IMPACT OF WAR ON YOUTH IN UKRAINE
Infographics
The study was conducted by Cedos Analytical Centre NGO and Info Sapiens research agency on the initiative, as well as with the technical and organisational support of the UNFPA, United Nations Population Fund in Ukraine, the United Nations Development Programme in Ukraine and the Ministry of Youth and Sports of Ukraine, with the financial support of the Danish Ministry of Foreign Affairs.

The opinions, conclusions or guidelines are those of the authors or editors of the publication and do not necessarily reflect the views of the Danish Ministry of Foreign Affairs, UNDP, UNFPA or any other UN agencies.

Kyiv, 2023
METHODOLOGY

The study consists of two components:

1. Quantitative
2. Qualitative

Field stage of study:
October 2022 – January 2023

QUANTITATIVE COMPONENT

The quantitative component includes surveys conducted among young people living in Ukraine and those living abroad.

The sampling of young people in the territory controlled by the Government of Ukraine consisted of 2064 respondents aged 14–34.

405 young people who had to flee Ukraine due to the full-scale invasion of the Russian Federation.

QUALITATIVE COMPONENT

In total, 12 focus group discussions were conducted with the youth from the following groups:

- IDPs
- Rural youth
- People with disabilities
- Roma youth
- Young people who had to flee Ukraine in 2022
- LGBTIQ+
Distribution of answers to the question “**WHAT ARE YOUR PERSONAL PROBLEMS THAT TROUBLE YOU MOST OF ALL TODAY?**” in the 2021 and 2022 surveys

<table>
<thead>
<tr>
<th>Problem</th>
<th>2021</th>
<th>2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power outages, unstable internet and mobile (telephone) communication</td>
<td>35%</td>
<td>50%</td>
</tr>
<tr>
<td>Health issues (personal and those of loved ones)</td>
<td>46%</td>
<td>31%</td>
</tr>
<tr>
<td>Lack of money</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Physical safety (personal or that of family members)</td>
<td>11%</td>
<td>22%</td>
</tr>
<tr>
<td>Mental health (low mood, sadness, depression, anxiety, loneliness)</td>
<td>11%</td>
<td>22%</td>
</tr>
<tr>
<td>Lack of self-realisation, self-development opportunities</td>
<td>26%</td>
<td>19%</td>
</tr>
<tr>
<td>Being unable to get a job and/or loss of relevance of the acquired professional skills</td>
<td>12%</td>
<td>19%</td>
</tr>
<tr>
<td>Lack of free time</td>
<td>38%</td>
<td>16%</td>
</tr>
<tr>
<td>Access to good quality health care services</td>
<td>-</td>
<td>13%</td>
</tr>
<tr>
<td>Negative influence of mass media, discussions in social networks</td>
<td>20%</td>
<td>13%</td>
</tr>
<tr>
<td>Access to good quality education services</td>
<td>-</td>
<td>11%</td>
</tr>
<tr>
<td>Relocation to other urban settlements due to the war</td>
<td>-</td>
<td>11%</td>
</tr>
<tr>
<td>Relocation of close family members to other urban settlements due to the war</td>
<td>28%</td>
<td>10%</td>
</tr>
<tr>
<td>Housing problems (being homeless or having poor housing conditions)</td>
<td>-</td>
<td>10%</td>
</tr>
<tr>
<td>Being unable to travel abroad due to restrictions on conscripts (you or your family members)</td>
<td>21%</td>
<td>9%</td>
</tr>
<tr>
<td>High physical load (difficult working conditions at work or at home)</td>
<td>12%</td>
<td>7%</td>
</tr>
<tr>
<td>Bad habits (smoking, alcoholism, drug addiction)</td>
<td>8%</td>
<td>7%</td>
</tr>
<tr>
<td>Compulsory service in the army (being unable to choose whether to serve in the army or not)</td>
<td>-</td>
<td>7%</td>
</tr>
<tr>
<td>Movement of family members or loved ones abroad due to the war</td>
<td>10%</td>
<td>7%</td>
</tr>
<tr>
<td>Difficulties in choosing a future job (career orientation)</td>
<td>-</td>
<td>5%</td>
</tr>
<tr>
<td>Loss of housing due to the war (destruction) or occupation</td>
<td>-</td>
<td>5%</td>
</tr>
<tr>
<td>Excessive use of the Internet and computer</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td>Problems in the family (lack of communication, mutual understanding, conflicts)</td>
<td>13%</td>
<td>4%</td>
</tr>
<tr>
<td>Lack of friends, difficulties in communicating with others</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>Gender inequality (inequality between men and women)</td>
<td>9%</td>
<td>2%</td>
</tr>
<tr>
<td>Inability to handle conflicts</td>
<td>9%</td>
<td>2%</td>
</tr>
</tbody>
</table>

