IUPHE and GNH, Pattaya 28.8.2013

Karma Ura

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His Majesty the Fifth King of Bhutan, Jigme Khesar Namgyal Wangchuck with his father the Fourth King of Bhutan, HM Jigme Singye Wangchuck.
Health and Longevity

Social Empathy

Consciousness shift

Creativity

Innovation
THE WHEEL AS HOLISTIC SYMBOL (HOLISTIC = wellbeing, global, multi-dimensional, timeless)
9 Domains of GNH

Measured in the GNH Index & GNH Screening Tools.
33 GNH Indicators

Education
- Literacy
- Educational Level
- Knowledge
- Values

Health
- Mental health
- Self reported health
- Healthy days
- Disability

Living Standards
- Assets
- Housing
- Household per capita income

Psychological Wellbeing
- Life satisfaction
- Positive emotions
- Negative emotions
- Spirituality

Community Vitality
- Donations (time & money)
- Community relationship
- Family
- Safety

Cultural Diversity and Resilience
- Native Language
- Artisan Skills
- Participation
- Conduct

Time Use
- Work
- Sleep

Ecological Diversity and Resilience
- Ecological Issues
- Responsibility towards environment
- Wildlife damage (Rural)
- Urbanization issues

Good Governance
- Gov’t performance
- Fundamental rights
- Services
- Political Participation

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GNH in Policy Making

National Index

Progress Measurement

Policy Making

Project Formulation

SINGLE NUMBER GNH INDEX

Influence

GNH INDICATORS

Influence

GNH POLICY SCREENING TOOLS

GNH PROJECT SELECTION TOOLS
### 1. Stress

<table>
<thead>
<tr>
<th>Will increase levels of stress in the population</th>
<th>Do not know the effects on levels of stress in the population</th>
<th>Will not have any appreciable effects on levels of stress in the population</th>
<th>Will decrease levels of stress in the population</th>
</tr>
</thead>
</table>

### 3. Physical exercise

<table>
<thead>
<tr>
<th>Will discourage physical exercise</th>
<th>Not sure if it will discourage physical exercise</th>
<th>Will not discourage physical exercise</th>
<th>Will encourage physical exercise</th>
</tr>
</thead>
</table>

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<table>
<thead>
<tr>
<th>Hypothetical score in GNH policy screening tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Security</td>
</tr>
<tr>
<td>2. Equity</td>
</tr>
<tr>
<td>4. Biodiversity</td>
</tr>
<tr>
<td>13. Stress</td>
</tr>
<tr>
<td>15. Culture</td>
</tr>
<tr>
<td>17. Discrimination</td>
</tr>
<tr>
<td>18. Rights</td>
</tr>
</tbody>
</table>

**Final score** = \[rac{49}{92}; \text{neutral score} = 69 = 3 \times 23\]

**WTO policy needs to be reviewed; far below neutral score of 69**
Increasing GNH

To increase happiness,

We have to identify people who are not yet happy.

And we have to ask, where do they lack sufficiency? What more must be done?

This analysis is of direct relevance for policy.
Leadership is focusing from one's own benefits to awakening all, through compassion, strength and knowledge of suffering.
1. Setting an alternative framework of development (but in what new direction?)
2. Providing indicators to sectors to guide development
3. Allocating resources in accordance with GNH targets and GNH screening tools
4. Measuring people’s happiness and well being
5. Measuring progress over time
Contribution of domains to happiness by area of residence

- Psychological wellbeing (15%)
- Living standards (10%)
- Health (5%)
- Time use
- Education
- Cultural diversity and resilience
- Good Governance
- Community vitality
- Ecological diversity and resilience
1. Have sufficient household income
2. Have sufficient household equipment and own land
3. **Cultivate high positive emotions and low negative emotions,**
4. Have good physical and mental health.
5. *Practise meditation.*
6. Do not over work yourself,
7. Socialize regularly with your family,
8. Be able to trust fellow citizens,
9. Have an age before or after the “mid-life crisis”.

**Regression results:** Some variables that are significant and positively related to SWB in Bhutan
Results of GNH index for 2010,

- 10.4% of people were ‘unhappy’;
- 47.8% are ‘narrowly happy’,
- 32.6% are ‘extensively happy’; and
- 8.3% are ‘deeply happy’.
Seven factors affect our happiness:

- our financial situation (income),
- our health,
- our family relationships,
- our work,
- our community and friends,
- our personal freedom, autonomy and choice
- and our personal values.

Except for health and income, they are all concerned with the quality of our relationships.

