

What have we learned this year?

Social science research



TheSocialObservatory

Credits

**The Social Observatory
of the "la Caixa" Foundation**

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Can psychological well-being be predicted based on data collected with mobile phones?

The aim of this research is to examine how emotions change over time and how these changes affect mental well-being. Based on the mobile phone data of 103 participants who tracked their moods in real time several times a day over a period of a few weeks, the study found that many of them experienced sudden emotional changes. The results suggest that the tendency to switch between feeling good to feeling bad can be a strong indicator of well-being problems and, in particular, that sudden emotional changes can be a clear indication of how someone is feeling emotionally. This contradicts the common belief that emotions are stable and always return to a starting point.

Carlos Bailón, Oresti Baños, Miguel Damas, Carmen Goicoechea, Héctor Pomares, Ciro Rodríguez-León, Daniel Sanabria and Claudia Villalonga, Universidad de Granada; Pandelis Perakakis, Universidad Complutense de Madrid

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Project selected in the Social Research Call, 2020

1

Most participants (61.5%) indicated that their emotions switched suddenly between feeling good and feeling bad and vice versa.

2

A higher ratio of positive-to-negative emotional shifts correlated with higher levels of anxiety and depression.

3

A higher ratio of positive-to-negative emotional shifts correlated with lower levels of happiness, resilience and satisfaction with life.

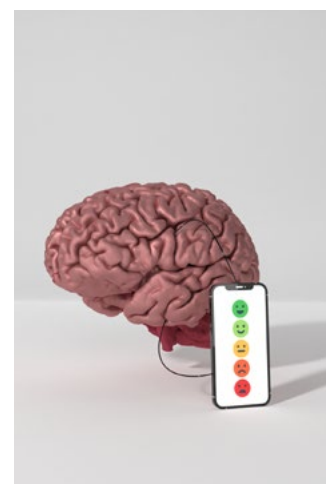
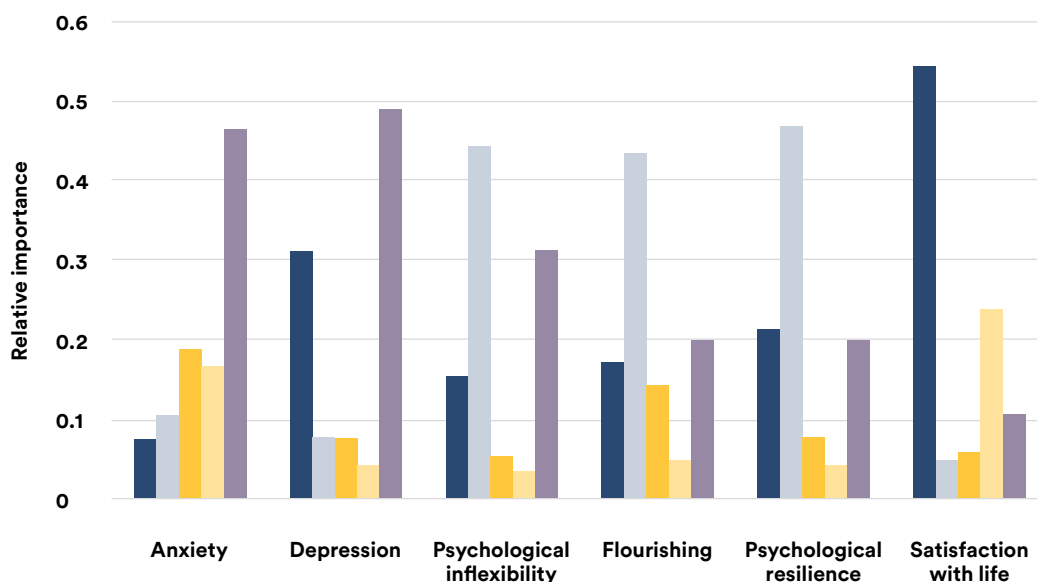
4

Instead of using complicated rating systems, the research suggests that a simple mobile app asking users if they feel good or bad could be an effective tool for mental health professionals.

The tendency to switch from feeling good to feeling bad (also known as the 'positive-to-negative affect shift ratio') is a strong indicator of psychological distress

Relative importance of emotional predictors in terms of variance of indicators of psychological well-being (minimum: 0, maximum: 1)

● Positive affect (mean) ● Positive affect (standard deviation)
● Negative affect (mean) ● Negative affect (standard deviation)
● Positive-to-negative affect shift ratio



Source: compiled by the authors based on the data collected.

Linking academic training with market experience drives entrepreneurship

Both academics and policymakers underline the positive impact of human capital on entrepreneurship. Much emphasis has also been placed on the beneficial role of economically liberalised markets for entrepreneurship. Nonetheless, few have associated different types of human capital with institutional characteristics. This article examines the joint effects of institutional context and various types of human capital on entrepreneurial growth aspirations in terms of employment growth. The study uses representative data at both individual (from the Global Entrepreneurship Monitor) and institutional (from the Heritage Foundation) levels, covering 141,003 entrepreneurs in 93 countries over the period 2005-2020.

Mircea Epure, Universitat Pompeu Fabra, BSE and UPF-BSM

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Project selected in the Social Research Call, 2021

1

Both general human capital (higher education) and specific human capital (start-up or business angel experience) are positively associated with higher entrepreneurial growth aspirations.

2

Liberalised markets are strongly associated with ambitious entrepreneurship thanks to lower operating costs and the guarantee of an adaptive business environment.

3

The positive relationship between economic liberalisation and entrepreneurial growth aspirations is weakest for those individuals with general human capital and strongest for those with specific human capital (market experience).

4

During the global financial crisis and covid-19 pandemic, the differential effect of economic liberalisation on entrepreneurial growth aspirations was only observed for entrepreneurs with market-based human capital.

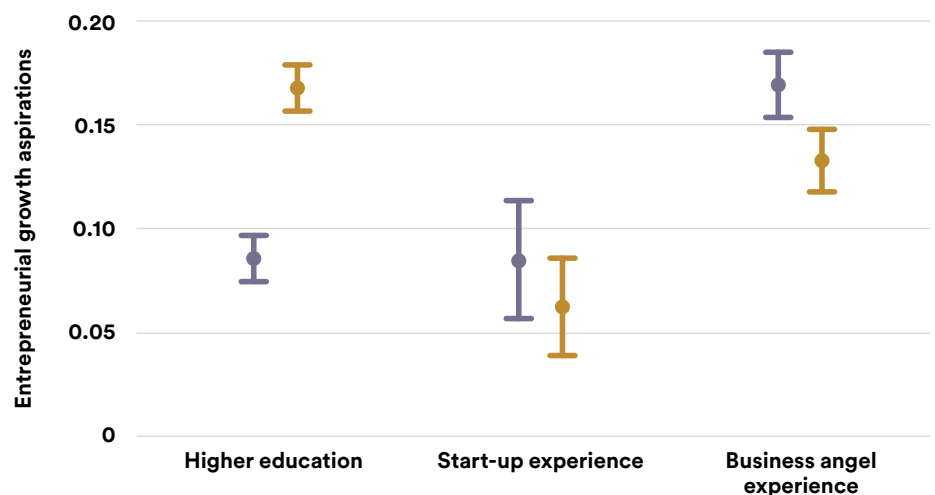
5

All the results have been confirmed by controlling for demographics (age, gender and income), entrepreneurial network (knowing other entrepreneurs), macroeconomic conditions (gross domestic product per capita, gross domestic product growth and unemployment), and sector and country characteristics.

Entrepreneurial growth aspirations increase with all types of human capital, and market experience counts more in economically highly liberalised countries

Coefficients and confidence intervals for various types of human capital with entrepreneurial growth aspirations as the outcome variable

High economic liberalisation ●
Low economic liberalisation ●



Source: estimates by the author based on data from the Global Entrepreneurship Monitor, the Heritage Foundation and the World Bank.

Do we want to be governed by algorithms? Attitudes and reactions to the use of artificial intelligence in political decision-making process

A representative survey of 3,000 people analyses the Spanish population's opinion of the use of artificial intelligence (AI) in government and public administration, comparing it with other decision-making models (participatory, technocratic and representative). An experimental design also analyses the level of satisfaction with the functioning of a participatory budget in which participants select a set of proposals on public policies using various decision-making mechanisms, including the use of algorithms.

