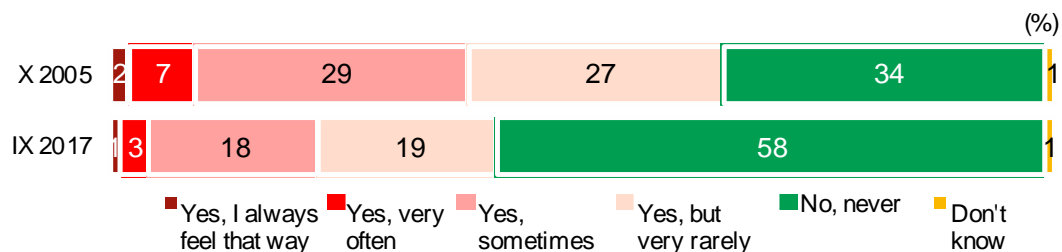


Social ties

The opinion is sometimes expressed that intense social changes and the development of new technologies lead to the reduction of close interpersonal contacts and an increase in the sense of loneliness. It is not reflected in CBOS surveys. In total, two-fifths of adult Poles (41%) admit that there are situations when they experience loneliness, although only a few (4%) are always or very often lonely. More than half of respondents (58%) never feel lonely. Since 2005, the percentage of people declaring that they have never experienced loneliness has increased by as much as 24 percentage points.

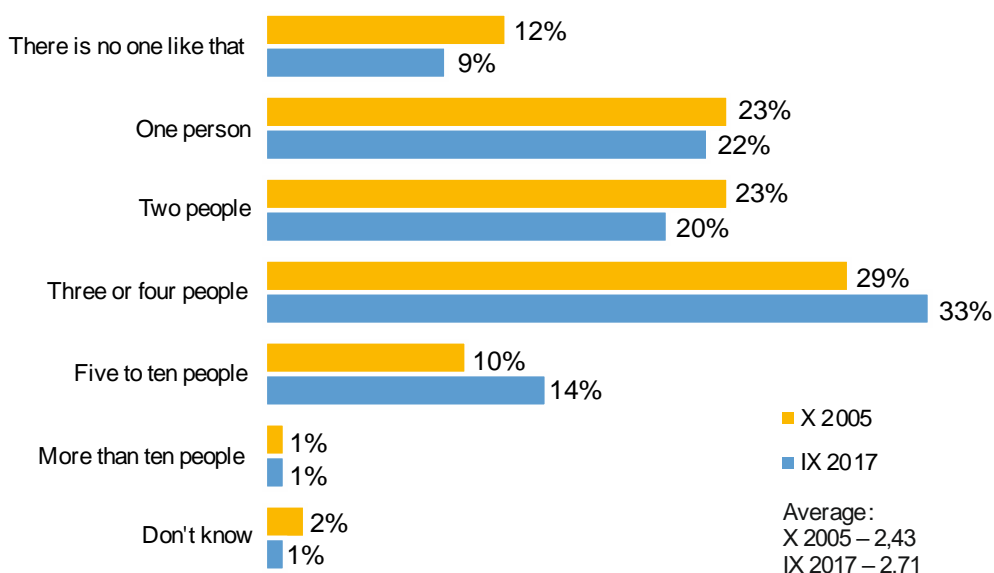
Are there situations when you feel lonely although there are different people around you?



An adult Pole has, on average, nearly three people with whom he or she can talk about all problems. In the last twelve years, the average number of persons providing support during difficult times has significantly increased. The group of people who don't have anyone who could listen to them or give advice numbers 9% of respondents (down by 3 points).

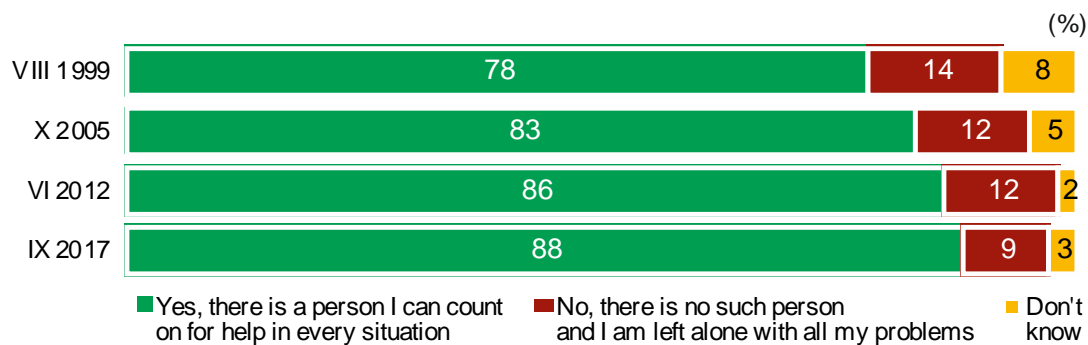
Individuals you can count on are, in the opinion of respondents, first of all the members of the close family, i.e. spouses (52% of respondents who declare that they have psychological support in difficult situations), parents (27%), siblings (27%) and children (27%). Relations with friends are also very important (31%). In recent years there are more and more informal relationships in Poland, which translates into the fact that nowadays, spouses are indicated less often than in 1999 as support, while partners are mentioned more frequently (12%). In this respect, the role of friends also increases, while the role of colleagues from work / school, neighbours, as well as parents and parents-in-law, slightly decreases.

Everyone has personal problems sometimes. Everyone needs to confide in someone or ask for advice. How many people are there who you can talk to about all your problems?



In addition to the fact that Poles almost without exception have someone to talk to about their problems, in most cases they also have someone to ask for help, advice or a loan in a difficult life situation. What's more, the percentage of people who can count on support in this type of difficult situation has been systematically growing since 1999 (a total increase by 10 percentage points).

Everyone is sometimes in a situation when suddenly everything collapses, e.g. there is no money, things go bad at work or at home, no plans come out, nothing goes well. Is there someone you can count on in a difficult situation, who will not refuse help, advice, loan, etc.?



More information about this topic can be found in CBOS report in Polish: "Social Ties", November 2017. Fieldwork for national sample: September 2017, N=985. The random address sample is representative for adult population of Poland.