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# WELL-BEING OF YOUNG UNEMPLOYED PEOPLE

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## WELL-BEING OF YOUNG UNEMPLOYED PEOPLE

**Purpose:** The purpose of this Thesis was to find out how to promote health and well-being of young unemployed people. As well as to find out what is the well-being of young unemployed people in Finland based on researches made in Finland and internationally. This Thesis was done for RUORI project which aims to promote the well-being, health and employment of people. **Aim:** This Thesis was aimed for healthcare professionals and people interested in health and well-being of young unemployed. This Thesis can be used for planning projects, researches and studies about youth unemployment. **Method:** This Bachelor's Thesis is conducted using the literature review. Current knowledge about unemployment in young people in relation to their health was assessed based on findings using researches from different databases. Literatures, researches and studies in the last 10 years were used (2007-2017). **Results:** The relationship between unemployment and health is very complex and not always seen as negative. Unemployment has short-term and long-term effects on general well-being including functional somatic symptoms, high alcohol consumption and poor mental health. The study groups in most of the researches were homogeneous. Only indications were made instead of definite conclusions. Youth unemployment has a scarring effect on early adult careers, whether measured by income or by quality of employment. It is important to maintain good physical health, good diet and social connections. Active labor market policies targeting the young people plays an important role in the well-being of young unemployed people. **Conclusion:** This Thesis emphasizes the importance of making efforts to reduce unemployment among young individuals, to avoid individual suffering, preserve economic growth and reduce future spending on health care and welfare systems. More focus should be given in tackling the problem while unemployed young people are at a younger age. Health care professionals could play an important role when it comes to the health and well-being of unemployed young people. More researches should be done about the unemployment and well-being of young people specially as to how to promote their well-being.

### KEYWORDS:

Unemployment  
Young  
Health  
Well-being

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## NUORTEN TYÖTTÖMIEN HYVINVOINTI

**Tarkoitus:** Tämän opinnäytetyön tarkoituksena oli selvittää, kuinka nuorten työttömien terveyttä ja hyvinvointia voidaan edistää. Toinen tarkoitus oli selvittää, mikä suomalaisten nuorten työttömien hyvinvointi on kansainvälisten sekä Suomessa tehtyjen tutkimusten mukaan. Tämä opinnäytetyö tehtiin RUORI-hankkeelle, joka yrittää kehittää hyvinvointia, terveyttä ja vähentää työttömyyttä. **Tavoite:** Tämä opinnäytetyö oli tarkoitettu terveydenhuoltoalan ammattilaisille ja ihmisille, jotka ovat kiinnostuneet työttömien terveydestä ja hyvinvoinnista. Tätä opinnäytetyötä voi käyttää projektien sekä tutkimusten suunnitteluun nuorisotyöttömyydestä. **Menetelmä:** Tämä opinnäytetyö tehtiin kirjallisuuskatsauksena. Tämän hetkinen tietämys nuorten työttömyydestä ja sen suhteesta terveyteen arvioitiin käyttämällä tutkimuksia eri tietokannoista. Kirjallisuus ja tutkimukset, joita käytimme opinnäytetyössämme, rajattiin viimeiseen 10 vuoteen (2007-2017). **Tulokset:** Suhde työttömyyden ja terveyden välillä on monimutkainen, eikä sitä aina nähdä pelkästään negatiivisena. Työttömyydellä on lyhyt- ja pitkäkestoisia vaikutuksia yleiseen hyvinvointiin, toiminnallisiin somaattisiin oireisiin, lisääntyneeseen alkoholin käyttöön ja mielenterveysongelmiin. Useimpien tutkimuksien kohteena olleet, työttömiä edustavat ryhmät olivat homogeenisia. Tutkimusten perusteella ei pystynyt tekemään suoria päätelmiä vain suuntaa-antavia tuloksia työttömyyden vaikutuksista terveyteen. Nuorisotyöttömyydellä on kielteinen vaikutus varhaisen aikuisiän työuraan, riippumatta siitä mitataanko tuloja tai työn laatua. On tärkeää ylläpitää hyvää fyysistä terveyttä, hyvää ruokavaliota ja sosiaalisia yhteyksiä. Nuorille kohdistetut aktiiviset työmarkkina toimenpiteet ovat tärkeässä roolissa nuorisotyöttömien terveyden edistämisessä. **Johtopäätökset:** Tämä opinnäytetyö korostaa työttömyyden vähentämisen tärkeyttä nuorten keskuudessa, jotta voidaan välttää yksilöllistä kärsimystä, säilyttää taloudellista kasvua ja vähentää terveydenhuollon sekä hyvinvointijärjestelmän kustannuksia tulevaisuudessa. Ongelman ratkaisuun pitäisi kiinnittää enemmän huomiota, kun nuoret työttömät ovat varhaisemmassa iässä. Terveydenhuollon ammattilaiset ovat tärkeässä roolissa, kun kyseessä on työttömien nuorten terveys ja hyvinvointi. Enemmän tutkimuksia pitäisi tehdä nuorten työttömyydestä ja hyvinvoinnista erityisesti siitä, miten hyvinvointia voitaisiin edistää.

