

# YOUTH BAROMETER 2015 ON EVERYDAY LIFE

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The dimensions in young people's everyday life management create a compact whole. Sleep, friends, hobbies, eating habits, finances and consuming are an integral part of young people's lives. Questions related to financial, social and practical everyday matters are closely related to each other.

The challenges that young people have in their everyday lives are the same across generations and sectors.

## HOW DO YOUNG PEOPLE COPE WITH THEIR DAILY LIVES

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**38%**  
of boys cope  
poorly or  
rather poorly



**22%**  
of girls cope  
poorly or  
rather poorly

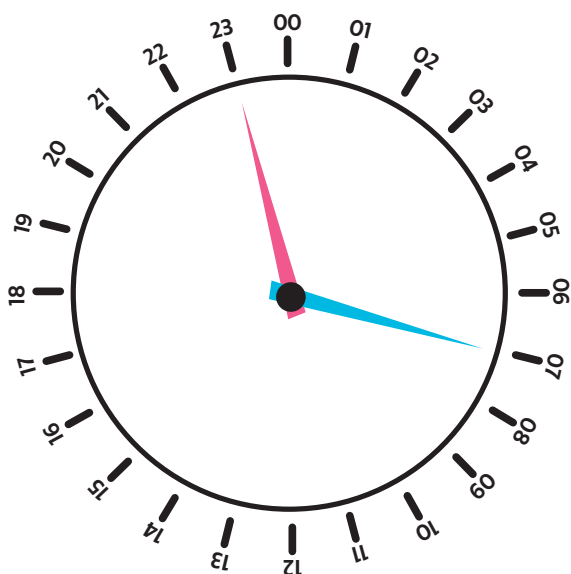
**#NUORISOBAROMETRI**

A total of **1894** young people  
between 15 and 29 took part  
in the study

## LIFESTYLE, SLEEP

70%

of young people  
go to bed  
by 11pm



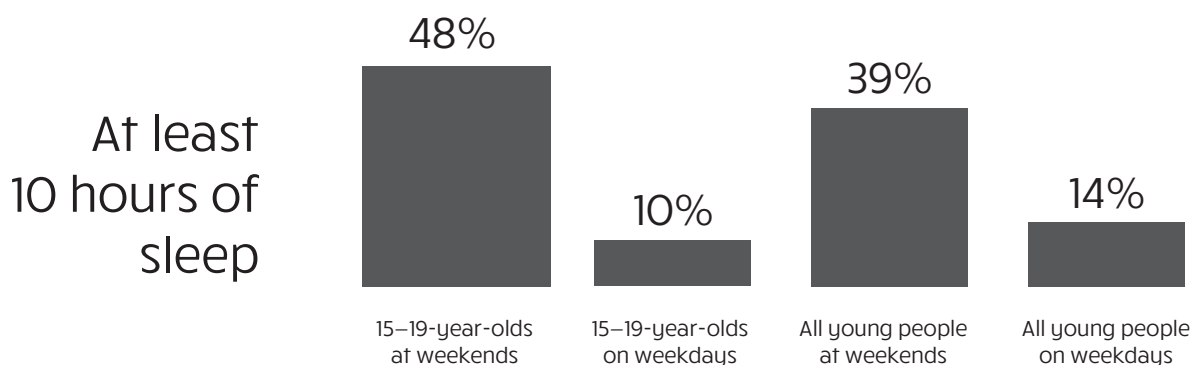
65%

of young people  
wake up at 7am

Those who  
go to sleep by  
22pm do  
clearly best

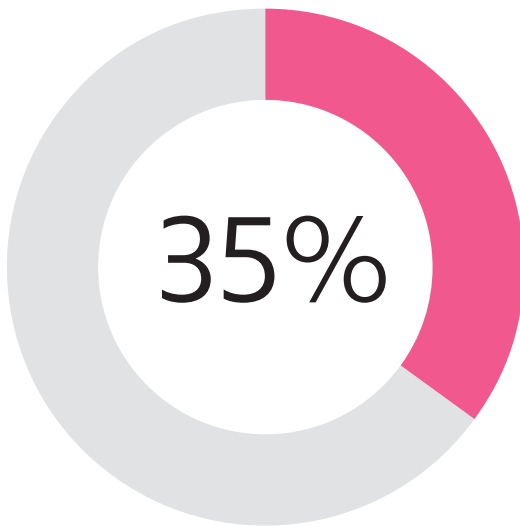
Those who go to  
sleep after  
midnight cope  
worst

Sleep time is longer at weekends:



# SENSE OF COMMUNITY, LONELINESS

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of young people feel lonely at least sometimes

