



Key Findings on the Lives of 20-year-olds in 2018/2019

The Growing Up in Ireland Study Team

11th Annual
Research
Conference
2019

Background 1

- ***Growing Up in Ireland*** is the national longitudinal study of children
 - Funded by the Department of Children and Youth Affairs (DCYA) (with a contribution from The Atlantic Philanthropies in Phase 2)
 - Managed & overseen by the DCYA and Central Statistics Office (CSO).
 - Carried out by team of researchers led by the ESRI and Trinity College Dublin
- Goal: to inform policy affecting children & young people in Ireland.
- Two cohorts of children, born roughly a decade apart.
 - **Cohort '08 (Infant Cohort)** 9 months old, 3 years, 5 years, and 7/8 years (postal) and 9 years old (in 2017-18).
 - **Cohort '98 (Child Cohort)** 9 years old in 2007/8; re-interviewed at 13, 17 and 20 years old.

Background 2

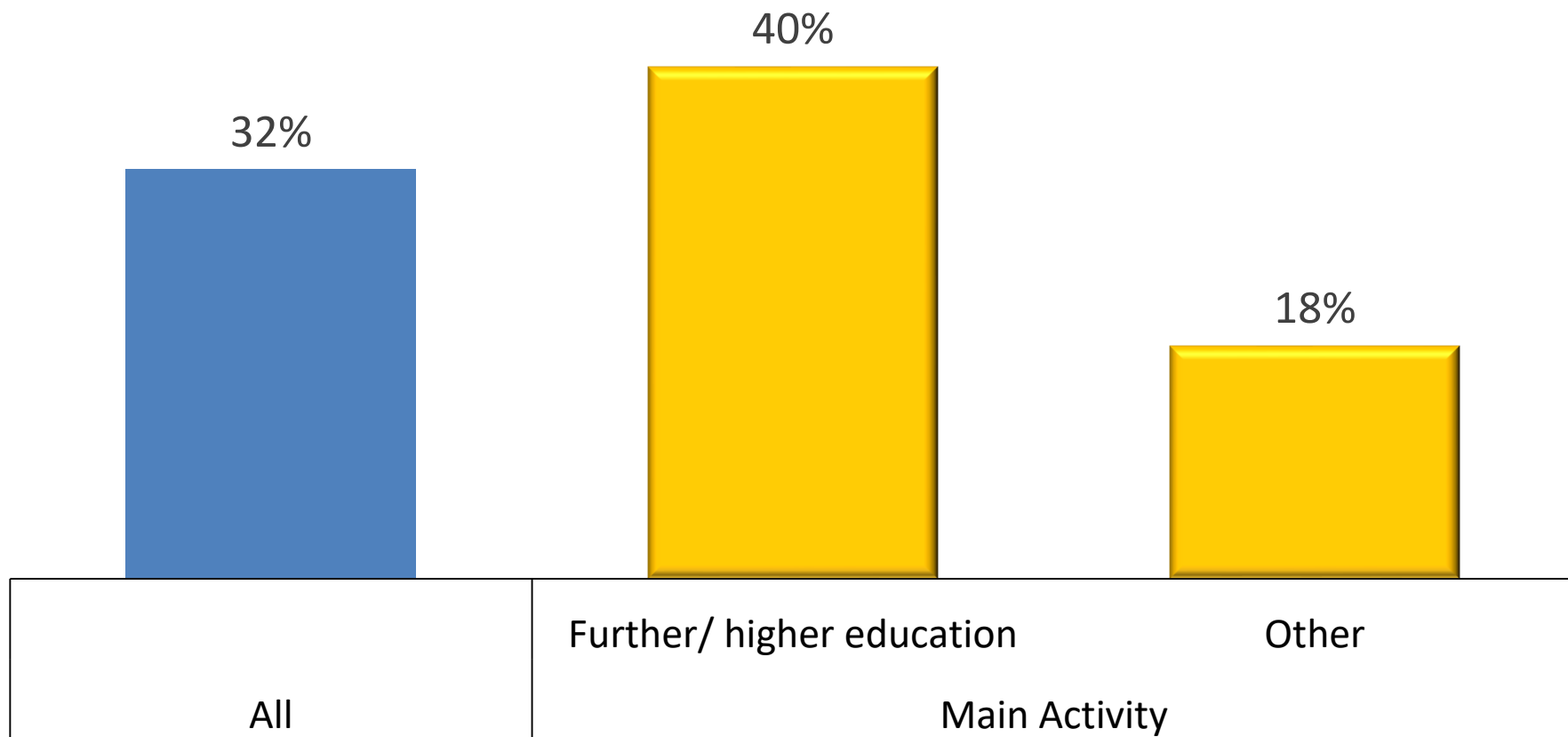
- Interviews conducted with the Growing Up in Ireland Cohort '98 young people at age 20 in 2018/2019
- *Key Findings* = the first set of results from these data
 - Based on interviews with the young people and Parent 1 ('mother')
 - Nearly 5,200 young people.
 - Comparing their circumstances to those in earlier waves
- *Four Key Findings:*
 - Being 20 years old
 - Socio-emotional well-being & relationships
 - Physical health & well-being
 - Education, training and employment

KEY FINDING 1: BEING 20 YEARS OLD

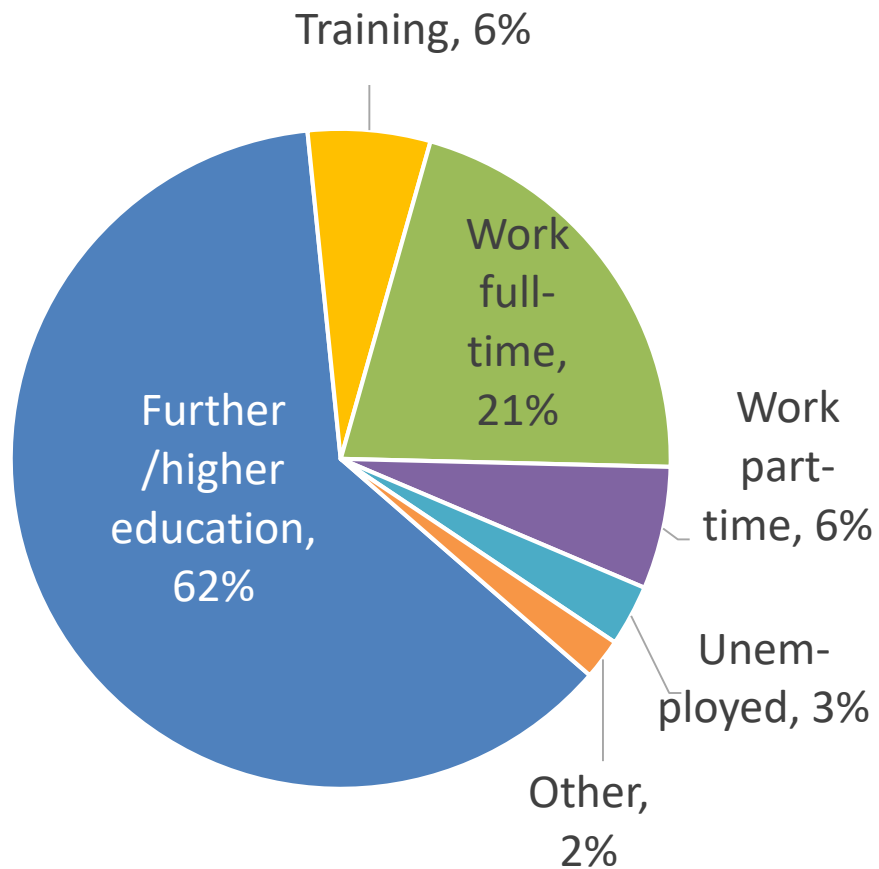
Where 20-year-olds live

*68% living with parents as their sole address;
32% have another address but only about 5% consider it their main address.*

