

Gallup Global Emotions



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**JON CLIFTON**

CEO

From Gallup's CEO

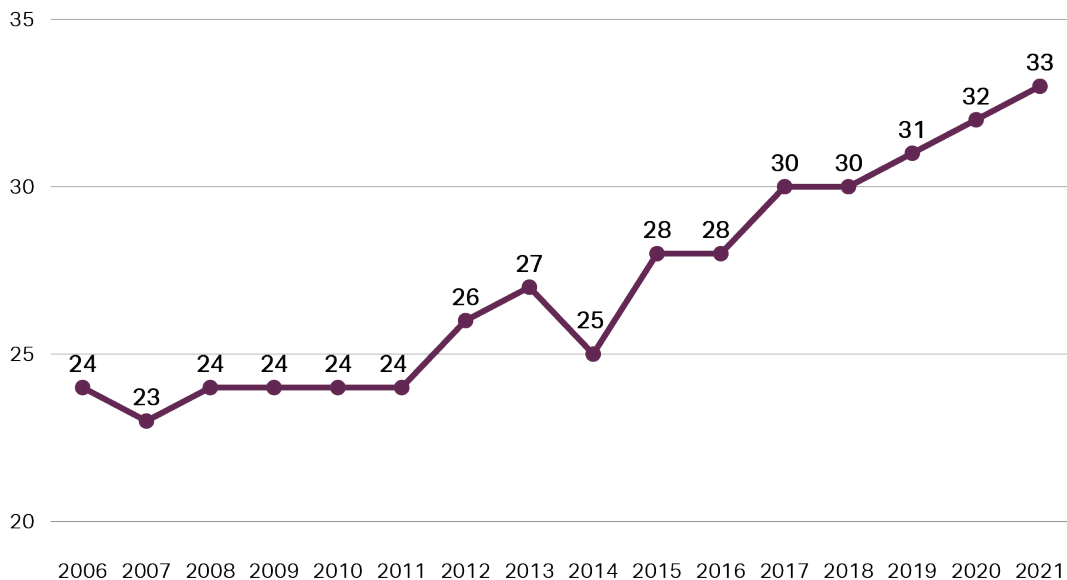
The world broke a lot of records in 2021. Corporate profits, venture capital funding, CO2 emissions and the temperature of the oceans all reached record highs last year. But there is another record the world broke that hasn't yet made headlines — and it has to do with how everyone feels.

As you'll read in this report, in 2021, negative emotions — the aggregate of the stress, sadness, anger, worry and physical pain that people feel every day — reached a new record in the history of Gallup's tracking.

This record may not be surprising. The world is suffering from war, inflation and a once-in-a-lifetime pandemic. Any one of those would make the world worse, but the global rise of unhappiness started long before any of those issues made headlines. In fact, unhappiness has been rising for a decade.

The Global Rise of Unhappiness

— Negative Experience Index



Many things make people unhappy, but there are five significant contributors to the rise of global unhappiness: poverty, bad communities, hunger, loneliness and the scarcity of good work. Two billion people live on insufficient incomes and another 2 billion are so unhappy with where they live, they wouldn't recommend it to anyone they know.

Poverty's contribution to global suffering is not particularly revelatory, but this is: the rise of global hunger. According to the United Nations Food and Agriculture Organization, the decline in world hunger over the past few decades is over. In 2014, 22% of people globally were moderately or extremely food insecure; now, that figure is 30%.

The world is also struggling from a silent pandemic — loneliness. Gallup finds that 330 million adults go at least two weeks without talking to a single friend or family member. And just because some people have friends, it doesn't mean they have good friends. One-fifth of all adults do not have a single person they can count on for help.

Global misery is also increasing because of an everyday aspect of life — work. Many believe that a good, solid paycheck satisfies your work needs when in fact people who are miserable at work are statistically more likely to experience negative emotions than someone who has no work at all.

Hardened souls may not care about unhappy people, but they should. A world filled with negative emotions makes people behave differently. Our emotions influence our decisions, actions and even our cognition — sometimes for better, sometimes for worse. But when our bodies and minds are overwhelmed with the worst emotions, our chances of making regrettable decisions increase. And acting out on negative emotions spreads negative emotions faster than a virus, especially when amplified over social media.

