

Bayt.com Happiness Survey

in Middle East and North Africa



July 2013


The Middle East's #1 Job Site


What the world thinks

Objective

- The research was conducted to understand the current level of happiness and satisfaction in the MENA region. The key information areas covered in this research were:
- Satisfaction with elements of **personal life** that impact happiness
- Satisfaction with elements of **professional life** that impact happiness
- Satisfaction with elements related to **country of residence**
- Satisfaction with **current health and wellbeing**
- **Overall satisfaction with life**

Section 1

Research Methodology

Sample definition

Age and Gender:

Adult males and females

Aged 18 plus years

Nationalities:

GCC Arabs, North Africans, Levantines, Western expats, and Asians

Country of Residence

GCC: UAE, KSA, Kuwait, Oman, Qatar, and Bahrain

Levant: Lebanon, Syria, and Jordan

North Africa: Egypt, Morocco, Algeria, and Tunisia

Data Collection

All data was collected online. Fieldwork was done between 6th and 20th June 2013. The total number of respondents was 11,170.

Section 2

Research Findings

Overall Summary 1/3

- **Personal Life**

- On an overall level, respondents from the MENA region are satisfied with their current mental and physical health.
- 52% claim they are extremely satisfied with the current relationship they have with their family.
- Highest dissatisfaction is with financial independence across all three regions (GCC, Levant, and North Africa).

- **Professional Life**

- In general respondents are not very satisfied with the various elements related to their professional life.
- Across the region, 62% respondents claim they are dissatisfied with the remuneration they receive.
- There is also a sentiment that in general there are not many opportunities for career advancement. This is particularly seen in Syria, Jordan, Algeria, and Morocco.
- Only 15% claim they are ‘extremely satisfied’ with their current work-life balance.
- When asked about overall satisfaction with current job, generally satisfaction was low across the region, with Morocco being the lowest.

Overall Summary 2/3

- **Current Country of Residence**

- Employment opportunities and cost of living are two elements that respondents say they are least satisfied with in their country of residence.
- Those from North Africa, express high dissatisfaction with the availability of ‘general infrastructure’, ‘public transport facilities’, and ‘entertainment avenues’.
- In Levant, respondents from Jordan express satisfaction with most aspects, which is unlike Lebanon and Syria.
- In comparison to others, GCC respondents have much higher levels of satisfaction on most of the attributes except cost of living and employment opportunities.

- **Other Aspects of Life**

- The top 5 most important factors that impact general happiness are:
 - General safety and security
 - Leading a financial stable life
 - Employment opportunities
 - Low cost of living
 - Stability of political environment

Overall Summary 3/3

- When asked about current levels of stress that they have in their everyday life, 4 in 10 claim they are ‘somewhat stressed’. The key contributors to stress are ‘increasing cost of living’ and ‘current economic situation of the country’.
- 75% of the respondents claim they are in good health. Of those who say they currently have health issues, 45% say they suffer from stress-related diseases (such as depression, anxiety, etc.)
- Despite minor issues with personal and professional life, the majority of respondents state that they are satisfied with their life in general.

Section 2a

Personal Life

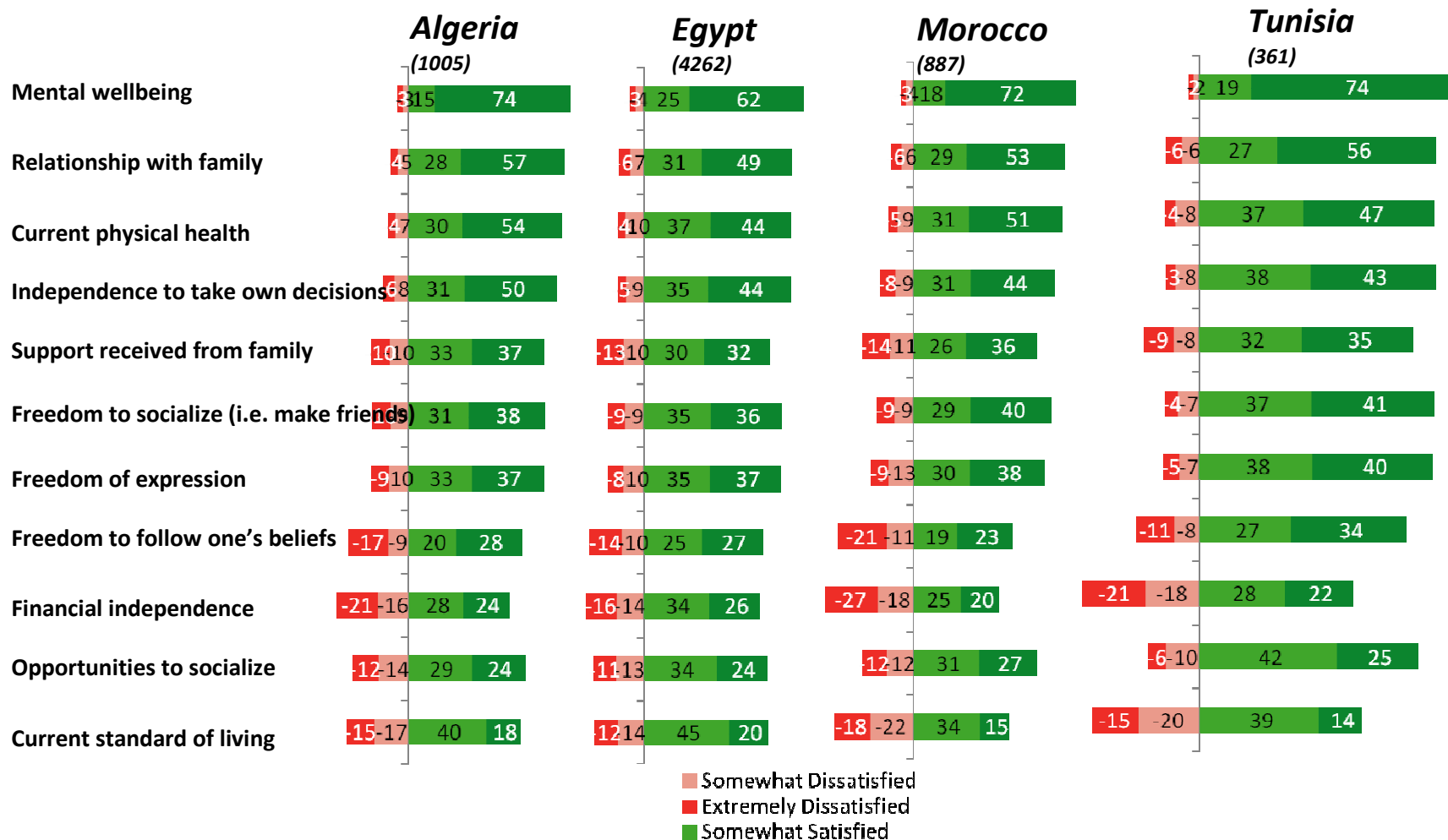
Personal Life Elements That Impact Happiness

Q. Given below are some elements that people claim are important to their PERSONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 , where 1 is ‘Extremely Dissatisfied’ and 5 is ‘Extremely Satisfied’, please specify your level of satisfaction on each of these elements.

Extremely Satisfied	Total	Algeria	Bahrain	Egypt	Jordan	Kuwait	Lebanon	Morocco	Oman	Qatar	Saudi Arabia	Syria	Tunisia	UAE
Mental wellbeing	62	74	49	62	67	52	55	72	58	53	63	68	74	45
Relationship with family	52	57	57	49	51	55	49	53	61	56	53	42	56	53
Current physical health	43	54	44	44	41	36	38	51	44	41	40	42	47	35
Independence to take own decisions	42	50	36	44	39	36	38	44	40	40	40	37	43	36
Support received from family	36	37	41	32	29	39	34	36	46	48	39	27	35	44
Freedom to socialize (i.e. make friends)	35	38	33	36	32	35	41	40	35	30	29	35	41	32
Freedom of expression	34	37	21	37	30	31	32	38	36	35	29	24	40	29
Freedom to follow one’s beliefs	29	28	37	27	27	33	35	23	37	33	28	32	34	34
Financial independence	24	24	22	26	23	25	18	20	26	30	28	20	22	19
Opportunities to socialize	23	24	20	24	21	21	26	27	22	20	19	22	25	20
Current standard of living	17	18	19	20	10	16	7	15	20	22	18	12	14	17