José Luis Fernández-Martínez, Universidad de Málaga;
Sara Pasadas del Amo, Universidad de Córdoba

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Project selected in the Social Research Call, 2021

1

The surveyed population shows highly limited support for the use of AI in the field of public decision-making, as they only hold a somewhat favourable opinion when it is applied to routine, simple tasks in public administration. Rejection of the use of AI increases with increasing complexity and the democratic nature of decision-making processes.

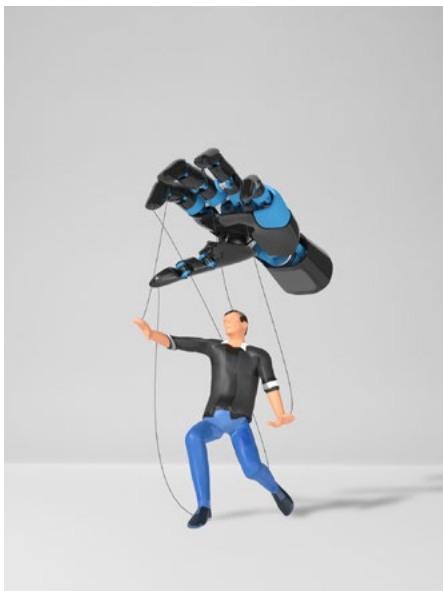
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The assessments made by citizens with regard to public decision-making with AI ranks last when compared to more traditional models, such as representative, participatory and technocratic.

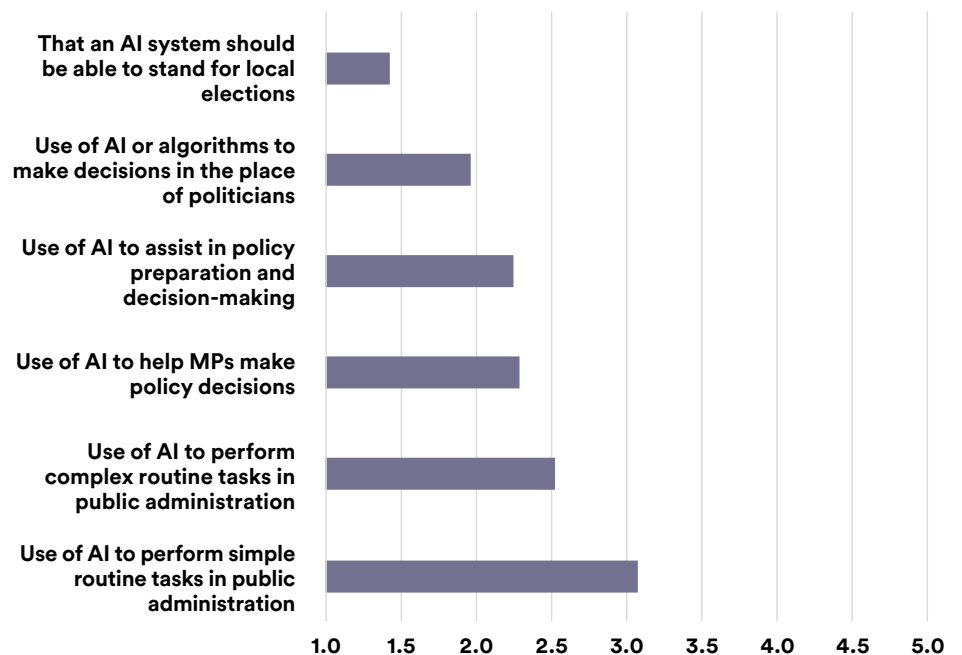
3

In order to carry out the experiment based on the simulation of a participatory budget, participants were divided into groups and assigned various decision-making scenarios. The main factor influencing their satisfaction is whether or not the outcome of the decision coincides with their preferences, regardless of whether the decision was made by majority vote or through an algorithm. Greater transparency about how decisions are made therefore fails to always translate into greater satisfaction with the decision-making process.

Support for the use of AI in public administration is limited to routine tasks



To what extent are you in favour of the use of AI in the following cases?
Average of 1 to 5



Source: compiled by the authors based on data from the survey.

Education and its impact on young people's opportunities

Portugal and Spain in the context of Europe

Using two key indicators (early school leaving and educational levels obtained by young people), the evolution of young people's educational paths in Portugal and Spain is interpreted. Based on comparative data from Eurostat and the OECD, the figures explore the impact of the education levels achieved both on the employment opportunities of the young adult population in Portugal and in Spain and on their participation in social, community, cultural, sporting and artistic life. It also highlights the continuing importance of education as a social elevator, not only in the field of employment, but also in other areas of society.

Lígia Ferro, University of Porto; Pedro Abrantes, Open University and University Institute of Lisbon (ISCTE)

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1

The evolution over the last twenty years of the proportion of young people aged 18-24 who have not completed their Baccalaureate has been positive, although at very different speeds: slow at a European level, moderate in Spain and high in Portugal.

2

Closer examination of the education level of the young adult population aged 25-29 confirms the very positive progress made in Portugal and Spain.

3

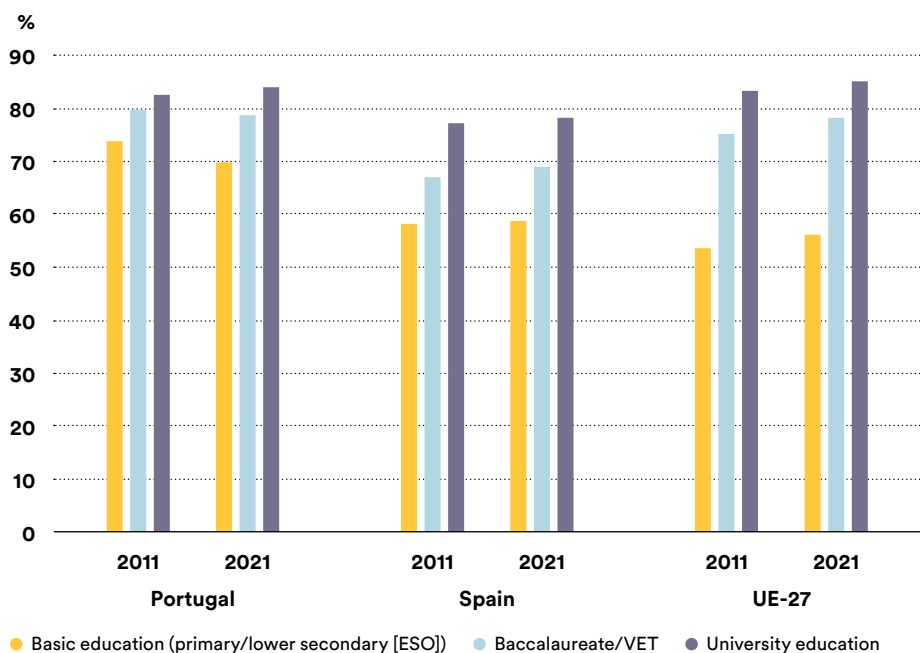
People with higher education continue to present higher employment rates than those with only a secondary qualification. Over the last two decades, youth employment rates have decreased in Portugal and increased in Spain.

4

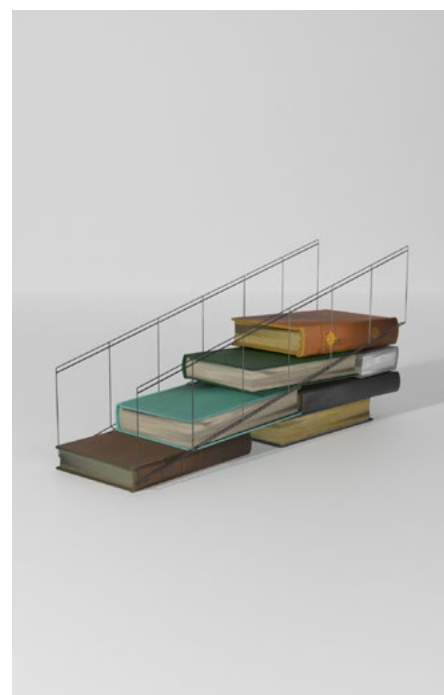
The social participation of young people is much higher in cultural and sporting activities, as well as in family and friendship relationships, with relatively low figures for citizen participation and artistic practices. These patterns are common throughout Europe, but are especially pronounced in Portugal and Spain.

