

## Jamaica is 3rd Happiest Nation on Earth

Jamaica has moved up 50 places in the last three years to be ranked the third "happiest country" in the world", in the latest Happy Planet Index published by Britain's New Economics Foundation.

There have been mixed reviews in light of the harsh economic situation being faced by many across Jamaica, as well as the monsters of crime and violence, among other issues.

"Despite these problems, the island is able to maintain some of the best levels of health in the developing world, as indicated by its high average-life expectancy. It is this which puts Jamaica towards the top of the HPI table," reads the report.

A major reason why many would disagree with the report, it seems, may be the way that happiness is defined by the NEF.

"For us, being 'happy' is more than just having a smile on your face. We use the term subjective well-being to capture its complexity," a sentence from the report reads.

"Aside from feeling 'good', it also incorporates a sense of individual vitality, opportunities to undertake meaningful, engaging activities which confer feelings of competence and autonomy, and the possession of a stock of inner resources that helps one cope when things go wrong ... " the report stated.