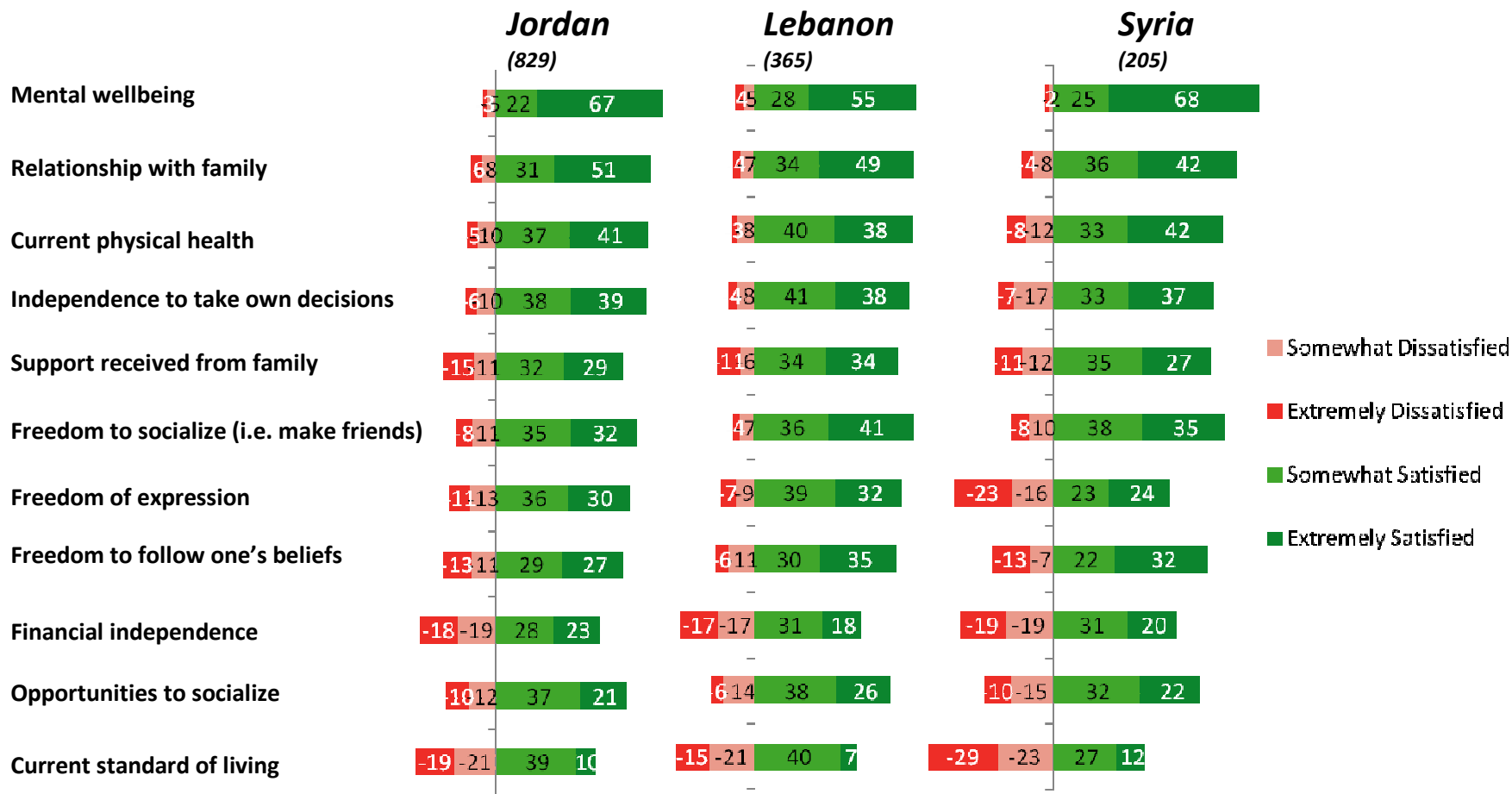
Personal Life Elements– North Africa

Q. Given below are some elements that people claim are important to their PERSONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 where 1 is 'Extremely Dissatisfied' and 5 is 'Extremely Satisfied', please specify your level of satisfaction on each of these elements.



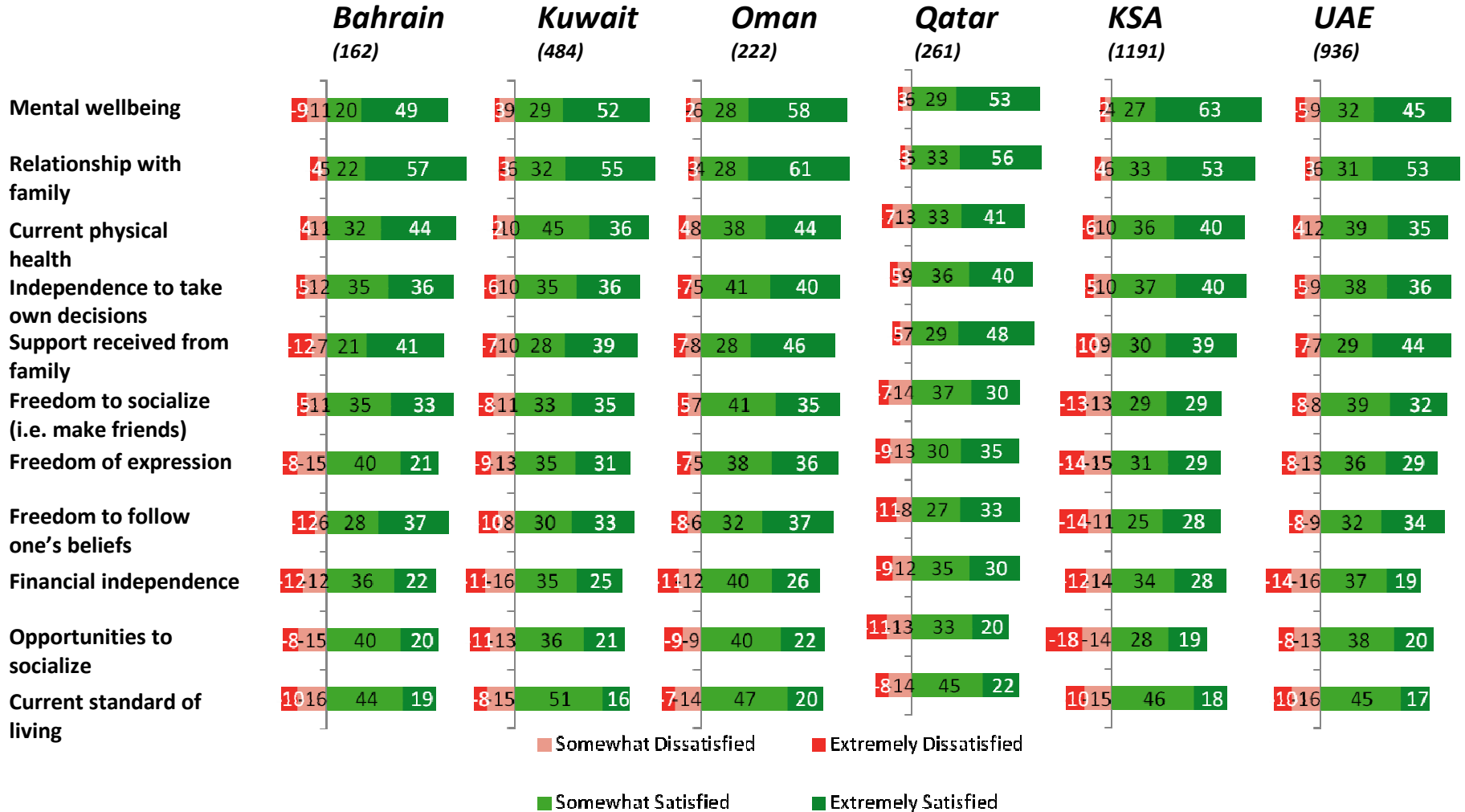
Personal Life Elements– Levant

Q. Given below are some elements that people claim are important to their PERSONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 where 1 is 'Extremely Dissatisfied' and 5 is 'Extremely Satisfied', please specify your level of satisfaction on each of these elements.



Personal Life Elements- GCC

Q. Given below are some elements that people claim are important to their PERSONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 where 1 is 'Extremely Dissatisfied' and 5 is 'Extremely Satisfied', please specify your level of satisfaction on each of these elements.



Section 2b

Professional Life

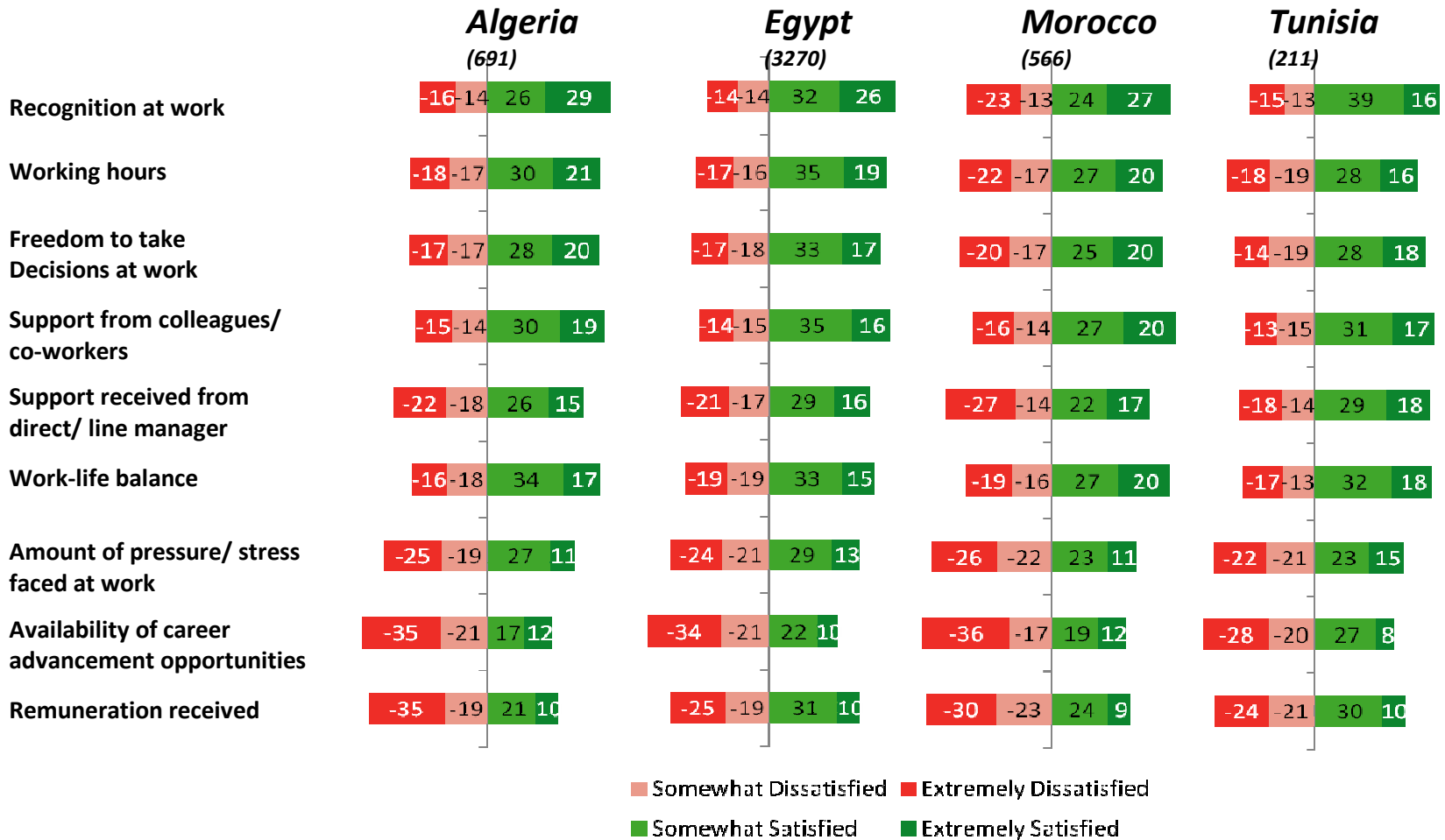
Professional Life Elements That Impact Happiness

Q. Given below are some elements that people claim are important to their PROFESSIONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 where 1 is 'Extremely Dissatisfied' and 5 is 'Extremely Satisfied', please specify your level of satisfaction on each of these elements.

