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# Gallup Global Emotions

2023





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# 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 *2023 Global Emotions Report* offers a snapshot from Gallup's latest measurements of people's positive and negative daily experiences. The findings are based on more than 147,000 interviews with adults in 142 countries and areas in 2022.<sup>1</sup>

<sup>1</sup> Global estimates include data collected in China in 2021.



## 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 Rebounds

After dropping for the first time in 2021 following years of stability, positive emotions recovered in 2022.

As it has every year for the past 17 years, in 2022, Gallup 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 (71%), experienced a lot of enjoyment (72%), or smiled or laughed a lot (73%). Nearly nine in 10 felt treated with respect (87%). People were far less likely, as they are typically, to say they learned or did something interesting the day before the interview; in 2022, half of the world (50%) experienced this.

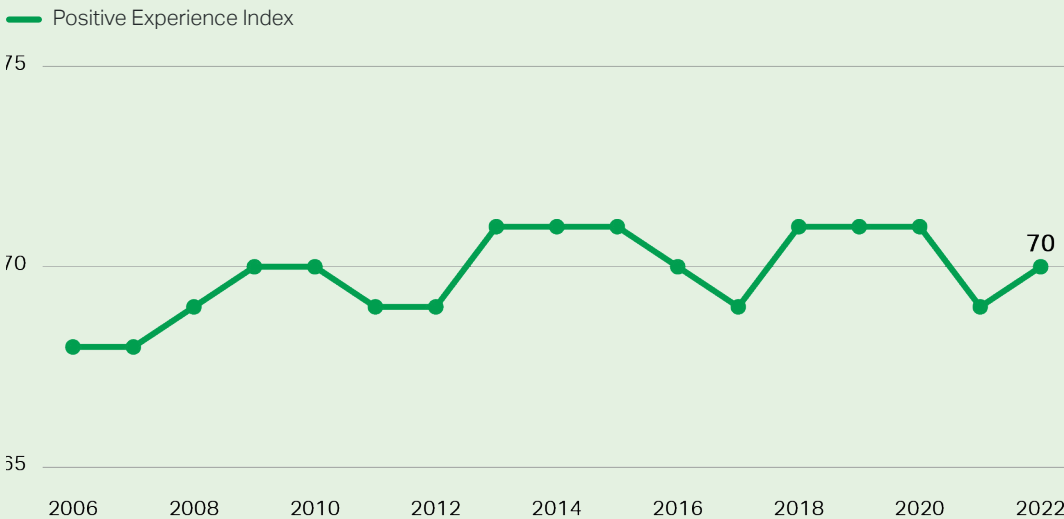
**Perhaps exhaling a collective sigh of relief after so much uncertainty during the pandemic, the world felt more well-rested, experienced more enjoyment, and smiled or laughed more the previous day than in than in 2021.**

The percentages of people who said they felt well-rested and experienced enjoyment each increased two points, and the percentages who smiled or laughed and felt treated with respect each inched up one point. The percentage who learned something interesting remained unchanged from the previous year.

Gallup compiles the “yes” responses from these five questions into a Positive Experience Index score for each country and area. With sizable increases on four of the five questions that make up the index, the global index score in 2022 — 70 — increased one point from 2021. The latest figure is still lower than the score of 71 in the years leading up to the pandemic and even the first year of the pandemic.

