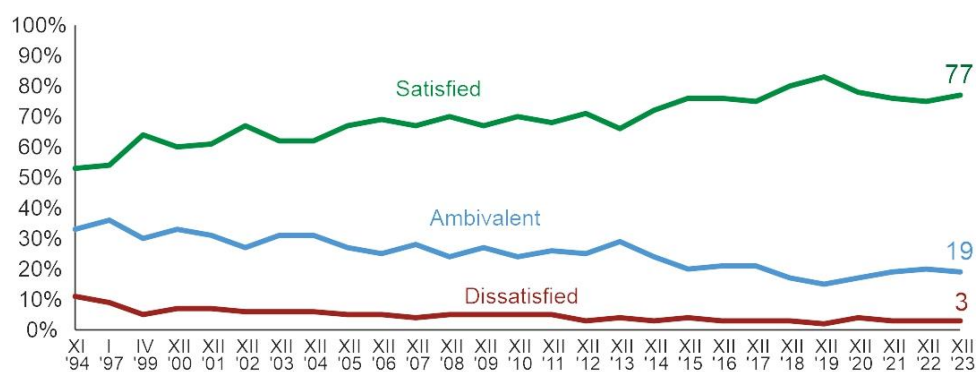


Satisfaction with life

Compared to the 2022 ratings, overall life satisfaction reported in 2023 changed little. Currently, over three quarters of Poles feel satisfied with their lives (77%) Almost one-fifth (19%) describe their level of life satisfaction as average. Only three out of a hundred (3%) are dissatisfied with their lives. Compared to the previous year, the general level of life satisfaction improved slightly (the percentage of those satisfied increased by 2 points) and is similar to that recorded in 2020.

Are you satisfied with your life in general?



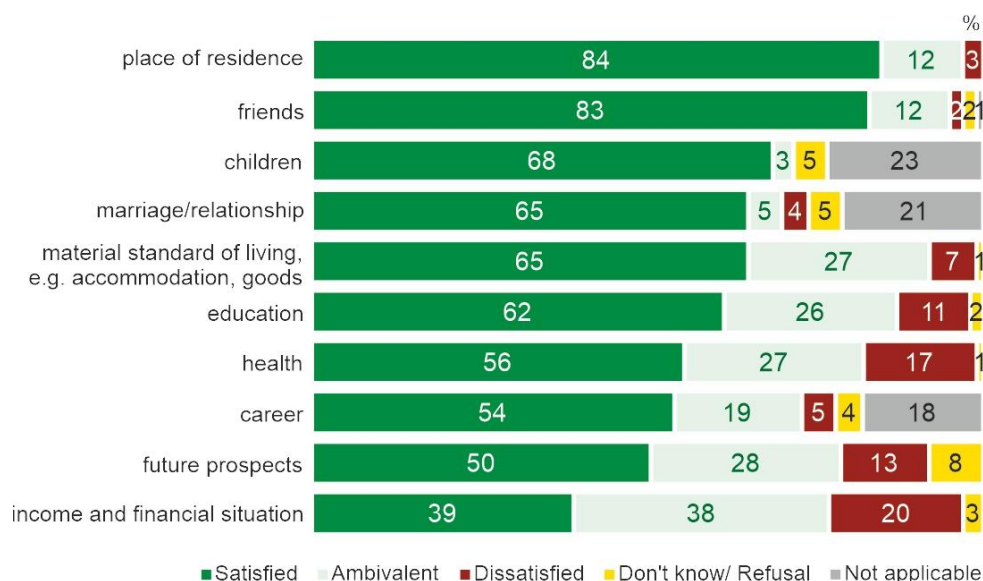
Don't know omitted

Men and women equally often declare satisfaction with their life (77% each). It is directly proportional to the assessment of the material standard of living. Among respondents who consider their financial situation as bad, only 39% feel satisfied in life, while among those who consider it average 66% are, and among those who think it is good, as many as 87% are satisfied. Moreover, people who frequently participate in religious practices are clearly more satisfied with life (those who practice several times a week, 87%; once a week, 79%), while among the non-practitioners only 67% share this attitude.

As regards particular aspects of life, Poles most often declare satisfaction with their relationships with friends and closest acquaintances (83% satisfied), and they are also happy with their current place of residence (84%). More than two-thirds of all respondents (68%) are content with their children, and in the group of people with children, the percentage of those who are satisfied is as high as 92%. Almost two-thirds of all respondents express happiness with their marriage or informal relationship (65%, and among those currently in a relationship, 85%). There are equally many people satisfied with the material conditions of living, such as apartment, equipment, etc. (65%). Less than two-thirds declare satisfaction with the level of their education and qualifications (62%). More than half are happy with their health (56%). Almost as many people declare satisfaction with their professional career and achievements (54% among all respondents and 66% among those who work or have worked in the past). Half of all respondents express satisfaction with their future prospects.

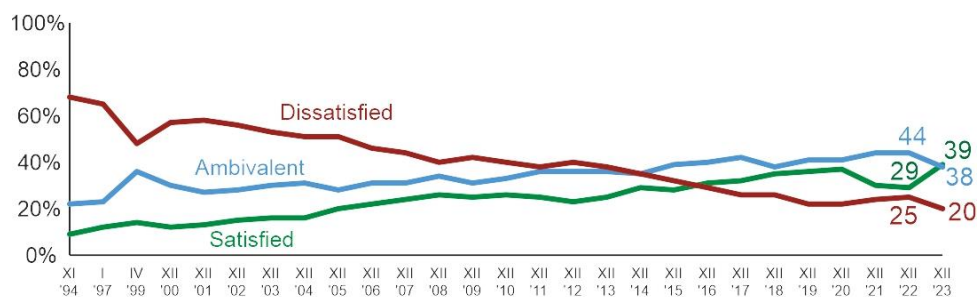
Poles find the least reasons for life satisfaction in their income or, more generally, their current financial situation (39% of positive responses). A similar group declare that they are moderately satisfied with their income (38%), and one-fifth of adult Poles are unhappy with their financial status (20%).

How satisfied are you with your...



After a period of noticeable decline in satisfaction with various aspects of life, most likely related to the pandemic and later to the increase in inflation, at the end of 2023 the general mood of Poles got better. The most spectacular improvement was seen in the worst perceived aspect of life, i.e. the assessment of one's own income and overall financial situation. In this dimension, the level of satisfaction increased year-on-year by as much as 10 percentage points: from 29% to 39%. At the same time, the proportion of dissatisfied people decreased by 5 points: from 25% to 20%. This means that - taking into account a longer time perspective - assessments of one's own financial situation are the best in the history of CBOS research, i.e. since 1994.

How satisfied are you with your income and financial situation



Not applicable, don't know omitted.

More information about this topic can be found in CBOS report in Polish: "Life Satisfaction in 2023", January 2024. Fieldwork dates for the sample: December 2023, N=1015, mixed-mode interviews. The random sample is representative for adult population of Poland.