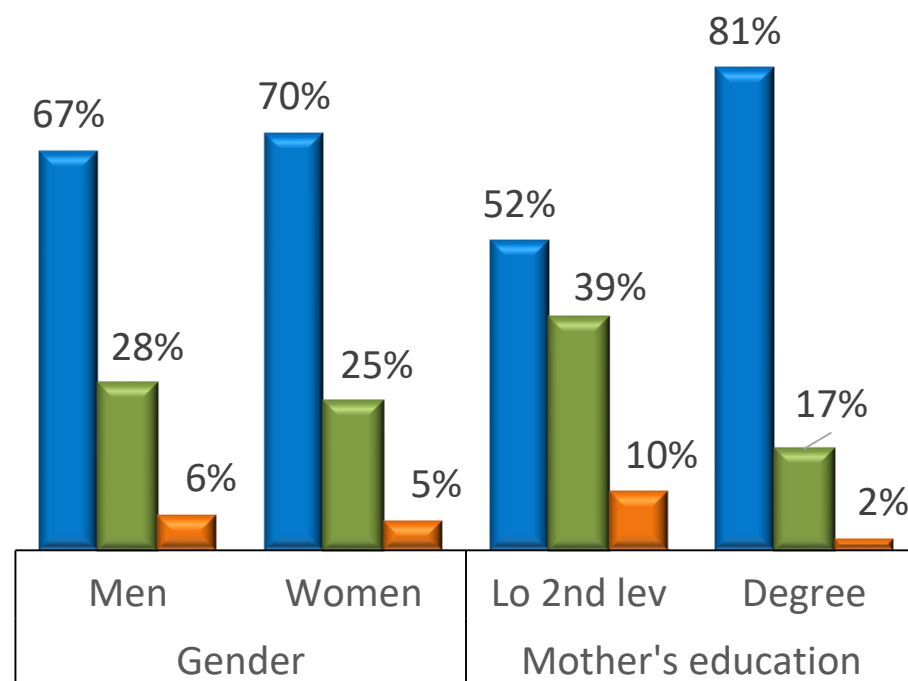
Has another address



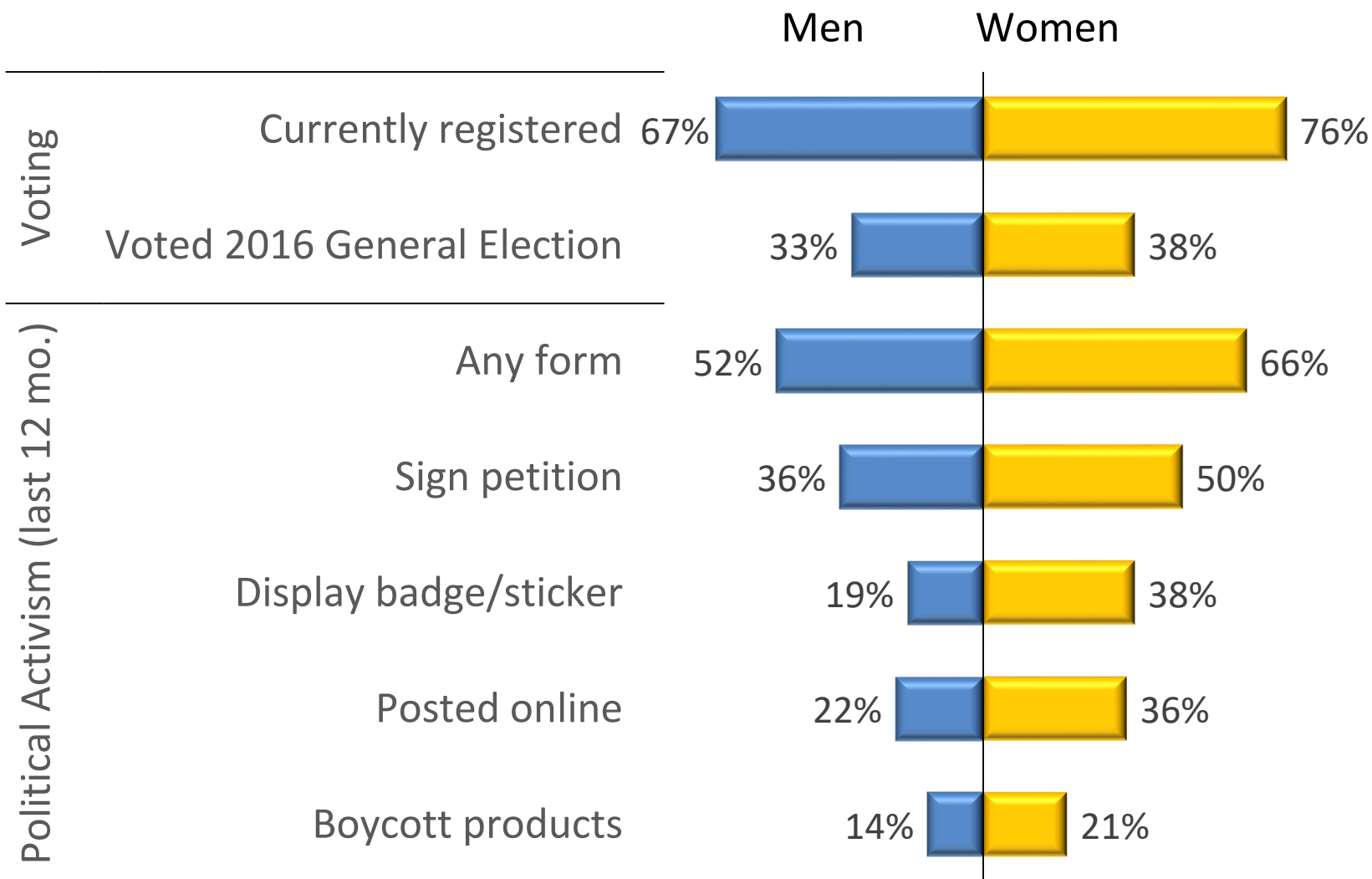
Main Activity



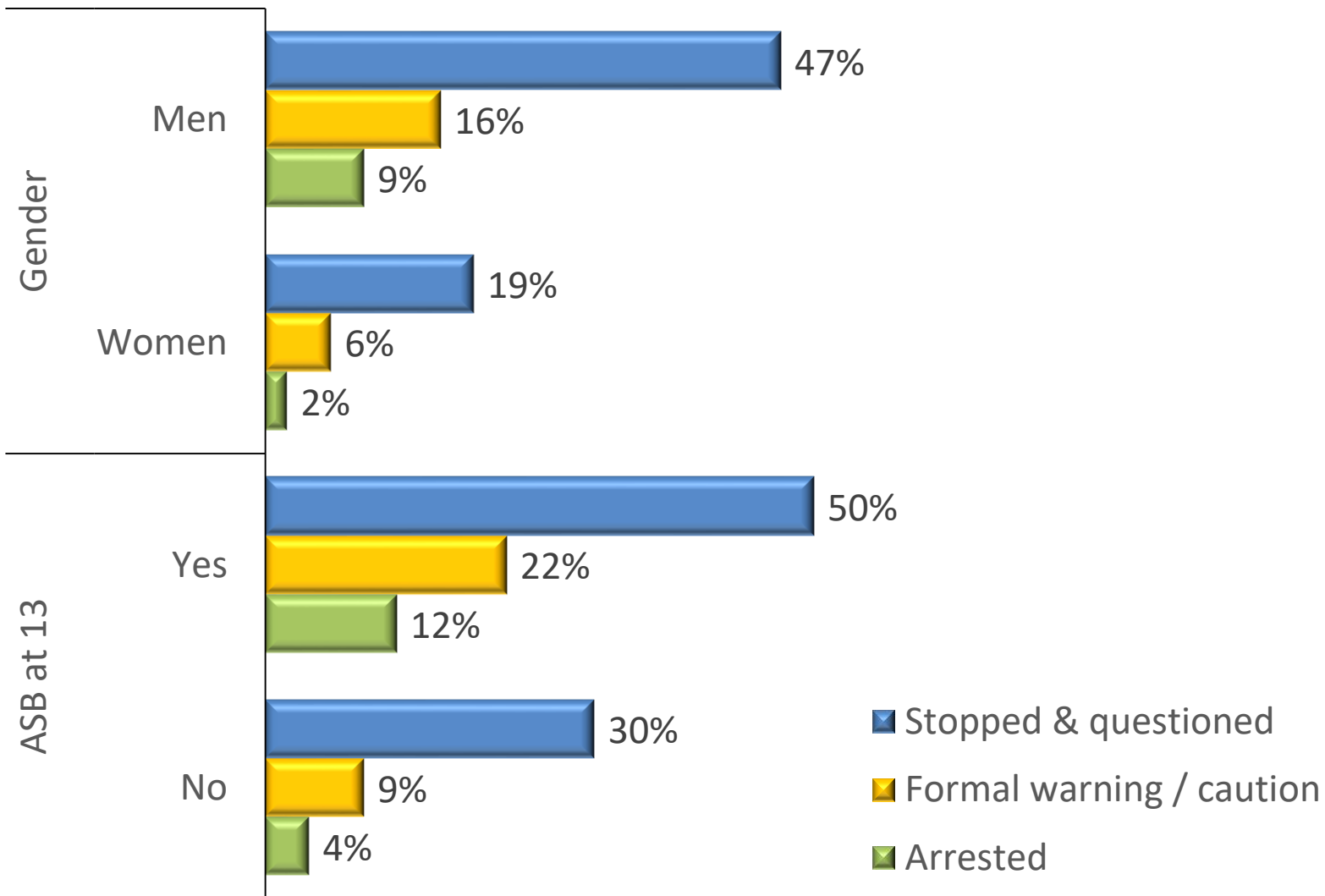
■ Education / training ■ Employment ■ NEET



