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STRONGER YOU(TH)

SURVEY REPORT

Association WalkTogether
Bulgaria



STOWARZYSZENIE
MŁODYCH
ARTYSTÓW

C:E:T
Platform
LIETUVA



TOR VERGATA
UNIVERSITÀ DEGLI STUDI DI ROMA



STOWARZYSZENIE NA ODSZEC PROFILAKTYKI SPOŁECZNEJ

SECTION GUIDE

1. Project description.....	3
2. Results.....	4-19
• Demographics.....	4
• Mental health.....	7
• Physical health.....	12
• Impact of upcycling and creativity on mental health.....	14
• Impact of habits on mental health.....	16
• Impact of social media on mental health.....	17
3. Conclusions and next steps.....	19



PROJECT DESCRIPTION

The STRONGERYOU(th) project responds to the growing mental health challenges faced by young people across Europe. Studies show that nearly half of EU youth have recently experienced emotional or psychological difficulties, yet most do not receive professional support due to stigma, shame, or lack of access.

As part of the project, we conducted a survey among young people to better understand the factors affecting their mental health and overall well-being. A total of 300 young people took part in the survey: 50 from each partner. The goal was to examine the current state of youth mental and physical health, as well as explore possible correlations between mental health and factors such as habits, creativity, social media use, and physical activity.

The STRONGERYOU(th) project aims to raise mental health awareness, reduce stigma, and equip young people with key social and emotional skills. By empowering youth workers with practical tools, we promote mental health as a strength, not a weakness.

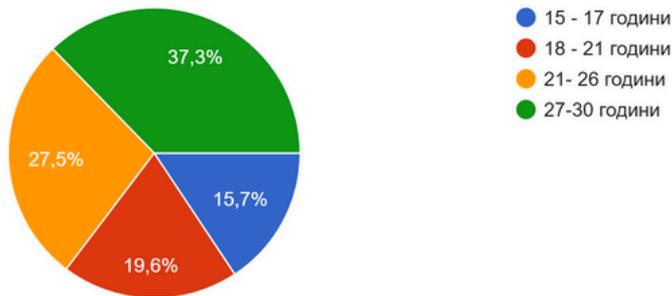
The project supports social inclusion, especially for young people with fewer opportunities, and improves the quality of youth work in partner countries. Through creative and supportive methods, it helps young people build resilience, confidence, and cope better with the challenges of growing up.

RESULTS:

DEMOGRAPHICS

Коя възрастова група Ви описва най-добре?

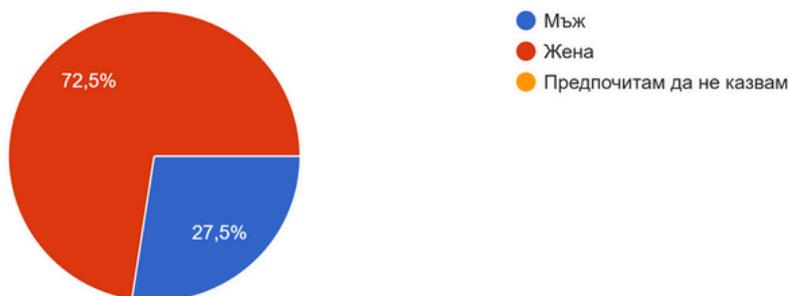
51 отговора



37,3% of the respondents' age gap is 27-30, whereas 27,5% are 21-26 years old, 19,6% are 18-21 years old and 15,7% - 15-17 years old.

Посочете пола си:

51 отговора



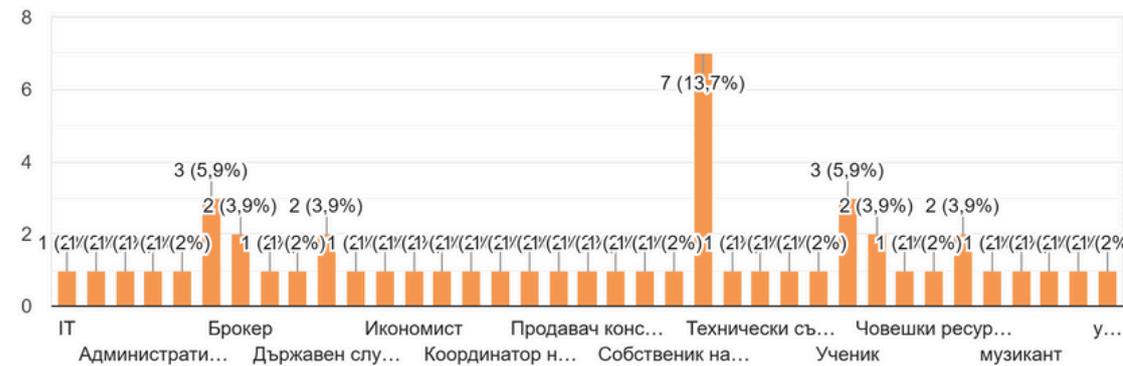
72,5% of the participants are female, whereas 27,5% are male.

