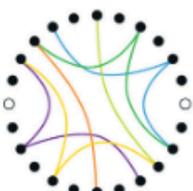




SURVEY REPORT



**STOWARZYSZENIE
MŁODYCH
ARTYSTÓW**

C:E:T
Platform
LIETUVA


TOR VERGATA
UNIVERSITÀ DEGLI STUDI DI ROMA

 **ARCHE**
STOWARZYSZENIE NA ODSZEC PROFILAKTYKI SPOŁECZNEJ

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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.

DEMOGRAPHICS

Demographic Summary:

- Age Distribution:
 - The majority of participants were between 18-21 years old, making up 40.4% of the sample.
 - 22.8% of participants were aged 21-28, while 21.1% fell into the 15-17 age group.
 - The remaining participants, 16.6%, were in the 27-30 age range.
 - Gender Distribution:
 - A significant portion of the respondents, 78.9%, identified as female.
 - 19.3% of participants were male.
 - The remaining respondents chose not to disclose their gender.
 - Level of education
 - University/College student: 31.58%
 - School student: 49.12%
 - Completed studies equivalent to a bachelor's degree: 22.81%
 - Completed studies equivalent to a master's degree: 5.26%
 - Gap year after school graduation: 1.75%
 - The majority of participants were either high school students or university/college students, which aligns with their education levels.
 - All of the participants were Lithuanians, with majority residing in Lithuania, only one in Italy and one claimed to be partially Polish.
 - 3.5% of participants indicated that they are facing fewer opportunities.
 - Those who selected this option reported facing challenges related to:
 - Discrimination
 - Health issues
 - Geographical issues
 - Economic obstacles
 - One case of being a refugee
 - 29.8% of participants answered "maybe", indicating uncertainty about whether they are facing fewer opportunities.
 - The majority, 66.7%, responded that they are not facing fewer opportunities.
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MENTAL HEALTH

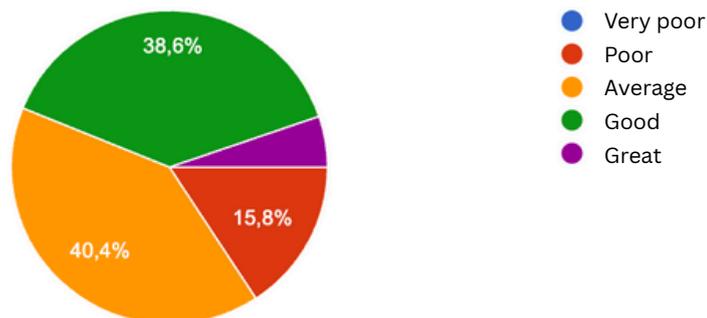
- The majority of respondents report experiencing mood swings frequently or sometimes, with only a few stating they rarely or never experience them.
 - Most participants experience difficulty controlling their emotions sometimes or frequently, with a smaller group reporting that it happens rarely or very frequently. Only a few indicated they never have trouble controlling their emotions
 - A majority of respondents (64.91%) believe they do not find it difficult to maintain long-term relationships.
 - 15.79% report that they experience occasional difficulty.
 - 14.04% face difficulty frequently.
 - Only 3.51% struggle with it very frequently, and 1.75% said they have no issues at all.
 - A majority of respondents (40.35%) experience anxiety or nervousness frequently.
 - When asked about making a spontaneous decision they regret later:
 - 36.84% of respondents rarely make impulsive decisions they regret.
 - 31.58% sometimes make such decisions.
 - 15.79% frequently make impulsive decisions they regret.
 - 5.26% experience this very frequently.
 - 10.53% said they never make impulsive decisions they regret.
 - The majority of respondents (47.37%) feel rarely rejected by others. 28.07% feel sometimes rejected, while 14.04% feel frequently rejected and 7.02% experience rejection very frequently.
 - When asked about self-acceptance, 35.09% of respondents sometimes find it difficult to accept themselves, 29.82% feel they mostly do not have difficulty with self-acceptance and 17.54% find it frequently difficult, while 12.28% struggle very frequently with self-acceptance.
 - The majority of respondents (57.89%) rate their self-esteem as average.
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- The majority of respondents (49.12%) experience extreme emotional shifts rarely, 31.58% experience them sometimes, while 10.53% of respondents experience them frequently.
 - Bigger part of respondents (47.37%) answered that they feel misunderstood sometimes, while 31.58% feel misunderstood frequently.
 - The majority of respondents (61.40%) have never self-harmed or thought about it, 17.54% had thoughts but did not act on them, 15.79% have self-harmed a few times, while 5.26% have self-harmed regularly in the past and 1.75% continues to engage in self-harm.
 - The majority of participants (45.61%) feel rarely lonely, however, 24.56% of participants feel often lonely.
 - When asked about trust in other people, 42.11% feel they sometimes trust others.
 - When asked about difficulty falling asleep, the most common response was "rarely", with 47.37% of participants choosing this option. Additionally, 21.05% of participants reported experiencing this issue sometimes.
 - 26.32% report feeling very often unmotivated and 22.81% experience this issue very often.
 - The majority of participants feel somewhat not in control of their own life, with 49.12% stating they feel this way sometimes, and 28.07% feeling this way often.
 - When asked about having a supportive person, 49.12% of participants reported that they always have someone to turn to during difficult times. This shows a strong sense of available support among almost half of the group.
 - 36.84% of participants rated their mental health as "Good", while 29.82% of participants rated their mental health as "Average" and 17.54% of participants rated their mental health as "Poor".
 - The survey shows that 31.58% have considered but not sought help, while an equal percentage have consulted several times. 12.28% attend therapy regularly, and 10.53% have consulted once, while 14.04% have never considered seeking help.
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PHYSICAL HEALTH

