

The Anger Monitor

DATA INSIGHTS

Poland

January 2023



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Round 1: January 2023

Current Anger Index: 1.1

[What does this mean?](#)

A country on the edge

As Poland braces for this year's crucial elections, the country is on edge. The country is politically and socially polarised with culture-war battle lines drawn on issues like abortion and EU dictated laws (and funding). Inflation is at a 26 year high and energy costs have risen by over 30% while the calls for energy sovereignty have so far been met by coal allowances and new nuclear investments. Overshadowing it all however is Poland's closeness to both Ukraine and Russia, with many acutely aware of the national security threat on the doorstep. Poland remains the biggest host of Ukrainian refugees and though it may be slowly eroding, there is still overwhelming public support for the migrants.

Key Data Insights

Polish society leans towards an extroverted anger culture

- One third (34%) described themselves to be anger extroverts, 29% as anger introverts, 19% as having active anger and 15% as Aggressive.
- Almost two thirds of respondents said they were glad to see people share and express their anger with me (60%) and are happy to see people expressing their anger (60%).
- Surprisingly 39% said people need to express their anger in more aggressive forms such as violent protests and only 15% of Poles Strongly Disagreed compared to 44% in the UK and 38% in France

People are feeling the financial impact of the crisis more in Poland

- 78% of Poles felt the crisis had impacted their disposable income, this is compared to just 55% in the UK and 60% in France

There is bubbling anger amongst the younger generation and amongst Liberals

- 54% felt Quite or Very angry about the cost of living crisis
- 62% of Poles aged 18-24 year olds felt angry about the crisis and one third of them felt Very Angry (35%).
- Meanwhile 34% of 45 - 54 year olds felt Very Angry.
- People who identified as "Liberals" tended to be angrier than "Conservatives" (60% vs 40%)

Russia dominates the causes of the crisis but closely followed by the government

- 68% felt the Russian government (68%) was to blame for the crisis
- Thi was closely followed by their own government (62%).

- 59% of Poles agreed that their anger towards national politics had grown over the past year.
- 74% of Poles felt angry because the crisis could have been avoided
- Only 25% of people blamed the EU

Polish society seems to be polarised

- 39% of Poles blamed people who elected the government for the crisis. This was highest amongst young left voting individuals (49% of liberals, 57% of 18-24 year olds)

Energy bills is a major cause of anger but the Oil & Gas industry aren't seen to be to blame

- Only 34% blamed the Oil & Gas industry compared to 66% in the UK and 54% in France
- 71% felt angry when they had to pay their energy or utility bills

Want to know what to do with this data and how to campaign on anger? [Find our recommendations in **The Anger Handbook**.](#)

Research methodology

Mindworks partnered with international polling company Critical Research to conduct online interviews with n=500 Polish adults. Interviews were conducted online from a panel of potential respondents. All respondents qualified for the survey. The survey was designed by Mindwork and carried out by Critical Research. Invitations were issued to potential respondents and completed interviews verified and quality checked by Critical Research. It has a minimum confidence level of 95% and a maximum margin of error 5%).

You can explore the [full Poland data set in graph form here](#).

You can explore the [full Poland raw data here](#).

Credits

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