

# SOCIAL DIAGNOSIS 2013

OBJECTIVE AND SUBJECTIVE QUALITY OF LIFE IN POLAND

## DIAGNOZA SPOŁECZNA 2013

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## 2. Main results and conclusions

1. In this year's edition of *Social Diagnosis*, there are still no signs of the economic crisis in many subjective indicators of quality of life. In relation to 2011, the proportion of very happy and quite happy Poles rose by 1 percentage point (p.p.<sup>2</sup>) to 81%, with 79% (the same as two years ago) evaluating their whole past life positively up to now.
  2. Even though real household income fell by 5%, and personal income by 1%, the proportion of households declaring stable income allowing satisfaction of basic needs increased from 74 to 76%, as did the level of equipment with various household goods. The amount of in-debt households fell and the number with savings rose.
  3. There was however a small drop in satisfaction with the majority of aspects of life.
  4. The economic stratification of Polish society was reduced. Income inequalities measured by Gini's coefficient fell in the last four years from 0.301 in March 2009 (0.313 in March 2011) to 0.299 in March 2013.
  5. 5.1% of Polish households lived below the level of extreme poverty in February/March 2013, while 44.7% were below the prosperity level. Material deprivation affected 19.7% of households in February/March 2013, which is significantly more than the total of monetary poor. In the final assessment, poor households were considered to be in poverty both in monetary and non-monetary terms, and these made up 2.7% of the researched population.
  6. Between March 2011 and March 2013, we observed an increase in extreme poverty and hardship (1 percentage points and around 11% percentage points respectively) caused in part by a fall in real equivalent income over the period of study.
  7. The financial mobility of Poles is not weakening. In the last four years, over 40% of the households from the  $\frac{1}{5}$  poorest advanced to higher-income groups and the same  $\frac{1}{5}$  richest retreated to lower-income groups. This means that the structure of Polish society is still very fluid in the economic sense.
  8. There were some small signs of the development of civil society. Compared to earlier studies, the percentage of volunteers increased (from 20% in 2011 to 26% in 2013), as did sensitivity to harm to the common good, though still half the questioned citizens were indifferent in this respect. Also, opinions on democracy soured, and indicators of general trust, civil activity, work for the local community and willingness to enter into sharing relations even fell slightly, despite already being consistently low and some of the lowest in Europe, since the transformation.
  9. Voivodeships with the highest general quality of life were Małopolskie, Pomorskie and Opolskie, with the lowest -- Świętokrzyskie, Lubuskie and Warmińsko-Mazurskie. The fastest climbers in the last four years were Małopolskie, Podkarpackie and Lubelskie, with the biggest falls in quality of life rankings noted by Dolnośląskie and Warmińsko-Mazurskie. As far as the largest towns were concerned, the residents of Toruń, Warszawa, Poznań and Kraków fared the best, and the worst off were those of Włocławek, Sosnowiec and Wałbrzych.
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10. Average net per capita income in the studied households in February and March 2013 was PLN 1349. Its level in the panel sample households did not change markedly in real terms between March 2009 and March 2013, though it did fall by almost 5% in real terms in the last two years. .
  11. According to households' evaluation, the lowest net monthly income allowing monthly break-even amounted to 1489 zł in February/March 2013, rising over 10% between 2009-2013. However, real household minimum income aspirations fell over 2% over this time.
  12. Most of the studied households declared that, with their current revenues, they made ends meet with certain difficulty (over 35%), nearly 19% with difficulty, and over 17% with great difficulty. Over the last four years the percentage of households in great trouble in this respect fell markedly (by over 2%).
  13. Compared to the year 2000, the percentage of households declaring that, with their current earnings, making ends meet was very difficult fell by almost half from 31% to 17%, and the share of those coping with some ease increased equally radically from 12% to 23%.
  14. In February/March 2013, households most often declared that they limit their requirements in situations when they could not meet current needs (almost 89% of households with a lack of income), or accept the help of relatives (almost 41%) or also take loans (almost 30%). Only in not quite 18% of households in this situation do members take on additional work. In the last four years the largest relative increase in households unable to satisfy their needs was in those that accepted aid from the church or social welfare services (by over 3%). At the same time, the fastest shrinking percentage was in the needy households taking loans (by almost 5 p.p.). Previously, in 2011-2013, the fastest growing group unable to make ends meet took on

<sup>2</sup> Percentage point.

new work (over 6 p.p.) or accepted the help of relatives or social welfare services (3 p.p. respectively). The percentage of households of which a member took on extra work rose markedly (almost 2 p.p.) and the share borrowing fell by over 2 p.p.

15. Compared to the year 2000, the percentage of households declaring that they could afford the cheapest food, but not clothing, fell by 6 p.p., while the percentage declaring they could afford everything thanks to running a tight budget increased by 1 p.p., as did those who could purchase everything they needed and generate savings by 8 p.p.
  16. The percentage of households receiving external aid in any form was 11%, so nearly the same as two years ago (10.9%). In relation to 2000, the share of households accepting external aid fell by 3 p.p., and the share of households receiving all these forms of aid did not rise since the turn of the century: financial aid from 9.1% to 8.7%, in kind from 6.5% to 5.6% and in the form of services from 3.6% to 3.1%.
  17. In February/March 2013, almost 33% of households reported that their income situation had worsened compared to two years ago, and almost 56% that it had not changed. So, the share of pessimistic evaluations of change was around 8 p.p. higher than in 2011.
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18. In March 2013, as far as the satisfaction of nutritional needs in the last year was concerned, households reported that most often they could not afford, for financial reasons, fish and fish products (over 19% of households), next confectionaries and stimulants (over 15% and nearly 15% respectively), followed by meats, poultry and meat products (12.5 and 11.5% of households). Over the last four years, there was an improvement in the level of household needs satisfaction in all groups of foodstuffs with the exception of sugar. In 2011-2013, we observed a fall in financial problems in satisfying needs for all food products with the exception of stimulants, fish and fish preserves and meats (this rise was however less than 1 percentage point, so within the margin of error). However, there was a marked improvement in the case of confectionaries fruit and vegetables and fruit and vegetable products (the fall in households unable to satisfy their needs in this respect was over 2 p.p.).
  19. Compared to the turn of the century, the greatest fall in share of households unable to afford enough food products concerned stimulants (from 54% to 15%) and fish and fish products (from 37% to 19%), while there were larger or smaller falls in need fulfilment for all other food categories.
  20. Around 63% of households in 2013 reported that their state of food need satisfaction had not changed compared to two years ago, around 31%

noted a worsening and 6% an improvement. Compared to assessments from March 2011, there was a rise in negative ratings with a fall in positive ratings (over 1 p.p.) of these changes at the same time.

