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## Hva er livskvalitet?

SOR-konferansen, Oslo 26. oktober 2023

*Ragnhild Bang Nes*



**UNIVERSITY  
OF OSLO**

 **NIPH**

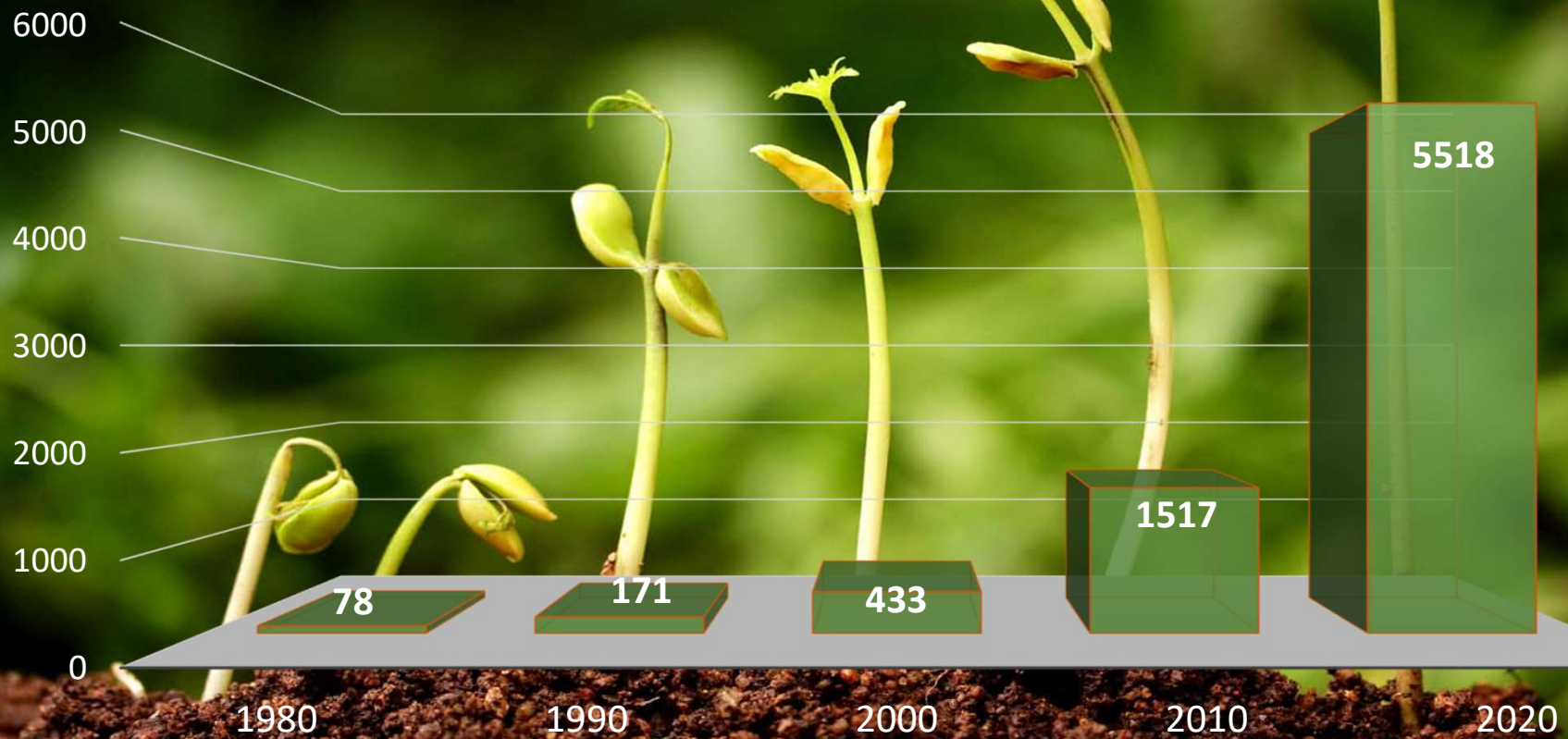
Norwegian Institute of Public Health





Mål & middel

## Antall internasjonale publikasjoner med "Well-being" i tittel



2022

**WORLD HAPINESS REPORT**  
World Happiness Report

1. Politikere over hele verden ser i økende grad livskvalitet som et overordnet mål for politikken
2. Livskvalitet kan måles
3. Vi vet nå mye om hva som forårsaker den

John F. Helliwell, Richard Layard, Jeffrey D. Sachs,  
Jan-Emmanuel De Neve, Lara B. Aknin, and Shun Wang

Increasing interest in new and subjective measures of well-being

Research on happiness



World Happiness Report 2022

This is the tenth anniversary of the World Happiness Report. From its first year, the report has had a large and growing readership – reaching over 9 million in 2021. It has been widely cited. But more important has been the message the Report has carried. The true measure of progress is the happiness of the people; that happiness can be measured, and that we know a lot about what causes it. Given this knowledge, it is now possible for policy-makers to make people's happiness the goal of their policies. And each of us can live a wiser life.

We take the tenth anniversary as an opportunity to consider how far happiness research has come, where it stands, and the promising opportunities that lie ahead.

**Looking back**

Over the last ten years, there has been a transformation of public interest in happiness (see Chapter 3). Policy-makers worldwide increasingly see it as an important and overarching objective of public policy. With encouragement from the OECD, nearly all its member countries now measure the happiness of their people annually. The European Union asks its member countries to put well-being at the heart of policy design.

While interest in happiness has mushroomed over the ten years of World Happiness Reports, the global average of national life evaluations has been relatively stable. This average stability masks a great variety of national and regional experiences. As Chapter 2 demonstrates, life evaluations have risen by one full point or more in some countries (led by three Balkan countries, Romania, Bulgaria, and Serbia) and fallen this much or more in other countries in deep trouble, with Venezuela, Afghanistan, and Lebanon dropping the most. There has, on average, been a long-term moderate upward trend in stress, worry, and sadness in most countries and a slight long-term decline in the enjoyment of life.

**Happiness, benevolence, and trust during COVID-19 and beyond (Chapter 2)**

Chapter 2 contains the national happiness rankings, explores trends over the past ten years, and provides a deeper examination of emotions, behaviour, and life in general during 2020 and 2021. The 2021 data confirm the 2020 finding that average life evaluations, reflecting the net effects of offsetting negative and positive influences, have remained remarkably resilient during COVID-19. For the young, life satisfaction has fallen, while for those over 60, it has risen – with little overall change. Worry and stress have risen – by 8% in 2020 and 4% in 2021 compared with pre-pandemic levels.

On the positive side, the most remarkable change seen during COVID-19 has been the global upsurge in benevolence in 2021. This benevolence has provided notable support for the life evaluations of givers, receivers, and observers, who have been gratified to see their community's readiness to reach out to help each other in times of need. In every global region, there have been large increases in the proportion of people who give money to charity, help strangers, and do voluntary work in every global region. Altogether the global average of these three measures was up by a quarter in 2021, compared with before the pandemic.

COVID-19 has also demonstrated the crucial importance of trust for human well-being. Deaths from COVID-19 during 2020 and 2021 have been markedly lower in those countries with higher trust in public institutions and where inequality is lower.

