内含简体中文版本前言、概要、和结语



Gen Z Wellbeing Index 2026

ANYWAY

In collaboration with

scape

We are ANYWAY

For most young people, the transition from school into the world is daunting. They're faced with deciding what they want to be before knowing who they really are. Rushed into choices without the opportunity to really, properly consider their options.

So, Anyway is shaking up the outdated system of career advice.

Building the platform we wish we'd had when we were younger.

By combining engaged learning with AI-powered personalised 1:1 coaching, we help young people properly consider their options before applying with confidence. Because that's how they find success, fulfilment and, most importantly, happiness.

We don't just help young people find a career. We help them find their thing.

scape
BY THE LIVING CO

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 19,500 residents across 41 locations nationwide.


ESSENTIAL TOOLS FOR
Sport Bags
CONTEMPORARY LIFE



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前言

了解Z世代的身心健康状况，是本研究的核心所在。我们希望深入了解Z世代如何看待自己的生活，哪些因素有助于他们保持良好的身心状态，又有哪些因素给他们的日常生活带来挑战。通过持续倾听并追踪他们的真实经历，我们能够了解已取得的进展、认识长期存在的问题，并及时发现新出现的挑战。

我们很高兴与大家分享《2026年Z世代身心健康指数》的研究成果。该研究由Scape与Anyway联合开展，今年已是第四年。随着研究的持续深入，我们对Z世代身心健康状况及其变化趋势的认识也在不断加深。

本研究涵盖两个独立的调查样本：一是通过Student Edge调研平台招募的澳大利亚全国性样本；二是Scape住户样本，其受访者主要为在澳大利亚生活和学习的国际学生。两个样本共同为研究提供了更加全面的视角：全国性样本反映了Z世代的整体身心健康状况，而Scape住户样本则帮助我们更深入地了解居住在Scape学生公寓的学生群体的生活体验。在比较两组研究结果时，这一样本差异也是需要考虑的重要因素。

随着Z世代所处的社会环境不断变化，本研究关注的议题也在持续拓展。除心理健康、社交关系、睡眠和运动等既有研究领域外，今年的报告新增了对人工智能的依赖及情感寄托、手机依赖、职业焦虑和就业能力等议题。这些新增内容有助于我们进一步了解，科技如何日益影响年轻人的个人决策与情感支持方式，以及他们如何看待未来的职业发展。

我们衷心感谢所有参与调查并分享个人经历的受访者。他们的回答为政策制定者、传播领域从业者、教育工作者、住宿服务提供商，以及其他致力于支持年轻人成长的机构提供了宝贵的参考。

我们希望这份报告能够增进社会各界对Z世代身心健康状况的理解，并让年轻人的真实经历始终成为探讨其当下生活与未来发展的重要依据。

摘要

2026年的研究结果表明，受访者在保持积极社交关系和熟悉生活方式的同时，也面临着长期存在的压力，并对自身信心、经济保障和未来发展感到担忧。

在澳大利亚全国性样本中，62%的受访者认为自己的心理健康状况良好、非常好或极佳，38%则认为一般或较差。在个人压力来源方面，39%的受访者提及身材形象及外貌方面的不安全感，38%对未来发展方向感到迷茫，36%则受到疲劳和精力耗竭的困扰。总体而言，自信心、精力状态以及对未来的不确定感，仍是影响年轻人身心健康的重要因素。

生活成本仍是澳大利亚年轻人最关注的社会问题，60%的受访者对此表示担忧。住房及租金负担能力与心理健康问题紧随其后，关注比例均为40%。值得注意的是，2026年心理健康问题首次与住房及租金负担能力并列第二，其关注度也达到过去三年研究中的最高水平。总体来看，经济压力、身心健康以及更广泛的社会变化，仍是年轻人最主要的担忧来源。

在职业发展方面，研究揭示了年轻人在规划未来时所承受的心理压力。全国范围内，仅有26%的受访者对自己未来能够取得的成就非常有信心，另有46%表示具有一定信心。与此同时，近一半的受访者（49%）经常感受到必须取得成功的压力，69%则会因为休息而产生负罪感。拖延、虚度时间、学习以及担心落后于他人，是受访者产生负罪感的主要原因。这些感受与他们能否暂时放下对未来的规划、允许自己休息和放松密切相关。

人工智能正在年轻人的个人支持和情感支持中发挥作用。全国范围内，41%的受访者曾在遇到问题时选择向人工智能寻求帮助，而非与他人交流；36%表示，人工智能曾让他们在情绪上感到安心或获得慰藉。不过，年轻人对人工智能的信任程度仍低于对他人的信任：52%的受访者表示，相较于他人提供的建议，他们对人工智能建议的信任程度更低。此外，75%的受访者至少在一定程度上担心人工智能会影响未来的就业机会。

手机在年轻人的日常生活中扮演着多重角色。对于受访者而言，与朋友和家人保持信息联系，是他们最不愿因失去手机而放弃的功能。与此同时，手机也成为部分年轻人调节情绪、应对社交场合的工具。62%的受访者经常通过使用手机来应对令自己感到不自在的社交情境。另一方面，53%的受访者认为使用手机是导致自己推迟入睡的主要原因，48%表示手机使用会对工作或学习造成干扰或压力，38%则认为手机使用让自己感到疲惫、缺乏活力。

社交关系仍是年轻人生活中重要的积极因素。全国范围内，67%的受访者认为自己的社交健康状况良好、非常好或极佳，81%表示总体上具有归属感。朋友和家人依然是他们最主要的支持来源。相比之下，Scape住户更倾向于将朋友及住宿服务提供商视为建立紧密人际联系的重要支持来源，同时也更有可能认同自己能够接纳和尊重多元文化。总体而言，21%的受访者表示，在需要帮助时，他们无法获得所需的人际支持、服务、项目或其他资源。

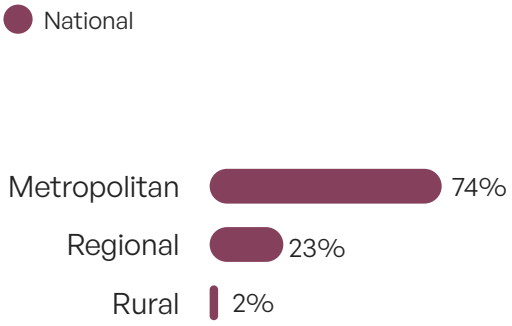
对于政策制定者、传播领域从业者及青年服务机构而言，本研究揭示了一个贯穿始终的核心主题：年轻人在努力规划未来的同时，也在积极应对当下的各种压力。 经济压力、自信心、学习负担以及数字化生活，共同影响着他们对自身身心健康状况的认知。良好的社交关系仍然发挥着重要的积极作用，而可靠的支持体系、适当的休息时间以及清晰的未来发展路径，也将持续影响年轻人的日常生活体验。

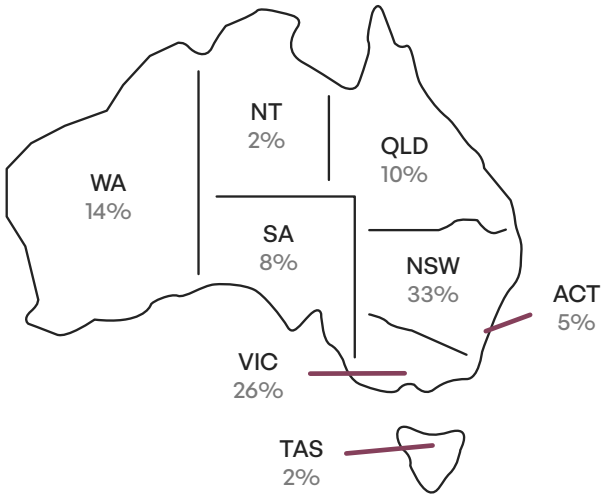
Who we heard from

We conducted an online survey with a national sample recruited through the Student Edge panel and a sample of Scape residents. We collected 874 responses from the national sample and 1,155 responses from Scape residents.

Location breakdown & Area breakdown

National





Our respondents

National Scape

16% 2% Study at high school / foundation year

69% 94% Are in university

7% 5% Are in TAFE / vocational education

9% 6% consider themselves to have a disability

37% 65% are from a culturally and linguistically diverse (CALD) background

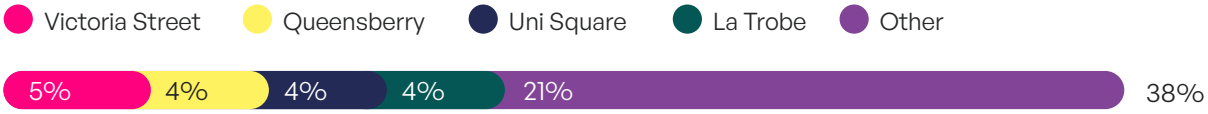
18% 89% have a nationality other than Australian

7% 4% are of Aboriginal or Torres Strait Islander origin

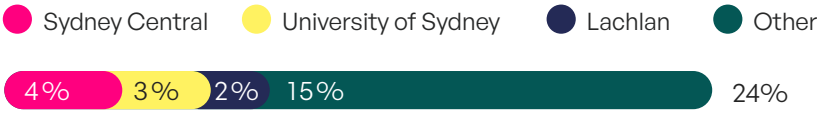
A significantly higher proportion of Scape residents are from a culturally and linguistically diverse background and have a nationality other than Australian.

SCAPE RESIDENTS

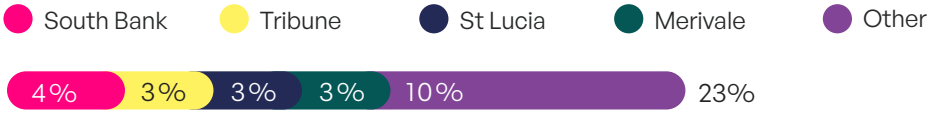
Victoria



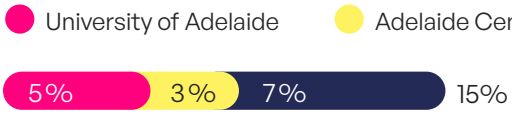
New South Wales



Queensland



South Australia

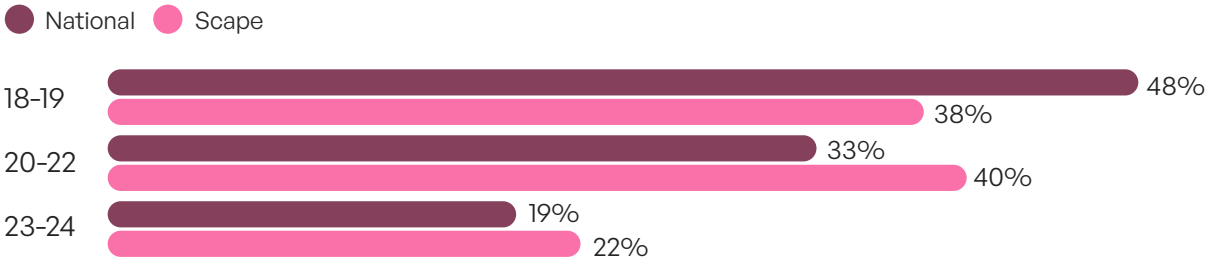


Gender breakdown

National Scape

49% 49%	50% 49%	1% 1%	0% 1%
Female	Male	Non-binary/ non-conforming	Prefer not to say

Age breakdown





Mental health

Nationally, 62% of respondents rate their mental health as good, very good or excellent, while 38% rate it as fair or poor. Confidence is more mixed, with 33% reporting that they are not so confident or not at all confident in their physical appearance, and 30% feeling this way about themselves generally.

Body image and insecurity are the most commonly reported pressures on wellbeing at 39%, followed by figuring out the future at 38%. Burnout and fatigue or energy levels share third place at 36%, followed by cost of living at 35%. The leading issues bring together confidence, energy and the challenge of planning ahead.

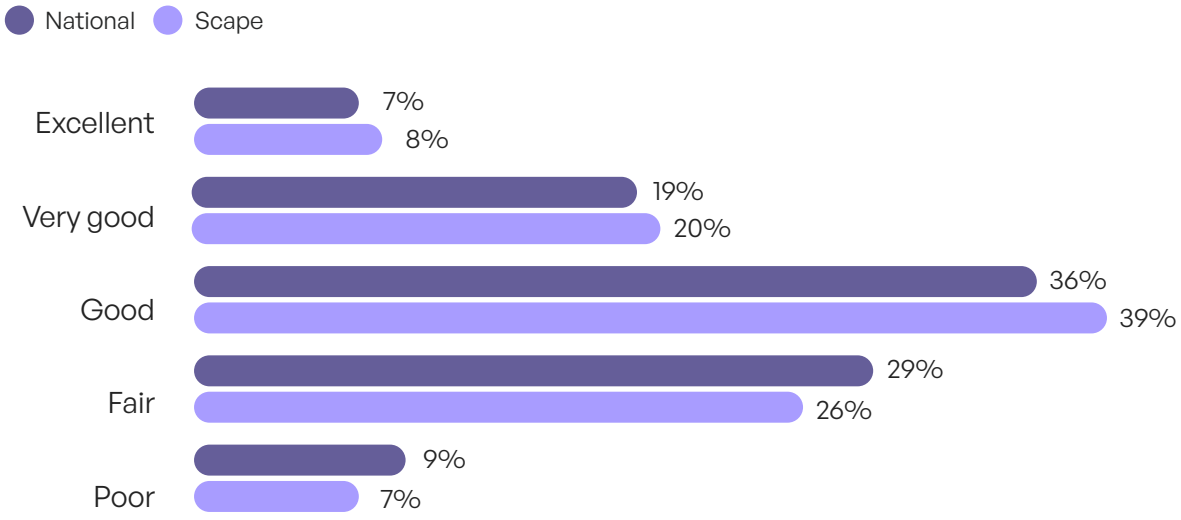
Cost of living is also the leading global or societal concern, identified by 60% nationally. Housing and rental affordability ranks second at 40%, followed by mental health at 36% and AI at 35%. Violence against women, climate change and war and geopolitical tension complete the leading group of concerns.

Listening to music is the leading way for national respondents to destress and relax at 57%, followed by watching movies, shows or videos at 52%. Exercise ranks third at 35%, while gaming and taking a bath or shower share fourth place at 31%.

