

Loneliness barometer 2026

Finnish Red Cross

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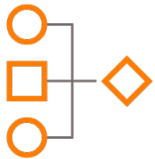
Research method and implementation of the study



Desired target group

- The survey's target group included people aged 16 and over in Finland, with the exception of the Åland Islands.
- The survey sample is weighted based on age, gender and residential area to be representative of the target group.
- The material represents and has been weighted to correspond to the population within this age group. The material is comparable to the Loneliness barometer 2025.

Data collection



- The data size is 1,404 respondents, with 312 interviewees from the age group 16–24 years and 32 interviewees from the age group 85+ years.
- In addition, 128 interviews with foreign-language speakers were carried out (native language other than Finnish, Swedish or a Sami language), which were used as comparison data when interpreting the results in connection with the foreign-language speaking respondents of the basic material (a total of 231 respondents).
- The study was carried out through Verian's Internet panel, which is representative of the population.
- The confidence interval of the results is $\pm 2.6\%$ for the total result (with a 50% result level).
- The data were collected in December 2025.
- The respondents were separately asked to define their gender from these options: female, male, other, do not wish to say. The data included seven persons who identified themselves as non-binary or did not define their gender. This number of respondents is not sufficient to reliably examine the results as a group, so the group in question is not examined separately in this report.
- In previous comparison data (Taloustutkimus 2022, 2023, 2024), the interview method used was a phone interview, which is not a directly comparable data collection method to an Internet survey, in terms of results.



Survey form

- The respondents could answer the survey in Finnish, Swedish or English.
- The questions were compiled by the Finnish Red Cross.



Reporting

- A PowerPoint report of the total results, with comments on key background information

Throughout this document, the eye icon indicates sections in which the results should be paid particular attention to.

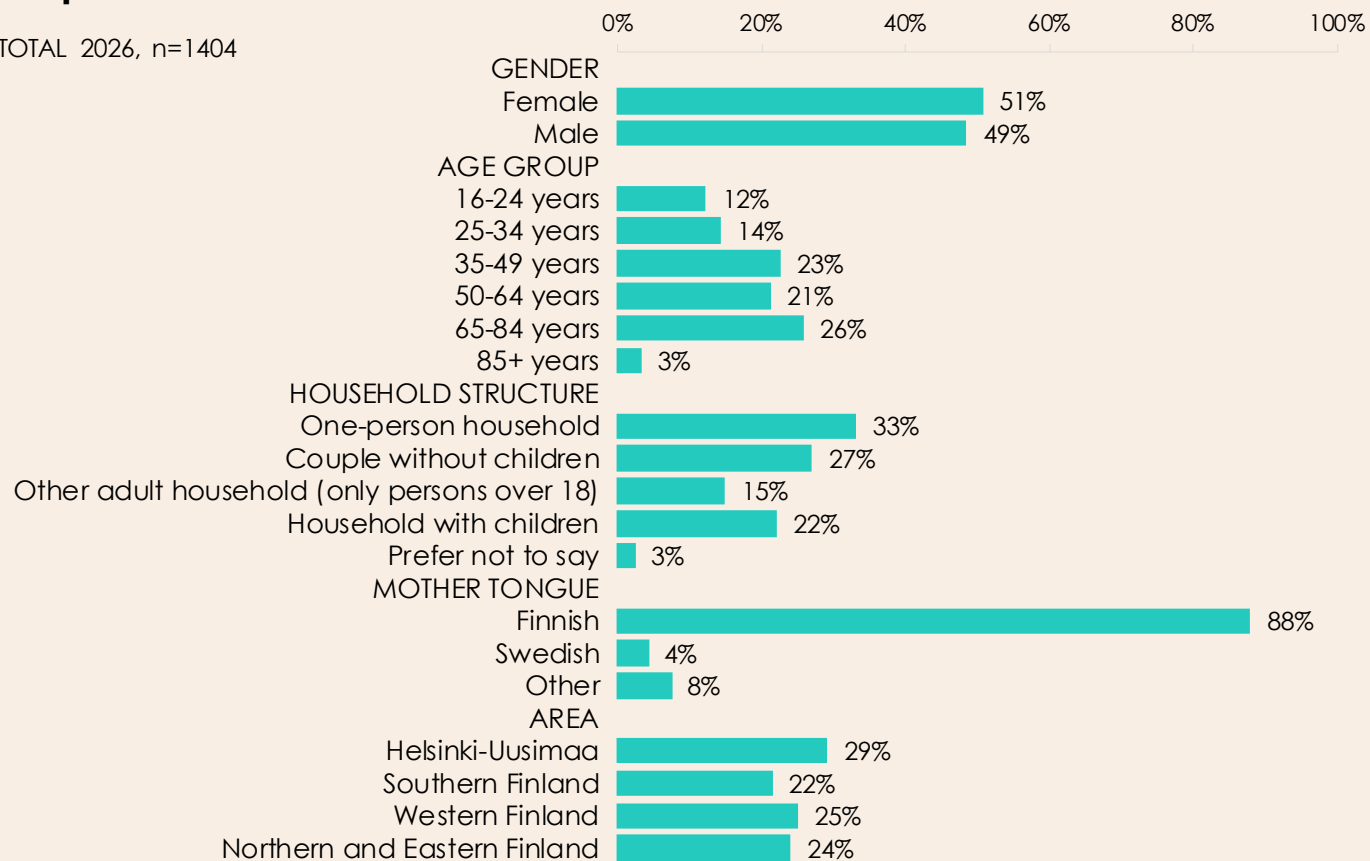
1

Structure of data

Structure of data

Respondent structure

TOTAL 2026, n=1404



2

Feelings of loneliness, isolation and social exclusion

Feelings of loneliness, isolation and social exclusion 1/2

- **Nearly two-thirds (65%) of the respondents said they feel lonely at least sometimes.** Loneliness is felt on a daily basis by five per cent, on several days a week by nine per cent, approximately once a week by seven per cent, a few times per month by 17 per cent and a few times per year by 27 per cent of the respondents.
- **Of the respondents, 21 per cent feel lonely often** (once a week or more often, 19 per cent in 2025), **while 44 per cent feel lonely at times** (a few times per month or a few times per year, 35 per cent in 2025).
- Overall, experiences of loneliness **have increased** since 2025, when 59 per cent experienced loneliness at least sometimes. **Now, the corresponding figure is 65 per cent.**
- **Respondents under 35, in particular, experience loneliness more often than a few times per month.** The younger the respondent or the lower their income, the more likely they are to experience loneliness. Students also feel loneliness more frequently than others, while pensioners experience loneliness less frequently than others. In single-person households, loneliness is experienced more often than by people living in other housing types, whereas child-free couples experience loneliness less frequently than others.
- **68 per cent of the respondents feel isolated at least sometimes.** The figure is only a little higher than in 2025 (67 per cent). Of the respondents, five per cent feel like this on a daily basis, 12 per cent feel isolated several days a week, and another 11 per cent feel isolated approximately once a week. Additionally, 17 per cent of the respondents feel isolated a few times per month, and 23 per cent feel isolated a few times per year.
- Feelings of isolation are especially common among 16–24-year-olds. The younger the respondent or the lower their income, the more likely they are to experience isolation. Students also feel isolated more frequently, while pensioners experience the feeling of isolation less frequently than others. People in single-person households experience the feeling of isolation more often than people living in other housing types. The situation regarding various respondent groups is very similar to the situation in 2025.

Feelings of loneliness, isolation and social exclusion 2/2

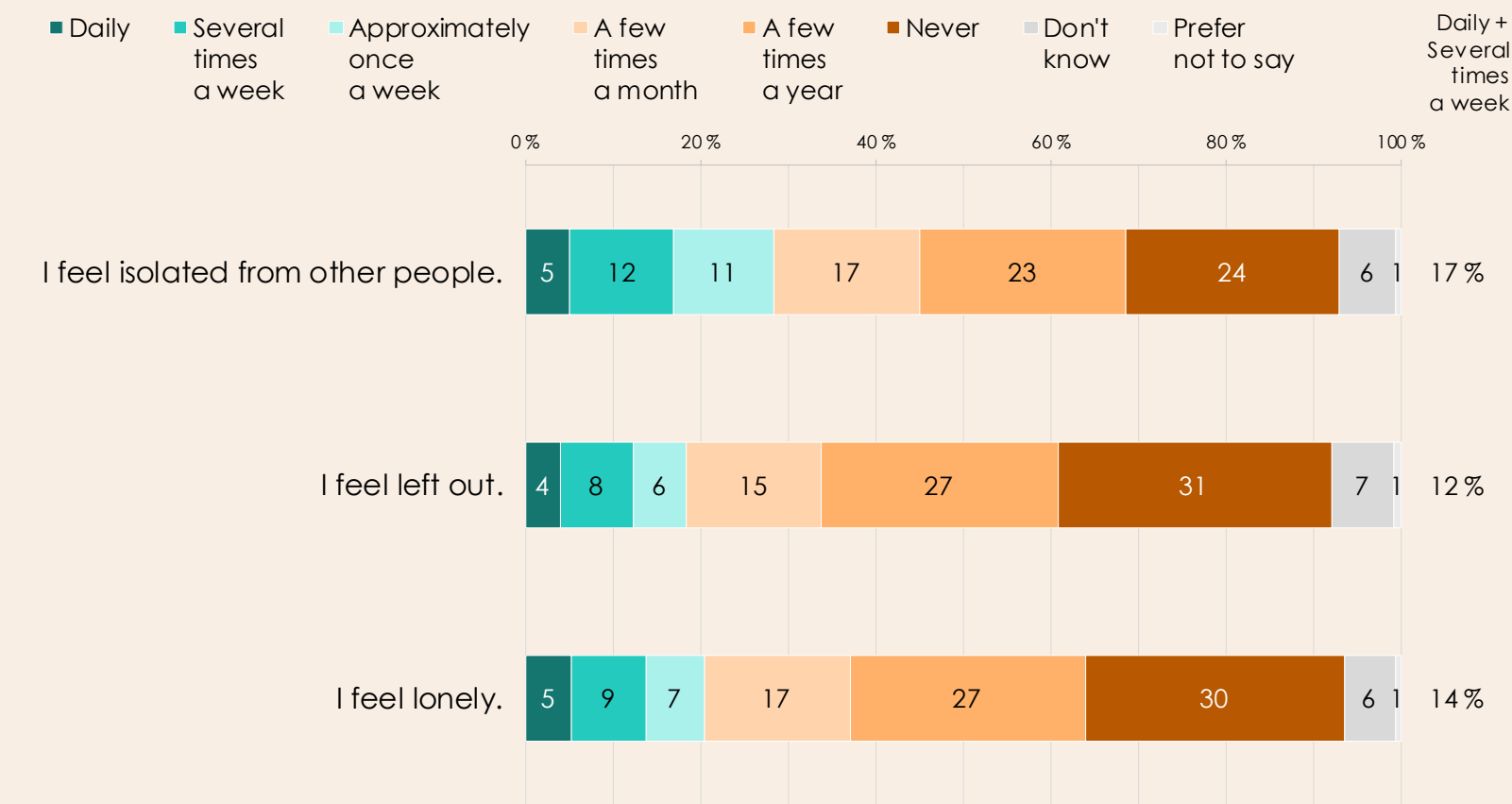
- 60 per cent of the respondents **experience social exclusion at least sometimes**, and the situation is nearly identical to the situation in 2025.
- These feelings are felt on a daily basis by four per cent of the respondents, on several days a week by eight per cent, approximately once a week by six per cent and a few times per month by 15 per cent. 27 per cent experience social exclusion a few times a year. Social exclusion is now experienced on a daily basis or several days a week more frequently (12 per cent) than in 2025 (10 per cent).
- 16–24-year-olds experience **social exclusion** more frequently than others. Foreign-language speakers also experience this more often than respondents who speak Finnish, Swedish or a Sami language. The younger the respondent or the lower their income, the more likely they are to experience social exclusion. Students also feel social exclusion more frequently, while pensioners experience the feeling of social exclusion less frequently than others. Exclusion is felt somewhat more often in single-person households and in households with children than in other types of households.
- **Similar to the Loneliness Barometer 2025, the feelings of loneliness, isolation and exclusion are more frequent and linked together among people under the age of 25.** This is also reflected in how students experience these same feelings simultaneously and more often than other vocational or professional groups. However, the situation regarding older age groups and pensioners, in particular, is opposite from the situation of students. Older age groups experience these feelings significantly less often than other respondents. Furthermore, when moving from the youngest age groups to the oldest, experiencing these three feelings simultaneously decreases steadily as age increases.

Yksinäisyyden, eristäytyneisyyden ja ulkopuolelle jätetyksi tunteminen

All respondents

How often do you experience the following?

TOTAL 2026, n=1404



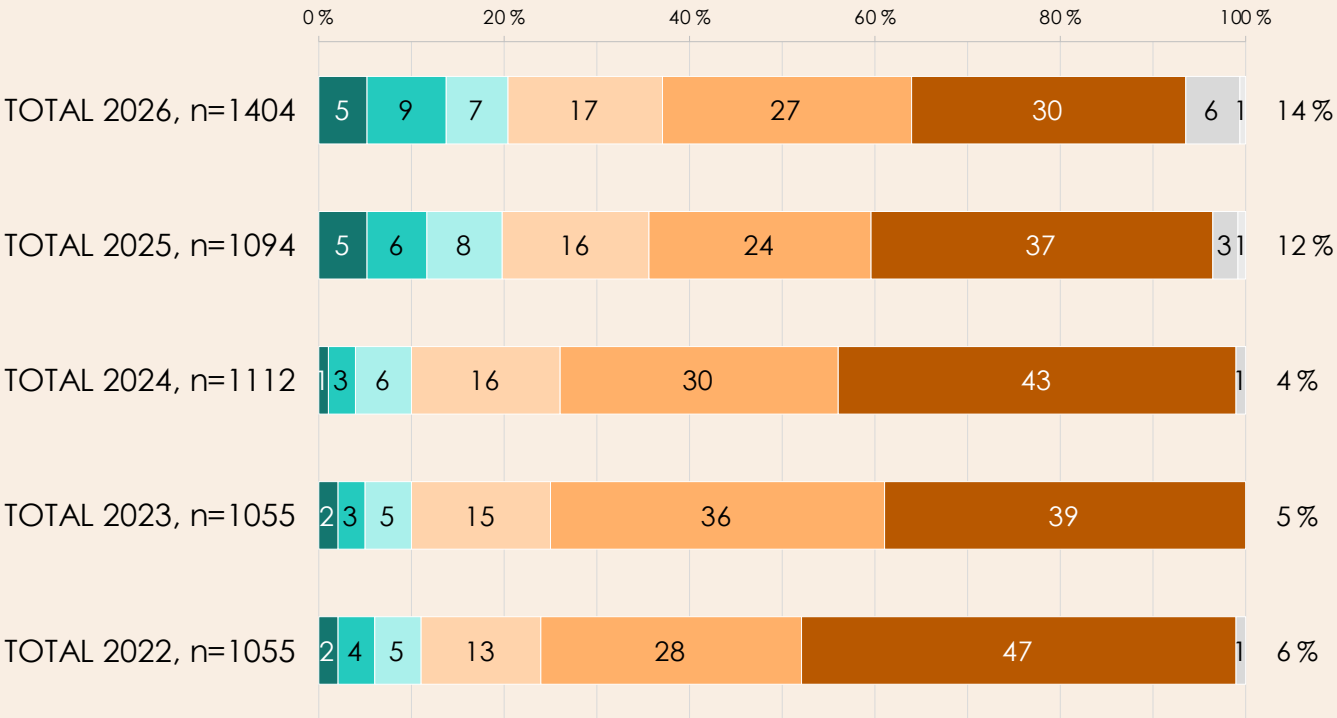
Feeling lonely

All respondents, annual comparison

How often do you experience the following?

I feel lonely.

■ Daily ■ Several times a week ■ Approximately once a week ■ A few times a month ■ A few times a year ■ Never ■ Don't know ■ Prefer not to say ■ Daily + Several times a week



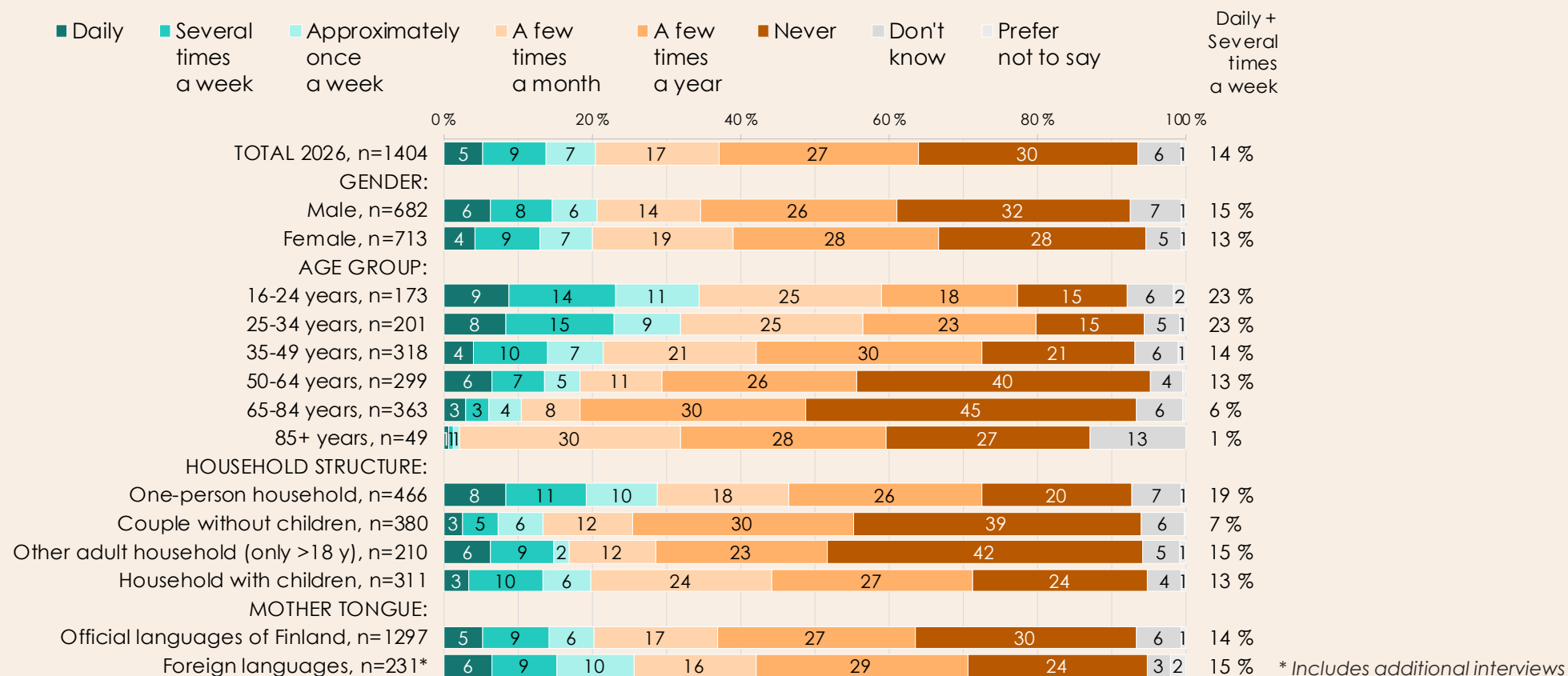
The proportion of people who experience loneliness at least occasionally has increased from 59% in 2025 to 65% in 2026.

Feeling lonely

All respondents by background group

How often do you experience the following?

I feel lonely.



Feeling isolated

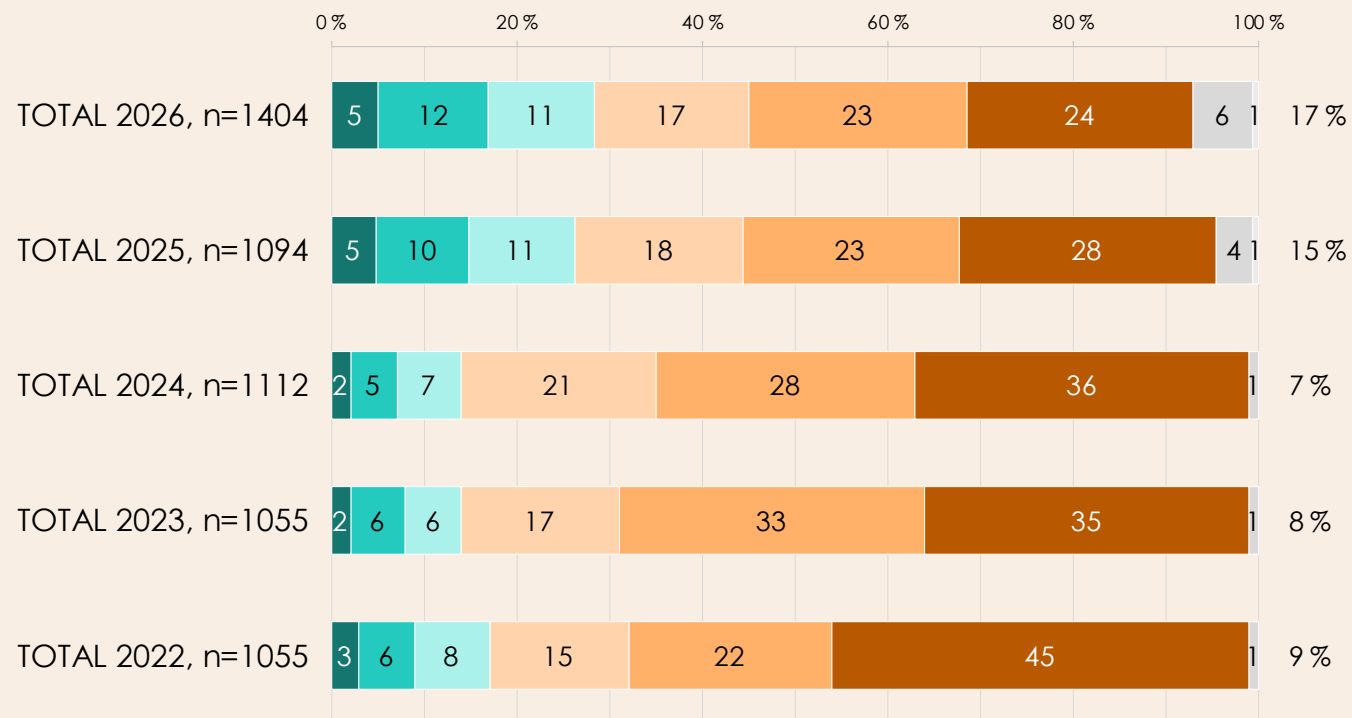
All respondents, annual comparison

How often do you experience the following?

I feel isolated from other people.

■ Daily ■ Several times a week ■ Approximately once a week ■ A few times a month ■ A few times a year ■ Never ■ Don't know ■ Prefer not to say

Daily + Several times a week

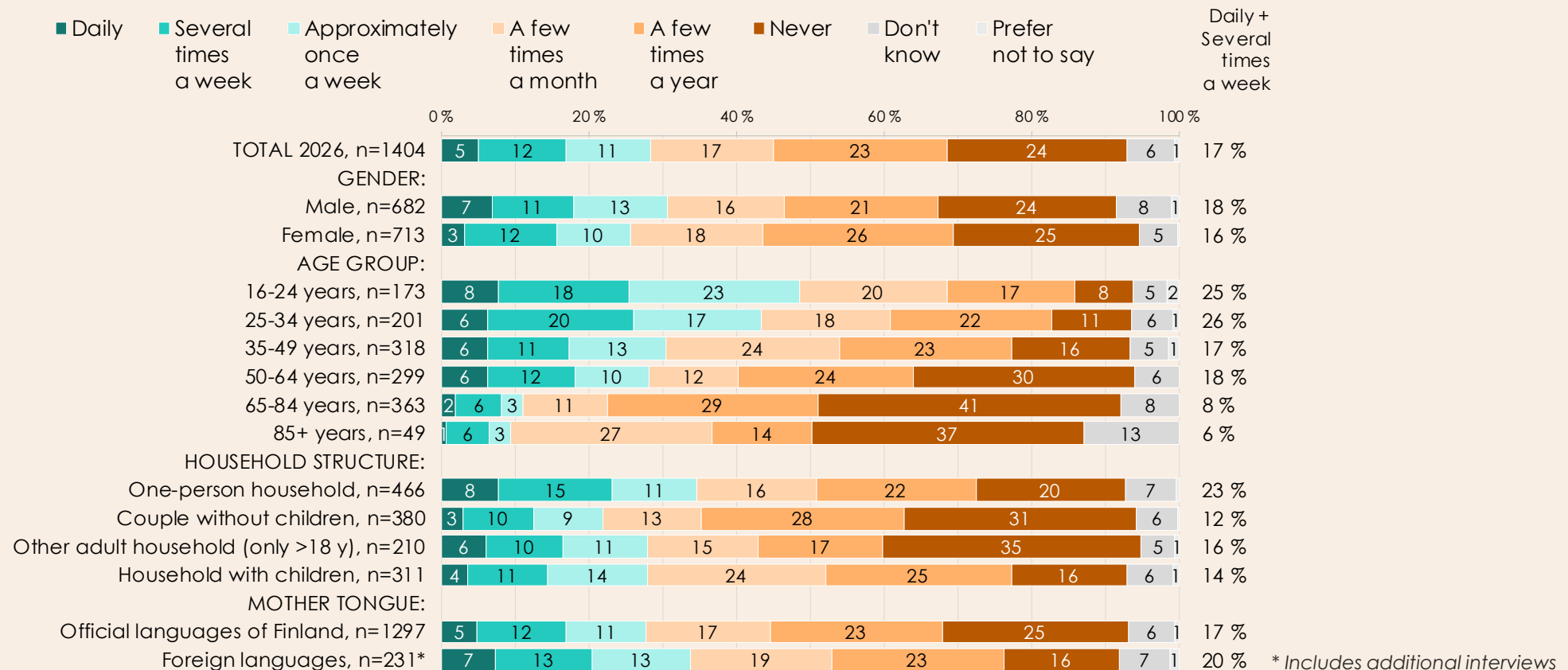


Feeling isolated

All respondents by background group

How often do you experience the following?

I feel isolated from other people.