Extremely Satisfied	Total	Algeria	Bahrain	Egypt	Jordan	Kuwait	Lebanon	Morocco	Oman	Qatar	Saudi Arabia	Syria	Tunisia	UAE
Recognition at work	22	29	23	26	14	19	15	27	22	21	20	18	16	17
Working hours	19	21	23	19	13	18	14	20	27	16	20	17	16	15
Freedom to take decisions at work	16	20	17	17	12	15	16	20	18	18	13	14	18	12
Support from colleagues/ co-workers	16	19	19	16	12	17	14	20	17	18	16	14	17	14
Support received from direct/ line manager	15	15	12	16	12	13	16	17	16	18	14	14	18	12
Work-life balance	15	17	14	15	11	14	9	20	24	17	12	12	18	13
Amount of pressure/ stress faced at work	12	11	12	13	9	12	8	11	16	11	11	14	15	10
Availability of career advancement opportunities	9	12	10	10	7	12	7	12	12	10	9	5	8	7
Remuneration received	9	10	9	10	6	8	4	9	12	13	10	5	10	7

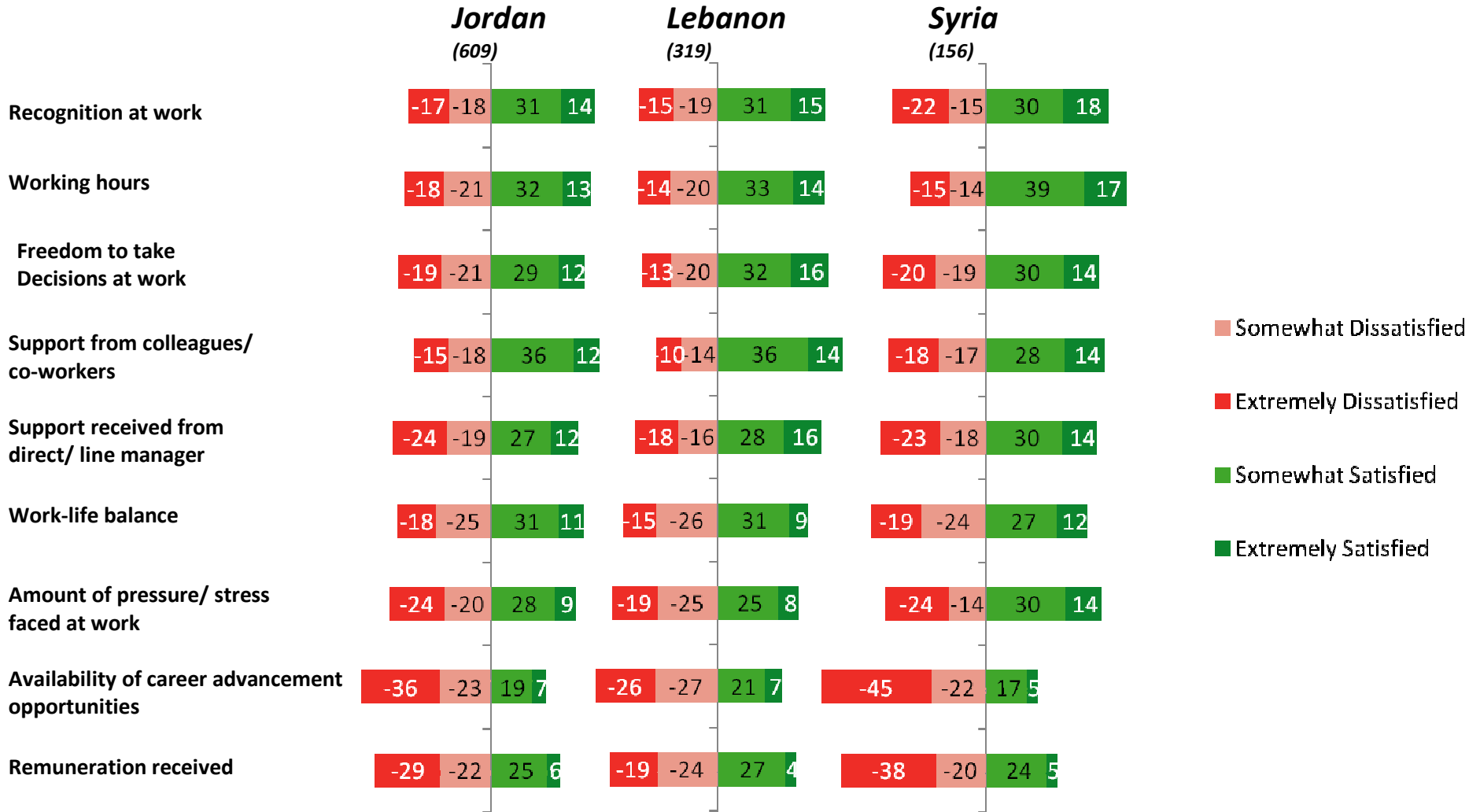
Professional Life Elements– North Africa

Q. Given below are some elements that people claim are important to their PROFESSIONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 where 1 is 'Extremely Dissatisfied' and 5 is 'Extremely Satisfied', please specify your level of satisfaction on each of these elements.



Professional Life Elements– Levant

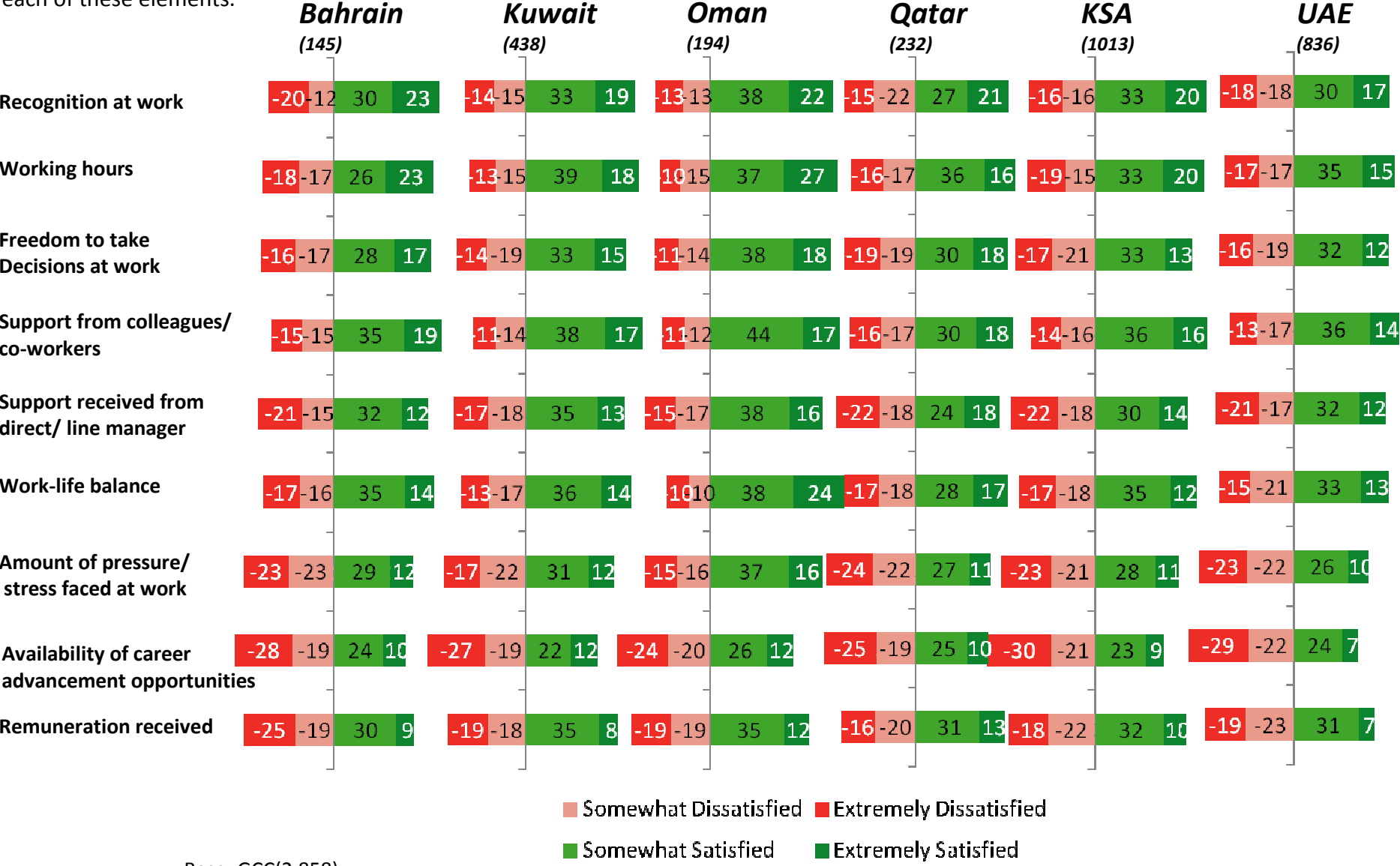
Q. Given below are some elements that people claim are important to their PROFESSIONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 where 1 is 'Extremely Dissatisfied' and 5 is 'Extremely Satisfied', please specify your level of satisfaction on each of these elements.



- Somewhat Dissatisfied
- Extremely Dissatisfied
- Somewhat Satisfied
- Extremely Satisfied

