

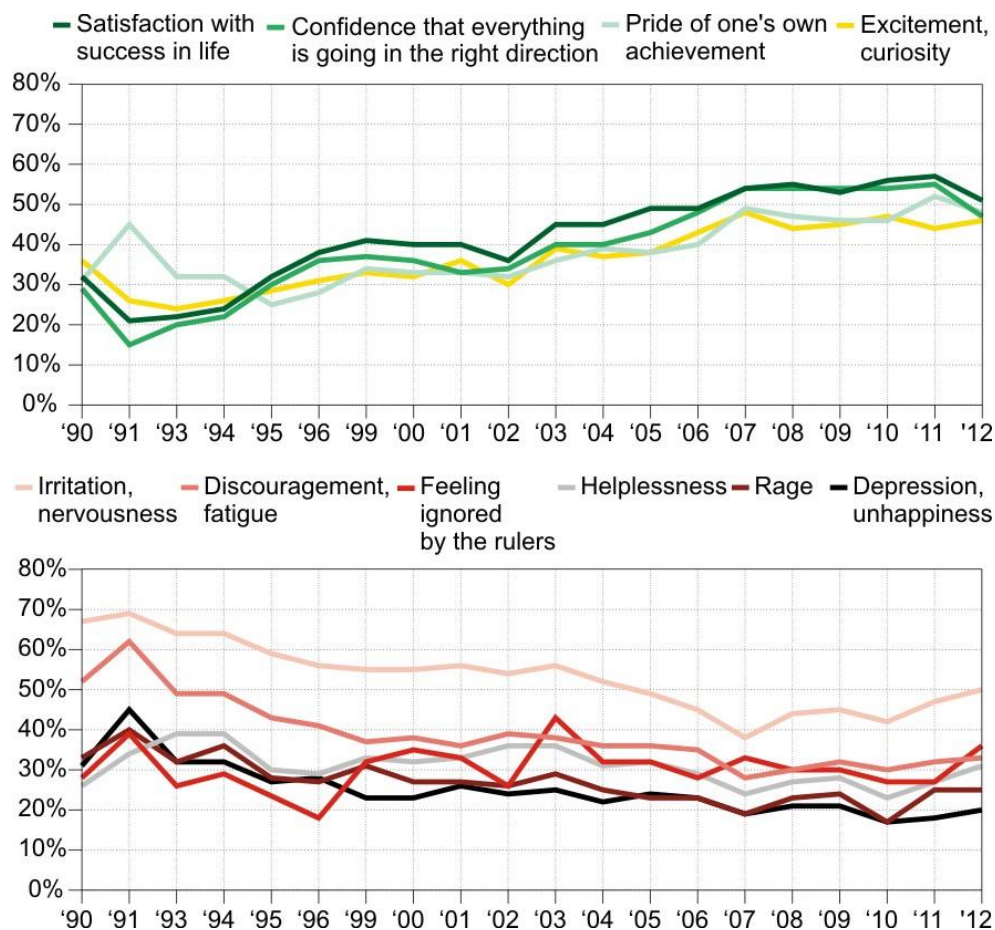
## **SUBJECTIVE WELL-BEING IN 2012**

In the last year, about half of respondents often felt satisfaction with a success in life (51%), were proud of their achievements (48%), were confident that everything was going in the right direction (47%), or were excited and interested (46%).

Half of respondents (50%) claim having been frequently nervous and irritated in 2012. The other negative emotional states we asked about were far less frequently mentioned. About a third of respondents often felt ignored by the governing elite (36%), felt discouraged and tired (33%), or had a feeling of helplessness (31%). Smaller groups were enraged (25%), or depressed and unhappy (20%). Very few people admitted having suicidal thoughts (1%).

