CHAKRAS

A Survey on the Well-being of Youth

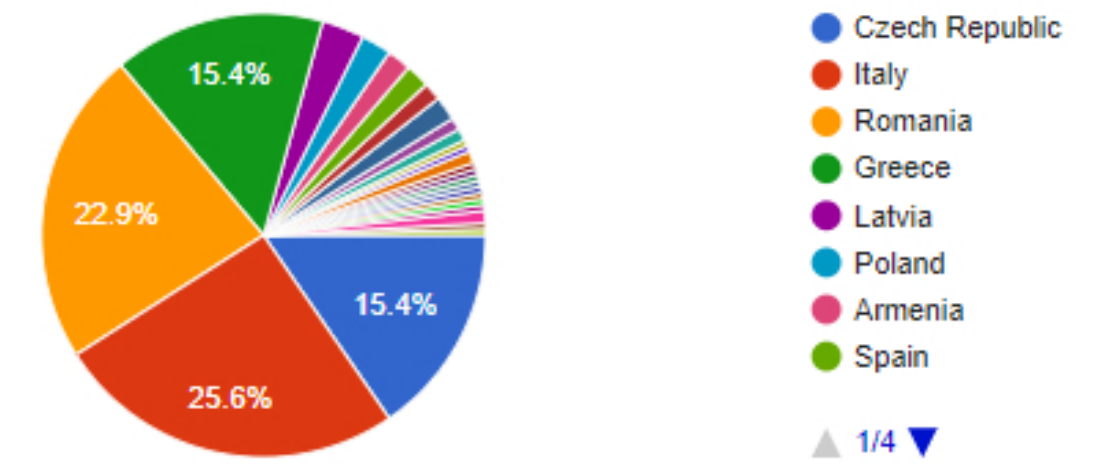results

1.0.
About the Survey

Purpose: to discover the state of the well-being of youth (13-30 years old), and their struggles and needs connected to it (*see the last page for context*)

Methods: questionnaire composed of closed- and open-ended questions

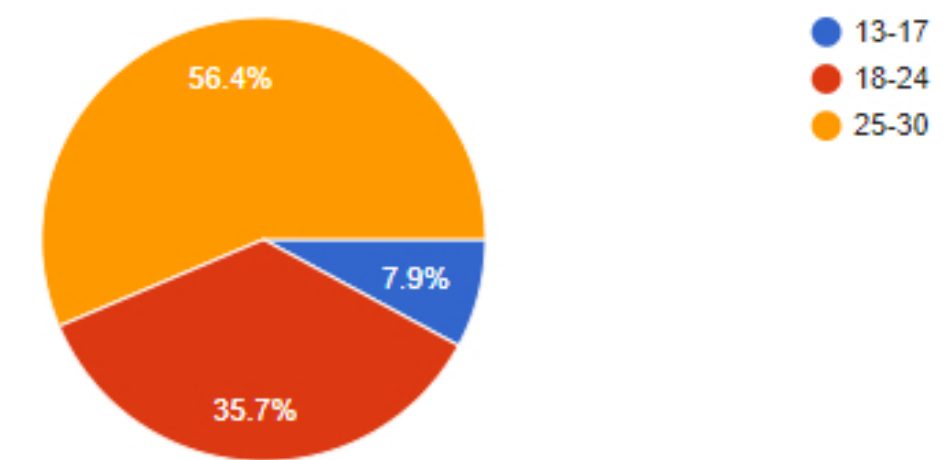**Time:**   1/9-15/11/2023

Respondents: 227 respondents

Country

227 responses

- Czech Republic
- Italy
- Romania
- Greece
- Latvia
- Poland
- Armenia
- Spain

▲ 1/4 ▼

Age

227 responses

- 13-17
- 18-24
- 25-30

Pronouns

227 responses

- he/him
- she/her
- they/them
- she/they
- She/Her/him/he
- Dosn't matter
- he/they/she
- She/them
- Apache helicopter
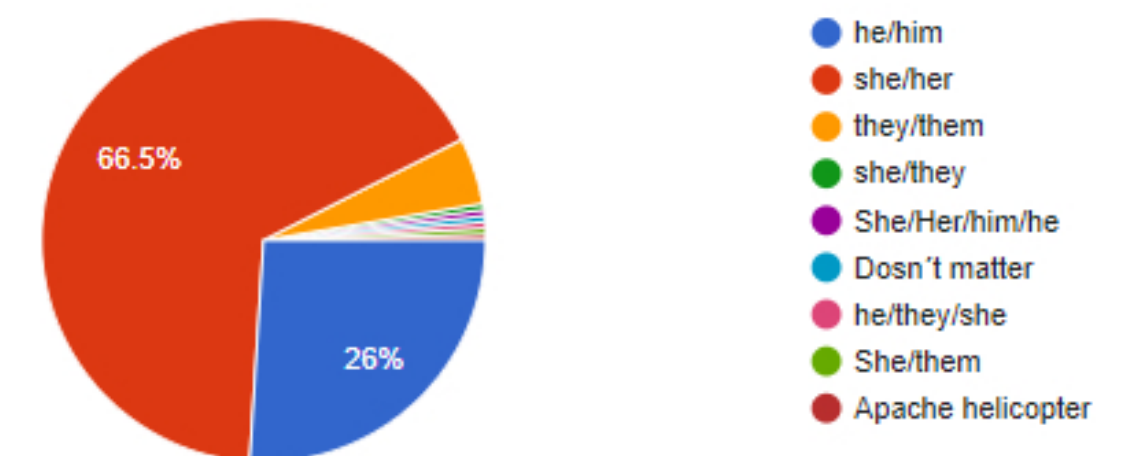
2.0.
Well-being

Total average:		6.48 (± 1.92)
Based on age:	*13-17 yo:*	6.17 (± 1.89)
	18-24 yo:	7.07 (± 2.12)
	25-30 yo:	6.89 (± 1.93)
Based on pronoun:	*He/Him:*	7.07 (± 1.94)
	She/Her:	6.91 (± 1.85)
	Other:	5.41 (± 2.03)
Based on countries:	*CZ:*	6.43 (± 2.02)
	GR:	6.28 (± 1.98)
	IT:	6.65 (± 1.97)
	RO:	7.06 (± 1.8)

General Results

In general, the young people involved in the survey show **a medium-high level of well-being**.
Around 50% of the people rate their well-being at 7 or 8 out of 10. 16% of the people rate their well-being at 9 or 10.
Thus, around 66% of the people who decided to join the survey evaluated their well-being at a medium-high level.
A few less than 20% evaluate a medium level of well-being at 5 and 6 out of 10, 14.5% of the people rated it below 4.

My current well-being is…

227 responses
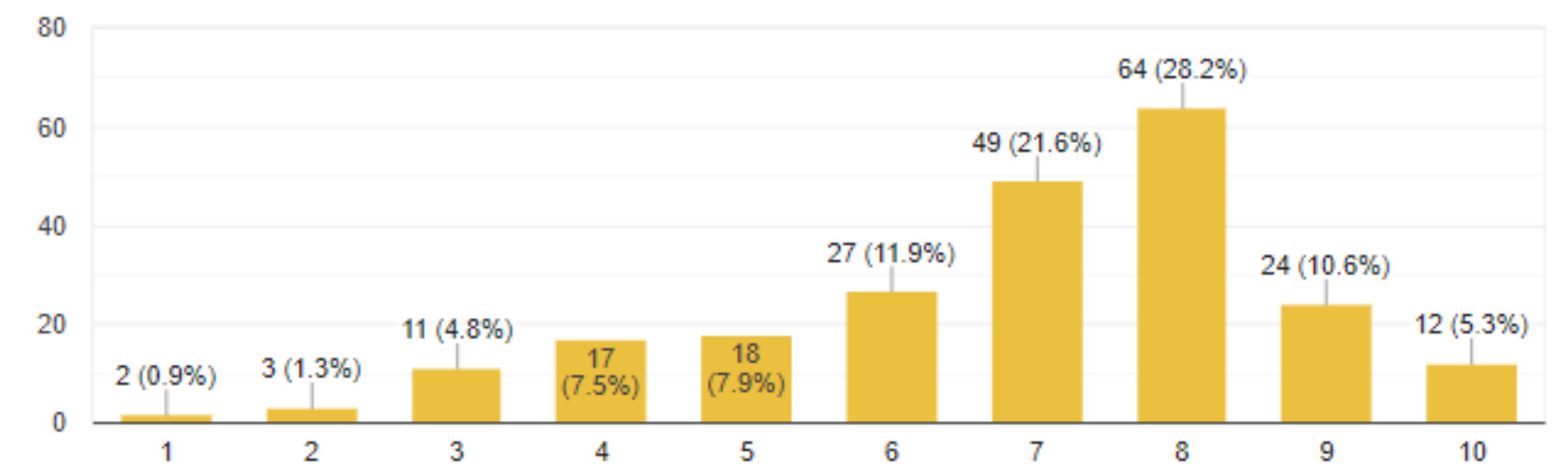
The scale of the question is from 1 to 10, where 1 is "I struggle with life most of the time", and 10 is "I am happy, healthy, and content".