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21. Among all the durable goods selected in the study, most widespread in February/March 2013 were washing machines and paid satellite or cable television. Almost 8% did not have a washing machine, and nearly 28% lacked paid satellite or cable television. The least owned durables included motor or sail boats (less than 1%) and electronic book readers (nearly 4%) and holiday homes (almost 5%). From March to March 2009-2013, ownership of household equipment in the majority of durable goods taken into account in the study rose markedly. Also in the last two years there was a marked growth in all categories except landline telephones and desktop computers, which is linked to these categories being replaced by mobile telephones and portable computers. This included the DVD. The greatest increases over this period were in ownership of LCD or plasma TVs and portable computers (14 and over 9 p.p. respectively).
22. Compared to the turn of the century, the largest increases were noted by access to the internet, microwave ovens, computers, washing machines, modern TV sets, satellite or cable television and dishwashers.
23. In February/March 2013, almost 60% did not have savings, while of those that did declare savings, those with amounts equal to between one month and three months' earnings dominated (over 31% of households with savings). Between March 2009 and March 2013 there was a marked rise in households with savings (almost 8 p.p.), as has also been observed in the last two years (by over 3 p.p.). Almost 67% of households kept their savings in the form of zloty bank savings accounts and almost 45% in cash at home. In 2009-2013 there was only a marked rise in the share of households with savings in cash (by almost 8 p.p.). In the last two years the percentage of households with savings also increased significantly only among those with savings in cash (by 5 p.p.), while there was a marked fall with banked savings (over 3 p.p.) and investment funds (nearly 3 p.p.).
24. Since the year 2000, the share of households with savings has increased by over 50% though the scale of savings in relation to income has not changed much.
25. Since the year 2000, the share of households saving in cash increased (from 31% 45%) and that of bank savings decreased (from 78% to 66%)
26. Households with declared savings in February/March 2013 most often saved to have a reserve in case of emergency (almost 67% of

- households), security in old age (nearly 35%) and for current consumption needs (nearly 34%). Over the last four years, the share of households with savings „for a rainy day” rose by almost 8 p.p., for health care (over 2 p.p.), as old-age security and as a reserve for day-to-day consumption (nearly 2 p.p.). Between 2011 and 2013, there was a marked rise in savings above all as a rainy day reserve (nearly 8 p.p.) and for health care (almost 2 p.p.).
27. Since 2000, the share of households with rainy day reserves against misfortune fell from 79% to 67%, though in 2011 it was even less at 60%. There was also a fall in savings as security for old age (from 47% to 35%) household redecorations (from 38% to 26%) and healthcare (from 45% to 27%).
  28. In February/March 2013, almost 37% of studied households declared they borrowed. The value of the borrowings most often exceeded that of annual income at over 28% of households. The share of households with loans fell markedly by almost 8 p.p. between March 2009 and March 2013, and in the last two years the percentage with borrowings fell by over 4 p.p. In the last three months, households most frequently spent between 10 and 20% of their monthly income on debt servicing (over 37% of total indebted households), and the next largest group up to 10%. Only 3% spent over 50% of income on debt repayment.
  29. The source of external financing for almost 88% of households were the banks and for over 8% agencies loans repayable in installments. Only not quite 6% were in debt to private persons. Between March 2009 and March 2013, the share of households with bank loans fell by almost 3 p.p., while at the same time the share with financing from other institutions rose by the same amount and loans from private persons increased by almost 2 p.p.
  30. Compared to the turn of the century, the share of households with loans with bank loans increased from 73% to 92 %, and borrowing with other institutions and private persons fell.
  31. Over 35% of studied households took loans to purchase durable goods, 31% for household redecorations, and over 23% to buy a house of flat. Between March 2009 and March 2013, we observed relatively the largest share of households taking loans to service earlier debts, acquire houses or flats (over 2 p.p.). In the last two years, there was a marked rise in borrowing only to buy a house or flat (over 2 p.p.) and pay off earlier health care debts (over 1 p.p.).
  32. In the last 13 years, healthcare, fixed costs and purchase of durables were ever less frequently financed by loans, which were increasingly dedicated to purchase of a house or flat.
  33. In their assessment of their changing material wealth in February/March 2013, over 53% of households reported that compared to two years previously there had been no changed and over 38% that it had worsened. Compared to reports from March 2011 the percentage of households assessing changes positively fell by nearly 3 p.p., with a rise in the share of households rating these changes negatively by almost 8 p.p.
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34. Almost 4% of studied households did not live independently in February/March 2013. This percentage rose by almost 2.5 p.p. between March 2009 and March 2013, though over the last two years this did not change noticeably. The average per capita living space in February/March 2013 was over 31m<sup>2</sup>, and there had been no significant change to the situation in 2009 in this respect.
  35. Of all the equipment and installations included in the study, in February/March 2013, the most widespread was running water, which only 2.9% of households were not equipped. At the same time, we have observed a rise in the share of households with the full range of goods taken into account in the study over the last four years. It should also be noted that there has been a rise in the share of households connected to the gas mains, with a corresponding fall in those using gas canisters. In the last two years there was also an insignificant rise in fully equipped households, with a significant increase in those with hot water on tap (over 2 p.p.) and access to the water mains and sewage system (by 1 p.p.).
  36. Analysis of housing conditions in whole samples in 2000-2013 and 2000-2013 shows a fall in the percentage of households without running water from 5.5% to 2.9%, flushing lavatory (from 11.2% to 3.9%), bathroom with tub and shower (from 13.8% to 5.3%) and hot running water (from 29.6% to 20.5%).
  37. Households most frequently were equipped with central heating, whether common or individual, in February/March 2013 at nearly 45% and around 42%, while around 12% were still heated by wood or coal-fired heaters. However, in the last four years there has been a marked fall (over 1 p.p.) in households using coal or wood-fired heaters in favour of central heating.
  38. In February/March 2013, over 7% of households were in rent-arrears and nearly 5% were behind with their gas and electricity bills. The share of households in rent arrears did not fall to a significant extent in 2009-2013, while gas and electricity late-payment went up slightly. 3.5% of households were late with their mortgage payments Most often late mortgage payments occurred in the unearned income (nearly 17%) group and among incomplete family (almost 9%) household groups. In 2009-2013, there was a marked rise in the share of households in arrears with their mortgage payments.

39. The vast majority of studied households (over 81%) in March 2013 believed that their housing conditions had not changed compared to March 2011. Almost 8% claimed they had deteriorated and over 11% said they had improved. Compared to March 2011, the share of households formulating a positive opinion increased by over 1 p.p.
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40. The National Bank of Poland had the highest trust rating of all public and private financial institutions.
41. Second in terms of trust were the commercial banks. The public ZUS (the Social Insurance Institution) was trusted more than privately managed the Open Pension Funds (OFE).
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42. Compared to 2011, 0-6 year-old children's access to institutional care increased in 2013 in all place of residence classes, especially in middle and small towns (from 200,000 to 500,000 and from 100,000 to 200,000, and below 20,000 residents).
43. There is little territorial differentiation in access to education for 7 to 19-year-olds.
44. The general fall in the share of 20 to 24-year-olds who continue in education in the smallest towns of below 20,000 residents and in rural areas, and the rise in educational activity of the residents of middle and large towns of over 100,000 has contributed to an increase in the already significant territorial differences in the demand for educational services, contrary to the changes observed in 2011.
45. In 2013, 20 to 24-year-old women in towns used educational services more often than in 2011, as opposed to those in rural areas, which widened territorial differences in demand for educational services for women. The share of men in towns using school and post-school educational services fell in relation to 2011.
46. The general fall in the share of 25-29 year-olds using educational services stems above all from a worsening of the indicators for towns of over 200,000 residents, while in the other town types a small increase was noted, which is a reverse of the tendency observed in 2011. The territorial differences in this group's educational activity were maintained, especially in relation to the towns versus rural areas, while the mutual relations between towns changed to the disadvantage of the largest.
47. In 2013, 25-29 year-olds of both sexes used educational services less frequently than in the previous three study rounds. The tendency to the disadvantage of men remained, as did the growth of the territorial disproportion among women. The urban/rural disproportion is also large, though smaller than for women and smaller than in previous rounds of study. The largest and smallest towns were worst for men and the middle-sized towns for women.
48. The educational attainments activity among 30-39-year-olds remains very low despite a slight improvement. There remains a lack of interest in educational services among the over-39s.
49. The process of adults' qualification raising is determined by age, gender, place of residence, educational level and labour-market status.
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50. Human capital in Poland has shown systematic and significant growth. In 2007, its indicator was 41.72, in 2009 43.67, 45.13 in 2011 and 45.68 in 2013.
51. Human capital falls with age - 15-34 year-olds have the largest reserves and the over-45s the smallest. Over the years the distance between those of sedentary age and the 35-44 year group has grown, while the latter have reduced the gap to the rest. Taking gender into consideration shows that in all study rounds from 2007, women, among the 15-34 and 35-44 year-old groups were characterised by higher levels of human capital, while this was the case for men over 45. This is probably the result of women spending more time in formal education and their higher scholastic indicator at university level. The higher level of human capital of men over 45 could be due to both differences in education to the disadvantage of women in that age group, and that they withdraw from the labour market sooner than men, therefore losing contact with innovation as required by the labour market relatively sooner.
52. The correlation pattern of human capital concentration with class of place of residence has been sustained. There is a marked fall the smaller the size of locality. Best equipped with human capital are the residents of the largest towns, while those in rural areas fare the worst, though, relatively speaking, they showed the greatest improvement in human capital level in 2007-2013. There has also been a rising tendency in other residence classes.
53. The professionally active are better equipped with human capital than inactive labour, and those in work have higher levels than the professionally active. The distance between active and inactive labour has increased. Professional activity supports the level of human capital as well as the gaining of new skills. Remaining outside the labour market tends to lead to a gradual decline in skills and expertise and a fall in human capital, which may be an obstacle to getting out of inactive labour status.
54. Women have the higher social capital among the employed and the unemployed, while this is the case for men in the inactive labour category.

