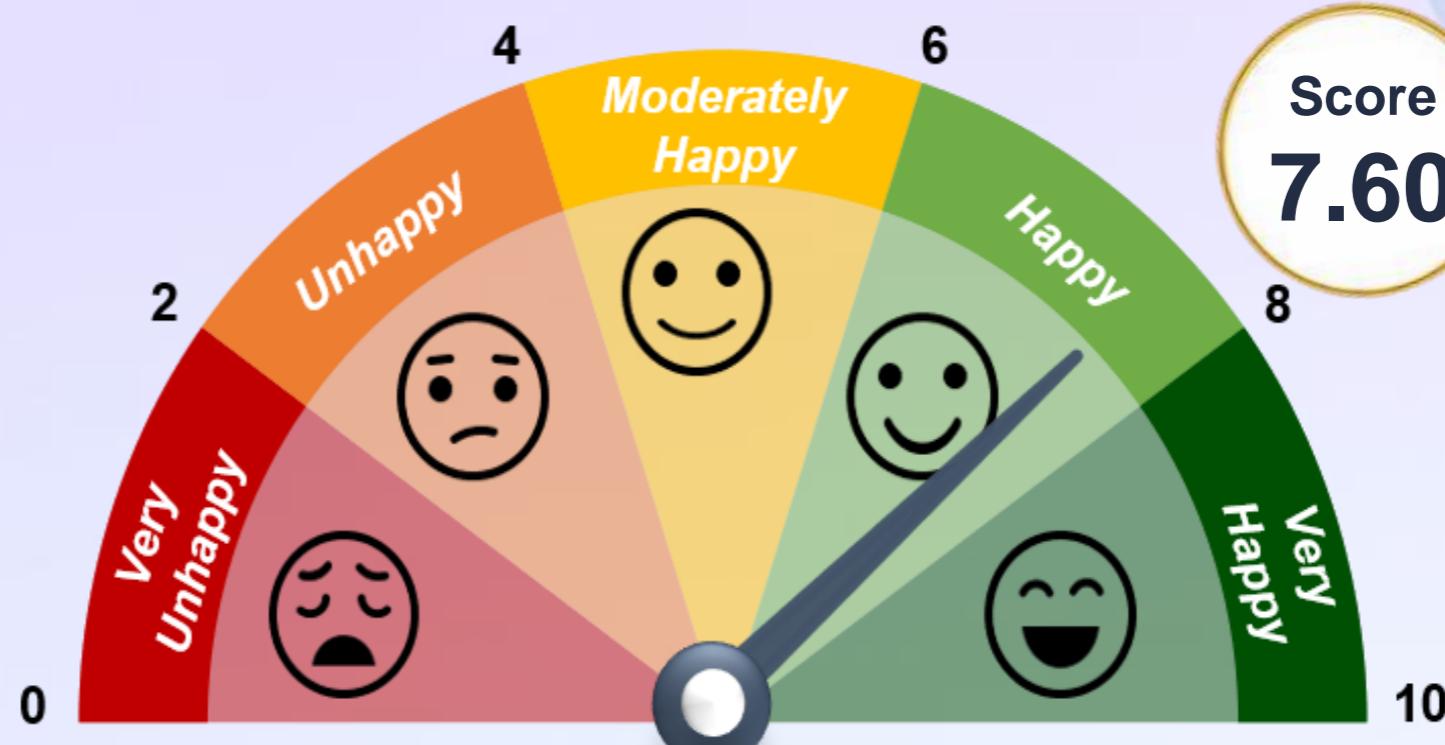




## MALAYSIA HAPPINESS INDEX (MHI) 2024

### MALAYSIA HAPPINESS INDEX SCORE



#### HAPPINESS INDEX SCORE BY COMPONENT



#### HAPPINESS INDEX SCORE BY SEX



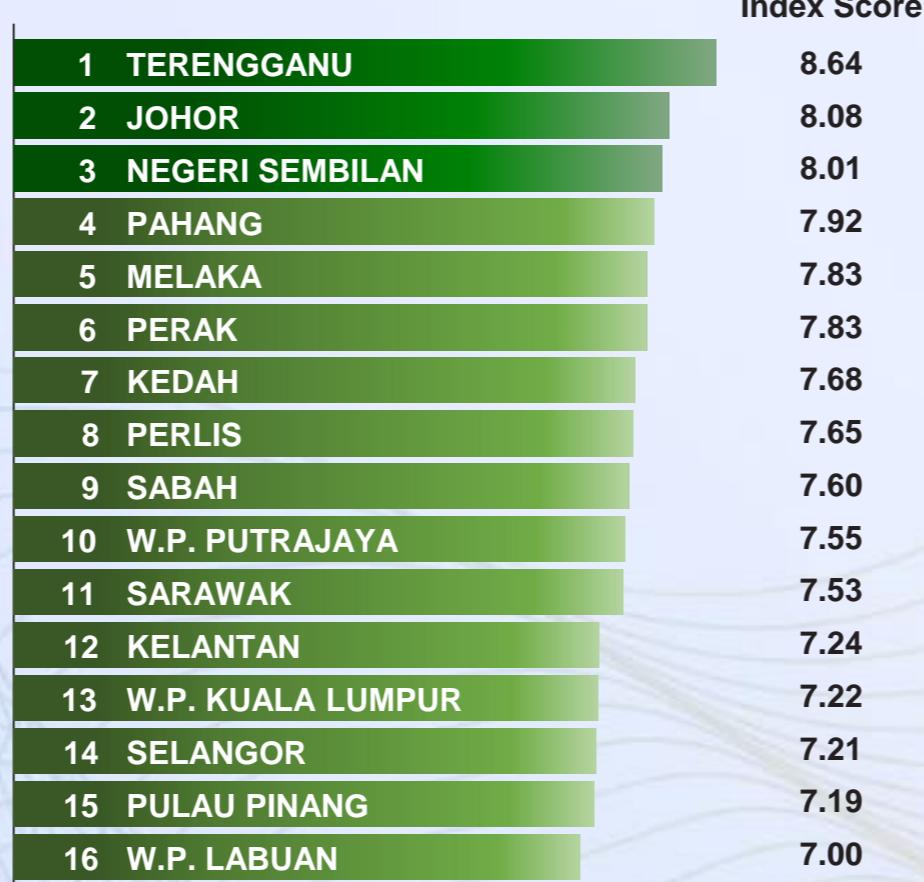
#### HAPPINESS INDEX SCORE BY STRATA



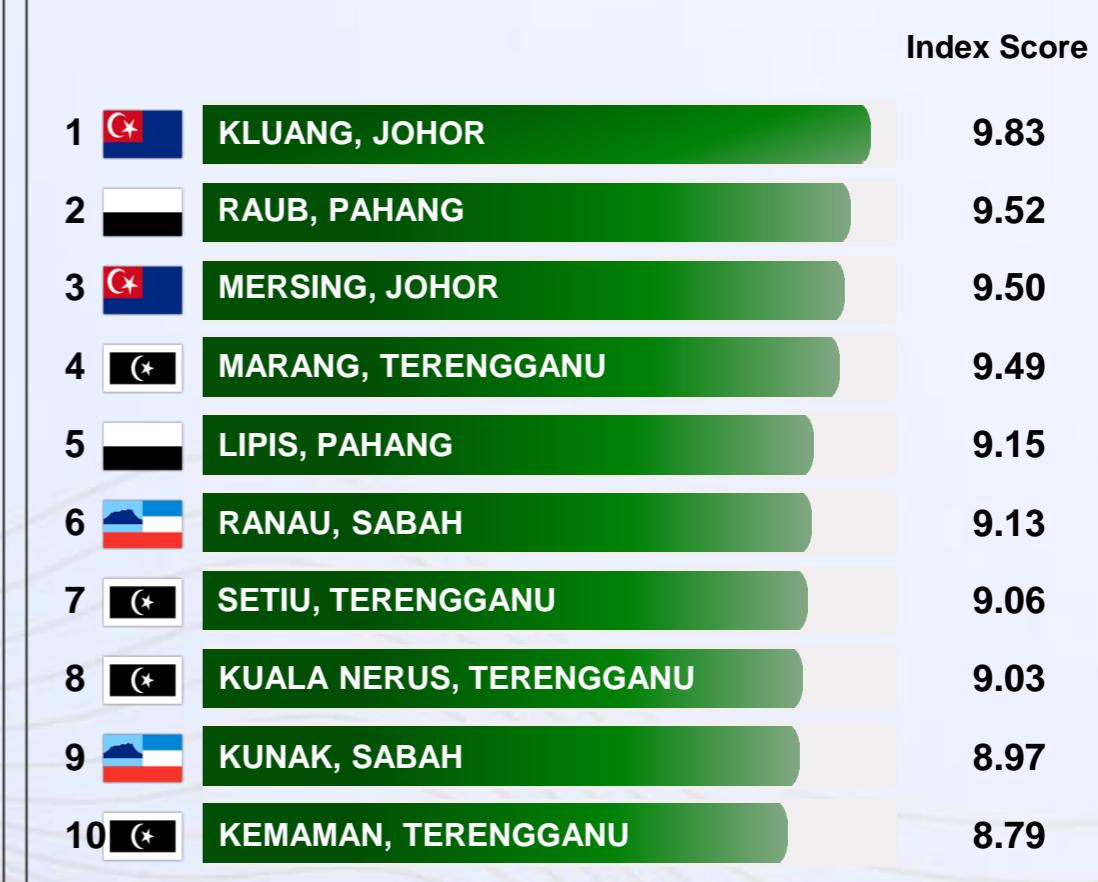
#### HAPPINESS INDEX SCORE BY AGE GROUP

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

#### HAPPINESS INDEX SCORE BY STATES



#### TOP 10 ADMINISTRATIVE DISTRICT WITH HIGHEST HAPPINESS INDEX SCORE



Source: Malaysia Happiness Index 2024, Department of Statistics Malaysia (DOSM)



## Malaysians are happy, with females (7.62) recording a higher happiness score compared to males (7.57)

- **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 highlights the enduring happiness of Malaysians, showcasing their unwavering optimism, strong sense of community and collective resilience in the face of global challenges.

