

# 건강 상태 인식

## WWS(WIN World Survey) 다국가 조사

자신의 전반적 건강 상태 | 측면별 평가 - 체력, 체중, 정신건강, 수면 | 일상 스트레스 빈도와 원인

### 세계 조사 개요

2023년 12월~2024년 2월 39개국 성인 33,866명 전화/온라인/면접조사(주제별 참여국 상이)

### 한국 조사 개요

- 조사기간: 2024년 1월 24~30일
- 표본추출: **사회연구패널\***에서 성·연령·지역별 층화 추출  
(한국갤럽이 무선전화 RDD 방식으로 구축·운영하는 확률 기반 조사패널)
- 응답방식: 모바일조사(조사대상자에게 문자메시지 발송, 자기기입식 웹조사)
- 조사대상: 전국 만 19~79세 1,029명
- 표본오차:  $\pm 3.1\%$ 포인트(95% 신뢰수준)
- 문자 발송 대비 응답 완료율: 33.4%(총 3,078명 중 1,029명)
- 의뢰처: 한국갤럽-WIN 자체 조사

갤럽리포트 G20240411

## 응답자 특성표

한국 응답자 특성표 2024년 1월 24~30일 사회연구패널 조사		조사완료		가중값 적용		가중값 배율 (B/A)	표본오차 95% 신뢰수준
		사례수 (명)(A)	비율	사례수 (명)(B)	비율		
전체		1,029	100%	1,029	100%	1.00	±3.1%P
성별	남성	490	48%	518	50%	1.06	±4.4%P
	여성	539	52%	511	50%	0.95	±4.2%P
연령별	19~29세	156	15%	162	16%	1.04	±7.8%P
	30대	143	14%	167	16%	1.17	±8.2%P
	40대	185	18%	196	19%	1.06	±7.2%P
	50대	211	21%	213	21%	1.01	±6.7%P
	60~79세	334	32%	290	28%	0.87	±5.4%P
지역별	서울	202	20%	194	19%	0.96	±6.9%P
	인천/경기	313	30%	333	32%	1.06	±5.5%P
	대전/세종/충청	121	12%	109	11%	0.90	±8.9%P
	광주/전라	104	10%	98	9%	0.94	±9.6%P
	대구/경북	96	9%	98	10%	1.02	±10.0%P
	부산/울산/경남	150	15%	154	15%	1.02	±8.0%P
	강원/제주	43	4%	44	4%	1.01	±14.9%P

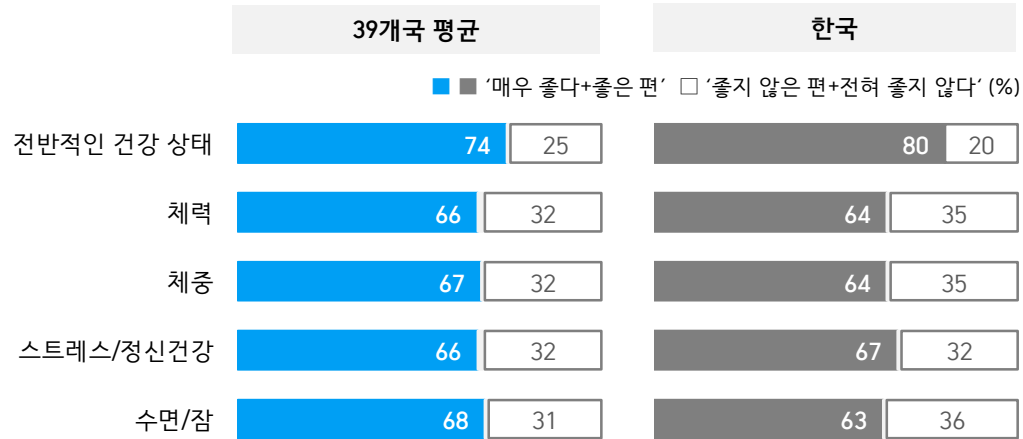
- 사회연구패널: 한국갤럽이 무선전화 RDD 방식으로 구축·운영하는 확률 기반 조사패널
- 패널참여성향가중x인구비례가중 적용(2023년 12월 행정안전부 주민등록인구 기준)
- 표본오차는 조사완료 사례수 기준. 한국갤럽 [www.gallup.co.kr](http://www.gallup.co.kr)

한국 응답자 특성표 2024년 1월 24~30일 사회연구패널 조사		조사완료 사례수 (명)		주민등록인구 기준 가중값 적용 결과					
				가중적용 사례수	연령 분포				
					19~29세	30대	40대	50대	60~79세
전체		1,029	1,029	16%	16%	19%	21%	28%	
성별	남성	490	518	16%	17%	19%	21%	27%	
	여성	539	511	16%	15%	19%	21%	29%	
지역별	서울	202	194	18%	18%	18%	19%	26%	
	인천/경기	313	333	16%	17%	20%	21%	25%	
	대전/세종/충청	121	109	16%	16%	19%	21%	28%	
	광주/전라	104	98	16%	13%	18%	22%	32%	
	대구/경북	96	98	15%	14%	18%	22%	32%	
	부산/울산/경남	150	154	14%	14%	19%	21%	31%	
	강원/제주	43	44	-	-	-	-	-	
직업별	농/임/어업	28	35	-	-	-	-	-	
	자영업	116	115	-	12%	22%	26%	40%	
	기능노무/서비스	162	176	8%	10%	17%	33%	31%	
	사무/관리	370	362	18%	29%	28%	19%	6%	
	전업주부	147	136	1%	4%	17%	22%	55%	
	학생	62	65	91%	7%	1%	-	-	
무직/은퇴/기타	144	139	14%	13%	8%	10%	55%		
주관적 생활 수준별	상/중상	209	195	19%	17%	21%	21%	22%	
	중	442	430	17%	18%	19%	17%	30%	
중하	중하	312	325	13%	14%	20%	26%	27%	
	하	60	72	11%	19%	15%	18%	37%	
교육 수준별	고졸 이하	265	306	5%	6%	11%	25%	53%	
	대재 이상	760	718	20%	21%	23%	19%	18%	
성향별	보수	316	320	10%	15%	15%	19%	41%	
	중도	400	415	18%	17%	21%	20%	24%	
	진보	299	272	17%	16%	21%	26%	20%	
혼인 상태별	미혼/비혼	289	315	48%	29%	14%	6%	2%	
	기혼	642	610	1%	12%	23%	27%	36%	
이혼/별거/사별	96	102	2%	4%	9%	24%	60%		

- 50사례 미만은 수치 제시하지 않음. 한국갤럽 [www.gallup.co.kr](http://www.gallup.co.kr)

# 전반적 건강 상태

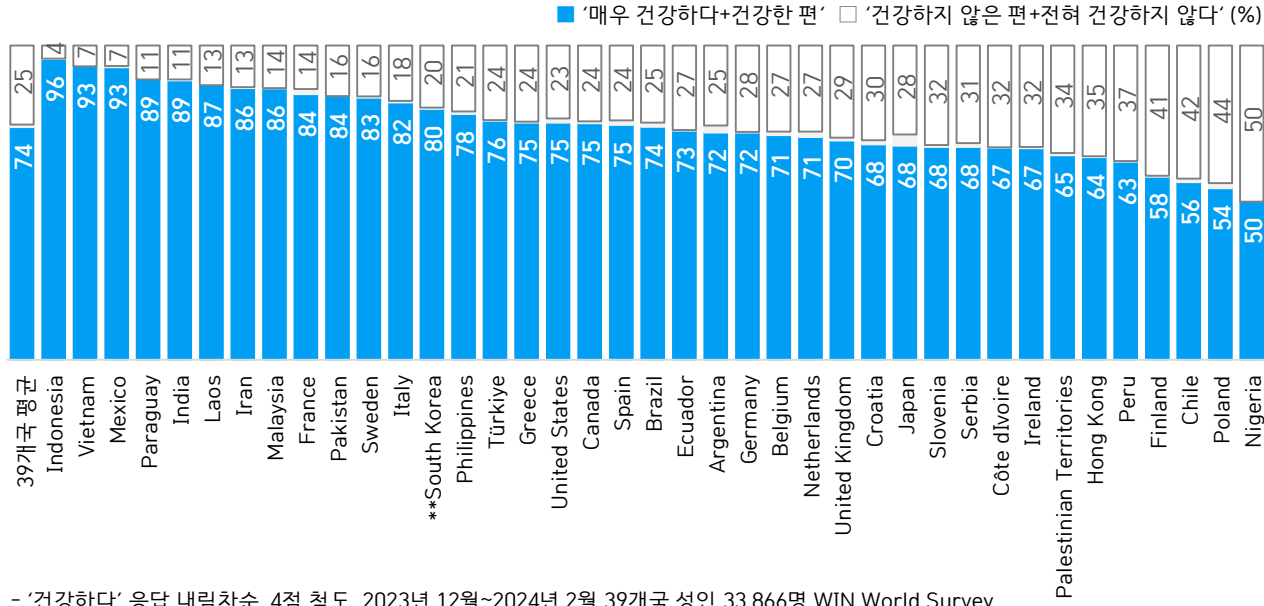
● 자신의 건강 상태 인식 요약



- 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey

- 한국은 2024년 1월 24~30일 전국 만 19~79세 1,029명 사회연구패널 모바일조사. 한국갤럽 [www.gallup.co.kr](http://www.gallup.co.kr)

● 전반적인 건강 상태 인식: 국가별



- '건강하다' 응답 내림차순. 4점 척도. 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey  
 - 한국은 2024년 1월 24~30일 전국 만 19~79세 1,029명 사회연구패널 모바일조사. 한국갤럽 www.gallup.co.kr

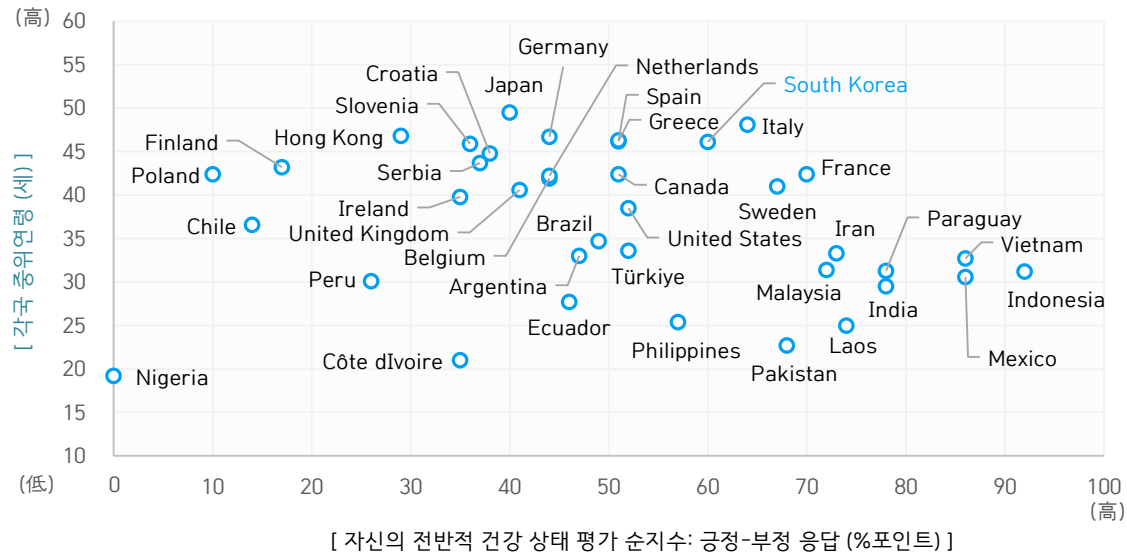
● 전반적인 건강 상태: 국가별

2023년 12월~2024년 2월 39개국 33,866명 조사	자신의 전반적 건강 상태					건강 하다 (계①)	건강 하지 않다 (계②)	Net Score (①-②)	중위 연령 (세)
	매우 건강	건강한 편	건강 하지 않은편	전혀 건강 않음	모름 응답 거절				
전체 평균	17%	57%	21%	4%	1%	74%	25%	49	
Argentina	10%	63%	21%	4%	2%	72%	25%	47	33.0
Belgium	24%	48%	22%	5%	1%	71%	27%	44	41.9
Brazil	17%	57%	21%	4%	1%	74%	25%	49	34.7
Canada	12%	64%	20%	4%	1%	75%	24%	51	42.4
Chile	10%	46%	34%	8%	1%	56%	42%	14	36.6
Côte d'Ivoire	29%	38%	28%	5%	0%	67%	32%	35	21.0
Croatia	8%	61%	26%	4%	1%	68%	30%	38	44.8
Ecuador	16%	57%	23%	4%	0%	73%	27%	46	27.7
Finland	8%	51%	35%	7%	0%	58%	41%	17	43.2
France	14%	70%	13%	1%	2%	84%	14%	70	42.4
Germany	13%	59%	20%	7%	0%	72%	28%	44	46.7
Greece	17%	58%	22%	2%	0%	75%	24%	51	46.2
Hong Kong	9%	56%	30%	5%	0%	64%	35%	29	46.8
India	27%	62%	10%	1%	0%	89%	11%	78	29.5
Indonesia	33%	62%	4%	1%	0%	96%	4%	92	31.2
Iran	57%	29%	7%	6%	0%	86%	13%	73	33.3
Ireland	9%	58%	26%	6%	1%	67%	32%	35	39.8
Italy	12%	70%	15%	3%	1%	82%	18%	64	48.1
Japan	12%	56%	22%	6%	4%	68%	28%	40	49.5
Laos	12%	75%	9%	4%	0%	87%	13%	74	25.0
Malaysia	19%	67%	13%	1%	0%	86%	14%	72	31.4
Mexico	23%	70%	6%	1%	0%	93%	7%	86	30.6
Netherlands	8%	63%	24%	3%	2%	71%	27%	44	42.2
Nigeria	25%	25%	50%	0%	0%	50%	50%	0	19.2
Pakistan	41%	43%	14%	2%	0%	84%	16%	68	22.7
Palestinian Territories	13%	52%	29%	6%	1%	65%	34%	31	-
Paraguay	26%	63%	9%	2%	0%	89%	11%	78	31.3
Peru	8%	55%	32%	5%	0%	63%	37%	26	30.1
Philippines	12%	66%	19%	2%	1%	78%	21%	57	25.4
Poland	7%	48%	33%	11%	2%	54%	44%	10	42.4
Serbia	8%	60%	27%	5%	1%	68%	31%	37	43.7
Slovenia	10%	57%	25%	7%	1%	68%	32%	36	45.9
**South Korea	11%	69%	18%	2%	0%	80%	20%	60	46.1
Spain	14%	60%	20%	4%	2%	75%	24%	51	46.3
Sweden	17%	67%	14%	2%	1%	83%	16%	67	41.0
Türkiye	19%	57%	19%	4%	0%	76%	24%	52	33.6
United Kingdom	10%	59%	23%	7%	1%	70%	29%	41	40.6
United States	17%	58%	19%	4%	1%	75%	23%	52	38.5
Vietnam	16%	77%	7%	0%	0%	93%	7%	86	32.7

- 국가명 순. Net Score: 순(純) 지수, 긍정-부정 격차. WIN World Survey 2024

- 중위 연령: 한국(통계청) 2024년, 그 외 국가는 CIA The World Factbook 2023년 추정치 기준. 한국갤럽

● 자신의 전반적 건강 상태 평가 순지수, 각국 중위연령 추정치



- 건강 상태 평가는 '매우 건강하다, 건강한 편(이상 '긍정'), 건강하지 않은 편, 전혀 건강하지 않다(이상 '부정') 4점 척도
- 중위 연령: 한국(통계청) 2024년, 그 외 국가는 CIA The World Factbook 2023년(미국 2020년) 추정치 기준
- 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey. 한국갤럽 [www.gallup.co.kr](http://www.gallup.co.kr)

질문) 귀하 본인의 전반적인 건강 상태는 어떻습니까? (4점 척도)

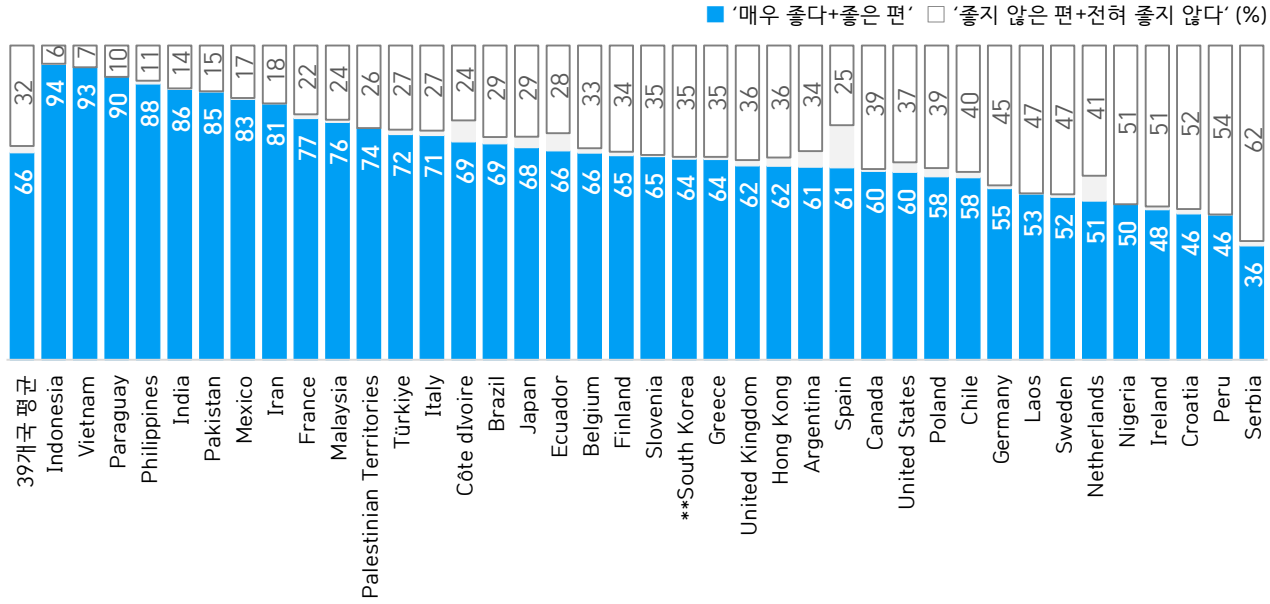
2024년 1월 24~30일 전국 만 19~79세 조사	사례수 (명)	전반적인 건강 상태					건강 하다 (계①)	건강 찮다 (계②)	Net Score (①-②)
		매우 건강하다	건강한 편	건강하지 않은 편	전혀건강 하지않다	모름/ 응답거절			
전체	1,029	11%	69%	18%	2%	0%	80%	20%	60
성별 남성	518	15%	66%	17%	2%	0%	81%	19%	62
여성	511	7%	71%	19%	2%	1%	79%	21%	58
연령별 19~29세	162	15%	65%	18%	2%	1%	80%	20%	60
30대	167	16%	60%	22%	1%		77%	23%	54
40대	196	8%	74%	15%	1%	2%	82%	16%	66
50대	213	8%	75%	16%	1%		83%	17%	66
60~79세	290	9%	68%	20%	3%	0%	77%	23%	54
성/연령별 남성 19~29세	83	19%	63%	16%	1%	1%	81%	17%	64
남성 30대	88	21%	53%	24%	2%		74%	26%	48
남성 40대	100	12%	68%	19%		1%	80%	19%	61
남성 50대	106	11%	77%	10%	2%		88%	12%	76
남성 60~79세	140	12%	67%	18%	3%		79%	21%	58
여성 19~29세	79	12%	66%	20%	2%		78%	22%	56
여성 30대	78	12%	68%	21%			79%	21%	58
여성 40대	97	3%	81%	10%	3%	3%	85%	13%	72
여성 50대	107	6%	72%	21%	1%		78%	22%	56
여성 60~79세	150	6%	69%	22%	2%	1%	75%	24%	51
직업별 농/임/어업	35	-	-	-	-	-	-	-	-
자영업	115	15%	73%	9%	1%	2%	88%	11%	77
기능노무/서비스	176	9%	67%	22%	1%	0%	76%	23%	53
사무/관리	362	12%	70%	17%	1%	0%	82%	18%	64
전업주부	136	6%	71%	21%	2%		77%	23%	54
학생	65	13%	74%	11%	1%		88%	12%	76
무직/은퇴/기타	139	11%	60%	24%	4%	1%	71%	29%	42
생활 수준별 상/중상	195	19%	66%	11%	2%	1%	86%	13%	73
중	430	13%	71%	15%	1%	0%	84%	15%	69
중하	325	5%	71%	22%	2%	0%	75%	24%	51
하	72	3%	51%	41%	5%		54%	46%	8
지역별 서울	194	13%	71%	13%	1%	1%	85%	14%	71
인천/경기	333	12%	63%	23%	2%	0%	75%	25%	50
대전/세종/충청	109	7%	73%	16%	3%		80%	20%	60
광주/전라	98	11%	66%	19%	2%	2%	77%	21%	56
대구/경북	98	11%	76%	12%	1%		87%	13%	74
부산/울산/경남	154	8%	72%	18%	1%		80%	20%	60
강원/제주	44	-	-	-	-	-	-	-	-

