

CONTENTS

Artificial Intelligence and the labour market

Using Artificial Intelligence

Poles' auto-stereotypes and reasons to be proud

When does youth end and old age begin?

IN ADDITION

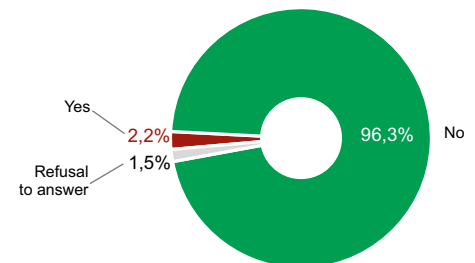
TO THE REPORTS REFERRED TO ABOVE, THE FOLLOWING HAVE BEEN PUBLISHED RECENTLY (IN POLISH):

- Public sentiment in June
- Attitudes towards the government in June
- The use of artificial intelligence
- A group of people just like us. Poles on politics, politicians and the most pressing social issues
- Public perception of Karol Nawrocki as president one year after winning the election
- Internet usage in 2026
- Party preferences in the first half of June (CATI)
- Public assessment of the rule of law in Poland
- Poles' views on possible coalitions before and after the 2027 parliamentary election
- Labour market sentiment in May
- Availability of alcohol

Artificial Intelligence and the labour market

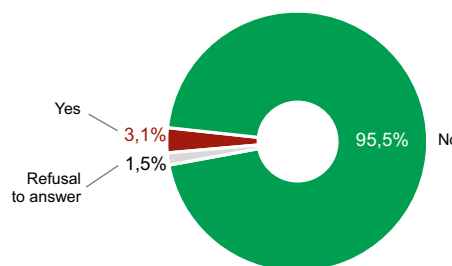
Artificial intelligence is transforming the labour market. Generative AI tools are used in text creation, programming, data analysis, and customer service. Specialized professions requiring higher education are believed to be most at risk from automation. Furthermore, women are more likely than men to work in professions where the use of AI is highly likely. In our May survey, 2.2% of respondents declared that they had lost their jobs or had less work due to the introduction of AI. Despite the small percentage of such cases, when applied to adult Poles as a whole, the negative effects of implementing AI solutions have already personally affected over 669,000 people in our country.

Percentage of Poles declaring they have lost their job or have less work due to the introduction of artificial intelligence



A key variable differentiating respondents' experiences in this regard is age – people aged 25–34 (6%) report losing work due to the implementation of artificial intelligence three times more often than others. Overall, more than half (51%) of people who reported such experiences are under 35. We have also noticed an overrepresentation of administrative and office workers, those working in the private sector, respondents with higher education, and residents of large cities.

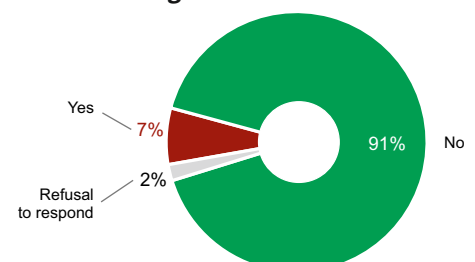
Percentage of Poles declaring that someone in their family or close friends has lost their job or has less work due to the introduction of artificial intelligence



The vast majority of adult Poles (91%) declared that they are not afraid of losing their job due to the introduction of artificial intelligence. Such concerns were expressed by 7%, while 2% refused to answer. Comparing the percentage of respondents to the general adult population, it can be concluded that over 2 million adult Poles fear losing

Some 3.1% of respondents also reported that a family member or close friend had lost their job or had less work due to the introduction of artificial intelligence. Extrapolating it to all adult Poles, it can be concluded that over 950,000 people in Poland have already encountered this problem in their immediate social circles.

Percentage of Poles declaring that they're afraid of losing their job or have less work due to the introduction of artificial intelligence



work or limiting their earning potential due to the implementation of AI solutions.

More information about this topic can be found in CBOS report in Polish: "Is artificial intelligence (AI) a threat to the labour market?", June 2026. Fieldwork for national sample: May 2026, N=1041. The random sample is representative for adult population of Poland.

Using Artificial Intelligence

We were also interested in how often and for what purposes Poles themselves use generative AI tools (such as ChatGPT, Copilot, or Gemini). As it turned out, although artificial intelligence is increasingly embedded in our daily lives, the use of generative AI tools is not yet widespread – almost two-thirds of respondents (64%) declared that they had not used such tools in the last three months.

Have you used generative artificial intelligence (AI) tools in the last three months?



