

CONTENTS:

- CHANCES FOR RECONCILIATION OF RELIGIONS
- HEALTHY BEHAVIOUR
- WAYS OF SPENDING TIME DURING RETIREMENT
- ATTITUDE TO ORGAN TRANSPLANTATION

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CHANCES FOR RECONCILIATION OF RELIGIONS

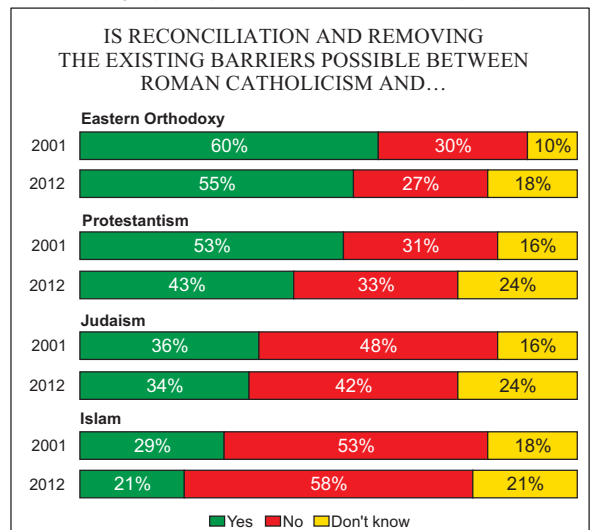
The 2nd Vatican Council began the ecumenical movement within the Roman Catholic church. Its goal is the unity of Christianity and reconciliation with other religions. Ecumenism was one of the major goals during the pontificate of pope John Paul II, who reinforced inter-denominational dialogue by meeting with leaders of other denominations and religions and initiating ecumenical meetings and celebrations. While pope Benedict XVI has continued pursuing these goals, they seem to be less strongly stressed that during the times of John Paul II.

Poles believe that reconciliation is possible between Roman Catholicism and the other branches of Christianity: Eastern Orthodoxy (55%) and Protestantism (43%). The views about barriers between Catholicism and other monotheistic religions are much more pessimistic: reconciliation with Judaism is possible according to 34%, and with Islam according to 21%. In case of these two religions (in particular Islam) the prevailing view holds that removing the barriers is not possible.

Comparing current results with earlier polls, it is clear that, since 2001, the number of people unable to judge the potential for reconciliation has increased. In the last 11 years, the number of people optimistic about removing the barriers between Catholicism and Protestantism, Islam and Orthodoxy has decreased, least of all in case of Eastern Orthodoxy. On the positive side, the number of respondents pessimistic about reconciliation between Catholicism and Judaism has decreased.

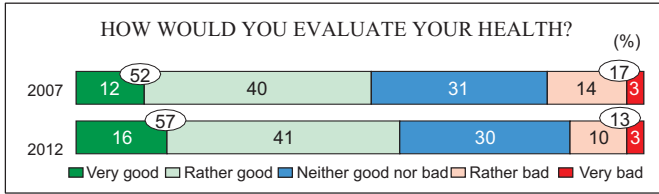
The decreasing potential for reconciliation between Catholicism and other monotheistic religions may be associated with the death of John Paul II. His activity towards strengthening ecumenism was universally noted and perceived as successful.

More information about this topic can be found in CBOS report in Polish: *"Chances for reconciliation between Catholicism and Orthodoxy, Protestantism, Judaism and Islam"*, August 2012. Fieldwork for national sample: July 2012, N=960. The random address sample is representative for adult population of Poland.

