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## IN ADDITION

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

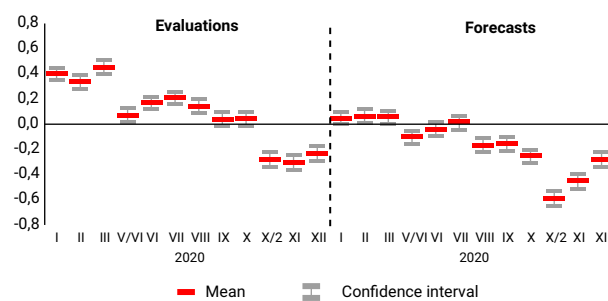
- Politician of the Year 2020 in Poland and in the World
- Forecasts for the Year 2021
- Political Party Preferences in January
- Opinions about Parliament, President, Constitutional Tribunal, Police and Catholic Church
- Increased Interest in COVID-19 Vaccinations
- Fear of Coronavirus and Evaluation of Government Actions in January
- Moods on the Job Market in the First Half of January
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- Attitude to Government in January
- Social Moods in January

## Annual balance of social moods

The pandemic caused a deterioration of public moods, visible mainly in opinions about the situation in the country. This deterioration applies to both evaluations and forecasts.

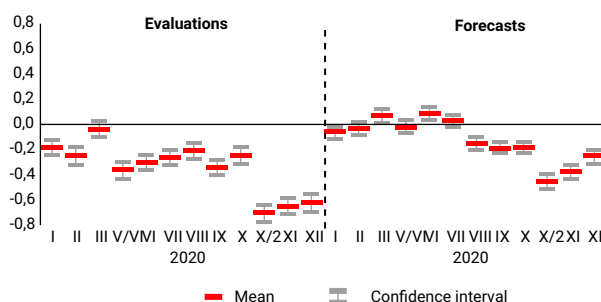
We registered very clear negative changes in the assessments and forecasts of the economic situation. At the beginning of the year, positive opinions were expressed much more often than the negative as regards the perception of the condition of the economy. The spring lockdown contributed to the deterioration of the opinion on the economic situation, but still positive opinions were stronger. Dissatisfaction began to prevail in the last quarter of the year. In the forecasts for the economic situation, in the first months of 2020 optimism prevailed. However, from August to December, concerns about the deterioration were invariably stronger than the hope for improvement in this respect.

**Economic situation in Poland in 2020**



**Ratings:** Mean on a five-point scale from -2 (very bad) to +2 (very good).  
**Forecasts:** mean on a five-point scale from -2 (strong deterioration) to +2 (strong improvement).

**Political situation in Poland in 2020.**

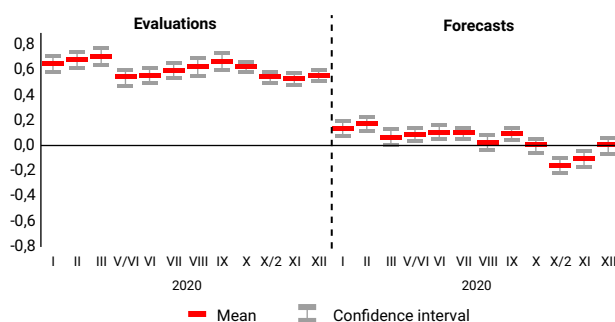


**Ratings:** Mean on a five-point scale from -2 (very bad) to +2 (very good).  
**Forecasts:** mean on a five-point scale from -2 (strong deterioration) to +2 (strong improvement).

In assessments of the political situation, as in previous years, dissatisfaction was articulated more strongly than satisfaction, but in 2020, and especially in the fourth quarter, criticism deepened. At the same time, concerns about a deterioration in the political situation grew.