Higher education continues to exert a positive impact on access to the labour market in Portugal and Spain

Employment rate of the young adult population (26-34 years) by education level



Source: compiled by the authors based on data from Eurostat (Labour Force Survey).



Note: 'university education' refers to all higher education qualifications (ISCED 5-8) awarded by universities or polytechnics, 'upper secondary education' refers to all intermediate level Baccalaureate or vocational qualifications (ISCED 3-4), 'basic education' refers to lower levels of education (ISCED 0-2).

Are gender stereotypes still alive in the twenty-first century?

This study, based on a survey of 5,000 people between the ages of 16 and 79, analyses how citizens perceive the personality traits traditionally associated with men and women, and the roles they occupy in society. The results indicate that gender stereotypes are very much alive, especially in the 26 to 40 age group. This is the age group in which people get a job, start a family or have children, events that shape them definitively in the adult world and could lead young people to adopt and internalise traditional social rules.

Marta Fraile, Institute for Public Goods and Policies (CSIC);
Paula Zuluaga, Department of Political Science (UAB)

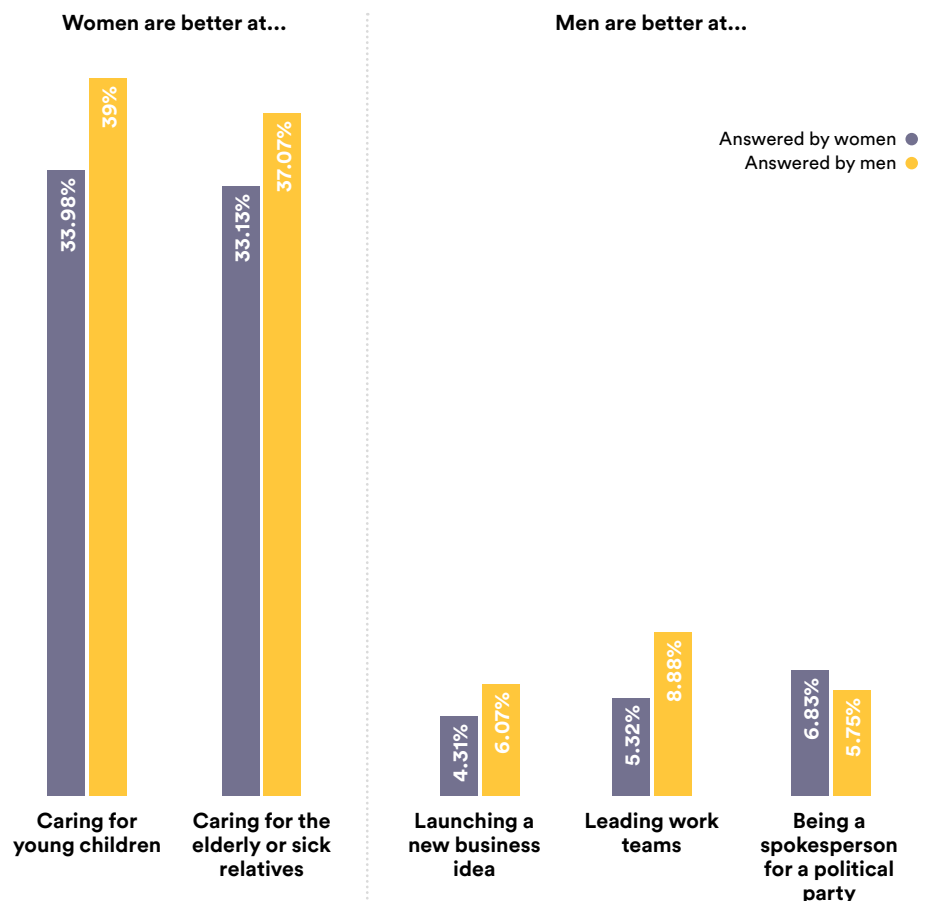
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Project funded by the Flash Call to support research projects on the social reality of young people

- 1** When asked to what extent a list of attributes defines their own personality, men are more likely than women to mention leadership, enterprise or ambition, whereas women mention empathy, affection or understanding, especially in the 26 to 40 age group.
- 2** Gender stereotypes are confirmed, as respondents to the study consider that women are typically more empathetic, understanding and affectionate than men.
- 3** Masculine stereotypes of leadership (both at work and in the political sphere) seem to be diminishing. However, caregiving within the family continues to be perceived as a role associated with women and is predominantly carried out by women.
- 4** Gender-stereotyped perception of professions persists, although to a greater extent in professions considered traditionally feminine, such as health care or teaching.

Citizens perceive women are better suited than men for caregiving

Answers to the question 'Who is better suited for...?' (in percentage of participants, by gender)



Source: compiled by the authors based on the data collected in the 'GenYstereo' survey.

Identification and awareness of situations of violence against women

Profile analysis of potential witnesses

The role of witnesses of violence against women is vital in the fight against this public health problem.

Their involvement in reporting and/or accompanying the victim can enable women to obtain the institutional support they require to extricate themselves from their situation.

This study is based on a representative sample of the population of the Autonomous Community of Navarre, made up of 969 participants aged between 18 and 48. What they have in common in all cases is the ability to recognise different situations of intimate partner violence, which is the first step towards stopping it during its early stages, both in the role of victim and in the role of witness.

This project is therefore a key tool when it comes to designing public policies aimed at training people to recognise situations of violence and, in the event of witnessing them, to encourage them to report these to the relevant institutions.

Rebeca Echavarrí, Ariadna García-Prado and Sara Martínez de Morentin, Universidad Pública de Navarra; Fernanda Gutiérrez-Navratil, Universidad de Oviedo

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Project selected in the Social Research Call, 2021

1

30% of the people interviewed said that they knew or had witnessed a situation of violence against women in their environment.

2

The likelihood of witnessing a situation of violence varies according to social and sociodemographic characteristics, in particular gender, nationality and income level.

3

36% of women know a woman who suffers physical violence, compared to 24% of men. 43% of foreigners know a woman in their environment who suffers physical violence, compared to 29% of Spaniards. 39% of people with an income of less than 500 euros per month know a woman in their environment who suffers physical violence; this figure falls to 22% when the income exceeds 2,000 euros per month.

4

The ability of the population to recognise situations of physical and psychological violence is widespread. However, the ability to recognise situations of financial or control violence varies and is concentrated in specific socioeconomic groups.

5

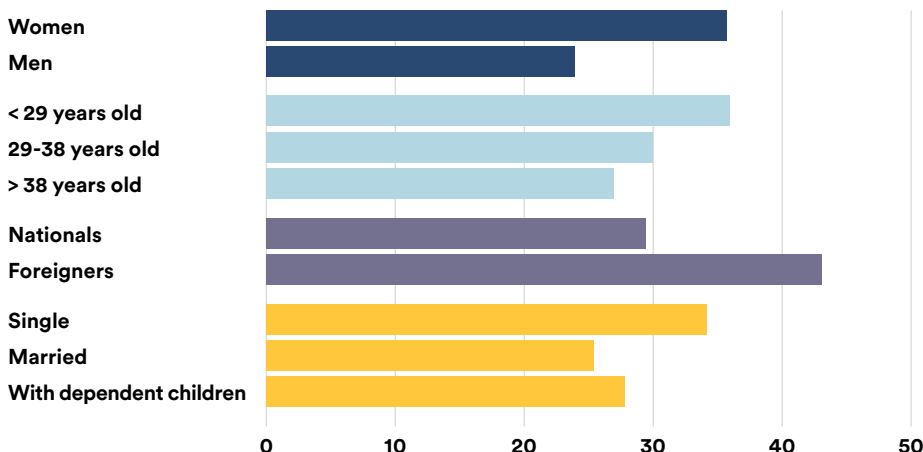
60% of people have the ability to identify all types of violence against women.

6

It is important to promote early reporting of psychological violence in order to prevent it from developing into physical violence. Although recognition of psychological violence is high (97%), reporting of this type of violence is low (17% of all reports) compared to reporting of physical and psychological violence (53%).

The likelihood of witnessing a violent situation varies significantly according to sociodemographic characteristics

% of people who know of a situation of violence against women in their environment



Source: compiled by the authors based on the results of the survey.



