

GALLUP®

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The Global State of Social Connections



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Executive Summary

Social needs are universal, and the degree to which they are fulfilled — or not — impacts the health, well-being and resilience of people everywhere. With increasing global interest in understanding how social connections support or hinder health, policymakers worldwide may benefit from reliable data on the current state of social connectedness.

Meta and Gallup have collaborated on two research studies to help fill this gap. In 2022, the Meta-Gallup *State of Social Connections* report revealed important variations in people’s sense of connectedness and loneliness across the seven countries studied. This report builds on that research by presenting data on connections and loneliness among people from 142 countries.¹

Global Findings

- Most people (72%) felt **“very” or “fairly” connected** to others; 6% **did not feel connected “at all”** to other people.
- Nearly a quarter (24%) of the global population felt **“very” or “fairly” lonely**, while 49% said they were **not lonely “at all.”**
- Similar percentages of **men and women** reported feeling very or fairly connected to others (73% and 72%, respectively) or very or fairly lonely (24% each); however, there were sizable gender differences in feelings of social connectedness and loneliness in several countries.
- While rates of social connectedness were relatively consistent across **age groups**, rates of reported loneliness showed more variability, with young adults (aged 19-29) reporting more loneliness than older adults (aged 65+).
- People worldwide reported **interacting with a variety of social groups** frequently (at least once a day); interactions with friends or family who live with them or nearby were the most frequent type of social interaction reported globally and in most countries.
- Levels of social connectedness and loneliness were **related but distinct**; some people had social connections but still felt lonely.

Overall, the Meta-Gallup research suggests that most people feel socially connected, but the experience of social connection differs across countries by level and frequency. Similarly, despite most of the global population feeling connected to others, some people still lack social connections or feel lonely, with higher rates of these negative feelings in some countries than others.

These data provide a new lens to examine global experiences of social connectedness for those searching to understand and promote it worldwide.

¹ In this report, “countries” is used as a general term to refer to both independent nations and the territories of other countries.



Global State of Social Connections

Social Connectedness and Loneliness Are Core Health Indicators

Every day, billions of people across the world greet their neighbors and colleagues, send messages to friends on mobile phones and social media sites, and share their thoughts and feelings with family members — they make social connections that can boost their health and happiness without even realizing it. But when these social connections are missing, people can feel it deeply.

Perhaps owing to the strong feelings many have toward social connections, there has long been an intuitive sense that social connection is important for human thriving. In the fourth century B.C.E., Aristotle observed that “man is by nature a social animal.”² Nearly 2,500 years later, research in many diverse fields of study has confirmed that our social nature is, in many ways, the basis of our existence³ and our everyday experience of life. Social connections are vital to people’s health, happiness and longevity.⁴

Simply put, **people need people.**

Social connectedness doesn’t just enrich lives; it can also help to sustain them. It is why governments, non-governmental organizations, and a wide array of researchers and policymakers are vested in promoting social connectedness as part of efforts to protect peoples’ opportunity for a life well-lived.

Health and well-being can be meaningfully affected by our social lives⁵ in that when people experience loneliness or social isolation, it can take an emotional and physical toll on their health. In fact, loneliness and isolation have been linked to chronic health conditions, such as hypertension, diabetes, dementia and cardiovascular disease, as well as depression and anxiety, which are associated with an elevated risk of premature death.⁶

2 Aristotle, & Lord, C. (2013). *Aristotle’s politics* (Second edition). The University of Chicago Press. ISBN 978-0-226-92183-9.

3 Dunbar, R. I. (2016). The social brain hypothesis and human evolution. In R. I. M. Dunbar, *Oxford Research Encyclopedia of Psychology*. Oxford University Press; Muthukrishna, M., Doebeli, M., Chudek, M., & Henrich, J. (2018). The cultural brain hypothesis: How culture drives brain expansion, sociality, and life history. *PLoS Computational Biology*, 14(11), e1006504; Oesch, N. (2018). Social brain hypothesis. *The International Encyclopedia of Anthropology*, 1-11.

4 Holt-Lunstad, J. (2021). The major health implications of social connection. *Current Directions in Psychological Science*, 30(3), 251-259; Holt-Lunstad, J. (2022). Social connection as a public health issue: The evidence and a systemic framework for prioritizing the “social” in social determinants of health. *Annual Review of Public Health*, 43, 193-213; Holt-Lunstad, J., & Steptoe, A. (2022). Social isolation: An underappreciated determinant of physical health. *Current Opinion in Psychology*, 43, 232-237; Murthy, V. H. (2023). *Our epidemic of loneliness and isolation: The US Surgeon General’s advisory on the healing effects of social connection and community*. Office of the U.S. Surgeon General.

5 Holt-Lunstad, J. (2022); Hood, C. M., Gennuso, K. P., Swain, G. R., & Catlin, B. B. (2016). County health rankings: Relationships between determinant factors and health outcomes. *American Journal of Preventive Medicine*, 50(2), 129-135. Hood et al. identified that 40%-80% of health and well-being can be attributed, either directly or indirectly, to social factors.

6 Holt-Lunstad, J. (2021); Holt-Lunstad, J. (2022); Holt-Lunstad, J., & Steptoe, A. (2022); Murthy, V. H. (2023).

On the other hand, positive social connections can bolster social well-being and may protect against a wide range of health risks.⁷ People with stronger social connectedness tend to have higher survival rates⁸ and live happier lives.⁹

When social connectedness is strong, communities also tend to thrive. Communities with strong social networks of people can provide social capital¹⁰ and, through it, vital resources like education, healthcare, economic opportunity, advice and social support.

This social capital is fundamental to everyday well-being and can be a source of fortitude in the face of challenges or crises.¹¹

When encountering life's daily trials or major life events, social support — whether it is a friend or family member to count on, a good doctor or mechanic to call, or places to connect with new people — can make all the difference in people's lives. When people band together, they tend to help one another thrive.



7 Holt-Lunstad, J. (2021); Holt-Lunstad, J. (2022b). Positive social connection: A key pillar of lifestyle medicine. *The Journal of Family Practice*, 71(1 Suppl Lifestyle), S38-S40; Spatz, E. S., Roy, B., Riley, C., Witters, D., & Herrin, J. (2023). Association of population well-being with cardiovascular outcomes. *JAMA Network Open*, 6(7), e2321740-e2321740.

8 Holt-Lunstad, J. (2021).

9 Alexander, R., Aragón, O. R., Bookwala, J., Cherbuin, N., Gatt, J. M., Kahrilas, I. J., Kästner, N., Lawrence, A., Lowe, L., Morrison, R. G., Mueller, S. C., Nusslock, R., Papadelis, C., Polnaszek, K. L., Helene Richter, S., Siltan, R. L., & Styliadis, C. (2021). The neuroscience of positive emotions and affect: Implications for cultivating happiness and wellbeing. *Neuroscience & Biobehavioral Reviews*, 121, 220-249; Helliwell, J. F., Huang, H., Wang, S., & Norton, M. (2020). Social environments for world happiness. *World Happiness Report, 2020*(1), 13-45; Rohrer, J. M., Richter, D., Brümmer, M., Wagner, G. G., & Schmukle, S. C. (2018). Successfully striving for happiness: Socially engaged pursuits predict increases in life satisfaction. *Psychological Science*, 29(8), 1291-1298.

10 For a review of definitions of social capital, see Aldrich, D. P., & Meyer, M. A. (2015). Social capital and community resilience. *American Behavioral Scientist*, 59(2), 254-269.

11 Aldrich, D. P., & Meyer, M. A. (2015); Ortiz-Ospina, E., & Roser, M. (2020). Loneliness and social connections. *Our World in Data*; Bartscher, A. K., Seitz, S., Sieglösch, S., Slotwinski, M., & Wehrhöfer, N. (2021). Social capital and the spread of Covid-19: Insights from European countries. *Journal of Health Economics*, 80, 102531; Ungar, M. (2011). Community resilience for youth and families: Facilitative physical and social capital in contexts of adversity. *Children and Youth Services Review*, 33(9), 1742-1748.

The Need for Global Data on Social Connections and Loneliness

Despite the critical role of social connectedness for communities and the people who live in them, little is known about the frequency or form of social connection in many — if not most — parts of the world.

People around the world may experience social connections differently. Even before the COVID-19 pandemic, there were concerns about loneliness rates in some places in the world, perhaps especially for populations vulnerable to isolation due to their health, living conditions or other factors.¹²

For many people, the COVID-19 pandemic altered their typical patterns of social connection — either temporarily or more long-term — with people in some places impacted more negatively than others. As many governments and policymakers, including the U.S. Surgeon General, have begun to reinforce the importance of focusing attention and resources on the health implications associated with loneliness,¹³ the lasting ramifications of these disruptions have yet to be fully realized.¹⁴

Yet, people often have a remarkable ability to adapt to meet their needs. Against all odds, many were, and still are, able to find new ways to connect and support one another.

Meta and Gallup's 2022 *State of Social Connections* report detailed how, even on the heels of the pandemic, many people from different parts of the world found ways to fill their need for social connection.

Most people in each of the seven countries studied around the globe felt connected to one another, and only a small proportion experienced high levels of loneliness. However, each country showed unique patterns of social connection and loneliness.

As the world looks to the future, attention to the importance of social connectedness as an organic support system for people and communities is increasing.¹⁵ Now is a critical moment for reliable data on social connectedness and loneliness to guide calls to action. *The Global State of Social Connections* provides data from 142 countries through state-of-the-art representative sampling techniques.

This report details perceptions of social connectedness and loneliness for the global community and presents how experiences vary across countries. It explores the unique experiences of men, women and people of different ages and uncovers patterns in social connections with other types of people in day-to-day life. The data featured in this report are just a glimpse into the groundbreaking data provided publicly by Meta to aid research and support healthy social connections worldwide.

12 Ernst, M., Niederer, D., Werner, A. M., Czaja, S. J., Mikton, C., Ong, A. D., Rosen, T., Brähler, E., & Beutel, M. E. (2022). Loneliness before and during the COVID-19 pandemic: A systematic review with meta-analysis. *American Psychologist*, 77(5), 660-677; Holt-Lunstad, J., & Perissinotto, C. M. (2022). Isolation in the time of COVID: What is the true cost, and how will we know? *American Journal of Health Promotion*, 36(2), 380-382; Murthy, V. H. (2023).

13 Murthy, V. H. (2023); *Social isolation and loneliness*. (2023, September 7). Australian Institute of Health and Welfare. <https://www.aihw.gov.au/reports/australias-welfare/social-isolation-and-loneliness-covid-pandemic>; *Japan's parliament enacts bill to tackle social isolation*. (2023, May 31). The Japan Times. <https://www.japantimes.co.jp/news/2023/05/31/national/social-isolation-bill/>; Prime Minister's Office. (2018, October 16). *PM launches government's first loneliness strategy* [Press release]. UK.gov. <https://www.gov.uk/government/news/pm-launches-governments-first-loneliness-strategy>.

14 Ernst, M. et. al. (2022); Holt-Lunstad, J., & Perissinotto, C.M. (2022); Murthy, V. H. (2023).

15 Australian Institute of Health and Welfare. (2023); Murthy, V. H. (2023).

The Global State of Social Connections provides the first comprehensive global data from 142 countries through state-of-the-art representative sampling techniques.

Read more [here](#) about how this research was conducted.





SECTION 1:

How Connected or Lonely Do People Feel?

SOCIAL CONNECTEDNESS

Social connections are the interactions and relationships individuals have with other people — connections between friends, family, coworkers, neighbors or even new acquaintances that people may encounter in person or virtually. Social connections can be focal points or highlights of a day, or they can happen spontaneously — bumping into an old friend at the grocery store, helping a coworker with a challenging project or responding to a friend’s post online.

Social connections vary in their structure (i.e., number, type and frequency), function (the needs they serve) and valence (positive and negative qualities).¹⁶ These connections can manifest differently for people depending on their preferences, cultures and opportunities to interact with others. In some places, for example, people regularly connect through shared meals or commutes to work; in other places, festivals or religious activities bring people from different backgrounds together.

¹⁶ Holt-Lunstad, J. (2021); Murthy, V. H. (2023).

Whatever the landscape of social connection looks like, the way people *feel* about their social ties — whether they feel connected or lonely — can affect how they think, feel and live every day.¹⁷

To better understand where the world stands on social connection, Meta and Gallup asked people in 142 countries and areas around the world, “In general, how connected do you feel to people?”¹⁸

More than 70% of the global population surveyed felt “very connected” or “fairly connected” to other people, which translates to approximately 3.2 billion people across the countries represented in this survey.¹⁹ There was a similar pattern in most countries and areas individually: Three-quarters of people or more said they felt very or fairly connected to others in approximately half of the countries surveyed (73 countries), and an additional 14 countries were at or above the 70% mark.

Countries where three-quarters or more said they felt very or fairly connected

High levels of social connectedness were reported in countries across the globe — from East Asia (Japan, Vietnam and the Philippines) to the Nordic region (Iceland, Finland and Sweden), from West Africa (Senegal, Nigeria and Ghana) to Australia and in every region in between. Countries can, and do, foster strong social connections among people wherever they are located.

Click [here](#) to explore more country-level results on an interactive map.



¹⁷ Ibid.

¹⁸ For this study, “connectedness” was defined as “how close you feel to people emotionally.” Interviewers were allowed to clarify that “people” could include friends, family, coworkers, neighbors, people from groups you are a part of and strangers if respondents had questions. Response options were “very connected,” “fairly connected,” “a little connected” and “not at all connected.”

¹⁹ For this report, population estimates are derived using projection weights to account for survey coverage. Population estimates featured refer specifically to the aggregated populations of the 142 countries surveyed for this research; please note that these estimates do not represent the full global estimate because several countries (most notably, China) were not included in the survey administration, therefore no inferences could be made.

However, experiences of social connection varied widely in some regions of the world, with rates of social connectedness spanning from 47% (Dominican Republic) to 95% (Mongolia). Tables 1 and 2 show the five countries with the highest and lowest levels of social connection, respectively. Data for all countries and response options can be found in full data tables for this report [here](#).

Overall, 6% of the global population did not feel connected “at all” to others, a rate that compares to about one in every 20 people worldwide, or 287 million people total in the countries surveyed.

This rate was much higher in some countries than others (the United Arab Emirates was highest, at 19%), but at least 10% of the population said they did not feel connected to other people at all in 31 countries, including Indonesia (11%), Guatemala (14%) and Malawi (12%).

Globally and in most countries, a majority of people felt very or fairly connected to others but reports of social connection varied considerably across the 142 countries surveyed.

