

भूमिका और नर्णायक वचार” हर्दी में

# 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.



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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.

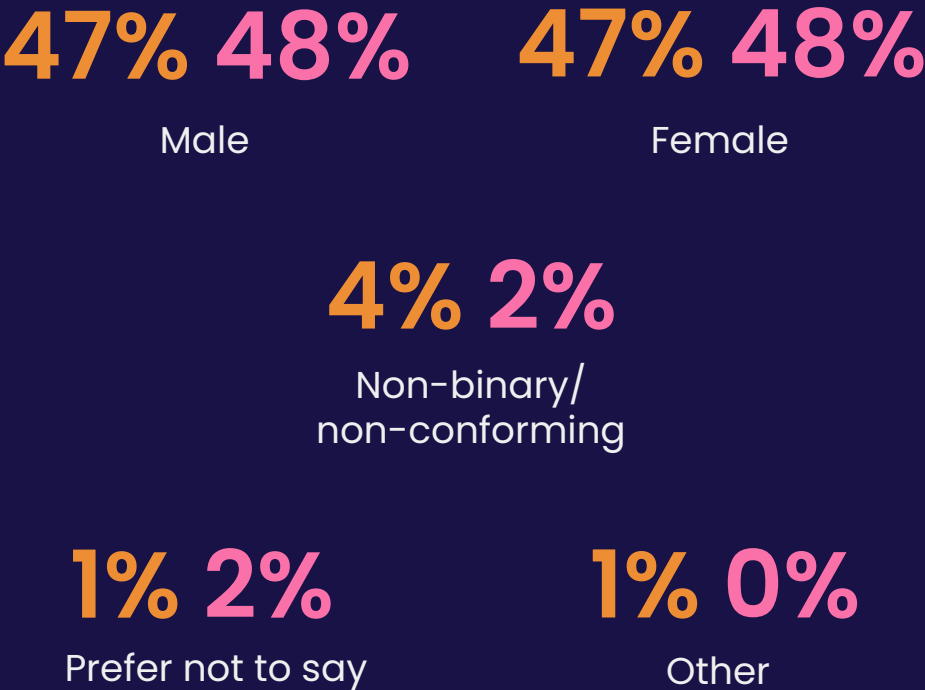
A total of 2000 survey responses provides a large enough sample size to draw valid conclusions that represent Australia's youth population. With a sample size of at least  $n=2021$  we can be 95% confident that the metrics are within  $\pm 3\%$  of the result had we surveyed all 2,900,000 Australian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

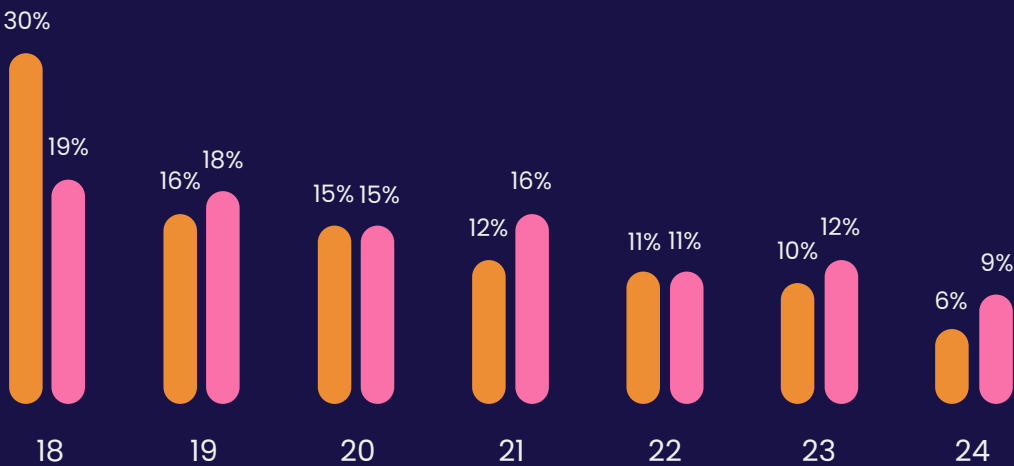
See the next page for combined demographics of these surveys



GENDER BREAKDOWN



AGE BREAKDOWN







# भूमिका

ऑस्ट्रेलियाई युवाओं पर दबाव बढ़ता जा रहा है। ऐसा दिन-प्रतिदिन के जीवन के खर्चों के कारण नहं है, जैसा कि शायद आपने सोचा हो, बल्कि स्थानीय स्तर से खे कर वैश्विक स्तर के पैमाने तक के वर्तमान मुद्दों के कारण है, जो कई तरह से युवाओं के नियंत्रण से बिल्कुल परे हं।

जलवायु परिवर्तन, भौगोलिक-राजनैतिक तनाव, और आर्थिक-सामाजिक अस्थिरता का फैलाव, युवाओं को इनसे संबंधित तेज़ी से बढ़ती चिंताओं का सामना अब सदियों से चली आ रही समस्याओं के साथ-साथ करना पड़ रहा है, जैसे कि अपने भविष्य के बारे में सोचना, थकान, लगातार अत्यधिक परिश्रम के कारण उकता जाना।

लेकिन नई कंपन भी दिखाई दे रही हैं। मानसिक स्वास्थ्य की दर लगभग स्थिर ही रही है, युवा लोग और अधिक संख्या में शुगल को अपना रहे हं, अपने खास समय में सृजनात्मक चीज़ें कर रहे हं, और उनके जीवन में अधिक उमंग है और वे अपने जीवन के प्रयोजन को समझते हं। हालांकि युवा लोग पिछले वर्षों के मुकाबले खेलों और व्यायाम में कम भाग ले रहे हं, उनके वेपिंग और मदिरापान की दर में भी बहुत बड़ी कमी हुई है।

Gen Z Wellbeing Index 2025, इस इंडेक्स के तीसरे वर्ष में, 18 से 24 वर्ष के देश भर के 2,000 से अधिक ऑस्ट्रेलियाई युवाओं के मानसिक स्वास्थ्य, व्यायाम, नींद और आहार के बारे में किए गए एक सर्वेक्षण के आधार पर उनकी तंदुरुस्ती की स्थिति पर समुचित जानकारी प्रदान करता है।

यह रिपोर्ट Year13 द्वारा विद्यार्थियों के आवास प्रदाता Scape के सहयोग से बनाई गई है और Scape के विद्यार्थियों के आवास स्थलों में रह रहे उसी उम्र के युवा लोगों के एक जैसे घटक पर आधारित है, इसमें सिडनी, मेलबोर्न, ब्रिस्बेन, और एडिलेड की सम्प्रियां में रह रहे 1,000 से अधिक लोगों को सर्वेक्षण में शामिल किया गया था। एक सकारात्मक तथ्य यह है कि Scape के आवास में रहने वाले की तंदुरुस्ती का स्तर युवा लोगों के राष्ट्रीय औसत से बेहतर पाया गया है। उनका मानसिक स्वास्थ्य अत्यधिक बेहतर है, साथ ही उनकी नींद और सामाजिक जीवन में भी बेहतरी आई है।

उनकी दिन-प्रतिदिन की तंदुरुस्ती के सूचक यह दर्शाते हं कि Scape जैसे संरचनात्मक, समुदाय पर केंद्रित आवास के वातावरण में रहने वाले के लिए जीवन के इतने निमातमक चरण में स्थिरता, सामाजिक संबंध और अधिक स्वतंत्रता की भावना होने से एक संरक्षणात्मक प्रभाव पड़ सकता है।

2023 में Gen Z Wellbeing Index के आरंभ होने के बाद Scape ने कई तरह की लक्षित पहल और शारीरिक और भावनात्मक तंदुरुस्ती पर जोर देने के कार्यक्रमों की शुरुआत की है, जिससे उसके कर्मचारियों और निवासियों, दोनों को ही लाभ हुआ है। इनमें आवश्यकतानुरूप प्रशिक्षण की शुरुआत शामिल है, जैसे कि Headspace के साथ साझेदारी में नवंबर 2024 से आरंभ किए गए 'Supportive Conversations' जैसे प्रशिक्षण, और Mental Health First Aid, जिसका उद्देश्य मानसिक स्वास्थ्य के बारे में निवासियों की साक्षरता को बढ़ाना और जिन्हें इसकी आवश्यकता है, उनके लिए सहायता उपलब्ध करवाना था।

इस वचनबद्धता को आगे बढ़ाने के लिए Scape ने Scape Safe Hub की शुरुआत भी की है, जो सुरक्षा के पारंपरिक तरीकों से आगे बढ़ कर एक समाविष्ट हल प्रदान करता है। इसके अलावा, Scape ने Headspace के साथ अपनी भागीदारी को और मज़बूत किया है जिससे उसके निवासियों को Gen Z की सोने संबंधी विशिष्ट चुनौतियों का सामना करने के लिए विशिष्ट डिजिटल सामग्री प्रदान की जा सके, जिससे स्वस्थ तरीके से सोने की आदत को बढ़ावा मिले, और उनकी कुछ भावनात्मक तंदुरुस्ती में वृद्धि हो। इसमें Spotify के ज़रिए Gen Z के लिए एक प्रायोजित सोने की प्लेलिस्ट शामिल है, क्योंकि युवा लोगों का बहुत सा समय उसी में व्यतीत होता है। Scape के निवासियों को पोषक आहार पर केंद्रित कार्यक्रमों और शारीरिक और भावनात्मक स्वास्थ्य, दोनों के बारे में शैक्षिक जानकारी लगातार प्रदान की जाती है।

2025 में ऑस्ट्रेलियाई युवाओं और Scape के निवासियों की तंदुरुस्ती के बारे में अधिक गहन जानकारी के लिए आगे पढ़ें, इसमें 2024 के मुकाबले में उनकी आदतें और चिंताओं में हुए मुख्य परिवर्तन शामिल हं, जिनके द्वारा विश्व के युवाओं की दिनचर्या में एक वर्ष के मुकाबले, उसके अगले वर्ष तक हुए परिवर्तन की छवि देखने में सहायता मिलती है।













# Mental health

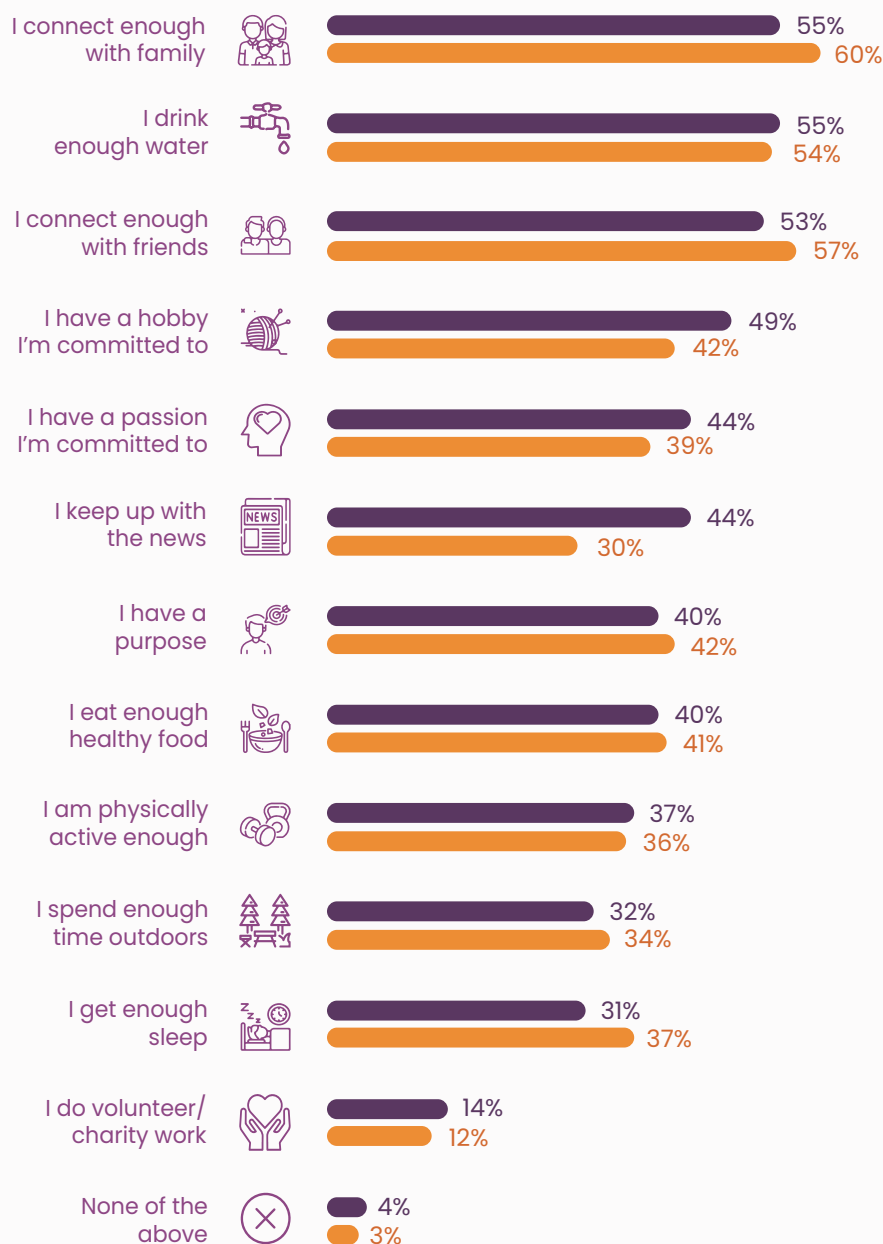
Between 2024 and 2025 young people in Australia showed a marked shift in both internal resilience and external concern. More are reporting a strong sense of purpose, passion, and engagement in hobbies, as well as higher levels of interest in current affairs, suggesting a growing drive for direction, 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

