

Quality of life in 2018

How satisfied are people with their lives?

Positive trend in subjective well-being

“Overall, how satisfied are you with your life these days?” people across the **European Union** (EU) were asked. Life satisfaction represents how a respondent evaluates his or her life taken as a whole.

On a scale from 0 (“not satisfied at all”) to 10 (“fully satisfied”), the mean (average) life satisfaction of EU residents aged 16 and over was 7.3 in 2018, an increase compared with 7.0 in 2013.

Since 2013, the mean level of satisfaction with the financial situation of their own household in the EU also increased, from 6.0 in 2013 to 6.5 in 2018, whilst the mean satisfaction with personal relations remained nearly stable, 7.8 in 2013 and 7.9 in 2018.

Eurostat, the statistical office of the European Union, publishes a selection of subjective indicators on well-being of people in Europe. A [detailed article](#) is available on the Eurostat website.

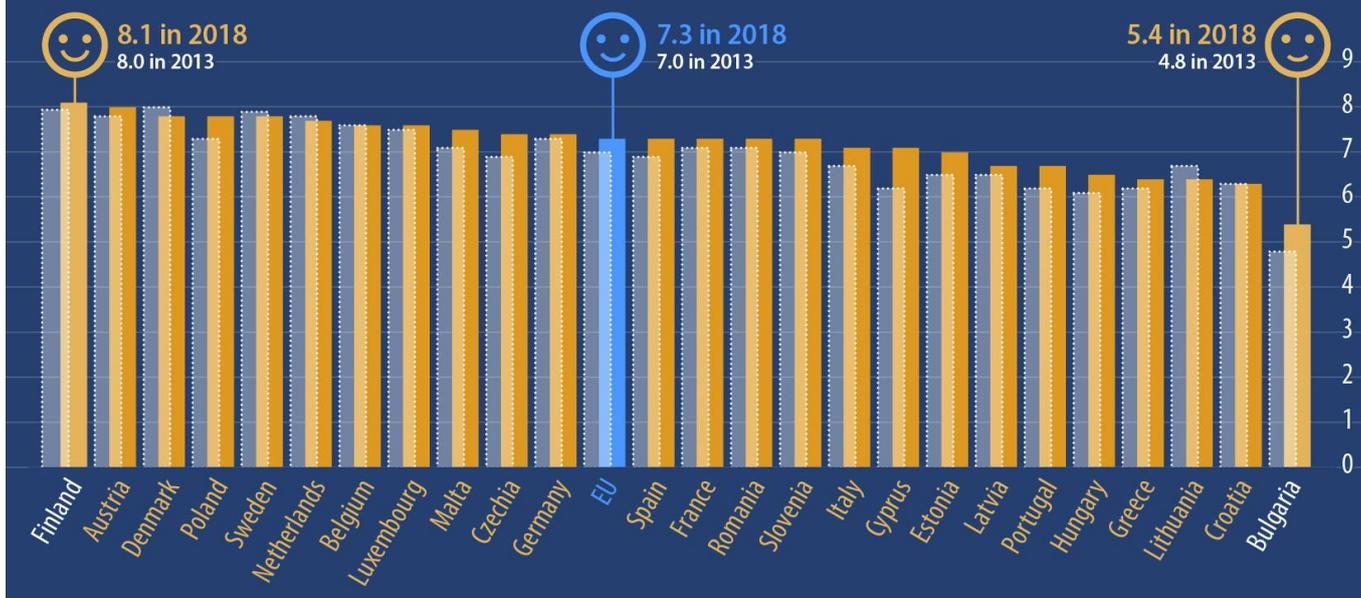


Highest life satisfaction in Finland and Austria, lowest in Bulgaria

In 2018, the mean life satisfaction, measured on a scale of 0 to 10, varied significantly between EU Member States. With an overall average of 8.1, inhabitants of **Finland** were the most satisfied with their lives in the EU, closely followed by those in **Austria** (8.0), **Denmark**, **Poland** and **Sweden** (all 7.8). At the opposite end of the scale, residents in **Bulgaria** (5.4) were by far the least satisfied, followed by those in **Croatia** (6.3), **Greece** and **Lithuania** (both 6.4), **Hungary** (6.5), **Latvia** and **Portugal** (both 6.7).

Life satisfaction in the EU Member States

(on a scale from 0 "not satisfied at all" to 10 "fully satisfied", 2013 and 2018)



Note: Data not available for Ireland, Slovakia and the United Kingdom.

