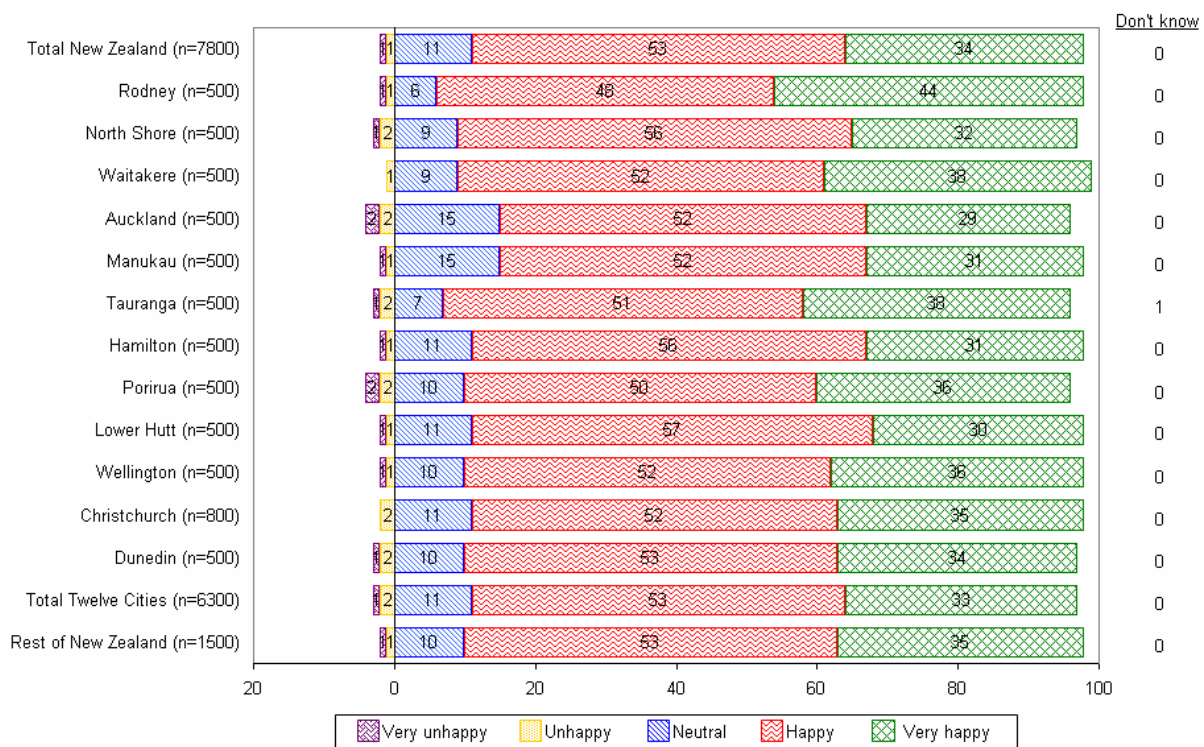


6. WELLBEING

6.1 Emotional Wellbeing

Most New Zealand residents rated their emotional wellbeing positively (*happy or very happy*) (87%) with only 2% giving a negative rating (*unhappy or very unhappy*). Rodney District residents had the highest positive happiness rating (92% *happy or very happy*), whereas Auckland residents were the least likely to rate their emotional wellbeing positively (81% *happy or very happy*). The difference in share of positive ratings for emotional wellbeing between Twelve Cities' residents (86%) and those living in the rest of New Zealand (88%) is not significant.

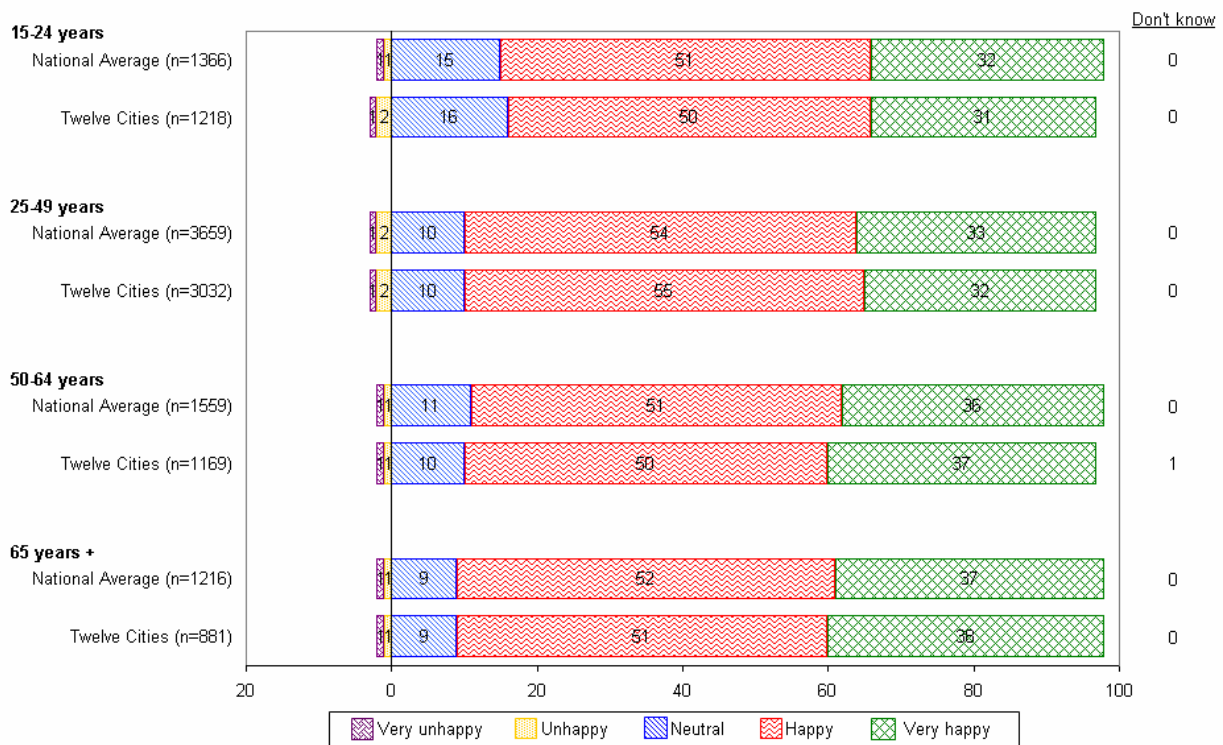
Figure 6.1: Emotional Wellbeing - By Location (%)



Base: All respondents

Nationally, residents aged 15-24 years were the least likely to rate their emotional well being positively (83% *very happy or happy*), this share being significantly lower than for all other residents (88%). Among residents of the Twelve Cities, positive ratings for emotional wellbeing were also significantly lower for those aged 15-24 years (81%) than all other residents (86%). At both the national and Twelve Cities' level, residents aged 65 years or over were the most likely to rate their wellbeing positively (89% *happy or very happy*).

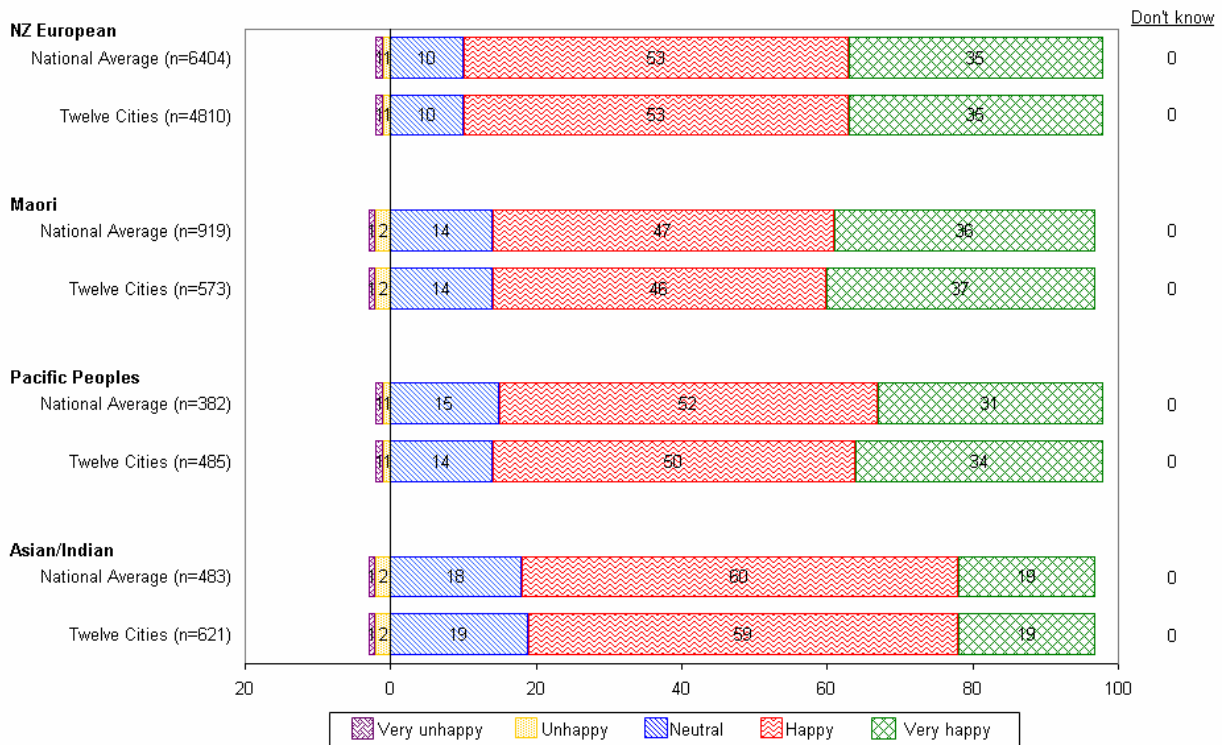
Figure 6.2: Emotional Wellbeing - By Age (%)



