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Research Article

Perception of Home by Young Adults in Poland: Survey Findings

Postrzeganie domu przez młodych dorosłych w Polsce: wyniki badań sondażowych

Monika Podkowińska
Warsaw University of Life Sciences, Poland
ORCID: https://orcid.org/0000-0002-8592-8953; * Correspondence: monika_podkowinska@sggw.edu.pl
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Abstract
Home provides an important setting for family life, family communication, and the upbringing and development of young people. The aim of this article is to analyse how young adults in Poland perceive home, with particular emphasis on their attitudes towards their own homes, how they spend their free time at home, and their perceived need for more frequent conversations with other household members. The study draws on data from a nationwide survey conducted between 25 and 30 June 2026 using the CAWI method and the Ariadna research panel. The survey involved 1,050 adult respondents, with the primary group analysed in this article consisting of individuals aged 18–34 (n = 223). Respondents were selected using quota sampling with random selection based on gender, age, and size of place of residence. The analysis employed the Mann–Whitney U test and Spearman's rank correlation coefficient. The findings indicate that most of the young adults surveyed have a positive perception of their homes: 68.6% declare it to be a place they like, while 71.3% enjoy spending their free time there. The more positively young adults viewed their homes, the less likely they were to report wishing they had more frequent conversations with other household members. This correlation was more pronounced among those aged 18–24 than among respondents aged 25–34. These findings highlight the importance of considering relationships with other household members when examining how young adults perceive home. They also point to the need for further analyses that take young adults' housing and family circumstances into account.

Keywords
perception of home; young adults; family home; conversations with household members; family communication; formative environment; survey research; Poland

Abstrakt
Dom stanowi ważne środowisko życia rodzinnego, komunikacji rodzinnej oraz wychowania i rozwoju młodych ludzi. Celem artykułu jest analiza sposobu postrzegania domu przez młodych dorosłych w Polsce, ze szczególnym uwzględnieniem ich stosunku do własnego domu, spędzania w nim czasu wolnego oraz odczuwanego braku częstszych rozmów z domownikami. Podstawę empiryczną stanowią dane z ogólnopolskiego sondażu przeprowadzonego w dniach 25–30 czerwca 2026 roku techniką CAWI z wykorzystaniem panelu Ariadna. Badanie objęło 1050 dorosłych respondentów, przy czym zasadniczą grupę analizowaną w artykule stanowiły osoby w wieku 18–34 lata (n = 223). W badaniu zastosowano dobór losowo-kwotowy z uwzględnieniem płci, wieku i wielkości miejscowości zamieszkania. W analizie zastosowano test U Manna–Whitneya oraz współczynnik korelacji rang Spearmana. Wyniki wskazują, że większość badanych młodych dorosłych pozytywnie postrzega swój dom: 68,6% deklaruje, że jest on miejscem, które lubi, a 71,3% lubi spędzać w nim czas wolny. Im bardziej pozytywnie młodzi dorośli oceniali swój dom, tym rzadziej deklarowali brak częstszych rozmów z domownikami. Zależność ta była silniejsza w grupie 18–24 lata niż w grupie 25–34 lata. Wyniki wskazują na potrzebę uwzględniania relacji z domownikami w badaniach nad postrzeganiem domu przez młodych dorosłych. Uzasadniają również prowadzenie dalszych analiz uwzględniających ich sytuację mieszkaniową i rodzinną.

Słowa kluczowe
postrzeganie domu; młodzi dorośli; dom rodzinny; rozmowy z domownikami; komunikacja w rodzinie; środowisko wychowawcze; badania sondażowe; Polska

Introduction

Home is an ambiguous concept that has been interpreted in various ways in the literature (Poślednia 2012, 156; Kupis et al. 2023, 107; Cavalcanti 2018, 13; Parutis 2006, 2; Szewczyk 2018, 9–11; García-deLeón and Vallejo-Slocker 2025, 2295; Börjesson and Torgé 2022, 1093–94; Camilleri et al. 2022; Bilecen 2017, 79). It is often associated with a safe haven, a quiet space in which people find peace. It is a place where individuals can take a break from the hardships of everyday life, and shed the mask they wear when they leave home and enter the public sphere (Śliz and Szczepański 2024, 44; Duda 2017, 26–27). Home is inextricably linked to the life of every human being. Moreover, the space of the family home is important throughout every stage of a person's life (Cardinali et al. 2022, 2219).