3.0.
Self-confidence

Total average:	3.42 (± 0.95)	
Based on age:	*13-17 yo:*	3.44 (± 1.01)
	18-24 yo:	3.58 (± 1.06)
	25-30 yo:	3.42 (± 0.93)
Based on pronoun:	*He/Him:*	3.85 (± 0.94)
	She/Her:	3..32(± 0.90)
	Other:	2.82 (± 0.71)
Based on countries:	*CZ:*	3.28 (± 0.81)
	GR:	3.31 (± 0.97)
	IT:	3.36 (± 0.94)
	RO:	3.44 (± 1.08)

General Results

In general, **the level of self-confidence is high**, as it is clear from the analysis of the average.

The survey shows that age group with higher self-confidence is between 18 and 24 y.o., a group consisting mostly of university students. Among the people who evaluated a high personal self-confidence, some of them added that **they know themselves and the potential they have**.

The people who evaluated a level of 3-4 out of 5 have declared that it depends on the situation, on the people surrounding them, on the moment of their life and on how they feel.

Some answers mention the **difference between the confidence in a working environment and the confidence in a personal environment**.

The **main problems** mentioned as affecting the level of self-confidence are **fear of criticism** from other people and a **low self-esteem**, caused in general by poor acceptance. Some people, also, express a gap between what they show and what they really feel.

My level of self-confidence is…

227 responses
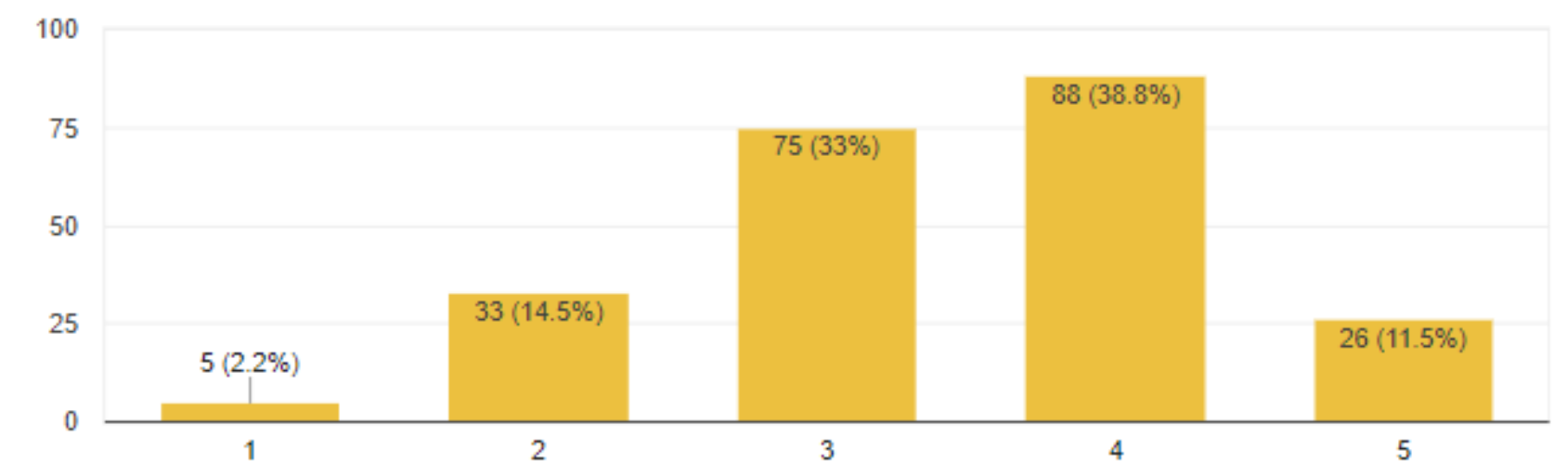
The scale of the question is from 1 to 5, where 1 is "I don't feel confident at all", and 5 is "I feel very confident in the majority of areas of my life".

4.0.
Acceptance by Others

Total average: 3.89 (± 1.04)

Based on age: *13-17 yo:*   3.50 (± 1.21)
                            18-24 yo: 3.86 (± 1.06)
                            25-30 yo: 3.90 (± 1.05)

Based on pronoun: *He/Him:*   4.02 (± 0.94)
                            She/Her: 3.89 (± 1.07)
                            Other: 3.47 (± 1.33)

Based on countries: *CZ:*   3.37 (± 0.14)
                            GR: 3.74 (± 1.05)
                            IT: 3.65 (± 1.06)
                            RO: 4.09 (± 0.98)

General Results

One important step is to understand the feelings of the people connected to society's acceptance. In general, the respondents showed a **high rate of acceptance**, as is shown by the average: 3.89 out of 5.

More than 70% rate their feeling of being accepted at 4 or 5. Some of the respondents who chose 5 out of 5 declare that they feel appreciated by the people surrounding them. In some cases, this feeling is ensured by a **process of selection of the people around**: some respondents believe that choosing people with matching approach, energies, views, or interests supports them in feeling accepted.

On the other hand, several people asserted that **they hide a small or large part of their own personality from others**, specifically from friends and relatives. Among the people who shared that they were hiding something, around 10% shared that they are **not completely transparent with their own family**, due to the perceived lack of acceptance or interest.

A theme that is often mentioned in the people who voted 1 or 2 is that the low level of acceptance is connected to **body acceptance, gender and sexual identity**.

Few people, around 2% of them, declared that they are working on the feeling of acceptance and are **in need of tools** that would support them on their path towards the improvement of this feeling.

I feel accepted for who I am

227 responses
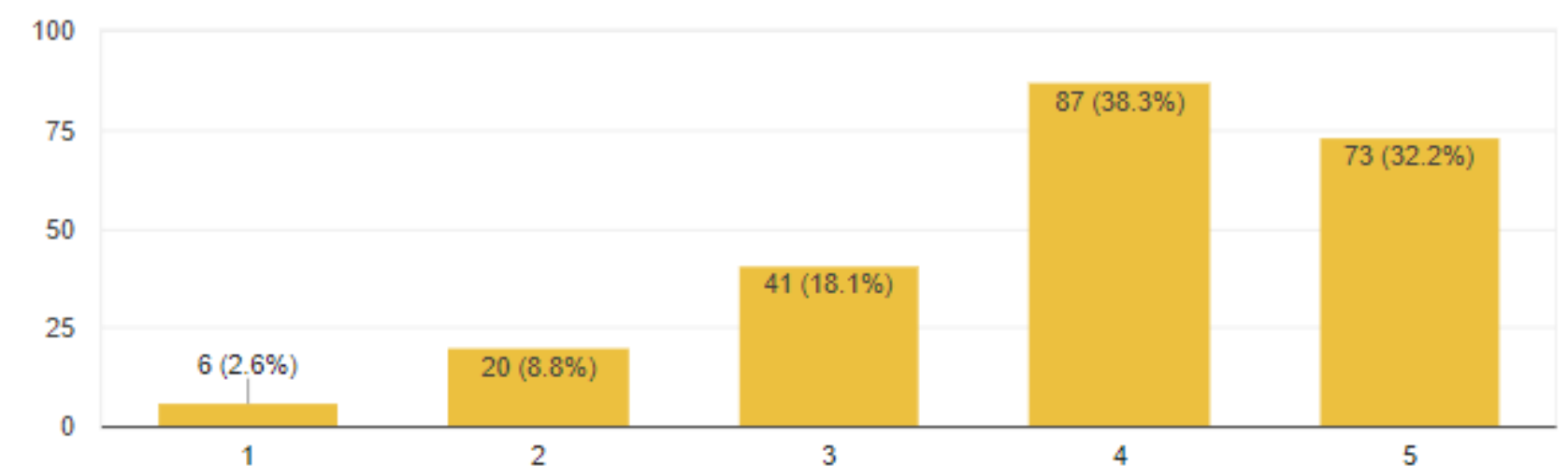
The scale of the question is from 1 to 5, where 1 is "I often have to pretend to fit in", and 5 is "The people in my life accept me as I am".

