

# CHILDREN'S WORLDS



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## Family life and its influence on children's subjective well-being: the case of Poland

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### INTRODUCTION

- Every child should grow up in a **happy** and **loving family environment**, which is considered to be the **most important** context for children's development,
- Every child have the **right** to be **loved, cared** for and **protected** from violence, to **participate** in family life and to **have** his or her **own opinion**,
- The quality of the **parent-child relationship** plays a **crucial role** in understanding children's well-being.



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## POLAND – BACKGROUND

- **The area:** 312 679 km<sup>2</sup>,
- **Total population:** 38.5 million (31 XII 2014),
- **Aged 0-17 years:** 7 million (18%),
- **Women:** 51.6%,
- **The fertility rate:** 1.3,
- **Ethnicity:** 97% with Polish nationality,
- **Unemployment:** 9.0% (2014),
- **GDP per capita in PPS:** 68% of the EU average (2014),



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## POLAND – CONTEXT: FAMILY ENVIRONMENT

- **Traditional family** is the most important value of social life,
- The majority of families with children are **married couples** but their share is **decreasing**,
- **More than half** of Polish families with children are those with only **one child**,
- **One out of eight** Polish families is a **multi-child family**,
- The most popular type of family is a **nuclear family**,
- **A multi-generation family** is a much **less frequent** type,
- Contemporary families maintain **strong relationships** with families of their origin.



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## CHILDREN'S WORLS SURVEY IN POLAND

- The survey was conducted in **Wielkopolskie voivodship** among school children aged from 8 to 12,
- The representative sample of **65 schools** was selected using a **multistage stratified random sampling** method,
- The schools were stratified by **three factors**:
  - **school type** (*public and non public schools*),
  - **territorial unit** (*six NTS3 subregions*),
  - **area type** (*urban and rural area*),
- Within each selected school, **one class for each children's age group** (from 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup> grade) was randomly selected.



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## THE SAMPLE

- **N=3157** children (2<sup>nd</sup> grade - **1021**, 4<sup>th</sup> grade - **1119**, 6<sup>th</sup> grade - **1017**),
- **48.1% girls, 51.9% boys**,
- **57.7%** from **urban** schools, **42.3%** from **rural** schools,
- **96.7%** from **public** schools, **3.3%** from **non-public** schools,
- **99.5%** were **born in Poland**,
- **56%** spent nights **in the same house**, but occasionally slept in other places,
- over **99%** were living in a household with their **own family**.



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## FAMILY STRUCTURE

The 10- and 12-year-old's family composition (%)

	Age group	
	10 year-old	12 year-old
Mother and father	<b>86.6</b>	<b>82.3</b>
Mother and partner	4.3	6.0
Father and partner	0.2	0.5
Lone mother	<b>8.0</b>	<b>8.9</b>
Lone father	0.4	1.1
Other	0.5	1.2

- almost **1/3** of the children lived with their **grandparents**,
- **72.3%** lived with **siblings**.



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## THE CHILDREN'S VIEW ABOUT THEIR FAMILY LIFE

### Agreement questions:

- *I feel safe at home*
- *My parents listen to me and take what I say into account*
- *We have a good time together in my family*
- *My parents treat me fairly*

Responses were on a five-point unipolar scale with responses ranging from „I do not agree” to „Totally agree”.

### Satisfaction questions: How satisfied are you with...

- *The people who live with you?*
- *Your family life?*

Responses were on a unipolar, 11-point scale from 0-10, with 0 labelled as „Not at all satisfied” and 10 labelled as „Totally satisfied”.



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## THE CHILDREN'S VIEW ABOUT THEIR FAMILY LIFE

### Frequency questions:

How often in the past 7 days you spent time doing the following things with your family?

- *Talking together*
- *Having fun together*
- *Learning together*

Responses were on a four-point frequency scale from „Not at all” to „Every day”.