Scape residents report a somewhat more positive mental health profile, with 67% rating their mental health as good, very good or excellent, compared with 62% nationally. They are also less likely to report low confidence in their physical appearance or in themselves generally. Cost of living and unemployment are more common personal pressures among Scape residents, while body image, mental health, physical health and friendships are less commonly reported. Bathing or showering, spending time outdoors, shopping and art are also more commonly identified as ways to relax.

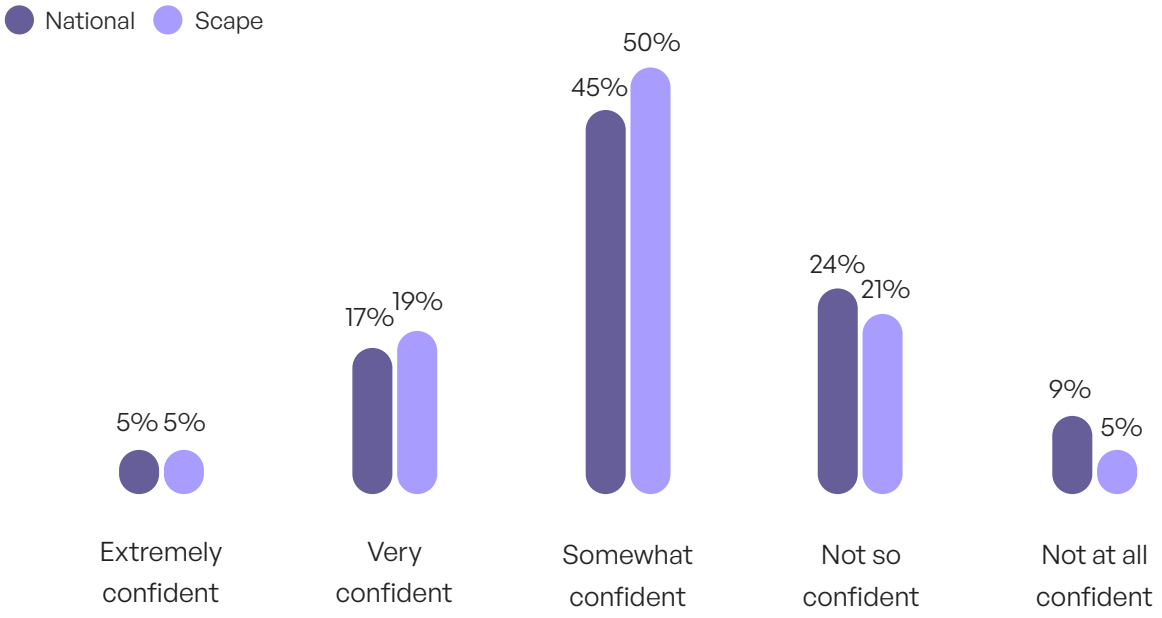
A new question this year found that 79% of respondents have access to people, services, programs or resources that can support them when they are stressed, upset or experiencing problems. The result is the same for the national sample and Scape residents, with 21% in each group reporting that they do not have access to this support.

How is your mental health currently?



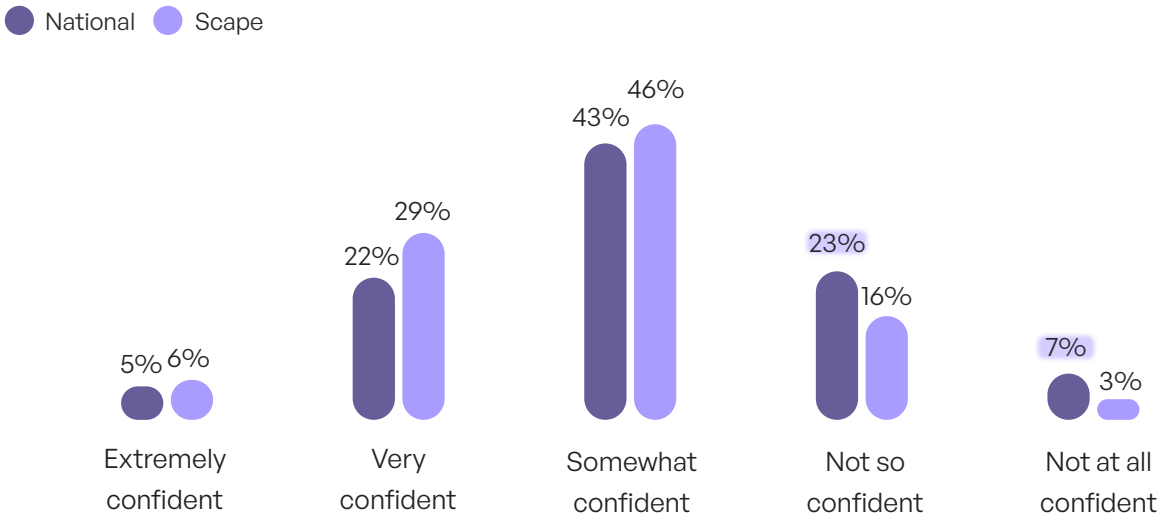


How confident are you in your physical appearance currently?



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

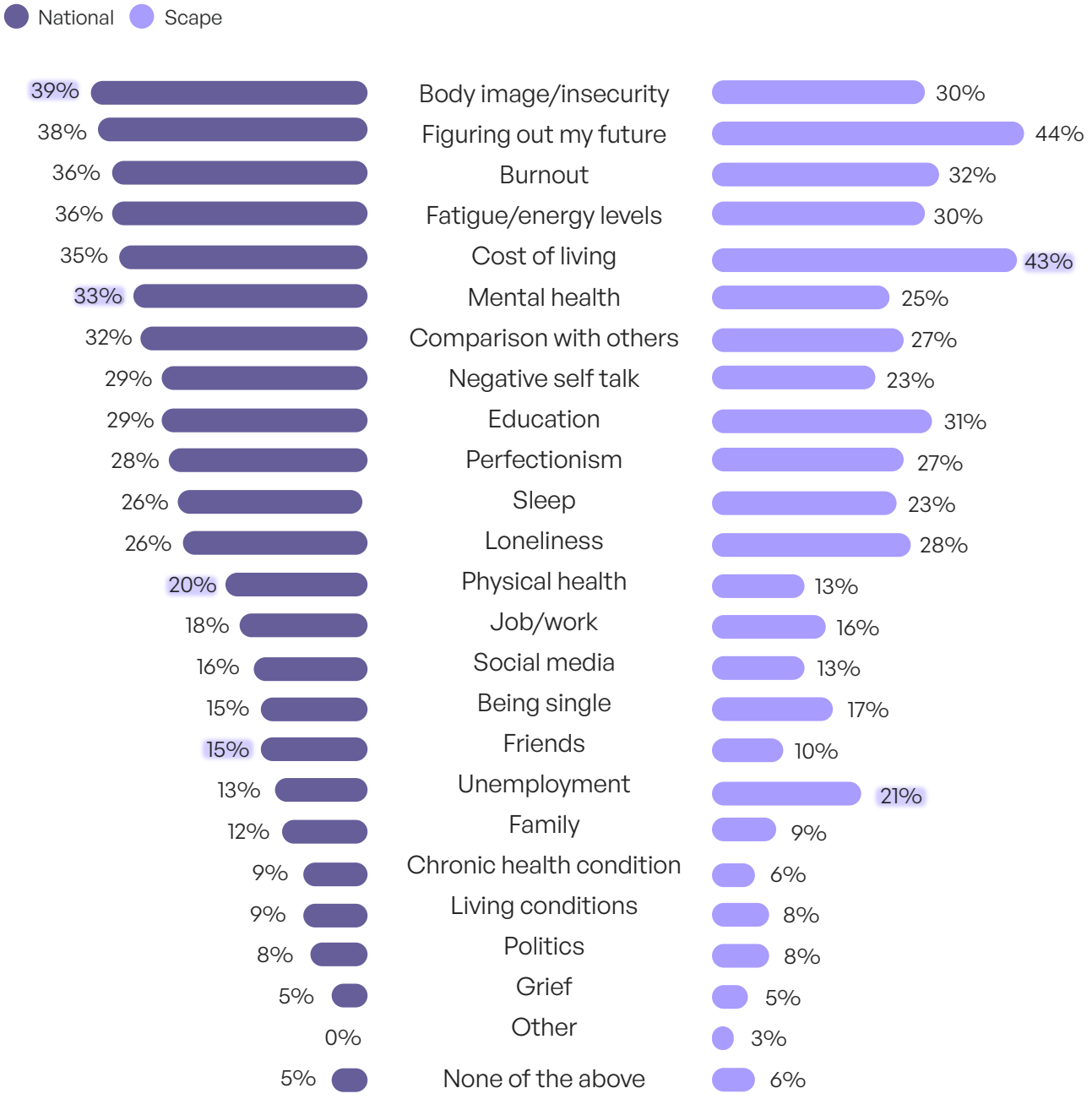
Highlighted figures indicate statistically significant differences.



Scape residents are less likely than respondents nationally to report low confidence in themselves generally.

What is negatively impacting your wellbeing currently?

Highlighted figures indicate statistically significant differences.



Cost of living and unemployment are more likely to negatively affect the wellbeing of Scape residents. Body image and insecurity, mental health, physical health and friendships are less likely to be reported by Scape residents than by respondents nationally.

Trends since 2024

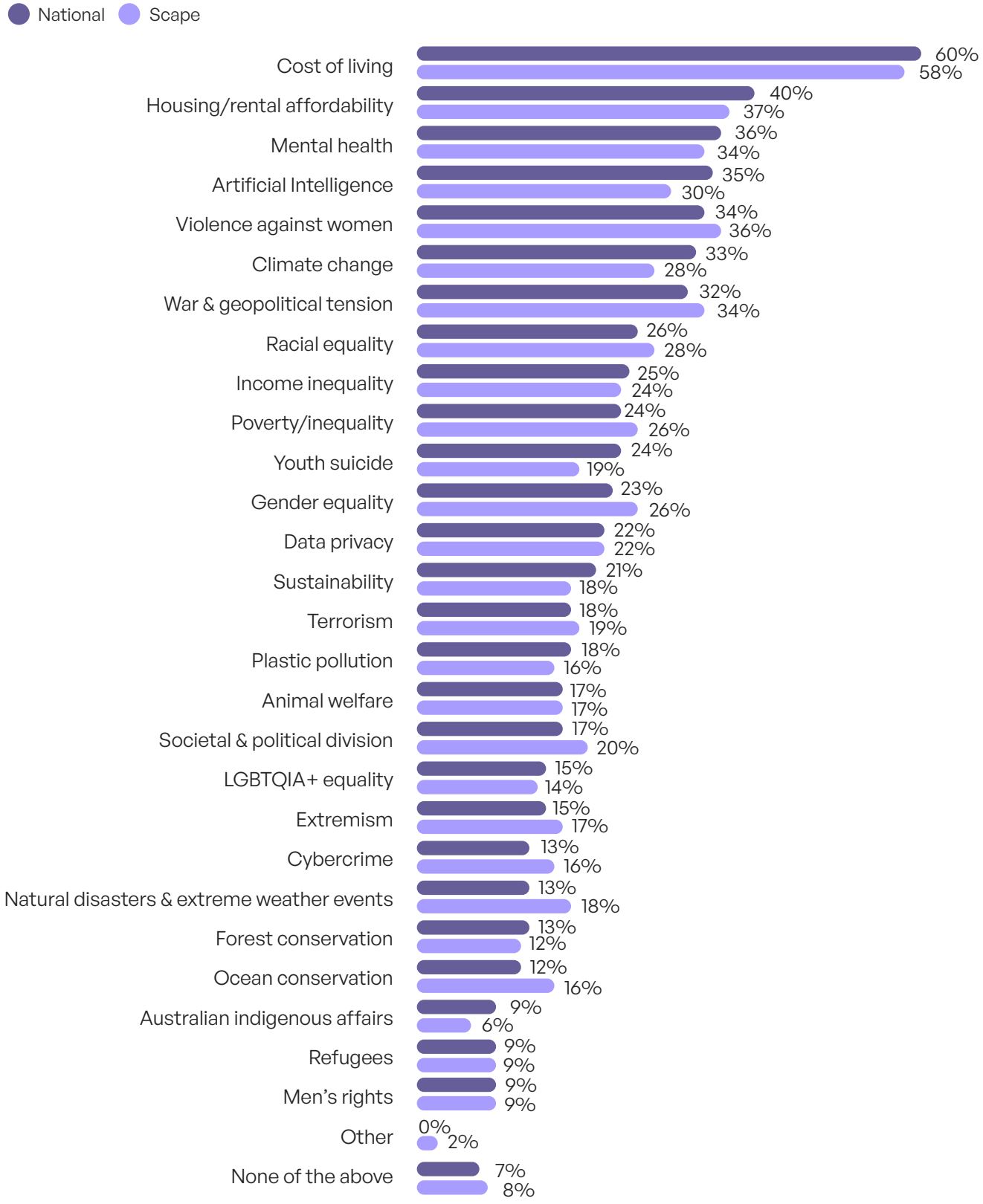
When we look at the top five factors negatively impacting wellbeing in 2026 and their positions within the national ranking for each year, the composition is generally similar. The main exception is body image and insecurity, which now ranks first, up from seventh place in 2024 and fifth in 2025. Figuring out the future has moved from first place in both earlier years to second in 2026.

National

	2024 rank	2025 rank	2026 rank	2026 percentage
Body image/insecurity*	7th	5th	1st	39%
Figuring out my future	Equal 1st	1st	2nd	38%
Burnout	4th	3rd	Equal 3rd	36%
Fatigue/energy levels	Equal 1st	2nd	Equal 3rd	36%
Cost of living	3rd	4th	5th	35%

* Asked as ‘poor body image’ in 2024.

Which global or societal issues concern you most even if they don't affect you personally?



Trends since 2024

When we look at the top ten concerns in 2026 and their positions within the national ranking for each year, cost of living and housing and rental affordability have remained firmly in first and second place. The biggest jump this year relates to AI, which now ranks fourth nationally. Mental health has also moved from sixth in 2025 to third in 2026. Finally, racial equality has moved higher, reaching eighth place.

