

한글 서론 및 맺는 말

GEN Z WELLBEING INDEX 2025

year (13)

IN COLLABORATION WITH

scape





FOUNDED IN 2011, YEAR13 IS A GEN Z PUBLISHER AND ED-TECH WHOSE PURPOSE IS TO SUPPORT YOUNG PEOPLE TO LIVE HAPPIER, HEALTHIER AND MORE FULFILLED LIVES, AND WHOSE MISSION IS TO UPGRADE THE SCHOOL-TO-WORK TRANSITION.

Year13 connects with 3.5 million young people each month and all Year13 content is created by an in-house team of Gen Z creators. Year13 also owns Career Tools, Australia's largest school to work transition platform, with over 1200+ subscribing schools.



SCAPE AUSTRALIA HAS A VISION TO BE THE EARTH'S BEST LIVING COMPANY WITH A PURPOSE TO CREATE BETTER LIVING EXPERIENCES FOR PEOPLE AND THE PLANET.

Their ambition is to be the world leader in residential community design where people feel proud to live.

As Australia's largest owner and operator of purpose-built student accommodation (PBSA), Scape currently serves over 19,000 residents across 39 locations nationwide.

GEN Z WELLBEING INDEX 2025

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Reference as: Walker, I, (2025). ‘Gen Z Wellbeing Index 2025’, Year13, Australia.
Design by Kaye Krideras.



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Methodology

One national survey of Australian youth & Scape residents conducted by Year13 and Scape in May 2025.

Total responses = 3197
 Australian youth = 2021
 Scape residents = 1176

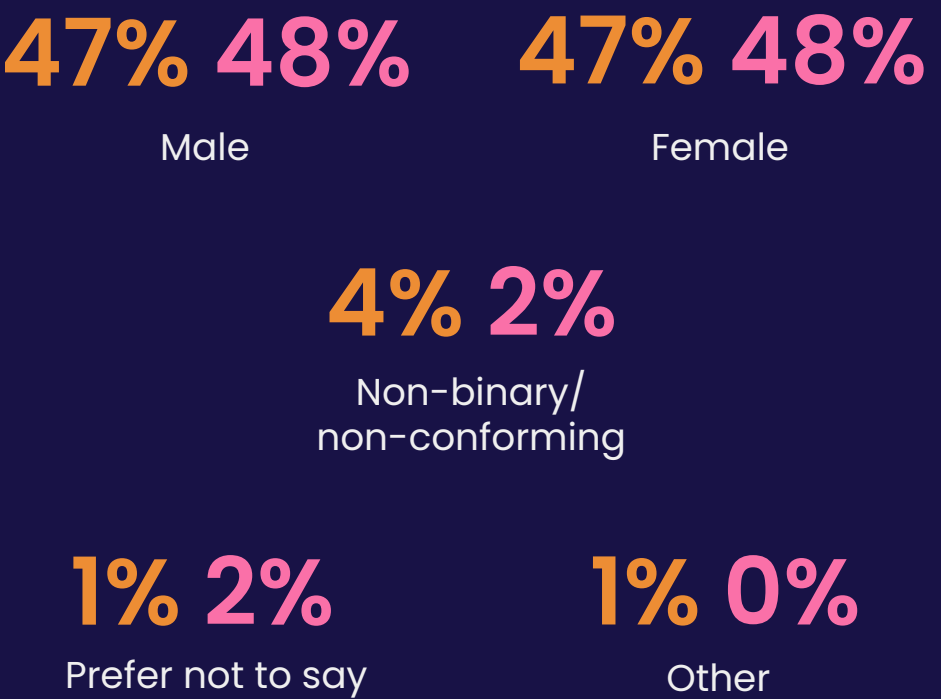
This survey formed the basis of this research paper and was designed to gather comprehensive information about the wellbeing of youth in Australia. One national sample of youth was surveyed as well as a national sample of Scape residents to compare their state of wellbeing. All respondents for this survey were aged 18-24 and have finished high school. This survey was conducted online and respondents were sourced via email and social media. Youth quotes featured throughout this report were sourced from extended response questions included in the survey, some of which have been edited for clarity and brevity.

A total of 2000 survey responses provides a large enough sample size to draw valid conclusions that represent Australia's youth population. With a sample size of at least $n=2021$ we can be 95% confident that the metrics are within $\pm 3\%$ of the result had we surveyed all 2,900,000 Australian youth aged 18 to 24.

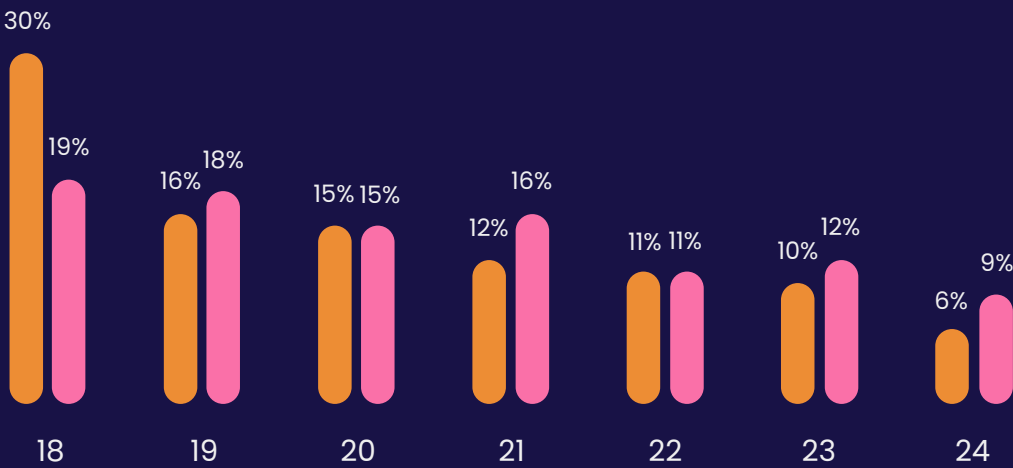
In addition to descriptive statistics for each survey question the analysis includes statistically significant differences across the following variables/groups: year on year differences between 2024 and 2025. Any relevant and significant differences amongst these variables and groups compared to the average have been highlighted.

See the next page for combined demographics of these surveys

GENDER BREAKDOWN



AGE BREAKDOWN



서론

호주 젊은이들은 점점 더 큰 압박을 받고 있습니다. 예상하시겠지만 생계비 때문이 아니라, 지역적인 문제에서 세계적인 문제까지, 그리고 여러 면에서 이들이 통제할 수 없는 문제들 때문입니다.

기후 변화, 지정학적 긴장, 인공지능의 부상. 이러한 급격하게 증가하는 우려는 청년층의 고질적인 문제, 즉 미래로 헤쳐나가기, 피로, 번아웃과 같은 문제와 함께 나타납니다.

하지만 긍정적인 신호도 나타나고 있습니다. 정신 건강 비율은 비교적 안정적으로 유지되고 있으며, 더 많은 젊은이들이 취미를 갖고, 여가 시간에 창의적인 활동을 하며, 삶에 대한 열정과 목적의식이 더 강해지고 있습니다. 젊은이들의 운동과 스포츠 참여는 작년보다 감소했지만, 베이핑과 음주 또한 현저히 감소했습니다.

올해로 3년차를 맞이한 Z 세대 웰빙 지수 2025 (Gen Z Wellbeing Index 2025)는 18세에서 24세 사이 호주 젊은이들의 웰빙 상태에 대한 포괄적인 통찰력을 담고 있으며, 전국 2,000명 이상의 응답 자를 대상으로 정신 건강, 운동, 수면, 식단에 대한 설문 조사를 실시했습니다.

Year13이 학생 숙박 시설 제공업체인 Scape와 협력하여 작성한 이 보고서는 Scape의 학생 숙박 시설(시드니, 멜버른, 브리즈번, 애들레이드 포함)에 거주하는 동년배 청소년들의 동일한 요인을 추적 조사했으며 1,000명 이상의 응답자를 대상으로 설문조사가 실시되었습니다. 긍정적인 점은 Scape 거주자들이 전국 평균 청소년들보다 더 나은 웰빙을 보고하는 것으로 나타났습니다. 이들의 정신 건강은, 수면 및 사회생활과 함께 상당히 향상되었습니다.

이들의 일상적인 웰빙 지표는 Scape와 같은 체계적이고 공동체 중심적인 생활 환경이 그러한 삶의 형성기에 안정감, 사회적 연결, 그리고 더 강한

독립심을 제공함으로써 보호 효과를 제공할 수 있음을 시사합니다.

2023년 Z세대 웰빙 지수를 처음 출시한 이후, Scape는 신체적, 정서적 웰빙에 초점을 맞춘 다양한 맞춤형 이니셔티브와 프로그램을 도입하여 직원과 거주자 모두에게 혜택을 제공해 왔습니다. 여기에는 2024년 11월 Headspace와의 파트너십을 통해 시작된 '지원적 대화' 등 맞춤형 교육 도입, 그리고 도움이 필요한 거주자의 정신 건강 이해도 향상 및 지원을 목표로 하는 정신 건강 응급 처치 등이 포함됩니다.

이러한 노력을 바탕으로 Scape는 기존의 안전 조치를 뛰어넘는 포괄적인 솔루션인 Scape Safe Hub를 출범했습니다. 또한 Scape는 Headspace와의 파트너십을 강화하여 거주자들에게 Z세대 특유의 수면 문제를 해결하고, 더 건강한 수면 습관과 전반적인 정서적 웰빙을 지원하는 독보적 디지털 콘텐츠를 제공하고 있습니다. 이는 Spotify를 통해 스폰서 지원 수면 플레이리스트로 확장되어 Z세대가 시간을 보내는 장소에 도달했습니다. Scape 거주자 들은 또한 영양 중심 프로그램과 신체적, 정서적 건강에 대한 지속적인 교육의 혜택을 누리고 있습니다.

더 자세한 본문을 통해 2025년 호주 젊은이들과 Scape 거주자들의 웰빙 현황에 대한 심층적인 통찰을 얻으세요. 여기에는 2024년부터 이들의 습관과 우려 사항에 나타난 주요 변화가 포함되어 있습니다. 이는 젊은이들이 매년 일상 생활 속에서 견고 있는 끊임없이 변하는 세상을 드러내는 데 도움이 될 것입니다.



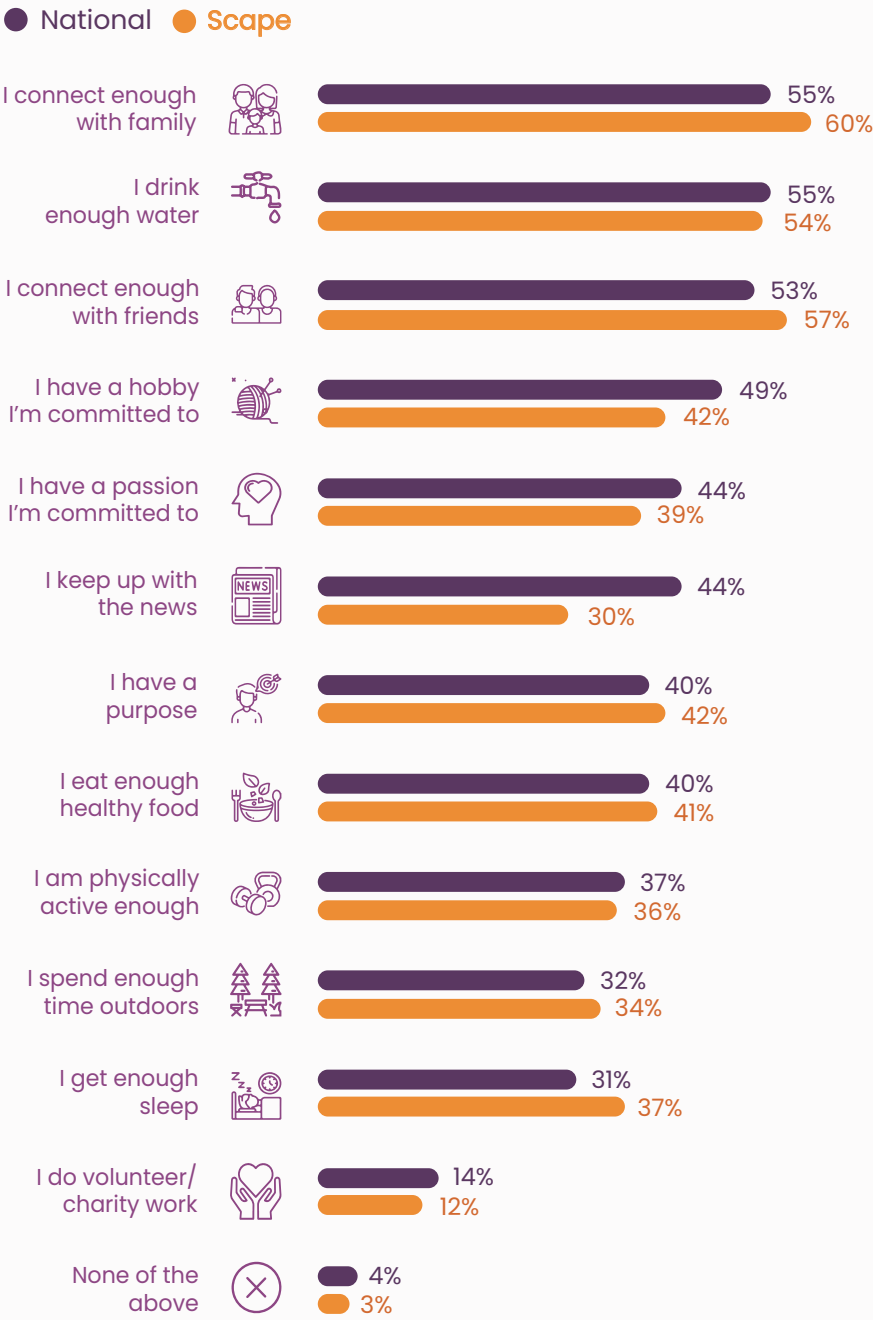


Mental health

Between 2024 and 2025 young people in Australia showed a marked shift in both internal resilience and external concern. More are reporting a strong sense of purpose, passion, and engagement in hobbies, as well as higher levels of interest in current affairs, suggesting a growing drive for direction, meaning, and awareness. Alongside this, there has been a significant increase in concern for societal and global issues such as Artificial Intelligence, climate change, political division, and inequality, with young people appearing more socially conscious yet emotionally impacted. Mental health conditions such as OCD have risen, and more youth now report education, unemployment, and politics as major wellbeing stressors. To cope with the stressors of life more are turning to activities which involve screens as well as others which don't, showing that technology's continued advance into their lives is occurring simultaneously with young people seeking respite in more traditional ways. While cost of living stress has slightly eased and figuring out their future remains the most widespread problem for young people, the overall picture reveals youth are responding to rising external pressures with a mix of concern, self-reflection and new strategies.

