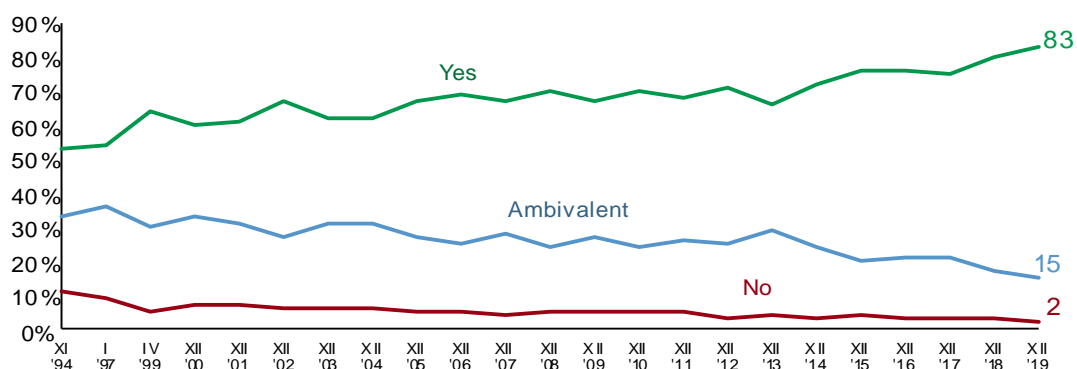


Satisfaction with life

Poles are satisfied with their life more often than a year ago and most often in the history of CBOS research of this matter, i.e. since 1994. Currently, 83% of respondents are satisfied with their lives. Nearly one in seven (15%) declares average life satisfaction, while two out of a hundred (2%) declare dissatisfaction.

Relatively the most satisfied with life are people aged 25 to 34, the best educated, managers and specialists, administrative and office employees, technicians and mid-level employees, skilled workers, respondents who obtain the highest income per capita and assess their own financial situation well, and also those most involved in religious practices. On the other hand, the least satisfied are respondents who live in bad material living conditions and declare the lowest income, people aged 65 and over, unskilled workers as well as the disabled and the unemployed.

In general, are you satisfied with your whole life?

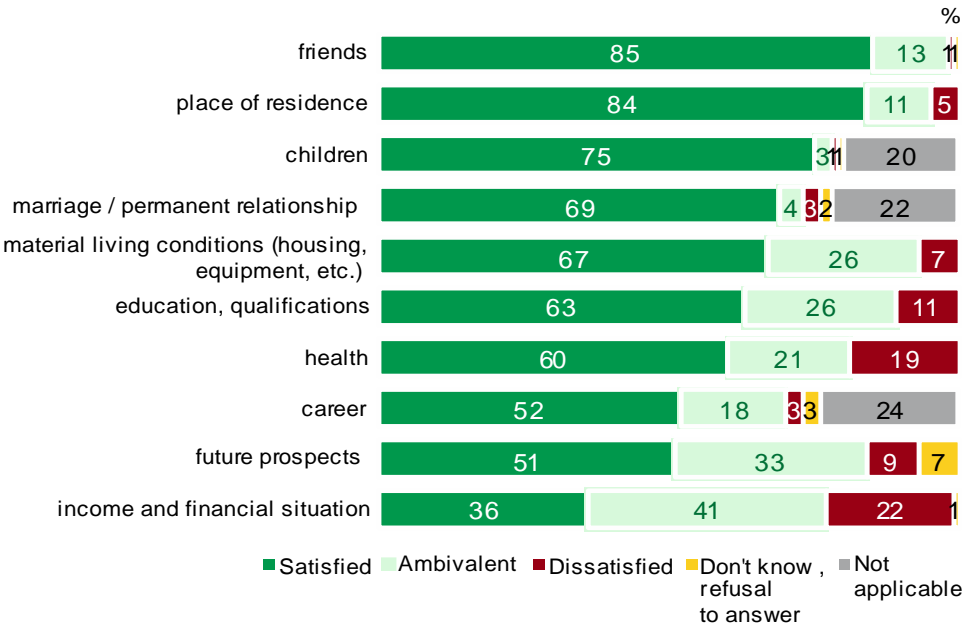


"Don't know" omitted.

For most Poles, social life and family relationship are a source of satisfaction. The vast majority of respondents declare satisfaction with friends and close acquaintances (85%), three-quarters are happy with their children (75% in total, and 95% among parents), and over two-thirds are positive about their marriage or an informal permanent relationship (69% in total, and 90% among people in a relationship). Poles are generally satisfied with their place of residence (84%). Satisfaction with material conditions, e.g. housing, furnishings, is expressed by two-thirds (67%). Respondents clearly are less satisfied with their income. Over a third (36%) are satisfied, while more than a fifth (22%) are dissatisfied, and two-fifths (41%) express an ambivalent opinion in this respect.

Almost two-thirds (63%) feel good about their education and qualifications, and more than half are satisfied with their work (52% in total, and 71% among those who have ever worked). Six out of ten adults (60%) declare satisfaction with their health. Every second Pole (51%) is confident about their future prospects.

In general, are you satisfied with your...



More information about this topic can be found in CBOS report in Polish: "Life Satisfaction", January 2019. Fieldwork for national sample: December 2019, N=910. The random address sample is representative for adult population of Poland.