National

	2024 rank	2025 rank	2026 rank	2026 percentage
Cost of living	1st	1st	1st	60%
Housing/rental affordability	2nd	2nd	2nd	40%
Mental health	6th	6th	3rd	36%
Artificial Intelligence	10th	10th	4th	35%
Violence against women	Equal 3rd	Equal 3rd	5th	34%
Climate change	Equal 3rd	Equal 3rd	6th	33%
War & geopolitical tension	5th	5th	7th	32%
Racial equality	15th	15th	8th	26%
Income inequality	11th	11th	9th	25%
Poverty/inequality	7th	7th	Equal 10th	24%
Youth suicide	13th	13th	Equal 10th	24%

What helps you destress and relax?

Highlighted figures indicate statistically significant differences.

National Scape

	National	Scape
Listening to music	57%	64%
Movies/shows/videos	52%	59%
Exercise	35%	40%
Gaming	31%	36%
Bath/shower	31%	41%
Outdoors/nature	29%	37%
Social media	28%	34%
Shopping	25%	31%
Cooking	23%	29%
Books	22%	20%
Junk food	22%	21%
Playing sports	19%	24%
Healthy food	18%	21%
Memes	17%	21%
Watching sport	15%	10%
Art	14%	22%
Journaling	12%	11%
Dancing	11%	13%
Beauty regime	11%	9%
Playing an instrument	11%	11%
Mindfulness	10%	10%
Handicraft	10%	10%
Writing	9%	12%
Alcohol	8%	12%
Therapy	6%	7%
Other	2%	3%
None of the above	1%	1%

Scape residents are more likely than respondents nationally to relax by taking a bath or shower, spending time outdoors, shopping or making art. They are less likely to identify watching sport as a way to relax.

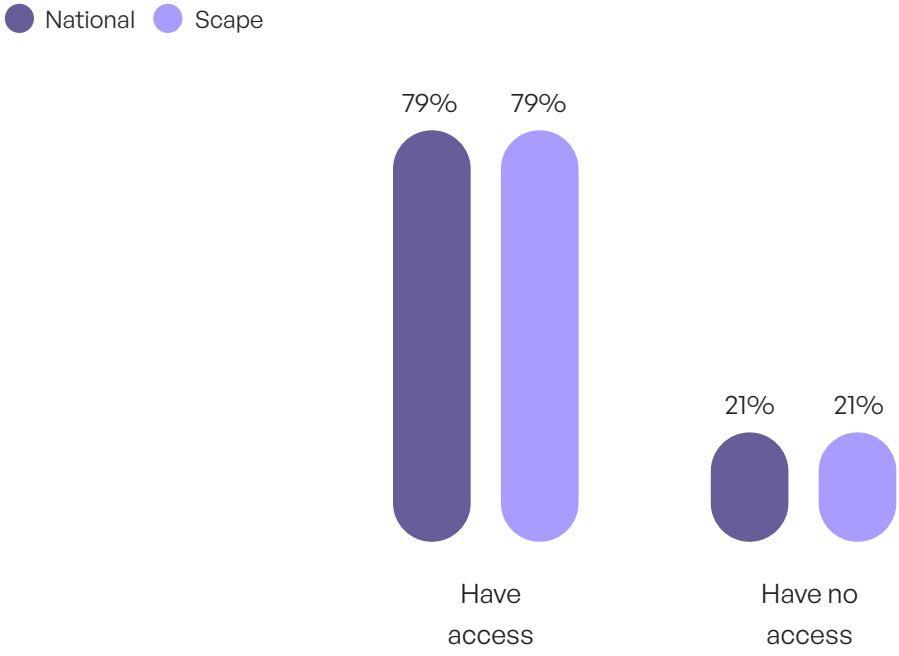
Trends since 2024

The ways respondents from the national sample destress and relax have not changed dramatically since 2024. They continue to turn to largely the same activities to ease their stress, including listening to music and watching movies, shows and videos.

National

	2024 rank	2025 rank	2026 rank	2026 percentage
Listening to music	2nd	1st	1st	57%
Movies/shows/videos	1st	2nd	2nd	52%
Exercise	4th	5th	3rd	35%
Gaming	5th	4th	Equal 4th	31%
Bath/shower	3rd	3rd	Equal 4th	31%
Outdoors/nature/beach	6th	6th	6th	29%
Social media	9th	9th	7th	28%
Shopping	11th	12th	8th	25%
Cooking	13th	13th	9th	23%
Books	8th	7th	Equal 10th	22%
Junk food	10th	11th	Equal 10th	22%

Do you have access to people, services, programs and resources to help when you're stressed, upset or having problems like mental health issues?



This year, we introduced a new question to understand whether respondents feel they can access support when they are stressed, upset or experiencing mental health issues.

Overall, 79% report having access to people, services, programs or resources that can support them. The result is identical among Scape residents and the national sample, with 21% in each group reporting no access to this support.




scape
HELLO

Social connections

Nationally, 67% of respondents rate their social health as good, very good or excellent, while 33% rate it as fair or poor. The overall pattern is similar among Scape residents, with 69% rating their social health positively.

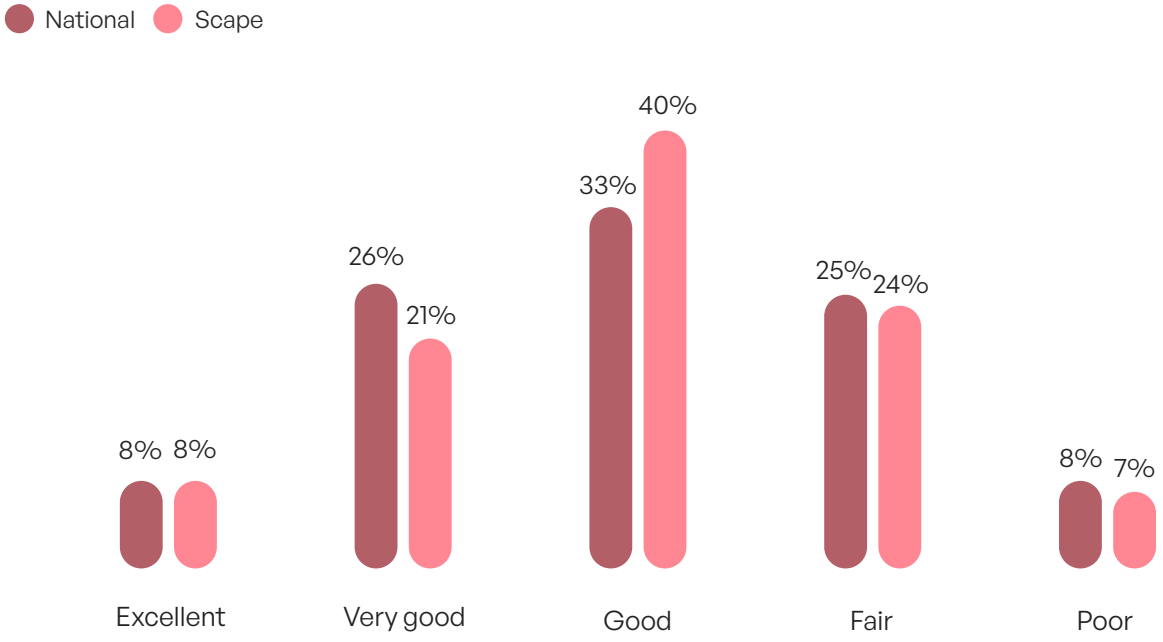
In everyday life, 81% of national respondents feel a general sense of inclusion and belonging, 82% feel that diversity is embraced and respected, and 66% find it easy to make friends. Among Scape residents, 89% feel that diversity is embraced and respected, compared with 82% nationally.

Friends and family remain the leading sources of strong social connections and support nationally, identified by 65% and 57%, respectively. Work ranks third at 24%, while social media and partners share fourth place at 23%.

The ranking of the leading sources has remained broadly consistent since 2024. Friends and family continue to rank first and second.

Scape residents are more likely than respondents nationally to identify friends and their student accommodation provider as sources of strong connections and support. In particular, 13% identify their accommodation provider, compared with 4% nationally. Family and work are less commonly identified by Scape residents, at 46% and 9%, compared with 57% and 24% nationally.

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



In their everyday life:

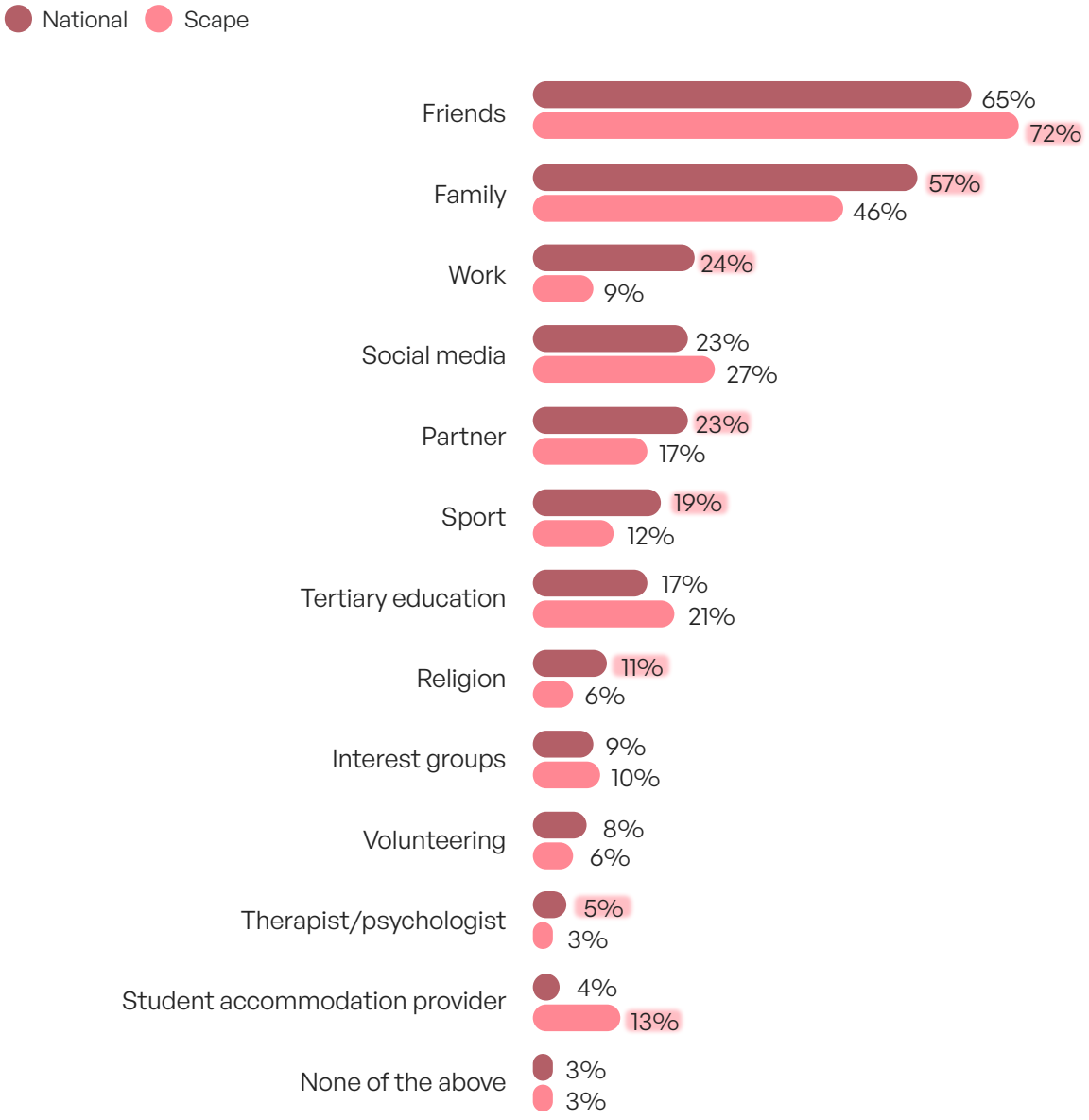
Highlighted figures indicate statistically significant differences.



Scape residents are more likely to feel that diversity is embraced and respected in their everyday lives.

Where do you have strong social connections and support networks?

Highlighted figures indicate statistically significant differences.



Scape residents are more likely to report strong social connections and support through friends and their student accommodation provider. They are less likely to identify family, work, partners, sport, religion or a therapist or psychologist as sources of strong connection and support.

Trends since 2024

When we look at the top five sources of strong social connections and support networks among respondents from the national sample, the ranking has remained broadly consistent. Friends and family have remained the leading sources since 2024.

National

	2024 rank	2025 rank	2026 rank	2026 percentage
Friends	1st	1st	1st	65%
Family	2nd	2nd	2nd	57%
Work	4th	3rd	3rd	24%
Social media	6th	6th	Equal 4th	23%
Partner	3rd	4th	Equal 4th	23%




sCape
ROYAL SUITE

Sleeping habits

Nationally, 75% of respondents report sleeping between seven and 10 hours a night, with an average of 7.5 hours. Feelings on waking are more mixed. Overall, 14% feel fresh and energised, 48% feel somewhere in between, and 38% wake feeling tired and lethargic.

