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Gallup Global Emotions

2024



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About This Report

Gallup's Positive and Negative Experience Indexes measure life's intangibles — feelings and emotions — that traditional economic indicators such as GDP were never intended to capture. Each index provides a real-time snapshot of people's daily experiences, offering leaders insights into the health of their societies that they cannot gather from economic measures alone.

The *Gallup Global Emotions 2024* report offers a snapshot of Gallup's latest measurements of people's positive and negative daily experiences. The findings are based on nearly 146,000 interviews with adults aged 15 and older in 142 countries and areas in 2023.

+ POSITIVE EXPERIENCE INDEX QUESTIONS

- Did you feel **well-rested** yesterday?
- Were you **treated with respect all day** yesterday?
- Did you **smile or laugh a lot** yesterday?
- Did you **learn or do something interesting** yesterday?
- Did you experience the following feelings during a lot of the day yesterday? How about **enjoyment**?

The **Positive Experience Index score** is the mean of all valid affirmative responses to these items multiplied by 100. Country-level index scores range from zero to 100. Higher scores indicate that positive emotions are more pervasive in a country. These scores strongly relate to people's perceptions of their living standards, personal freedoms and the presence of social networks.

- NEGATIVE EXPERIENCE INDEX QUESTIONS

- Did you experience the following feelings during a lot of the day yesterday? How about **physical pain**?
- Did you experience the following feelings during a lot of the day yesterday? How about **worry**?
- Did you experience the following feelings during a lot of the day yesterday? How about **sadness**?
- Did you experience the following feelings during a lot of the day yesterday? How about **stress**?
- Did you experience the following feelings during a lot of the day yesterday? How about **anger**?

The **Negative Experience Index score** is the mean of all valid affirmative responses to the above items multiplied by 100. Country-level index scores range from zero to 100. The higher the score, the more pervasive negative emotions are in a country. People's experiences with health problems and their ability to afford food are predictive of higher negative scores.

Although it is not included in the Negative Experience Index, this year's report debuts the findings from Gallup's measure of global loneliness in 2023.

- Did you experience the following feelings during a lot of the day yesterday? How about **loneliness**?

Positive Experience Index Rebound Complete

Young people more positive and bounced back more quickly

The world was beset by conflict in 2023 — as the war between Ukraine and Russia dragged on and a new one broke out between Israel and Hamas — but it was in a better place emotionally than it was at the height of the pandemic. Globally, positive emotions returned to their pre-pandemic levels in 2023.

As it has every year for the past 18 years, Gallup in 2023 asked adults around the world if they had five positive experiences on the day before the survey.

Last year, three of the five emotions were stable compared with the previous year. Over seven in 10 people worldwide said they felt well-rested (71%), experienced a lot of enjoyment (73%), or smiled or laughed a lot (73%).

Two emotions changed direction. Just shy of nine in 10 felt treated with respect (85%), down two percentage points from the previous year. The percentage of those who learned or did something interesting the previous day reached a record-high 54%, up four points from the year before.

Gallup compiles the “yes” responses from these five questions into a Positive Experience Index score. With a sizable increase on one item that makes up the index and a decline on just one other, the global index score in 2023 — 71 — edged up one point from 2022. The latest figure completes the world’s rebound to scores in the years leading up to the pandemic and matches the previous high.