**Looking forward**

For the future, the prospects for happiness will depend on a whole range of factors, including the future course of the pandemic and the scale of military conflict. But an important contribution will come from improvements in the science of happiness. In this tenth anniversary issue, we celebrate three major promising developments in our ability to measure and explain happiness.

Tilrettelegge for gode liv og jevnere fordeling - lokalt, regionalt, nasjonalt – og globalt



Regjeringen.no

Søk

Tema ▾

Dokument ▾

Aktuelt ▾

Departement ▾

Regjering ▾

Du er her: [Forsiden](#) • [Aktuelt ▾](#) • [Nyheter](#) • [Ny nasjonal strategi for livskvalitet](#)

## Ny nasjonal strategi for livskvalitet

Nyhet | Dato: 27.07.2021

Regjeringen vil utvikle en nasjonal strategi for livskvalitet, og at livskvalitet skal være et supplerende mål på samfunnsutviklingen i Norge.

















*© Humans of Oslo*





























handler om å være rik – ikke *primært* på materielle goder, men på glede og tilfredshet, menings- og mestringsopplevelser, fellesskap, helse, trygghet, handlefrihet og muligheter for utvikling.

Om rettferdige og verdige liv med muligheter



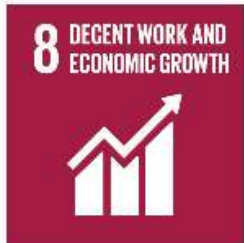
1. Familie og venner
2. Helse
3. Trygghet
4. Frihet til å velge
5. Økonomi













- nært og ofte prospektivt assosiert med et bredt spekter av viktige individuelle og samfunnsmessige gevinster....





*Choi et al., 2019; Lyubomirsky et al. (2005); Boehm et al (2012; 2021);  
Goudie et al (2012); Kim et al (2015)*


JGA/Shutterstock



*Nes et al. 2008; 2013; 2014*



*Lyubomirsky et al. (2005); Pressman & Cohen (2005); Boehm, J. K., & Kubzansky (2012); Pressman et al. (2017)*



5,4 %  
4,4 år

Koga, Hayami K., et al. (2022).



**MOTGIFT**



[News](#) > [World](#) > [Europe](#)

# Norway is the best place to live in the world, according to the UN

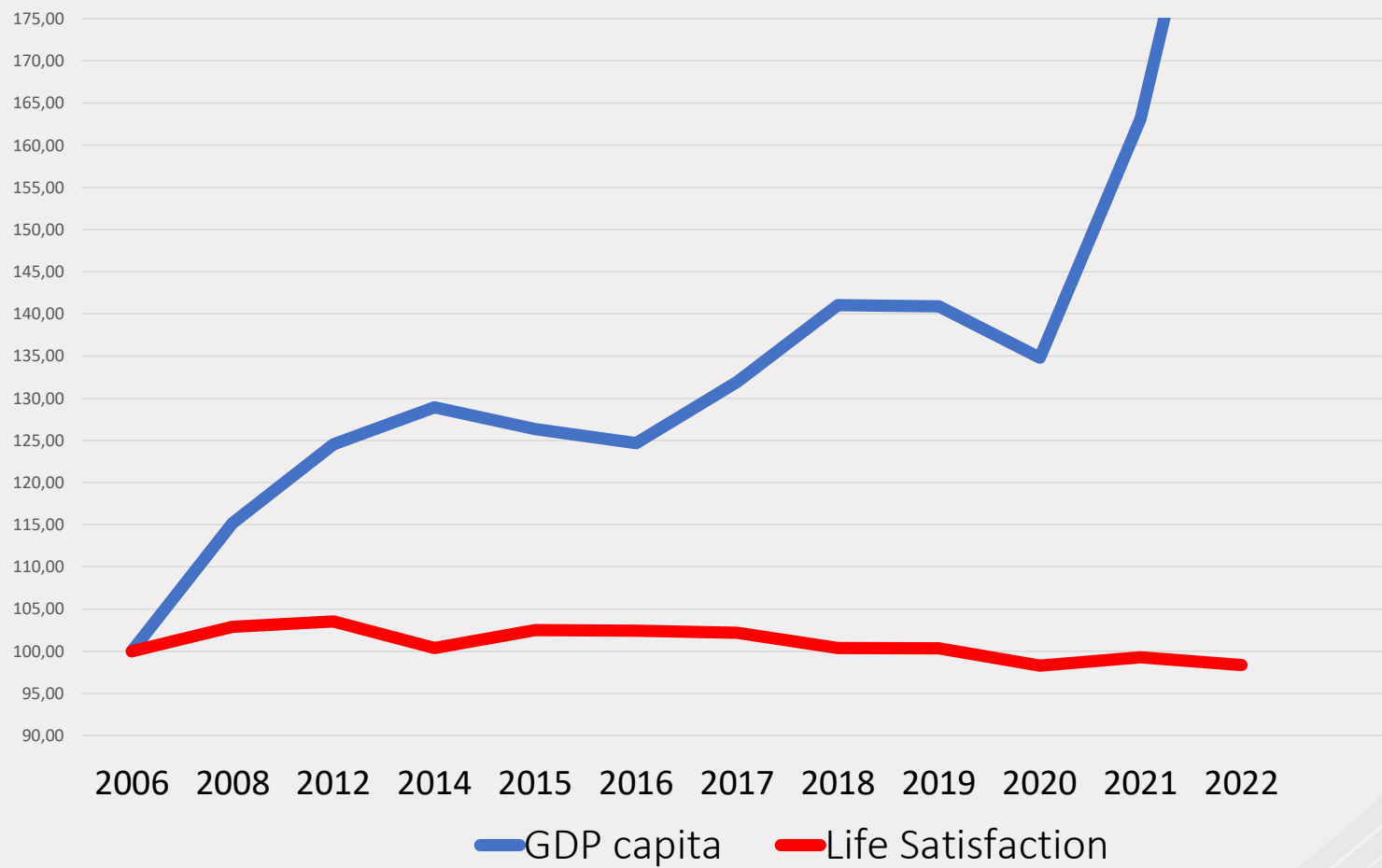
Two billion people have moved out of low human development levels in the last 25 years, but 830 million people are still classified as “working poor”, earning under \$2 a day

Emma Henderson | Tuesday 15 December 2015 | [15 comments](#)

