

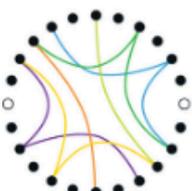


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STRONGER YOU(TH)

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.

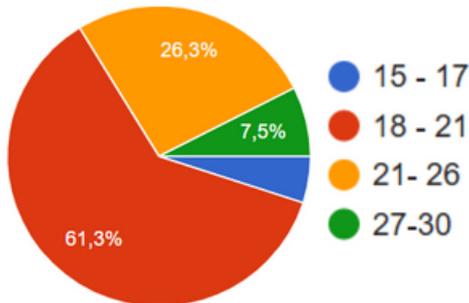
The STRONGERYOU(th) project aims to raise mental health awareness, reduce stigma, and equip young people with key social and emotional skills. By empowering youth workers with practical tools, we promote mental health as a strength, not a weakness.

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.

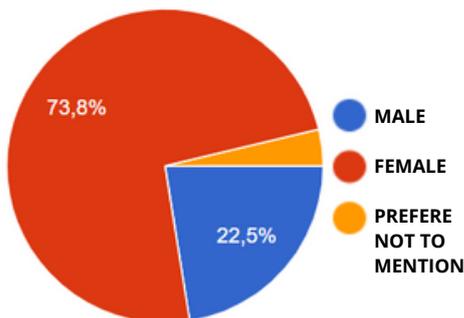
RESULTS:

DEMOGRAPHICS

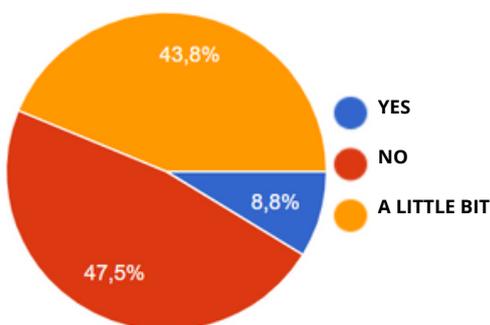
AGE



GENDER



FEWER OPPORTUNITIES



Demographic Report – Poland

The majority of respondents were between the ages of 18 and 21 (61.3%), followed by those aged 21 to 26 (26.3%). Smaller age groups included individuals aged 27 to 30 (7.5%) and 15 to 17 (5%).

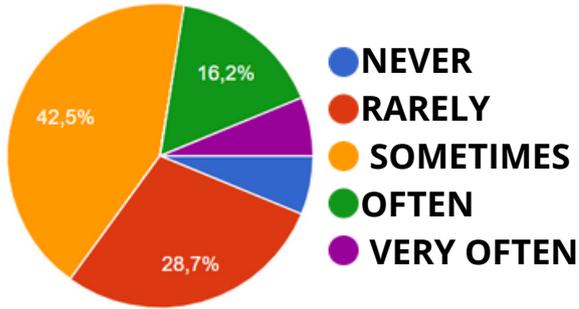
In terms of gender, most participants identified as female (73.8%), while 22.5% identified as male. A small portion (3.7%) chose not to disclose their gender.

Regarding education, the largest group were university students (67.5%). High school students made up 17.5%, and 10% of respondents had completed their university studies. Additionally, 2.5% had completed secondary education, 1.2% reported having special secondary education (incomplete higher education in the final year), and another 1.2% held a higher education degree.

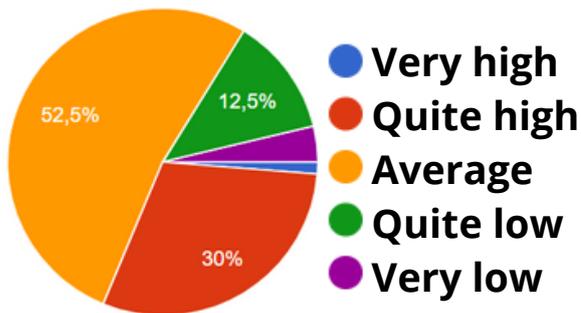
When asked whether they considered themselves young people with fewer opportunities, 8.8% answered "Yes," 47.5% responded "No," and 43.8% said "A little bit."

MENTAL HEALTH

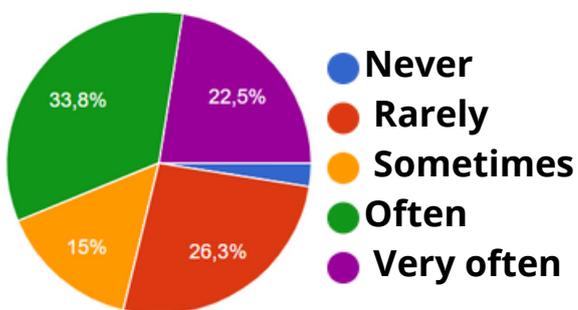
HOW OFTEN DO YOU FEEL LONELY?



