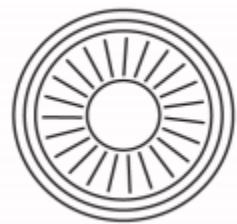


Assignment for Evaluation:

Gross National Happiness in Your Life

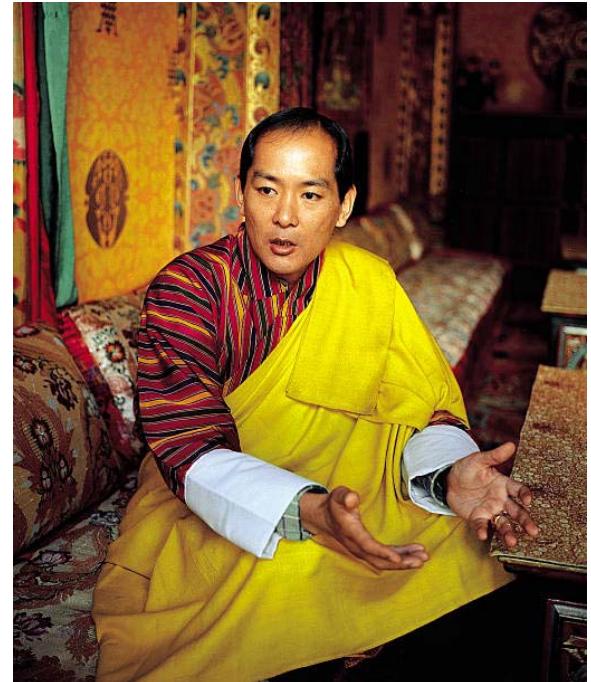


Text from the Oxford Poverty & Human Development Initiative Website.¹

The phrase 'gross national happiness' was first coined by the 4th King of Bhutan, King Jigme Singye Wangchuck, in 1972 when he declared, "Gross National Happiness is more important than Gross Domestic Product." The concept implies that sustainable development should take a holistic approach towards notions of progress and give equal importance to non-economic aspects of wellbeing.

Since then the idea of Gross National Happiness (GNH) has influenced Bhutan's economic and social policy, and also captured the imagination of others far beyond its borders. In creating the Gross National Happiness Index, Bhutan sought to create a measurement tool that would be useful for policymaking and create policy incentives for the government, NGOs and businesses of Bhutan to increase GNH.

The GNH Index includes both traditional areas of socio-economic concern such as living standards, health and education and less traditional aspects of culture and psychological wellbeing. It is a holistic reflection of the general wellbeing of the Bhutanese population rather than a subjective psychological ranking of 'happiness' alone.



King Jigme Singye Wangchuck



The GNH Index includes nine domains:

1. Psychological wellbeing
2. Health
3. Education
4. Time use
5. Cultural diversity and resilience
6. Good governance
7. Community vitality
8. Ecological diversity and resilience
9. Living standards

¹ Ophi.org.uk. (2018). Bhutan's Gross National Happiness Index | OPHI. [online] Available at: <http://ophi.org.uk/policy/national-policy/gross-national-happiness-index/> [Accessed 3 May 2018].

The GNH Index is decomposable by any demographic characteristic, meaning it can be broken down by population group, for example, to show the composition of GNH among men and among women, or by district, and by dimension, for example to show which group is lacking in education. The indicators and domains aim to emphasize different aspects of wellbeing, and different ways of meeting underlying human needs.



Q21. How satisfied are you with the following aspects of your life?

Sat	Aspect of life	Satisfaction levels						
		Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Very dissatisfied	Don't know	
Sat1	Your health	5	4	3	2	1	0	
Sat2	Your standard of living (livelihood)	5	4	3	2	1	0	
Sat3	The major occupations in your daily life (could be your job if formally employed, farm work, housework, schoolwork)	5	4	3	2	1	0	
Sat4	The relationships you have with your immediate family members	5	4	3	2	1	0	
Sat7	Work-life balance	5	4	3	2	1	0	

Q22. Social support
How many people are very close to you that you can count on them if you... [Enter "000" for Don't know]

SS1	Are sick	SS2	Have financial problems	SS3	Have emotional problems	SS4	Have to attend to important personal events (childbirth, funeral, wedding)	Record number of people

Q62. Last night did you sleep

TUact7	More hours than usual	About the same as usual	Less hours than usual
	1	2	3

Q18. Taking all things together, how happy would you say you will be in the future, say within five years from now?

