

CHILDREN AND YOUTH LEISURE SURVEY 2022

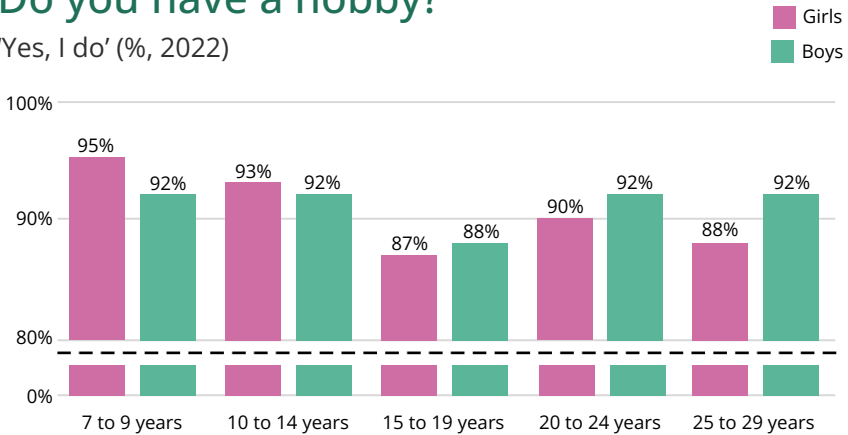
Varied free time

The 2022 study is focused on the role of physical activity in children's and young people's leisure activities. Published every two years, the study includes a number of repeated questions, enabling the monitoring of changes and identification of trends.

Even taking into account the effects of the COVID-19 pandemic, engagement in hobbies did not decrease: 91 per cent of children and young people continue to have a hobby. While the engagement rate is lower among children and young people with disabilities, a clear majority of them also have a hobby.

Do you have a hobby?

'Yes, I do' (% , 2022)



"Engagement in hobbies decreases as the number of disabilities increases."

"Majority of respondents said their favourite hobby also took the most time."

"Most common hobbies are gym, gaming, football, music and horse riding."

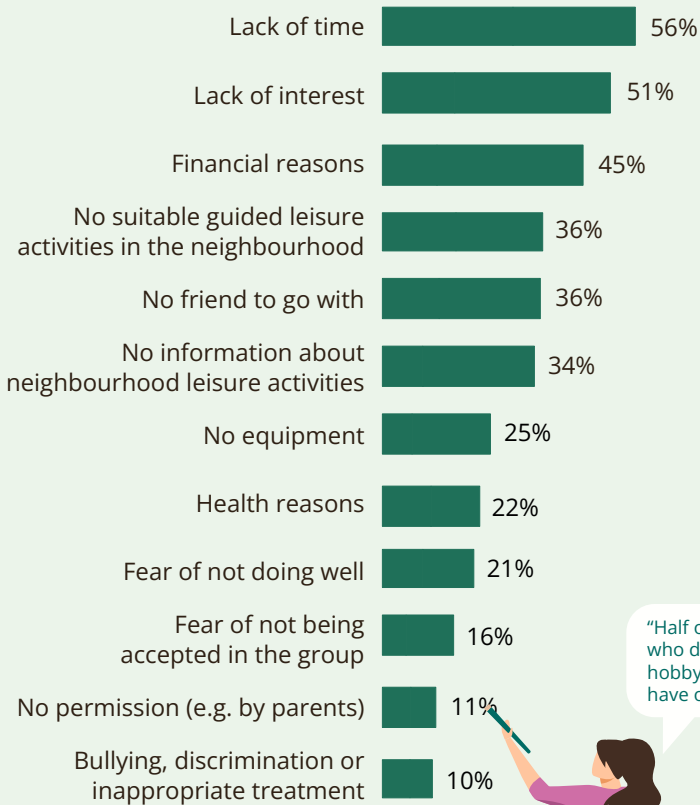
1,401 young people aged 7 to 29 were surveyed by phone for the study.

