*Lời tựa, tóm tắt và lời kết được viết bằng tiếng Việt Nam.



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So, Anyway is shaking up the outdated system of career advice.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

Lời tựa

Hiểu về sức khỏe tinh thần của Gen

Z là trọng tâm của nghiên cứu này. Chúng tôi

Tôi muốn biết thế hệ Z cảm thấy thế nào về điều đó.

cuộc sống của họ, điều gì giúp họ phát triển mạnh mẽ và điều gì làm cho cuộc sống thường nhật trở nên thú vị hơn

Khó khăn. Bằng cách lắng nghe một cách kiên trì và theo dõi những trải nghiệm này theo thời gian, chúng ta có thể nhận ra sự tiến bộ, hiểu được những thách thức đang diễn ra và xác định những điều mới những mối lo ngại khi chúng xuất hiện.

Chúng tôi rất vui mừng được chia sẻ những phát hiện này.

Trích từ Chỉ số Sức khỏe Thế hệ Z năm 2026,

được phát triển bởi sự hợp tác của Scape

Và dù sao đi nữa. Giờ đã bước sang năm thứ tư,

Nghiên cứu này tiếp tục xây dựng...

hiểu biết về hạnh phúc của thế hệ Z Nó đang thay đổi theo thời gian.

Nghiên cứu này quy tụ một nhóm chuyên gia quốc gia.

mẫu được tuyển chọn thông qua Bảng điều khiển Student Edge và một bảng điều khiển riêng biệt.

Mẫu cư dân Scape, bao gồm những người...

chủ yếu là sinh viên quốc tế Sinh sống và học tập tại Úc.

Nhìn chung, các mẫu này cung cấp một

cái nhìn tổng quan về hạnh phúc trên toàn cầu từng quốc gia, cùng với một nghiên cứu sâu sắc hơn Hãy xem xét kinh nghiệm của sinh viên.

sống ở các tòa nhà của Scape. Điều phân biệt này cũng mang lại những điều quan trọng

cần xem xét bối cảnh khi so sánh các kết quả.

Khi thế giới xung quanh thế hệ Z thay đổi,

Các câu hỏi của chúng ta vẫn tiếp tục phát triển.

Bên cạnh sức khỏe tinh thần, xã hội các mối liên hệ, giấc ngủ và tập thể dục, điều này

Báo cáo thường niên giới thiệu các phần mới.

về sự phụ thuộc vào AI và cảm xúc sự phụ thuộc, sự lệ thuộc vào điện thoại và Lo lắng về nghề nghiệp và khả năng tìm việc làm.

Những bổ sung này giúp chúng ta hiểu

Công nghệ đang trở thành một phần của...

quyết định cá nhân và cảm xúc sự hỗ trợ, cũng như cách người trả lời cảm nhận của họ về sự nghiệp tương lai.

Chúng tôi xin cảm ơn tất cả mọi người đã chia sẻ.

những trải nghiệm của họ với chúng tôi. Của họ các phản hồi mang lại những hiểu biết quý giá.

Dành cho các nhà hoạch định chính sách, người làm công tác truyền thông, các nhà giáo dục, các nhà cung cấp chỗ ở, các nhà cung cấp dịch vụ thanh thiếu niên và các tổ chức khác

các tổ chức hỗ trợ thanh thiếu niên.

Chúng tôi hy vọng báo cáo này sẽ hỗ trợ một sự hiểu rõ hơn.

hiểu biết về hạnh phúc của thế hệ Z và lưu giữ kinh nghiệm của người trả lời là trọng tâm của các cuộc trò chuyện về họ.

cuộc sống và tương lai.

Summary

Bản tóm tắt

Kết quả khảo sát năm 2026 cho thấy những người tham gia khảo sát.

cân bằng các mối quan hệ xã hội tích cực

và những cách quen thuộc để thư giãn khi đối mặt với áp lực về sự tự tin, an ninh tài chính

và tương lai. Trên toàn quốc, 62% mô tả Sức khỏe tinh thần của họ rất tốt, thậm chí là cực kỳ tốt.

hoặc xuất sắc, trong khi 38% đánh giá là khá hoặc xuất sắc.

Kém. Vấn đề về hình ảnh cơ thể và sự thiếu tự tin được xếp hạng là...

Áp lực cá nhân hàng đầu ở mức 39%, Tiếp theo là việc dự đoán tương lai ở mức 38%.

Với tỷ lệ mệt mỏi và kiệt sức đều ở mức 36%.

Nhìn chung, những kết quả này củng cố niềm tin.

Bản thân chúng là năng lượng và sự không chắc chắn về những gì sẽ xảy ra tiếp theo tại trung tâm của...

Hình ảnh về sức khỏe tinh thần.

Chi phí sinh hoạt vẫn là yếu tố xã hội hàng đầu.

mức độ lo ngại trên toàn quốc là 60%, tiếp theo là Khả năng chi trả nhà ở và tiền thuê nhà ở mức 40%.

Sức khỏe tâm thần đứng thứ ba với 36%, trong khi AI đã vươn lên vị trí thứ tư với 35%,

Xếp hạng cao nhất trong suốt ba năm.

Năm 2026, những mối quan ngại hàng đầu vẫn tập trung vào...

về áp lực tài chính, sức khỏe và các vấn đề rộng hơn thay đổi xã hội.

Kết quả khảo sát nghề nghiệp cho thấy khía cạnh cảm xúc.

Gánh nặng của việc lập kế hoạch cho tương lai. Trên phạm vi toàn quốc, 26% rất hoặc cực kỳ tự tin rằng Họ sẽ đạt được sự nghiệp mà mình mong muốn, trong khi 46% khá tự tin. Gần một nửa,

49% cảm thấy áp lực rất lớn hoặc cực kỳ lớn đối với thành công, và 69% cảm thấy tội lỗi khi nghỉ ngơi.

Năng suất, lãng phí thời gian, học tập và

Việc tụt hậu so với người khác là điều thường gặp nhất.

lý do dẫn đến cảm giác tội lỗi này, liên quan đến sự nghiệp lập kế hoạch chặt chẽ với khả năng của người trả lời để tắt.

Trí tuệ nhân tạo có vai trò quan trọng trong cả hỗ trợ cá nhân.

và những lo ngại về tương lai. Trên phạm vi toàn quốc, 41% đã sử dụng trí tuệ nhân tạo thay vì trò chuyện trực tiếp.

thảo luận vấn đề với người khác, và 36%

Họ nói rằng điều đó đã khiến họ cảm thấy xúc động.

được trấn an hoặc an ủi. Niềm tin vẫn còn đó.

được đặt vững chắc hơn trong số những người trả lời, với 52% tin tưởng vào lời khuyên của AI ít hơn lời khuyên của chuyên gia.

từ mọi người. Đồng thời, 75% là ít nhiều lo ngại về trí tuệ nhân tạo ảnh hưởng đến cơ hội việc làm trong tương lai.

Điện thoại cũng đóng nhiều vai trò trong cuộc sống hàng ngày.

cuộc sống. Nhắn tin cho bạn bè hoặc gia đình là điều đó.

những người được hỏi sẽ nhớ nhất nếu không có điện thoại của họ, và 62% thường xuyên hoặc đôi khi họ sử dụng điện thoại để quản lý

một tình huống xã giao khó xử. Điện thoại Việc sử dụng cũng là rào cản hàng đầu được báo cáo đối với Ngủ chiếm 53%, tiếp theo là công việc học tập tại trường đại học.

hoặc áp lực học tập ở mức 48%. Hơn một phần trăm Ba người được hỏi, tương đương 38%, thức dậy cảm thấy mệt mỏi.

và uể oải.

Kết nối xã hội vẫn là một điều tích cực.

đặc điểm trong cuộc sống của người được hỏi. Trên phạm vi toàn quốc, 67% đánh giá sức khỏe xã hội của họ ở mức tốt, rất tốt.

Tốt hoặc xuất sắc, 81% cảm thấy có một cảm nhận chung về sự hòa nhập và thuộc về, và bạn bè và gia đình vẫn là nguồn thông tin hàng đầu.

hỗ trợ. Cư dân Scape có nhiều khả năng hơn

xác định bạn bè và chỗ ở của họ nhà cung cấp đóng vai trò là nguồn kết nối mạnh mẽ, và có nhiều khả năng cảm thấy rằng sự đa dạng là được đón nhận và tôn trọng. Nhìn chung, 21%

Những người tham gia khảo sát ở cả hai mẫu đều báo cáo rằng họ có không được tiếp cận với mọi người, dịch vụ, chương trình hoặc nguồn lực khi họ cần hỗ trợ.

Dành cho các nhà hoạch định chính sách, người làm công tác truyền thông và các nhà cung cấp dịch vụ thanh thiếu niên, chủ đề trọng tâm Đó là nỗ lực cần thiết để xây dựng tương lai.

Trong khi vẫn quản lý tốt hiện tại. Tài chính

áp lực, sự tự tin, yêu cầu học tập và thói quen sử dụng thiết bị kỹ thuật số xuất hiện xuyên suốt Theo như những gì người trả lời khảo sát kể về cảm nhận của họ về sức khỏe tinh thần.

Các mối liên kết xã hội bền chặt vẫn là một yếu tố quan trọng.

một phần quan trọng của bức tranh, đồng thời đáng tin cậy

sự hỗ trợ, thời gian nghỉ ngơi và những con đường thông thoáng.

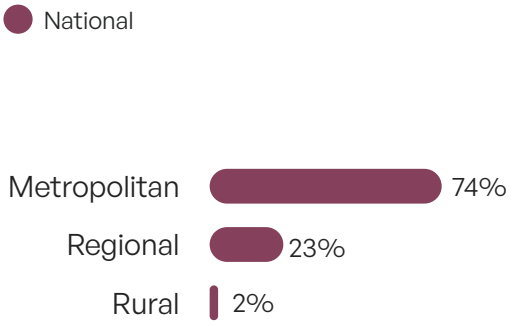
trong tương lai sẽ tiếp tục định hình cách thức Người được hỏi trải nghiệm cuộc sống thường nhật.

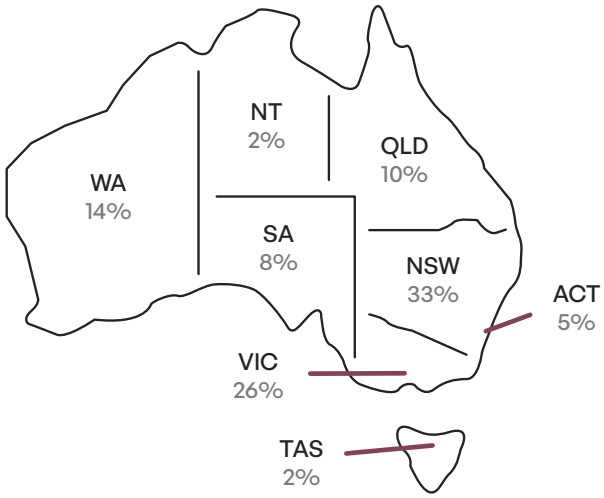
Who we heard from

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

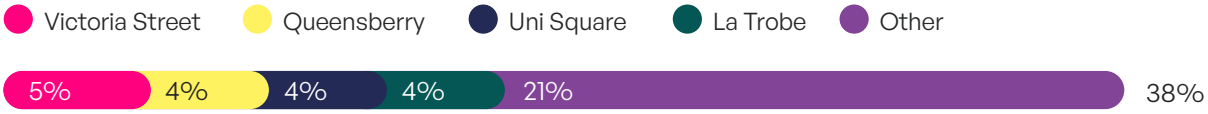
18% 89% have a nationality other than Australian

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

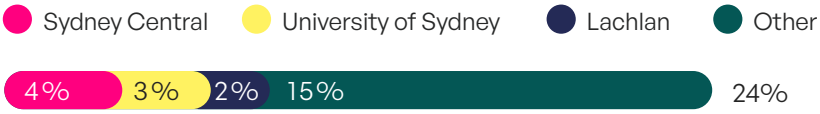
A significantly higher proportion of Scape residents are from a culturally and linguistically diverse background and have a nationality other than Australian.