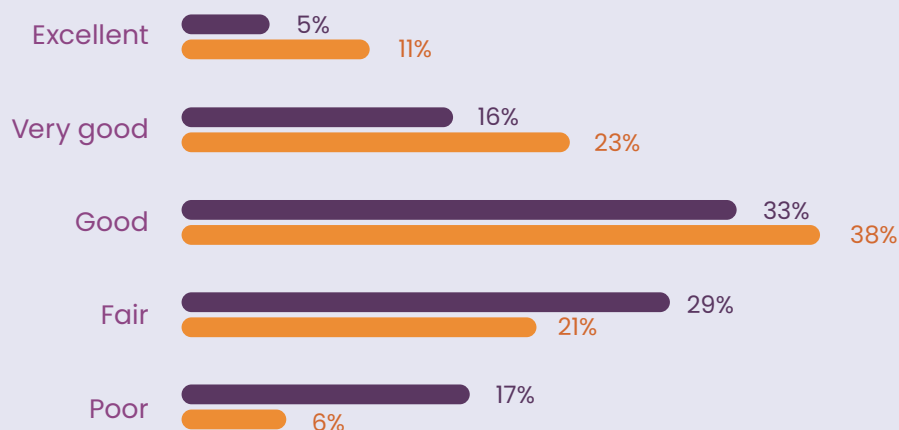


I keep up with the news



## How is your mental health currently?

● National ● Scape



### Insight:

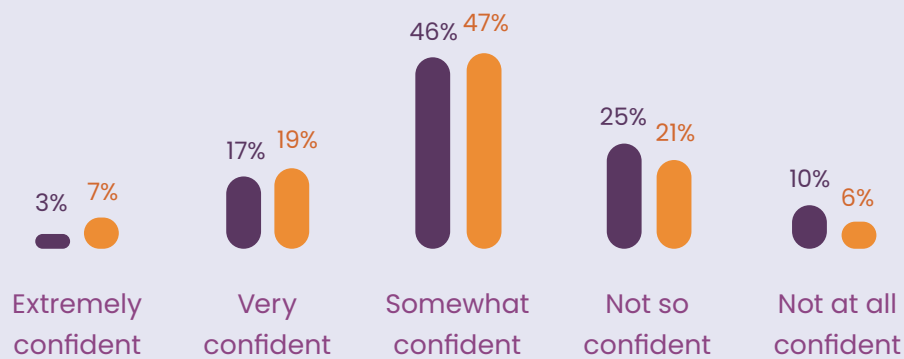
Scape residents are significantly more likely to report excellent mental health (11% vs 5%) and less likely to report poor mental health (6% vs 17%) compared to the national average.





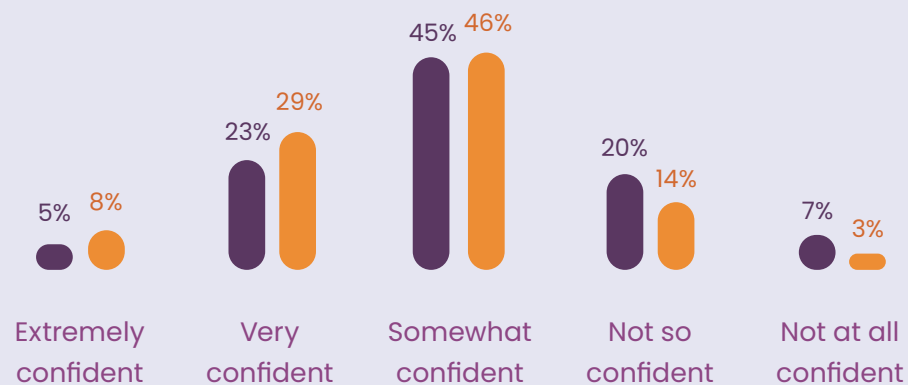
## How confident are you in your physical appearance currently?

● National ● Scape



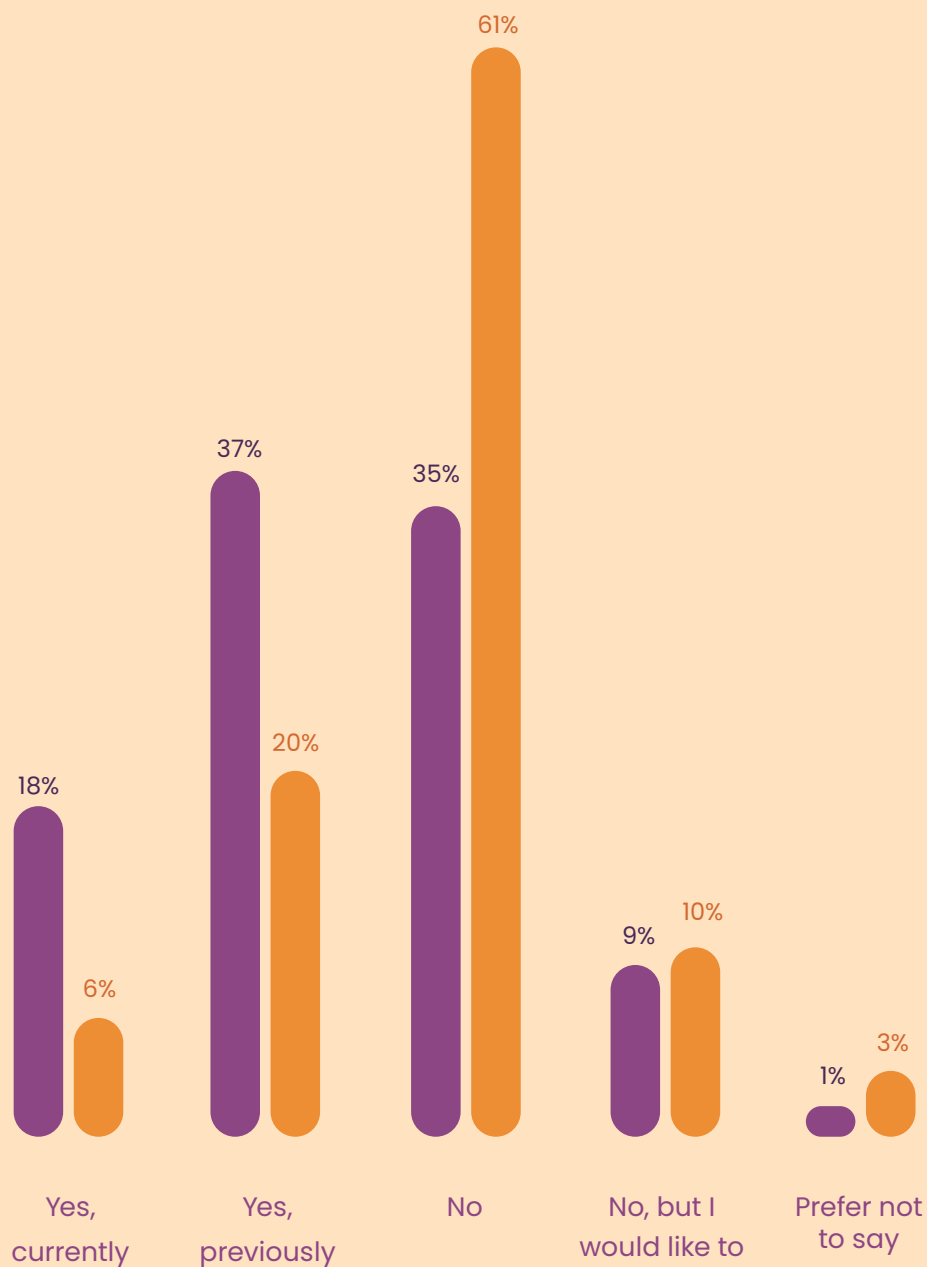
## Besides physical appearance, how confident are you in yourself generally?

