

SUBJECTIVE WELL-BEING IN 2013

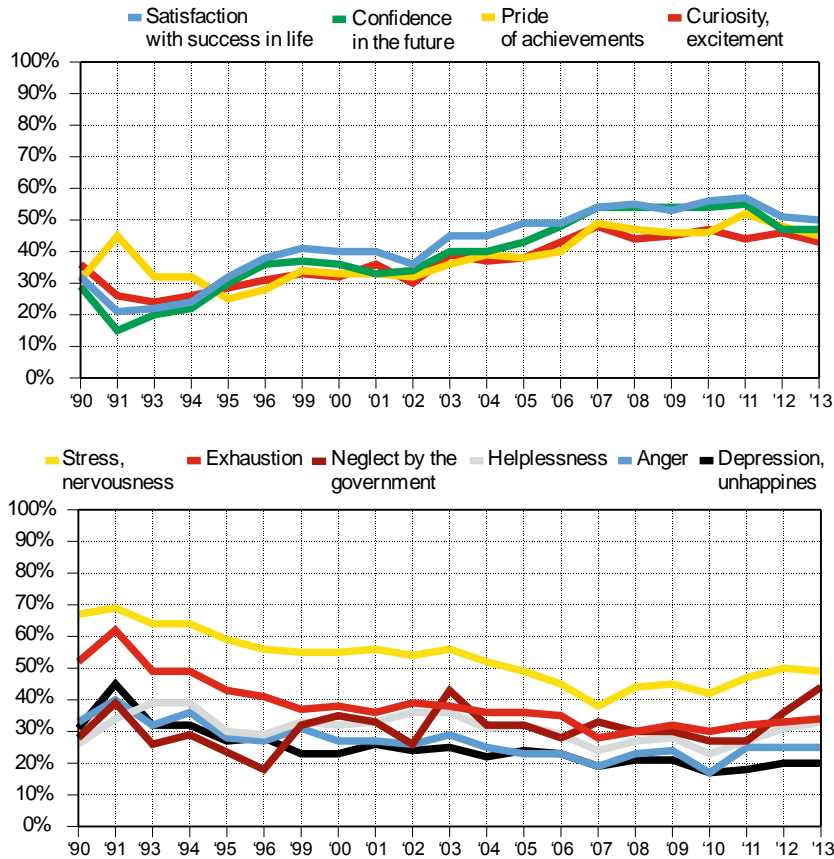
The psychological state of the Polish society has not changed significantly in the last year. As in 2012, respondents experienced most emotional states included in the survey. In 2013, there was an increase in the proportion of people who felt ignored by the government. At present, it is at record levels.

In the past year, half of respondents (50%) often felt satisfied with success in life. A slightly smaller group felt that everything is moving in the right direction (47%), were proud of their achievements (45%), and were interested and excited (43%).

Around half of Poles (49%) claim being often stressed in the year 2013, while a slightly smaller group (44%) felt ignored by the government. The other negative emotional states were experienced far less frequently. One-third of respondents (34%) were often tired and exhausted, and similar proportion (33%) felt helpless. A smaller group were angry (25%) or depressed, unhappy (20%).

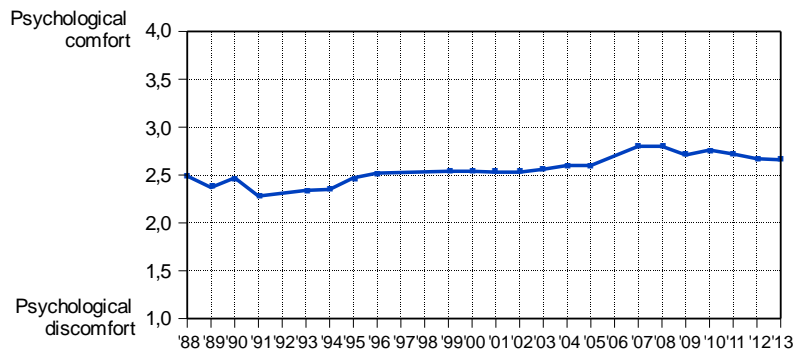
From a long-term perspective, it is clear that subjective well-being has improved since the 1990s. Since then, there has been a marked increase in the number of people satisfied with their achievements, confident about the future, and excited. At the same time, the proportion of respondents experiencing negative emotions such as stress, exhaustion, anger and unhappiness decreased. The relative number of the helpless remains fairly constant, in spite of some minor variations.

RESPONDENTS DECLARING THEY FELT THE FOLLOWING EMOTIONS OFTEN:



The fairly constant state of psychological well-being is confirmed by a synthetic index of well-being measuring both positive and negative dimensions. At present, its value is 2.66, which is almost exactly the same as a year earlier (2.67). Polish society was in its worst psychological state in the initial years of the systemic transformation. Subsequently, the well-being improved until 2007-2008, when the level was highest. In 2009 there was a slight drop and the index values stabilized on a level slightly lower than in 2007-2008.

SUBJECTIVE WELL-BEING IN 1988-2013



The calculation of the index excludes "neglect by the government", as it is weakly correlated with the other, purely psychological dimensions of evaluation.

Considering the socio-demographic factors, it is clear that material situation improves psychological well-being (index value of 2.89 for people in good conditions). High values of well-being are characteristic of the youngest adults, i.e. 18-24 age group (2.82), as well as residents of the biggest cities of over 0.5 million (2.80).

More information about this topic can be found in CBOS report in Polish: "*Psychological well-being in 2013*", December 2013. Fieldwork for national sample: December 2013, N=910. The random address sample is representative for adult population of Poland.