MALAYSIA HAPPINESS INDEX (MHI) 2024
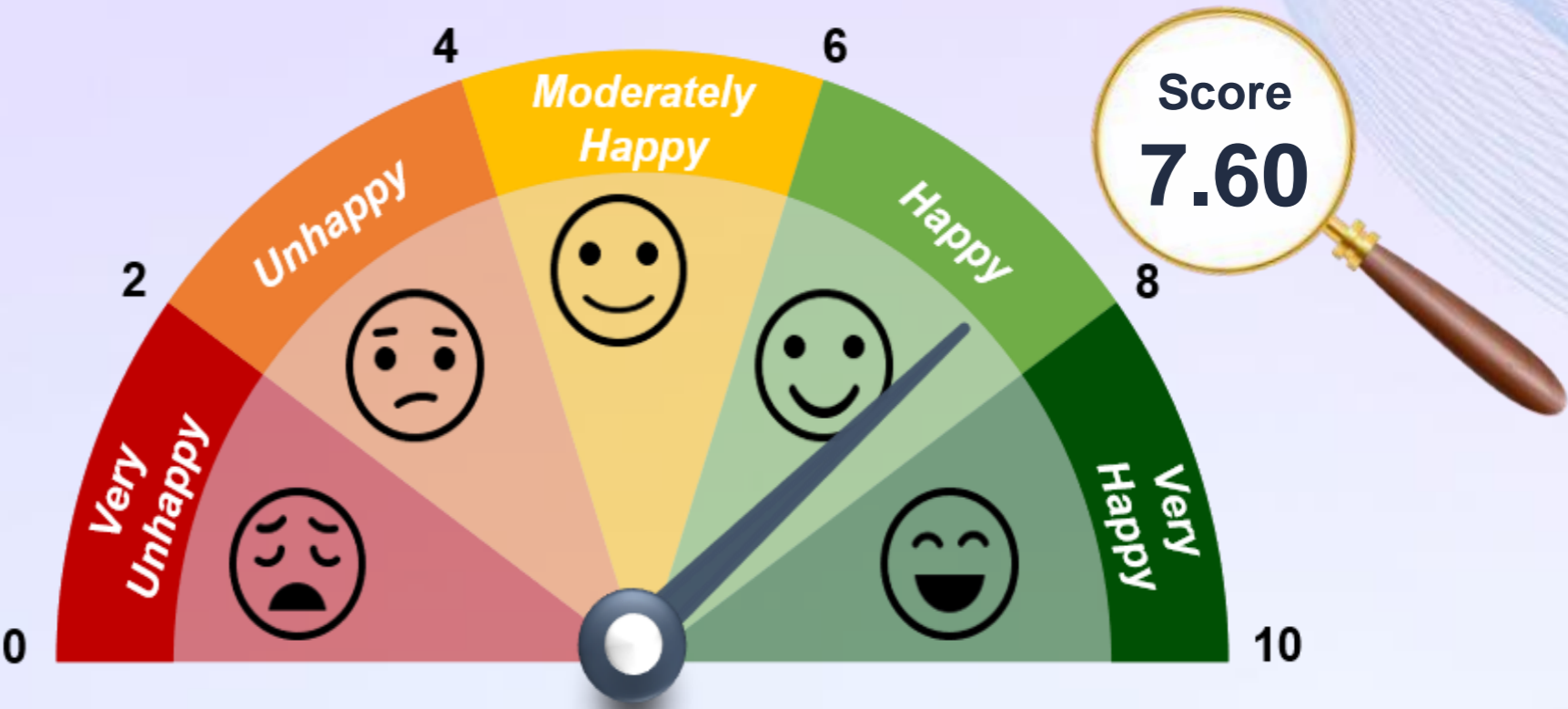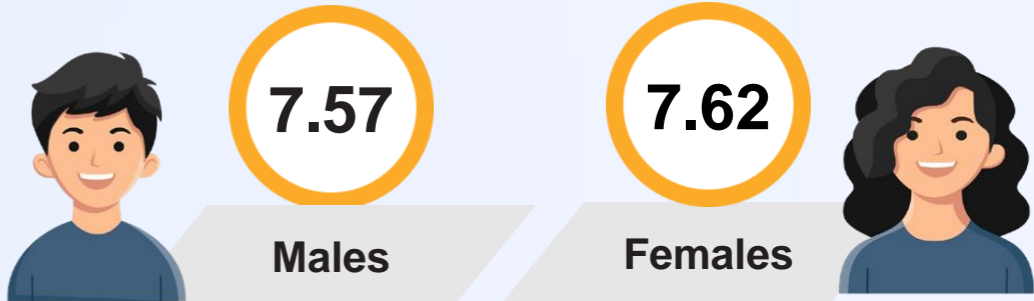
MALAYSIA HAPPINESS INDEX SCORE
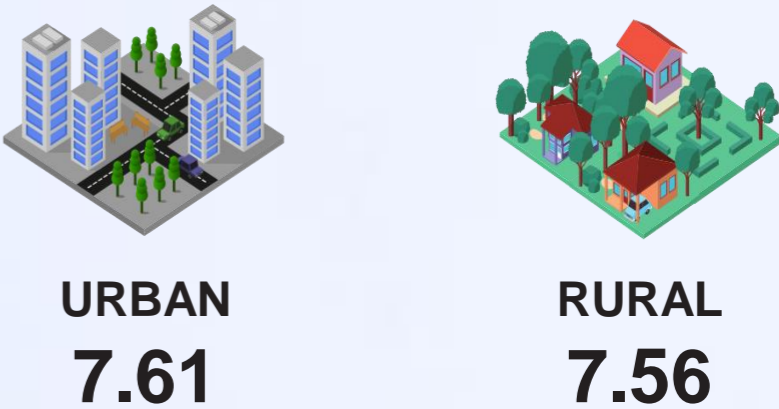
Score **7.60**

