YOUTH.sg: The State of Youth YOUTH COUNCIL in Singapore Youth and Their Enduring Bonds

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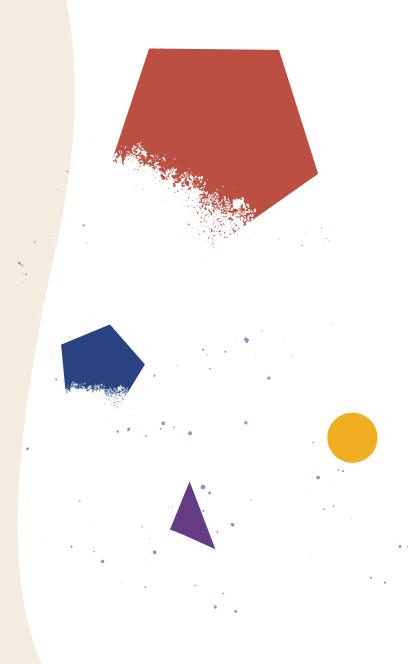
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At NYC, we believe in a world where young people are respected and heard, and have the ability to influence and make a difference to the world. Together with our partners, we develop future-ready youth who are committed to Singapore by instilling in them a heart for service, resilience and an enterprising spirit.

Our Vision

Thriving youth who are Future-Ready and Committed to Singapore

Our Mission

Create Opportunities for All Youths in Singapore

To be heard, to be empowered and to be the change

Our Background

NYC was set up by the Singapore Government on 1 November 1989 as the national co-ordinating body for youth affairs in Singapore and the focal point of international youth affairs.

On 1 January 2015, NYC began its operations as an autonomous agency under the Ministry of Culture, Community and Youth (MCCY) and housed two key institutions: Outward Bound Singapore (OBS) and Youth Corps Singapore (YCS). Together, the agency drives youth development and broadens outreach to young Singaporeans and youth sector organisations.

Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law is the Chairperson of the 16th Council. The Council comprises members from diverse backgrounds such as the youth, media, arts, sports, corporate and government sectors.



Preface

The National Youth Survey (NYS) studies the major concerns and issues of schooling and working youths in Singapore. It is a time-series survey that tracks and provides updated analyses of national youth statistics and outcomes to inform policy and practice. To date, NYS has been conducted in 2002, 2005, 2010, 2013, 2016, and 2019. Findings and analyses from each cycle of NYS are subsequently published as YOUTH.sg: The State of Youth in Singapore (YOUTH.sg).

This edition of YOUTH.sg consists of six separate issues covering the topics of



Values & Attitudes



Education & Employment



Social Support



Social Cohesion



Wellbeing



COVID-19 (Special Edition)

Each issue features youth statistics and insights from the NYS. Complementing the NYS insights are relevant studies and in-depth analyses by practitioners in youth research and development to provide readers with an overview of the state of youth in Singapore.

Contributors comprise NYS' academic collaborators (A/Ps Ho Kong Chong, Ho Kong Weng, and Irene Ng), NYC, Youth STEPS' academic collaborators (Dr Chew Han Ei, A/P Vincent Chua, and Dr Alex Tan) and other contributors (Ministry of Manpower, National Arts Council, National Volunteer & Philanthropy Centre, and Sport Singapore). Together, the YOUTH.sg intends to shed light on and explore specific emergent trends and issues of youths.

This publication has been put together by the Research team at the National Youth Council.

Notation

NA Not Available

Notes

Percentages may not total up to 100% due to rounding. Survey figures may vary slightly due to sample weighting.

Social Support

Social support refers to the availability and perceived degree of support that youths receive from significant others (e.g., family, friends, partners) in their lives, and is especially salient during times of intense change and uncertainty. The support a young person receives from their family environment as well as the strength and diversity of their social networks are pivotal in influencing youth development, wellbeing, and their ability to thrive in the face of adversity (Southwick et al., 2016).



Social Support



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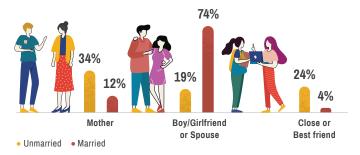
As the saying goes, "no man is an island". Our social bonds and close-knit ties are important buffers against stressful events (Cohen & Wills, 1985). The presence of a supportive network shapes an individual's wellbeing as it provides a safe space to seek help and obtain encouragement as the world evolves in complexity and uncertainty.

