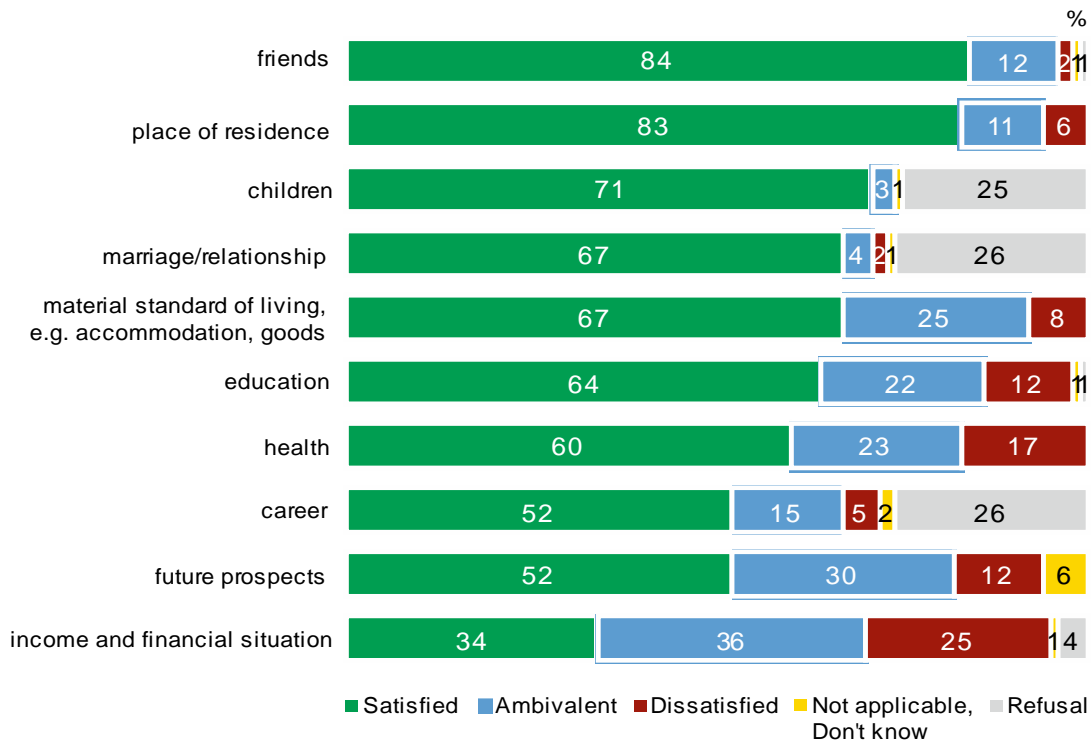


Satisfaction with life

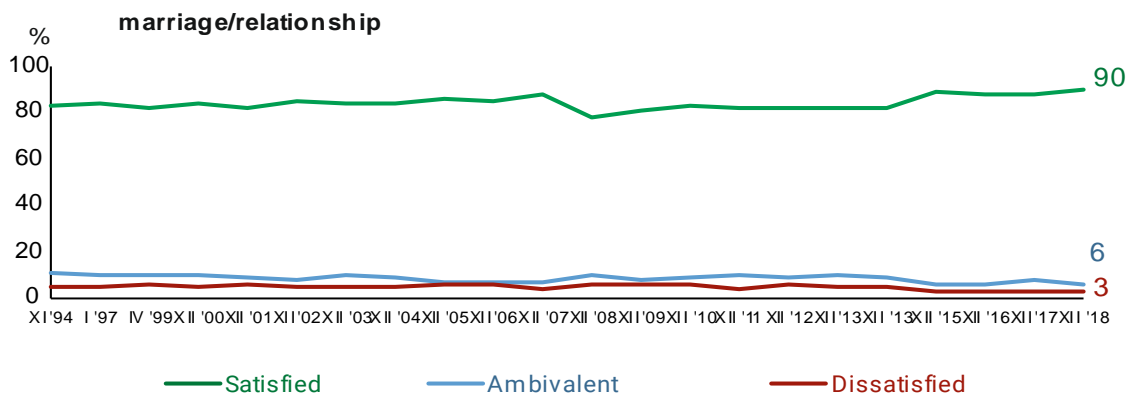
Most Poles are satisfied with their social and family relationships. The vast majority declare satisfaction with friends (84%). There is also a sense of satisfaction with children (71% among all respondents, and 95% among parents) and with marriage or an informal, permanent relationship (67% on the total, and 90% among those in relationships). More than eight out of ten Poles (83%) are satisfied with the place where they live. Satisfaction with material conditions (e.g. housing, equipment) is declared by two-thirds of respondents (67%). Poles are less likely to derive satisfaction from their income and financial situation. One-third (34%) are satisfied with them, a quarter (25%) are dissatisfied, and 36% describe their satisfaction with income as average. Almost two-thirds of Poles (64%) feel satisfaction with their education and qualifications, and more than half (52% of all, and 71% of current or former employees) are satisfied with their professional work. Six out of ten adults (60%) declare satisfaction with their health condition. About half of Poles (52%) are optimistic about their future prospects. Ambivalent feelings about what will happen in their lives are expressed by less than one-third of respondents (30%), and pessimistic predictions are voiced by one-eighth (12%).

