

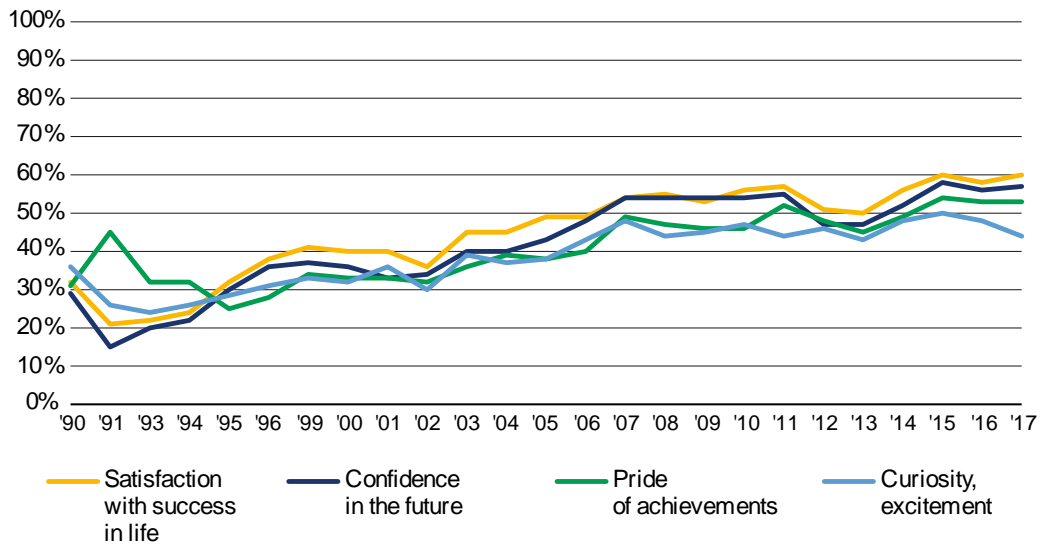
Subjective well-being in 2017

Last year more than half of Poles often or very often felt satisfied with some success (60%), were confident that everything was going well (57%), felt proud of their own achievements (53%). More than two fifths of respondents (44%) reported frequently feeling particularly curious, excited in 2017. These positive emotions were experienced more often than the negative emotions included in the survey. Out of negative emotions, respondents most often experienced stress and irritability (40% experienced them often or very often). About a quarter frequently felt discouraged or exhausted (27%) and helpless (24%). Emotions such as rage and sadness or depression were experienced less frequently (16% of respondents frequently felt that way). Occasionally they mentioned suicidal thoughts (1%).

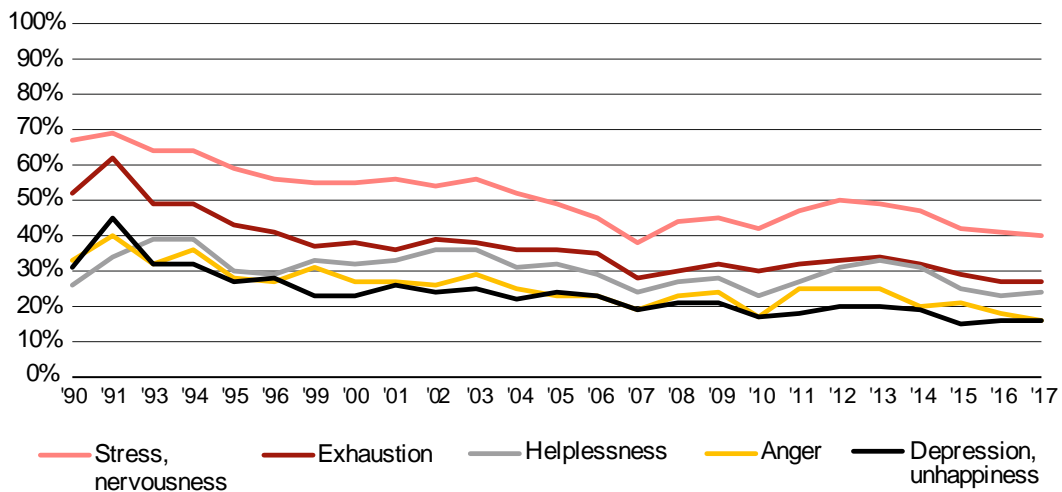
Results for 2017 do not differ significantly from findings obtained in 2016. Poles felt satisfied that they succeeded in something in their lives slightly more often (an increase of 2 percentage points). They less often reported interest, excitement (decrease by 4 points) and rage (decrease by 2 points).

From a longer perspective of almost thirty years, it is clear that subjective well-being of Polish people has clearly improved. During this period, the percentage of respondents experiencing all positive emotions included in the survey has increased. At the same time, the proportion experiencing nervousness, irritability, sadness, weariness and rage has decreased significantly. However, we have not recorded a clear downward trend in case of helplessness.

Respondents declaring they felt the following emotions often:



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The analysis of socio-demographic factors shows that people in a better financial situation, university graduates, respondents aged 25-34 report best subjective well-being. In professional groups, the best results were obtained for managers and specialists with higher education, mid-level professionals, technicians and the self-employed. Taking into account the world-view, it can be noted that in 2017 respondents identifying with the right wing had a better subjective well-being, as did people often participating in religious practices.

More information about this topic can be found in CBOS report in Polish: "Psychological Wellbeing in 2017", January 2018. Fieldwork for national sample: December 2017, N=925. The random address sample is representative for adult population of Poland.