Professional Life Elements– GCC

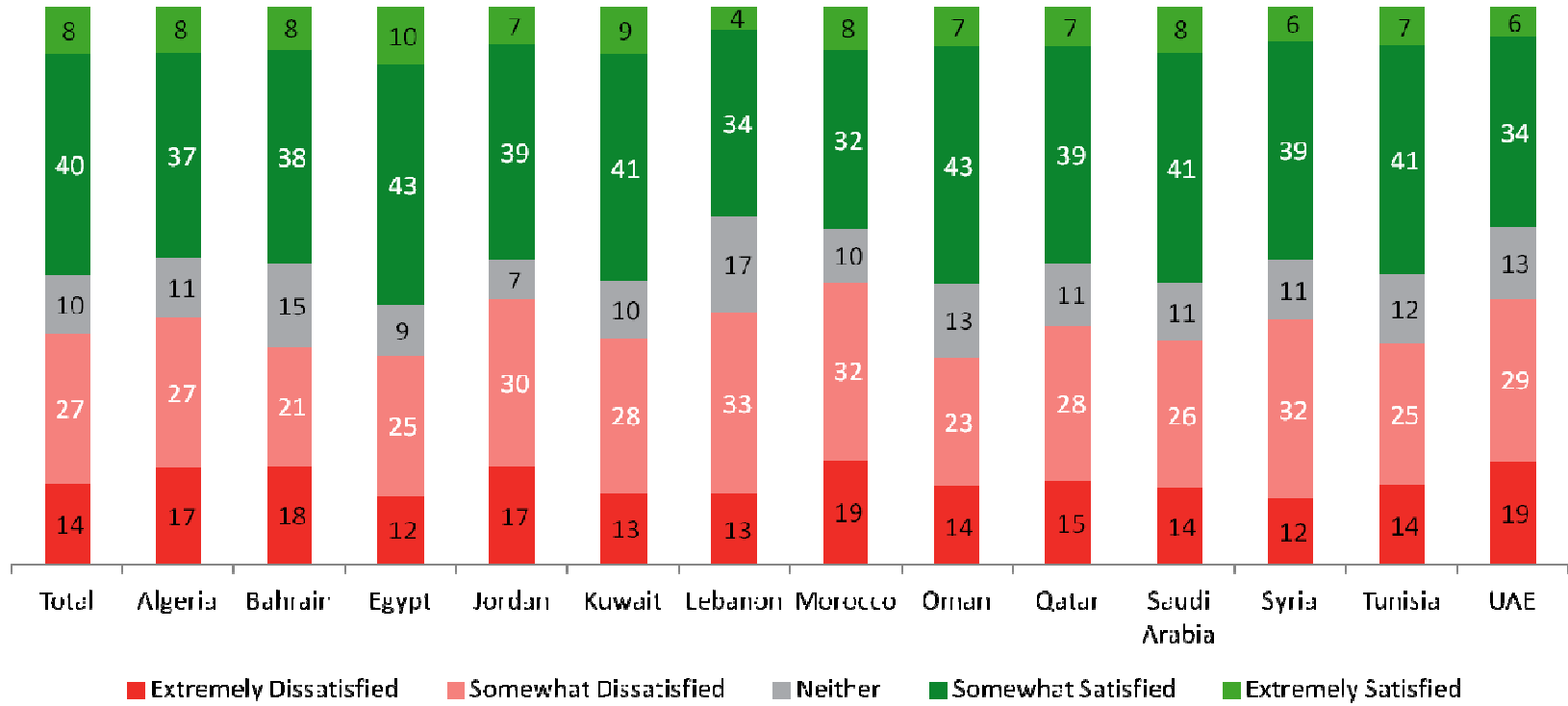
Q. Given below are some elements that people claim are important to their PROFESSIONAL LIFE and have a direct impact on their happiness and wellbeing. On a scale of 1 – 5 where 1 is 'Extremely Dissatisfied' and 5 is 'Extremely Satisfied', please specify your level of satisfaction on each of these elements.



All figures are %'s Base: GCC(2,858)

Satisfaction with Current Job

Q. Taking into consideration all the different factors, on an overall level, how satisfied are you with your CURRENT JOB?



Section 2c

Current Country Of Residence

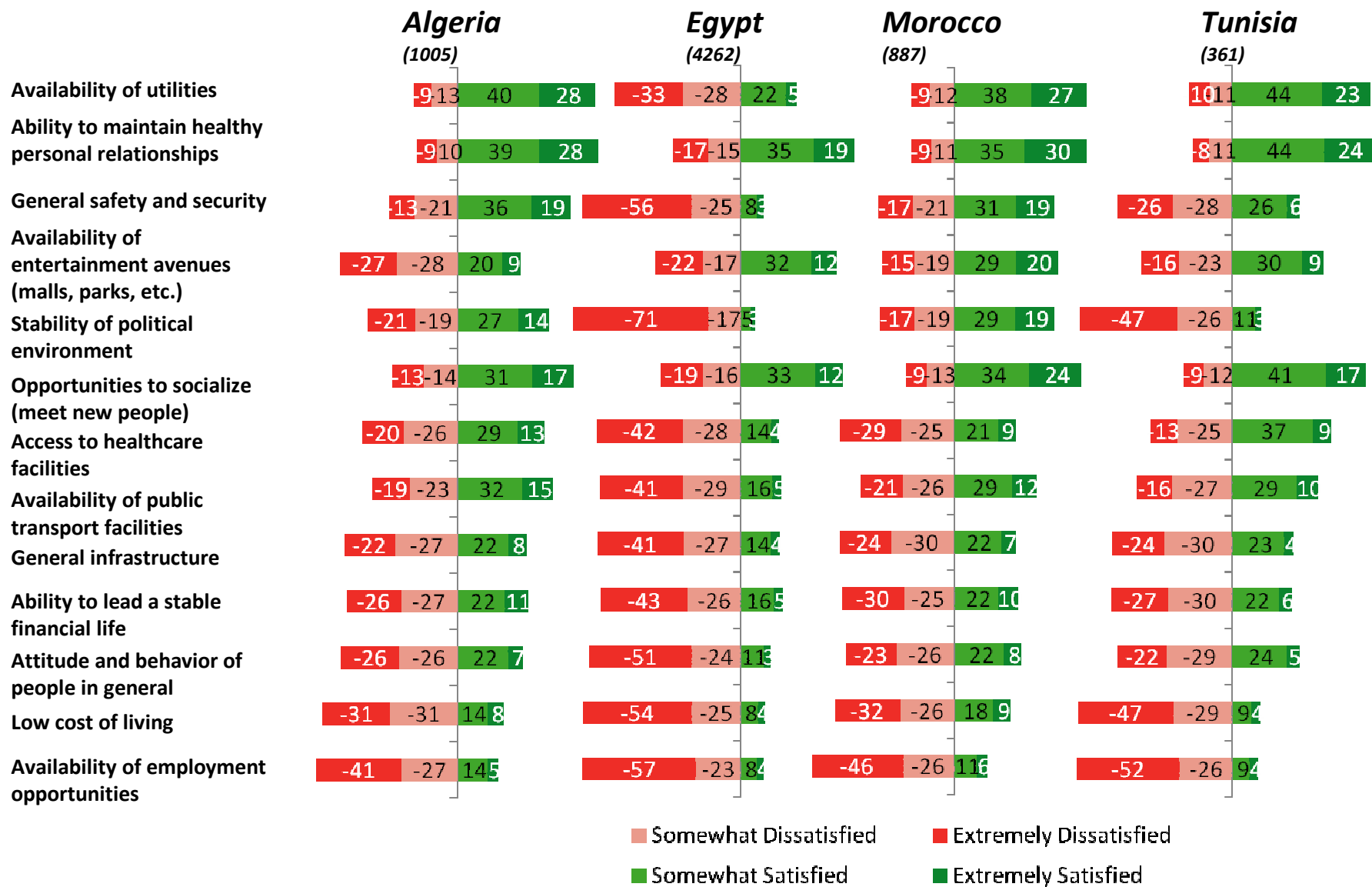
Current Country of Residence

Q. Thinking about the country where you currently live, how satisfied are you with the following factors:

Extremely Satisfied	Total	Algeria	Bahrain	Egypt	Jordan	Kuwait	Lebanon	Morocco	Oman	Qatar	Saudi Arabia	Syria	Tunisia	UAE
Availability of utilities (e.g. drinking water, electricity, fuel, etc.)	23	28	47	5	16	53	2	27	46	60	41	7	23	57
Ability to maintain healthy personal relationships with family and friends	23	28	26	19	21	24	18	30	33	29	23	16	24	29
General safety and security	21	19	17	3	29	31	1	19	54	62	39	4	6	66
Availability of entertainment avenues (malls, parks, etc.)	18	9	34	12	12	26	16	20	23	31	19	5	9	55
Stability of political environment	18	14	8	3	15	18	1	19	52	54	40	4	3	60
Opportunities to socialize (meet new people)	16	17	24	12	13	15	15	24	19	18	12	14	17	26
Access to healthcare facilities	13	13	28	4	16	24	2	9	29	35	24	4	9	36
Availability of public transport facilities	13	15	16	5	12	28	3	12	19	20	16	4	10	44
General infrastructure	11	8	16	4	7	18	2	7	24	24	18	3	4	45
Ability to lead a stable financial life	10	11	15	5	5	14	1	10	19	24	17	2	6	21
Attitude and behavior of people in general	8	7	17	3	5	8	3	8	28	22	8	5	5	23
Low cost of living	6	8	12	4	3	9	1	9	8	8	11	4	4	7
Availability of employment opportunities	6	5	10	4	3	9	2	6	9	13	8	1	4	14

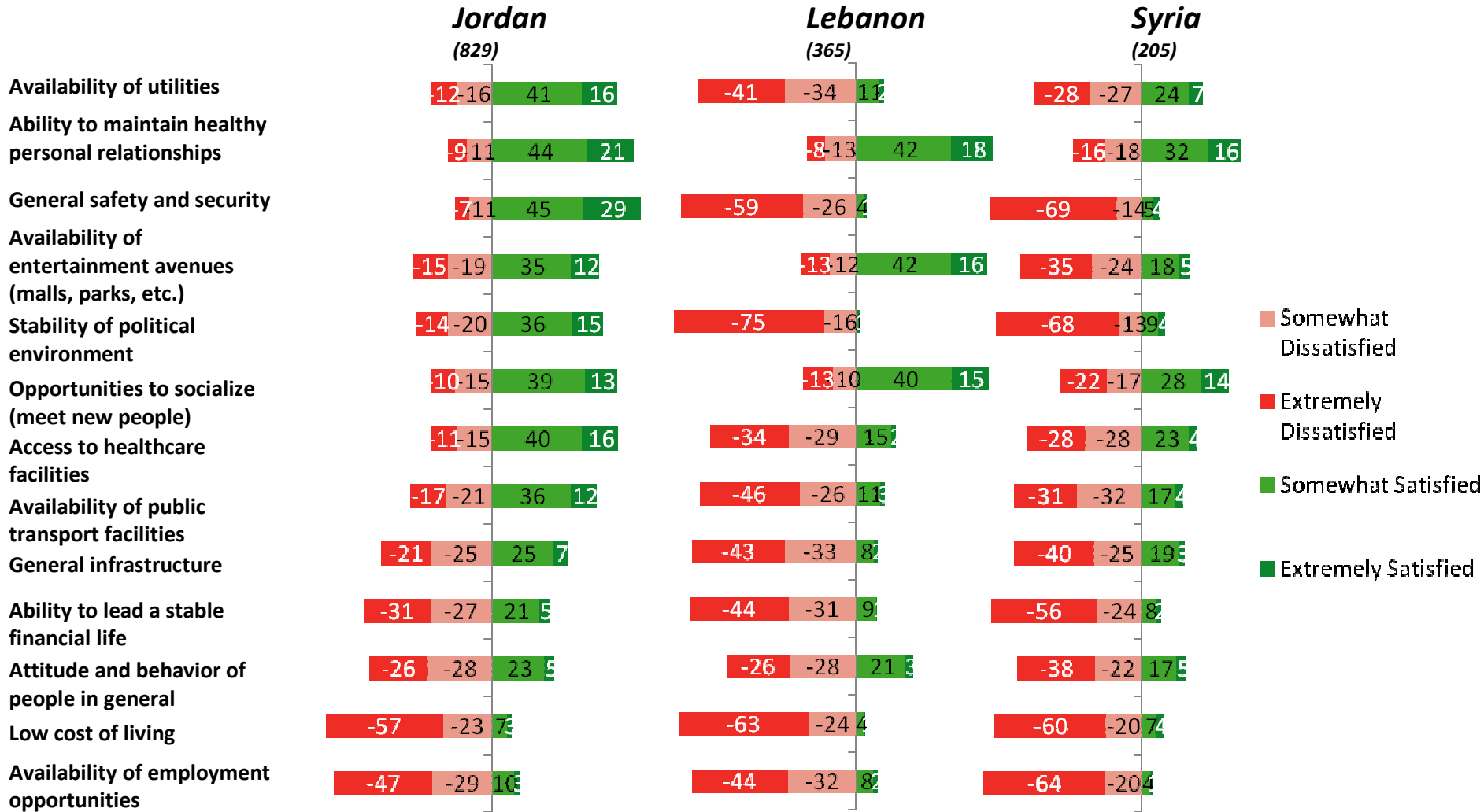
Current Country of Residence – North Africa