55. There are three distinct groups in terms of labour market status and level of human capital ..... Sorting by falling indicator values shows that students have the highest capital level followed by public-sector workers then private entrepreneurs and private-sector workers (capital level in that order), the next group with a much lower capital level were the unemployed as well as other inactive labour, Retirees, those receiving welfare benefits and farmers, who were the least well equipped with human capital. There has been a relative improvement in the unemployed and other inactive labour groups, as well as that of farmers though to a far lesser degree.
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56. The vast majority of households in February/March 2013 wanted their children to complete their education at Master's level at over 70%. However almost 18% of households were satisfied with vocational qualifications and nearly 13% with a vocational bachelor's degree or equivalent.
57. Most often households were forced, in the school year 2012/2013, to forego children's additional lessons and activities at over 15% and 12% respectively. Least often, households changed to cheaper schools (1.4% of households with children of school age). Between 2009 and 2013, we have seen a marked rise dropouts for financial reasons only in terms of additional activities undertaken (of over 1 p.p.). There have been no marked changes in the frequency of dropouts and spending limitations in children's' education.
58. Over 78% of households in February/March 2013 believed that the level at which they satisfied their children's' educational needs had not changed compared to two years' previously, over 16% noted deterioration and more than 5% an improvement. Compared to 2011 household ratings of educational need satisfaction showed no marked change.
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59. 17% of studied households declared in March 2013 that for financial reasons they had to forego, in the last year, a trip to the theatre, opera, operetta, philharmonic or concert, 20% the cinema, and over 17% from going to a museum or exhibition. In 2013 compared to 2007, the scale of households' financial difficulties in participating in the selected forms of cultural activity were markedly reduced, though the share of households not interested in these forms of participation in cultural event (from 1/2 to around 40%) hardly changed at all.
60. Almost 18% of studied households were forced in the last year to give up buying books for financial reasons, and 17% from purchasing the press. Compared to 2007, these are much smaller numbers, though the share not interested in buying books (from 13% to 18%) or the press (from 6.5% to 7.5%) remained at the same level.
61. There is a musical instrument in every sixth household though in over a quarter none of the residents play it.
62. Only 40% of households bought a book other than a textbook or instructions in the last year, whether in paper or electronic form (on average 9).
63. In 2013, over 13% of households declared they have no library. In the last six years there was a rise in such households from 10.1%. Only 5% declared a collection of over 500 books (5.9% in 2007).
64. Most often, households assessed that the level of satisfaction of needs for cultural events did not change in the last two years (almost 78% of households). However, almost 18% of households claimed that their situation had worsened in this respect, and only 5% that it had improved. Compared to March 2011, the share of households negatively assessing changes their cultural event needs satisfaction increased by almost 2 p.p.
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65. The percentage of households forced to abandon their holiday trip plans for financial reasons was at around 38% in the case of group trips for children and almost 47% for adults. However, we have observed a marked improvement in this area since 2009. The fall in abandoned trips of this kind was over 2 p.p. for family holidays and almost 2 p.p. for all other trips. In the last two years, there was however a significant drop in the need to give up a holiday for financial reasons for adults and families (over 2 p.p. and over 1 p.p.).
66. Households did not feel the need to call off adults planned trips (almost 31%) most seldom, and most often the planned trips of children's groups (almost 78%). In the last four years there was a marked rise in the lack of the need to take any of the selected forms of trip - almost 5 p.p. in the case of children's' groups, over 6 p.p. in the case of family trips and by almost 2 p.p. in the case of adult travel. Also, in the last two years, we have also noted a similar falling tendency in interest in holiday trips. This lack of interest in children's group trips increased by almost 3 p.p., adult trips by almost 2 p.p. and family trips by over 2 p.p.
67. Almost 72% of households reported that their need satisfaction for rest and recreation in 2013 did not change compared to two years previously. At the same time almost 26% indicated a worsening of the situation and only not quite 35 in its improvement. In relation to the ratings of change formulated in 2011 younger people are twice as likely to do some kind of sport than the elderly (chart 6.4.5).
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68. According to households' declarations, in February/March 2013 over 92% visited national health service clinics financed by the National

- Health Fund (NFZ), while at the same time 51% used other paid clinics and only just over 7% took advantage of a subscription paid for by an employee. Between 2009 and 2013, the share of households using healthcare paid by employers who had bought subscriptions rose slightly, though within the margin of statistical error (nearly 1.1 p.p.).
69. On average the households that noted the most healthcare spending used outpatient services (582 zł), purchased medicine (423 zł), gave "presents" to gain better and faster services (e.g. more doctor's interest in patient's problems, concern for health in general, choice of surgeon or hospital supervisor etc.) cost on average 287 zł. The average payment in public hospitals did not exceed 250 zł, and the amount of a sincere proof of gratitude once treatment was complete was on average 119 zł. Compared to earlier periods real spending only increased on outpatient diagnosis and treatment. Other spending fell in real terms.
  70. In the year previous to the study, household had to abandon purchase of medicine or treatment due to a lack of money in the following areas: health spa trip (almost 29%), false teeth (over 24%) and dental care (over 22% of households). In recent years the share of households forced to abandon these kinds of plans did not rise significantly for any healthcare service. There was however a marked fall in abandonments in the case of medicine purchase, trips to health spas and dental prosthetics (over 4%, nearly 4% and over 3 p.p. respectively). Between 2011 and 2013, the share of households forced to abandon plans, for financial reasons, to visit health spas or realize prescriptions and buy medicines fell by 3 and almost 2 p.p. At the same time, there was no rise in share forced to abandon plans in the remaining healthcare services.
  71. In the year preceding the survey, households most often abandoned plans, for financial reasons, to buy medicine (17%), dental care (over 16%) and doctor's services (almost 14% of households). Between 2007 and 2013, the percentage of financially motivated resignations fell significantly in the case of prescription realizations, dental care, dental prosthetics and trips to sanatoria.
  72. In February/March 2013, households most often declared that the satisfaction of their healthcare needs did not change compared to 2011 at around 70%. Negative assessments of these changes were at almost 28%, while only just over 2% gave positive ratings. The share of negative changes rose by over 3 p.p. in relation to the negative changes from 2011.
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73. Registered unemployed that also fulfil BAEL criteria continue to make up around 60% of all out of work. The inflow of new „more active” unemployed as a result of the economic slowdown has meant that those not interested in working made up a smaller share of the total registered and a larger share those that were in work despite being registered..
  74. If we remove those not actively seeking work from that of the total registered unemployed, as well as those not prepared to take it up and have monthly net income no less than 1200 zł, the level of unemployment falls from 13.9% to 8.6% of those of working age. However, if we include the factually unemployed but unregistered (the so called hidden unemployed) the indicator rises to 10.3%.
  75. There is a mutual relationship between job losses on the one hand, and certain individual features on the other (e.g. psychological well-being, social relations, coping strategies and earnings level). Job loss lowers psychological well-being, worsens social relations, weakens the ability to cope with life's problems and, especially, lowers incomes. Also however, more at risk of job loss are those with a lower sense of well-being, more rarely applying task-based coping strategy, those who have worse social relation and the lower earners.
  76. The rise in unemployment between 2011 and 2013 was relatively not so painful for households because the share of those worst off, that is those from which the unemployed originated, shrank again and there were no people hitherto working in the rise observed.
  77. The continuation of the rise in employed specialists is a result not only of a growing demand for higher qualified labour, but also from an increasing supply of the highly qualified (including the entrance of the relatively well-educated 1980s baby-boom generation). In this context, the worsening of the labour market situation in 2009-2011 caused higher unemployment among those who had hitherto been employed as specialists and managers.
  78. Around 44% of job seekers are not unemployed but either in work or only temporarily of inactive labour status. In recent years, the share of employed job seekers increased to 6% of all those in work.
  79. Those working on the basis of agreements other than temporary, open-ended full-time and entrepreneurs are marginal, and among the 18-24 year-olds also do not make up the majority.
  80. Temporary agreements are most widespread among the under-25s (around 44%), as it the case with 25-35 year-olds. 11% of 25-35 year-olds are self-employed.
  81. Analysis of stable employment opportunities of persons working on temporary agreements indicates that their chances of finding more stable work are far better than that of the unemployed or working on civil law contracts. However, due to

