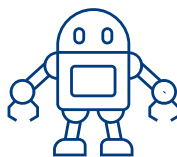
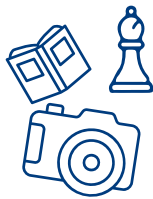


Getting Involved

Why Extracurriculars Matter



About This Study

The Study of Young People's Organizational Involvement is a mixed-methods research study conducted by Springtide Research Institute between November 2024 and April 2025. The study explores young people's organizational involvement using two primary data sources.

First, Springtide conducted in-depth interviews with 51 residents of the United States, ages 13 to 25. To recruit interviewees, Springtide sent a mailer to a randomly selected sample of 6,000 US households of teens and young adults.

Second, Springtide surveyed a sample of 2,977 young people residing in the US between the ages of 13 and 25. The survey was administered by an online panel provider, using a recruitment strategy guided by quotas to match census demographics for age, region, and race/ethnicity. To improve data quality from Alchemer's opt-in sample, Springtide eliminated all identifiable phony and inattentive responses from the resulting dataset.

See the study methodology and full top-line results at the link below:

springtideresearch.org/organizational



Springtide Research Institute

Springtide Research Institute engages the power of social science to learn from and about young people ages 13 to 25. As a nonpartisan, nonprofit organization, we deliver accessible research on the perspectives and experiences of the newest generations. Our empirical data amplify the voices of young people, inform those who know and serve them, and lead the way in showing what's next.

To learn more about us, check out our website. Here you can read more about our mission and approach to research: springtideresearch.org/about-us



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Introduction

Some commitments are required of us. Our schedules are dictated by the competing demands of life: school, work, and the responsibilities we have to our families and communities.

Other commitments are voluntary. We *choose* to engage in activities—like hobbies, sports, or volunteering—with whatever time we have left in our day. Our involvement in *chosen* activities and groups offers information about who we are, what we value, and what makes an activity “worth” our time.

Young people’s extracurricular involvement is especially revealing since they are typically encountering organized groups for the first time. Their participation is still new and taking shape, making both engagement and disengagement meaningful windows into how social conditions support or inhibit voluntary engagement in their communities.

At Springtide Research Institute, we wanted to deepen our understanding of these dynamics. We began by interviewing 51 young people, ages 13 to 25, about the groups, activities, and communities in their lives, focusing on those that they *choose*.

We found young people who spoke passionately about their dance troupes, youth groups, soccer teams, sororities, gaming clubs, and more. We found young people who struggled to find a group to join or a place where they felt truly included. There were those who started their own groups when they couldn’t find what they were looking for and those who left groups after long stretches of commitment. We heard stories of joy, frustration, personal growth, and belonging.

Insights from these conversations formed the foundation of our survey on young people’s extracurricular involvement. Nearly 3,000 young people from across the country answered questions about the groups, clubs, and teams they join. What is the benefit of these extracurricular-type activities? How do young people experience their involvement in these spaces? Why do young people join some groups but not others? What do they hope to get out of their participation? How can young people best be invited into groups that help them grow and belong?

Our analyses—examining teens, ages 13 to 17, and young adults, ages 18 to 25—provide insight into these questions, helping educators, coaches, and other trusted adults better understand the dynamics and benefits of young people’s extracurricular involvement. Equipped with this understanding, adults can better support participation and help promote a more meaningful sense of involvement for young people.

Key Findings

Most young people are involved in extracurricular groups, such as a club or team.

This involvement is typically connected to their schools.

Nearly a quarter of young people are not involved in a group, club, or team.

A quarter of uninvolved teens and 14% of uninvolved young adults say that the only reason they are not involved is because they don't want to be. The rest share other barriers to involvement:

- Some teens say that they have difficulty finding or accessing groups.
- Some young adults are uninvolved because they are unable to find a group or are overwhelmed by the process of finding a group. Others say that they don't have time to get involved, or that they are unable to attain transportation to or funding for their involvement.

Participation in groups, clubs, or teams is positively linked to young people's well-being.

As compared to those who are uninvolved, young people between the ages of 13 and 25 who are involved in at least one group tend to have higher levels of flourishing and lower levels of loneliness, anxiety, and depression. Despite challenges that some young people have—including difficulty fitting in, coping with high expectations, and maintaining balance—the positive associations between involvement and measures of well-being are robust.

Teens and young adults participate in different types of groups.

Teens are most often involved in groups related to sports, arts, gaming, and religion/spirituality. Young adults are most often involved in groups related to gaming, hobbies, and religion/spirituality.

Fun matters.

Both teens and young adults prioritize participation in groups, clubs, and teams that they find fun.

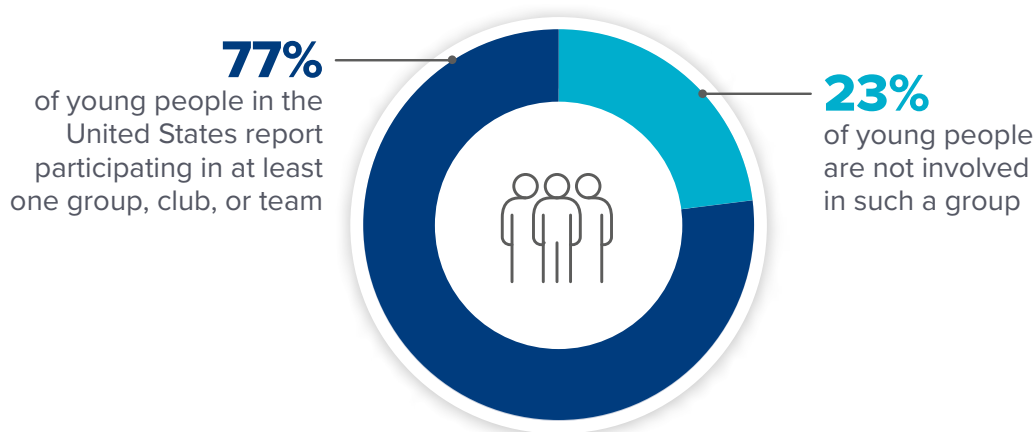
- Teens find groups fun when they can pursue their interests and socialize with friends. They also prefer groups where they have friends, a sense of belonging, and opportunities to prepare for their futures.
- Groups are fun for young adults when they can build a sense of community and escape the stresses of school and work. Young adults also prioritize groups where they can experience belonging, prepare for their future, strengthen their social skills, and develop a sense of purpose.

Personal invitations are a particularly effective way to encourage participation.

Often, teens and young adults learn about groups through the invitations of friends. Teens also tend to learn about groups through their parents, whereas young adults more often find groups through advertising and word-of-mouth.

Extracurricular Involvement & Well-Being Among Young People

Over three-quarters of young people, ages 13 to 25, report participation in at least one extracurricular-type group, including athletic teams, performing arts organizations, affinity clubs, or gaming communities. This involvement, whether it be highly organized or informal, is one way young people develop relationships, community, and purpose—all elements that Springtide Research Institute has repeatedly found to be components of well-being for teens and young adults.



Note: Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

What are the benefits of involvement?

Through involvement in groups, clubs, and teams, many young people report finding belonging, exploring their interests, and growing as people. Most say they have participated in a group where they belong, where they've experienced personal growth, or where there are activities they find interesting.



69% of young people are involved in a group, club, or team . . .

where they feel they truly belong.

which has helped [them] grow as a person.

that is “very” or “extremely” interesting to them.

Note: The first two data points in this graphic combine “agree” and “strongly agree” responses. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Involvement in groups, clubs, or teams is positively associated with well-being: On average, those who participate in extracurricular-type activities are flourishing at higher levels than non-participants. Further, young people involved in groups report slightly lower levels of loneliness, anxiety, and depression than those not involved. **The links between well-being and involvement appear for both teens (ages 13 to 17) and young adults (ages 18 to 25).**

Young people who are involved in groups report higher levels of flourishing

● Uninvolved ● Involved

My social relationships are supportive and rewarding.



People respect me.



I lead a purposeful and meaningful life.



I actively contribute to the happiness and well-being of others.



I am a good person and live a good life.



I am optimistic about my future.



I am engaged and interested in my daily activities.



I am competent and capable in the activities that are important to me.



0% 20% 40% 60% 80% 100%

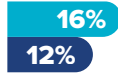
Note: This graphic represents the percentage of young people who selected "strongly agree," "agree," or "slightly agree" in response to each item. The items are from Diener, Ed, Derrick Wirtz, William Tov, et al. "New Well-being Measures: Short Scales to Assess Flourishing and Positive and Negative Feelings." *Social Indicators Research* 97, no. 2 (2010): 143-156. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Young people who are involved in groups report lower levels of loneliness

● Uninvolved ● Involved

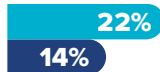
I feel that I lack companionship.



I feel isolated from others.



I feel left out.



