

SAMI MYLLYNIEMI

YOUTH BAROMETER 2012

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Ministry of Education and Culture
Youth Research Network
Advisory Council for Youth Affairs

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INTRODUCTION

Youth Barometer is an annual telephone survey focusing on young people aged 15 to 29 living in Finland. The survey has been conducted since 1994. The sample for the Youth Barometer is 1900, and it is obtained by random sampling with quotas for gender, age and native language. The Youth Barometer's analysis of the statistical data has now been translated into English for the first time.

In addition to their traditional monitoring task, the Youth Barometers have, since the beginning, collected information on a specific issue that has been deemed topical or important for some other reason. The theme of the 2012 Youth Barometer is intergenerational relationships. For this purpose, the most recent Youth Barometer was implemented in a new way: in addition to young people, 600 parents and other custodians of young people were also interviewed. In the data, the responses from young people and their parents have been combined. This offers a new method of exploring the social or cultural inheritance of values and ways of life, thus opening up an opportunity to examine intergenerational relationships through family relationships, in

particular. Also, the construction of well-being can be observed from a cross-generational viewpoint.

The data gathered aims to shed light to issues related to interaction between generations by focusing to the links between background from childhood home and young people's daily lives and ways of life. The perspectives of both research and society have a strong presence in the cross-generational approach that overlaps with the areas of multi-disciplinary youth research as well as youth, family and social policy.

From the perspective of content, the 2012 Youth Barometer has several different focus points. In addition to themes associated with the upbringing of children and the daily life of families, the barometer explores the habits families from the viewpoint of health behaviour. In this respect, the barometer incorporates variables both promoting and hindering the maintenance of health, such as smoking, use of alcohol and/or drugs, exercise, and eating habits. Moreover, the barometer also observes well-being and health from a broader perspective by including the concept of satisfaction with life and its different areas. Even though the

concept of social capital is not emphasised in the present study, topics such as voluntary work and other participation, social trust, trust in institutions, social networks and a sense of belonging, all covered by the survey, can, loosely interpreted, be deemed to fit under it.

Thematically, the barometer tackles the formation of well-being and the values and attitudes related to this from the perspective of intergenerational relationships. The barometer provides important, even controversial, information regarding the cross-generational transfer of values and experiences and/or breaks in intergenerational dialogue and continuums.

In Helsinki on 10 September 13

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Finnish Youth Research Network

The Finnish Youth Research Network is a community of researchers that engages in cooperation with universities and polytechnics and with professionals operating in research institutes and in the field of youth work. The network aims both to produce high-quality academic research and to use the research conducted by it to impact the development of youth policy and youth work.

The youth research network tackles phenomena related to youth and young people and introduces new knowledge and perspectives to public debate. The following topics are emphasised in the research projects of the network: research on youth cultures, questions related to an individual's life course and becoming an adult, and the themes of exclusion, ethnic relations, education and youth work.

The Youth Research Network organises seminars and training. Many of the researchers in the network act as experts in different education and training events and development projects of youth work and youth policy.

The main financier of the Finnish Youth Research Network is the Youth Policy Division of the Ministry of Education and Culture.

Advisory Council For Youth Affairs

The national Advisory Council for Youth Affairs (Nuora) is a consultative body in child and youth policy appointed by the government. The members of the council are individuals well-versed in the growing and living conditions of children and young people especially called to the task by the government. The secretariat of the council operates in connection with the Ministry of Education and Culture.

Under the Youth Act, the tasks of Nuora include:

- annual assessment of the implementation of the government's child and youth policy programme;
- preparing proposals for programmes and measures concerning young people, and
- generating new, up-to-date information on young people and their living conditions.

The Advisory Council for Youth Affairs implements its statutory tasks for example by issuing statements and producing the annual Youth Barometer, which measures the values and attitudes of young people in cooperation with the Finnish Youth Research Network.

Facts about Finland

A parliamentary republic in Northern Finland

Population (2012): 5,426,674

Area: 338,432.07 km²

Population density: 17.9 / km²

Age distribution of population:

Age group	Number	Percentage
0–14	891,392	16.4
15–29*	1,001,766	18.5
30–44	1,002,071	18.5
45–59	1,123,664	20.7
60–74	954,915	17.6
75–	452,866	8.3

* Target group of the Youth Barometer

IMPLEMENTATION OF THE SURVEY AND BACKGROUND VARIABLES

The Youth Barometer is based on survey material collected in spring 2012. The universe for the study consists of 15 to 29-year-olds in Finland as a whole with the exception of Åland. For the study, 1,902 young people were interviewed out of whom 1,792 were Finnish-speaking, 105 Swedish-speaking and 5 had a native language other than Finnish or Swedish. The average duration of the interviews was 34 minutes.

At the end of the interview, the young people were asked for permission to interview one or both of their parents. A total of 597 parents were interviewed. With 387 young people, only one parent was interviewed, whereas the number of young persons with both parents interviewed was 105. The average duration of an interview with a parent was 30 minutes.

Apart from age, native language and municipality of residence, information for the background variables of the Youth Barometer was obtained from the respondents themselves. In other words, the information was not extracted from a register but is based on the young interviewees' own understanding of the matter. As a result of this, for example, an individual's main type of activity may not match the one stated in official documents. A young person who both works and studies may state either one as his or her main type of activity. The fact that, as a general rule, the background information for the Youth Barometer has been obtained from the respondents does not have to be perceived as a source for errors, but it is good to bear in mind that this information primarily reflects the young person's own experience of the situation.

PART I VOLUNTEER ACTIVITIES AND POLITICS

VOLUNTEER ACTIVITIES

Volunteer activities are part of the social relationships of day-to-day life and the construction of a sense of community; at the same time, a central element in volunteer work is social impact. The observations of the Youth Barometer as concerns volunteer work – both as organised activities within NGOs or more independent activities – can be viewed in relation to the dynamics of volunteer activities and paid labour currently in transformation in Finland. Barometers from previous years have found that, like the labour market, the attitudes of young people towards education, training and work are in transition.

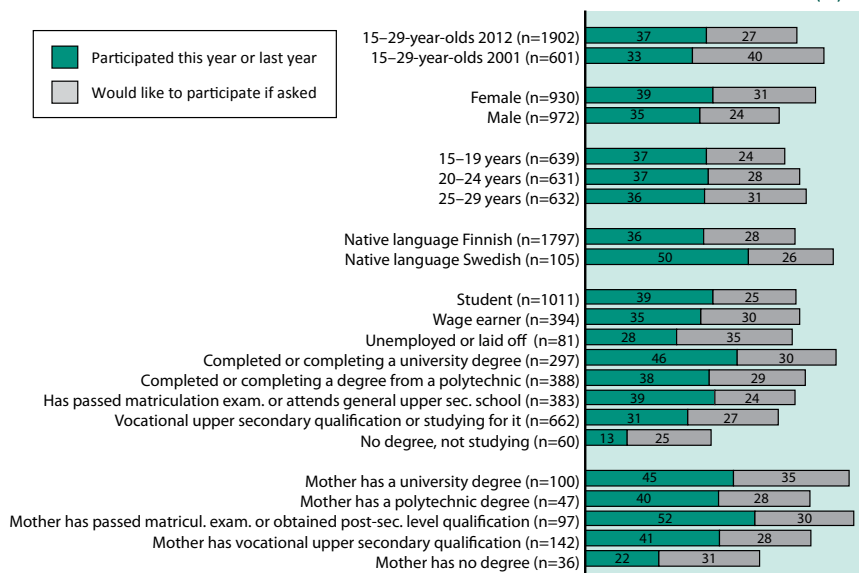
Participation in volunteer activities

The format and formulations for the interview were borrowed from the 2002 study, which enables the monitoring of changes in participation in volunteer activities. Figure 1 indicates that in slightly more than a decade, participation has increased from 33 per cent to 37 per cent. The growth has been more rapid among young women, with more young

women (39 per cent) than men (35 per cent) stating they have taken part in some volunteer activities on the year of the survey or the previous year. The changes by age group have been relatively large. Increase in participation has taken place particularly among the over 20-year-olds. However, participation in volunteer activities among the under 20s is declining. Participation in volunteer activities seems to have increased, particularly in Southern and Eastern Finland.

On the whole, young people's participation in volunteer activities would seem to be increasing. Compared to others, people who take part in volunteer activities are more satisfied with both their relationships and their life in general. When asked about motivation for volunteer activities, friends and doing things together were highlighted alongside with the willingness to help others (see figure 3). In many ways, social reinforcement is at the heart of Finnish youth policy, and from this perspective, too, an increase in participation in volunteer activities among young people and meanings attributed to it by young people constitute significant results.

FIGURE 1. PARTICIPATION AND WILLINGNESS TO TAKE PART IN VOLUNTEER ACTIVITIES. (%)



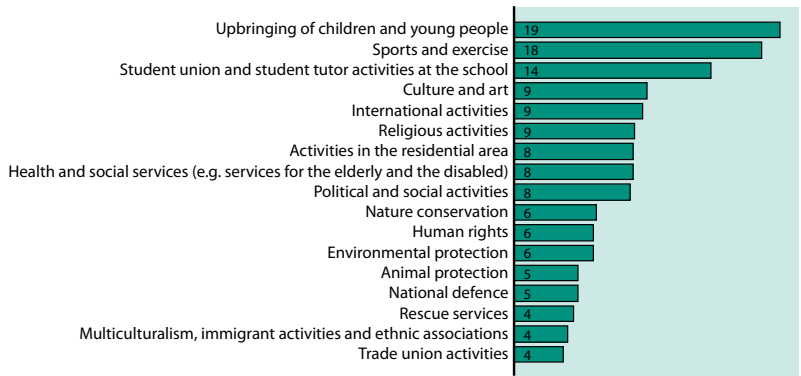
Participation and willingness to participate

In addition to the 37 per cent who take part in volunteer activities, 27 per cent of young people would like to take part in volunteer activities if asked to do so. In a very rough categorisation, young people can thus be divided into three segments: slightly more than a third are involved in volunteer activities, slightly less than a third would like to be involved and slightly more than a third do not take part and are not interested in taking part in volunteer activities. Compared to the 2001 survey, the share of young people interested in taking part in volunteer activities has declined, as the number of those taking part has

increased. In a way, supply and demand are meeting better than before, when the amount of unused potential is reduced.

Taking part in volunteer activities is more common among girls, and their interest in taking part is also greater than with boys. In participation itself, no great changes take place with age, but the willingness to take part increases. In Finland, the population in rural areas is sparse, and regional differences in the provision of services are typically large. Scarcity of opportunities is highlighted as an obstacle of participation in volunteer activities in rural areas (22 per cent) compared to towns and cities (16 per cent) and particularly the Capital region (9 per cent).

FIGURE 2. “WHICH OF THE FOLLOWING AREAS OF VOLUNTEER ACTIVITY HAVE YOU TAKEN PART IN?” (% OF YES ANSWERS.)



Forms and accumulation of
volunteer activities

When examining the most popular volunteer activities, three forms of volunteer activity stand apart from the rest: upbringing of children and young people, sports and exercise, and student union and tutoring activities. More than ten per cent of young people are involved in each of these activities whereas the proportions of other activities mentioned in Figure 2 are clearly smaller.

Motivation for volunteer activities

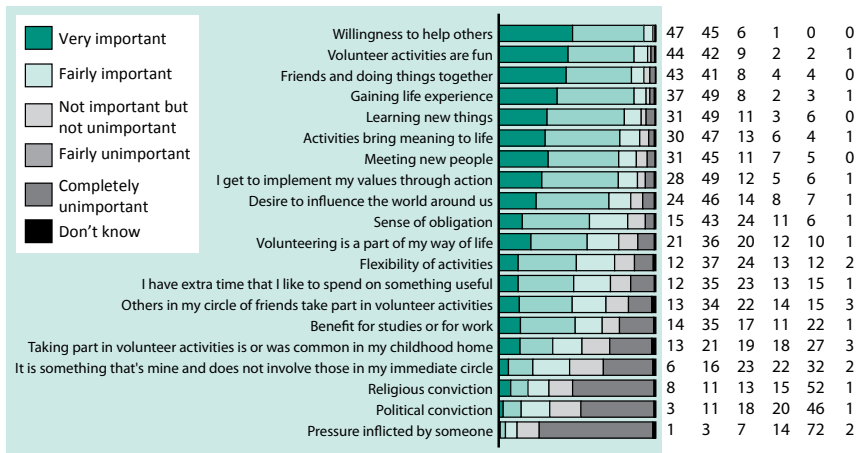
Young people who have been involved in volunteer activities were requested to answer further questions on the importance of the different motives for their involvement. Some of the reasons cited were more instrumental in nature, such as benefit for studies or work, while

others were directly linked to the willingness to help others and the value base related to that.