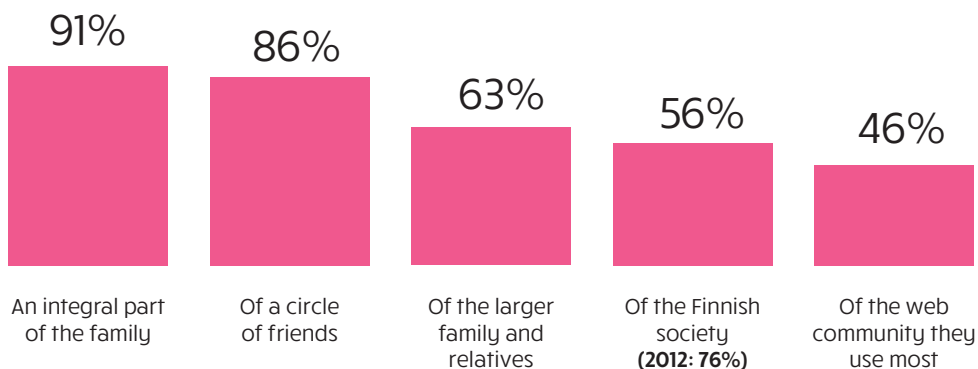
4% often feel lonely

The majority of young people feel they are an integral part of their family and circle of friends.

## The feeling of loneliness is linked to income level:



## A feeling of belonging to some kind of community:



## HOBBIES

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Some kind of hobby:

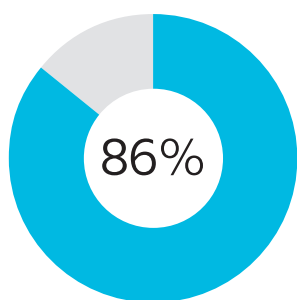


**87% of all young people have a hobby.**

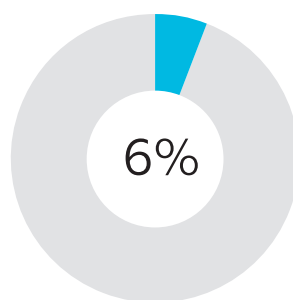
Engaging in hobbies declines along with parent's educational level.

If the parents have a higher education degree, **91%** of young people have a hobby.

If the parents have been to comprehensive school only, **74%** of young people have a hobby.



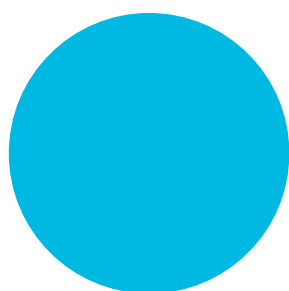
of young  
people are  
engaged in  
physical  
activity



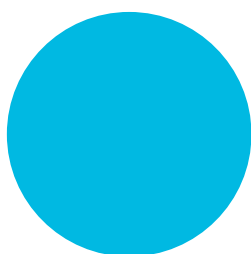
are not  
engaged  
in physical  
activity or  
anything else

## MEALS AND EATING HABITS

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say they often  
cook themselves



find cooking an  
important hobby



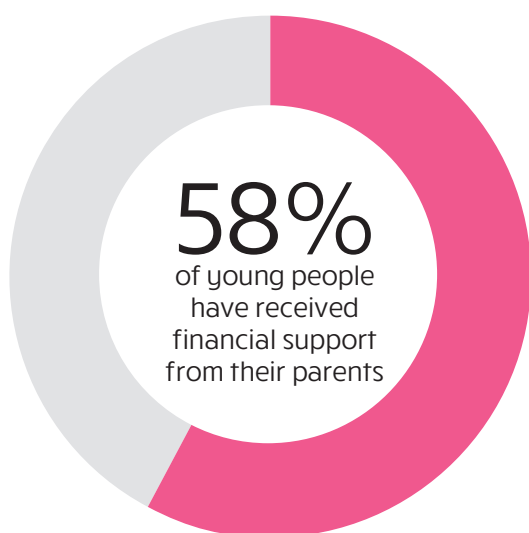
often have a  
meal in a  
fast-food restaurant



are  
vegetarian

# ECONOMY, HOUSEHOLD EXPENSES

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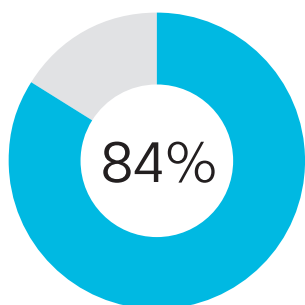
Financial support  
from parents varies  
by age groups:

85% 15–19-  
year-olds

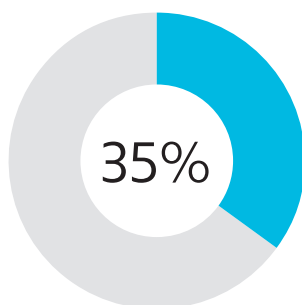
67% 20–24-  
year-olds

47% 25–29-  
year-olds

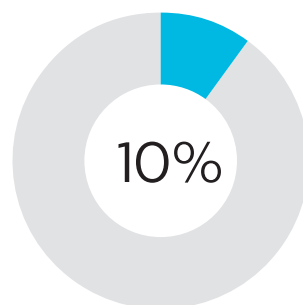
## Views on borrowing money and financial support:



of young people would  
be prepared to take a loan  
from their **parents**

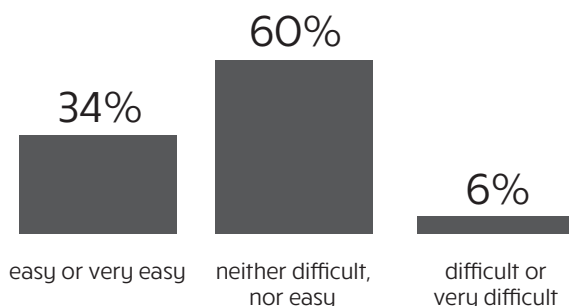


of young people would  
be prepared to take a loan  
from their **friends**



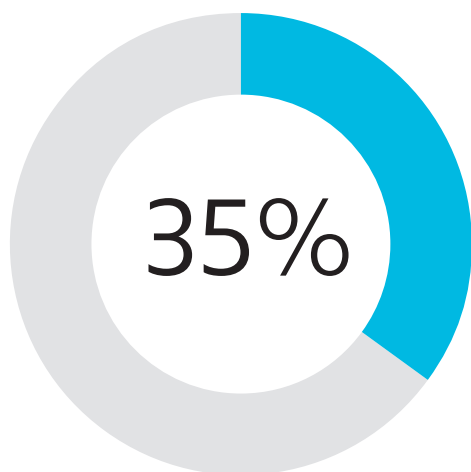
of young people  
have used  
**consumer credit**

To cover  
household  
expenses is for



# FINANCES, CONSUMING

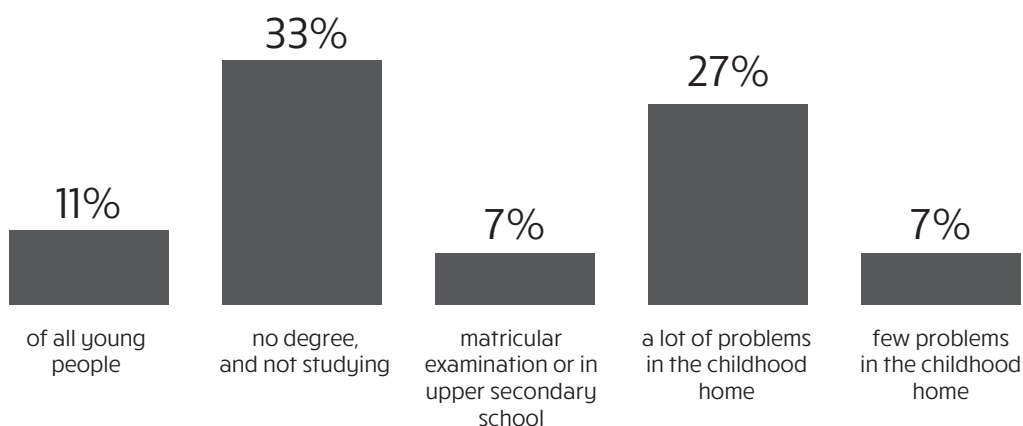
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of young people have not started a hobby because of a lack of money