Positive Experience Index Rebounds in 2023

Worldwide

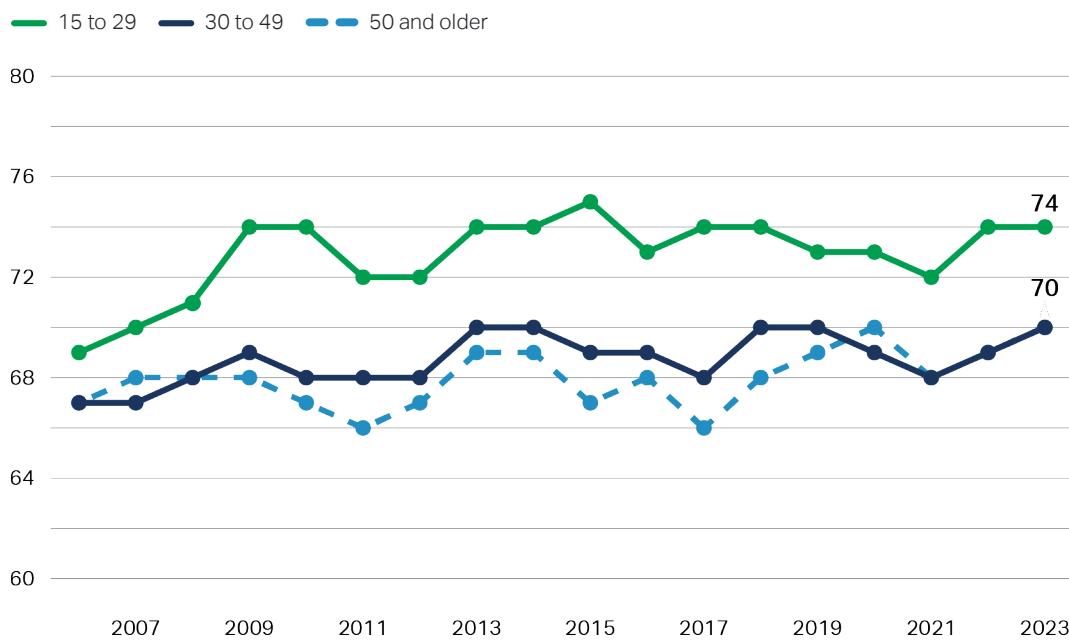
— Positive Experience Index



With an overall score of 74, people younger than 30 continued to be the most positive of all age groups. Further, their positivity rebounded faster, with emotions returning to pre-pandemic levels a year earlier than their older peers. Most of the improvement on the index in 2023 took place among those aged 30 and older.

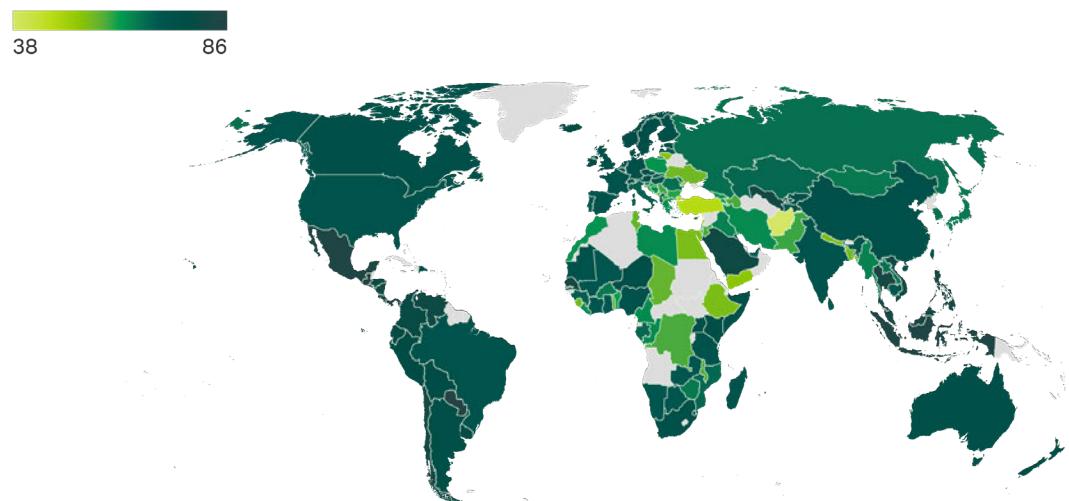
Young People the Most Positive Worldwide

Positive Experience Index scores by age



Index scores worldwide ranged from a high of 86 in Paraguay and Panama to a low of 38 in Afghanistan, which posted the lowest score in the world, as it has almost every year since 2017.

Positive Experience Index 2023



Latin American, Southeast Asian Countries Again Led Positive Experiences

Senegal was the sole African country with highest positive emotions

In past years, Latin American countries have typically dominated the list of countries where adults report a lot of positive emotions each day. The region was well-represented again on the Positive Experience Index in 2023; however, so was Southeast Asia.

Senegal was the sole African country on the list, but it was not the first time the country appeared here: It also made the top of the list in 2021.

