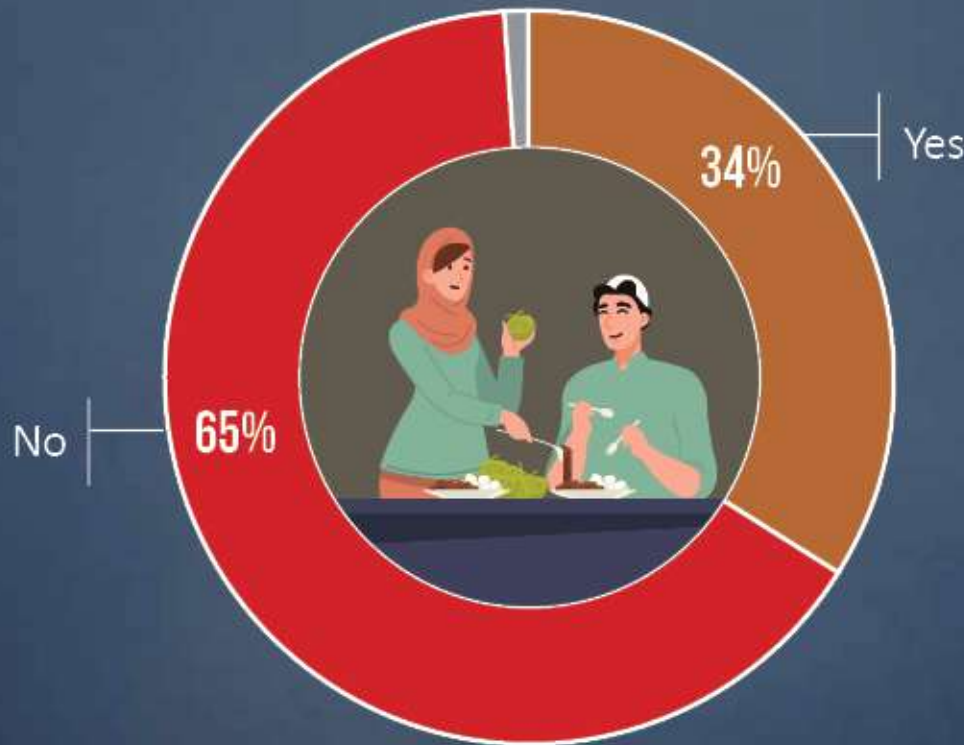


29th May, 2024

TWICE AS MANY PAKISTANIS PREFER TO EAT IN SILENCE (65%) COMPARED TO THOSE THAT TALK WHILE EATING (34%): GALLUP & GILANI PAKISTAN

کھانے کے دوران باتیں کرنے (34%) کی نسبت خاموشی سے کھانا کھانے کو ترجیح دینے والے پاکستانیوں کی شرح (65%) دو گنا زیادہ پائی گئی۔

Question: Some people have a habit of talking while eating, and some people eat in silence. Please tell me, do you talk while eating?



Don't know/No response: 1%



PRESS RELEASE

Opinion Poll

Social behaviour

Eating habits

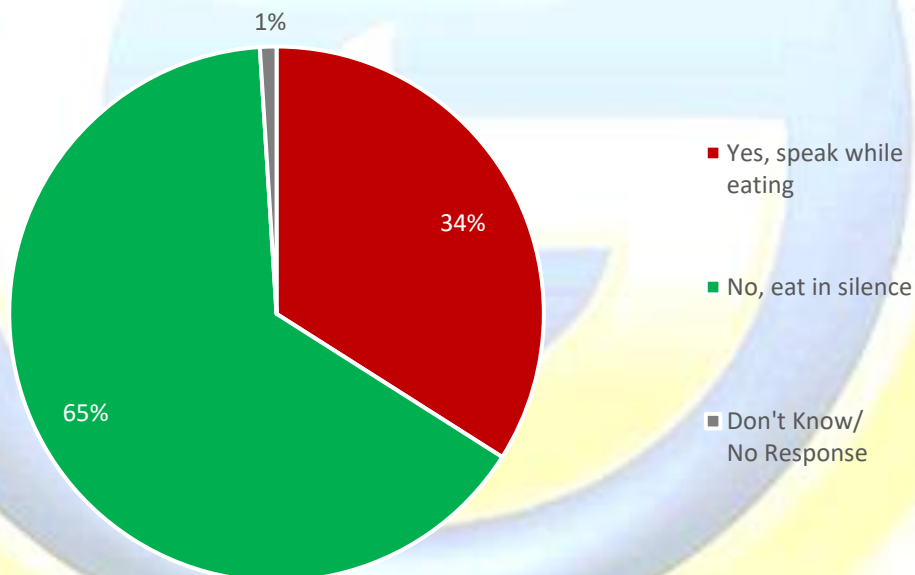
Twice as many Pakistanis prefer to eat in silence (65%) compared to those that talk while eating (34%): Gallup & Gilani Pakistan

(Islamabad) 29th May, 2024

According to a survey conducted by Gallup & Gilani Pakistan, twice as many Pakistanis prefer to eat in silence (65%) compared to those that talk while eating (34%).