For youths in Singapore, family and friends are the main sources of emotional and developmental support. Youths continue to list their family and friends as the first people they turn to when it comes to seeking advice for personal problems and important life decisions.

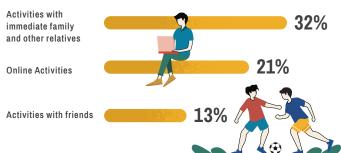
Committed to maintaining the strong bonds in their communities, young people are dedicating most of their leisure time to their immediate families and other relatives. They continue to enjoy a positive family environment as well as boast close and diverse friendships. This is reassuring, as both the quantity and quality of social interactions are instrumental in enhancing wellbeing and resilience (Ozbay et al., 2007).

Social ties can be likened to a safety net to catch our youths when they fall as well as a scaffold to help youths flourish. Strong communities will help foster confident youths who are able to surmount all obstacles and achieve their fullest potential.

Unmarried youths most commonly confide in their mothers, while married youths turn to their spouses.



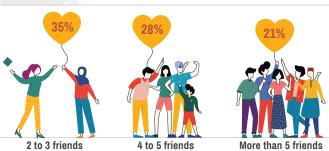
Youths spend the most time with their immediate families and other relatives, on online activities, and with friends.



Despite a positive family environment, there is still room for families to provide greater emotional support to youths.



Youths in Singapore report having at least two to three close friends.



Part A: Family Environment

Section A1: Family Support & Challenge A supportive and challenging family environment is linked to positive developmental outcomes in adolescence (Rathunde, 2001) and continues to influence health and wellbeing outcomes into young adulthood (Chen et al., 2019). Youths in Singapore continue to report high levels of support and challenge over the years (Tables A1 and A2).



Question: To what extent do you agree with the following statements regarding your family of upbringing? In my family, (Based on a 5-pt scale, where 5="strongly agree", 3="neither agree nor disagree", & 1="strongly disagree".)

TABLE A1: MEAN RATINGS OF YOUTHS' LEVEL OF FAMILY SUPPORT OVER TIME

(with standard deviations in parentheses)

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
Family Support (Aggregate) ^a	4.29 (0.51)	4.29 (0.68)	4.28 (0.67)	4.12 (0.71)
I feel appreciated for who I am	4.24 (0.60)	4.18 (0.84)	4.23 (0.79)	3.97 (0.90)
No matter what happens, I know I'll be loved and accepted	4.36 (0.63)	4.36 (0.77)	4.29 (0.79)	4.15 (0.87)
We are willing to help each other out when something needs to be done	4.26 (0.64)	4.35 (0.70)	4.32 (0.72)	4.25 (0.75)

Note

a. Calculation of aggregate score is based on shortened question barrel in NYS 2019.



TABLE A2: MEAN RATINGS OF YOUTHS' LEVEL OF FAMILY CHALLENGE OVER TIME

(with standard deviations in parentheses)

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
Family Challenge (Aggregate) ^a	3.99 (0.55)	4.11 (0.64)	4.06 (0.65)	3.99 (0.61)
I'm expected to do my best	4.10 (0.73)	4.22 (0.75)	4.14 (0.78)	4.12 (0.79)
I try to make other family members proud	4.08 (0.69)	4.20 (0.77)	4.17 (0.79)	4.10 (0.83)
I'm encouraged to get involved in activities outside school and work	3.70 (0.87)	3.89 (0.90)	3.83 (0.93)	3.71 (0.93)
I'm expected to use my time wisely	4.10 (0.65)	4.14 (0.76)	4.08 (0.79)	4.03 (0.79)

Note

Section A2: Family Environment Close relationships between youths and their parents promote and support positive youth development. Although family environment is generally positive, there is still room for the family to provide greater emotional support to youths (Table A3).

Question: To what extent do you agree with the following statements regarding your family of upbringing? (Based on a 5-pt scale, where 5="strongly agree", 3="neither agree nor disagree", & 1="strongly disagree".)