How satisfied are you with your...



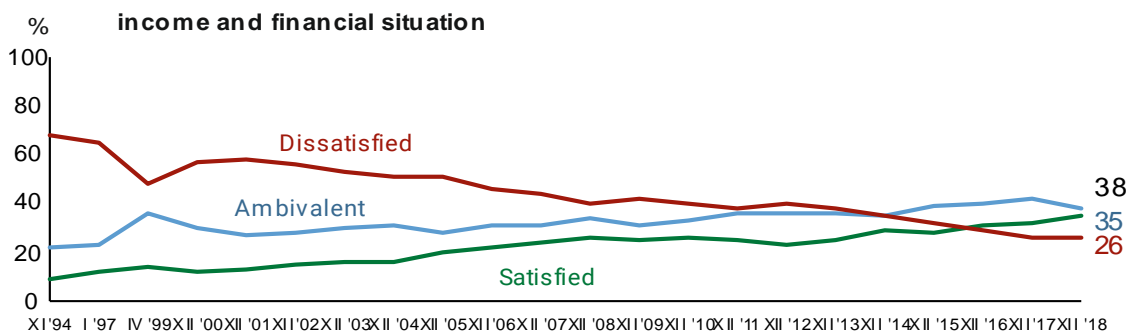
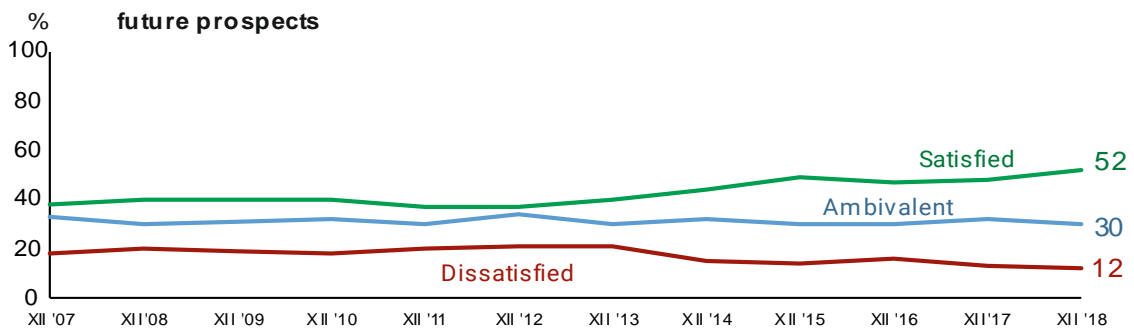
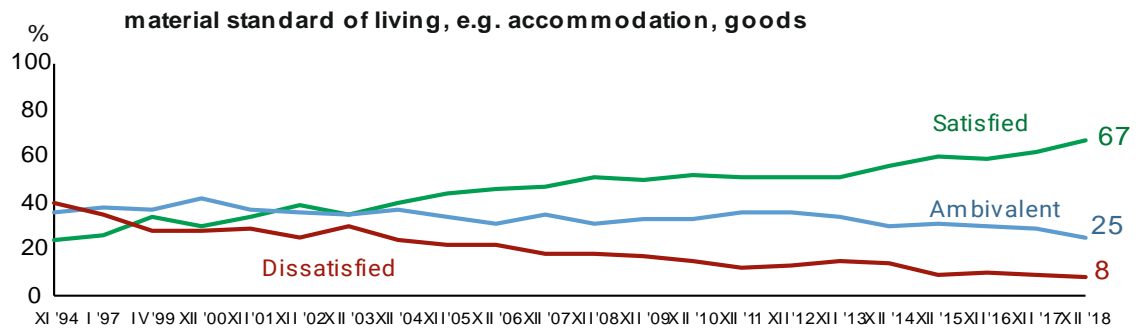
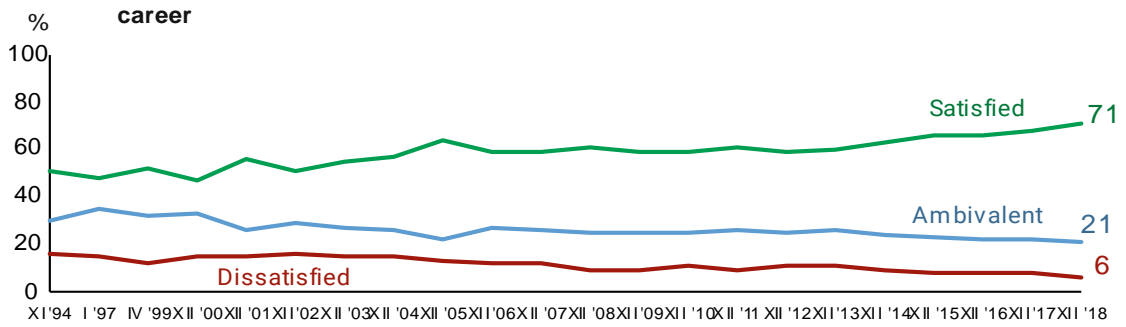
Over the past year, the level of Poles' satisfaction with the majority of dimensions of life included in the analysis has increased. In case of five dimensions out of ten, it is the highest registered so far. The record percentage of respondents currently declare a sense of satisfaction in the material sphere (income and living conditions), their professional work, marriage or relationship, as well as prospects for the future.