5.1.
Self-expression

Total average: 3.57 (± 1.00)

Based on age: *13-17 yo:*   3.28 (± 1.04)
                       18-24 yo: 3.58 (± 1.02)
                       25-30 yo: 3.64 (± 0.97)

General Results

The majority of the respondents shared they **feel free and safe to express themselves**: 41% of the respondents rated their self-expression at 4, while 26,4% rated their self-expression at 3.

15.4% of the participants of the survey rated a low level of self-expression (6 people rated their self-expression at 1, while 29 people rated their self-expression at 2). Finally, 17.2% of the respondents shared they feel completely free to express themselves fully, rating self-expression at 5.

I feel free and safe to express myself

227 responses
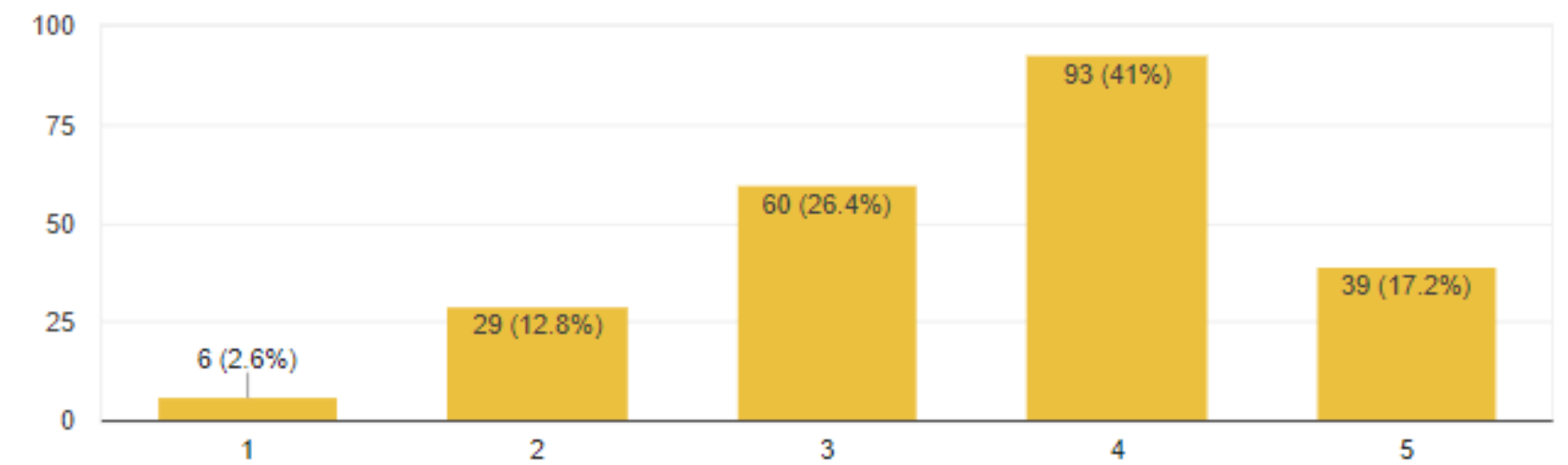
The scale of the question is from 1 to 5, where 1 is "I constantly face the fear of rejection", and 5 is "I am very authentic and expressive in my life".

5.2.
Connection with the Body

Total average: 3.14 (± 0.99)

Based on age: *13-17 yo:* 3.11 (± 1.05)
18-24 yo: 3.37 (± 1.08)
25-30 yo: 3.52 (± 0.94)

General Results

The responses suggest the majority of the people involved do not recognise a high level of connection with their own body. The bar chart shows that more than 50% of them have a **medium - low level of connection with own's body.**

I feel a good connection with my body

227 responses
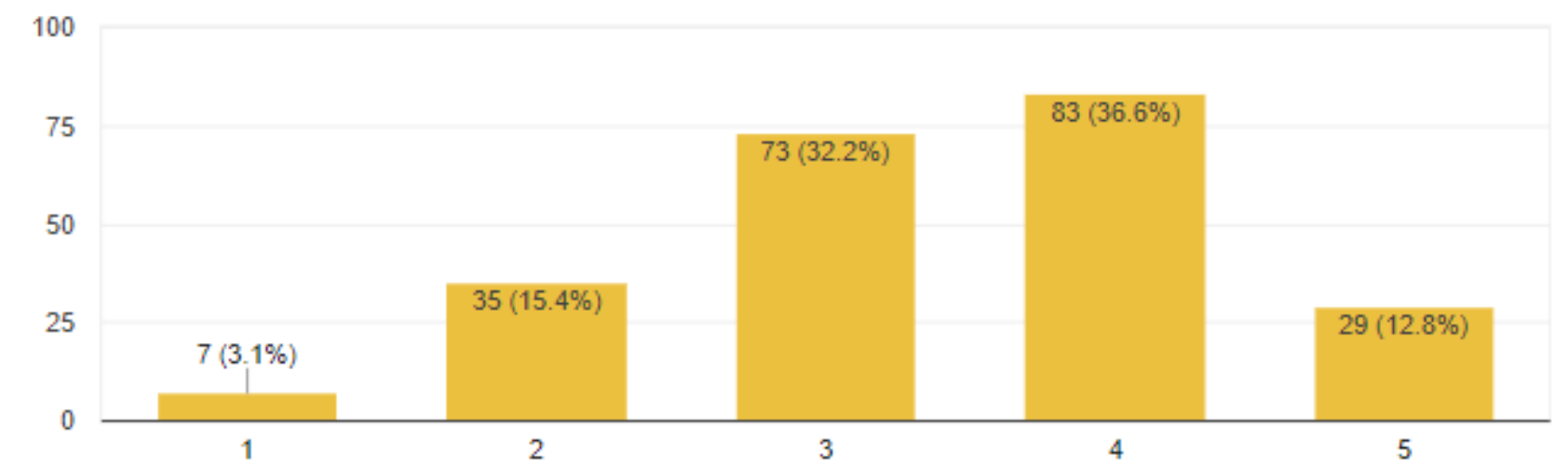
The scale of the question is from 1 to 5, where 1 is "I don't pay much attention to my body", and 5 is "I listen to my body and its needs".