Highest Positive Experiences Worldwide in 2023

 Positive Experience Index

	Paraguay	86
	Panama	86
	Guatemala	85
	Mexico	84
	Indonesia	84
	El Salvador	83
	Costa Rica	83
	Malaysia	82
	Senegal	82
	Philippines	82
	Thailand	82



Countries/Areas With the Lowest Positive Experiences

Afghanistan scores lowest in the world, again

Along with Afghanistan, which is explored in more detail in the next section, most of the countries and territories that scored the lowest in the world on positive experiences in 2022 also scored the lowest in 2023. Northern Cyprus was no exception: The territory's score of 46 is its lowest on record, sinking as the percentages of residents who smiled or laughed a lot (38%), experienced enjoyment (39%), felt well-rested (50%) or learned something interesting (19%) dropped to record lows.

Lebanon and Türkiye also scored near the bottom of the rankings, as they have since 2020. However, Lebanon's Positive Experience Index continued to rebound in 2023; the country's score of 51 is its highest since 2018. At 47, Türkiye's score remained statistically unchanged from the previous year (45).

Lowest Positive Experiences Worldwide in 2023

	Positive Experience Index
 Bangladesh	56
 Sierra Leone	56
 Ukraine	56
 Egypt	55
 Ethiopia	55
 Nepal	55
 Lithuania	54
 Yemen	53
 Lebanon	51
 Türkiye	47
 Northern Cyprus	46
 Afghanistan	38



Afghanistan's score on the Positive Experience Index was slightly higher in 2023 than it was in either 2021 or 2022 after the Taliban's takeover. However, its score of 38 remains the lowest in the world, and most Afghans are still living in misery.

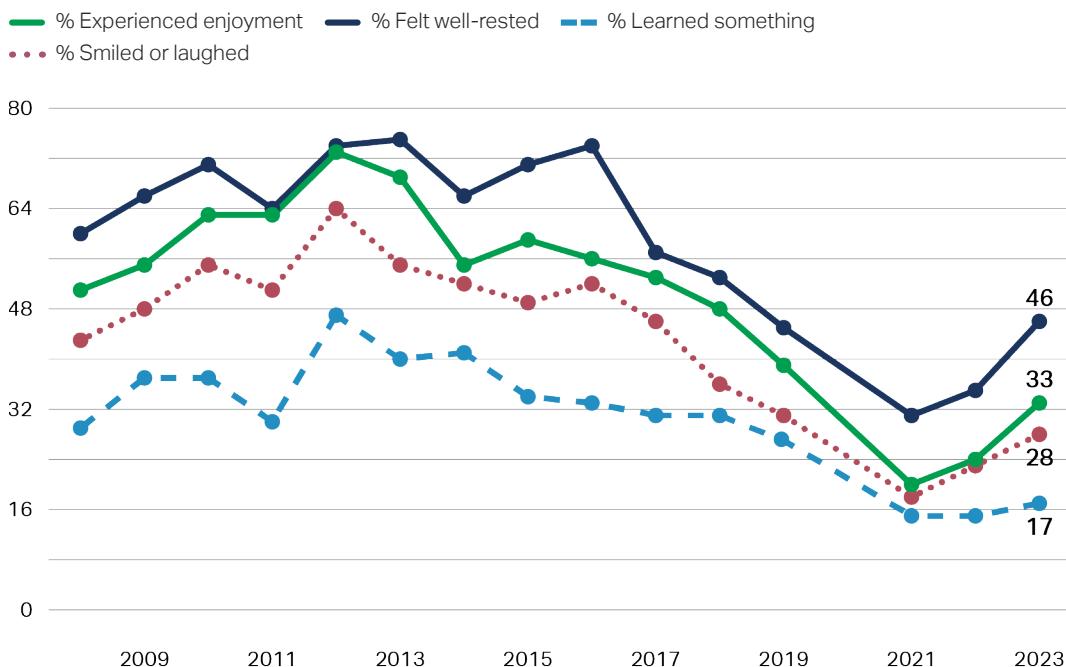
Gallup's surveys conducted in July — just before the second anniversary of the Taliban's return to power — showed Afghans universally were still rating their lives so poorly that they were considered suffering. The percentage of Afghans who are suffering has not dropped below 90% since the Taliban seized full control, including the 93% who fell into this category last year.

Afghanistan has ranked as the least positive country in the world every year since 2017, apart from 2020, when Gallup could not survey the country because of the pandemic. After dropping to a record global low of 32 in 2021, scores have crept upward each year, reaching 38 in 2023.