SCAPE RESIDENTS

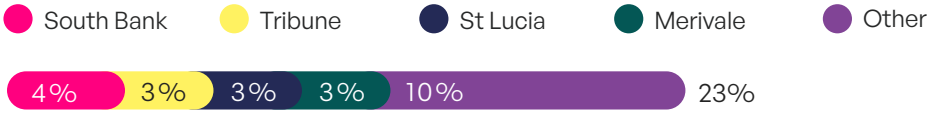
Victoria



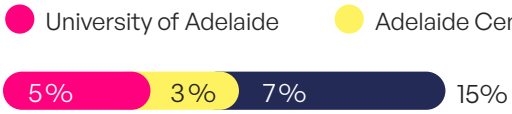
New South Wales



Queensland



South Australia

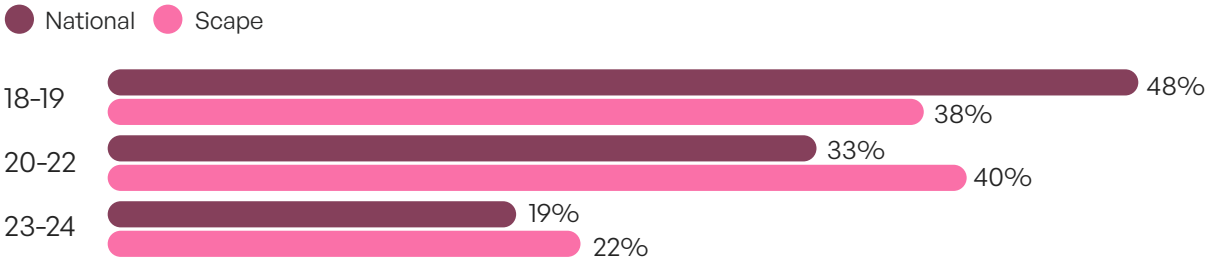


Gender breakdown

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.

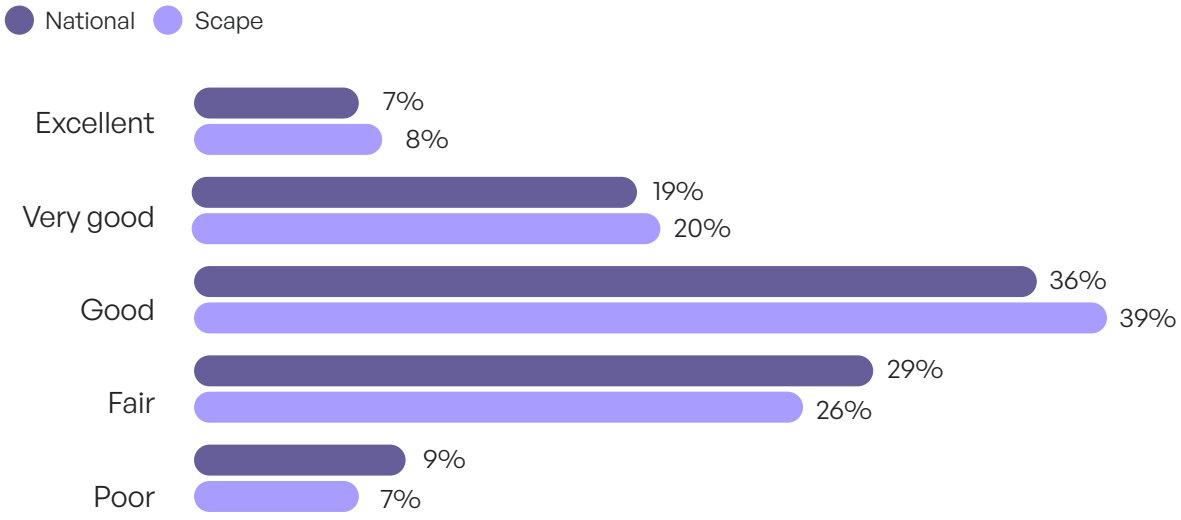
Cost of living is also the leading global or societal concern, identified by 60% nationally. Housing and rental affordability ranks second at 40%, followed by mental health at 36% and AI at 35%. Violence against women, climate change and war and geopolitical tension complete the leading group of concerns.

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.

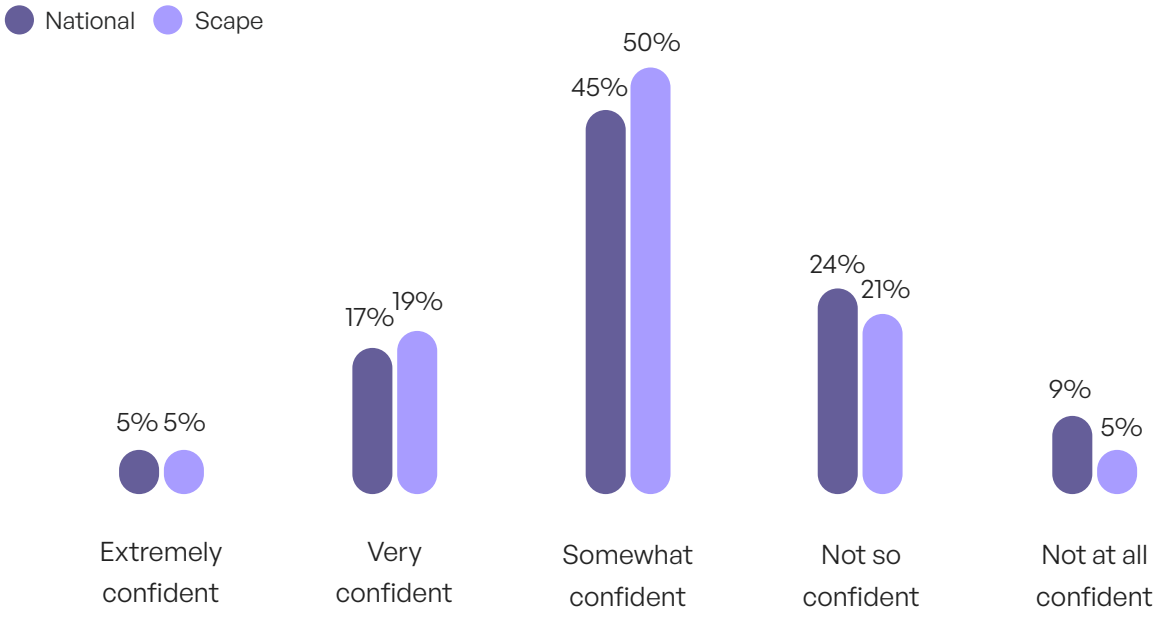
A new question this year found that 79% of respondents have access to people, services, programs or resources that can support them when they are stressed, upset or experiencing problems. The result is the same for the national sample and Scape residents, with 21% in each group reporting that they do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

How is your mental health currently?



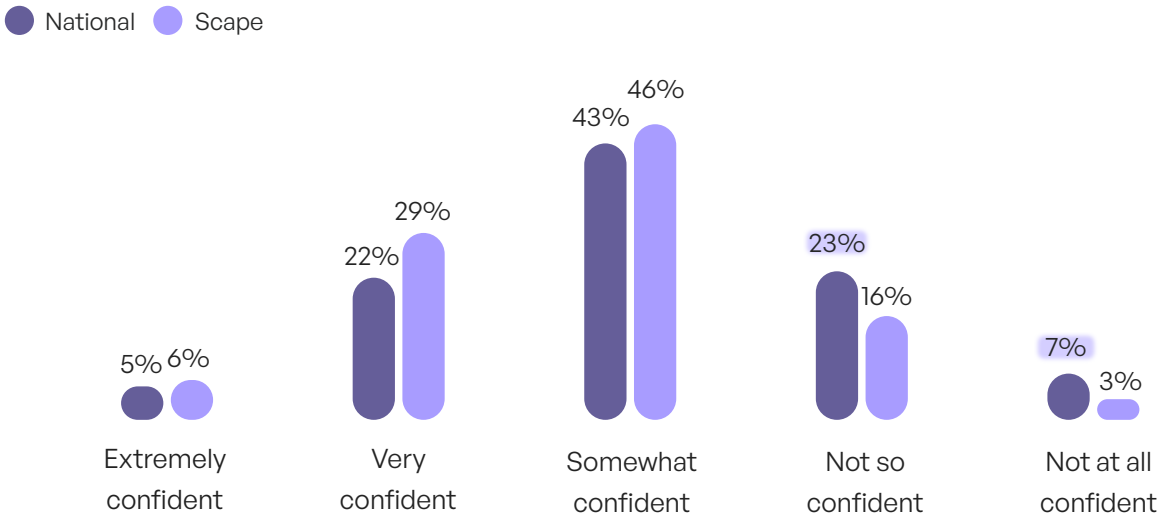


How confident are you in your physical appearance currently?



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

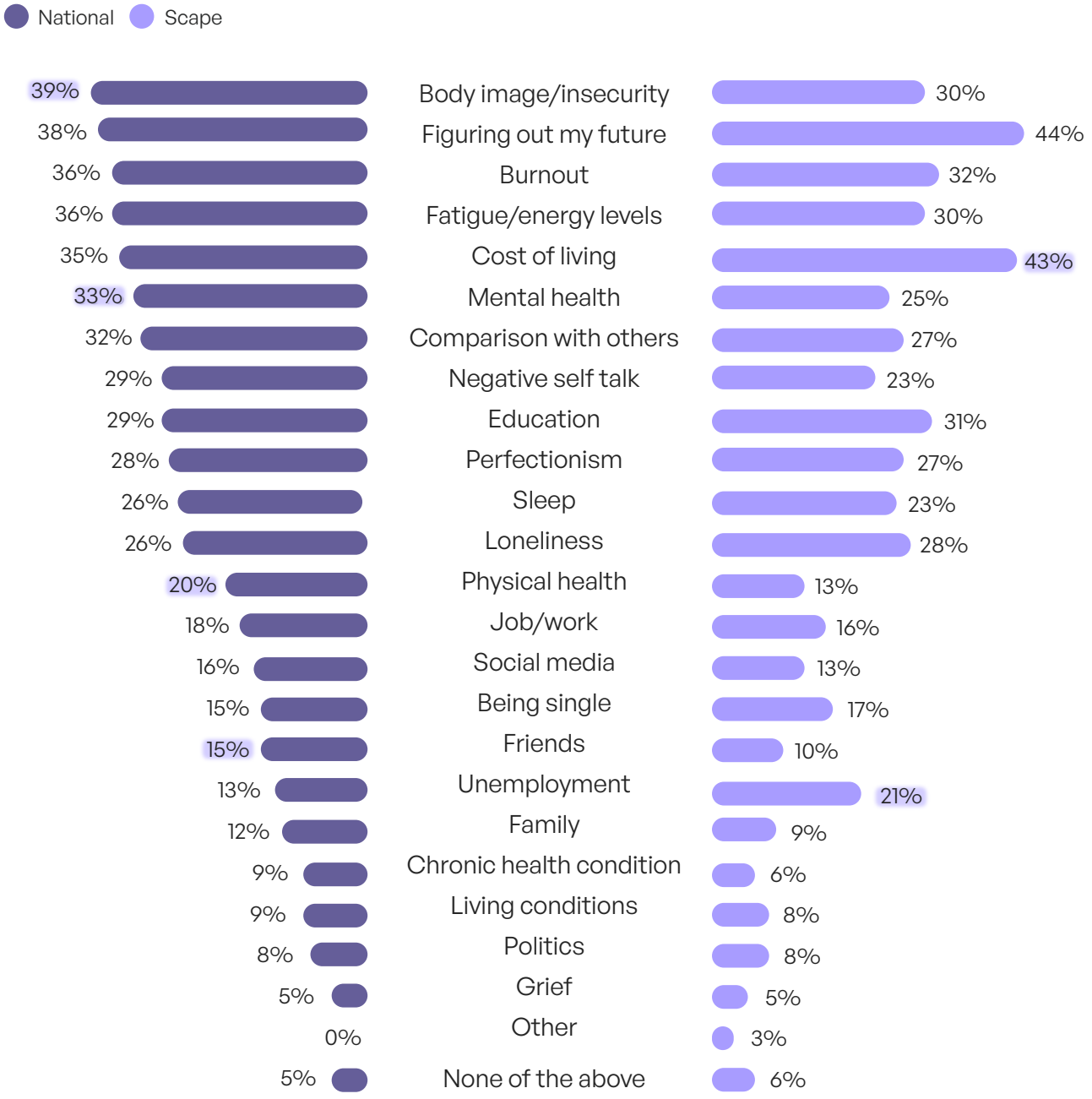
Highlighted figures indicate statistically significant differences.



