

# Psychological Implications of the Gross Happiness Index and Environmental Degradation & Sustainability

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**Abstract:** *This paper explores the psychological implications of the Gross Happiness Index (GHI) in the context of environmental degradation, emphasizing the symbiotic relationship between human well-being and environmental sustainability. The Gross Happiness Index, designed to measure the holistic well-being of populations beyond economic growth, serves as a paradigm that biodiversity loss threatens individual and collective mental health, undermining the very principles of happiness as envisioned by GHI. The paper examines both the theoretical and practical aspects of this relationship, diving into how environmental degradation impacts psychological well-being, social cohesion, and ethical considerations of intergenerational equity. It calls for a reimagination of happiness indices and policymaking that actively integrate ecological preservation into frameworks for human flourishing. Finally, suggestions are proposed for creating sustainable approaches to happiness that respect both human psychology and natural ecosystems.*

**Keywords:** Gross Happiness Index, Environmental Degradation, Mental Health, Sustainability, Human Flourishing, Psychological Implications, Bhutan, Climate Change

