

## YOUTH BAROMETER 2022

# Through crises

The Youth Barometer, published on an annual basis, measures the values and attitudes of young people aged 15 to 29 years living in Finland. The 2022 Youth Barometer examined young people's views on resilience and living in times of uncertainty. Resilience means the ability to withstand and recover from setbacks.

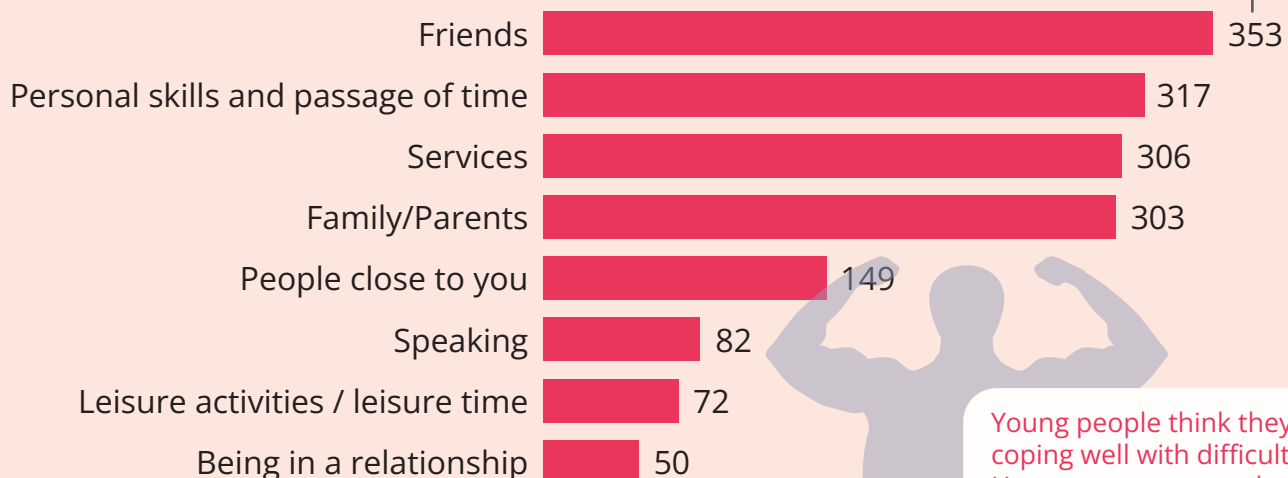
Besides an annually changing theme, the Youth Barometer includes recurring questions that remain unchanging, which make it possible to monitor trends.

*The majority of the interviews were carried out before Russia's invasion of Ukraine.*

## In difficult situations, young people get most help from their friends

"What has helped you cope with difficult situations?"

Number of mentions in the freeform answers



Young people think they are coping well with difficulties. However, women and people belonging to minority groups were less satisfied with their coping than others.

"If any problems arise, I can talk to my family or friends."

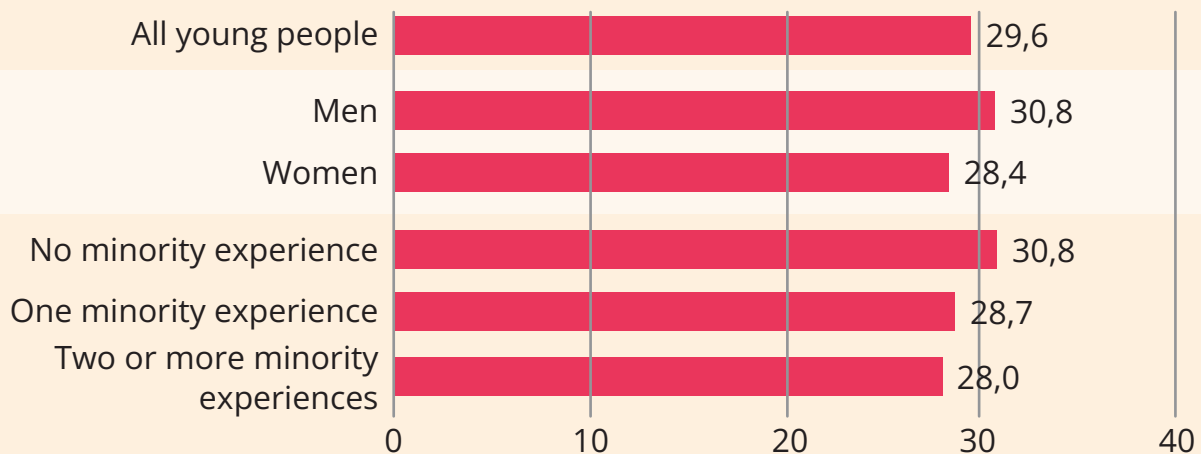
Altogether 1,864 young people aged between 15 and 29 were interviewed by telephone for the survey.