**Social support**
- Proportion of household income donated
- Days of volunteering

**Community Vitality**
- Sense of belonging
- Trust neighbours

**Community relationship**
- Family care
- Wish you were not part of your family
- Argue too much
- Feel like a stranger in family
- Family are understanding
- Family are a real source of comfort

**Safety**
- Having been a recent victim of crime

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Skills for Happiness

- Time Use
  - Mindfulness
  - Discipline
  - Focus/concentration
  - Patience
  - Balance
- Psychological Well-Being
  - Purpose
  - Gratitude
  - Competence
  - Balance
  - Self-confidence
  - Courage
  - Mindfulness
  - Delayed gratification
  - Optimism
Skills for Happiness

- **DOMAIN**
- Health
- (...)
- Environment
- Living Standards

- **HAPPINESS SKILLS**
  - Dietary choices
  - Exercise
  - Sociability
  - Mindfulness
  - Discipline
  - Resilience
  - Gratitude
  - Forgiveness
  - Optimism
  - Affection
  - Nature appreciation
  - Personal environmental behaviors
  - Inter-species empathy
  - Patience
  - Frugality
  - Altruism/generosity
  - Compassion
  - Empathy
  - Gratitude
  - Delayed gratification
Socioeconomic Construction of Time or Experience

- Fast-Slow
- GDP-Non GDP
- Event time – Chronological time
- Employed-Unemployed
- Paid-Unpaid
- Conscious and Unconscious (dzogchen)
- Transcendental-conventional
- Productive-Nonproductive
- Legal-Unregulated
- Work-Leisure
- Free-Unfree
- Alone-Together

Karma Multiphot 11/June 28.8.13
Momentariness

Time categories frame or order our experiences Momentariness which are infinitesimally small moments we cannot know make up life. Momentariness of an event is shorter than the consciousness of the momentariness of the event (Inada 1974).

“experiential events do not take place or flow in time. Rather,…events flow as time…” (Inada 1974)

The mind compounds momentariness into an experiential event. (Longchen Ramjam)
Experiential / consciousness

Being

Remembered

Moment to Moment

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Subjective experience of time

Temporal Illusion: fast or slow

Quality Illusion: pleasant or unpleasant
Mental wellbeing (GHQ-12)

- Normal mental wellbeing: 86.0%
- Some mental distress: 5.0%
- Severe mental distress: 8.9%

Source: GNH Survey 2010
Suicidal ideation in past 12 months by stress

<table>
<thead>
<tr>
<th>Stress Level</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very stressful</td>
<td>8.8</td>
<td>91.2</td>
</tr>
<tr>
<td>Moderately stressful</td>
<td>4.4</td>
<td>95.6</td>
</tr>
<tr>
<td>Somewhat stressful</td>
<td>3.6</td>
<td>96.4</td>
</tr>
<tr>
<td>Not at all stressful</td>
<td>1.5</td>
<td>98.5</td>
</tr>
<tr>
<td>Don't know</td>
<td></td>
<td>100.0</td>
</tr>
</tbody>
</table>

Source: GNH Survey 2010
Time use (by stress level)

<table>
<thead>
<tr>
<th>Stress Level</th>
<th>Sleeptime</th>
<th>Work</th>
<th>Nonwork</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very stressful</td>
<td>30%</td>
<td>36%</td>
<td>35%</td>
</tr>
<tr>
<td>Moderately stressful</td>
<td>32%</td>
<td>35%</td>
<td>33%</td>
</tr>
<tr>
<td>Somewhat stressful</td>
<td>32%</td>
<td>35%</td>
<td>33%</td>
</tr>
<tr>
<td>Not at all stressful</td>
<td>32%</td>
<td>35%</td>
<td>33%</td>
</tr>
</tbody>
</table>

Graphs by Stress
Time spent on work, non-work and sleep

- **Sleep**: 8:28
- **Work**: 7:56
- **Nonwork**: 7:35
Bhutanese people work longest hours in midlife, between 46 to 50, peaking at 518 minutes a day.