0% 20% 40% 60% 80% 100%

Note: This graphic represents the percentage of young people who selected “often” in response to items from Hughes, Mary Elizabeth, Linda J. Waite, Louise C. Hawkley, and John T. Cacioppo. “A short scale for measuring loneliness in large surveys: Results from two population-based studies.” *Research on aging* 26, no. 6 (2004): 655-672. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Young people who are involved in groups report lower levels of anxiety and depression

● Uninvolved ● Involved

Over the last two weeks, I have been bothered by feeling nervous, anxious, or on edge.



Over the last two weeks, I have been bothered by not being able to stop or control worrying.



Over the last two weeks, I have been bothered by little interest or pleasure in doing things.



Over the last two weeks, I have been bothered by feeling down, depressed, or hopeless.



0% 20% 40% 60% 80% 100%

Note: This graphic represents the percentage of young people who selected “more than half the days” or “nearly every day” to items from Kroenke, Kurt, Robert L. Spitzer, Janet BW Williams, and Bernd Löwe. “An ultra-brief screening scale for anxiety and depression: the PHQ-4.” *Psychosomatics* 50, no. 6 (2009): 613-621. The other bars represent young people who selected “often” in response to items from Hughes, Mary Elizabeth, Linda J. Waite, Louise C. Hawkley, and John T. Cacioppo. “A short scale for measuring loneliness in large surveys: Results from two population-based studies.” *Research on aging* 26, no. 6 (2004): 655-672. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

So, does involvement in groups, clubs, and teams lead to better well-being? Or does better well-being lead to involvement? The direction of this relationship is unclear: It's possible that involvement in groups, clubs, and teams improves mental health, but it's also possible that good mental health enhances involvement. Perhaps involvement and well-being affect each other simultaneously.

While our survey data cannot determine whether group involvement *causes* better well-being, our interviews with young people offer first-hand perspectives on the benefits and challenges of getting involved. According to our interviewees, the benefits of being involved in groups, clubs, and teams vary. Young people tell us that their involvement offers opportunities to socialize with their peers, reduce stress, enjoy their hobbies, and develop a sense of purpose.

[The ski team] gives me a break and downtime from school and work and everything else. I'm just surrounded by people that I'm comfortable with . . . it's a way to escape the stress and stuff. Or like, if something's going on with my parents or my family, I can just kind of ski and listen to music and have that outlet . . . it gives me the opportunity to relax and be free for a little moment in time.

– Luna, age 16

Join a knitting club or something. Goofy as it sounds, I feel like it would be really beneficial for everyone, especially for their mental health.

– Hazel, age 22

I think most young people should get involved because it improved my life a lot. [It] gave me new experiences—getting involved in a lot of different stuff in high school. I feel a lot happier now about myself [and] about my life now.

– Avery, age 14

[If I hadn't gotten involved], I think I would be very anxious . . . I wouldn't have access to the information I do . . . I wouldn't have the relational stuff I feel like I've developed with folks . . . I think the source of a lot of my depression was the lack of purpose and direction, and this kind of really helped create that.

– Arjun, age 24

Interviewees also share that involvement can come with challenges. Some young people express difficulty fitting in, coping with high expectations, and maintaining balance.

Freshman year, I was on [the junior varsity team], and all the really good girls were just immediately put on varsity. So, they kind of had that, like, "I'm better" mindset. Like, "We've all been on varsity all four years," mental aspect of it. And maybe not all of them were trying to be cliquey, but they put out that they were better.

– Quinn, age 18

[I joined the undergraduate law journal because I thought it would be] a good thing to do for law school . . . and in the beginning, I was like, “Okay, this seems like fun.” It’s just writing journals about things that I could be interested in. But then it became a lot of work because they required a lot more. And so, at that point, I felt like I was just going through the motions. Just showing up, just turning out articles, just because I was like, “Okay, I need this for a resume” or “I need this to include in my work experience.” So, it definitely got burdensome.

– Iseul, age 21

My least favorite part [of being in the band] is when I have to come home and practice. Like, a lot of the time for specific pieces, I’ll have to practice, like, three bars over and over and over again. It gets really, really boring after doing that, like, seven times and getting it wrong every single time.

– Charlie, age 14

These challenges are consequential and may limit who participates in groups, clubs, or teams and how sustained their engagement is.

Nevertheless, the positive associations between involvement and measures of well-being remain robust. Taken together, these insights highlight the potential upsides of involvement, ones that exist when groups, clubs, and teams are welcoming, align expectations with capacity, and foster strong relationships.



The Role of Schools in Group Involvement

Both high schools and colleges provide young people with opportunities to explore their interests and connect with their communities through clubs, teams, or other organizations.

Of young people who participate in groups, clubs, or teams and are enrolled in school, 88% report that at least one of their groups is associated with their school.

While rates of involvement are relatively consistent across school levels (e.g., high schoolers report about as much involvement as college students), young people who are not enrolled in school are less likely to be involved in groups, clubs, and teams than young people in school. These findings highlight the centrality of schools—and, by extension, educators—in shaping young people’s involvement.

While the potential benefits of involvement look similar across age groups, life stage structures how young people participate. Teens, ages 13 to 17, and young adults, ages 18 to 25, experience involvement in different ways. Young people’s life stage and school level inform the types of groups they have access to, their reasons for joining, the concerns they face, and the responsibilities they manage. To understand the nuances in these experiences, the following sections examine teen involvement and young adult involvement separately, asking:

- **How do these different age groups experience involvement?**
- **What are teens and young adults looking for in their groups?**
- **How can young people be invited into groups that help them grow and belong?**

These insights can help educators, coaches, and group leaders better understand the young people in their care and provide meaningful ways to help young people get involved and stay involved.

Teens

Ages 13 to 17



Teens' Involvement in Extracurriculars

In interviews with Springtide, teens, ages 13 to 17, almost always describe school as a place they *must* attend, rather than one they choose to attend. For many, schoolwork is associated with hard work, high expectations, and elevated stress. Yet, schools also facilitate and sustain most of the groups that teens voluntarily join. Teens may not want to go to class or do homework, but they *do* want to play sports or join the band.

There are some things that I feel like I'm quite obligated to do, like, of course, [go] to school. I enjoy the clubs more than I [enjoy] school . . . [a club] that's more geared towards a career I wanna pursue. I feel like that's fun and stuff that I really enjoy doing.

— Ximena, age 16

While school can feel like, in Ximena's words, an obligation, it is also the primary context for a teen's extracurricular involvement. Because schools play a big role in schedules and expectations for teens, educators are well-positioned to encourage the kind of involvement that is associated with well-being. **To help more teens get involved, it is important to understand which groups interest them, why they prioritize some over others, what group values matter to them, and what barriers to involvement they face.**

What types of groups do teens join?

Most teens say they are involved in at least one group, such as a club or team, and teens are involved in an average of two groups. Most commonly, teens are involved in groups dedicated to sports, arts, gaming, or religion. Over a third of teens (37%) say they are currently involved in sports teams or clubs. Around a quarter of teens say they are currently involved in music, arts, or theatre programs (27%), group gaming (24%), or religious or spiritual groups (24%).



86%

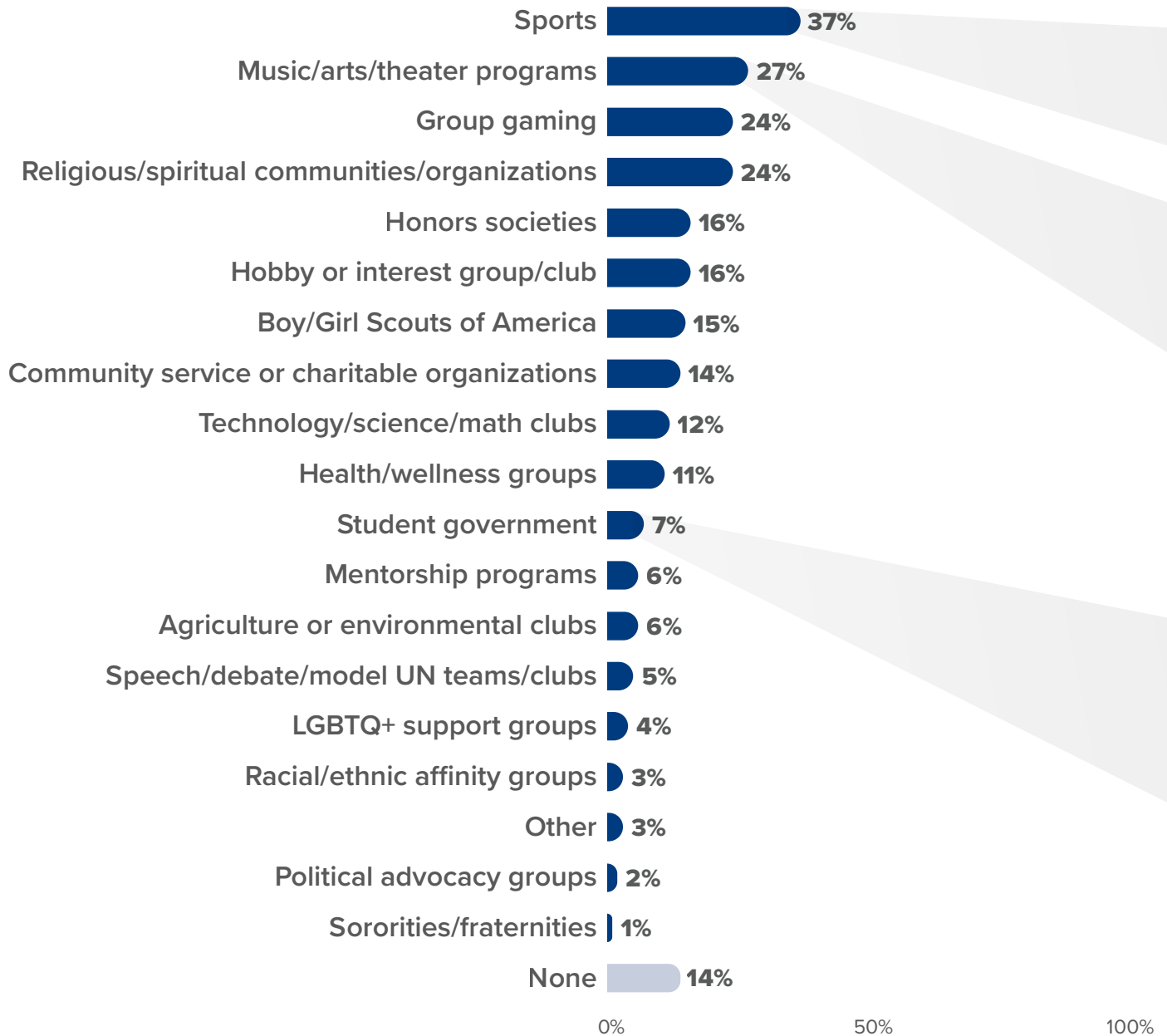
of teens are **involved** in at least one group or organization.

