

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
- ☐ Female
- ☐ Other

To which of these age groups do you belong? *

- ☐ Under 20 years
- ☐ 20 to 24 years
- ☐ 25 to 29 years
- ☐ 30 to 34 years
- ☐ 35 to 39 years
- ☐ 40 to 44 years
- ☐ 45 to 49 years
- ☐ 50 to 54 years
- ☐ 55 to 59 years

- ☐ 60 to 64 years
- ☐ 65 to 69 years
- ☐ 70 years or over

With whom do you live?

- ☐ I live alone
- ☐ I live with my family
- ☐ I live with other persons

In which region do you live? *

- ☐ South Karelia
- ☐ South Ostrobothnia
- ☐ South Savo
- ☐ Kainuu
- ☐ Kanta-Häme
- ☐ Central Ostrobothnia
- ☐ Central Finland
- ☐ Kymenlaakso
- ☐ Lapland
- ☐ Pirkanmaa
- ☐ Ostrobothnia
- ☐ North Karelia
- ☐ North Ostrobothnia
- ☐ North Savo
- ☐ Päijät-Häme
- ☐ Satakunta
- ☐ Uusimaa
- ☐ Southwest Finland

WELLBEING AND MOOD

How satisfied are you with the functioning of democracy in Finland? *

	Very satisfied	Fairly satisfied	Not very satisfied	Not at all satisfied	Unwilling to say	Don't know
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How just do you think Finnish society is at the moment? *

	10 Very just society	9	8	7	6	5	4	3	2	1 Very unjust society	Don't know
Response alternatives 10 and 1 describe the extremes and the others emotions between them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general how much do you trust most people? *

	10 Complete trust	9	8	7	6	5	4	3	2	1 Not trust at all	Don't know
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How confident are your feelings about your future at the moment? *

	10 Very confident	9	8	7	6	5	4	3	2	1 Not at all confident	Don't know
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How worried are you about your household's livelihood during the coming month? *

	Not at all worried	Only a little worried	To some extent worried	Quite worried	Very worried	Don't know
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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? *

[illegible][illegible]

How much do you personally trust each of the following institutions? *

[illegible]

How much do you personally trust each of the following institutions? *

[illegible]

Does Finland's NATO membership affect your sense of security? *

	Strengthens it significantly	Strengthens it somewhat	Does not affect	Weakens it somewhat	Weakens it significantly	Don't know
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To which social themes do you think the Government should pay particular attention in the near future?
Choose three most important ones of the following: *

- ☐ Sustainable public finances
- ☐ Improving employment
- ☐ Operating conditions and investment opportunities of enterprises
- ☐ Promoting climate actions
- ☐ Preventing biodiversity loss
- ☐ Well-functioning health care
- ☐ High-quality education and early childhood education and care
- ☐ Reducing poverty
- ☐ Preventing social exclusion
- ☐ Equality of people
- ☐ Safety in everyday life and the immediate environment
- ☐ Military defence
- ☐ Something else, what?
- ☐ Don't know

SECURITY SITUATION

How worried are you about the Ukrainian crisis and its effects at the moment? *

	10 Do not worry at all	9	8	7	6	5	4	3	2	1 Worry very much	Don't know
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Are you worried about the following matters: *

	Not at all	Only a little	To some extent	Quite much	Very much	Don't know
The escalation of the war from Ukraine?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Russia taking military action against Finland?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Russia's efforts to influence the activities of Finnish society?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To what extent do you agree or disagree with the following statements? *

	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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finland must accept substantial numbers of refugees from Ukraine if necessary.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finland's reaction to influencing efforts by Russia has been sufficient and timely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried about Russia's recent activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

INFORMATION SECURITY

During the past month, have you personally found: *

	Not at all	Only a little	To some extent	Quite much	Very much	Don't know
Influence operations based on deliberately misleading information on the Internet or in social media?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disruptions in Internet services or problems related to personal data security?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SOCIETY AND ACTIVITIES

To what extent do you agree or disagree? *

[illegible]

*

	Have increased significantly	Have increased somewhat	No change	Have decreased somewhat	Have decreased significantly	Don't know
Have you changed your physical activity behaviour in the past six months?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To what extent do you agree or disagree? *

	Fully agree	Agree to some extent	I neither agree nor disagree	Disagree to some extent	Fully disagree	Do not know
Too low physical activity is a major societal challenge in Finland.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*

	A lot	Quite a lot	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?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you heard about the Finland on the move programme?

- ☐ Yes, I have
- ☐ No, I have not
- ☐ Don't know

BACKGROUND QUESTIONS

What is the highest level of education you have completed? Is it:

- ☐ at most comprehensive school or similar
- ☐ upper secondary education (matriculation examination or vocational qualification)
- ☐ lower tertiary degree (university of applied sciences degree or other)
- ☐ higher tertiary degree
- ☐ something else

How would you describe your household's economic situation? Do you think it is:

- ☐ wealthy
- ☐ well off
- ☐ of average income
- ☐ of low income
- ☐ 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