Willingness to help others and sociability were highlighted in young people’s reasons to take part in volunteer activities. The willingness to help others remains the number one reason, but enjoyment of the activities, spending time with friends and doing things together and meeting new people constitute almost equally strong reasons for taking part (Figure 3).

In international comparison, a feature characteristic of Finland has been that most have defined willingness to help as a strong motivation. Recently, reasons of a different kind, such as friends, learning new things and having fun have emerged alongside willingness to help others. At first glimpse, these can be perceived as less altruistic, even selfish or hedonistic motives. Altruism

FIGURE 3. IMPORTANCE OF REASONS FOR VOLUNTEER ACTIVITIES. (%)



and egoism are often perceived as the opposite ends of a continuum, but altruistic activities may increase the well-being and happiness of both the giver and the recipient, and personal benefit may act as a motivation for altruism.

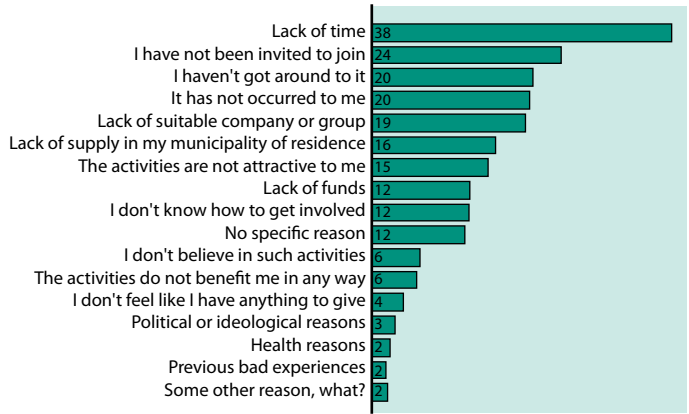
In other words, outside of pure altruism, there are other explanations for what makes people act in an unselfish manner and donate their time and other resources for the good of others.

Based on results from the Barometer, it is not an exaggeration to claim that irrespective of the possible gain to the volunteers themselves, a strong notion of helping others and altruism is present in volunteer activities. This is also highlighted in the conceptions regarding the contents of volunteer activities put forward by young people in their responses to open-ended questions.

Obstacles to participation in volunteer activities

Young people who themselves have not taken part in volunteer activities this year or last year were asked to state reasons for their non-participation (Figure 4). Out of all young people, 38 per cent cited lack of time an obstacle for participation in volunteer activities. Not having been asked to take part was considered as an obstacle by 24 per cent. These two were the most commonly cited obstacles for participation in the 2001 survey. In addition, not having got around to it and not having thought about it, both indicating lack of interest, are relatively popular explanations, with 20 per cent of respondents opting for each.

FIGURE 4. "WHICH OF THE FOLLOWING REASONS HAVE IMPACTED YOU NOT TAKING PART IN VOLUNTEER ACTIVITIES?" (PERCENTAGE OF ALL YOUNG PEOPLE.)



In addition to actual participation in volunteer activities, the survey explored willingness to participate if asked to do so (Figure 1). With young people who possessed this willingness, the reason for non-participation is lack of opportunities (supply of activities), funds, the right company or the fact that they do not know how to get involved. These appear as rather credible obstacles for individuals who, in principle, have a positive attitude towards volunteering. With the young people who would not like to take part even if asked, lack of faith in volunteering as a whole, not perceiving the appeal of the activities and not benefiting from the activities themselves are highlighted as reasons for non-participation. The reserved approach is not necessarily based on a negative attitude towards volunteering from the offset, as, for the majority,

prior negative experiences seem to have affected the desire to take part even if asked to do so.

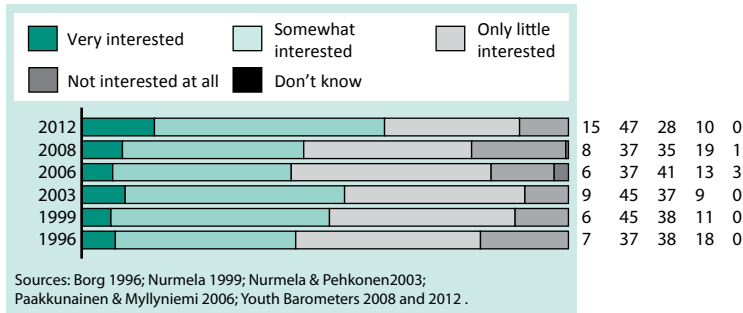
POLITICS

Interest in politics

When asked about their interest in politics, the majority (61 per cent) of the young people are at least somewhat interested, less than a third have only little interest, and one in ten have no interest at all. By international comparison, young people in Finland remain at the bottom. However, by a temporal comparison, the interest of young people in politics is on the up (Figure 5).

Based on prior studies, interest in politics goes largely hand in hand with active voting, which can be interpreted

FIGURE 5. “HOW INTERESTED ARE YOU IN POLITICS?” COMPARISON 1996–2012.
(18–29-YEAR-OLDS, %)



as the majority holding a traditional conception of politics. On the other hand, young people interested in politics who also vote are more active than others – also in the area of extra-parliamentary activism. An interest in politics can thus be interpreted as an indicator of not only attitude but also being active and doing things.

Young men are slightly more interested in politics than young women. The interest shown increases somewhat with age. With reference to regional variables, young people living in rural areas appear to have lower level of interest in politics compared to those living in towns and cities and particularly to those living in the Capital region. The correlation to education level is very strong, and it is evident not only in degrees and study places but also in educational achievement in comprehensive school.

The background of the childhood home is significant, as discussing politics in childhood home has a very

strong correlation with young people's interest in politics. Often, as many as two out of three of young people who had discussed politics frequently in their childhood home were very interested in politics. The interest in politics was also greater among young people who had discussed news and other current events in their childhood home. Social inheritance is also strong when comparing the level of interest in politics among young people and their parents.

Figure 5 indicates a relatively clear shift: young people's interest in politics increased from the 1990s until the early 2000s and, after a small slump, has again turned to a relatively powerful growth. In the 2012 survey, young people were more interested in politics than ever before in the entire period of monitoring.

The shift in the interest in politics in recent years can be interpreted against the backdrop of exceptional turbulence in the fields of both domestic and foreign policy. It is possible to detect phenomena that on the one hand function

to increase interest in politics, but on the other hand may also have the effect of getting more and more people to turn their backs on it. Finland has witnessed a party-funding scandal that shook the party political system, in addition to the largest upheaval in decades as concerns support for political parties. An even more significant explanation for the heightening of interest can be found in the presidential election, the campaign for which was at its most heated as the interviews were being conducted. The turmoil of global economy that began in 2008 and the crisis of the Euro area have also been reflected in Finland. Questions related to the contents of politics and the personalities involved have been exceptionally colourful. However, the question regarding the extent that day-to-day events in the world of politics are reflected in the shifts of young people's interest in politics remains unanswered. In fact, changes in interest in politics would appear to be too even and trend-like to be affected by day-to-day events and would, rather, seem to constitute a symptom of something deeper.

Many indicators describing young people's attachment to the political system would seem to point at a strengthening trend: opportunities to influence planning and services in one's own residential area are increasing, more and more people would like to be involved in politics, faith in the functioning of democracy in Finland is increasing, and

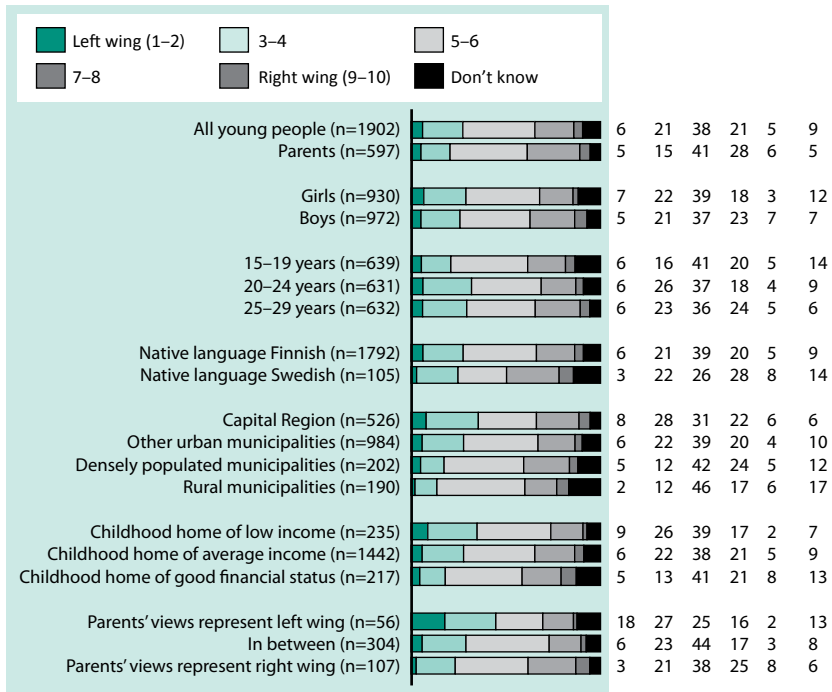
trust in political institutions, such as parties and the parliament, is growing (Figure 10 in this publication). Over-simplified assessments of a crisis of legitimacy and a decrease in regard for politics do not thus seem credible in the light of information from the Youth Barometer. It is interesting, however, that young people's interest in politics is not channelled primarily to voting or acting in political organisations, but something else.

Left wing – Right wing

Since 1996, young people taking part in the survey have been asked to place themselves on the traditional left–right political axis. On a scale of 1=left wing, 10=right wing, in a completely symmetrical distribution, the mean would be 5.5. Here it is 5.3, i.e. slightly tilted to the left. In Figure 6, the original 10-point scale has been compressed to 5 points for clarity.

Girls are located slightly more to the left than boys. Age-related shifts on the left–right scale are not one directional in the age groups of 15-29-year-olds. On average, associating oneself towards the left is more common around the age of 20, and to the right around the age of 25. A more significant change taking place with age is a clear reduction in the proportion of I don't know answers. 14 per cent of 20-year-olds but only 6 per cent of 25-29-year-olds are not able to or do not want to place themselves on

FIGURE 6. "ON A SCALE OF ONE TO TEN, WHICH NUMBER BEST DESCRIBES YOUR POLITICAL POSITION?" (%)



the left–right dimension. In a regional comparison, young people in towns and cities, particularly those living in the Capital region, are more leftist than their counterparts in rural areas.

Young people's left-wing/right-wing thinking displays a rather clear trend towards the left. Voter turnout among young people, which is lower compared to other age groups, naturally has an impact on how much this emphasis on the left is visible in the actual support for parties. Moreover, identification on the political dimension may involve aspects

that are not directly linked to party politics. The Greens of Finland and another party popular among young people, the Finns, are not easily positioned on the left–right dimension.