Source: GNH Survey 2010

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Subjective happiness (on a scale from 0-10) by age

Source: GNH Survey 2010
On a scale of zero to 10, I consider myself

<table>
<thead>
<tr>
<th>Hap</th>
<th>Not a very happy person</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>Very Happy Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

Distribution of population by Subjective Happiness (on a scale from 0-10)

Mean = 6.06
sd = 1.6

Percentage of people

Happiness on a scale from 0-10

0.2 0.2 0.7 2.7 8.0 29.7 21.4 20.3 9.4 4.3 3.2
SOCIAL TIME: 34 % of Bhutanese socialize every day, socializing with members of family for an average of 63 minutes and another 89 minutes with friends and neighbors and relatives.
PERSONAL CARE TIME: time spent on washing, dressing, undressing, changing, grooming, using restroom
Mean time spent on washing, dressing, undressing, changing, grooming, using restroom by occupation

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housewife</td>
<td>28</td>
</tr>
<tr>
<td>Monk/Anim/Gomchen</td>
<td>29</td>
</tr>
<tr>
<td>GYT/DYT member</td>
<td>29</td>
</tr>
<tr>
<td>Farmer</td>
<td>31</td>
</tr>
<tr>
<td>Others</td>
<td>31</td>
</tr>
<tr>
<td>Businessman</td>
<td>33</td>
</tr>
<tr>
<td>Unemployed</td>
<td>36</td>
</tr>
<tr>
<td>National Work Force</td>
<td>39</td>
</tr>
<tr>
<td>Corporate employee</td>
<td>39</td>
</tr>
<tr>
<td>RBG/RBA/RBP</td>
<td>40</td>
</tr>
<tr>
<td>Students</td>
<td>43</td>
</tr>
<tr>
<td>Civil servants</td>
<td>43</td>
</tr>
</tbody>
</table>
Rural women work for 8 hours and 43 minutes (524 minutes) a day, the longest of all.
Eating and drinking takes 4.2 years in life; 87 minutes a day. Cooking 117 minutes a day, no rural urban difference.
Health

Number of Healthy Days

Mental Health

Disability

Self reported health status

- Able to **concentrate**
- Lost **sleep** over worry
- Playing **useful** part
- Capable of making **decisions**
- Constantly under **strain**
- Difficult to **cope** with difficulties
- Able to **enjoy**
- Able to **face problems**
- Feeling unhappy and **depressed**
- Losing **confidence**
- Thinking of self

Long-term disability that restricts activities
## Thresholds

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Response range</th>
<th>Sufficiency</th>
<th>% meeting sufficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self reported health status</td>
<td>1(very poor)-5(excellent)</td>
<td>Good or excellent</td>
<td>73.8</td>
</tr>
<tr>
<td>Healthy days</td>
<td>0(worst)-30(best)</td>
<td>26 days and above</td>
<td>76.5</td>
</tr>
<tr>
<td>Disability</td>
<td></td>
<td>No disability or it does not limit their ability to perform daily activities</td>
<td>89.5</td>
</tr>
<tr>
<td>Mental health (GHQ)</td>
<td>0-15(severe distress)-21-36(normal mental well-being)</td>
<td>Normal mental well-being</td>
<td>86.2</td>
</tr>
</tbody>
</table>
Domain contribution to GNH

- Health: 14.07%
- Ecological diversity and resilience: 9.32%
- Psychological wellbeing: 9.06%
- Community vitality: 12.11%
- Living standards: 11.97%
- Time use: 11.83%
- Cultural diversity and resilience: 11.27%
- Good Governance: 10.45%

Percentage of people enjoying sufficiency in indicators of Health

- Disability: 89%
- Mental health: 86%
- Healthy days: 76%
- Self reported health status: 74%

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Self-rated health status

- Very good: 53.4%
- Good: 18.4%
- Fair: 6.6%
- Poor: 1.4%

Source: GNH Survey 2010
Mean sick days by age

Source: GNH Survey 2010

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Proportion of people with long-term disability by age

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Mean healthy days by occupation

- Others: 28.1
- Unemployed: 28.0
- Corporate employee: 27.9
- RBG/RBA/RBP: 27.7
- Civil servants: 27.7
- Students: 27.2
- Businessman: 27.1
- National Work Force: 26.6
- House wife: 26.5
- GYT/DYT member: 26.5
- Farmer: 25.4
- Monk/Anim/Gomchen: 24.9

Source: GNH Survey 2010
Mean sick days by Dzongkhag

Source: GNH Survey 2010
Proportion of population obese by Dzongkhag

- **Underweight** — BMI < 18.5
- **Normal weight** — BMI 18.5 - 24.9
- **Overweight** — BMI 25.0 - 29.9
- **Obese** — BMI ≥ 30.0

