



21 April 2023

INCOME AND LIVING CONDITIONS – QUALITY OF LIFE

2022

## IN 2022, THE POPULATION FELT LESS SATISFIED WITH THE FINANCIAL SITUATION THAN WITH OVERALL LIFE

According to the Survey on Living Conditions and Income carried out in 2022, the average of overall life satisfaction was 7.0, on a scale of 0 to 10, where 0 means “Not at all satisfied” and 10 means “Totally satisfied”, lower than in the previous year (7.1) and higher than the average recorded in 2018 (6.8). Considering some aspects that contribute to the assessment of overall life, personal relationships were, on average, the one that most satisfied the population aged 16 or over (8.2), while the financial situation of the household was the least positive aspect, with an average satisfaction of 6.0. The average satisfaction with the free time available was 7.0.

Trust in others (without considering family and friends) was 5.6 in 2021 and 5.7 in 2022, on a scale of 0 to 10, where 0 means “None” and 10 means “Total trust”, higher than the result recorded in 2018 (5.2).

In 2022, 65.8% of the population aged 16 or over reported feeling happy always or most of the time, and 78.5% never or for a short time feeling lonely or isolated.

About a quarter of this population (24.9%) reported meeting with family members every day and 42.2% every week, which means that the majority (67.1%) get together with family members at least once a week.

In the same year, 55.9% of the population aged 16 years or over reported having gone to the cinema (26.4%), having participated in at least one live performance (theatre, concert, cultural event organized in the open air, etc.) (30.8%), having visited a cultural site (museum, historic monument, art gallery or archaeological site) (36.2%), or having attended live sport events (23.8%), in the 12 months prior to the interview.

Most of the population aged 16 or over (58.1%) reported not having read a book in the 12 months prior to the interview, mostly due to lack of interest (65.7%). More than 40% reported that they read at least one book in the 12 months prior to the interview, of which almost 70% read between 1 and 4 books.

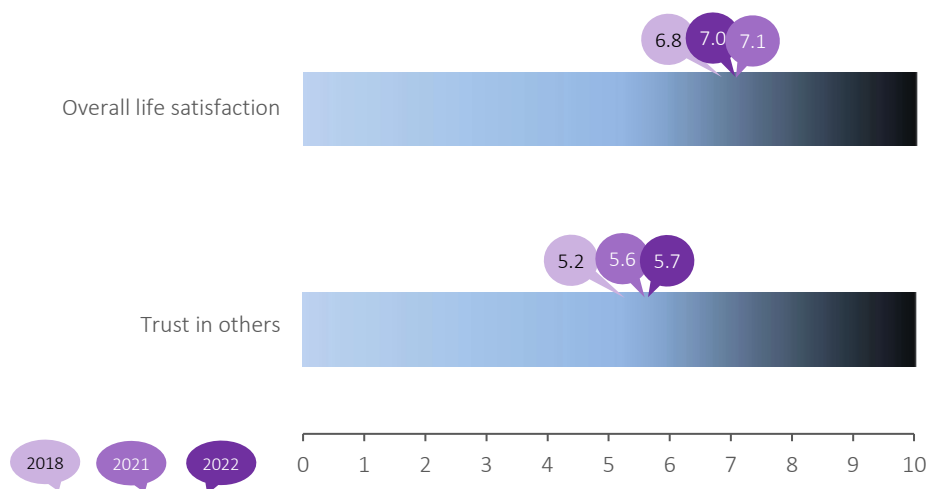
### Overall life satisfaction and trust in others increased in relation to the pre-COVID-19 period

From 2021, with the entry into force of the new regulation 2019/1700 of the European Parliament and of the Council, of 10 October, commonly referred to as regulation IESS, the Survey on Living Conditions and Income started to collect annual data on how people aged 16 or over evaluate their life in general, encompassing all domains of life, and on trust in others in general (without considering family and friends). These data were also collected in the ad hoc ICOR module carried out in 2018.