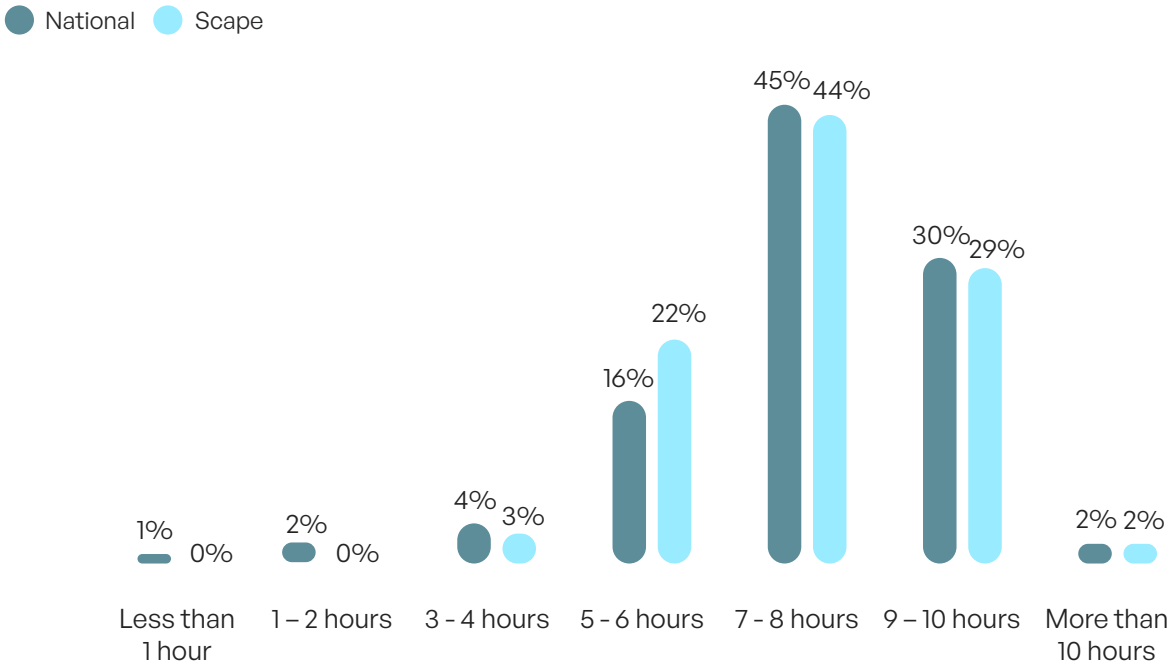
Phone use is the leading barrier to a good night's sleep nationally at 53%, followed by university work or study pressure at 48%, stress at 45% and anxiety at 34%. One in five identify work commitments, while 8% say nothing is preventing them from sleeping well.

With the addition of university work or study pressure and work commitments in 2026, study pressure enters the ranking in second place and work commitments in fifth. Phone use remains first, while stress and anxiety continue to rank among the leading barriers.

Scape residents also average 7.5 hours of sleep and report more positive feelings on waking. They are more likely to wake fresh and energised at 22%, compared with 14% nationally, and less likely to wake tired and lethargic at 25%, compared with 38%.

University work or study pressure is the leading barrier among Scape residents at 56%, followed by phone use at 50%. Study pressure and noise outside the home are more commonly identified by Scape residents than by respondents nationally. Sleep tracking is used by 22% of Scape residents and 19% of the national sample.

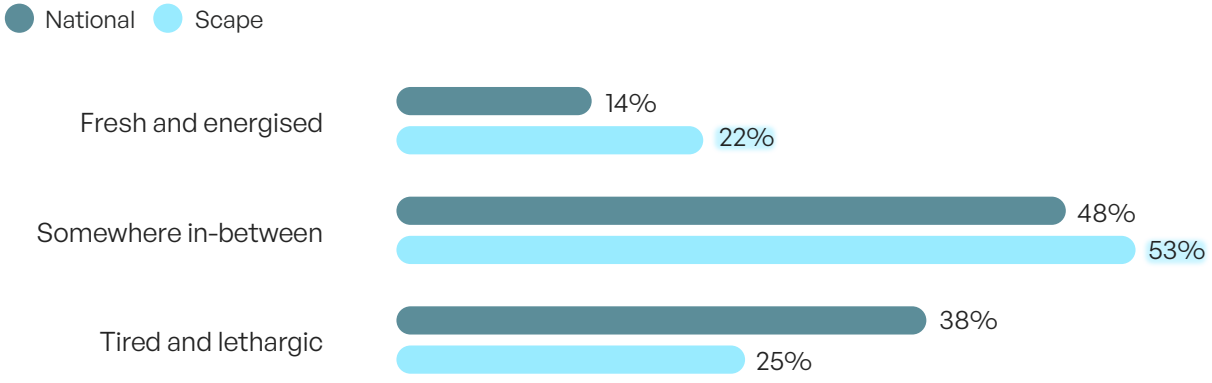
How many hours of sleep do you usually get per night on average?



Average hours of sleep - 7.5 hours

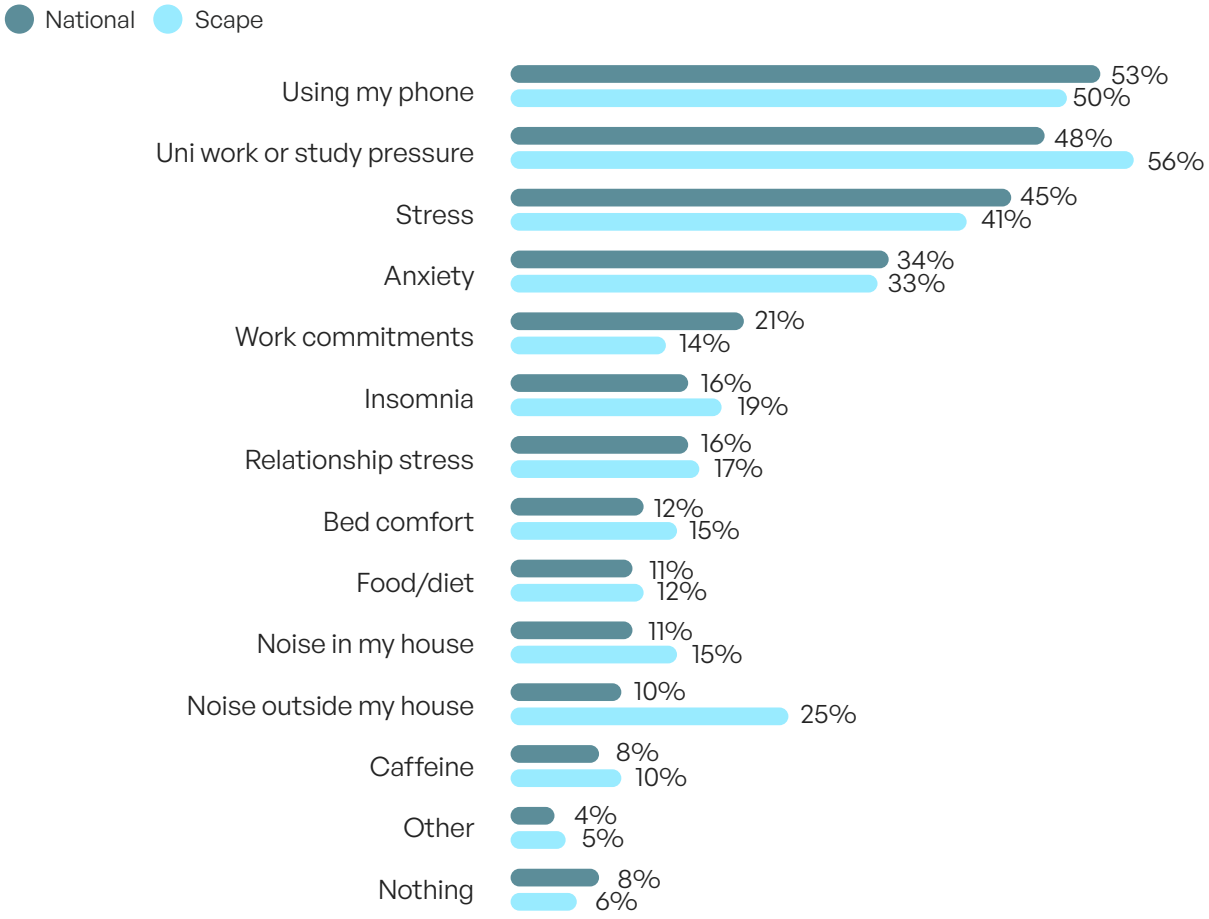
How do you usually feel when you wake up?

Highlighted figures indicate statistically significant differences.

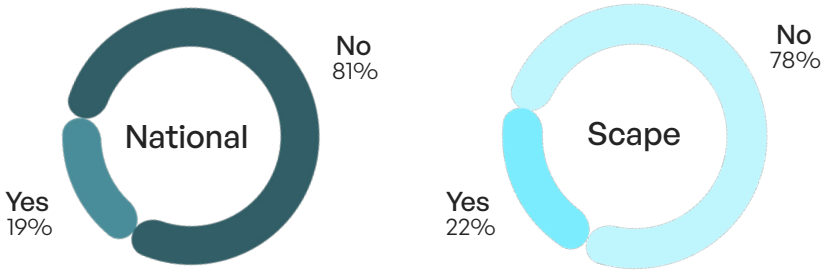


Scape residents are more likely to wake feeling fresh and energised or somewhere in between.

What is preventing you from getting a good night's sleep currently?



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.)



Trends since 2024

This year, we added university or study pressure and work commitments to the list of factors preventing respondents from getting a good night's sleep. These factors had appeared in responses under "Other" in previous years. Once listed, they ranked second and fifth, respectively, and we will continue to track these items in future years.

Beyond these additions, the overall pattern has remained broadly consistent. Phone use continues to rank first, a position it has held since 2024, while stress and anxiety remain among the leading barriers to a good night's sleep.

National

	2024 rank	2025 rank	2026 rank	2026 percentage
Using my phone	1st	1st	1st	53%
Uni work or study pressure*	-	-	2nd	48%
Stress	2nd	2nd	3rd	45%
Anxiety	3rd	3rd	4th	34%
Work commitments*	-	-	5th	21%

* New items included in the 2026 survey.





Exercise and sporting habits

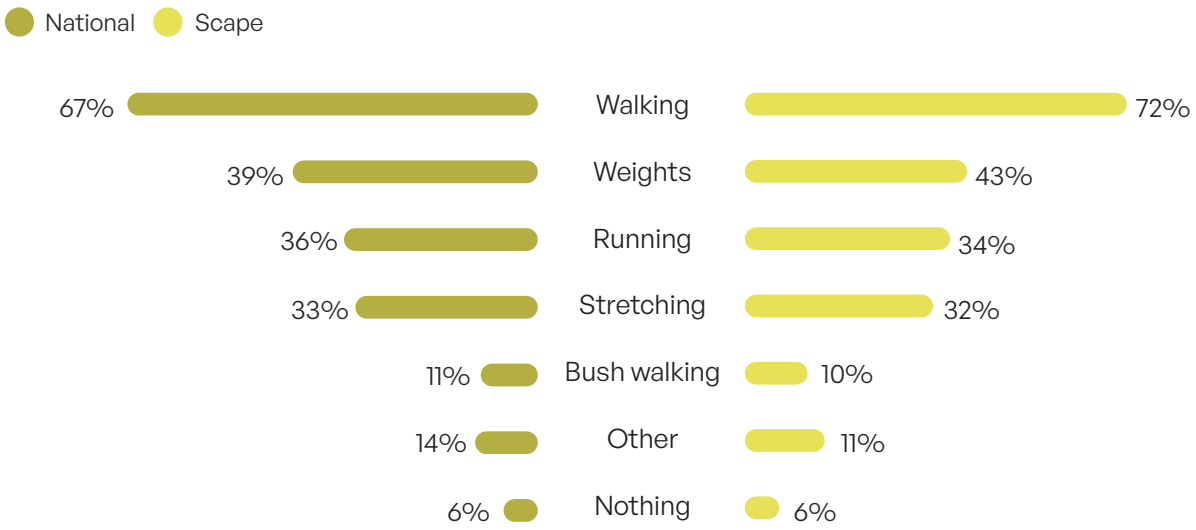
Walking is the most common form of physical activity, reported by 67% nationally, followed by weights at 39%, running at 36% and stretching at 33%. Just 6% say they do not participate in any sport or exercise. Exercise is a regular part of many respondents' routines, with 47% exercising daily or most days of the week and a further 29% exercising some days of the week.

Outdoor settings are the most preferred place to exercise nationally at 37%, followed by gyms at 32% and home at 28%. Scape residents show a stronger preference for gyms, chosen by 50%, and 43% report lifting weights, compared with 39% nationally. Their exercise is less frequent overall, with 36% exercising daily or most days, compared with 47% nationally, and 13% exercising occasionally, compared with 8%.

Fitness is the leading motivation for exercise nationally, selected by 19% as their most important reason. Mental health and appearance share second place at 12%, followed by weight loss at 11%, confidence at 9% and muscular strength at 8%. The range of responses shows that exercise serves different purposes, spanning physical fitness, emotional wellbeing and social connection.

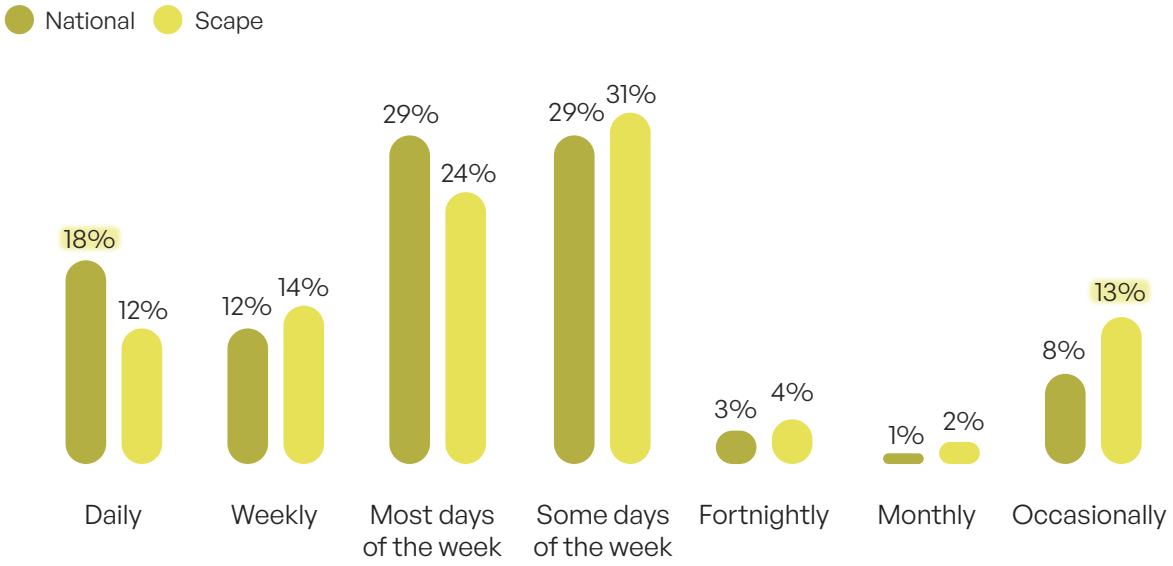
Fitness, mental health and appearance also led the ranking in 2024 and 2025. This year, respondents selected their single most important motivator, while the earlier surveys allowed them to select all reasons that applied. The 2026 results therefore show the leading priority, with fitness first, mental health and appearance sharing second place, and weight loss moving into fourth.

