

SURVEY ON PERSONAL WELL-BEING-EBP 2017

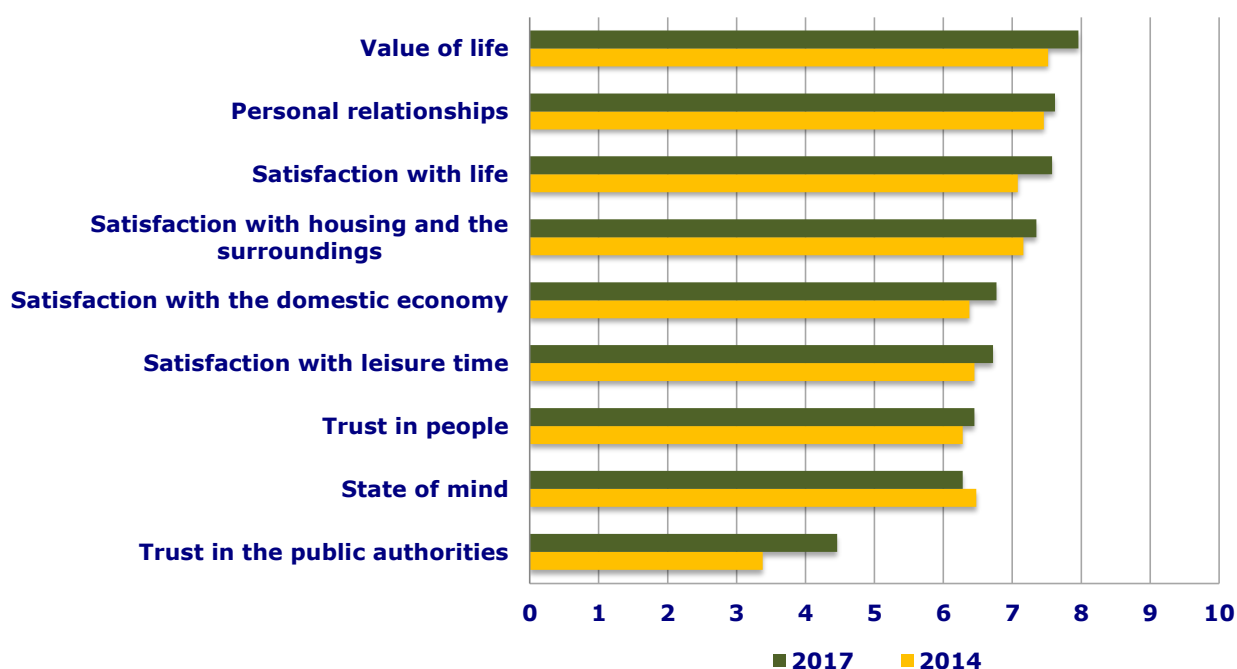
The overall satisfaction with life of the Basque population continued to rise in 2017 and stood at 7.6

All personal well-being indicators, except state of mind, improved with respect to 2014

The population of the Basque Country scored 7.6 for satisfaction with life in general in 2017 on a scale of zero to ten, according to Eustat data. This score has improved five tenths since 2014, when it was 7.1.

This data is provided in the Survey on Personal Well-Being, which provides detailed information on the perception of well-being among the population, through a series of questions that primarily measure aspects concerning quality of life aside from the material dimension.

Graph 1: Average evaluation of the personal well-being indicators. 2014 and 2017



Source: Eustat. Survey on personal well-being-EBP

The highest score (8.4) was found among people who reported belonging to an upper or upper-middle social class and the lowest (5.4) among those who considered themselves to be in poor health.

This indicator not only produced lower scores the poorer people's health was or the lower the social class, but also the older they were, going from 8.1 among young people aged 16 to 24, to 7.2 among people aged 65 or older. On the other hand, the scores improved with the level of education.

As regards the type of family, the best scores are for couples, both with and without children (7.8 and 7.6 respectively), compared to 7.2 for single-member families or single fathers/mothers with a child.

No significant differences appeared between men and women, whereas at a provincial level, the best results were obtained from residents of Gipuzkoa (7.7), compared to residents of Álava and Bizkaia (7.5 in both cases).

Regarding place of birth, the lowest scores, below average, were given by people born in Bizkaia or in other Autonomous Regions (7.5).

As for the relationship with activity, unemployed people gave one of the lowest scores (7.1).

Table 1: Average evaluation of the personal well-being indicators, by province of residence. 2014 and 2017

	Basque Country		Araba/Álava		Bizkaia		Gipuzkoa	
	2014	2017	2014	2017	2014	2017	2014	2017
Satisfaction with life	7,1	7,6	7,1	7,5	7,0	7,5	7,2	7,7
Value of life	7,5	8,0	7,5	8,0	7,6	7,9	7,5	8,0
Satisfaction with leisure time	6,5	6,7	6,6	6,6	6,4	6,7	6,6	6,9
Satisfaction with housing and the surroundings	7,2	7,4	7,2	7,4	7,1	7,3	7,2	7,4
Satisfaction with the domestic economy	6,4	6,8	6,4	6,7	6,3	6,7	6,6	6,9
State of mind	6,5	6,3	6,7	6,4	6,3	6,2	6,7	6,3
Personal relationships	7,5	7,6	7,4	7,6	7,5	7,6	7,5	7,6
Trust in people	6,3	6,5	6,4	6,4	6,2	6,4	6,4	6,5
Trust in the public authorities	3,4	4,5	3,4	4,5	3,4	4,5	3,3	4,4

Source: Eustat. Survey on personal well-being-EBP

The Value of Life indicator received the highest score, 8

The value of one's own life, or the view that life is worthwhile, reached an average score of 8, four tenths more than in 2014, with 68.3% rating it as "high" compared to 3.1% of the population who considered it to be "low".