In 2022, the average of overall life satisfaction was 7.0, on a scale of 0 to 10, where 0 means “Not at all satisfied” and 10 means “Completely satisfied”, which represents a slight decrease in relation to 2021 (7.1) and an improvement in overall life satisfaction compared to 2018 (6.8 on a scale of 0 to 10).

Trust in others (without considering family and friends) was 5.6 in 2021 and 5.7 in 2022, on a scale of 0 to 10, where 0 means “None” and 10 means “Total trust”, higher than the result recorded in 2018 (5.2).

Figure 1. Average overall life satisfaction and average trust in others, Portugal, 2018, 2021 and 2022



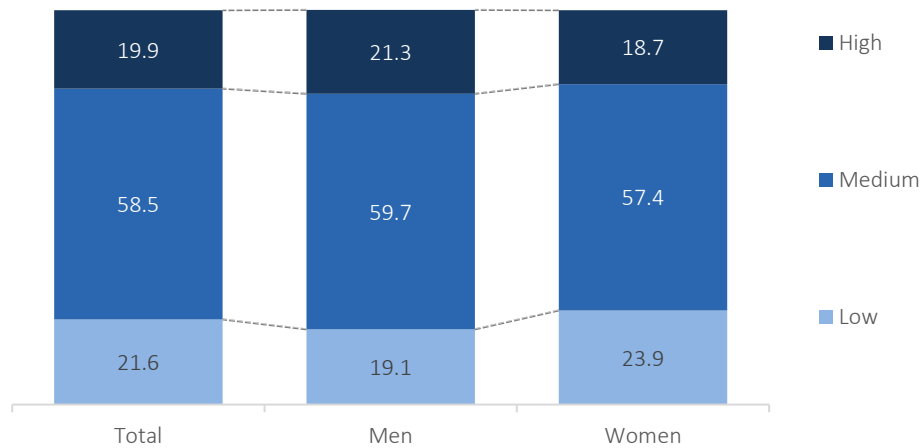
Source: INE, Survey on Living Conditions and Income 2018, 2021 e 2022.

The disaggregation of overall satisfaction with life according to low (0-5), medium (6-8) and high (9-10) levels allows for the conclusion that there was a significant decrease in the percentage of people with a low level of satisfaction, from 28.1 to 21.6% between 2018 and 2022, mainly offset by the increase in the percentage of people with a medium level (from 51.4% to 58.5%).

Men rated their overall life with higher levels of satisfaction than women: 21.3% reported a high degree of satisfaction, plus 2.6 p.p. than the percentage of 18.7% in the case of women, and only 19.1% reported a low level of satisfaction, minus 4.8 p.p. than the percentage in the case of women (23.9%).

Figure 2. Distribution of the population aged 16 or over by level of overall life satisfaction, Portugal, 2022

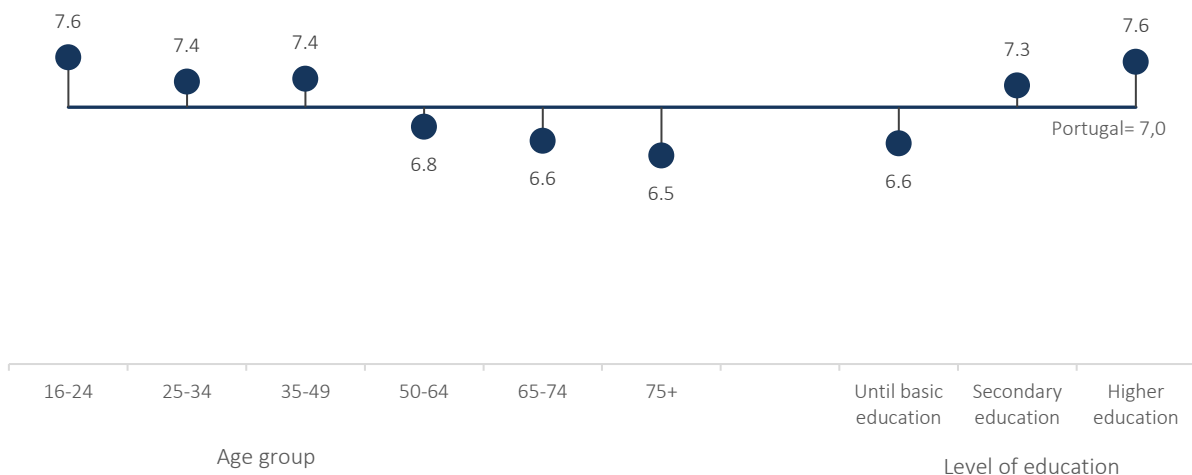
(%)



