



# Northern Ireland Young Life and Times Survey

## Preview of the 2013 survey results

- **Dirk Schubotz (YLT Director)**  
Introduction to YLT and 2013 survey
- **Paula Devine**  
Financial wellbeing
- **Dirk Schubotz**  
Mental health and self-harm  
Community belonging and relations
- **Questions**

# Sample and Response Rate

- Invited: all young people living in Northern Ireland who receive Child Benefit and celebrated their 16th birthday in February and March 2013
- Address files received from HMRC
- Fieldwork period 8 November – 31 December 2013
- Three methods for completion
- 1367 responded (response rate 35%)
  - paper completions (82.4%)
  - online (17.5%)
  - telephone (0.1%)
- £500 prize draw (5 x £100)

# Subject areas covered

- **Three main areas:**

  - Community relations - funded by the Office of the First Minister and Deputy First Minister (OFMDFM)

  - Mental health and self-harm - funded by the Office of the First Minister and Deputy First Minister (OFMDFM)

  - Financial wellbeing – funded by the Improving Children’s Lives (ICL) Initiative – Queen’s University Belfast

- **Other areas:**

  - Family

  - Background questions

- **Suggestions from 2012**

  - Voting age and experiences of private tutoring



# 2013 Young Life and Times Survey

## Background

# Background

		%
<b>Gender</b>	<b>Male</b>	<b>43</b>
	<b>Female</b>	<b>57</b>
<b>Religion</b>	<b>Catholic</b>	<b>39</b>
	<b>Protestant</b>	<b>37</b>
	<b>Other/no religion</b>	<b>24</b>
<b>Education</b>	<b>Planned integrated</b>	<b>7</b>
	<b>Grammar</b>	<b>51</b>
	<b>Secondary</b>	<b>37</b>
	<b>Other</b>	<b>5</b>

# Background

<b>Sexual attraction</b>	<b>Opposite sex attracted</b>	<b>88</b>
	<b>Same/both sex attracted</b>	<b>8</b>
<b>Respondents living with</b>	<b>Both their parents</b>	<b>76</b>
	<b>Mother only</b>	<b>19</b>
	<b>Father only</b>	<b>2</b>
	<b>Mother at some time and father at some time</b>	<b>3</b>
<b>Family financial background</b>	<b>Well-off</b>	<b>28</b>
	<b>Average</b>	<b>53</b>
	<b>Not well off</b>	<b>17</b>



