



Rozmowa otwarcia: „Życie dobre, czyli jakie?”

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O dobrostanie mówimy wtedy, gdy:

- mamy świadomość własnego potencjału
- jesteśmy odporni na stres
- dbamy o dobre samopoczucie fizyczne
- mamy poczucie sensu (celowości działań)
- mamy poczucie przynależności do szerszej społeczności

PISA 2022 - PORÓWNANIA MIĘDZYKRAJOWE



CZYTANIE		
1	Singapore 543	
2	Ireland* 516	
3	Japan 516	
4	Korea 515	
5	Chinese Taipei 515	
6	Estonia 511	
7	Macao (China) 510	
8	Canada* 507	
9	United States* 504	
10	New Zealand* 501	
11	Hong Kong (China)* 500	
12	Australia* 498	
13	United Kingdom* 494	
14	Finland 490	
15	Polska 489	
16	Denmark* 489	
17	Czech Republic 489	
18	Sweden 487	
19	Switzerland 483	
20	Italy 482	
21	Austria 480	
22	Germany 480	
23	Belgium 479	
24	Portugal 477	
25	Norway 477	
26	Croatia 475	
27	Spain 475	
28	Spain 474	
29	France 474	
30	Israel 474	
31	Hungary 473	
32	Lithuania 472	
33	Slovenia 469	
34	Viet Nam** 462	
35	Netherlands* 459	
36	Turkiye 450	
37	Chile 448	
38	Slovak Republic 447	
39	Malta 445	
40	Serbia 440	
41	Greece 438	
42	Iceland 436	
43	Uruguay 430	
44	Brunei Darussalam 429	
45	Romania 428	
46	Ukrainian regions (18 of 22)	428
47	Qatar 419	
48	United Arab Emirates 417	
49	Mexico 415	
50	Costa Rica 415	
51	Moldova 411	
52	Brazil 410	
53	Jamaica* 410	
54	Colombia 409	
55	Peru 408	
56	Montenegro 403	
57	Bulgaria 404	
58	Argentina 401	
59	Panama* 392	
60	Malaysia 388	
61	Kazakhstan 380	
62	Saudi Arabia 383	
63	Cyprus 381	
64	Thailand 379	
65	Mongolia 378	
66	Guatemala 374	
67	Georgia 374	
68	Paraguay 373	
69	Baku (Azerbaijan) 365	
70	El Salvador 365	
71	Indonesia 359	
72	North Macedonia 359	
73	Albania 358	
74	Dominican Republic 351	
75	Palestinian Authority 349	
76	Philippines 347	
77	Kosovo 342	
78	Jordan 342	
79	Morocco 339	
80	Uzbekistan 330	
81	Cambodia 329	

MATEMATYKA		
1	Japan 538	
2	Singapore 525	
3	Macao (China) 523	
4	Chinese Taipei 517	
5	Hong Kong (China)* 510	
6	Korea 507	
7	Estonia 510	
8	Switzerland 508	
9	Canada* 497	
10	Netherlands* 493	
11	Ireland* 492	
12	Belgium 489	
13	Polska 489	
14	Denmark* 489	
15	United Kingdom* 489	
16	Austria 487	
17	Australia* 487	
18	Czech Republic 487	
19	Slovenia 485	
20	Finland 484	
21	Latvia* 483	
22	Sweden 482	
23	New Zealand* 479	
24	Lithuania 475	
25	Germany 475	
26	France 474	
27	Spain 473	
28	Hungary 473	
29	Portugal 472	
30	Italy 471	
31	Viet Nam 469	
32	Norway 468	
33	Malta 468	
34	United States* 465	
35	Slovak Republic 464	
36	Croatia 463	
37	Iceland 459	
38	Israel 458	
39	Turkiye 453	
40	Brunei Darussalam 442	
41	Ukrainian regions (18 of 22)	441
42	Serbia 440	
43	United Arab Emirates 431	
44	Greece 430	
45	Romania 428	
46	Kazakhstan 425	
47	Mongolia 425	
48	Cyprus 418	
49	Bulgaria 417	
50	Moldova 414	
51	Qatar 414	
52	Chile 412	
53	Uruguay 409	
54	Malaysia 409	
55	Montenegro 406	
56	Baku (Azerbaijan) 399	
57	Mexico 395	
58	Thailand 394	
59	Peru 391	
60	Georgia 390	
61	Saudi Arabia 389	
62	North Macedonia 389	
63	Costa Rica 385	
64	Colombia 383	
65	Brazil 379	
66	Argentina 378	
67	Jamaica* 377	
68	Albania 368	
69	Palestinian Authority 366	
70	Indonesia 366	
71	Morocco 365	
72	Uzbekistan 364	
73	Jordan 361	
74	Panama* 357	
75	Kosovo 355	
76	Philippines 355	
77	Guatemala 344	
78	El Salvador 343	
79	Dominican Republic 339	
80	Paraguay 338	
81	Cambodia 336	

