

American Views on New Year's Resolutions

A SURVEY OF 1,005 AMERICANS

Lifeway research

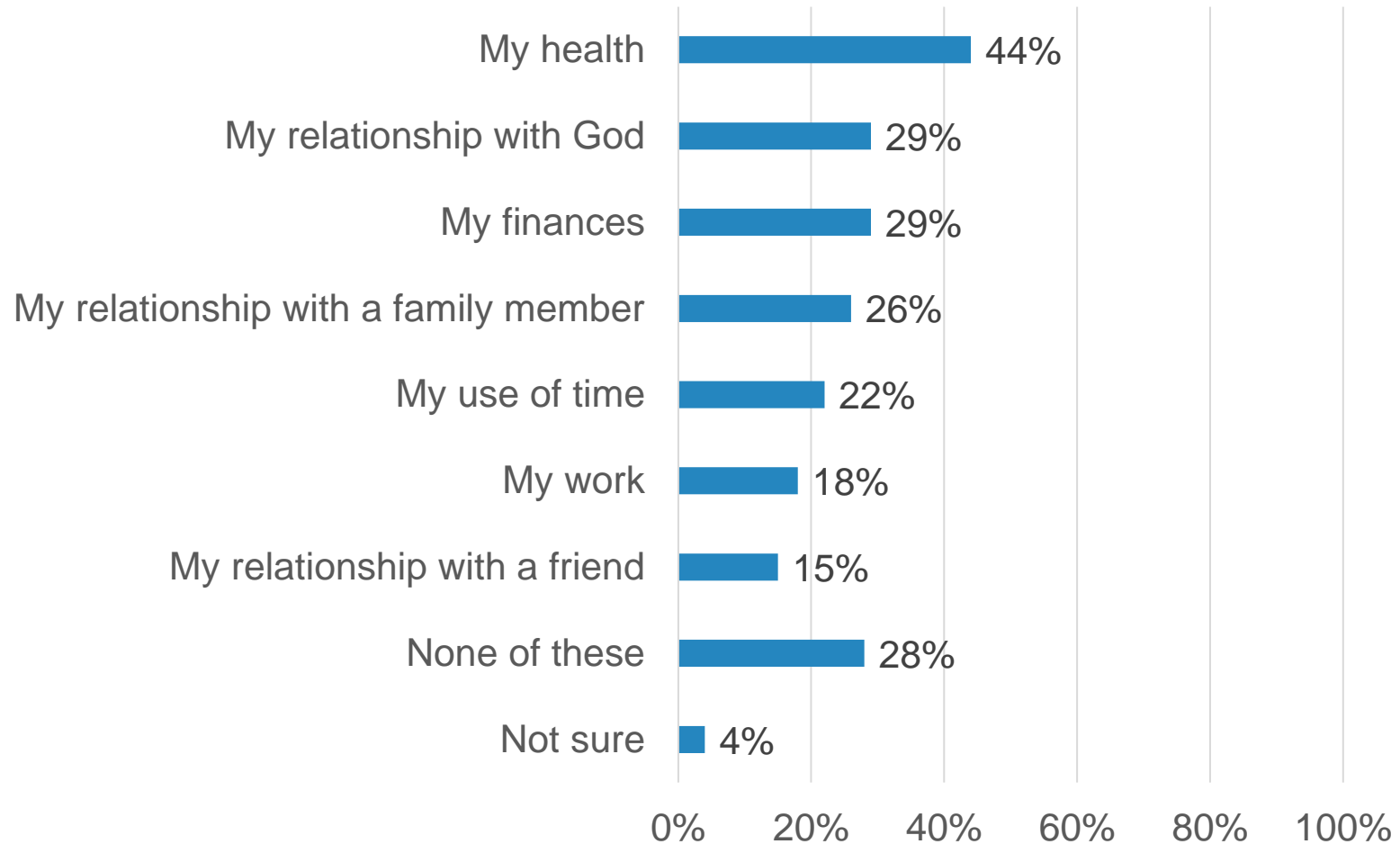
Methodology

- The online survey of 1,005 Americans was conducted September 3-14, 2021 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 completed sample is 1,005 surveys
- The sample provides 95% confidence that the sampling error from the panel does not exceed $\pm 3.3\%$ This margin of error accounts for the effect of weighting
- Margins of error are higher in sub-groups

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

“What topics have you addressed with a New Year’s resolution in the past?”



