

STUDY OF CHILDREN AND YOUNG PEOPLE'S LEISURE ACTIVITIES 2020

About leisure activities

The 2020 study of children and young people's leisure activities focussed on culture, art and media as leisure activities.

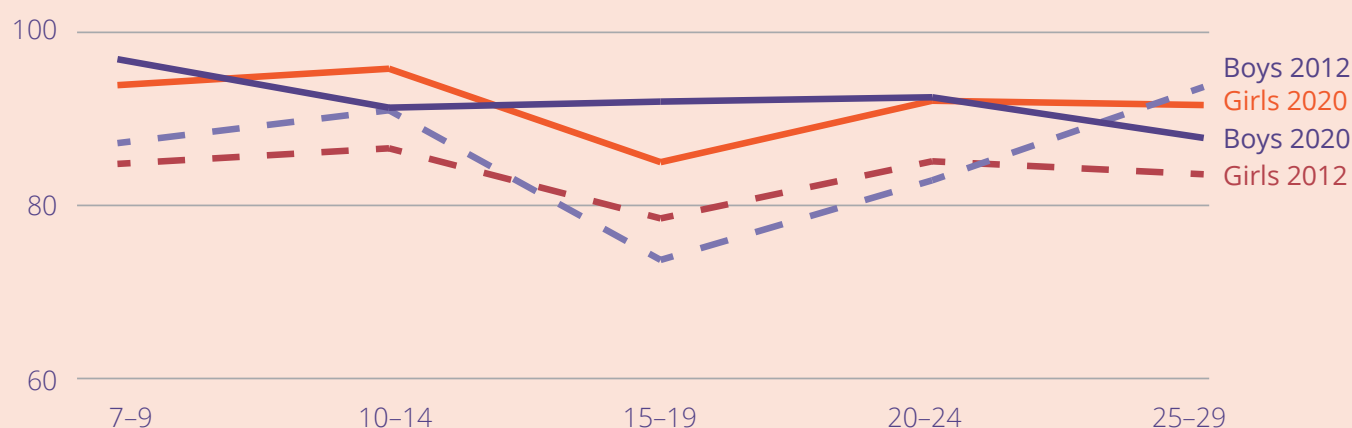
In the study of leisure activities, published on a biennial basis, some of the questions are repeated, unchanged, to facilitate the monitoring of changes and detecting of trends.

Leisure activities play a key part in children and young people's lives. Popular leisure activities in art, culture and media include gaming, reading and taking pictures and videos with a phone. Children and young people usually have diverse leisure activities and only a few percent of children and young people say they only have one leisure activity. Young people engaging in varied cultural activities experience higher wellbeing than others and the satisfaction in wellbeing is higher the more varied the cultural activities are. The satisfaction is seen both as general satisfaction with life and as satisfaction with free time, health and human relations.

The study material was collected at the beginning of 2020 before the coronavirus outbreak and restrictions.

Do you have a leisure activity?

Percentage of 'yes' responses



In the age group 7-9, this question was posed to guardians/parents in 2020, but in 2012 to the children themselves.



55% of the respondents said they take photos or videos e.g. with their phones.

Most respondents said they play computer, console and/or mobile games. 87% of boys and 61% of girls gave this response.

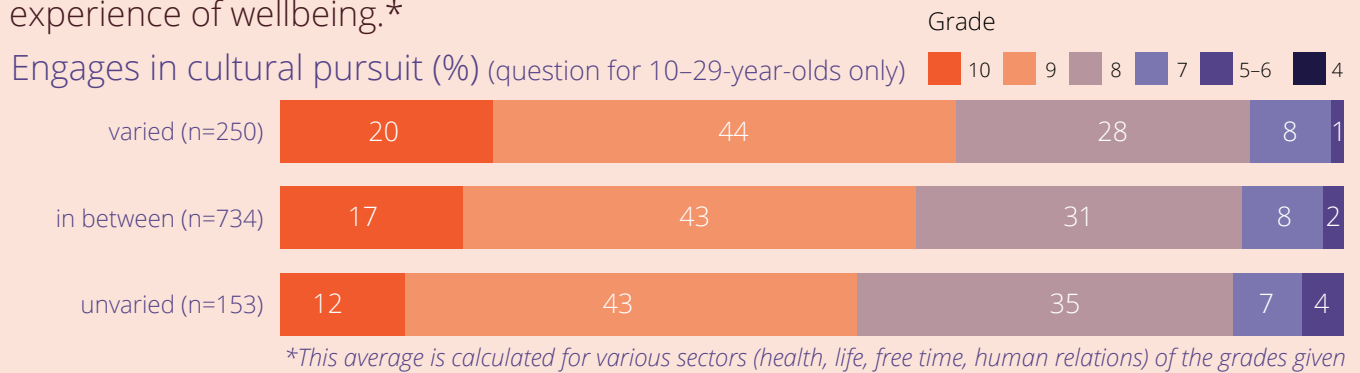


For the study, telephone interviews were conducted with 1,402 children and young people aged 7-29