HOW WOULD YOU RATE YOUR SELF-ESTEEM?



HOW OFTEN DO YOU FEEL STRESSED WITHOUT ANY REASON?



Mental Health Report – Emotional Well-being in Poland

Recent survey data sheds light on the emotional experiences of individuals in Poland over the past month, revealing significant fluctuations in mood and emotional regulation. Examples below:

Mood Swings: A considerable number of respondents reported experiencing sudden mood swings, with 33.8% stating it occurs "often", and an equal 33.8% indicating "sometimes". Only 1.3% claimed they "never" experienced such fluctuations.

Emotional Regulation: Regarding difficulties in controlling emotions, 35% reported struggling "sometimes", and 13.7% said they face such difficulties "often". A smaller group (6.3%) reported experiencing this "very often".

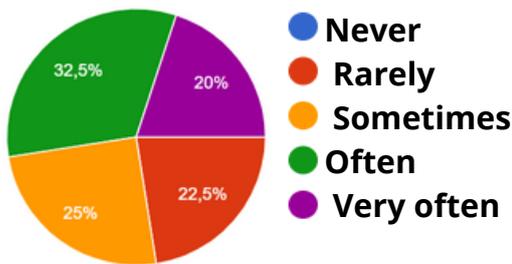
Feelings of Emptiness: 35% of participants reported "sometimes" feeling an inner emptiness, while 23.8% feel it "often" and 15% "very often". Only 2.5% reported never experiencing such feelings.

Feelings of Rejection: Emotional rejection appears to be a frequent concern, with 35% indicating they "sometimes" feel rejected by others, 13.8% "often", and 8.8% "very often".

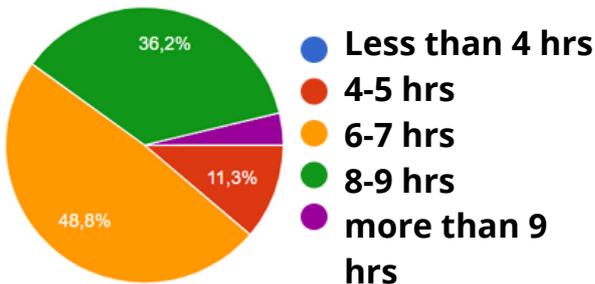
Emotional Extremes: Experiencing intense emotional shifts in a short time span is also common; 38.8% reported this occurs "sometimes", 21.3% "often", and 5% "very often". Meanwhile, 17.5% said they "never" or "rather not" experience such shifts.

PHYSICAL HEALTH

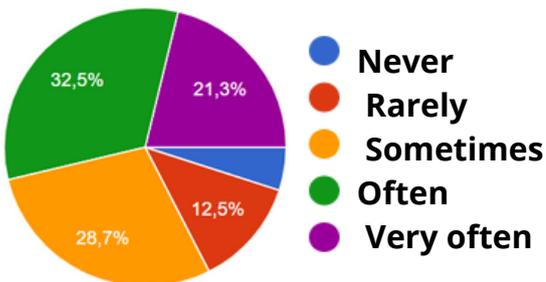
HOW OFTEN DO YOU EAT FRUITS AND VEGETABLES?



HOW LONG DO YOU USUALLY SLEEP?



HOW OFTEN DO YOU DO PHYSICAL ACTIVITIES?



Report on Physical Health in Poland - Dietary Habits and physical activity.

Examples of key insights into dietary habits and self-perceived health status.

When asked how often they consume highly processed food or fast food, respondents answered as follows:

5% reported never consuming such food, 42.5% said they do so rarely (1–2 times per month),

33.8% answered sometimes (once a week), 18.8% indicated frequent consumption (2–3 times per week),

and none reported consuming it very frequently (almost daily).

Regarding the question "How would you rate your overall physical health?", responses were:

0% rated their health as very poor,

15% as poor,

42.5% as average,

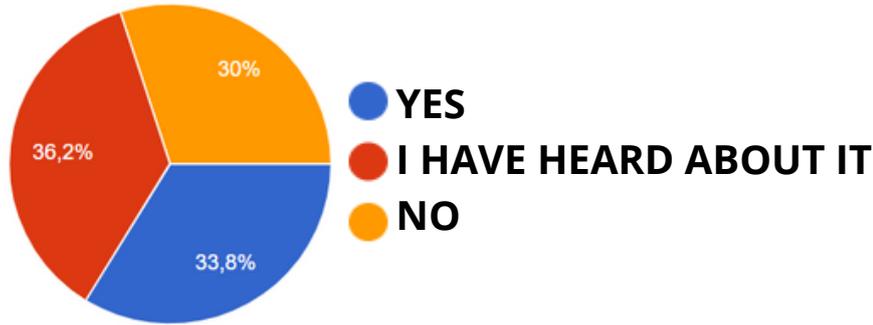
30% as good,

and 12.5% as very good.