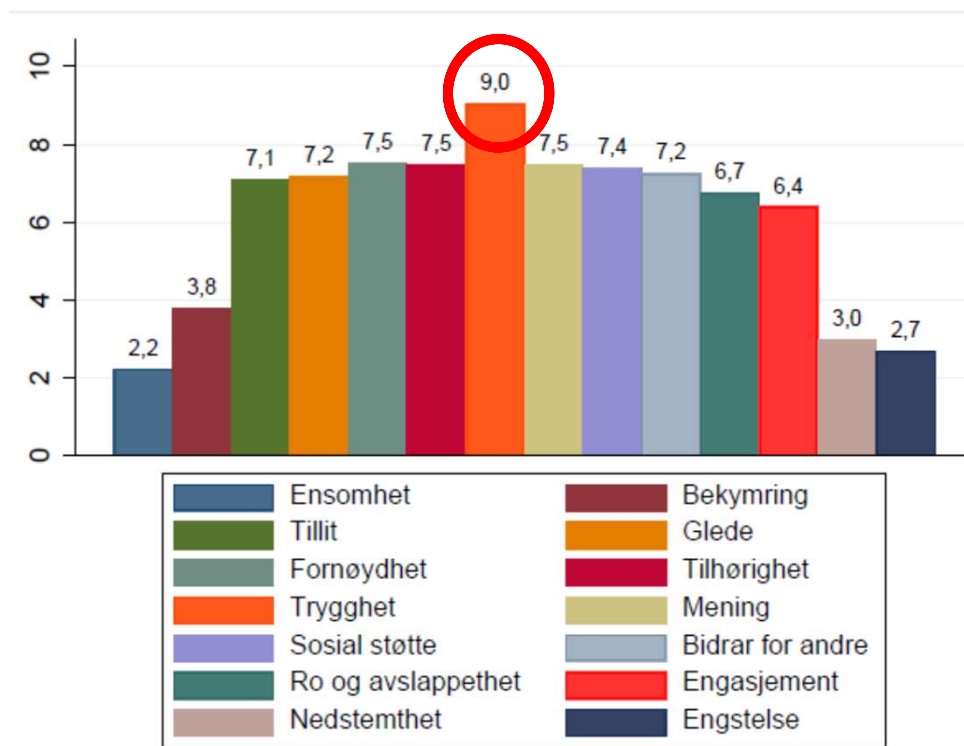


**19K**  
shares



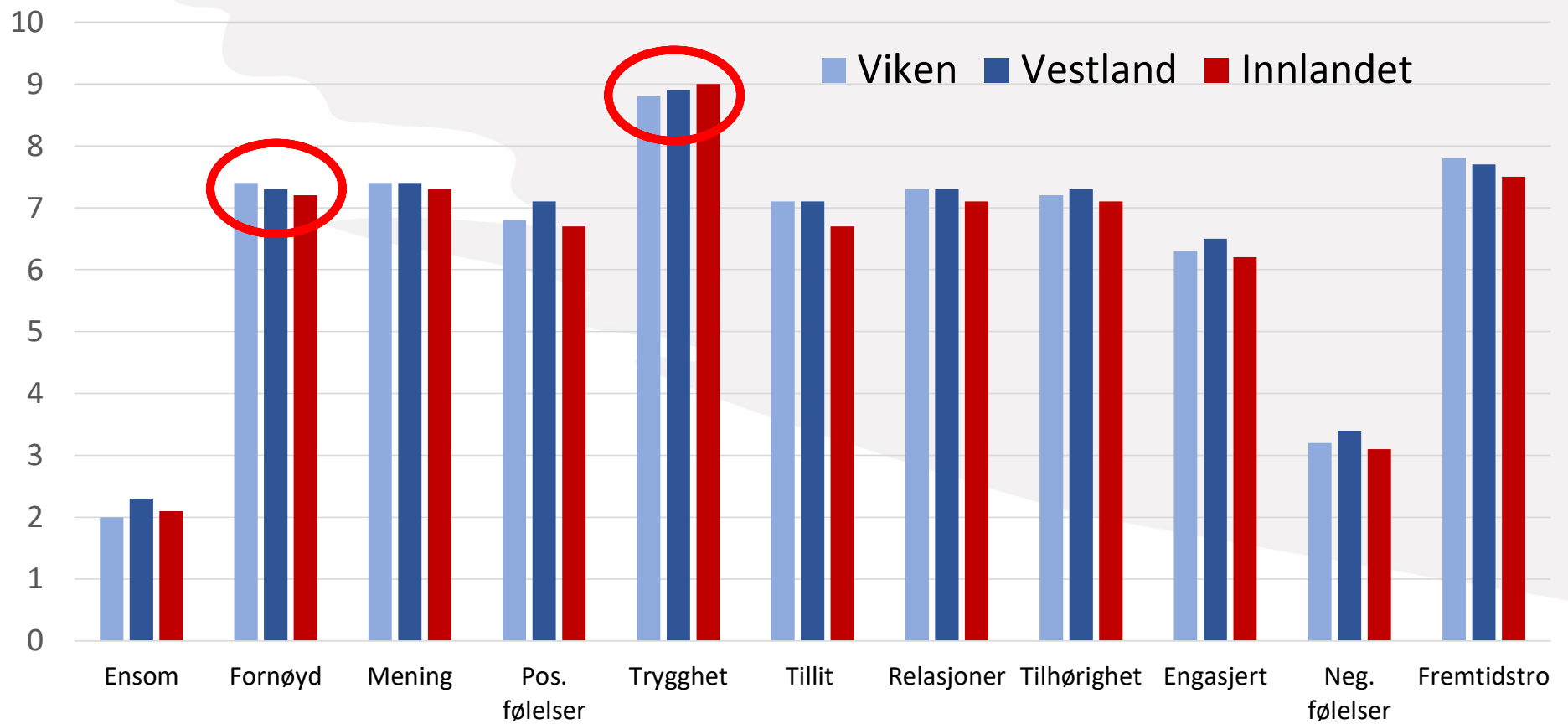