<table>
<thead>
<tr>
<th>Dzongkhag</th>
<th>Obesity Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gasa</td>
<td>0%</td>
</tr>
<tr>
<td>Tashi Yangtse</td>
<td>2%</td>
</tr>
<tr>
<td>Dagana</td>
<td>4%</td>
</tr>
<tr>
<td>Tshang</td>
<td>6%</td>
</tr>
<tr>
<td>Thimphu</td>
<td>8%</td>
</tr>
<tr>
<td>Haa</td>
<td>10%</td>
</tr>
<tr>
<td>Samtse</td>
<td>12%</td>
</tr>
<tr>
<td>Wangdue</td>
<td>14%</td>
</tr>
<tr>
<td>Lhuntse</td>
<td>16%</td>
</tr>
<tr>
<td>Sarpang</td>
<td>18%</td>
</tr>
<tr>
<td>Punakha</td>
<td>20%</td>
</tr>
<tr>
<td>Samdrup Jongkar</td>
<td>22%</td>
</tr>
<tr>
<td>Bumthang</td>
<td>24%</td>
</tr>
<tr>
<td>Paro</td>
<td>26%</td>
</tr>
<tr>
<td>Chukha</td>
<td>28%</td>
</tr>
<tr>
<td>Trongsa</td>
<td>30%</td>
</tr>
<tr>
<td>Pema Gatsel</td>
<td>32%</td>
</tr>
<tr>
<td>Zhemgang</td>
<td>34%</td>
</tr>
<tr>
<td>Tashigang</td>
<td>36%</td>
</tr>
<tr>
<td>Mongar</td>
<td>38%</td>
</tr>
</tbody>
</table>
## Cognition and behaviour disability by age, sex and residency (%)

<table>
<thead>
<tr>
<th>Age</th>
<th>Sex</th>
<th>Residency</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Rural</td>
</tr>
<tr>
<td>2-5 yrs</td>
<td>Boy</td>
<td>18.0</td>
</tr>
<tr>
<td>5-9 yrs</td>
<td>Girl</td>
<td>11.9</td>
</tr>
<tr>
<td>Cognition</td>
<td></td>
<td>13.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16.8</td>
</tr>
<tr>
<td>Behaviour</td>
<td></td>
<td>7.2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6.4</td>
</tr>
</tbody>
</table>

Source: Two stage child disability study, NSB, 2012

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Psychological Well-being

4 Life Satisfaction Domains
- Health
- Living standard
- Occupation
- Relationship
- Work-life balance

5 Positive Emotions
- Calmness
- Compassion
- Forgiveness
- Contentment
- Generosity

5 Negative Emotions
- Anger
- Fear
- Worry
- Selfishness
- Jealousy

Spirituality
- Spirituality level
- Meditation
<table>
<thead>
<tr>
<th>Indicator</th>
<th>Response range</th>
<th>Sufficiency</th>
<th>% meeting sufficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life satisfaction</td>
<td>5(low)-25(high)</td>
<td>&gt;=19</td>
<td>83.1</td>
</tr>
<tr>
<td>Spirituality</td>
<td>4(low)-16(high)</td>
<td>&gt;=12</td>
<td>58.8</td>
</tr>
<tr>
<td>Positive emotions</td>
<td>5(low)-20(high)</td>
<td>&gt;=15</td>
<td>64.7</td>
</tr>
<tr>
<td>Negative emotions</td>
<td>5(low)-20(high)</td>
<td>&lt;=14</td>
<td>52.8</td>
</tr>
</tbody>
</table>
Experience of anger. 5% of adult Bhutanese experience anger than once a week.
Feelings of negative emotions by gender

- Jealousy
- Selfishness
- Fear
- Frustration
- Anger

Male
Female

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Proportion of respondents who reported that they "Never" experienced "Anger" in the last few weeks by occupation.
• 31% of the Bhutanese feel generous more than once a week
Satisfactions, eg in relationships, health, jobs etc

Negative emotions
eg. Narcissism, selfishness

Positive emotions, eg, altruism, gratitude

Satisfactions, eg in relationships, health, jobs etc
Experience of contentment

- Often: 43.3%
- Sometimes: 21.3%
- Rarely: 19.1%
- Never: 16.3%

Source: GNH Survey 2010
Nirvana

And come to terms --- existentially--- with that impermanent reality.
Gross National Product (GNP) covers at best about 60 per cent of all valuable production and labour market employment statistics cover less than 50 per cent of all work performed each week. On a gender basis, the regularly published labour statistics cover perhaps 75 per cent of men’s work and 33 per cent of women’s work”.