Political views of young people and their parents

Young people were asked to estimate both their father and mother's position on the left–right axis. The same question was posed to the interviewed parents themselves. This allowed a

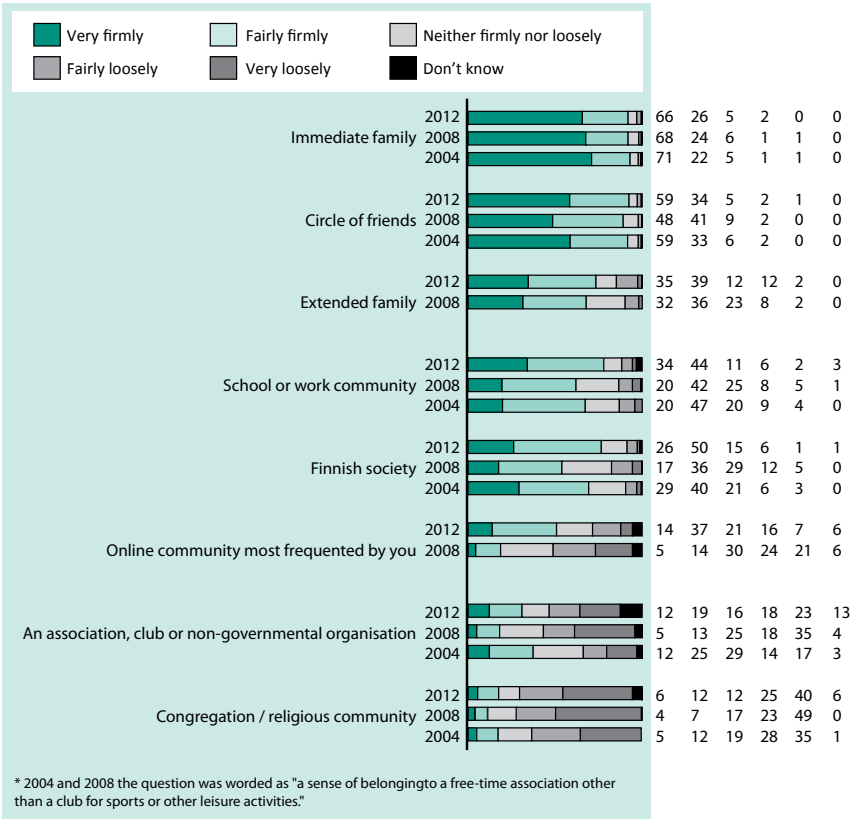
comparison between the young people's assessments and the actual political views of the parents as well as the correlation between the political views of young people and their parents.

The young people's assessments of the political views of their mothers and fathers were close to each other (correlation coefficient 0.68). Young people's assessments of their parents' positioning on the political map also correlated strongly with the parents' own views (with mothers, the correlation coefficient was 0.48, with fathers 0.43). Overall, knowledge of the political thinking of the older generation seems relatively good. These findings also provide grounds for the interpretation that the concepts of left and right remain significant in Finnish politics, and the

differences between meanings attached to them by different generations do not seem excessive.

The assessments of a young person and his or her parent regarding their own political positioning are often close to each another, which reflects the social inheritance of values. In roughly one in four cases, the young person and his or her parent are in exactly the same spot on the 10-point left–right axis, with one in four displaying a difference of one point, one in four a difference of two points, and one in four a difference of at least three points. The correlation can be seen in Figure 6, where the political position of the parent is presented as the background variable for the positioning of the young person.

FIGURE 7. “HOW FIRMLY WOULD YOU SAY YOU BELONG TO THE FOLLOWING?” COMPARISON 2004, 2008 AND 2012. (%)



PART II SENSE OF COMMUNITY AND TRUST

BELONGING

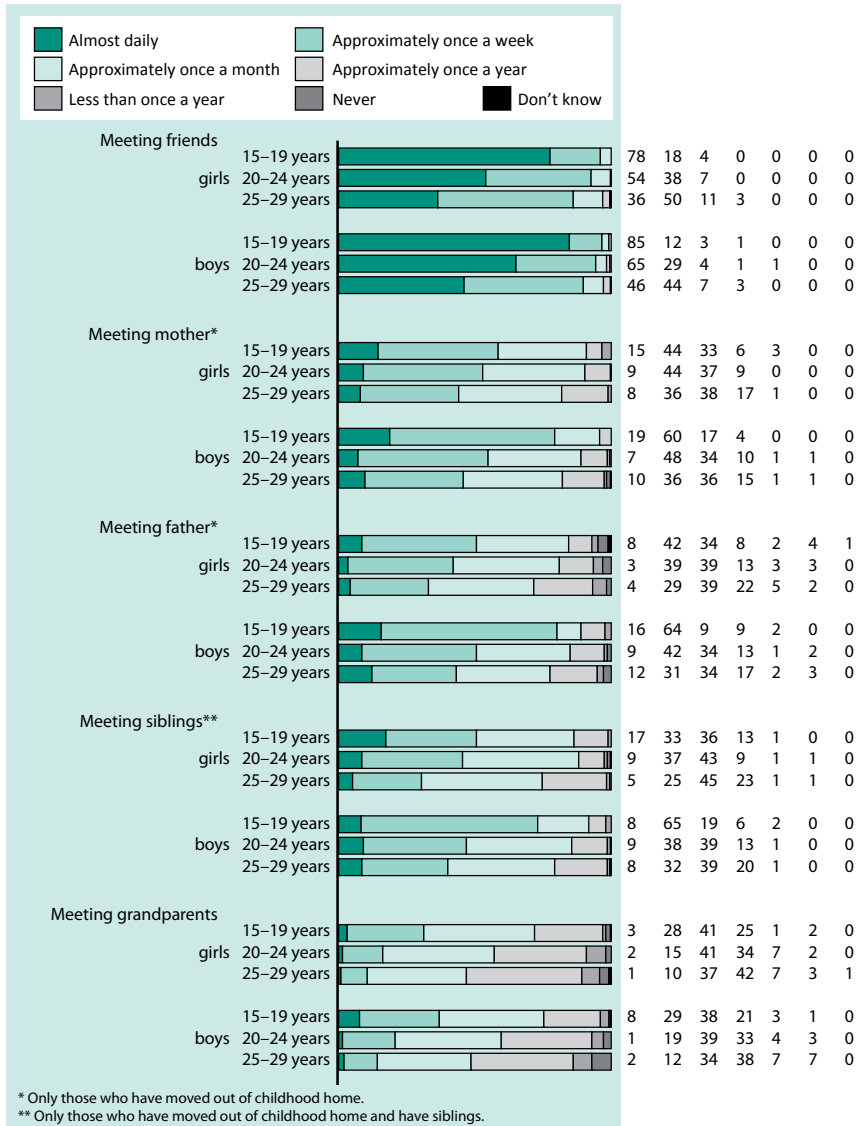
Figure 7 reveals a shift in a sense of belonging among young people, and indicates variation in the pace of the change between different social units. In 2008, when the topic was last measured, the sense of belonging was found to be rapidly weakening. Now, the weakening has, for the most part, turned towards a firmer sense of belonging. The strengthening in the sense of belonging to the online community most commonly frequented by the respondent has been particularly strong. Just three years ago, the sense of belonging to an online community was experienced as firm by one in five, now almost half of the young people. The change is explained through the rapid development of social media, in particular. Facebook, Twitter and other community sites have increased their popularity at an astonishing rate and have rapidly integrated themselves as part of the daily lives of people. At least until recently, the time spent on the Internet by young people has increased, but the concrete quantitative limits in the use of time will soon be reached.

Family remains number one in the measurements, and even though the

sense of community has been reduced somewhat, it is still by no means loose, as more than 90 experience their sense of belonging to their family at least as fairly solid. When comparing the sense of belonging to descriptions given by young people regarding the atmosphere of their childhood home (cf. Figure 21), young people with the most solid sense of belonging appear to have grown in encouraging, peaceful and loving homes. The other extreme consists of those who describe their childhood home as quarrelsome or indifferent.

Doing things together as a family is strongly associated with the intensity of the sense of belonging (see Figure 22). Doing household chores together appears particularly significant from this perspective. Out of the child rearing practices of the childhood home, positive feedback received as a child is particularly strongly linked to the intensity of the sense of belonging: the fact that the parents let the child know how loved and important he or she is. Similarly, those who discussed their joys and sorrows with their parents experience a strong sense of belonging with their family.

FIGURE 8. MEETING FRIENDS AND FAMILY. COMPARISON BY AGE AND GENDER. (%)



MEETING FRIENDS AND RELATIVES

Young people's level of social activity was determined by asking how often they get together with their friends and relatives. The frequency of meetings with father, mother and sibling was determined only for those who had already moved out of the childhood home.

Two out of three young people meet their friends on a daily basis, whereas almost everyone meet their friends at least once a week. Meetings with parents are more irregular, as about one in ten young people who have moved out of their childhood home meet their mother daily, approximately half at least weekly. Meetings with the father are more infrequent, with seven per cent getting together with their father daily and 40 per cent weekly. The frequency of meetings with siblings is on the same level as those with the father. Getting together with grandparents is notably less frequent, with approximately one in five meeting their grandparents on a weekly basis and about half every month.

Figure 8 shows that the frequency of meetings with both friends and relatives undergoes a steep decline with age. The drop in the frequency of meeting friends is explained by attendance in comprehensive school and upper secondary-level studies that entail regular social life. In a gender comparison, boys meet both their

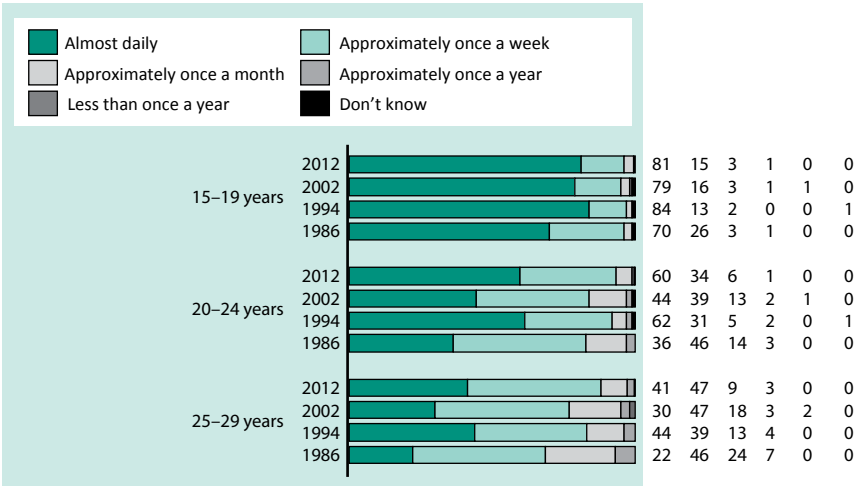
friends and relatives slightly more often than girls. An exception to this is the frequency of meetings with mother, where no difference exists between boys and girls. According to a free-time study on young people, when facing difficulties, girls are more likely to turn to their boyfriends and siblings, whereas boys will more often speak to people they know online or friends from free-time activities. When the target of observation was changed from the frequency of meetings to the number of friends, no differences were detected between girls and boys.

Temporal change in meeting frequency

In the surveys from 1986, 1994 and 2002, the same method was used to determine the frequency of meetings with friends, which provides an opportunity to examine changes in the frequency of meetings. The comparison between age groups in Figure 9 reveals a certain wave-like movement in the course of decades. Daily meetings between friends were less common in the 1980s and in the first decade of the new millennium and more so in the 1990s and 2010s. The changes were great, particularly in the age group of over 20s, which can be explained by the fact that people younger than this are meeting their friends regularly at school.

The increase in meetings between friends in the last decade has coincided

FIGURE 9. “HOW OFTEN DO YOU MEET YOUR FRIENDS?” COMPARISON BY AGE GROUP 1986, 1994, 2002 AND 2012. (%)



with the breakthrough of the Internet and social media particularly in the age groups of young people. Actual, deeper reasons for the change lie beyond the reach of surveys, but an interesting detail detected in the young people’s free time study in 2009 was that people who are in active contact with their friends through the Internet also meet up with their friends more often than others.

