

13th December, 2022

1 IN 4 PEOPLE SAY THAT THEY WORRY TOO MUCH ABOUT THEIR LIFE: GALLUP & GILANI PAKISTAN

ہر 4 میں سے 1 پاکستانی کا کہنا ہے کہ وہ اپنی زندگی کے حوالے سے بہت زیادہ پریشان ہیں

Question: "What would you say about your life, that you worry too much, or you take everything as it comes?"



2008

25%

Worry too much

69%

Take life as it is

2022

24%

Worry too much

75%

Take life as it is

PRESS RELEASE

(Also emailed*/faxed separately)



Opinion Poll Social Behavior

1 in 4 people say that they worry too much about their life: Gallup & Gilani Pakistan

(Islamabad), December 13th, 2022

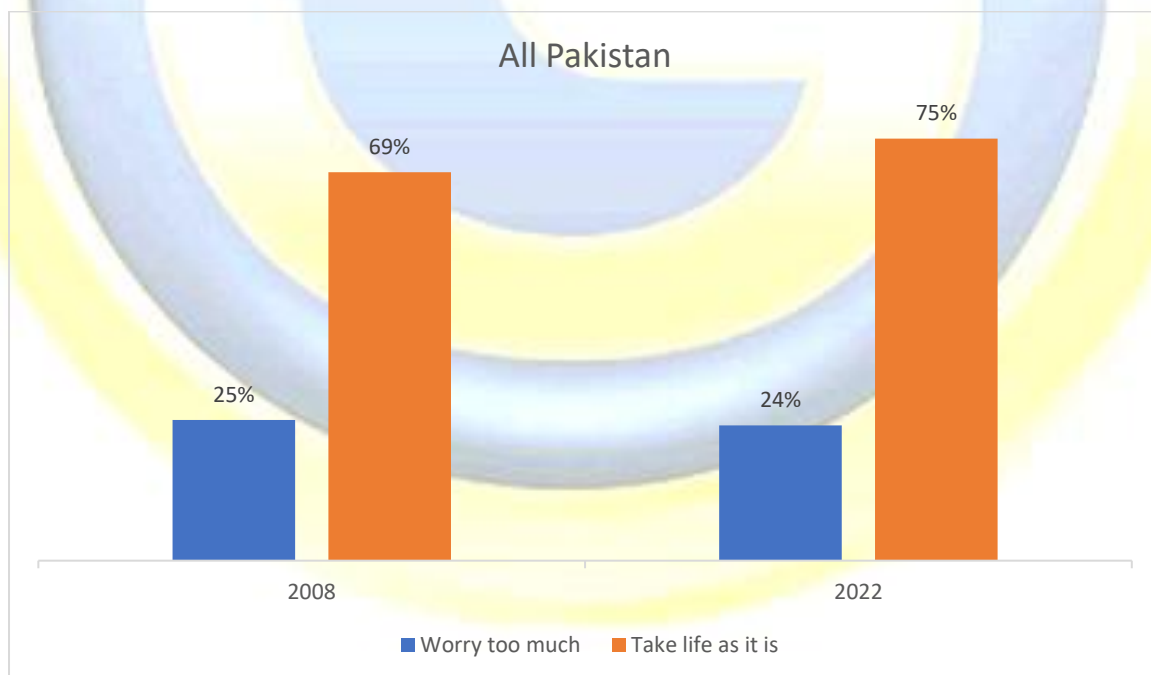
According to a survey conducted by Gallup & Gilani Pakistan, 1 in 4 people say that they worry too much about their life.

A nationally representative sample of adult men and women from across the country was asked the following question regarding, “What would you say about your life, that you worry too much, or you take everything as it comes?” 24% said that they are very worried while 76% said that they take life as it is.

The same question was asked in 2008 and in 2008, 25% said that they were very worried while 69% said that they take life as it is.

Trend Analysis: The number of people who worry too much about life has stayed the same over the past 14 years, while the number of people who take life as it is has increased by 6%.

Question: “What would you say about your life, that you worry too much, or you take everything as it comes?”



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

The study in Pakistan was conducted and 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 747 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

Tuesday, 13th December 2022

(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, 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*

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



Daily Gilani Poll
2022



of Gallup Pakistan
(1980-2022)