Have the labour reforms reduced the temporary employment rate among young workers?

An analysis of possible short-term effects in Spain and Portugal

Spain and Portugal have experienced high temporary employment rates in recent decades, a circumstance that takes a long-term toll on people's professional and personal development. In order to address this problem, reforms have been implemented to reduce the rate of temporary employment in both countries. The results show that, after they were adopted, a drop occurred in the temporary employment rate among the youth population in both countries (a small drop in the case of Portugal and a much larger one in Spain), apparently without any negative impact on unemployment or labour force participation rates. Although these reforms initially appear to have a positive impact on the youth population, long-term monitoring is indispensable to be able to evaluate their effectiveness over time and to understand whether they have a differential effect on different groups of young people in the labour market.

Alejandro Godino, Óscar Molina, Sociological Research Centre on Everyday Life and Work (QUIT), Universitat Autònoma de Barcelona (UAB); Fátima Suleman, University Institute of Lisbon (ISCTE-IUL), DINÂMIA'GET

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1

The labour market flexibility measures implemented in the 1980s in Spain and Portugal led to a labour market that was highly segmented between permanent and temporary workers. This resulted in greater job uncertainty for specific social groups, especially young adults, affected by high temporary employment rates and also hard hit by unemployment during periods of crisis.

2

The recent labour reforms sought to tackle these situations of vulnerability in the labour market caused by temporary contracting by means of apparently structural changes in Spain and more limited ones in Portugal.

3

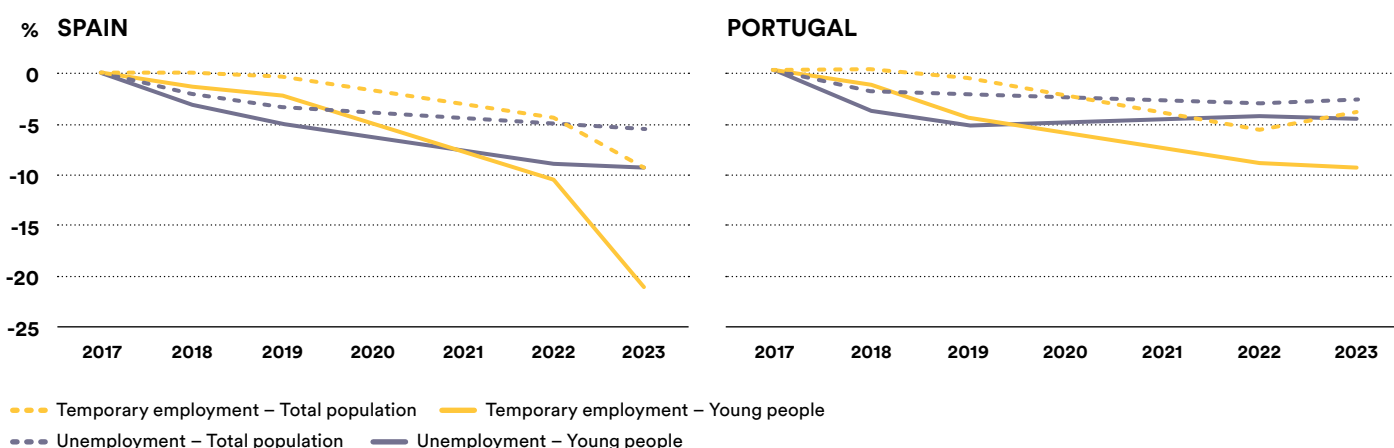
In comparison with 2019, the reduction in the temporary employment rate among Spanish young adults was over 8% just after the adoption of the reform (2nd quarter 2022) and almost 19% more than a year after its implementation (2nd quarter 2023). This reduction fell short of 1% in Portugal one quarter after the adoption of the reform (2nd quarter 2023).

4

The figures seemingly indicate that more structural reforms are required with the aim of changing business practices in terms of temporary contracting in order to attain substantially beneficial results for the youth population.

The reduction in the temporary employment rate among young people after the labour reform is clearly evident in Spain and almost imperceptible in Portugal

Variation in the proportion of temporary jobs and in the unemployment rate of the total population and of young people (15-29 years)



Source: Labour Force Survey, Eurostat (2023).

Note: the second quarter of each period is compared taking the second quarter of 2017 as the initial position with value 0. The years 2020 and 2021 are omitted due to the destructive effect of the health crisis on temporary employment.



Risk factors of migration processes and their impact on the psychological distress of unaccompanied foreign minors

Unaccompanied foreign minors (UFMs) travelling alone and living away from their families are particularly vulnerable to mental health problems and social exclusion in Spain. This study aims to describe the profile of these newly arrived minors, identify the relevant risk factors in terms of health before, during and after the migration process, and analyse their impact on psychological distress. In order to complete the study, personal interviews were conducted with 230 minors who had recently arrived in temporary reception centres: 57.4% from Morocco, 15.2% from Gambia, 8.7% from Algeria, 7.8% from Senegal and 5.2% from Pakistan. The interviews collected sociodemographic information and focused on factors related to the migration process (before, during and after migration), health status and psychological distress. They were conducted in Arabic or French and translated into Spanish.

Paula Cristóbal-Narváez, Marta Franch-Roca, Rachid el Hafi, Iago Giné, Lola Aparicio, Marcos Febas, Helena Sainz, Yolanda Osorio and Josep María Haro, Sant Joan de Déu

TheSocialObservatory

Project selected in the Social Research Call, 2021

1

98.2% of these minors had received some form of education in their country of origin, although these education levels varied: 30% had primary education, 63% had secondary education, 0.4% had prepared for university and 6.6% had followed other educational paths.

2

The minors confront major challenges, primarily related to documentation: 36.1% are undocumented and 35.2% are in the process of obtaining documentation. Only 5.2% of them have a work or training contract, which highlights the difficulties they face in obtaining jobs. Moreover, 91.7% are discriminated against because of their ethnic origin, religion or skin colour.

3

83.9% had migrated with the consent of their family, primarily for socioeconomic reasons: 98.7% in search of better living and working conditions. Despite their high expectations, 87.9% found themselves in a worse situation than expected upon arrival, which highlights the harsh realities and unforeseen challenges faced by these minors.

4

The minors interviewed had a low prevalence of pre-migration trauma and moderate levels of resilience. However, 89.2% were not fluent in Spanish on arrival, which makes their integration and access to basic services significantly more difficult.

5

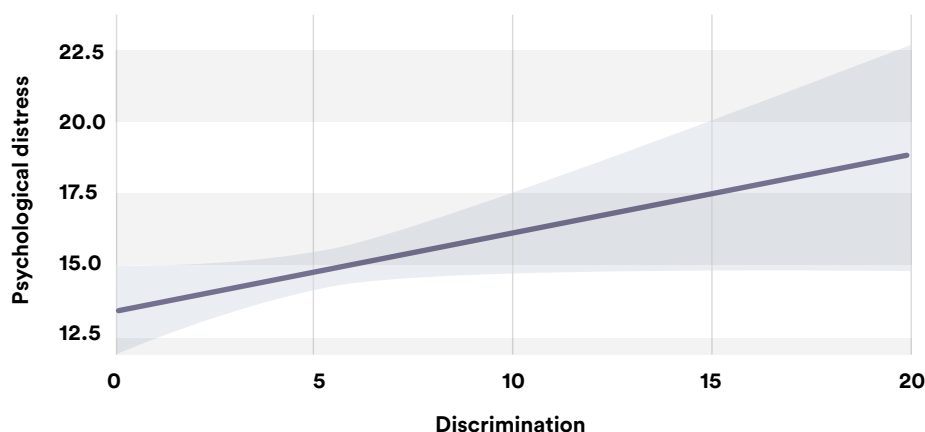
The majority described their mental health as excellent (95.2%) or good (4.3%), with only 0.4% assessing it as acceptable. 70.9% reported no problems due to chronic illness in the past year and the average level of psychological distress was mild to moderate.

6

While pre-migration factors such as childhood traumas or resilience were not significantly associated with distress, post-migration factors such as length of stay in Spain or levels of perceived stress and discrimination significantly heightened levels of psychological distress.

There is a strong relationship between discrimination and psychological distress among UFMs

Level of distress



Source: compiled by the authors based on the results of the survey.