Hap	Less happier than now	Same happy as now	More happier than now
	-5 -4 -3 -2 -1	0	1 2 3 4 5

Connection to nature
Q105. Do you agree with the statement: "Nature is the domain of spirits and deities"?

EcoVal1	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
	5	4	3	2	1	8

Assignment

Senior high school is a time of great change, and you may be making some important decisions for your future. However, **are we asking the right questions?** In a world that seems to be getting faster and faster, is it possible to apply the principles of GNH to your life? If you started considering your life using at least five of the domains employed by the GNH index would you do anything different?

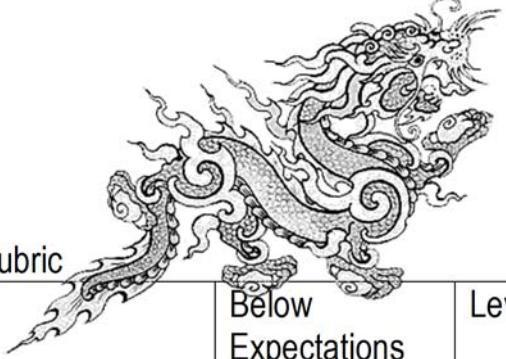
Over the next few periods explore the **2015 GNH Survey** – look at the questions in each of the different domains – and write a reflection on how GNH could influence (or reinforce) some of your life decisions moving forward.

Considerations:

- Find questions in the survey that think are important to be asked when making life decisions.
- Would you be making the same life choices if you were considering them through the “lens” of GNH?
- Make sure to incorporate at least five domains in your final reflection.
- Big Question: Is GNH workable in your life?

Student: _____

Rubric



	Below Expectations	Level One	Level Two	Level Three	Level Four
GNH Reflection	<p>This assignment is below expectations – please see Mr. Tidridge.</p> <p>Comments:</p> <ul style="list-style-type: none"> - Five domains were not addressed in this reflection. - Considering the whole GNH Survey would have helped in the development of this reflection. <p>Other:</p>	<p>Student's reflection touches on some of the domains. Student has not successfully demonstrated that they have considered the entire GNH survey in their reflection.</p> <p>Student has not successfully considered whether GNH is workable in their life.</p> <p>Comments:</p> <ul style="list-style-type: none"> - Five domains were not addressed in this reflection. - Considering the whole GNH Survey would have helped in the development of this reflection. <p>Other:</p>	<p>Student's reflection touches on most of the domains (citing examples). Student has demonstrated that they have considered the GNH survey in their reflection.</p> <p>Student has considered whether GNH is workable in their life.</p> <p>Comments:</p> <ul style="list-style-type: none"> - Five domains were not addressed in this reflection. - Considering the whole GNH Survey would have helped in the development of this reflection. <p>Other:</p>	<p>Student's reflection touches on at least five domains (citing concrete examples from each). Student has demonstrated that they have considered the whole GNH survey in their reflection.</p> <p>Student has considered whether GNH is workable in their life.</p> <p>Comments:</p>	<p>Student's reflection touches on five or more domains (citing multiple concrete examples from each). Student has demonstrated that they have considered the whole GNH survey in their reflection.</p> <p>Student has considered whether GNH is workable in their life.</p> <p>Comments:</p>

Sense of happiness and satisfaction

Q14. Taking all things together, how happy would you say you are?

Hap	Not at all	1	2	3	4	5	6
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Q27. Felt constantly under strain

GHQ5	Not at all	No more than usual	Rather more than usual	Much more than usual	Don't know
	1	2	3	4	8