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IN ADDITION

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

- Assessments of the activities of parliament, the president and the State Electoral Commission in June
- Public mood after the presidential election
- Internet usage in 2025
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- Perception of the election campaign and online political activity before the presidential election
- Consumer sentiment in the first half of June
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- Young people and social media
- Sławomir Mentzen's voters – how did they perceive their candidate and Polish politics before the elections?
- Report no. 54/2025. Declared values and life goals of young Poles

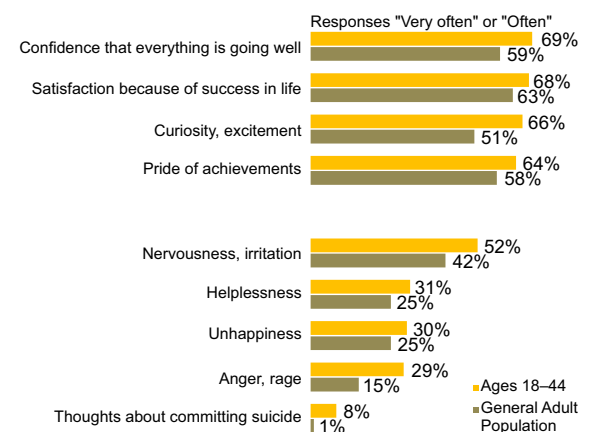
Mental well-being of young Poles

In a survey conducted in autumn, we took a closer look at the youngest generation of adult Poles, namely Generation Z (ages 18–29) and the slightly older Generation Y (ages 30–44), also known as "millennials," who served as a reference point. Many journalistic materials have been published about the youngest Poles, reinforcing various stereotypes about them: they are portrayed as exceptionally irresponsible, not seriously considering professional obligations or starting a family, immersed in the world of social media, lonely, oversensitive, and mentally unstable, etc. In our survey, we wanted to determine how much these entrenched perceptions correspond to reality and whether the youngest Poles differ significantly from the previous generation. We began by examining their mental condition.

We asked respondents to indicate whether and how often they experienced various emotional states. Since we regularly conduct the same surveys on a sample of the general adult Polish population, comparisons were possible. It turned out that respondents from both Generation Z and Y experienced both negative and positive emotions more frequently than the general adult population. This applies to "pleasant" states such as excitement (15 percentage points difference), feeling that everything is going well (10 p.p.), pride in one's

own achievements (6 p.p.), and satisfaction (5 p.p.), as well as "unpleasant" states like anger (14 p.p.), irritability (10 p.p.), helplessness (6 p.p.), and feeling unhappy (5 p.p.). Particular attention should be paid to the scale of experiencing suicidal thoughts, which are reported to occur eight times more frequently by young respondents than among the general adult population (8% vs. 1%).

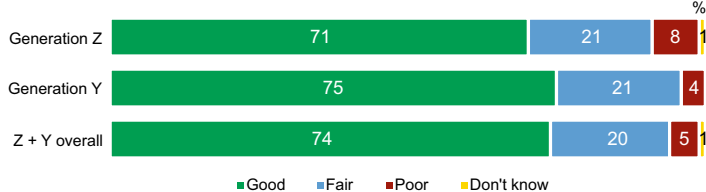
How often in the past year have you experienced the following feelings?



Representatives of Generation Y reported feeling lonely (9 points difference) and unhappy (8 p.p.) significantly more often than those from Generation Z and also felt overwhelmed by the decisions to be made (7 p.p.). Moreover, they experienced feelings of everything going well and pride in their achievements less frequently during the twelve months preceding the survey than the older generation.

Respondents were also asked to assess their mental health. Three-quarters (74%) described it as good, one-fifth (20%) as fair, and one in twenty (5%) as poor. Among younger respondents, representing Generation Z, negative assessments of mental health were recorded twice as often as among those from Generation Y.

How would you generally assess your current mental health?

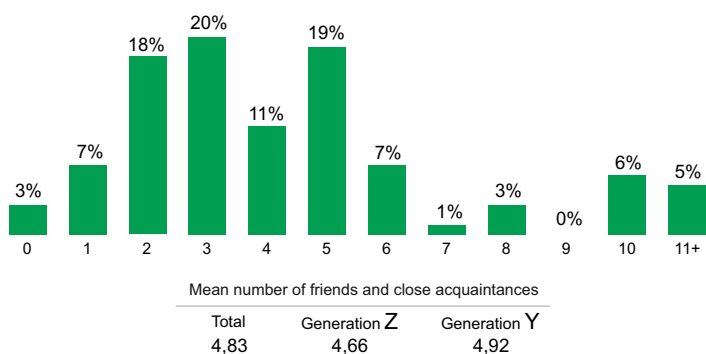


More information about this topic can be found in CBOS report in Polish: "The mental condition of young Poles", June 2025. Fieldwork dates for the sample: October and November 2024, N=1573. The random sample is representative for adult population of Poland aged 18-44.

