiness than females. The use of various informative, educative and entertainment contents not only save time but also release tension, makes laugh, create an atmosphere of exuberance. While females are less agreed because of some responsibility, identity threat issues etc.

Table 29 Relationship between Gender and Current Educational System

| | | | The current educational system is making me financially competent with the increase in my social values | | | | | Total |
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Gender	Female	Count	19	17	36	63	61	196
		%	4.8%	4.3%	9.2%	16.1%	15.6%	50.0%
	Male	Count	4	31	36	68	57	196
		%	1.0%	7.9%	9.2%	17.3%	14.5%	50.0%
Total		Count	23	48	72	131	118	392
		%	5.9%	12.2%	18.4%	33.4%	30.1%	100.0%

Figure 26 Relation between Gender and Current Educational System
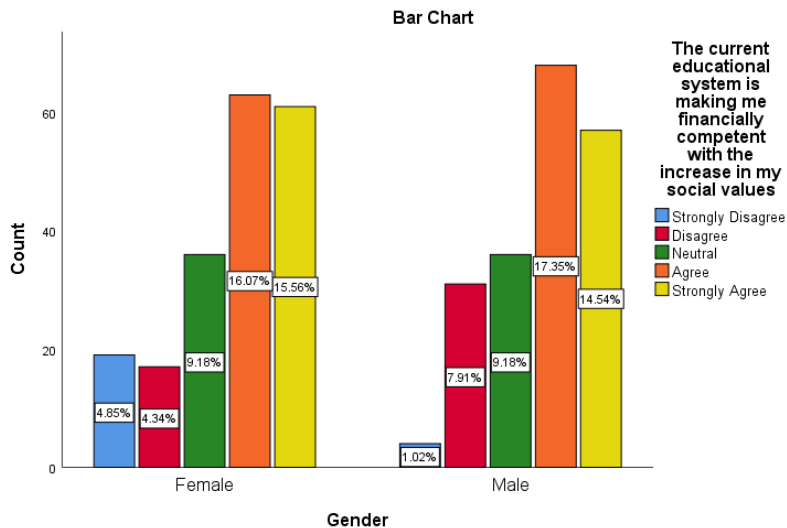
Females are less agreed that with current education system as 9 percent of them are strongly disagree with the statement than males as found in Table-29 and Figure-26, the unavailability of job and unemployment may be issue behind it. While Males are more agree than females that the current educational system is making me financially competent with the increase in my social values. One with financially competency and more social value is somehow happier. The availably of worldwide exposure towards financial competency, the vividness nature of the education system such as online courses, internships and doing by earning process provides endless tools for becoming

financially competent with the increase in social values. This leads to a high level of happiness among them.

Table 30 Relationship between Gender and Satisfaction with Government Efforts towards a Sustainable Environment

			I am not satisfied with the efforts of the Government towards sustainable environment					Total
			Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Gender	Female	Count	5	12	20	70	89	196
		%	1.3%	3.1%	5.1%	17.9%	22.7%	50.0%
	Male	Count	8	17	40	76	55	196
		%	2.0%	4.3%	10.2%	19..4%	14.0%	50.0%
Total		Count	13	29	60	146	144	392
		%	3.3%	7.4%	15.3%	37.2%	36.7%	100.0%

Figure 27 Relationship between Gender and Satisfaction with Government Efforts towards a Sustainable Environment
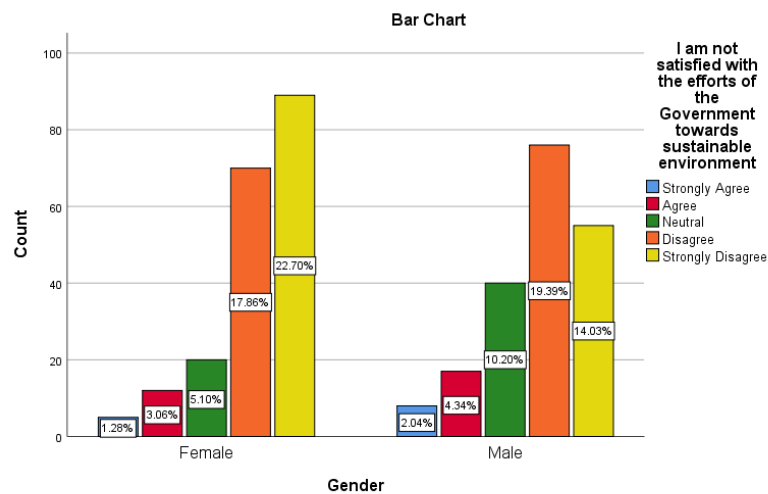
Females are somehow more agreed than males that they are satisfied with the government efforts towards a sustainable environment as explained in Table-30 and Figure-27. This table shows that 45 percent of females are strongly disagree in female community that shows that how satisfy they are with government efforts. While The incompetent industrial working environment, the lack of proper initiatives of the government to tackle environmental degradation, the illegal activities towards mineral,

forest wealth degrade the environment and this is somehow directly or indirectly affecting working, health level and thus affecting happiness. The environment is facing continuous degradation and concern over it in terms of loss of biodiversity affects happiness. Government needs to do effort in this direction. These are reason behind males are disagree.

Table 31 Relationship between Gender and Green Environment, Cleanliness

			Green environment, cleanliness keeps me happy					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Gender	Female	Count	5	14	18	70	89	196
		%	1.3%	3.6%	4.6%	17.9%	22.7%	50.0%
	Male	Count	9	24	38	73	52	196
		%	2.3%	6.1%	9.7%	18.6%	13.3%	50.0%
Total		Count	14	38	56	143	141	392
		%	3.6%	9.7%	14.3%	36.5%	36.0%	100.0%

Figure 28 Relationship between Gender and Green Environment, Cleanliness
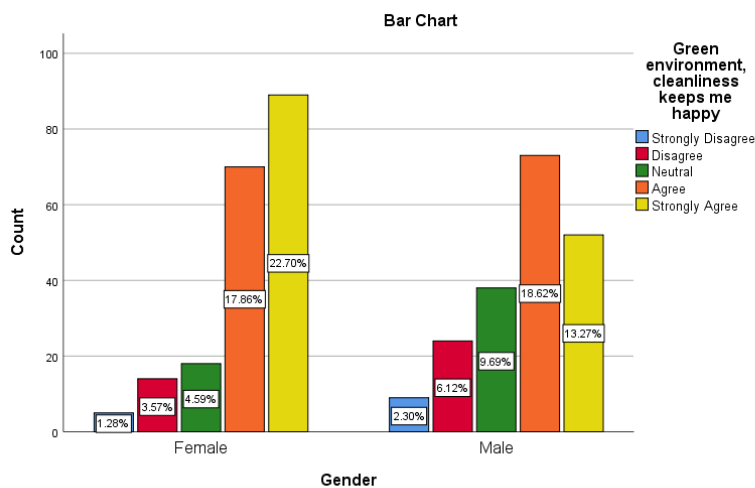
Green environment, cleanness always enhances happiness. Females are strongly agreed that a green environment and cleanliness makes them happier than males as found in Table-31 and Figure-28, while 26 percent of males in male community are not agree with it. A good climate, a green environment, and cleanliness always play a vital role

in one's daily life that affect not only health but also mental state. The healthier green environment one finds nearby, this somehow increase happiness.

5.6. Marital Status-wise Analysis of Happiness in Rajasthan

Table 32 Relationship between Marital Status and Physical Exercises

			Physical Exercises keep me happy					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Marital Status	Married	Count	1	4	39	76	76	196
		%	0.3%	1.0%	9.9%	19.4%	19.4%	50.0%
	Single	Count	16	35	31	58	56	196
		%	4.1%	8.9%	7.9%	14.8%	14.3%	50.0%
Total		Count	17	39	70	134	132	392
		%	4.3%	9.9%	17.9%	34.2%	33.7%	100.0%

Figure 29 Relationship between Marital Status and Physical Exercises
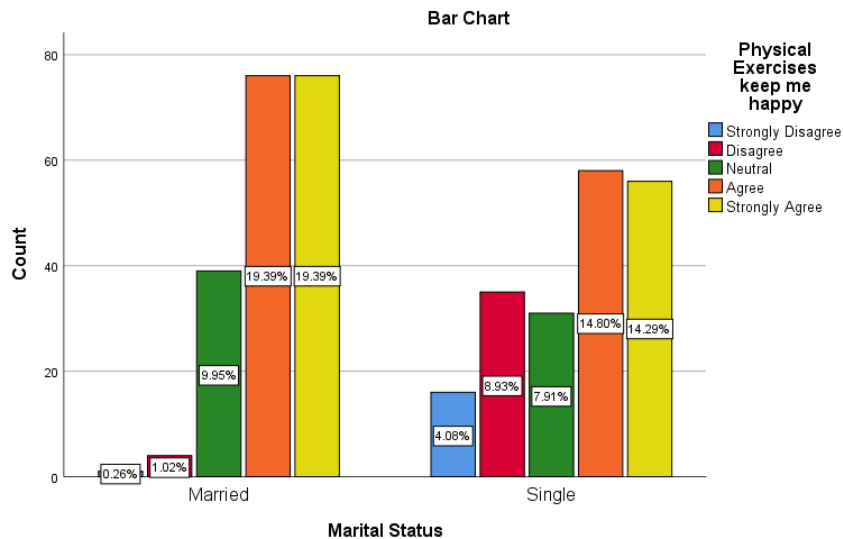
Married are reported higher levels of physical exercise (Pettee, 2006) as represented in Table-32 and Figure-29 that 38 percent of married in married community strongly accepts that physical exercises keep them happy than singles. It shows higher happiness

of married than singles. This table also shows that 8 percent of singles in singles community are strongly disagree with that.

Table 33 Relationship between Marital Status and Sound Sleep

| | | | \multicolumn{5}{c|}{I get a sound sleep} | Total |
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Marital Status	Married	Count	4	7	38	75	72	196
		%	1.0%	1.8%	9.7%	19.1%	18.4%	50.0%
	Single	Count	12	40	33	58	53	196
		%	3.1%	10.2%	8.4%	14.8%	13.5%	50.0%
Total		Count	16	47	71	133	125	392
		%	4.1%	12.0%	18.1%	33.9%	31.9%	100.0%

Figure 30 Relationship between Marital Status and Sound Sleep
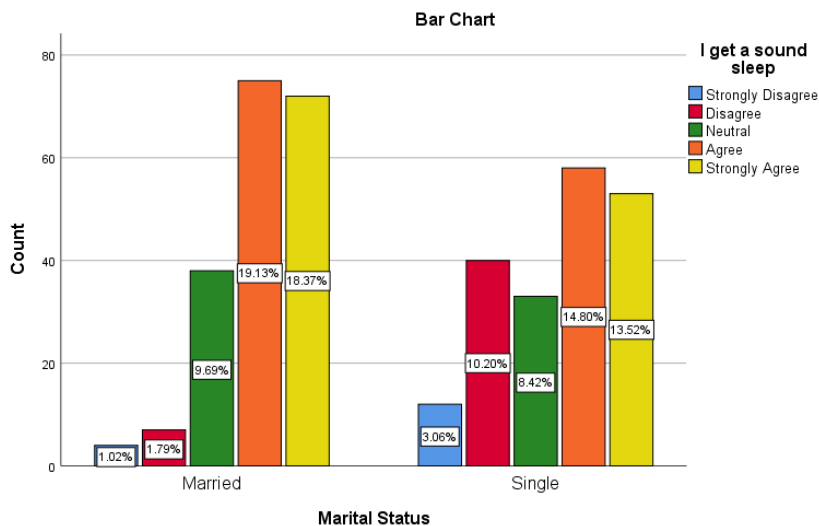
Sound Sleep is a restorative behavior essential for health and happiness. married is more willingly strongly agree that they get a sound sleep than singles as found in Table-34 and Figure-30. Sound sleep is among one of the purely healthy benefits. A sound sleeps not only decreases the tendency of depression and the stress level of the brain but also it increases the level of happiness. This table shows that 6 percent of singles in single community strongly disagree with sound sleep.