# Financial wellbeing of young people

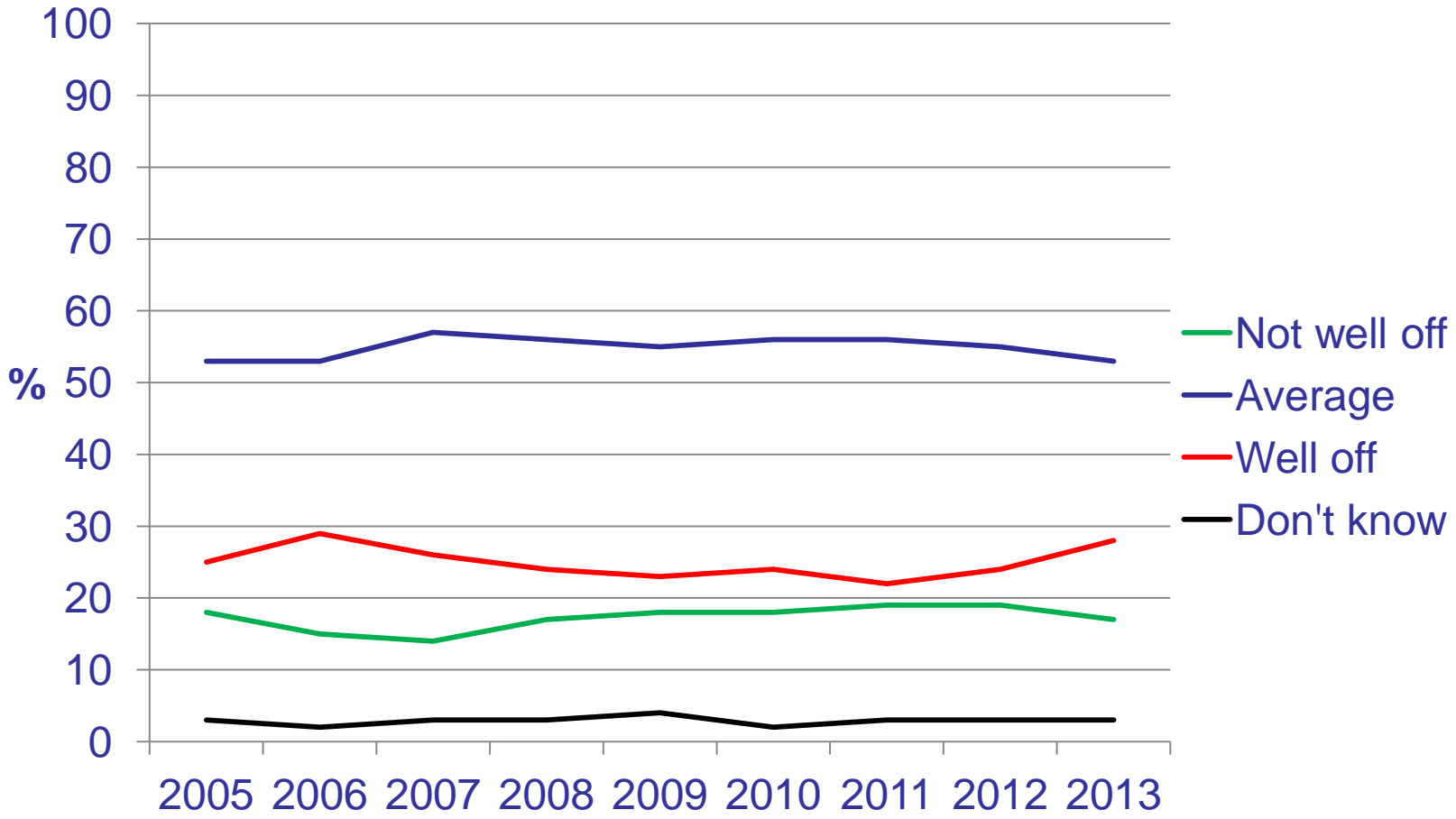
**Paula Devine**



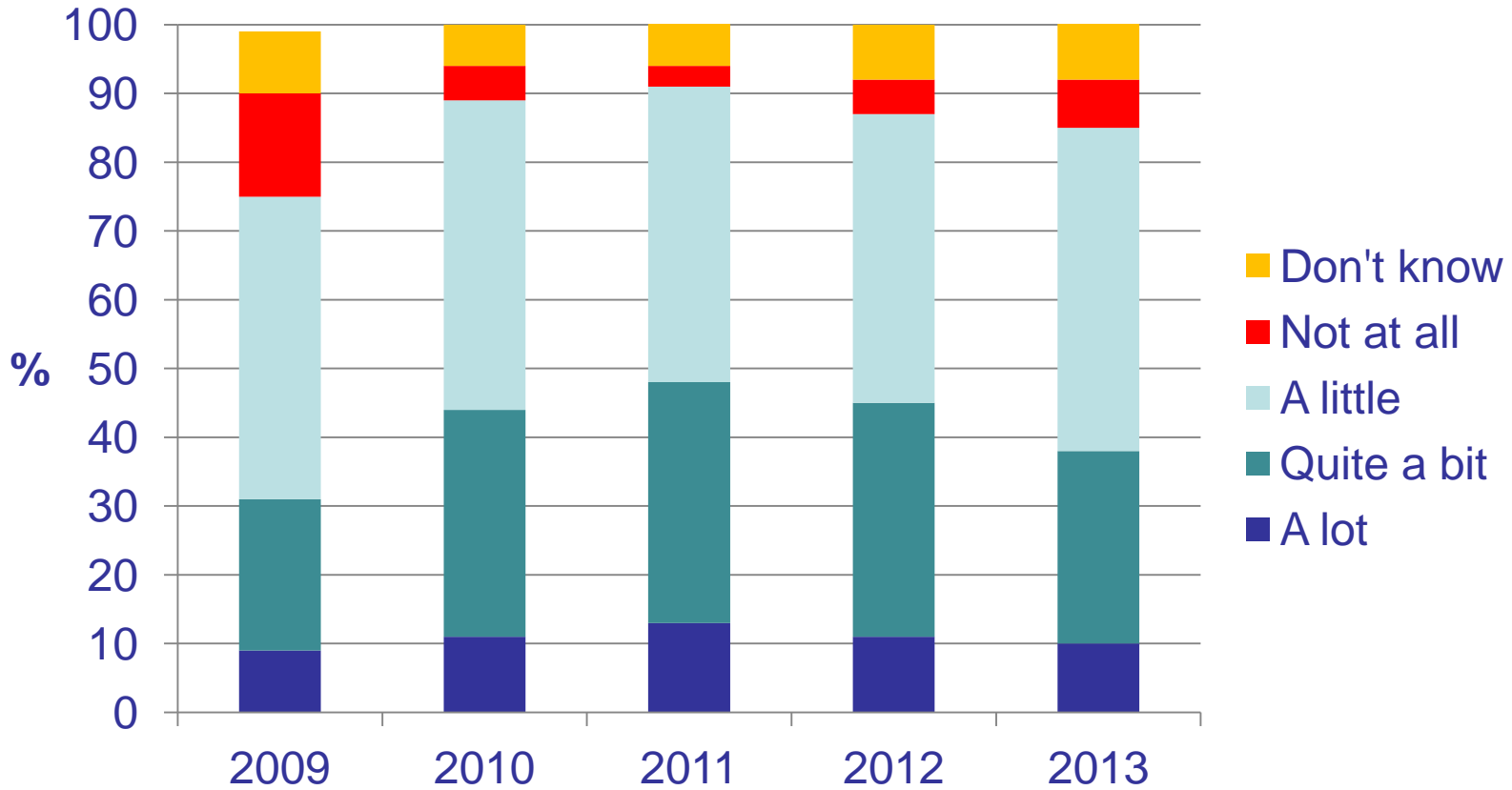


- Pilot project, supported by Improving Children's Lives Initiative, Queen's University Belfast
- Explore financial wellbeing of children and young people
  - 2013 Young Life and Times Survey (16 year olds)
  - 2013 Kids' Life and Times Survey (10-11 year olds)

# Figure 1: How well off do you think your family is financially (YLT)



# Figure 2: Extent the economic crisis affected you and your family (YLT)



## Family Affluence Scale (KLT)

- Own bedroom
- Family ownership of vehicle
- Number of holidays away
- Number of computers/laptops
- 79% have own bedroom
- 57% owned 2+ vehicles (69% 2009)
- 25% gone on holiday twice
- 77% owned 2+ computers (64% 2009)

# Table 1: How well family is managing financially

	%	
	KLT	YLT
Enough for ordinary things and special things	66	55
Enough for ordinary things but not for some special things	21	40
Not enough for ordinary things or for special things	3	3
I don't know	9	2

## What is there no money for? (KLT)

- Holidays, trips, days out, meals out
- Computers, electronic toys
  - *Pointless things that we don't really need*
  - *Fancy holidays and fancy computers like iPads and other tablets*
  - *Extra holidays and extra birthday parties. (I don't blame them there is- a recession going on!!!)*

## What is there no money for? (YLT)

- *We have money for stuff we need but not for stuff we want*
- *To feel part of my peer group. My family does not have enough money to afford iPhones, laptops, designer clothes, holidays abroad.*
- *We can't afford holidays, or a lot of new expensive technology, like iPads or iPhones etc. We can afford some special items but we have to consider what we ask for as we don't have a high price range.*

## What is there no money for? (YLT)

- *Oil, food, electric.*
- *Sometimes there not enough money for food at the end of the month and sometimes there may not money for gas.*
- *It's not about the money - it's about excessive working hours for my dad. Working 24x7 to be paid for only some about 1/3 of the money owed. This causes fighting, fatigue, stress.*