RESULTS:

DEMOGRAPHICS

Професия:

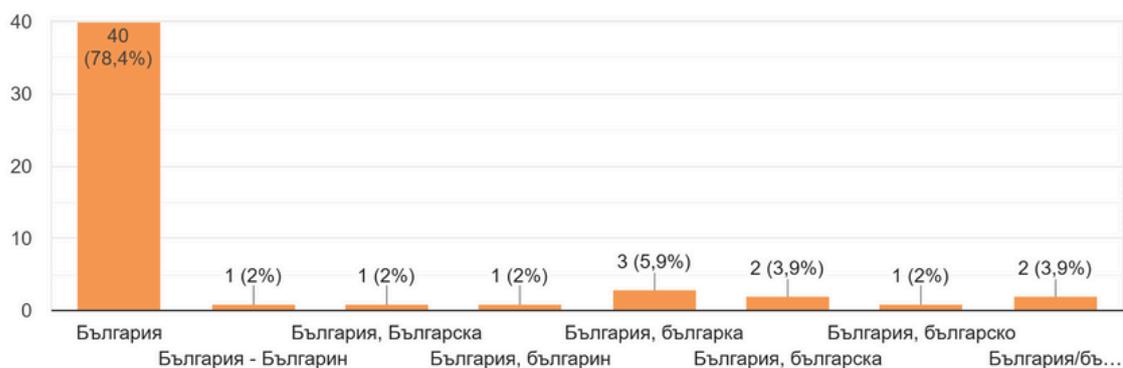
51 отговора



13,7% respond that they are university students, 5,9% say that they are either unemployed or school students, 3,9% are working as real estate agents, civil servants and law professionals, among the rest of the professions we may find technical assistant, IT, quality engineer, administrative assistant, CEO executive assistant, educator, graphic designer, electrotechnician, insurance agent, economist, yoga teacher, computer engineer, project coordinator, manager, model, seller consultant, psychologist, waitress, business owner, travel agent, university professor, teacher, human resources, youth worker, musician.

Държава и националност:

51 отговора



Said in different ways, all of the young people mention "Bulgaria, Bulgarian" as their nationality.

RESULTS:

DEMOGRAPHICS

Образователна степен:

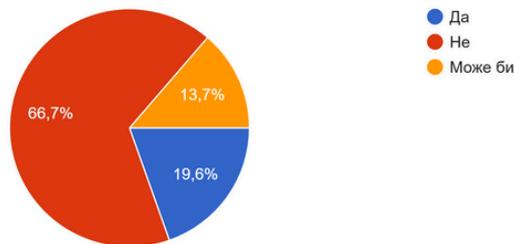
51 отговора



37,3% of the participants are holder's of a master's degree, 27,5% are university students, 15,7% are school students, 13,7% possess a bachelor's degree.

Смятате ли се за млад човек с ограничени възможности?

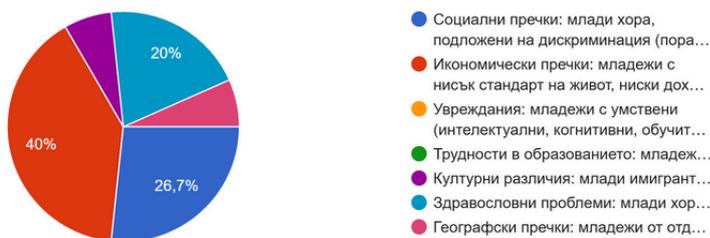
51 отговора



Ако отговорът е „да“, с какви пречки/трудности се сблъсквате? Изберете подходящия

отговор.

15 отговора

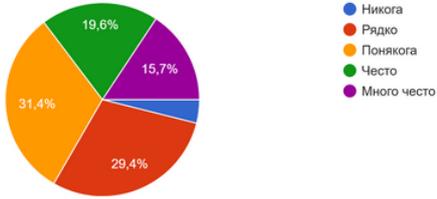


66,7% of the respondents do not identify as a young person with fewer opportunities. 40% of the ones that identify as a young person with fewer opportunities claim economic difficulties, 26,7% state social difficulties, whereas 20% have health related difficulties.

MENTAL HEALTH

1. Колко често сте имали внезапни промени в настроението през последния месец?

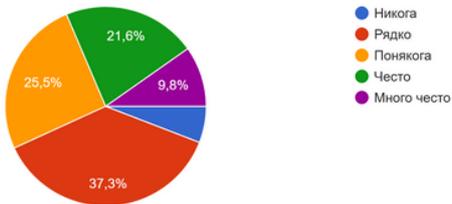
51 отговора



31,4% of the young people report that sometimes they've had sudden mood swings for the past month, whereas 29,4% say they've rarely had.