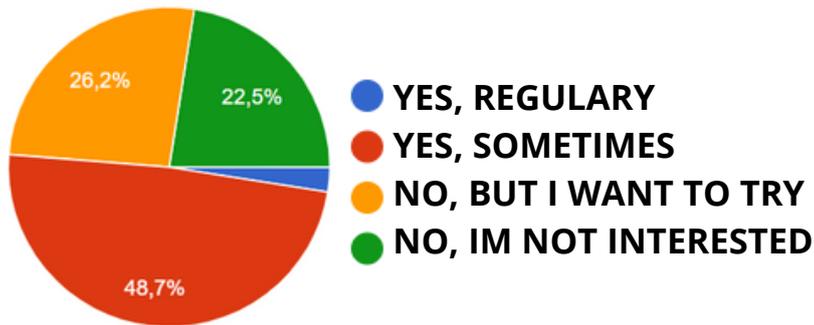
These results suggest that while the majority of respondents limit their intake of highly processed foods, most still rate their physical health as average or below, highlighting a potential area for public health improvement.

IMPACT OF CREATIVITY ON MENTAL HEALTH

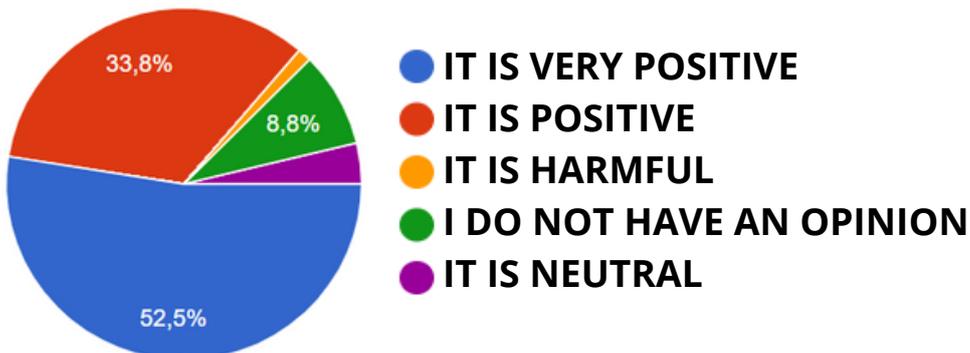
DO YOU KNOW WHAT IS UP-CYCLING?



HAVE YOU EVER TRIED UP-CYCLING?

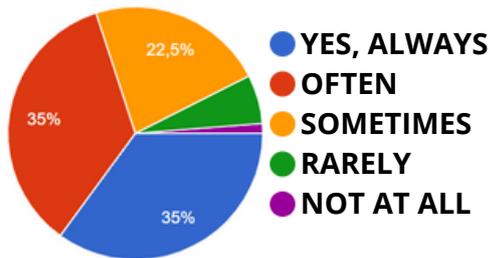


HOW WOULD YOU RATE THE IMPACT OF UP-CYCLING ON ENVIRONMENT?

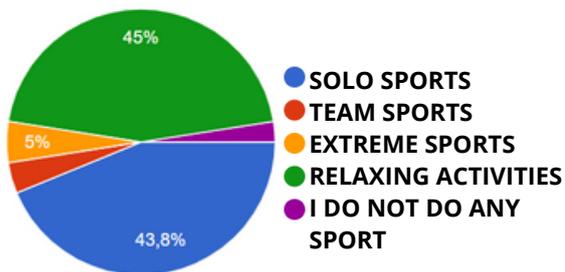


IMPACT OF HABITS ON MENTAL HEALTH

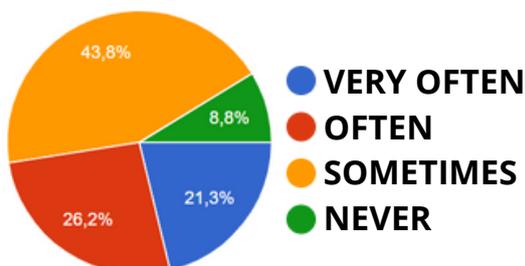
DOES LISTENING TO MUSIC HELPS YOU COPE WITH STRESS AND EMOTIONS?



