

Worries 2009

A survey commissioned by Samaritans and conducted by YouGov

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 2082 adults. Fieldwork was undertaken between 27 - 30 November 2009. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).

Key UK findings:

- Nearly half the UK population (48%) 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 35% of people) and physical health concerns (32%), job security (24%) and workplace stress (24%).
- Loneliness is one of the top worries amongst 21% of young people (aged 18-24) compared to only 8% of older people (aged 55 plus);
- more women (25%) have worried about their appearance or ageing than men (18%);
- 10% of men worry about sport and how their favourite team is doing compared to 1% of women;
- people have been more worried about domestic politics (24%) and world affairs (23%) than about what is happening in their own neighbourhood (8%);
- over twice as many women (23%) have worried about their ability to cope emotionally with life than men (11%);
- while 23% of people described 2009 as a bad year, for 18% 2009 was a good year; 41% thought the year had been both good and bad, featuring ups and downs.

	Total	Gender		Age					Government Office Regions											
Which, if any, of the following have you been most worried about over the past year (2009)? (Please select up to five answer options)	Base	Male	Female	18-24	25-34	35-44	45-54	55+	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
Unweighted Base	2082	1035	1047	217	328	427	403	707	86	234	196	153	153	177	226	310	193	101	200	53
Base: ALL UK Adults	2082	1001	1081	250	324	409	358	741	81	226	190	171	162	194	258	280	182	102	177	58
Money/ Bank balance/ Debt	48%	45%	51%	54%	56%	51%	47%	41%	47%	45%	51%	47%	50%	48%	43%	53%	46%	45%	48%	56%
Mortgage/ Rent/ Housing	16%	16%	16%	22%	25%	18%	17%	9%	13%	16%	16%	23%	19%	15%	14%	16%	14%	13%	16%	23%
Job security/ Redundancy	24%	26%	22%	15%	36%	33%	31%	13%	18%	20%	24%	23%	24%	24%	24%	28%	22%	21%	28%	32%
Workplace issues (e.g stress, pressure to achieve, relationships with colleagues/ boss)	24%	23%	24%	29%	36%	31%	25%	12%	23%	22%	25%	23%	20%	26%	29%	21%	18%	22%	26%	38%
Pressure to achieve marks in studies and exam stress	6%	5%	7%	30%	7%	3%	2%	1%	8%	8%	4%	7%	3%	3%	8%	7%	2%	6%	9%	2%
Bullying (at work, school, college, university, home or online)	3%	2%	4%	4%	2%	5%	3%	2%	2%	3%	3%	0%	2%	4%	4%	2%	5%	5%	3%	9%
Family and friends (problems/ issues with partner, parent(s), child(ren), other family, friend(s), boyfriend or girlfriend)	35%	28%	42%	41%	33%	33%	33%	37%	48%	31%	41%	39%	37%	35%	34%	33%	34%	28%	33%	42%
Not being in a relationship/ lack of a sex life	12%	14%	11%	24%	19%	14%	9%	5%	14%	9%	10%	17%	11%	14%	17%	9%	12%	9%	11%	13%
Physical health issues	32%	30%	34%	19%	17%	29%	36%	43%	31%	34%	36%	31%	27%	30%	30%	34%	33%	34%	32%	33%
Ability to cope emotionally	17%	11%	23%	22%	18%	20%	17%	13%	28%	18%	15%	12%	14%	17%	18%	16%	13%	14%	19%	36%
Loneliness	12%	12%	12%	21%	16%	11%	10%	8%	16%	12%	14%	9%	7%	9%	18%	10%	12%	7%	12%	21%
Appearance/ ageing	21%	18%	25%	20%	20%	15%	23%	26%	23%	25%	24%	22%	16%	24%	22%	18%	17%	22%	24%	27%
Neighbourhood issues (e.g. gangs, neighbourhood security, problems with neighbours)	8%	9%	7%	5%	6%	9%	9%	10%	14%	9%	10%	8%	9%	5%	13%	7%	5%	11%	6%	1%
Domestic politics/ Current Government/ Future Government	24%	28%	21%	13%	12%	18%	25%	36%	22%	20%	28%	26%	19%	24%	22%	27%	32%	24%	24%	22%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/war)	23%	24%	22%	15%	12%	17%	22%	35%	21%	24%	26%	26%	23%	18%	21%	24%	29%	15%	26%	22%
Sport/ how my football/ rugby/ cricket etc team is doing	5%	10%	1%	8%	5%	5%	5%	5%	9%	9%	5%	4%	4%	7%	4%	4%	2%	8%	10%	2%
Other	4%	4%	4%	2%	4%	4%	2%	4%	-	2%	2%	5%	4%	5%	5%	4%	5%	1%	4%	3%
Not applicable - I have had nothing to worry about this year/ I don't worry	7%	9%	6%	8%	7%	9%	6%	7%	4%	8%	6%	8%	10%	5%	8%	7%	9%	14%	3%	3%

Overall, how would you describe this year (2009)?	Total	Gender		Age					Government Office Regions											
	Base	Male	Female	18-24	25-34	35-44	45-54	55+	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
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My best year ever	2%	2%	2%	4%	3%	2%	1%	1%	2%	1%	2%	1%	2%	2%	2%	1%	2%	3%	2%	6%
A good year	16%	16%	16%	26%	22%	13%	13%	13%	13%	16%	11%	18%	11%	17%	17%	17%	17%	25%	16%	12%
Good and bad/ there have been ups and downs	41%	36%	46%	44%	44%	39%	35%	44%	41%	39%	40%	49%	43%	39%	38%	43%	41%	30%	48%	40%
Neither good nor bad/ mediocre	16%	20%	13%	11%	12%	17%	19%	18%	11%	19%	16%	18%	21%	20%	14%	13%	16%	12%	11%	24%
A bad year	18%	20%	17%	7%	14%	24%	23%	19%	23%	19%	22%	12%	18%	17%	20%	19%	19%	21%	17%	16%
My worst year ever	5%	5%	6%	3%	5%	5%	6%	5%	10%	4%	10%	2%	4%	3%	5%	6%	4%	7%	5%	2%
Don't know	1%	1%	1%	5%	0%	2%	1%	0%	-	2%	-	1%	2%	2%	3%	1%	1%	2%	1%	-

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