TRUST IN INSTITUTIONS

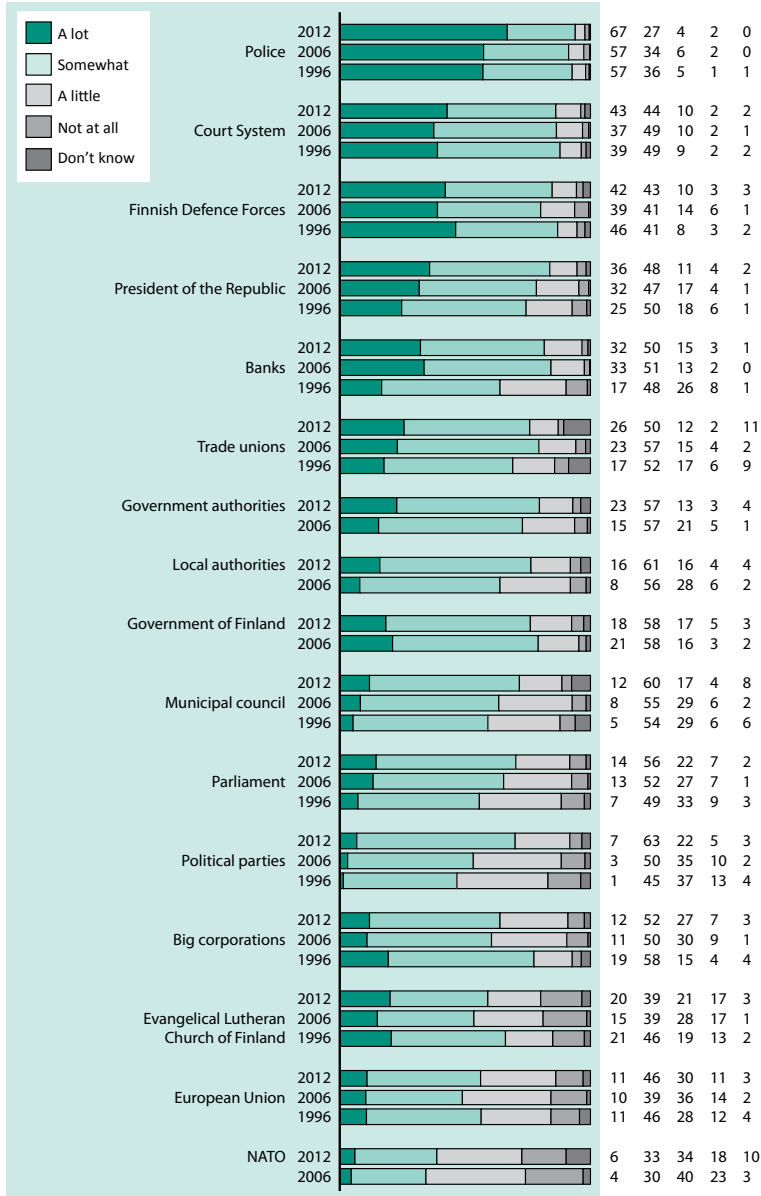
Young peoples’ confidence in institutions has been measured since 1996. Based on measurements compiled in Figure 10, trust in social institutions as a whole is increasing. Trust in the Police, public servants, the municipal council, the parliament and political parties has

undergone the most notable increase. A clearly declining trend was not identified for any institution.

Considering the different nature of the institutions, direct comparisons regarding changes in the trust placed in them are not necessarily the best way to interpret the results. Focusing on changes in the order of individual institutions as presented in the trend information in Figure 10 does not yield a great deal of useful information, but the most rational way to view the data might be to examine the development of the reliability of each institution in relation to itself.

Factors associated with the time at which the survey was conducted impact the trust placed in different institutions in different ways. For example,

FIGURE 10. “HOW MUCH DO YOU TRUST THE ACTIVITIES OF THE FOLLOWING INSTITUTIONS?”
COMPARISON 1996, 2006 AND 2012. (%)



the low level of trust placed in banks in the 1990s is likely to have had a strong connection to the banking crisis during the recession. Another example of situational influence is that trust in the Evangelical Lutheran Church or the Police are not likely to be personified in individuals in the same manner as confidence in the president of the republic or the government. It is impossible to know with certainty, however, to what extent the confidence reflected in the answers is founded upon the institutions of president or government and to what extent it is based on the currently acting prime minister or president.

However this may be, the strengthening of confidence in political institutions remains a noteworthy trend yielded by the most recent survey. Trust in the president of the republic, the parliament, political parties as well as the municipal council are all on the up. Also, young people’s trust in public servants in both central and local government is increasing survey by survey.

SOCIAL TRUST AND DISTRUST

Trust is important for the coping of an individual, and the functioning of society as a whole is based on the confidence we place in others. In the context of

FIGURE 11. SOCIAL DISTRUST. COMPARISON 2009 AND 2012 (%)

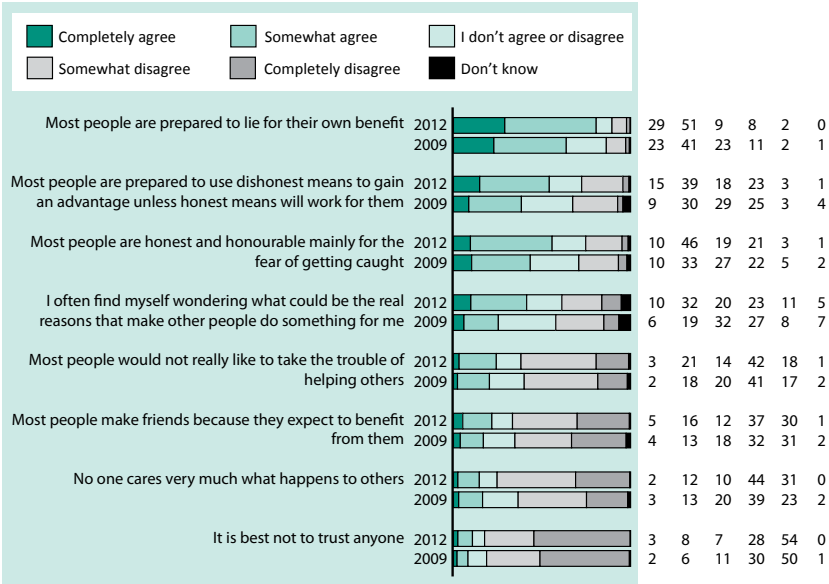
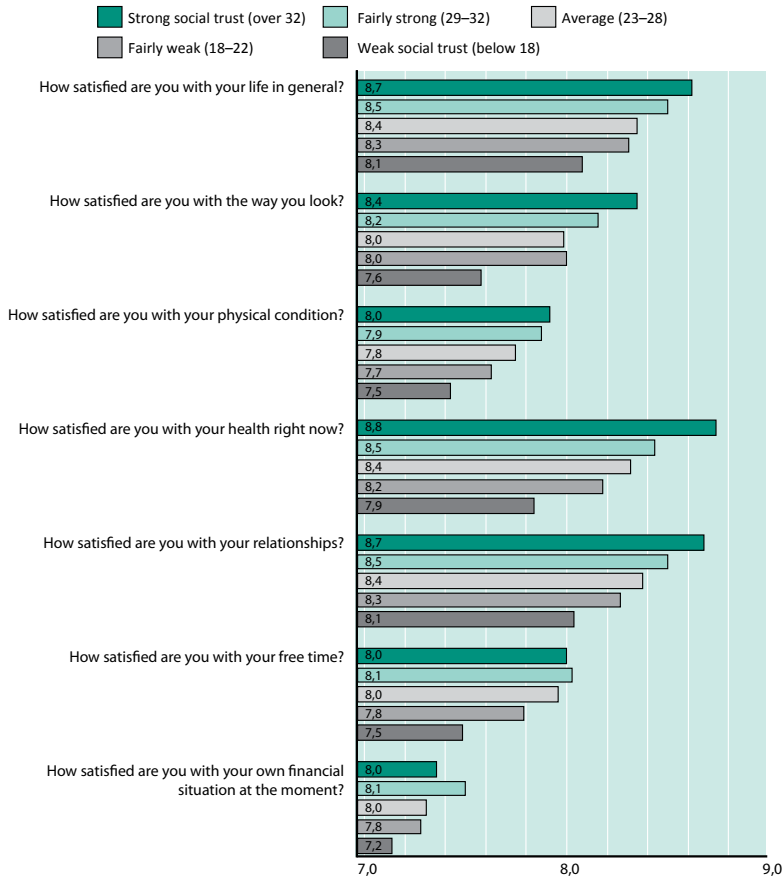


FIGURE 12. SATISFACTION WITH DIFFERENT AREAS OF LIFE BY SOCIAL TRUST* (SCALE 4 TO 10, AVERAGES)



* The classes have been formed based on a variable created on the basis of the eight questions in Figure 11.

this study, social trust means confidence in people unknown to us. This variable, also known as generalised trust, has been measured in attitude surveys in the United States as early as the 1950s. The series of eight questions used in

the survey is a widely-spread attempt to measure social trust through quantitative means and has proved functional in different contexts. Based on vast empirical research data, it has been found that individuals who no longer possess trust

in others are in many ways more fragile and vulnerable than others, particularly in the face of adversity.

By international comparisons, trust in fellow citizens has been found to be the strongest in the Nordic countries. The link between a strong welfare state and high social capital prompts the question of whether the welfare state is more the reason or consequence of this trust, or are the two unrelated. In international comparisons, causal relationships between phenomena have been found to produce circular formations: social capital increases general well-being, causing citizens to offer their support to the welfare state. The investment in well-being thus reduces inequalities, and the reduction in inequalities strengthens social capital.

Adopting Finnish youth as its target, the Youth Barometer sheds new light on this vast area of study. Fresh comparative information on the trends in confidence shown by young people in Finland is not available elsewhere. The survey also provides information on the impact of the conditions in the childhood home. A research design where, in addition to the young people themselves, their parents are also interviewed is, as far as we know, globally unique and allows for the study of the social inheritance of social trust.

Temporal change

Social distrust among young people was measured in the Youth Barometer for the first time in 2009. Consequently, the new survey is the first one to yield information on development trends in the area. The current trend is towards the weakening of trust (Figure 11). When three years previously 64 per cent of young people accepted the statement that most people are willing to lie for their own benefit, in 2012 as many as 81 per cent shared this opinion. The statement that most people are honest only for the fear of getting caught was supported by 43 per cent in 2009 and 56 per cent in 2012. The weakening of trust is thus relatively fast, as three years is a short time as concerns questions that are not directly related to topical issues.

Trust and satisfaction with life

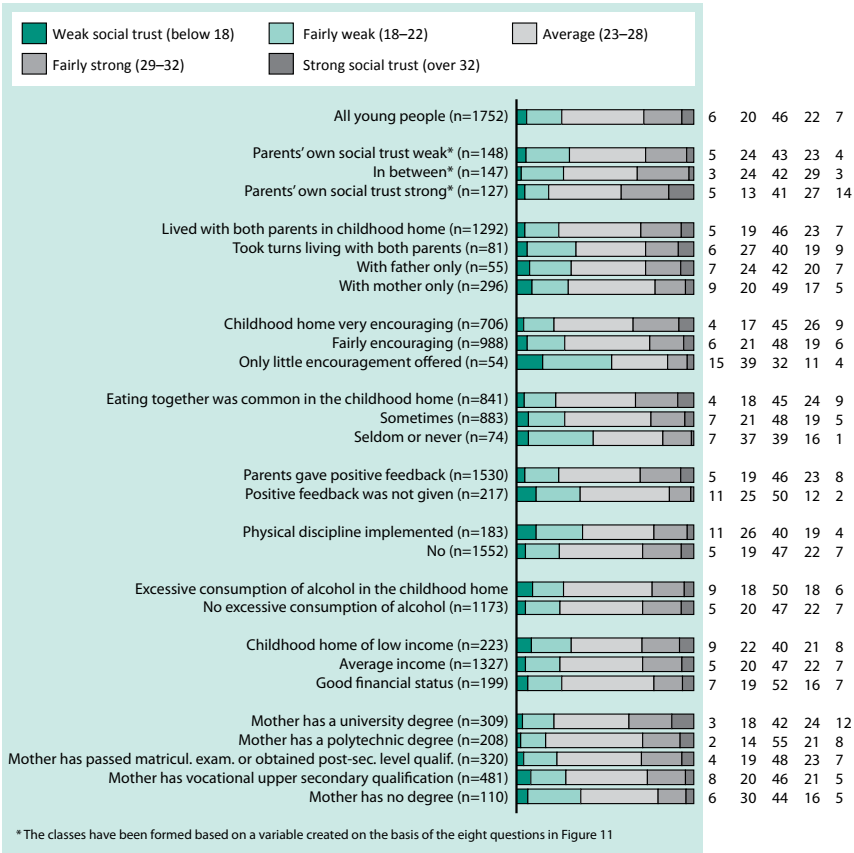
Figure 12 shows that the more confidence the young person has in strangers, the more satisfied he or she is with his/her life and its different aspects. The link between trust and relationships and health is particularly strong and straightforward. Even though in Figure 12, trust appears as a background variable, the impact may well be two-directional: trust improves relationships, and good relationships increase trust. In any case, social trust is connected to the different dimensions of the young person's well-being in a very comprehensive manner.

Trust and the legacy of the childhood home

Observing background information compiled in Figure 13 enables us to detect connections that are in line with what might perhaps be expected. The atmosphere and child-rearing and other practices of the childhood home have

a clear impact on the amount of trust experienced by young people. Young people who grew up to trust others had received more positive feedback in their childhood and had experienced their childhood home as more encouraging and loving. The trusting respondents were more often from families that had

FIGURE 13. SOCIAL DISTRUST BY BACKGROUND VARIABLES RELATED TO PARENTS AND CHILDHOOD HOME.* (%)



discussed politics and other current events as well as the joys and sorrows of family members. Almost all activities performed as a family (see Figure 22) have a positive correlation with trust. In Figure 13, this connection is represented by eating together as a family. The social inheritance of trust is also evident in how parents with strong social confidence also produced more trusting offspring.