- 50사례 미만은 수치 제시하지 않음. 한국갤럽 www.gallup.co.kr



# 건강 측면별 평가

● 건강 측면별 평가 [1/4] 체력: 국가별



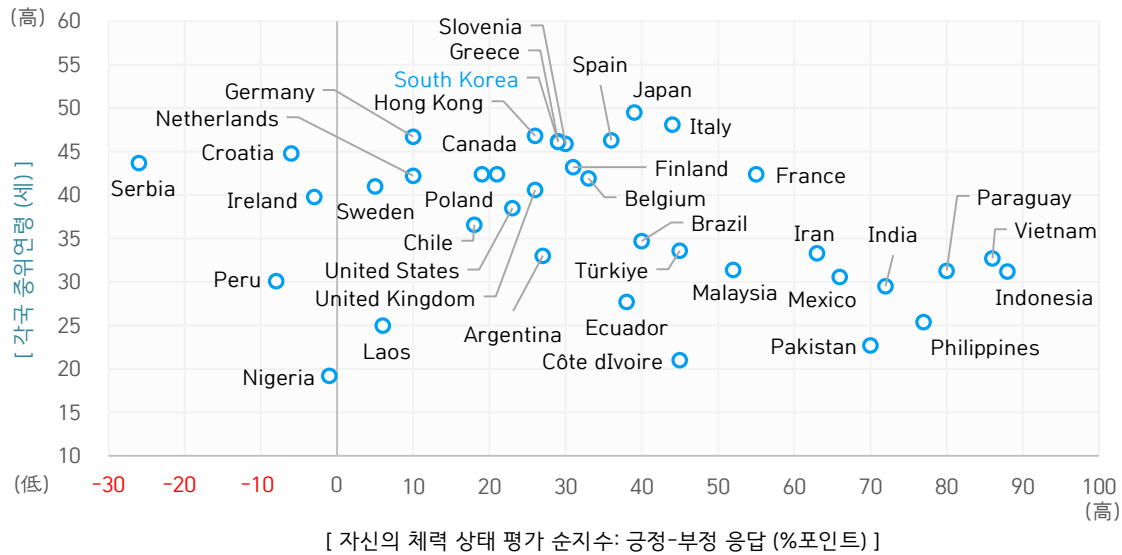
- '좋다' 응답 내림차순, 4점 척도. 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey  
 - 한국은 2024년 1월 24~30일 전국 만 19~79세 1,029명 사회연구패널 모바일조사. 한국갤럽 www.gallup.co.kr

● 건강 측면별 평가 [1/4] 체력: 국가별

2023년 12월~2024년 2월 39개국 33,866명 조사	건강 측면별 평가 [1/4] 체력					좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
	매우 좋다	좋은 편	좋지 않은 편	전혀 좋지 않다	모름 응답 거절			
전체 평균	18%	48%	25%	7%	2%	66%	32%	34
Argentina	8%	54%	24%	10%	5%	61%	34%	27
Belgium	14%	52%	23%	10%	2%	66%	33%	33
Brazil	13%	56%	23%	6%	2%	69%	29%	40
Canada	9%	51%	30%	9%	1%	60%	39%	21
Chile	6%	52%	33%	7%	2%	58%	40%	18
Côte d'Ivoire	39%	31%	13%	11%	7%	69%	24%	45
Croatia	13%	34%	27%	25%	2%	46%	52%	-6
Ecuador	20%	47%	21%	7%	6%	66%	28%	38
Finland	10%	55%	29%	4%	1%	65%	34%	31
France	14%	63%	19%	3%	1%	77%	22%	55
Germany	11%	44%	35%	10%	1%	55%	45%	10
Greece	10%	54%	28%	7%	1%	64%	35%	29
Hong Kong	9%	52%	31%	5%	3%	62%	36%	26
India	34%	52%	11%	3%	0%	86%	14%	72
Indonesia	49%	45%	5%	1%	0%	94%	6%	88
Iran	24%	57%	14%	5%	0%	81%	18%	63
Ireland	6%	42%	38%	13%	1%	48%	51%	-3
Italy	9%	63%	24%	3%	2%	71%	27%	44
Japan	12%	56%	22%	7%	3%	68%	29%	39
Laos	18%	34%	42%	5%	0%	53%	47%	6
Malaysia	19%	56%	20%	3%	1%	76%	24%	52
Mexico	19%	64%	15%	1%	0%	83%	17%	66
Netherlands	8%	43%	30%	11%	8%	51%	41%	10
Nigeria	42%	7%	50%	1%	0%	50%	51%	-1
Pakistan	50%	35%	12%	3%	0%	85%	15%	70
Palestinian Territories	24%	49%	24%	2%	0%	74%	26%	48
Paraguay	20%	70%	10%	0%	0%	90%	10%	80
Peru	4%	42%	49%	5%	0%	46%	54%	-8
Philippines	39%	49%	10%	1%	1%	88%	11%	77
Poland	8%	51%	31%	8%	3%	58%	39%	19
Serbia	8%	28%	40%	22%	2%	36%	62%	-26
Slovenia	11%	54%	30%	5%	0%	65%	35%	30
**South Korea	5%	59%	32%	4%	1%	64%	35%	29
Spain	16%	45%	19%	7%	14%	61%	25%	36
Sweden	7%	45%	39%	8%	1%	52%	47%	5
Türkiye	26%	46%	20%	7%	2%	72%	27%	45
United Kingdom	11%	51%	27%	10%	2%	62%	36%	26
United States	17%	43%	26%	11%	3%	60%	37%	23
Vietnam	30%	64%	6%	1%	0%	93%	7%	86

- 국가명 순. Net Score: 순(純) 지수, 긍정-부정 격차. WIN World Survey 2024

● 자신의 체력 상태 평가 순지수, 각국 중위연령 추정치



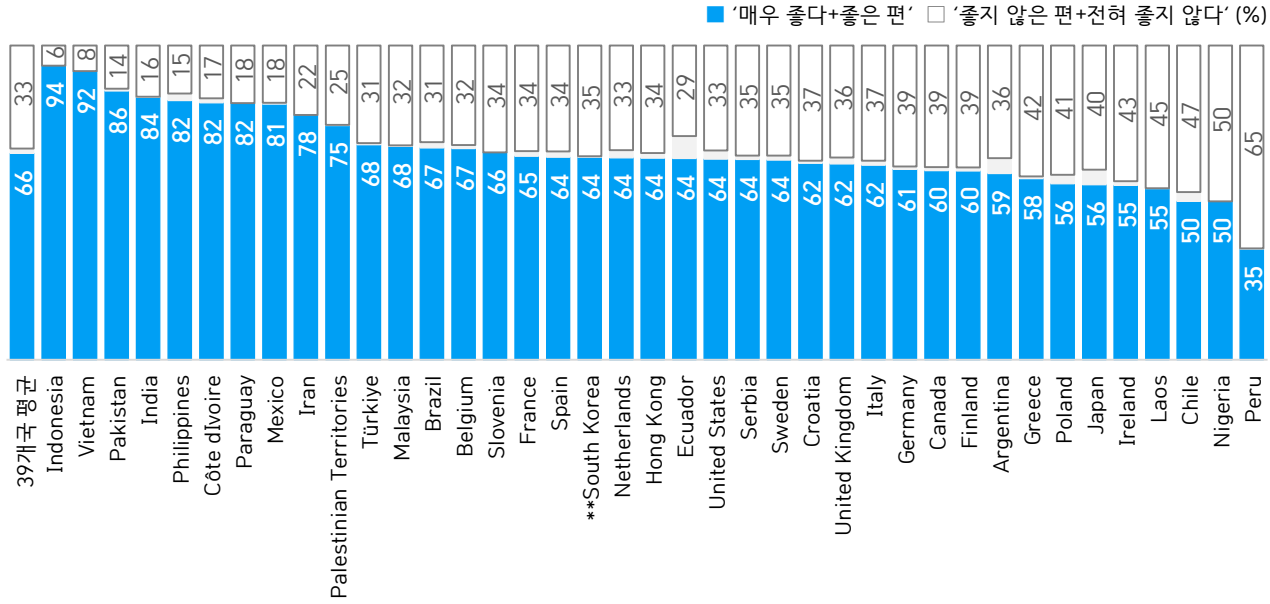
- 체력 상태 평가는 '매우 좋다, 좋은 편(이상 '긍정'), 좋지 않은 편, 전혀 좋지 않다(이상 '부정') 4점 척도
- 중위 연령: 한국(통계청) 2024년, 그 외 국가는 CIA The World Factbook 2023년(미국 2020년) 추정치 기준
- 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey. 한국갤럽 [www.gallup.co.kr](http://www.gallup.co.kr)

질문) 귀하의 건강 상태를 다음 각각의 측면에서 보면 어떻습니까? (4점 척도)

2024년 1월 24~30일 전국 만 19~79세 조사	사례수 (명)	건강 측면별 평가 [1/4] 체력					좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
		매우 좋다	좋은 편	좋지 않은 편	전혀 좋지않다	모름/ 응답거절			
전체	1,029	5%	59%	32%	4%	1%	64%	35%	29
성별									
남성	518	8%	63%	26%	3%	0%	71%	29%	42
여성	511	2%	55%	37%	5%	1%	57%	42%	15
연령별									
19~29세	162	5%	46%	42%	5%	1%	51%	48%	3
30대	167	5%	51%	35%	8%		56%	44%	12
40대	196	2%	62%	31%	3%	1%	64%	35%	29
50대	213	7%	65%	27%	1%	0%	72%	28%	44
60~79세	290	4%	65%	27%	3%	1%	69%	30%	39
성/ 연령별									
남성 19~29세	83	8%	54%	36%	3%		61%	39%	22
남성 30대	88	8%	57%	30%	5%		66%	34%	32
남성 40대	100	5%	65%	26%	3%	1%	70%	29%	41
남성 50대	106	12%	67%	20%	2%		78%	22%	56
남성 60~79세	140	6%	68%	23%	3%		74%	26%	48
여성 19~29세	79	2%	38%	49%	8%	3%	40%	58%	-18
여성 30대	78	2%	44%	42%	12%		46%	54%	-8
여성 40대	97		58%	37%	4%	1%	58%	41%	17
여성 50대	107	2%	63%	34%	1%	1%	65%	34%	31
여성 60~79세	150	3%	62%	31%	3%	1%	65%	34%	31
직업별									
농/임/어업	35	-	-	-	-	-	-	-	-
자영업	115	6%	67%	25%	2%	1%	73%	27%	46
기능노무/서비스	176	6%	64%	25%	4%	2%	69%	29%	40
사무/관리	362	5%	60%	32%	4%		64%	36%	28
전업주부	136	1%	56%	38%	4%	1%	57%	42%	15
학생	65	9%	40%	42%	9%		49%	51%	-2
무직/은퇴/기타	139	5%	56%	34%	5%		61%	39%	22
생활 수준별									
상/중상	195	12%	59%	26%	3%		71%	29%	42
중	430	4%	64%	28%	3%	1%	68%	31%	37
중하	325	2%	57%	35%	6%	1%	58%	41%	17
하	72	2%	42%	50%	6%		44%	56%	-12
지역별									
서울	194	6%	58%	34%	2%	0%	64%	36%	28
인천/경기	333	4%	60%	31%	5%	1%	63%	36%	27
대전/세종/충청	109	6%	60%	25%	8%	1%	66%	33%	33
광주/전라	98	5%	55%	36%	4%		60%	40%	20
대구/경북	98	5%	59%	33%	2%		65%	35%	30
부산/울산/경남	154	3%	60%	34%	3%		62%	38%	24
강원/제주	44	-	-	-	-	-	-	-	-

- 50사례 미만은 수치 제시하지 않음. 한국갤럽 www.gallup.co.kr

● 건강 측면별 평가 [2/4] 체중: 국가별



- '좋다' 응답 내림차순, 4점 척도. 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey  
 - 한국은 2024년 1월 24~30일 전국 만 19~79세 1,029명 사회연구패널 모바일조사. 한국갤럽 www.gallup.co.kr

● 건강 측면별 평가 [2/4] 체중: 국가별

2023년 12월~2024년 2월 39개국 33,866명 조사	건강 측면별 평가 [2/4] 체중					좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
	매우 좋다	좋은 편	좋지 않은 편	전혀 좋지 않다	모름 응답 거절			
전체 평균	19%	46%	26%	6%	1%	66%	33%	33
Argentina	7%	52%	26%	10%	5%	59%	36%	23
Belgium	17%	50%	25%	6%	1%	67%	32%	35
Brazil	13%	54%	26%	5%	2%	67%	31%	36
Canada	14%	46%	30%	9%	1%	60%	39%	21
Chile	6%	44%	35%	12%	3%	50%	47%	3
Côte d'Ivoire	45%	37%	14%	3%	2%	82%	17%	65
Croatia	21%	41%	27%	10%	1%	62%	37%	25
Ecuador	16%	48%	19%	10%	7%	64%	29%	35
Finland	17%	43%	29%	10%	1%	60%	39%	21
France	17%	48%	27%	7%	2%	65%	34%	31
Germany	17%	44%	32%	7%	1%	61%	39%	22
Greece	15%	42%	29%	13%	1%	58%	42%	16
Hong Kong	11%	53%	29%	5%	2%	64%	34%	30
India	30%	53%	14%	3%	0%	84%	16%	68
Indonesia	44%	50%	6%	0%	0%	94%	6%	88
Iran	25%	53%	17%	6%	0%	78%	22%	56
Ireland	11%	45%	33%	10%	1%	55%	43%	12
Italy	10%	52%	31%	6%	1%	62%	37%	25
Japan	10%	45%	29%	11%	5%	56%	40%	16
Laos	13%	42%	42%	3%	0%	55%	45%	10
Malaysia	16%	52%	28%	4%	0%	68%	32%	36
Mexico	16%	65%	15%	4%	0%	81%	18%	63
Netherlands	12%	52%	29%	5%	3%	64%	33%	31
Nigeria	40%	11%	50%	0%	0%	50%	50%	0
Pakistan	47%	38%	11%	3%	1%	86%	14%	72
Palestinian Territories	23%	52%	22%	4%	0%	75%	25%	50
Paraguay	16%	66%	17%	1%	0%	82%	18%	64
Peru	3%	33%	54%	11%	0%	35%	65%	-30
Philippines	38%	44%	12%	3%	2%	82%	15%	67
Poland	12%	44%	33%	8%	3%	56%	41%	15
Serbia	15%	49%	28%	7%	1%	64%	35%	29
Slovenia	20%	46%	28%	6%	0%	66%	34%	32
**South Korea	8%	57%	29%	6%	0%	64%	35%	29
Spain	22%	43%	29%	5%	2%	64%	34%	30
Sweden	14%	50%	27%	8%	1%	64%	35%	29
Türkiye	22%	47%	24%	7%	0%	68%	31%	37
United Kingdom	15%	47%	27%	8%	2%	62%	36%	26
United States	20%	44%	25%	8%	3%	64%	33%	31
Vietnam	26%	66%	7%	1%	0%	92%	8%	84

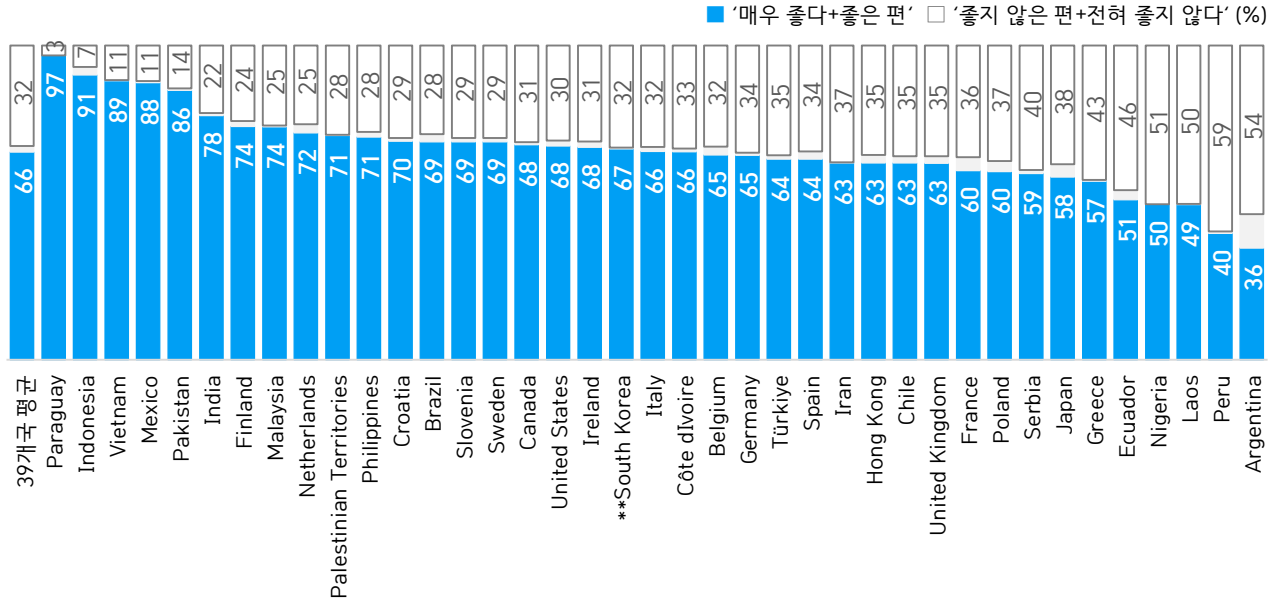
- 국가명 순. Net Score: 순(純) 지수, 긍정-부정 격차. WIN World Survey 2024

2024년 1월 24~30일 전국 만 19~79세 조사	사례수 (명)	건강 측면별 평가 [2/4] 체중					좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
		매우 좋다	좋은 편	좋지 않은 편	전혀 좋지않다	모름/ 응답거절			
전체	1,029	8%	57%	29%	6%	0%	64%	35%	29
성별 남성	518	9%	55%	30%	6%	0%	64%	35%	29
여성	511	6%	58%	29%	6%	0%	65%	35%	30
연령별 19~29세	162	11%	41%	35%	12%	1%	52%	47%	5
30대	167	6%	51%	33%	10%		56%	44%	12
40대	196	5%	53%	36%	5%		59%	41%	18
50대	213	10%	60%	28%	2%	1%	70%	30%	40
60~79세	290	7%	69%	20%	3%	0%	77%	23%	54
성/연령별 남성 19~29세	83	15%	30%	42%	12%		46%	54%	-8
남성 30대	88	8%	47%	36%	9%		55%	45%	10
남성 40대	100	5%	49%	39%	7%		54%	46%	8
남성 50대	106	12%	62%	23%	2%	1%	74%	25%	49
남성 60~79세	140	8%	73%	16%	2%		82%	18%	64
여성 19~29세	79	6%	52%	27%	13%	2%	58%	40%	18
여성 30대	78	3%	55%	30%	12%		58%	42%	16
여성 40대	97	6%	57%	32%	4%		63%	37%	26
여성 50대	107	8%	57%	33%	2%		65%	35%	30
여성 60~79세	150	6%	65%	24%	4%	1%	72%	28%	44
직업별 농/임/어업	35	-	-	-	-	-	-	-	-
자영업	115	4%	72%	19%	4%	1%	75%	24%	51
기능노무/서비스	176	10%	57%	28%	6%		67%	33%	34
사무/관리	362	9%	52%	31%	8%	0%	61%	39%	22
전업주부	136	4%	56%	38%	2%		60%	40%	20
학생	65	13%	38%	37%	9%	2%	51%	46%	5
무직/은퇴/기타	139	8%	62%	25%	5%		69%	31%	38
생활수준별 상/중상	195	13%	61%	22%	4%		74%	26%	48
중	430	8%	58%	29%	5%	0%	66%	34%	32
중하	325	5%	56%	31%	7%	0%	61%	39%	22
하	72	2%	43%	40%	14%		46%	54%	-8
지역별 서울	194	8%	54%	31%	7%	1%	61%	37%	24
인천/경기	333	8%	54%	30%	7%	0%	63%	37%	26
대전/세종/충청	109	7%	58%	31%	5%		64%	36%	28
광주/전라	98	7%	55%	31%	6%		63%	37%	26
대구/경북	98	9%	61%	24%	5%		71%	29%	42
부산/울산/경남	154	6%	63%	27%	4%		69%	31%	38
강원/제주	44	-	-	-	-	-	-	-	-