Base: All respondents

At both a national and Twelve Cities level, Asian/Indian residents were significantly less likely to rate their emotional wellbeing positively than all other respondents (79% nationally and 78% Twelve Cities giving a *happy* or *very happy* rating, compared with 88% of all other respondents). New Zealand European residents had the highest ratings for positive wellbeing, with 88% at both levels *happy* or *very happy*.

Figure 6.3: Emotional Wellbeing - By Ethnicity (%)

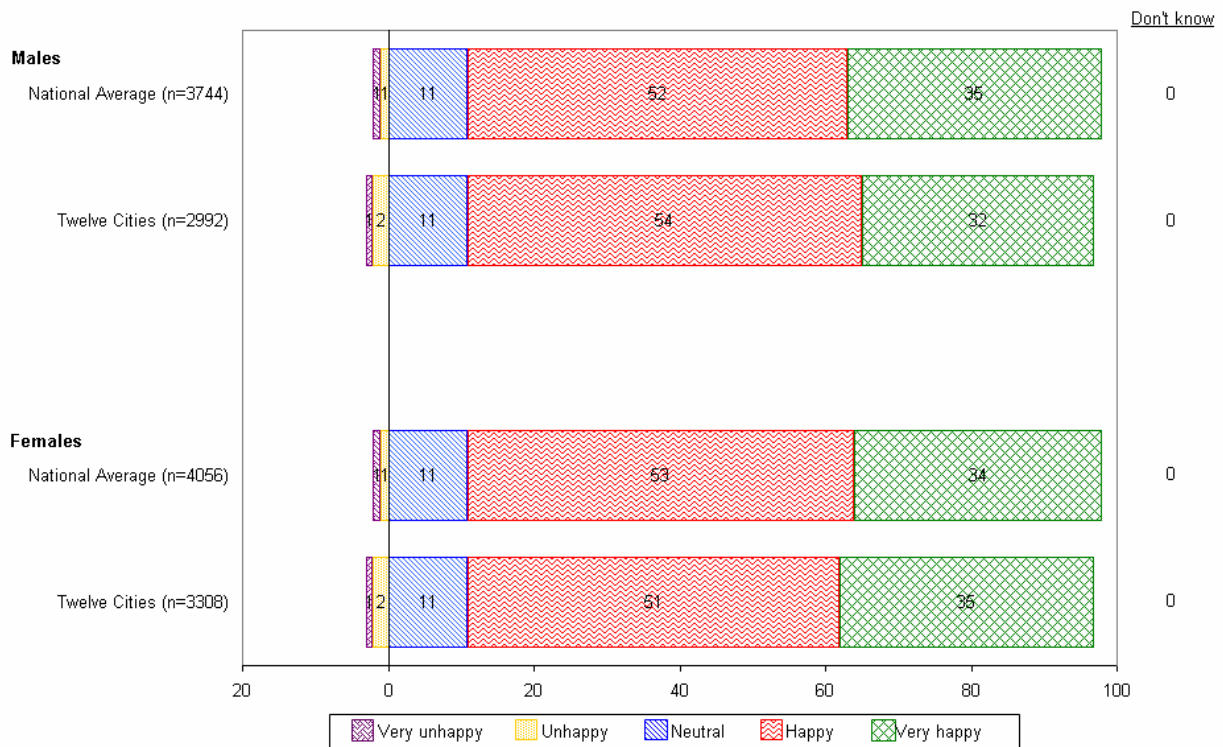


Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

At the national level, ratings for emotional wellbeing by gender were similar, with 87% of both males and females rating their emotional wellbeing positively (*happy or very happy*). There were also no notable differences in the share of positive ratings by gender at a Twelve Cities' level. However, females were significantly more likely to describe themselves as *very happy* (35%) than their male counterparts (32%).

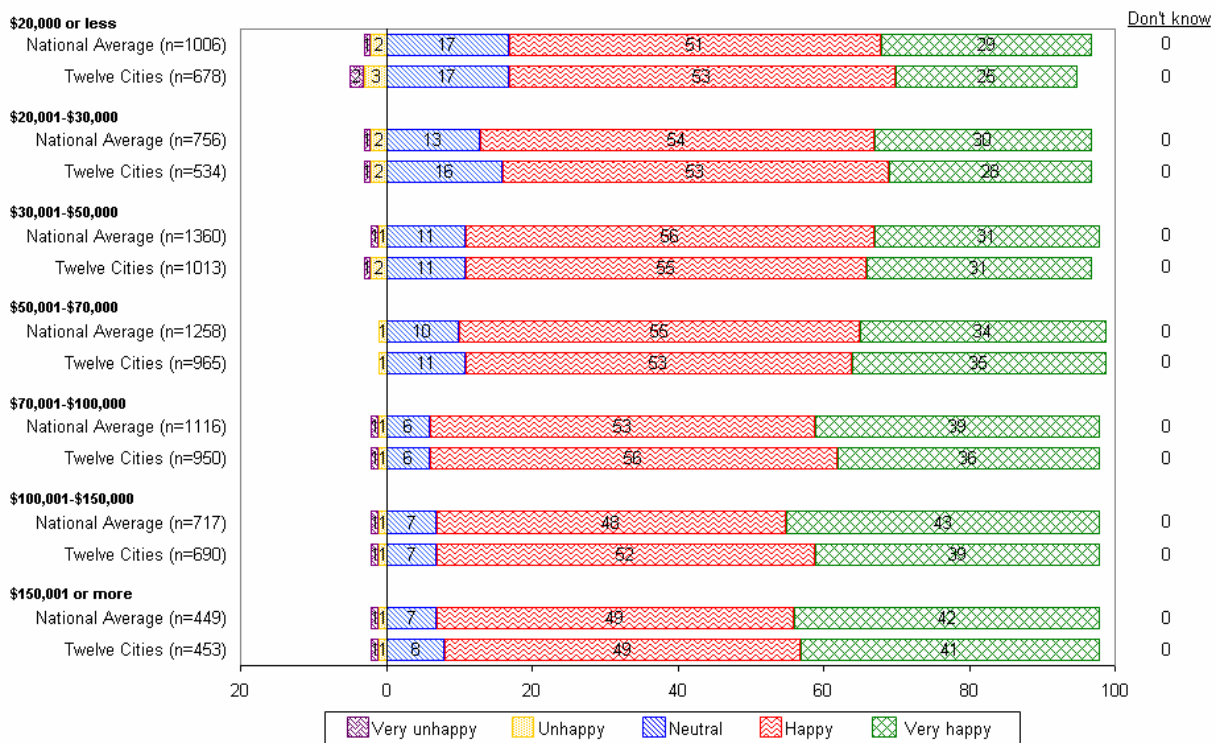
Figure 6.4: Emotional Wellbeing - By Gender (%)



Base: All respondents

A positive relationship is evident between household income and emotional wellbeing. Nationally, residents with an annual household income of \$20,000 or less were significantly less likely to rate their emotional well being positively (80% *happy or very happy*) than all other respondents (88%), while residents with annual household incomes of \$70,001 or more were significantly more likely to rate their emotional wellbeing positively (92% *happy or very happy*) than those with a household income of \$70,000 or less (85%). Results were similar for the Twelve Cities, with residents with an annual household income of \$20,000 or less least likely to be *happy or very happy* (78%) while the share of positive ratings was highest among those with a household income of \$70,001 or more (91%).

