

American Views on Emotions and Adversity

A SURVEY OF 1,200 AMERICANS

Lifeway **research**

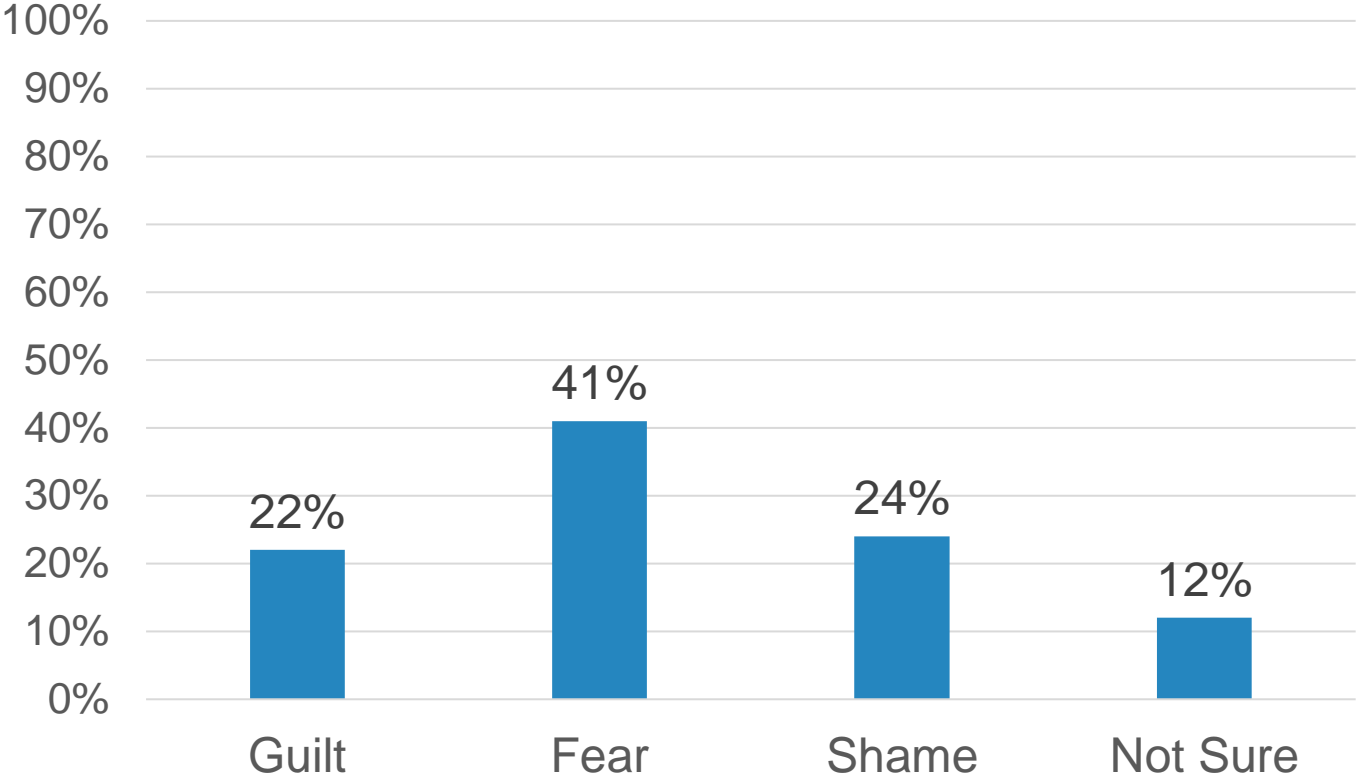
Methodology

- The online survey of 1,200 Americans was conducted September 9-23, 2020 using a national pre-recruited panel
- Quotas and slight weights were used to balance gender, age, region, ethnicity, education, and religion to more accurately reflect the population
- The sample includes an over-sample of Americans with Evangelical Beliefs providing additional reliability for breakouts of this group. Totals for all Americans reduce these responses to their correct proportion through weighting
- The completed sample is 1,200 surveys
- The sample provides 95% confidence that the sampling error from the panel does not exceed $\pm 3.2\%$ This margin of error accounts for the effect of weighting
- Margins of error are higher in sub-groups
- Comparisons are made to a survey of 1,000 Americans conducted the study Sept. 27 – Oct. 1, 2016 using the web-enabled KnowledgePanel®

Definitions

- **Evangelical Beliefs** are defined using the NAE Lifeway Research Evangelical Beliefs Research Definition based on respondent beliefs
- Respondents are asked their level of agreement with four separate statements using a four-point, forced choice scale (strongly agree, somewhat agree, somewhat disagree, strongly disagree). Those who strongly agree with all four statements are categorized as having Evangelical Beliefs
 - The Bible is the highest authority for what I believe
 - It is very important for me personally to encourage non-Christians to trust Jesus Christ as their Savior
 - Jesus Christ's death on the cross is the only sacrifice that could remove the penalty of my sin
 - Only those who trust in Jesus Christ alone as their Savior receive God's free gift of eternal salvation

