The Swiss Life self-determination barometer is based on the results of a representative online survey conducted by Swiss Life and Bilendi, in which around 1000 people aged 18 to 79 participated from 28 June to 8 July 2021. The figures are rounded.

Back to a self-determined life

63% of people in Switzerland feel self-determined following the easing of the pandemic measures.

Regained freedoms in private life

70% feel self-determined in their family circle.

More self-determination in the countryside

58% in the countryside vs. 67% in the city.

Self-determination in professional life

43% feel self-determined at work, a decrease of 4% since 2020.

Optimism is suffering from the pandemic

Only 30% are optimistic about the future, a decrease of 13% since 2020.

Top 3 for a self-determined life:

- 48% be able to make own decisions
- 44% remain independent
- 37% have enough money

The Swiss Life self-determination barometer is based on the results of a representative online survey conducted by Swiss Life and Bilendi, in which around 1000 people aged 18 to 79 participated from 28 June to 8 July 2021. The figures are rounded.

Photo credit: iStock/Getty Images Plus/nadia_bormotova/svetlana_ikriannikova