



Department of

Research and Statistics

City of Amsterdam

Declining happiness and trust in the future among young adults in Amsterdam

Risks, protective factors, and vulnerable subgroups

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Bureau for Research & Statistics – City of Amsterdam

Onderzoek & Statistiek (O&S)

- Evidence-based information for policy development
- Statistics and monitoring since 1894
- Qualitative & quantitative methods
- Mostly descriptive
- 70 researchers and data analysts
- Contract research
 - City of Amsterdam
 - Some external requests
- Independent monitors to follow trends
- Making knowledge public





STATISTISCH JAARBOEK
VAN
DE
GEMEENTE AMSTERDAM
UITGEGEVEN DOOR
HET GEMEENTELIJK BUREAU VAN STATISTIEK
1^e Jaargang 1895



ANNUAIRE STATISTIQUE
DE LA
VILLE D'AMSTERDAM
PUBLIE PAR
LE BUREAU MUNICIPAL DE STATISTIQUE
Paris Année 1895



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[onderzoek.amsterdam.nl/
interactief/dashboard-kerncijfers](https://onderzoek.amsterdam.nl/interactief/dashboard-kerncijfers)

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Staat van de Stad *State of the City*

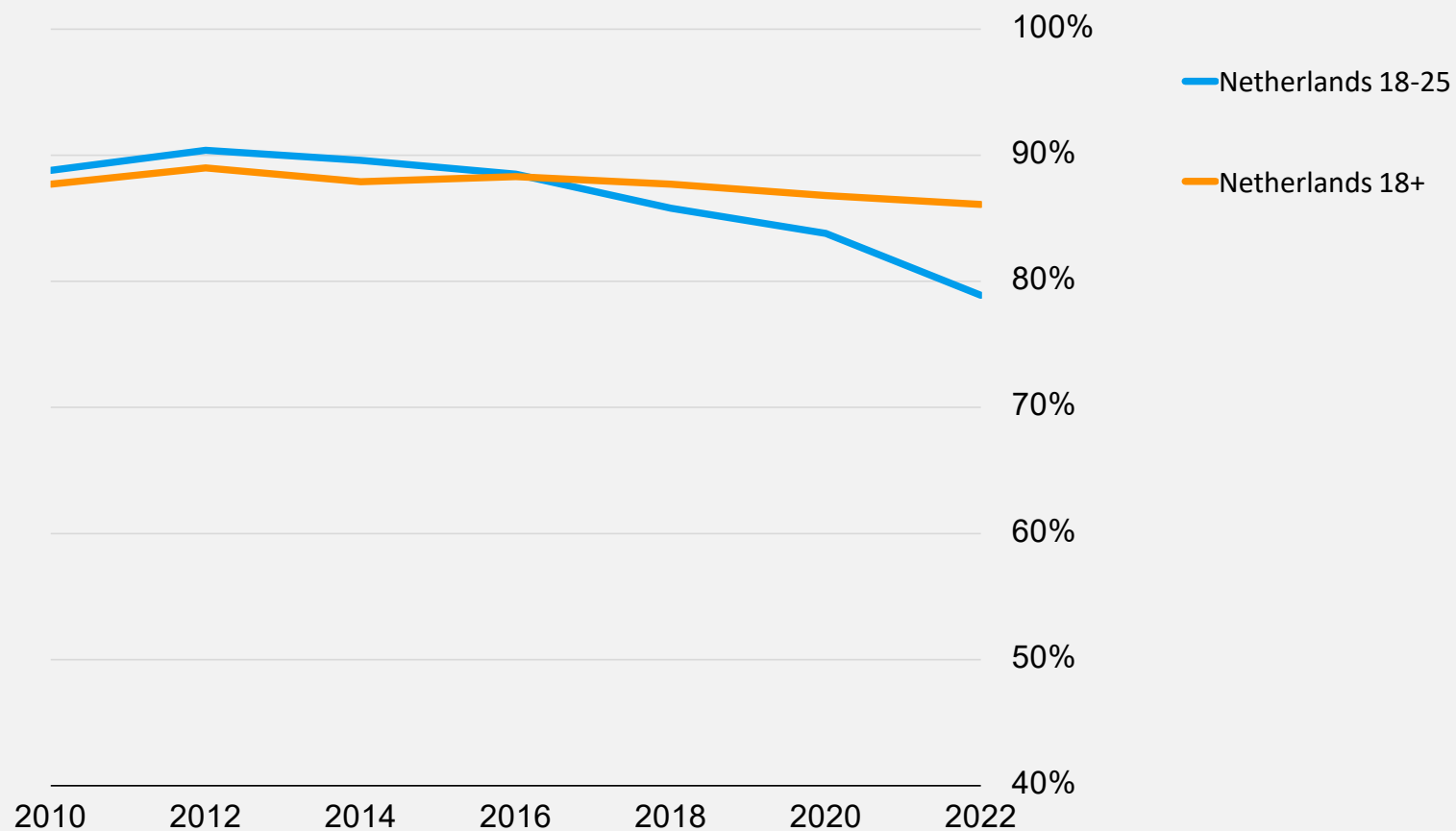
A large biennial well-being trend monitor