PRZYRODA		
1	Singapore 561	
2	Japan 547	
3	Macao (China) 543	
4	Chinese Taipei 537	
5	Korea 528	
6	Estonia 526	
7	Hong Kong (China)* 520	
8	Canada* 515	
9	Finland 511	
10	Australia* 507	
11	New Zealand* 504	
12	Ireland* 504	
13	Switzerland 503	
14	Slovenia 500	
15	United Kingdom* 500	
16	Polska 499	
17	United States* 499	
18	Czech Republic 498	
19	Latvia* 494	
20	Denmark* 494	
21	Sweden 493	
22	Germany 492	
23	Austria 491	
24	Belgium 491	
25	Netherlands* 488	
26	France 487	
27	Hungary 486	
28	Spain 485	
29	Lithuania 484	
30	Portugal 484	
31	Croatia 483	
32	Norway 478	
33	Uruguay 478	
34	Turkiye 476	
35	Viet Nam 472	
36	Malta 466	
37	Israel 465	
38	Slovak Republic 462	
39	Ukrainian regions (18 of 22)	450
40	Serbia 447	
41	Iceland 447	
42	Brunei Darussalam 446	
43	Chile 444	
44	Greece 441	
45	Uruguay 435	
46	Qatar 432	
47	United Arab Emirates 432	
48	Romania 428	
49	Kazakhstan 423	
50	Bulgaria 421	
51	Moldova 417	
52	Malaysia 416	
53	Mongolia 412	
54	Colombia 411	
55	Costa Rica 410	
56	Baku (Azerbaijan) 411	
57	Mexico 410	
58	Thailand 409	
59	Peru 408	
60	Argentina 406	
61	Montenegro 403	
62	Brazil 403	
63	Jamaica* 403	
64	Saudi Arabia 390	
65	Panama* 388	
66	Georgia 384	
67	Indonesia 383	
68	Baku (Azerbaijan) 380	
69	North Macedonia 380	
70	Albania 376	
71	Jordan 375	
72	El Salvador 373	
73	Guatemala 373	
74	Palestinian Authority 369	
75	Paraguay 368	
76	Morocco 365	
77	Dominican Republic 360	
78	Kosovo 357	
79	Philippines 356	
80	Uzbekistan 355	
81	Cambodia 347	