* Includes additional interviews

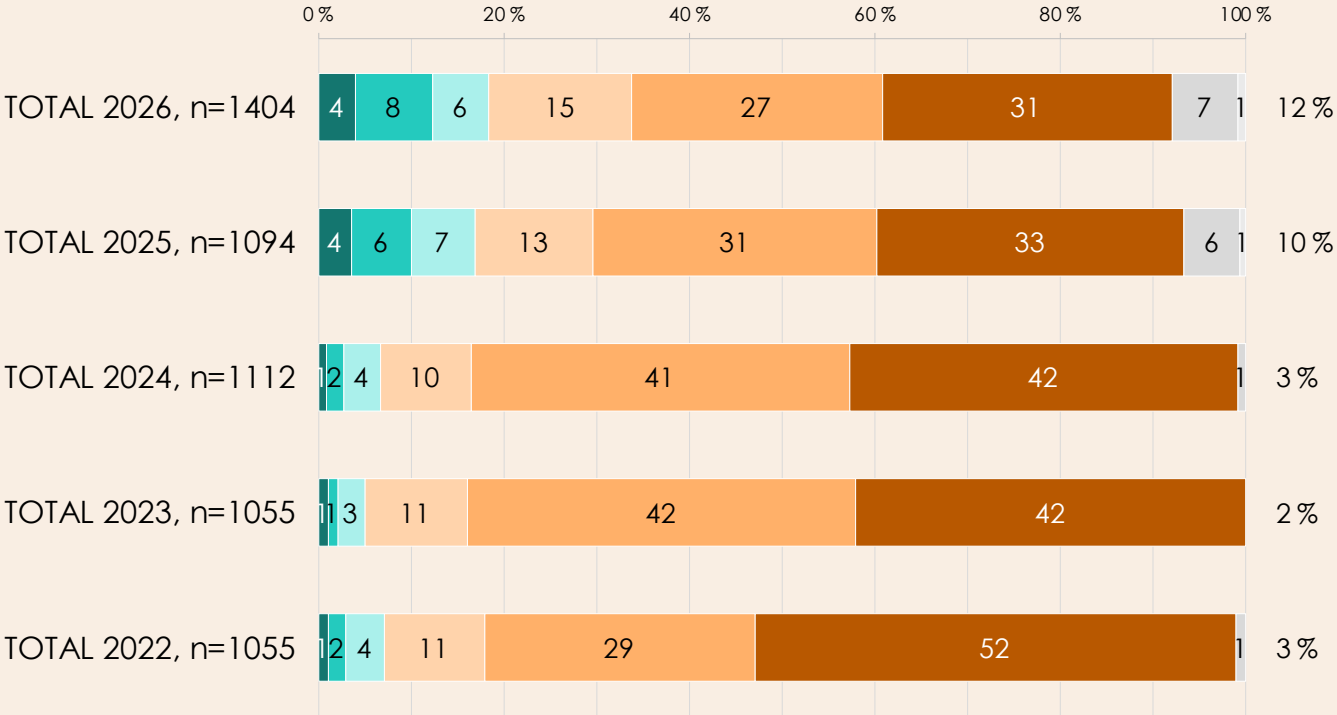
Feeling excluded

All respondents, annual comparison

How often do you experience the following?

I feel left out.

■ Daily ■ Several times a week ■ Approximately once a week ■ A few times a month ■ A few times a year ■ Never ■ Don't know ■ Prefer not to say ■ Daily + Several times a week

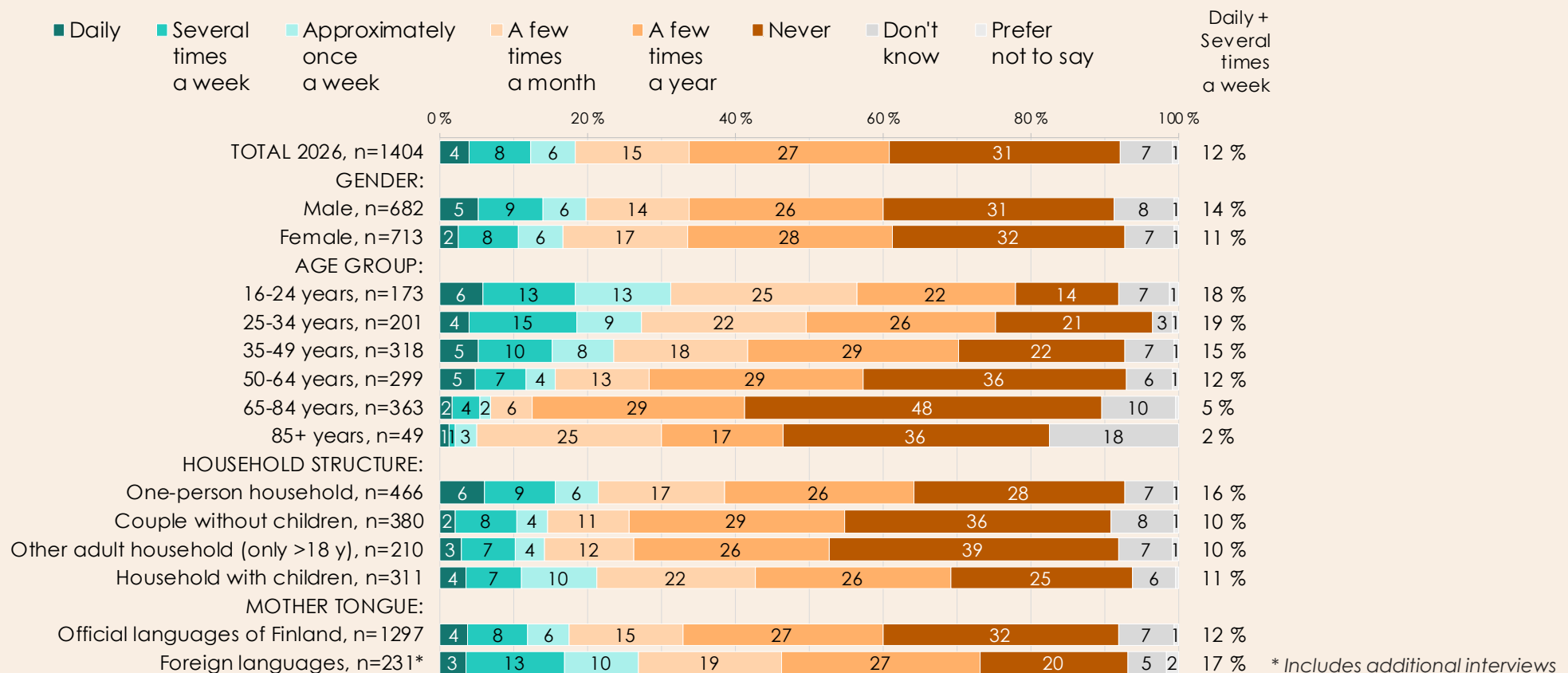


Feeling excluded

All respondents by background group

How often do you experience the following?

I feel left out.



* Includes additional interviews

3

Duration of feelings of loneliness

Duration of feelings of loneliness

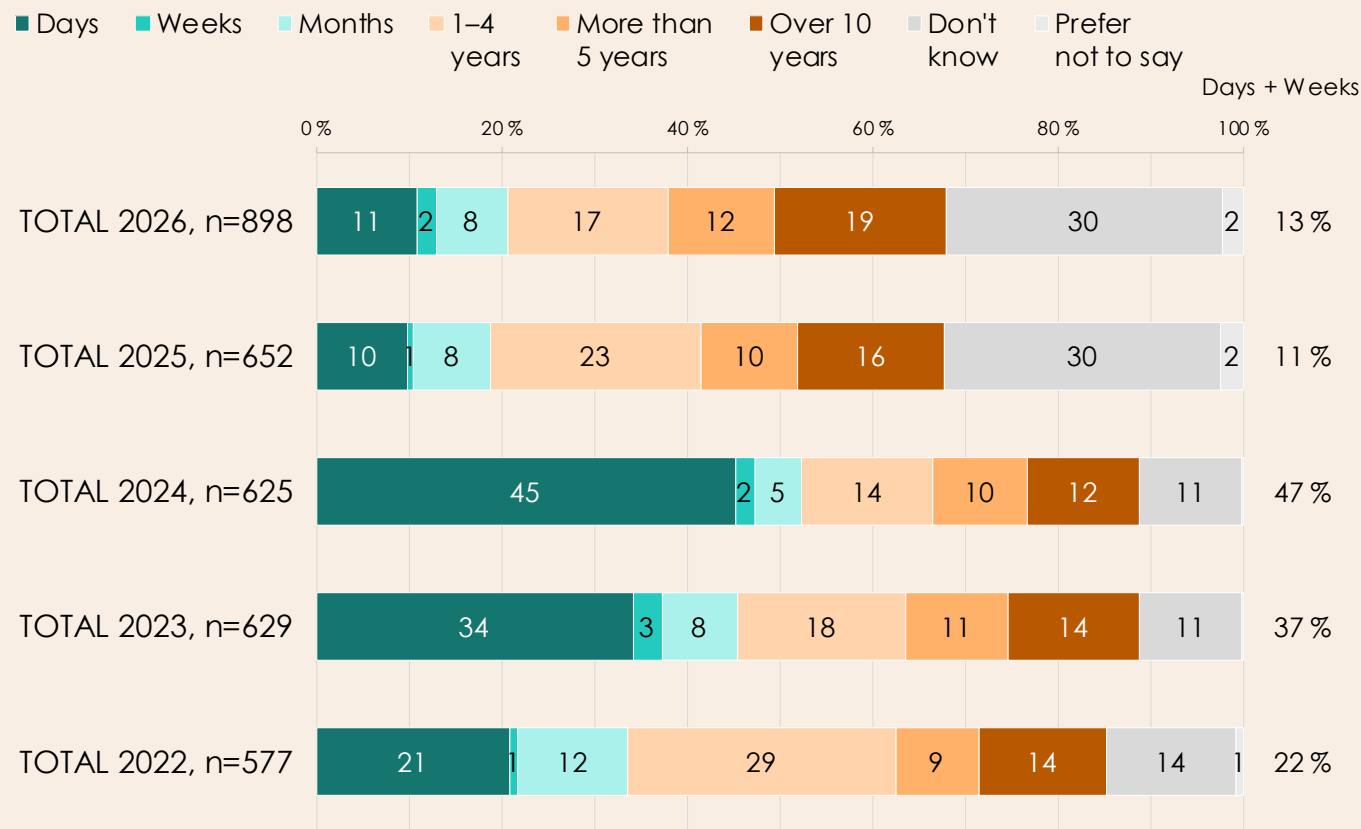
- The respondents who felt lonely at least sometimes were asked to estimate how long their loneliness has continued.
- 11 per cent estimated that their feeling of loneliness had continued only for some days. The feelings of loneliness had continued for weeks or months for ten per cent of the respondents, for 1–4 years for 17 per cent, for more than five years for 12 per cent and for more than 10 years for 19 per cent of the respondents.
- Similar to the results in 2025, the feelings of loneliness had continued for a long time. Of the respondents who indicated that they had experienced loneliness, the share of respondents who had experienced loneliness for more than five years is now 31 per cent, whereas a year ago, the figure was 26 per cent.
- However, it is not easy to assess the duration of the loneliness experienced, as up to 30 per cent of the respondents were unable to estimate it.
- Short-term experiences of loneliness are more common among foreign-language speakers.
- Experiences of loneliness that continued for 1–4 years were more common among 16–34-year-olds, students, single-person households and people with low income.

Duration of feelings of loneliness

Respondents who have experienced loneliness at times, annual comparison

For how long have you felt lonely?

n=has sometimes experienced loneliness

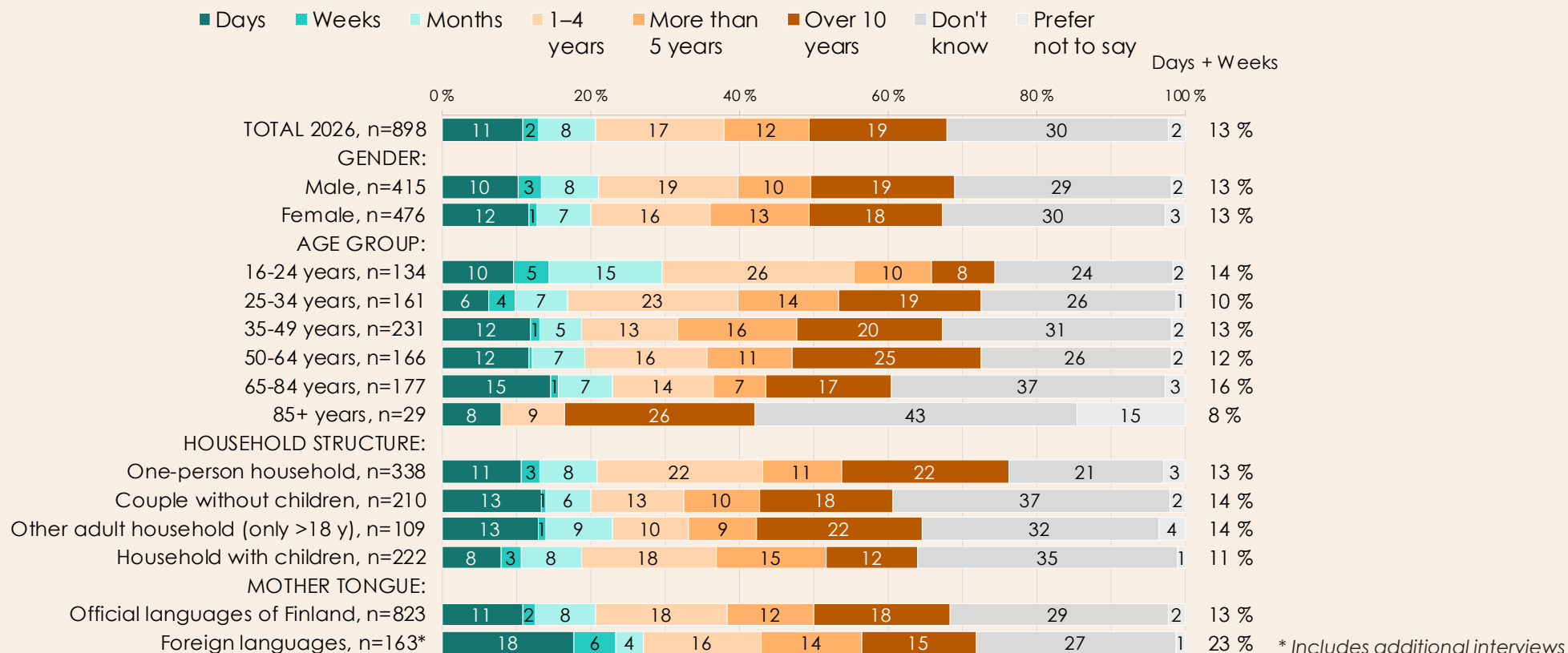


Duration of feelings of loneliness

Respondents who have experienced loneliness at times, by background group

For how long have you felt lonely?

n=has sometimes experienced loneliness



* Includes additional interviews

4

Experiences of finding company and people who understand you

Experiences of finding company and people who understand you

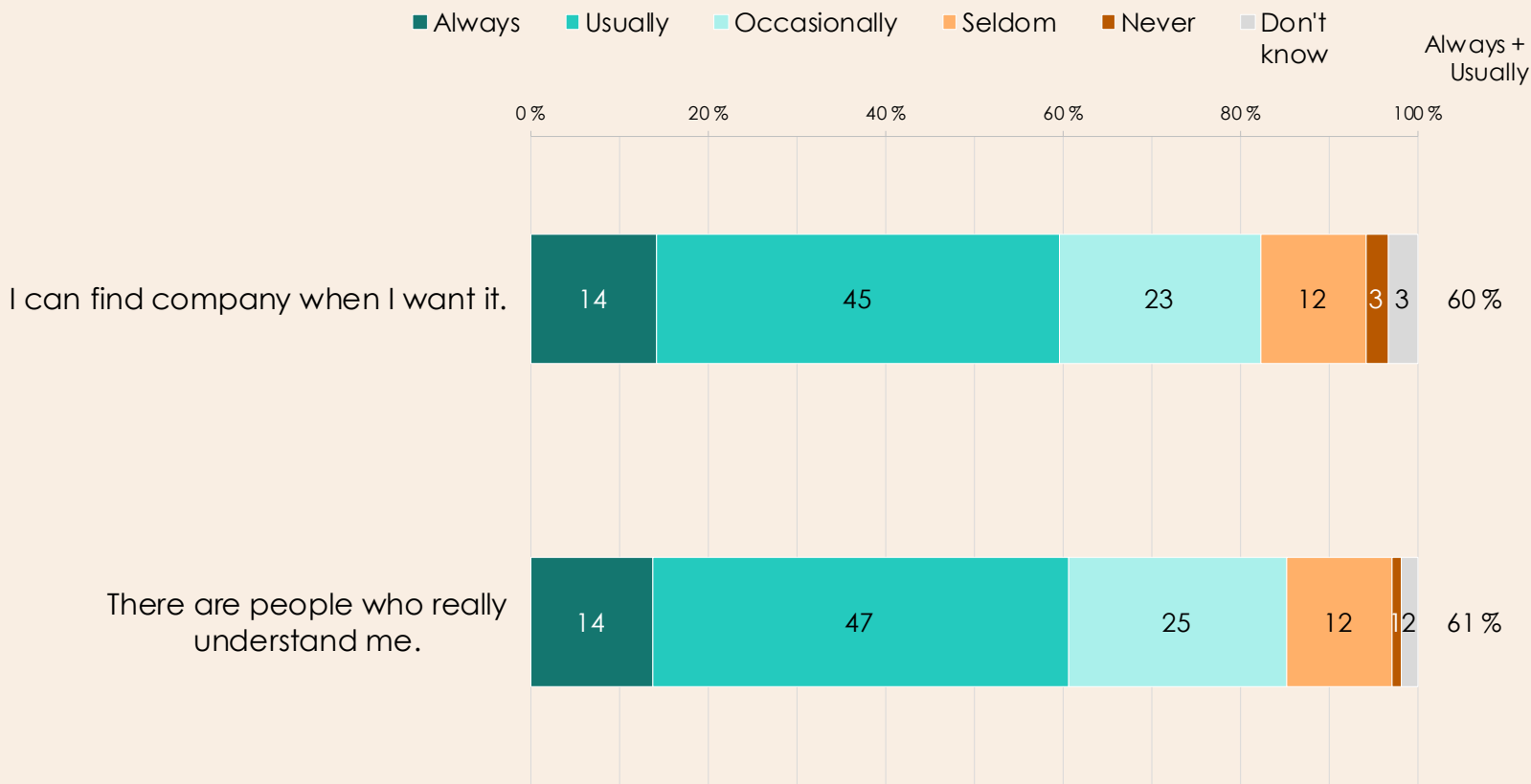
- The majority of respondents, more specifically 60 per cent, feel that they are at least usually able to find company when they want it. Similarly, 61 per cent feel that they have people in their life who truly understand them.
- The share of respondents who are always or usually able to find company is slightly lower than a year ago, when the corresponding figure was 63 per cent.
- Women feel that they are able to find company more often than men. Respondents over 65 years of age and pensioners, in particular, are more able to find company than others.
- In addition to foreign-language speakers, 25–49-year-olds are less able than other age groups to find company always or usually.
- Nearly one in four (23 per cent) of the target group feel like they can find company sometimes, while 15 per cent feel that they can find company rarely or never.
- The share of people that are able to find company at most occasionally is higher among men, 25–49-year-old people, foreign-language speakers and single-person households.
- The share of people who always or usually feel that there are people who truly understand them is 61 per cent. In 2025, the corresponding figure was slightly higher (63 per cent).
- The experience of always or usually having the company of people who understand you is the strongest among women, 65–84-year-old people, adult households and child-free couples.
- The experience of not always finding people who understand you is more common among the speakers of languages other than Finnish, Swedish or a Sami language, 35–49-year-olds and single-person households.

Experiences of finding company and people who understand you

All respondents

Approximately how often do you feel as follows?

TOTAL 2026, n=1 404

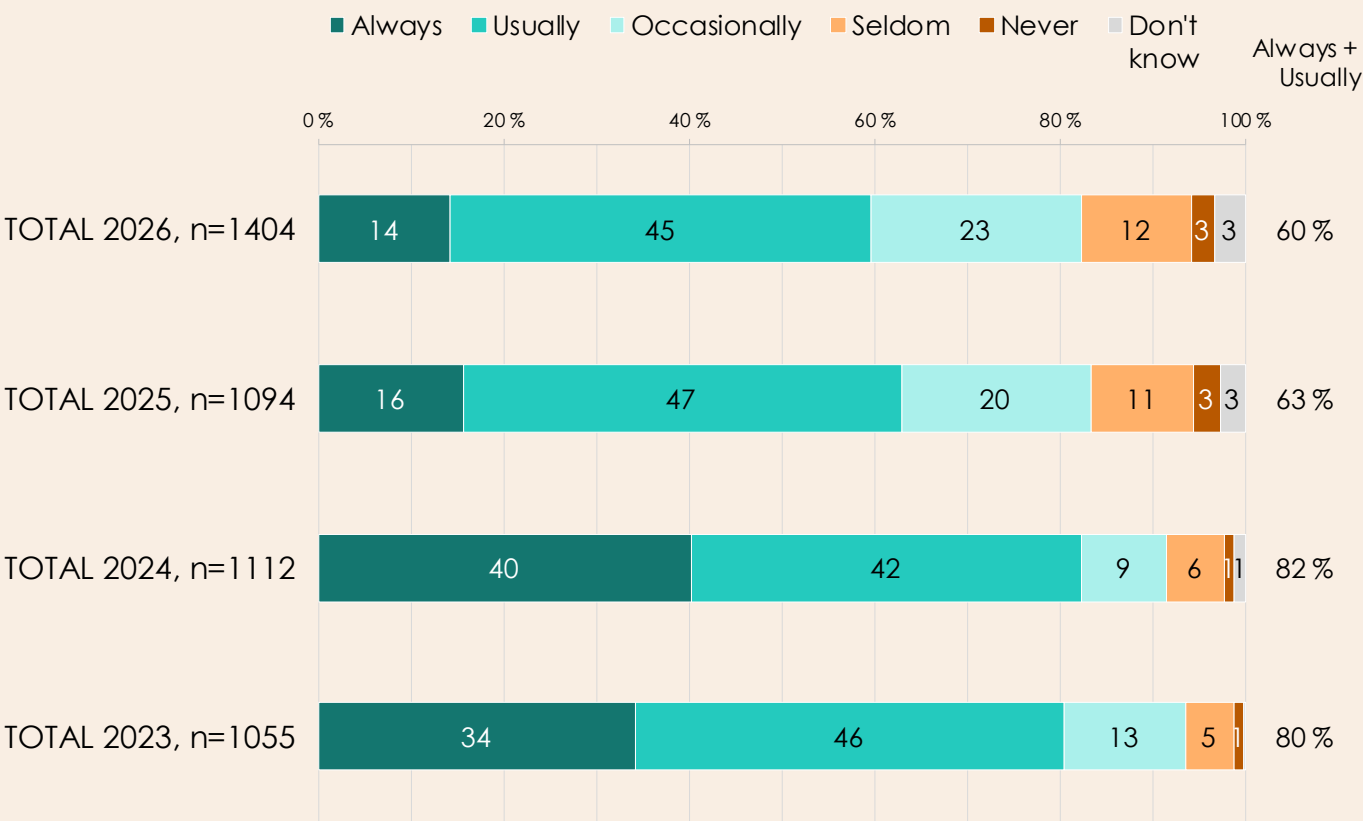


Experiences of finding company

All respondents, annual comparison

Approximately how often do you feel as follows?

I can find company when I want it.

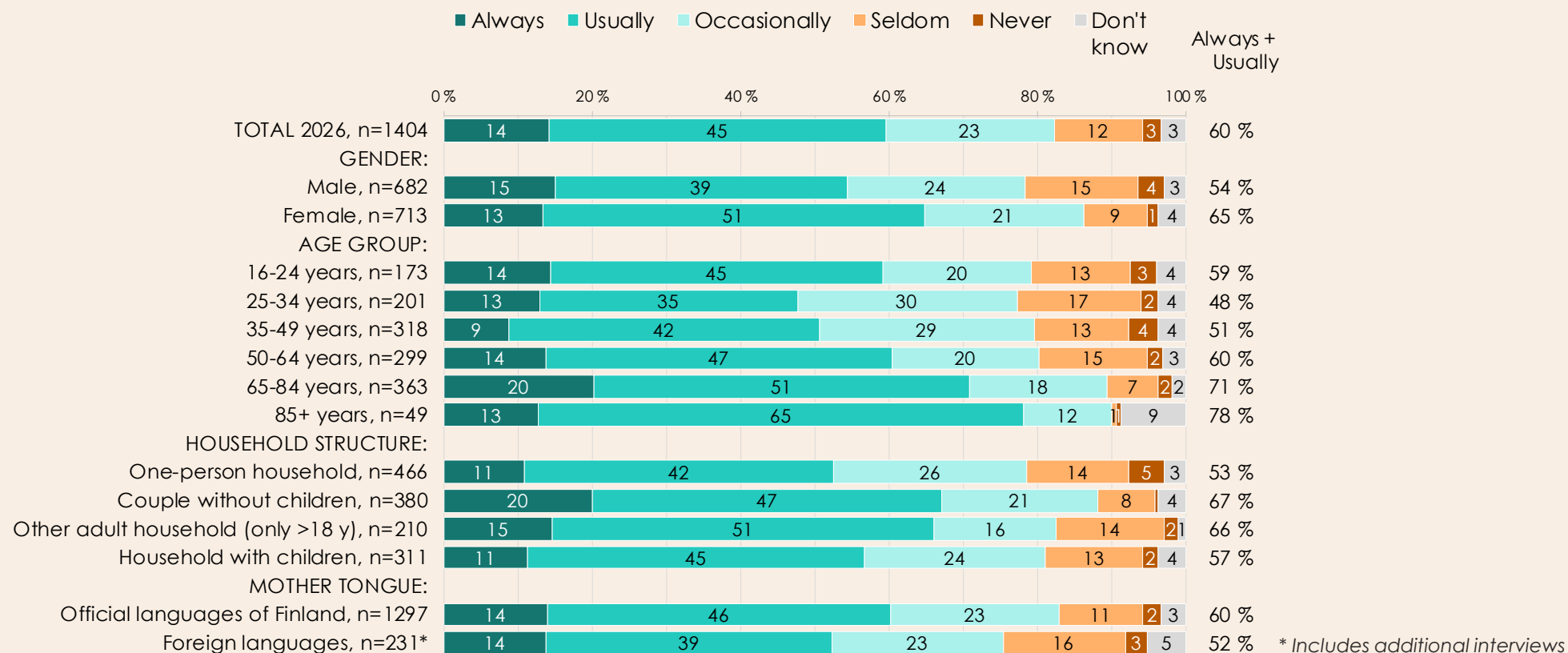


Experiences of finding company

All respondents by background group

Approximately how often do you feel as follows?

I can find company when I want it.



