One in five Americans are languishing; those who are languishing are more likely to feel COVID has impacted their physical health and their future career

Washington, DC, April 28, 2021 – A recent Ipsos poll shows that about two in five Americans are flourishing (44%) while one in five Americans are languishing (21%) as defined by Dr. Keyes1. The remaining two-fifths of Americans fall somewhere in the middle either on the upper end (10%) or on the lower end (25%). Millennials (31%) and Gen Z (25%) are more likely to be languishing than their Gen X (21%) or Baby Boomer (14%) counterparts.

Those without a high school education are more likely to be languishing than those with more formal education (32% and 20%, respectively). Those who have never married are more likely to be languishing (32%) compared to those who are currently married (14%) or those who were married in the past (24%). Democrats (19%) and Independents (27%) are more likely to be languishing than Republicans (12%).

Compared to those who are flourishing, those who are languishing are:

- more likely to say they don’t belong to a community (45% languishing and 9% flourishing),
- less likely to feel they can trust people in general (25% languishing and 57% flourishing),
- less likely to feel like society is becoming a better place for everyone (17% languishing and 31% flourishing),
- more likely to say they feel like a stranger in their own country (50% languishing and 32% flourishing),
- more likely to feel like the American economy is rigged for the rich and powerful (67% languishing and 58% flourishing),
- more likely to say traditional parties and politicians don’t care about people like them (71% languishing and 58% flourishing).

Those who are languishing are more likely to say COVID has impacted their life than those who are flourishing. They are more likely to say COVID has had an impact on their physical health (64% languishing and 44% flourishing), financial situation (56% languishing and 47% flourishing), job (42% languishing and 38% flourishing), and their prospects for career advancement (38% languishing and 26% flourishing).

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Ipsos Understanding Society Poll

Conducted by Ipsos using KnowledgePanel®
A survey of the American general population (ages 18+)

Interview dates: April 23 – April 26, 2021
Number of interviews: 1014
Number of Gen Z interviews: 104
Number of Millennials interviews: 216
Number of Gen X interviews: 257
Number of Baby Boomer interviews: 437

Margin of error: +/-3.2 percentage points at the 95% confidence level

NOTE: All results show percentages among all respondents, unless otherwise labeled. Reduced bases are unweighted values.

NOTE: * = less than 0.5%, - = no respondents

Annotated Questionnaire:

1. During the PAST MONTH, how often did you feel…?

   a. Happy

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   b. Interested in life

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c. Satisfied with life

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d. That you had something important to contribute to society

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e. That you belonged to a community (like a social group, or your neighborhood)

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f. That our society is a good place, or is becoming a better place, for all people

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### TOPLINE & METHODOLOGY

#### g. That people are basically good

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#### h. That the way our society works makes sense to you

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#### i. That you liked most parts of your personality

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#### j. Good at managing the responsibilities of your daily life

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TOPLINE & METHODOLOGY

k. That you had warm and trusting relationships with others

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l. That you had experiences that challenged you to grow and become a better person

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m. Confident to think or express your own ideas and opinions

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<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Once or twice</td>
<td>9%</td>
<td>11%</td>
<td>12%</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td>About once a week</td>
<td>7%</td>
<td>5%</td>
<td>8%</td>
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<tr>
<td>About 2 or 3 times a week</td>
<td>12%</td>
<td>12%</td>
<td>16%</td>
<td>12%</td>
<td>8%</td>
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<tr>
<td>Almost every day</td>
<td>32%</td>
<td>30%</td>
<td>34%</td>
<td>28%</td>
<td>33%</td>
</tr>
<tr>
<td>Every Day</td>
<td>35%</td>
<td>33%</td>
<td>24%</td>
<td>39%</td>
<td>41%</td>
</tr>
<tr>
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<td>1%</td>
<td>3%</td>
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n. That your life has a sense of direction or meaning to it

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<tr>
<td>Once or twice</td>
<td>10%</td>
<td>19%</td>
<td>10%</td>
<td>9%</td>
<td>8%</td>
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<tr>
<td>About once a week</td>
<td>9%</td>
<td>6%</td>
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<td>32%</td>
</tr>
<tr>
<td>Skipped</td>
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<td>4%</td>
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2. To what extent do you agree or disagree with the following…?

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<tr>
<td>The mainstream media is more interested in making money than telling the truth</td>
<td>66%</td>
<td>60%</td>
<td>62%</td>
<td>68%</td>
<td>69%</td>
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<td>The American economy is rigged to advantage the rich and powerful</td>
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<tr>
<td>Traditional parties and politicians don't care about people like me</td>
<td>63%</td>
<td>56%</td>
<td>58%</td>
<td>61%</td>
<td>69%</td>
</tr>
<tr>
<td>America needs a strong leader to take the country back from the rich and powerful</td>
<td>54%</td>
<td>58%</td>
<td>52%</td>
<td>51%</td>
<td>56%</td>
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<tr>
<td>When jobs are scarce, employers should prioritize hiring people of this country over immigrants</td>
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<td>41%</td>
<td>36%</td>
<td>49%</td>
<td>54%</td>
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<tr>
<td>People are generally trustworthy</td>
<td>44%</td>
<td>32%</td>
<td>34%</td>
<td>42%</td>
<td>55%</td>
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<tr>
<td>These days I feel like a stranger in my own country</td>
<td>39%</td>
<td>28%</td>
<td>38%</td>
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<td>44%</td>
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<tr>
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<tr>
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### TOPLINE & METHODOLOGY

