

Citizens' pulse 2024

() 40 to 44 years

) 45 to 49 years

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.

Kohdenro 	
BACKGROUND QUESTIONS	
What is your sex?	
Male	
○ Female	
Other	
To which of these age groups do you belong?	
Under 20 years	
O 20 to 24 years	
O 25 to 29 years	
O 30 to 34 years	
35 to 39 years	

0	50 to 54 years
0	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
D	vou bous any underson abildren living with you?
_	you have any underage children living with you?
_	Yes
0	No
In w	hich region do you live?
_	
0	South Karelia
000	South Karelia South Ostrobothnia
000	South Karelia South Ostrobothnia South Savo
0000	South Karelia South Ostrobothnia South Savo Kainuu
00000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme
000000	South Karelia South Ostrobothnia South Savo Kainuu
0000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia
00000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia Central Finland
000000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia Central Finland Kymenlaakso
0000000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia Central Finland Kymenlaakso Lapland
00000000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia Central Finland Kymenlaakso Lapland Pirkanmaa
000000000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia Central Finland Kymenlaakso Lapland Pirkanmaa Ostrobothnia
00000000000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia Central Finland Kymenlaakso Lapland Pirkanmaa Ostrobothnia North Karelia
000000000000000	South Karelia South Ostrobothnia South Savo Kainuu Kanta-Häme Central Ostrobothnia Central Finland Kymenlaakso Lapland Pirkanmaa Ostrobothnia North Karelia North Ostrobothnia
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WELLBEING AND MOOD											
How just do you think Finnish society is a	t the mor	ment?	*								
	10 Very just society		8	7 6	5	4	3	2	1 Vei unjus socie	st	Don't know
Response alternatives 10 and 1 describe the extremes and the others emotions between them.	0	0	0	O C) C	0	0	0	0)	0
In general how much do you trust most pe	ople? *										
	10								1 No	ot	
	Comple trust		8 (7	6	5	4 3	3 2	tru: 2 at a		Don't know
	-) 8) C				4 3 O C		2 at a		
When you think about your own state of memotions and feelings: *	trust	9	how	0	() (did ye	Ou ex) C	nce	2 at a	all)	know
	trust	erday,	how a	much (did yo	ou ex	perie	nce	2 at a	all)	know
	trust O ind yest	erday,	how a	much o	did yo	ou ex	perie	nce	2 at a	all)	know O ng Don't
emotions and feelings: *	trust O ind yest	erday,	how a	much o	did yo	ou ex	perie	nce	2 at a	all)	know O ng Don't
emotions and feelings: * I was happy and in a good mood	trust O sind yest Not at all O	erday,	how a e	much of To so exte	did ye	ou ex	perie	nce	2 at a	all)	know O ng Don't
emotions and feelings: * I was happy and in a good mood I felt down and depressed Read the following statements carefully co	trust O sind yest Not at all O	erday,	how ae ite to ee	much of To so exte	did year	Ou ex	perie	nce t	2 at a	all)	know O ng Don't
emotions and feelings: * I was happy and in a good mood I felt down and depressed Read the following statements carefully co	ind yest Not at all O onsidering	erday, Only little	how ae ite to ee	To so exte	did year	Ou ex	perie	nce t	the foll Very nuch	all)	know ng Don't know O

	Fully agree	Agree to some extent	Do not agree or disagree	Disagree to some extent	Fully disagree	Don't know
I feel closeness and connected with people whom I care about and who care about me.	0	0 0 0		0	0	0
I feel that my life is precious and significant right now.	0	0	0	0	0	0
How confident are your feelings about you	ır future a	at the mo	ment? *			
	10 Very		7 6	5 4 3 2	1 Not at all confider	Don't
	0	00		0000	0	0
How worried are you about your househol	d's livelil			_		
	Not at a		e exte	ent Quite	Very worried	Don't know
	0	C) C) 0	0	0
Stress refers to a situation where people for to sleep because they constantly have this						
	Not at all	Only a little	To some extent	Quite much	Very much	Don't know
	0	0	0	0	0	0
To what extent do you agree or disagree? I feel that my life is safe. *						
	Fully agree	Agree to some extent	Do not agree or disagree	Disagree to some extent	Fully disagree	Don't know
	0	0	0	0	0	0

