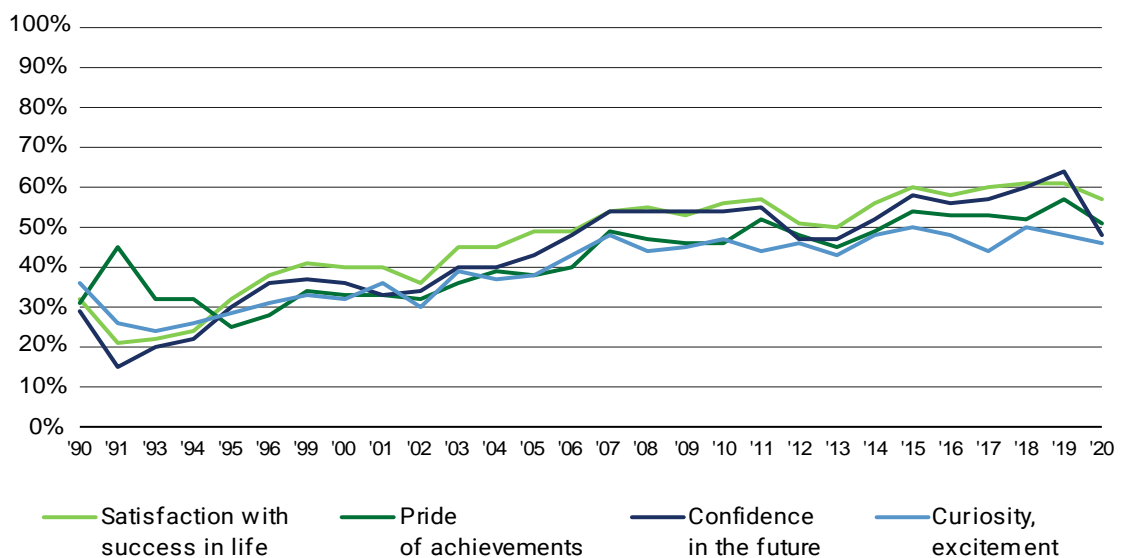


Subjective well-being in 2020

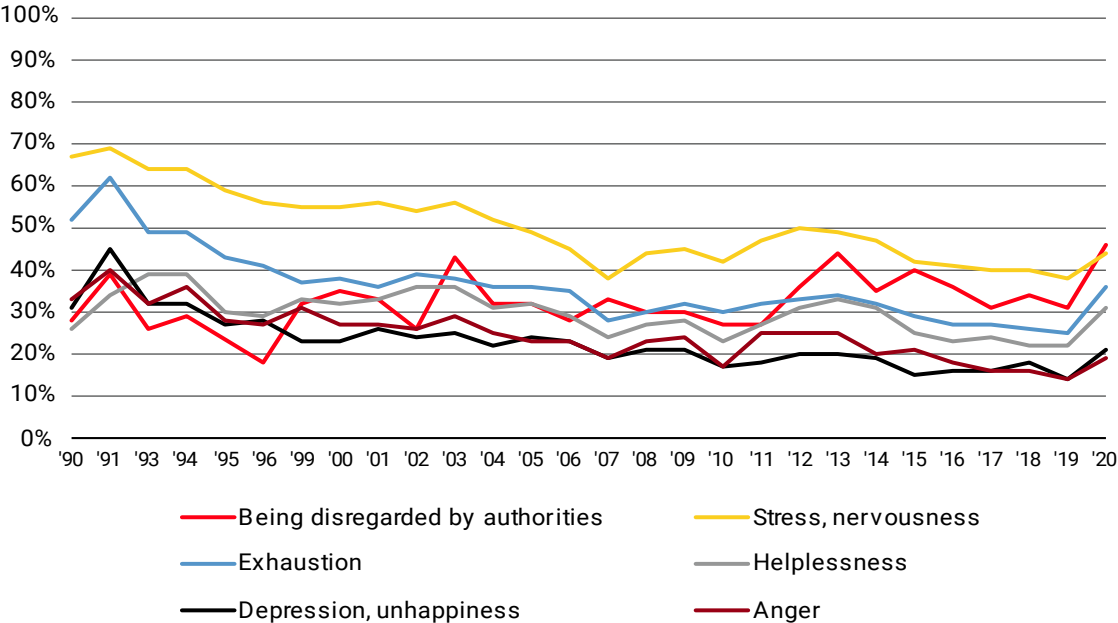
In 2020, over half of Poles (57%) often felt satisfied that they had succeeded in something, as well as expressing overall pride in their achievements (51%). Almost half (48%) felt confident that everything in their life was going well. Almost one in two (46%) respondents experienced a feeling of curiosity or excitement. Declarations of negative emotions were slightly less frequent. In particular, almost half (46%) often felt disregarded by authorities. Almost half (44%) regularly experienced irritability, and one-third (36%) frequently felt discouragement and weariness. Almost one-third of people (31%) repeatedly felt helpless during the past year, one-fifth felt depressed (21%) and almost the same proportion were often enraged (19%). There were also incidental mentions of suicidal thoughts (1%).