Note: the Tobit multifactor regression model shows that perceived levels of discrimination (as measured by the Everyday Discrimination Scale, EDVC) were significantly associated with greater levels of psychological distress (evaluated through the Kessler Psychological Distress Scale, K10) at the time of relocation.

Digital empowerment among teachers: gender and age gaps persist

This study aims to ascertain the level of digital empowerment of teachers in the Spanish education system and to identify possible gaps and needs between teachers of different educational stages, gender and age.

The results of the study, based on a survey of 2,014 Spanish teachers, show an acceptable level of digital empowerment among teachers of primary, lower secondary (ESO), Baccalaureate and Vocational and Educational Training (VET) education stages, and an optimum level among university teachers. A persistent gender gap in technological motivation among women is identified. At ESO, in particular, female teachers need more support to take advantage of the potential of digital technologies. An intergenerational gap is also detected among teachers of ESO, Baccalaureate and VET aged 56 to 65, due to a lower effective and creative incorporation of technologies into teaching and assessment. Teaching staff in all stages say that they need more human and material resources, especially for primary schools. Older teachers demand training. These aspects point the way towards increased empowerment and towards the inclusive digital transformation of education.

Rocío Jiménez Cortés, Universidad de Sevilla

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Project funded by the Flash Call to support research projects on education and society

1 Primary, ESO, Baccalaureate and VET teachers show an acceptable level of digital empowerment. It is observed that ESO requires more support to take advantage of the potential of digital technologies in education.

2 The gender gap in technological motivation persists. Female teachers of all stages of education show less interest in digital technologies, less initiative in using them (59.8% of female versus 61.9% of male teachers) and a greater feeling of discomfort with digital technologies than male teachers (27.1% of female versus 23.1% of male teachers).

3 Female ESO teachers have a lower level of digital empowerment (average of 94.11 on a scale of 0 to 152), compared to female teachers at higher levels, such as university teachers, who have an optimum level (average of 102.81 on a scale of 0 to 152).

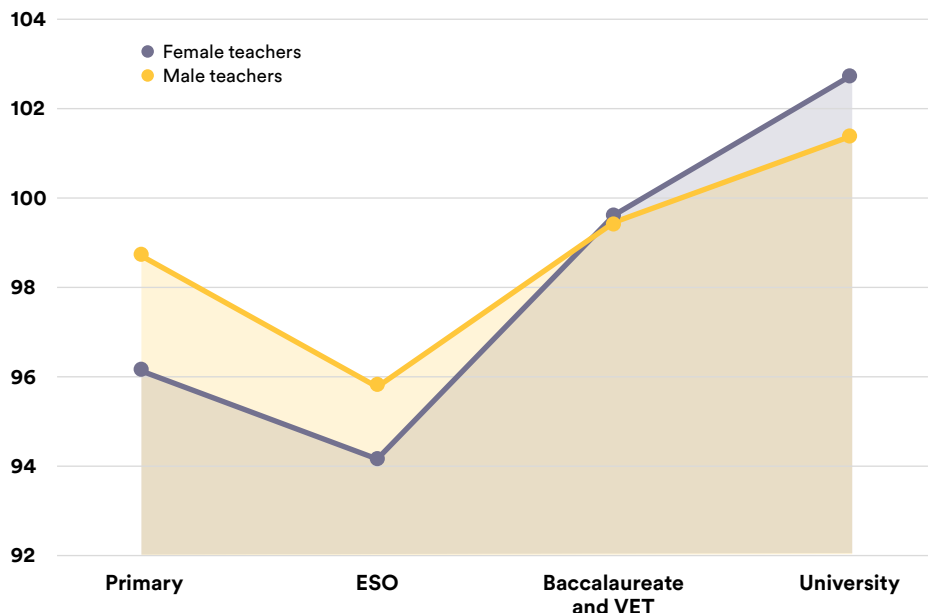
4 An intergenerational gap is detected in the digital empowerment of teachers aged 56 to 65 in ESO (with a difference of 4.7 points compared to the global average) and Baccalaureate and VET (a difference of 7.4 points compared to the global average), as digital education is incorporated to a lesser extent.

5 The main needs expressed by teachers at all educational stages are material and human resources (34.06%), especially by female teachers (34.29%), who also demand more training (20.35%) and time (3.12%). Male teachers demand more institutional support and incentives (32.82%). Older teachers demand training (21.59%).



Digital empowerment, although acceptable, is lower among female ESO teachers and optimal among female university teachers

Average of teacher digital empowerment by educational stages and gender (on a scale of 0 to 152)



Source: compiled by the author based on the data from the survey 'Teacher Digital Empowerment: An intergenerational and gender study' (ADA project, 2023).

What interventions can encourage low-income families to purchase healthier food?

This study examines three types of interventions (nutrition workshops, SMS messages and cash aid) to promote healthy food choices among vulnerable families who received food vouchers from the Catalan Red Cross in 2023. The impact was measured using three complementary food quality indexes: the Healthy Eating Index for the Spanish Population (IASE, by its Spanish acronym), the Healthy Trolley Index (HETI) and the Healthy Purchase Index (HPI). In comparison with the baseline control group, the results indicate that the nutrition workshops, SMS messages and additional cash aid lead to healthier purchases on the IASE and HETI indexes. However, they do not have a positive effect on the HPI index.

Toni Mora, IRAPP, Universitat Internacional de Catalunya

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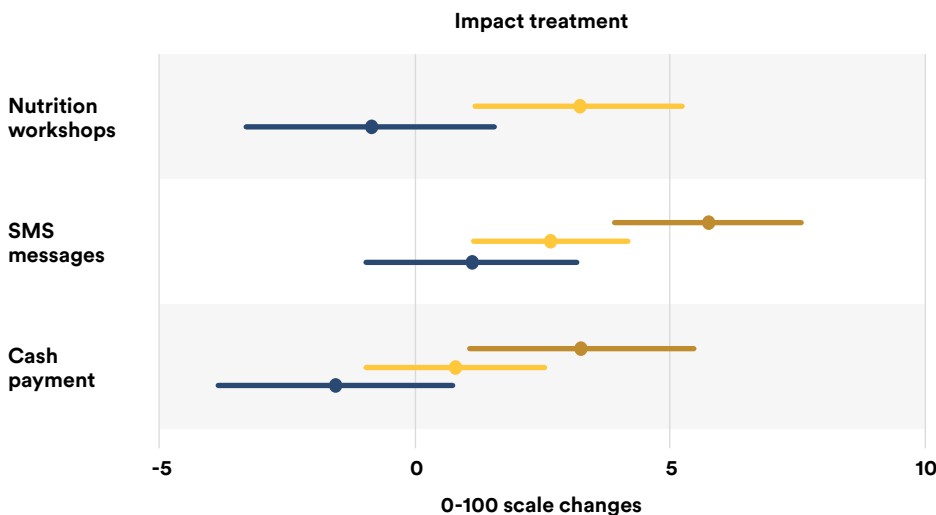
Project selected in the Social Research Call, 2019

- 1** The interventions have a positive effect on two of the three food safety indexes.
- 2** The workshops, SMS messages and cash aid have a significant positive impact compared to the average baseline control group.
- 3** Workshops have the greatest impact. On a scale of 0 to 100, the increase in the IASE index is 6.57 points for workshops and 5.74 points for SMS messages.
- 4** Additional cash aid has a lesser impact (2.62 points) than information in the form of workshops or SMS messages.
- 5** SMS messages are the most cost-effective intervention.
- 6** Those who experienced small changes in the voucher amount display a greater effect of the intervention than those who experienced large changes in their aid.

The workshops, SMS messages and additional cash aid lead to healthier food purchases

All three interventions implied a positive effect on the IASE and HETI index scores of the participants, but not on their HPI index scores

● Healthy Eating Index for the Spanish Population (IASE) ● Healthy Trolley Index (HETI) ● Healthy Purchase Index (HPI)



Source: author's calculations based on the results of the experiment.

Sender ideology matters: a scale experiment in implementing policies based on scientific evidence

Institutions such as think tanks or the media can do the job of disseminating the scientific evidence that policymakers need to implement policies. But these institutions often have a clearly defined ideology.