Social and emotional life of young Poles

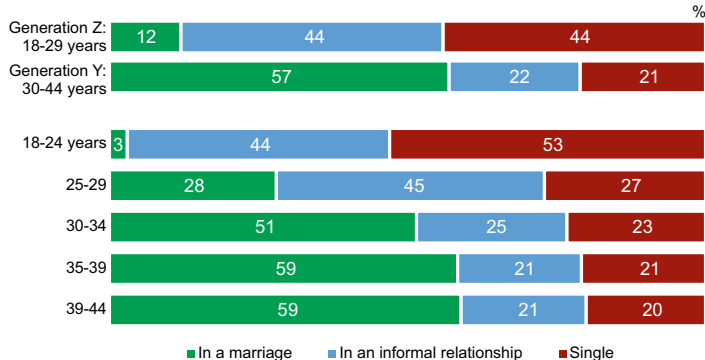
We also decided to examine the social, emotional, and sexual life of young Poles, checking whether the often-cited thesis about loneliness and difficulties in forming relationships among young people is true. To begin, we asked them how many people from their surroundings they would classify as friends or close acquaintances. The results do not suggest that the social life of young people is particularly poor: only 3% declared that they had no friends. The average number was 4.83, with a median of 4. The average is indeed slightly lower in the younger generation, though not significantly (4.66 in Generation Z compared to 4.92 in Generation Y).

How many people around you would you classify as your friends or close acquaintances?



Declarations show that a clear majority of respondents are currently in some relationship (71%), either married (41%) or in an informal relationship (30%). The personal situation is, of course, differentiated by age. Among Generation Z, the percentage of people who are not in relationships is 44%, while among millennials, it is only 21%. It is worth noting that the result in Generation Z is inflated by the youngest respondents. Among those in the "post-student" age group (25-29 years), the proportion of single individuals is similar to that among millennials, so there does not seem to be a generational crisis in this respect.

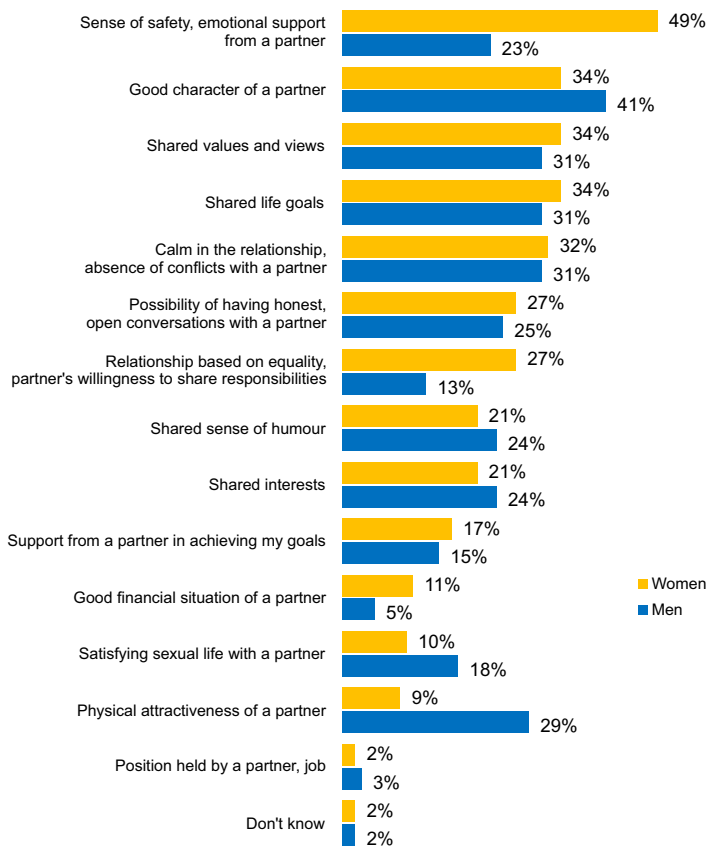
Personal situation



We also asked all respondents, both those in relationships and singles, what would be most important to them if they were to enter a new relationship. Interesting differences emerged, especially between genders. Safety (49%) was the most important criterion for women, while men considered it crucial about half as often (23%). Men placed greater emphasis on the physical attractiveness of their partner (29% vs. 9% among women) and on a satisfying sexual life (18% vs. 10% among women). In contrast, for women, sharing responsibilities and a relationship based on equality were significantly more important (27% vs. 13% among men). Notable, though less significant, differences were also apparent between generations: for instance, in Generation Z, the possibility of engaging in honest conversations was indicated more frequently (36% vs. 23% in Generation Y).

Regardless of your situation, if you were to enter a new relationship, what would be most important to you?