SATYSFAKCJA Z ŻYCIA		
1	Kazakhstan 8.41	
2	Uzbekistan 8.20	
3	Albania 8.01	
4	Kosovo 7.87	
5	Guatemala 7.72	
6	North Macedonia 7.65	
7	Cambodia 7.65	
8	Georgia 7.62	
9	Romania 7.53	
10	Montenegro 7.52	
11	Serbia 7.48	
12	Dominican Republic 7.44	
13	Finland 7.41	
14	El Salvador 7.40	
15	Croatia 7.37	
16	Saudi Arabia 7.36	
17	Viet Nam 7.35	
18	Ukrainian regions (18 of 22)	7.35
19	Paraguay 7.32	
20	Costa Rica 7.32	
21	Netherlands* 7.29	
22	Mexico 7.26	
23	Indonesia 7.22	
24	Hungary 7.21	
25	Mongolia 7.20	
26	Denmark* 7.19	
27	Lithuania 7.14	
28	Thailand 7.12	
29	Palestinian Authority 7.08	
30	Switzerland 7.06	
31	Portugal 7.06	
32	Bulgaria 7.04	
33	Panama* 7.04	
34	Uruguay 7.03	
35	Slovak Republic 7.02	
36	Moldova 7.01	
37	Philippines 6.97	
38	Colombia 6.96	
39	Estonia 6.91	
40	Sweden 6.91	
41	Iceland 6.90	
42	Spain 6.88	
43	United Arab Emirates 6.85	
44	Brazil 6.85	
45	Chinese Taipei 6.85	
46	Baku (Azerbaijan) 6.80	
47	France 6.77	
48	Qatar 6.77	
49	Jordan 6.77	
50	Morocco 6.76	
51	Japan 6.76	
52	Latvia* 6.76	
53	Argentina 6.69	
54	Austria 6.69	
55	Cyprus 6.68	
56	Malaysia 6.68	
57	Greece 6.62	
58	Slovenia 6.61	
59	Ireland* 6.59	
60	Czech Republic 6.56	
61	Italy 6.53	
62	Germany 6.51	
63	Hong Kong (China)* 6.49	
64	Macao (China) 6.41	
65	Chile 6.41	
66	Peru 6.37	
67	Korea 6.36	
68	New Zealand* 6.27	
69	Polska 6.26	
70	Malta 6.24	
71	United Kingdom* 6.07	
72	Brunei Darussalam 5.86	
73	Jamaica* 5.83	
74	Turkiye 4.90	

POCZUCIE PRZYNALEŻNOŚCI DO SZKOŁY		
1	Austria 0.44	
2	Switzerland 0.36	
3	Spain 0.27	
4	Germany 0.27	
5	Korea 0.26	
6	Albania 0.25	
7	Japan 0.25	
8	Norway 0.23	
9	Serbia 0.18	
10	Iceland 0.16	
11	Hungary 0.14	
12	Montenegro 0.14	
13	Croatia 0.13	
14	North Macedonia 0.12	
15	Denmark* 0.11	
16	Netherlands* 0.10	
17	Finland 0.10	
18	Sweden 0.09	
19	Portugal 0.08	
20	Uzbekistan 0.08	
21	Slovenia 0.04	
22	Belgium 0.02	
23	Chinese Taipei 0.01	
24	Saudi Arabia 0.00	
25	Romania -0.02	
26	Lithuania -0.02	
27	France -0.03	
28	Georgia -0.05	
29	Moldova -0.06	
30	Greece -0.06	
31	Italy -0.06	
32	Ukrainian regions (18 of 22)	-0.08
33	Malta -0.08	
34	Costa Rica -0.09	
35	Cyprus -0.10	
36	Ireland* -0.13	
37	Indonesia -0.13	
38	Estonia -0.14	
39	Kazakhstan -0.14	
40	Mongolia -0.15	
41	Qatar -0.16	
42	Colombia -0.16	
43	Canada* -0.16	
44	Baku (Azerbaijan) -0.17	
45	Palestinian Authority -0.17	
46	Guatemala -0.18	
47	Mexico -0.18	
48	Bulgaria -0.19	
49	Panama* -0.19	
50	Argentina -0.20	
51	United Arab Emirates -0.20	
52	Slovak Republic -0.20	
53	Peru -0.20	
54	Brazil -0.21	
55	United Kingdom* -0.21	
56	Uruguay -0.21	
57	Chile -0.22	
58	Singapore -0.22	
59	Australia* -0.23	
60	Dominican Republic -0.23	
61	Malta -0.24	
62	Paraguay -0.24	
63	Latvia* -0.25	
64	United States* -0.26	
65	El Salvador -0.27	
66	Malaysia -0.27	
67	Czech Republic -0.28	
68	Viet Nam -0.28	
69	Morocco -0.29	
70	New Zealand* -0.29	
71	Turkiye -0.30	
72	Macao (China) -0.31	
73	Polska -0.31	
74	Jamaica* -0.34	
75	Thailand -0.34	
76	Philippines -0.38	
77	Hong Kong (China) -0.39	
78	Kosovo -0.43	
79	Brunei Darussalam -0.50	

