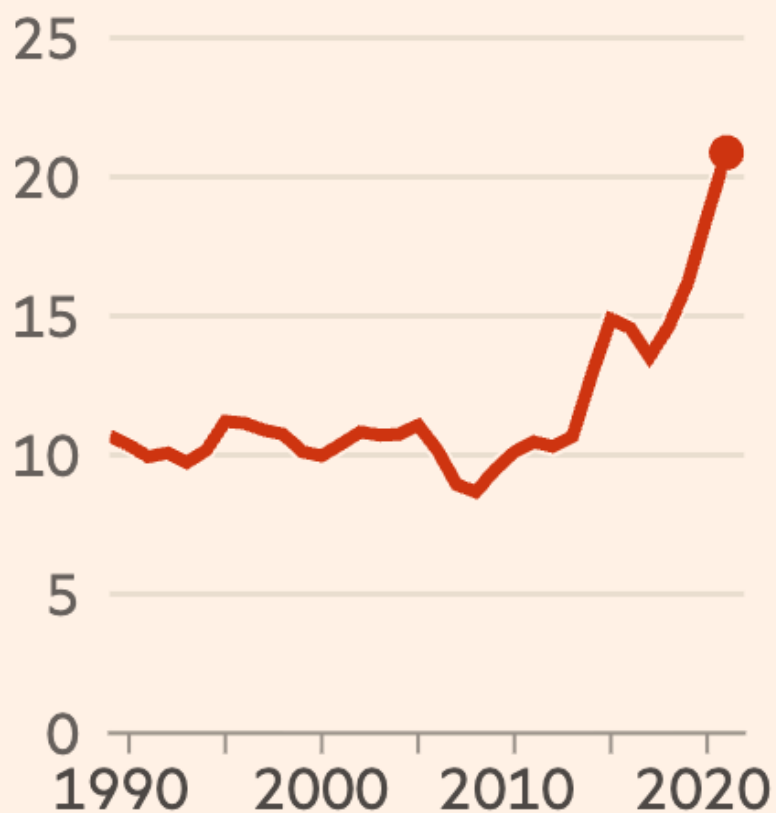


Is Gen Z in **crisis** ?



# Young adult mental health appears to be deteriorating

“I enjoy life as much as anyone” (% disagree)



“Life often seems meaningless” (% agree)



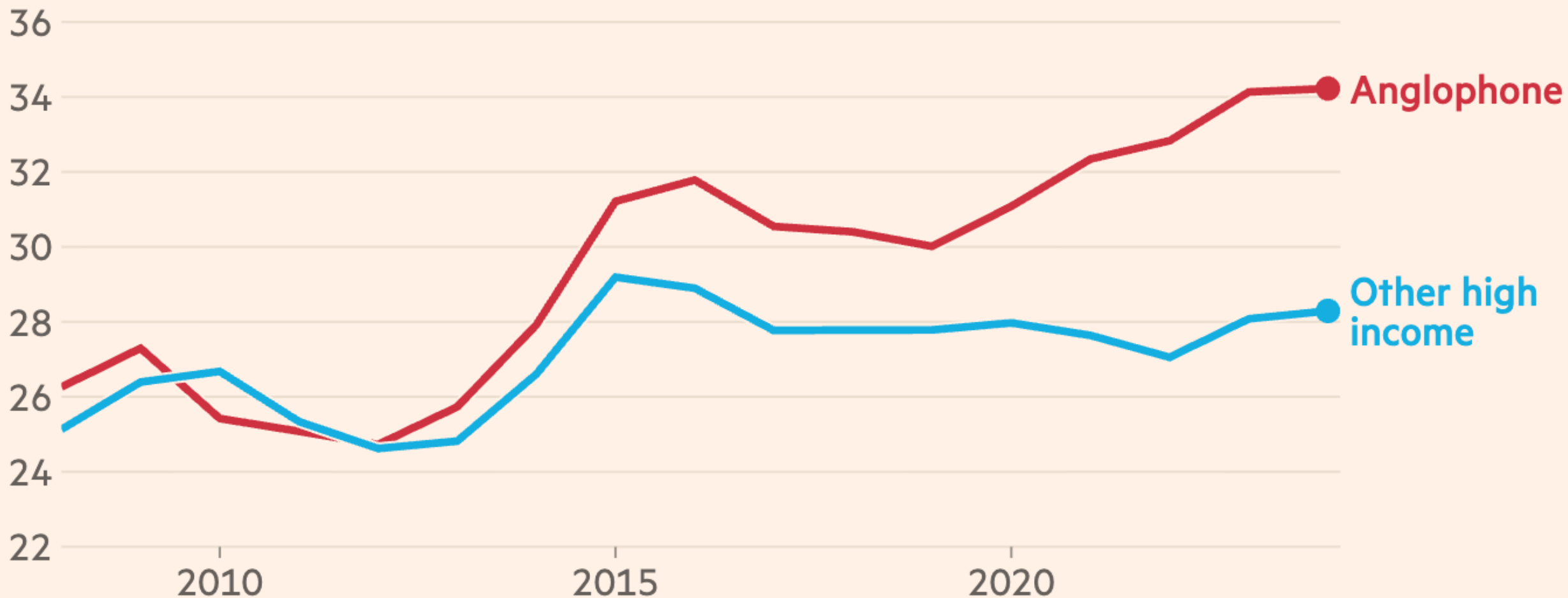
Combined depressive symptoms score (0-100)