## Positive Experience Index Rebounds in 2022

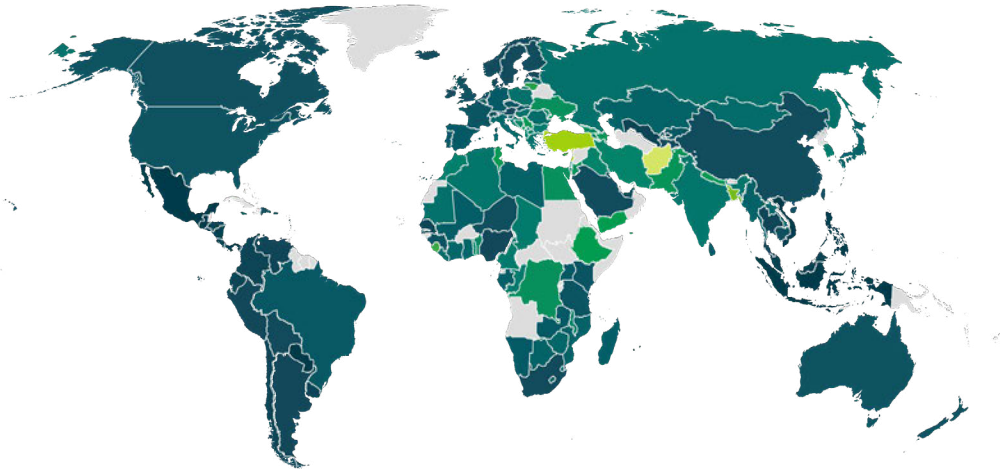
Worldwide



## GALLUP GLOBAL EMOTIONS 2023

Index scores worldwide ranged from a high of 85 in Indonesia, Mexico, Paraguay, the Philippines and Vietnam, to a low of 34 in Afghanistan, which posted the lowest score in the world as it has almost every year since 2017.

### Positive Experience Index in 2022



China data collected in 2021.



# Latin American, Southeast Asian Countries Lead Positive Experiences

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 is well represented on the Positive Experience Index in 2022; however, so is Southeast Asia. In fact, no countries outside these two regions topped the global rankings in 2022.

## Highest Positive Experiences Worldwide in 2022

### Positive Experience Index

	Indonesia	85
	Mexico	85
	Paraguay	85
	Philippines	85
	Vietnam	85
	Guatemala	84
	Panama	84
	El Salvador	83
	Costa Rica	82
	Malaysia	82
	Nicaragua	82



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# Afghanistan Remains Least Positive

One year after the Taliban returned to power, life was worse for Afghans than at any point in the past decade — or for anyone else on the planet.

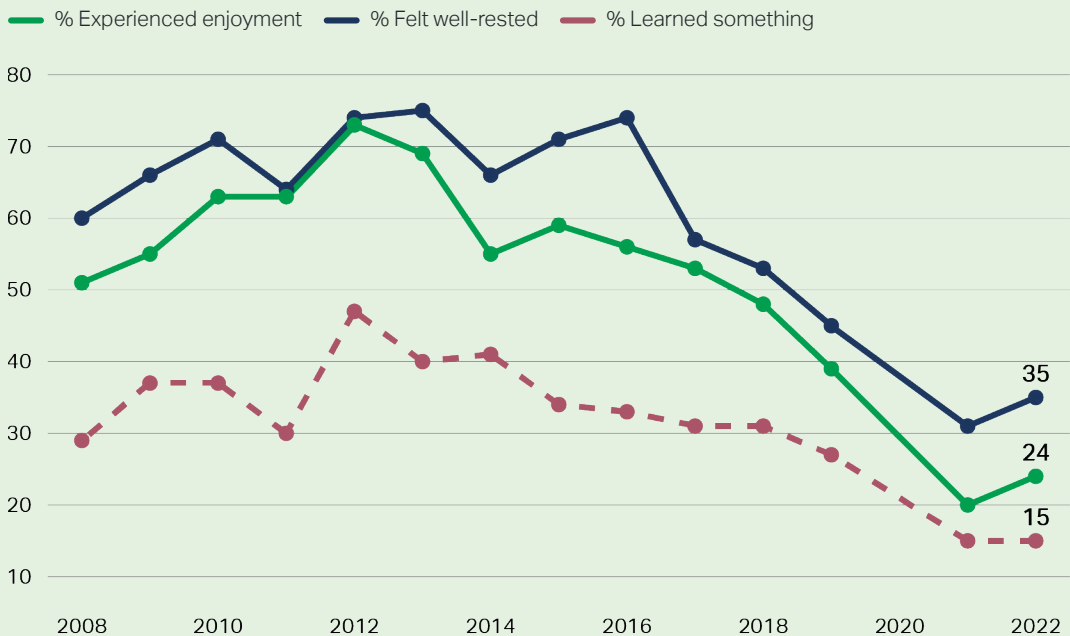
Gallup surveys conducted in July and August — coinciding with the one-year anniversary of the Taliban’s takeover — showed almost all Afghans (98%) rated their life so poorly that they were considered suffering. This percentage topped the previous high of 94% in 2021, measured as the Taliban seized full control.