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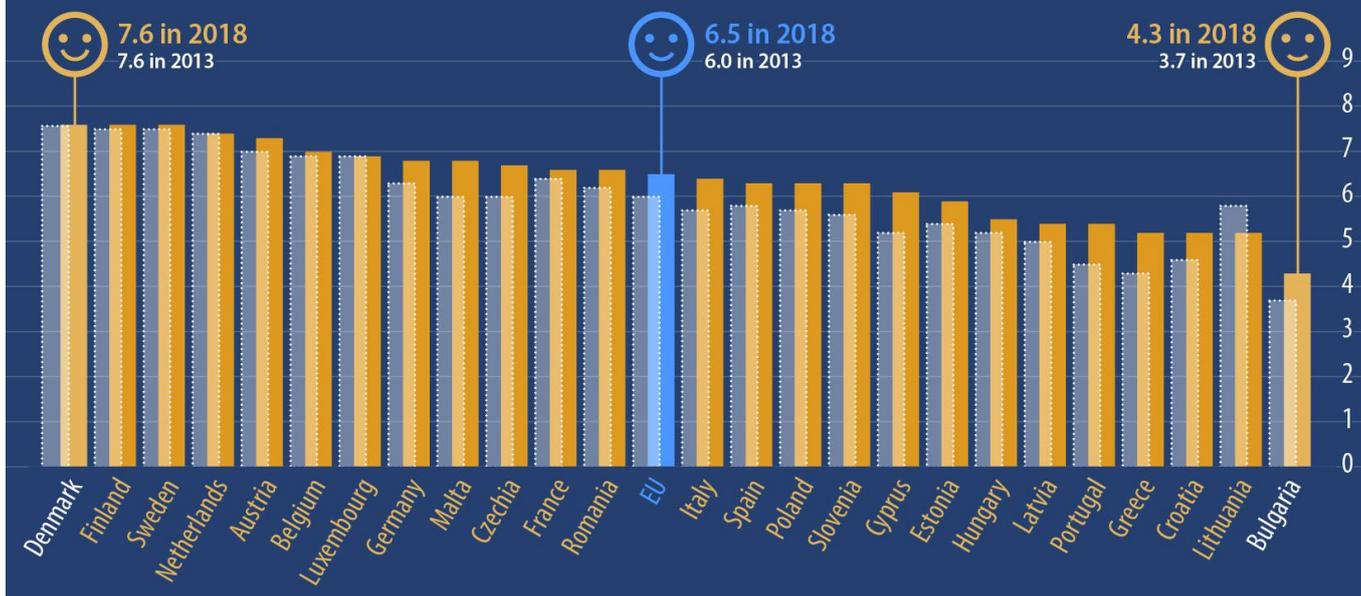
Largest increase in life satisfaction in Cyprus

Among Member States for which 2018 data are available, the mean life satisfaction increased since 2013 in 19 Member States. The highest increase was recorded in **Cyprus** (from 6.2 in 2013 to 7.1 in 2018, or +0.9), **Bulgaria** (+0.6), **Czechia**, **Estonia**, **Poland** and **Portugal** (all +0.5).

Compared with 2013, the mean life satisfaction remained unchanged in two Member States: **Belgium** and **Croatia**. In contrast, a decrease was recorded in four Member States: **Lithuania** (from 6.7 in 2013 to 6.4 in 2018, or -0.3), **Denmark** (-0.2), and to a lower extent in the **Netherlands** and **Sweden** (both -0.1).

Satisfaction with own financial situation in the EU Member States

(on a scale from 0 "not satisfied at all" to 10 "fully satisfied", 2013 and 2018)



Note: Data not available for Ireland, Slovakia and the United Kingdom.