Young people who in their childhood lived with both their parents

have slightly higher level of social trust in their fellow citizens than others. The link between excessive use of alcohol in the childhood home and lower level of social trust is statistically significant but not very strong. Also, the link between the financial status of the childhood home and social trust experienced by young people is relatively weak. Out of socioeconomic background factors, the educational level of parents was clearly more important than the financial status of the family.

PART III CROSS-GENERATIONAL WELL-BEING

LEGACY FROM THE CHILDHOOD HOME

Well-being, habits, health

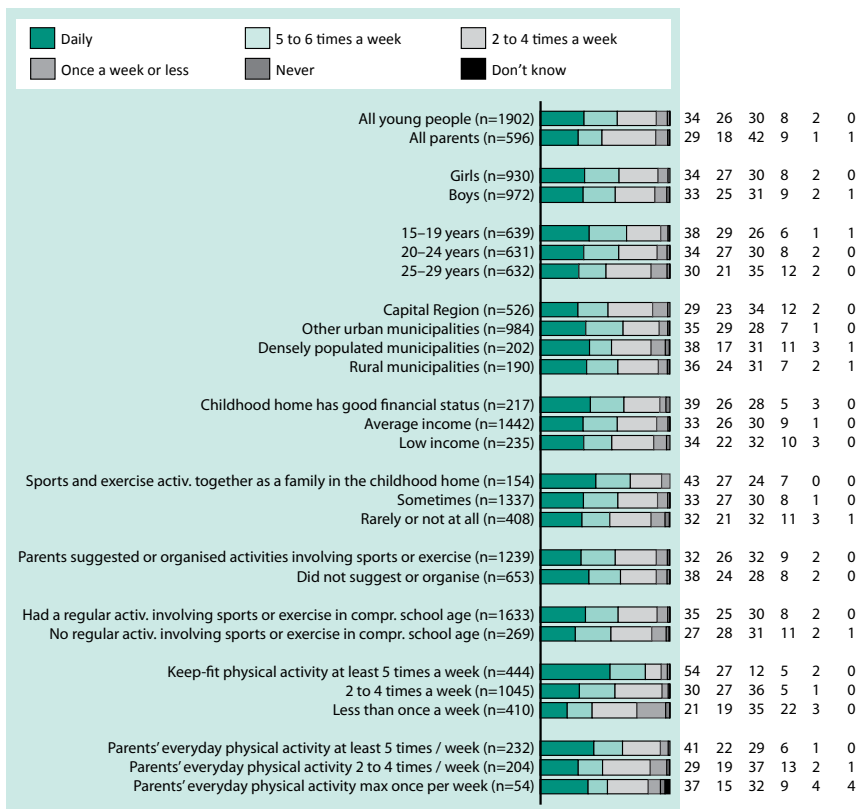
The survey explored the child-rearing practices and daily life of the childhood home as well as family dynamics and influences and encouragement gained from the home. The new research design, interviewing parents on the same topics, also allows for the introduction of another perspective to the same question – a double exposure, so to speak. This allows for exploring not only the links between family background and the habits of young people but also similarities between the views of parents and their children concerning these topics. Through conducting interviews with both parents and children, the analysis is provided with a certain temporal depth. The objects of interest are thus cross-generational relationships and the social inheritance of health behaviour.

Traditionally, attempts to measure well-being have been dominated

by indicators aiming at objectivity. Well-being, in particular, has been approached from the viewpoint of material and other resources related to living conditions. Recently, there has been a greater understanding of the fact that living conditions alone do not guarantee well-being, and that transforming living conditions into well-being requires different type of resources, the understanding of which also requires different indicators. The inadequacy of traditional indicators is visible in the work of measuring not only individual well-being but also the well-being of society.

The added value that the Youth Barometer may introduce to this vast field of research is partly to do with the survey design in which the responses from young people are linked to the responses of their parents. Moreover, the aim is to shed new light to areas of research that until now have constituted its blind spots, such as the perceptions and possible contrasting views of young people and their parents regarding the atmosphere, child-rearing practices and habits that prevailed in the childhood home.

FIGURE 14. “HOW OFTEN DO YOU ENGAGE IN EVERYDAY PHYSICAL ACTIVITY, SUCH AS WALKING OR CYCLING TO WORK OR SCHOOL OR GARDENING OR OTHER OUTDOOR MAINTENANCE WORK?” (%)

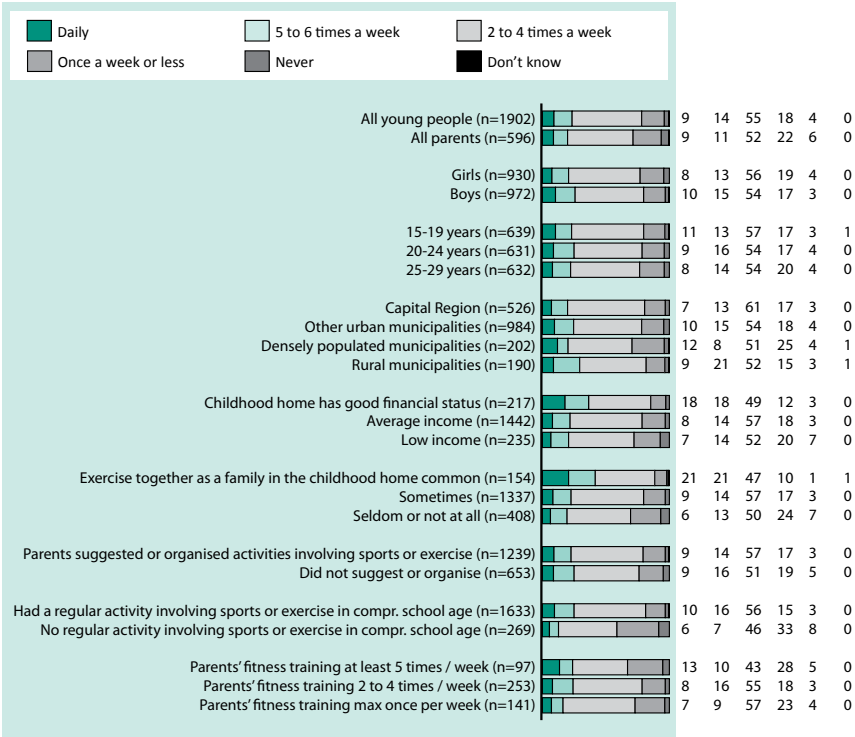


Age-restriction to childhood home

The questions on the child-rearing practices, interaction and other influences of the childhood home were formulated to concern the period during which the young people were in comprehensive school, i.e. ages seven to sixteen. The focus on comprehensive school years in questions related to family

dynamics and child-rearing practices is also based on an interest in the special features of Finnish families. According to data collected in the Unequal Childhood project implemented in the Nordic countries project in 2002, Finnish children begin to distance themselves from their parents as early as the age of 11. At this age, children no longer feel they receive as much support from

FIGURE 15. “HOW OFTEN DO YOU ENGAGE IN PHYSICAL ACTIVITY THAT LASTS AT LEAST 30 MINUTES AND CAUSES MODERATE BREATHLESSNESS AND SWEATING” (%)



their parents, and they are not trusted in the same way as they were before. The results from a six-year follow-up study support these findings: both girls and boys experienced a decline in parental support as they moved from childhood to youth. The older they become, the less Finnish children share the joys and sorrows in their lives with their parents. Finnish children also report that they stop playing at the average age of 11. Significantly, such development does

not occur as dramatically, if at all, with Norwegian and Swedish children. International comparisons performed within a WHO study on school children also indicate that physical activity among Finnish children is reduced between the ages of 11 and 15 clearly more than is the case in other countries.

From the perspective of the service system, it is possible to ask whether demand and supply of services meet as concerns this age group. Youngsters

aged 10 to 14 are for the most part too young to use the services offered by municipal youth services, whereas a 13-year-old is already too old to begin some activities – at least if the goal is to produce top performers in the field. On the whole, under 15-year-olds are less likely to take part in any organised or free-form leisure activity than older teenagers. The age group of under-15s was also the most critical of organised youth activities in their area of residence. In Finland, it is possible for early teens to fall into a kind of vacuum where they do not feel supported by their parents and have yet to begin their youth as such. Many indicators would seem to point to the existence of an age group between childhood and teenage whose needs in terms of free-time activities fail to be met.

EXERCISE

Keep-fit exercise and everyday physical activity

In the survey, the different areas of fitness and physical activity were structured by making a distinction between everyday physical activity (Figure 14), fitness training (Figure 15) and competitive sports (Figure 16). In addition, the respondents were asked to assess their own health and physical condition. The same questions were also posed to the parents, as were questions on physical

activity together with family members in the young person's childhood, and encouragement and support provided by parents as concerns free-time activities involving sports and exercise.

Examples of everyday physical activity presented to the interviewees were walking or cycling to school or work, gardening and other maintenance work performed outdoors. The actual term 'keep-fit exercise' was not used. Instead, the questions concerned the frequency of exercise that lasts at least 30 minutes and causes light breathlessness and sweating. The respondents were given the opportunity to decide the categories into which the forms of exercise in their own life fell, as it would be impossible to determine, through the means of a survey, when activities such as dancing, skateboarding, snowboarding, breakdancing and parkour would fulfil the criteria for fitness training or competitive sports, for example.

Nine out of ten young people report engaging in everyday physical activity at least twice a week, the majority at least five times a week, and one in three daily. Even though concerns are being raised regarding the diminution of fitness training and everyday physical activity among young people, according to the survey it is still slightly more regular than with parents.

Fitness training is clearly less regular than everyday physical activity. Yet, at least four out of five young people stated exercising at least twice a week,

slightly less than one in four at least five times a week, and one in ten daily. The regularity of fitness training was on roughly the same level among both parents and young people.

Young boys are more active in fitness training, but no gender differences were detected in everyday physical activity. Everyday physical activity becomes slightly less frequent with age, but age-related differences in fitness training are clearly smaller. People in their twenties and older are going through the busiest years of their lives involving changes in the place or residence, starting a family and other demands on their time, which may explain the decline in everyday physical activity and an active interest in sports. The interviews of the Youth Barometer support the interpretation that among young people with their own families and children, both non-exercise physical activity and keep-fit exercise are at a lower level compared to their single peers.

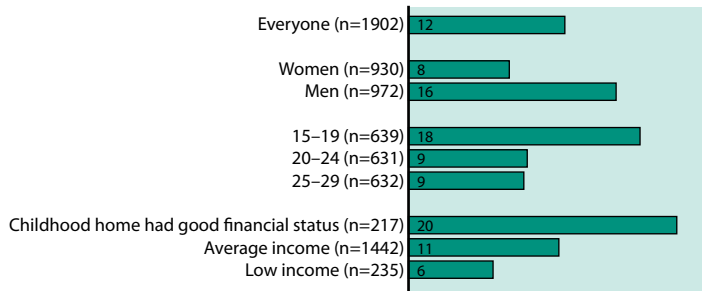
Compared to young people in the rest of the country, the habits of young people in the Capital region are less regular as concerns both everyday physical activity and fitness training. Fitness training is more common among young people in rural municipalities compared to their counterparts in towns and cities. From a geographical standpoint, everyday physical activity is the most regular in Northern Finland.

Competitive sports

In the Youth Barometer survey 12 per cent of young people reported engaging in competitive sports. The difference between the genders was great, as the percentage for boys was 16 and for girls 8. The proportion of young people engaging in competitive sports diminishes rapidly before the age of 20.

With individuals engaging in competitive sports, the amount of fitness training is naturally greater than with

FIGURE 16. PRACTISING COMPETITIVE SPORTS. (%)



others, and everyday physical activity was somewhat more common among them. In addition to more active exercise, individuals engaging in competitive sports set themselves apart through a healthier lifestyle as concerns the number of smokers (13% smoke regularly, cf. 24% in others). No differences were detected between young people engaging in competitive sports and others in vegetarianism and binge drinking.