- The majority of participants eat fresh fruits and vegetables either frequently (35.09%) or daily (52.63%).
- Most respondents sleep between 6-7 hours (52.63%), with a significant portion getting 8-9 hours of sleep each night (31.58%), and only 7.02% sleep for 4-5 hours.
- Most participants exercise 2-3 times a week, with a smaller group engaging in physical activity once a week or almost daily.
- When asked about their eating habits, most participants consume processed or fast food occasionally, about once a week, while a smaller number consume it 2-3 times a week or almost daily.
- Most participants rated their physical health as "good" (38.6%), followed by "average" (40.4%) and a smaller portion rated it as "poor" (15.8%).

25. How do you rate your overall health?



IMPACT OF CREATIVITY ON MENTAL HEALTH

- Based on the responses:
 - A majority of participants (52.63%) are familiar with the term "secondary recycling" and understand it well.
 - Around 36.84% have heard of it but are not entirely sure what it means.
 - A small portion (10.53%) has never heard of it.
 - 52.63% of participants regularly repurpose items like clothes, furniture, or other objects, while 36.84% have done it a few times. Around 10.53% are interested in trying it but haven't yet, and less than 1% are not interested in repurposing items. 81.58% of participants believe that recycling is very beneficial for the environment.
 - 45.6% of participants say that listening to music always helps them manage stress, 38.6% of participants say that music usually helps them manage stress.
 - 56.1% of participants listen to music daily.
 - 31.58% play musical instrument as a hobby, while 8.77% do it regularly.
 - The findings indicate that the majority of participants (36.84%) attend music events occasionally, at least once a year or less, while a notable portion (26.32%) attends frequently, around once every few months. A smaller group (19.30%) enjoys these events several times per year, and only a few (3.51%) have never attended. This suggests that music events are an important cultural activity for most, though the frequency of participation varies among individuals.
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IMPACT OF HABITS ON MENTAL HEALTH

- The majority of participants (48.33%) engage in individual sports like running, swimming, or going to the gym, highlighting a preference for solo physical activities. A significant portion (40%) also enjoys recreational activities such as walking and yoga, which suggests an interest in less intense but consistent physical engagement. Only a small percentage participate in team sports (5%) or extreme sports (5%), with a minimal portion (1.67%) not engaging in physical activity at all.
 - The most common motivators for physical activity are health improvement and the desire to look better, with 41.38% (24 participants) and 29.31% (17 participants), respectively. Social pressure plays a minor role, with only 3.45% (2 participants) citing it as a motivator. Enjoyment and recreation also have a significant influence, with 22.41% (13 participants) mentioning it.
 - 40.4% of participants believe that physical activity has more positive impact on their mental health. 50.9% confirmed that physical activity has a very positive impact on their mental health.
 - The most common hobbies were:
 - Reading (books, poetry)
 - Drawing/Painting (watercolor, creative arts)
 - Sports (volleyball, cycling, dancing, skiing)
 - Crafts (crochet, knitting, sewing, makeup)
 - Traveling (hiking, camping)
 - Music and Performance (singing, beatboxing, dancing)
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IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

