



Other common words include those that suggest that politics today just doesn’t work, with “messy,” “chaos,” “broken” and “dysfunctional” each among the top 15 words. And many respondents are even more negative in their views: “terrible,” “disgusting,” “disgrace” and the phrase “dumpster fire” each are cited by at least 1% of survey respondents.

Negative emotions prevail when Americans think about politics

Nearly two-thirds of adults (65%) say they always or often feel exhausted when they think about politics these days. Another 25% sometimes feel exhausted, while 9% rarely or never feel this way.

A majority (55%) also always or often feels angry when thinking about politics; just 11% say they rarely or never feel this way.

A much smaller share of the public reports frequently feeling positive emotions when thinking about politics: One-in-ten always or often feel hopeful, and just 4% feel excited about this frequently.

A majority of adults (56%) say they rarely or never feel hopeful, and 78% rarely or never feel excited when thinking about politics these days.

The most politically engaged are the most exhausted and angry

Those who have the highest levels of engagement with politics are also the most likely to report exhaustion and anger when they think about politics these days.

Among highly politically engaged adults, 72% report feeling exhausted by politics always or often. The shares who say this decline as political engagement decreases: 68% of adults with a medium level of engagement and 56% of those with a low level of engagement feel exhausted always or often.

A similar pattern holds for anger: 69% of highly engaged adults say they always or often feel angry when thinking about politics, compared with 55% of those with a medium level of engagement and 43% of those with a low level of engagement.

Republicans and Republican-leaning independents are slightly more likely than

Democrats and Democratic leaners to say they always or often feel angry when thinking about politics these days. But in both parties highly engaged adults are more likely to feel negative than those who are less engaged.

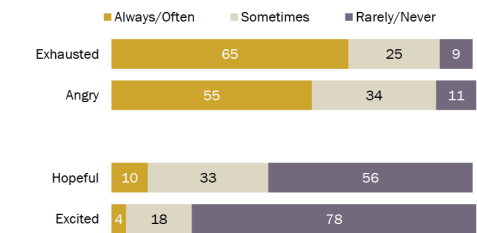
For example, highly politically engaged Republicans are 24 percentage points more likely than Republicans with a low level of engagement to always or often feel angry about politics (72% vs. 48%). And highly engaged Democrats are 23 points more likely to say this than Democrats with a low level of political engagement (65% vs. 42%).

Americans say the tone of political debate in the country has worsened

The public feels that the tone and nature of political debate has become less respectful and fact-based over the last several years.

Majorities of Americans are always or often exhausted and angry when thinking about politics

% who \_\_\_\_ feel each of the following when thinking about politics these days

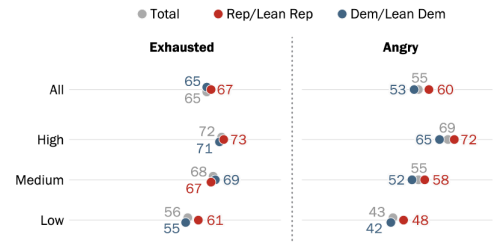


Note: No answer responses not shown.  
Source: Survey of U.S. adults conducted July 10-16, 2023.  
“Americans’ Dismal Views of the Nation’s Politics”

PEW RESEARCH CENTER

Exhaustion and anger over politics are highest among the most politically engaged adults

% who *always/often* feel \_\_\_\_ when thinking about politics these days



Note: Refer to methodology for full details on the measure of political engagement.  
Source: Survey of U.S. adults conducted July 10-16, 2023.  
“Americans’ Dismal Views of the Nation’s Politics”

PEW RESEARCH CENTER

An overwhelming 84% majority of adults say political debate has become less respectful over the last several years, while only 4% say it has become more respectful. About one-in-ten (12%) say it hasn't changed.

Similarly, 78% say political debate has become less fact-based over the last several years, while only 5% say it has become more fact-based. Just 16% say it has not changed much.

Large majorities of adults in all political and demographic groups say that the tone and nature of political debate has become less respectful and fact-based in recent years.

Public evaluations today are nearly identical to views [four years ago](#).

Which political topics get too much – and too little – attention?

Large majorities of Americans say several political topics receive too little attention:

- 78% say there is too little attention to important issues facing the country;
- 66% say the same about the policies that local elected officials are working on;
- 64% say policies that federal officials are working on get too little attention.

By contrast, a majority of Americans (57%) say disagreements between Republicans and Democrats receive *too much* attention.

With a little more than a year before the 2024 presidential election, 39% say the campaign has gotten too much attention, while nearly as many say it has gotten the right amount of attention. About one-in-five (22%) say next year's election has received too little attention.