- the economic slowdown, the probability of finding a stable job decreased in 2011-2013 compared to the previous two years.
82. The rise in 45-59 year-olds' labour force activity unprecedented since 1989 was mainly a result of the reduction of the opportunities to leave the labour market... People who had already received pensions or welfare benefits rarely returned to work. The relatively limited effect of the unemployment rate in 2011 on the prospects of finding work is at least partially responsible for the increase in activity of the pre-retirement group. The increase in unemployment in the year 2013 meant the increasing risk of unemployment for significant percentage of persons in pre-retirement age still in the labour market.
  83. In 2013, respondents best rated further institutional changes easing the reconciliation of child-care with professional work including possible flexibility of work time including also the opportunity to work from home, activity improving childcare for the under-7s and higher wages. For the first time a lengthening of paid maternity leave was not included in the list of most preferred solutions, which is probably a result of the introduction of longer maternity and parental leave periods in that year.
  84. Between 2011 and 2013, after a fall in the previous study, the influence of economic factors on returns from economic emigration to Western Europe once again started to rise, and the majority were forced in character. There has also been a rise in persons declaring the return temporary – in 2013 it made up 14% of all returning migrants.
  85. The years 2005-2007 were key as far as emigration experience gaining was concerned as 10% of 25-34 year-olds declare that was when they gained travel experience abroad. In following years, travel was no longer so popular, though it still continues, especially among 25-44 year-olds with middle or vocational education and from small and middle-sized towns.
  86. The situation of returning work migrants is highly determined by gender. Returning persons are usually more active on the labour market than non-migrants, but it is only the men who work more often and set up companies. Among returning women, unemployment is almost double that for all women.
  87. Compared to 2011, the share of persons planning to travel abroad in search of work among both the employed and unemployed increased whatever their educational attainment. Among those planning to travel, the most popular destination was Germany.
  88. Merely 9.6% of the over-25s took part in any qualification or skills raising activities in 2009-2011, whether professional or any other, which was slightly less than in previous rounds of study.
  89. Analysis of the structure of people who declared such activity indicates the high and sustained selectivity of the education process mainly in terms of age, educational attainment and place of residence.
  89. Typically, the person engaged in any kind of activity related to raising their level of professional qualification or other skills still has higher education, is still 25-34 years old, lives in a large city and is more likely to be a woman than a man.
  90. Between 2011-2013, qualification or skills rising by the over 25s usually took the form of employer funded courses at around 42%. Around 15-16% indicated schools or universities (not including doctorates and other postgraduate studies). Participants paid for their own training (11.1%) somewhat less frequently than in the previous round of study. However, the share of people who took European Social Fund co-financed courses increased (8.4%). The share of respondents indicating other skills raising like learning how to drive did not change at around 7-8%, and merely 4% to part in Labour Fund (Fundusz Pracy) financed courses.
  91. Of those not professionally engaged in 2011-2013, that is the unemployed and the inactive, merely around 4.5% indicated a lack of qualifications required by employers, of whom the majority were women (around 54.4%).
  92. Among the unemployed due to a lack of required qualifications, a decisive majority had education no higher than basic vocational and resided in rural areas or in small or middle-sized towns. Most were younger than 30, and most had not acted to reduce their human capital deficit and raise their professional skills in any way at all.
  93. Among the basic causes of remaining out of work, the most significant were linked to age at 20% of answers and retirement among the most elderly (41%). Also health was as usual often indicated (13%), as were difficulties locating sources of work (17.6%). The remaining causes were only indicated by a few respondents, with the rank of the various reasons varying with gender and age group.
  94. Respondents out of professional work were additionally asked about the conditions that would persuade them to take up work in Poland. Over half who were out of work throughout 2011-2013 did not want to work, a result somewhat lower than in for 2007-2011. Around 19% indicated reasons other than those in the questionnaire. Among the remaining conditions for taking up work, the possibility of part-time and flexible time employment were relatively often mentioned (11-13%), less frequently indicated was the chance to work from home.
  95. Results of job-market dynamics analysis, assessed on the basis of flows between defined job market

states for 2011-2013 indicated that qualification raising is important for the activation of the inactive labour. However, participation in qualification raising did not increase the chances of the unemployed finding work in 2011-2013. The chances of remaining in employment remained very high and relatively similar for both compared groups – the educationally active and those who did not make the effort to raise their qualifications. Labour market dynamics are determined by gender.

