

Approach to Analysing of the Manifestations and Causes of Subjective Well-Being in Nordic Society

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Abstract

Happiness is an important composite part of the comprehensive national power, national quality of life and psychosocial system. The subjective well-being SWB is an important comprehensive psychological indicator to measure the quality of personal life, which is of great significance to the study of well-being. The GDP per capita of the five Nordic countries are among the Top 20 in the world, and their average life expectancy is also very long. Particularly, their social welfare systems are leading the world. The "high degree of happiness" in the Nordic countries is manifested in all aspects of social life and is the result of a combination from all different kinds of causes. The "Nordic model" has much significance for human societies development as a big reference. However, we must also see the shortcomings behind this model and the social problems in various Nordic countries today. The purpose of this article is to interpret the specific manifestations and causes of happiness in Nordic societies, and to evaluate and summarize the reference and remaining deficiencies of the "Nordic model" objectively.

Keywords

Quality of life, SWB, Nordic Model, social welfare.

1. Introduction

Well-being refers to a series of joyful and pleasant emotions that human beings subjectively produce based on their own sense of satisfaction and security. The research on well-being is closely related to "quality of life": quality of life mainly refers to the degree of satisfaction in life, family, work and health, as well as subjective feelings about happiness and happiness. The social psychology concepts of self-esteem, depression, source of control and alienation directly and indirectly relate to the relevant aspects of life quality. The level of happiness is affected by many factors, including politics, economy, society, culture, education, population, etc.

Happiness measurement has a profound relationship with Maslow's hierarchy of needs. This theory was developed by the famous American psychologist Abraham Maslow in his paper "The Theory of Human Motivation" in 1943. "(A Theory of Human Motivation), and in 1954 in his book "Motivation and Personality" (Motivation and Personality). The hierarchy of needs theory divides human needs into five (six) levels in a pyramid: 1) physiological needs, 2) safety needs, 3) social needs (Love and belonging needs), 4) Esteem needs, 5) need for self-actualization and 6) Over Actualization (the "peak experience" proposed by Maslow in his later period), from low to high, respectively, to propose incentives Measures, a basic assumption of its theory is that "people are a kind of animals that pursue complete needs (wanting animals)". The degree of satisfaction of various levels of needs will become the motivation for the development of individual personality. But critics believe that Maslow did not accumulate enough empirical evidence and the breadth of observation before constructing his theory. Although from an intuitive point of view, Maslow's hierarchy of needs theory is correct, there is little evidence to

support the correctness of its hierarchy. In fact, some evidence does not match the order of needs in Maslow's model. It cannot further describe the needs of society and ideas. There are differences between individualistic and collectivist societies, for example, in Southern Europe, Latin America, Asia, etc. In some cultures, social needs are higher than any other needs. It is also difficult for Maslow to explain some "abnormal behaviors" in human society. For example, some famous scientists, musicians, and artists prefer to abandon low-level needs and pursue high-level needs.

The research on quality of life involves economics, political science, sociology, psychology, cultural studies, etc., and can be divided into two categories: objective and subjective. The objective quality of life includes economic development, national strength, health and welfare, natural environment, social security and justice, etc. In addition to economy and society, current research focuses on the coordinated development of the relationship between man and nature, which is beyond the scope of this article. Subjective Well-being SWB (Subjective Well-being) is an important comprehensive psychological index to measure the subjective quality of life. It can best reflect the quality of life in essence. In terms of importance, only life satisfaction and happiness are subjective to the individual. Happiness has the most basic influence. At present, the concept of subjective well-being generally accepted in academia was proposed by Edward Diener, an American psychology professor known as the "Doctor of Happiness". It refers to the overall assessment of the quality of life of individuals based on their own standards. Mainly focus on the evaluation of personal satisfaction and happiness of their overall life. Diener and his colleagues jointly developed three quantitative survey scales (Diener, Emmons, Larsen, and Griffin, 1985) to measure global cognitive judgments of life satisfaction, which are used to evaluate subjective well-being on a global scale. The degree of difference. In a paper published in 2011, Dina reviewed eight arguments that were used to prove the causal relationship between subjective well-being and health and longevity, as well as the way to achieve it, as well as the physiological processes of health and disease. The influence of good living habits and social activities. At the same time, Dina and his colleagues found that higher income can lead to better job performance and positive energy, more creativity and productivity, as well as greater self-control, more pro-social behavior and higher Quality social relations (DeNeve, Diener, Tay and Xuereb, 2013). In recent years, Dina has conducted major research, focusing on the performance and reasons of culture in the international appraisal of subjective well-being. The predictors of subjective well-being may vary from culture to culture. For example, in an individualistic culture, the link between self-esteem and subjective well-being is much stronger than in a collectivist culture.