Republicans and Democrats hold very similar views about whether too much or too little attention is paid to each of these topics.

For example, 81% of Republicans and 75% of Democrats (including those who lean to each party) say that too little attention is paid to important issues facing the country. And more than six-in-ten in both parties say too little attention is being paid to the policies elected officials in both their local area and in Washington, D.C., are working on.

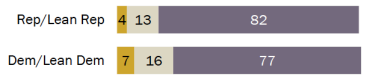
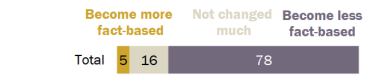
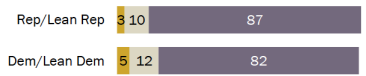
Similar majorities in both parties say that too much attention is given to disagreements between the parties (59% of Republicans and 55% of Democrats say this).

Majority of Americans find it stressful to talk politics with people they disagree with

Around six-in-ten U.S. adults (61%) say having political conversations with people they disagree with is generally “stressful and frustrating,” while about a third (36%) say these

Overwhelming majorities say political debate in the U.S. has become less respectful, fact-based in past few years

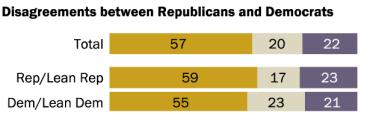
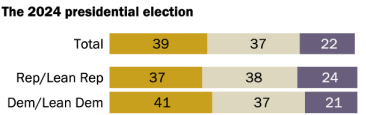
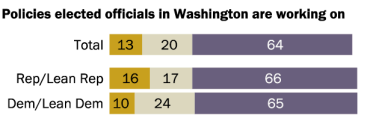
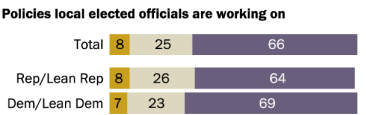
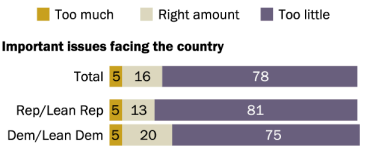
% who say that over the last several years the tone and nature of political debate in this country has ...



Note: No answer responses not shown.  
Source: Survey of U.S. adults conducted July 10-16, 2023.  
“Americans’ Dismal Views of the Nation’s Politics”  
PEW RESEARCH CENTER

Majorities in both parties say disagreements between Republicans and Democrats get too much attention

% who say there is \_\_\_\_ (of) attention paid to each of the following



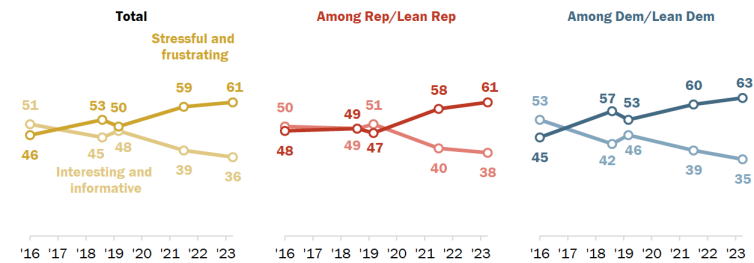
Note: No answer responses not shown.  
Source: Survey of U.S. adults conducted July 10-16, 2023.  
“Americans’ Dismal Views of the Nation’s Politics”  
PEW RESEARCH CENTER

types of conversations are generally “interesting and informative.”

While these views are largely unchanged from two years ago, the share of Americans who say they find talking politics with people they disagree with to be stressful is now higher than it was a few years ago. In May 2019, half said these types of political conversations were stressful, while a similar share (48%) said they were interesting and informative.

Americans increasingly say political conversations with people they disagree with are ‘stressful and frustrating’

% who say that talking about politics with people they disagree with is generally ...



Note: No answer responses not shown.  
Source: Survey of U.S. adults conducted June 5-11, 2023.  
“Americans’ Dismal Views of the Nation’s Politics”

PEW RESEARCH CENTER

As has been the case since 2021, there is no partisan difference in the shares viewing political conversations with people they disagree with as stressful. In prior years, Democrats were somewhat more likely than Republicans to view these conversations as stressful and frustrating.

Across most demographic and political groups, majorities say these conversations are more stressful and frustrating than interesting and informative.

Gender

Similar-sized majorities of men (60%) and women (62%) say talking politics with people they disagree with is stressful, while men are slightly more likely than women to find these conversations interesting (38% vs. 34%).