Table 34 Relationship between Marital Status and Social Participation

			Social participation gives me sense of joy					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Marital Status	Married	Count	6	10	29	75	76	196
		%	1.5%	2.6%	7.4%	19.1%	19.4%	50.0%
	Single	Count	8	28	27	68	65	196
		%	2.0%	7.1%	6.9%	17.3%	16.6%	50.0%
Total		Count	14	38	56	143	141	392
		%	3.6%	9.7%	14.3%	36.5%	36.0%	100.0%

Figure 31 Relationship between Marital Status and Social Participation
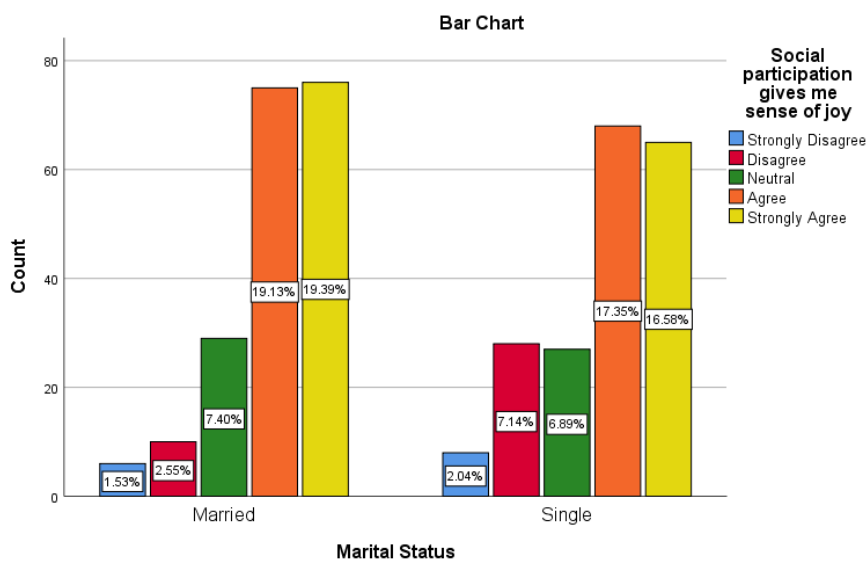
Social participation somehow plays a crucial factor in promoting happiness. Married are more willingly strongly agree that social participation gives them a sense of joy more than singles as clearly represented in Table-34 and Figure-31. Singles with 15 percent in singles community disagree that social participation gives them sense of joy. Various events, family engagements, social engagements give a sense of joy and create exposure that somehow leads to a sense of joy and enhances one's happiness.

Table 35 Relationship between Marital Status and the Current Educational System

			The current educational system is making me financially competent with the increase in my social values					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Marital Status	Married	Count	13	20	38	63	62	196
		%	3.3%	5.1%	9.7%	16.1%	15.8%	50.0%
	Single	Count	10	28	34	68	56	196
		%	2.6%	7.1%	8.7%	17.3%	14.3%	50.0%
Total		Count	23	48	72	131	118	392
		%	5.9%	12.2%	18.4%	33.4%	30.1%	100.0%

Figure 32 Relationship between Marital Status and the Current Educational System
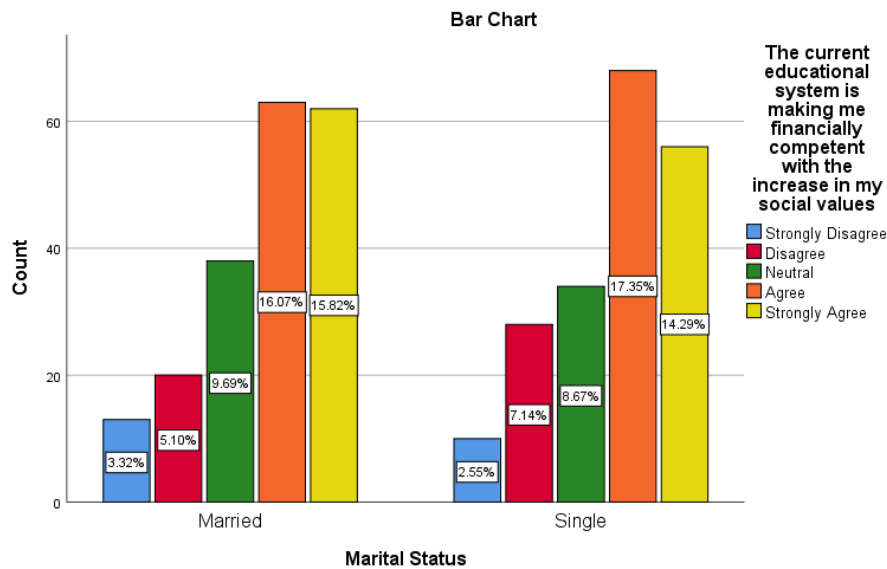
Both shares almost same opinion as stated in Table-36 and Figure-32 that both are at same level of agree and disagree on that the current educational system is making them financially competent that increase their social values. Both have their own reasons, although singles are a bit more agree with this.

Table 36 Relationship between Marital Status and Green Environment, Cleanliness

			Green environment, cleanliness keeps me happy					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Marital Status	Married	Count	3	12	27	78	76	196
		%	0.8%	3.1%	6.9%	19.9%	19.4%	50.0%
	Single	Count	11	26	29	65	65	196
		%	2.8%	6.6%	7.4%	16.6%	16.6%	50.0%
Total		Count	14	38	56	143	141	392
		%	3.6%	9.7%	14.3%	36.5%	36.0%	100.0%

Figure 33 Relationship between Marital Status and Green Environment, Cleanliness
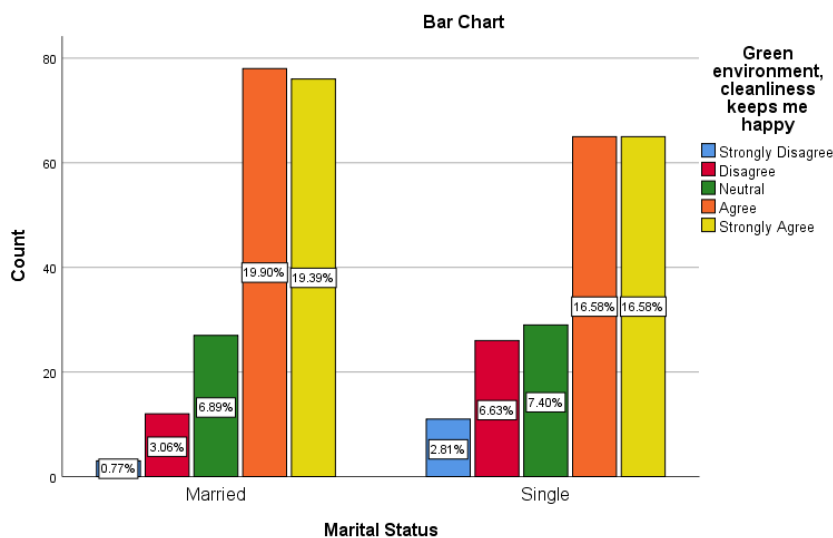
Singles do not give much importance to cleanliness as found in Table-36 and Figure-33 that married are more strongly agree than singles that green environment and cleanliness keeps them happy. This table shows that a few singles also disagree that cleanliness does not keep them happy that's a concern. A married person usually looking for a home situates among a good environment for his and his family for his health walk and to enjoy the free time that means obviously a good environment gives him more relaxation and increases his happiness.

Table 37 Relationship between Marital Status and Government Policies towards the Standard of Living

			Government policies are helpful in increasing my standard of living					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Marital Status	Married	Count	2	8	20	58	108	196
		%	0.5%	2.0%	5.1%	14.8%	27.6%	50.0%
	Single	Count	4	20	25	58	89	196
		%	1.0%	5.1%	6.4%	14.8%	22.7%	50.0%
Total		Count	6	28	45	116	197	392
		%	1.5%	7.1%	11.5%	29.6%	50.3%	100.0%

Figure 34 Relationship between Marital Status and Government Policies towards the Standard of Living
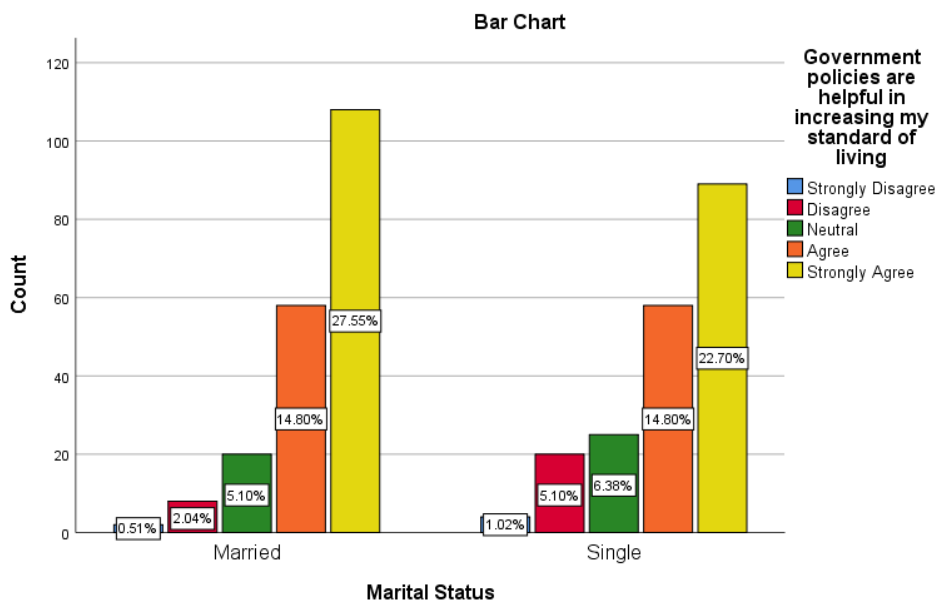
The Standard of Living is somehow key factor in living and government policies plays a key role towards that. Here married are more strongly agree than singles that government policies help increase my standard of living as seen in Table-37 and Figure-34, while singles are less agree with this. The various financial as well as social schemes are widely available with more lucrative benefits for married. Also, it gives more social security that somehow increases the level of joy and happiness.

5.7. Region-wise Analysis of Happiness in Rajasthan

Region, geography can have a major influence on happiness, the environment, location, productivity, resources etc. so many things play a crucial role to identify the happiness.

Table 38 Relationship between Region and Physical Exercises

			Physical Exercises keep me happy					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Region	Rural	Count	9	28	34	61	64	196
		%	2.3%	7.1%	8.7%	15.6%	16.3%	50.0%
	Urban	Count	8	11	36	73	68	196
		%	2.0%	2.8%	9.2%	18.6%	17.3%	50.0%
Total		Count	17	39	70	134	132	392
		%	4.3%	9.9%	17.9%	34.2%	33.7%	100.0%

Figure 35 Relationship between Region and Physical Exercises
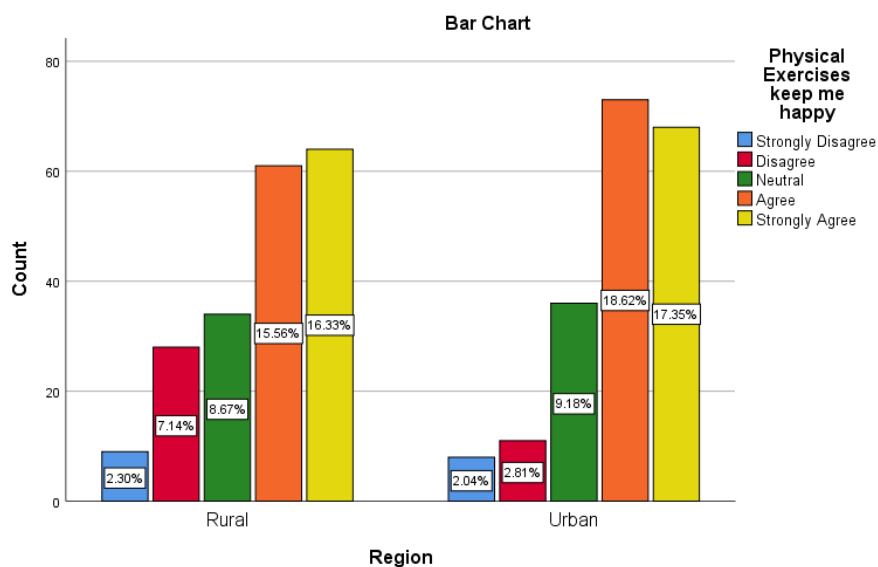
It is seen in Table-38 and Figure-35 that urban is more willingly strongly agree that Physical Exercises keep them happy than rural. The rural environment may be the reason behind this as they somehow don't need physical exercise, as most of their work is of physical type. In contrast, in urban reason, physical exercise is somehow best advisable in such an environment and lifestyle. This leads them towards a healthy and happy life.