Note: This graphic represents responses from teens, ages 13 to 17, n = 1,500.

Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

What types of groups do teens join?



Note: This graphic represents the percentage of teens (ages 13 to 17) who checked each option when asked, “Are you currently involved in any of these groups, in person or online? Select all that apply,” n= 1,500. For the sake of clarity, “religious/spiritual communities/organizations” combines responses from “religious/spiritual communities” with “faith-based organizations.” The language of other answer choices has also been simplified. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.



SPORTS

I would say my favorite part of running track is winning and getting gold medals and crossing that finish line, knowing that I won the race. And my least favorite part of running track is when we have hard practice days 'cause those are the worst.

– Brianna, age 14



ARTS

Back in fifth grade, the music people came to your classroom and were like, “You see you have a bunch of instruments to pick from. If you would like, you can choose one.” It’s like, “Ooh, percussion looks fun.” So then I did that, and then I liked that a lot. And then once we got to sixth grade, we could join chorus if we wanted to. So I did that as well. That was pretty fun. So I just kind of stuck with that up till now.

– Charlie, age 14



STUDENT GOVERNMENT

I got to learn how to speak out a little more 'cause I would have to talk at pep rallies. I learned how to better interact with people because you had to talk with a lot of people, and we would plan these pep rallies with other clubs. So I would often have to talk to other kids who were also leaders within those other clubs. And we would have to, like, come to compromises, we would have to work together on something. We have to learn how to manage, like, ideas and, like, thoughts and all that stuff.

– Ximena, age 16

How do teens choose a group and get involved?

Most often, teens say that they learn about groups through **personal invitations**.

Personal invitations often come from their friends, and teens describe feeling motivated to join because they can **spend more time with their friends**. Regarding his school's band, Charlie, age 14, says, "I was going to join it, but my friends also wanted to join it, too. So it was kind of like, 'Okay, it was a win-win.'" Levi, age 15, explains that he invited his friend to join a community service group with him so it would feel less stressful. While he would often think, "Oh, I want to go home 'cause I'm tired from school and stuff," inviting someone to join made it feel like "something [he] could do with [his] friend after school, and it wasn't really work."

Not only do teens' pre-existing friendships motivate them to join groups, but some join to **make new friends**. For Spencer, age 17, joining the marching band was an opportunity to make friends. He explains, "I was hoping that [joining marching band] would get me kind of a social boost, just 'cause I was not good at making friends at the time. And being in marching band, kind of, you have to be friends with basically everyone 'cause you're spending hours with them every single day. So I wanted that." He also thought that joining the band would help him become "a better musician."

Teens also say that they join groups where they can **explore and pursue topics and activities that interest them**. When discussing groups she wanted to join, Ronnie, age 16, focuses on her current interests: "I would really like to get into boxing and into something that has to do with music just because that's, like, my main interest in life right now. And then also, I want to work at an animal shelter for a little bit. So, I think those are my two ones . . . music and animals."

In some cases, this involvement helps teens **navigate feelings of shyness and awkwardness**. These environments can help them learn how to socialize and become more comfortable with themselves.

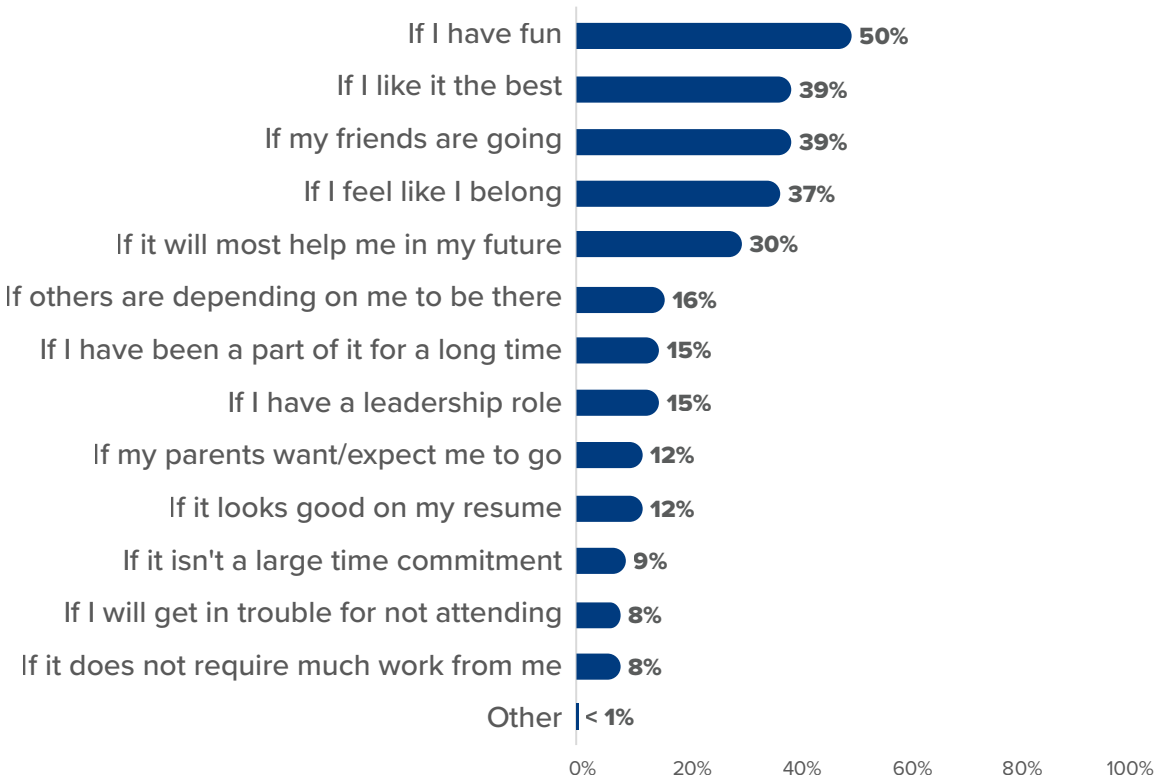
Addison, age 16, has some anxiety about meeting new people, but she believes that joining her youth group helped her open up. Recalling her feelings when she considered getting involved, she says, "I [got] nervous when I was first starting," and describes herself as "very quiet" and someone who doesn't "talk with people." However, she started to talk more when she "started meeting kids [her] age."

Avery, age 14, first wanted to join the Junior Reserve Officers' Training Corps (JROTC) because they looked "really cool" in their uniforms. Even though she was "pretty nervous" to join, everyone "turned out to be really nice," and she "enjoyed doing drill with everyone else." She says that her experiences making friends in JROTC helped her "turn that feeling of awkwardness into something like laughing, something like joy."

Other times, teens join groups because their **parents** encourage them or sign them up, like in the case of Isaac, age 15, who says, “My mom enrolled me in [soccer] when I was five, and I played rec until high school, and then I wanted to join the team.” We find that 12% of teens prioritize groups that their parents want or expect them to attend. Still, Brianna, age 14 believes that “younger children should always have a decision and have choices on what they’d like to do. Let them be able to pick what they like and what type of things that they wanna do.”