● National ● Scape



## Have you had mental health therapy?

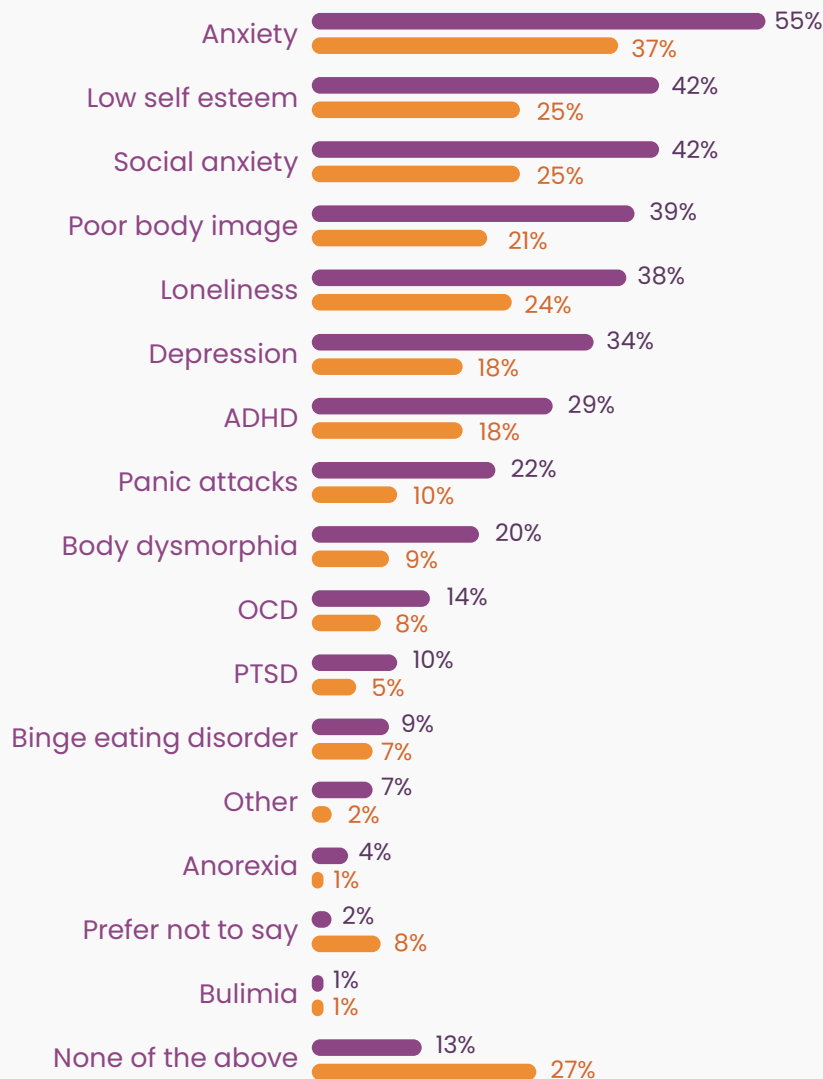
● National ● Scape





## 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

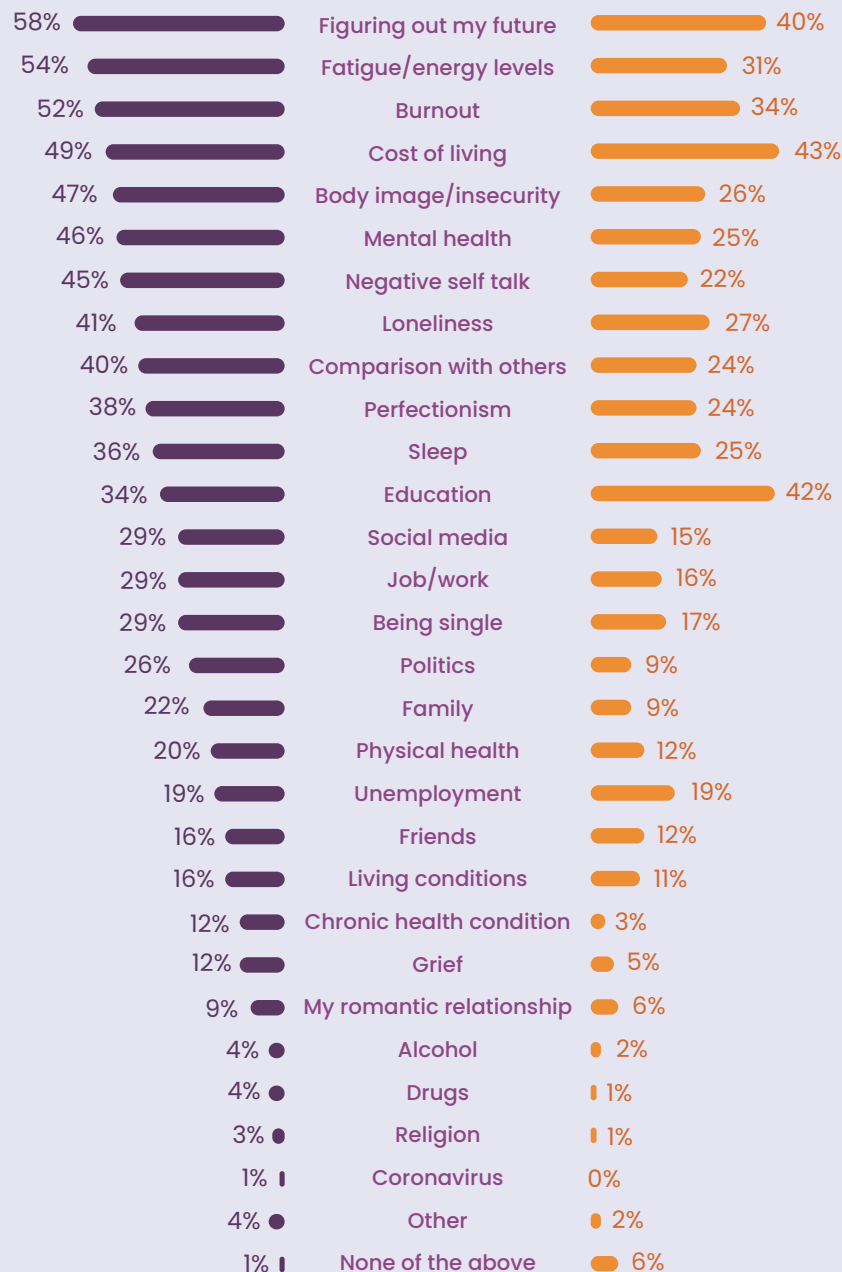
10%

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



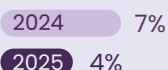
##### Family



##### Unemployment



##### Alcohol



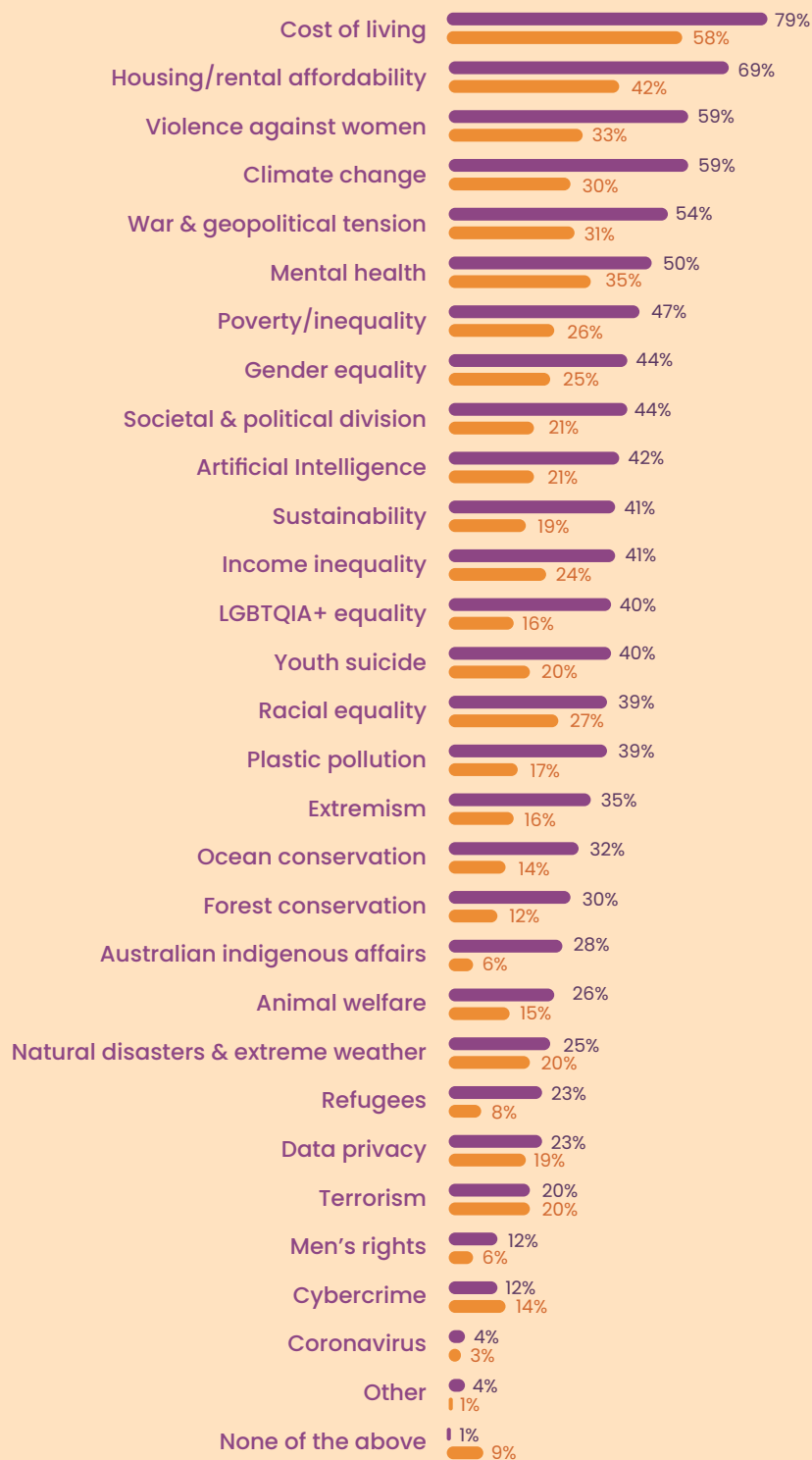
##### Cost of living





## 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



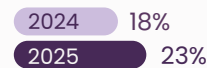
#### Australian Indigenous affairs



#### 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



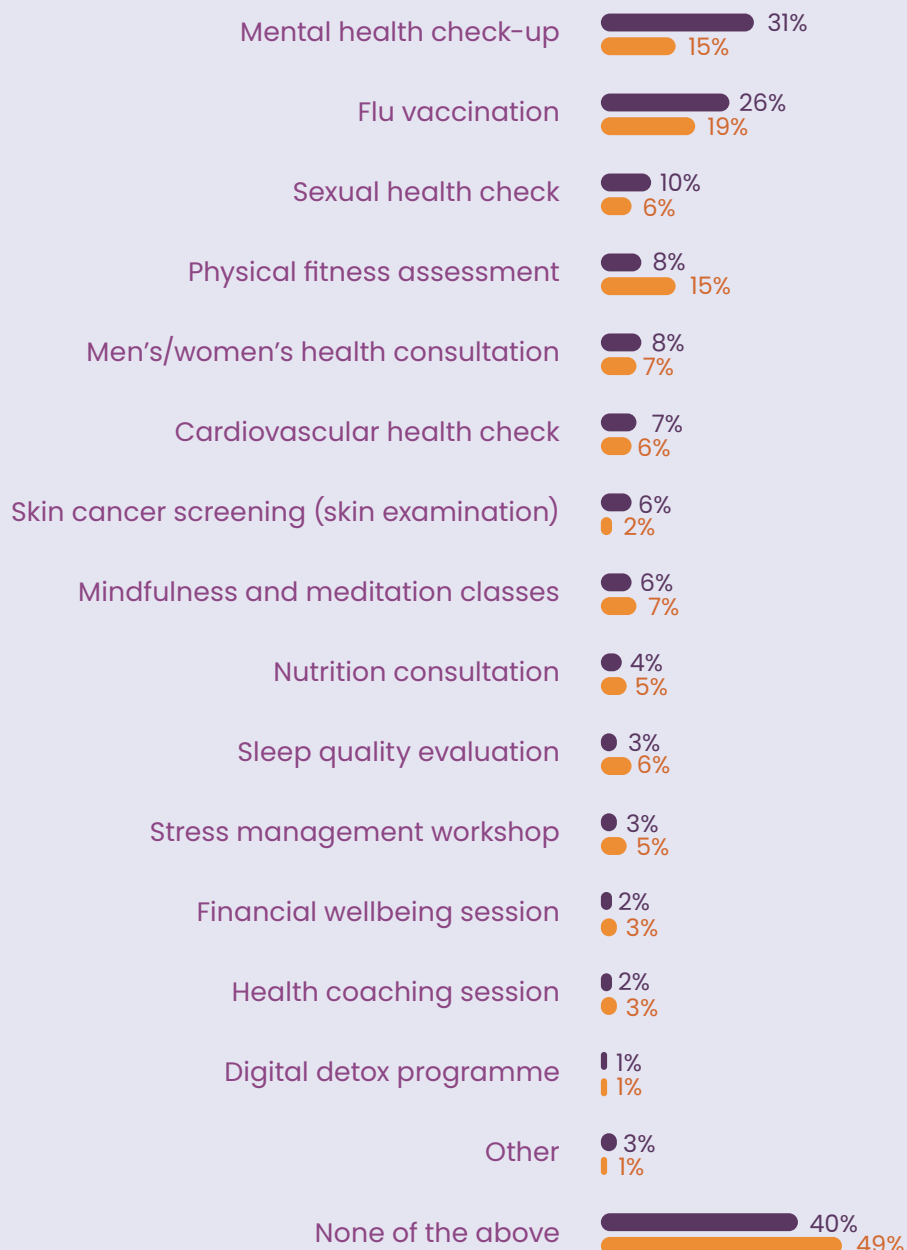
