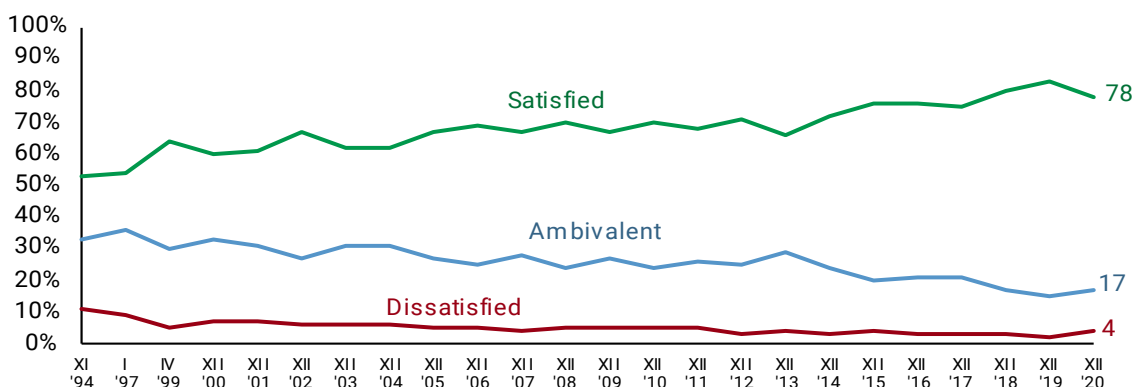


Satisfaction with life

The pandemic has not fundamentally changed the level of life satisfaction. Overall satisfaction with life is declared by over three-fourths of Poles (78%). Medium satisfaction is expressed by one-sixth (17%), and dissatisfaction is felt by four in a hundred (4%). Although the number of people declaring general satisfaction with life is lower by 5 percentage points than a year ago, when it was at record level, it does not differ significantly from the results obtained two years ago.

Are you satisfied with your life in general?



Don't know omitted.

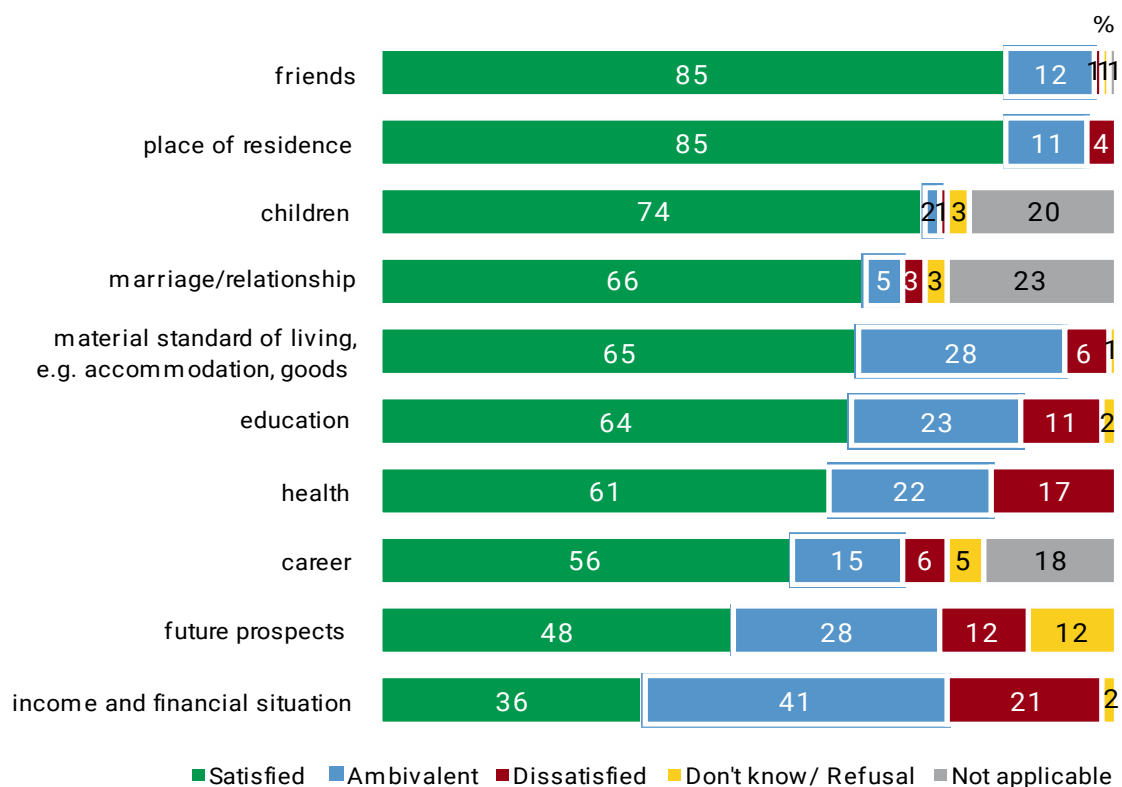
Satisfaction with particular aspects of life remain fairly stable. One of the most frequently indicated sources for contentment is social and family life. The vast majority of respondents are happy with their friends and close acquaintances (85%), three quarters feel good about their children (74% of all respondents, i.e. 94% of parents), and two thirds are happy with their marriage or an informal, permanent relationship (66% of all respondents, i.e. 87% of those in a relationship). The vast majority of Poles (85%) are also content with their place of residence. Satisfaction with material conditions, e.g. housing and goods, is expressed by two-thirds of respondents (65%), while a total of about one-third assess them as average (28%) or bad (6%). Income is noticeably less likely to provide satisfaction. More than one third (36%) think it is adequate, one fifth (21%) are dissatisfied, and two fifths (41%) express an ambivalent opinion.

Almost two-thirds of Poles (64%) are happy about their education and qualifications, and more than half appreciate their professional career (56%, i.e. 70% among those who have ever worked). Dissatisfaction in these areas was declared by 11% and 6%, respectively (7% of those with professional experience have a negative feeling about their career).

The health condition is described as good by six in ten adults (61%), and as bad by 17%. About a fifth (22%) express an ambivalent opinion.

Less than half of Poles (48%) are satisfied with their prospects for the future. Moderate optimism in this respect is expressed by over a quarter (28%), and a pessimistic attitude is shown by more than a tenth (12%).

How satisfied are you with your...



More information about this topic can be found in CBOS report in Polish: “Life Satisfaction”, January 2021. Fieldwork for national sample: December 2020, N=1010. The random sample is representative for adult population of Poland