MIT behavioral scientist George Ward thinks our emotions guide our decision-making at the ballot box. Using decades of research, he believes he can predict the outcomes of elections and an increase in populist sentiment by looking at the mood of a populace.

Our emotions might also take us to the streets. As negative emotions have increased globally, so has civil unrest. According to the Global Peace Index, riots, strikes and anti-government demonstrations increased 244% from 2011 to 2019. In 2020, unrest increased exponentially, with 15,000 protests estimated globally.

All over the world, people are trying to understand the rise of violence, hatred and increased radicalization. They will continue to argue over what the best policy responses should be and what role social media plays in fueling negative emotions. However, policymakers must understand why so many more people are experiencing unprecedented negative emotions and focus on the drivers of a great life.

Our shared humanity and wellbeing depend on it.

A handwritten signature in black ink, appearing to read "J. Clifton". The signature is fluid and cursive, with a large initial "J" and a stylized "Clifton".

About This Report

Gallup's Positive and Negative Experience Indexes measure life's intangibles — feelings and emotions — which 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 *2022 Global Emotions Report* offers a snapshot of Gallup's latest measurements of people's positive and negative daily experiences as the second year of the COVID-19 pandemic wore on. The findings are based on nearly 127,000 interviews with adults in 122 countries and areas in 2021 and early 2022.



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 about 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.

Positive Experience Index Drops

If people thought 2020 would go down in history as one of the worst years ever, the results from Gallup's Positive Experience Index suggest they just needed to wait for 2021.

As it has every year for the past 16 years, Gallup in 2021 asked adults around the world if they had five positive experiences on the day before the survey. Last year, roughly seven in 10 people worldwide said they felt well-rested (69%), experienced a lot of enjoyment (70%), or smiled or laughed a lot (72%). Nearly nine in 10 felt treated with respect (86%). People were far less likely, as they are typically, to say they learned or did something interesting the day before the interview; in 2021, half of the world (50%) experienced this.

As people worldwide lived on a steady diet of uncertainty in the second year of the pandemic, with more people dying from the coronavirus in 2021 than the previous year despite the rollout of vaccines, people felt less well-rested and fewer derived enjoyment from the previous day. The percentage who said they felt well-rested dropped three percentage points and the percentage who experienced a lot of enjoyment dropped two.

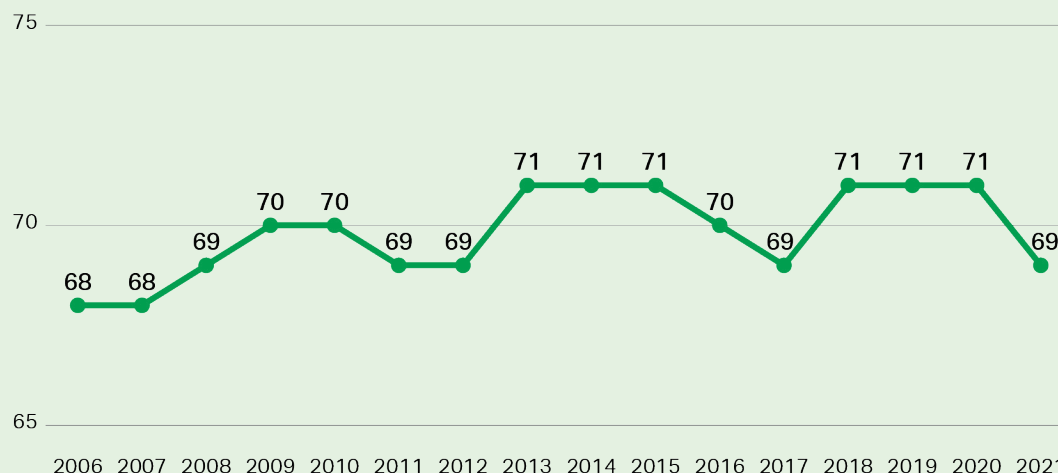
However, the picture wasn't entirely bleak. People were starting to smile and laugh again — the percentage who laughed or smiled a lot increased two points — and the percentage who learned something interesting ticked up one point.