TABLE 1. Countries with the highest rates of social connectedness

Country	In general, how connected do you feel to people?				
	Very + Fairly connected	Very connected	Fairly connected	A little connected	Not at all connected
GLOBAL*	72%	35%	38%	21%	6%
Mongolia	95%	49%	46%	4%	1%
Kosovo	93%	57%	36%	6%	1%
Taiwan (Province of China)	92%	43%	49%	6%	2%
Slovenia	91%	42%	49%	8%	1%
Sweden	90%	33%	57%	8%	2%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

At the other end of the spectrum, the proportion of people feeling a total lack of social connection was very small in many countries. Two percent or less of the population did not feel connected at all in 25 countries, including Nigeria, Japan and Estonia.

Although these rates may seem negligible, depending on the size of the country, these percentages can still amount to millions of people lacking social connections — and every single one matters.

TABLE 2. Countries with the lowest rates of social connectedness

Country	In general, how connected do you feel to people?				
	Very + Fairly connected	Very connected	Fairly connected	A little connected	Not at all connected
GLOBAL*	72%	35%	38%	21%	6%
Republic of the Congo	50%	27%	23%	30%	18%
Benin	49%	22%	27%	43%	8%
Morocco	49%	35%	13%	42%	8%
Northern Cyprus	48%	25%	23%	40%	11%
Dominican Republic	47%	31%	16%	36%	12%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

LONELINESS

Many people experience feelings of loneliness at one time or another — moments when there is no one to talk to, laugh with or turn to for support. But for some people, feeling lonely can become a persistent and pervasive part of life, casting a vast shadow that can affect their physical and emotional health.²⁰

Loneliness reflects a disparity between the amount or quality of social connection desired and the amount or quality actually experienced. That is, people who are lonely do not have the level of social connection they want to have.²¹

Meta and Gallup have broadened the reach of global loneliness research in the largest worldwide study on the topic to date by asking people, “How lonely do you feel?”²²

Approximately one in four people — 24% of the global population and more than one billion people across the countries surveyed — said they felt “very lonely” or “fairly lonely.” About half the people surveyed (which translates to approximately 2.2 billion²³) did not feel lonely “at all.”

Like rates of social connectedness, rates of loneliness varied across countries: Reports of feeling very or fairly lonely were as low as 5% (Vietnam) and as high as 58% (Lesotho). Less than 10% of the population said they were very or fairly lonely in 19 countries, including Germany (6%), Slovenia (6%) and Kyrgyzstan (8%). However, there were 29 countries, such as Ethiopia (36%) and Pakistan (41%), where at least a third of the population reported feeling lonely. In five countries, at least half the people said they were lonely. Tables 3 and 4 show the countries with the highest and lowest rates of loneliness, respectively.

²⁰ Holt-Lunstad, J. (2022); Holt-Lunstad, J. (2021); Murthy, V. H. (2023).

²¹ Holt-Lunstad, J. (2022b); Holt-Lunstad, J., & Perissinotto, C. M. (2022); Murthy, V. H. (2023).

²² For this research, “lonely” was defined as feeling emotionally isolated from other people. Interviewers were allowed to clarify that the term “people” could include friends, family, coworkers, neighbors, people from groups you are a part of and strangers. Response options were “very lonely,” “fairly lonely,” “a little lonely” and “not at all lonely.”

²³ Note that these population estimates are calibrated using Gallup’s projection weights and include only the populations for the 142 countries surveyed in this research; China and several other (smaller) countries are not included in this estimate.

Countries where at least one-third said they felt very or fairly lonely

Unlike perceptions of high social connectedness, there are some regional patterns among countries with high levels of loneliness. Of the 29 countries where at least a third of the population felt lonely, 22 were in Africa, four were in the Middle East and three in South Asia.

Click [here](#) to explore more country-level results on an interactive map.



A sizable percentage of people in most countries reported experiencing no feelings of loneliness. In 37 countries from all areas of the world, at least six in 10 people said they were not lonely at all. In 10 countries — including Latvia, the Netherlands and Kazakhstan — at least seven in 10 people said the same, with the highest rate in Vietnam, where 86% reported no loneliness.

In fact, in most countries, more people reported *not* feeling lonely than reported feeling lonely; globally, about half as many people reported experiencing loneliness (24%) as no loneliness at all (49%). However, this balance flipped in 25 countries, with more people reporting feeling lonely than not lonely. In seven countries (Zimbabwe, Namibia, Afghanistan, Botswana, Uganda, the Philippines and Lesotho), at least twice as many people experienced loneliness as did not.

In Afghanistan, nearly four times as many people were very or fairly lonely (50%) as were not lonely at all (13%). More research is needed to reveal which factors contribute to tipping the balance in one direction or the other.

About a quarter of people worldwide said they felt very or fairly lonely, while nearly half of the global population reported not feeling lonely at all. However, as with feelings of connectedness, there was considerable variability in reports of loneliness across the countries surveyed.



TABLE 3. Countries with the highest levels of self-reported loneliness

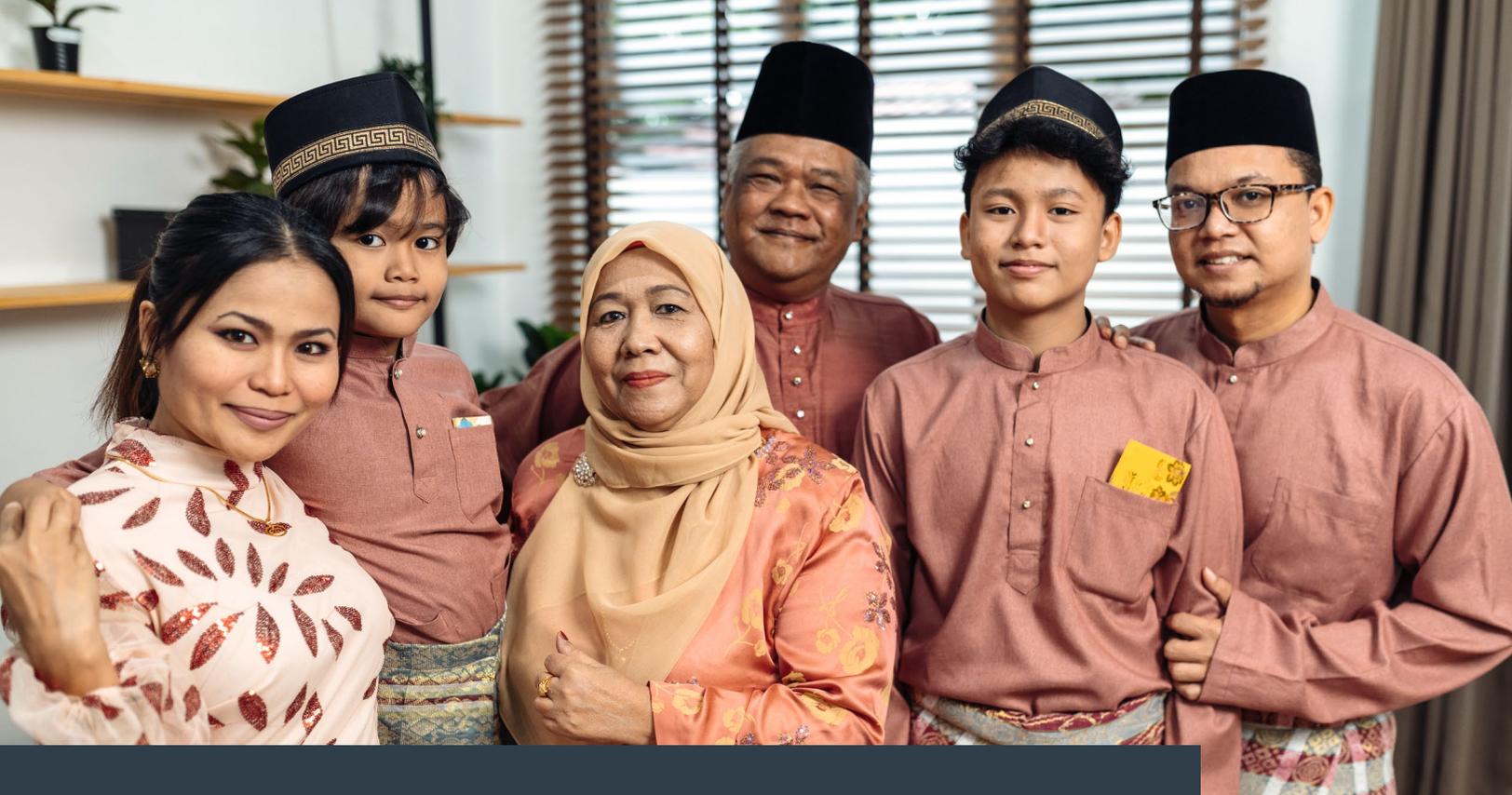
Country	In general, how lonely do you feel?				
	Very + Fairly lonely	Very lonely	Fairly lonely	A little lonely	Not at all lonely
GLOBAL*	24%	8%	15%	27%	49%
Lesotho	58%	26%	32%	14%	27%
Philippines	57%	14%	43%	19%	21%
Uganda	53%	18%	35%	25%	22%
Botswana	50%	18%	32%	25%	25%
Afghanistan	50%	13%	37%	37%	13%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

TABLE 4. Countries with the lowest levels of self-reported loneliness

Country	In general, how lonely do you feel?				
	Very + Fairly lonely	Very lonely	Fairly lonely	A little lonely	Not at all lonely
GLOBAL*	24%	8%	15%	27%	49%
Latvia	7%	2%	5%	19%	74%
Ukraine	6%	2%	4%	32%	61%
Slovenia	6%	<1%	6%	22%	72%
Germany	6%	2%	4%	20%	73%
Vietnam	5%	2%	3%	9%	86%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).



SECTION 2:

How Do Connectedness and Loneliness Vary by Age and Gender?

Differences in life experiences and life stages may help reinforce social connectedness — or hinder it. Assessing social connectedness and loneliness across gender and age groups can allow for the creation of targeted solutions that appeal to specific demographics or mitigate existing barriers for segments of the population.

Understanding variations in social experiences can also help people relate to one another better: Every person has the opportunity to contribute to someone else's social connectedness by reaching out to offer support, friendship or even a polite conversation.

Feelings of Social Connectedness and Loneliness by Gender

Men and women frequently have different social needs, expectations and experiences.²⁴ These differences can impact opportunities for social connection and feelings of loneliness²⁵ and may also explain why men and women sometimes respond to social disruptions — like the COVID-19 pandemic — differently.²⁶

Yet, research examining differences in social connectedness and loneliness separately for men and women has yielded mixed findings that suggest variability across countries.²⁷ In this comprehensive global analysis of social connectedness and loneliness by gender, Meta and Gallup distinguish the experiences of social connection and loneliness for men and women²⁸ across 142 countries.



- 24 Bierman, A., Upenieks, L., & Schieman, S. (2021). Socially distant? Social network confidants, loneliness, and health during the COVID-19 pandemic. *Social Currents*, 8(4), 299-313; David-Barrett, T., Rotkirch, A., Carney, J., Behncke Izquierdo, I., Krems, J. A., Townley, D., McDaniel, E., Byrne-Smith, A., & Dunbar, R. I. M. (2015). Women favour dyadic relationships, but men prefer clubs: Cross-cultural evidence from social networking. *PLoS One*, 10(3), e0118329; Yang, K., & Girgus, J. S. (2019). Are women more likely than men are to care excessively about maintaining positive social relationships? A meta-analytic review of the gender difference in sociotropy. *Sex Roles*, 81, 157-172.
- 25 Badcock, J. C., Holt-Lunstad, J., Garcia, E., Bombaci, P., & Lim, M. H. (2022). *Position statement: Addressing social isolation and loneliness and the power of human connection*. Global Initiative on Loneliness and Connection; Bierman, A., Upenieks, L., & Schieman, S. (2021); David-Barrett, T., et al. (2015); Yang, K., & Girgus, J. S. (2019).
- 26 Amerio, A., Bertuccio, P., Santi, F., Bianchi, D., Brambilla, A., Morganti, A., Odone, A., Costanza, A., Signorelli, C., Aguglia, A., Serafini, G., Capolongo, S., & Amore, M. (2022). Gender differences in COVID-19 lockdown impact on mental health of undergraduate students. *Frontiers in Psychiatry*, 12, 813130. <https://doi.org/10.3389/fpsy.2021.813130>; Bierman, A., et al. (2021); Kovacs, B., Caplan, N., Grob, S., & King, M. (2021). Social networks and loneliness during the COVID-19 pandemic. *Socius*, 7, 2378023120985254; Kolakowsky-Hayner, S. A., Goldin, Y., Kingsley, K., Alzueta, E., Arango-Lasprilla, J. C., Perrin, P. B., Baker, F. C., Ramos-Usuga, D., & Constantinidou, F. (2021). Psychosocial impacts of the COVID-19 quarantine: A study of gender differences in 59 countries. *Medicina*, 57(8), 789. <https://doi.org/10.3390/medicina57080789>
- 27 Barreto, M., Victor, C., Hammond, C., Eccles, A., Richins, M. T., & Qualter, P. (2021). Loneliness around the world: Age, gender, and cultural differences in loneliness. *Personality and Individual Differences*, 169, 110066; Beutel, M. E., Klein, E. M., Brähler, E., Reiner, I., Jünger, C., Michal, M., Wiltink, J., Wild, P. S., Münzel, T., Lackner, K. J., & Tibubos, A. N. (2017). Loneliness in the general population: Prevalence, determinants and relations to mental health. *BMC Psychiatry*, 17(1), 97; Bierman, A., et al. (2021); O'Sullivan, R., Burns, A., Leavey, G., Leroi, I., Burholt, V., Lubben, J., Holt-Lunstad, J., Victor, C., Lawlor, B., Vilar-Compte, M., Perissinotto, C. M., Tully, M. A., Sullivan, M. P., Rosato, M., Power, J. M., Tiilikainen, E., & Prohaska, T. R. (2021). Impact of the Covid-19 pandemic on loneliness and social isolation: A multi-country study. *International Journal of Environmental Research and Public Health*, 18(19), 9982.
- 28 Although respondents could provide a gender category other than male or female, sample sizes only permit reporting on male and female categories.

SOCIAL CONNECTEDNESS

Globally, feelings of being socially connected were similar among men (73% felt very or fairly connected to others) and women (72%). However, reports of social connection varied by country for both genders.

The highest rates of social connectedness for both genders were in Mongolia, where 96% of men and 94% of women reported feeling very or fairly connected to others. At least nine in 10 men felt socially connected in four additional countries (Kosovo, Taiwan, Bosnia and Herzegovina, and Slovenia), while similar proportions of women felt socially connected in a total of 10 countries, including Israel, Japan and Greece.

In most countries surveyed (89 countries for men and 93 for women), at least seven in 10 people of either gender reported feeling very or fairly connected, but there were some countries (three for men and six for women) where less than half of men or women felt this way.

At the lowest levels, 47% of men (Dominican Republic) and 42% of women (Republic of the Congo) said they felt socially connected. Tables 5 and 6 show the countries with the highest and lowest levels, respectively, of social connectedness for men and women.

