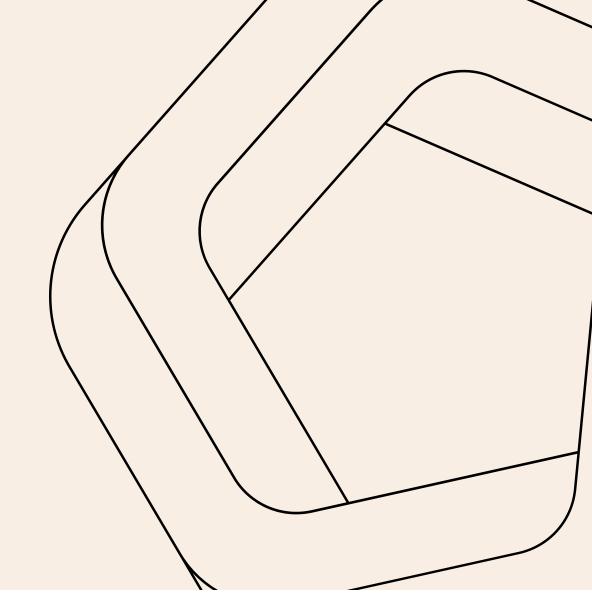
# Loneliness barometer 2025

Finnish Red Cross

Riikka Soivio and Jaakko Hyry, Verian

10 January 2025







# Research method and implementation of the study



#### Desired target group:

- The survey's target group included people aged 16 and over in Finland, with the exception of the Åland Islands.
- The material represents and has been weighted to correspond to the population within this age group.
- The survey sample was weighted based on age, gender and residential area to be representative of the target group.

#### **Data collection**

- The data size is 1,094 respondents, with 130 interviewees from the age group 16–24 years and 31 interviewees from the age group 80+ years.
- The study was implemented as an online survey through Verian's Internet panels, which are representative of the population.
- The confidence interval of the results is +- 3.1% for the total result (with a 50% result level).
- The survey's data collection was performed in December and January 2024.
- The respondents were separately asked to define their gender from the options: female, male, other, do not wish to say. The data included two persons who identified themselves as non-binary or did not define their gender. This number of respondents is not sufficient to reliably examine the results as a group, so the group in question will not be examined separately in this report.
- In previous comparison data (Taloustutkimus 2022, 2023, 2024) the interview method used was a phone interview, which is not a directly comparable data collection method to an Internet survey, in terms of results.



#### Survey form

- The respondents could answer the survey in Finnish, Swedish or English.
- The questions were compiled by the Finnish Red Cross.



#### Reporting

A PowerPoint report of the total results, with comments on key background information

# Structure of data

1

### Structure of data

Respondent structure		~	0.07	1077	4077	0.077	1000
TOTAL 2025, n=1094	0	%	20%	40%	60%	80%	1009
	GENDER						
	Female				51%		
	Male				49%		
	AGEGROUP						
	16-24 years	1	2%				
	25-34 years		15%				
	35-49 years			4%			
	50-64 years		219				
	65-84 years			26%			
	85+ years	2%					
	HOLD STRUCTURE						
-	erson household			31%			
	without children		1.59	28%			
Other adult household (only			15%				
Houser	old with children	07	2	25%			
	Prefer not to say	2%					
							0107
-	uages of Finland	007					91%
FC	preign languages	9%	1				
	AREA			2107			
	Helsinki-Uusimaa		010	31%			
	Southern Finland Western Finland		219				
Northara an	d Eastern Finland			25%			
Normern an	u custem rinidha		23	3%			

### 2

# Feelings of loneliness, isolation and social exclusion

### Feelings of loneliness, isolation and social exclusion 1/2

- More than half (59%) of the respondents said they <u>feel lonely</u> at least sometimes. Loneliness is felt on a daily basis by five per cent, on several days a week by six per cent, approximately once a week by eight per cent, a few times per month by 16 per cent and a few times per year by 24 per cent of the respondents.
- Of the respondents, 19 per cent feel lonely often (once a week or more often), while 35 per cent feel lonely at times (a few times per month or more often).
- **Respondents under 25 in particular experience loneliness more often than a few times per month.** The younger the respondent or the lower their income, the more often they experience loneliness. Students also feel loneliness more frequently, while pensioners experience loneliness less frequently than others. Loneliness is felt more often in single-person households and in households with children.
- Almost two in three (67%) feel isolated at least at times. Of the respondents, five per cent feel like this on a daily basis, ten per cent feel isolated on several days a week, and another 11 per cent feel isolated approximately once a week. Additionally, 18 per cent of the respondents feel isolated a few times per month and 23 per cent feel isolated a few times per year. The younger the respondent or the lower their income, the more often they experience a sense of isolation. Students also feel isolated more frequently, while pensioners experience the feeling of isolation less frequently than others. Isolation is felt more often in single-person households and in households with children.



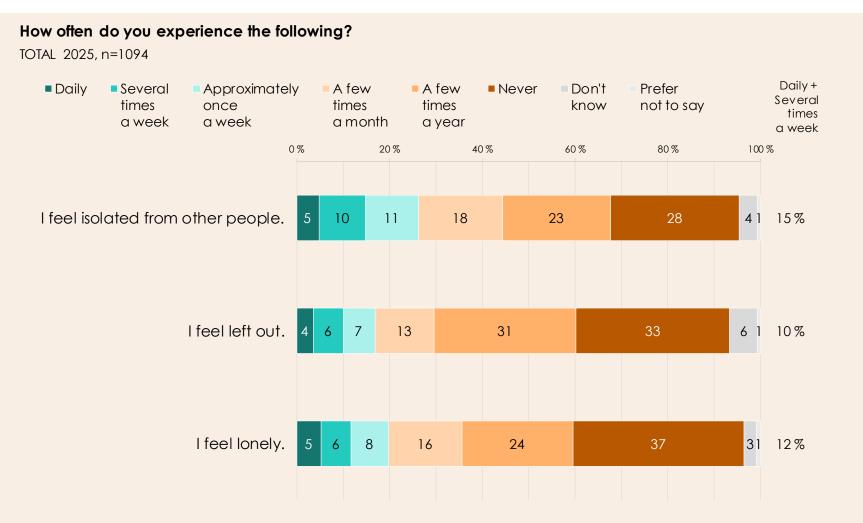
### Feelings of loneliness, isolation and social exclusion 2/2

- Of the respondents, 61 per cent of people living in Finland feel excluded by others at least at times. These feelings are felt on a daily basis by four per cent of the respondents, on several days a week by six per cent, approximately once a week by seven per cent and a few times per month by 13 per cent. Of the respondents, 31 per cent feel excluded a few times per year. Respondents between the ages 16 and 24 feel excluded most often. Foreign-language speakers also experience this slightly more often than respondents speaking Finnish, Swedish or a Sami language. The younger the respondent or the lower their income, the more often they experience the feeling of being excluded. Students also feel excluded more frequently, while pensioners experience this less frequently than others. Exclusion is felt more often in single-person households and in households with children than in other types of households.
- The percentage of respondents that feel isolated or excluded or experience loneliness has grown since last year. Changing the data collection method from a phone interview requiring social interaction to an Internet survey that can be filled in and submitted in peace and quiet explains part of this growth. However, it is likely that the feelings of loneliness, isolation and exclusion have also increased among the population.
- The feelings of loneliness, isolation and exclusion are more pronounced and linked together among people under the age of 25. This is also
  reflected in how students experience these same feelings simultaneously and more often than other vocational or professional groups. For
  pensioners, i.e. the older age groups, the situation is opposite from the students' situation. They experience all these feelings simultaneously
  significantly less often than other respondents. Furthermore, when moving from the youngest age groups to the oldest, experiencing these three
  feelings simultaneously decreases steadily as age increases.