Table 39 Relationship between Region and Social networking Sites/Apps

			Social networking sites/apps always provides me happiness					Total
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Region	Rural	Count	4	22	30	74	66	196
		%	1.0%	5.6%	7.7%	18.9%	16.8%	50.0%
	Urban	Count	2	0	34	77	83	196
		%	0.5%	0.0%	8.7%	19.6%	21.2%	50.0%
Total		Count	6	22	64	151	149	392
		%	1.5%	5.6%	16.3%	38.5%	38.0%	100.0%

Figure 36 Relationship between Region and Social networking Sites/Apps
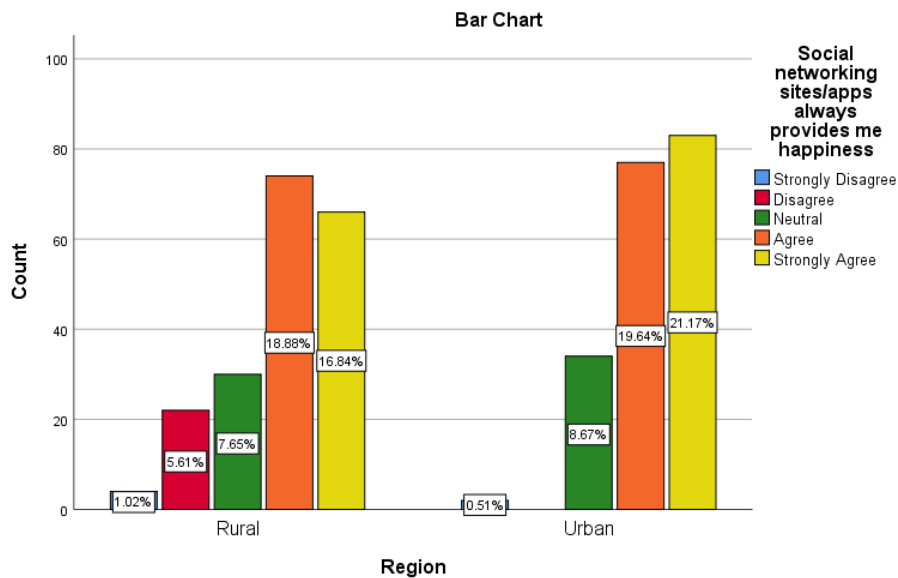
Urban is more attractive towards Social networking sites/apps as found in Table-39 and Figure-36. Urban strongly agrees that Social networking sites/apps always provide me happiness than urban. The table shows that not even a single person in urban area disagrees on this, while a few rurales are disagree on this. The kind of exposure and curiosity towards more unseen excitement of contents, culture and technology always excite that somehow brings more joy and happiness.

Table 40 Relationship between Region and the Current Educational System

			The current educational system is making me financially competent with the increase in my social values					
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Region	Rural	Count	12	24	39	68	53	196
		%	3.1%	6.1%	9.9%	17.3%	13.5%	50.0%
	Urban	Count	11	24	33	63	65	196
		%	2.8%	6.1%	8.4%	16.1%	16.6%	50.0%
Total		Count	23	48	72	131	118	392
		%	5.9%	12.2%	18.4%	33.4%	30.1%	100.0%

Figure 37 Relationship between Region and the Current Educational System
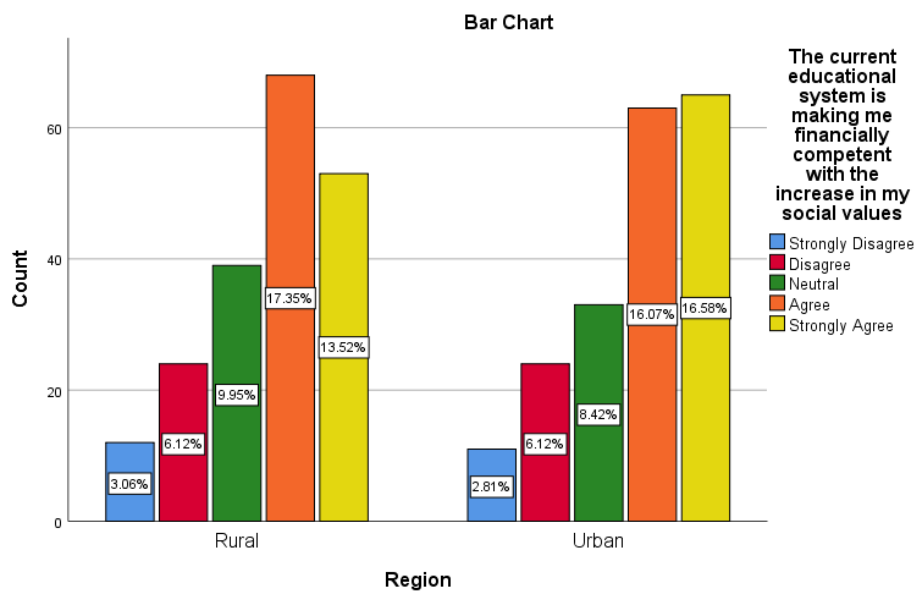
Both are having same opinion that the current educational system is making them financially competent with the increase in their social values as described in Table-40 and Figure-37. Urban and rural are somewhere equal, while urban are a bit more agree on this. The different type of training courses, seminars, technology-oriented education also various info on start-ups helps them towards becoming more financial competent that leads to happiness.

Table 41 Relationship between Region and Satisfaction with the Efforts of the Government towards a Sustainable Environment

			I am not satisfied with the efforts of the Government towards sustainable environment					Total
			Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Region	Rural	Count	9	21	27	69	70	196
		%	2.3%	5.4%	6.9%	17.6%	17.39%	50.0%
	Urban	Count	4	8	33	77	74	196
		%	1.0%	2.0%	8.4%	19.6%	18.9%	50.0%
Total		Count	13	29	60	146	144	392
		%	3.3%	7.4%	15.3%	37.2%	36.7%	100.0%

Figure 38 Relationship between Region and Satisfaction with the Efforts of the Government towards a Sustainable Environment
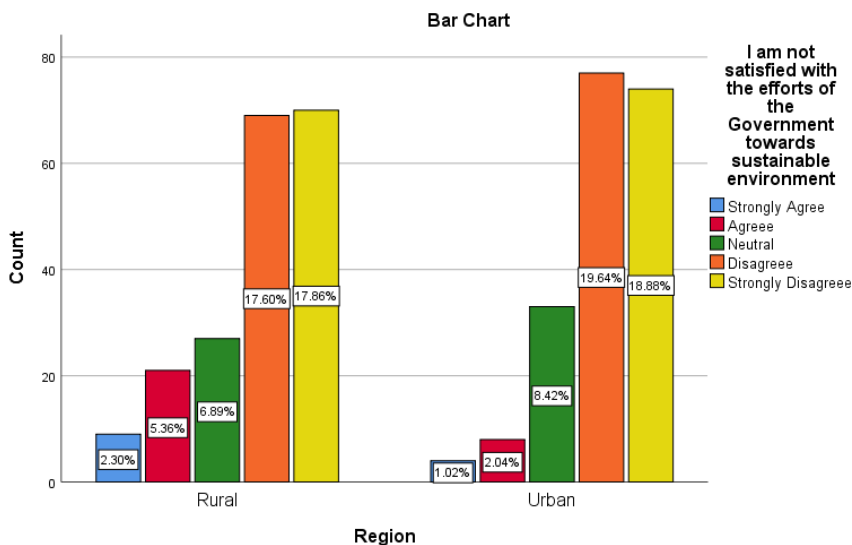
It is indicated in Table-41 and Graph-38 that urban and rural both are somehow same that they are satisfied with government efforts, yet rural are a less satisfied than urban as 10 percent of rural from rural community is almost agree that they are not satisfied. There is lots of degradation of biodiversity, the good efforts towards the environment

are still not satisfactory and degradation is still a serious issue that affects health and mental status. This may be a big issue that leads to unhappiness.

5.8. Conclusion

The perceived manifestation of the population of Rajasthan has been clearly found out in a survey that is done on the base of selected items that shows the happiness of people of a different occupation. At the same time, Teacher community found happier with respective reasons in comparison with other profession and same with a married person. The eagle view that is much necessary while making policies that those government policies should be reflective enough in such a manner that it should not only give a glimpse of its citizen's necessary requirement but also take feedback from them on periodical cycle. The consciousness of respondent is very much vibrant on different aspects, whether it on occupation, gender, marital status, income group or region basis.

CHAPTER-6: HAPPINESS INDICATORS AND PUBLIC POLICIES

6.1. Introduction

Development and advancement of initiatives to measure happiness and the availability of indicators is a crucial step towards creating a common awareness of what makes a happier life possible. However, providing such information on people's lives does not meet the vision to enhance policy delivery and decision-making. Daily evaluation of people's happiness data is somewhere also needed and it can in itself influence the policy. However, there is also a possibility that newly developed metrics could become 'just another report' rather than a reference to a substantial shift in policy implementation and framing. So, the role of the government in this is more significant. The policy period and the stages at which indicators should be used are often relevant. There are many ample ways through which indicators and evidence in more broad terms can shape the policy (Figure 39). Based on various policy cycles, we can distinguish the following stages: (Cairney, 2013)

Figure 39 The Policy Cycle
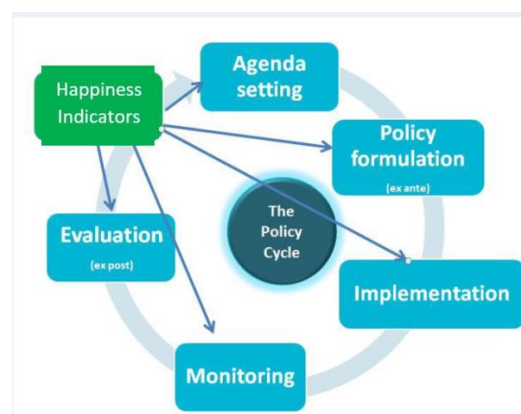
This explains the various contexts in which indicators of happiness can be used in the decision cycle at different levels, from selecting targets for implementation to the

evaluation of other strategies for achieving policy objectives. This is seen quite clearly through this figure and the explanation is given below.

6.1.1 Priority Setting.

Based on a detailed assessment of the current situation including available developments over time and other disparities, the policy objectives of the strategic assessment may contribute to the selection of areas that need government action and focus. Thus, the government may prioritise them and set an agenda. This stage involves national development institutions, parliaments, national legislatures, sometimes residents or institutions brings to the attention of policy-makers deficiencies in processes and outcomes.

6.1.2 Policy formulation

This level consists of the deeper inspection of the relevant policy alternatives, the assessment of their advantages, costs and usefulness. Finally, the compilation of the appropriate policy tools, designing, delivery of policy interventions, distribution of financial capital happens at this stage.

6.1.3. Implementation

This process includes policy initiatives and further development of projects by the government bodies responsible for the implementation of the services.

6.1.4 Monitoring

A crucial step in the assessment of policy impacts is to track policy initiatives before and after the implementation period. Such control includes taking stock of inputs used for policy action, producing and observing outputs.

6.1.5. Evaluation

This aspect of the procedure includes an evaluation of the effects of the policy intervention according to their priorities, a recommendation on the continuity, reformulation or termination of the policy. This stage of policymaking can include the appropriate national planning department and various possible stakeholders.

Many indices of happiness have now played a role in politics in a few countries and these indicators are used in the policy period. Educational success, earnings, employment, health conditions and availability of accommodation are also supervised very closely by ministries with related roles in these fields. Then, why and how is it different when the strategy is approached from the prism of happiness? How will the decision making be more substantial and different? Some of the promising added benefits of considering indices of happiness in a policy sense are included here.

- ✓ **Providing a broader, complete, and more comprehensible picture** and to draw attention to consequences that are important to people's quality of life, working conditions. Generally, it's not considered in routine policy analysis.

- ✓ **Supporting the crucial alignment of outcomes across government**. Cohesion and coordination through government are required in this policy period. Government organisations typically focus on the outputs and services for which they are directly responsible. For example, justice and crime departments tend to rely on the immediate effect of their decisions on the implementation of protective policies and the prevention of crime while determining goals, despite the various unexpected outcomes. The spill-overs exist in nearly all policy fields.