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

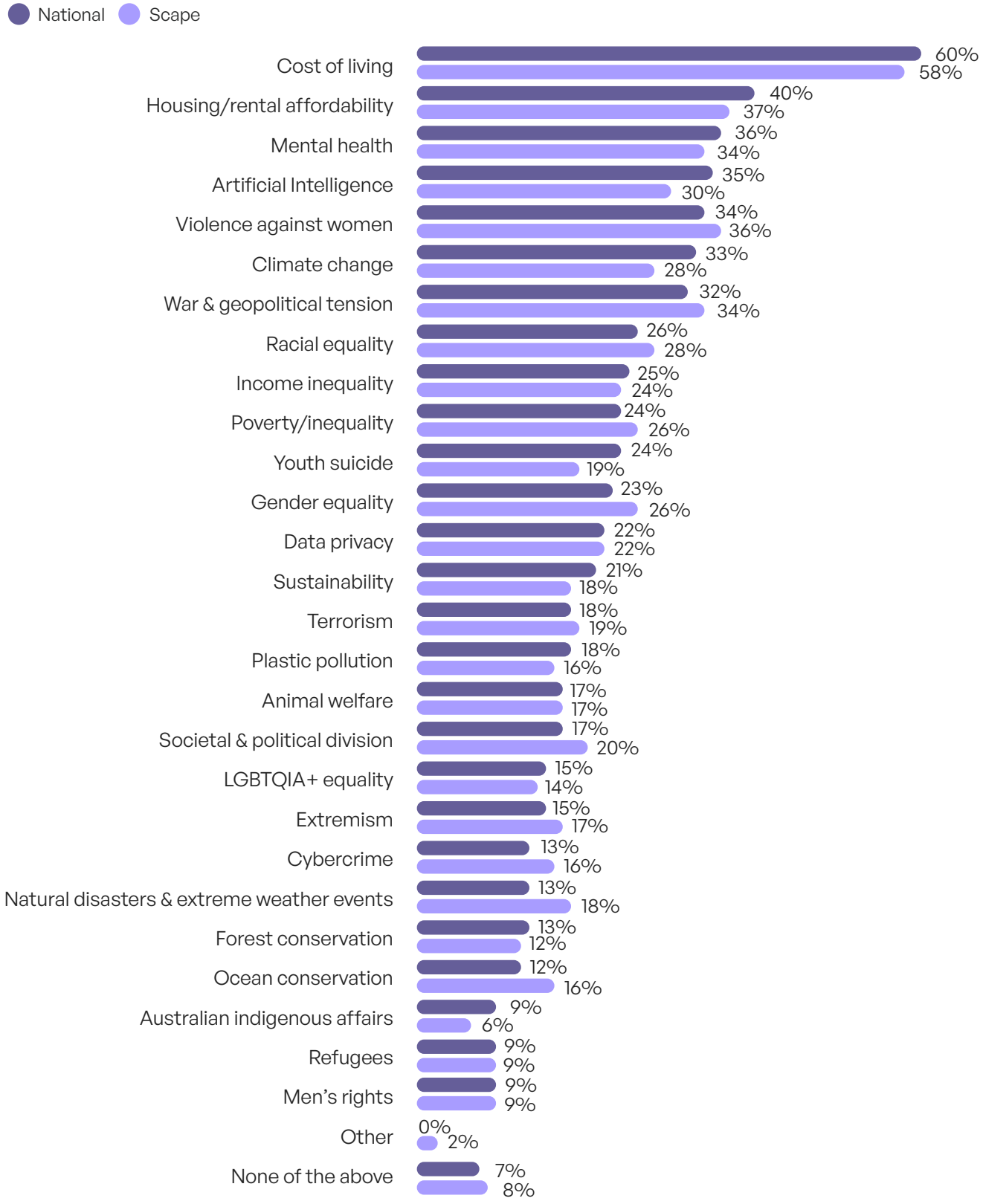
When we look at the top five factors negatively impacting wellbeing in 2026 and their positions within the national ranking for each year, the composition is generally similar. The main exception is body image and insecurity, which now ranks first, up from seventh place in 2024 and fifth in 2025. Figuring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

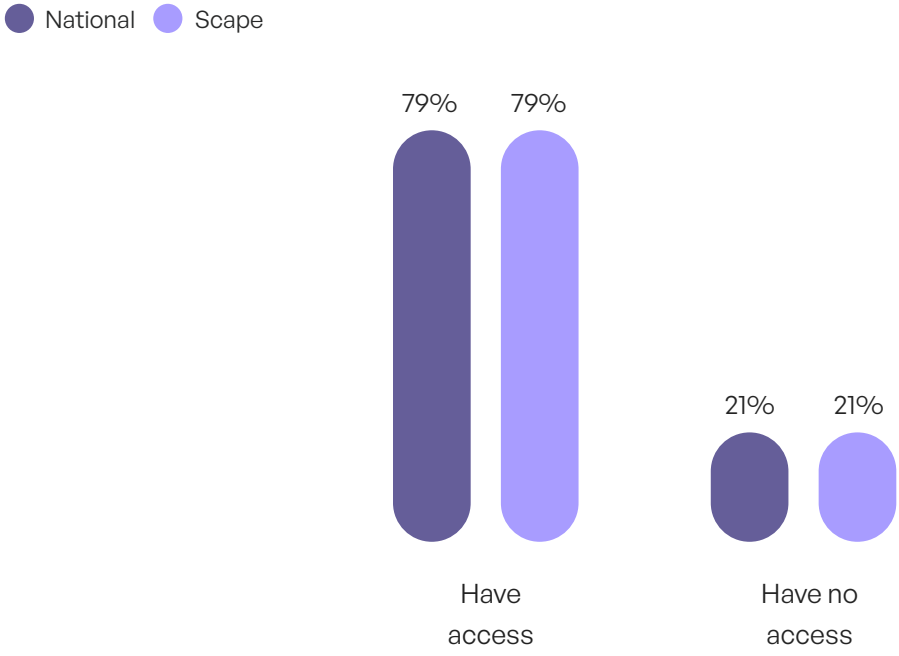
Trends since 2024

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.

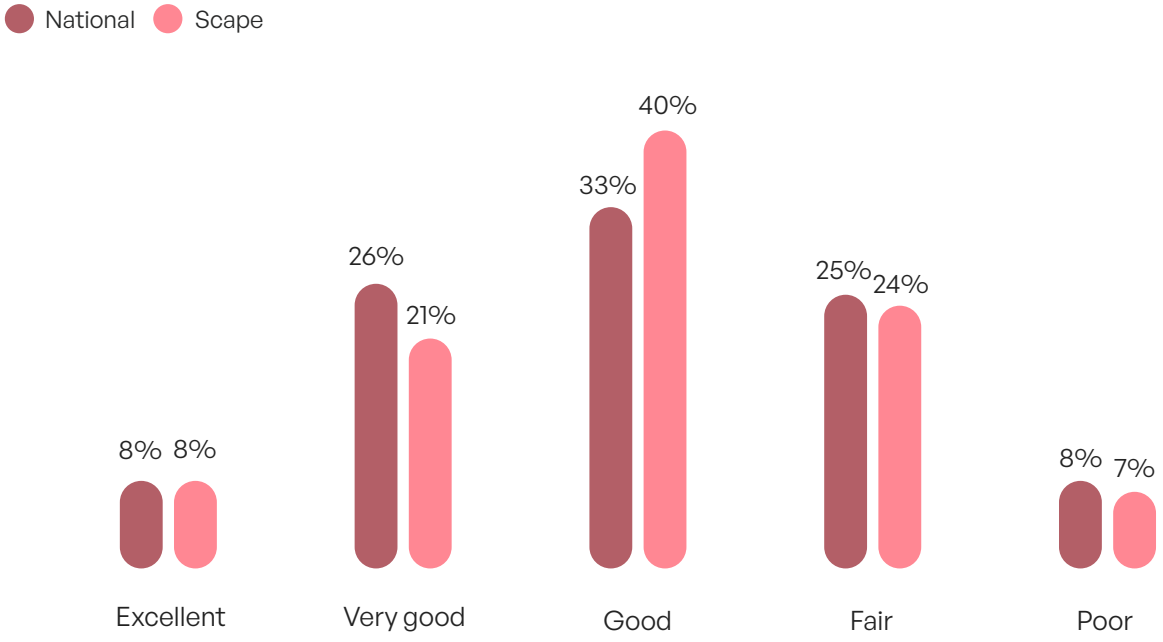
In everyday life, 81% of national respondents feel a general sense of inclusion and belonging, 82% feel that diversity is embraced and respected, and 66% find it easy to make friends. Among Scape residents, 89% feel that diversity is embraced and respected, compared with 82% nationally.

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:

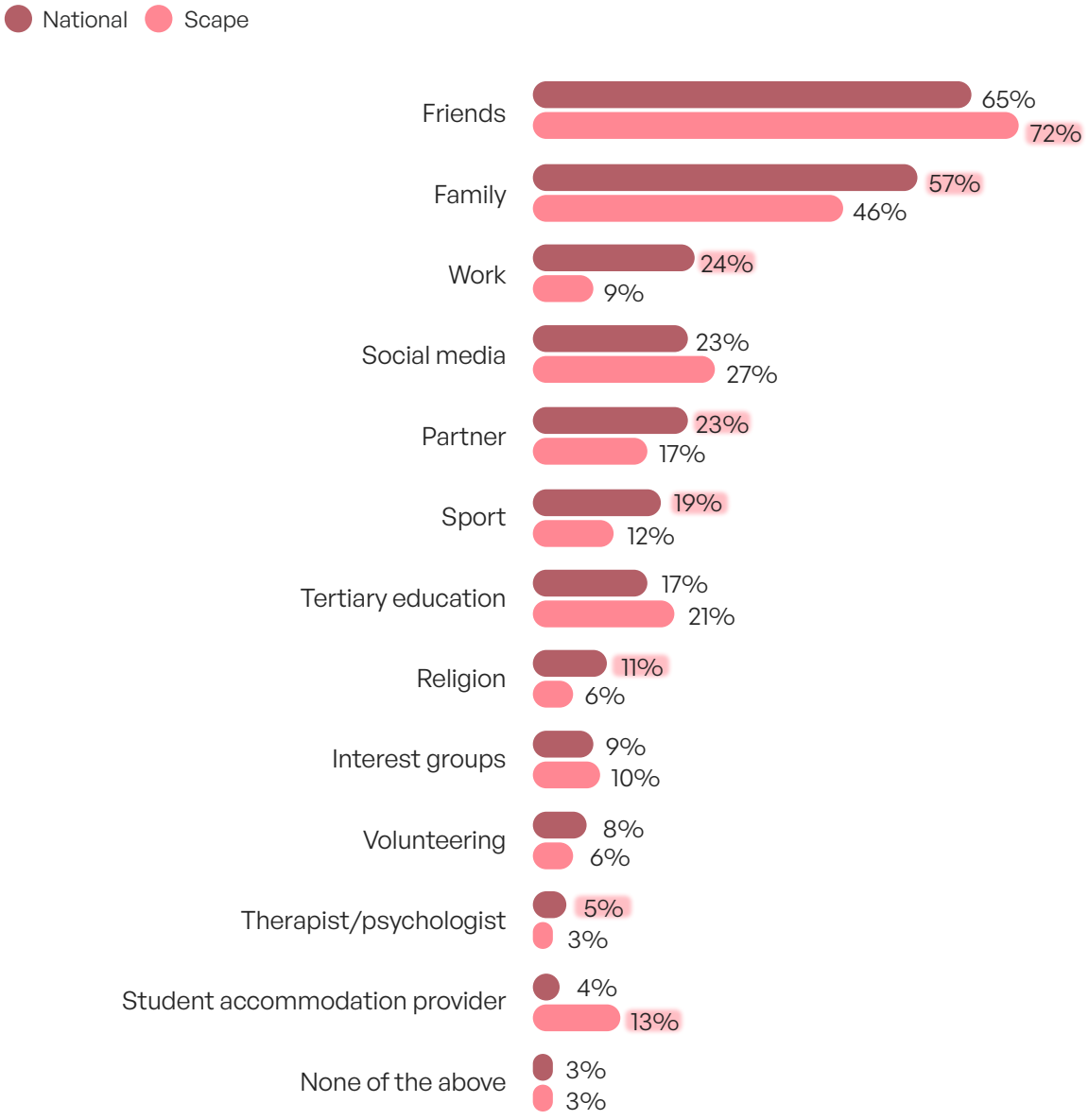
Highlighted figures indicate statistically significant differences.



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.