### ASIASANAT:

Työttömyys  
Nuori  
Terveys  
Hyvinvointi

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## LIST OF ABBREVIATIONS

CDC	Center for Disease Control
DOAJ	Directory of Open Access Journals
EBSCO	Elton B. Stephens Co.
HEYMAN	Harnessing E-health to enhance Young Men's Mental health, Activity and Nutrition
ILO	International Labour Organization
KELA	Kansaneläkelaitos (social insurance institution)
PUBMED	Public Medline
UNESCO	The United Nations Educational, Scientific and Cultural Organization
WHO	World Health Organization

# 1 INTRODUCTION

This Bachelor's Thesis is a literature review about health and well-being of young unemployed people in Finland. International researches about how to promote young people's well-being is considered in this Thesis. In this Thesis, health related problems for young adults in Finland is reviewed and analyzed through statistical data, researches and literatures.

The average amount of unemployed young people in Finland between the age of 15 and 24 was 65 000 in 2016 (Tilastokeskus 2016). Most people are unemployed at some point in their life, either temporarily or for longer time periods. No matter how well educated or qualified a person is, there might not be a place for him or her in the market. Regardless of how many application a person made and how many interviews a person have been invited to, there is no guarantee that he or she is going to get a job. Many studies reveal the fact that there is a major connection between being unemployed and poor physical and mental health (Jin, Shah and Svoboda 1995; Shortt 1996; Weber and Lehnert 1997; McKee-Ryan, Song, Wanberg & Kinicki 2005, Strandh ym. 2014).

The effect of unemployment on health is complex. Different individuals have different experience depending on the circumstance. Young people are among those with high risk of developing health problems due to unemployment. (Thern, De Munter, Hemmingsso, Rasmussen 2017; Vancea, Utzet 2016.) From a minor boredom to a major depression, unemployed young people are more prone to mental health issues and low level of life satisfaction ( Lainesalo 2016). For a young person it is very hard to break into the job market and in general find a job. It is a new and different world where you can't be very selective about the work or a job you do. Many times the expectations and reality do not meet, disappointment brings up frustration, which can lead to giving up if no enjoyable options are not found. Social exclusion can also be a feeling that arises if you are unemployed for a longer time period. It is individual how you experience unemployment and results vary.

## 2 UNEMPLOYMENT

Unemployment is state of being unemployed or not engaged in a gainful occupation. Persons included in the unemployment should be currently without work which includes self-employment. In addition, the person should be available to any possibility of getting a new job and steps should be taken by each individual to join the work force. (ILO 2001.)

To be considered as unemployed, a person should be registered in a social insurance institution of the country. Looking for a job on a newspaper advertisement or websites and applying for possible job application is the responsibility of the unemployed person. Once the application is made, returning emails or phone calls from a potential employers is also the responsibility of the unemployed person. (ILO 2001.)

In finland the social insurance institution registering unemployed person is employment and economic development office (TE-palvelut) and to be considered for the allowance as unemployed person specific work requirement must be met (i.e., you must have been employed for at least 6 months during the two years preceding the unemployment). Basic Unemployment Allowance is paid for a maximum of 400 days. (KELA 2017.)

### 3 YOUNG PEOPLE

“Youth” is best understood as a period of transition from the dependence of childhood to adulthood’s independence and awareness of our interdependence as members of a community. Youth is a more fluid category than a fixed age-group. (UNESCO 2017)

However, age is the easiest way to define this group, particularly in relation to education and employment. Therefore “youth” is often indicated as a person between the age where he/she may leave compulsory education, and the age at which he/she finds his/her first employment. This latter age limit has been increasing, as higher levels of unemployment and the cost of setting up an independent household puts many young people into a prolonged period of dependency. (UNESCO 2017.)

The United Nations, for statistical purposes, defines ‘youth’, as those persons between the ages of 15 and 24 years, without prejudice to other definitions by Member States. The Secretary-General first referred to the current definition of youth in 1981 in his report to the General Assembly on International Youth Year (A/36/215, para. 8 of the annex) and endorsed it in ensuing reports (A/40/256, para. 19 of the annex). However, in both the reports, the Secretary-General also recognized that, apart from that statistical definition, the meaning of the term ‘youth’ varies in different societies around the world. To broaden the amount of research data included in this Bachelor’s Thesis, young people are assumed to be those people in between the age of 15 to 29.