Source: FT analysis of Monitoring the Future and Understanding Society

# Deteriorating wellbeing is worse in the Anglosphere

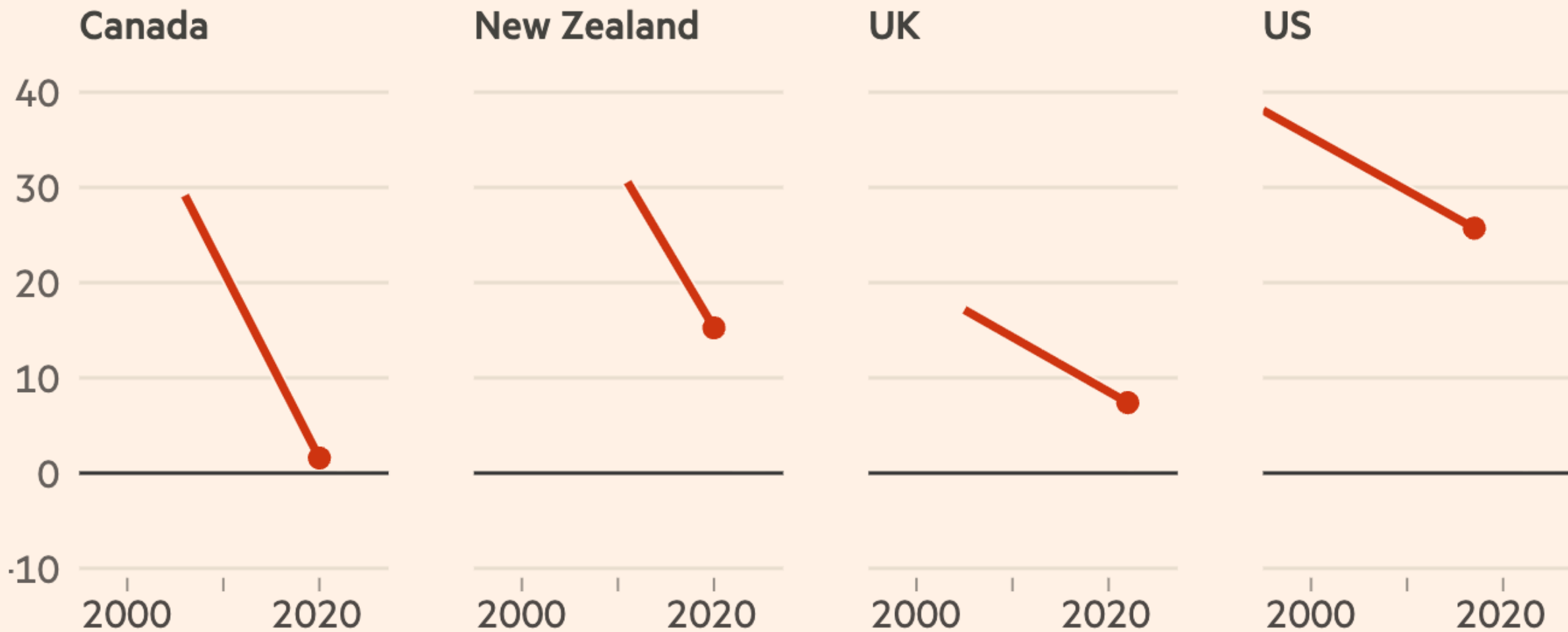
% of under-30s experiencing worry, stress, anger or sadness yesterday



