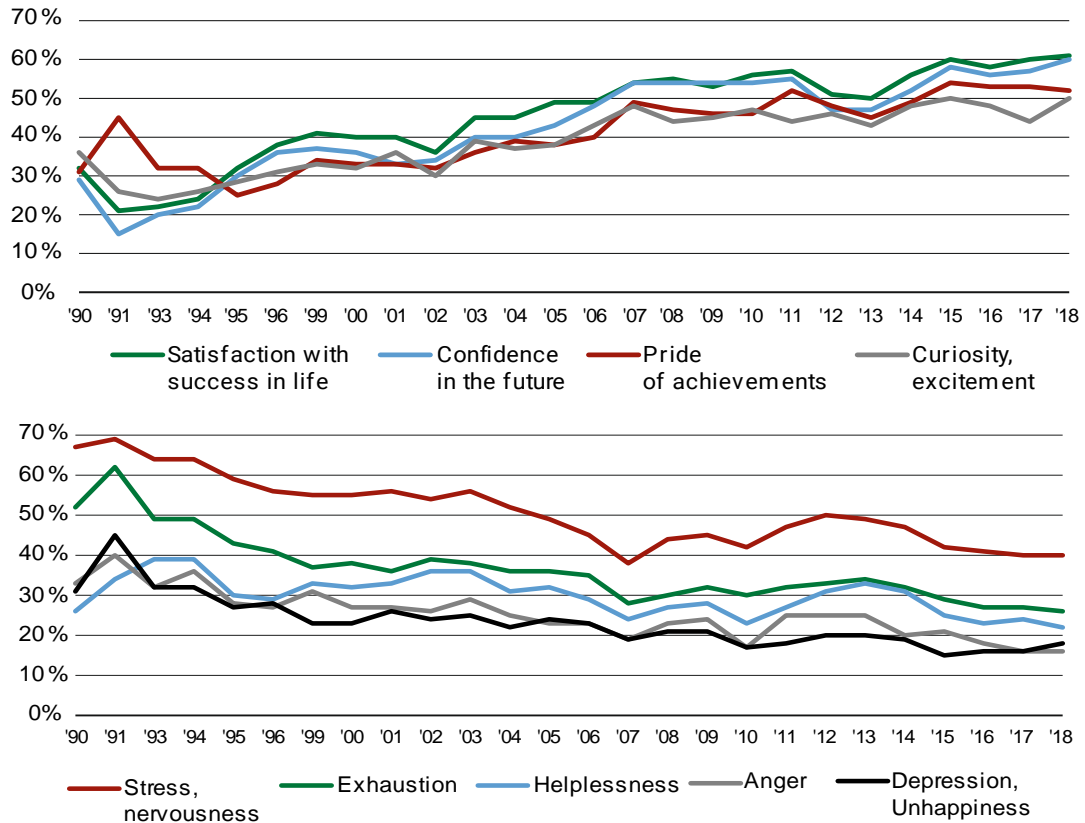


## **Subjective well-being in 2018**

Over three fifths of Poles (61%) often (including very often) felt satisfied last year that they were successful in their lives. Almost the same percentage (60%) often felt that everything was going well. Just over half of Poles (52%) were often proud of their achievements, and half of people were particularly interested, excited many times in 2018 (50%). These positive emotions accompanied Poles more often than negative ones. Nevertheless, two-fifths of respondents (40%) were frequently nervous, annoyed over the past year. About one-fourth (26%) experienced repeatedly discouragement, weariness, and more than a fifth (22%) felt helpless. Fewer people in the past year felt often unhappy, depressed (18%) or angry (16%). Only very few (1%) had suicidal thoughts.

Emotions prevailing among Poles in 2018 do not differ significantly from those we observed the year before. Nevertheless, more Poles often felt curious, excited (increase by 6 percentage points), there has also been a slight increase in confidence that everything is going well (up by 3 points). At the same time, slightly more people than a year earlier declared being unhappy (an increase of 2 points).

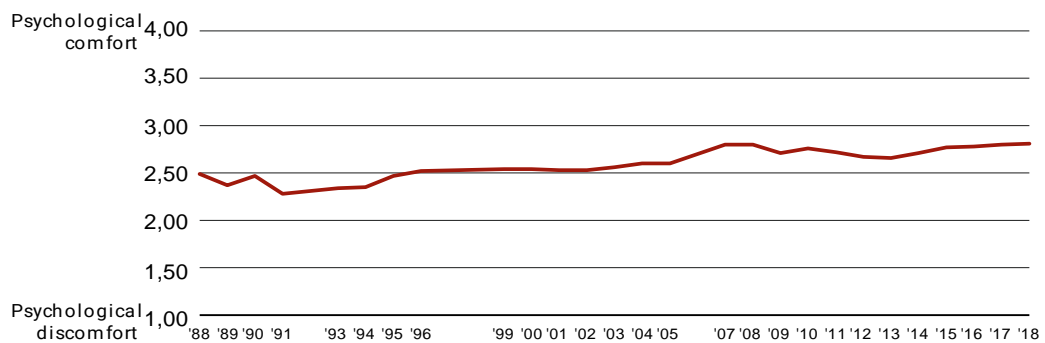
**Respondents declaring they felt the following emotions often:**



In the long-term perspective, it is clear that the well-being of Poles is systematically improving. Since the beginning of the 1990s, the percentage of people frequently experiencing positive emotions has been increasing, and the proportion of respondents who often experience negative feelings has been decreasing.

The indicator of Poles' well-being built on the basis of average intensity of experienced emotions (both positive and negative) shows a gradual improvement in the psychological well-being.

**Subjective well-being in 1988-2018**



Standard of living measured by the self-assessment of material living conditions has a clear impact on emotions. Respondents who perceive the material conditions of their households as bad much less often than others experience positive emotions, and significantly more often feel bad. In the group of people convinced that they live in good material conditions, all positive emotions are much more common than negative ones. The frequency of feeling pleasant emotions in the past year is related to age: the highest percentage of people indicating positive states of mind was recorded in the age groups 25-34 and 35-44 years. Then, with age, there is a decrease in the share of people declaring that they often experience confidence that everything is going well, they have succeeded in life, feel pride in their own achievements and curiosity, excitement. In the case of negative feelings, the relation is not so clear.

Education is also important in this context. The higher the education, the higher the percentage of people experiencing often positive emotions, and the lower the share of respondents who have experienced negative feelings..

The relationship between emotions and gender is interesting. Women and men equally often experience positive emotions, but at the same time women significantly more often than men have negative feelings.

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More information about this topic can be found in CBOS report in Polish: "Psychological Wellbeing in 2018", December 2018. Fieldwork for national sample: December 2018, N=942. The random address sample is representative for adult population of Poland.