Source: INE, Survey on Living Conditions and Income 2022.

Considering some sociodemographic characteristics that potentially influence people’s overall life perspective, such as age and education, the results show that the average satisfaction with overall life is lower at older ages, decreasing from 7.6 in the age group of 16 to 24 years to 6.5 in the case of people aged 75 and over, and it is higher for those with secondary education (7.3) and higher education (7.6).

Figure 3. Average overall life satisfaction by age group and level of education, Portugal, 2022



Source: INE, Survey on Living Conditions and Income 2022.

### Less satisfaction with the financial situation than with overall life

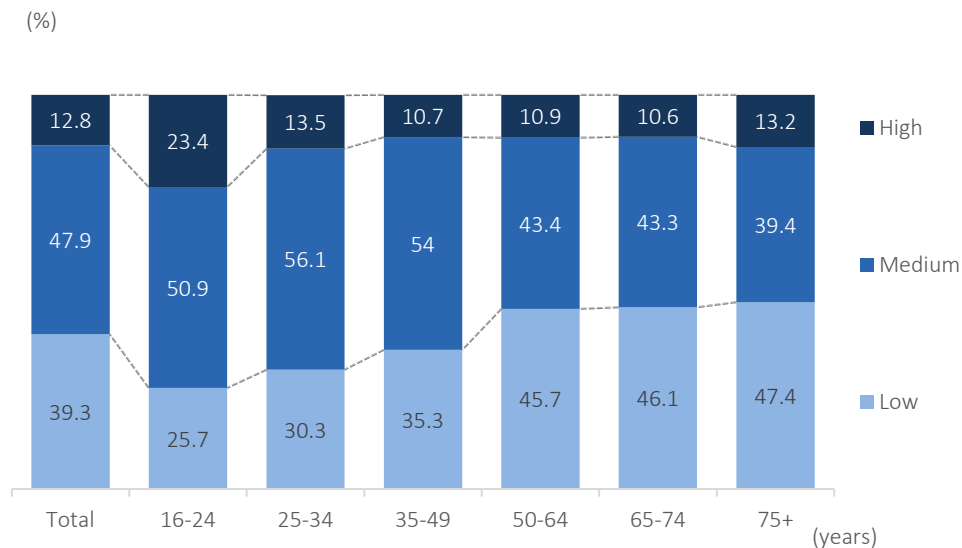
The survey carried out in 2022 included a specific module on quality of life, applied to people aged 16 or over, which included questions on satisfaction with some specific domains, namely satisfaction with the financial situation of the household, satisfaction with personal relationships and satisfaction with free time, as well as the frequency with which individuals felt happy and the existence of social support.

The average satisfaction with the financial situation was 6.0 in 2022, lower than the average of overall life satisfaction (7.0).

Considering the three levels of evaluation already used for the indicator of overall life satisfaction, in 2022 39.3% of people aged 16 or over considered their level of satisfaction with the household's financial situation to be low and only 12.8% had a high satisfaction.

The percentage of people with a medium or high assessment of the household's financial situation was lower in the older age groups, representing less than 60% from the age of 50. The youngest age group, from 16 to 24 years old, had the lowest proportion of people with a low level of satisfaction (25.7%) and the highest proportion of people with a high level of satisfaction (23.4%).