Political engagement & activism

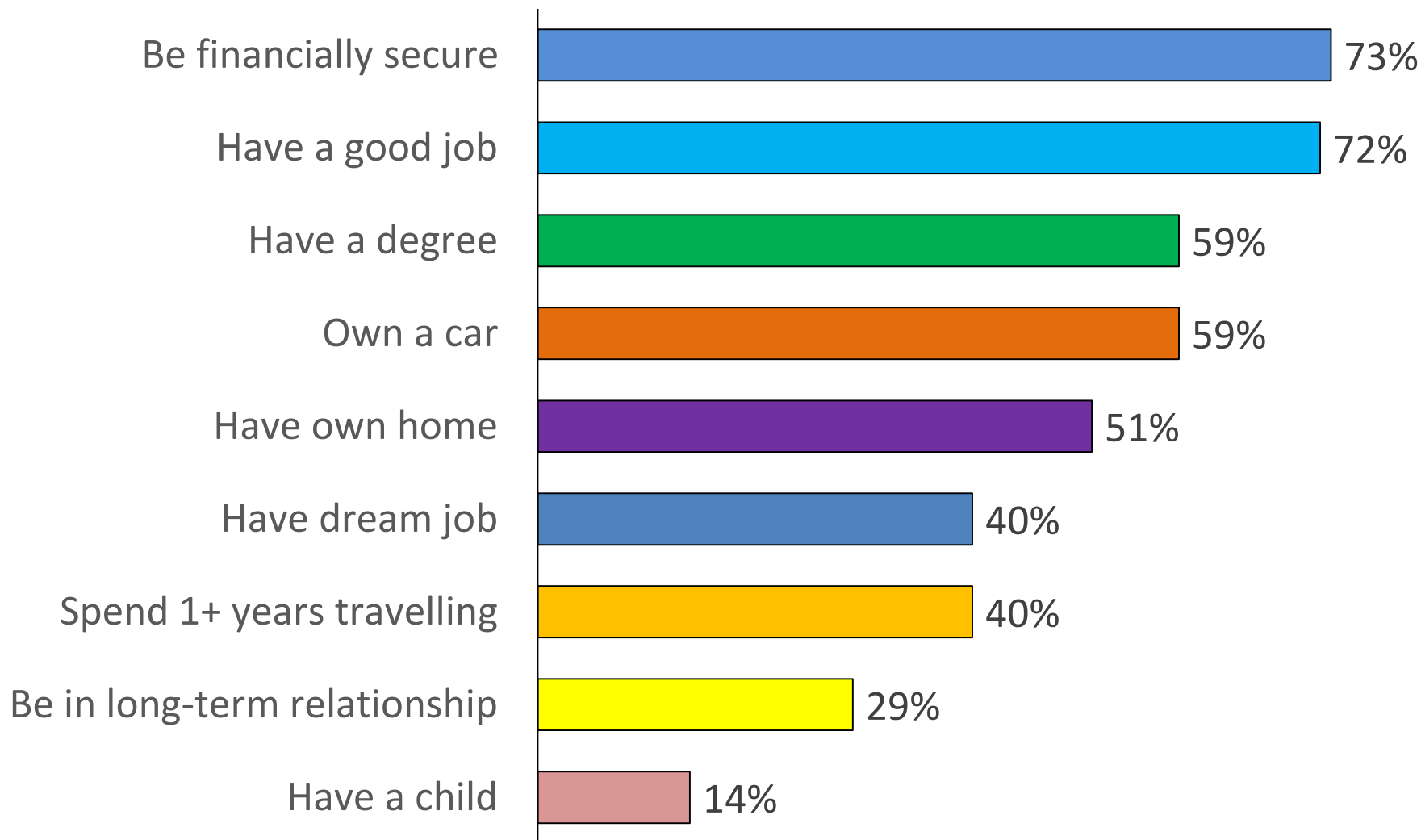


Contact with An Garda Síochána (since 17 years old)



Aspirations by age 30

% rating them as *highly important**



* Score of 9 or 10 on ten-point scale

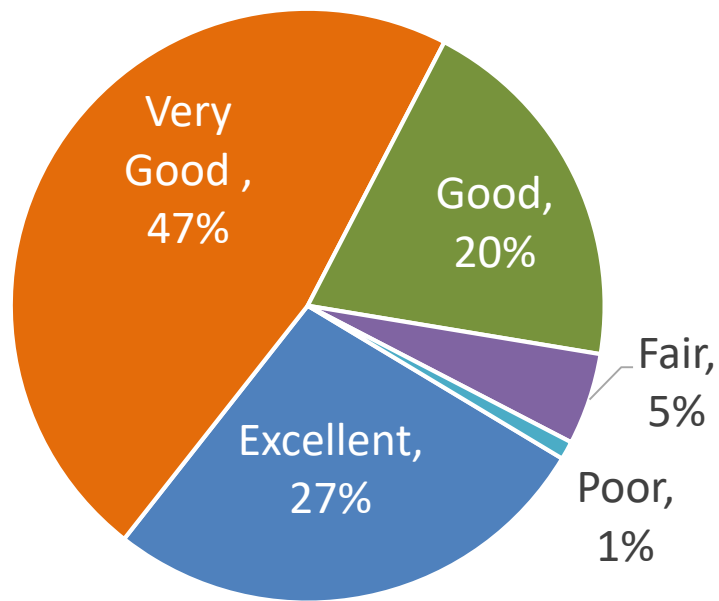
KEY FINDING 2: PHYSICAL HEALTH & WELLBEING

General health status

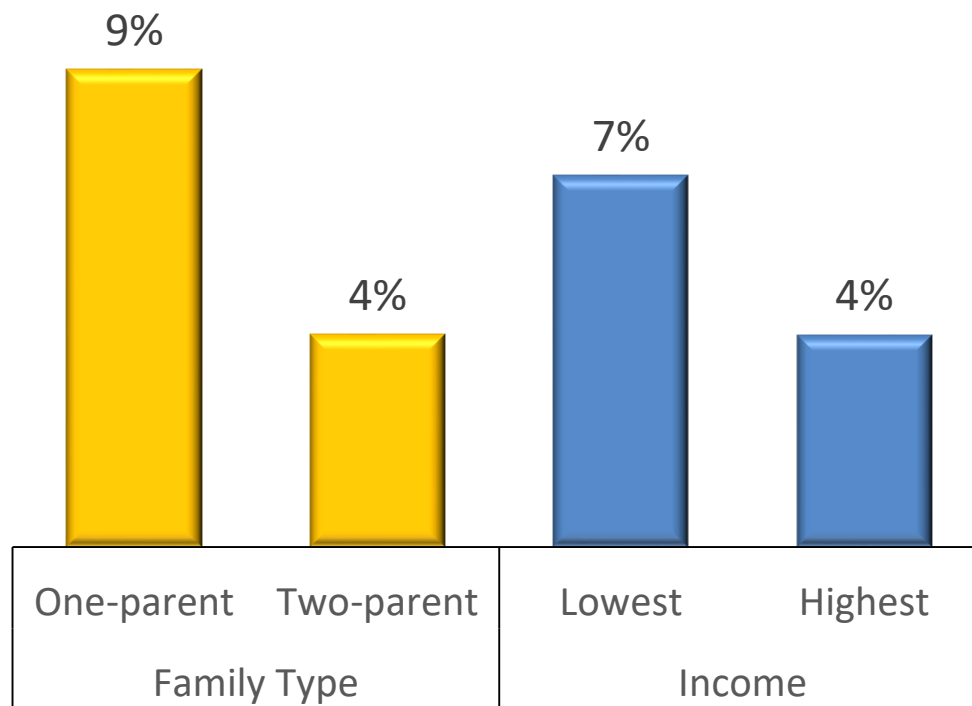
20-year-old's general health

Fair/poor self-rating higher for those from one-parent and lower-income families

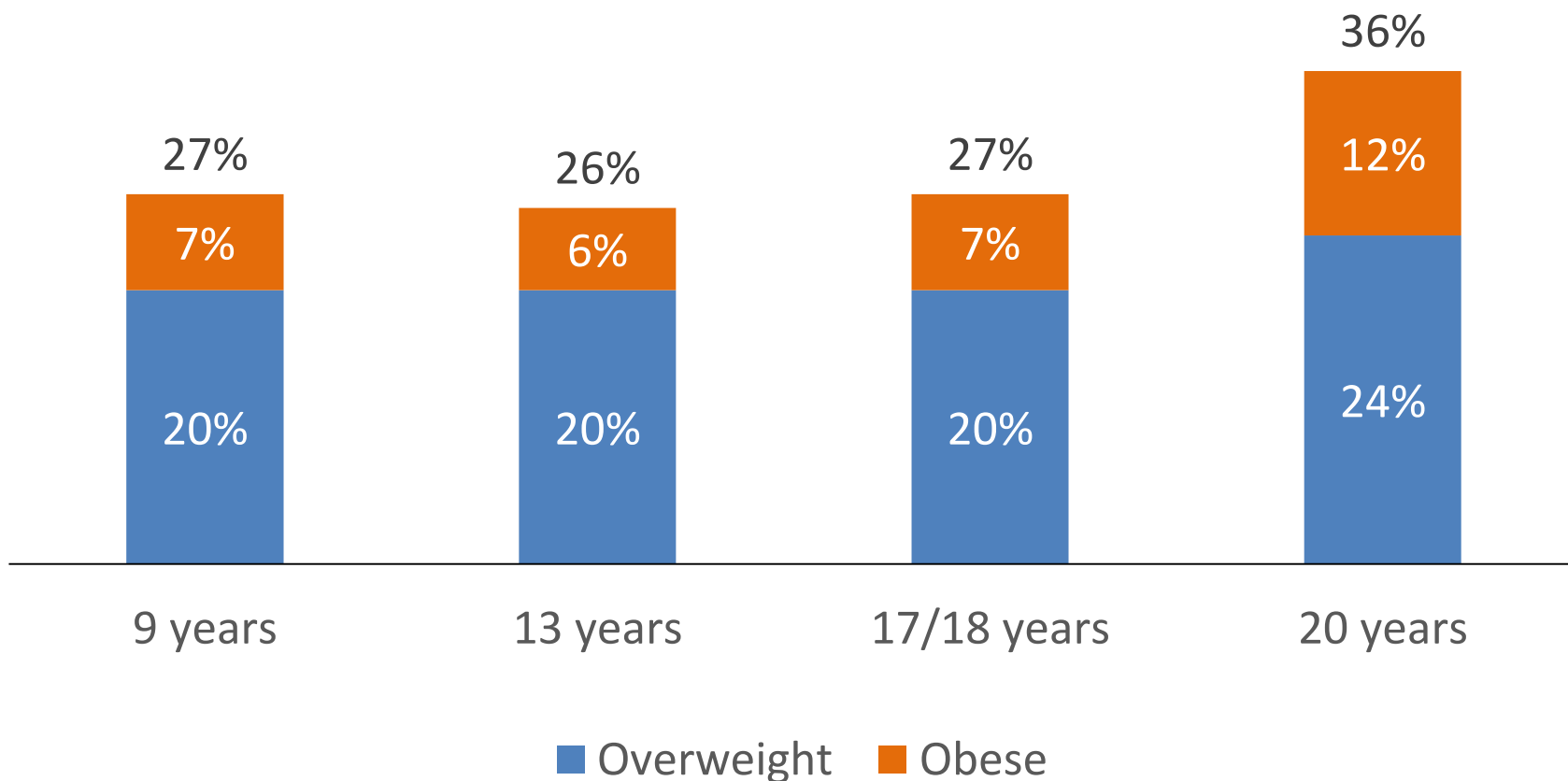
Health (self-rated)