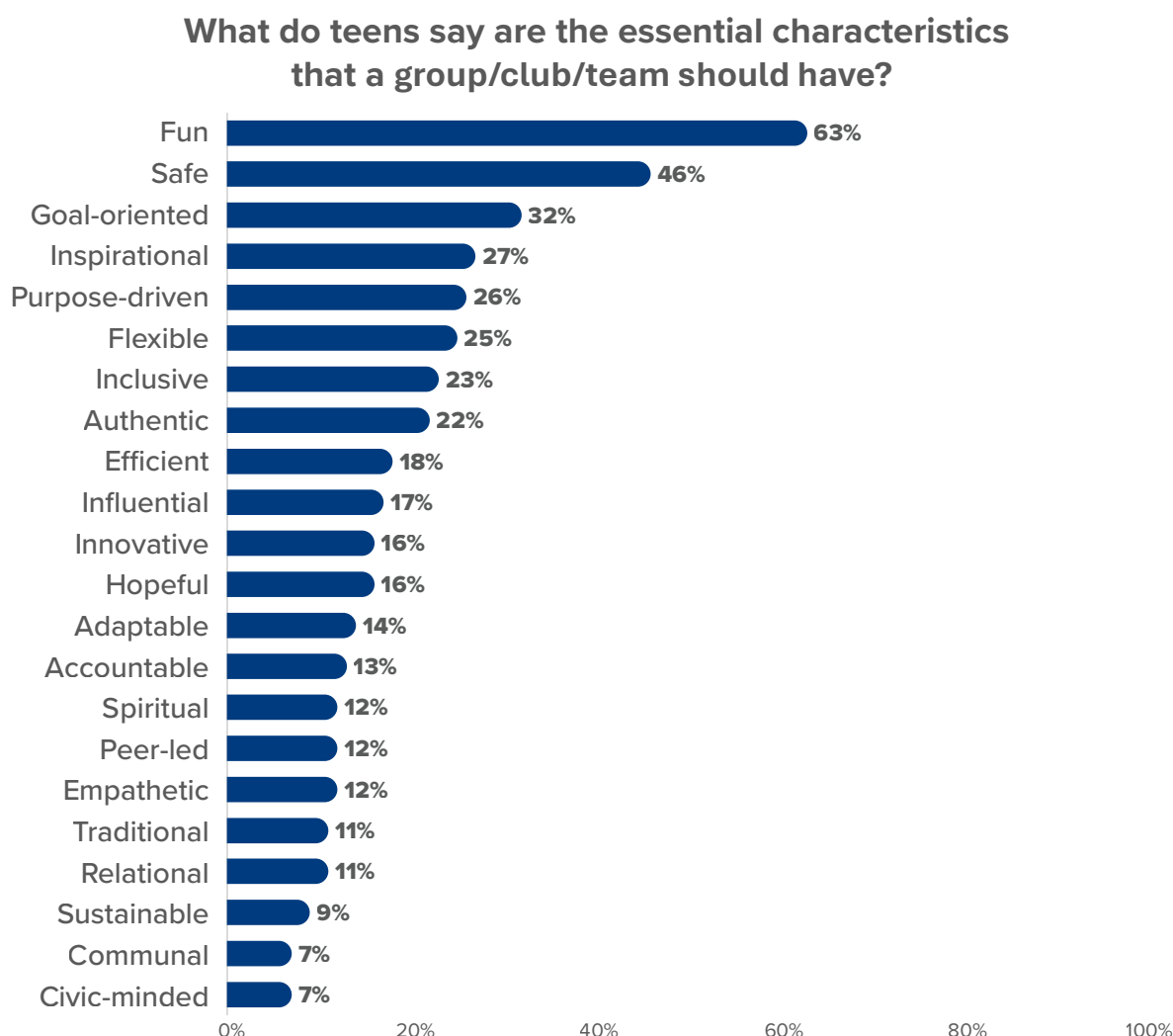
To better understand how teens choose which specific group, club, or team to participate in, our survey asked them to imagine a conflict between two groups in which they are involved, and then we asked them to select the top three things they consider when choosing which group to prioritize. Surveyed teens most commonly say that they prioritize groups that are fun (50%). Over a third of teens say they prioritize groups that have activities they like (39%), ones where they have friends (39%), and those where they feel like they belong (37%). Meanwhile, 30% of teens say they prioritize groups that will help them in their future.

What do teens prioritize when choosing which group to participate in?



Note: This graphic represents the percentage of teens (ages 13 to 17) who checked each answer when asked: “Imagine that you have a conflict between two groups/clubs/teams with which you are involved. What are the top 3 things you consider when choosing which group to prioritize?” n = 1,500. Percentages are approximate due to rounding.
Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

When surveyed about essential characteristics of organizations, fun again emerged as the most desired element for teens—63% of teens consider fun an essential characteristic of organizations they choose to join. Almost half of teens say that safety is among the top five most essential characteristics of an organization (46%). About a third say that being goal-oriented is among the most important characteristics (32%), and about a quarter say that being inspirational (27%), purpose-driven (26%), and flexible (25%) are among these top characteristics.



Note: This graphic represents the percentage of teens (ages 13 to 17) who checked each answer when asked: “In your opinion, what are the top five most essential characteristics that a group/club/team should have?”
 n = 1,500. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Among uninvolved teens, a higher percentage value organizations that are fun (71% vs. 62%), safe (56% vs. 44%), and flexible (32% vs. 24%). **When trying to engage teens who are not currently involved in groups, it may be especially important to ensure that the organization is fun, safe, and flexible.**

What is fun for teens?

Discussing what makes organizational involvement fun, teenage interviewees highlight moments where group activities intersect with personal interests and where opportunities to socialize feel comfortable, authentic, and supportive. Notably, these aspects of fun align with teens' second and third most common priorities (see page 17). Fun stemming from interest in the activities they choose aligns with their prioritization of liking the activity. Finding fun in their social experiences aligns with their prioritization of groups where they have friends and where they belong.

Groups are fun when they allow opportunities for teens to engage in an interesting or enjoyable activity.

Sometimes fun stems from a lifelong interest in a certain hobby, like for Theo, age 17, who says, "I really like music, and I've always wanted to be in a band, so I was, like, 'You know what, this would be fun.'" Theo says that developing his musical skills requires "dedication," even playing his bass for "five hours nonstop." Still, the opportunity to join a band and "devote" his time to learning the instrument is "so cool." Joining the band has allowed him to pursue his lifelong interest and develop his skills, which he considers fun.

For others, activities become more fun over time. Luna, age 16, says, "I saw how ski [team] was listed, and I was, like, interested in it. And I went to that meeting that they had talking about it, and I thought it was really interesting and something that I would wanna do. And, like, during the season, as it progressed, I found myself having a lot of fun." While her initial interest in skiing inspired her to join the team, she started to have more fun once she realized that the team was "chill" and they could "do whatever [they] want." This freedom allows her to approach the activity in ways that interest her, and over time, she found herself having fun.

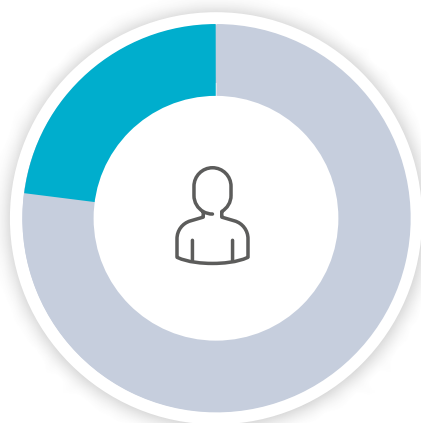
Groups are fun when teens can spend time with their friends and meet new people.

Some teens join groups to meet new friends and expand their social circles. When Brianna, age 14, joined the track team, she was "nervous" because she "didn't know anybody yet," but she was also "really excited" because she "knew that they were really nice people there." She says, "There was a girl that . . . introduced me to the other people on the team, and she was really nice. So that's how I got to meet everyone else on the team, and it just was great from there."

The relationships fostered in group settings can help teens develop a sense of community and support among their peers. Ronnie, age 16, says that her volleyball team was "very fun" because she was part of a team: "We all really helped and encouraged each other and wanted each other to get better . . . I loved that aspect

of it.” Not only can teens build a sense of community by joining a group, club, or team, but building this community can help teens feel more invested in their group. Charlie, age 14, says, “I think it’s like a loop of positivity because my friends help me stay in band. And my enjoyment of band and chorus and the music genre does that as well. But then that lets me get new friends from that area, which in turn helped me stay back in band again and so on and so forth.”

What barriers to getting involved do teens face?



14%

of teens are **not involved** in at least one group or organization.

Note: This graphic represents responses from teens, ages 13 to 17, n = 1,500.

Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Forty percent of uninvolved teens say that they don’t want to be involved in anything, but only a quarter of uninvolved teens select “I don’t want to be involved in anything” as their only reason for being uninvolved. The remaining 75% of uninvolved teens indicate that there are other barriers to their involvement instead of, or in addition to, not wanting to join. Other reasons that teens are uninvolved include that they can’t find a group that they are interested in (28%), that they cannot afford the associated fees (20%), that they can’t commit the time or energy required to join (18%), that they don’t have transportation to a group (18%), or that they are too tired after work or school (15%).