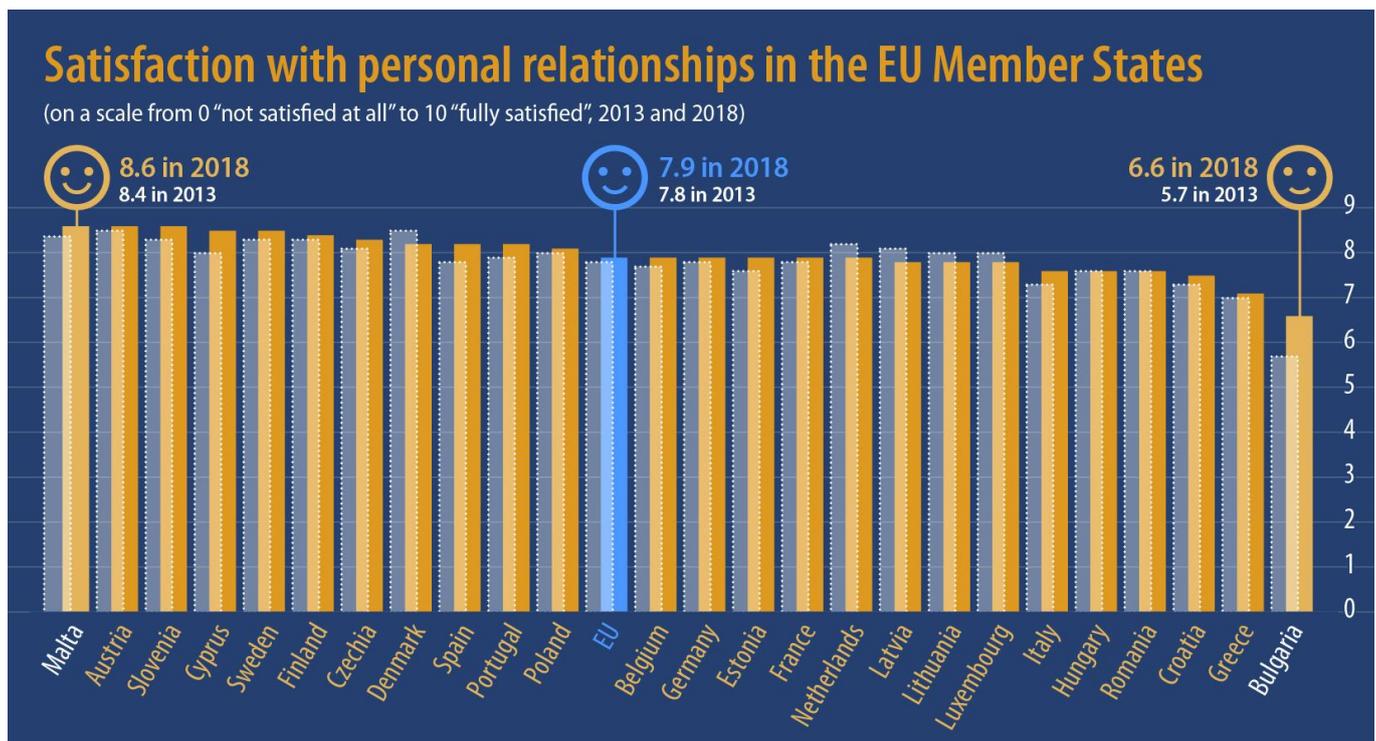
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Highest satisfaction with financial situation in Denmark, Finland and Sweden

Mean satisfaction with the financial situation of the household varied significantly between EU Member States. With an average of 7.6, inhabitants of **Denmark, Finland** and **Sweden** were the most satisfied with the household financial situation. They were followed by those in the **Netherlands** (7.4), **Austria** (7.3), **Belgium** (7.0), **Luxembourg** (6.9), **Germany** and **Malta** (both 6.8). At the opposite end of the scale, residents in **Bulgaria** (4.3) were by far the least satisfied, followed by those in **Greece, Croatia** and **Lithuania** (all 5.2), **Latvia** and **Portugal** (both 5.4), and **Hungary** (5.5).

In nearly all Member States for which 2018 data are available, the mean satisfaction with the financial situation increased compared with 2013, with the exception of **Denmark, Luxembourg** and the **Netherlands** where it remained unchanged, and **Lithuania** where it decreased from 5.8 in 2013 to 5.2 in 2018 (-0.6).

The highest increases were recorded in **Greece, Cyprus** and **Portugal** (+0.9), **Malta** (+0.8), **Czechia, Italy** and **Slovenia** (all +0.7).



Note: Data not available for Ireland, Slovakia and the United Kingdom.

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Highest satisfaction with personal relationships in Malta, Austria and Slovenia

In 2018, the mean satisfaction with personal relationships varied significantly between EU Member States. With an overall average of 8.6, inhabitants of **Malta, Austria** and **Slovenia** were the most satisfied with their personal relationships in the EU. They were followed by those in **Cyprus** and **Sweden** (both 8.5), **Finland** (8.4) and **Czechia** (8.3). At the opposite end of the scale, residents in **Bulgaria** (6.6) followed by those in **Greece** (7.1), **Croatia** (7.5), **Italy, Hungary** and **Romania** (all 7.6) were the least satisfied.

Among Member States for which 2018 data are available, the mean satisfaction with personal relationships increased since 2013 in 18 Member States. The highest increases were recorded in **Bulgaria** (from 5.7 in 2013 to 6.6 in 2018, or +0.9), **Cyprus** (+0.5), **Spain** (+0.4), **Estonia, Italy, Portugal** and **Slovenia** (all +0.3).