This study presents the results of a randomised controlled experiment on a sample of local policymakers from 5,678 Spanish municipalities in which two think tanks, two newspapers of opposing ideologies and a prestigious foreign university communicated the same information about an effective, low-cost, non-ideological policy. This policy involved changing part of the contents of the Wikipedia page of each municipality, because, according to scientific evidence, this could translate into an increase in tourist spending. The extent to which ideological alignment between the sender and receiver of the information affected the adoption rate of the policy was then measured. The study also compares the impact of the two formats used to report scientific evidence: policy briefs and newspaper articles.

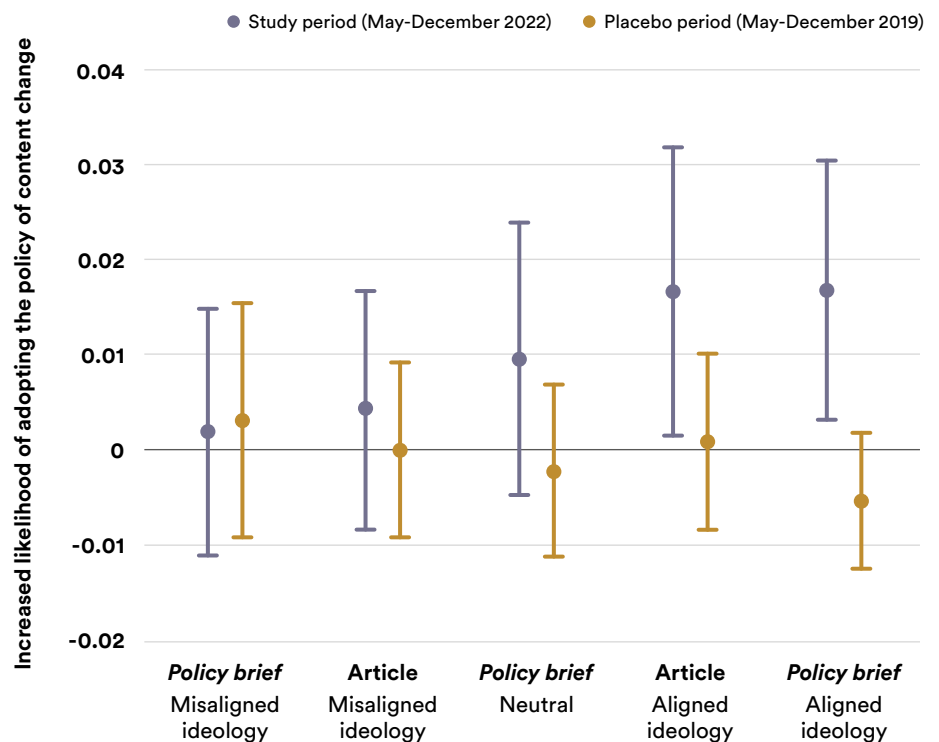
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TheSocialObservatory

Project selected in the Social Research Call, 2021

- 1** The likelihood of implementing a recommended policy increases by 65% when the institution providing the information is ideologically aligned with the policymaker, compared to cases where the policymaker receives no information at all.
- 2** The information has no effect when the institution providing the information has an ideology contrary to that of the policymaker.
- 3** Information from an international academic institution fails to exert a statistically significant influence, about half that exerted by information from an ideologically aligned institution.
- 4** Both press releases and policy briefs are equally effective (or ineffective) in encouraging the adoption of policies based on scientific evidence when there is ideological alignment (or misalignment).

The likelihood of implementing a recommended policy is significantly increased when the institution providing the information is ideologically aligned with the policymaker



Source: compiled by the authors based on data from the experiment.

Training in oral communication failing to make the grade among university students

Oral communication is key in the educational and professional fields, as well as a basic transversal competence in the European Higher Education Area. Several studies undertaken in different countries have alerted to the low level of competence among students with regard to speaking in public; despite this, to date no research to evaluate this skill had been conducted in Spain.

Data from a survey of 2,400 university students confirm that most have never received training in oral communication at any stage of their education, while for the rest, training has only been about six hours, almost always at secondary school and as part of a subject. Since it is an essential skill for their education and their professional future, students believe that working on it should be compulsory. In addition, in many cases they claim to have gone blank during an oral presentation, suffer from a medium degree of anxiety, and over half say they have felt an embarrassing situation when addressing an audience. Interestingly, the majority of those who have received training in this area say that the know-how imparted has been sufficient and consider their level of competence in oral communication to be medium-high.

Emma Rodero, Universitat Pompeu Fabra

TheSocialObservatory

Project selected in the Flash Call to support research projects on education and society

- 1**

77.5% of the students state that they have not received any training in oral communication, although they consider that this competence is key for their education and professional future.
- 2**

56% of the students who have received training in oral communication received it at secondary school, 34.5% at university and 22% at primary school.
- 3**

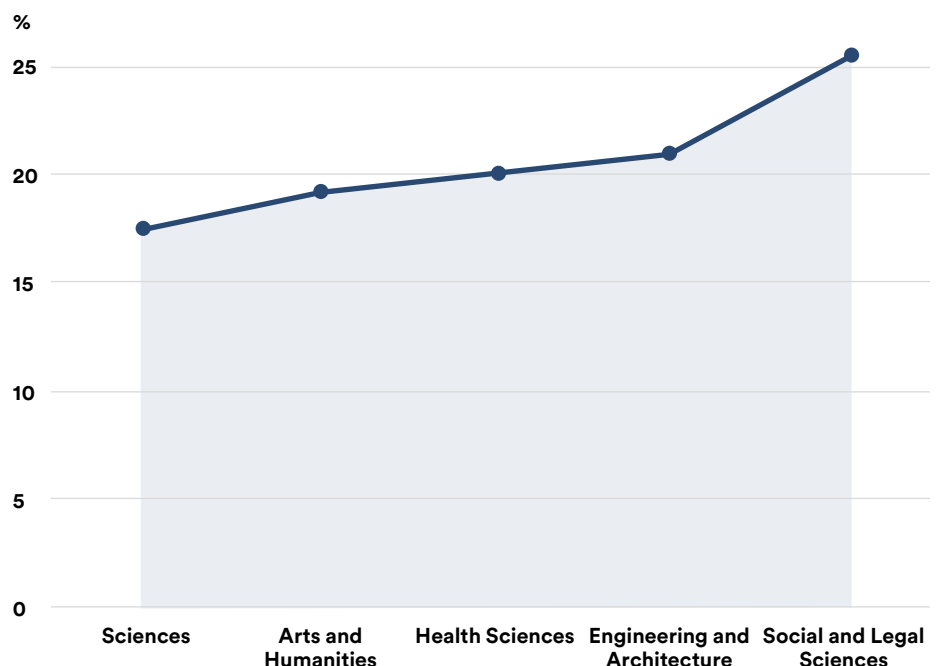
The students consider that their current level of competence in oral communication is medium-high. The majority (nearly 87%) state that they prepare in advance for oral presentations and write out a script. They give an average of two presentations per month, generally on academic topics.
- 4**

75% of students have gone completely blank when addressing an audience, 52% state that they have felt an embarrassing situation, and 20% have lost their voice at some point.
- 5**

The degree of anxiety reported is medium.

Few university students have received training in oral communication over the course of their educational career

Affirmative responses by area of knowledge, in percentage of respondents



Source: compiled by the author based on data from the survey 'The Relevance of Oral Communication Skills'.

Young people and their idea of family in the 21st century

In comparison with the general population, young people are the driving force behind the constant transformation of society and the ones who will articulate the various forms of coexistence and relationships in the future family context.

Based on a survey of 2,000 young people between the ages of 16 and 32 living in Spain, this study looks at their concerns, motivations and references with regard to building a family unit or not. It therefore examines the criteria that lead them to make certain choices about the future, such as the importance of the household model they grew up in, their paradigm of what a family unit is, or the type of home to which they aspire. It also explores other aspects, such as personal, social and professional dependence or independence, lifestyle and family values.

Sara Serrate, Agustín Huete, José Manuel Muñoz, Judith Martín,
David Caballero and Jesús Ruedas, Universidad de Salamanca

TheSocialObservatory

Project selected in the Flash Call on the social reality of young people

1

Nine out of ten young people believe that their family of origin is very important in their lives, and eight out of ten believe that it has been or will be a point of reference when it comes to starting their own family.

2

More than half of young people would build a family based on marriage, with or without children. Their reasons for marrying include a desire to maintain a tradition, while those who say they do not want to marry do so because they are doing well in their current situation or because they reject marriage.

