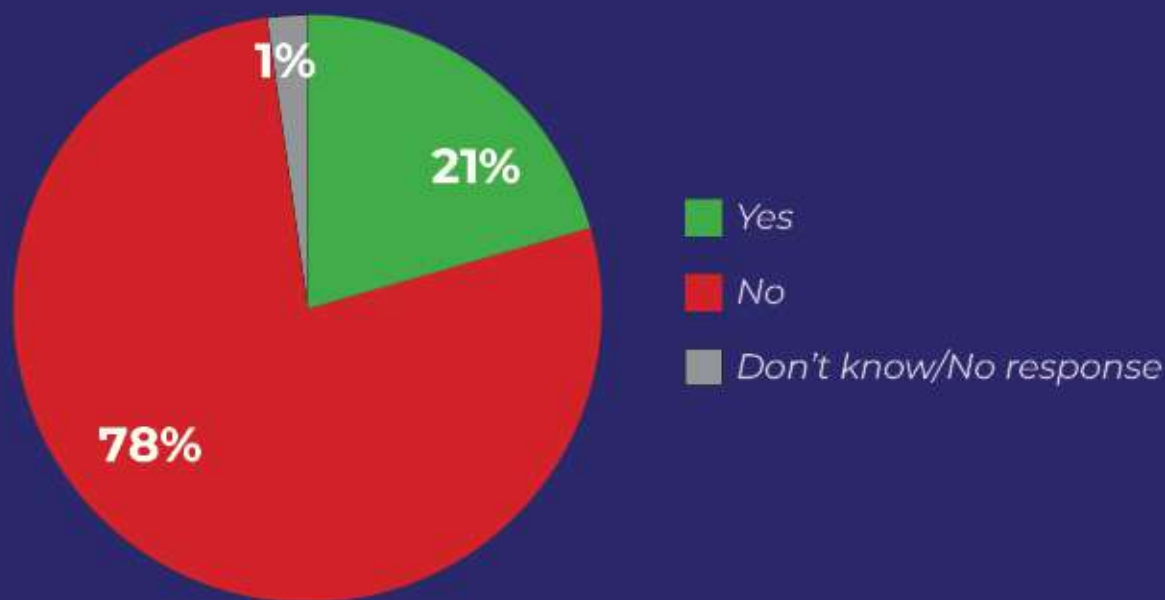


21% of Pakistanis talk to themselves when alone; higher rates observed among men and urban residents



Question: Some people have a habit of talking to themselves in private. Please tell me if you talk to yourself alone?





PRESS RELEASE

Opinion Poll

Social

Social Behavior

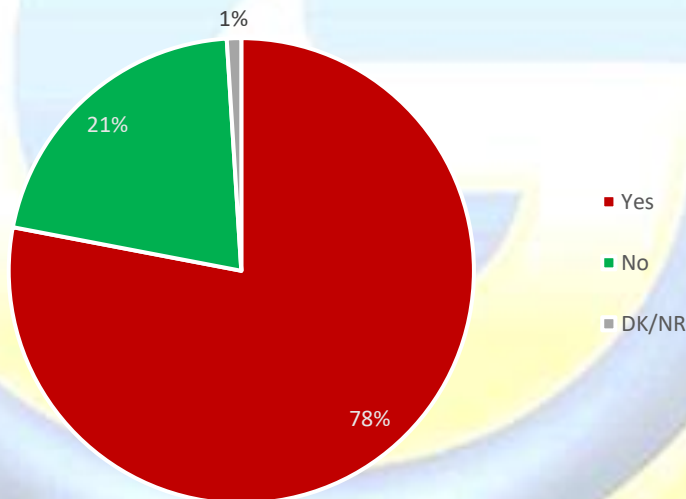
21% of Pakistanis talk to themselves when alone; higher rates observed among men and urban residents: Gallup & Gilani Pakistan

(Islamabad) 31st October, 2024

According to a survey conducted by Gallup & Gilani Pakistan, 21% of Pakistanis talk to themselves when alone. Survey findings revealed that males were 11% more likely than females to have this habit. Similarly, urban residents were 4% more likely than rural residents to engage in self-talking.

A nationally representative sample of married adult men and women from across the country was asked the question, “*Some people have a habit of talking to themselves in private. Please tell me if you talk to yourself alone?*” In response, 21% said ‘Yes’, 78% said ‘No’, and 1% said they don’t know or gave no response.