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, the situation was not much different a year later. The country’s score of 34 in 2022 is the lowest in the world.

Positive daily experiences were already in limited supply before the Taliban seized control, but these emotions largely disappeared from Afghanistan in 2021 — and did not return in 2022. The percentage of Afghans who said they felt enjoyment, learned something interesting or felt well-rested the previous day stayed at or near record lows.

## Positive Emotions Fade











*Afghanistan*



Lebanon and Türkiye — the two countries near the bottom of the rankings in 2020 and 2021 — were not as low as the scores in Afghanistan in 2022. Lebanon’s Positive Experience Index improved from 37 to 46, while Türkiye’s score remained statistically unchanged at 45.

## Lowest Positive Experiences Worldwide in 2022

### Positive Experience Index

 Nepal	57
 Serbia	57
 Tunisia	57
 Ethiopia	56
 Yemen	56
 Lithuania	55
 Sierra Leone	54
 Northern Cyprus	51
 Bangladesh	50
 Lebanon	46
 Türkiye	45
 Afghanistan	34



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# The World Felt More Well-Rested in 2022

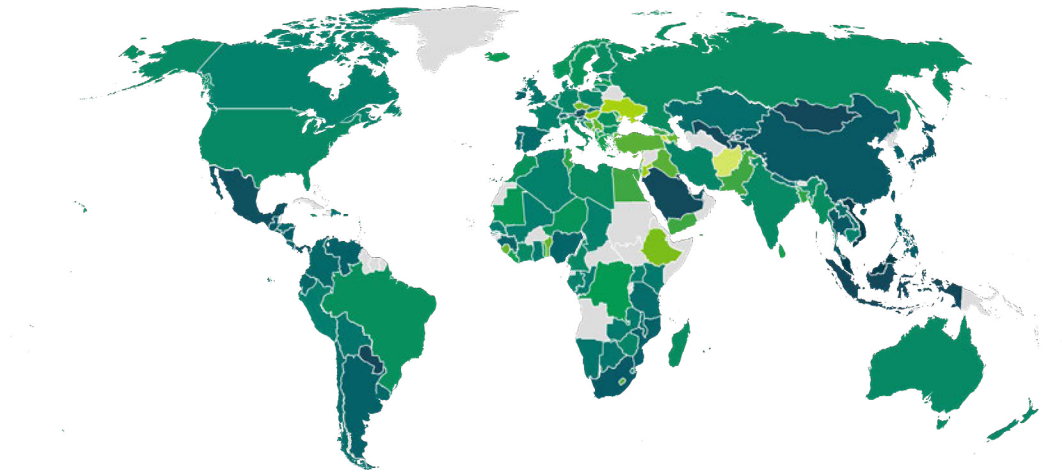
After dropping in 2021 to its lowest point since the middle of the global economic crisis in 2008, the percentage of people around the world who felt well-rested ticked upward in 2022, rising from 69% to 71%.

Many countries moved in a positive direction in 2022, including double-digit increases in several countries such as Mexico (11-point increase), Russia (10-point increase) and Lebanon (24-point increase).

Afghans were the least likely in the world to say they felt well-rested, with 35% saying they felt this way the previous day — which is statistically unchanged from 31% the previous year.



## Percentage of People Who Felt Well-Rested in 2022



China data collected in 2021.