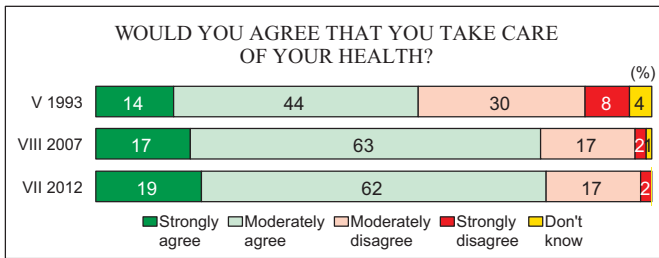


HEALTHY BEHAVIOUR

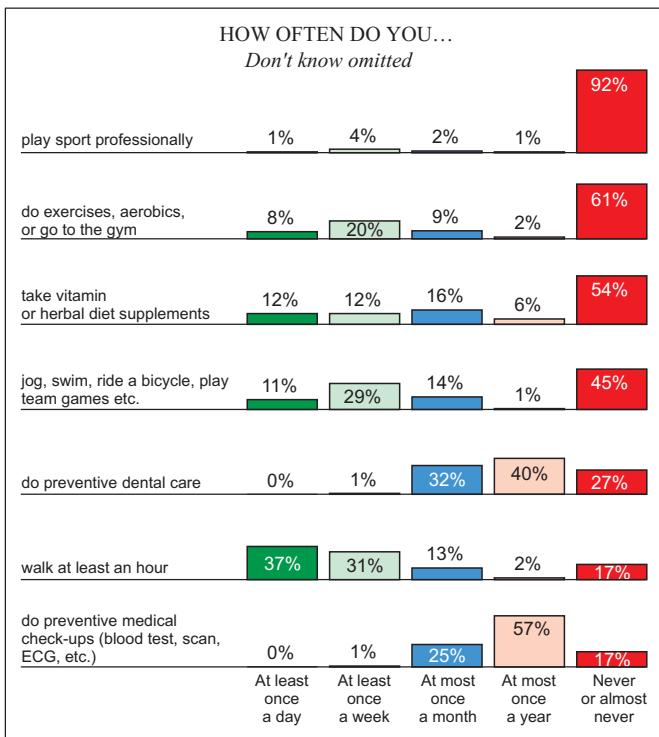
At present, almost three-fifths of adult Poles (57%) describe themselves as healthy, while 13% are dissatisfied with their health, and 30% are ambivalent: neither healthy nor unhealthy. In the last five years, the proportion of healthy people has increased, while the number of respondents unhappy with their health fell. Predictably, dissatisfaction with health increases with age. In the age group 65 plus, over a third (35%) are unhealthy, while one-fifth (19%) evaluate their health positively.



A vast majority of Poles (81%) say they take care of their health, while one-fifth (19%) admit they do not. These declarations have been stable in the last five years. From a long-term perspective, the proportion of people taking care of their health has increased by 23 pct. points since 1993. At the same time, the number of respondents doing nothing for their health fell by half.



The real indicator of healthy lifestyle is not the general declaration, but everyday healthy and unhealthy behaviour written into the broad socio-cultural context. It appears that, while the majority of Poles declare taking care of their health, healthy behaviour is still far from universal.

