

January 6, 2021

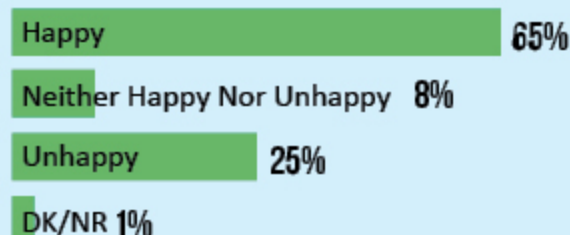
## END OF YEAR 2020: 65% PAKISTANIS CLAIM TO BE HAPPY IN GENERAL: GALLUP INTERNATIONAL'S GLOBAL HOPE, HAPPINESS AND ECONOMIC PROSPERITY INDEX.



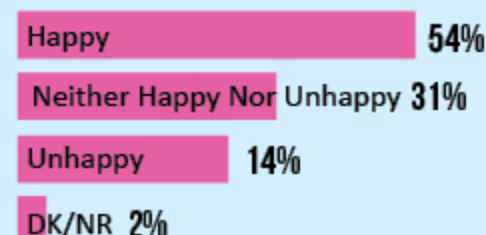
Pakistan ranks 4th out  
of 41 countries on the  
Happiness Index

In general, do you personally feel very happy, happy, neither happy nor unhappy, unhappy or very unhappy about your life?

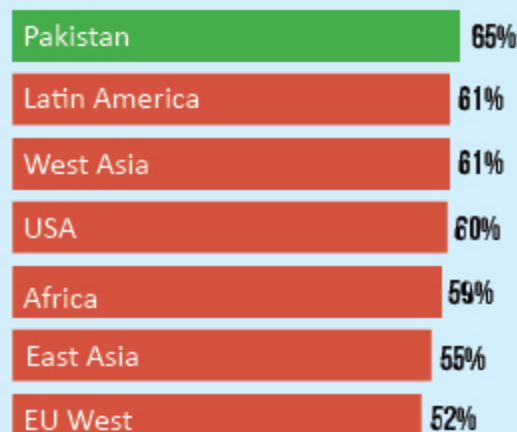
### PAKISTAN



### GLOBAL



### PAKISTAN'S COMPARISON WITH DIFFERENT REGIONS WHO FEELS HAPPY ABOUT THEIR LIFE :





**Special Press Release  
End of Year Survey 2020  
Hope in Pakistan**

**End of year 2020: 65 % Pakistanis claim to be happy in general: Gallup International's Global Hope, Happiness and Economic Prosperity Index.**

*(Islamabad, Zurich), January 6, 2021*

According to a Gallup International Survey at the end of the year 2020, 65% Pakistanis claim to be happy in general. As compared to the previous year there is a decrease in proportion of Pakistanis who are generally happy.

Rankings: Out of 41 countries, Pakistan ranks 4<sup>th</sup> on the Happiness Index.

**These interesting findings have emerged out of an annual, 46 country research conducted by Gallup International (founded by the world-renowned scholar and pollster Dr. George Gallup in 1947). The survey in Pakistan was done by Gallup Pakistan, Pakistan's oldest and trusted survey firm, working since 1979.**

The study comprised internationally of 38,709 respondents covering different ethnicities, regions, religions, age, and gender. The international press release with report can be accessed [here](#). This study has been conducted every year in Pakistan and globally for the past 43 years and is unique in terms of sample size, coverage, and longitudinal analysis.



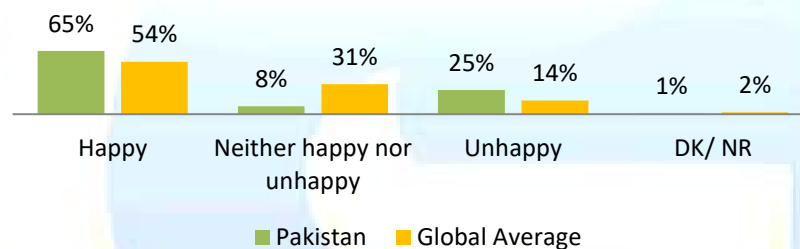
## Happiness Index of Pakistan: Pakistan ranks 4<sup>th</sup> out of 41 countries on the Happiness Index

A nationally representative sample of adult men and women from across the four provinces was asked the following question, “In general, do you personally feel very happy, happy, neither happy nor unhappy, unhappy or very unhappy about your life?” In response to this question, 42% Pakistanis said that they feel very happy about their life, 23% chose ‘happy’, 8% chose ‘neither happy nor unhappy’, 7% chose ‘unhappy,’ 18% chose ‘very unhappy.’ 1% did not know or did not wish to respond. Net happiness for Pakistan in 2020 was 40%

**Global result:** Globally, 13% said that they feel very happy about their life, 41% chose ‘happy’, 31% chose ‘neither happy nor unhappy’, 10% chose ‘unhappy,’ 4% chose ‘very unhappy.’ 2% did not know or did not wish to respond. Global figure for net happiness is computed as (happy – unhappy) i.e. 40%.