**The assessments concerning the private sphere also deteriorated, although less than in evaluations in the public sphere. Throughout the year, positive assessments of the standard of living and the situation in workplaces predominated. However, while for a significant part of 2020 optimism was**

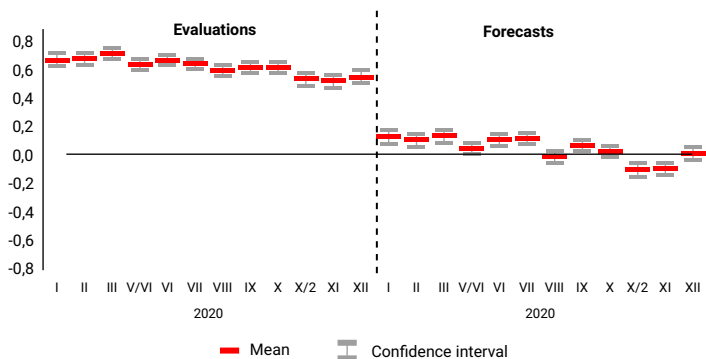
**Situation in the workplace in 2020.**



**Ratings:** Mean on a five-point scale from -2 (very bad) to +2 (very good).  
**Forecasts:** mean on a five-point scale from -2 (strong deterioration) to +2 (strong improvement).

expressed more strongly than pessimism, in the last months of last year optimism decreased noticeably and fears of a deterioration increased.

### Material living conditions in 2020.



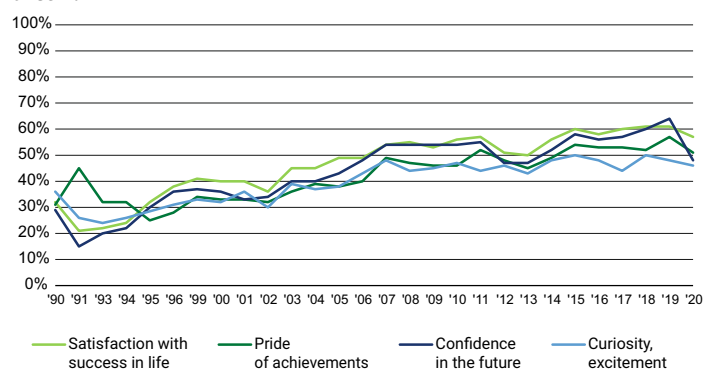
**Ratings:** Mean on a five-point scale from -2 (very bad) to +2 (very good).  
**Forecasts:** mean on a five-point scale from -2 (strong deterioration) to +2 (strong improvement).

More information about this topic can be found in CBOS report in Polish: “Social Moods in 2020”, January 2021. Fieldwork for national samples: January-December 2020. The random samples are representative for adult population of Poland.

## 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%).

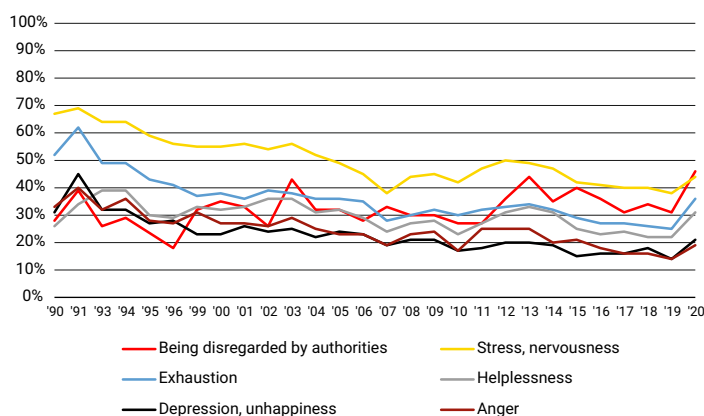
### Respondents declaring they felt the following emotions often:



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%.