TABLE A3: MEAN RATINGS OF YOUTHS' LEVEL OF FAMILY ENVIRONMENT BY AGE

(with standard deviations in parentheses)

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
Family Environment (Aggregate)	3.58 (0.74)	3.50 (0.77)	3.52 (0.74)	3.52 (0.72)	3.53 (0.74)
We cannot talk to each other about feeling sad ^a	2.58 (1.12)	2.64 (1.08)	2.59 (1.04)	2.55 (1.01)	2.59 (1.06)
We don't get along well with each other ^a	2.07 (0.98)	2.08 (0.95)	2.18 (0.96)	2.18 (0.94)	2.13 (0.96)
We avoid discussing our fears and concerns with each other ^a	2.84 (1.12)	2.89 (1.12)	2.85 (1.06)	2.90 (1.04)	2.87 (1.08)
We confide in each other	3.53 (1.00)	3.44 (1.04)	3.49 (1.00)	3.52 (0.97)	3.49 (1.00)
We express our feelings to each other	3.53 (1.04)	3.36 (1.08)	3.42 (1.00)	3.40 (1.01)	3.43 (1.03)
We are able to make decisions about how to solve problems	3.92 (0.82)	3.85 (0.84)	3.81 (0.84)	3.85 (0.81)	3.85 (0.83)

Notes

a. Calculation of aggregate score is based on shortened question barrel in NYS 2019.

This is a new scale introduced in NYS 2019.

a. These items were reverse coded in the aggregated score.

Part B: Friendship

Section B1: Number Of Close Friends Apart from family relationships, the presence of close friendships and the ability to turn to these friends for advice or help is associated with better life satisfaction over life stages (Gillespie et al., 2015). While most youths in Singapore report having at least two to three close friends (Table B1), there is a small and consistent percentage of youths reporting no close friends. Similar to previous years, older youths tend to report relatively smaller groups of friends compared to younger youths (Table B2).

Question: Close friends are people you feel at ease with, can talk to about private matters, or call on for help... how many close friends do you have?

TABLE B1: YOUTHS' NUMBER OF CLOSE FRIENDS OVER TIME

	2010	2013	2016	2019
	(n=1,268)	(n=2,843)	(n=3,531)	(n=3,392)
More than 5	19%	26%	20%	21%
4 to 5	27%	30%	29%	28%
2 to 3	45%	32%	36%	35%
1	9%	8%	9%	10%
None	1%	4%	6%	6%

TABLE B2: YOUTHS' NUMBER OF CLOSE FRIENDS BY AGE

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
More than 5	29%	23%	19%	15%	21%
4 to 5	30%	29%	27%	27%	28%
2 to 3	29%	35%	35%	37%	35%
1	7%	8%	11%	13%	10%
None	5%	5%	7%	8%	6%

Section B2: Sources Of Close Friends Regardless of age, school remains the top source of close friends for youths over time. This is followed by workplaces among older youths and through other friends/social networks among younger youths (Table B3).

Question: Select up to three ways in which you met your close friends.

TABLE B3: YOUTHS' SOURCES OF CLOSE FRIENDS BY AGE

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
School	91%	89%	79%	73%	82%
Workplace	5%	14%	35%	43%	26%
Through other friends/social networks	19%	15%	14%	13%	15%
National Service	2%	18%	15%	11%	12%
Hobby/interest groups	12%	9%	8%	6%	9%
Religious community	10%	11%	8%	8%	9%
Internet	13%	7%	5%	4%	7%
Neighbourhood	11%	6%	5%	5%	6%
Sports activities	11%	6%	5%	4%	6%
Public places/gatherings	4%	4%	4%	3%	4%
Through family members/relatives	5%	3%	4%	4%	4%
Others	1%	1%	1%	1%	1%

Notes

This is a multiple response item, hence figures will not sum to 100%.

The upper-bound survey population figures are reflected in this table.



Section B3: Friendship Diversity Friendship diversity has continued to improve from 2013, with more youths reporting having close friends of a different race, nationality, and religion in 2019 (**Table B4**). Younger youths are more likely to report having close friends from diverse backgrounds compared to older youths (**Table B5**).

Question: Do you have close friends who are of a different race, nationality, religion, income group, or educational background?

TABLE B4: FRIENDSHIP DIVERSITY OVER TIME

	2013	2016	2019
	(n=2,723)	(n=3,324)	(n=3,392)
Different race	53%	60%	62%
Different nationality	42%	45%	47%
Different religion	80%	80%	82%
Different income group ^a	NA	85%	84%
Different educational background ^a	NA	72%	69%

Note

TABLE B5: FRIENDSHIP DIVERSITY BY AGE

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
Different race	77%	66%	57%	51%	62%
Different nationality	59%	47%	43%	42%	47%
Different religion	88%	85%	81%	75%	82%
Different income group	89%	86%	82%	79%	84%
Different educational background	71%	72%	69%	67%	69%

a. Items are new to NYS 2016.