### Feelings of loneliness, isolation and social exclusion

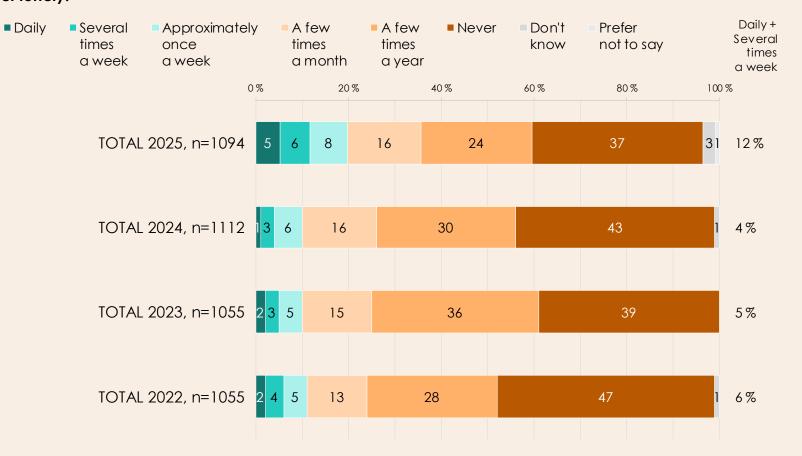
### All respondents



# Feeling lonely

#### All respondents, annual comparison

### How often do you experience the following? I feel lonely.

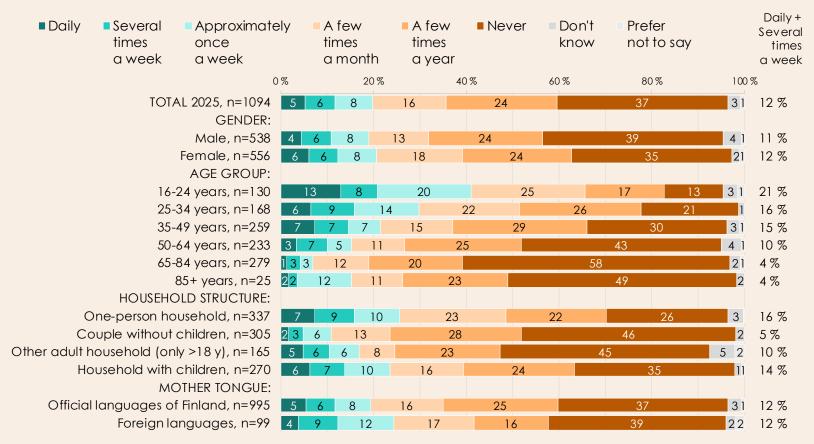


# Feeling lonely

### All respondents by background group

#### How often do you experience the following?

#### I feel lonely.

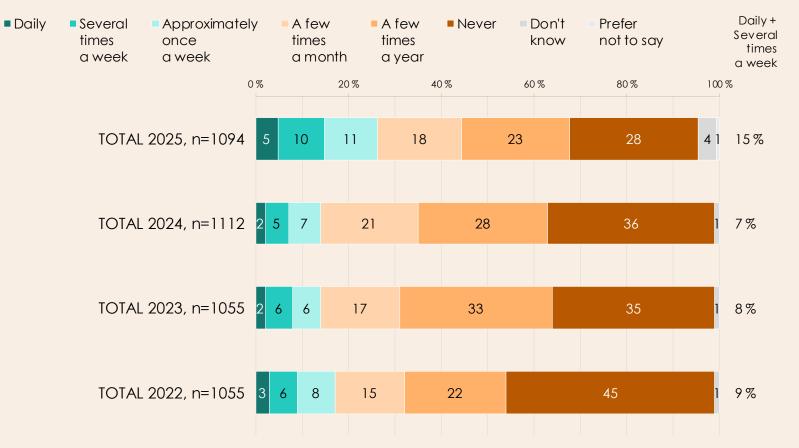


### Feeling isolated

### All respondents, annual comparison

#### How often do you experience the following?

#### I feel isolated from other people.





### Feeling isolated

### All respondents by background group

#### How often do you experience the following?

#### I feel isolated from other people.

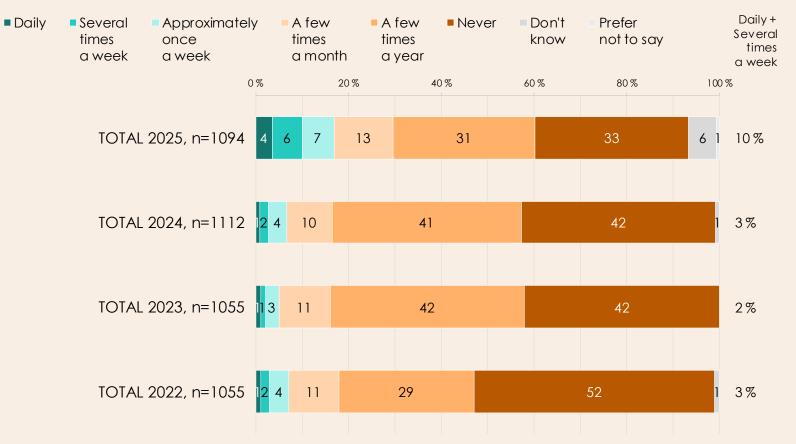
Daily Several Approxima times once a week a week	tely	ti	tew mes mont			few nes /ear	• 1	Neve	ər 🗖	Don't know	Pre not	fer to say	ý		Daily + Several times a week
	0%		2	0%		4(	0%		6	0 %	8	0 %		100	%
TOTAL 2025, n=1094	5	10	)	11		18			23			28		4 1	15 %
GENDER	:														
Male, n=538	4	11		12		17			24			26		5	15 %
Female, n=558		9	1	1		19			23			29		31	14 %
AGE GROUP															
16-24 years, n=130	1	0	16			20			24		15		13	3	26 %
25-34 years, n=168	1	16		1	6			31			19		13	3	17 %
35-49 years, n=259	7		13	1	1		20			27			18	2	20 %
50-64 years, n=233	4	8	12		16	5		2	25		3	0		51	11 %
65-84 years, n=279	3	4 5	8		24	4				49	)			6 1	7 %
85+ years, n=25	2	7	14			32	2				35		1	0	2 %
HOUSEHOLD STRUCTURE															
One-person household, n=337	7		11	1	4		18			22		22		51	19 %
Couple without children, n=305	2	9	11		14			23			38			4	11 %
Other adult household (only >18 y), n=165	4	7	9		16			23			33			6 1	11 %
Household with children, n=270	5	1	1	10		25	5			26		21		3	16 %
MOTHER TONGUE	:														
Official languages of Finland, n=995	5	10	1	11		18			24			28		41	14 %
Foreign languages, n=99	5		14	1	3		22			15		23		8 1	19 %

### Feeling excluded

### All respondents, annual comparison

#### How often do you experience the following?

#### I feel left out.

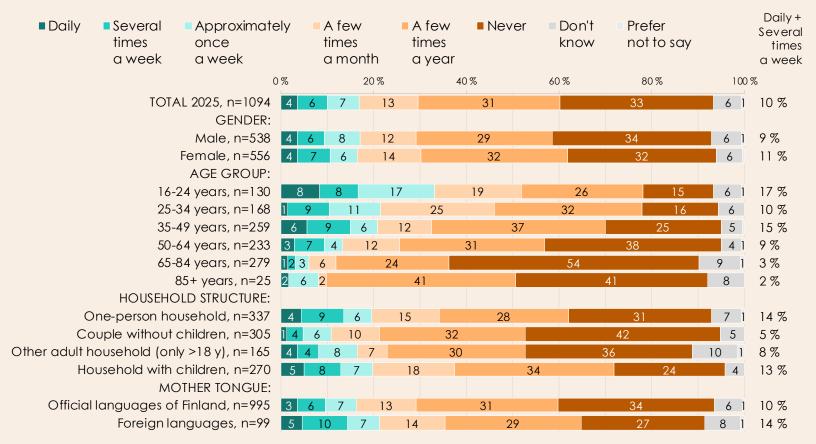


### Feeling excluded

### All respondents by background group

#### How often do you experience the following?

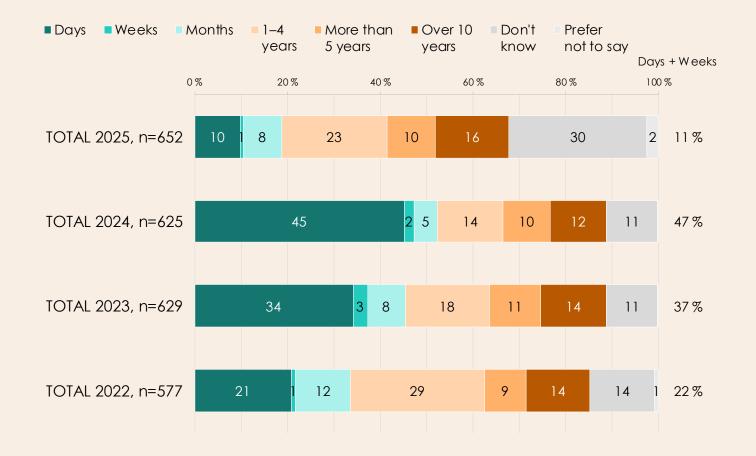
#### I feel left out.



- The respondents who felt lonely at least at times were asked to estimate how long their loneliness has been ongoing for.
- Ten per cent estimated that their loneliness had lasted some days. The feelings of loneliness had been ongoing for weeks or months for nine per cent of the respondents, for 1–4 years for 23 per cent, for more than five years for 10 per cent and for more than 10 years for 16 per cent of the respondents.
- Overall, the feelings of loneliness had been experienced for a long time. The proportion of respondents whose loneliness had been ongoing more than five years is 26 per cent of all the respondents who had experienced loneliness.
- However, it is not easy to assess the duration of the loneliness experienced, as up to 30 per cent of the respondents were unable to estimate the duration of their loneliness.
- Short-term loneliness is more pronounced among men, people under the age of 25, students and foreign-language speakers. Loneliness lasting
  more than a year is more common among women, in single-person households, and to some extent in the 25–49 age group and especially
  among people over the age of 85.