Decline in happiness reported by young adults

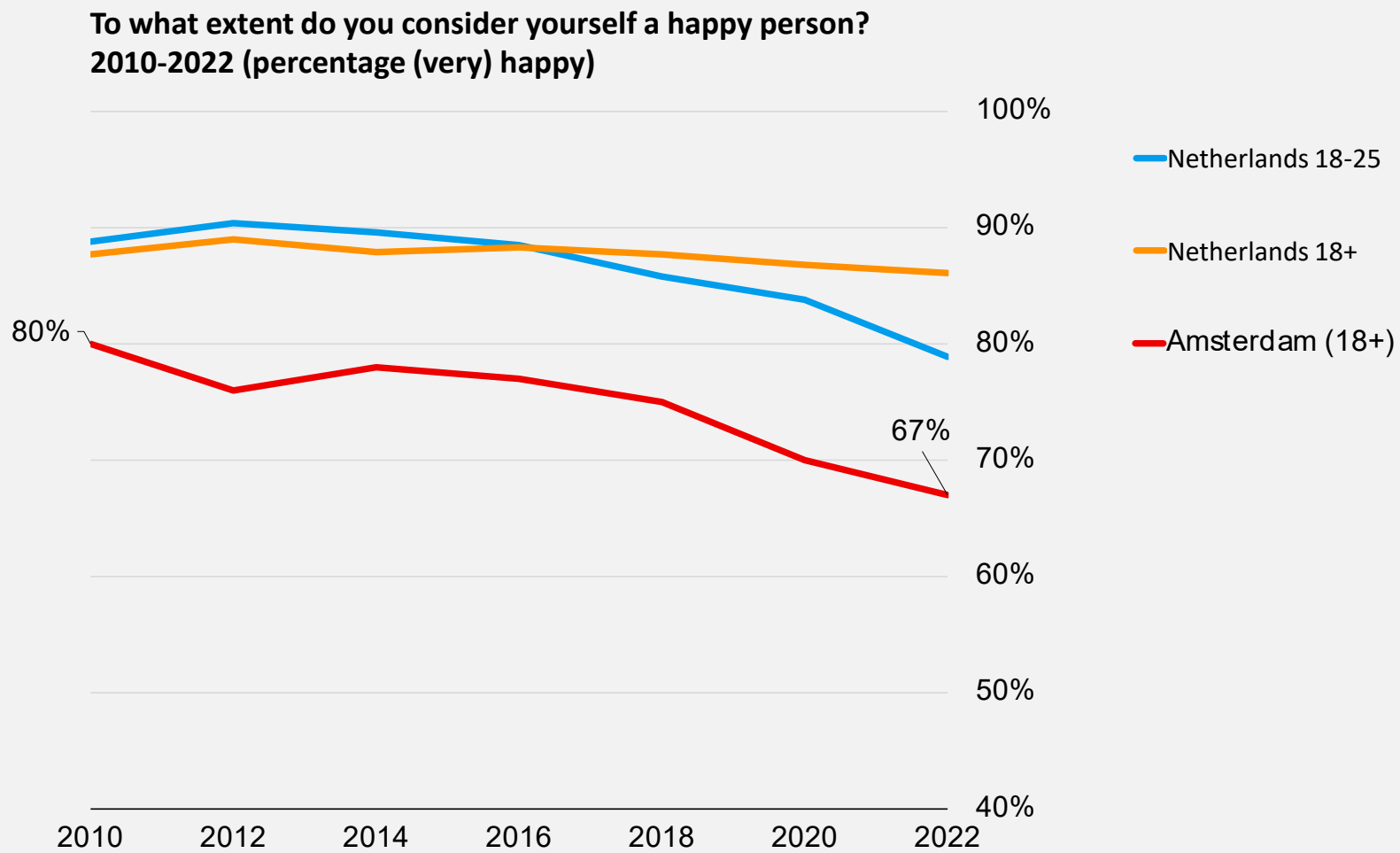
To what extent do you consider yourself a happy person?
2010-2022 (percentage (very) happy)



Sources: CBS (2024)



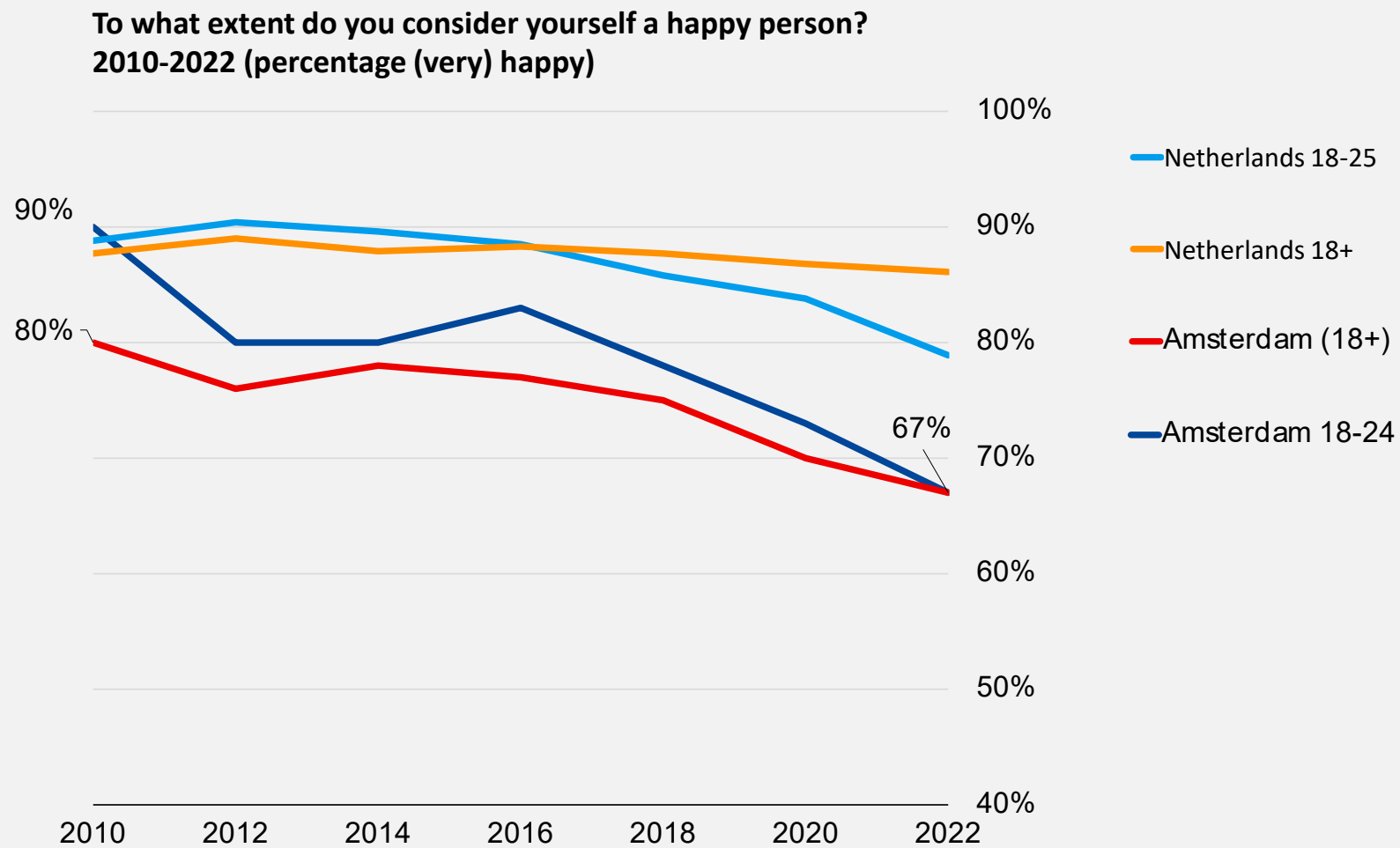
Decline in happiness reported by young adults