3

Only 16% of respondents (aged 16-32) have children. Six out of ten women have had to renounce pursuing their education or career because of having children, compared to three out of ten men.

4

Young people would have children, or more children, if they were guaranteed better work-life balance policies, if teleworking was widespread and if they could access their own home.

5

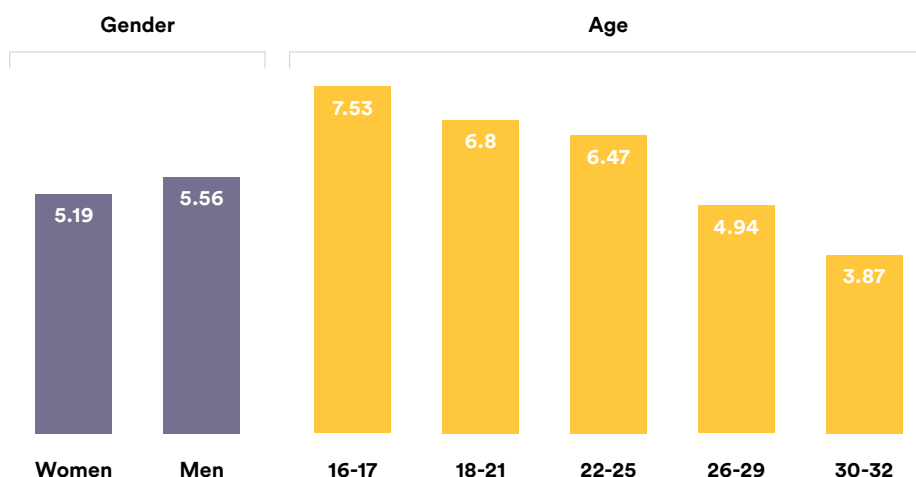
Young people want to live in areas with basic services, in houses they own and close to family or friends. They want families with individual autonomy, although with shared responsibility for care.

6

In the field of care, almost half of young people claim that they would take responsibility for caring for their parents and live with them if they became dependent.

Men feel greater uncertainty than women about the idea of becoming independent and starting a family

Mean level of the feeling of uncertainty among young people about becoming independent and starting a family by gender and age (from 0, absolute certainty, to 10, total uncertainty).



Emotions and stereotypes: how do we view people with intellectual disabilities?

The inclusion of people with intellectual disabilities (ID) is still a pending issue in our country. The employment rate of this group in 2022 was 23.8%, far below the 51.1% of the population as a whole and, moreover, with a wage gap of 17.8%. These inequalities can also be observed in people with mild intellectual disability (MID), who could lead satisfactory independent lives with the right support.

This study aims to ascertain the extent to which the existing lack of inclusion may be due to stigmatising attitudes in society. In order to do this, 1,618 people were surveyed about their emotions, stereotypes and prejudices towards people with MID. The results obtained show a society with inclusive attitudes, although also discriminatory nuances that could hinder the full inclusion of this group.

Eva Sotomayor, Universidad de Jaén

TheSocialObservatory

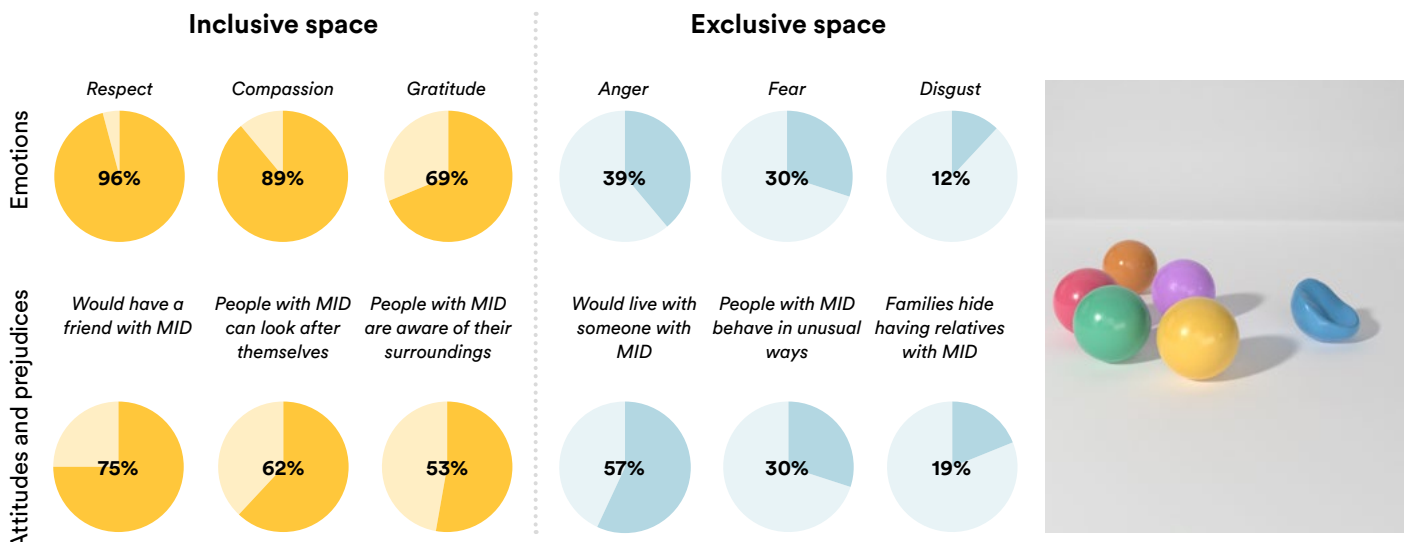
The planning and design of the study as well as the discussion of the results included the active participation of the project's members: Prode Foundation (Córdoba), APROMPSI (Jaén) and AFAMP (Bailén, Jaén), all of which are committed to improving the quality of life of people with intellectual disabilities and their families.

Project selected in the Connect Call, 2021

- 1** With regard to emotions, 96% of respondents say that they feel respect towards people with MID; 89%, compassion; 69%, gratitude; 39%, anger; 30%, fear; and 12%, disgust.
- 2** 62% believe that people with MID can lead an autonomous life and 53% that they are aware of the reality surrounding them. 75% would accept having a friend with MID, but only 57% would live with him/her.
- 3** Having acquaintances or close friends with ID influences the intensity of emotions felt towards people with MID.
- 4** Women tend to feel more compassion and respect for people with MID than men, but also more fear and disgust. Men, on the other hand, tend to feel more gratitude and anger.
- 5** The likelihood of feeling respect and gratitude towards people with MID increases over the years. Middle-aged people feel more fear than those aged over 55. Younger people tend to feel more compassion, but also more disgust.
- 6** A high level of education increases the likelihood of feeling compassion and decreases the likelihood of feeling anger, fear and disgust, although also gratitude and respect.

Inclusive and exclusive spaces for people with mild intellectual disability

Emotions, attitudes and prejudices towards people with mild intellectual disabilities, in %



Source: compiled by the author based on data from the EMODI survey.

Why are citizens prone to believe and spread fake news?

Fake news represents a threat to democracy, so it is essential to understand how it works. This study presents the results of an experiment in which a total of 2,500 participants were shown real and fake news articles from various media outlets. The narratives of these news items represented the most relevant misinformation at the time of the survey and participants were asked to decide whether each news item was true or false, and whether they would share it or not. They were also asked to answer a number of questions about their thoughts and beliefs, political orientation and personal circumstances, in order to identify which factors influenced them to give credibility to a news article and to share it.

Irene Cruz, Daniel Ortin and Jaume Suau, Universitat Ramon Llull

TheSocialObservatory

Project selected in the Social Research Call, 2021

- 1 The credibility of a particular media outlet increased the perceived veracity of a news article, regardless of whether it was based on true or false information.
- 2 A headline conveying a positive idea increased the perceived veracity of the news article and the likelihood that it would be shared.
- 3 Having a higher level of prior (self-assessed) knowledge about a topic did not reliably predict being able to identify a fake news article. But it did increase the likelihood of sharing and therefore spreading the article.
- 4 Identifying oneself as right-wing or self-identifying ideologically with the main ideas expressed in a news article was correlated with giving a greater veracity to fake news and a greater likelihood of sharing it.

