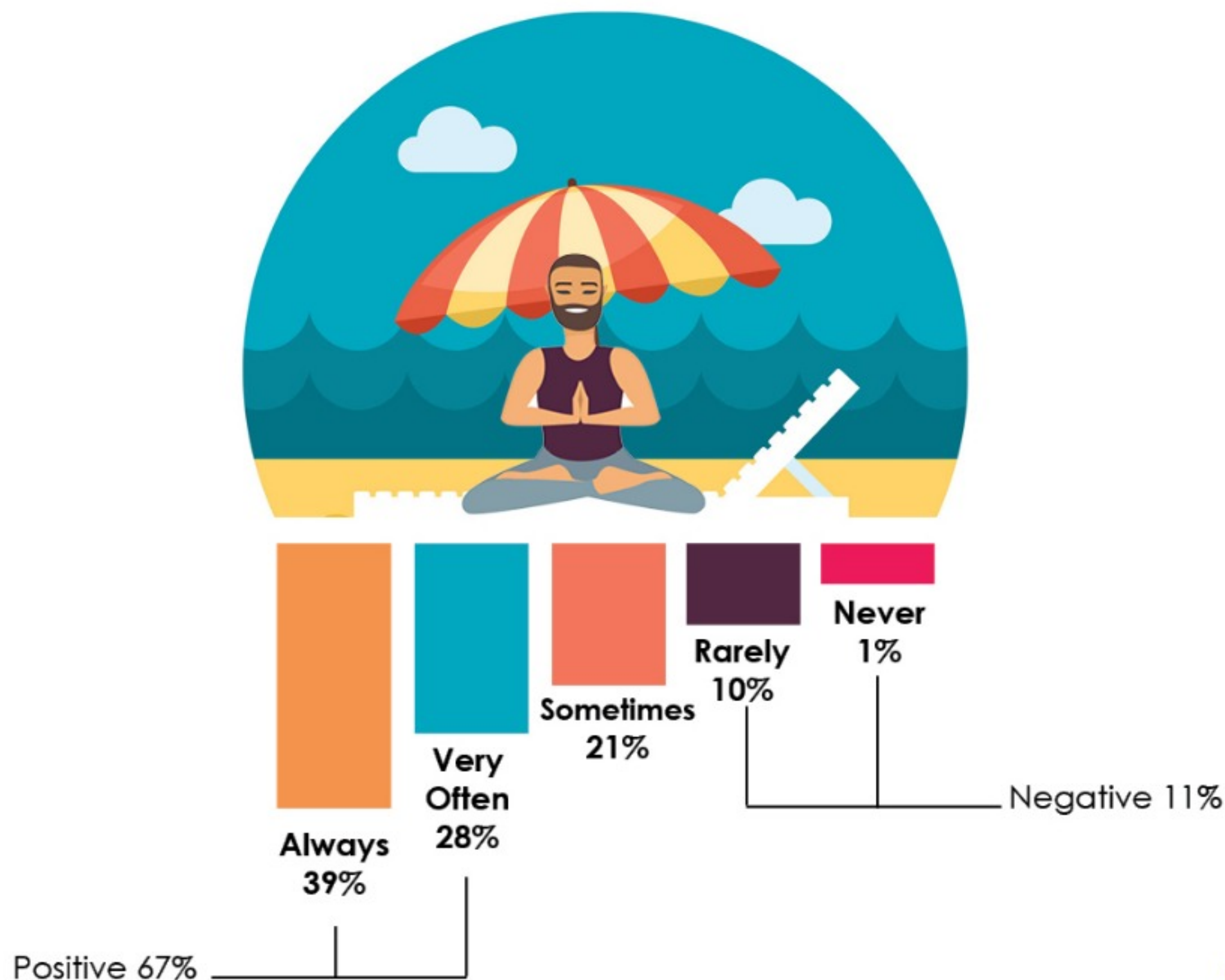


FEBRUARY 4, 2020

NEARLY 7 IN 10 (67%) PAKISTANIS SAY THEY HAVE BEEN FEELING RELAXED IN THE LAST TWO WEEKS; MALES REPORT HIGHER LEVELS OF RELAXATION THAN FEMALES

How often in the last two weeks have you felt relaxed?