Q. Thinking about the country where you currently live, how satisfied are you with the following factors:



Current Country of Residence – Levant

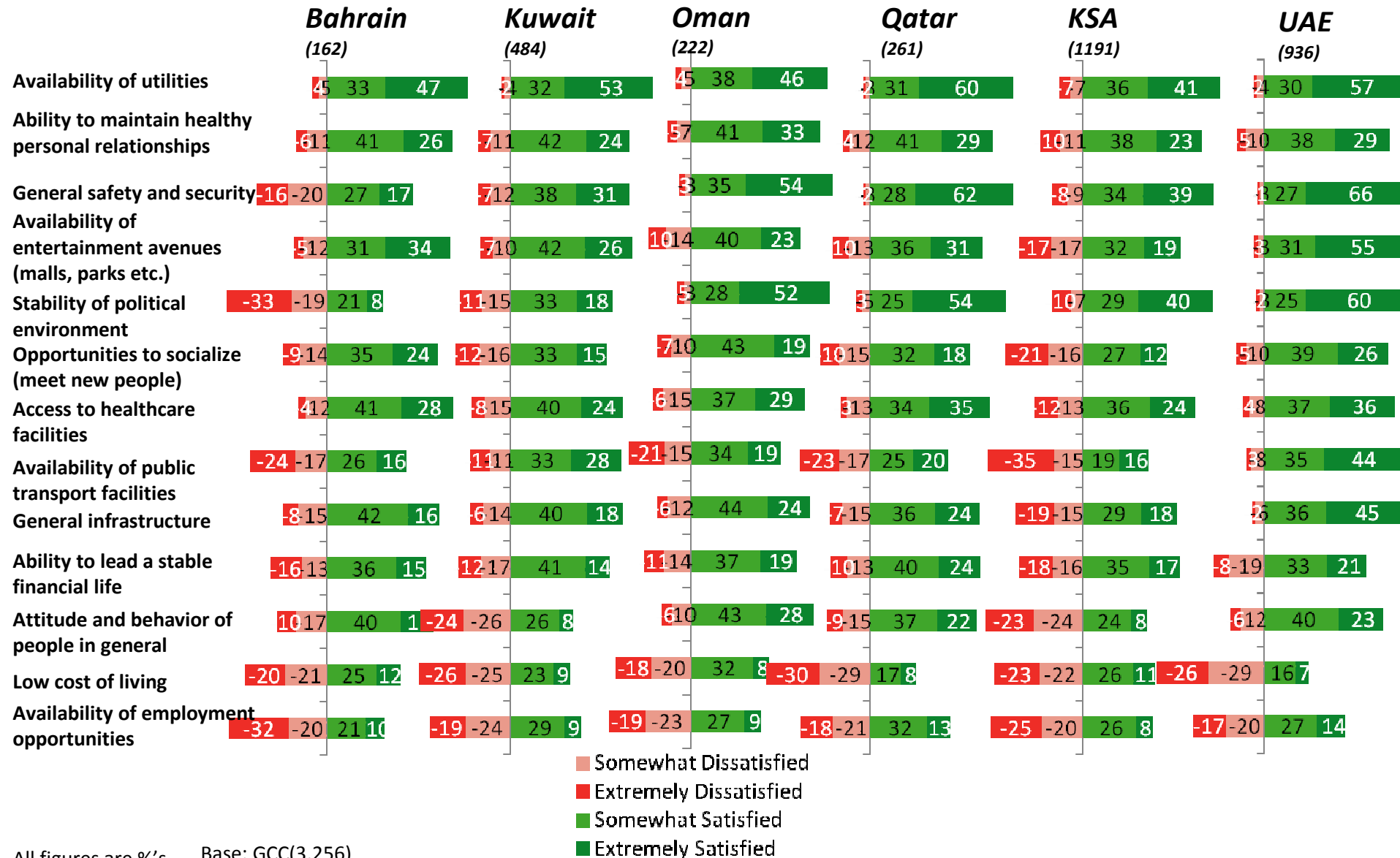
Q. Thinking about the country where you currently live, how satisfied are you with the following factors:



■ Somewhat Dissatisfied
■ Extremely Dissatisfied
■ Somewhat Satisfied
■ Extremely Satisfied

Current Country of Residence – GCC

Q. Thinking about the country where you currently live, how satisfied are with the following factors:



Section 2d

Other Aspects Of Life

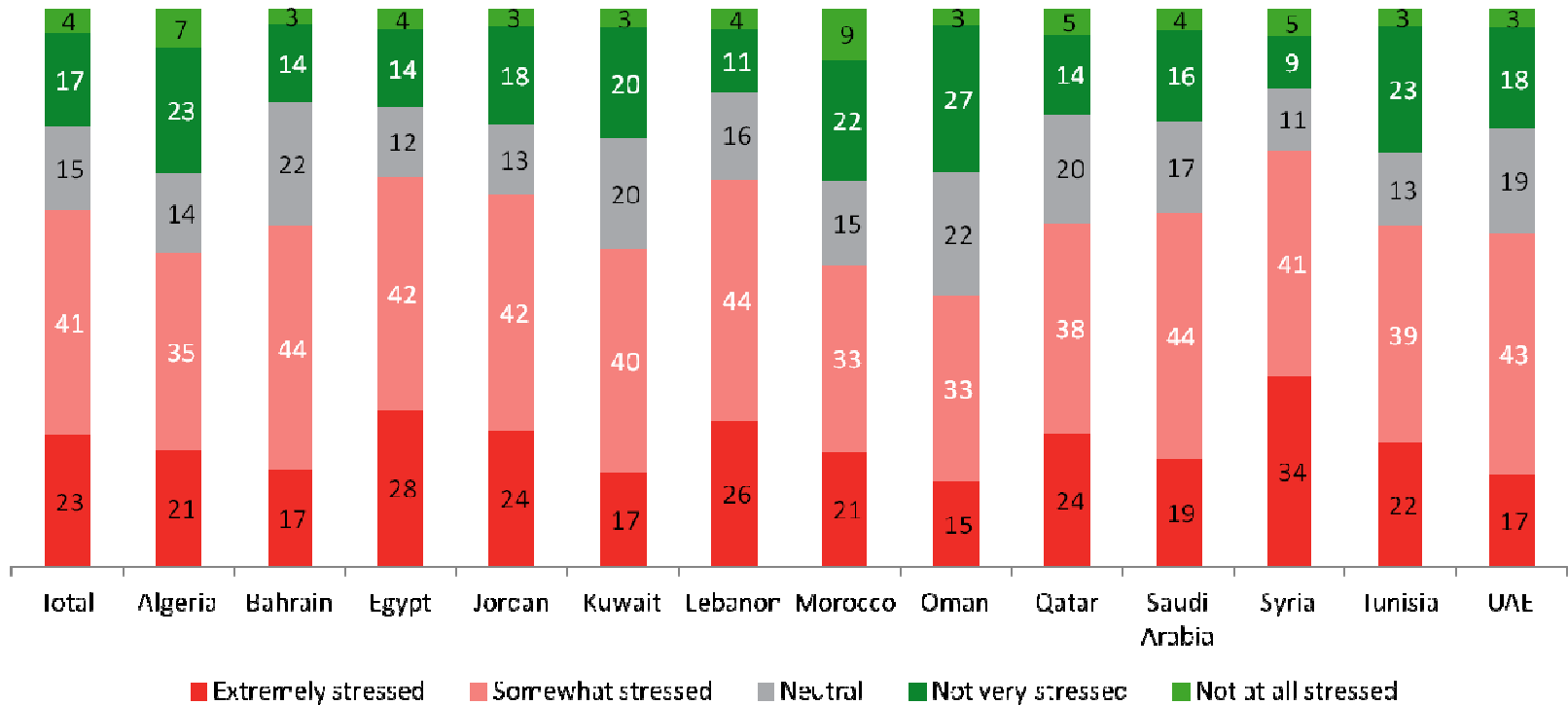
Top 5 Important Factors That Impact Happiness

Q. Which of the following do you consider the top 5 most important factors that impact your general happiness levels in your country of residence? (Please select up to 5)

	Total	Algeria	Bahrain	Egypt	Jordan	Kuwait	Lebanon	Morocco	Oman	Qatar	Saudi Arabia	Syria	Tunisia	UAE
General safety and security	65	66	48	63	67	62	63	63	66	72	62	79	67	71
Leading a stable financial life	63	61	62	65	63	60	59	62	55	61	63	71	63	58
Employment opportunities	51	51	51	49	51	53	54	58	41	53	50	51	63	54
Low cost of living	41	38	35	43	44	37	43	40	33	29	39	51	54	32
Stability of political environment	41	39	34	44	41	32	50	32	37	33	42	54	40	37
Attitude and behavior of people in general	37	33	46	41	32	42	34	33	36	37	33	26	33	39
Availability of utilities	35	33	34	38	32	36	32	26	38	37	36	34	28	31
Ability to maintain healthy personal relationships with family and friends	32	37	40	29	33	34	27	37	39	39	28	26	29	35
Access to healthcare facilities	27	25	28	24	25	33	27	29	33	37	29	16	21	30
Availability of entertainment avenues (malls, parks, etc.)	21	23	28	16	23	26	16	19	23	28	25	18	23	26
Opportunities to socialize	18	16	20	16	17	23	23	21	20	18	16	16	17	22
Availability of public transport facilities	18	22	15	18	16	16	13	17	15	15	16	17	16	20
General infrastructure	14	14	16	12	16	12	10	18	21	10	18	15	18	18
Other	5	4	4	5	5	4	8	5	4	5	6	3	3	3

Current Level of Stress

Q. Thinking about your EVERYDAY LIFE, please indicate on a scale of 1-5, where 1 is “Extremely stressed” and 5 is “Not at all stressed”, which of the following options best apply to you?

