

调查报告简介与结语为简体中文版本。

GEN Z WELLBEING INDEX 2025

year 

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.
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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

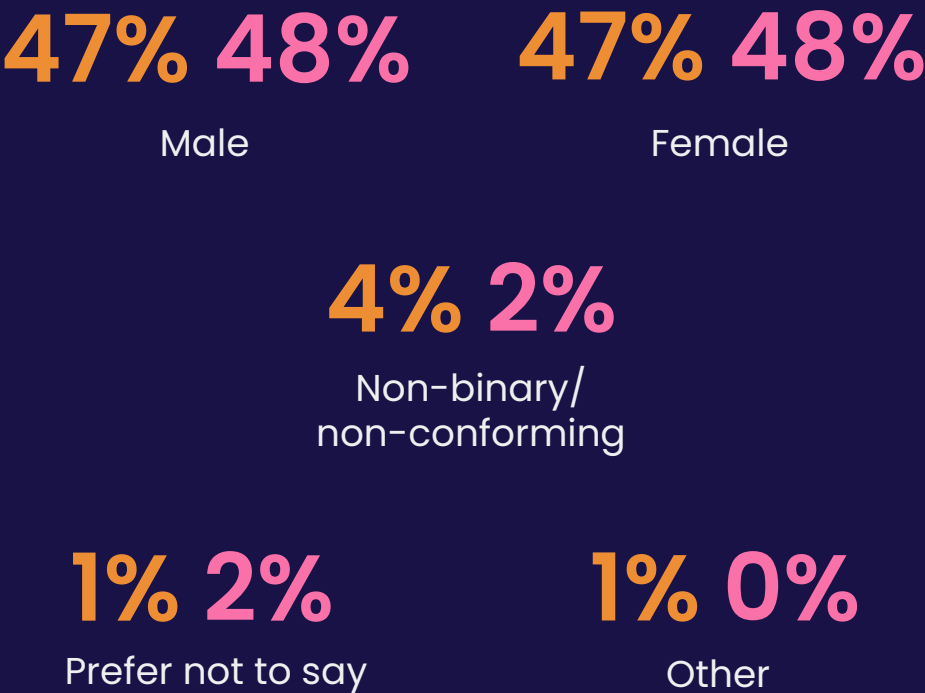
This survey formed the basis of this research paper and was designed to gather comprehensive information about the wellbeing of youth in Australia. One national sample of youth was surveyed as well as a national sample of Scape residents to compare their state of wellbeing. All respondents for this survey 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





调查报告简介

澳大利亚的年轻人正面临日益加剧的压力。与普遍预期不同,他们的压力来源并非生活成本,而是各种从本地到全球层面的议题,而且这些议题往往超出了他们自身的掌控范围。

例如,年轻人对气候变化、地缘政治紧张局势以及人工智能迅速发展等问题的担忧不断加剧,同时还要面对长期以来一直面临的挑战,如探索未来方向、身心疲惫和倦怠等。

不过,情况已有所好转。心理疾病的患病率趋于稳定,越来越多的年轻人找到了自己的兴趣所在,懂得用各种方式度过低谷,对人生也抱有更大的热忱,并逐渐找到了生活的意义。尽管相比去年,年轻人花在锻炼和体育活动上的时间略有减少,但抽电子烟和饮酒的情况也同样显著下降。

2025年的Z世代福祉指数是该项统计的第三年,通过综合超过2000位受访者在心理健康、运动、睡眠和饮食等方面的回应,全方位反映了18至24岁澳大利亚年轻人的福祉状况。

这份调查报告由13年级学生与学生住宿提供商Scape共同完成,也针对居住在Scape的学生,依照相同的福祉因素进行了调查。来自悉尼、墨尔本、布里斯班和阿德莱德等地Scape学生宿舍的1000多名受访者参与了调查。结果显示,Scape住户的整体幸福感普遍高于澳大利亚同龄人,其心理状态更为良好,睡眠品质和社交生活也更加积极正向。

日常福祉指标显示,居住在Scape这样具有结构性、以社群为导向的环境中,不仅能为年轻人提供稳定的社交互动机会,还能增强其自我发展阶段的独立性与自主性,从而发挥一定的保护作用。

自Z世代福祉指数于2023年首次发布以来,Scape推出了一系列聚焦身心健康的计划与项目,持续为员工与住户带来实质益处。其中包括于2024年11月首次推出、与Headspace合作开展的定制培训项目——“支持性对话”(英文名称:Supportive Conversations);以及旨在提升心理健康素养、为住户提供支持的心理急救项目(英文名称:Mental Health First Aid)项目。

秉持守护心理健康的承诺,Scape推出了“Scape Safe Hub”方案,不同于传统的安全措施,该方案提供更全面的支持解决方案。同时,Scape也进一步深化与Headspace的合作,推出专为Z世代设计的睡眠相关电子内容,协助年轻人建立更健康的睡眠习惯并给予心理支持,其中就包括通过Z世代偏好的平台Spotify推出助眠歌单。住户们也能参与以营养知识为核心的相关项目,并持续获得关于身心健康的各类信息支持。

本报告将深入探讨2025年澳大利亚年轻人及Scape住户的身心健康状况,内容包括年轻人在生活习惯与关注议题方面与2024年相比所发生的变化,进一步帮助我们理解全球年轻人在不同年份日常生活中所面临的多变性。







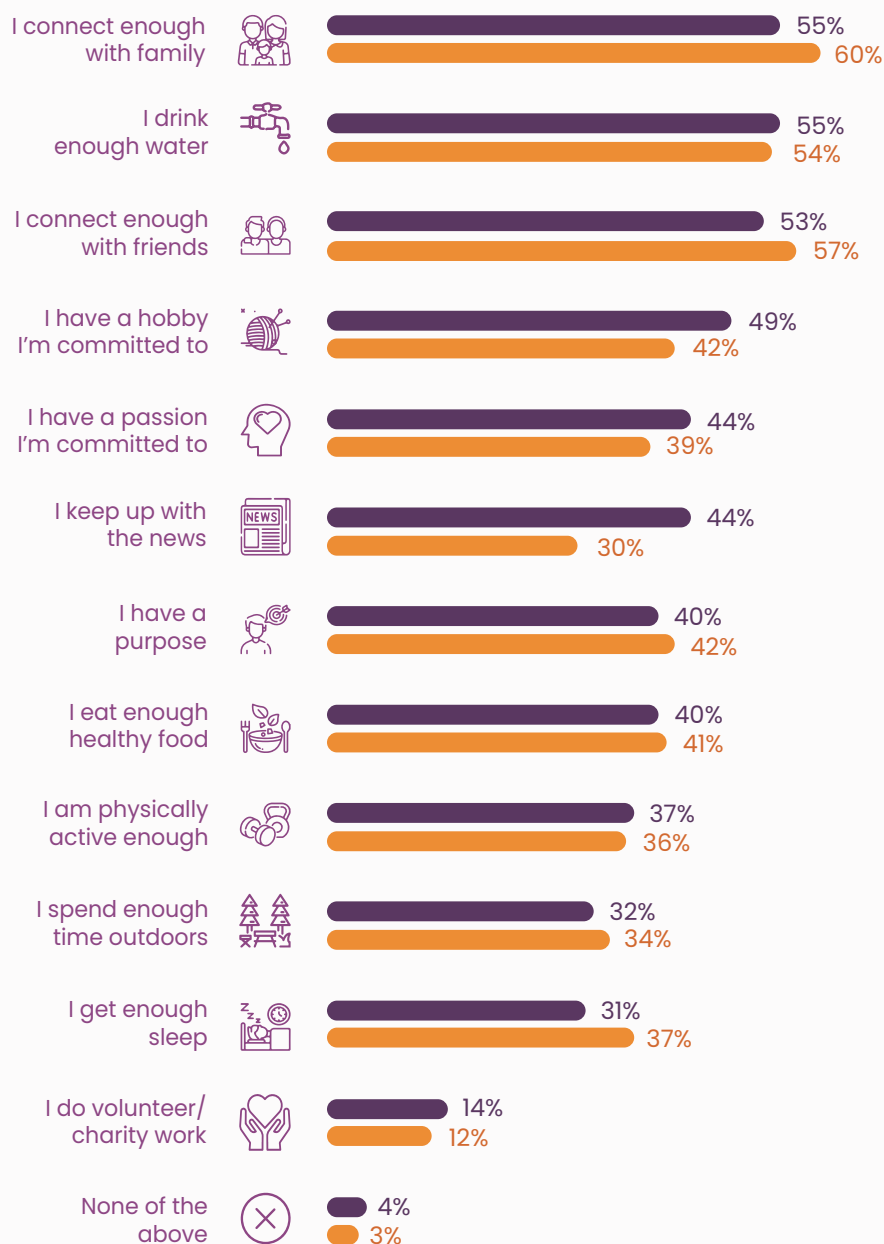
Mental health

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)

● National ● Scape



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

I have a hobby I'm committed to



I have a passion



I have a purpose

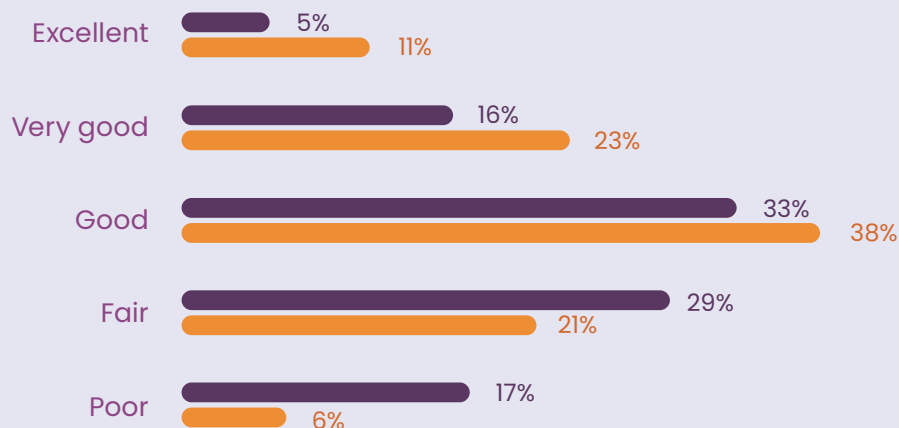


I keep up with the news



How is your mental health currently?

● National ● Scape



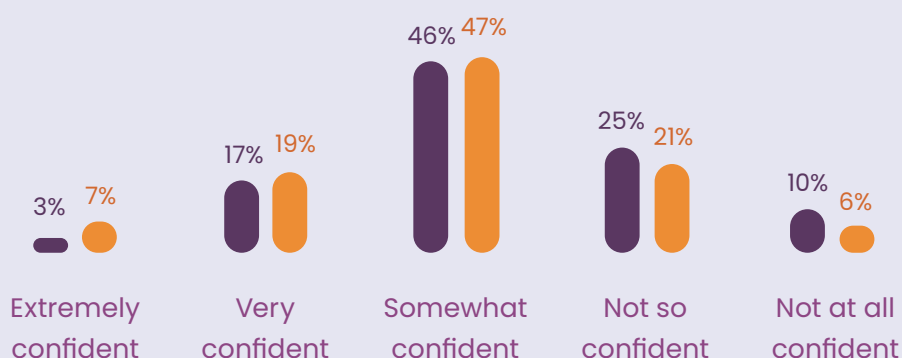
Insight:

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.