Most of the current studies use subjective happiness index as an indicator to measure the quality of life of residents. Happiness index refers to taking subjective well-being as an indicator and obtaining quantitative results of people's subjective well-being through the use of special measuring tools. In the policy field, people pay more and more attention to the subjective well-being index as a supplement and substitute for GDP per capita. GDP is used to measure the extent of improvement in people's material living standards, and the subjective well-being index describes people's living environment and quality of life. After decades of development, the current focus of subjective well-being research is how to apply it and how to integrate it into the social development system, which has become a question of social well-being measurement index. According to the annual report of the world's most livable countries published by the United Nations Development Agency, the Nordic countries have consistently ranked among the top ten for more than a decade. In terms of economic competitiveness, the five Nordic countries often lead the world. In terms of technological innovation, the five Nordic countries are also far ahead. Regarding the quality of life, despite the harsh natural conditions and the snow and ice for half a year each year, the Nordics still win the championship. Based on the three indicators of healthy living, knowledge level and living standard, the Nordic countries

are among the best in the world, and the gap between the Nordic countries is very small, that is to say, no matter which country is likely to be the champion. What makes Denmark, Sweden, Norway, Finland, and Iceland, the five Nordic countries in the corner of the world, become the benchmark countries on the global stage and obtain the aura and honors of the highest level of human social development? Researchers from the University of Warwick in the United Kingdom believe that the Nordic people's high happiness index is greatly related to their political, economic, social, cultural, and technological per capita national competitiveness, which is far ahead of the world average, and that it is in the golden tower of human social development. The cutting-edge facts are closely connected and inseparable from the high-welfare society model it promotes. The successful development experience of Northern Europe is worthy of in-depth research, discussion and analysis by governments and universities and other scientific research institutions of all countries, and then draw lessons from them according to their own national conditions to better develop themselves.

2. The Social Model of the Nordic Countries

Northern Europe-the world of fairy tales: "Denmark", the hometown of the Little Mermaid in Andersen's works, "Norway", the birthplace of the little hero in the North Sea, Santa Claus's hometown "Finland", the world of "Ice and Fire", "Iceland", and the homeland of Nobel "Sweden"; Northern Europe-a model world: Norway, a frequent visitor to the global economic competitiveness champion, Denmark, which has the best business investment environment, Finland and Iceland, which often win the happiest country championships and runners-up, are the most environmentally friendly pioneers in the living environment Sweden; Northern Europe-the world of the future: Sweden calls for becoming the world's first oil-free country in 2020, and the whole country is striving to develop alternative energy sources, leading a new wave of global competition; Norway will become self-sufficient in 2022 at the earliest. Recycling of renewable energy is used to build future cities; Denmark has vigorously developed internationally leading STEM (science, technology, engineering and mathematics education) courses in recent years, and has become a Nordic data hub. Apple, Facebook, and Google have successively established data centers in Denmark; Finland It has played an important role in the new bioeconomy, using wood to make clothes, using trees to make plastics, using microorganisms to secrete automobile fuel, and even making 100% fully recyclable cars based on biomass. The latest developments are shaping the future of the world; The Icelandic government is vigorously promoting geothermal and hydropower as heating and electric energy measures, such as hydrogen fuel buses. In the near future, Iceland will bid farewell to petroleum fuels and become the cleanest country in the world. Although the Nordic countries have a thin population and a small country with few people, they are not locked in their country, but are known for their openness. They are more aware that they must embrace the world with open arms and cannot be outside the global economy. They are deeply engaged in education and research and development, replacing resource dependence with a knowledge economy. The proportion of R&D expenditures in the five countries is not only higher than the average value of the European Union, but also surpassed the United Kingdom, the United States, and Germany.

