



**The Galilee Society**  
The Arab National Society for Health Research and Services



**RIKAZ**  
The Center for Applied Social Research

# **Youth Survey**

## **In the Palestinian Community in Israel,**

### **2020**

**Summary of Findings**

**Dr. Mohammad Khatib**  
**Doa'a Zaid**  
**Ahmad Sheikh Muhammad**

June 2021



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# FOREWORD

Since its establishment, The Galilee Society has worked to meet the needs of the Palestinian Society in Israel. Initially it worked to monitor and meet health and environmental needs, which is carried out by the Environmental Justice Center and the Center for Health Rights in the organization. With time, it expanded to include laboratory scientific research and comprehensive social research administered by the Institute of Applied Research and Rikaz Center for Applied Social Research.

Since the beginning of its journey, the Galilee Society has realized the great strategic importance of producing information and utilizing it in development and planning to benefit the Palestinian society in Israel. The Rikaz Center has been established to provide highly reliable, up to date and representable data in various aspects of life: social, economic, health and environmental.

Over the past two decades, Rikaz has carried out many extensive field surveys, some of which were carried out periodically, such as the socio-economic survey conducted five times, the local authorities and the local government survey, which was carried out twice. Additionally, Rikaz carries out the domestic violence surveys, the community violence surveys, the environmental-health survey, as well as several other research on various health topics.

Today, with great pride and responsibility, we present this report on the extensive survey on Palestinian youth (age 18-35 years) in Israel covering various areas of life.

This survey is part of our strategy of monitoring the reality of Palestinian society in Israel and providing the required and up-to-date database to develop practical programs required for its growth and prosperity.

Finally, we would like to extend our genuine gratitude to all those who participated and contributed to this survey: the participants and their families, the staff, the steering committee and the research team at Rikaz Center.

Sincerely,

**Dr. Jamal Dakdouky**

Chairperson of Board of Directors

**Ahmad Sheikh Muhammad**

General Director

**The Galilee Society**



# **The Galilee Society**

## **The Arab National Society for Health Research and Services**

### **Who are we**

The Galilee Society is the largest and the most deeply-rooted Arab professional association in the Palestinian society, established in 1981. The Society is working on improving the health and environmental conditions of the Palestinian society in Israel and asserting their rights in these areas through research studies, technological development, public action and influencing domestic and national policies. The Society employs specialists from related fields as well as researchers in the fields of social and biotechnological research.

The Galilee Society is a leading non-partisan professional organization in the field of health and environment. It has become a reference for community-wide knowledge, information and cooperation, researchers, students, schools, local authorities, civil society organizations, the Ministry of Health and academic and other research institutions. The Galilee Society is well known among the Palestinian and research communities as a leading organization in biotechnology academic research, which aims to find suitable solutions for environmental problems such as olive oil waste and treatment of industrial sewage, as well as advancing bioenergy and medicinal herbs.

### **Scope of Work:**

#### **“Rikaz”- The Center for Applied Social Research**

“Rikaz” is a center for applied social research within the Galilee Society characterized by working in and for the Palestinian society. It works on diagnosing issues that require research in the Palestinian society, in addition to gathering, analyzing and processing socio-economic information on a regular basis. Rikaz's work is characterized by a research methodology based on personal interviews, reaching a very wide sample of the Palestinian community from the Galilee to the Naqab, and reflecting the diversity of the

Palestinian society (for example, living in a recognized / unrecognized village, a mixed /unmixed town, small / medium / large town).

Rikaz aims to be a reliable and up-to-date source of information to form the basis for the strategic social planning of the Palestinian community in the country. Through Rikaz's research, the attitudes and perceptions of the Palestinian society reach decision makers.

### **“Rikaz” Objectives:**

- Producing reliable and updated data on the Palestinian society in Israel in the social, economic, health and environmental fields for academic research and policy development at the local and national levels.
- Developing the knowledge produced by the surveys to draw a holistic picture through the use of information from other sources (Central Bureau of Statistics, National Insurance Institute and others) and making it available to the public.
- Working to help decision makers and following up on the needs of the Palestinian society, by using the information available to develop policies and allocate in-kind resources to meet these needs.