2. Колко често изпитвате трудности в контролирането на емоциите си?

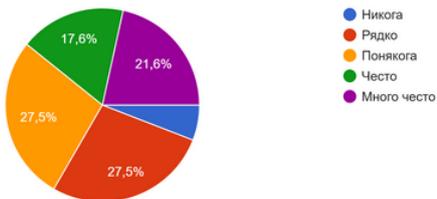
51 отговора



37,3% of the respondents rarely have difficulty in controlling their emotions, whereas 25,5% sometimes have this issue.

3. Колко често усещате вътрешна празнота?

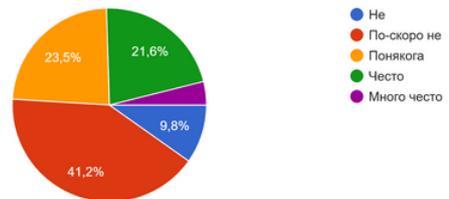
51 отговора



27,5% sometimes feel inner emptiness and some 27,5% rarely do. 41,2% do not encounter difficulty in maintaining long-term relationships with other people, whereas 23,5% sometimes have this problem.

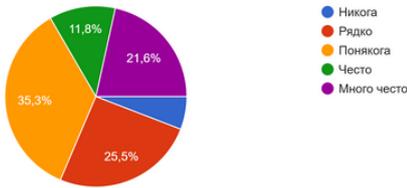
4. Имате ли проблеми с поддържането на дългосрочни взаимоотношения с другите?

51 отговора

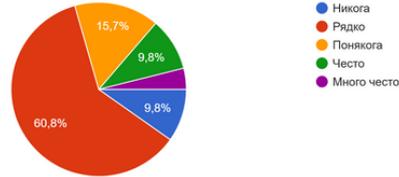


MENTAL HEALTH

5. Колко често изпитвате силна тревога или нервност без ясна причина?
51 отговора

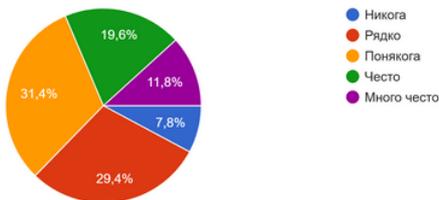


6. Случва ли Ви се да вземате импулсивни решения, за които по-късно съжалявате?
51 отговора



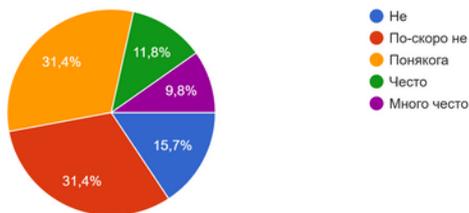
35,3% sometimes feel strong anxiety and nervousness without a clear reason. 60,8% rarely make impulsive decisions that they later regret.

7. Често ли се чувствате отхвърлени от другите?
51 отговора



31,4% sometimes feel rejected by others, whereas 29,4% rarely have this feeling.

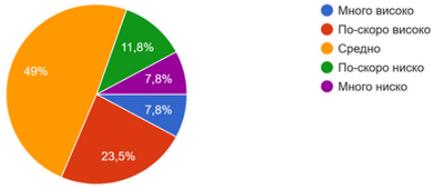
8. Изпитвате ли трудности със способността си да приемате себе си такива, каквито сте?
51 отговора



31,4% sometimes experience difficulty to accept themselves as they are and they same percentage rarely have this feeling.

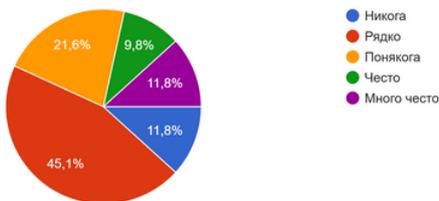
MENTAL HEALTH

9. Как бихте оценили самочувствието си?
51 отговора



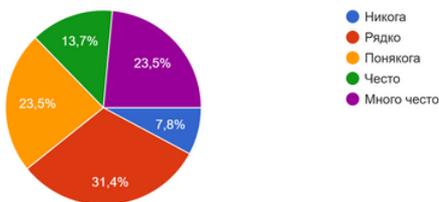
49% report to have a medium self-esteem.

10. Изпитвате ли крайни емоции за кратък период от време (напр. от еуфория до отчаяние)?
51 отговора



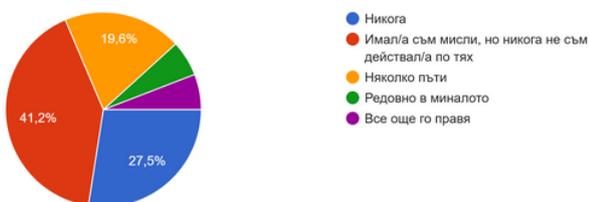
45,1% report to rarely have felt extreme emotions for a short period of time.