5.3.
Belonging

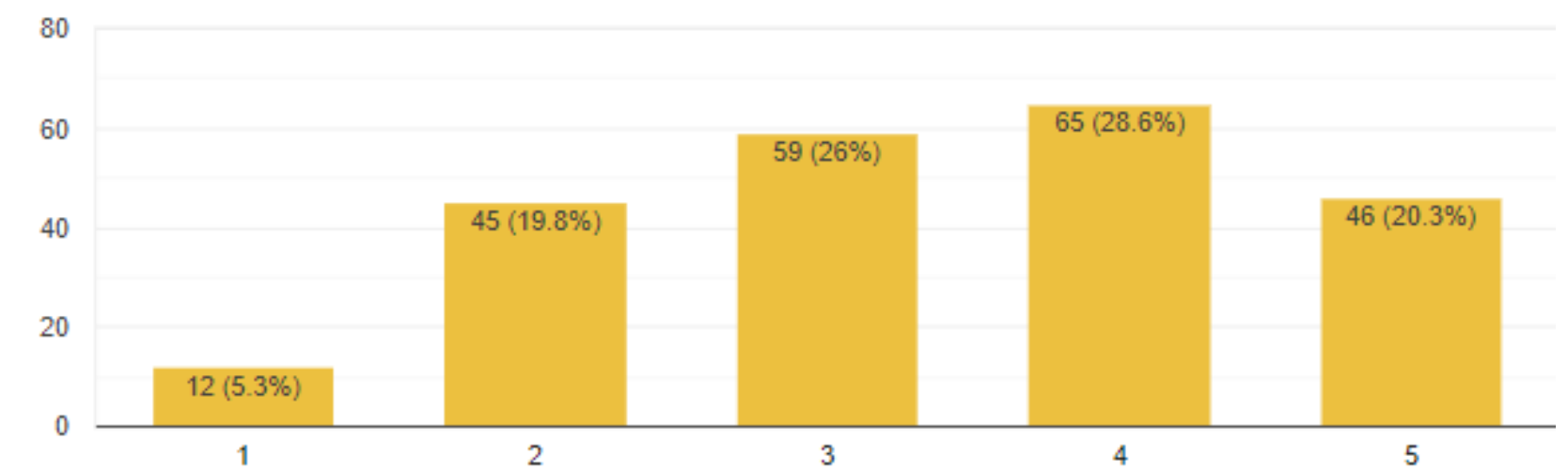**Total average:** 3.39 (± 1.16)

Based on age:
13-17 yo: 2.94 (± 0.85)
18-24 yo: 3.26 (± 1.20)
25-30 yo: 3.45 (± 1.18)

General Results

When the need of acceptance is connected to the need of **belonging to a group, the trend decreases to a lower level**. The peak of the answers remains at the answer "4" but the average decreases by 0.5 (3.39), compared to the bar graph of the acceptance.

I feel like I belong to a group

227 responses

The scale of the question is from 1 to 5, where 1 is "I feel very lonely", and 5 is "I belong to several groups".

5.4.
Dreaming

Total average: 3.66 (± 1.14)

Based on age: *13-17 yo:*   4.00 (± 1.20)
   *18-24 yo:*   3.53 (± 1.06)
                        25-30 yo: 3.68 (± 1.15)

General Results

The majority of the respondents asserted that they are **comfortable dreaming**. They shared they feel confident to dream and to imagine the potential possibilities that can happen. Moreover, in this case, the trend is clear, and, compared to the other previous questions, more people felt comfortable to choose 5 out of 5.

I feel comfortable to dream

227 responses
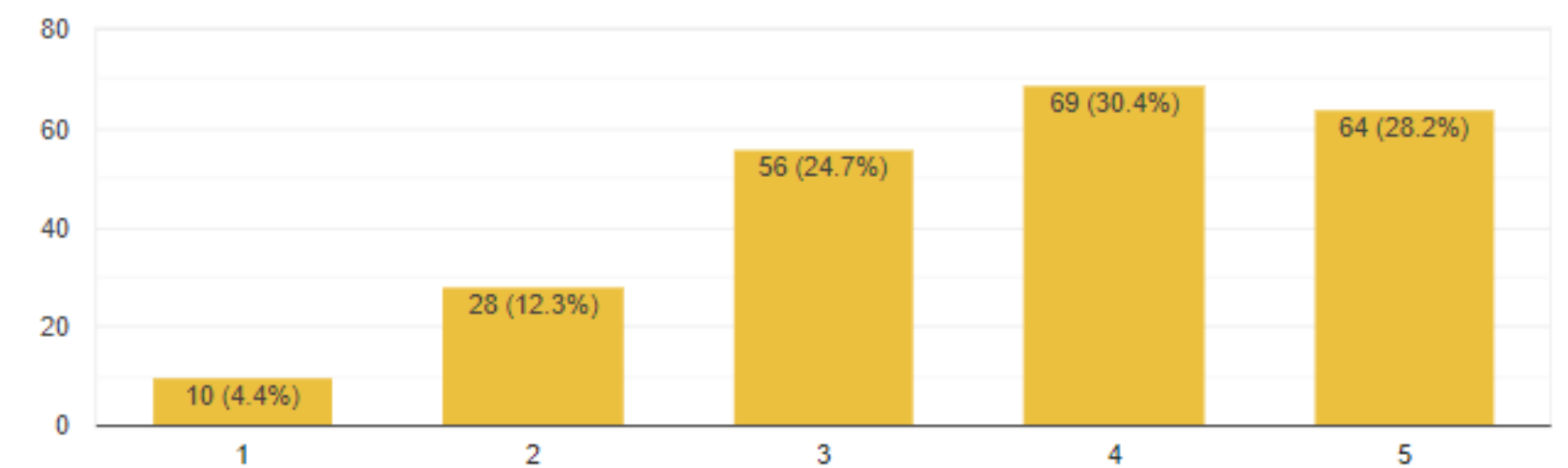
The scale of the question is from 1 to 5, where 1 is "I feel pressure to stand with my feet on the ground", and 5 is "I like to build castles in the sky".

5.5.
Physical Health

Total average: 3.76 (± 1.00)

Based on age: *13-17 yo:*   3.61 (± 1.11)
                     18-24 yo: 3.67 (± 1.05)
                     25-30 yo: 3.87 (± 0.98)

General Results

More than 64% of the people affirmed they have a **medium - high physical health**. The low connection with the body may be an important factor influencing the answer about physical health. The connection between body and mind supports the prevention of physical problems, as well as their management.

My physical health is...

227 responses
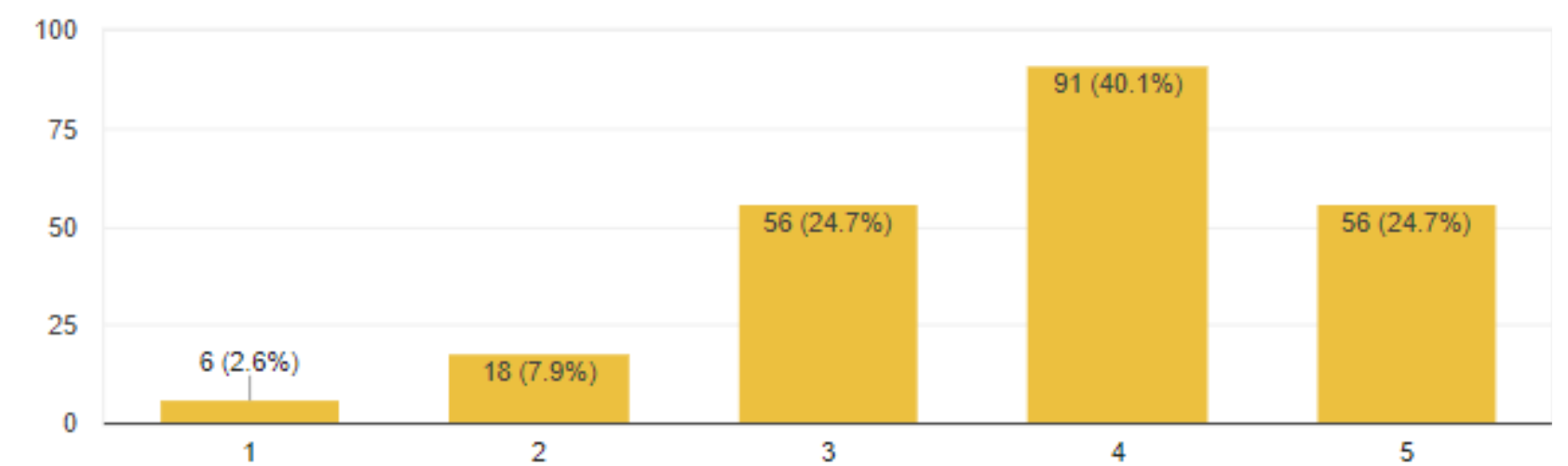
The scale of the question is from 1 to 5, where 1 is "weak (I often struggle with my health)", and 5 is "very good (I am barely ever ill)".