Key wellbeing indicators

Which of the following applies to you?
(Tick all that apply)

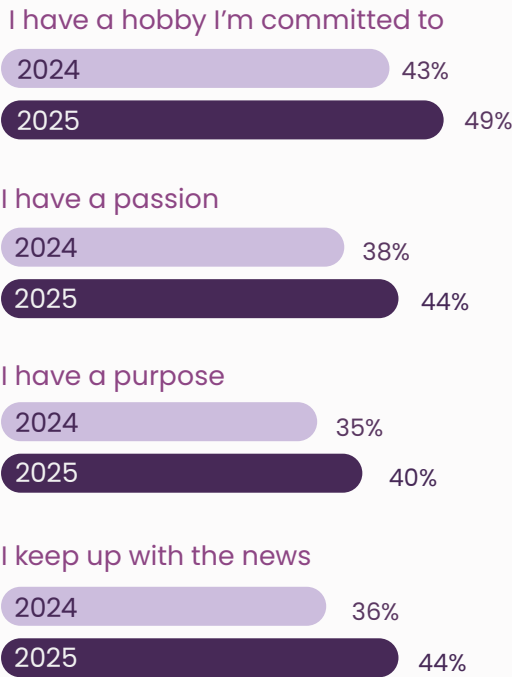


Significant changes between 2024 and 2025

Which of the following applies to you?

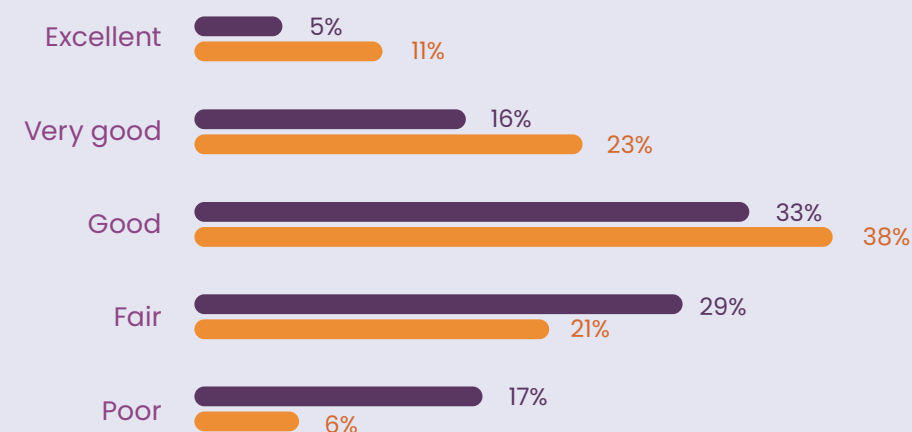
A lot more young people report having a hobby, passion and sense of purpose compared to last year, helping to give them direction in life and enjoyment when not working or studying. The rise in young people keeping up with the news could reflect increasing concerns about what is in the news, with young people feeling compelled to stay up to date.

National



How is your mental health currently?

● National ● Scape



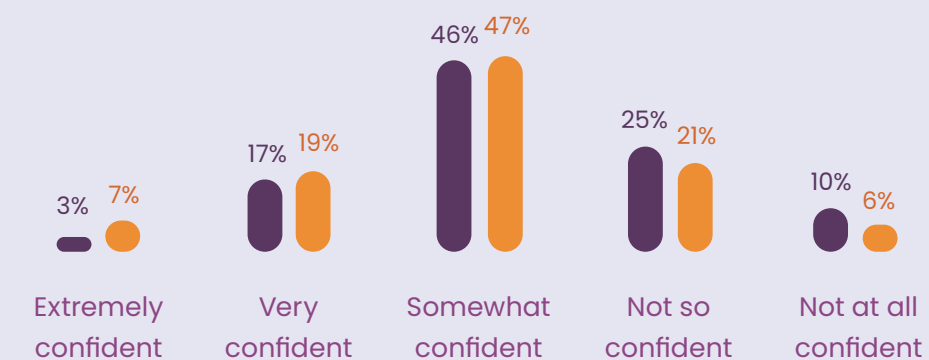
Insight:

Scape residents are significantly more likely to report excellent mental health (11% vs 5%) and less likely to report poor mental health (6% vs 17%) compared to the national average.



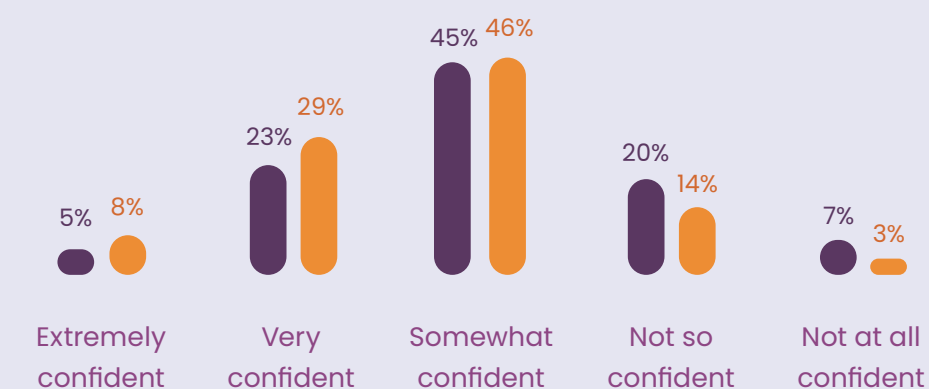
How confident are you in your physical appearance currently?

● National ● Scape



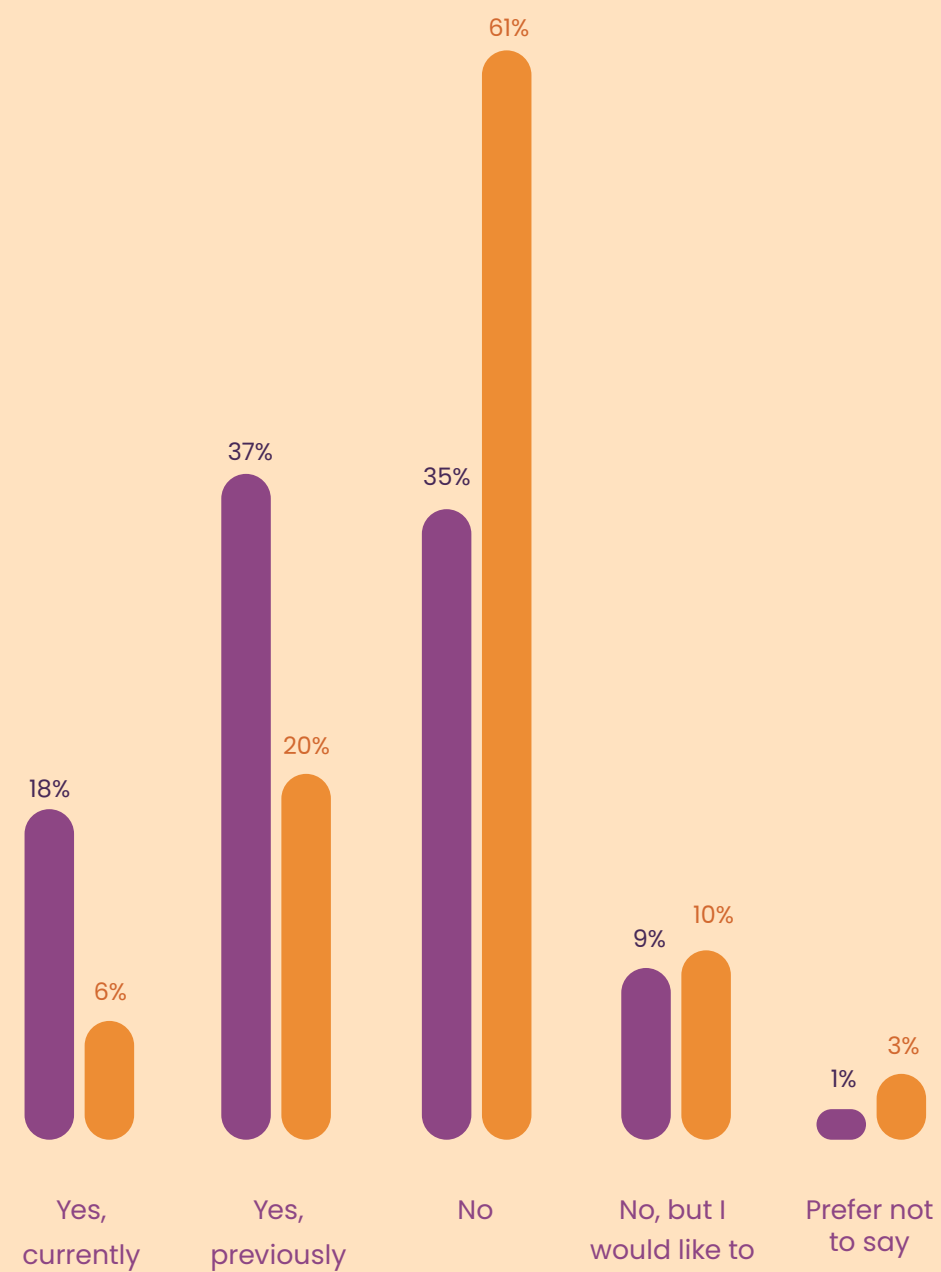
Besides physical appearance, how confident are you in yourself generally?

● National ● Scape

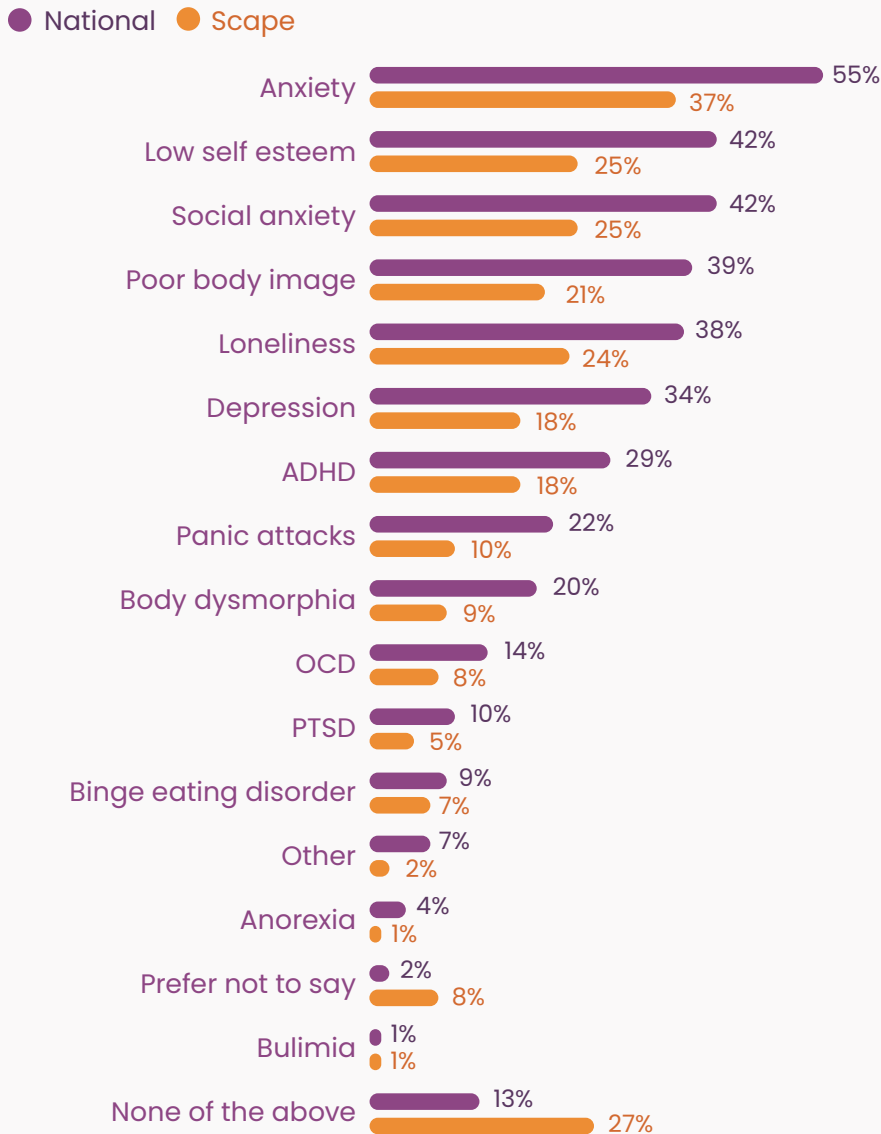


Have you had mental health therapy?

● National ● Scape



Which of the following do you experience in your life currently? (Tick all that apply)



Insight:

Scape residents have significantly lower rates of self-reported mental health struggles compared to the national average, including anxiety (37% vs 55%), depression (18% vs 34%), social anxiety (25% vs 42%), low self-esteem (25% vs 42%), poor body image (21% vs 39%) and loneliness (24% vs 38%).



Significant changes between 2024 and 2025

Which of the following do you experience in your life currently?