### **Institute of Applied Research**

The Society works in the field of research through the Institute of Applied Research in Shafa'amr, which is equipped with modern laboratories and employs the best researchers in the field. Since its founding, the Society established seven start-up companies; one of them is the well-known “Enzymotec” company, a business and large factory that employs approximately 200 workers in “Majdal Haa'mek”.

The Institute is supervised by the University of Haifa and is recognized by the Ministry of Science and Technology. **Its main objectives are:**

- Development of applied regional research in the fields of environment, health, agriculture and medicinal herbs, biotechnology, molecular biology and others.
- Improving the health, economic and social conditions of the community through applied research that benefits the public.
- Developing innovative technologies and industries.
- Building networks of cooperation with researchers in research institutions in the country and the world and initiating joint research proposals.
- Investing in young researchers and developing human capital in the region.
- Developing relations with local authorities, city federations, industries, public and agricultural institutions and schools.
- Strengthening relations with the society through education and counselling.

### **Center for Environmental Justice**

The Center for Environmental Justice views environmental security as a fundamental human right that must be equally accessible to all citizens, allowing them to live in a sustainable and healthy environment. The Center works to promote environmental values and behaviors among the public, to raise awareness and advocate for the realization of environmental rights and to achieve environmental justice for the Palestinian society in this country. The Center's work is based on three strategies: community education and awareness, advocacy, research.

### **Objectives of the Center for Environmental Justice:**

- Protecting the environmental rights of the Palestinian society through prosecution, deterrence, regional campaigns and the dissemination of environmental research and surveys.

- Raising the awareness within the Palestinian society regarding the importance of preserving the quality of the environment and promoting environment friendly practices.
- Enabling citizen groups to take effective measures on environmental issues through professional counselling and training.
- Fostering professional dialogue with local, regional and international organizations on environmental rights of interest to the Palestinian society in Israel.

### **Center for Health Rights**

The right to health is a fundamental right guaranteed by international laws and charters. However, implementation of this right in Israel varies from one region to another and is affected by the distance from the center, the level of awareness, socio-economic levels and ethnic affiliation. Through its various activities and partnerships, the Galilee Society works to monitor and compare the level of health services provided to Arab citizens and follow up on the gaps between the Center and the other regions and between the Arab and Jewish societies. This is in addition to its long-term work in health awareness and education through various in-kind projects.

### **The Education Center**

Science may set limits to knowledge, but should not set limits to imagination; for our belief that education and knowledge are fundamental pillars for development in several areas, and that dissemination of scenic knowledge goes hand in hand with research. Also in an effort to narrow the gap between academic research and society and its various components, the education center was established to be the educational arm of Galilee society, which has many projects and educational programs that concern students, teachers and the wide public, in aim to enhance imagination and creativity, and to experience the pleasure of exploring. These activities are planned and implemented according to high academic standards, with the participation of the center, inspection staff and program committees of the Ministry of Education.

**Goals of the Center:**

- Developing the research skills of the students through scientific programs and activities that accompany the world's leading scientific research.
- Promoting leadership role and developing leadership capacities that raise public educational awareness and moving forward in the rise of our society.
- Achieving behavioral changes by awareness-raising programs and workshops, on science, environment and sustainability.
- Developing educational materials and units, through conducting field research, and based on the results of international research in the field.
- Professional development for teachers in the field of education, through training programs and varied courses.



# **Youth Survey in the Palestinian Community in Israel**

## **Survey Objective**

The survey on Palestinian youth in Israel aims to provide statistical data in the following areas:

- The most important demographic characteristics of the Palestinian youth in Israel.
- The educational characteristics of youth: educational attainment and specializations, household education, positions towards higher education, and factors affecting decision-making to pursue higher education.
- The health status of youth: health conditions, chronic diseases and treatment received, health behaviors such as smoking, exercise and nutrition, in addition to fertility and mental health.
- Labor force characteristics: participation and relationship to labor force and unemployment rates, occupations, wages, employment type, distance from the workplace, satisfaction with career choice, and working conditions.
- Social life: self-satisfaction and social activism, in addition to social capital, where the individual assesses their feeling of safety and confidence in the surrounding environment and institutions.
- Self-identity: the individual's definition of themselves in terms of identity and religious commitment and considering religion as a reference in social and economic matters, in addition to collecting data on military service, civil service, its actions and motives, and volunteer work.
- Types of popular culture among individuals and their practice of cultural and entertainment activities: activities, use of technology and social media, and ways of using them.

