

Results of Loneliness Workshops 2025

Arabic N = 11, Russian N = 70, Estonian N = 31

I am satisfied with housing-related services	YES	NO	I don't know	I do not want to answer
Arabic	45%	55%	0%	0%
Russian	77%	3%	17%	3%
Estonian	81%	9%	10%	0%

I feel safe outside my home	YES	NO	I don't know	I do not want to answer
Arabic	91%	9%	0%	0%
Russian	85%	5%	7%	3%
Estonian	90%	0%	10%	0%

I have good experiences with my place of residence	YES	NO	I don't know	I do not want to answer
Arabic	73%	18%	9%	0%
Russian	81%	3%	16%	0%
Estonian	87%	10%	0%	3%

My life has improved after immigration	YES	NO	I don't know	I do not want to answer
Arabic	27%	64%	9%	0%
Russian	54%	4%	27%	15%
Estonian	61%	6%	23%	10%

I keep in touch with close ones in my home country	YES	NO	I don't know	I do not want to answer
Arabic	64%	27%	0%	9%
Russian	81%	13%	1%	5%
Estonian	100%	0%	0%	0%

(Cultural) differences with Finns are a challenge	YES	NO	I don't know	I do not want to answer
Arabic	100%	0%	0%	0%
Russian	29%	50%	18%	3%
Estonian	35%	52%	13%	0%

I have little money, and it affects my quality of life	YES	NO	I don't know	I do not want to answer
Arabic	91%	0%	0%	9%
Russian	49%	35%	13%	3%
Estonian	16%	65%	16%	3%

My health condition is poor and affects my daily life	YES	NO	I don't know	I do not want to answer
Arabic	45%	55%	0%	0%
Russian	53%	32%	6%	9%
Estonian	10%	74%	13%	3%

Age brings challenges in everyday life	YES	NO	I don't know	En halua vastata
Arabic	91%	9%	0%	0%
Russian	41%	50%	5%	4%
Estonian	43%	24%	30%	3%

I have difficulties accessing services in Finland	YES	NO	I don't know	I do not want to answer
Arabic	82%	18%	0%	0%
Russian	49%	43%	7%	1%
Estonian	19%	65%	13%	3%



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I feel that my life is meaningful and significant	YES	NO	I don't know	I do not want to answer
Arabic	36%	45%	0%	19%
Russian	64%	10%	22%	4%
Estonian	78%	3%	16%	3%

I feel a sense of belonging to a community and to the people there	YES	NO	I don't know	I do not want to answer
Arabic	82%	18%	0%	0%
Russian	86%	10%	4%	0%
Estonian	68%	29%	0%	3%

I have Finnish friends whom I can trust	YES	NO	I don't know	I do not want to answer
Arabic	55%	45%	9%	0%
Russian	58%	35%	7%	0%
Estonian	68%	29%	3%	0%

I have friends from the same background whom I can trust	YES	NO	I don't know	I do not want to answer
Arabic	64%	27%	0%	9%
Russian	70%	24%	3%	3%
Estonian	81%	13%	3%	3%

My circle of friends has shrunk after immigration	YES	NO	I don't know	I do not want to answer
Arabic	55%	45%	0%	0%
Russian	71%	29%	0%	0%
Estonian	48%	45%	7%	0%

My social network is broad and diverse	YES	NO	I don't know	I do not want to answer
Arabic	82%	18%	0%	0%
Russian	38%	53%	6%	3%
Estonian	65%	29%	6%	0%

I think a lot about the future	YES	NO	I don't know	I do not want to answer
Arabic	100%	0%	0%	9%
Russian	77%	17%	3%	3%
Estonian	42%	42%	13%	3%

I receive help when I need it	YES	NO	I don't know	I do not want to answer
Arabic	36%	55%	0%	9%
Russian	67%	15%	12%	6%
Estonian	61%	13%	23%	3%

I know what services are available for elderly people	YES	NO	I don't know	I do not want to answer
Arabic	37%	18%	9%	36%
Russian	29%	38%	32%	1%
Estonian	42%	29%	29%	0%

I know how to seek help when I need it	YES	NO	I don't know	I do not want to answer
Arabic	55%	18%	9%	18%
Russian	53%	40%	6%	1%
Estonian	68%	13%	16%	3%



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I do volunteer work	YES	NO	I don't know	I do not want to answer
Arabic	64%	36%	0%	0%
Russian	22%	77%	1%	0%
Estonian	41%	59%	0%	0%

I have experienced discrimination in Finland	YES	NO	I don't know	I do not want to answer
Arabic	73%	27%	0%	0%
Russian	55%	38%	4%	3%
Estonian	55%	39%	3%	3%

I am often bored and have nothing to do	YES	NO	I don't know	I do not want to answer
Arabic	55%	36%	0%	9%
Russian	23%	71%	0%	6%
Estonian	16%	68%	10%	6%

I am satisfied with my current life	YES	NO	I don't know	I do not want to answer
Arabic	55%	36%	9%	0%
Russian	70%	6%	18%	6%
Estonian	74%	4%	16%	6%

My financial situation enables hobbies and leisure activities	YES	NO	I don't know	I do not want to answer
Arabic	36%	64%	0%	0%
Russian	32%	50%	15%	3%
Estonian	61%	29%	6%	4%

I have good relationships with my family	YES	NO	I don't know	I do not want to answer
Arabic	91%	0%	0%	9%
Russian	82%	10%	6%	2%
Estonian	90%	3%	0%	7%

I have someone I can share my joys and sorrows with	YES	NO	I don't know	I do not want to answer
Arabic	64%	18%	0%	18%
Russian	70%	12%	15%	3%
Estonian	81%	10%	3%	6%