Figure 6.5: Emotional Wellbeing - By Household Income (%)

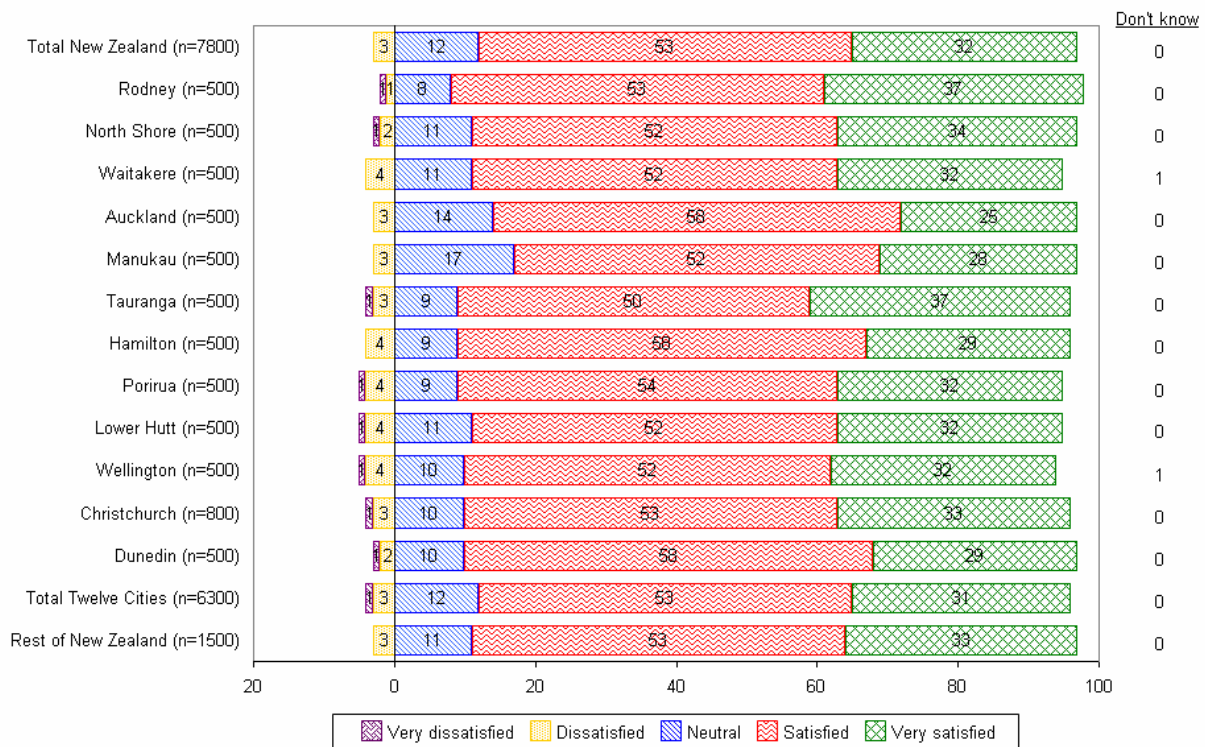


Base: All respondents

6.2 Satisfaction With Life In General

The greatest share of residents were found to be satisfied to some extent (*satisfied or very satisfied*) with life in general (85% nationally; 84% Twelve Cities), with Rodney District residents being most satisfied (90%) and Manukau City residents least satisfied (80%). There were no significant differences in levels of satisfaction with life in general between Twelve Cities' residents (84%) and those living in the rest of New Zealand (86%).

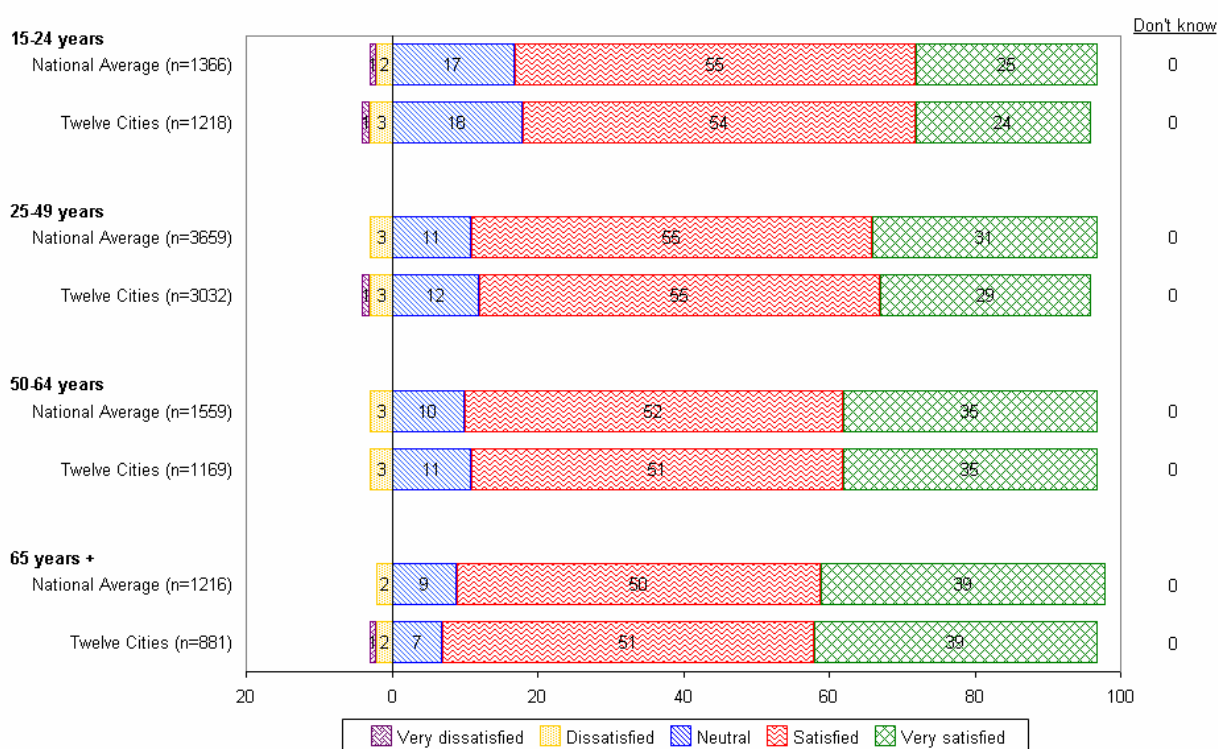
Figure 6.6: Satisfaction With Life In General - By Location (%)



Base: All respondents

Both nationally and for the Twelve Cities, the results suggest a positive relationship between age and satisfaction with life in general. At both levels, residents aged 15-24 years were significantly less likely to be *satisfied* or *very satisfied* with their life generally (80% nationally; 78% Twelve Cities) than all other respondents (86% at both levels), while those aged 65 years + were significantly more likely to be *satisfied/very satisfied* (89% nationally; 90% Twelve Cities) than all other respondents (84% nationally; 83% Twelve Cities). Residents aged 65 years or over were also significantly more likely to be *very satisfied* with their life in general (39%) than all other respondents (31%).

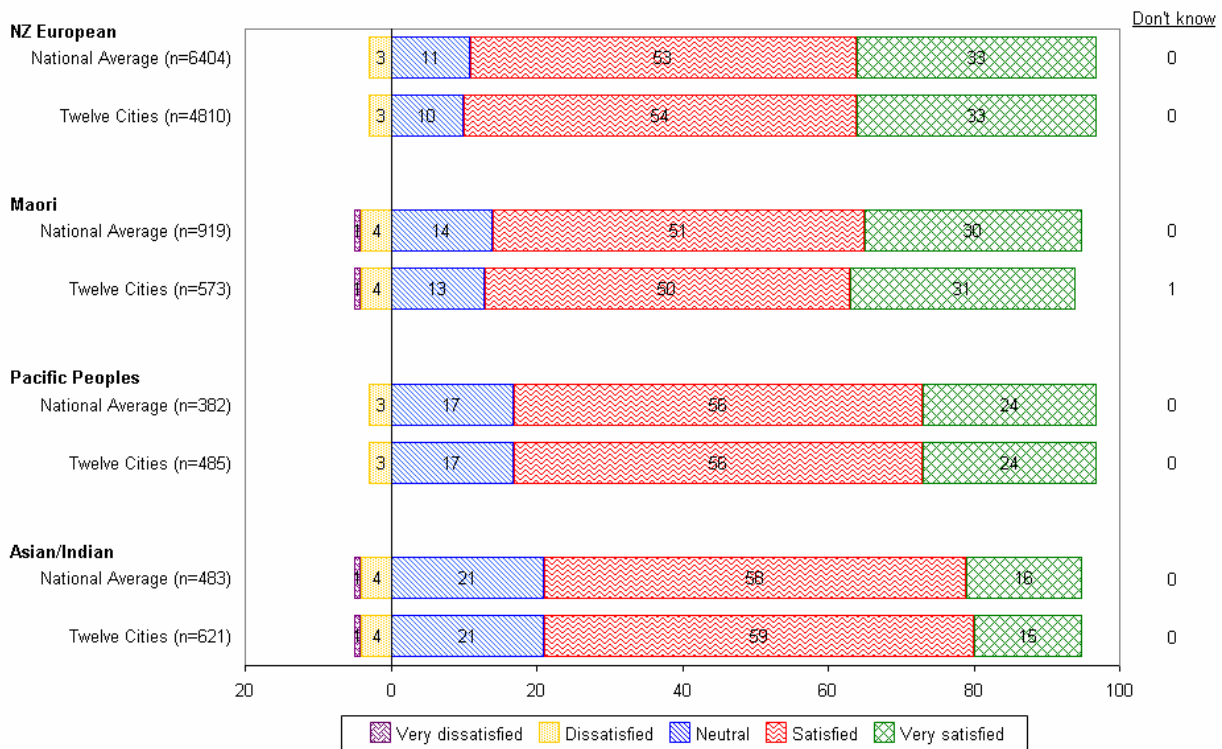
Figure 6.7: Satisfaction With Life In General - By Age (%)