#vapaa-aikatutkimus



Among young people without a hobby, lack of time is the biggest obstacle

Respondents who considered the following to be very or somewhat important reasons for not having a hobby. 15–29 years (n=118) (%)



"Half of young people who do not have a hobby would like to have one."



Effects on COVID-19 on children's and young people's free time

During COVID-19 (7-29 years) (%)

Ways of spending free time changed

61%
Spent more time on outdoor pursuits

46%

Spent more time on mobile gaming

59%

Spent less time on hobbies

Rate of starting new hobbies was higher than the rate of quitting

31%

Started a hobby involving sports or exercise

26%

Quit a hobby involving sports or exercise

11%

Quit some other hobby

19%

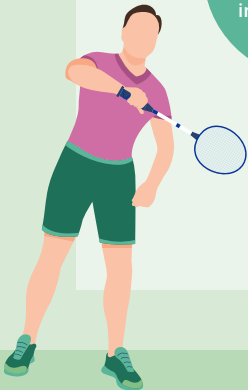
Started some other hobby

11%

Quit a hobby involving arts or culture

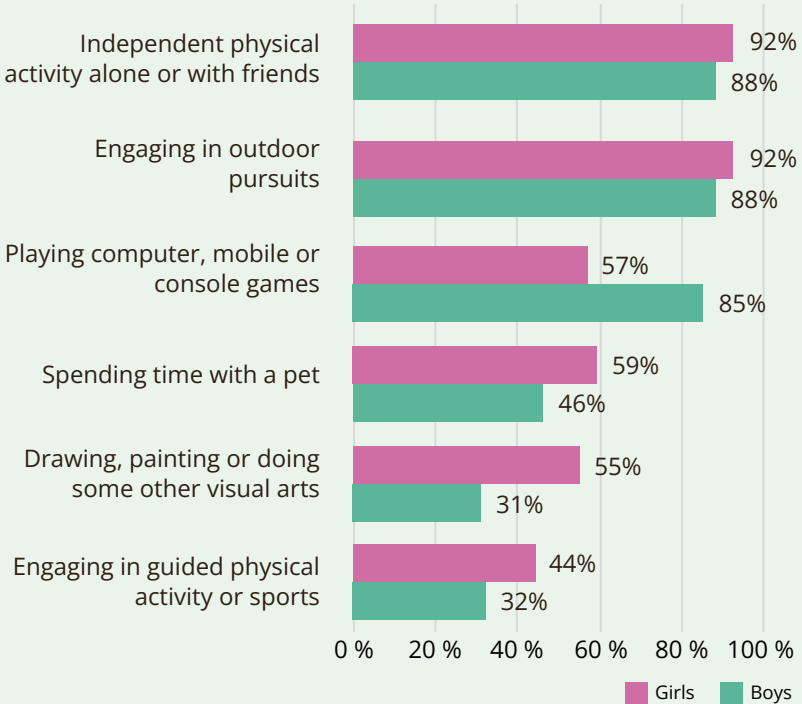
12%

Started a hobby involving arts or culture



Girls and boys spend their free time on different pursuits

"Do you do any of the following?" 'Yes, I do' by gender



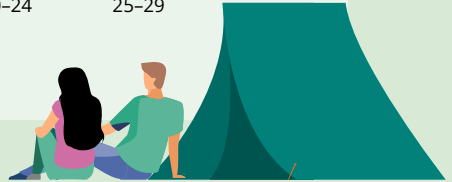
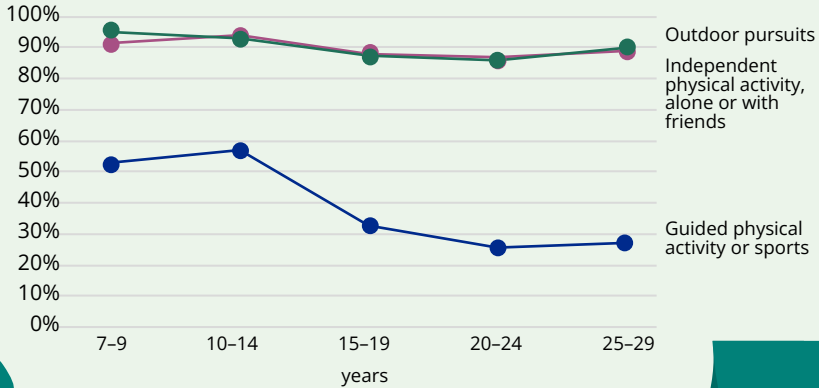
"Among girls gaming clearly decreases with age. Among children aged 7 to 9, more girls (91%) than boys (89%) reported gaming, compared to one in three women aged 25 to 29."