## Have you recently:

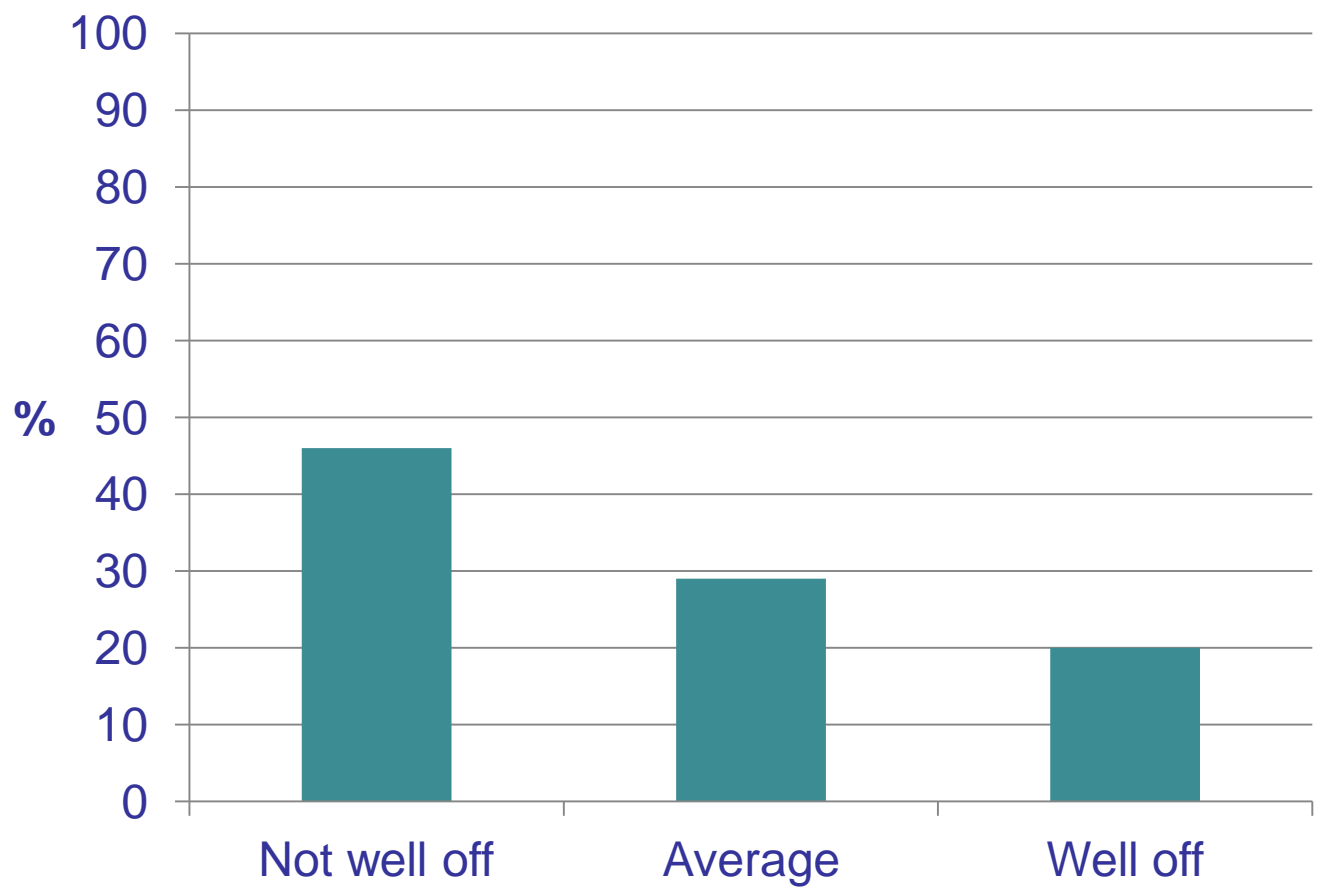
- been able to concentrate on whatever you're doing?
- lost much sleep over worry?
- felt that you were playing a useful part in things?
- felt capable of making decisions about things?
- felt constantly under strain?
- felt you couldn't overcome your difficulties?

## Two methods of coding GHQ-12:

A: 12 items recoded 0,1,2,3 and the values summed to give score ranging from 0 to 36. Higher scores reflect poorer mental health

B: 12 items recoded 1,2=0; 3,4=1 and the values summed to give score ranging from 0 to 12  
Threshold of 4 or more - a 'case'

### Figure 3: GHQ-12 caseness (4+ items) by family financial background (YLT)



## What does this tell us?

- KLT and YLT respondents come from a wide range of backgrounds
- Strong association between family financial background and how well families are managing financially
- Extra curricular school activities cause financial problems
- YLT respondents from less well off backgrounds have poorer mental health



# 2013

## Young Life and Times Survey

### Mental and emotional health and self-harm

## Respondents being 'cases' (4 or more items)

	%	
	2004	2013
<b>All</b>	<b>23.8</b>	<b>29.3</b>
Males	15.6	18.5
Females	29.9	37.4

## Respondents saying they get stressed often or very often

		%
Family financial background	Well off	34
	Average	45
	Not well off	54
Gender	Males	26
	Females	55
School type attended	Grammar school	45
	Secondary school	41
	Planned integrated school	38

# Mental and emotional health

Have you in the past year had any serious personal, emotional, behavioural or mental health problem for which you felt you needed professional help? 2013 and (2008)