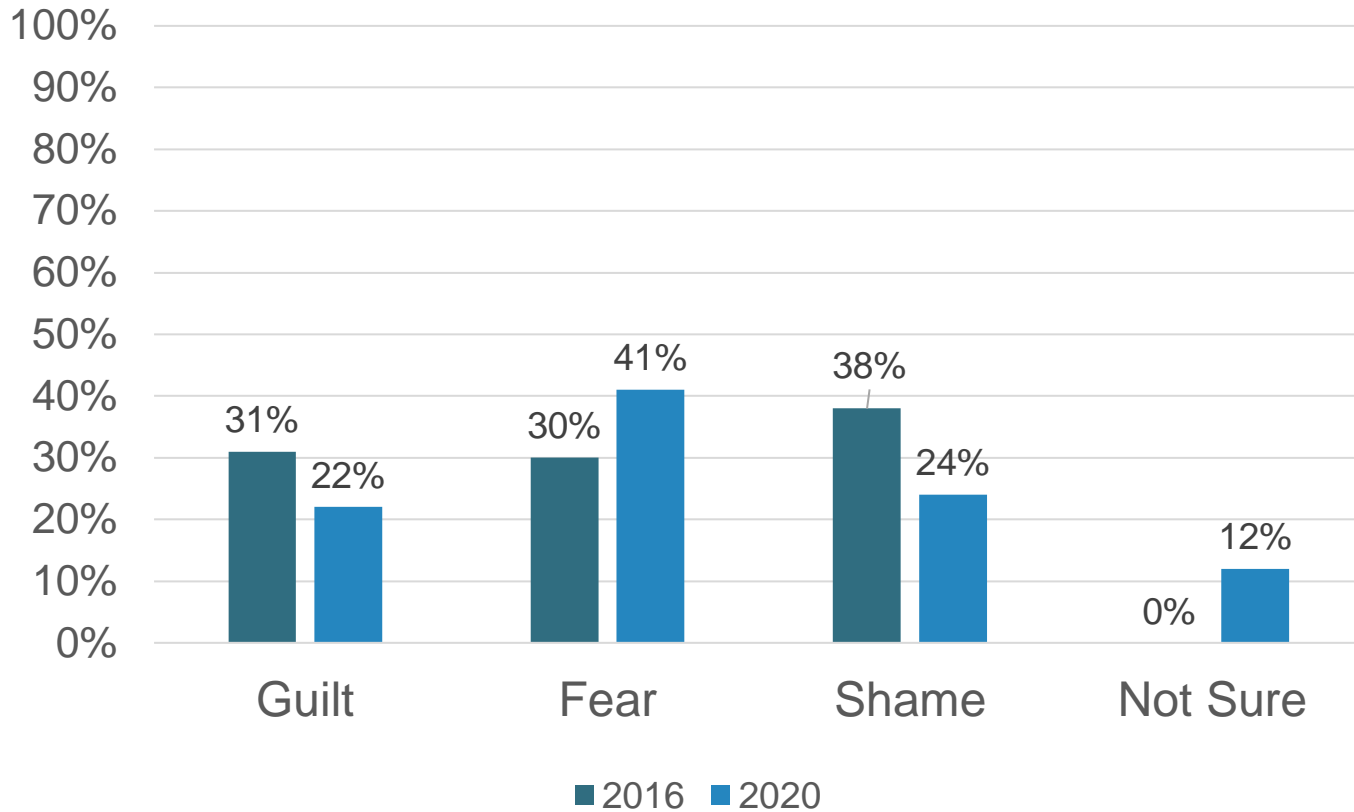
41% try to avoid fear the most, followed by shame (24%) and guilt (22%)



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Q: "Which of these three feelings do you seek to avoid the most? (Select One)"

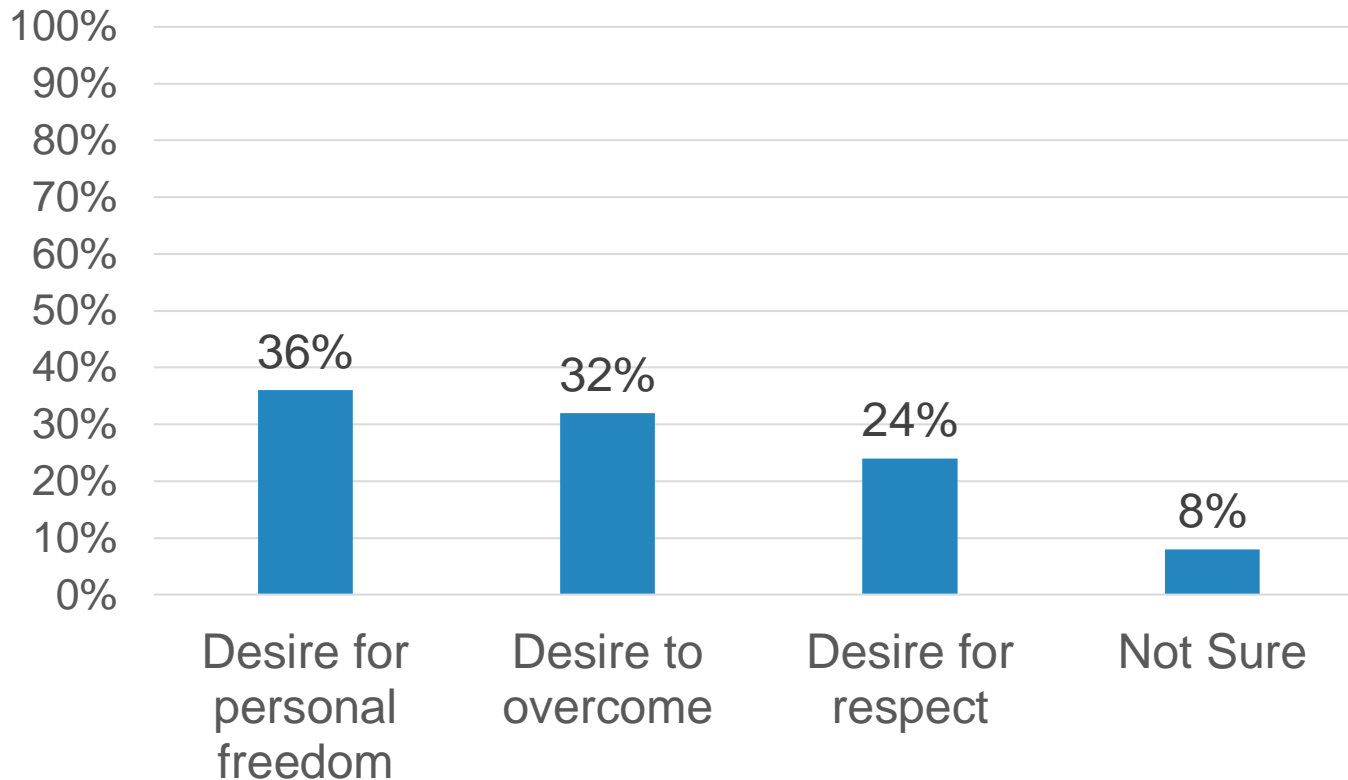
More Americans are seeking to avoid fear than in 2016