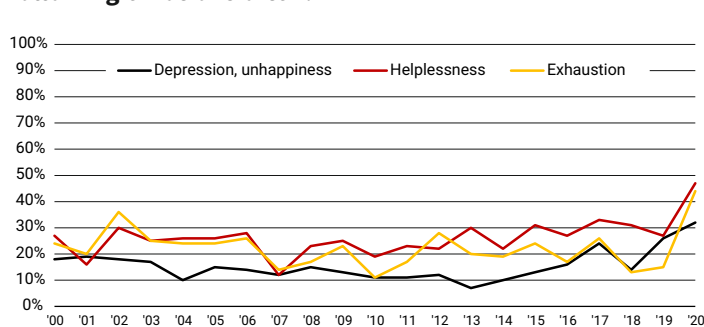
### Respondents declaring they felt the following emotions often:



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:

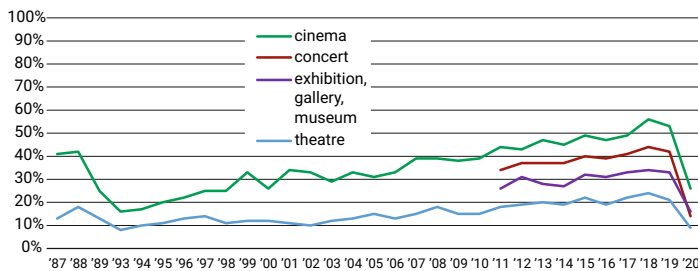


More information about this topic can be found in CBOS report in Polish: “Psychological Wellbeing in 2020”, January 2021. Fieldwork for national sample: December 2020, N=1010. The random sample is representative for adult population of Poland.

# Activities and experiences of Poles in 2020

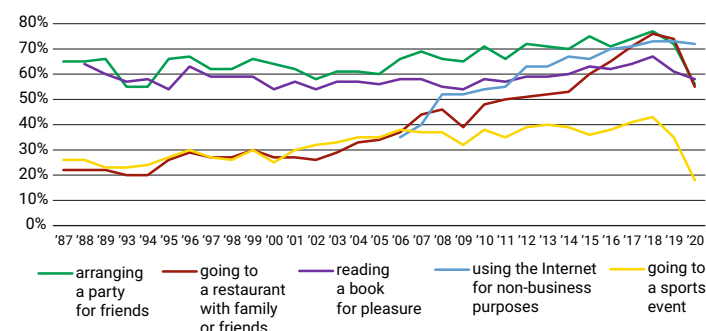
The outbreak of the COVID-19 pandemic and the related restrictions and limitations left their mark on almost all areas of activity of Polish people. The highest drops were recorded in the area of cultural activities. The most spectacular change concerns participation in concerts, as last year only 14% of respondents attended. This is a record decrease by 28 percentage points compared to 2019 and the lowest result of the last decade. Similarly, the percentage of Poles who went to the cinema last year decreased by 27 points (a decrease from 53% to 26%), and similar or lower results were last recorded in the 1990s. In 2020, only 16% of Poles went to the exhibition, to galleries or museums (a decrease by 17 percentage points), and 9% went to the theatre (a decrease by 12 percentage points).

## Activities in a given year (participation at least once). Going to...



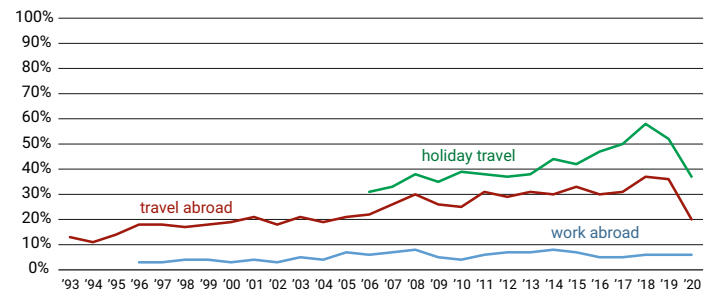
The impact of the COVID-19 epidemic on free time usage of Poles is also visible in other activities. We can see a significant decline in socializing with family or friends in a restaurant (55% went at least once, compared to 74% in the previous year), participation in a sports event (18% compared to 35% in 2019) or organizing parties for friends and acquaintances (56% compared to 72%). In this situation, one could expect an increase in activities which do not conflict with the sanitary regime. However, they remain at similar or even slightly lower levels than in 2019: 58% of Poles read at least one book for pleasure last year (compared to 61% in the previous year), and 72% used the Internet for non-business purposes (compared to 73% in 2019). Nevertheless, both of these forms of spending free time were among the top three of all activities included in the survey.