A nationally representative sample of adult men and women from across the country was asked the question, “Some people have a habit of talking while eating, and some people eat in silence. Please tell me, do you talk while eating?” In response, 34% said ‘Yes, speak while eating’, 65% said ‘No, eat in silence’, and 1% said that they did not know or gave no response.

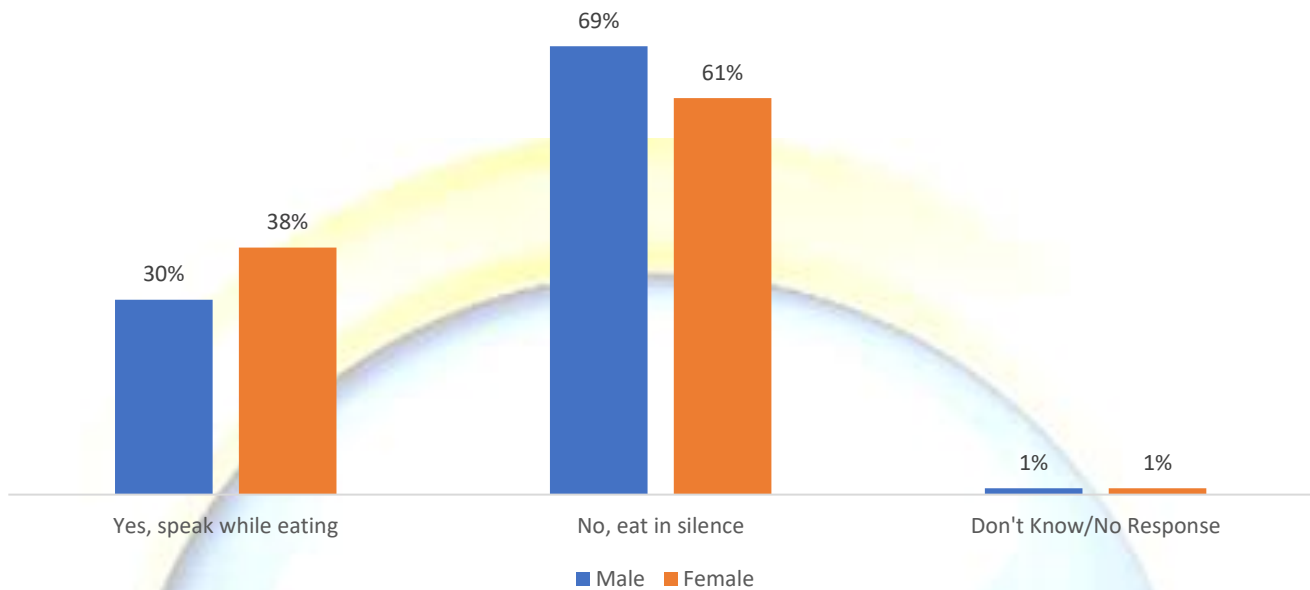
Question: Some people have a habit of talking while eating, and some people eat in silence. Please tell me, do you talk while eating?