Gallup compiles the "yes" responses from these five questions into a Positive Experience Index score for each country and area. With sizable declines on two items, the global index score in 2021 — 69 — dropped for the first time after several years of stability.

Positive Experience Index in 2021

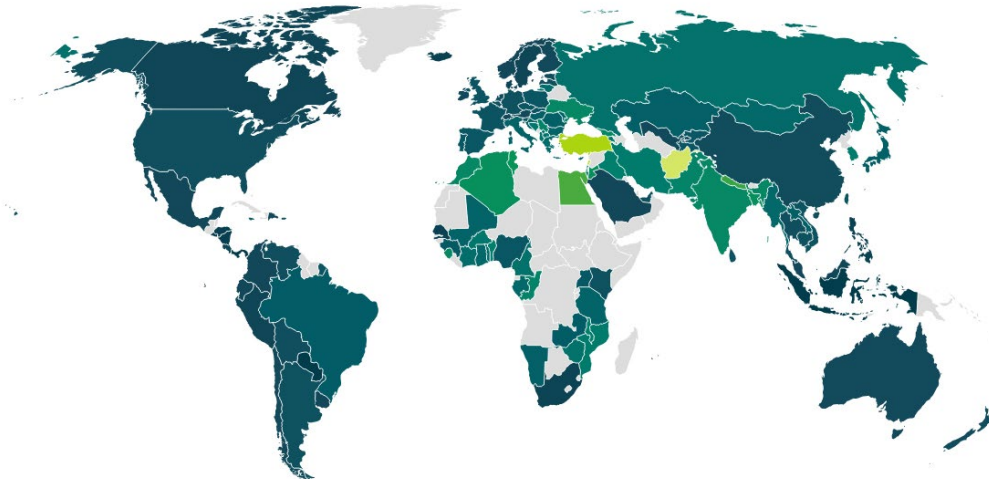
Worldwide

Positive Experience Index



Index scores worldwide ranged from a high of 85 in Panama to a low of 32 in Afghanistan, which is the lowest score that Gallup has measured for any country since the index's inception.

Positive Experience Index in 2021



Mix of Countries Lead Positive Experiences

Latin American countries typically dominate the list of countries where adults report a lot of positive emotions each day. The region is well represented on the Positive Experience Index in 2021. Panama, which has topped the list in previous years, leads the world with an index score of 85. With scores in the 80s, Paraguay, El Salvador, Honduras and Nicaragua are not far behind.

Several countries outside of Latin America that ranked among the most positive in 2020 also made a return appearance in 2021: Iceland, the Philippines and Senegal.



Highest Positive Experiences Worldwide

Positive Experience Index

 Panama	85
 Indonesia	84
 Paraguay	84
 El Salvador	82
 Honduras	82
 Nicaragua	82
 Iceland	81
 Philippines	81
 Senegal	81
 Denmark	80
 South Africa	80

GALLUP WORLD POLL, 2021

Afghanistan Is the Least Positive

Afghans' lives were already in a tailspin before the Taliban returned to power in 2021. Most Afghans were struggling to afford food and shelter, few felt safe, and they saw their lives getting worse with every passing year.

