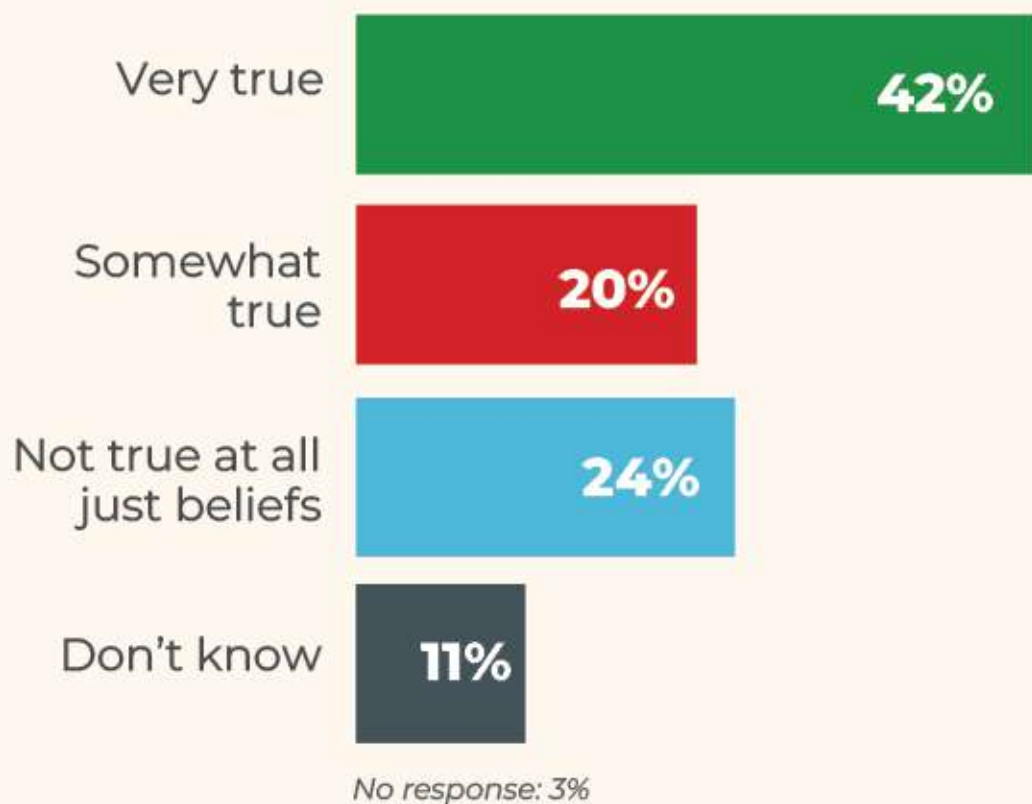


Over 6 in 10 Pakistanis (62%) Strongly Believe One Should Avoid Looking Into a Mirror During a Lunar Eclipse; Belief Stronger Among Women, Older, and Less Educated Pakistanis



Question: Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should avoid looking into a mirror?





(Also emailed*/faxed separately)



PRESS RELEASE

Opinion Poll
Science & Society
Astronomical Events
Cultural Beliefs

Over 6 in 10 Pakistanis (62%) Strongly Believe One Should Avoid Looking Into a Mirror During a Lunar Eclipse; Belief Stronger Among Women, Older, and Less Educated Pakistanis (Gallup & Gilani Survey)