Base: All respondents

Nationally, New Zealand European residents were significantly more likely to be *satisfied* or *very satisfied* with their life in general (86%) than respondents from all other ethnic groups (81%), particularly those of Asian/Indian descent (74%). Ratings for Asian/Indian respondents were also significantly lower than for both Maori (81%) and Pacific Peoples (80%). Results were similar for the Twelve Cities.

Figure 6.8: Satisfaction With Life In General - By Ethnicity

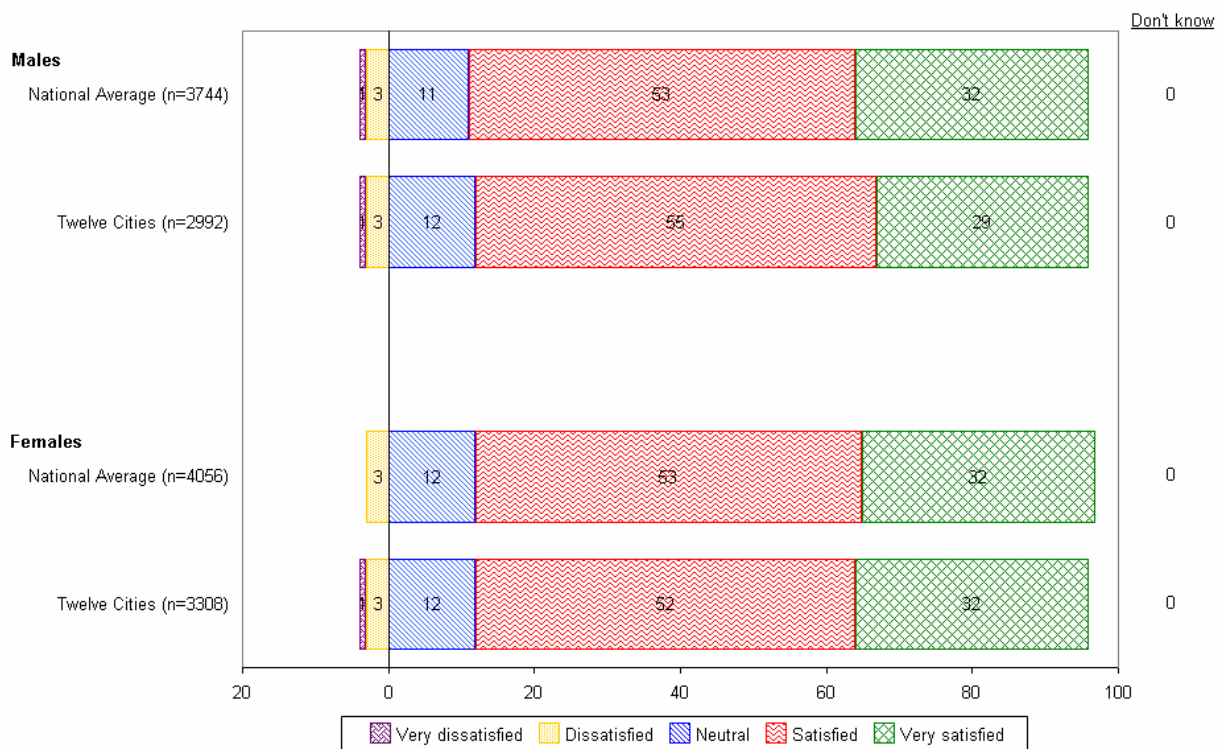


Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

At the national level, ratings for satisfaction with life in general were similar by gender, 85% of both groups satisfied with their life to some extent. For the Twelve Cities, while 84% of both males and females stated that they were *satisfied* or *very satisfied* with their life in general, females were significantly more likely to be *very satisfied* (32%) than their males counterparts (29%).

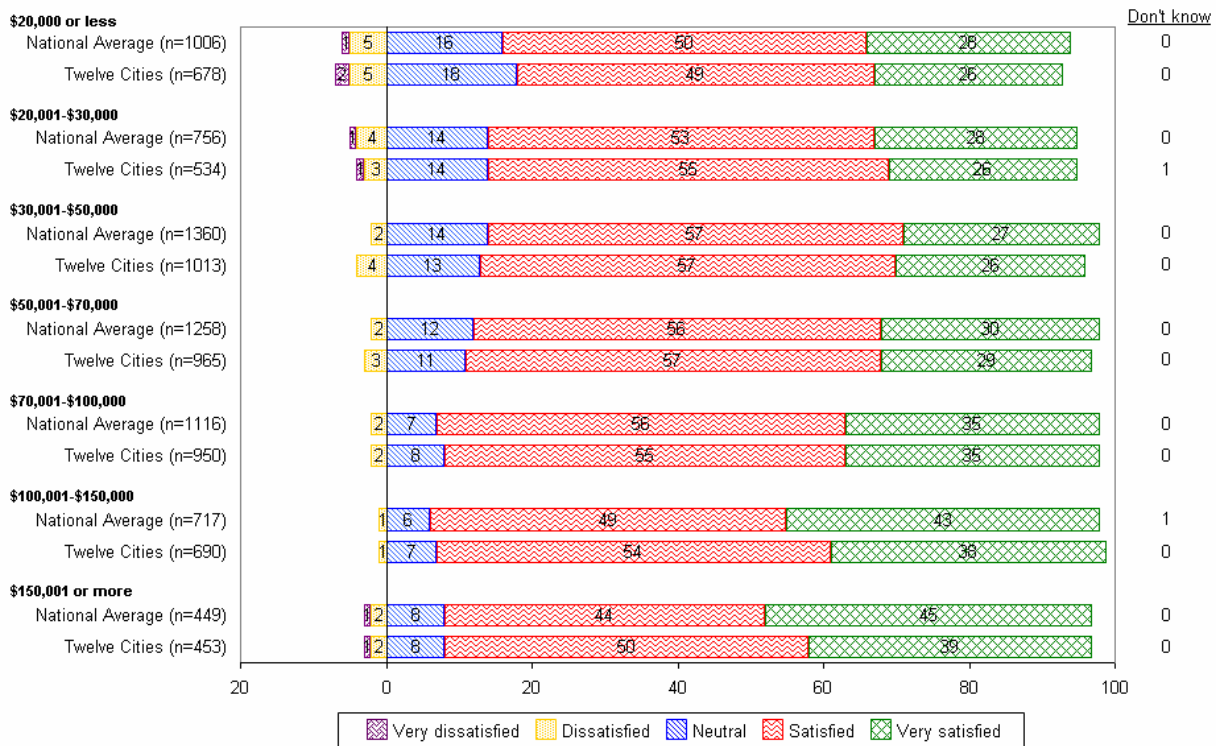
Figure 6.9: Satisfaction With Life In General - By Gender (%)



Base: All respondents

The results suggest a positive relationship between household income and satisfaction with life in general. At both a national and Twelve Cities' level, residents with an annual household income of \$20,000 or less were significantly less likely to be *satisfied* or *very satisfied* with their life (78% nationally; 75% Twelve Cities) than all other respondents (86% at both levels). Similarly, residents with an annual household income of \$70,001 or more were significantly more likely to be satisfied with their life in general to some extent (91% nationally; 90% Twelve Cities) than respondents with an annual household income of \$70,000 or less (82% nationally; 80% Twelve Cities).