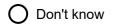
	10 There									1 The	
	is no sign of									nood of crisis is	
	mood of								,	at its	Don't
	crisis	9	8	7	6	5	4	3	2	worst	know
	0	0 () () C) C) () () C	C	0	0
How much do you personally tru	st each of the follow	ing in	stitu	tions	s? *						
	10									1 Not	
	Complete									trust	Can't
	trust	9	8	7	6	5	4	3	2	at all	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
	-4		- 4!4	4!	~ +						
How much do you personally tru	st each of the follow	ing in	stitu	tions	s? *					1 Not	
How much do you personally tru		i ng in 9	stitu 8	tions	6	5	4	3	2	1 Not trust att all	Can't say
How much do you personally tru The health system	10 Complete					5	4 O	3 O	2 O	trust	
	10 Complete trust					5 O		з О	2 O O	trust att all	
The health system	10 Complete trust					5 O O	0	0	0	trust att all	say
The health system The education system	10 Complete trust					5 O O O	000	0	0	trust att all	Say O
The health system The education system The civil service	10 Complete trust O O					5 O O O O	0000	0000	0 0 0	trust att all	O O
The health system The education system The civil service The media	10 Complete trust O O O					5 0 0 0 0	0000	0000	0000	trust att all	Say O O O
The health system The education system The civil service The media Finnish Defence Forces	10 Complete trust O O O O					5 0 0 0 0 0	0000	0000	00000	trust att all	Say O O O O
The health system The education system The civil service The media Finnish Defence Forces European Union	10 Complete trust O O O O O O		800000	7 0 0 0 0 0	6 000000	000000	000000	000000	00000	trust att all	Say O O O O
The health system The education system The civil service The media Finnish Defence Forces European Union	10 Complete trust O O O O O O		800000	7 0 0 0 0 0	6 000000	000000	000000	000000	00000	trust att all	Say O O O O
The health system The education system The civil service The media Finnish Defence Forces European Union	10 Complete trust O O O O O O O	9 000000	8 O	7 0 0 0 0 0	6 000000	000000	000000	000000	00000	trust att all	Say O O O O
The health system The education system The civil service The media Finnish Defence Forces European Union Nato	10 Complete trust O O O O O O O	9 O O O O O O O O O O O O O O O O O O O	8 O	7 0 0 0 0 0	6 000000	000000	000000	000000	00000	trust att all	Say O O O O
The health system The education system The civil service The media Finnish Defence Forces European Union Nato	10 Complete trust O O O O O O O O O O O O O O O O O O	9 O O O O O S s	8 O O O O O O Curity	7 0 0 0 0 0	6 0 0 0 0 0		000000	O O O O O	000000	trust att all	Say O O O O
The health system The education system The civil service The media Finnish Defence Forces European Union Nato	10 Complete trust O O O O O O O O Sip affect your sense	9 O O O O S Str	8 OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO	7 0 0 0 0	6 0 0 0 0	0 0 0 0 0	O O O O	O O O O O O	O O O O O O	trust att all	say O O O O O O O O O O O O O O O O O O O

To which social themes do you think the G Choose three most important ones of the			pay particul	ar attention in	the near f	uture?
Sustainable public finances						
Improving employment						
Operating conditions and investment opp	oortunitie	s of enterpris	ses			
Promoting climate actions						
Preventing biodiversity loss						
Well-functioning health care						
High-quality education and early childhoo	od educa	ition and car	е			
Reducing poverty						
Preventing social exclusion						
Equality of people						
Safety in everyday life and the immediate	e environ	ment				
Military defence						
Something else, what?						
Don't know						
*	Not at a		exter	nt Quite	Very worried	Don't know
How worried are you about the current situation of government finances (central government and local government)?	0	0	0	0	0	0
To what extent do you agree or disagree w	ith the f	ollowing sta	atements: *			
	Fully agree	Agree to some extent	Do not agree or disagree	Disagree to some extent	Fully disagree	Don't know
Finland's public debt must be reduced regardless of cuts in benefits and wellbeing caused to citizens.	0	0	0	0	0	0
Social security cuts can be considered acceptable if they encourage people to accept work and increase employment.	0	0	0	0	0	0

To what extent do you agree or disagree?	*					
	Fully agree	Agree to some extent	Do not agree or disagree	Disagree to some extent	Fully disagree	Don't know
The right to apply for asylum in Finland should not be restricted.	0	0	0	0	0	0
SECURITY SITUATION						
How worried are you about the Ukrainian	crisis and	l its effect	s at the mom	ent? *		
	10 Do not worry at all	9 8	7 6 5	4 3 2	1 Worry very much	Don't know
	0	00	000	000) ()	0
The escalation of the war from Ukraine? Russia taking military action against	Not at all	Only a little	To some extent	Quite much	Very much	Don't know
Finland? Russia's efforts to influence the activities of Finnish society?	0	0	0	0	0	0
To what extent do you agree or disagree v	vith the fo	llowing 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.	O	O	O	O	O	O

	Fully agree	so	ee to me tent	agre		Disagre some e		Fully disagree	Don't know
Finland's reaction to influencing efforts by Russia has been sufficient and timely.	0	())	0	ļ	0	0
I am worried about Russia's recent activities.	0	(O		O	0	ı	0	0
<u>During the past month,</u> have you personal	ly found	· *							
	Not at all		ly a tle		some end	Quite much		•	Don't know
Influence operations based on deliberately misleading information on the Internet or in social media?	0	(O	(O	0		0	0
Disruptions in Internet services or problems related to personal data security?	0	(O	(O	0		0	0
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.	<u>to all</u> phy ons, an a t 1 h 15 n	dult : nin p	should er weel	exero	cise <u>bris</u> in addi	<u>skly</u> (e.ç <u>tion</u> do	g. wal activ	king) at lea	
*	- Fixon	Λ.	t maaat				N	latin any	Don't
	Every week		t most imes	Occa	asionally	/ Seldo		ot 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 increas significa	ed	Have increas somew	sed	No change	Hav decrea somew	sed	Have decreased significantly	Don't / know
Have you changed your physical activity behaviour in the past six months?	0		0		0	0	1	0	0

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.	0	0	0	0	0	0
*						
	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?	0	0	0	0	0	0
Have you heard about the Finland on the r	move p	rogramme?				
Yes, I have						
No, I have not						
O Don't know						
BACKGROUND QUESTIONS						
What is the highest level of education you	have c	ompleted?	ls it:			
at most comprehensive school or similar						
O upper secondary education (matriculation	n exami	ination or vo	cational qualif	ication)		
O lower tertiary degree (university of applied	ed scien	ces degree	or other)			
higher tertiary degree						
o something else						
How would you describe your household's	s econo	omic situati	on? Do you t	hink it is:		
O wealthy						
O well off						
O of average income						
O of low income						



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