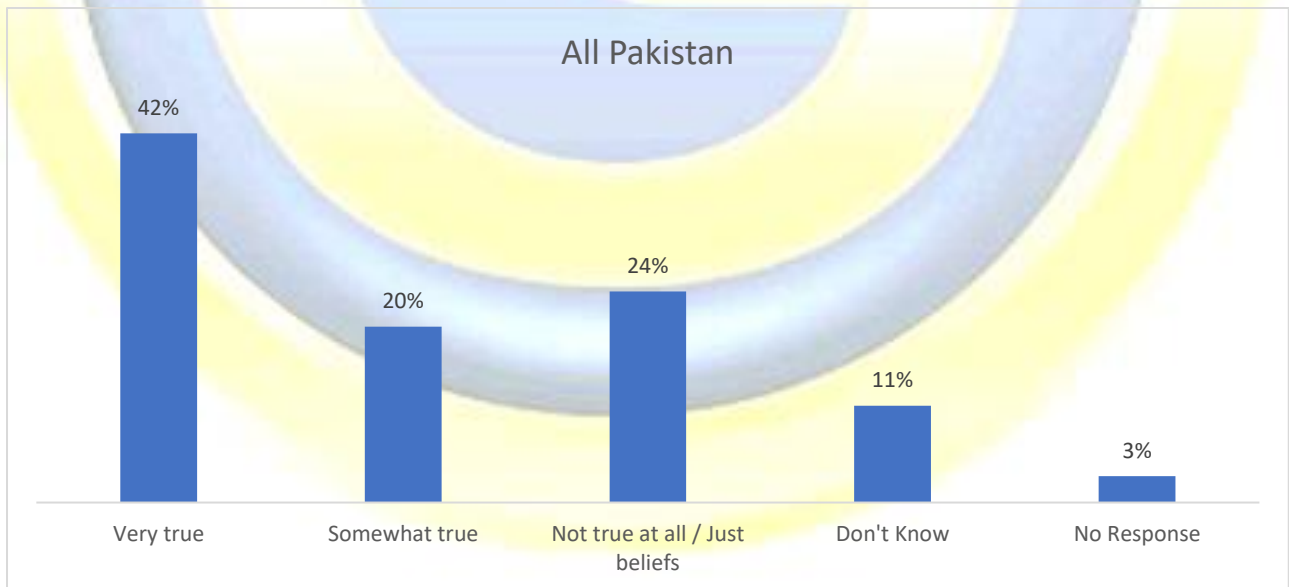
(Islamabad), 9th October 2025

According to a Gallup & Gilani Pakistan survey, over 6 in 10 Pakistanis (62%) strongly believe one should avoid looking into a mirror during a lunar eclipse; belief stronger among women, older, and less educated Pakistanis.

A nationally representative sample of adult men and women across the country was asked the question, ***“Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should avoid looking into a mirror?”***. In response, 42% said ‘very true’, 20% said ‘somewhat true’, 24% rejected this belief, calling it ‘not true at all or just beliefs’, 11% said they don’t know, and 3% gave no response.

These results highlight the enduring influence of traditional beliefs about lunar eclipses in Pakistan, particularly among women, the less educated, and older adults. Focused awareness and scientific outreach could help foster evidence-based perspectives across all groups.

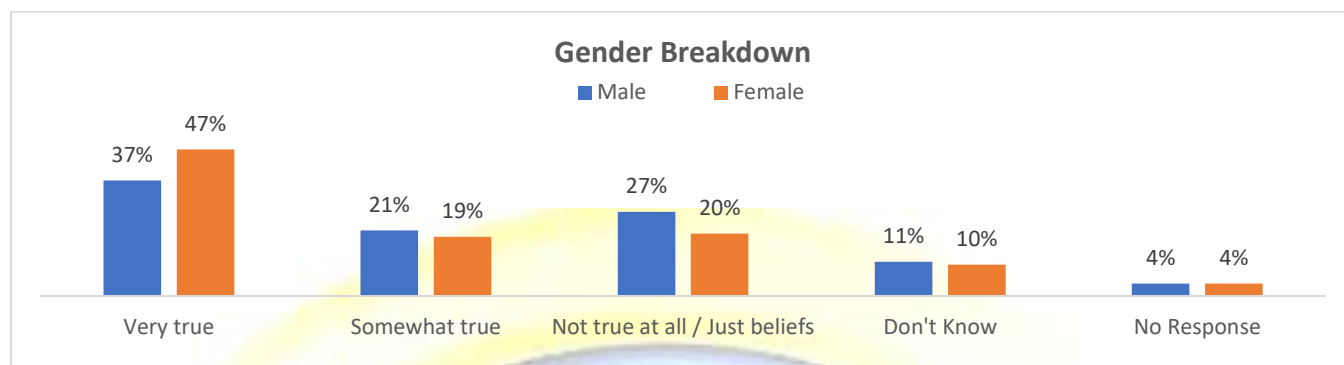
Question: Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should avoid looking into a mirror?