Home, so often equated with family (Duda and Podkowińska 2023, 96; Kuźma 2015, 28) – although it can be viewed as a broader concept than family, encompassing, for example, friends and, in the past, domestic servants, lodgers, and tutors (Sosnowska 2018, 104) – constitutes an important area of inquiry into the development and upbringing of young people. How free time is spent, what is discussed at home, and the relationships that develop among household members are all important determinants shaping the atmosphere of family life, influencing the process of raising children in the family environment. The family home is where a child receives their first lessons. It is a place where opinions and views take shape and where norms and

patterns of behaviour are passed on (Krzesińska-Żach 2015, 286–287). From this perspective, the importance of home to the development of young people is beyond question. Home can therefore be regarded as the first and irreplaceable formative environment, providing the foundation for the transmission of values and norms (Szymanowska 2015, 274). In this context, young people's attitudes towards home are particularly important, given that it provides a space for the exchange of ideas and serves as their primary formative environment. The aim of this article is to analyse how young adults in Poland perceive home, with particular emphasis on their attitudes towards their own homes, how they spend their free time at home, and their perceived need for more frequent conversations with other household members. The analysis draws on the results of a survey conducted in June 2026, focusing particularly on respondents aged 18–34. Indeed, when considering the educational function of the family home, it is important to examine its atmosphere through the lens of young people's attitudes towards their own homes. After all, the family home is a unique and special place that remains in people's memories throughout their lives (Majewska 2017, 77).

1. Methods

This article presents the findings of a study conducted between 25 and 30 June 2026 as part of the *Dom rodzinny – Dom milczący* [Family Home – Silent Home] project, coordinated by the author. As part of this project, the author has been conducting research on the home, the silent home, and family communication for 19 years. In June 2026, another survey was carried out addressing issues related to the home and family communication, particularly conversations at home concerning the environment, family history, and the wars in Ukraine and the Middle East. Conversations about war within the family were also examined in an earlier publication by Podkowińska and Duda (2026), which provides a thematic reference point for research on communication within the home. In addition to new questions, the survey also included questions concerning Poles' attitudes towards home, which had been developed for an earlier study conducted in 2020. These questions were included to enable a comparison between the opinions expressed by Poles during the pandemic and their current views on the family home. The survey was conducted using Computer-Assisted Web Interviewing (CAWI) through the Ariadna Nationwide Research Panel on a quota sample of 1,050 individuals aged 18 and older, selected randomly. The sampling procedure employed interlocking (cross-classified) quotas based on the distribution of the adult population in Poland across three variables: gender (2 categories), age (5 categories), and size of place of residence (5 categories). The combination of these categories yielded 50 strata, into which panel members were randomly selected in accordance with the predetermined quotas.

Participation was possible only upon receiving an invitation, and respondents did not independently select the surveys in which they participated. No statistical weighting was applied in the analysis. Although the procedure ensured that the sample structure corresponded to the adopted demographic quotas, it did not constitute probability sampling from the entire population of adult residents of Poland.

The study involved 1,050 individuals aged 18 and over. The primary group analysed in this article comprised young adults aged 18–34 (n = 223), accounting for 21.24% of all respondents. Two age categories were distinguished within this group: 18–24 years (n = 55; 24.66% of the group analysed) and 25–34 years (n = 168; 75.34% of the group analysed). The remaining respondents, aged 35 and over (n = 827), accounted for 78.76% of the total sample. Their responses were included in selected comparative analyses to highlight distinctive patterns among young adults. A detailed socio-demographic profile of the entire study sample (N = 1,050) is presented in Appendix A1.

The data were analysed using IBM SPSS Statistics (version 29), with the Mann–Whitney U test and Spearman's rank correlation coefficient (rho). The terms "young adults", "young people" and "young Poles", used throughout the remainder of this article, refer to the same category of respondents aged 18–34.

