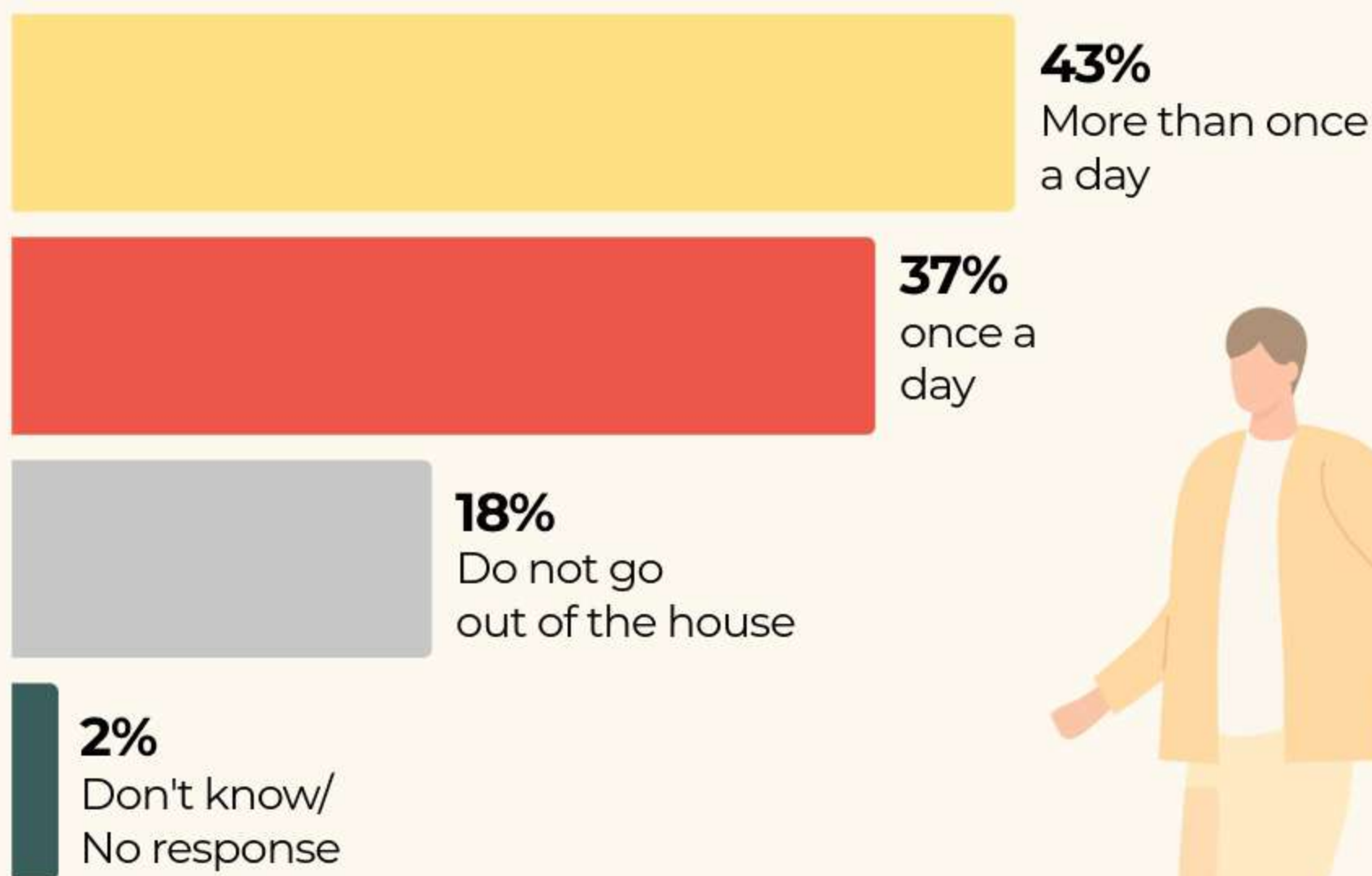


Daily Mobility & Lifestyle

43% of Pakistanis Go Out of Their Homes More Than Once a Day; Men Far More Likely Than Women to Go Out Multiple Times (66% vs. 19%), While 32% of Women Do Not Go Out

Question: Please tell me how many times a day you usually go out of the house for work, shopping, or other activities?



