

DEBT PROBLEMS IN THE YOUNG FINNISH ADULT POPULATION

An Analysis of an Epidemic

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Academic Writing

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**Abstract**

This paper explores the causes behind the high amount of payment default entries and debt problems among young Finnish people. The reasons behind the epidemic are complex and affected by several different factors. These include the lack of financial skills and education, as well as poor legislation to protect unethical marketing of consumer credit to vulnerable groups. Young people face a vast range of economic obligations and opportunities as they enter adulthood but may lack the skills to sustainably manage them. Furthermore, the new technological and digital solutions that have emerged can make it difficult for an inexperienced consumer to see how much money they are spending. In order to alleviate the existing problems, support should be targeted towards the youth and those with a low level of education or income.

It is important to address the current debt problems because of their widespread effect on individuals, families and society as a whole. Securing the educational attainment and wellbeing of the Finnish youth is an important aspect of resolving the current situation. Furthermore, help and support should be offered to those who are struggling financially. At the moment, there is a lack of affordable support services to consumers, which makes it difficult for consumers to resolve their financial problems. Moreover, studies suggest that in most cases, debt problems are caused by difficulties in other areas of life. Drawing on the existing research, this paper argues that meaningful solutions require the commitment of all stakeholders and a change in the attitudes and culture surrounding money. These stakeholders include different sectors of the society such as healthcare services, legislation, education, work places and families.

**Editorial**

**Debt Problems – An Invisible but Dangerous Visitor**

Partying at nightclubs, dinners at fancy restaurants, beach holidays or shopping sprees at a weekly basis. The symptoms of poor financial education among young adults can easily be seen on social media. A culture that encourages excessive spending has led to the normalization of extravagance and a tendency to imitate the lifestyle of the most prominent figures on social media. In addition to the widespread idealization of consumerism, one of the major culprits of debt problems are instant loan companies who offer small loans with extremely high interest rates. At worst, one seemingly innocent loan can lead to a cycle of debt problems, which can last for years. The inevitable truth is, that life is not free. In Finland, even someone with a level of income that is above average, has to plan their spending wisely.

Young people are known to sometimes be impulsive, irrational and even irresponsible in their decision-making. The human brain continues to develop and mature until the age of 25, which is when most people have started to settle down and realize the long-term consequences of their decisions. The CEOs of instant loan companies who argue that instant loans are a convenient way to get money quickly, are lacking in moral discernment and understanding of the consequences of their marketing in the lives of young people. It is the responsibility of the society to protect young adults from these risks during their formative years. The consequences of one reckless financial decision can lead to prolonged distress and anxiety for a young person. Debt problems are linked to depression, unemployment and marginalization. As adults, we are all responsible for our own actions, but the price some people pay for one wrong choice can be too high.

Access to instant loans should be restricted by the government and financial skills be taught in school. Parents should make an active effort to inform their children about the costs of living and realities outside social media. This must be done in order to protect the lives of the most vulnerable youth in this country and allow them to learn from their mistakes. It is wrong that loan companies make tremendous profits at the expense of the poorest and least educated. In the happiest country of the world, everyone should have the right to enjoy life and know that their rights and wellbeing are being protected.