

# Striking the Balance Between Real Happiness and Materialistic Happiness: India Vs Finland



Periasamy P, Dinesh. N, Kambam Vedantan

**Abstract:** This endeavor is a promising attempt to find out the real materialistic happiness of human beings in the world, especially when compared to the world's materialistic happiest nation with densely populated nation India by considering the factors which are already considered for the happiest study, like GDP, human development index, social welfare, individual freedom to make choices in life, generosity, degree of corruption in the country and good life expectancy. To try and find out the real factors for happiness in the world. Material happiness is available outside of human beings, whereas the real happiness lies within every one of us, which is beyond our measurement.

**Keywords:** Happiest, Densely Populated, Real Happiness, Materialistic Happiness.

## I. INTRODUCTION

According to the World Happiness Report 2022 prepared by United Nations, which has analyzed 150 countries on the materialistic happiness with the variables like, human development index, social welfare, individual freedom to make choices in life, generosity, degree of corruption in the country and good life expectancy [3]. As per the analysis, India ranks 136th, while Finland becomes the happiest country for the fifth consecutive year. Five of the top five countries in the list are parts of Europe. The United States held the 16th spot in the list of happiest countries [3]. The report has been prepared with the help of six key variables viz., gross income, good life expectancy, having someone to depend on in times of difficulty, generosity, trust and freedom, with the latter measured by the level of corruption in business and government. Finland happened to be the country which has attained the state of happiness for the fifth time consecutively and consistently as well. Denmark was ranked second followed by Iceland in a report by UN on sustainable development solutions network on March 18<sup>th</sup> 2022[1].

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## II. MANAGEMENT OF THE PANDEMIC

As per the report of 2022, the Nordic countries were able to better manage the corona virus pandemic due to higher levels of personal and institutional trust. CNBC reported that there were 27 deaths recorded by Nordic countries for every 100,000 people infected by COVID-19 during the period 2020 - 2021 compared to 80 in the remaining parts of Western Europe [2].

What is it that makes Finland the world's happiest country? Gifts for new mothers –(in India women who is pregnant enjoys numerous societal benefits such facilities no women in the world will enjoy because of Indian family system) , endless parental leaves (maternity leave 9months for Indian women, 12 months for Tamilnadu women) support for the unemployed – wide support extended to Indian youth with different Indian Governmental and private organizations with monetary benefits central and state wise) , and of course free education and healthcare – primary education is free for all, higher education is the cheapest when compared to the world educational cost. Health – one of the cheapest in the world makes it enjoyable to be a Female [3]

## III. COMPARATIVE ANALYSIS OF FINLAND AND INDIA

### Factor 1. GDP Per Capita:

Country/ population	GDP	GDP per capita	GDP per capita rank	GDP by Sector
Finland/ 5,525,292 (1 January 2020)	42 nominal  57th in PPP	\$56,833 (nominal, 2022 est.) \$56,123 (PPP, 2022 est.)	19th in Nominal  31st in PPP	Agri: 2.7%: industry: 28.82% services: 69.1%
India/ 1,400,000,000 (2021 est.)	6th in Nominal 3rd in PPP	\$2,313 (nominal; 2022 est.) \$8,079 (PPP; 2022 est.)	145th in nominal  122 in PPP	Agri:16.38%: industry: 29.34% and services:54.27%

### Factor 2: Social support:

Finland: If the income and assets of Individuals and families do not cover their necessary expenses, then people who live in Finland can claim social assistance. Even other social security benefits are considered as income.



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Each individual's and family's need is different and therefore the social assistance that is needed is assessed based on personal situation.

In India, Indian culture has continuously made the consonance between the sustaining of the person, the values of the family and the requirements of society. It could be a living declaration that person advance and collective advancement are not in strife. Or maybe, they encourage each other. Basically, un-comparable and comprisable.

### Factor 3: Personal freedom:

Finland: As per law and in practice, in Finland freedom of speech, religion, assembly and association are considered as basic human rights. According to the constitution, individuals are Guaranteed basic rights, by legislative acts and according to treaties with regards to human rights that are established by the finish government. India:

India's scored 6.30 out of 10 in individual flexibility and 6.56 in monetary opportunity. The country's general human opportunity score was 6.43. However, India has been positioned in front of China and Bangladesh, which positioned 129 and 139 on the 2020 record separately

### Factor 4: Healthy Life hope

Finland: Finland's medical services is more administrator oriented than most Western European nations, however they mostly utilize individual protection or money for appreciating private centers. A few changes toward more equivalent commercial center has been made in 2007-2008. In schooling, Montessori's, and nurseries rivalry among private players is base positioning contrasted with Sweden and most other Western countries. Some open restraining infrastructures such as Alko remain, and in some cases tested by the European Union. India:

India's medical care area is supposed to develop at a CAGR of 29% somewhere in the range of 2015 and 2020, to arrive at US\$280 billion, floated by rising earnings, more prominent wellbeing mindfulness, expanded priority of way of life illnesses, and further developed admittance to wellbeing insurance.