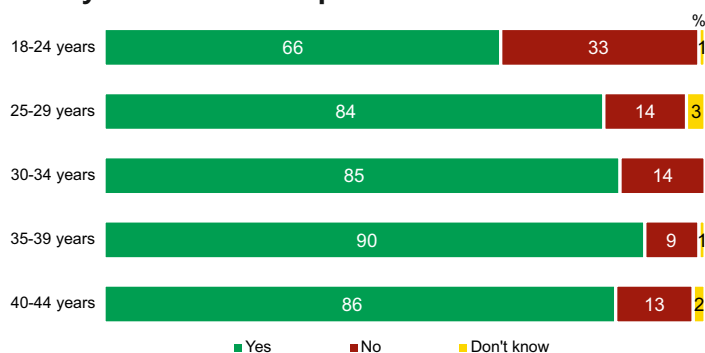
Please select up to four responses.



Percentages do not sum to 100 as respondents could choose more than one answer

Finally, we asked respondents about their sexual life. The vast majority declared that they had had sex in the past year. However, the percentage of sexually inactive individuals was distinctly higher among the youngest, encompassing one in three Poles aged 18–24. Interestingly, this result corresponds with findings from the French IFOP institute, which reported a sharp increase in the percentage of young French people aged 18–24 who are sexually inactive. Their number was 28% in 2024, compared to 5% nearly 20 years earlier. In Poland, this percentage is even higher and may represent the most pronounced example of difficulties in forming relationships among young Poles that appeared in our data. This is related, on one hand, to a lower percentage of stable relationships in this group and, on the other hand, to a relatively limited openness to casual affairs. Responses to one of our questions indicated that only 2% of respondents aged 18-24 currently prefer such forms of relationships.

Have you had sex in the past 12 months?



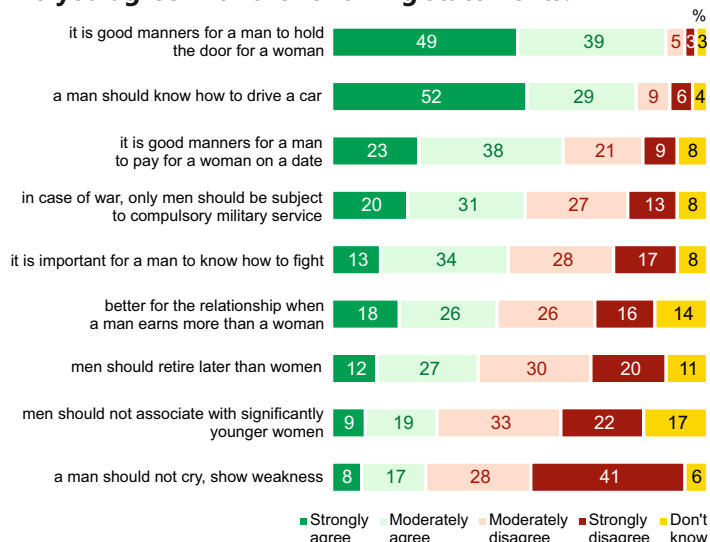
More information about this topic can be found in CBOS report in Polish: "The social and emotional life of young Poles", June 2025. Fieldwork dates for the sample: October and November 2024, N=1573. The random sample is representative for adult population of Poland aged 18-44.

Opinions of young Poles on masculinity and femininity

In the next part of our study, we investigated young Poles' attitudes toward traditional gender roles and differences, as both millennials and Generation Z grew up during a period of intense social changes associated with Poland opening up to Western influences. When we asked them to respond to a set of statements describing traditional masculinity patterns, the most support was found for those requiring men to show courtesy toward women, such as holding doors open (88%) or paying for them on dates (61%), and the ability to drive a car (81%). Opinions were divided regarding systemic inequalities affecting men, such as mandatory military service in case of war (51% in favour, 40% against) or later retirement age (39%

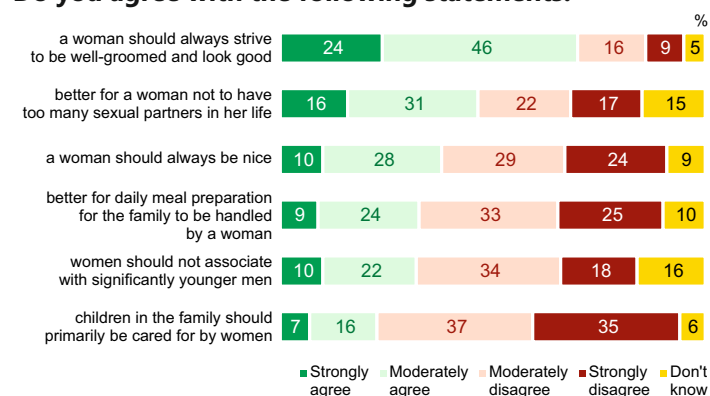
in favour, 50% against). The greatest divisions were triggered by statements describing the traditional male pattern as someone who should be able to fight (47% in favour, 45% against) and earn more than his partner (44% in favour, 42% against). In contrast, the view that a man should never cry or show weakness encountered the strongest opposition (69% against, 25% in favour).