Fair/poor



Overweight/Obese status at different ages

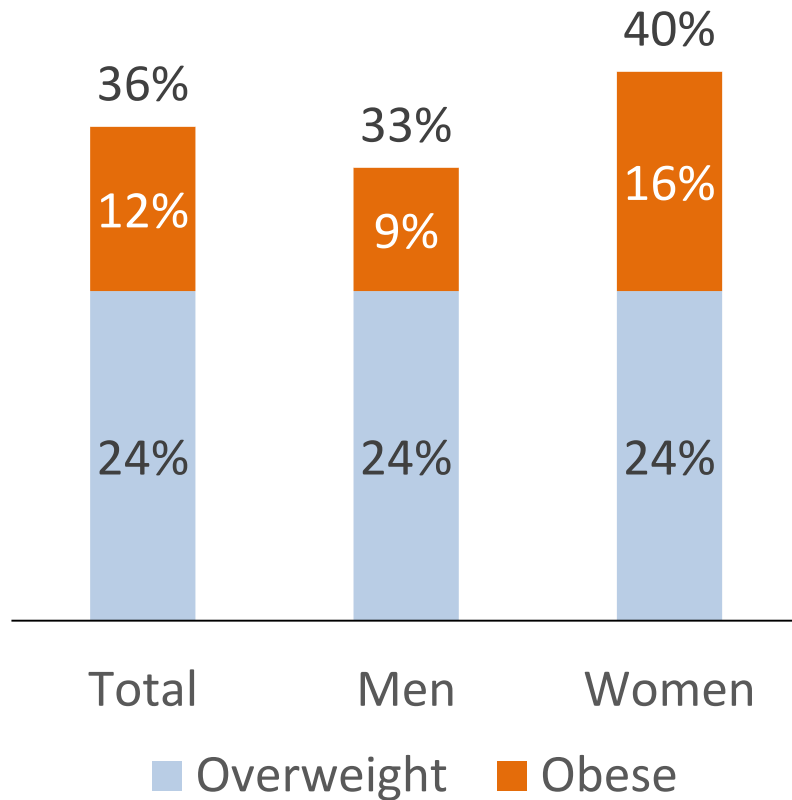


Longitudinally:

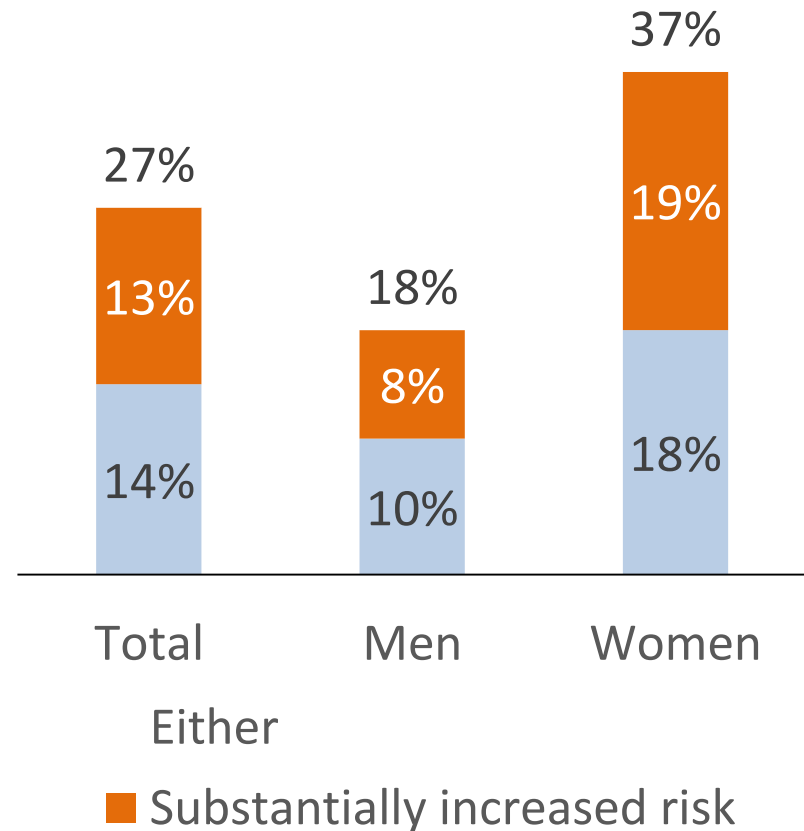
- 52% never overweight/obese;
- 10% overweight / obese at every wave.

Weight status and waist circumference by gender

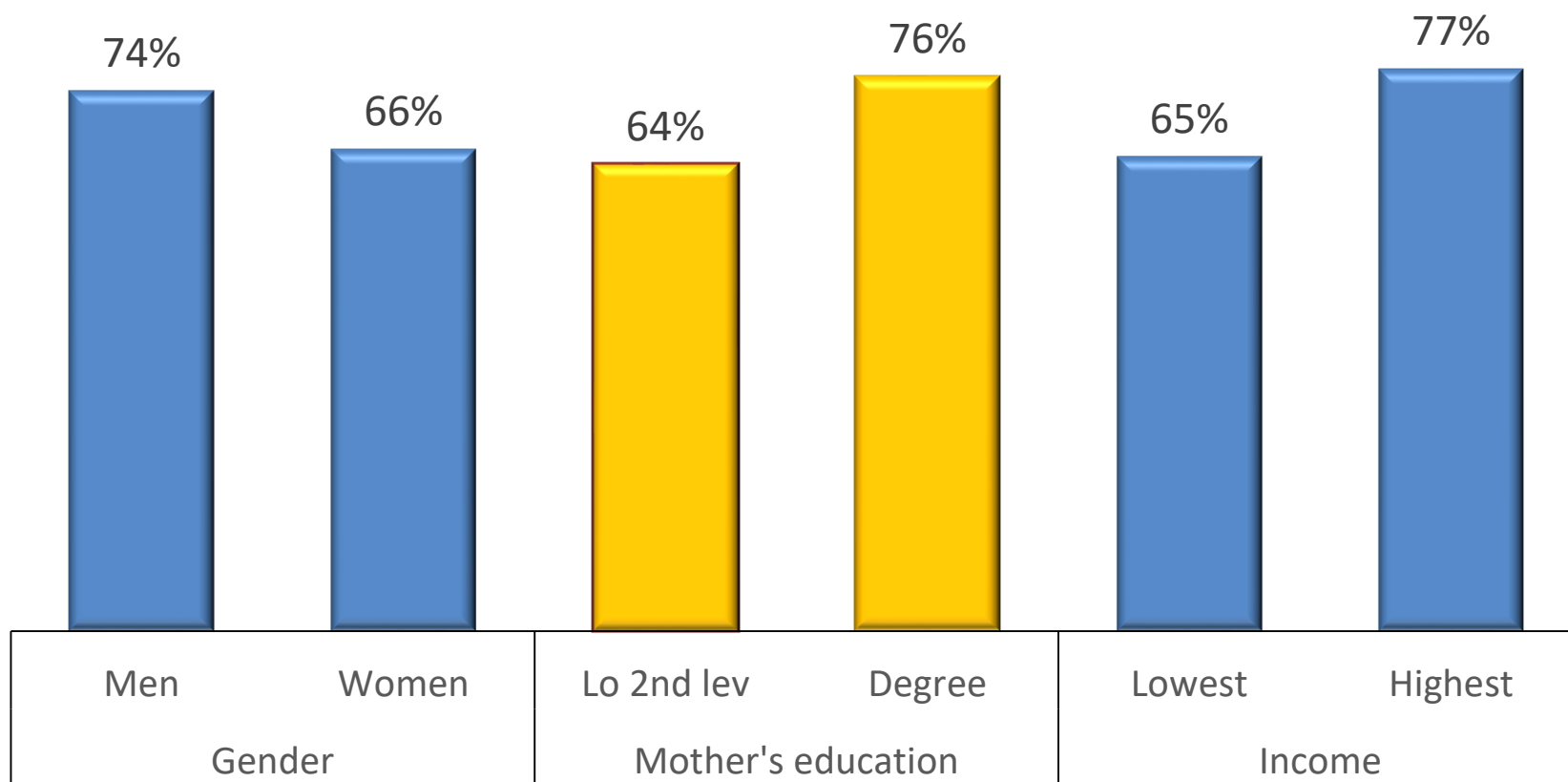
BMI weight status by gender



Waist circumference status by Gender



Meets physical activity guidelines



70% met WHO physical activity guidelines (at least 5 x 30-minute bouts of moderate physical activity per week)

Smoking, alcohol, drug-taking

Smoking

- Almost three-quarters had ever tried smoking
- Currently, 23% smoked *occasionally* and 15% smoked *daily*
- Average number of 9 cigarettes per day for daily smokers