1 The 2021 survey requested by the Ministry of Youth and Sports and conducted by FORSERVICE UA SALES Limited Liability Company, based on a macro-region and the size of pre-war urban settlements where respondents used to live, gender and age.

Source: https://mms.gov.ua/storage/app/sites/16/Molodizhna_polityka/rezytmolod2021.pdf
WHAT ARE YOUR PERSONAL PROBLEMS THAT TROUBLE YOU MOST OF ALL TODAY? (Surveys conducted among young people who fled Ukraine in 2022)

- Mental health (low mood, sadness, depression, anxiety, loneliness) 54%
- Health issues (personal and those of loved ones) 47%
- Lack of self-realisation, self-development opportunities 33%
- Lack of friends, difficulties in communicating with others 27%
- Lack of money 25%
- Movement of family members or loved ones abroad due to the war 25%
- Being unable to get a job and/or loss of relevance of the acquired professional skills 23%
- Difficulties in choosing a future job (career orientation) 21%
- Physical safety (personal or that of family members) 21%
- Access to good quality health care services 21%
- Relocation to other urban settlements due to the war 20%
- Lack of free time 13%
- Negative influence of mass media, discussions in social networks 13%
- Loss of housing due to the war (destruction) or occupation 13%
- Problems in the family (lack of communication, mutual understanding) 13%
- Housing problems (being homeless or having poor housing conditions) 12%
- High physical load (working conditions at work or at home) 11%
- Relocation of close family members to other urban settlements due to the war 11%
DO YOU THINK YOU NEED PSYCHOLOGICAL HELP? IF YOU COULD GET FREE OR ANONYMOUS PSYCHOLOGICAL SUPPORT, WOULD YOU SEEK IT?

Need psychological help

- Yes: 81%
- No: 12%
- Hard to say: 7%

Willing to get free and anonymous psychological support

- Yes: 59%
- No: 28%
- Hard to say: 13%
Distribution of answers to the question "**WHAT WOULD YOU MOST LIKE TO ACHIEVE IN LIFE?**" in the 2021 and 2022 surveys

<table>
<thead>
<tr>
<th></th>
<th>YOUNG PEOPLE IN UKRAINE</th>
<th>YOUNG PEOPLE ABROAD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2021</td>
<td>2022</td>
</tr>
<tr>
<td>Having a happy family</td>
<td>63%</td>
<td>71%</td>
</tr>
<tr>
<td>Staying healthy</td>
<td>53%</td>
<td>62%</td>
</tr>
<tr>
<td>Building a career</td>
<td>47%</td>
<td>56%</td>
</tr>
<tr>
<td>Being free and independent in one’s own decisions and actions</td>
<td>28%</td>
<td>52%</td>
</tr>
<tr>
<td>Being wealthy</td>
<td>32%</td>
<td>41%</td>
</tr>
<tr>
<td>Having an opportunity to utilize one’s talent and abilities</td>
<td>31%</td>
<td>49%</td>
</tr>
<tr>
<td>Becoming a qualified expert</td>
<td>14%</td>
<td>42%</td>
</tr>
<tr>
<td>Finding peace and being able not to interfere in anything</td>
<td>12%</td>
<td>-</td>
</tr>
<tr>
<td>Being helpful for one’s country</td>
<td>6%</td>
<td>37%</td>
</tr>
<tr>
<td>Being powerful</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>Being famous</td>
<td>3%</td>
<td>4%</td>
</tr>
</tbody>
</table>
Distribution of answers to the question "**CHOOSE FROM THE LIST OF SOURCES OF INFORMATION THAT YOU HAVE BEEN USING OVER THE LAST MONTH TO ACCESS NEWS IN UKRAINE**, based on age groups of respondents