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## THE CHILDREN'S VIEW ABOUT THEIR FAMILY LIFE

Agreement questions about family life (%)

	Age group	I do not agree	Agree a little bit	Agree some what	Agree a lot	Totally agree
I feel safe at home	10 year-old	0.9	0.9	3.0	5.3	89.9
	12 year old	1.4	0.6	1.9	6.5	89.6
My parents listen to me and take what I say into account	10 year-old	1.9	3.0	8.1	21.0	66.0
	12 year old	3.2	2.4	10.2	27.0	57.2
We have a good time together in my family	10 year-old	0.8	1.8	3.5	10.1	83.8
	12 year old	2.6	2.3	8.0	19.4	67.7
My parents treat me fairly	10 year-old	1.1	2.5	5.2	14.1	77.1
	12 year old	3.6	3.5	7.8	19.0	66.1



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## THE CHILDREN'S VIEW ABOUT THEIR FAMILY LIFE

Satisfaction questions about family life (M, SD, %)

	Age group	M	SD	0-5*	6-8*	9-10*
Satisfaction with the people who live with you	10 year-old	9.2	1.8	6.5	10.6	82.9
	12 year old	8.9	1.9	8.5	15.8	75.7
Satisfaction with your family life	10 year-old	9.4	1.6	4.5	7.3	88.2
	12 year old	9.0	1.8	6.3	14.3	79.4

\*out of 10



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## THE CHILDREN'S VIEW ABOUT THEIR FAMILY LIFE

Frequency questions about time with family (%)

	Age group	Not at all	Once or twice	Most days	Every day
Talking together	10 year-old	2.5	10.9	22.1	64.5
	12 year old	3.1	12.0	24.1	60.8
Having fun together	10 year-old	10.7	22.5	37.9	28.9
	12 year old	18.5	30.1	34.5	16.9
Learning together	10 year-old	8.1	16.3	25.8	49.8
	12 year old	27.2	26.0	23.2	23.6



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## PSYCHOMETRIC SCALES

Instruments	Response scales	Items included
<b>OLS</b> - The Overall Life Satisfaction	11-point scale, from <i>Not at all satisfied</i> (0) to <i>Totally satisfied</i> (10)	How satisfied are you with your life as a whole?
<b>SLSS</b> – The Student's Life Satisfaction Scale	11-point scale, from <i>Not at all agree</i> (0) to <i>Totally agree</i> (10)	My life is going well My life is just right The things in my life are excellent I have a good life I have what I want in life

The scales were modified to produce a total life satisfaction score in the range from 0 to 100.



## FAMILY STRUCTURE AND OVERALL WELL-BEING

Mean scores for SWB indicators according to the family structure

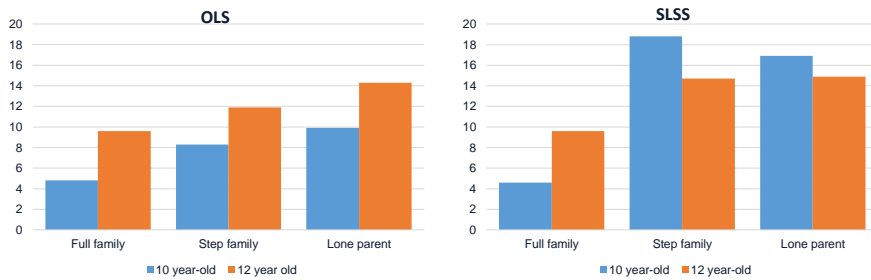
	10 year-old		12 year old	
	OLS	SLSS	OLS	SLSS
Total	91.9	88.1	84.3	81.4
Full family	92.5	<b>89.3*</b>	85.2	<b>83.1*</b>
Step family	88.4	<b>78.8*</b>	84.0	<b>76.4*</b>
Lone parent family	89.1	<b>81.3*</b>	79.9	<b>73.7*</b>
Live with grandparents	<b>93.9**</b>	<b>90.1***</b>	84.7	81.8
Live without grandparents	<b>90.9**</b>	<b>87.1***</b>	84.1	81.3
Live with siblings	92.1	88.4	84.8	81.7
Live without siblings	91.3	87.5	82.8	80.8

ANOVA test: \*p<0.00 \*\*p<0.01 \*\*\*p<0.05



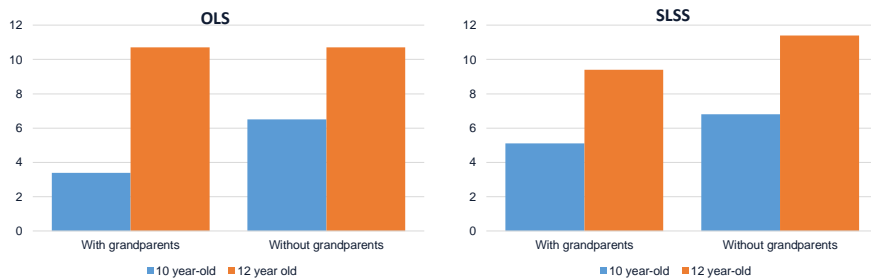
## FAMILY STRUCTURE AND OVERALL WELL-BEING