Sources: O&S (2022); CBS (2024)



Decline in happiness reported by young adults

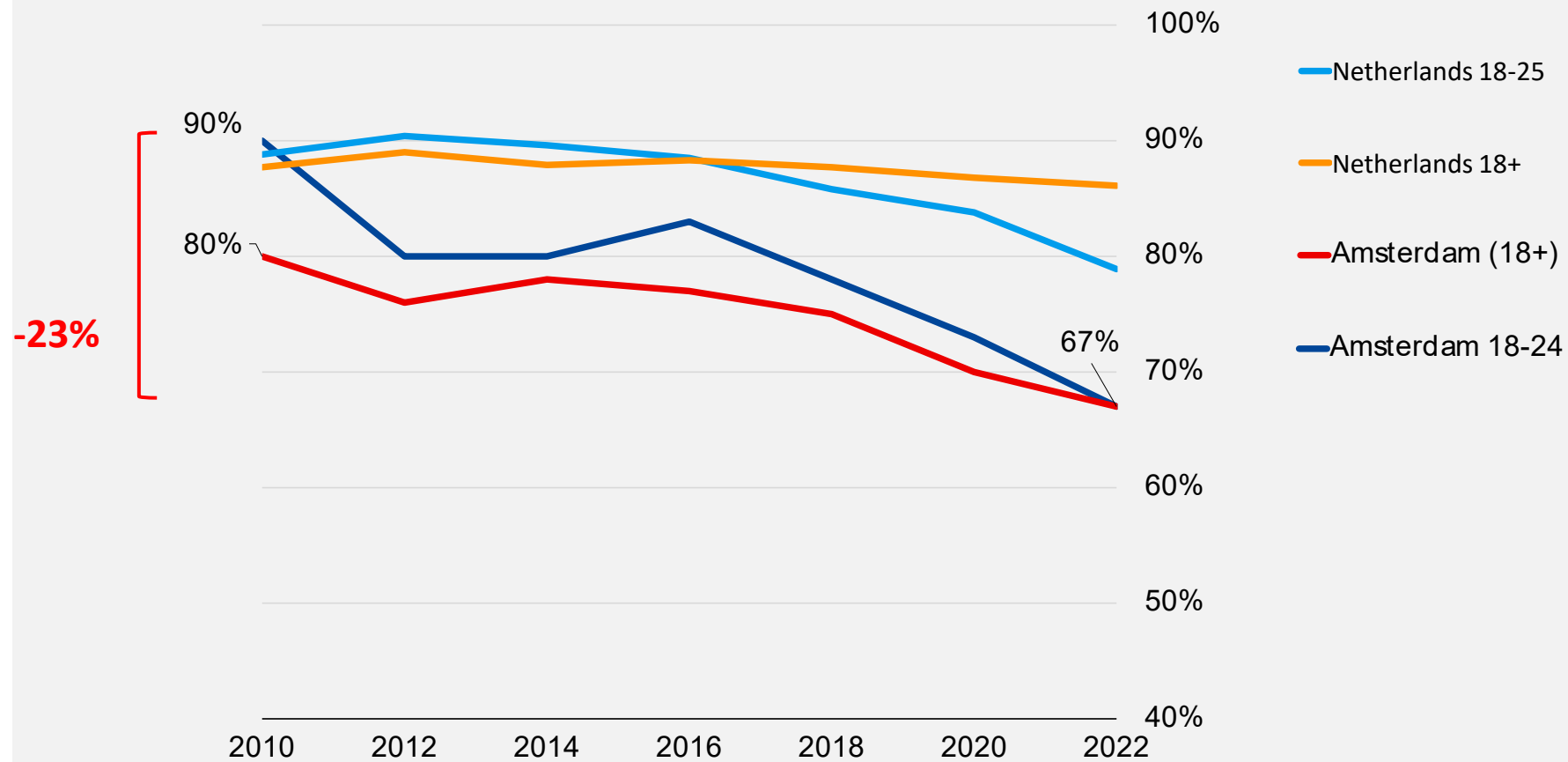


Sources: O&S (2022); CBS (2024)



