



# Bahrain

Capital: [Manama](#)  
 Continent: [Asia](#)  
 Region(s): [Western Asia](#), [The Middle East](#)  
 Largest Cities: [Manama](#), [Al Muharraq](#), [Ar Rifa'](#)  
 Abbreviation: [BHR](#)

[Bahrain](#) is a country in [Asia](#), known for its pearl diving heritage and modern architecture. It has a population of 1.7 million, making it the 153rd largest country in the world. Its capital is [Manama](#). Bahrain has a financial hub with strong banking sector.

**1.7M**  
Total Population

**153**  
Population Rank

**2,205**  
Density (km<sup>2</sup>)

**32.2K** 2.21%  
Annual Population Growth

## Contents

- Population of Bahrain
- Bahrain Population Clock
- Population by City
- Bahrain Overview
  - Bahrain Demographics
- Recommended reading
- Sources

## Population of Bahrain

Bahrain's population structure shows a notably higher male to female ratio of 1.63 to 1, with a median male age of 35.55 years old and a median female age of 31.84 years old. The highest concentration of adults under 75 years old is in the 36 and 37 year-old age groups, while the lowest concentration is in the 74 and 73 year-old age groups.

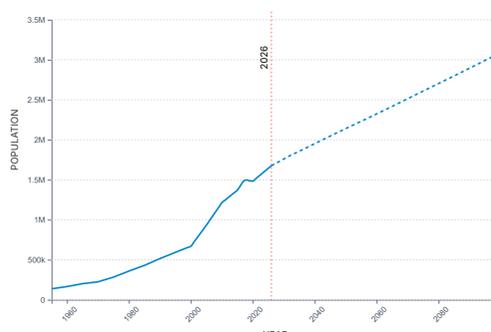
By Population By Age By Growth Rate

### Bahrain Population

Data after 2022 is projected based on recent change



All 10Y 25Y 50Y 100Y



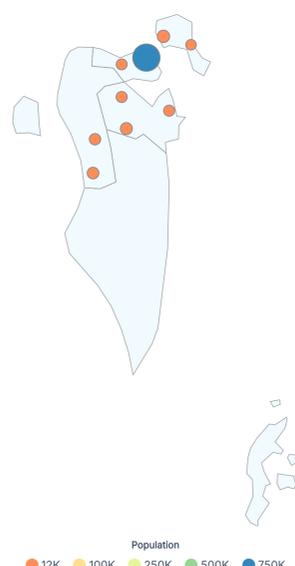
## Bahrain Population Clock

Bahrain Population*	<b>1,666,523</b>
Births per Day	<b>54</b>
Deaths per Day	<b>10</b>
Immigrations per Day	<b>39</b>
Net Change per Day	<b>83</b>
2026 Population Change*	<b>5,976</b>

\* AS OF 3/13/2026

<b>1 birth</b>	<b>1 death</b>	<b>1 immigrant</b>	<b>1 person</b>
Every 26.7 minutes	Every 2.4 hours	Every 36.9 minutes	Every 17.3 minutes

## Population by City



CITY	2026 POP. ↓
<b>Manama</b>	759,306
Al Muharraq	97,458
Ar Rifa'	79,550
Dar Kulayb	65,466
Madinat Hamad	52,718
Madinat 'Isa	38,090
Sitrah	37,657
Jidd Hafs	31,735
Al Hadd	12,797

## Bahrain Overview

The small [island country](#) of Bahrain sits off the western shores of the Persian Gulf. The Zagros mountain range in Iraq causes low-level winds to fall across Bahrain, which has a balmy atmosphere due to its island location. The Bahrain archipelago boasts an approximate 330 different species of birds. Broad biodiversity exists in Bahrain; gazelles, hedgehogs, sea cows and even coral reefs thrive in this area.

The most recent official census population was 1.23 million in 2010. Bahrain is very densely populated with 1,627 people per square kilometer (4,213/square mile), which ranks 7th in the world. Bahrain is the 4th most densely populated sovereign state on earth. The only sovereign states that have a greater density are city-states. The northern region of Bahrain is so densely populated and urbanized that it is often considered a single massive metro area.

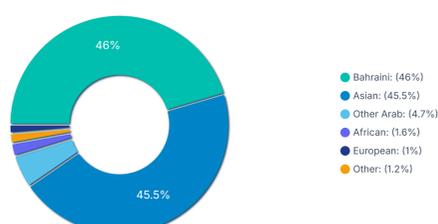
The largest city in Bahrain, and also its capital, is Manama. Manama has a population of about 157,000 people and a metro population of 330,000. It is an important center of trade and business within the Persian Gulf. 89% of the population is currently urbanized, and the annual urbanization rate sits at 1.8% consistently.

### Bahrain Demographics

At the 2010 census, Bahrain's 1.2 million population was made up of 568,000 Bahrainis and 666,000 non-nationals. Most of the population is Middle Eastern, although there are many people from South Asia. The largest expatriate community in Bahrain is Indians, numbering about 290,000.

Shia Bahrainis are the majority of the population with two main ethnic groups: Ajam and Baharna. The majority of Shia Bahrainis in the country are Baharna, while the Ajam are ethnic Persian Shias, who have large communities in Muharraq and the capital, Manama.

Sunni Bahrainis are mostly urban Arabs (or al Arab) or Huwala. Urban Arabs in the country are mostly descended from Sunni Arabs from Arabia. They account for the most influential ethnic group in the country with the most positions in the government. The Huwala are descended from Sunni Iranians, Sunni Persians and Sunni Arabs.



### Bahrain Religion, Economy and Politics

The main religion in Bahrain is Muslim.



Arabic remains the predominant language in Bahrain; Persian and Urdu are also spoken, which are the national languages of Iran and Pakistan, respectively. Religious affiliation in Bahrain is currently 70% Islamic mostly Shia Muslim, with a remaining 30% of varying faiths. Native Christianity exists in Bahrain, mainly through the Greek Orthodox Church. While Bahrain is unwilling to accept Syrian refugees at this time, Sri Lanka and Pilipino immigrants have migrated to Bahrain in a consistent manner. Arabian/ Muslim ethnicity remains the primary make-up of the population.

## Recommended Reading

- [Cities in Bahrain](#) >
- [Bahrain's Flag](#) >

## Sources

- [World Population Prospects \(2024 Revision\)](#) - United Nations population estimates and projections.
- [World Population Prospects \(2024 Revision\)](#) - Bahrain United Nations Graphs/Profiles
- [Central Statistics Organisation](#)