- 50사례 미만은 수치 제시하지 않음. 한국갤럽 www.gallup.co.kr



● 건강 측면별 평가 [3/4] 스트레스/정신건강: 국가별



- '좋다' 응답 내림차순, 4점 척도. 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey

- 한국은 2024년 1월 24~30일 전국 만 19~79세 1,029명 사회연구패널 모바일조사. 한국갤럽 www.gallup.co.kr

● 건강 측면별 평가 [3/4] 스트레스/정신건강: 국가별

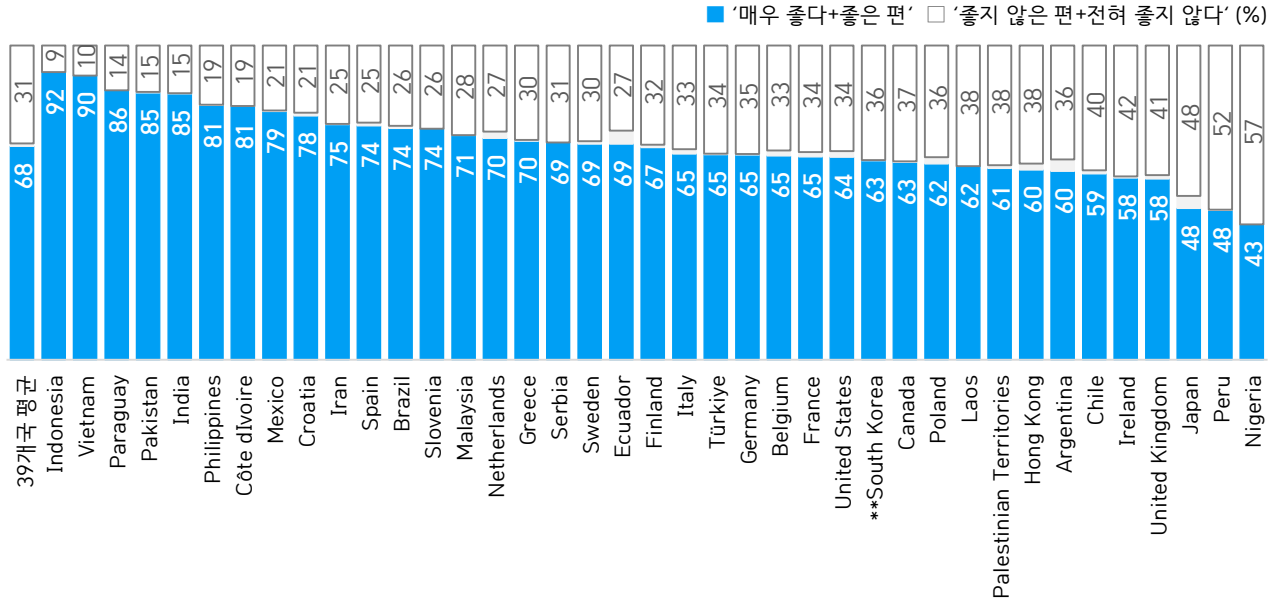
2023년 12월~2024년 2월 39개국 33,866명 조사	측면별 평가 [3/4] 스트레스/정신건강					좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
	매우 좋다	좋은 편	좋지 않은 편	전혀 좋지 않다	모름 응답 거절			
전체 평균	20%	47%	23%	9%	2%	66%	32%	34
Argentina	6%	30%	31%	23%	11%	36%	54%	-18
Belgium	17%	48%	24%	8%	3%	65%	32%	33
Brazil	16%	53%	21%	7%	2%	69%	28%	41
Canada	18%	51%	24%	7%	1%	68%	31%	37
Chile	12%	51%	25%	11%	2%	63%	35%	28
Côte d'Ivoire	32%	34%	21%	12%	1%	66%	33%	33
Croatia	19%	51%	20%	10%	1%	70%	29%	41
Ecuador	10%	41%	29%	17%	3%	51%	46%	5
Finland	18%	57%	20%	4%	2%	74%	24%	50
France	15%	45%	26%	10%	4%	60%	36%	24
Germany	16%	49%	28%	6%	1%	65%	34%	31
Greece	11%	46%	31%	12%	0%	57%	43%	14
Hong Kong	13%	49%	29%	6%	3%	63%	35%	28
India	33%	44%	16%	6%	1%	78%	22%	56
Indonesia	39%	52%	5%	1%	3%	91%	7%	84
Iran	18%	45%	21%	16%	0%	63%	37%	26
Ireland	13%	55%	22%	9%	2%	68%	31%	37
Italy	11%	56%	25%	8%	1%	66%	32%	34
Japan	11%	47%	25%	13%	4%	58%	38%	20
Laos	14%	35%	46%	4%	0%	49%	50%	-1
Malaysia	21%	54%	21%	4%	0%	74%	25%	49
Mexico	15%	73%	9%	3%	1%	88%	11%	77
Netherlands	14%	58%	21%	4%	3%	72%	25%	47
Nigeria	42%	7%	0%	50%	0%	50%	51%	-1
Pakistan	48%	37%	11%	3%	1%	86%	14%	72
Palestinian Territories	25%	46%	23%	6%	0%	71%	28%	43
Paraguay	36%	61%	2%	1%	0%	97%	3%	94
Peru	4%	36%	51%	8%	1%	40%	59%	-19
Philippines	23%	48%	23%	5%	2%	71%	28%	43
Poland	12%	48%	27%	10%	3%	60%	37%	23
Serbia	11%	48%	27%	13%	1%	59%	40%	19
Slovenia	16%	53%	23%	6%	1%	69%	29%	40
**South Korea	9%	58%	29%	4%	0%	67%	32%	35
Spain	24%	40%	23%	11%	2%	64%	34%	30
Sweden	21%	48%	22%	7%	1%	69%	29%	40
Türkiye	23%	41%	23%	12%	1%	64%	35%	29
United Kingdom	23%	40%	24%	12%	2%	63%	35%	28
United States	26%	42%	22%	8%	2%	68%	30%	38
Vietnam	20%	68%	9%	2%	0%	89%	11%	78

- 국가명 순. Net Score: 순(純) 지수, 긍정-부정 격차. WIN World Survey 2024

2024년 1월 24~30일 전국 만 19~79세 조사		사례수 (명)	건강 측면별 평가 [3/4] 스트레스/정신건강				모름/ 응답거절	좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
			매우 좋다	좋은 편	좋지 않은 편	전혀 좋지않다				
전체		1,029	9%	58%	29%	4%	0%	67%	32%	35
성별	남성	518	12%	57%	28%	3%	0%	68%	31%	37
	여성	511	7%	59%	29%	5%	0%	66%	34%	32
연령별	19~29세	162	10%	52%	31%	6%	1%	62%	37%	25
	30대	167	8%	47%	35%	9%	0%	55%	44%	11
	40대	196	7%	52%	36%	4%	1%	59%	40%	19
	50대	213	10%	60%	29%	1%		70%	30%	40
	60~79세	290	10%	70%	19%	1%		80%	20%	60
성/ 연령별	남성 19~29세	83	14%	61%	22%	3%		75%	25%	50
	남성 30대	88	12%	43%	36%	10%		54%	46%	8
	남성 40대	100	12%	44%	39%	3%	2%	56%	42%	14
	남성 50대	106	12%	56%	30%	1%		69%	31%	38
	남성 60~79세	140	10%	72%	18%			82%	18%	64
	여성 19~29세	79	6%	43%	40%	9%	2%	48%	50%	-2
	여성 30대	78	4%	52%	35%	8%	1%	56%	43%	13
	여성 40대	97	3%	60%	33%	4%		63%	37%	26
	여성 50대	107	8%	63%	27%	2%		71%	29%	42
	여성 60~79세	150	10%	68%	19%	3%		78%	22%	56
직업별	농/임/어업	35	-	-	-	-	-	-	-	-
	자영업	115	9%	65%	22%	4%		74%	26%	48
	기능노무/서비스	176	11%	55%	32%	2%	1%	66%	34%	32
	사무/관리	362	10%	53%	32%	5%	0%	62%	37%	25
	전업주부	136	5%	65%	26%	4%		70%	30%	40
	학생	65	10%	54%	23%	11%	2%	64%	34%	30
	무직/은퇴/기타	139	6%	61%	31%	1%		68%	32%	36
생활 수준별	상/중상	195	17%	62%	18%	4%		79%	21%	58
	중	430	9%	60%	28%	2%	0%	69%	31%	38
	중하	325	7%	56%	33%	5%	0%	62%	38%	24
	하	72	4%	42%	45%	8%		46%	54%	-8
지역별	서울	194	6%	65%	23%	6%	1%	70%	29%	41
	인천/경기	333	12%	52%	32%	4%		64%	36%	28
	대전/세종/충청	109	8%	51%	37%	3%	1%	59%	40%	19
	광주/전라	98	7%	60%	30%	3%	1%	67%	32%	35
	대구/경북	98	9%	61%	28%	1%		70%	30%	40
	부산/울산/경남	154	10%	61%	26%	3%		71%	29%	42
	강원/제주	44	-	-	-	-	-	-	-	-

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● 건강 측면별 평가 [4/4] 수면/잠: 국가별



- '좋다' 응답 내림차순, 4점 척도. 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey  
 - 한국은 2024년 1월 24~30일 전국 만 19~79세 1,029명 사회연구패널 모바일조사. 한국갤럽 www.gallup.co.kr

● 건강 측면별 평가 [4/4] 수면/잠: 국가별

2023년 12월~2024년 2월 39개국 33,866명 조사	건강 측면별 평가 [4/4] 수면/잠					좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
	매우 좋다	좋은 편	좋지 않은 편	전혀 좋지 않다	모름 응답 거절			
전체 평균	22%	46%	25%	6%	1%	68%	31%	37
Argentina	12%	48%	25%	12%	4%	60%	36%	24
Belgium	16%	49%	25%	9%	2%	65%	33%	32
Brazil	21%	52%	21%	4%	1%	74%	26%	48
Canada	13%	50%	29%	8%	0%	63%	37%	26
Chile	11%	49%	30%	10%	1%	59%	40%	19
Côte d'Ivoire	50%	31%	13%	7%	0%	81%	19%	62
Croatia	29%	49%	17%	5%	1%	78%	21%	57
Ecuador	24%	44%	23%	4%	4%	69%	27%	42
Finland	12%	56%	27%	5%	1%	67%	32%	35
France	15%	49%	26%	8%	2%	65%	34%	31
Germany	15%	50%	28%	6%	0%	65%	35%	30
Greece	16%	53%	23%	7%	0%	70%	30%	40
Hong Kong	11%	49%	32%	6%	2%	60%	38%	22
India	43%	41%	13%	2%	0%	85%	15%	70
Indonesia	46%	45%	8%	1%	0%	92%	9%	83
Iran	33%	42%	18%	7%	0%	75%	25%	50
Ireland	11%	47%	33%	9%	0%	58%	42%	16
Italy	10%	56%	27%	6%	2%	65%	33%	32
Japan	9%	39%	35%	13%	4%	48%	48%	0
Laos	20%	41%	36%	2%	0%	62%	38%	24
Malaysia	19%	52%	25%	4%	0%	71%	28%	43
Mexico	16%	63%	19%	1%	0%	79%	21%	58
Netherlands	13%	57%	24%	4%	2%	70%	27%	43
Nigeria	39%	4%	51%	6%	0%	43%	57%	-14
Pakistan	55%	30%	12%	3%	0%	85%	15%	70
Palestinian Territories	17%	43%	31%	7%	1%	61%	38%	23
Paraguay	40%	45%	13%	1%	0%	86%	14%	72
Peru	7%	41%	44%	8%	0%	48%	52%	-4
Philippines	43%	38%	17%	2%	0%	81%	19%	62
Poland	13%	49%	28%	7%	2%	62%	36%	26
Serbia	19%	50%	23%	8%	0%	69%	31%	38
Slovenia	21%	53%	21%	6%	0%	74%	26%	48
**South Korea	10%	53%	32%	5%	0%	63%	36%	27
Spain	27%	48%	19%	5%	1%	74%	25%	49
Sweden	18%	51%	24%	6%	1%	69%	30%	39
Türkiye	24%	42%	22%	12%	0%	65%	34%	31
United Kingdom	16%	42%	29%	12%	1%	58%	41%	17
United States	22%	43%	26%	7%	2%	64%	34%	30
Vietnam	39%	52%	8%	1%	0%	90%	10%	80

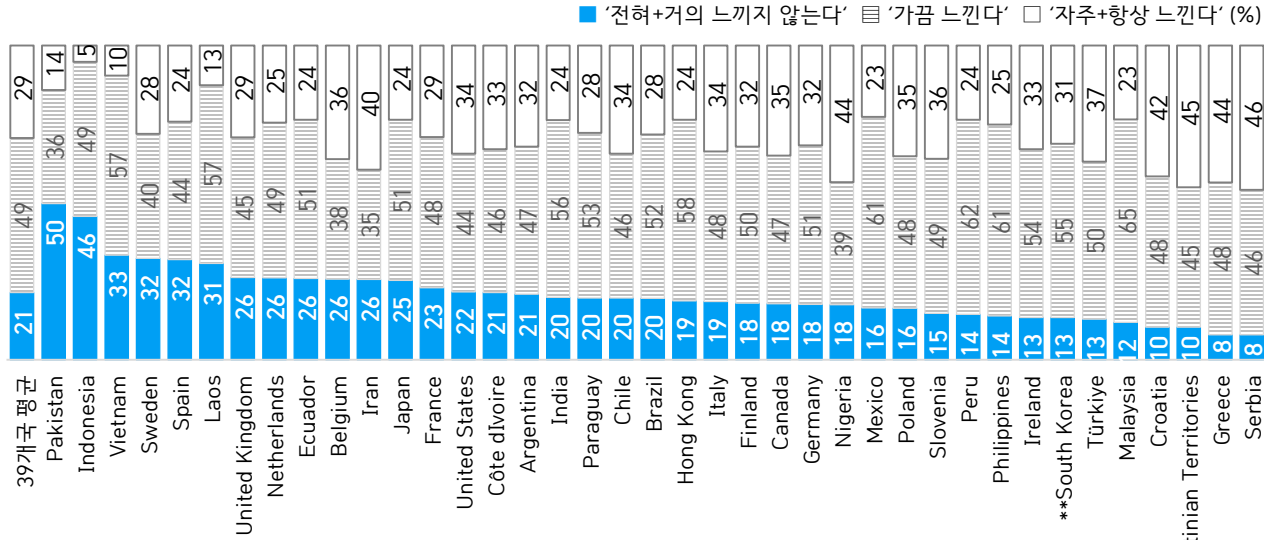
- 국가명 순. Net Score: 순(純) 지수, 긍정-부정 격차. WIN World Survey 2024

2024년 1월 24~30일 전국 만 19~79세 조사		사례수 (명)	건강 측면별 평가 [4/4] 수면/잠					좋다 (계①)	좋지 않다 (계②)	Net Score (①-②)
			매우 좋다	좋은 편	좋지 않은 편	전혀 좋지않다	모름/ 응답거절			
전체		1,029	10%	53%	32%	5%	0%	63%	36%	27
성별	남성	518	12%	54%	30%	4%		66%	34%	32
	여성	511	9%	52%	34%	6%	0%	61%	39%	22
연령별	19~29세	162	11%	56%	30%	4%		66%	34%	32
	30대	167	13%	47%	30%	9%		61%	39%	22
	40대	196	9%	51%	36%	3%	1%	61%	39%	22
	50대	213	7%	55%	32%	5%		62%	38%	24
	60~79세	290	11%	55%	31%	3%		66%	34%	32
성/ 연령별	남성 19~29세	83	10%	62%	26%	2%		72%	28%	44
	남성 30대	88	16%	43%	32%	9%		59%	41%	18
	남성 40대	100	13%	46%	38%	2%		60%	40%	20
	남성 50대	106	9%	61%	29%	2%		69%	31%	38
	남성 60~79세	140	11%	58%	28%	3%		69%	31%	38
	여성 19~29세	79	11%	49%	35%	5%		60%	40%	20
	여성 30대	78	11%	52%	29%	9%		62%	38%	24
	여성 40대	97	5%	56%	34%	4%	1%	61%	37%	24
	여성 50대	107	5%	50%	36%	9%		55%	45%	10
	여성 60~79세	150	11%	52%	34%	3%		63%	37%	26
직업별	농/임/어업	35	-	-	-	-	-	-	-	-
	자영업	115	14%	63%	20%	2%	1%	77%	22%	55
	기능노무/서비스	176	9%	50%	36%	5%		59%	41%	18
	사무/관리	362	10%	52%	35%	4%		61%	39%	22
	전업주부	136	9%	47%	38%	6%		55%	45%	10
	학생	65	10%	56%	27%	7%		66%	34%	32
	무직/은퇴/기타	139	13%	52%	29%	7%		64%	36%	28
생활 수준별	상/중상	195	14%	56%	27%	3%		70%	30%	40
	중	430	10%	57%	29%	3%		67%	33%	34
	중하	325	9%	47%	37%	6%	0%	56%	43%	13
	하	72	6%	45%	40%	10%		51%	49%	2
지역별	서울	194	10%	57%	27%	6%		68%	32%	36
	인천/경기	333	8%	52%	34%	6%		60%	40%	20
	대전/세종/충청	109	10%	51%	35%	4%		60%	40%	20
	광주/전라	98	12%	56%	27%	3%	1%	69%	30%	39
	대구/경북	98	15%	50%	31%	4%		65%	35%	30
	부산/울산/경남	154	11%	53%	33%	3%		64%	36%	28
	강원/제주	44	-	-	-	-	-	-	-	-

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# 스트레스 빈도와 원인

● 일상 스트레스 빈도: 국가별



- '전혀+거의 느끼지 않는다' 응답 내림차순. 5점 척도. 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey

- 한국은 2024년 1월 24~30일 전국 만 19~79세 1,029명 사회연구패널 모바일조사. 한국갤럽 www.gallup.co.kr



● 일상 스트레스 빈도: 국가별

2023년 12월~2024년 2월 39개국 33,866명 조사	일상 스트레스 빈도					느끼지 않는다 (계①)	자주 항상 느낀다 (계②)	Net Score (①-②)
	전혀	거의	가끔	자주	항상			
	느끼지 않는다	느끼지 않는다	느낀다	느낀다	느낀다			
전체 평균	6%	15%	49%	21%	9%	21%	29%	-8
Argentina	6%	15%	47%	25%	7%	21%	32%	-11
Belgium	5%	20%	38%	30%	7%	26%	36%	-10
Brazil	3%	17%	52%	21%	7%	20%	28%	-8
Canada	2%	16%	47%	25%	10%	18%	35%	-17
Chile	3%	16%	46%	27%	8%	20%	34%	-14
Côte d'Ivoire	9%	13%	46%	23%	10%	21%	33%	-12
Croatia	2%	8%	48%	36%	6%	10%	42%	-32
Ecuador	8%	18%	51%	16%	8%	26%	24%	2
Finland	3%	16%	50%	25%	7%	18%	32%	-14
France	4%	19%	48%	21%	8%	23%	29%	-6
Germany	2%	16%	51%	27%	5%	18%	32%	-14
Greece	1%	7%	48%	30%	14%	8%	44%	-36
Hong Kong	3%	16%	58%	17%	6%	19%	24%	-5
India	6%	14%	56%	18%	6%	20%	24%	-4
Indonesia	28%	18%	49%	5%	1%	46%	5%	41
Iran	4%	21%	35%	20%	19%	26%	40%	-14
Ireland	2%	12%	54%	23%	10%	13%	33%	-20
Italy	3%	16%	48%	26%	7%	19%	34%	-15
Japan	3%	22%	51%	15%	9%	25%	24%	1
Laos	24%	7%	57%	8%	5%	31%	13%	18
Malaysia	3%	9%	65%	19%	4%	12%	23%	-11
Mexico	3%	14%	61%	19%	3%	16%	23%	-7
Netherlands	3%	23%	49%	21%	4%	26%	25%	1
Nigeria	0%	17%	39%	20%	23%	18%	44%	-26
Pakistan	36%	14%	36%	9%	6%	50%	14%	36
Palestinian Territories	1%	9%	45%	21%	24%	10%	45%	-35
Paraguay	6%	14%	53%	14%	13%	20%	28%	-8
Peru	5%	10%	62%	14%	9%	14%	24%	-10
Philippines	6%	8%	61%	16%	9%	14%	25%	-11
Poland	4%	13%	48%	25%	10%	16%	35%	-19
Serbia	1%	7%	46%	36%	10%	8%	46%	-38
Slovenia	2%	13%	49%	26%	10%	15%	36%	-21
**South Korea	1%	12%	55%	27%	5%	13%	31%	-18
Spain	7%	25%	44%	18%	6%	32%	24%	8
Sweden	4%	28%	40%	22%	6%	32%	28%	4
Türkiye	7%	6%	50%	20%	17%	13%	37%	-24
United Kingdom	5%	22%	45%	21%	8%	26%	29%	-3
United States	4%	17%	44%	21%	14%	22%	34%	-12
Vietnam	16%	17%	57%	7%	2%	33%	10%	23

- 국가명 순. Net Score: 순(純) 지수, 스트레스 빈도 낮음-높음 격차. WIN World Survey 2024

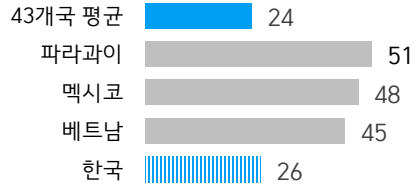
질문) 귀하는 평소 일상에서 스트레스를 어느 정도 느끼십니까? (5점 척도)

2024년 1월 24~30일 전국 만 19~79세 조사	사례수 (명)	일상 스트레스 빈도					느끼지 않는다 (계①)	자주 항상 느낀다 (계②)	Net Score (①-②)
		전혀	거의	가끔	자주	항상			
		느끼지 않는다	느낀다	느낀다	느낀다	느낀다			
전체	1,029	1%	12%	55%	27%	5%	13%	31%	-18
성별									
남성	518	2%	15%	55%	25%	4%	16%	29%	-13
여성	511	0%	10%	56%	28%	5%	10%	34%	-24
연령별									
19~29세	162	1%	8%	52%	33%	6%	9%	38%	-29
30대	167	1%	6%	45%	40%	9%	6%	49%	-43
40대	196		8%	57%	31%	4%	8%	35%	-27
50대	213	2%	11%	61%	22%	5%	12%	27%	-15
60~79세	290	1%	23%	58%	16%	2%	25%	18%	7
성/ 연령별									
남성 19~29세	83	1%	10%	60%	27%	2%	11%	29%	-18
남성 30대	88	2%	8%	47%	33%	11%	9%	44%	-35
남성 40대	100		10%	52%	37%	2%	10%	39%	-29
남성 50대	106	3%	14%	59%	19%	4%	17%	24%	-7
남성 60~79세	140	2%	26%	55%	15%	2%	28%	17%	11
여성 19~29세	79		7%	45%	39%	9%	7%	48%	-41
여성 30대	78		3%	42%	47%	7%	3%	55%	-52
여성 40대	97		6%	63%	24%	6%	6%	30%	-24
여성 50대	107		7%	62%	25%	5%	7%	30%	-23
여성 60~79세	150	1%	20%	60%	17%	2%	21%	19%	2
직업별									
농/임/어업	35	-	-	-	-	-	-	-	-
자영업	115		13%	53%	29%	5%	13%	34%	-21
기능노무/서비스	176	2%	10%	59%	24%	5%	12%	29%	-17
사무/관리	362	1%	10%	53%	32%	4%	11%	36%	-25
전업주부	136	1%	15%	62%	19%	3%	16%	22%	-6
학생	65	2%	9%	49%	32%	9%	11%	40%	-29
무직/은퇴/기타	139	0%	18%	53%	22%	6%	19%	28%	-9
생활 수준별									
상/중상	195	5%	15%	54%	24%	2%	19%	27%	-8
중	430		12%	58%	26%	3%	12%	29%	-17
중하	325	0%	12%	54%	27%	7%	12%	34%	-22
하	72		8%	45%	35%	11%	8%	46%	-38
지역별									
서울	194	0%	11%	59%	24%	5%	11%	30%	-19
인천/경기	333	2%	12%	51%	31%	5%	13%	36%	-23
대전/세종/충청	109		11%	55%	29%	5%	11%	34%	-23
광주/전라	98	1%	20%	52%	25%	2%	21%	27%	-6
대구/경북	98	2%	9%	56%	27%	6%	11%	33%	-22
부산/울산/경남	154		14%	61%	22%	3%	14%	25%	-11
강원/제주	44	-	-	-	-	-	-	-	-

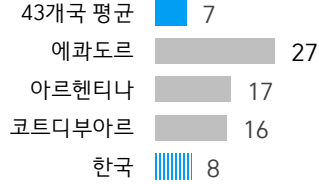
- 50사례 미만은 수치 제시하지 않음. 한국갤럽 www.gallup.co.kr

