



Bahrein

Capital: [Manama](#)
 Continente: [Asia](#)
 Regiones: [Asia occidental](#), [El Medio Oriente](#)
 Ciudades más grandes: [Manama](#), [Al Muharraq](#), [Ar Rifa'](#)
 Abreviatura: BHR

Bahrein es un país en [Asia](#), conocido por su herencia de buceo de perlas y su arquitectura moderna. Tiene una población de 1,7 millones, lo que lo convierte en el 153o país más grande del mundo. Su capital es Manama. Bahrein tiene un centro financiero con un fuerte sector bancario.

1,7M
Población total

153
Rango de población

2.205
Densidad (km²)

32,2K 2,21%
Crecimiento anual de la población

Contenidos

- [Población de Bahrein](#)
- [Reloj de población de Bahrein](#)
- [Población por ciudad](#)
- [Descripción general de Bahrein](#)
 - [Demografía de Bahrein](#)
 - [Lectura recomendada](#)
 - [Fuentes](#)

Población de Bahrein

La estructura demográfica de Bahrein muestra una proporción notablemente mayor entre hombres y mujeres, de 1,63 a 1, con una edad media masculina de 35,55 años y una mediana femenina edad de 31,84 años. La mayor concentración de adultos bajo 75 años se encuentra en los grupos de edad de 36 y 37 años, mientras que el la concentración más baja se da en los grupos de edad de 74 y 73 años.

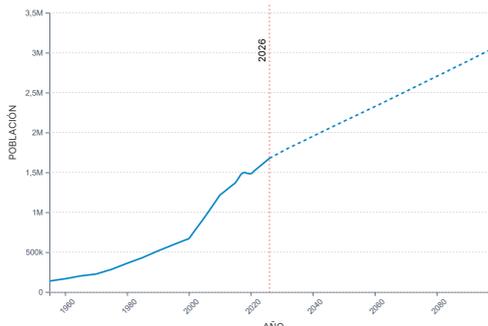
Por población Por edad Por tasa de crecimiento

Población de Bahrein

Los datos posteriores a 2022 se proyectan en función de los cambios recientes



Todo 10Y 25Y 50Y 100Y



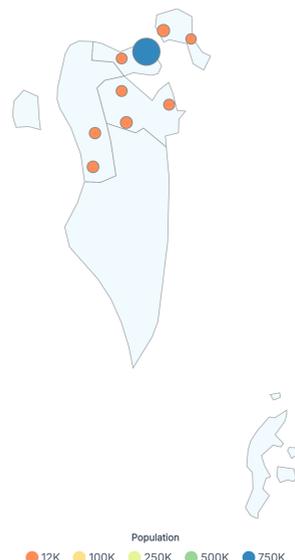
Reloj de población de Bahrein

Población de Bahrein*	1.666.523
Nacimientos por día	↗ 54
Muertes por día	↘ 10
Inmigraciones por día	↗ 39
Cambio neto por día	↗ 83
2026 Cambio poblacional*	↗ 5.976

* LA 13/03/2026

1 nacimiento	1 muerte	1 inmigrante	1 persona
Cada 26,7 minutos	Cada 2,4 horas	Cada 36,9 minutos	Cada 17,3 minutos

Población por ciudad



CITY	2026 POP. ↓
Manama	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.

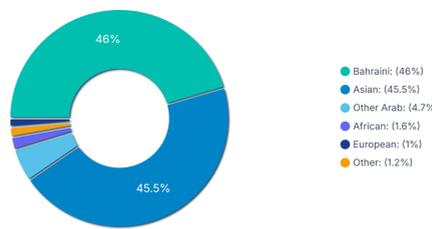
The largest city in Bahrain, and also its capital, is Manama. Manama has a population of about 157,000 people and a metro population of 330,000. It is an important center of trade and business within the Persian Gulf. 89% of the population is currently urbanized, and the annual urbanization rate sits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

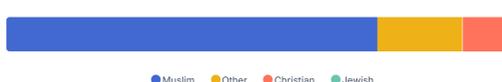
Shia Bahrainis are the majority of the population with two main ethnic groups: Ajam and Baharna. The majority of Shia Bahrainis in the country are Baharna, while the Ajam are ethnic Persian Shias, who have large communities in Muharraq and the capital, Manama.

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 Filipino 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](#)