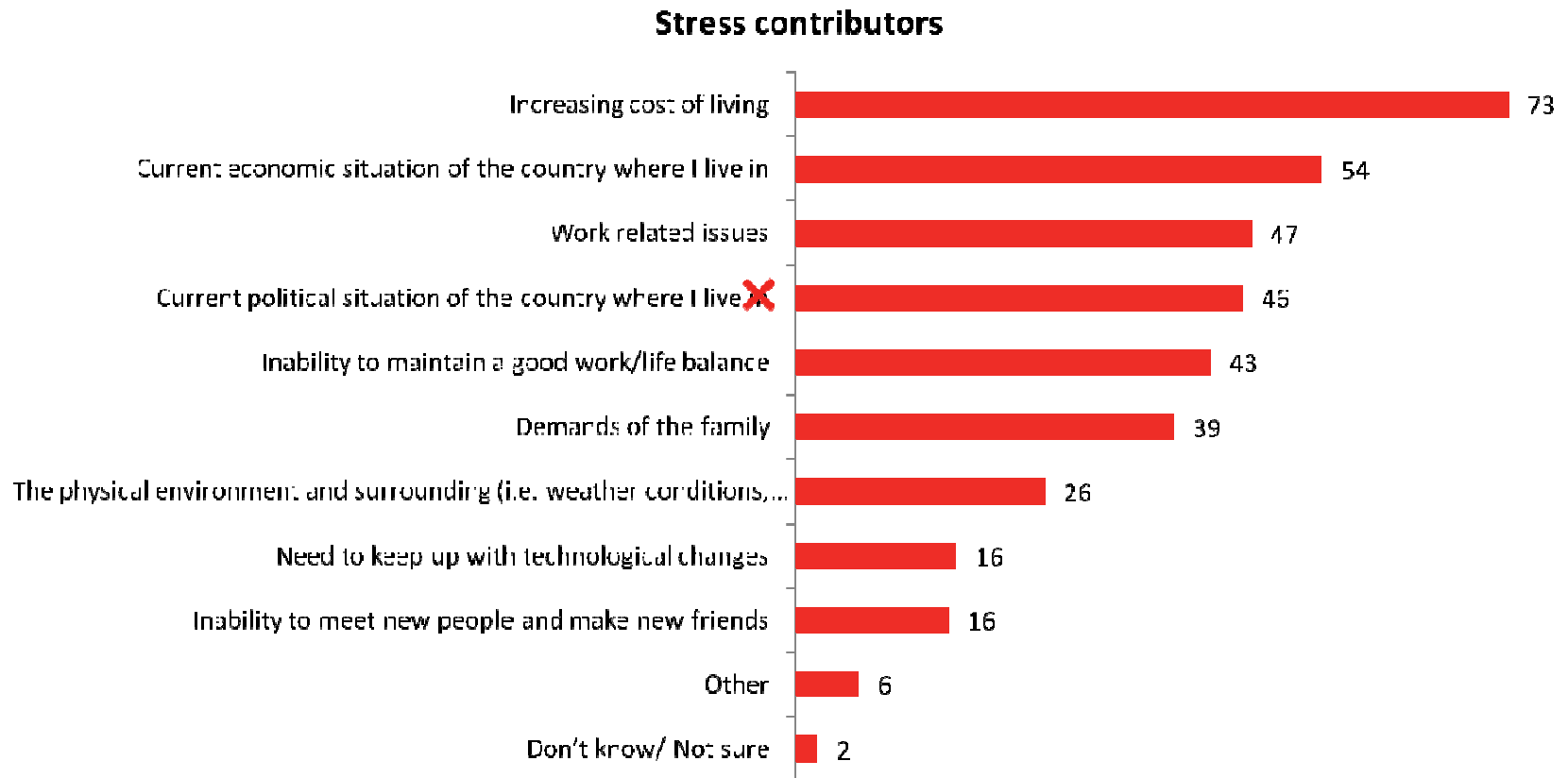


Base: Total (11,170)

All figures are %'s

Contributors of Stress

Q. Which of the following reasons do you believe contribute towards the stress in your life?



Contributors of Stress

Q. Which of the following reasons do you believe contribute towards the stress in your life?

	Total	Algeria	Bahrain	Egypt	Jordan	Kuwait	Lebanon	Morocco	Oman	Qatar	Saudi Arabia	Syria	Tunisia	UAE
Increasing cost of living	73	74	55	75	83	63	78	62	65	65	68	77	76	74
Current economic situation of the country where I live in	54	37	32	74	70	25	72	41	19	12	19	82	72	17
Work related issues	47	53	52	40	48	51	50	50	64	56	52	33	42	60
Current political situation of the country where I live	46	29	51	71	32	24	76	17	6	8	17	86	59	5
Inability to maintain a good work/life balance	43	38	48	42	39	44	54	35	44	50	47	31	36	50
Demands of the family	39	33	41	40	44	37	26	44	41	34	43	30	32	36
The physical environment and surrounding (i.e. weather conditions, ever changing infrastructure, etc.)	26	19	24	27	18	38	17	20	18	26	36	26	19	23
Need to keep up with technological changes	16	28	11	18	16	8	6	15	25	11	15	23	12	10
Inability to meet new people and make new friends	16	16	22	14	12	19	11	15	20	18	23	13	7	19
Other	6	7	7	5	6	11	6	7	11	10	10	3	6	10
Don't know/ Not sure	2	4	2	1	2	3	0	5	3	3	3	2	2	3

Q. How would you describe your general state of health?

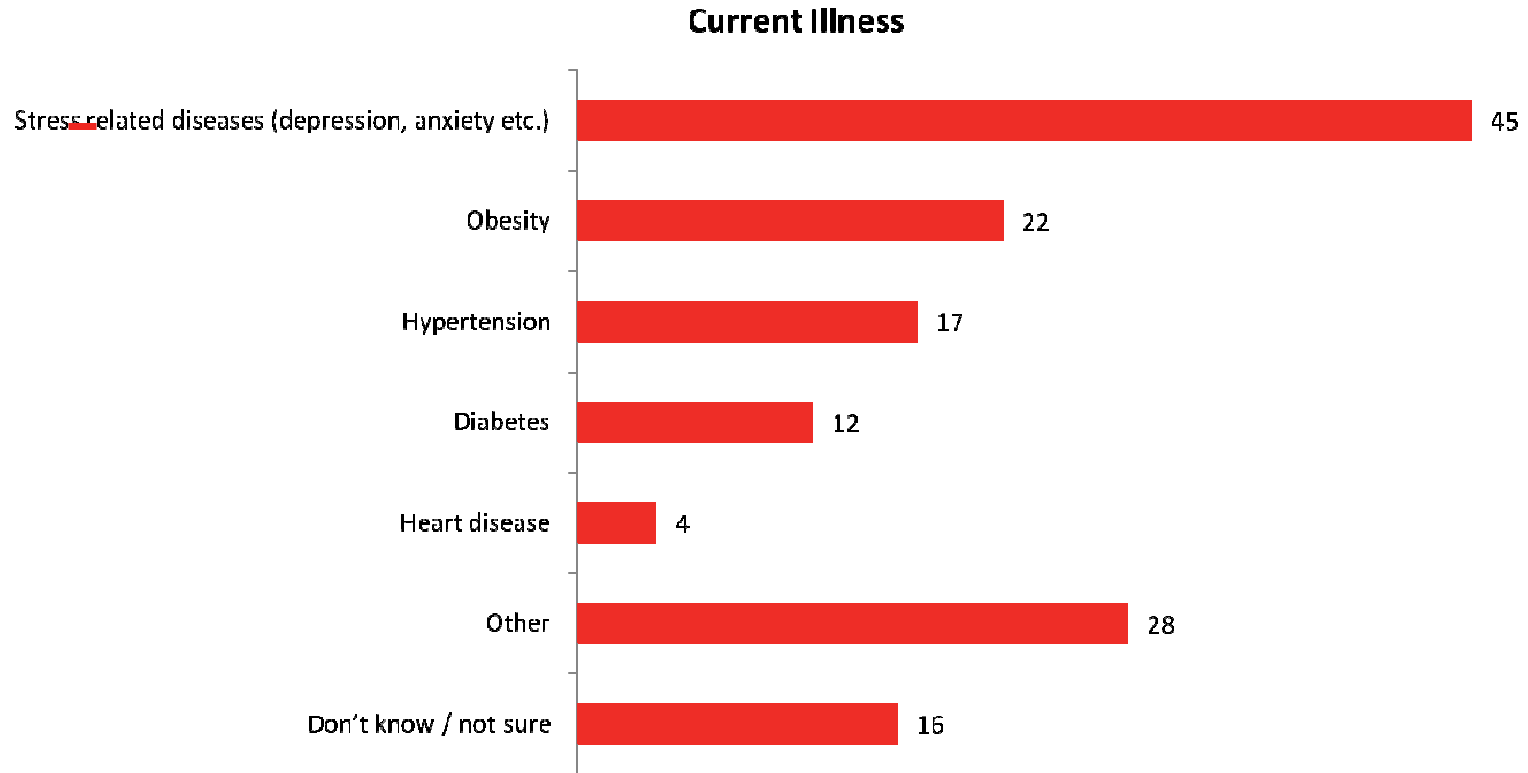
	Total	Algeria	Bahrain	Egypt	Jordan	Kuwait	Lebanon	Morocco	Oman	Qatar	Saudi Arabia	Syria	Tunisia	UAE
Excellent, I don't have any health problems	34	41	32	30	42	26	37	38	33	32	35	40	38	28
Good, overall my health is good except for infrequent seasonal illnesses	41	38	43	43	37	49	38	39	39	42	40	35	40	45
Average, I have few health problems which are under control	20	15	22	22	17	21	19	17	25	19	20	22	17	20
Not very good, I have a number of health problems which I am suffering from but are more or less under control	4	5	3	4	3	4	6	5	1	6	4	3	5	5
Not at all good, I have serious health problems that are not under control and require continuous/ long-term treatment	1	1	1	1	1	0	1	2	2	1	1	1	1	1