• TABLE B6: FRIENDSHIP DIVERSITY BY RACE

	Chinese	Malay	Indian	Others	Overall
	(n=2,429)	(n=566)	(n=305)	(n=92)	(n=3,392)
Different race	53%	80%	85%	93%	62%
Different nationality	46%	43%	56%	68%	47%
Different religion	82%	77%	86%	87%	82%
Different income group	84%	81%	86%	87%	84%
Different educational background	65%	83%	77%	78%	69%



Part C: Living Arrangements & Behaviours

Section C1: Advice-Seeking Behaviour Majority of youths continue to have someone to turn to for advice on personal problems or important life decisions (**Tables C1 and C3**). When it comes to seeking advice on both personal problems and important life decisions, unmarried youths are most likely to turn to their mothers, whereas married youths are most likely to turn to their spouses (**Tables C2 and C4**).



Question: Select up to three most important persons you would turn to when you are worried or troubled with a personal problem, with the 1st person being the most important person.

TABLE C1: FIRST PERSON YOUTHS TURN TO FOR ADVICE REGARDING A PERSONAL PROBLEM OVER TIME

	2013	2016	2019
	(n=2,843)	(n=3,531)	(n=3,392)
Father	10%	9%	9%
Mother	28%	28%	28%
Boy/Girlfriend or Spouse	29%	31%	33%
Close or Best friend	21%	23%	19%
Others	9%	9%	8%
None	4%	1%	4%

TABLE C2: FIRST PERSON YOUTHS TURN TO FOR ADVICE REGARDING A PERSONAL PROBLEM BY MARITAL STATUS

	Unmarried Youths	Married Youths
	(n=2,500)	(n=851)
Father	11%	4%
Mother	34%	12%
Boy/Girlfriend or Spouse	19%	74%
Close or Best friend	24%	4%
Others	9%	4%
None	4%	2%

Question: Select up to three most important persons you would turn to for advice on important life decisions, with the 1st person being the most important person.

TABLE C3: FIRST PERSON YOUTHS TURN TO FOR ADVICE REGARDING A LIFE DECISION OVER TIME

	2013	2016	2019
	(n=2,843)	(n=3,531)	(n=3,392)
Father	19%	19%	19%
Mother	32%	34%	30%
Boy/Girlfriend or Spouse	25%	24%	27%
Close or Best friend	10%	11%	9%
Others	10%	11%	12%
None	5%	1%	5%

TABLE C4: FIRST PERSON YOUTHS TURN TO FOR ADVICE REGARDING A LIFE DECISION BY MARITAL STATUS

	Unmarried Youths	Married Youths
	(n=2,500)	(n=851)
Father	22%	9%
Mother	36%	11%
Boy/Girlfriend or Spouse	12%	70%
Close or Best friend	11%	2%
Others	14%	5%
None	5%	3%

Section C2: Living Arrangements Over Time Youths' household living arrangements have stayed consistent over time. The majority of unmarried youths live with their parents while the majority of married youths live with their spouses (Tables C5 and C6).

Question: How many persons in each of the following categories currently live with you in your household?

TABLE C5: LIVING ARRANGEMENTS OF UNMARRIED YOUTHS OVER TIME

	2010	2013	2016	2019
	(n=948)	(n=2,089)	(n=2,570)	(n=2,500)
Parent(s)	94%	97%	97%	95%
Sibling(s)	81%	72%	68%	66%
Grandparent(s)	11%	13%	10%	13%
Boy/Girlfriend	1%	1%	1%	1%
Child/Children	0%	1%	1%	1%
Relative(s)	6%	5%	5%	4%
Domestic helper(s)	13%	11%	10%	11%

Notes

This is a multiple response item, hence figures will not sum to 100%.

The overall unmarried survey population figures are reflected in this table.

TABLE C6: LIVING ARRANGEMENTS OF MARRIED YOUTHS OVER TIME

	2010	2013	2016	2019
	(n=320)	(n=713)	(n=889)	(n=851)
Parent(s)	40%	37%	31%	24%
Sibling(s)	19%	18%	15%	9%
Grandparent(s)	4%	2%	2%	2%
Spouse	93%	89%	93%	92%
Child/Children	67%	61%	58%	54%
Relative(s)	4%	2%	2%	1%
Domestic helper(s)	13%	16%	13%	13%

Notes

This is a multiple response item, hence figures will not sum to 100%.

The overall married survey population figures are reflected in this table.