Very Unhappy | Unhappy | Moderately Happy | Happy | Very Happy

0 — 2 — 4 — 6 — 8 — 10

HAPPINESS INDEX SCORE BY COMPONENT

No.	Component	Score
01	Religion and Spiritual	8.69
02	Family	8.64
03	Time Use	7.82
04	Education	7.81
05	Health	7.79
06	Housing and Environment	7.67
07	Working Life	7.58
08	Social Participation	7.56
09	Public Safety	7.51
10	Communication Facilities	7.34
11	Emotional	7.09
12	Income	6.40
13	Culture	6.22
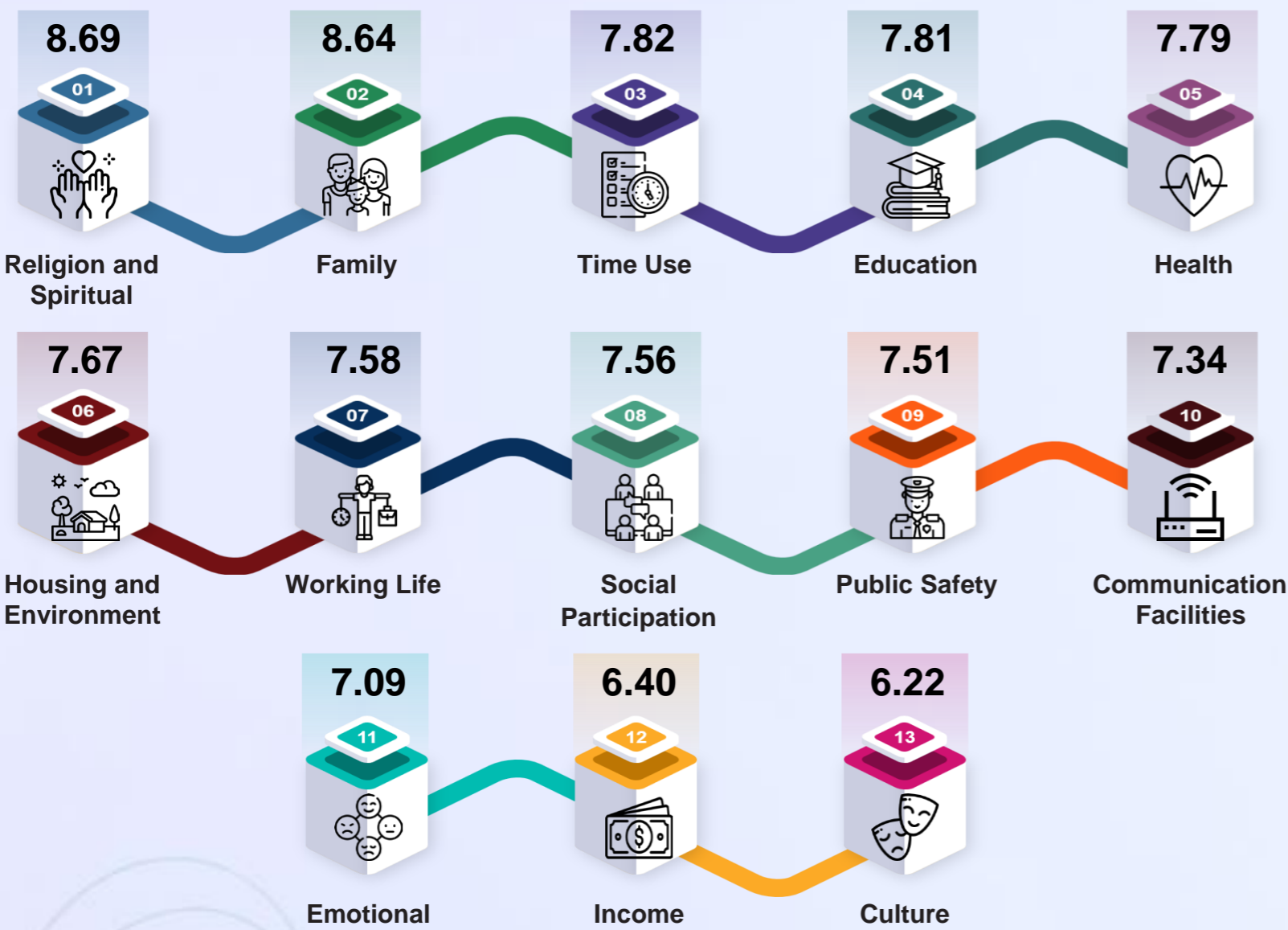
HAPPINESS INDEX SCORE BY SEX

