

The accumulation and interaction of factors related to deficits in health and risk of marginalisation in young adults in the Northern Finland

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Aim

Marginalisation due to deficits in individual resources is a health problem in many western societies, especially among young people. This research investigates the accumulation and interaction of individual deficits in mental health and wellbeing as potential risk factors of marginalisation in young adults. It is hypothesized that especially depression, neuropsychiatric symptoms and social and communication deficits are related to the risk of marginalisation through failure in social or academic achievements as well as rejection from military service.

Method

The multidisciplinary study utilizes two large community-based samples in the provinces of Oulu and Lapland in Finland. First one is a one-year military call-up sample including 4500 men born in 1996. The call-up sample comprises all men in our target area attending obligatory military call-up examination in the year 2014 before entering military service the next year. The other one is the Northern Finland Birth Cohort 1986 sample including 4872 men born in 1985/1986. Internationally validated questionnaires measuring health, wellbeing, and educational and occupational achievements were completed in both study populations. In addition, information from national health registers are used. Both cross-sectional and longitudinal designs are obtained as well as time-trend comparisons between the samples.

Results

The data collection in the military call-up sample ended in December 2014 with a response rate of 65%. Preliminary results show that the symptoms or diagnosis of depression were common and were related to rejection from military service.

Discussion

The research provides new information in identifying individuals and groups at risk of marginalisation because of unfavorable conditions, health deficits or insufficient personal resources.