When discussing barriers to involvement in interviews, teens often talk about not having the time or energy to join a group, how they find groups inaccessible, their worries about not knowing anyone there, or their anxiousness about fitting in. Some also share that they think negatively of their peers who are uninvolved in groups, and many blame technology and social media when teens choose not to be involved. These insights paint a full picture of the struggles some teens face when it comes to getting involved.

What are the reasons uninvolved teens are not currently in a group/club/team?

I don't want to be involved in anything.



I can't find a group activity that interests me.



I can't afford the fees or expenses that come with participating.



I can't commit to the time/energy required to join the activities I'm interested in.



I don't have transportation to get there.



I'm too tired after work/school to feel motivated to do something else.



I just moved to a new place, and I'm not sure how to get involved.



I'm overwhelmed by the number of options, and don't know how to narrow them down.



I work during the times when activities typically take place.



Something else.



0% 20% 40% 60% 80% 100%

Note: This graphic represents the percentage of teens (ages 13 to 17) who are currently not involved in a group and who checked each answer when asked: "What are the reasons you are not currently in any groups/clubs/teams? Select all that apply," n = 212. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

When teens talk about **not having the time or energy to join a group**, many of them tell us that they're too exhausted after the school day to commit to a club. Isaac, age 15, says that what prevents him from joining a club is "the time commitment." He went on to say: "Cause [joining a club] might sound good, but I feel like after school I might not actually wanna stay to do a club, even though I know it might be beneficial for me." Similarly, Avery, age 14, speculates that young people may not join groups because "schoolwork, it's very stressful. Some of the work they be giving me right now has me, like, over school right now." In addition to schoolwork, some teens' uninvolved peers may be linked to their home life—teens we interviewed suspect that their uninvolved peers may have "something going on at home" or have "family problems."

In addition to time and energy constraints, interviewees talk about how groups can sometimes be **inaccessible** for teens. This inaccessibility may stem from financial limitations. Spencer, age 17, says, “I think [young people aren’t involved] because we just don’t have time to do things. We don’t have time, or we don’t have access, or we can’t afford it because everything costs money.” Charlie, age 14, points out another form of inaccessibility, sharing that one of his friends couldn’t join the marching band because of transportation issues: “His parents don’t always have a way to get him from point A to point B . . . this year, he was going to join marching band, but then he wasn’t able to because of the commitment of having to get back and forth.”



Even for teens who have free time and access to clubs, they may hesitate to join for social reasons. For example, they may not join if they **don’t know anyone there**. Theo, age 17, says that he only goes to his school’s Gay Straight Alliance sometimes—even though the group is “pretty cool,” because he “doesn’t really know anyone in there.” For other teens, they may not join a group because they’re **anxious about fitting in**. At first, Avery, age 14, felt too nervous to join JROTC—she explains, “I didn’t join anything because I was too shy. I was too scared . . . I had too low self-confidence to join anything, to really believe in myself.”

Some **teens view peers who are uninvolved in groups negatively**, describing them as lazy, unmotivated, or uncaring about involvement. Theo, age 17, says that “most of the underclassmen, like freshmen [and] sophomores, they’re not super involved in it because they just don’t care. I feel like if people got more involved with certain things, they would care about it and actually think about it.” Levi, age 15, talks about recruiting for his group during lunch—he says, “At the end of the day, some people are too lazy to do that at lunch. They just wanna sit in the cafeteria with their friends and eat.”

Other times, teens point to **technology and social media** to explain this lack of involvement. Ximena, age 16, explains, “I feel like kids these days they just give up, and they don’t try . . . and [they’re] just, like, glued to a phone or something.” Isaac, age 15, says that “a lot of kids like video games or social media . . . they’d rather be doing those things because they’re easier [than joining a group] . . . there’s a lot of distractions, and every time you go on a computer or something, it’s always there.”

Understanding teens' overall experiences with involvement

Most frequently, teens are involved in sports teams and arts clubs (like band, choir, theatre, and visual arts). When choosing which groups, club, or teams to join, teens prefer those that provide fun and safe places where they can experience belonging, explore their interests, and prepare for their futures. Teens often join groups when they have received a personal invitation from their friends or encouragement from their parents.

For teens who are uninvolved in groups, some say they don't want to become involved. Others say that they're unable to find groups to join, unable to afford the associated fees, can't find transportation, or are too tired or overwhelmed.

To engage teens in groups, educators, coaches, and leaders may consider whether the teams and clubs on offer are fun for prospective participants and if the possible barriers to involvement can be mitigated:

Do these groups offer welcoming environments where participants can engage in activities that are truly enjoyable for them?

Are there opportunities to socialize, make new friends, and build community together?

Do all participants have access—funding, transportation, free time, etc.—to join a club or team?

While extracurriculars may seem secondary to the academic education offered by schools, they can be deeply important to teens' sense of belonging and personal growth. Not only can involvement in extracurricular-type groups contribute to teens' well-being, but these groups, clubs, and teams can also shape the relationship teens have with their schools and other places where participation is seen as obligatory. With these findings in mind, middle and high school educators, coaches, and leaders can develop groups that help teens delve into their interests and develop social skills, both of which are essential to flourishing.



Young Adults

Ages 18 to 25



Young Adults' Involvement in Extracurriculars

Young adults, ages 18 to 25, report having more difficulty than teens when joining groups and organizations, and they feel more nervous interacting with other people.

As compared to teens, when young adults are involved in groups, they tend to have fewer close friends in their groups, feel less open to being honest about who they are, and perceive less personal growth through their group involvement. Still, young adults say that they want to be more involved with groups and organizations. To help them become more involved, it is important to understand the ways they're already involved, how they choose groups to join, and what challenges they face in this process.

Illustrating this uncertainty and discomfort, Sierra, age 22, says that after her first weekend in her dorm, she was unsure of what to do. She explains, "Usually on the weekends, I would hang out with my friends back home. But . . . I don't have anyone here. It's just me, essentially. And I think talking to a few people before I went into college, and them giving me advice, and saying, like, 'It's gonna be weird. You're gonna feel like you wanna go home, but you have to remember to be uncomfortable, it's the only way you're gonna be able to change.'" With this advice in mind, Sierra had to remind herself "that [she wouldn't] be uncomfortable for so long."

What types of groups do young adults join?

Most young adults (67%) are involved in at least one group, and on average, they are involved in two groups.



67%

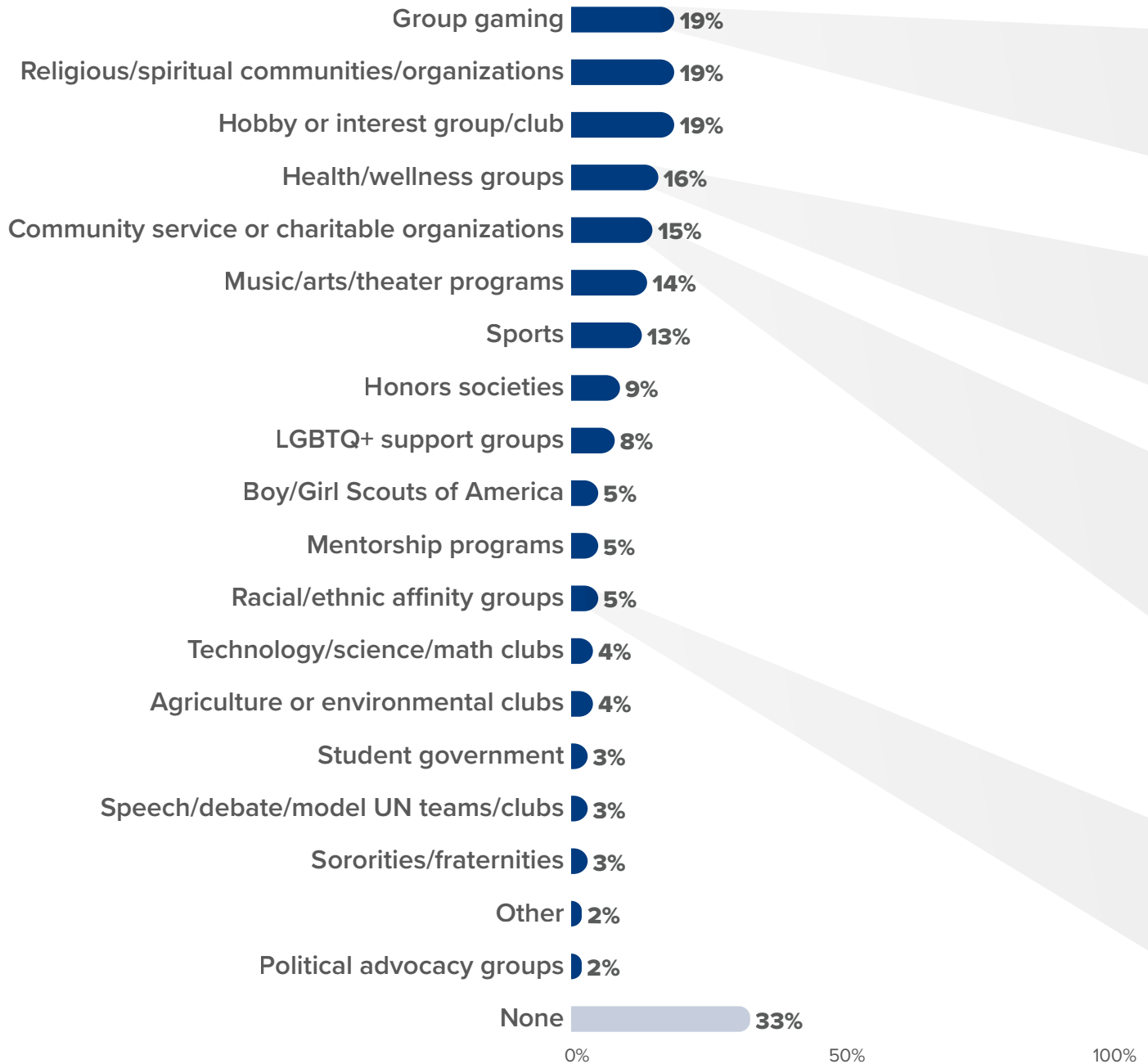
of young adults are **involved** in at least one group or organization.

