

Women's subjective well-being: a micro-level analysis for Poland and Lithuania

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INTRODUCTION & AIM

Subjective well-being (SWB) is central to understanding how modern societies function, especially as they aim for general well-being for their populations.

SWB is becoming an explicit objective of international organizations (WHO, Eurofound) and of the European Union, especially for social policy.

Territorial / local dimension matters (the experience of SWB for people living in rural vs urban areas, or other subregions, may vary by gender) – micro-level reflection.

The aim of the research was to determine the level of subjective well-being of women at the local level and to identify socio-economic factors related to the subjective well-being of women.

METHOD

The research data are based on using **European Social Survey ESS data from round 10 (2021) and 4 (2008)**; Using data sources like the ESS, allows for comparable measures across countries and over time.

SWB representing questions:

1. All things considered, how satisfied are you with your life as a whole nowadays? (0 means extremely dissatisfied and 10 means extremely satisfied).
2. Taking all things together, how happy would you say you are? (0 means extremely unhappy and 10 means extremely happy).
3. Subjective health (1 means very good, 2 - good, 3 - fair, 4 - bad, 5 - very bad).

Used methods: descriptive statistics and comparison method, correlation analysis and multiple linear regression.



Which of the following phrases best describes the area where you live?

- A big city
- The suburbs or outskirts of a big city
- A town or a small city
- A country village
- A farm or home in the countryside