Which of the following exercises or sports do you do?



On average how often do you exercise/play sport?

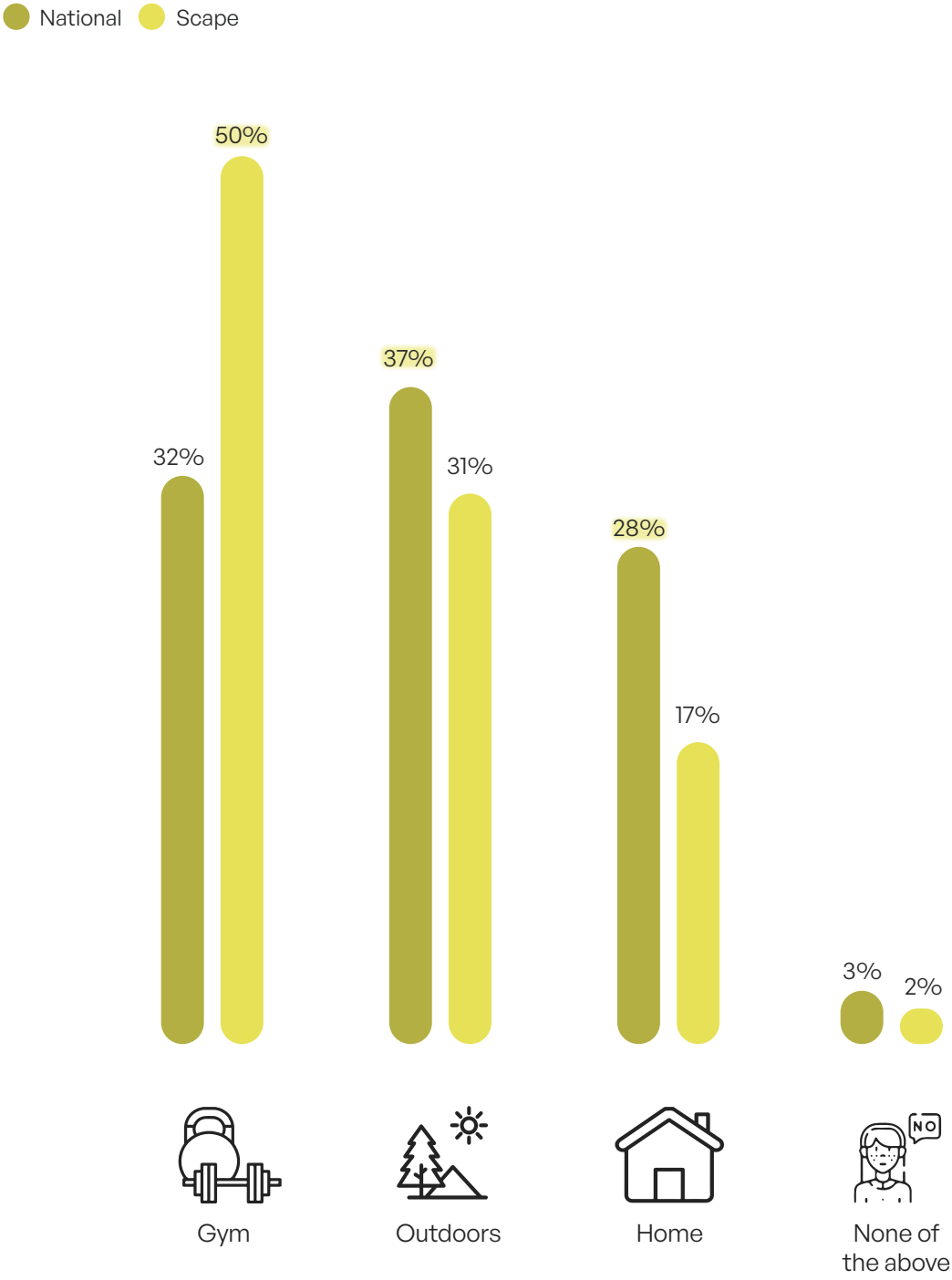
Highlighted figures indicate statistically significant differences.



Scape residents are more likely to exercise or play sport occasionally and less likely to do so daily.

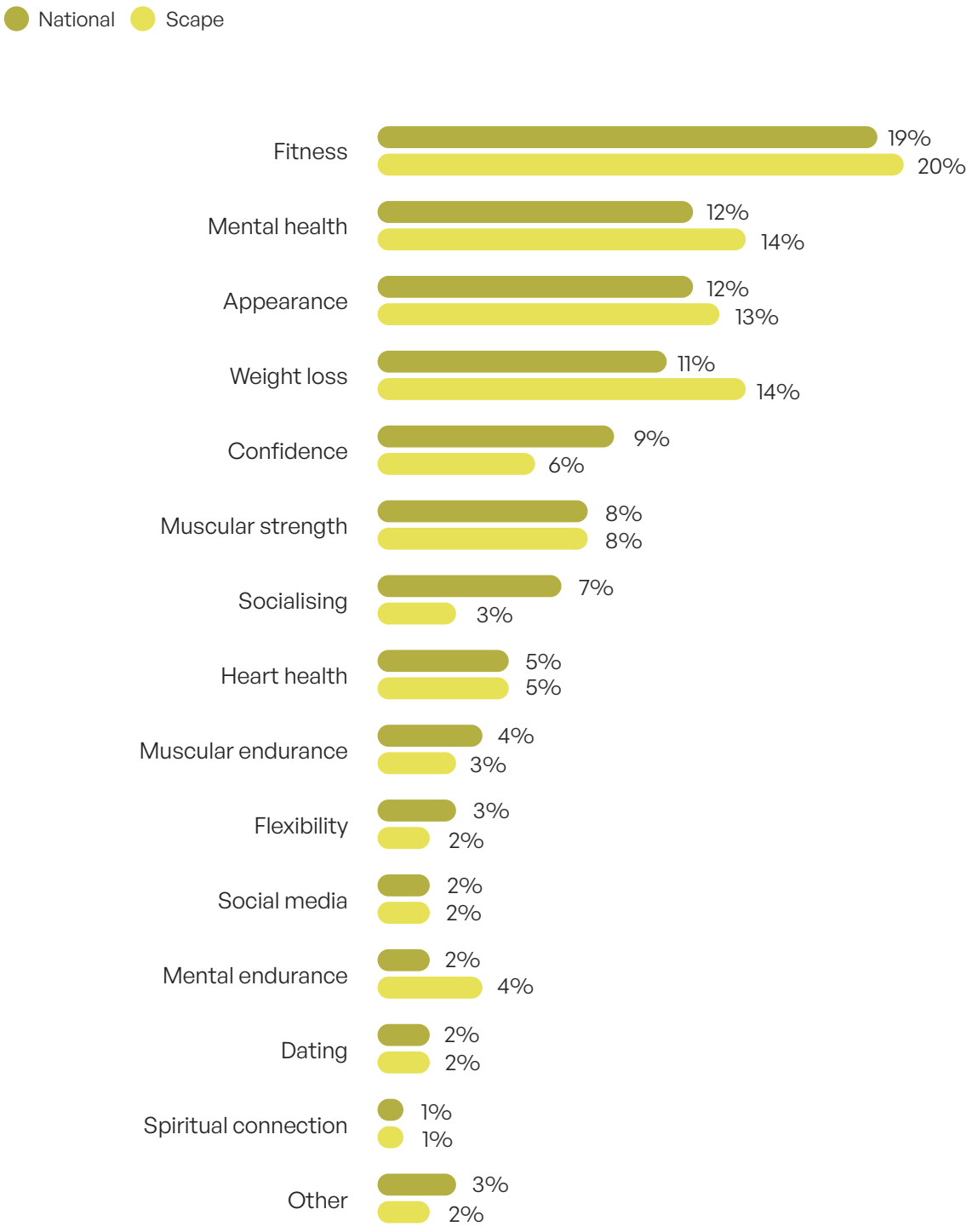
Where do you prefer to exercise?

Highlighted figures indicate statistically significant differences.



Scape residents are more likely to prefer exercising at the gym and less likely to prefer exercising outdoors or at home.

What motivates you most to exercise/play sport?



Trends since 2024

In 2026, respondents selected their single most important motivator for exercise. In 2024 and 2025, they could select all reasons that applied. The ranking therefore provides the clearest comparison across the three years.

The leading motivations remain broadly consistent. Fitness ranks first in 2026, while mental health and appearance share second place. Weight loss has moved ahead of confidence and muscular strength to rank fourth. Fitness, mental health and appearance also formed the top three in 2024 and 2025.

National

	2024 rank	2025 rank	2026 rank	2026 percentage
Fitness	Equal 1st	1st	1st	19%
Mental health	Equal 1st	2nd	Equal 2nd	12%
Appearance	3rd	3rd	Equal 2nd	12%
Weight loss	6th	6th	4th	11%
Confidence	4th	4th	5th	9%



AI dependency and emotional reliance

This year, we introduced a new section to explore the role of AI tools in respondents' everyday lives, including personal decision making, emotional support and trust in advice.

Nationally, 25% use AI tools very often or quite often to help make personal decisions, while a further 36% use them sometimes. AI also plays a role in discussing problems and expressing emotions. Overall, 41% have used AI instead of speaking to another person about a problem or concern, 34% have used it to help express feelings, and 34% have sought emotional or relationship advice, or help with conflict resolution. In addition, 36% say AI has made them feel emotionally reassured or comforted.

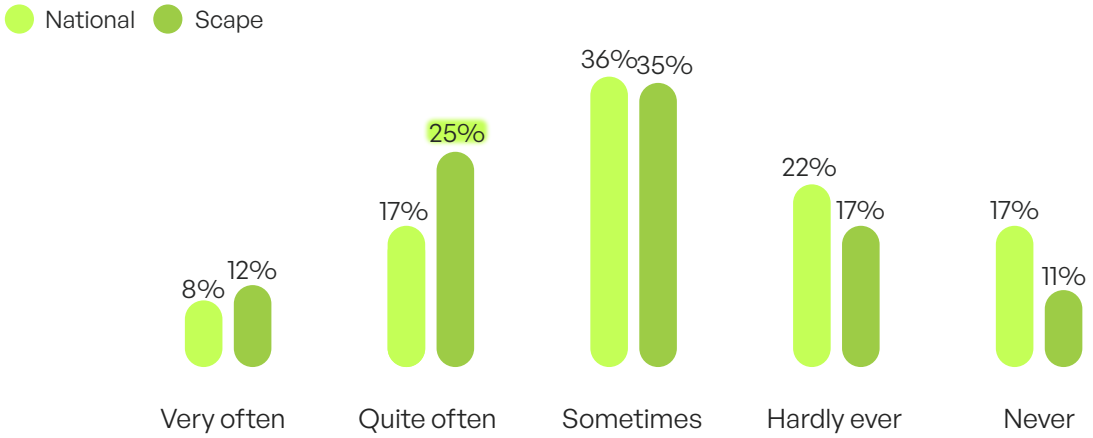
Trust remains more firmly placed in people. Nationally, 52% trust advice from AI less than advice from people, 31% trust it about the same, and 12% trust it more.

Scape residents report more frequent use of AI for personal decisions, with 37% using it very often or quite often, compared with 25% nationally. They are also more likely to have used AI instead of speaking to someone about a problem, to help express feelings, or for emotional and relationship advice. Their trust in AI advice is broadly similar to the national sample, with 52% trusting it less than advice from people.

AI is becoming a private space where some respondents can explore a concern, put feelings into words or seek reassurance. When it comes to advice, people remain the more trusted source for the majority.

How often do you use AI tools to help you make personal decisions?

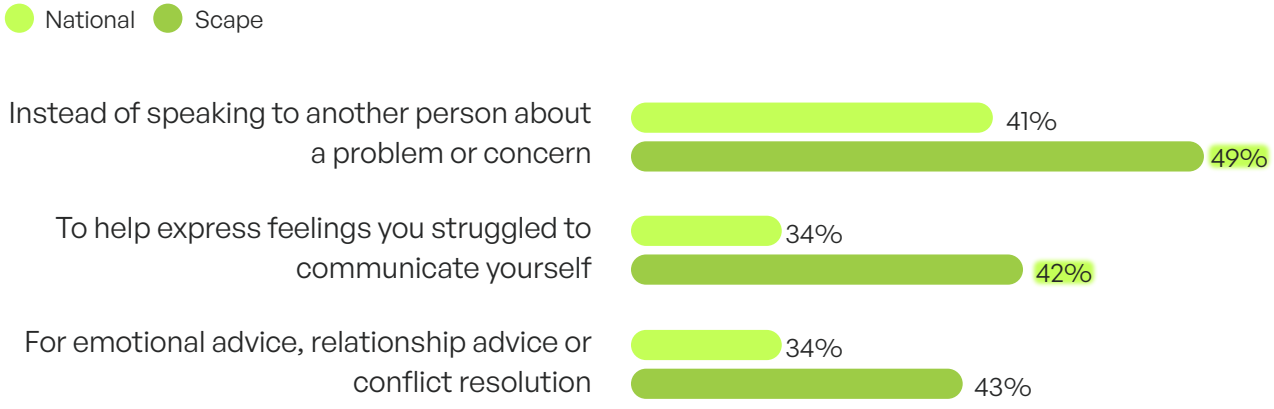
Highlighted figures indicate statistically significant differences.



Scape residents are more likely to use AI tools quite often to help them make personal decisions.