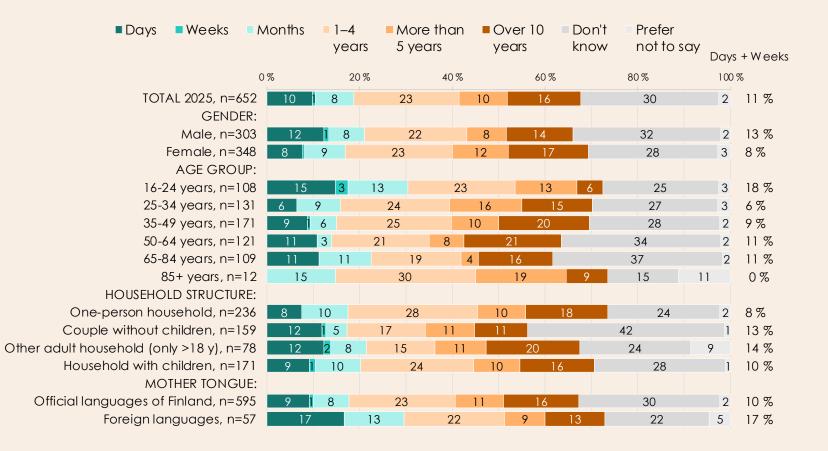
Respondents who have experienced loneliness at times, annual comparison

#### For how long have you felt lonely?



Respondents who have experienced loneliness at times, by background group

#### For how long have you felt lonely?



### 4

# Experiences of finding company and people who understand you

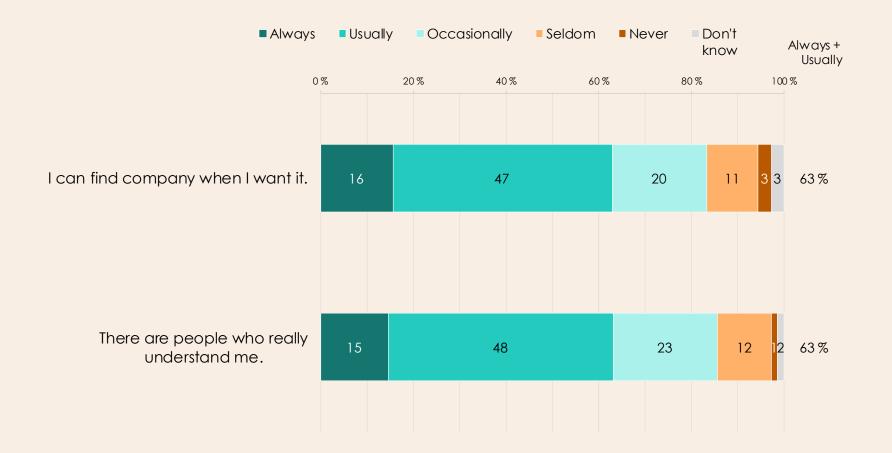
# Experiences of finding company and people who understand you

- The majority of Finns, more specifically 63 per cent, feel that they are at least <u>usually able to find company when they want it</u>. Similarly, 63 per cent of people feel that they <u>have people in their life who truly understand them</u>.
- In 2024, 82 per cent of respondents felt that they could always find company when they wanted it, whereas now this number is 63 per cent. This is a fairly large difference, which may be partly due to the changes in the data collection method.
- People between the ages 16 and 24, people aged 65 or older, people in households with an annual income of more than EUR 50,000, and child-free couples feel that they can find company more often than average.
- One in five feel like they can get company sometimes, while further 14 per cent feel that they can get company rarely or never. The proportion of people finding company at most occasionally is higher among 25–49-year-old people, foreign-language speakers, single-person households and households with children.
- The proportion of people who <u>always or usually feel that there are people who truly understand them</u> is 63 per cent. (In 2024, this number was 82 per cent). Around 23 per cent feel like this occasionally and 12 per cent rarely.
- The experience of always or usually having the company of people who understand you is more pronounced in the age groups of people over the age of 65, especially people over the age of 85, and among child-free couples.
- The experience of not always finding people who understand you is more common among the speakers of languages other than Finnish, Swedish or a Sami language, 16–24-year-olds, 35–49-year-olds and single-person households.

### Experiences of finding company and people who understand you

### All respondents

#### Approximately how often do you feel as follows? TOTAL 2025, n=1094



# Experiences of finding company

All respondents, annual comparison

Approximately how often do you feel as follows?

I can find company when I want it.

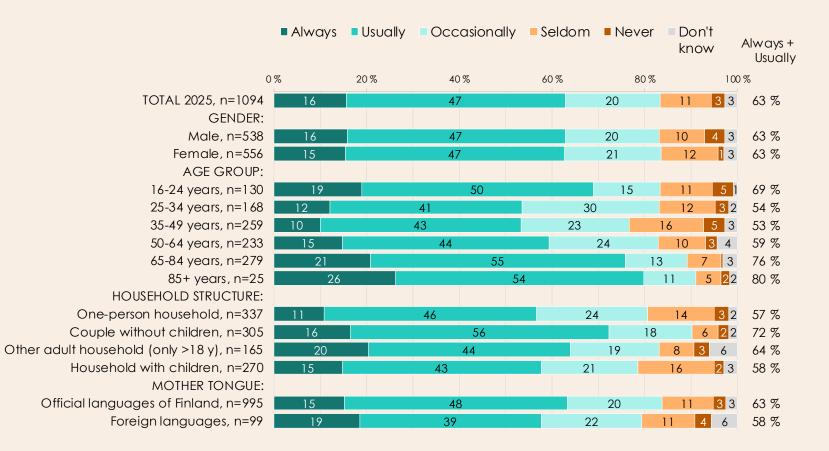


# Experiences of finding company

All respondents by background group

Approximately how often do you feel as follows?

I can find company when I want it.



# Experience of finding people who understand you

All respondents, annual comparison

Approximately how often do you feel as follows?

There are people who really understand me.

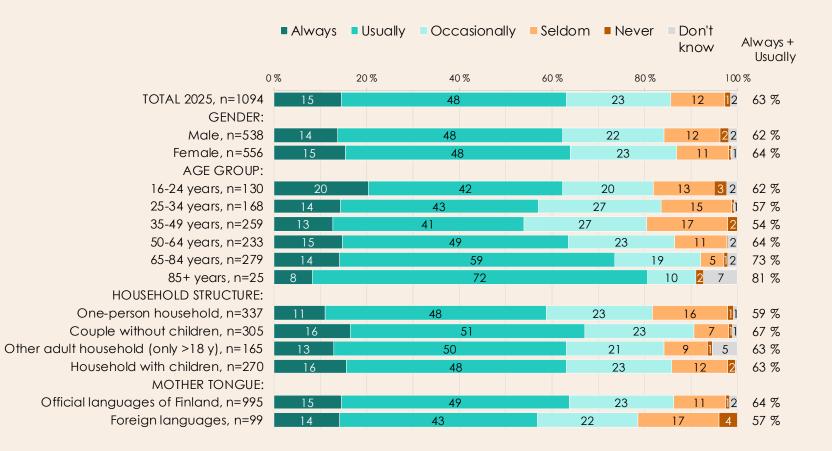


# Experience of finding people who understand you

All respondents by background group

#### Approximately how often do you feel as follows?

There are people who really understand me.

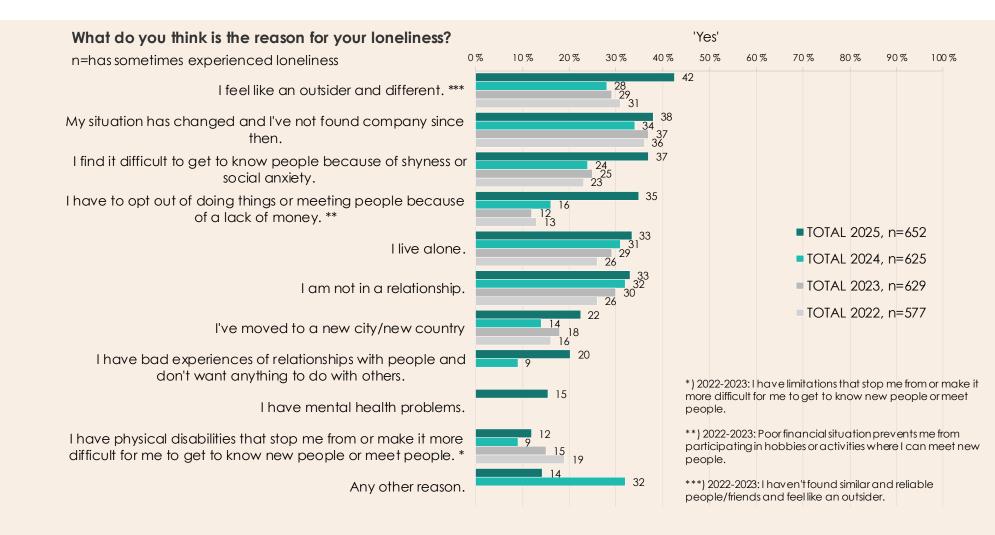


- The respondents who feel lonely at least at times were asked to assess the reasons for their loneliness. The options were shown to the respondents in a random order.
- Of the different factors, the biggest factor in loneliness is people feeling like outsiders and different from others (42%). The next most common causes are changes to life situation, after which the person has not been able to find company (38%), difficulties with getting to know people due to shyness or social anxiety (37%), skipping events or meetings due to a poor financial situation (35%) and lack of a romantic relationship and living alone (33%).
- Physical limitations that prevent the person from getting to know people or meeting them or that make these harder is the least common cause assessed as causing loneliness, affecting 12% of respondents.
- The next most uncommon reasons for loneliness of the presented options were mental health problems (15%) and poor experiences from relationships that reduce the desire to interact with other people (20%).