#### a. I don't feel like I belong to a community

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<td>6%</td>
<td>6%</td>
<td>5%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Somewhat agree</td>
<td>16%</td>
<td>11%</td>
<td>23%</td>
<td>15%</td>
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</tr>
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<td>Neither agree nor disagree</td>
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</tr>
<tr>
<td>Skipped</td>
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<tr>
<td>Agree (Net)</td>
<td>22%</td>
<td>18%</td>
<td>28%</td>
<td>22%</td>
<td>19%</td>
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<tr>
<td>Disagree (Net)</td>
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<td>48%</td>
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#### b. People are generally trustworthy

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#### c. Society is making progress toward becoming a better place for everyone

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d. These days I feel like a stranger in my own country

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e. When jobs are scarce, employers should prioritize hiring people of this country over immigrants

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f. America needs a strong leader to take the country back from the rich and powerful

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### TOPLINE & METHODOLOGY

**g.** The American economy is rigged to advantage the rich and powerful

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**h.** Traditional parties and politicians don’t care about people like me

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**i.** The mainstream media is more interested in making money than telling the truth

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3. How much, if at all, has COVID-19 had an impact on your…?

Total Impact Summary

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<th>Millennials</th>
<th>Gen X</th>
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</tr>
</thead>
<tbody>
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<tr>
<td>Financial situation</td>
<td>52%</td>
<td>56%</td>
<td>56%</td>
<td>56%</td>
<td>47%</td>
</tr>
<tr>
<td>Job</td>
<td>42%</td>
<td>51%</td>
<td>51%</td>
<td>51%</td>
<td>28%</td>
</tr>
<tr>
<td>Prospect for career advancement</td>
<td>31%</td>
<td>46%</td>
<td>39%</td>
<td>35%</td>
<td>19%</td>
</tr>
</tbody>
</table>

a. Physical health

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Gen Z</th>
<th>Millennials</th>
<th>Gen X</th>
<th>Baby Boomers</th>
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<tbody>
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<td>Major impact</td>
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</tr>
<tr>
<td>Moderate impact</td>
<td>18%</td>
<td>26%</td>
<td>21%</td>
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<td>16%</td>
</tr>
<tr>
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</tr>
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<td>55%</td>
<td>51%</td>
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</table>

b. Financial situation

<table>
<thead>
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<th>Millennials</th>
<th>Gen X</th>
<th>Baby Boomers</th>
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</thead>
<tbody>
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</tr>
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<tr>
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</table>

c. Job

<table>
<thead>
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<th>Gen X</th>
<th>Baby Boomers</th>
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</thead>
<tbody>
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<td>51%</td>
<td>51%</td>
<td>51%</td>
<td>28%</td>
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</table>
**d. Prospect for career advancement**

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
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<th>Gen X</th>
<th>Baby Boomers</th>
</tr>
</thead>
<tbody>
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<td>43%</td>
<td>37%</td>
</tr>
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</tr>
<tr>
<td><strong>Impact (Net)</strong></td>
<td>31%</td>
<td>46%</td>
<td>39%</td>
<td>35%</td>
<td>19%</td>
</tr>
</tbody>
</table>
TOPLINE & METHODOLOGY

About the Study

This poll was conducted April 23 - 26, 2021, by Ipsos using the probability-based KnowledgePanel®. This poll is based on a nationally representative probability sample of 1,014 general population adults age 18 or older. The sample includes 104 Gen Zers, 216 Millennials, 257 Gen Xers, and 437 Baby Boomers. Generation Z includes ages 18-25, Millennials include ages 26-39, Generation X includes ages 40-55, and Baby Boomers include ages older than 55.

The margin of sampling error is plus or minus 3.2 percentage points at the 95% confidence level, for results based on the entire sample of adults. The margin of sampling error takes into account the design effect, which was 1.10. The margin of sampling error is higher and varies for results based on other subsamples. In our reporting of the findings, percentage points are rounded off to the nearest whole number. As a result, percentages in a given table column may total slightly higher or lower than 100%. In questions that permit multiple responses, columns may total substantially more than 100%, depending on the number of different responses offered by each respondent.

The survey was conducted using KnowledgePanel, the largest and most well-established online probability-based panel that is representative of the adult US population. Our recruitment process employs a scientifically developed addressed-based sampling methodology using the latest Delivery Sequence File of the USPS – a database with full coverage of all delivery points in the US. Households invited to join the panel are randomly selected from all available households in the U.S. Persons in the sampled households are invited to join and participate in the panel. Those selected who do not already have internet access are provided a tablet and internet connection at no cost to the panel member. Those who join the panel and who are selected to participate in a survey are sent a unique password-protected log-in used to complete surveys online. As a result of our recruitment and sampling methodologies, samples from KnowledgePanel cover all households regardless of their phone or internet status and findings can be reported with a margin of sampling error and projected to the general population.

The data were weighted to adjust for gender by age, race/ethnicity, education, Census region, metropolitan status, household income, race/ethnicity by gender, race/ethnicity by age, and race/ethnicity by education. The demographic benchmarks came from the 2019 March supplement of the U.S. Census Bureau’s Current Population Survey (CPS). The weighting categories were as follows:

- Gender (Male, Female) by Age (18–25, 26–39, 40-54 and 55+)
- Race/Hispanic Ethnicity (White Non-Hispanic, Black Non-Hispanic, Other or 2+ Races Non-Hispanic, Hispanic)
- Education (High School graduate or less, Some College, Bachelor and beyond)
- Census Region (Northeast, Midwest, South, West)
- Metropolitan status (Metro, non-Metro)
- Household Income (Under $25,000, $25,000-$49,999, $50,000-$74,999, $75,000-$99,999, $100,000-$149,999, $150,000+)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Hispanic) by Gender (Male, Female)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Hispanic) by Age (18-44, 45+)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Hispanic) by Education (Some College or less, Bachelor and beyond)
TOPLINE & METHODOLOGY

About Ipsos

Ipsos is the world’s third largest Insights and Analytics company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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