Source: FT analysis of Gallup World Poll

# Young adults are losing faith that hard work brings success

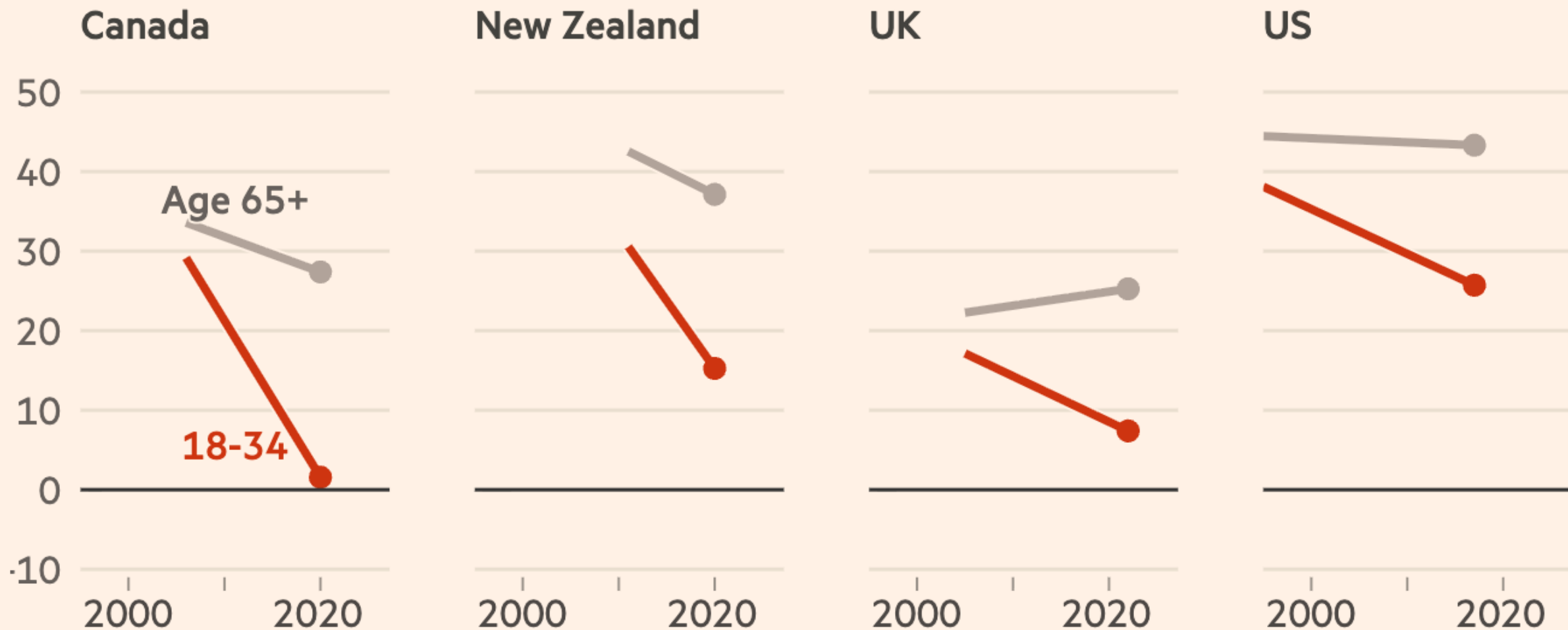
% of 18-34s who believe hard work brings success, minus % who put it down to luck



