

## **GNH Philosophy as Subset of Happism Theory**

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### **Executive Summary**

Weightage Factor (WF) Method to compute GNH Index is introduced in this paper. WF Method is particularly essential where the effects of Paradigm Shifts and/or Prime Movers of Happiness influence the Wellness Domains and their Indicators. For example, in case of scientific or modern society where Prime Movers of Happiness are Education and Standard of Living, WF Method will show realistic value of GNH Index which is higher than the methods which do not account for the Paradigm Shifts by ignoring Weightage Factors.

When we talk about GNH Philosophy, we should think in three steps as shown in Table 1.

Table 1: 3-steps of GNH philosophy

Step 1	Individual Happiness
Step 2	Happiness of Society
Step 3	Happiness of Nation

One may argue that happiness of an individual is added or included in the happiness of a society, and happiness of the society is added or included in the happiness of a nation. But to me this addition needs

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further modification. Consider two different batches of apples. Each batch has apples of different weights. If we count the total number of apples and multiply it by certain arbitrary weight of an apple then we come up with a wrong number of total weight of the apples we possess. By this comparison, I wish to say that we need some modification in our computation of GNH number.

In fact, this 3-step philosophy itself needs further modification since it may imply that the happiness of a nation is a stand-alone entity. As we know, the world is getting smaller and smaller and what happens in rest of the world may influence the happiness of a given nation under study. However, there are certain pockets of nations in the world which are not affected by the chaos going around in the surrounding world. Therefore, our calculations of GNH number should account for the both types: nations whose happiness is affected by the rest of the world and nation whose happiness is independent of the surrounding chaos.

This leads us to the Theory of Happism which aims at “Permanent and Sustainable Happiness on Planet Earth.” When we hear this term “Permanent and Sustainable Happiness on Planet Earth” we may think that this is some abstract or Utopian Theory. But it is not because it identifies the parameters or sources of happiness/unhappiness postulated in the 3-step philosophy of Table 1, also it gives us the System Oriented Solution (SOS) for any national and international problem of a nation, enhancing its GNH number. Thus, this theory of Happism deals with GNH Philosophy along with its praxis and policy.

This Happism theory is developed from the philosophy of individual happiness to the happiness of the society and then of the nation. This micro-approach development is done in a step-by-step-discourse on some of the sample topics given in Table 2.

Table 2: Sample discourse topics of Happism theory

Topic 1	Correlation Between Success and Happiness
Topic 2	Datum Level to Measure Success and Happiness
Topic 3	Wealth, Wisdom and Happiness
Topic 4	Self-Enlightenment and Eternal Bliss
Topic 5	Happiness and Line of Sight
Topic 6	God's Philosophy Based on Righteous Literature and Religious Mythology
Topic 7	Intensity and Duration of Circle of Happiness
Topic 8	Social Obligations toward "Forgotten" and "Down-trodden"
Topic 9	Happiness and Specific Case Studies (Old Civilizations, "Inclusive and Exclusive" Happiness)
Topic 10	Role of Environmentalists in National Happiness
Topic 11	Pockets of Happiness in Chaotic Surroundings
Topic 12	Thirty Principles for National Happiness and Problem Solving
Topic 13	Paradigm Shift in GNH Weightage Factors

All these philosophical topics of Happism Theory aim at identifying sources of happiness or unhappiness of an individual and for a society. Also, Happism suggests that overall happiness of a society includes the variable amount of happiness contributed by different sources. For a given area under study, the theory identifies the “Prime Movers of Happiness” (PMH) and emphasizes the importance of Paradigm Shifts in relative contributions of various Domains and their Indicators during the computation of the GNH Index of the area.

These 30 principals derived during the philosophy of Happism Theory envelop or account for the influence of politics, religion, environment, economics, scientific and technological progress, industry, social problems, etc., These factors will affect the GNH of different nations in different ways based on Population, Area, Scientific and Technical progress, Industry and Environment (PASIE) classification of the

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nation. In the Happism Theory world nations are classified as PASIE1, PASIE2, etc.,)

This firmly establishes that different happiness or wellness factors will have different Weightages based on the nature of the society or the nation in general. Different methods of GNH computations have different wellness or happiness factors to be surveyed. For example, the one given by Mr. Med Jones of National Institute of Management (NIM) are given in Table 3.

Table 3: Sample GNH survey factors

Number 1	Economics Wellness
Number 2	Environment Wellness
Number 3	Physical Wellness
Number 4	Mental Wellness
Number 5	Workplace Wellness
Number 6	Social Wellness
Number 7	Political Wellness

It is easy to conclude that these seven survey factors are covered in the philosophical discussion of Happism Theory. Also, the latter indicates that these seven factors are not independent variables as may be implied by some surveyors. Some of the variables are more dependent on the others. Such dependent factors should be justifiably given less weightage in the final computation of GNH number of a given area.