Three of the fake news articles used in the experiment, presented as disseminated by real media outlets (left and centre) and an invented media outlet (right)



Note: the news articles were created for the experiment, mimicking the design of several real media outlets and including one invented outlet. The nature of the content was revealed to the participants after collecting the data. Source: compiled by the authors for the experiment.

Personal relationships of young people in Spain and Portugal: sociability, isolation and social inequality

The population of young people in southern Europe, including Spain and Portugal, has traditionally had a strong network of personal relationships, supported by a high level of sociability and the very important role played by family networks. This article uses data from the European Social Survey in its tenth wave (2020-2022) to confirm the extent to which the sociability of young people (aged 18-34 years) in these two countries resembles, or not, that of the rest of the European Union. Specifically, this sociability is compared with that of young people in the other EU countries, with the exception of Denmark, Luxembourg, Malta and Romania. The data analysed make it possible to identify their level of social isolation and the factors influencing it. The results show that sociability levels in Spain and Portugal are higher than the European average, and that affective closeness to parents scores the highest in the European Union. The inequality factors that influence social isolation among young adults are similar to those seen in other countries, although their negative effect is always more cushioned in Spain and Portugal, which leads to a lower level of social isolation.

Joan M. Verd, Mireia Bolívar and Joan Rodríguez-Soler, Sociological Research Centre on Everyday Life and Work (QUIT), Institute for Labour Studies (IET), Universitat Autònoma de Barcelona; Rita Gouveia, Social Sciences Institute, University of Lisbon

TheSocialObservatory

1

In the European Union, 52.4% of young people meet friends, family or co-workers in their free time, daily or several times a week. Spain slightly exceeds this percentage (56.0%), while Portugal is one of the countries with the highest frequency of interactions (67.9%).

2

Despite the higher frequency of interactions among young people in Portugal, the size of their personal networks is smaller in comparison with Spain and the European Union as a whole. In Portugal, the most common personal network size is 3 people, while in Spain and the European Union it is 4-6 people.

3

In Spain and Portugal, the young adult population shows a higher frequency of interaction with parents. While 70.6% of Spanish young adults meet with their parents at least once a day, in Portugal the percentage is 51.9% and, in the whole of the European Union, 49.2%.

4

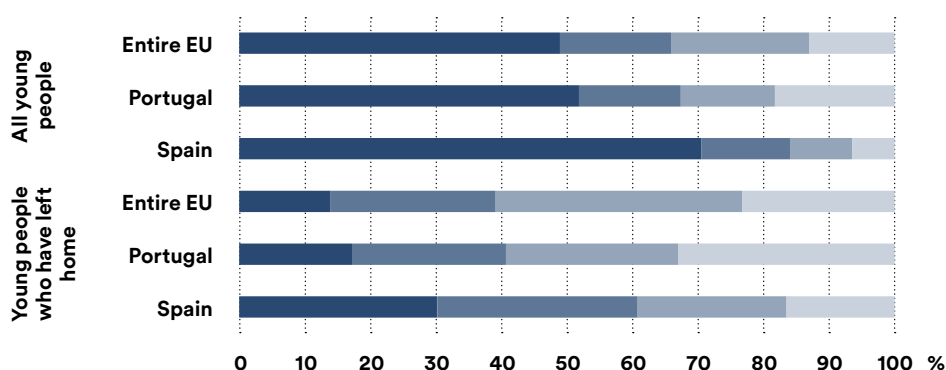
The percentage of young Spanish adults (56.6%) who declare a high degree of affective proximity with their parents is the highest in the European Union, with Portugal ranked in third position (49.5%), still much higher than the European average (37.9%).

5

Young people suffering the highest percentage of social isolation are those of foreign origin, those in a situation of greater economic vulnerability, and those in unemployment or who have been in long-term unemployment. Greater sociability and contact with the family in Spain and Portugal have an impact on lower levels of social isolation of their young people in comparison to those of the European Union as a whole.

Distribution of young people in Spain, Portugal and the entire EU by frequency with which they speak in person with their parents, for all young people and in the case of those who do not live in the same household as their parents

● At least once a day ● Several times a week
● Once or several times a month ● Less than once a month or never



Source: compiled by the authors based on the European Social Survey.



Social isolation among young people in Spain: the value of face-to-face interactions

This research analyses the relationship between social interaction, social isolation and emotional distress in young people. The data analysed come from a survey of 3,000 young people aged 18-29 and living in Spain.

It first examines the different roles of online and face-to-face social interaction, as well as their combinations, in relation to social isolation, specifically taking into account emotional and material support. It then examines the relationship between types of interaction and emotional distress, taking into account the variables of gender and age group.

The results show that a lack of face-to-face interaction is associated with the highest levels of both social isolation and emotional distress, with the level of online interaction being a secondary factor. Nonetheless, a different pattern is observed when analysing the lowest levels of social isolation and emotional distress: the least social isolation is found when high online interaction is combined with high face-to-face interaction, while the lowest level of emotional distress is found when low online interaction is combined with medium/high face-to-face interaction.

Joan M. Verd, Mireia Bolibar, Joan Rodríguez-Soler and Albert Navarro, Universitat Autònoma de Barcelona

TheSocialObservatory

Project selected in the Flash Call on the social reality of young people

1

Young people with low levels of online and face-to-face interaction are those suffering greater social isolation, in other words, they have less access to people in their social network who can provide emotional and material support.

2

Situations in which emotional and material support was needed, and yet not provided, are more likely to occur when young people have low levels of face-to-face interaction, regardless of the level of online interaction.

3

Young people with a low level of face-to-face interaction are those displaying higher rates of emotional distress, with the level of online interaction as a secondary factor.

4

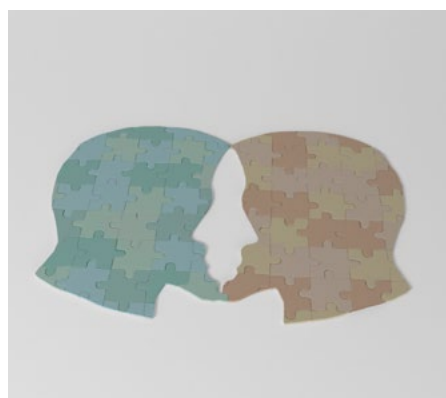
A certain cushioning effect of distress is identified among men if low face-to-face interaction is compensated by online interaction. This cushioning effect does not occur among women.

5

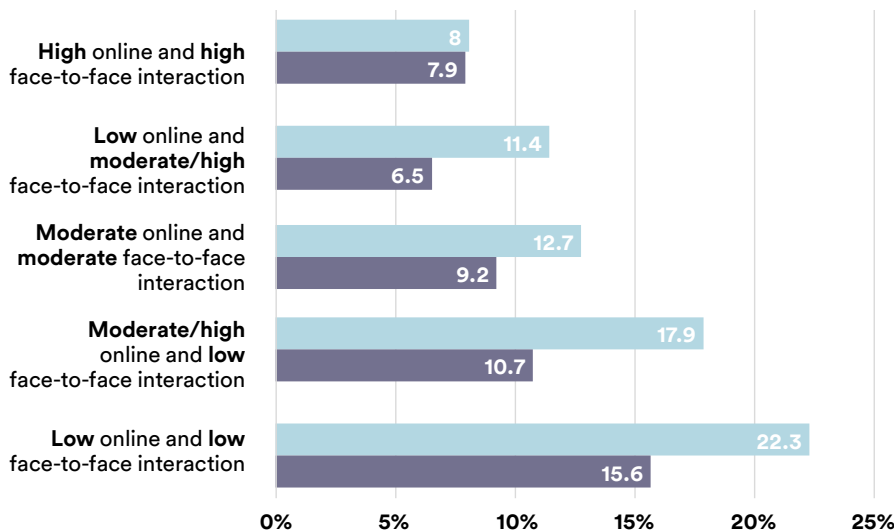
The youngest groups (18-19 years) display greater emotional distress for all combinations of online and face-to-face interaction, except when a high level of online and face-to-face interaction is combined.

Face-to-face relationships are crucial to avoid social isolation

Percentage of young people aged between 18-29 with unmet needs for emotional and material support according to combinations of online and face-to-face interaction



Social isolation measured as a lack of **emotional** support ●
 Social isolation measured as a lack of **material** support ●



Source: compiled by the authors based on the SCAPSYOUTH survey.



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