Source: FT analysis of the World Values Survey

# ...while older generations' faith remains steady

% who believe hard work brings success, minus % who put it down to luck, by age



Source: FT analysis of the World Values Survey

# Recent generations hold more zero-sum beliefs

Average score on zero-sum belief scale (0-100) by year of birth



Source: FT analysis of World Values Survey

**What could be driving these trends?**

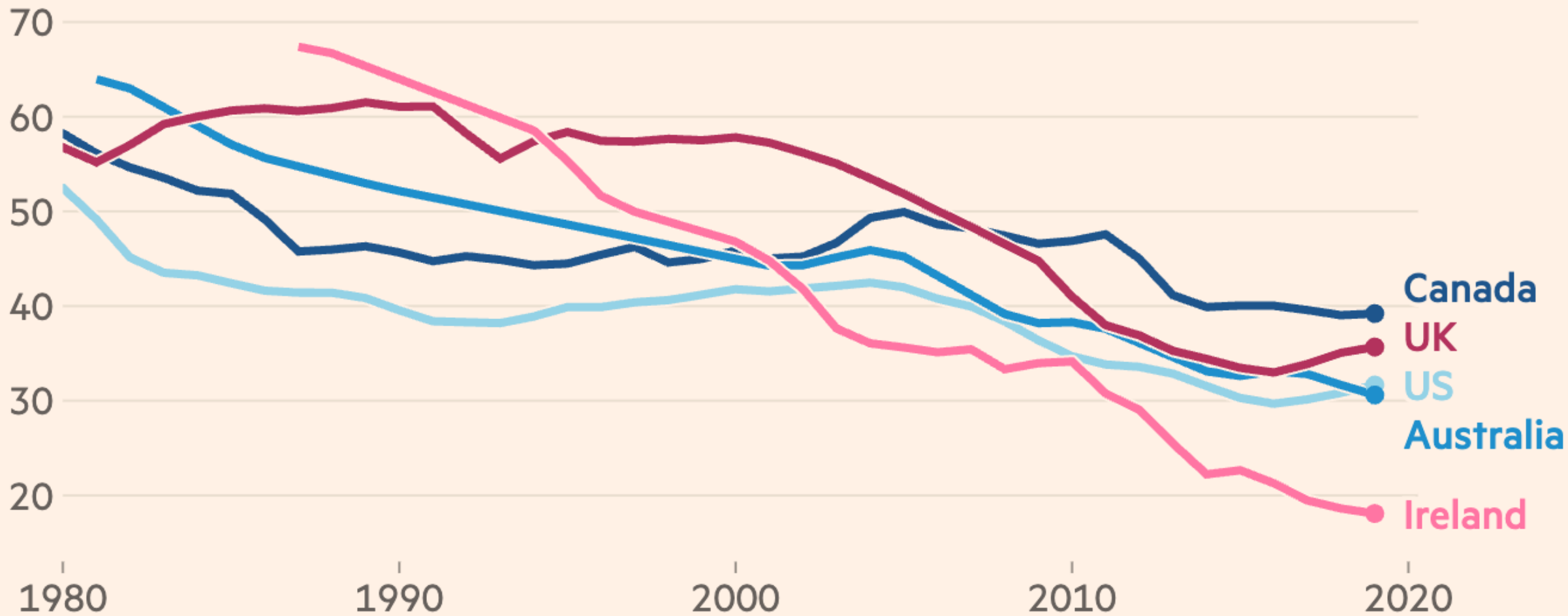


# Economics



# Young adult homeownership rates have collapsed

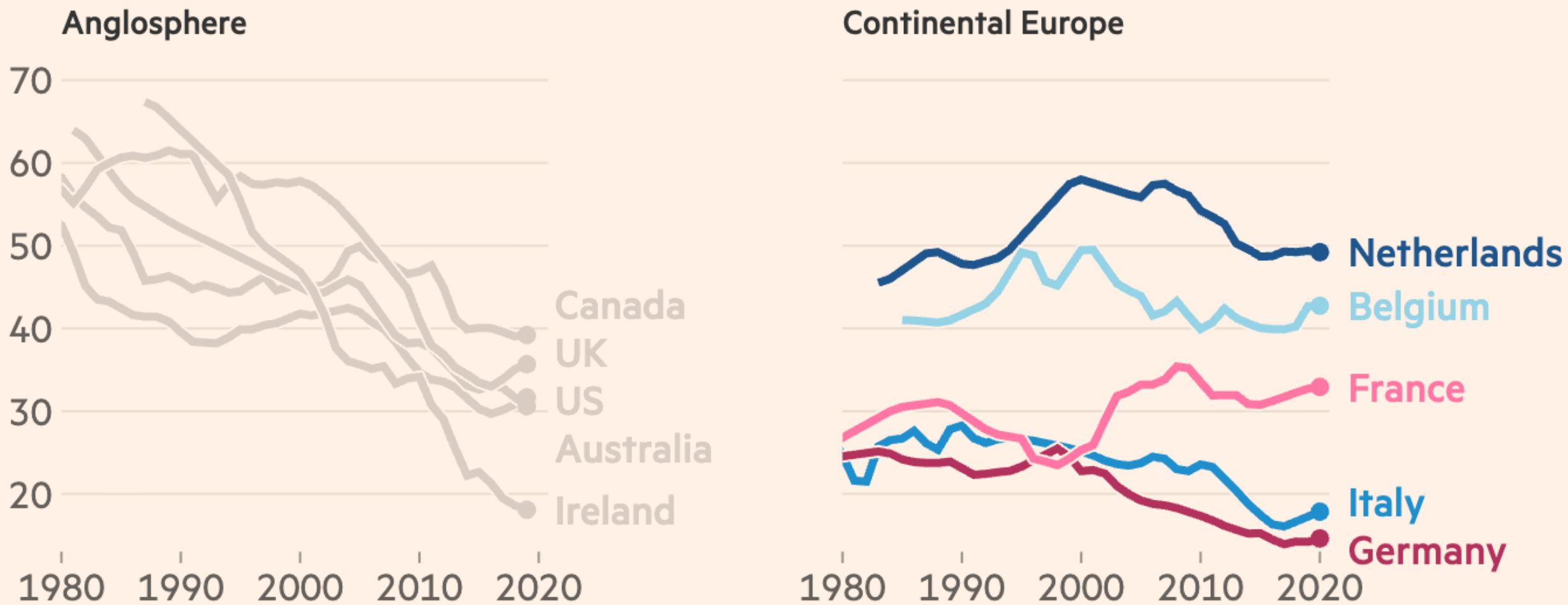
Share of 25-34 year-olds who own their own home (%)