RESULTS & DISCUSSION

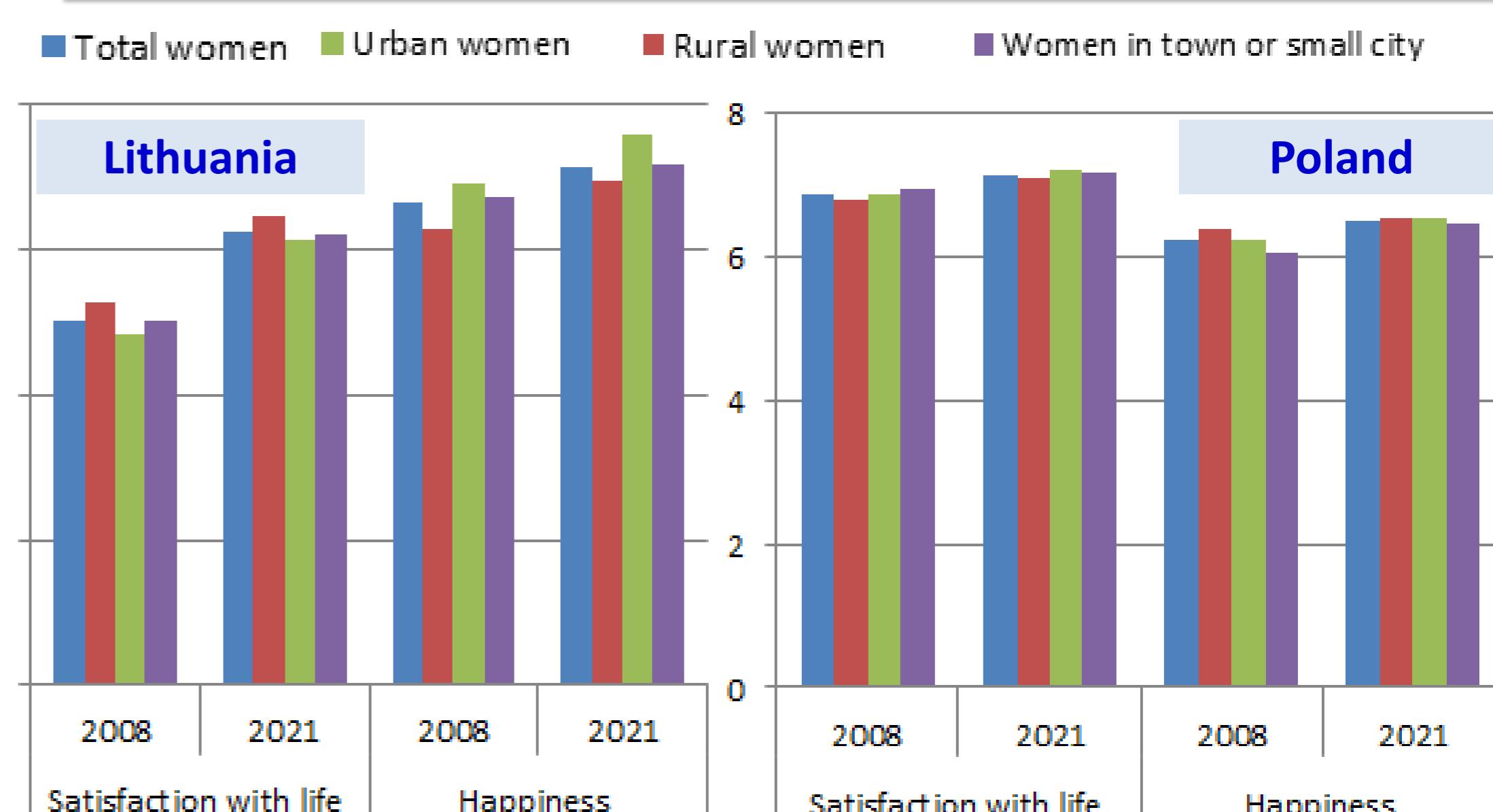


Fig. 1. Women SWB in Poland and Lithuania by rounds and territorial units (mean) (made by authors)

| Indicators | How satisfied with life as a whole | Subjective general health | Relationship with husband/wife/partner currently living with | Highest level of education | Age | Territorial unit | Total net household income |
|------------------|------------------------------------|---------------------------|--|----------------------------|---------|------------------|----------------------------|
| POLAND | | | | | | | |
| Spearman's rho | 1 | -.337** | -.077 | .079* | .018 | .045 | .124** |
| Sig. (2-tailed) | | <.001 | .058 | .012 | .570 | .156 | <.001 |
| N | 1053 | 1046 | 606 | 1018 | 1004 | 1012 | 772 |
| LITHUANIA | | | | | | | |
| Spearman's rho | 1 | -.293** | -.135** | .152** | -.110** | -.091** | .255** |
| Sig. (2-tailed) | | <.001 | .003 | <.001 | <.001 | .004 | <.001 |
| N | 992 | 990 | 484 | 987 | 992 | 991 | 849 |
| Indicators | How happy are you | Subjective general health | Relationship with husband/wife/partner currently living with | Highest level of education | Age | Territorial unit | Total net household income |
| POLAND | | | | | | | |
| Spearman's rho | 1 | -.425** | -.012 | .117** | .010 | .034 | .152** |
| Sig. (2-tailed) | | <.001 | .763 | <.001 | .742 | .279 | <.001 |
| N | 1055 | 1053 | 609 | 1023 | 1007 | 1016 | 773 |
| LITHUANIA | | | | | | | |
| Spearman's rho | 1 | -.339** | -.074 | .103** | -.244** | -.107** | .267** |
| Sig. (2-tailed) | | <.001 | .099 | .001 | <.001 | <.001 | <.001 |
| N | 1014 | 1012 | 492 | 1008 | 1014 | 1013 | 869 |

Table 1. SWB correlation with socio-economic factors (Vaznoniene and Wojewodzka-Wieworska 2025)

CONCLUSION

Results disclosed that gender-related SWB differentiates comparing Lithuania with Poland. In both countries women were more satisfied with their lives than dissatisfied, their evaluation of happiness was more positive than negative. It can be concluded that women's SWB at the micro level, is determined by different factors.

FUTURE WORK / REFERENCES

It is worthwhile to study the relationship between socio-economic factors and women's life satisfaction/happiness, taking into account other variables – such as personal experiences, emotional states, cultural values.