##### Journalling





## 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

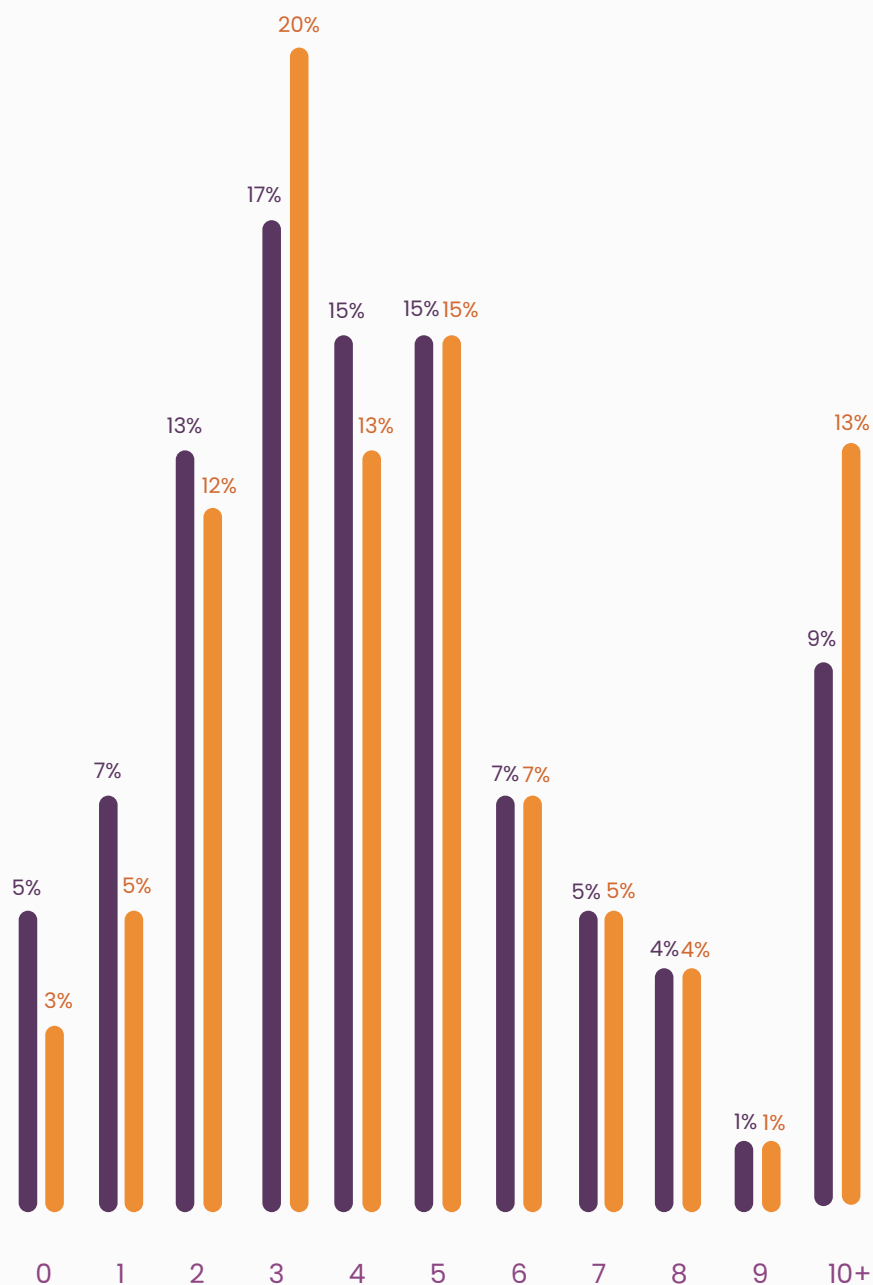


Scape



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

● National ● Scape



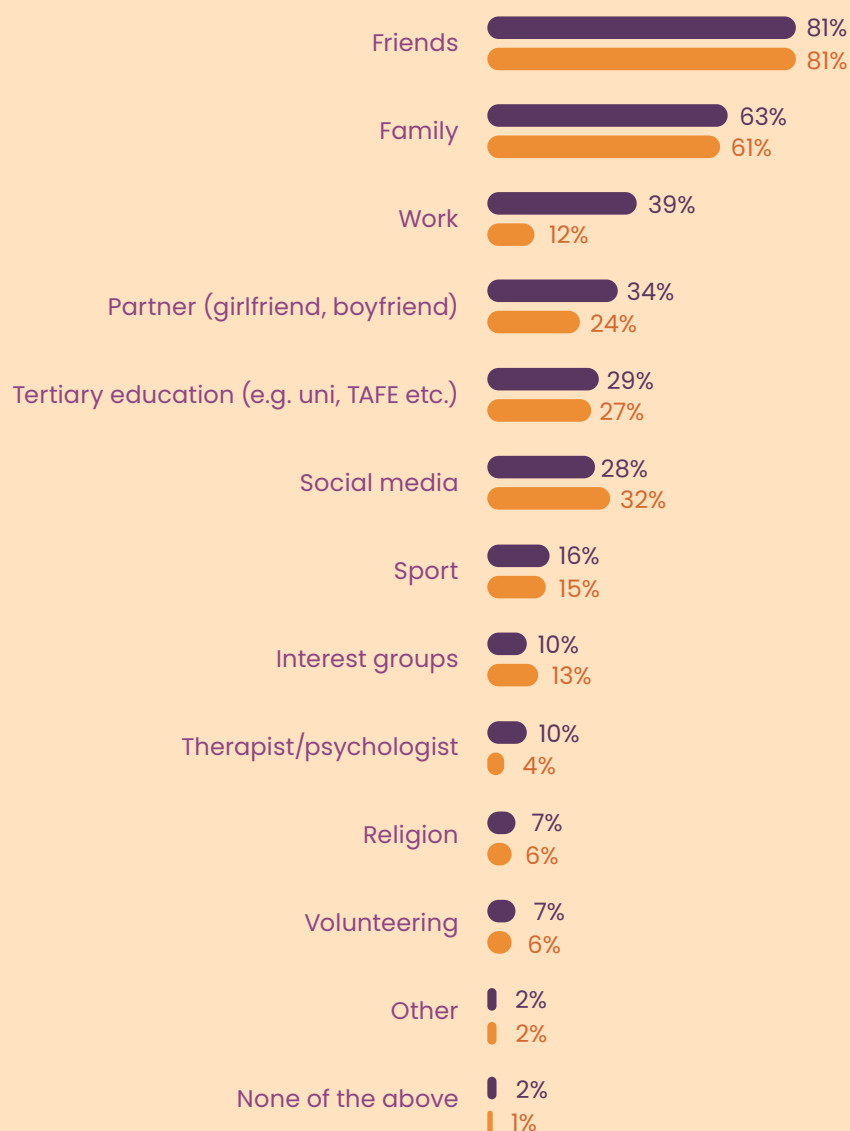
Average number of close friends – 4





## 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

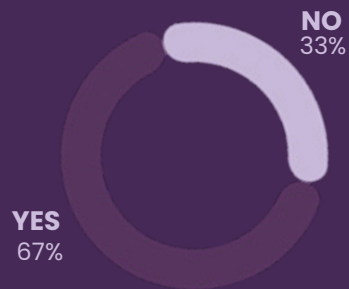


##### Sport



**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

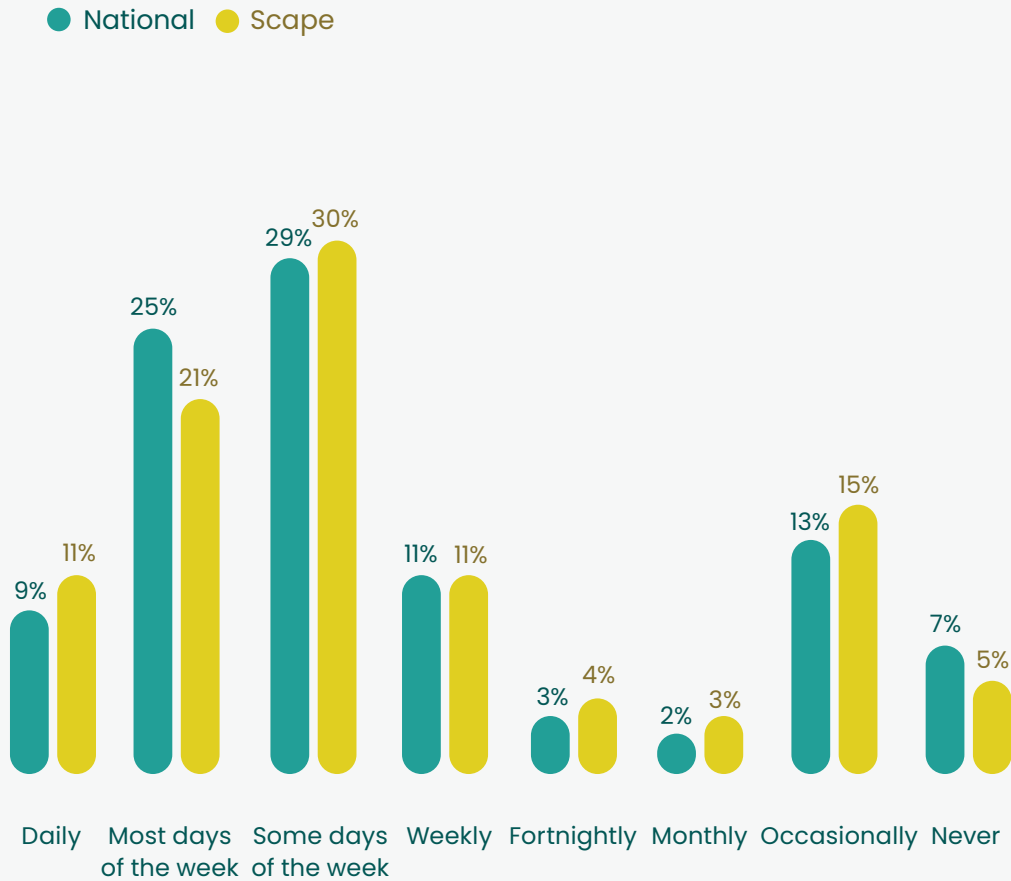


## Significant changes between 2024 and 2025

### 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?



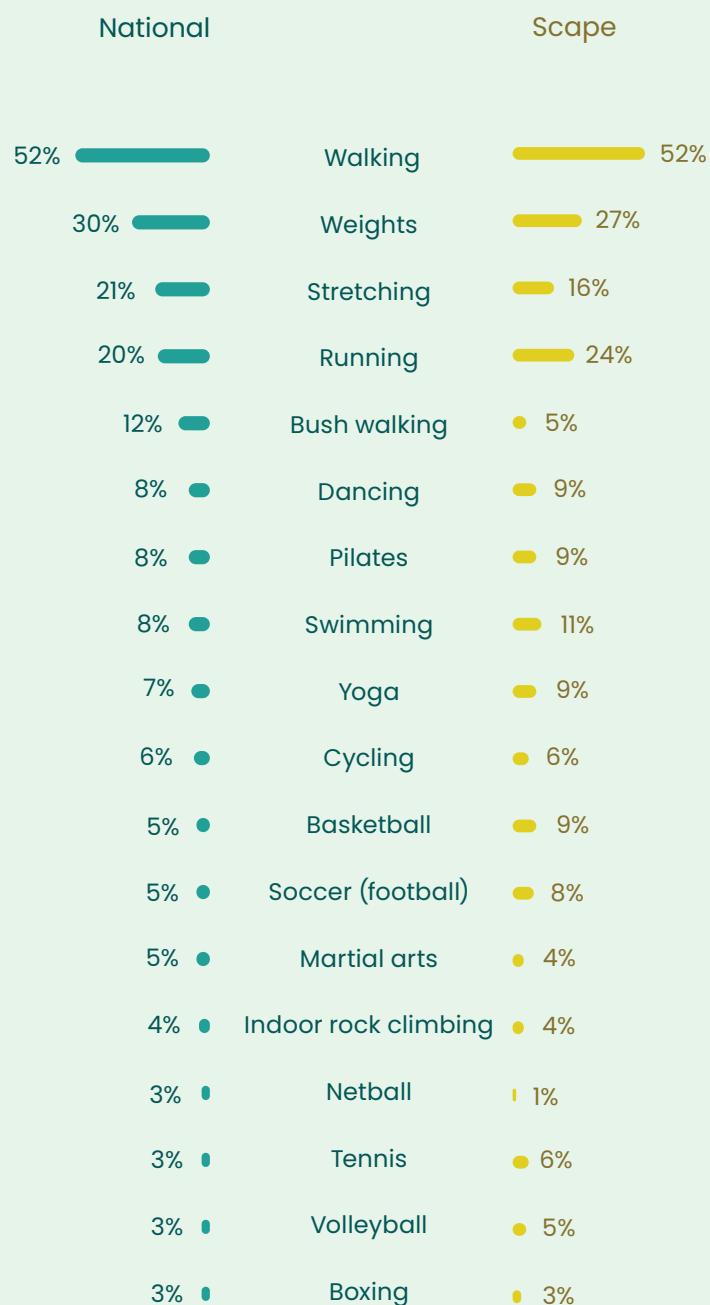
## Significant changes between 2024 and 2025