#vapaaaikatutkimus

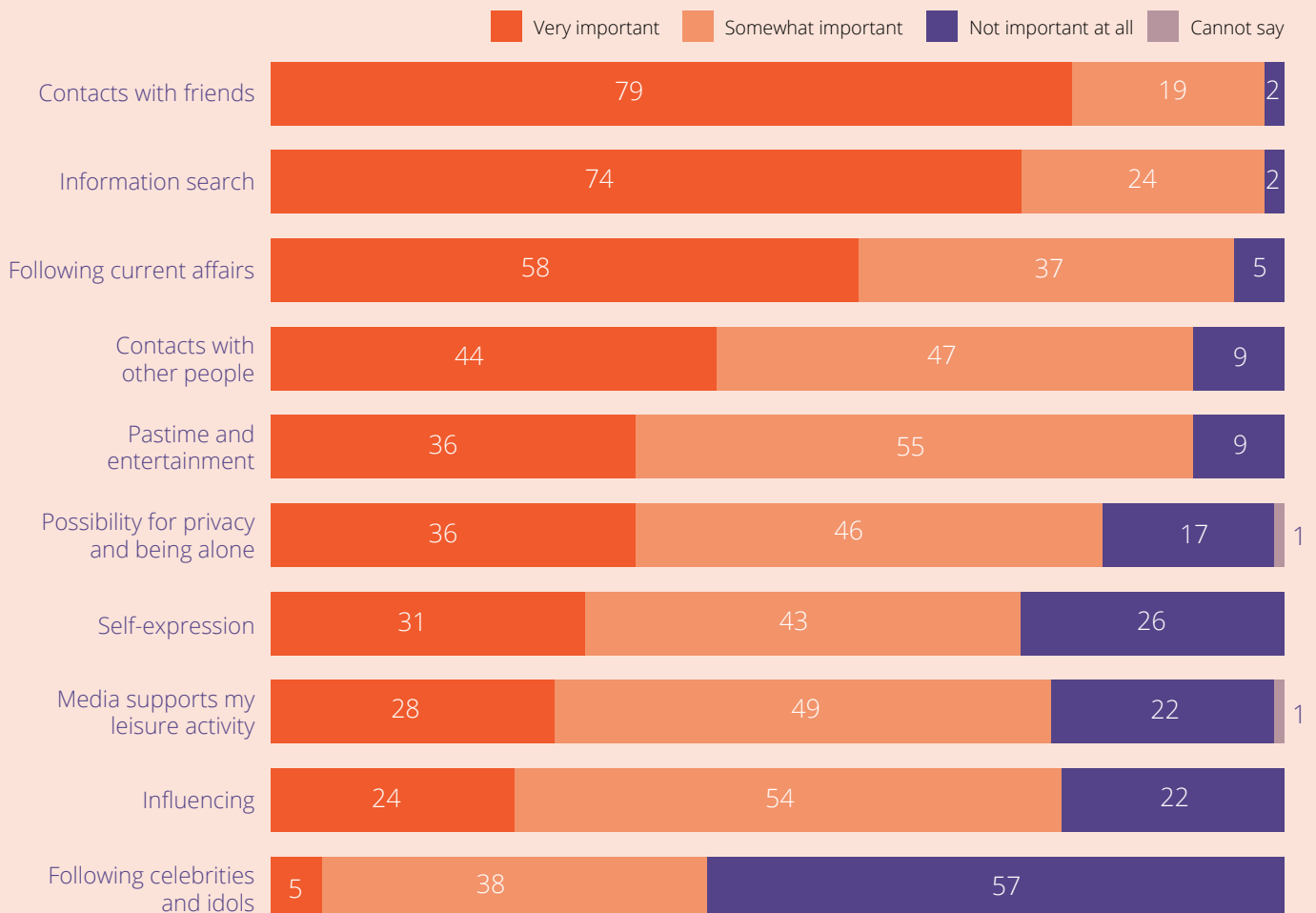
Cultural leisure activities

Varied cultural leisure activities are linked to the respondents' personal experience of wellbeing.*