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

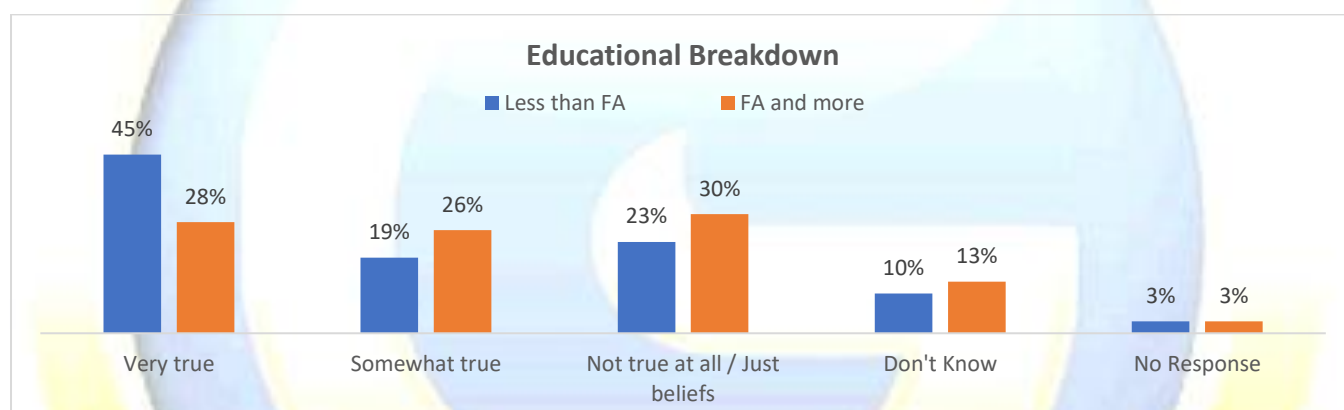
The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 753 men and women in urban and rural areas of all four provinces of the country, conducted from September 12, 2025 to September 23, 2025. 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).

Gender Breakdown: Belief in the statement is notably stronger among women, with 66% agreeing (“very true” or “somewhat true”) compared to 58% of men. This indicates an 8 percentage point gender gap in belief.



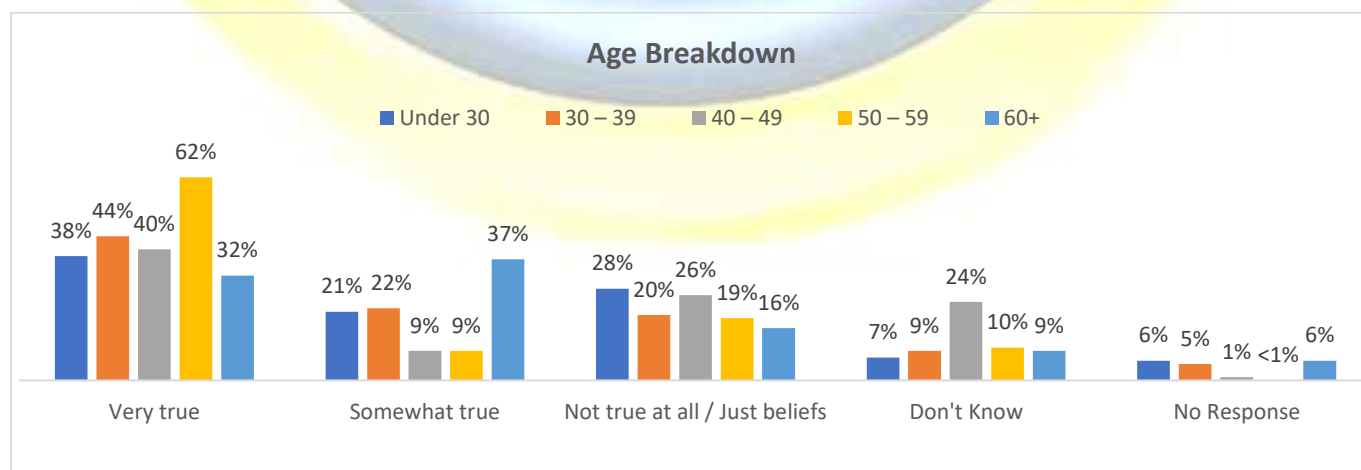
Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

Educational Breakdown: Those with less than FA education are more likely to believe in the statement (64%) than respondents with FA and higher qualifications (54%). This 10-point gap highlights the greater influence of traditional beliefs among the less educated.



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

Age Breakdown: Agreement rises sharply with age, peaking at 71% among respondents aged 50–59 and 69% among those 60 and above. In contrast, only 49% of those aged 40–49 and 59% of those under 30 believe in the statement.



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, 9th October 2025

(3 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*

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.**

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Daily Gilani Poll
2025



of Gallup Pakistan
(1980-2025)