% of children with low SWB (mid-point or below)



## FAMILY STRUCTURE AND OVERALL WELL-BEING

% of children with low SWB (mid-point or below)





## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old			12 year old		
	Full family	Step family	Lone parent	Full family	Step family	Lone parent
I feel safe at home						
0-2*	4.2	10.4	6.5	<b>2.9**</b>	<b>4.8</b>	<b>8.0</b>
3-4*	95.8	89.6	93.5	<b>97.1</b>	<b>95.2</b>	<b>92.0</b>
My parents listen to me and take what I say into account						
0-2*	<b>11.8**</b>	<b>22.9</b>	<b>18.7</b>	<b>14.3**</b>	<b>27.3</b>	<b>18.2</b>
3-4*	<b>88.2</b>	<b>77.1</b>	<b>81.3</b>	<b>85.7</b>	<b>72.7</b>	<b>81.8</b>

\* 0- do not agree, 1- agree a little bit, 2- agree somewhat, 3- agree a lot, 4- totally agree.

X<sup>2</sup> test: \*\*p<0.05



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old			12 year old		
	Full family	Step family	Lone parent	Full family	Step family	Lone parent
We have a good time together in my family						
0-2*	<b>5.2***</b>	<b>12.2</b>	<b>11.0</b>	<b>10.6**</b>	<b>26.2</b>	<b>16.0</b>
3-4*	<b>94.8</b>	<b>87.8</b>	<b>89.0</b>	<b>89.4</b>	<b>73.8</b>	<b>84.0</b>
My parents treat me fairly						
0-2*	8.0	14.9	12.1	<b>13.3**</b>	<b>30.3</b>	<b>15.5</b>
3-4*	92.0	85.1	87.9	<b>86.7</b>	<b>69.7</b>	<b>84.5</b>

\* 0- do not agree, 1- agree a little bit, 2- agree somewhat, 3- agree a lot, 4- totally agree.

X<sup>2</sup> test: \*\*p<0.01 \*\*\*p<0.05



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old			12 year old		
	Full family	Step family	Lone parent	Full family	Step family	Lone parent
Satisfaction with the people who live with you						
Low*	<b>5.4**</b>	<b>10.0</b>	<b>15.1</b>	<b>6.2**</b>	<b>19.7</b>	<b>15.8</b>
Medium*	<b>9.6</b>	<b>30.0</b>	<b>10.8</b>	<b>15.4</b>	<b>12.1</b>	<b>22.8</b>
High*	<b>84.9</b>	<b>60.0</b>	<b>74.2</b>	<b>78.4</b>	<b>68.2</b>	<b>61.4</b>
Satisfaction with your family life						
Low*	<b>3.4**</b>	<b>2.0</b>	<b>14.1</b>	<b>3.6**</b>	<b>20.0</b>	<b>14.0</b>
Medium*	<b>6.7</b>	<b>18.0</b>	<b>7.6</b>	<b>13.1</b>	<b>12.3</b>	<b>27.0</b>
High*	<b>89.9</b>	<b>80.0</b>	<b>78.3</b>	<b>83.2</b>	<b>67.7</b>	<b>59.0</b>

\* Low: 0-5 out of 10, Medium: 6-8 out of 10, High: 9-10 out of 10.

X<sup>2</sup> test: \*\*p<0.00



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old			12 year old		
	Full family	Step family	Lone parent	Full family	Step family	Lone parent
Talking together						
Rarely*	<b>12.4***</b>	<b>25.5</b>	<b>16.7</b>	<b>13.0**</b>	<b>29.2</b>	<b>17.3</b>
Often*	<b>87.6</b>	<b>74.5</b>	<b>83.3</b>	<b>87.0</b>	<b>70.8</b>	<b>82.7</b>
Having fun together						
Rarely*	<b>31.5**</b>	<b>53.1</b>	<b>38.8</b>	47.9	52.5	49.0
Often*	<b>68.5</b>	<b>46.9</b>	<b>61.2</b>	52.1	47.5	51.0
Learning together						
Rarely*	23.8	34.7	24.7	54.7	41.9	45.8
Often*	76.2	65.3	75.3	45.3	58.1	54.2

\* Rarely: not at all, once or twice, Often: most days or everyday.