Young people's media use

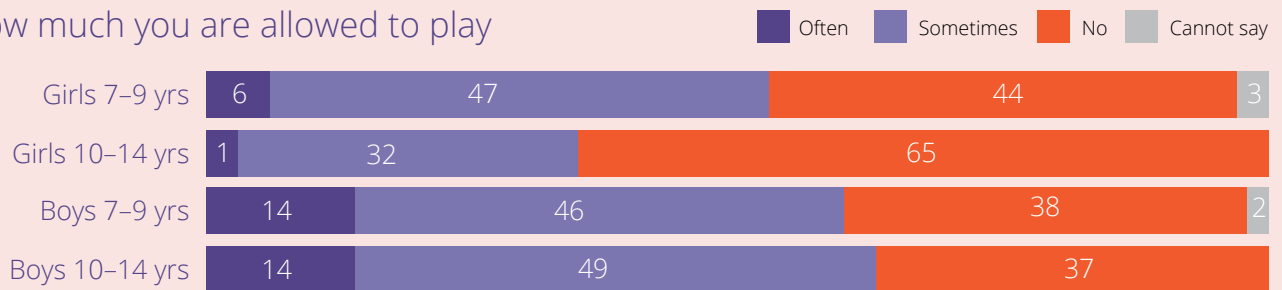
"How important are the following for you in media use?" (%) (question for 15–29-year-olds only)



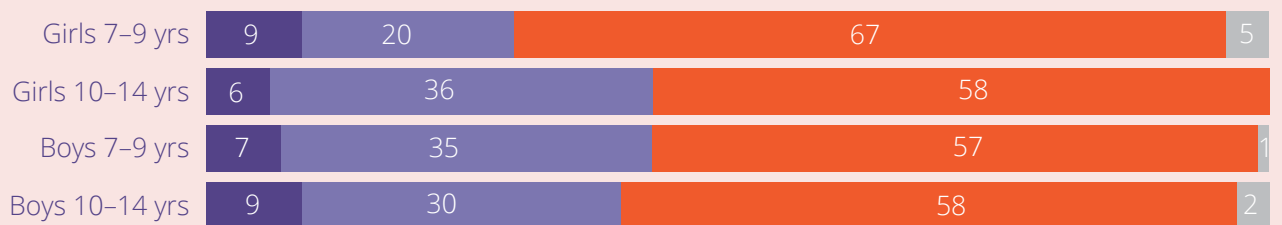
Arguments about gaming and internet use

“Do you argue with your father, mother or other adults in the family about... (%)”

how much you are allowed to play



how much you are allowed to use the internet



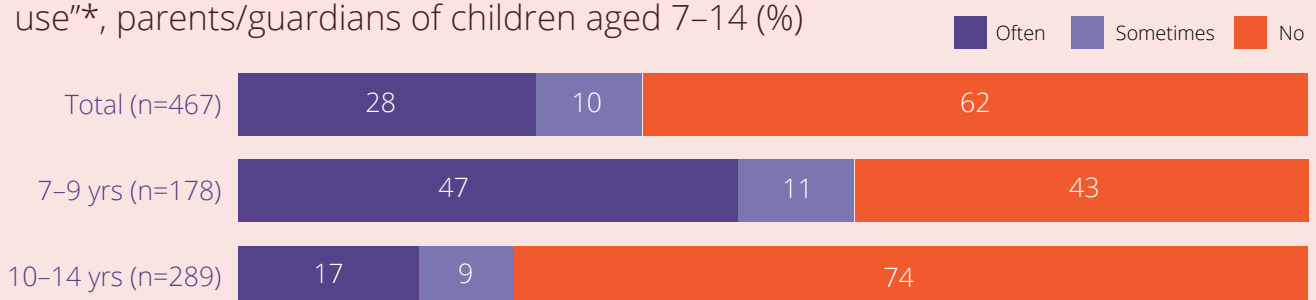
Arguments about gaming, and use of the internet and phone, is a familiar everyday subject. In studies, however, little attention has been paid to this part of the everyday reality of families with children.

Almost two in five parents of children aged 7-14 restrict their child's phone use with a suitable technical tool.



