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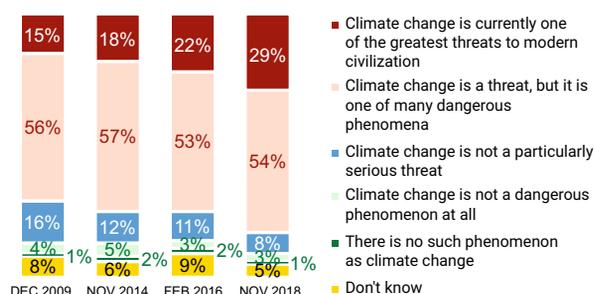
TO THE REPORTS REFERRED TO ABOVE, THE FOLLOWING HAVE BEEN PUBLISHED RECENTLY (IN POLISH):

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- (Over)use of Smartphones

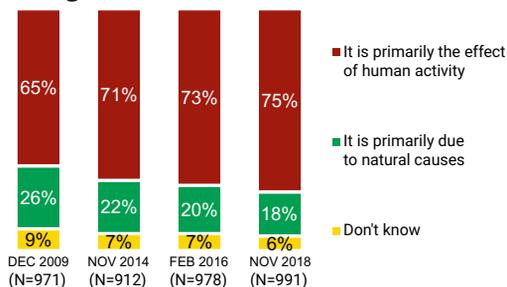
Attitude to climate change

The vast majority of Poles perceive climate change as a threat, with more than half (54%) believing that this is just one of many dangerous phenomena. Less than one-third (29%) of respondents believe that climate change is one of the greatest threats to modern civilization. Few Poles claim that climate change is not at all dangerous (3%) or that such a phenomenon does not exist (1%). Since 2009, we have observed an increase in the percentage of people who claim that climate change is one of the greatest civilizational threats, with corresponding reduction of the percentage of those who express the opinion that it is not a particularly serious threat.

Which of the following statements about climate change best reflects your view of this issue?



What are the main causes of climate change?

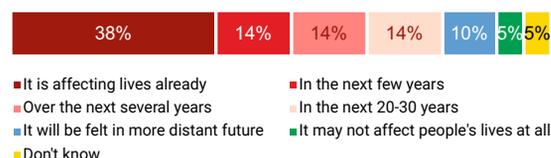


Question not asked to respondents who believe that climate change does not exist.

A significant part (38%) of respondents who do not negate the reality of climate change are already noticing its significant impact on people's lives. Over a quarter (28%) believe that its effects will be felt within several years at most, and another 14% think that it will be felt in the next 20-30 years. Only a tenth of respondents (10%) think that climate change will have a significant impact on people's lives in Poland in the more distant future, and every twentieth (5%) is not sure whether its impact will be felt at all.

Three-quarters of respondents who are aware of climate change (75%) believe that it is primarily the result of human activity, and less than one fifth (18%) point to natural causes. We can see a clear trend: an increasing percentage of respondents see the causes of climate change in human activity. The growth of this view is slow but stable.

In your opinion, when will climate change significantly affect the lives of people in Poland?

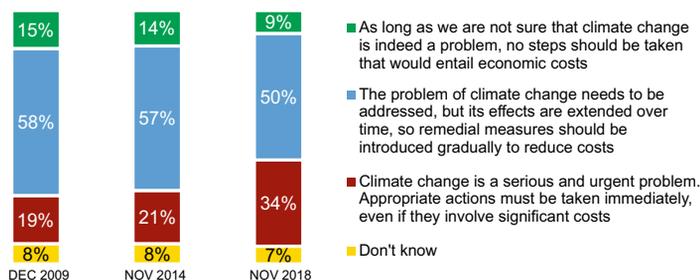


Question not asked to respondents who believe that climate change does not exist.

Half of respondents (50%) think that the problem of climate change should be addressed, but remedial measures should be introduced gradually to reduce costs. One-third (34%) say that the right action must be taken immediately. Only one-eleventh (9%) are in favour of not taking steps that could generate economic

costs until it is certain that they are necessary. In less than a decade, there has been a marked increase in the conviction that climate change is an urgent problem requiring immediate action; and at the same time the percentage of respondents who are in favour of waiting for more convincing evidence of negative consequences has decreased.

There is no agreement as to what individual countries, including Poland, should do in connection with climate change. Which statement is closest to your own view?



Question not asked to respondents who believe that climate change does not exist.

One of the possible ways to slow down climate change is abandoning environmentally harmful sources of energy. A clear majority of respondents (72%) express support for this direction of action and for departure from coal-based energy. Only a fifth (19%) are of the opinion that in the next 20-30 years, energy production in Poland should continue to be based primarily on domestic hard coal resources. In the last three years, support for a move away from coal-based energy has significantly increased.

