

# The Most and Least Emotionally Aware Countries

By Dr. Travis Bradberry

Over the course of a day, you experience hundreds of different emotions. While that may sound like an unbelievable number, your emotions are the primary driver of your behavior; they are there whether you are aware of them or not.

The Gallup organization recently asked people around the globe whether they had experienced a set of ten different emotions on the previous day (five positive and five negative). The study's results reported the percentage of people in each country who experienced all ten emotions. Since humans experience hundreds of emotions each day, you would expect someone who is emotionally aware to recognize that he or she had experienced the full range of emotions on any given day.

Far fewer people experienced the full range than you might expect. For the most emotionally aware country (the Philippines) only 60% of the population reported experiencing the full range of emotions. The least emotionally aware countries averaged just above half that. The following tables show the results from the top fifteen and bottom fifteen countries. At the end of this article, you will find the results for all 151 countries.

## Most Emotionally Aware Countries

Country	% of Country's Population*
Philippines	60
El Salvador	57
Bahrain	56
Oman	55
Colombia	55
Chile	54
Costa Rica	54
Canada	54
Guatemala	54
Bolivia	54
Ecuador	54
Dominican Republic	54
Peru	54
Nicaragua	54
United States	54

\*Percentage of the country's population who said they had experienced the full range of positive and negative emotions on the previous day.



# The Most and Least Emotionally Aware Countries

## Least Emotionally Aware Countries

Country	% of Country's Population*
Singapore	36
Georgia	37
Lithuania	37
Russia	38
Madagascar	38
Ukraine	38
Belarus	38
Kazakhstan	38
Nepal	38
Kyrgyzstan	38

\*Percentage of the country's population who said they had experienced the full range of positive and negative emotions on the previous day.

It's worth noting that, the least emotionally aware country (Singapore) is the only country in the world to fully incorporate emotional intelligence skill development into its public schools. Making emotional intelligence education a priority in Singapore is a relatively recent development, so perhaps the country will climb the rankings in future Gallup polls.

It is no surprise that the United States does not top the list. TalentSmart studies have also shown US deficits in emotional intelligence in comparison to other countries. A good 46% of our population is severely lacking in emotional awareness according to the Gallup study. Let us hope more people (and countries) rise to

this challenge and increase their emotional awareness.

Country	% of Country's Population*	Country	% of Country's Population*
Singapore	36	Congo Brazzaville	47
Georgia	37	Italy	47
Lithuania	37	Germany	47
Russia	38	Japan	47
Madagascar	38	Cameroon	47
Ukraine	38	Kenya	47
Belarus	38	Iran	47
Kazakhstan	38	Senegal	47
Nepal	38	Lesotho	48
Kyrgyzstan	38	Slovenia	48
Mongolia	39	Malaysia	48
Tajikistan	39	South Africa	48
Vietnam	40	Tunisia	48
Haiti	40	Lebanon	48
Azerbaijan	40	Egypt	48
Afghanistan	40	Guinea	48
Bulgaria	41	Sweden	49
Ivory Coast	41	United Kingdom	49
Turkmenistan	41	Greece	49
Somaliland region	41	Indonesia	49
South Korea	42		49
Benin	42	Switzerland	49
Latvia	42	Jordan	49
Moldova	42	Ghana	49



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Country	% of Country's Population*	Country	% of Country's Population*
Rwanda	42	Syria	49
Bangladesh	42	Nigeria	50
Kosovo	42	Denmark	50
Burundi	42	Trinidad and Tobago	50
Burkina Faso	42	Thailand	50
Croatia	43	Israel	50
Libya	43	Jamaica	50
Estonia	43	Finland	50
Congo Kinshasa	43	Cambodia	50
Botswana	43	Mexico	50
Macedonia	44	Saudi Arabia	50
Mozambique	44	Kuwait	50
Liberia	44	Luxembourg	50
Armenia	44	Australia	50
Uzbekistan	44	Portugal	50
Czech Republic	44	Palestinian Territories	50
Serbia	44	Iraq	51
Comoros	44	Uruguay	51
Central African Republic	44	Ireland	51
Bosnia and Herzegovina	44	Mauritius	51
Gabon	44	Paraguay	51
India	44	Brazil	51
Yemen	45	Panama	51
Chad	45	New Zealand	52

Turkey	45	Swaziland	52
Djibouti	45	Venezuela	52
Sierra Leone	45	Angola	52
Morocco	45	Argentina	52
Algeria	45	Belgium	52
Niger	46	Malta	52
Montenegro	46	France	52
Hong Kong	46	United Arab Emirates	52
Zambia	46	Cyprus	52
Zimbabwe	46	Honduras	52
Romania	46	Qatar	53
China	46	Spain	53
Slovakia	46	United States	54
Mauritania	46	Nicaragua	54
Taiwan	46	Peru	54
Tanzania	46	Dominican Republic	54
Albania	46	Ecuador	54
Pakistan	46	Bolivia	54
Hungary	46	Guatemala	54
Malawi	46	Canada	54
Poland	46	Costa Rica	54
Laos	47	Chile	54
Mali	47	Colombia	55
Sudan	47	Oman	55
Austria	47	Bahrain	56
Togo	47	El Salvador	57
Sri Lanka	47	Philippines	60
Uganda	47		

\*Percentage of the country's population who said they had experienced the full range of positive and negative emotions on the previous day. 🇺🇸

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## ABOUT THE AUTHOR

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Dr. Travis Bradberry is the award-winning co-author of *Emotional Intelligence 2.0* and the cofounder of TalentSmart, the world's leading provider of emotional intelligence tests and training serving more than 75% of Fortune 500 companies. His bestselling books have been translated into 25 languages and are available in more than 150 countries. Dr. Bradberry has written for, or been covered by, *Newsweek*, *BusinessWeek*, *Fortune*, *Forbes*, *Fast Company, Inc.*, *USA Today*, *The Wall Street Journal*, *The Washington Post*, and *The Harvard Business Review*.



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