11. Колко често чувствате, че другите не Ви разбират?
51 отговора



31,4% rarely feel like other people don't understand them.

12. Наранявали ли сте се някога или мислили ли сте да го направите?
51 отговора

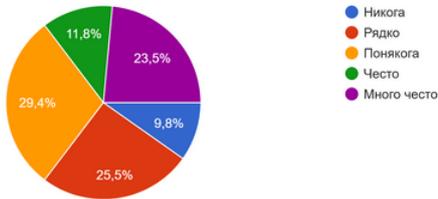


41,2% admit to have had thoughts of self-harm, but have never acted on them.

MENTAL HEALTH

13. Колко често се чувствате самотни?

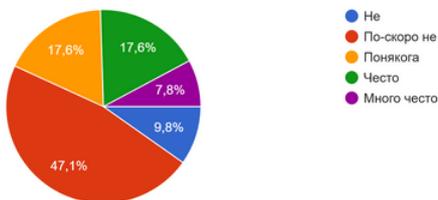
51 отговора



29,4% feel lonely sometimes, whereas 25,5% rarely have this feeling.

14. Трудно ли се доверявате на другите хора?

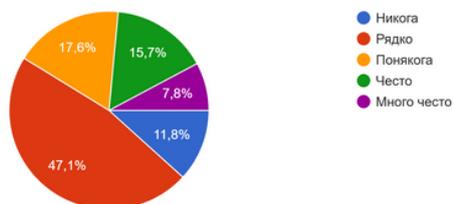
51 отговора



47,1% rarely has trust issues.

15. Колко често имате проблеми със заспиването или се събуждате през нощта с чувство на безпокойство?

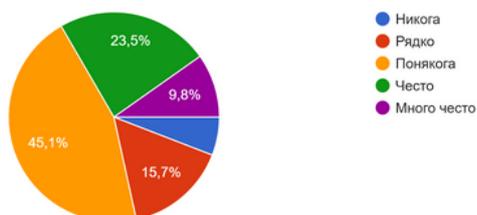
51 отговора



47,1% rarely have sleep disturbances or wake up at night with a feeling of anxiety.

16. Често ли се чувствате немотивирани да изпълнявате ежедневните си задачи?

51 отговора

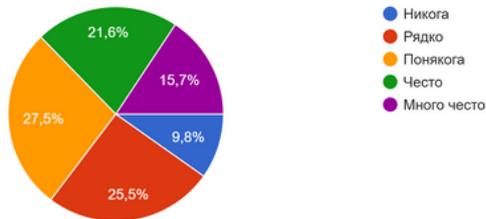


45,1% sometimes feel unmotivated to execute their daily tasks.

MENTAL HEALTH

17. Колко често се чувствате така, сякаш нямате контрол над живота си?

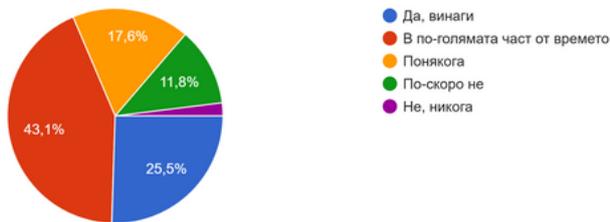
51 отговора



27,5% sometimes feel like they don't have control over their life, whereas 25,5% rarely have this feeling.

18. Имате ли човек, към когото можете да се обърнете в трудни моменти?

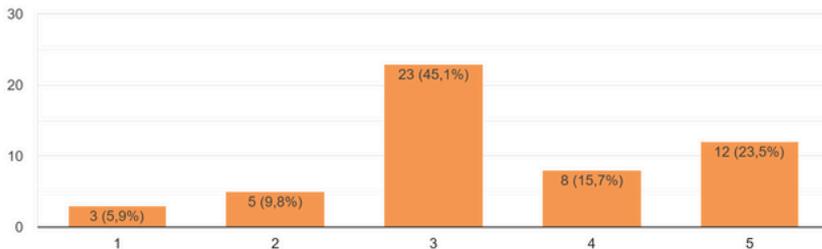
51 отговора



43,1% usually have a person they can turn to in difficult times.