Currently, hard coal is the basic raw material in Poland for energy production. In your opinion, in the next 20-30 years, should...



More information about this topic can be found in CBOS report in Polish: "Opinions on Climate Change", November 2018. Fieldwork for national sample: November 2018, N=999. The random address sample is representative for adult population of Poland.

Is Law and Justice (PiS) leading Poland out of the EU?

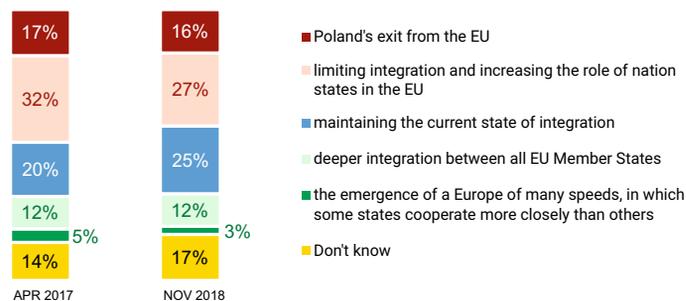
In connection with Poland's dispute with the European Commission on changes in the judiciary, the opposition has levelled accusations that PiS wants to lead Poland out of the European Union. However, they do not fully reach public opinion.

In the opinion of more than half of respondents, PiS aims to reduce integration and increase the role of nation states

in the European Union (27%) or to maintain the status quo (25%). The conviction that the ruling party wants Poland to leave the EU is also not isolated, as it is expressed by almost one-sixth of respondents (16%). Every eighth respondent (12%) attributes to PiS the will to deepen the integration of member states. Only a few (3%) think that this party is seeking to establish a multi-speed Europe, in which some countries cooperate more closely than others.

The perception of the ruling party's attitude to European integration has not changed substantially since April 2017. Currently, slightly fewer people believe that the government supports the reducing EU integration and increasing the role of nation states in the EU, while more see its desire to maintain the current state of integration.

In your opinion, what is the attitude of Polish authorities and the ruling party towards the future of Poland and the European Union? Are the authorities aiming at...



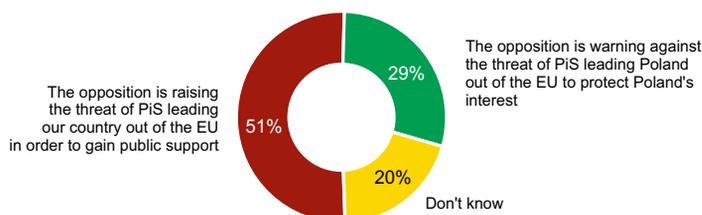
The vast majority of respondents (72%) believe that Poland's exit from the European Union is not a realistic scenario at present. The so-called Polesxit is seen as realistic by 15% of respondents.

In your opinion, Poland's exit from the European Union...



Voices of opposition politicians indicating the threat of "Polesxit" are more often interpreted in terms of political game than as real concern for Poland. Half of respondents (51%) are of the opinion that the opposition is raising the threat of PiS leading our country out of the Union in order to gain public support. Over a quarter (29%) believe that the opposition is warning against this threat to protect Poland from an unfavourable scenario.

Which view is closer to your own opinion?



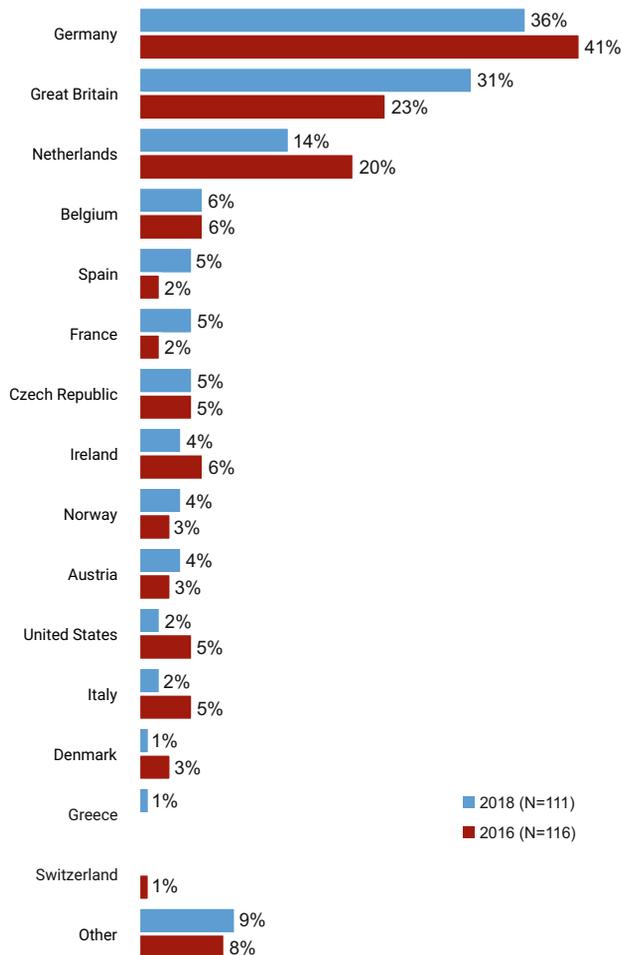
More information about this topic can be found in CBOS report in Polish: "Does Law and Justice (PiS) Lead Poland out of the European Union?", November 2018. Fieldwork for national sample: November 2018, N=999. The random address sample is representative for adult population of Poland.

