

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

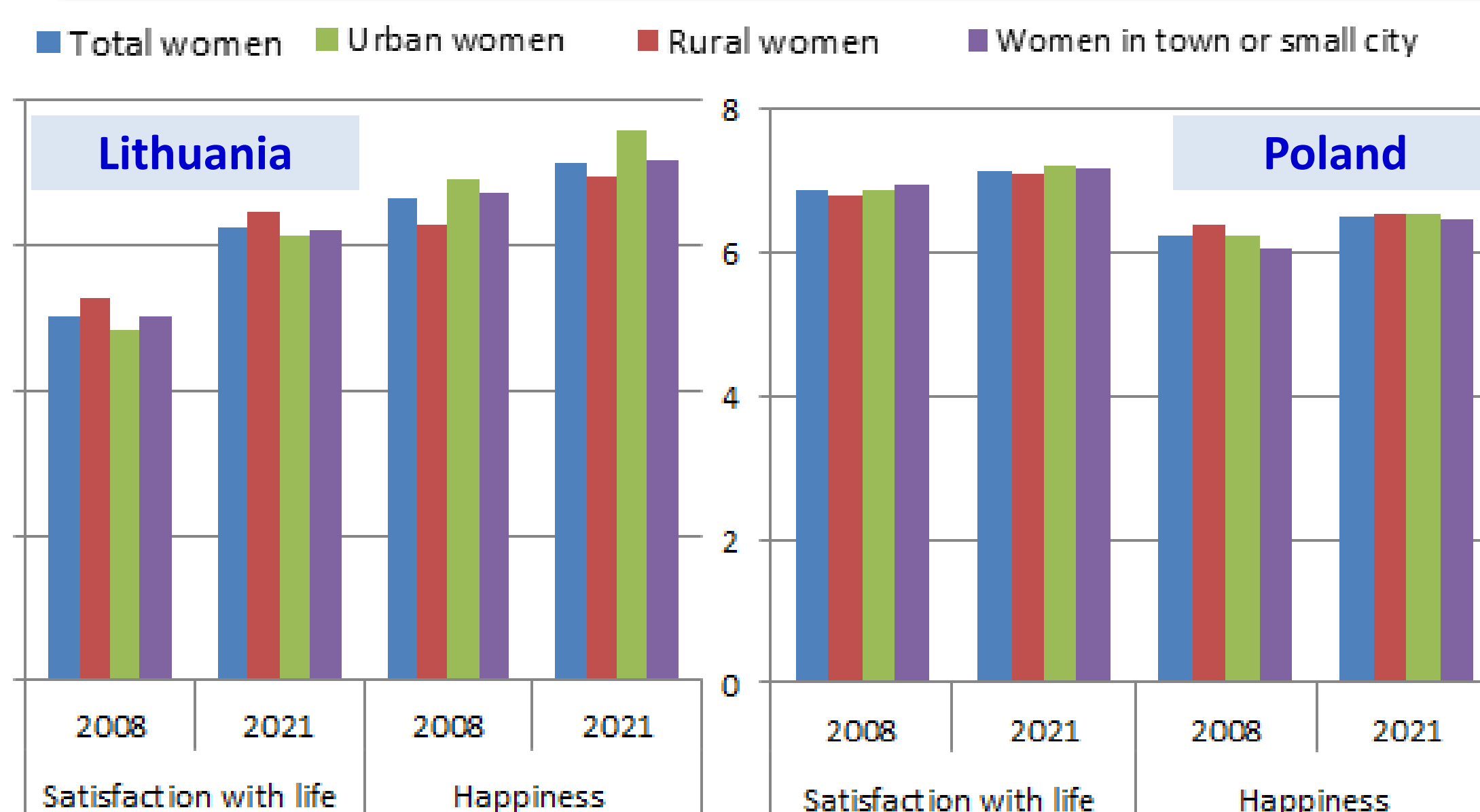


Fig. 1. Women SWB in Poland and Lithuania by rounds and territorial units (mean) (made by authors)

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 (Vazoniene and Wojewodzka-Wiewiorska 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.