The increases come with caveats. The country's score last year is still a full 30 points lower than its high score of 68 in 2012. And, despite improvements, Afghans remained among the least likely in the world last year to experience four out of the five positive emotions (except for feeling being treated with respect).

Further, much of the recent limited improvement in positive emotions has occurred among Afghan men. In 2023, Afghan men scored a 42 on the index, compared with 34 for Afghan women.

Afghans Still Among Least Likely to Experience Positive Emotions



The World Learned Something in 2023

Afghans, Bangladeshis were among the least likely to have these experiences

For almost two decades, the percentage of people worldwide who said they learned or did something interesting the previous day has seldom topped 50%. The 54% who did so in 2023 represents a new record high.

More people in all age groups said they had these opportunities in 2023 compared with the previous year, but people younger than 30 continued to be the most likely to say so (59%). However, percentages among older age groups reached new highs (54% for those aged 30 to 49 and 50% for those aged 50 and older).

A host of countries saw double-digit increases on this measure in 2023, including India (12 points), Iceland (11 points), and Greece and China (10-point increases).

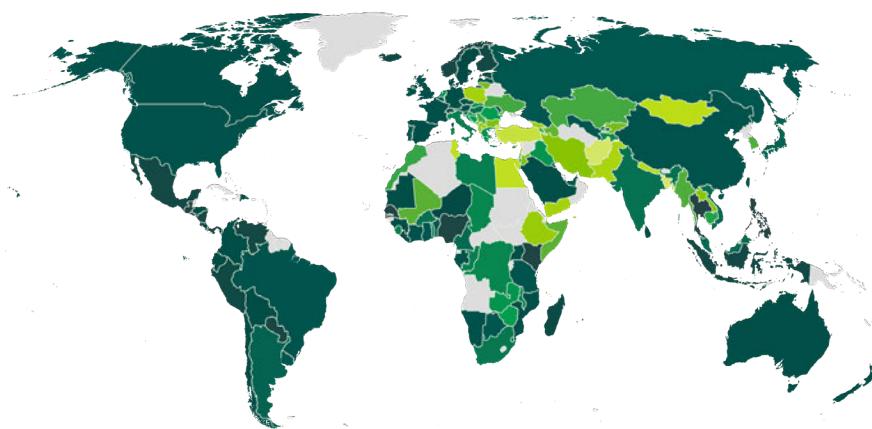
India's and China's increases account for much of the change at the global level because of their large population sizes.¹ The 59% of Chinese adults and 52% of Indian adults who said in 2023 that they learned or did something interesting are among the highest levels in Gallup's trends for these two countries.

Still, residents in China and India were not the most likely worldwide to say they had these experiences. Senegalese ranked No. 1 on this measure, with 79% in 2023 saying they learned or did something interesting, similar to the 77% who said so in 2022.

Not all people were as lucky. Afghans and Bangladeshis were among the least likely in the world to say they learned or did something interesting, with 17% in each country saying they felt this way the previous day — statistically unchanged from the 15% who said so in each country the previous year.

More of the World Learned Something Interesting in 2023

Now, please think about yesterday, from the morning until the end of the day. Think about where you were, what you were doing, who you were with and how you felt. Did you learn or do something interesting yesterday?



¹ China's data from 2023 are compared with its data from 2021 because Gallup did not survey China in 2022. Please see the methodology for additional notes on data collection in China.

Negative Experience Index Slipped

Younger people least negative, but all age groups saw slight dips

Further reinforcing that 2023 was a better year for the world's emotional health, on a global level, negative emotions declined for the first time since 2014.

Gallup asked adults in 142 countries and areas if they had five different negative experiences on the day before the survey. Four in 10 adults said they experienced a lot of worry (40%), slightly over a third experienced a lot of stress (37%), and three in 10 experienced a lot of physical pain (30%). More than one in four experienced sadness (26%), and just over one in five experienced anger (22%).

In 2023, all negative emotions took a downturn — which is good news. But the bad news is that they all remain higher than they were a decade ago.