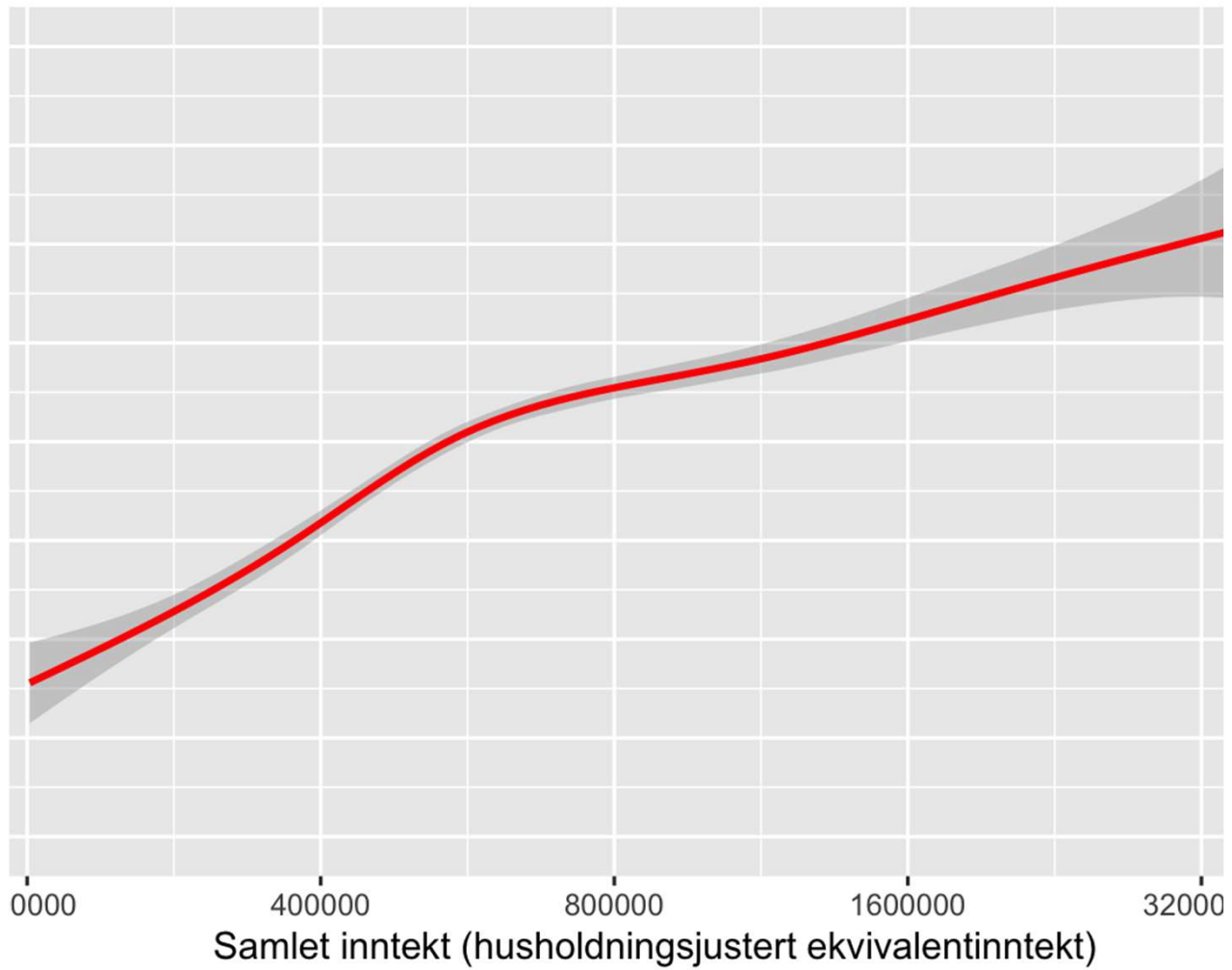
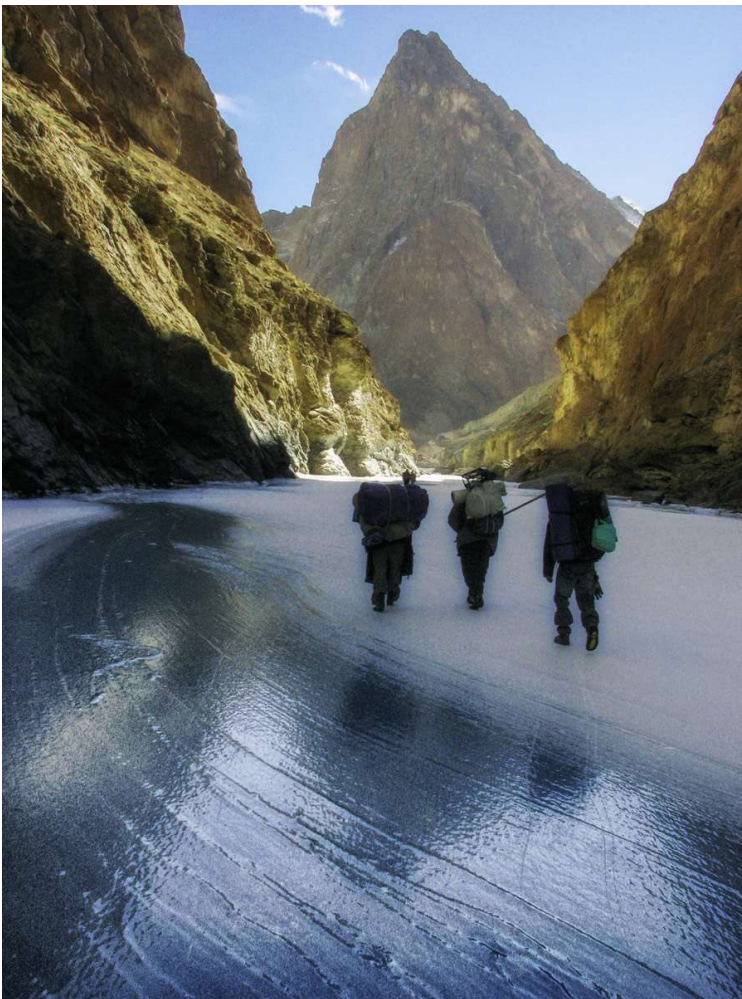
# Livskvalitet i Norge 2019