- When asked on how much time they spend on social media:
 - 36.84% of respondents spend more than 3 hours a day on social media.
 - 22.81% spend around 2.5-3 hours per day.
 - 40.35% spend 1-2 hours per day on social media.
 - 7.02% spend less than 30 minutes per day.
 - Instagram is the most commonly used platform, with 75.44% of respondents mentioning it.
 - TikTok follows closely at 57.89%.
 - Facebook is mentioned by 40.35% of respondents.
 - 42.11% of respondents strongly agreed that they use social media to stay informed, 24.56% agree to some extent, while 12.28% are unsure and 21.05% disagreed to it.
 - 42.11% of respondents strongly agree that they use social media for leisure without any specific purpose.
 - 36.84% of respondents strongly agree that they use social media to follow content, creators, and user profiles, as well as 35.09% agree to some extent.
 - The majority of respondents, 64.91% strongly agree that they use social media to stay in touch with friends.
 - When asked about the additional reasons for their social media use, respondents shared the following: boredom, addiction, learning new things, communication, creating a personal gallery of memories, work-related purposes, study or other opportunity considerations, staying informed on news and new creators, freedom, recipe searches, travel advice, learning purposes, and seeking ideas.
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- When asked about the types of content their favorite creators produce, respondents most commonly mentioned travel, comedy, wellness and mindfulness, science, and sports. Other popular themes included beauty and fashion, food, music, psychology, and creative content such as art, crafts, and DIY projects. A few also highlighted interests in activism, film, and animation, reflecting a wide range of preferences and inspirations.
- When asked which topics they consider important and follow on social media, respondents highlighted a broad spectrum of interests. Common themes included travel, politics, science, psychology, wellness, and news. Many also follow content related to lifestyle, education, culture, mental health, ecology, LGBTQIA+ issues, and personal development. Other frequently mentioned topics were art, music, sports, fashion, and food, showing a strong interest in both global affairs and everyday inspiration.
- Most respondents reported being aware of the time they spend on social media, with many saying they try to reduce it daily. A significant portion, however, admit they cannot control their usage despite tracking it. Some check their screen time but don't pay attention to it, while others don't track it at all or feel it's unnecessary due to limited usage.
- More than half of the respondents (50.9%) believe that social media has a significant or very significant impact on their mental health.

Rating	Description	Count	Percentage
1	No impact	1	1.8%
2	Little impact	6	10.5%
3	Moderate impact	21	36.8%
4	Significant impact	15	26.3%
5	Very significant impact	14	24.6%

CONCLUSIONS AND NEXT STEPS

The findings of this survey reveal a nuanced portrait of young individuals navigating mental health in a digital age, where creativity, social media, and daily habits play an increasingly interconnected role in well-being.

Demographically, the sample leans heavily toward younger generations—mostly students aged 15–21 and female—which offers valuable insight into a demographic that is both highly active online and especially vulnerable to mental health challenges.

While most respondents rate their mental health as average to good, many report experiences of anxiety, emotional shifts, and low self-esteem. A significant number also express struggles with motivation, self-acceptance, and occasional feelings of loneliness. Although the majority have never engaged in self-harm, the percentage of those who have or have considered it indicates a need for more accessible mental health support.

On a positive note, the survey highlights the power of creativity, physical activity, and music as emotional regulators. Activities like listening to music, repurposing items, and participating in solo sports appear to offer mental health benefits. Furthermore, most respondents recognize the positive effects of these habits.

Social media usage is high—often exceeding 3 hours a day—and its impact on mental health is significant for over half of the respondents. Although many participants report actively trying to reduce their screen time, few are able to do so consistently. This disconnect suggests a tension between awareness and behavioral change, pointing to possible areas for support or education.

Overall, while creativity and active lifestyles serve as protective factors, social media remains a double sided medium: a source of inspiration, entertainment, and connection, but also a space that can negatively influence self-perception, emotional well-being, and focus.