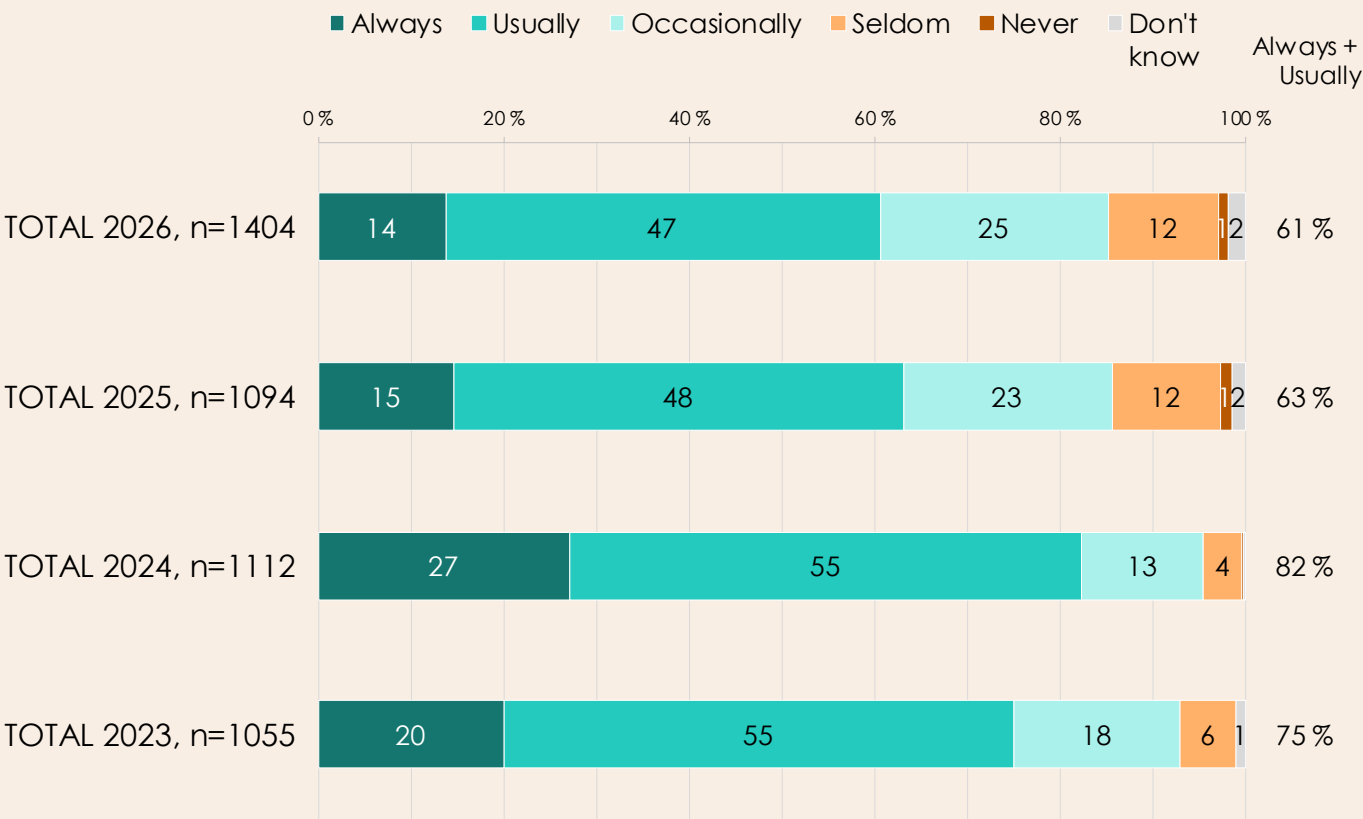
* Includes additional interviews

Experience of finding people who understand you

All respondents, annual comparison

Approximately how often do you feel as follows?

There are people who really understand me.

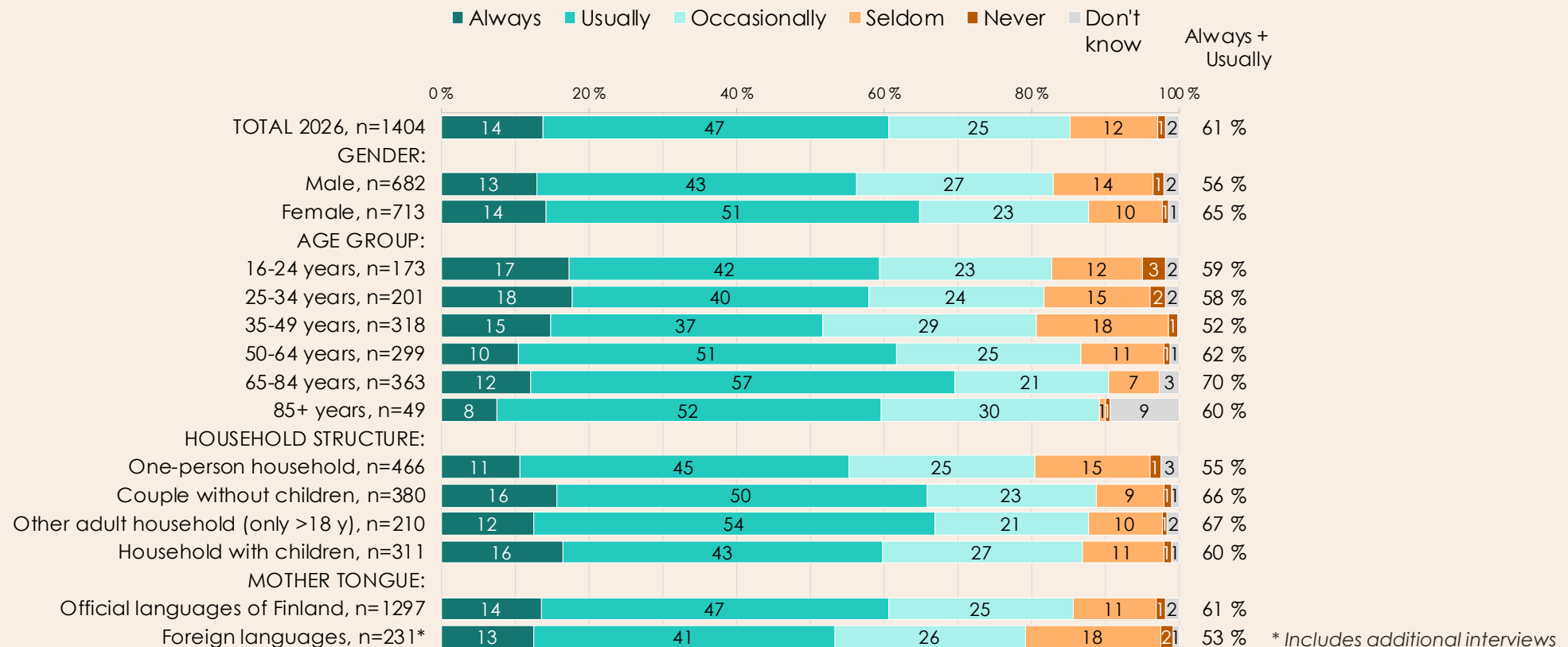


Experience of finding people who understand you

All respondents by background group

Approximately how often do you feel as follows?

There are people who really understand me.



* Includes additional interviews

5

Assessed causes of loneliness

Assessed causes of loneliness

- The respondents who feel lonely at least sometimes were asked to assess the reasons for their loneliness. The options were shown to the respondents in a random order.
- Of the different factors, the most common factor in loneliness is again people feeling like outsiders and different from others (44 per cent). Feeling like an outsider or different from others is most common among respondents under 35 and foreign-language speakers.
- Other significant causes are living alone (38 per cent) and not being in a relationship (37 per cent).
- The next most common causes are skipping events or meetings due to a poor financial situation (36 per cent), difficulties with getting to know people due to shyness or social anxiety (36 per cent) and changes to one's life situation, after which the person has not been able to find company (36 per cent). Difficulties with getting to know people due to shyness or social anxiety is most common among men and respondents aged 16–34, whereas it is significantly less common among people aged over 65.
- The next most uncommon reasons for loneliness were physical limitations that prevent the person from getting to know people or meeting them or that make these harder (14 per cent), mental health problems (20 per cent) and poor experiences from relationships that reduce the desire to interact with other people (22 per cent).
- Experiencing prejudices, discrimination or racism is assessed to be the least common causes of loneliness (10 per cent). However, it is most common among men, people aged under 25 and foreign-language speakers.
- Compared to last year (2025), the factors that increased the most in frequency were living alone (33 per cent → 38 per cent) and mental health problems (15 per cent → 20 per cent). The changes regarding other factors were minor.

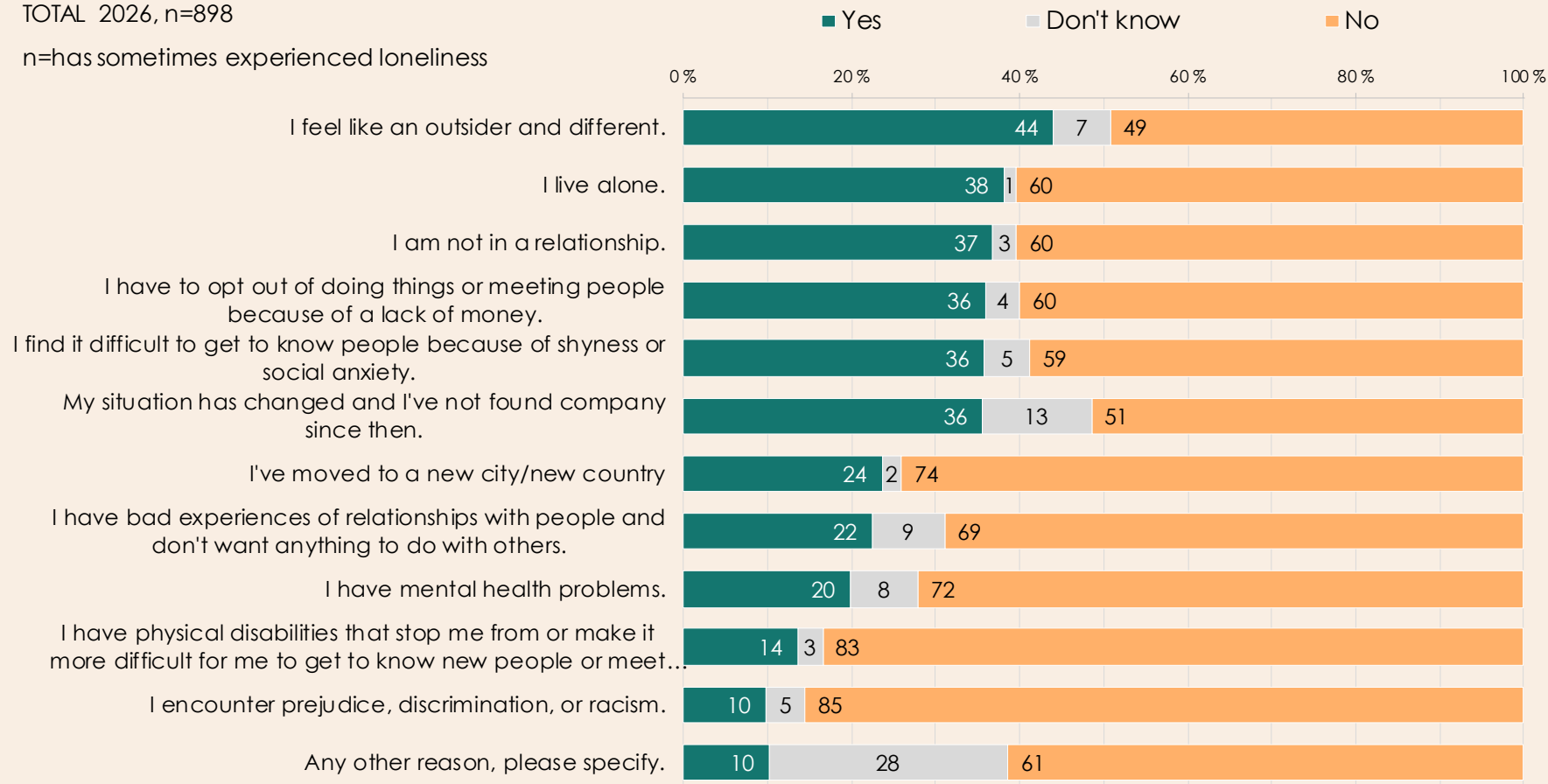
Assessed causes of loneliness

Respondents who have experienced loneliness at times

What do you think is the reason for your loneliness?

TOTAL 2026, n=898

n=has sometimes experienced loneliness

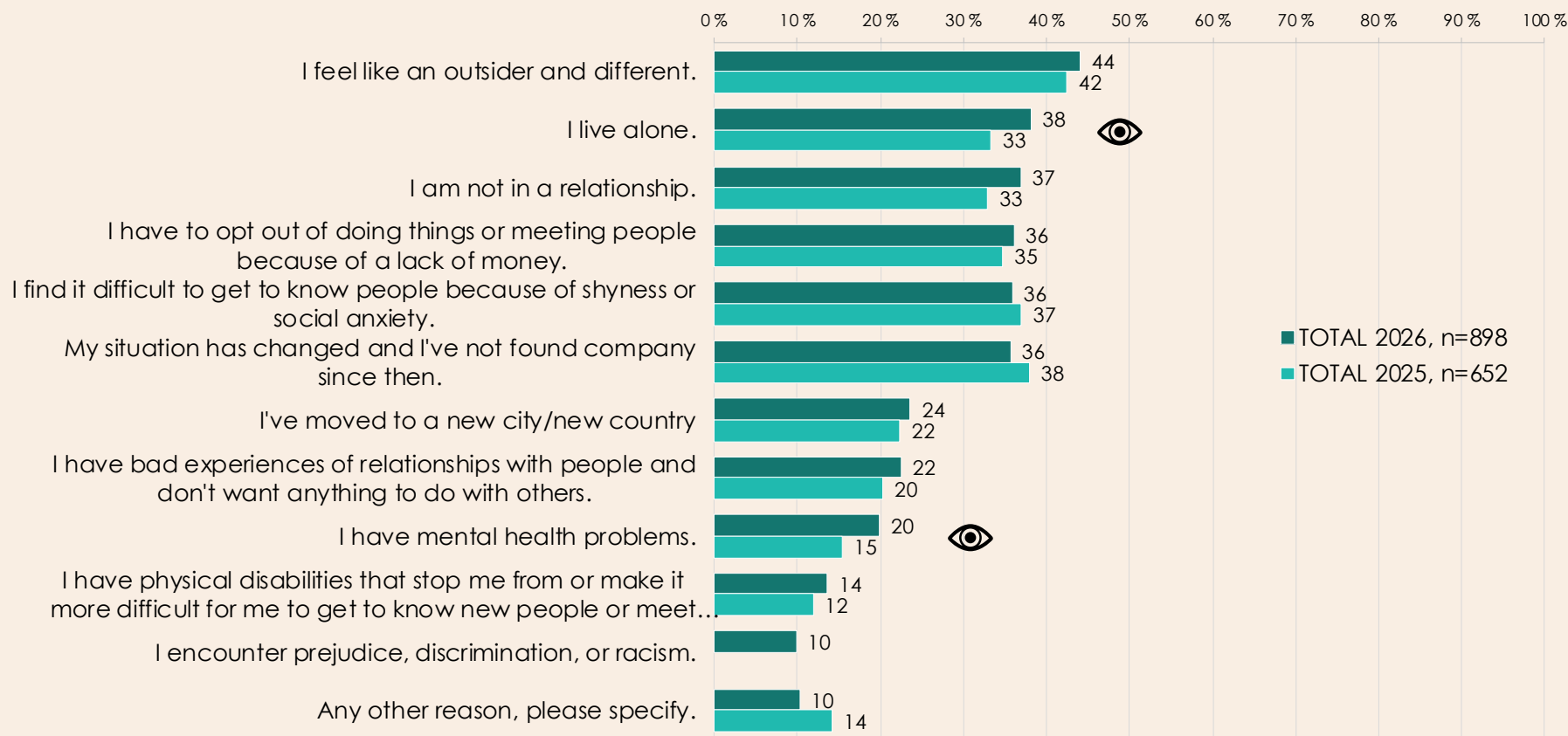


Assessed causes of loneliness

Respondents who have experienced loneliness at times, annual comparison

What do you think is the reason for your loneliness?

n=has sometimes experienced loneliness

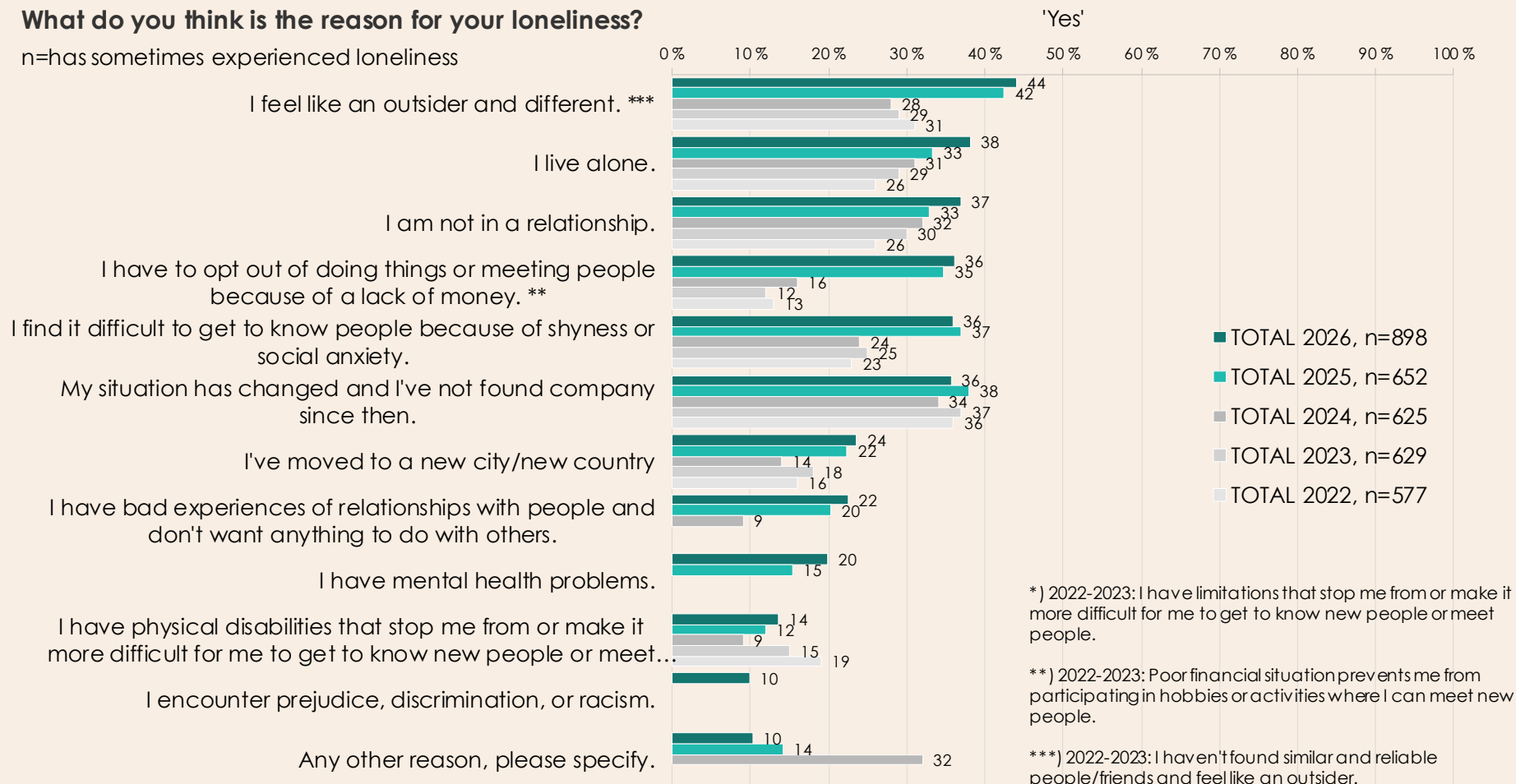


Assessed causes of loneliness

Respondents who have experienced loneliness at times, annual comparison

What do you think is the reason for your loneliness?

n=has sometimes experienced loneliness



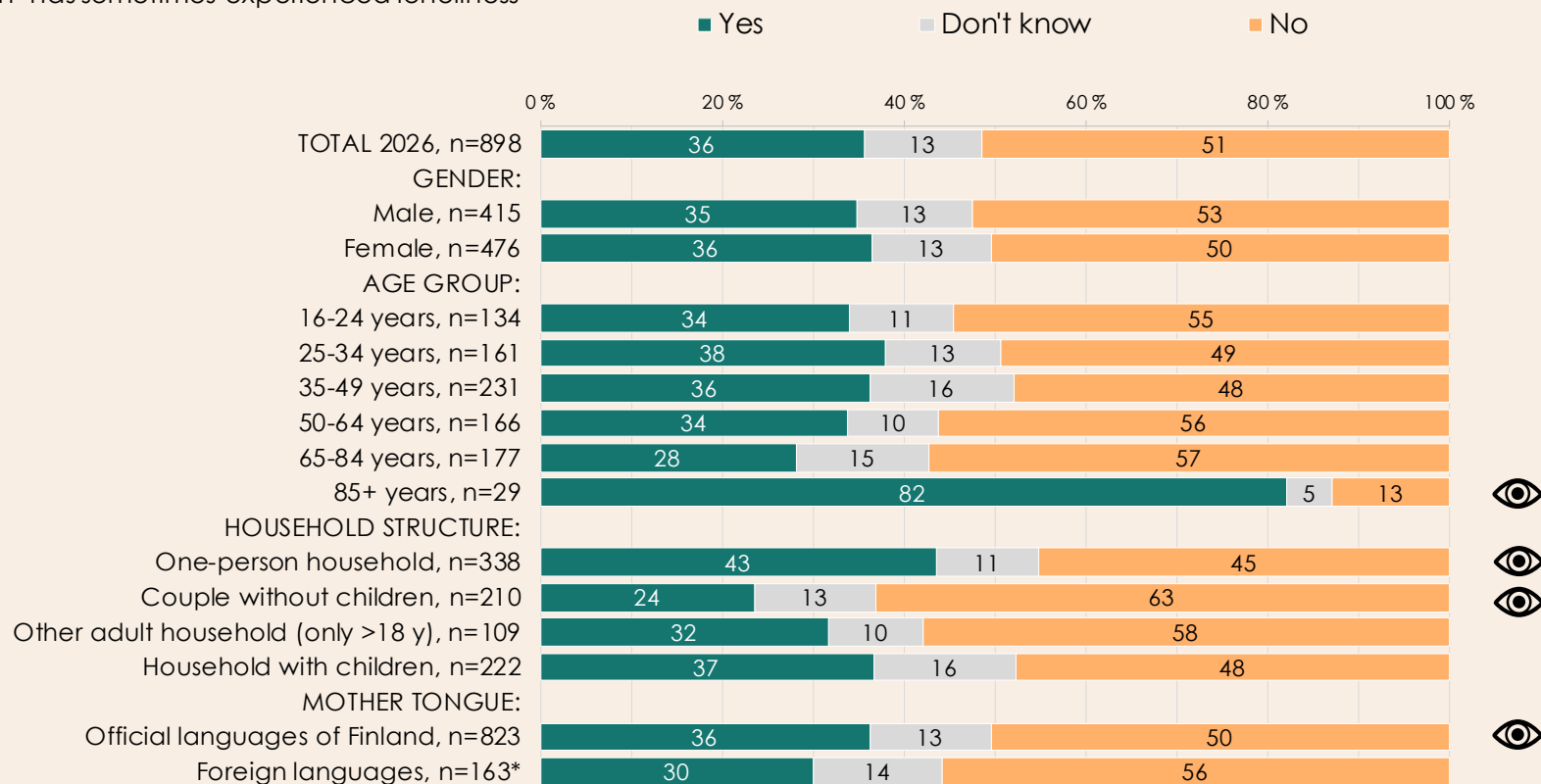
Assessed causes of loneliness (1/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

My situation has changed and I've not found company since then.