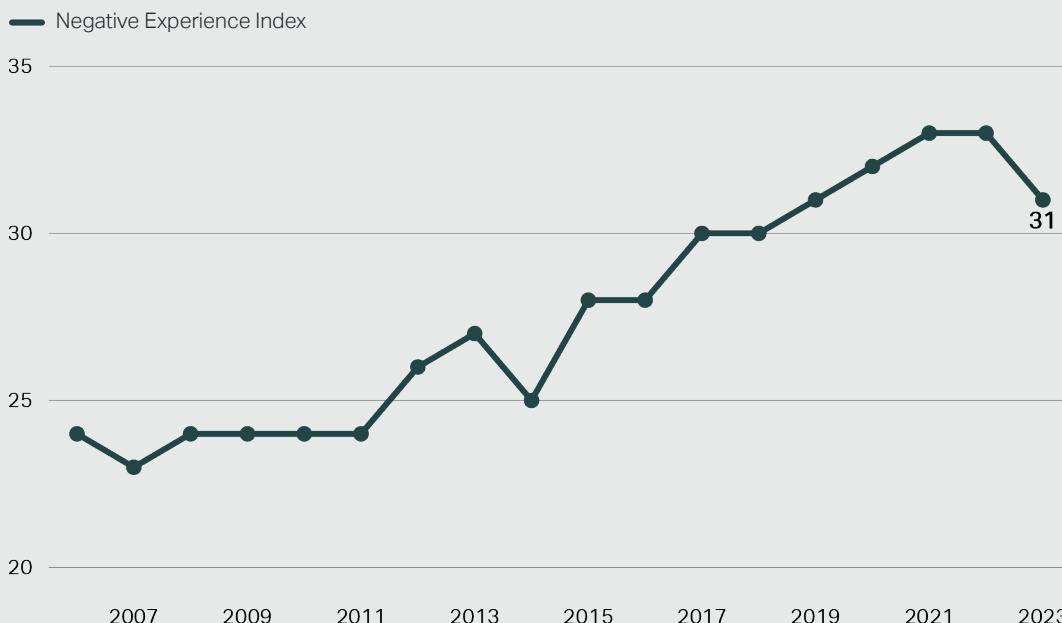
Stress declined three points last year to levels more typically observed before the pandemic. Worry and sadness each dropped one point, also bringing them more in line with earlier measures. The percentage of adults worldwide who experienced pain dropped two points, and the percentage experiencing anger dropped one point.

Gallup compiles the "yes" responses from these five questions into a Negative Experience Index score for each country. Between 2022 and 2023, the world's overall score dropped two points to 31, which was the same as the score in 2019 but still higher than in all years before that.

Because of their large populations, declines in 2023 in the scores in China (down five points) and India (down four points) factor into the global decline, but they do not account for all of it. Without China and India included, the Negative Experience Index would be 32.

Negative Experience Index Dipped in 2023

Worldwide

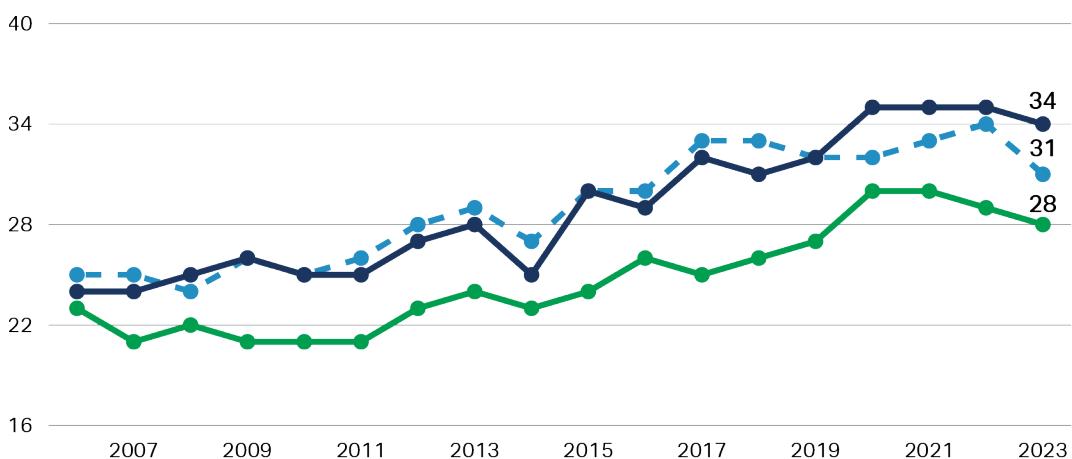


People younger than 30 continued to be the least negative of all age groups, with a score of 28, compared with scores of 34 and 31 among those aged 30 to 49 and those aged 50 and older, respectively. While scores in each age group ticked down in 2023, all were still higher than they were a decade ago.