Compared with 2013, the mean satisfaction with personal relationships remained unchanged in two Member States: **Hungary** and **Romania**, while a decrease was recorded in five Member States: **Denmark, Latvia** and the **Netherlands** (all -0.3), **Lithuania** and **Luxembourg** (both -0.2).

Geographical information

The **European Union** (EU) includes Belgium, Bulgaria, Czechia, Denmark, Germany, Estonia, Ireland, Greece, Spain, France, Croatia, Italy, Cyprus, Latvia, Lithuania, Luxembourg, Hungary, Malta, the Netherlands, Austria, Poland, Portugal, Romania, Slovenia, Slovakia, Finland, Sweden and the United Kingdom.

Methods and definitions

Data on the subjective well-being presented in this News Release are based on the EU-Statistics on the 2018 ad-hoc module, which is part of the European Union's Survey on Income and Living Conditions (EU-SILC). The **EU-SILC survey** is the EU reference source for comparative statistics on income distribution, poverty and living conditions. The 2018 module covered some of the variables, which were previously collected for the 2013 ad-hoc module on the same subject.

The reference population is all private households and their current members residing in the territory of a given Member State at the time of data collection. Persons living in collective households and in institutions are generally excluded from the target population as well as small and remote parts of the national territory amounting to no more than 2% of the national population.

The measurement of **life satisfaction** is intended to cover a broad appraisal the respondent makes of his or her life. The term "life" is intended here as all areas of a person's existence. The variable therefore refers to the respondent's opinion/feeling about the degree of satisfaction with his/her life. The survey covered the population aged 16 and over.

It is measured on an 11 point scale which ranges from 0 ("not satisfied at all") to 10 ("fully satisfied").

For more information

Eurostat [website section](#) dedicated to statistics on income, social inclusion and living conditions

Eurostat [database](#) on income and living conditions

Eurostat [Statistics Explained article](#) on quality of life in the EU

Eurostat ["What's new?" article](#) on reported happiness in the EU

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Average rating of satisfaction by domain in the EU Member States, 2013 - 2018
(on a scale from 0 "not satisfied at all" to 10 "fully satisfied")

	Overall life satisfaction		Satisfaction with financial situation		Satisfaction with personal relationships	
	2013	2018	2013	2018	2013	2018
EU	7.0	7.3	6.0	6.5	7.8	7.9
Belgium	7.6	7.6	6.9	7.0	7.7	7.9
Bulgaria	4.8	5.4	3.7	4.3	5.7	6.6
Czechia	6.9	7.4	6.0	6.7	8.1	8.3
Denmark	8.0	7.8	7.6	7.6	8.5	8.2
Germany	7.3	7.4	6.3	6.8	7.8	7.9
Estonia	6.5	7.0	5.4	5.9	7.6	7.9
Ireland	7.4	:	5.5	:	8.6	:
Greece	6.2	6.4	4.3	5.2	7.0	7.1
Spain	6.9	7.3	5.8	6.3	7.8	8.2
France	7.1	7.3	6.4	6.6	7.8	7.9
Croatia	6.3	6.3	4.6	5.2	7.3	7.5
Italy	6.7	7.1	5.7	6.4	7.3	7.6
Cyprus	6.2	7.1	5.2	6.1	8.0	8.5
Latvia	6.5	6.7	5.0	5.4	8.1	7.8
Lithuania	6.7	6.4	5.8	5.2	8.0	7.8
Luxembourg	7.5	7.6	6.9	6.9	8.0	7.8
Hungary	6.1	6.5	5.2	5.5	7.6	7.6
Malta	7.1	7.5	6.0	6.8	8.4	8.6
Netherlands	7.8	7.7	7.4	7.4	8.2	7.9
Austria	7.8	8.0	7.0	7.3	8.5	8.6
Poland	7.3	7.8	5.7	6.3	8.0	8.1
Portugal	6.2	6.7	4.5	5.4	7.9	8.2
Romania	7.1	7.3	6.2	6.6	7.6	7.6
Slovenia	7.0	7.3	5.6	6.3	8.3	8.6
Slovakia	7.0	:	5.5	:	7.9	:
Finland	8.0	8.1	7.5	7.6	8.3	8.4
Sweden	7.9	7.8	7.5	7.6	8.3	8.5
United Kingdom	7.3	:	6.2	:	8.3	:
Iceland	7.9	:	6.4	:	8.1	:
Norway	7.9	8.0	7.5	7.6	8.4	8.5
Switzerland	8.0	8.0	7.6	7.2	8.7	8.6
Serbia	4.9	5.6	4.0	4.4	8.2	7.4
Turkey	5.7	:	4.9	:	7.4	:

: data not available

The source dataset can be found [here](#).