Respondents who have experienced loneliness at times

What do you think is the reason for your loneliness?	?							
TOTAL 2025, n=652	Yes			Don't know			No	
n=has sometimes experienced loneliness	% 20	%	40	)%	6	0 %	80 %	100 %
I feel like an outsider and different.			42	2 7	50			
My situation has changed and I've not found company since then.			38	17	45			
I find it difficult to get to know people because of shyness or social anxiety.			37	7 56				
I have to opt out of doing things or meeting people because of a lack of money.			35 4	61				
I am not in a relationship.		33	3 3 <mark>64</mark>					
l live alone.		3	3 <mark>1 65</mark>					
I've moved to a new city/new country	22	3 75						
I have bad experiences of relationships with people and don't want anything to do with others.	20	12	68					
I have mental health problems.	15 1	1 74						
I have physical disabilities that stop me from or make it more difficult for me to get to know new people or meet	12 4 84							
Any other reason.	14	26		60				

Respondents who have experienced loneliness at times, annual comparison



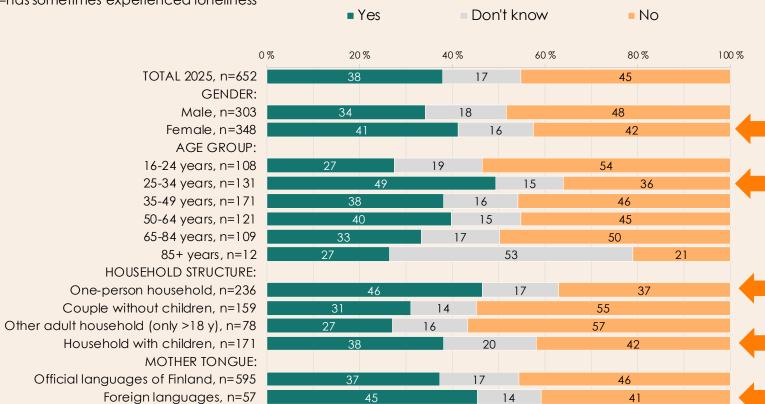
Punainen Risti

### Assessed causes of loneliness (1/11)

Respondents who have experienced loneliness at times, by background group

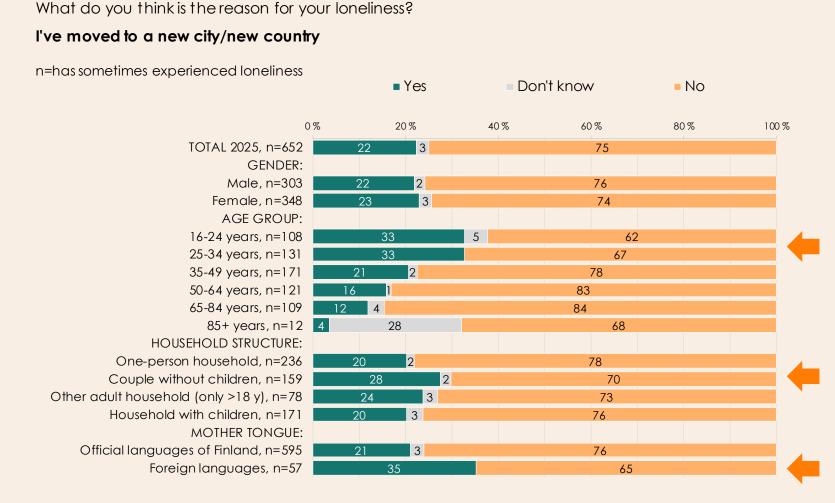
What do you think is the reason for your loneliness?

#### My situation has changed and I've not found company since then.



### Assessed causes of loneliness (2/11)

Respondents who have experienced loneliness at times, by background group



### Assessed causes of loneliness (3/11)

Respondents who have experienced loneliness at times, by background group

#### What do you think is the reason for your loneliness? I have physical disabilities that stop me from or make it more difficult for me to get to know new people or meet people.

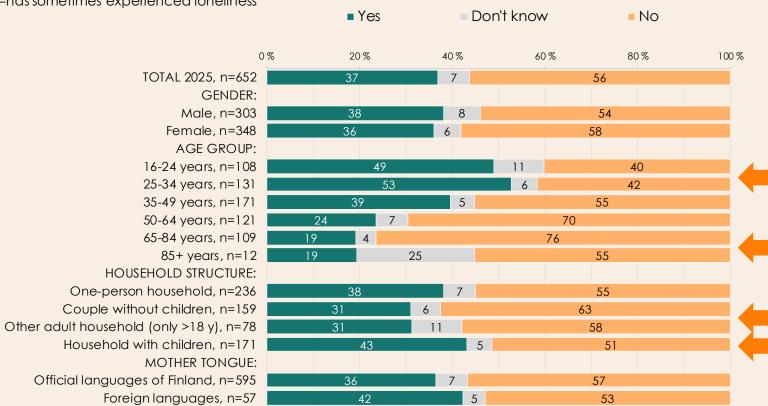
Yes Don't know No No 0% 20 % 40 % 60 % 80 % 100 % TOTAL 2025, n=652 12 4 84 GENDER: Male, n=303 14 4 82 Female, n=348 10 4 86 AGE GROUP: 16-24 years, n=108 6 78 25-34 years, n=131 8 4 88 35-49 years, n=171 89 9 2 50-64 years, n=121 85 12 3 65-84 years, n=109 15 3 83 85+ years, n=12 33 39 HOUSEHOLD STRUCTURE: One-person household, n=236 5 14 81 90 Couple without children, n=159 Other adult household (only >18 y), n=78 8 76 Household with children, n=171 8 2 90 MOTHER TONGUE: Official languages of Finland, n=595 13 4 84 Foreign languages, n=57 5 6 89

### Assessed causes of loneliness (4/11)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

#### I find it difficult to get to know people because of shyness or social anxiety.

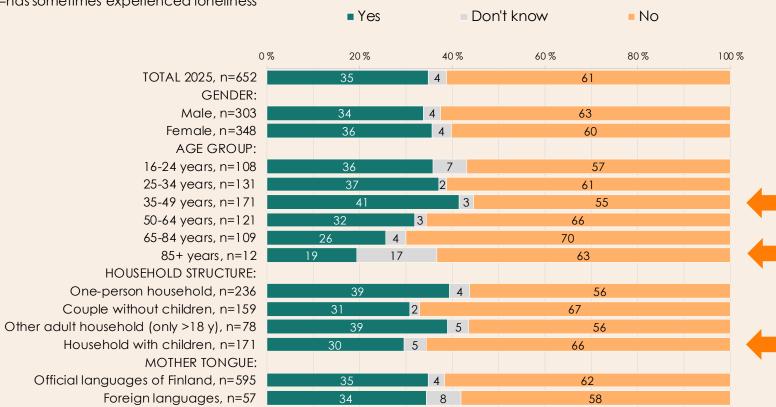


### Assessed causes of loneliness (5/11)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

#### I have to opt out of doing things or meeting people because of a lack of money.



### Assessed causes of loneliness (6/11)

What do you think is the reason for your loneliness?

Respondents who have experienced loneliness at times, by background group

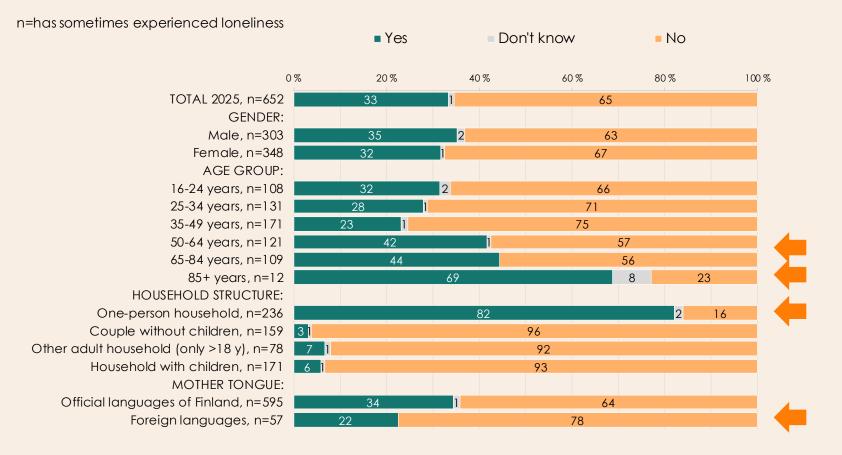
#### I feel like an outsider and different. n=has sometimes experienced loneliness Yes Don't know No No 0% 20 % 40 % 60 % 80 % 100 % TOTAL 2025, n=652 7 50 GENDER: Male, n=303 53 8 Female, n=348 7 48 AGE GROUP: 16-24 years, n=108 56 9 35 25-34 years, n=131 4 43 35-49 years, n=171 5 45 50-64 years, n=121 58 34 8 65-84 years, n=109 72 11 85+ years, n=12 22 60 18 HOUSEHOLD STRUCTURE: One-person household, n=236 9 54 Couple without children, n=159 6 55 Other adult household (only >18 y), n=7849 9 Household with children, n=171 54 5 41 MOTHER TONGUE: Official languages of Finland, n=595 52 7 Foreign languages, n=57 10 34

