

12th July, 2023

**32% PAKISTANIS THINK THEY ONLY HAVE 1-2 HOURS OF FREE TIME EVERY DAY,
12% SAY THEY DON'T HAVE ANY TIME FOR THEMSELVES:**

GALLUP & GILANI PAKISTAN

32% پاکستانیوں کا خیال ہے کہ اُن کے پاس روزانہ صرف 1-2 گھنٹے فارغ وقت ہوتا ہے، جبکہ 12% پاکستانیوں کے مطابق اُن کے پاس اپنے لیے کوئی وقت نہیں ہوتا

Question: "When thinking about an average day in your life, how much free time do you think you have? Think about free time as a moment where you do something you choose just like relaxing, going for a walk, watching TV/other devices, or do a hobby/sport?"



PRESS RELEASE

(Also emailed*/faxed separately)



Opinion Poll Lesiure Time

32% Pakistanis think they only have 1-2 hours of free time every day, 12% say they don't have any time for themselves: Gallup & Gilani Pakistan

(Islamabad), July 12th, 2023

According to a survey conducted by Gallup & Gilani Pakistan, 32% Pakistanis think they only have 1-2 hours of free time every day, while 12% say they don't have any time for themselves.

A nationally representative sample of adult men and women from across the country was asked the question, *"When thinking about an average day in your life, how much free time do you think you have? Think about free time as a moment where you do something you choose just like relaxing, going for a walk, watching TV/other devices, or do a hobby/sport?"*

In response, 9% said more than 6 hours, 3% said 6 hours a day, 10% said 4-5 hours a day, 17% said 2-3 hours a day, 32% said 1-2 hours a day, 18% said less than one hour a day, and 12% said they don't have time for themselves.

Question: "When thinking about an average day in your life, how much free time do you think you have? Think about free time as a moment where you do something you choose just like relaxing, going for a walk, watching TV/other devices, or do a hobby/sport?"



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 2091 men and women in urban and rural areas of all four provinces of the country, conducted during 16 November to 29 November 2022. 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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(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*

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Daily Gilani Poll
2023



of Gallup Pakistan
(1980-2023)