19. Как бихте оценили цялостното си психично състояние по скала от 1 до 5? (1=много лошо, 2=лошо, 3=средно, 4=доста добро, 5=много добро)

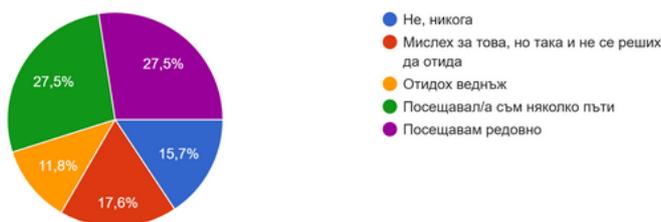
51 отговора



45,1% evaluate their mental health as medium.

20. Обмисляли ли сте някога да потърсите помощ от специалист (психолог, терапевт)?

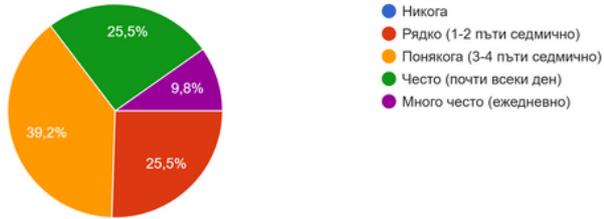
51 отговора



27,5% report to have had sessions with a mental health professional and the same percentage say they go often.

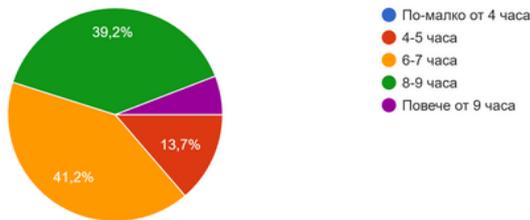
PHYSICAL HEALTH

21. Колко често ядете пресни плодове и зеленчуци?
51 отговора



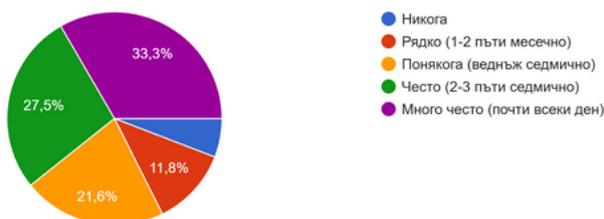
39,2% of the young people sometimes eat fresh fruits and vegetables.

22. Колко часа сън имате обикновено на нощ?
51 отговора



41,2% sleep for 6-7 hours per night.

23. Колко често се занимавате с физическа активност (напр. ходене, бягане, тренировки във фитнеса, спорт)?
51 отговора

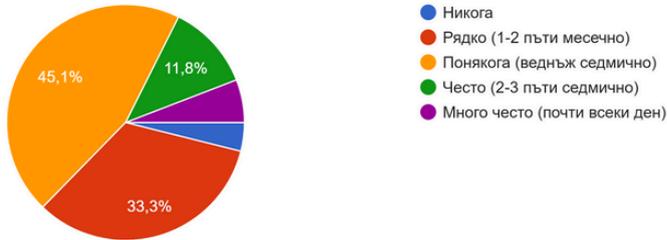


33,3% do physical activity almost every day, whereas 27,5% engage in sports 2-3 times a week.

PHYSICAL HEALTH

24. Колко често консумирате високо преработени или бързи храни (fast food)?

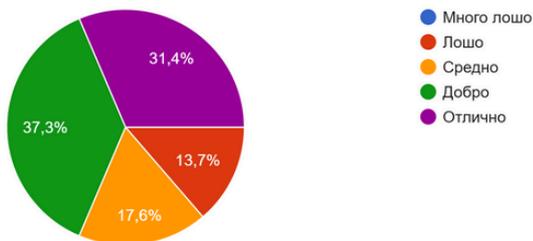
51 отговора



45,1% consume highly processes food or fast food once a week.

25. Как оценявате цялостното си физическо здраве?

51 отговора

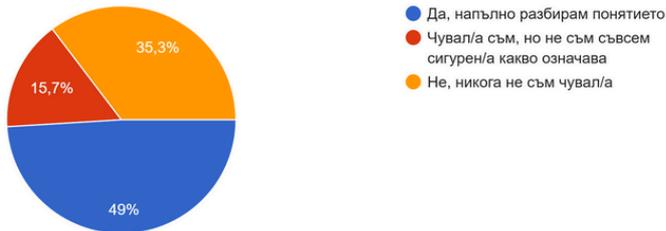


37,3% evaluate their physical health as good, whereas 31,4% report that it's excellent.

IMPACT OF CREATIVITY ON MENTAL HEALTH

26. Знаете ли какво е Upcycling?

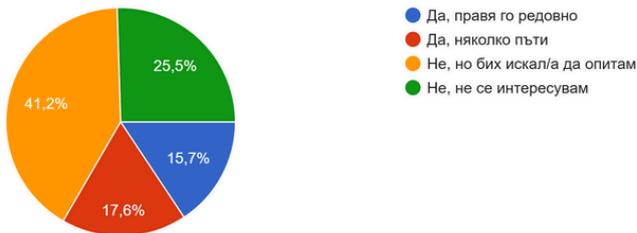
51 отговора



49% of the respondents fully understand what upcycling is.