### Assessed causes of loneliness (7/11)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

#### I live alone.

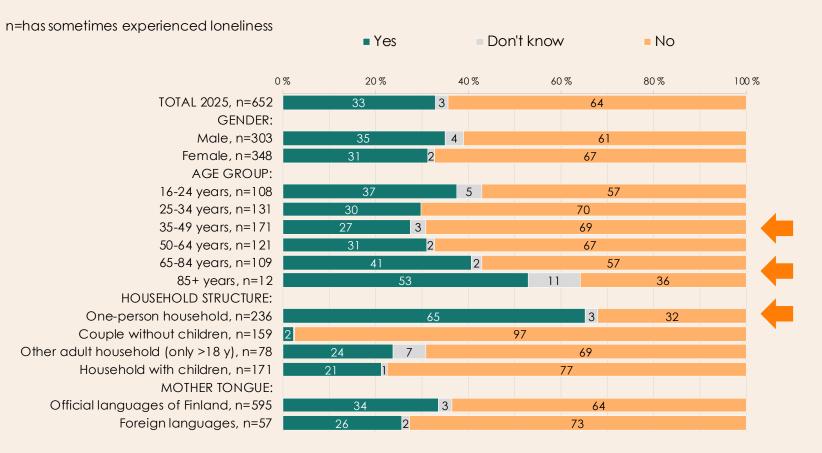


### Assessed causes of loneliness (8/11)

Respondents who have experienced loneliness at times, by background group

### What do you think is the reason for your loneliness?

I am not in a relationship.



### Assessed causes of loneliness (9/11)

Respondents who have experienced loneliness at times, by background group

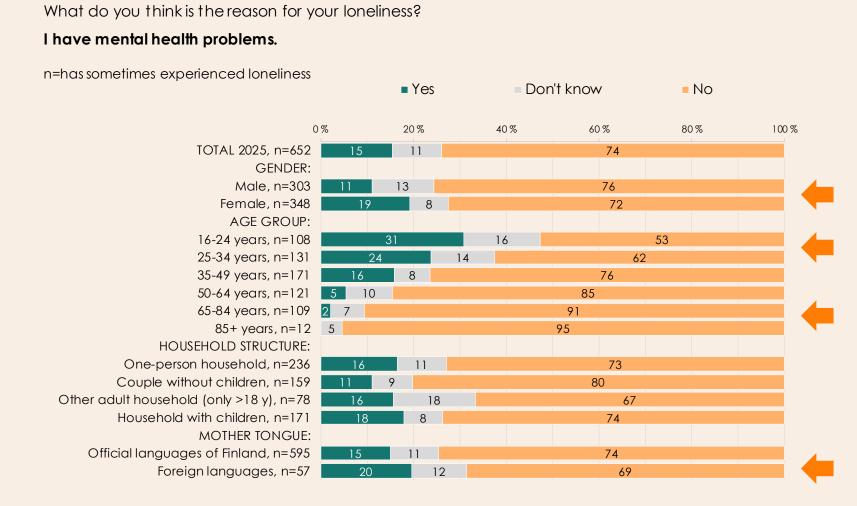
### What do you think is the reason for your loneliness? I have bad experiences of relationships with people and don't want anything to do with others.

Yes Don't know No No 0% 20% 40 % 60 % 80 % 100 % TOTAL 2025, n=652 12 68 GENDER: Male, n=303 17 13 70 Female, n=348 11 65 AGE GROUP: 16-24 years, n=108 15 57 28 25-34 years, n=131 13 66 35-49 years, n=171 9 67 50-64 years, n=121 10 68 65-84 years, n=109 7 13 80 85+ years, n=12 25 75 HOUSEHOLD STRUCTURE: One-person household, n=236 15 66 Couple without children, n=159 12 70 Other adult household (only >18 y), n=7813 70 Household with children, n=171 7 68 MOTHER TONGUE: Official languages of Finland, n=595 69 11 Foreign languages, n=57 20 26 54

n=has sometimes experienced loneliness

### Assessed causes of loneliness (10/11)

Respondents who have experienced loneliness at times, by background group

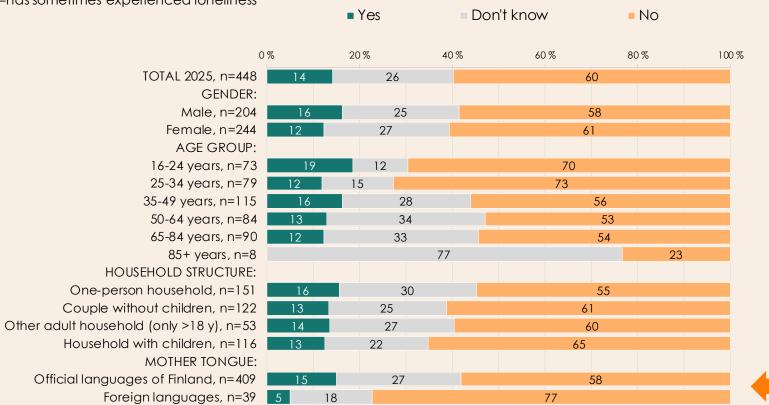


### Assessed causes of loneliness (11/11)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

Any other reason, please specify.



n=has sometimes experienced loneliness

## Has loneliness caused mental health problems

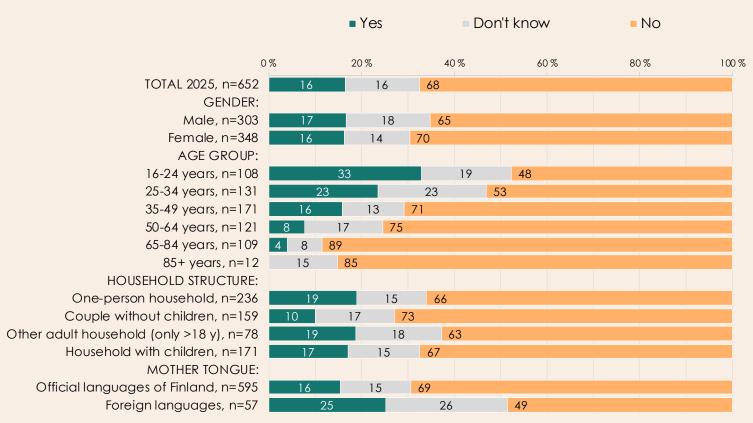
### Has loneliness caused mental health problems

- The respondents that stated that they have experienced loneliness at least at times were asked, as a new question, whether loneliness had caused them mental health problems.
- Of the respondents, 16 per cent assessed that this had occurred.
- In particular, loneliness has led to mental health problems among 16–24-year-olds and 25–34-year-olds. The younger the respondent or the lower their income, the more often loneliness led to mental health problems.
- Loneliness has also caused issues with mental health for students and foreign-language speakers more often than for other groups.

### Has loneliness caused mental health problems

Respondents who have experienced loneliness at times, by background group

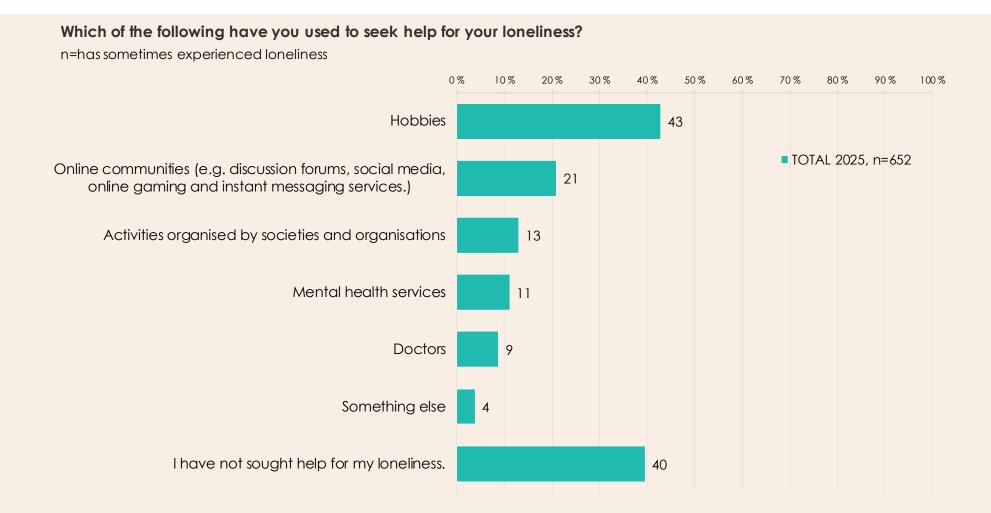
Has loneliness caused you mental health problems?