Race and ethnicity

Two-thirds of White adults find these types of political conversations stressful, as do 59% of Asian adults and 54% of Hispanic adults. Black adults are more evenly divided: 47% say these conversations are stressful and frustrating, while 50% say they are interesting and informative.

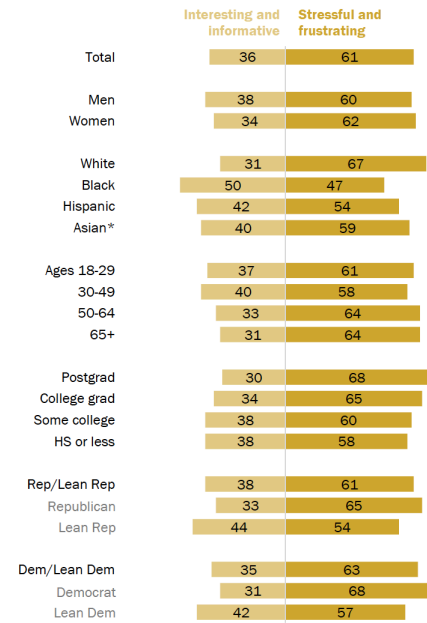
Age

While majorities in all age groups say conversations with those they disagree with are generally stressful, adults 50 and older are somewhat more likely to say this than younger adults (64% vs. 59%).

Education

Majorities in most demographic and political groups say it's more stressful than interesting to talk politics with those they disagree with

% who say that talking about politics with people they disagree with is generally ...



\* Estimates for Asian adults are representative of English speakers only.  
Note: White, Black and Asian adults include only those who report being one race and are not Hispanic. Hispanic adults are of any race. No answer responses are shown.  
Source: Survey of U.S. adults conducted June 5-11, 2023.  
“Americans’ Dismal Views of the Nation’s Politics”

PEW RESEARCH CENTER

Differences by education are similarly modest. Roughly two-thirds (66%) of those with at least a bachelor’s degree say they find talking politics with people they disagree with stressful, while about six-in-ten (59%) of those with less education say the same.

Partisanship

While similar shares of Democrats and Republicans say political conversations with those who disagree with them are stressful and frustrating, partisans are more likely than leaners – political independents who lean toward a certain party – to say the same.

In both parties, more than six-in-ten partisans say they find political conversations with those they disagree with as stressful, while around a third say they are interesting. By contrast, around four-in-ten leaners say these types of conversations are interesting, and more than half say they are stressful.

Sign up for our weekly newsletter

Fresh data delivered Saturday mornings




Submit

Topics


Congress, Democracy, Election 2024, Election System & Voting Process, Federal Government, National Conditions, Political Animosity, Political Discourse, Political Parties, Political Polarization, State & Local Government, Trust in Government

SHARE THIS LINK:


Related

- 


SHORT READS | MAR 10, 2025

119th Congress brings firsts for women of color
- 


SHORT READS | MAR 3, 2025

The changing face of Congress in 7 charts
- 

SHORT READS | FEB 27, 2025

Immigrants and children of immigrants make up at least 15% of 119th Congress
- 

SHORT READS | FEB 21, 2025

Women account for 28% of lawmakers in the 119th Congress – unchanged from the last Congress
- 

SHORT READS | JAN 30, 2025

119th Congress’ LGBTQ members include first trans representative

Most Popular

- 1 Americans’ Social Media Use 2025
- 2 Decline of Christianity in the U.S. Has Slowed, May Have Leveled Off
- 3 Biden granted more acts of clemency than any prior president
- 4 Majorities of Latinos Disapprove of Trump and His Policies on Immigration, Economy

Pew Research Center



901 E St. NW, Suite 300  
Washington, DC 20004  
USA  
[\(+1\) 202-419-4300](#) | [Main](#)  
[\(+1\) 202-857-8562](#) | [Fax](#)  
[\(+1\) 202-419-4372](#) | [Media Inquiries](#)

RESEARCH TOPICS

Politics & Policy

International Affairs

Immigration & Migration

Race & Ethnicity

Religion

Age & Generations

Gender & LGBTQ

Family & Relationships

Economy & Work

Science

Internet & Technology

News Habits & Media

Methodological Research

FOLLOW US

Email Newsletters

YouTube

Instagram

Facebook

LinkedIn

X

Bluesky

Threads

RSS Feed

**ABOUT PEW RESEARCH CENTER** Pew Research Center is a nonpartisan, nonadvocacy fact tank that informs the public about the issues, attitudes and trends shaping the world. It does not take policy positions. The Center conducts public opinion polling, demographic research, computational social science research and other data-driven research. Pew Research Center is a subsidiary of [The Pew Charitable Trusts](#), its primary funder.