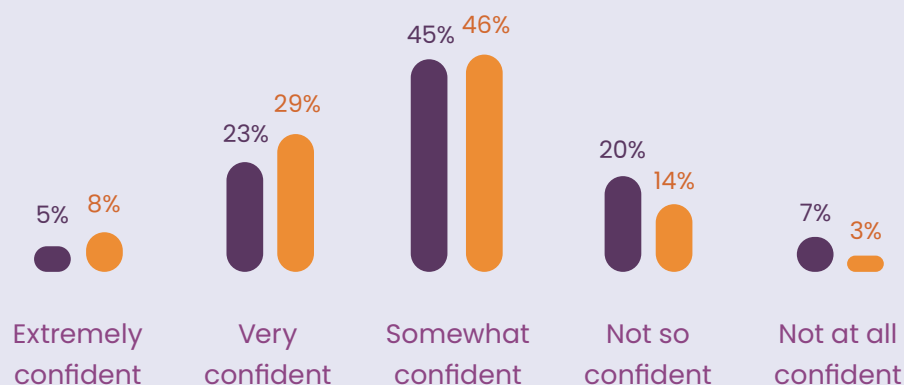
How confident are you in your physical appearance currently?

● National ● Scape



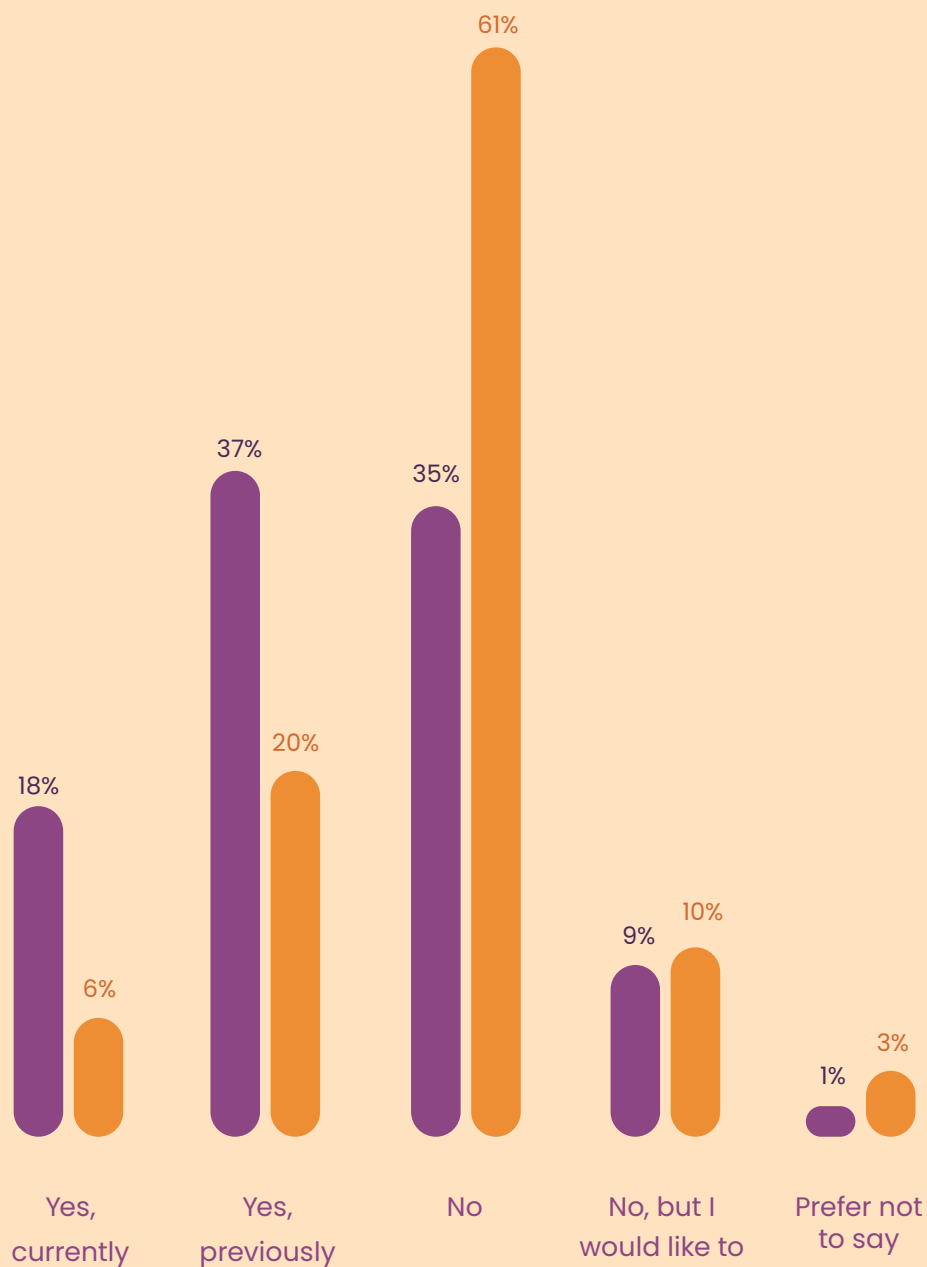
Besides physical appearance, how confident are you in yourself generally?

● National ● Scape



Have you had mental health therapy?