Figure 6.10: Satisfaction With Life In General - By Household Income (%)

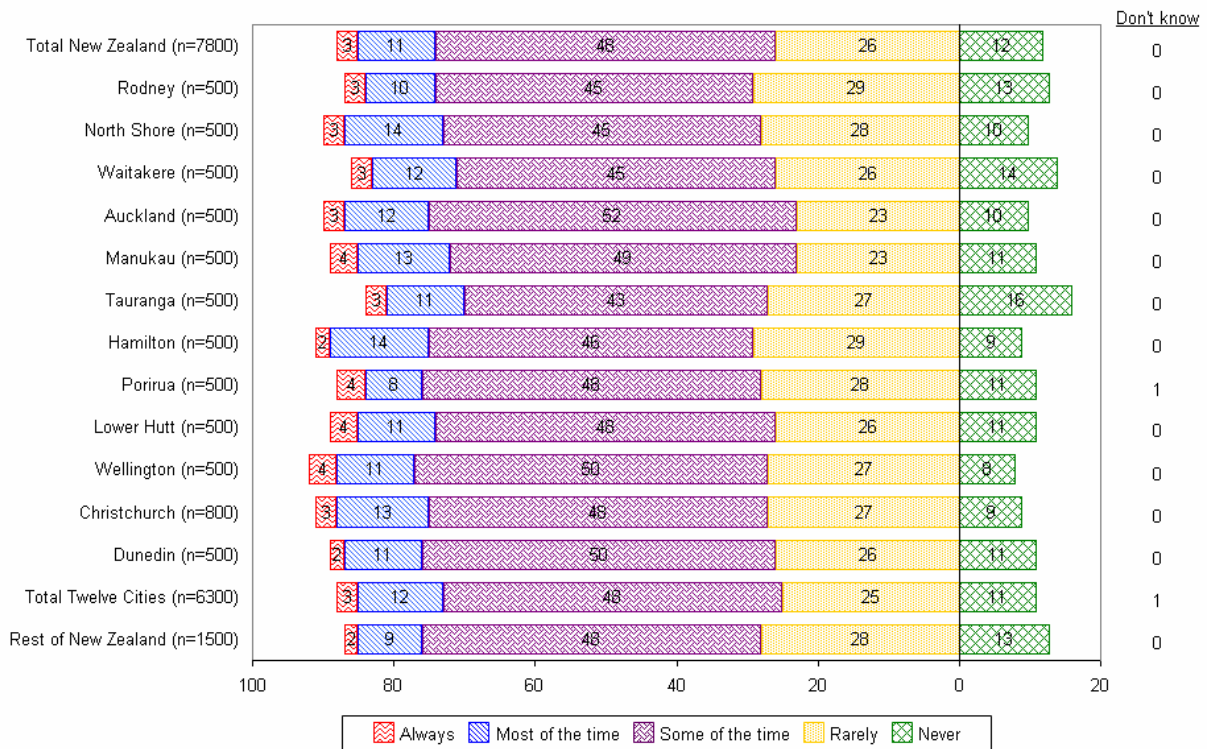


Base: All respondents

6.3 Stress

For residents across all of New Zealand, 12% responded that they had *never* experienced stress that had had a negative effect. Almost nine out of ten respondents (88%) stated that they had experienced stress which had had a negative effect, 3% stating that they experienced this negative stress *always*. Of the twelve cities, Tauranga residents were most likely to have *never* experienced negative stress (16%), while Wellington residents were least likely (8% never having experienced negative stress). Results show the Twelve Cities' residents were significantly less likely to experienced negative stress (11% *never*) than those living in the rest of New Zealand (13% *never*).

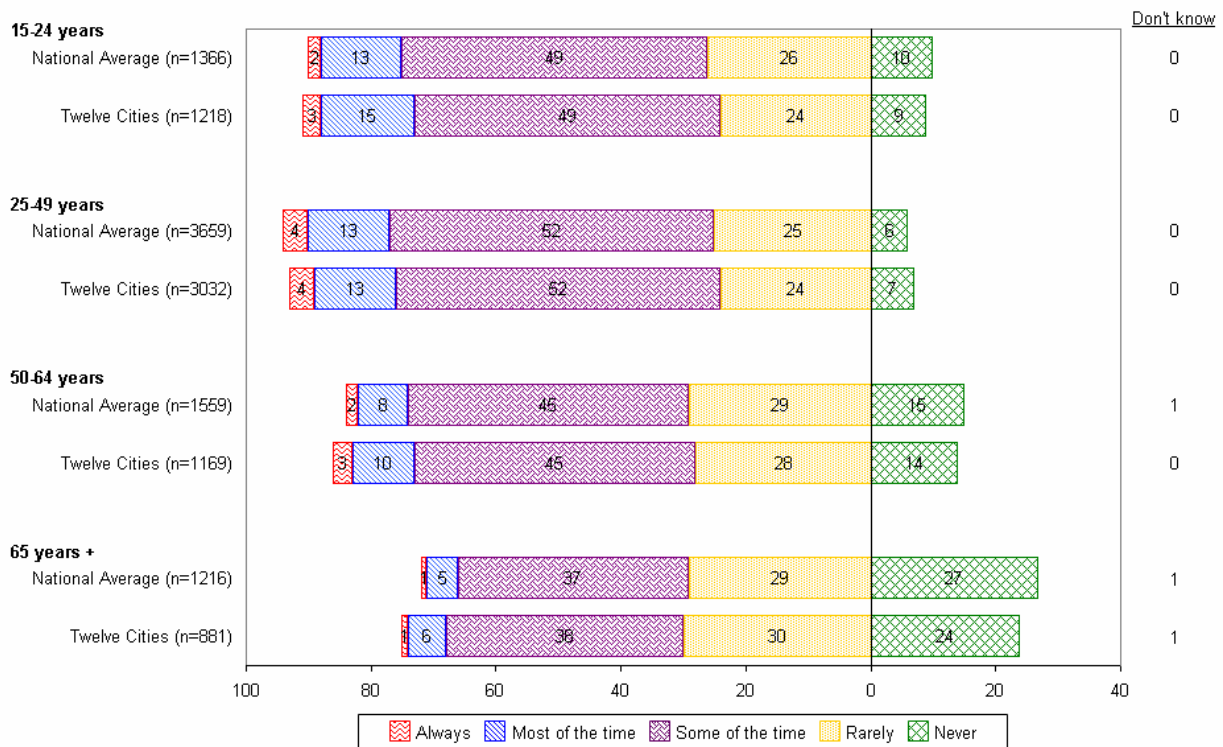
Figure 6.11: Experience Of Stress - By Location (%)



Base: All respondents

At both national and Twelve Cities levels, residents aged 65 years and over were significantly more likely to have *never* experienced stress that had had a negative effect (27% national; 24% Twelve Cities) than all other respondents (9% at both levels). Residents aged 25-49 years were most likely to have experienced some form of negative stress, only 6% at both levels stating that they had *never* felt stress that had had a negative effect on them.

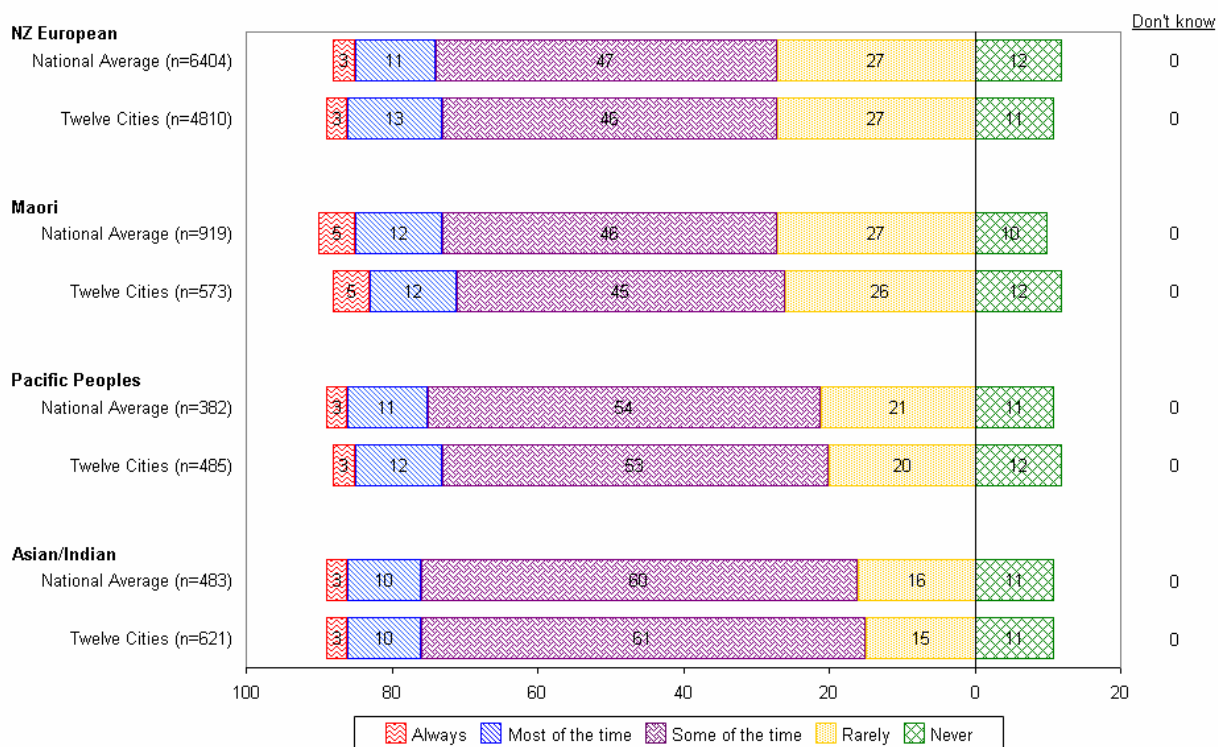
Figure 6.12: Experience Of Stress - By Age (%)