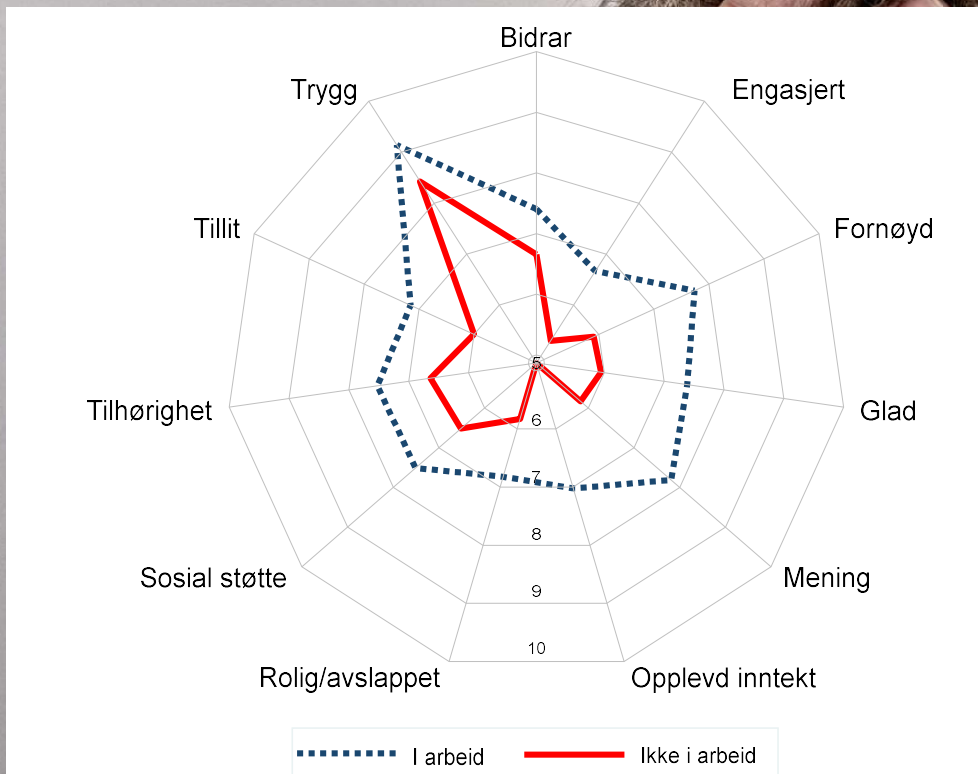


# Viken 2021, Vestland 2022 & Innlandet 2023





RR: 3,8-6,1



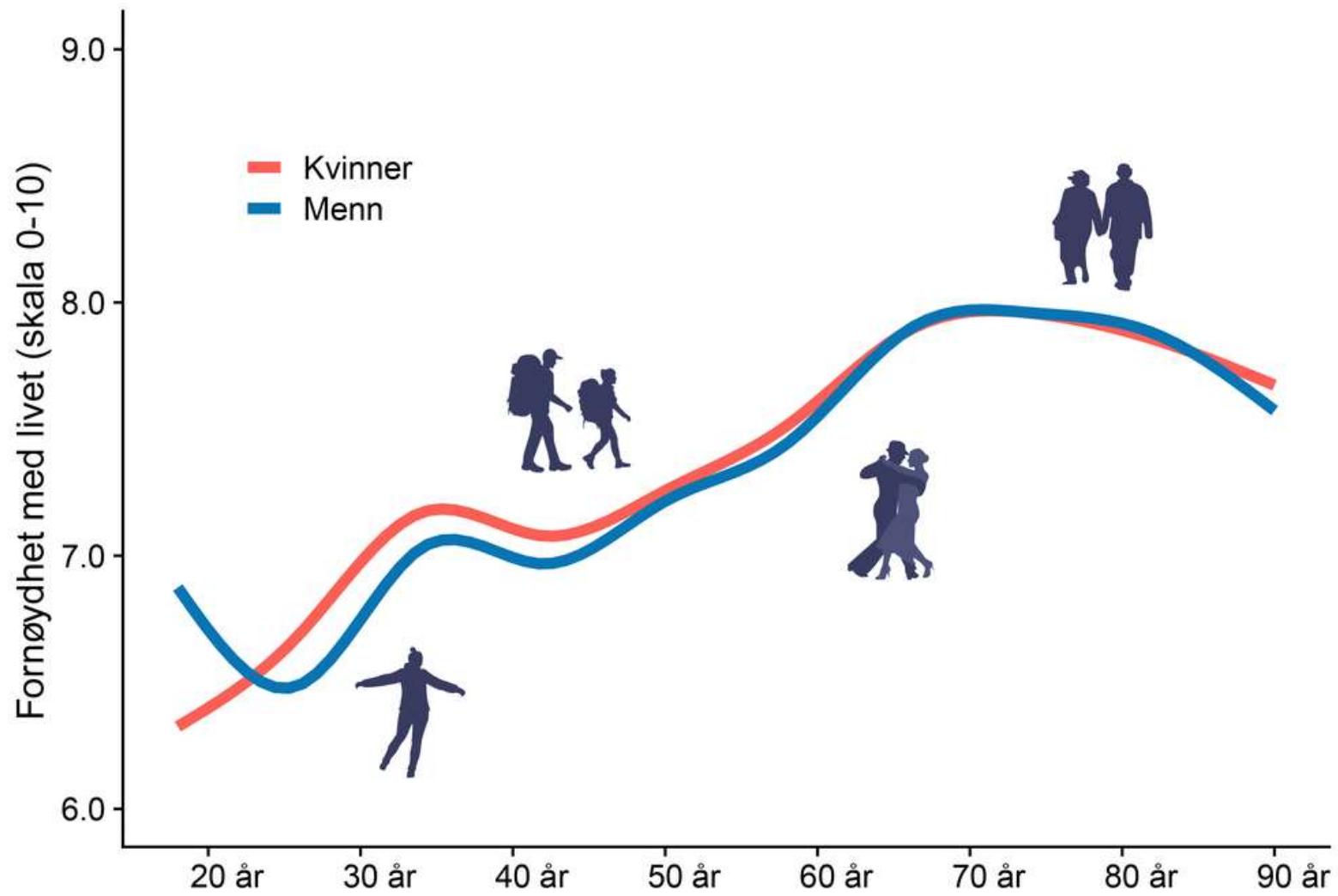


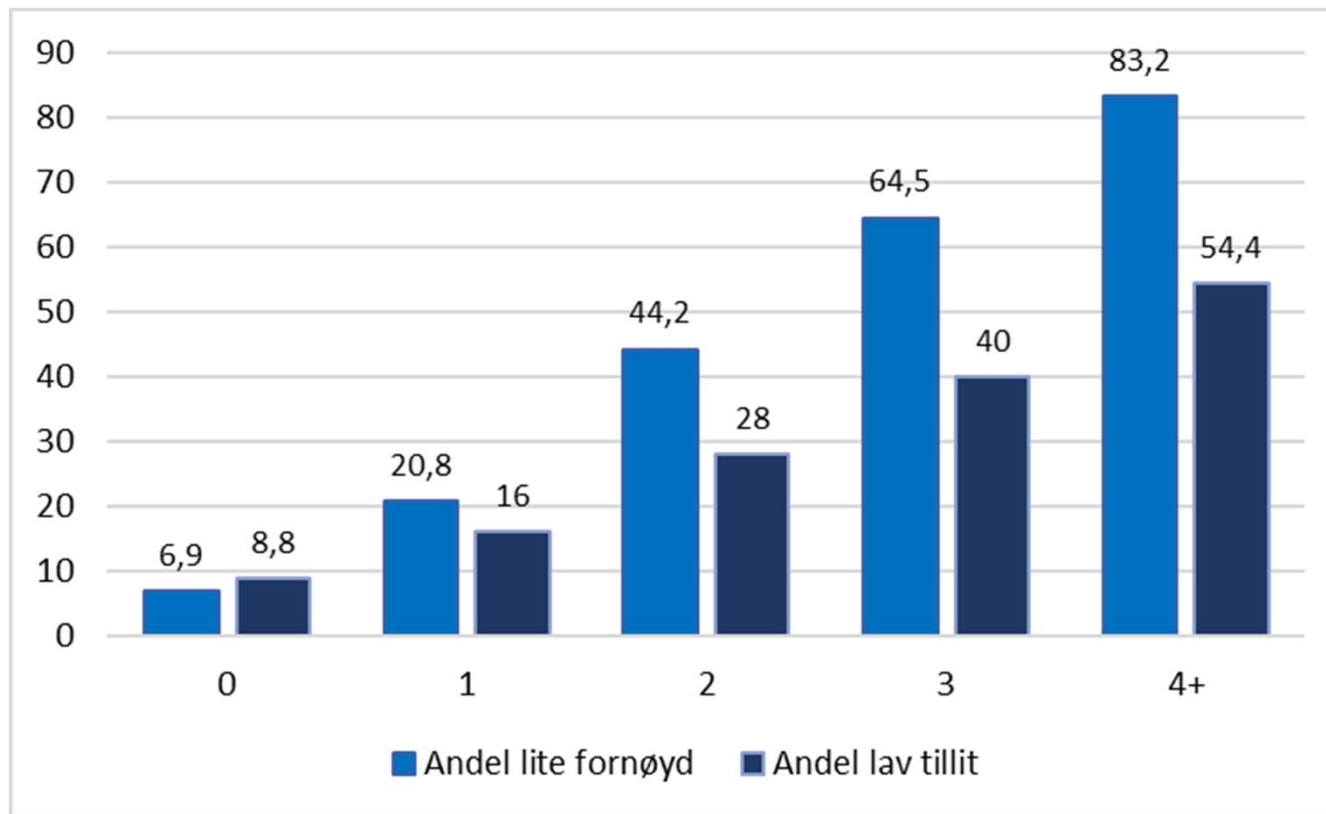




