

Monitoring the Future

You cannot be replaced!

You were scientifically selected to be included in the follow-up sample so that your responses represent the views of thousands of people your age. If we lose contact with you, no substitution can be made, and the views of adults similar to you will not be as well represented by the study. The success of the study depends upon your willingness to continue to complete and return the questionnaire to Monitoring the Future. For this reason, we work hard to keep track of you and other participants around the country and the world. We are indeed grateful for your cooperation.



"like" University of Michigan
Youth and Social Issues
Program on Facebook



follow us on Twitter @ysi_news

News Update

This newsletter contains results from the follow-up surveys that you completed for the Monitoring the Future study. It represents our commitment to sharing some of the results of the study with our participants. We are also committed to distributing the information we gain from this study to policymakers and the public. Political leaders, influential organizations, and the general public have consistently shown their interest in the attitudes and actions of young adults, and Monitoring the Future is an effective means of communicating your viewpoints and experiences to them.

This important study is designed to look at changing behaviors and preferences of young Americans. We believe that studying the way young adults are today will tell us a lot about the way the whole nation will be tomorrow.

This year's newsletter contains updates on some topics that you may have seen in previous newsletters, as well as some new topics.

In this issue:

News Update	1
Global Concerns	2
Leisure Time	3
The Survey Research Center	4

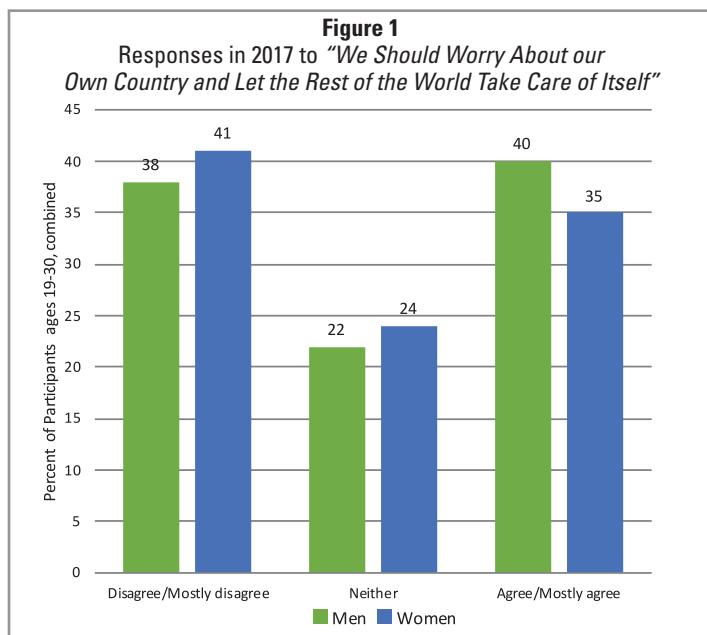


Global Concerns: Our Role in a Changing World

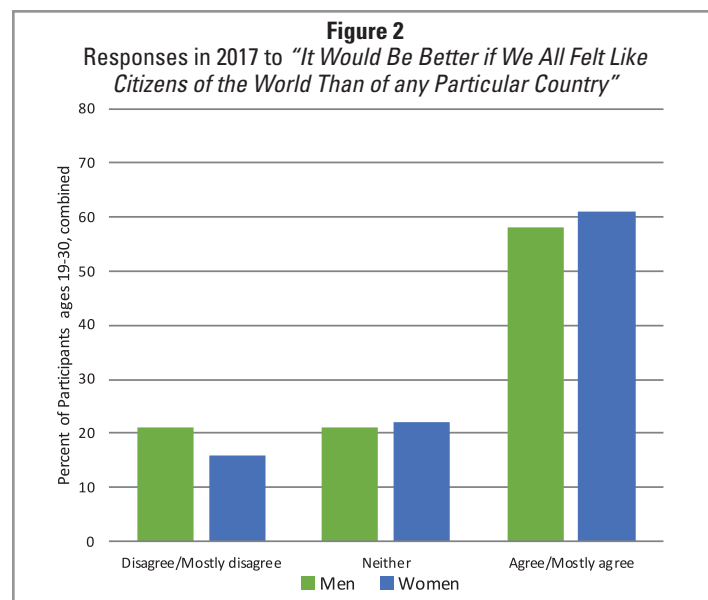
Events in our country and around the world sometimes make us all think about where we should be focusing our attention. With difficult times in our own country and elsewhere, it is worth wondering how many of our respondents think we should concern ourselves mostly with our own country and how many think it would be good to see ourselves as citizens of the world. In addition, on these topics, do men and women differ in their world views? Do people living in large cities have different opinions from those living in rural areas or suburbs?