Mongolia has the highest level of social connectedness overall and for both men and women

Not surprisingly, the rate of people saying they were not socially connected was among the lowest of all countries surveyed (1% of the total population, and 1% of men and women, respectively), as were loneliness rates (8% overall, 7% for men and 9% for women).

Click [here](#) to explore more country-level results on an interactive map.



Like global-level results, men and women in most countries reported similar levels of social connectedness. The average country-level difference between men and women in feeling socially connected was four percentage points, with differences of two percentage points or less in 60 countries.

Larger differences of five percentage points or more were evident in 56 countries. Afghanistan showed the largest gap — 25 points, with 75% of men and 50% of women feeling connected. Other countries with sizable gaps included Thailand (12 percentage points), Gabon (12 percentage points) and Romania (11 percentage points).

Where gender differences did emerge, there was an overall balance in their leaning: More men than women reported feeling connected in 68 countries, compared with 74 countries where more women than men said they felt connected. For example, more men than women felt connected in Ecuador, Sri Lanka, Chile and Gabon, whereas more women than men reported feeling connected in Australia, Tunisia, Jordan and Algeria.

Men and women reported similar levels of social connectedness globally but demonstrated considerable differences (up to 25 percentage points) in some countries. There was also a wide range of experience of social connection across countries for men and women.

TABLE 5. Countries with the highest levels of social connectedness for men and women

In general, how connected do you feel to people?							
Men				Women			
Country	Very + Fairly connected	A little connected	Not at all connected	Country	Very + Fairly connected	A little connected	Not at all connected
GLOBAL*	73%	21%	6%	GLOBAL*	72%	21%	7%
Mongolia	96%	4%	1%	Mongolia	94%	5%	1%
Kosovo	93%	6%	1%	Kosovo	94%	6%	<1%
Taiwan (Province of China)	92%	7%	1%	Sweden	93%	7%	0%
Bosnia and Herzegovina	90%	8%	1%	Taiwan (Province of China)	92%	5%	2%
Slovenia	90%	9%	<1%	Slovenia	92%	7%	1%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

There were also similarities in men’s and women’s reports of feeling no connection to other people. Globally, approximately 6% of men and 7% of women said they did not feel connected to others at all.

Rates of feeling no connection at all varied from less than 1% (Slovenia and Iceland) to 19% (United Arab Emirates) for men and from less than 1% (Kosovo and Sweden) to 21% (Republic of the Congo) for women. In 25 countries, at least one in 10 men reported not feeling connected at all; at least one in 10 women said the same in 30 countries.

TABLE 6. Countries with the lowest levels of social connectedness for men and women

In general, how connected do you feel to people?							
Men				Women			
Country	Very + Fairly connected	A little connected	Not at all connected	Country	Very + Fairly connected	A little connected	Not at all connected
GLOBAL*	73%	21%	6%	GLOBAL*	72%	21%	7%
Hong Kong (S.A.R. of China)	50%	42%	8%	Dominican Republic	48%	36%	11%
Madagascar	50%	40%	9%	Morocco	48%	42%	10%
Morocco	49%	42%	7%	Northern Cyprus	47%	40%	12%
Northern Cyprus	48%	40%	11%	Benin	47%	45%	8%
Dominican Republic	47%	37%	13%	Republic of the Congo	42%	33%	21%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

LONELINESS

Globally, 24% of men and women each reported feeling very or fairly lonely. Levels of loneliness, like social connectedness, varied a great deal across countries for both genders: 4% (Vietnam) to 62% (Lesotho) of men said they felt very or fairly lonely, and comparable percentages of women said the same (4% in Slovenia to 56% in the Philippines). Tables 7 and 8 show the countries with the highest and lowest levels, respectively, of loneliness for men and women.

In 25 countries, just one in 10 men — or less — reported being lonely, including in Poland, Thailand and Uzbekistan. Similar proportions of women said they were lonely in 22 countries, including Georgia, Thailand and Latvia.

Meanwhile, more than one in three men and women were lonely in 30 and 28 countries, respectively.

For example, 53% of women reported feeling lonely in Uganda, 46% in Nepal and 40% in Iraq; countries with similar levels of loneliness among men included the Philippines (59%), Kenya (46%) and Pakistan (44%).

About a quarter of men and women (24% each) said they felt very or fairly lonely, but there was considerable variability across countries in the levels of loneliness reported by each gender. Although differences were small in most countries, there were substantial differences between men’s and women’s levels of loneliness in some countries.

TABLE 7. Countries with the highest levels of self-reported loneliness for men and women

In general, how lonely do you feel?							
Men				Women			
Country	Very + Fairly lonely	A little lonely	Not at all lonely	Country	Very + Fairly lonely	A little lonely	Not at all lonely
GLOBAL*	24%	27%	49%	GLOBAL*	24%	27%	49%
Lesotho	62%	13%	25%	Philippines	56%	22%	20%
Philippines	59%	17%	22%	Lesotho	55%	14%	29%
Botswana	53%	24%	23%	Afghanistan	55%	34%	10%
Uganda	53%	27%	20%	Uganda	53%	23%	23%
Namibia	48%	26%	25%	The Gambia	50%	26%	23%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

At the other end of the spectrum, 49% of men and 49% of women globally said they did not feel lonely at all. Afghanistan had the lowest rate of men (16%) and women (10%) reporting they did not feel lonely, while the highest percentage for both genders was in Vietnam (86% each for men and women).

A majority of men said they were not lonely in 73 countries, including Austria, Canada and Hungary, compared with 66 countries where a majority of women said the same (including Belgium, the U.K. and Saudi Arabia).

TABLE 8. Countries with the lowest levels of self-reported loneliness for men and women

In general, how lonely do you feel?							
Men				Women			
Country	Very + Fairly lonely	A little lonely	Not at all lonely	Country	Very + Fairly lonely	A little lonely	Not at all lonely
GLOBAL*	24%	27%	49%	GLOBAL*	24%	27%	49%
Latvia	6%	15%	78%	Hong Kong (S.A.R. of China)	6%	33%	60%
Germany	6%	20%	73%	Ukraine	6%	31%	63%
Kyrgyzstan	6%	20%	73%	Germany	5%	20%	74%
Uzbekistan	5%	15%	78%	Vietnam	5%	9%	86%
Vietnam	4%	9%	86%	Slovenia	4%	20%	76%

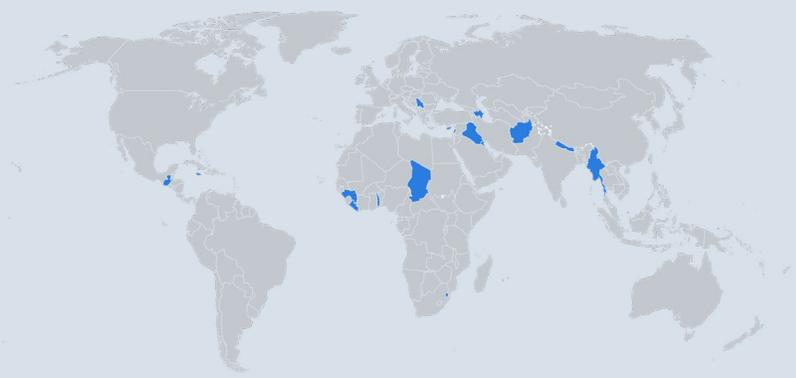
*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

Loneliness levels were relatively similar for men and women in many countries: The gender difference in levels of loneliness was two percentage points or less in half of the countries surveyed. However, 39 countries — including Jamaica, Myanmar, Togo and the United States — had a difference of five percentage points or more, with Kuwait showing the largest gender gap of 17 percentage points.

Compared to results for social connectedness, there was a more consistent pattern of gender differences in loneliness levels across countries. A higher percentage of women than men felt very or fairly lonely in 79 countries (like Guinea, Lebanon and Portugal), while in 63 countries (Kuwait and Switzerland, for example), the percentage of men who felt lonely was higher.

Countries with a loneliness gender gap of seven points or more

A closer look at countries with gender differences in feelings of loneliness shows there were 18 countries with a gap of seven percentage points or more. Twelve of these countries were in the Middle East (seven countries) or Africa (five countries). Notably, in two-thirds of these countries, women reported higher levels of loneliness than men.



Click [here](#) to explore more country-level results on an interactive map.



Feelings of Social Connectedness and Loneliness by Age

People often find that their social connections look and feel different at different points in their lives.²⁹ Friends may come and go, and the amount of time spent with family may wax and wane. As individuals cycle through occupations, residences and interests, the people they encounter can change in suit. The emergence of new technologies — from computers to smartphones and even smartwatches — has also changed the social worlds of many.³⁰

The potential for differences in social connection among different age groups has important implications for public health. Between an aging global population³¹ and indications of intensified mental health effects of the COVID-19 pandemic on youth and young adults,³² understanding age differences in health and well-being is critical for public health systems to adjust for the needs of these population segments.

Research examining social connectedness and loneliness as they relate to age has found that levels of social connectedness and levels of loneliness do not always line up across age groups.³³

In general, there appears to be a nonlinear pattern for loneliness: Younger adults and the oldest adults are most likely to report experiencing loneliness.³⁴

In *The Global State of Social Connections*, age comparisons reveal global patterns of social connectedness and loneliness from adolescence (15 years old) through old age.

- 29 Bruine de Bruin, W., Parker, A. M., & Strough, J. (2020). Age differences in reported social networks and well-being. *Psychology and Aging*, 35(2), 159; Chang, P. F., Choi, Y. H., Bazarova, N. N., & Löckenhoff, C. E. (2015). Age differences in online social networking: Extending socioemotional selectivity theory to social network sites. *Journal of Broadcasting & Electronic Media*, 59(2), 221-239; Marcum, C. S. (2013). Age differences in daily social activities. *Research on Aging*, 35(5), 612-640.
- 30 Pettegrew, L. S., & Day, C. (2015). Smart phones and mediated relationships: The changing face of relational communication. *Review of Communication*, 15(2), 122-139; Wagner, L. A. (2015). When your smartphone is too smart for your own good: How social media alters human relationships. *The Journal of Individual Psychology*, 71(2), 114-121; Butler, B. S., & Matook, S. (2015). Social media and relationships. *The International Encyclopedia of Digital Communication and Society*, 1-12.
- 31 Beard, J. R., Biggs, S., Bloom, D. E., Fried, L. P., Hogan, P., Kalache, A., & Olshansky, S., J. (Eds.). (2011). *Global population ageing: Peril or promise?* World Economic Forum.
- 32 Banks, J., & Xu, X. (2020). The mental health effects of the first two months of lockdown during the COVID-19 pandemic in the UK. *Fiscal Studies*, 41(3), 685-708; Banks, J., Fancourt, D., & Xu, X. (2021). Mental health and the COVID-19 pandemic. *World Happiness Report, 2021*, 107-130; Rossi, R., Soggi, V., Talevi, D., Mensi, S., Niu, C., Pacitti, F., Di Marco, A., Rossi, A., Siracusano, A., & Di Lorenzo, G. (2020). Covid-19 pandemic and lockdown measures impact on mental health among the general population in Italy. *Frontiers in Psychiatry*, 11, 790.
- 33 Hämmig, O. (2019). Health risks associated with social isolation in general and in young, middle and old age. *PLoS One*, 14(7), e0219663; Tesch-Roemer, C., & Huxhold, O. (2019). Social isolation and loneliness in old age. In C. Tesch-Roemer & O. Huxhold, *Oxford Research Encyclopedia of Psychology*. Oxford University Press.
- 34 Barreto, M., et al. (2021); Hämmig, O. (2019); Shovestul, B., Han, J., Germine, L., & Dodell-Feder, D. (2020). Risk factors for loneliness: The high relative importance of age versus other factors. *PLoS One*, 15(2), e0229087.

SOCIAL CONNECTEDNESS

Globally, reported feelings of social connectedness were similar across age groups, ranging from 71% among young adults aged 19-29 and adults aged 30-44, to 75% among those 65 and older.

The proportion experiencing no connection at all was similar as well: 5% of adolescents (aged 15-18) reported feeling not connected to others at all, and the rate among all other age groups was just one to two points higher. Table 9 shows the full set of responses for each age group.

TABLE 9. Perceptions of social connectedness by age (global results)

In general, how connected do you feel to people?					
	Very + Fairly connected	Very connected	Fairly connected	A little connected	Not at all connected
Age 15-18	73%	37%	37%	21%	5%
Age 19-29	71%	33%	38%	22%	7%
Age 30-44	71%	33%	38%	22%	6%
Age 45-64	73%	35%	37%	20%	7%
Age 65+	75%	37%	38%	16%	7%

*Note: Global percentages are weighted to reflect the global population. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%.

LONELINESS

Global trends in loneliness were more varied by age group than those in social connectedness, with a loneliness rate among older adults (aged 65+) 10 percentage points lower than that of young adults (aged 19-29).

The proportion of older adults who said they were not lonely at all (57%) was 14 percentage points higher than that of young adults (19-29; 43%) who said the same. Table 10 shows self-reported loneliness for each age group.

TABLE 10. Self-reported loneliness by age (global results)

In general, how lonely do you feel?					
	Very + Fairly lonely	Very lonely	Fairly lonely	A little lonely	Not at all lonely
Age 15-18	25%	9%	16%	30%	45%
Age 19-29	27%	9%	18%	30%	43%
Age 30-44	25%	8%	16%	27%	48%
Age 45-64	22%	8%	14%	25%	53%
Age 65+	17%	6%	11%	25%	57%

*Note: Global percentages are weighted to reflect the global population. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%.

Globally, most adults of all ages said they felt socially connected and that they were not lonely. There was more variation by age group in loneliness than in levels of social connectedness, with older adults reporting lower rates of loneliness than young adults.

Although loneliness rates were comparatively lower for older adults than other age groups, with 10% of the world’s population falling into this category — and that proportion predicted to grow in coming years³⁵ — the 17% who reported being lonely translates to more than 135 million adults aged 65 and older worldwide.

35 Beard, J. R., et al. (2011).

Similarly, nearly 56 million older adults said they do not feel connected to others at all.

What can researchers learn from older adults who are not lonely (more than a half billion) or who experience high levels of social connectedness (nearly 600 million)?

Are there ways public health programs, businesses or communities can reorient to boost social connection in people's golden years? With the World Health Organization (WHO) projecting that the proportion of the population aged 60 and older will double by 2050,³⁶ now is a critical time for a deeper investment in understanding social connections later in life.



36 *Ageing and health*. (2022, October 1). World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>



SECTION 3:

With Whom Do People Interact?

When people think about social connections in their lives, friends and family commonly come to mind.³⁷ That's no surprise: Social ties with friends and family often feel meaningful and can noticeably impact people's lives — their activities, attitudes and even their health.³⁸

Yet, people may also interact with others at work and school, their neighbors and people who live nearby, groups of people who share their interests or activities and even strangers.

³⁷ Please note that prior to this survey, Gallup conducted qualitative research, including cognitive interviews, to understand how people think about their social connections.