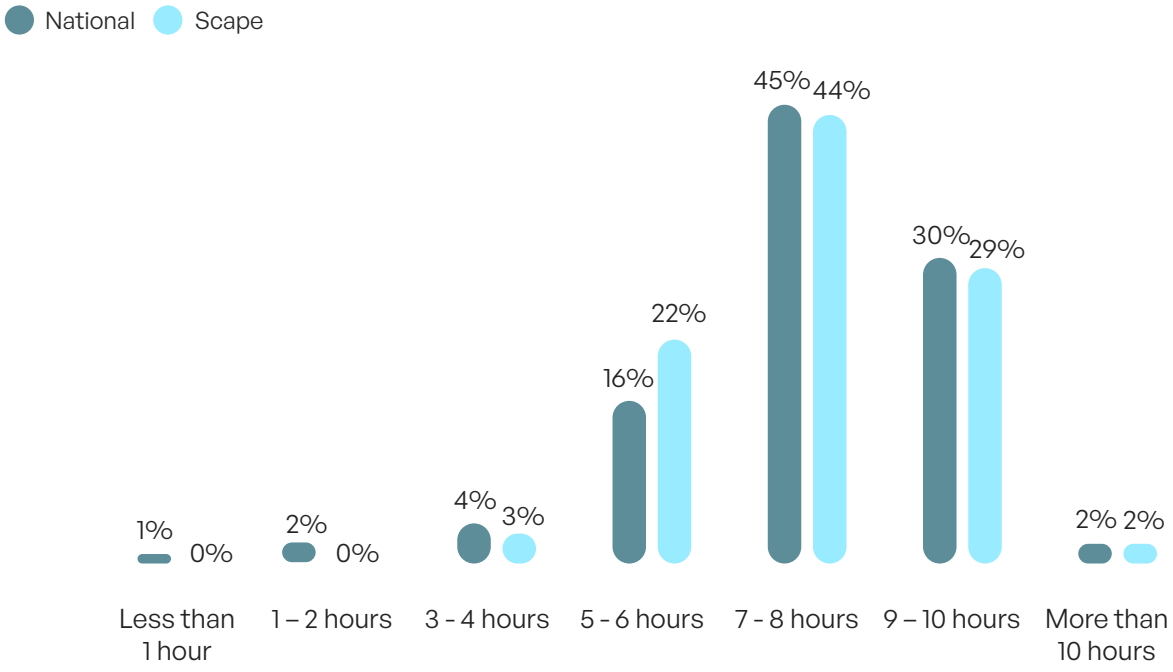
Phone use is the leading barrier to a good night's sleep nationally at 53%, followed by university work or study pressure at 48%, stress at 45% and anxiety at 34%. One in five identify work commitments, while 8% say nothing is preventing them from sleeping well.

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.

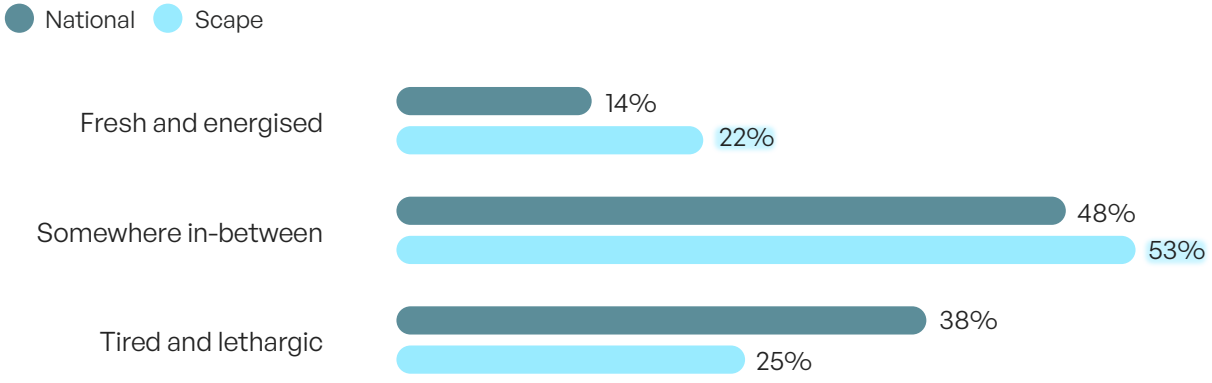
How many hours of sleep do you usually get per night on average?



Average hours of sleep - 7.5 hours

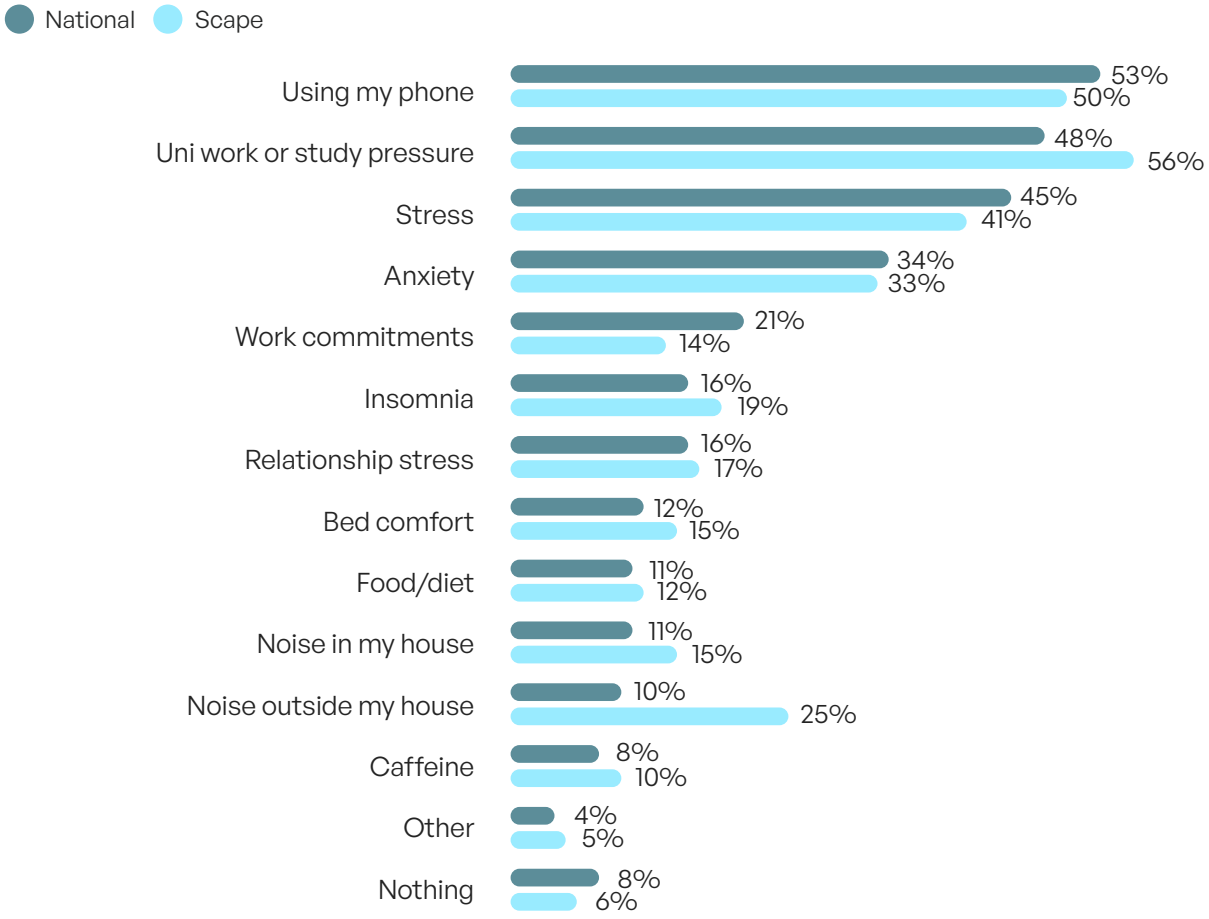
How do you usually feel when you wake up?

Highlighted figures indicate statistically significant differences.

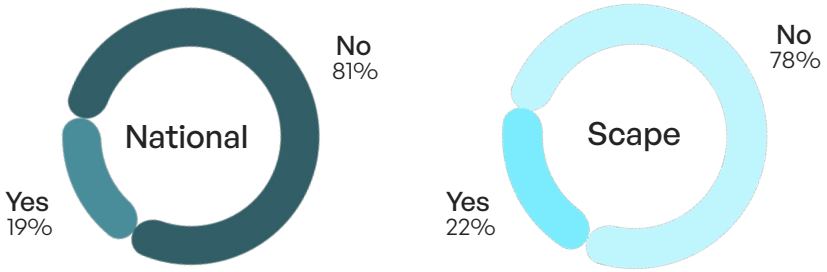


Scape residents are more likely to wake feeling fresh and energised or somewhere in between.

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

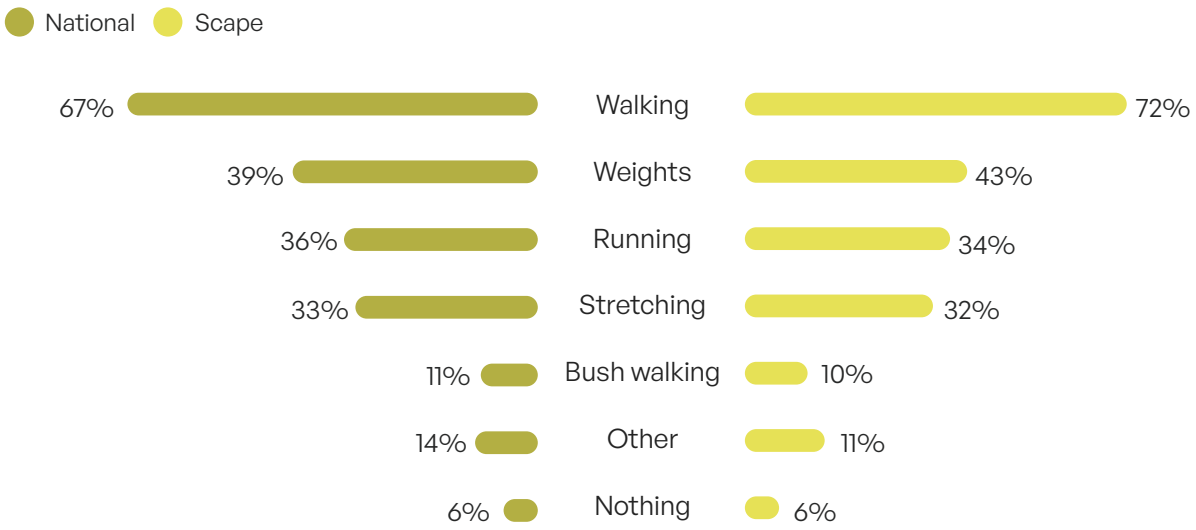
Walking is the most common form of physical activity, reported by 67% nationally, followed by weights at 39%, running at 36% and stretching at 33%. Just 6% say they do not participate in any sport or exercise. Exercise is a regular part of many respondents' routines, with 47% exercising daily or most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

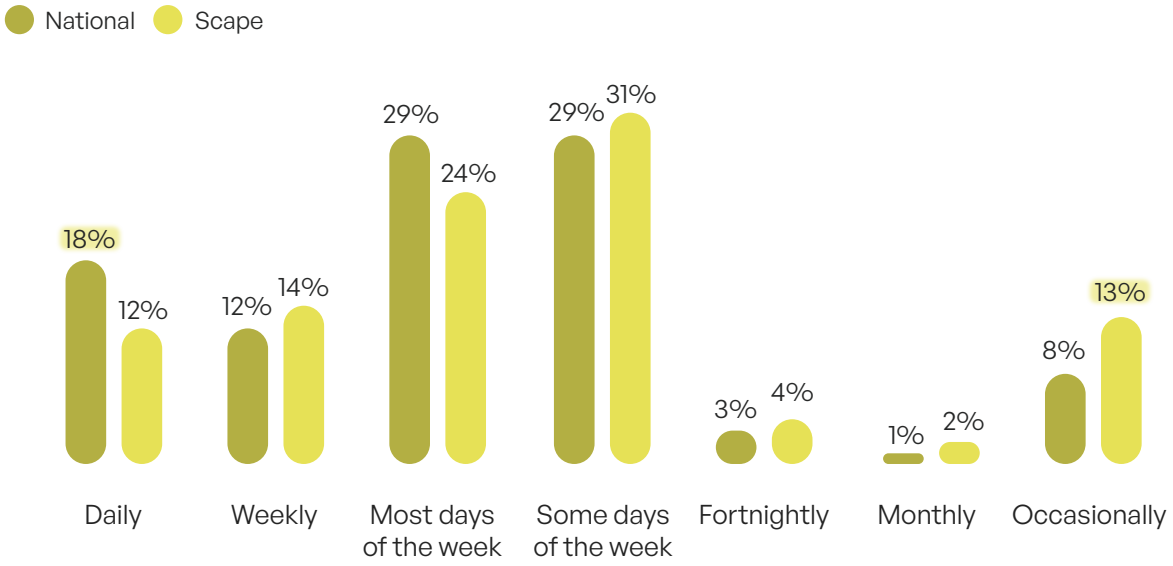
Fitness, mental health and appearance also led the ranking in 2024 and 2025. This year, respondents selected their single most important motivator, while the earlier surveys allowed them to select all reasons that applied. The 2026 results therefore show the leading priority, with fitness first, mental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

