



## TOPLINE & METHODOLOGY

### 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. Keyes<sup>1</sup>. 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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<sup>1</sup> Keyes, C.L.M. (2006). Mental health in adolescence: Is America's youth flourishing? American Journal of Orthopsychiatry, 76, 395–402.





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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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	3%	3%	5%	2%	2%
Once or twice	8%	9%	11%	8%	5%
About once a week	6%	7%	9%	8%	3%
About 2 or 3 times a week	17%	15%	21%	18%	15%
Almost every day	40%	29%	36%	40%	45%
Every Day	26%	33%	17%	23%	30%
Skipped	1%	3%	1%	*	1%

b. Interested in life

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	4%	2%	5%	6%	3%
Once or twice	6%	6%	10%	5%	5%
About once a week	4%	8%	7%	3%	2%
About 2 or 3 times a week	12%	17%	15%	13%	6%
Almost every day	29%	24%	31%	29%	28%
Every Day	45%	41%	31%	42%	55%
Skipped	1%	3%	*	1%	*



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### c. Satisfied with life

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	5%	5%	8%	6%	3%
Once or twice	9%	14%	14%	6%	7%
About once a week	7%	5%	8%	7%	6%
About 2 or 3 times a week	17%	18%	22%	15%	14%
Almost every day	34%	24%	32%	35%	38%
Every Day	28%	31%	18%	29%	33%
Skipped	1%	3%	*	2%	*

### d. That you had something important to contribute to society

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	13%	12%	14%	14%	13%
Once or twice	12%	7%	14%	14%	11%
About once a week	13%	14%	16%	12%	11%
About 2 or 3 times a week	15%	13%	16%	13%	16%
Almost every day	25%	24%	25%	20%	28%
Every Day	21%	27%	15%	27%	20%
Skipped	1%	3%	*	1%	1%

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	22%	15%	23%	22%	23%
Once or twice	14%	16%	28%	10%	13%
About once a week	11%	10%	13%	10%	11%
About 2 or 3 times a week	12%	15%	14%	13%	9%
Almost every day	22%	21%	18%	23%	24%
Every Day	19%	20%	15%	20%	20%
Skipped	1%	3%	*	2%	1%

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	28%	19%	30%	32%	27%
Once or twice	24%	21%	28%	22%	24%
About once a week	15%	16%	15%	10%	17%
About 2 or 3 times a week	13%	13%	11%	14%	14%
Almost every day	13%	23%	10%	14%	12%
Every Day	6%	6%	6%	8%	6%
Skipped	1%	3%	*	1%	*





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g. That people are basically good

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	8%	11%	13%	10%	4%
Once or twice	14%	13%	18%	16%	10%
About once a week	15%	14%	21%	12%	14%
About 2 or 3 times a week	17%	6%	17%	21%	17%
Almost every day	33%	38%	26%	25%	40%
Every Day	13%	15%	5%	16%	15%
Skipped	1%	3%	*	1%	1%

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	28%	19%	34%	30%	26%
Once or twice	20%	20%	19%	18%	21%
About once a week	14%	15%	13%	12%	17%
About 2 or 3 times a week	15%	15%	15%	14%	16%
Almost every day	15%	18%	15%	16%	14%
Every Day	6%	10%	4%	8%	6%
Skipped	1%	3%	*	1%	-

i. That you liked most parts of your personality

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	5%	3%	7%	6%	4%
Once or twice	6%	8%	9%	5%	6%
About once a week	8%	10%	10%	10%	5%
About 2 or 3 times a week	15%	19%	19%	11%	13%
Almost every day	35%	32%	35%	36%	36%
Every Day	30%	25%	21%	32%	37%
Skipped	1%	3%	-	*	*

j. Good at managing the responsibilities of your daily life

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	4%	8%	7%	4%	1%
Once or twice	5%	5%	9%	5%	2%
About once a week	6%	9%	9%	5%	3%
About 2 or 3 times a week	12%	12%	17%	13%	8%
Almost every day	36%	38%	36%	34%	37%
Every Day	37%	25%	22%	39%	48%
Skipped	1%	3%	*	1%	1%



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k. That you had warm and trusting relationships with others

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	6%	9%	8%	5%	3%
Once or twice	9%	14%	8%	8%	8%
About once a week	7%	4%	10%	8%	5%
About 2 or 3 times a week	13%	14%	17%	13%	10%
Almost every day	30%	25%	30%	29%	33%
Every Day	35%	31%	25%	36%	40%
Skipped	1%	3%	1%	1%	1%

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	9%	9%	9%	9%	10%
Once or twice	15%	14%	20%	14%	14%
About once a week	15%	19%	16%	11%	14%
About 2 or 3 times a week	15%	14%	14%	14%	16%
Almost every day	24%	21%	25%	24%	25%
Every Day	20%	20%	15%	27%	20%
Skipped	1%	3%	*	2%	1%