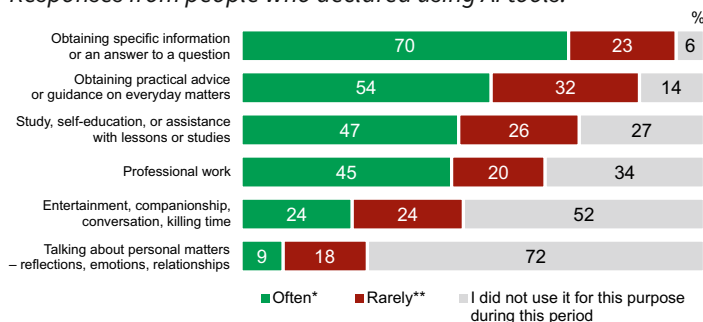
"Don't know" responses omitted

The most frequent users of generative AI are by far people aged 18 to 24 (81%). Among those aged 35 to 44, only half (51%) of respondents use it, and among seniors, fewer than one in ten (8%).

We presented respondents with six potential applications of generative AI tools and asked them to indicate how often they used them. The responses indicate that AI is most often used as an information source. Seven in ten (70%) said they frequently used AI to obtain specific information or an answer to a question in the last three months, with a quarter (25%) doing so daily or almost daily.

Please indicate how often you used AI for this purpose in the last three months.

Responses from people who declared using AI tools:



*Responses "every day or almost every day" and "at least once a week (but not every day)" combined;

**Responses "at least once a month (but not every week)" and "less than once a month" combined;

Percentages do not add up to 100 due to rounding.

Another purpose for which AI was used relatively frequently was obtaining advice or practical tips on

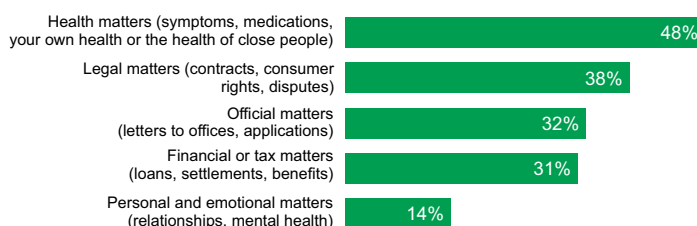
everyday matters, such as cooking, travel, organization, or finances (54%). Furthermore, almost half of generative AI users found it convenient for learning or self-education (47%) and for professional work (45%). Not surprisingly, students are particularly prevalent in the former category: 84% of them used AI for this purpose at least once a week, with 40% doing so daily. The most frequent users of AI for professional purposes were the self-employed (77%), managers and specialists with higher education (65%), mid-level staff and technicians (61%), and administrative and office workers (51%).

Fewer respondents reported frequent use of AI for entertainment, companionship, conversation, or to pass the time (24%). Interestingly, seniors clearly stand out in this regard (43%). Frequent use of AI to discuss personal matters, such as emotions, reflections, or relationships (9%) is least common. Again, we encountered such statements more frequently among those aged 65 and older (17%) than among the general population.

We were also interested in what matters Poles had consulted AI about in the last three months. The most common response was obtaining information related to health (48%). Respondents were slightly less likely to use AI advice on legal (38%), official (32%), and financial (31%) matters. Only one in seven (14%) reported recently using AI to obtain advice on personal and emotional matters, such as mental health or relationships.

In the last three months, have you used artificial intelligence (AI) to obtain information or advice on any of the following matters?

Affirmative answers by those who declared using AI tools:



More information about this topic can be found in CBOS report in Polish: "The use of artificial intelligence", June 2026. Fieldwork for national sample: May 2026, N=1041. The random sample is representative for adult population of Poland.