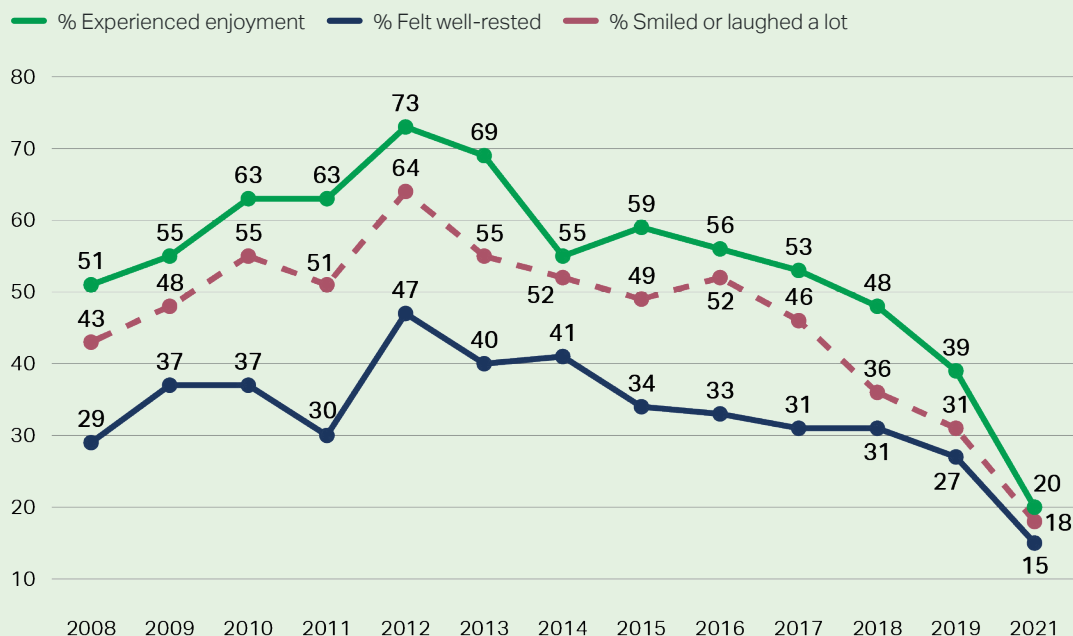
But as bleak as this picture is, Gallup surveys conducted in August and September — as the U.S. withdrew and the Taliban took control — reveal Afghans were losing the remaining joy that they had.

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. However, the country's score of 32 in 2021 represents not only a new low for Afghanistan, but also a new low for any country that Gallup has surveyed over the past 16 years.

Positive daily experiences were already in limited supply before the Taliban seized control, but these emotions largely disappeared from Afghanistan in 2021. The percentage of Afghans who said they felt enjoyment, smiled or laughed, learned something interesting or felt well-rested the previous day all dropped to new record lows.

Enjoyment, Smiling and Feeling Well-Rested Vanish

Afghanistan



While scores in Lebanon and Turkey — the two countries at the bottom of the rankings in 2020 — were not as low as the scores in Afghanistan in 2021, they were worse than their showing in 2020. Lebanon's Positive Experience Index dropped from 46 in 2020 to 37, and Turkey's score dropped from 46 to 42.

Lowest Positive Experiences Worldwide

+ Positive Experience Index

	Georgia	60
	India	60
	Morocco	60
	Sierra Leone	60
	Ukraine	60
	Algeria	58
	Bangladesh	58
	Jordan	58
	Tunisia	57
	Nepal	53
	Egypt	52
	Turkey	42
	Lebanon	37
	Afghanistan	32

GALLUP WORLD POLL, 2021



The World Felt Less Well-Rested in 2021

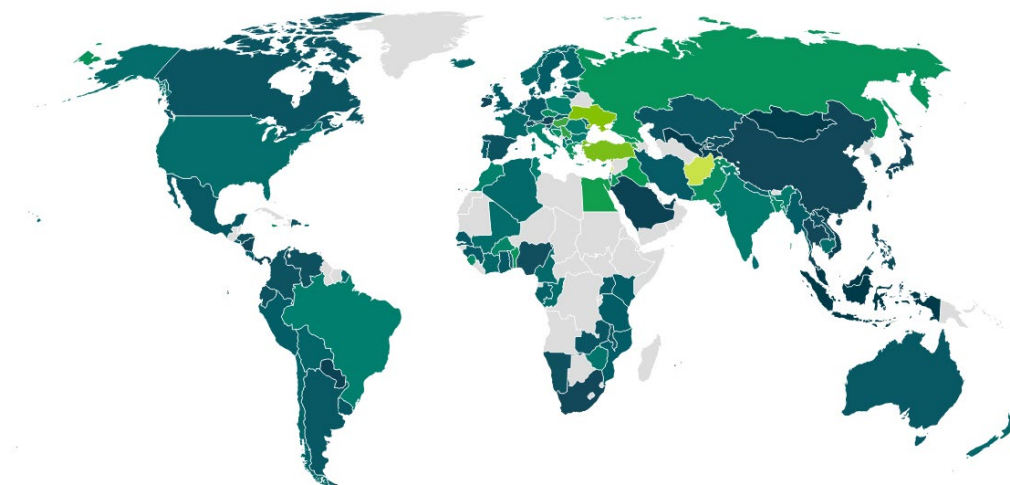
Although most people around the world felt well-rested in 2021, the last time the percentage was this low was in the middle of the global economic crisis in 2008.

