

20 March: International Day of Happiness

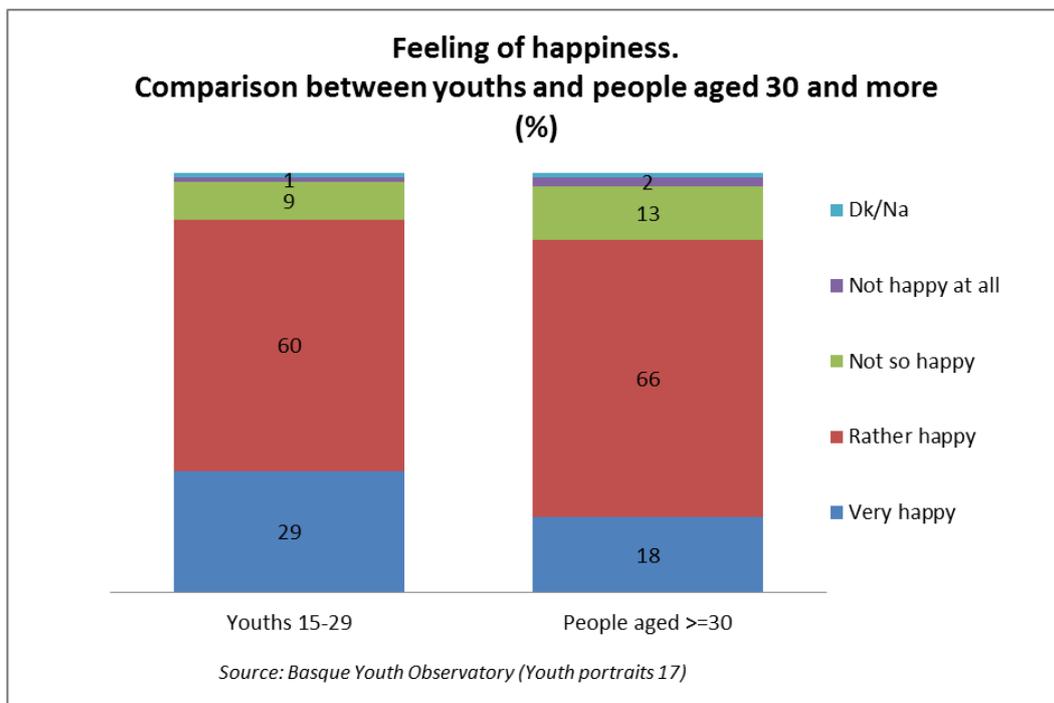
The great majority of Basque youths say they are happy

The General Assembly of the United Nations in its [resolution 66/281](#) of 12 July 2012 proclaimed **20 March** the [International Day of Happiness](#) recognizing the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives

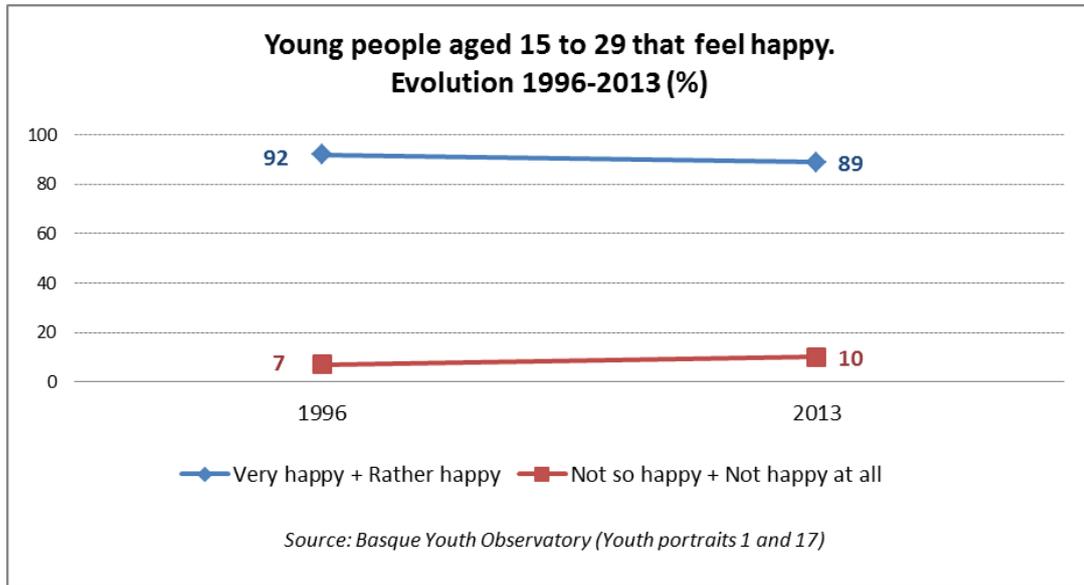
On the occasion of the celebration of the [International Day of Happiness](#), the [Basque Youth Observatory](#) is introducing some data related to how happy young people feel in the Autonomous Community of the Basque Country. These data come from the study titled [Youth portraits 17](#), that the [Sociological Research Office](#) of the Basque Government carries out every year for the Basque Youth Observatory. More than 2000 Basque youths from 15 to 29 years were interviewed for this study in 2013.

According to this survey, 29 % of young people aged 15 to 29 in the Autonomous Community of the Basque Country say they are very happy. If we also take into account youths that say they are rather happy, we can conclude that 89 % of Basque youths are happy.

Comparing these data with those relating to people aged 30 or more, we can see that the amount of happy people is higher in the group of youths. If we focus on the group of those who say they are very happy, the difference is even higher: eleven points between young people and older people.



Comparing to 1996, the percentage of young people who feel happy is slightly fewer now (92 % in [1996](#) and 89 % in 2013).



The percentage of young women that say they are happy is a little higher than the percentage of young men that feel the same (91 % and 88 %, respectively). In 1996 there were also more women than men who said they felt happy (95 % of young women and 90 % of young men).

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