To find the answers, we examined the data for participants at ages 19-30 who completed the questionnaire forms in the Spring/Summer in 2017 (total sample size = 2,031). We considered their responses to the statements: “We ought to worry about our own country and let the rest of the world take care of itself,” and “It would be better if we all felt more like citizens of the world than of any particular country.” For reporting purposes, we combined all of the age groups because there was little or no difference among them in responses.

Overall, 37% of our participants “agreed” or “mostly agreed” that we should be more concerned about our own country and let other countries take care of themselves. Figure 1 shows that this belief is more common



for men, with 40% agreeing compared to 35 percent of women. Likewise, slightly more women (41%) than men (38%) “disagreed” or “mostly disagreed” with this statement. Similar percentages of men (22%) and



women (24%) neither agreed nor disagreed with this statement.

As one might expect, based on the findings just reported, slightly more women (61%) than men (58%) agreed or mostly agreed that it would be better if we thought of ourselves as citizens of the world rather than of any particular country (see Figure 2). Likewise, more men (21%) than women (16%) disagreed with this statement. Just about an equal percentage of women (22%) and men (21%) neither agreed nor disagreed with this statement.

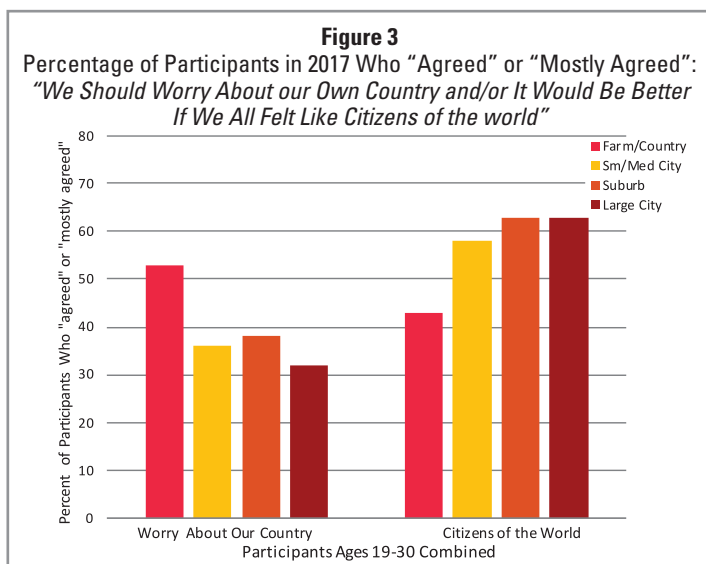
How people feel on this subject also seems to be related to the type of community in which they live. As shown in Figure 3, the response to the statement “We should worry about our own country and let the rest of the world take care of itself” has a 16-18 percentage point difference in agreement between those who live in rural areas and city/suburban residents. Over half (53%) of the participants who live on farms or in the country agreed or mostly agreed with this statement compared to 35% who live in the suburbs or large cities. The responses of people in small and medium sized

cities were more similar to that for city dwellers—36% agreed or mostly agreed.

Type of community is also associated with differences in response to the statement: “It would be better if we all felt like citizens of the world.” Sixty-three percent of large city dwellers and suburbanites supported this opinion, compared with only 43% of rural residents (Figure 3). Residents of small and medium sized cities were similar to participants who live in large cities or the suburbs with 58% supporting this opinion.

It is interesting to note that, regardless of gender or type of community where one lives, over 20% of all participants choose the “neither (agree nor disagree)” category when responding to both questions. Those who supported this middle ground could have mixed opinions on the subject or no opinion at all.

Will the way participants feel about our role in the world change with future events? That of course remains to be seen. We plan to share these results and changes, if any, with you in the years ahead. ☞



Leisure Time

Perhaps more so than people of other ages, young adults like to have fun and socialize with their friends. What kinds of social activities do you enjoy? Do you find there is less time for social activities each year? Do men and women spend the same amount of time on the same leisure activities? Monitoring the Future asks about a number of different social activities, and we would like to share some of those answers with you.