5.6.
Stress

Total average: 2.96 (± 1.05)

Based on age: *13-17 yo:*   2.67 (± 1.15)
                        18-24 yo: 3.07 (± 1.04)
                        25-30 yo: 2.99 (± 1.06)

General Results

The previous graph clearly shows that in general the people live with a **medium level of stress**. There is not a significant difference between the age groups. Almost 38% of the participants selected 3 as the level of stress in their life and another 30% of them evaluated to be living with a high level of stress; 1 person in 10 declared to feel stressed most of the time.

When it comes to stress...

227 responses
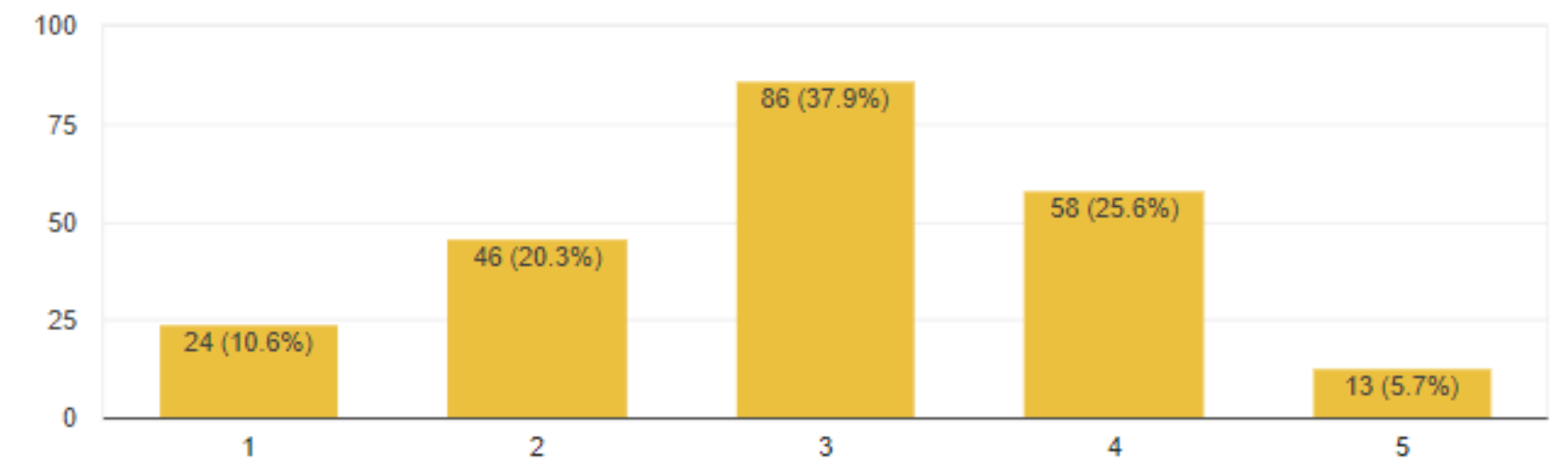
The scale of the question is from 1 to 5, where 1 is "I am stressed out most of the time", and 5 is "I am mostly at peace".

5.7.
Asking for Help

Total average: 3.09 (± 1.17)

Based on age:
13-17 yo: 2.83 (± 1.30)
*18-24 yo:* 2.91 (± 1.25)
25-30 yo: 3.11 (± 1.13)

General Results

Another important aspect examined by the survey is the ability to ask for help. 60% of the people declare that they are **not able to ask for help freely**; the majority of the people evaluate a medium - low level of capability to ask for help.

10% of the people stated that they don't feel comfortable asking for help. Around 10% of the people involved are afraid to ask for help because they don't want to bother others with their own problems. 4% of the people do not want to ask for help. In some cases, this is influenced by the belief that others cannot take care of us because they have their own problems. Around 2% of people stated their support systems are not very good or that it is hard for them to find a support system.

I am able to ask for help

227 responses
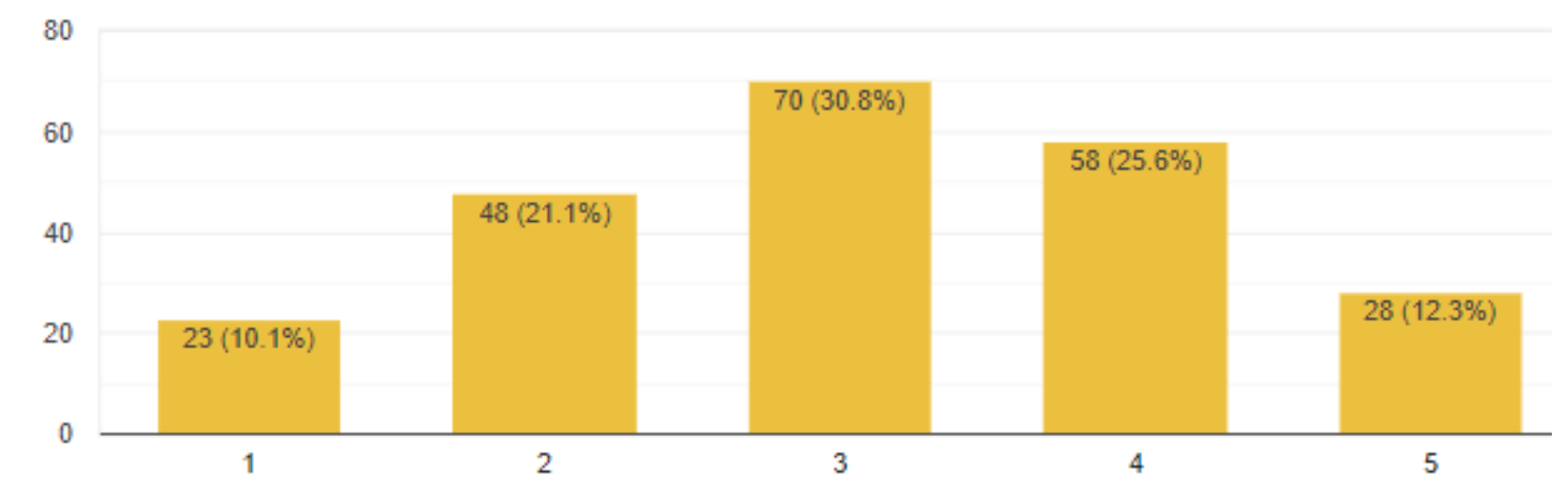
The scale of the question is from 1 to 5, where 1 is "I don't feel comfortable asking for help", and 5 is "I ask for help every week".

6.0.
Support Systems

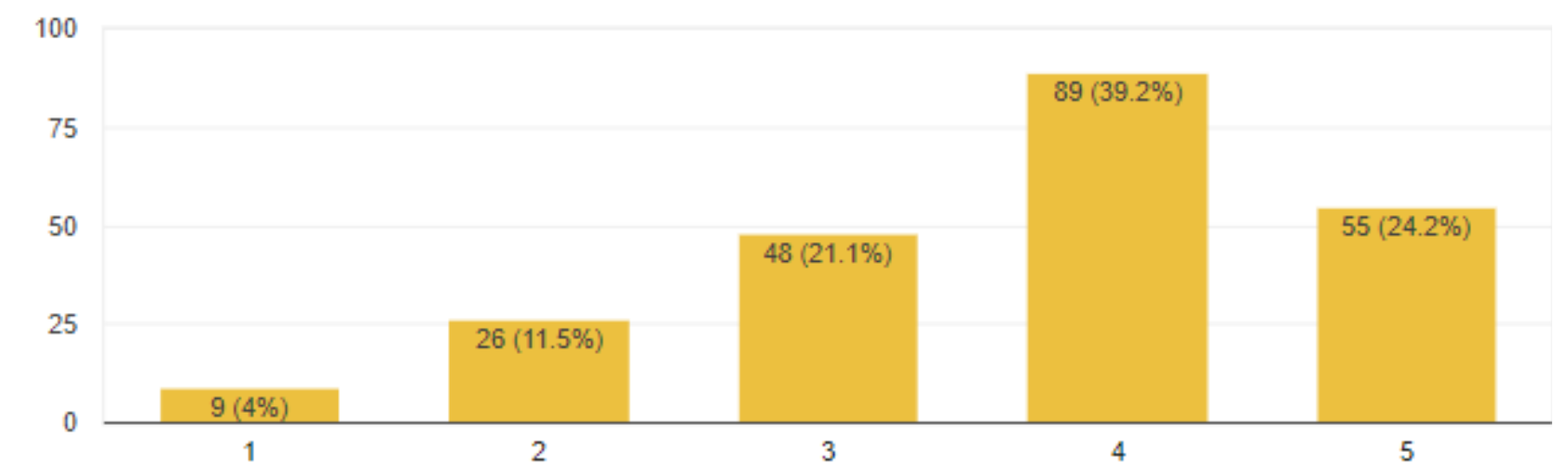|		
Total average:	3.68 (± 1.08)	
Based on age:	*13-17 yo:*	3.00 (± 1.15)
	18-24 yo:	3.63 (± 1.28)
	25-30 yo:	3.78 (± 1.02)
Based on pronoun:	*He/Him:*	3.71 (± 1.01)
	She/Her:	3.67 (± 1.12)
	Other:	3.64 (± 0.97)
Based on countries:	*CZ:*	3.45 (± 1.01)
	GR:	3.58 (± 0.99)
	IT:	3.88 (± 0.93)
	RO:	3.53 (± 1.18)