Now the question comes: How to implement in practice the fundamental principles of Happism Theory? For that purpose, the area under survey may be classified as: Village, township away from big city, suburb of big city, slum area of big city and remaining big city. Each area should have its own Weightage Factor (WF) for each survey or wellness factor. This WF should be decided by the surveyor based on the source of happiness/unhappiness with due considerations to the

fundamental principles of Happism Theory. For this reason, the surveyor should have a thorough knowledge of the area to be surveyed.

The GNH computations methods without WF and with WF are given in Tables 4 and 5 respectively while using NIM Domains or Factors.

Table 4: Current method to compute GNH

	Factor Name	Area A1: Survey Results	Area A2: Survey Results
Number 1	Economics Wellness	8.000	2.000
Number 2	Environment Wellness	2.000	8.000
Number 3	Physical Wellness	8.000	2.000
Number 4	Mental Wellness	6.000	2.000
Number 5	Workplace Wellness	6.000	2.000
Number 6	Social Wellness	2.000	8.000
Number 7	Political Wellness	8.000	1.000
Sum	-	40.000	25.000
Average	-	5.714	3.571

Table 5: Weightage Factor Method To Compute Gnh

	Factor Name	Area A1: WF1	Area A2: WF2	Area A1: Sur Res X WF1	Area A2: Sur Res X WF2
Number 1	Economics Wellness	0.1428	0.0100	1.1424	0.0200
Number 2	Environment Wellness	0.1428	0.4000	0.2856	3.2000
Number 3	Physical Wellness	0.1428	0.0300	1.1424	0.0400
Number 4	Mental Wellness	0.1428	0.0300	0.8568	0.0400
Number 5	Workplace Wellness	0.1428	0.0200	0.8568	0.0400

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Number 6	Social Wellness	0.1428	0.5000	0.2856	4.0000
Number 7	Political Wellness	0.1428	0.0100	1.1424	0.0100
Sum	-	1.0000	1.0000	5.7140	7.3300

NOTE: in each city/township if 20% people live in Area A1 and 80% live in Area A2 then the GNH of that city/township will be  $(5.714 \times 0.2 + 7.330 \times 0.8) = 7.0068$ .

Now let us use this WF Method of GNH computation on the EXISTING SURVEY DATA OF BHUTAN of REFERENCE 2. Bhutan reported GNH is 0.756 on page 28. The percentage contribution of page 30 is given in Table 6, column 3.

Bhutan rural area is 0.6835 or 68.35% and the urban one is 0.3165 or 31.65% as calculated from pages 89 and 90. If we consider Education and Standard of Living Domains where Paradigm Shifts occur we construct the Table 6 for WF Method to compute GNH of Bhutan. Since we observe that the percentage contributions of the nine domains are fairly uniform, we do not expect much change in the GNH computation results with and without WF. However, Page 38 shows some difference in effects on GNH of rural and urban areas in case of Education and Std. of Living Domains. These effects are also accounted for in Table 6 calculations. Their summary results are given in Table 7.

Table 6: WF Method to compute GNH Index

(A)	(B)	(C) % contribution to overall GNH Index	Rural	Rural	Urban	Urban
	Domain name	[page30]/[%×0.765/100]	(D)=©×0.6835	(E)=(D)×XWF	(F)=©×0.3165	(G)=(F)×WF
1	Psychological Wellbeing	10.48/.0792	.0792×.6835=.0541	.0541×9/7=.0696	0	0
2	Good governance	10.18/.0770	0.0526	0.0676	0	0
3	Education	9.78/.0739	(a).0435	0	(b).02716	.02716×9/2=0.1222
4	Health	13.1/.0990	0.0683	0.0878	0	0
5	Ecological Diversity	12.41/.0938	0.0641	0.0824	0	0
6	Community Diversity	11.56/.0874	0.0597	0.0767	0	0
7	Cultural Diversity	11.01/.0832	0.0569	0.0731	0	0
8	Living Standard	10.91/.0825	(c).0485	0	(d).0303	.0303×9/2=0.1364
9	Time use	10.57/.0799	0.0546	0.0702	0	0
		SUM=100.00/.756		SUM=.5274		SUM=0.2586

Ref. 2, Page 38, Education Suff. of rural to urban=9.3/10.8=0.8611 and urban to rural=10.8/9.3=1.1613. (a) =.0739×.6835×.811=.0435

(b) =.0739×.3165×1.1613=.0272

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Ref. 2, Page 38, Std of Living Suff. of rural to urban =10.4/12.1=.8595 and urban to rural=12.1/10.4 =1.1634. 9 (c) = .0825×.0635×.8595=.0485

$$(d) = .0825 \times .3165 \times 1.1634 = .0303$$

WF Method GNH Index Of Bhutan =0.5274+0.2586=0.7860

Reported GNH Index Of Bhutan (REF 2, PAGE 28)=0.7860

WF Method Urban GNH =0.2586/0.3165=0.8172, Reported GNH (PAGE 38) =0.811;

WF Method Rural GNH =0.5274/.6835=0.7716, Reported GNH (PAGE 38) = 0.731

NOTE:

In the above table, wherever 0.0 WF is used, theoretically small value can be used. But it will not alter the results significantly. Zero factor is used for clarification and ease in compilation.

