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**WITH SAMARITANS**

## Worries 2009 – Republic of Ireland

**YouGov**<sup>®</sup>

### A survey commissioned by Samaritans and conducted by YouGov

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1002 adults. Fieldwork was undertaken between 25th November - 9<sup>th</sup> December 2009. The survey was carried out online. The figures have been weighted and are representative of all adults from the Republic of Ireland (aged 18+).

### Key findings for the Republic of Ireland:

- Nearly 60% of the population in the Republic of Ireland has worried this year about debt and money;
- After money, other top-five sources of anxiety were problems in relationships with family and friends (reported by 38% of people) and fears about job security (35%) followed by concerns about physical health (32%) and domestic politics (28%).
- exam stress and pressure to achieve high marks in studies were one of the biggest worries for 52% of young people (aged 18-24) in the ROI compared with only 30% in the UK;
- people have been more worried about domestic politics (28%) and world affairs (17%) than about what is happening in their own neighbourhood (8%);
- debt, money and bank balance were the biggest worries for 59% of the population in the ROI compared with 48% in the UK;
- loneliness was one of the top worries amongst 17% of young people (aged 18-24) compared to only 8% of older people (aged 55 plus);
- more women (23%) have worried about their appearance or ageing than men (13%);
- 9% of men have worried about sport and how their favourite team is doing compared to 2% of women;
- over twice as many women (22%) have worried about their ability to cope emotionally with life than men (11%);
- while 29% of people described 2009 as a bad year, for 17% 2009 was a good year; 45% thought the year had been both good and bad, featuring ups and downs.

	Total	Gender		Age					Region			
<b>Which, if any, of the following have you been most worried about over the past year (2009)?</b>	<b>Base</b>	<b>Male</b>	<b>Female</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55+</b>	<b>Dublin</b>	<b>Rest of Leinster</b>	<b>Munster</b>	<b>Connaught &amp; Part of Ulster</b>
Unweighted Base	1002	487	515	121	237	208	167	269	303	240	279	180
<b>Base: All adults from the Republic of Ireland</b>	1002	501	501	143	226	195	163	274	288	252	282	181
Money / Bank balance/ Debt	59%	59%	58%	54%	64%	66%	60%	52%	60%	63%	56%	55%
Mortgage / Rent/ Housing	23%	22%	24%	15%	31%	32%	25%	13%	23%	24%	24%	21%
Job security / Redundancy	35%	35%	35%	22%	44%	46%	39%	24%	35%	30%	37%	39%
Workplace issues (e.g stress, pressure to achieve, relationships with colleagues/ boss)	20%	21%	19%	16%	27%	25%	20%	11%	19%	18%	20%	23%
Pressure to achieve marks in studies and exam stress	12%	11%	13%	52%	8%	7%	3%	2%	10%	12%	13%	13%
Bullying (at work, school, college, university, home or online)	4%	2%	5%	4%	4%	4%	3%	4%	6%	1%	3%	5%
Family and friends (problems/issues with partner, parent(s), child(ren), other family, friend(s), b	38%	27%	48%	41%	45%	39%	32%	32%	34%	39%	42%	36%
Not being in a relationship/ lack of a sex life	12%	13%	11%	23%	17%	12%	6%	6%	11%	13%	13%	10%
Physical health issues	32%	32%	32%	24%	22%	30%	40%	43%	35%	30%	29%	37%
Ability to cope emotionally	16%	11%	22%	19%	20%	16%	16%	12%	16%	19%	15%	15%
Loneliness	12%	10%	14%	17%	13%	13%	12%	8%	11%	11%	14%	13%
Appearance / Ageing	18%	13%	23%	15%	17%	15%	17%	23%	16%	20%	21%	14%
Neighbourhood issues (e.g. gangs, neighbourhood security, problems with neighbours)	8%	8%	9%	8%	6%	6%	11%	10%	9%	8%	10%	6%
Domestic politics/ Current Government/ Future Government	28%	31%	24%	18%	19%	20%	31%	45%	32%	28%	26%	23%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, con	17%	17%	17%	17%	9%	14%	12%	28%	18%	15%	18%	16%
Sport / how my football/ rugby/ cricket etc team is doing	6%	9%	2%	8%	8%	3%	5%	4%	7%	4%	6%	5%
Other	3%	2%	3%	3%	3%	3%	2%	3%	2%	3%	3%	1%
Not applicable - I have had nothing to worry about this year/ I don't worry	3%	4%	1%	2%	3%	2%	2%	3%	3%	2%	2%	4%

	Total	Gender		Age					Region			
Overall, how would you describe this year (2009)?	Base	Male	Female	18-24	25-34	35-44	45-54	55+	Dublin	Rest of Leinster	Munster	Connaught & Part of Ulster
Unweighted Base	1002	487	515	121	237	208	167	269	303	240	279	180
<b>Base: All adults from the Republic of Ireland</b>	1002	501	501	143	226	195	163	274	288	252	282	181
My best year ever	1%	2%	1%	5%	2%	1%	1%	-	2%	2%	1%	1%
A good year	16%	16%	15%	22%	17%	12%	11%	18%	14%	15%	18%	17%
Good and bad/ there have been ups and downs	45%	41%	49%	48%	46%	46%	45%	43%	45%	42%	46%	49%
Neither good nor bad/ mediocre	8%	9%	8%	5%	7%	10%	6%	11%	9%	10%	6%	8%
A bad year	22%	24%	20%	14%	22%	23%	28%	22%	22%	24%	22%	20%
My worst year ever	7%	8%	6%	6%	6%	9%	10%	6%	8%	7%	8%	5%
Don't know	0%	-	0%	-	-	-	-	0%	0%	-	-	-

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