17% have not met their friends because of a lack of money

**Have had to leave their bills unpaid in the past 12 months:**



**A young person as a consumer:**



Environmental awareness is increasing

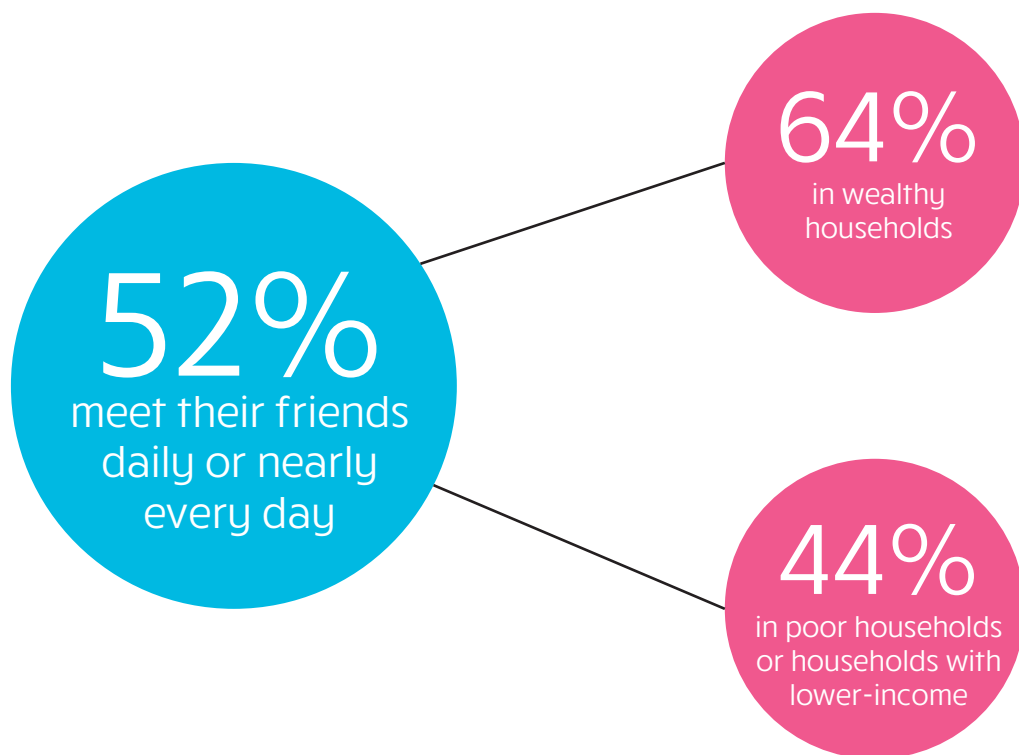


Purchases are considered more carefully



Saving is on the increase

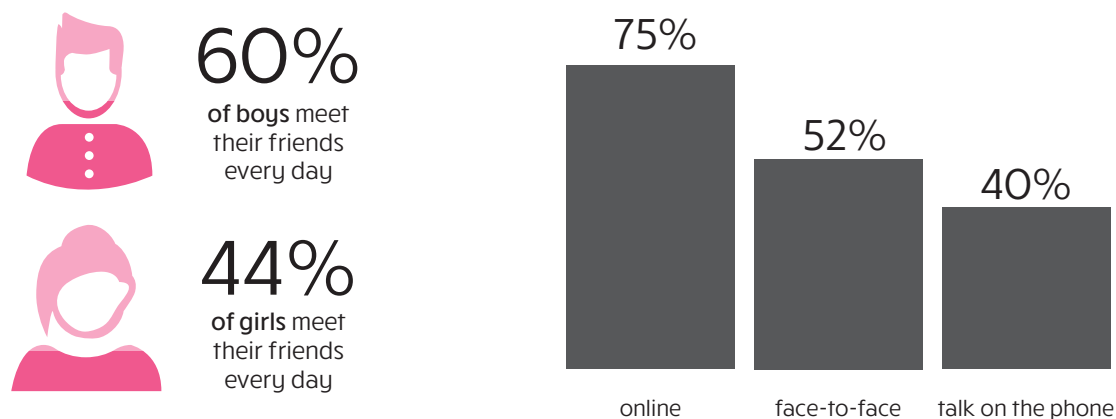
## MEETING FRIENDS



Meeting friends online has increased in the past few years:

For example, 15–19-year-olds: 2012 62%, 2015 84%

Meeting their friends every day:



# LIFE SATISFACTION

Young people between 15 and 29 are fairly satisfied with their lives (4–10):

**8,5** average in all groups

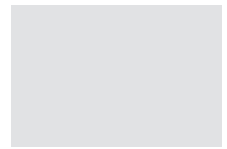
The way young people feel they can manage their everyday lives is connected to life satisfaction

**8,6**



Average when they feel they are in control of their lives

**7,4**



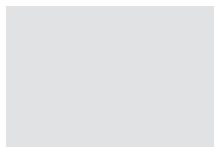
Average when they do not feel they are in control of their lives

**8,5**



Believe that they will manage well financially in the future

**7,2**

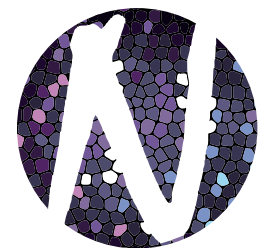


Do not believe they will manage well financially in the future

Trust in the future seems to be a protective factor especially at the lowest levels of well-being

The annual Youth Barometer measures the values and attitudes of young people between 15 and 29 living in Finland. The Youth Barometer addresses topical issues from the point of view of young people, but some survey questions are repeated regularly. The Youth barometer is published by the Advisory Council of Youth Affairs (Nuora) in cooperation with the Finnish Youth Research Society.

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Valtion nuorisosaian  
neuvottelukunta