			%			
	Male		Female		All	
Yes, but I did not try to get professional help	8	(7)	11	(12)	10	(10)
Yes, and I did ask for professional help	8	(8)	13	(10)	11	(9)
No, I have had few or no problems	78	(80)	66	(71)	71	(75)
I have had, or now have, serious problems, but have never felt the need for professional help	5	(5)	10	(7)	8	(6)



# Self-harm Ideation

Have you during the past month or past year seriously thought about taking an overdose or trying to harm yourself, but not actually done so? 2013 and (2008)

	%		
	Male	Female	All
No	93 (93)	80 (82)	87 (86)
Yes, the last time was in the past month	2 (3)	8 (5)	5 (4)
Yes, the last time was over a month ago, but less than a year ago.	4 (4)	10 (13)	8 (10)

## Experience of self-harm

Have you ever deliberately taken an overdose? (For example of pills or other medication, or tried to harm yourself in some other way, such as cut yourself) 2013 and (2008)

	%		
	Male	Female	All
No	94 (95)	82 (87)	87 (90)
Yes, once	2 (3)	7 (6)	5 (5)
Yes, more than once	5 (2)	11 (7)	8 (5)

# Family financial background

## Reported serious emotional or mental health problems:

- 52% of females from financially not well-off families
- 28% of females in well-off families
- 35% of males from financially not well-off families
- 16% of well-off males

## Self-injury

- 28% of females from financially not well-off families
- 12% of well-off females
- 10% of males from financially not well-off families
- 6% of well-off males

## Attitudes to self-harm

Most young people who harm themselves... 2013 and (2008)

	%		
	I agree	I don't know	I disagree
...are lonely and depressed.	63 (63)	20 (20)	17 (16)
...do it on the spur of the moment.	32 (31)	34 (37)	33 (32)
...are feeling suicidal.	34 (34)	30 (32)	35 (34)
...are trying to get attention.	25 (39)	26 (31)	48 (30)
...could have been prevented from doing so.	69 (64)	22 (26)	8 (10)
...are mentally ill.	19 (19)	30 (29)	50 (52)
...feel hurt inside.	83 (83)	14 (14)	2 (3)

***A lot of the time, anyone who feels depressed, stressed or self harmed just does not have the confidence to talk to someone because they feel like they would be judged or that they do not have anyone they could trust enough with how they feel***

***Depression/anxiety made me mentally and physically ill, it affects every part of your life, small tasks are hard to do, it goes unnoticed, no one helps you – you have to search for help and even then it's not enough, and dismissed.***

***Everyone else is too absorbed in their own problems to care if they see your cuts. Others who don't know you claim that there's nothing wrong and that you are attention seeking. It's a problem/mental illness but no one sees it that way people need to be more aware why people do it and not to judge them.***

*I feel like there are a lot of people who cut themselves just to show others, especially on things like Facebook, they have nothing worry with them, they just want attention. On the other hand there are those who do it for a different kind of attention, more a cry for help. The first group of people take away from the second because people end up thinking everyone is like the first group.*





