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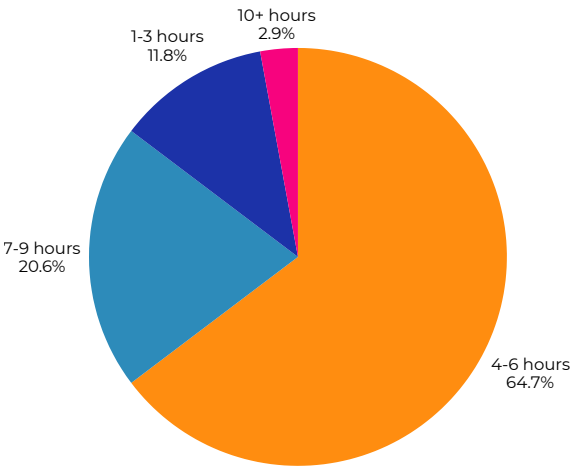
NEWSLETTER

Field Study Report Youth-Centered Digital Society: Understanding Digital Anxiety Among Young People

The Youth-Centered Digital Society project, supported by Erasmus+ KA210, brings together organisations from Latvia, Italy, and Türkiye to tackle digital anxiety among young people. Between June and December 2025, the team carried out a Field Study targeting participants aged 17 to 30, collecting 95 surveys and 15 interviews to explore how digital life impacts young people's well-being. The findings will inform the development of an open-source curriculum designed to help youth workers and educators promote more mindful, balanced, and positive digital habits across Europe.

Latvian Youth and Digital Life

- A Daily use / Connectivity: Most spend 4–6 hours online daily, mainly on smartphones using Instagram, TikTok, YouTube, and WhatsApp.
- Digital stress / Emotional impact: About one-third report occasional anxiety from FOMO, poor focus, sleep issues, or information overload.
- Coping strategies: Most take screen breaks; few use structured relaxation, social support, or offline activities. Professional help is rare.
- Awareness / Knowledge: Not specifically measured.
- Support needs / Interest: Over 90% want to learn strategies for managing digital stress through workshops or educational programs.



Average Daily Time Spent Online

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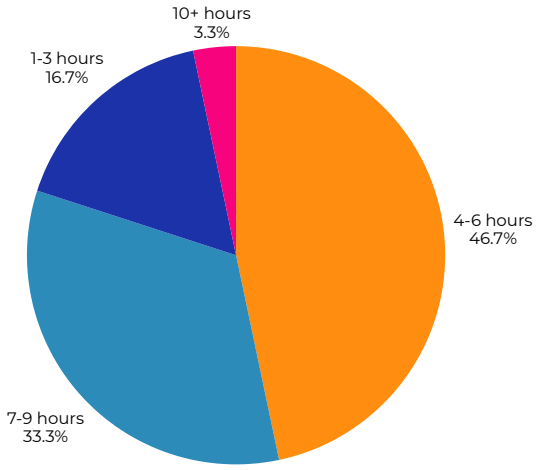
Turkish Youth and Digital Life

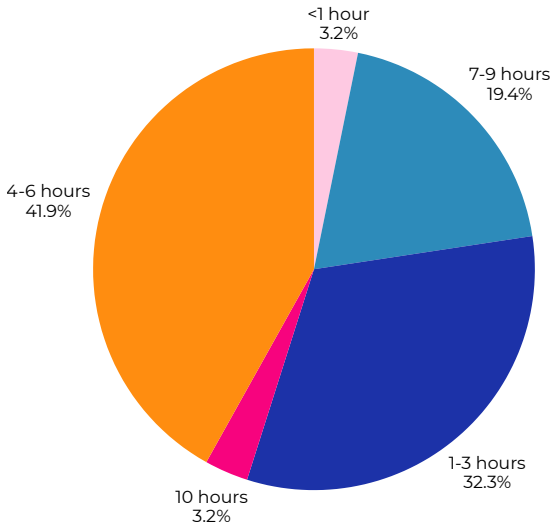
- Daily use / Connectivity: Most spend 4–6 hours online daily, mainly on smartphones using Instagram, WhatsApp, YouTube, TikTok, and X.
- Digital stress / Emotional impact: Many face attention issues (80%), stress (70%), and FOMO or sleep problems (40%).
- Coping strategies: Most take breaks or talk to others; few seek help or use structured methods. Professional guidance is absent.
- Awareness / Knowledge: Only 43% know the term "digital anxiety," though 40% experience it occasionally.
- Support needs / Interest: Over 80% want training or workshops.



Average Daily Time Spent Online

Italian Youth and Digital Life

- Daily use / Connectivity: Most spend 4–6 hours online, mainly on smartphones; many check social media multiple times per hour.
- Digital stress / Emotional impact: About 40% report anxiety, FOMO, low self-esteem, or sleep issues. Frequent notifications and information overload cause tension; social comparison is occasional.
- Coping strategies: Most take breaks; few use structured methods or receive support.
- Awareness / Knowledge: Not specifically measured.
- Support needs / Interest: Over 90% want workshops, tools, or peer discussions on managing digital stress.



Average Daily Time Spent Online

The study across Latvia, Italy, and Türkiye shows that digital anxiety affects young people everywhere, shaped by cultural and social contexts. Common patterns—constant connectivity, unstructured coping, and strong interest in guidance—highlight the urgent need for culturally sensitive initiatives to support digital well-being.