In the span of a year, the percentage of people who said they felt well-rested dropped from 72% to 69%. Many countries moved in a negative direction in 2021, including double-digit declines in several higher-income countries such as the United States (12-point drop), Finland (11-point drop) and Italy (11-point drop).

Lebanese were the least likely in the world to say they felt well-rested, with 27% saying they felt this way the previous day — which is a 17-point decline from 2020 and a new record low for the world.



Percentage of People Who Felt Well-Rested in 2021



Negative Experience Index Continues to Rise

On top of the decline in positive experiences, the Negative Experience Index shows the world was a slightly sadder, more worried and more stressed-out place than it was the year before — even if people were a little less angry.

Gallup asked adults in 122 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 (42%) or stress (41%), and slightly more than three in 10 experienced a lot of physical pain (31%). More than one in four experienced sadness (28%) and slightly fewer experienced anger (23%).

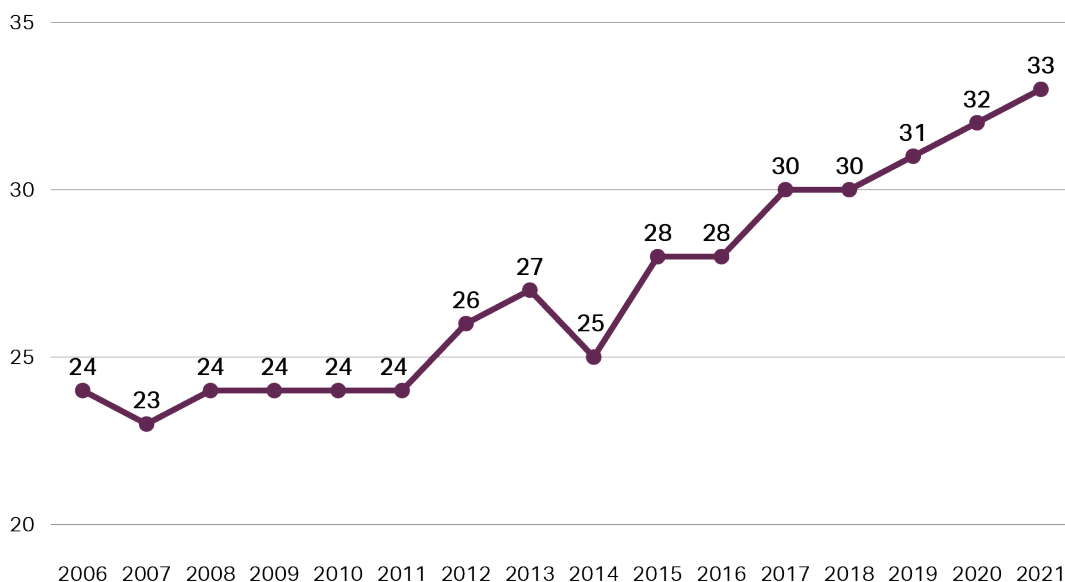
Already at or near record highs in 2020, experiences of stress, worry and sadness ticked upward in 2021 and set new records. Worry rose two points, while stress and sadness increased one point. The percentage of adults worldwide who experienced pain also rebounded two points, matching levels more in line with previous estimates.

Gallup compiles the “yes” responses from these five questions into a Negative Experience Index score for each country. The higher percentages on most of the index items elevated the world’s overall score to a new high of 33.