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

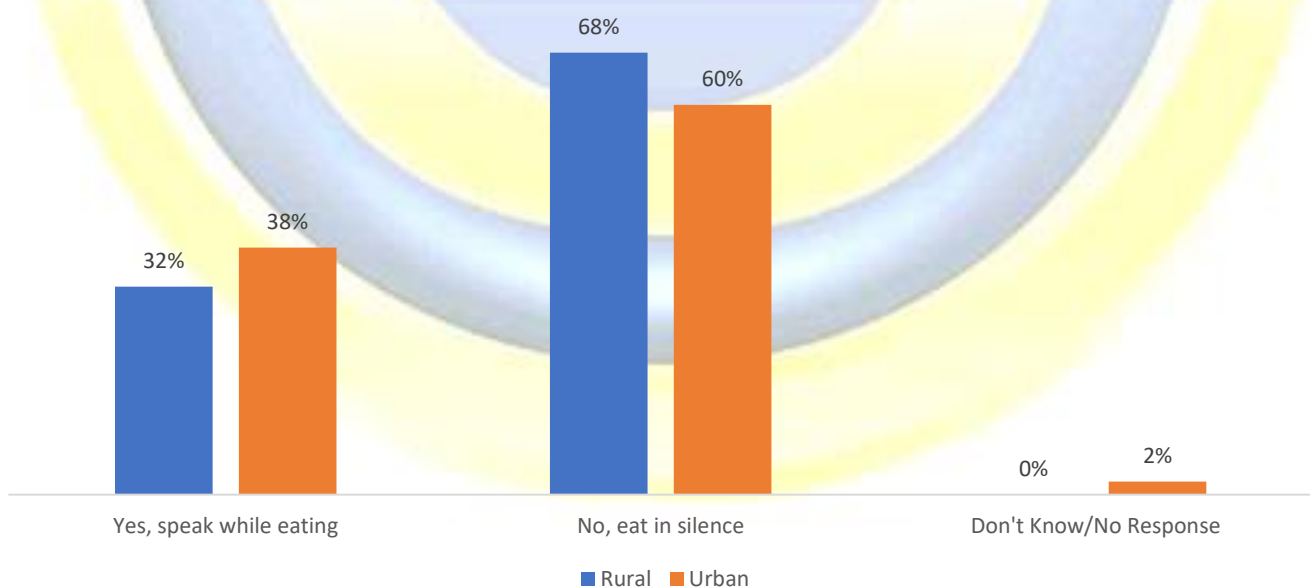
The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 2,161 men and women in urban and rural areas of all four provinces of the country, conducted from 18th- 25th March 2024. The 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).

Across gender: Pakistani men report a higher preference to eating in silence (69%), compared to Pakistani women (61%).



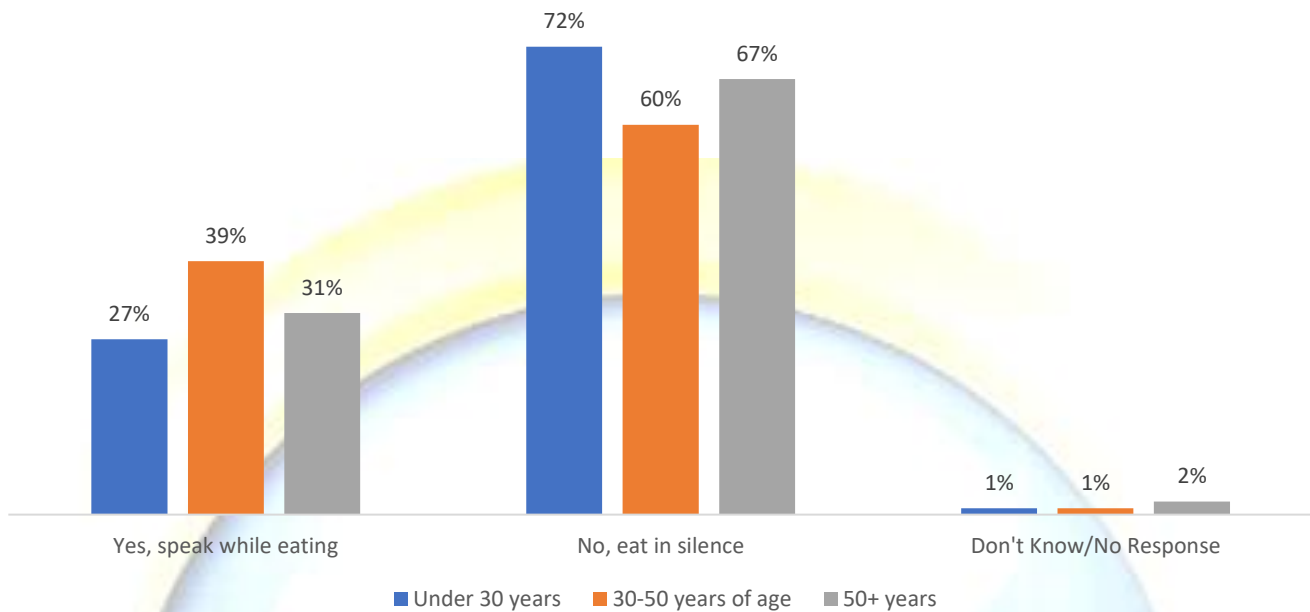
Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Across rurality: Pakistanis from urban areas expressed a lesser likelihood of eating in silence (60%), compared to those from rural areas (68%).



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

Across age: Surprisingly, Pakistanis under the age of 30 were most least likely to report speaking while eating (27%) compared to their elders.



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



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International



GILANI RESEARCH
FOUNDATION

Wednesday, 29th May, 2024

(5 Pages, English version Only)

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
2024



of Gallup Pakistan
(1980-2024)