How satisfied are you with your...



Not applicable, refusals and "don't know" excluded from calculation

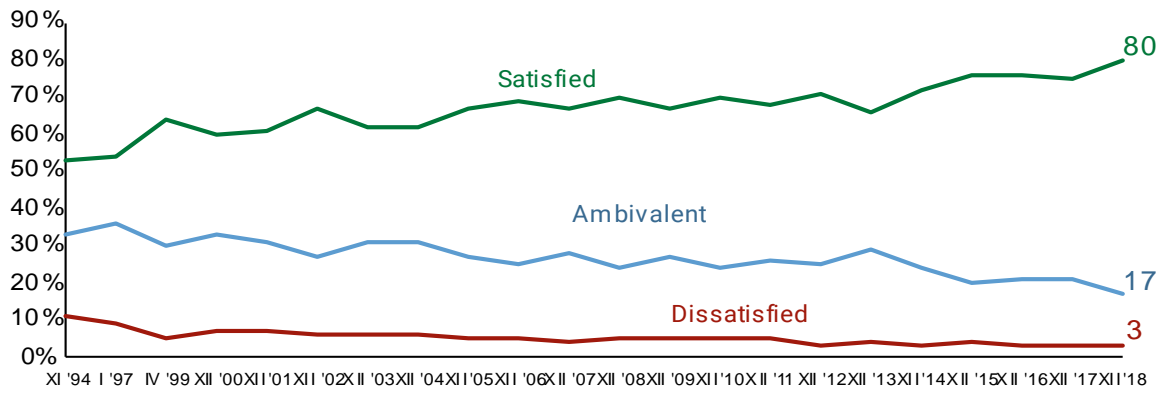
How satisfied are you with your...



Not applicable, refusals and “don't know” excluded from calculation

Poles feel overall satisfaction with life more often than a year ago and more than ever before in our research, starting from 1994. Currently, eight out of ten adults are satisfied (80%, an increase of 5 percentage points from December 2017). Medium satisfaction is declared by almost one-sixth (17%, a decrease by 4 points), while 3% are dissatisfied (no change).

Are you satisfied with your life in general?



More information about this topic can be found in CBOS report in Polish: "Life Satisfaction", January 2019. Fieldwork for national sample: December 2018, N=942. The random address sample is representative for adult population of Poland.