WHAT KIND OF PHYSICAL ACTIVITY DO YOU DO THE MOST OFTEN?



HOW OFTEN DO YOU PARTICIPATE IN MUSICAL EVENTS?



Everyday Tools for Mental Health Among Polish Youth - Hobbies and habits

A recent survey among young people in Poland highlights how everyday habits like listening to music and engaging in physical activity play an important role in supporting mental well-being.

Music, in particular, stands out as a common emotional support tool. For 70% of respondents, it helps them cope with stress and emotions always or often, while only a small group say it rarely or never helps. Listening to music is also a regular part of daily life – over half of young people listen for several hours a day or more, and only around 8% listen rarely or almost never.

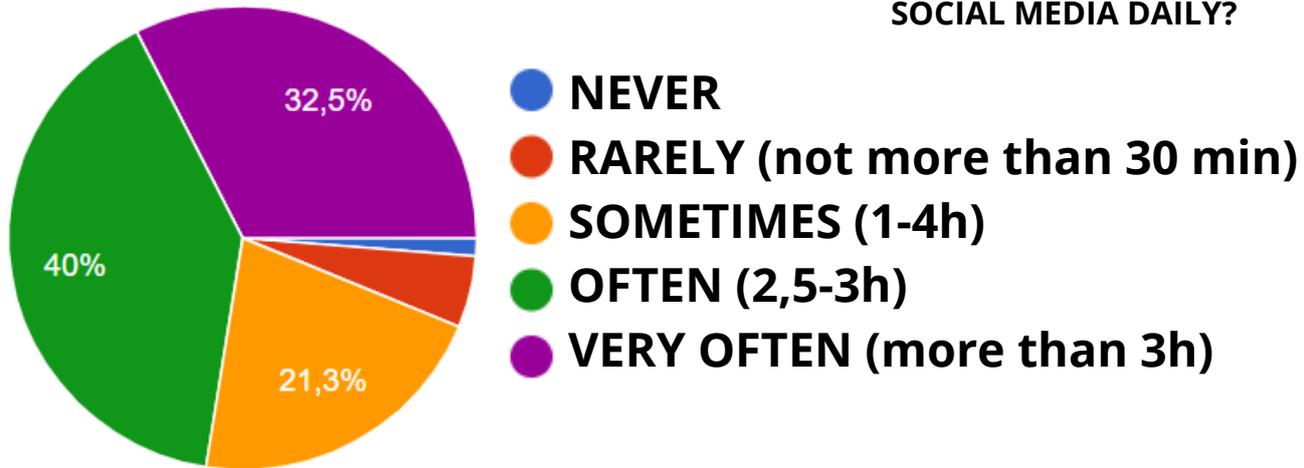
Many also engage in music actively: about 40% play an instrument or sing, either regularly or as a hobby, and another large group would like to try. Events like concerts and festivals also play a role, with nearly half attending at least a few times a year.

Physical activity shows a similarly strong connection to mental health. While motivations vary – from improving health or appearance to simply enjoying it – nearly 90% of participants say it has a positive impact on their mental state. Only a small percentage feel no effect or remain indifferent.

These findings show that both music and movement are more than pastimes – they are essential tools for emotional regulation and well-being in the lives of young people. Encouraging access to these activities may be key in supporting youth mental health across Poland.

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

HOW MUCH TIME DO YOU SPEND ON
SOCIAL MEDIA DAILY?



Social Media and Mental Health: Insights from Polish Youth

Social media has become a central part of daily life for many young people in Poland, and its psychological impact is increasingly relevant. According to recent data, Instagram (78.8%) is by far the most commonly used platform, followed by TikTok (51.2%) and Facebook (32.5%). YouTube, while often considered a media platform, is used by 14%, with lower engagement on apps like Messenger, X (formerly Twitter), and Telegram.

When it comes to managing screen time, the picture is mixed. While 40% of respondents say they monitor their social media use and try to limit it daily, nearly 34% don't track their time at all and are unconcerned. Another 13.8% acknowledge that although they are aware of their usage, they feel unable to control it, reflecting a sense of digital dependency. Only a small group (5%) report that they rarely use social media in the first place.

The psychological influence of social media content is significant for many. While 40% rate the impact as moderate and 25% as slight, a notable 25% feel that social media affects their mental health strongly or very strongly. Only 10% say it has no effect at all.

These findings highlight both the widespread presence of social media in young people's lives and the mixed, often ambivalent feelings surrounding its effects. While many strive for balance, the emotional and cognitive toll of digital life remains a key area of concern.

Supporting digital literacy and mental health awareness may help young people build a healthier relationship with social media.

CONCLUSIONS AND NEXT STEPS



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