27. Опитвали ли сте някога да рециклирате, напр. чрез промяна на предназначението на дрехи, мебели или други предмети?

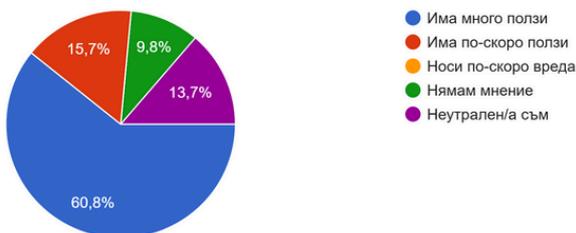
51 отговора



41,2% haven't done upcycling, but would like to try it out.

28. Как оценявате въздействието на рециклирането върху околната среда?

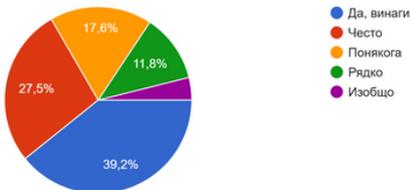
51 отговора



60,8% think that upcycling and recycling are very beneficial to the environment.

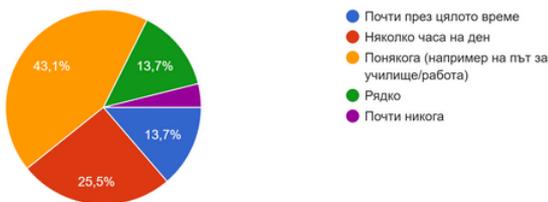
IMPACT OF HABITS ON MENTAL HEALTH

29. Помага ли Ви слушането на музика да се справяте със стреса и емоциите?
51 отговора



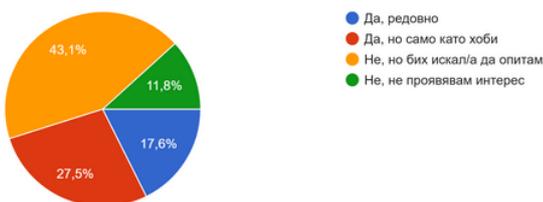
39,2% of the young people say that music always helps them cope with stress and emotions.

30. Колко често слушате музика през деня?
51 отговора



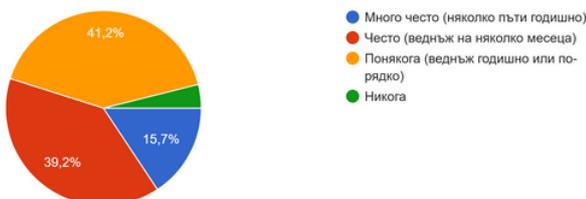
43,1% listen to music sometimes during the day, most likely when they go to school/work.

31. Свириете ли на музикален инструмент? Пеете ли?
51 отговора



43,1% do not play a music instrument, but would like to try.

32. Колко често посещавате музикални събития (концерти, фестивали, джем сешъни и др.)?
51 отговора



41,2% visit music events once a year and 39,2% do this once every couple of months.

IMPACT OF HABITS ON MENTAL HEALTH

33. Какъв вид физическа активност практикувате най-често?

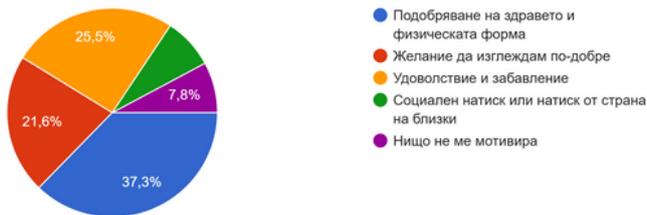
51 отговора



39,2% most often do recreational activities and 33,3% prefer individual sports.

34. Какво Ви мотивира най-много да се занимавате със спорт?

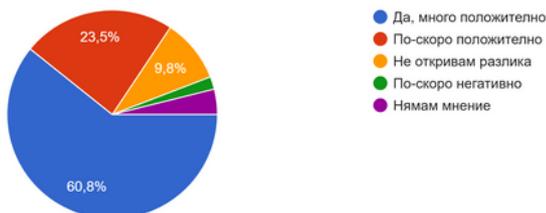
51 отговора



37,3% state the improvement of their health and their fitness as their main motivation to engage in sports.

35. Смятате ли, че физическата активност влияе на психическото ви състояние?

51 отговора



60,8% say that physical activity has a very positive effect on their mental health.