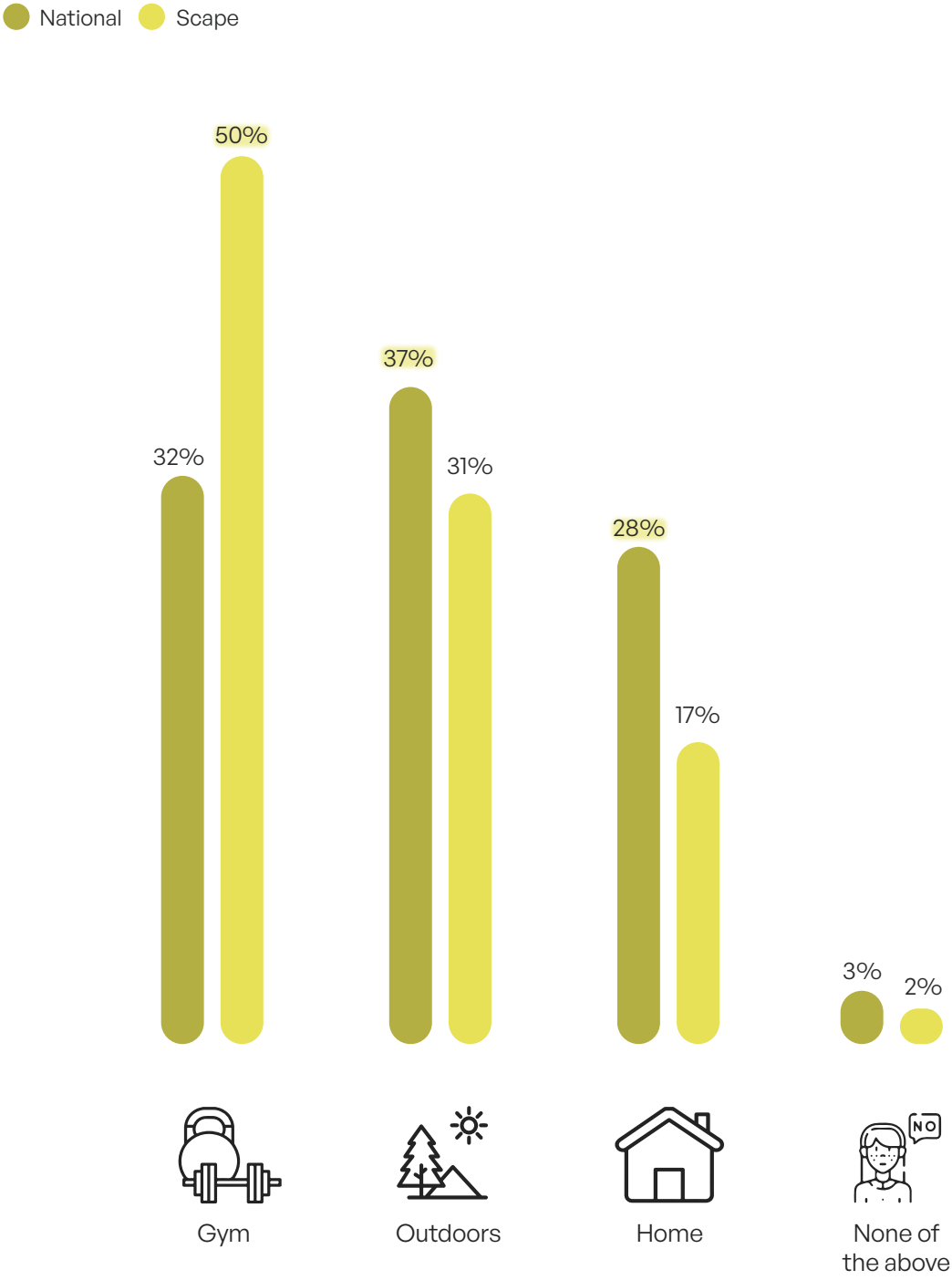
Highlighted figures indicate statistically significant differences.



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

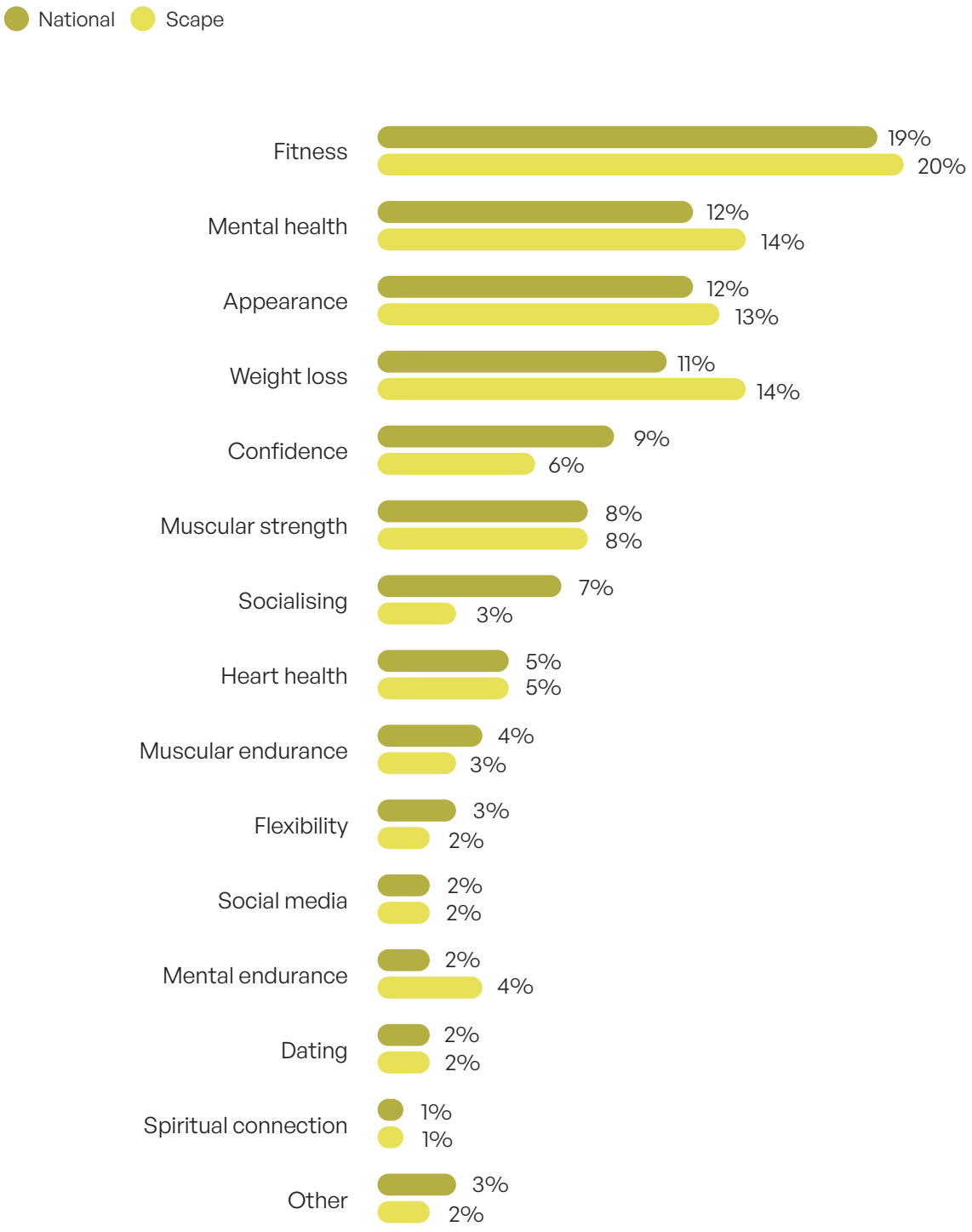
Where do you prefer to exercise?

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.

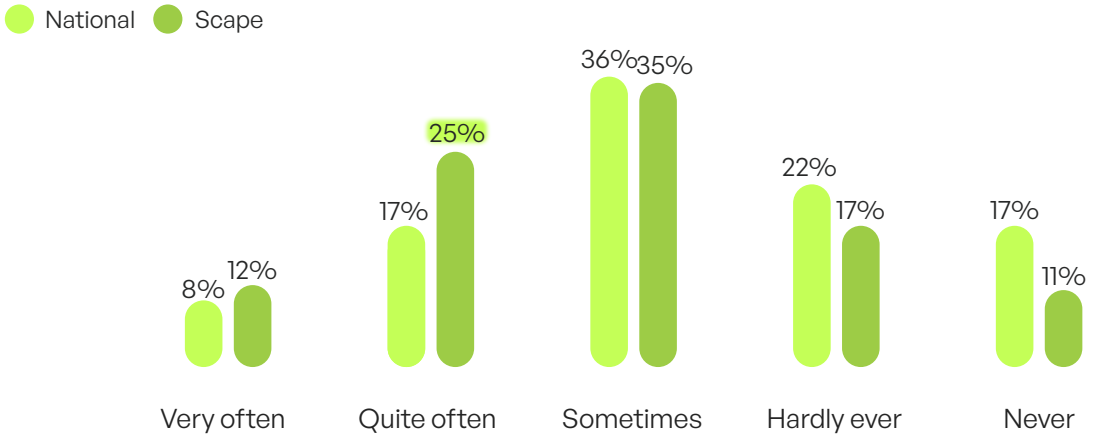
Trust remains more firmly placed in people. Nationally, 52% trust advice from AI less than advice from people, 31% trust it about the same, and 12% trust it more.

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?

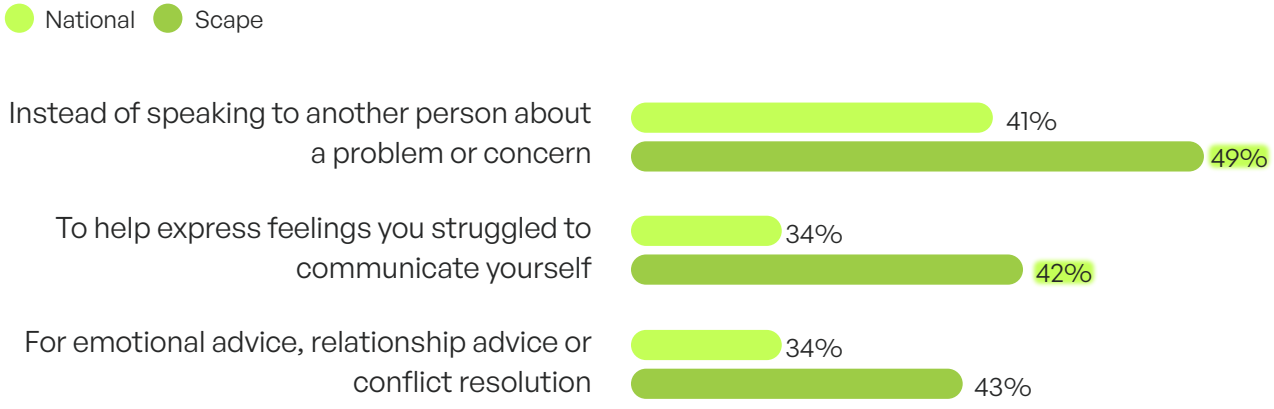
Highlighted figures indicate statistically significant differences.



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

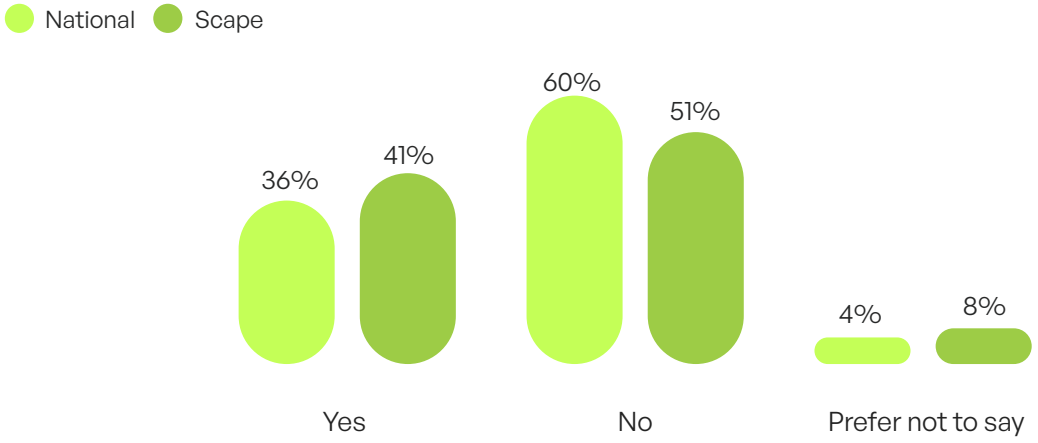
Have you ever used AI for the following?

Highlighted figures indicate statistically significant differences.