96. Between 2011 and 2013, the incomes of the employed educationally active and inactive remain clearly different to the advantage of the active despite the negative trend for the personal earnings of the educationally active. The gap between the average incomes of the active and inactive on the labour market narrowed compared to the previous period of study. There are differences in the distribution and dynamics of incomes for both groups among men and women. The effect of education on the improvement of income is smaller for working women than it is for men.
97. The results of educational process model analysis confirm its high selectivity for the over-25s. Young, well-educated, high-earning, professionally active people resident in large urban agglomerations are also the educationally active.
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98. The continued growth in rating of life up to now was confirmed. Currently this is higher than at any time in the whole study period, and over twice that of the worst in this respect year 1993. It is also worth emphasising that since 1994, the rise in assessment has been unusually steady.
99. Also two indicators of will to live (lack of suicidal tendencies and desire for life), the most important aspect of psychological well-being, are at the highest levels in the whole period since 1991.
100. The frequency of depression symptoms remained at the level of 2011 and is the lowest for the whole analysed period.
101. The sense of happiness has also risen in relation to earlier years to 80.3% of respondents, and is the best result since the beginning of measurement. Since 2003, the share of unhappy persons fell almost threefold from 4.5% to 1.6%.
102. Despite the sustained high level and even rise of certain indicators of general well-being, there are visible signs of crisis in terms of satisfaction criteria. There was a fall noted in 12 of the 16 criteria compared to 2011, while there was growth in none. Satisfaction with future prospects fell most, as did with the country's condition, sex life and work. Also satisfaction with place of residence fell. Like two years ago, most satisfied with their place of residence were Gdynia (38%), and least Częstochowa (3%), Kielce (4.5%) and Bydgoszcz (4.6%).
103. Age was most important factor explaining general psychological wellbeing of the Poles was, as in the previous study, age. The older a person, the worse the psychological condition, especially as far as symptoms of maladjustment (depression) are concerned. Second in terms of importance for general psychological well-being is marriage, which together with number of friends (fifth), can be treated as a single indicator of social support. In third place, also similar to two years ago, was alcohol abuse, and fourth was income.
104. Like two years ago eudaemonists, or the seekers of sense in life, were clearly more numerous (41.2%) than hedonists (21.3%), who are geared to the maximisation of pleasure. The hedonistic approach to gaining happiness does not favour its attainment. The better path is the orientation to realise aims and lead a meaningful life as eudaemonists have, in many respects, a more successful time of it than hedonists.
105. This year's study once again confirms the accuracy of the main hypothesis resulting from the onion theory of happiness. Positive changes in psychological well-being are decided almost exclusively by an internal adaptive mechanism (the "happiness attractor"), which acts most effectively at the deepest level, which is the will to live. A fall in well-being, especially at the most superficial level of satisfaction criteria, is on the other hand the result of negative life changes.
106. The happier fare better in life as it is more the case that happiness brings money more than money happiness. The happy have a greater chance of finding a steady partner and starting a family.
107. Levels of psychological well-being determine the chances of divorce in future years.
108. Psychological wellbeing increases as the date of a wedding approaches, then drops fast to the level of the period many years before the wedding. In other words there is an almost perfect asymmetry of well-being change before and after a getting married. Therefore, even though the married are happier than those living alone, it is not getting married that makes them happy in the long run. Naturally happy people simply have better chances of finding a partner.
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109. Average declared personal monthly net income was 1880 zł in the last quarter of 2013, and was somewhat smaller in the panel sample at 1181 zł. In relation to data from 2011, it rose nominally by 4.4 p.p. in the whole sample while falling by 1 per cent in real terms, and in the panel sample it rose nominally by 4.9% though fell by 0.5 %.
110. Households expected their incomes would rise by on average 43% over the next two years, with expectations at 48% two years ago.

111. In 2011-2013, personal incomes were over  $\frac{1}{3}$  lower than households expected in 2011, and this difference was greater than before to a marked degree even though optimism of expectation was already weaker than in 2009. School and university students, the youngest, the unemployed, entrepreneurs and other inactive labour most exaggerated with their optimism at 168%, 86%, 164%, 67% and 94% respectively. The greatest realists turned out to be the elderly and pensioners (error no more than 10%), and generally these were the groups that had already completed their professional career.
112. A Bachelor's degree yields five times less on education investment than a Master's, and a PhD increases that rate of return by a further 80%. In the last two years, the rate of return has increased to a marked extent only for Doctor's studies. A Bachelor's degree has become twice as unattractive in financial terms, as clearly the Polish industrial/mining industry is no longer capable of absorbing graduates with Bachelor's degrees in accordance with their competences, some of whom have to accept simpler, less well-paid jobs with lower earnings than middle school graduates.
113. Public-sector workers gain less from their higher education degrees than those in the private sector. There is an especially large discrepancy here for Master's degrees, as there is in the case of men with Doctorates. Only women with Doctorates are appreciated more by the public sector than the private.
114. Different disciplines offer differing yields on investment. In recent years there have been marked changes in this area, with currently the best performers being the law and medicine with agricultural studies the weakest.
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115. The Poles are enjoying ever better health. The incidence of physical symptoms fell to their lowest ever levels (since 1996). The share of respondents reporting specific symptoms for at least two weeks fell in the last two years across the whole scale with the exception of very rare cases of tremors/trembling.
116. One health risk factor is excessive weight measured by BMI, and in the context of other selected countries, Poland does not come out all that badly in this respect. USA and Germany have the most overweight people and Switzerland and Rumania have the least. Compared to Poland, there are more overweight people in the Czech Republic and fewer Spain. The BMI effect is most strongly associated with circulatory conditions (sudden peaks in blood-pressure) as might be expected.
117. Another risk factor is smoking, which is also associated with many health issues though to a lesser extent than excessive weight.
118. Alcohol abuse is a risk factor in terms of all 17 state of health gauges. It affects subjective assessments of one's own health, and also worsens objective indicators like the incidence of health issues and the likelihood of serious illness.
119. Six out of ten Poles do no form of physical exercise. Most popular is cycling at 20.9%, while for men in second place is football or other team sports (12.2%), while women prefer aerobics.
120. Physical activity has a weaker effect on health than risk factors (excessive weight, smoking and alcohol abuse), however, it definitely does improve health. It is most strongly associated with the subjective indicator satisfaction with one's own health in the case of both men and women who do some kind of sport.
121. The general level of life-stress in 2013 was somewhat higher than two years previously but lower than in earlier studies from 2000.
122. High-incidence of life stress is associated with, firstly, children to support, work, age and entrepreneurship. The factors alleviating life-stress are higher income, good housing conditions, living in rural areas and retirement.
123. Since the mid-90s, the use of task-based strategy to cope with life-stress has been growing more frequent, and in the latest study the use of emotional strategy has fallen compared to previous years.
124. Coping strategies determine psychological well-being level independently of the level of life-stress. Users of task-oriented strategy achieve better well-being indicators compared to those who apply emotional approaches or who give up in the face of trouble, also whatever the level of life-stress. The advantage of task-based strategy, however, grows with the level of life-stress in the case of a majority of well-being indicators.
125. The task-oriented strategy of coping is a buffer mitigating the psychological effects of life-stress; the higher the concentration of stress, the higher the difference in suicidal tendencies between people who apply task-based strategy and those who prefer the emotional strategy.
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126. Since the Transformation, the 90% (!) level of declared feeling of social support (*I feel loved and trusted*) has not changed. Only 20% of respondents feel lonely against their will.
127. For the first time since 2005, the average number of friends fell from 7 to 6. The number of friends is the 5th indicator of psychological well-being after age, marriage, alcohol abuse and income. Friends have an equally large influence on mitigating the effects of psychological life-stress as task-based coping strategy.
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128. The Poles value system is highly stable. However, it is worth noting a marked rise in the importance of work and fall in that of children and a successful marriage in recent years.
129. As Poles quickly become more wealthy, so the frequency of indications of money as one of the three cardinal values falls (by  $\frac{1}{4}$  compared to the year 2000), though in the last two years, no doubt because of the fall in real incomes, money has advanced somewhat in the hierarchy of values. The position of God (providence), with a corresponding fall in the frequency of religious practice, is systematically receding in the value system.
130. Health, like in all previous years, is most often indicated as a cardinal value by 65% of respondents, followed by a successful marriage (a slight fall), children (also a fall) and work. Freedom and liberty, a strong character education, kindness and peer respect were indicated the least frequently.
131. It is possible to predict certain life events that depend on individuals' decisions by value system. These include: getting married, divorce and childbirth. Important life events also cause changes in value systems, e.g. weddings increase the significance of a successful marriage, while divorces reduce it. The birth of a child raises the position of children and loss of money reduces its value system ranking.
132. Materialistically minded people tend to assess their whole life up to now in more negative terms, are less happy and have suicidal tendencies more often. However, shopaholics has the opposite effect and acts positively on all well-being indicator readings.
133. Television is the main medium connecting Poles to the rest of the world. In the last 17 years viewing has increased significantly to one third of adults who spend 3 hours or more per day watching television. People out of work (retirees and welfare benefit receivers, the unemployed and housewives) devote much more viewing time than those in employment. The more elderly spend more time watching than the younger, and the higher the educational attainment, the less time is spent watching television.
134. The relation between psychological and physical well-being and television watching time with control for age and gender is not linear, as among both non-watchers and those watching many hours a day there is a higher percentage of unhappy people who are dissatisfied with life, are unhappy with their health and suffer from chronic physical illness or depression than in the group of "moderate" viewers. However, the relation between time spent watching television and BMI indicator score is linear with the overweight declaring the longest watching time.
135. The more time spent watching television, the less trust there is in other people and the lower the level of social capital.
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136. 80% of Poles (1 p.p. less than in 2011) rate the past year a success.
137. Poles perceive an ever-weaker relation between their prosperity (whether the past year was a success) and the activity of the authorities, largely ascribing it to themselves if the past year was rated as successful. The share of respondents who blamed the authorities for an unsuccessful year rose slightly in the last two years.
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138. In 2013, 41.4% of adults declared systematic participation in church services and other religious ceremonies. This is over 1 p.p. fewer than in 2011, is the lowest result since 1992 and over 9 p.p. less than in 2000.
139. Up to 2005, the fall in participation in church services was combined in a rise in the share of those who resorted to prayer in difficult life situations. In other words, Poles attended church less but prayed more, suggesting a deinstitutionalisation (privatisation) of faith, fitting in with the process of religious behaviour individualisation observed in the West and a fall in the position of institutionalised religious forms in the relation between human beings and God. However, since 2007, this falling trend in institutionalised religious behaviour has also been accompanied by a fall in the frequency of prayer in difficult life situations, and this trend has deepened in successive studies. This may mean that the process of faith-privatisation has been succeeded by the beginning of secularisation.
140. The most religious groups in terms of institutional practice were women, the elderly over 60, residents of rural areas (especially farmers), receivers of welfare benefits and people with a basic education. Those with lowest behavioural indicators of religiousness were men, the age-group up to 44, residents of the largest towns, the best educated and most wealthy, the unemployed, private-sector workers and entrepreneurs.
141. In terms of region, most religious Voivodeships were Podkarpackie, Małopolskie, Opolskie and Lubelskie, where with the exception of Opolskie the majority has been strongly settled for generations, while the least religious are Zachodniopomorskie, Łódzkie Świętokrzyskie and Warmińsko-Mazurskie. Podkarpackie stands out most from the country average, where only 13% declare not going to church and almost 70% takes part in church ceremonies at least 4 times a month. Zachodniopomorskie is at the other end of the scale, with a mere 27% monthly church attendance (there is more than double average attendance difference between these two