### 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)

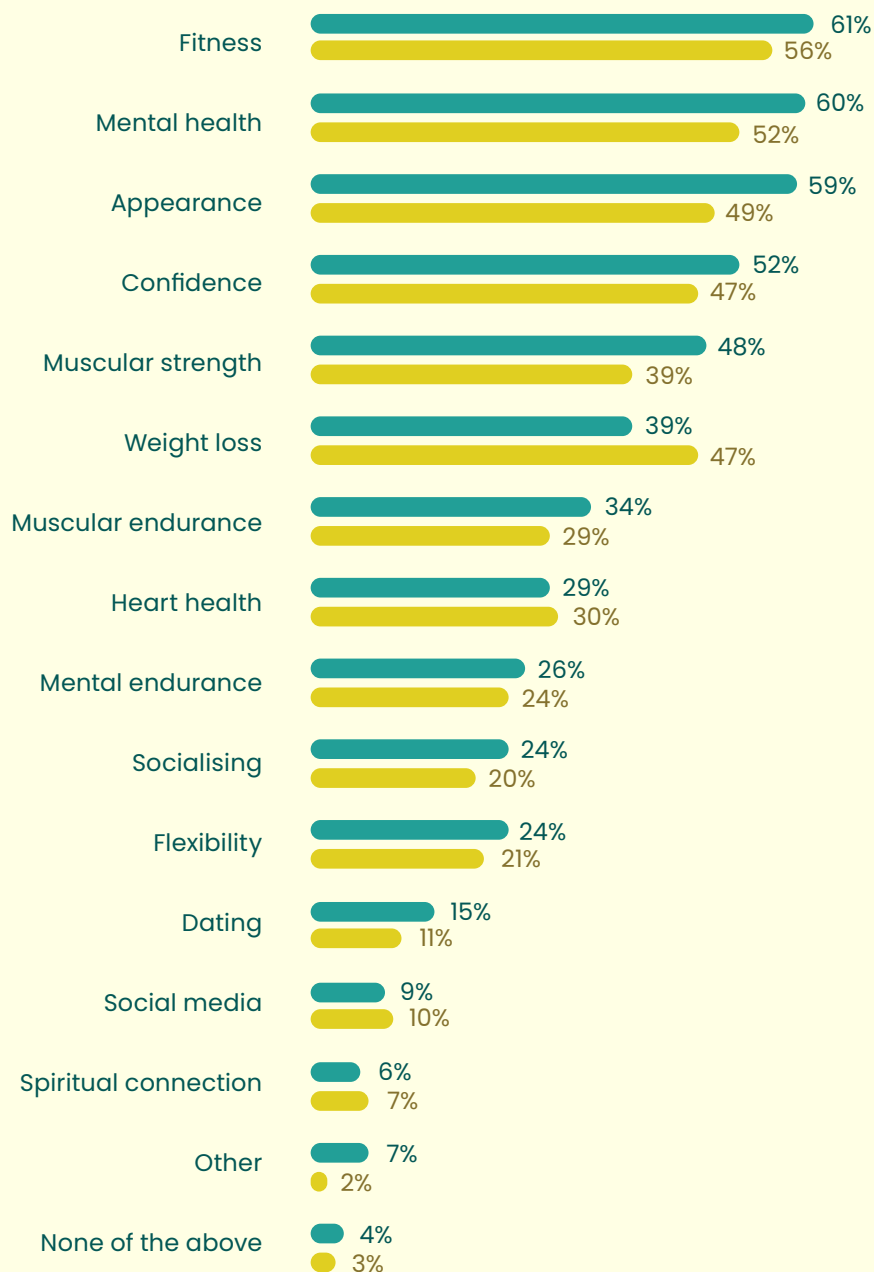


## Which of the following exercises/sports do you do? (Tick all that apply)



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

● National ● Scape



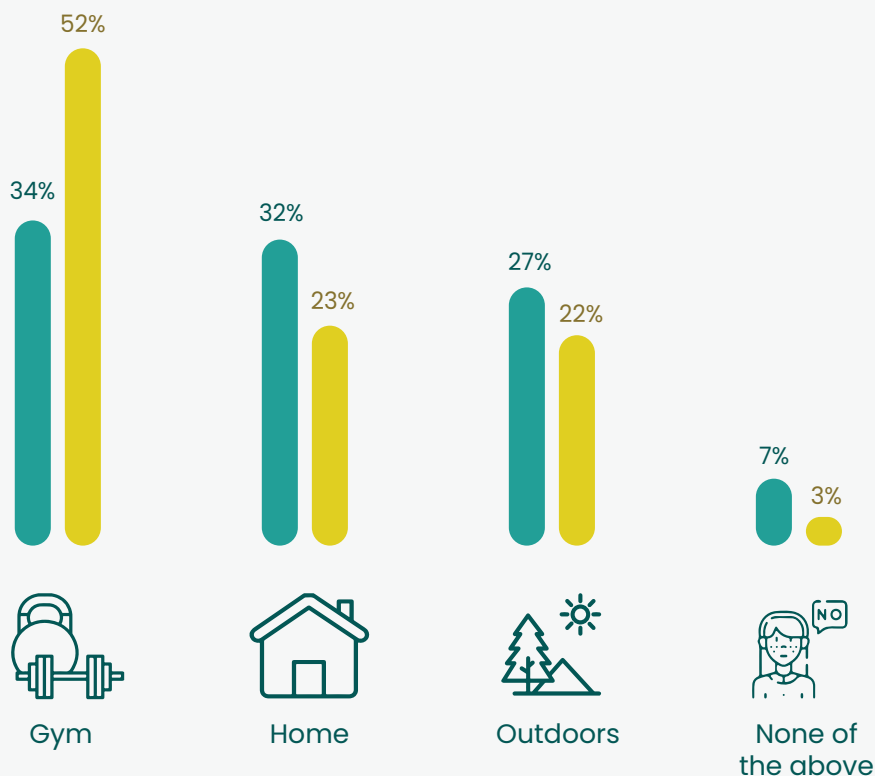






## Where do you prefer to exercise?

● National ● Scape



## Significant changes between 2024 and 2025

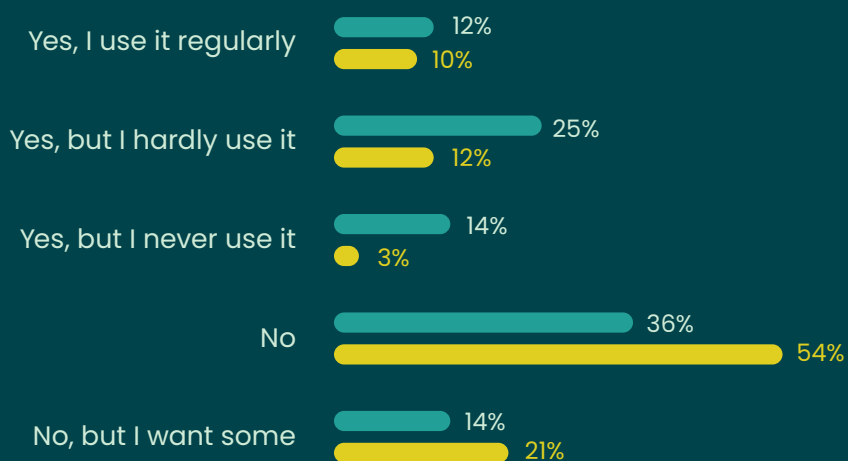
### National

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.



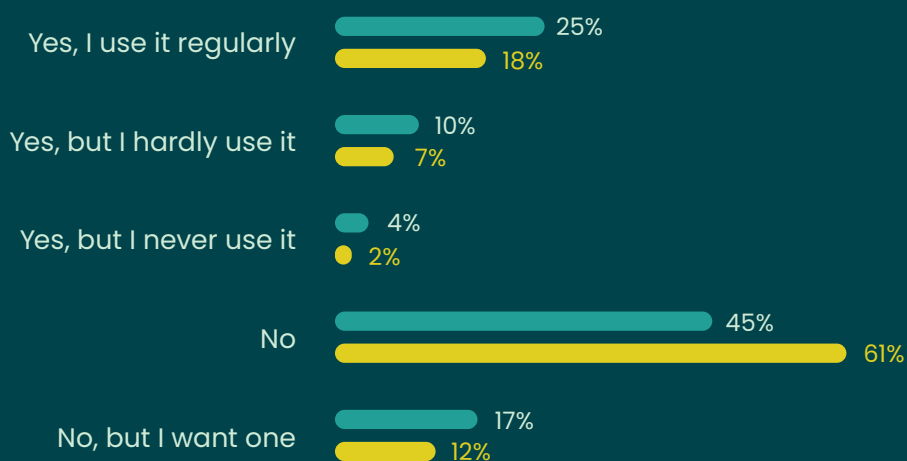
## Do you have home exercise equipment?

● National ● Scape



## Do you have a gym membership?

● National ● Scape





## Significant changes between 2024 and 2025

### National

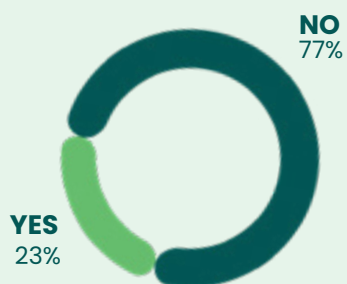
Last year 56% of young people said they did not have a gym membership, including those without one who would like one, compared to 62% this year. This could reflect young people's increasing preference to exercise at home rather than at a gym or financial pressures.



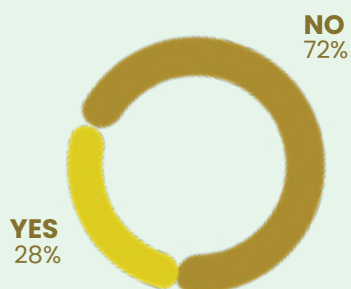


## Do you use a fitness tracker?

### National



### Scape



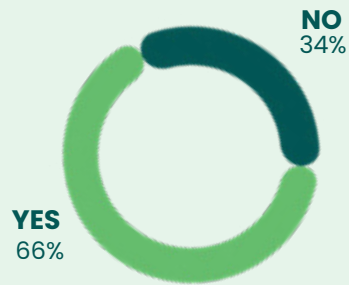
## Significant changes between 2024 and 2025

### National

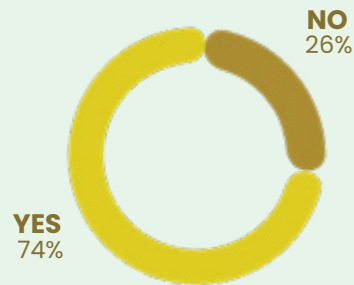
Fitness tracker usage has declined from 27% to 23% over the past year, indicating a growing disengagement from health self-monitoring tools.

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

**National**



**Scape**



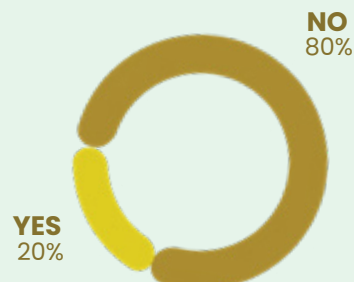
\*Only answered by fitness tracker users.

**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.



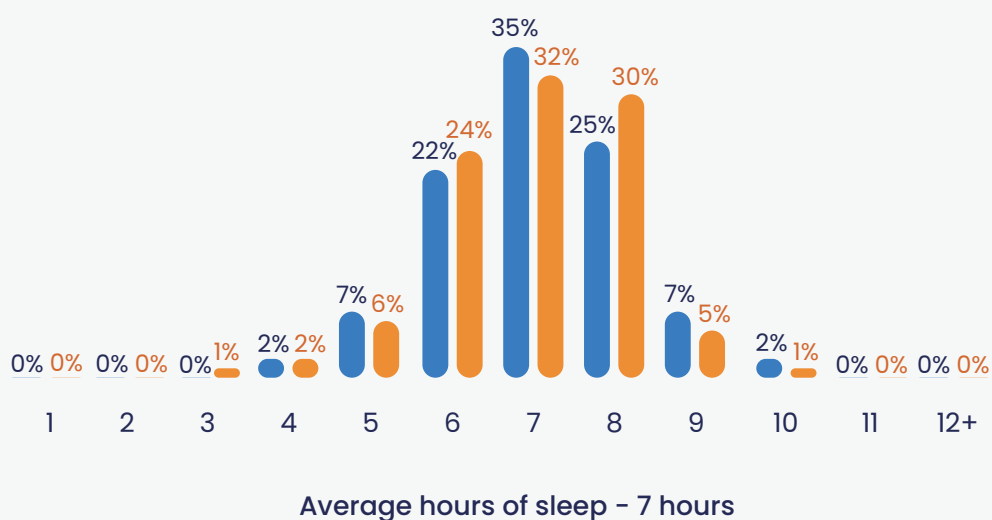
## Are you an early bird or a night owl?

