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## IN ADDITION

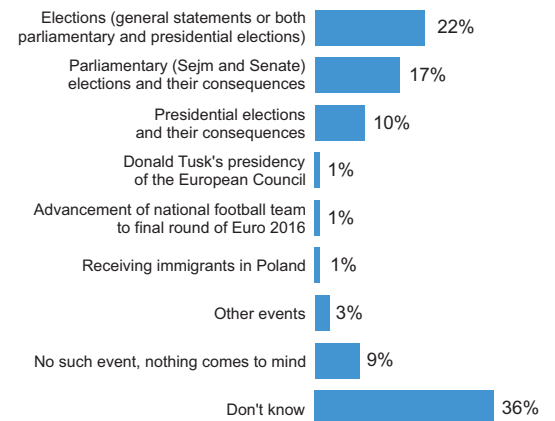
TO THE REPORTS REFERRED TO ABOVE, THE FOLLOWING HAVE BEEN PUBLISHED RECENTLY (IN POLISH):

- Politician of the Year 2015 in Poland and in the World
- Evaluations of the Year 2015 and Forecasts for the Year 2016
- Party Preferences in January
- Opinions about Parliament and President
- Improvement of Government Ratings
- Trust in Politicians in January
- Social Moods in January
- Attitudes towards Refugees
- Activity in Social Organizations
- Party Preferences in the 3rd Part of January

## Most important event in 2015 for Poland and for the world

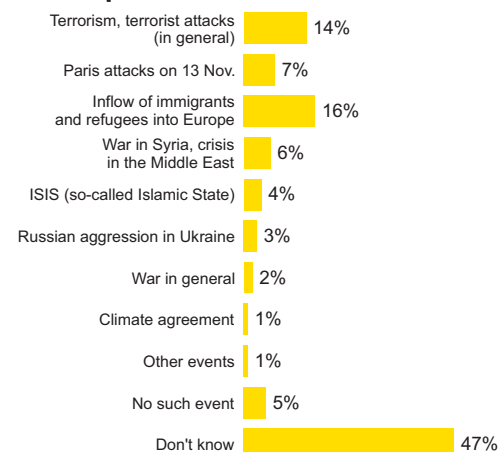
The most important national events in 2015 were, in public opinion, the elections and their aftermath. Almost half of respondents, using different formulations, considered last year's votes as the most important events of the past year. Poles usually mentioned presidential and parliamentary elections in one breath, or they used a general term "elections" without specifying which ones they meant. Those who did differentiate between the votes considered parliamentary poll as the more important rather than presidential by a ratio of two to one. Other events were mentioned far less frequently. A large part of respondents had difficulties determining the most important event for Poland in the past year.

### Most important event in 2015 for Poland



Islamic terrorism was considered as the most important event in the world in the past year. Respondents talked about terrorist attacks, terrorism in general or mentioned the attacks on 13 Nov. in Paris. The other international problem in 2015, less commonly mentioned by the public opinion, was mass inflow of

### Most important event in 2015 for the world



migrants and refugees to Europe. This flow was the result, among others, of the war in Syria which continued for another year, and which was also mentioned as the most important global event. Terrorism and war in Syria are also associated with the problem of the so-called Islamic State (ISIS), founded by Jihadis in the parts of Iraq and Syria under their control, which extended its activity into other Arab countries (e.g. a part of Libya). Another international event

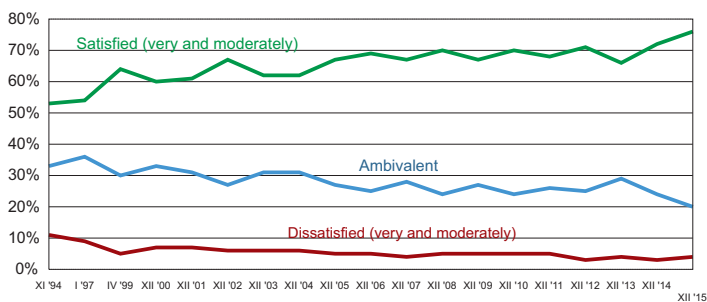
commonly mentioned was the ongoing conflict in Ukraine. There were also general statements referring to war and global conflicts. Some people stressed the importance of the climate agreement signed by world leaders, whose goal is reducing temperature increase in the world.