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Telegram</td>
<td>73%</td>
<td>77%</td>
<td>75%</td>
<td>68%</td>
</tr>
<tr>
<td>YouTube</td>
<td>46%</td>
<td>55%</td>
<td>56%</td>
<td>58%</td>
</tr>
<tr>
<td>Instagram</td>
<td>54%</td>
<td>56%</td>
<td>44%</td>
<td>38%</td>
</tr>
<tr>
<td>Facebook</td>
<td>33%</td>
<td>40%</td>
<td>45%</td>
<td>55%</td>
</tr>
<tr>
<td>Parents, friends, relatives, etc</td>
<td>39%</td>
<td>36%</td>
<td>38%</td>
<td>39%</td>
</tr>
<tr>
<td>Viber</td>
<td>26%</td>
<td>38%</td>
<td>35%</td>
<td>38%</td>
</tr>
<tr>
<td>TikTok</td>
<td>39%</td>
<td>35%</td>
<td>21%</td>
<td>20%</td>
</tr>
<tr>
<td>National TV</td>
<td>16%</td>
<td>13%</td>
<td>23%</td>
<td>31%</td>
</tr>
<tr>
<td>Online media</td>
<td>14%</td>
<td>18%</td>
<td>24%</td>
<td>23%</td>
</tr>
<tr>
<td>Twitter</td>
<td>10%</td>
<td>6%</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td>Local TV</td>
<td>4%</td>
<td>4%</td>
<td>4%</td>
<td>11%</td>
</tr>
<tr>
<td>Radio stations</td>
<td>3%</td>
<td>4%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Printed newspapers</td>
<td>0.2%</td>
<td>0.4%</td>
<td>1%</td>
<td>0%</td>
</tr>
</tbody>
</table>
Distribution of answers to the question "\textit{Which language do you usually use to communicate?}" based on areas of communication in the 2021 and 2022 surveys.

2021

- With friends, acquaintances:
  - Ukrainian: 25%
  - Russian: 43%
  - Ukrainian and Russian equally: 32%

- At work (at school, university):
  - Ukrainian: 25%
  - Russian: 51%
  - Ukrainian and Russian equally: 19%

- In the family:
  - Ukrainian: 49%
  - Russian: 24%
  - Ukrainian and Russian equally: 16%

2022

- With friends, acquaintances:
  - Ukrainian: 28%
  - Russian: 56%
  - Ukrainian and Russian equally: 16%

- At work (at school, university):
  - Ukrainian: 28%
  - Russian: 63%
  - Ukrainian and Russian equally: 9%

- In the family:
  - Ukrainian: 58%
  - Russian: 24%
  - Ukrainian and Russian equally: 18%

Legend:
- Orange: Ukrainian
- Blue: Russian
- Green: Ukrainian and Russian equally
PLEASE SELECT FROM THE LIST THE THINGS THAT APPLY TO YOUR EXPERIENCE OR THE EXPERIENCE OF YOUR FAMILY MEMBERS SINCE THE OUTBREAK OF THE FULL-SCALE INVASION

Problems due to power outages* 46%
Decrease and/or loss of income 36%
Deteriorated mental health 28%
Severed relationships with friends or family members 18%
Separation from family 18%
Moving to other urban settlements 16%
Death of friends or family members 14%
Mobilisation in the Armed Forces of Ukraine 9%
Damage caused to housing 6%
Suffering war-related injuries 6%

* This issue may be out of date upon the study being published.
Distribution of answers to the question "DO YOU WANT TO EMIGRATE FROM UKRAINE?" in the 2021 and 2022 surveys