n=has sometimes experienced loneliness

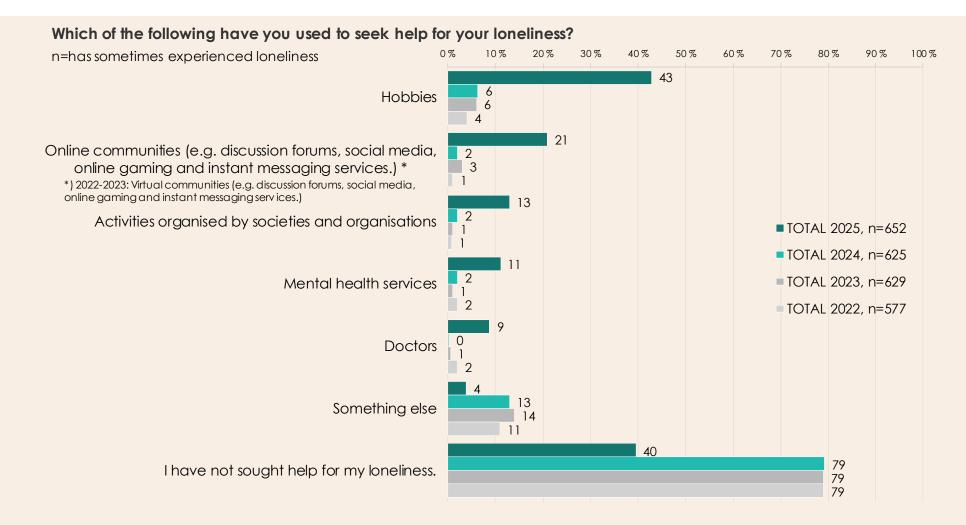
- Of the respondents who at least at times feel lonely, more than half (60 per cent) have sought help for their loneliness.
- The most common place where respondents have sought for help is via hobbies (43 per cent). The next most common places for seeking help were online communities (21%), activities of various organisations (13%), mental health services (11%) or the doctor (9%).
- Of the respondents, four per cent have sought help elsewhere. Friends and colleagues are mentioned most often in the open answers.
- People between the ages of 16 and 34 seek help for loneliness from mental health services and a doctor more often than the older age groups.
- People aged between 65 and 84 seek help for their loneliness from organisational activities more often than the other age groups do. Respondents between the ages of 50 and 64 have sought help for loneliness less often than other age groups.
- The people experiencing loneliness who have not sought help for their loneliness were asked why they had not sought help.
- The most common reason was that they do not want help, which was stated by more than half (53 per cent) of the respondents.
- Furthermore, 23 per cent responded that they just cannot get it done, 18 per cent do not believe that they can get help and therefore they do not bother to ask for help, nine per cent feel ashamed of their loneliness, eight per cent do not know where to get help, and four per cent have had bad experiences of seeking help. A total of 17 per cent of the responses fell into the category "other reason". The most common answer in the open responses is that the person does not need help for loneliness.
- More often than others, the age group of 25–34-year-olds have not sought help for their loneliness because they are ashamed of their loneliness or do not know where to find help.
- Women have not sought help for loneliness due to previous bad experiences more often than men. Bad experiences with seeking help have also prevented 16–24-year-olds from seeking help more often than other age groups.

### Respondents who have experienced loneliness at times





Respondents who have experienced loneliness at times



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Respondents who have experienced loneliness at times, by background group

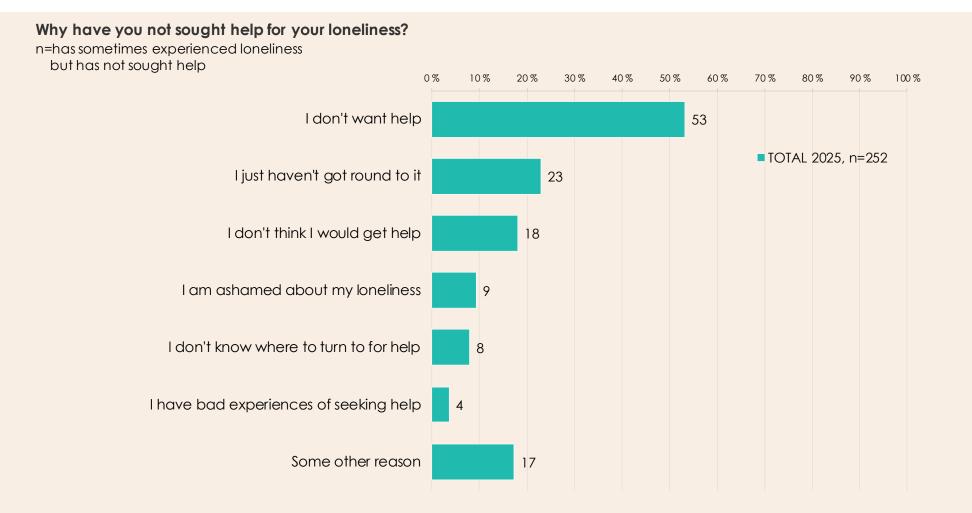
Statistically significant difference to other data (95% confidence level)



Which of the following have you used to seek help for your loneliness? %	TOTAL 2025, n=652	Male, n=303	Female, n=348	16-24 years, n=108	25-34 years, n=131	35-49 years, n=171	50-64 years, n=121	65-84 years, n=109	85+ years, n=12	One- person house- hold, n=236	Couple without children, n=159	Other adult house- hold (only >18 y), n=78	House- hold with children, n=171	Official lan- guages of Finland, n=595	Foreign Ian- guages, n=57
Hobbies	43	44	42	50	41	43	32	48	56	42	45	43	43	42	52
Online communities (e.g. discussion forums, social media, online gaming and instant messaging services.)	21	22	20	19	26	26	16	17	0	24	21	12	22	21	25
Activities organised by societies and organisations	13	11	15	14	8	10	9	28	8	16	14	4	12	14	4
Mental health services	11	10	12	18	20	12	3	2	0	11	8	5	15	11	10
Doctors	9	8	9	12	18	8	2	4	0	9	7	10	10	9	8
Something else	4	3	5	3	3	6	3	4	0	4	4	6	3	4	0
I have not sought help for my loneliness.	40	39	40	29	39	34	57	40	36	40	39	38	39	40	34

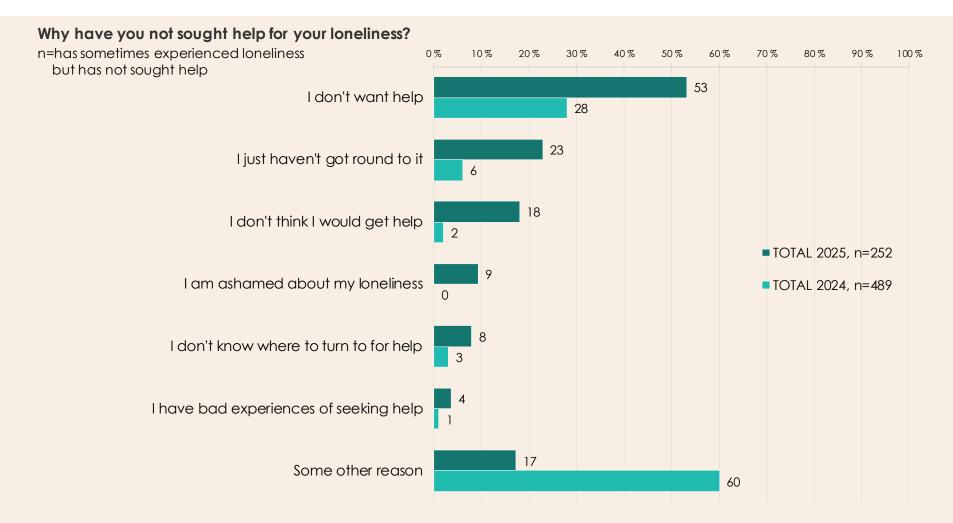
## Why have they not sought help for their loneliness

Respondents who have felt loneliness but have not sought help



### Why have they not sought help for their loneliness

Respondents who have felt loneliness but have not sought help, annual comparison



### Why have they not sought help for their loneliness

Respondents who have felt loneliness but have not sought help, by background group

Why have you not sought help for your loneliness? %	TOTAL 2025, n=252	Male, n=116	Female, n=137	16-24 years, n=30	25-34 years, n=50	35-49 years, n=58	50-64 years, n=68	65-84 years, n=42	85+ years, n=4	One- person house- hold, n=92	Couple without children, n=62	Other adult house- hold (only >18 y), n=29	House- hold with children, n=65	Official lan- guages of Finland, n=234	Foreign lan- guages, n=18
I don't want help	53	55	52	58	60	44	55	49	77	50	63	48	52	53	57
I just haven't got round to it	23	24	22	35	33	20	14	22	23	27	15	23	25	23	20
I don't think I would get help	18	20	16	28	21	17	15	15	10	21	12	19	20	17	25
I am ashamed about my loneliness	9	8	10	13	21	10	4	0	0	11	5	7	11	9	17
I don't know where to turn to for help	8	9	7	14	18	11	0	0	13	12	5	0	9	8	9
I have bad experiences of seeking help	4	0	7	12	2	2	2	2	13	4	3	6	3	3	5
Some other reason	17	17	17	10	12	24	20	17	0	14	16	27	17	18	11

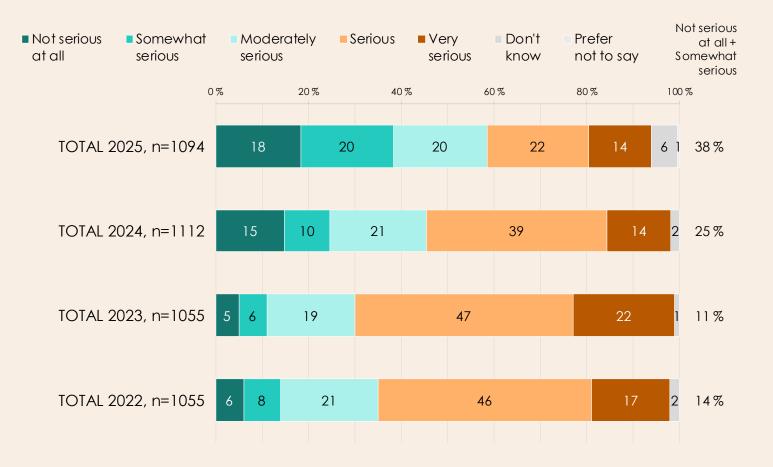
Statistically significant difference to other data (95% confidence level)

- +

- A total of 36 per cent consider loneliness a serious or a very serious problem. One in five consider it a moderate problem. The proportion of people who do not consider loneliness a problem or only consider it a minor problem is 38% of the respondents.
- The severity of loneliness as a problem was estimated the highest among people in the age group 16–24. On the other hand, none of the respondent groups reviewed downplayed the seriousness of the problem, as all the estimates were at a similar level.