Table 7: Summary of Table 6 Results: WF Method GNH Vs Reported GNH

Item no.	Item	Reported Value (WF Not Used)	WF Method GNH
1	GNH of Bhutan Nation	0.756	0.786
2	GNH of Bhutan Urban Area	0.811	0.817
3	GNH of Bhutan Rural Area	0.731	0.772

Table 9: Illustration of Paradigm Shift Effect on GNH Indices

Item no.	Item	GNH Without WF	WF Method GNH
1	GNH of Entire Area	0.510	0.585
2	GNH of Urban Area	0.510	0.720
3	GNH of Rural Area	0.510	0.450

To further understand WF Method of GNH Index computation, I have devised a simple data in which the Paradigm Shift is prominent for Education and Std. of Living domains as can happen in scientifically

advanced urban society. For simplicity, I assume the rural to urban population ratio to be one. The percentage GNH contributions are 15.686 for Education and Std. of Living and 9.804 for the remaining domains. This yields GNH contribution values of 0.08 for Education and Std. of Living and 0.05 for the remaining domains. The computations of Table 8 (which are similar to that of Table 6 for Bhutan existing data of Reference 2) yield the results which are summarized in Table 9 for WF and without WF methods.

Table 10: WF Method Computation

Easy Illustration to Understand Prime Movers of Happiness Effect on GNH Indices

(A)	(B)	(C)% contribution to overall GNH Index/(%×0.60/100)	PMH considered weightage factor WF	Domain contribution
SN	Domain name			(D) = ©×WF
1	Psychological Wellbeing	9/.054	0.5	0.027
2	Good governance	9/.054	0.5	0.027
3	Education	17/.102	2.0	0.204
4	Health	12/.072	2.0	0.144
5	Ecological Diversity	9/.054	0.5	0.027
6	Community Diversity	9/.054	0.5	0.027
7	Cultural Diversity	9/.054	0.5	0.027
8	Living Standard	17/.102	2.0	0.204
9	Time use	9/.054	0.5	0.027

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		SUM=100.00/.600	SUM= 9	SUM=0.714
Entire Area Urban, Reported GNH w/o WF=0.60, PMH: Education, Health & Standard of Living Domains 4 times WF				
WF computation: $X+X+4X+4X+X+X+X+4X+X=9$ , $X=0.5$ , $4X=2.0$				
Method GNH Index of entire area=0.714				
Reported GNH Index of entire area without wf=0.600				

Finally, in Table 10, I have given the sample calculations for an urban area where PMH are Health, Education and Standard of Living Domains. They are given the Weightage Factors of 4 (four). The resulting calculations of Table 10 show that WF Method GNH 0.714 is about 20 (twenty) percent greater than w/o WF method GNH value of 0.60.

These computations show that it is essential to identify the sources of happiness/unhappiness, Prime Movers of Happiness, also the Paradigm Shifts, if any, and accordingly be assigned Weightage Factors for each Domain to arrive at the realistic GNH Index of the area. This will establish GNH Index as a universal measure of happiness in every nation without any exception.

So far, we have discussed the GNH philosophy derived from Happism Theory and its implementation in GNH survey. Now let us see how to improve the GNH number of a given area. Manifesto of Happism Theory yields a System Oriented Solution (SOS) method to solve any national and international problem of a nation. This will improve the national GNH. Details of this SOS method are given in Reference 1. The format of SOS method is as follows:

**Problem Definition:** This section gives a summary narration of the history, and the current status of the problem.

**SOS based on Happism Considerations:** This section explains how to apply the seven Happism Manifesto Considerations to solve the

national or the international problem under study. In some special, nonobvious cases, proper numbers of Happism Principles are cited to support the rationale behind the proposed solution. The final SOS will include the contribution from each of the following seven considerations of the Happism Manifesto.

1	Population Consideration	WF1
2	Border Consideration	WF2
3	Border	WF3
4	Science and Technology Consideration	WF4
5	Production Consideration	WF5
6	Religious Consideration	WF6
7	Environmental Consideration	WF7

### **Discussion of Ideal Solution and Nonideal Eventualities**

1. Nonideal Eventuality 1: Describe pros and cons of Nonideal solution.
2. Nonideal Eventuality 2: Describe pros and cons of Nonideal solution, etc.

This SOS method complies with the 30 principles derived from the 3-step philosophy of Table 1. During the discussion of Nonideal Eventualities, the cited principles will be re-evaluated for its applicability and reasoning. Any controversy leading to the Nonideal Solution will be addressed to the satisfaction of the party objecting to the Ideal Solution generated in Section B. As mentioned earlier, since SOS is unbiased; no one should have any objection to the result. But in case, rational discussion of the principle used for the objectionable part will help to die-down the controversy.

In summary, this paper covers the comprehensive philosophy behind GNH, WF method to compute GNH Index and SOS method to improve GNH of a nation.

**Reference**

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