By agreeing on an explicit set of consequences to be weighed, mechanisms for assessing people's satisfaction can encourage coherence and continuity through government and offer a common dialect for departments to measure these outcomes. In addition, the unification of the systems of happiness can conceivably establish relations between agencies and the government to strengthen collaboration and dialogue. It can also promote roles across various layers of stakeholder groups and administration. Coordination between strategies may also be improved.

- ✓ **Considering both resources for tomorrow and happiness outcomes today**. A key criticism of GDP is that it fails to take sustainability into consideration, both in terms of whether the development is sustainable or whether economic growth is sustainable over time – i.e. without social and environmental consequences that outweigh the overall socioeconomic gains of growth and may threaten the durability of that growth in the future. The ecological, economic and social coverage of happiness measures is a key benefit. In addition, certain methods of measuring happiness involve forward-looking aspects such as metrics that span the human economy.

- ✓ **Promoting evaluation of the impact of policy programmes on people's lives**. If different government agencies could be inspired to consider a larger variety of happiness results and consequences, this would have the potential to help make policy trade-offs, spill-overs more easily defined and more specific. Successful and productive governance is enabled by a high degree of accountability, as well as the possibility of feedback loops, policy refinement and adaptation. These are

important contributions to the strategic priority setting; they also provide a clear framework for evaluating ex-post policy initiatives. Happiness mechanisms can form the basis for transparency and input for government agencies. Ex post-policy assessment can lead to greater accountability for a larger variety of results than previously thought. The consensus on metrics and dimensions that represent people's satisfaction can also streamline external transparency mechanisms, such as auditing institutions, civil society and legislative scrutiny by establishing a common dialect and consenting on calculated outcomes.

✓ **Promoting and support public debate**. This allows a discussion based on an essentially shared idea of what makes a good life among all parties, civil society, leaders, industries and decision-makers.

6.2. Happiness in policy initiatives in India:

It's clearly an indication of the growth that Ideas do play somehow an important role in informing policies. India is an ancient civilization and a great reservoir of the world's major religions, cultures and environmental heritage. Presently a few key initiatives are being taken towards the happiness movement that is somehow manifesting in perceived consciousness of various policies by the government of India.

✓ Meghalaya government adopted happiness policy in its vision document for (Meghalaya 2030) to proposed the development strategy road (2021-2025) to foster various sectors like human developments, health sectors, digital and social infrastructure, tourism, agri-horticulture, education sectors.

✓ On the other hand, Goa government proposed in their vision document 2035, to work on happiness concept and adopted as policy document

with having four pillars as cultured Goa, well governed Goa, happy Goa and sustainable Goa,

✓ Policy initiative like swachhata abhiyan by central government, odd-even formula, green energy solutions by Delhi government are being taken as policy towards a better sustainable environment.

✓ Madhya Pradesh government in the year 2016 also initiated a proposed step towards happiness policy; this was based on gross national happiness model from Bhutan. The government created an ananda (rajya anand sansthan) ministry having an objective of enabling the people of the state to live a more fulfilling life. The vision of rajya anand sansthan includes developing indices and tools of happiness, conduct training to disseminate tools of internal wellbeing and create necessary eco-system which would enable people to realize their own potential of a living happier life.

✓ The government of Madhya Pradesh came with Indian Institute of Technology Kharagpur to develop the happiness index by collect and analyse the data from the state to assess the level of happiness and adopt recommendations so that they could further well adopt in various policies to enhance happiness. Today in 2020 the happiness department came ahead as a helping hand in this covid-19 epidemic.

✓ The New Town Kolkata Development Authority (NKDA) and West Bengal Housing Infrastructure Development Corporation (HIDCO) came with IIT Kharagpur division of science and happiness to help them raise the happiness index of New Town.

- ✓ A few private spiritual organisations like art of living, patanjali yoga piitha, like paavan chintan dhara by Dr. Pawan Sinha, ishayog foundation, brahmkumari university, gandhian peace foundation are solely working in this direction of happiness-based policies.

- ✓ The concept of Rajasthan Government "Of the people and for the people," the very fascinating idea of "Sarkar Aapke Dwar" a step to fill the gap between the government and people by letting the government know what is not happening and what is required to make it done, is a step taken by government closer towards a happy state.

- ✓ Former C.M. of Rajasthan Vasundhara Raje initiated work in the direction of enhancing the (khushhali) happiness index by adopting public friendly policies. Toy bank, cloth bank and food stores for the poor are a few initiatives. Government also focuses on monitoring development work in tribal and desert areas to find whether people are happy with the progress or not.

- ✓ Rajasthan Government with high Khushhali index as primary objective wants to achieve the vision of a healthy, educated, gender-sensitive, economically well-developed and prosperous Rajasthan.

- ✓ Andhra Pradesh Government as per "Government vision -2029 document" going to set up a happiness commission and standardized index to measure happiness.

- ✓ Maharashtra government proposed a seven-member committee to plan the formation of a happiness department under the state department of relief and rehabilitation.

6.3. Framework for happiness metrics into policy-making in various countries:

The general regular monitoring of different happiness data can be of tremendous benefit in policy formations and then take different decision-making phases of the loop, from the agenda-setting to the next.

It is then necessary for policy formulation and assessment that with the help of tools and techniques there must be some decisions from analysis. For example, Various approaches adopted by the United Kingdom Treasury Department. Other countries also developed a better organised and well-being system to incorporate these indices of happiness or well-being during the policy process. New Zealand, Sweden, United Kingdom, France, Scotland, Sweden and so many countries have developed such a method for happiness policy inclusion.

- **Australia**

    Australia with its own mechanism of happiness and well-being framework initiated. Later it is developed by treasury with the thought of responsibility. The whole framework consists of basic 5 elements which are from consumption possibilities to the distribution, then the risk borne by society and individuals, the complexity of choice and the freedom joyed by its citizens. The policy specialist targeted the Policy formulation, policy evaluation step in the policy cycle (Durand.2018).

- **France**

    France came with its own mechanism of various new indicators of happiness, wealth. A budget law created and presented by the France strategy and economic, environmental and social council in form of the report with10

new indicators reflecting country's all situation. They targeted the three steps of policy cycle: agenda-setting, policy formulation and policy evaluation.

- **Italy**

Ministry of economics and Finance in Italy developed mechanism "Measures of equitable and sustainable well-being", as a law with a set of 12 indicators. They also targeted the three steps of policy cycle: agenda-setting then policy formulation and last but not least policy evaluation (OCED,2012).

- **Scotland**

The Scottish government of Scotland released the national performance framework, a ten-year vision for the country having an outcomes-based approach to measuring the government's achievements. The NPF forms the basis of performance agreements with public service delivery bodies to find and accesses their effectiveness. They targeted the monitoring and evaluation step of policy cycle (Scottish Government, 2016).

- **Netherlands**

In the year 2017, The Dutch cabinet commissioned the officials from Netherland government to compile an annual monitor of well-being, with the aim that it would be served as the instrument to facilitate the public and political debate on well-being. The assessment agency Netherlands institute for social research contributed and conducted a systematic exploration of well-being based on the monitor. This monitor is mainly based on the sustainability. They targeted on agenda setting step in policy cycle (Exton,2018).

- **UAE**

    Ministry of state for happiness and wellbeing came with the national programme for happiness and positivity with a focus and purpose to integrate the different indicators of happiness in policy-making. They targeted the whole policy cycle.

- **Sweden**

    With the target of agenda-setting, policy evaluation as the step of policy cycle, the ministry of finance and the Swedish government complemented GDP by inclusion of the new measures of happiness and well-being. They targeted the agenda-setting, policy evaluation step in policy cycle.

- **United Kingdom**

    In the United Kingdom an independent agency named the What Works Centre for Wellbeing in correlation with various central government departments proposed to develop and use the wellbeing indicators, happiness indicators and later use them as decision making in public policy in government. They targeted the agenda-setting, policy formulation, policy evaluation step in policy cycle (UK Cabinet Office, 2013).

6.4. Conclusion

As we have noticed, different countries have used multiple ways to develop and use indices of happiness as policies. Many of the metrics have been adopted, although some have been introduced into the new system. Happiness as a public policy can find different obstacles, some of which are political barriers, indicator barriers and systemic as well as process barriers, as some institutions are resistant to alter. Also, in order to

define the effectiveness of policy-making, there must be an anticipated effect, which would be a little beneficial. The system should also be strongly endorsed by the government. Somehow, we find that the existence of better, different data and knowledge can eventually influence the next process. It is time to represent the needs of our culture and to the degree that we should predict future concerns.

The notion of assessing happiness and well-being has led to a shift in the issue that we face, from "how to effectively develop the metrics of people's lives?" How do you use these metrics in the policy process after developing it?". All of the concerns that have been posed and raised is that we need the right application to do it, to find the best practices to through the policy cycle in a systematic and organized manner.

CHAPTER-7: FINDINGS, CONCLUSION AND SUGGESTIONS

7.1 Introduction

The conceptual notion of the need of happiness research is quite inevitable quintessence of soul in present scenario of nation, whereas on one hand we are at the great loss from covd-19 or on another we are deprived of essential material and non-material beings. From the Indian conception of well-being to economics of happiness, this holistic development approach towards sustainable development is need of the hour. Round the globe from UAE to the UK, Bhutan to Sweden all countries are somehow adopting various indicators, tools of happiness in policymaking. While the conventional sustainability development paradigm focuses on environmental and resource conservation or supply side, this happiness approach focuses on individual activity or consumption management, which is the demand side of sustainable development. The current paradigm of sustainable growth focusing on the sacrificing interests of inter-generational communities that somehow challenging enough to accomplish as long as people typically have a low degree of regard for their own happiness. This modern path to happiness suggests that humans can live peacefully with moderate consumption, cooperation with nature. This form of development can improve the subjective well-being of individuals with viral results, contributing to social satisfaction and sustainability.

7.2. Findings of the Study:

In this section, the summarization of findings after analyzing and interpretation of data are discussed. The key findings of this study are presented as follows –

After analysing the happiness measuring techniques of Bhutan, UAE' national program for happiness, world happiness report, India happiness report. The following findings are proposed.

7.2**.1. Bhutan:**

Gross national happiness is a very much richer objective than GDP or economic growth. It talks about happiness, well-being in the scenario of present world where the people are losing their peace, mental and physical calmness on the cost of materialism. It is also necessary to enjoy sufficient happiness or well-being in knowledge, governance, community, culture, wisdom, health, spirituality, psychological welfare, harmony with the environment and balanced use of time. The gross national happiness index (2015) is a purpose-built survey of more than 7154 Bhutanese in every Dzongkhag. These analysts create a GNH profile for each person, showing their well-being across the nine domains. This national GNH index draws on every person's portrait to give the national measure.

- ✓ 91.19 percent of Bhutanese are extensively, narrowly or deeply happy.
- ✓ Across all districts, GNH was highest in Bumthang, Gasa, Thimphu, Paro and lowest in Mongar, Dagana, Tashi Yangtse.
- ✓ The 43.39 percent of Bhutanese are extensively or deeply happy, much more from 40.85 percent in 2010.
- ✓ Men are happier than women.
- ✓ People living in urban areas are much happier than residents from rural.
- ✓ Married and single people are happier than widowed divorced or separated.
- ✓ Educated people with higher education are much happier.
- ✓ Farmers are less happy in comparison with other occupational groups.

7.2.2. The UAE' National Program for Happiness:

It is clearly found that so many measures and programmes are being taken by UAE government to enhance happiness of the individuals.

- ✓ Direct linkage to vision by gauging happiness of the city through happiness meter.

- ✓ Instant feedback of the public as opposed to delayed mechanisms.

- ✓ Participation and engagement of the people in government policy feedback.

- ✓ Cost savings through operational efficiencies.

- ✓ The designed happiness meter is scalable and flexible enough to accommodate future expansion in terms of economies of scale (adding new entities) and also in terms of economies of scope (implementing enhancements).

- ✓ Transparency in the system as the happiness meter data stored in centralized systems and repositories has enabled advanced analytics and business intelligence for various public and private sector entities responsible for policymaking, services delivery and decision support.

- ✓ It is designed resilient to various natural or human-made disasters, etc. The centralized nature of happiness meter implementation as an ICT service, its corresponding infrastructure enabled disaster recovery and resilience aspects to be implemented as part of its overall shared services approach.

7.2.3. The World Happiness Index

It is clearly found that –

- ✓ Finland is ranked as the world's happiest nation for the third consecutive year. Residents in the Finland enjoy a high quality of life, security and public services with a low level of the inequality, poverty than the OECD countries.