Base: Total (11,170)

All figures are %'s

Current Illness

Q. Do you currently suffer from any of the below listed health issues?



Q. Do you currently suffer from any of the below listed health issues?

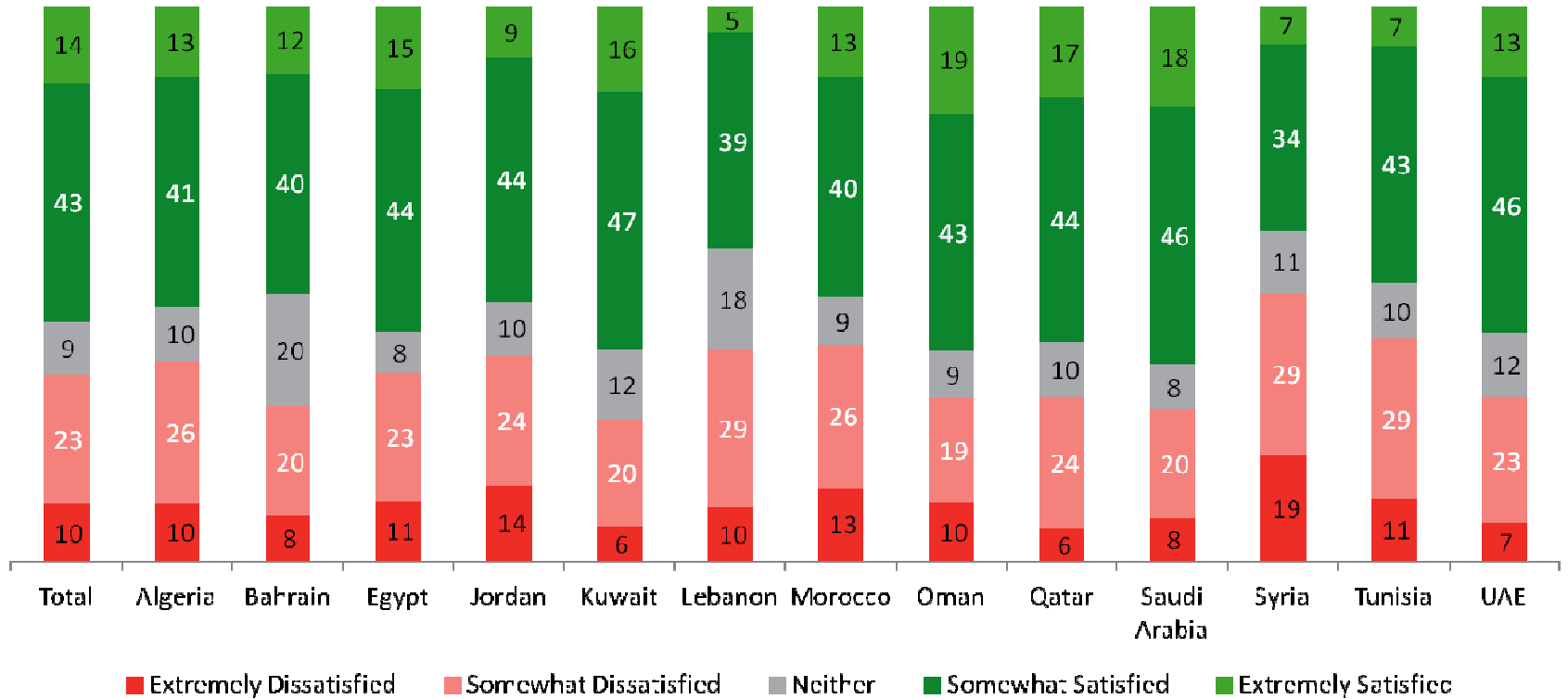
	Total	Algeria	Bahrain	Egypt	Jordan	Kuwait	Lebanon	Morocco	Oman	Qatar	Saudi Arabia	Syria	Tunisia	UAE
Stress related diseases (depression, anxiety, etc.)	45	53	29	49	35	37	43	50	34	37	41	64	42	41
Obesity	22	16	19	22	18	21	14	12	32	24	28	25	20	27
Hypertension	17	7	21	19	13	24	12	14	31	16	22	17	6	19
Diabetes	12	6	14	12	7	14	15	6	18	16	21	8	10	12
Heart disease	4	3	5	4	3	3	7	3	10	5	3	2	2	6
Other	28	27	36	29	35	27	31	29	15	24	25	29	21	28
Don't know / not sure	16	16	19	15	17	17	19	17	16	22	13	12	23	17

Base: Those who say their health is average/ not very good/ not at all good (2,796)

All figures are %'s

Overall Satisfaction

Q. Lastly, how satisfied are you with your life in general?



Base: Total (11,170)

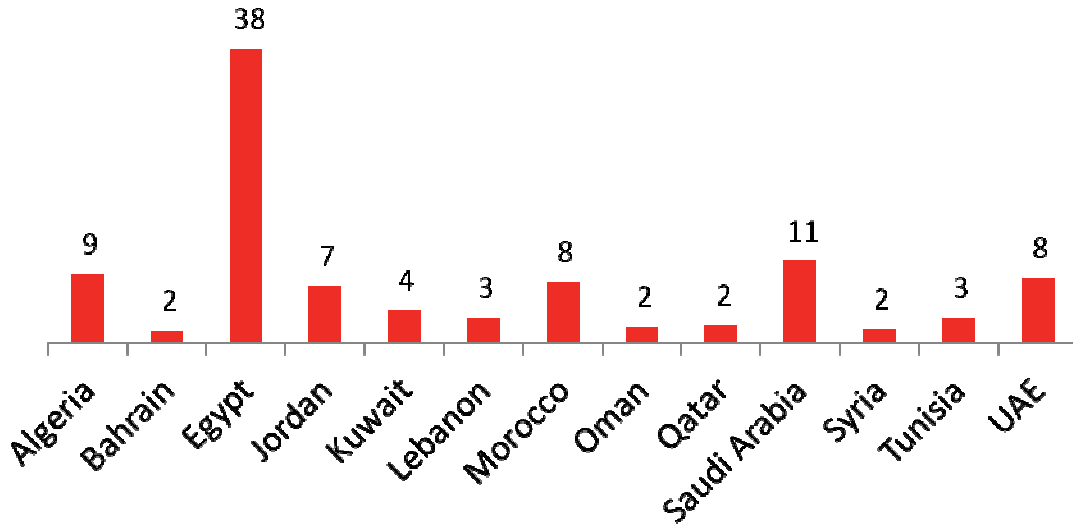
All figures are %'s

Section 3

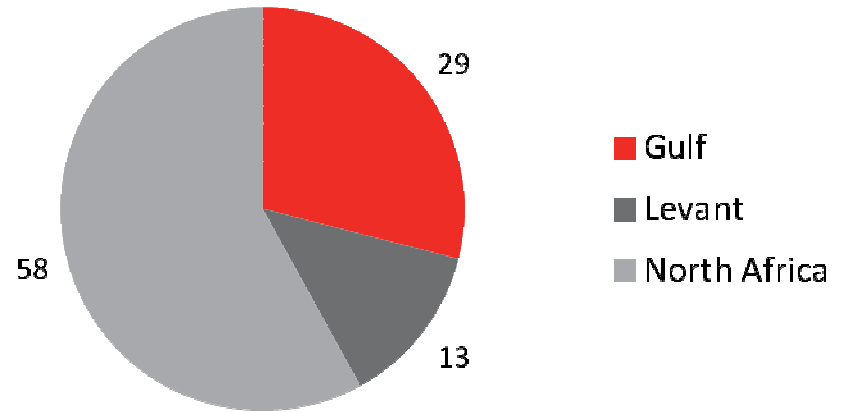
Demographics

Respondent profile 1/5

Country of Residence



Region

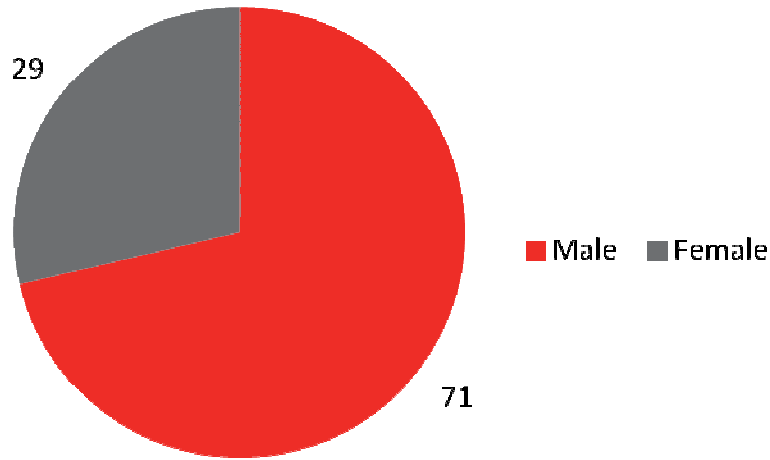


Base: Total (11,170)