In July 2011, the United Nations General Assembly announced a resolution calling on member states to measure the happiness of their people, with the aim of urging countries to formulate corresponding development policies according to the situation to improve the living conditions of citizens. The World Happiness Report, released on April 1, 2012, became the world's first survey report on happiness. This report determines the happiness of people in different countries in the world, the reasons that produce or hinder happiness, and the impact of national policies. The "Global Happiness Index Report" launched by the United Nations in 2019 ranked

the achievements of 156 countries and regions between 2016 and 2018. The measurement index includes per capita gross national product, social welfare level, average age, social freedom, government corruption, health care, education quality, labor market and so on. Since the launch of the Global Happiness Index ranking in 2012, the Nordic countries have always occupied the top position. According to the Global Happiness Index Report in 2019 and 2020, Finland ranks first among the 156 countries and regions participating in the evaluation, making it the happiest country in the world. After Finland, Norway, Denmark, Iceland and Sweden are also among the top. As we all know, the five Nordic countries are all highly developed capitalist countries in the world. Their social welfare system is in a leading position on a global scale, their per capita GDP is all among the top 20 in the world, and their average life expectancy is very long. The five Nordic countries have a common history and are closely related to each other socially and culturally. They have similar political systems and economic models. Although they do not form an EU-like community, they are all members of the Nordic Council and participate in polar scientific research, development and development. stable.

The five Nordic countries are typical social welfare countries, with high income, high taxes, and high welfare. Their welfare model is called the "welfare state model": the state forms a system through various statutory welfare guarantee plans to establish a society The safety net implements a high degree of social welfare from "cradle to grave", covering social security, social welfare, social services and social subsidies, so that individuals will not affect their normal life due to birth, old age, sickness, disability and other reasons. In the Nordic countries, citizens can enjoy various government subsidies, from unemployment subsidies to childcare subsidies, from housing subsidies to sick leave subsidies, from widow subsidies to minor subsidies...there are many and varied, and they are free from kindergarten to university. education. Generally speaking, the social security in Northern Europe is relatively sound, with a huge system and complex content. Compared with other countries, it has improved the quality and scope of the elderly, the young and the old, the medical care, and the learning. Taught. Its human development index is extremely high on a global scale. Moreover, the funds for security are also diversified and sustainable, because the funds are not entirely borne by the state, but by the government, employers, individuals and insurance companies. The government burden is the main part of social security funding. , About 40%. Of course, "the wool comes from the sheep." The operation of the Nordic high-welfare state model is based on high taxes. The secondary distribution and adjustment of economic income and social resources through high tax leverage can narrow the gap between the rich and the poor. Guarantee the high welfare of the people and promote social stability. Therefore, the Nordic countries have implemented high taxes and large progressive income taxes to ensure social welfare expenditure. For example, the Danish basic income tax rate is 42%, up to 56%; Sweden is the highest tax country in the world , Government officials and corporate white-collar workers pay taxes as high as 50% of their salary income; Finland's highest income tax exceeds 50%, and tax accounts for 43% of GDP; Norway's average tax rate accounts for at least 36% of salary income, and high-income earners can reach 48%; Iceland's tax rates on these two items are also 38% and 46%. The result of high taxes and high welfare is a small income gap and a strong sense of social equality. Both Finland and Sweden belong to countries with small income gaps in the world, and Sweden in particular is a typical democratic socialist country. Economic development and social justice cannot always be achieved at the same time, especially in high-welfare societies, especially the fairness of distribution. The degree of development of social justice depends on a certain political system, economic level, distribution system, laws and regulations, and cultural traditions. A fair distribution system is very important to maintain social justice, which is why Northern Europe attaches great importance to establishing a distribution system that promotes social justice.

However, after entering the 1970s, a series of world economic crises, oil crises, financial crises, subprime mortgage crises, and ecological crises have brought severe challenges and huge pressures to the Nordic model of high welfare states. Because the high-welfare model will result in heavy financial burdens and debts on governments in the context of the economic downturn and the global industrial depression. Especially since the mid-1990s, Northern Europe has experienced a long period of economic downturn, and even a certain degree of stagnation, which has caused great pressure on enterprises. The high-benefit model requires enterprises to pay high insurance and taxes for their employees. Therefore, layoffs have become one of the ways for companies to reduce production pressure, and the number of unemployed people has increased rapidly. The high unemployment insurance and other related expenses and the increasingly serious aging problem have caused the government's fiscal balance to continue to be broken and high taxes. The contradiction between high welfare and high welfare has become increasingly prominent. At the same time, the high-welfare state model in Northern Europe has prompted some long-term unemployed and marginalized people to gradually develop the idea of wanting to eat "big pot rice", allowing the society and the state to support them as "lazy people." On the one hand, the unemployed rely on the high unemployment benefits provided by the government and the employees who pay taxes, and are unwilling to get employed; on the other hand, the employees hate this unfair social phenomenon and complain extremely. This situation has brought social injustice, greatly undermined work enthusiasm, reduced work efficiency, reduced the competitiveness of enterprises and employees, slowed economic growth, or even stagnated, and plunged the entire society into a vicious circle of imbalance between fairness and efficiency.