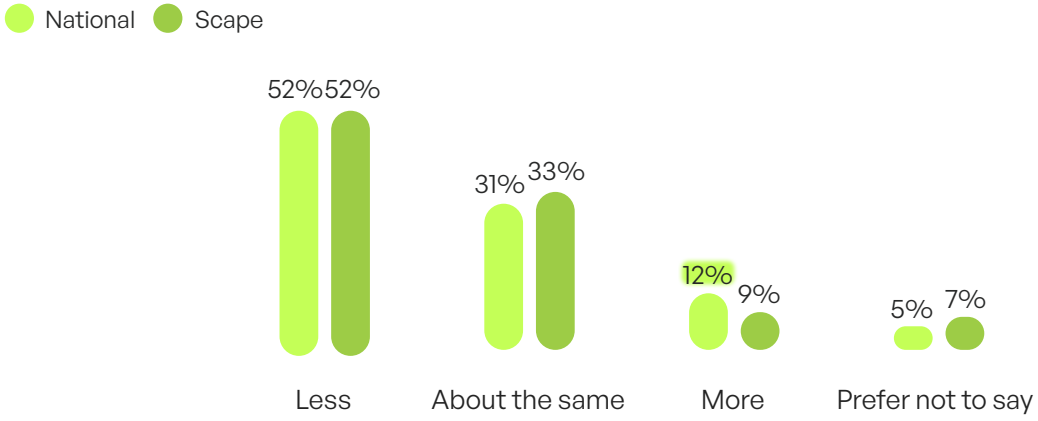
Scape residents are more likely to use AI instead of speaking to another person about a problem or concern and to help express feelings they struggled to communicate themselves.

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.

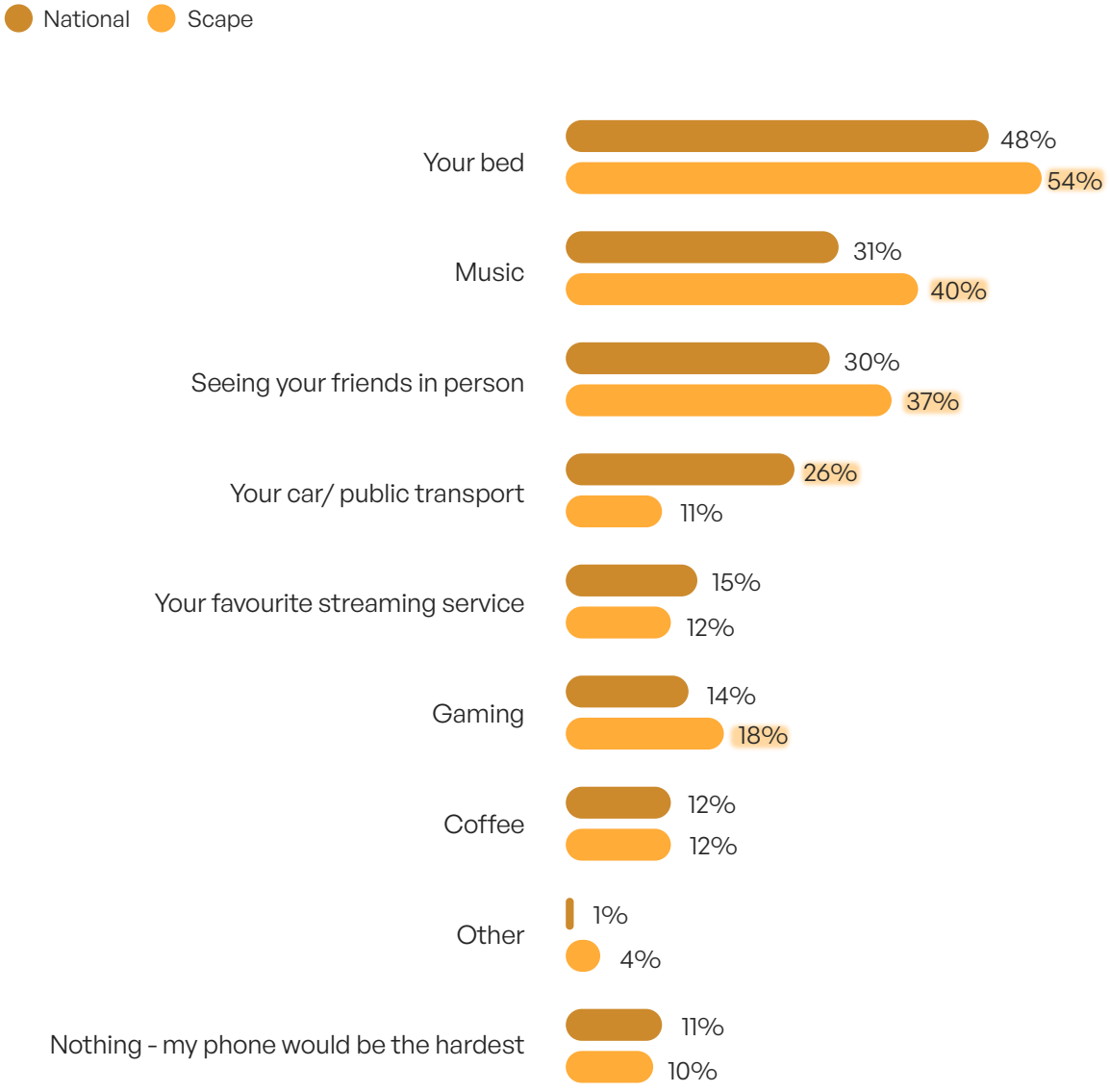
Phone use also extends beyond a specific purpose. Overall, 32% check their phone without a reason several times an hour or constantly throughout the day, while 62% regularly or sometimes use it to avoid an uncomfortable social situation. More than half, 55%, rate their comfort with being alone with their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

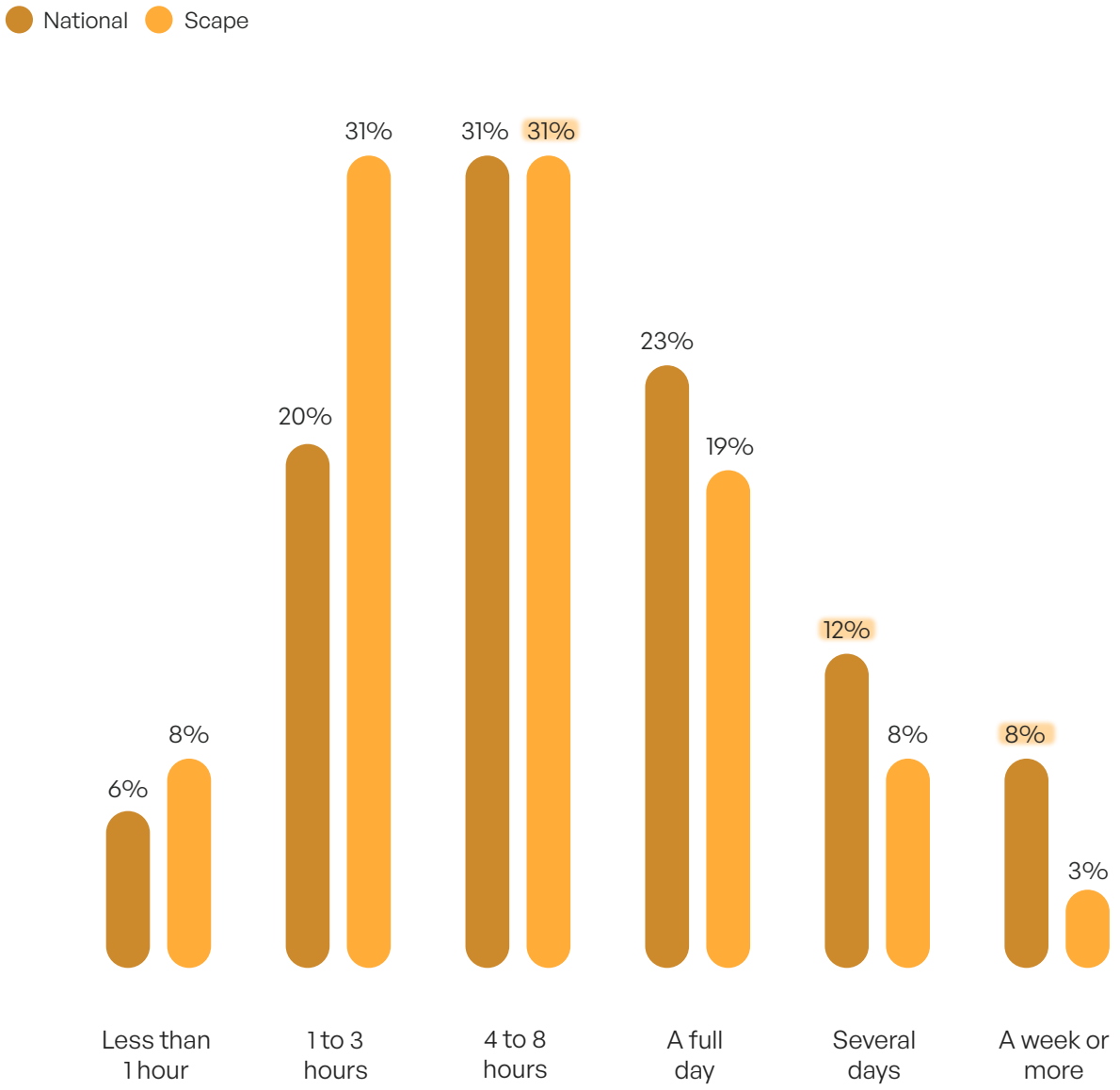
Highlighted figures indicate statistically significant differences.



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.

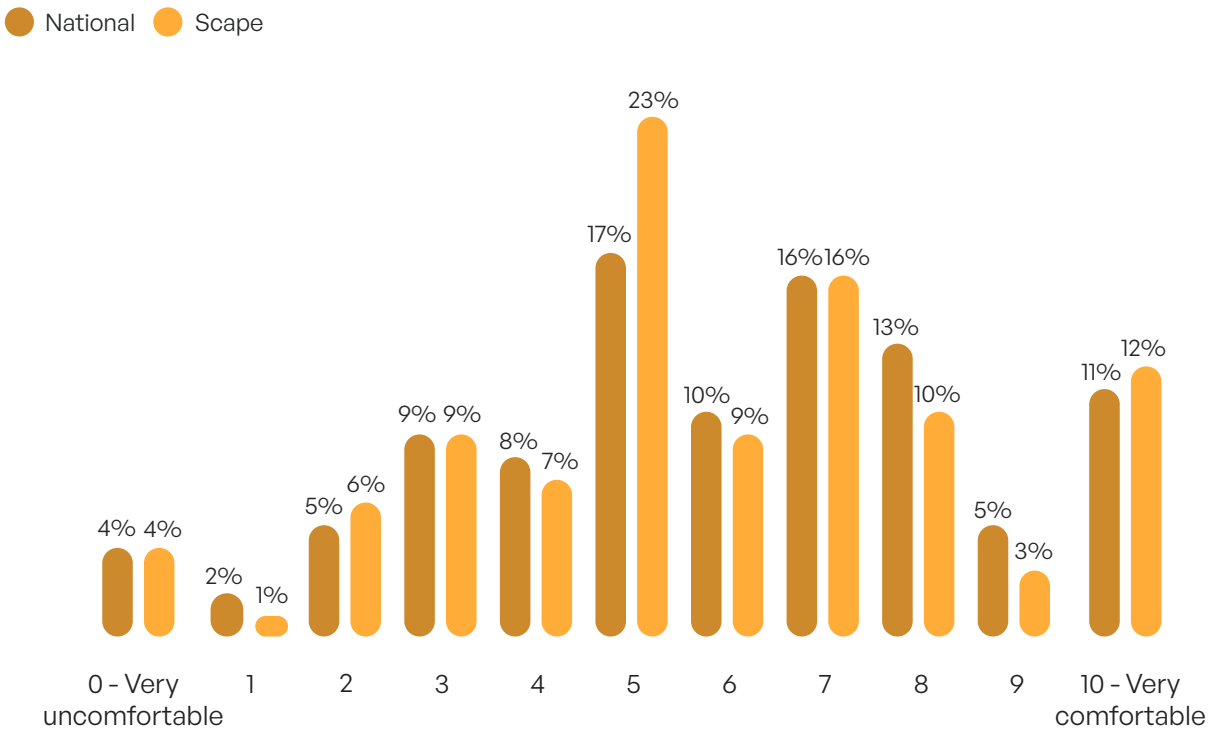
How long do you think you could comfortably go without your phone?

Highlighted figures indicate statistically significant differences.