General Results

The most representative value for the major part of the participants is "4"; 39.2% of the people affirm to have **quite a strong support system**.

In the open answer part of the question, it is revealed that various types of relationships serve the respondents as their support systems. More than 10% of the respondents recognize **friends** as their support system. **Family** members are at the second place of the most mentioned. Then there are **partners, coaches/trainers**, and **therapists**. Based on the responses, it seems that professional figures are not viewed as the main sources of support and that the respondents prefer to lean on people with whom they share a strong bond (50% of the respondents expressed this).

When it comes to my support system(s)

227 responses

The scale of the question is from 1 to 5, where 1 is "I feel isolated", and 5 is "Strong. I can count on people in my life".

7.0.
Freedom

Total average:		3.41 (± 1.02)
Based on age:	*13-17 yo:*	3.33 (± 1.15)
	18-24 yo:	3.33 (± 0.96)
	25-30 yo:	3.48 (± 1.03)
Based on pronoun:	*He/Him:*	3.71 (± 1.01)
	She/Her:	3.67 (± 1.12)
	Other:	3.64 (± 0.97)
Based on countries:	*CZ:*	3.45 (± 1.01)
	GR:	3.58 (± 0.99)
	IT:	3.88 (± 0.93)
	RO:	3.53 (± 1.18)

General Results

More than 50% of the people who have participated in the survey shared that they feel free in life, indicating a value of 4 or 5 out of 5. However, around **48% of the people consider the level of freedom medium or low**, identifying the freedom level between 1 and 3.

The open-ended question asked 'What is freedom?'. The answers were varied, as can be seen in the ones listed here: *freedom is to have time, freedom is the possibility to have multiple choices, freedom is an inner state, freedom is to have few responsibilities, freedom is to do whatever I want*. For each person the answer is different and for this reason we can feel free in a different place and situation compared to someone else.

The respondents who indicated a low or medium level of freedom mostly perceive that the **obstacles impeding their freedom** are *economical situations* (money is perceived as a way to freedom) and the *pressure caused by the society* (the constraints and the judgment of the society affect the freedom of the other people).

Some declare they **don't have time to enjoy freedom** and others affirm there are **too many constraints to feel free.**

Some say **their fears are a barrier preventing freedom** and others see **relationships and bonds as constraints**. In fact, 3% of the people highlighted that family could create barriers preventing freedom. However, one respondent remarks that constraints can be positive and helpful in some situations.

Only few people share the willingness to face the constraints imposed by others to increase personal freedom!!!

When it comes to freedom
227 responses
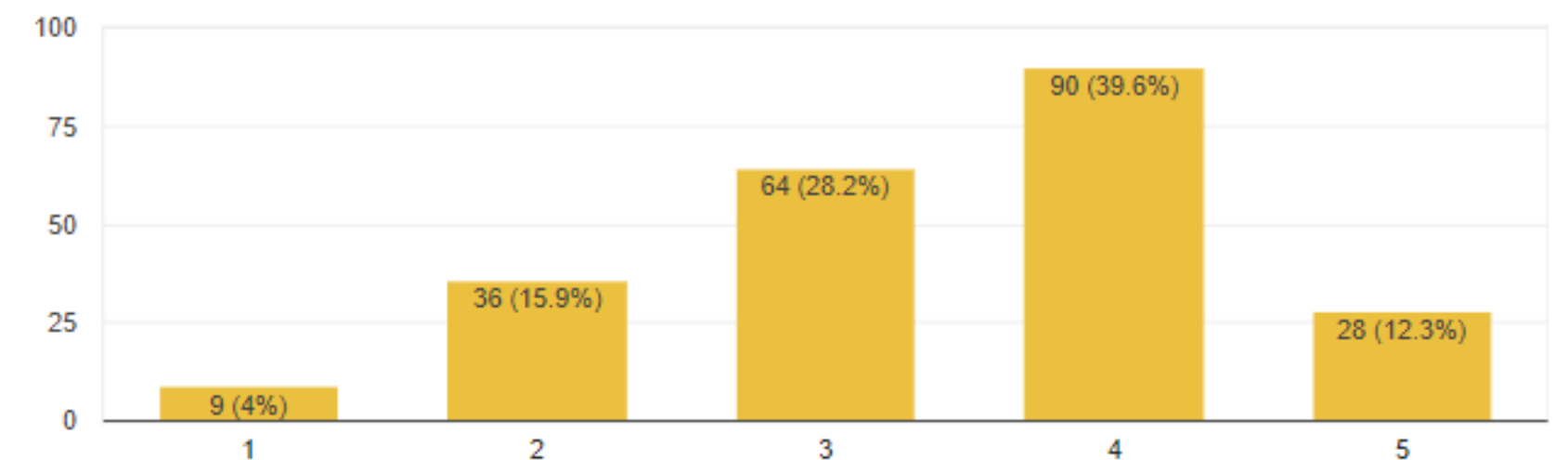
The scale of the question is from 1 to 5, where 1 is "I feel constrained in my life", and 5 is "I feel completely free in my life".

8.0.
Typical Escape Strategies

The main escape strategies uncovered by the survey are **social media** (65.6%), **music** (63.9%) and **food** (51.5%). Also, **social interactions** (40.1%), **books** (37.9%) and **sport** (32.6%) are perceived as escape methods.