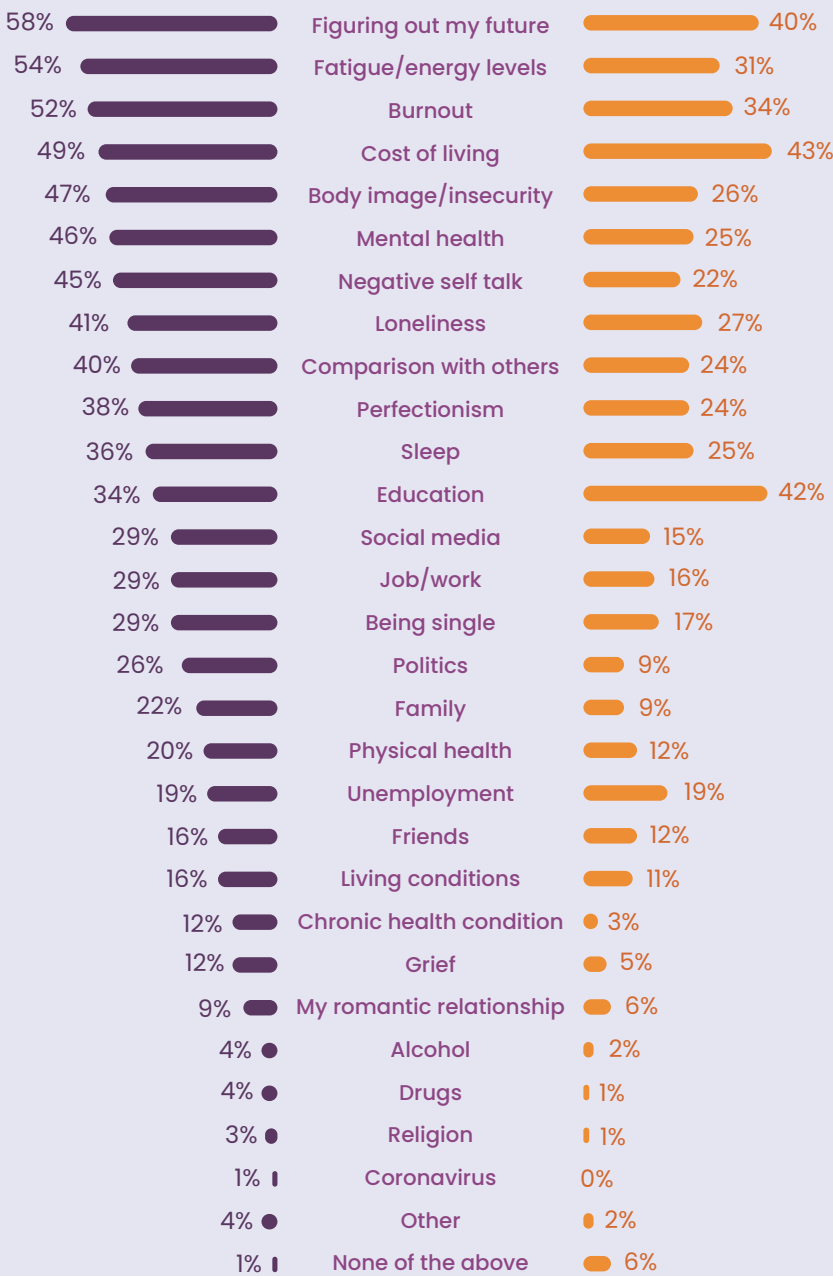
In 2025 general mental health indicators among Australian youth have remained stable compared to last year. Reports of Obsessive Compulsive Disorder (OCD) however have risen significantly, potentially due to increasing stress, digital over-engagement or heightened awareness of it as an issue. Often connected to anxiety and perfectionism, the rise in OCD could reflect growing internalised pressure among young people to maintain control in uncertain times.

National



What is negatively impacting your wellbeing currently? (Tick all that apply)

● National ● Scape

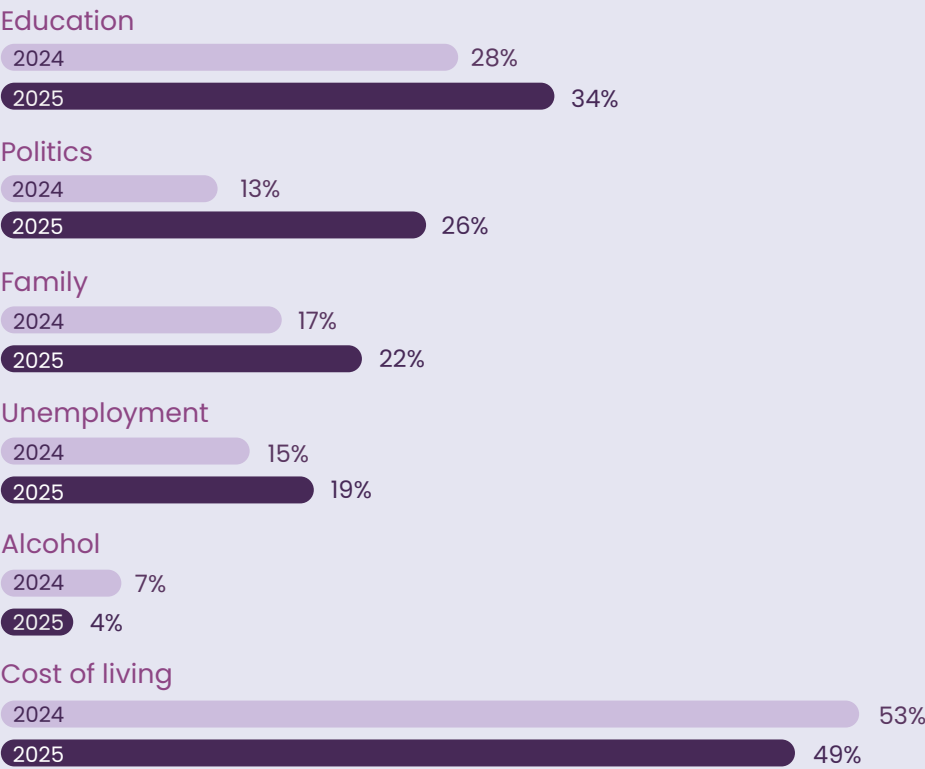


Significant changes between 2024 and 2025

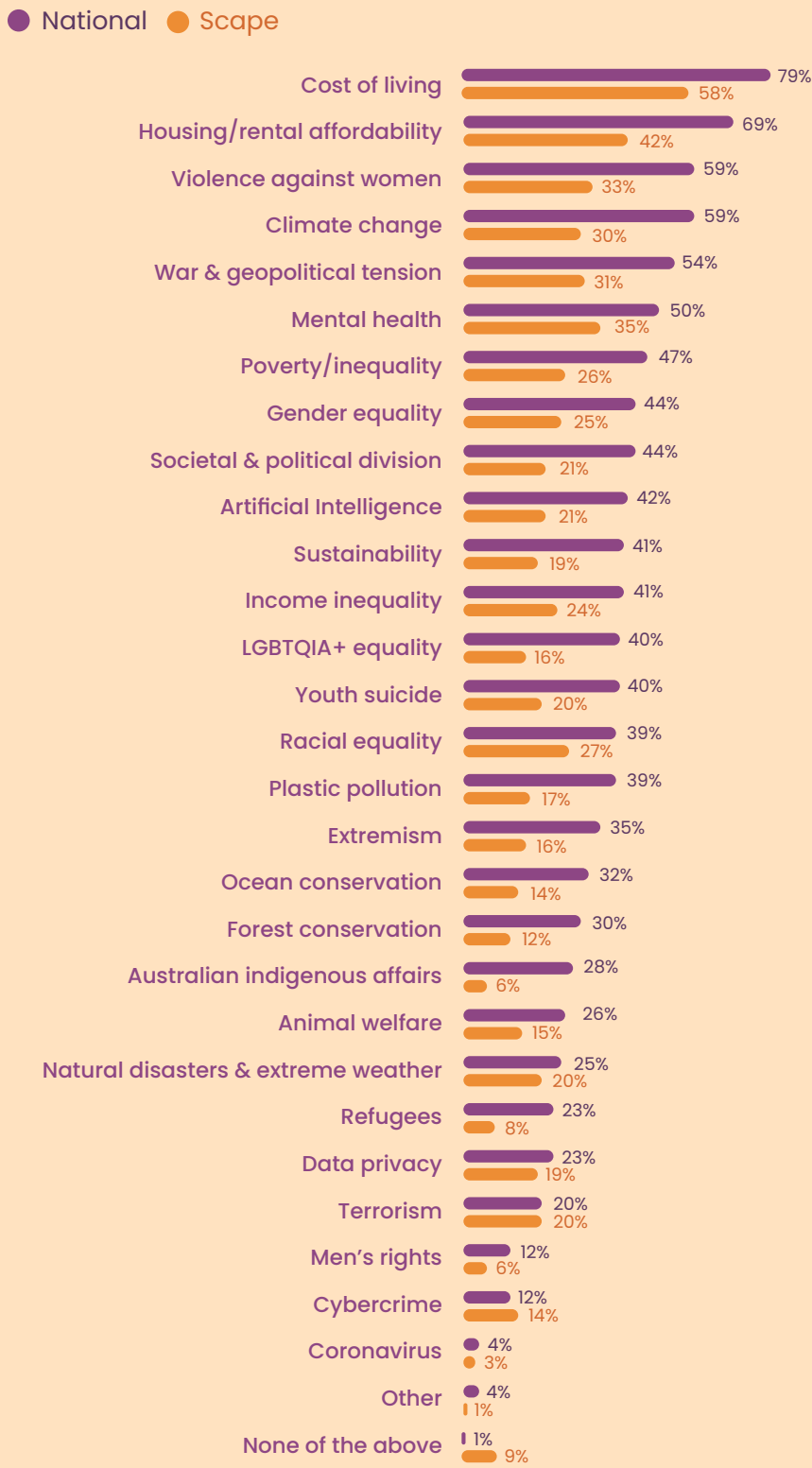
What is negatively impacting your wellbeing currently?

The wellbeing impacts of education, politics, family and unemployment have risen significantly between 2024 and 2025 while cost of living concerns have started easing. In particular, politics doubled in prevalence as a wellbeing stressor while the rise in education-related stress may stem from concerns about job prospects after graduation. More young people are also reporting being negatively impacted by being unemployed, reflecting changes in the job market over the previous 12 months.

National



Which global or societal issues concern you most even if they don't affect you personally?
(Tick all that apply)



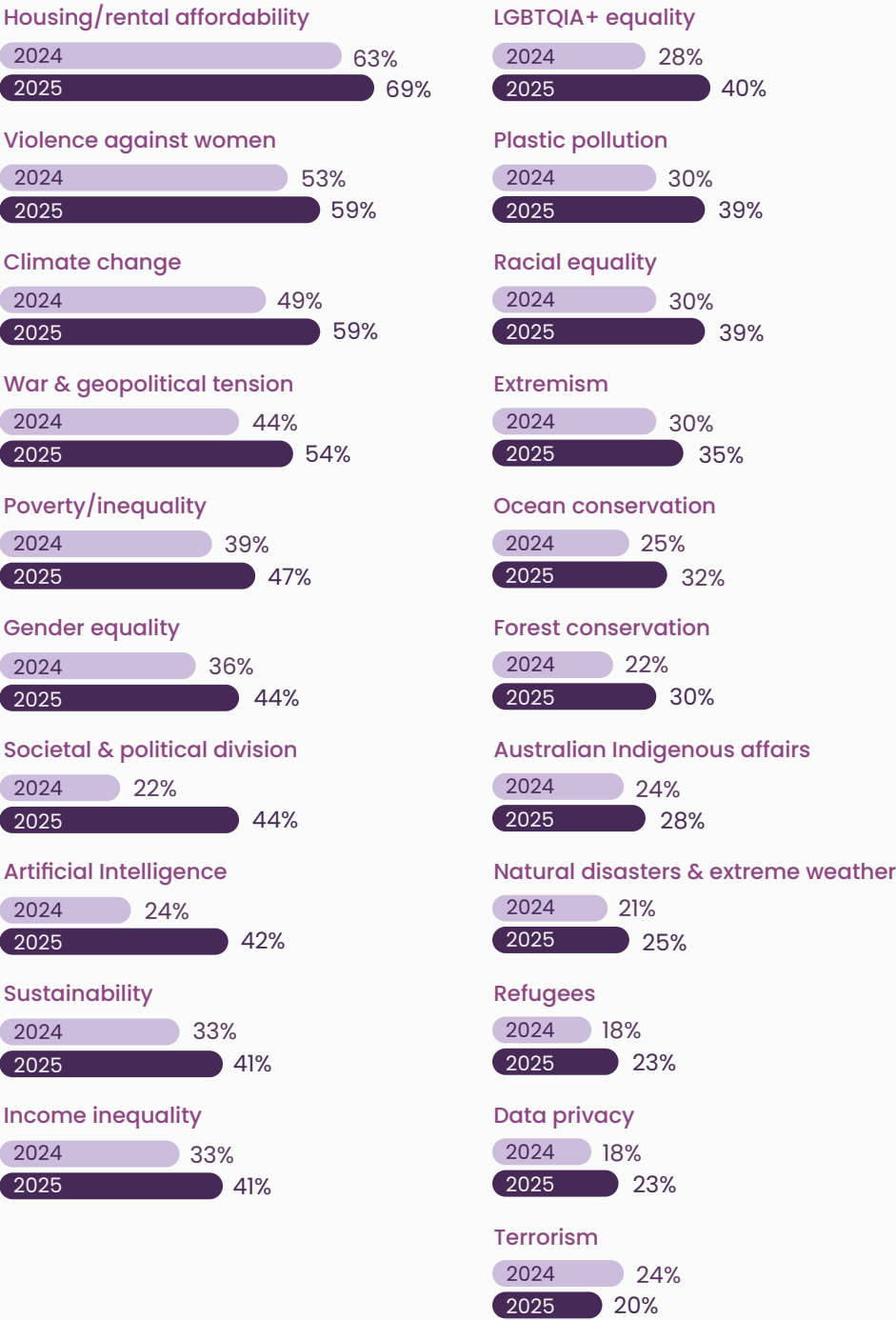
Significant changes between 2024 and 2025

One of the most profound shifts in the 2025 results is the dramatic rise in concern for local and global issues. Concern about societal and political division has doubled (22% to 44%) among young people while it nearly doubled for Artificial intelligence (24% to 42%) as well. Large rises have also been seen for climate change, war & geopolitical tension, violence against women and equality. Overall, housing and rental affordability continues to be the top issue on young people’s minds. These increases suggest that Australian youth are becoming increasingly socially conscious but also emotionally burdened by large-scale problems. The political climate, changing technology and economic stress may also be amplifying this awareness along with feelings of helplessness or urgency.



Which global or societal issues concern you most? (Tick all that apply)

National



What helps you destress and relax?
(Tick all that apply)

● National ● Scape

Listening to music	70%	62%	Writing	18%	11%
Movies/shows/videos (Netflix, YouTube etc.)	68%	59%	Handicraft (Pottery, embroidery, sewing, quilting etc.)	17%	9%
Bath/shower	50%	39%	Healthy food	16%	19%
Gaming	47%	37%	Dancing	16%	11%
Exercise	40%	37%	Playing an instrument	16%	11%
Outdoors/nature/ beach	39%	32%	Watching sport	16%	16%
Books	34%	22%	Journaling	16%	10%
Memes	32%	23%	Therapy	13%	7%
Social media	31%	32%	Beauty regime	11%	10%
Art (Painting, sculpture, photography, drawing etc.)	29%	20%	Mindfulness	11%	9%
Junk food	24%	22%	Medication	10%	4%
Shopping	23%	32%	Drugs	9%	2%
Cooking	22%	28%	Religion	8%	8%
Cleaning	22%	22%	Meditation	7%	8%
Playing sport	22%	24%	Yoga	6%	6%
Alcohol	19%	10%	Other	7%	3%
			None of the above	0%	1%

Significant changes between
2024 and 2025

What helps you destress and relax?