Figure 4. Level of satisfaction of the population aged 16 or over with the financial situation of the household, by age group, Portugal, 2022



Source: INE, Survey on Living Conditions and Income 2022.

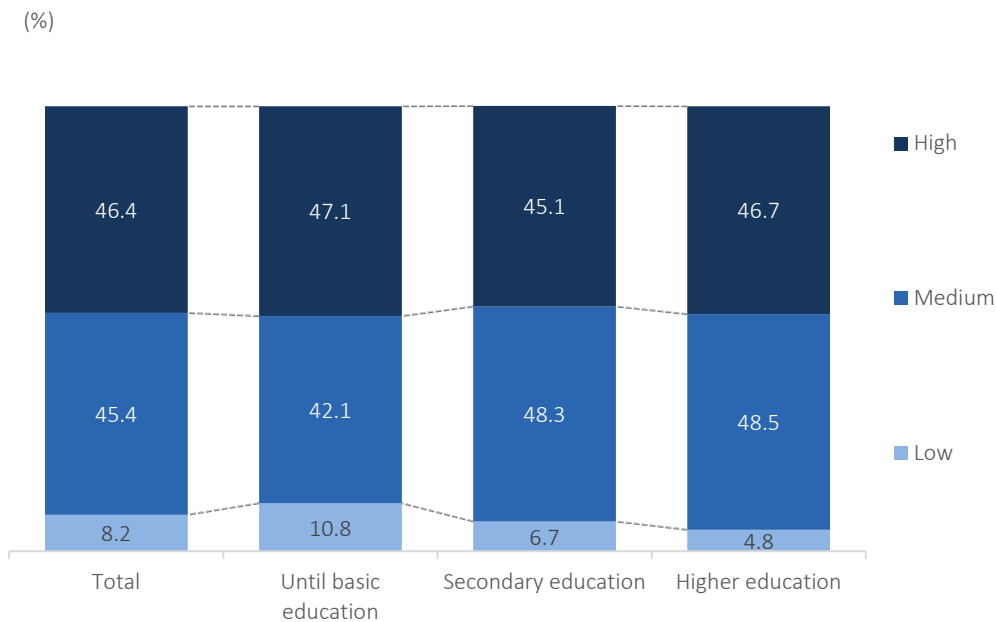
The proportion of people who completed higher education and rated their satisfaction with their financial situation at a high level was 16.0%, up 3.2 p.p. than the proportion of those who completed secondary education and 4.8 p.p. of those who completed basic education.

#### Satisfaction with personal relationships higher than in the pre-COVID-19 period

The average satisfaction with personal relationships in 2022 was 8.2, on a scale of 0 to 10, higher than any other domain satisfaction measured by the survey and the only one above the average for the overall life satisfaction (7.0). In 2022, 46.4% of the population aged 16 or over rated their satisfaction with personal relationships at a high level and only 8.2% reported a low level of satisfaction.

Young people, from 25 to 34 years old, was the one age group in which the proportion of people with a high level of satisfaction is higher. The percentage of those who report low satisfaction with personal relationships and have completed higher education (4.8%) is lower by 6.0 p.p. to the percentage of those who only completed basic education (10.8).

Figure 5. Level of satisfaction of the population aged 16 or over with personal relationships, by level of education, Portugal, 2022