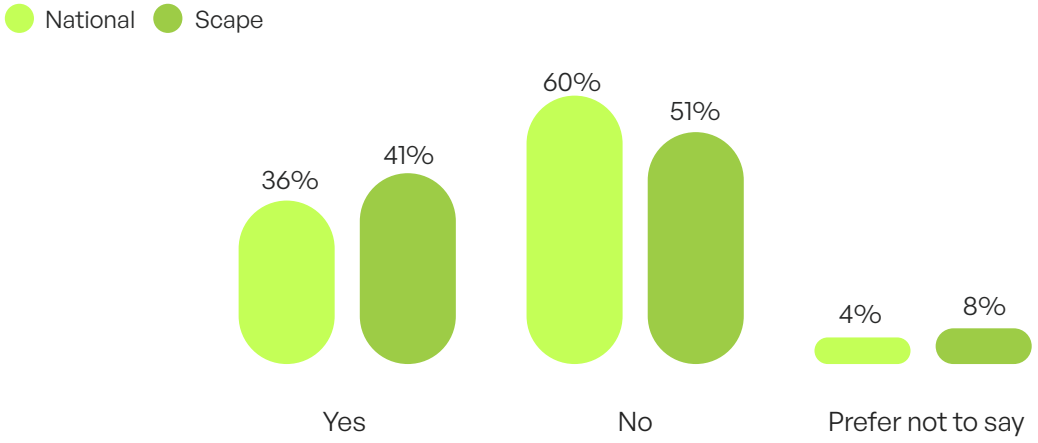
Have you ever used AI for the following?

Highlighted figures indicate statistically significant differences.



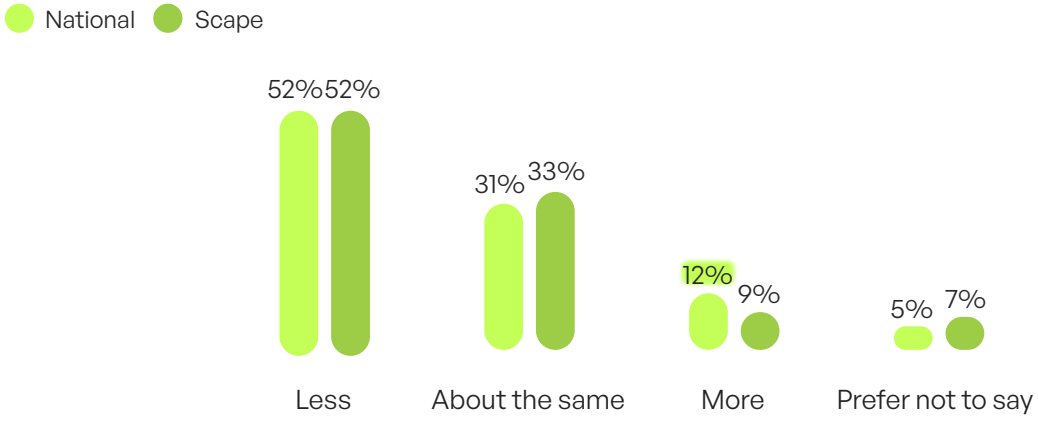
Scape residents are more likely to use AI instead of speaking to another person about a problem or concern and to help express feelings they struggled to communicate themselves.

Has AI ever made you feel emotionally reassured or comforted?



Overall, do you trust advice from AI more, less, or about the same as advice from people?

Highlighted figures indicate statistically significant differences.



Scape residents are less likely to trust advice from AI more than the advice they receive from people.



Phone dependency

This year, we introduced a new section to understand respondents' attachment to their phones and the role these devices play in everyday routines, social connection and uncomfortable social moments.

Comfort with time away from the phone varies. Nationally, 43% believe they could comfortably manage a full day or longer without it, while 26% could manage no more than three hours. If they were unable to access their phone for 24 hours, 20% would feel very or extremely anxious and a further 40% would feel somewhat anxious.

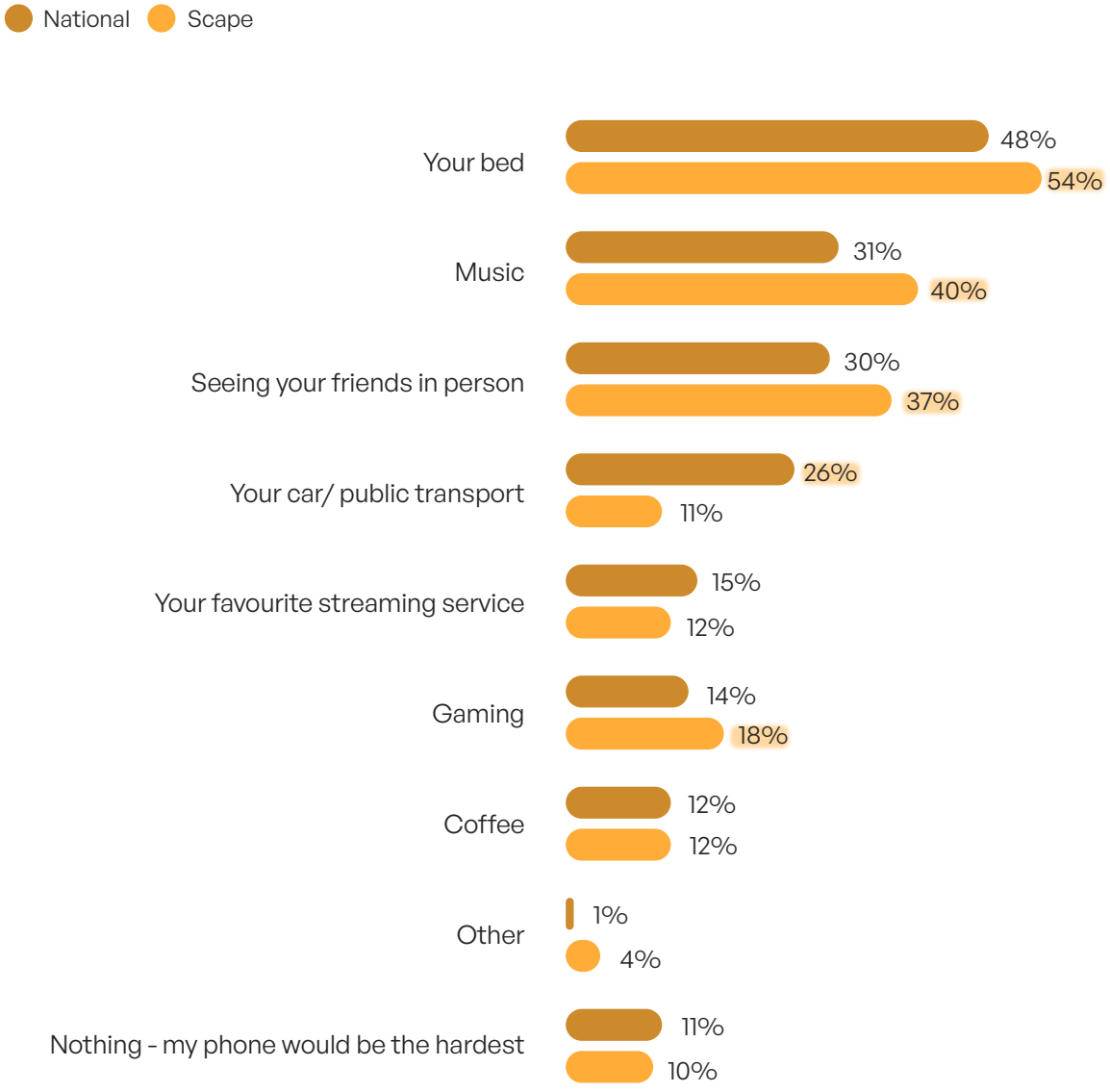
Phone use also extends beyond a specific purpose. Overall, 32% check their phone without a reason several times an hour or constantly throughout the day, while 62% regularly or sometimes use it to avoid an uncomfortable social situation. More than half, 55%, rate their comfort with being alone with their thoughts above the midpoint of the scale, compared with 28% below it.

Connection is what respondents would miss most. Messaging friends or family leads at 30%, ahead of entertainment and social media. Asked what would be harder to give up for 24 hours than their phone, 48% choose their bed, 31% choose music and 30% choose seeing friends in person. For 11%, their phone would be the hardest to give up.

Scape residents report a stronger attachment to short periods without their phone, with 39% saying they could comfortably manage no more than three hours, compared with 26% nationally. They are also more likely to place their bed, music, seeing friends in person and gaming ahead of their phone, and less likely to place a car or public transport ahead of it. If they lost access for 24 hours, 37% would miss messaging friends or family most, compared with 30% nationally. The phone story is therefore strongly connected to the people and routines around it.

Which of the following would be harder for you to give up for 24 hours than your phone?

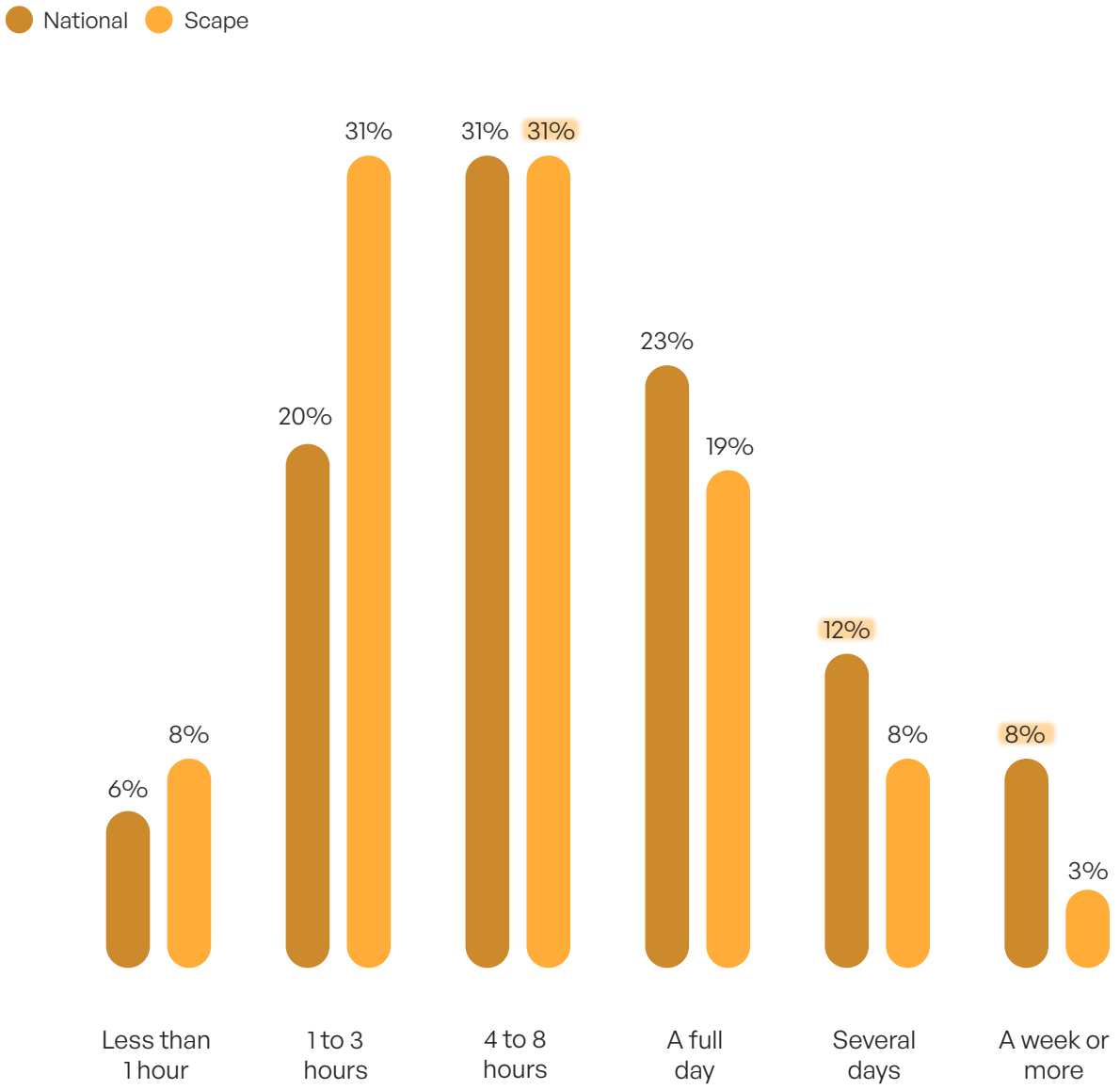
Highlighted figures indicate statistically significant differences.



Scape residents are more likely to find it harder to give up their bed, music, seeing friends in person and gaming for 24 hours than to give up their phone. They are less likely to place a car or public transport ahead of their phone.

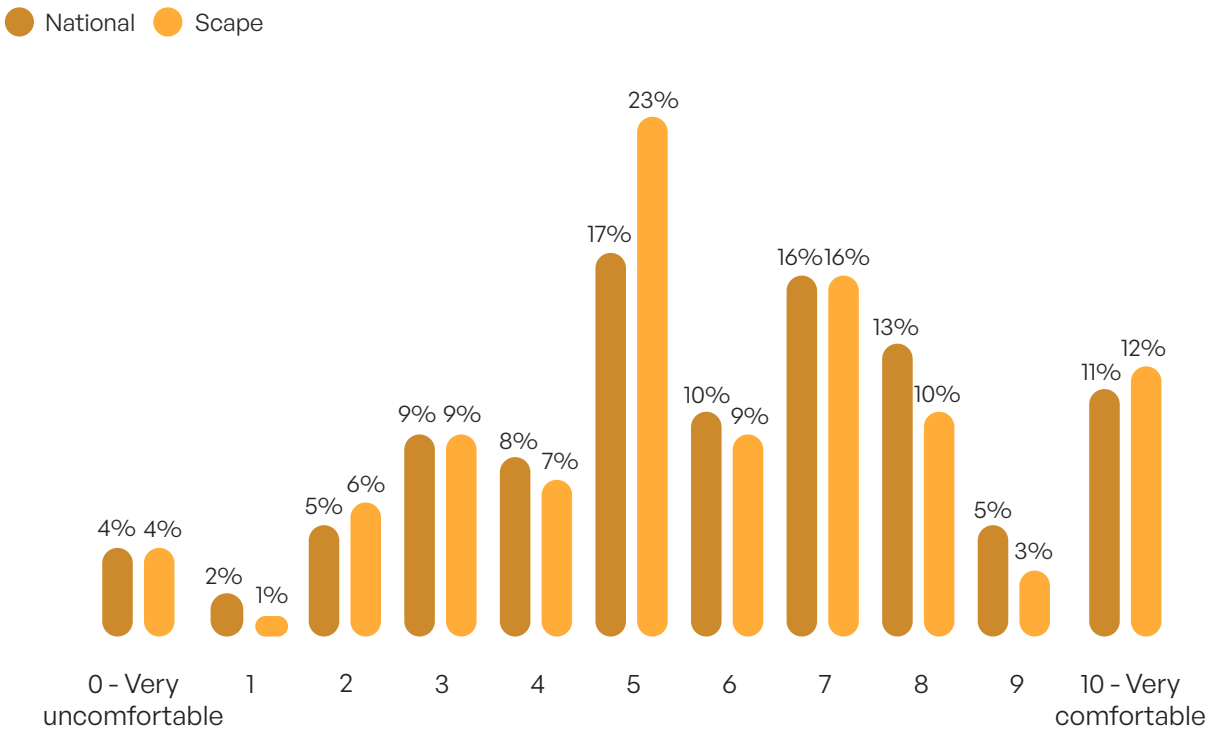
How long do you think you could comfortably go without your phone?