PRZEKONANIE O SAMODZIELNOŚCI W UCZENIU		
1	Panama* 0.35	
2	Croatia 0.34	
3	United Arab Emirates 0.30	
4	Colombia 0.30	
5	Austria 0.22	
6	Italy 0.22	
7	Spain 0.20	
8	Mexico 0.20	
9	France 0.19	
10	Lithuania 0.19	
11	Saudi Arabia 0.17	
12	Kazakhstan 0.17	
13	Guatemala 0.17	
14	Albania 0.16	
15	Finland 0.16	
16	Switzerland 0.16	
17	Germany 0.13	
18	Portugal 0.12	
19	Dominican Republic 0.10	
20	Hungary 0.10	
21	Estonia 0.09	
22	Iceland 0.09	
23	Sweden 0.09	
24	El Salvador 0.08	
25	Peru 0.07	
26	Uzbekistan 0.07	
27	North Macedonia 0.07	
28	Qatar 0.07	
29	Costa Rica 0.06	
30	Ukrainian regions (18 of 22)	0.06
31	Bulgaria 0.05	
32	Paraguay 0.04	
33	Australia* 0.04	
34	Chile 0.01	
35	Cyprus 0.01	
36	Baku (Azerbaijan) 0.01	
37	Canada* 0.01	
38	Moldova -0.01	
39	United States* -0.01	
40	Mongolia -0.02	
41	Romania -0.02	
42	Malta -0.04	
43	Latvia* -0.04	
44	Uruguay -0.05	
45	Argentina -0.06	
46	Turkiye -0.08	
47	Greece -0.07	
48	Ireland* -0.07	
49	Kosovo -0.07	
50	New Zealand* -0.08	
51	Montenegro -0.08	
52	Viet Nam -0.09	
53	Slovak Republic -0.09	
54	Indonesia -0.09	
55	Slovenia -0.10	
56	Jamaica* -0.11	
57	Philippines -0.13	
58	Belgium -0.13	
59	Georgia -0.14	
60	Macao (China) -0.15	
61	Netherlands* -0.15	
62	Chinese Taipei -0.16	
63	Hong Kong (China)* -0.18	
64	Israel -0.18	
65	Serbia -0.18	
66	United Kingdom* -0.19	
67	Polska -0.19	
68	Jordan -0.20	
69	Palestinian Authority -0.20	
70	Korea -0.22	
71	Cambodia -0.25	
72	Thailand -0.27	
73	Malaysia -0.28	
74	Morocco -0.37	
75	Brunei Darussalam -0.37	
76	Brazil -0.39	
77	Japan -0.08	

KOMPETENCJE SPOŁECZNO-EMOCJONALNE w badaniu PISA 2022



WYTRWAŁOŚĆ	
Costa Rica	0,48
Colombia	0,29
Mexico	0,24
Portugal	0,24
Iceland	0,17
Chile	0,16
Austria	0,16
Türkiye	0,16
Spain	0,14
Switzerland	0,09
Italy	0,07
Germany	0,05
Greece	0,05
Denmark	0,01
France	0,01
Finland	0,00
Hungary	0,00
średnia OECD	0,00
Canada	0,00
Ireland	-0,02
Korea	-0,05
Belgium	-0,07
Australia	-0,11
Estonia	-0,15
Lithuania	-0,15
Norway	-0,16
United Kingdom	-0,17
Netherlands	-0,17
Latvia	-0,18
Slovenia	-0,19
Czech Republic	-0,19
New Zealand	-0,19
Slovak Republic	-0,25
Polska	-0,28