● National ● Scape

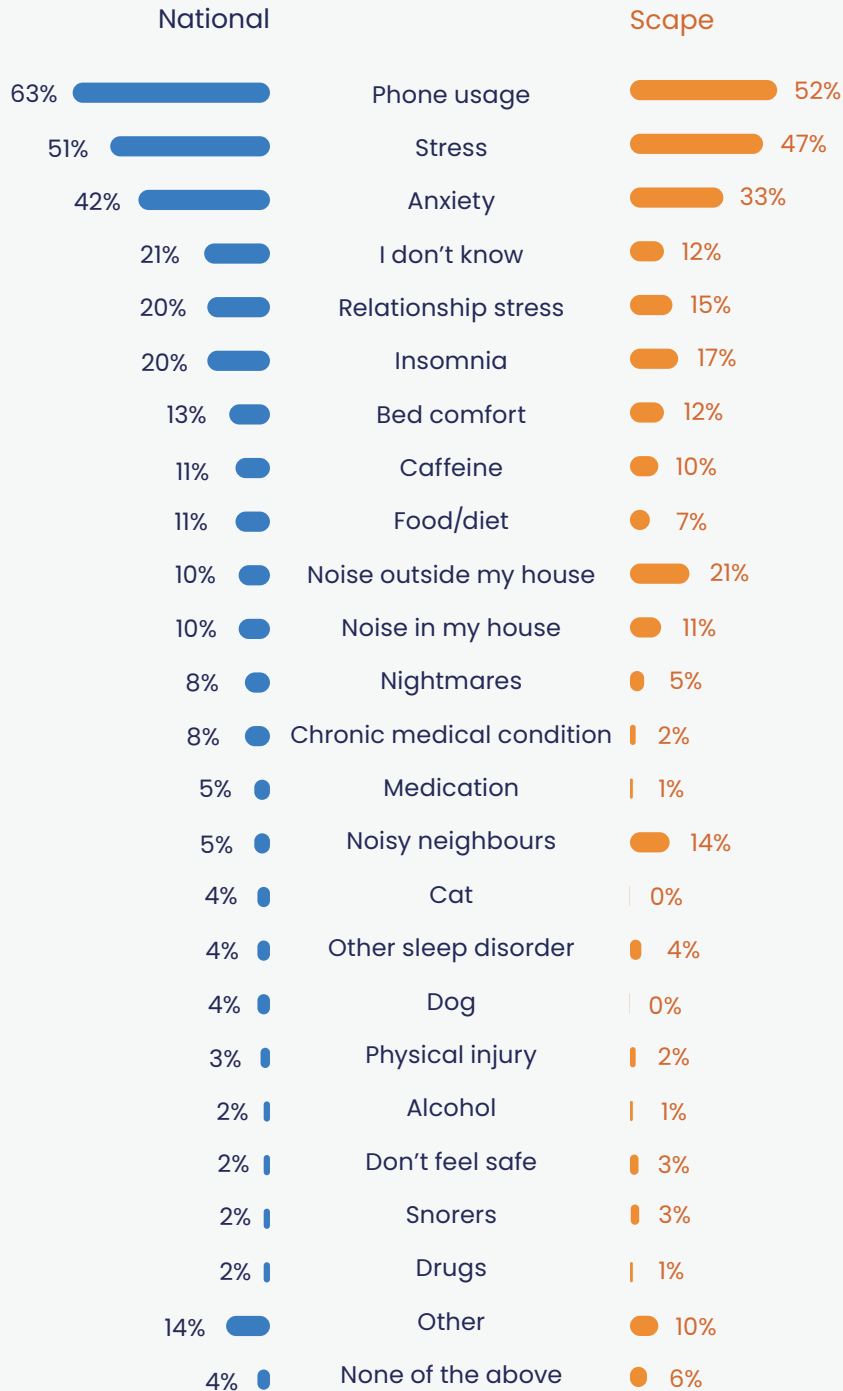


## How many hours of sleep do you get per night on average?

● National ● Scape

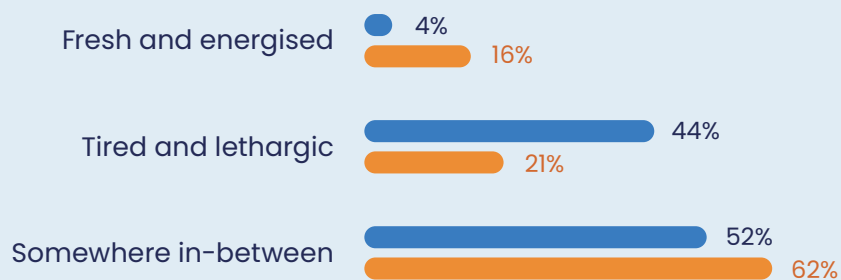


## What is preventing you from getting a good night's sleep currently? (Tick all that apply)



## 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.

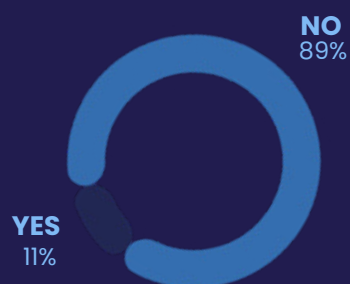




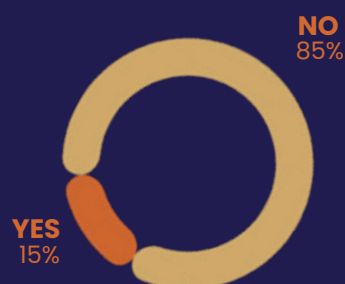


Do you use a sleep tracker? (i.e. a device or phone app which records your sleep patterns to monitor the quality of your sleep.)

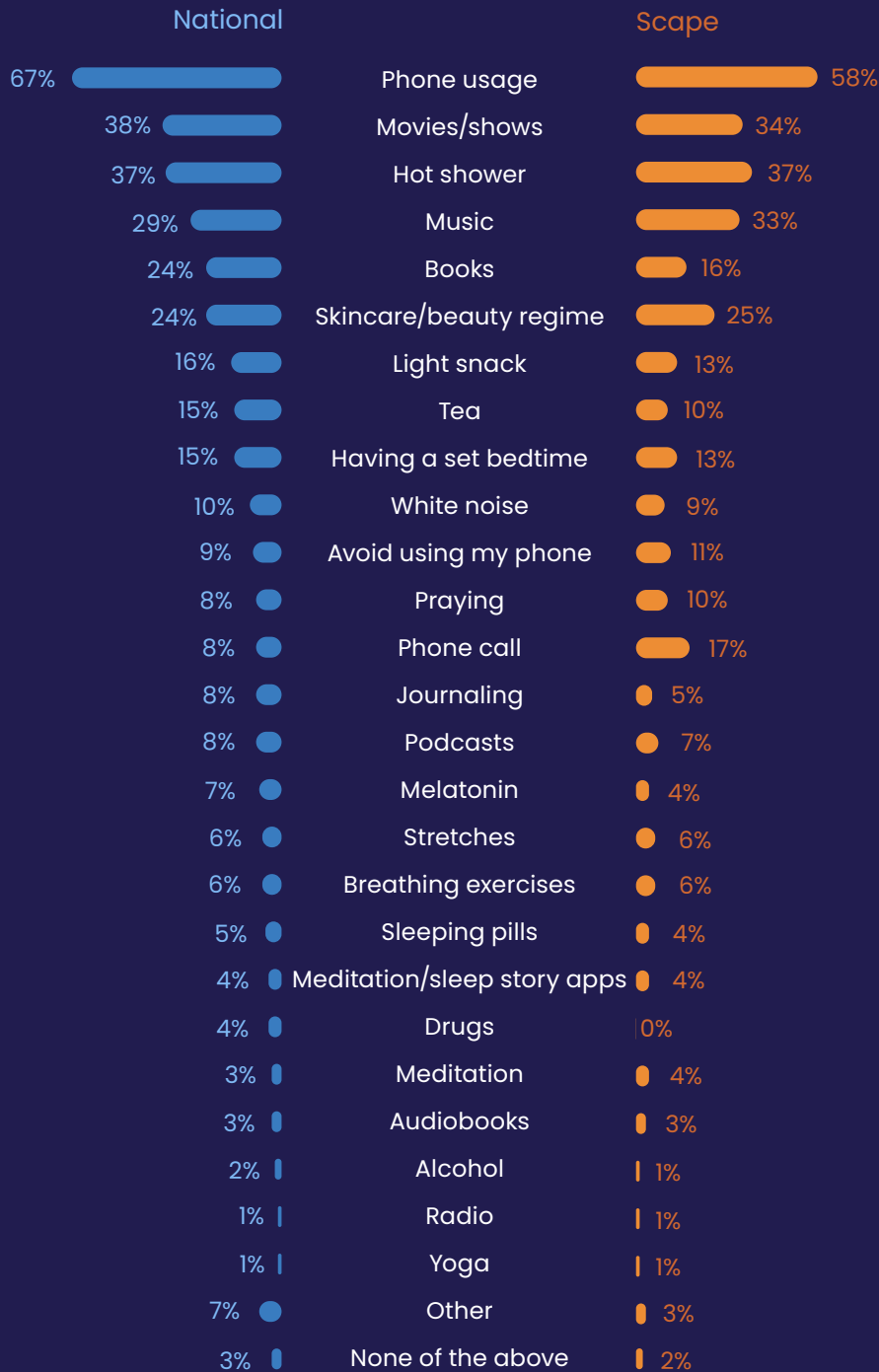
National



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





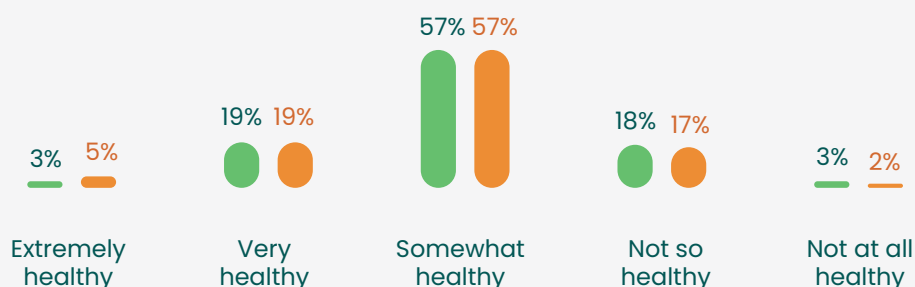
# Diet

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.



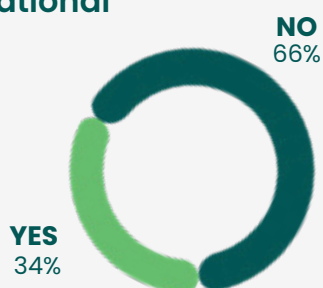
## How would you describe your diet on average?

● National ● Scape

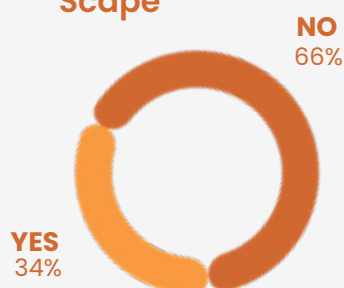


## On average do you eat the recommended 2 serves of fruit per day?

National



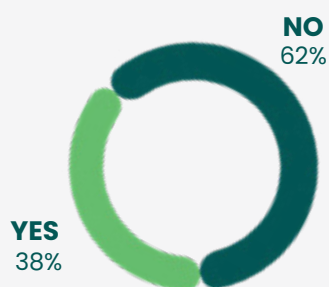
Scape



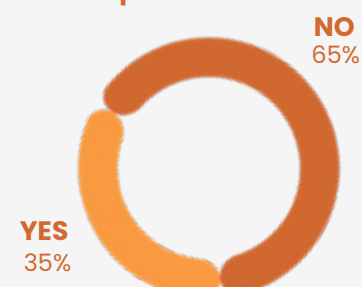
## On average do you eat the recommended 5/6 serves of vegetables per day?