Negative Experiences Drop in All Age Groups

Negative Experience Index scores by age

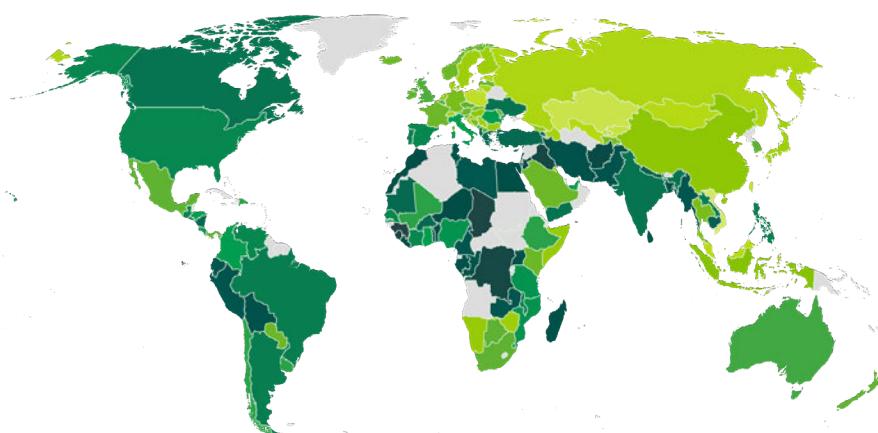
— 15 to 29 — 30 to 49 — 50 and older



Scores worldwide ranged from a high of 53 in Guinea to a low of 11 in Vietnam, which appeared at the bottom of this list for the second time.

Negative Experience Index 2023

11 53



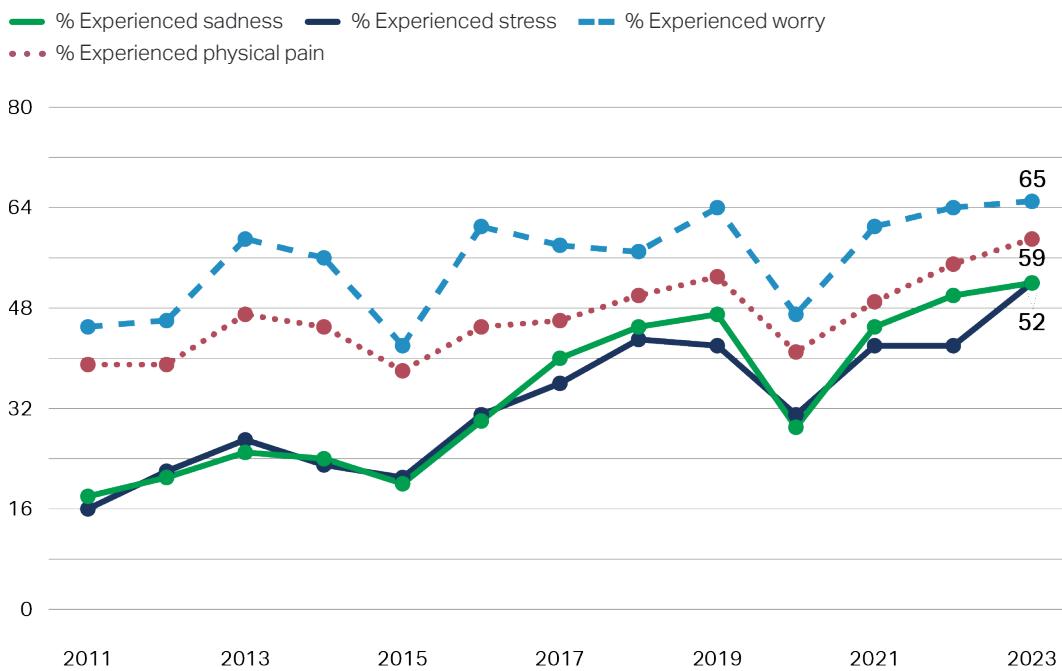
Guinea Led the World in Negative Experiences

Israel made the list of countries with highest negative scores for the first time

Although Afghanistan still scores the worst in the world on the Positive Experience Index, it no longer scores the worst on the Negative Experience Index. Guinea, which continues to grapple with uncertainty after a military coup in 2021 — including deadly protests last year — scored the highest in the world on the index in 2023, with a 53.