Highlighted figures indicate statistically significant differences.



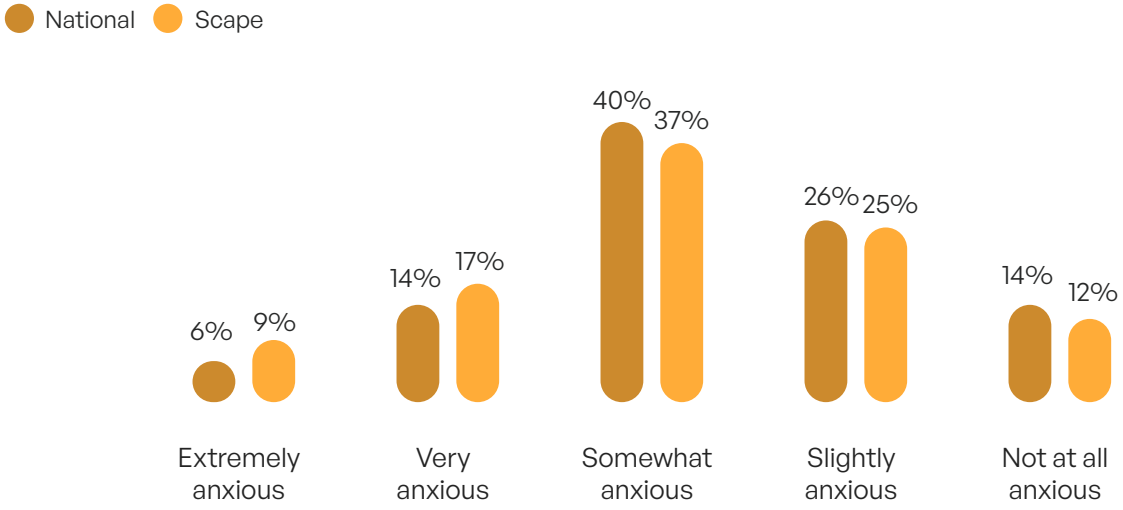
Scape residents are more likely to say they could comfortably go without their phone for one to three hours. They are less likely to say they could go without it for several days or for a week or more.

Do you feel uncomfortable being alone with your thoughts without distraction?

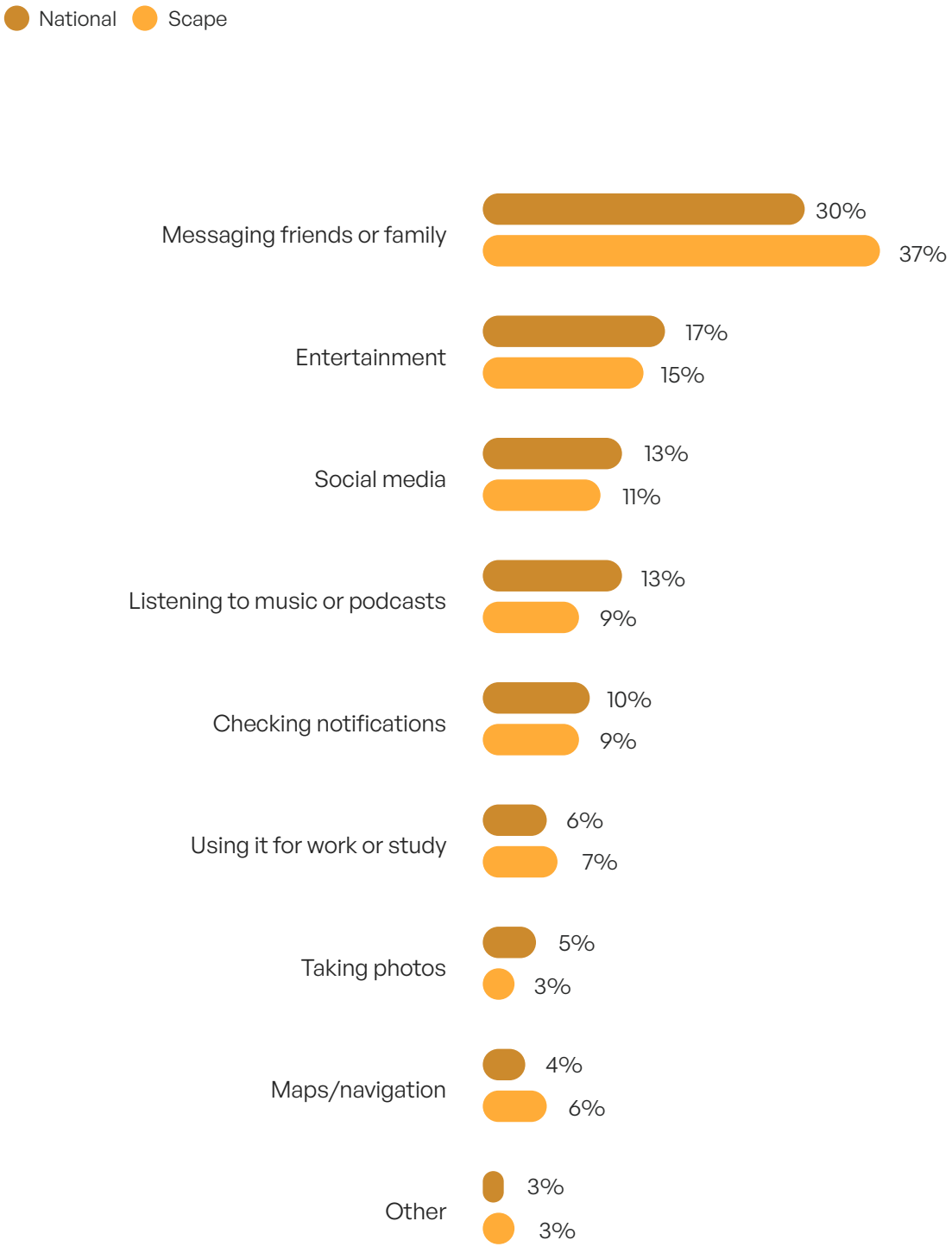


National average: 5.9 **Scape average: 5.7**

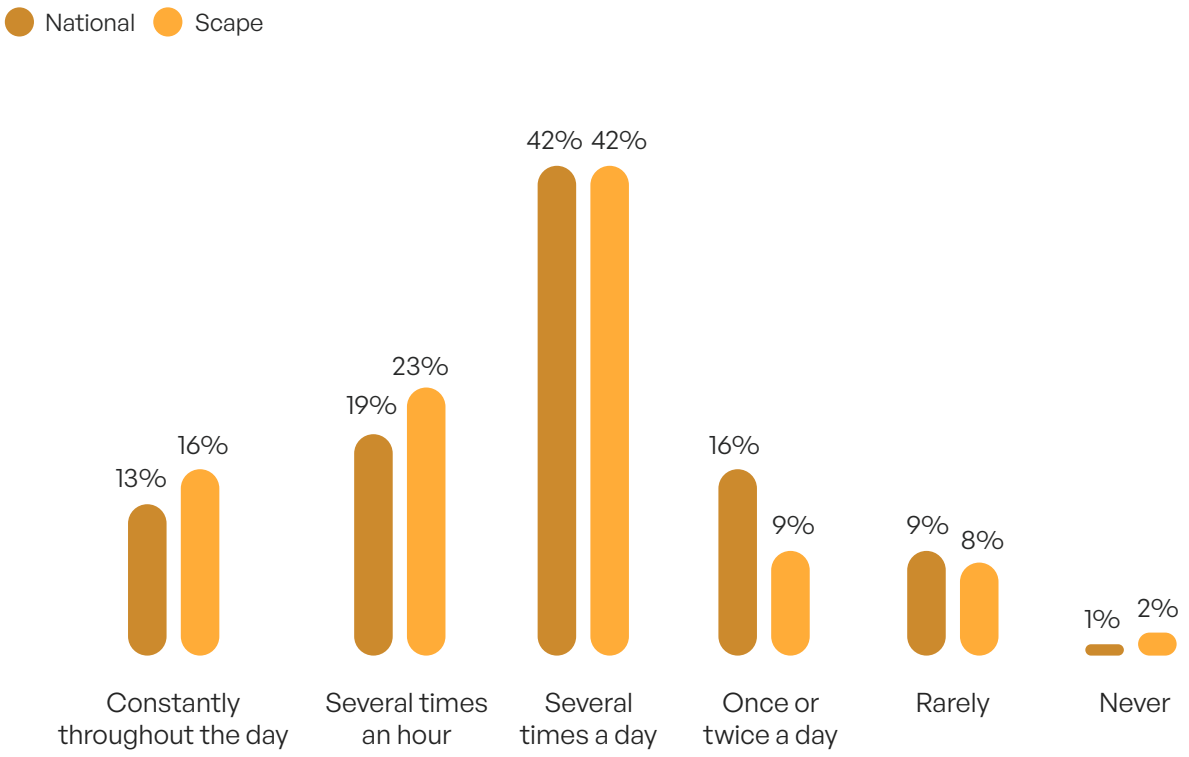
How anxious would you feel if you were unable to access your phone for 24 hours?



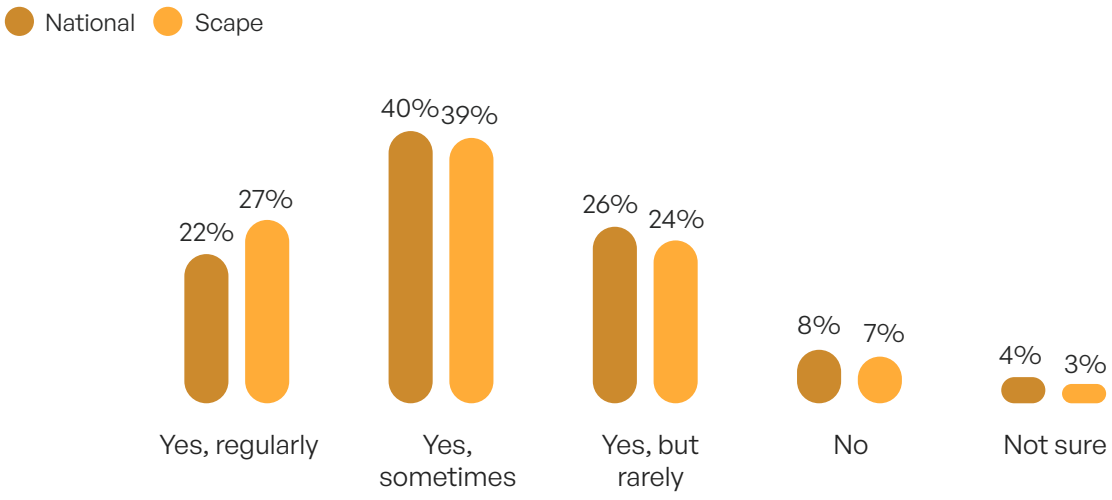
If you couldn't use your phone for 24 hours, what would you miss most?



How often do you check your phone without a specific reason?



Have you ever used your phone to avoid an uncomfortable social situation?







Career anxiety and employability

In 2026, we introduced a new section to explore respondents' confidence in their career prospects, their readiness for the workforce and the pressure they feel to succeed, including concerns about AI affecting future job opportunities.

Career confidence is mixed. Nationally, 26% are very or extremely confident that they will achieve their desired career, while 46% are somewhat confident. A further 28% are not very confident or not at all confident.

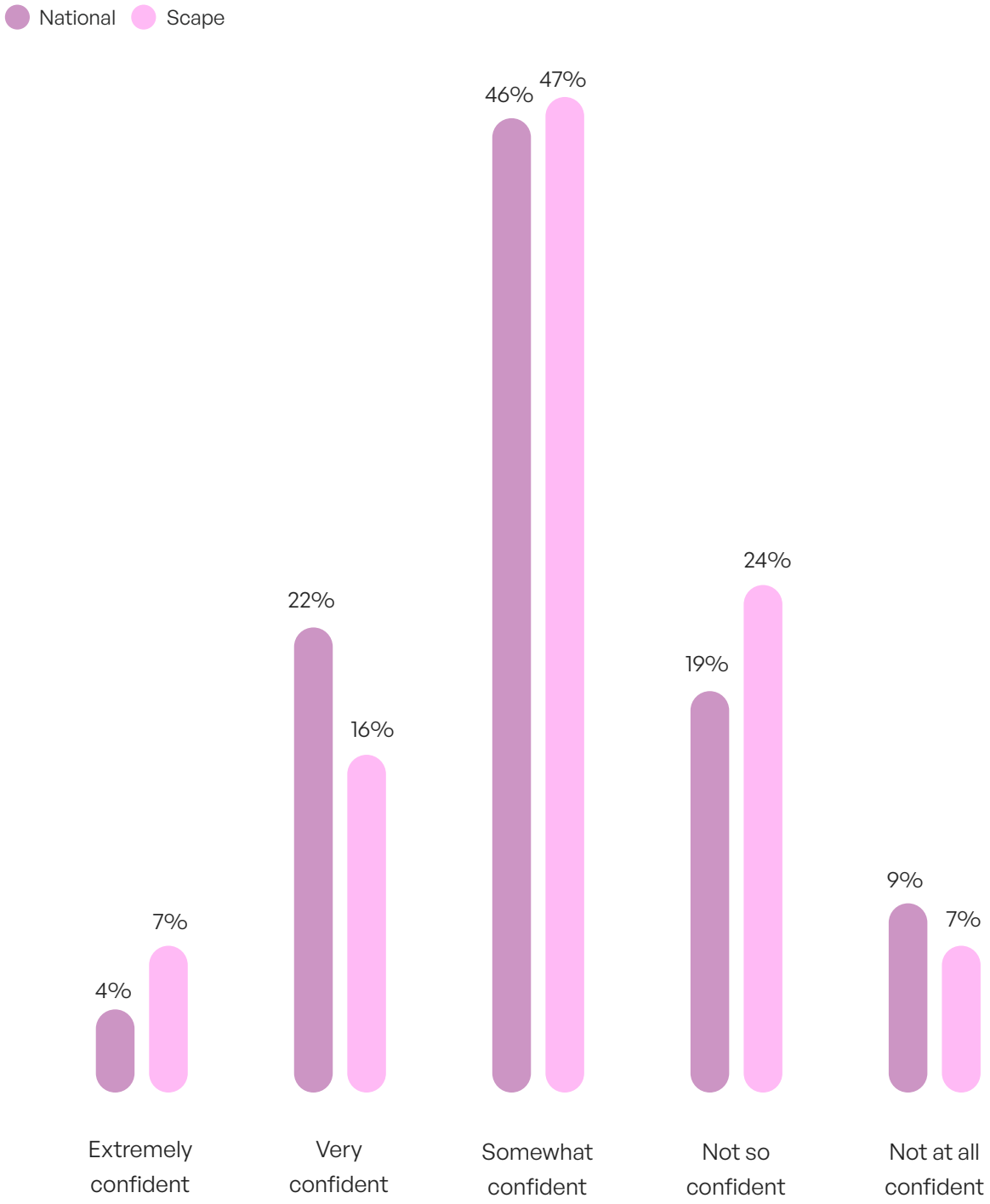
Respondents also recognise strengths and support around them. Compared with others their age, 50% rate the support they receive from family, school or mentors as better, 43% rate their abilities and skills as better, and 44% feel they have better knowledge of career and study pathways. A smaller proportion, 38%, consider themselves better prepared for the future workforce.