- ✓ Nordic states dominate in the top 10 states along with other countries such as New Zealand, Austria and Switzerland.

- ✓ Luxembourg got 10th spot for the first time this year.

- ✓ Those countries which are at the bottom are afflicted by violent conflicts and extreme poverty such as Zimbabwe, South Sudan and Afghanistan. These are the world's least happy nations.

- ✓ For the first time; cities are ranked, the happiest city in the world is Helsinki

- ✓ The report also explores how social, urban and natural environments combine to affect our happiness.

- ✓ India, which is ranked at 140 dropped to 144.

- ✓ Its rank is way lower than its neighbours.

- ✓ Nepal is ranked 92, Pakistan is at 66, Bangladesh at 107 and Sri Lanka at 130

7.2.4. Happiness Report 2020

It is clearly found in happiness report 2020 using different variables to estimate the happiness among different states and union territories.

✓ In the different kind of happiness rankings of states and union territories, Mizoram, Punjab, Nicobar and Andaman are among the three from the top. While Uttarakhand, Chhattisgarh, and Odisha, are there at the bottom.

✓ Among the big states Telangana, Punjab and Gujrat are the top three states in the rankings.

✓ Among smaller states Arunachal Pradesh, Sikkim and Mizoram are the top three states in the rankings.

✓ Among union territories, Nicobar and Andaman Islands, Lakshadweep and Puducherry are the top three in the rankings.

✓ Three South Indian states like Telangana, Puducherry and Andhra Pradesh are the most top south Indian states as per survey. In Northern India, Uttar Pradesh, Haryana and Punjab are the top three in happiness rankings.

✓ In Eastern India, West Bengal, Bihar and Jharkhand are the top three in the rankings. In North-Eastern India, Arunachal Pradesh, Sikkim, Mizoram are the top three in the rankings.

✓ When calculated on scores of work and related issues such as earnings and growth, Assam, Mizoram, Andaman and the Nicobar Islands, Punjab and Puducherry are the top five states.

- On scores of relationships including friends and family, Punjab, Karnataka, Nicobar Islands and Andaman, Sikkim and Mizoram are among the top five.

- On health, including physical and mental health, Punjab, Nicobar Islands, Andaman, Mizoram, Sikkim and Lakshadweep are the top five.

- Due to the covid-19 pandemic, Haryana, Delhi and Maharashtra have shown the very worst possible impact of covid-19 on happiness. At the same time, Jammu and Kashmir and Puducherry are neutral. These results indicate that married people are happier than unmarried. People are optimistic about the future and generally scored more on happiness after five years compared to scores today. This study covered 16,950 people across all thirty-six states and union territories of India from March to July 2020.

7.2.5. Occupation-wise Analysis of Happiness in Rajasthan

It is clearly found that –

- Physical exercise is one of the key variables to find the happiness in different occupation. It is clearly found that people in the teaching profession are more strongly agree that physical exercise keeps them happy. The teaching community is an educated community and they have knowledge regarding health. As compare with teachers, the other professionals like engineers, doctors, self-employed, corporates are less agreed with it. Normally, when we exercise, it increases dopamine, endorphins and adrenaline. These are all brain chemicals associated with

feeling happy. It makes us feel more confident, capable, less anxious and stressless. In totality, it gives more happiness (Glidden, 2019).

✓ Nature of jobs plays a crucial role in sound sleep as it is indicated that the more than 12 percent of People in the teaching profession found to get more sound sleep as they are more strongly agree with this statement, while people in corporate job / salaried and engineers are less strongly agreed. This study shows that the nature of the occupation, work, lifestyle reason behind the sound sleep that somehow affect the happiness of any person.

✓ Teaching community like themselves more than other professions as reveled that people in the teaching profession like themself more than the persons in other professions. This indicates how happy they are. than others. This table shows that more than 21 percent teachers strongly agree that they like themselves. While business/self-employed, student, engineers, advocate have almost same tendency of likeness.

✓ All occupations which are taken in sample such as doctors, engineers, advocates, teachers, business/self-employed all are somehow optimistic. Teachers are most optimistic persons as described that people in the teaching profession strongly agree that they are optimistic. While doctors, engineers and advocates found less optimistic, this shows people in the teaching profession are happier than others. This table also reveals that somehow doctors and students have little concern regarding optimistic behaviour as 21 percent doctors and 23 percent of students are neutral regarding their optimistic behaviour.

- ✓ Teachers are not feeling depressed rather than other profession. Doctors, engineers, advocates, self-employed also not agree that they feel depression. The table also shows that most of advocated are neutral regarding depression.

- ✓ The teaching profession strongly agree that they laugh a lot followed by self-employed and students as indicated, whereas advocates and engineers are slightly less agreed on this. The table also reveals that 17 percent of engineers in their profession are disagree that they laugh a lot, this same with advocates as more than 21 percent of advocates in their profession are neutral on laughter and 23 percent of salaried or people from corporate jobs from their profession are neutral that they laugh a lot. This shows their concern regarding laughter. This also somehow affect their happiness.

- ✓ The teaching community feel strongly agree that social participation gives them a sense of joys as reflected, while advocates, students and self-employed are also agree somewhere. In contrast, engineers are found less happy with social participation. It may be because of their nature of work and time. The table also shows that more than 23 percent salaried persons in their profession are neutral on the joy of social participation, this shows a bit concern.

- ✓ The teaching community strongly agree that the current educational system makes them financially competent as revealed, at the same time, self-employed and salaried are also agree with this. The table also shows that 17 percent of advocates in their own profession and more than 16 percent of students out of all students disagree that current education

system is not making them financially competent as this shows that students have doubt for their future in this education system.

7.2.6. Income Group-wise Analysis of Happiness in Rajasthan

It is found that –

- ✓ As income rises physical exercise become more attractive as defined that higher-income group persons accept that physical exercise gives them happiness, while people with lower income groups are found to less agree with this. The reason may be people with higher income group has less time for leisure, focused, always busy with work, so to keep them fit, they tend to follow a regime of doing the physical exercise that keeps them fit and happy. This table also shows that 9 percent of people in lower income group strongly disagree that they get sound sleep.

- ✓ Income plays a key role for sound sleep as clear that people with the higher-income group are more strongly agree that they get sound sleep than the people with the lower lower-income group. This table also shows that 30 percent people in lower income group strongly agree and this ration is increasing in higher income group as 34 percent people strongly agree that they get sound sleep.

- ✓ Depression is an important part for higher income group than lower income group as found that people with the both income group are found with somewhere on depression. This table also shows that more than 7 percent of people in higher income group agree that they feel depressed and 22 percent of people in higher income group is neutral this shows their concern regarding view on depression.

✓ Middle class are neutral in terms of family well-being rather than upper income group as shown that people with the higher-income group are found to live a happy life than people with the lower-income group, which shows families with higher income group are happier. Money may be a reason behind this.

✓ Middle class is not much satisfied with government efforts towards sustainable environment as explained that as income increases, a sense of satisfaction also increases towards government efforts. The table also shows that 7 percent people in middle class income group are not much satisfied, on the other hand more than 7 percent people in income group of 4 to 5 lakh rupees are neutral that shows their concern regarding it.

✓ Lower income group are in favour of government policies as found that no one from lower income group is disagree that government policies are not helpful in increase their standard of living. This table shows that middle class is somewhere satisfied with it. Although 6 percent people from 4 to 5 lakh Rs. Income group are still neutral with it; however, we can find that as income rises the sense of satisfaction towards government policies are rises.

7.2.7. Gender-wise Analysis of Happiness in Rajasthan

It is seen that –

✓ Females exhibit lower levels of physical exercise performance than males. It seems that gender   factor motivates people differently (Kubaisy, 2015). The same findings indicated in that male is seen happier than females when it comes to physical exercise. Here 36.48

percent of males have agreed with the statement that physical exercises keep me happy that is somehow more as we compare to females. This table shows that more than 21 percent females are neutral on that shows their concern regarding not happy.

✓ Regarding the sleep variable, women had reduced total sleep-in patterns than man as they had a significantly higher percentage of sleep than women (Zimberg, 2011). The same finding is that males are strongly agreed that they get sound sleep than females. This table also shows that even a small part of 9 percent of males also disagree somewhere that they don't get sound sleep. The burden of household work and other responsibilities may be amongst the reason for less sound sleep for females.

✓ Depression is a prevalent mental illness that seriously affects physical and mental health (Krishnan, 2008). Women are more likely to suffer from depression (young, 1990). Basically, depression is affected by different hereditary, environmental and other risk factors (Duman, 2016). As explained that the level of depression is found more in females than males, although 4 percent of male also somewhere agree that they feel depressed. This directly affects the level of happiness among them.

✓ Men and women share much of the same laughter system; both use to a similar degree the part of the brain responsible for semantic knowledge and the part involved in language processing (Brandt, 2007). This table shows that on a wider level both are same while males are slightly full of laughter as 18 percent females in comparison to 11 percent males are neutral in laughter that shows a lot. As found that males strongly agree

that they laugh a lot than females. This indicates that males are happier here. Laughing a lot not only makes healthier, release tension but also boosts the immune system.

✓ Males are more willingly admit that they find more sense of joy in social participation than females as indicated in Table-27 and Figure-24. Social participation gives more joy to males, brings happiness as it gives them more exposure to the world, society, thoughts and other things.

✓ Males are more addicted to social media than females to social media networks (Alnjadat, 2019). As shown that males strongly agree that social networking sites/apps give them more happiness than females. The use of various informative, educative and entertainment contents not only save time but also release tension, makes laugh, create an atmosphere of exuberance. While females are less agreed because of some responsibility, identity threat issues etc.

✓ Females are less agreed that with current education system as 9 percent of them are strongly disagree with the statement than males, the unavailability of job and unemployment may be issue behind it. While Males are more agree than females that the current educational system is making me financially competent with the increase in my social values. One with financially competency and more social value is somehow happier. The availably of worldwide exposure towards financial competency, the vividness nature of the education system such as online courses, internships and doing by earning process provides endless tools for becoming financially competent with the increase in social values. This leads to a high level of happiness among them.

✓ Females are somehow more agreed than males that they are satisfied with the government efforts towards a sustainable environment as explained. This table shows that 45 percent of females are strongly disagree in female community that shows that how satisfy they are with government efforts. While The incompetent industrial working environment, the lack of proper initiatives of the government to tackle environmental degradation, the illegal activities towards mineral, forest wealth degrade the environment and this is somehow directly or indirectly affecting working, health level and thus affecting happiness. The environment is facing continuous degradation and concern over it in terms of loss of biodiversity affects happiness. Government needs to do effort in this direction. These are reason behind males are disagree.

✓ Green environment, cleanness always enhances happiness. Females are strongly agreed that a green environment and cleanliness makes them happier than males, while 26 percent of males in male community are not agree with it. A good climate, a green environment, and cleanliness always play a vital role in one's daily life that affect not only health but also mental state. The healthier green environment one finds nearby, this somehow increase happiness.

7.2.8. Marital Status-wise Analysis of Happiness in Rajasthan

It is found that –

✓ Married are reported higher levels of physical exercise (Pettee, 2006) as represented that 38 percent of married in married community strongly accepts that physical exercises keep them happy than singles. It shows

higher happiness of married than singles. This table also shows that 8 percent of singles in singles commuity are strongly disagree with that.

✓ Sound Sleep is a restorative behavior essential for health and happiness. married is more willingly strongly agree that they get a sound sleep than singles. Sound sleep is among one of the purely healthy benefits. A sound sleeps not only decreases the tendency of depression and the stress level of the brain but also it increases the level of happiness. This table shows that 6 percent of singles in single community strongly disagree with sound sleep.

✓ Social participation somehow plays a crucial factor in promoting happiness. Married are more willingly strongly agree that social participation gives them a sense of joy more than singles as clearly represented. Singles with 15 percent in singles community disagree that social participation gives them sense of joy. Various events, family engagements, social engagements give a sense of joy and create exposure that somehow leads to a sense of joy and enhances one's happiness.

✓ Both shares almost same opinion as stated that both are at same level of agree and disagree on that the current educational system is making them financially competent that increase their social values. Both have their own reasons, although singles are a bit more agree with this.