## 4 HEALTH

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 1948). Factors that contribute to a person's current state of health may be biological, socioeconomic, psychosocial, behavioral, or social in nature. In table 1. scientists generally recognize five determinants of health of a population:

Table 1 Determinants of health (Norman 2006)

Biology and genetics. Examples: sex and age
Individual behavior. Examples: alcohol use, injection drug use (needles), unprotected sex, and smoking
Social environment. Examples: discrimination, income, and gender
Physical environment. Examples: where a person lives and crowding conditions
Health services. Examples: Access to quality health care and having or not having health insurance.

Today, three types of definition of health seem to be possible and are used. The first is that health is the absence of any disease or impairment as defined by WHO. The second is that health is a state that allows the individual to adequately cope with all demands of daily life (implying also the absence of disease and impairment). The third definition states that health is a state of balance, an equilibrium that an individual has established within himself and between himself and his social and physical environment. (Norman 2006.)

## 5 WELL-BEING

It would be hard to come up with a single definition of well-being but it includes different aspects, as is shown in table 2, the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfillment and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good. For public health purposes, physical well-being (e.g., feeling very healthy and full of energy) is also viewed as critical to overall well-being. (CDC 2017.)

**Table 2 Different aspects of well-being (CDC 2017)**

<input type="checkbox"/>	Physical well-being
<input type="checkbox"/>	Economic well-being.
<input type="checkbox"/>	Social well-being
<input type="checkbox"/>	Development and activity.
<input type="checkbox"/>	Emotional well-being.
<input type="checkbox"/>	Psychological well-being
<input type="checkbox"/>	Life satisfaction
<input type="checkbox"/>	Domain specific satisfaction
<input type="checkbox"/>	Engaging activities and work

## **6 PURPOSE AND RESEARCH QUESTIONS OF THESIS**

The purpose of this Thesis was to find out how to promote health and well-being of young unemployed people. As well as to find out what is the well-being of young unemployed people in Finland based on researches made in Finland and internationally. This Thesis was done for RUORI project which aims to promote the well-being, health and employment of people. This Thesis was aimed for healthcare professionals and people interested in health and well-being of young unemployed. This Thesis can be used for planning projects, researches and studies about youth unemployment.

Research questions:

1. What is the health and well-being of young unemployed people in Finland?
2. How to promote health and well-being of young unemployed people?

## **7. MATERIAL AND METHOD**

This Bachelor's Thesis was conducted using the literature review. Review of literature is the process of finding relevant research reports, critically appraising the studies and synthesizing the study results. Literature reviews in published research reports provide the background for the problem studied. Such reviews include (1) describing the current knowledge of a practice problem, (2) identifying the gaps in this knowledge base, and (3) explaining how the study being reported contributed to building knowledge in this area. The scope of a literature review must be broad enough to allow the reader to become familiar with the research problem and narrow enough to include only the most relevant sources. (Grove, Burns, Gray 2015.)

The literature is all written sources relevant to the topic, including articles published in journals, Internet publications, conference papers, Thesis's, clinical journals. Websites and reports developed by government agencies and professional organizations are also included. Each source reviewed by the author and used to write the review is cited. Appraising the literature review of a published study involves examining the quality of the content and sources presented. A correctly prepared literature review includes what is known and not known about the study problem and identifies the focus of the present study. As a result, the review provides a basis for the study purpose and may be organized according to the variables (quantitative) or concepts (qualitative) in the purpose statement. The sources cited must be relevant and current for the problem and purpose of the study. The reviewer must locate and review the sources or respective abstracts to determine whether these sources are relevant. To judge whether all the relevant sources are cited, the reviewer must search the literature to determine the relevant sources. (Grove, Burns, Gray 2015.)

Current knowledge about unemployment in young people in relation to their health was assessed based on findings using researches from different data bases. Databases were searched using key words like "unemployment and young people", "unemployment and

well-being”, “unemployment and young and well-being”, “health and well-being”. Databases used in this Thesis were: Cinahl Complete, Medline, MEDIC, Julkari, DOAJ and Science Direct Elsevier. Only studies and research done in the last 10 years (2007-2017) were used in this Thesis, literatures were not limited by the years they were published.

In this Thesis 27 researches were used as a resource (see table 3). The researches were selected from different databases. The list of databases and the number of researches are listed in appendix 1. The search for the materials included in this Thesis can be checked from the list in the appendix. All researches in the table were done in the last ten years and four databases were used. In addition, literatures were also used in results and was not limited by the year of publication. The databases that were used in this research are EBSCOhost, PUBMED, DOAJ, MEDIC. Each one of the research were selected based on title, relevance and abstract. Researches were carefully analyzed by going through the full text thoroughly. Those researches with similar content were put under the same group and further analysis was done by comparing the results.