# Negative Experience Index Stalls

As positive emotions rebounded in 2022, the global rise in unhappiness stalled, but negative emotions remained at the record high set the previous year.

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 (41%) or stress (40%), and nearly one in three experienced a lot of physical pain (32%). More than one in four experienced sadness (27%) and slightly fewer experienced anger (23%).

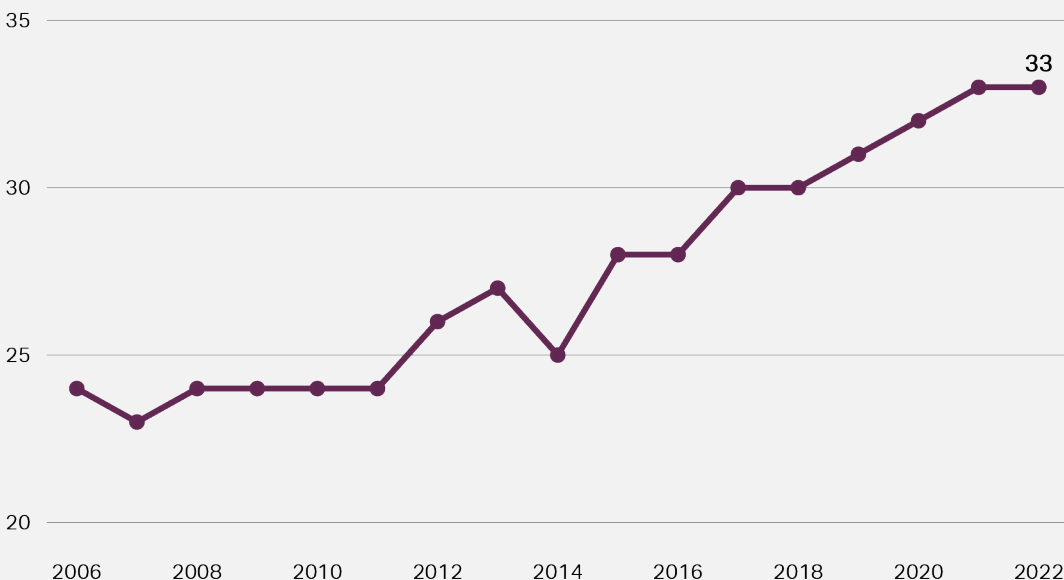
In 2022, worry, stress and sadness remained near the record highs set in 2021, but each dropped one point. The percentage of adults worldwide who experienced physical pain increased one point, while the percentage who experienced anger remained at 23% for the second year.

Gallup compiles the "yes" responses from these five questions into a Negative Experience Index score for each country. The still-high percentages on most of the index items kept the world's overall score elevated at 33.