³⁸ Holt-Lunstad, J. (2018). Why social relationships are important for physical health: A systems approach to understanding and modifying risk and protection. *Annual Review of Psychology*, 69, 437-458; Kemp, A. H., Arias, J. A., & Fisher, Z. (2017). Social ties, health and wellbeing: A literature review and model. *Neuroscience and Social Science: The Missing Link*, 397-427.

Opportunities for social interaction with these groups of people can also benefit individuals' well-being³⁹ and communities as a whole.⁴⁰

Despite a growing body of research examining social connectedness and loneliness, very few studies — and none with a broad global reach — have examined patterns in the structure of social connections. Because of this, very little is known about who people form social relationships with or how often they interact with different groups of people.



Countries surveyed in the 2023 Meta-Gallup Global State of Social Connections study

To gain a more complete global perspective of social connection, Meta and Gallup asked people in 142 countries to report how often they interact with people representing six different types of social ties.

Click [here](#) to explore more country-level results on an interactive map.



39 Masi, C. M., Chen, H. Y., Hawkey, L. C., & Cacioppo, J. T. (2011). A meta-analysis of interventions to reduce loneliness. *Personality and Social Psychology Review*, 15(3), 219-266.

40 Vazonienė, G., & Kiaušienė, I. (2018). Social infrastructure services for promoting local community wellbeing in Lithuania. *European Countryside*, 10, 340-354; Veeroja, P., & Foliente, G. (2021). The role of neighbourhood social and built environments on social interactions and community wellbeing through the COVID-19 pandemic. In *COVID-19 Pandemic, Geospatial Information, and Community Resilience* (79-86). CRC Press; Bagnall A.M., Southby, K., Jones, R., Pennington, A., South, J., Corcoran, R. (2023). *Systematic review of community infrastructure (place and space) to boost social relations and community wellbeing: Five year refresh*. What Works Centre for Wellbeing.

The results of this 142-country study indicate that the global population reported interacting with people in close physical proximity most frequently. These social connections included friends or family who live with or near them (58% interacted with this group at least once a day in the seven days prior to the survey) and neighbors or others who live nearby (46% reported interacting at the same frequency).

The rate of daily interaction with nearby friends or family (living “with you or nearby”) was 28 percentage points higher than the rate of daily interaction with friends or family who live far away (30%). Notably, 8% of the global population reported having no interactions at all with nearby friends or family in the past seven days, which translates to more than 370 million people covered by this research alone.

Bridging the distance? When people live close by, incidental meetings — in the kitchen or on the street, for example — can provide convenient touchpoints for connecting; when people live further away, connections may look very different or require more effort.

Globally, people were 50% less likely to report daily interactions with friends or family who live far away compared with those who live with them or close by. They were also two and a half times as likely to report having no interaction at all with friends or family who live far away in the past seven days.



Of the six types of social ties explored, interactions with strangers were reported least, with 16% of the global population saying they interacted with strangers at least once a day in the previous seven days.

Although this type of social connection was less prevalent on a global scale relative to other types of social connections, across the countries included in this research, more than 690 million people interacted with strangers in the past seven days — a number that is by no means trivial.

TABLE 11. Frequency of interaction with different types of social ties (global results)

In the past 7 days, how often did you interact with each of the following groups of people?		
	At least once per day	Never
Friends or family who live with you or nearby	58%	8%
Neighbors or people who live near you	46%	13%
People from work or school	35%	36%
Friends or family who live far away	30%	20%
People from groups you are a part of based on shared interests or beliefs	25%	37%
Strangers or people you don't know	16%	50%

*Note: Global percentages are weighted to reflect the global population. Only selected response options are shown. Population estimates reflect only the populations in the 142 countries surveyed and are adjusted based on projection weighting.

There was considerable variability across countries in how often people interacted with each type of social connection in the past seven days. For example, in most countries, a majority of people reported daily interactions with friends or family who live with or near them, but the rates fluctuated from 21% in Lithuania to 90% in Thailand (see Tables 12 and 13 for countries with the highest and lowest rates, respectively). Similarly, daily interactions with neighbors or people who live nearby varied from 15% in Lithuania to 78% in Liberia, and daily interactions with strangers ranged from 3% in Bangladesh to 42% in Liberia.

Worldwide, the most common source of daily interaction was nearby friends or family: In 119 of the 142 countries and areas surveyed (84%), reported rates of daily interaction with this group exceeded those with any other type of social connection. However, in 16 countries (Afghanistan, Ethiopia and India, for example), daily interactions with neighbors or others living nearby were most common; 11 of these were African countries.

In three countries — Japan, Kuwait and Lithuania — daily interaction with people from work or school was higher than any other type of social connection in the past seven days. In these countries, daily interaction with people from work or school was five percentage points (Japan and Kuwait) to 15 percentage points (Lithuania) higher than daily interaction with friends or family they live with or nearby.

Across the global population, people reported frequent (at least once per day) interactions with friends or family who live with or near them the most and frequent interactions with strangers or people they don't know the least. There was a wide range in frequency of interaction with all types of social connections across countries.

TABLE 12. Countries with the highest rates of daily interaction with nearby friends or family

Percentage who reported interacting at least once per day with each type of social connection in the past 7 days						
	Friends or family who live with you or near you	Friends or family who live far away	People from work or school	Neighbors or people who live near you	People from groups you are a part of based on shared interests or beliefs	Strangers or people you don't know
GLOBAL*	58%	30%	35%	46%	25%	16%
Thailand	90%	45%	54%	73%	46%	18%
Greece	86%	42%	48%	58%	21%	20%
Slovenia	86%	36%	59%	55%	38%	18%
Spain	83%	39%	55%	51%	42%	28%
Estonia	83%	33%	54%	35%	39%	31%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don't know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).

TABLE 13. Countries with the lowest rates of daily interaction with nearby friends or family

Percentage who reported interacting at least once per day with each type of social connection in the past 7 days						
	Friends or family who live with you or near you	Friends or family who live far away	People from work or school	Neighbors or people who live near you	People from groups you are a part of based on shared interests or beliefs	Strangers or people you don't know
GLOBAL*	58%	30%	35%	46%	25%	16%
Lesotho	28%	21%	16%	33%	15%	18%
Mali	27%	19%	14%	26%	14%	8%
Republic of the Congo	26%	20%	20%	23%	18%	15%
Comoros	24%	18%	11%	23%	13%	8%
Lithuania	21%	12%	36%	15%	7%	8%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Percentages may not sum to 100% as “Don’t know” and no response percentages are now shown. Due to rounding, percentages may sum to ±1%. Full data can be found in data tables for this report [here](#).



Conclusion

The Global State of Social Connections report reveals the global landscape of social connectedness and loneliness. By providing a common metric for understanding feelings of social connectedness and loneliness among people across 142 countries, this report shows how people around the world are faring on these critical health factors.

These data come at a critical time in history following an unprecedented disruption of social life. As the WHO declared an end to the global public health emergency for COVID-19 in May 2023,⁴¹ and as most countries have seen an end to COVID-19 restrictions on social interaction, the potential lasting effects of the pandemic are just coming into view.⁴²

For those invested in understanding and improving social connections — policymakers, researchers, educators and organizations of all types — this report offers promise as a resource for benchmarking social connectedness and loneliness across the globe and sets the stage for further tracking and action.

The data featured in the report are a testament to the resilience of the global population. Despite interruptions to daily life in the two years prior, as of 2022, most of the global population felt they were very or fairly connected to others, and half said they were not lonely at all. People worldwide also continued to interact with their social connections of all types.

However, the considerable variability in reports of both social connectedness and loneliness across countries gives cause to look more deeply. There are sizable proportions of people who experience loneliness or do not feel socially connected in many countries and areas around the world, raising concerns about risks to mental and physical health for billions of people.

This report also highlights variability in the experience of social connectedness and loneliness as a function of gender and age. Globally and within countries, these demographic factors shape people's daily lives, creating meaningful differences in opportunities for social connection.

41 WHO chief declares end to COVID-19 as a global health emergency. (2023, May 5). *UN News*. <https://news.un.org/en/story/2023/05/1136367>

42 Holt-Lunstad, J., & Perissinotto, C. M. (2022); Knox, L., Karantzas, G. C., Romano, D., Feeney, J. A., & Simpson, J. A. (2022). One year on: What we have learned about the psychological effects of COVID-19 social restrictions: A meta-analysis. *Current Opinion in Psychology*, 46, 101315.

It is clear from these data that while feelings of social connectedness and loneliness are related, they are also distinct, and global data for both dimensions is necessary to understand the health and well-being of the world's people.

These findings are only the beginning. They help tell the story of *how* people are doing, but more research is needed to reveal *why* this is the case. Future research should continue to investigate the factors that underlie feelings of social connectedness and loneliness; potential explanations for differences and similarities across countries; deeper insights into variation among groups of people within countries; and studies that show how feelings of social connectedness and loneliness fluctuate (or don't) as communities and environments face change.

Reliable global data on social connection and loneliness provide critical insight into how the world weathers emerging challenges. This report marks a new starting point for telling the story of social life in the 21st century and, hopefully, for new efforts to invigorate social connection and reduce loneliness among people everywhere.

This report shares the first-ever robust global dataset on social connection and loneliness. [Access our interactive maps](#) to explore the global state of social connections for yourself.



Appendix

Methodology

Meta and Gallup conducted an in-depth study of the state of social connections in seven countries in 2022. The current global data represents a subset of survey questions from the in-depth 2022 study. These questions were carefully designed based on an extensive literature review and consultation with academics with expertise in the field⁴³ and then revised based on input from cognitive interviews.⁴⁴

This global survey was fielded as part of Gallup's annual World Poll survey administration. Surveys were administered from June 2022 through February 2023, with approximately 1,000 participants over the age of 15 interviewed in 142 countries. In Iceland, Jamaica and Puerto Rico, 500 individuals were interviewed. In Algeria, the number of respondents was 821, and in India and Russia, the number of respondents was 2,006 and 3,000, respectively. In all other countries and areas, the number of respondents ranged from 1,000 to 1,046. Data collection happened over the phone in countries where phone penetration is high (approximately >80% of the population) and face-to-face otherwise.

In accordance with World Poll methodological standards, samples in each country are representative of the national population over the age of 15. In each country, trained interviewers administered the survey in the local language either face-to-face or over the phone. For sampling on the phone, Gallup utilized random digital dialing or a nationally representative list of phone numbers, using a dual sampling frame that included both landline and mobile telephone numbers. For face-to-face sampling, Gallup employed stratification and cluster sampling methods. First, sampling units were stratified by population size and/or geography, and then clusters within each stratified sample were surveyed. The sampled unit clusters were households, and within each household, a computer-assisted personal interview (CAPI) program randomly selected a member to be interviewed.

43 Meta and Gallup sought expertise from a wide group of academics in early stages of study conceptualization. Academic advisors who provided consultation on a consistent basis for the study included Nicole Ellison, University of Michigan; John Helliwell, University of British Columbia; Julianne Holt-Lunstad, Brigham Young University; Sonja Lyubomirsky, University of California, Riverside; and William Tov, Singapore Management University. Academic advisors were not compensated financially for their time and expertise but were provided opportunities to access privacy-protected study data before it was publicly released and to collaborate with Meta and Gallup on publications.

44 Details of questionnaire design and cognitive interviewing for the in-depth study are available at <https://dataforgood.facebook.com/dfg/resources/state-of-social-connections-methodology-report>.

All percentages presented in this report are weighted based on information about the sample design in each country. Weighting ensures that the sample in each country is representative of the population over the age of 15. For more information about weighting, [see the methodology document from our in-depth study.](#)

The same weighting procedures apply to the current study. Global percentages presented in this report are weighted based on census information from the global population in 2022 to ensure that percentages represent the global population.



Survey Instrument

Overview of Survey Module. Survey questions about social connection, social support and loneliness were asked in a randomized order. All questions were translated into the predominant spoken/written language of respondents prior to administration; the English language version of each question is shown below for reference.

The interviewer did not read the response options shown in parentheses (Don't Know and Refused). However, for any interview question, a small percentage of people will typically spontaneously respond that they do not know (coded as "Don't Know") or choose not to answer the questions (coded as "Refused"); Gallup does not force respondents to choose one of the response categories provided if people reply in this manner.

SOCIAL CONNECTION

In general, how connected do you feel to people? By connected, I mean how close you feel to people emotionally. Do you feel ...? (Read Items)

(INTERVIEWER: If respondent asks what "people" the question is referring to, Read: "This can include friends, family, coworkers, neighbors, people from groups you are a part of, and strangers.")

Circle One Response:	
Very connected	1
Fairly connected	2
A little connected	3
Not at all connected	4
(Don't Know)	98
(Refused)	99

SOCIAL SUPPORT

In general, how supported do you feel by people? By supported, I mean how much you feel cared for by people. Do you feel ...? (Read Items)

(INTERVIEWER: If respondent asks what "people" the question is referring to, Read: "This can include friends, family, coworkers, neighbors, people from groups you are a part of, and strangers.")

Circle One Response:	
Very supported	1
Fairly supported	2
A little supported	3
Not at all supported	4
(Don't Know)	98
(Refused)	99

LONELINESS

In general, how lonely do you feel? By lonely, I mean how much you feel emotionally isolated from people. Do you feel ...? (Read Items)

(INTERVIEWER: If respondent asks what “people” the question is referring to, Read: “This can include friends, family, coworkers, neighbors, people from groups you are a part of, and strangers.”)

Circle One Response:	
Very lonely	1
Fairly lonely	2
A little lonely	3
Not at all lonely	4
(Don't Know)	98
(Refused)	99

SOCIAL CONNECTION TYPE AND FREQUENCY OF INTERACTION

*Note. The items in this section were asked in a random order across respondents.

Now, I want to ask you some questions about people you may have interacted with in the past 7 days. These could be people you interacted with in person or some other way, such as through calls, messages, or social media, for example [Insert 5 local social media examples].

How often did you interact with friends or family who live far away in the past 7 days? (Read Items)

(INTERVIEWER: If the respondent says they don't have these specific people in their life, code as “Never.”)

(INTERVIEWER: If respondent asks whether these interactions have to be in one particular mode, such as in person, Read: “These interactions could happen in person or some other way, such as through calls, messages, or social media.”)