Work abroad

Currently, a fifth of Poles (20%) declare having worked abroad in their life. Out of those who have worked abroad, the clear majority (65%) last left for work after 2004, i.e. after Poland's accession to the European Union and the opening of borders for free movement of employees.

Over the past ten years, 11% of all respondents went abroad to work at least once.

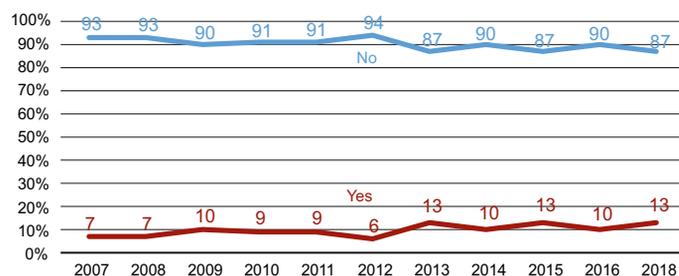
Considering the last 10 years, in which country have you worked?



Invariably, the most frequently declared destination of labour migration in the last decade is Germany, followed by Great Britain. It is worth noting that this year, unlike in previous years, we recorded a relatively small difference in the popularity of these two destinations: 36% of respondents who went abroad to work in the last decade have been employed in Germany, and 31% in the UK. The Netherlands is the third most popular destination for paid employment in the last decade (14% of responses).

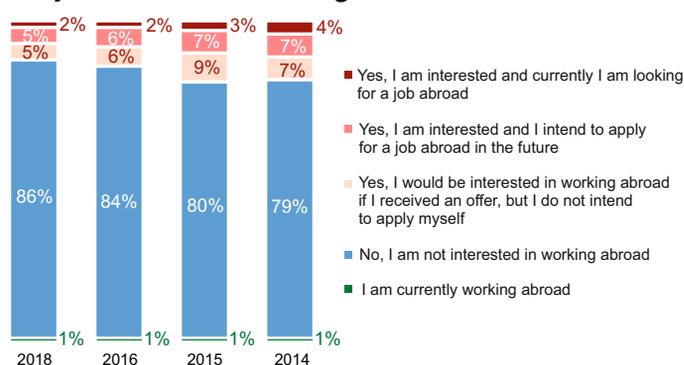
More than one-eighth of Poles (13%) declare that someone from their household has gone abroad to work. This year's results are similar to numbers obtained in previous measurements. The percentage of people declaring that someone from their household works abroad has clearly increased in 2013 and since then has remained at the level between 10% and 13%.

Is any member of your household currently working abroad?



A total of 12% of Poles are willing to go abroad to do a paid job, the vast majority of whom (10% of the total) have not taken any concrete actions so far. In recent years, there has been a decline in interest in taking up employment abroad.

Are you interested in working abroad?



Declared willingness to work abroad is related, above all, to the age of respondents. Among people aged 18 to 24, as many as 39% consider the possibility of such employment, including almost one-third (31%) applying for a job already or intending to do it in the future.

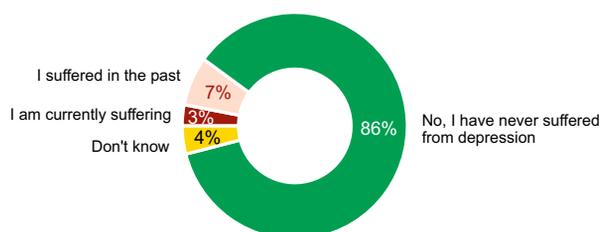
More information about this topic can be found in CBOS report in Polish: "Work Abroad", November 2018. Fieldwork for national sample: October 2018, N=1016. The random address sample is representative for adult population of Poland.

Depression: experiences and opinions

Depression, according to the World Health Organization, ranks among the most common ailments. The forecasts show that in 2030 it will take first place.

Based on the declarations of CBOS respondents, depression has affected one-tenth of adult Poles, including 3% who are currently suffering.