n=has sometimes experienced loneliness



* Includes additional interviews

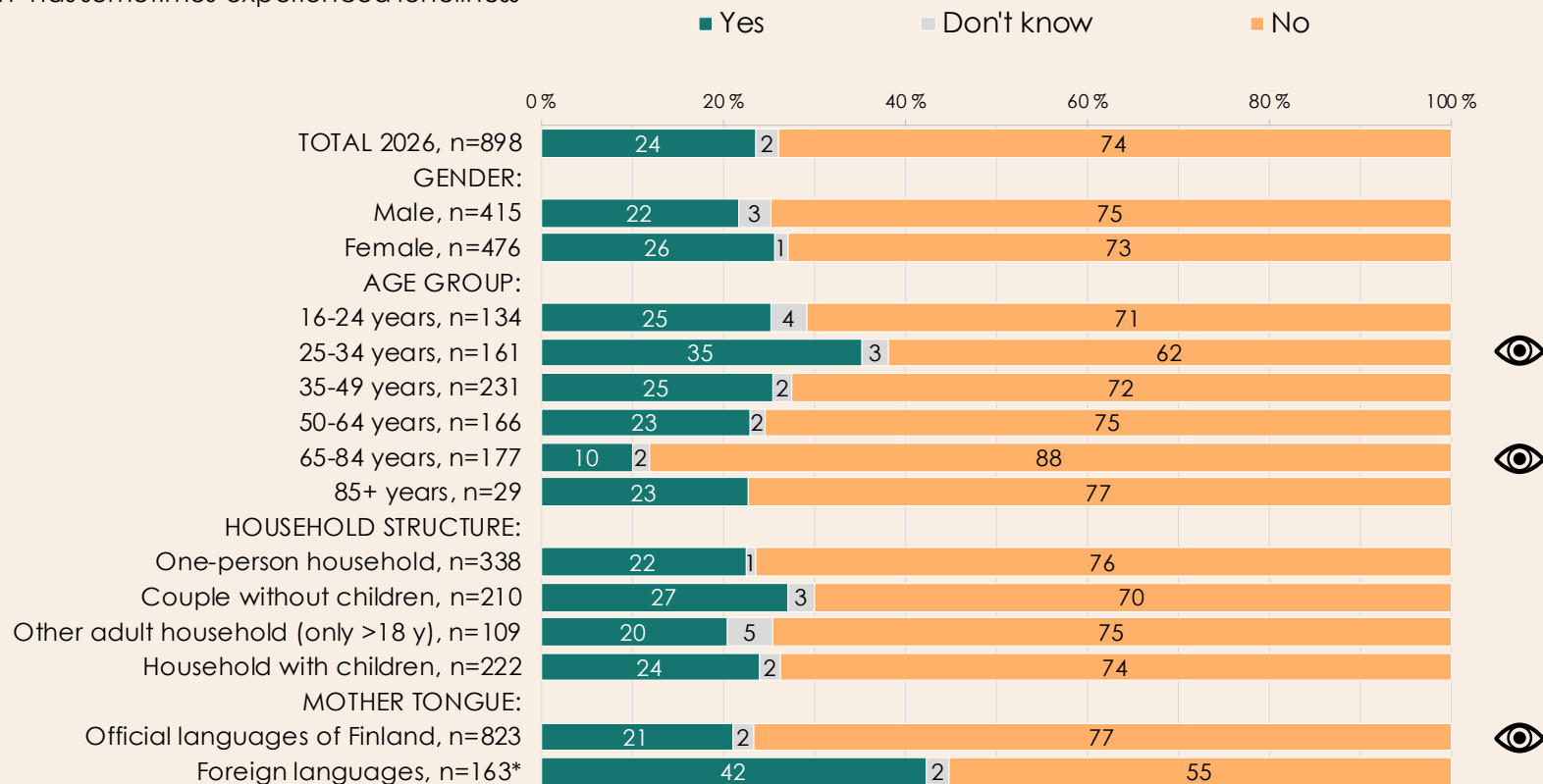
Assessed causes of loneliness (2/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I've moved to a new city/new country

n=has sometimes experienced loneliness



* Includes additional interviews

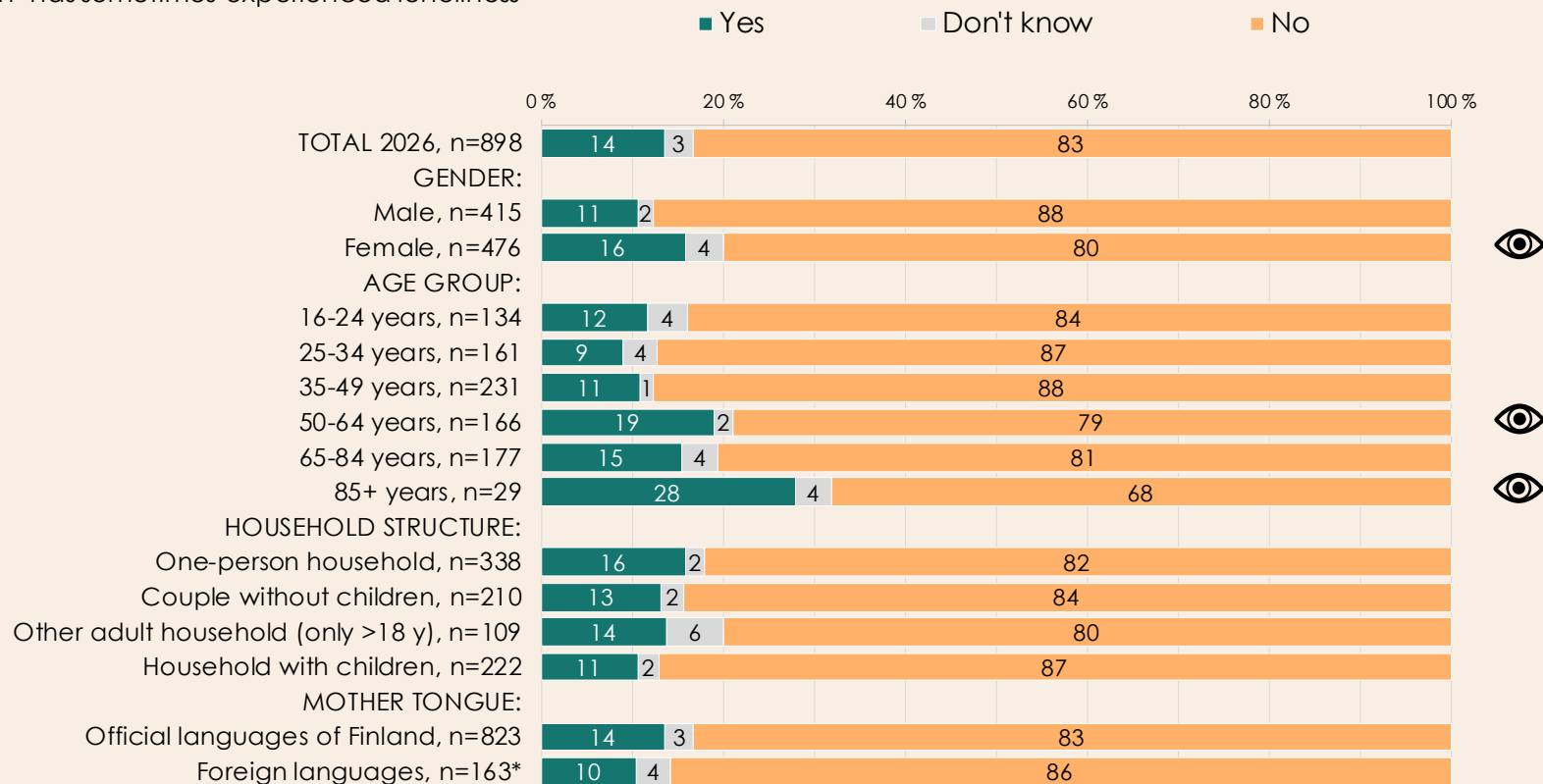
Assessed causes of loneliness (3/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I have physical disabilities that stop me from or make it more difficult for me to get to know new people or meet people.

n=has sometimes experienced loneliness



* Includes additional interviews

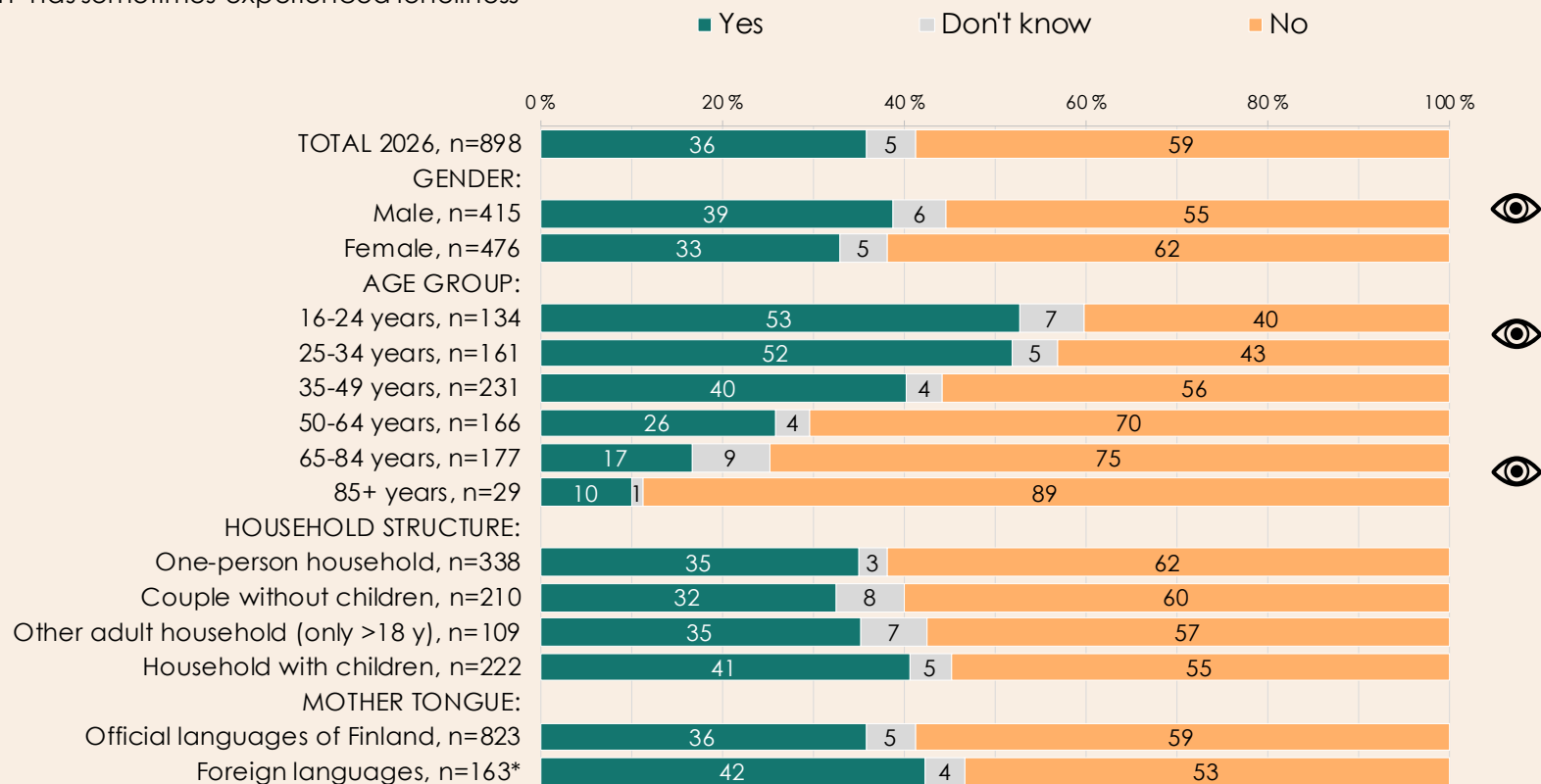
Assessed causes of loneliness (4/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I find it difficult to get to know people because of shyness or social anxiety.

n=has sometimes experienced loneliness



* Includes additional interviews

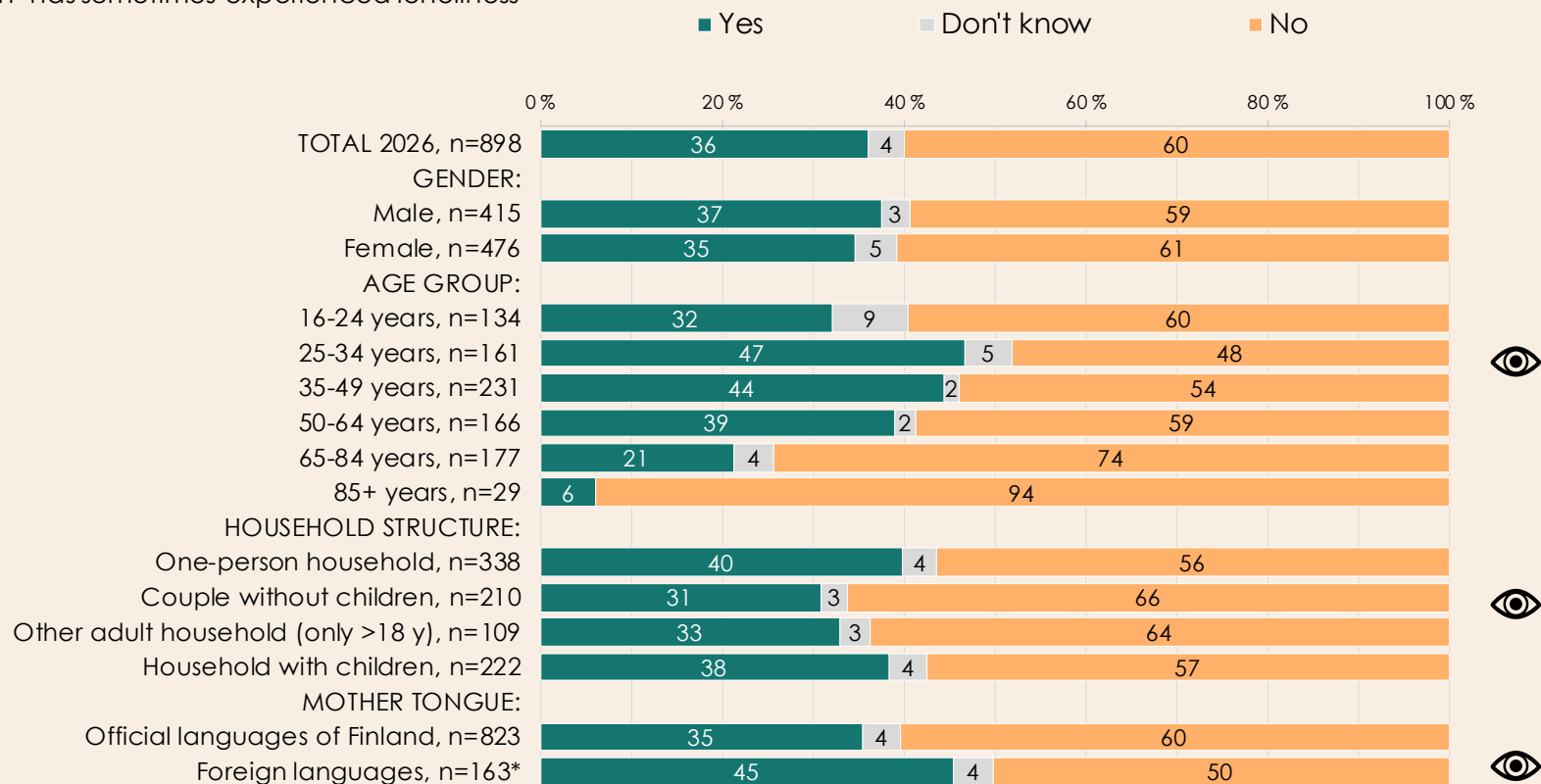
Assessed causes of loneliness (5/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I have to opt out of doing things or meeting people because of a lack of money.

n=has sometimes experienced loneliness



* Includes additional interviews

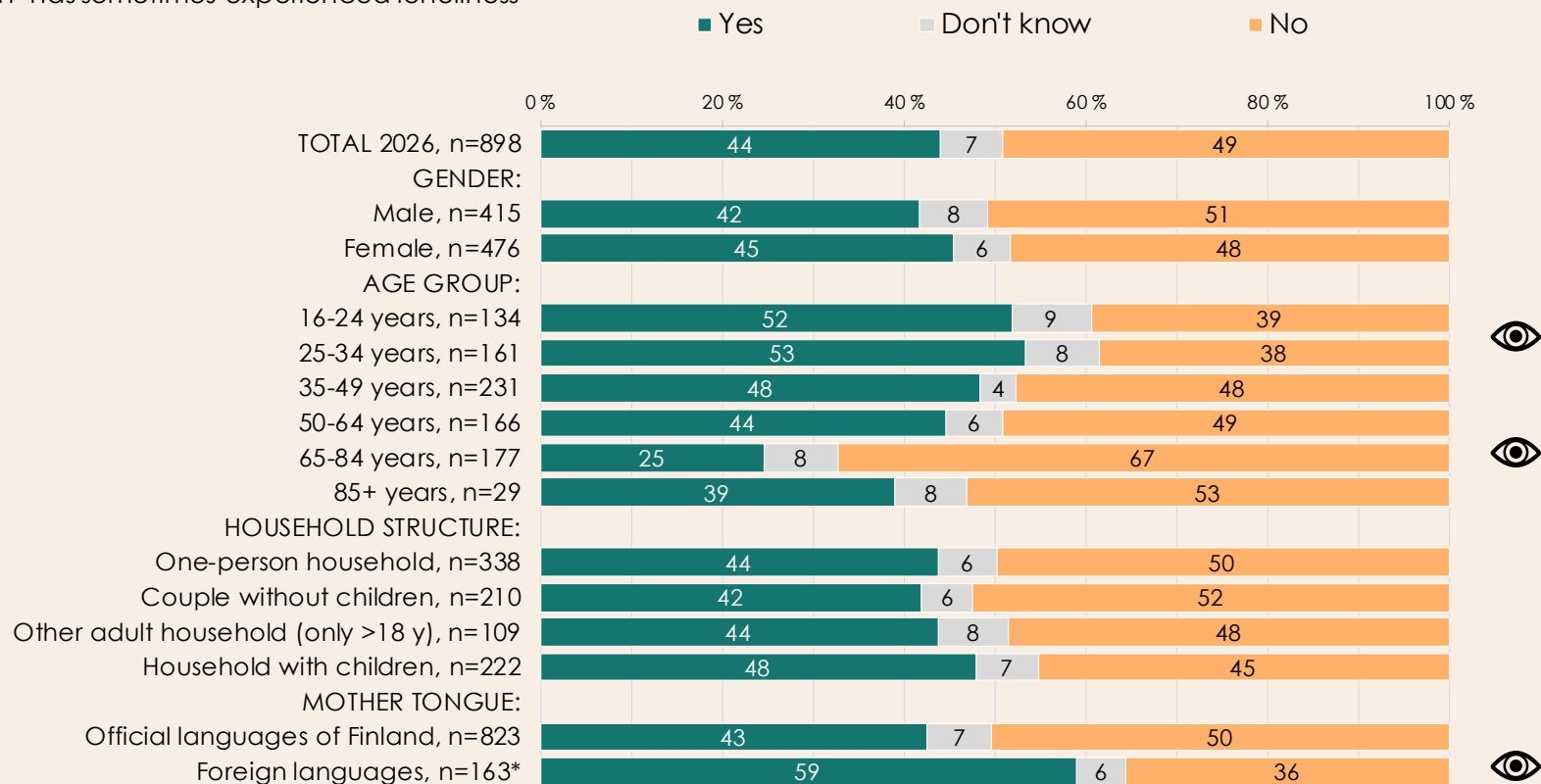
Assessed causes of loneliness (6/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I feel like an outsider and different.

n=has sometimes experienced loneliness



* Includes additional interviews

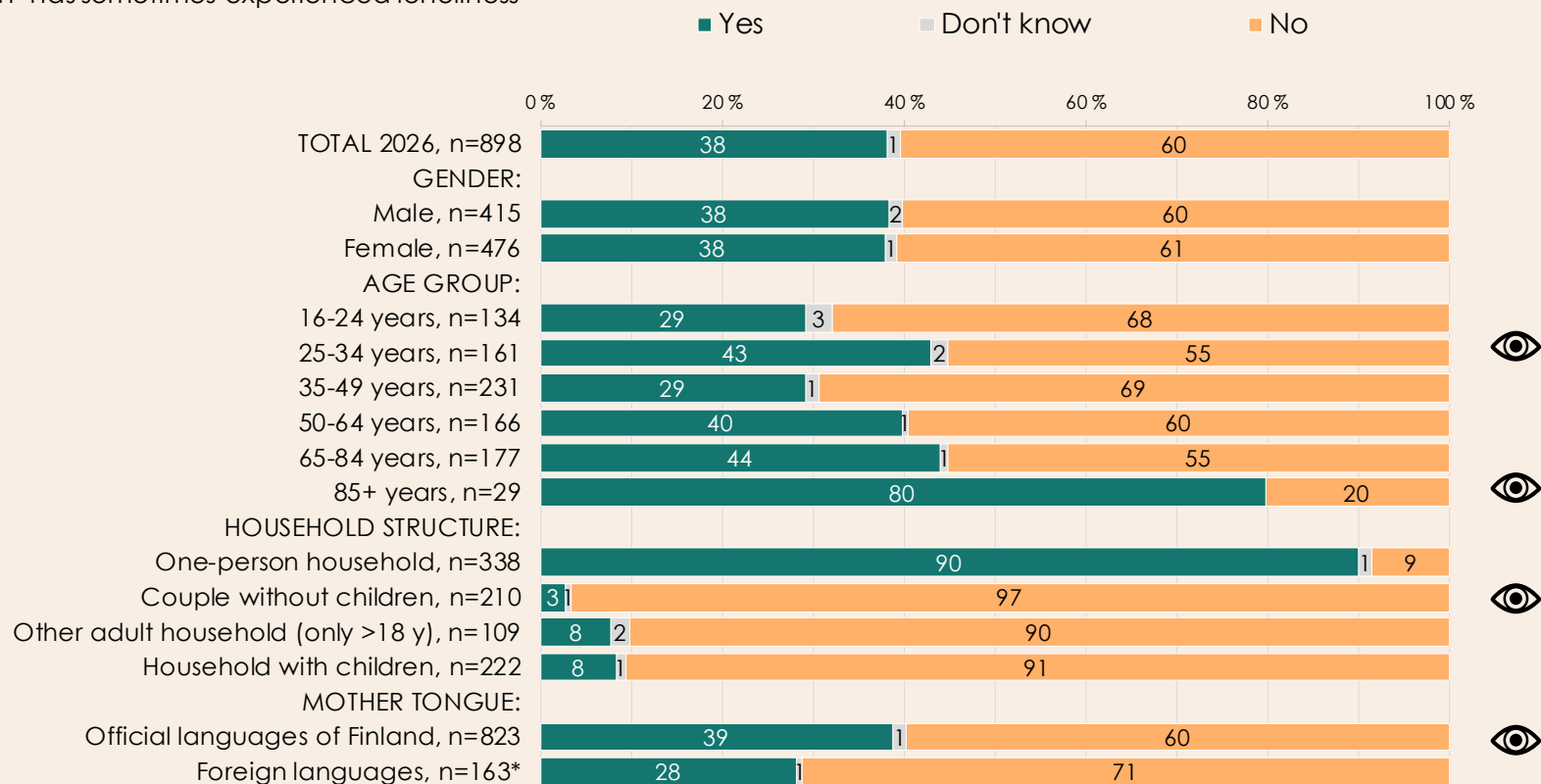
Assessed causes of loneliness (7/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I live alone.

n=has sometimes experienced loneliness



* Includes additional interviews

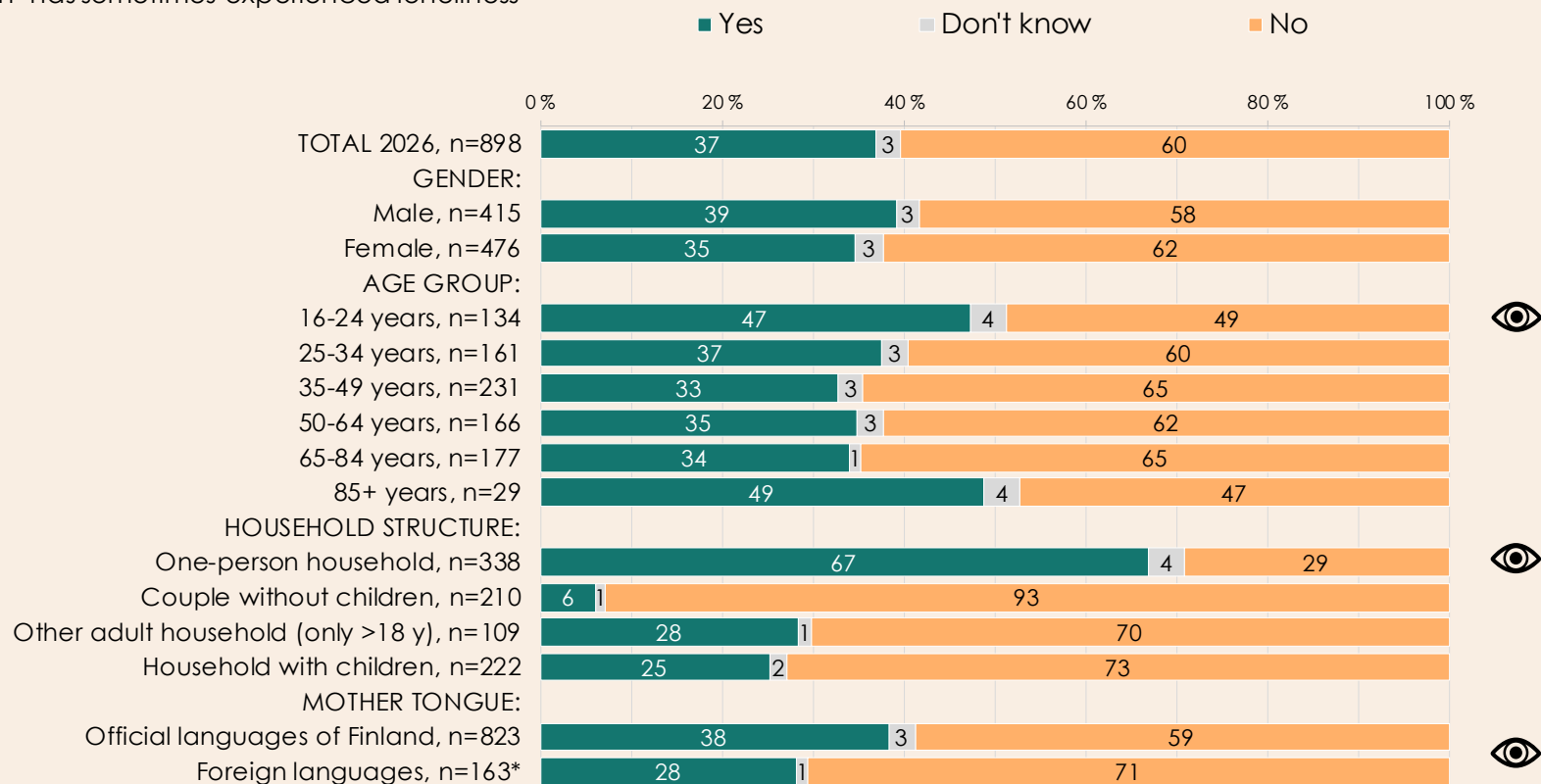
Assessed causes of loneliness (8/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I am not in a relationship.

n=has sometimes experienced loneliness



* Includes additional interviews

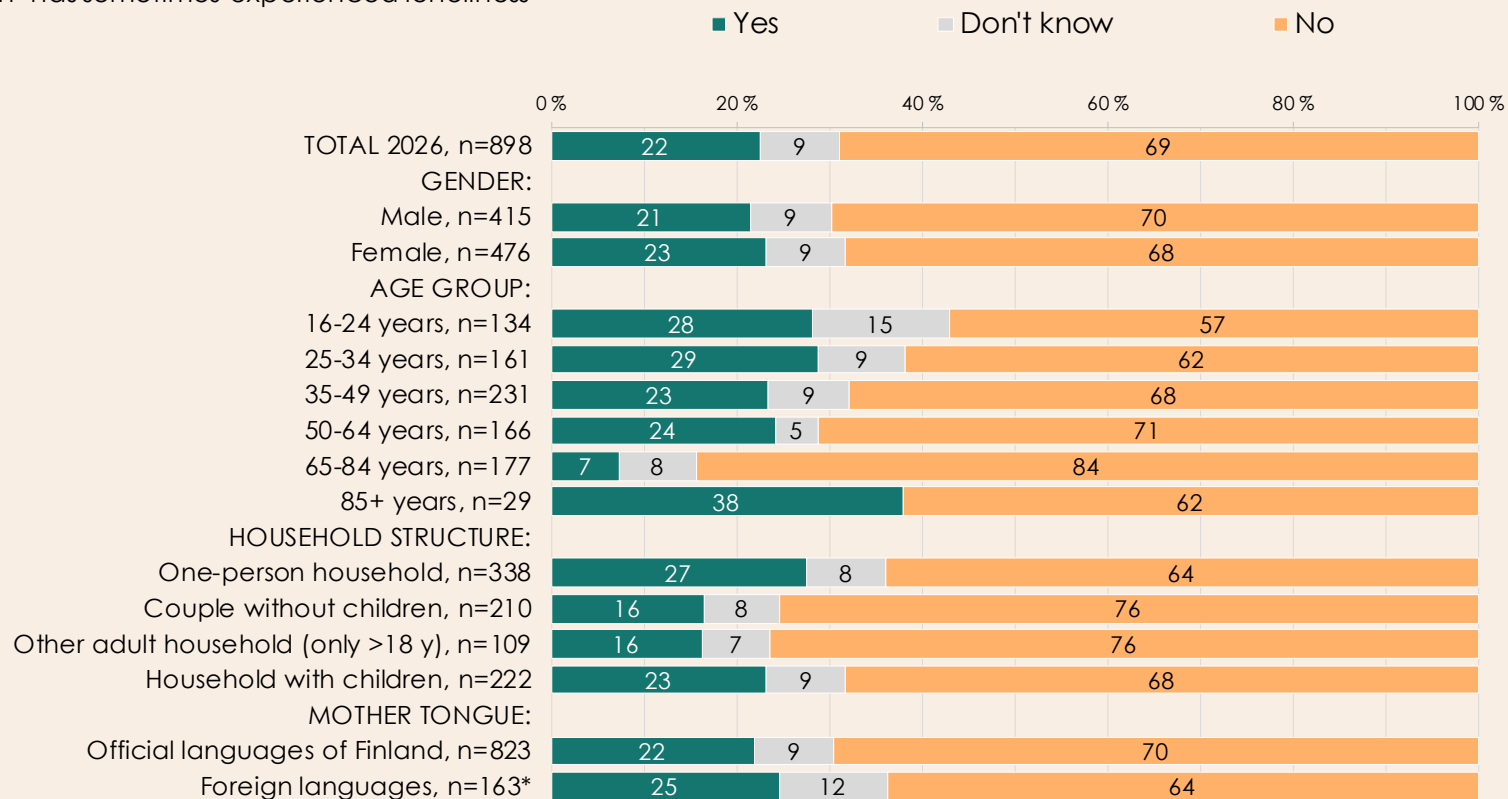
Assessed causes of loneliness (9/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I have bad experiences of relationships with people and don't want anything to do with others.