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Q: "Which of these three feelings do you seek to avoid the most? (Select One)"

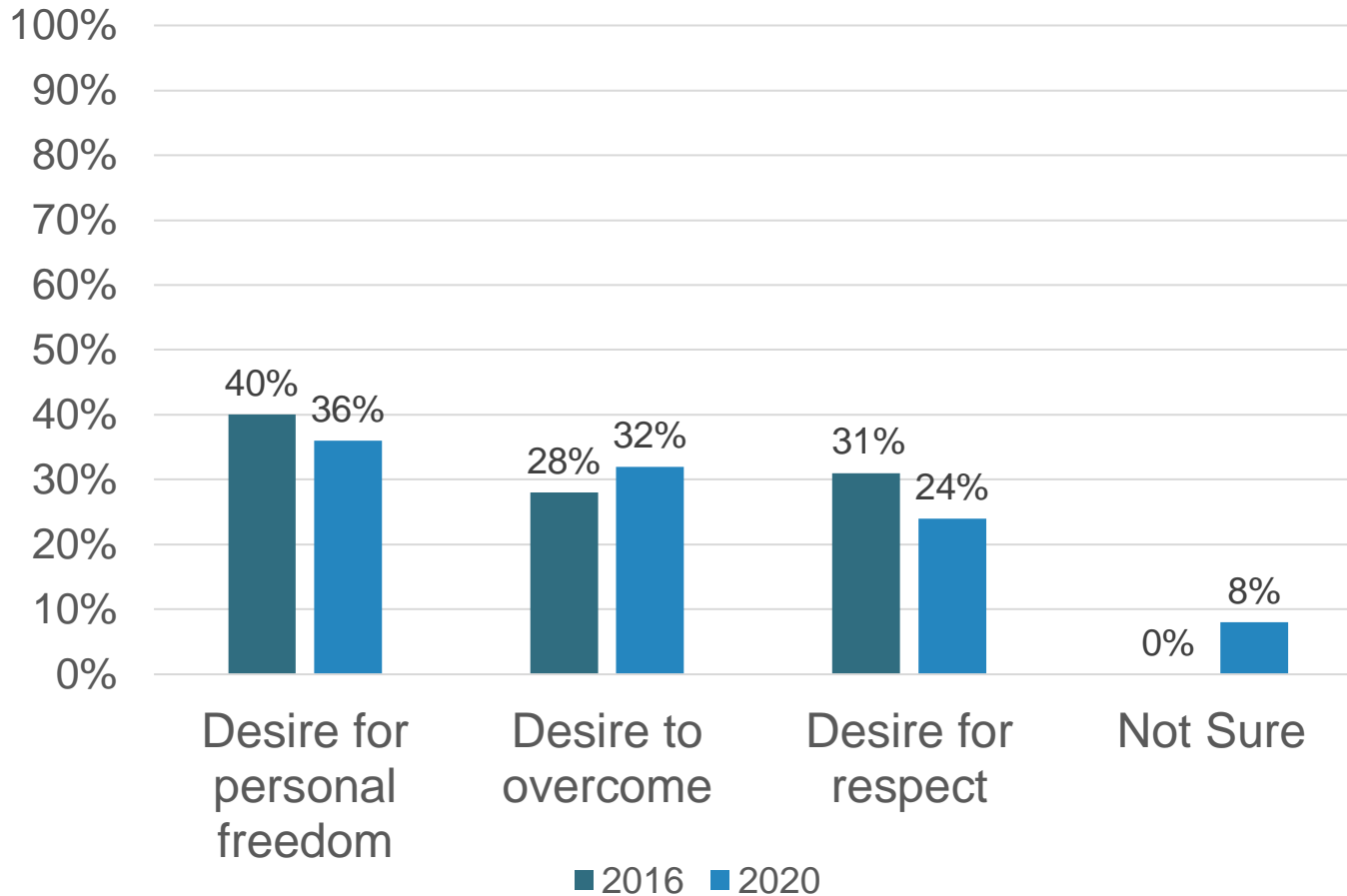
36% desire personal freedom the most, followed by desire to overcome (32%) and desire for respect (24%)



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Q: "Which of these three desires is the strongest in your life? (Select One)"