Research indicates that Poles' perceptions of the age boundaries marking the different stages of life have changed over the past 28 years. In 1998, Poles considered the age of 35 to mark the end of youth, when an adult entered the stage of maturity. In 2012, this age threshold had shifted by two years (to 37), while the most recent research indicates that Poles now consider 39 to be the age marking the end of youth and the beginning of mature adulthood. The age of those expressing their opinions on how human life is divided into stages is also an important factor. Young people aged 18–24 consider 31 to be the age marking the transition from youth to maturity (in 2012, the mean age was 33). Respondents aged 25–34, on the other hand, place this threshold at 36 (in 2012, the mean age was also 36). Among the older age groups, the threshold shifts further: for those aged 35–44, it is 39 (compared with a mean age of 38 in 2012); for those aged 45–54 and 55–64, it is 41 (compared with mean ages of 36 for the 45–54 age group and 39 for the 55–64 age group, in 2012); and for those aged 65 and over, it is 42 (whereas the mean age for this group in 2012 was 39) (Omyła-Rudzka 2026, 1–2). Poles' perceptions of the age boundary between youth and maturity are therefore far from uniform. Different age groups identify different ages as the threshold.

The literature also highlights the diversity of approaches to defining youth and establishing the boundaries between the different stages of human life (Szafraniec 2012, 103–5; Kurzępa and Kopeć 2023, 3–

4). In the absence of a single, universally accepted age threshold for young adulthood, this article adopts an operational definition of the category, encompassing individuals aged 18–34. This choice reflects both the diversity of approaches to conceptualising youth in the literature and the structure of the age categories used in the study. Furthermore, it allows for a separate analysis of two respondent groups: individuals aged 18–24 and those aged 25–34. The adopted age range should therefore be understood as an analytical choice specific to this study rather than as a universal definition of young adulthood.

2. Results and Discussion

2.1. Results

Respondents were asked to provide answers concerning how they perceive the place that is the home. A total of 84.57% of respondents agreed with the statement "I feel good in my home." Only 4.19% of respondents disagreed, with 1.81% selecting "strongly disagree" and 2.38% selecting "somewhat disagree", while 11.24% answered "difficult to say."

Table 1. Distribution of responses to the statement "I feel good in my home".

The table presents the distribution of responses to the statement "I feel good in my home" in the entire sample and in the age groups 18–24 and 25–34. Frequencies and percentages are provided for all five response categories. Positive responses predominate in all the groups analysed.

RESPONSE CATEGORY	FREQUENCY			PERCENTAGE		
	Age of respondents			Age of respondents		
	18–87 (N=1050)	**18–24 (N=55)**	**25–34 (N=168)**	**18–87 (N=1050)**	**18–24 (N=55)**	**25–34 (N=168)**
strongly disagree	19	0	5	1.81	0	2.98
somewhat disagree	25	0	11	2.38	0	6.55
difficult to say	118	12	40	11.24	21.82	23.81
somewhat agree	416	22	63	39.62	40.00	37.50
strongly agree	472	21	49	44.95	38.18	29.17

Source: Author's own work

The findings suggest that young people generally feel good in their homes. None of the young respondents aged 18–24 selected either "strongly disagree" or "somewhat disagree" in response to the statement "I feel good in my home". In the 25–34 age group, however, 9.53% of respondents selected one of these options, with 2.98% strongly disagreeing and 6.55% somewhat disagreeing. Slightly more than one-fifth of respondents aged 18–24 (21.82%) and just under one-quarter of those aged 25–34 (23.81%) selected "difficult to say". The largest group of young people consisted of respondents who indicated that they felt

good in their homes (38.18% of respondents aged 18–24 and 29.17% of those aged 25–34 selected “strongly agree”, while 40.00% of respondents aged 18–24 and a slightly lower proportion of those aged 25–34 (37.50%) selected “somewhat agree”). More than three-quarters of young people aged 18–24 and 66.67% of those aged 25–34 declared that they felt good in their homes – the places where young people grow up, receive their first lessons in interpersonal communication and learn how to function in society.

At the same time, the analysis conducted using the Mann–Whitney U test for the 18–24 and 25–34 age groups revealed no statistically significant difference between the groups ($U = 3869.500$; $p = 0.057$). Respondents aged 18–24 (mean rank = 125.65) showed a tendency to give slightly higher ratings than respondents aged 25–34 (mean rank = 107.53); however, the statistical power of the test was limited due to the small size of the younger age group ($N = 55$). Consequently, the existence of a difference between the groups cannot be ruled out.