Author, country, Year	Aim	Research Design, Questionnaire	Results
Acosta-ballesteros, Del Pilar Osomodel Rosal, Rodriguez-Rodriguez Spain 2014	Education and unemployment patterns for young workers with some experience in Spain at the beginning of economic crisis.	Labour Force Survey (LFS) questionnaires N=23,286	The result clearly shows that educational level and field of study are crucial when explaining the instability of the first job and the difficulty in obtaining another one. The lower the educational level, the greater is the risk of unemployment, not only because it is less likely to keep the first job, but also because it is harder to find another one.
Ali Mohamed USA 2014	An article examining the problem of unemployment in cities across the world	Literature review about young people aged between 15 and 24 in developing countries	Providing young entrepreneurs with the training and support to launch their own businesses can be an effective means for sustainable job creation and the promotion of global stability
Andersen, Tolstrup, Rod, Sørensen, Holmberg, Johansen, Stock, Laursen, Zinckernagel, Øllgaard, Ingholt 2015 Denmark	Design of a settings based intervention study to improve wellbeing and reduce smoking and dropout in Danish vocational schools	Non-randomized cluster controlled design, computer-based questionnaire 2,329 students from four intervention schools 3,371 students from six comparison schools	Research on the effectiveness of interventions that incorporate a perspective on health behavior and the social environment for students at vocational schools are of substantial importance

Ashton, Morgan, Hutchesson, Rollo, Collins. Australia and New Zealand 2017.	Study the efficacy and feasibility of “HEYMAN” program for young men.  HEYMAN = Harnessing E-health to enhance Young Men’s Mental health, Activity and Nutrition.	Two-arm pilot randomized controlled trial.  n=50	“HEYMAN” program showed that it assisted young men to make some positive lifestyle changes. Larger randomized controlled trial could be made.
Berg Noora Finland, 2017.	Study the Accumulation of disadvantage from adolescence to midlife	Study of the Finnish cohort survey n=2194 General pupil	Accumulation of various forms of disadvantage in adolescence is associated with mortality, interventions are needed.
Brunetti and Corsini 2017 Italy	Analyses the effect of an Italian training program on the re-employment probability of young unemployed workers.	Discrete duration analysis n=4087	Workplace training program improves only the immediate re-employability of trained workers, failing to bestow them with durable human capital improvements
Brydsten, Hammarström, Strandh, Johansson. Sweden, 2015.	Study the long-term connection between functional somatic symptoms in adulthood and youth unemployment.	Northern Swedish cohort study n=962(Questionnaire made to same group at ages 16, 18, 21, 30 and 42).	There might be long-term consequences because of youth unemployment (at least for men) but more research is needed.
Brydsten , Hammarström, San Sebastian 2016 Sweden	Assess the role of macroeconomic conditions, such as national unemployment level, for the long-term relationship between individual	A difference-in-difference (DiD) analysis was applied (difference over time between recession and pre-recession periods)	An association was found in the difference of adult FSS between unemployed and employed youths in the pre-recession and recession periods. The DiD analysis between unemployed youths showed that men had significantly lower adult FSS during the

	unemployment and functional somatic symptoms (FSS)	Prerecession n=1083 Recession n= 897	recession compared to men in the pre-recession time.
Chen and Page 2016 Australia	Study assessing the long-term stability and instability of subjective well-being during post-school transition and evaluated the determinants of transition stability.	Longitudinal study of Australian youth N=20991	Different subjective well-being status and transition patterns can be identified in the post-high school transition to adulthood, including unstable transitions. By targeting those groups more vulnerable to transition, mental health promotion and interventions may be delivered more effectively.
Choudhry, Marelli, Signorelli. Netherlands and Italy 2012	Study the impact of financial crises on the youth unemployment rate.	Literature review	Youth unemployment rate is affected for 5 years after the onset of the crises. Most adverse effects are found in the second and third year after the crises.
Griep, Kinnunen, Nätti, De Cuyper, Mauno, Mäkikangas, De Witte Finland 2016	Compares the association between short- and long-term unemployment, and perceived job insecurity with a diverse set of health and well-being indicators	A cross-sectional survey between secure permanent employees (n=2257), insecure permanent employees(n=713) , short-term unemployed (n= 662) and long-term unemployed (n=345)	Short-term unemployed and secure permanent employees experienced fewer psychological complaints and lower subjective complaints load, reported a higher self-rated health, and were more satisfied with their life compared to long-term unemployed and insecure permanent employees
Helgesson, Johansson, Nordqvist, Lundberg,	Connection between unemployment and later sickness absence, disability	Longitudinal register-based cohort study  n=199 623	Youth unemployment was associated with disability pension, sickness absence and death for 15 years after the beginning of the unemployment period.

