

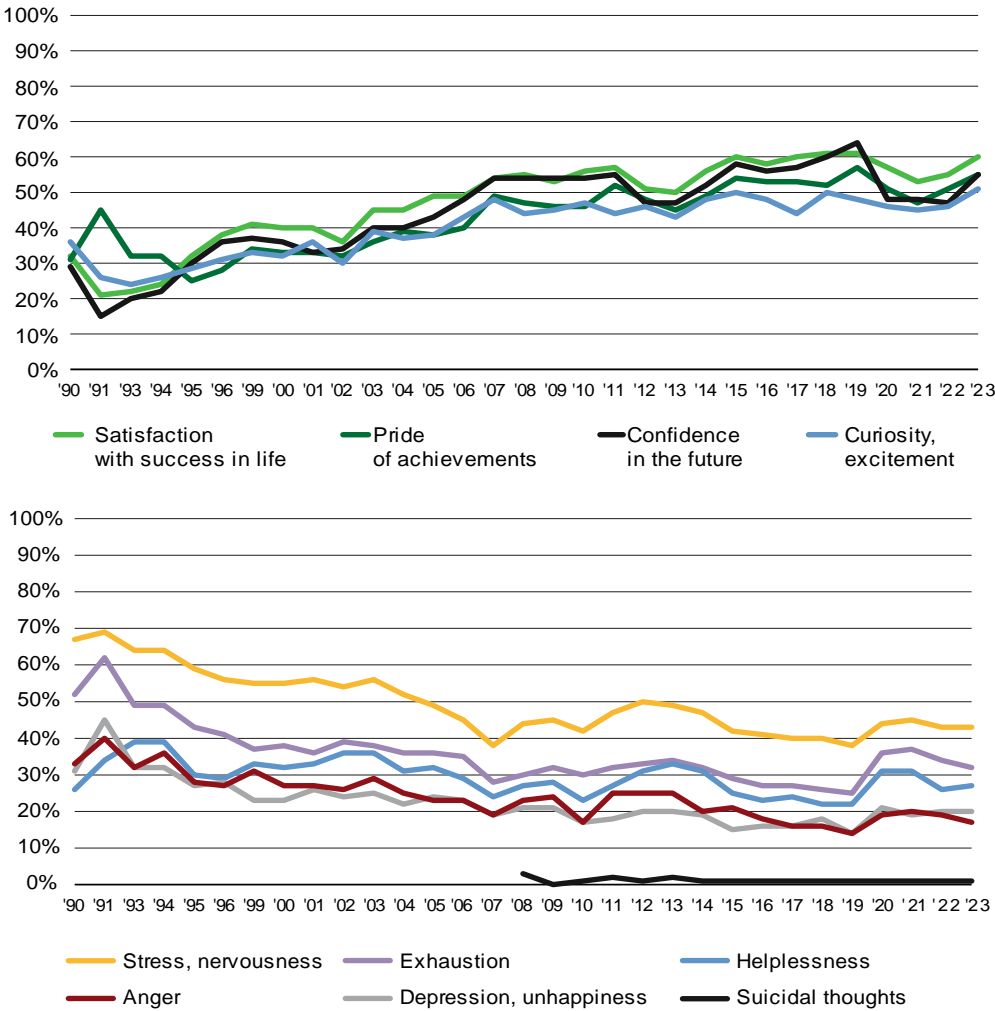
Subjective well-being of Poles in 2023

In 2023, Poles most often felt satisfied that they had achieved something (60%). More than half felt proud of their achievements (55%) and confident that everything was going well (55%). Slightly fewer people (51%) said that they were often curious about something, interested or excited. Experiencing negative emotions was less frequently reported. Among them, the most commonly experienced were nervousness and irritability: 43% of respondents felt it many times in the past year. One-third (32%) often felt discouraged and tired, and more than one-fourth (27%) felt helpless. Every fifth respondent in 2022 was unhappy many times (20%), and slightly fewer people (17%) were angry. Some respondents (1%) had suicidal thoughts.

Compared to 2022 and, more broadly, compared to the pandemic years, the well-being of Poles has improved. This is visible primarily in the increase in the frequency of positive emotions. There is a rise in the number of people declaring that in the past year they were often sure that everything was going well (an increase of 8 percentage points compared to 2022). More people often felt satisfied that something had been achieved in life (an increase of 5 points) and experienced curiosity and excitement (an increase of 5 points). The percentage of respondents who declared pride in their own achievements also rose (an

increase of 4 points). The intensity of positive emotions (except for the certainty that everything is going well) is currently similar to that recorded in 2019, when Poles' well-being was the best in the entire period under study in Poland under its current system. While the intensity of experiencing positive emotions has increased significantly over the last year, the intensity of experiencing negative emotions has not changed much during this time. There was a slight decrease in the number of respondents declaring that in the past year they often felt discouraged and tired (down by 2 points) and the proportion of people admitting that during this time they were often overcome with anger (down by 2 points).