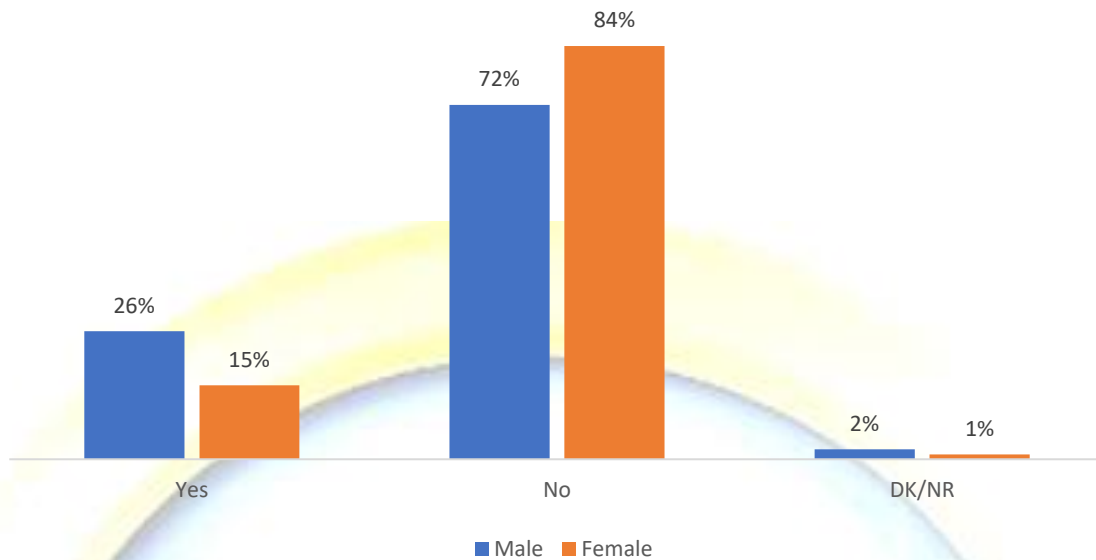
Question: Some people have a habit of talking to themselves in private. Please tell me if you talk to yourself alone?



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

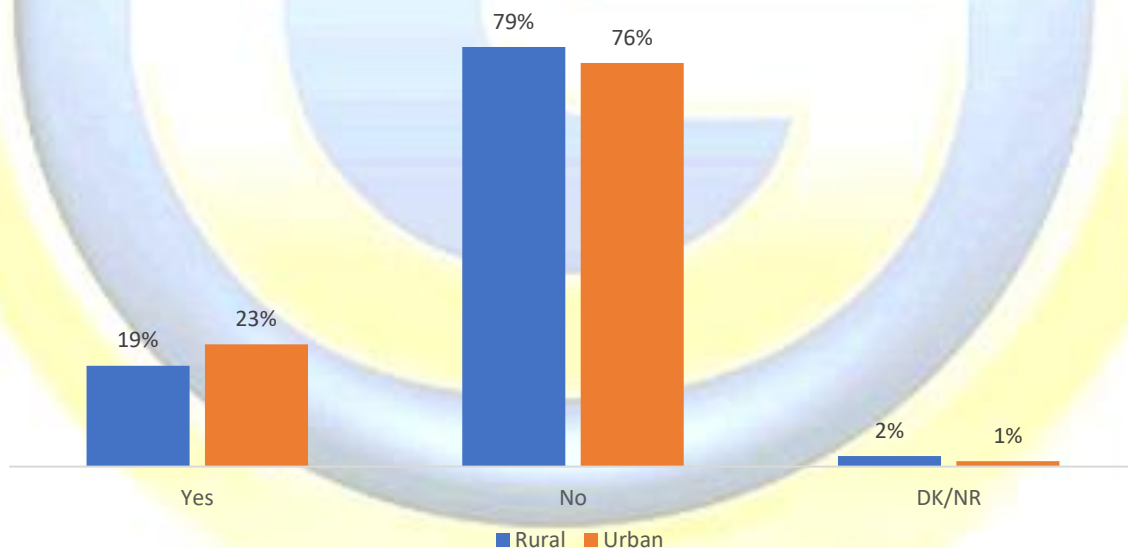
The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1089 men and women in urban and rural areas of all four provinces of the country, conducted from 12th September - 11th October 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: Men were 11% more likely talk to themselves (26%) as compared to women (15%).



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

Across rurality: Urban and rural residents showed a small difference in talking to themselves privately, with 19% of rural and 23% of urban residents claiming to do so.



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

Thursday, 31st October, 2024

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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)