● 최근 스트레스 원인: 39개국 평균, 항목별 최상위 3국 & 한국 (% , 8개 항목 중 택일)

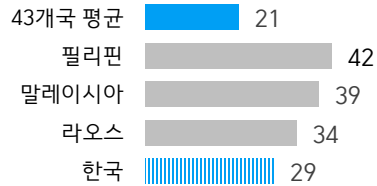
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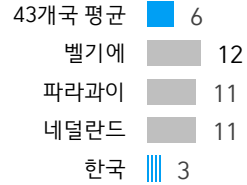
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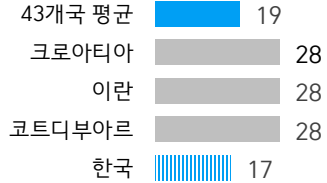
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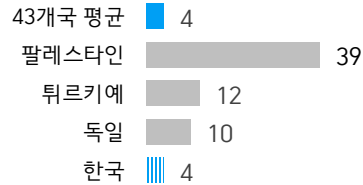
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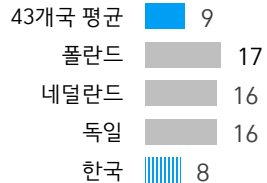
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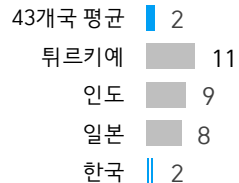
[세계에서 벌어지는 전쟁]



[건강 문제]



[환경 재난]



- 2023년 12월~2024년 2월 39개국 성인 33,866명 WIN World Survey

- 한국갤럽: 2024년 1월 24~30일 전국 만 19~79세 사회연구패널 모바일조사

● 최근 스트레스 원인: 국가별

2023년 12월~2024년 2월 39개국 33,866명 조사	최근 스트레스 원인								
	내가 하는 일	일거리 부족/ 실직	가족 문제	건강 문제	돈부족 경제적 문제	이사, 이직 등 생활변화	환경 재난	세계에서 벌어지는 전쟁	모름 응답 거절
전체 평균	24%	7%	19%	9%	21%	6%	2%	4%	8%
Argentina	21%	17%	14%	5%	29%	5%	1%	2%	6%
Belgium	24%	2%	22%	11%	15%	12%	1%	4%	9%
Brazil	20%	11%	15%	4%	34%	4%	2%	4%	6%
Canada	20%	5%	23%	10%	21%	8%	2%	4%	8%
Chile	21%	15%	12%	5%	33%	6%	1%	1%	6%
Côte d'Ivoire	23%	16%	28%	7%	21%	1%	1%	0%	4%
Croatia	27%	5%	28%	11%	10%	7%	3%	2%	6%
Ecuador	14%	27%	14%	7%	18%	4%	0%	6%	9%
Finland	30%	3%	18%	11%	15%	6%	1%	6%	10%
France	26%	3%	20%	10%	17%	6%	3%	5%	10%
Germany	27%	1%	15%	16%	14%	7%	3%	10%	7%
Greece	24%	6%	20%	7%	30%	6%	1%	3%	3%
Hong Kong	37%	5%	14%	10%	20%	6%	2%	2%	5%
India	18%	6%	23%	7%	21%	11%	9%	3%	3%
Indonesia	19%	5%	12%	9%	25%	5%	2%	2%	21%
Iran	23%	4%	28%	5%	23%	7%	1%	3%	6%
Ireland	15%	2%	26%	11%	24%	10%	1%	4%	7%
Italy	31%	6%	21%	8%	15%	8%	2%	3%	6%
Japan	24%	3%	19%	13%	11%	3%	8%	4%	15%
Laos	22%	4%	21%	5%	34%	2%	1%	1%	10%
Malaysia	25%	5%	11%	6%	39%	5%	4%	0%	5%
Mexico	48%	3%	21%	4%	16%	4%	1%	3%	2%
Netherlands	17%	2%	20%	16%	10%	11%	2%	7%	15%
Nigeria	31%	0%	12%	15%	32%	8%	1%	0%	1%
Pakistan	13%	14%	17%	8%	15%	3%	2%	2%	26%
Palestinian Territories	5%	11%	20%	7%	6%	7%	3%	39%	2%
Paraguay	51%	5%	13%	4%	10%	11%	1%	0%	5%
Peru	22%	14%	16%	9%	23%	6%	2%	3%	5%
Philippines	10%	15%	11%	3%	42%	5%	2%	2%	10%
Poland	18%	3%	24%	17%	11%	6%	1%	7%	13%
Serbia	25%	7%	27%	10%	16%	6%	1%	4%	4%
Slovenia	35%	3%	21%	10%	11%	6%	3%	3%	9%
**South Korea	26%	8%	17%	8%	29%	3%	2%	4%	3%
Spain	27%	6%	19%	12%	17%	5%	1%	4%	9%
Sweden	30%	4%	16%	7%	13%	9%	2%	6%	14%
Türkiye	17%	5%	13%	4%	24%	7%	11%	11%	7%
United Kingdom	18%	5%	19%	12%	25%	7%	1%	4%	9%
United States	19%	4%	21%	9%	22%	8%	2%	4%	11%
Vietnam	45%	6%	13%	8%	17%	5%	2%	1%	4%

질문) 가장 최근 크게 스트레스 받으신 것은 다음 중 무엇 때문이었습니까? (8개 항목 제시)

2024년 1월 24~30일 전국 만 19~79세 조사	사례수 (명)	최근 스트레스 원인								
		내가 하는 일	일거리 부족/ 실직	가족 문제	건강 문제	돈부족 경제적 문제	이사, 이직 등 생활변화	환경 재난	세계에서 벌어지는 전쟁	모름 응답 거절
전체	1,029	26%	8%	17%	8%	29%	3%	2%	4%	3%
성별										
남성	518	29%	9%	13%	5%	31%	2%	2%	5%	4%
여성	511	24%	7%	21%	11%	27%	4%	2%	3%	1%
연령별										
19~29세	162	42%	15%	9%	1%	25%	3%		2%	3%
30대	167	35%	6%	12%	6%	33%	4%	1%	2%	1%
40대	196	26%	6%	21%	6%	32%	5%	2%		3%
50대	213	25%	7%	19%	7%	32%	1%	2%	5%	2%
60~79세	290	15%	7%	21%	15%	25%	2%	3%	9%	3%
성/ 연령별										
남성 19~29세	83	38%	18%	8%		22%	4%		4%	7%
남성 30대	88	35%	7%	12%	4%	37%		2%	2%	2%
남성 40대	100	29%	7%	11%	3%	36%	3%	4%		6%
남성 50대	106	29%	7%	15%	5%	29%	1%	3%	7%	3%
남성 60~79세	140	19%	9%	17%	10%	31%	1%	1%	9%	3%
여성 19~29세	79	45%	13%	9%	1%	28%	3%		1%	
여성 30대	78	35%	6%	13%	8%	29%	8%		1%	
여성 40대	97	23%	4%	30%	9%	27%	7%			
여성 50대	107	20%	8%	23%	9%	34%	2%	2%	2%	1%
여성 60~79세	150	11%	5%	25%	19%	20%	3%	5%	9%	3%
직업별										
농/임/어업	35	-	-	-	-	-	-	-	-	-
자영업	115	21%	9%	17%	9%	40%		0%	4%	1%
기능노무/서비스	176	25%	5%	16%	6%	38%	2%	1%	4%	2%
사무/관리	362	41%	4%	15%	5%	25%	5%	2%	1%	2%
전업주부	136	9%	6%	28%	15%	26%	4%	3%	7%	2%
학생	65	37%	14%	8%	3%	27%	4%		5%	4%
무직/은퇴/기타	139	8%	21%	19%	10%	26%	2%	4%	6%	3%
주관적 생활 수준별										
상/중상	195	32%	9%	20%	8%	14%	6%	4%	4%	3%
중	430	30%	6%	19%	9%	25%	3%	2%	4%	2%
중하	325	20%	10%	15%	7%	39%	2%	1%	4%	3%
하	72	19%	6%	9%	7%	52%	3%		4%	
지역별										
서울	194	32%	8%	18%	8%	24%	4%	2%	2%	3%
인천/경기	333	21%	8%	20%	7%	31%	4%	2%	4%	3%
대전/세종/충청	109	28%	7%	17%	10%	29%	3%	3%	2%	3%
광주/전라	98	21%	10%	12%	12%	35%	1%	1%	5%	5%
대구/경북	98	35%	7%	15%	6%	28%	2%		6%	1%
부산/울산/경남	154	31%	7%	16%	8%	26%	1%	4%	7%	1%
강원/제주	44	-	-	-	-	-	-	-	-	-

- 50사례 미만은 수치 제시하지 않음. 한국갤럽 www.gallup.co.kr

“조사는 결코 화려하거나 스스로 빛나는  
업(業)이 아니다. 사회의 명암, 좌우 대립,  
빈부 문제, 정보 격차, 과거와 미래 등을  
두루 살펴 매 순간 어느 한쪽으로 치우치지  
않도록 스스로 경계하며 꾸준히 공부하고  
탐구하는 일이다. 때로는 관행과 시류에  
맞아야 하고, 때로는 비난과 질시를 묵묵히  
견뎌야 한다. 어렵지만 누군가는 반드시  
해야 할 일, 힘들지만 그만큼 보람된 일이다.”

조사인의 길, 박무익

한국갤럽조사연구소는 1974년 6월 박무익 회장이 설립한  
한국 최초의 법인 형태 조사 전문 회사입니다.  
1970년대부터 사회 주요 현안 자체 조사 결과를 발표해 왔으며,  
우리 국민의 71%가 한국갤럽을 알고 있습니다.

—  
한국갤럽 홈페이지 갤러리포트 게시판을 통해 공개한 자료는  
모두 한국갤럽의 자산이므로 상업적 용도의 재판매를 금지합니다.

·  
기사, 논문, SNS 공유 등 재판매 이외 용도로는  
누구나, 무료로, 자유롭게 인용하실 수 있습니다.


·  
인용하실 때는 반드시 출처를 밝혀 주십시오.  
가능한 조사 기간, 방법, 표본크기 등 개요까지 함께 표시하실 것을 권장합니다.

·  
저희는 소수점 아래 수치를 제시하지 않는 것을 원칙으로 하고 있으니,  
인용하실 때도 그에 따라 주실 것을 당부합니다.

—  
한국갤럽 조사에 관심 가져주셔서 고맙습니다.

- 매주 새로운 조사 결과를 전합니다: [이메일 뉴스레터 구독 신청](#) | [카카오톡채널 추가](#)
- 문의: 전화 02-3702-2100(대표)/2571/2621/2622 또는 [홈페이지 Q&A](#)
- 주소: (본관) 03167 서울시 종로구 사직로 70, (신관) 03042 서울시 종로구 자하문로 70

—  
이 문서에는 네이버 나눔글꼴과 한글과컴퓨터 함초롬체를 썼습니다.



한국갤럽 50년, 조사역사 50년  
오늘의 한국갤럽으로 키워주셔서 고맙습니다.

# Stress Levels Rise Around the World

The Worldwide Independent Network of MR (WIN), the world's leading independent association in market research and polling, reveals the Annual WIN World Survey, exploring the views and beliefs of over 33,000 people in 39 countries across the globe. Today WIN releases the latest results of the survey to uncover the findings, any improvements, or developments, made globally in various areas related to **health**, including mental health and stress.

## Mapping Health Scores around the World

The perception of health levels around the world is positive, with 57% feeling healthy, and 17% very healthy. Numbers, however, are still slightly below the pre-pandemic level when a total of 76% globally reported to feel healthy or very healthy.

While the previous wave showed that the country with the highest reported levels of poor health was Poland (49% of respondents), this year is Nigeria with 50% of people reporting poor health. Overall, Africa emerges to be the region with poorest perceived health (40%), while in APAC only 17% of people report the same perception.

## Increased Stress Level

In the previous survey wave, 40% of individuals worldwide rated their overall stress levels as either "quite poor" or "very poor". This year, WIN asked respondents about their stress levels in their daily lives. The results revealed that only 6% never experience stress, while 16% almost never do, leaving 79% of individuals experiencing stress to varying degrees of severity. People feeling most stressed daily are those working full time (82%), and students (83%).

By geography, the most "relaxed" part of the world is APAC with 26% never or almost never feeling stressed. On the other hand, the other regions share very similar percentages with only between 19% (Americas, MENA) and 20% (Europe, Africa) never or almost never feeling stressed.

## Work and Money Main Reasons for Stress

Work emerges as the main reason for people feeling stressed globally (24%). Men particularly worry about this area of life, with 27% reporting that their job is what brings them stress, compared to 20% of women.

Income and lack of money is another cause for concern (21%), with both men and women feeling equally stressed. On the other hand, women's level of stress around family (the third area reported as bringing most stress daily) are much higher 22% versus 15% for men.

The findings vary considerably depending on age. Those between 25 and 44 are the most stressed (29%) about their job, but still 21% of people between 55 and 64 maintain this feeling. Only for over 65 the number drops drastically to 9%. On the other hand, family becomes a concern particularly for

those over 65 with 26% of them reporting to feel stressed about this area, compared to 19 percent of those between 35 and 54, and 15% of people aged 25 to 34.

Geographically, lack of money is the most shared cause of stress with 26% in Africa and 25% in the Americas and APAC. Europe is most concerned about health and life changes, while 14% in the MENA region are stressed by wars around the world, and 12% about their families.

**Vilma Scarpino, President of WIN International Association, said:**

*“The results of the 2024 Annual WIN World Survey show interesting, different nuances about health and mental health globally. The economic scenario and the political landscape are inevitably affecting people’s lives and stress levels, so it’s more important than ever to learn and be aware of people’s sentiments, and we’re here to do that.”*

-ENDS-

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**WIN**

Worldwide  
Independent Network  
Of Market Research

# Health

WWS 2024





# GENERAL HEALTH PERCEPTION

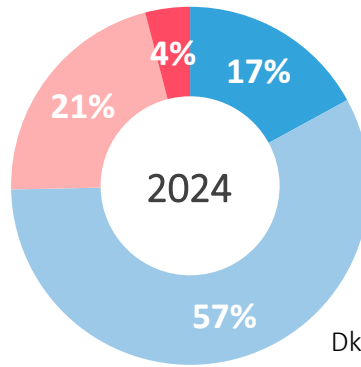
# Health self-perception - Overall

% within total population

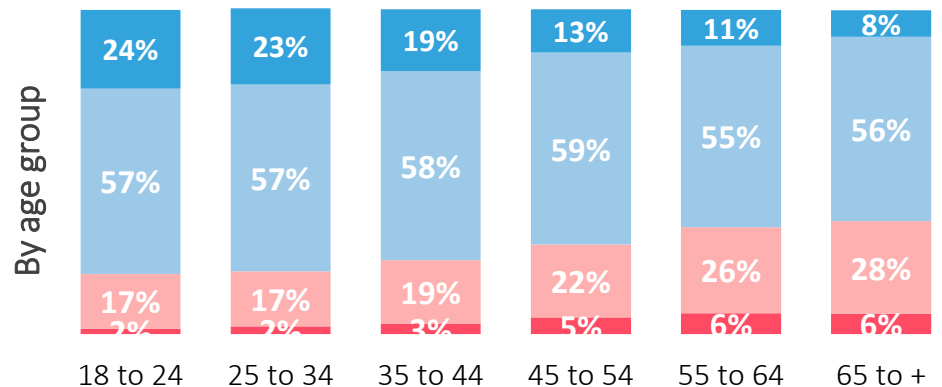
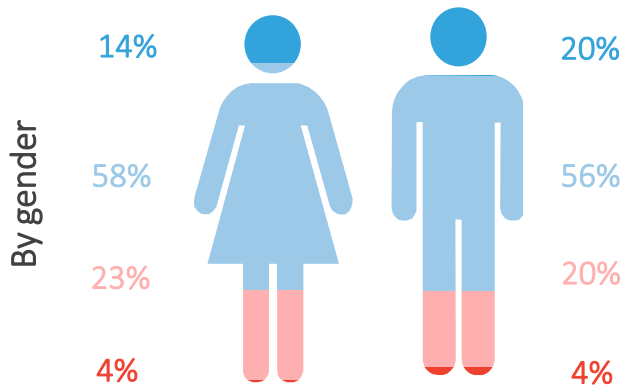


## Global Average

2018	2019	2020	2021	2022/ 2023	2024	Variation
16%	19%	20%	18%	18%	17%	-1
60%	58%	59%	59%	58%	57%	-1
19%	19%	17%	18%	19%	21%	+2
4%	4%	3%	4%	4%	4%	0



Dk/Nr: 1%



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?

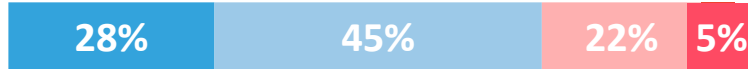
# Health self-perception - Overall

% within total population



## By education level

No education / Only basic education



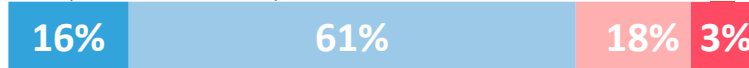
Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

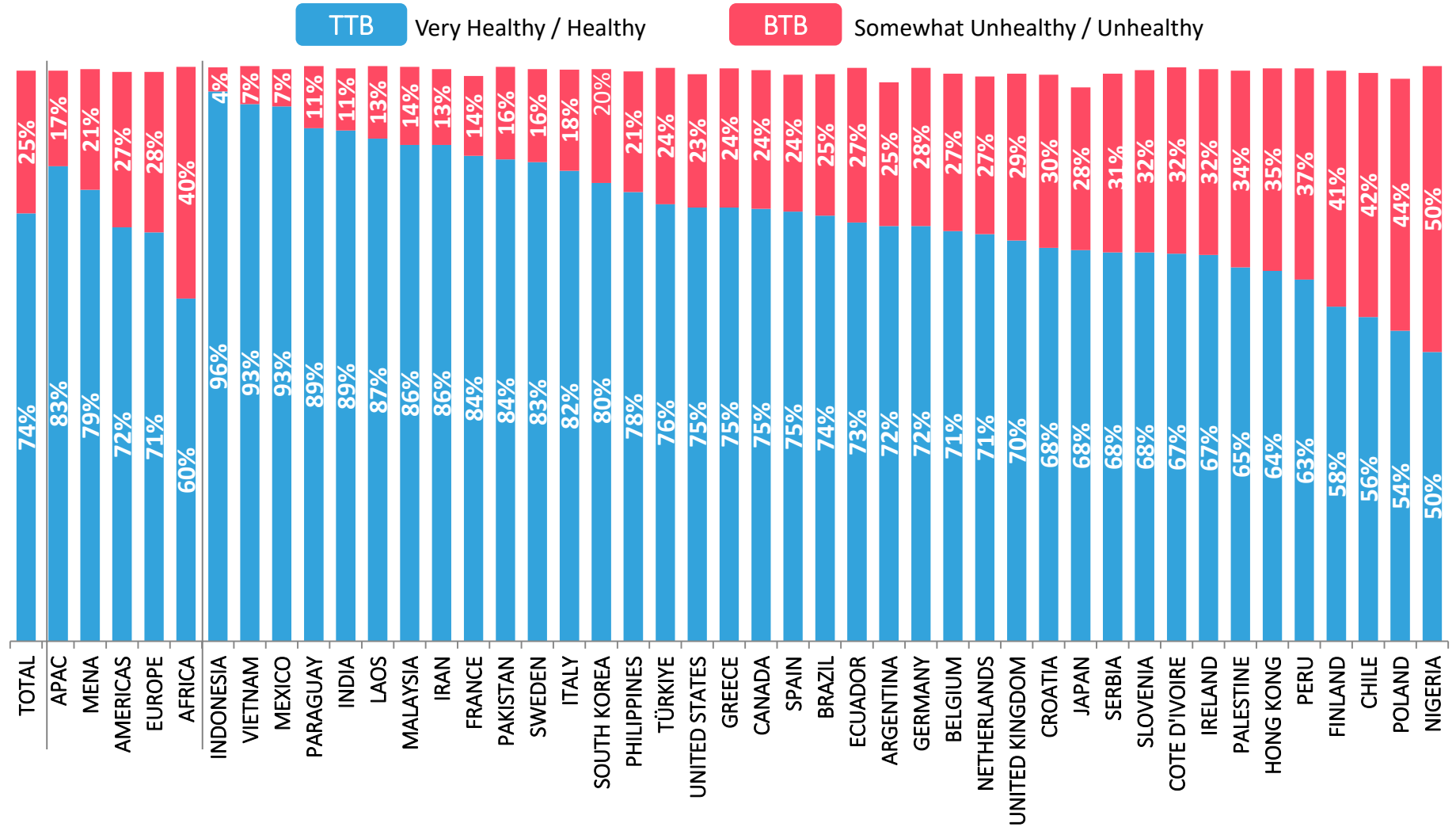


Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?

# Health self-perception - Overall

% within total population



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?

## Health self-perception - Overall

% within total population

TTB	2021	2022/ 2023	2024
GLOBAL AVERAGE	77%	76%	74%
Indonesia	No data	No data	96%
Vietnam	93%	93%	93%
Mexico	87%	88%	93%
Paraguay	84%	85%	89%
India	89%	92%	89%
Laos	No data	No data	87%
Malaysia	88%	77%	86%
Iran	No data	No data	86%
France	81%	79%	84%
Pakistan	91%	85%	84%
Sweden	No data	No data	83%
Italy	83%	84%	82%
South Korea	No data	No data	80%
Philippines	89%	84%	78%
Türkiye	76%	80%	76%
United States	75%	77%	75%
Greece	84%	77%	75%
Canada	78%	77%	75%
Spain	75%	76%	75%
Brazil	76%	78%	74%

TTB	2021	2022/ 2023	2024
Ecuador	72%	68%	73%
Argentina	80%	77%	72%
Germany	71%	68%	72%
Belgium	No data	No data	71%
Netherlands	No data	64%	71%
United Kindom	No data	No data	70%
Croatia	68%	67%	68%
Japan	70%	68%	68%
Serbia	76%	71%	68%
Slovenia	77%	64%	68%
Cote d'Ivoire	No data	83%	67%
Ireland	73%	72%	67%
Palestine	No data	No data	65%
Hong Kong	60%	60%	64%
Peru	72%	70%	63%
Finland	62%	59%	58%
Chile	57%	63%	56%
Poland	55%	47%	54%
Nigeria	92%	90%	50%

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?