\$ 4.4 billion was the market size in 2018, of ayurvedic business in India. The Confederation of Indian Industry has estimated that by 2025 the business will develop at a CAGR 16%. 75% of the market involves across-the-counter private consideration and excellence items. Ayurvedic prosperity and tourism represented 15% of the market.

### Factor 5: liberality and levels of debasement in the country

Finland: As per Corruption Perceptions Index, Finland is evaluated one of the most un-tainted nations. In Ease of Doing Business Index Finland is evaluated thirteenth. This demonstrates outstanding simplicity to exchange across borders (fifth), authorize contracts (seventh), and shut down a business (fifth), and not so common difficulty to utilize laborers (127th) and settle charges (83rd).

India: Corruption has been an inescapable issue in India. A recent report by Transparency International (TI) revealed that the greater part of the one's reviewed had direct knowledge about offering an incentive or hawking impact to finish a task in public offices. A report in 2008 viewed this rate as 40%. In 2011, India was at 95th spot among 183

nations that saw levels of corruption in public area. By 2016, in India there was a decrease in debasement, and its position stood at 79th spot.

### Finland:

The rate of jobless was 10.3% in 2015. 66.8% was the business rate (people matured 15-64. Security benefits for Jobless and those looking for business typically are at OECD level. Work association sponsors, work market planning for jobless work searchers, the groundwork for jobless work searcher can go up to a half year, which is considered proficient. The place of the readiness is to deal with the channels of finding business. India:

Around 51.2% of the labor force in India is employed independently [5]. As indicated by a 2005-06 study, there is an orientation gap in work and compensations. In the entire country and in different regions, there all kinds of people who are independently employed, generally in farming. In metropolitan regions, salaried work was the biggest employer for all categories of people in 2006 [4]

What is genuine bliss where it lies?

India: Real satisfaction exists in us. Finland: Real satisfaction lies beyond us.

### Clouded side of Finland:

Finland bombed in two perspectives prejudice and high self-destruction rates. Finland is the second most orientation equivalent country on the planet and third least tainted country.

Country	All	Male	Female	Population 2021
India	12.9	14.7	11.1	140 crores
Finland	13.4	20.1	6.8	55 lakhs

Self-destruction rates by sex and nation (age-normalized, per 100,000 populace, World Health Organization, 2019) [6][8].

At the point when a nation is having high self-destruction rate! How is it that they could arrive at the position the most joyful that too for the fifth time successively, possibly it very well may be a measurable blunder or significant blender some place in the report planning, the report preparers could trick themselves yet not the world [6][9].

### Prejudice in Finland

Leap to route hop to look

A survey in 2011 revealed that only 14% out of the 66% Finnish respondents who believed Finland to be a bigoted nation conceded to being bigoted themselves. Minority groups, such Finnish Kale, Somalis, and ethnic gatherings mostly comprising Muslims were confronting the most regrettable perspectives.

In December 2012, the Police in Finland revealed an expansion of instances in bigotry and related actual maltreatment. In February 2013, specialists in bigotry and multiculturalism revealed an increase in the quantity of dangers and misuse. In a study on "Save the children" in January 2013,



it came to light that migrant youngsters were confronting a rising measure of bigoted maltreatment. In June 2011, a specialist detailed an expansion in how much bigoted viciousness focusing on kids and youngsters.

Neither the European Commission against Racism and Intolerance (ECRI) and the Council of Europe, nor Finland's Ombudsman for Non-Discrimination has the necessary monetary or human resources to successfully perform as directed in its orders [7]. Even the National Discrimination Tribunal, cannot structure remuneration for casualties in cases of racial segregation. The Finland's Aliens' Act is biased and the police force ethnic minorities to racial profiling [7].

As per ECRI, most of individuals in Finland have close to zero insight of the native ethnic minority- the Sami Public, because they have no proper representation in schools, and are culturally isolated. Finland has been reprimanded by ECRI for failing to endorse ILO-show 169 on Tribal and indigenous people.

#### IV. CONCLUSIVE DISCUSSION

At the point when the whole world is looking for the bliss outside, while India is a country wherein individuals are looking for the satisfaction inside every single one of us. In that regard assuming we analyze the materialistic joy of India and Finland, Finland stands number one, however with regards to internal joy, India is without a doubt remaining in front of the multitude of nations on the planet. India is a socially rich country, no country on the planet might have achieved the situation with India concerning its social extravagance, and to contact this position different nations need to endeavor hard basically for hundred years of years. More over contrasting 55 lakhs country and 150 long distance nation resembles contrasting 5 years of age fellow and 15 years of age fellow, it won't be all good. Correlation ought to be made with ones which are equivalent in all regards.

What is satisfaction? It's something we as a whole need, however what number of us know how to accomplish it?