When the frequency of competitive sports is viewed in the light of what the survey reveals about the model given by the childhood home, it is found that as many as 23 per cent of young people who report having exercised often as a family in their childhood home engage in competitive sports. Out of those to whom parents have organised or suggested activities involving sports or exercise, 16 per cent engage in competitive sports. Out of young people whose parents have supported their participation in sports and exercise activities for example by paying for them or driving the children to them, 14 per cent engage in competitive sports. Whether the parents themselves have engaged in competitive sports has little or no impact on the young people's participation in such activities. The question on competitive sports yields the same result as was apparent in the more general question on participation in sports and exercise: doing things together has a greater impact than encouragement or even example provided by the parent (cf. Figure 15).

Out of other background factors related to the childhood home, the significant impact of financial situation is evident. Out of the offspring of families in a good financial situation, 20 per cent engaged in competitive sports, whereas the figure for children from families with a poor financial situation the figure was only 6 per cent. The inequality may result from models provided by the childhood home but also directly from the significant costs incurred by license fees, equipment, travelling to competitions, etc.

Background of the childhood home regarding sports and exercise

Information on the sports and exercise activities of young people have been compiled in Figures 14 and 15, with a particular focus on information obtained through the survey concerning the background of the childhood home and parents' activity in the area of sports and exercise. At least three in four had engaged in some sport or exercise activity on a regular basis at least at some point during comprehensive school. With two out of three young people, parents organised or suggested sports or exercise activities. Out of young people who regularly engaged in sports or exercise at comprehensive school age, 80 per cent state their parents supported their activity by covering the costs or by driving them to the activities. Not

all sports and exercise activities necessarily cost money or require parents to drive children to the locations, but the importance of the role of the parents is highlighted as the point of emphasis in young people's sports and exercise activities shifts increasingly from non-exercise physical activity to active participation in a chosen sport in the context of sports clubs. The results of the Youth Barometer indicate that young people who estimate the financial status of their childhood home as higher are more active and engage in a greater variety of sports and exercise activities than those from families with a lower financial status.

Based on the results of the Youth Barometer, the children of active parents are themselves more active in the area of sports and exercise. A similar correlation was not found between the level of activity among young people and the level of encouragement to sports and exercise provided in the childhood home. Instead, sports and exercise activities together with the childhood family are strong predictors of subsequent activity by the young person. The situation is particularly clear in the case of non-exercise physical activity: young people coming from families with a history of engaging in sports and exercise activities together as a family are still clearly more active than others (Figure 15). The example provided by the parents is more significant than the encouragement provided by them,

particularly if the family has engaged in sports and exercise activities together. In other words: sports and exercise activities as a family have a greater impact on subsequent activity than the sports and exercise activities that the parent engages in on his or her own.

The results thus offer strong support for encouraging a culture of physical exercise as an activity shared between family members. Figure 22 shows that the rate of young people who feel that physical activity as a family was very common is fewer than one in ten. Half stated that playing sports or exercising together was rare, and in ten per cent of the cases sports and exercise between family members never took place. Finland would not seem to have a strong culture of exercising as a family. The background from the childhood home would, however, seem to have rather wide-reaching and vast implications for health behaviour among young people and, as a consequence, for the health and well-being of the population as a whole.

VEGETARIANISM

The frequency of vegetarianism among young people was explored by requesting the interviewees to choose, out of five alternatives, the option that best characterises the role of vegetables in the person's diet (Figure 17). The alternatives presented form a type of continuum with vegans, who do not

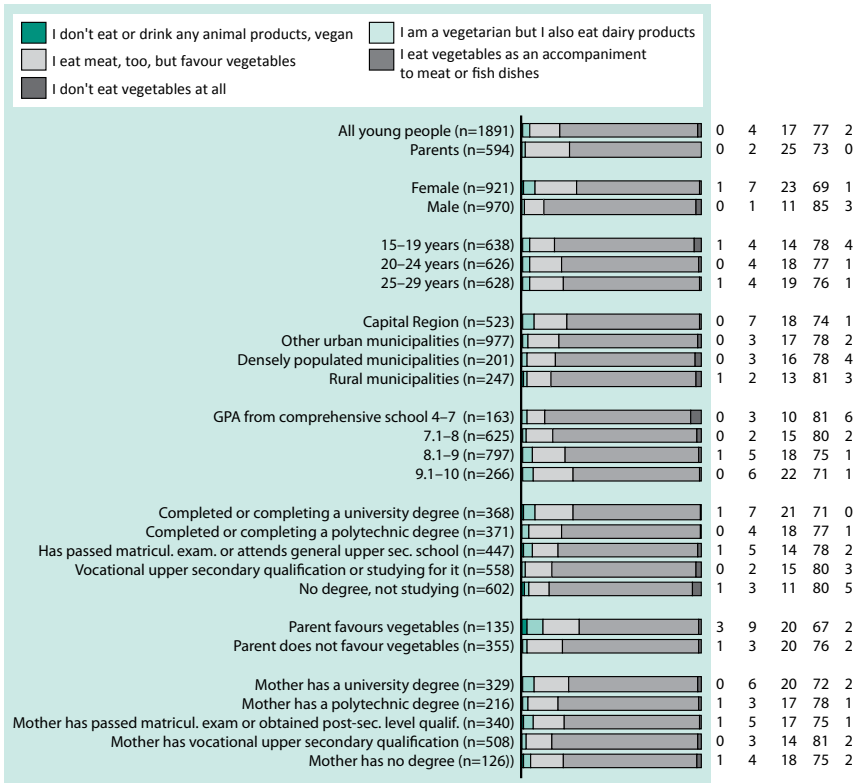
consume any animal products, at one end, and those who do not eat any vegetables at the other.

Rare vegetarians

Vegan diet proved to be very rare, as young people avoiding animal products completely only amounted to eight individuals or half a per cent of the re-

spondents. The share of vegetarians who, in addition to vegetables, also consume dairy products was also relatively low: only four per cent of the young people. On the whole, a diet with an emphasis on vegetables appears to be surprisingly rare, as 17 per cent chose the option "I eat meat, too, but I prefer vegetables". As many as 77 per cent of young people only eat vegetables as an

FIGURE 17. "WHICH OF THE FOLLOWING OPTIONS BEST DESCRIBES THE ROLE OF VEGETABLES IN YOUR DIET?" (%)



accompaniment to meat or fish dishes. Moreover, one per cent of respondents state that they never eat vegetables (Figure 17). The results are more or less in accordance with previous studies.

The percentage of vegetarians or vegans in girls was 8 per cent, and in boys 2 per cent. The vast difference between the genders is also visible in the differences in the more loosely termed favouring of vegetables: the percentage of girls who favour vegetables in their diet is 30, whereas the corresponding figure for boys is 12. Out of other background variables, type of municipality would seem to be significant in this, as the role of vegetables decreases the more sparsely populated the municipality of residence. Out of girls in the Capital region, more than 10 per cent are vegetarians.

The question regarding the role of vegetables in diet was also posed to the parents of the young people. Actual vegetarianism was rarer among the parents than among the young people (2 per cent, no vegans), but an emphasis on vegetables in the diet was more common. In other words, the extremes of the scale were more prominent in the responses of the young people than those of the parents.

The role of vegetables in the parents' diet has a great significance for young people's preference for vegetables. Out of the children of parents who favour vegetables in their diet, 12 per cent are vegetarians or vegans; as

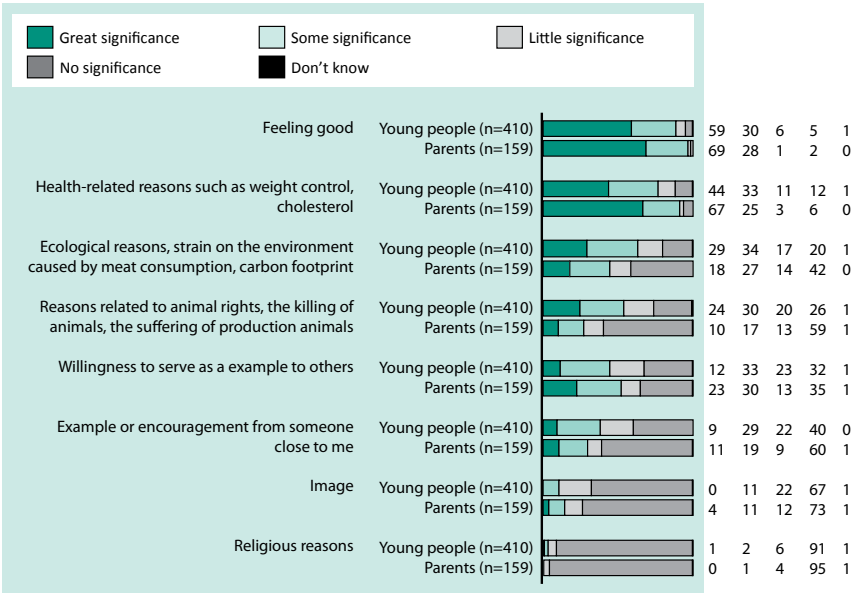
for the rest, the corresponding figure is just 3 per cent. Moreover, other background factors related to the childhood home have an impact: for example, the education of parents was linked to a diet favouring vegetables.

Reasons for favouring vegetables

The question on the reasons for favouring vegetables in one's diet was posed to actual vegetarians as well as to those favouring vegetables as part of a mixed diet. The survey contained eight possible reasons, and the significance of each was to be assessed using a four-point scale (Figure 18).

The most important reasons were related to a sense of well-being and health, which have had at least some impact for nearly all respondents. Also ecological reasons and reasons related to animal rights constitute grounds for favouring vegetables for the majority of young people favouring vegetables in their diet. As for social reasons, the example of someone in their immediate circle or the willingness to act as an example for someone else have both impacted the decision of approximately half of young people favouring vegetables. Two out of three young people do not acknowledge the significance of creating a favourable image for themselves and religious reasons as grounds for favouring vegetables were even rarer.

FIGURE 18. “WHAT IS THE SIGNIFICANCE OF THE FOLLOWING REASONS FOR YOU FAVOURING VEGETABLES IN YOUR DIET?” COMPARISON BETWEEN YOUNG PEOPLE AND PARENTS. (ONLY THOSE WHO FAVOUR VEGETABLES, %)



For the sake of comparison, Figure 18 contains parents’ reasons for favouring vegetables in their diet. With parents, health promotion and general well-being were emphasised more than with the young people, as well as the willingness to act as an example to others. Correspondingly, the importance of ecological reasons and reasons related to animal rights was greater for young people than it was for parents.

ALCOHOL AND DRUGS

Use of alcohol and drugs

Alcohol

The frequency of both regular and occasional binge drinking has remained approximately the same compared to the situation more than a decade ago (Figure 19). According to other surveys, the share of young people abstaining

from alcohol grew in the early 2000s, but in recent years the growth appears to have halted. The Youth Barometer did not explore the proportion of young people choosing to fully abstain from the use of intoxicants, but the share of individuals who have not been drunk in the past six months has remained the same, slightly more than a 25 per cent, since 2002. Young women are still slightly more inclined towards sobriety than men, but the differences may have evened out somewhat.

Smoking and snuff

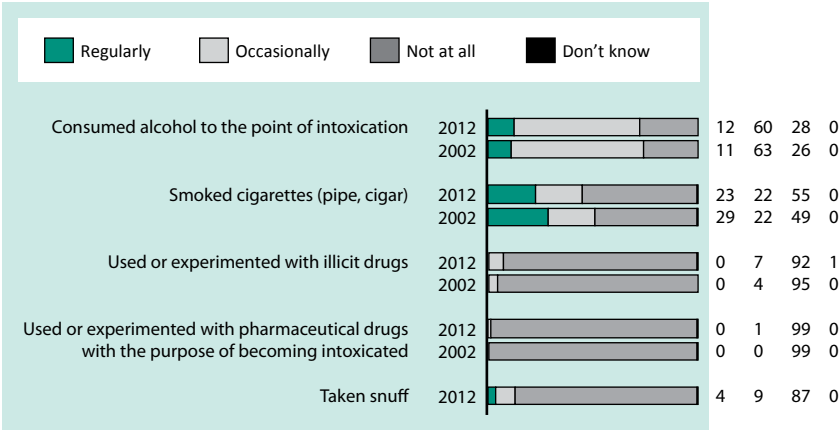
According to the Youth Barometer, regular smoking among young people has undergone a clear reduction from 29 to 23 per cent in the last decade. Occasional smoking has remained on the same 22 per cent level and is now as common as regular smoking. At the same time,

the proportion of non-smokers has increased from 49 to 55 per cent. As in the 2002 survey, the number of regular smokers was clearly higher with boys than with girls. The share of regular smokers among boys has dropped from 33 to 27 per cent and among girls from 24 to 18 per cent.