- Voivodeships). The largest towns are the least religious, as 50% do not attend church compared to 20% in rural areas.
142. Compared to 2009, the largest rise in the percentage of non-participation in religious services took place among the 35-44 age group, dwellers of middle-sized towns and private sector workers, and in terms of region in Warmińsko-Mazurskie, Wielkopolskie and Lubelskie. There were falls in participation among private entrepreneurs and school and university students and residents of Podlaskie and Łódzkie.
143. Institutionalised religious practice is linked to higher levels of psychological well-being whatever the gender or age, mitigating also the effects of life-stress on psychological wellbeing. Furthermore, prayer has a positive influence on well-being as a means of coping with stress, though only among women. Similarly, the choice of God as a cardinal value does not have a positive effect on well-being independent of gender or age. In the case of women, this choice is associated with a lower feeling of happiness and evaluation of one's life up to now while this is the opposite for men. However, in terms of depression, prayer and God as a cardinal value have a very strong negative effect indeed independent of gender and age, the most strongly determining factors of depression symptoms.
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144. Every fourth Pole smokes cigarettes, on average 15 a day. Compared to 1995, the share of smokers has fallen by as much as 12 p.p., and compared to the beginning of the 90s by around 17 p.p.
145. The vast majority of smokers are men, with the middle-aged, the poor, the unemployed private-sector employees and those with basic education making up the numbers. The elderly boast the lowest percentage at 13% of over-65s, pensioners (16%) school and university students (10%), persons with higher education (16%) and women (19%). There was a fall in the percentage of smokers in a clear majority of socio-demographic groups between the year 2000 and 2013, with the most spectacular drops among school and university students (by 43%), entrepreneurs (by 37%), followed by the youngest, public-sector workers, the more highly educated, the 35-44 age-group and in Opolskie and Małopolskie Voivodeships.
146. The share of persons who react to problems by drinking is smaller (3.9% in this study and 3.4% two years ago) than that of those who admit they abuse alcohol (6.7% and 6.8% in the previous study). The percentage of alcohol abusers is the highest since the study began (1991).
147. Men reported that in the previous year they had drunk too much 4 times more than women (six years ago it was nearly six times more often).
- Residents of larger towns definitely abuse alcohol more often than those of small towns and rural areas, and the middle-aged more often than the elderly and the young, the rich and the poor currently more than the middle income drinker, the private entrepreneur somewhat more than their employees (earlier this difference was much greater), the unemployed more than the public-sector workers while school and university students drink more only in relation to pensioners and retirees.
148. In terms of professional group, construction workers are the most affected by alcohol problems at 17%, miners, salespersons, food-processing workers, other labourers and operators of other equipment and machinery, all of which are typically male professions. The smallest percentage is reported among nurses and other health service specialists (with the exception of doctors, who far more often than the average admit to overusing alcohol at 11%).
149. The share of reported narcotics use increased until 2005, and in this study remained at the level of 2011, and is much higher than at the beginning of the study period (an increase over three times that of levels in 1992). Currently, most at-risk are men, school and university students (generally all younger people), large-city dwellers, private-sector workers, the well-off and those living in Pomorskie and Zachodniopomorskie Voivodeships.
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150. Between 1993 and 2003, the number of victims of theft and burglary increased, but that of mugging and violence did not change. Also in the same period, the share of persons accused in criminal cases increased, as did that of civil lawsuits. After 2003, there was a marked fall in the share of theft, mugging and violence victims (by a half) and home or car breaking and entry (over double between 2003 and 2011). This explains the large rise in sense of security over this period as the share of reported satisfaction with security in the place of residence increased from the year 2000 by 50%, which is comparable to the fall in theft, mugging and violence victims.
151. Alcohol abusers are four times more likely to be the perpetrators of aggression, and almost twice as likely to be its victims.
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152. The share of those causing traffic incidents is directly proportional to the level of motorisation in particular groups and highest among the under 34 age-group, large-city dwellers, persons with higher education, the relatively well-off and in employment (with the exception of farmers), and is especially high among private entrepreneurs.
153. Respondents who abuse alcohol more often cause collisions or traffic incidents in the sample of

driving licence holders though only among young rivers up to 34 and the elderly over 60. Gender also has some significance, as women are 30% safer in terms of causing collisions and traffic incidents.