Drinking

- Nearly all had tried alcohol and 93% currently drank
- Nearly one-quarter drank alcohol *at least twice per week*
- 22% have tried to reduce the amount of alcohol they drink, 3% tried to give up

Drugs

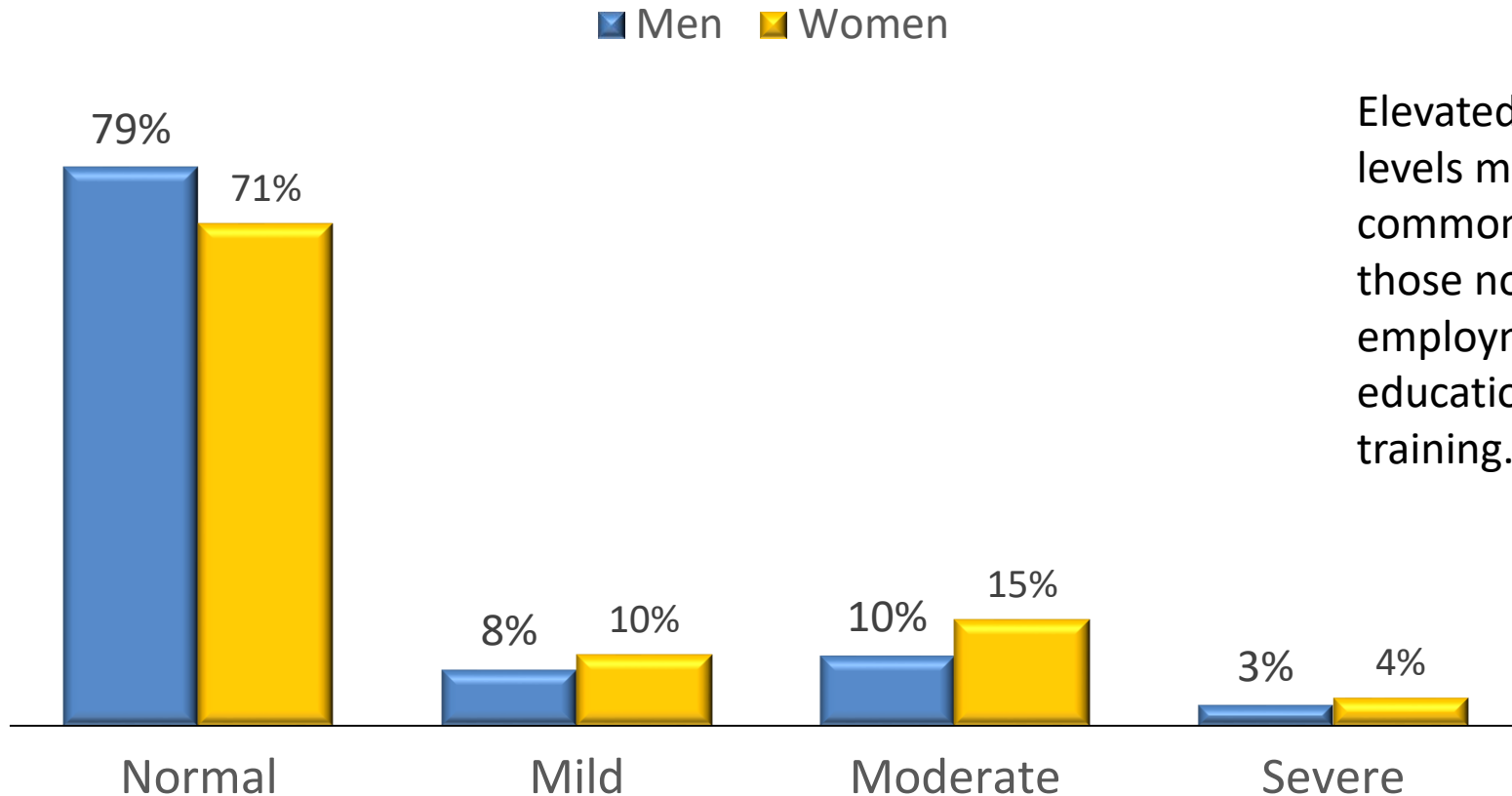
- 59% had ever tried cannabis
- Currently 18% *occasional* users and 6% used it *more than once per week*
- 28% have ever used other illegal drugs (incl. 15% on *five or more occasions*)

KEY FINDING 3: SOCIO-EMOTIONAL AND BEHAVIOURAL WELLBEING & RELATIONSHIPS

Stress Levels

(based on 7-item scale)

- One-quarter of 20-year-old had a stress level above 'normal'
- Women were more likely to be in one of the 'stressed' categories (29% vs 21%)

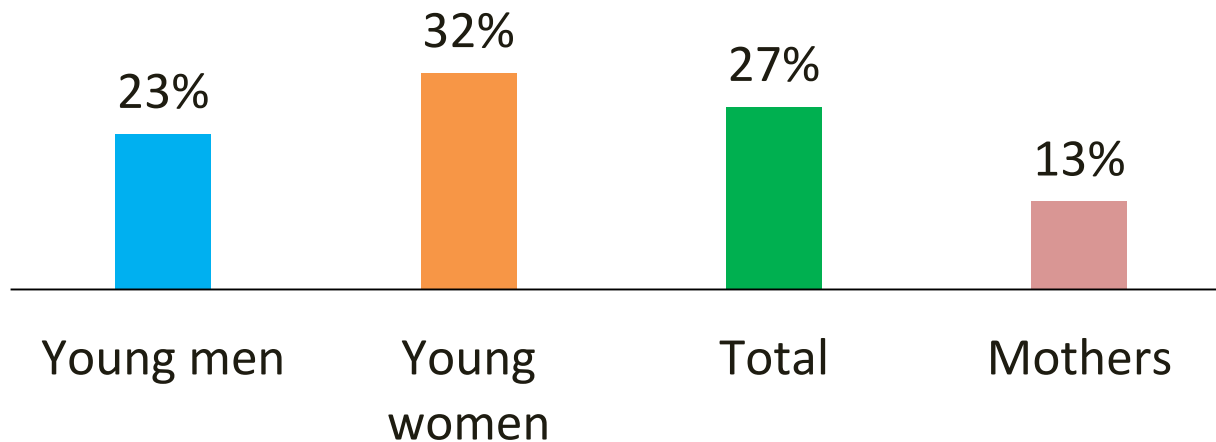


Elevated stress levels more common among those not in employment, education or training.

Depressive symptoms (CES-D scale)

- 20-year-olds – were much more likely than their mothers to be classified as having *clinically significant* depressive symptoms
- Most common symptoms among 20-year-olds were sleep difficulties, loneliness

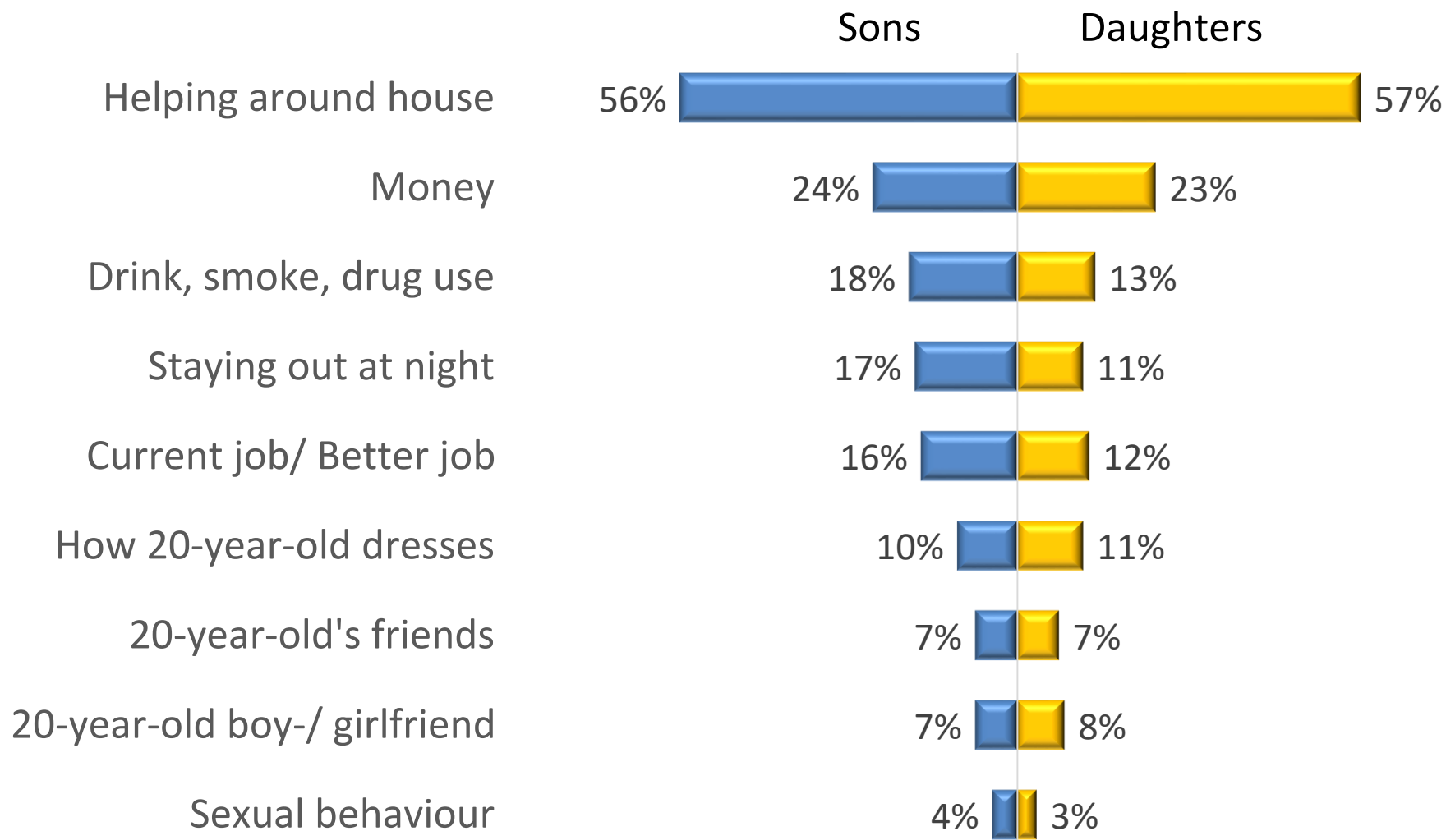
% classified as having *clinically significant* depressive symptoms