"Considerably fewer people in the centres of large cities spend time with pets (38%) compared to those living in rural environments (74%)."



Participation in guided leisure activities clearly decreases with age

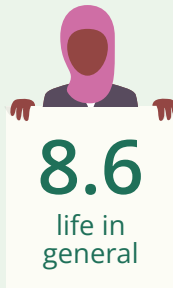
Rate of engaging in different activities by age (%)



Young people's satisfaction with life is at the same level as in 2020

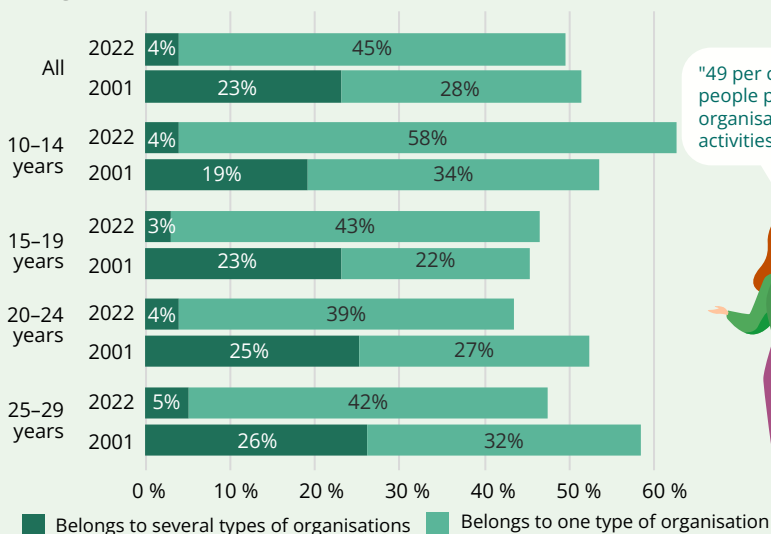
"How satisfied are you with..."
(on a scale of 4 to 10, average, 10-29 years)

"Satisfaction with life is lower among people belonging to minorities and people with disabilities."



More often than before, young people engage in only one type of organisation

“What type of organisational activities do you participate in or belong to as a member?”*



"49 per cent of young people participate in organisational activities."



*Options: Sports or physical activity (sports club etc.), culture, health and social, human rights, nature conservation, politics, other.

Published every two years, Children and youth leisure survey 2022 is an interview survey examining the leisure time and activities of children and young people aged 7 to 29. The study was carried out in cooperation by the State Youth Council, the National Sports Council and the Finnish Youth Research Society.

Sinikka Aapola-Kari (ed.) 2023. Varied free time. Children and youth leisure survey 2022.

Helsinki: State Youth Council & National Sports Council & Youth Research Society/Youth Research Network & Ministry of Education and Culture. Publications of the State Youth Council 74. Publications of the Finnish Youth Research Society/Finnish Youth Research Network 244, Online publications 181.

Read the full report in Finnish: <https://tietoaouorista.fi/julkaisut/nuorten-vapaa-aikatutkimukset>



State youth council

FINNISH YOUTH RESEARCH SOCIETY
FINNISH YOUTH RESEARCH NETWORK