To determine whether statistically significant differences existed between the responses of young adults aged 18–34 and those of respondents over the age of 34, a further Mann–Whitney U test was performed. The analysis revealed a statistically significant difference between respondents aged 18–34 and those aged 35 and over ($U = 69315.500$; $p < 0.001$) with regard to their agreement with the statement “I feel good in my home”. This means that respondents aged 35 and over were more likely to agree with the statement (mean rank = 553.18) than younger respondents (mean rank = 422.83). It can therefore be concluded that respondents aged 35 and over are more likely to feel good in their homes than younger adult respondents (aged 18–34).

Research shows that Poles generally feel good in their homes. It is therefore unsurprising that further findings indicate that, according to their own declarations, Poles regard home as a place where they enjoy spending their free time. As many as 84.67% of respondents strongly agreed (44.29%) or somewhat agreed (40.38%) with the statement “I like spending my free time at home”. Only 3.71% of respondents selected “strongly disagree” (1.43%) or “somewhat disagree” (2.29%), while 11.62% selected “difficult to say”.

Table 2. Distribution of responses to the statement "I like spending my free time at home".

The table presents the distribution of responses to the statement "I like spending my free time at home" in the entire sample and in the age groups 18–24 and 25–34. It includes frequencies and percentages for all five response categories. Responses indicating a positive attitude toward spending free time at home predominate across all groups.

RESPONSE CATEGORY	FREQUENCY			PERCENTAGE		
	Age of respondents			Age of respondents		
	18–87 (N=1050)	**18–24 (N=55)**	**25–34 (N=168)**	**18–87 (N=1050)**	**18–24 (N=55)**	**25–34 (N=168)**
strongly disagree	15	0	5	1.43	0	2.98
somewhat disagree	24	1	9	2.29	1.82	5.36
difficult to say	122	9	40	11.62	16.36	23.81
somewhat agree	424	24	63	40.38	43.64	37.50
strongly agree	465	21	51	44.29	38.18	30.36

Source: Author's own work

Among young Poles aged 18–24, as many as 81.82% declared that they liked spending their free time at home (with 38.18% strongly agreeing and 43.64% somewhat agreeing with the statement). None of the young people in this age group selected "strongly disagree", while only 1.82% of respondents selected "somewhat disagree". The response "difficult to say" was given by 16.36% of respondents aged 18–24 and by nearly one-quarter of those aged 25–34 (23.81%). The vast majority of young people aged 25–34 (67.86%) selected either "strongly agree" (30.36%) or "somewhat agree" (37.50%), while 8.33% of respondents aged 25–34 disagreed with the statement "I like spending my free time at home".

At the same time, the Mann–Whitney U test ($U = 3880.000$; $p = 0.060$) revealed no statistically significant difference between the age groups 18–24 and 25–34. However, a statistically significant difference was found when comparing the responses of the 18–34 and 35-and-older age groups ($U = 71654.000$; $p < 0.001$). Positive responses were more frequent in the 35-and-older age group (mean rank = 550.36) than in the 18–34 age group (mean rank = 433.32). This suggests that respondents over the age of 34 are more likely to declare that they enjoy spending their free time at home than their younger counterparts.

An important question remains whether young Poles like their homes. In general, home is a place that Poles like. As many as 84.38% of Poles agreed with the statement "My home is a place that I like" (43.90% strongly agreed and 40.48% somewhat agreed). Only 3.62% of respondents selected "strongly disagree" (1.43%) or "somewhat disagree" (2.19%), while 12% selected "difficult to say".

Table 3. Distribution of responses to the statement "My home is a place that I like".

The table presents the distribution of responses to the statement "My home is a place that I like" in the entire sample and in the age groups 18–24 and 25–34. Frequencies and percentages are provided for each response category. Positive evaluations predominate in all the groups analysed, although their proportion is higher in the 18–24 age group than in the 25–34 age group.

RESPONSE CATEGORY	FREQUENCY			PERCENTAGE		
	Age of respondents			Age of respondents		
	18–87 (N=1050)	**18-24 (N=55)**	**25-34 (N=168)**	**18-87 (N=1050)**	**18-24 (N=55)**	**25-34 (N=168)**
strongly disagree	15	0	5	1.43	0	2.98
somewhat disagree	23	1	7	2.19	1.82	4.17
difficult to say	126	9	48	12.00	16.36	28.57
somewhat agree	425	27	59	40.48	49.09	35.12
strongly agree	461	18	49	43.90	32.73	29.17

Source: Author's own work

Examining the responses given by young Poles aged 18–34 reveals that the majority like their home (68.6%). This is particularly evident in the 18–24 age group, in which as many as 81.82% of respondents strongly (32.73%) or somewhat (49.09%) agreed with the statement "My home is a place that I like". None of the respondents in this age group selected "strongly disagree", while only 1.82% selected "somewhat disagree".