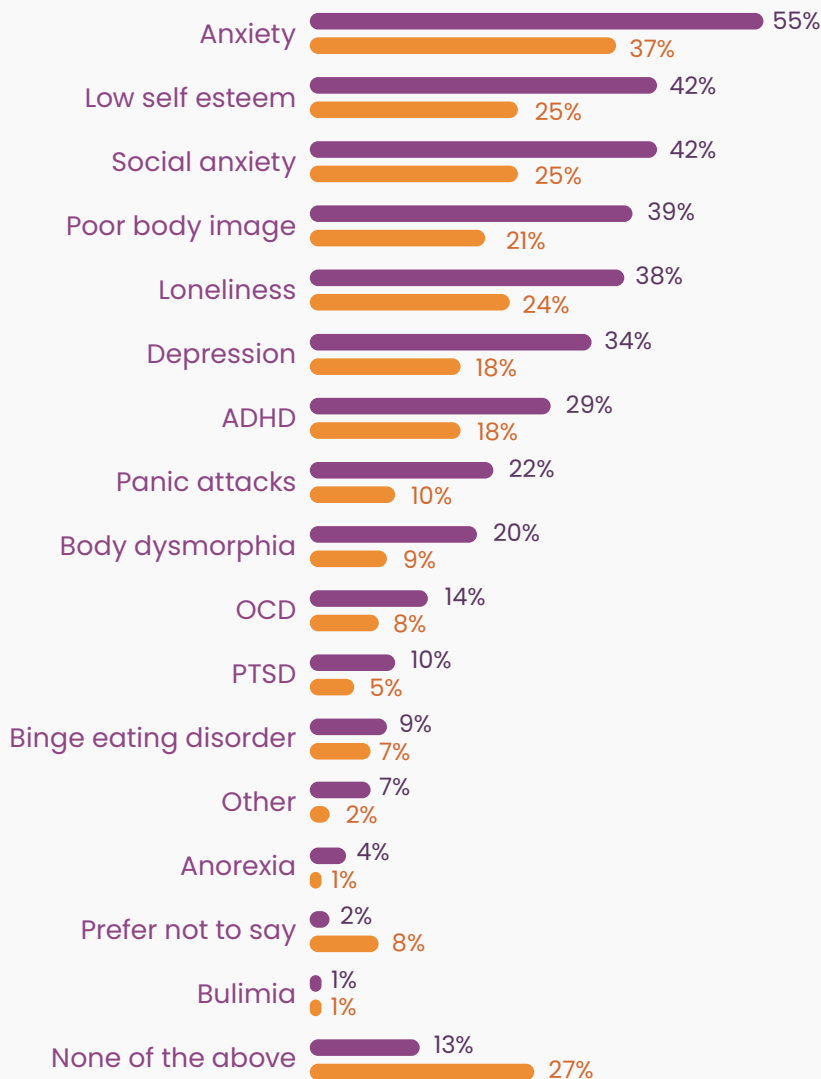
● National ● Scape





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

● National ● Scape



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

OCD

2024

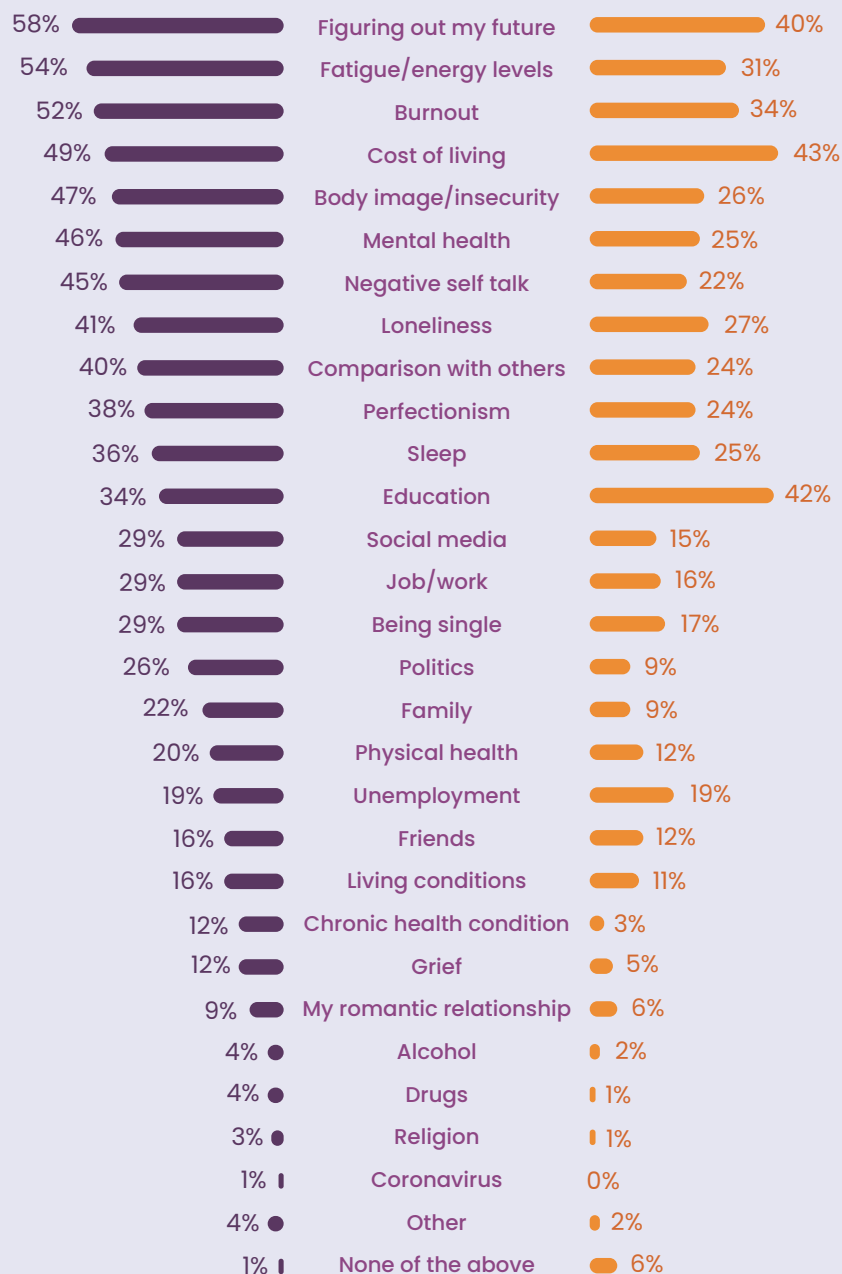
10%

2025

14%

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

Education



Politics



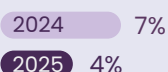
Family



Unemployment



Alcohol

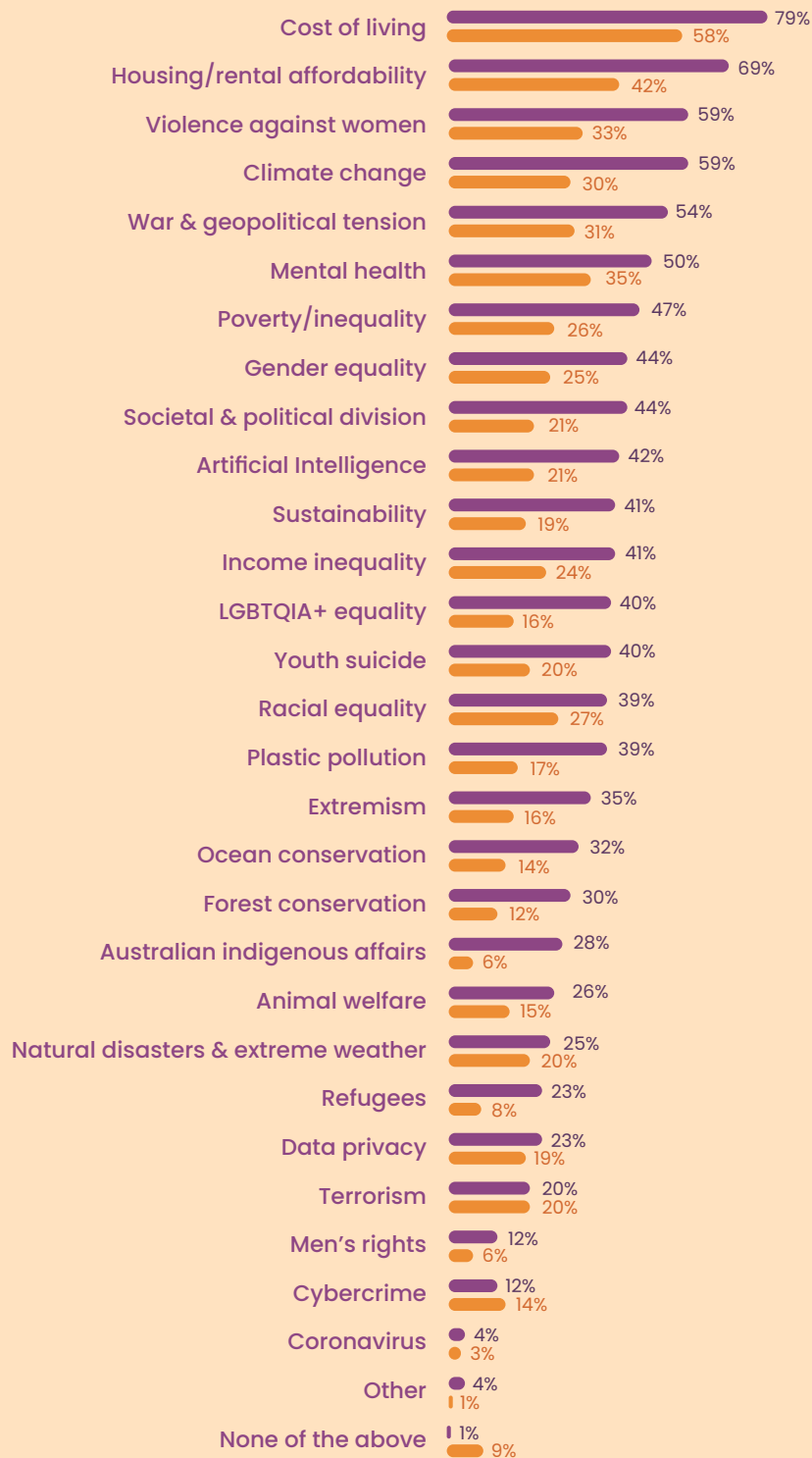


Cost of living



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

● National ● Scape





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

Housing/rental affordability



Violence against women



Climate change



War & geopolitical tension



Poverty/inequality



Gender equality



Societal & political division



Artificial Intelligence



Sustainability



Income inequality



LGBTQIA+ equality



Plastic pollution



Racial equality



Extremism



Ocean conservation



Forest conservation



Australian Indigenous affairs



Natural disasters & extreme weather



Refugees



Data privacy



Terrorism



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

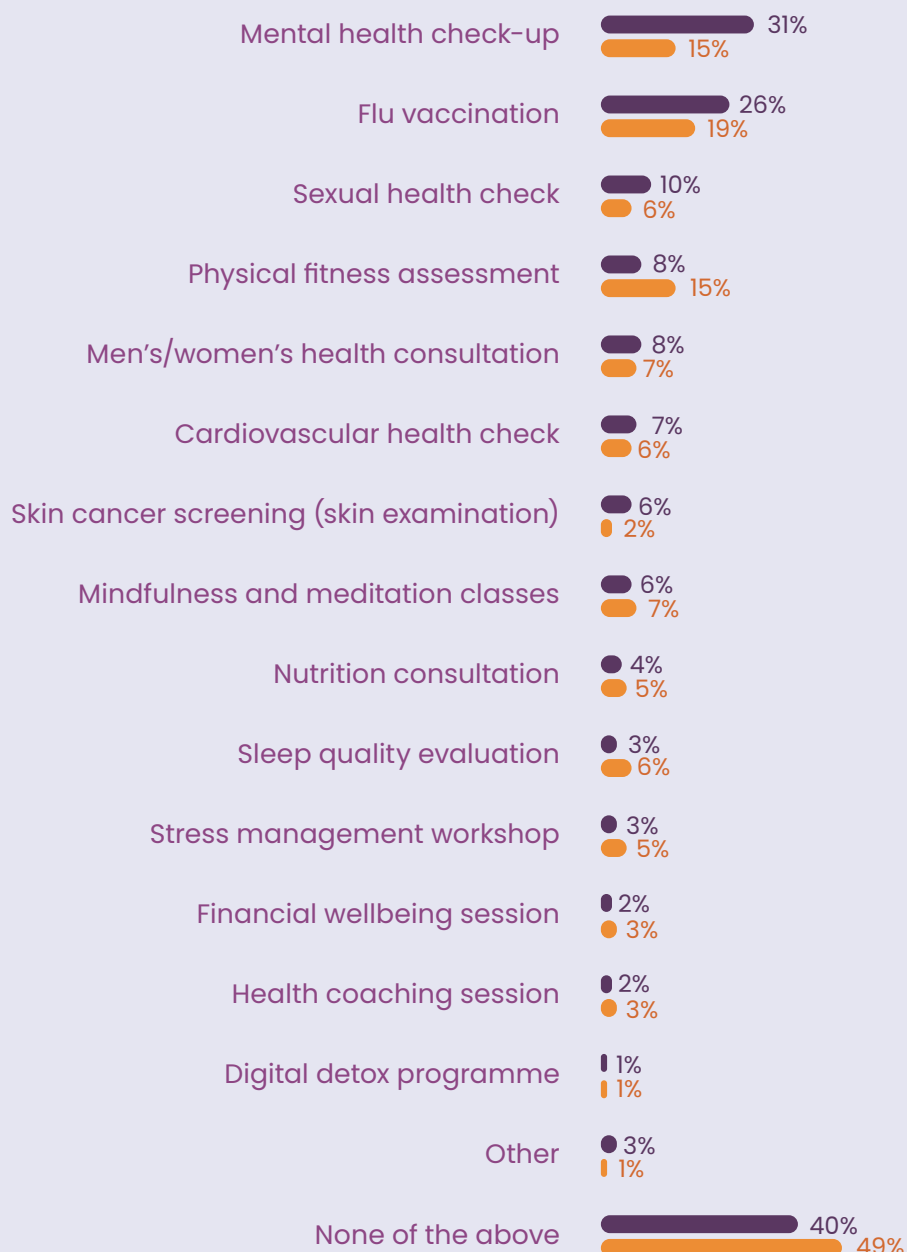


Journalling



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

● National ● Scape



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

● National ● Scape



Are you currently struggling to make friends?