n=has sometimes experienced loneliness



* Includes additional interviews

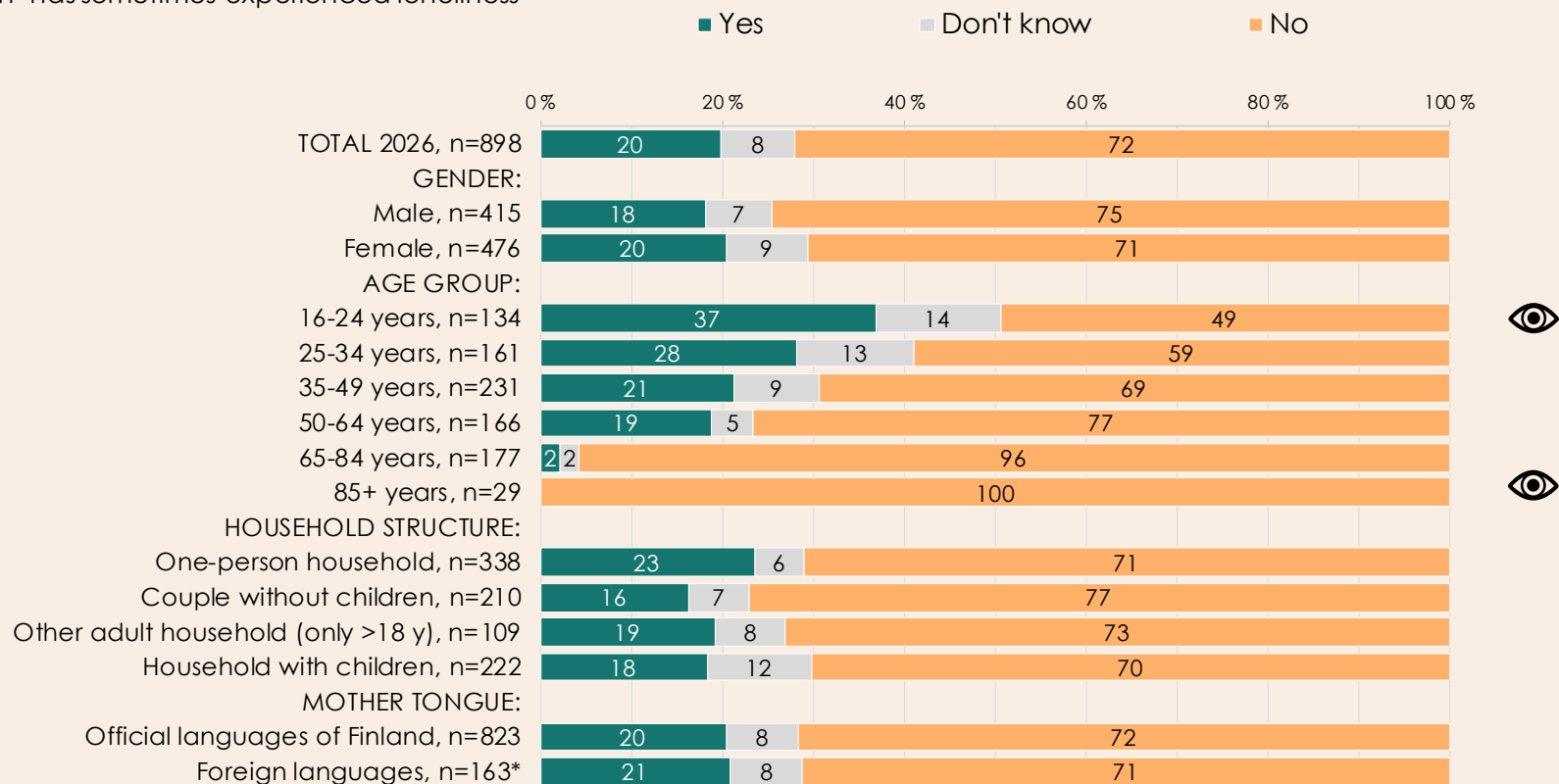
Assessed causes of loneliness (10/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I have mental health problems.

n=has sometimes experienced loneliness



* Includes additional interviews

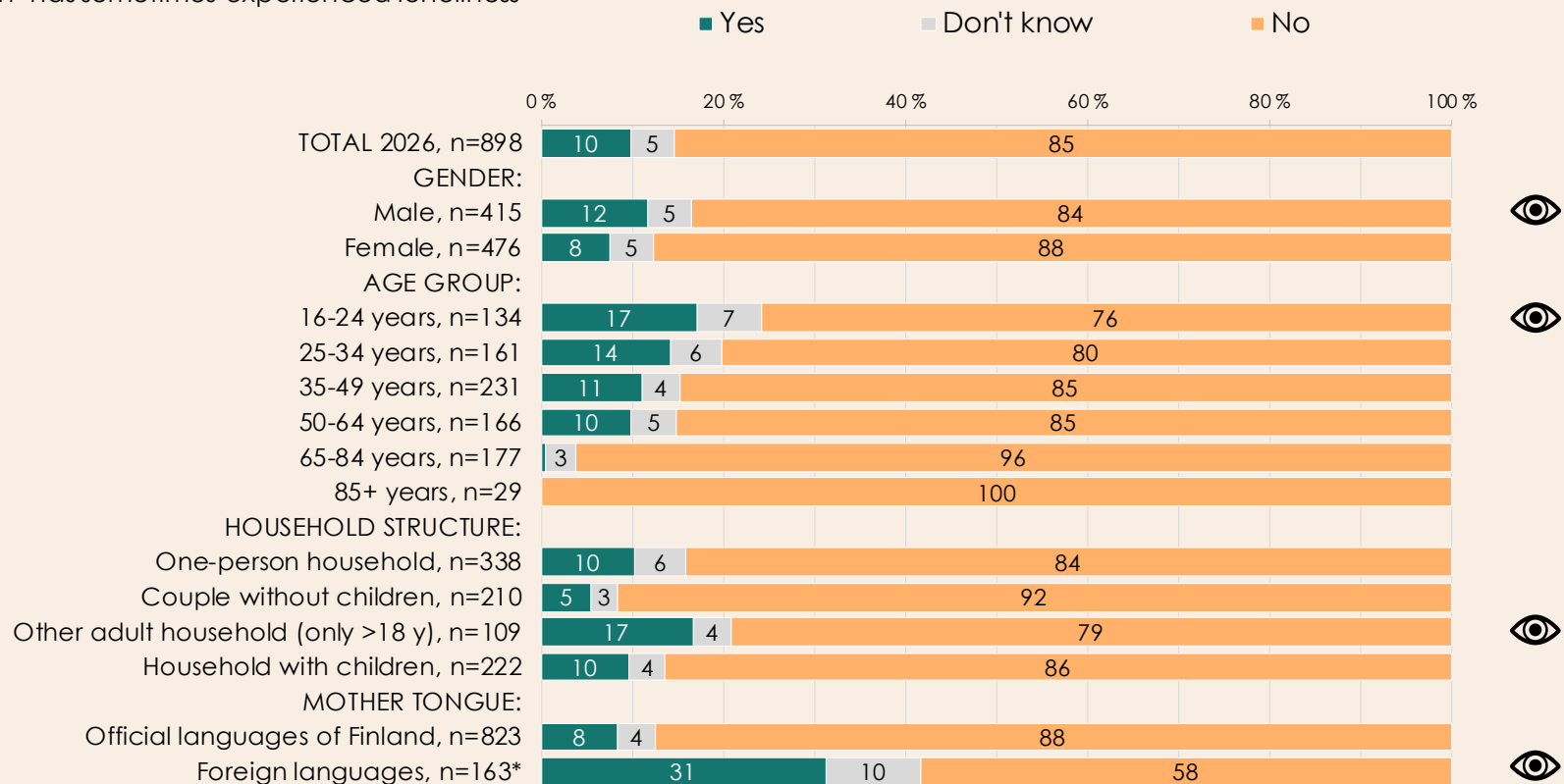
Assessed causes of loneliness (11/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

I encounter prejudice, discrimination, or racism.

n=has sometimes experienced loneliness



* Includes additional interviews

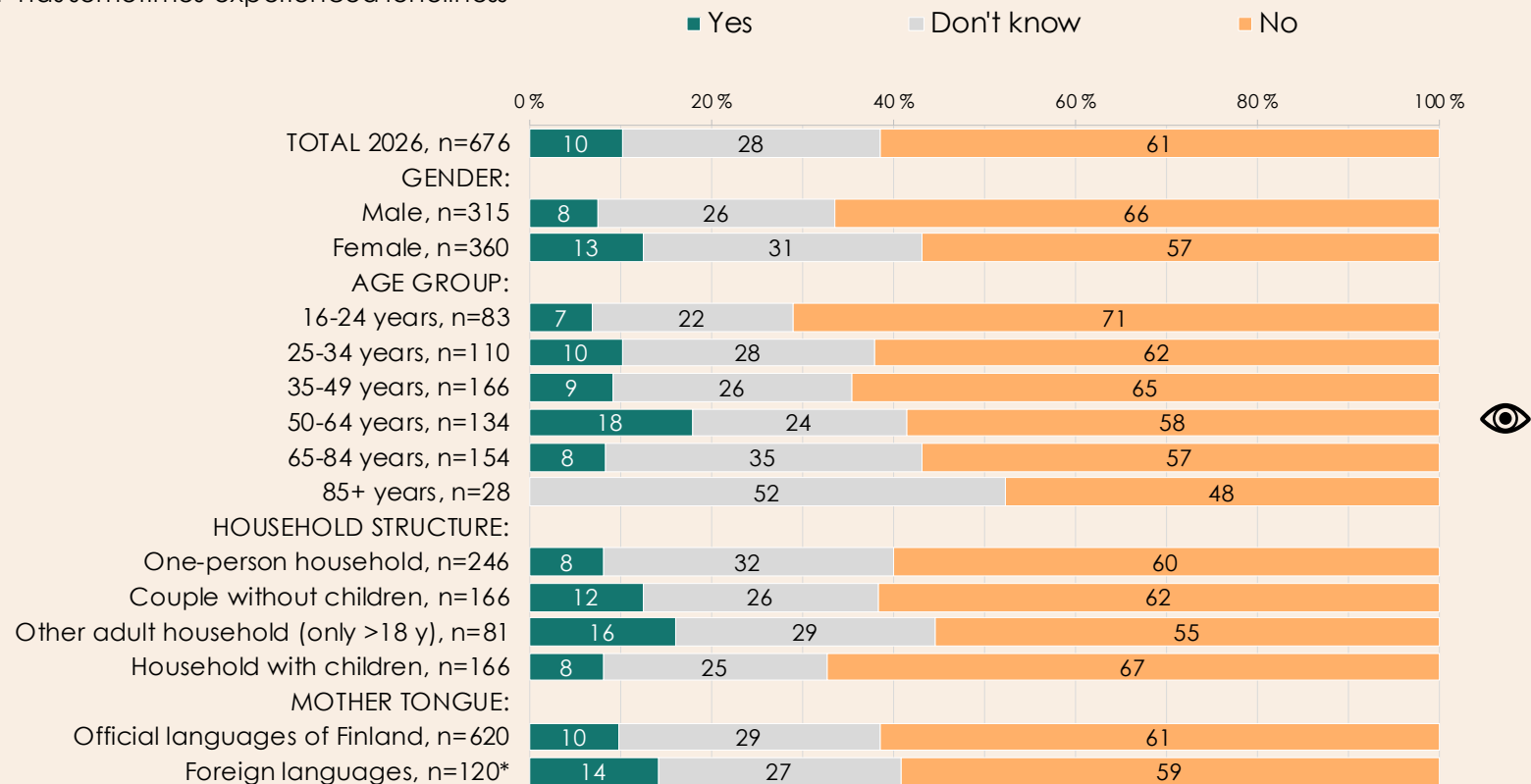
Assessed causes of loneliness (12/12)

Respondents who have experienced loneliness at times, by background group

What do you think is the reason for your loneliness?

Any other reason, please specify.

n=has sometimes experienced loneliness



* Includes additional interviews

6

Has loneliness caused mental health problems

Has loneliness caused mental health problems

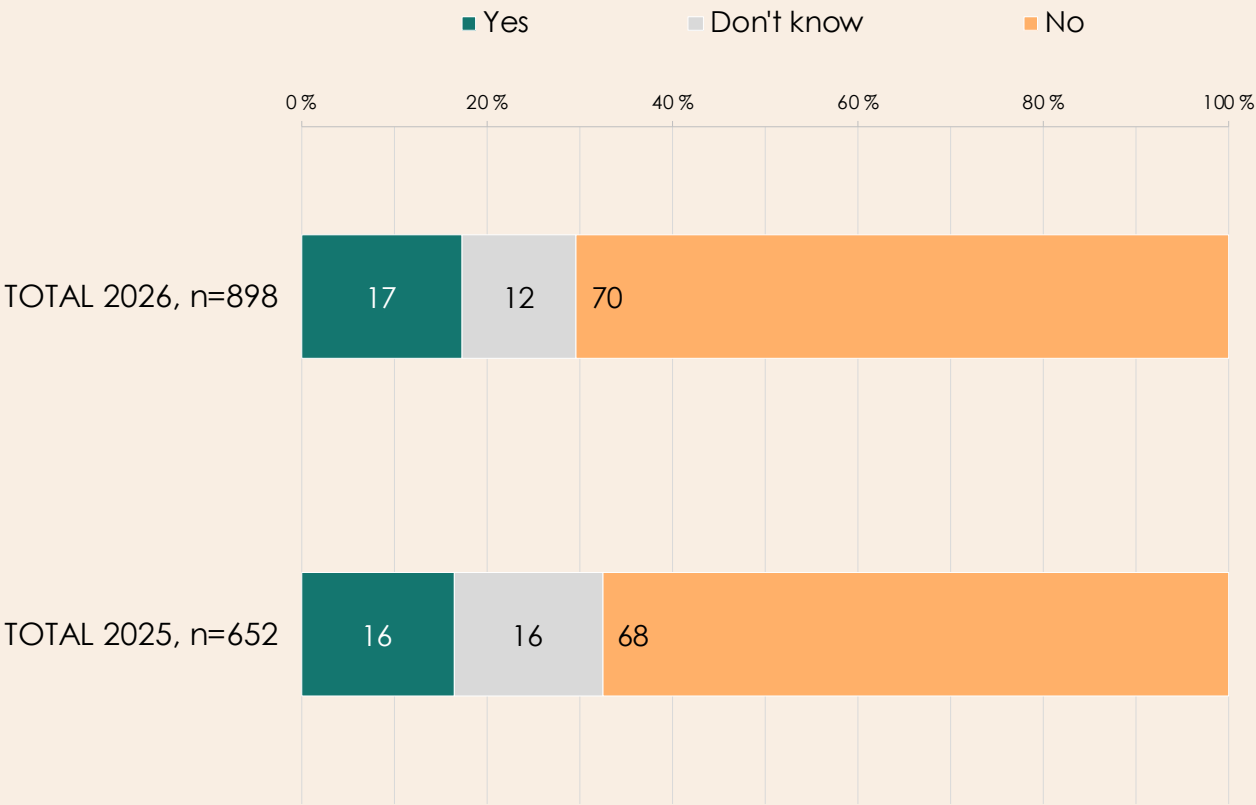
- The respondents that stated that they have experienced loneliness at least sometimes were asked whether loneliness had caused them mental health problems.
- Of the respondents, 17 per cent assessed that this had occurred.
- The result is nearly identical to the figure last year (16 per cent).
- In particular, loneliness has led to mental health problems among 16–24-year-olds and 25–34-year-olds. The younger the respondent or the lower their income, the more often loneliness was considered to lead to mental health problems.
- Loneliness has also caused issues with mental health for students, people with low income and foreign-language speakers more often than for other respondents.

Has loneliness caused mental health problems

Respondents who have experienced loneliness at times, annual comparison

Has loneliness caused you mental health problems?

n=has sometimes experienced loneliness

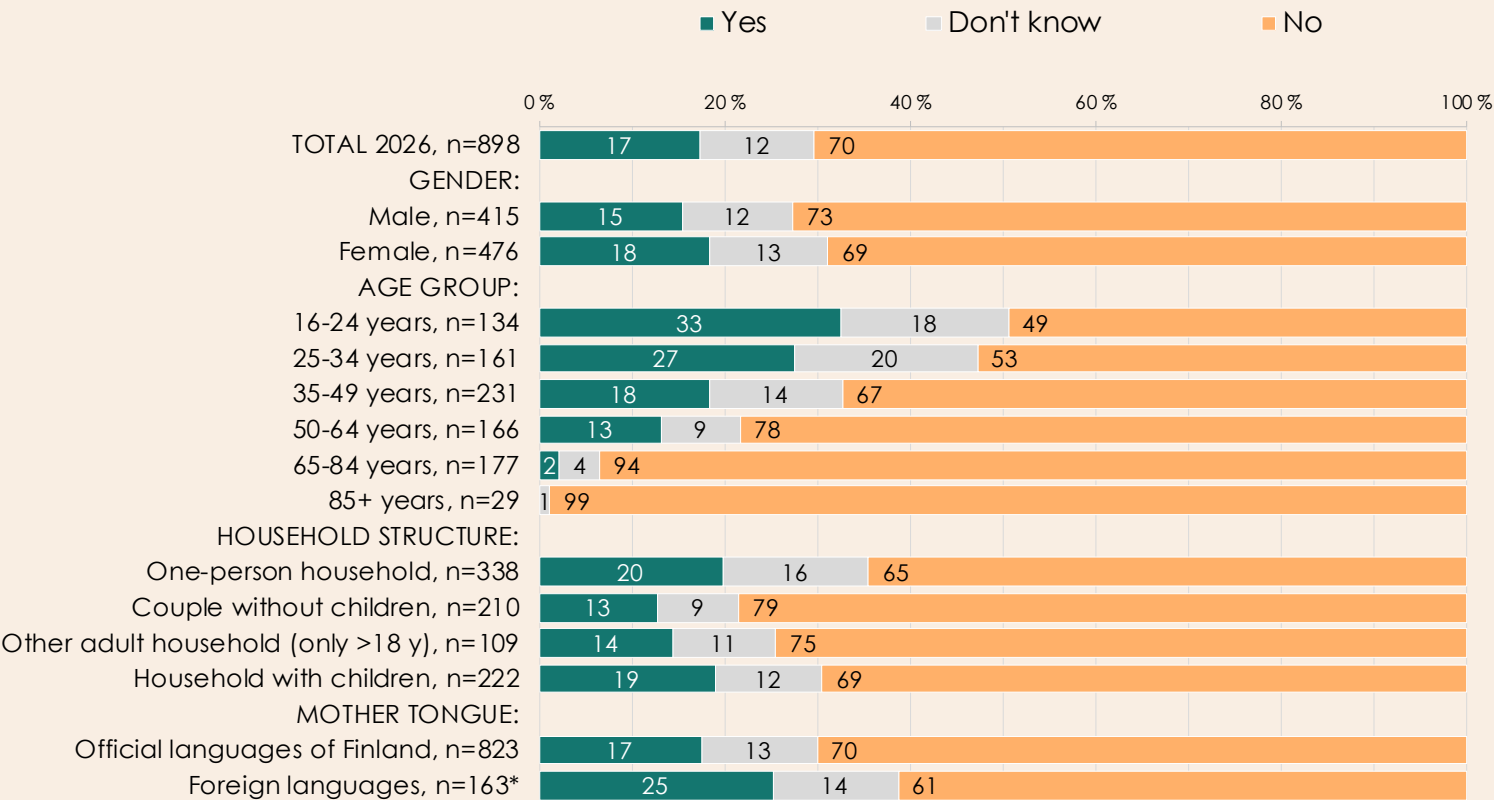


Has loneliness caused mental health problems

Respondents who have experienced loneliness at times, by background group

Has loneliness caused you mental health problems?

n=has sometimes experienced loneliness



* Includes additional interviews

7

Seeking help for loneliness

Seeking help for loneliness

- Of the respondents who at least sometimes feel lonely, more than half (60 per cent) **have sought help** for their loneliness.
- The most common place where respondents have sought help is via hobbies (38 per cent). The next most common places for seeking help were online communities (21 per cent), activities of various organisations (13 per cent), mental health services (11 per cent) or the doctor (6 per cent).
- The share of hobbies as a means of seeking help for loneliness has somewhat decreased since last year (43 per cent → 38 per cent).
- Five per cent have sought help elsewhere.
- With regard to the *open answers (sought help elsewhere)*, loneliness is reduced with interpersonal relationships (friends, family, work, parish), personal activity (work, studies, hobbies, physical activity, volunteering), contacting others, pets, therapy and discussion support, as well as with personal attitudes and coming to terms with being alone.
- People between the ages of 16 and 34 seek help for loneliness from mental health services and a doctor more often than the older age groups, while 25–34-year-olds also seek help from online communities. Women and people aged between 65 and 84 seek help for their loneliness from organisational activities more often than others. Foreign-language speakers use hobbies as a means of reducing loneliness more often than others.
- Child-free couples sought help for their loneliness less frequently than other respondent groups. Overall, the groups that sought help for their loneliness were most commonly 25–34-year-olds, people living in single-person households and foreign-language speakers.

Seeking help for loneliness

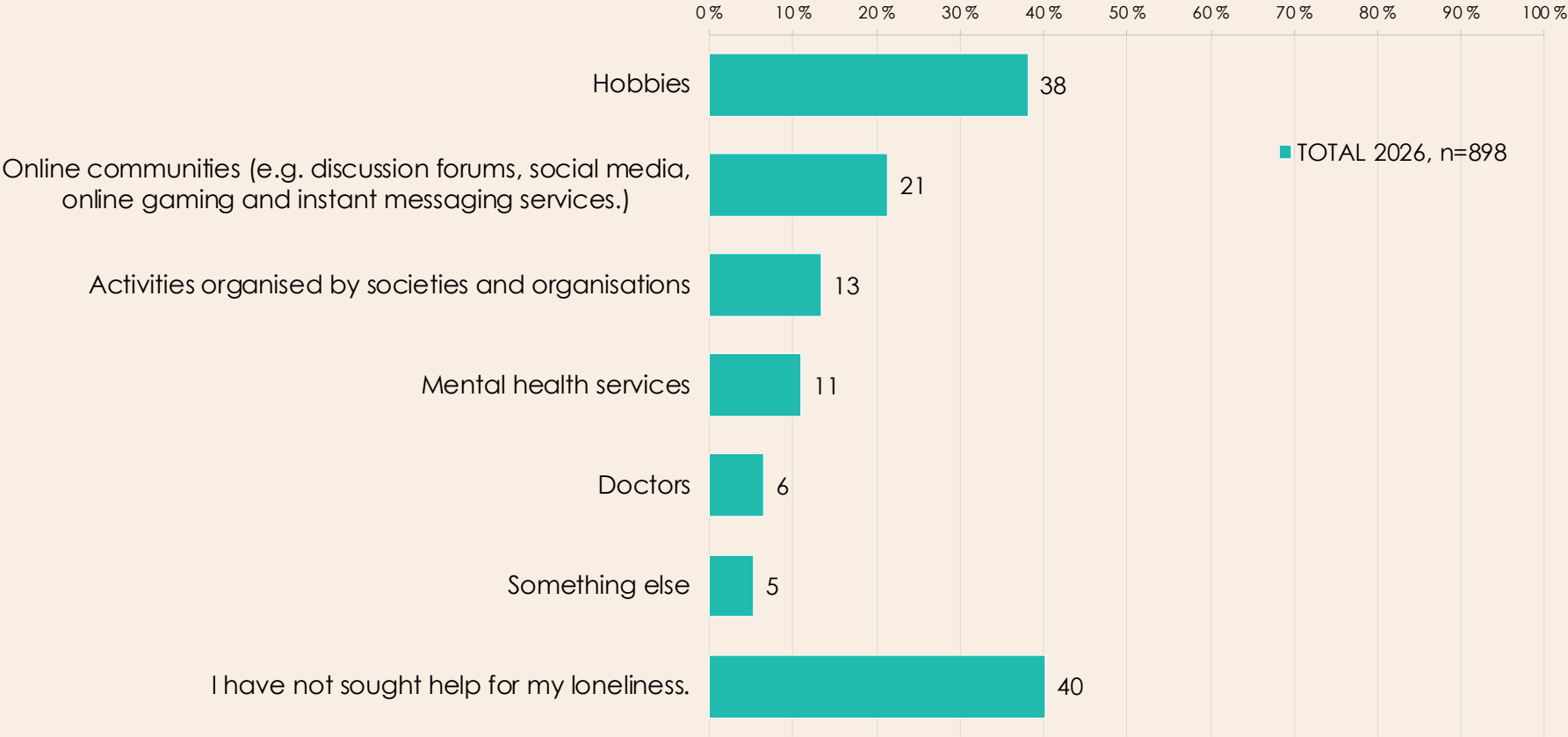
- The most common reason for **not seeking help for loneliness** was that no help was needed. About half (49 per cent) of the respondents stated this as the reason.
- 17 per cent do not believe that they are able to get help and do not bother, whereas 16 per cent stated that they just cannot get around to seeking help.
- Seven per cent do not know from where to seek help, and six per cent have poor experiences of seeking help. Four per cent stated that they do not seek help because they are ashamed of their loneliness.
- A total of 17 per cent of the responses fell into the category "other reason".
- The share of respondents who stated that the reason for not seeking help is being ashamed of their loneliness declined from last year (9 per cent → 4 per cent). Last year, 23 per cent stated that they just cannot get around to seeking help, while the figure now is down to 16 per cent.
- With regard to *open answers* ("other reason"), the respondents did not believe that the feeling of loneliness was a significant problem or that it was occasional, temporary or a part of normal life and, consequently, related to a personal choice or enjoying being alone.
- 16–24-year-olds did not seek help for their loneliness more often than others due to being ashamed of the feeling or not knowing where to seek help. Instead, women sought help for their loneliness more often than men because they are more likely than men to believe that they can get help. Child-free couples have not sought help because they were not looking to get help.