Base: All respondents

At both a national and Twelve Cities' level, levels of experience of negative stress were similar across all four ethnic groups, around one in ten stating that they had *never* experienced stress that had had a negative effect on them. All ethnicities were more likely to have experienced stress *some of the time* than *rarely* but Pacific Peoples (54% nationally; 53% Twelve Cities) and Asian/Indians (60% nationally; 61% Twelve Cities) were more likely to have experienced negative stress *some of the time* than their Maori (46% nationally; 45% Twelve Cities) and New Zealand European (47% nationally; 46% Twelve Cities) counterparts.

Figure 6.13: Experience Of Stress - By Ethnicity (%)

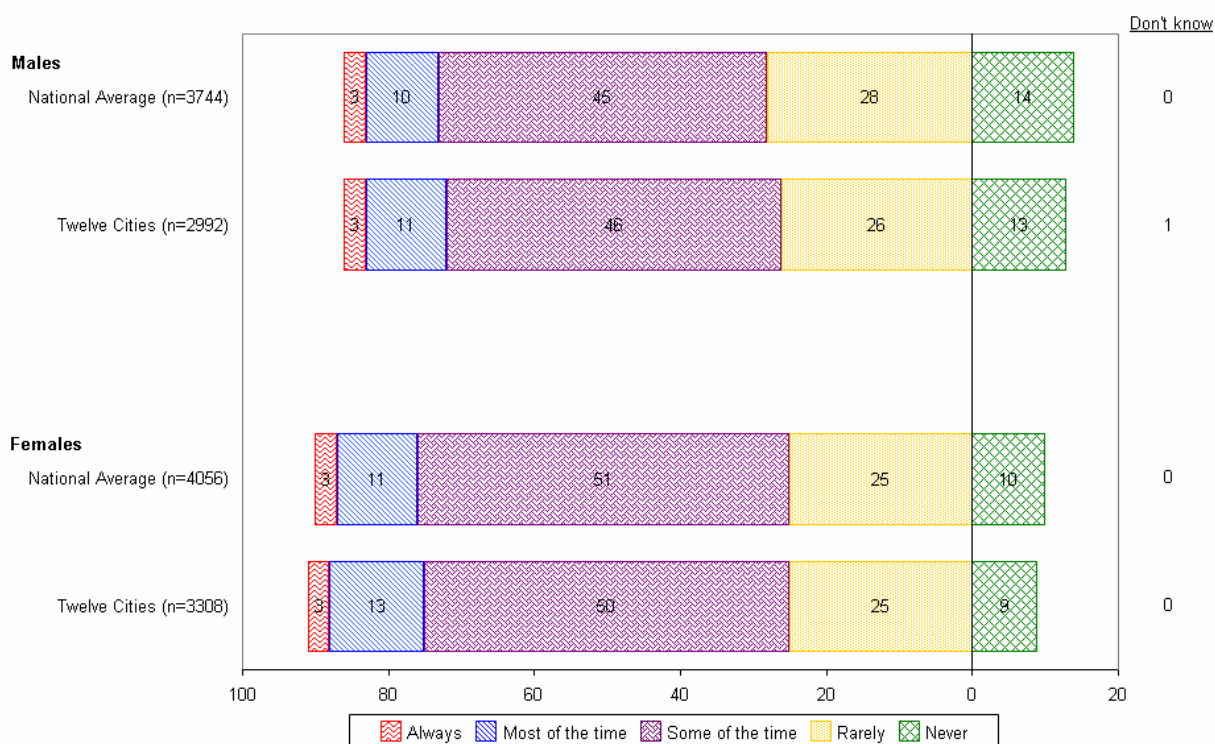


Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

Both nationally and for the Twelve Cities, males were significantly more likely to have *never* experienced negative stress (14% nationally; 13% Twelve Cities) than their female counterparts (10% nationally; 9% Twelve Cities). At the national level, males were significantly more likely to have experienced negative stress *rarely* (28%, compared with 25% of females) and significantly less likely to have experienced negative stress *some of the time* or *most of the time* (55%, compared with 62% of females).

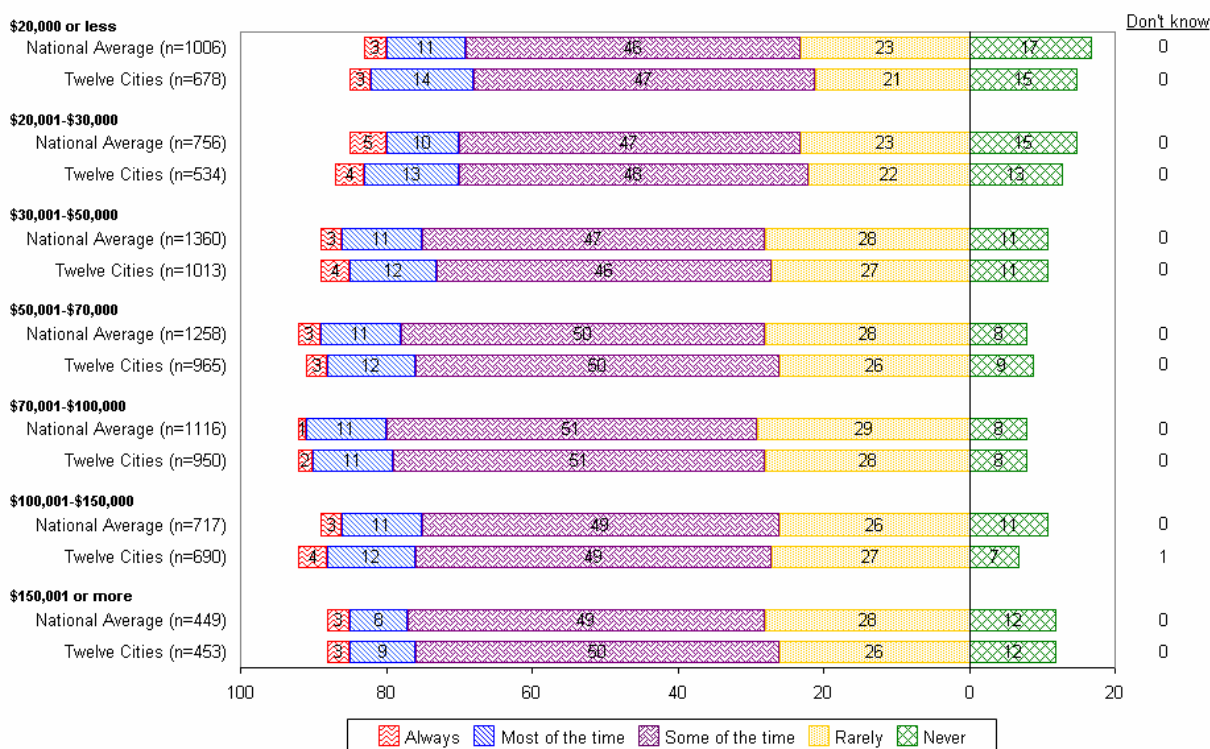
Figure 6.14: Experience Of Stress - By Gender (%)



Base: All respondents

There is evidence of a positive relationship between household income and experience of stress that had a negative effect. Nationally, residents with an annual household income of \$20,000 or less were the most likely to have *never* experienced stress that had had a negative effect (17%), while those with annual household incomes of \$70,001 or more were significantly more likely to have experienced negative stress (10% *never*) than those with a household income \$70,000 or less (12% *never*). However, at the Twelve Cities level, while those with a household income of \$20,000 or less continue to be most likely to have *never* experienced negative stress (15%), those most likely to have experienced negative stress tended to be in the middle to high income groups (\$50,001 to \$150,000 – 8% *never* having experienced negative stress). Among the highest income bracket (\$150,001 +), the share *never* experiencing negative stress was relatively high at 12%.