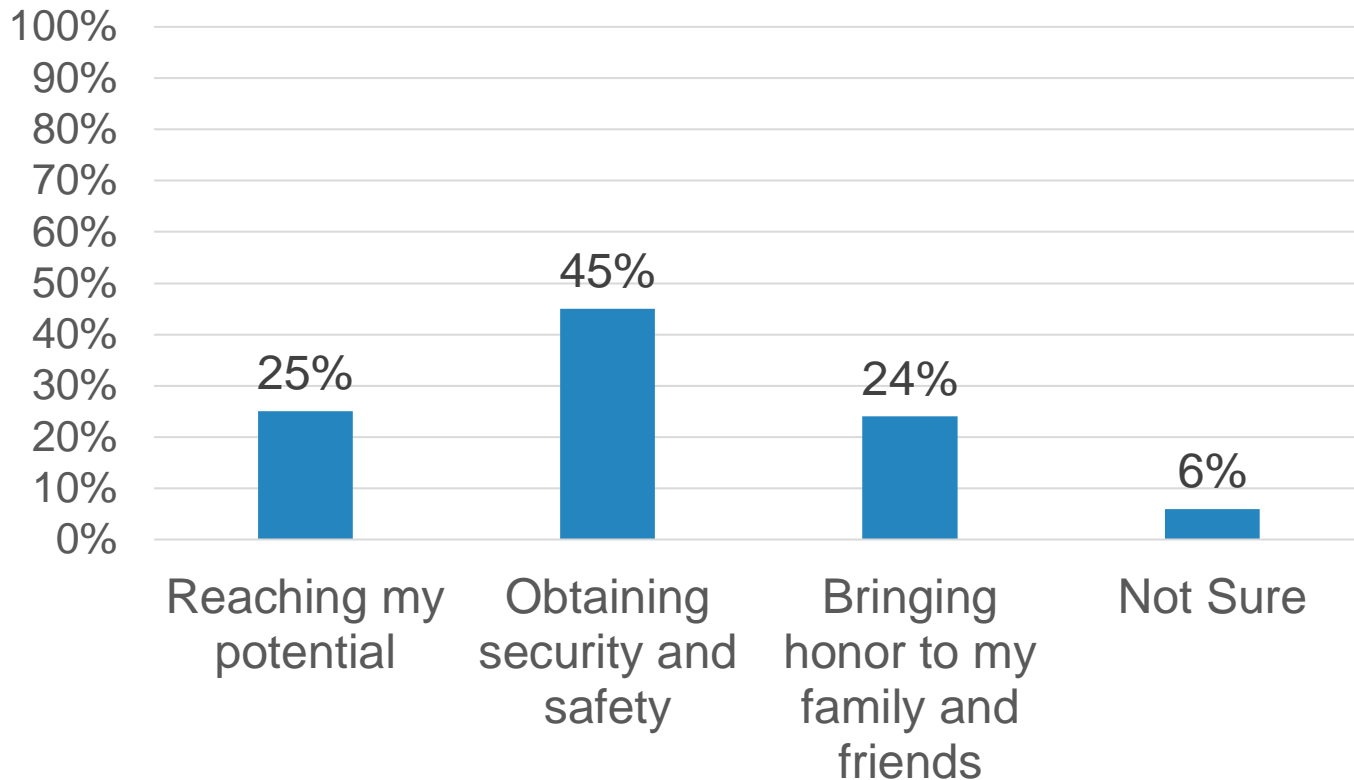
Fewer Americans most strongly desire respect than in 2016



Lifeway research

Q: "Which of these three desires is the strongest in your life? (Select One)"

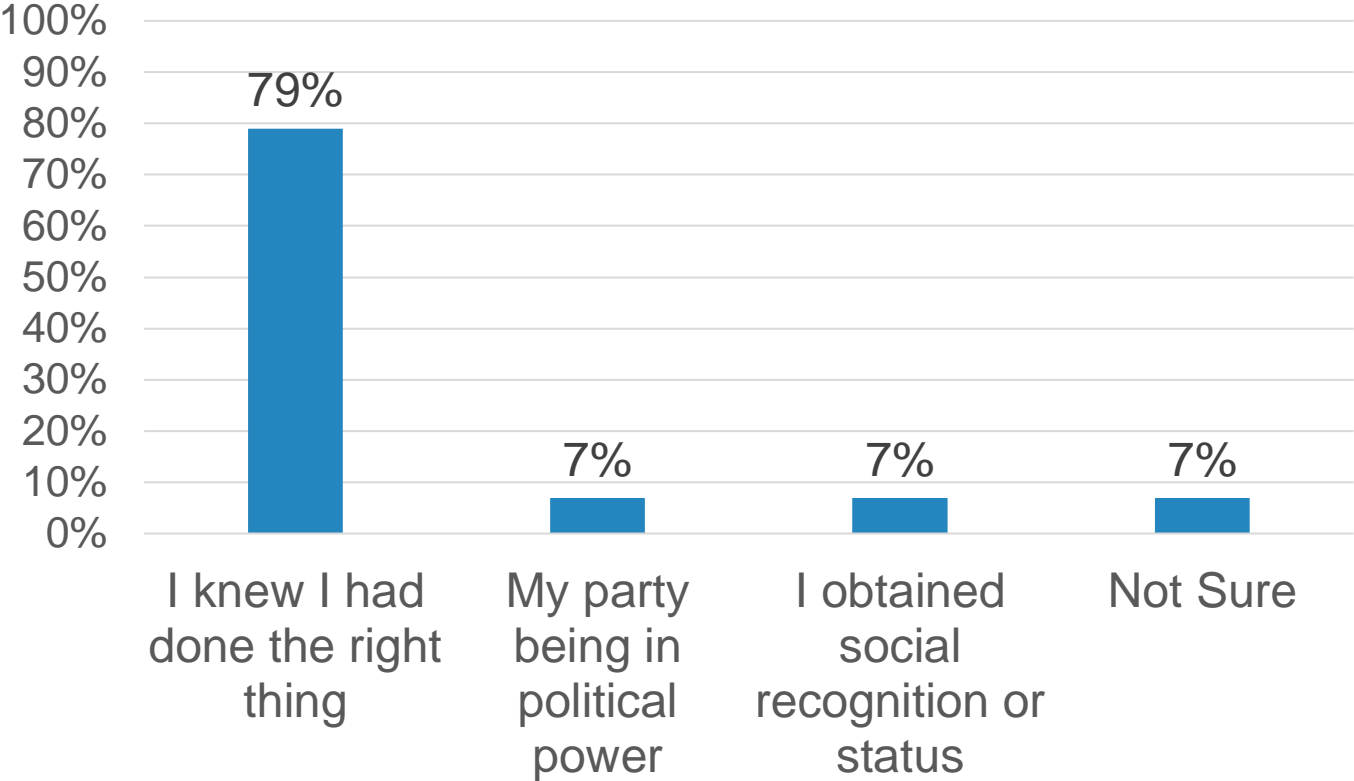
45% value obtaining security and safety, followed by reaching their potential (25%) and bringing honor to family & friends (24%)