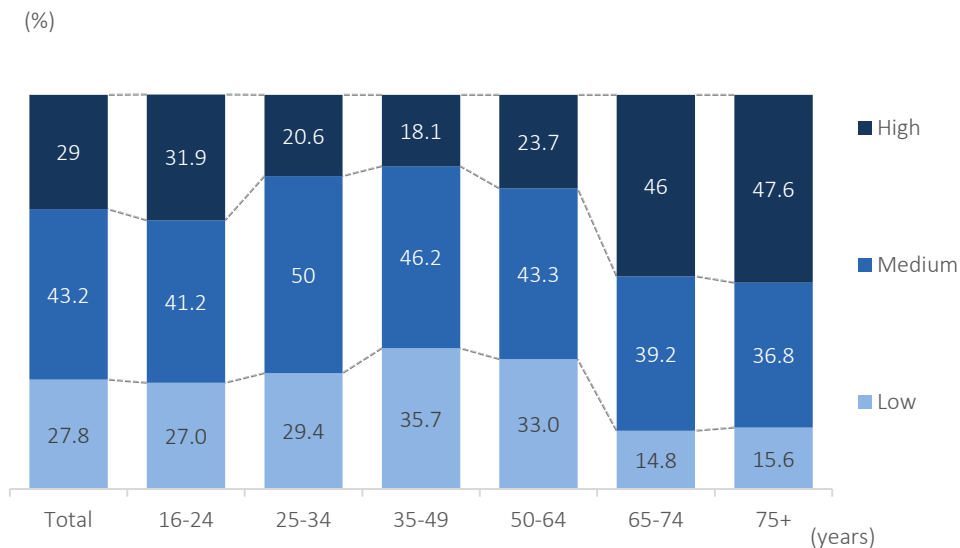
Source: INE, Survey on Living Conditions and Income 2022.

There are almost as many people who negatively evaluate satisfaction with free time as those who evaluate it positively

The average satisfaction with free time in 2022 was 7.0, on a scale from 0 to 10. In 2022, 29.0% of the population aged 16 or over rated satisfaction with free time at a high level, a proportion slightly above that obtained for those who reported a low level of satisfaction (27.8%).

The percentage of people with a high assessment of free time increases significantly from the age group of 65 to 74 years and is lower for those who finished secondary education (24.9%) or higher (20.4%).

Figure 6. Level of satisfaction of the population aged 16 years and over with free time, by age group, Portugal, 2022



Source: INE, Survey on Living Conditions and Income 2022.

The majority of the population aged 16 or over felt happy all the time or most of the time and never or for a short time lonely or isolated

In 2022, 65.8% of the population aged 16 or over reported feeling happy always or most of the time in the 4 weeks prior to the interview, a proportion that was higher in the case of men (71.9%) than that of women (60.4%). The percentage of the elderly population who reported that they never felt happy or just for a short time (15.3%) was more than double that of the population aged 16 to 64 years (6.8%).

The percentage of people who indicated that they never felt lonely or isolated or only for a short time, in the 4 weeks prior to the interview, was 78.5%, with a sharp reduction in the indicator for the oldest age groups (from 92.3%, in the age group from 16 to 24 years old, and 61.8% from 75 years old). There was also a greater proportion of women who felt lonely or isolated all or most of the time (17.2%) than the proportion of men in the same condition (10.8%).

In 2022, 97% of people said they felt they had family, friends, or neighbours they could turn to.

The majority of the population aged 16 or over had not read any book in the 12 months prior to the interview, mainly due to lack of interest

In 2022, 55.9% of the population aged 16 years or over reported having gone to the cinema (26.4%), having participated in at least one live performance (theatre, concert, cultural event organized in the open air, etc.)

(30.8%), having visited a cultural site (museum, historic monument, art gallery or archaeological site) (36.2%) or having attended live sport events (23.8%) , in the 12 months prior to the interview.

Figure 7. Distribution of the population aged 16 years or over by type of social, cultural, or recreational activity in which they participated, Portugal, 2022

	(%)	Go to the cinema	Go to live performances	Visit cultural sites	Attend live sport events
<b>Total</b>		<b>26.4</b>	<b>30.8</b>	<b>36.2</b>	<b>23.8</b>
<i>By gender</i>					
Men		26.9	30.9	36.0	32.4
Women		26.0	30.7	36.4	16.2
<i>By age group</i>					
16-24 years		67.1	51.6	54.5	47.4
25-34 years		46.0	46.5	46.5	30.8
35-49 years		31.9	38.1	44.7	30.4
50-64 years		17.0	26.3	34.4	19.2
65-74 years		9.2	18.9	24.3	13.8
75+ years		3.2	8.3	13.0	5.5
<i>By level of education</i>					
Until basic education		10.2	16.6	19.1	15.9
Secondary education		40.0	39.5	43.7	31.9
Higher education		48.2	53.1	66.2	32.5

Source: INE, Survey on Living Conditions and Income 2022.