Poles' auto-stereotypes and reasons to be proud

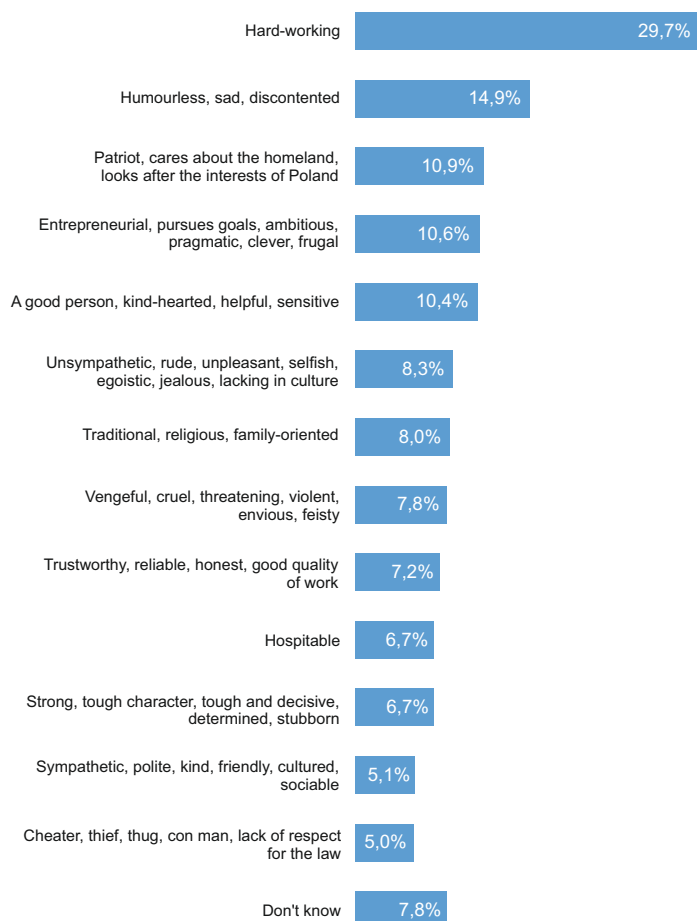
In our research, we regularly ask Poles how they perceive other nations, but in the May survey, we decided to do something different and find out how Poles perceive themselves. Since creating a self-portrait is usually more difficult than describing others, who always seem more

defined and one-dimensional, we used open-ended questions, giving respondents freedom of expression, unconstrained by the selection of answers. The first question concerned what a typical Pole is like.

The most frequently mentioned trait was hard work, appearing in nearly a third of responses (29.7%). Second among the characteristics of a typical Pole were discontent, a lack of humour, and sadness (14.9%). Poles also perceive themselves as people who care about the good of their homeland, as patriots who are not indifferent to the interests of their own country (10.9%). They also consider entrepreneurship, goal-setting, ambition, cleverness, and thriftiness to be their strengths (10.6%). Other strengths most frequently cited by respondents include kindness, sensitivity, and helpfulness (10.4%).

What do you think a typical Pole is like? What traits do you associate with Polish people?

Traits mentioned by at least 5% of respondents

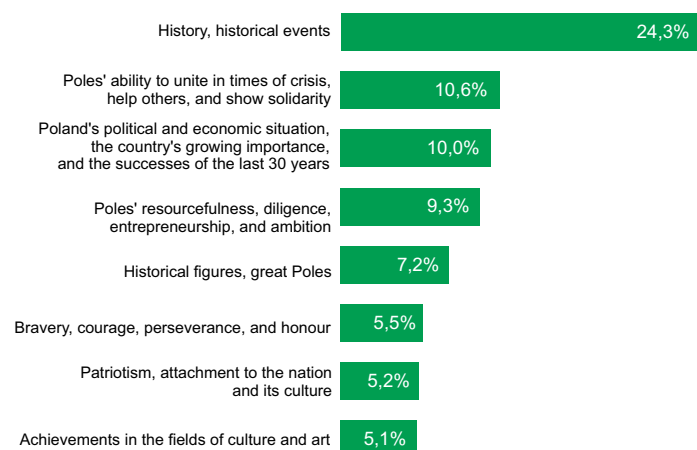


In the next question, we asked respondents to indicate what they believed Poles could be proud of, assuming that their responses would provide valuable insight into their self-stereotype. Respondents primarily mentioned Polish history (24.3%). These responses were often quite general, but if specific historical events were mentioned, they tended to be from relatively recent times: the overthrow of communism and the Solidarity movement, Polish

struggles during World War II, the Battle of Warsaw in 1920, and the 19th-century independence uprisings during the Partitions. The second most frequently cited category of reasons for pride was the ability of Poles to unite and act together in times of crisis (10.6%), often illustrated by the assistance Poles provided to Ukrainians after the outbreak of war in 2022. The third most frequent category of responses referred to Poland's current political and economic position, as well as the successes of the past thirty-odd years that led to this position (10.0%). Next in line were responses referring to positive character traits attributed to Poles: their resourcefulness, hard work, entrepreneurship, and ambition (9.3%). The top five reasons for pride for Poles were completed by outstanding figures from our history (7.2%), among whom John Paul II was by far the most frequently mentioned.

Reasons for Poles to be proud

Answers mentioned by at least 5% of respondents



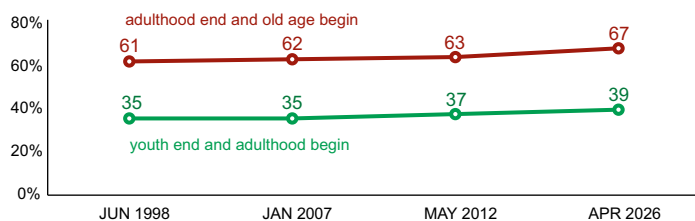
More information about this topic can be found in CBOS reports in Polish: "The Polish self-image" and "What can Poles be proud of, and what should they be ashamed of?", June 2026. Fieldwork for national sample: May 2026, N=1041. The random sample is representative for adult population of Poland.

