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.

#NUORISOBAROMETRI

A total of 1894 young people between 15 and 29 took part in the study.
Those who go to bed by 11pm clearly do best.
65% of young people wake up at 7am.

Those who go to sleep after midnight cope worst.

70% of young people go to bed by 11pm.

Sleep time is longer at weekends:

- At least 10 hours of sleep:
  - 48% of 15–19-year-olds at weekends
  - 39% of all young people at weekends
  - 10% of 15–19-year-olds on weekdays
  - 14% of all young people on weekdays
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:**

- **Wealthy households**: 25%
- **Medium income households**: 35%
- **Poor households**: 48%

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

- **An integral part of the family**: 91%
- **Of a circle of friends**: 86%
- **Of the larger family and relatives**: 63%
- **Of the Finnish society (2012: 76%)**: 56%
- **Of the web community they use most**: 46%
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.

Some kind of hobby:

- 15–19-year-olds: 80%
- 20–24-year-olds: 86%
- 25–29-year-olds: 93%

**MEALS AND EATING HABITS**

- 75% say they often cook themselves
- 57% find cooking an important hobby
- 17% often have a meal in a fast-food restaurant
- 15% are vegetarian
ECONOMY, HOUSEHOLD EXPENSES

58% of young people have received financial support from their parents.

Financial support from parents varies by age groups:
- 85% of 15–19-year-olds
- 67% of 20–24-year-olds
- 47% of 25–29-year-olds

Views on borrowing money and financial support:
- 84% of young people would be prepared to take a loan from their parents.
- 35% of young people would be prepared to take a loan from their friends.
- 10% of young people have used consumer credit.

To cover household expenses is for
- 34% easy or very easy
- 60% neither difficult, nor easy
- 6% difficult or very difficult
FINANCES, CONSUMING

35% 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:

- 33% of all young people
- 7% no degree, and not studying
- 27% matricular examination or in upper secondary school
- 7% a lot of problems in the childhood home
- 7% few problems in the childhood home

A young person as a consumer:

- Environmental awareness is increasing
- Purchases are considered more carefully
- Saving is on the increase
MEETING FRIENDS

52% meet their friends daily or nearly every day

- 64% in wealthy households
- 44% in poor households or households with lower-income

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:

- 60% of boys meet their friends every day
- 44% of girls meet their friends every day

- 75% online
- 52% face-to-face
- 40% talk on the phone
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

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

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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