More young people are turning to both screen-based and non-screen based coping mechanisms as the use of gaming, books, memes, journalling, handicraft and social media as ways to relax all increased year over year. These trends show that while technology continues to become more ingrained in young people’s lives many are also finding ways to switch off outside of it.

National

Gaming



Books



Memes



Social media



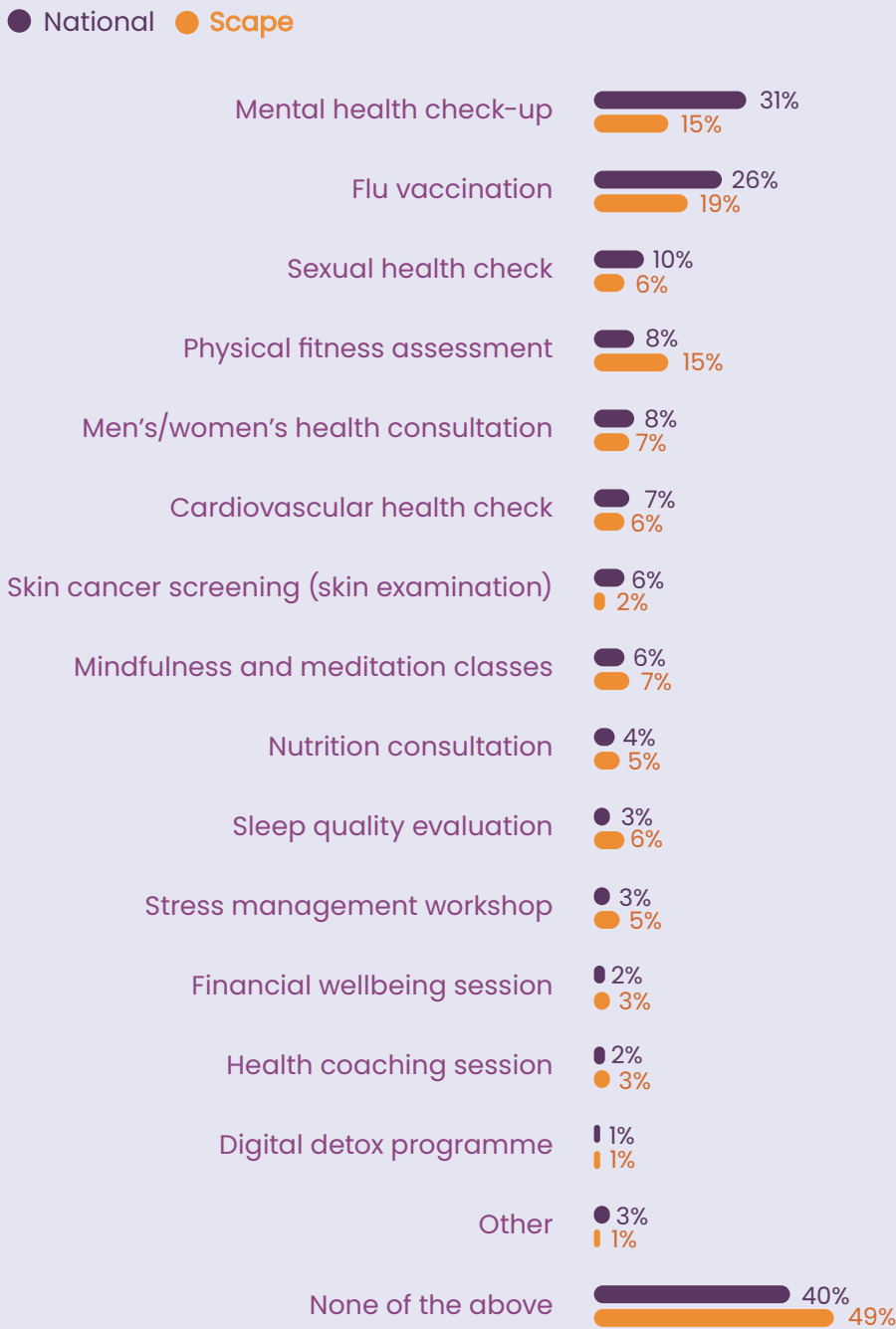
Handicraft



Journalling



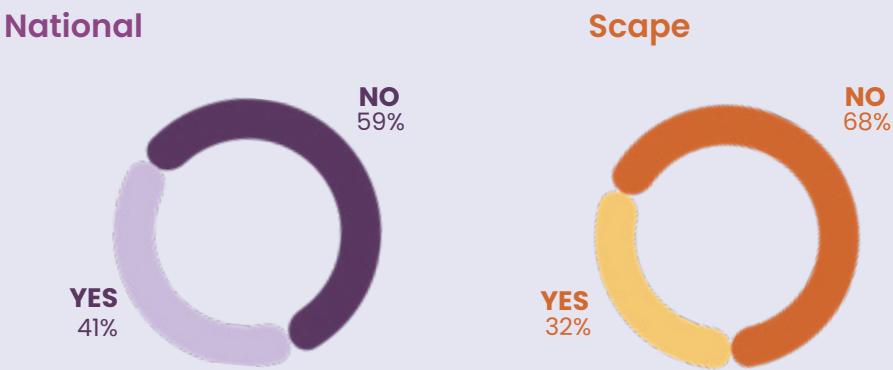
Which of the following have you had in the past 12 months? (Tick all that apply)



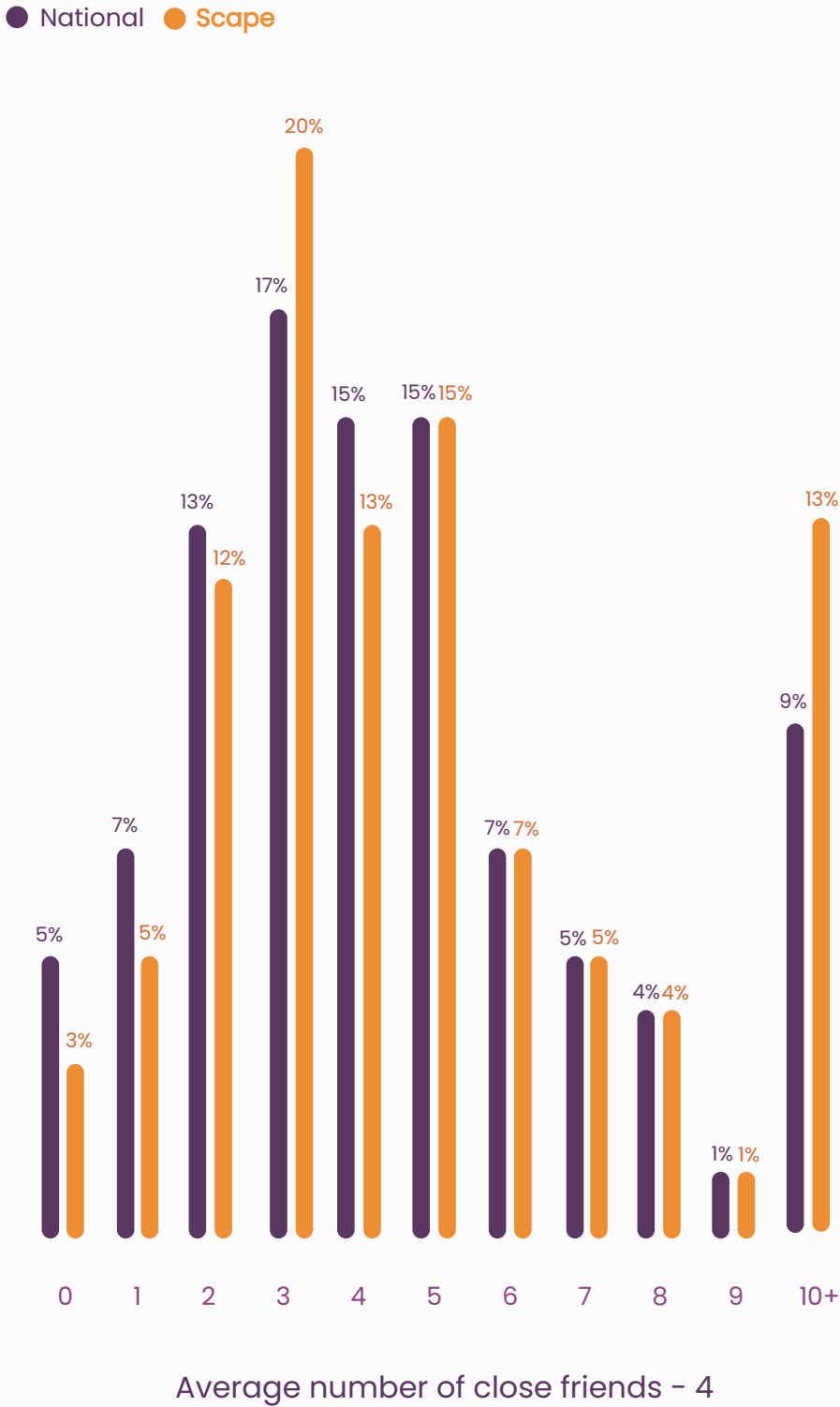
How is your social health currently? (Social health is the state of someone's friendships and social connections)



Are you currently struggling to make friends?

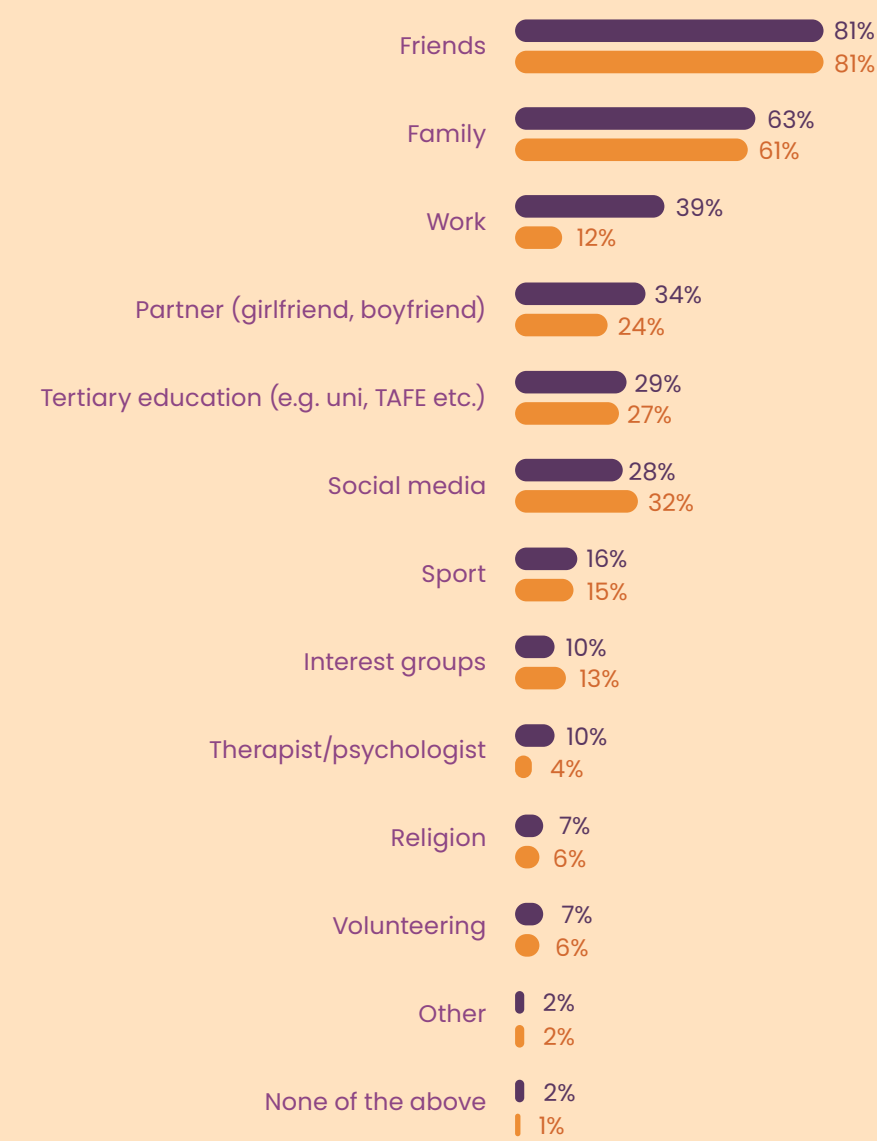


How many close friends do you have roughly at the moment?



Where do you have strong social connections and support networks? (Tick all that apply)

● National ● Scape



Significant changes between 2024 and 2025

Where do you have strong social connections and support networks?

There have been subtle but meaningful shifts in young people’s social fabric over the past year. Support from social media networks has risen while support from sporting circles has declined, perhaps reflecting a more digital and less physical social landscape for young people today.

National

Social media

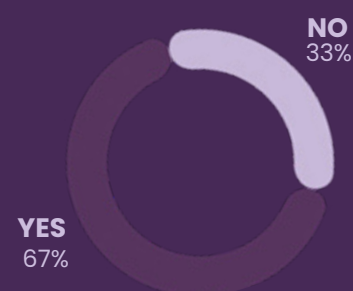


Sport



In your everyday life do you feel a general sense of inclusion and belonging?

National



Scape



In your everyday life do you feel like diversity is embraced and respected?

National



Scape



Insight:

Scape residents are more likely to feel a sense of inclusion and belonging and that diversity is embraced and respected in their lives compared to the national average.



