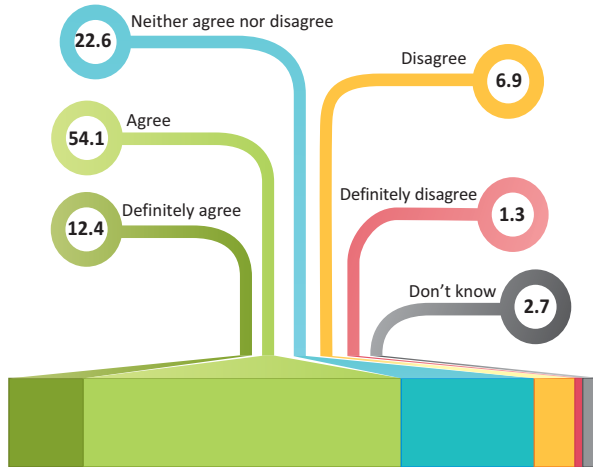


## OPTIMISM AND SENSE OF MEANING IN LIFE

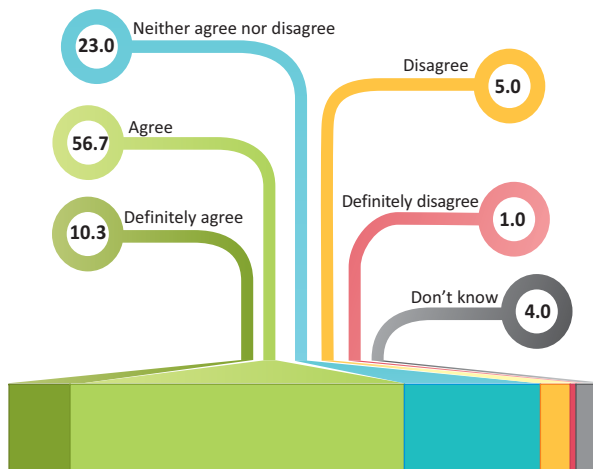
% OF PERSONS AGED 16 OR OVER

TO WHAT EXTENT DO YOU AGREE WITH THE FOLLOWING STATEMENTS:

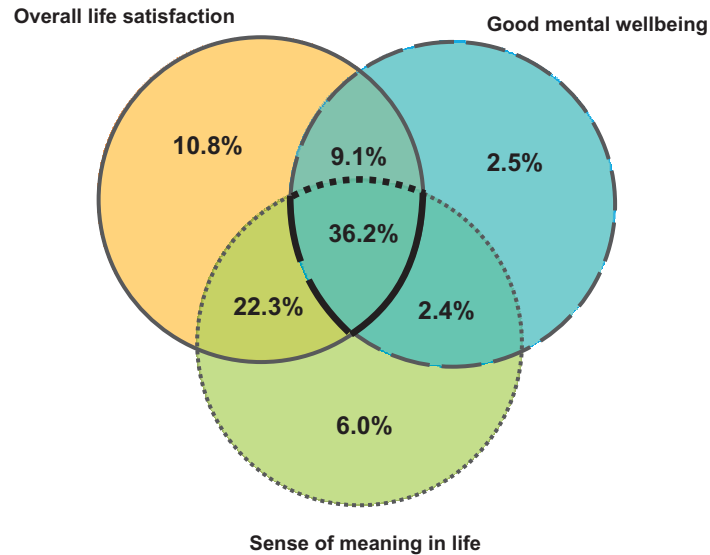
„I am optimistic about my future”



„I generally feel that what I do in life is meaningful”



## AGGREGATED INDICATOR OF GOOD SUBJECTIVE QUALITY OF LIFE



78.4%

Overall life satisfaction – percentage of persons aged 16 or over who declared that they were satisfied or very satisfied with their lives in general.

50.2%

Good mental wellbeing – percentage of persons aged 16 or over who did not experience any symptom of bad mental wellbeing and experienced at least 5 of 9 symptoms of good mental wellbeing within one month preceding the survey.

66.9%

Sense of meaning in life – percentage of persons aged 16 or over who declared that they agreed or definitely agreed with a statement: „I generally feel that what I do in life is meaningful”.

36.2%

**Aggregated indicator of good subjective quality of life** – percentage of persons aged 16 or over who, at the same time, were satisfied with their lives, had good mental wellbeing and felt the sense of meaning in their lives.



CENTRAL STATISTICAL OFFICE OF POLAND  
www.stat.gov.pl

# SUBJECTIVE WELLBEING IN POLAND

ON THE BASIS OF THE SOCIAL COHESION SURVEY 2015



What do people think about their lives? Do they feel a sense of meaning in life? Are they optimistic about the future? Answers to these and many other questions concerning quality of life can be found thanks to the introduction of multidimensional Social Cohesion Survey to the Polish system of social statistics.

