

Most People Globally Felt Socially Connected to Others and Half Said They Were Not Lonely at All, Meta-Gallup Study Finds

New data estimates that approximately 3.2 billion people around the world felt either “very” or “fairly” connected to each other

Washington, D.C. — November 1, 2023 — In a new report, [The Global State of Social Connections](#), Meta and Gallup examine feelings of connectedness and loneliness among people from 142 countries. The degree to which social needs 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.

The findings show that most people (72%) felt “very” or “fairly” socially connected to others, equating to around 3.2 billion people across the countries represented in this survey. However, experience of social connection varied across countries, with one in 20 people (6%) worldwide saying they did not feel connected “at all” to other people.

“Our platforms are designed to foster connection, help people build and maintain relationships, and find support when they need it,” says Dr. Anya Drabkin, senior researcher at Meta. “Our hope is that data like this will also benefit the global community in understanding how we can all come together to support people and ensure that everyone has ways to find and nurture the social connections we all need to thrive.”

When looking globally at social connectedness by gender, similar percentages of men and women reported feeling “very” or “fairly” connected to others (73% and 72%, respectively). 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 the other end of the spectrum, 47% of men in the Dominican Republic and 42% of women in the Republic of the Congo said they felt socially connected. 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%).

The global report also aims to understand feelings of loneliness and how frequently people feel lonely. While levels of loneliness around the world varied, roughly half of all people surveyed (translating to approximately 2.2 billion people) said they did not feel lonely “at all.” The report does reveal that nearly a quarter (24%) of the global population felt “very” or “fairly” lonely. Reported loneliness was as low as 5% in Vietnam and as high as 58% in Lesotho. More than half (53%) of women reported feeling lonely in Uganda, 46% in Nepal and 40% in Iraq.

While global rates of social connectedness were relatively consistent across age groups, ranging from 71% among young adults aged 19-29 and adults aged 30-44 to 75% among those 65 and older, rates of reported loneliness showed more variability. Young adults (aged 19-29) reported more loneliness (27% — translating to more than 135 million) than older adults aged 65+ worldwide (17%).

“Every day, billions of people interact with their friends, families, neighbors and colleagues through a multitude of ways, including in-person and via technology,” says Lance Stevens, managing consultant at Gallup. “They

are making social connections that can boost health and happiness, but when these social connections are missing, people feel it.”

The report also investigates how people worldwide interact with each other. Most people reported interacting with a variety of social groups at least once a day, including friends or family who live with or near them (58%) as well as neighbors or others who live nearby (46%). A third of the global population reported interacting daily with friends and family who live far away, suggesting that many people likely use some form of technology every day to foster connectedness with important people in their lives. 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.

To view the full study, please see [The Global State of Social Connections](#) report.

About Gallup

Gallup delivers analytics and advice to help leaders and organizations solve their most pressing problems. Combining more than 80 years of experience with its global reach, Gallup knows more about the attitudes and behaviors of employees, customers, students and citizens than any other organization in the world.

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