#nuorisobarometri

# Overall, the resilience as experienced by young people is at a good level

Measured using the CD-RISC questionnaire.

The responses were scored on a scale of 0 to 40.



## Many young people experience setbacks in their lives

"Has one of the following happened to you?" (%)



**55%**

I have lost a loved one important to me



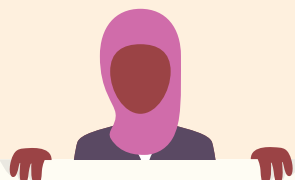
**46%**

I have been bullied at school



**35%**

I have sought treatment for mental health or substance abuse problems



**29%**

I have experienced bullying outside school



**25%**

I have received social assistance



**14%**

I or my family have been in touch with a child welfare social worker about my life

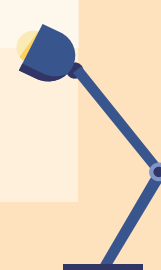
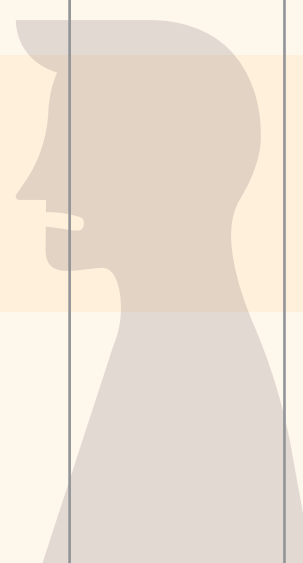
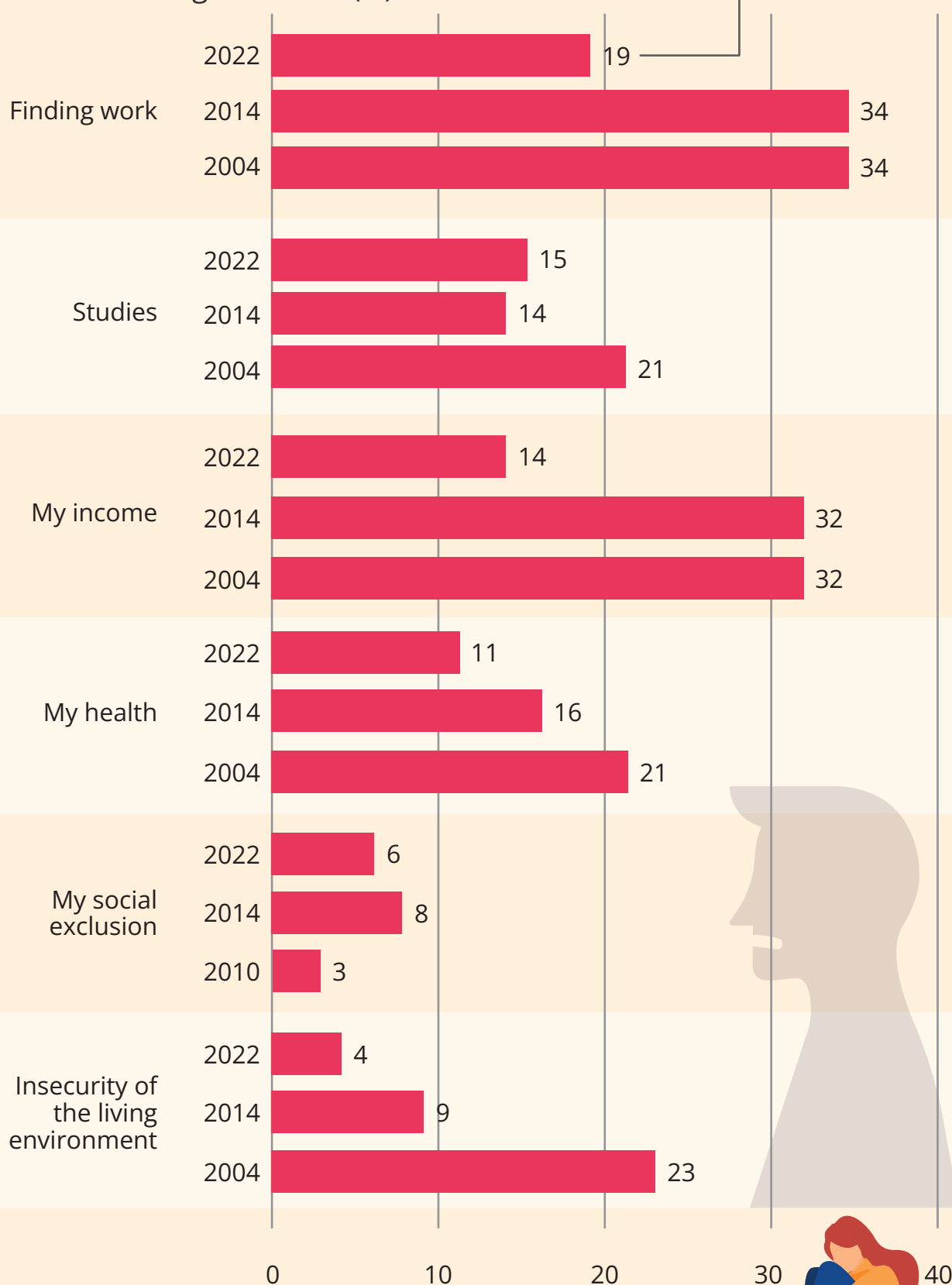


