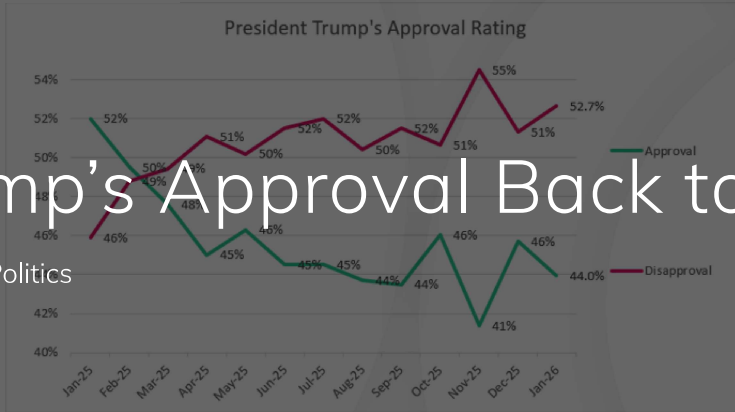


# Trump's Approval Back to Normal

Plot Your Politics

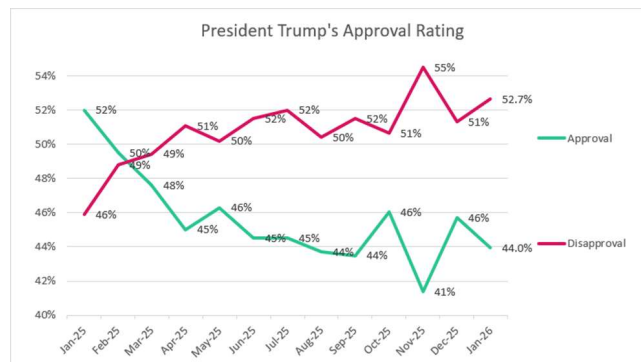


## Trump's Approval Back to Normal

by [Victor Allis](#) | [Approval Polls](#) | February 1, 2026 | 0

ActiVote's February 1, 2026 presidential approval poll finds that President Trump's approval rating is at **44.0%**, while his disapproval rating is at **52.7%** yielding a net disapproval of **8.7%**.

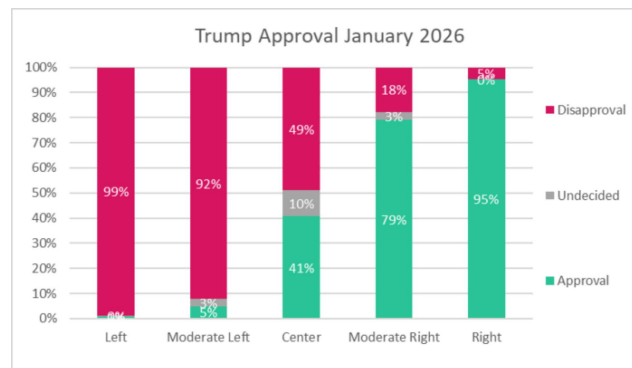
A total of **490** ActiVote users weighed in on Trump's approval between **January 1** and **January 31**. They rated Trump on a 5-star rating, which is then converted into standard "approval" and "disapproval" percentages.



January's numbers are equal to the average approval for Trump in the 2nd half of 2025, and are well ahead of Trump's first presidency (41%), Biden's average approval rating for his full term (41%) and Biden's final year's approval rating (40%).

N=490	MoE=4.4%	Unweighted	Weighted	Approve	Disapprove	Undecided
National		100%	100%	44.0%	52.7%	3.4%
Region	rural	49%	31%	56%	41%	3%
	suburban	28%	36%	33%	64%	3%
	urban	24%	33%	44%	52%	4%
Age	18-29	29%	15%	28%	69%	3%
	30-49	48%	32%	43%	53%	5%
	50-64	14%	25%	61%	36%	3%
	65+	8%	28%	39%	58%	3%
Sex	F	44%	53%	40%	60%	0%
	M	56%	47%	48%	44%	7%
Party Affiliation	D	47%	40%	29%	68%	3%
	R	30%	33%	73%	24%	3%
	I	23%	28%	34%	62%	5%
Ethnicity	White	73%	68%	44%	53%	4%
	Black	8%	11%	33%	59%	8%
	Latino	14%	14%	56%	44%	0%
Income	Low	17%	20%	46%	53%	1%
	Middle	43%	42%	53%	43%	4%
	High	40%	38%	33%	63%	4%
Education	HS	25%	32%	41%	58%	1%
	Some Col.	12%	23%	42%	55%	2%
	BSC+	63%	44%	47%	47%	6%

The groups with a net *positive* approval rating are rural, middle-aged (50-64), men, Republicans, Latino voters, and those with middle income.



Trump January 2026	Unweighted	Weighted	Approve	Undecided	Disapprove
Left	31%	20%	1%	0%	99%
Moderate Left	31%	20%	5%	3%	92%
Center	15%	20%	41%	10%	49%
Moderate Right	11%	20%	79%	3%	18%
Right	11%	20%	95%	0%	5%

If we look at the left-to-right spectrum, Trump's disapproval on the left and moderate left continue to be nearly unanimous (96%). The support from his core base (the right) also remains unwavering with 95%. His challenge is among the moderate right where only 79% approve of him. Trump is underwater by 8% with centrists.

We encourage you to participate in next month's [Approval Poll](#).

Check out our [polling page](#) for our latest polls. For further details see our [2024 Most Valuable Pollster Rankings](#), [FAQs](#), [polling methodology](#), [AAPOR Transparency Initiative disclosures](#), [538 pollster rating disclosures](#), and [accuracy analysis](#).

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