✓ Singles do not give much importance to cleanliness as found that married are more strongly agree than singles that green environment and cleanliness keeps them happy. This table shows that a few singles also disagree that cleanliness does not keep them happy that's a concern. A

married person usually looking for a home situates among a good environment for his and his family for his health walk and to enjoy the free time that means obviously a good environment gives him more relaxation and increases his happiness.

✓ The Standard of Living is somehow key factor in living and government policies plays a key role towards that. Here married are more strongly agree than singles that government policies help increase my standard of living, while singles are less agree with this. The various financial as well as social schemes are widely available with more lucrative benefits for married. Also, it gives more social security that somehow increases the level of joy and happiness.

7.2.9. Region-wise Analysis of Happiness in Rajasthan

It is found that –

✓ It is seen that urban is more willingly strongly agree that Physical Exercises keep them happy than rural. The rural environment may be the reason behind this as they somehow don't need physical exercise, as most of their work is of physical type. In contrast, in urban reason, physical exercise is somehow best advisable in such an environment and lifestyle. This leads them towards a healthy and happy life.

✓ Urban is more attractive towards Social networking sites/apps. Urban strongly agrees that Social networking sites/apps always provide me happiness than urban. The table shows that not even a single person in urban area disagrees on this, while a few rurales are disagree on this. The kind of exposure and curiosity towards more unseen excitement of

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contents, culture and technology always excite that somehow brings more joy and happiness.

- ✓ Both are having same opinion that the current educational system is making them financially competent with the increase in their social values as described. Urban and rural are somewhere equal, while urban are a bit more agree on this. The different type of training courses, seminars, technology-oriented education also various info on start-ups helps them towards becoming more financial competent that leads to happiness.

- ✓ It is indicated that urban and rural both are somehow same that they are satisfied with government efforts, yet rural are a less satisfied than urban as 10 percent of rural from rural community is almost agree that they are not satisfied. There is lots of degradation of biodiversity, the good efforts towards the environment are still not satisfactory and degradation is still a serious issue that affects health and mental status. This may be a big issue that leads to unhappiness.

7.3. Discussion:

The discussion in this study provides a starting point for the consideration of income and happiness in the context of our economic future. The discussion in this analysis offers a starting point for contemplating on wealth and happiness in the sense of our future. To continue this debate, the concerns posed by Keynes' essay "Economic Possibilities for our Grandchildren" need to be put in a wider way of the future of society in the next 100 years (Keynes, 2010). We also need to turn back here and question if our so-called present available measure offers a sufficient context for consideration of happiness or if a more comprehensive notion of happiness is required. And, of

course, the issue of changing value needs to be answered systemically and comprehensively.

7.3.1 Societal Implications and Future Policy:

This happiness approach focuses and relies on human behaviour or consumption management, which is the demand side of sustainable development. This new approach to happiness suggests that human beings can live happily with moderate consumption, cooperation, compassion as well as harmony with nature. This form of development can increase and improve the subjective well-being of individuals with viral effects leading and contributing to societal happiness and sustainability.

This study stresses the conceptual notion of happiness concerning India. It may help to explore the importance and relevance of individual as well as national happiness in the incorporation of policy formation towards collective, integrated growth and development of India. This study suggests different happiness measuring techniques and policy initiatives by different governments across the globe and thus here are avenues to strengthen and implement core key initiatives in policies of the Indian government as it is high time to rebuild indicators to measure happiness, the well-being of people and the economy of India. Not only on the central government as well as state government on panchayat level but the policies can also be implemented according to what people are looking for happy with. These policies may also be tested by taking feedback on their happiness survey. These happiness survey may be very beneficial for government as through these government can get actual picture of what people are looking for and government can include these inputs as feedback in policy making.

7.4. Suggestions for Future Research:

There are other following Areas for further research needed in this paradigm.

1. Moving beyond cost-benefit analysis - Creating and developing policies to improve personal and social satisfaction is now a substantially new field, but creativity in measuring available improvements in happiness rather than wealth remains a concern. In such situations, the so-called conventional cost-benefit approach becomes irrelevant, for e.g., measuring an additional unit of happiness for someone who is already enjoying a high degree of happiness is tricky relative to someone who has low initial happiness. In these areas, a lot of work needs to be undertaken on a wide scale. Think tank institutions, states, social organizations need to focus on this. Experimenting in policy formulation will somehow support to educate policymakers about what doesn't work and what does work.

2. More Study needed on understanding the effectiveness of HBMT - It's quite fascinating to see that HBMT usually tires to give citizens and communities more information so that available better choices are made possible. We are however ignorant of the counterfactual. Different Priorities and objectives of public policies naturally vary from person to person, that's why research on the effectiveness of happiness in the rating of public policy, goals are essential.

3. Freedom and Liberty: One question that is very critical in understanding the policies and uses of happiness study is that – is it obstructing the rights and freedom of its citizens? In recent years, there has been a total lack of public feedback on certain policies; numerous representative governments

have made biased decisions, dominated by their own party policies under their governance. It contributes to the issue of whether the government is implementing repressive policies. However, an analysis will be needed to clarify whether the government is encouraging its own version of happiness or that of its people. An overview of rights and freedom in policy-making is also relevant.

4. Happiness and sustainability compatibility: The main challenge for studies on happiness is to resolve the identified contradictions between sustainability and happiness. These contradictions apply to trade-offs between society and people, future and current generations, long-term and short-term priorities and non-human and human health. Often people will be satisfied and benefit from unsustainable government policies, including environmental degradation.

5. The measure of happiness: Happiness Indicators, different studies and surveys, these record all subjective and objective factors such as wellness, education, quality of life, ecological health and the balance between other activities and work. However, there is a level of association between these disparate activities and work. Often, when we want to simplify them to a single number, we need to make value decisions. It is also important to consider the crudeness inherent in calculating happiness.

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Appendices

1. Happiness Scale

2. Research Paper

3. Certificate of Seminar/Workshop

4. Report of Plagiarism

Happiness Questionnaire

(Please fill in the following detail appropriately) –

Name...   Gender....................

Education...................................   Age.....................   Marital   Status…………….

Religion….…….   (Rural ☐ / Urban ☐)

Occupation (Please tick on appropriate) –

Doctor ☐

Engineer ☐

Advocate ☐

Teacher ☐

Business Man / Self – Employed ☐

Corporate / Salaried ☐

Student ☐

Income group in Rupees (Please tick on appropriate) –

Up to 2 Lakh   ☐

2 Lakh to 4 Lakh ☐

4 Lakh - 5 Lakh ☐

Above 5 Lakh ☐

1. This test will be used only for research work. All information given by you will be kept confidential.
2. This test consists of ----items related to the Happiness Questionnaire indicate your response by putting a tick mark ☑ along the continuum Strongly Agree, Agree, Uncertain, Disagree, and Strongly Disagree
3. It is necessary to react to every item.

- Anudesh and S.K.Kulshrestha, Vardhman Mahaveer Open University, Kota

Sr. No.	Item	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	Physical exercises keep me happy					
2	I get a sound sleep					
3	I like myself					
4	I am optimistic					
5	I feel depressed					
6	I laugh a lot					
7	Social participation gives me a sense of joy					
8	I have a happy family life					
9	Social networking sites/apps always provide me happiness					
10	The current educational system is making me financially competent with the increase in my social values					
11	I am not satisfied with the efforts of the Government towards a sustainable environment					
12	A green environment, cleanliness keeps me happy					
13	Government policies are helpful in increasing my standard of living					

Kindly give suggestions/feedback for the improvement of the Happiness scale and also explain the reason for your few answers as it may be helpful in interpretations in the research work.

1.

2.

3.

4.

Economic Happiness or wisdom: Brexit impact on Indian Economy with focus on Higher Education Services

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ABSTRACT

Happiness, economic prosperity, freedom and choices do matter, when it comes to make any decision for a nation by its citizens. This revealed in Brexit referendum on June 23, 2016 that was an unprecedented global development. The United Kingdom (UK) voting for the 'Leave' from the European Union (EU) is expected to have considerable socio economic and political ramifications over the upcoming years. When the entire world is worried as it will directly affect the trade, employment, business and immigration policies, India is no way different in the reaction. A number of questions with uncertainty regarding access to European markets, the increasing trade barriers, and agreements related to movement of goods, capital and labour are there in the world. As India is the third largest source of FDI for Britain, Brexit will also make an impact on India. This paper analyses the possible implications of Brexit on Indian economy with focusing on higher education services such as Immigration policy, employment, student's mobility, research funding, effects of currency value, work opportunities, inbound and outbound education.

Keywords: Foreign Direct Investment, Happiness, Higher education, Immigration policy

INTRODUCTION

"yavatjivetsukhamjivet, bhasmibutasyadehasyapunaragamanamkutah." (Charvaka philosophy) means "as long as you live, live happily, once the body is reduced to ashes, how can it come back again!" Happiness is the ultimate goal of humans because it is the sole purpose that is sought "for itself and never for the sake of something else" (Aristotle). The philosopher believed that only 'the best' should rule, but there are a few cases where collective decisions were better; Brexit is another example of that. A small majority of voters have opted to take Britain out of the European Union (EU) in the referendum held on June 23, 2016. Brexit the term coined to denote the exit of Britain from the EU has won the day.

Brexit is about Britain's exit from the EU. This vote has been cast in place by the idea of giving more powers to the people of Britain in the decision making of their country, rather than being the implementer of the policies made in Brussels (headquarters of European Union). But it's not as simple as coming out of Europe. Britain trade rules are bound by the European law, but post-Brexit Britain can negotiate the terms and conditions of the trade with different countries. The process is more complex and involves a lot of interdependent variables, like which country trades more with Britain, which one exports more to it or buys its goods, etc. But in the case of a Brexit, Britain needs to look into other markets like India and China and other emerging economies for trade. But on the contrary, it can do a Norway, by establishing bilateral trade agreements with European Nations even after coming out of European Union. The Brexit impact is not only limited to Britain but also European countries. London has always acted as a financial hub, which gives access to capital markets of the world to Europe. But with Brexit, European Union will end up having limited access to capital markets. In all likelihood, access to this market will form a vital part of trade negotiations.

There are as many pros as cons in Britain exiting the Europe. The Prime Minister, however, has been asking the people to vote against Brexit, citing Economic woes as an aftermath. It has been a difficult shot to take as the advantages and drawbacks weigh equally with the referendum. Yes, Britain will leave the trade-block but is likely to be able to renegotiate treaties in a long time that Brexit will take to happen. The vote just tells us that the British people want to exit the EU. It will then take two years or more to work through exit modalities, a time in which a lot of things can be brought back to normal, including trade relations. There are several reasons which led the Britain to leave the Union, but one of the majors was euro currency itself and poor performance of European central bank in response to the downturn in European economy due to recession 2008 in the United States. In contrast, the ECB decided to raise interest rated which result in double dip recession and Country like Greece hit by the economic disaster. Though currency of UK does not suffer as it uses pound instead of euro, a fear arises in mind of UK economist that due to the downturn in European Union's countries its economy may also suffer one day and why we pay for the sins of other.

Economic Governance

The primary contention was that economically, Britain loses more than what it gains.

a) The first and foremost issue being that of membership fees paid about 340 pounds per year per household.
b) Another one, it was said that EU's policies were too protectionist and did not favour competitiveness to the extent that would be beneficial for the British economy.
c) Later, Post the Sovereign Debt Crisis, EU introduced Fiscal Compact and tighter control on national budgets. Britain was not comfortable with these ideas.
d) The Germany's proposal to impose taxes on financial transactions (Tobin Tax) also did not find favour with London, which is an important financial hub.

Immigration

a) Generally, Half of British legal migrants come from EU. There is this feeling that they have a negative impact on UK born workers. Adding credence to local fears was the fact that since 1997, 3/4th of jobs created is taken up by EU immigrants.
b) EU's obligation on its members to accommodate more refugees also did not find favor with UK. Especially at a time when the refugee influx in Europe is at an all-time high in light of multiple crisis in Middle East and Africa.
c) There is also this perception that immigrants pose a threat to national security.

Sovereignty

EU is a transformative idea in many senses. One of the things that it leads to is the weakening of national sovereignty. EU has been pushing for the creation of an Ever the closer union which would accord greater decision-making powers to European Parliament, while, limiting the authority of British Parliament.