The percentage of the population aged 16 or over who did not visit cultural sites in the 12 months prior to the interview was 63.8%, with higher proportions for the population who did not attend live sport events (76.2%), live performances (69.2%) or for those who did not go to the cinema (73.6%).

About 13.5% of the population aged 16 or over made more than three visits to cultural sites in the 12 months prior to the interview, a higher percentage than that of the population that attended more than three live sport events (11.5%), than that of the population that attended more than three live performances (8.2%) and that of the population that went to the cinema more than three times (7.2%).

32.4% of men reported having watched at least one live sport event while only 16.2% of women reported the same.

The proportion of people who reported having visited a cultural site at least once and had completed higher education was 66.2%, much higher than in the case of those who had completed a basic education level (19.1%).





Almost 80% of people aged 16 or over reported never having practiced artistic activities, while 20.5% had practiced at least one artistic activity in the 12 months prior to the interview and 3.3% reported having practiced every day.

Most of the population aged 16 or over (58.1%) reported not having read any book in the 12 months prior to the interview, mostly due to lack of interest (65.7%). More than 40% reported reading at least one book in the 12 months prior to the interview, of which almost 70% read between 1 and 4 books.

In 2022, about ¼ of the population aged 16 or over (24.9%) reported meeting with family members every day and 42.2% every week, which means that the majority (67.1%) got together with family members at least once a week. A slightly lower proportion (63.6%) indicated that they got together with friends at least once a week.

In 2022, 7.3% of the population aged 16 or over participated in formal volunteering activities and 13.4% participated in informal volunteering activities.



## METHODOLOGICAL NOTE

The Survey on Income and Living Conditions (ICOR) has been held in Portugal from 2004 to 2020 within the framework of specific EU legislation (Regulation (EC) No 1177/2003), establishing a common EU program for the systematic production of statistics on poverty, deprivation, and social exclusion. From 2021, the survey is carried out in accordance with specific European regulations and in accordance with Regulation (EU) 2019/1700 of the European Parliament and the Council of 10 October 2019.

In addition to a set of data to be obtained annually, the new Regulation establishes a set of detailed topics to be obtained regularly and the development of ad hoc modules to be applied every two years, consisting of matters of particular interest to users at a given time, but which are not included in the regular data sets. In 2022, one of the modules implemented for the first time was the regular module about “Quality of life”, to be applied every 6 years, which includes variables related to well-being, inclusion and social, civic, economic, and cultural participation, and whose results are presented in this press release.

In the case of variables relating to well-being and inclusion, these are in addition to the two variables collected annually in the main ICOR questionnaire, in accordance with the EU-SILC program in force since 2021, namely “overall life satisfaction” and “trust in others”. Almost all the variables collected on well-being replicate the experience of the ad hoc module applied in 2018, except for the question about the feeling of exclusion, which reinforces the personal experience and reformulates the evaluation categories. The ad hoc module on well-being was first applied in 2013, with more substantial differences from the current version. In the case of variables relating to well-being, only answers given by the interviewed him or herself are accepted (non-proxy answers).

Most of the variables relating to social and cultural participation, which are not collected annually (in accordance with the EU-SILC program in force since 2021), take up the content and concepts of the ad hoc module on this matter carried out in 2015. In the context of cultural participation, the collection of data on the frequency of visits to the cinema, live shows and sports, visits to places of cultural interest, practice of artistic activities is maintained, and some questions about reading habits are added. In the context of social participation, data collection is resumed on the frequency of personal and non-personal meetings with family and friends, on the practice of formal and informal volunteering and on active citizenship activities. The ad hoc module on social and cultural participation was applied for the first time in 2006, with more substantial differences compared to the current version.