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Q: "Which of these three outcomes do you value the most? (Select One)"

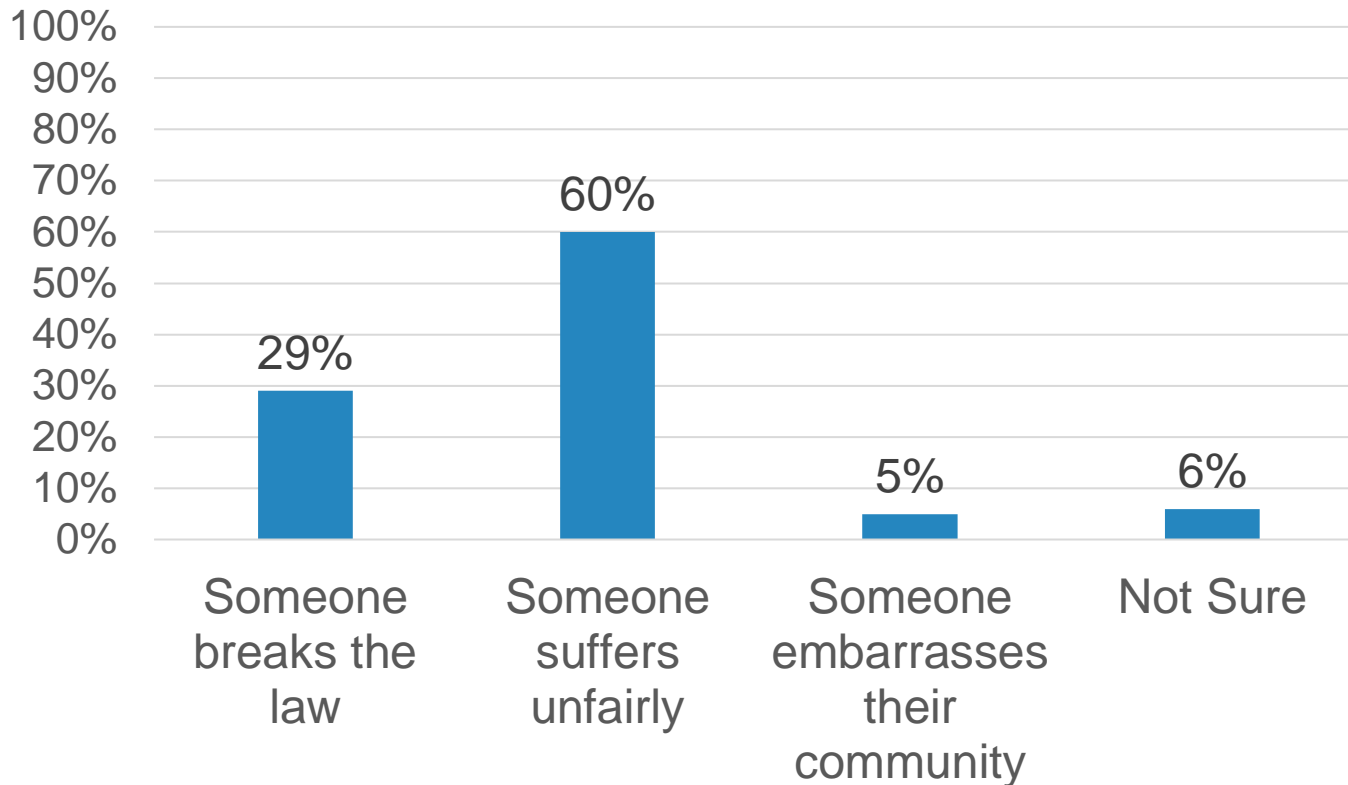
79% say that knowing they had done the right thing brings them the most satisfaction



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Q: "Which of these three realities would bring you the most satisfaction? (Select One)"

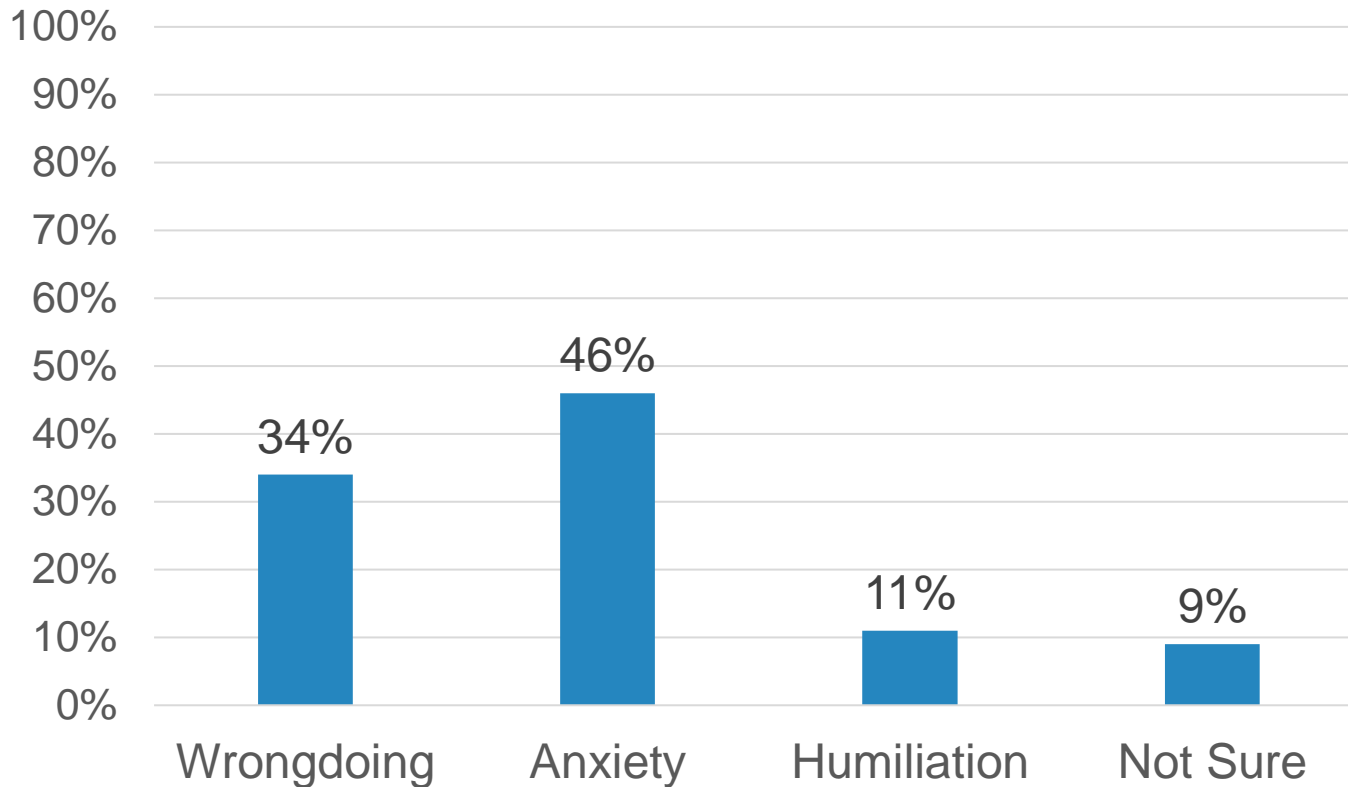
6 out of 10 say that someone suffering unfairly angers them the most