Decline in happiness reported by young adults

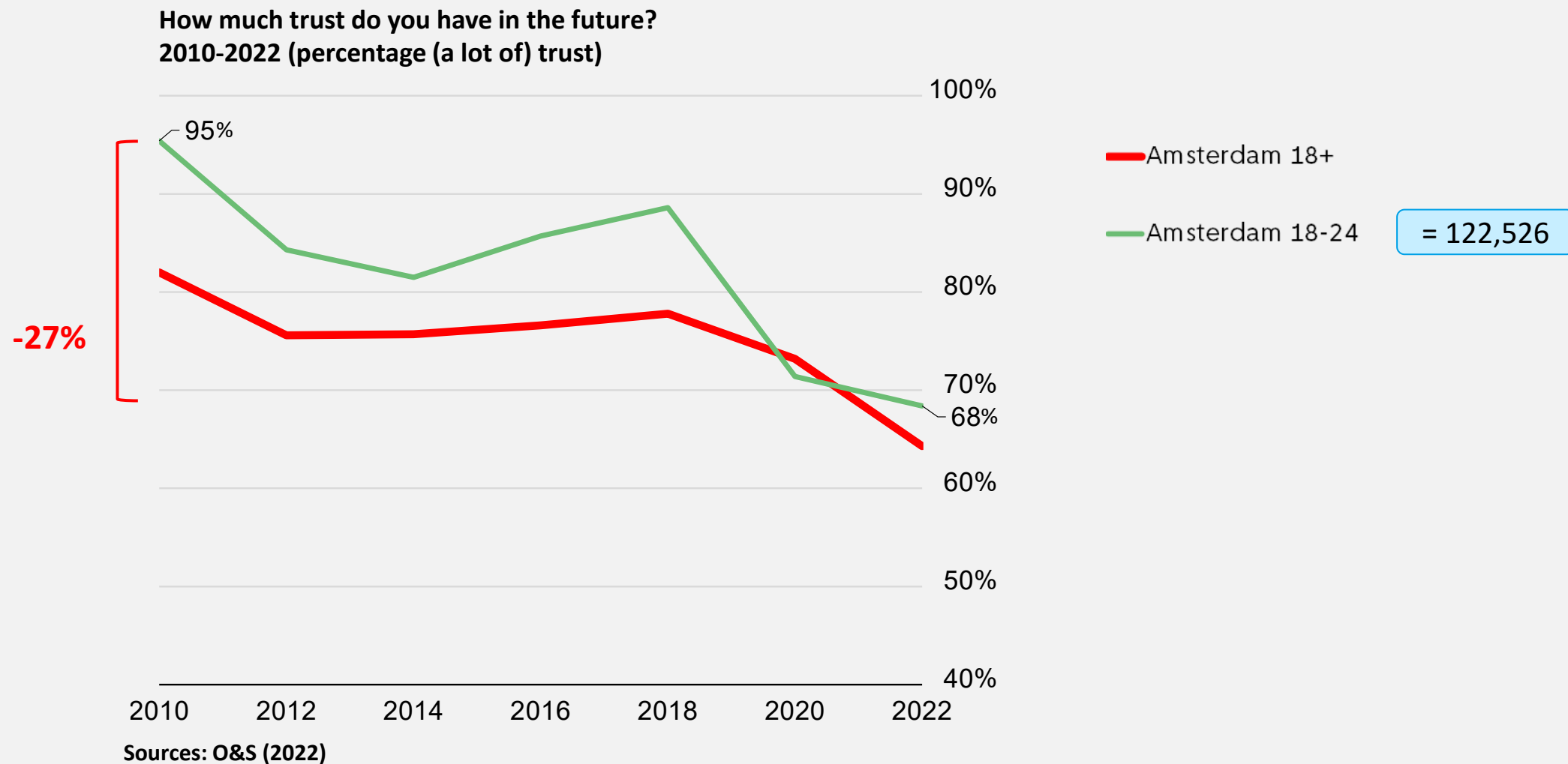
To what extent do you consider yourself a happy person?
2010-2022 (percentage (very) happy)



Sources: O&S (2022); CBS (2024)



Decline in trust in the future





What aspects of life in Amsterdam predict young adult well-being?

Staat van de Stad 2024

State of the City 2024

- Expanded the young adult sample

699 participants aged 18-24

- Identified relevant themes from literature:
 - (Mental) health
 - Financial security and housing
 - Social contacts
- Added:
 - Loneliness
 - Social media use
 - Societal and political climate
 - Societal and social pressures
- Multivariate linear regression models for both happiness and trust in the future

Gezondheidsmonitor Jongvolwassenen 2024

Young Adult Health Monitor 2024

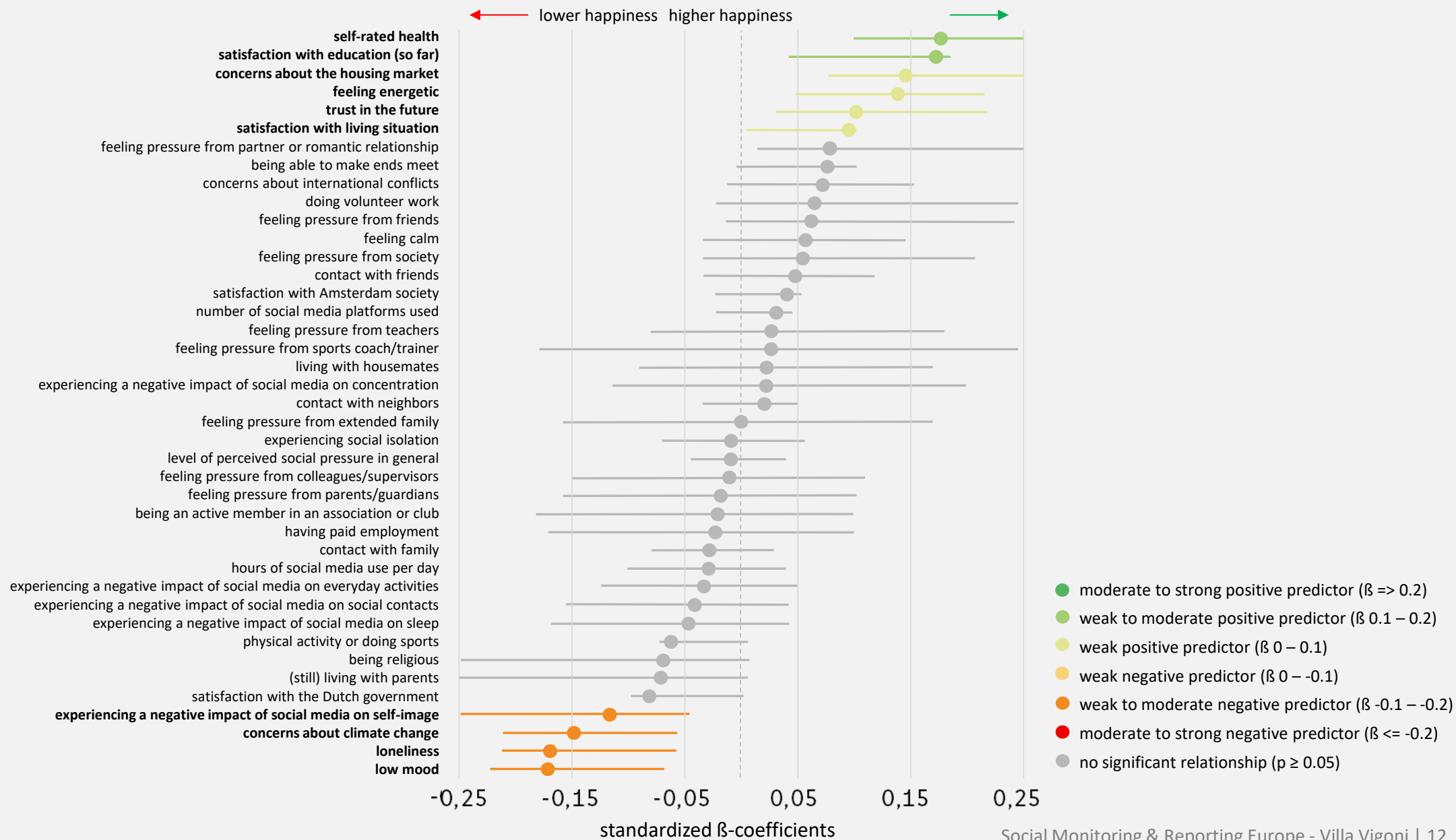
- Leveraged the large dataset of...