Photo: VG

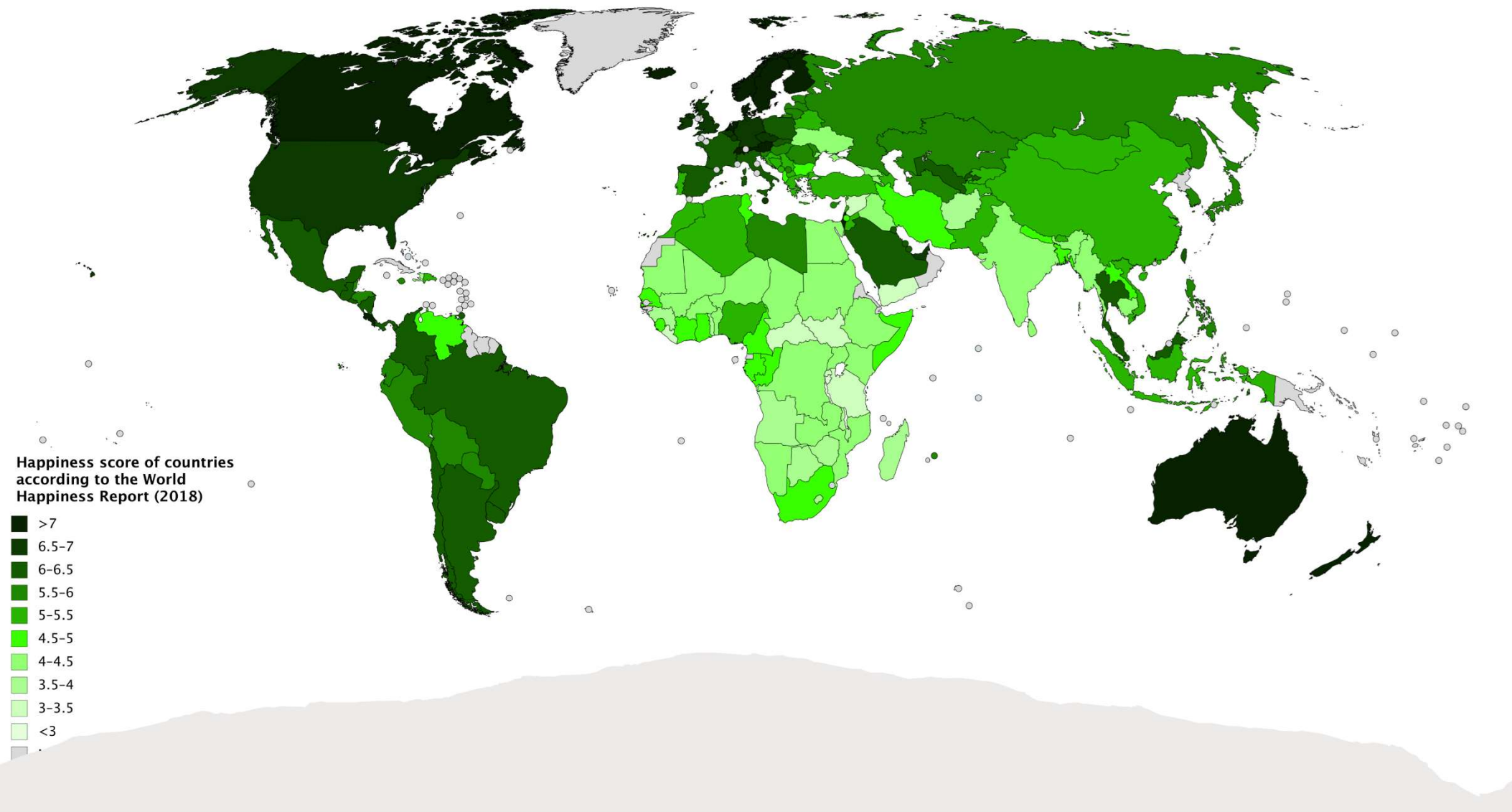


## Livskvalitet og levekårsutfordringer











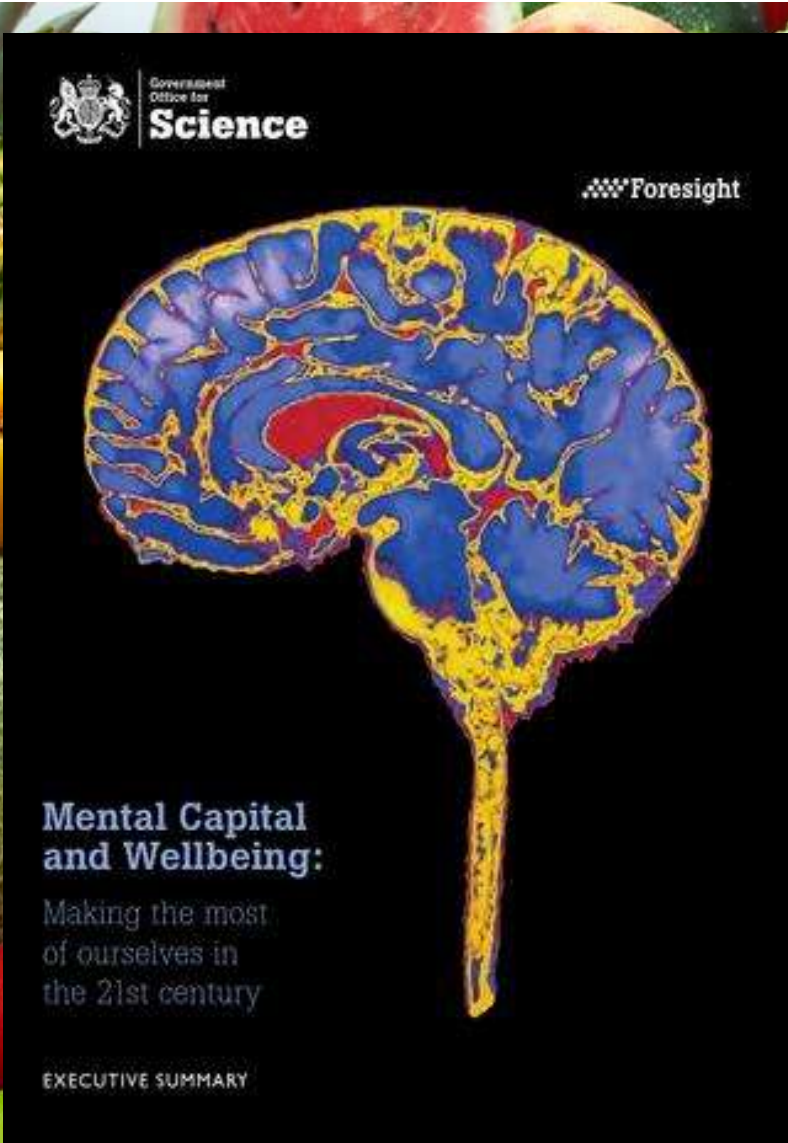
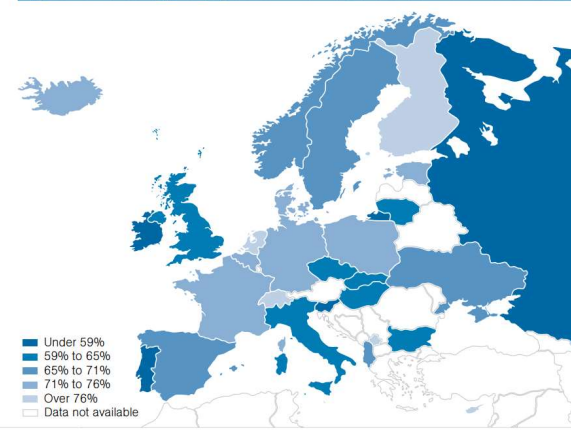