***Note:** This graphic represents responses from young adults, ages 18 to 25, n = 1,477. Percentages are approximate due to rounding.*

***Source:** Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.*

The types of groups young adults are most likely to say they are involved in are dedicated to gaming (19%), hobbies or interests (19%), and religion or spirituality (19%). Young adults are also involved in groups that focus on health or wellness (16%), community service or charity (15%), and music, arts, or theatre (14%).

What types of groups do young adults join?



Note: This graphic represents the percentage young adults (ages 18 to 25) who checked each option when asked, “Are you currently involved in any of these groups, in person or online? Select all that apply,” n= 1,477. For the sake of clarity, “religious/spiritual communities/organizations” combines responses from “religious/spiritual communities” with “faith based organizations.” The language of other answer choices has also been simplified. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.



GAMING

There's also a group [that plays] video games together . . . we made a league together, and there's a way within the game that you all pick different teams and make a schedule. And so . . . everyone plays each other every week and kinda go through a whole schedule of that . . . we're high school friends, but we all play together.

– Jack, age 24



WELLNESS

When I get bogged down with exams and stuff, I can make time to work out, but I either don't prioritize it and then I just don't feel well later . . . it would be nice to have, like, an encouraging group to, like, motivate each other to just continue to prioritize self-care alongside other responsibilities.

– Ava, age 19



SERVICE

I really just wanted to get out of my dorm room, you know, and just go talk to people and see what's going on. And whenever I figured out that [the group] was a community service organization, on top of being social, I was like, "Oh, that's a bonus." You know, because you do learn a lot of new things. Some of it is not very happy, like with the food crisis, but it does feel good to, like, help out and be a part of something bigger.

– Hazel, age 22



RACIAL/ETHNIC AFFINITY

For [my campus's] Latinx society . . . it was all of us coming together, and every week we would just learn more and more about a different country, especially in the Latin communities. And where I was dorming for school, the community was definitely predominantly White.

– Sierra, age 22

How do young adults choose a group and get involved?

Young adults tell us that they learn about groups, clubs, and teams through broad advertising and through personal invitations. For those on college campuses, **broad advertising** strategies, aimed at the student body generally, reach possible participants through club fairs, posters and flyers on campus, and emails from organizers and professors. In other cases, young adults hear about groups through their friends and word of mouth—**personal invitations** go a long way.

Conrad, age 22, believes that the most effective advertising for a club “[comes] down to the individual members.” He says that broader invitations to “the entire community,” like “a potluck or an opening ceremony or an open house” can draw people in. However, he says, “To really retain people and really help get them involved, it’s gotta start with the individual member reaching out to a friend, or reaching out to a classmate, and inviting them. And trying to build that connection.”



In our interviews, young adults say they choose to participate in groups, clubs, and teams that help them establish relationships and build community; that give them the opportunity to build and refine social skills; that allow them to try new things and combat repetition or boredom; and that enable them to foster leadership skills, prepare for the future, or develop a broader sense of purpose. They are likely to join and maintain membership in groups and organizations that help them with these goals.

When discussing motivations to be involved in a group, young adults most often describe a desire to **establish relationships and build community**. For example, Iseul, age 21, wanted to meet more people like her in college. She says, “I started going to [Asian American Student Union] events as a freshman because I just wanted to make friends. I also had come from a very predominantly White high school, and so I was hoping that I could kind of change the experience that I had in high school and to meet more people who were like me when I got to college.”

Quinn, age 18, says that she joined her sorority for the “friends and a community.” On her large campus, she felt it was important to build a more intimate sense of community. She reflects on her previous experiences, sharing, “In high school, I went to a smaller school. I’d been with all the kids in my grade since, basically, middle school . . . And now, going to [my university], it’s so big. And it’s really nice, and I’m enjoying it. But I wanted to have a smaller community that I can go to.”

Not only can group activities help young adults find new connections, but they can also help to **build and refine social skills**. Hazel, age 22, reflects on the volunteering group she’s involved in, saying that a lot of people are initially “super reserved.” However, “they come in and they feel super welcome . . . a lot of people open up more and more throughout the years.”

Emmett, age 24, describes his experience in his fraternity, where they help young men develop important social skills through leadership roles in the group. Emmett says, “They teach you how to talk to people and teach you how to lead, essentially. And that helped a bunch . . . If you’re shy, [you probably won’t] have too many friends, I guess. So, I became more social in the fraternity, as you might expect.”

In addition to making new friends and refining social skills, young adults also describe motivations to **try new things and combat repetition or boredom**. Olivia, age 19, says that she joined clubs so that she didn’t have to “go straight home” after class. She explains, “My life routine kind of felt repetitive, and I thought I would benefit from, like, doing something different.”

Similarly, although Aliana, age 25, “wasn’t really that athletic growing up,” she “wanted an opportunity to try something different” when she joined volleyball and pickleball groups.

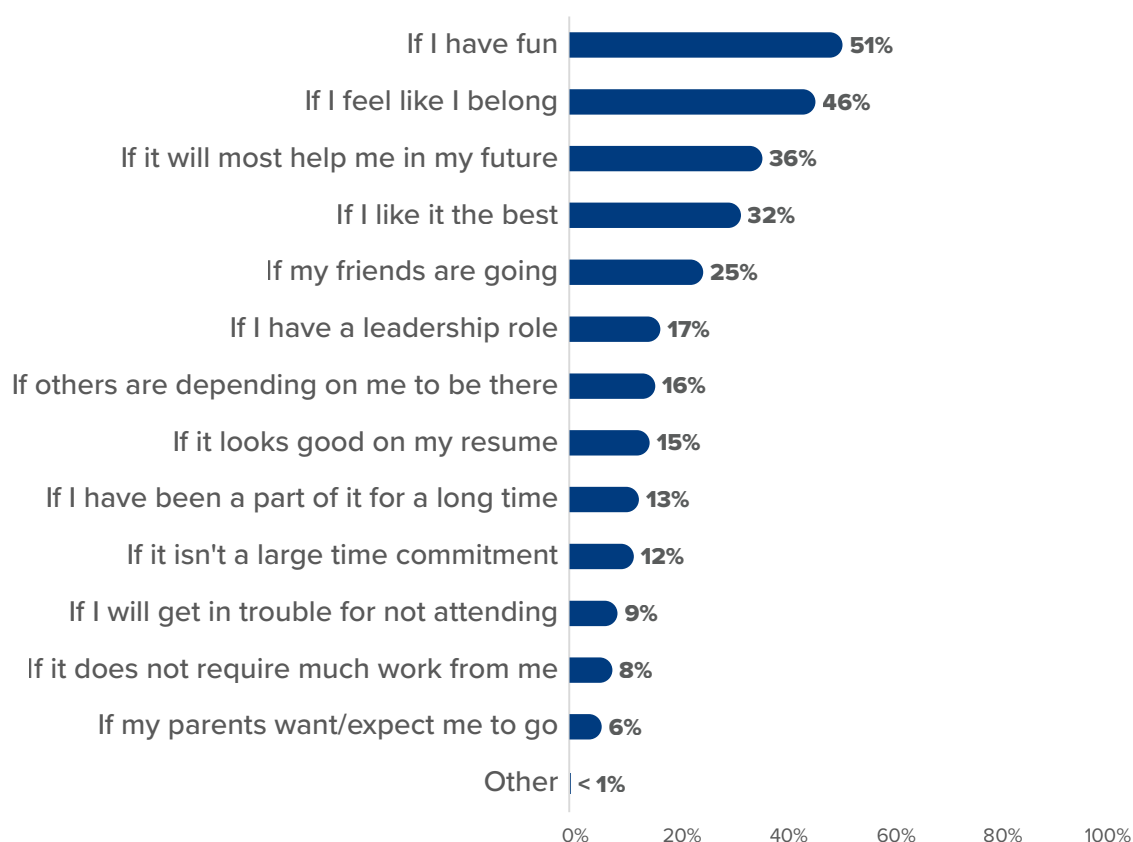
Jack, age 24, shares that developing a weekly pickup basketball game helped him avoid boredom. He says, “When we started, we didn’t think it would last this long. We were just like, ‘Hey, let’s just do this every Wednesday.’ And now it’s been, you know, three or four years, and we’re still going strong. It’s just something that we all enjoy, something that is different that we all can look forward to in our week.”