Vingård. Sweden, 2013.	pension and death (Swedish youth).	(Immigrants n=25 607 and random sample of native swedes n = 174 016)	
Hult 2014 Finland	Study the Health and wellbeing of the unemployed.	Qualitative interview study n=14	Effects of unemployment on health are very individual and not always negative. We should take on account the individual life experiences and try to reduce the negative effects of unemployment.
Juvonen 2016 Finland	Studies the opinion of young people who are clients of seeking youth work about unemployment and involvement in the society.	Pro Gradu research Interview N=6	Unemployment can create experiences that make you feel excluded but individuals can still feel like they are part of the society. The experience is very individual and defined by the person experiencing it.
Krahn and Chow 2016 Canada	Research conducted to study the scarring effect of being unemployed at a young age	14 years (1985-1999) longitudinal data, questionnaires n=894	Participants who had experienced more unemployment were earning less, employed in poor quality jobs and more likely to experience a decline in self-esteem.
Lainesalo Anna Finland 2016	Study the effects of unemployment on well-being among Finnish youth aged 19–30	Quantitative data analysis, master Thesis n=368 (2002) n=352 (2006) n=396 (2012)	Unemployed men rated their health worse than employed men in 2002 and 2012.
Leach, Butterworth, Strazdins, Rodgers, Broom, Olesen 2010 Australia	Investigates how poor health status might act as a barrier to gaining good quality work, and how good quality work is an important pre-	Longitudinal data analysis n=4261	Those who were unemployed and those in poor quality jobs were more likely to remain in these circumstances than to move to better working conditions. Poor quality jobs were associated with poorer physical and mental health status than better quality work.

	requisite for positive health outcomes.		
Maguire, Hughes, Bell, Bogosian Hepworth 2014 United Kingdom	Evaluated the effectiveness of a manual-based program, which combines cognitive behavioural therapy with job skills training, in improving the psychological health and job- seeking skills of unemployed individuals within the UK	Randomized controlled trial Pre, post and follow up questionnaires n=109 unemployed individuals	On completion of the course, participants showed reductions in psychological distress, anxiety and depression in addition to improvements in self-esteem and job search self-efficacy.  Furthermore, scores from the automatic thoughts questionnaire revealed a significant decrease in negative thoughts
McMahon, Corcoran, O'Regan, etc. Ireland 2017	Study the physical activity and associations with anxiety, depression and well-being in European adolescents.	Cross-sectional study  n=11 110	Frequency of activity affected well-being positively and correlated negatively with both anxiety and depressive symptoms.
Norström, Virtanen, Hammarström, Gustafsson, Janlert 2014 Sweden	Review how unemployment relates to self-assessed health with a focus on its effect on subgroups.	Systematic review	Most of the studies in the review showed a negative effect on health from unemployment on a population basis. No clear pattern was established between unemployment and sub groups like men and women. More researches should be done.

Puntscher, Hauser, Walde, Tappeiner 2015 Austria	This study analyses the determinants of the most widely used indicators of subjective well-being (SWB), namely life satisfaction and happiness, within European regions.	Data analyzed from European value study (EVS), Eurostat and statistical office of European union n=27	High unemployment rate deteriorates life satisfaction at the regional level. Unemployment rate is negatively related to happiness. The results highlight the importance of social interaction and integration for subjective well-being over monetary factors in a highly-developed economy such as the European Union
Sage D. United Kingdom 2015	Study if Active Labor Market Policies Promote the Subjective Well-Being of the Unemployed	Data analysis of Annual Population Survey (cross sectional survey) n=165 000	There was a positive subjective well-being effect of active labor market policies participation relative to "open unemployment".
Strandh, Winefield, Nilsson, Hammarström. Sweden, 2014	Study the relationship between unemployment and mental health.	Northern Swedish Cohort study n=1083  Questionnaire at ages 16, 18, 21, 30 and 42.	Mental health scarring and youth unemployment had significant connections at all target ages (21, 30 and 42).
Strandh, Nilsson, Nordlund, Hammarström 2015 Sweden	How open youth unemployment program and youth program participation during an early age affects mental health during adult hood.	27-year perspective cohort study Northern Swedish cohort study (NoSCo) N=1083	Unemployment is strongly associated with mental health symptoms during a young age and later in adult hood. The mental health symptoms seen to be reduced when a young person is involved in youth programs.
Vaalavuo Maria Finland 2016	Study the relationship between health and (un)employment	Statistical analysis of employed/ unemployed people data collected from major countries of europe	Health and employment status are strongly connected. Unemployment = health status is worse.

Virtanen, Lintonen, Westerlund, Nummi, Janlert, Hammarström 2016 Sweden	Explains the relation between a consumption of alcohol from 21 to 42 years and unemployment before the age of 21	Questionnaires and follow up surveys N= 1083	particularly among men 'scars' from youth unemployment, partially results in High-level alcohol consumption throughout adulthood , but there are also groups of men and women who were unemployed while teen and consume low level of alcohol.
White, Horwath, Conner 2013 Great Britain	Investigating the bidirectional relationships between daily negative and positive affective experiences and food consumption in a naturalistic setting among healthy young adults	Daily diary study across 21 days (micro longitudinal, correlational design). N=281	Eating fruit and vegetables may promote emotional well-being among healthy young adults. Fruits and vegetables predicted improvements in positive affect the next day, suggesting that healthy foods were driving affective experiences and not vice versa.