Stress skyrocketed to record levels in Guinea, rising 10 points between 2022 and 2023. A slim majority of Guineans (52%) said they experienced stress a lot of the previous day. They also continued to experience some of the highest rates worldwide for worry (65%), physical pain (59%) and sadness (52%). Their experiences of anger (36%) were also higher than the global average (22%).

Majorities in Guinea Sad, Stressed, Worried and in Pain



As in past years, people in many of the countries and areas with the highest negative scores in 2023 were contending with economic and political turmoil or military conflict. In Sierra Leone, for example, people witnessed failed alleged coup attempts after their election earlier in the year.

Israel, which Gallup surveyed two weeks after the Hamas attacks on Oct. 7, earned a spot on this list for the first time with a score of 47 — on par with Afghanistan and Liberia. In 2022, Israel ranked among the countries with the lowest scores in the world on this index.

Israel's index score was inflated by record-level surges in negative emotions in the aftermath of the attacks. Majorities of Israelis experienced worry (67%), stress (62%) and sadness (51%) at unprecedented levels. Over one in three Israelis (36%) said they experienced a lot of anger — not a new high, but still the highest percentage since 2013.

Highest Negative Experiences Worldwide in 2023

■ Negative Experience Index

 Guinea	53
 Chad	51
 Sierra Leone	50
 Democratic Republic of the Congo	49
 Iraq	49
 Jordan	48
 Afghanistan	47
 Israel	47
 Liberia	47
 Benin	45
 Comoros	45
 Niger	45
 Northern Cyprus	45



Stress Levels Fell Globally

Azerbaijan led declines; Israel led increases

Stress declined the most among the five negative emotions, falling three points in 2023 to 37%. Stress was down from levels seen during the pandemic but well above where it was a decade ago (33%) and the years before that.

Worldwide, stress was still present everywhere, although to varying degrees. Reported stress was above 60% in Northern Cyprus (65%) and Israel (62%) and lower than 10% in Kyrgyzstan (8%).

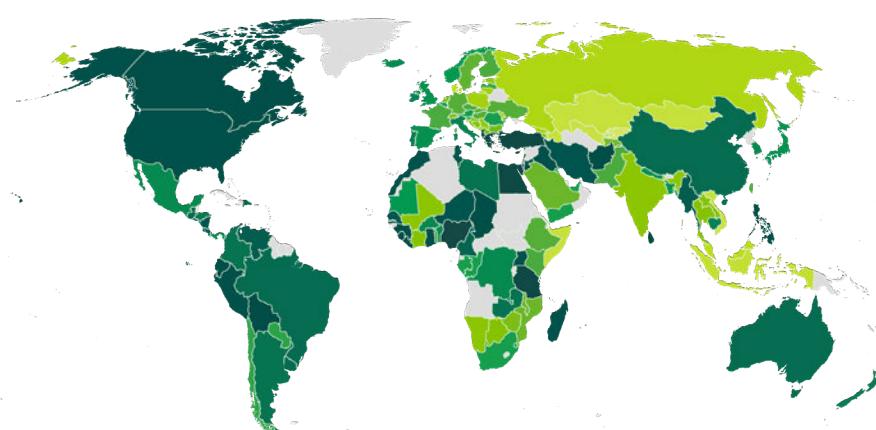
Following the signing of the Nagorno-Karabakh ceasefire agreement, Azerbaijan led the world in declining stress levels — dropping from 40% to 14% in the span of a year. Other countries saw double-digit declines, including Afghanistan and Gambia (each down 15 points), China (12 points and accounting for much of the global decline) and Eswatini (11 points).

Israel led the world in increased stress, with levels soaring 38 points to a new record high. Other countries also saw double-digit increases, including Latvia (17 points), Kuwait (14 points) and Egypt (13 points).

Stress Levels Drop, but Present Everywhere

Did you experience the following feelings during a lot of the day yesterday? How about stress?

