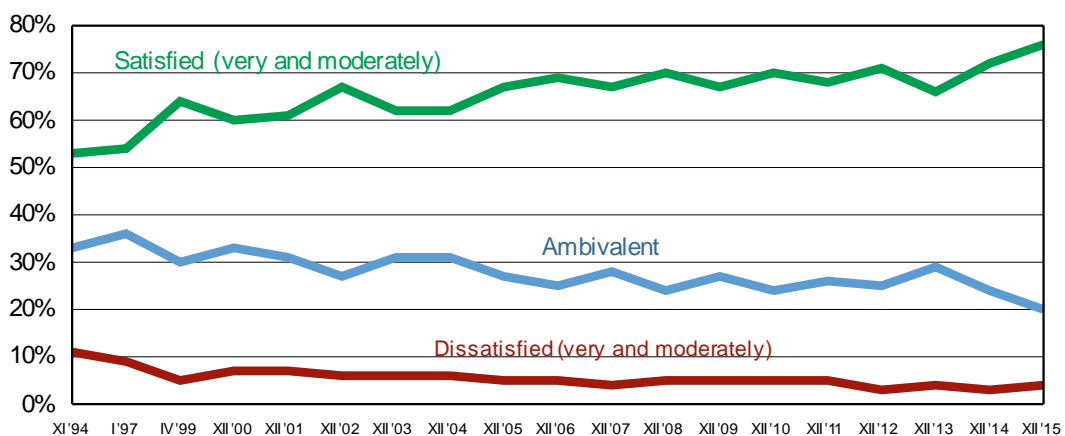


Satisfaction with life

Poles' satisfaction with life is increasing. In December 2015 over three-quarters of respondents (76%, a 4-point increase from Dec. 2014) declared being generally satisfied with their life, in which a quarter were very satisfied. A fifth of respondents (20%, a 4-point decrease) were ambivalent, while only four out of a hundred were generally dissatisfied. It is also worth noting that in the last year the proportion of the 'very satisfied' with their life increased by 5 percentage points. At present this group is the largest recorded since 1994.

