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Human development is essential for social sustainability. The inclusive development of any nation depends upon the level of human development, which is affected by economic and social progress. In the present era, it is being observed that mere economic development does not lead to human progress. Rather such development resulted into the vicious impacts on the mental and social development of the majority of population. The lack of happiness is the key factor for rising cases of mental disorders all over the world. It is well recognized fact that human development is not possible without happiness. Happiness is a multi –dimensional concept. It is the dire need of the hour to make efforts for real happiness to attain the targets of human development in real sense.

Key Words: Human Development, Happiness, Social Sustainability.

Introduction

Happiness is a state of mind. It depends upon diverse factors ranging from social to economic factors. Happiness is directly linked with human development. Economic development does not ensure happiness. However, the level of happiness among the citizens of a nation determines the level of socio-economic development of any country. Human development is basically dependent upon the good health and well being. It is also a key area of focus as mentioned in Agenda 2030 by United Nations in the form of Sustainable development goals. The human nature basically needs peace. It is also well recognized fact that materialistic growth will not be able to provide peace rather in most of the cases it is found that such so called development is leading towards a life of full of stress, depression, unrest and unease. The real happiness is within the human being. It cannot be attained from the outside world. The absence or lack of social security among the people is a key issue that is adversely affecting the level of happiness and thereby impacting the human development.

Economic development can be measured through Gross Domestic Product (GDP) but human development is not only based on economic progress. It has been recognized that human development largely depends upon the level of happiness prevailing in the society that in turn also effects economic development. Human development and happiness depends upon various factors like social security, governance, healthcare among others (Hall and Helliwel, 2014).

Global Perspective

World happiness Report is published by UN Sustainable Development Solutions based upon a survey of 156 countries. In order to determine the happiness levels of a country, a wide range of factors are considered including income. Life expectancy, trust, social support, freedom, generosity etc. Happiness is a sense of well-being that depends

upon pleasure, passion and purpose. One must focus on enhancing happiness quotient which facilitates the people to remain happy on different aspects.

Bhutan is the leading example, where human development is measured by using Gross National Happiness (GNH) instead of GDP. Gross National Happiness is measured through nine domains i.e. psychological well-being, health, education, time use, cultural diversity, good governance, community vitality, ecological diversity, resilience and living standards. These nine domains are studied along with 33 indicators. Economic development is useless without happiness. World happiness report indicates that economically developed countries are less happier as compared to the less developing economies. According to World Health Organisation (WHO), depression will be the major contributor towards the disease burden worldwide by 2030. In the COVID pandemic, it has been observed that apart from the health and economic crisis, people are becoming victims of mental disorders that is leading to depression and committing suicides.

Conclusion

In order to attain the goals of economic development all over the world, it is of utmost need to ensure happiness among citizens by adopting diverse measures for this. The Covid pandemic proved it true that human value is more as compare to any wealth. Only happiness is the solution to solve many socio-economic problems of any nation.