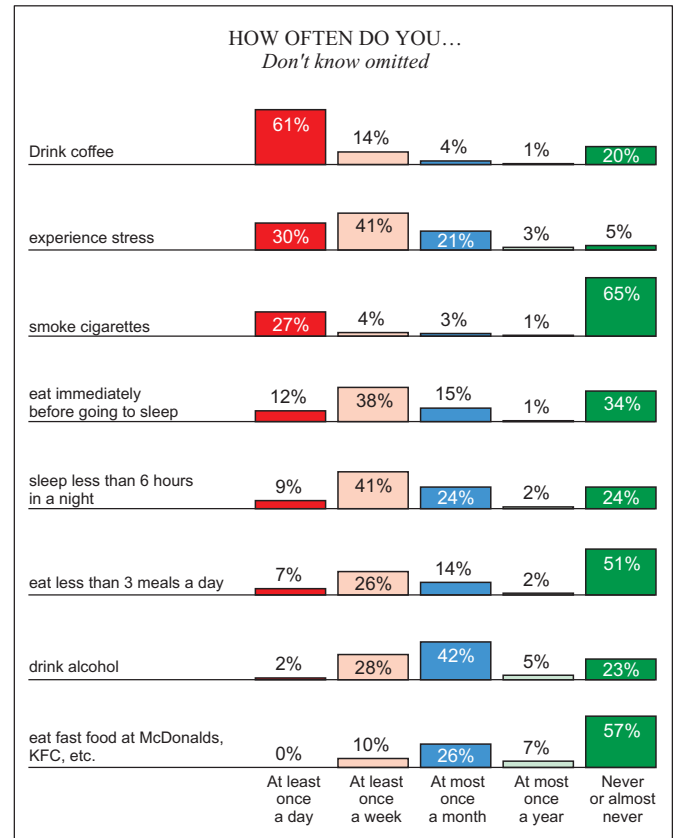


Only 8% of respondents occasionally plays sports professionally to some degree. Three-fifths (61%) never do exercises or aerobics, while close to half (45%) never do activities such as: jogging, swimming, riding a bicycle, team games, etc. The majority (54%) do not

usually take vitamin or herbal diet supplements, and a quarter (27%) never go to the dentist preventively. Almost one-fifth (17%) never find the time for a longer walk, and the same proportion (17%) do not check health preventively

Three-fifths (61%) drink coffee daily (including 15% who drink several cups of coffee), almost one-third (30%) experience stress daily, over a quarter (27%) smoke cigarettes every day, and one-eighth (12%) eat a meal immediately before going to sleep.

Half of respondents (50%) sleep less than six hours at least one night a week (including 9% for whom shorter sleep is a rule). One-third (33%) eat less than three meals at least one day a week (7% usually eat no more than twice a day). Almost a third (30%) drink alcohol at least once a week, and one-tenth (10%) eat fast food weekly.

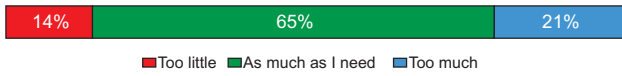


More information about this topic can be found in CBOS report in Polish: "Health and healthy behaviour", August 2012. Fieldwork for national sample: July 2012, N=960. The random address sample is representative for adult population of Poland.

WAYS OF SPENDING TIME DURING RETIREMENT

Most pensioners say they have as much free time as they need. One-fifth (21%) have too much time, while one-seventh (14%) have too little.

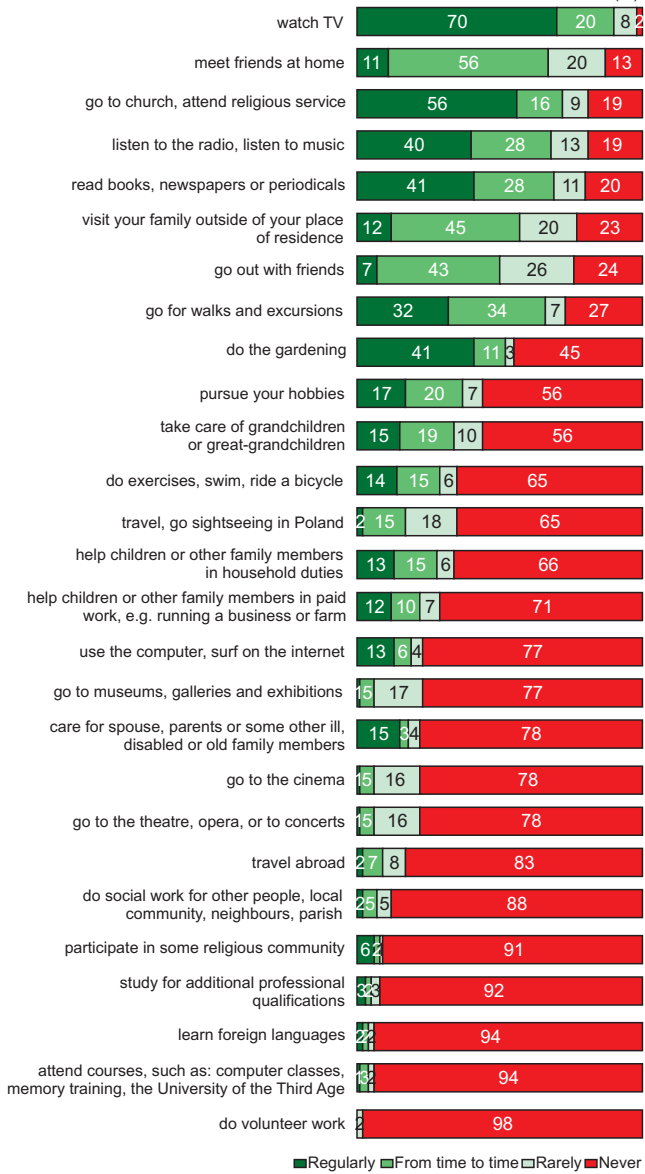
HOW MUCH FREE TIME DO YOU HAVE?
Responses of retired people; N= 266