# Health self-perception - Overall

% within total population

**TTB** Very Healthy / Healthy

## ↑ TOP 3 - 2024

- 1 Indonesia 🇮🇩 96%
- 2 Vietnam 🇻🇳 93%
- 3 Mexico 🇲🇽 93%

## 2022/ 2023

- Vietnam 93%
- India 92%
- Nigeria 90%

## 2021

- Vietnam 92%
- Nigeria 91%
- Pakistan 90%

## ↓ BOTTOM 3 - 2024

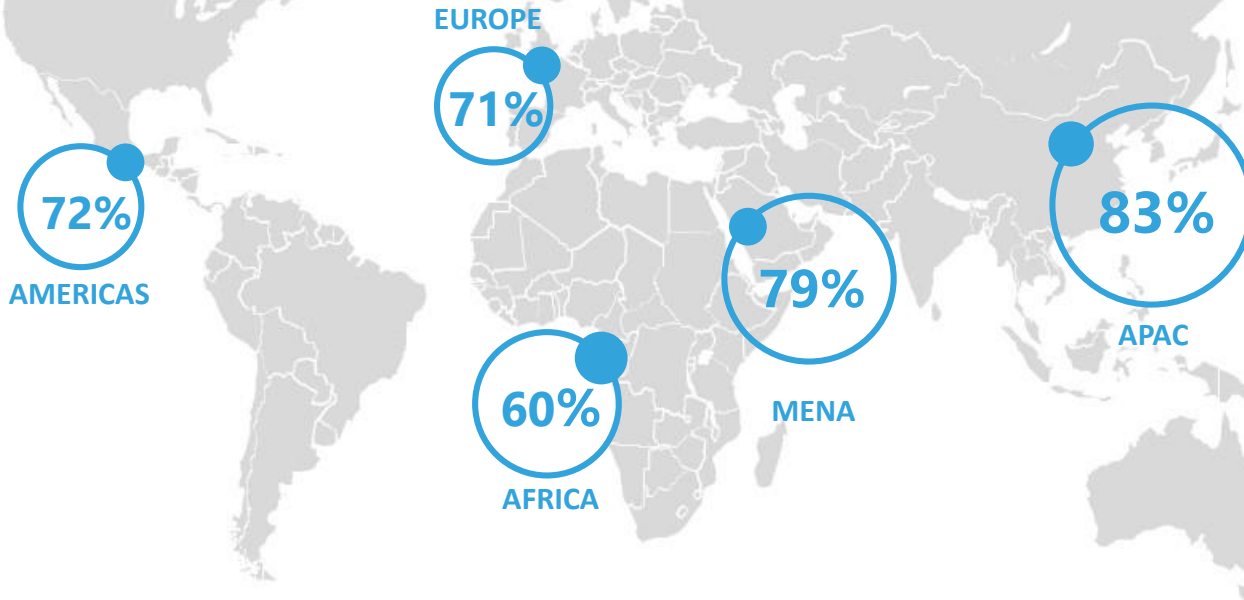
- 37 Chile 🇨🇱 56%
- 38 Poland 🇵🇱 54%
- 39 Nigeria 🇳🇬 50%

## 2022/ 2023

- Poland 59%
- Kenya 47%
- Finland 47%

## 2021

- Hong Kong 60%
- Chile 57%
- Poland 55%



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?

# OWN OVERALL HEALTH RATING

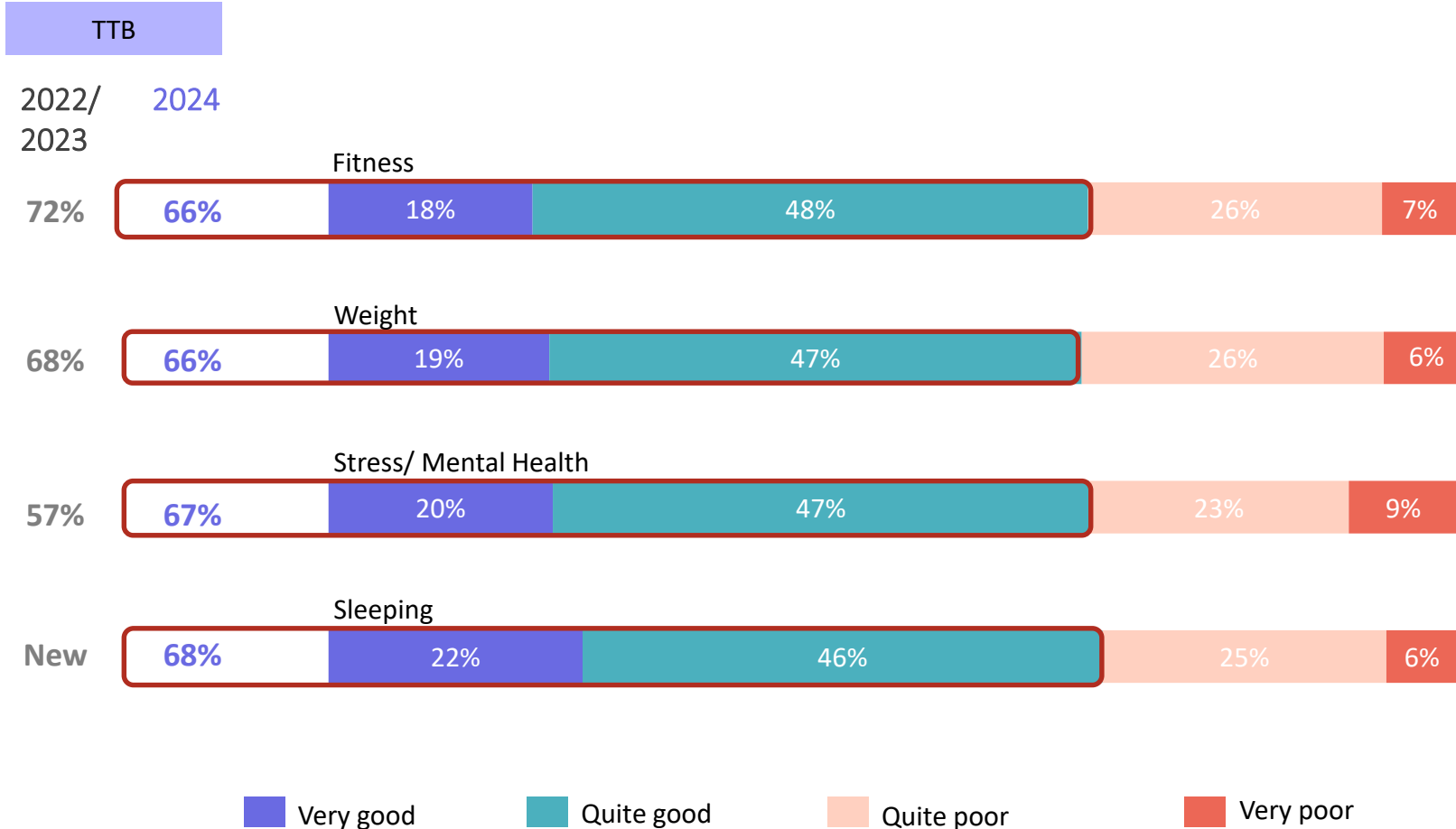




# Summary of Overall health rating

% within total population

HOW WOULD YOU RATE EACH OF THE FOLLOWING ASPECTS,  
WHEN THINKING OF YOUR OVERALL HEALTH...?



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

\*In 2022/2023, the question focused solely on stress.

Q2. How would you rate each of the following aspects, when thinking of your overall health?

# FITNESS



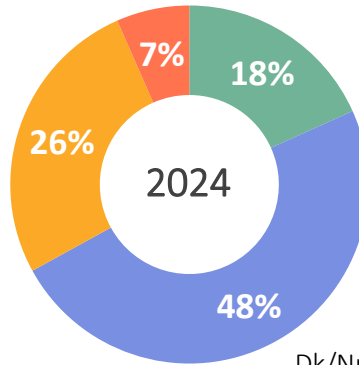
# Overall health rating - Fitness

% within total population

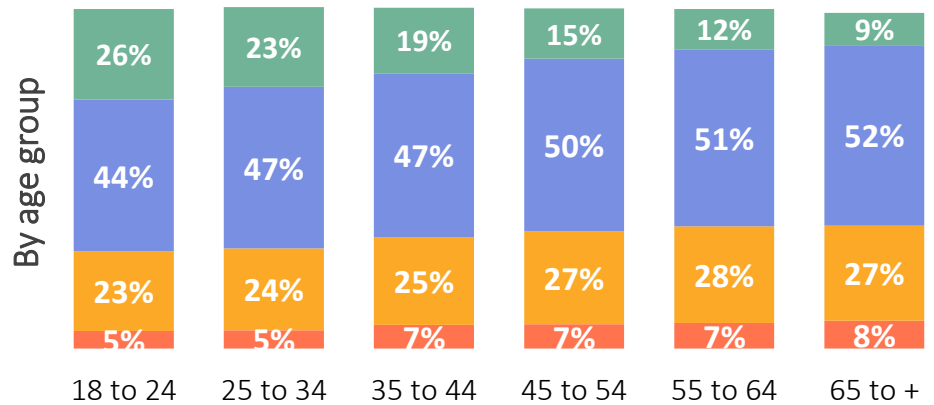
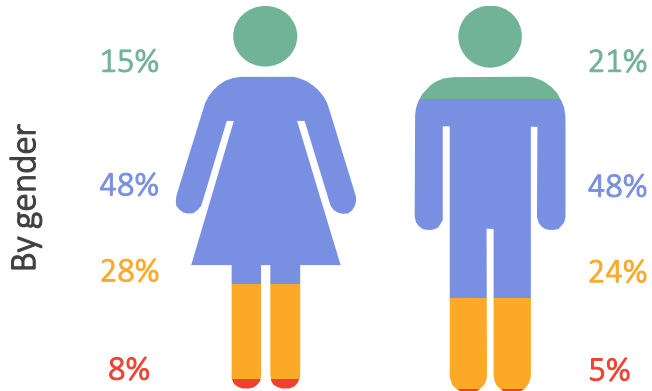


## Global Average

2022/ 2023	2024	Variation
20%	18%	-2
52%	48%	-4
21%	26%	+5
5%	7%	+2



Dk/Nr: 2%



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

# Overall health rating - Fitness

% within total population



## By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

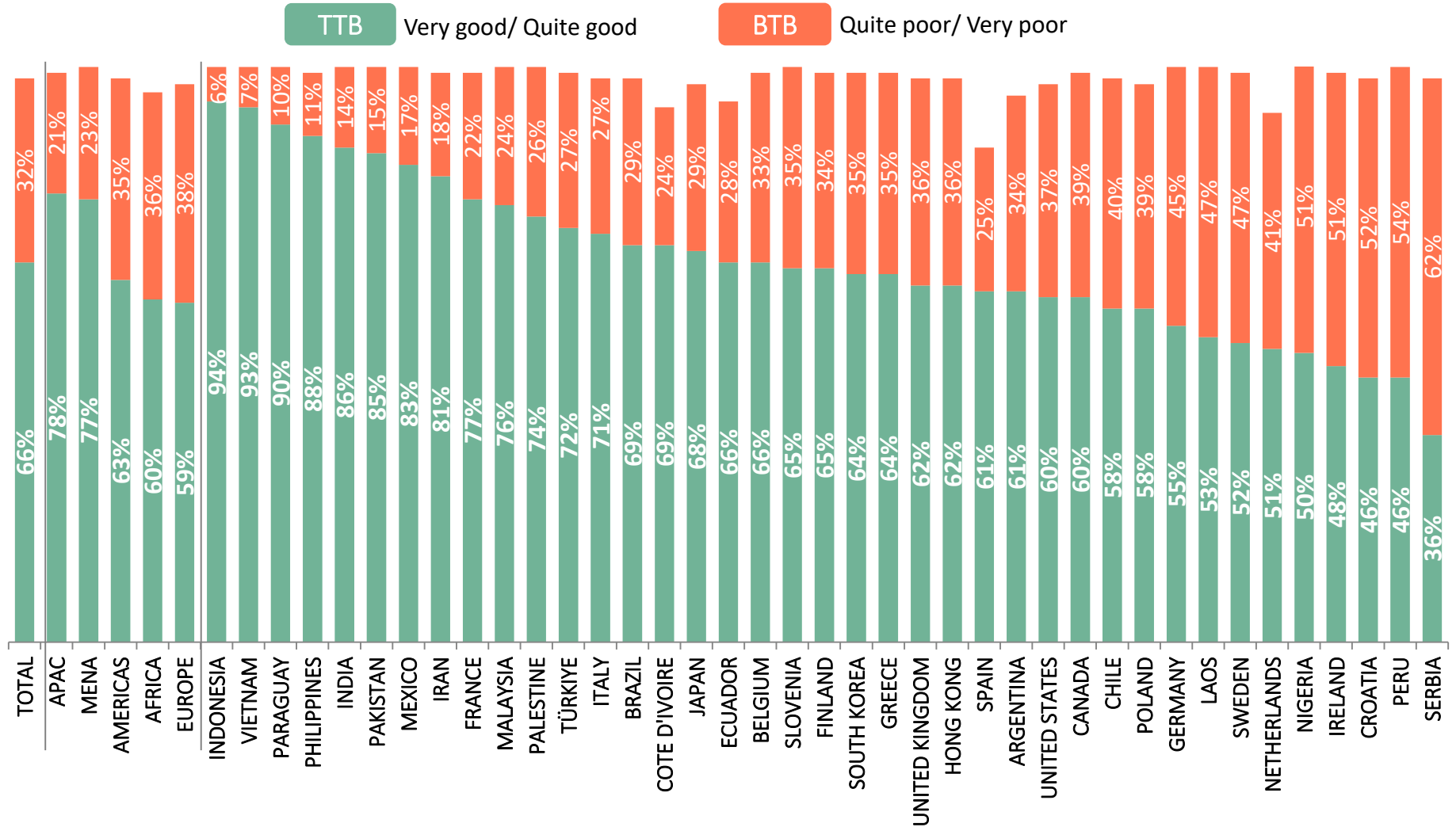


Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

# Overall health rating - Fitness

% within total population



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

## Overall health rating - Fitness

% within total population

TTB	2022/ 2023	2024
GLOBAL AVERAGE	76%	74%
Indonesia	No data	94%
Vietnam	95%	93% ↓
Paraguay	92%	90% ↓
Philippines	89%	88% ↓
India	90%	86% ↓
Pakistan	87%	85% ↓
Mexico	80%	83% ↑
Iran	No data	81%
France	71%	77% ↑
Malaysia	60%	76% ↑
Palestine	No data	74%
Türkiye	75%	72% ↓
Italy	75%	71% ↓
Brazil	75%	69% ↓
Cote d'Ivoire	73%	69% ↓
Japan	71%	68% ↓
Ecuador	64%	66% ↑
Belgium	No data	66%
Slovenia	68%	65% ↓
Finland	72%	65% ↓

TTB	2022/ 2023	2024
South Korea	No data	64%
Greece	70%	64% ↓
United Kindom	64%	62% ↓
Hong Kong	67%	62% ↓
Spain	59%	61% ↓
Argentina	75%	61% ↓
United States	64%	60% ↓
Canada	63%	60% ↓
Chile	67%	58% ↓
Poland	71%	58% ↓
Germany	51%	55% ↑
Laos	No data	53% ↓
Sweden	No data	52%
Netherlands	60%	51% ↓
Nigeria	87%	50% ↓
Ireland	58%	48% ↓
Croatia	53%	46% ↓
Peru	59%	46% ↓
Serbia	No data	36%

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

# Overall health rating - Fitness

% within total population

**TTB** Very good/ Quite good



## TOP 3 - 2024

- 1 Indonesia 🇮🇩 94%
- 2 Vietnam 🇻🇳 93%
- 3 Paraguay 🇵🇷 90%

## 2022/ 2023

- Vietnam 95%
- Paraguay 92%
- India 90%

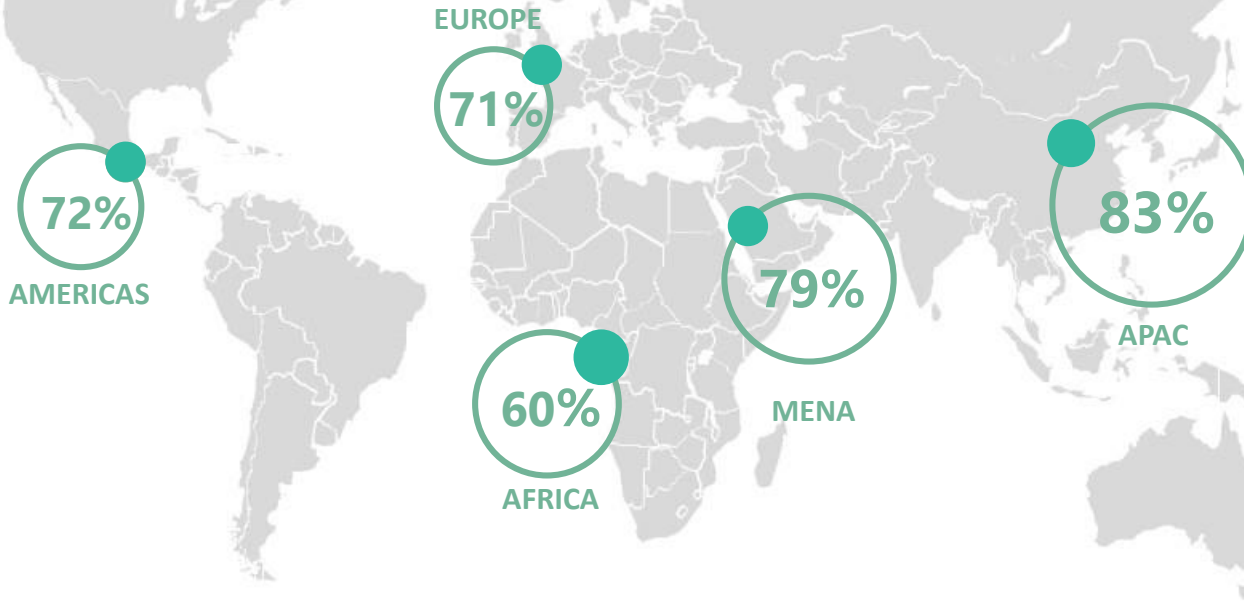


## BOTTOM 3 -2024

- 37 Croatia 🇭🇷 46%
- 38 Peru 🇵🇪 46%
- 39 Serbia 🇷🇸 36%

## 2022/2023

- Croatia 59%
- Germany 47%
- Serbia 47%



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

# WEIGHT



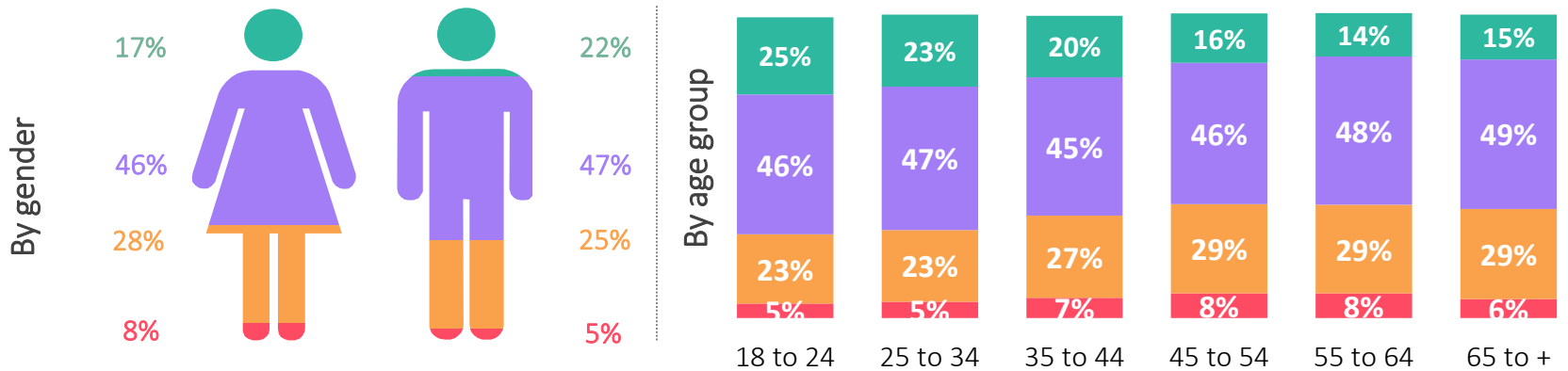
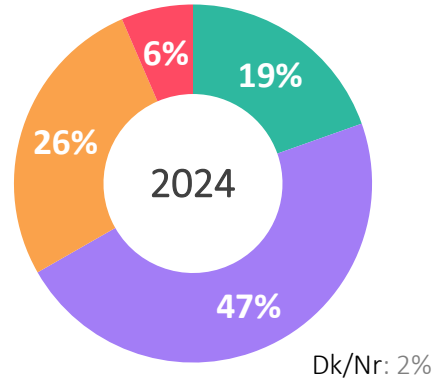


# Overall health rating - Weight

% within total population



Global Average		
2022/ 2023	2024	Variation
17%	19%	+2
49%	47%	-2
25%	26%	+1
7%	6%	-1



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

# Overall health rating - Weight

% within total population

Very good

Quite good

Quite poor

Very poor



## By education level

No education / Only basic education



Completed Primary



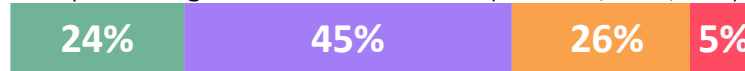
Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled

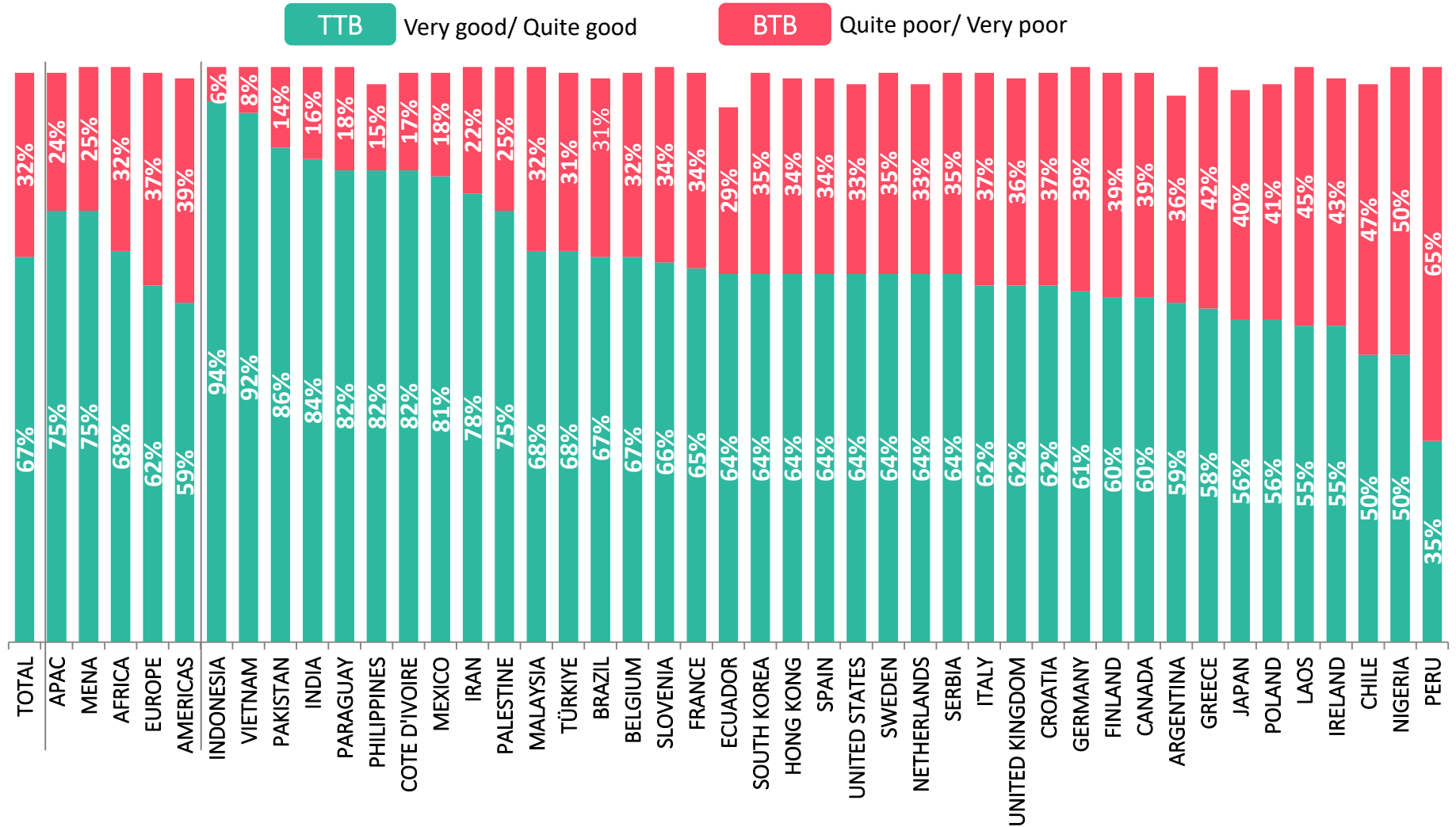


Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

# Overall health rating - Weight

% within total population



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

## Overall health rating - Weight

% within total population

TTB	2022/ 2023	2024
GLOBAL AVERAGE	68%	67%
Indonesia	No data	94%
Vietnam	95%	92% ↓
Pakistan	87%	86% ↓
India	84%	84% =
Paraguay	84%	82% ↓
Philippines	84%	82% ↓
Cote d'Ivoire	82%	82% =
Mexico	71%	81% ↑
Iran	No data	78%
Palestine	No data	75%
Malaysia	61%	68% ↑
Türkiye	67%	68% ↑
Brazil	72%	67% ↓
Belgium	No data	67%
Slovenia	63%	66% ↓
France	59%	65% ↑
Ecuador	66%	64% ↓
South Korea	No data	64%
Hong Kong	68%	64% ↓
Spain	64%	64% =

TTB	2022/ 2023	2024
United States	65%	64% ↓
Sweden	No data	64%
Netherlands	64%	64% =
Serbia	73%	64% ↓
Italy	66%	62% ↓
United Kingdom	No data	62%
Croatia	67%	62% ↓
Germany	58%	61% ↑
Finland	60%	60% =
Canada	66%	60% ↓
Argentina	68%	59% ↓
Greece	63%	58% ↓
Japan	57%	56% ↓
Poland	59%	56% ↓
Laos	No data	55%
Ireland	62%	55% ↓
Chile	53%	50% ↓
Nigeria	85%	50% ↓
Peru	49%	35% ↓

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

# Overall health rating - Weight

% within total population

**TTB** Very good/ Quite good



## TOP 3 - 2024

- 1 Indonesia 🇮🇩 94%
- 2 Vietnam 🇻🇳 92%
- 3 Pakistan 🇵🇰 86%

## 2022/ 2023

- Vietnam 95%
- Pakistan 87%
- Nigeria 85%



## BOTTOM 3 -2024

- 37 Chile 🇨🇱 50%
- 38 Nigeria 🇳🇮 50%
- 39 Peru 🇵🇪 35%

## 2022/ 2023

- Japan 57%
- Peru 49%
- Kenya 41%

59%  
AMERICAS

EUROPE  
62%

68%  
AFRICA

75%  
MENA

75%  
APAC

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

# STRESS/ MENTAL HEALTH



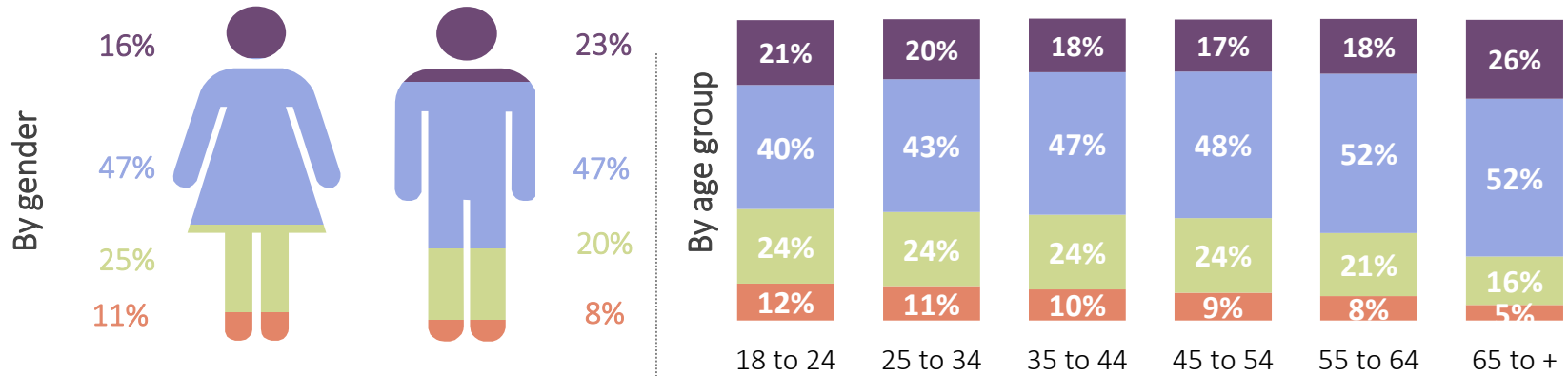
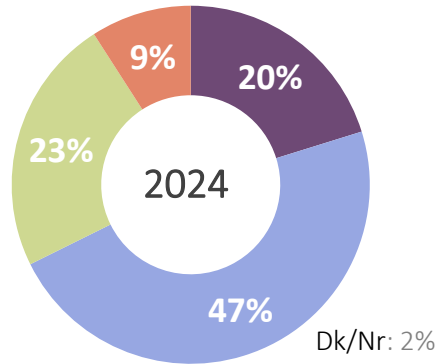
# Overall health rating – Stress/ Mental Health

% within total population

Very good
  Quite good
  Quite poor
  Very poor

## Global Average

2022/ 2023	20234	Variation
15%	20%	+5
42%	47%	+5
28%	23%	-5
13%	9%	-4



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

\*In 2022/2023, the question focused solely on stress.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

# Overall health rating – Stress/ Mental Health

% within total population

Very good

Quite good

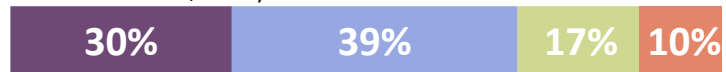
Quite poor

Very poor



## By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



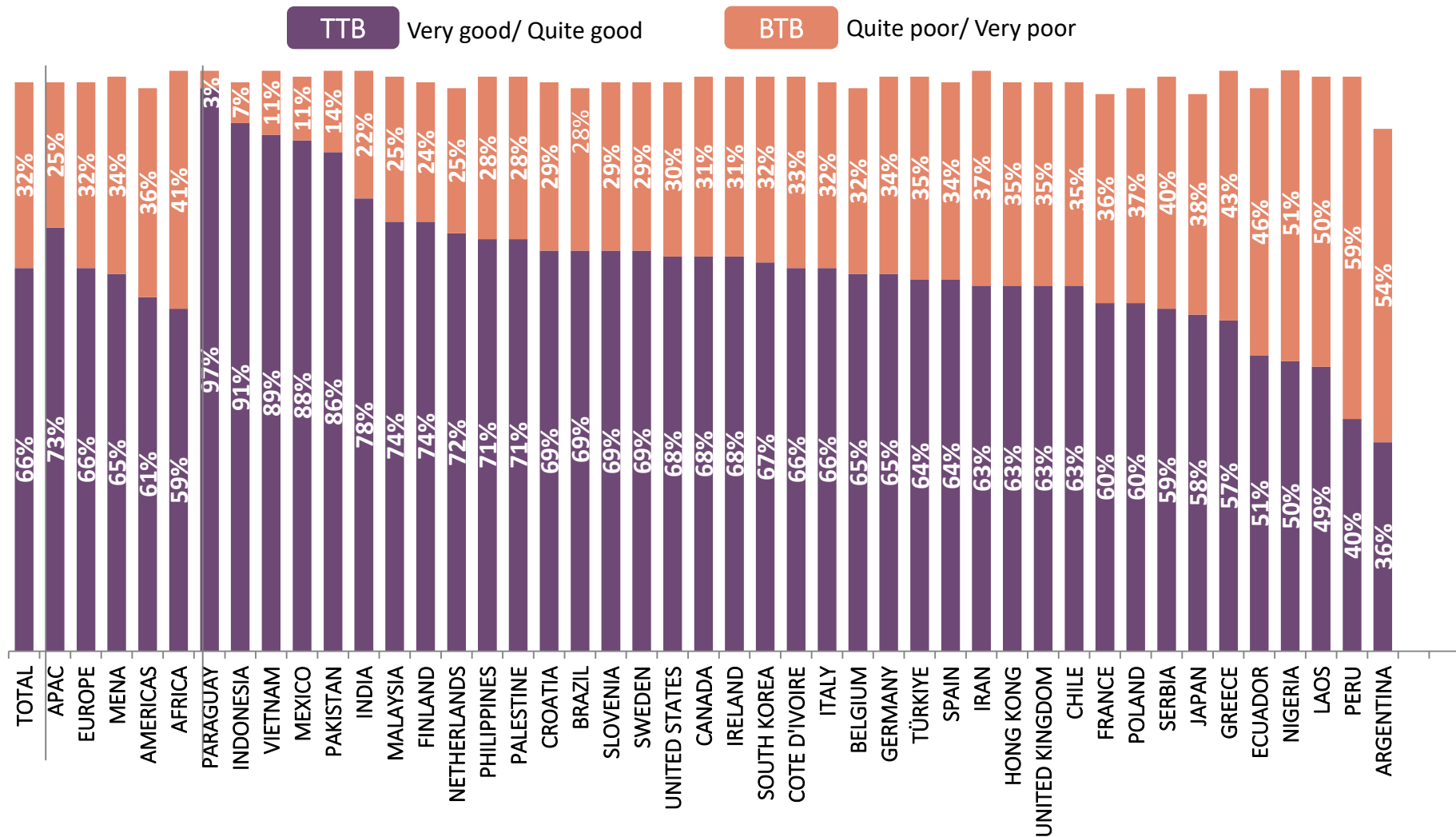
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health



# Overall health rating – Stress/ Mental Health

% within total population



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

## Overall health rating – Stress/ Mental Health

% within total population

TTB	2022/ 2023	2024
GLOBAL AVERAGE	57%	66%
Paraguay	80%	97% ↑
Indonesia	No data	91%
Vietnam	76%	89% ↑
Mexico	70%	88% ↑
Pakistan	77%	86% ↑
India	58%	78% ↑
Malaysia	58%	74% ↑
Finland	60%	74% ↑
Netherlands	No data	72%
Philippines	44%	71% ↑
Palestine	No data	71%
Croatia	52%	70% ↑
Brazil	53%	69% ↑
Slovenia	60%	69% ↑
Sweden	No data	69%
United States	58%	68% ↑
Canada	63%	68% ↑
Ireland	60%	68% ↑
South Korea	No data	67%
Cote d'Ivoire	61%	66% ↑

TTB	2022/ 2023	2024
Italy	52%	66% ↑
Belgium	No data	65%
Germany	60%	65% ↑
Türkiye	49%	64% ↑
Spain	48%	64% ↑
Iran	No data	63%
Hong Kong	58%	63% ↑
United Kindom	No data	63%
Chile	56%	63% ↑
France	57%	60% ↑
Poland	51%	60% ↑
Serbia	47%	59% ↑
Japan	56%	58% ↑
Greece	45%	57% ↑
Ecuador	44%	51% ↑
Nigeria	63%	50% ↓
Laos	No data	49%
Peru	32%	40% ↑
Argentina	42%	36% ↓

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

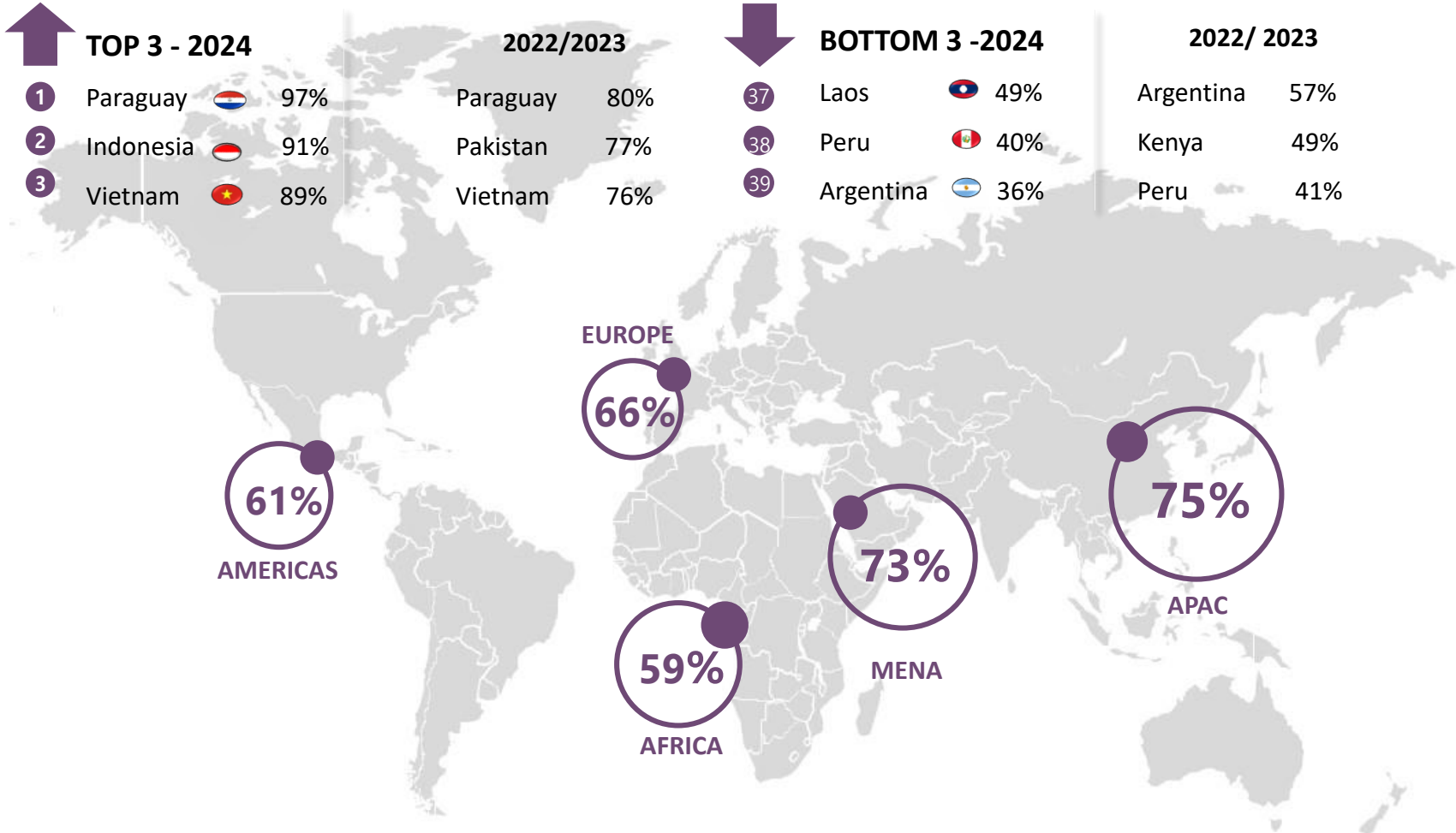
\*In 2022/2023, the question focused solely on stress.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

# Overall health rating – Stress/ Mental Health

% within total population

**TTB** Very good/ Quite good



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

\*In 2022/2023, the question focused solely on stress.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

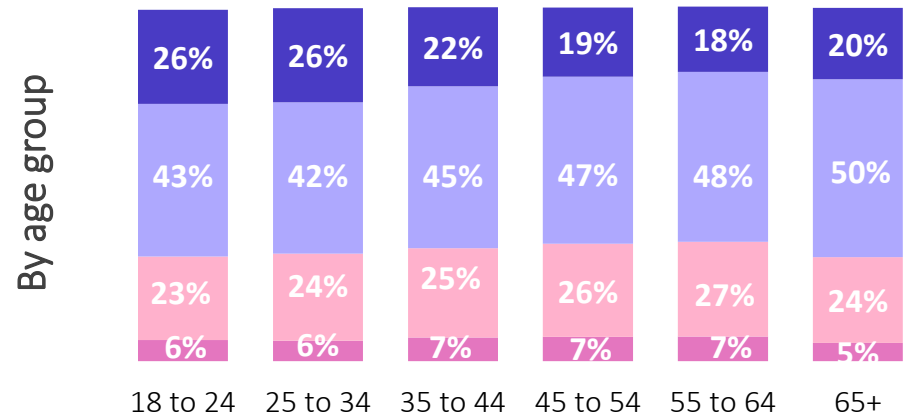
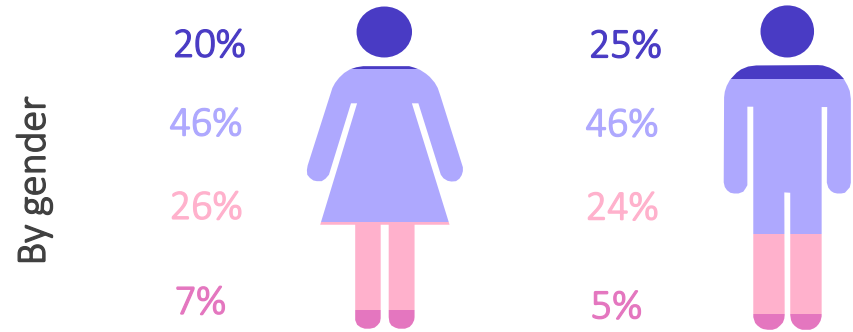
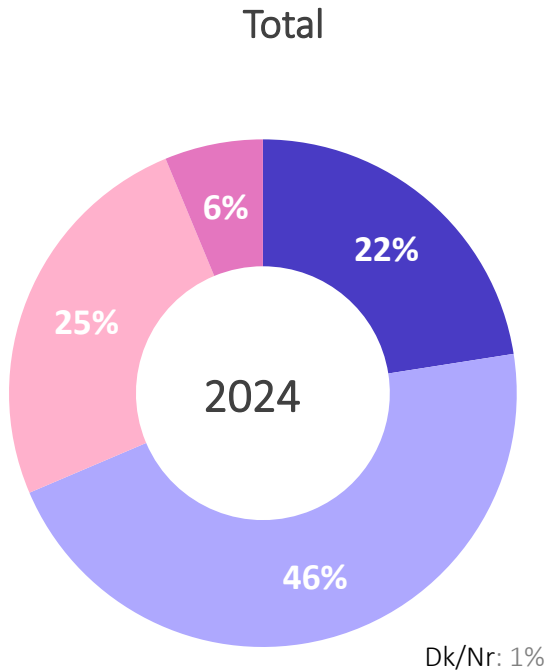
# SLEEPING



# Overall health rating - Sleeping

% within total population

■ Very good    
 ■ Quite good    
 ■ Quite poor    
 ■ Very poor



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Sleeping

# Overall health rating - Sleeping

% within total population



## By education level

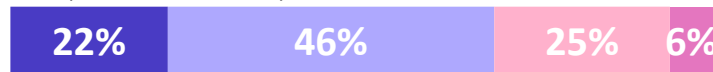
No education / Only basic education



Completed Primary



Completed Secondary School



Completed University

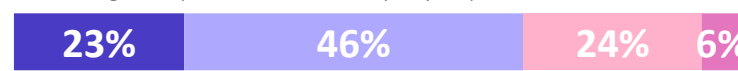


Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



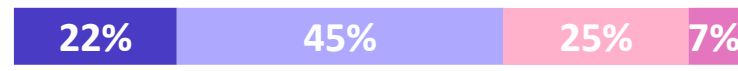
Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Sleeping

