



Forest Happiness

Mandatory questions are marked with a star (*)

The University of Eastern Finland's new project, "Forest Happiness," is a national survey which aims to reveal the connection between forests and happiness in Finland. For a respondent, the survey provides an opportunity to ponder one's personal relationship with the forest.

Answering takes about 30-50 minutes, depending on how carefully you think and how abundantly your reply is. The questionnaire contains several open-ended questions, but you need not give long, polished answers. All responses are anonymous.

The information collected will be treated confidentially as required by law (EU General Data Protection Act, 679/2016, and applicable national legislation). The final results are reported at the group level, and it is not possible to identify them at the individual level. The data will be stored securely on the server of the University of Eastern Finland and will be archived in the Finnish Forest Museum Lusto archive for further research. Results will be published in research articles, PhD dissertations and on the project's webpage.

Participation in the study is completely voluntary and you can suspend participation during the survey at any time. After submitting your responses, it is unable to withdraw the participation because it is not possible to track individual participants from the data.

Read more about the processing of personal data in the research bulletin ([link](#))

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Consent

1. I agree to participate in the research and give my consent to use the information I provide as described in the research bulletin. *

Yes. I agree to save my information

Forest Visits

This section asks you about your visits to Finnish forests, such as how often you visit, how long they last, who you go with, and what kind of transportation you use. In this study, "forest" refers to any green space that is mostly composed of trees, including city forests in addition to the old-growth forests and plantations.

2. Do you enjoy being in Finnish forests? *

Yes, always Yes, mostly Yes, sometimes No, never

3. How often do you visit Finnish forests? *

NB: Select the best alternative for each season. You can determine by yourself what is meant by visiting a forest.

	Almost daily	A few times a week	Once a week	A few times during the season	Very rarely, if ever
Summer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Autumn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. How do you usually go to Finnish forests? *

NB: You can choose multiple options

- Public transport
 - By car
 - By bicycle
 - By foot (running or walking)
 - By skiing
 - Other way
-

5. On average, how long does your visit to the Finnish forests last? (in hours or minutes) *

6. Who would frequently join you in your visits to Finnish forests? *

NB: You can choose multiple options

- Partner
- Children
- Other family members
- Friends
- Pets
- Organised group
- Others
- I go alone

7. In which life phases did you spend the most time in forests during your life so far? *

NB: You can choose multiple options

- Childhood (about 7 yrs)
- Childhood between 7-12 yrs
- Teenage between 13-15 yrs
- Teenage between 16-18 yrs
- Early adulthood (19-30 yrs)
- Adulthood (31-40 yrs)
- Middle Age (41-65 yrs)
- Old Age (Above 65 yrs)

8. In which life situations did you spend the most time in forests during your life so far? *

NB: You can choose multiple options.

- Employment
 - Unemployment
 - Being a parent of small children (< 10 yrs)
 - Pregnancy
 - Parental leave
 - Retirement
 - Having a pet
 - Illness
 - During COVID19-restrictions
 - Difficult life situations
 - Happy life situations
 - Others
-

My happy forest

In this part, you must select a specific Finnish forest that has increased your happiness. The size and variability of the forest are up to you to decide. Answer the following questions in light of that chosen forest.

9. Can you select a specific Finnish forest that has increased your happiness? If you have several forests that made or make you happy, select one of them. *

- Yes, I can select No, because no forest has ever made me happier

10. Think about the chosen Finnish forest that made you happy or increased your happiness. What factors/elements in this chosen forest have brought you that happiness? *

11. Is your chosen forest a part of your present life? *

Yes No

12. How would you describe this chosen Finnish forest? *

NB: You can choose multiple options. If the chosen forest is present in your current life primarily in the form of memories, describe the forest as it was when it increased your happiness.

- Forest near home
- Forest near a summer cottage
- City forest
- Yard forest
- Shoreline/lake forest
- Forest owned by me
- Forest owned by my family
- Protected forest (national parks, nature reserves)
- Spruce forest
- Pine forest
- Deciduous forest
- Mixed forest
- Herb-rich forest
- Forest with a lot of deadwood
- Clearcutting area
- Old-growth forest
- Young forest
- Sapling stand
- Managed forest

- Natural forest
 - The forest I chose does not exist anymore
 - The forest I chose has changed over time
 - Other definition
-

13. What is the approximate distance between your permanent place of living in Finland and this chosen Finnish forest (in kilometres)? *

14. How often do you visit this chosen Finnish forest? *

NB: Select the best alternative for each season. If the chosen forest is present in your current life primarily in the form of memories, and you do not really go there anymore, answer based on your past experience.