Pakistan’s net happiness is the same as the global figure for net happiness. It might be worth noting that 18% Pakistanis claimed to be very unhappy while globally, 4% chose ‘very unhappy.’

**Question: “In general, do you personally feel very happy, happy, neither happy nor unhappy, unhappy or very unhappy about your life?”**

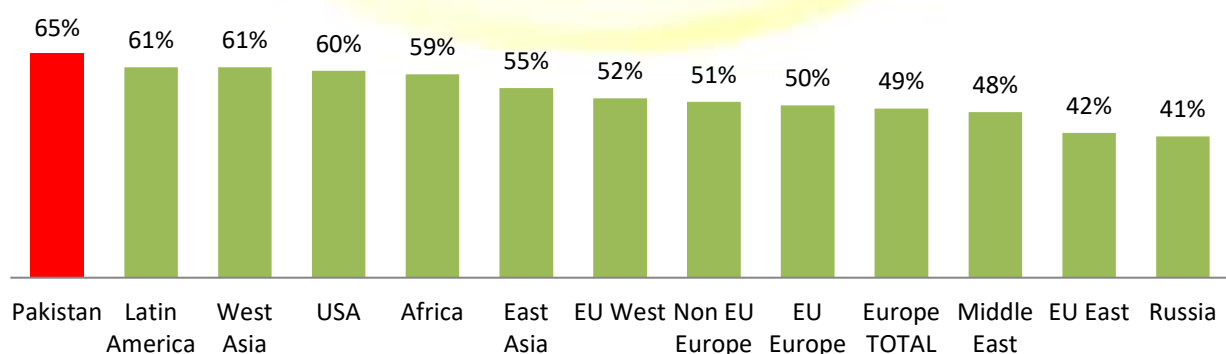


Source: End of Year Survey 2020  
For Pakistan field work conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International Association  
([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk), [www.gilanifoundation.com](http://www.gilanifoundation.com))

**Regional Results:** 23% Indians said that they feel very happy about their life, 41% chose ‘happy’, 24% chose ‘neither happy nor unhappy’, 10% chose ‘unhappy,’ and 2% chose ‘very unhappy.’

In Afghanistan, 14% said that they feel very happy about their life, 34% chose ‘happy’, 36% chose ‘neither happy nor unhappy’, 12% chose ‘unhappy,’ and 4% chose ‘very unhappy.’

**Question: “In general, do you personally feel very happy, happy, neither happy nor unhappy, unhappy or very unhappy about your life?”**



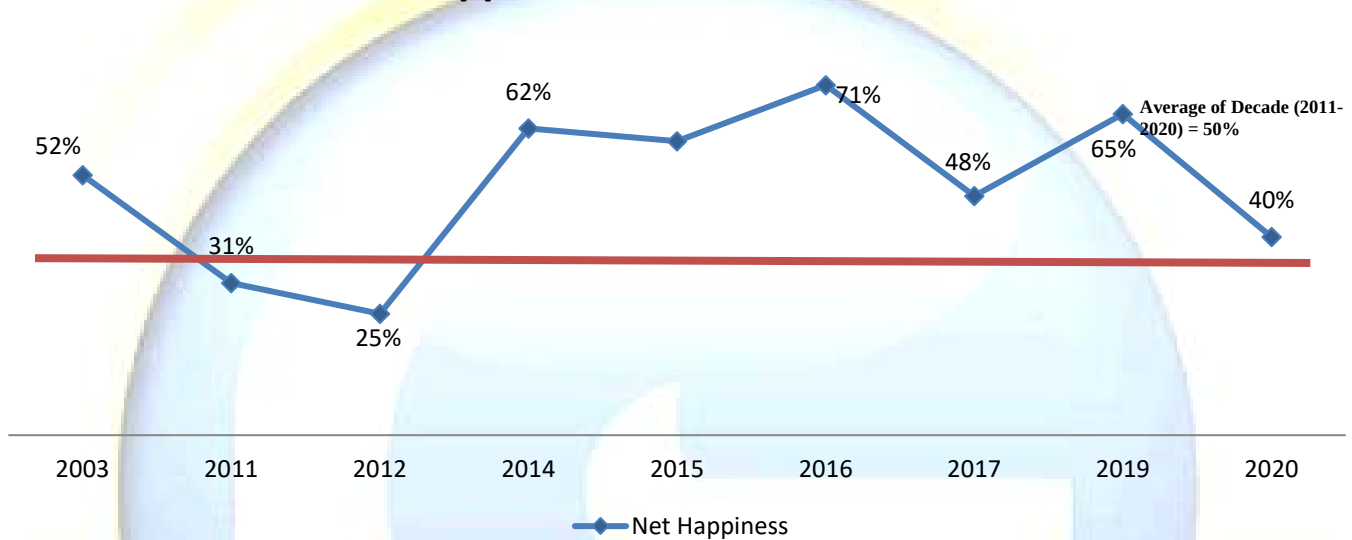


**Happiness in Pakistan over the past years: This year saw a massive fall in net happiness from 65% in 2019 to 40% in 2020, bringing this year's figure below the decade average of 50%.**

