

Citizens' pulse 2025

This inquiry examines the opinions of people living in Finland during the current state, in which topical issues in Finland and Europe affect people's lives. The questions are related to the activity of the authorities, as well as the respondent's own mood and future expectations.

You can go forward on the form by pressing Next at the bottom of the page. You can check or correct your answers by pressing Previous.

Your answers will be saved automatically when you go forward on the form. If responding is interrupted, you can log in to the form again using the link you received.

BACKGROUND QUESTIONS

What is your sex?	
Male	
O Female	
Other	
To which of these age groups o	lo you belong? *
O Under 20 years	
O 20 to 24 years	
O 25 to 29 years	
O 30 to 34 years	
O 35 to 39 years	
O 40 to 44 years	
O 45 to 49 years	
O 50 to 54 years	
55 to 59 years	

0	60 to 64 years
0	65 to 69 years
0	70 years or over
With	n whom do you live?
0	I live alone
0	I live with my family
0	I live with other persons
In w	hich region do you live? *
0	South Karelia
0	South Ostrobothnia
0	South Savo
0	Kainuu
0	Kanta-Häme
0	Central Ostrobothnia
0	Central Finland
0	Kymenlaakso
0	Lapland
0	Pirkanmaa
0	Ostrobothnia
0	North Karelia
0	North Ostrobothnia
0	North Savo
0	Päijät-Häme
0	Satakunta
0	Uusimaa
0	Southwest Finland

WELLBEING AND MOOD

	Very satisfied	Fairly satisfied	Not very satisfied	Not at all satisfied	Unwilling to say	Don't know
	0	0	0	0	0	0
How just do you think Finnish society is	at the mom	ent? *				
	10 Very just society	9 8	7 6 5	4 3 2	1 Very unjust 2 society	Don't know
Response alternatives 10 and 1 describe the extremes and the others emotions between them.	0	000	000	000) 0	0
In general how much do you trust most p	eople? *					
	10 Complete trust	9 8	7 6	5 4 3	1 Not trust 2 at all	Don't know
	0	00	000	000	0 0	0
How confident are your feelings about yo	our future a	t the mome	nt? *			
	10 Very confident	9 8	7 6 5	4 3	1 Not at all 2 confiden	Don't
	0	000	000	000	0 0	0
How worried are you about your househo	old's livelihe	ood during	the coming	month? *		
	Not at all worried	Only a little worried	To some extent worried	Quite	Very worried	Don't know
	0	0	0	0	0	0

Stress refers to a situation where people feel tense, restless, anxious or distressed or it is hard for them to sleep because they constantly have things on their mind. Are you currently experiencing such stress?

	Not at all	Only a little		To some extent			Quite mucl		Ve mu	-	Don't know	
	0 0 0		0 0)	0						
To what extent do you agree or disagree? I feel that my life is safe. *		Agree to	2	Do	not							
	Fully	some		agre	e or		_	ee to		ully	Don't	
	agree	extent		disag	gree	SO	me e	extent	t dis	sagree	know	
	O	O))		O	O	
How much do you personally trust each o	f the follo	wing in	stitu	tions	? *							
	10 Comple trust	te 9	8	7	6	5	4	3	2	1 Not trust at all	Can't say	
Finnish Government	0	0	0	0	0	0	0	0	0	0	0	
Your local government	0	0	0	0	0	0	0	0	0	0	0	
Finnish Parliament	0	0	0	0	0	0	0	0	0	0	0	
The courts	0	0	0	0	0	0	0	0	0	0	0	
Political parties	0	0	0	0	0	0	0	0	0	0	0	
The police	0	0	0	0	0	0	0	0	0	0	0	
How much do you personally trust each o	f the follo	wing in	stitu	tions	? *							
	10 Comple trust	te 9	8	7	6	5	4	3	2	1 Not trust att all	Can't say	
The health system	0	0	0	0	0	0	0	0	0	0	0	
The education system	0	0	0	0	0	0	0	0	0	0	0	
The civil service	0	0	0	0	0	0	0	0	0	0	0	
The media	0	0	0	0	0	0	0	0	0	0	0	
Finnish Defence Forces	0	0	0	0	0	0	0	0	0	0	0	
European Union	0	0	0	0	0	0	0	0	0	0	0	
Nato	0	0	0	0	0	0	0	0	0	0	0	
United States administration	0	0	0	0	0	0	0	0	0	0	0	