A higher score was found among women (8.0) than men (7.9), whilst at a provincial level it was the residents of Bizkaia (7.9) who least valued their life, taking into account that there were scarcely any differences. Residents of Álava and Gipuzkoa both rated their life as 8.0.

In terms of the relationship with activity, employed people valued their life more (8.2), compared to unemployed and inactive people (7.8 in both cases).

This indicator produced lower scores the older a person was, the worse their health, or the lower their social class, whereas it improved the higher the level of education.

Personal relationships were the second highest rated aspect (7.6)

The evaluation of *personal relationships* increased the higher the level of education and the social class. It achieved its highest score (7.8) among people who reported having good health and its lowest (7.2) among those who considered themselves to be in poor health.

Unemployed people (7.5) had worse personal relationships than those in employment (7.7) or inactive people (7.6), whilst there were no significant differences between men and women, or by province of residence.

As for place of birth, the lowest score was from the group of people born abroad (7.5).

Satisfaction with housing and surroundings was high across practically all the groups

For the *satisfaction with housing and surroundings* indicator (7.4), the best results came from people who reported belonging to an upper or upper-middle social class (7.9), followed by those who had good health (7.6). Men (7.5) were more satisfied than women (7.3), and this was also the case for people born in Álava, Gipuzkoa or in other Autonomous Regions (7.4 for all three) compared with those born in Bizkaia or abroad (7.3 in both cases).

Finally, the lowest score (6.7) came from people who reported having poor health.

State of mind depended directly on perceived health

The *state of mind* indicator, the average of which for the total population was 6.3 (two tenths less than in 2014), received a lower score among people with poor health (5.1) and a higher score among those who reported their health to be very good (6.6). The second lowest score was observed among people who considered they belong to a lower social class (5.9).

This indicator produced lower scores the worse a person's health was, whereas it improved the higher the social class.

At provincial level, people resident in Bizkaia (6.2) had the lowest score, as opposed to residents of Álava and Gipuzkoa, whose average scores reached 6.4 and 6.3 respectively. In terms of place of birth, those born abroad (6.0), had a less positive state of mind.

This indicator obtained a higher score among men (6.5) than women (6.1) and, with regards to ages, people between 35 and 49 years old (6.2) felt worse than those under 34 (6.4) and those aged 50 and over (6.3).

Elderly people were the ones most satisfied with their leisure time

With an average *Satisfaction with leisure time* of 6.7, people aged 65 and over gave the highest score (7.9) whilst those aged 35 to 49 gave the lowest (5.8). Inactive

people also gave a good score (7.6), the opposite of what occurred for those in work (6.0).

Women (6.7) were slightly less satisfied than men (6.8), which is also the case for people resident in Álava (6.6) compared with those living in Bizkaia (6.7) and Gipuzkoa (6.9).

As regards the type of family, the lowest score (6.5) is among single fathers or mothers with a child, compared to 7.3 for couples without children.

People who belong to a lower social class and unemployed people are the least satisfied with their household economy

The indicator satisfaction with the household economy (6.8) increased the higher the social class, varying from 5.3 among lower class people to 7.8 for upper or upper-middle class people.

Residents of Gipuzkoa were more satisfied (6.9) than residents of Álava or Bizkaia (6.7 in both cases), and those born in Gipuzkoa (7.0) were more satisfied than those born in Álava (6.8), Bizkaia (6.7) and, above all, those born abroad (6.5).

As for age, it was observed, curiously, that the group of young people aged 16 to 24 (7.3) were the most satisfied, and according to the type of family, it was couples either with or without children (6.9 in both cases).

The score for this indicator increased when the level of education and perceived health increased.

Trust in people is very influenced by social class and health

The *Trust in people* indicator (6.5) achieved its highest score (6.8) among people who considered they belonged to an upper or upper-middle social class, whereas the lowest (5.8) was among those who reported being in poor health.

Trust was "high" for 30.5% of the population, whilst it was "low" for 10.3%.

Women (6.5) had slightly more trust than men (6.4), and people resident in Gipuzkoa (6.5) had more trust than those in Álava and Bizkaia (6.4).

Trust in the public authorities obtained the lowest result (4.5), although it improved 1.1 points compared to 2014

Only 5.3% of the population trusts the public authorities "a lot", compared with 48.6% who have "little" trust in them. It is the only indicator with an average below the "pass level".

In all the population groups the public authorities failed, except in people born abroad, which achieved the highest score (5.4), and in people belonging to an upper or upper-middle social class (5.0).

Trust among women (4.6) was higher than among men (4.3) and, in terms of age, people between 25 and 34 years old (4.2) were the age group who had the least trust in the political and legal systems and the police.

The score for this indicator increased the higher the social class and the subjective health.

For further information:

Eustat - Euskal Estatistika Erakundea / Instituto Vasco de Estadística

C/ Donostia-San Sebastián, 1 01010 Vitoria-Gasteiz

Press Service: servicioprensa@eustat.eus Tel: 945 01 75 62