Illicit and pharmaceutical drugs

A slight increase in the abuse of illicit and pharmaceutical drugs may be taking place alongside the declining trends of binge drinking and smoking. Since 2002, the share of individuals who had used illicit drugs in the past six months has increased from 5 to 7 per cent, and the proportion of individuals using pharmaceutical drugs for the purpose of intoxication or having experimented with such use has increased from half a per cent to one per cent. The changes

FIGURE 19. “HAVE YOU DONE ANY OF THE FOLLOWING IN THE PAST 6 MONTHS?” (%)



were small enough to have resulted from coincidence. Regular use is still very rare, but a shift in attitude climate can also be interpreted as resulting from a possible increase in occasional drug use, as the proportion of young people with an approving attitude to drugs has increased in the past ten years (Figure 20).

Drugs and alcohol use, childhood home and parents

Each of the forms drugs and alcohol use covered by the survey are clearly less common among the parents than among the young people. Young people and their parents' use of intoxicants are interlinked: children of abstaining parents are more likely to abstain from the use of drugs and alcohol. As many as 45 per cent of the children of regularly smoking parents are regular smokers. Binge drinking and experimenting with drugs are also more common among the children of smoking parents. The financial status of the childhood home has no impact on any of the forms of the use of drugs and alcohol covered in the survey, but low education level of the mother in particular has a strong correlation with more frequent smoking among young people.

Also, the question on alcohol use in the childhood home is strongly linked to the frequency of binge drinking among young people. Out of young people from childhood homes where

no alcohol was consumed, 44 per cent have not consumed alcohol to the point of intoxication in the last six months, whereas the corresponding percentage in the total population of young people is only 25 per cent. Out of the young people from homes where no drugs or alcohol were used, 9 per cent say they become drunk regularly, but out of the children from homes in which alcohol was consumed in large quantities, as many as 17 per cent get drunk on a regular basis.

Questions on alcohol use in the childhood home were also posed to the parents. More specifically, the question focused on the time that the parents were children themselves, instead of the childhood of the young people interviewed. Based on a comparison between the young people and their parents, the experience of excessive alcohol use in families has undergone a clear reduction within a single generation. As concerns the actual amounts of alcohol consumed, however, the change is less prominent, and the proportion of families completely abstaining from alcohol has actually decreased. The trend can be seen to indicate a shift in Finnish alcohol culture as well as signalling a development where alcohol use is becoming a part of everyday life.

Despite the greater distance in time, a strong link is detected between the use of alcohol in their childhood home and the frequency of binge drinking by today's parents. A total of 77 per cent of

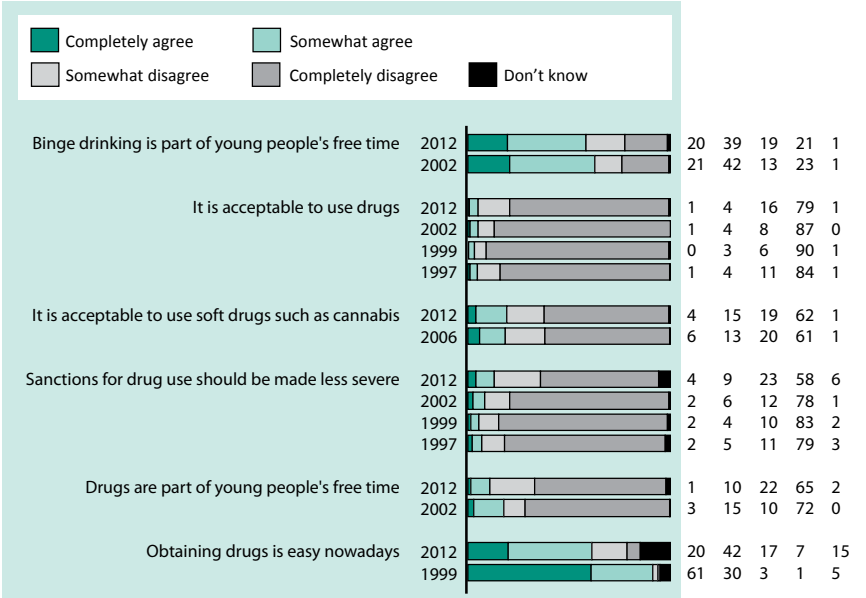
parents who grew up in homes where no alcohol was used have not consumed alcohol to the point of intoxication in the past six months. As many as 40 per cent of the current families of parents who grew up in homes where no alcohol was consumed abstained from alcohol completely, while the overall proportion of families in which no alcohol was consumed was approximately ten per cent. Interestingly, parents in whose opinion the use of alcohol in their own childhood home was excessive also drink less than others. This offers indicators for breaking the generational chain of alcohol abuse. According to prior studies,

the negative experiences of parents as concerns alcohol use by their own parents generate firmer attitudes to child rearing and criticism towards the use of alcohol by young people.

Attitudes towards the use of drugs and alcohol

Figure 20 illustrates responses to six statements related to attitudes to drugs and alcohol as the Youth Barometer. They reflect a trend that is more permissive in terms of drug use and sanctions given for it. The proportion of individuals who approve of drug use has

FIGURE 20. CHANGE IN YOUNG PEOPLE’S ATTITUDE TOWARDS DRUGS AND ALCOHOL 1997–2012. (%)



remained at 5 per cent but the change in attitudes is reflected in the fact that the share of individuals who completely disapprove of the use has been reduced from 87 to 79. The fact that a change has taken place specifically in the proportion of individuals who disapprove of drug use completely may be interpreted as a reduction of absoluteness related to drugs.

The proportion of young people with an approving attitude to what are known as soft drugs, such as cannabis, is clearly larger, approximately 19 per cent. Correspondingly, an increasingly small percentage of young people, 62 per cent, disapproves of their use completely. This indicates that making the distinction between soft and hard drugs is relatively common in the attitude climate of young people.

Young people were also presented with statements related to the use of drugs and alcohol that place more emphasis on their observations concerning their immediate environment rather than their attitudes as such. Figure 20 shows that two out of three experience binge drinking as part of young people's free-time activities, whereas only one in ten consider the use of drugs to be part of young people's free-time activities. As for binge drinking, no notable change has taken place since the survey conducted ten years previously, but the proportion of respondents perceiving drugs as part of young people's free-time activities was increasingly

small. This is surprising considering the purported trend of drugs becoming, increasingly, a part of daily life.

ATMOSPHERE IN CHILDHOOD HOME

The overall image of the atmosphere of the childhood home based on young people's assessments is positive (Figure 21). Almost nine out of ten perceive the epithets loving, encouraging and peaceful as descriptive of their childhood home. Approximately 40 per cent describe the attitude as busy, 15 per cent as quarrelsome and only a few per cent as disinterested.

The parents view the atmosphere as slightly more peaceful, and the young people, correspondingly, as slightly more quarrelsome. The fact that the perspectives do not, on a general level, differ from one another to a greater extent is surprising as the parents were instructed to provide an assessment of the atmosphere of the home at the time of the interview, whereas the young people were requested to describe their childhood home. However, this finding does not allow for conclusions regarding the continuity of the spirit of an individual home once the children have moved out of the home, as it is based on an average. When examining the assessments provided by individual young persons on their childhood home and the description of their parents regarding their current home, the two were

found to have a strong correlation only regarding how quarrelsome and busy they are.

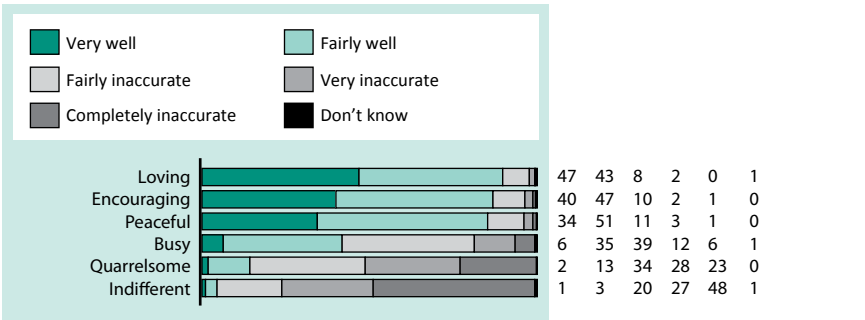
In families experienced as busy, eating together at home, watching TV together and playing board games or cards together was less common than in other families. However, the sense of busyness had no impact on exercising together, spending time outdoors, doing housework, attending cultural events or visiting friends. This is a helpful finding when considering the causal relationships between the correlations identified. It seems more likely that busyness in the family resulting from other reasons would contribute to the rarity of activities performed as a family than that the mass of doing things together would increase a sense of busyness in the family.

Girls have experienced the atmosphere of their childhood home as slightly more quarrelsome, boys slightly more peaceful. Out of differences

between age groups, the only statistically significant one was the more frequent experience of the youngest respondents of the childhood home as peaceful but also busy. The latter can be interpreted as a sign of a temporal shift towards greater busyness. In an alternative interpretation, the respondents' memories may have been, in this respect, embellished by time for those with a greater distance to their childhood home.

By international comparison, Finnish children move away from their childhood home at a relatively early stage. The survey did not contain a specific question on the age at which the young people had moved out of the childhood home but it can be determined by combining the information on age and family type. The age at which the young person has moved out of the family home would not seem to be linked to experiences regarding the atmosphere of the childhood home. In this light, moving out at an early stage

FIGURE 21. “HOW WELL DO THE FOLLOWING ADJECTIVES DESCRIBE THE ATMOSPHERE IN YOUR CHILDHOOD HOME?” (%)



would not seem to be associated with negative experiences as concerns the atmosphere of the childhood home. In all age groups, young people still living in the childhood home perceive the atmosphere as more peaceful and less quarrelsome than those who have already moved out, but only one per cent of respondents aged 25 to 29 still live with their parents.

There was a clear link between the assessments given by the young people on the use of alcohol in the childhood home and their views on the atmosphere of the home. The difference between whether the family used little or no alcohol was almost non-existent as concerns the family atmosphere. However, use of alcohol estimated as moderate correlated with a clear reduction in responses reporting a peaceful atmosphere. The greatest difference was, however, detected in the case of families consuming large quantities alcohol, where the indicators describing the atmosphere were more negative throughout: more indifferent, more quarrelsome, less encouraging and less loving.

The experience on the atmosphere in the childhood home is linked to the level of social trust experienced by the young person (as defined in Figure 11). The more trusting youngsters had experienced their childhood home as more loving, more peaceful and more encouraging, whereas their less trusting counterparts had experienced their homes as more quarrelsome and more

indifferent. Social trust is also inherited from parents to children (Figure 13). It is, however, not possible to draw direct conclusions regarding the manner in which trust is inherited in the family based on these correlations. Life inside and atmosphere within the family is not necessarily the mediating factor, but the link can also function the other way round, meaning that the attitude of the young person functions to explain his or her memories of the past. Nevertheless, the amount of social trust experienced by parents also predicts the young person's experience of the family atmosphere, which can be interpreted to support an interpretation according to which trust or distrust is inherited by children from parents through means of the social life inside the family.

DAILY LIFE IN THE CHILDHOOD HOME

The image of daily life in the childhood home was specified by asking 14 questions regarding doing things together and spending time as a family when the young person was in comprehensive school age. According to responses presented in Figure 22, by far the most common forms of spending time together were eating and watching TV. Also, household work and visiting relatives were part of everyday life for the majority of the families. Less common forms of doing things together were playing on the computer and attending

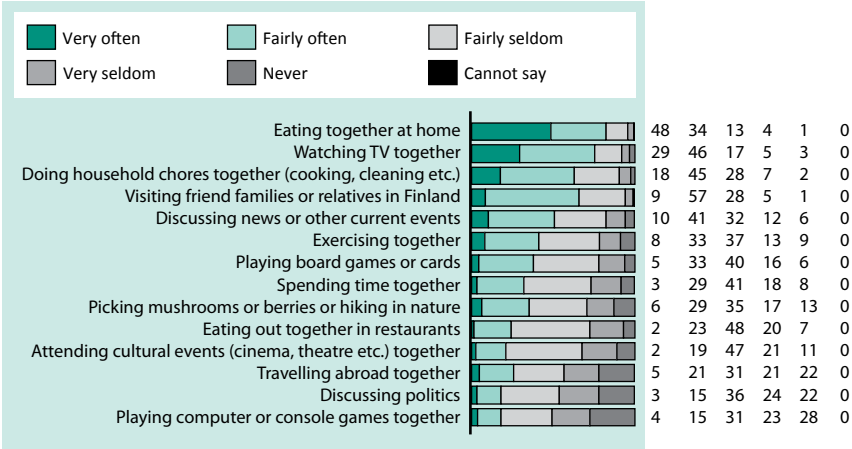
cultural events, travelling abroad or eating in restaurants. Yet, according to the respondents, more than two out of three of the families have engaged in all of the activities listed together at least sometimes, including playing on the computer.