## Activities in a given year (participation at least once):



The pandemic also significantly reduced the mobility of Poles, both inside and outside the country, and in this area of activity we also note significant declines. Fewer Poles went on vacation in 2020 (37% compared to 52% in the previous year), only one-fifth went abroad (20% compared to 36% in 2019). The percentage of people leaving for work abroad (6%) remains at an unchanged, low level, which has not changed much in the last 25 years.

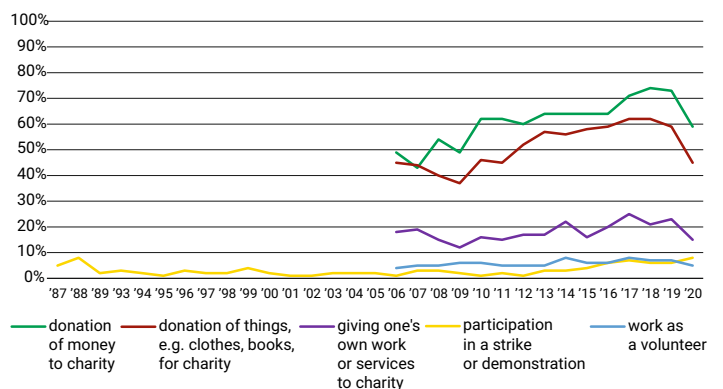
## Activities in a given year (participation at least once):



The impact of the pandemic on the philanthropic activities of Poles is not so obvious, but here we can also observe a decline compared to 2019. The percentage of declared donations of both money (from 73% to 59%) and items such as clothes or books (from 59% to 45%) to charity decreased by 14 percentage points. A slight decrease was also visible in declarations of voluntary work (from 7% to 5%).

Despite the restrictions on assembly introduced due to the pandemic, the percentage of declarations of participation in strikes or demonstrations increased by 2 points (from 6% to 8%). This is the only area of activity of Poles for which we have observed an increase in 2020. This result corresponds to the CBOS data which showed that 8% of Poles participated in the autumn protests against the judgment of the Constitutional Tribunal questioning the constitutionality of the provisions on the legal admissibility of abortion due to severe and irreversible impairment of the foetus or irreversible disease threatening its life.

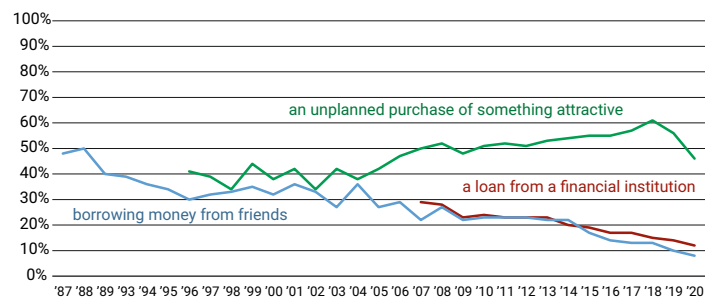
## Activities in a given year (participation at least once):



In 2020, Poles were more cautious in managing their money. The percentage of people who bought something unforeseen and attractive at least once in the last 12 months decreased by 10 percentage points (from 56% in

2019 to 46% in 2020). The percentage of respondents who took out a loan from a bank or other financial institution decreased from 14% to 12%, and the proportion of people who borrowed money from friends also dropped in recent years (a decrease from 10% to 8%).