There are generational conflicts within my family	YES	NO	I don't know	I do not want to answer
Arabic	36%	64%	0%	0%
Russian	33%	51%	11%	5%
Estonian	17%	70%	10%	3%

I am financially dependent on my adult children	YES	NO	I don't know	I do not want to answer
Arabic	20%	70%	0%	10%
Russian	16%	74%	7%	3%
Estonian	0%	97%	0%	3%

I feel lonely	YES	NO	I don't know	I do not want to answer
Arabic	0%	73%	18%	9%
Russian	31%	63%	6%	0%
Estonian	13%	71%	10%	6%

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I feel lonely in the evenings and on weekends	YES	NO	I don't know	I do not want to answer
Arabic	55%	36%	0%	9%
Russian	77%	3%	17%	3%
Estonian	13%	71%	6%	10%

I have enough meaningful social contacts	YES	NO	I don't know	I do not want to answer
Arabic	36%	55%	0%	9%
Russian	51%	30%	16%	3%
Estonian	71%	19%	7%	3%

I have adapted to Finnish culture	YES	NO	I don't know	I do not want to answer
Arabic	46%	45%	9%	0%
Russian	65%	17%	15%	3%
Estonian	71%	16%	13%	0%

I am afraid of crime in my residential area	YES	NO	I don't know	I do not want to answer
Arabic	55%	45%	0%	0%
Russian	29%	40%	20%	11%
Estonian	10%	84%	6%	10%

I belong to groups where people share a similar background	YES	NO	I don't know	I do not want to answer
Arabic	82%	18%	0%	0%
Russian	74%	12%	10%	4%
Estonian	77%	17%	6%	0%

I spend a lot of time alone	YES	NO	I don't know	I do not want to answer
Arabic	73%	18%	0%	9%
Russian	44%	56%	0%	0%
Estonian	26%	61%	10%	3%

I have difficulties going to the doctor	YES	NO	I don't know	I do not want to answer
Arabic	55%	45%	0%	0%
Russian	32%	53%	14%	1%
Estonian	13%	77%	7%	3%

I am often alone on weekends	YES	NO	I don't know	I do not want to answer
Arabic	45%	55%	0%	0%
Russian	38%	56%	6%	0%
Estonian	26%	68%	0%	6%

I receive encouragement and support from others	YES	NO	I don't know	I do not want to answer
Arabic	82%	18%	0%	0%
Russian	77%	10%	13%	0%
Estonian	68%	10%	22%	0%

I feel that the views of elderly people who speak foreign languages are not heard enough in Finland	YES	NO	I don't know	I do not want to answer
Arabic	100%	0%	0%	0%
Russian	65%	17%	15%	3%
Estonian	32%	39%	29%	0%



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Arabic N = 11, Russian N = 70, Estonian N = 31

My education has been recognized in Finland	YES	NO	I don't know	I do not want to answer
Arabic	18%	73%	0%	9%
Russian	25%	59%	12%	4%
Estonian	48%	29%	16%	7%

I have been part of the workforce in Finland	YES	NO	I don't know	I do not want to answer
Arabic	46%	55%	0%	0%
Russian	34%	54%	2%	10%
Estonian	94%	6%	0%	0%

I have difficulties participating in group activities due to language skills	YES	NO	I don't know	I do not want to answer
Arabic	55%	45%	9%	0%
Russian	47%	50%	3%	0%
Estonian	0%	100%	0%	0%

I can manage in Finnish	YES	NO	I don't know	I do not want to answer
Arabic	45%	55%	9%	0%
Russian	38%	44%	18%	0%
Estonian	87%	3%	7%	3%

I would like to have more friends	YES	NO	I don't know	I do not want to answer
Arabic	55%	27%	18%	0%
Russian	70%	21%	6%	3%
Estonian	26%	42%	32%	0%

I have opportunities to learn new things	KYLLÄ	NO	I don't know	I do not want to answer
Arabic	36%	55%	9%	0%
Russian	73%	19%	7%	1%
Estonian	84%	0%	13%	3%

I can use technology to keep in touch with others	YES	NO	I don't know	I do not want to answer
Arabic	82%	18%	0%	9%
Russian	78%	16%	4%	2%
Estonian	90%	4%	6%	3%

I have opportunities to participate in decision-making	YES	NO	I don't know	I do not want to answer
Arabic	0%	82%	18%	0%
Russian	57%	27%	7%	9%
Estonian	35%	45%	13%	7%

It is difficult for me to find information about events and services in my own language	YES	NO	I don't know	I do not want to answer
Arabic	100%	0%	0%	0%
Russian	74%	26%	0%	0%
Estonian	13%	74%	10%	3%

I use the city's exercise / physical activity services	YES	NO	I don't know	I do not want to answer
Arabic	36%	55%	0%	9%
Russian	60%	40%	0%	0%
Estonian	58%	36%	6%	0%

Results of Loneliness Workshops 2025

Arabic N = 11, Russian N = 70, Estonian N = 31

I feel that my life in Finland is not as active as I would like it to be	YES	NO	I don't know	I do not want to answer
Arabic	55%	45%	0%	0%
Russian	44%	41%	12%	3%
Estonian	39%	55%	6%	0%

I have difficulties understanding social issues and how they affect me	YES	NO	I don't know	I do not want to answer
Arabic	100%	0%	0%	0%
Russian	68%	17%	15%	0%
Estonian	23%	58%	13%	6%

I have challenges related to memory	YES	NO	I don't know	I do not want to answer
Arabic	36%	55%	9%	0%
Russian	53%	30%	15%	2%
Estonian	6%	68%	20%	6%

I have dreams	YES	NO	I don't know	I do not want to answer
Arabic	100%	0%	0%	0%
Russian	84%	9%	3%	4%
Estonian	90%	3%	7%	0%