\*5 for females, 6 for males

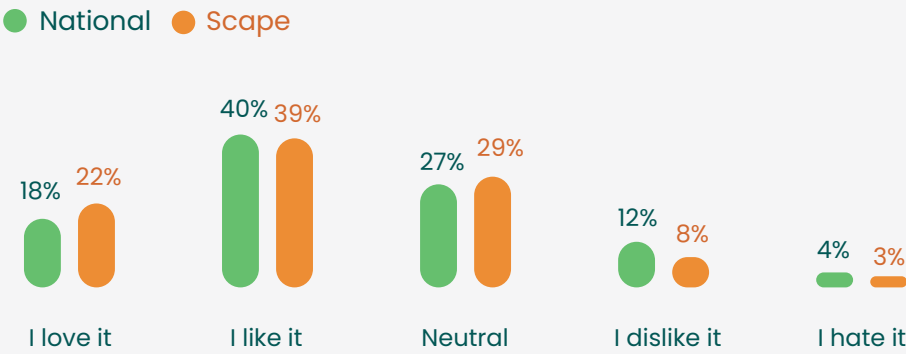
National



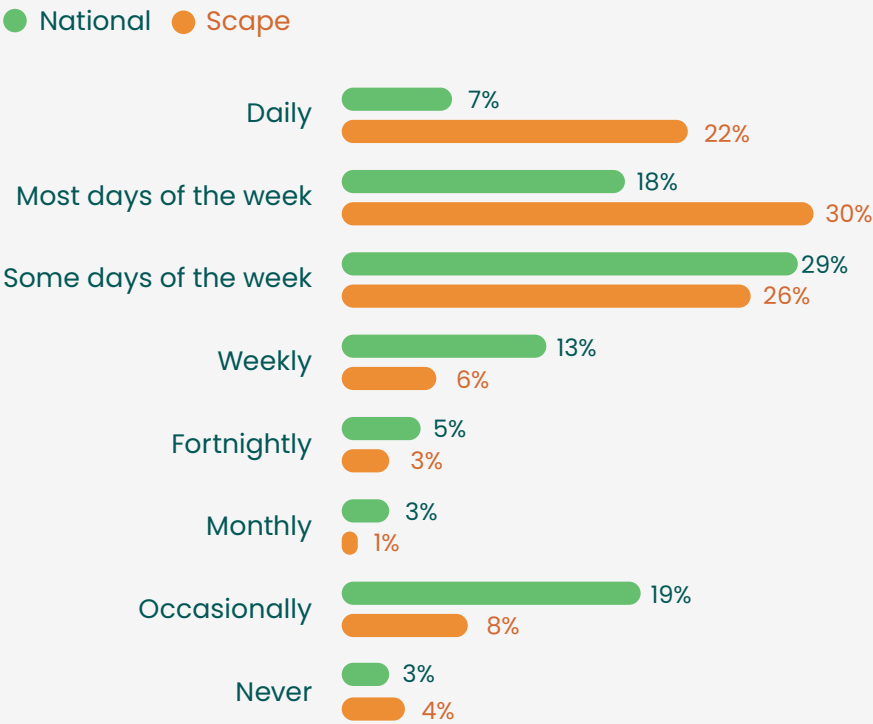
Scape



### How much do you like to cook?



### How often do you cook on average?



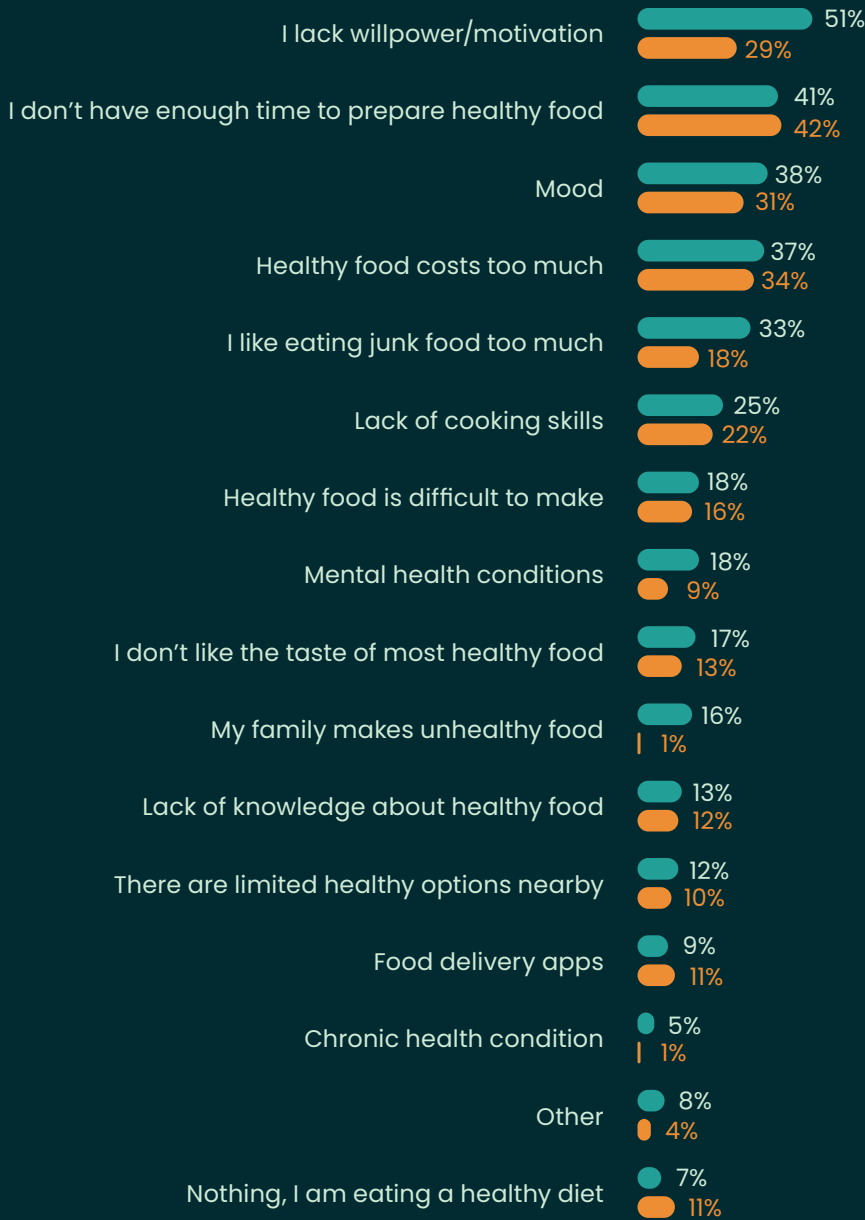
### Insight:

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



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

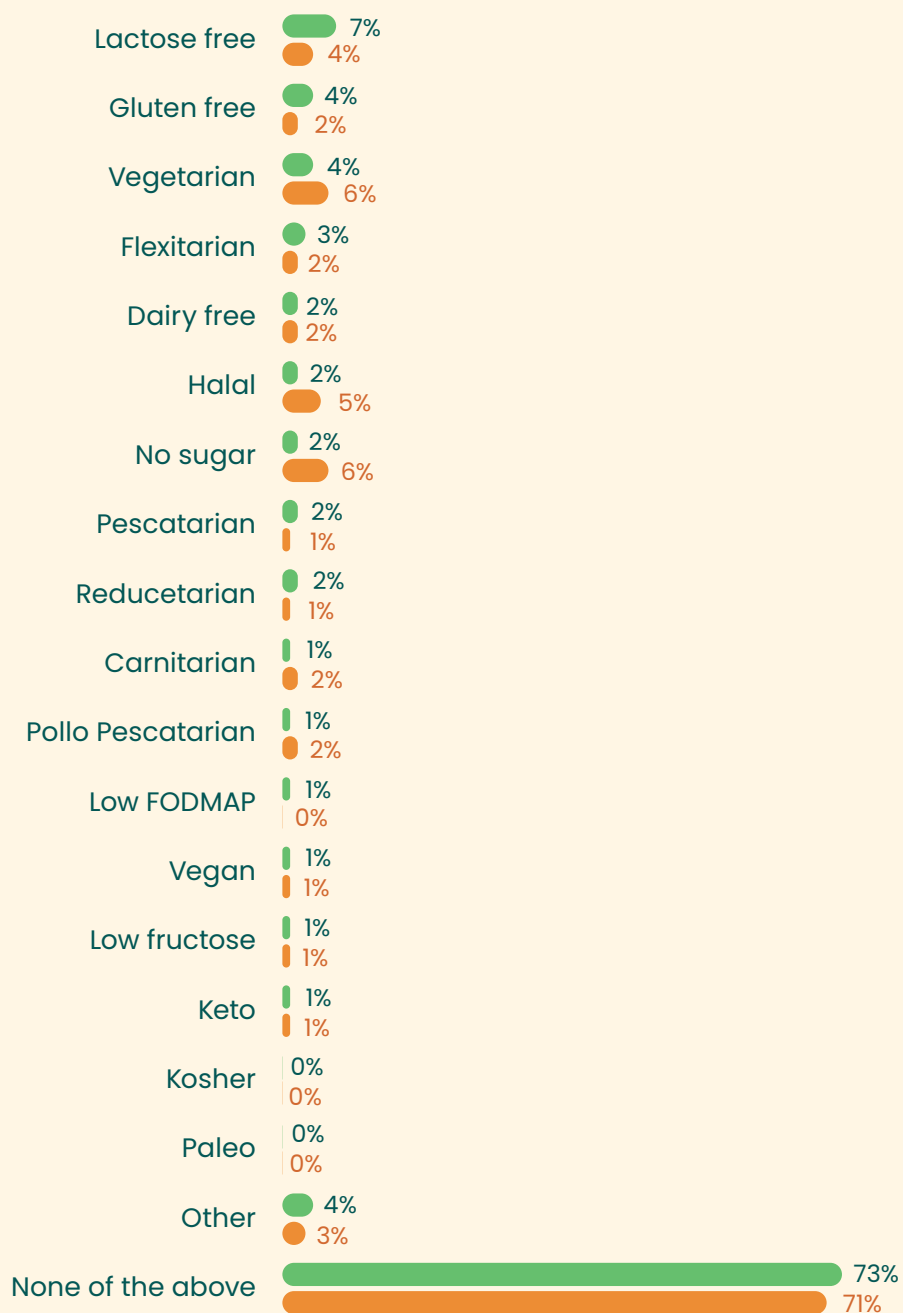
● National ● Scape





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

● National ● Scape



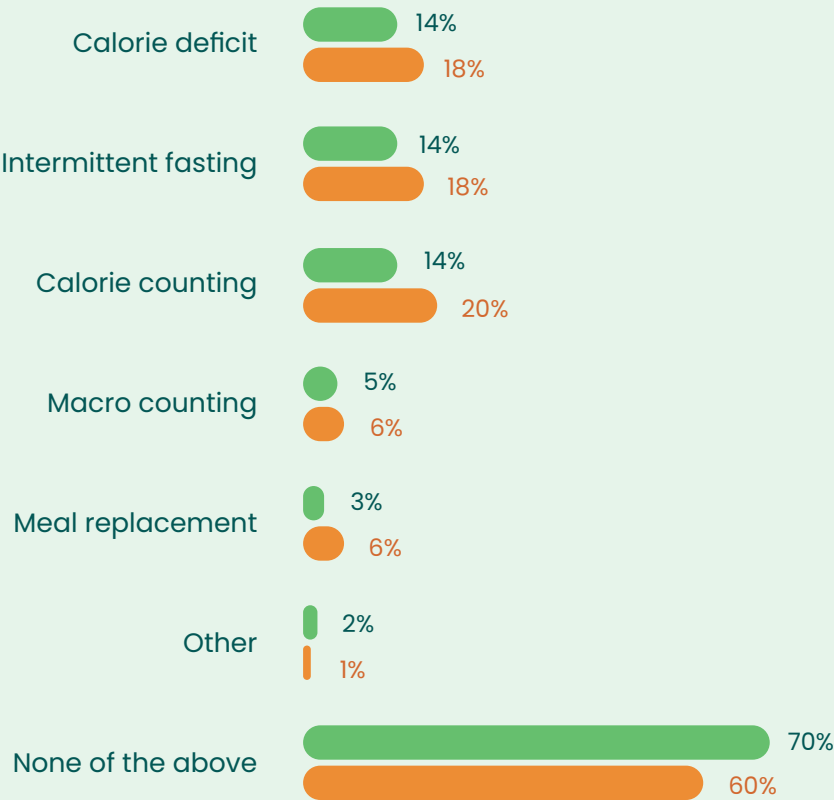






Which of the following do you do?  
(Tick all that apply)

