20 March: International Day of Happiness

The great majority of Basque youths say they are happy

The General Assembly of the United Nations in its resolution 66/281 of 12 July 2012 proclaimed 20 March the International Day of Happiness recognizing the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives.

On the occasion of the celebration of the International Day of Happiness, the Basque Youth Observatory is introducing some data related to how happy young people feel in the Autonomous Community of the Basque Country. These data come from the study titled Basque Sociometer 60 conducted by the Sociological Research Office of the Basque Government. Data collection (the interviews) took place during January and February 2016. The pollsters used a structured questionnaire for doing the interviews.

According to this survey, 23 % of young people aged 18 to 29 in the Autonomous Community of the Basque Country say they are very happy. If we also take into account youths that say they are rather happy (68 %), we can conclude that 91 % of Basque youths are happy.

Comparing these data with those relating to people aged 30 or more, we can see that the amount of happy people is higher in the group of youths. If we focus on the group of those who say they are very happy, we can see there is a five point difference between young people and older people.

![Feeling of happiness. Comparison between youths and people aged 30 and more (%)](source: Elaborated by the Basque Youth Observatory based on data from the Sociological Research Office (Basque sociometer 60, 2016)
If we analyze the evolution of the happiness perception among young people we can see it is very stable. The percentage of people who feel happy is very similar in 1996 and in 2016.