- Males **7.57**
- Females **7.62**

HAPPINESS INDEX SCORE BY STRATA

- URBAN **7.61**
- RURAL **7.56**

HAPPINESS INDEX SCORE BY AGE GROUP

Age Group	Score
15 – 19 Years	7.79
20 – 24 Years	7.57
25 – 29 Years	7.58
30 – 34 Years	7.58
35 – 39 Years	7.55
40 – 44 Years	7.56
45 – 49 Years	7.58
50 – 54 Years	7.59
55 – 59 Years	7.62
60 – 64 Years	7.64
65 Years and over	7.54

HAPPINESS INDEX SCORE BY STATES

	State	Index Score
1	TERENGGANU	8.64
2	JOHOR	8.08
3	NEGERI SEMBILAN	8.01
4	PAHANG	7.92
5	MELAKA	7.83
6	PERAK	7.83
7	KEDAH	7.68
8	PERLIS	7.65
9	SABAH	7.60
10	W.P. PUTRAJAYA	7.55
11	SARAWAK	7.53
12	KELANTAN	7.24
13	W.P. KUALA LUMPUR	7.22
14	SELANGOR	7.21
15	PULAU PINANG	7.19
16	W.P. LABUAN	7.00

TOP 10 ADMINISTRATIVE DISTRICT WITH HIGHEST HAPPINESS INDEX SCORE

	District	Index Score
1	KLUANG, JOHOR	9.83
2	RAUB, PAHANG	9.52
3	MERSING, JOHOR	9.50
4	MARANG, TERENGGANU	9.49
5	LIPIS, PAHANG	9.15
6	RANAU, SABAH	9.13
7	SETIU, TERENGGANU	9.06
8	KUALA NERUS, TERENGGANU	9.03
9	KUNAK, SABAH	8.97
10	KEMAMAN, TERENGGANU	8.79

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20 October
2016 - 2030

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Malaysia Happiness Index 2024: Index score of 7.60 reflects a holistic level of national well-being

- ***Malaysia Happiness Index (MHI) 2024**, which recorded an overall index score of **7.60**, placing Malaysians in the **happy** category. This outcome marks a significant milestone in the assessment of national social well-being, in line with Malaysia's inclusive, people-driven and evidence-based development aspirations.*

- *MHI 2024 is based on the Malaysia Happiness Survey, which measures happiness across four key dimensions: **physical, social, emotional and spiritual**. The index comprises **94 indicators** grouped into **13 happiness components**, making it one of the most comprehensive and impactful social statistics tools for evaluating quality of life in Malaysia.*

- *For the first time, the MHI report has been published in detail at both **state and administrative district levels**, enabling more targeted and locally grounded assessments. A total of **16 state-level reports** were produced, with **Terengganu (8.64)**, **Johor (8.08)**, and **Negeri Sembilan (8.01)** were classified as very happy. Meanwhile **36 districts** were classified as very happy, with index score ranging from **8.02 to 9.83**. **Kluang** recorded the highest score **(9.83)**, followed by **Raub (9.52)** and **Mersing (9.50)**. The happiness scores in **urban (7.61)** and **rural areas (7.56)** indicate a balance of well-being levels across geographic strata.*

- *Findings show that the **Religion and Spiritual** component **(8.69)** and **Family (8.64)** are the strongest contributors to national happiness. Meanwhile, **Culture (6.22)** recorded the lowest score, though it still falls within the happy category. Demographically, **females (7.62)** reported higher happiness levels than **males (7.57)** and the **15 - 19 age group (7.79)** emerged as the happiest cohort.*

- *MHI 2024 confirms that Malaysians continue to maintain a positive level of happiness despite global challenges such as geopolitical uncertainty and rising cost of living. These statistics are more than just numbers but reflect the soul of the nation, where Malaysians continue to choose hope, community strength and shared resilience.*

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