- The views and attitudes of youth on many matters such as: attitudes towards women joining the workforce, higher education, the benefit of higher education, and the role of high schools.

## **Methodology**

This survey is based on a sample of 1,872 Palestinian households in Israel, distributed by strata depending on stratum size, of which 674 households are in the North (28 statistical areas that include 22 communities), 325 households are in the Haifa region (14 statistical areas that include 10 communities), and 320 households are in the South. (14 statistical areas that include 11 communities, 6 of which are unrecognized), and 216 households in the Center (9 statistical areas that include 7 communities), including 4 mixed cities, namely: Haifa, Nof Hagalil (known previously as Nazareth Illit), Jaffa and Ramle, (7 statistical areas, 168 households). The field staff began collecting data in mid-November 2019 and continued work until the beginning of March 2020. In the wake of the COVID-19 pandemic and in the final stages of fieldwork, it became impossible to visit families and conduct direct interviews with the respondents, and accordingly the field work was terminated after completing 1535 forms. Thus, the total percentage of completed forms in this survey is about 82% of the households in the field. The response rate reached 73% of the total number of households visited in the statistical enumeration areas in which the cases of refusal were recorded.

The following are the most prominent results:

## **Socio-economic Background**

- The population of the Palestinian youth group in Israel (the 18-35 age group) (not including Jerusalem and the Golan Heights) at the end of 2019 is estimated at 439,200, who constitute 28.4% of the total Palestinian population in Israel, distributed as 48.9% females and 51.1% of males.
- The youth group is divided into 46.7% in the 18-24 age group and 27.7% in the 25-29 age group, while the 30-35 generation group constitutes

25.7%, and it should be noted that the 18-24 age group constitutes 52% of the youth group in the South.

- 47.6% of youth are single and 39.2% are married, and the percentage of divorced women is 2.5%.
- 10.4% of youth did not complete high school, with 12% of the males not completing compared to 8.8% of the females. In the 30-35 generation group, this percentage increases to reach 14.3%.
- 17.2% hold a university degree (at least a first degree), and this percentage increases to 21.5% of females compared to 12.9% of males.
- 61.1% of youth said that their income as a household is below the general average.
- In 68.2% of families the number of children is 1-2, while in a quarter of families (25.5%) the number of children is 3-4, and in 6.3% the number of children is 5 or more, and this percentage rises to 25.5% in the South.

## **Labor Force**

- The participation rate in the labor force reached 64.7% among Palestinian youth in Israel between the ages of 18-35 years, 77.8% of males, compared to 51.1% of females.
- The rate of participation in the labor force increases with age among the youth, as it constitutes 46.5% in the age group 18-24, compared to 78.6% in the 25-29 age group, and reaches 82.7% in the 30-35 age group.
- 64.7% of working youth are employed in full-time employment compared to 14.2% in part-time employment.
- The unemployment rate among Palestinian youth in Israel is 8.1%.
- Women stand out in academic professions (12% compared to 6.8% of men) and in technical professions (29.1% compared to 9.8% of men). 15.3% of young women work in clerical and secretarial work compared to 2.4% of men.
- 83.8% of working youth are salary-based employees, of whom 23.2% work in the government sector, 40.2% work in the Arab private sector, 20.4% work in the Jewish private sector, while 14.1% are independent and self-employed.

- The average net monthly income of a young Palestinian between the ages of 18-35 years in Israel is 6,979 NIS, and the income level increases with age and educational attainment.
- Nearly half of working youth (48.7%) work in their fields of specialization, while 2.4% of those with specialization indicated that they could not find work opportunities in their fields.
- 21.9% of the youth work in their hometowns, within a distance of 1 km from their place of residence.
- The economic gain is the main factor for 33.8% of women to join the labor force. On the other hand, the employment qualification of 24.6% and proximity to the workplace from their place of residence for 20.3% are among other major factors of working women to join the labor force.
- 24.3% of the youth in general still agree with the statement “the place of women is the home” (housewife), 34.4% of males and 13.9% of females.
- 82.4% of the working youth are satisfied / very satisfied with their work conditions compared to 13.6% who are dissatisfied, while 87.8% are satisfied with their choice of profession.
- 78.9% of working youth are satisfied with their ability to balance their work with their private life, while 47.1% indicate that the fatigue that working causes is the central factor for their lack of enjoyment in doing household activities.

