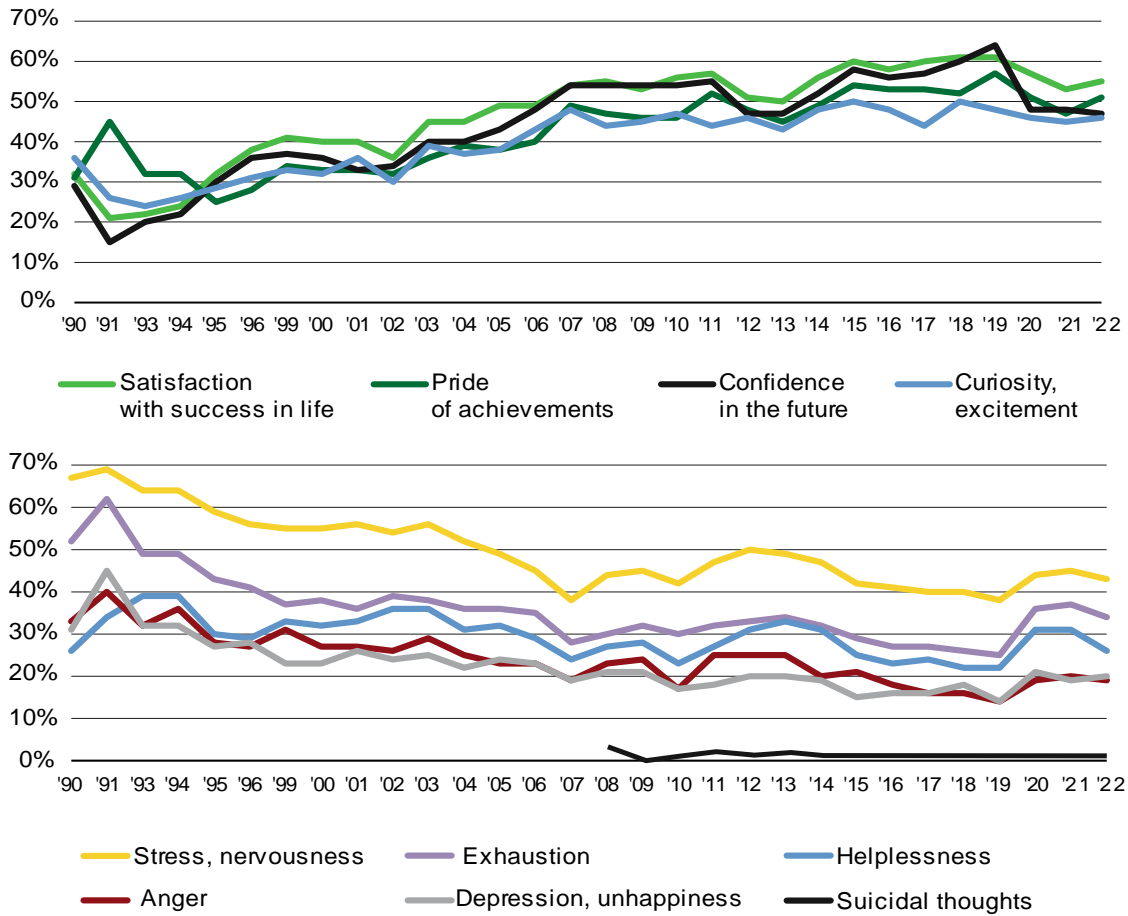


## **Subjective well-being in 2022**

In 2022, more than half of Poles often felt satisfied that they had succeeded in something (55%) and were proud of their achievements (51%). Nearly half of them repeatedly felt sure that everything was going well (47%) and felt curious, excited about something (46%). Negative emotions were reported less frequently. The most common feeling was nervousness and irritability (43% of the respondents experienced it many times in the past year). Every third respondent (34%) often felt discouraged or tired, and one-fourth (26%) felt helpless. One-fifth (20%) felt unhappy many times in 2022 and almost the same number (19%) often felt angry. Some respondents (1%) had suicidal thoughts.

The frequency of experiencing the listed emotions in 2022 has not changed significantly compared to 2021, and the recorded changes are generally positive. Fewer people often experienced helplessness (decrease by 5 percentage points), discouragement (decrease by 3 percentage points) and irritability and nervousness (decrease by 2 percentage points). There are more people who have felt proud of their achievements (increase by 4 points) and satisfaction with the fact that something went well in life (increase by 2 points).

**Respondents declaring they felt the following emotions often:**



Statistical analyses show that mental well-being depends to a large extent on the living standards. The better the assessment of the material living conditions, the better the well-being. People who assess their own material living conditions as bad have particularly poor mental condition. They not only experience negative emotions more often (and positive emotions less frequently) than people in good conditions, but also feel negative emotional states more often than positive. Most of them declare that they often have felt discouraged (62%) and nervous (56%) in the past year. Almost half of this group (48%) have often felt helpless, while nearly two-fifths (39%) have felt unhappy many times, and more than one-third (36%) have been angry.

