

END OF YEAR SURVEY 2021

HAPPINESS INDEX OF PAKISTAN

Despite the pandemic and economic difficulties, 65% Pakistanis report to be happy in general with their life. Pakistan ranks above India in terms of happiness index: Gallup International's Global Hope, Happiness and Economic Prosperity Index



This year saw a slight increase in net happiness from 40% in 2020 to 42% in 2021.



Pakistan ranks 20th in terms of net happiness alongside Czech Republic

REGIONAL RESULTS:



Pakistan's net happiness is almost equal to the global figure for net happiness. It might be worth noting that 11% Pakistanis reported to be very unhappy while globally, 4% said they are very unhappy with their life



As compared to Pakistan (65%), slightly less Indians (61%) are happy about their life in general.



The proportion of people who are unhappy with their life in general is considerably higher in Afghanistan (36%) as compared to Pakistan (23%).

TOP 5 HAPPY AND UNHAPPY COUNTRIES:

TOP 5 HAPPY COUNTRIES

Colombia



Kazakhstan



Albania



Ecuador, Malaysia



Azerbaijan



TOP 5 UNHAPPY COUNTRIES

Ghana



Afghanistan



Hong Kong



Iraq



Russia





Special Press Release
End of Year Survey 2021
Happiness in Pakistan

End of year 2021: Despite the pandemic and economic difficulties, 65% Pakistanis report to be happy in general with their life. Pakistan ranks above India in terms of happiness index: Gallup International's Global Hope, Happiness and Economic Prosperity Index

(Islamabad), December 30, 2021

According to a Gallup International Survey at the end of the year 2021, despite the pandemic and economic difficulties, 65% Pakistanis report to be happy in general with their life. Pakistan ranks above India in terms of happiness index.

Complete report on Hope, Happiness and Economic Optimism in Pakistan can be accessed [here](#).

These interesting findings have emerged out of an annual, 44 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 41,560 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 44 years and is unique in terms of sample size, coverage, and longitudinal analysis.

Key learnings from survey:

- Pakistan's net happiness is almost equal to the global figure for net happiness.
- Slightly less Indians feel happy about their life as compared to Pakistanis.
- Proportion of people unhappy with their life much higher in Afghanistan as compared to Pakistan
- 65% in Pakistan, well above the regional average of 55%, feel generally happy about their life.
- This year saw a slight increase in net happiness from 40% in 2020 to 42% in 2021.
- Pakistan ranks 20th in terms of net happiness alongside Czech Republic.



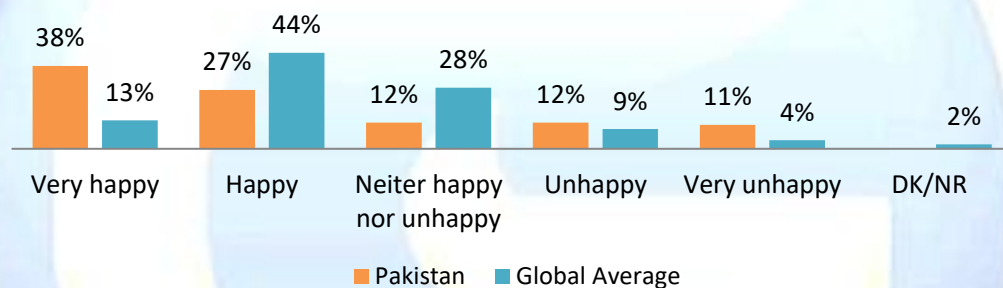
Happiness Index of Pakistan: Pakistan's net happiness is almost equal to the global figure for net happiness

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, 38% Pakistanis said that they feel very happy about their life, 27% said they feel happy, 12% said neither happy nor unhappy, 12% said unhappy, and 11% said very unhappy. Net happiness for Pakistan in 2021 was 42%

Global result: Globally, 13% said that they feel very happy about their life, 44% said they are happy, 28% said neither happy nor unhappy, 9% said unhappy, and 4% said very unhappy. 2% did not know or did not wish to respond. Global figure for net happiness is computed as 44%.

Pakistan's net happiness is almost equal to the global figure for net happiness. It might be worth noting that 11% Pakistanis reported to be very unhappy while globally, 4% said they are very unhappy with their life.

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

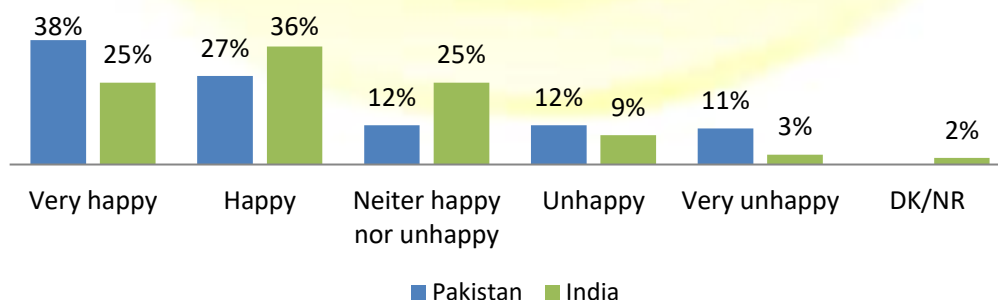


Source: End of Year Survey 2021
For Pakistan field work conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International Association
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Regional Results:

Slightly less Indians feel happy about their life as compared to Pakistanis

25% Indians said that they feel very happy about their life, 36% said they are happy, 25% said neither happy nor unhappy, 9% said unhappy, 3% said very unhappy, and 2% did not know or did not respond. As compared to Pakistan (65%), slightly less Indians (61%) are happy about their life in general.