Circle One Response:	
Never	1
Only once	2
A few times	3
Once per day	4
More than once per day	5
(Don't Know)	98
(Refused)	99

How often did you interact with friends or family who live with you or near you in the past 7 days? (Read Items)

Circle One Response:	
Never	1
Only once	2
A few times	3
Once per day	4
More than once per day	5
(Don't Know)	98
(Refused)	99

How often did you interact with people from work or school in the past 7 days? (Read Items)

Circle One Response:	
Never	1
Only once	2
A few times	3
Once per day	4
More than once per day	5
(Don't Know)	98
(Refused)	99

How often did you interact with neighbors or people who live near you in the past 7 days? (Read Items)

Circle One Response:	
Never	1
Only once	2
A few times	3
Once per day	4
More than once per day	5
(Don't Know)	98
(Refused)	99

How often did you interact with people from groups you are a part of based on shared interests or beliefs in the past 7 days? (Read Items)

Circle One Response:	
Never	1
Only once	2
A few times	3
Once per day	4
More than once per day	5
(Don't Know)	98
(Refused)	99

How often did you interact with strangers or people you don't know in the past 7 days? (Read Items)

Circle One Response:	
Never	1
Only once	2
A few times	3
Once per day	4
More than once per day	5
(Don't Know)	98
(Refused)	99

SOCIAL MEDIA

Do you personally think that social media makes people feel more connected or less connected to other people? By connected, I mean how close people feel to other people emotionally.

(INTERVIEWER: If respondent asks what “people” the question is referring to, Read: “This can include friends, family, coworkers, neighbors, people from groups you are a part of, and strangers.”)

(INTERVIEWER: If respondent says they do not use social media, Read: “We would still like to get your opinion on this question.”)

More connected	Less connected	(Don't Know)	(Refused)
1	2	98	99

Have you used any social media in the past 30 days?

Yes	No	(Don't Know)	(Refused)
1	2	98	99



Full Data Tables

PERCEPTIONS OF SOCIAL CONNECTEDNESS BY COUNTRY

Country	In general, how connected do you feel to people? (weighted percentages)				
	Very + Fairly connected	Very connected	Fairly connected	A little connected	Not at all connected
*GLOBAL	72%	35%	38%	21%	6%
Mongolia	95%	49%	46%	4%	1%
Kosovo	93%	57%	36%	6%	1%
Taiwan (Province of China)	92%	43%	49%	6%	2%
Slovenia	91%	42%	49%	8%	1%
Sweden	90%	33%	57%	8%	2%
Iceland	89%	50%	39%	10%	1%
Japan	89%	26%	63%	8%	2%
Israel	89%	43%	45%	9%	2%
Austria	89%	45%	43%	8%	4%
Netherlands	88%	39%	49%	9%	2%
Egypt	88%	44%	44%	10%	2%
Greece	87%	30%	57%	11%	1%
Bosnia and Herzegovina	87%	33%	54%	11%	1%
Bangladesh	86%	25%	61%	11%	2%
Denmark	86%	47%	39%	11%	3%
Vietnam	86%	37%	49%	12%	2%
Cyprus	86%	55%	30%	12%	3%
Hungary	86%	48%	38%	11%	4%
Montenegro	85%	38%	48%	12%	2%
United Kingdom	85%	47%	38%	11%	3%
Nigeria	85%	56%	30%	13%	2%
Albania	85%	47%	38%	11%	4%
Czech Republic	85%	31%	54%	12%	3%
Norway	85%	40%	44%	13%	3%
Ethiopia	84%	49%	36%	11%	4%
Senegal	84%	56%	28%	13%	3%
Germany	84%	49%	35%	12%	3%
Nepal	84%	16%	67%	12%	3%
Serbia	84%	37%	47%	13%	2%
Portugal	83%	58%	26%	13%	2%
Switzerland	83%	41%	42%	12%	4%
Australia	83%	44%	39%	14%	3%
Tanzania	83%	44%	39%	12%	4%
Bulgaria	83%	35%	48%	13%	2%
The Gambia	83%	63%	20%	13%	3%
Tajikistan	83%	48%	35%	13%	2%
Ireland	82%	49%	33%	14%	4%
Uzbekistan	82%	22%	61%	14%	2%
Niger	82%	46%	36%	11%	6%
France	81%	34%	47%	13%	6%

The Global State of Social Connections

South Africa	81%	51%	30%	14%	4%
Finland	81%	33%	48%	18%	2%
North Macedonia	81%	25%	56%	18%	2%
Sri Lanka	81%	46%	34%	14%	4%
Kyrgyzstan	80%	22%	58%	14%	4%
Philippines	80%	38%	42%	14%	6%
Romania	80%	35%	45%	16%	3%
Italy	80%	28%	52%	12%	7%
Ukraine	80%	20%	60%	16%	2%
Estonia	79%	22%	58%	18%	2%
Uruguay	79%	48%	32%	16%	5%
Zimbabwe	79%	31%	49%	18%	3%
New Zealand	79%	41%	38%	16%	5%
Uganda	79%	42%	37%	16%	5%
Mauritius	79%	45%	34%	17%	4%
Canada	79%	35%	43%	16%	5%
Chile	78%	43%	35%	16%	6%
United States	78%	47%	31%	18%	5%
Ghana	78%	40%	38%	19%	3%
Belgium	78%	29%	49%	18%	4%
Indonesia	77%	26%	52%	10%	11%
Lebanon	77%	34%	43%	19%	4%
Botswana	77%	33%	44%	17%	6%
Luxembourg	76%	30%	46%	18%	6%
Iran	76%	19%	57%	16%	8%
Kenya	76%	26%	50%	17%	7%
Zambia	76%	41%	35%	18%	6%
Croatia	75%	27%	49%	17%	6%
Puerto Rico	75%	55%	21%	20%	5%
Argentina	75%	43%	32%	20%	4%
Slovakia	75%	25%	50%	21%	3%
Poland	75%	28%	47%	21%	3%
Lesotho	75%	36%	39%	20%	4%
Eswatini	74%	36%	38%	21%	5%
Singapore	73%	30%	43%	21%	6%
Armenia	73%	37%	36%	22%	4%
Iraq	73%	46%	27%	16%	12%
Costa Rica	73%	44%	29%	20%	6%
South Korea	72%	27%	46%	24%	3%
Malta	72%	43%	29%	24%	3%
Spain	72%	27%	45%	24%	4%
Georgia	72%	21%	51%	23%	5%
Kazakhstan	71%	18%	53%	20%	7%
Algeria	71%	29%	42%	23%	5%
Myanmar	70%	20%	51%	22%	8%
Palestinian Territories	70%	32%	38%	18%	11%

The Global State of Social Connections

Mexico	70%	34%	35%	21%	8%
Mauritania	69%	42%	27%	20%	10%
Latvia	69%	17%	53%	23%	7%
Liberia	69%	26%	44%	22%	9%
Sierra Leone	69%	45%	24%	24%	5%
Yemen	69%	34%	34%	23%	8%
Guinea	69%	42%	27%	21%	7%
Kuwait	69%	28%	40%	22%	9%
Lithuania	68%	13%	55%	18%	4%
Pakistan	68%	26%	42%	26%	6%
Venezuela	68%	37%	31%	26%	6%
Russia	68%	13%	54%	23%	4%
Mali	68%	38%	29%	26%	7%
Namibia	67%	32%	35%	23%	10%
Cambodia	66%	33%	33%	28%	5%
Colombia	66%	38%	28%	27%	6%
Chad	66%	28%	38%	22%	10%
Jordan	66%	34%	32%	23%	12%
India	65%	38%	27%	25%	9%
Libya	65%	41%	24%	23%	11%
Saudi Arabia	65%	31%	34%	23%	11%
Malaysia	64%	30%	35%	22%	12%
Comoros	64%	26%	39%	23%	13%
Thailand	64%	34%	30%	28%	6%
Côte d'Ivoire	63%	34%	29%	30%	6%
Jamaica	63%	34%	30%	24%	11%
Paraguay	63%	31%	32%	25%	10%
Moldova	63%	19%	44%	26%	8%
Afghanistan	62%	17%	45%	32%	5%
Honduras	62%	38%	24%	25%	11%
Democratic Republic of the Congo	62%	31%	31%	29%	8%
El Salvador	62%	39%	23%	27%	10%
Peru	61%	25%	36%	28%	10%
United Arab Emirates	61%	31%	30%	20%	19%
Togo	61%	20%	41%	28%	10%
Tunisia	60%	21%	39%	29%	10%
Ecuador	59%	29%	30%	30%	9%
Panama	59%	31%	28%	28%	12%
Cameroon	58%	26%	32%	34%	8%
Azerbaijan	57%	27%	30%	30%	10%
Guatemala	57%	28%	28%	29%	14%
Gabon	56%	29%	27%	36%	7%
Mozambique	56%	32%	24%	31%	12%
Laos	56%	45%	11%	28%	11%
Brazil	55%	27%	29%	38%	5%
Bolivia	55%	24%	31%	32%	11%

Türkiye	54%	15%	39%	37%	8%
Hong Kong (S.A.R. of China)	53%	15%	39%	39%	7%
Nicaragua	52%	29%	23%	30%	15%
Malawi	51%	30%	20%	38%	12%
Madagascar	50%	30%	20%	38%	11%
Republic of the Congo	50%	27%	23%	30%	18%
Benin	49%	22%	27%	43%	8%
Morocco	49%	35%	13%	42%	8%
Northern Cyprus	48%	25%	23%	40%	11%
Dominican Republic	47%	31%	16%	36%	12%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Cells in a row do not add up to 100 because a small proportion indicated they "don't know" or chose not to answer the question. Due to rounding, percentages may sum to ±1%.

SELF-REPORTED LONELINESS BY COUNTRY

Country	In general, how lonely do you feel? (weighted percentages)				
	Very + Fairly lonely	Very lonely	Fairly lonely	A little lonely	Not at all lonely
*GLOBAL	24%	8%	15%	27%	49%
Lesotho	58%	26%	32%	14%	27%
Philippines	57%	14%	43%	19%	21%
Uganda	53%	18%	35%	25%	22%
Botswana	50%	18%	32%	25%	25%
Afghanistan	50%	13%	37%	37%	13%
Namibia	47%	20%	28%	28%	23%
The Gambia	47%	20%	27%	26%	27%
Kenya	47%	9%	38%	25%	28%
Madagascar	46%	11%	34%	21%	32%
Liberia	45%	16%	28%	23%	32%
Zimbabwe	44%	13%	31%	35%	21%
Nepal	43%	7%	36%	26%	30%
Niger	43%	11%	32%	16%	39%
Mauritania	42%	15%	27%	26%	31%
Malawi	42%	20%	21%	32%	26%
Sierra Leone	41%	23%	19%	21%	34%
Pakistan	41%	10%	31%	30%	29%
Senegal	41%	11%	29%	24%	35%
Comoros	40%	10%	30%	24%	34%
Chad	40%	13%	27%	20%	37%
South Africa	39%	16%	22%	26%	35%
Bangladesh	39%	11%	27%	20%	40%
Eswatini	38%	17%	21%	31%	31%
Ghana	37%	12%	25%	30%	32%
Tanzania	36%	8%	28%	19%	45%
Ethiopia	36%	13%	23%	20%	44%
Iraq	36%	19%	17%	20%	44%
Algeria	35%	6%	29%	28%	37%

The Global State of Social Connections

Iran	33%	10%	23%	20%	47%
Zambia	32%	10%	23%	33%	35%
Benin	31%	13%	18%	40%	28%
Kuwait	31%	7%	24%	23%	45%
Bolivia	31%	8%	22%	39%	28%
Chile	30%	9%	21%	27%	43%
Montenegro	30%	4%	26%	22%	47%
India	30%	14%	15%	28%	42%
Sri Lanka	29%	7%	22%	24%	48%
United Arab Emirates	28%	14%	15%	23%	49%
Togo	28%	9%	19%	38%	34%
Argentina	28%	9%	19%	27%	45%
Guinea	27%	11%	16%	28%	38%
Cambodia	27%	8%	20%	40%	32%
Nigeria	27%	9%	17%	24%	49%
Libya	26%	12%	14%	20%	54%
Tajikistan	26%	4%	23%	12%	60%
Albania	26%	6%	20%	23%	51%
Jordan	26%	9%	16%	24%	50%
Republic of the Congo	25%	12%	14%	35%	35%
Guatemala	25%	7%	18%	29%	46%
Uruguay	25%	7%	17%	25%	50%
Mozambique	24%	15%	10%	38%	34%
Peru	24%	7%	18%	35%	40%
Côte d'Ivoire	24%	10%	14%	33%	42%
Bulgaria	24%	5%	19%	20%	54%
Colombia	24%	7%	17%	31%	44%
Tunisia	24%	6%	18%	30%	45%
Kosovo	24%	3%	21%	25%	51%
Serbia	24%	8%	16%	23%	52%
Paraguay	23%	7%	17%	29%	47%
Palestinian Territories	23%	6%	17%	20%	56%
Ecuador	23%	7%	16%	29%	47%
Lebanon	23%	3%	20%	28%	49%
Saudi Arabia	22%	8%	14%	18%	60%
Cameroon	22%	9%	13%	39%	38%
Costa Rica	22%	7%	15%	26%	51%
Gabon	22%	12%	10%	39%	38%
Morocco	22%	14%	8%	37%	40%
Egypt	22%	6%	16%	19%	59%
Jamaica	22%	9%	13%	21%	56%
Myanmar	21%	4%	17%	37%	42%
Venezuela	21%	6%	16%	29%	50%
Cyprus	21%	6%	15%	24%	55%
El Salvador	21%	8%	14%	24%	54%
Democratic Republic of the Congo	21%	7%	13%	35%	44%

The Global State of Social Connections

Honduras	21%	9%	12%	29%	49%
Mali	20%	5%	15%	24%	56%
North Macedonia	20%	4%	16%	33%	46%
France	20%	5%	15%	23%	57%
Romania	19%	9%	11%	28%	52%
Puerto Rico	19%	7%	12%	18%	62%
Panama	19%	5%	14%	27%	53%
Yemen	19%	4%	15%	27%	53%
Laos	19%	11%	8%	43%	37%
Nicaragua	19%	6%	13%	33%	46%
Moldova	18%	6%	12%	38%	43%
Azerbaijan	18%	11%	8%	29%	51%
Mexico	18%	5%	14%	25%	56%
Croatia	18%	4%	14%	26%	55%
Hungary	18%	5%	13%	18%	64%
Japan	17%	2%	16%	39%	43%
Portugal	17%	8%	10%	29%	53%
Northern Cyprus	17%	10%	7%	36%	47%
Italy	17%	3%	14%	27%	56%
Taiwan (Province of China)	17%	2%	15%	30%	53%
Dominican Republic	17%	6%	11%	34%	46%
Türkiye	16%	5%	10%	45%	38%
South Korea	16%	3%	13%	41%	43%
United States	15%	5%	10%	26%	59%
Brazil	15%	9%	5%	38%	47%
Canada	15%	5%	10%	27%	59%
Bosnia and Herzegovina	14%	3%	12%	25%	60%
Mauritius	14%	7%	8%	26%	58%
Malaysia	14%	1%	13%	30%	55%
Austria	14%	5%	9%	22%	64%
Singapore	14%	3%	11%	33%	53%
United Kingdom	13%	4%	10%	23%	63%
Switzerland	13%	3%	11%	19%	68%
Israel	13%	2%	11%	24%	63%
Lithuania	13%	3%	10%	30%	51%
Belgium	13%	3%	9%	21%	66%
Ireland	13%	6%	6%	26%	61%
New Zealand	12%	3%	9%	25%	64%
Spain	12%	3%	9%	25%	63%
Armenia	12%	4%	8%	29%	59%
Luxembourg	11%	3%	8%	29%	60%
Poland	11%	3%	8%	19%	68%
Czech Republic	11%	2%	9%	30%	59%
Malta	11%	4%	7%	30%	59%
Greece	11%	2%	9%	26%	63%
Australia	10%	3%	8%	30%	60%

Estonia	10%	2%	9%	28%	62%
Kazakhstan	10%	4%	7%	18%	71%
Thailand	10%	3%	7%	28%	61%
Georgia	9%	3%	6%	21%	69%
Iceland	9%	2%	7%	21%	70%
Indonesia	9%	1%	7%	19%	71%
Slovakia	9%	2%	7%	26%	65%
Hong Kong (S.A.R. of China)	9%	3%	6%	33%	58%
Mongolia	8%	2%	7%	38%	53%
Netherlands	8%	1%	7%	19%	73%
Russia	8%	2%	6%	29%	62%
Norway	8%	2%	6%	24%	68%
Sweden	8%	2%	6%	23%	69%
Kyrgyzstan	8%	1%	7%	22%	70%
Uzbekistan	8%	2%	6%	19%	73%
Finland	7%	2%	6%	29%	64%
Denmark	7%	2%	5%	23%	69%
Latvia	7%	2%	5%	19%	74%
Ukraine	6%	2%	4%	32%	61%
Slovenia	6%	<1%	6%	22%	72%
Germany	6%	2%	4%	20%	73%
Vietnam	5%	2%	3%	9%	86%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Cells in a row do not add up to 100 because a small proportion indicated they "don't know" or chose not to answer the question. Due to rounding, percentages may sum to ±1%.