Negative Experience Index in 2021

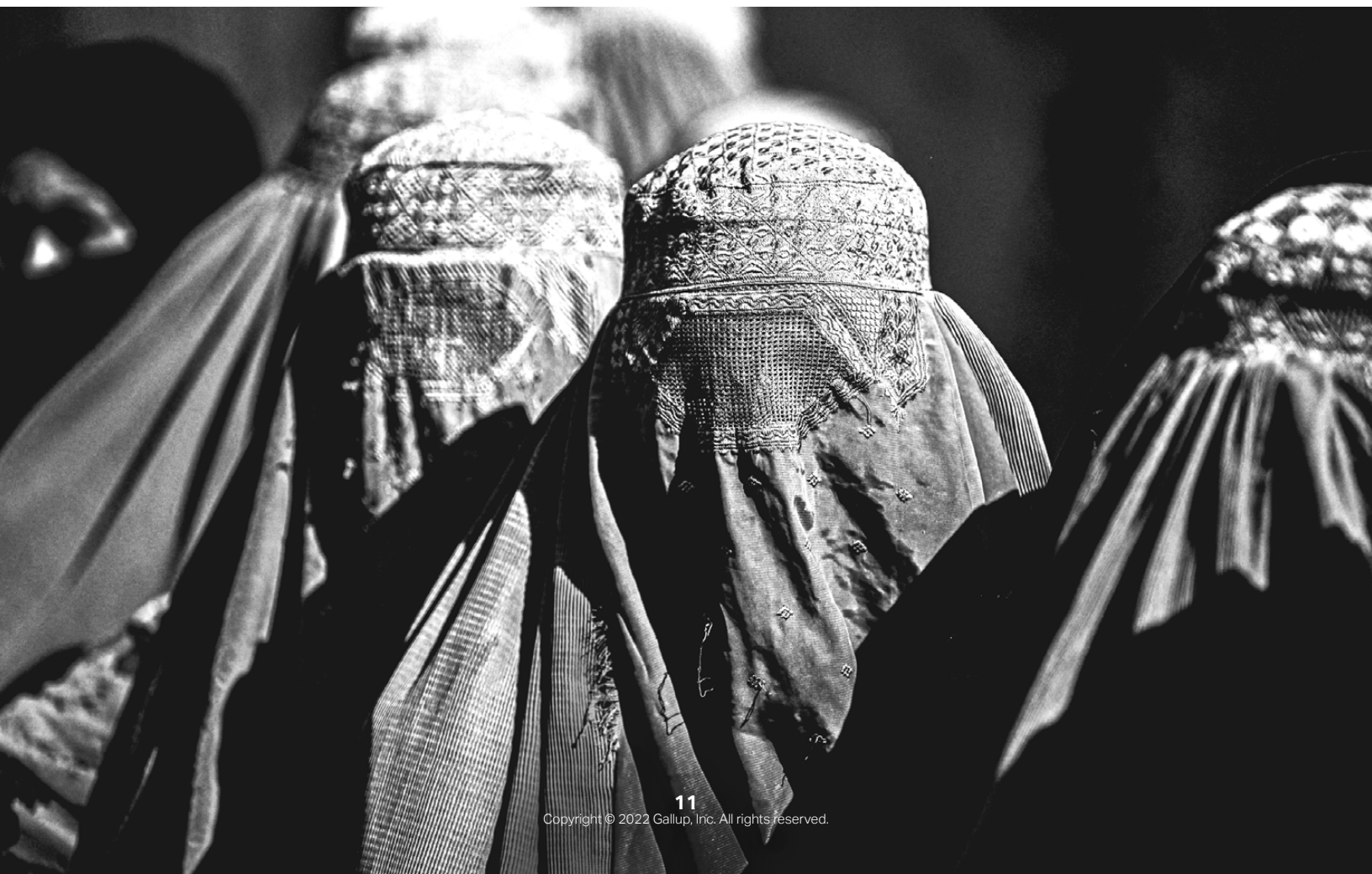
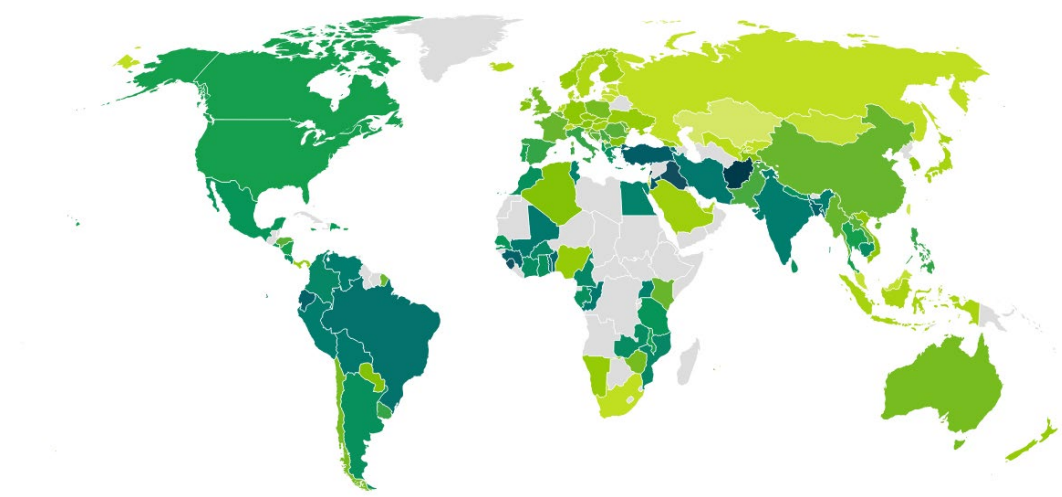
Worldwide