Source: End of Year Survey 2021
For Pakistan field work conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International Association
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)



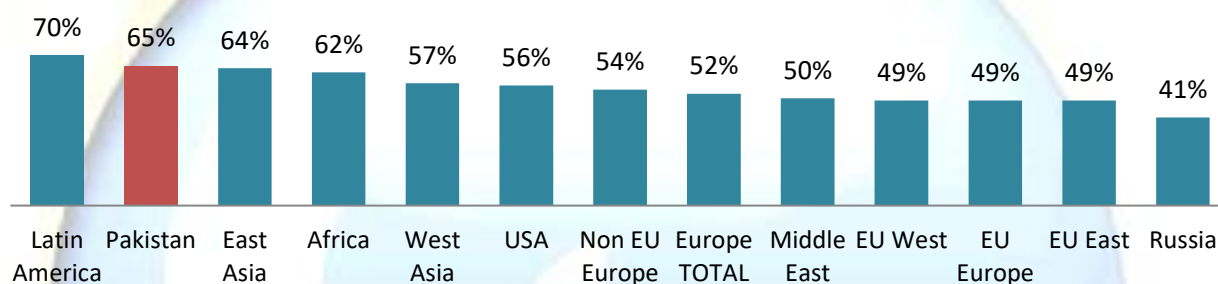
Proportion of people unhappy with their life much higher in Afghanistan as compared to Pakistan

In Afghanistan, 22% said that they feel very happy about their life, 23% said happy, 19% said neither happy nor unhappy, 8% said unhappy, and 28% said that they are very unhappy with their life. The proportion of people who are unhappy with their life in general is considerably higher in Afghanistan (36%) as compared to Pakistan (23%).

65% in Pakistan, well above the regional average of 55%, feel generally happy about their life

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

Comparison with regions that feel happy about their life



Source: End of Year Survey 2021

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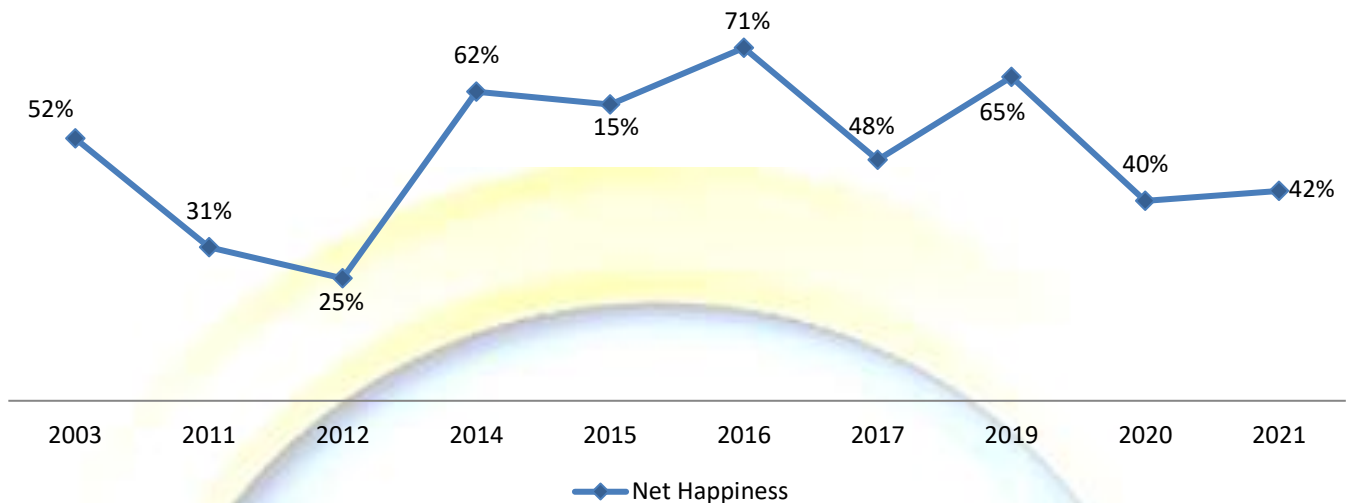
Happiness in Pakistan over the past years: This year saw a slight increase in net happiness from 40% in 2020 to 42% in 2021.

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.

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%. In 2021, the net happiness has increased slightly to 42%.