Have you ever suffered from depression?



Analyses indicate that economic and professional factors as well as marital and relationship status are most strongly associated with declarations regarding depression. In general, the professionally inactive are more prone to depression than working people. Among the non-employed categories, it is most often experienced by the disabled and unemployed. In the working categories, based on declarations depression is most common among unskilled workers. It is the relatively often declared by respondents who badly assess their own material situation and obtain the lowest per capita income. Dependencies related to the socio-economic status are also visible, though slightly less so, in the level of education: depression now or in the past is more frequently experienced by people with primary education than by respondents with a degree. In addition, the risk of depression also increases with the absence of a relationship (formal or informal). It is greatest in case of divorced or separated persons who are not in a relationship.

Over half of respondents who have declared suffering from depression (53%, or 5% of all adults) have suffered once in their lifetime. In case of more than two-fifths, several episodes of depression occurred (28%, i.e. 3% of the total), or even many incidents (17%, or 2% of the total).

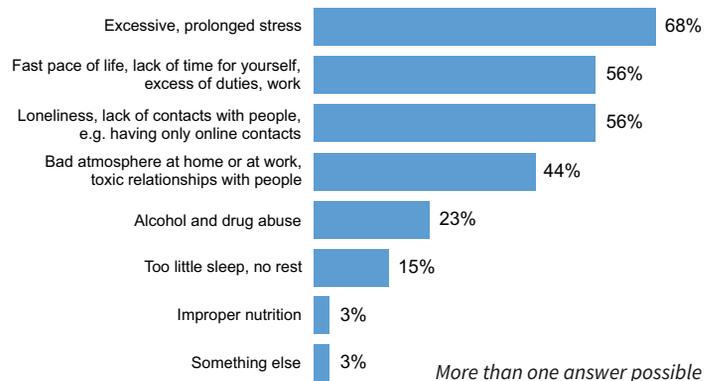
Over three-quarters of those suffering from depression (78%, or 8% of all respondents) declare that it was caused by some traumatic event. By contrast, almost a tenth (9%, or 1% of all adults) claim that it appeared for no apparent reason, and for the same group (9%, also 1% of the total) the causes varied.

More than eight out of ten respondents admitting to suffering from depression (82%, or 8% of all adults) either consulted a doctor (usually a psychiatrist) in this matter, or else sought help from a psychologist or psychotherapist. The few (18%) who did not seek the help of a specialist most often reported that they could cope themselves with the ailment, or (much less often) did not consider it as a serious problem.

We have no influence over many things in our lives which influence our psychological condition. Inborn conditions, tendencies and predispositions, random events and difficult experiences are all beyond our control. However, we can, at least to a certain extent, influence our way of life

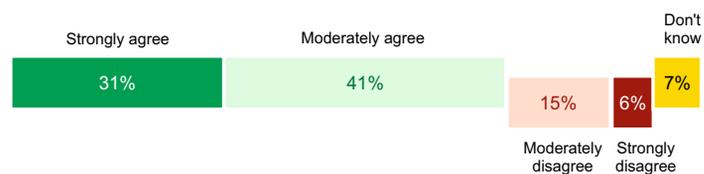
and thus our mental condition. According to the largest group of respondents, excessive and long-lasting stress (68%) contributes the most to developing depression. Secondly, they mentioned fast pace of life, lack of time for themselves, excess of duties, work (56%) and loneliness, lack of contacts or inadequate contact with people (also 56%). What is worth emphasizing, loneliness and inadequate or superficial relations with people were mentioned more often than bad, toxic relations, which were indicated by 44% of respondents. About a quarter (23%) think that alcohol and drug abuse are responsible for depression, and every seventh (15%) attributes it to lack of sleep or rest. Occasionally poor nutrition was mentioned in this context (3%) and other reasons, including financial problems and poor material conditions, lack of work and various difficult experiences, such as illness (own or close person's), or death of a close person (3% in total).

What way of life, in your opinion, can contribute the most to getting depression?



The vast majority of respondents (72%) perceive depression as a cause for shame that is usually hidden from other people.

Would you agree that depression is a cause for shame that is usually hidden from other people?



More information about this topic can be found in CBOS report in Polish: "Depression - Experiences and Opinions", November 2018. Fieldwork for national sample: October 2018, N=1016. The random address sample is representative for adult population of Poland.

For more information on CBOS services and publications please contact:

CBOS

5/7, Świętojerska, 00-236 Warsaw, Poland

Phones: **(48) 22 629 35 69, 22 628 37 04** Fax: **(48) 22 629 40 89**

e-mail: **sekretariat@cbos.pl** **www.cbos.pl**

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