# 2013

## Young Life and Times Survey

### Community belonging and relations

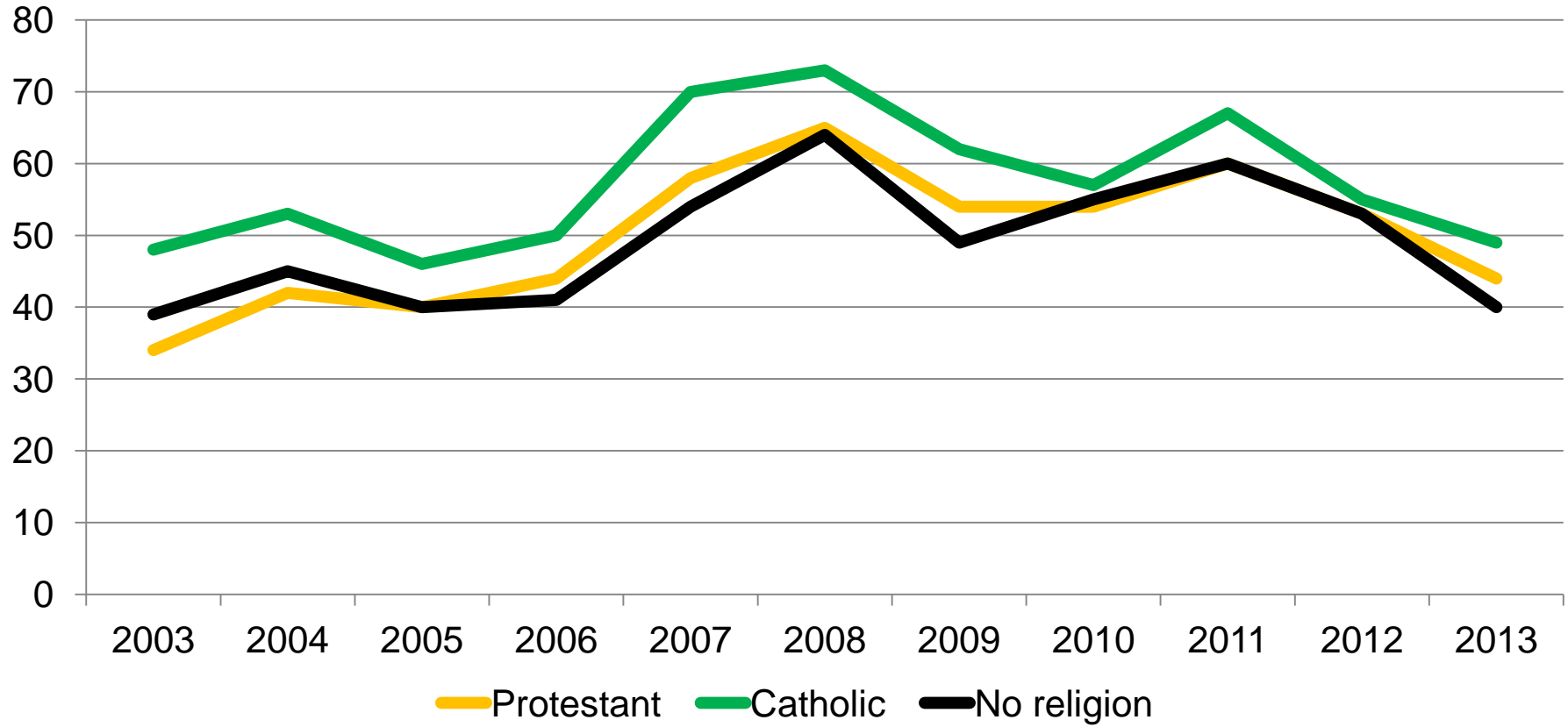
# Sense of belonging and influence

Respondents' sense of belonging to their neighbourhood and to Northern Ireland, by religious community belonging

	%		
	Protestant	Catholic	Neither
<b>Neighbourhood</b>			
Sense of belonging	79	80	54
Influence on decisions	13	18	7
<b>Northern Ireland</b>			
Sense of belonging	81	64	59
Influence on decisions	7	9	8

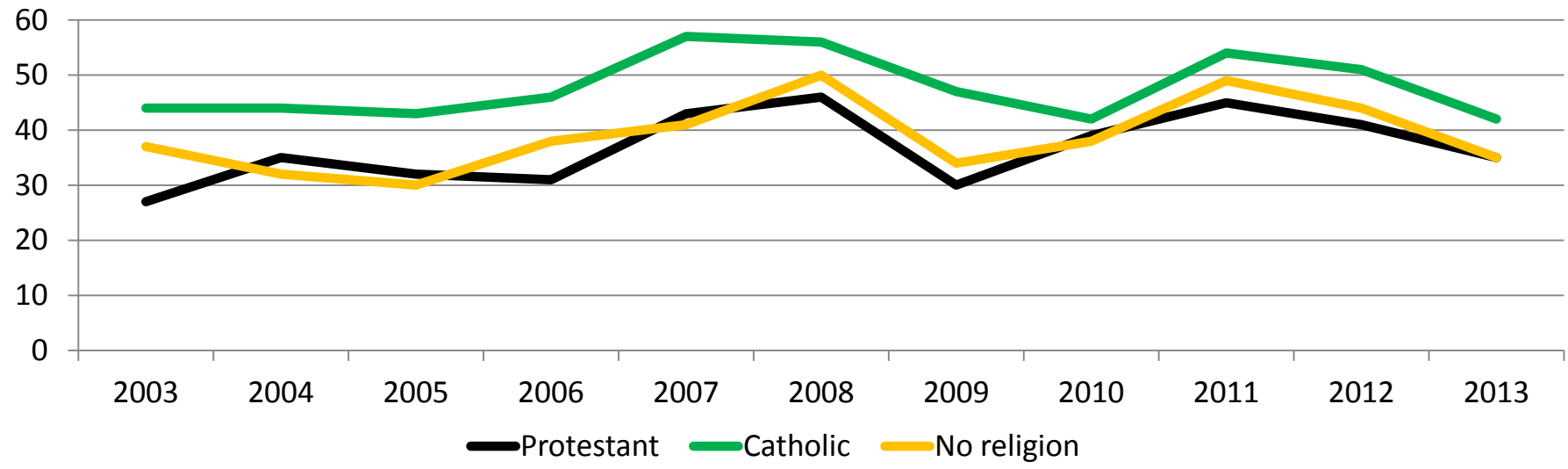


**Figure 4: % believing that relations between Protestants and Catholics are better now than 5 years ago, by religion (YLT)**