## **Education**

- 19.9% of youth are enrolled in higher education, while 17.4% have graduated at university level.
- 10.4% of youth did not finish high school, distributed as 12% of males compared to 8.8% of females, and this percentage drops from 14.3% in the 30-35 age group to 7.5% in the 18-24 age group.
- The majority of youth believe secondary schools have an important or very important role in teaching ‘societal values’, focusing on educational attainment, enabling students to invest in their abilities and develop analytical and critical thinking abilities.
- 17.2% of youth hold an academic degree (bachelor’s degree or higher), 12.9% of males compared to 21.5% of females, 1.7% of youth hold a master’s degree, and 1.6% of youth hold a PhD or above.

- 60.2% of those who enrolled in higher education reported their decision was not influenced by anyone, compared to 24.9% who reported their parents influenced their decision. The influence of parents appears more on males, as 27.9% of them indicated that compared to 22.9% of females.
- The most common specialization among Palestinian youth in Israel between the ages of 18-35 years is in allied medicine subjects (such as nursing, pharmacy, occupational therapy, and others) with a rate of 19.9%, distributed as 22.3% among men and 18% among women.
- Specializations in humanities, such as languages and literature, are the most popular among females, 20.1% of them reported that they have specialized in one of these fields compared to 6.3% of males. Specialization in the fields of education is also prominent among females, at 18.4% compared to 8.9% for males.
- 77.8% of youth believe that Arabs should invest in higher education, as it is a necessity to succeed in various aspects of life.
- 72.5% believe that the admission requirements to universities in Israel (not including colleges) are difficult, which constitutes a barrier to enrollment in higher education.
- More than 70% of youth state that their level of proficiency in Hebrew is good in writing, reading and speaking, and between 32-42% indicated that they have a good command of the English language.

## **Identity and Belonging**

- 43.5% of youth define themselves as Arabs, 33.3% define themselves according to their religious affiliation, compared to 14.8% who define themselves as Palestinian, and 8.4% who define themselves as Israelis.
- The highest percentage of youth who define themselves based on their religious affiliation is in the Center and South regions (47.2% - 45.5% respectively) compared to about 27% in the Haifa and North regions.
- 16.5% of youth define themselves as non-observant in terms of religion compared to 22.9% who define themselves as observant who practice religious duties constantly.
- 52.2% of youth reported that religion is their reference in social and economic issues to a large extent.

- 5.3% of youth reported that they served in the military service and 8.4% served in the civil service.
- 6.5% of males served in the civil service compared to 10.3% of females.
- 23.2% of males and 29.2% of females volunteered in the community.
- 20.4% of those who served in the civil service received support from their relatives, while 33.5% faced opposition from their relatives.
- 33.1% of youth reported that they had been subjected to racist treatment (unfair treatment for being Arab) by employees of the security and judiciary agencies, sometimes (23.4%) and always / often (9.7%).
- Youth reactions to the racist treatment they receive vary between expressing this verbally or emotionally (63%) and taking more practical steps to prevent it (58.7%).
- 15.4% reported physical reactions, such as headaches and stomachaches, feeling tension in the muscles, or an increase in the heartbeat.
- 10.1% of youth stated that they think about immigration, the main motives for this are the search for a better quality of life abroad (42.9%), improving the economic situation (24.7%) and solving the housing problem (11%).

## **Social Life**

- The degree of social interaction is relatively low among youth, and the degree of interaction increases directly with the progress of educational attainment.
- 94.8% of employed youth reported they enjoy good relations with their colleagues at work.
- 93.2% of youth describe their relationships with their neighbors as good or very good.
- The level of trust youth have in the people surrounding them is medium, with the trust level reaching 2.98 (on a scale of 1 to 5).
- 68.5% of youth have little trust or no trust at all in the government, 62.9% do not trust the police force, and 62.5% do not trust the Israeli parliament (the Knesset).
- 54.8% have no trust in the Arab media in the country and 47.9% have no to little trust in the High Follow-up Committee for Arab Citizens in Israel.