Do you agree with the following statements:



Traditional patterns of femininity were contested even more clearly. The most enduring requirements seem to relate to the appearance of women. Most respondents agreed that a woman should always strive to be well-groomed and look good (70%). In second place, the requirement for sexual restraint received the highest support, as 47% of respondents believed that a woman should not have too many sexual partners in her life. However, the majority of disagreed that a woman should always be nice (53%) or that childcare and daily meal preparation for the family should primarily be handled by women (72% and 58% of opposing opinions, respectively).

Do you agree with the following statements:

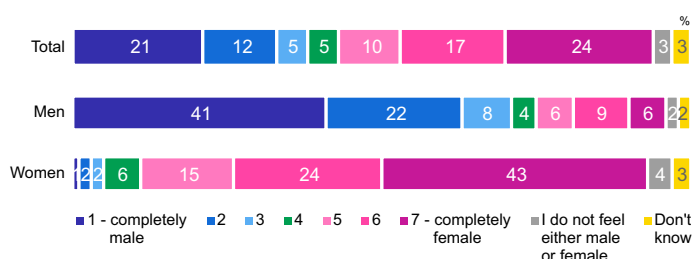


Representatives of Generation Z less frequently accepted some traditional requirements regarding both women and men, such as mandatory military conscription for men only, later retirement age for men, the belief that a

man should not show weakness or should know how to drive a car, the conviction that a woman should always strive to look good, or that she should always be nice. However, the most pronounced differences were along gender lines. Overall, men defended traditional gender patterns significantly more often than women, both those relating to themselves and to the opposite gender.

Finally, we decided to ask one more question concerning their gender identity. Media reports about Generation Z often mention that for a growing number of young people, identification with one gender is not an obvious matter. Inspired by the YouGov centre, which in 2023 asked Americans where they would place themselves on a scale where 1 means "completely male" and 7 "completely female," we formulated our question similarly. Like in the YouGov survey, our results showed that a significant portion of respondents does not feel completely male or completely female. Only just under half chose the extreme points of the scale (45%), and more than one in ten did not place themselves closer to the male or female pole (11%). Interestingly, the distribution of responses by gender shows that although the percentages of men identifying as "completely male" and women identifying as "completely female" are very similar, men more often identify with the opposite gender (21% feeling more feminine, compared to 5% of women feeling more masculine). The responses do not vary significantly by age, and the youngest respondents do not seem to have any greater doubts about their gender than older ones.

Where would you place yourself on the masculinity -femininity scale, where 1 means "completely male" and 7 "completely female"?



More information about this topic can be found in CBOS report in Polish: "Young Poles on masculinity, femininity and gender differences", June 2025. Fieldwork dates for the sample: October and November 2024, N=1573. The random sample is representative for adult population of Poland aged 18-44.

Young Poles and their careers

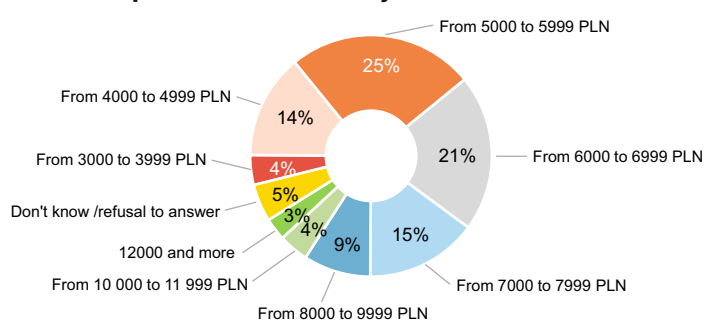
The key criteria for choosing a workplace for young respondents are: good pay (65%), good atmosphere at work and good relationships with other employees (32%), work-life balance (29%), and job security (26%). Contrary to stereotypes, the possibility of remote work is a decisive criterion for choosing a workplace for only 15% of young respondents. The responses did not significantly differ between Generation Y and Z.

If you were looking for a job now, what would be most important to you? Please select no more than three answers.



The largest proportion in both generations (25%) believe that income allowing one person to live well should be within the range of 5000–5999 PLN net. Slightly fewer (21%) consider income in the range of 6000 PLN to 6999 PLN net as necessary. The expected income increases with the size of the place of residence of respondents.

What do you think is the net (take-home) pay that would allow one person to live well in your area?



More information about this topic can be found in CBOS report in Polish: "Young people about working life", June 2025. Fieldwork dates for the sample: October and November 2024, N=1573. The random sample is representative for adult population of Poland aged 18-44.

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