# Fewer people experience insecurity in their daily lives



"How uncertain or insecure do you feel because of the following matters?" (%)

The share of respondents who chose *Very* or *Somewhat much*



# Young people aged 15 to 19 feel they belong to various communities more strongly than others



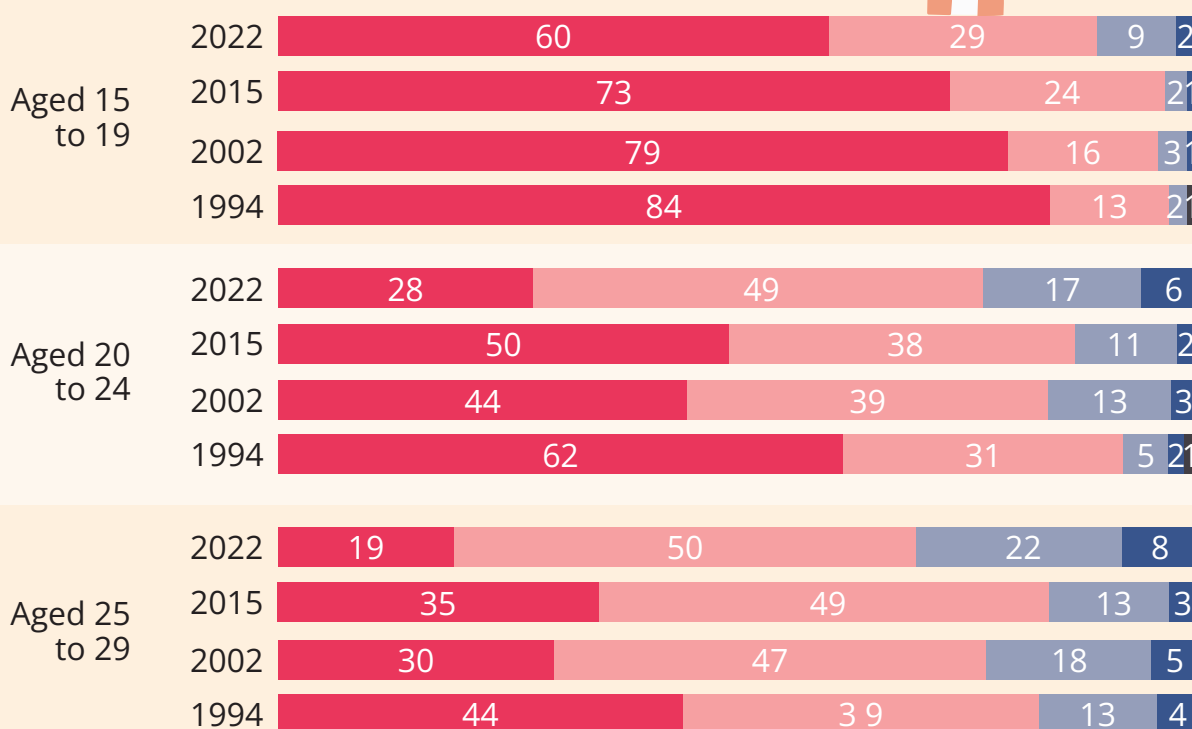
These groups stand out in their experiences of belonging to a community:

	Family and family communities	Peer communities	Third-sector communities
A strong feeling of belonging	<ul style="list-style-type: none"> <li>Aged 15 to 19</li> <li>On parental leave</li> <li>No minority experiences</li> </ul>	<ul style="list-style-type: none"> <li>Aged 15 to 19</li> <li>Male</li> <li>At work</li> <li>No minority experiences</li> </ul>	<ul style="list-style-type: none"> <li>Aged 15 to 19</li> <li>Swedish-speaking</li> <li>Graduated from or in general upper secondary school</li> <li>Self-employed</li> </ul>
Poor feeling of belonging	<ul style="list-style-type: none"> <li>Aged 25 to 29</li> <li>Unemployed</li> <li>Several minority experiences</li> </ul>	<ul style="list-style-type: none"> <li>Aged 25 to 29</li> <li>Not studying, no qualifications</li> <li>Several minority experiences</li> </ul>	<ul style="list-style-type: none"> <li>Aged 25 to 29</li> <li>Unemployed</li> </ul>

Remote contacts with friends have not increased. Therefore, they have not compensated for the fewer face-to-face encounters.

## Young people meet their friends less frequently than before

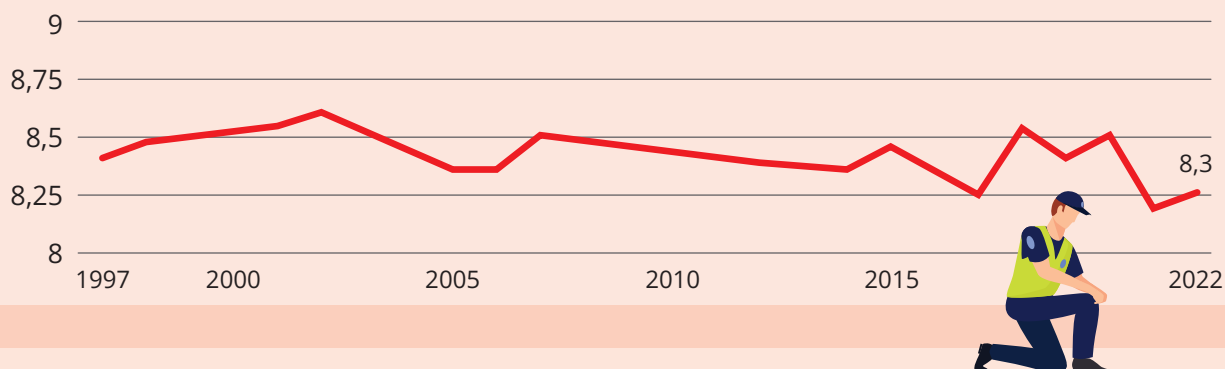
"How often do you meet your friends?" (%)



■ Almost every day 
 ■ About weekly 
 ■ About monthly 
 ■ A few times a year or less often 
 ■ Don't know