X<sup>2</sup> test: \*\*p<0.01 \*\*\*p<0.05



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old		12 year old	
	With grandparents	Without grandparents	With grandparents	Without grandparents
I feel safe at home				
0-2*	4.8	4.9	2.8	4.3
3-4*	95.2	95.1	97.2	95.7
We have a good time together in my family				
0-2*	5.9	6.3	12.6	13.0
3-4*	94.1	93.7	87.4	87.0

\* 0- do not agree, 1- agree a little bit, 2- agree somewhat, 3- agree a lot, 4- totally agree.



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old		12 year old	
	With grandparents	Without grandparents	With grandparents	Without grandparents
Satisfaction with the people who live with you				
Low*	6.1	6.8	7.8	8.8
Medium*	13.2	9.2	16.0	15.6
High*	80.7	84.0	76.2	75.6
Satisfaction with your family life				
Low*	4.3	4.5	5.0	6.9
Medium*	5.3	8.3	13.2	14.8
High*	90.4	87.2	81.8	78.3

\* Low: 0-5 out of 10, Medium: 6-8 out of 10, High: 9-10 out of 10.



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old		12 year old	
	With grandparents	Without grandparents	With grandparents	Without grandparents
Talking together				
Rarely*	12.6	13.9	12.7	16.2
Often*	87.4	86.1	87.3	83.8
Having fun together				
Rarely*	<b>28.2**</b>	<b>35.7</b>	<b>42.0**</b>	<b>51.8</b>
Often*	<b>71.8</b>	<b>64.3</b>	<b>58.0</b>	<b>48.2</b>
Learning together				
Rarely*	21.0	26.2	51.0	54.3
Often*	79.0	73.8	49.0	45.7

\* Rarely: not at all, once or twice, Often: most days or everyday.

X<sup>2</sup> test: \*\*p<0.05



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old		12 year old	
	With siblings	Without siblings	With siblings	Without siblings
I feel safe at home				
0-2*	4.3	5.9	3.7	4.4
3-4*	95.7	94.1	96.3	95.6
We have a good time together in my family				
0-2*	5.5	7.9	<b>11.5**</b>	<b>16.9</b>
3-4*	94.5	92.1	<b>88.5</b>	<b>83.1</b>

\* 0- do not agree, 1- agree a little bit, 2- agree somewhat, 3- agree a lot, 4- totally agree.

X<sup>2</sup> test: \*\*p<0.05



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old		12 year old	
	With siblings	Without siblings	With siblings	Without siblings
Satisfaction with the people who live with you				
Low*	6.4	6.8	8.2	9.6
Medium*	10.4	11.3	16.3	14.1
High*	83.1	81.9	75.5	76.3
Satisfaction with your family life				
Low*	4.2	5.2	6.2	6.7
Medium*	7.1	7.7	12.7	18.3
High*	88.7	87.1	81.1	75.0

\* Low: 0-5 out of 10, Medium: 6-8 out of 10, High: 9-10 out of 10.



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## FAMILY STRUCTURE AND FAMILY LIFE

Family structure and children's family live views

	10 year-old		12 year old	
	With siblings	Without siblings	With siblings	Without siblings
Talking together				
Rarely*	13.0	14.5	15.1	15.1
Often*	87.0	85.5	84.9	84.9
Having fun together				
Rarely*	31.6	37.3	<b>45.9**</b>	<b>55.9</b>
Often*	68.4	62.7	<b>54.1</b>	<b>44.1</b>
Learning together				
Rarely*	24.1	25.4	54.6	49.4
Often*	75.9	74.6	45.4	50.6

\* Rarely: not at all, once or twice, Often: most days or everyday.

X<sup>2</sup> test: \*\*p<0.01



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## FAMILY LIFE AND OVERALL WELL-BEING

Mean scores for SWB indicators and children's family live views

	10 year-old			12 year old		
	FLS	OLS	SLSS	FLS	OLS	SLSS
I feel safe at home						
0-2*	6.8**	68.9**	61.5**	6.6**	63.3**	57.6**
3-4*	9.5**	93.7**	89.9**	9.1**	85.6**	82.7**
My parents listen to me and take what I say into account						
0-2*	8.2**	82.5**	74.2**	7.2**	67.9**	61.9**
3-4*	9.5**	93.9**	90.4**	9.4**	87.5**	85.3**

\* 0- do not agree, 1- agree a little bit, 2- agree somewhat, 3- agree a lot, 4- totally agree.