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

# 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.

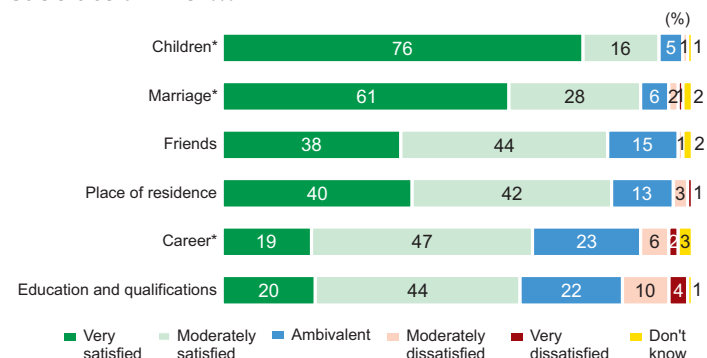
## General satisfaction with life



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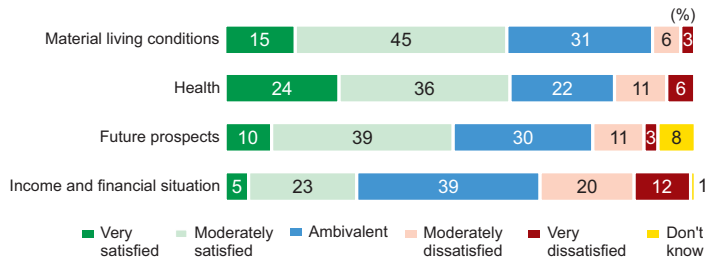
As in previous years, family and social life are the most important sources of satisfaction. A vast majority (92%) are satisfied with their children, while most married people (89%) are satisfied with their marriage. Over four-fifths of all respondents have a positive opinion about their relations with 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)

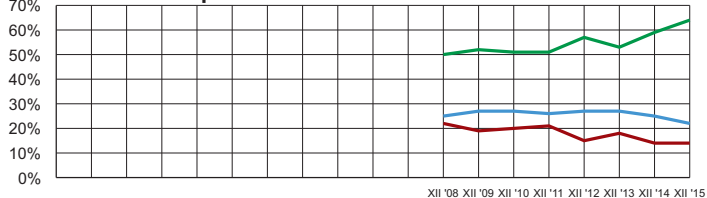
## Satisfaction with...



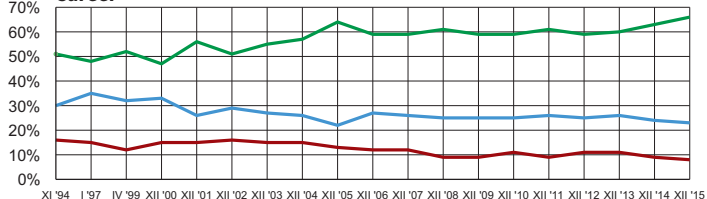
Compared with 2014 there has been an increase in the level of satisfaction in most dimensions included in the survey. The level of satisfaction with marriage, place of residence, education, career, material living conditions and future prospects is the highest ever recorded. The number of people unhappy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

## Satisfaction with...

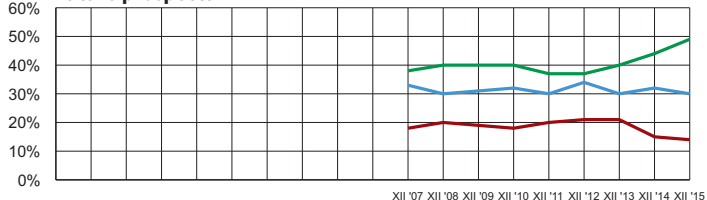
### Education and qualification



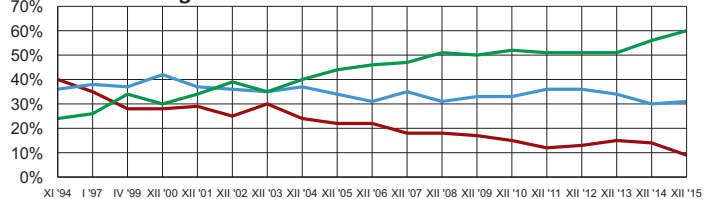
### Career



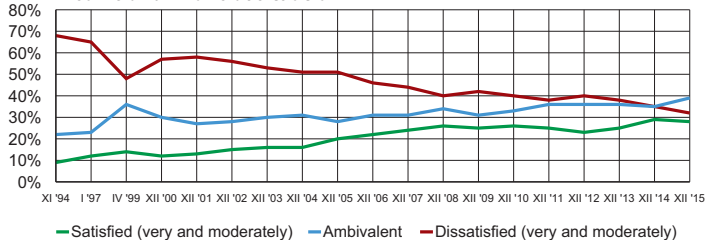
### Future prospects



### Material living conditions



### Income and financial situation



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.