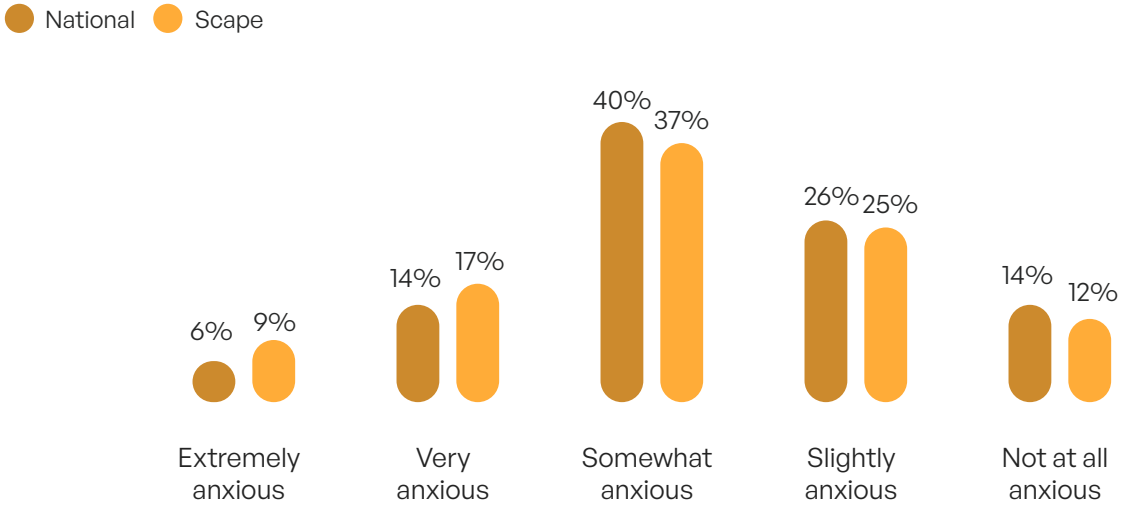
Scape residents are more likely to say they could comfortably go without their phone for one to three hours. They are less likely to say they could go without it for several days or for a week or more.

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

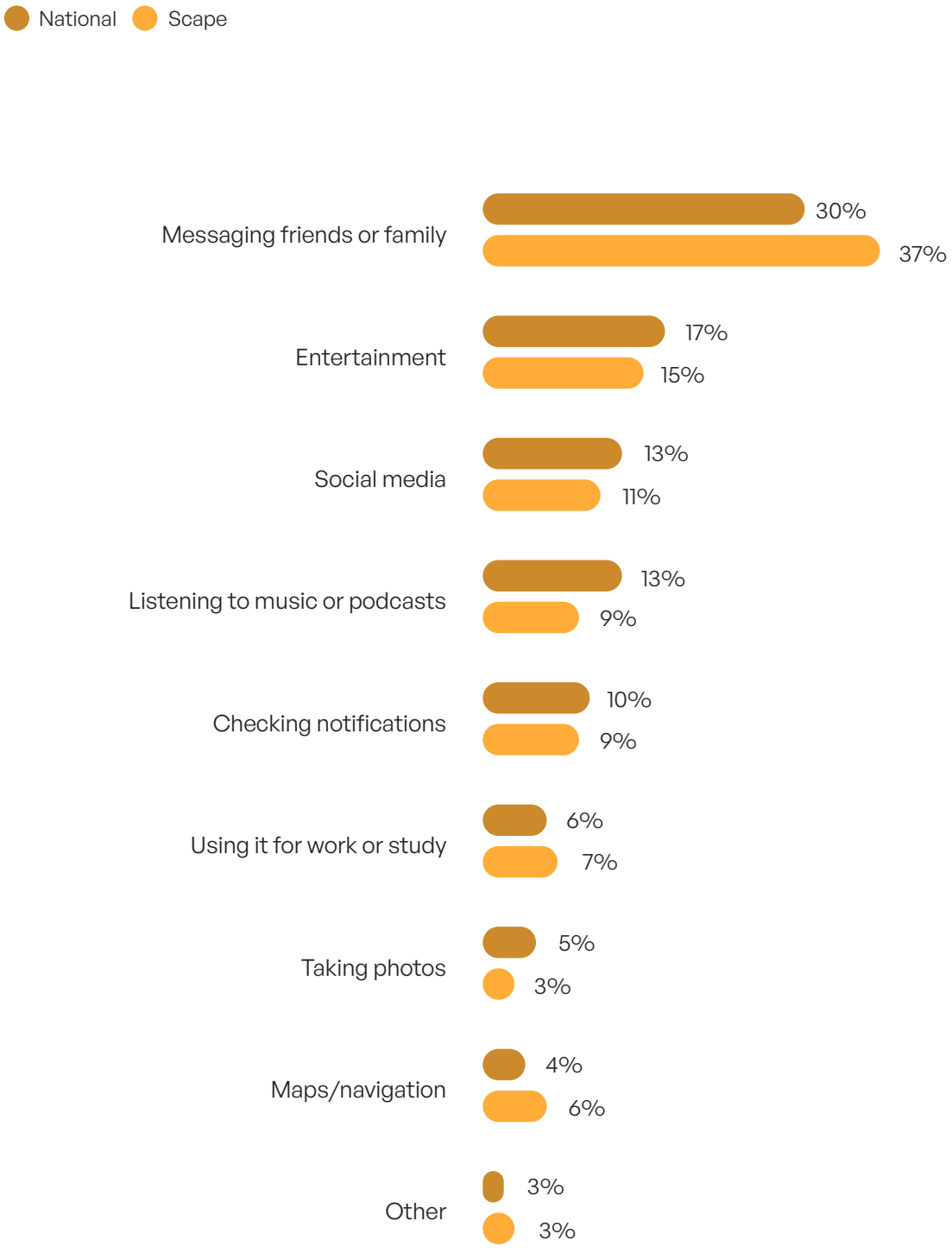


National average: 5.9 **Scape average: 5.7**

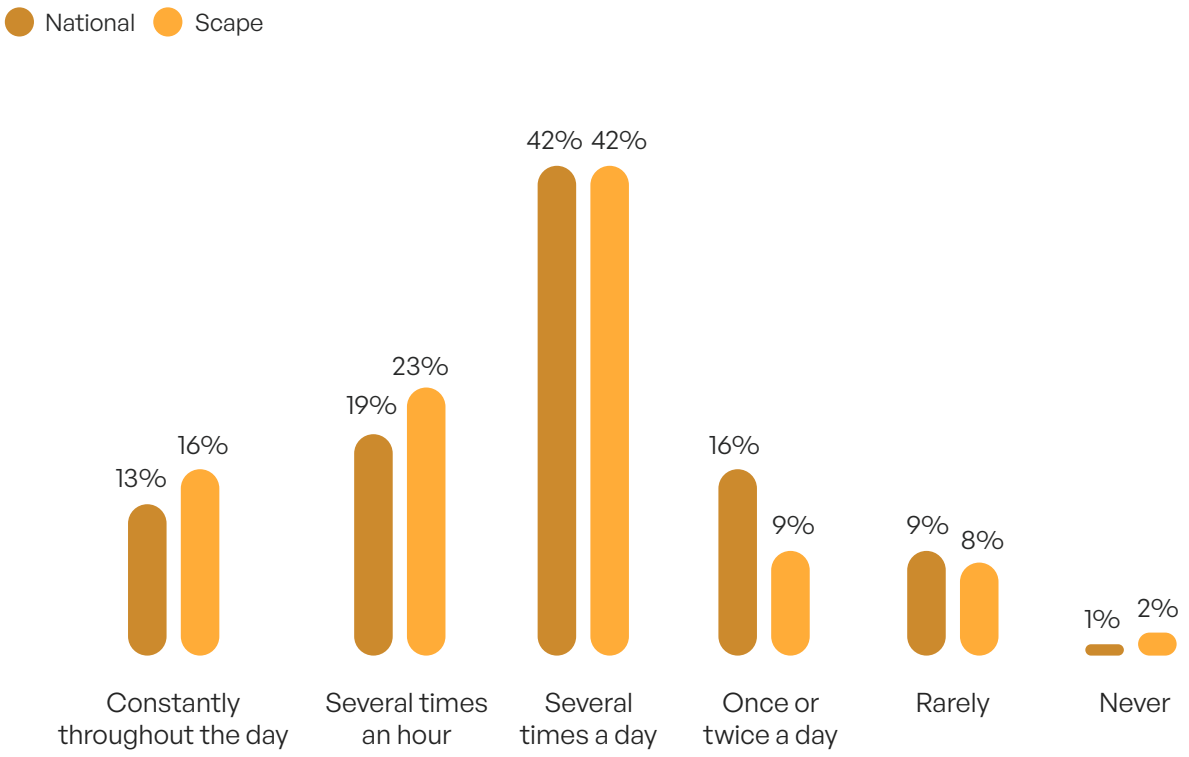
How anxious would you feel if you were unable to access your phone for 24 hours?



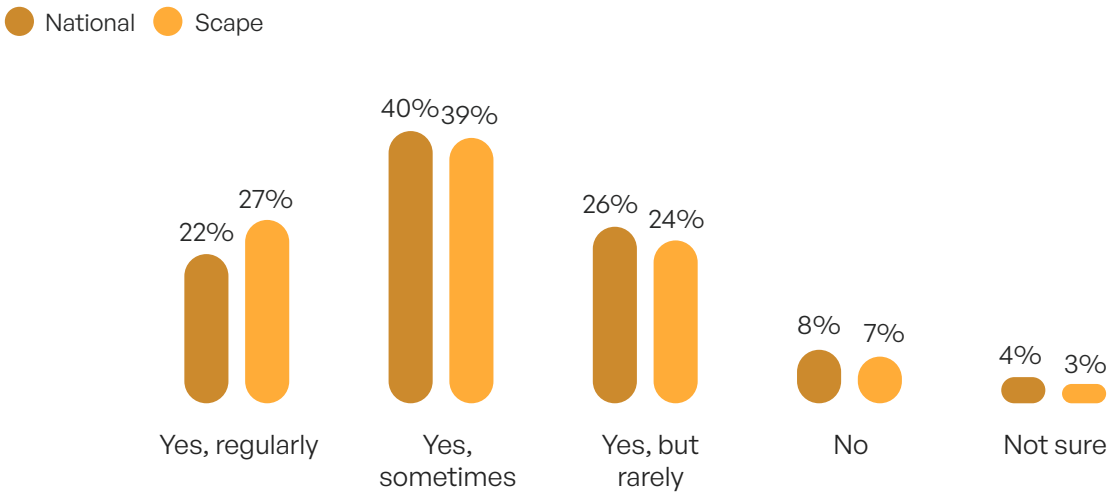
If you couldn't use your phone for 24 hours, what would you miss most?



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.

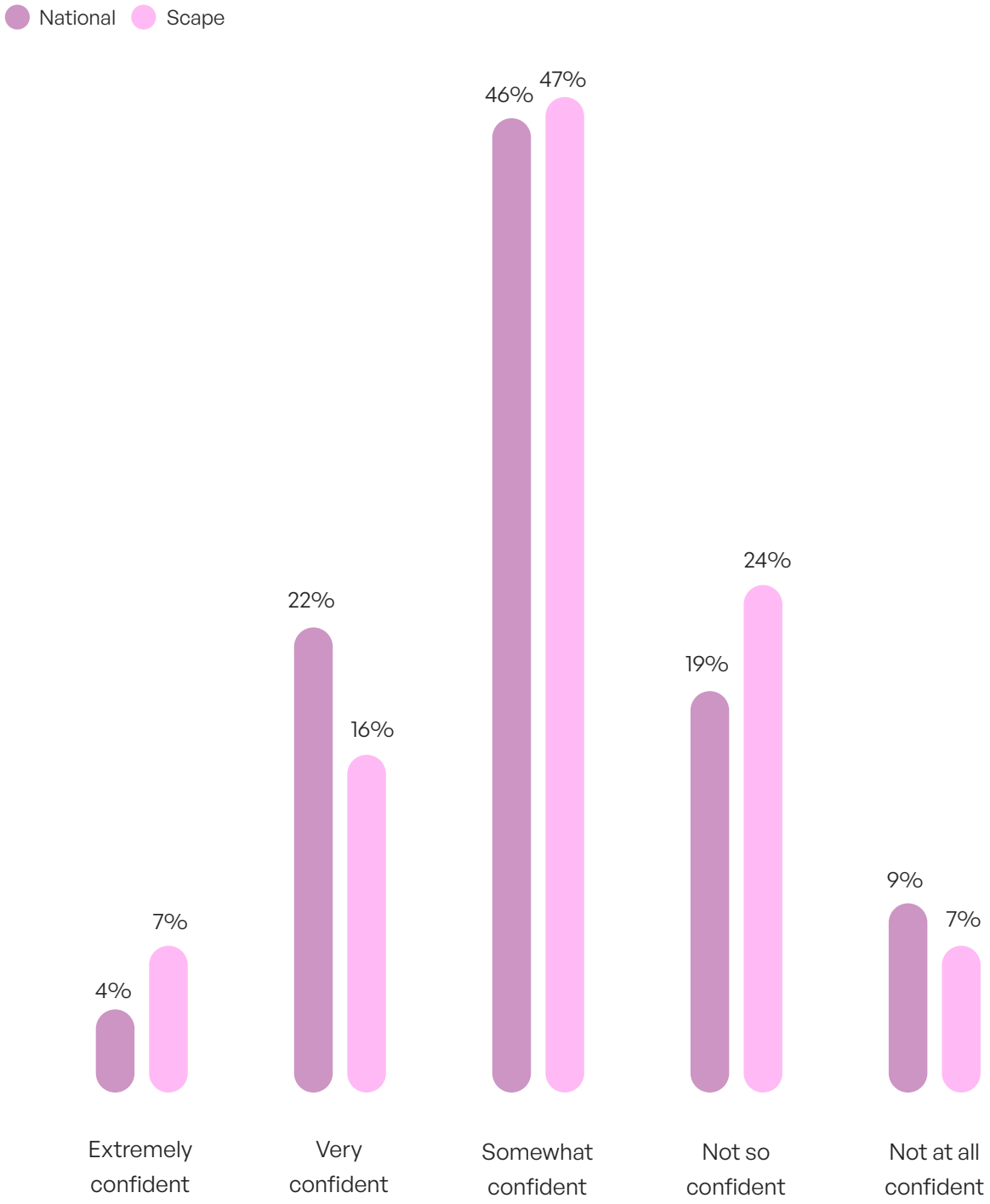
Respondents also recognise strengths and support around them. Compared with others their age, 50% rate the support they receive from family, school or mentors as better, 43% rate their abilities and skills as better, and 44% feel they have better knowledge of career and study pathways. A smaller proportion,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