AI is another source of uncertainty. Overall, 75% are at least somewhat concerned about its impact on future job opportunities, including 33% who are very or extremely concerned.

Pressure to succeed is widespread, with 49% feeling a lot or a great deal of pressure to achieve career success. Meanwhile, 69% say they feel guilty when resting or taking time off. The leading reasons are feeling they should be productive at 60%, worrying about wasting time at 58%, feeling they should be studying at 49%, and worrying about falling behind others their age at 49%.

Scape residents report positive perceptions of support alongside career uncertainty. Among residents, 56% rate their support as better than that of their peers, compared with 50% nationally. Career confidence is slightly lower, with 23% very or extremely confident about achieving their desired career, compared with 26% nationally, while 52% feel a lot or a great deal of pressure to succeed, compared with 49%.

How confident are you that you will achieve your desired career?





SCAPE

Compared to other people your age, how would you rate yourself on each of the following?

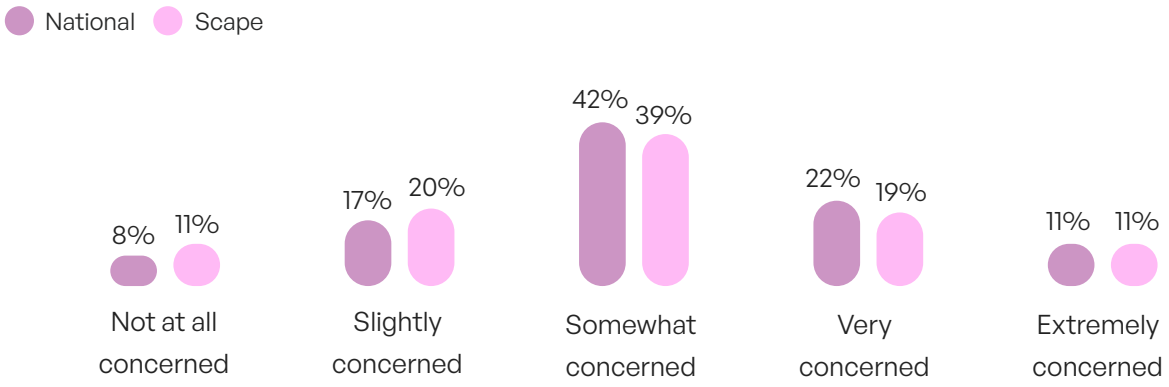
	Much worse	Slightly worse	About the same	Slightly better	Much better
The support I receive from family, school or mentors	3%	7%	35%	31%	25%
My access to useful resources and information	1%	8%	45%	31%	14%
The opportunities available to me	3%	17%	41%	26%	13%
My abilities and skills	3%	12%	42%	32%	11%
My overall chances of achieving the career I want	3%	18%	41%	26%	12%
My confidence in achieving my career goals	5%	18%	39%	26%	13%
My knowledge of career and study pathways	3%	15%	42%	31%	9%
My readiness for the future workforce	4%	18%	44%	25%	9%

NATIONAL

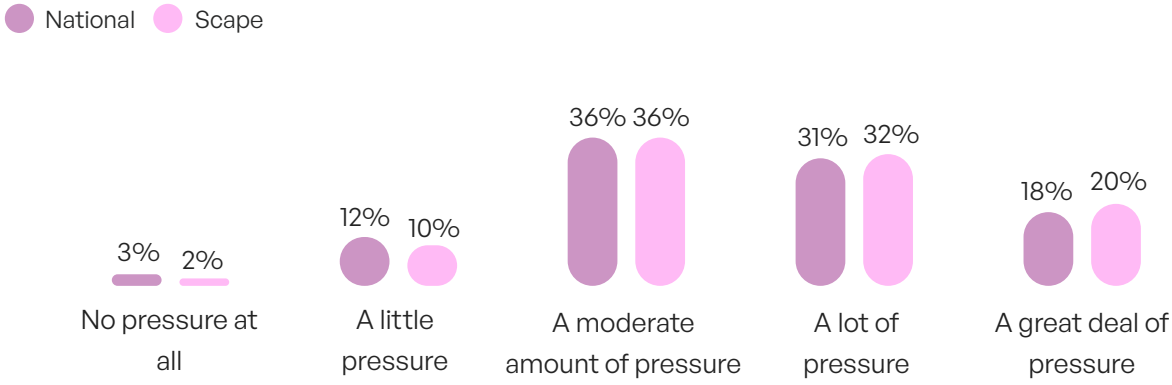
Compared to other people your age, how would you rate yourself on each of the following?

	Much worse	Slightly worse	About the same	Slightly better	Much better
The support I receive from family, school or mentors	3%	9%	39%	34%	16%
My access to useful resources and information	2%	10%	46%	32%	10%
The opportunities available to me	3%	15%	42%	28%	12%
My abilities and skills	4%	11%	42%	31%	12%
My overall chances of achieving the career I want	7%	13%	41%	27%	12%
My confidence in achieving my career goals	7%	16%	40%	27%	10%
My knowledge of career and study pathways	4%	14%	38%	34%	10%
My readiness for the future workforce	6%	16%	40%	28%	10%

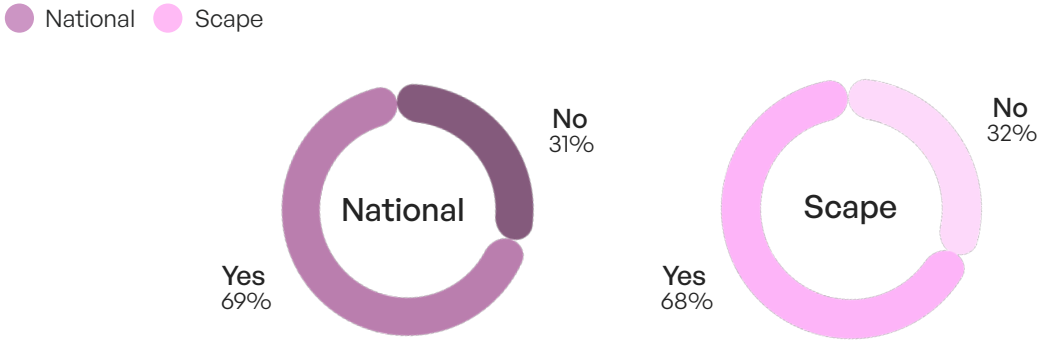
How concerned are you about AI affecting future job opportunities?



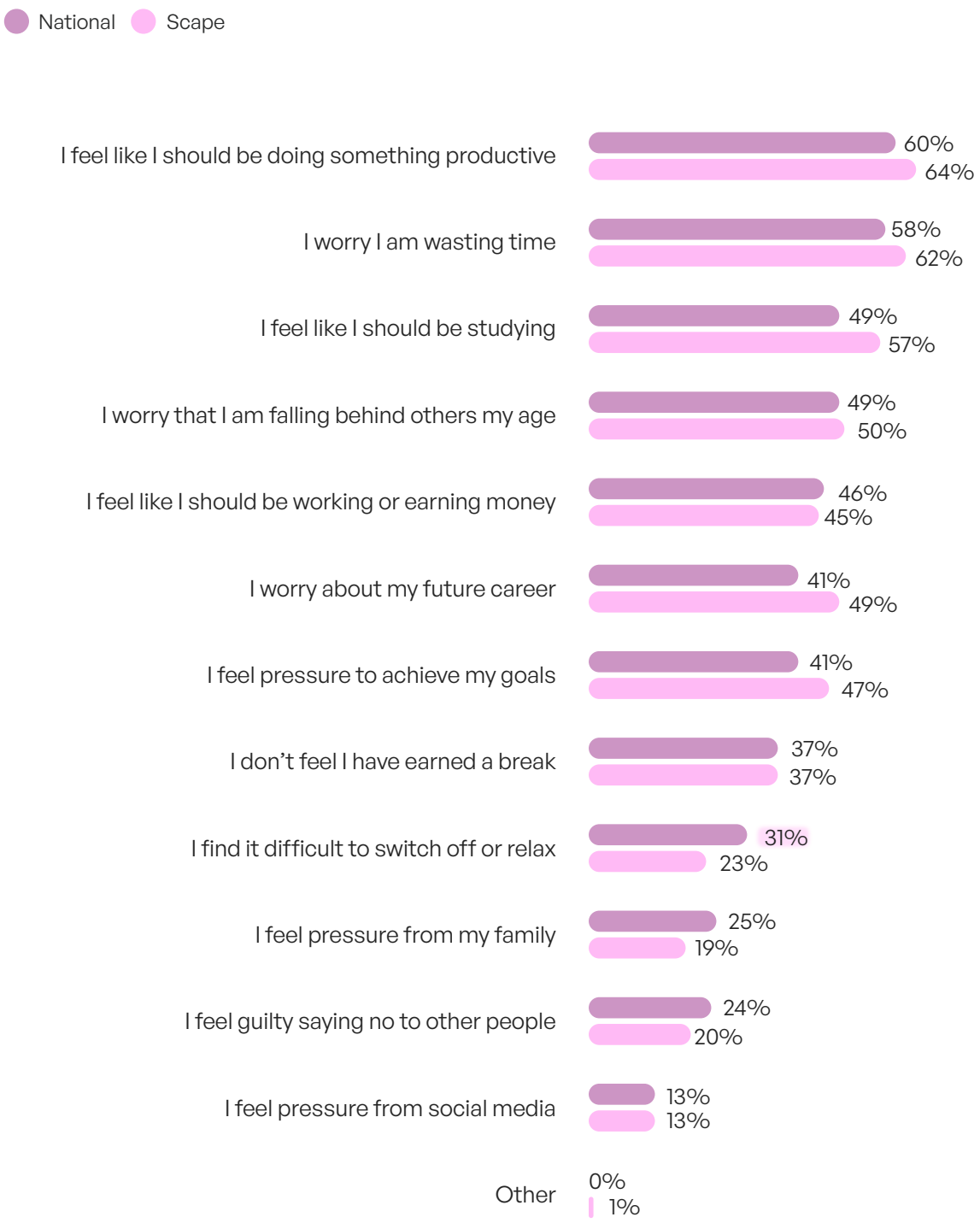
How much pressure do you feel to achieve career success?



Do you ever feel guilty when you are resting or taking time off?



What are the main reasons you feel guilty when resting?



Scape residents are less likely than respondents nationally to find it difficult to switch off or relax when resting.

结语

经过四年的持续追踪，2026年Z世代的身心健康状况呈现出多重压力交织的特点。经济前景的不确定性、自信心不足、疲劳、职业发展期待以及数字化生活的影响，共同塑造了受访者对当下生活的感受及其对未来的看法。与此同时，人际联系、归属感以及获得支持的机会，仍然是帮助年轻人保持稳定身心状态的重要因素。

人工智能正日益融入受访者的日常决策、情绪表达和寻求心理慰藉的过程，但相比人工智能，他们仍然更信任来自他人的建议。这是2026年研究中最明确的发现之一。人工智能可以为年轻人提供一个便捷、私密的空间，让他们倾诉困扰、梳理思绪；但当他们需要支持和判断时，人与人之间的关系仍然更能赢得信任。

Scape住户的经历为这一研究结果提供了另一个重要视角。友谊、住宿服务提供商所发挥的作用，以及多元文化受到接纳与尊重所带来的强烈感受，都是他们社交生活中的重要积极因素。这些发现凸显了共享居住环境在帮助住户建立联系、获得接纳与支持方面的重要作用，尤其对于远离家乡独立生活的国际学生而言，更是如此。

展望未来，Alpha世代正逐渐成为学生群体的一部分。他们的成长经历将受到更加高度数字化的环境影响，从小接触人工智能并通过数字技术建立联系将成为常态。未来的研究将持续追踪这一群体的期望、舒适感及身心健康状况如何随着他们迈向更高阶段的学习和独立生活而不断变化。

2026年研究传递出的最明确信息，是人与人之间的联系依然不可或缺。 对于政策制定者、教育工作者、传播领域从业者、住宿服务提供商、青年服务机构以及其他致力于支持年轻人成长的组织而言，研究结果指向了一项共同的重要任务：确保年轻人能够持续获得值得信赖的支持，并营造包容的环境，让他们在面对不确定性的同时，依然能够建立人际联系、获得理解并不断成长。



anyway.ai/au

scape.com.au

www.scape.com.au/genzwellbeingindex

ANYWAY scape