Source: FT analysis of US Current Population Survey

# Collapsing home ownership is mainly an Anglo phenomenon

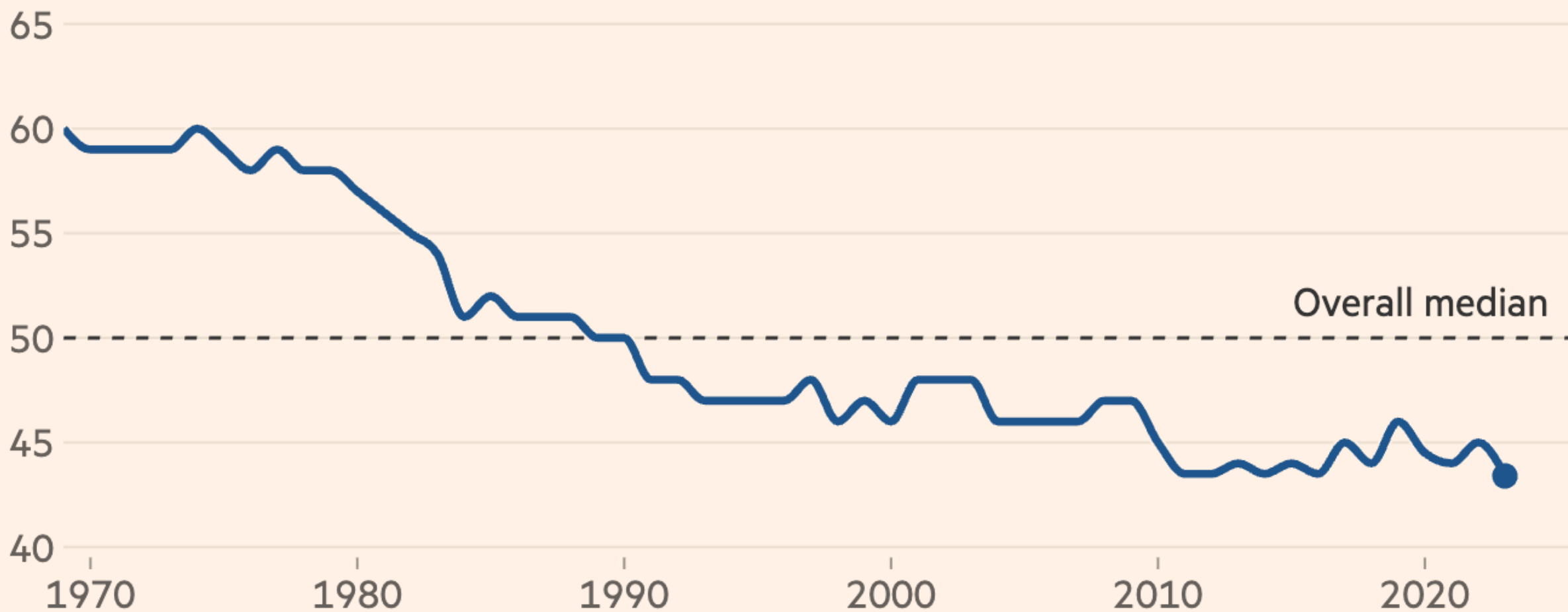
Share of 25-34 year-olds who own their own home (%)