CIEKAWOŚĆ	
Costa Rica	0,44
Türkiye	0,34
Mexico	0,29
Colombia	0,28
Portugal	0,26
Greece	0,21
Chile	0,21
Spain	0,14
Italy	0,09
Korea	0,09
France	0,08
średnia OECD	0,06
Canada	0,05
Austria	0,02
Switzerland	0,01
Hungary	0,01
Ireland	0,00
Australia	-0,02
Iceland	-0,02
New Zealand	-0,03
Denmark	-0,04
Germany	-0,05
United Kingdom	-0,09
Slovak Republic	-0,13
Norway	-0,13
Belgium	-0,16
Estonia	-0,18
Finland	-0,19
Latvia	-0,19
Slovenia	-0,21
Lithuania	-0,24
Polska	-0,24
Czech Republic	-0,26
Netherlands	-0,33

WSPÓŁPRACA	
Portugal	0,39
Switzerland	0,32
Costa Rica	0,31
Austria	0,31
Colombia	0,22
Germany	0,21
Mexico	0,18
Spain	0,17
Chile	0,11
Türkiye	0,09
Italy	0,05
średnia OECD	0,01
Greece	-0,01
France	-0,01
Norway	-0,04
Ireland	-0,04
Hungary	-0,04
Canada	-0,05
Denmark	-0,05
Netherlands	-0,09
Finland	-0,09
Korea	-0,09
Australia	-0,11
Iceland	-0,14
Lithuania	-0,16
New Zealand	-0,17
Polska	-0,19
Czech Republic	-0,19
United Kingdom	-0,22
Estonia	-0,24

EMPATIA	
Austria	0,30
Spain	0,23
Switzerland	0,20
Portugal	0,18
Türkiye	0,18
Germany	0,17
Finland	0,13
Denmark	0,12
Hungary	0,08
Greece	0,07
Canada	0,04
Korea	0,03
Chile	0,02
Australia	0,01
średnia OECD	0,01
Ireland	-0,01
Italy	-0,01
Netherlands	-0,03
France	-0,04
Slovak Republic	-0,05
New Zealand	-0,07
Polska	-0,08
Czech Republic	-0,09
United Kingdom	-0,09
Lithuania	-0,10
Iceland	-0,11
Belgium	-0,14
Estonia	-0,14
Latvia	-0,25

ASERTYWNOŚĆ	
Türkiye	0,27
Switzerland	0,19
France	0,19
Canada	0,09
Greece	0,08
Denmark	0,08
Ireland	0,06
Belgium	0,06
Korea	0,05
Portugal	0,04
Australia	0,04
Iceland	0,04
Germany	0,02
Czech Republic	0,02
Austria	0,01
średnia OECD	-0,01
Netherlands	-0,01
New Zealand	-0,01
United Kingdom	-0,02
Finland	-0,05
Italy	-0,05
Lithuania	-0,06
Estonia	-0,06
Latvia	-0,09
Costa Rica	-0,09
Polska	-0,11
Chile	-0,13
Hungary	-0,14
Spain	-0,15
Slovak Republic	-0,15
Slovenia	-0,19

ODPORNOŚĆ NA STRES	
Netherlands	0,27
Denmark	0,20
Finland	0,19
Switzerland	0,17
Iceland	0,16
Estonia	0,13
Hungary	0,13
Austria	0,08
Germany	0,05
Lithuania	0,02
Korea	-0,01
Ireland*	-0,01
średnia OECD	-0,02
Latvia	-0,02
Costa Rica	-0,02
Spain	-0,02
Türkiye	-0,03
Belgium	-0,03
Polska	-0,05
Slovenia	-0,06
Slovak Republic	-0,06
Australia	-0,06
Chile	-0,07
Czech Republic	-0,07
Portugal	-0,08
Canada	-0,09
France	-0,09
New Zealand	-0,11
Greece	-0,12
United Kingdom	-0,15
Italy	-0,22