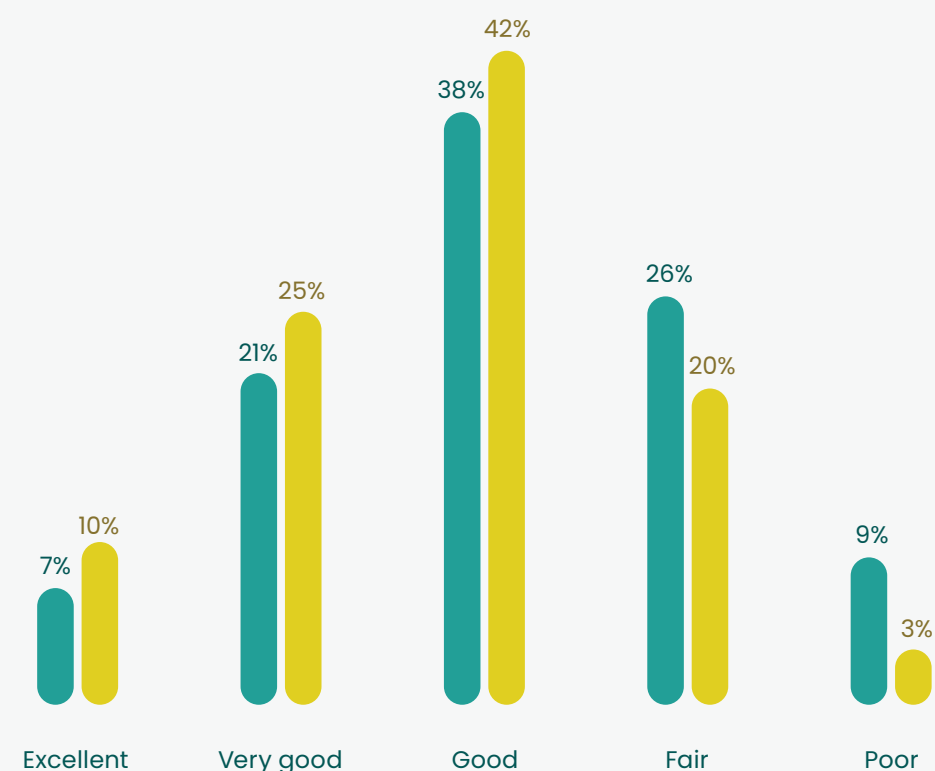


Exercise

Young Australians are exercising less frequently than last year while also moving away from gym and technology-based fitness habits. There has been a drop in young people who exercise daily as well as a fall in those who say they are in excellent physical health, indicating a potential decline of young people in peak physical shape. This coincides with the gym losing favour to exercising in the home and young people using fitness trackers less, revealing a potential shift towards less formal and less visible forms of physical activity. While fitness, mental health and appearance continue to be the main motivators for young people to get active, the declining preference for gyms and trackers could be due to growing fatigue with performance-driven fitness culture, financial barriers, or a preference for more flexibility and privacy.

How is your physical health currently?

● National ● Scape



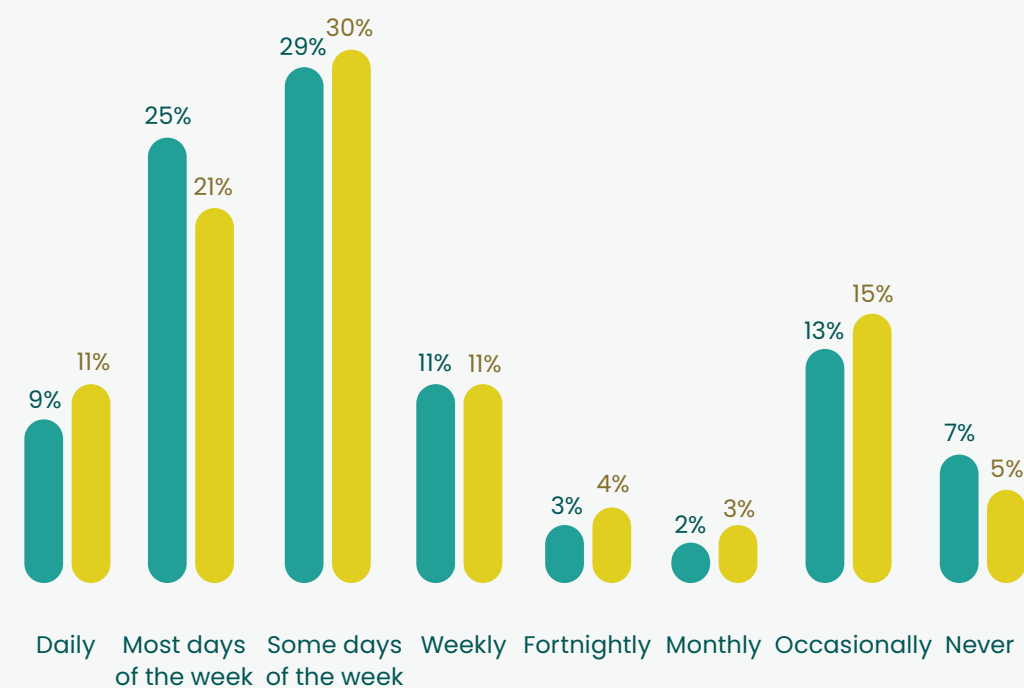
Significant changes between 2024 and 2025

National

Less young people report being in excellent physical health this year (7%) compared to last year (10%), indicating a significant decline in numbers of those in peak shape.

On average how often do you exercise/play sport?

● National ● Scape

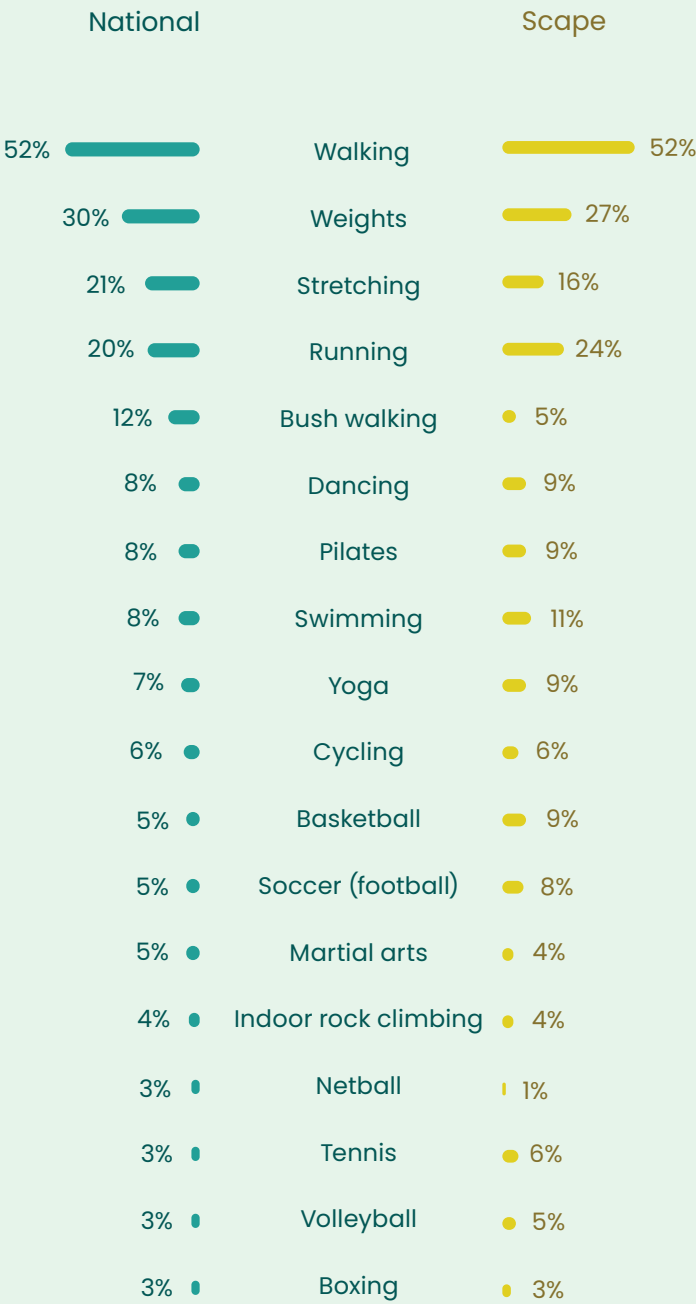


Significant changes between 2024 and 2025

National

Last year 81% of young people in total said they exercised at least weekly, but this has dropped to 74% in 2025. At the high end of the athletic spectrum there was a notable drop in the amount of Australian youth who say they exercise daily (13% to 9%).

Which of the following exercises/sports do you do? (Tick all that apply)

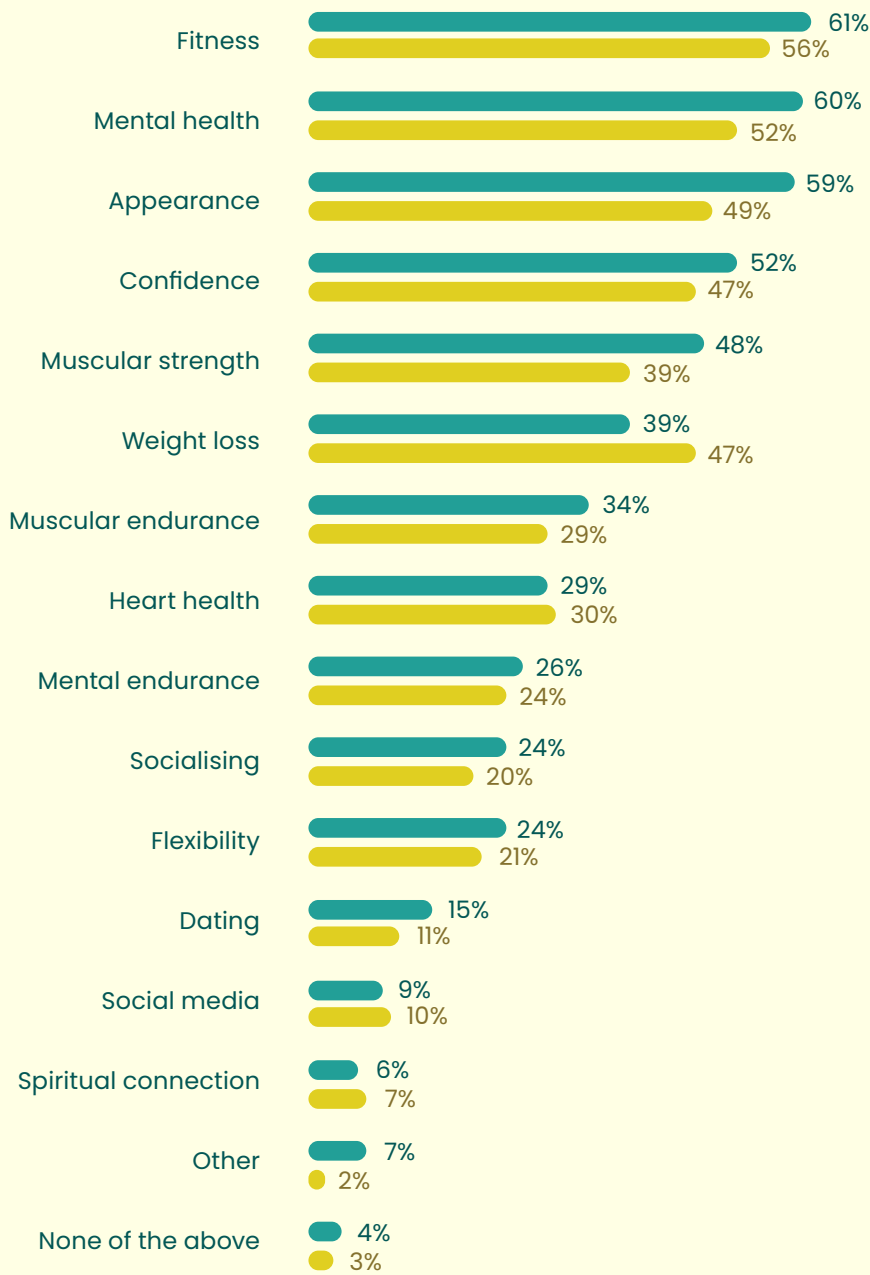


Which of the following exercises/sports do you do? (Tick all that apply)



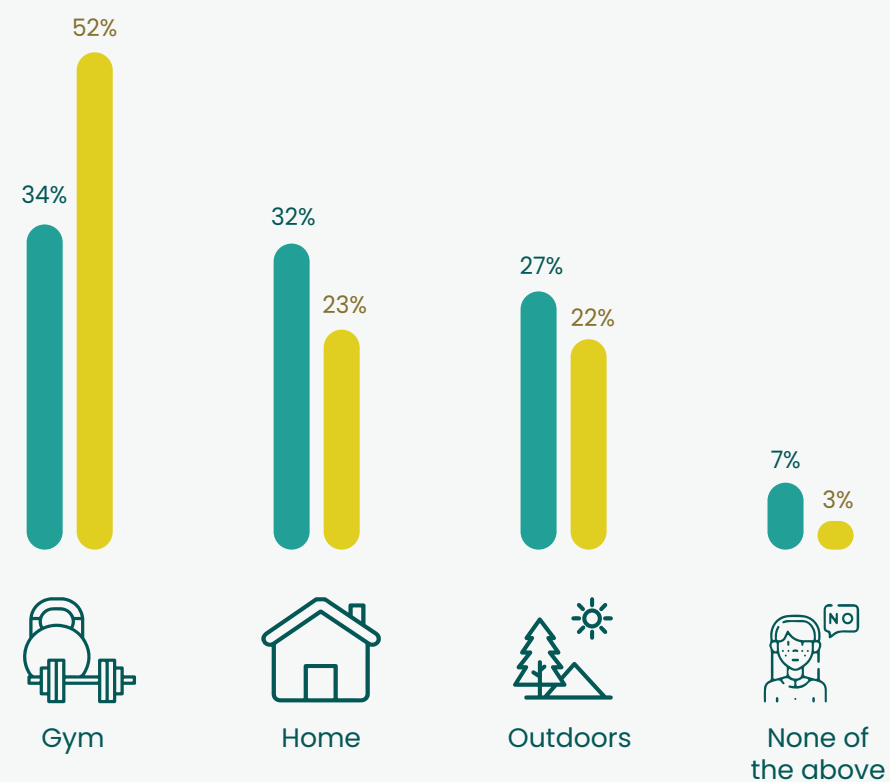
What motivates you most to exercise/play sport?
(Tick all that apply)

● National ● Scape



Where do you prefer to exercise?