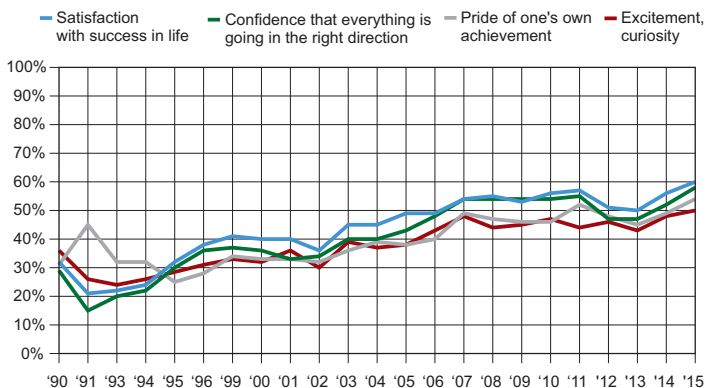
# Subjective well-being in 2015

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.

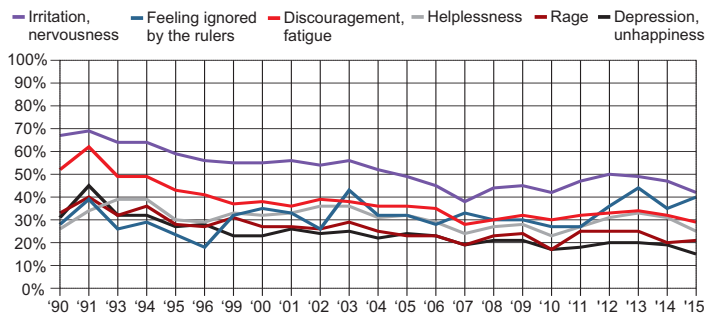
From a long-term perspective, subjective well-being has markedly increased in the last twenty-five years. During this time there has been a strong increase in the proportion of people experiencing such positive emotions as: satisfaction with success, confidence about the future, pride in achievements.

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



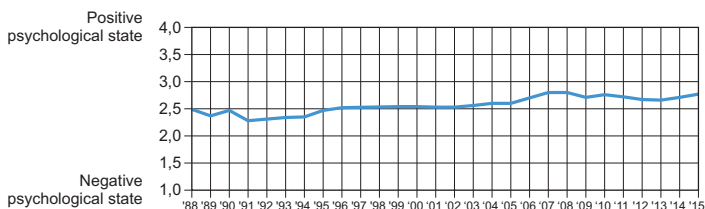
At the same time, in the last twenty-five years there has been a clear decline in the number of Poles frequently experiencing irritation, discouragement, fatigue and rage. The downward trend is not visible in case of feeling ignored by the authorities and helplessness.

## 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.

# Foreign travel and knowledge of foreign languages

Since 1993, the proportion of people who were abroad at least once has increased by twenty-eight percentage points. At present 77% of adult Poles declare having been abroad, out of which 73% were abroad in the last twenty years.

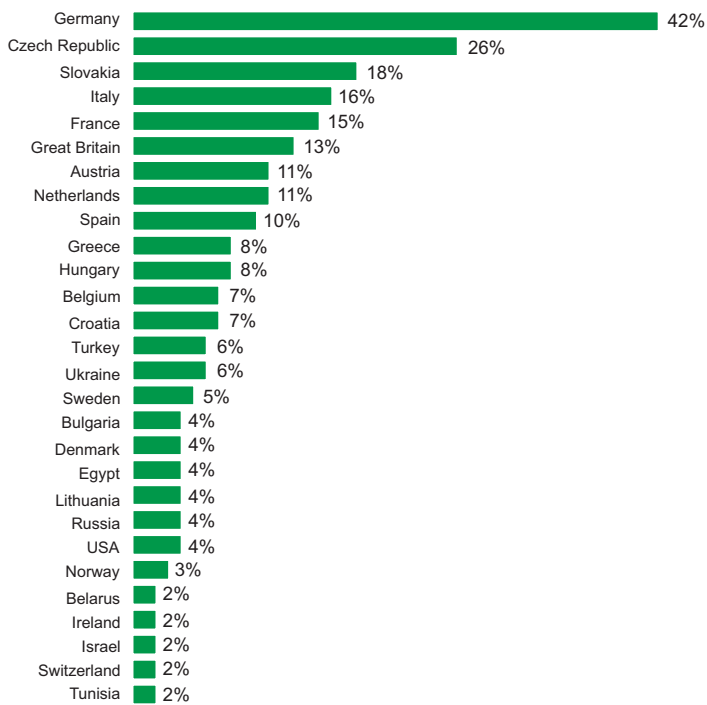
## Have you ever been abroad?