KONTROLA EMOCJONALNA	
Netherlands	0,32
Denmark	0,20
Finland	0,20
Korea	0,18
Switzerland	0,13
Germany	0,09
Canada	0,09
Spain	0,07
Costa Rica	0,07
Iceland	0,05
New Zealand	0,04
Estonia	0,04
Hungary	0,02
Slovenia	0,01
Australia	0,01
Portugal	0,01
Ireland	-0,01
France	-0,01
średnia OECD	-0,01
Colombia	-0,03
Mexico	-0,04
Slovak Republic	-0,06
Chile	-0,10
Lithuania	-0,11
Greece	-0,11
Latvia	-0,13
United Kingdom	-0,14
Italy	-0,14
Türkiye	-0,14
Czech Republic	-0,19
Polska	-0,30

Szkoła niewiele zrobiła, aby przygotować mnie do dorosłego życia po jej opuszczeniu.

1	Japan	23%
2	Korea	24%
3	Chinese Taipei	25%
4	Kazakhstan	32%
5	Mexico	36%
6	Georgia	36%
7	Peru	37%
8	Finland	38%
9	Ukrainian regions	39%
10	Saudi Arabia	40%
11	Slovenia	40%
12	Palestinian Authority	41%
13	Hungary	41%
14	El Salvador	41%
15	Colombia	42%
16	Uzbekistan	43%
17	Malaysia	44%
18	Macao	44%
19	Morocco	44%
20	Denmark	45%
21	Czech Republic	45%
22	Singapore	45%
23	Indonesia	45%
24	Spain	46%
25	Croatia	46%
26	Bulgaria	46%
27	Jordan	46%
28	Slovak Republic	46%
29	Estonia	47%
30	Hong Kong	47%
31	Latvia	47%
32	Costa Rica	48%
33	Iceland	48%
34	Dominican Republic	48%
35	Netherlands	48%
36	Portugal	49%
37	Mongolia	49%
38	Montenegro	49%
39	Chile	49%
40	Sweden	50%
41	Republic of Moldova	50%
42	Qatar	51%
43	Turkey	51%
44	Australia	51%
45	Uruguay	53%
46	Thailand	53%
47	Panama	53%
48	Austria	53%
49	Kosovo	53%
50	New Zealand	54%
51	Serbia	54%
52	Great Britain	54%
53	Norway	54%
54	Canada	55%
55	Argentina	55%
56	United States	55%
57	Switzerland	55%
58	Azerbaijan	55%
59	Italy	55%
60	North Macedonia	55%
61	Albania	55%
62	Romania	56%
63	France	56%
64	Ireland	56%
65	Lithuania	56%
66	Belgium	56%
67	Brazil	56%
68	Jamaica	57%
69	POLSKA	58%
70	United Arab Emirates	58%
71	Cyprus	61%
72	Greece	61%
73	Malta	63%
74	Philippines	67%
75	Brunei Darussalam	69%
76	Germany	72%

Szkoła nauczyła mnie rzeczy, które mogą być przydatne w pracy.