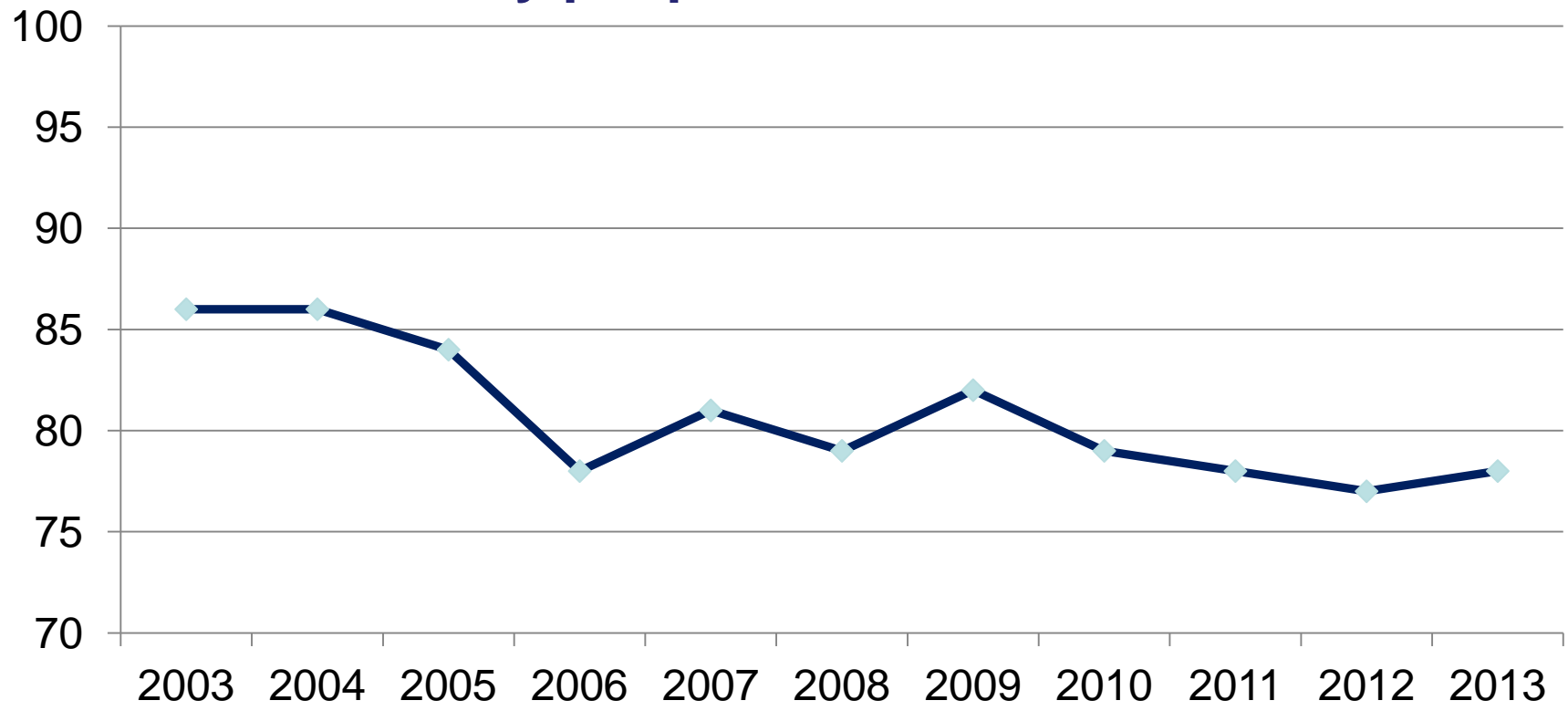


**Figure 5: % believing that relations between Protestants and Catholics will be better in 5 years time, by religion (YLT)**