Source: FT analysis of US Current Population Survey and Luxembourg Income Study

# Young people have lost economic status

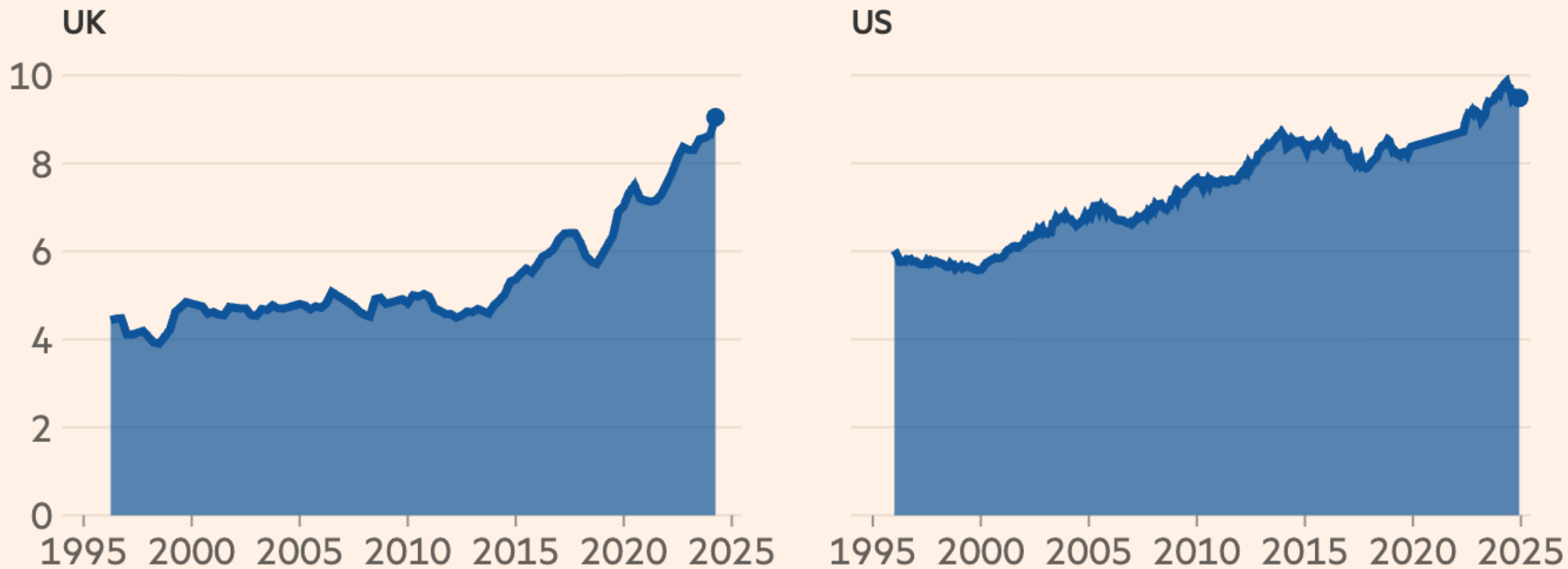
Average income percentile of 23-27 year olds



Source: FT analysis of US Current Population Survey

# The rising share of economically dislocated young adults

% of 20-24s who are neither in work, seeking work, in education or raising children



