

THE INFLUENCE OF CHURCH ON WELLBEING IN ADOLESCENTS AND MILLENNIALS

Teleios Research conducted a survey by recruiting respondents from visitors to InstaPray, a Christian Instagram account. We asked 884 participants about their Christian life and how church affected their wellbeing.

I typically attend a church service ___ times per month.

Answer	Percent
Once	4.4%
Twice	5.2%
Three	7.6%
Four or more	79.6%
I do not attend church at least once/month	3.2%

Gender

Answer	Percent
Male	26.9%
Female	73.1%

Age

Options	Percent
11-17	34.9%
18-30	39.4%
Over 31	25.8%

Location

Answer	Percent
Africa	4.6%
Asia	15.5%
Australia	2.4%
Canada	4.1%
Europe	12.7%
North America (other than USA and Canada)	2.2%
South America	2.3%
United States	56.1%

Education

Answer	Percent
College graduate or post-graduate	30.4%
Some college	19.4%
High school graduate	20.5%
Some high school	22.2%

No high school	7.5%
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Employment

Answer	Percent
Employed	37.0%
Homemaker	5.3%
Unemployed or looking for work	6.6%
Retired	1.4%
College student	17.0%
Under 18	32.7%

Religious identity

Answer	Percent
Cultural Christian	18.2%
Evangelical Christian	77.3%
Christian Seeker	4.1%
Non-Christian	0.5%

How does church/church members help your wellbeing? (choose up to 3 of the most important)

Answer	Percent
Assist spiritual growth	56.3%
Comfortable and pleasing worship surroundings	35.0%
Encouraging praise and worship	54.2%
Emotional support	38.2%
I have an area(s) that I can direct within the church	8.0%
Prayer	58.6%
Bible-based fellowship	38.0%
Opportunities for service and outreach	25.1%
Helpful programs to care for my children	3.9%
High quality small group	18.0%
My needs are met	11.4%
My children's needs are met	4.7%
None	4.6%

How does church leadership help your wellbeing? (choose up to 3 of the most important)

Answer	Percent
Bible-based teaching and preaching	75.4%
Powerful biblical vision for the church	44.3%
Supporting church programs	31.3%
Willingness to undertake church discipline	17.3%
Assisting my needs	16.2%
Encouraging, Bible-based speech	51.3%
Implementing my suggestions	7.7%
Effective pastoral care	30.3%

None

8.4%