

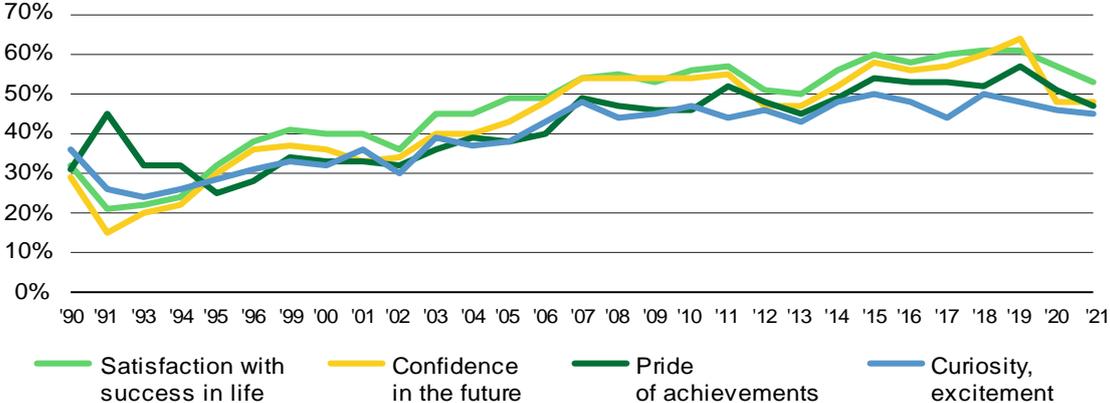
## **Subjective well-being in 2021**

In 2021, slightly more than half of Poles often felt satisfied with the fact that they had succeeded in something (53%), nearly half were proud of their achievements (47%) and a similar group were sure that everything was going well (48%). Over two-fifths were particularly curious and excited (45%). Among the negative emotions included in the survey, respondents most often experienced a feeling that they were disregarded by the authorities (48%), and were generally nervous and irritated (45%). Over one-third often felt discouraged or weary (37%), while less than one third felt helpless (31%). Other negative emotions were experienced less frequently. One-fifth declared multiple experiences of rage (20%) as well as sadness and depression (19%). Suicidal thoughts were reported sporadically (1%).

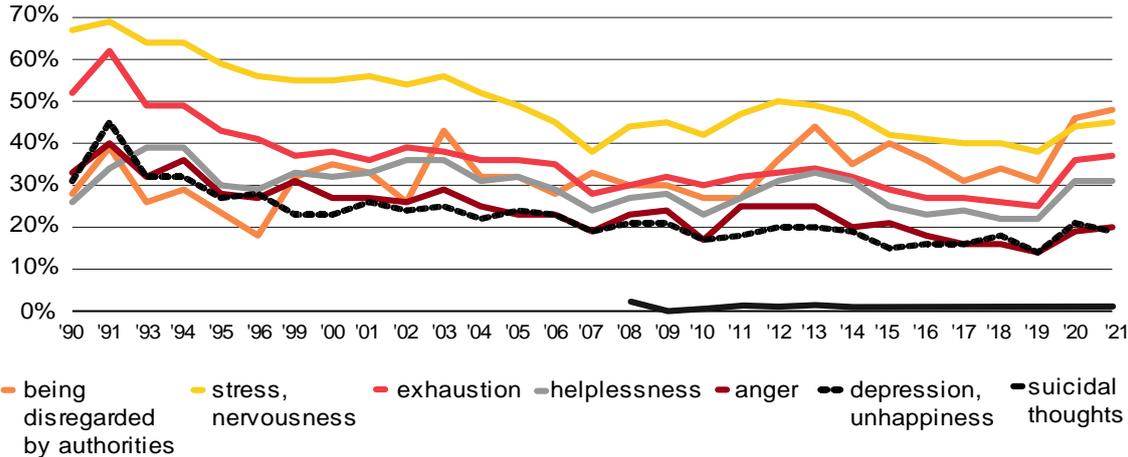
After the marked deterioration of the mental well-being of Poles recorded last year, we have not recorded any major changes in the second year of the COVID-19 pandemic. However, some negative trends deepened. In the second year, there were fewer people satisfied with the fact that they had succeeded in something in their life (a 4 percentage point drop in relation to the previous measurement) and proud of their own achievements (also a decrease by 4 points). The percentage of Poles who feel neglected by the authorities has

increased slightly over the past year from 46% to 48%, thus reaching the highest level since the late 1980s, when we started monitoring this issue. On the other hand, over the last year there was a minimal 2-point decrease of the experience of sadness or unhappiness.

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



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More information about this topic can be found in CBOS report in Polish: “Psychological Wellbeing in 2021”, January 2022. Fieldwork for national sample: December 2021, N=1063. The random sample is representative for adult population of Poland.