PERCEPTIONS OF SOCIAL CONNECTEDNESS AMONG MEN AND WOMEN BY COUNTRY

In general, how connected do you feel to people?											
Country	Men					Country	Women				
	Very + Fairly	Very	Fairly	A little	Not at all		Very + Fairly	Very	Fairly	A little	Not at all
*GLOBAL	73%	34%	38%	21%	6%	*GLOBAL	72%	35%	37%	21%	7%
Mongolia	96%	49%	47%	4%	1%	Mongolia	94%	49%	45%	5%	1%
Kosovo	93%	55%	38%	6%	1%	Kosovo	94%	60%	34%	6%	<1%
Taiwan (Province of China)	92%	40%	52%	7%	1%	Sweden	93%	37%	56%	7%	0%
Bosnia and Herzegovina	90%	36%	54%	8%	1%	Taiwan (Province of China)	92%	46%	46%	5%	2%
Slovenia	90%	39%	51%	9%	<1%	Slovenia	92%	45%	47%	7%	1%
Iceland	89%	42%	47%	11%	0%	Netherlands	92%	42%	50%	7%	1%
Cyprus	89%	52%	37%	9%	2%	Greece	90%	30%	60%	9%	1%
Bangladesh	89%	28%	61%	9%	2%	Japan	90%	30%	60%	7%	2%
Japan	88%	22%	66%	9%	2%	Iceland	90%	59%	31%	8%	2%
Sweden	88%	30%	58%	8%	3%	Israel	90%	50%	39%	8%	2%
Austria	87%	44%	44%	8%	5%	Austria	89%	47%	43%	7%	3%
Israel	87%	36%	51%	10%	3%	Norway	89%	46%	43%	9%	2%

The Global State of Social Connections

United Kingdom	87%	48%	40%	10%	3%	Australia	89%	53%	36%	10%	1%
Egypt	87%	44%	44%	11%	2%	Egypt	88%	44%	44%	9%	3%
Vietnam	87%	37%	50%	10%	2%	Hungary	87%	46%	41%	10%	3%
Montenegro	86%	39%	47%	11%	1%	Albania	87%	49%	38%	10%	3%
Romania	86%	37%	48%	12%	2%	Denmark	87%	53%	34%	11%	2%
Senegal	85%	58%	27%	11%	2%	Czech Republic	87%	34%	53%	11%	2%
Denmark	85%	40%	44%	12%	3%	Nigeria	86%	60%	26%	13%	1%
Netherlands	85%	37%	48%	12%	3%	Switzerland	86%	46%	40%	10%	4%
The Gambia	85%	65%	20%	13%	2%	Finland	85%	40%	45%	14%	1%
Nepal	85%	19%	66%	13%	2%	Serbia	85%	36%	49%	12%	2%
Kyrgyzstan	85%	22%	62%	12%	3%	Montenegro	85%	36%	49%	13%	2%
Greece	85%	31%	53%	14%	1%	Vietnam	85%	37%	48%	13%	2%
Sri Lanka	85%	45%	39%	11%	4%	Bosnia and Herzegovina	84%	31%	54%	14%	1%
Ethiopia	84%	51%	33%	11%	5%	Ethiopia	84%	46%	38%	12%	4%
Nigeria	84%	51%	34%	13%	3%	Germany	84%	50%	34%	13%	2%
Tanzania	84%	46%	39%	12%	3%	New Zealand	84%	47%	37%	13%	3%
Tajikistan	84%	52%	32%	11%	1%	Portugal	84%	57%	27%	12%	3%
South Africa	84%	54%	30%	13%	3%	United Kingdom	84%	47%	37%	12%	4%
Uzbekistan	84%	20%	64%	13%	1%	Bangladesh	84%	23%	60%	13%	2%
Hungary	84%	49%	35%	12%	4%	Senegal	83%	55%	28%	14%	3%
Germany	84%	49%	35%	11%	4%	Bulgaria	83%	35%	48%	13%	3%
Niger	83%	47%	36%	12%	5%	Estonia	83%	25%	58%	15%	2%
Portugal	83%	59%	24%	15%	1%	Cyprus	83%	59%	24%	14%	3%
Czech Republic	83%	28%	55%	13%	3%	Ireland	83%	49%	34%	13%	4%
Albania	83%	45%	37%	13%	4%	Nepal	83%	14%	69%	10%	4%
Bulgaria	82%	35%	48%	14%	2%	Italy	82%	25%	57%	9%	7%
Ireland	82%	49%	33%	14%	4%	France	82%	34%	48%	13%	5%
Serbia	82%	37%	45%	14%	2%	Tanzania	82%	42%	40%	12%	5%
Chile	81%	41%	40%	14%	5%	North Macedonia	81%	27%	55%	17%	2%
Mauritius	81%	49%	32%	15%	4%	Niger	81%	45%	36%	10%	7%
Zimbabwe	81%	30%	51%	17%	2%	Canada	81%	40%	41%	15%	4%
Switzerland	81%	37%	44%	14%	5%	Uzbekistan	81%	23%	58%	15%	3%
France	80%	34%	47%	12%	7%	Tajikistan	81%	44%	37%	15%	2%
Uruguay	80%	45%	35%	15%	5%	Philippines	81%	36%	45%	14%	5%
Norway	80%	35%	45%	17%	3%	The Gambia	81%	61%	20%	13%	5%
North Macedonia	80%	23%	57%	18%	2%	Ukraine	80%	19%	61%	15%	3%
Uganda	80%	42%	38%	15%	5%	Lebanon	80%	39%	41%	17%	4%
Ukraine	80%	22%	58%	17%	2%	Indonesia	79%	25%	54%	10%	9%
Philippines	79%	40%	39%	14%	6%	Belgium	79%	33%	46%	17%	4%
Botswana	78%	33%	45%	16%	6%	Uganda	79%	42%	36%	16%	6%
Italy	78%	31%	46%	15%	7%	Uruguay	79%	50%	28%	16%	5%
Luxembourg	78%	28%	49%	18%	4%	South Africa	78%	48%	30%	16%	5%
Ghana	78%	37%	40%	19%	3%	United States	78%	51%	27%	17%	4%

The Global State of Social Connections

Lesotho	77%	37%	40%	20%	1%	Zimbabwe	78%	32%	47%	18%	3%
Kenya	77%	29%	48%	17%	6%	Croatia	78%	36%	42%	15%	6%
United States	77%	42%	35%	18%	5%	Ghana	78%	41%	36%	19%	4%
Australia	77%	36%	41%	17%	5%	Puerto Rico	77%	50%	27%	19%	3%
Belgium	77%	25%	51%	20%	3%	Sri Lanka	77%	47%	30%	17%	5%
Finland	76%	26%	50%	21%	2%	Mauritius	77%	41%	36%	19%	3%
Canada	76%	30%	45%	18%	6%	Slovakia	77%	26%	51%	19%	3%
Indonesia	76%	26%	49%	11%	12%	Iran	77%	17%	60%	14%	9%
Afghanistan	75%	26%	50%	22%	3%	Argentina	77%	46%	30%	19%	4%
Iran	75%	21%	55%	17%	7%	Poland	77%	31%	45%	20%	3%
Estonia	75%	18%	58%	21%	2%	Iraq	76%	52%	24%	13%	11%
Zambia	75%	39%	36%	18%	7%	Kyrgyzstan	76%	21%	55%	16%	6%
Lebanon	75%	29%	45%	20%	5%	Zambia	76%	43%	33%	18%	6%
New Zealand	74%	36%	38%	19%	7%	Botswana	76%	33%	43%	18%	7%
Singapore	74%	29%	44%	19%	7%	Chile	75%	44%	31%	18%	6%
Eswatini	74%	37%	37%	20%	6%	South Korea	75%	27%	48%	22%	3%
Sierra Leone	74%	48%	25%	22%	3%	Kenya	75%	23%	52%	18%	7%
Argentina	73%	40%	33%	22%	5%	Romania	75%	33%	42%	19%	4%
Croatia	73%	17%	57%	18%	7%	Algeria	75%	36%	38%	21%	4%
Puerto Rico	73%	60%	13%	20%	7%	Luxembourg	74%	31%	43%	18%	7%
Slovakia	73%	24%	49%	22%	4%	Malta	74%	47%	27%	24%	2%
Costa Rica	73%	44%	28%	20%	7%	Eswatini	74%	35%	39%	22%	4%
Armenia	73%	37%	36%	23%	4%	Spain	74%	29%	44%	23%	2%
Poland	72%	24%	48%	23%	4%	Armenia	73%	37%	36%	21%	5%
Georgia	72%	23%	49%	23%	4%	Singapore	73%	31%	42%	22%	5%
Guinea	71%	46%	25%	20%	5%	Liberia	73%	24%	49%	18%	9%
Myanmar	71%	23%	48%	19%	10%	Palestinian Territories	73%	33%	39%	16%	12%
Malta	71%	40%	31%	24%	5%	Costa Rica	72%	43%	30%	21%	6%
Kazakhstan	70%	16%	54%	18%	7%	Lesotho	72%	35%	38%	21%	6%
Thailand	70%	36%	34%	23%	5%	Yemen	72%	43%	29%	19%	8%
Pakistan	70%	24%	46%	26%	4%	Georgia	71%	19%	52%	23%	5%
South Korea	70%	27%	43%	27%	3%	Kazakhstan	71%	18%	52%	21%	7%
Latvia	70%	17%	53%	22%	6%	Mexico	70%	33%	38%	23%	6%
Spain	70%	25%	45%	24%	5%	Mauritania	70%	45%	25%	18%	11%
Iraq	69%	40%	30%	18%	12%	Lithuania	70%	17%	53%	17%	4%
Kuwait	69%	31%	38%	23%	7%	Russia	70%	15%	54%	21%	4%
Mexico	69%	36%	33%	19%	10%	Jordan	70%	39%	31%	20%	9%
Colombia	69%	38%	32%	25%	5%	Myanmar	70%	16%	54%	25%	5%
Mali	69%	39%	30%	24%	7%	Latvia	69%	16%	53%	23%	7%
Côte d'Ivoire	69%	40%	29%	24%	6%	Libya	69%	43%	26%	22%	9%
Venezuela	69%	38%	30%	25%	6%	Cambodia	67%	32%	35%	25%	7%
El Salvador	69%	44%	24%	22%	8%	Kuwait	67%	24%	44%	21%	12%
Mauritania	69%	39%	30%	22%	9%	Venezuela	67%	36%	31%	27%	5%
Namibia	68%	34%	35%	22%	9%	Tunisia	66%	29%	37%	27%	6%
Comoros	68%	27%	41%	21%	11%	Mali	66%	38%	28%	27%	7%
Moldova	68%	19%	49%	24%	5%	United Arab Emirates	66%	36%	30%	16%	18%

The Global State of Social Connections

Palestinian Territories	68%	31%	37%	21%	11%	Pakistan	66%	28%	38%	25%	9%
Chad	68%	28%	40%	22%	7%	Guinea	66%	38%	28%	21%	8%
Algeria	67%	22%	45%	26%	7%	Saudi Arabia	65%	32%	33%	24%	11%
Malaysia	67%	29%	38%	21%	11%	Namibia	65%	30%	35%	24%	10%
India	66%	38%	28%	25%	8%	Chad	65%	28%	37%	21%	13%
Lithuania	66%	9%	57%	19%	3%	Sierra Leone	64%	41%	23%	26%	7%
Yemen	66%	26%	40%	26%	8%	Jamaica	64%	34%	30%	26%	9%
Liberia	66%	28%	38%	26%	9%	India	64%	39%	25%	25%	11%
Peru	65%	28%	38%	26%	9%	Colombia	63%	39%	24%	29%	7%
Ecuador	65%	32%	33%	27%	7%	Malaysia	62%	30%	32%	22%	13%
Cambodia	65%	34%	31%	31%	4%	Democratic Republic of the Congo	62%	28%	34%	30%	7%
Russia	65%	11%	54%	26%	5%	Paraguay	61%	31%	31%	28%	10%
Honduras	65%	39%	26%	23%	10%	Comoros	60%	24%	36%	25%	14%
Paraguay	65%	32%	33%	23%	10%	Honduras	60%	37%	23%	26%	12%
Saudi Arabia	64%	29%	35%	22%	12%	Cameroon	60%	25%	35%	33%	7%
Guatemala	64%	30%	34%	25%	10%	Togo	59%	16%	43%	29%	11%
Togo	63%	25%	39%	26%	9%	Panama	59%	33%	25%	26%	14%
Gabon	62%	31%	32%	29%	8%	Thailand	58%	31%	27%	32%	7%
Jamaica	62%	34%	29%	22%	12%	Moldova	58%	18%	39%	28%	10%
Jordan	62%	30%	32%	24%	13%	Côte d'Ivoire	58%	29%	29%	35%	7%
Democratic Republic of the Congo	62%	33%	29%	27%	9%	Mozambique	58%	33%	24%	30%	11%
Libya	61%	39%	23%	24%	14%	Peru	57%	23%	34%	31%	11%
United Arab Emirates	59%	30%	30%	21%	19%	Azerbaijan	57%	29%	28%	26%	12%
Brazil	59%	30%	29%	36%	4%	El Salvador	57%	35%	21%	30%	11%
Panama	59%	28%	31%	30%	11%	Hong Kong (S.A.R. of China)	57%	16%	40%	37%	6%
Bolivia	57%	24%	33%	33%	8%	Laos	54%	44%	9%	30%	9%
Laos	57%	45%	12%	26%	12%	Ecuador	53%	27%	27%	34%	11%
Republic of the Congo	57%	30%	27%	27%	15%	Türkiye	53%	15%	37%	41%	6%
Azerbaijan	57%	24%	32%	34%	8%	Bolivia	52%	23%	29%	31%	14%
Türkiye	55%	15%	40%	33%	10%	Brazil	52%	24%	28%	40%	7%
Cameroon	55%	26%	29%	36%	9%	Madagascar	51%	30%	21%	35%	12%
Nicaragua	55%	29%	26%	30%	12%	Guatemala	50%	27%	24%	32%	16%
Mozambique	54%	31%	23%	32%	13%	Malawi	50%	27%	23%	36%	14%
Tunisia	53%	13%	40%	31%	14%	Gabon	50%	27%	23%	43%	7%
Benin	51%	22%	29%	40%	8%	Afghanistan	50%	9%	40%	41%	7%
Malawi	51%	34%	17%	39%	10%	Nicaragua	49%	29%	20%	31%	17%
Hong Kong (S.A.R. of China)	50%	13%	37%	42%	8%	Dominican Republic	48%	31%	17%	36%	11%
Madagascar	50%	31%	19%	40%	9%	Morocco	48%	37%	10%	42%	10%
Morocco	49%	33%	17%	42%	7%	Northern Cyprus	47%	24%	23%	40%	12%

Northern Cyprus	48%	25%	23%	40%	11%	Benin	47%	21%	25%	45%	8%
Dominican Republic	47%	31%	16%	37%	13%	Republic of the Congo	42%	23%	19%	33%	21%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Cells in a row do not add up to 100 because a small proportion indicated they "don't know" or chose not to answer the question. Due to rounding, percentages may sum to ±1%.