Restricting phone use

“Do you use technical tools to restrict your child's phone use”*, parents/guardians of children aged 7-14 (%)



*For example, ScreenTime, Family Link

Bullying in leisure activities

Bullying, discrimination and inappropriate treatment occur in cultural, art and media leisure activities. (%)

Yes No



Age groups



Native language



Feel that belongs to a minority



Online bullying

Often Sometimes No Cannot say

"Have you experienced bullying, discrimination or inappropriate treatment online?" (%)

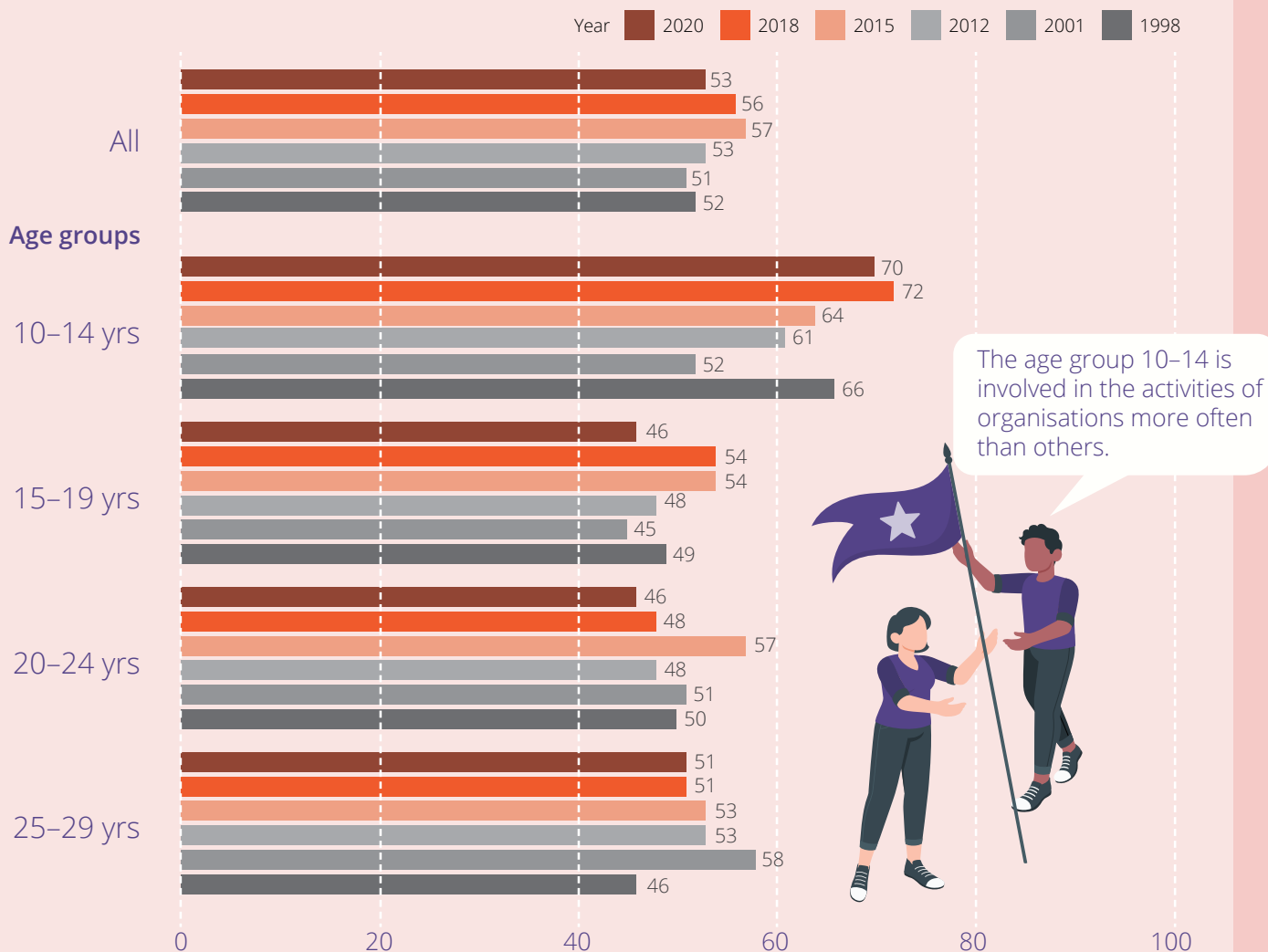


Age groups



Young people involved in organisations

“Are you involved in the activities of a society, club, association or organisation?”
 “Are you a member of a society, club, association or organisation?”
 (%) of respondents saying Yes to at least one of these



The study of children and young people’s leisure activities is an interview survey published at two-year intervals, focussing on the free time and leisure activities of children and young people aged 7–29. The study of children and young people’s leisure activities 2020 was conducted in cooperation by the State Youth Council, Ministry of Education and Culture and the Finnish Youth Research Network.

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