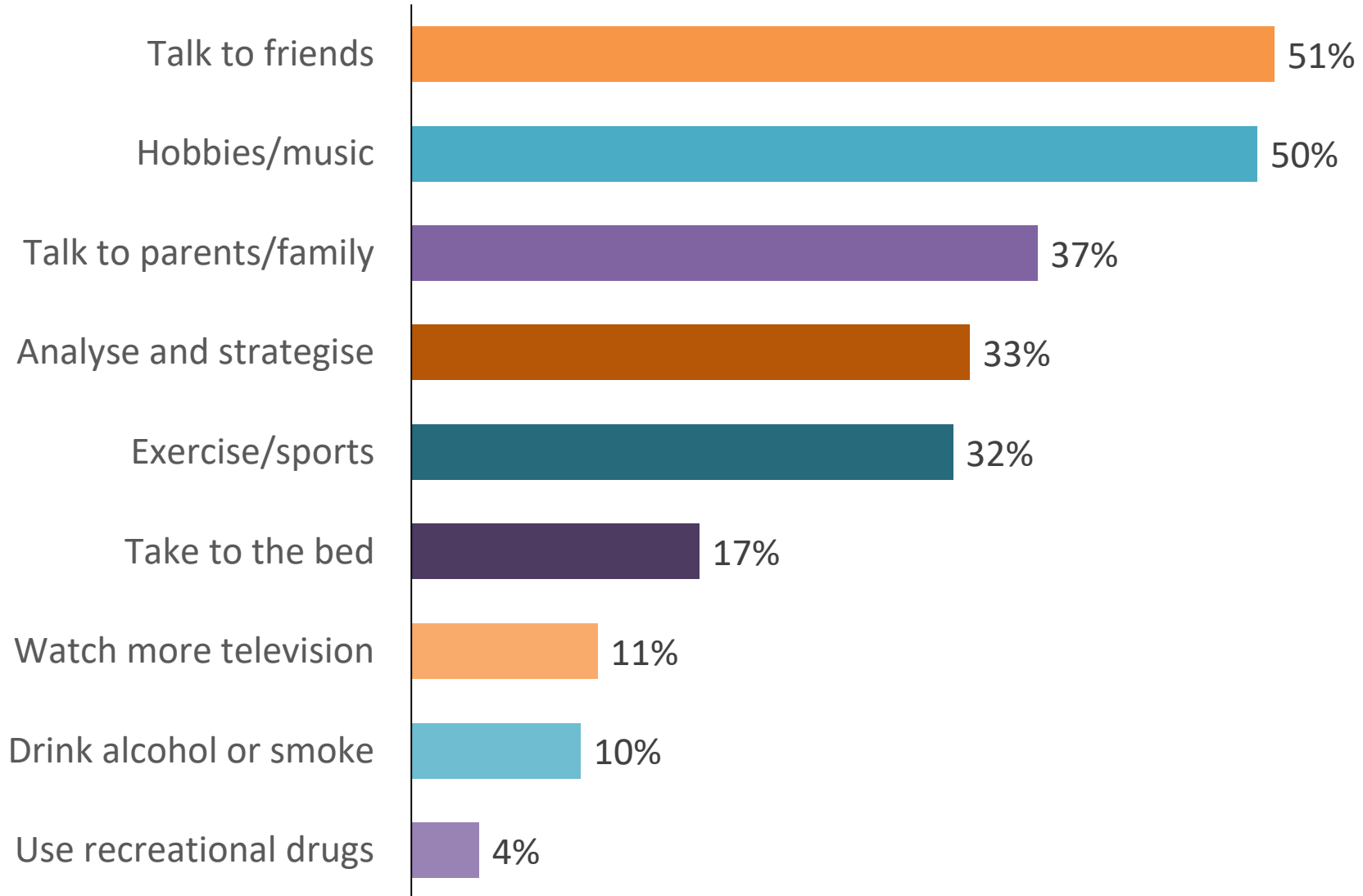
Depressive symptoms more likely in 20-year-old ...

- If mother also experienced high levels and
- If they had experienced high levels of depressive symptoms at 13 or 17/18

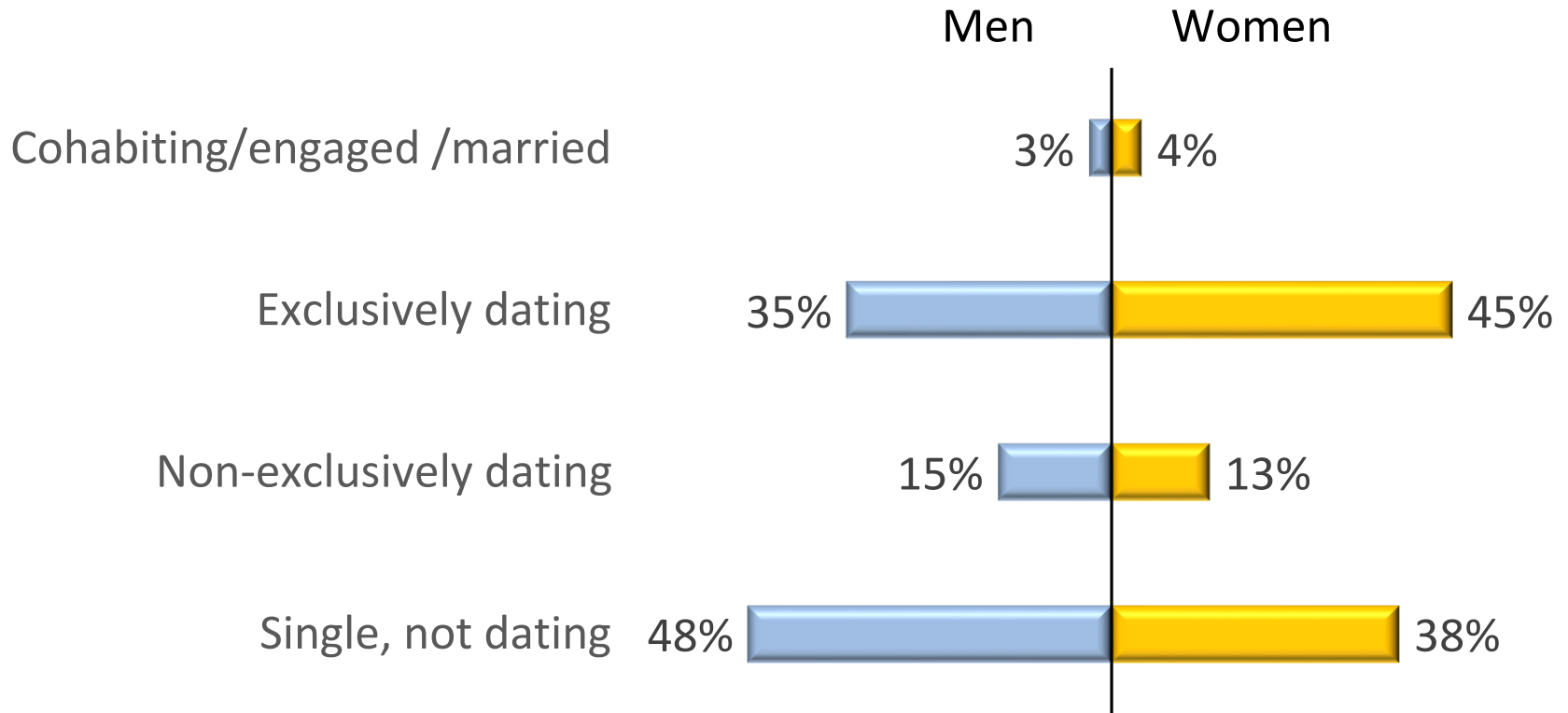
Parent disagreements with 20-year-olds (% parents reporting disagreements at least monthly)



Coping strategies *often* used by 20-year-olds (partial list)