## 8. RESULTS

### 8.1 Health and well-being of young unemployed people

The reports from the unemployed young people have been varied and experiences on one's health are individual. As a group, the unemployed youth are very heterogeneous and the effect of unemployment on health is not always seen as negative. When subgroups like gender, age, geographic location, and education level were studied, the researchers couldn't clearly identify the connection between self-assessment of health in a relation to unemployment. When it is experienced as improvement on health, it is because of the physical and mental burdens caused by the job. In these cases the time of unemployment seemed rehabilitative and was important in improving health and well-being. Absence of chronic illness and diseases were important factors for health and well-being. Good physical health and mental health was found to be an important factor while a person is unemployed. The adverse effects on financial situation when someone is unemployed could create dietary changes. Having good family and social relationships is found to be very important during the unemployment period. (Hult 2014; Norström, Virtanen, Hammarström 2014.)

Unemployed men reported their health to be worse when compared to employed men. Men who had experienced at least three months of unemployment rated their health worse than men who had not experienced equally long periods of unemployment. Unemployed men reported being unhappier and not seeing their future as positively as employed men. There were not similar indications in women according to the statistics. There were not enough data or information provided by these studies to conclude the effects of unemployment on health and well-being. (Lainesalo 2016.)

Accumulating disadvantages during person's adolescence and childhood have long-term effects on health and well-being and was associated with mortality. These disadvantages can possibly lead to risk use of alcohol and poor mental health. Heavy usage of alcohol could also lead to economic and health disadvantages. Bad memories and experiences of

youth unemployment also increased the heavy risk usage of alcohol especially in men. (Virtanen, Lintonen, Westerlund 2016; Berg 2017.)

Study done in Sweden also found out that youth unemployment was associated with disability pension, sickness absence and death for 15 years after the beginning of unemployment. Prolonged period of unemployment had adverse effects on the economic growth and situation of the young person's life. Unemployment burdens the welfare state and creates lost productivity. (Helgesson, Johansson and Nordqvist 2012.)

Inexperience and lack of education is a big problem for young people, when they are applying for a job. Young people have reported that they need guidance and help to apply for work and more knowledge about the support systems that are available (Juvonen 2016, 39-44). Unemployment can give a person a feeling that he or she is not part of the society, but the experience of being unemployed is very individual. Individuals can still feel like they are part of the society regardless of their job status. Returning back to the work force gets harder the longer a person is unemployed. (Juvonen 2016, 39-54.)

## **8.2 Promotion of health and well-being**

Young adulthood is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and, since many are parents, to the healthy development of the next generation. What happens during the young adult years has profound implications for the rest of the life course. Results suggest that different subjective well-being status and transition patterns can be identified in the post-high school transition to adulthood, including unstable transitions. By targeting those groups more vulnerable to transition, mental health promotion and interventions may be delivered more effectively. (Chen Xidan, Page Andrew 2016.) Researches show that unemployment at a younger age results in a scarring effect such as high alcohol consumption, functional somatic symptoms, later sickness absence, disability, pension and death, poor mental health, poor subjective wellbeing due to unemployment at a younger age (Berg, 2017; Brydsten, Hammarström, Strandh, Johansson 2015; Helgesson, Johansson, Nordqvist, Lundberg, Vingård, 2013; Virtanen, Lintonen, Westerlund, Nummi, Janlert, Hammarström, 2016). A lot of

researches showed a strong link between unemployment and both short and long term health problems suggesting unemployment results in poor well-being (Brydsten, Hammarström, San Sebastian 2016; Griep, Kinnunen, Nätti, De Cuyper, Mäkikangas, De Witte 2016; Krahin, Chow 2016; Lainesalo 2016; Leach, Butterworth, Strazdins, Rodgers, Broom, Oleson 2010; Nörström, Virtanen, Hammarström, Gustafsson, Jaalert 2014; Puntscher, Hauser, Walde, Tappeiner 2015; Strandh, Winefield, Nilsson, Hammarström 2014; Vaalavuo 2016). More emphasis should be given to labor markets and employers policy initiatives since unemployment is the result of labor market policies. Short- and long-term mental and physical health costs of youth unemployment could be highly reduced by a considered and consistent active labor market policy directed at youths. Both short term and long-term training programs for the unemployed found to be effective in facing the problem of youth unemployment specially during the time of recession. (Ali 2014; Brunetti, Corsini 2017; Choudhry, Marelli, Signorelli 2012; Maguire, Hughes, Bell, Bogosian 2014; Sage 2015.)