National

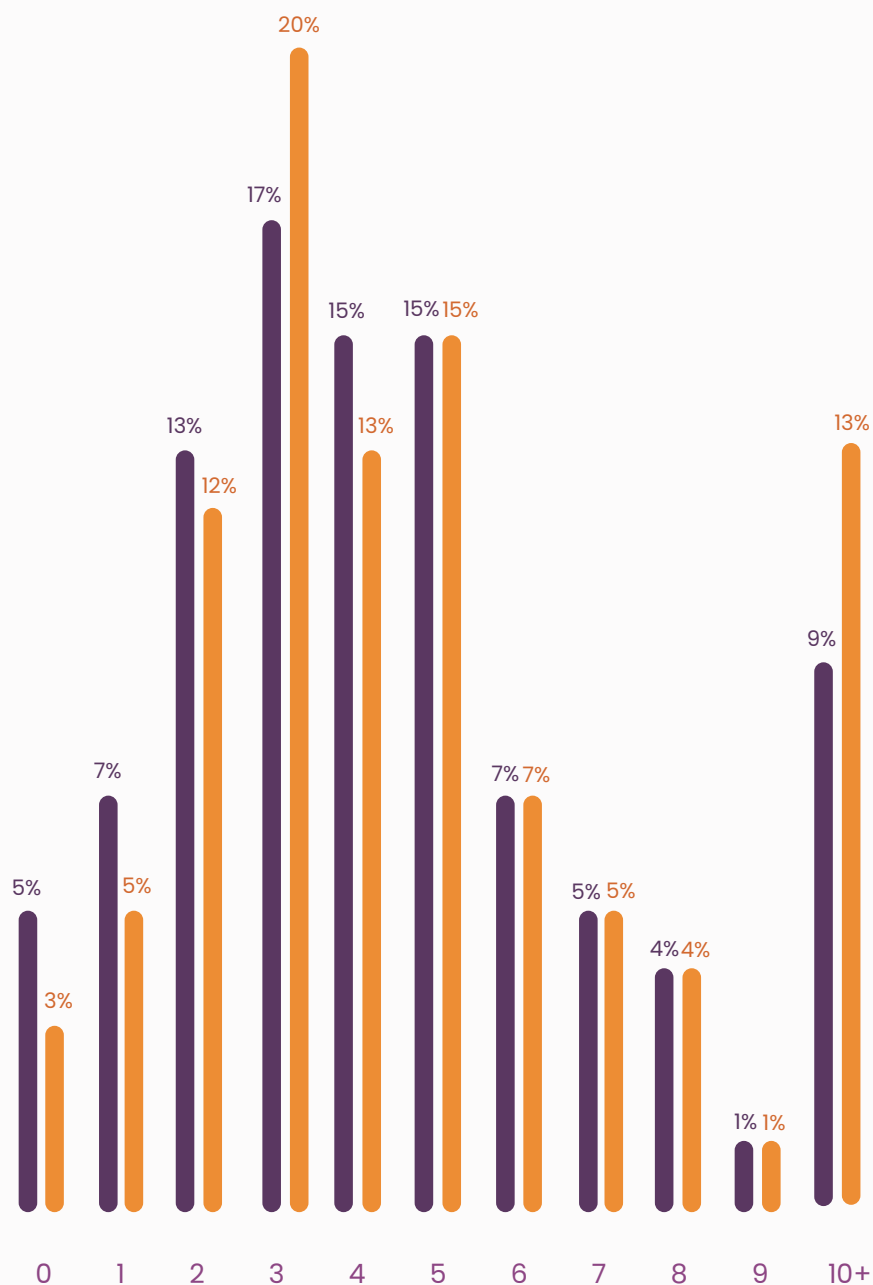


Scape



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

● National ● Scape

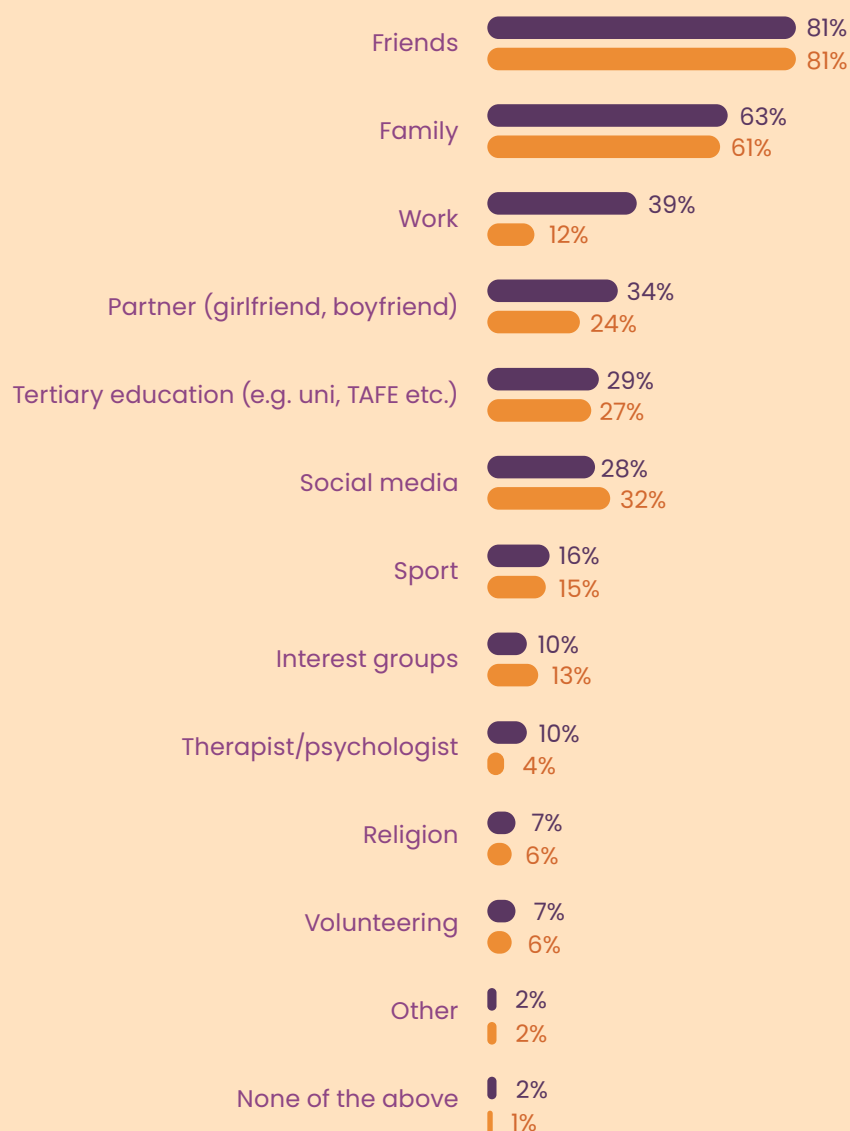


Average number of close friends – 4



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

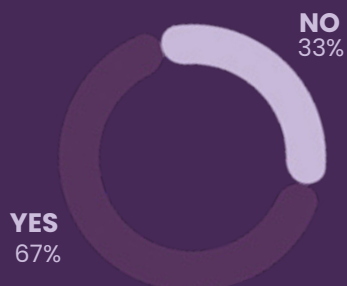


Sport



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

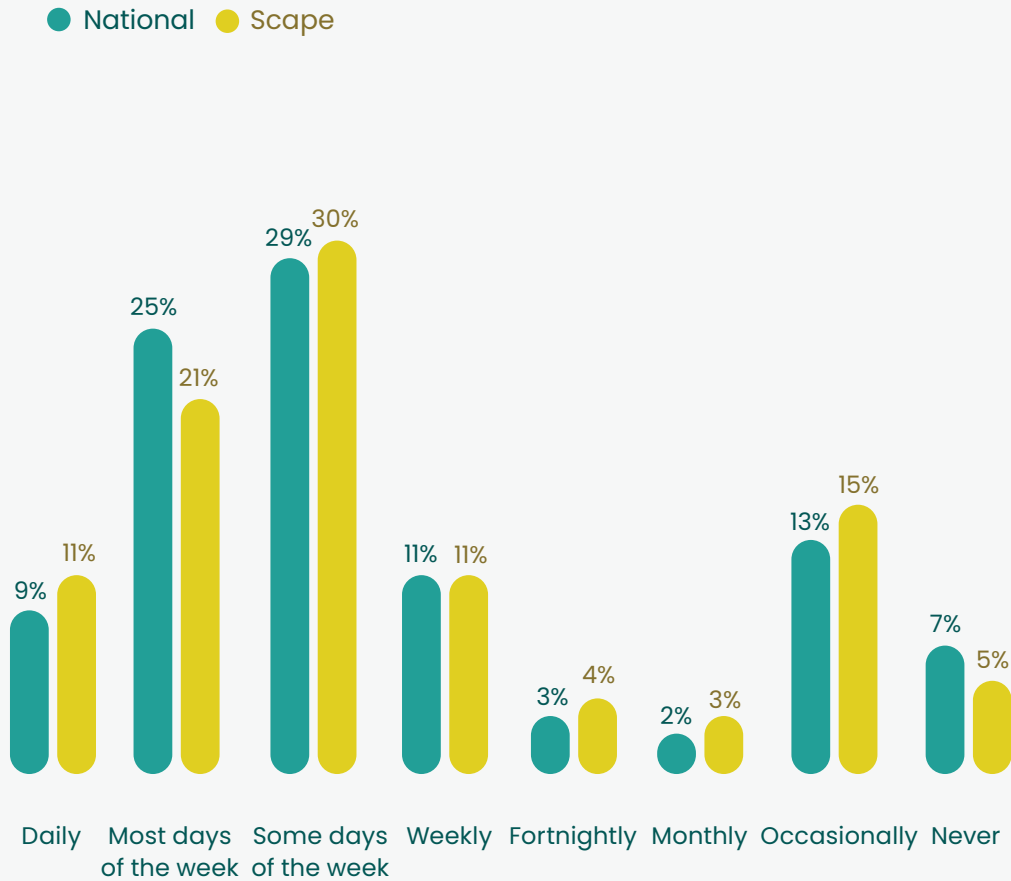


Significant changes between 2024 and 2025

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?

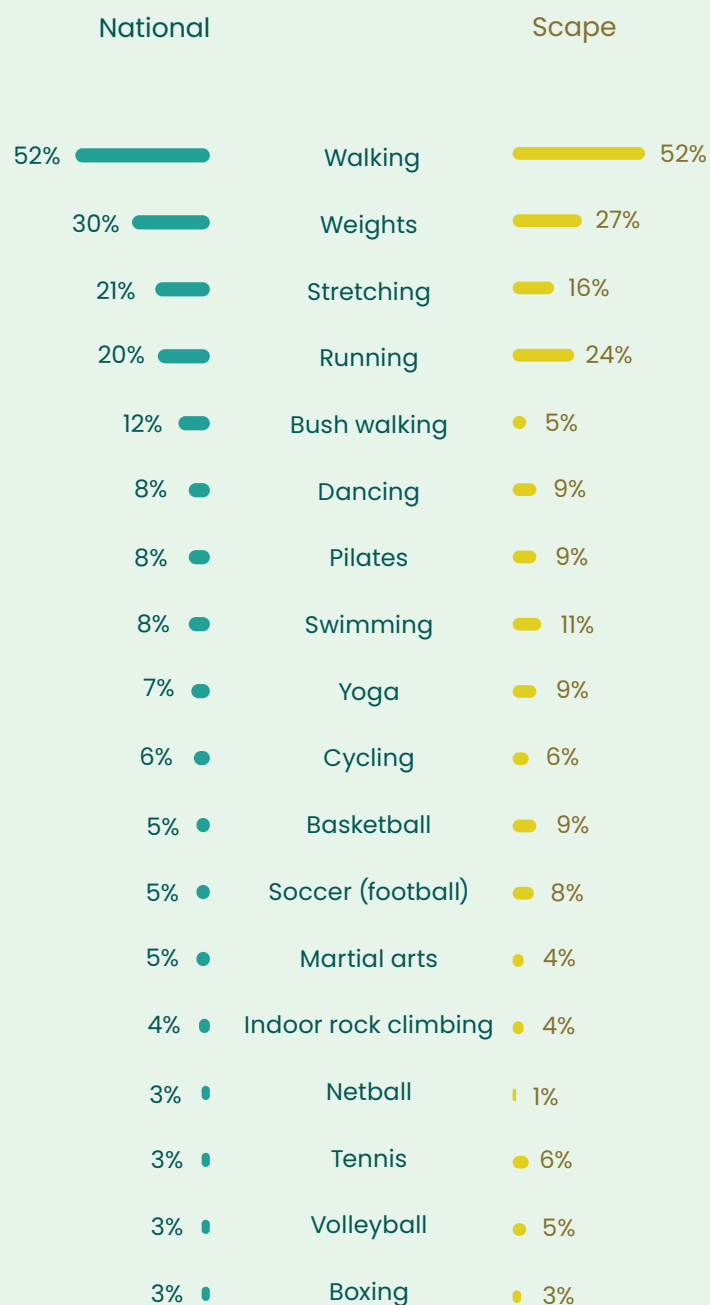


Significant changes between 2024 and 2025

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)