When does youth end and old age begin?

Estimates regarding the periodization of individual life stages indicate that youth lasts until approximately age 39. From this point on, middle age begins, lasting approximately until the age of 67, and after this age, respondents believe old age begins. Compared to the 2012 survey, the end of youth is perceived by society two years later, and the threshold of old age four years later. Considering a longer timeframe of nearly thirty years, we can see that the socially established threshold of youth has shifted by four years, while that of old age by as much as six years.

Approximately at what age does...

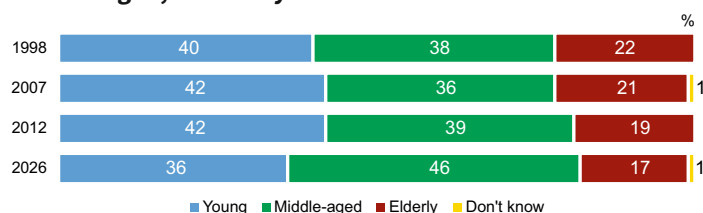
Average age in years



The perception of the boundaries between individual life stages largely depends on the age of respondents. Generally speaking, older people believe that both the end of youth and the beginning of old age occur later than younger people. According to the youngest respondents (aged 18 to 24), youth ends on average at age 31, and with age, this boundary shifts to 42 among the oldest respondents, at age 65 or older. Old age, according to the youngest respondents (aged 18 to 24), begins at age 61, while for the oldest respondents (aged 65 or older), it begins seven years later, at 68.

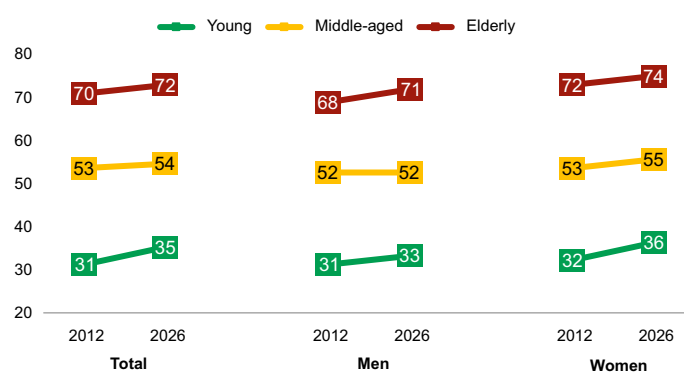
Declarations indicate that just over one-third of adult Poles (36%) consider themselves young, almost half (46%) think they are middle-aged, and nearly one-fifth (17%) consider themselves elderly. Compared to 2012, the share of people who think of themselves as middle-aged has significantly increased, while the percentage of those who consider themselves young has decreased from 42% to 36%. There is also a small decrease in the number of people who consider themselves as seniors (from 19% to 17%). This is surprising, considering that over the past two decades, the percentage of people aged 60+ in Polish society has been increasing. However, our research shows that since 2007, the share of respondents who consider themselves older has actually decreased (17% in 2026, compared to 19% in 2012 and 21% in 2007).

Considering your age, would you consider yourself young, middle-aged, or elderly?



The vast majority of people under 40 consider themselves young. Respondents aged 40–64 typically think of themselves as middle-aged. However, the opinions of those aged 65–69 are very divided – they are almost as likely to consider themselves middle-aged as seniors. People aged 70+, on the other hand, usually think they are old. The average age of respondents who consider themselves young is currently 35, for the middle-aged it is 54, and for the elderly it is 72. These averages are higher among women than among men, meaning women consider themselves young longer and recognize that they have entered old age later.

Considering your age, would you consider yourself young, middle-aged, or elderly?



We were also interested in determining at what point in life the belief that the best things in life are behind us begins to prevail, and how long do we still maintain the hope that many good things can happen in our lives. Generally, the vast majority of adults believe that many good things can still happen (74%), while those who think that the best is probably behind them are in the minority (20%). What's particularly important is that over the last ten years, despite the aging population, the percentage of people who believe that the best is behind them has actually slightly decreased from 24% to 20%.

More information about this topic can be found in CBOS report in Polish: "When youth ends and old age begins?", June 2026. Fieldwork for national sample: April 2026, N=944. The random sample is representative for adult population of Poland.

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