Respondents declaring they felt the following emotions often:



Since the previous measurement in 2019, there has been a clear deterioration in the well-being of Poles. We have observed both a decrease in the percentage of declarations of positive emotions and an increase in the number of declarations of the negative feelings. There has been a particularly clear change in the sense of certainty that everything is going well (a decrease by 16 percentage points). On the other hand, the percentage of people who feel disregarded by the authorities has increased by 15 points, reaching the record level of 46%.

Respondents declaring they felt the following emotions often:

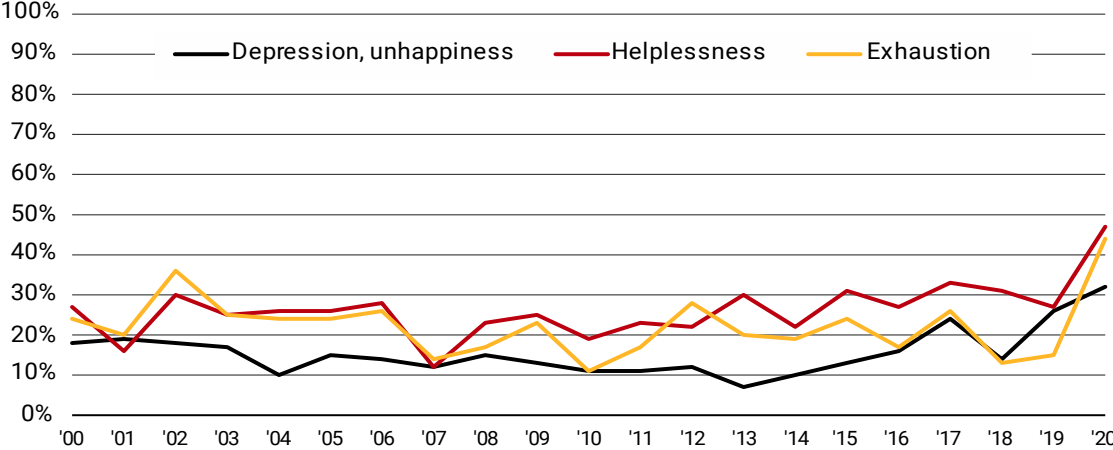


Subjective well-being is primarily influenced by respondents' financial situation. People who consider their financial conditions as bad more often declared all the negative emotions, and less often felt positive.

Contrary to the previous year, the youngest respondents (18-24 years old) did not feel better than the elderly. They also clearly more often experienced some negative emotions, especially the feeling of helplessness (44% compared to 31% in the general population), depression (32% compared to 21% in the general population), as well as discouragement and weariness (47% compared to 36% in the general population). The frequency of experiencing depression, helplessness and weariness among the youngest respondents reached the highest level in the last two decades. This may be associated with the unique

experience of home isolation, distance learning and lack of contact with peers, which were new experiences for this group of respondents.

Respondents in age group 18-24 declaring they felt the following emotions often:



More information about this topic can be found in CBOS report in Polish: “Psychological Wellbeing in 2020”, January 2021. Fieldwork for national sample: December 2020, N=1010. The random sample is representative for adult population of Poland.