Relationship Status



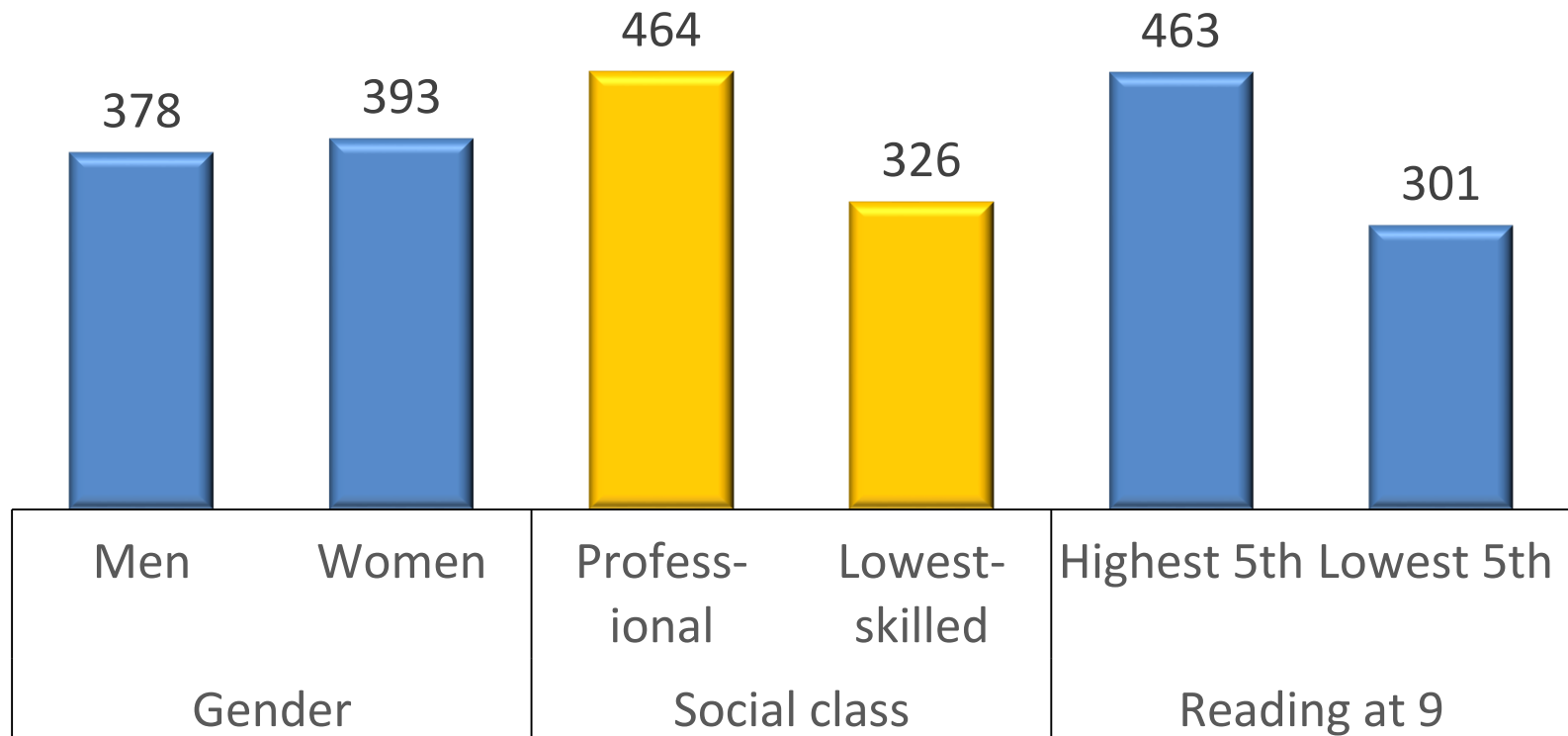
Sexual orientation

- Almost 9 out of 10 young adults described themselves as *heterosexual/straight*
- More people described themselves as *bisexual* (7%) than *gay or lesbian* (3%)

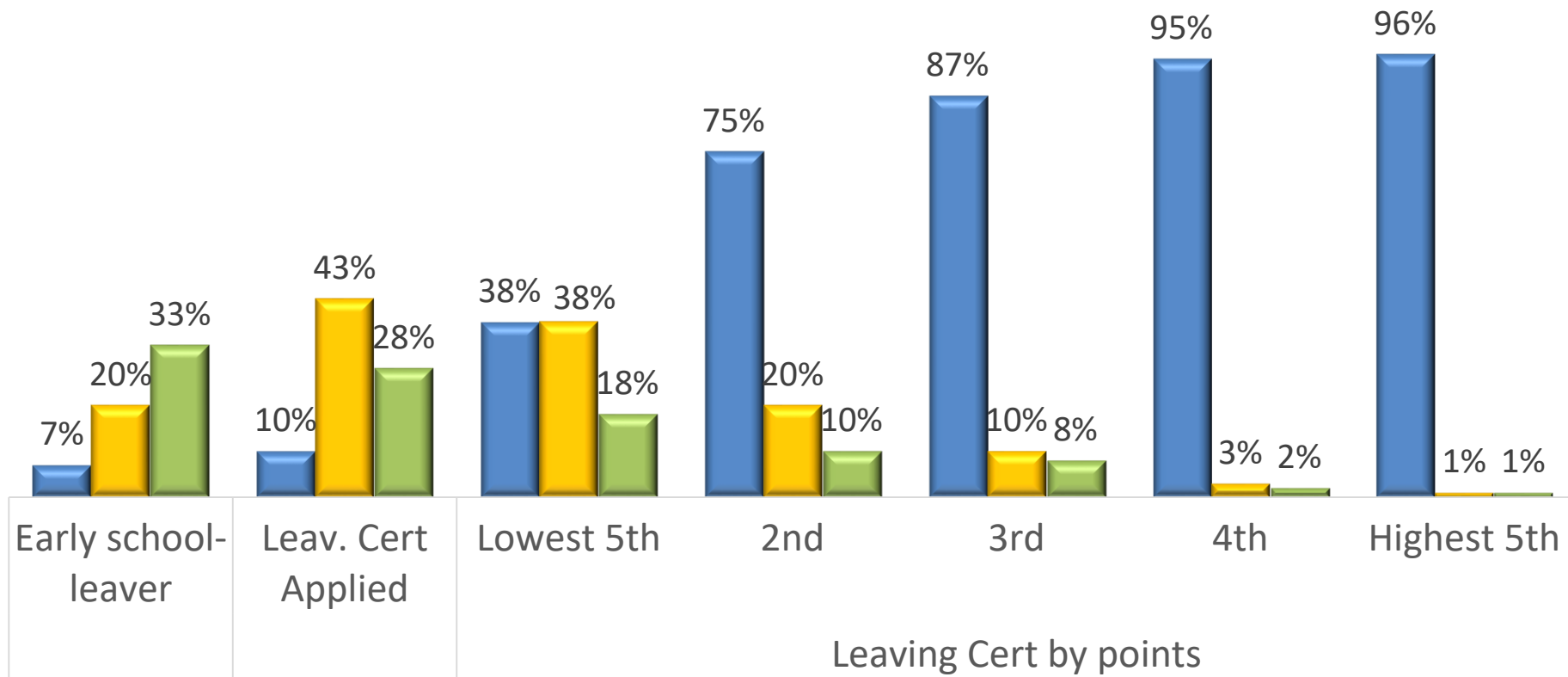
KEY FINDING 4: EDUCATION AND WORK

Leaving Cert points (average)

- Average of 385 points attained in the Leaving Cert
- Biggest points gap was in relation to socio-economic background and attainment in earlier years



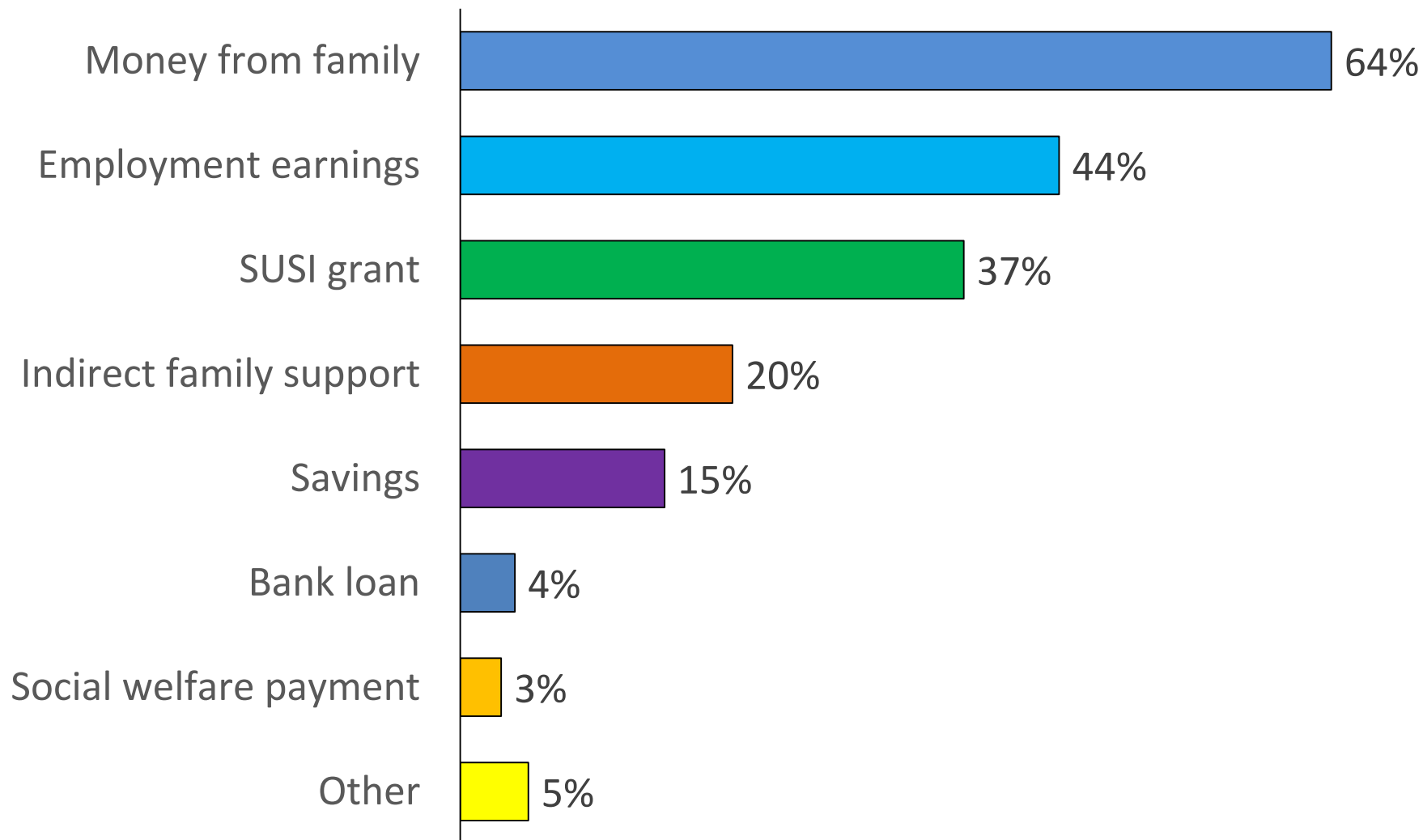
Further & higher education & training at any time since leaving school