Brexit Impacts on India

As far as India is concerned, in the near term it will heighten global volatility thereby impacting capital flows, and in the medium term, we will most likely be affected by currency exchange. India has a strong trading corridor with EU. Any monetary depreciation of the Euro or Pound could lead to increased headaches for India in a sluggish export environment. Indian businesses have a real presence in both the UK & Europe. As per The Guardian, there are more than 800 Indian owned businesses in the UK, with more than 110,000 employees. Besides, BREXIT could also endanger the flow of investment and personnel by diminishing Britain's role in providing access to Europe. While UK has put across its decision to exit from the EU, the actual process of leaving the European Union will be long drawn. The announcement has spelled out more uncertainty for now which is expected to continue with the invoking of the Article 50, and when the real negotiations take place, this would at least take a couple of years to shape up. Therefore, the real ramifications will become clearer in the long run when an actual working model of the UK-EU relationship is drawn out and established. India is positioned fairly well at present vis-à-vis its peers. The macro-economic fundamentals have improved and the strong orientation displayed towards reforms over the past two years has given us an edge. The persisting ambiguity in the global economic environment reaffirms the need to remain focused on further strengthening the domestic economy and continuing the reform process. Some of the consequences of Brexit on various aspect of Indian economy are discussed hereunder: -

a) Foreign Direct Investments (FDI)

There might be a temporary arrest in outbound investments from India to the UK until more clarity is obtained on the working framework between the EU and UK. However, the Government has considerably liberalized the FDI regime in the country and there has been an increase in FDI inflows over the last two years. This trend is expected to continue. With the slew of measures announced in June 2016, India has opened up almost all sectors for foreign investors barring a very small negative list. India has once again strengthened its position on the investment radar and the growth prospects in the country remain strong. India is expected to get continued attention from the investors including investments from the UK. UK is third largest investor in India and accounts for about 8.0% of the total FDI inflows in the country. In fact, several British companies have exhibited interests in India post launch of the Make in India campaign. The Rupee can witness some volatility in the coming weeks as there is still anxiety in the global markets. However, RBI has been quick to intervene to manage liquidity through open market operations and use the foreign exchange reserves to tackle currency volatility and capital outflows in case of any skewed movements. Respondents expect this to continue. Oil and commodity prices have been subdued and there is no intermittent risks at present that will make the prices shoot. Global growth remains muted and an upward pressure on that account is suppressed for now. On the domestic front, good monsoons have been as predicted. Prices of food articles are likely to remain manageable.

b) Aviation Industry

Low price of oil in international market comes as a relief to aviation industry. Though there is uncertainty on change in visa policy of UK may act as hinder to their long-term happiness. But decrease in value of pound may encourage more people to visit UK which could lead to increase in air traffic.

c) Infrastructure and Real Estate

Sudden fall in the share price of India's biggest infrastructure company Larsen and Toubro which have mighty projects in UK as well as in Europe draws a clear picture that the infrastructure industry is harshly affected by Brexit but Real Estate investor have good day ahead as slash in the price of UK real estate market may encourage them to invest and attract buyers

d) Indian business Sector

UK has been a valued economic partner for India and the decision to leave the European Union has created some amount of ambiguity for the Indian businesses. The same has been reflected in the survey conducted by FICCI as well. Even though over half of the respondents have reported that they don't intend to set up separate operations in any other EU country because of Brexit, they seemed concerned about the impact on intra company transfers/movement of professionals and Indian migration over the medium term. Also, the participants indicated that they expect investments to the UK to take a beating over the course of next three to five years. Furthermore, it is anticipated that the companies that have operations in the UK and the EU will have to face significant translation losses with the probability of volatility in currencies remaining high. The exposure on account of un-hedged borrowing abroad will also impact the company balance sheets. Also, post Brexit some concerns have been raised by companies about facing investigation from competition authorities both in the UK and the EU. Until now, a majority of the competition law in the UK was derived from the EU. The companies have also pointed out that in event of a merger/acquisition, a notification may have to be made both at the UK and EU level leading to an increase in compliance costs. India businesses have presence in a wide array of sectors in the UK which include automobiles, auto components, pharmaceuticals, gems and jewellery, education and IT enabled services. Most of these sectors will be vulnerable to changes in demand and currency values.

e) Trade (Exports)

India's exports to the UK have been around 3% of our total exports and exports to the European Union are around 17% of total exports. Our exports to both UK and Europe have been on a downtrend in the past two years on account of subdued demand led by a frail and scattered recovery in the region. Post Brexit there is a heightened chance of this trend being amplified over the near term given the possibility of disturbances in currencies and UK facing a further slowdown in growth. However, some safeguards are expected to be put in place to deal with the volatility in currency in the UK. Also measures to boost growth might be rolled out. The situation is expected to even out over the medium term.

f) Information Technology Sector

India is one of the largest exporters of IT-enabled services and the sector has significant exposure to the European market especially the UK. UK accounts for about 17% of India's total IT exports. India's IT exports to other European countries is at about 11%. The IT companies thus are expected to face the heat in light of the Brexit. Given the risk of further moderation in growth in the UK and EU, there is an increased probability that the companies lower their IT budgets (a discretionary spend). This would have an impact on the domestic software companies. Further, the depreciation of Pound does not augur well for the sector and can negatively impact the growth in the sector. Majority of the costs by the IT companies are incurred in INR owing to the offshoring model deployed by the Indian IT services player. So a sustained depreciation of Pound might call for a renegotiation of the contract, as the profitability of these contracts might fall below the expected levels. Uncertainty on account of pricing of contracts spanning European Union which currently enjoys zero tariffs cannot be ruled out. Skilled labour mobility issues can arise as the multi-location contracts will get deferred on account of lack of clarity at present. Further, the overhead expenses are likely to increase if restrictions are imposed on the mobility of professionals between UK and EU as the companies might have to open an additional office in the EU. Besides, the Indian IT sector has had some issues with the EU data security policies, including rules on transferring personal data. So, on the positive side the UK could look at abandoning the stringent stance on data management post Brexit. Also, UK would be under no obligation to adhere to restrictive localization norms adopted by EU.

g) Metals and Pharmaceutical Sector

With the global recovery remaining frail and an evident moderation in China, the steel and aluminum sectors are already facing the issue of overcapacity. Demand in the EU has been subdued and this latest development is expected to further dampen demand. This might lead to a greater weakening of metal prices giving rise to earning pressures for companies. United States is India's biggest market for Pharmaceutical exports, while EU accounts for 10-13% of India's total pharma exports. The share of UK in India's pharma exports is about 3-4%. The pharma companies do not really expect a big hit

following the Brexit and have indicated a limited impact of Pound depreciation. The pharma companies reported having hedged their exposure to the Euro. Further, the companies pointed out that the rules, regulations and product registrations are already different for UK and EU and hence any adverse impact on the sector can be ruled out.

h) Garment Sector

Readymade garment is one of the key export items to the UK from India. Readymade garments account for about 20.0% of the India's total exports to the UK. The sector is expected to feel the pinch on account of moderation in demand; the spend on readymade garments is primarily discretionary. Also, the drop in the Pound is expected to impact the un-hedged export contracts with British counterparts. Nonetheless, some of the garment exporters have also opined that they might be insulated if a Free Trade Agreement is negotiated with the UK post Brexit.

i) Financial Services

There are currently bond issuances planned of range USD100-150m in USD and INR. Brexit is making it very hard for UK and other markets (like Singapore, Paris and Frankfurt as green bond investors are mainly EU) are being looked. UK's credit rating has been cut, and given most buyers of the bonds are from the EU there is nervousness around these bond issuances. This is important for India as it would be difficult to imagine financing India's huge infrastructure appetite through debt finance in London as aggressively as currently planned. Again, this would depend on what Brexit scenario that plays out. But in the meantime, greater uncertainty will impact the bond pricing.

Impact on Indian Higher Education Services

India has been one of the top sources of International students into UK mainly due to the top ranked Universities in the UK, language familiarity and alignments of education systems. In the previous years, the number has come down drastically due to the tightening post-study work visa while the EU students in UK had a fairly easy stay and work option. Brexit threatens to change the status-quo in a big way. Here's my take on how things may pan out for Indian Higher Education - both students and Institutes and Universities. Experts estimate that for the next 2 years it's likely not much will change in policies for international students. The process of exiting the European Union will not be immediate, as Great Britain has first to negotiate new trade deals with the EU and slowly work towards exiting from EU law. In June 2015, in the UK, there were a total of 30,764,000 workers, including UK and non-UK nationals: of these, the vast majority (90.32 per cent) was UK nationals. European workers were less than 6 per cent of the total employed workforce, and non-EU nationals were 3.8 per cent. Even if the figures appear small when compared to the national workforce population, the UK has one of the highest percentages of EU immigrants within the EU area, according to Eurostat data. Only Belgium, Ireland, Cyprus, Luxembourg, and Austria have higher percentages. However, various research reports have underlined that EU nationals are not attracted to the UK by the availability of free public services. Indeed, recent research by the Institute for Employment Studies for the European Foundation for the Improvement of Living and Working Conditions finds that EU citizens do not act as 'welfare-tourists', and do not decide to relocate to the UK with the intent of taking advantage of public services. This is also confirmed by another study from GLA Intelligence, which has shown that the two most popular reasons for migrating to the UK are 'formal study', and 'definite job' reasons. This suggests that individuals choose the UK as a destination to conduct their studies, or to work, after being offered a position. Since studying is the main motive for relocating to the UK, it is interesting to investigate what could happen to the education sector in the case of Brexit.

Impact on Indian students

a) Due to immigration hassle, working visa and expensive value of the pound, lesser number of Indian students have been applying in UK universities, with almost 10 per cent decline in the enrollment of students

b) However, now, students would rather be happier with the depreciation in pound sterling, making the currency more affordable for Indian students

c) A report in the Hindu mentioned: "Right now, when we arrange trips to Europe, the visa procedure for the United Kingdom is considered separately. Therefore, a package of Europe usually inclusive of London means that we will give the client one visa for London and another for the rest of Europe. This means that the paperwork for visiting the UK remains the same with or without Brexit," says Devendra, of the city-based Atlas Hoppers

d) Therefore, the process of immigration will anyway remain the same for Indian students.

Impact on Outbound Education seekers

Pre-Admissions

a) Possibly better admit rates for Indian students, as number of EU applications may fall

b) Possible decrease in international student fee – as low fee for EU candidates could go, which is cross subsidized by higher international student fee – improving University revenues. This could also lead to more scholarships for Indian students
c) Depreciation of pound may lead to lower "Total Cost of Education" for Indian students in the short term
d) EU students have been contributing to UK economy as they tend to stay back after finishing education. This will create more job opportunities for non-EU students in UK
e) Overall, the impact may be favorable.

Post Completion
a) Possible points-based system may be more favorable for Indian students completing education in UK – leading to arrest in decrease in Indian student recruitment in UK (with Visa rules similar to Canada/Australia).
b) Higher levels of intolerance towards immigration of foreign nationals (as observed during Brexit Debates and subsequent to the result) may however negate the attractiveness for Indian students.
c) Overall, the impact may be neutral.

Impact on Indian HE institutes and Inbound Education

Research and Innovation
a) UK Universities need to look for alternate corporate/Multilateral donor sources of research funding – potential competition for Indian universities looking for funding.
b) 23% of the ERC (European Research Council) funding goes to UK Universities. With Brexit, UK Universities need to look for alternate corporate/multilateral donor sources of research funding.
c) At the same time – with reduced research grants at UK Universities – possibility of joint research/collaborations with Indian Universities may rise so as to lower total cost of research.
d) Overall, the impact may be favorable.

Collaboration and Exchanges
a) UK had strong collaborations in science related fields with EU institutes. With these collaborations considered non-local now and needing Visa and regulatory hurdles – top Indian research institutes (which are mostly in the areas of science and technology) stand to gain.
b) Programs like UKIERI may expand as UK students will have lower mobility options across EU and they may look for other locations for internships and exchanges.
c) Loss of Erasmus program may lead to UK universities look for exchange opportunities elsewhere which would be favorable for Indian institutes.
d) As a substantial chunk of EU international students were at under graduate levels, tier-2 UK universities may have to look at joint degrees and credit transfers to get more students at to bolster non EU enrollments at under graduate levels. This again may be slightly favorable for Indian institutes in the current regulatory environment. In case the entry for Foreign education providers is permitted, this may also lead to more satellite campuses of UK universities to gain from lower costs in India and would be a game changer for Indian HE institutes
e) Overall, the impact may be favorable.