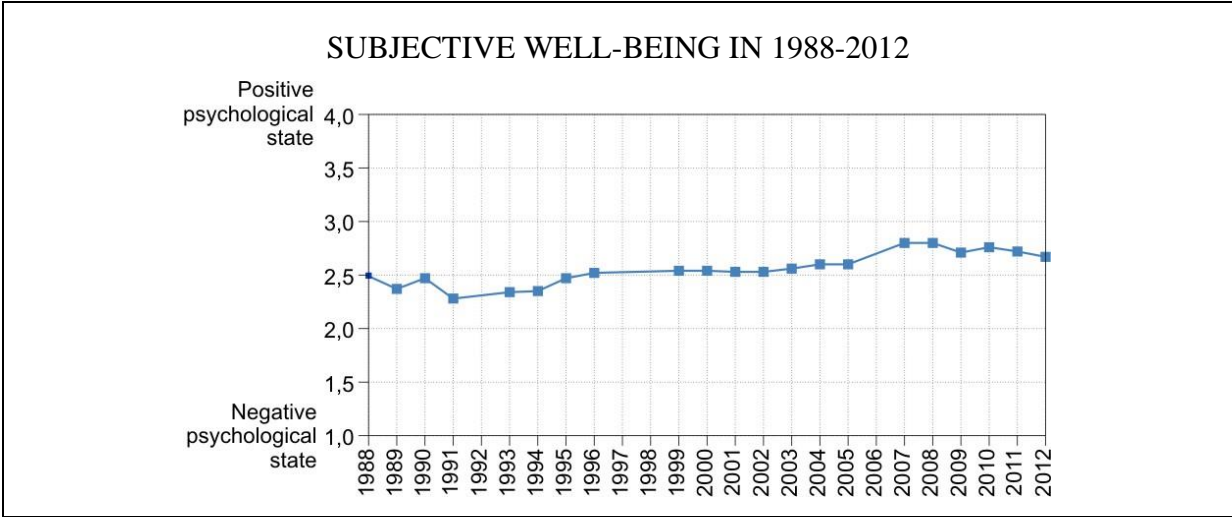
Compared with the previous measurement, there are fewer people declaring frequent experience of the following feelings: confidence that everything is moving in the right direction (8-point drop), satisfaction with a success in life (6-point drop), pride from achievement (4-point drop). At the same time, the percentage of respondents feeling frequently helpless increased by 4 pct. points, while the proportion of respondents feeling ignored by the government increased by 9 pct. points. These negative changes probably result, to an extent, from the economic slowdown and difficulties on the labour market. The increased feeling of neglect by the ruling elite may have been influenced by other factors as well, such as the widely unpopular increase of the retirement age to 67 years.

PERCENTAGE OF RESPONDENTS DECLARING THAT THEY FELT THE FOLLOWING EMOTIONS FREQUENTLY OR VERY FREQUENTLY



In a longer perspective of 20-plus years, it is clear that subjective well-being is improving. The frequency of positive emotions has increased, and negative feelings are less common. The proportion of respondents who are often confident about the future and excited has increased. At the same time, the number of people experiencing irritation, rage, depression and fatigue has fallen. It is worth noting that alienation from the ruling circles and helplessness remain relatively stable, in spite of some fluctuations.

The improvement in psychological well-being in the last 20 years is also documented by the rise in value of the synthetic indicator measuring the state of positive and negative emotions in the society. Its current value (2.67) is only slightly lower than last year (it was 2.72 in 2011). The analysis of the changes in value of this indicator since 1988 shows that the worst subjective well-being was recorded in the early years of the systemic transformation. Subsequently, the psychological condition improved and stabilized, reaching its peak in 2007-2008. In 2009 there was a slight deterioration, followed by a minimal rise in 2009 and minor fall in 2011-12. The present values are only slightly worse than in 2007-08, which means that subjective well-being is relatively good.



More information about this topic can be found in CBOS report in Polish: *"Subjective well-being in 2012"*, December 2012. Fieldwork for national sample: December 2012, N=1135. The random address sample is representative for adult population of Poland.