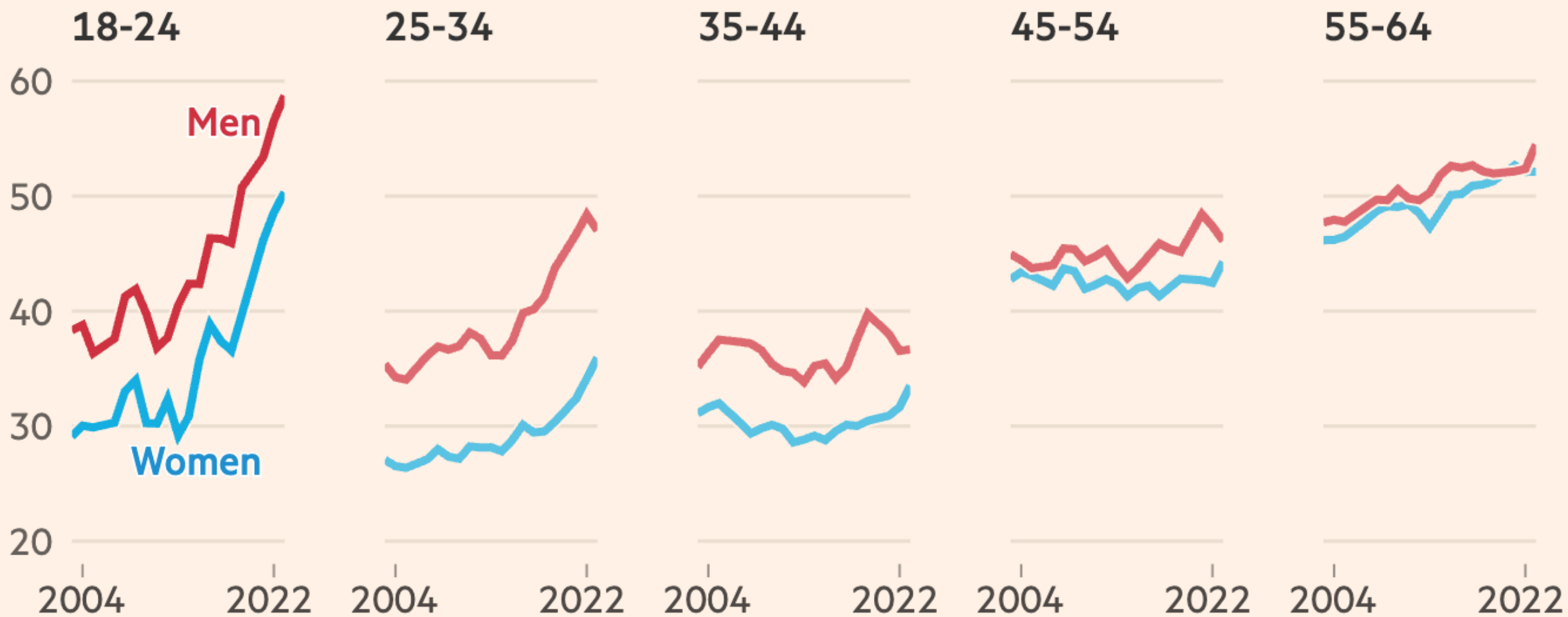
Source: FT analysis of Family Resources Survey, Labour Force Survey, US Current Population Survey, Luxembourg Income Study



**Online displacing offline**

# Young people now spend most of their free time alone

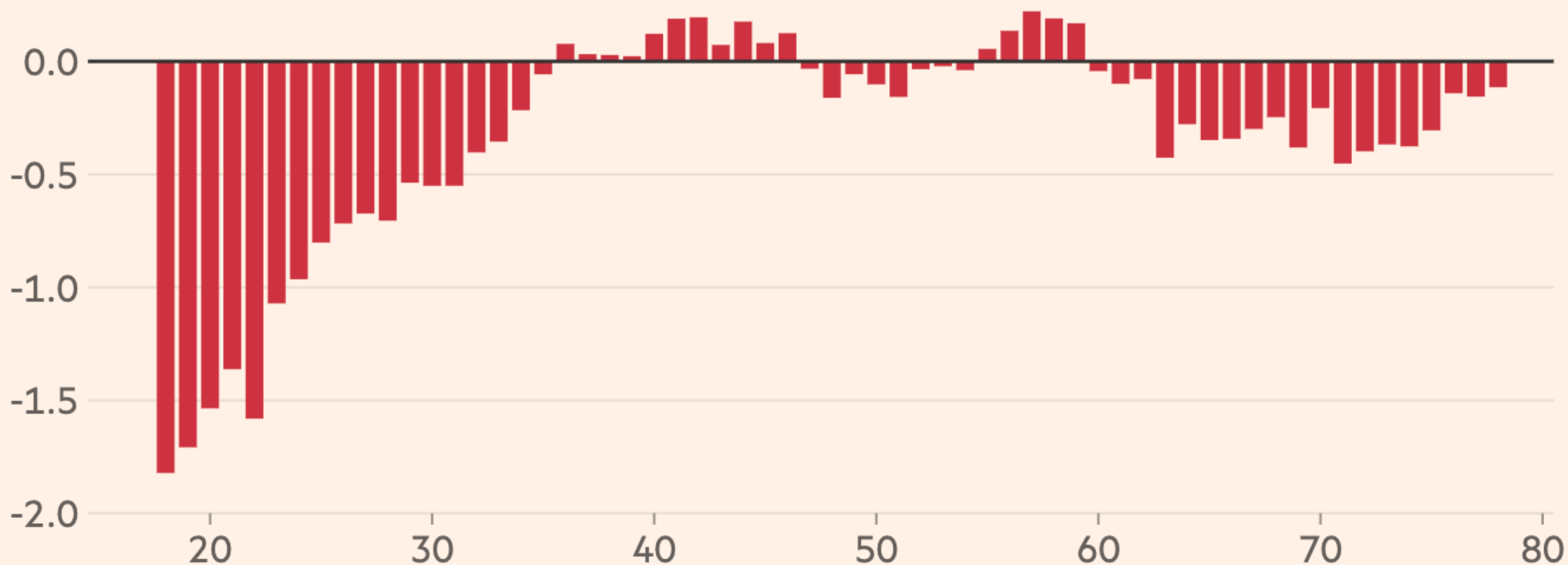
% of free time spent alone, by sex and age