The majority of young people aged 25–34 declared that they liked their homes (64.29%, including 29.17% who strongly agreed and 35.12% who somewhat agreed), while only 7.14% disagreed with the statement "My home is a place that I like" (including 2.98% who strongly disagreed and 4.17% who somewhat disagreed). Notably, the proportion of respondents who selected "difficult to say" was considerably higher among those aged 25–34 (28.57%) than among those aged 18–24 (16.36%). A similar pattern emerged for the statement "I like spending my free time at home" (23.81% selected "difficult to say", compared with 16.36% in the 18–24 age group). For the statement "I feel good in my home", however, the difference was less than two percentage points (21.82% of respondents aged 18–24 and 23.81% of those aged 25–34 selected "difficult to say").

It should also be noted that the Mann–Whitney U test ($U = 3908.000$; $p = 0.071$) found no statistically significant difference between respondents aged 18–24 (mean rank = 124.95) and those aged 25–34 (mean rank = 107.76). An analysis of the responses from these two age groups reveals a clear trend concerning whether young people like their homes (81.82% in the 18–24 age group and 64.29% in the 25–34 age group).

Nevertheless, the limitation of the study arising from the insufficient sample sizes in these two age groups prevents the formulation of a definitive conclusion that substantial differences exist between them.

To determine whether statistically significant differences existed between the responses of young people aged 18–34 and those of respondents over the age of 34, the Mann–Whitney U test was conducted. The analysis revealed a statistically significant difference between respondents aged 18–34 (mean rank = 418.85) and those aged 35 and over (mean rank = 554.26) in their agreement with the statement "My home is a place that I like" ($U = 68427.500$; $p < 0.001$). It is worth highlighting that the highest proportion of positive responses was recorded among respondents aged 55 and over (93.71%, including 54.55% who strongly agreed and 39.16% who somewhat agreed with the statement "My home is a place that I like").

The analyses show that Poles like their homes and enjoy spending their free time there. Can it therefore be concluded that respondents do not feel the need for more frequent conversations with other household members? Communication is an integral part of family life. Household members communicate with one another on a daily basis, exchange information, offer advice and support, and express understanding and emotions (Nădrag and Freeks 2024, 162). With regard to the statement "Generally, I wish I had more frequent conversations with other household members", slightly more than half of the respondents (50.67%) disagreed, more than one-quarter (26.67%) selected "difficult to say", and slightly more than one-fifth (22.67%) selected either "strongly agree" or "somewhat agree."

Table 4. Distribution of responses to the statement "Generally, I wish I had more frequent conversations with other household members."

The table presents the distribution of responses concerning the perceived need for more frequent conversations with other household members in the entire sample and among respondents aged 18–24 and 25–34. It includes frequencies and percentages for all five response categories. Disagreement with the statement predominates in the entire sample, whereas responses are more varied among respondents aged 25–34.

RESPONSE CATEGORY	FREQUENCY			PERCENTAGE		
	Age of respondents			Age of respondents		
	18-87 (N=1050)	**18-24 (N=55)**	**25-34 (N=168)**	**18-87 (N=1050)**	**18-24 (N=55)**	**25-34 (N=168)**
strongly disagree	216	12	27	20.57	21.82	16.07
somewhat disagree	316	17	37	30.10	30.91	22.02
difficult to say	280	14	54	26.67	25.45	32.14
somewhat agree	177	11	36	16.86	20.00	21.43
strongly agree	61	1	14	5.81	1.82	8.33

Source: Author's own work

With regard to young Poles' views on conversations with other household members, more than half of respondents aged 18–24 (52.73%) disagreed with the statement that they wished they had more frequent conversations with other household members (21.82% strongly disagreed and 30.91% somewhat disagreed). One in four respondents in this age group (25.45%) selected "difficult to say", while slightly more than one in five agreed with the statement (20.00% somewhat agreed and 1.82% strongly agreed). In the 25–34 age group, 38.10% of respondents disagreed with the statement that they wished they had more frequent conversations with other household members (16.07% strongly disagreed and 22.02% somewhat disagreed), just under one-third selected "difficult to say" (32.14%), and 29.76% agreed with the statement (8.33% strongly agreed and 21.43% somewhat agreed).