Almost all pensioners watch TV (98%), a vast majority meet their friends at home (87%) or outside (76%), go to church (81%), listen to the radio or to music (81%), read books, newspapers or periodicals (80%), visit family outside their place of residence (77%), go on excursions (73%).

The majority of pensioners do the gardening (55%). A large group help their family by taking care of grandchildren or great-grandchildren (44%), helping in the household (34%), in paid work (29%), taking care of ill or handicapped members of the family (22%).

HOW OFTEN DO YOU... (%)



A large proportion of retired people pursue their hobby (44%), play sport (35%). However, only very few educate themselves (8%), take courses (6%), or learn foreign languages (6%). One-third of pensioners (35%) travel inland to do sightseeing, while a much smaller group (17%) travel abroad.

About a quarter of pensioners use modern technology (23%), participate in cultural events (go to museums, galleries exhibitions, 22%), go to the cinema (22%), go to the theatre, opera or concerts (22%). Relatively few pensioners devote their time to social work for other people, local community, neighbours, parish (12%), or as a volunteer (2%). Relatively few participate in some religious community (9%).

Pensioners are not a homogenous group with respect to the ways of spending their time. They can be divided into three groups, considering the activities they are involved in. A quarter of seniors (24%) are the most active, and they do all kinds of activities much more frequently than others. A vast majority of this groups, as opposed to the others, pursue a hobby, participate in culture, travel inland and abroad, play sport, use the computer and internet. These are the youngest pensioners, best educated, enjoying the best material situation and health. Their average age is 63.

A quarter of retired people (26%) spend their time very inactively. Their main occupations are: watching TV, going to church, meeting friends at home, and listening to music or to the radio. This group is composed of the oldest pensioners, worst educated, in the most difficult material conditions and with deteriorating health. Their average age is 74. A large part of them declare they have a lot of free time they do not know how to use. The barriers to activity for them are poor health and bad material situation, as a lot of activities require expenses.

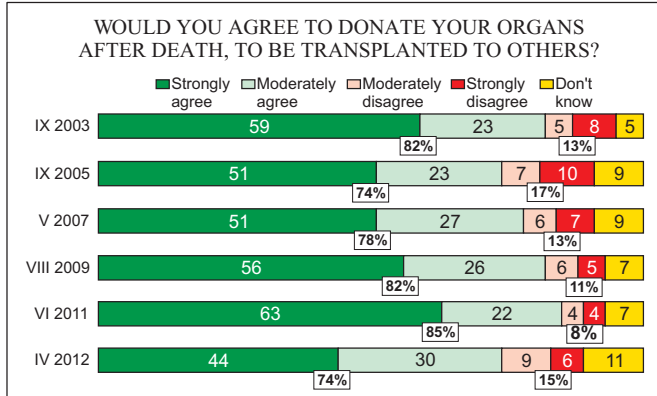
Half of pensioners are moderately active. Their mean age is 68, and they are characterized by average education, material living conditions, and state of health.

More information about this topic can be found in CBOS report in Polish: "Ways of spending time during retirement", August 2012. Fieldwork for national sample: June 2012, N=1013. The random address sample is representative for adult population of Poland.