# Overall health rating - Sleeping

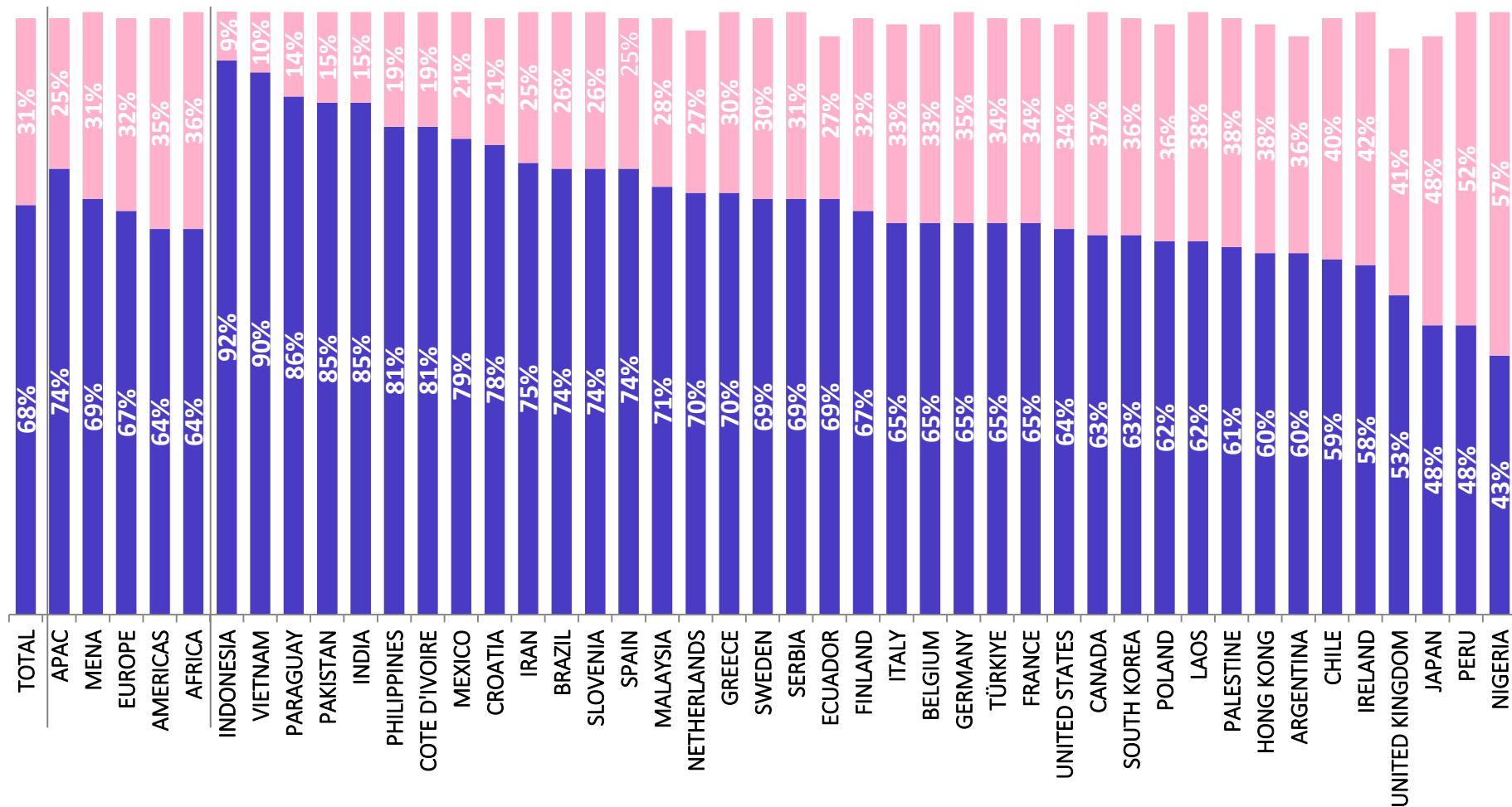
% within total population

TTB

Very good/ Quite good

BTB

Quite poor/ Very poor



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Sleeping

# Overall health rating - Sleeping

% within total population

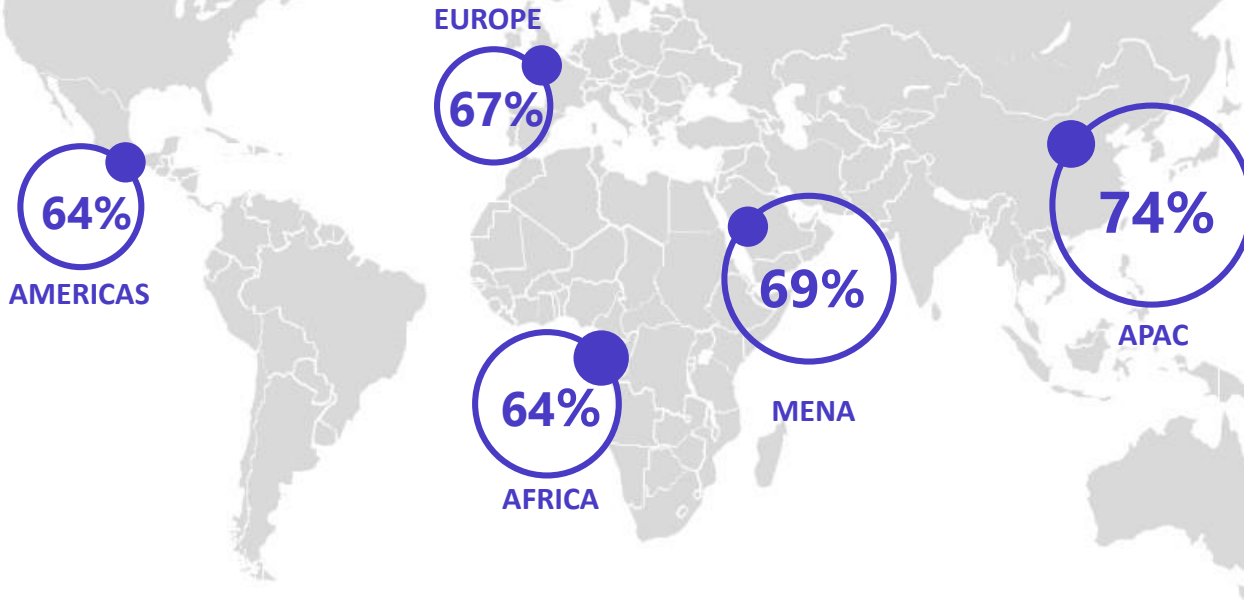
TTB Very good/ Quite good

## ↑ TOP 3 - 2024

- 1 Indonesia 92%
- 2 Vietnam 90%
- 3 Paraguay 86%

## ↓ BOTTOM 3 - 2024

- 37 Japan 48%
- 38 Peru 48%
- 39 Nigeria 43%



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Sleeping



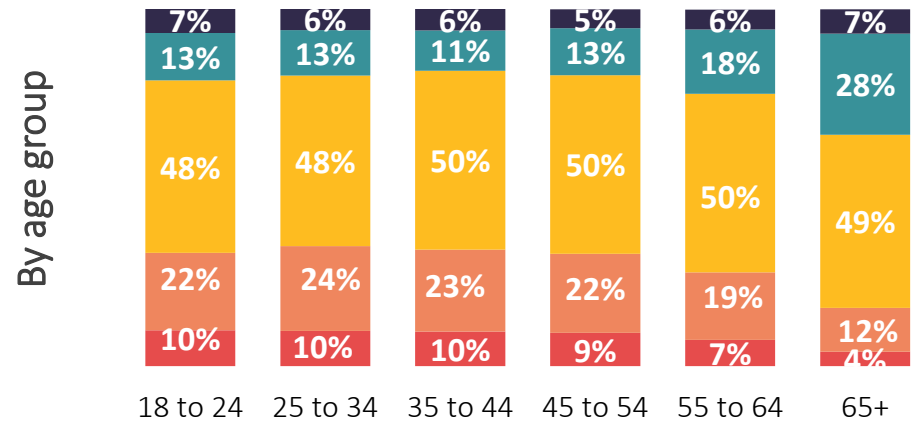
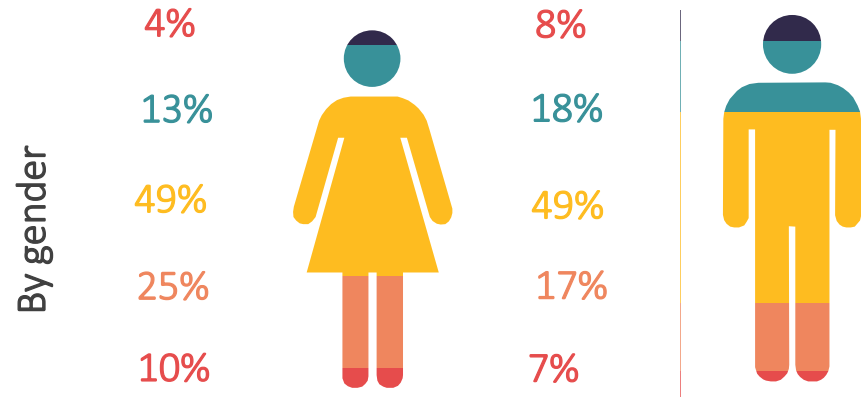
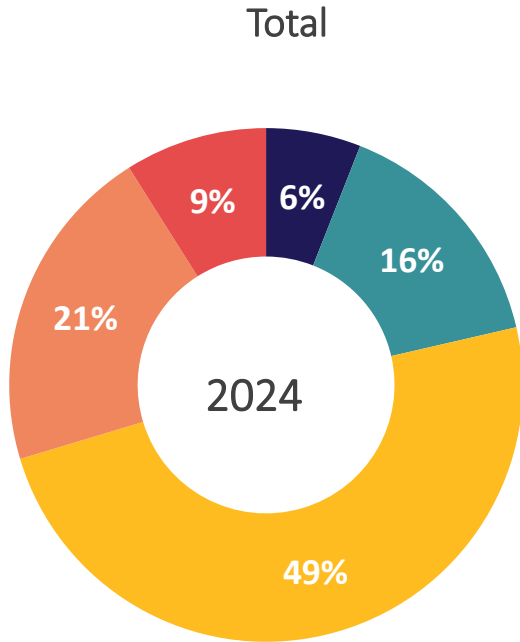
# STRESS IN DAILY LIFE



# Stress in daily life

% within total population

Never
  Almost never
  Sometimes
  Fairly often
  Very often

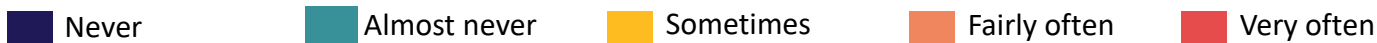


Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q3. How often would you say you feel stress in your daily life?

# Stress in daily life

% within total population

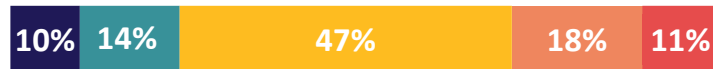


## By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



## By employment

Working full (include self-employed)



Working Part-time



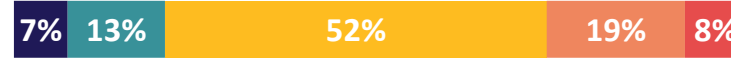
Unemployed



Student



Housewife



Retired/Disabled



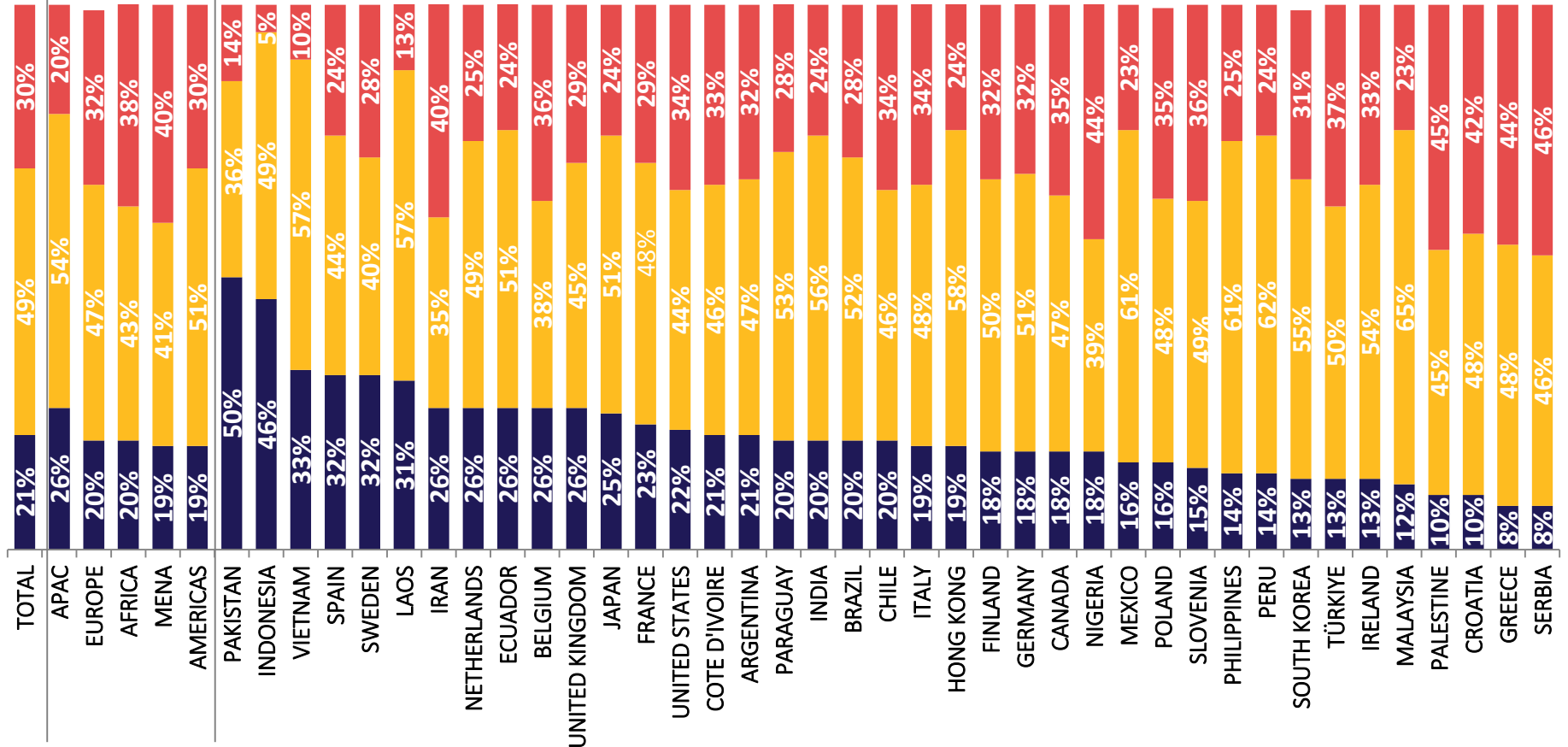
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q3. How often would you say you feel stress in your daily life?

# Stress in daily life

% within total population

Never/ Almost Never      Sometimes      Fairly Often/ Very Often



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q3. How often would you say you feel stress in your daily life?

# Stress in daily life

% within total population

TTB Never/ Almost Never

## ↑ TOP 3 - 2024

- 1 Pakistan 50%
- 2 Indonesia 46%
- 3 Vietnam 33%

## ↓ BOTTOM 3 - 2024

- 37 Croatia 10%
- 38 Greece 8%
- 39 Serbia 8%

19%

AMERICAS

EUROPE  
20%

20%

AFRICA

19%

MENA

26%

APAC

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

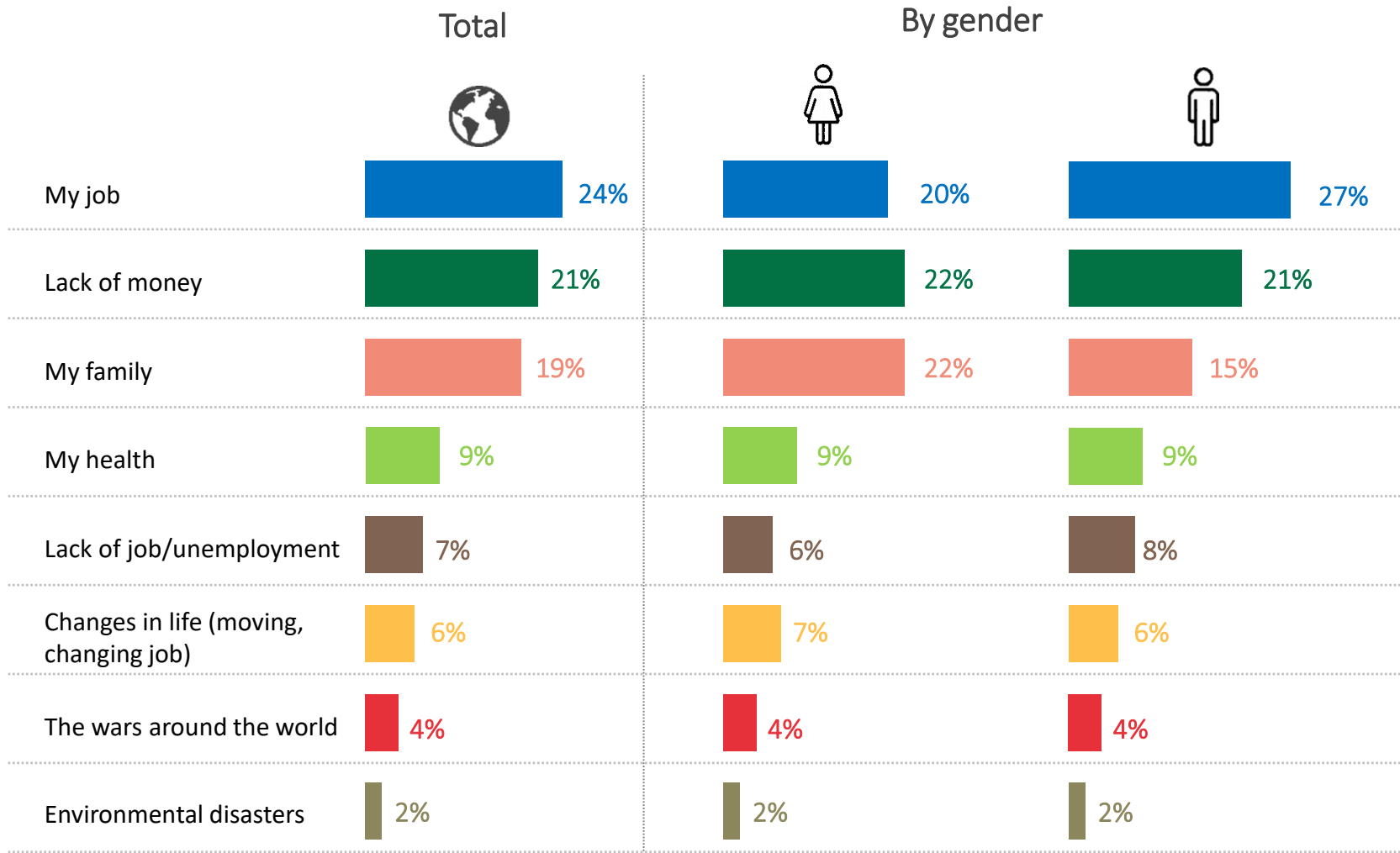
Q3. How often would you say you feel stress in your daily life?

# CAUSES OF STRESS



# Causes of stress

% within total population



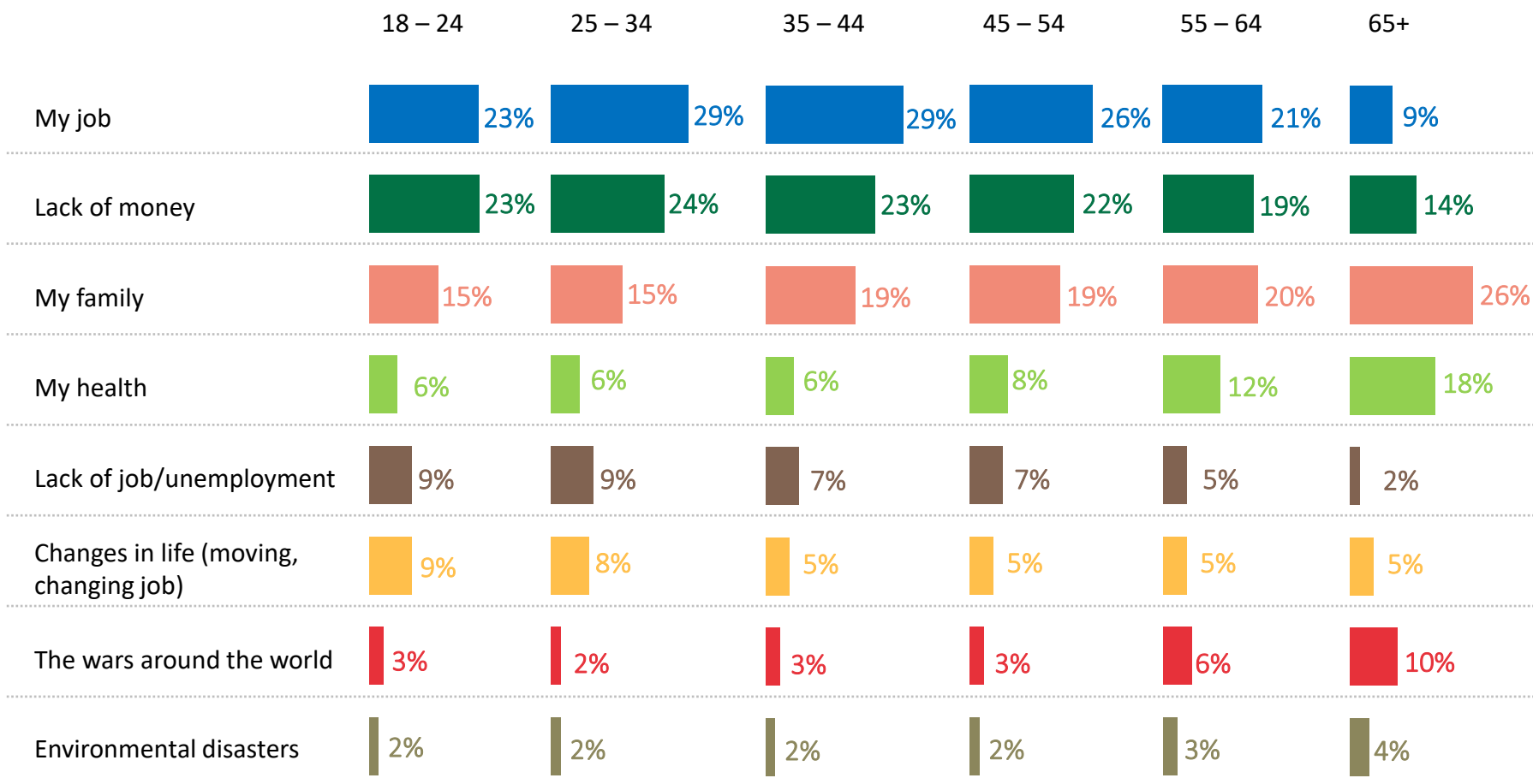
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4: Thinking about the last time you were really stressed, what was it that made you stressed?