Effect on international student enrollment in India
Marquee institutes in India could offer themselves as a potential low cost yet top quality institute for students from Eastern Europe (These students has access to GBP 9000 annual fee and preferential student loan in UK as home students). While this may require very concerted marketing and branding effort for "Brand Indian Education", this does open a small window of opportunity for Indian institutes. This is further substantiated by the Hobsons survey in May 2016 indicated that 82% EU students would not prefer UK universities if they did not get Home fee and loan terms.

CONCLUSION

India being one of the fastest growing economies is rightly poised to gain from this development. Certain positives as well as negative signs are seen in the impact of Brexit on Indian as well as entire economy. From the perspective of educational services provision, EU-citizens constitute a small share of education professionals, and so it is unlikely that Brexit can hugely impact the provision of education. However, we do not know how these workers are distributed among the different education levels. If, for instance, the majority of these EU nationals work in UK higher education institutions, the impact might be much more profound than expected. The migration of EU skilled labour would decrease and English-speaking Indian talent pool is going to get benefit from this. Indian students will be able to secure more financing for their college

degree, as preferential scholarships to EU countries will reduce. This would mean India could be seen exporting more talent than present levels. India is a former colony of Britain and a member of Commonwealth of Nations. With UK separated from EU, it would want to create new economic alliances and may tilt towards its former colonies. With substantial Indian population in the UK which we have witnessed are treated differently during elections, and UK supporting India NSG bid, we could expect a stronger ally in the UK than EU. However, India may have to rework a little about its strategy in aligning with some other key EU nations. The historical decision of Brexit brings economical happiness or show the great example of wisdom is still in the hand of future.

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GROSS NATIONAL HAPPINESS: A NEED FOR INDIA TOWARDS SUSTAINABLE DEVELOPMENT

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Abstract: Maxim for maximization, happiness such notions been the center point of economic theories since years. The happiness movement represents a new paradigm where social, economic, and environmental systems are structured to encourage human well-being through traditional indicators towards sustainable development. Happiness indicators are being used throughout world to collect data and the government is starting to explore their application to policy. The Himalayan nation of Bhutan has been a leader in devising and promoting an alternative development paradigm called gross national happiness which aimed to be a holistic approach in determining what, should be prioritized in order to maximize happiness for both individual and society. As the idea of Gross National Happiness shapes up, it is important for Indian policy makers to engage with it in a pro-active manner. This Paper presents and suggests a new strategy, which aims to explore relation between sustainability and happiness in order to promote sustainable development in India. It may help to explore importance and relevance of GNH in incorporation of policy formation.

INTRODUCTION

Happiness is the ultimate goal of humans because it is the only goal that is sought "for itself and never for the sake of something else" (Aristotle in The Nicomachean Ethics,19-34).The Hindu philosophy of prarabdha karma amplifies the inter-temporal importance of happiness by stating that happiness is a consequence both of actions performed in the present and past lives (Srivastava and Misra, 2003).Since the introduction of the sustainable development concept various indicators have been introduced to measure sustainability, which implies a more balanced development of economy, society and environment in such a way that development of current generation leaves at least the same or better chances for development also to future generations. Gross national happiness introduces a new strategy which aims to explore relation towards sustainability and inclusive growth with happiness movement.

The responsibility of the nation is said to be looking after the happiness as well as welfare of its citizens through effective policies. The world that we are living today strives to achieve economic growth which is assumed to result in providing enough finances to the state to fund various welfare schemes and to develop more humane society on the principle of equity and justice. This is where economic growth model which dominates development thinking of the greater mass on this earth tries to provide solutions. However, it is experienced that once we keep focusing on economic growth and to improve economic parameters we tend to come within the grip of market and consequentially market forces start dominating all our decisions, then whether it is an individual or an organization or a nation all fall trap to the drive to achieve more and more, work harder and harder, earn more and more, contribute more and this spoil the social fabric of a nation. This is the cause of worry in nutshell.

We need to think of an alternative route to holistic development and not just economic development; we need to think better on human development and not just infrastructural development. The measure of Gross Domestic Product which is the differentiator is slowly losing its importance more so in the world where production based or economic growth approach has landed them with huge capital base but broken family ties.

The concept of happiness in economics

Maxim for maximization, happiness such notions been the center point of economic theories. Happiness was once at the center of economic research. However, things changed dramatically with the evolution of welfare economics. From Adam smith to Arthur Cecil Pigou (one of the founding fathers of contemporary welfare economics), Alfred Marshall,Paul Samuelson many economists has been giving importance to happiness in their theories, research or views.

Since the 1970s things have changed once more. Along with a greater optimism about the possibility of interpersonal comparison of utilities, an increasing number of economists are getting interested in happiness. Furthermore, moral philosophers have never ceased to be interested in happiness, and more recently, with a trend similar to that of economists, psychologists too have carried out intensive research on happiness. As a result, happiness is at the moment at the core of a comprehensive research programme which involves not only economists, but also philosophers, psychologists and social scientists in general

The economics of happiness is supposed to support the old wisdom according to which money, after all, is not that crucial to people's happiness. Happiness economics study the relationship between individual satisfaction and socio-economic conditions to help governments design better public policies.

However, Richard Easterlin was the first modern economist to re-visit the concept of happiness, beginning in the early 1970s. More generalized interest took hold in the late 1990s by various economists Bruno Frey, Richard Layard, Med Jones, Benjamin Radcliff, Amartya Sen, Blanchflower, Oswald, Stutzer, Graham and Pettinato.

The United Nations resolution 65/309 on happiness, which was co-sponsored by 68 countries, was adopted by consensus in July 2011. The *happiness resolution* stated that gross domestic product (GDP) alone is not an adequate measure of human prosperity and we need a more inclusive, equitable and balanced approach is needed to promote sustainability, eradicate poverty, and enhance wellbeing.

Components of Gross National happiness

Until the mid-1970s there was no formal policy, anywhere in the world, that placed happiness at the heart of a ruling philosophy. In 1972 the phrase *Gross National Happiness (GNH)* was coined by Bhutan's fourth Dragon King, Jigme Singye Wangchuck at a conference in 1972. Later in January 2010, Center of Bhutan Studies launches the Bhutan GNH Index furthermore GNH was accepted by 193 countries in the United Nations (2011) as the new economic paradigm.

GNH is premised on the belief that happiness is the ultimate desire of every individual, and by extension, the responsibility and purpose of the state is to create the necessary conditions that enable citizens to lead the good life. As such, GNH supports the notion that happiness pursued and realized within the context of the greater good of society offer the best possibility for sustained happiness of the individual. To this end, GNH stresses collective happiness to be addressed directly through public policies in which happiness becomes an explicit criterion in development projects and programmes.

GNH is based on the conviction that material wealth alone does not bring happiness, or ensure the contentment and wellbeing of the people and that economic growth and modernization should not be at the expense of the people's quality of life or traditional values. It is a holistic development philosophy which balances physical and spiritual wellbeing of the people and values both objective and subjective measures of progress. It takes into account both objective, quantifiable and subjective, non-quantifiable dimensions of development. Overall, GNH means the creation of a society or nation in which collective happiness is the goal of governance. The purpose of government is to create more collective happiness.

The original four pillars of GNH philosophy are
1. The promotion of sustainable development
2. Preservation and promotion of cultural values
3. Conservation of the natural environment
4. Establishment of good governance

Good Governance is considered pillars for happiness because it determines the conditions in which citizen thrive. While policies and programs that are developed in a nation are generally in line with the values of GNH, there are also a number of tools and processes employed to ensure the values are indeed embedded in social policy.

Sustainable and socio-economic development a thriving GNH economy must value social and economic contributions of households and families, free time and leisure given the roles of these factors in Happiness.

Preservation and promotion of culture happiness is believed to be contributed by preserving the culture. Developing cultural resilience, which can be understood as the culture's capacity to maintain and develop cultural identity, knowledge and practices, and able to overcome challenges and difficulties from other norms and ideals.

Environmental Conservation is considered a key contribution to GNH because in addition to providing critical services such as water and energy, the environment is believed to contribute to aesthetic and other stimulus that can be directly healing to people who enjoy vivid colours and light, untainted breeze and silence in nature's sound.

These are divided into nine general contributors. 9 areas further divided into 33 indicators which articulate the different elements of GNH in detail and form the basis of GNH measurement, indices and screening tools.

- Living standards
- Education
- Health
- Environment
- Community Vitality
- Time-use
- Psychological well-being
- Good Governance
- Cultural resilience and promotion

From 2007 to 2014 Thailand, Canada, South Korea, United Kingdom, Dubai, Seattle in Washington, Singapore, china, Canada, launched their happiness index. Many governments around the world are considering measures of happiness as alternatives to Gross Domestic Product (GDP) for the purpose of guiding economic policy making.

INDIA: Practice of GNH and Policy

The understanding of GNH at present remains vague in India. Ideas do play an important role in informing policies. India is an ancient civilization and a reservoir of the world's major religions, cultures and environmental heritage. It also has tremendous scientific, technological and economic strength. As India transforms into a superpower, the changes that are likely to come in the next decades are unimaginable. When this happens, the use of traditional measures for progress and growth for a nation of such diversity, vast area and population may not be adequate. India may need its own version of GNH indicators that incorporates the unique character and composition of its people. Such a measure will help to ensure that India's immense diversity is addressed, so that the rewards of development will be shared equally, social capital preserved, environmental and cultural heritage strengthened and the nation becomes stronger and more united, even as it undergoes an explosion of rapid economic growth and change. We are still deeply rooted with many social problems like as poverty, unemployment, illiteracy, child labour, population, lack of healthcare facilities and other issues like people are not happy with policies, a lot of anxiety, unhappiness, lack of inner peacefulness of people, the controversies, race to richness.

Loosing work culture, loosing identity, corruption, also ecological degradation many more such problems are here. Presently a few key initiatives are being taken in India towards happiness movement.

✓ Meghalaya govt. planned to adopt GNH concept
✓ While Goa govt. in their vision document 2035 decide to work on GNH concept with having four pillars as Cultured Goa, Sustainable Goa, Well Governed Goa, and Happy Goa.
✓ Indian government in their policy initiative towards environment cleanness, to present a better picture of India and to make it a good place to live, using different ways like Swachhata Abhiyan,
✓ Odd-Even Formula,
✓ Policies to avoid depression, suicidal behavior of students in coaching institutes in kota, where happiness has been placed centered in policies.
✓ In April 2016 Madhya Pradesh government also shown interest to work on gross national happiness concept and created an Ananda ministry.
✓ A few private spiritual organisations solely working in this directions like Paavan chintan dhara by Pawan sinha , Art of living, Patanjali yoga piitha, Ishayog foundation, brahmkumari university, Gandhian peace foundation, Jaipur peace foundation.
✓ The concept of Rajasthan Government "Of the people and for the people", the very fascinating idea of "Sarkar Aapke Dwar" to fill the gap between the Government and people by letting the Government know what is not happening and what is required to make it done, is a step taken by government closer towards a happy state.
✓ Rajasthan C.M. Vasundhara raje initiates work in the direction of enhancing (khushhali) happiness index by adopting public friendly policies. Toy bank, cloth bank and food stores for the poor are a few initiatives in this direction by govt., also focuses on monitoring of development work in tribal and desert area to find whether people are happy with the progress or not.
✓ Rajasthan Govt. with high Khushhali index as primary objective wants to achieve the vision of a healthy, educated, gender sensitive, economically well-developed and prosperous Rajasthan.

While Venezuela, Ecuador, UAE, Bhutan has happiness ministries we officially haven't given priority on this important aspect. This is the right time to efficiently work on this for central government of India.

Conclusion

While mainstream sustainable development framework focuses on environment and resource management or supply side, this happiness approach focuses on human behavior or consumption management which is the demand side of sustainable development. The existing framework of sustainable development emphasizing only on compromising needs of inter-generations may be difficult to achieve as long as individuals normally concern for their own happiness at low level. Unless people are developed to be able to enjoy their higher or inner happiness, they would not care for others or future generations. This new approach of happiness suggests that human beings can live happily with moderate consumption, cooperation and compassion, as well as harmony with nature. This type of development can increase subjective well-being of individuals with contagious effects, leading to societal happiness and sustainability.

Many governments around the world are considering measures of happiness as alternatives to Gross Domestic Product (GDP) for the purpose of guiding economic policy making towards growth and development.

This paper suggests holistic approach of happiness for development and inclusive growth through various measures that provides inner happiness as a foundation. As a result, this paper purposes the new concept towards sustainable development.

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