SELF-REPORTED LONELINESS AMONG MEN AND WOMEN BY COUNTRY

In general, how lonely do you feel?											
Country	Men					Country	Women				
	Very + Fairly	Very	Fairly	A little	Not at all		Very + Fairly	Very	Fairly	A little	Not at all
*GLOBAL	24%	8%	16%	27%	49%	*GLOBAL	24%	9%	15%	27%	49%
Lesotho	62%	26%	36%	13%	25%	Philippines	56%	16%	40%	22%	20%
Philippines	59%	12%	47%	17%	22%	Lesotho	55%	27%	29%	14%	29%
Botswana	53%	22%	30%	24%	23%	Afghanistan	55%	17%	38%	34%	10%
Uganda	53%	18%	35%	27%	20%	Uganda	53%	19%	34%	23%	23%
Namibia	48%	22%	26%	26%	25%	The Gambia	50%	23%	27%	26%	23%
Madagascar	47%	11%	36%	19%	32%	Liberia	50%	17%	33%	17%	32%
Kenya	46%	6%	40%	25%	29%	Botswana	48%	14%	33%	26%	26%
Mauritania	45%	14%	31%	28%	26%	Kenya	48%	11%	36%	25%	27%
Afghanistan	44%	8%	36%	40%	16%	Namibia	47%	18%	29%	30%	22%
Pakistan	44%	10%	34%	28%	28%	Nepal	46%	7%	39%	22%	31%
Zimbabwe	43%	13%	30%	37%	20%	Niger	46%	12%	34%	16%	35%
The Gambia	43%	15%	28%	26%	30%	Madagascar	45%	12%	33%	21%	32%
Malawi	43%	20%	23%	29%	28%	Chad	44%	14%	30%	17%	37%
Comoros	43%	9%	34%	23%	34%	Zimbabwe	44%	12%	32%	34%	22%
Eswatini	42%	20%	22%	28%	30%	Sierra Leone	41%	22%	19%	23%	32%
Sierra Leone	41%	23%	18%	18%	36%	Malawi	41%	21%	20%	35%	24%
Senegal	41%	11%	30%	25%	34%	Senegal	40%	11%	29%	23%	36%
Niger	40%	11%	29%	16%	43%	Iraq	40%	22%	18%	19%	41%
Nepal	40%	8%	32%	31%	29%	Mauritania	40%	16%	24%	23%	35%
Liberia	39%	16%	24%	29%	31%	Bangladesh	40%	11%	29%	20%	38%
South Africa	38%	18%	20%	25%	37%	South Africa	39%	15%	24%	26%	33%
Kuwait	37%	9%	28%	22%	40%	Ghana	38%	15%	24%	29%	32%
Bangladesh	37%	11%	26%	19%	42%	Comoros	38%	11%	27%	24%	34%
Tanzania	37%	8%	29%	20%	43%	Pakistan	38%	9%	29%	32%	30%
Ghana	36%	9%	26%	31%	33%	Ethiopia	36%	15%	21%	17%	47%
Ethiopia	35%	10%	26%	23%	41%	Tanzania	35%	9%	27%	17%	46%
Chad	35%	12%	23%	23%	38%	Eswatini	35%	15%	20%	33%	32%
Algeria	34%	4%	30%	29%	35%	Algeria	35%	8%	27%	26%	39%
Iran	34%	10%	24%	20%	46%	Zambia	32%	11%	22%	35%	33%
Zambia	33%	9%	24%	31%	36%	Benin	32%	14%	18%	38%	29%
Chile	32%	9%	23%	28%	40%	Iran	32%	11%	21%	19%	48%
Togo	32%	12%	20%	35%	33%	Guinea	31%	11%	20%	25%	35%
Bolivia	31%	9%	22%	37%	30%	Montenegro	31%	3%	28%	25%	44%
Iraq	31%	15%	16%	22%	47%	Cambodia	30%	10%	20%	39%	31%

The Global State of Social Connections

India	31%	12%	19%	28%	40%	Bolivia	29%	7%	22%	41%	27%
Benin	30%	12%	18%	41%	27%	Sri Lanka	29%	8%	21%	21%	50%
United Arab Emirates	30%	15%	15%	23%	47%	Jordan	29%	9%	20%	22%	48%
Montenegro	29%	5%	24%	20%	50%	Argentina	28%	8%	20%	26%	45%
Libya	29%	15%	14%	21%	51%	India	28%	16%	12%	27%	44%
Guatemala	29%	8%	21%	28%	44%	Albania	28%	6%	22%	24%	47%
Sri Lanka	28%	6%	22%	27%	45%	Tajikistan	28%	5%	23%	12%	59%
Republic of the Congo	27%	11%	16%	35%	36%	Chile	28%	9%	19%	27%	45%
Argentina	27%	10%	17%	28%	45%	Bulgaria	27%	6%	21%	20%	50%
Jamaica	27%	10%	17%	20%	51%	Serbia	27%	9%	19%	25%	47%
Myanmar	26%	6%	21%	34%	39%	Nigeria	27%	9%	18%	25%	48%
Nigeria	26%	10%	17%	23%	50%	Lebanon	26%	4%	23%	26%	47%
Mozambique	26%	15%	10%	37%	35%	Uruguay	26%	9%	18%	24%	49%
Kosovo	25%	4%	21%	24%	50%	Palestinian Territories	26%	6%	20%	20%	53%
Côte d'Ivoire	25%	10%	15%	30%	44%	Cyprus	26%	6%	19%	29%	46%
Peru	25%	7%	18%	35%	41%	Ecuador	26%	9%	17%	31%	41%
Tajikistan	25%	2%	22%	13%	62%	Colombia	25%	8%	17%	30%	44%
Tunisia	25%	6%	19%	31%	44%	United Arab Emirates	24%	11%	14%	21%	55%
Cambodia	25%	5%	19%	42%	33%	Togo	24%	7%	17%	41%	35%
Paraguay	24%	7%	17%	30%	45%	Peru	24%	6%	18%	36%	40%
Cameroon	24%	10%	14%	36%	40%	Republic of the Congo	24%	12%	11%	34%	34%
Guinea	24%	11%	13%	31%	41%	Egypt	24%	6%	18%	19%	56%
Saudi Arabia	24%	10%	14%	19%	57%	Libya	24%	9%	14%	18%	58%
Albania	23%	7%	17%	21%	55%	Côte d'Ivoire	23%	9%	14%	36%	41%
Gabon	23%	13%	10%	39%	36%	Mozambique	23%	15%	9%	39%	34%
Colombia	23%	7%	16%	32%	44%	Tunisia	23%	6%	17%	30%	47%
Jordan	23%	9%	14%	26%	51%	Paraguay	23%	6%	17%	28%	49%
Costa Rica	23%	5%	17%	24%	52%	Morocco	23%	15%	8%	38%	38%
Uruguay	23%	6%	16%	27%	50%	North Macedonia	23%	5%	17%	32%	44%
Venezuela	22%	7%	16%	30%	48%	Kosovo	23%	3%	20%	26%	51%
Honduras	22%	10%	12%	26%	51%	Romania	22%	10%	13%	30%	47%
El Salvador	22%	8%	14%	20%	57%	Azerbaijan	22%	13%	9%	30%	46%
Morocco	21%	13%	8%	36%	43%	Costa Rica	22%	8%	14%	27%	51%
Bulgaria	21%	4%	17%	19%	59%	Guatemala	22%	6%	16%	31%	48%
Palestinian Territories	20%	7%	14%	21%	59%	Democratic Republic of the Congo	21%	7%	14%	34%	45%
Serbia	20%	7%	14%	20%	59%	El Salvador	21%	7%	13%	27%	51%
Democratic Republic of the Congo	20%	7%	13%	35%	43%	Puerto Rico	21%	7%	14%	18%	61%
Ecuador	20%	5%	15%	26%	53%	Cameroon	21%	9%	12%	42%	37%
Egypt	20%	5%	15%	19%	61%	Laos	21%	13%	8%	42%	36%
France	20%	5%	15%	19%	61%	Venezuela	21%	5%	16%	28%	51%
Yemen	20%	4%	16%	30%	50%	Saudi Arabia	20%	5%	16%	17%	63%

The Global State of Social Connections

Mali	20%	4%	16%	22%	58%	Nicaragua	20%	8%	12%	36%	43%
Croatia	19%	3%	16%	23%	57%	Mali	20%	5%	15%	25%	55%
Japan	19%	2%	17%	40%	40%	Panama	20%	5%	15%	27%	52%
Mexico	19%	4%	15%	24%	56%	Gabon	20%	11%	9%	40%	40%
Lebanon	19%	2%	17%	30%	51%	Moldova	20%	6%	14%	38%	42%
Panama	18%	5%	13%	27%	54%	Kuwait	20%	4%	16%	25%	54%
Laos	18%	9%	8%	44%	37%	Portugal	20%	9%	11%	27%	53%
Puerto Rico	17%	8%	9%	18%	65%	France	20%	5%	15%	26%	54%
Nicaragua	17%	3%	14%	29%	50%	Honduras	19%	8%	11%	32%	47%
Northern Cyprus	17%	11%	6%	32%	50%	Hungary	19%	5%	13%	18%	63%
North Macedonia	17%	2%	14%	33%	49%	United States	18%	6%	12%	27%	54%
Cyprus	17%	5%	12%	20%	63%	Yemen	18%	4%	14%	24%	56%
Hungary	17%	4%	13%	18%	66%	Dominican Republic	18%	6%	12%	35%	44%
Italy	17%	1%	15%	28%	55%	Northern Cyprus	17%	10%	8%	39%	43%
Moldova	16%	7%	9%	37%	45%	Italy	17%	5%	12%	26%	56%
Taiwan (Province of China)	16%	2%	14%	29%	55%	Taiwan (Province of China)	17%	1%	16%	31%	51%
Romania	16%	7%	9%	25%	58%	Mexico	17%	5%	12%	26%	57%
Switzerland	16%	3%	13%	19%	65%	South Korea	17%	2%	14%	39%	43%
Brazil	16%	9%	6%	33%	51%	Croatia	17%	4%	12%	30%	53%
Malaysia	16%	1%	15%	29%	54%	Jamaica	17%	8%	9%	21%	60%
Türkiye	15%	5%	10%	43%	41%	Canada	16%	6%	10%	30%	54%
Austria	15%	5%	10%	21%	64%	Myanmar	16%	3%	13%	39%	45%
South Korea	15%	4%	11%	42%	43%	Türkiye	16%	6%	10%	48%	36%
Mauritius	15%	7%	8%	21%	61%	Bosnia and Herzegovina	16%	4%	12%	26%	58%
Dominican Republic	15%	6%	9%	32%	49%	Japan	16%	1%	15%	38%	46%
Azerbaijan	14%	8%	7%	27%	57%	Singapore	15%	2%	12%	33%	53%
Portugal	14%	7%	8%	32%	54%	Israel	14%	1%	13%	24%	61%
Australia	13%	4%	9%	29%	57%	Lithuania	14%	4%	11%	32%	48%
Canada	13%	3%	10%	23%	63%	Brazil	14%	10%	4%	43%	43%
Bosnia and Herzegovina	13%	2%	11%	23%	63%	United Kingdom	14%	6%	8%	22%	63%
United Kingdom	13%	2%	11%	25%	62%	Mauritius	14%	6%	7%	31%	54%
Singapore	13%	4%	9%	34%	53%	Austria	13%	5%	8%	23%	63%
Belgium	13%	3%	10%	20%	66%	Malta	13%	4%	9%	29%	57%
Ireland	13%	8%	5%	29%	58%	Luxembourg	13%	4%	9%	28%	59%
New Zealand	12%	4%	8%	24%	64%	Malaysia	13%	1%	12%	30%	56%
Czech Republic	12%	3%	8%	29%	59%	Armenia	13%	4%	9%	32%	55%
Israel	12%	2%	10%	23%	65%	Belgium	13%	4%	9%	21%	66%
United States	12%	3%	9%	24%	65%	Spain	12%	4%	9%	27%	61%
Hong Kong (S.A.R. of China)	12%	4%	7%	33%	55%	Poland	12%	4%	8%	22%	64%
Lithuania	11%	1%	10%	27%	55%	Ireland	12%	5%	7%	23%	65%
Spain	11%	2%	9%	24%	65%	Greece	12%	3%	9%	24%	64%
Estonia	11%	1%	10%	30%	59%	New Zealand	12%	2%	9%	25%	63%
Kazakhstan	10%	5%	5%	16%	73%	Iceland	11%	2%	9%	21%	68%

Armenia	10%	3%	7%	26%	64%	Switzerland	11%	2%	9%	18%	70%
Greece	10%	2%	8%	27%	62%	Czech Republic	11%	1%	10%	30%	59%
Poland	10%	3%	7%	15%	73%	Thailand	10%	3%	7%	28%	61%
Thailand	10%	3%	6%	29%	62%	Georgia	10%	3%	7%	25%	65%
Luxembourg	9%	2%	7%	30%	60%	Kazakhstan	10%	2%	8%	19%	70%
Indonesia	9%	2%	8%	20%	70%	Uzbekistan	9%	3%	7%	22%	69%
Malta	9%	3%	5%	30%	60%	Slovakia	9%	2%	8%	30%	60%
Georgia	9%	3%	6%	17%	74%	Estonia	9%	2%	7%	27%	64%
Norway	8%	2%	6%	23%	68%	Kyrgyzstan	9%	1%	8%	23%	67%
Slovakia	8%	2%	6%	22%	70%	Mongolia	9%	2%	7%	40%	51%
Finland	8%	2%	5%	29%	63%	Indonesia	9%	1%	7%	19%	72%
Netherlands	8%	1%	7%	18%	74%	Russia	8%	3%	5%	31%	59%
Russia	8%	2%	6%	26%	64%	Netherlands	8%	1%	7%	20%	72%
Sweden	8%	3%	5%	22%	70%	Denmark	8%	1%	7%	30%	62%
Slovenia	7%	0%	7%	23%	69%	Norway	8%	2%	6%	25%	67%
Mongolia	7%	1%	6%	36%	56%	Sweden	8%	1%	7%	24%	68%
Ukraine	7%	2%	5%	33%	59%	Australia	7%	1%	6%	31%	62%
Iceland	7%	1%	6%	21%	72%	Finland	7%	1%	6%	28%	64%
Denmark	7%	3%	4%	17%	76%	Latvia	7%	2%	5%	22%	70%
Latvia	6%	1%	5%	15%	78%	Hong Kong (S.A.R. of China)	6%	2%	5%	33%	60%
Germany	6%	1%	5%	20%	73%	Ukraine	6%	2%	4%	31%	63%
Kyrgyzstan	6%	1%	5%	20%	73%	Germany	5%	3%	3%	20%	74%
Uzbekistan	5%	1%	4%	15%	78%	Vietnam	5%	1%	4%	9%	86%
Vietnam	4%	2%	2%	9%	86%	Slovenia	4%	0%	4%	20%	76%

*Note: Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Cells in a row do not add up to 100 because a small proportion indicated they "don't know" or chose not to answer the question. Due to rounding, percentages may sum to ±1%.

