

Citizens' Pulse 2026

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.

1/2026

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

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.

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

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

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

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? *

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 statement? *

	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"/>

RECYCLING

How often do you sort the following types of waste into the appropriate collection containers at home? *

	Always	At most times	Sometimes	Seldom	Never	Don't know
Biowaste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carton and cardboard waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plastic waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Glass waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Small metal waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Where is your household's collection container or compost container for biowaste located? *

- On the property or shared with a neighbouring property
- Somewhere else than on the property (e.g. at a communal collection point)
- There is no collection or compost container
- Don't know

Where is your household's closest collection container for: *

	On the property or shared with a neighbouring property	At a communal collection point within a short walking distance	Further away at a communal collection point located on your usual route	Further away at a communal collection point not located on your usual route	Don't know
Carton and cardboard waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plastic waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Glass waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Small metal waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I would sort more actively if ...

Select the 1 to 3 most important reasons from the following. *

- There were stricter requirements for sorting (e.g. fines for not sorting)
- The sorting point was closer or located on the property
- There was more space for different types of waste at home
- I had better knowledge of how to sort waste
- I could trust that the recycled waste truly ends up being reused
- Sorting was financially beneficial
- More waste suitable for recycling was generated
- The sorting point was tidier or better maintained
- Other family members or neighbours sorted
- Some other reason
- There is nothing that would make me sort waste

RACISM IN FINLAND

The following questions concern racism, equality of people with different ethnic backgrounds and relations between different population groups in Finnish society. Racism stems from the belief that individuals or groups of people are inferior based on, for example, their ethnic origin, skin colour, nationality, culture, native language or religion. Here, ethnic background means that a person belongs to a population group other than the Finnish majority population.

What do you think of the following statement: *

	Fully agree	Agree to some extent	I neither agree nor disagree	Disagree to some extent	Fully disagree	Don't know
Racism is a significant social phenomenon in Finland.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past 12 months, have you noticed racism or inappropriate treatment based on ethnic background at any of the following? You can choose several. *

- At the workplace
- At school or an educational institution
- In hobbies or other leisure activities
- On social media
- In customer service situations
- In public places
- In your own close circle (relatives or friends)
- I have not

What do you think of the following statements?

In my opinion, sufficient measures have been taken in Finland: *

	Fully agree	Agree to some extent	I neither agree nor disagree	Disagree to some extent	Fully disagree	Don't know
To build a climate of public opinion that respects human rights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To strengthen relations and interaction between different population groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To address racism in society's services and structures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you heard about the government campaign against racism "Action, not only words"? *

- Yes
- No
- Don't know

In the following questions exercise refers to all physical activity, everyday activities and physical exercise.

According to the recommendations, an adult should exercise briskly (e.g. walking) at least 2 h 30 min or vigorously (e.g. running) at least 1 h 15 min per week and in addition do activities that strengthen muscles (e.g. home workouts, physically strenuous tasks, ball and racket games) at least twice a week.

*

	Every week	At most times	Occasionally	Seldom	Not in any week	Don't know
In the past six months, have you done physical activity according to the recommendations:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*

	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

What is your household's form of housing?

- A detached house
- A semi-detached or terraced house
- A block of flats
- Something else

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