3. Subjective Well-being in the Nordic Countries

From their own surveys and studies in the Nordic countries, it can be found that the reasons for their high subjective well-being are mainly rooted in factors such as health, friendship, trust, and emotion. The life patterns of the Nordic countries have the following characteristics: sparse population, good air environment, clean government and self-discipline, high social trust, people's life is simple and simple, love sports, personality is relatively introverted and low-key, and people are relatively independent. The mainstream values of the Nordic countries can use Jante Law (Jante Law: a view of individuals in the Scandinavian community) including: 1. Don't think you are special. 2. Don't think you are like us. 3. Don't think you are smarter than us. 4. Don't imagine yourself better than us. 5. Don't think you know more than us. 6. Don't think you are more important than us. 7. Don't think you are very capable. 8. Don't make fun of us. 9. Don't think that someone cares about you very much. 10. Don't think you can teach us anything. These ten rules can be condensed into one sentence: Don't think you are special, don't think you are better than "we" (the collective). Reflected in education, the Nordic countries emphasize cooperation and dilute competition; in work, interests are shared, and responsibilities are never; in family relations, men and women are fair. In order to have a deeper understanding of the specific manifestations of subjective well-being in the five Nordic countries, we will interpret the manifestations of subjective well-being in Nordic society and try to analyze the reasons behind it.

3.1. Denmark

Denmark's good social security, democracy and the rule of law maximize the trust between people. Its free social atmosphere, beautiful natural environment and advanced working conditions make Danish lives full of harmony. The Danish lifestyle can be summed up in one word: Hygge. Hygge is a brief summary of the Danish way of life and the secret of Danish happiness. The etymology of Hygge is not Danish, but Norwegian, and its original meaning is very similar to "happiness". After being introduced to Denmark in the 18th century, it became

an inseparable part of Danish culture and identity, which roughly means ease, comfort, happiness and satisfaction. The happiness of the Danes is a mixture of focus and innocence, which is particularly difficult to describe in words. This subjective "happy" lifestyle largely makes common daily activities such as making coffee, eating dinner, and going for a walk special or meaningful.

Studies have shown that 79% of Danes trust the "majority". When people begin to trust those around them, they will live more easily. In daily life, everyone trusts each other, even passers-by who do not know. When young mothers go to buy coffee or lunch, they can safely let their children sleep in the stroller outside the store; when the mobile phone, wallet, ID, etc. are lost, the finder will also contact the owner as soon as possible or hand it over. The department responsible for this will return the lost items to the owner in time; even some street vendors will directly put the goods and a box with money on the side of the road, without having to look after them or worry about the goods being taken away, the purchaser will consciously put the money in the box; when taking the bus system, no one checks the ticket. You can buy a ticket consciously, but few passengers evade the ticket. In addition, this trust is also reflected between the Danish people and the government. Denmark is the country with the least corruption in the EU, and its citizens trust the government. There is little corruption in Danish government departments. According to the "Global Corruption Perception Index" published by Transparency International, an anti-corruption international organization, in 2014 for public sectors in 175 countries and regions around the world, the Danish government topped the rankings for three consecutive years. Therefore, Danish residents are willing to pay taxes and believe that the government, under a very sound legal system, can uniformly control and use taxes in a fair, just and appropriate manner, and use them to maintain the operation of a high-welfare society. Trust helps to create a comfortable and convenient society. People don't have to worry about losing their property, being deceived and guarding against strangers. Life becomes easier and more comfortable as a result. This social atmosphere has greatly improved the Danish Subjective well-being.