Young people want to be valued for who they are, and their personal contribution including their potential to be recognized by the society. Choosing the right career considering the employment situation of the country will help them in their personal growth. Selecting a particular field of study have negative or positive consequences for future employment of young workers. Therefore, young people should take in to account this fact when choosing their educational pathway. (Acosta-ballesteros, Del Pilar Osomodel Rosal, Rodriguez-Rodriguez 2014.)

Targeted healthy life style programs found to be effective in promoting health and well-being of unemployed young people (Andersen, Tolstrup, Rod, Sørensen, Holmberg, Johansen, Stock, Laursen, Zinckernagel, Øllgaard, Ingholt 2015). Frequency of physical activity and sports participation were positively associated with well-being and negatively associated with anxiety and depression. Frequent physical activity and participation in sport were both found to independently contribute to greater well-being and lower levels of anxiety and depressive symptoms in both genders. Increasing activity levels and sports participation among the least active young people should be a target of community and school-based interventions to promote well-being. (McMahon, Corcoran, O'Regan, 2017.)

Bad eating habits is deeply associated with negative effect. The negative emotions can act as triggers to food intake and overeating. In the studies a strong relationship was realized between daily positive feeling and fruit and vegetable consumption. (White, Horwath, Conner 2013). There was strong and significant relationship between exposure to open youth unemployment and internalized mental health symptoms. Mental health symptoms were significantly reduced in exposure to youth programs. (Ashton, Morgan, Hutchesson, Rollo, Collins 2017; Strandh, Nilsson, Nordlund, Hammarström 2015.)

## **9. ETHICS AND VALIDITY**

Research ethics is a complex construct, essentially concerned with the four principles of right and wrong conduct. The four principles of ethics are principles of respect for autonomy, principle of nonmaleficence, principles of beneficence and principle of justice. Principle of autonomy allows individuals to act without controlling influences. Principle of nonmaleficence is reaching beneficial outcome without inflicting harm. Principle of beneficence is action is that is done for the benefit of others and principle of justice is based on fair treatment of individuals included in the study. Increasingly, researchers question the assumptions that ethics can be reduced to codified sets of principles, and that following these systematically will make research more ethically sound. (Gallagher 2009.) Consequently, a key theme in the literature is using ethics to promote exploration and examination of dilemmas, rather than purely as a basis for rules of research conduct (Hill 2005; Tisdall, Davis & Gallagher 2009; Alderson & Morrow 2011).

Research and literature used in this Bachelor's Thesis were written either in English or Finnish. All quotations and references were accurately used in our Thesis according to the Thesis guidelines provided by Turku University of Applied Sciences. Literature review was used as a method. There were no interviews or questionnaires done. There was no any issues with confidentiality and no private data was published and used. The plan was that anyone could possibly conduct a Bachelor's Thesis using the same data that were used in this Thesis.

While this Bachelor's Thesis was done, there was a time limitation. With more time, more extensive research on the topic could have been done. It was hard to find research on some specific topics, since there was not enough researches done. The study groups are not heterogeneous and in most of the researches the researchers could not come up with definitive conclusions. Extensive studies done about some of the topics were not found.

## **10. Discussion**

The purpose of this Thesis was to find out how to promote health and well-being of young unemployed people. As well as to find out what is the well-being of young unemployed people in Finland based on researches made in Finland and internationally. While doing this Bachelors Thesis, there were some limitations as to the amount of research and time limit concerning the data collection. In all the studies we came across, further studies are recommended about the subject. There were only indications but not definite conclusions about the effect of unemployment on well-being. Findings show that unemployment affects young people differently depending on the context in which a study has been performed. When the study is made based on socioeconomic status, youth from poor family background have higher risk of being unemployed. It is hard to conclude whether the adverse effect on well-being comes from unemployment or poor background. Further studies should be done about the relationship between unemployment, poor background and well-being.

The effect of unemployment on health and well-being was complex and multidimensional issue. In most of the researches, the groups under the studies were homogeneous and does not represent everyone in the society. Unemployment could have positive effect on health. The reason why it has a positive effect on health is that because a certain kind of job might put a person under a lot of stress and avoiding that stress would have a positive result on well-being. It is important to have good physical health at a young age, avoid or treat chronic illnesses as early as possible. Inexperience and lack of education could make it harder for a young person to get employed. Young people need more guidance and

knowledge about employment and the systems provided for the unemployed. Unemployment can make a person feel socially excluded. The longer a person is unemployed, the harder it is to get back to work. Having good social connections with family members and friends play a crucial role in well-being of young people in general whether they are employed or unemployed. It is also very important to maintain good dietary habits even though it might be hard at times when being unemployed and have limited income. Being unemployed for a long time creates a strain on a person's financial situation. In many of researches it was shown that unemployment is related to high usage of alcohol. Young people with high level of alcohol usage were more prone to a risk usage of alcohol at an older age. It was found out that early adult career is highly affected by scarring effect such as high alcohol consumption, functional somatic symptoms, later sickness absence, disability, pension and death, poor mental health and poor subjective wellbeing due to unemployment at a younger age. More research should be done on the exact relationship of being unemployed and well-being of young people.