At the same time, it should be noted that the analysis conducted using the Mann–Whitney U test showed no statistically significant difference in responses between respondents aged 18–24 (mean rank = 98.30) and those aged 25–34 (mean rank = 116.49) ($U = 3866.500$; $p = 0.062$).

However, the Mann–Whitney U test revealed a statistically significant difference between respondents aged 18–34 and those aged 35 and over ($U = 81565.500$; $p = 0.006$) in their agreement with the statement that they wished they had more frequent conversations with other household members. The mean rank was higher among respondents aged 18–34 (573.24) than among those aged 35 and over (512.63). This means that people aged 18–34 more often feel that they would like to have more frequent conversations with other household members than do those aged 35 and over.

To determine whether an association exists between the declarations of young people aged 18–24 concerning the home as a place they like and their declarations regarding conversations with household members, a Spearman's rank correlation analysis (rho) was conducted. A statistically significant and moderately strong correlation was found ($r_s = -0.508$; $p < 0.001$) between the statement "My home is a place that I like" and the statement "Generally, I wish I had more frequent conversations with other household members". This association indicates that young people aged 18–24 who like their home more are also less likely to agree that they wish they had more frequent conversations with other household members.

For respondents aged 25–34, Spearman's rank correlation analysis ($r_s = -0.207$; $p < 0.007$) also revealed a statistically significant, although weak, negative correlation between the statements "My home is a place that I like" and "Generally, I wish I had more frequent conversations with other household members".

This means that respondents who like their home more are slightly less likely to agree that they wish they had more frequent conversations with other household members.

2.2. Discussion

The findings suggest that Poles generally feel good in their homes (84.57%), although the percentage of those reporting that they feel good at home is higher among young people aged 18–24 than among respondents aged 25–34. However, it must be emphasised that the difference between the two groups is not statistically significant. Regardless of these differences, it is clear that home is generally a place where Poles feel good and enjoy spending their free time (84.67%). This is corroborated by a report indicating that respondents most often prefer to spend their free time at home or in a nearby park or forest, or out walking (Otodom 2026, 33). The same is true of young people aged 18–34 (71.3%), although the likelihood of reporting that they enjoy spending their free time at home increases with age.

The study findings indicate that adult Poles like their homes (84.38%), including young adults aged up to 34 (68.6%). The general pattern emerging from the findings (that most respondents like their homes, feel good there, and enjoy spending their free time there) can be considered consistent with international research indicating that most people are satisfied with and enjoy being and staying at home (64%), and that for 63% of respondents, home is their favourite place and allows them to lead a balanced life. The same research also highlights the importance of age in the context of perceiving the home as a source of fun. The younger the person, the more likely it is that the home will become a space for fun (IKEA 2024, 10, 17, 29). It is also worth noting the findings of a study conducted in Poland in March 2026, which indicate that as many as 70% of respondents regard their home and its immediate surroundings as a space where they can recover from the hardships of everyday life. It should also be noted here that 73% of respondents identify their neighbourhood with their home, considering their immediate surroundings to be their home (Otodom 2026, 30, 32). This understanding of home is supported by other research showing that, in its material dimension, respondents viewed the home as including its surroundings, such as nature and the products of human activity (Kupis et al. 2023, 113).

Further research conducted in April 2026 by Ipsos for ING Bank Śląski on a representative sample of adult Poles aged up to 65 (N = 1017; CAWI method) confirms that the home is a place evoking positive associations among respondents. In one of the questions, respondents were asked to select the three feelings or emotions they most strongly associated with their own home. The three most frequently selected were a

sense of security (47%), peace (44%), and freedom and independence (38%). Other frequently mentioned associations included a family atmosphere (30%), stability and a sense of rootedness (29%), intimacy and privacy (28%), and joy/happiness (27%). Considerably fewer respondents selected the remaining answers, such as relief (10%), agency and a sense of control (8%), creativity (7%), responsibility and the burden of duties (6%), a sense of belonging to a place or local community (6%), and anxiety or financial insecurity (3%) (ING Bank Śląski 2026).