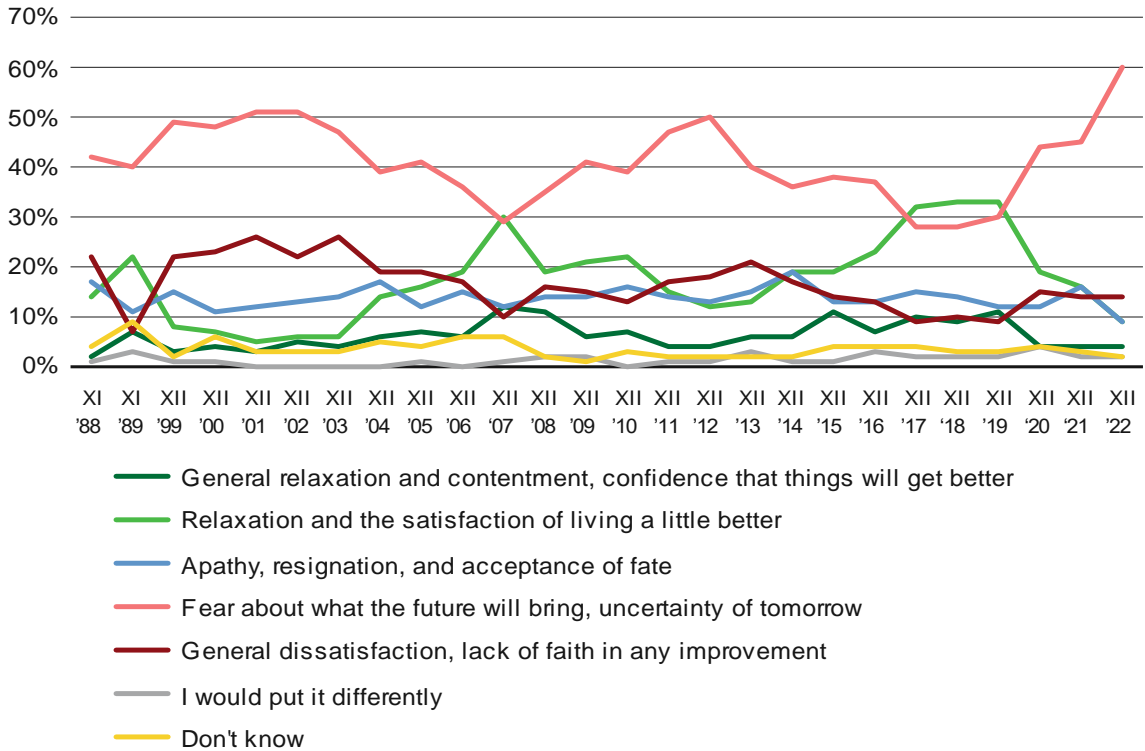
Taking into account other socio-demographic characteristics, it can be concluded that the well-being is worse than average among young people up to 24 years of age, especially students. Young people in education are among those who most often declare frequent feelings such as: nervousness, irritability (50%), helplessness (44%), and anger (30%). In

addition, school and university students more often than all other analysed groups feel discouraged or tired (70% of them repeatedly), unhappy (46%) and have had suicidal thoughts (8%).

Describing the moods in their environment, more than four-fifths of Poles (83%) notice mainly negative emotions, most often concern or fear of what the future will bring (60%), less often general dissatisfaction and lack of faith in any improvement (14%) or apathy, resignation, and acceptance of fate (9%). Only a total of 13% of respondents, when describing the social climate in their environment, notice primarily positive emotions: relaxation and satisfaction that things are improving (9%), and less often, confidence that things will get better (4%).

2022 was another year in which we observed a deterioration of sentiments in social environment. The clear decline in sentiment related to the COVID-19 pandemic has therefore deepened, probably due to the war in Ukraine, the energy crisis and the increase in prices.

**How would you in general describe the current mood among people with whom you come into contact on a daily basis at your workplace and your place of residence? Which of the following terms best describes it?**



Compared to the previous measurement, there was a clear rise in the number of people noting fear of what the future will bring (increase by 15 points). The percentage of people who notice uncertainty about the future in their environment is now at the highest level since 1988. The number of people who perceive relaxation around them and satisfaction that things are getting better has decreased by 7 points. Interestingly, the perceived apathy, resignation and acceptance of fate have also decreased by 7 points and are now at the lowest level in the history of CBOS research. Thus, despite the uncertain situation, Poles are not willing to react with passivity and resignation. Massive social involvement in helping refugees fleeing war-torn Ukraine could have reduced the feeling of helplessness and reduced apathy.

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More information about this topic can be found in CBOS report in Polish: "Psychological Wellbeing in 2022", January 2023. Fieldwork for national sample: December 2022, N=1018. The random sample is representative for adult population of Poland.