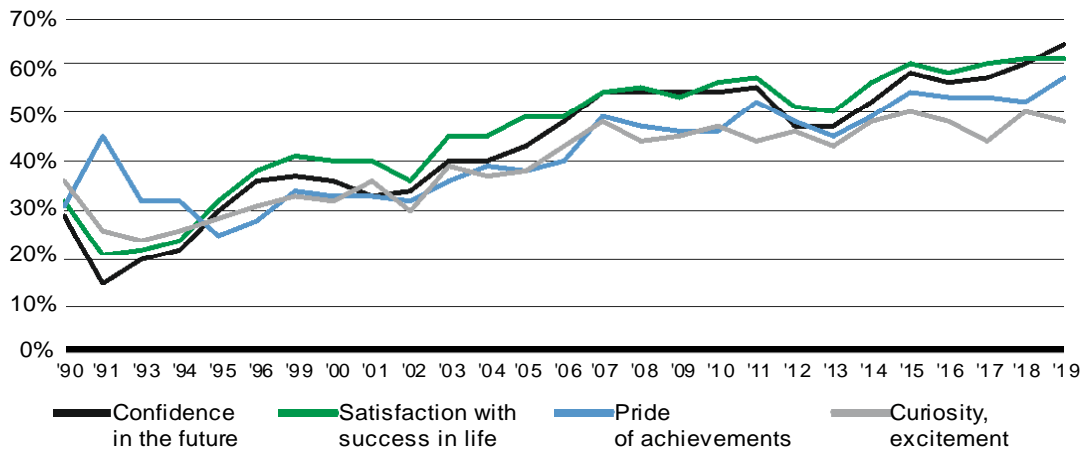


Subjective well-being in 2019

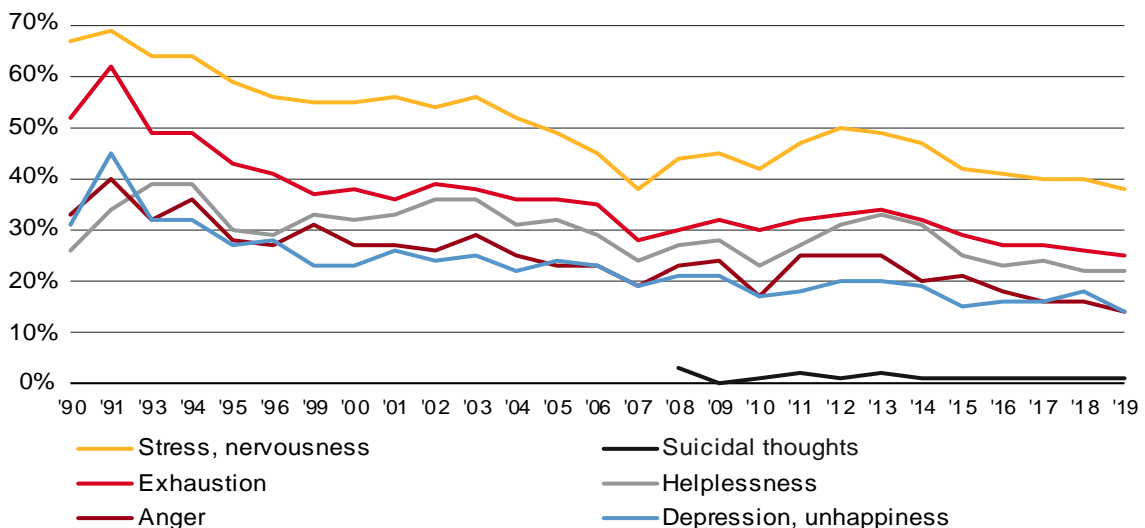
Last year, nearly two-thirds of Poles (64%) often felt confident that everything was going in the right direction and slightly fewer people (61%) felt satisfaction with success in their lives. Less than three-fifths (57%) felt proud of their achievements, and almost half (48%) were often particularly curious or excited. Negative emotions were experienced less often. Almost two-fifths (38%) often felt nervous and irritated. A quarter of respondents (25%) often felt discouraged or tired, and more than a fifth (22%) felt helpless. Emotions such as rage (14%), depression, unhappiness (14%) suicidal thoughts (1%) were relatively rarer. Correlation analysis shows that positive emotions coexist with other positive feelings and negative with other negative. In other words, respondents who have declared that they felt some positive emotion last year more often indicated other positive states, and less often the pessimistic feelings, and vice versa.

Respondents declaring they felt the following emotions often:



The Poles' subjective well-being has improved significantly since the previous measurement. What is more, in 2019 it was the best in the history of our research, i.e. since 1988. The percentage of respondents who often feel such emotions as confidence that everything goes well and pride of their own achievements has risen to a record level. At the same time, the percentage of people experiencing conditions such as depression and rage repeatedly over the past year was among the lowest registered in the last thirty years.

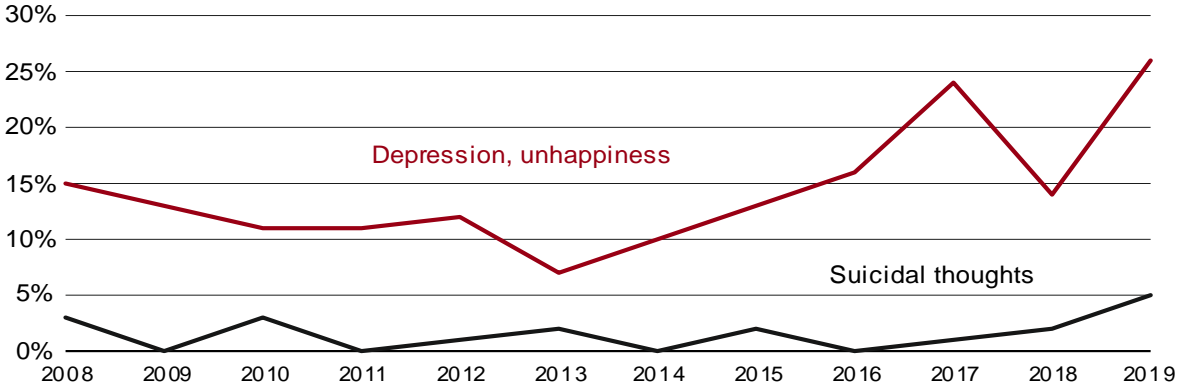
Respondents declaring they felt the following emotions often:



Poor economic situation is most important factor leading to bad emotions. All negative feelings were felt much more often by people dissatisfied with their financial situation than by the satisfied. At the same time, they experienced positive states less often.

In general, positive emotions were more frequent among people under the age of 35 than older people. This applies especially to the states such as excitement and interest in something, satisfaction with success, and pride in achievements. Despite the generally good moods among the youngest respondents (18-24), at the same time in this group a relatively large percentage declared feeling unhappy, depressed (26% v. 14% among all respondents), as well as suicidal thoughts (5% v. 1%). The recently registered percentage of the youngest respondents with suicidal thoughts is the highest since we have asked this question, i.e. since 2008. The scale of depression and unhappiness is also currently record-high.

Respondents aged 18-24 declaring they felt the following emotions often:



More information about this topic can be found in CBOS report in Polish: "Psychological Wellbeing in 2019", February 2020. Fieldwork for national sample: December 2019, N=910. The random address sample is representative for adult population of Poland.