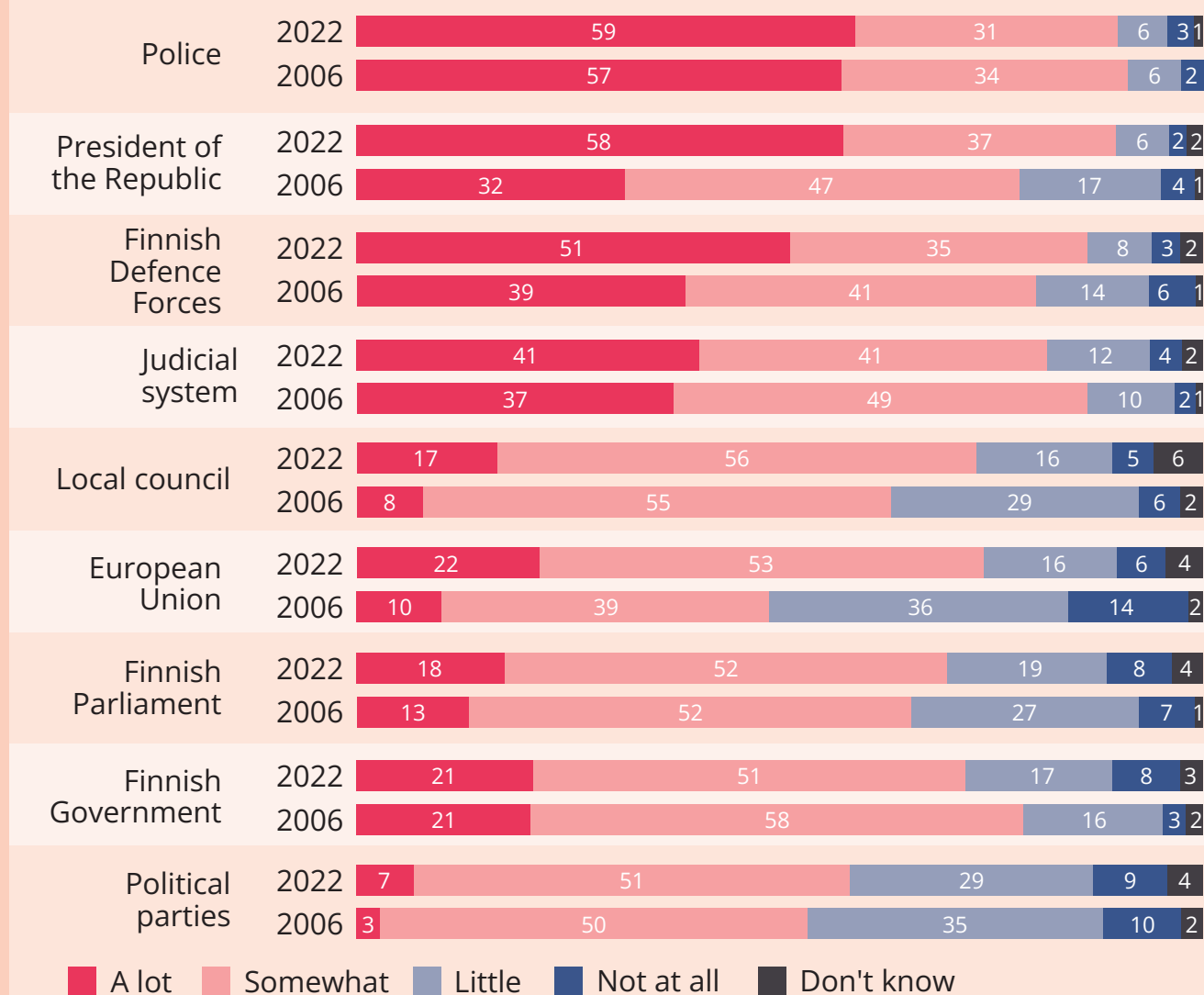
# Life satisfaction has begun to edge up since the COVID-19 pandemic

Satisfaction with life overall on a scale of 4 to 10



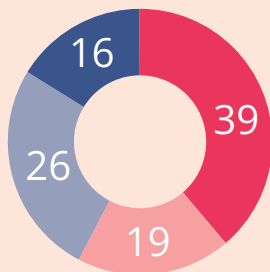
## Young people's trust in political actors and authorities has increased