# Causes of stress

% within total population

## By age group



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

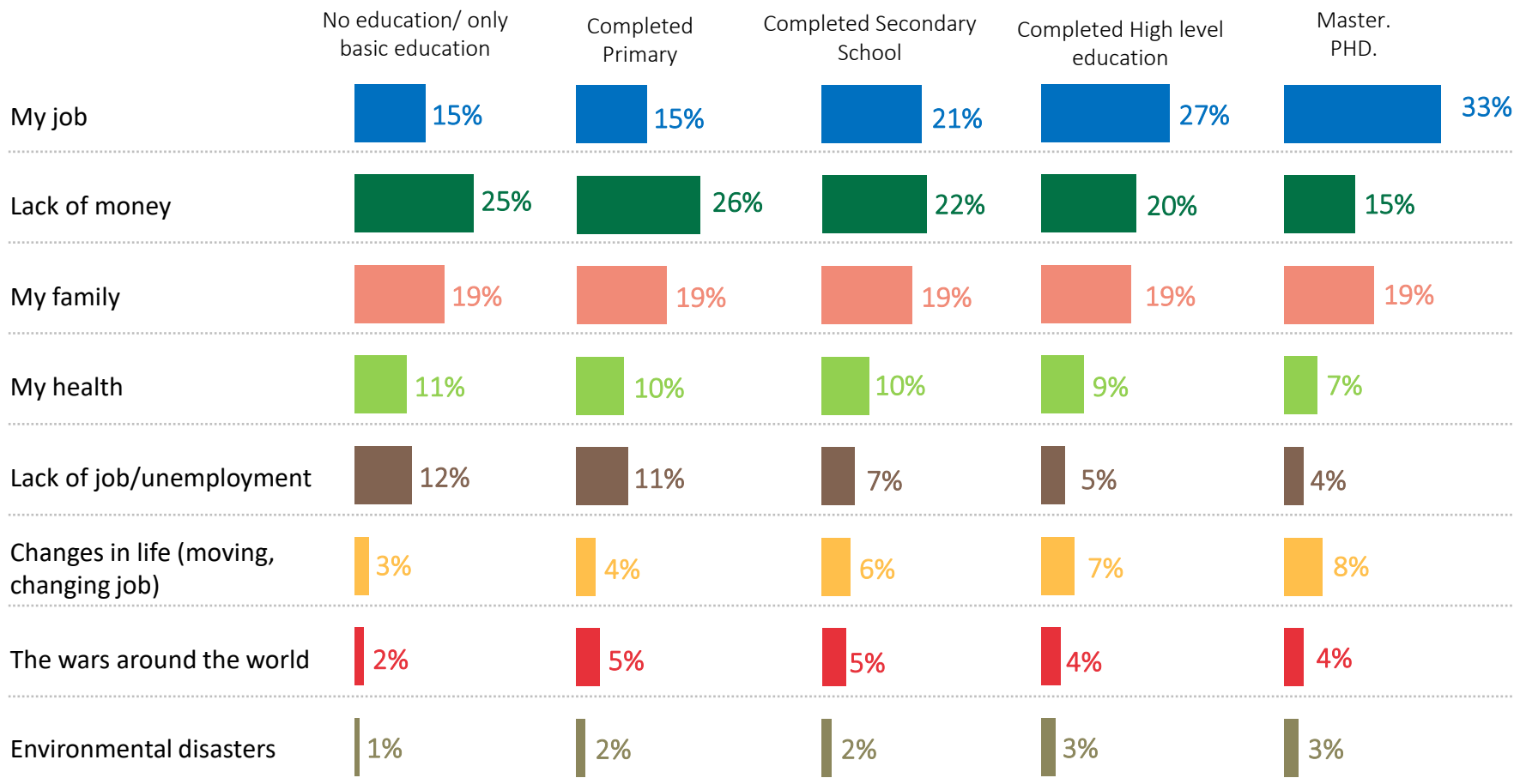
Q4: Thinking about the last time you were really stressed, what was it that made you stressed?



# Causes of stress

% within total population

## By education level



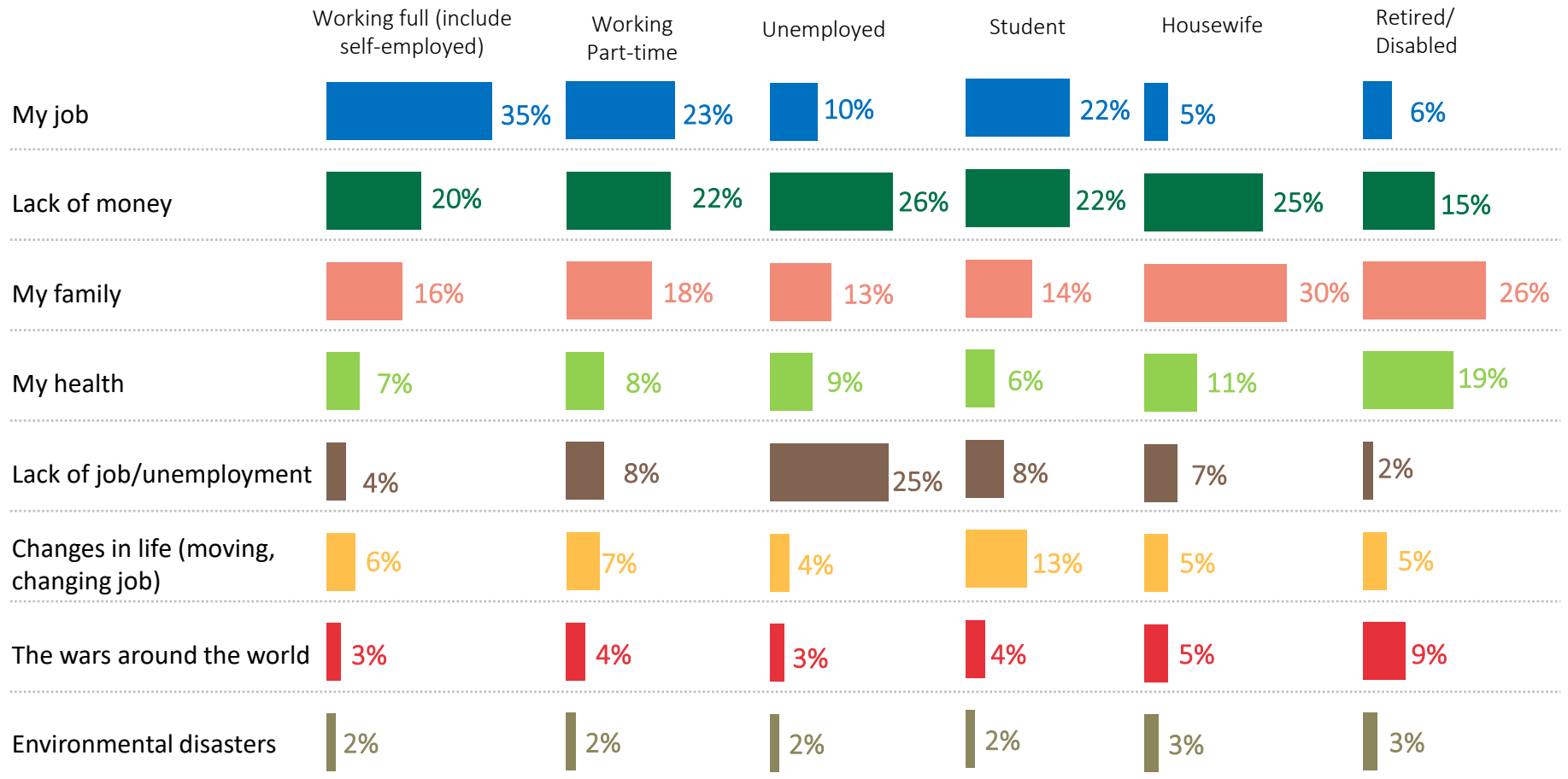
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4: Thinking about the last time you were really stressed, what was it that made you stressed?

# Causes of stress

% within total population

## By employment



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4: Thinking about the last time you were really stressed, what was it that made you stressed?

## Causes of stress

% within total population



	My job	Lack of money	My family	My health	Lack of job	Changes in life	The wars around the world	Environmental disasters
Argentina	21%	29%	14%	5%	17%	5%	2%	1%
Belgium	24%	16%	22%	11%	2%	12%	4%	1%
Brazil	20%	34%	15%	4%	11%	4%	4%	2%
Canada	20%	21%	23%	10%	5%	8%	4%	2%
Cote d'Ivoire	23%	21%	28%	7%	16%	1%	0%	1%
Chile	21%	33%	12%	5%	15%	6%	1%	1%
Germany	27%	14%	15%	16%	1%	7%	10%	3%
Ecuador	14%	19%	14%	7%	27%	4%	6%	0%
Spain	27%	17%	19%	12%	6%	5%	4%	1%
Finland	30%	15%	18%	11%	3%	6%	6%	1%
France	26%	17%	20%	10%	3%	6%	5%	3%
United Kingdom	18%	25%	19%	13%	5%	7%	5%	1%
Greece	24%	30%	20%	7%	6%	6%	3%	1%
Hong Kong	37%	20%	14%	10%	5%	6%	2%	2%
Croatia	27%	10%	28%	11%	5%	7%	3%	3%
Indonesia	19%	25%	12%	9%	5%	5%	2%	2%
Ireland	15%	24%	26%	11%	2%	10%	4%	1%
India	18%	21%	23%	7%	6%	11%	3%	9%
Iran	23%	23%	28%	5%	4%	7%	3%	1%
Italy	31%	15%	21%	8%	6%	8%	3%	2%

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4. Thinking about the last time you were really stressed, what was it that made you stressed?

## Causes of stress

% within total population



	My job	Lack of money	My family	My health	Lack of job	Changes in life	The wars around the world	Environmental disasters
Japan	24%	11%	19%	13%	3%	3%	4%	8%
South Korea	27%	29%	17%	8%	8%	3%	4%	2%
Laos	22%	34%	21%	5%	4%	2%	1%	2%
Mexico	48%	16%	21%	4%	3%	4%	3%	1%
Malaysia	25%	39%	11%	6%	5%	5%	0%	4%
Nigeria	31%	32%	12%	15%	0%	8%	0%	1%
Netherlands	17%	10%	20%	16%	2%	11%	7%	2%
Peru	22%	23%	16%	9%	14%	6%	3%	3%
Philippines	10%	42%	11%	3%	15%	5%	2%	2%
Pakistan	13%	15%	17%	8%	14%	3%	2%	2%
Poland	18%	11%	24%	17%	3%	6%	7%	1%
Palestine	5%	6%	20%	7%	11%	7%	39%	3%
Paraguay	51%	10%	13%	4%	5%	11%	0%	1%
Serbia	25%	16%	27%	10%	7%	6%	4%	1%
Sweden	30%	13%	16%	7%	4%	9%	6%	2%
Slovenia	35%	11%	21%	10%	3%	6%	3%	3%
Türkiye	17%	24%	13%	4%	5%	7%	12%	11%
United States	19%	22%	21%	9%	4%	8%	4%	2%
Vietnam	45%	17%	13%	8%	6%	5%	1%	2%

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4. Thinking about the last time you were really stressed, what was it that made you stressed?

# Causes of stress

% within total population

↑ TOP 3 ↓ BOTTOM 3

## My job

Paraguay	51%	Ecuador	14%
Mexico	48%	Pakistan	13%
Vietnam	45%	Philippines	10%

## Lack of job/unemployment

Ecuador	27%	Netherlands	2%
Argentina	17%	Ireland	2%
Cote d'Ivoire	16%	Germany	1%

## My family

Croatia	28%	Chile	12%
Iran	28%	Indonesia	12%
Cote d'Ivoire	28%	Philippines	11%

## My health

Poland	17%	Türkiye	4%
Netherlands	16%	Paraguay	4%
Germany	16%	Philippines	3%

## Lack of money

Philippines	42%	Slovenia	11%
Malaysia	39%	Paraguay	10%
Laos	34%	Netherlands	10%

## Changes in life

Belgium	12%	Pakistan	3%
Paraguay	11%	Japan	3%
Netherlands	11%	Laos	2%

## Environmental disasters

Türkiye	11%	United Kingdom	1%
India	9%	Argentina	1%
Japan	8%	Finland	1%

## The wars around the world

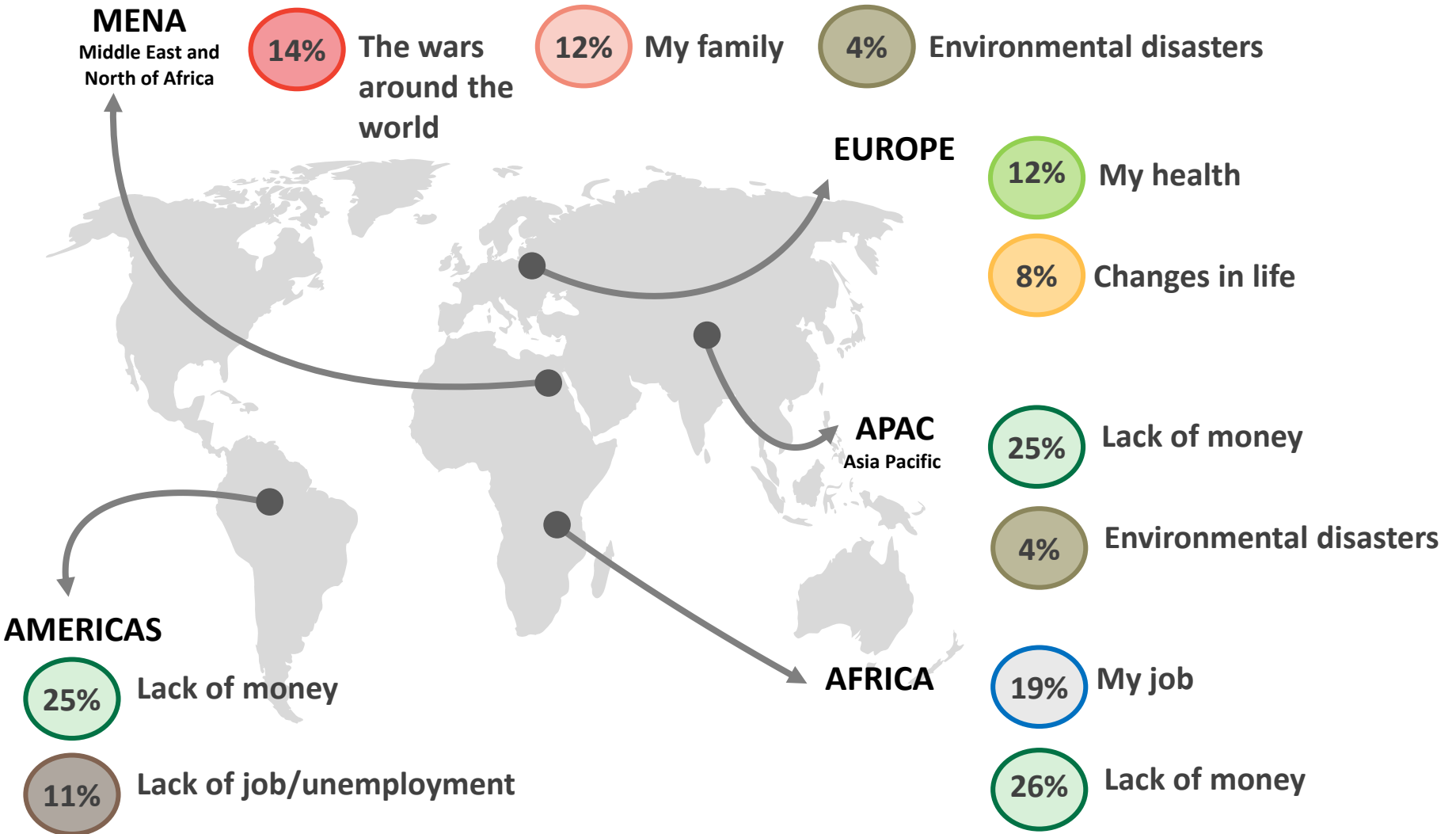
Palestine	39%	Nigeria	0%
Türkiye	12%	Malaysia	0%
Germany	10%	Paraguay	0%

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4. Thinking about the last time you were really stressed, what was it that made you stressed?

# Causes of stress

% within total population



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4. Thinking about the last time you were really stressed, what was it that made you stressed?

# METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2023-2024 Fieldwork Dates
1	Argentina	Voices Research & Consultancy	CAWI	1035	NATIONAL	1-6 December 2023
2	Belgium	IRB Europe	CAWI	500	NATIONAL	26-31 January 2024
3	Brazil	Market Analysis Brazil	CAWI	1000	NATIONAL	9-24 January 2024
4	Canada	LEGER	CAWI	1000	NATIONAL	3-14 January 2024
5	Chile	Activa Research	CAWI	1094	NATIONAL	January 2024
6	Croatia	Institute for market and media research, Mediana Fides	CAWI	585	NATIONAL	23-29 January 2024
7	Ecuador	Centro de Estudios Y Datos - CEDATOS	CAPI	505	NATIONAL	28 Jan – 3 Feb 2024
8	Finland	Taloustutkimus Oy	Online Panel	1128	NATIONAL	13-18 December 2023
9	France	BVA	CAWI	1000	NATIONAL	17-19 January 2024
10	Germany	Produkt+Markt	CAWI	1000	NATIONAL	22 Dec 2023- 22 Jan 2024
11	Greece	Alternative Research Solutions	CAWI	500	NATIONAL	10-15 January 2024
12	Hong Kong	Consumer Search Group (CSG)	Online Panel	500	TERRITORY WIDE	1-6 December 2023
13	India	DataPrompt International Pvt. Ltd.	CAWI	1000	NATIONAL	19 Dec 2023 - 25 Jan 2024
14	Indonesia	DEKA	Face to Face	1000	NATIONAL	5-26 December 2023
15	Iran	EMRC	CATI	1000	URBAN	18-31 December 2023
16	Republic of Ireland	RED C Research & Marketing Ltd	CAWI	1002	NATIONAL	5-10 January 2024
17	Italy	BVA Doxa	CAWI	1000	NATIONAL	17-19 January 2024
18	Cote d'Ivoire	EMC	CAPI	1200	NATIONAL	9-28 January 2024
19	Lao PDR	Indochina Research (LAOS) Ltd	CATI	500	4 KEY REGIONS	15 Dec 2023- 8 Jan 2024
20	Japan	Nippon Research Center, LTD.	CAWI	1118	NATIONAL	9-16 January 2024

# METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2023-2024 Fieldwork Dates
21	Malaysia	Central Force International	Online	1000	NATIONAL	7-13 December 2023
22	Mexico	Brand Investigation S.A.de C.V	Online	500	NATIONAL	11-20 December 2023
23	Nigeria	Market Trends International	CATI	1000	NATIONAL	15 Dec 2023- 24 Jan 2024
24	Pakistan	Gallup Pakistan	CATI	1000	NATIONAL	3-17 January 2024
25	Palestine	Palestinian Center for Public Opinion	TAPI	483	NATIONAL	26 Sep - 5 Oct 2023
26	Paraguay	ICA Consultoría Estratégica	CATI	480	NATIONAL	18 Dec 2023 – 11 Jan 2024
27	Peru	Datum Internacional	P2P	1210	NATIONAL	6-9 January 2024
28	Philippines	Philippine Survey and Research Center, Inc. (PSRC)	F2F CAPI	1000	NATIONAL	12-27 January 2024
29	Poland	Mareco Polska	CAWI	1080	NATIONAL	2-5 January 2024
30	Republic of Korea	Gallup Korea	CAWI	1029	NATIONAL	24-30 January 2024
31	Serbia	Institute for market and media research, Mediana Adria	CAWI	501	NATIONAL	23-29 January 2024
32	Slovenia	Institute for market and media research, Mediana	CAWI	700	NATIONAL	23-27 January 2024
33	Spain	Instituto DYM	CAWI	1011	NATIONAL	13-15 December 2023
34	Sweden	DEMOSKOP AB	CAWI	1068	NATIONAL	4 Dec 2023 – 31 Jan 2024
35	The Netherlands	Motivaction International B.V.	CAWI	1005	NATIONAL	2-5 February 2024
36	Türkiye	Barem	CATI	523	NATIONAL	26-30 January 2024
37	United Kingdom	ORB International	CAWI	1000	NATIONAL	
38	USA	LEGER	CAWI	1007	NATIONAL	3-14 January 2024
39	Vietnam	Indochina Research (Vietnam) Ltd	CAPI	600	Hanoi, Ho Chi Minh city, Danang urban population	29 Dec 2023 – 18 Jan 2024