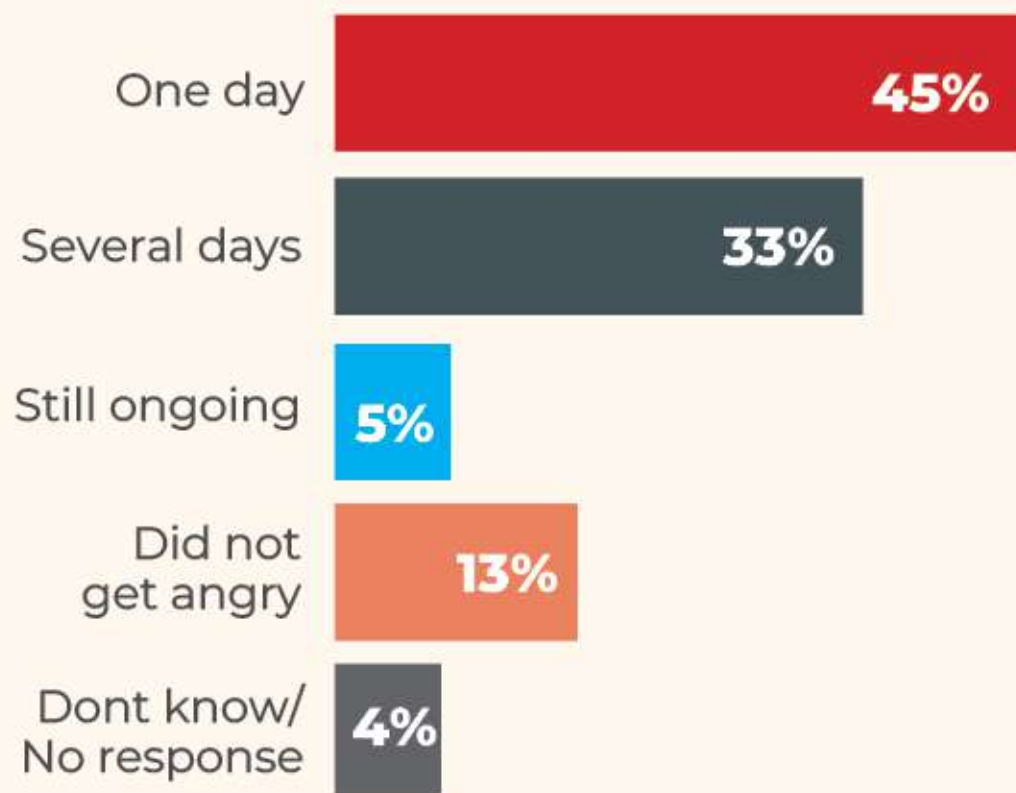


Among married Pakistanis who reported having a fight with their spouse, nearly half (45%) say anger subsides within a day, while one-third (33%) say it lasts several days.



Question: As you said you and your husband/wife had a fight, how long did the anger last afterwards?





(Also emailed*/faxed separately)



PRESS RELEASE

Opinion Poll Marriages

Press release 2 on Marriage and Domestic Harmony in Pakistan 'Marital Relations / Conflict Resolution'

Among married Pakistanis who reported having a fight with their spouse, nearly half (45%) say anger subsides within a day, while one-third (33%) say it lasts several days. (Gallup & Gilani Survey)

(Islamabad), 6th November 2025

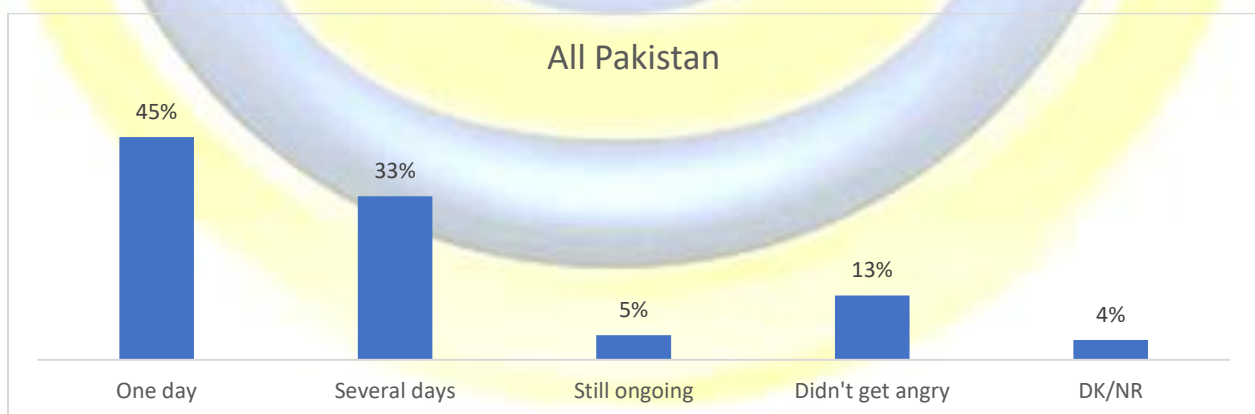
According to a Gallup & Gilani Pakistan survey, among married Pakistanis who reported having a fight with their spouse, nearly half (45%) say anger subsides within a day, while one-third (33%) say it lasts several days.

This press release is part of Gallup Pakistan's ongoing series on "Marriage and Domestic Harmony in Pakistan." The previous release, "Spousal Conflict in the Past Week," can be accessed [here](#).

A nationally representative sample of married men and women across the country was asked the question, *"As you said you and your husband/wife had a fight, how long did the anger last afterwards?"*. In response, 45% of respondents reported that the anger lasted only 'one day', while 33% said it persisted for 'several days'. A smaller proportion, 5%, said the anger was 'still ongoing' at the time of the survey. Meanwhile, 13% of respondents stated that 'they did not get angry at all' after the argument, and 4% said they did not know or gave no response.

These results indicate that a significant majority of married Pakistanis are able to resolve emotional tension relatively quickly after disagreements, with only a small segment reporting longer-lasting anger or unresolved conflict.

Question: *As you said you and your husband/wife had a fight, how long did the anger last afterwards?*



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 579 married 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).



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International



GILANI RESEARCH
FOUNDATION

Thursday, 6th November 2025

(2 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)