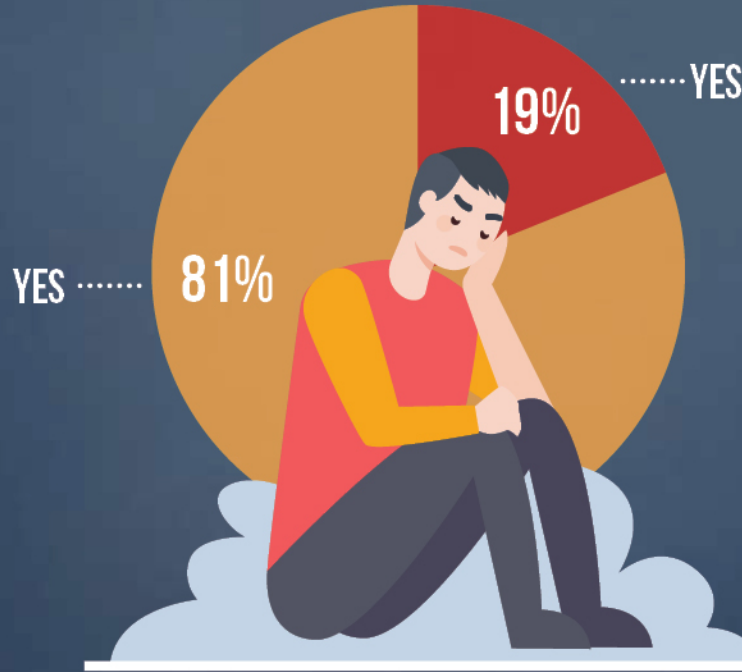


3rd November, 2021

**1 IN 5 (19%) PAKISTANIS REPORT THAT THEY THEMSELVES OR THEIR FAMILY MEMBERS FELT LONELINESS IN THE LAST 7 DAYS; LONELY EMOTIONAL STATES WERE MORE COMMON IN THOSE AGED BETWEEN 30-50 YEARS (21%):  
GALLUP & GILANI PAKISTAN**

تقریباً ہر 5 میں سے 1 پاکستانی (19%) کے مطابق پچھلے 7 دنوں میں انہوں نے یا ان کے گھرانے کے کسی فرد نے اکیلا پن جیسی جذباتی کیفیت محسوس کی؛ 30 سے 50 سال کی عمر کے (21%) افراد میں اکیلا پن جیسی جذباتی کیفیت زیادہ عام تھی

Kindly state whether you or your family member(s) have experienced the following emotional states in the last 7 days? (Loneliness).





## Opinion Poll Stress and Health

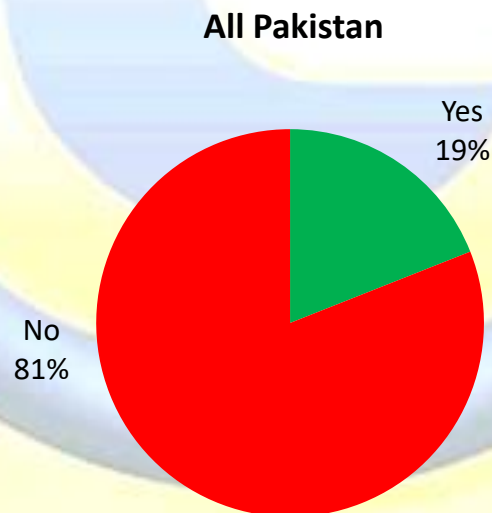
**1 in 5 (19%) Pakistanis report that they themselves or their family members felt loneliness in the last 7 days; lonely emotional states were more common in those aged between 30-50 years (21%): Gallup & Gilani Pakistan**

(Islamabad), November 3, 2021

According to a survey conducted by Gallup & Gilani Pakistan, 1 in 5 (19%) Pakistanis report that they themselves or their family members felt loneliness in the last 7 days; lonely emotional states were more common in those aged between 30-50 years (21%).

A nationally representative sample of adult men and women from across the four provinces was asked the following question, “*Kindly state whether you or your family member(s) have experienced the following emotional states in the last 7 days? (Loneliness).*” In response to this question, 19% said yes while 81% said no.

**Question: “Kindly state whether you or your family member(s) have experienced the following emotional states in the last 7 days? (Loneliness)”**

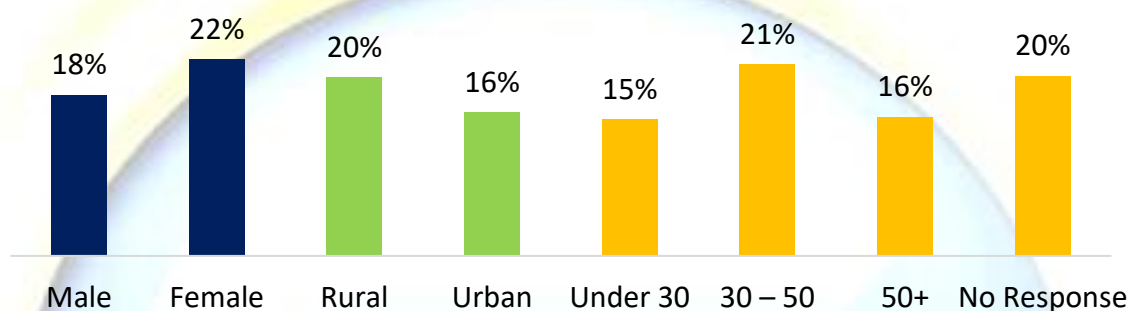


Source: Gallup & Gilani Pakistan  
([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk), [www.gilanifoundation.com](http://www.gilanifoundation.com))

## Breakdown

Slightly more females (22%) reported that they themselves or their family members have felt loneliness as compared to males (18%). In terms of location, those living in rural areas (20%) are slightly more likely to experience loneliness as compared to those living in urban areas (16%). Age-wise, it was observed that 21% Pakistanis between 30-50 years reported feeling lonely while those under 30 years (15%) and above 50 years (16%) are relatively less likely to experience such emotions.

### Breakdown (those who responded in the affirmative)



Source: Gallup & Gilani Pakistan  
([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))

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 1727 men and women in urban and rural areas of all four provinces of the country, during August 13, 2021 – September 5, 2021. The error margin is estimated to be approximately  $\pm 2-3$  percent at the 95% confidence level. The methodology used for data collection was CATI.



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

**Wednesday, November 3, 2021**

*(3 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)