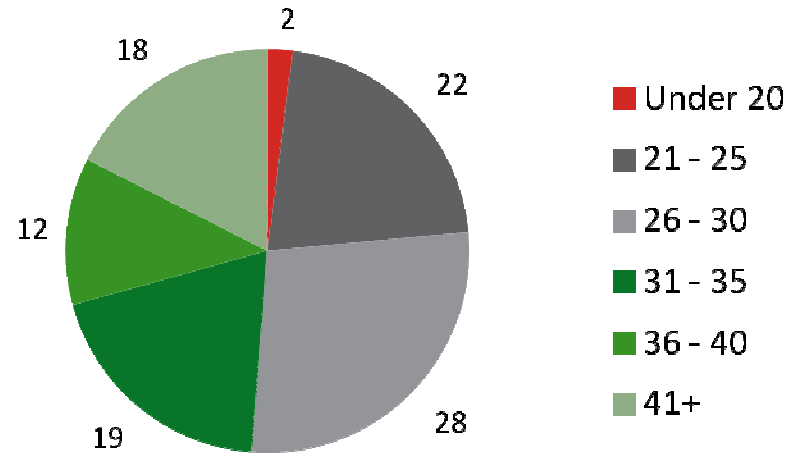
All figures are %'s

Respondent profile 2/5

Gender



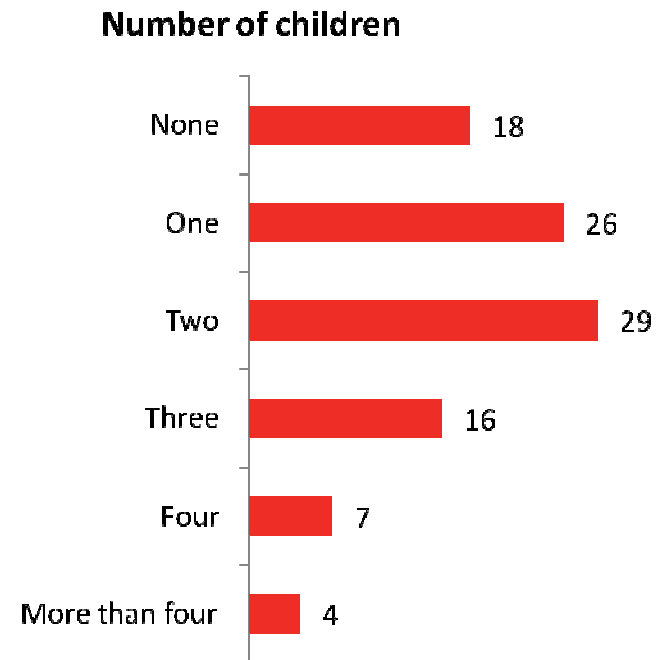
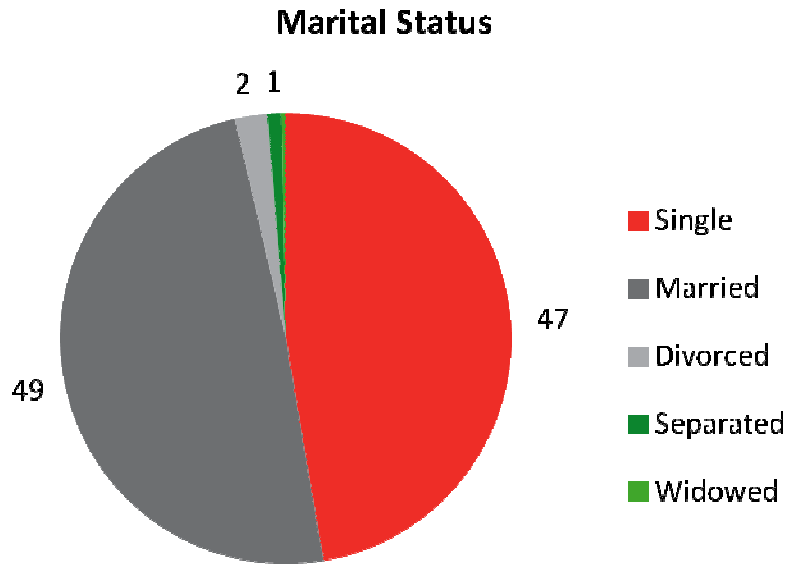
Age Groups



Base: Total (11,170)

All figures are %'s

Respondent profile 3/5

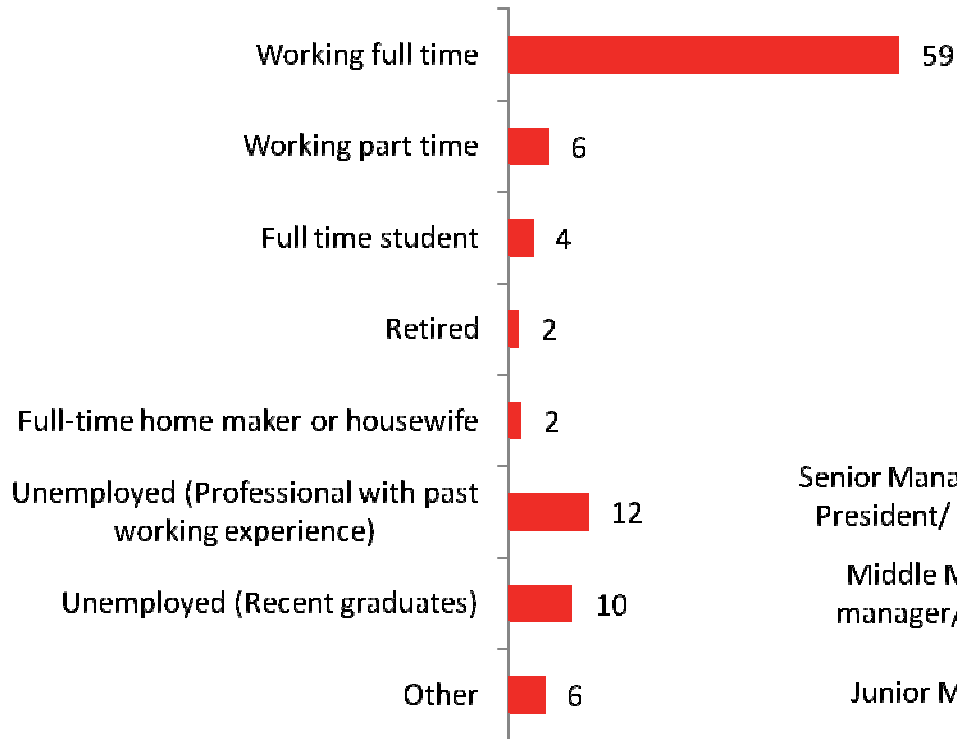


Base: Total (11,170)

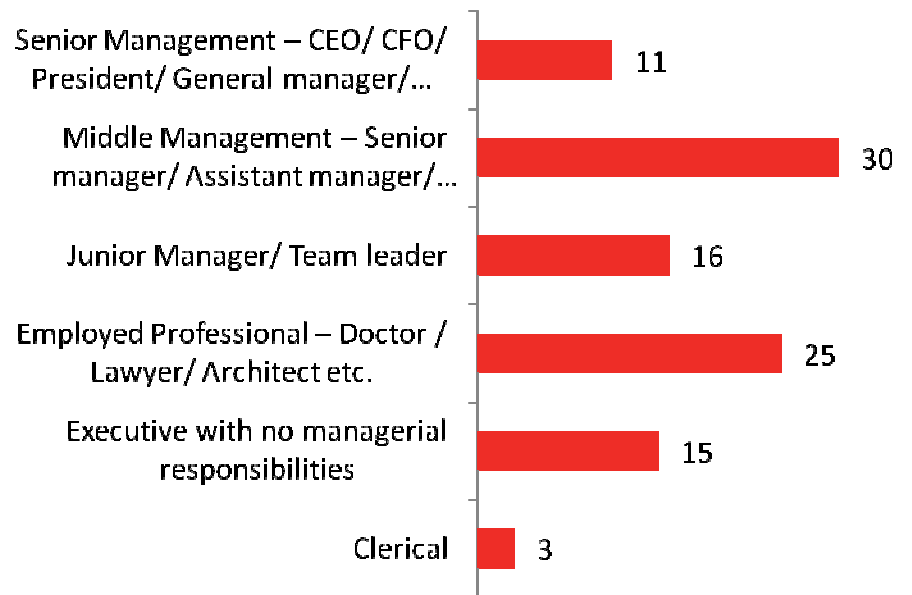
All figures are %'s

Respondent profile 4/5

Work status



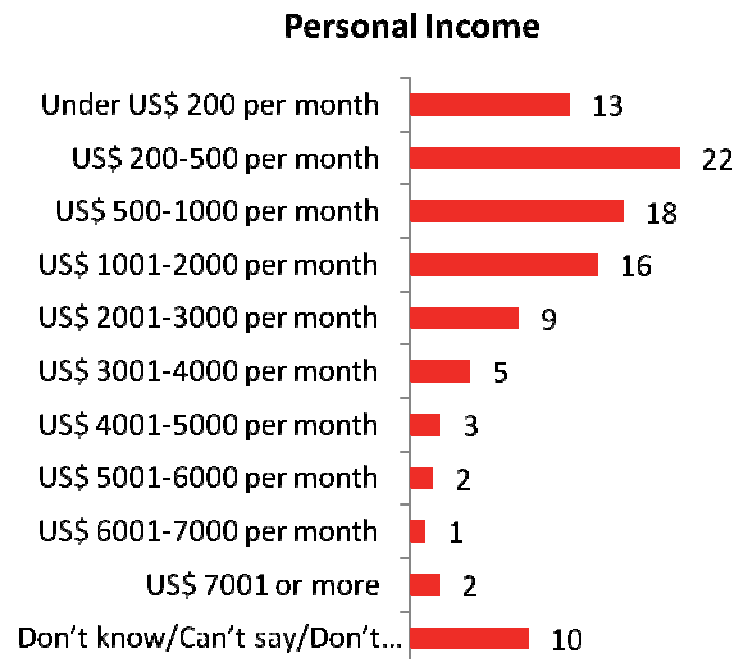
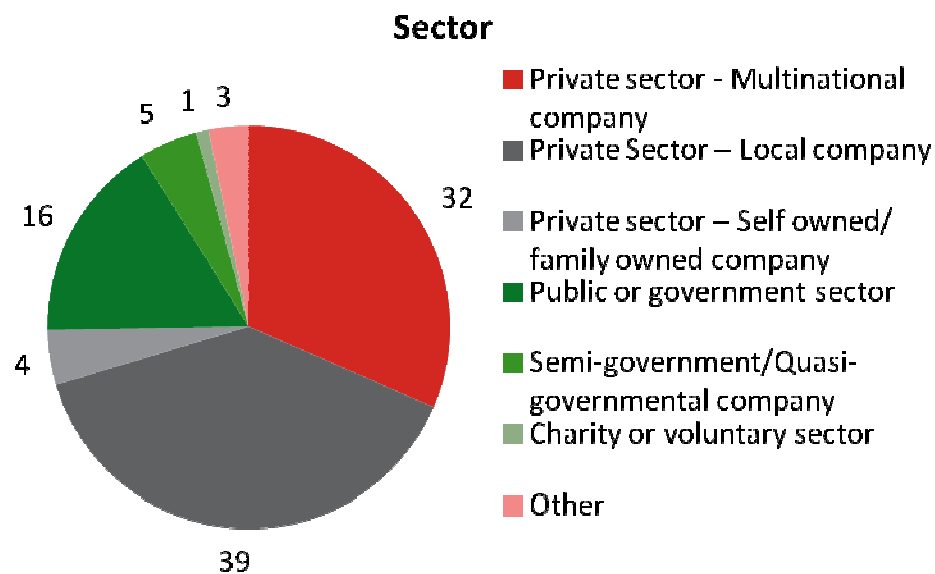
Seniority at work



Base: Total (11,170)

All figures are %'s

Respondent profile 5/5



Base: Total (11,170)

All figures are %'s

 Thank you