<table>
<thead>
<tr>
<th>Response</th>
<th>2021</th>
<th>2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>No, I want to live in Ukraine</td>
<td>49%</td>
<td>66%</td>
</tr>
<tr>
<td>I would probably like to work abroad for a while, but then I would go back to Ukraine</td>
<td>19%</td>
<td>12%</td>
</tr>
<tr>
<td>I would probably like to study abroad for a while, but then I would go back to Ukraine</td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>Perhaps for some time, until the end of the war or active hostilities in a particular territory of Ukraine</td>
<td></td>
<td>6%</td>
</tr>
<tr>
<td>Yes, I am going to do so soon</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Yes, I am looking for this opportunity</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Hard to answer</td>
<td>11%</td>
<td>6%</td>
</tr>
</tbody>
</table>
WOULD YOU LIKE TO MOVE FROM THE COUNTRY WHERE YOU CURRENTLY LIVE?

- Yes, I would like to go back to Ukraine: 76%
- Yes, I would like to move to another country: 12%
- No, I would not like to move: 11%
- No, but I would like to move somewhere within the country: 8%
- Hard to answer: 0%
HOW ACCEPTABLE OR UNACCEPTABLE DO YOU THINK EACH OPTION IS AS A PRICE FOR PEACE?

Ukraine takes back the territory it had been controlling until 2014, including areas of Donetska and Luhanska oblasts, and the Autonomous Republic of Crimea beyond the control of the Government of Ukraine since 2014

- Absolutely acceptable: 12%
- Acceptable rather than unacceptable: 9%
- Unacceptable rather than acceptable: 2%
- Absolutely unacceptable: 2%
- Hard to answer: 6%

Ukraine takes back the territory it had been controlling until 2022, excluding areas of Donetska and Luhanska oblasts and Crimea beyond the control of the Government of Ukraine since 2014

- Absolutely acceptable: 9%
- Acceptable rather than unacceptable: 9%
- Unacceptable rather than acceptable: 15%
- Absolutely unacceptable: 56%
- Hard to answer: 11%

Ukraine claims only the territory it has been controlling up to the present

- Absolutely acceptable: 2%
- Acceptable rather than unacceptable: 1%
- Unacceptable rather than acceptable: 9%
- Absolutely unacceptable: 77%
- Hard to answer: 11%
Distribution of answers to the question “TO WHAT EXTENT DO YOU SUPPORT SUCH PROCESSES IN LIFE OF UKRAINE AS...” in the 2021 and 2022 surveys

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ukraine’s accession to the NATO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I fully support it</td>
<td>19%</td>
<td>10%</td>
</tr>
<tr>
<td>Rather Yes</td>
<td>12%</td>
<td>6%</td>
</tr>
<tr>
<td>Rather No</td>
<td>34%</td>
<td>64%</td>
</tr>
<tr>
<td>I do not support it at all</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td>Hard to answer</td>
<td>10%</td>
<td>4%</td>
</tr>
</tbody>
</table>

| Ukraine’s accession to the EU |
| I fully support it | 34%  |
| Rather Yes           | 15%  |
| Rather No            | 7%   |
| I do not support it at all | 10%  |
| Hard to answer       | 29%  |

I fully support it
Rather Yes
Rather No
I do not support it at all
Hard to answer
Distribution of answers to the question "HAVE YOU EVER VOLUNTEERED?" in the 2021 and 2022 surveys

- **Yes, over the last 12 months and earlier**
  - 2021: 14%
  - 2022: 12%

- **Yes, over the past 12 months, but was not previously engaged in any volunteering activity**
  - 2021: 6%
  - 2022: 30%

- **No, I have not been engaged in any volunteering activity over the last 12 months, but used to volunteer**
  - 2021: 12%
  - 2022: 2%

- **Never**
  - 2021: 62%
  - 2022: 52%

- **Hard to answer**
  - 2021: 6%
  - 2022: 4%
ARE YOU READY TO PERSONALLY JOIN THE RECOVERY PROCESS IN YOUR COMMUNITY?

The vast majority of young people (72%) believe that they are ready to participate in the recovery process in their community. At the same time, only 1% answered that they are already doing it.