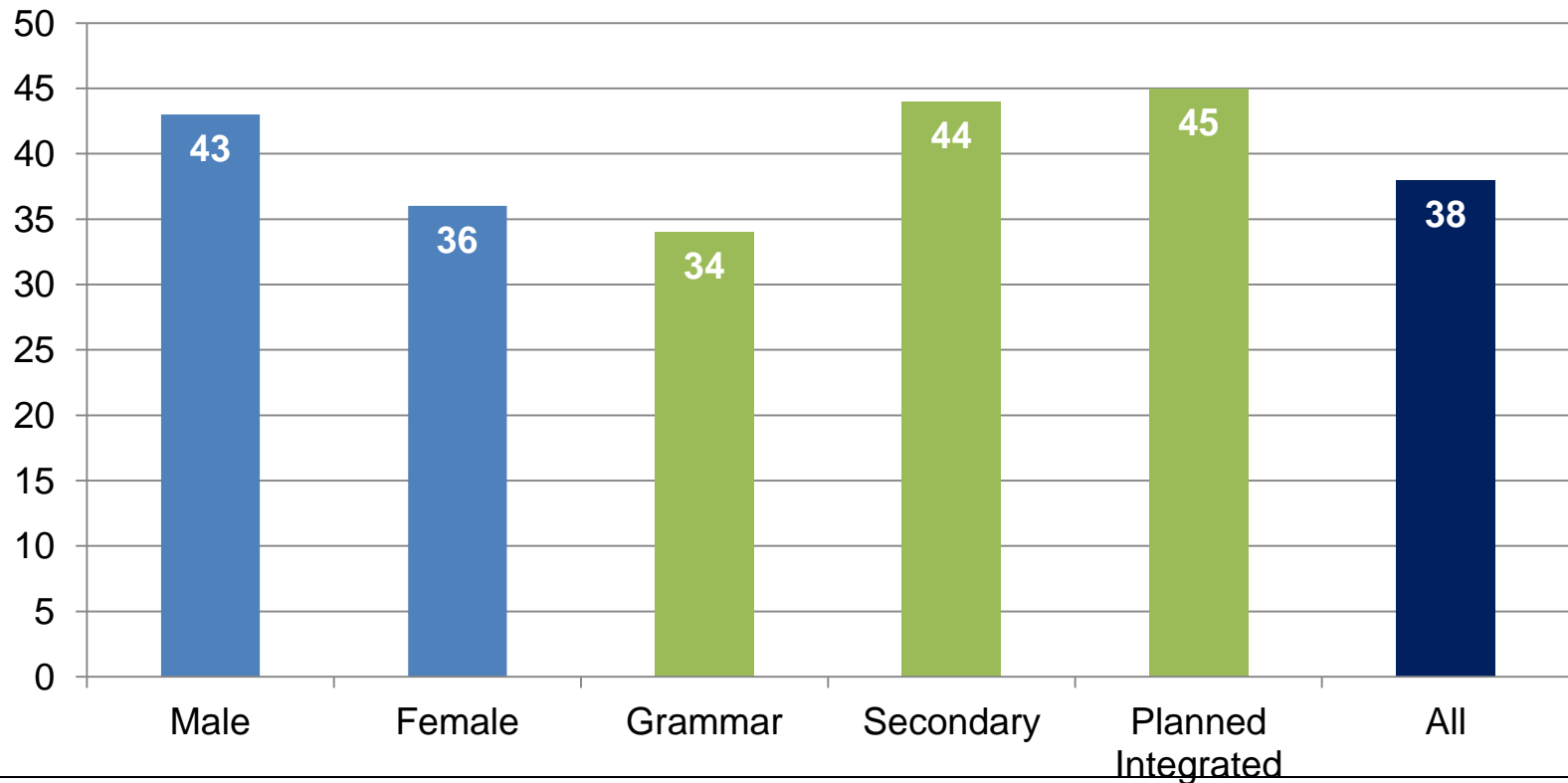


**Figure 6: % saying that religion will always make a difference to the way people feel about NI ...**



# Voting age

**Do you think the voting age should be lowered to 16 years?  
(% saying 'yes')**



## Have you ever attended private tuition classes to supplement your education?

	%
Yes, when I was in primary school	13
Yes, when I was in post primary school	12
Both in primary and post-primary school	10
No, I have never had private tuition	60

## Forthcoming activities and news

- Research Updates on Belonging (comparing NILT and YLT)
- Research Update on Self-harm (comparing 2008 with 2013)
- New survey in autumn 2014
- Martina McKnight – new Research Fellow for KLT and YLT
- Keep up-to-date on our website and Facebook/twitter