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	5%	6%	6%	4%	5%
Once or twice	9%	11%	12%	10%	5%
About once a week	7%	5%	8%	6%	8%
About 2 or 3 times a week	12%	12%	16%	12%	8%
Almost every day	32%	30%	34%	28%	33%
Every Day	35%	33%	24%	39%	41%
Skipped	1%	3%	-	1%	-

n. That your life has a sense of direction or meaning to it

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Never	9%	6%	13%	10%	6%
Once or twice	10%	19%	10%	9%	8%
About once a week	9%	6%	15%	9%	7%
About 2 or 3 times a week	11%	12%	13%	13%	10%
Almost every day	29%	21%	22%	27%	36%
Every Day	31%	33%	27%	32%	32%
Skipped	1%	4%	*	1%	1%



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2. To what extent do you agree or disagree with the following...?

Total Agree Summary

	Total	Gen Z	Millennials	Gen X	Baby Boomers
The mainstream media is more interested in making money than telling the truth	66%	60%	62%	68%	69%
The American economy is rigged to advantage the rich and powerful	63%	62%	68%	60%	63%
Traditional parties and politicians don't care about people like me	63%	56%	58%	61%	69%
America needs a strong leader to take the country back from the rich and powerful	54%	58%	52%	51%	56%
When jobs are scarce, employers should prioritize hiring people of this country over immigrants	47%	41%	36%	49%	54%
People are generally trustworthy	44%	32%	34%	42%	55%
These days I feel like a stranger in my own country	39%	28%	38%	39%	44%
Society is making progress toward becoming a better place for everyone	25%	30%	27%	23%	25%
I don't feel like I belong to a community	22%	18%	28%	22%	19%



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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	6%	6%	5%	7%	6%
Somewhat agree	16%	11%	23%	15%	13%
Neither agree nor disagree	33%	32%	30%	37%	32%
Somewhat disagree	23%	25%	22%	21%	24%
Strongly disagree	22%	23%	19%	20%	24%
Skipped	1%	2%	1%	1%	*
<i>Agree (Net)</i>	<i>22%</i>	<i>18%</i>	<i>28%</i>	<i>22%</i>	<i>19%</i>
<i>Disagree (Net)</i>	<i>45%</i>	<i>48%</i>	<i>41%</i>	<i>41%</i>	<i>49%</i>

b. People are generally trustworthy

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	6%	4%	5%	5%	8%
Somewhat agree	38%	28%	29%	37%	48%
Neither agree nor disagree	29%	33%	35%	29%	25%
Somewhat disagree	18%	21%	19%	19%	15%
Strongly disagree	9%	12%	11%	10%	5%
Skipped	1%	2%	1%	*	-
<i>Agree (Net)</i>	<i>44%</i>	<i>32%</i>	<i>34%</i>	<i>42%</i>	<i>55%</i>
<i>Disagree (Net)</i>	<i>26%</i>	<i>33%</i>	<i>30%</i>	<i>29%</i>	<i>20%</i>

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	3%	7%	3%	3%	3%
Somewhat agree	22%	23%	24%	21%	22%
Neither agree nor disagree	31%	34%	32%	31%	28%
Somewhat disagree	25%	23%	25%	23%	27%
Strongly disagree	18%	10%	16%	22%	20%
Skipped	1%	2%	1%	*	*
<i>Agree (Net)</i>	<i>25%</i>	<i>30%</i>	<i>27%</i>	<i>23%</i>	<i>25%</i>
<i>Disagree (Net)</i>	<i>44%</i>	<i>33%</i>	<i>41%</i>	<i>45%</i>	<i>47%</i>

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	11%	12%	8%	14%	11%
Somewhat agree	28%	17%	30%	25%	33%
Neither agree nor disagree	28%	28%	30%	29%	26%
Somewhat disagree	16%	20%	19%	15%	12%
Strongly disagree	17%	22%	12%	17%	19%
Skipped	1%	2%	1%	*	-
<b>Agree (Net)</b>	<b>39%</b>	<b>28%</b>	<b>38%</b>	<b>39%</b>	<b>44%</b>
<b>Disagree (Net)</b>	<b>32%</b>	<b>41%</b>	<b>31%</b>	<b>32%</b>	<b>31%</b>

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	30%	25%	19%	32%	36%
Somewhat agree	17%	16%	17%	17%	17%
Neither agree nor disagree	34%	34%	42%	34%	30%
Somewhat disagree	10%	10%	11%	8%	10%
Strongly disagree	8%	13%	10%	8%	6%
Skipped	1%	2%	1%	1%	*
<b>Agree (Net)</b>	<b>47%</b>	<b>41%</b>	<b>36%</b>	<b>49%</b>	<b>54%</b>
<b>Disagree (Net)</b>	<b>18%</b>	<b>23%</b>	<b>21%</b>	<b>16%</b>	<b>16%</b>