Source: FT analysis of the American Time Use Survey

# Young adults spend much less time socialising than in 2010

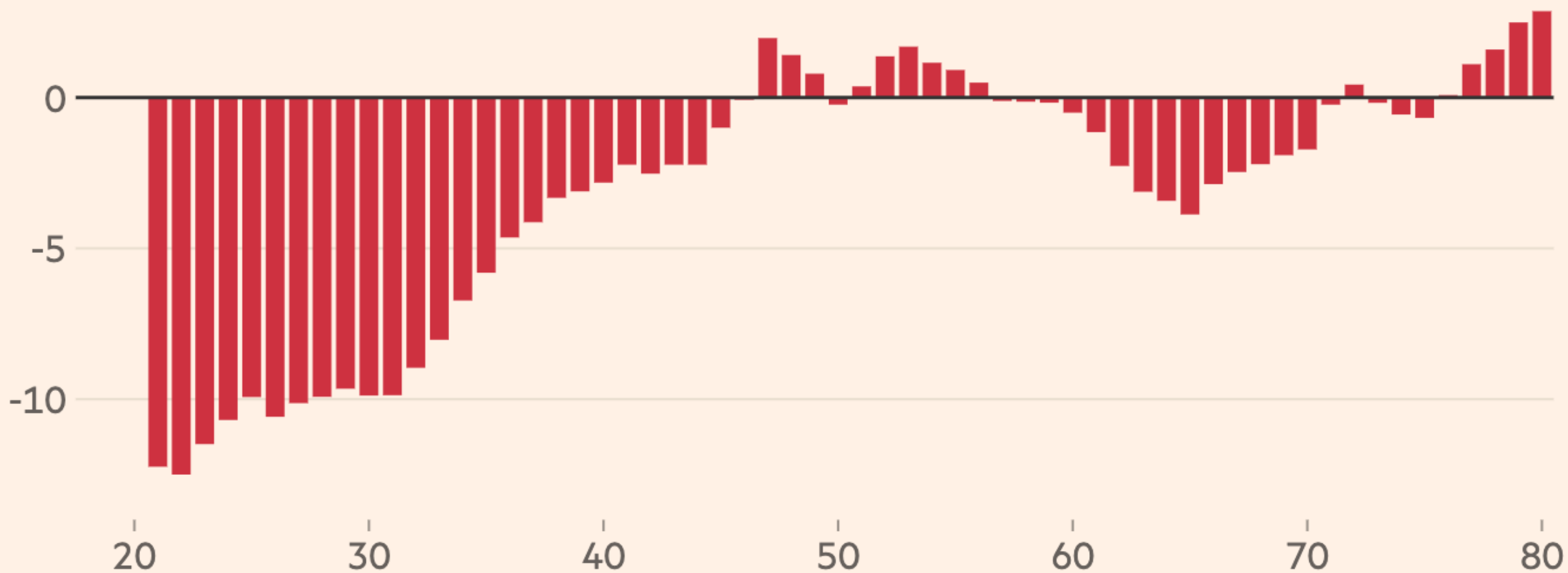
Change in daily hours socialising since 2010, by age



Source: FT analysis of US Current Population Survey

# Young adults' life satisfaction has dropped sharply

Change in life satisfaction since 2010 (% pts), by age



Source: FT analysis of US Current Population Survey

# Gen Z is facing tougher conditions, but the US is an outlier

Growth in living standards and home-ownership rate while aged 22-34