The unique character of this survey is based on the fact that it integrates all of the most important, objective and subjective aspects of the quality of life at the level of individual data. A cyclic character of the survey allows to monitor the social situation in Poland and enables the assessment of activities undertaken to reduce poverty, to develop social integration and to strengthen both human and social capital.

Presented results are derived from the 2<sup>nd</sup> edition of the Social Cohesion Survey, conducted in the first half of 2015.

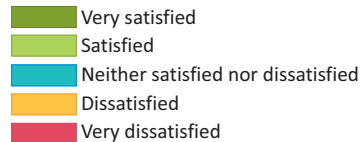
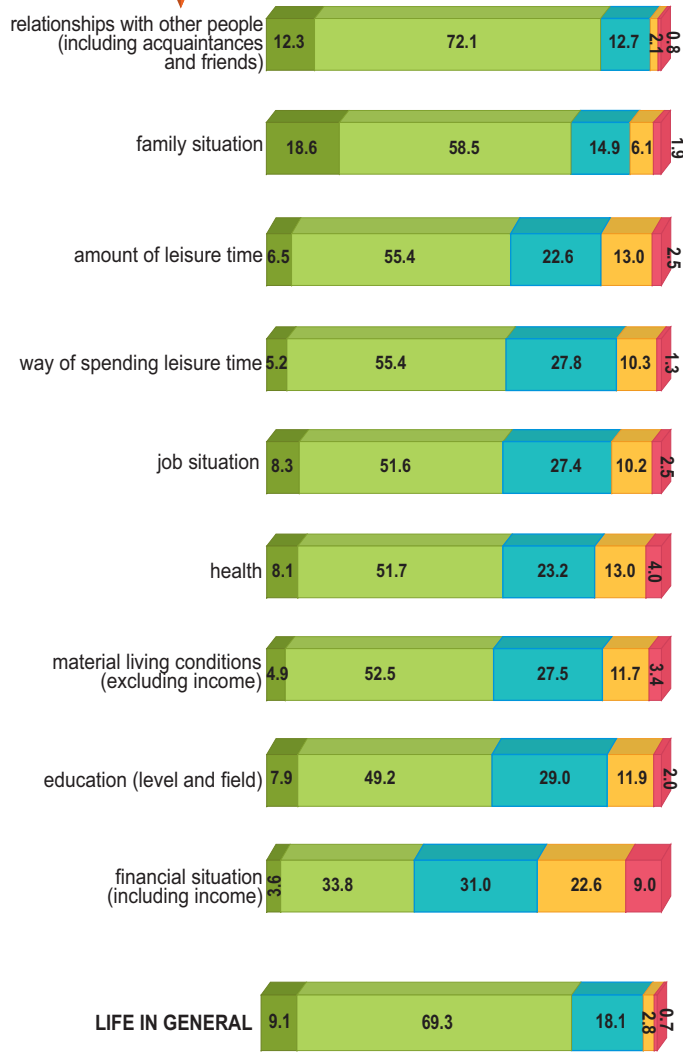
**Preparation:**

Social Surveys and Living Conditions Department, CSO of Poland,  
Statistical Office in Łódź.

## SATISFACTION WITH DIFFERENT ASPECTS OF LIFE AND LIFE IN GENERAL

% OF PERSONS AGED 16 OR OVER

### SATISFACTION WITH:



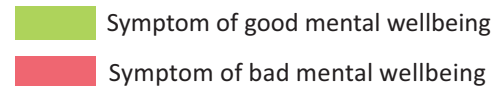
## GOOD AND BAD MENTAL WELLBEING

### EMOTIONAL STATES - SYMPTOMS OF GOOD AND BAD MENTAL WELLBEING

% OF PERSONS AGED 16 OR OVER

Surveyed persons felt:*	All the time	Most of time	For a few days	Very rarely	Never
full of life	10.4	47.8	25.8	14.1	1.9
calm and peaceful	8.7	62.2	20.8	7.5	0.8
full of energy	7.2	47.1	28.3	15.4	2.0
happy	11.0	52.5	24.5	10.6	1.4
very nervous	1.3	9.5	35.9	46.7	6.6
so down in the dumps that nothing could cheer them up	0.7	4.4	15.4	45.5	34.0
downhearted and depressed	0.9	5.6	25.7	49.3	18.5
exhausted	1.3	9.9	36.2	40.8	11.8
tired	2.4	15.9	49.8	29.0	2.9

\*On the basis of the question:  
„How often during last month did you feel...?“



### AGGREGATED INDICATOR OF GOOD MENTAL WELLBEING



50.2%

### AGGREGATED INDICATOR OF BAD MENTAL WELLBEING



4.5%

**Aggregated indicator of good mental wellbeing** – percentage of persons aged 16 or over who did not experience any symptom of bad mental wellbeing and experienced at least 5 of 9 symptoms of good mental wellbeing within one month preceding the survey.

**Aggregated indicator of bad mental wellbeing** – percentage of persons aged 16 or over who experienced at least 6 of 9 symptoms of bad mental wellbeing within one month preceding the survey.