Internet use

The percentage of adults using the Internet has remained stable since last year. Currently, similarly to May 2022, regular online presence (at least once a week) is declared by more than three-quarters of all adults (77%). In recent years, a noticeable increase in the number of adult Internet users occurred during the second and third year of the coronavirus epidemic in Poland.

Do you use the Internet (websites, e-mail, instant messaging, etc.) at least once a week?  
Affirmative answers

Online presence depends primarily on age. Internet use is universal among people under 45, and very common among those aged 45 to 54. Internet users include more than half of people aged 55 to 64 and almost half of those aged 65 to 74. Among older respondents, Internet users account for less than a third.
A record high percentage of Poles (57%, i.e. three-quarters of Internet users), declare having an account on a social networking site. The vast majority of them (89%) browsed the resources of social networking sites in the month preceding the survey.

**Do you have an account on any social networking site, e.g. Facebook, Instagram, YouTube, Twitter, GoldenLine, LinkedIn or similar?**

The most frequently declared on-line activities include reading Internet information portals (during the month preceding the survey, 83% of Internet users, i.e. 64% of all adults, did so); chatting with friends via instant messengers (83% and 63%, respectively), using online banking (81% and 62%, respectively), online shopping (64% and 49%, respectively), watching TV, movies or TV series (58% and 44%, respectively) and dealing with official matters via the Internet (44 and 34%, respectively).

Although the changes in the scale of online activity compared to last year are small, some of them have reached the highest levels in history. This applies e.g. to online banking or instant messaging.

**Have you used internet banking services in the last month?**
In the last month, have you talked with your friends via a messenger, e.g. Messenger (Facebook), WhatsApp, SKYPE, Hangouts (Google), GG (Gadu-Gadu)

More information about this topic can be found in CBOS report in Polish: “Using Internet in 2023”, June 2023. Fieldwork for national sample: May 2023, N=1056, mixed-mode interviews. The random sample is representative for adult population of Poland.