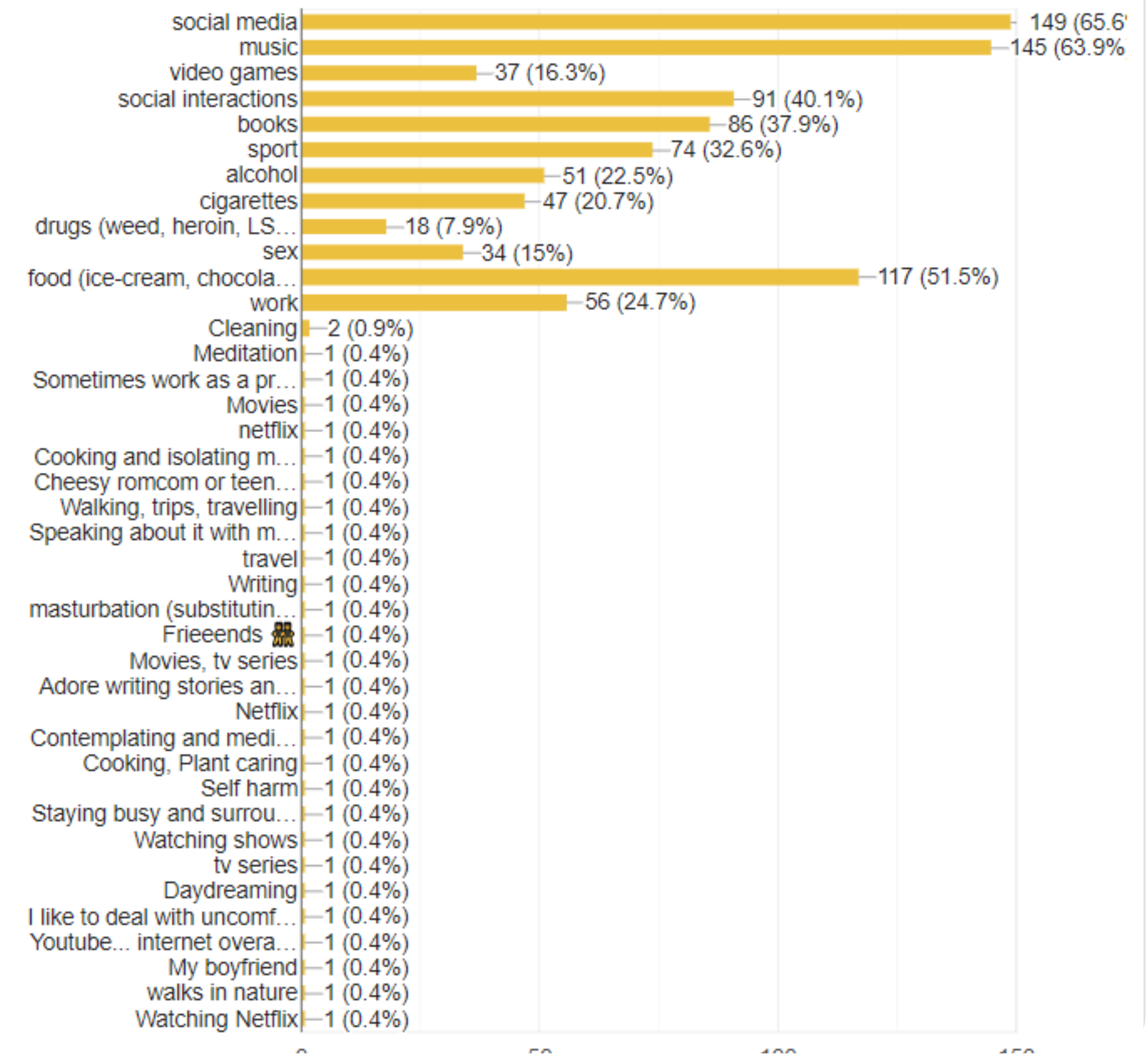In addition, **work** was mentioned by **almost a quarter** of people, and **alcohol** and **cigarettes** are selected by around **one fifth** of people.

Sex and **video games** have almost the same percentage, respectively 15% and 16.3%.

From the escape strategies suggested in the questionnaire, **drugs** score the lowest with 7.9% of respondents admitting to use them.

My typical escape strategy is

227 responses

Strategy	Count (%)
social media	149 (65.6%)
music	145 (63.9%)
video games	37 (16.3%)
social interactions	91 (40.1%)
books	86 (37.9%)
sport	74 (32.6%)
alcohol	51 (22.5%)
cigarettes	47 (20.7%)
drugs (weed, heroin, LS...	18 (7.9%)
sex	34 (15%)
food (ice-cream, chocola...	117 (51.5%)
work	56 (24.7%)
Cleaning	2 (0.9%)
Meditation	1 (0.4%)
Sometimes work as a pr...	1 (0.4%)
Movies	1 (0.4%)
netflix	1 (0.4%)
Cooking and isolating m...	1 (0.4%)
Cheesy romcom or teen...	1 (0.4%)
Walking, trips, travelling	1 (0.4%)
Speaking about it with m...	1 (0.4%)
travel	1 (0.4%)
Writing	1 (0.4%)
masturbation (substitutin...	1 (0.4%)
Frieeends 👯	1 (0.4%)
Movies, tv series	1 (0.4%)
Adore writing stories an...	1 (0.4%)
Netflix	1 (0.4%)
Contemplating and medi...	1 (0.4%)
Cooking, Plant caring	1 (0.4%)
Self harm	1 (0.4%)
Staying busy and surrou...	1 (0.4%)
Watching shows	1 (0.4%)
tv series	1 (0.4%)
Daydreaming	1 (0.4%)
I like to deal with uncomf...	1 (0.4%)
Youtube... internet overa...	1 (0.4%)
My boyfriend	1 (0.4%)
walks in nature	1 (0.4%)
Watching Netflix	1 (0.4%)

9.0.
Most Important Values

The respondents have been asked to identify the most important values in their lives. To provide examples or guidance, the following tool has been shared -> https://jamesclear.com/core-values.

The results show the most significant value is "**Love**", as indicated by 33% of the respondents.

The second place is a tie between "**Kindness**", "**Honesty**", and "**Freedom**" all three of them scoring at 23%. At the third place, we have another tie between "**Respect**" and "**Authenticity**" that were chosen by 18% of the people.

Other values were selected, but the percentage is not significant compared to the values cited above. The figure below expresses how many times a word is mentioned, the bigger the word the more the word is cited.

10.0.
Main Needs

From the bar graph above it is possible to determine the most cited needs of the participants.

Disconnection from devices is mentioned by 49.3% of the people, showing a clear need to avoid the continuous use of technology in each moment of life.

Moreover, the need for disconnection from technology is shared by 48.9% of the people who would like to **connect more with nature**, spending more time in it. The same percentage of people expresses the need to **increase physical exercise**. Also, the respondents would like to engage more in **meditation and mindfulness** to improve their connection and mental health.

28.2 % need to improve their capability to **self-express** and some people underline that they need more **art** in their life.

Then, the respondents showed the need to **take care of themselves by kindness** (46.3 %) and to **carve out time to do something for themselves** (40.5 %).

Other people need to have or to **create a community** to which they belong or to spend more time with friends or in general with other people.

Currently, I feel I need more of ___ in my life

227 responses
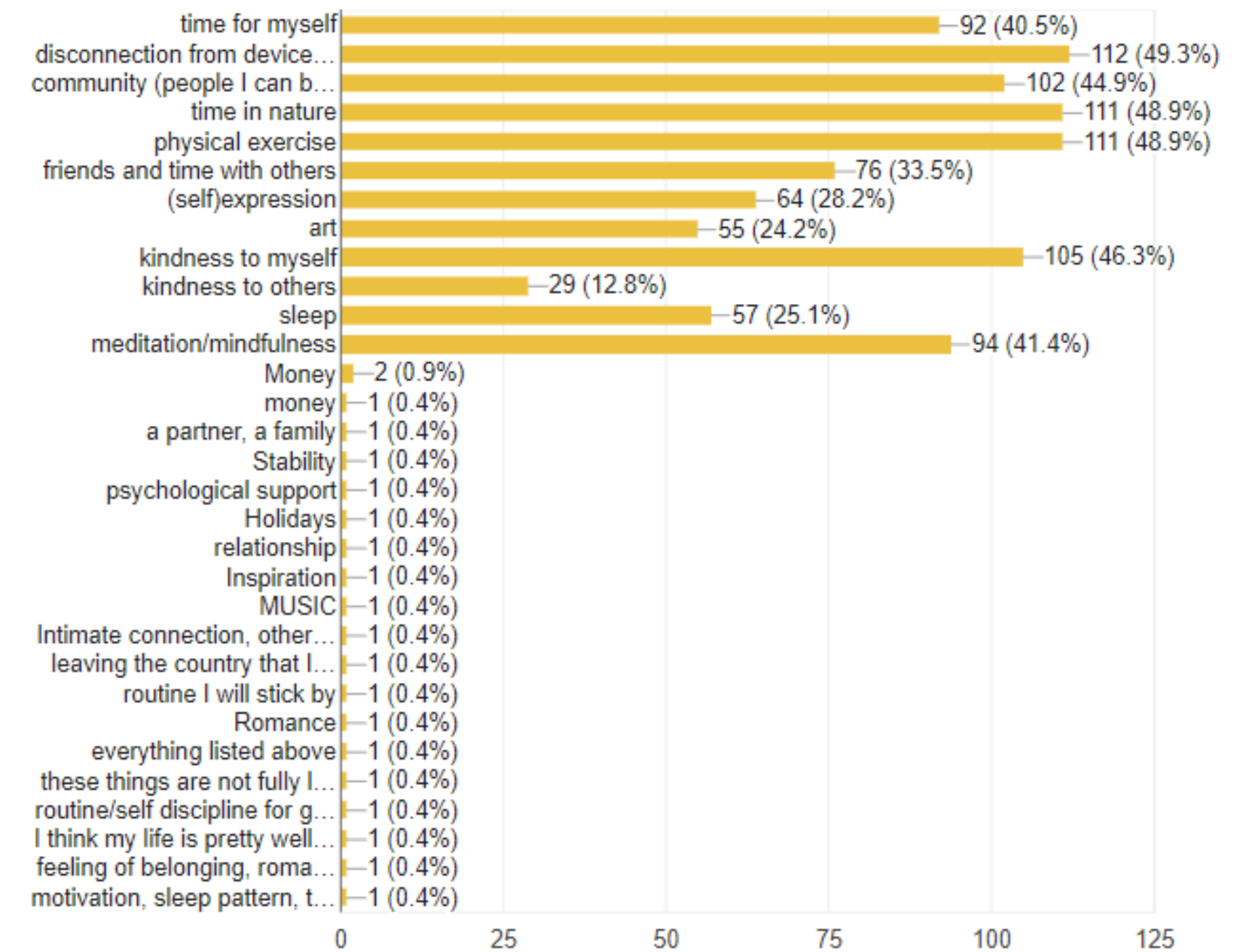
11.1.
Identification of the Struggle