According to the responses given by young people, half of the families ate together at home very often, four in five at least fairly often. Eating together at home has been clearly more regular in families with a good financial position.

In the responses of under-20s, experiences focusing on consumption were highlighted when asked about doing things together in the childhood home, whereas for those approaching 30, discussion and a focus on family were more prominent. The differences

may concern changes in perceptions brought on by temporal distance, but can also reflect real change in the ways of spending time as a family. It is credible that eating out, shopping and travelling together as a family could constitute a growing trend, and thus feature more commonly in the responses of the youngest interviewees. Correspondingly, differences between age groups may reflect a weakening of family unity related to eating, doing household chores and watching TV together as a family. Even television, once perceived as a powerful force bringing together family members, no longer necessarily performs this task in families. An increase in the number of televisions has been estimated to have differentiated viewing habits and to have reduced family unity,

FIGURE 22. “WHEN YOU WERE COMPREHENSIVE SCHOOL AGE, HOW OFTEN WERE THE FOLLOWING THINGS DONE IN YOUR FAMILY?”

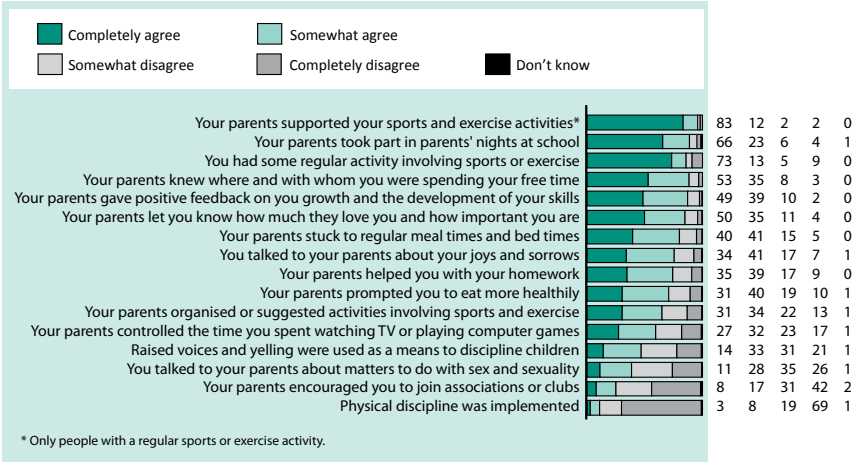


especially as having more than one television set is most common in families with children.

Based on the Youth Barometer, childhood experiences are strongly linked to the frequency of meetings between the young people and their parents at the time of the survey. The more actively sociable and also family-centred the assessments of the childhood home, the more regular the meetings with parents after moving out. The background of the childhood home also has a bearing on social trust. Doing things together as a family in childhood in particular, but also discussing one's life with parents as a child correlated with a high level of social trust in the young person.

Doing things together and spending time as a family is linked to the well-being of young people in a number of different ways and in a highly comprehensive manner. Doing a variety of things together in the childhood home has a strong connection to young people's satisfaction with their life as a whole and with the different aspects of their lives. This way, the background of the childhood home continues to have an impact for a long time after moving out of the home. Even though a survey may not be able to tap into the ways in which the well-being is mediated, the results offer strong support for the notion of diverse and wide-ranging implications of doing things together in the childhood home.

FIGURE 23. "HOW WELL DO THE FOLLOWING STATEMENTS APPLY TO YOUR LIFE IN COMPREHENSIVE SCHOOL AGE?"



CHILD-REARING PRACTICES IN THE CHILDHOOD HOME

Aside from the day-to-day activities of the childhood home discussed above, matters more directly related to the activities of parents and questions of child rearing were explored (Figure 23). The responses given by the young people generate a rather caring and encouraging overall picture of parents. The majority of young people are entirely convinced that, during their years in comprehensive school, their parents knew where they spent their free time and who with. Almost nine out of ten youths agreed with this statement at least somewhat. Otherwise, too, the young people would seem to experience the care, guidance and setting of boundaries by their parents as relatively effective. Eighty per cent of the young people were at least somewhat of the opinion that the parents insisted on regular bedtimes. About two out of three young people report that their parents controlled the time they spent watching TV and playing computer games. More than 70 per cent say their parents

encouraged them to eat more healthily, while two out of three report having been encouraged to do sports and exercise. Out of young people who engaged in sports and exercise (the clear majority) on a regular basis, almost all felt their parents supported their hobby.

Almost nine out of ten state that their parents provided positive feedback and told them how much they love them and how important they are. Three out of four have discussed their joys and sorrows with their parents at least on some level.

Conversely, slightly less than half state having experienced raised voices and yelling as a disciplinary measure, while one in ten report having experienced actual physical discipline. In the Barometer data, families that resort to shouting or physical contact typically represent low-income families that consume large quantities of alcohol and the parents' education level is low. A central finding is that children who grow up in such families become young people with a lower level of confidence in other people.

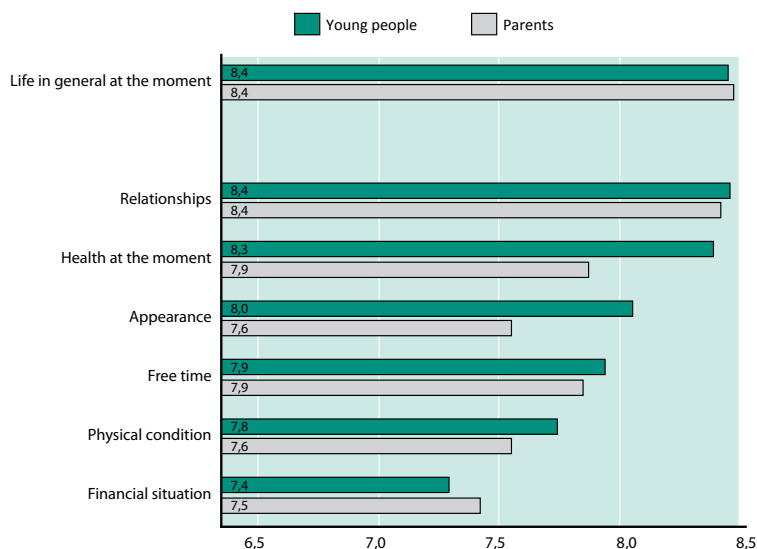


PART IV SATISFACTION

Satisfaction was explored by requesting young people to assess different areas of life using the scale four to ten. Figure 40 contains the averages for the responses from highest to lowest score, including satisfaction with life in general, including satisfaction with life in general. Young people were the most satisfied with their relationships (8.4), health (8.3), appearance (8.0) and slightly less satisfied with their free time (7.9) and financial situation (7.4).

The same questions on the dimensions of well-being were also posed to the parents. As can be seen in Figure 24, the differences between young people and their parents as concerns satisfaction with the different areas of life are, for the most part, very small. The most significant differences can be detected in the parents' lower level of

FIGURE 24. YOUNG PEOPLE AND PARENTS' SATISFACTION WITH DIFFERENT AREAS OF LIFE (SCALE 4 TO 10, AVERAGES)



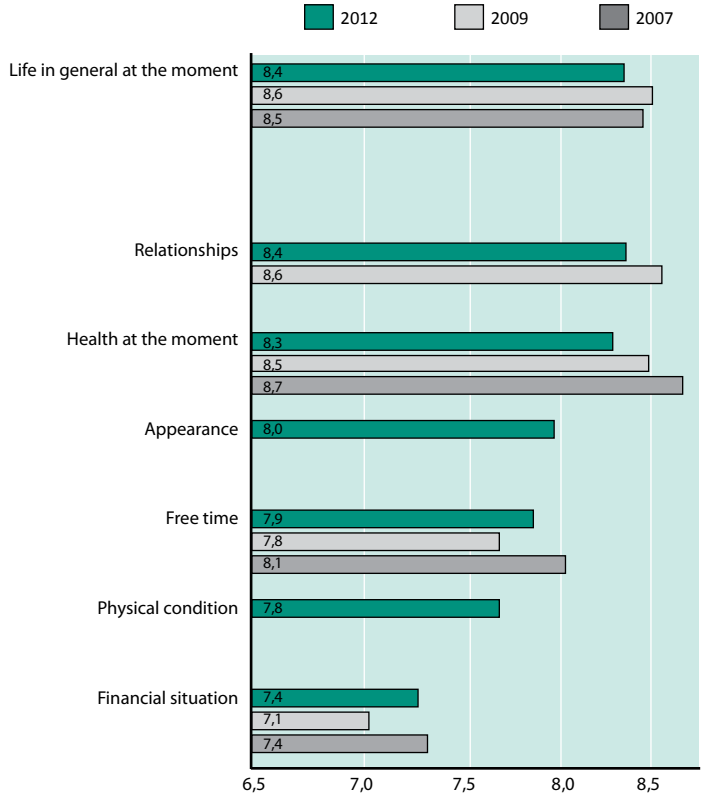
satisfaction as concerns their health and appearance.

CHANGE IN SATISFACTION

Figure 25 contains information on young people’s satisfaction with life and its different areas in 2007, 2009 and 2012 based on the findings of the Youth Barometer. Compared to the

previous survey, satisfaction with life has diminished slightly, from an average of 8.6 to 8.4. Also, satisfaction with relationships and health has undergone a slight decline. The respondents’ experience of their own health has declined from survey to survey in a manner that is also statistically significant. Conversely, satisfaction with free time and financial situation has improved after a

FIGURE 25. YOUNG PEOPLE’S SATISFACTION WITH DIFFERENT AREAS OF LIFE IN 2007, 2009 AND 2012. (SCALE 4 TO 10, AVERAGES.)



slump two years ago. Increased satisfaction regarding finances can be partly explained by the economic situation during the previous survey as, at that point in time, the economy appeared to be heading towards a downturn or recession both globally and in Finland.

The average of young people's satisfaction with life as a whole has remained almost the same for the last 15 years. The most common score given to life is 9, and the lowest ratings of less than 6 only amounted to one per cent.

Education is strongly linked to satisfaction with life, measured in both qualifications obtained from educational institutions or the GPA of comprehensive school certificates. However, the connection is not straightforward, and the differences are apparent almost exclusively between those with poor educational achievement and others, or individuals not taking part in education and others. Individuals with no degrees and no place to study are clearly less satisfied than others, but the level at which a person is studying has little bearing on their level of satisfaction with life.

Unemployed young people are notably less satisfied with all areas of life, with the exception of free time. However, satisfaction with free time is also at a lower level among those who have been unemployed for more than six months. In particular, satisfaction with life on the whole is at a lower level with young people whose unemployment has lasted more than six months.

Doing things together and spending time as a family in the childhood home have a strong correlation with young people's satisfaction with their lives. Moreover, the atmosphere of the childhood home has a strong link to current quality of life. Correspondingly, young people who feel they have received positive feedback on their development from their parents are more satisfied with their life at a subsequent life stage than those who have received less feedback. The correlation is very strong as concerns all individual areas of life covered by the survey. The umbrella themes of the Youth Barometer – participation, trust, social networks, health, habits, satisfaction with life and background from the childhood home – all intertwine with each other.

YOUTH BAROMETER 2012

Youth Barometer is an annual telephone survey focusing on young people aged 15 to 29 living in Finland.

The survey has been conducted since 1994. The theme of the 2012 *Youth Barometer* is intergenerational relationships. For this purpose, in addition to young people, 600 parents and other custodians of young people were also interviewed. The barometer provides important, even controversial information regarding the cross-generational transfer of values and experiences and/or breaks in intergenerational dialogue and continuums.

MINISTRY OF EDUCATION AND CULTURE
YOUTH RESEARCH NETWORK
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