Net Happiness Between 2003 & 2021



Source: End of Year Survey 2021

For Pakistan field work conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International Association
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Top 5 happy and unhappy countries:

The top five happy countries according to the Happiness Index are Colombia (+79), Kazakhstan (+76), Albania (+74), Ecuador and Malaysia (+73), and Azerbaijan (+70). The top five unhappy countries are Ghana (+2), Afghanistan (+9), Hong Kong (+11), Iraq (+17), and Russia (+18).

TOP 5 HAPPY (Index Happy vs. Unhappy)	TOP 5 UNHAPPY (Index Happy vs. Unhappy)
COLOMBIA: +79	GHANA: +2
KAZAKHSTAN: +76	AFGHANISTAN: +9
ALBANIA: +74	HONG KONG: +11
ECUADOR, MALAYSIA: +73	IRAQ: +17
AZERBAIJAN: +70	RUSSIA: +18

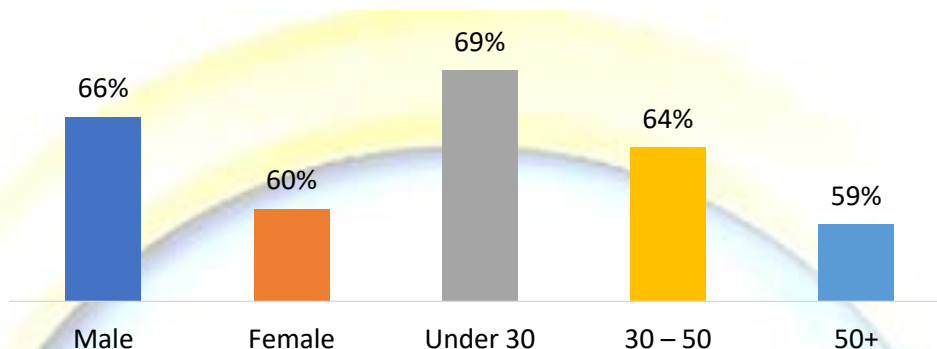
Happiness Index: Pakistan ranks 20th in terms of net happiness alongside Czech Republic.

Country	Net Happiness Score	Country	Net Happiness Score
COLOMBIA	+79	AUSTRALIA*, NORTH MACEDONIA	+45
KAZAKHSTAN	+76	CZECH REPUBLIC, PAKISTAN	+42
ALBANIA	+74	POLAND, ROMANIA, SPAIN	+41
ECUADOR, MALAYSIA	+73	USA	+40
AZERBAIJAN	+70	AUSTRIA	+39
PHILIPPINES	+69	BOSNIA & HERZEGOVINA	+36
KOSOVO	+68	BULGARIA, GERMANY, UK	+35
NIGERIA	+67	MOLDOVA	+34
VIETNAM	+66	ITALY	+32
JAPAN, PERU	+61	ARMENIA, UKRAINE	+20
MEXICO	+59	TURKEY	+19
INDONESIA	+58	RUSSIA	+18
KENYA	+56	IRAQ	+17
REPUBLIC OF KOREA	+51	HONG KONG	+11
SWITZERLAND	+50	AFGHANISTAN	+9
INDIA	+49	GHANA	+2
SERBIA, THAILAND	+47		
ARGENTINA	+46		

**Australian results are quoted in charts/tables, but not included in Global Average calculations (survey data base not available)*

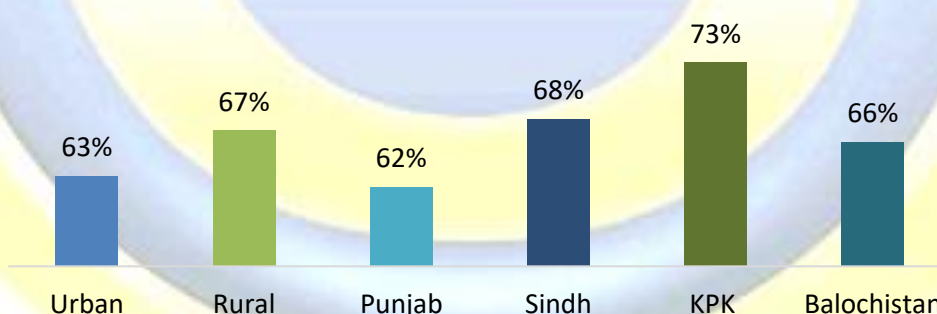
In Pakistan, males (66%) are slightly more likely to feel happy about their life in general as compared to females (60%). Age-wise, those under 30 years (69%) are relatively happier about their life than those aged between 30 – 50 years (64%) and above 50 years (59%).

**Pakistanis who said they are happy about their life
(Gender and Age Breakdown)**



Pakistanis living in rural areas (67%) are more likely to feel happy about their life than those in urban areas (63%). Provincially, those belonging to KPK (73%) feel much happier about their lives in general as compared to those in Sindh (68%), Balochistan (66%), and Punjab (62%).

**Pakistanis who said they are happy about their life
(Urban-Rural and Provincial Breakdown)**





Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International

Thursday, December 30, 2021

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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*

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Daily Gilani Poll
2021



of Gallup Pakistan
(1980-2021)