3.2. Sweden

Sweden is a highly developed capitalist country and one of the EU member states. It is regarded as a pioneer of democratic socialism and striving for freedom and equality. It has established many social welfare systems in the country, so it is listed in the Human Development Index of the United Nations Development Program. Usually ranked top. Sweden is a large Nordic country with a prosperous life and a beautiful natural environment. It ranks ahead of the world in terms of national competitiveness and human development. In terms of population ratio, Sweden has the largest number of multinational companies in the world. There are many internationally renowned brands and companies in Sweden, from Volvo Cars to IKEA, from Ericsson Communications to H&M apparel, from the world's most widely used chat software Skype to the world's largest streaming music platform Spotify. Figure.

If you use one word to summarize the Swedish way of life, you can't find a more suitable one than "Lagom". In 2017, the number of searches on the search engine surpassed Hygge in Denmark, and it topped the list of contemporary lifestyles in one fell swoop, showing the essence of Nordic style together with Hygge. Compared with Hygge, which stands for comfort, what is Lagom? Its general meaning is "no more, no less, just right." Moderation, neutrality, and equality can also be used to describe it. The most common phrase that Swedes talk about is "Lagom är bäst". In fact, it is very similar to the Chinese doctrine of the mean, both of which are seeking a sense of happiness in balance. According to research, Lagom originated from pirates in the Viking era. At that time, when they went to sea to plunder, they did not carry many resources. Every time I drink water, I will fill a large glass with water, and each person will take turns taking a sip. If the drinker drinks too much, the people behind will have no water to drink,

and if he drinks too little, he cannot quench his thirst. This requires everyone in the team to fully grasp their own drinking water scale and measure, of course, not only refers to drinking water, but refers to a kind of self-restraint and temperance in dealing with all things. Lagom can very well represent the attitude of the Swedes today, emphasizing the moderation, not extreme and neutral. This spirit and thinking is reflected in all aspects of life: For example, they think that a person should be full, but should not be supported; should work hard, but not too tired; should be rich, but not too much. Talk about Lagom when drinking, don't persuade you, don't force it.

For the Chinese, the golden mean refers more to a philosophy of life, rather than a value evolved from a distribution model. If someone is good at the doctrine of the mean, it may mean that the person hides deeply, does not show his attitude when things happen, or does nothing wrong, but he will never do more. However, to say "Lagom" to the Swedes is open, not conservative, equal, not mediocre. It means more of a democratic and fair concept, which may also be "Lagom" and the golden mean. The biggest difference. There is a Swedish idiom: it just happens to be the best. More often, "Lagom" is a pursuit of perfection. In life, the Swedes often use this word to express their praise of perfection. For example, when a Swede comes as a guest at home, when asked how his dishes are done, he is likely to answer: "Lagom!" This means that the color, fragrance, and fragrance are just right. It is a compliment to the master's cooking skills. It is by no means a "so-so" complaint. When this concept extends to the product quality of the corporate culture, it is the pursuit of excellence in R&D, technology and production, and the diligent pursuit of creating first-class products; when this concept extends to the management of social distribution, it also produces A pursuit of a perfect balance between fairness and efficiency; when this concept extends to the field of artistic creation, it is reflected in the minimalism of Sweden, which is particularly vivid and extreme in the design of IKEA- "Simplicity is not simple ". It's no wonder that Volvo Cars is "low-key and luxurious", but tall and unassuming. "Lagom remains neutral" may be the best interpretation of the subjective well-being of Swedish style.

At work, Swedes rarely work overtime during holidays. They pay attention to the combination of work and rest. Work and rest are clearly distinguished. Work is like a full-powered machine, without slack, high-quality and high-volume completion, day and night. Such situations as sleeplessness and sleeplessness rarely occur in Sweden. As we all know, Sweden is a high-tax and high-welfare society. Once unemployed, the monthly subsidy can reach 60%-70% of the salary at the time of employment. At the same time, they can continue to enjoy the free medical care provided by the government. After retirement, the elderly can live in the government to provide and Equipped with specially managed apartments. Therefore, the pressure on the unemployed in Sweden is not that great. They can re-choose jobs according to their profession and hobbies. The government strives to develop the economy and create new job opportunities to solve the problem of supply and demand in the talent market and avoid companies to lay off workers. Ways to reduce costs and gain profits. There is competition in the Swedish workplace, but the pressure is small. The goal is a win-win competition in which all parties can benefit from the competition, not social Darwinism where the weak, the natural selection, and the survival of the fittest.