For some young adults, involvement in groups can help them **foster leadership skills, prepare for the future, or develop a broader sense of purpose**. Hazel, age 22, says that she stays involved in a volunteer organization on campus because “they have, like, a bigger purpose” and that this sense of purpose is reinforced by opportunities in leadership. She explains, “[Joining the organization’s board] could be really good for your resume. And you can also accumulate a lot of volunteer hours. And then also in turn, you’re benefiting the community. It’s kinda like a symbiotic relationship, I guess. You know, you’re helping the community, and it’s also helping you.”

Carter, age 19, describes a sense of urgency and pressure around choosing a career that he felt in college: “I was starting to hit the age of where I felt like I needed a job. And in school they were telling us that our career’s coming up, like we gotta start choosing our career before we don’t have one.” Since the building trade was “calling [his] name,” he joined the career school “to get a little bit of extra experience before [he] would go to an actual trade school.” By joining this organization, he felt that he wasn’t “wasting” his time—instead, he was “building trades knowledge” that would serve him well in his career.

To better understand how young adults choose which specific group, club, or team to participate in, our survey asked them to imagine a conflict between two groups in which they are involved, and then we asked them to select the top three things they consider when choosing which group to prioritize. Surveyed young adults most often say that they prioritize groups that are fun (51%) or where they feel like they belong (46%). Over a quarter of young adults say they prioritize groups that will help them in their future (36%), that they like (32%), and where they have friends (25%).

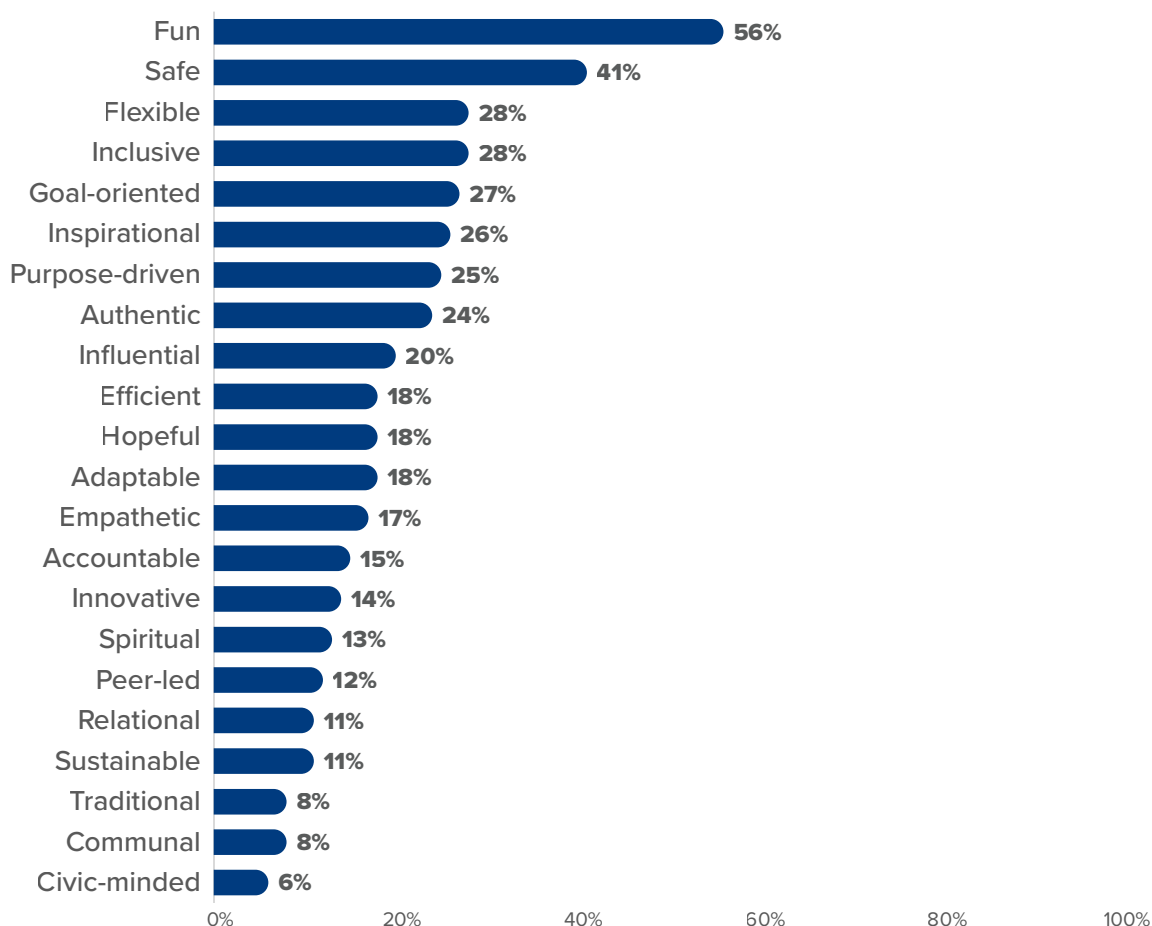
What do young adults prioritize when choosing a group to participate in?



Note: This graphic represents the percentage of young adults (ages 18 to 25) who checked each answer when asked: “Imagine that you have a conflict between two groups/clubs/teams with which you are involved. What are the top 3 things you consider when choosing which group to prioritize?” n = 1,477. Percentages are approximate due to rounding.
Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Fun surfaces again as the key characteristic of organizational success. When surveyed about the top five most essential characteristics of a group or organization, most young adults (56%) say that the groups and organizations they choose to join should be fun. Additionally, 41% of young adults say that organizations should be safe, and at least a quarter say that organizations should be flexible (28%), inclusive (28%), goal-oriented (27%), inspirational (26%), or purpose-driven (25%).

What do young adults say are the essential characteristics that a group should have?



Note: This graphic represents the % of young adults (ages 18 to 25) who checked each answer when asked: “Imagine that you have a conflict between two groups/clubs/teams with which you are involved. What are the top 3 things you consider when choosing which group to prioritize?” n = 1,477. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Among uninvolved young adults, a higher percentage value groups with empathy (21% vs. 15%), flexibility (33% vs 26%), fun (66% vs 51%), and safety (49% vs. 38%). **When trying to engage young adults who are not currently involved, it may be especially important to ensure that the group is fun, safe, flexible, and empathetic.**

What is fun for young adults?

In interviews, when young adults talk about what makes involvement fun, they highlight meeting new people and being able to relax.

Involvement is fun for young adults when it fosters community and relationship building.

When discussing groups that are fun, most young adults talk about developing relationships with other young adults. Especially for those in college, joining teams, clubs, and other organized activities provides invaluable opportunities to meet new people and make new friends. Grace, age 18, says, “I feel like, a big part of, like, being in clubs is just the community. Especially, like, in college, where you’re just kind of on your own, making friends and [being] with people who also enjoy the same sport as you and just, like, getting off campus and, going to tournaments, stuff like that just seems really fun.”

Involvement is fun for young adults when they are relaxed.

Young adults often seek out groups that are “relaxed” and “chill.” Many young adults just want a place where they can unwind. This is especially the case for students facing intense academic and work schedules as well as demanding extracurriculars. Iseul, age 21, says her ideal group would be one “where the stakes aren’t really as high as I feel like a bunch of my extracurricular events have been. Where we can just all, like, sit and appreciate something together that we all have in common or that we all like.” Quinn, age 18, describes her sorority’s kickball league, which was a casual way to bond with other members: “I’m not athletic, but we just kind of went out there to do it for fun . . . I got closer with some other girls and then after the games, we would go hang out and kind of chill. So it’s like a ‘chill, we just wanna have fun’ vibe.”

What barriers to getting involved do young adults face?

About a third of young adults are not involved in any groups, clubs, or teams. Of these uninvolved young adults, 27% say that they don’t want to be involved, and 14% select “I don’t want to be involved in anything” as the *only* reason they’re uninvolved. The remaining 86% indicate that there are other barriers to their involvement.

33%

of young adults are **not involved** in at least one group or organization.

Note: This graphic represents responses from young adults, ages 18 to 25, n = 1,477. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

Survey data show that young adults most often say that they are uninvolved because they can't find a group that interests them—29% of young adults share this sentiment. More than a quarter of young adults say that they don't have transportation (27%) or that they cannot afford the associated fees (25%). Twenty percent of young adults say that they can't commit the time or energy required to join, that they are too tired after work or school, or that they have to work during typical meeting times.

What are the reasons uninvolved young adults are not currently in a group/club/team?

I can't find a group activity that interests me.



I don't want to be involved in anything.



I don't have transportation to get there.



I can't afford the fees or expenses that come with participating.



I can't commit to the time/energy required to join the activities I'm interested in.



I'm too tired after work/school to feel motivated to do something else.



I work during the times when activities typically take place.



I just moved to a new place, and I'm not sure how to get involved.