● National ● Scape

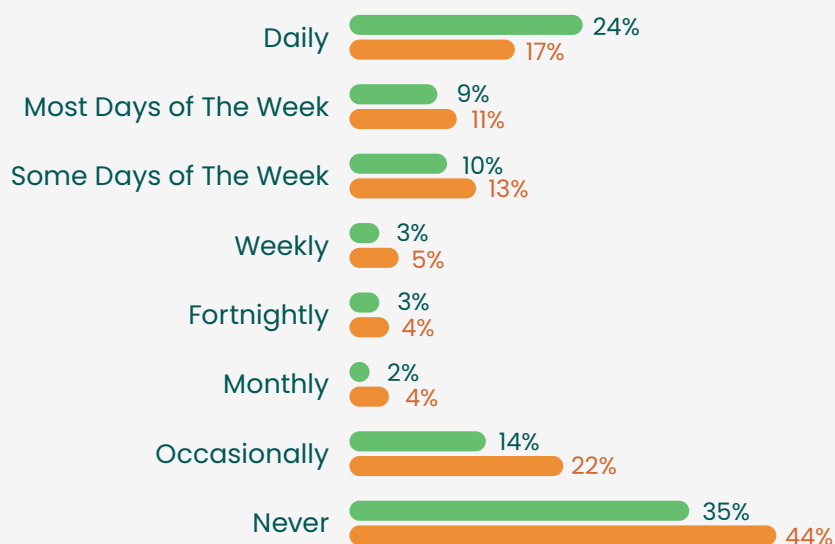




## How often do you have the following?

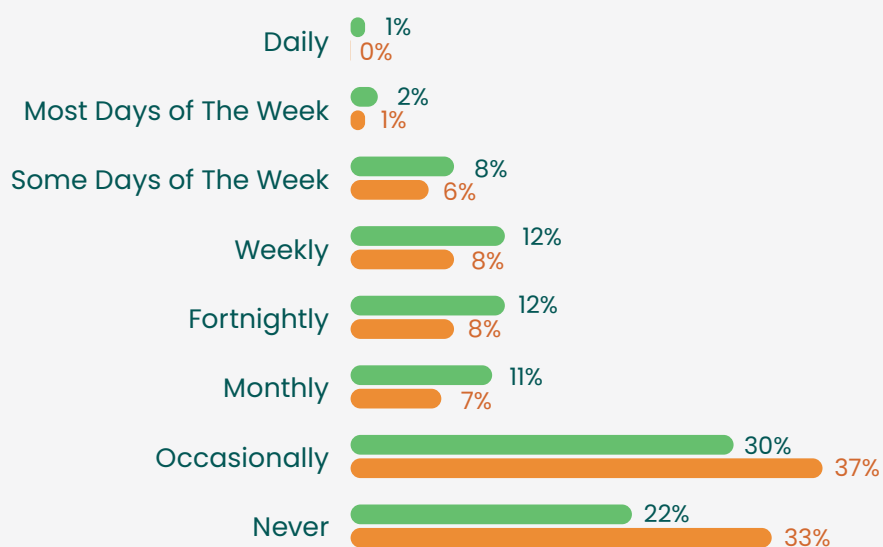
### Coffee

● National ● Scape



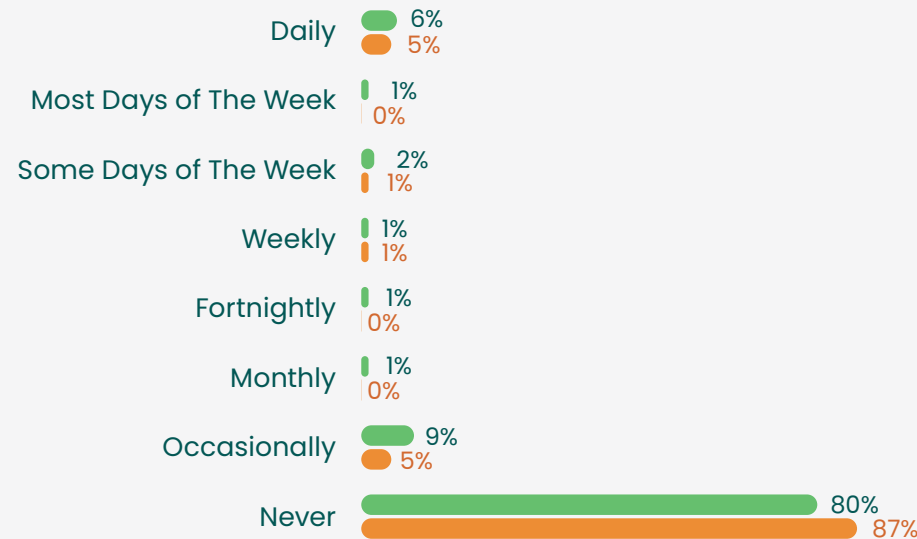
### Alcohol

● National ● Scape



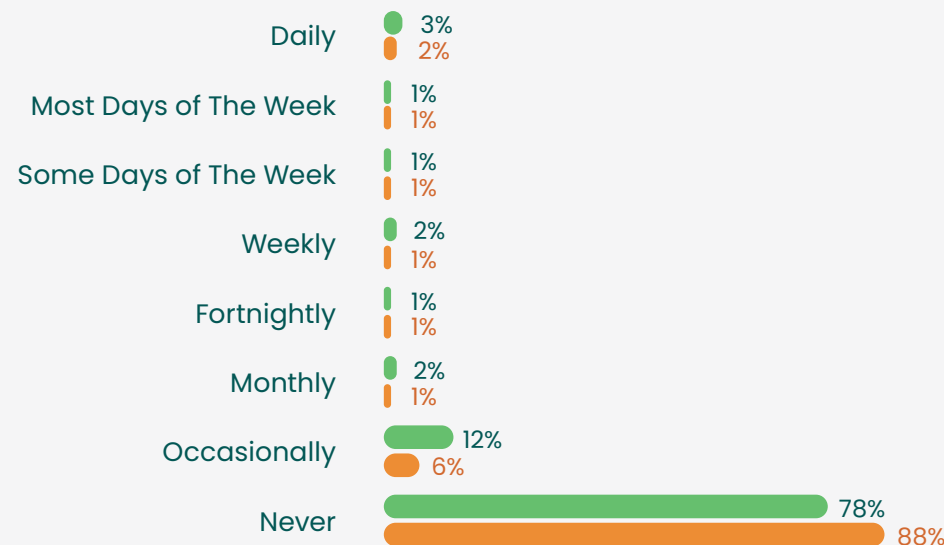
## Vapes

● National ● Scape



## Cigarettes

● National ● Scape













# निणायिक विचार

बहुत से युवाओं के मन में यह चिंता है कि वे तेज़ी से बदल रहे विश्व में संतुष्ट न कैसे बनाएँ।

जैसा कि हमने इस रिपोर्ट में पाया है, 2024 में पूछे गए उन्हीं प्रश्नों के उत्तरों के मुकाबले अब अधिक युवाओं को विभिन्न प्रकार के, समाज की संरचनात्मकता से संबंधित मुख्य मुद्दों के बारे में चिंतित है। यह बड़ोतरियाँ इस वर्ष के Gen Z Wellbeing Index 2025 में देखे गए सबसे महत्वपूर्ण परिवर्तनों में से कुछ हैं - यह इंडेक्स अब अपने तीसरे वर्ष में ऑस्ट्रेलियाई युवाओं की तंदुरुस्ती को माप रहा है।

केवल एक वर्ष पहले के Gen Z के युवाओं के मुकाबले में आज के युवाओं में समाज के बारे में चिंताओं में इतनी वृद्धि को देखते हुए नीतियाँ बनाने वाले, शिक्षक और व्यवसायों के अगुआओं को इन मुद्दों के बारे में सोचना होगा जिससे वे इन युवाओं को इन मुद्दों से जूझने में सहायता करने के लिए सार्थक उपाय प्रदान कर सकें। इससे उन्हें उस भविष्य का निमाणा करने में सहायता मिलेगी जिसके बारे में वे इतने चिंतित हैं।

पिछले वर्ष के मुकाबले तंदुरुस्ती के घटक में इतने बड़े परिवर्तन, करते हुए मुद्दों और आज के विश्व की संरचना को गढ़ने वाले बलों की झलक भी प्रस्तुत करते हैं। 2025 में युवाओं के जीवन में बढ़ते हुए तनाव के मुख्य कारणों में शिक्षा, राजनीति, बेरोजगारी और परिवार संबंधी मुद्दे शामिल हैं, और ये सभी, अधिकांश युवाओं के दिन-प्रतिदिन के जीवन के अत्यधिक महत्वपूर्ण क्षेत्र हैं।

तंदुरुस्ती के कुछ मुख्य घटक वर्ष के दौरान एक समान ही रहे हैं। युवा वयस्कों के लिए अपने भविष्य के बारे में सोचना अभी भी उनके जीवन पर नकारात्मक प्रभाव डालने वाले सबसे बड़ा और सामूहिक कारक है - यह मुद्दा Year13 के कार्य का एक मुख्य हिस्सा है। इसी दौरान, जिन मुद्दों के बारे में विस्तृत रूप से यह पीढ़ी सोचती है, उनमें दिन-प्रतिदिन के जीवन के खर्च, आवास, और किराए पर आवास-स्थानों के खर्च उन्हें अत्यधिक उल्लेखित करने वाले हैं - यह मुद्दा Scape के कार्य में सबसे अग्रणी है।

लेकिन स्वास्थ्य से संबंधित Gen Z के वे क्षेत्र भी उभर कर आए हैं जिनसे वे अनभिज्ञ हैं। पिछले 12 महीने में युवाओं की अपने मानसिक और शारीरिक स्वास्थ्य संबंधी मुद्दों की जाँच करवाने की दर कम है, यानी युवाओं को होने वाले खतरों और उन से बचने के लिए वे क्या कर रहे हैं, इनके बीच में तालमेल नहीं है, और इसी लिए स्वास्थ्य संबंधी साक्षरता और सेवाओं तक उनकी पहुँच में बेहतरी की आवश्यकता है।

सकारात्मक तौर पर, एक वर्ष पहले के मुकाबले, युवाओं और अधिक संख्या में शुगल को अपना रहे हैं, और वे अपने जीवन के प्रयोजन को समझते हैं। इलेक्ट्रॉनिक खेल, खेल, मज़ाकिया मन-बहलाव और सोशल मीडिया एक तरह, साथ ही साथ पुस्तकें, जर्नल और हथकरघे की चीज़ें दूसरी तरह, इन सबका उपयोग थकान को दूर करने के लिए किया जा रहा है, जिससे पता चलता है कि युवाओं के जीवन में तकनीकी और पारंपरिक तरीकों का मिश्रण बढ़ रहा है।

विद्यार्थियों के आवास प्रदाता Scape ने फिर से यह सिद्ध कर दिया है कि वे अपने भवन में ऑस्ट्रेलिया भर में युवाओं के लिए सकारात्मक वातावरण प्रदान करते हैं, वे सहायता, दिनचर्या और सामाजिक संबंधों का एक सफल मॉडल प्रदान करते हैं, जिसका वे हर उस शहर में प्रयोग करते हैं जहाँ कार्य करते हैं। Scape ने अपनी इस उपस्थिति से स्वयं को ऑस्ट्रेलियाई युवाओं को अपने युवा वयस्क का जीवन जीने के लिए आवास के लिए एक उत्कृष्ट स्थान के रूप में स्थापित कर लिया है।

Gen Z Wellbeing Index 2025 के ताज़ा परिणाम जागरूकता और परिवर्तन के एक खाँचे, दोनों का ही काम करते हैं। वे बेहतर स्वास्थ्य शिक्षा, रोगों से बचने के लिए देख-रेख तक पहुँच, रहने के विशिष्ट निवास-स्थानों में वृद्धि की तुरंत आवश्यकता पर जोर देते हैं - विशेष रूप से एक ऐसी पीढ़ी के लिए जो बढ़ते हुए पेचीदापन और दबाव का सामना कर रही है।







year  scape

[year13.com.au](http://year13.com.au)