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



(Also emailed*/faxed separately)



PRESS RELEASE

Opinion Poll

Daily Mobility & Lifestyle

Frequency of Leaving Home for Daily Activities

43% of Pakistanis Go Out of Their Homes More Than Once a Day; Men Far More Likely Than Women to Go Out Multiple Times (66% vs. 19%), While 32% of Women Do Not Go Out — Gallup & Gilani Survey

(Islamabad), 11 September 2026

According to a Gallup & Gilani Pakistan survey, 43% of adult Pakistanis report going out of their homes more than once a day for work, shopping, or other activities, while 37% go out once a day. Meanwhile, 18% say they do not go out of their homes for these activities.

A nationally representative sample of adult Pakistanis from across the country was asked the following question: **“Please tell me how many times a day you usually go out of the house for work, shopping, or other activities?”** In response, 43% reported going out more than once a day, while 37% go out once a day and 18% do not go out of the house, and 2% gave no response. These findings indicate that most Pakistanis leave their homes at least once a day, with frequent daily movement more common than going out only once.

Overall, the findings show that daily mobility differs considerably across gender groups. While going out multiple times a day is common among Pakistanis overall, men are substantially more likely than women to report doing so, while women are more likely to say they do not go out of the house for work, shopping, or other activities.

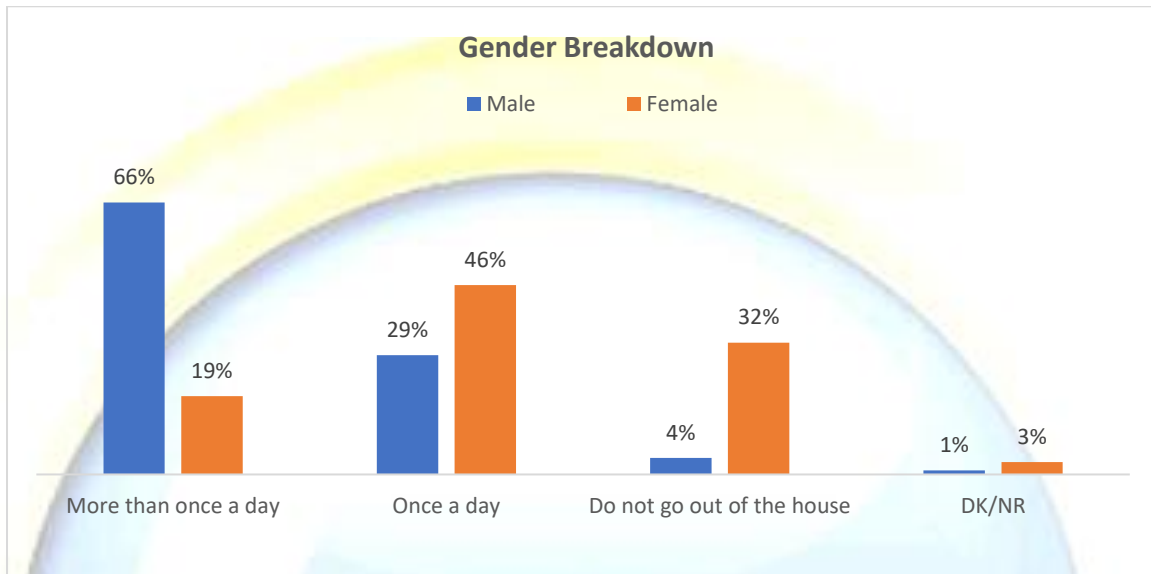
Question: Please tell me how many times a day you usually go out of the house for work, shopping, or other activities?



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 811 married men and women, in urban and rural areas of all four provinces of the country, conducted from March 18, 2026 to March 31, 2026. 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: A substantial gender difference emerges in how frequently Pakistanis leave their homes. 66% of men report going out more than once a day, compared with only 19% of women. Conversely, 32% of women say they do not go out of the house for work, shopping, or other activities, compared with just 4% of men. Women are also more likely to report going out once a day, at 46%, compared with 29% of men.



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

Friday, 11 September 2026

(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*

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Daily Gilani Poll
2026



of Gallup Pakistan
(1980-2026)