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	31%	37%	26%	29%	34%
Somewhat agree	23%	21%	26%	22%	22%
Neither agree nor disagree	31%	30%	33%	34%	28%
Somewhat disagree	8%	5%	8%	7%	9%
Strongly disagree	7%	5%	5%	8%	8%
Skipped	1%	2%	1%	*	-
<b>Agree (Net)</b>	<b>54%</b>	<b>58%</b>	<b>52%</b>	<b>51%</b>	<b>56%</b>
<b>Disagree (Net)</b>	<b>15%</b>	<b>10%</b>	<b>13%</b>	<b>15%</b>	<b>17%</b>



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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	32%	36%	40%	29%	28%
Somewhat agree	32%	26%	28%	32%	36%
Neither agree nor disagree	21%	23%	20%	23%	21%
Somewhat disagree	8%	8%	7%	9%	9%
Strongly disagree	7%	5%	5%	7%	8%
Skipped	1%	2%	1%	1%	-
<b>Agree (Net)</b>	<b>63%</b>	<b>62%</b>	<b>68%</b>	<b>60%</b>	<b>63%</b>
<b>Disagree (Net)</b>	<b>15%</b>	<b>13%</b>	<b>11%</b>	<b>16%</b>	<b>16%</b>

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	30%	25%	29%	34%	31%
Somewhat agree	33%	31%	30%	27%	38%
Neither agree nor disagree	25%	29%	31%	29%	19%
Somewhat disagree	8%	7%	8%	8%	9%
Strongly disagree	3%	7%	2%	2%	3%
Skipped	1%	2%	1%	1%	-
<b>Agree (Net)</b>	<b>63%</b>	<b>56%</b>	<b>58%</b>	<b>61%</b>	<b>69%</b>
<b>Disagree (Net)</b>	<b>11%</b>	<b>13%</b>	<b>9%</b>	<b>10%</b>	<b>13%</b>

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

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Strongly agree	41%	38%	39%	46%	40%
Somewhat agree	25%	22%	23%	22%	29%
Neither agree nor disagree	22%	23%	29%	22%	16%
Somewhat disagree	9%	6%	7%	8%	10%
Strongly disagree	4%	8%	2%	1%	5%
Skipped	1%	2%	1%	*	*
<b>Agree (Net)</b>	<b>66%</b>	<b>60%</b>	<b>62%</b>	<b>68%</b>	<b>69%</b>
<b>Disagree (Net)</b>	<b>12%</b>	<b>14%</b>	<b>9%</b>	<b>9%</b>	<b>15%</b>

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

#### Total Impact Summary

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Physical health	53%	48%	54%	55%	51%
Financial situation	52%	56%	56%	56%	47%
Job	42%	51%	51%	51%	28%
Prospect for career advancement	31%	46%	39%	35%	19%

#### a. Physical health

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Major impact	6%	3%	5%	8%	6%
Moderate impact	18%	26%	21%	17%	16%
Minor impact	29%	19%	29%	31%	30%
No impact at all	42%	39%	40%	29%	46%
Does not apply to me	5%	12%	6%	5%	3%
Skipped	1%	2%	*	1%	-
<b>Impact (Net)</b>	<b>53%</b>	<b>48%</b>	<b>54%</b>	<b>55%</b>	<b>51%</b>

#### b. Financial situation

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Major impact	10%	16%	8%	13%	8%
Moderate impact	17%	22%	19%	17%	14%
Minor impact	25%	18%	29%	26%	25%
No impact at all	40%	29%	36%	37%	48%
Does not apply to me	7%	14%	8%	6%	4%
Skipped	1%	1%	*	1%	*
<b>Impact (Net)</b>	<b>52%</b>	<b>56%</b>	<b>56%</b>	<b>56%</b>	<b>47%</b>

#### c. Job

	Total	Gen Z	Millennials	Gen X	Baby Boomers
Major impact	14%	20%	15%	18%	8%
Moderate impact	13%	15%	15%	15%	10%
Minor impact	15%	17%	20%	19%	10%
No impact at all	31%	28%	34%	31%	31%
Does not apply to me	26%	20%	15%	17%	41%
Skipped	1%	1%	*	1%	-
<b>Impact (Net)</b>	<b>42%</b>	<b>51%</b>	<b>51%</b>	<b>51%</b>	<b>28%</b>



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### d. Prospect for career advancement

	<b>Total</b>	<b>Gen Z</b>	<b>Millennials</b>	<b>Gen X</b>	<b>Baby Boomers</b>
Major impact	8%	12%	5%	13%	6%
Moderate impact	12%	22%	16%	12%	6%
Minor impact	11%	13%	18%	11%	7%
No impact at all	39%	33%	43%	43%	37%
Does not apply to me	29%	20%	18%	21%	45%
Skipped	1%	1%	*	1%	-
<i>Impact (Net)</i>	<i>31%</i>	<i>46%</i>	<i>39%</i>	<i>35%</i>	<i>19%</i>



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### 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 sub-samples. 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)





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### 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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