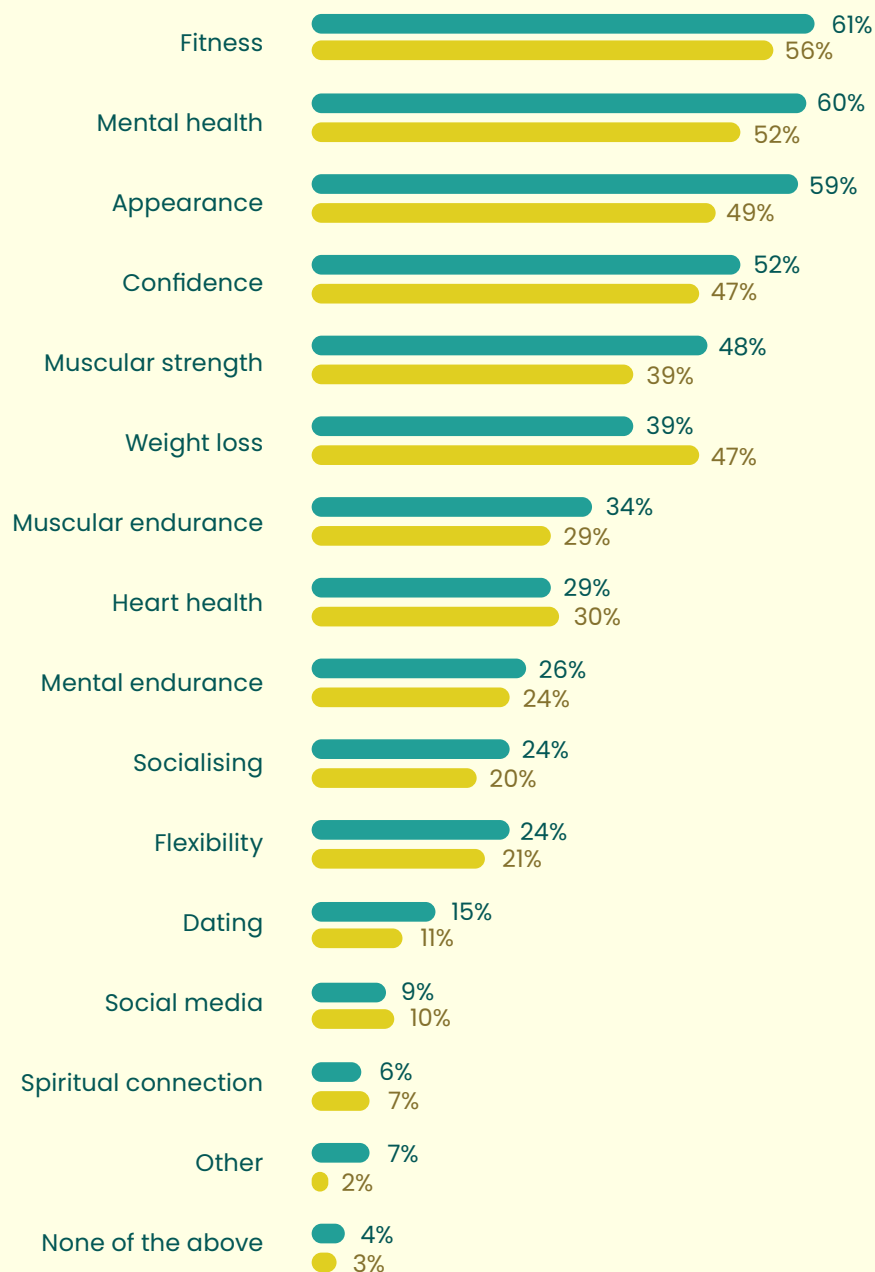


Which of the following exercises/sports do you do? (Tick all that apply)



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

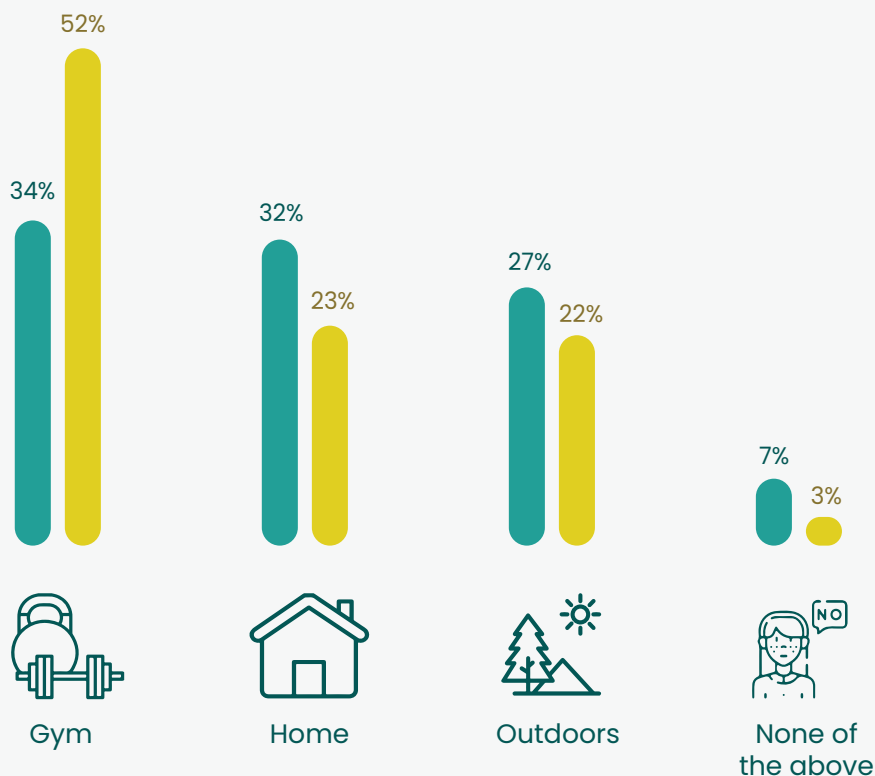
● National ● Scape





Where do you prefer to exercise?

● National ● Scape



Significant changes between 2024 and 2025

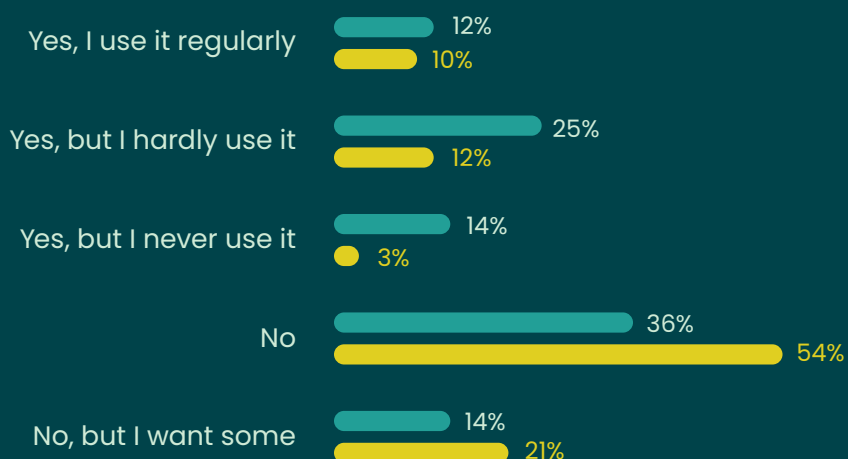
National

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.



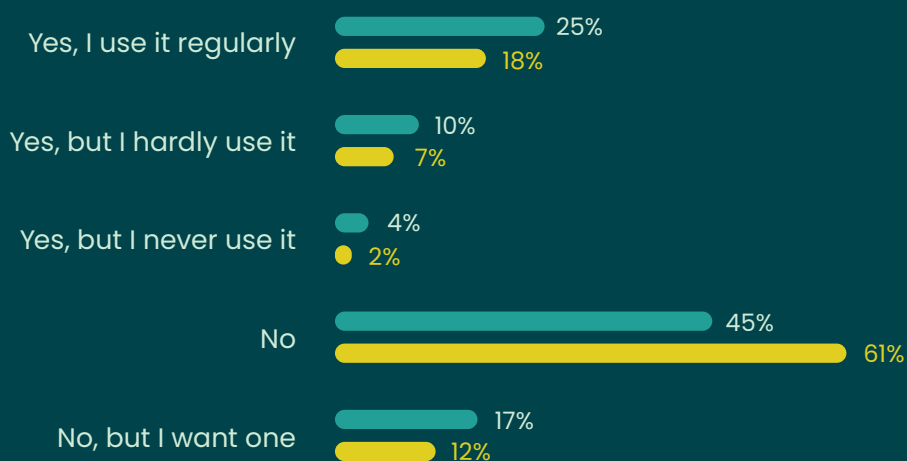
Do you have home exercise equipment?

● National ● Scape



Do you have a gym membership?

● National ● Scape



Significant changes between 2024 and 2025

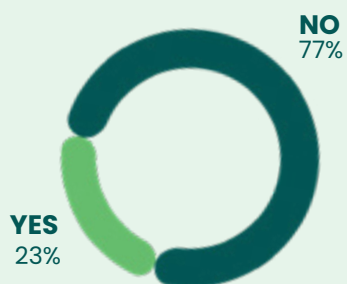
National

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.

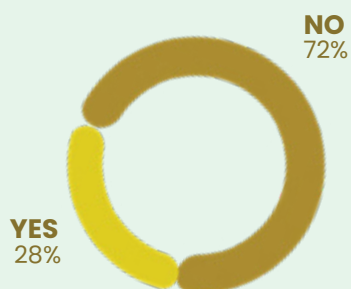


Do you use a fitness tracker?

National



Scape



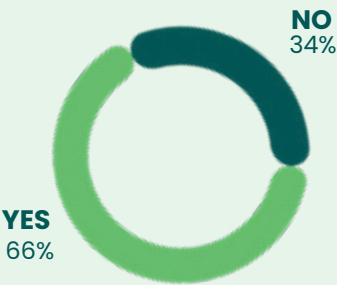
Significant changes between 2024 and 2025

National

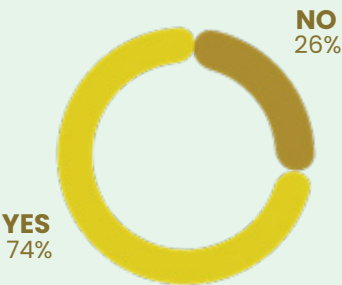
Fitness tracker usage has declined from 27% to 23% over the past year, indicating a growing disengagement from health self-monitoring tools.

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

National



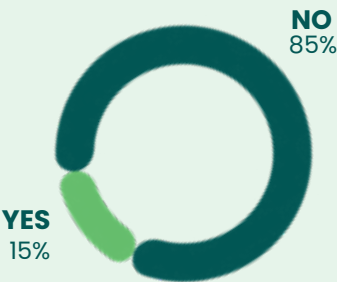
Scape



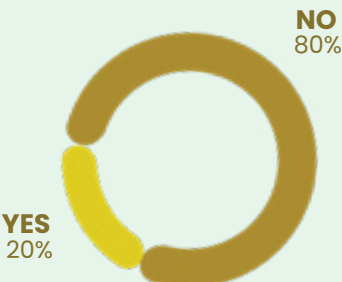
*Only answered by fitness tracker users.

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.

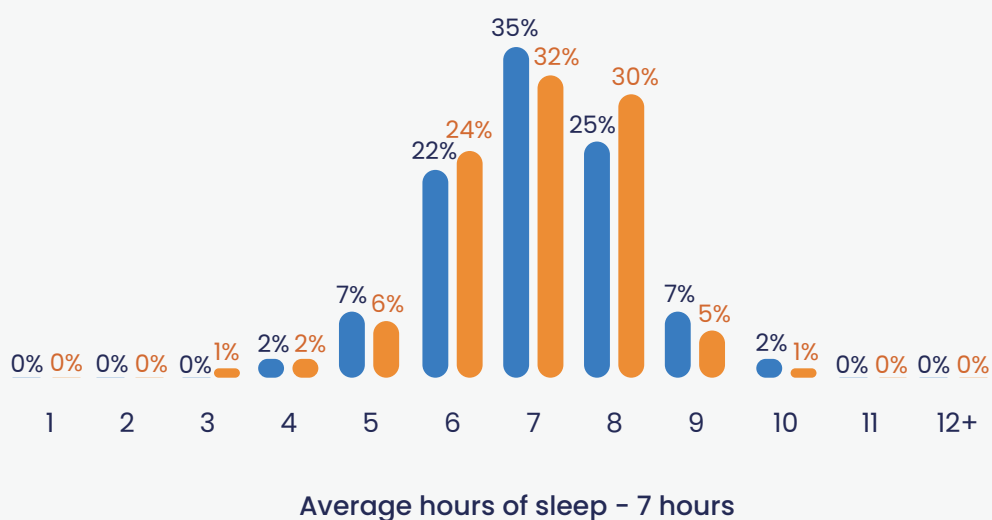
Are you an early bird or a night owl?

