

1st November, 2022

MORE THAN ONE-THIRD OF PAKISTANI'S (37%) REPORT THAT MOST OF THEIR DAILY CHORES REQUIRE WORKING WHILE SITTING. ANOTHER ONE-THIRD (32%) FULFILLED THEIR DAILY CHORES WHILE STANDING. ALMOST A QUARTER (24%) PARTAKE IN PHYSICAL LABOR AS PART OF THEIR DAILY CHORES: GALLUP & GILANI PAKISTAN

ایک تہائی سے زائد پاکستانیوں (37%) نے اپنے روزمرہ کے زیادہ تر کاموں کو بیٹھ کر کرنے کی اطلاع دی۔ دیگر ایک تہائی (32%) پاکستانی کھڑے ہو کر اپنے روزمرہ کے کاموں کو انجام دیتے ہیں۔ تقریباً ایک چوتھائی (24%) پاکستانی اپنے روزمرہ کے کاموں کو کرنے کے لیے جسمانی مشقت کرتے ہیں

Question: "Which one of the options matches your exercise and workout during your daily chores?"



PRESS RELEASE

(Also emailed*/faxed separately)



Opinion Poll Health care Exercise

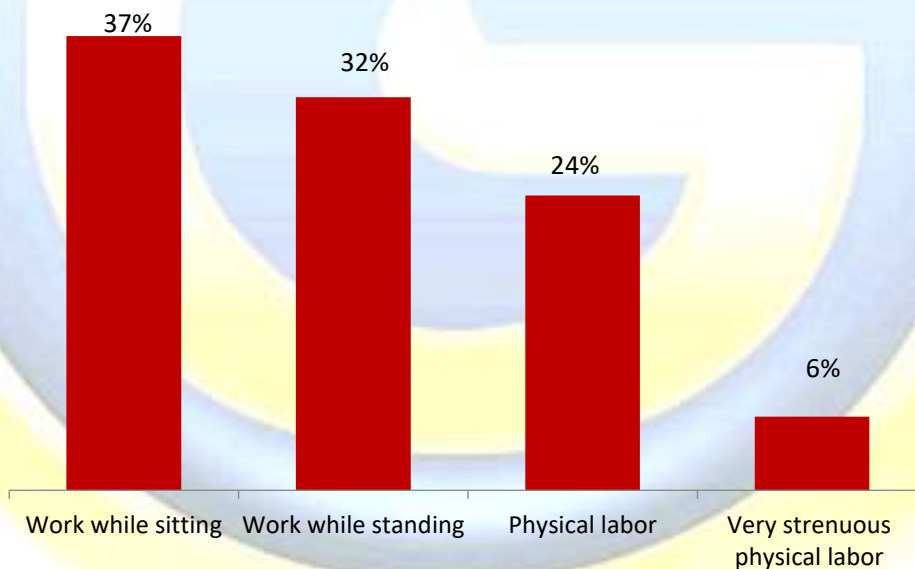
More than one-third of Pakistani's (37%) report that most of their daily chores require working while sitting. Another one-third (32%) fulfilled their daily chores while standing. Almost a quarter (24%) partake in physical labor as part of their daily chores: Gallup & Gilani Pakistan

(Islamabad), November 1st, 2022

According to a survey conducted by Gallup & Gilani Pakistan, more than one-third of Pakistani's (37%) report that most of their daily chores require working while sitting. Another one-third (32%) fulfilled their daily chores while standing. Almost a quarter (24%) partake in physical labor as part of their daily chores.

A nationally representative sample of adult men and women from across the country was asked the following question regarding, "Which one of the options matches your exercise and workout during your daily chores?" 37% responded that they work while sitting, 32% said that they work while standing, 24% said they do physical labor, and 6% do very strenuous physical labor

Question: "Which one of the options matches your exercise and workout during your daily chores?"



Source: Gallup & Gilani Pakistan
(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 500 men and women in urban and rural areas of all four provinces of the country. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup International

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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, policymakers, 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 Ph.D. 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
2022



of Gallup Pakistan
(1980-2022)