(Ironmonger 1999)
Total number of indicators/variables = 758
Sample size = 7142

Data reduction through correlation, factor analysis and normative judgment

124 variables are selected for the construction of GNH Index
Weighting:

- 9 domains are equally weighted
- There are 33 sub-domains
- Subjective sub-domains have light weights except in psych well-being
- Robustness tests are performed
<table>
<thead>
<tr>
<th>Domain</th>
<th>No of Indicators</th>
<th>Subjective indicators</th>
<th>Objective indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological wellbeing</td>
<td>4</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Health</td>
<td>4</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Time use</td>
<td>2</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Education</td>
<td>4</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Cultural diversity and resilience</td>
<td>4</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Good Governance</td>
<td>4</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Community vitality</td>
<td>4</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Ecological diversity and resilience</td>
<td>4</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Living standards</td>
<td>3</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td>24</td>
<td>9</td>
</tr>
</tbody>
</table>
## Weights on the 33 Indicators

<table>
<thead>
<tr>
<th>Domain</th>
<th>Indicators</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological wellbeing</td>
<td>Life satisfaction</td>
<td>33%</td>
</tr>
<tr>
<td></td>
<td>Positive emotions</td>
<td>17%</td>
</tr>
<tr>
<td></td>
<td>Negative emotions</td>
<td>17%</td>
</tr>
<tr>
<td></td>
<td>Spirituality</td>
<td>33%</td>
</tr>
<tr>
<td></td>
<td>Self reported health</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Healthy days</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Disability</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Mental health</td>
<td>30%</td>
</tr>
<tr>
<td>Health</td>
<td>Work</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td>Sleep</td>
<td>50%</td>
</tr>
<tr>
<td>Time use</td>
<td>Literacy</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Schooling</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Knowledge</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>Value</td>
<td>20%</td>
</tr>
<tr>
<td>Education</td>
<td>Zorig chusum skills (Artisan)</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Cultural participation</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Speak native language</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>Driglam Namzha (Etiquette)</td>
<td>20%</td>
</tr>
<tr>
<td>Cultural diversity</td>
<td></td>
<td></td>
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<tr>
<td>&amp; resilience</td>
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</tr>
<tr>
<td>Good Governance</td>
<td>Political participation</td>
<td>40%</td>
</tr>
<tr>
<td></td>
<td>Services</td>
<td>40%</td>
</tr>
<tr>
<td></td>
<td>Governance performance</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Fundamental rights</td>
<td>10%</td>
</tr>
<tr>
<td>Community vitality</td>
<td>Donation (time &amp; money)</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Safety</td>
<td>30%</td>
</tr>
<tr>
<td></td>
<td>Community relationship</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>Family</td>
<td>20%</td>
</tr>
<tr>
<td>Ecological diversity</td>
<td>Wildlife damage</td>
<td>40%</td>
</tr>
<tr>
<td>&amp; resilience</td>
<td>Urban issues</td>
<td>40%</td>
</tr>
<tr>
<td></td>
<td>Responsibility towards env</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Ecological issues</td>
<td>10%</td>
</tr>
<tr>
<td>Living Standard</td>
<td>Per capita income</td>
<td>33%</td>
</tr>
<tr>
<td></td>
<td>Assets</td>
<td>33%</td>
</tr>
<tr>
<td></td>
<td>Housing</td>
<td>33%</td>
</tr>
</tbody>
</table>
**GNH Index Aggregation Method** is designed to find out:

1. **Headcount ratio of happy people**  
   Percent of people who are happy; all happy people are given value of 0 and not yet happy are given value of 1. This makes aggregating objective and subjective data possible.

2. **Breadth of happiness**  
   The percentage of domains in which people who are not-yet-happy enjoy sufficiency.
How much is enough to be happy?
The GNH Index uses two kinds of thresholds:

1. **Sufficiency thresholds**
   Shows how much a person needs in order to enjoy ‘sufficiency’ – how much is enough normally to create a happiness condition. Each indicator has a sufficiency threshold.

2. **Happiness threshold**
   Unhappy, narrowly happy, extensively happy and deeply happy depends on the number of variables you enjoy.
GNH Index: Formulae

The GNH Index Formulae is:

\[ \text{GNH} = 1 - (H_n \times A_n) \]

Where

\[ H_n = \text{percentage of not-yet-happy} \]
\[ = 1 - H_h \text{ or } (100\% - \% \text{ happy people}) \]

\[ A_n = \text{percentage of domains in which not-yet-happy people lack sufficiency} \]
GNH Index = 100% of Happy People – (% of not-yet-happy people × % of Domains in which not-yet-happy people lack sufficiency, ie., deprivation

2010 GNH Index = 100% of Happy People – 59 % × 43 % of Domains, or 3.87 out of 9 Domains, in which not-yet-happy people lack sufficiency

2010 GNH Index = 1 - .256 = .743