● National ● Scape

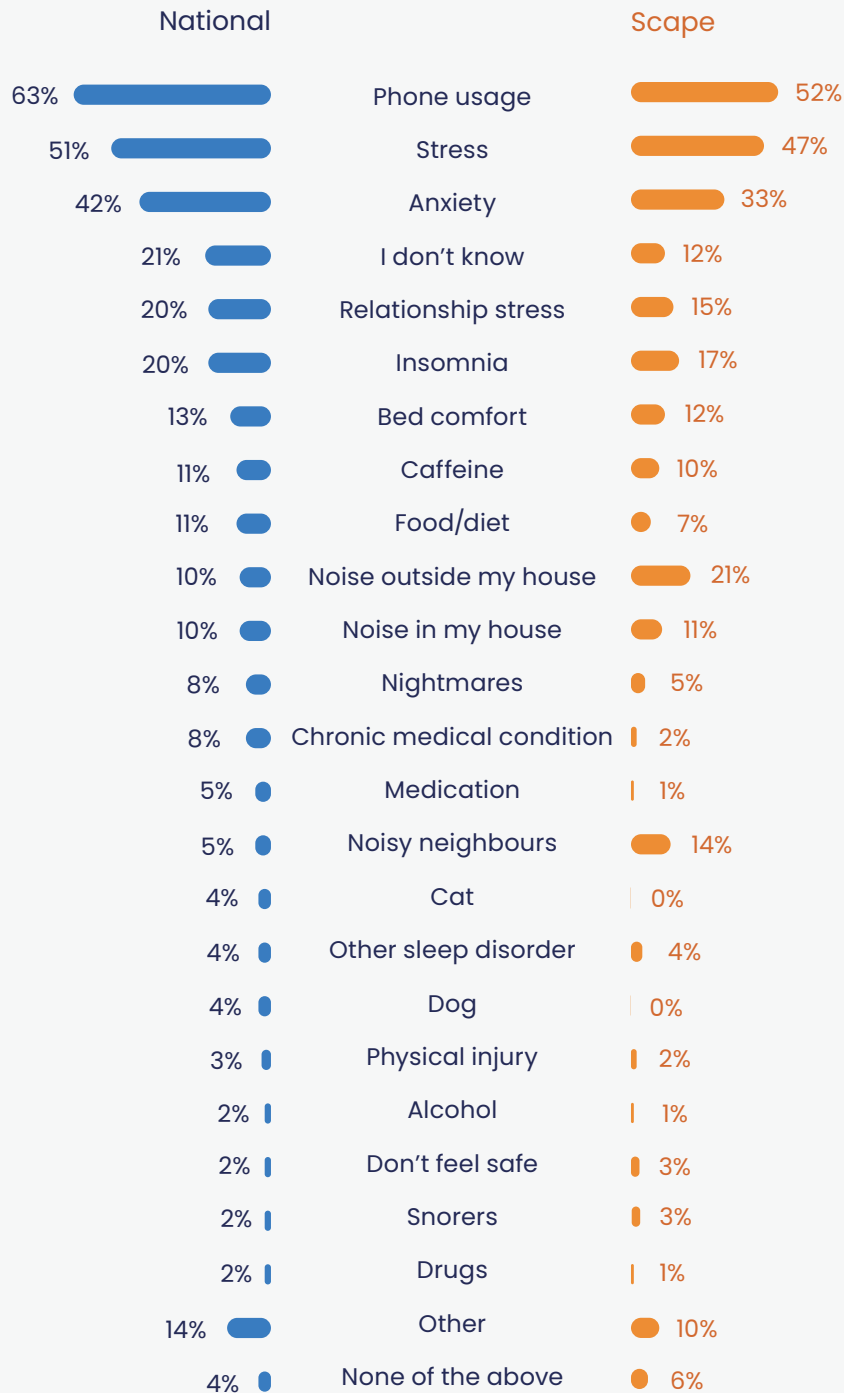


How many hours of sleep do you get per night on average?

● National ● Scape

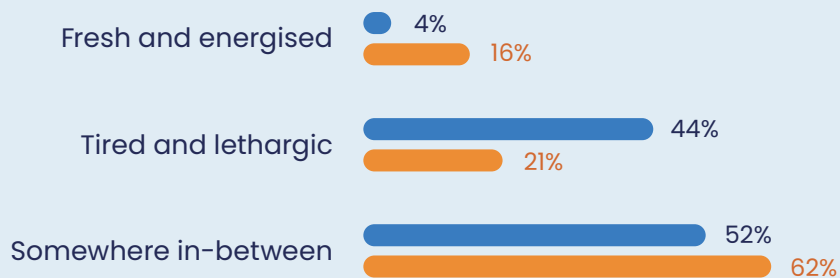


What is preventing you from getting a good night's sleep currently? (Tick all that apply)



How do you usually feel when you wake up?

● National ● Scape



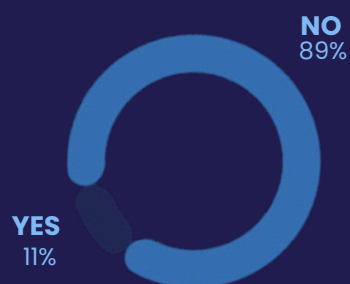
Insight:

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.

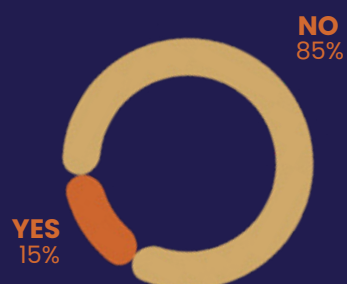


Do you use a sleep tracker? (i.e. a device or phone app which records your sleep patterns to monitor the quality of your sleep.)

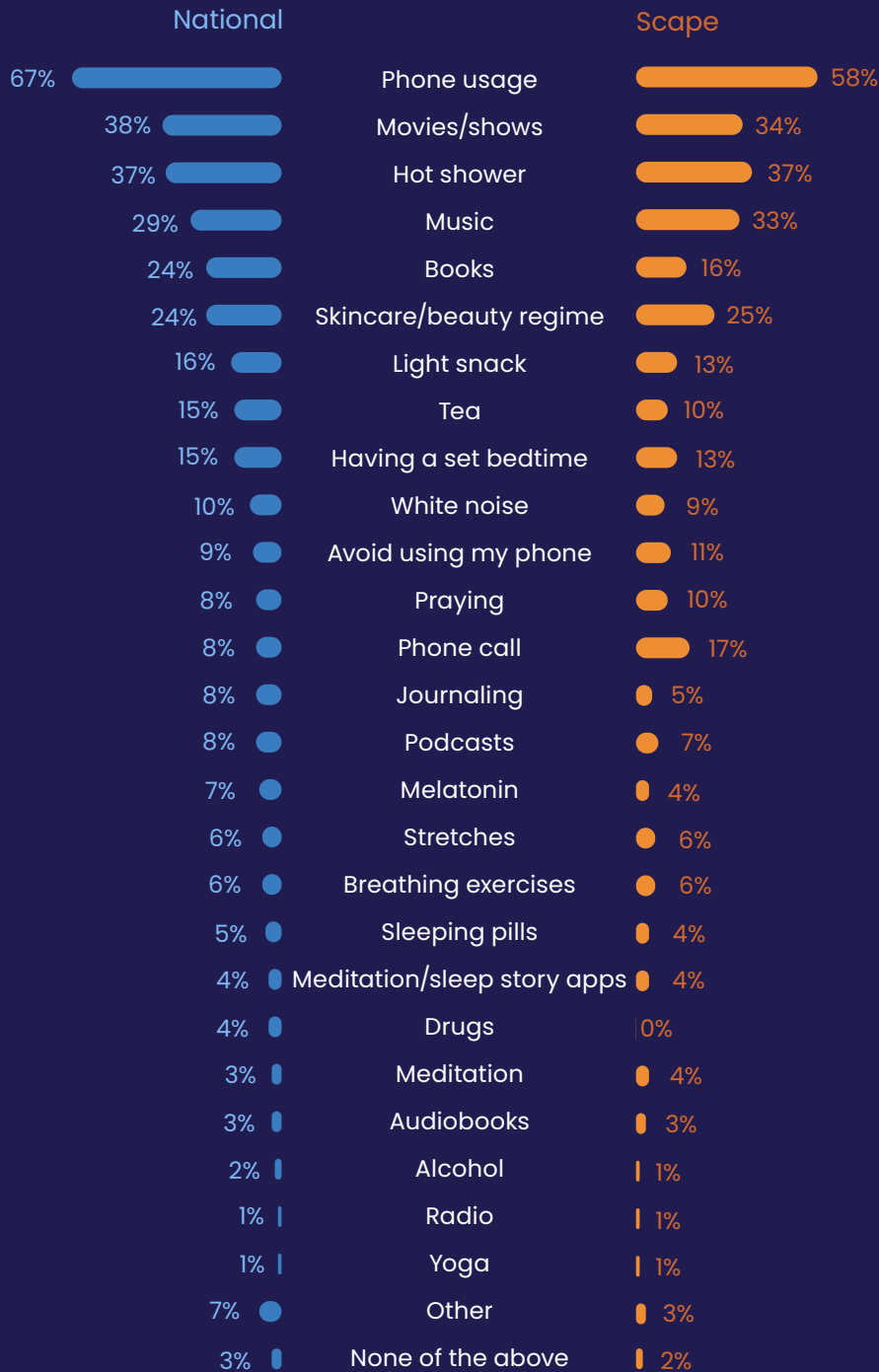
National



Scape



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)





SUP

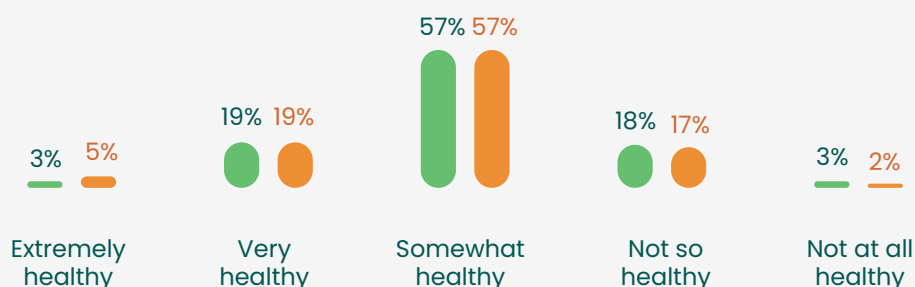


Diet

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.