— Negative Experience Index



Scores worldwide ranged from a high of 59 in Afghanistan to a low of 14 in Kazakhstan, which appears at the bottom of this list for the first time.

Negative Experience Index in 2021



Afghanistan Leads the World in Negative Experiences

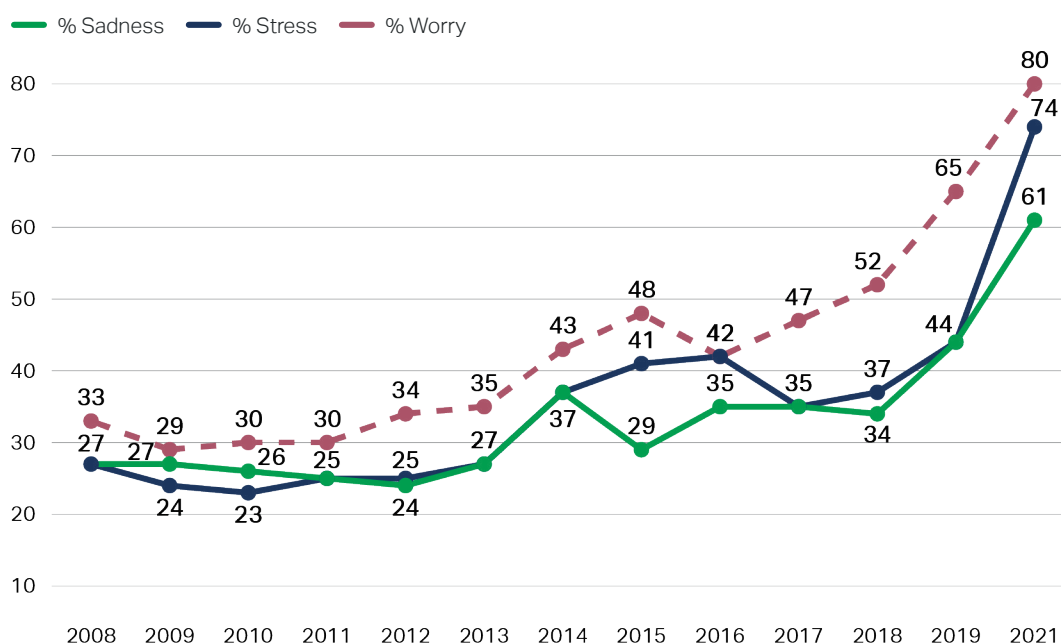
Afghanistan in 2021 displaced Iraq from the top spot on the Negative Experience Index that it had occupied for the two previous years. Afghanistan's score of 59 on the index was the highest score on record for the country and the highest score in the world in 2021. However, Afghanistan falls short of having the highest score on record for any country: The Central African Republic posted a score of 61 in 2017.

Worry, stress and sadness soared to record levels in Afghanistan in 2021: 80% of Afghans were worried, 74% were stressed and 61% felt sadness much of the previous day. Notably, no other population in Gallup's 16-year trend has ever reported feeling this much worry.



Sadness, Stress and Worry Hit Record Levels

Afghanistan



However, if there are bright spots, slightly fewer Afghans reported being in physical pain the previous day compared with 2019 (39% vs. 45%) and they were essentially no angrier in 2021 than they were in 2019 (41% vs. 42%).