Figure 13: Percentage of population who meet the threshold for Take Notice







VÆR OPPMERKSOM

VÆR AKTIV

FORTSETT Å LÆRE

KNYTT BÅND

GI





KNYTT BÅND









KNYTT BÅND



KNYTT BÅND

*e.g., Sandstrom & Dunn (2014)*



VÆR AKTIV





VÆR OPPMERKSOM



Photo: *Iffit Qureshi, Humans of Oslo*



*Foto: Daniel Kordan*









*Gustavson et al. (2021); Granot et al. (2021)*





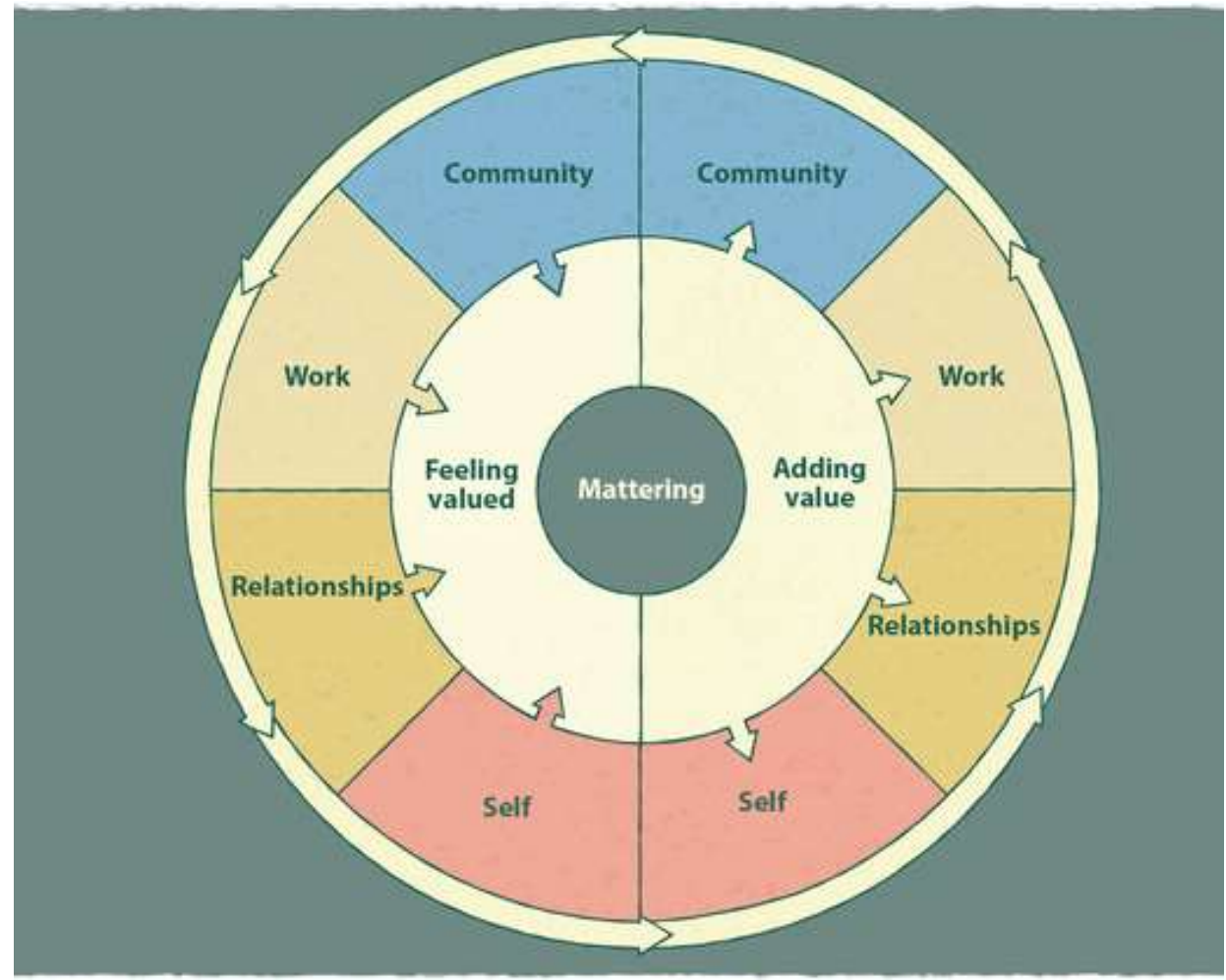
FORTSETT Å LÆRE







GI

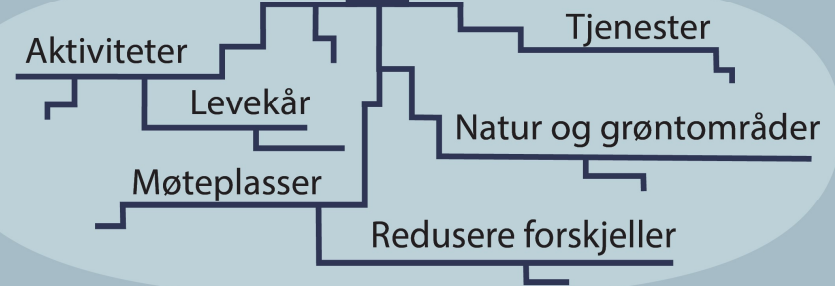




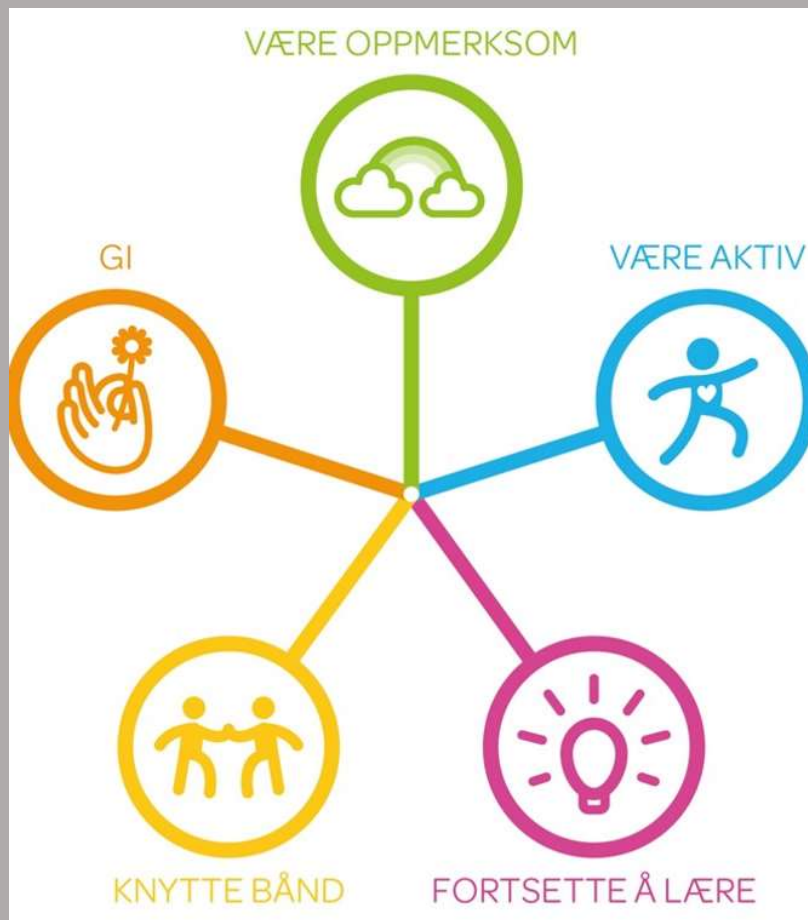
De fem kan **bygges inn i hverdagen** til hver enkelt, i organisasjoners og kommuners **tjenester og kultur**. De kan implementeres som **langbord** i sentrum, i fotballagets **statuetter**, i skolens **læreplan**, i **velferdstiltak og tjenester**, i **skattesystemet**, i **arkitektonisk utforming** og uteområder, på **fritidsklubben** og hos **fastlegen**.