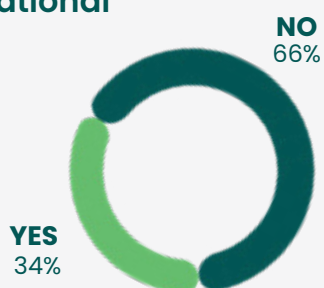
How would you describe your diet on average?

● National ● Scape

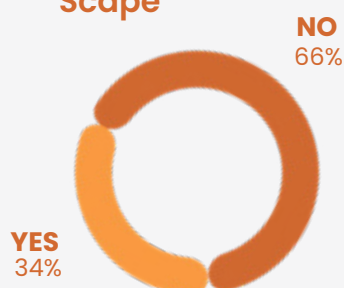


On average do you eat the recommended 2 serves of fruit per day?

National



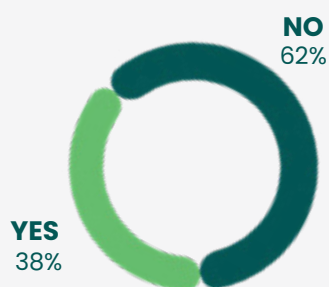
Scape



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

*5 for females, 6 for males

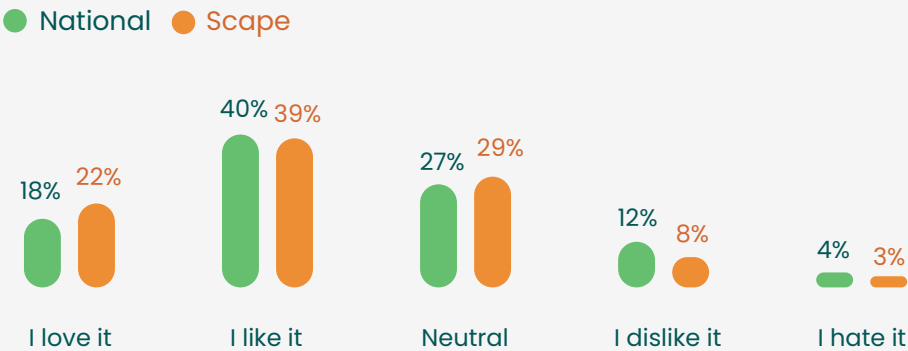
National



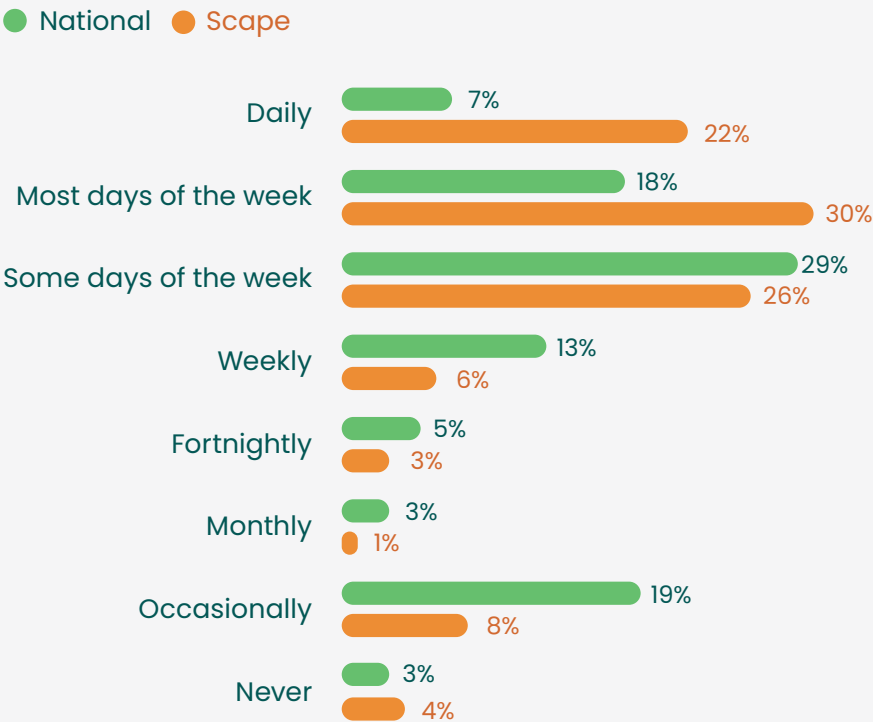
Scape



How much do you like to cook?



How often do you cook on average?



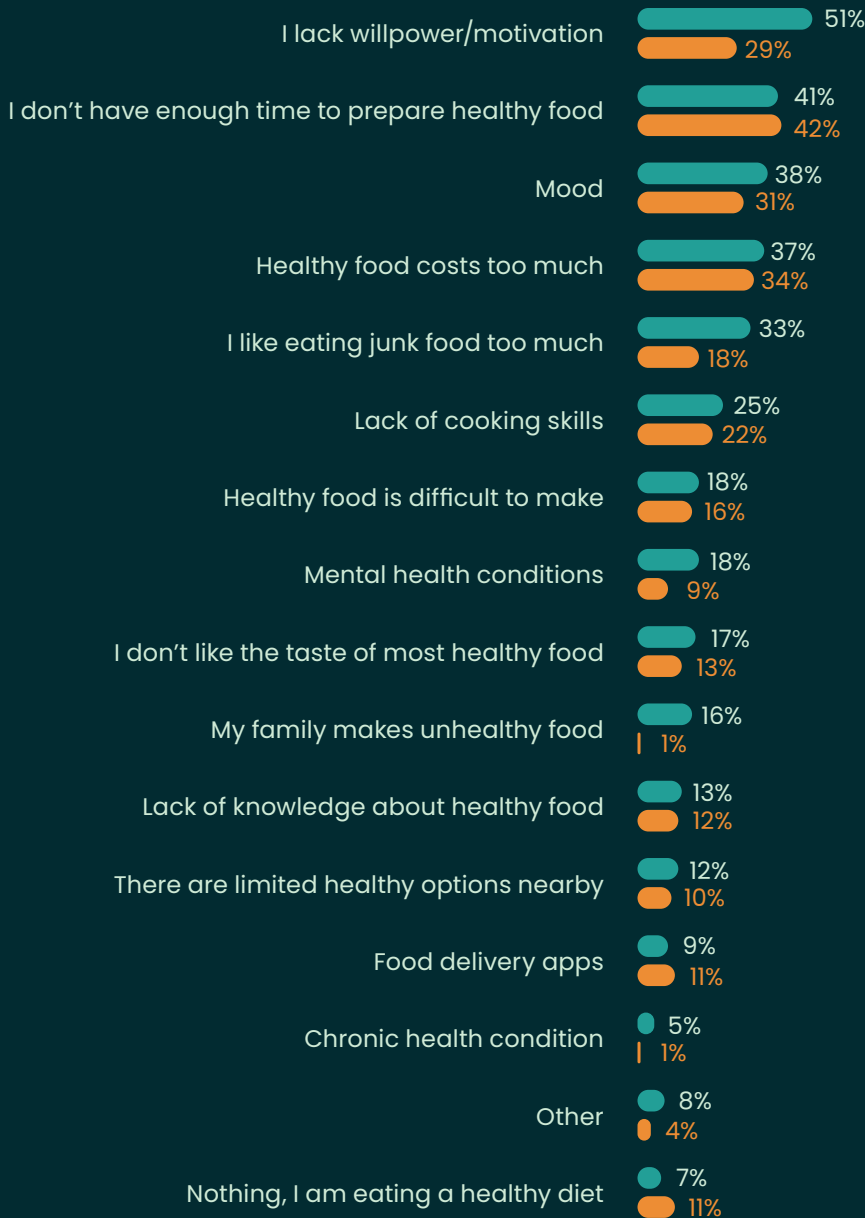
Insight:

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



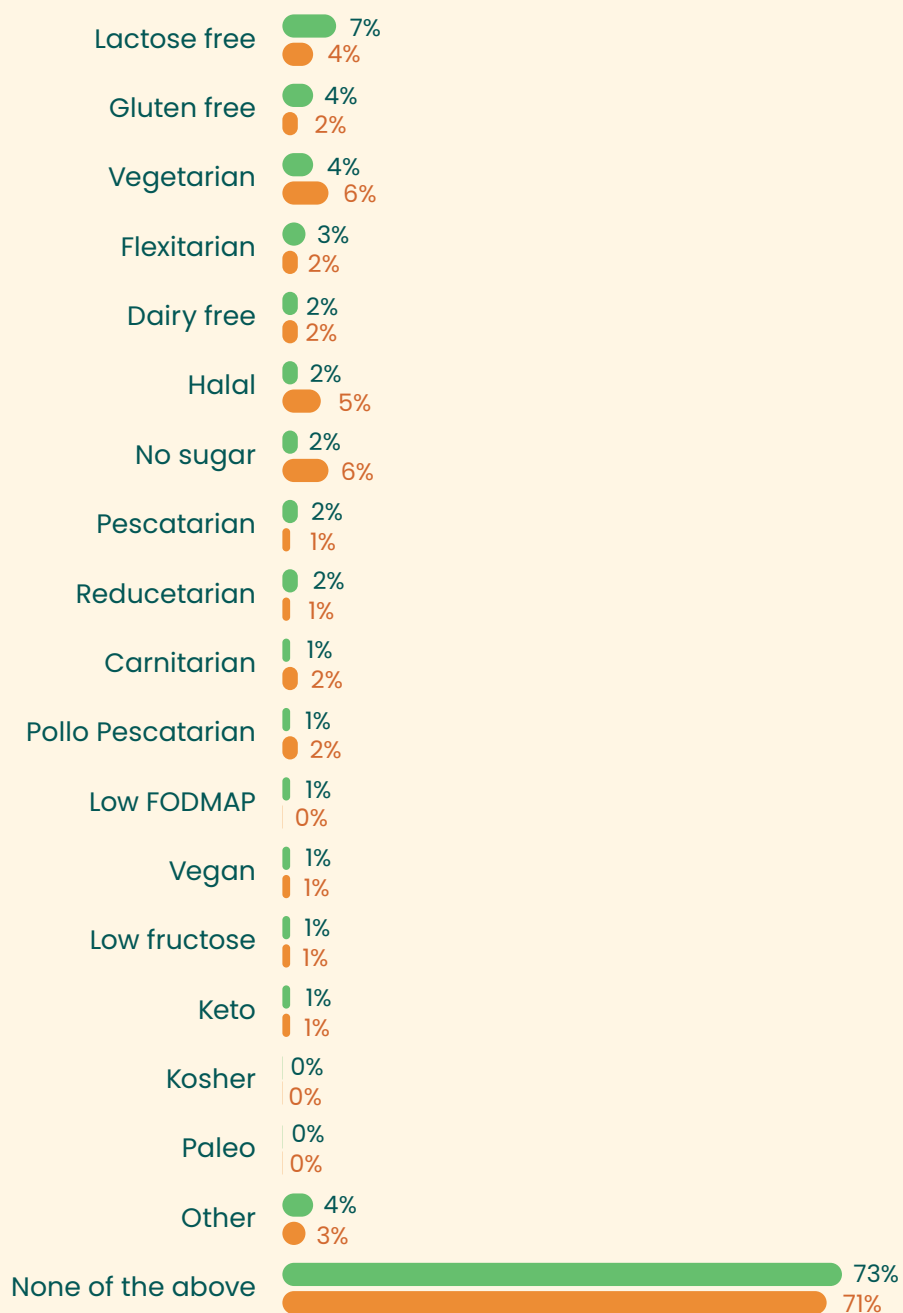
What’s negatively impacting your diet? (Tick all that apply)