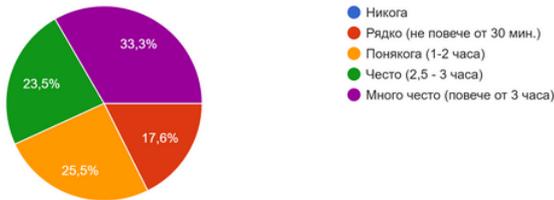
36. Hobbies

Respondents list as their hobbies: playing the guitar, traveling, photography, watching tv series, reading books, meditation, music, cooking, hiking, astrology, pets, electrotechnical stuff, crafts, computer games, yoga, spending time in nature, drawing, ceramics, foreign languages, embroidery, sports, plants.

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

37. Колко често на ден използвате социални мрежи?

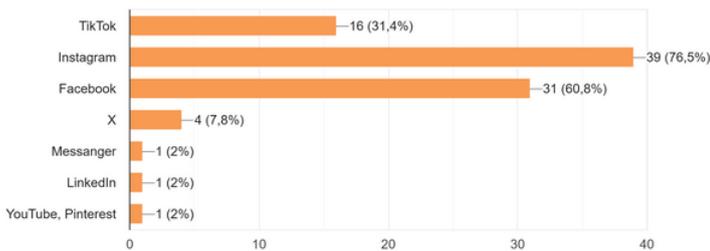
51 отговора



33,3% use social media more than 3 hours a day.

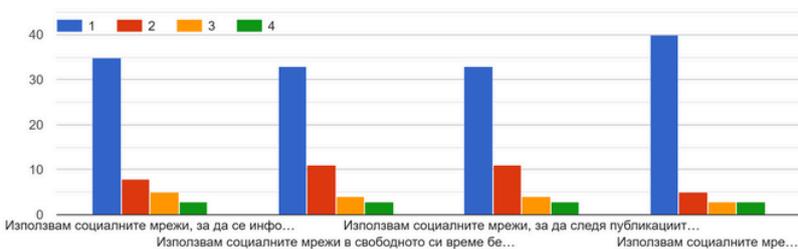
38. Кои социални мрежи използвате най-често? Моля, посочете не повече от три.

51 отговора



76,5% of the young people list Instagram as their most used social media, followed by Facebook (60,8%).

39. С каква цел? Моля, посочете стойност от 1 до 4, като 1 съответства на "Съгласен съм", 2 - на "Съгласен съм само донякъде", 3 - на "Трудно е да се каже" и 4 - на "Не съм съгласен".



Most of the participants agree with the suggested social media use, respectively for information, for free time use without a specific goal, for following the content of their favorite content creators and for keeping in touch with friends and family.

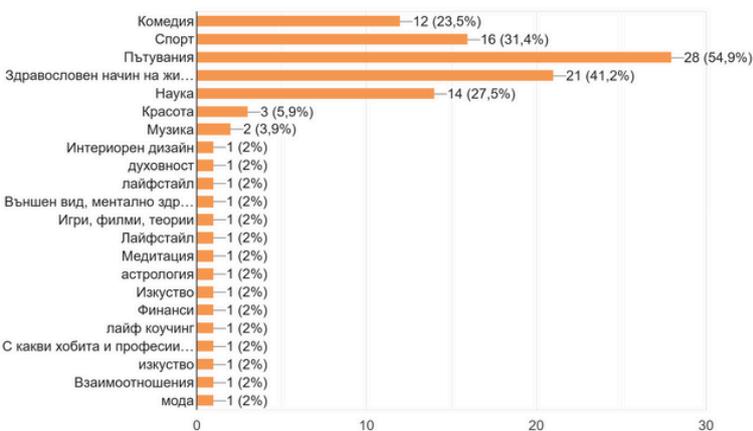
IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

40. Other reasons for social media use:

Posting pictures, getting advice, escapism, follow-up with friends, work use, for mood improvement, job opportunities, presenting my art and getting inspiration.

41. В коя сфера са любимите Ви създатели на съдържание в социалните мрежи? Можете да изберете повече от един вариант.

51 отговора



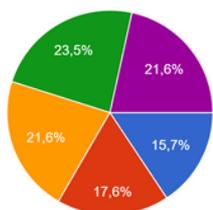
Most favorite content creators fields: travel, healthy lifestyle, sports, science, comedy.

42. Important topics on social media:

Real estate, music, news, child upbringing, spirituality, psychology, scientific discoveries, politics, healthy lifestyle, mental health, sports, education, finance, business, games, films, books, drawing, arts, fashion, technology, tourism, car crashes, astrology, yoga, environment, culture, economy, creativity, manifestation, relationships, physical appearance, AI, celebrities.

43. Проверявате ли колко време седмично прекарвате във всяка социална мрежа? Можете да изберете повече от един вариант.