■ Higher education
 ■ Post-Leaving Cert
 ■ Further Education / Training

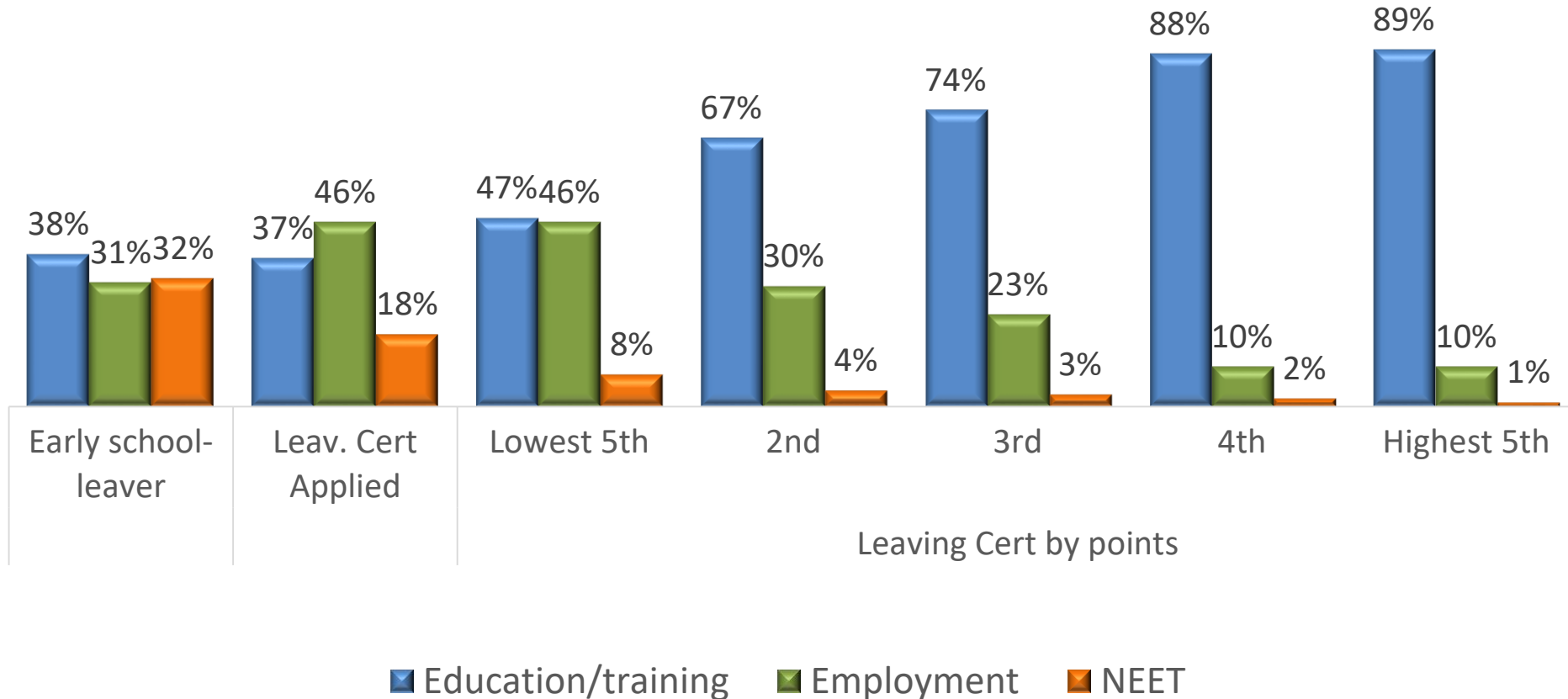
- Higher education was the most popular post-school education choice overall
- Lower participation in HE and greater take-up of PLC and other options in household with lower parental education

Sources of funding while studying/in training

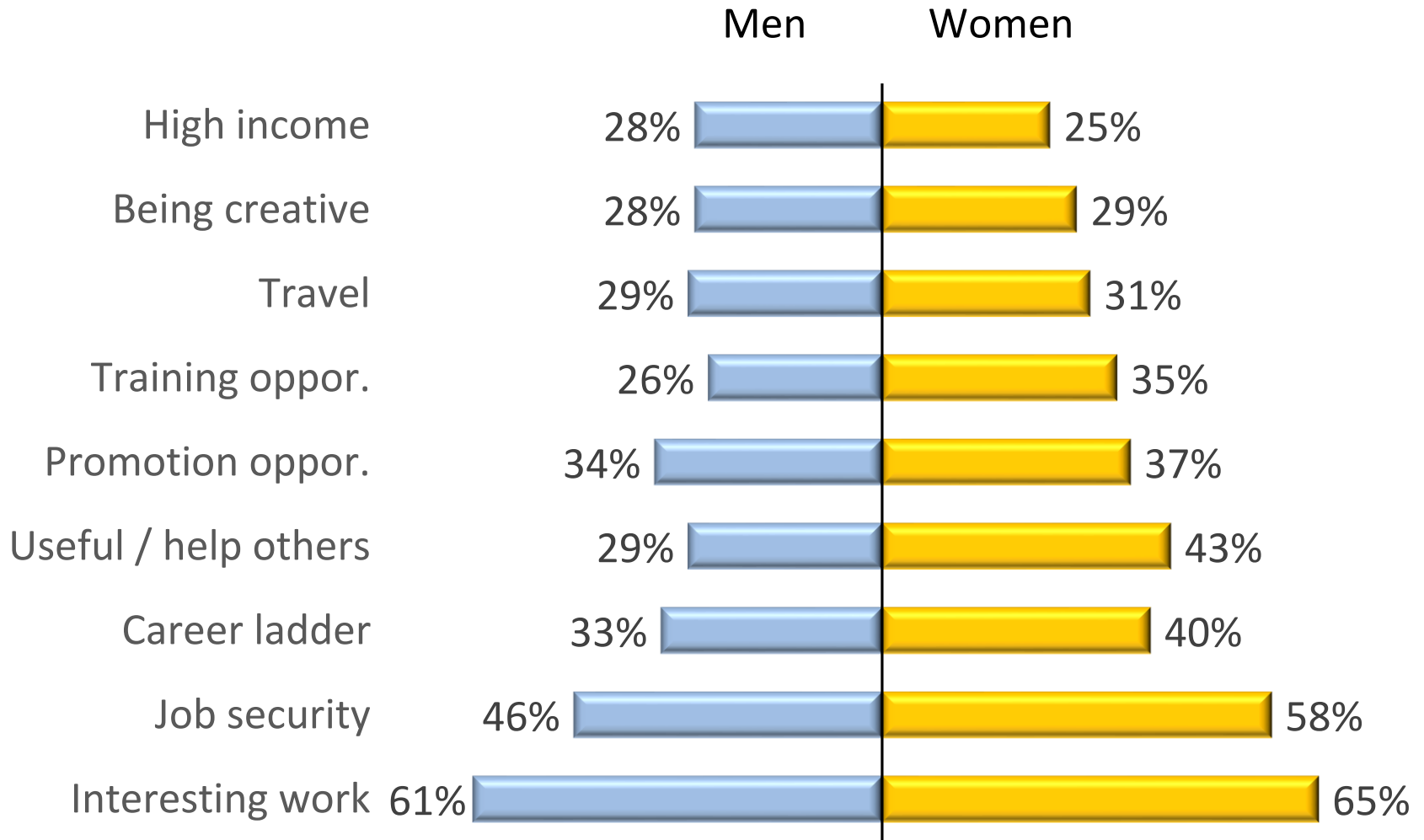


Main Activity at 20 by Educational Attainment

- Most 20-year-olds still in education/training
- Not in Education, Employment or Training (NEET) - highest for early school-leavers and those who took LCA



What 20-year-olds want from a job



Summary

- Generally positive picture of the lives of 20-year-olds
 - high rate of participation in post-school education or training
 - generally in good health
 - most used constructive strategies to deal with stress.
- Some concerning findings
 - Relatively high rate of depressive symptoms, especially in young women
 - a higher rate of overweight & obesity than when they were younger
 - and marked inequalities in educational outcomes by family background

THANK YOU!
COMMENTS & QUESTIONS WELCOME