Respondents declaring they felt the following emotions often:



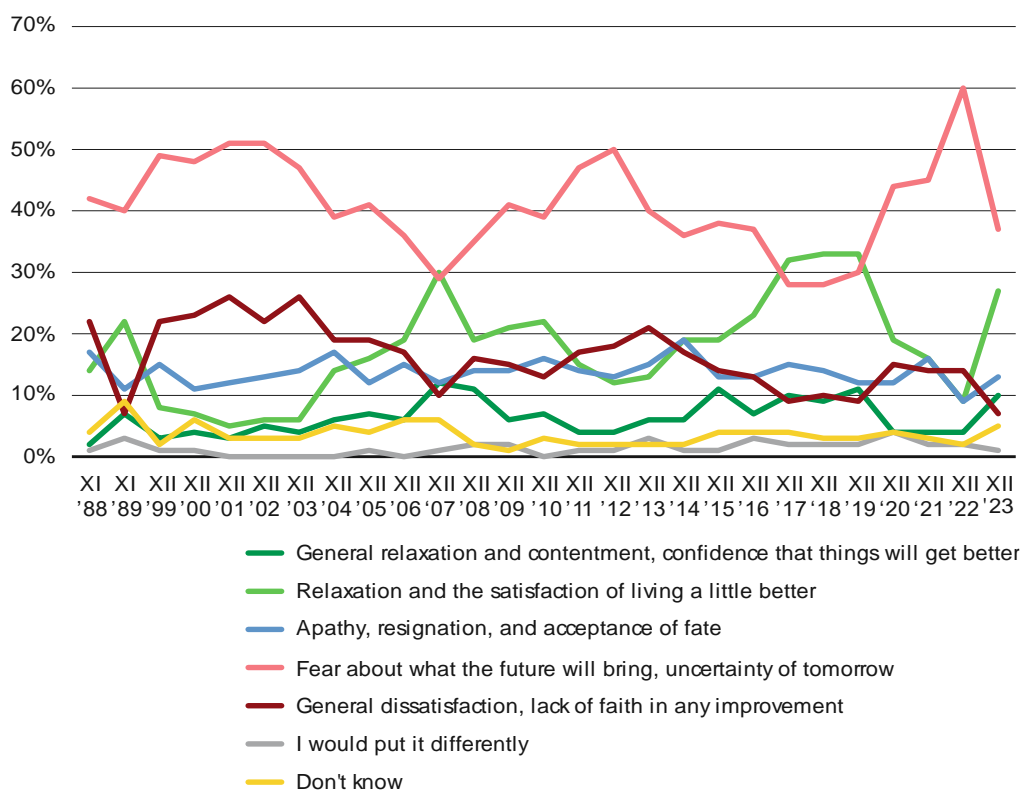
Statistical analyses confirm that mental well-being depends largely on the material situation. The better the assessment of material living conditions, the better one's well-being.

The analysis of the experience of emotions shows that people in the worst financial situation not only feel negative emotions more often and positive feelings less frequently than better-off people, but also generally experience negative rather than positive emotional states. People who negatively assess the financial conditions of their household more often than the better off Poles experienced discouragement, fatigue (76%), helplessness (65%) and felt unhappy (58%) in the past year. However, they were much less likely than people in a better living situation to be sure that everything would be fine (only 13% of them often experienced this feeling) and they felt less proud of their own achievements (23%).

When describing the moods in their environment, i.e. among the people they meet on a daily basis, Poles more often notice negative emotions (57% in total) than positive ones (37%). When characterizing the social climate in their environment, respondents most often note fear and concern about what the future will bring (37%), but also some relaxation and satisfaction that things are now better (27%).

The social mood is now much better than a year ago, which - to a large extent - is probably the result of the parliamentary elections and the increased sense of civic subjectivity. Compared to the end of 2022, the percentage of people who notice mainly negative emotions in their environment decreased by 26 percentage points, while the proportion of Poles who observe mostly positive emotions increased by 24 points. During this time, there was a decrease in the number of people who noticed anxiety in their surroundings and fear of what the future would bring (a decrease of 23 percentage points). Fewer people than a year ago notice mainly dissatisfaction and lack of faith in any improvement (a decrease of 7 points). At the end of 2022, we recorded the lowest percentage in the history of our research of respondents who observed mainly apathy, resignation, and acceptance of fate in their environment, but now it is noticed slightly more often (an increase from 9% to 13%). Compared to the previous measurement, satisfaction with the fact that things are or will be better is clearly more visible (by 18 and 6 points, respectively). As a result of these changes, it can be said that in December 2023 the perceived social mood was the best since the end of 2019.

**How would you in general describe the current mood among people with whom you come into contact on a daily basis at your workplace and your place of residence?
Which of the following terms best describes it?**



More information about this topic can be found in CBOS report in Polish: "Psychological Wellbeing in 2023", January 2024. Fieldwork dates for the sample: December 2023, N=961, mixed-mode interviews. The random sample is representative for adult population of Poland.