● National ● Scape



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

● National ● Scape

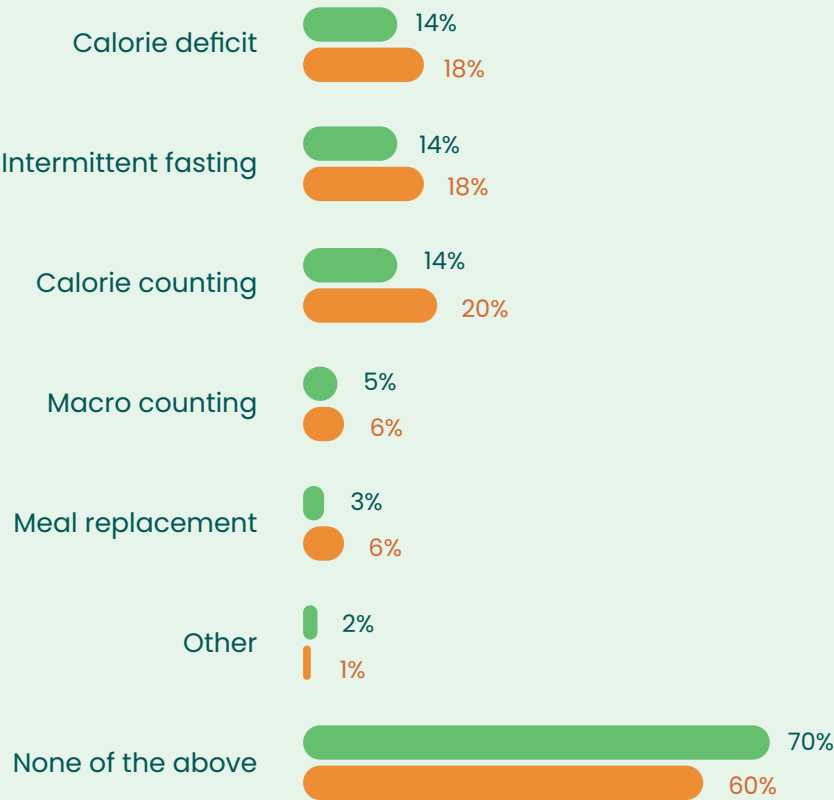






Which of the following do you do?
(Tick all that apply)

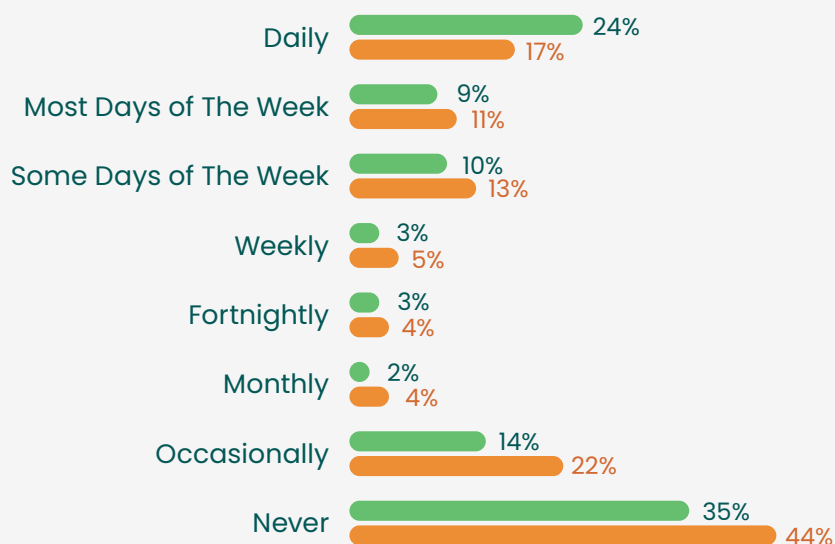
● National ● Scape



How often do you have the following?

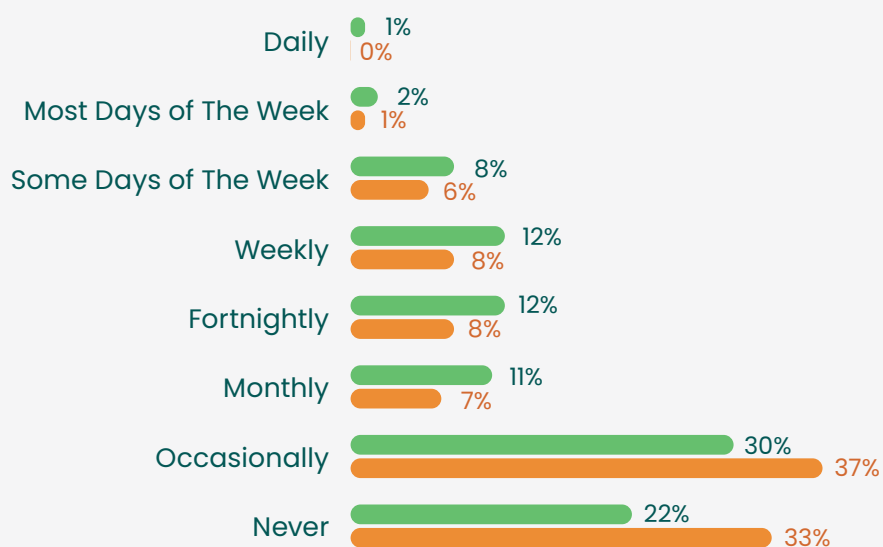
Coffee

● National ● Scape



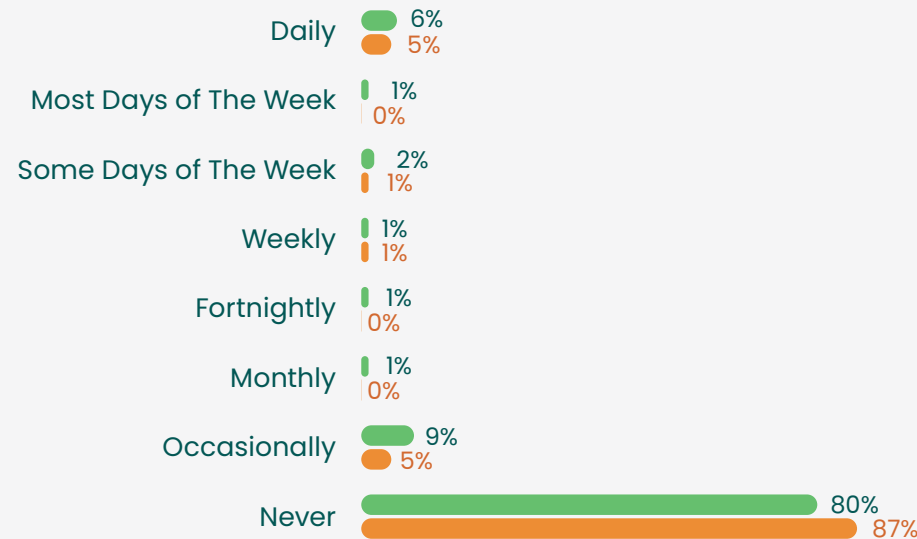
Alcohol

● National ● Scape



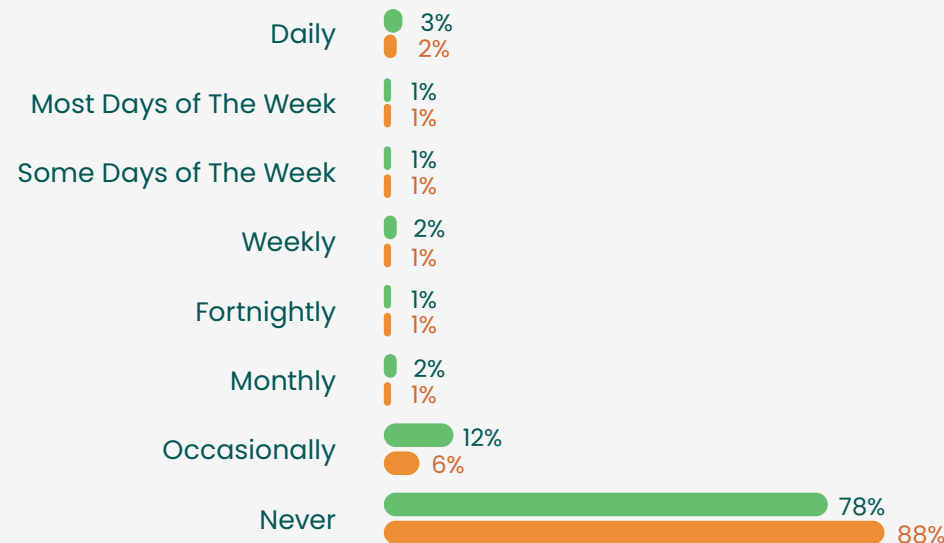
Vapes

● National ● Scape



Cigarettes

● National ● Scape









结语

在不断变化的世界中找到平衡,是许多年轻人所面临的重要课题。

正如本调查报告所示,相较于2024年,2025年有越来越多的年轻人开始关注对社会产生深远影响的重大议题,而这也成为本年度Z世代福祉指数中最显著的变化。Z世代福祉指数用于追踪澳大利亚年轻人的整体福祉,今年为该指数统计的第三年。

鉴于2024年和2025年Z世代在社会层面关注事项的差异,政策制定者、教育者和企业领导者应认真看待相关议题,并设想如何提供有益的支持途径,为年轻世代提供引导。这类支持将有助于塑造他们所关注的未来。

今年与去年的福祉因素出现了明显变化,也成为我们观察当今世界新兴议题与影响力的窗口。教育、政治、失业与家庭问题,成为2025年年轻人生活中日益加剧的主要压力来源,而这些在多数年轻人的生活中都具有关键意义。

与此同时,一些主要福祉因素在过去一年中则相对不变。其中,年轻人对未来方向的迷惘,仍是广泛影响青少年生活的负面因素——这正是13年级面临的核心问题。此外,生活成本、住房与租赁问题依然是这一代人最关心的议题,也是Scape的营运焦点。

不过,Z世代健康方面的盲点也逐渐浮现。数据显示,在过去12个月中,主动接受心理与身体健康检查的年轻人比例偏低,反映出他们所面临的健康风险与实际采取的自我保护措施之间存在落差。这也凸显出提高年轻人健康素养与相关协助可及性的重要性与紧迫性。

值得欣慰的是,报告也发现了一些积极变化。相比去年,越来越多的年轻人发展出了兴趣与爱好,找到了人生的意义。电玩游戏、梗图(meme)、社交平台、书籍、书写日记和手工艺,皆成为他们日常放松的重要方式,也体现出Z世代在科技与传统兴趣之间的多元探索。

作为学生住宿提供商,Scape再次展现其成功的支持系统、运作模式与社会连结能力,持续通过全澳各地的学生宿舍大楼为年轻世代营造正向的生活环境。Scape已成功成为年轻人在人生探索阶段的首选目的地。

2025年Z世代福祉指数所揭示的最新发现,不仅呼吁我们立即行动,也为未来发展提供了明确方向。研究结果强调了提升健康教育的紧迫性、扩大预防性照护的可及性,以及打造具有目的性与支持性的居住环境,这些对于正面临日益复杂与高压生活的年轻世代而言,尤为关键。

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