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Q: "Which of these events angers you the most? (Select One)"

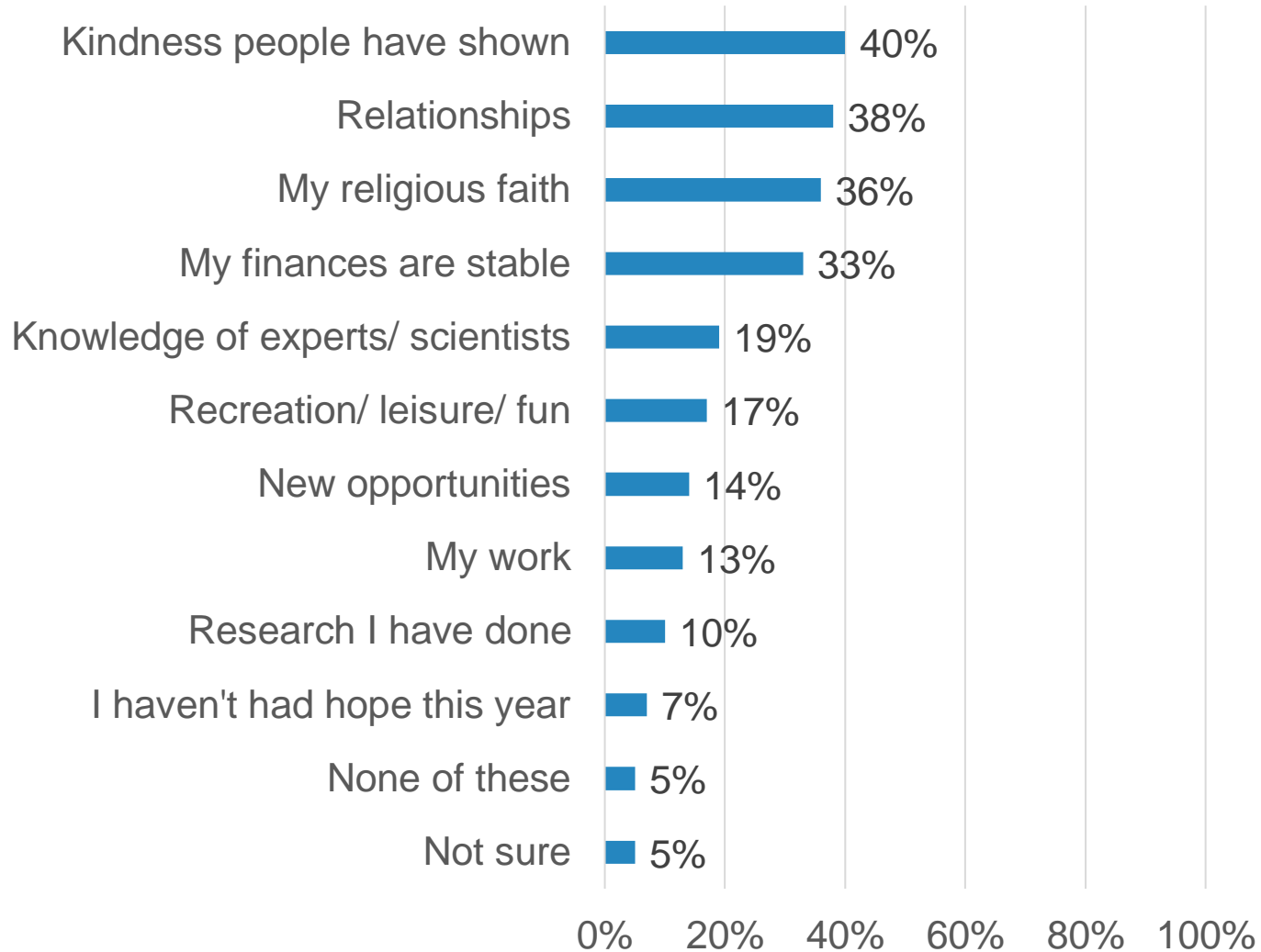
46% would completely remove anxiety from their life, followed by 34% who would remove wrongdoing



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Q: "If you could remove it completely from your own life, which one of these would you remove? (Select One)"

“What has given you hope during the adversity you have seen during 2020?”