### Activities in a given year (participation at least once):

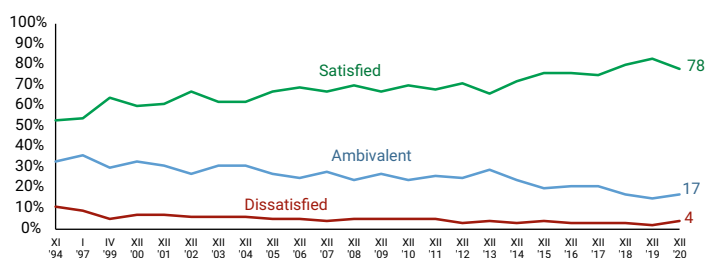


More information about this topic can be found in CBOS report in Polish: “Activities and Experiences of Poles in 2020”, January 2021. Fieldwork for national sample: January 2021, N=1150. The random sample is representative for adult population of Poland.

## Satisfaction with life

The pandemic has not fundamentally changed the level of life satisfaction. Overall satisfaction with life is declared by over three-fourths of Poles (78%). Medium satisfaction is expressed by one-sixth (17%), and dissatisfaction is felt by four in a hundred (4%). Although the number of people declaring general satisfaction with life is lower by 5 percentage points than a year ago, when it was at record level, it does not differ significantly from the results obtained two years ago.

### Are you satisfied with your life in general?



Don't know omitted.

Satisfaction with particular aspects of life remain fairly stable. One of the most frequently indicated sources for contentment is social and family life. The vast majority of respondents are happy with their friends and close acquaintances (85%), three quarters feel good about their

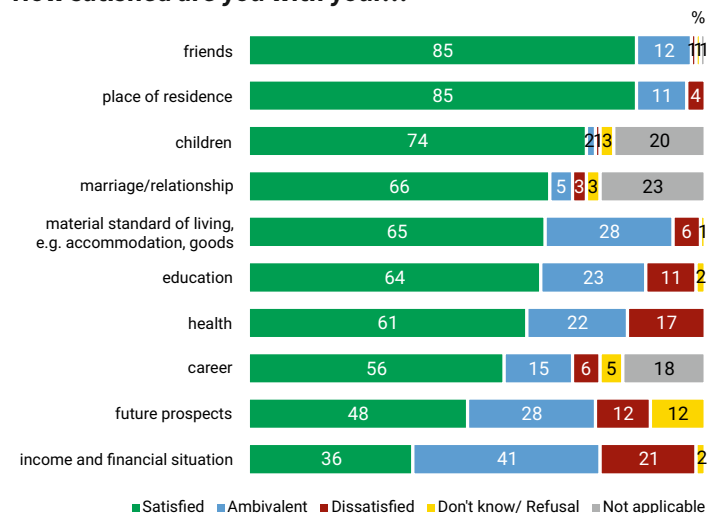
children (74% of all respondents, i.e. 94% of parents), and two thirds are happy with their marriage or an informal, permanent relationship (66% of all respondents, i.e. 87% of those in a relationship). The vast majority of Poles (85%) are also content with their place of residence. Satisfaction with material conditions, e.g. housing and goods, is expressed by two-thirds of respondents (65%), while a total of about one-third assess them as average (28%) or bad (6%). Income is noticeably less likely to provide satisfaction. More than one third (36%) think it is adequate, one fifth (21%) are dissatisfied, and two fifths (41%) express an ambivalent opinion.

Almost two-thirds of Poles (64%) are happy about their education and qualifications, and more than half appreciate their professional career (56%, i.e. 70% among those who have ever worked). Dissatisfaction in these areas was declared by 11% and 6%, respectively (7% of those with professional experience have a negative feeling about their career).

The health condition is described as good by six in ten adults (61%), and as bad by 17%. About a fifth (22%) express an ambivalent opinion.

Less than half of Poles (48%) are satisfied with their prospects for the future. Moderate optimism in this respect is expressed by over a quarter (28%), and a pessimistic attitude is shown by more than a tenth (12%).

### How satisfied are you with your...



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

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