3,385 participants aged 16-25

- To conduct cluster analysis of circumstances strongly predictive of poor well-being
- And to identify vulnerable subgroups

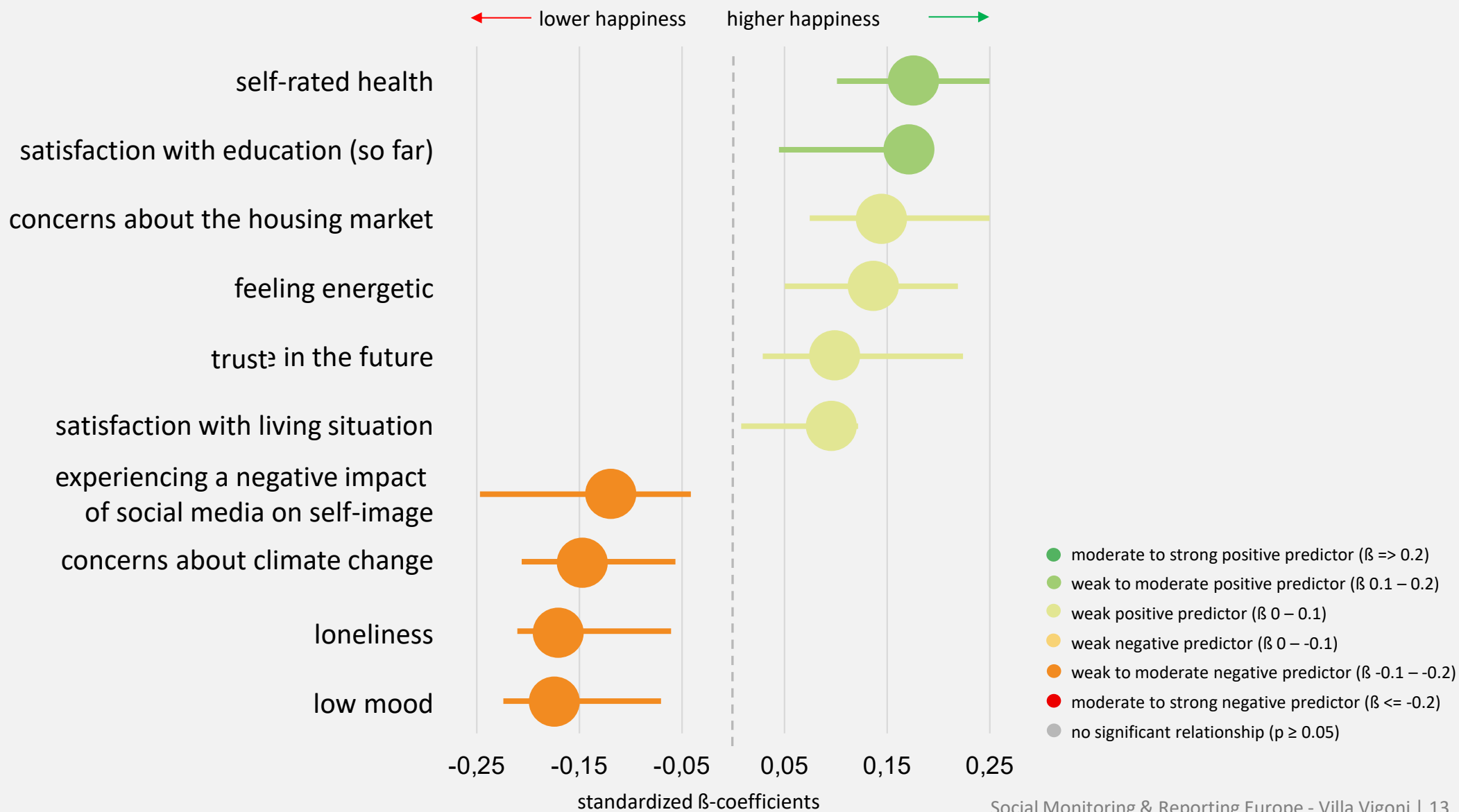


Predictors of young adult happiness

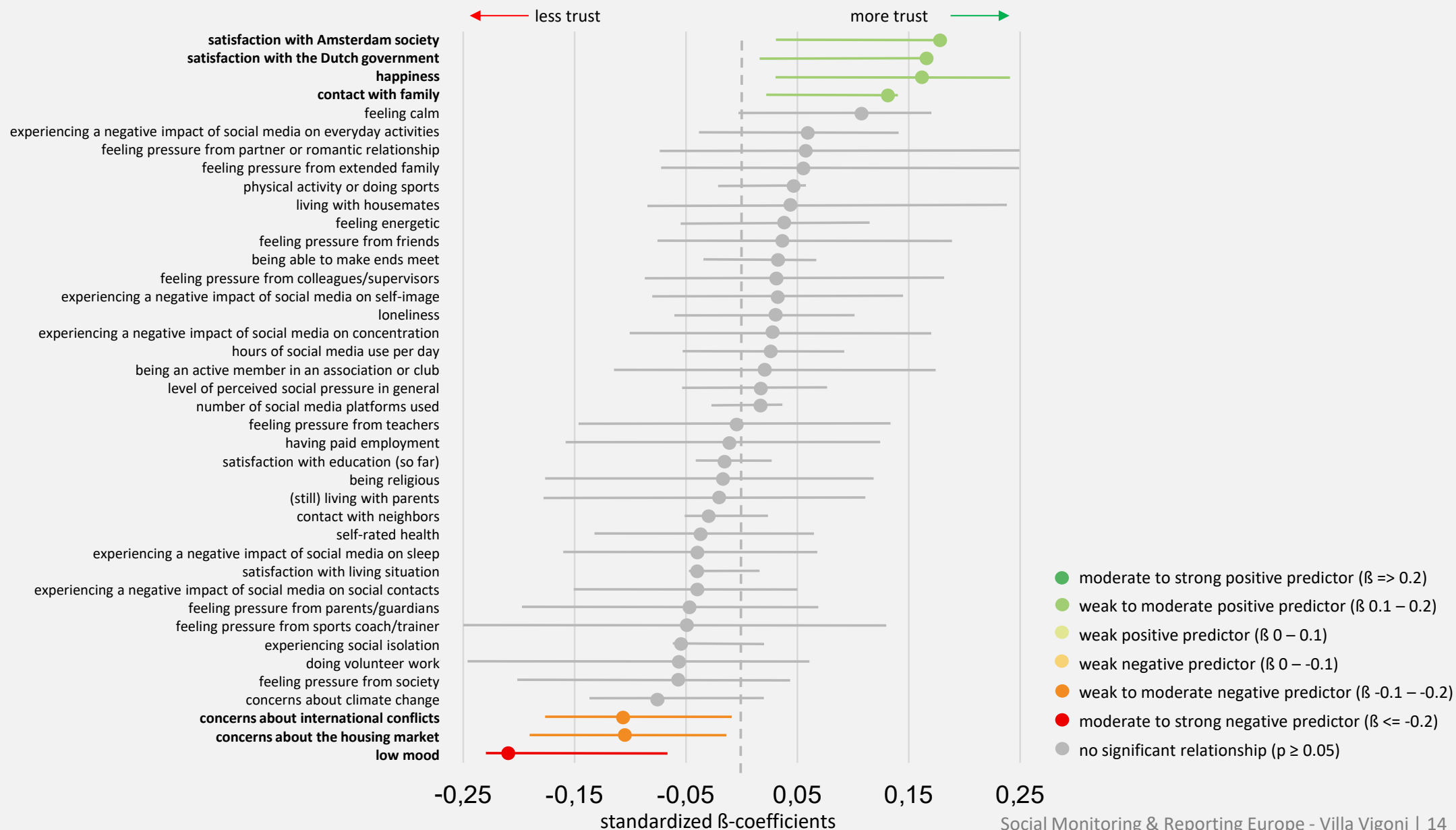




Predictors of young adult happiness

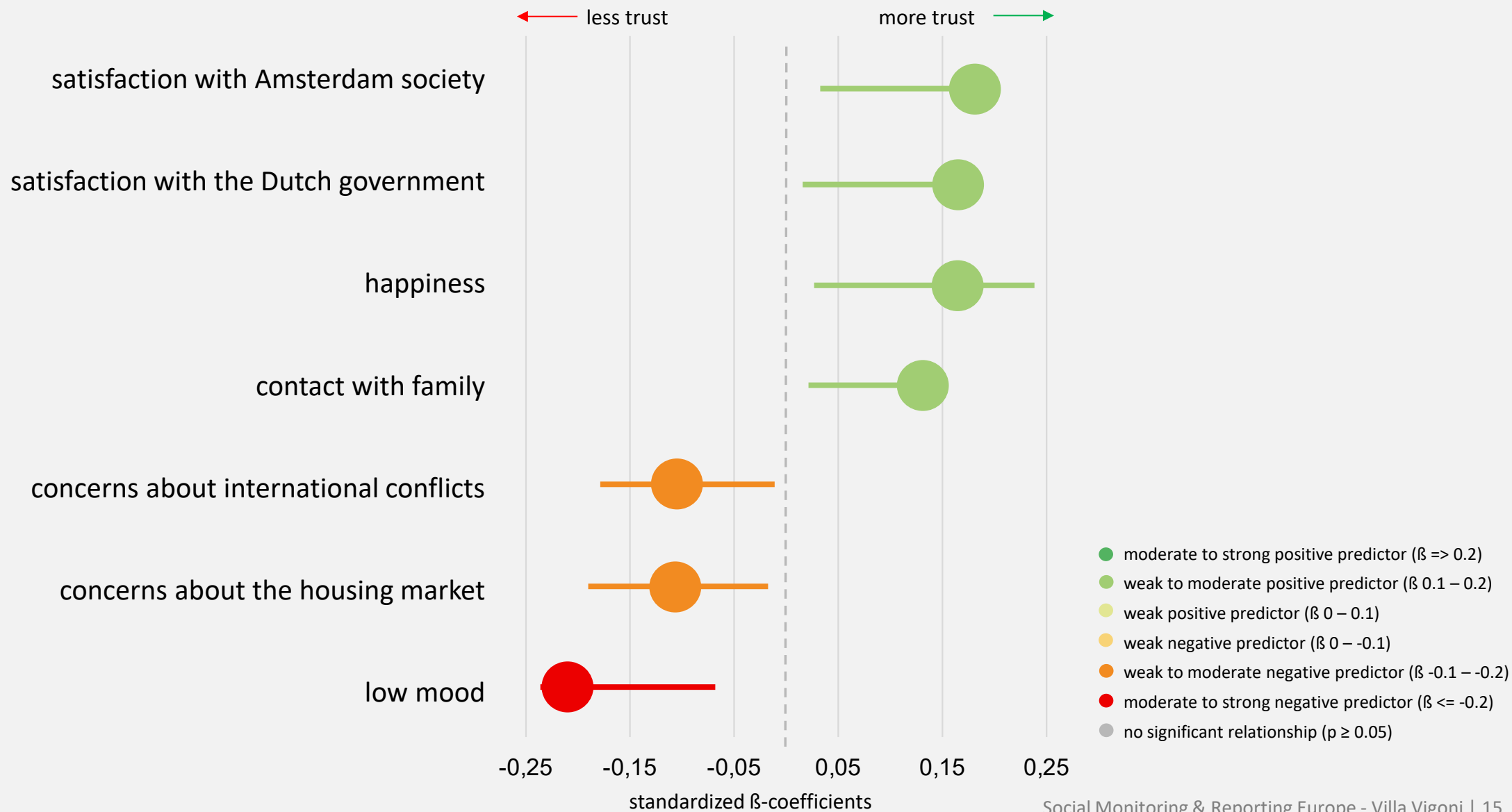


Predictors of young adult trust in the future





Predictors of young adult trust in the future





Same city, different predictor profiles

	young adults (12-24)	all adults
Low mood	—	—
Loneliness	—	—
Satisfaction with living situation	+	+
Self-rated health & feeling energetic	++	+
Satisfaction with education	++	+
Concerns about the planet and environment	—	0
Experiencing a negative impact of social media on self-image	—	—

happiness

+++ strong positive ++ moderate positive + positive 0 no association - negative — moderate negative — strong negative



