As a result of peace conferences, after World War II, Poland found itself in the sphere of influence of the Soviet Union. Consequently, in the 1944 in Poland began the construction of a communist political system. The authoritarian way of governance characterized by the limitation of freedom and civil liberties. The only ruling party was the Polish United Workers Party (Polska Zjednoczona Partia Robotnicza), whose members were dependent on decisions made by the communists in Russia. The elections were symbolic as their results were falsified. Opposition was persecuted by using the SB (specialised security units) , and competitors were forced to leave the country or subjected to unfair trials.

Rebuilding the country's economy after extensive war damage was challenging. The main goal was agricultural reform and the construction of massive heavy industry plants. Private ownership was limited, and the vast majority of enterprises were state-owned. This created economic problems that the authorities sought to fix with loans from Western countries. This resulted in even greater debt and a decline in the standard of living for citizens.

Growing social discontent led to protests. Initially, they were primarily economic in nature. The first major strike broke out in Poznań in June 1956. Dissatisfied workers went on the streets and were attacked by the police and the military. The riots lasted for several days, resulting in the death of over 50 people and over 500 injured.

The protests in Poznań and political changes after Stalin's death in 1953 led to changes in the political power in Poland. Władysław Gomułka become the leader of the ruling party. The initial period of his rule was a moment of thaw and relaxation of restrictions.

The generational changes and increased civil liberties led to a rise in the number of young people who demand on political reform. The culmination of such as behavior occurred in 1968 when large protests of students and academic teachers started in Warsaw and other cities. They protested against censorship and the restrictions of freedom. The authorities once again suppressed of the protests by using security forces.

In December 1970, due to the country's dire economic situation, the authorities introduced significant price increases for many essential goods. This was a spark for the another wave of protests. Workers from large factories went on the streets, and the largest demonstrations took place in coastal cities such as Gdańsk, Gdynia, Szczecin, and Elbląg. The live ammunition was used against the workers, resulting in over 40 deaths and over 1000 injuries.

Again, in 1976, mass demonstrations were organized in Radom, Ursus, and Płock for economic reasons. Importantly, political slogans began to be used at that time. A group of individuals from a non-worker background joined the legal aid efforts after the protests. This marked the beginning of building opposition structures in Poland. The Committee for the Defense of Workers (KOR) and other organizations were established. They were illegal but operated openly.

All these protests were significant steps towards the emergence of the Independent Self-Governing Trade Union "Solidarity." It was formed after massive strikes in July and August 1980. Hundreds of important industrial plants stopped working. The center of the protest was the Lenin Shipyard in Gdańsk. Lech Wałęsa became the leader at that time. The strikes ended with the signing of agreements guaranteeing an improvement in the standard of living, the abolition of censorship, and the legalization of independent trade unions.

"Solidarity" emerged from a social protest. It had approximately 10 million members in 1981. In the autumn of 1981, the First National Congress of Delegates of the Independent Self-Governing Trade Union "Solidarity" took place, democratically electing its authorities and adopting a modern program. The program encompassed all areas of life and was based on workers' self-government. The gradual implementation of the program aimed to lead to the democratization of the system through free elections at the regional and later national level. Lech Wałęsa confirmed his leadership. The congress also passed the Message to the Working People of Eastern Europe, which was considered the most important document by the participants.

Unfortunately, two months after the congress the imposition of martial law prevented the implementation of reforms. The illegalization of "Solidarity" and the arrest of activists delayed the political transformation. During the systemic changes in 1989, part of the provisions contained in the "Solidarity" program was used during the Round Table negotiations. It can be said that the First National Congress of Delegates of "Solidarity" played a role in the process of political and social transformation in Poland. Further implementation of the demands became possible within a democratic system.