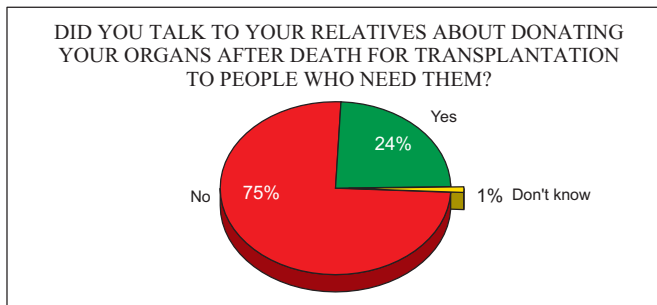
ATTITUDE TO ORGAN TRANSPLANTATION

Organ transplantation to save life and health of other people is almost universally accepted. According to last year's survey, 96% of adult Poles agree with it. However, acquisition of organs from the dead is not sufficiently effective. One reason are the imperfect medical procedures and organization on the level of clinics. Another problem is refusal by family members.

According to the declarations, the majority of respondents (74%) agree to donate their organs after death, while one-seventh (15%) are opposed. Compared to recent surveys (2009 and 2011) the number of people willing to donate organs has decreased.

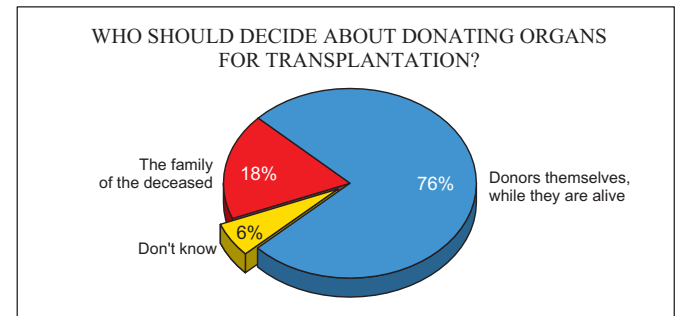


The responses indicate that three-quarters of Poles (75%) did not talk to relatives about organ donation after death, whereas a quarter (24%) communicated their decision.

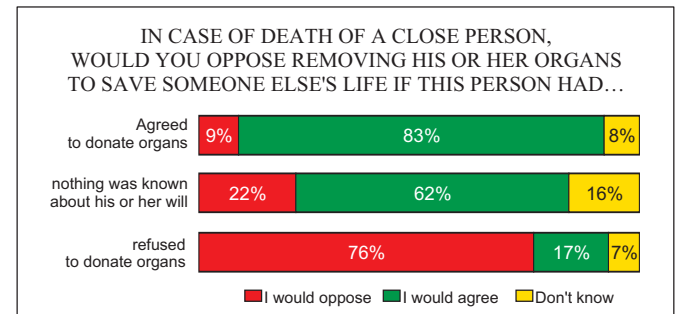


Although the Polish law restricts the role of the family in acquiring organs (if a person did not explicitly refuse to donate, the default situation is agreement), a refusal by family members influences the medical practice. If they protest, the removal of the organ is

usually abandoned. Three quarters of respondents (76%) believe every person should decide about one's organs after death, while less than one-fifth (18%) think that the family should have this right.



If they knew that the deceased was not opposed to donating organs, a vast majority (83%) would not oppose it themselves. Conversely, if the deceased had opposed donation, three-quarters (76%) would follow his or her will. If nothing were known about the will of the deceased, almost three-fifths (62%) would not oppose the acquisition of the organ, while one-fifth (22%) would be against.



More information about this topic can be found in CBOS report in Polish: "Attitude to organ transplantation", August 2012. Fieldwork for national sample: April 2012, N=3793. The random address sample is representative for adult population of Poland.

In addition to the reports referred to above, the following have been published recently (in Polish):

- ◆ Everyday Mobility
- ◆ Attitudes to Smoking Cigarettes
- ◆ Poles, Slovaks and Hungarians About Organization of Euro 2012
- ◆ Evaluations and Forecasts of Economic Situation and Living Conditions of Households in Poland, Slovakia and Hungary
- ◆ Party Preferences in August
- ◆ Attitude to Government in August
- ◆ Opinions About Public Institutions
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