I'm overwhelmed by the number of options, and don't know how to narrow them down.



Something else.



0% 20% 40% 60% 80% 100%

Note: This graphic represents the percentage of young adults (ages 18 to 25) who are currently not involved in a group and who checked each answer when asked: “What are the reasons you are not currently in any groups/clubs/teams? Select all that apply,” n = 482. Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025.

In interviews, young adults also talk about the difficulty of finding a group, club, or team that they are interested in and finding the time to get involved. They also articulate feelings of fear and anxiety around joining groups, as well as the possible effects of technology and social media, creating a more complete picture of what prevents young adults from getting involved.

For some, the **difficulty of finding a group to join** starts from the very beginning. Nia, age 18, shares, “Everybody says, ‘You have all the resources in the world, you know, the internet is at your disposal.’ But . . . where do you even start? . . . How should you go about it? Or what’s the first step? . . . I know a lot of people think like, ‘[Young people] don’t wanna do anything.’ But a lot of people do. They just don’t know how to start or where to begin.”

For others, the difficulty lies in finding something that really connects with them. Adam, age 22, says, “It’s just really hard to find certain groups that really fit well with your interest a lot of the time. So that’s, again, why online activities are easier for me, I guess.”



For young adults who are no longer in school, finding activities can be even more difficult. Chris, age 25, says that joining groups “becomes much harder . . . as an adult, as someone out of college, to just have the time to do that. In college, you live with your friends. And if you don’t live with your friends, they live on the same campus as you, and they live a few minutes from you and they’re doing the same things as you . . . at least in my own experience, that’s a lot harder to do when the same friend has their own job and has their own partner and has their own things that are taking up a lot of their time. It’s just harder to find that sense of community there. You need to be more intentional about it.”



Amid expectations to achieve academically and advance in their careers, many young adults have **difficulty finding time to get involved**. Ava, age 19, says, “Especially if you’re doing a challenging major, just like struggling with other things, you don’t really feel comfortable or motivated to see people in, like, a club setting. You just don’t have the energy or, like, the motivation to be with other people.”

Carlos, age 19, says, “I used to play sports and be a part of things. Now, it’s like my time has been shortened to do things. So, at the moment . . . I’m just academically trying to finish my education.” Similarly, Rowan, age 22, reflects on his lack of involvement in college, saying that there was a “lack of time.” He continues, “Mostly, I found it really hard to prioritize [joining clubs and teams] when I had bigger things to worry about.”

It can also be intimidating for young adults to get involved in groups when they don’t know anybody and don’t know what to expect. Some express feelings of **fear or anxiety around meeting new people**. Conrad, age 22, explains, “When you’re not involved in a group, it’s when you don’t know anybody . . . it’s hard to feel that desire to put yourself out there. Like it’s scary. It’s anxiety inducing.” Aadhya, age 25, describes herself as “introverted and shy.” Although she considered joining an intramural like basketball team on campus, she “could never actually get [herself] to do that.”

Some young adults attribute their **fear and anxiety to uncertainty around change**. Especially since young adults are likely beginning their college education, starting their career, or moving to a new place, change and uncertainty are prevalent in this age group. Jackie, age 22, says that she has “general anxiety about being around new people.” She continues, “I’m not a huge fan of changing circumstances, and I try to avoid new situations as much as possible to protect myself.” Ava, age 19, adds that “being self-conscious and not wanting to, like, face your fears is a factor” when young people are uninvolved, remembering that her friend “was scared of attending the group fitness classes because she thought that people would be judging her.”

While young adults didn't point to **technology and social media** as barriers to their own involvement, some discuss potential effects on their generation's involvement more broadly. Eliana, age 19, explains, "In my area, there isn't really a lot of things to do for people my age to go out and meet other people. Even when you're going to the mall just on your own, everyone's on their phones."

Hazel, age 22, suggests that "screen time" is "one of the biggest killers of, like, socialization." She says, "My generation especially was kind of raised on the internet, right? And it's pretty addicting. So it's, like, if you already have something to do, like, if you already have something to scroll through, why would you wanna, like, join a club when you can just, you know, text your friend or you know, go on here and read this. You know, people just don't have any time to be bored . . . and no reason to go out and try something new, you know?"

Violet, age 23, wonders whether social media shields against feelings of isolation, potentially hindering involvement: "I do think the internet allows people to connect in some ways. I think it's maybe cheaper. I think it's maybe less fulfilling. But it's there. I think if you didn't have that, if you remove that variable, people would feel their isolation more, and maybe they would be more motivated to be involved with different organizations. But you have this kind of weird buffer where you *do* have interaction, even if it's just fighting with people in the comments of your Facebook or whatever."



Understanding young adults' overall experiences with involvement

Young adults, ages 18 to 25, who are involved in groups, clubs, or teams experience well-being at higher levels than those who are uninvolved. Most involvement within this age group is associated with colleges and universities, and thus, finding groups to be involved in can be difficult for those young adults not connected to campuses.

Most commonly, young adults are involved in groups, clubs, and teams dedicated to gaming, hobbies/interests, and religion/spirituality, and they say they're more likely to join groups where they are personally invited by friends. Young adults prioritize groups that are fun, those that foster feelings of belonging, and those that help them prepare for their future. Some value groups with low stakes and where they can relax after a long day of class or work. This involvement provides spaces where young adults may build community, refine social skills, take on leadership roles, and gain a sense of purpose.

For young adults who are uninvolved, about a quarter say they don't want to become involved. Commonly, uninvolved young adults indicate that they're unable to find groups to join or that they're too tired or overwhelmed to commit. About a quarter of young adults indicate that they struggle with transportation or costs associated with group membership. Some say that they're uninvolved due to feelings of fear and anxiety that can accompany social situations, uncertainty, and change.

To engage young adults in groups, educators, coaches, and group leaders can consider whether the teams and clubs they offer suit the needs and preferences of young adults:

Are the group's activities fun for young adults?

Does the group provide welcoming and inclusive spaces for students to explore and grow?

Are the group's expectations flexible enough to accommodate busy schedules and to avoid overwhelming participants?

Are there ways to mitigate anxiety and stress for new group members?

In the university setting, does your college offer a variety of clubs and teams that are well-communicated to the student body? Do groups at your university offer different levels of commitment (e.g., general membership vs. leadership or intramural sports vs. club sports)?

As young people transition into adulthood, they face new challenges and uncertainties. For many young adults, it's important that they find extracurriculars in which they are comfortable doing things they enjoy with their friends. These groups, clubs, and teams can help them adjust to new environments, broaden their social networks, grow as professionals, and grow as people.

Conclusion

For both teens (ages 13 to 17) and young adults (ages 18 to 25), involvement in groups, clubs, and teams is associated with higher levels of well-being. Most of young people's involvement happens through extracurriculars in schools.

When it comes to involvement, teens and young adults are largely aligned in their priorities for involvement. Both teens and young adults prioritize fun when choosing what to participate in. For teens and young adults, a major attraction to—and benefit of—involvement is the opportunity to socialize with friends, meet new people, and build community. They also consider this socialization to be an aspect of fun. For both teens and young adults, some of the biggest barriers to getting involved are problems finding a group, financial and transportation inaccessibility, and difficulty committing to participation.

Despite these overarching similarities, there are some differences in the ways that teens and young adults experience group involvement. These divergences likely stem from differences in age and life stage—teens in middle and high school are bound to experience involvement differently than young adults who are in college and the workforce.

Overall, teens are more likely than young adults to be involved in extracurriculars. For teens, sports-related groups are the most common type of involvement by far. For young adults, involvement is much more varied: they are most commonly involved in gaming, hobby/interest groups, and religious/spiritual groups. When choosing what to be involved in, young adults tend to place more emphasis on preparing for their future than teens do, and they more frequently talk about the value of relaxed groups with reasonable expectations. While young adults are less involved than teens, uninvolved young adults are more likely than uninvolved teens to *want* to be involved. Additionally, young adults are more likely than teens to face issues with transportation and work schedules, and they more often describe feelings of anxiety and fear around getting involved. Understanding the nuances between teen and young adult experiences can help guide trusted adults in leadership roles. Educators, coaches, group leaders, and other adults can incorporate these insights, developing opportunities that best suit the life stage and needs of their participants.

Because most teens and young adults are students and involved in groups through a school, educators have unique opportunities to offer teams, clubs, and other organized group activities that meet the needs of young people. Access to consistent and meaningful spaces to explore interests, build community, and work toward personal growth has the potential to improve the well-being and flourishing of young people across age groups.



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Acknowledgments

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Created by the publishing team of Springtide Research Institute.

Printed in the United States of America.

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Our Thanks

This report was made possible, in part, through a grant from Lilly Endowment Inc. We thank Lilly Endowment for supporting research about the lives of young people. We thank the many people who helped guide the study in its early phases, especially Dr. Tricia Bruce. Additionally, we thank Dr. Maura Hagarty and Lukas Louwagie for their work reviewing this report. We also thank the members of the Springtide Ambassadors Program for their valuable feedback on our data-collection instruments, and Springtide's Research Advisory Board for their insights regarding our methodology and findings.