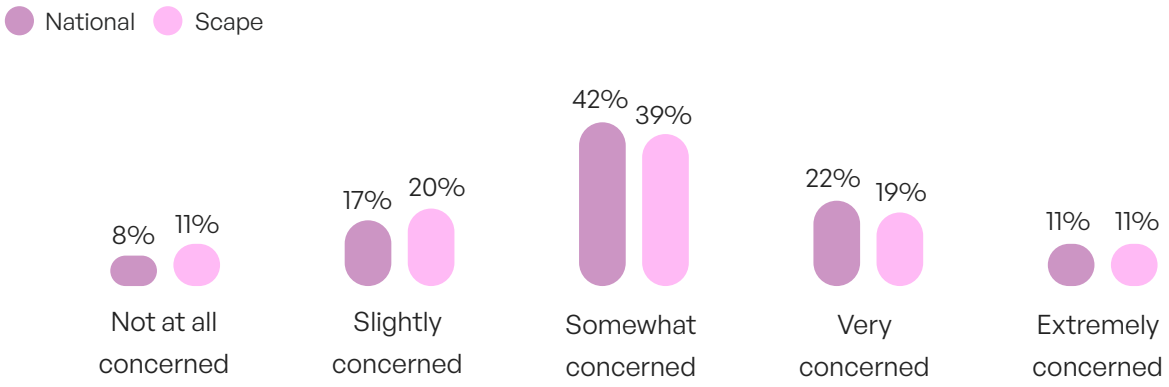
	Much worse	Slightly worse	About the same	Slightly better	Much better
The support I receive from family, school or mentors	3%	7%	35%	31%	25%
My access to useful resources and information	1%	8%	45%	31%	14%
The opportunities available to me	3%	17%	41%	26%	13%
My abilities and skills	3%	12%	42%	32%	11%
My 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

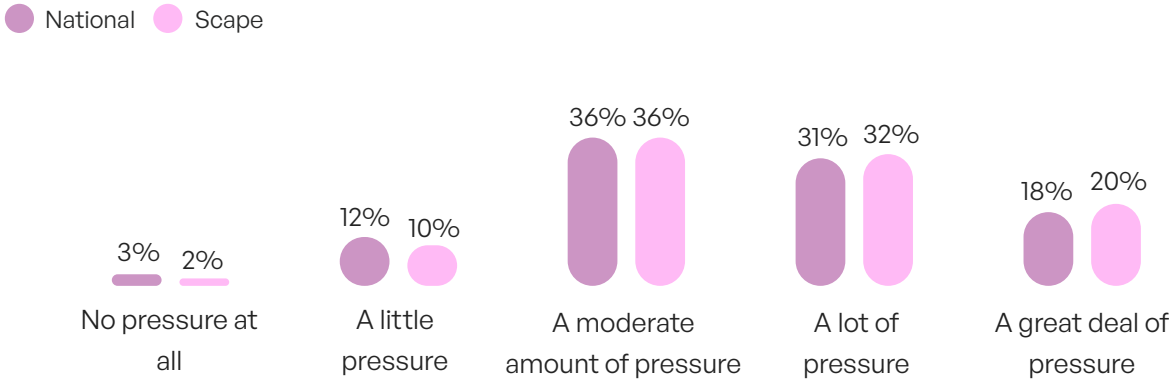
Compared to other people your age, how would you rate yourself on each of the following?

	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%

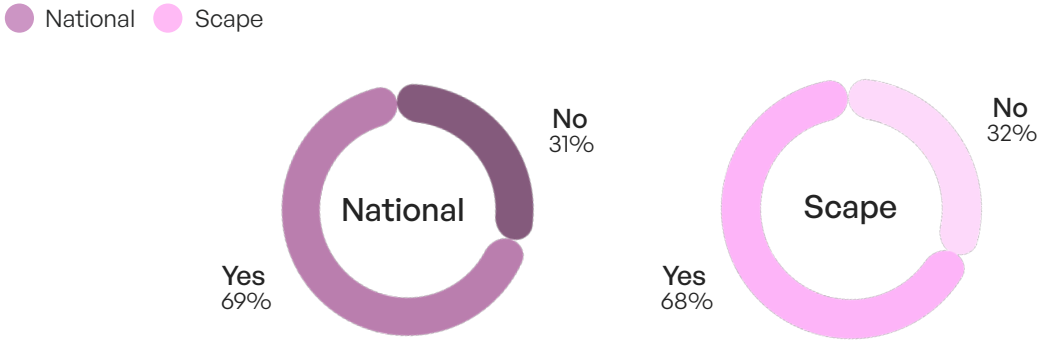
How concerned are you about AI affecting future job opportunities?



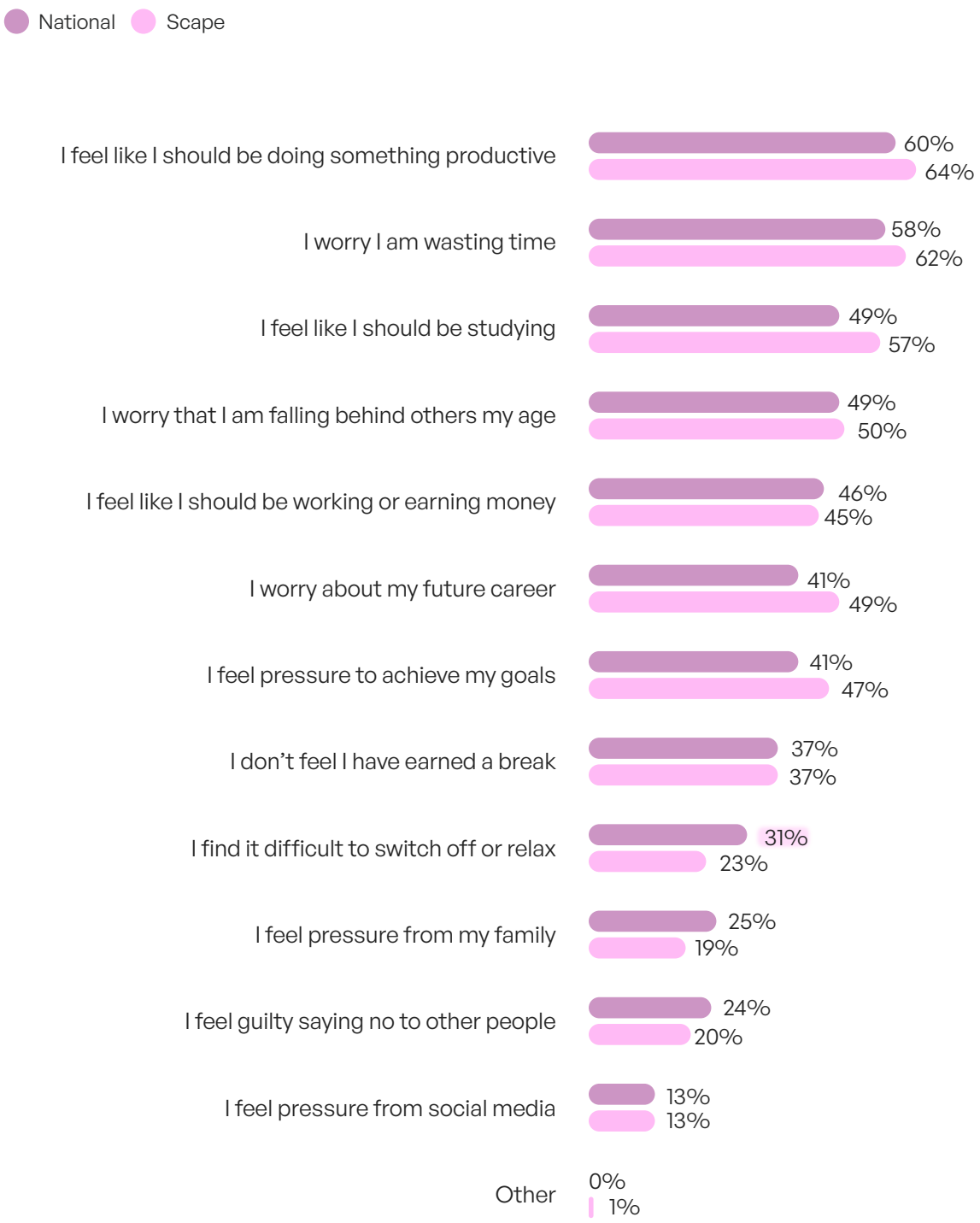
How much pressure do you feel to achieve career success?



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.

Final thoughts

Lời kết

Qua bốn năm theo dõi, tình trạng sức khỏe của mọi người được cải thiện.

Câu chuyện năm 2026 được định hình bởi một số yếu tố.

áp lực khi làm việc cùng nhau. Tài chính

sự không chắc chắn, sự tự tin, sự mệt mỏi, sự nghiệp Kỳ vọng và cuộc sống kỹ thuật số đều có ảnh hưởng Cách người trả lời cảm nhận hiện tại

và suy nghĩ về tương lai. Đồng thời thời gian, sự kết nối, cảm giác thuộc về và quyền truy cập để hỗ trợ vẫn là nguồn quan trọng của sự ổn định.

Trí tuệ nhân tạo đang trở thành một phần trong cách thức trả lời khảo sát.

đưa ra quyết định, bày tỏ những cảm xúc khó khăn

và tìm kiếm sự trấn an. Tuy nhiên, mọi người vẫn ở lại nguồn tư vấn đáng tin cậy hơn. Điều này

sự kết hợp là một trong những phát hiện rõ ràng nhất.

Từ năm 2026, AI có thể cung cấp một giải pháp dễ tiếp cận.

và không gian riêng tư để suy nghĩ thấu đáo mối quan tâm, trong khi các mối quan hệ giữa con người tiếp tục mang lại sự tin tưởng lớn hơn khi

Sự hỗ trợ và đánh giá rất quan trọng.

Những trải nghiệm của cư dân Scape bổ sung thêm một khía cạnh khác.

khía cạnh này của bức tranh. Tình bạn, của họ

nhà cung cấp chỗ ở và mạnh hơn cảm nhận rằng sự đa dạng được đón nhận và Họ tôn trọng mọi khía cạnh trong đời sống xã hội của mình.

Những phát hiện này nhấn mạnh vai trò chung.

Môi trường sống có thể đóng vai trò giúp ích Cư dân cảm thấy được kết nối, được hòa nhập và được hỗ trợ, đặc biệt là cho quốc tế Sinh viên xây dựng cuộc sống xa nhà.

Nhìn về phía trước, Gen Alpha đang bắt đầu. để tiếp cận nhóm đối tượng sinh viên. Họ những trải nghiệm sẽ được định hình bởi một điều thậm chí môi trường giàu công nghệ hơn, với Sự kết nối giữa AI và kỹ thuật số hiện diện từ... ở độ tuổi sớm hơn. Các đợt nghiên cứu tiếp theo.

sẽ giúp theo dõi xem kỳ vọng của họ như thế nào. hỗ trợ, cộng đồng và phát triển phúc lợi khi họ bước vào giai đoạn học tập cao hơn và Sống độc lập.

Thông điệp rõ ràng nhất từ năm 2026 là: tầm quan trọng liên tục của con người sự kết nối. Dành cho các nhà hoạch định chính sách, các nhà giáo dục, người truyền đạt, chỗ ở các nhà cung cấp, nhà cung cấp dịch vụ thanh thiếu niên và các tổ chức khác hỗ trợ những người trẻ tuổi, các phát hiện chỉ ra rằng ưu tiên chung: duy trì quyền truy cập vào hỗ trợ đáng tin cậy và tạo ra môi trường hòa nhập môi trường nơi thanh thiếu niên có thể kết nối, cảm thấy được thấu hiểu và phát triển mạnh mẽ trong khi Vượt qua sự không chắc chắn.



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