

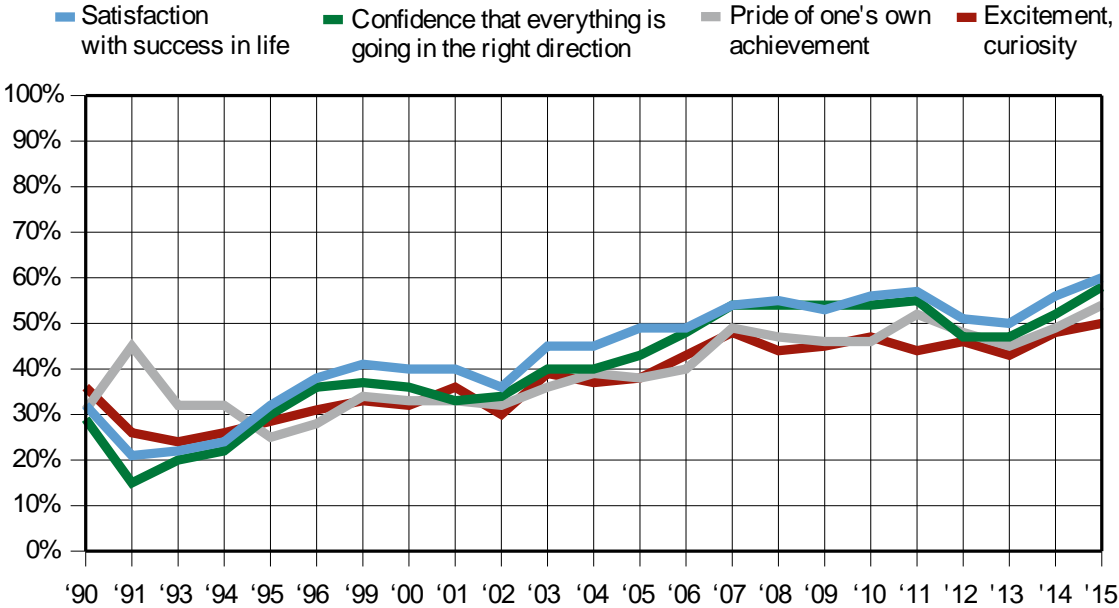
Subjective well-being in 2015

In the past year, more than half of respondents often or very often felt satisfied with some sort of achievement (60%), confident that everything was going in the right direction (58%), proud of their achievements (54%). Only slightly fewer people (50%) said that they felt excitement or curiosity many times in 2015. Negative emotions were less common than positive. According to declarations, the most common negative emotions were: irritation, nervousness and the feeling of being ignored by the authorities (42% and 40%, respectively, experienced these emotions often or even very often). Less than three-tenths of respondents (29%) felt discouraged or tired frequently, while a quarter (25%) often felt helpless. A fifth often felt enraged (21%), while about one-seventh were depressed (15%). Very few respondents had suicidal thoughts (1%).

Compared with the previous survey, the proportion of respondents declaring frequent positive emotions increased. On the other hand, there was a decrease in the percentage of people feeling irritated (5-point drop), helpless (6-point decrease), depressed (by 4 points), tired (by 3 points). The only negative feeling whose frequency increased was being ignored by the rulers (by 5 points); the other negative emotions remained at the same level as in 2014.

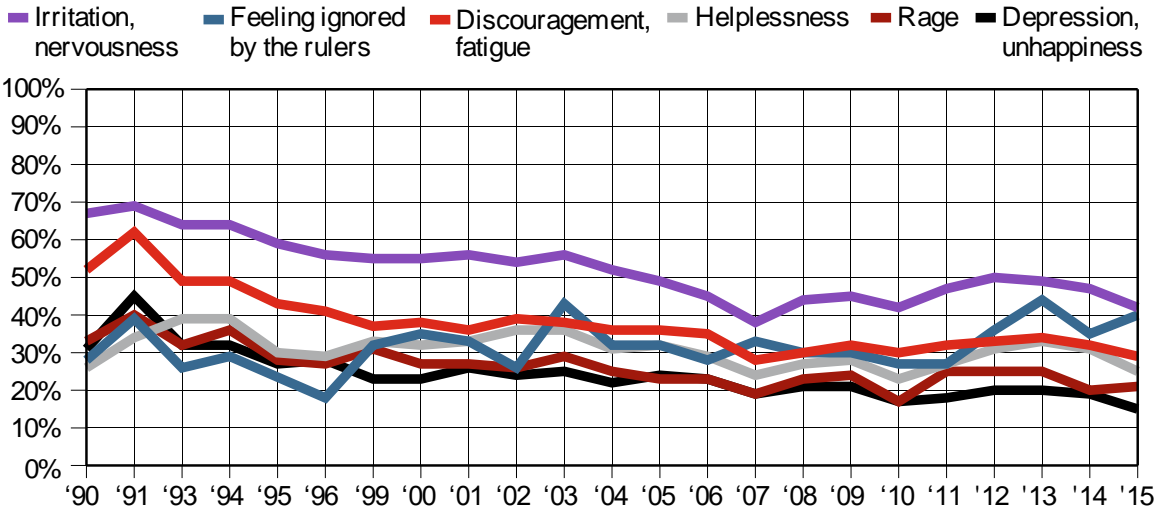
From a long-term perspective, subjective well-being has markedly increased in the last twenty-five years. During this time there has been a strong increase in the proportion of people experiencing such positive emotions as: satisfaction with success, confidence about the future, pride in achievements.

Percentage of respondents declaring that they felt the following emotions frequently or very frequently



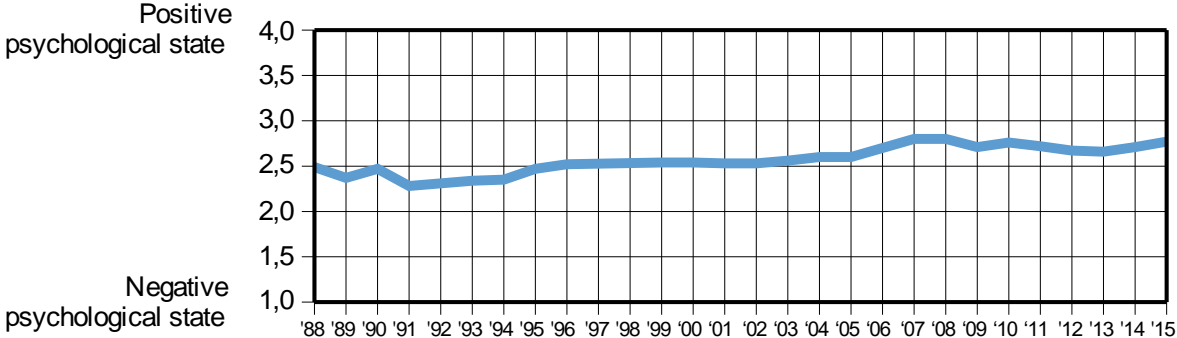
At the same time, in the last twenty-five years there has been a clear decline in the number of Poles frequently experiencing irritation, discouragement, fatigue and rage. The downward trend is not visible in case of feeling ignored by the authorities and helplessness.

Percentage of respondents declaring that they felt the following emotions frequently or very frequently



The improvement in subjective well-being of the Polish society is shown by a composite index taking into account the strength of both positive and negative emotions. In the past year its value increased from 2.71 to 2.77. It approached the highest level recorded so far in the years 2007-2008.

Subjective well-being in 1988-2015.



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