1	Indonesia	85%
2	Peru	84%
3	Costa Rica	83%
4	Colombia	83%
5	Mexico	82%
6	Brunei Darussalam	82%
7	Jamaica	81%
8	Malaysia	81%
9	Philippines	81%
10	El Salvador	79%
11	Brazil	78%
12	Panama	78%
13	Finland	76%
14	Singapore	76%
15	Argentina	76%
16	Albania	76%
17	Portugal	75%
18	Saudi Arabia	75%
19	Chile	74%
20	Thailand	74%
21	North Macedonia	73%
22	Latvia	72%
23	Mongolia	72%
24	Uzbekistan	72%
25	Dominican Republic	72%
26	Japan	72%
27	Kosovo	72%
28	Canada	72%
29	Palestinian Authority	71%
30	Republic of Moldova	71%
31	Kazakhstan	71%
32	Uruguay	71%
33	Australia	71%
34	Chinese Taipei	71%
35	Lithuania	71%
36	United Arab Emirates	71%
37	France	70%
38	Denmark	70%
39	Azerbaijan	70%
40	Estonia	70%
41	Morocco	69%
42	Italy	69%
43	Qatar	69%
44	New Zealand	68%
45	Spain	68%
46	Slovenia	67%
47	Malta	67%
48	Croatia	67%
49	Montenegro	67%
50	Ireland	67%
51	Switzerland	67%
52	Ukrainian regions	66%
53	Jordan	66%
54	Bulgaria	66%
55	United States	66%
56	Czech Republic	66%
57	Slovak Republic	65%
58	Greece	65%
59	Serbia	65%
60	Belgium	65%
61	Sweden	65%
62	Romania	65%
63	Turkey	65%
64	Hong Kong	65%
65	Korea	64%
66	Georgia	64%
67	Netherlands	64%
68	Macao	64%
69	Great Britain	64%
70	Iceland	64%
71	Cyprus	62%
72	Hungary	60%
73	Austria	60%
74	Norway	57%
75	POLSKA	51%
76	Germany	41%

Szkoła pomogła mi w nabraniu pewności siebie przy podejmowaniu decyzji.

1	Indonesia	82%
2	Philippines	81%
3	Peru	76%
4	Colombia	75%
5	Albania	75%
6	El Salvador	74%
7	Malaysia	73%
8	Mexico	72%
9	Costa Rica	71%
10	Brunei Darussalam	70%
11	Thailand	69%
12	Uzbekistan	69%
13	Kosovo	69%
14	Chinese Taipei	68%
15	Panama	68%
16	Kazakhstan	66%
17	Singapore	66%
18	Jamaica	66%
19	Dominican Republic	66%
20	Hong Kong	64%
21	Azerbaijan	64%
22	Saudi Arabia	64%
23	North Macedonia	64%
24	Ukrainian regions	64%
25	Argentina	64%
26	United Arab Emirates	64%
27	Uruguay	64%
28	Japan	64%
29	Brazil	64%
30	Palestinian Authority	63%
31	Korea	63%
32	Macao	61%
33	Chile	60%
34	Republic of Moldova	60%
35	Australia	60%
36	Portugal	60%
37	Qatar	60%
38	Mongolia	60%
39	Denmark	59%
40	Georgia	59%
41	Montenegro	58%
42	Jordan	58%
43	Bulgaria	57%
44	United States	57%
45	Spain	57%
46	Morocco	56%
47	Latvia	56%
48	Canada	56%
49	Turkey	56%
50	Finland	55%
51	Slovenia	55%
52	Slovak Republic	55%
53	Ireland	55%
54	Estonia	55%
55	Croatia	55%
56	Romania	55%
57	New Zealand	54%
58	Serbia	54%
59	Malta	53%
60	Iceland	53%
61	Great Britain	52%
62	Italy	52%
63	Lithuania	52%
64	Cyprus	51%
65	Switzerland	50%
66	Hungary	50%
67	Sweden	50%
68	Greece	48%
69	Austria	46%
70	Norway	45%
71	Belgium	44%
72	Netherlands	43%
73	France	42%
74	Czech Republic	41%
75	POLSKA	40%
76	Germany	35%

Szkoła okazała się stratą czasu.