Labor market policies structured for the welfare and employment plays a significant role in the unemployment situation of young people. Since Finland is a welfare state, policies are designed for the good of the people. Everyone is entitled for a free education, free health care, financial and social support from the government. In case of unemployment, there is a structured support system for the unemployed. Young people could benefit from the support system, even though there have been complaints about difficulties encountered in accessing the support (Juvonen 2016, 39-44). Since young people are not familiar with the labor market and how it works, government should give more emphasis on how to teach them about acquiring these benefits.

It is very important to tackle unemployment of young people at an early age. The earlier we handle it, the better the results we get (Chen, Page 2016). Since young people determine the future of the country, more focus should be given to fix the unemployment situation. One of the ways to fix this problem is the role of government in promotion of well-being of young people. Carefully structured policies targeting the young people should be made by the government to enhance the well-being of young people. These problems might seem costly to deal with. But it might be more challenging and expensive in the future, if nothing is done.

From the health care professional's perspective, youth unemployment seems to be a difficult problem to deal with. In most of the researches, the role of the health care in the unemployment of young people is not exactly defined. More researches should be done to define the role of the health care professionals in tackling the problem of youth unemployment. A health care professional can give advice and guidance for the youth regarding dietary planning, importance of physical exercise and maintaining good mental health. A health care professional can also provide social support and guide where to look for help. It is very important that the health care professional should be supportive and understand the situation without being judgmental. A good health care professional should help the client to understand the importance of maintaining good health and well-being especially during the times of unemployment.

## 11. CONCLUSIONS

1. The relationship between unemployment and health is complex and not always seen as negative. The study groups in most of the researches are homogeneous. Only indications are made instead of definite conclusions.
2. Youth unemployment has a scarring effect on early adult careers, whether measured by income or by quality of employment. In addition, unemployment has short-term and long-term effect on general wellbeing including functional somatic symptoms, high alcohol consumption and poor mental health. This emphasizes the importance of making efforts to reduce unemployment among young individuals to avoid individual suffering, preserve economic growth and reduce future spending on health care and welfare systems.
3. It was found out to be very important to maintain good physical health, good diet and social connections during the time of unemployment.
4. Active labor market policies targeting the young people plays an important role in the well-being of young unemployed people. In addition, the policies also promote employment.
5. More focus should be given in tackling the problem while unemployed young people are at a younger age to avoid long term and scarring effect.
6. A health care professional could play an important role when it comes to the health and well-being of unemployed young people.
7. More researches should be done about the unemployment and well-being of young people specially as to how to promote their well-being.

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## Appendix 1 Number of researches

Database	Keywords/search words	Filters	Number of results	Chosen on the ground of topic	Chosen on the ground of abstract	Chosen on the ground of full text
Academic Search Elite (EBSCOhost)	You* and Unemployment	2007-2017, Full text, Title and English Academic journals and reviews.	21	1	2	2
Academic Search Elite (EBSCOhost)	You* and Unemployment	2007-2017 Full text, Abstract and English Academic journals and reviews.	234	-	2	-
Academic Search Elite (EBSCOhost)	Unemployment AND Health AND Well-being	2007-2017, Full text, Title and English Academic journals and reviews.	6	1	-	-
Academic Search Elite (EBSCOhost)	Unemployment AND Health AND Well-being	2007-2017 Full text, Abstract and English Academic journals and reviews.	27	1	1	1
Academic Search Elite (EBSCOhost)	You* AND Well-being	2007-2017 Full text, Title and English Academic journals and reviews.	26	2	-	-
Academic Search Elite (EBSCOhost)	You* AND Well-being	2007-2017 Full text, Abstract and English Academic journals and reviews.	997	-	1	-

Academic Search Elite (EBSCOhost)	You* AND Promote AND Well-being	2007-2017 Full text, Title and English Academic journals and reviews.	1	-	-	-
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Academic Search Elite (EBSCOhost)	You* AND Promote AND Well-being	2007-2017 Full text, Abstract and English Academic journals and reviews.	73	1	1	2
Academic Search Elite (EBSCOhost)	Promote AND Well-being	2007-2017 Full text, Title and English Academic journals and reviews.	13	-	2	-
PubMed	Unemployment AND Health	2007-2017 Full free text and English Age 19-44	805	-	2	-
PubMed	Young AND Promote AND Health	2007-2017 Full free text and English Age 19-44	1671	-	-	-
DOAJ	Unemployment AND Health	Full text and English Abstract	416	-	-	-
DOAJ	Promote AND Wellbeing	Full text and English Title	10	-	-	-
MEDIC	Työttömyys	Full text and English/Finnish 2007-2017	50	2	2	1