General satisfaction with life

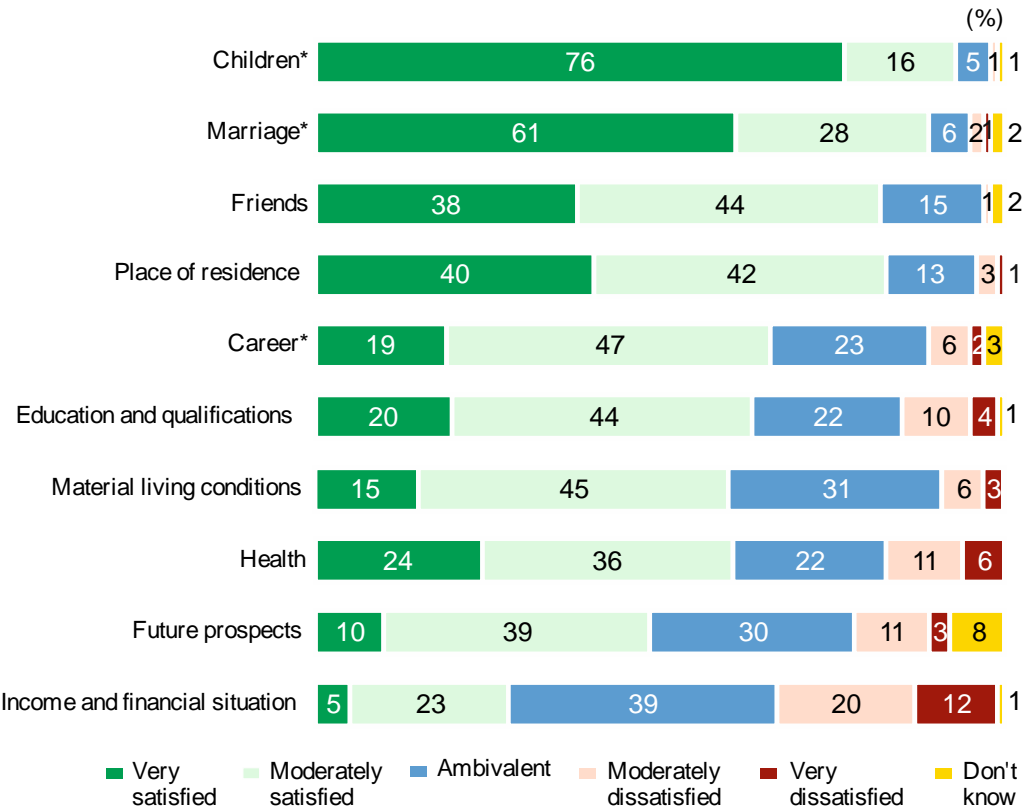


Don't know omitted

As in previous years, family and social life are the most important sources of satisfaction. A vast majority (92%) are satisfied with their children, while most married people (89%) are

satisfied with their marriage. Over four-fifths of all respondents have a positive opinion about their relations with friends, but their feelings are more moderate than in case of family ties. Similar positive feelings are expressed towards the place of residence: 82% are happy with it. Two-thirds (66%) of people with professional experience have a positive opinion about their career. A slightly smaller group of people (64%) are satisfied with their education and qualifications. Three-fifths (60%) express a positive opinion about their material living conditions, i.e. accommodation, goods. The same proportion are positive about their health. Almost half of Poles (49%) declare optimism about their future prospects. Least satisfaction is derived from income and financial situation (28%).

Satisfaction with...

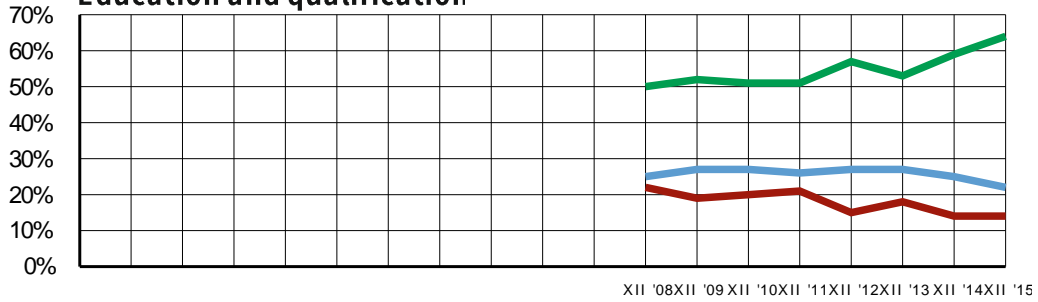


*Responses of people with experience as parents (N=760), spouses (N=684), employees (N=724)

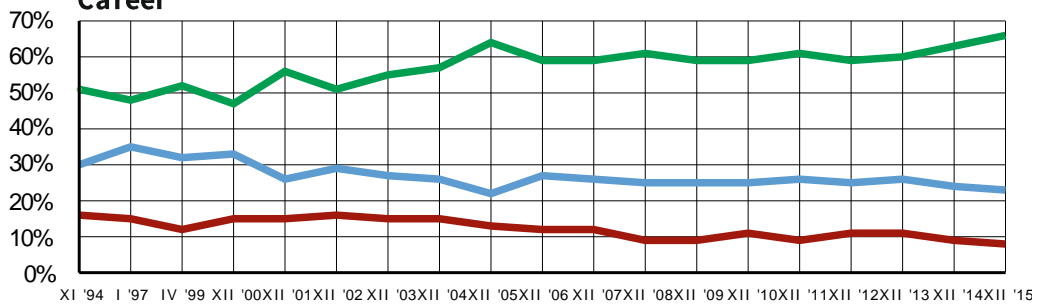
Compared with 2014 there has been an increase in the level of satisfaction in most dimensions included in the survey. The level of satisfaction with marriage, place of residence, education, career, material living conditions and future prospects is the highest ever recorded. The number of people unhappy with their health or financial situation is smaller than ever before.