FREQUENCY OF SOCIAL INTERACTIONS BY TYPE OF SOCIAL CONNECTION

Percentage who reported interacting at least once per day with each type of social connection in the past 7 days						
	Friends or family who live with you or near you	Friends or family who live far way	People from work or school	Neighbors or people who live near you	People from groups you are a part of based on shared interests or beliefs	Strangers or people you don't know
GLOBAL*	58%	30%	35%	46%	25%	16%
Thailand	90%	45%	54%	73%	46%	18%
Greece	86%	42%	48%	58%	21%	20%
Slovenia	86%	36%	59%	55%	38%	18%
Spain	83%	39%	55%	51%	42%	28%
Estonia	83%	33%	54%	35%	39%	31%
Iceland	81%	27%	51%	21%	31%	26%
Uruguay	81%	42%	51%	54%	44%	24%
Ukraine	80%	48%	48%	57%	31%	29%
Italy	80%	47%	54%	42%	41%	26%

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Norway	80%	37%	50%	32%	35%	32%
Taiwan (Province of China)	78%	36%	64%	40%	58%	24%
Malta	78%	35%	55%	35%	39%	25%
Vietnam	77%	24%	36%	71%	15%	14%
Sweden	77%	27%	55%	30%	32%	31%
Romania	77%	45%	40%	61%	30%	16%
Paraguay	77%	35%	52%	57%	37%	17%
Malaysia	76%	32%	44%	43%	28%	10%
Denmark	76%	33%	54%	32%	40%	29%
United States	76%	35%	55%	29%	37%	36%
Venezuela	75%	45%	44%	58%	43%	17%
Dominican Republic	75%	51%	58%	60%	51%	23%
Liberia	75%	45%	54%	78%	54%	42%
Argentina	75%	33%	48%	39%	36%	18%
Brazil	75%	38%	47%	49%	30%	21%
Canada	74%	31%	47%	31%	28%	31%
Puerto Rico	74%	35%	37%	51%	41%	20%
New Zealand	74%	31%	56%	22%	30%	29%
Jamaica	73%	47%	42%	59%	40%	33%
Israel	72%	31%	53%	29%	25%	7%
Indonesia	72%	29%	33%	63%	25%	5%
Zimbabwe	72%	44%	35%	63%	42%	22%
Albania	72%	51%	29%	51%	14%	5%
Mongolia	72%	41%	32%	26%	20%	17%
Panama	72%	46%	45%	53%	40%	19%
Costa Rica	71%	41%	47%	41%	42%	19%
Chile	71%	38%	49%	38%	35%	21%
Latvia	71%	31%	51%	31%	16%	14%
Nigeria	70%	32%	41%	68%	30%	20%
United Kingdom	70%	30%	53%	31%	33%	31%
Northern Cyprus	70%	47%	49%	55%	27%	24%
Armenia	70%	43%	38%	51%	28%	16%
Colombia	69%	35%	43%	39%	32%	18%
Montenegro	69%	41%	39%	54%	22%	14%
Tanzania	68%	46%	38%	69%	38%	23%
Myanmar	68%	41%	47%	48%	39%	18%
Hungary	68%	29%	43%	42%	14%	24%
Georgia	68%	39%	29%	55%	17%	13%
Finland	68%	27%	52%	33%	33%	35%
Portugal	68%	37%	49%	38%	30%	18%
Bulgaria	68%	27%	35%	50%	16%	19%
Australia	67%	28%	52%	19%	30%	30%
Eswatini	67%	43%	35%	54%	37%	15%
Cyprus	67%	28%	46%	33%	23%	15%
Madagascar	67%	31%	27%	71%	40%	21%
Serbia	67%	25%	50%	54%	29%	13%
Russia	67%	28%	41%	38%	27%	19%

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Moldova	66%	31%	35%	50%	21%	11%
South Korea	66%	46%	51%	32%	30%	12%
France	65%	40%	46%	30%	34%	22%
Ecuador	64%	33%	43%	38%	29%	17%
Zambia	64%	27%	45%	68%	26%	17%
Philippines	64%	30%	40%	51%	23%	7%
Saudi Arabia	64%	50%	38%	29%	26%	19%
Mozambique	64%	36%	41%	64%	32%	22%
Morocco	63%	27%	25%	38%	12%	11%
Bosnia and Herzegovina	63%	22%	36%	49%	20%	13%
Mexico	63%	32%	44%	39%	26%	21%
Slovakia	63%	23%	50%	53%	33%	22%
Cambodia	62%	26%	37%	56%	28%	6%
Laos	62%	29%	21%	51%	20%	4%
Türkiye	61%	37%	39%	44%	16%	14%
Kosovo	61%	35%	25%	36%	12%	9%
The Gambia	61%	32%	38%	56%	37%	21%
Algeria	61%	21%	37%	49%	17%	21%
Ireland	61%	36%	45%	39%	29%	20%
Luxembourg	61%	43%	45%	40%	36%	22%
Czech Republic	60%	25%	44%	34%	28%	26%
Belgium	60%	20%	46%	28%	18%	17%
Peru	60%	27%	47%	35%	33%	12%
Singapore	60%	31%	50%	25%	32%	18%
Lebanon	60%	27%	32%	46%	21%	12%
Honduras	59%	29%	33%	42%	28%	13%
Netherlands	58%	31%	52%	41%	27%	31%
El Salvador	58%	31%	38%	40%	34%	11%
Bolivia	57%	28%	46%	30%	29%	15%
Namibia	57%	38%	42%	48%	30%	22%
United Arab Emirates	57%	45%	42%	38%	36%	28%
Croatia	56%	16%	44%	40%	18%	13%
Malawi	56%	42%	37%	61%	42%	33%
Austria	56%	21%	36%	44%	25%	29%
Germany	55%	22%	50%	40%	17%	17%
Hong Kong (S.A.R. of China)	55%	29%	44%	20%	31%	16%
South Africa	55%	35%	33%	47%	26%	22%
Egypt	55%	12%	31%	56%	14%	15%
Palestinian Territories	54%	21%	36%	32%	23%	12%
Nicaragua	54%	26%	34%	38%	28%	10%
Uganda	54%	29%	45%	69%	31%	19%
Ghana	53%	27%	35%	47%	25%	14%
Libya	53%	29%	45%	43%	30%	18%
Guatemala	53%	23%	36%	36%	23%	11%
Kyrgyzstan	53%	27%	30%	34%	15%	7%

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Kazakhstan	52%	30%	40%	34%	21%	13%
North Macedonia	51%	28%	29%	42%	15%	10%
Botswana	51%	33%	32%	44%	25%	19%
Switzerland	51%	30%	24%	46%	26%	23%
Uzbekistan	50%	34%	30%	48%	12%	9%
Tunisia	49%	12%	23%	45%	8%	9%
Azerbaijan	48%	30%	23%	47%	11%	11%
Niger	48%	15%	17%	26%	17%	6%
Afghanistan	47%	11%	17%	55%	5%	6%
Bangladesh	47%	17%	14%	48%	5%	3%
India	46%	33%	21%	50%	21%	10%
Cameroon	46%	31%	27%	45%	23%	18%
Kenya	46%	21%	32%	42%	23%	19%
Mauritius	45%	35%	36%	41%	30%	18%
Jordan	45%	19%	30%	35%	21%	12%
Iraq	45%	19%	23%	34%	20%	13%
Nepal	43%	27%	15%	43%	14%	5%
Sierra Leone	43%	21%	34%	44%	42%	16%
Japan	42%	17%	48%	28%	20%	14%
Ethiopia	41%	12%	27%	67%	19%	8%
Kuwait	41%	30%	47%	29%	20%	13%
Chad	41%	25%	20%	41%	32%	20%
Côte d'Ivoire	41%	26%	20%	37%	20%	15%
Gabon	41%	35%	30%	36%	28%	23%
Democratic Republic of the Congo	40%	17%	19%	40%	21%	16%
Iran	40%	24%	28%	31%	29%	13%
Togo	39%	20%	24%	34%	19%	13%
Yemen	39%	11%	19%	42%	10%	5%
Poland	38%	7%	30%	16%	7%	8%
Tajikistan	38%	25%	18%	29%	10%	9%
Mauritania	36%	26%	21%	29%	21%	12%
Pakistan	36%	22%	21%	38%	10%	9%
Sri Lanka	35%	22%	23%	33%	14%	7%
Guinea	34%	23%	17%	32%	24%	13%
Benin	33%	21%	22%	30%	19%	12%
Senegal	30%	24%	17%	32%	19%	10%
Lesotho	28%	21%	16%	33%	15%	18%
Mali	27%	19%	14%	26%	14%	8%
Republic of the Congo	26%	20%	20%	23%	18%	15%
Comoros	24%	18%	11%	23%	13%	8%
Lithuania	21%	12%	36%	15%	7%	8%

*Note. Global percentages are weighted to reflect the global population; country-level percentages are weighted to reflect within-country representation. Respondents who indicated they “don’t know” or chose not to answer these questions are not included in these percentages. This table shows, among those who answered, respondents who said “once a day” or “more than once a day.” The full set of response options can be seen in the appendix.

Population Estimates

PERCEPTIONS OF SOCIAL CONNECTEDNESS

In general, how connected do you feel to people? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
Very + Fairly connected	72%	3,250,261,771
Very connected	35%	1,556,323,892
Fairly connected	38%	1,693,937,879
A little connected	21%	925,968,344
Not at all connected	6%	287,059,132
Total population covered		4,498,394,888

*Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

SELF-REPORTED LONELINESS

In general, how lonely do you feel? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
Very + Fairly lonely	24%	1,070,440,427
Very lonely	8%	373,775,715
Fairly lonely	15%	696,664,712
A little lonely	27%	1,207,613,267
Not at all lonely	49%	2,194,290,434
Total population covered		4,498,394,888

* Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

SELF-REPORTED INTERACTIONS: FAMILY WHO LIVE WITH OR NEAR YOU

How often did you interact with friends or family who live with you or near you in the past 7 days? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
At least once a day	58%	2,604,349,046
More than once a day	45%	2,002,004,905
Once per day	13%	602,344,140
A few times	27%	1,196,289,741
Only once	7%	307,030,299
Never	8%	370,742,120
Total population covered		4,498,394,888

* Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

SELF-REPORTED INTERACTIONS: FAMILY WHO LIVE FAR AWAY

How often did you interact with friends or family who live far away in the past 7 days? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
At least once a day	30%	1,356,715,118
More than once a day	17%	754,042,036
Once per day	13%	602,673,082
A few times	35%	1,592,564,558
Only once	14%	611,667,885
Never	20%	914,452,283
Total population covered		4,498,394,888

* Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

SELF-REPORTED INTERACTIONS: PEOPLE FROM WORK OR SCHOOL

How often did you interact with people from work or school in the past 7 days? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
At least once a day	35%	1,558,253,479
More than once a day	25%	1,126,650,979
Once per day	10%	431,602,501
A few times	21%	936,016,732
Only once	7%	329,675,309
Never	36%	1,638,286,405
Total population covered		4,498,394,888

* Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

SELF-REPORTED INTERACTIONS: NEIGHBORS

How often did you interact with neighbors or people who live near you in the past 7 days? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
At least once a day	46%	2,069,211,146
More than once a day	31%	1,398,969,151
Once per day	15%	670,241,995
A few times	33%	1,464,270,497
Only once	8%	363,215,228
Never	13%	585,270,956
Total population covered		4,498,394,888

* Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

SELF-REPORTED INTERACTIONS: GROUPS WITH SHARED INTERESTS/BELIEFS

How often did you interact with people from groups you are a part of based on shared interests or beliefs in the past 7 days? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
At least once a day	24%	1,090,972,567
More than once a day	15%	669,036,020
Once per day	9%	421,936,547
A few times	26%	1,180,137,012
Only once	11%	498,372,209
Never	37%	1,668,910,401
Total population covered		4,498,394,888

* Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

SELF-REPORTED INTERACTIONS: STRANGERS

How often did you interact with strangers or people you don’t know in the past 7 days? (Global)		
Response	Percentage (weighted)	Population Estimate (weighted)
At least once a day	15%	691,921,089
More than once a day	9%	411,242,818
Once per day	6%	280,678,272
A few times	22%	1,008,587,953
Only once	12%	522,655,834
Never	50%	2,238,758,603
Total population covered		4,498,394,888

* Note. Population estimates are derived from projection weights calculated specifically for this study; as such, population estimates only reflect the estimated number of people across the 142 countries surveyed. Keep in mind that some large countries, such as China, are not included in this estimate. Total percentage does not add up to 100% because some respondents refused to respond or answered with a “don’t know” response, which are not included in this table. Similarly, the estimate for the total population covered is larger than the sum of the response options shown here because “don’t know” and “refused” responses are not shown.

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