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MALAYSIA HAPPINESS INDEX REPORT 2024



INTRODUCTION

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.

MALAYSIA HAPPINESS INDEX OVERALL ACHIEVEMENT

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.

The full publication can be downloaded through [eStatistik](#) portal.

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