- 68.2% of youth reported that they did not participate in any public activity during the 12-month period preceding the data collection phase.
- 77.3% of youth rate themselves as happy, and the percentage of those who feel happy decreases with age.
- 62.5% reported that they participated in both parliamentary and local council elections, 65.3% of males and 59.5% of females.
- The percentage of participants in the local council and parliamentary elections varies, as the highest percentage is in the North, at 68.6%, compared to 57.4% in the South, 56.2% in the Center, and the lowest is in Haifa region with 55%.
- 54.5% of youth generally spend their spare time with family.
- The percentage of youth who read newspapers occasionally or always is 40.2%, while 59.9% stated that they do not read newspapers at all.
- 79.8% of youth expressed their satisfaction with their life in general, and this percentage increases among married people (87%) compared to others (77.1%).

## **Health**

- The majority of youth (85.4%) define their personal health status as good or very good.
- 11.5% of youth suffer from chronic diseases, and the percentage increases with age, reaching 20% in the 30-35 age group.
- 15.9% of youth take medication for chronic diseases, and the percentage increases with age, reaching 23.3% in the 30-35 age group.
- The percentage of smokers among youth in the Palestinian community in Israel is about 22.3%, distributed as 41.4% of males and 2.8% of females.
- 26.5% of the youth smoke Hookah, 43.1% of males and 8.5% of females.
- 42.5% of youth are active (they exercise and play sports), 40.6% of men and 44.5% of women.
- 37.2% of those who exercise do so according to the recommendations (30 continuous minutes, at least 3 times a week).
- The percentage of youth active increases with the increase in educational attainment and the level of income.
- The maintenance of health and fitness is the main motive for exercise among youth.

- Walking is the most common sport among youth, about 49% reported that they practice this type of sport, followed by running by 31.5%, swimming by 23.1% and football by 17.1%.
- 38.1% of youth eat fast food on a daily basis (45.6% of females and 30.8% of males).
- 53.2% of youth in general drink energy drinks one or more times a day.
- Only 6.3% of youth practice a vegetarian or vegan diet (4.1% vegetarian and 2.2% vegan), 3.4% of males and 9.2% of females.
- 20.6% of married couples who have children have experienced difficulty or delay in conceiving (unintentionally), while 8.6% received medical consultation on fertility issues and 5.2% indicated that they received treatment for conception.

## **Marriage**

- 39.2% of Palestinian youth in Israel (ages 18-35) are married, and 9.5% are parents.
- 44.6% of married people are related to their partner, and this percentage drops to 33% in the Haifa region, while it increases to 68.9% in the South.
- The percentage of consanguineous marriage decreases in the 18-24 age group, reaching 38%, and increases to 56.3% in the 30-35 age group.
- 39.3% of youth do not favor consanguineous marriage, 25.3% oppose it, and 35.4% say that they do not object to it.
- The main obstacles to marriage for young males are the lack of housing opportunities (37.6%) and economic hardship (33.5%). As for young females, the main obstacle was the lack of a suitable partner at a rate of 54.9%.
- From the youth's perspective, the preferred age for marriage for a man is 27 years, while the preferred age for marriage for a woman is 23 years.
- 62.7% of youth oppose mixed marriage - meaning marriage to other religions - by 59.5% of males and 66.1% of females.
- The majority of youth (77.2%) oppose early marriage, while 10.5% of them stated their support for early marriage for girls and their opposition to it with regard to boys.

## **Use of Technological Means**

- The "WhatsApp" application is the most used means of communication among youth, with 91.4% of youth indicating that it is used at a high rate of frequency.
- 68.7% of youth use the social networking site "Facebook" at a high rate of frequency compared to 50.8% of the youth who use "YouTube" and "Instagram" at a high rate of frequency.
- The percentage of social media users decreases with age. The main differences between males and females appear in the use of "Instagram" and "Snapchat" applications, as 60.3% of females compared to 41.7% of males use "Instagram" at a high rate of frequency and 34.3% of females use "Snapchat" at a high rate of frequency compared to 19.2% of males.