Conclusions

The home performs numerous important functions in human life. It is a place of rest, relaxation, and peace. It is also a place of learning, upbringing, and development. From the perspective of the upbringing and development of children and young people, the home is a particularly important environment in which family relationships are formed and social values and norms are passed on. The study findings show that most young adults aged 18–34 view their homes positively, feel good there, and enjoy spending their free time there, although positive responses are more common among respondents aged 35 and over. Another important finding is the negative correlation between a positive attitude towards one's home and the reported wish to have more frequent conversations with other household members. This correlation proved to be stronger among respondents aged 18–24 than among those aged 25–34. The results point to the importance of considering perceptions of home alongside family communication when studying the living environments of young adults. However, given the cross-sectional design of the study, the observed relationships cannot be interpreted in causal terms. It should also be stressed that the pedagogical implications of the findings are interpretative, as the study did not directly measure the effects of upbringing or the development of young people.

In view of the findings obtained within the project *Dom rodzinny – Dom milczący* [Family Home – Silent Home], it is also necessary to point out the limitations of the study. One such limitation is the small size of the 18–24 age group. Although the overall sample is large (N = 1050), the 18–24 age group is relatively small. Another limitation is that the study did not distinguish between the home in which respondents grew up and the home in which they currently live, nor did it differentiate between those who rent and those who own their houses or flats, or between families living on their own and those sharing their homes with flatmates. Research indicates that people living with flatmates are most likely to find it difficult to enjoy being at home. For 60% of them, being at home is enjoyable only sometimes, rarely, or never (IKEA 2024, 39).

Another factor worth considering when examining young people's attitudes towards their homes is whether they still live with their parents or have already moved out of the family home. Eurostat data show that in 2025, young people in the European Union left the parental home at an average age of 26 (26.3 years, a slight increase compared with 2024, when the average was 26.2 years). In Poland, the average age at which people left the parental home in 2025 was slightly higher than the estimated EU average, at 26.8 years (Eurostat 2026). The subject discussed therefore calls for broader and more in-depth research, allowing the home to be examined from a wider perspective as a place of education and development for young people.

Statements

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Appendix

Table A1. Selected sociodemographic characteristics of the respondents (N = 1050)
The table presents the sociodemographic characteristics of the 1,050 study participants. It includes educational attainment, marital status, province (voivodeship) and size of place of residence, whether respondents have children, employment status, financial situation, monthly personal income, and the number of people in the household. The frequencies and percentage of respondents are provided for each category.

Educational attainment	**N**	**%**	**Size of place of residence**	**N**	**%**
primary, lower secondary, and vocational education	116	11.05	rural area	403	38.38
secondary, post-secondary education	408	38.86	town/city with a population below 20,000	138	13.14
higher education	526	50.10	town/city with a population of 20,000–100,000	200	19.05
Marital status	**N**	**%**	town/city with a population of 100,000–500,000	176	16.76
single	267	25.43	city with a population above 500,000	133	12.67
unmarried relationship	174	16.57	**Having children**	**N**	**%**
married	571	54.38	yes	722	68.76
other	38	3.62	no	328	31.24
Province (Voivodeship)	**N**	**%**	**Having children under 18**	**N**	**%**
dolnośląskie	79	7.52	yes	270	25.71
kujawsko-pomorskie	55	5.24	no	780	74.29
lubelskie	63	6.00	**Employment status**	**N**	**%**
lubuskie	25	2.38	employed	657	62.57
łódzkie	59	5.62	not employed	390	37.14
małopolskie	102	9.71	maternity leave	3	0.29
mazowieckie	173	16.48	**Financial situation**	**N**	**%**
opolskie	22	2.10	we do not have enough money even for basic necessities	39	3.71
podkarpackie	81	7.71	we have to go without many things	105	10.00
podlaskie	37	3.52	we have enough money to cover our expenses, but cannot afford major purchases	514	48.95
pomorskie	57	5.43	we have enough money to cover all our expenses and can save some	362	34.42
śląskie	117	11.14	we can afford even major purchases	30	2.86
świętokrzyskie	32	3.05	**Monthly personal income (net, in thousands of PLN)**	**N**	**%**
warmińsko-mazurskie	39	3.71	<3	221	21.05
wielkopolskie	78	7.43	3–5	383	36.48
zachodnio-pomorskie	31	2.95	5–7	278	26.48
Number of household members	**N**	**%**	7–10	108	10.29
1	184	17.52	>10	60	5.71
2–3	631	60.10			
4+	235	22.38			

Source: Author's own work