# «Hverdagsgledens 5»

Har kommunens innbyggere mulighet til å oppleve "hverdagsgledens fem"?







Hverdagsglede for alle



Hverdagsglede kurs

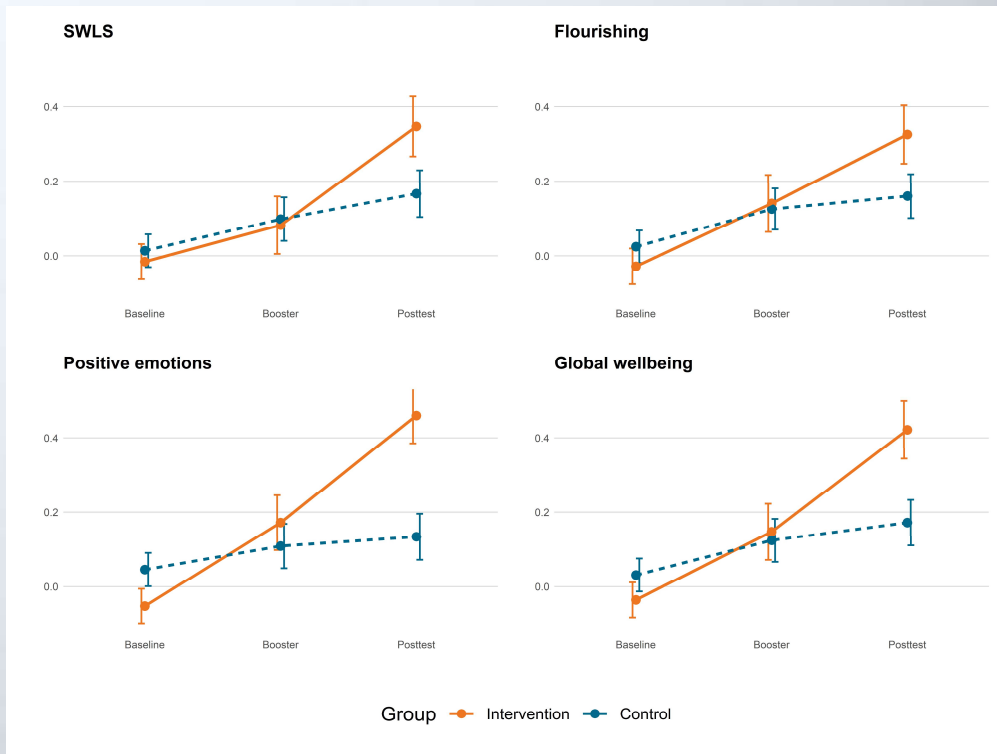


Hverdagsglede i skolen



5Ways for studenter





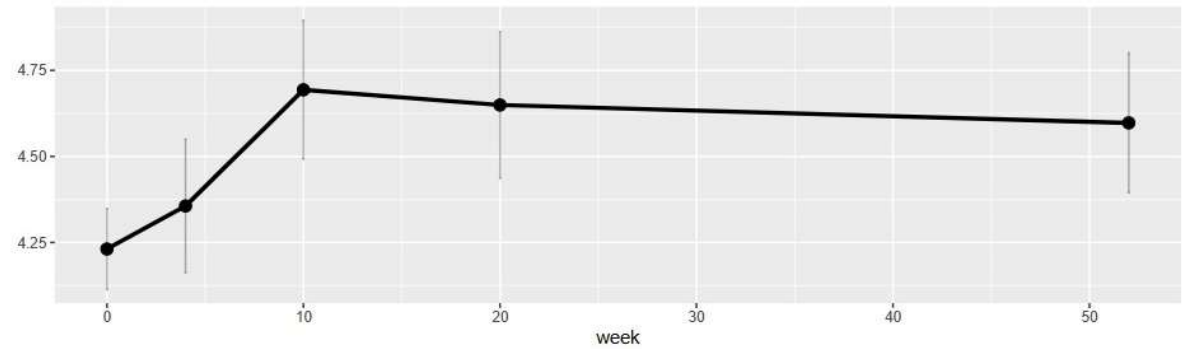
*Beer Prydz et al (2023)*

# Hvor lenge?

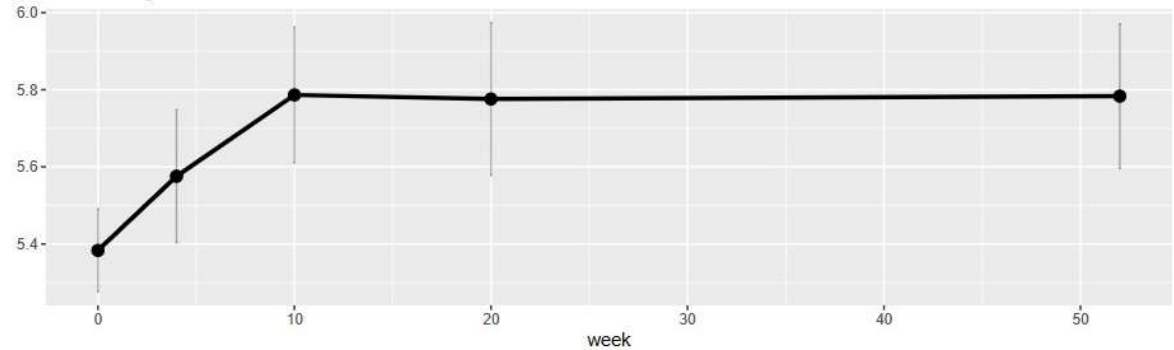
- Foreløpige resultater:  
Effektene vedvarer 4 og måneder etter intervensjonen



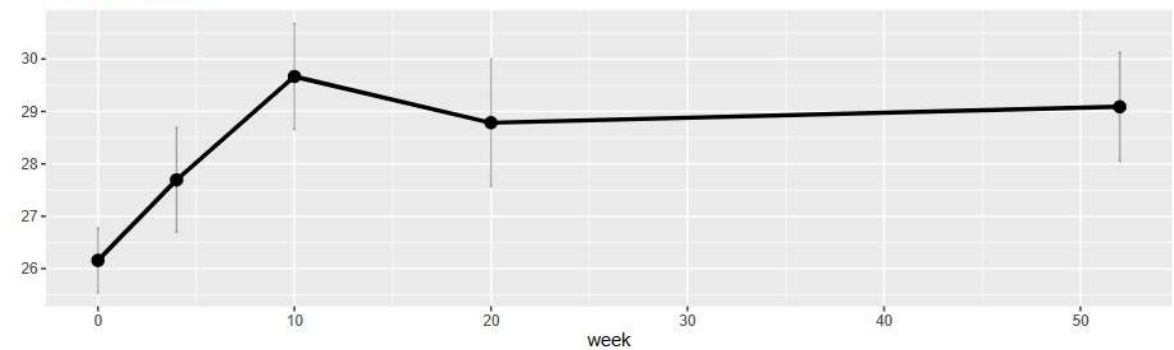
SWLS



Flourishing



Positive Emotions





Takk