	Strengthens it significantly	Strengther it somewh		Weakens it somewhat	Weakens it significantly	
	0	0	0	0	0	0
To which social themes do you think the G Choose three most important ones of the		should pay	particula	r attention i	n the near fu	ture?
Sustainable public finances						
Improving employment						
Operating conditions and investment opp	portunities of e	enterprises				
Promoting climate actions						
Preventing biodiversity loss						
Well-functioning health care						
High-quality education and early childhoo	od education	and care				
Reducing poverty						
Preventing social exclusion						
Equality of people						
Safety in everyday life and the immediate	e environmen	t				
Military defence						
Something else, what?			_			
Don't know						
SECURITY SITUATION						
How worried are you about the Ukrainian of	crisis and its	effects at t	he mome	nt? *		
	10 Do not worry at all 9	8 7	6 5	4 3 2	1 Worry very 2 much	Don't know
	\circ	000	00	000		\circ

			_			
	Not at all	Only a little	To some extent	Quite much	Very much	Don't know
The escalation of the war from Ukraine?	0	0	0	0	0	0
Russia taking military action against Finland?	0	0	0	0	0	0
Russia's efforts to influence the activities of Finnish society?	0	0	0	0	0	0
To what extent do you agree or disagree w	rith the fo	ollowing st	atements? *			
	Fully agree	Agree to some extent	Do not agree or disagree	Disagree to some extent	Fully disagree	Don't know
I accept the economic sanctions imposed to Russia by the EU, even if they can cause considerable damage to Finland.	0	0	0	0	0	0
Finland must accept substantial numbers of refugees from Ukraine if necessary.	0	0	0 0		0	0
Finland's reaction to influencing efforts by Russia has been sufficient and timely.	0	0	0	0	0	0
I am worried about Russia's recent activities.	0	0	0) 0 0		0
INFORMATION SECURITY						
<u>During the past month,</u> have you personal	ly found	: *				
	Not at all	Only a little	To some extend	Quite much	Very much	Don't know
Influence operations based on deliberately misleading information on the Internet or in social media?	0	0	0	0	0	0
Disruptions in Internet services or problems related to personal data security?	0	0	0	0	0	0

SOCIETY AND ACTIVITIES

	Fully agree	Agree to some extent	I neither agree nor disagree	Disagree to some extent	Fully disagree	Do not know
I feel that by voting I can influence matters that are important to me and people close to me.	0	0	0	0	0	0
SUSTAINABLE DEVELOPMENT						
Sustainable development ensures good living generations. The environment, human life and into account in sustainable development on a	d the eco	onomy are a	ll interlinked. F	or this reasor	n, they are t	
What do you think of the following statement in my opinion, sufficient measures have be		en in Finlan	d: *			
	Fully agree	Agree to some extent	I neither agree nor disagree	Disagree to some extent	Fully disagree	Don't know
to promote the wellbeing of nature in the past five years?	0	0	0	0	0	0
to promote <u>economic wellbeing</u> in the past five years?	0	0	0	0	0	0
to promote <u>people's wellbeing</u> in the past five years?	0	0	0	0	0	0
PHYSICAL ACTIVITY AND EXERCISE						
In the following questions exercise refers exercise. According to the recommendation 30 min or vigorously (e.g. running) at least strengthen muscles (e.g. home workouts, twice a week.	ons, an a t 1 h 15	adult should min per wed	d exercise <u>bri</u> ek and <u>in add</u>	<u>skly</u> (e.g. wa <u>ition</u> do activ	lking) at le	
*						
	Every week		Occasional		lot in any week	Don't know
In the past six months, have you done physical activity according to the recommendations:	0	0	0	0	0	0

	Have increase significa	sed			No change	Have decrease somewha		
Have you changed your physical activity behaviour in the past six months?	0)	0	0	0	0
To what extent do you agree or disagree?	*							
	Fully agree	sc	ee to me tent	agr	either ee nor agree	Disagree some exte		Do not know
Too low physical activity is a major societal challenge in Finland.	0	(O	0		0	0	0
*								
	A (Quite lot	а	To some extent		Only a little	Not at all	Don't know
In the past six months, have you seen or heard media communication that encourages to increase physical activity?	0) O		0		0	0	0
Have you heard about the Finland on the	move pro	ograr	nme?					
Yes, I have								
No, I have not								
O Don't know								
BACKGROUND QUESTIONS								
What is the highest level of education you	ı have co	omple	eted? I	s it:				
O at most comprehensive school or similar	r							
O upper secondary education (matriculation	n examir	nation	or vo	cation	al qualifi	cation)		
O lower tertiary degree (university of applied	ed scienc	es de	egree o	or othe	er)			
higher tertiary degree								
osomething else								

How would you describe your household's economic situation? Do you think it is:
O wealthy
O well off
O of average income
O of low income
O Don't know
Do you still have something else in mind that you would like to mention in this context? You can write your comments here.
300 characters left