Life in Sweden is relatively simple, as are interpersonal relationships. The Swedes not only do not fight with people, but also do not fight with heaven. They pay great attention to protecting the environment and resources while developing the economy. The greening rate of the entire country is nearly 70%. It is known as the "Green Lung of Europe". It is the first country to legislate on environmental protection. Environmental awareness and education have also been started from children in kindergartens and run through middle schools and universities to the entire society. In Sweden, row upon row of tall buildings are rarely seen. Swedes will not sacrifice the natural environment and cultural relics for the construction of a modern city. From

this point of view, Sweden's subjective well-being is the Nordic version of "satisfaction and happiness". "And "Heaven and Man are one."

3.3. Finland

Finland is a highly industrialized and liberalized market economy and one of the EU member states. Its per capita output value is much higher than the EU average. The Finnish government is clean and efficient. "People-oriented" is the principle of its work and has been widely recognized by all sectors of society. The pace of life in Finland is not fast, the city environment is very clean and fresh, the air is particularly fresh, and it feels simple and generous. Finnish cities are designed reasonably and elegantly, and human care can be felt everywhere. There are universal humanized designs everywhere, allowing many disabled people to use urban rail transit and public facilities services quickly and easily. For example, when taking buses and elevators, various details are considered very intimate.

Finns love to read, and books are the hearts of Finns. The annual sales volume of books in Finland exceeds 20 million. On average, every Finn buys four books every year and borrows a dozen books from the library. The Internet does not seem to affect the sales of books to a large extent. The distribution of libraries in Finland is also extremely wide. There are more than 300 central libraries and 500 local library branches throughout the country. There are libraries in almost residents' places, especially in sparsely populated places, and special buses are also provided. Mobile library.

Since 2000, the Organization for Economic Cooperation (OECD) has organized the PISA (International Student Assessment Program) for middle school students every three years, and Finnish teenagers have won the first place in reading and science for two consecutive years. In fact, not only in the Nordic countries Sweden, Denmark and Norway, which have invested the most in education, but also in developed countries and regions such as the United States, South Korea, Japan, the United Kingdom, and South Africa, major education departments and institutions often hire Finnish education experts to help them Diagnose the pulse of the education system and quality of education. Therefore, the subjective well-being of Finns is closely related to spiritual food. In Finland, "There are not only Yan Ruyu and the Golden House in the book, but also a full sense of happiness!"

3.4. Norway

Norway is one of the ten largest economies in Europe. Its per capita GDP ranks first in Northern Europe and third in the world. Its oil exports are second only to Saudi Arabia and Russia. It is the third largest oil exporter in the world and a highly developed welfare state in the world. One is that the country is responsible for birth, old age, sickness and death, and there is no need to worry about food, clothing and clothing. Therefore, the Norwegian understanding of "poor" and "rich" is very different from traditional concepts. Although personal property has long been used as a measure of wealth and poverty, Norwegians pay more attention to the level of spending power and quality of life. In terms of the quality of life, this concept covers a wide range. Norwegians love outdoor sports that cultivate temperament, overseas travel to increase their knowledge, cultural and sports entertainment that is good for physical and mental health, and so on.

Norwegians believe that time is the fairest for everyone, whether poor or rich. The poor are exhausted for life, but the rich can enjoy it freely. The biggest difference between them is the ultimate question of "how to live". Regarding the issue of poverty and abundance, from the perspective of personal property, most Norwegians can be said to be not very rich or even "shabby" due to the high tax policy. However, from the perspective of the high welfare provided by the state, Norwegians are Actual enjoyment can definitely be called "rich", just judging from the luxury yachts anchored in Norwegian ports and fjords, its wealth is self-evident. On the

whole, Norwegians are kind, sincere, simple, friendly, reserved, careless and helpful. The subjective well-being of Norwegians is not only based on a strong material and economic foundation, but also full of dialectical thinking about the ultimate philosophical question of "Who am I, where I come from, and where will I go".