Material abundance does not bring satisfaction. Although we have a materialistic culture, yet an over indulgence in material products does not bring the kind of long-haul happiness, which veritable sensation of fulfillment and harmony, establishes a pathway for a cheerful and happy life. Similarly, in case of the poor and rich the human instinct is, the desire to have more, better, fresher, and fancier stuff. It is therefore imperative to understand and comprehend that a constant pursuit of material happiness will destroy one's feeling of happiness.

The Prophet Muhammad said: Wealth isn't in having huge wealth, it is in happiness. — Bukhari, Muslim

What is satisfaction? You might picture an emerald glade with a streaming creek that fills you with a feeling of quiet. Indeed, perhaps you would be content in such a spot — in the event that you could really go through your time on earth there, yet, in actuality, happiness has more to do with an individual's mentality than place and situation. Happiness is something that cannot be purchased by cash and, destitution will not give it. Happiness comes from having a sense of fulfillment, being appreciative of one's identity, and with

what you achieve at the end of the day all through your life. It is important to have internal harmony, then all the extravagant possessions of this world. How frequently do we wind up so engaged with the everyday exercises of working and raising our families that we neglect to stop and express gratefulness for the lives we have and our loved ones? At the point when I was a youngster I never completely comprehended with the idea of staying up with the-Joneses attitude. My folks generally helped us to be appreciative for what we had. It was a section our confidence as Muslims; appreciation contacted each part of our lives.

My folks tried sincerely and flourished, yet they carried on with a reasonable way of life. They were straightforwardly grateful for all that they had, sustaining in their kids the qualities of appreciation and liberality. We were generally permitted to purchase what we wanted. Going out to supper was for festivities and never underestimated. Family travels were spent at the sea or setting up camp. There was an intermittent outing to Disneyland, as well. Regardless of anything else we did or where our get-aways took us, we were urged to follow our folks' model and be grateful all of the time. Today, we as a whole are encircled by digital promotions and the Internet empowering us for things needed. Promoters will have us accept that our lives are lacking and may get devastated without their items — despite the fact that by correlation with a large part of the remainder of the world, we are currently living like lords and sovereigns. We ought to be appreciative for and liberal with what we have. In Quran God says: So hold what I have given you and be thankful.

Happiness is difficult. It requires discipline and exertion. Take a stab at chipping in at a food bank, and you'll prize some food on your racks.

Help out at an emergency clinic or nursing home, and you'll be appreciative for your wellbeing and resources. Visit a destitute camp or sanctuary, and you'll esteem your family and the rooftop over your head. Find opportunity to see the value in loved ones by focusing on every one of the beneficial things about them — and make sure to acknowledge their shortcomings as a component of their all-out bundle. Offer your thanks by giving them a grin, an embrace or expressing profound gratitude openly and with earnestness. I guarantee, you will feel better and content.

Happiness is neither about cash nor about belongings. It is about mentality which starts from the heart and gets reflected in the network we have with everyone connected with us and all that we hold in esteem in our everyday life. Welcome it, and you will find a sense of contentment with yourself as well as other people, and happy with your life as it is at this moment.

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Why every one of the nations on the planet is not taken in that frame of mind: There are 195 nations in this present reality. Out of these 195 nations 193 are part of the United Nations and 2 nations are non-part spectator: The Holy See and the State of Palestine.

Why just these six variables: are they the main proper estimating instruments of genuine bliss or materialistic satisfaction?

Pay, a secure future, in difficult situations having somebody to rely upon, liberality, trust and opportunity, with the last option measured as a deficit of degradation in government and business Every variable estimate, over a period of three years, on a scale of 0-10 a populated-weighted typical score. Then it is contrasted with different nations. This year, 146 nations were surveyed and positioned, dependent generally upon life assessments from the Gallup World Poll.

The report likewise considered information from virtual entertainment to think about individuals' feelings when the COVID-19 pandemic.

Genuine joy could be estimated with: Contentment, penance, tolerance, inclination to help, individual fulfillment, discipline throughout everyday life and practice. Confidence in all-powerful. And so on.,

Greatest elements answerable for general bliss:

1. Love
2. Exercising
3. Relaxing
4. Career
5. Friends
6. Family
7. Sleep
8. Hobbies
9. Traveling
10. Health

Assuming we think about all the above factors, some way or another we could contact the genuine joy of individuals, when the case is like this in the down to earth situation, why the said country has been getting the satisfaction grant for the fifth time sequentially, that is a central issue and treat for every one of the specialists around here.

There is one more 59 pages' report prepared by New Economic Foundation on Happiness named as friends on earth, came out with a happy planet Index (HPI), wherein Coast Orica country is standing number one in terms of happiness with different set of criteria. In that report (2016) India is standing at 50 and USA is in 108<sup>th</sup> position. In Coast Orica there is no military, no old age pension, people are highly environmental concerned and using convertible energy systems [8][9].

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