No other country posted a Negative Experience Index score higher than Afghanistan's, but as in past years, people in countries and areas with high negative scores in 2021 were contending with economic and political turmoil. Lebanon, which scores a close second on the index and has been near the top of the list for the past two years, is one example, while Turkey is another.



Highest Negative Experiences Worldwide

■ Negative Experience Index

	Afghanistan	59
	Lebanon	58
	Iraq	51
	Sierra Leone	50
	Jordan	48
	Turkey	46
	Bangladesh	45
	Ecuador	45
	Guinea	45
	Benin	44

GALLUP WORLD POLL, 2021

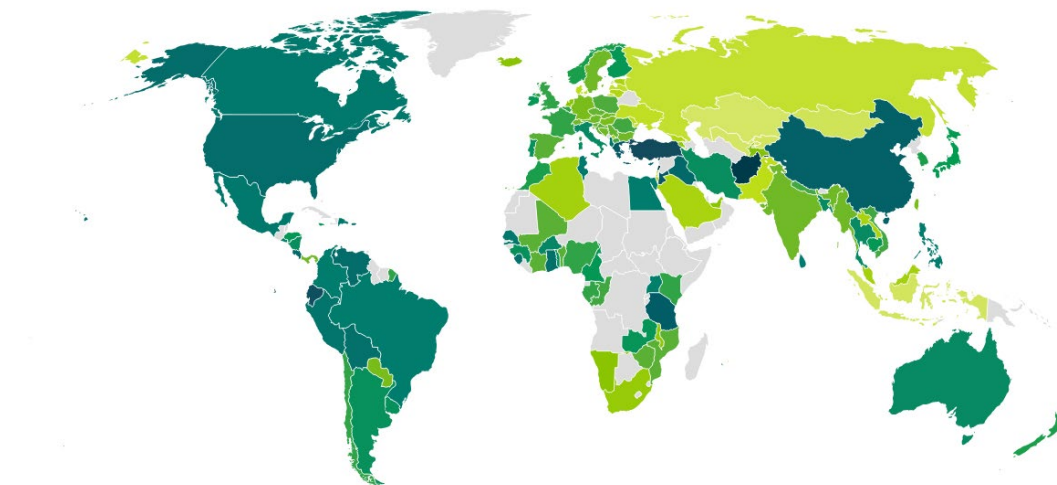
World Is Under Even More Stress

2021 displaced 2020 as the most stressful year in recent history, with a new record-high 41% of adults worldwide saying they experienced a lot of stress the previous day. Still, the one-point increase is nowhere near the sweeping five-point increase between 2019 and 2020.

Worldwide, not everyone was feeling this to the same degree. Reported stress ranged from a high of 74% in Afghanistan and Lebanon to a low of 12% in Kazakhstan and Uzbekistan, where stress levels have historically been low and stayed low.



Percentage of People Who Experienced Stress in 2021



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 2021 have appeared on this list for years. For example, Taiwan, Kazakhstan, Kyrgyzstan and Estonia are among eight countries and territories that also made the list in 2020.



Lowest Negative Experiences Worldwide

■ Negative Experience Index

	Estonia	20
	Kyrgyzstan	20
	Latvia	20
	Russian Federation	20
	South Africa	20
	Lithuania	19
	Malaysia	19
	Mongolia	19
	Singapore	19
	Mauritius	18
	Kosovo	17
	Taiwan, Province of China	16
	Kazakhstan	14

Methodology

The results in this report are based on nationally representative, probability-based samples among the adult population, ages 15 and older. The Positive Experience Index and Negative Experience Index are calculated from surveys in 122 countries and areas in 2021 and early 2022.

The 2021 results are based on telephone or face-to-face surveys of approximately 1,000 or more respondents. Gallup conducted 3,500 interviews in China, 3,000 in India and 2,000 in the Russian Federation.

In 2020, multiple survey administrations were collected in each country or area, with a sample size of 1,000 or more respondents per country or area. In most countries/areas, surveys were conducted over mobile and landline telephones; some in-person interviews were conducted in the Republic of the Congo, India, Mali, Pakistan and Senegal.

For results based on the total sample of national adults in 2021, the margin of sampling error ranges between ± 2.0 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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