Same city, different predictor profiles

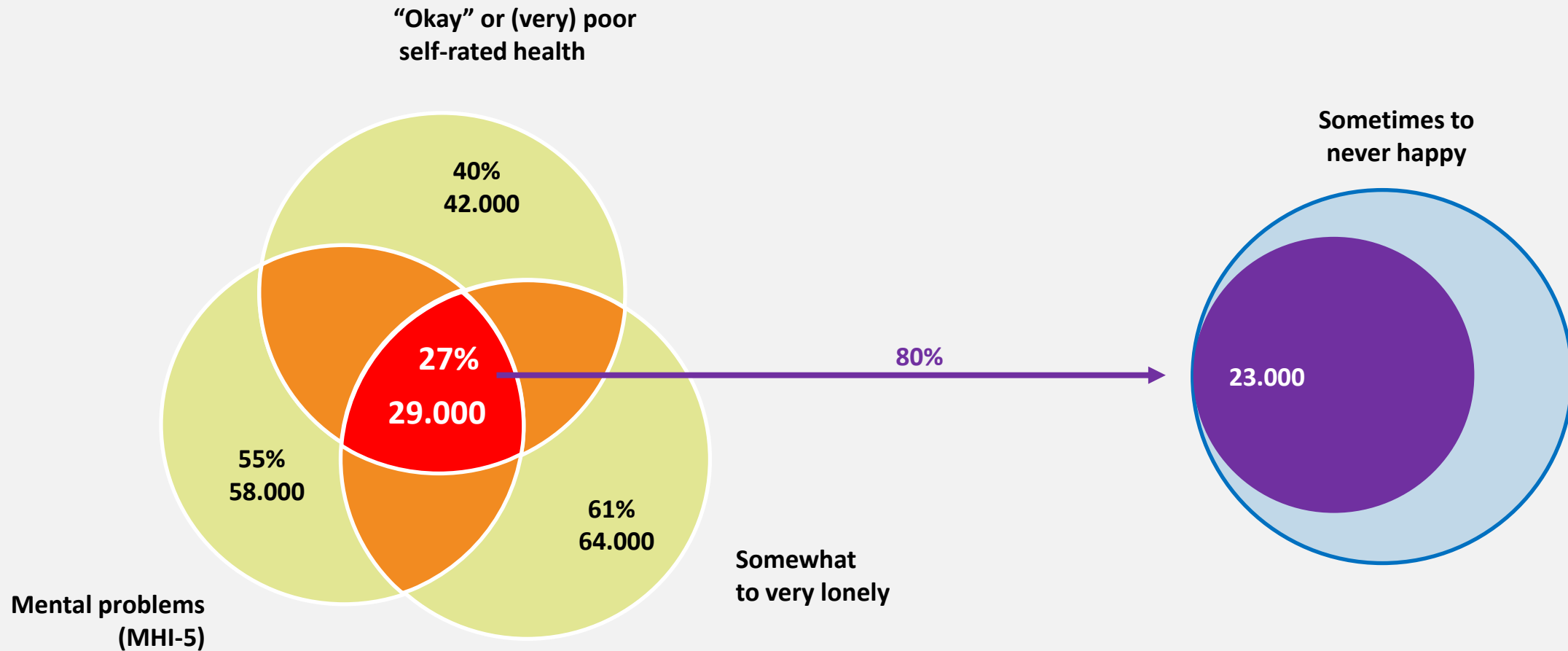
trust in the future

	young adults (12-24)	all adults
Satisfaction with Amsterdam society	++	++
Satisfaction with the Dutch government	++	++
Concerns about international conflicts	—	—
Low mood	—	—
Concerns about the housing market and affordability of living	—	—
Frequent contact with family	++	0

+++ strong positive ++ moderate positive + positive 0 no association — negative — moderate negative — strong negative