(DON'T KNOW/ NO RESPONSE NOT SHOWN)

SOURCE: GALLUP & GILANI PAKISTAN POLL - SAMPLE SIZE: 1219

Nationally Representative Sample covering both rural and urban respondents across Pakistan's four provinces.

Opinion Poll

SOCIAL BEHAVIOUR
Personal Satisfaction

Nearly 7 in 10 (67%) Pakistanis say they have been feeling relaxed in the last two weeks; males report higher levels of relaxation than females (Gallup & Gilani Pakistan Poll)

Islamabad, 04 February, 2020

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 67% Pakistanis say they have been feeling relaxed in the last two weeks.

A representative sample of men and women from across the four provinces was asked, “How often in the last two weeks have you felt relaxed?” In response, 39% said always, 28% said very often, 21% said sometimes, 10% said rarely, 1% said never and 1% did not know/did not respond.

Urban/Rural Breakdown: Rural respondents claim to be more relaxed than those in urban Pakistan

Among urban respondents, 62% said they felt relaxed majority of the time as opposed to higher 70% rural residents. While 13% urban residents felt relaxed rarely/never, 11% rural residents claimed the same. Therefore, people living in rural Pakistan reported higher feelings of relaxation than urban residents.

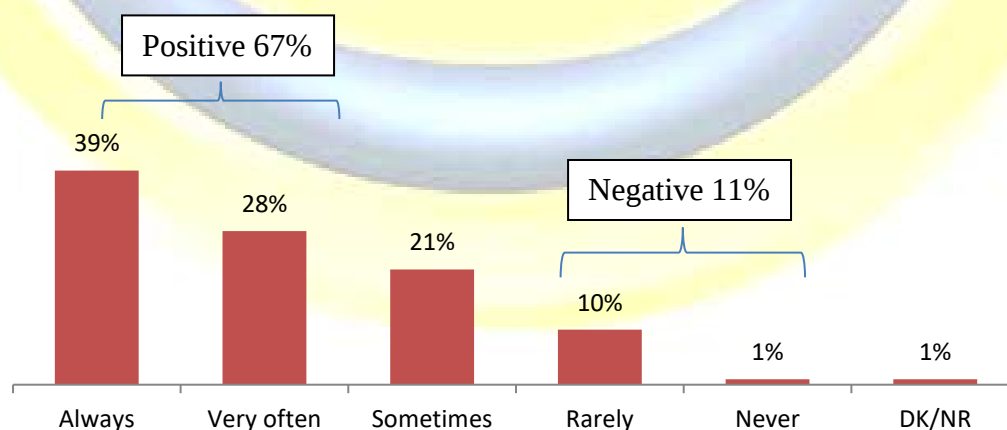
Age Breakdown: Pakistanis between ages 30 and 50 report lowest levels of relaxation

Among Pakistanis aged under 30, 7% claim they are rarely/never relaxed as opposed to 17% 30-50 year olds and 6% 50+ Pakistanis. 71% of those under 30 report they are often or always relaxed as compared to 62% aged between 30 and 50 and 74% of people aged above 50. Therefore, Pakistanis between ages 30 and 50 report lowest levels of relaxation.

Gender Breakdown: A higher proportion of males report feeling relaxed as compared to females

Among males, 12% claim they are rarely/never relaxed as opposed to 12% females. While 71% males say they often or always feel relaxed, a lower 58% females claim the same. Therefore, Pakistani women report lower levels of relaxation than men.

Question: “How often in the last two weeks have you felt relaxed?”



Source: Gallup & Gilani Pakistan Poll

Field work conducted by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International Association
www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1,219 men and women in urban and rural areas of all four provinces of the country, during December 24 – December 31, 2019. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level.

Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International

Tuesday, 04 February, 2020

(3 Pages, English version only)



Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

Best Regards,

Ms. Fatima Idrees

Phone: +92-51-2655630

E-mail: fatima.idrees@gilanifoundation.com

Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com

Disclaimer: Gallup Pakistan and Gilani Research foundation are a nonpartisan fact tank and think tank respectively. As a neutral source of data and analysis, both organizations do not take policy positions.



Daily Gilani Poll
2020



of Gallup Pakistan
(1980-2020)