154. Both the percentage of victims, and the perpetrators of criminal acts, is significantly higher among men than among women, is much greater in the younger age-groups than in that of the elderly. In large urban areas, the frequency of experience associated with criminal activity is twice as great as in rural areas.
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155. In 2013, both a general and unambiguous assessment of the post-1989 Polish reforms remains a difficult issue for the studied as 45% could not form a definite opinion on the matter (49% in 2011 and 60% in 1997). Among those prepared to offer a conclusive answer, the view that the reforms were a failure dominates at 54% over the opposite opinion (12%). The same is reported in all social categories: age-groups, broad education level groups, income levels, professions, across all residential class, though is not always equally great. Positive assessments of the reforms are reported more often in large urban areas, among those with higher levels of education and those with higher incomes. However, as we move down the social ladder, the share of undecided or negative opinion on the reforms clearly increases. Only in the elite group of Doctorates do positive assessments 37% slightly exceed the negative at 35%.
156. Assessment of the Reform as successful is accompanied by a subjective perception of improvement in life-situation since 1989. In 2011 (not asked in 2013), respondents who claimed they currently live better than before 1989, yet who also more often rate the Reforms as a failure (30-31%), were in sharp distinction to those who claimed life was better before 1989. The latter hardly ever believed the Reforms were a success at 7%, and were usually of the opposite opinion (60%). Ratings of the Reforms in 2013 were also positively linked to acceptance of democracy as the best form of government, as respondents who rated democracy two and a half times more often than the total reported the Reforms were a success at 28% (the total was 12%).
157. Over the years between 1997 and 2013, there is no tendency allowing the prediction of assessments. However, whether it be a steady improvement or a worsening, negative ratings always occurred a few times more often than the positive. The sustained statistical dominance of the negative assessment of the Reforms over such a long period of has a tendency to gain social dominance and self-perpetuation. A social climate is developing in which a negative opinion of the reforms is taking on the form of political correctness.
158. In 2013, members of organisations, associations, parties, committees, councils, religious groups, unions and circles amounted to 14% of the total studied (15% in 2011). 10% of society takes active part in organizations, with clearly the largest group (24%) active in religious groups. In the last two years, 15% reported activity on behalf of their own social environment as the slow, but systematic, rise in involvement in social initiatives came to a halt. Every sixth respondent (17% compared to 23% in 2011) had attended some kind of public meeting other than for work-purposes. These are basic indicators revealing the low level of development of Polish civil society, and the low level of civil experience and competences. Civil experiences have a tendency to cumulate as members of organisations and socially active participants in public meetings tend to be the same individuals.
159. Civil experience and skills associated with social position were measured by educational level. The higher the education, the more people set up organisations and join existing structures where they perform voluntary functions and the more willing they are to become actively involved in social initiatives. The educated are better organised and express their interests more effectively. They are better able to take advantage of the opportunities created by democracy at the local level.
160. Acceptance of democracy as a political principle does not have significance for participation in civil society at the local level. Civil activity clearly raises trust in other people, but only once the level of middle education is gained. Other factors linked to education have a much greater influence. These may be a greater interest in political matters, a more developed network of social contacts, a lifestyle with more room for activities beyond that of making money, and also organisational skills associated with the knowledge of procedures and the law. The strength of these factors cannot be all that great, as indicators of participation in civil society in Poland are low, so revealed differentiation is not great.
161. In 2013, over 40% of respondents declared that harm to the common good is either of no interest to them at all or is largely of no interest. Poles least care about fare dodgers on public transport and tax evasion. However, indifference to these forms of infringement of the public interest has fallen compared to 2007 and 2009. In the remaining categories we also note a rise in sensitivity to the public good. On the other hand, after twenty years of democracy building, nearly half of the respondents are indifferent to six forms of public good violation.
162. Poland fails to meet a single criterion of civil society. In terms of general trust, it occupies one of the last places among the countries covered in the *European Social Survey* (ESS) 2010. In 2003 and 2005 only 10.5% of Poles agreed with the opinion

- that "most people are trustworthy". In 2007 this was 11.5%, in 2007 and 13.4% in 2009 and 2011 and 12% in 2013. The ESS 2010 reported positive trust levels at 22%, though this was still three times as little as in Denmark, Norway and Finland.
163. According to EES 2010, only 14% of Poles believe the people close to them have good intentions, which is also far more rarely than the representatives of other nations. This figure was 16% in to *Social Diagnosis 2013*.
164. An example of the Poles' low-tolerance levels with respect to minorities is their attitude to homosexuality. Only 11% in EES 2010 and 9% in *Social Diagnosis 2013* definitively agree with the opinion that homosexuals ought to be able to arrange their lives in accordance with their own convictions.
165. *Social Diagnosis* data confirms the relation between social capital as defined according to the indicators we have accepted, and other quality of life parameters.
166. Just like on the international scale, we note a significant relation between social capital, the prosperity of sub regions and larger towns. The average social capital level in 66 sub regions explains 35% of GNP differences. In terms of 43 larger towns, social capital explains 33% of residents' wealth differentiation.
167. Almost  $\frac{2}{3}$  of Poles of 16 and over either cannot find (49%), or has trouble finding (14.4%) a political representative for their own views or interests. Three out of five Poles therefore has no defined political identity. Of those who did find a representative in March-April 2013, 36.6% identified with the right-wing Law and Justice party (Prawo i Sprawiedliwość), 34.8% with the broadly central Civic Platform (Platforma Obywatelska), 9.9% with the left-wing Democratic Left Alliance (Sojusz Lewicy Demokratycznej), 7.7% with the largely agrarian Polish Peasants Party (Polskie Stronnictwo Ludowe), 7.3% with Ruch Palikota (a liberal initiative of a single politician by the name of Janusz Palikot), 2.4% for the right-wing splinter Solidarna Polska and 1.3% for Polska jest Najważniejsza, another right-wing splinter.
168. Respondents with a declared political identity form two large groups made up of a range of individual features, one belonging to Civic Platform and the Democratic Left Alliance, the other to Law and Justice and Peasants Party voters.
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169. The activity of respondents over the age of 60 and above is determined by their life situation and level of physical ability. This falls with age, but there is an observable significant statistical relation between various forms of activity (familial, physical and social) and educational attainment. Older people in religious and social organizations, hobby clubs, residents' committees and universities for the elderly show the highest organizational activity. However, passive pastimes, above all watching television, prevail. The elderly spend on average 60% more time watching TV than younger people. Almost one third of the elderly is satisfied with its family relations, which does not mean that these contacts are limited only to the family. Only 7.3% of the elderly fail to stay in touch with friends and acquaintances.
170. One in four of the elderly is taken care of by domestic co-residents, and also every fourth acts as a carer for another elderly co-resident (usually spouse), and half (mainly those living alone – 86% among them) neither act as a carer, nor are cared for. This does not mean that the elderly living alone do not require care as 30% are registered as disabled (as much as one third of all disabled), of who one in three have a severe disability.
171. 9.4% of the elderly are active in various organizations, which is very similar to the share of the younger groups (9.6%). The greatest activity of the over-60s is in religious, community and hobby groups, residents' committees and elderly-persons' universities.
172. The elderly are twice as less likely to do any kind of sport. Most popular (especially among men) is cycling, which is even more popular than among younger people that do not avoid physical exercise. Nordic walking, with running and jogging, is just as popular with the elderly as with the younger groups.
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173. Poles most frequently report they do not want to have children because of difficult living conditions and uncertainty of employment and future life, high costs of education, poor living conditions and infertility. The latter affects 21% of women and 18% of men who would like to have either a first child or more children (the so-called procreative reserve).
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174. In the first half of 2013, 70% reported ownership of a computer with 67% of households reporting internet access.
175. The number of computers households are equipped with has also risen to almost 31% reporting ownership of more than one unit, and are now more likely to be laptops than desktops. The number of tablets, which are already to be found in over 9% of households, is also rising quickly.
176. The rise in households with a computer and access to the internet is slowing as we observe gradual market saturation.
177. Over half of households report having fixed-link internet access, with 18% of connected households