Seeking help for loneliness

Respondents who have experienced loneliness at times

Which of the following have you used to seek help for your loneliness?

n=has sometimes experienced loneliness

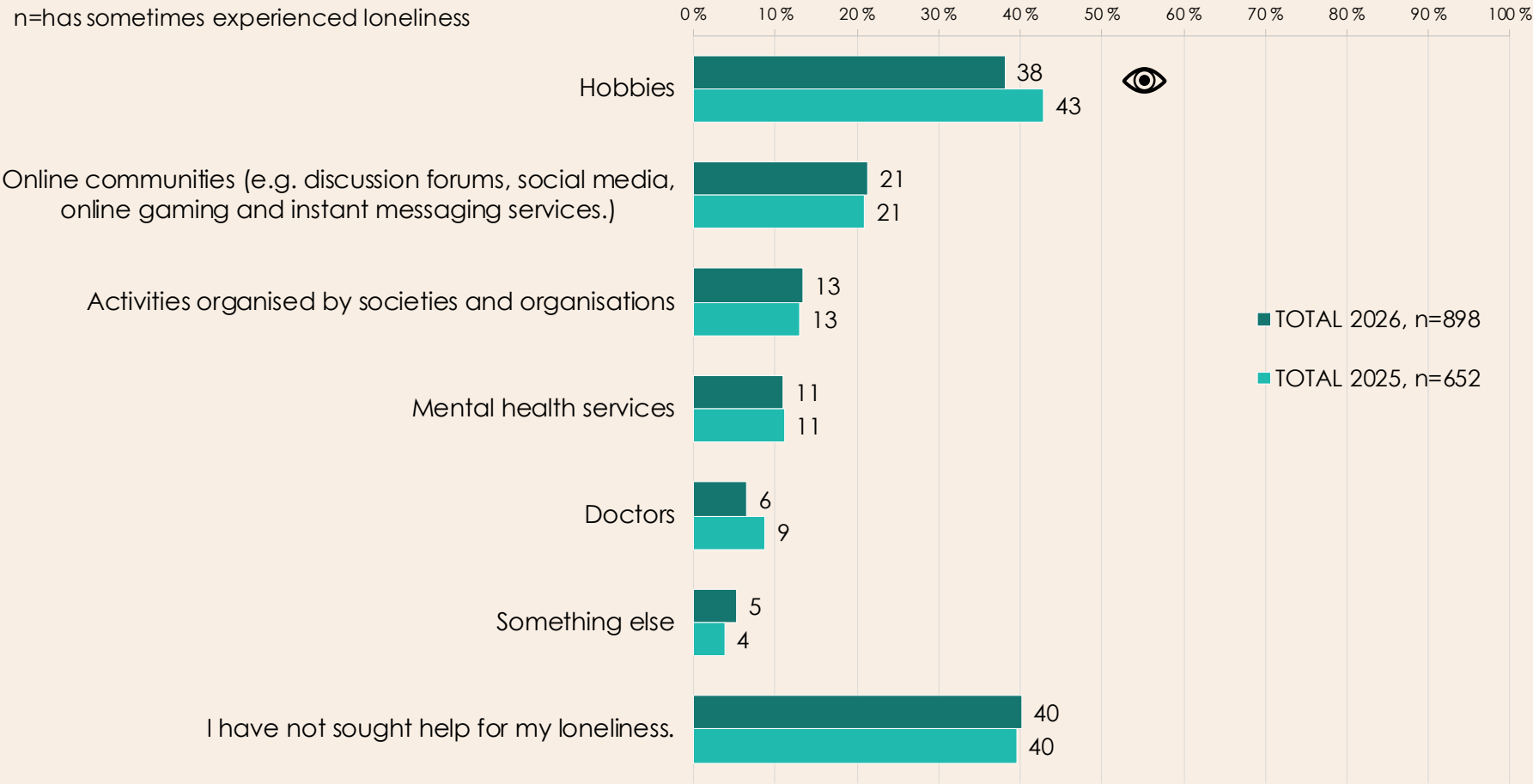


Seeking help for loneliness

Respondents who have experienced loneliness at times, annual comparison

Which of the following have you used to seek help for your loneliness?

n=has sometimes experienced loneliness

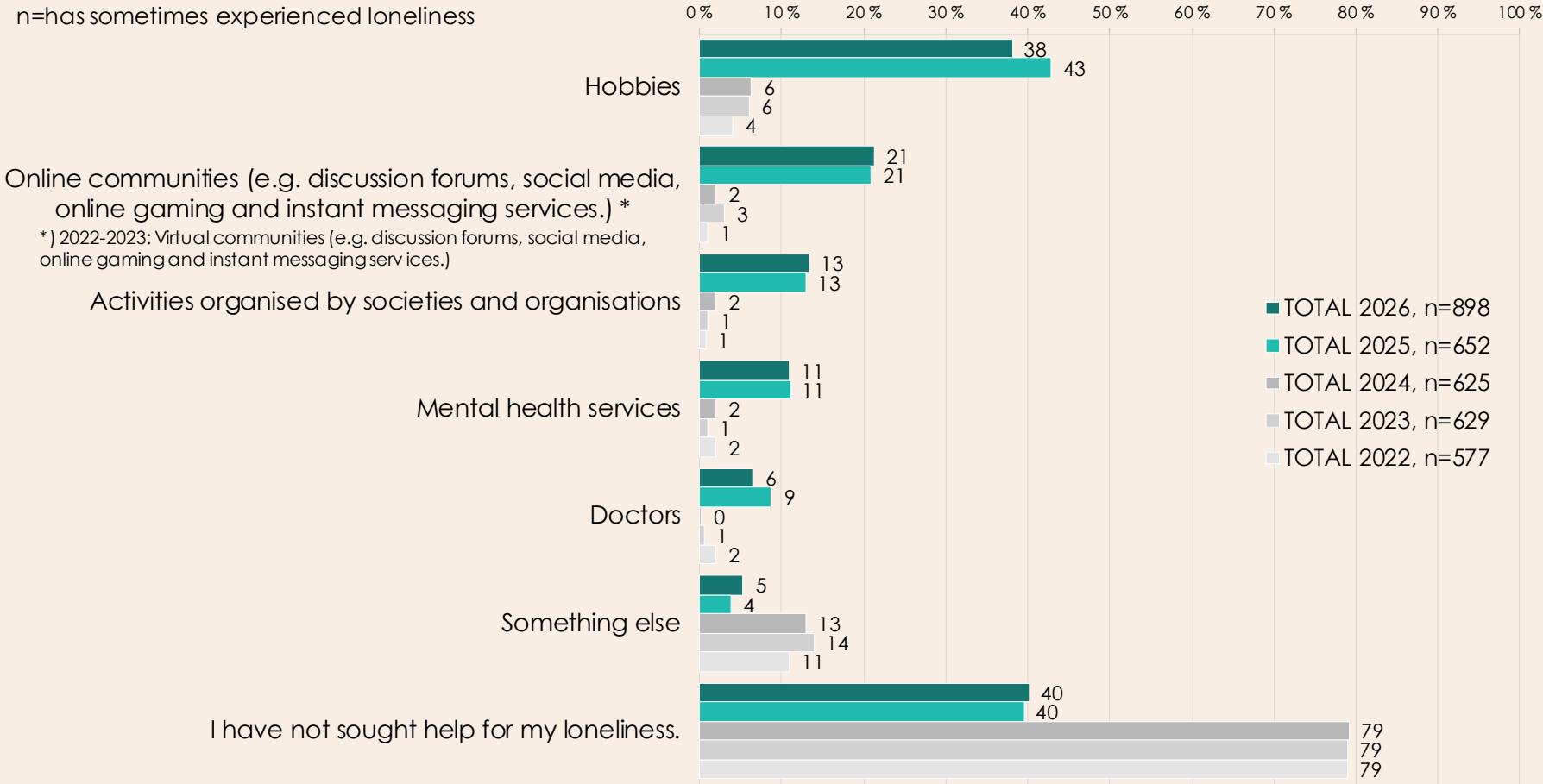


Seeking help for loneliness

Respondents who have experienced loneliness at times, annual comparison

Which of the following have you used to seek help for your loneliness?

n=has sometimes experienced loneliness



Seeking help for loneliness

Respondents who have experienced loneliness at times,
by background group

Statistically significant difference to
other data (95% confidence level)

- +

| Which of the following have you used to seek help for your loneliness? % | TOTAL 2026, n=898 | Male, n=415 | Female, n=476 | 16-24 years, n=134 | 25-34 years, n=161 | 35-49 years, n=231 | 50-64 years, n=166 | 65-84 years, n=177 | 85+ years, n=29 | One- person house- hold, n=338 | Couple without children, n=210 | Other adult house- hold (only >18 y), n=109 | House- hold with children, n=222 | Official lan- guages of Finland, n=823 | Foreign lan- guages, n=163* |
|--|-------------------------|----------------|------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------------|--|---|--|---|---|--------------------------------------|
| Hobbies | 38 | 37 | 39 | 42 | 36 | 38 | 33 | 41 | 44 | 43 | 34 | 35 | 36 | 38 | 48 |
| Online communities (e.g. discussion forums, social media, online gaming and instant messaging services.) | 21 | 24 | 19 | 26 | 31 | 25 | 22 | 8 | 0 | 26 | 15 | 19 | 21 | 21 | 25 |
| Activities organised by societies and organisations | 13 | 10 | 17 | 12 | 9 | 9 | 11 | 25 | 18 | 18 | 12 | 9 | 10 | 13 | 14 |
| Mental health services | 11 | 11 | 11 | 18 | 20 | 12 | 8 | 1 | 0 | 12 | 10 | 13 | 9 | 12 | 14 |
| Doctors | 6 | 8 | 5 | 7 | 10 | 9 | 6 | 1 | 0 | 6 | 5 | 7 | 7 | 6 | 9 |
| Something else | 5 | 4 | 7 | 6 | 4 | 4 | 7 | 7 | 0 | 5 | 5 | 7 | 5 | 5 | 7 |
| I have not sought help for my loneliness. | 40 | 40 | 40 | 33 | 29 | 43 | 43 | 46 | 55 | 34 | 46 | 44 | 43 | 40 | 31 |

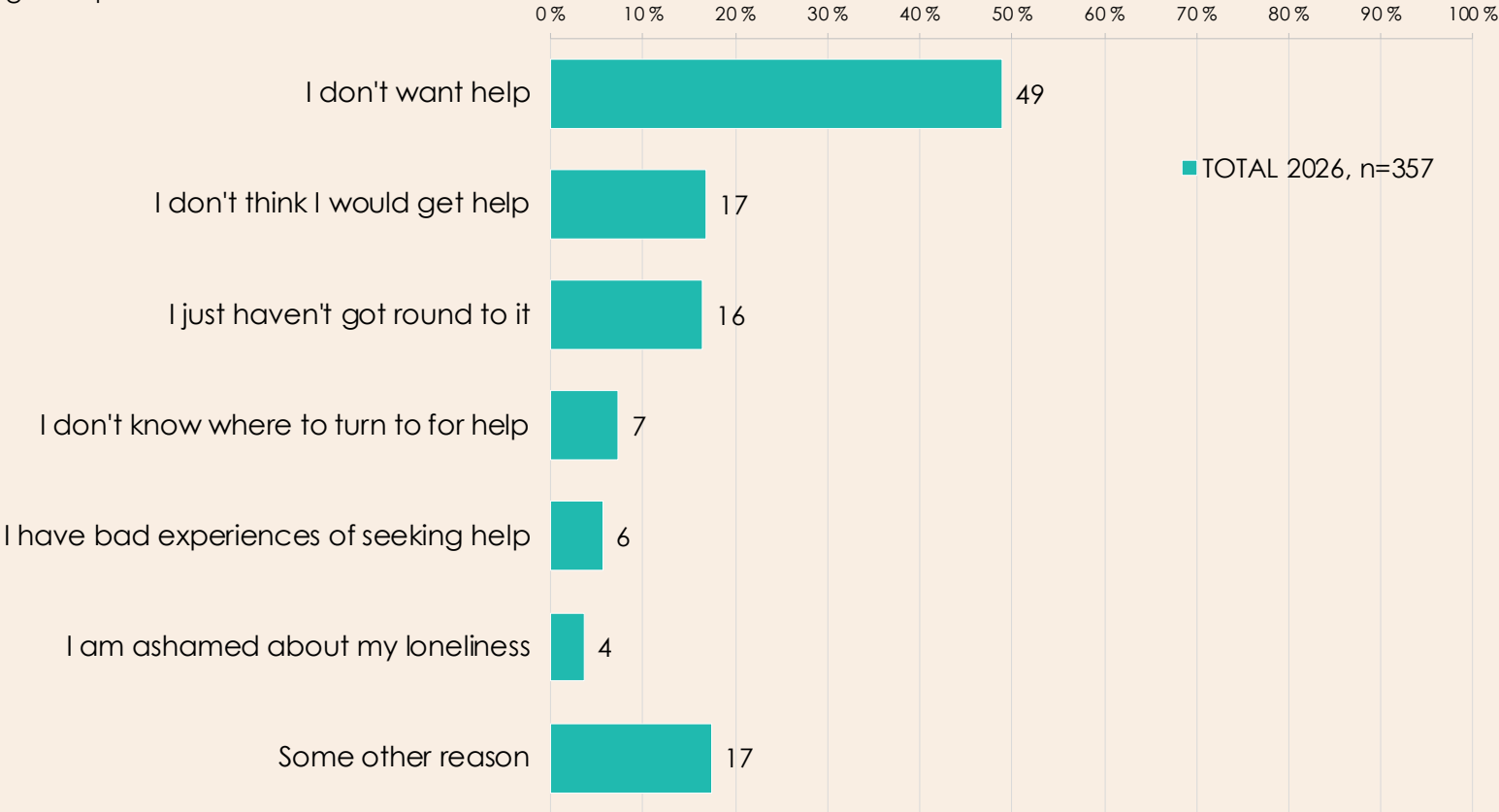
* Includes additional interviews

Why have they not sought help for their loneliness

Respondents who have felt loneliness but have not sought help

Why have you not sought help for your loneliness?

n=has sometimes experienced loneliness
but has not sought help

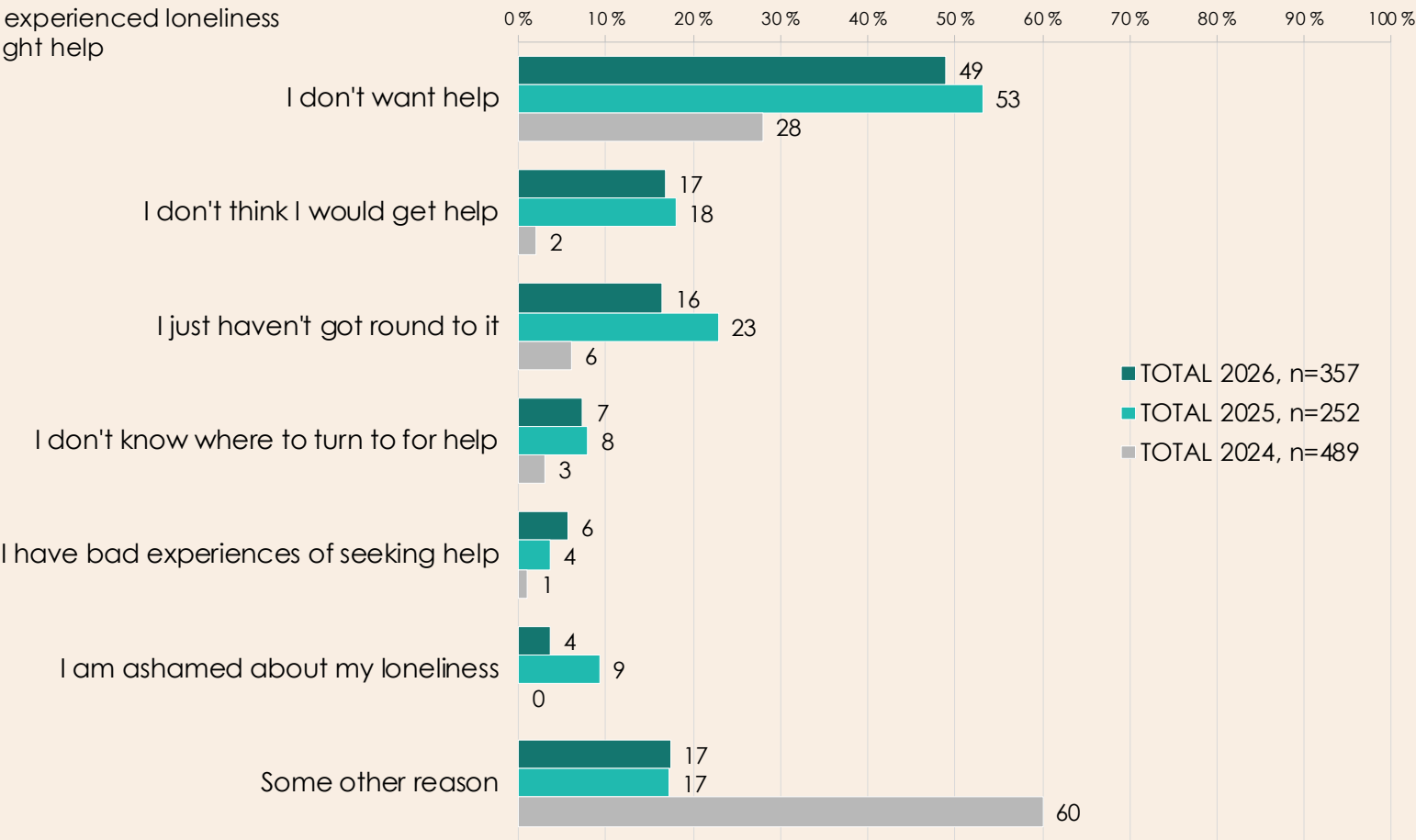


Why have they not sought help for their loneliness

Respondents who have felt loneliness but have not sought help, annual comparison

Why have you not sought help for your loneliness?

n=has sometimes experienced loneliness
but has not sought help



Why have they not sought help for their loneliness

Respondents who have felt loneliness but have not sought help,
by background group

Statistically significant difference to
other data (95% confidence level)

- +

| Why have you not sought help for your loneliness? % | TOTAL 2026, n=357 | Male, n=167 | Female, n=187 | 16-24 years, n=43 | 25-34 years, n=46 | 35-49 years, n=100 | 50-64 years, n=71 | 65-84 years, n=79 | 85+ years, n=16 | One- person house- hold, n=112 | Couple without children, n=97 | Other adult house- hold (only >18 y), n=48 | House- hold with children, n=93 | Official lan- guages of Finland, n=330 | Foreign lan- guages, n=48* |
|---|-------------------------|----------------|------------------|-------------------------|-------------------------|--------------------------|-------------------------|-------------------------|-----------------------|--|--|---|--|---|-------------------------------------|
| I don't want help | 49 | 48 | 50 | 52 | 47 | 46 | 44 | 56 | 55 | 38 | 59 | 38 | 57 | 50 | 35 |
| I don't think I would get help | 17 | 20 | 13 | 14 | 24 | 18 | 17 | 12 | 18 | 17 | 20 | 19 | 14 | 16 | 21 |
| I just haven't got round to it | 16 | 13 | 20 | 13 | 23 | 18 | 9 | 21 | 9 | 19 | 12 | 19 | 17 | 17 | 17 |
| I don't know where to turn to for help | 7 | 6 | 8 | 17 | 13 | 4 | 12 | 1 | 0 | 9 | 4 | 10 | 7 | 7 | 6 |
| I have bad experiences of seeking help | 6 | 5 | 5 | 9 | 2 | 8 | 8 | 0 | 7 | 8 | 2 | 12 | 4 | 6 | 4 |
| I am ashamed about my loneliness | 4 | 2 | 5 | 12 | 9 | 3 | 2 | 0 | 0 | 4 | 2 | 5 | 4 | 4 | 6 |
| Some other reason | 17 | 15 | 19 | 11 | 20 | 18 | 23 | 15 | 10 | 19 | 14 | 26 | 16 | 17 | 19 |

* Includes additional interviews

8

How serious a problem loneliness is

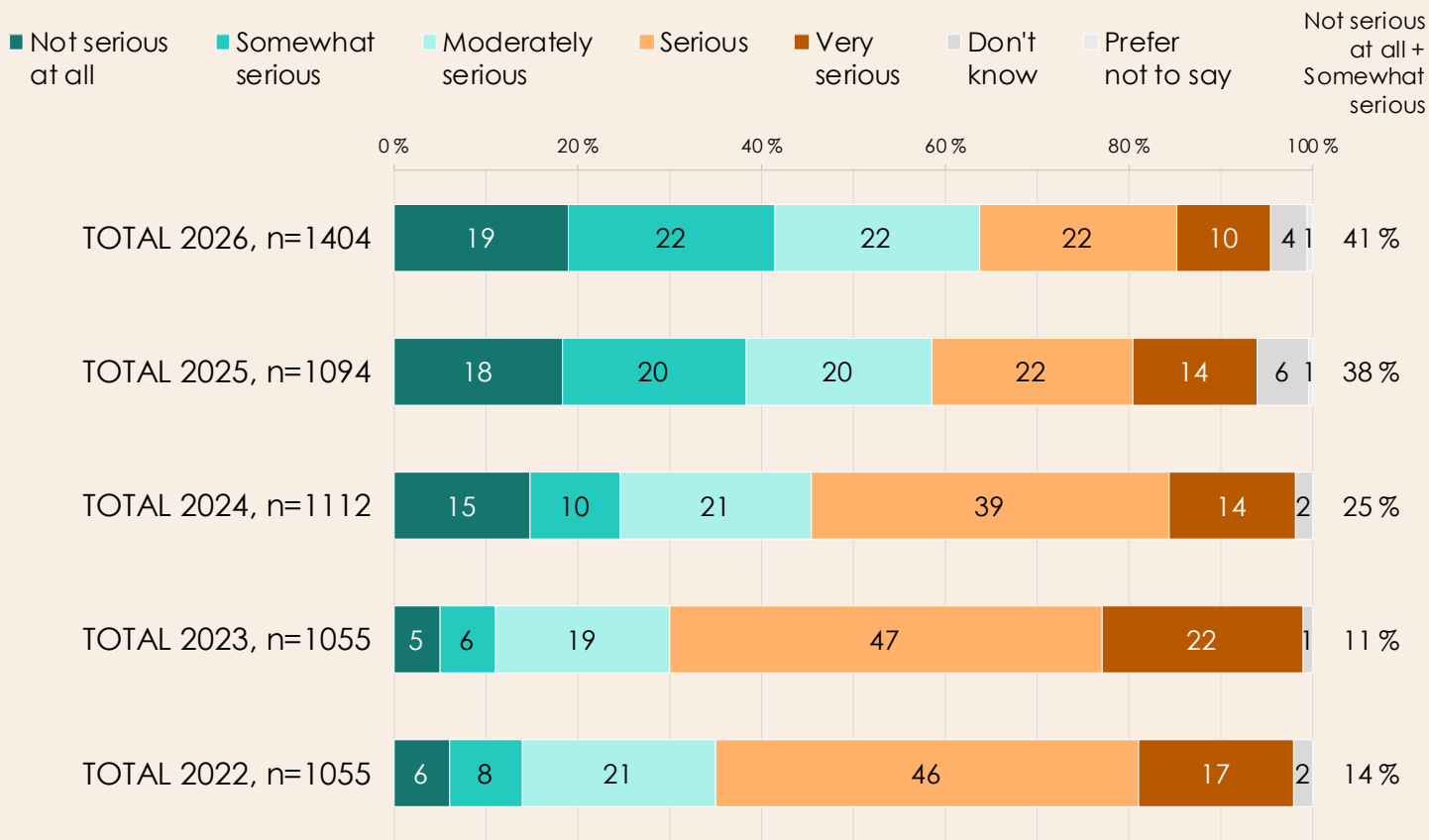
How serious a problem loneliness is

- A total of 32 per cent consider loneliness to be a serious or a very serious problem, whereas last year, the corresponding figure was 36 per cent. A little more than one in five (22 per cent) believe that the problem is moderate.
- The share of people who do not consider loneliness to be a problem or only consider it to be a minor problem is 41 per cent of the respondents, whereas in 2025, the corresponding figure was 38 per cent.
- The severity of loneliness as a problem was estimated to be the highest among people in the age groups 16–24 and 25–34. On the other hand, none of the respondent groups reviewed downplayed the seriousness of the problem.

