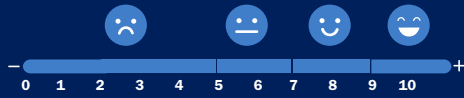


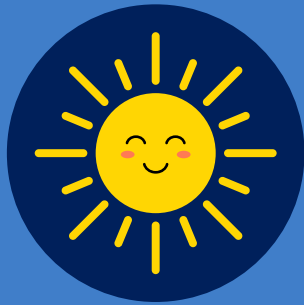
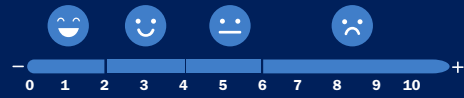
# Personal Wellbeing in Northern Ireland 2019/20

Source: Labour Force Survey

Life Satisfaction, Worthwhile and Happiness scale



Anxiety scale



People in NI report the highest levels of life satisfaction, worthwhile and happiness in the UK



Life satisfaction : 7.86  
Worthwhile : 8.05  
Happiness : 7.68



2019/20  
**3.00**  
Levels of anxiety in NI have increased from 2.83 in 2018/19

Happiness  
**8.12**



People living in Mid Ulster reported the highest levels of happiness and life satisfaction in NI



Life Satisfaction  
**8.19**

**3.28**



**8.15**

Females reported significantly higher levels of anxiety than males

Females reported significantly higher ratings for feeling that things they do in life are worthwhile

**2.71**



**7.95**

Aged 65+  
**7.85**

Aged 45-54  
**7.45**

Aged 55-64  
**7.50**

The average score for happiness for people aged 65+ was significantly higher than that reported among those aged 45-54 and 55-64

Aged 65+  
**2.68**

Aged 44-54  
**3.21**

Aged 55-64  
**3.16**

The average score for anxiety for people aged 65+ was significantly lower than that reported among those aged 44-54 and 55-64



**6.99**

People living with a disability have lower levels of life satisfaction than those without a disability



**8.20**