- using mobile phone services offered by telecommunications operators.
178. Multi-person households more often have computers and internet access, as a result of which 79% of the over-16s have a computer in their own home (a rise of almost 70%) and 76% internet access (5 p.p. fewer two years ago)
  179. Not all households with a computer and internet access actually use these technologies. In 2011, this was 14.9% of over-16 year-old non-users with a computer and an internet link, while by 2013 this figure had increased to over 40% not using the internet.
  180. A key barrier to the spread of computers and the internet is a lack of motivation as well as the appropriate skills. Financial hurdles are important for about 10% of households, while only 1% declare the lack of technical means to have internet access. So, hard barriers like money and infrastructure are ever less important, while the soft, both in terms of mind and skills, variety are coming increasingly to the fore.
  181. Ownership of landline telephones is falling systematically, as only 47% of households reported having one in 2013. Meanwhile, 87% reported ownership of a mobile phone, and over a quarter a smartphone.
  182. The presence of computers and internet in the home is to a great extent determined by family type. Couples bringing up children are significantly more likely to have this technology, while it is definitely rarest in single-person households. Wealth also plays a part, as do size of place of residence and region by to a far lesser extent.
  183. We continue to observe a narrowing of difference between towns and the countryside in terms of internet access. At the same time however, the internet is used by all household members less frequently in rural areas. Differences in income remain large though an ever-smaller share of households report financial reasons as a cause of a lack of access.
  184. The spread of the internet does not completely translate into a fall in interest in television. The share of households equipped with LCD and plasma television sets is increasing faster than that with computers. More households have cable or satellite television than internet access. Though those with internet access spend markedly less time watching television than those who do not, the total time spent watching TV is not changing much, and is even rising among those who do not use the internet.
  185. Computers are currently used by nearly 64% of Poles over 16 years of age. This is almost always combined with use of the internet (63%). Mobile phones are used by over 87%. as the increase in users of these technologies has clearly slowed in recent years.
  186. An ever-greater percentage of internet users have home access at over 95%.
  187. Computer, internet and mobile phone use is unusually strongly determined by different socio-demographic factors, above all age and educational attainment. Most internet users are definitely younger (97% of the 16-24 age-group) and there are very few older people (14% in the 65+ age-group). The net is above all used by those in education (99% of school and university students) and the better educated (91% with a higher education), while only 12% of those with basic education go on-line. Men tend to use these information technologies slightly more often than women, while of great importance is profession and job-market status as the majority of students and those in employment are users while the technologies are least used by pensioners, welfare benefit receivers and farmers. Computer use is also linked to prosperity and size of place of residence. 80% of dwellers in the largest cities and only 53% of the residents of rural areas use these technologies. However, the significance of place of residence is not as great as that of other factors and is falling year to year.
  188. The vast majority of children have a home computer. 95% of primary and secondary school students have one, around 90% have internet access and the majority are brought up using technology from an early age. 82% of 7 year-olds and 91% of 8 year-olds use a home computer.
  189. The increase in the number of internet users is causing marked changes in the structure of the user population. The average age of users is rising, as in 2003, 40% were in the 16-24 age group, while currently this share is twice as small. Ten years ago 16% of users were at least 45 and now this group amounts to 30%. Also, the share of students has shrunk to 13% from 30% in 2003, as has that of big-city dwellers from 21% to 33% over a 10-year period.
  190. Computer and internet skills vary a great deal. Relatively most widespread are the skills associated with internet use, while the situation is much worse as far as more advanced functions are concerned as well as office programme use. As many as 30% of users only use the internet and do not have even the basic skills associated with other uses of computers.
  191. The skills level of the average user is lower than in the previous study, which stems from the generally very low competences of new internet users and a lack of new skills acquisition by current users. The competence level very much depends on socio-demographic functions. Users from groups with proportionally greater numbers of users also have higher levels of internet-use skill.

192. The forms and distribution of internet use are similar to previous years. As in the case of skills, also the frequency of use is higher in the groups with a larger proportion of users, so among younger people, students, the better educated and residents of larger towns and cities.
193. Internet users are much more likely to participate actively in the arts and cultural events than those who are not. Also, there is clearly a larger proportion of the socially active more involved in the local community and in organizations and associations.
194. Internet users are not only much more likely to be in employment than those who do not, but also, comparison of the employed shows that users take up better paid work significantly more often, as do they raise their qualifications and skills in order to improve their earnings and so are promoted more often. Internet users also start their own companies much more frequently, and use is linked to much better job-security and chances of finding work in the event of unemployment.
195. The ever more widespread nature of information technology use, the improvement of its effectiveness and ever greater penetration of everyday life at all levels - in education, work and access to information and knowledge means that those who do not use the internet are to an ever greater extent at risk of social exclusion. The scale of cyber-exclusion in Poland is not being reduced.
196. Extreme poverty (in terms of the objective point of view) was not of a permanent nature in the majority of households in the last two rounds of study. Only 2.1% of households found themselves in extreme poverty in both years of study. However, of the 4.1% affected in March 2011, as much as 49% were still in extreme poverty in March 2013. 84% of households in a state of hardship in March 2011 were still there in March 2013, which shows that hardship was permanent in character for most of the affected households in the period of study. Around 5.2% of households moved out of the sphere of extreme poverty between March 2011 and March 2012. So, in the last two years there was a net increase in the number of households in extreme poverty as 3.13% entered and 2.09% exited, with the same pattern noted also for the hardship sphere. Here, as many as nearly 21.5% of households moved out of hardship. The income situation of over 5% improved in March 2013 compared to March 2011 enough for exit from hardship. However, 11% of households fell into hardship as a result of deterioration in their income situation over the same period.
197. The household groups at highest risk of poverty of income are those living on unearned sources of income retirement pension and forms of disability support. The strongest poverty-risk determinant is the household head's educational attainment – the lower the level, the higher the risk. However, when the household head has middle education, the household poverty risk is higher than with a household head of a basic profession education. Households with unemployed members run a markedly higher risk of falling into poverty, as do those with handicapped members, though this effect is relatively smaller than that in the case of the unemployed. The number of household members also significantly acts to raise the risk of poverty, with the exception of 2-member households.
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198. The level of sense of discrimination in Poland is still not high, though compared to the mid-90s, it has risen three-fold. Currently, 1.8% of adult Poles feel discriminated against for whatever reason.
199. A lack of a sense of discrimination does not mean a lack of discrimination per se. For example, women suffer discrimination in terms of income, as their average declared income is 25% lower like in 2009 and 2011. This difference is not a function of differences in profession. With the exception of welfare benefit receivers, the income gap is the same or similar to the total with control for education level and age. Also in terms of specific professional groups of relatively equal competences, duties and job-titles, income differences between women and men remain though fall to 19-20%.
200. However, women do not feel discriminated against more often than men and in 2005 and 2011, the share of men reporting a subjective sense of discrimination was even greater (in the remaining years the differences were not statistically significant. If we consider only the employed and compare men and women with the same career-length and educational attainment, we do not detect a greater sense of discrimination among women.
201. Educational attainment and age affects sense of discrimination by gender. In so far as men feel more discriminated against as middle-school graduates, it is the best and least well-educated women who report most feelings of discrimination.
202. Objective social disability of the disabled has a moderate effect on their feeling of being discriminated against, with of basic importance being the level of disability. In the severe disability group, the indicator of subjective discrimination is almost twice as high as in the group with a light degree of disability.
203. Absolutely most often a sense of discrimination is reported by the victims and perpetrators of criminal acts, alcohol or narcotics abusers and those in psychiatric and psychological therapy (between 2 and 5 times more often than in the population as a whole).
204. An analysis of the potential risk factors of social exclusion (age, disability, loneliness, low

education level, rural residence, drug or alcohol dependency, conflict with the law, sense of discrimination, poverty and unemployment) reveals four separate categories of exclusion: physical (age and disability related), structural (low cultural capital and rural residence), normative (social issues and pathologies) and material (unemployment and poverty).

205. Since the beginning of study on social exclusion, poverty and unemployment were treated as the main barriers preventing full participation in social life. These groups also received the most attention in the assumption that fighting unemployment and poverty ought to make up the main aim of social reintegration policy. However, the fact is that material exclusion is one of four separate exclusion types in Poland today implies the necessity of differentiating integration policy to cover these other forms of exclusion whatever the labour-market situation and material living conditions, requiring separate instruments addressed to the less-well educated, rural residents, alcohol and narcotics abusers and those in conflict with the law.
206. The largest share of Poles aged 16 or more at risk of exclusion are in the structural and physical categories at nearly 23% and 10.5% respectively, though of those who are actually excluded, the majority are in the material group (7.4% compared to 5% physical, 1.3% structural and 4.6% normative).