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Q: “What topics have you addressed with a New Year’s resolution in the past? (Select all that apply)” n=1,005

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		

“What topics have you addressed with a New Year’s resolution in the past?”

My health

- Those age 18-34 (52%) and 35-49 (52%) are more likely to select than those 50-64 (37%) and 65+ (31%)
- Those with some college (49%) or a Bachelor’s Degree (48%) are more likely to select than those who are High School Graduates or less (37%)
- Catholics (48%) are more likely to select than Protestants (40%)
- Christians who attend a worship service 4 or more times a month (48%) are more likely to select than Christians who attend less than once a month (38%)

“What topics have you addressed with a New Year’s resolution in the past?”

My relationship with God

- Those age 18-34 (35%) and 35-49 (35%) are more likely to select than those 50-64 (25%) and 65+ (17%)
- African Americans (41%) are more likely to select than Whites (27%) and Other Ethnicities (20%)
- Religiously Unaffiliated are the least likely to select (14%)
- Christians who attend a worship service 1 to 3 times a month (39%) and 4 or more times a month (48%) are more likely to select than Christians who attend less than once a month (20%)
- Those with evangelical beliefs are more likely to select than those without evangelical beliefs (48% v. 23%)

“What topics have you addressed with a New Year’s resolution in the past?”

My relationship with a friend

- Those age 18-34 are the most likely to select (25%)
- Other Religions (23%) are more likely to select than Protestants (12%)
- Christians who attend a worship service 1 to 3 times a month (18%) and 4 or more times a month (17%) are more likely to select than Christians who attend less than once a month (10%)

“What topics have you addressed with a New Year’s resolution in the past?”

My relationship with a family member

- Those age 18-34 (36%) and 35-49 (30%) are more likely to select than those 50-64 (18%) and 65+ (15%)
- Catholics (30%) and Other Religions (34%) are more likely to select than Protestants (23%)
- Christians who attend a worship service 1 to 3 times a month (31%) and 4 or more times a month (32%) are more likely to select than Christians who attend less than once a month (18%)

“What topics have you addressed with a New Year’s resolution in the past?”

My finances

- Those age 18-34 (40%) and 35-49 (39%) are more likely to select than those 50-64 (22%) and 65+ (12%)
- Whites are the least likely to select (25%)
- Those in the South (34%) are more likely to select than those in the Northeast (24%)
- Those with some college (36%) are more likely to select than those who are High School Graduates or less (25%)
- Religiously Unaffiliated (36%) are more likely to select than Catholics (24%) and Protestants (27%)
- Christians who attend a worship service 1 to 3 times a month (31%) and 4 or more times a month (34%) are more likely to select than Christians who attend less than once a month (20%)

“What topics have you addressed with a New Year’s resolution in the past?”

My use of time

- Those age 18-34 (34%) and 35-49 (29%) are more likely to select than those 50-64 (13%) and 65+ (8%)
- Those who are High School Graduates or less are the least likely to select (16%)
- Religiously Unaffiliated (29%) are more likely to select than Protestants (19%)
- Christians who attend a worship service 1 to 3 times a month (28%) and 4 or more times a month (22%) are more likely to select than Christians who attend less than once a month (15%)

“What topics have you addressed with a New Year’s resolution in the past?”

My work

- Those age 18-34 (29%) and 35-49 (23%) are more likely to select than those 50-64 (10%) and 65+ (3%)
- Those in the South (20%) are more likely to select than those in the West (12%)
- Those who are High School Graduates or less are the least likely to select (11%)
- Other Religions (25%) and Religiously Unaffiliated (22%) are more likely to select than Protestants (14%)
- Christians who attend a worship service 1 to 3 times a month (24%) and 4 or more times a month (20%) are more likely to select than Christians who attend less than once a month (8%)

“What topics have you addressed with a New Year’s resolution in the past?”

None of these

- Those age 65+ are the most likely to select (54%)
- Those who are High School Graduates or less are the most likely to select (35%)
- Protestants (33%) are more likely to select than Other Religions (22%) and Religiously Unaffiliated (24%)
- Christians who attend a worship service less than once a month (44%) are more likely to select than Christians who attend 1 to 3 times a month (15%) and 4 or more times a month (24%)

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