## Negative Experience Index Stable in 2022

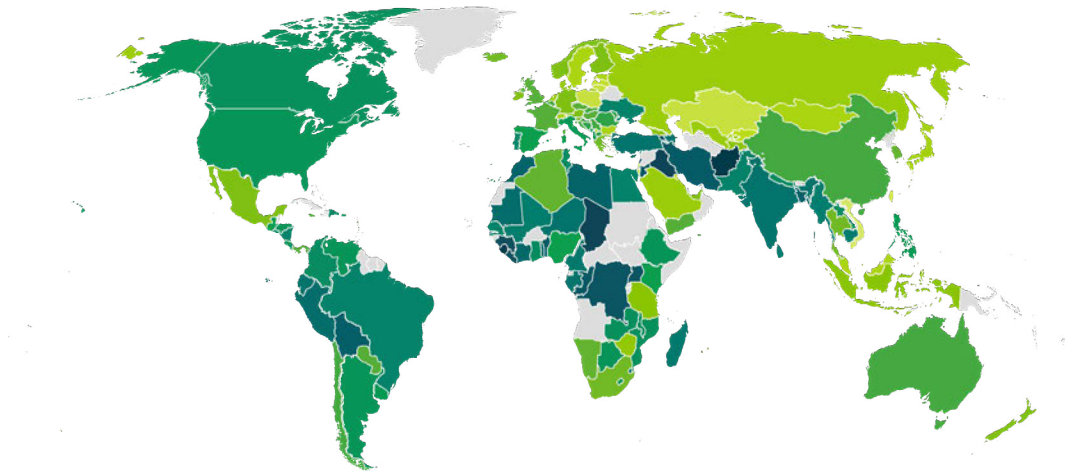
Worldwide

— Negative Experience Index



Scores worldwide ranged from a high of 58 in Afghanistan and Sierra Leone to a low of 11 in Vietnam, which appeared at the bottom of this list for the first time.

## Negative Experience Index in 2022



China data collected in 2021.



# Afghanistan, Sierra Leone Lead the World in Negative Experiences

Afghanistan in 2022 posted the highest score in the world on the Negative Experience Index for the second year in a row. Afghanistan's score of 58 on the index remained relatively unchanged from the previous year, when it posted a record-high score of 59.

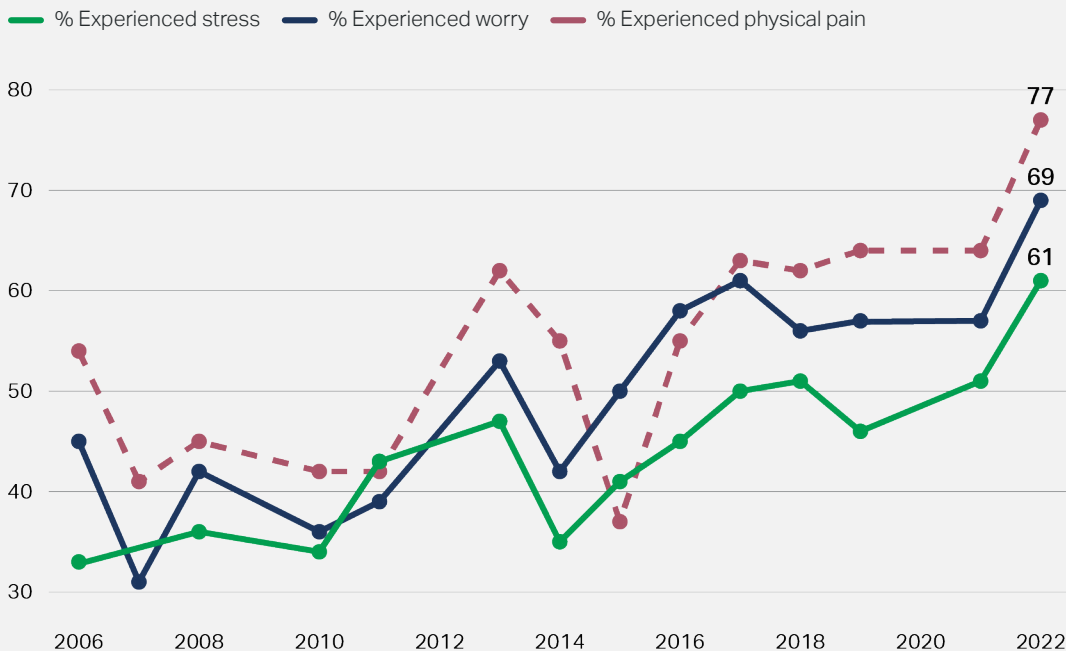
However, Afghans were not alone in their misery. Sierra Leone also posted a score of 58 in 2022, with all the survey fieldwork in the country taking place after deadly protests against the rising cost of living.

Worry, stress and physical pain skyrocketed to record levels in Sierra Leone in 2022, with strong majorities in the country reporting that they had experienced each of these. Notably, the 77% of Sierra Leoneans who say they experienced physical pain the previous day is — by one point — the highest Gallup has ever recorded for any country.