Part D: Non-School/Work Activities

Section D1: Time Spent On Non-School/ Work Activities In their leisure time, youths continue to spend the most amount of time with their families. This is followed by online activities, learning activities, and activities with friends (**Table D1**). Frequent and diverse participation in leisure activities can have a positive impact on one's wellbeing (Shin & You, 2013). Youths of all age groups are similarly likely to prioritise spending their leisure time with immediate families and relatives, on online activities, and friends (**Table D2**). Reflecting differences in life stages, a greater proportion of younger youths report spending time online or on learning activities, while more older youths report spending time with family.

Question: On average, how many hours a week do you spend on the following activities outside of school and work? (Please provide your estimate.)

TABLE D1: PROPORTION OF TIME SPENT PER WEEK ON NON-SCHOOL/WORK ACTIVITIES OVER TIME

	2013	2016	2019
	(n=2,843)	(n=3,531)	(n=3,392)
Average Leisure Time ^a	40	49	43
Activities with immediate family and other relatives ^b (e.g., going out, having dinner together)	26%	33%	32%
Online activities (e.g., gaming, chatting, social networking, reading blogs)	25%	23%	21%
Activities with friends (e.g., movies, hanging out, concerts)	19%	16%	13%
Learning activities (e.g., reading, studying or doing homework, excluding school hours)	19%	14%	13%
Activities with boyfriend/girlfriend° (e.g., dating, hanging out)	NA	NA	10%
Physical activities (e.g., exercising or playing sports)	11%	9%	8%
Volunteer activities and/or community projects (e.g., helping in a welfare home or a place of worship, voluntary welfare organisations, grassroots activities)	4%	2%	2%
Entrepreneurship activities (e.g., business planning, running stalls, selling items & services online)	4%	3%	2%

Notes

The upper-bound survey population figures are reflected in this table.

a. Proportion of time spent is calculated by taking the number of hours reported for each activity over the total number of hours reported for all non-school/work activities.

b. In NYS 2010 and 2013, family was captured as parents and other relatives. NYS 2016 rephrased the example used to more accurately capture activities with immediate family including one's siblings and spouse, and separately measured activities with other relatives.

c. Item is new to NYS 2019.

TABLE D2: PROPORTION OF TIME SPENT PER WEEK ON NON-SCHOOL/WORK ACTIVITIES BY AGE

	15-19	20-24	25-29	30-34	Overall
	(n=716)	(n=804)	(n=926)	(n=946)	(n=3,392)
Average Leisure Time ^a	53	49	37	35	43
Activities with immediate family and other relatives ^b (e.g., going out, having dinner together)	25%	25%	32%	44%	32%
Online activities (e.g., gaming, chatting, social networking, reading blogs)	24%	23%	19%	18%	21%
Activities with friends (e.g., movies, hanging out, concerts)	14%	14%	13%	10%	13%
Learning activities (e.g., reading, studying or doing homework, excluding school hours)	21%	16%	9%	7%	13%
Activities with boyfriend/girlfriend° (e.g., dating, hanging out)	4%	10%	14%	9%	10%
Physical activities (e.g., exercising or playing sports)	8%	8%	8%	8%	8%
Volunteer activities and/or community projects (e.g., helping in a welfare home or a place of worship, voluntary welfare organisations, grassroots activities)	2%	2%	2%	2%	2%
Entrepreneurship activities (e.g., business planning, running stalls, selling items & services online)	1%	1%	2%	2%	2%

Notes

The upper-bound survey population figures are reflected in this table.

a. Proportion of time spent is calculated by taking the number of hours reported for each activity over the total number of hours reported for all non-school/work activities.

b. In NYS 2010 and 2013, family was captured as parents and other relatives. NYS 2016 rephrased the example used to more accurately capture activities with immediate family including one's siblings and spouse, and separately measured activities with other relatives.

c. Item is new to NYS 2019.

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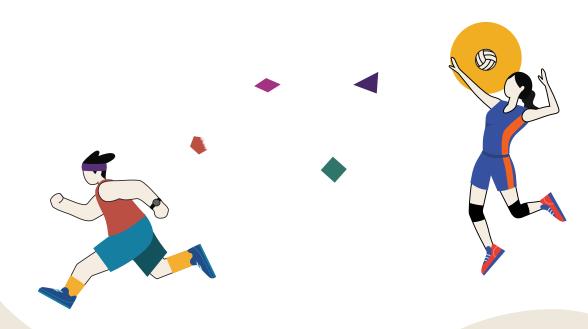
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About the National Youth Survey

The NYS represents a milestone in Singapore's youth research with its resource-based approach that focuses on the support youths require for societal engagement (social capital) and individual development (human capital).