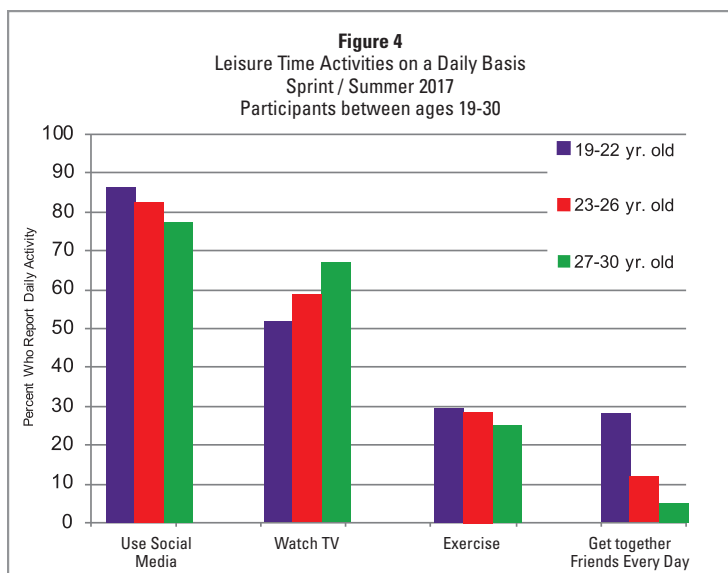
We asked all of our follow-up respondents how often they do each of the following activities:

- Use Social Media
- Watch TV
- Exercise/Active Sports
- Get together With Friends

Between the ages of 19 and 30 our respondents undergo various transitions. Most of you are attending college, moving out on your own, starting full-time jobs, marrying, or starting a family of your own. We thought it would be interesting to see how the amount of time you spend on leisure activities shifts as you negotiate all the new important changes across the 20s. Figure 4 shows the percentages of respondents in 2017 (total sample size = 7,807) who say they participate in various activities **almost every day**; there are three different age groups: 19-22 years old, 23-26 years old, and 27-30 years old.

It will probably be no surprise that visiting **social media** sites is the most common daily leisure activity for young adults, with more than 80% saying they do this almost every day. There were age and especially gender differences in the popularity of this leisure activity. About 88% of women compared to 74% of men spent daily time on visiting social networking web sites. The highest percentage of social networking participants were women between the ages of 19 to 22 at 93%. Daily social networking decreased with age. Eighty-seven percent of people between 19-22 years old said they did this daily. The percentage decreased to 83% for 23-26 year olds and continued to fall to 78% for 27-30 year olds.

Although social media was clearly the most common daily pastime, **watching TV** each day came in second with six out of ten respondents saying they do this almost every day. The percentage increased with age,



starting at 52% for 19 to 22 year olds and reaching 70% for the oldest respondents. There were not consistent gender differences in daily TV watching.

It was nice to see that **being active** was also a frequent activity for our respondents. More than one fourth (28%) said that they participate in sports, athletics or exercise almost every day. There were gender and age differences in this daily activity. Overall, 31% of the men and 26% of the women reported daily exercise; this percent dropped across age, especially for men. For men, it was 38% for 19-22 year olds and dropped to 24% for 27-30 year olds. For women, the percent who reported daily exercise was 26% for 19-22 year olds, 28% for 23-26 year olds, and 25% for 27-30 year olds.

Getting together informally with friends is also a favorite leisure activity. More than one-quarter (28%) of all 19-22 year old respondents said they do this almost every day. However, for young adults between

the ages of 23-26 this activity drops off dramatically. Only 12% of respondents in this age group report doing this on a daily basis. Among respondents who had reached their late twenties (ages 27-30), daily leisure time with friends is lower still, with only 5% reporting such frequent visits with their friends. Almost one-third of younger men respondents (31%) compared to one-fourth (27%) of younger women reported daily leisure time with friends. However, starting around age 23 both genders saw a dramatic decrease in the time they spend socializing with friends (men 31% to 11%, women 27% to 13%).

This article has focused on the percentages of study participants aged 19-30 who engage in certain leisure activities every day or almost every day. At all ages our women respondents were less likely than the men respondents to say they get together with friends and exercise almost every day. However, they were much more likely than the men to say they visit social networking web sites daily. In general, TV time increased with age, and viewing social media site/exercise/and leisure time with friends decreased with age across the 20s. These age differences may reflect what happens when people age, and/or they may reflect the possibility that in 2017 those in their early 20s are different than those in their later 20s – for example, daily media social use, which is highest among those in their early 20s, may stay high as this age group goes through their 20s. Finally, we note that very few respondents report never participating in a given activity; for each activity, less than 10% say they never participate. That is true for the women as well as the men. ☞

From our house to yours we wish you a very happy holiday season!



Survey Research Center

The University of Michigan's Survey Research Center has been conducting nationwide surveys of adults and young people for over 60 years. It is part of the world's largest university-based social science research organization, the Institute for Social Research. It has a worldwide reputation for its work in the fields of sociology, psychology, political science, economics, and education.