51 отговора

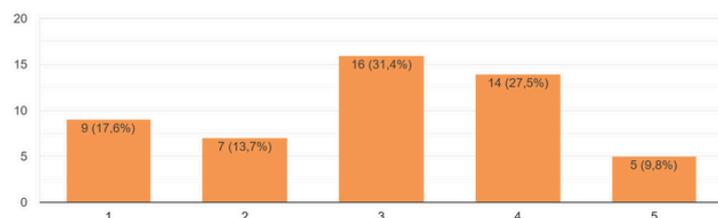


- Да, но ми е все едно
- Да, но не мога да го контролирам
- Да, и се опитвам да го намалявам ежедневно
- Не, не ме интересува
- Не, защото ги използвам малко

23,5% are not interested in how much time they spend on social media and 21,6% use them rarely or try to reduce it. 31,4% think that social media content influences mental health moderately and 27,5% think that it influences a lot.

44. До каква степен смятате, че съдържанието, което виждате в социалните мрежи, влияе на психичното Ви здраве? (1 = изобщо не, 2 = малк... = умерено, 4 = много, 5 = изключително много)

51 отговора



CONCLUSIONS AND NEXT STEPS

1. Demographics

- Age Distribution: Predominantly 27–30 years old (37.3%), followed by 21–26 (27.5%).
- Gender: 72.5% female, 27.5% male.
- Education/Occupation: 37.3% hold a Master's degree; 27.5% are university students. The group reflects a diverse range of professions.
- Fewer Opportunities: Two-thirds (66.7%) do not identify as young people with fewer opportunities. Among those who do, the most common challenge is economic difficulty (40%).

2. Mental Health

- Mood and Emotions: Many respondents experience occasional mood swings (31.4%), inner emptiness (27.5%), or difficulty with emotional control (25.5%).
- Anxiety & Self-Perception: 35.3% feel strong anxiety without clear reason sometimes; nearly one-third struggle occasionally with self-acceptance and feelings of rejection.
- Self-Esteem & Motivation: 49% report medium self-esteem; 45.1% sometimes feel unmotivated.
- Support Systems & Help Seeking: 43.1% usually have someone to talk to. 27.5% have consulted a mental health professional—an equal percentage report ongoing sessions.
- Alarming Indicator: 41.2% have had thoughts of self-harm (though not acted on).

3. Physical Health

- Diet & Sleep: Many eat fresh products only sometimes (39.2%) and sleep 6–7 hours per night (41.2%).
- Activity Levels: 33.3% are physically active almost daily, and 60.8% say exercise benefits their mental health.
- Self-Assessment: 37.3% rate their physical health as good, 31.4% as excellent.

4. Creativity & Upcycling

- Awareness: 49% understand upcycling fully; 41.2% have not tried it, but are interested.
- Perception: 60.8% believe upcycling/recycling helps the environment.

5. Habits

- Coping with Stress: 39.2% say music always helps them manage stress.
- Recreation: Most prefer recreational activities (39.2%) and individual sports (33.3%). Main motivator for sports is health/fitness improvement (37.3%).
- Hobbies: A wide range, from guitar and yoga to reading, video games, crafts, and meditation.

6. Social Media Use

- Time Spent: 33.3% use social media over 3 hours/day. Instagram is the most used (76.5%), followed by Facebook (60.8%).
- Purpose: Primarily for information, entertainment, and staying in touch. Some use it for escapism, work, and mood improvement.
- Content Interests: Travel, health, science, comedy, psychology, education, and creativity dominate.
- Impact on Mental Health: 31.4% say it has a moderate effect, while 27.5% believe it influences a lot.



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CONCLUSIONS AND NEXT STEPS

Conclusions

- Mental health concerns are prevalent, particularly around self-esteem, emotional regulation, and anxiety.
- Support networks and professional help are accessible to some but could be expanded.
- There is a clear link between physical activity and mental well-being, suggesting the importance of promoting active lifestyles.
- Music and creativity are strong emotional outlets for young people.
- Social media is a dominant force in daily life and perceived as influencing mental health, both positively and negatively.
- The interest in sustainability and upcycling presents an opportunity for engaging youth in environmental initiatives.

Next Steps & Recommendations

1. Expand Mental Health Awareness and Support:
 - Promotion of self-acceptance, emotional literacy, and coping strategies.
 - Increase awareness to affordable mental health services and normalize therapy use.
2. Promote Physical and Recreational Activities:
 - Integration of sports, music, and hobbies as tools for emotional regulation.
 - Encouragement of healthier sleep and diet routines.
3. Use Social Media as a Tool, Not a Risk:
 - Raise awareness of healthy usage.
 - Promotion of digital detox and mindful consumption practices.
4. Foster Creativity and Sustainability Engagement:
 - DIY crafts and their mental health benefits.



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