"How much do you trust the operation of the following institutions?" (%)



# Many young people favour lifestyles without alcohol or drug use

"I don't want to use any alcohol or drugs" (%)



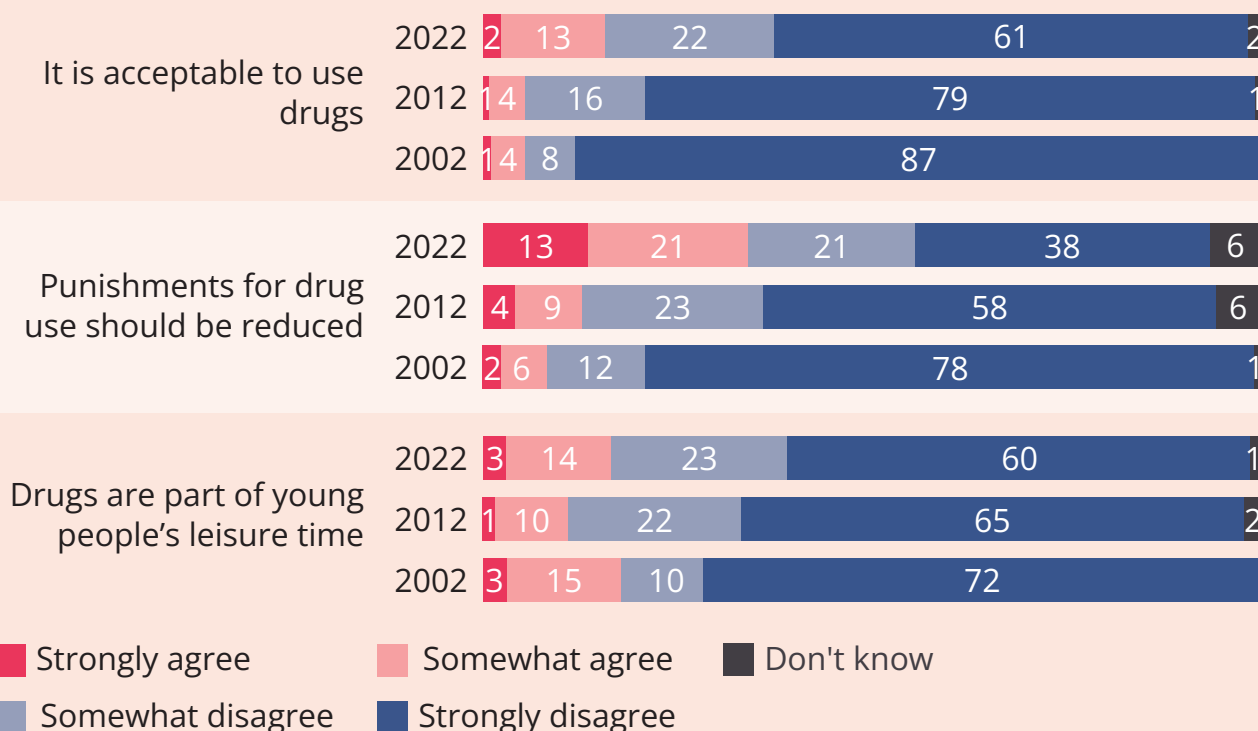
■ Strongly agree  
■ Somewhat agree  
■ Somewhat disagree  
■ Strongly disagree

Fewer young people feel that binge drinking is part of their leisure time



## Attitudes towards drug use have become more liberal

"Do you agree with this statement?" (%)



Antti Kivijärvi (ed.) Through crises. Youth Barometer 2022.

ISBN 978-952-372-045-9 (nid.) ISBN 978-952-372-046-6 (PDF)

Publications (Nuorisotutkimusseura) ISSN 1799-9219, nro 243, Field

Online publications (Nuorisotutkimusseura) ISSN 1799-9227, nro 178, Field.

Publications of the State Youth Council 71.

Helsinki: State Youth Council and Finnish Youth Research Society and

Ministry of Education and Culture.



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