Although the proportion of Poles travelling abroad has increased, the percentage of people having a valid passport is decreasing systematically (drop from 50% in 2001 to 30% in 2015). It is largely the result of Poland's EU accession and absence of obligation to have the passport when travelling within the EU. Most foreign travelers choose European destinations. The most common destination is Germany: over two-fifths of all respondents

have been there in the last twenty years. Next is the Czech Republic, visited by a quarter, and Slovakia, where almost a fifth of Poles spent some time. Poland's eastern neighbours (Ukraine, Russia, Lithuania and Belarus) are visited far less frequently. Among countries without a land border with Poland, the most popular destinations are: Italy, France and Great Britain, followed by Austria, Netherlands, Spain, Greece, Hungary, Belgium and Croatia.

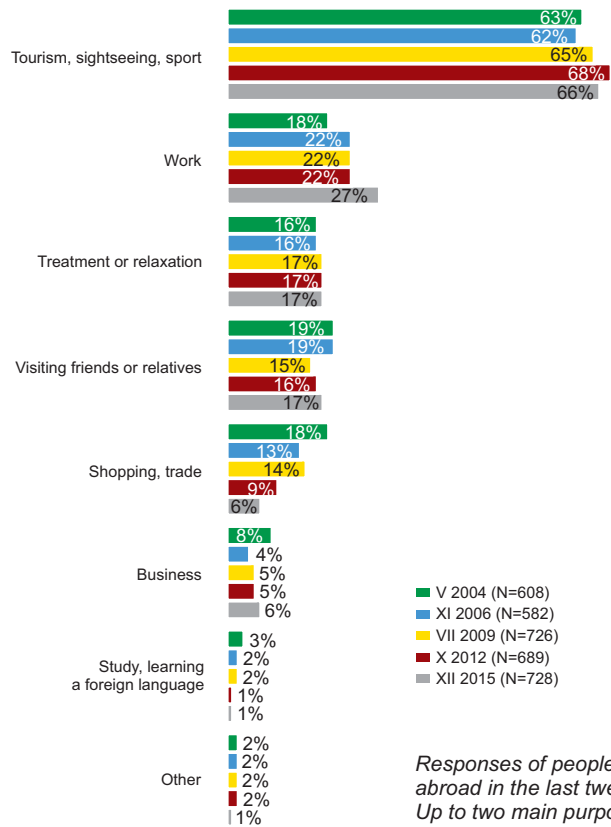
### Most common destinations in the last twenty years



Relative to 2012, the popularity of most destinations has remained unchanged, while others increased in popularity. There has been an increase in the proportion of people who have been to France (by 7 points), Germany (by 6 points), Netherlands (by 5 points), as well as Italy, Great Britain, Austria and Belgium (by 4 points). Greece, Turkey and Denmark are gaining in attractiveness systematically, if not by a large margin (a 2-point increase since 2012).

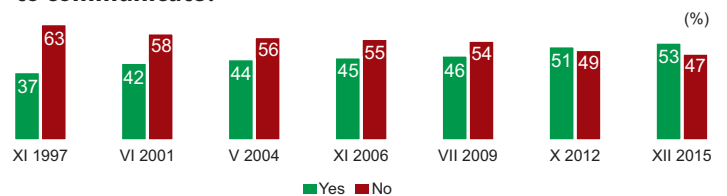
Most travellers went abroad for tourism. Over a quarter went to another country to work. Less than a sixth went to relax or undergo treatment. The same proportion visited friends or relatives. One-sixteenth travelled to trade or shop, and the same number of people took a business trip. Only a few claim to have travelled to learn.

### Purpose of foreign travel



The number of people who are able to speak a foreign language is increasing systematically. At present, according to declarations, over half of adult Poles (53%) can communicate in a foreign language. This group has increased by 16 percentage points since 1997.

### Do you know a foreign language well enough to communicate?



The most commonly known foreign language is English (32% of all adults). A fifth (20%) can speak Russian. The third most popular foreign language is German, spoken by 14% of adults.

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

For more information on CBOS services and publications please contact:

**CBOS**

5/7, Świętojerska, 00-236 Warsaw, Poland

Phones: (48) 22 629 35 69, 22 628 37 04 Fax: (48) 22 629 40 89

e-mail: sekretariat@cbos.pl www.cbos.pl

Yearly subscription rate for "Polish Public Opinion" is 80 USD  
Circulation: 70 copies

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