## Stress, Worry and Pain Soar












Sierra Leone



No other country posted a Negative Experience Index score as high as Afghanistan and Sierra Leone, but as in past years, people in many of the countries and areas with high negative experience scores in 2022 were contending with economic and political turmoil. Surveys in Chad, for example, took place in the wake of some of the most violent protests in the country's history.

## Highest Negative Experiences Worldwide in 2022

**■ Negative Experience Index**

 Afghanistan	58
 Sierra Leone	58
 Chad	53
 Iraq	53
 Guinea	49
 Liberia	49
 Lebanon	48
 Armenia	47
 Democratic Republic of the Congo	47
 Northern Cyprus	47
 Uganda	47



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# Nearly a Third of the World Is in Pain Daily

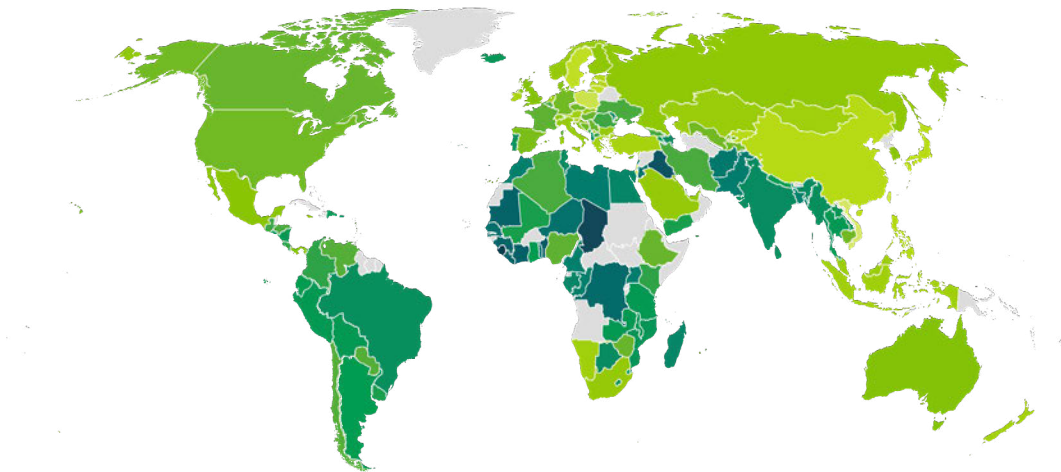
Physical pain was the only negative emotion that inched upward in 2022, rising one point in 2022 to reach 32%. By one point, this is the highest level on record in Gallup's trend.

Worldwide, not everyone was feeling this to the same degree. Reported physical pain ranged from a high of 77% in Sierra Leone to a low of 8% in Vietnam, where reports of this experience have historically been relatively uncommon.

Afghanistan, Sierra Leone and Gabon all saw substantial increases in reports of physical pain, with percentages rising 10 points or more between 2021 and 2022. Only one country, Poland, saw physical pain decrease this much, from 22% in 2021 to 12% in 2022.



## Percentage of People Who Experienced Physical Pain in 2022



China data collected 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 2022 have appeared on this list for years. For example, Taiwan, Kazakhstan, Lithuania, Latvia and Kyrgyzstan are among countries and territories that also made the list in 2021.

## Lowest Negative Experiences Worldwide in 2022

### ■ Negative Experience Index

	Bulgaria	20
	Estonia	20
	Kosovo	20
	Malaysia	20
	Mongolia	20
	Sweden	20
	Israel	19
	Kuwait	19
	Kyrgyzstan	18
	Latvia	17
	Kazakhstan	15
	Lithuania	15
	Poland	15
	Taiwan, Province of China	14
	Vietnam	11



# 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 142 countries and areas in 2022.

The 2022 results are based on telephone or face-to-face surveys of approximately 1,000 or more respondents. The global estimate includes 2021 data from China.

For results based on the total sample of national adults in 2021, the margin of sampling error ranges between  $\pm 1.6$  and  $\pm 5.6$  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.





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