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Q: “What has given you hope during the adversity you have seen during 2020? (Select all that apply)”

Significant Differences

Gender

Age

Ethnicity

Region

Education Level

Religion

Worship Service Attendance

Evangelical Beliefs

Significant Differences

Comparisons were made to determine if there are any significant statistical differences among gender, age, ethnicity, region, and education.

GENDER	AGE	ETHNICITY	REGION	EDUCATION
Male	18-34	White	Northeast	High School graduate or less
Female	35-49	African American	Midwest	Some college
	50-64	Hispanic	South	Bachelor's Degree
	65+	Other Ethnicities	West	Graduate Degree

Note: Region is defined by the US Census locations

Significant Statistical Differences

Comparisons were made to determine if there are any significant statistical differences among religion, worship service attendance, and evangelical beliefs.

RELIGION	WORSHIP SERVICE ATTENDANCE AMONG CHRISTIANS	EVANGELICAL BELIEFS
Catholic	Less than once a month	Yes
Protestant	1 to 3 times a month	No
Other Religions	4 or more times a month	
Unaffiliated		

“Which of these three feelings do you seek to avoid the most?”

- Those age 65+ (49%) are more likely to select “Fear” than those 18-34 (38%) and 35-49 (37%)
- Whites (25%) and African Americans (30%) are more likely to select “Shame” than Hispanics (18%)
- Whites (23%) and Hispanics (25%) are more likely to select “Guilt” than African Americans (15%)
- Those in the West (50%) are more likely to select “Fear” than those in the Midwest (36%) and South (38%)
- Those in the Midwest (25%) and South (25%) are more likely to select “Guilt” than those in the Northeast (17%)
- Those who are High School Graduates or less (46%) are more likely to select “Fear” than those with a Bachelor’s Degree (36%) or a Graduate Degree (33%)
- Other Religions are the most likely to select “Fear” (57%)

“Which of these three desires is the strongest in your life?”

- Males are more likely to select “Desire for personal freedom” than Females (39% v. 33%)
- Those age 18-34 (40%) and 35-49 (35%) are more likely to select “Desire to overcome” than those 50-64 (27%) and 65+ (21%)
- Those age 65+ (29%) are more likely to select “Desire for respect) than those 18-34 (21%)
- African Americans (39%) and Hispanics (40%) are more likely to select “Desire to overcome” than Whites (28%)
- Those in the South (34%) and West (36%) are more likely to select “Desire to overcome” than those in the Northeast (25%) and Midwest (27%)
- Those with a Bachelor’s Degree (44%) are more likely to select “Desire for personal freedom” than those who are High School Graduates or less (32%)
- Among those who identify as Christian, those who attend a Christian worship service less than once a month (40%) are more likely to select “Desire for personal freedom” those who attend 1 to 3 times a month (29%)

“Which of these three outcomes do you value the most?”

- Females are more likely to select “Obtaining security and safety” than males (48% v. 42%)
- Those age 50-64 (51%) and 65+ (55%) are more likely to select “Obtaining security and safety” than those 18-34 (34%) and 35-49 (43%)
- Those age 18-34 are most likely to select “Reaching my potential” (39%)
- Other Ethnicities are the most likely to select “Obtaining security and safety” (57%)
- Those in the South (48%) are more likely to select “Obtaining security and safety” than those in the Midwest (40%)
- Those with a Bachelor’s Degree (30%) or with a Graduate Degree (35%) are more likely to select “Reaching my potential” than those who are High School Graduates or less (22%) or with some college (22%)

“Which of these three outcomes do you value the most?”

continued

- Other Religions are the least likely to select “Obtaining security and safety” (29%) and most likely to select “Bringing honor to my family and friends” (38%)
- Among those who identify as Christian, those who attend a Christian worship service less than once a month (49%) are more likely to select “Obtaining security and safety” those who attend 1 to 3 times a month (40%)
- Those with evangelical beliefs are more likely to select “Brining honor to my family and friends” than those without evangelical beliefs (33% v. 21%)

“Which of these three realities would bring you the most satisfaction?”

- Those age 18-34 are the least likely to select “I knew I had done the right thing” (67%) and the most likely to select “I obtained social recognition or status” (14%)
- Those in the Midwest (83%) and South (81%) are more likely to select “I knew I had done the right thing” than those in the West (73%)
- Other Religions are the least likely to select “I knew I had done the right thing” (63%) and the most likely to select “My party was in political power” (18%)
- Among those who identify as Christian, those who attend a Christian worship service 4 or more times a month are the most likely to select “I knew I had done the right thing” (88%)

“Which of these events angers you the most?”

- Females are more likely to select “Someone suffers unfairly” than males (65% v. 55%)
- Those age 35-49 (65%) are more likely to select “Someone suffers unfairly” than those 65+ (55%)
- Those age 50-64 (37%) or 65+ (40%) are more likely to select “Someone who breaks the law” than those 18-34 (20%) or 35-40 (24%)
- African Americans are the most likely to select “Someone suffers unfairly” (75%) and the least likely to select “Someone breaks the law” (13%)
- Those in the South are the most likely to select “Someone suffers unfairly” (67%)
- Those with Some College (32%) or a Bachelor’s Degree (33%) are more likely to select “Someone breaks the law” than those who are High School Graduates or less (25%)
- Protestants (63%) and Unaffiliated (66%) are more likely to select “Someone suffers unfairly” than Catholics (55%) and Other Religions (48%)

“If you could remove it completely from your own life, which one of these would you remove?”

