

YOUNG ADULTS IN THE ISRAEL-HAMAS WAR

How have young adults aged 18-34
been affected by the war?

This question was examined in an online self-reported survey conducted from January 23 to February 8, 2024, approximately three and a half months after the outbreak of the war. The survey was carried out among a sample of 701 young adults representing the Jewish and Arab population in Israel. The study was commissioned by the Youth Authority in the Ministry of the Negev, Galilee, and National Resilience.

Myers JDC
Brookdale

50
1974-2024

2,276,900
Young adults
aged 18-34

53%
of the civilians and
soldiers killed were
aged 18-29*

*Up to the 150th day of
the war; Roda et al., 2024

17.1%
Their proportion
in the population

25%
reported being
directly affected

(injured / evacuated /
their house or other
property destroyed / they or their partner was
drafted / were in a community infiltrated by
terrorists or at one of the parties in the area)

41%
of the respondents
were either affected
themselves, or had
family members,
friends or acquaintances
who were harmed
(killed / injured / kidnapped /
their house destroyed)
or both

Education

23%
planned to study
in the 2023/24
academic year,
but cancelled their
plans due to the war

35%
Arabs

19%
Jews

not planning to
enroll next year
8%
do not know
whether they
would enroll
next year
35%
planning to
enroll next year
57%

Planning to enroll next year
70%
Arabs
49%
Jews

Employment

28% had to leave their jobs*

(furloughed / dismissed / closed their
business / drafted / could not arrive
at work due to the security situation)

*including temporary leaving

Reasons for not working:

Reserve
duty

22%
Men
3%
Women

Layoffs

3%
Men
15%
Women

Furlough

27%
Jews
54%
Arabs
23%
in
central
Israel
48%
in the
periphery

Financial Situation

Increase in the
percentage of young
adults with a negative
bank balance

before the war
23%
at the time of survey
33%

Difficulty meeting
financial obligations due to the war

36%
ability
somewhat
affected
17%
ability
significantly
affected

Severe deterioration in financial
situation mainly among:

Arabs
Young adults in the periphery
Young adults with disabilities

Health

experienced
deterioration
in mental
health

50%
61%
Women
38%
Men
66%
Arabs
44%
Jews
and others
78%
Young
adults
with
disabilities
48%
Young
adults
without
disabilities

17%
experienced
deterioration
in physical
health

71%
felt stressed
or anxious

61%
felt depressed

Housing and Community

3%
have been
evacuated

evacuated
from
the north
30%

evacuated
from
the south
70%

43%
of evacuees remained
with their community
of origin

Support Systems

Almost all young adults have at least
one person to turn to in times of crisis

91%

30%
one
person

25%
two
persons

23%
three
persons

13%
four persons
or more

60%
rely on their parents
at a time of crisis
or distress

50%
rely on their
partner

Nobody to
turn to

Arabs
18%
Jews
5%

Young adults
with disabilities
25%
Young adults
without disabilities
7%

Trust in Political and Public Institutes

The young adult's level of trust in the government was the lowest

75%

69%

58%

50%

46%

45%

26%

IDF

Health
services

Police

Education
services

Local
authorities

Welfare
services

Government

33%
reported a decrease in
their trust in the IDF

64%
reported a decrease in their
trust in the government

Low level of trust
particularly among:

Arabs
Young adults with disabilities

High level of
trust among:

Ultra-Orthodox Jews

Optimism

About half believe that their financial situation and lives will be better in the future

54%

Highly optimistic

Pessimistic

55%
Non-Ultra-Orthodox
Jews

72%
Ultra-Orthodox
Jews

11%
Jews and others

27%
Arabs

Vulnerable Groups

The likelihood of experiencing mental health deterioration following the war

x3.52

x2.62

x2.34

x2.00

x1.84

x1.80

Young adults
with disabilities

Women

Arabs

Young adults
with reduced
economic means

Pessimistic
(thinking life
would be worse)

Young adults in non-
marital relationships
(as opposed to
single young adults)

Young adults are a key part of the
future of society and constitute
the engine of its economic
growth. Over the past four years,
they have faced two major crises:
the COVID-19 pandemic and the
Israel-Hamas war.

For the past several months,
they have borne the burden of
defending the country out of
a sense of mission, exhibiting
impressive resilience. However,
the accumulated impact of the
events tends to erode it.

The research findings point
to the damages of the war in
many life areas: education,
employment, health and more.
They point to the need for a
comprehensive response that is
focused on the needs of young
adults and that will help them
return to their life trajectories.

To this end, a dedicated budget
is needed in order to provide
assistance that will improve the
condition of young adults in the
short and long term and will
expedite their recovery. Special
attention should also be directed
toward groups at greater risk of
being affected, and effort should
be invested in tailoring the
solutions to their needs.

Read the full report