### All respondents, annual comparison

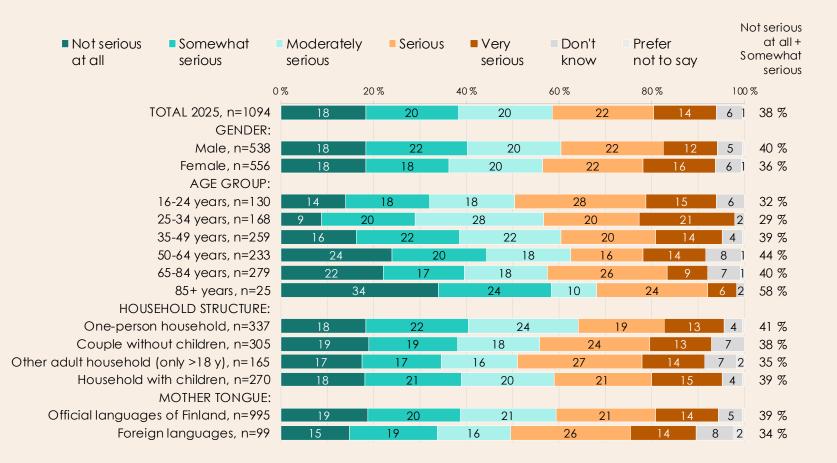
#### How serious a problem do you consider loneliness to be?



Verian | Loneliness barometer 2025 - Finnish Red Cross (C451003772)

All respondents by background group

### How serious a problem do you consider loneliness to be?



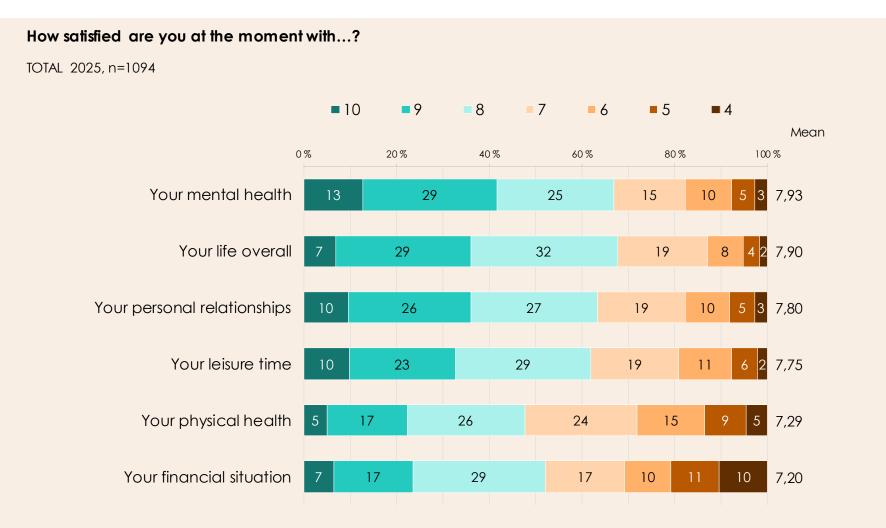
# **9** Satisfaction with the different areas of one's own life

### Satisfaction with the different areas of one's own life

- As a new question, the respondents were asked to assess their satisfaction with the different areas of their life. They were asked to assess these different areas on a scale from four to ten.
- Respondents were most satisfied with their mental health and their life overall. Relationships and leisure time were the next most satisfactory areas.
- Respondents were least satisfied with their physical health and financial situation, where a total of 21 per cent of respondents gave a grade of 4 or 5.
- People over the age of 65 and child-free couples were most satisfied with their financial situation, their leisure time, relationships, mental health and their lives overall.
- Finnish, Swedish and Sami language speakers were slightly more satisfied with each area of their life than foreign-language speakers
- The satisfaction of people experiencing loneliness with their financial situation, leisure time, relationships, physical and mental health and their lives overall was lower than the satisfaction of people who were not experiencing loneliness.

## Satisfaction with the different areas of one's own life

### All respondents

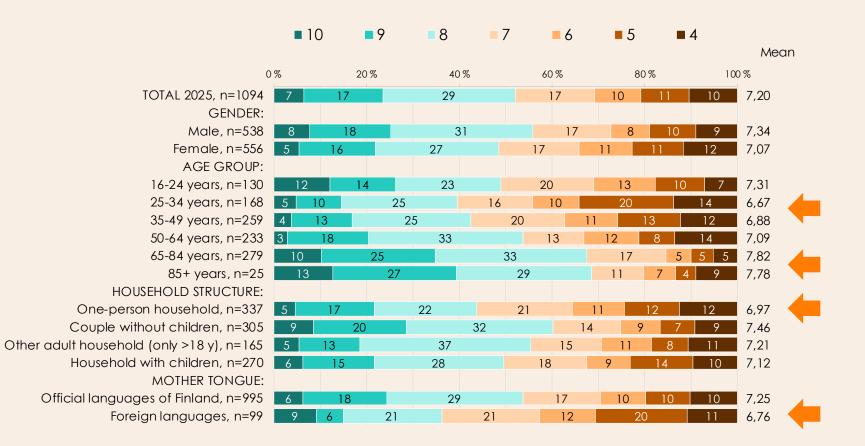


## Satisfaction with the different areas of one's own life (1/6)

All respondents by background group

How satisfied are you at the moment with...?

Your financial situation

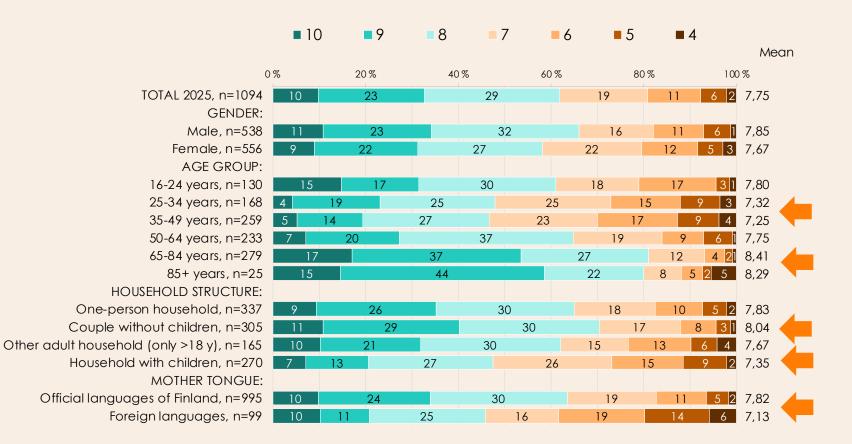


## Satisfaction with the different areas of one's own life (2/6)

All respondents by background group

How satisfied are you at the moment with...?

### Your leisure time

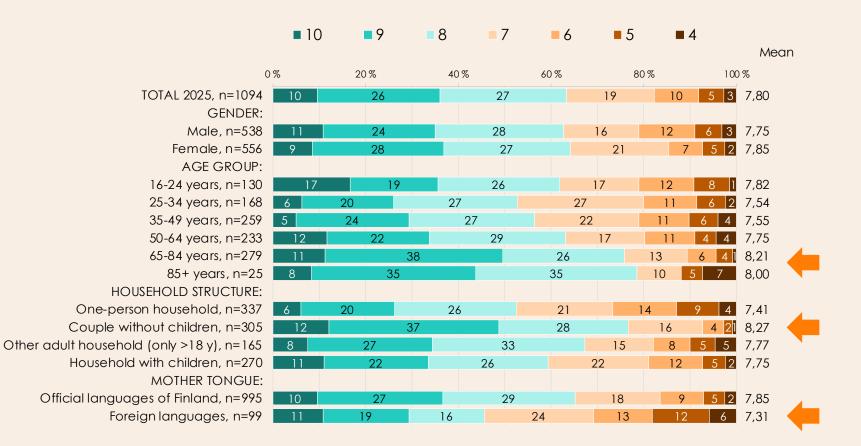


## Satisfaction with the different areas of one's own life (3/6)

All respondents by background group

How satisfied are you at the moment with...?