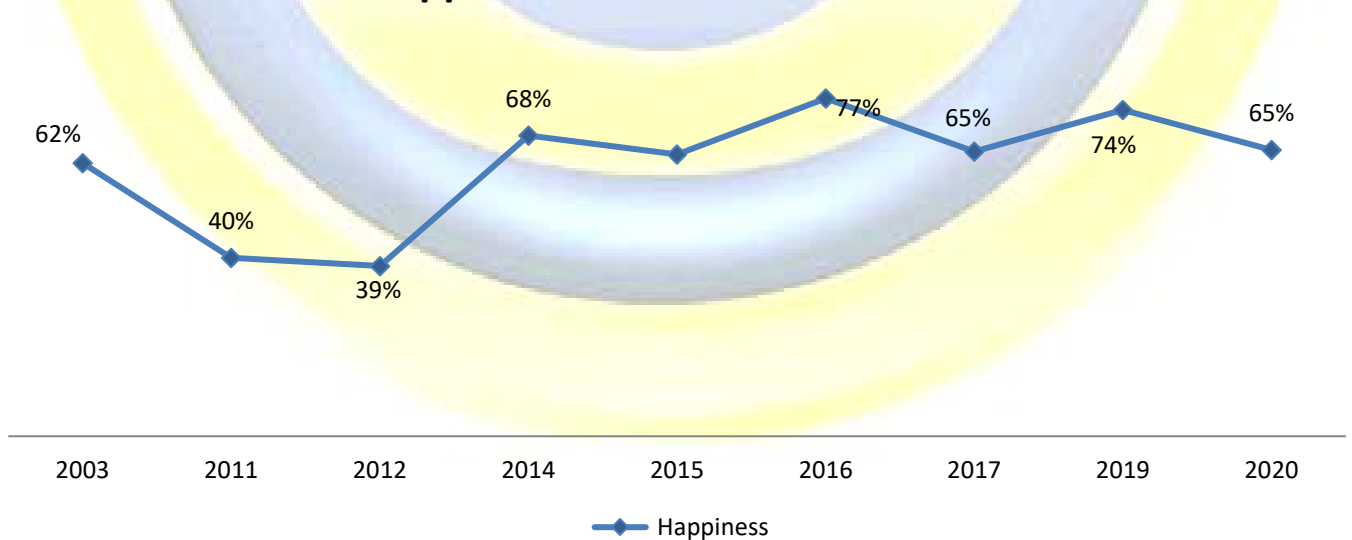
Gallup Pakistan has been asking about general happiness for nearly three decades and the chart below shows net economic optimism (happy – unhappy) since 2003. The results show that net happiness has been fluctuating in Pakistan. Average net happiness over the past decade (2011-2020) was 50%.

Net happiness was highest in 2016 after which it fell to 48% in 2017, then rose to 65% in 2019. 2020 however, saw a sharp decline as net happiness fell to 40%.

### Net Happiness Between 2003 & 2020



### Happiness Between 2003 & 2020



### **Top 5 happy and unhappy countries:**

The top five happy countries according to the Happiness Index are Kyrgyzstan (+85), Kazakhstan (+78), Colombia and Ecuador (+77), Azerbaijan (+76) and Nigeria (+70). The top five unhappy countries are North Macedonia (-3), Ghana (0), Hong Kong (+7), Armenia (+12) and Iraq (+17)

| TOP 5 HAPPY<br>(Index Happy vs. Unhappy) | TOP 5 UNHAPPY<br>(Index Happy vs. Unhappy) |
|------------------------------------------|--------------------------------------------|
| KYRGYZSTAN: +85                          | NORTH MACEDONIA -3                         |
| KAZAKHSTAN: +78                          | GHANA: 0                                   |
| COLOMBIA, ECUADOR: +77                   | HONG KONG: +7                              |
| AZERBAIJAN: +76                          | ARMENIA: +12                               |
| NIGERIA: +70                             | IRAQ: +17                                  |





**Opinion Poll from Gallup Pakistan**  
The Pakistani Affiliate of Gallup

**Wednesday, January 6, 2021**

*(5 Pages, English version Only)*



GILANI RESEARCH  
FOUNDATION

***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,  
Gallup Pakistan*

***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](http://www.gallup-international.com)



Daily Gilani Poll  
2021



of Gallup Pakistan  
(1980-2021)