Satisfaction with...

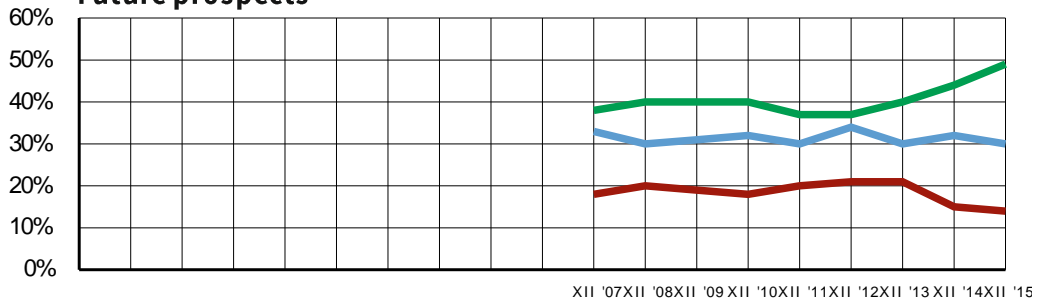
Education and qualification



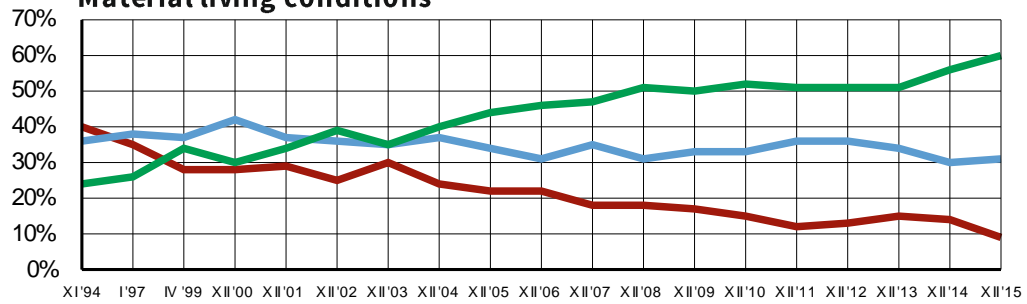
Career



Future prospects



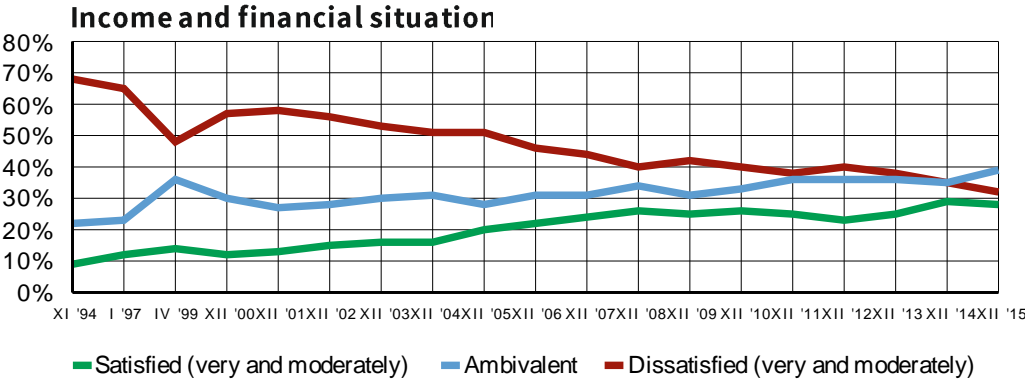
Material living conditions



— Satisfied (very and moderately) — Ambivalent — Dissatisfied (very and moderately)

Don't know omitted

Satisfaction with...



Don't know omitted

More information about this topic can be found in CBOS report in Polish: "Life satisfaction", January 2016. Fieldwork for national sample: December 2015, N=989. The random address sample is representative for adult population of Poland.