How serious a problem loneliness is

All respondents, annual comparison

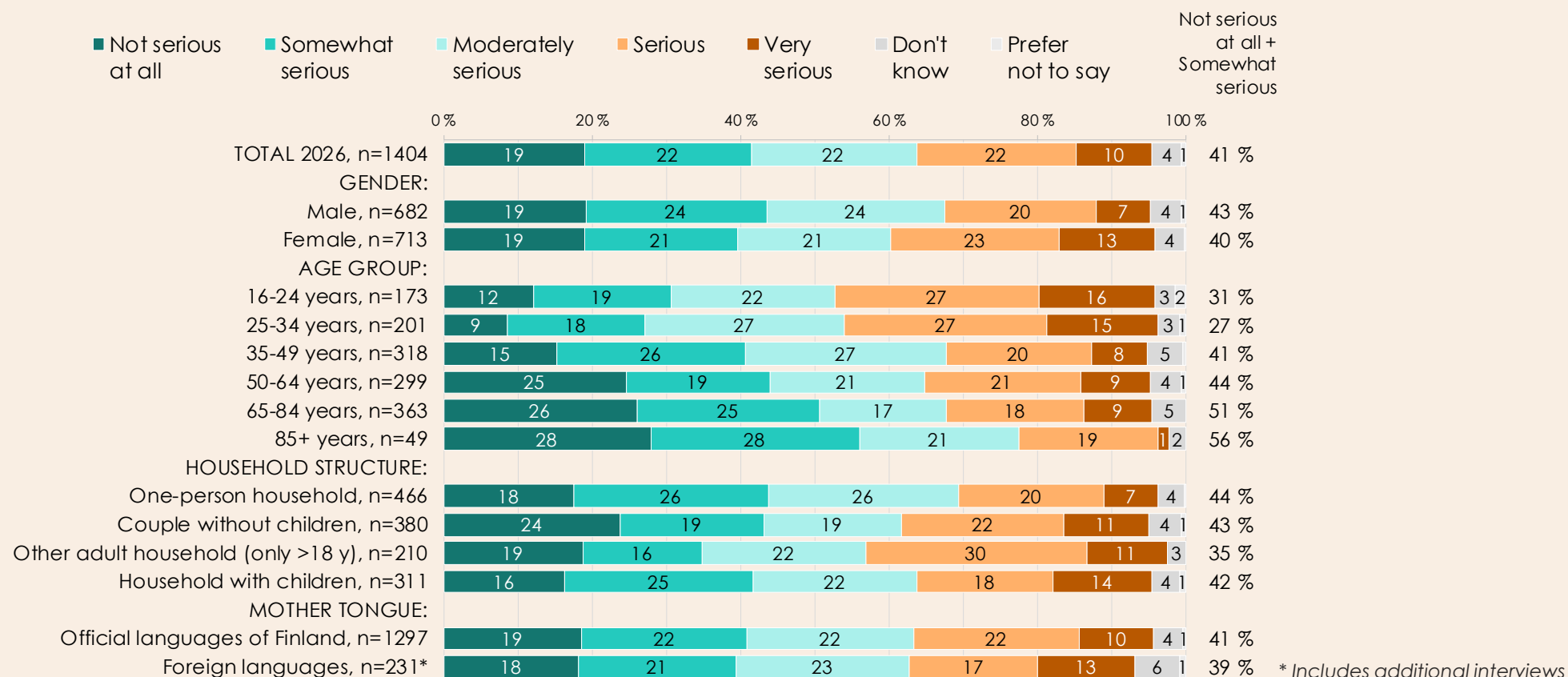
How serious a problem do you consider loneliness to be?



How serious a problem loneliness is

All respondents by background group

How serious a problem do you consider loneliness to be?



9

Satisfaction with the different areas of one's own life

Satisfaction with the different areas of one's own life

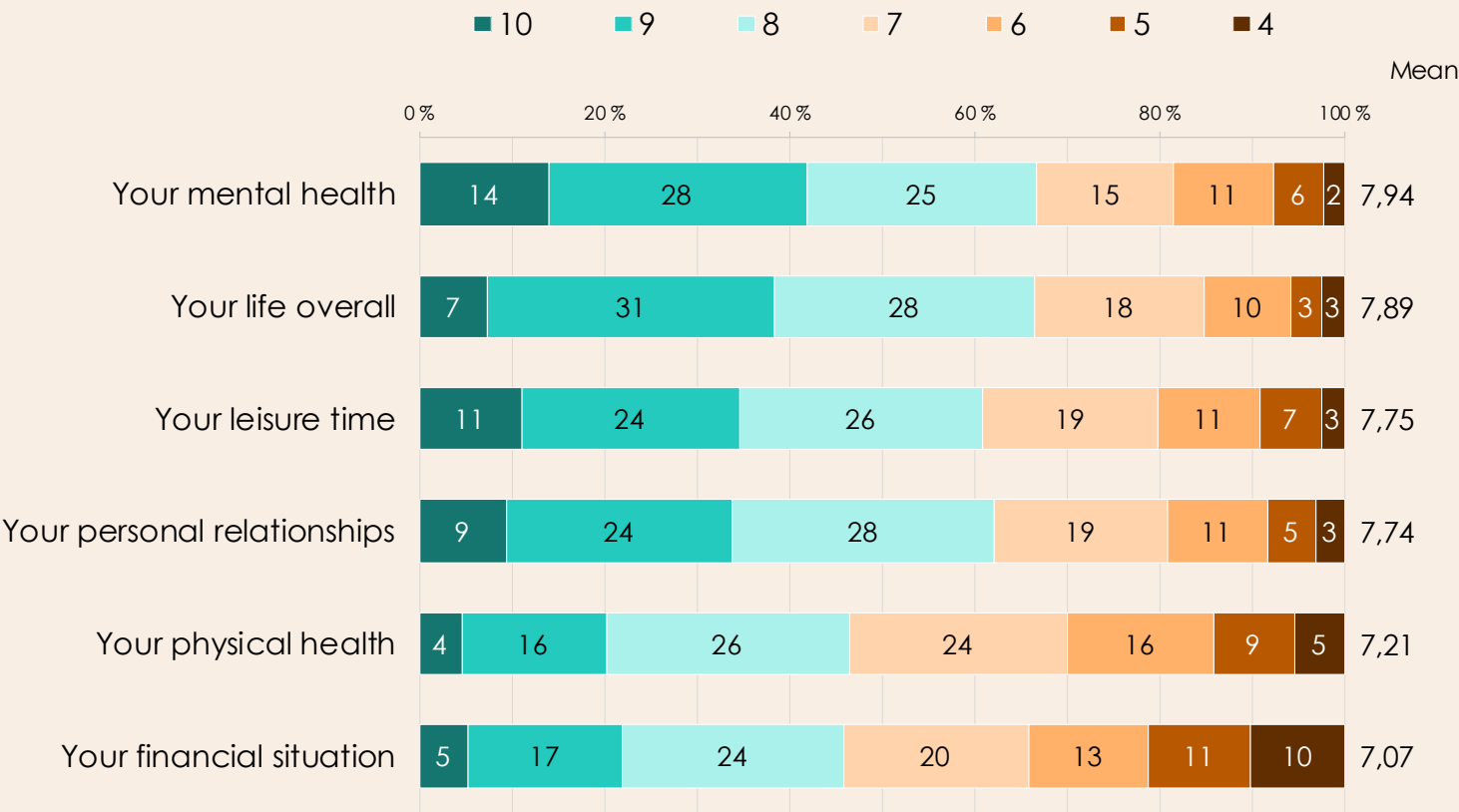
- The respondents were asked how satisfied they were with their own life. They were asked to assess these different areas on a scale from four to ten.
- Respondents were most satisfied with their mental health and their life overall. The areas the respondents were next most satisfied with were free time and interpersonal relationships.
- Respondents were least satisfied with their financial situation, where a total of 21 per cent gave a grade of 4 or 5. The area the respondents were next least satisfied with was physical health, regarding which the corresponding figure was 14 per cent.
- Satisfaction with one's personal financial situation declined from 2025.
- People over the age of 65 and child-free couples were again most satisfied with their financial situation, their leisure time, relationships, mental health and their lives overall. Respondents under the age of 25 were most satisfied with their physical health. Instead, 16–34-year-olds were the least satisfied with their mental health, and young adults (25–34-year-olds) were the least satisfied with their financial situation.
- Finnish, Swedish and Sami language speakers were slightly more satisfied with each area of their life than foreign-language speakers.
- Overall, those who experienced loneliness were less satisfied with their financial situation, free time, physical health and, in particular, their interpersonal relationships, mental health and life than those who did not experience loneliness to a meaningful extent.

Satisfaction with the different areas of one's own life

All respondents

How satisfied are you at the moment with...?

TOTAL 2026, n=1404

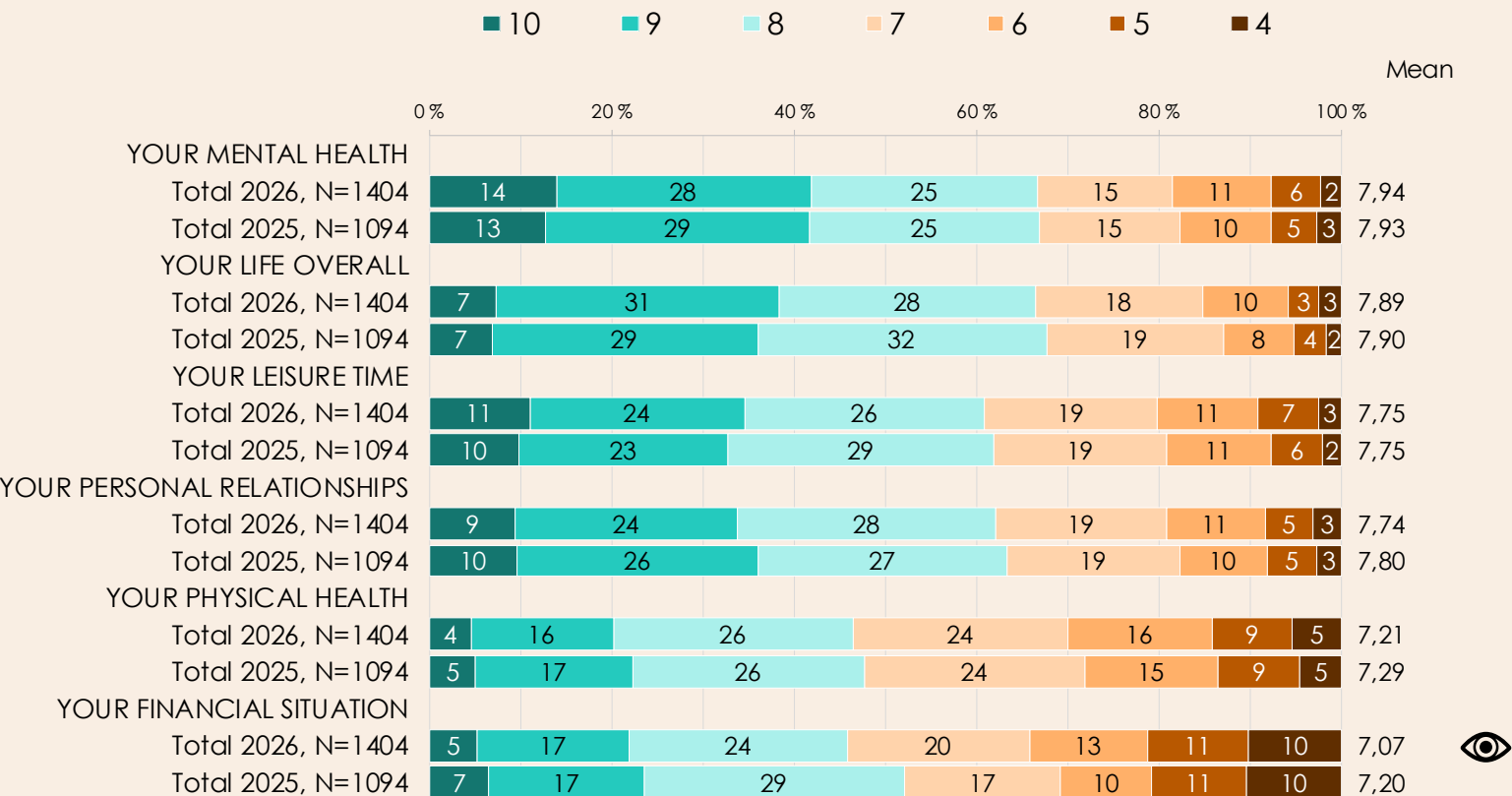


Satisfaction with the different areas of one's own life

All respondents, annual comparison

How satisfied are you at the moment with...?

TOTAL 2026, n=1404
TOTAL 2025, n=1094

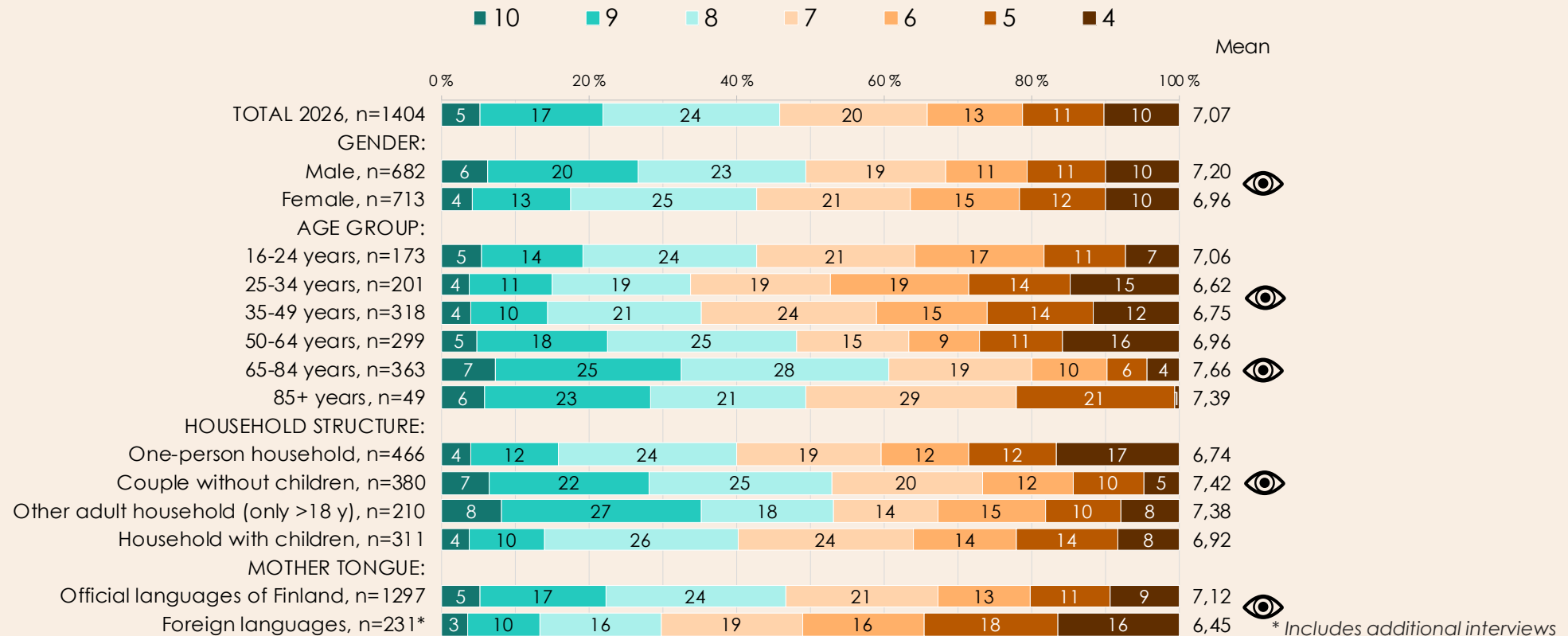


Satisfaction with the different areas of one's own life (1/6)

All respondents by background group

How satisfied are you at the moment with...?

Your financial situation

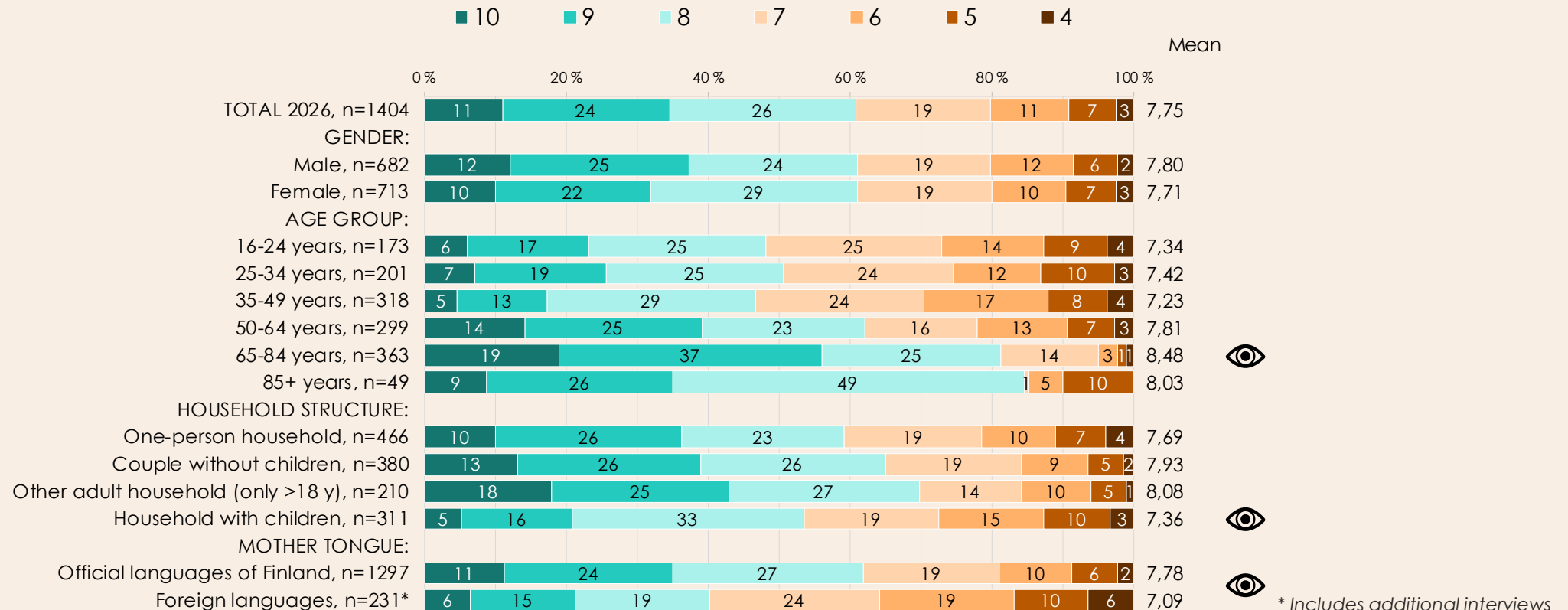


Satisfaction with the different areas of one's own life (2/6)

All respondents by background group

How satisfied are you at the moment with...?

Your leisure time

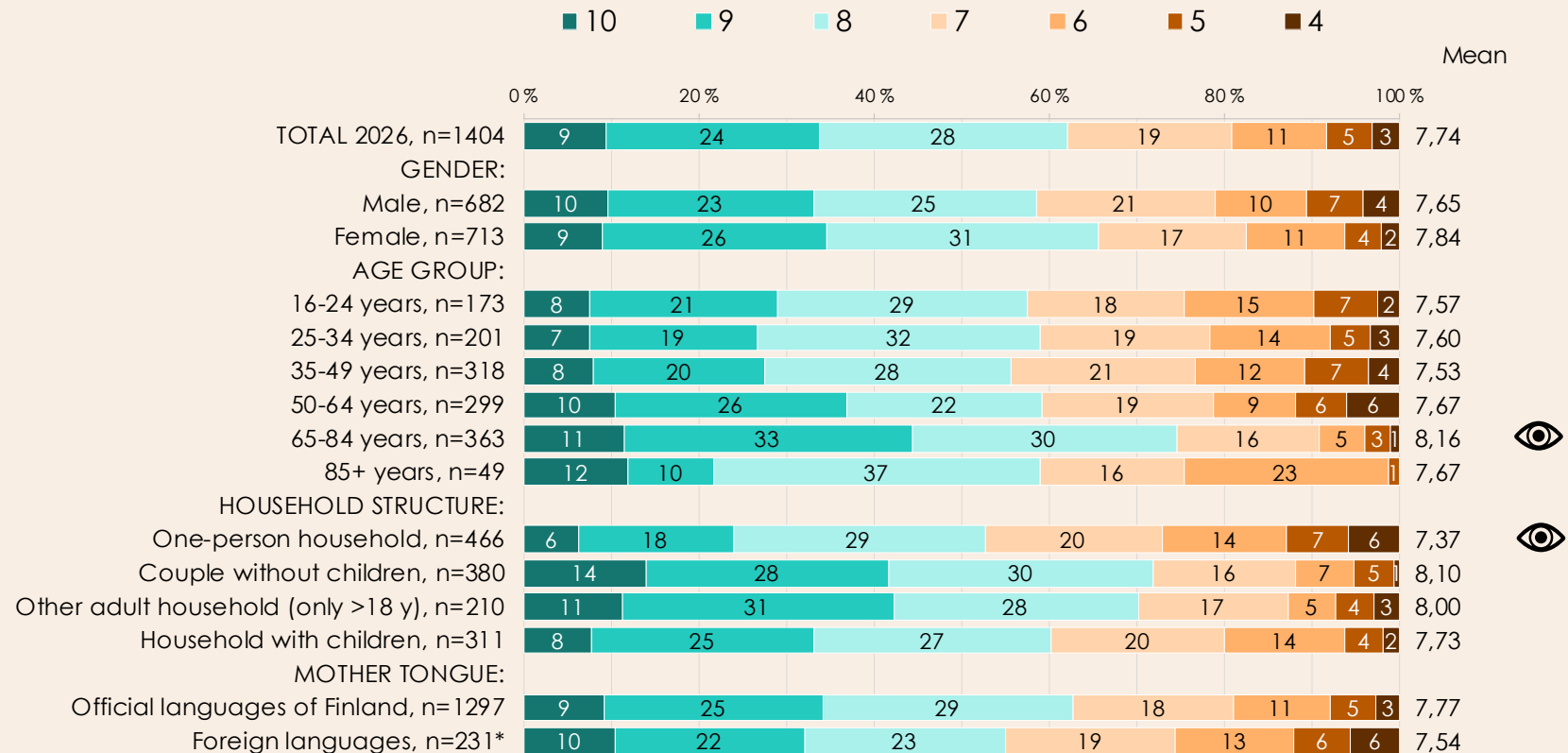


Satisfaction with the different areas of one's own life (3/6)

All respondents by background group

How satisfied are you at the moment with...?

Your personal relationships



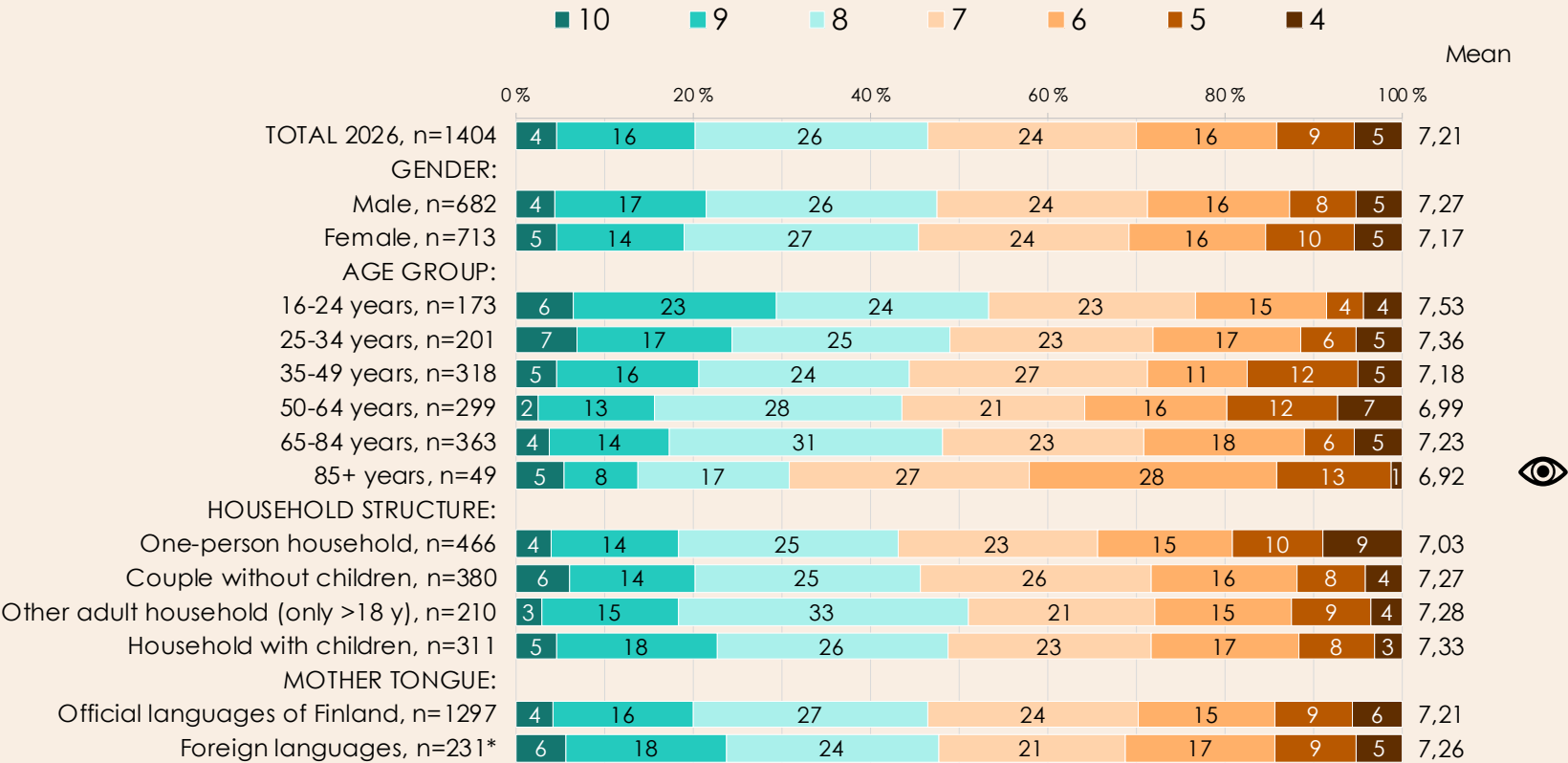
* Includes additional interviews

Satisfaction with the different areas of one's own life (4/6)

All respondents by background group

How satisfied are you at the moment with...?

Your physical health



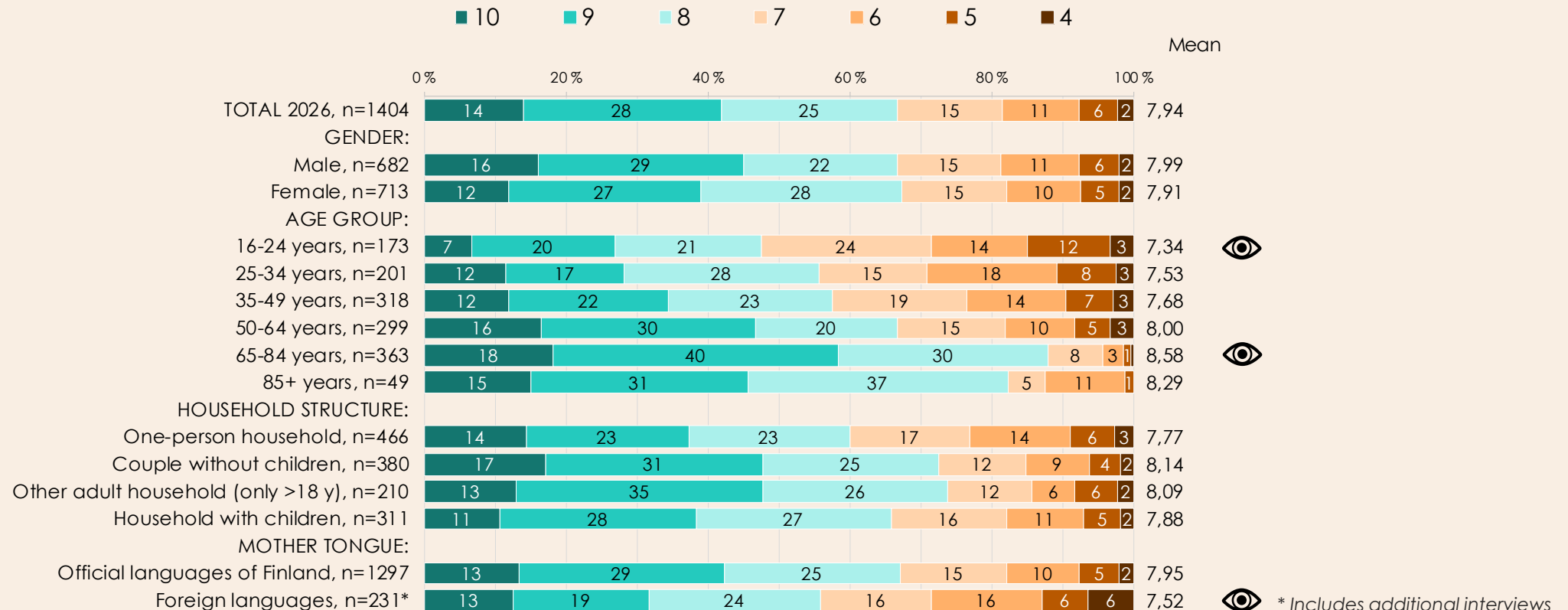
* Includes additional interviews

Satisfaction with the different areas of one's own life (5/6)

All respondents by background group

How satisfied are you at the moment with...?