Figure 6.15: Experience Of Stress - By Household Income (%)

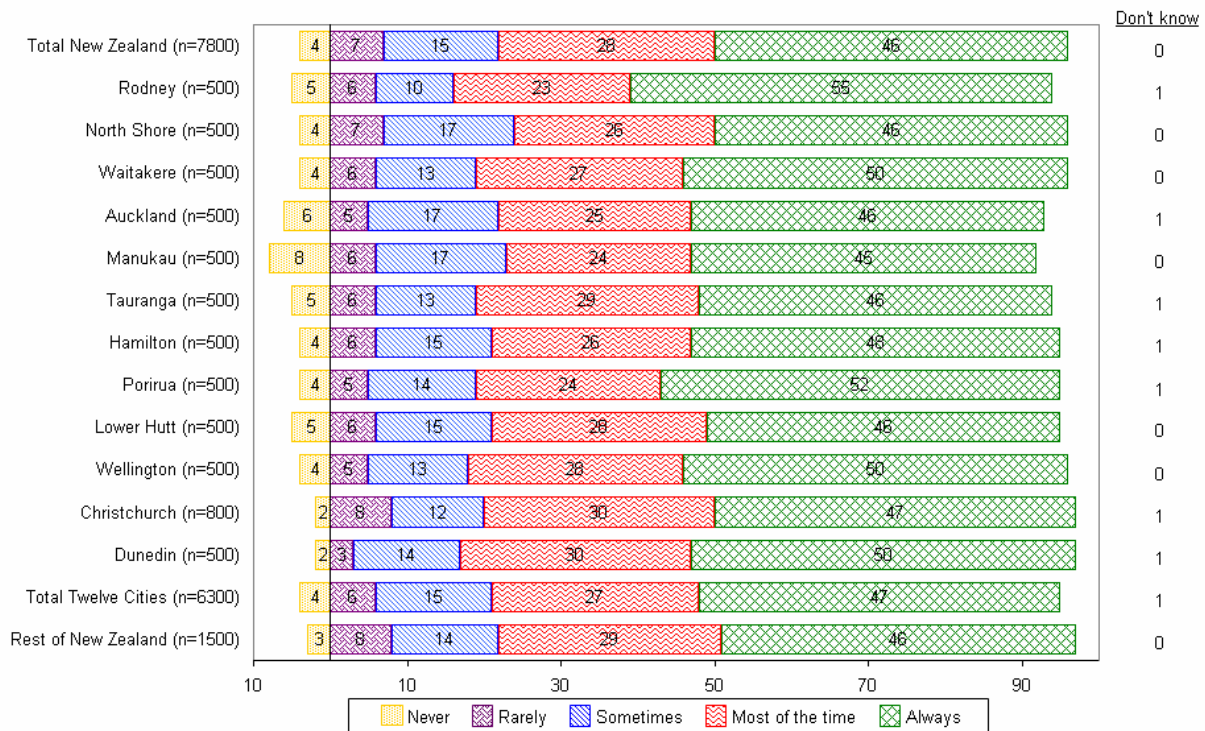


Base: All respondents

6.4 Availability Of Support

Most residents (89%) reported having someone that they can turn to for help or rely on for support (*rarely, some of the time, most of the time or always*), with only 4% of respondents stating that they *never* have anyone that they can turn to. Levels of support were lowest among Manukau City residents, 8% stating that they *never* have anyone that they can turn to, and less than half (45%) stating that they *always* have someone they can turn to. By contrast, levels of support were highest among Rodney District residents, 55% stating that they *always* have someone they can turn to. There were no significant differences in levels of support between Twelve Cities' residents (47% *always* having support) and those living elsewhere in New Zealand (46%).

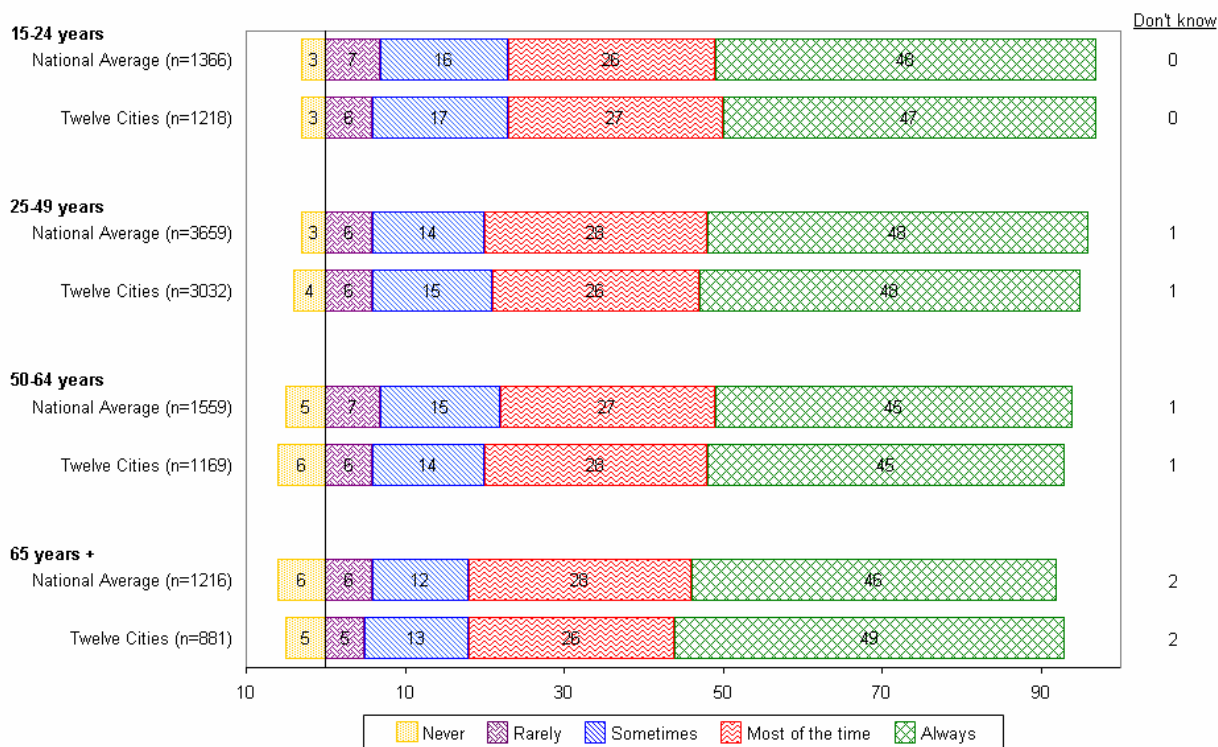
Figure 6.16: Availability Of Support In Times Of Stress - By Location (%)



Base: All respondents

Both nationally and at a Twelve Cities' level, residents aged 15-24 years and 25-49 years were significantly less likely to state that they *never* had support available (3%) than residents aged 50 years or over (5% *never*). Residents aged 15-49 were also most likely to state that they *always* had support (48% nationally; 47% Twelve Cities), with respondents aged 50-64 years least likely to *always* have support (45% at both levels).

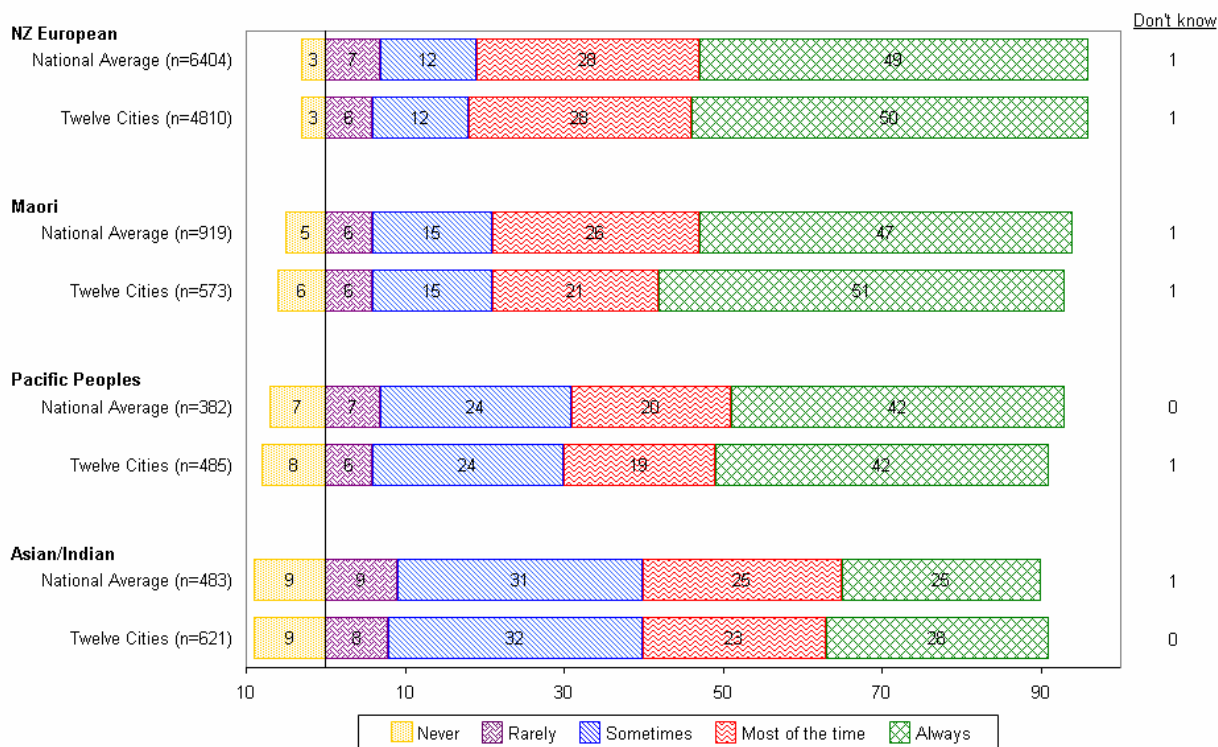
Figure 6.17: Availability Of Support In Times Of Stress - By Age (%)