1	Japan	6%
2	Costa Rica	11%
3	Peru	13%
4	Korea	14%
5	Mexico	14%
6	Brunei Darussalam	16%
7	Chinese Taipei	19%
8	Spain	19%
9	Singapore	19%
10	Denmark	19%
11	Chile	19%
12	Jamaica	19%
13	Colombia	20%
14	Portugal	20%
15	Italy	20%
16	Malaysia	20%
17	Macao	22%
18	Hungary	22%
19	Brazil	22%
20	Panama	23%
21	Indonesia	23%
22	Uruguay	23%
23	Kazakhstan	23%
24	Estonia	24%
25	Hong Kong	24%
26	Argentina	24%
27	El Salvador	24%
28	Finland	25%
29	Sweden	25%
30	Ireland	25%
31	Greece	25%
32	Switzerland	25%
33	Great Britain	25%
34	Australia	25%
35	Czech Republic	26%
36	Georgia	26%
37	Austria	26%
38	Canada	26%
39	United States	26%
40	Iceland	26%
41	Slovenia	27%
42	Latvia	27%
43	Croatia	27%
44	France	27%
45	Saudi Arabia	27%
46	New Zealand	28%
47	Lithuania	28%
48	Ukrainian regions	29%
49	Mongolia	29%
50	Germany	29%
51	Serbia	29%
52	Republic of Moldova	29%
53	Romania	29%
54	Morocco	30%
55	Philippines	30%
56	Belgium	30%
57	Netherlands	30%
58	Kosovo	30%
59	Montenegro	30%
60	United Arab Emirates	31%
61	Slovak Republic	31%
62	Malta	31%
63	Thailand	31%
64	Norway	31%
65	Qatar	32%
66	Dominican Republic	33%
67	Palestinian Authority	34%
68	Bulgaria	34%
69	Turkey	35%
70	Jordan	37%
71	North Macedonia	38%
72	POLSKA	38%
73	Cyprus	38%
74	Albania	38%
75	Uzbekistan	38%
76	Azerbaijan	49%

Martwię się, że nie jestem przygotowany/a do życia po zakończeniu szkoły ponadpodstawowej

1	Morocco	26%
2	Hungary	28%
3	Palestinian Authority	29%
4	Kazakhstan	30%
5	Finland	31%
6	Montenegro	32%
7	Austria	32%
8	Georgia	32%
9	Switzerland	33%
10	Czech Republic	33%
11	Jordan	34%
12	Croatia	34%
13	Greece	35%
14	Uzbekistan	35%
15	Slovenia	35%
16	Serbia	36%
17	Saudi Arabia	37%
18	Netherlands ¹	37%
19	Kosovo	37%
20	Bulgaria	38%
21	Thailand	38%
22	Denmark ¹	40%
23	Sweden	42%
24	Slovak Republic	43%
25	Latvia ¹	43%
26	Estonia	43%
27	France	45%
28	Ukrainian regions	46%
29	POLSKA	46%
30	North Macedonia	47%
31	Lithuania	47%
32	Norway	47%
33	Belgium	48%
34	Great Britain ¹	49%
35	Cyprus	49%
36	Republic of Moldova	49%
37	Azerbaijan	49%
38	Korea	49%
39	Iceland	49%
40	Germany	50%
41	Albania	50%
42	Portugal	51%
43	United States ¹	51%
44	Romania	52%
45	Qatar	52%
46	Ireland ¹	53%
47	United Arab Emirates	53%
48	Panama	55%
49	Turkey	55%
50	Canada ¹	56%
51	Costa Rica	56%
52	Macao	57%
53	Spain	57%
54	Malta	57%
55	Hong Kong	58%
56	Mongolia	58%
57	Italy	58%
58	El Salvador	58%
59	Jamaica	59%
60	Australia ¹	59%
61	Indonesia	59%
62	Uruguay	61%
63	Colombia	62%
64	New Zealand ¹	63%
65	Dominican Republic	64%
66	Mexico	64%
67	Malaysia	64%
68	Philippines	66%
69	Peru	66%
70	Chile	68%
71	Brazil	70%
72	Argentina	71%
73	Chinese Taipei	71%
74	Singapore	75%
75	Brunei Darussalam	83%



O dobrostanie mówimy wtedy, gdy:

- mamy świadomość własnego potencjału
- jesteśmy odporni na stres
- dbamy o dobre samopoczucie fizyczne
- mamy poczucie sensu (celowości działań)
- mamy poczucie przynależności do szerszej społeczności