The most cited struggle in life is **mental health**, mentioned by 17% of the people. Within this group of people, 53% specify struggles with **anxiety**. On top of that, a smaller percentage of people admit to **struggles with expressing emotions** and **overthinking**, which leads to wasting time and burning mental capacity.

Numerous answers are connected to **self-confidence** and **looking for one's life path**. These two are often mentioned together, totaling at 13% of the responses.

At the next place are issues connected to **relationships with other people**, especially with family and partners. They are mentioned by 12% of the respondents.

10% of the responses mentions **struggles to find a satisfying job**. 8% of the people claim they have issues with their **physical health**, while some added that the connection with their own body is the main source of struggles in their lives. 5% suffer from **insufficient financial stability** and another 5% mention **loneliness** and **a lacking feeling of belonging**.

11.2.
Strategies to Face the Struggle

The respondents shared various approaches to their struggles. The largest portion of the responses, 16%, mentions **a tendency to wait or avoid the situation**. 11% of the respondents use **work** as a method to avoid the situation.

8.5% of the respondents choose to **accept the pain**.

Some of the additions to this question shed more light on the topic of support systems that were discussed in Section 6.0. When facing their struggles, 10% of the respondents rely on **the support of their family and friends**. 13% prefer **the support of therapists and coaches**.

Among the other approaches, **meditation** is mentioned as a useful method to create a good mental state when dealing with stressful situtations. Some people tend to **divide a larger problem into smaller steps** that make the issue more manageable. Others mentioned the benefit of **changing their attitude** towards the problem.

Finally, 3% of the respondents expressed that **self-awareness** is essential when dealing with problems.

11.3.
Desired Support for Overcoming the Struggle

The people involved in the survey expressed the wish to be supported with different approaches or with some support system that they are not using at the moment.

The majority of people suggested **getting help from other people**, such as therapists and coaches.

Other people would desire to be **understood by family, parents and partners**, the **creation of a community** could also be a support system for the people who don't want to feel alone. The role of communication is necessary at this stage and a few people mentioned the desire to have an opportunity to talk to people who can be helpful; some people underlined that **physical contact** is also an answer to their needs.

Having **clear goals** is also considered relevant in dealing with pains and struggles.

12.0.
Apps to Support Well-being

Usage of Development Apps

16.3% of the respondents declared to **use a development app**. 32% of the youngest range of the participants of the survey (13-17 years old) use this kind of an app. In the middle range (18-24 years old) only 15% of the people affirm they use a personal development app. Then, only 14% of the people between 25-30 years old use it. The responses suggest that with increasing age, the respondents are less likely to have a habit of using an app for personal development.

Qualities of Development Apps

We asked what a development app could and should offer in daily life.

The majority of the participants of the survey expressed the wish to:

- **reduce stress and anxiety**,
- **increase optimism, gratitude and discipline in life**.

The app could be a tool **to understand personal emotions** and **to have a healthier lifestyle** through good practices and suggestions.

The app can become **a tool to monitor the goals** that are set in life, tracking their development during the period of time we use the app. The evaluation of the development could be done with the collection of personal data and statistics.

Important Functions of the App

suggested by the respondents

- Good and useful content;
- Ergonomic and user-friendly;
- Alarms;
- Reminders connected to the calendar;
- Personal goals to achieve, daily, weekly and monthly;
- Goals to achieve with friends as challenges (gamification of the tasks);
- Daily progress and checklist;
- Habit trackers;
- A private chat in the app to talk to other users;
- Invite people to use the app;
- Timer;
- Buddy system, connecting the users;
- Personal diary;
- Blocking other apps or the use of the phone;
- Collection of personal data;
- Storage where to find personal reports based on personal data.

The Most Relevant Content

suggested by the respondents

- Relaxing music to connect with the proposed activities;
- Guided Meditation, yoga and breathing exercises;
- Physical exercises;
- Storytelling / personal stories / podcast
- Games to manage stress and anxiety;
- Articles / papers / books / suggestions.

13.0.
Conclusions

After analyzing the answers collected through the survey, it is evident that the people evaluate the general well-being at a medium-high level. Despite the high reported level of well-being, the collected data suggests there is evidence that **the young people have difficulties asking for help and managing stressful situations**.

The most frequent way to deal with uncomfortable situations is to **avoid** them, followed by **leaning on the support of** people's close ones, such as **friends and relatives**. Strong bonds increase the perception of good support systems and the likelihood of them being ready to ask for help. In addition, in many points of the survey, the respondents showed the need to **receive advice from professionals** with psychological education or to follow the guidance of personal coaches and mentors.

Regarding their needs, the respondents recognize that they would benefit from having more **meaningful alone time**. In addition, the need for physical exercise and for spending time in nature were mentioned. It is clear that external pressures limit the possibilities of young people to feel comfortable with themselves.

Not many people use apps for personal development, but that doesn't mean they don't need them and they would not use this kind of a tool. **The main used apps are connected to physical exercises and meditation**, but the people confirm the will to use a useful tool that can support them fully, both at a physical and a mental level.

The final app should contain material to maintain mental and physical health, as well as tools to face unpleasant situations.

14.0.
Context

"Hope - A Survey on the Well-being of Youth" was undertaken as a part of KA2 project "Chakras", no. 2022-3-CZ01-KA210-YOU-000097244.

The project came to be as a reaction to the unpleasant developments on the level of physical and mental well-being of youth after the COVID-19 pandemic.

As youth workers, we experience everyday the transformative energy that nonformal education holds. With nonformal education tools, we create safe spaces in order for people to connect with each other and most importantly with themselves.

The final aim of the project is to increase the well-being of youth through the creation and promotion of a selfcare app based on international experiences and nonformal education. To achieve the goal, it is necessary to start with an analysis of the situation that the young people face, of the needs they have and of available tools to answer them.

The presented survey was created with the goal to collect anonymous information on which we are going to base the future well-being app. INspire z. s., Hopeland, Innovation Education Lab Romania, and YOUth Connect are creating a free app supporting well-being and development of healthy habits.

INVOLVED PARTNERS

Hopeland
Greece

YOUth Connect
Italy

Innovation Education Lab Romania
Romania

INspire
Czech Republic

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Erasmus+

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Chakras

A Survey on the Well-being of Youth

Ελπιδοχώρι Hopeland

innovation EDUCATION LAB

YOUTH CONNECT

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