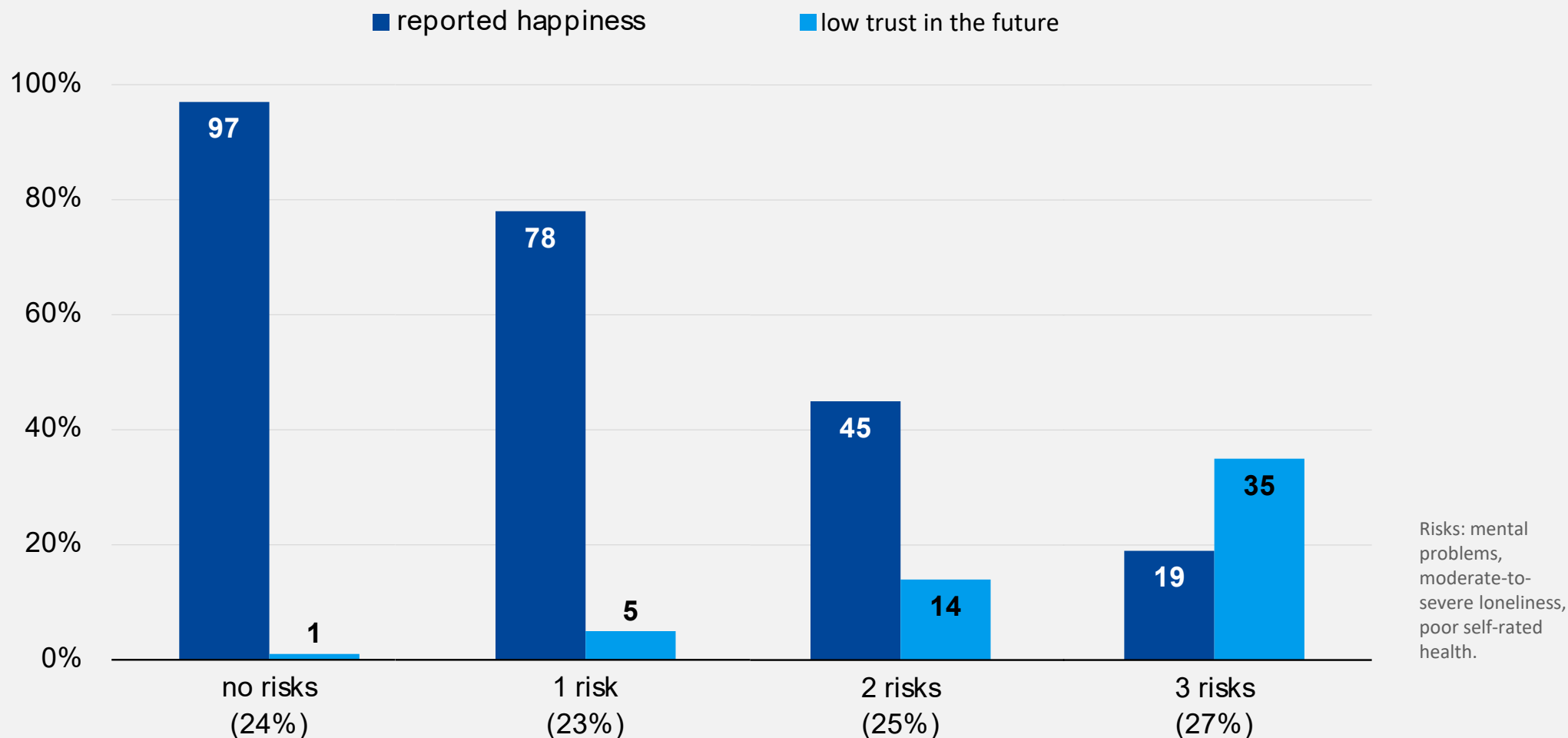


To what extent do circumstances co-occur?





To what extent do predictive circumstances co-occur?





Who are concentrated in the 3-risk group?

63%

women

66%

21-25 years old

54%

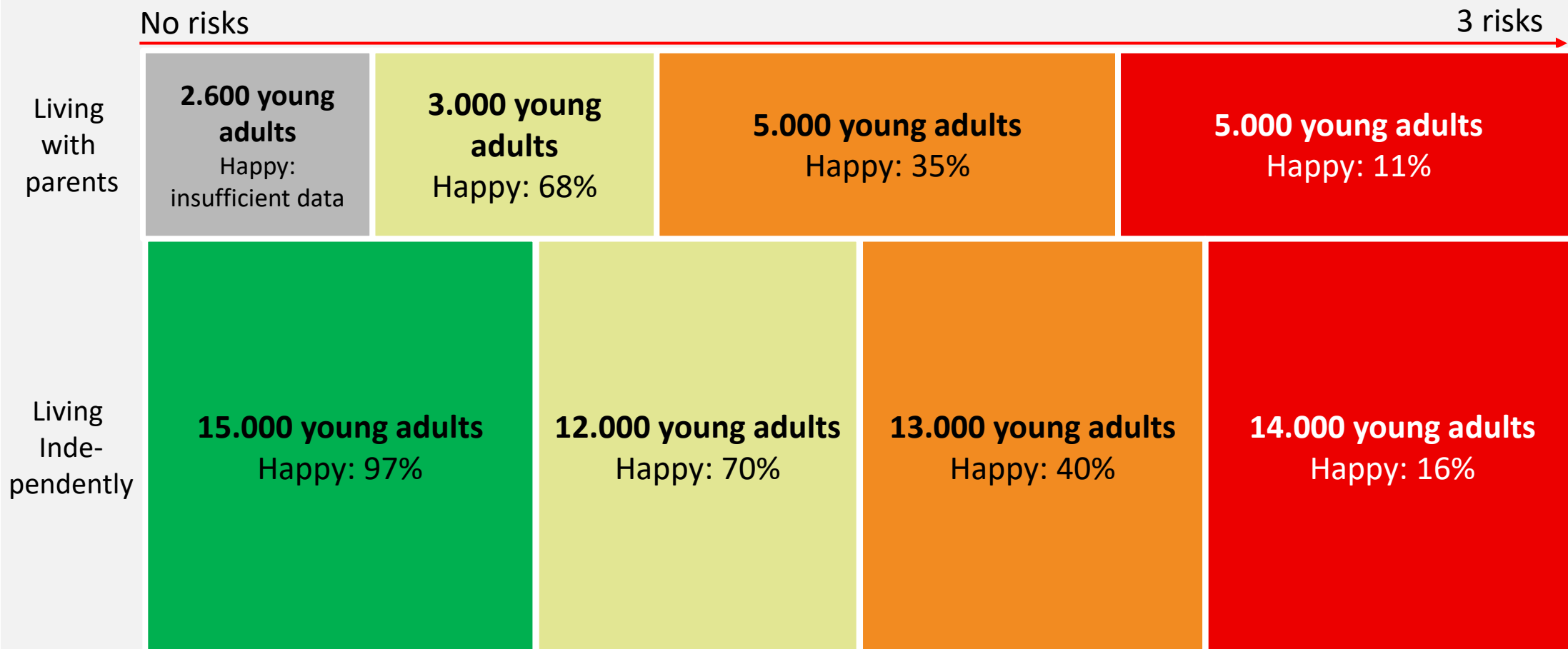
struggle financially

45%

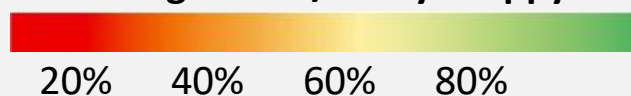
Problematic social media users



Who are concentrated in the 3-risk group?



Percentage often/always happy



Risks: mental problems, moderate-to-severe loneliness, poor self-rated health.



Take-aways



- Reported young adult well-being shows a sharp decline



- (Mental) health, social contacts, education, worries about climate change & the housing market and the perceived impact of social media on self-image are specifically strongly related to young adult happiness and trust in the future



- The more co-occurring risk circumstances, the lower well-being



- Half of Amsterdam young adults struggle with accumulation of risk circumstances



- At-risk groups are mostly women and 21-25 year olds (still) living with parents



Where to go from here



Policy & action

- Address cumulative disadvantages in policy
- Address local themes
 - Invest in health programs/initiatives
 - Allocate more homes to young adults wanting to live independently
 - Social initiatives to combat loneliness
 - Focus on helping young adults to deal with the impact of social media on self-image
 - Involve youth in local policy and decision-making

Monitoring & research

- Continue to monitor well-being trends, specifically in young adults, including co-occurrence of risk factors in the population, and specific at-risk groups (women, living with parents)
- Gain context and narratives through qualitative research
- Longitudinal research on young adult well-being in urban settings in collaboration with University of Amsterdam



Questions?

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