Your personal relationships

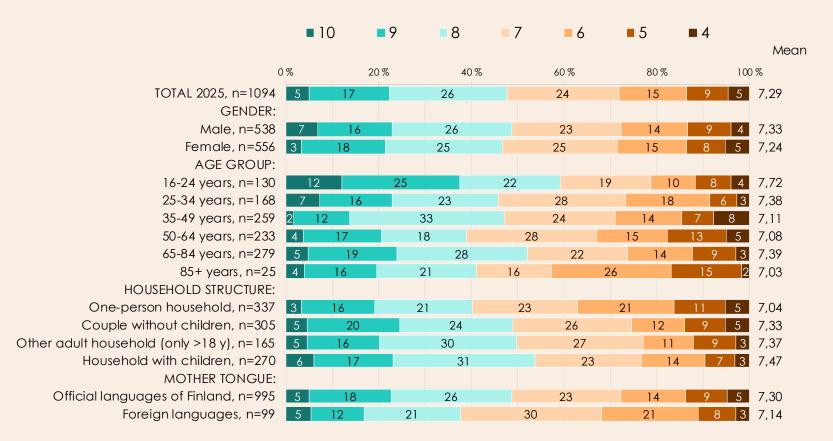


## Satisfaction with the different areas of one's own life (4/6)

All respondents by background group

How satisfied are you at the moment with...?

### Your physical health

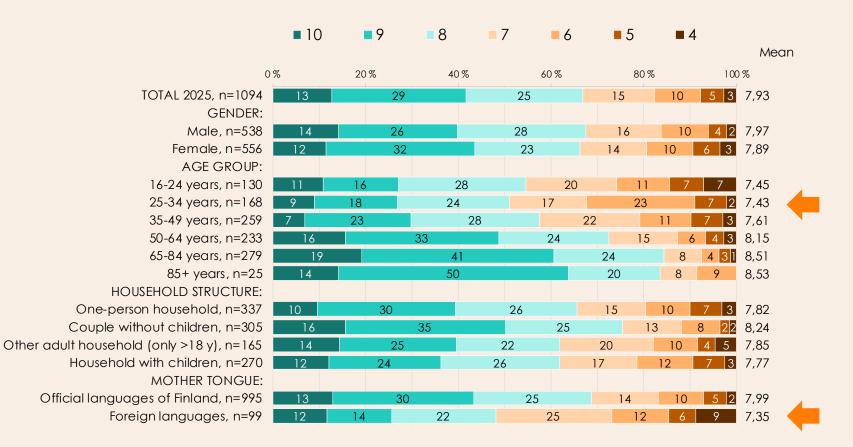


## Satisfaction with the different areas of one's own life (5/6)

All respondents by background group

How satisfied are you at the moment with...?

### Your mental health

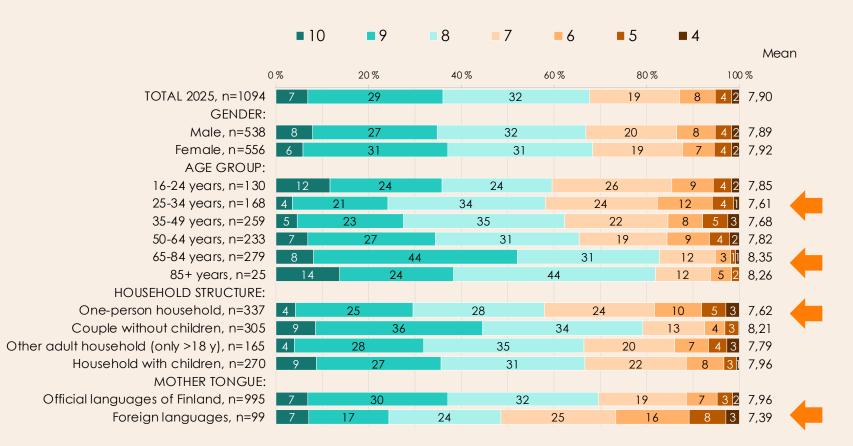


## Satisfaction with the different areas of one's own life (6/6)

All respondents by background group

How satisfied are you at the moment with...?

### Your life overall



## Feeling hopeful about the future

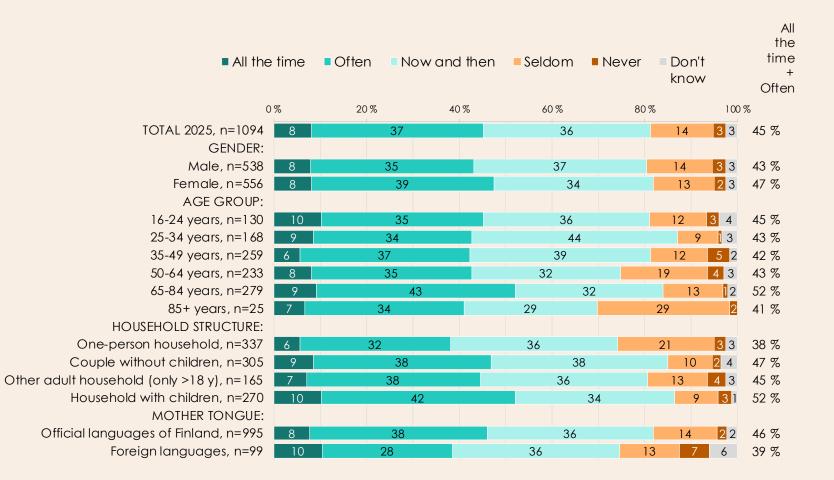
### Feeling hopeful about the future

- As a new question, the respondents were asked whether they were hopeful about the future.
- People between the ages of 65 and 84 and people with children in their household felt the most hopeful about the future (hopeful at least occasionally).
- Being hopeful about future was least common among people over the age of 85, people living in single-person households and native speakers of foreign languages.
- People experiencing loneliness were hopeful about the future less often than those not experiencing loneliness.

## Feeling hopeful about the future

### All respondents by background group

### How often do you feel hopeful when you think of the future?



## Further information

### Confidence interval table

Confidence level 95%

% of the result		NUMBER OF RESPONDENTS																
	20	40	60	80	100	140	180	220	260	300	400	500	600	800	1000	2000	3000	5000
5 or 95	±13,2	±8,5	±6,5	±5,5	±4,8	±3,9	±3,4	±3,1	±2,8	±2,6	±2,2	±2,0	±1,8	±1,5	±1,4	±1,0	±0,8	±0,6
10 or 90	±14,9	±10,1	±8,1	±6,9	±6,1	±5,1	±4,5	±4,1	±3,7	±3,5	±3,0	±2,7	±2,4	±2,1	±1,9	±1,3	±1,1	±0,8
15 or 85	±16,3	±11,4	±9,2	±8,0	±7,1	±6,0	±5,3	±4,8	±4,4	±4,1	±3,5	±3,1	±2,9	±2,5	±2,2	±1,6	±1,3	±1,0
20 or 80	±17,3	±12,4	±10,1	±8,8	±7,9	±6,6	±5,9	±5,3	±4,9	±4,5	±3,9	±3,5	±3,2	±2,8	±2,5	±1,8	±1,4	±1,1
25 or 75	±18,2	±13,2	±10,8	±9,4	±8,4	±7,1	±6,3	±5,7	±5,3	±4,9	±4,2	±3,8	±3,5	±3,0	±2,7	±1,9	±1,6	±1,2
30 or 70	±18,9	±13,8	±11,4	±9,9	±8,9	±7,5	±6,7	±6,0	±5,5	±5,2	±4,5	±4,0	±3,7	±3,2	±2,8	±2,0	±1,6	±1,3
35 or 65	±19,4	±14,2	±11,8	±10,3	±9,2	±7,8	±6,9	±6,3	±5,8	±5,4	±4,7	±4,2	±3,8	±3,3	±3,0	±2,1	±1,7	±1,3
40 or 60	±19,8	±14,6	±12,1	±10,5	±9,4	±8,0	±7,1	±6,4	±5,9	±5,5	±4,8	±4,3	±3,9	±3,4	±3,0	±2,2	±1,8	±1,4
45 or 55	±20,0	±14,7	±12,2	±10,7	±9,6	±8,1	±7,2	±6,5	±6,0	±5,6	±4,9	±4,3	±4,0	±3,4	±3,1	±2,2	±1,8	±1,4
50	±20,1	±14,8	±12,3	±10,7	±9,6	±8,2	±7,2	±6,6	±6,0	±5,6	±4,9	±4,4	±4,0	±3,5	±3,1	±2,2	±1,8	±1,4

Example of how to interpret the table:

A total of 1,019 people answered the research question. Of these, 33 per cent agreed with it. Search the table for the number of respondents that is closest to the number of respondents to the research question, and the percentage that is closest to the percentage of the research question's examined answer category. In the table, the number of respondents closest to the total number (1,019) is 1,000, and the number closest to the percentage of 33 is the percentage 35. The confidence interval is at the intersection of the number of respondents (1,000) and the percentage (35).

This means that the percentage of people agreeing with the statement is in the range of  $33 \pm 3.0$ , i.e. 30-36 with a likelihood of 95 per cent.



## Thank you!



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Powering decisions that shape the world.