

**13798: Share of people, by region, contents, meaning and mastery and year, 2020-2025**

			2020	2021	2022	2023	2024	2025
18 Nordland - Nordlândia	Share of people with low satisfaction (percentage)	Optimism for the future	18,2	20,6	22,5	24,6	22,4	20,4
		Experience of meaning in life	22,1	25,5	25,6	24,3	24,7	22,5
		Experience of commitment	15,1	19,3	20,3	20,2	21,6	22,1
		Experience of mastery	.	.	23,8	28,3	26,7	26,0
		Rewarding social relationships	23,6	24,7	27,4	28,4	23,3	28,7
		Contribution to others' well-being	.	.	.	.	.	27,4
	Share of people with medium satisfaction (percentage)	Optimism for the future	54,0	49,4	49,5	46,7	48,0	48,6
		Experience of meaning in life	47,9	46,7	51,2	47,6	48,7	49,9
		Experience of commitment	57,9	55,2	57,2	55,0	53,9	56,7
		Experience of mastery	.	.	60,4	55,3	54,7	57,7
		Rewarding social relationships	46,5	47,2	48,7	41,7	48,2	47,1
		Contribution to others' well-being	.	.	.	.	.	52,1
	Share of people with high satisfaction (percentage)	Optimism for the future	27,7	30,0	28,0	28,7	29,6	31,0
		Experience of meaning in life	30,0	27,8	23,2	28,1	26,7	27,6
		Experience of commitment	27,1	25,4	22,5	24,8	24,5	21,2
		Experience of mastery	.	.	15,8	16,4	18,6	16,3
		Rewarding social relationships	29,9	28,1	23,9	29,9	28,4	24,2
		Contribution to others' well-being	.	.	.	.	.	20,5
	Average score for satisfaction (scale 0-10)	Optimism for the future	7,3	7,3	7,2	7,1	7,2	7,3
		Experience of meaning in life	7,2	6,9	6,9	7,0	7,0	7,1
		Experience of commitment	7,0	6,8	6,7	6,8	6,8	6,7
		Experience of mastery	.	.	17,3	16,9	17,2	17,1
		Rewarding social relationships	7,1	7,0	6,8	7,0	7,2	6,8
		Contribution to others' well-being	.	.	.	.	.	6,7
	Number of persons who responded	Optimism for the future	754	721	635	749	706	774
		Experience of meaning in life	764	730	646	758	713	784
		Experience of commitment	767	729	646	761	716	788
		Experience of mastery	.	.	646	759	710	785
		Rewarding social relationships	766	731	645	760	716	787
		Contribution to others' well-being	.	.	.	.	.	787
55 Troms - Romsa - Tromssa	Share of people with low satisfaction (percentage)	Optimism for the future	.	.	.	.	17,5	21,0
		Experience of meaning in life	.	.	.	.	22,1	29,6
		Experience of commitment	.	.	.	.	16,0	20,4
		Experience of mastery	.	.	.	.	24,5	26,7
		Rewarding social relationships	.	.	.	.	24,8	23,2
		Contribution to others' well-being	.	.	.	.	.	23,3
	Share of people with medium satisfaction (percentage)	Optimism for the future	.	.	.	.	53,1	49,2
		Experience of meaning in life	.	.	.	.	48,7	45,6
		Experience of commitment	.	.	.	.	57,3	59,7
		Experience of mastery	.	.	.	.	57,2	56,3
		Rewarding social relationships	.	.	.	.	45,0	46,2
		Contribution to others' well-being	.	.	.	.	.	53,7
	Share of people with high satisfaction (percentage)	Optimism for the future	.	.	.	.	29,4	29,8
		Experience of meaning in life	.	.	.	.	29,2	24,8
		Experience of commitment	.	.	.	.	26,8	19,9
		Experience of mastery	.	.	.	.	18,3	17,0
		Rewarding social relationships	.	.	.	.	30,2	30,6
		Contribution to others' well-being	.	.	.	.	.	22,9
	Average score for satisfaction (scale 0-10)	Optimism for the future	.	.	.	.	7,3	7,3
		Experience of meaning in life	.	.	.	.	7,0	6,8
		Experience of commitment	.	.	.	.	6,9	6,7
		Experience of mastery	.	.	.	.	17,5	17,1
		Rewarding social relationships	.	.	.	.	7,0	7,2
		Contribution to others' well-being	.	.	.	.	.	6,9
	Number of persons who responded	Optimism for the future	.	.	.	.	525	542
		Experience of meaning in life	.	.	.	.	530	550
		Experience of commitment	.	.	.	.	530	551
		Experience of mastery	.	.	.	.	528	551
		Rewarding social relationships	.	.	.	.	531	551
		Contribution to others' well-being	.	.	.	.	.	550
56 Finnmark - Finnmárku - Finmarkku	Share of people with low satisfaction (percentage)	Optimism for the future	.	.	.	.	26,1	23,1
		Experience of meaning in life	.	.	.	.	25,4	25,1
		Experience of commitment	.	.	.	.	23,8	25,3
		Experience of mastery	.	.	.	.	23,7	23,3
		Rewarding social relationships	.	.	.	.	24,0	29,3
		Contribution to others' well-being	.	.	.	.	.	27,5