● National ● Scape



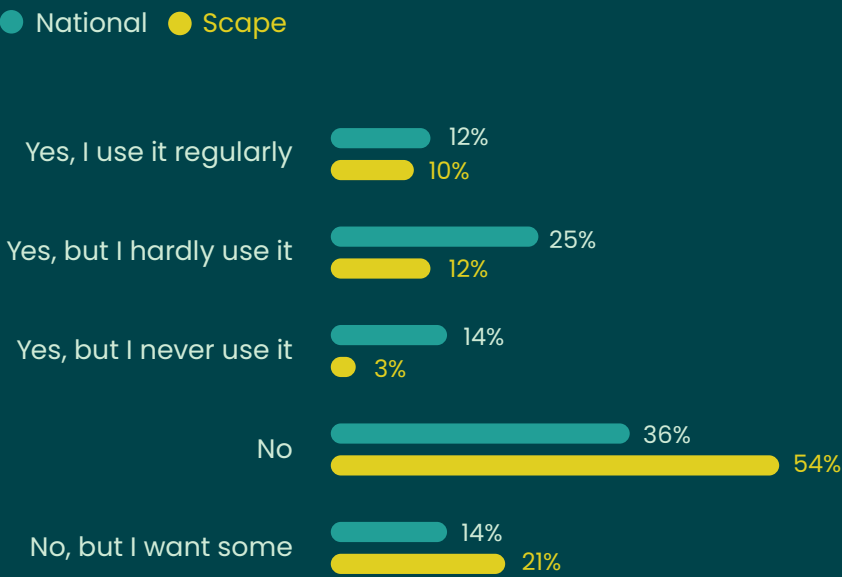
Significant changes between 2024 and 2025

National

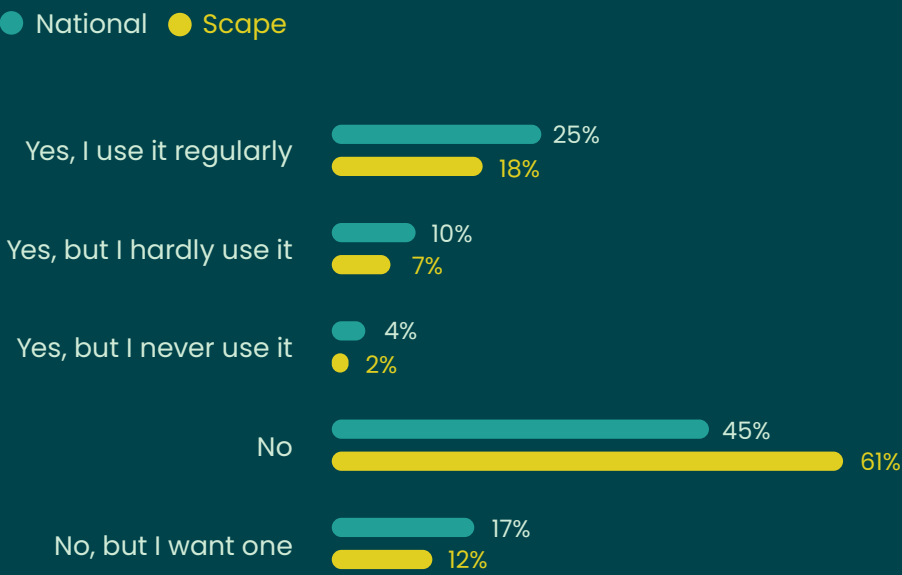
Gyms have seen a decline in popularity as the preferred place to exercise compared to last year (41% to 34%), with the increasing preference for exercising at home (27% to 32%) meaning it's now nearly equally favoured with the gym.



Do you have home exercise equipment?



Do you have a gym membership?



Significant changes between 2024 and 2025

National

Last year 56% of young people said they did not have a gym membership, including those without one who would like one, compared to 62% this year. This could reflect young people's increasing preference to exercise at home rather than at a gym or financial pressures.



Do you use a fitness tracker?

National



Scape



Significant changes between 2024 and 2025

National

Fitness tracker usage has declined from 27% to 23% over the past year, indicating a growing disengagement from health self-monitoring tools.

Does using a fitness tracker motivate you to exercise more than you would without one?

National



Scape



*Only answered by fitness tracker users.

Do you compete with others over your fitness tracker results? (e.g. who takes the most steps, rides the furthest etc.)

National



Scape



*Only answered by fitness tracker users.

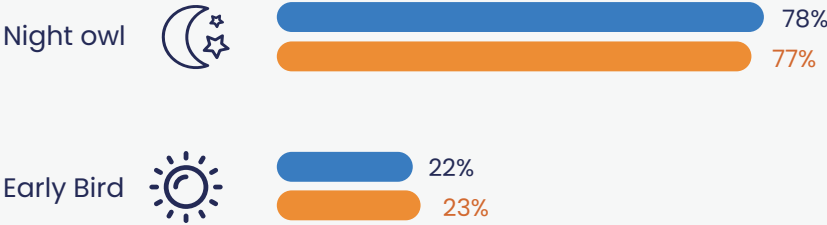


Sleep

Sleep remains a critical wellbeing factor for young Australians with little year-on-year change in how long they sleep, when they prefer to get it and what's keeping them from having enough of it. Most young people still identify as night owls while sleep disruptors like phone use, stress and anxiety remain widespread. Despite phone usage being the most common factor stopping young people from getting a good night's sleep, rates of phone usage before bed haven't dropped showing it's a problem young people are aware of but are not in a hurry to change. Even though phones are often with young people in the bedroom at night the vast majority do not use a sleep tracker, which often come in the form of a phone app, meaning the self-monitoring of sleep is not widely seen as a way to improve it.

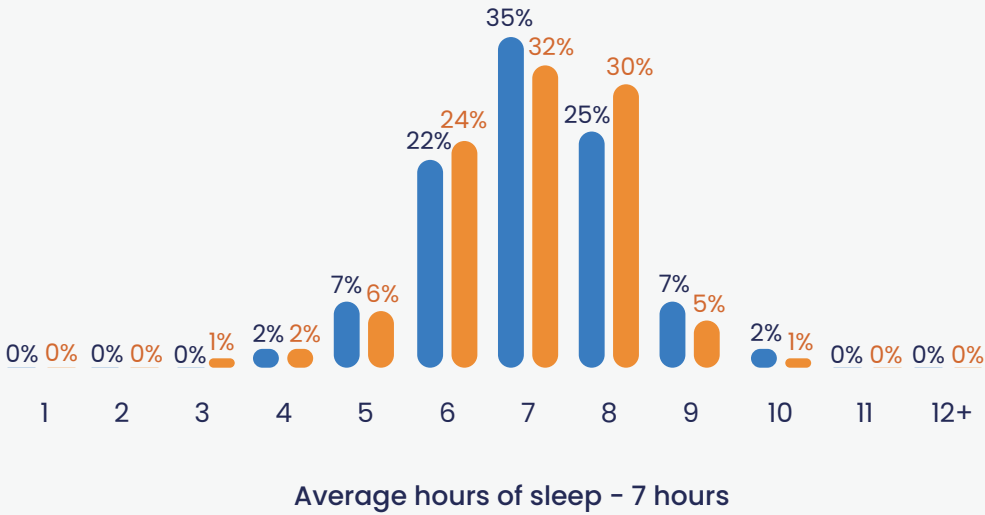
Are you an early bird or a night owl?

● National ● Scape

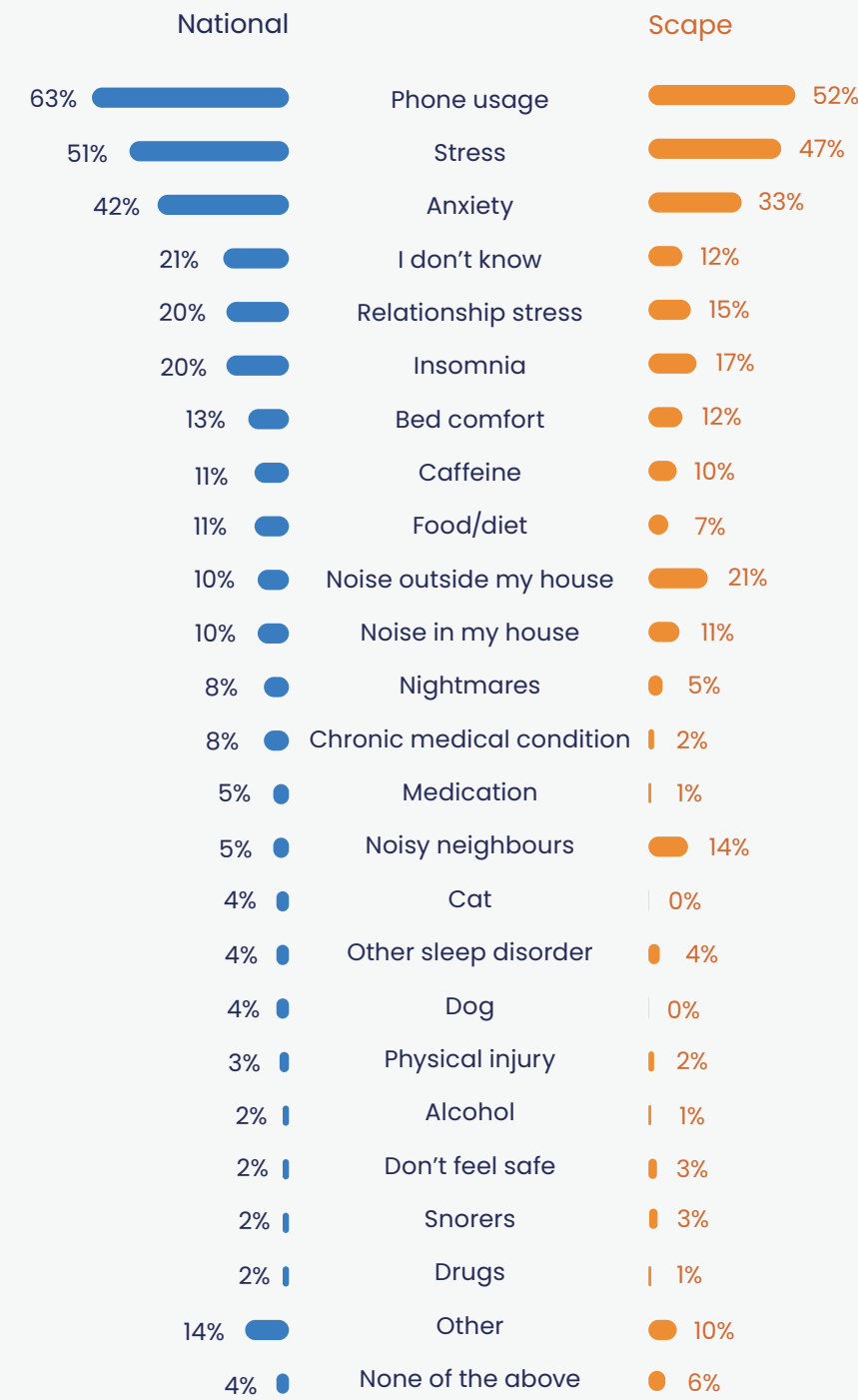


How many hours of sleep do you get per night on average?

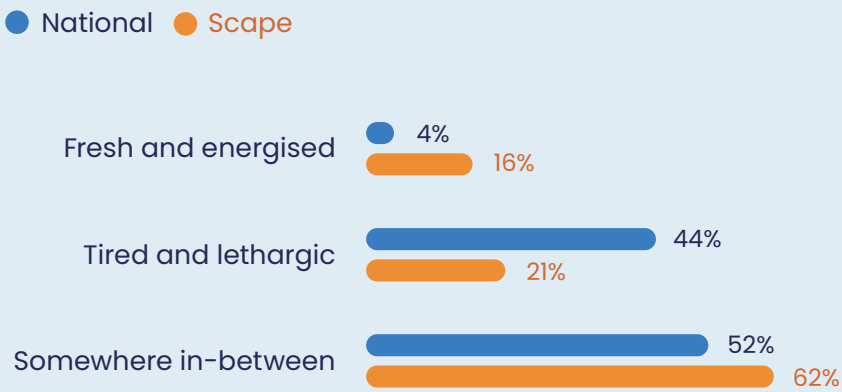
● National ● Scape



What is preventing you from getting a good night’s sleep currently? (Tick all that apply)



How do you usually feel when you wake up?

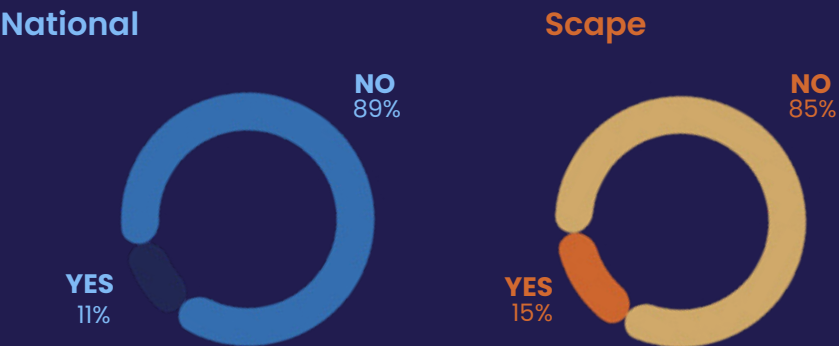


Insight:

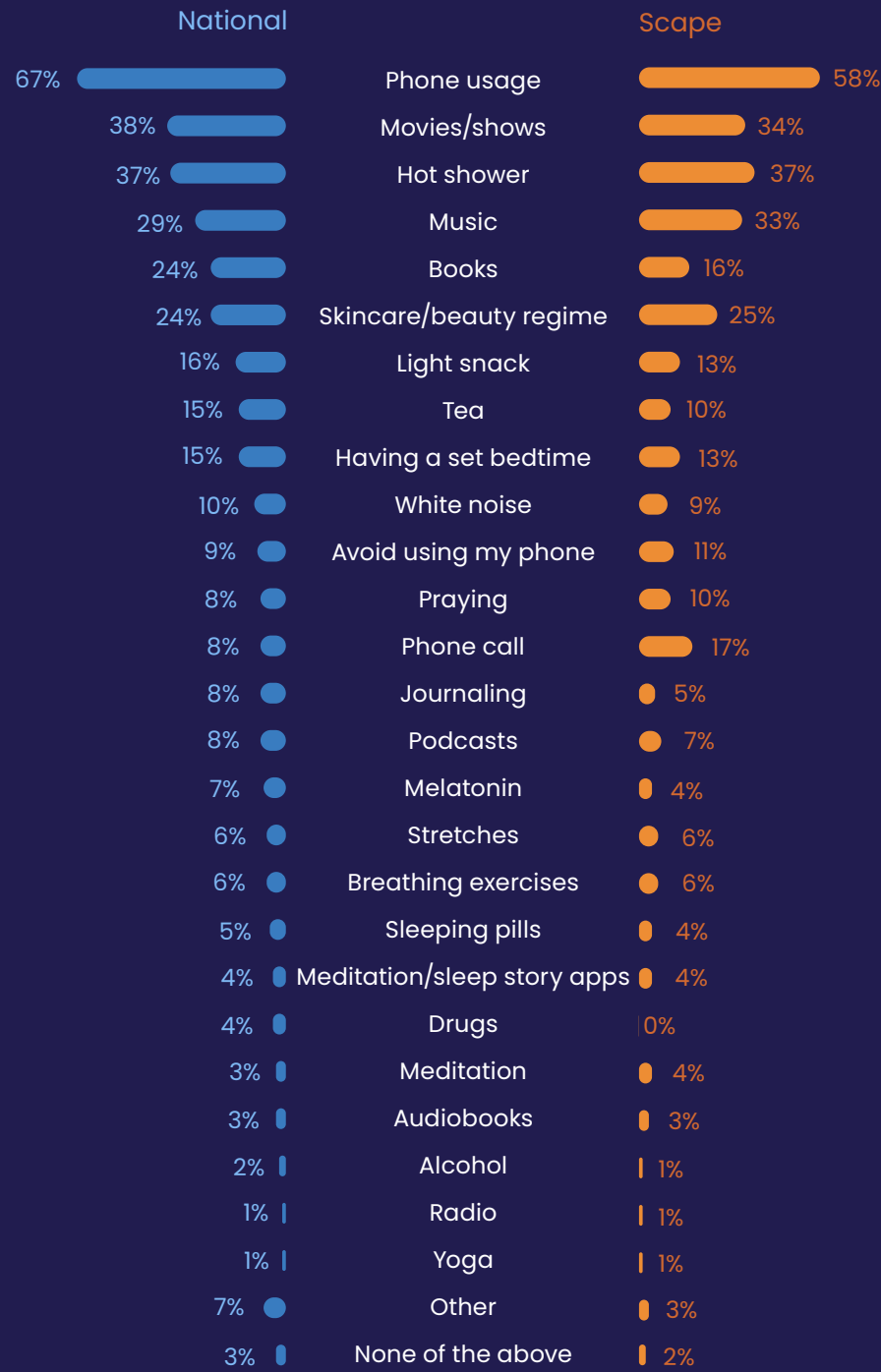
Scape residents are significantly more likely to wake up feeling fresh and energised (16% vs 4%) and less likely to feel tired & lethargic (21% vs 44%) compared to the national average.



Do you use a sleep tracker? (i.e. a device or phone app which records your sleep patterns to monitor the quality of your sleep.)



What is part of your nightly bedtime routine? (i.e. the activities you perform in the lead up to bed to help you sleep) (Tick all that apply)



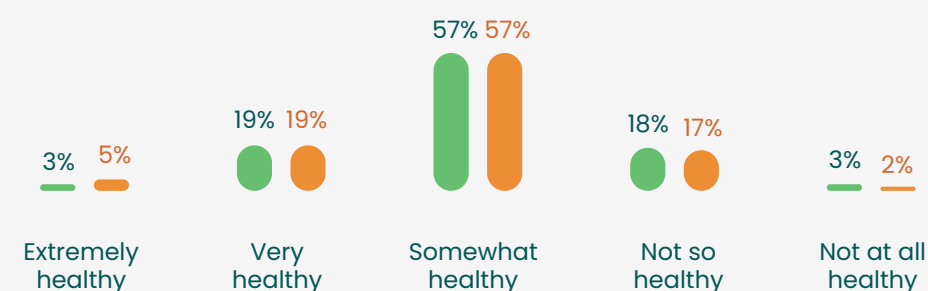


Diet

Most young Australians continue to describe their diet as being only somewhat healthy with no major changes occurring in their eating habits since last year. Most still fall short of fruit and vegetable intake guidelines while motivation, mood, time constraints and affordability remain major obstacles to healthier eating. Major change has occurred however in their drinking habits with a large upswing in the amount of young people who report they never consume alcohol, increasing from 13% last year to now numbering nearly one in four (22%) young people. Australian youth are also giving up vapes with daily vaping rates nearly halving from last year (10% to 6%) alongside a rise in those who never vape (74% to 80%). While healthy eating continues to be an area young people can improve on, it appears they have heeded the message of reducing their intake of toxic substances like vapes and alcohol.

How would you describe your diet on average?

● National ● Scape

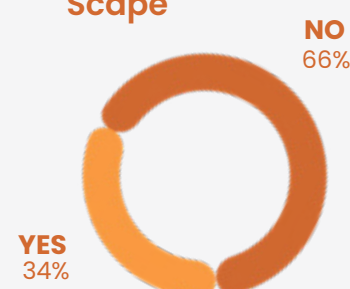


On average do you eat the recommended 2 serves of fruit per day?

National



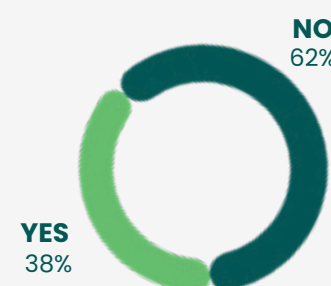
Scape



On average do you eat the recommended 5/6 serves of vegetables per day?

*5 for females, 6 for males

National

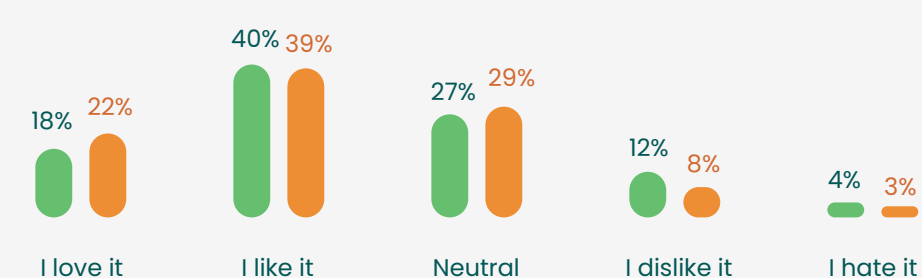


Scape



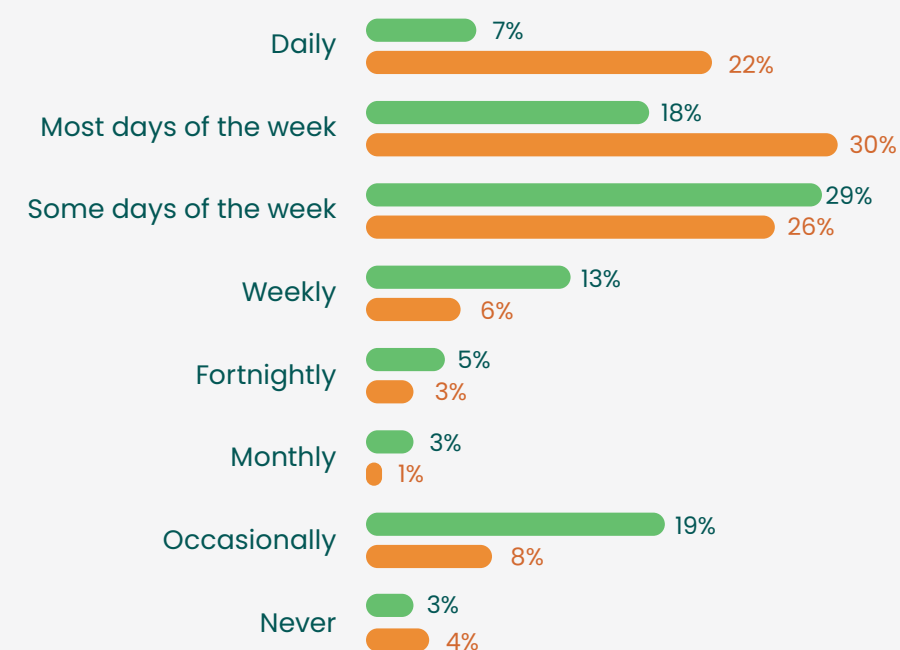
How much do you like to cook?

● National ● Scape



How often do you cook on average?

● National ● Scape



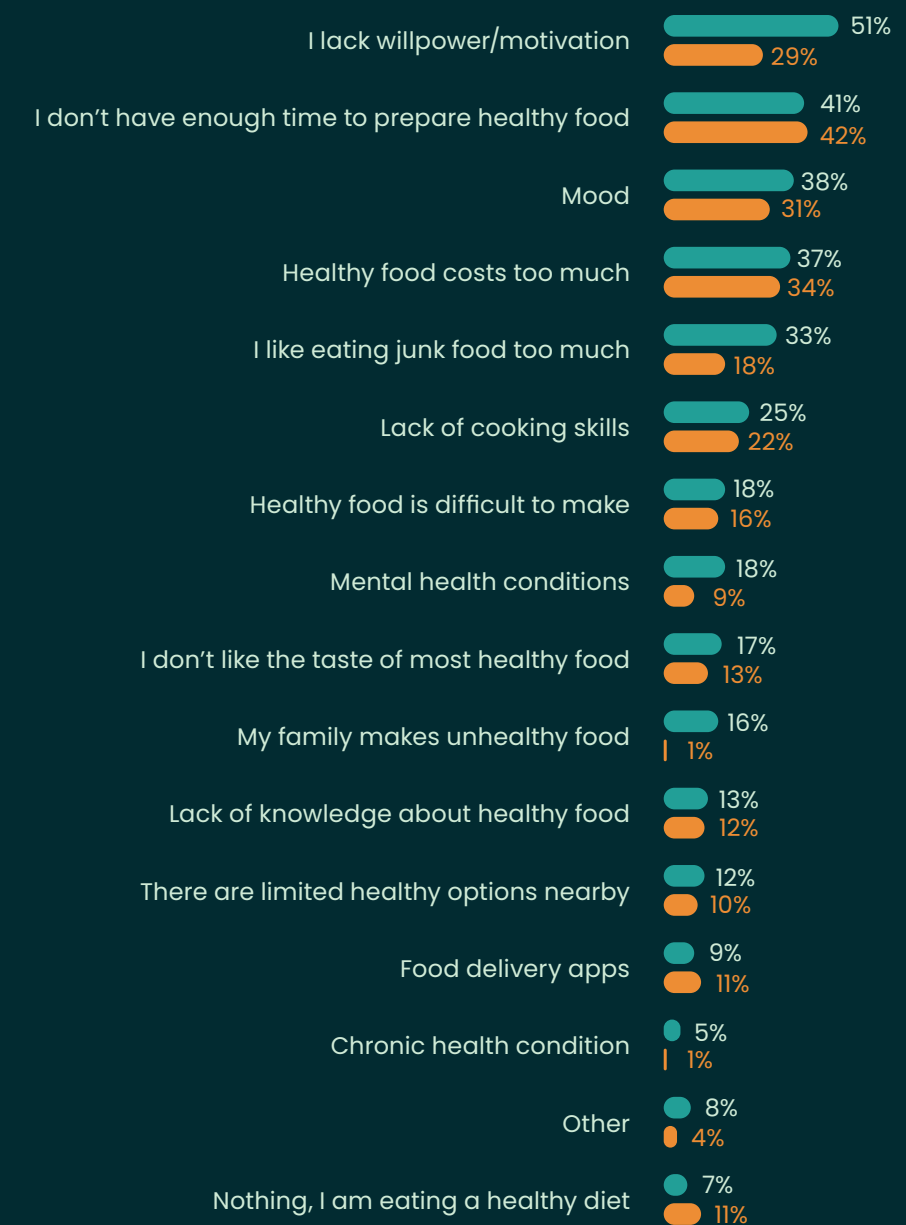
Insight:

Scape residents are significantly more likely to cook regularly compared to the national average.



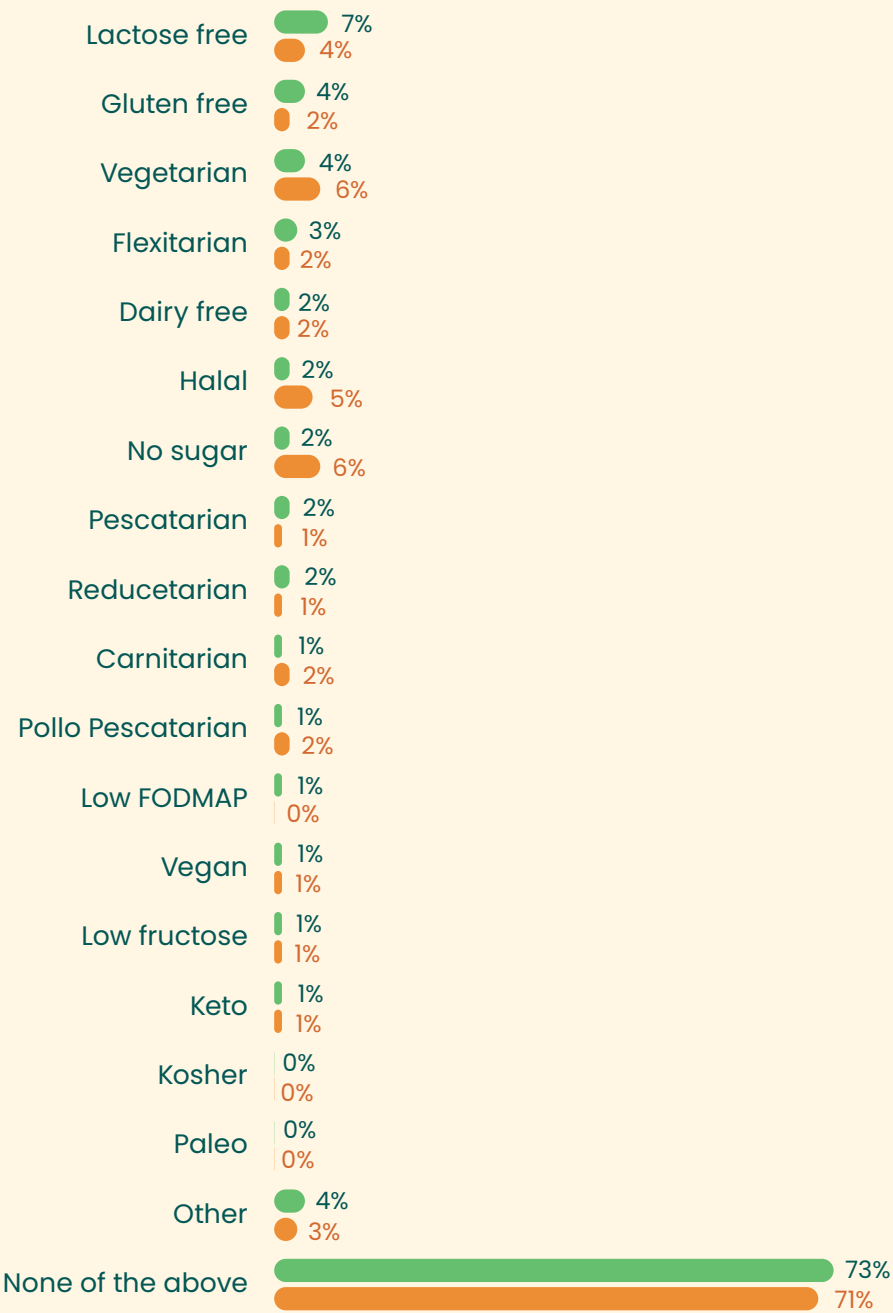
What's negatively impacting your diet? (Tick all that apply)

