

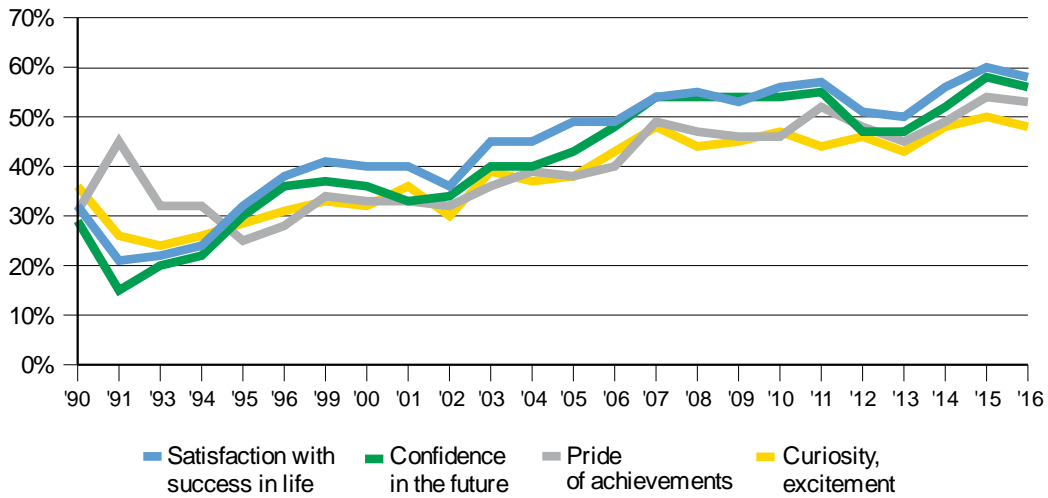
Subjective well-being in 2016

In the past year, more than half of respondents often or very often felt satisfaction with success (58%) confidence that everything was going well (56%), pride in their own achievements (53%), and nearly half of respondents were often curious or excited about something (48%). Negative emotions were mentioned less frequently than positive. The most frequent negative emotional state was nervousness, irritability (41% of respondents often experienced that feeling) About a quarter of Poles often felt discouraged or tired (27%), a similar percentage repeatedly felt helpless (23%). Almost one-fifths of respondents often experienced rage (18%), and one-sixth had depression (17%) in the last year.

Compared with last year's results, the proportion of respondents declaring frequent experience of all the positive emotional states included in the survey decreased slightly, with simultaneous small decrease in the percentage of people who repeatedly experienced negative emotions.

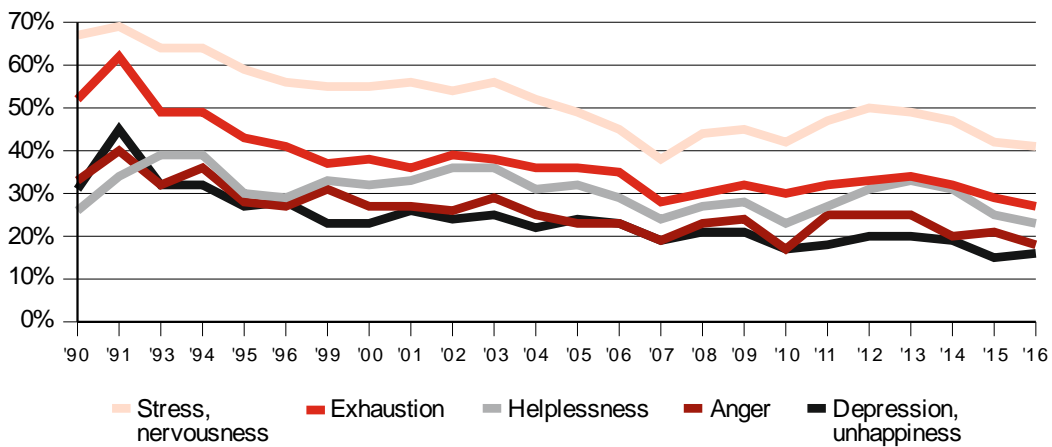
Form a long-term perspective it can be seen that, since 1990, Poles' subjective well-being has markedly improved. During this time, there has been a significant increase in the percentage of respondents frequently experiencing all positive emotions included in the survey.

Respondents declaring they felt the following emotions often:



At the same time, in this period the percentage of respondents repeatedly experiencing anxiety, irritation, discouragement, fatigue and anger markedly decreased. A clear downward trend, however, is not noticeable in case of the sense of helplessness.

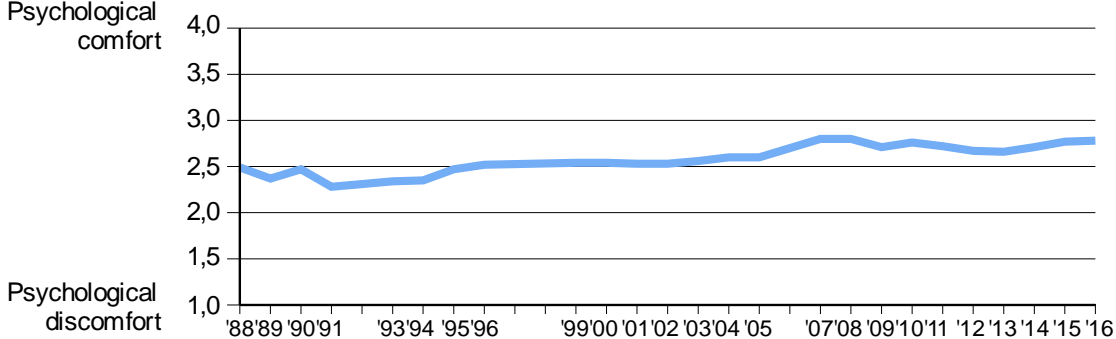
Respondents declaring they felt the following emotions often:



Over the last year the value of the synthetic indicator of psychological well-being, which measures the state of positive and negative emotions in society, has not changed significantly (its current value is 2.78). From a longer perspective, since 1988, it can be seen that the worst well-being was recorded in 1991. In subsequent years psychological condition of Poles improved steadily. Roughly from the mid-nineties the indicator of well-being changed only slightly for ten years. In 2007 we noted its improvement, and the values of the index in 2007 and 2008 were among the highest ever recorded. In subsequent years

Poles' well-being deteriorated somewhat, but in 2014 we noted slight improvement. The current value of the indicator is comparable to its results in 2007 and 2008.

Subjective well-being in 1988-2016



Mean strength of emotional state was calculated for nine dimensions on a scale from 1 to 4, where 1 signifies discomfort (frequent experience of negative emotions) and 4 signifies psychological comfort (frequent experience of positive emotions)

Relatively the best psychological well-being in the last year was enjoyed by respondents satisfied with the material conditions of their households, people from households with the highest income per capita, university graduates, people from 18 to 34 years of age. Supporters of the political right wing and respondents participating in religious services several times a week reported above-average values.

More information about this topic can be found in CBOS report in Polish: "Psychological Wellbeing in 2016", January 2017. Fieldwork for national sample: December 2016, N=1136. The random address sample is representative for adult population of Poland.