54 Troms og Finnmark - Romsa ja Finnmarku (2020-2023)	Share of people with medium satisfaction (percentage)	Optimism for the future	.	.	.	.	42,4	44,6
		Experience of meaning in life	.	.	.	.	45,8	48,7
		Experience of commitment	.	.	.	.	52,7	53,5
		Experience of mastery	.	.	.	.	57,0	59,5
		Rewarding social relationships	.	.	.	.	50,9	39,6
		Contribution to others' well-being	.	.	.	.	.	47,1
	Share of people with high satisfaction (percentage)	Optimism for the future	.	.	.	.	31,5	32,3
		Experience of meaning in life	.	.	.	.	28,8	26,2
		Experience of commitment	.	.	.	.	23,5	21,2
		Experience of mastery	.	.	.	.	19,3	17,2
		Rewarding social relationships	.	.	.	.	25,1	31,1
		Contribution to others' well-being	.	.	.	.	.	25,5
	Average score for satisfaction (scale 0-10)	Optimism for the future	.	.	.	.	7,2	7,2
		Experience of meaning in life	.	.	.	.	7,0	6,9
		Experience of commitment	.	.	.	.	6,7	6,6
		Experience of mastery	.	.	.	.	17,2	17,1
		Rewarding social relationships	.	.	.	.	6,9	7,0
		Contribution to others' well-being	.	.	.	.	.	6,8
	Number of persons who responded	Optimism for the future	.	.	.	.	199	212
		Experience of meaning in life	.	.	.	.	201	212
		Experience of commitment	.	.	.	.	201	213
		Experience of mastery	.	.	.	.	201	213
		Rewarding social relationships	.	.	.	.	201	213
		Contribution to others' well-being	.	.	.	.	.	213
	Share of people with low satisfaction (percentage)	Optimism for the future	18,4	17,9	20,0	21,8	.	.
		Experience of meaning in life	22,2	25,6	24,1	24,5	.	.
		Experience of commitment	16,4	18,7	22,1	21,0	.	.
		Experience of mastery	.	.	23,7	25,3	.	.
		Rewarding social relationships	24,4	29,8	27,1	29,7	.	.
		Contribution to others' well-being	.	.	.	.	.	.
	Share of people with medium satisfaction (percentage)	Optimism for the future	47,0	51,6	51,4	48,8	.	.
		Experience of meaning in life	47,7	46,5	50,0	47,0	.	.
		Experience of commitment	59,1	58,0	55,8	57,6	.	.
		Experience of mastery	.	.	57,6	57,6	.	.
		Rewarding social relationships	47,6	44,3	43,7	42,9	.	.
		Contribution to others' well-being	.	.	.	.	.	.
	Share of people with high satisfaction (percentage)	Optimism for the future	34,6	30,5	28,6	29,5	.	.
		Experience of meaning in life	30,1	27,9	26,0	28,5	.	.
		Experience of commitment	24,6	23,3	22,0	21,4	.	.
		Experience of mastery	.	.	18,7	17,1	.	.
		Rewarding social relationships	27,9	25,9	29,2	27,4	.	.
		Contribution to others' well-being	.	.	.	.	.	.
	Average score for satisfaction (scale 0-10)	Optimism for the future	7,4	7,3	7,2	7,2	.	.
		Experience of meaning in life	7,2	7,0	6,9	7,0	.	.
		Experience of commitment	7,0	6,9	6,7	6,7	.	.
		Experience of mastery	.	.	17,4	17,3	.	.
		Rewarding social relationships	7,0	6,8	7,0	6,8	.	.
		Contribution to others' well-being	.	.	.	.	.	.
	Number of persons who responded	Optimism for the future	776	718	654	732	.	.
		Experience of meaning in life	781	727	663	743	.	.
		Experience of commitment	783	728	665	746	.	.
		Experience of mastery	.	.	662	744	.	.
		Rewarding social relationships	783	727	665	746	.	.
		Contribution to others' well-being	.	.	.	.	.	.

. = Category not applicable. Figures do not exist at this time, because the category was not in use when the figures were collected.  
region:

Nordland - Nordlândia: 1 January 2020, the municipality 1852 Tjeldsund was moved from Nordland to Troms og Finnmark.

contents:

Average score (scale 0-10): Experience of mastery: Scale range 5-25.

Updated: 20251030 08:00

Source: Statistics Norway

Units:

Share of people with low satisfaction (percentage): per cent

Share of people with medium satisfaction (percentage): per cent

Share of people with high satisfaction (percentage): per cent

Average score for satisfaction (scale 0-10): score

Number of persons who responded: persons

Data type:

Share of people with low satisfaction (percentage): Average

Share of people with medium satisfaction (percentage): Average  
Share of people with high satisfaction (percentage): Average  
Average score for satisfaction (scale 0-10): Average  
Number of persons who responded: Stock  
Reference period: Data collection in March