Your mental health



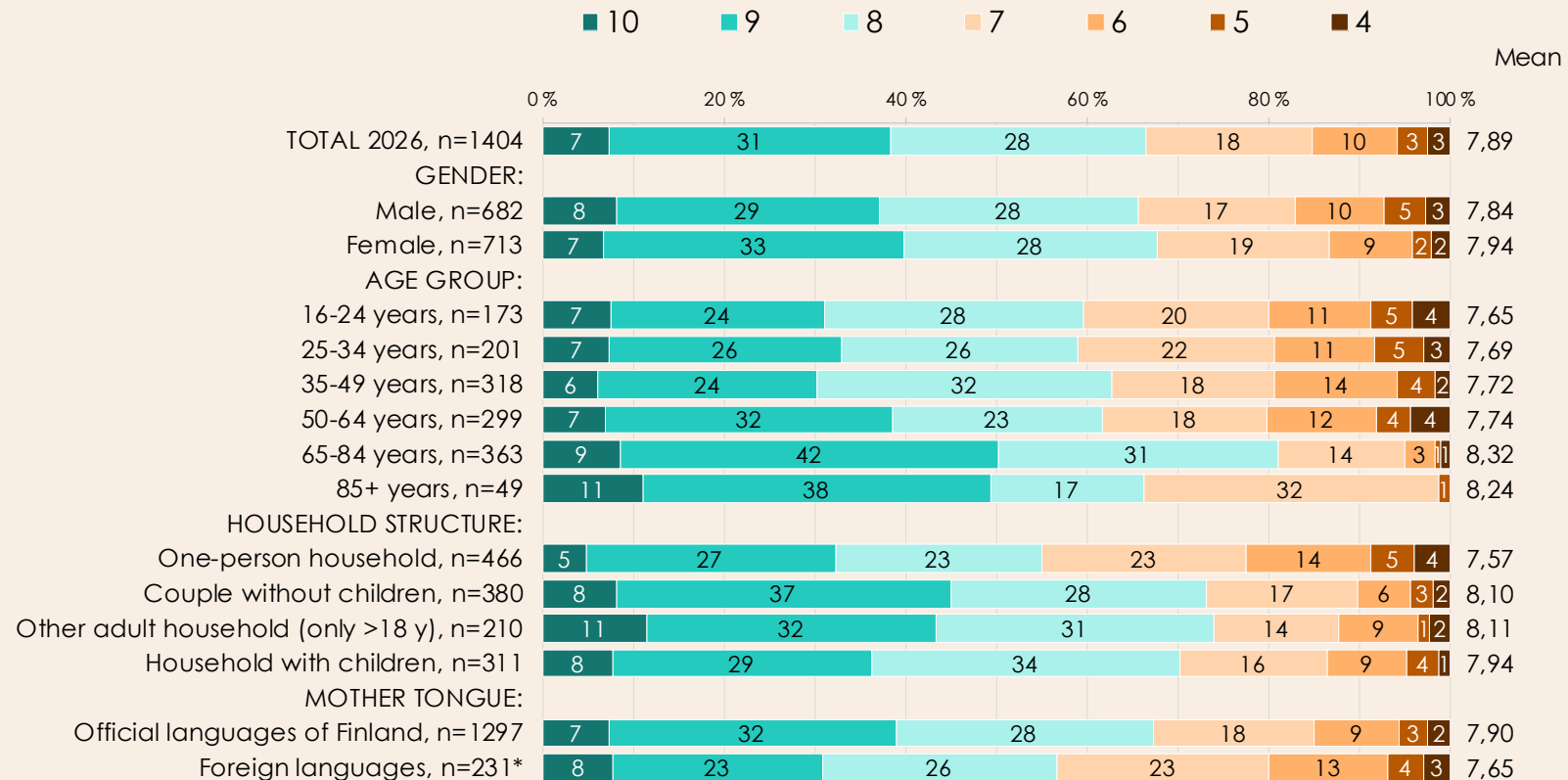
* Includes additional interviews

Satisfaction with the different areas of one's own life (6/6)

All respondents by background group

How satisfied are you at the moment with...?

Your life overall



* Includes additional interviews

10

Feeling hopeful about the future

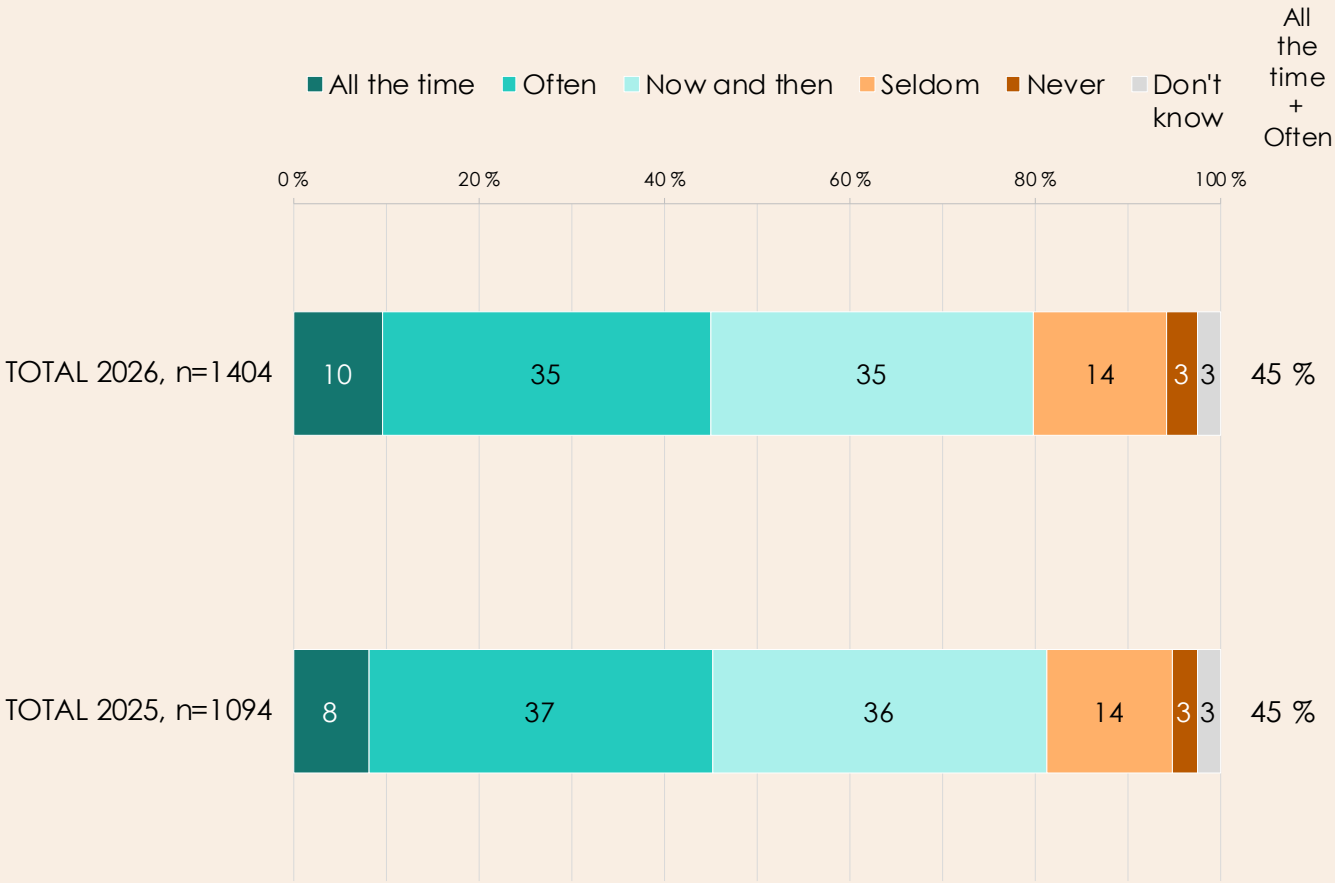
Feeling hopeful about the future

- The respondents were also asked whether they were hopeful about the future.
- 45 per cent of the respondents felt hopeful all the time or often, and the figure was identical in the 2025 study. The share of those who felt hopeful rarely or never was 17 per cent, which remained unchanged from last year.
- People aged 25–34 and 65–84 and people with children in their household felt the most hopeful about the future (hopeful at least occasionally).
- Being hopeful about the future was least common among people aged 50–64, people over the age of 85, people living in single-person households and native speakers of foreign languages.
- Those who experience loneliness at least on a weekly basis were significantly less likely to feel hopeful about the future than the respondents who experienced loneliness a few times a year or never.

Feeling hopeful about the future

All respondents, annual comparison

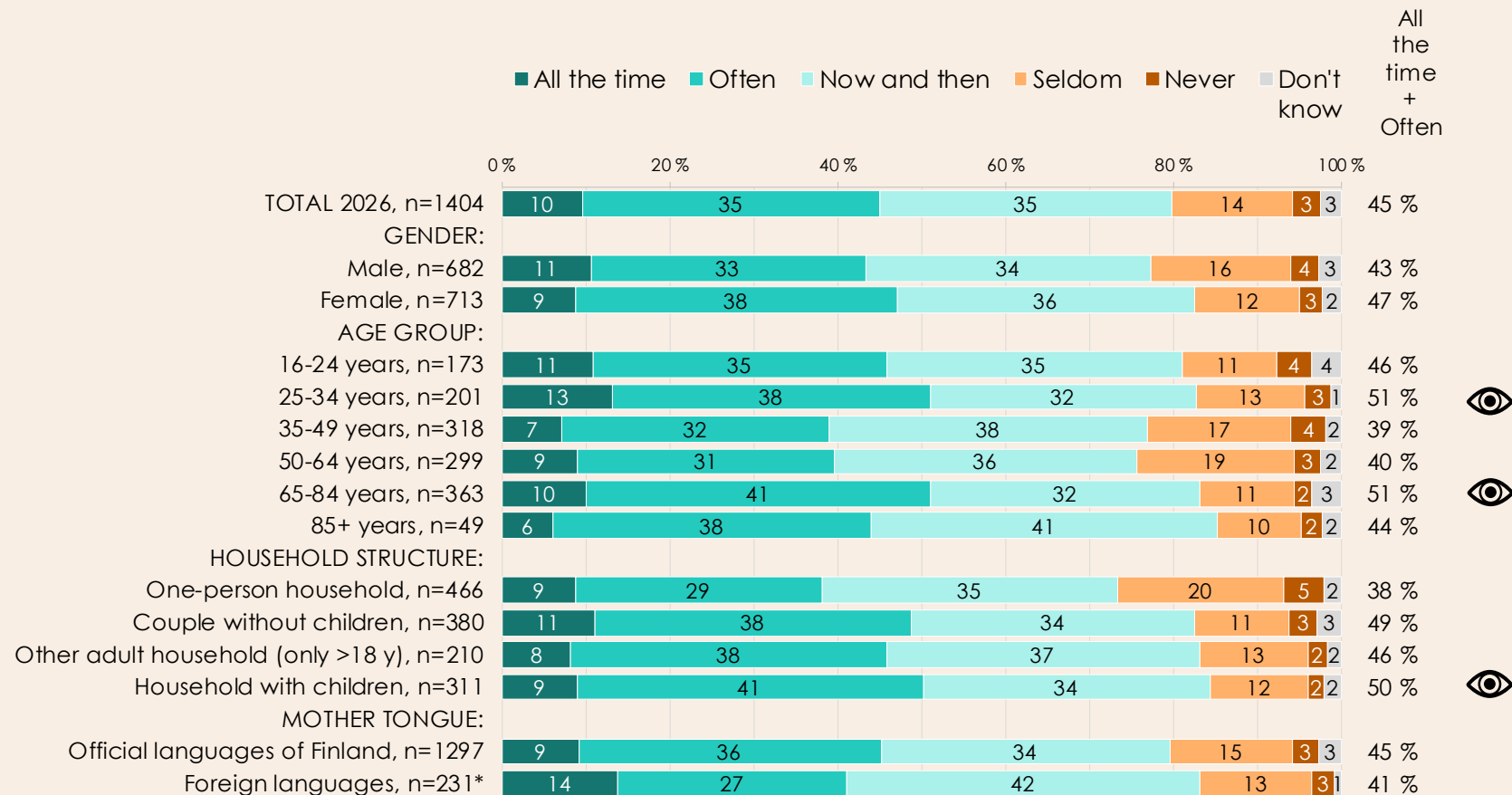
How often do you feel hopeful when you think of the future?



Feeling hopeful about the future

All respondents by background group

How often do you feel hopeful when you think of the future?



* Includes additional interviews

11

Number of close friends

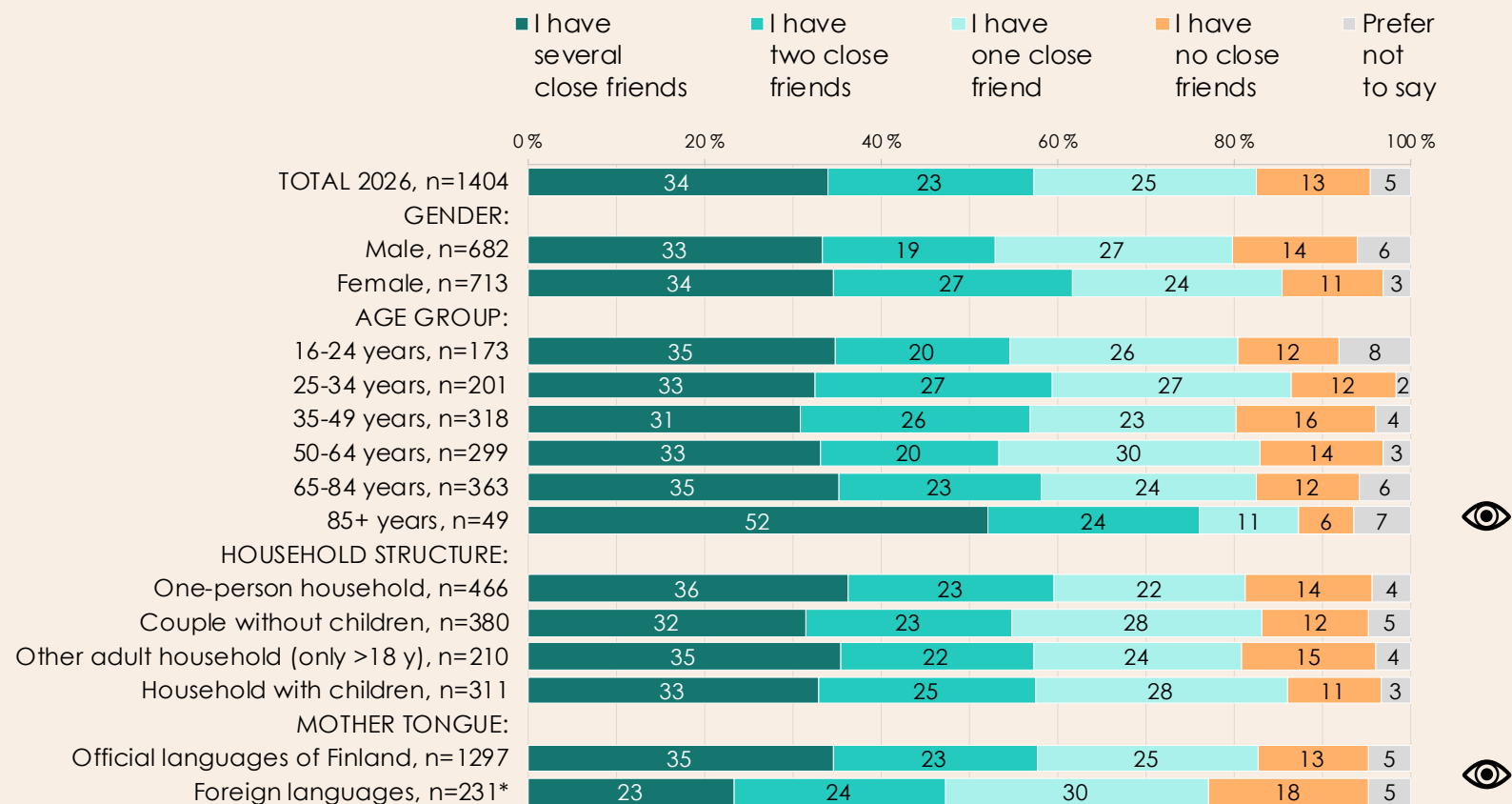
Number of close friends

- As a new question, the respondents were asked whether they have really close friends with whom they can confidentially discuss almost any personal matter.
- More than a third (34 per cent) said that they have more than one close friend, 57 per cent had at least two close friends and 82 per cent had at least one close friend.
- The share of those with no close friends was 13 per cent.
- Respondents aged over 85 had the highest number of friends, whereas foreign-language speakers had the fewest friends. With regard to other groups of respondents, the number of friends did not differ significantly.

Number of close friends

All respondents by background group

At the moment, do you have a really close friend with whom you can talk confidentially about almost everything concerning yourself?



* Includes additional interviews

12

Efforts to reduce the loneliness of others

Efforts to reduce the loneliness of others

- As a new question, the respondents were asked what they had done in the past six months to alleviate the loneliness of others.
- The most popular options of those available were greeting someone you know or a stranger and talking with them (48 per cent), calling or messaging someone who might feel lonely (37 per cent), inviting someone to a shared activity (29 per cent) and spending time with someone who is usually alone (24 per cent).
- The least popular options were volunteering (14 per cent) and offering help for daily chores (17 per cent). One in five respondents said that they had not done anything special regarding this topic.
- Women were more likely to estimate that they had done something to alleviate the loneliness of others than men. They have talked with or greeted someone they know or a stranger or called, messaged or spent time with people who are lonely more often than men. Respondents under the age of 35 invited someone to a shared activity, e.g. for a coffee or a run, more often than other respondent groups. The responses of 65–84-year-olds typically included helping in daily chores, volunteering and, in particular, greeting and talking with someone you know or strangers.
- One and a half per cent said that they had done something else. *The actions specified in these open questions (other, please specify)* are not primarily aimed at alleviating loneliness, but instead, they are related to personal daily life, hobbies, work, family or social activity. Alleviating loneliness has been an additional effect of participation, not a conscious action or a goal.

Efforts to reduce the loneliness of others

All respondents

Which of the following have you done in the past six months to reduce other people's loneliness?

TOTAL 2026, n=1404



Efforts to reduce the loneliness of others

All respondents by background group

Statistically significant difference to other data (95% confidence level)

- +

| Which of the following have you done in the past six months to reduce other people's loneliness? % | TOTAL 2026, n=1404 | Male, n=682 | Female, n=713 | 16-24 years, n=173 | 25-34 years, n=201 | 35-49 years, n=318 | 50-64 years, n=299 | 65-84 years, n=363 | 85+ years, n=49 | One-person household, n=466 | Couple without children, n=380 | Other adult household (only >18 y), n=210 | Household with children, n=311 | Official languages of Finland, n=1297 | Foreign languages, n=231* |
|---|--------------------|-------------|---------------|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------|-----------------------------|--------------------------------|---|--------------------------------|---------------------------------------|---------------------------|
| I have chatted with or greeted someone I know or a stranger (e.g., at the store, on the street). | 48 | 45 | 51 | 43 | 45 | 43 | 49 | 57 | 29 | 48 | 49 | 49 | 46 | 49 | 37 |
| I have called or messaged someone who might be lonely. | 37 | 33 | 40 | 34 | 40 | 33 | 35 | 39 | 51 | 39 | 35 | 39 | 36 | 37 | 32 |
| I have invited someone to join in a shared activity (e.g., for coffee, for a walk). | 29 | 28 | 31 | 39 | 43 | 29 | 24 | 23 | 25 | 33 | 29 | 26 | 28 | 29 | 34 |
| I have spent time with someone who is usually alone. | 24 | 22 | 26 | 28 | 25 | 24 | 20 | 23 | 41 | 26 | 21 | 28 | 22 | 24 | 23 |
| I have offered help with everyday tasks (e.g., grocery shopping, transportation). | 17 | 18 | 17 | 12 | 16 | 14 | 21 | 22 | 8 | 19 | 18 | 17 | 16 | 18 | 18 |
| I have participated in volunteer work (e.g., an event organized by an association). | 14 | 13 | 16 | 14 | 9 | 13 | 10 | 22 | 24 | 16 | 15 | 14 | 13 | 15 | 14 |
| I have not done anything in particular. | 20 | 24 | 16 | 19 | 17 | 24 | 23 | 18 | 15 | 21 | 22 | 20 | 17 | 21 | 21 |
| Something else, what? | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 0 | 1 | 1 | 1 |
| Prefer not to say | 3 | 3 | 2 | 7 | 3 | 4 | 1 | 0 | 0 | 2 | 1 | 2 | 4 | 2 | 4 |

* Includes additional interviews

13

Further information

Confidence interval table

Confidence level 95%

| % of the result | NUMBER OF RESPONDENTS | | | | | | | | | | | | | | | | | |
|-----------------|-----------------------|--------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | 20 | 40 | 60 | 80 | 100 | 140 | 180 | 220 | 260 | 300 | 400 | 500 | 600 | 800 | 1000 | 2000 | 3000 | 5000 |
| 5 or 95 | ± 13,2 | ± 8,5 | ± 6,5 | ± 5,5 | ± 4,8 | ± 3,9 | ± 3,4 | ± 3,1 | ± 2,8 | ± 2,6 | ± 2,2 | ± 2,0 | ± 1,8 | ± 1,5 | ± 1,4 | ± 1,0 | ± 0,8 | ± 0,6 |
| 10 or 90 | ± 14,9 | ± 10,1 | ± 8,1 | ± 6,9 | ± 6,1 | ± 5,1 | ± 4,5 | ± 4,1 | ± 3,7 | ± 3,5 | ± 3,0 | ± 2,7 | ± 2,4 | ± 2,1 | ± 1,9 | ± 1,3 | ± 1,1 | ± 0,8 |
| 15 or 85 | ± 16,3 | ± 11,4 | ± 9,2 | ± 8,0 | ± 7,1 | ± 6,0 | ± 5,3 | ± 4,8 | ± 4,4 | ± 4,1 | ± 3,5 | ± 3,1 | ± 2,9 | ± 2,5 | ± 2,2 | ± 1,6 | ± 1,3 | ± 1,0 |
| 20 or 80 | ± 17,3 | ± 12,4 | ± 10,1 | ± 8,8 | ± 7,9 | ± 6,6 | ± 5,9 | ± 5,3 | ± 4,9 | ± 4,5 | ± 3,9 | ± 3,5 | ± 3,2 | ± 2,8 | ± 2,5 | ± 1,8 | ± 1,4 | ± 1,1 |
| 25 or 75 | ± 18,2 | ± 13,2 | ± 10,8 | ± 9,4 | ± 8,4 | ± 7,1 | ± 6,3 | ± 5,7 | ± 5,3 | ± 4,9 | ± 4,2 | ± 3,8 | ± 3,5 | ± 3,0 | ± 2,7 | ± 1,9 | ± 1,6 | ± 1,2 |
| 30 or 70 | ± 18,9 | ± 13,8 | ± 11,4 | ± 9,9 | ± 8,9 | ± 7,5 | ± 6,7 | ± 6,0 | ± 5,5 | ± 5,2 | ± 4,5 | ± 4,0 | ± 3,7 | ± 3,2 | ± 2,8 | ± 2,0 | ± 1,6 | ± 1,3 |
| 35 or 65 | ± 19,4 | ± 14,2 | ± 11,8 | ± 10,3 | ± 9,2 | ± 7,8 | ± 6,9 | ± 6,3 | ± 5,8 | ± 5,4 | ± 4,7 | ± 4,2 | ± 3,8 | ± 3,3 | ± 3,0 | ± 2,1 | ± 1,7 | ± 1,3 |
| 40 or 60 | ± 19,8 | ± 14,6 | ± 12,1 | ± 10,5 | ± 9,4 | ± 8,0 | ± 7,1 | ± 6,4 | ± 5,9 | ± 5,5 | ± 4,8 | ± 4,3 | ± 3,9 | ± 3,4 | ± 3,0 | ± 2,2 | ± 1,8 | ± 1,4 |
| 45 or 55 | ± 20,0 | ± 14,7 | ± 12,2 | ± 10,7 | ± 9,6 | ± 8,1 | ± 7,2 | ± 6,5 | ± 6,0 | ± 5,6 | ± 4,9 | ± 4,3 | ± 4,0 | ± 3,4 | ± 3,1 | ± 2,2 | ± 1,8 | ± 1,4 |
| 50 | ± 20,1 | ± 14,8 | ± 12,3 | ± 10,7 | ± 9,6 | ± 8,2 | ± 7,2 | ± 6,6 | ± 6,0 | ± 5,6 | ± 4,9 | ± 4,4 | ± 4,0 | ± 3,5 | ± 3,1 | ± 2,2 | ± 1,8 | ± 1,4 |

A total of 1,019 people answered the research question. Of these, 33 per cent agreed with it. Search the table for the number of respondents that is closest to the number of respondents to the research question, and the percentage that is closest to the percentage of the research question's examined answer category. In the table, the number of respondents closest to the total number (1,019) is 1,000, and the number closest to the percentage of 33 is the percentage 35. The confidence interval is at the intersection of the number of respondents (1,000) and the percentage (35).

This means that the percentage of people agreeing with the statement is in the range of 33 ± 3.0 , i.e. 30–36 with a likelihood of 95 per cent.

Thank you!



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Powering decisions
that shape the world.