	Almost daily	Once a week	A few times a week	A few times during the season	Very rarely, if ever
Summer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Autumn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My happy forest

15. If you feel or felt better after visiting this chosen forest, how would you describe your feelings? *

16. Can the chosen forest or visiting there affect you negatively in any way? *

Yes No

17. Please describe how visiting the forest of your choice could negatively affect you.

18. Are you able to or have you been able to influence the management of this chosen forest anyhow? *

Yes No

19. Describe in what ways you can or have been able to influence the management of your chosen forest.

20. Which of the following would you usually do on a visit to the chosen forest and Finnish forests in general?

NB: You can select those activities which you practice in the chosen forest and Finnish forests in general. If the chosen forest is present in your current life primarily in the form of memories, and you do not really go there anymore, answer based on your past experience. If you could not select a specific Finnish forest in the previous questions, report your general forest use only.

	The forest you chose	Other forests
Picking forest products (berries, mushrooms, herbs, sprouts and other non-timber forest products)	<input type="checkbox"/>	<input type="checkbox"/>

	The forest you chose	Other forests
Hunting	<input type="checkbox"/>	<input type="checkbox"/>
Making firewood	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>
Cycling	<input type="checkbox"/>	<input type="checkbox"/>
Skiing	<input type="checkbox"/>	<input type="checkbox"/>
Hiking	<input type="checkbox"/>	<input type="checkbox"/>
Playing	<input type="checkbox"/>	<input type="checkbox"/>
Walking the dog	<input type="checkbox"/>	<input type="checkbox"/>
Orienteering	<input type="checkbox"/>	<input type="checkbox"/>
Geocaching	<input type="checkbox"/>	<input type="checkbox"/>
Driving a motor vehicle	<input type="checkbox"/>	<input type="checkbox"/>
Camping	<input type="checkbox"/>	<input type="checkbox"/>
Picnicking	<input type="checkbox"/>	<input type="checkbox"/>
Meditation	<input type="checkbox"/>	<input type="checkbox"/>
Relaxing	<input type="checkbox"/>	<input type="checkbox"/>
Climbing trees	<input type="checkbox"/>	<input type="checkbox"/>
Tree hugging	<input type="checkbox"/>	<input type="checkbox"/>
Photographing	<input type="checkbox"/>	<input type="checkbox"/>
Observing nature (e.g. birds, plants, insects)	<input type="checkbox"/>	<input type="checkbox"/>
Observing forest growth and condition	<input type="checkbox"/>	<input type="checkbox"/>
Doing forestry work	<input type="checkbox"/>	<input type="checkbox"/>
Planning forestry activities	<input type="checkbox"/>	<input type="checkbox"/>
Spending time alone	<input type="checkbox"/>	<input type="checkbox"/>
Spending time with others	<input type="checkbox"/>	<input type="checkbox"/>
Others	<input type="checkbox"/>	<input type="checkbox"/>

How happy are you in general?

This section deals with questions that assess the overall happiness and the role of forests in this happiness. Here, the forests refer to all forests in general, not just the one forest you chose above.

21. How strongly your overall happiness depends on forests? *

I would be considerably unhappier without my relationship with forests

- I would be somewhat unhappier without my relationship with forests
- I would be equally happy even without my relationship with forests
- I would be happier without my relationship with forests

22. How do you believe your life has been going recently? *

	All of the time	Often	Some of the time	Rarely	Never
I am satisfied with my life	<input type="radio"/>				
I have felt cheerful and in good spirit	<input type="radio"/>				
I have felt calm and relaxed	<input type="radio"/>				
I have felt active and energised	<input type="radio"/>				
I have been thinking clearly	<input type="radio"/>				
I have been feeling close to other people	<input type="radio"/>				
It is more important that I really enjoy what I do than that another person is impressed by it	<input type="radio"/>				
I believe I know my best potential and try to develop them whenever possible	<input type="radio"/>				
My life is centred around a set of core values and/or beliefs that give meaning to my life	<input type="radio"/>				

23. Think, precisely, about what makes you happy about Finnish forests in general. Assess how strongly each of the following factors influences your happiness. *

	Very strongly	Strongly	To some extent	Not at all	I do not know
Beautiful landscape	<input type="radio"/>				
Contact with nature	<input type="radio"/>				
Colours and shapes of forests	<input type="radio"/>				
Sounds of the forest (e.g. fluttering leaves, singing birds)	<input type="radio"/>				
Scents of the forest (e.g. wet ground, pine resin, deadwood)	<input type="radio"/>				
Material benefits of the forest (e.g. berries, mushrooms, herbs, wild meat, wood)	<input type="radio"/>				
Opportunities for physical activities and recreation (e.g. walking, skiing, cycling, picnicking, forest work)	<input type="radio"/>				
History, culture, and traditions	<input type="radio"/>				
A place for social interactions	<input type="radio"/>				
Opportunities to be alone in peace	<input type="radio"/>				