ANOVA test: \*\*p<0.00



## FAMILY LIFE AND OVERALL WELL-BEING

Mean scores for SWB indicators and children's family live views

	10 year-old			12 year old		
	FLS	OLS	SLSS	FLS	OLS	SLSS
We have a good time together in my family						
0-2*	7.2**	77.3**	64.9**	7.0**	64.2**	58.3**
3-4*	9.5**	93.5**	90.0**	9.3**	87.6**	85.1**
My parents treat me fairly						
0-2*	7.5**	77.5**	65.9**	7.1**	69.2**	61.6**
3-4*	9.6**	93.9**	90.5**	9.4**	87.3**	85.3**

\* 0- do not agree, 1- agree a little bit, 2- agree somewhat, 3- agree a lot, 4- totally agree.

ANOVA test: \*\*p<0.00



## FAMILY LIFE AND OVERALL WELL-BEING

Mean scores for SWB indicators and children's family live views

	10 year-old		12 year old	
	OLS	SLSS	OLS	SLSS
Satisfaction with the people who live with you				
Low*	<b>73.2**</b>	<b>66.7**</b>	<b>61.9**</b>	<b>52.9**</b>
Medium*	<b>83.8**</b>	<b>75.8**</b>	<b>75.6**</b>	<b>70.9**</b>
High*	<b>94.7**</b>	<b>91.5**</b>	<b>88.8**</b>	<b>86.8**</b>
Satisfaction with your family life				
Low*	<b>62.1**</b>	<b>48.4**</b>	<b>57.0**</b>	<b>46.7**</b>
Medium*	<b>83.8**</b>	<b>73.0**</b>	<b>71.0**</b>	<b>61.0**</b>
High*	<b>94.4**</b>	<b>91.5**</b>	<b>88.8**</b>	<b>87.9**</b>

\* Low: 0-5 out of 10, Medium: 6-8 out of 10, High: 9-10 out of 10.

ANOVA test: \*\*p<0.00



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## FAMILY LIFE AND OVERALL WELL-BEING

Mean scores for SWB indicators and children's family live views

	10 year-old		12 year old	
	OLS	SLSS	OLS	SLSS
Talking together				
Rarely*	<b>85.7**</b>	<b>80.1**</b>	<b>70.2**</b>	<b>66.1**</b>
Often*	<b>94.0**</b>	<b>90.2**</b>	<b>86.9**</b>	<b>84.3**</b>
Having fun together				
Rarely*	<b>87.3**</b>	<b>81.9**</b>	<b>77.6**</b>	<b>73.7**</b>
Often*	<b>94.5**</b>	<b>91.3**</b>	<b>90.4**</b>	<b>88.4**</b>
Learning together				
Rarely*	<b>87.6**</b>	<b>82.8**</b>	<b>80.2**</b>	<b>75.6**</b>
Often*	<b>93.7**</b>	<b>90.2**</b>	<b>88.7**</b>	<b>87.6**</b>

\* Rarely: not at all, once or twice, Often: most days or everyday.

ANOVA test: \*\*p<0.00



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## CONCLUSIONS (I)

- The children's **satisfaction** with their lives was **fairly high**,
- The level of **overall life satisfaction** was **decreasing along with age** of the children,
- Children from **full families** indicated **higher life satisfaction**,
- Children from **step families** declared **talking, having fun and learning** together with family members **less often**,
- Children who lived with **grandparents** had fun together **more often**,
- The level of **subjective well-being** was significantly higher among children who reported **feeling safe at home**,



## CONCLUSIONS (II)

- Children who experienced **being listened to by parents**, had **significantly higher levels of overall life satisfaction**,
- **Higher subjective well-being** indicators were reported by the children who:
  - **had good time** together in their family,
  - were **treated fairly** by parents.
- Children with **high levels of satisfaction with**:
  - the **people** who were living with them,
  - and their **family life**,had significantly **higher levels of overall life satisfaction**.





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**Thank you for your attention**



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