The National Youth Indicators Framework (NYIF) (Ho & Yip, 2003) was formulated to provide a comprehensive, systematic, and theoretically-grounded assessment of youths in Singapore. The NYIF draws from the existing research literature, policy-relevant indicators, and youth development models. It spans six domains of social and human capital. **Table I** summarises the framework.

TABLE I: NATIONAL YOUTH INDICATORS FRAMEWORK

	Social Capital (Grootaert & van Bastelaer, 2002; Putnam, 2000)	Human Capital (Organisation for Economic Co-operation and Development, 2001; World Economic Forum, 2017)
Definition	Social capital refers to the relationships within and between groups, and the shared norms and trust that govern these interactions.	Human capital refers to the skills, competencies, and attitudes of individuals, which in turn create personal, social, and economic wellbeing.
Domains	Social supportSocial participationValues & attitudes	EducationEmploymentWellbeing
Focus	The power of relationships	The human potential of young people

NYS 2019 adopted a random (i.e., probability-based) sampling method to ensure responses are representative of the resident youth population aged 15 to 34 years old.

The fieldwork period spanned September to November 2019. A total of 3,392 youths were successfully surveyed, of which 227 were surveyed at their households. Demographic proportions of NYS respondents adhered closely to the youth population.

Table II presents the profile of respondents from NYS 2002, 2005, 2010, 2013, 2016, and 2019. Figures referenced in all tables in the publication (with the exception of figures from NYS 2002^a) were weighted according to interlocking matrices of age, gender, and race of the respective youth populations.



Note

a. Figures from NYS 2002 were not weighted due to the non-standard age bands used.

TABLE II: PROFILE OF NYS RESPONDENTS

		NYS 2002 (n=1,504)	NYS 2005 (n=1,504)	NYS 2010 (n=1,268)	NYS 2013 (n=2,843)	NYS 2016 (n=3,531)	NYS 2019 (n=3,392)	Latest Youth Population ^a
	15-19	NYS 2002	33%	24%	24%	23%	21%	21%
	20-24	utilised	31%	23%	25%	25%	24%	24%
Age	25-29	non-standard age bands	36%	25%	24%	25%	27%	27%
	30-34 ^b	NA	NA	28%	28%	27%	28%	28%
Gender	Male	50%	50%	49%	49%	49%	50%	50%
Gender	Female	50%	50%	51%	51%	51%	50%	50%
	Chinese	77%	75%	72%	72%	72%	72%	72%
Race	Malay	15%	15%	15%	16%	16%	17%	17%
Race	Indian	7%	9%	10%	10%	9%	9%	9%
	Others	1%	1%	4%	3%	3%	3%	3%
Nationality	Singaporean	93%	90%	86%	91%	94%	93%	86%
Nationality	Permanent Resident	7%	10%	14%	10%	6%	7%	14%
	Single	83%	85%	74%	74%	74%	74%	74%
Marital Status	Married	17%	14%	25%	25%	26%	25%	25%
	Divorced/Separated/Widowed	0%	1%	1%	1%	1%	1%	1%
	Buddhism	35%	32%	36%	25%	24%	22%	28%
	Islam	16%	17%	18%	19%	20%	21%	18%
	Christianity	16%	16%	15%	19%	19%	20%	18%
Religion	Hinduism	5%	6%	6%	6%	5%	5%	5%
	Taoism/Traditional Chinese Beliefs	6%	6%	7%	7%	6%	5%	7%
	Other Religions	2%	1%	3%	1%	0%	1%	0%
	No Religion	21%	21%	15%	23%	25%	27%	23%
	HDB 1-2 rooms	5%	3%	5%	3%	5%	4%	3%
	HDB 3 rooms	26%	24%	24%	14%	14%	14%	12%
Dwelling	HDB 4 rooms	33%	43%	34%	37%	38%	35%	35%
	HDB 5 rooms, executive, & above	24%	19%	26%	31%	29%	30%	29%
	Private flat & condominium	12%	11%	3%	10%	9%	12%	13%
	Private house & bungalow	1270	11%	9%	6%	4%	4%	6%
	Others	0%	NA	NA	0%	0%	1%	0%

Notes

a. Latest youth population refers to the most recent available data from the Department of Statistics (DOS) at the time of fieldwork – age, gender, race, and dwelling (DOS, 2019a) as well as nationality (DOS, 2019b), marital status, and religion (DOS, 2016).

b. The 30-34 age band was included from NYS 2010.

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