	Very strongly	Strongly	To some extent	Not at all	I do not know
Space and freedom	<input type="radio"/>				
Silence and tranquillity	<input type="radio"/>				
Stress relief, reducing anxiety and depression	<input type="radio"/>				
Nostalgic memories	<input type="radio"/>				
Accessibility	<input type="radio"/>				
Easiness to move inside a forest	<input type="radio"/>				
Nearness to home or summer cottage	<input type="radio"/>				

Forests and decreased happiness

This section deals with potential negative effects of forests on your happiness.

24. Could Finnish forests decrease your happiness anyhow? *

- No, never
 Yes, sometimes
 Yes, most of the time
 Yes, always

25. Think about a specific Finnish forest that has decreased your happiness. What aspects related to this forest have decreased your happiness? What kind of feelings or emotions do you experience during or after visiting this forest?

26. How much do the following unfavourable characteristics of Finnish forests bother you or make you feel uncomfortable? Think here of Finnish forests in general. *

	Very Strongly	Strongly	To some extent	Not at all	I do not know
The forest can be unaesthetic	<input type="radio"/>				
The forest can be insufficiently managed	<input type="radio"/>				
The forest can be managed in a wrong way	<input type="radio"/>				
The forest can disappear because of clearcutting	<input type="radio"/>				

Very Strongly Strongly To some extent Not at all I do not know

The forest can disappear because of changes in land-use	<input type="radio"/>				
The forest can be felt dangerous and threatening	<input type="radio"/>				
The forest can be felt uncomfortable (eg. because of mosquitos or elk flies)	<input type="radio"/>				
The forest can be disturbingly noisy	<input type="radio"/>				
The forest can be fully packed with other visitors	<input type="radio"/>				
The forest can be destroyed by natural hazards or pests	<input type="radio"/>				
The forest biodiversity can be destroyed by intensive forest management	<input type="radio"/>				
The forest can be destroyed by pollution or littering	<input type="radio"/>				
The forest can be difficult to access	<input type="radio"/>				
The forest can be too far from home	<input type="radio"/>				
Moving inside the forest can be difficult	<input type="radio"/>				

27. Please share if you want to tell something more about the negative feelings caused by Finnish forests, forest use or forest policy discussion.

Respondent characteristics

In this part, we ask for personal information that is used in the analysis. Identifiable personal information, such as name, is not asked. With the aid of the collected data, we analyse whether personal variables affect peoples' experiences of forest-related happiness. We also ask two questions about your health condition, because happiness has often been associated with the absence of illness. However, these two questions are not mandatory and leaving them unanswered do not harm the study.

28. In what part of Finland do you currently live? *

- City or town center Suburban area around city center
 Village center in the countryside Countryside outside village center

29. Gender & Age *

NB: Put your age in the box next to the appropriate gender.

Prefer not to say

Female

Male

Other

30. What region do you culturally identify with? *

NB: You can choose multiple options.

Northern Europe

Southern Europe

Eastern Europe

Western Europe

Central Asia

Southern Asia

Western Asia

Southeastern Asia

Middle East

Northern Africa

Eastern Africa

Middle Africa

Southern Africa

Western Africa

North America

Central America and the Caribbean

South America

Australia and New Zealand

Oceania

31. If you were born outside Finland, how old were you when you moved to Finland?

32. If you were born outside Finland, how long have you lived in Finland (years)?

33. Employment status *

- Employed Self-employed
 Unemployed Student
 Retired Others
-

Respondent characteristics

34. What is the highest level of education which you have completed or are studying? *

- Comprehensive school education Upper secondary education
 Vocational education and training Higher education (Bachelor's, Master's, or equivalent)

35. In what kind of environment did you mainly spent your childhood and teenage years (to the age of 18 years)? Select the most describing alternative. *

- City or town center Suburban area around city center
 Village center in the countryside Countryside outside village center

36. Do you or your family own a forest? *

- Yes No

37. Do you hunt or participate in hunting? *

- Yes No

38. Is your present or previous job related to forests somehow? If yes, please specify how your job or job tasks are related to forests.

39. How would you evaluate your overall health?

NB: You can choose multiple options.

- I prefer not to say
- Physical health issues
- Psychological/ Emotional/ Mental health issues
- I am healthy

40. Does your health condition limit you from visiting the forest?

- I prefer not to say
- Yes
- No

41. Do you have anything else regarding the survey or the topic that you would like to tell or comment?

Thank you for your participation! Results will be presented on the project webpage.

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