% Yes



Countries/Areas With the Lowest Negative Experiences

Countries and areas with the lowest negative scores do not necessarily have the highest positive scores. Many of the countries and areas with the lowest scores on the Negative Experience Index in 2023 have appeared on this list for years. For example, Estonia, Kosovo, Taiwan, Kazakhstan, Kyrgyzstan and Vietnam are among those that also made the list in 2022.

Lowest Negative Experiences Worldwide in 2023

■ Negative Experience Index

 Estonia	20
 Kosovo	20
 Russia	20
 Malaysia	19
 Mongolia	19
 Uzbekistan	19
 Poland	17
 Taiwan, Province of China	17
 Kyrgyzstan	15
 Kazakhstan	14
 Vietnam	11



Over One in Five Adults Worldwide Felt Lonely

Loneliness amplifies negative emotions, mutes positive ones

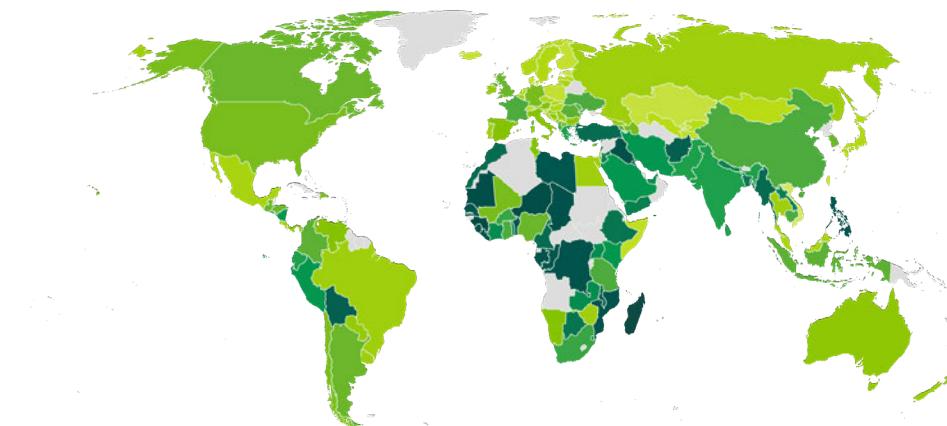
Given the substantial threat that loneliness and isolation pose to people's health and wellbeing, Gallup recently added loneliness to the list of negative emotions that it asks the world about.²

Gallup's initial measure in 2023 showed that over one in five adults worldwide (23%) reported feeling loneliness during a lot of the previous day. However, experiences of loneliness ranged widely around the world, from a high of 45% on the island nation of Comoros to a low of 6% in Vietnam.



Feelings of Loneliness Span the Globe

Did you experience the following feelings during a lot of the day yesterday? How about loneliness?



² The survey translation made every attempt to capture the feeling of loneliness, but it is possible some people interpreted it as being alone.

An analysis of the relationships between loneliness and other emotions reveals that people who said they felt lonely were substantially more likely than those who did not to experience the five other negative emotions. **For example, 54% of those who felt lonely said they experienced sadness, which is three times higher than the 18% who did not feel lonely but did experience sadness.**

Loneliness and Experiencing Other Emotions

% Yes, experienced each during a lot of the previous day

■ Experienced loneliness a lot of the previous day ■ Did not experience loneliness a lot of the previous day



Although loneliness is not currently factored into the Negative Experience Index, it merits further study. When loneliness is included in the index, the index has a slightly stronger relationship to people's life evaluations than when loneliness is not included. The index with loneliness also has a stronger negative relationship to external measures such as GDP per capita PPP and suicide mortality rates per 100,000.

Methodology

The results in this report are based on nationally representative, probability-based samples among the adult population aged 15 and older. The Positive Experience Index and Negative Experience Index are calculated from surveys in 142 countries and areas in 2023.

With the exception of China, the 2023 results are based on telephone or face-to-face surveys of approximately 1,000 or more respondents. The 2023 survey in China was done via web with 2,200 respondents. Global estimates for 2022 include 2021 data from China.

For results based on the total sample of national adults in 2023, the margin of sampling error ranges between ± 2.2 and ± 5.5 percentage points at the 95% confidence level. The margin of error reflects the influence of data weighting. In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.





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