- Females are more likely to select “Anxiety” than males (52% v. 39%)
- Those age 18-34 (49%) and 35-49 (55%) are more likely to select “Anxiety” than those 50-64 (41%) and 65+ (37%)
- Those age 50-64 (40%) and 65+ (43%) are more likely to select “Wrongdoing” than those 18-34 (31%) and 35-49 (27%)
- Whites (49%) are more likely to select “Anxiety” than African Americans (36%) and Hispanics (40%)
- African Americans (45%) are more likely to select “Wrongdoing” than Whites (32%)
- Those with some college (50%) are more likely to select “Anxiety” than those with a Bachelor’s Degree (41%) or a Graduate Degree (37%)
- Other Religions (56%) are more likely to select “Anxiety” than Catholics (42%) and Protestants (46%)

“If you could remove it completely from your own life, which one of these would you remove?” *continued*

- Among those who identify as Christian, those who attend a Christian worship service less than once a month (50%) are more likely to select “Anxiety” than those who attend 4 or more times a month (39%)
- Those with evangelical beliefs are more likely to select “Wrongdoing” than those without evangelical beliefs (46% v. 32%)
- Those with evangelical beliefs are less likely to select “Anxiety” than those without evangelical beliefs (36% v. 48%)

“What has given you hope during the adversity you have seen during 2020?”

My religious faith

- Those age 50-64 (43%) and 65+ (44%) are more likely to select than those 18-34 (28%) and 35-49 (33%)
- Hispanics are the least likely to select (27%)
- Protestants are the most likely to select (55%)
- Among those who identify as Christian, those who attend a Christian worship service 4 or more times a month are the most likely to select (74%)
- Those with evangelical beliefs are more likely to select than those without evangelical beliefs (76% v. 27%)

“What has given you hope during the adversity you have seen during 2020?”

Research I have done

- Males are more likely to select than Females (13% v. 8%)
- Those age 18-34 (15%) are more likely to select than those 50-64 (8%) and 65+ (6%)
- Other Religions (16%) are more likely to select than Unaffiliated (8%)
- Among those who identify as Christian, those who attend a Christian worship service 1 to 3 times a month are the most likely to select (20%)

“What has given you hope during the adversity you have seen during 2020?”

Knowledge of experts/scientists

- Males are more likely to select than Females (23% v. 16%)
- Those age 65+ are the most likely to select (32%)
- Those in the South (20%) and West (23%) are more likely to select than those in the Midwest (14%)
- Those with a Bachelor’s Degree (25%) or a Graduate Degree (28%) are more likely to select than those who are High School Graduates or less (16%) or with some college (16%)
- Unaffiliated (23%) are more likely to select than Protestants (17%)

“What has given you hope during the adversity you have seen during 2020?”

My finances are stable

- Males are more likely to select than Females (37% v. 28%)
- Those age 65+ are the most likely to select (51%)
- Whites (36%) are more likely to select than African Americans (25%) and Hispanics (28%)
- Those in the Midwest (38%) are more likely to select than those in the South (30%)
- Those with a Graduate Degree (45%) are more likely to select than those who are High School Graduates or less (27%) or with some college (32%)
- Among those who identify as Christian, those who attend a Christian worship service 4 or more times a month (39%) are more likely to select than those who attend 1 to 3 times a month (29%)

“What has given you hope during the adversity you have seen during 2020?”

My work

- Males are more likely to select than Females (16% v. 11%)
- Those age 18-34 (18%) and 35-49 (20%) are more likely to select than those 50-64 (8%) and 65+ (5%)
- Hispanics (17%) and Other Ethnicities (18%) are more likely to select than African Americans (9%)
- Those in the South (16%) are more likely to select than those in the Midwest (9%)
- Those who are High School Graduates or less are the least likely to select (8%)
- Protestants are the least likely to select (10%)

“What has given you hope during the adversity you have seen during 2020?”

Kindness people have shown

- Those age 50-64 (46%) and 65+ (48%) are more likely to select than those 18-34 (34%) and 35-49 (36%)
- Whites (43%) are more likely to select than African Americans (33%)
- Those in the West (46%) are more likely to select than those in the South (36%)
- Protestants (44%) are more likely to select than Unaffiliated (36%)
- Among those who identify as Christian, those who attend a Christian worship service 4 or more times a month (47%) are more likely to select than those who attend less than once a month (38%)
- Those with evangelical beliefs are more likely to select than those without evangelical beliefs (46% v. 39%)

“What has given you hope during the adversity you have seen during 2020?”

New opportunities

- Those age 18-34 are the most likely to select (26%)
- African Americans (20%) and Other Ethnicities (21%) are more likely to select than Whites (13%)
- Those in the South (17%) are more likely to select than those in the Northeast (11%)
- Those who are High School Graduates or less (17%) are more likely to select than those with a Graduate Degree (9%)
- Among those who identify as Christian, those who attend a Christian worship service less than once a month are the least likely to select (10%)
- Those with evangelical beliefs are more likely to select than those without evangelical beliefs (20% v. 13%)

“What has given you hope during the adversity you have seen during 2020?”

Relationships

- Whites (40%) and Hispanics (43%) are more likely to select than African Americans (28%)
- Those with a Bachelor’s Degree (45%) or with a Graduate Degree (43%) are more likely to select than those who are High School Graduates or less (33%)
- Unaffiliated are the least likely to select (30%)

“What has given you hope during the adversity you have seen during 2020?”

Recreation/ leisure/ fun

- Whites (18%) and Other Ethnicities (20%) are more likely to select than African Americans (11%)
- Those in the Midwest (20%) are more likely to select than those in the West (14%)
- Those who are High School Graduates or less are the least likely to select (9%)

“What has given you hope during the adversity you have seen during 2020?”

I haven't had hope this year

- Those who are High School Graduates or less (8%) are more likely to select than those with a Graduate Degree (3%)
- Unaffiliated are the most likely to select (12%)
- Among those who identify as Christian, those who attend a Christian worship service less than once a month (7%) are more likely to select those who attend 4 or more times a month (2%)
- Those with evangelical beliefs are less likely to select than those without evangelical beliefs (1% v. 8%)

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