In 2022, data was collected through computer-assisted face-to-face interviews (CAPI, or Computer Assisted Personal Interviewing) and telephone interviews (CATI, or Computer Assisted Telephone Interviewing) between April and July.

The estimated results for the indicators on well-being and social participation were obtained using individual weights. The household and individual weights used in ICOR are adjusted by region, household size, age, and sex. In the calculation of weights, a correction factor of total non-responses was incorporated, as well as a calibration procedure based on the results of the 2021 Census for the variables at households’ level, and the Resident population estimates as at December 31, 2021 for the variables at the individual. The auxiliary variables (margins) were the number of households by NUTS 2 and the number of households according to their size (1, 2, 3 and 4 or more individuals), and, at the level of individuals, the estimates



of resident population by sex and five-year age groups (except the first and last levels comprising, respectively, individuals under 16 years of age and individuals 75 years of age or older).

In the case of variables on well-being, in which only non-proxy responses are accepted, a final adjustment of the individual weight was made, through the quotient between the sum of the individual weights of all responses and the sum of the individual weights of the responses non-proxy, by NUTS 2 region, sex and age group, in order to ensure that the estimated results report to the entire population aged 16 or over.

## DEFINITIONS

**Visual arts:** Works and objects related to creative art forms such as ceramics, drawing, painting, sculpture, printmaking, design, crafts, photography, architecture, video, and film production. Note: Applied arts works and objects such as industrial design, graphic design, fashion design, interior design, jewellery, and decorative art are included.

**Leisure activity:** Personal activity carried out for pleasure or interest, excluding work and household chores.

**Sport:** All physical activities that, through organized or non-organized participation, aim at expressing or improving physical and mental condition, developing social relationships, or obtaining results in competition at all levels.

**Performance:** Creation or artistic production of a cinematographic work, theatre, concert, or other modality (opera, dance, recital, choirs, folklore, circus, bullfighting, multidisciplinary or mixed).

**Theatre performance:** Show that consists of the representation before the public of a written or spoken work, composed of a combination of words, associating action and speech of one or more individuals, in a combination of movements with gestures and/or postures and/or music.

**Art gallery:** Space for the exhibition and sale of works of plastic arts, with a defined calendar and season, and for profit.

**Book:** All literary, scientific, and artistic work that constitutes a single publication in one or more volumes, intended to be made available to the public, whatever the publication format, namely, printed, audio and electronic, regardless of the possibility of appropriation of its content in any of the ways currently known or that may become so in the future.

**Monument:** Construction work that, due to its historical, archaeological, artistic, scientific, social, or technical interest, is intended to perpetuate someone or a notable fact. Note: installations or decorative elements that form an integral part of the construction work are included.

**Museum:** Non-profit, permanent institution at the service of society and its development, open to the public, which promotes research into the material evidence of man and his environment, acquires, conserves, communicates and exhibits them us for study, education, and leisure.

**Proxy:** Person who responds in place of the effective respondent.

**Movie precinct:** Own space for the presentation of cinematographic works, which may consist of one or more rooms located in its own building intended exclusively for cinema, shopping centres, multipurpose facilities or outdoors, with the necessary and respective adaptations.



INSTITUTO NACIONAL DE ESTATÍSTICA  
STATISTICS PORTUGAL

press release

# DIHSTAQUE

**Archaeological site:** Site whose works of architecture or sculpture and topographical area are of special interest from an archaeological, historical, ethnological, and anthropological point of view.

**Volunteer work:** Unpaid and non-compulsory work, that is, time that individuals dedicate freely and disinterestedly to unpaid activities, carried out through an organization or directly for other individuals outside the household.

**Informal volunteer work:** Volunteer work done directly by the individual to other individuals outside their household and with whom they do not maintain a family relationship.

**Volunteering:** Set of actions, of social and community interest, carried out by people disinterestedly and within the scope of projects, programs and other forms of intervention developed on a non-profit basis by public or private entities, at the service of individuals, families, and the community.