Base: All respondents

Nationally and at the Twelve Cities level, Asian/Indian residents were significantly less likely than all other ethnic groups to have someone to turn to for support, with 9% stating that they *never* have someone to turn to, compared with 4% of all other respondents. Nationally, Asian/Indian residents were also significantly less likely to *always* have someone to turn to than any other ethnicity (25%, compared with 48% of all other respondents).

Figure 6.18: Availability Of Support In Times Of Stress - By Ethnicity (%)

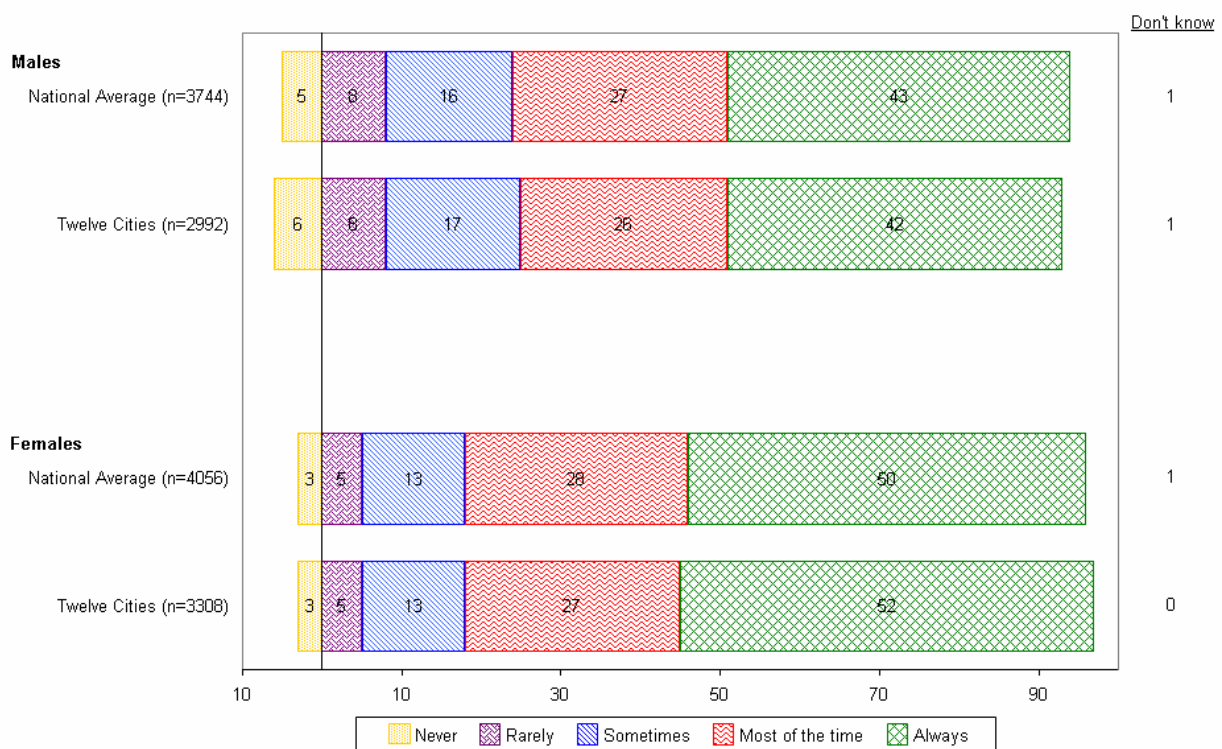


Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

At both the national and Twelve Cities' levels, there is evidence of females having greater support networks than males. Males were significantly more likely to *never* have support available (5% nationally; 6% Twelve Cities) than females (3% at both levels) and were also significantly more likely to *rarely* (8% at both levels) or *sometimes* (16% nationally; 17% Twelve Cities) have support available (compared with 5% and 13% for both levels of females respectively). As a corollary of this, females were significantly more likely to *always* have support available (50% nationally; 52% Twelve Cities, compared to 43% of males nationally and 42% at the Twelve Cities level).

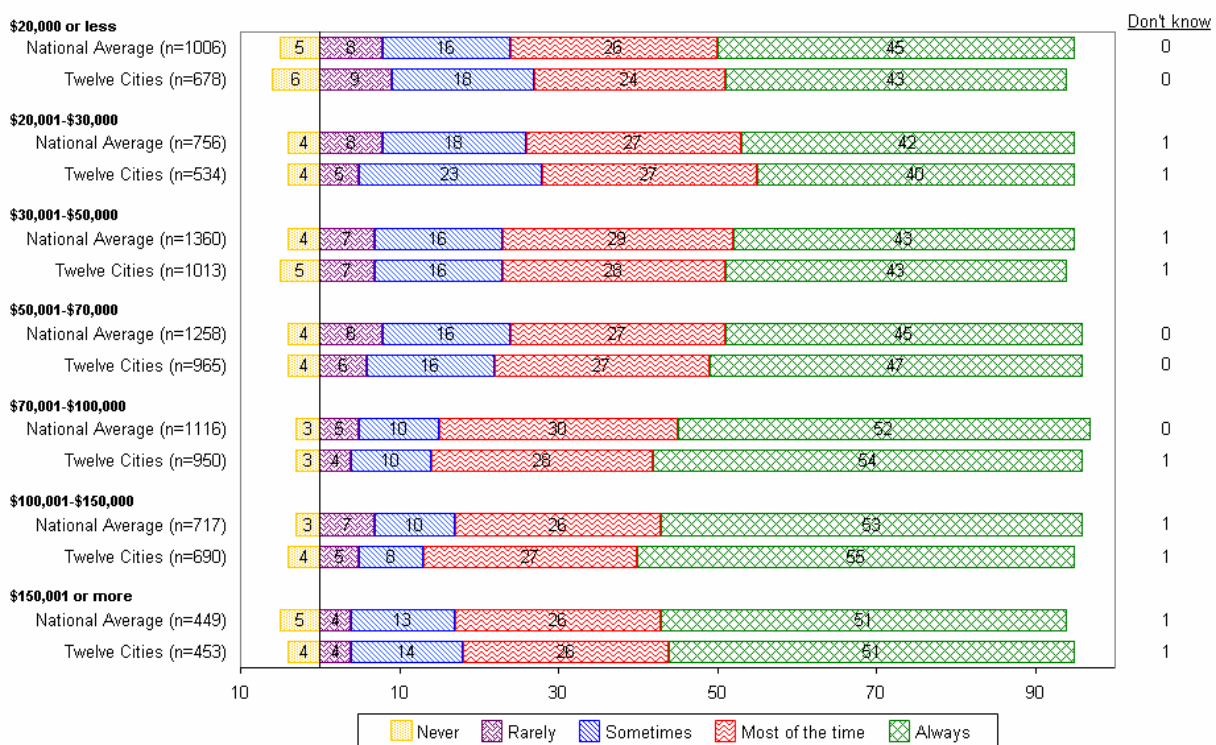
Figure 6.19: Availability Of Support In Times Of Stress - By Gender (%)



Base: All respondents

At both the national and Twelve Cities' level, results show that, while the share of those who never have support available at times of stress is relatively consistent across household income groups, the extent of this support does vary by income. Residents with an annual household income of \$70,001 or more were significantly more likely to *always* have support available (52% nationally; 54% Twelve Cities) than those with an annual household income of \$70,000 or less (44% *always* at both levels). The income group most likely to always have support available were those with an annual household income of \$100,001-\$150,000 (53% nationally; 55% Twelve Cities' *always* having support in times of stress).

Figure 6.20: Availability Of Support In Times Of Stress - By Household Income (%)



Base: All respondents