● National ● Scape



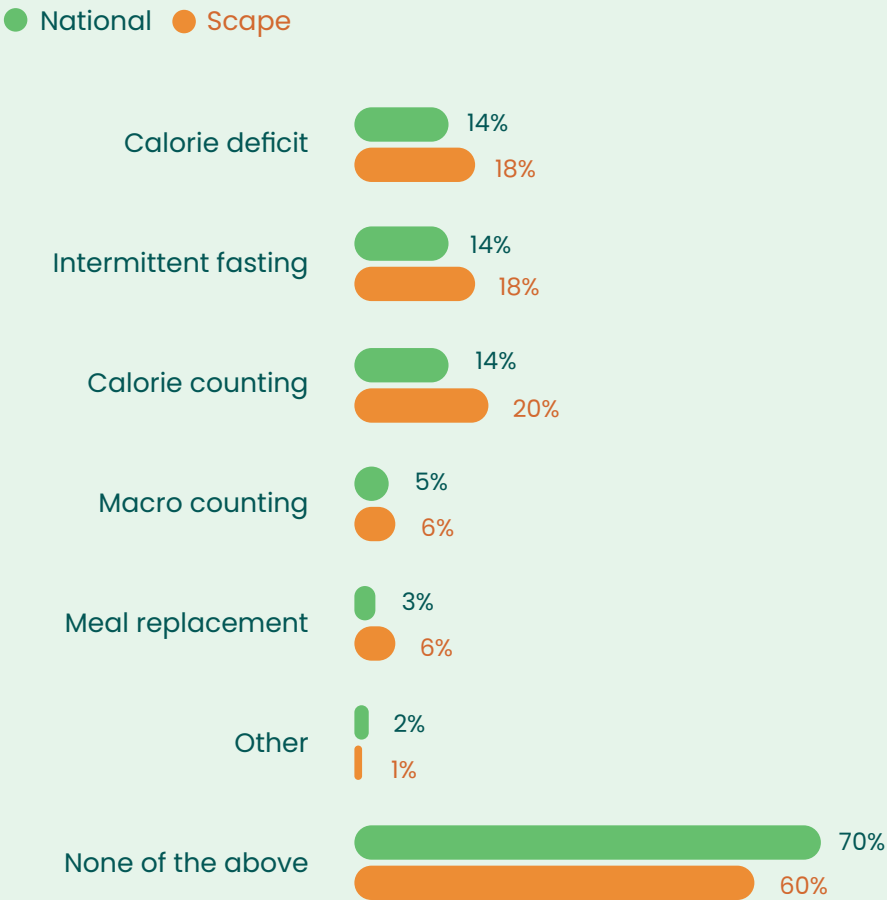
Do you follow any special diets?
(Tick all that apply)

● National ● Scape





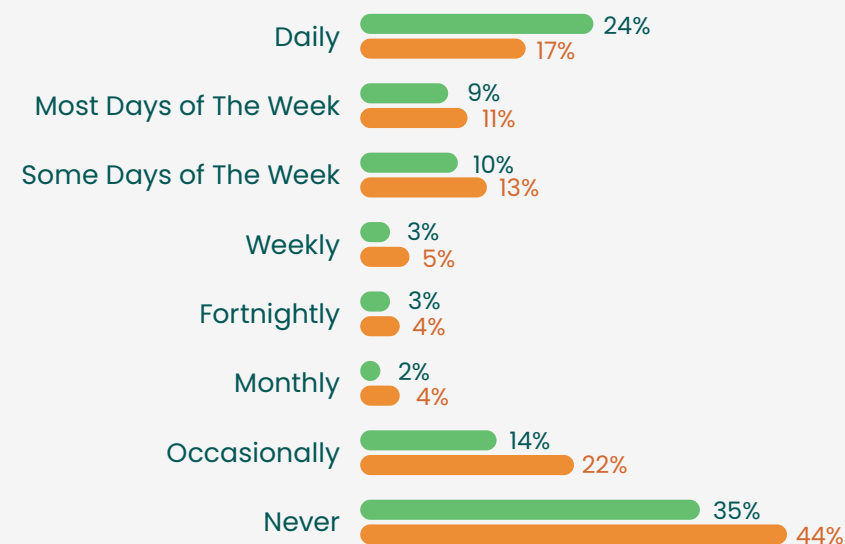
Which of the following do you do?
(Tick all that apply)



How often do you have the following?

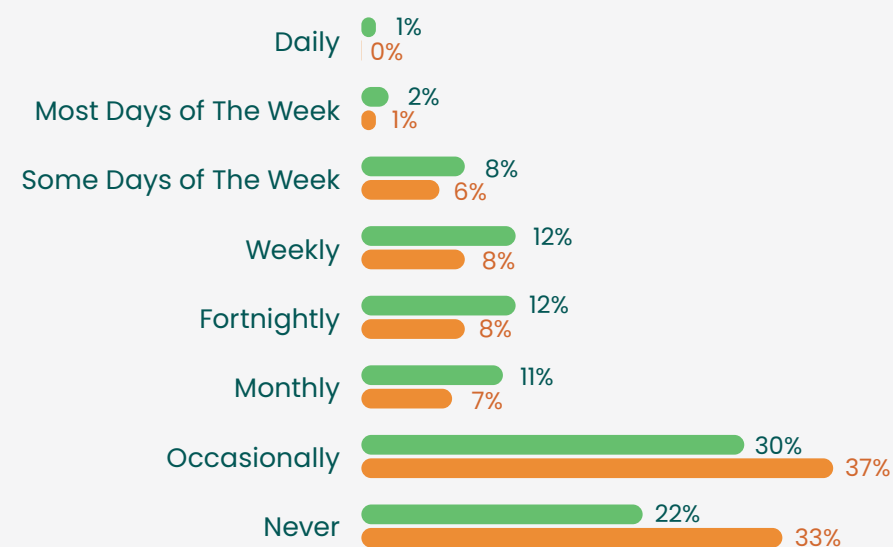
Coffee

● National ● Scape



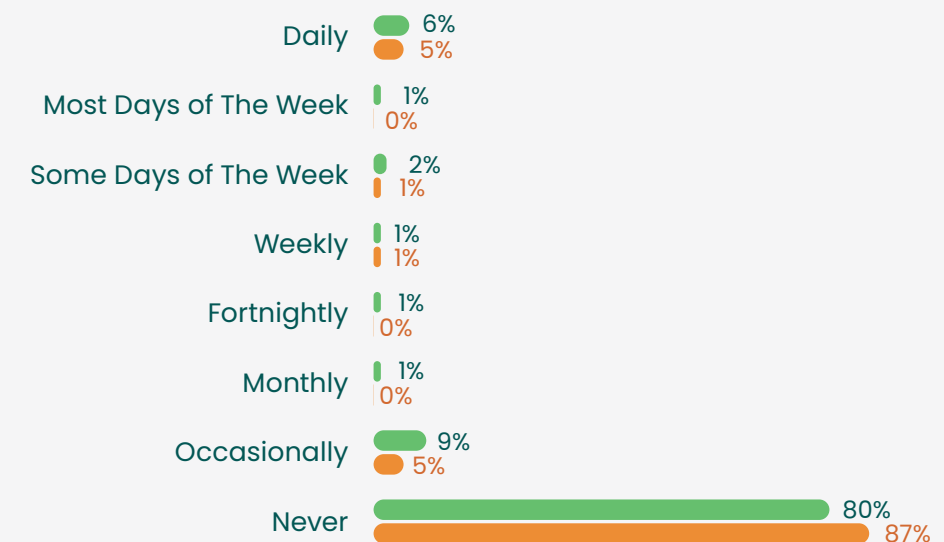
Alcohol

● National ● Scape



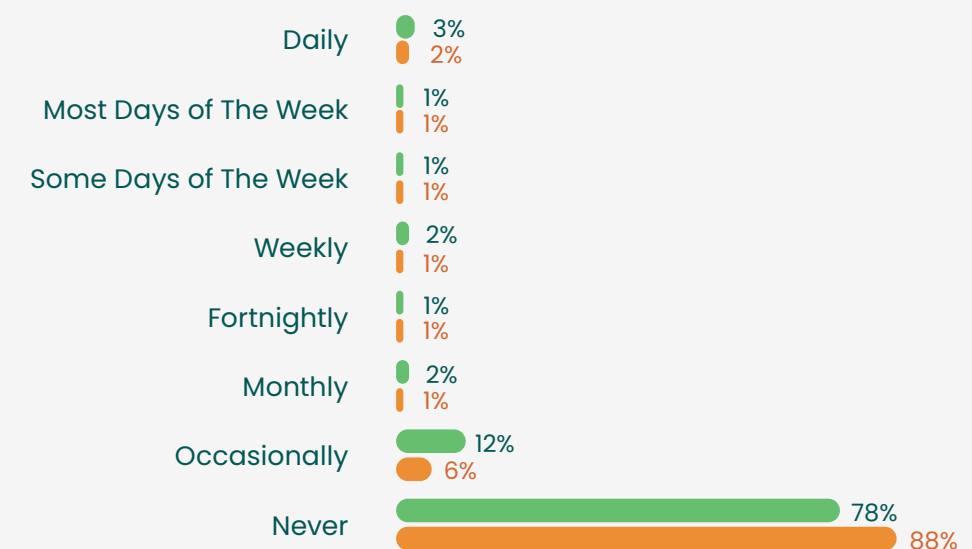
Vapes

● National ● Scape



Cigarettes

● National ● Scape







맺는 말

점점 더 변화하는 세상에서 어떻게 균형을 찾을 수 있을지가 많은 젊은이들이 고민하는 문제입니다.

이 보고서에서 확인했듯이, 2024년에 설문 조사를 실시했을 때와 비교하면 더 많은 젊은이들이 사회를 형성하는 다양한 주요 문제에 대해 우려하고 있습니다. 이러한 증가는 올해 Z세대 웰빙 지수 2025에서 가장 주목할 만한 변화 중 하나였으며, 이제 올해로 3년째 호주 청소년의 웰빙을 추적하고 있습니다.

1년 전과 비교하여 오늘날 Z세대의 사회적 관심의 규모를 고려할 때, 정책 입안자, 교육자, 그리고 기업가들은 이러한 문제들을 숙고하고, 젊은이들이 이러한 문제들을 탐색해나가도록 돕기 위해 어떻게 의미 있는 참여 방안을 제공할 수 있을지를 고민해야 합니다. 이를 통해 젊은이들이 앞으로 그들이 그토록 소중히 여기는 미래를 만들어갈 수 있을 것입니다.

또한 작년 대비 올해 웰빙 요인의 중요한 변화는 오늘날 세계를 형성하는 새로운 이슈와 힘을 엿볼 수 있는 창을 제공합니다. 2025년에는 교육, 정치, 실업, 그리고 가정이 젊은이들의 삶에 가장 증가하는 스트레스 요인으로 작용해왔으며, 이 모든 것은 대부분의 젊은이들의 일상생활에서 매우 중요한 영역들입니다.

몇 가지 핵심 웰빙 요소는 이 연도에 변함없이 유지되었습니다. 미래에 대해 고민하는 청년들은 여전히 그들의 삶에 부정적인 영향을 미치는 가장 흔한 요인입니다. 이 문제는 Year13의 핵심 이슈입니다. 한편, 생활비, 주택비, 그리고 임대료는 이 세대가 전반적으로 가장 중요하게 생각하는 문제로 Scape 운영의 최일선에 있습니다.

하지만 Z세대의 건강 사각지대가 드러났습니다. 지난 12개월 동안 젊은이들의 정신 및 신체 건강 검진 비율이 낮았는데, 이는 젊은이들이 직면한 위험과 그들이 스스로를 보호하기 위해 취하는 행동 사이에 불일치가 있음을 보여줍니다. 이로 인해 젊은이들의 건강 정보 이해 능력 향상과 접근성 향상에 대한 필요성이 제기되고 있습니다.

긍정적인 측면은, 1년 전에 비해 취미를 즐기고 삶의 목적을 찾는 젊은이들이 증가했다는 것입니다. 게임, 밈, 소셜 미디어는 물론이고, 책, 일기, 수공예도 점점 더 휴식을 취하는 수단으로 여겨지고 있으며, 젊은이들의 삶에서 기술과 전통적인 활동이 점점 더 혼합되어 증가하고 있음을 보여줍니다.

학생 숙박 시설 제공업체 Scape는 호주 전역의 자사 건물에서 청소년들에게 긍정적인 환경을 조성하고 있음을 다시 한번 입증했습니다. 즉, Scape는 성공적인 지원 모델, 일상 생활 및 사회적 연결 모델을 제공하며, 이러한 모델은 각 도시에서도 재현되고 있습니다. 이를 통해 Scape는 호주 청소년들이 청년기를 보내는 동안 머물 수 있는 최상의 숙박 시설로 자리매김했습니다.

Z세대 웰빙 지수 2025의 최신 결과물은 경종을 울리는 동시에 변화를 위한 청사진을 제공합니다. 이들 결과물은 더 나은 건강 교육, 예방 케어 접근성 향상, 그리고 좀더 목적 지향적인 생활 환경의 긴급성을 강조합니다. 특히 점점 증대하는 복잡성과 압박감을 직면하는 세대에게 더욱 그러합니다.

year  scape

year13.com.au