3.5. Iceland

Iceland is called the "world of ice and fire" because the country is full of glaciers and volcanoes, the scenery is extremely magnificent, and the world is unique. Iceland is a highly developed welfare state, and its citizens have comprehensive insurance and benefits provided by the state such as medical care, health, pension, unemployment and education. Iceland is a real small country with few people in Lao Tzu's eyes. With a total population of more than 300,000, it is the least populous among NATO members and the only country without a standing army. Icelanders are very casual and unrestrained, they are also very down-to-earth, there is no pressure, and they rarely work overtime. It is said that working in an Icelandic company feels like a big class while studying. Colleagues are more humorous and easy to get along with. They will make jokes if nothing happens. Although the jokes of Icelanders may be as cold as the weather in Iceland, the difference between the boss and the employees Between superiors and subordinates, getting along is easy and natural. In such an open and free environment, no matter how hard the work is, they are still willing.

4. Summary

In the global environment, the democratic socialists in Northern Europe show unique regionalism characteristics, regard the social welfare system as an important component of the entire socio-economic system, and take equity as the main value goal. In the global capitalist order, the Nordic approach is a unique and irreproducible model, because the development of this region has formed a path dependence on the historical geographical environment and geopolitics. In the process of merging with global capitalism, Northern Europe appeared before the world in a form of a mixture of capitalism and socialism. Although this model subverted the rules and logic of the evolution of the social system, it was on the periphery of the capitalist world. And subordinate status can only be a useful supplement. Regarding the conditions for the formation of the Nordic model, some domestic scholars believe that: "Northern Europe's society, history, culture, etc. are not the same as China's current conditions. They are all small countries. Historical pirate countries have high levels of welfare derived from specific Historical background and cultural tradition."

With the defeat of the Germanic German Nazis in World War II and the beginning of the "Cold War" of the US-Soviet struggle for hegemony, the social welfare state model appeared in Scandinavia, a model of "financial dependence" between capitalism and socialism. The special economic and geographic situation of Northern Europe determines that its taxation and welfare model must be "reciprocal". Only in this way can integrity and unity become the life creed of the locals, and the Nordic, which is already sparsely populated and rich in resources, but in the corner of the world The country is united. In order to adapt to the unique geopolitical and historical background, the Nordic countries that were once in the cracks between Western capitalism and Soviet socialism have gradually developed their own "third way"-the high-tax, high-welfare state model. The Kingdom of Denmark and the Kingdom of Sweden had long-standing disputes in history. The result of their political, economic, and military competition was that they started national reconciliation and social integration at home and abroad, and finally formed a successful Nordic political model. Sweden is a typical "democracy". Socialism". The subjective well-being of the Chinese values the harmony of interpersonal relationships and the relationship between individuals and the collective. It is largely influenced by the traditional culture of Confucianism, Taoism, and Buddhism: Confucianism recognizes the real and

emotional happiness of both parents and brothers for no reason. It also emphasizes the pursuit of benevolence and rational happiness; Taoism advocates going beyond reality and letting nature take its course, a small country and a few people are dependent on misfortune and happiness; Buddhism emphasizes the universality and compassion. Therefore, in the process of pursuing subjective well-being, the Chinese have developed a concept of happiness that is integrated and influenced by each other, such as "harmony", "Chinese dream", socialist core values, etc...

Therefore, the Nordic approach should be based on its own national conditions and learn from its reasonable side: sustainable economic development, increasing residents' income, while attaching importance to social equity, expanding welfare expenditures, improving the social security system, promoting social justice, and narrowing the gap between urban and rural areas. Because one-sided pursuit of efficiency and GDP will hurt fairness, cause polarization between rich and poor, and even induce social unrest. Of course, we must be sufficiently vigilant about the possible negative effects of the Nordic model: "high taxes" and "high welfare" may lead to egalitarianism and "eating a big pot of rice", resulting in low production efficiency and the idea of "getting something for nothing". At present, China is in a period of comprehensively deepening reforms, adhere to the rule of law, improve the supervision system, maintain ecological balance, promote ecological civilization, "adhere to people-oriented", further improve people's livelihood construction, learn from the successful model of Northern Europe, while analyzing its advantages and disadvantages, It is of great and far-reaching significance to think about how its successful experience can adapt to my country's national conditions according to time, place and individual conditions, play a role, and maximize the promotion of socialist modernization and highlight the core values of socialism. Only by absorbing the best of the world for their own use can we create an innovative path that suits our own national conditions, social, economic and cultural development.

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